

5ª CARREIRA A PE DA CARBALLEIRA - RIBEIRA SACRA

Nogueira de Ramuín, 18 de setembro de 2004

RESULTADOS CARREIRA NENOS

Tódolos participantes

Distancia percorrida: 2.700 m.

Hora da proba: 18:00

Pto	Dor	Atleta	S	PtCat	Cat	Equipo	Tempo	Dif	Ritmo
1	95	Manuel Angel Losada Fernández	h	7	CM	Esc. Municipal Atletismo Ourense	10:20,93		3:50
2	35	Samuel Gómez Quintas	h	7	DM	Ourense At. Academia Postal	10:24,24	00:03,31	3:51
3	94	Diego González Suárez	h	2	DM	A Carballeira	11:21,37	01:00,44	4:12
4	9	Alexandre Quiroga Lorenzo	h	7	BM	Almorfe	11:27,40	01:06,47	4:15
5	8	Brais Quiroga Lorenzo	h	2	BM	Almorfe	11:27,96	01:07,03	4:15
6	59	Martín Gómez Molina	h	7	AM	Ourense	11:54,55	01:33,62	4:25
7	55	Alba Fernández Lozano	m	7	DF	Ourense At. Academia Postal	12:06,55	01:45,62	4:29
8	54	Sandra Yáñez Freire	m	2	DF	Ourense At. Academia Postal	12:06,87	01:45,94	4:29
9	83	Antonio Arias Gómez	h	3	DM	A Carballeira	12:23,93	02:03,00	4:36
10	86	Javier Gómez Sánchez	h	2	CM	A Carballeira	12:35,87	02:14,94	4:40
11	38	Laura María Sánchez Riol	m	7	AF	Franciscanas Ourense	12:43,62	02:22,69	4:43
12	53	Raúl Fernández Rodríguez	h	3	BM	Ourense	12:52,93	02:32,00	4:46
13	73	Jacobo Pérez Abad	h	4	BM	Esc. Municipal Atletismo Ourense	12:54,55	02:33,62	4:47
14	67	Pablo Do Nascimento López	h	2	AM	Ourense	13:47,74	03:26,81	5:07
15	70	Andrés Outumuro Quintas	h	5	BM	Rabal	13:58,02	03:37,09	5:10
16	75	Tania Blanco Vidal	m	7	CF	Ourense	14:04,62	03:43,69	5:13
17	79	Roberto Alvarez Castro	h	3	CM	Ourense	14:22,37	04:01,44	5:19
18	93	Martin Caneiro Garcia	h	3	AM	Ourense	14:34,34	04:13,41	5:24
19	72	Francisco Díaz Benruige	h	4	AM	Ourense	14:50,21	04:29,28	5:30
20	45	Andrés Miranda Acuña	h	6	BM	Ourense	14:55,49	04:34,56	5:32
21	42	Xacobe Saavedra Cotilla	h	7	BM	Esc. Municipal Atletismo Ourense	15:07,14	04:46,21	5:36
22	80	César Pérez Rodríguez	h	4	CM	Almorfe	15:46,05	05:25,12	5:50
23	69	Martín Outumuro Quintas	h	5	AM	Rabal	15:56,58	05:35,65	5:54
24	78	Cristina Folgoso Fernández	m	7	BF	Esc. Municipal Atletismo Ourense	16:30,93	06:10,00	6:07
25	92	Estela Fernández Rodríguez	m	3	DF	Loiro	16:44,93	06:24,00	6:12
26	48	Alvaro Lorenzo Fernández	h	8	BM	Almorfe	17:17,68	06:56,75	6:24
27	47	Rodrigo Diéguez Lorenzo	h	6	AM	Almorfe	17:25,71	07:04,78	6:27
28	61	Alba Rodríguez Rodríguez	m	2	BF	Monforte de Lemos	17:32,34	07:11,41	6:30
29	98	Marcos Prieto Oliveira	h	7	AM	Ponferrada	18:44,21	08:23,28	6:56
30	97	David Martínez González	h	5	CM	A Carballeira	19:37,84	09:16,91	7:16
31	71	Víctor Marcos Rodríguez	h	9	BM	A Carballeira	20:47,52	10:26,59	7:42
32	91	David Fernández Rodríguez	h	6	CM	Loiro	20:54,81	10:33,88	7:45
33	84	Alejandra Barbosa Gómez	m	2	AF	A Carballeira	21:17,40	10:56,47	7:53
34	85	Rodrigo Barbosa Gómez	h	8	AM	A Carballeira	21:19,74	10:58,81	7:54
35	87	Marta Martínez Gómez	m	3	AF	A Carballeira	21:25,93	11:05,00	7:56
36	76	Silvia Fernández Peña	m	4	AF	Ourense	21:34,68	11:13,75	8:00
37	62	Kiara Rodríguez Fernández	m	3	BF	A Coruña	29:26,05	19:05,12	10:54
38	68	Laura López Fernández	m	5	AF	A Carballeira	29:39,40	19:18,47	10:59
39	60	Cristian Fernández Arnoya	h	10	BM	A Carballeira	30:28,87	20:07,94	11:17

5ª CARREIRA A PE DA CARBALLEIRA - RIBEIRA SACRA

Nogueira de Ramuín, 18 de setembro de 2004

RESULTADOS CARREIRA ABSOLUTA

Tódolos participantes

Distancia percorrida: 8.600 m.

Hora da proba: 18:00

Pto	Dor	Atleta	S	PtCat	Cat	Equipo	Tempo	Dif	Ritmo
1	100	Eduardo José Álvarez Morais	h	1	HM	Ourense At. Academia Postal	29:56,93		3:29
2	56	José Antonio Paz Suárez	h	1	IM	Ourense At. Academia Postal	30:13,21	00:16,28	3:31
3	74	Adrián Pérez Fabello	h	2	IM	Ourense At. Academia Postal	31:38,52	01:41,59	3:41
4	28	Amador Aguiar Diéguez	h	3	IM	Cafegal Ourense	33:31,81	03:34,88	3:54
5	22	Antonio Losada Gómez	h	4	IM	Cafegal Ourense	34:44,40	04:47,47	4:02
6	1	Alfredo Ferreiro Deaño	h	2	HM	Triathlon Ourense	35:01,58	05:04,65	4:04
7	33	Carlos González González	h	3	HM	Cafegal Ourense	35:02,65	05:05,72	4:04
8	30	José Rodríguez Quintas	h	4	HM	Cafegal Ourense	35:11,49	05:14,56	4:06
9	14	Manuel Gil Crego	h	1	JM	Cafegal Ourense	35:57,55	06:00,62	4:11
10	19	Silverio García Salgueiro	h	5	IM	Cafegal Ourense	36:08,93	06:12,00	4:12
11	31	Manuel Folgoso Rocha	h	5	HM	Cafegal Ourense	36:30,24	06:33,31	4:15
12	10	Manuel Quiroga Fernández	h	6	IM	Almorfe	36:39,71	06:42,78	4:16
13	90	Juan Carlos Fernández Caride	h	6	HM	Triathlon Ourense	36:55,14	06:58,21	4:18
14	13	José Luis Rey Fernández	h	2	JM	Cafegal Ourense	37:03,68	07:06,75	4:19
15	82	Luis Seoane Cebreiros	h	3	JM	Ourense	37:08,87	07:11,94	4:19
16	89	Alberto Rodríguez Fernández	h	7	HM	Paderne de Allariz	37:12,71	07:15,78	4:20
17	7	Martín Torres Camba	h		AM		37:17,96	07:21,03	4:20
18	5	José Antonio Sandianes Lorenzo	h	4	JM	A. San Francisco	37:25,46	07:28,53	4:21
19	63	Francisco Javier García López	h	8	HM	Cafegal Ourense	37:27,78	07:30,85	4:21
20	65	Jesser José Gil Bastardo	h	1	FM	Ourense At. Academia Postal	37:30,81	07:33,88	4:22
21	12	Alfonso Fernández Bouzada	h	5	JM	Cafegal Ourense	37:35,46	07:38,53	4:22
22	15	Gonzalo Vázquez Ferreiro	h	6	JM	Cafegal Ourense	37:47,37	07:50,44	4:24
23	37	Antonio Villaseca Alvarez	h	9	HM	Ourense	37:50,87	07:53,94	4:24
24	3	Carlos Iglesias Rodríguez	h	10	HM	A. San Francisco	37:54,74	07:57,81	4:25
25	29	Xosé Carlos Feixóo Mirón	h	7	IM	Cafegal Ourense	38:06,18	08:09,25	4:26
26	23	José Jaime Dopereiro Rodríguez	h	8	IM	Cafegal Ourense	38:06,90	08:09,97	4:26
27	96	José Antonio Nóvoa Rodríguez	h	7	JM	Ourense	38:16,84	08:19,91	4:27
28	81	José Manuel Iglesias Rodríguez	h	9	IM	Galimetalor	38:22,68	08:25,75	4:28
29	39	Gonzalo Sánchez Busons	h	11	HM	Franciscanas Ourense	38:29,08	08:32,15	4:28
30	88	Teodoro Martínez Alonso	h	12	HM	A Carballeira	38:38,55	08:41,62	4:30
31	18	José Forneiro Iglesias	h	10	IM	Cafegal Ourense	38:39,65	08:42,72	4:30
32	99	Elena Naveiro Parada	m	1	HF	Comesaña	38:56,05	08:59,12	4:32
33	17	Manuel Antonio Latorre Díaz	h	8	JM	Cafegal Ourense	39:23,99	09:27,06	4:35
34	58	Ignacio García Vallejo	h	13	HM	Xinzo de Limia	39:59,84	10:02,91	4:39
35	66	José Javier Fernández González	h	14	HM	Ourense	40:04,93	10:08,00	4:40
36	44	Diego Ares Tapia	h	1	EM	Ourense At. Academia Postal	40:12,99	10:16,06	4:41
37	52	Celso Fernández Rodríguez	h	11	IM	Ourense	40:22,46	10:25,53	4:42
38	40	René González Rodríguez	h	1	GM	Ourense At. Academia Postal	40:25,68	10:28,75	4:42
39	64	Emilio José Garrido Sobrino	h	15	HM	Cafegal Ourense	41:23,43	11:26,50	4:49
40	77	José Arcos Alvarez	h	16	HM	Maceda	41:23,87	11:26,94	4:49
41	46	Javier Miranda Lorenzo	h	9	JM	Ourense	41:34,18	11:37,25	4:50
42	57	Angel Blanco De Dios	h	10	JM	Niñodagua	42:01,24	12:04,31	4:53
43	41	Pablo González Conde	h	17	HM	Ourense	42:20,55	12:23,62	4:55
44	2	Uxío García Yáñez	h	12	IM	A. San Francisco	42:44,93	12:48,00	4:58
45	4	Antonio Bermejo Conde	h	11	JM	A. San Francisco	44:28,93	14:32,00	5:10
46	43	Benigno Saavedra Belloso	h	13	IM	Ourense	44:32,46	14:35,53	5:11
47	36	Nemesio Gómez Mangana	h	14	IM	Ourense	44:34,24	14:37,31	5:11
48	34	Luz María Abadín Nespereira	m	2	HF	Cafegal Ourense	45:16,99	15:20,06	5:16
49	26	Mª Carmen Castaño Alonso	m	1	IF	Cafegal Ourense	49:02,30	19:05,37	5:42
50	11	María José Lorenzo Méndez	m	2	IF	Almorfe	49:55,90	19:58,97	5:48
51	51	Eduardo Vidal Gallego	h	18	HM	Ourense	50:48,24	20:51,31	5:54
52	49	Susana Rodríguez Cougil	m	3	HF	Ourense	54:42,62	24:45,69	6:22
53	50	Mª Rosa Rodríguez Cougil	m	4	HF	Ourense	54:45,08	24:48,15	6:22