



III CARREIRA PEDESTRE CONCELLO DE MAZARICOS, 13/05/2018

Carreira Absoluta (10k). Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Lic.	Club	Localidade
1	116	ANTONIO TEIJIDO LOPEZ		SNM- 1	00:34:18	00:03:26	00:34:18	00:03:26		VERXEL NUTRICIÓN DEPORTIVA	GUITIRIZ
2	233	JOSÉ MIGUEL GÓMEZ SÁNCHEZ		M40M- 1	00:34:50	00:03:29	00:34:50	00:03:29	AG-2023807	SAR-VERMU PETRONI	A CORUÑA
3	212	DIEGO RUIZ BREIJO		SNM- 2	00:34:53	00:03:30	00:34:53	00:03:30			A CORUÑA
4	630	JUAN ALVAREZ CURES		M40M- 2	00:35:39	00:03:34	00:35:39	00:03:34		A.D.MEDIADUCIA	CARBALLO
5	47	MANUEL OLIVER PÉREZ LÓPEZ		M40M- 3	00:35:41	00:03:35	00:35:41	00:03:35	GA 768549	ATLETISMOS SAR VERMU ST. PETRONI	EL BURGO
6	2	LUÍS MIGUEL ANTELO LEMA		M40M- 4	00:35:59	00:03:36	00:35:59	00:03:36	AG2019278	TERRA DE SONEIRA C.D.	VIMIANZO
7	4	GONZALO SILVA BRENLLA		SNM- 3	00:36:04	00:03:37	00:36:04	00:03:37	AG 766103	NOITEBRA F.C.	SANTA COMBA
8	3	ADRIÁN ROJO LUACES		SNM- 4	00:36:07	00:03:37	00:36:07	00:03:37		SAR-VERMU PETRONI	CAMARIÑAS
9	104	JAVIER NOVO BUJEIRO		SNM- 5	00:36:15	00:03:38	00:36:14	00:03:38		TERRA DE SONEIRA C.D.	VIMIANZO
10	46	ANGEL MACEIRAS LAGO		M40M- 5	00:36:48	00:03:41	00:36:48	00:03:41	AG2014771	ATLETISMO SAR VERMU-PETRONI	O BURGO
11	163	RAMÓN CANOSA CASTIÑEIRA		M40M- 6	00:36:50	00:03:41	00:36:50	00:03:41			CÉE
12	142	RUBEN INSUA DIAZ		SNM- 6	00:37:31	00:03:46	00:37:31	00:03:46			FISTERRA
13	208	JUAN CASTIÑEIRA ROMERO		M40M- 7	00:37:37	00:03:46	00:37:35	00:03:46			CEE
14	622	DAVID SENDON CAAMAÑO		SNM- 7	00:37:43	00:03:47	00:37:42	00:03:47			OUTES
15	94	JOSÉ ANTONIO SEÑARÍS PARDO		M40M- 8	00:37:59	00:03:48	00:37:59	00:03:48		RUNNERS CARBALLO	CARBALLO
16	8	FERNANDO PEREZ HERNANDEZ		M40M- 9	00:38:00	00:03:48	00:37:59	00:03:48	AG2019970	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
17	9	BONI GONZÁLEZ REY		M40M- 10	00:38:05	00:03:49	00:38:04	00:03:49		PRAIA DE CARNOTA RUNNERS	CARNOTA
18	19	KIKO LAGO SANTIAGO		M40M- 11	00:38:09	00:03:49	00:38:08	00:03:49		A. D. OLIMPIA	BRENS CEE
19	89	JOSECHO GONZÁLEZ REY		SNM- 8	00:38:11	00:03:50	00:38:08	00:03:49		PRAIA DE CARNOTA RUNNERS	CARNOTA
20	101	JOSÉ MANUEL LAGO CES		M40M- 12	00:38:42	00:03:53	00:38:40	00:03:52	AG 763847	SAR-VERMU PETRONI	CEE
21	517	ROBERTO TUÑAS GONZALEZ		SNM- 9	00:39:21	00:03:57	00:39:19	00:03:56			NEGREIRA
22	23	MARCOS TRELLES RODRIGUEZ		SNM- 10	00:39:27	00:03:57	00:39:25	00:03:57	MONTAÑA	A.D. JARNACHAS	ARTEIXO
23	804	JOSE TOME SUAREZ		SNM- 11	00:39:35	00:03:58	00:39:30	00:03:57		TRIATLÓN COSTA DA MORTE	CEE
24	181	ALFONSO GARCÍA BELLO		M50M- 1	00:39:39	00:03:58	00:39:39	00:03:58			CAMBRE
25	230	JOSÉ MANUEL TURNES CORDEIRO		SNM- 12	00:39:55	00:04:00	00:39:53	00:04:00		NOSPORTLIMIT	SANTA COMBA
26	73	JOSE BUJAN GONZALEZ		M40M- 13	00:39:57	00:04:00	00:39:57	00:04:00		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
27	218	ALBERTO VILLAR GARCIA		SNM- 13	00:40:01	00:04:01	00:39:59	00:04:00			CARBALLO
28	64	CONSTANTE LORENZO SANTOS		M40M- 14	00:40:05	00:04:01	00:40:04	00:04:01		CD OS MUDITOS	MUXIA
29	66	RAFAEL SENEN GOMEZ GARCIA		SNM- 14	00:40:23	00:04:03	00:40:22	00:04:03		CLUB ATLETISMO OUTES	OUTES
30	178	ENRIQUE LUACES PAZ		SNM- 15	00:40:26	00:04:03	00:40:24	00:04:03			DUMBRIA
31	189	NICOLÁS IGLESIAS LÓPEZ		SNM- 16	00:40:28	00:04:03	00:40:25	00:04:03			FISTERRA
32	110	ENRIQUE SANTOS LORENZO		M40M- 15	00:40:29	00:04:03	00:40:25	00:04:03	AG2019235	TERRA DE SONEIRA C.D.	VIMIANZO
33	57	MIGUEL ANGEL MARTINEZ NIETO		M40M- 16	00:40:35	00:04:04	00:40:33	00:04:04		C.A.O. - CLUB ATLETISMO OUTES	SERRA DE OUTES
34	628	JAVIER CUPEIRO FRADE		M40M- 17	00:40:36	00:04:04	00:40:34	00:04:04			A CORUÑA
35	10	ROCIO ALVITE FERREIRO	F- 1	SNF- 1	00:40:48	00:04:05	00:40:48	00:04:05	GA 768548	SAR-VERMU PETRONI	MAZARICOS
36	200	JOSÉ MANUEL PENA SUÁREZ		M40M- 18	00:40:54	00:04:06	00:40:53	00:04:06			ARTEIXO
37	106	FÉLIX ROGET PÉREZ		SNM- 17	00:41:06	00:04:07	00:41:02	00:04:07		TERRA DE SONEIRA C.D.	VIMIANZO
38	36	JORGE RODRÍGUEZ LARIÑO		SNM- 18	00:41:09	00:04:07	00:41:08	00:04:07		ASOCIACIÓN DEPORTIVA OLIMPIA	CEE
39	151	RAMÓN ANTONIO VARELA MÍGUEZ		M50M- 2	00:41:12	00:04:08	00:41:11	00:04:08			A CORUÑA

40	11 TERESA CASTRO VILLAVERDE	F- 2	M50F- 1	00:41:14	00:04:08	00:41:12	00:04:08		CLUB ATLETISMO NOIA	VIMIANZO
41	56 KIKO CALZAS SUÁREZ		M40M- 19	00:41:14	00:04:08	00:41:13	00:04:08		C. D. TERRA DE SONEIRA	VIMIANZO
42	175 RAMIRO GONZÁLEZ FRANCO		SNM- 19	00:41:20	00:04:08	00:41:16	00:04:08			ÉZARO (DUMBRÍA)
43	617 SERGIO OREIRO CAMBEIRO		SNM- 20	00:41:30	00:04:09	00:41:27	00:04:09			MAZARICOS
44	161 MANUEL CALO CANOSA		M40M- 20	00:41:34	00:04:10	00:41:30	00:04:09			CEE
45	216 DAVID PRADO PAMPIN		SNM- 21	00:41:34	00:04:10	00:41:30	00:04:09			CEE
46	120 LUIS TAJES CANOSA		M40M- 21	00:41:42	00:04:11	00:41:40	00:04:10			CAMARIÑAS
47	807 ISMAEL MANEIRO FERREIRO		SNM- 22	00:41:48	00:04:11	00:41:47	00:04:11			MAZARICOS
48	160 SUSIÑO RODRÍGUEZ FERNÁNDEZ		SNM- 23	00:42:00	00:04:12	00:41:54	00:04:12			CEE
49	119 F. JAVIER BARREIRO CORDEIRO		M40M- 22	00:42:05	00:04:13	00:42:00	00:04:12			SANTA COMBA
50	613 ESTEFANO GARCIA NOVO		SNM- 24	00:42:09	00:04:13	00:41:56	00:04:12			OUTES
51	619 ESTEBAN PEREIRO ESPERANTE		SNM- 25	00:42:10	00:04:13	00:41:57	00:04:12			MAZARICOS
52	167 JUAN CARLOS DIÉGUEZ TEIJEIRO		M40M- 23	00:42:11	00:04:14	00:42:09	00:04:13			CAMBRE
53	43 JOSE ANTONIO FERNANDEZ RODRIGUEZ		SNM- 26	00:42:17	00:04:14	00:42:12	00:04:14		ATLETISMO ARTEIXO	ARTEIXO
54	535 DIEGO BLANCO SANCHEZ		SNM- 27	00:42:23	00:04:15	00:42:15	00:04:14			CEE
55	616 EDGAR LEMUS		SNM- 28	00:42:38	00:04:16	00:42:35	00:04:16			CAMARIÑAS
56	520 FRANCISCO JAVIER BRENLLA DUARTE		SNM- 29	00:42:41	00:04:17	00:42:34	00:04:16			SANTA COMBA
57	211 JOSE ANTONIO GIL BREA		M50M- 3	00:42:53	00:04:18	00:42:46	00:04:17			SANTIAGO DE COMPOSTELA
58	44 JUAN JESÚS TAJES MAYO		M40M- 24	00:42:55	00:04:18	00:42:50	00:04:17	AG-2019296	ATLETISMO FONTES DO SAR	ESTEIRO
59	502 SERGIO VARELA MARTINEZ		SNM- 30	00:42:55	00:04:18	00:42:51	00:04:18		ATLETISMO FONTES DO SAR	MUROS
60	224 FRANCISCO JAVIER SEIJAS SOUTO		M40M- 25	00:42:57	00:04:18	00:42:56	00:04:18			RUNNING ARTEIXO
61	810 ANDRES TUBIO DEL RIO		SNM- 31	00:42:59	00:04:18	00:42:55	00:04:18			NOIA
62	24 ALFONSO CANOSA BLANCO		M50M- 4	00:43:27	00:04:21	00:43:27	00:04:21		A.D. OLIMPIA	A CORUÑA
63	115 ANTONIO FERNANDEZ DURAN		M40M- 26	00:43:31	00:04:22	00:43:27	00:04:21		TRIATLON COSTA DA MORTE	CEE
64	21 ADELINO LESTON DEL RIO		SNM- 32	00:43:49	00:04:23	00:43:39	00:04:22		A.D DOWNHILL	TOREA (MUROS)
65	180 ANGEL FERNÁNDEZ VIDAL		M50M- 5	00:44:25	00:04:27	00:44:17	00:04:26			MUROS
66	545 DIONISIO FABIÁN GONZÁLEZ		M50M- 6	00:44:33	00:04:28	00:44:33	00:04:28		A.D.OLIMPIA	CEE
67	615 ESTEBAN LADO CASTIÑEIRA		SNM- 33	00:44:34	00:04:28	00:44:26	00:04:27			A CORUÑA
68	33 BENITO PIÑEIRO ABEIJON		M40M- 27	00:44:34	00:04:28	00:44:16	00:04:26		AGRUPACION DEPORTIVA ATLETES	ESTEIRO
69	605 SANTIAGO MANUEL GEY SEGADE		SNM- 34	00:44:41	00:04:29	00:44:38	00:04:28		S.D. BARBANTIA RODA	BOIRO
70	140 ALEJANDRO JOSÉ CASTRO ROMÁN		SNM- 35	00:44:43	00:04:29	00:44:41	00:04:29			A CORUÑA
71	83 JAVIER PAZOS RECAREY		M40M- 28	00:44:46	00:04:29	00:44:33	00:04:28		MARISCOS RECIO	SANTA COMBA
72	514 JOSÉ PARDIÑAS ALVITE		M50M- 7	00:44:47	00:04:29	00:44:41	00:04:29			CEE
73	541 MANUEL ANGEL QUINTANS VARELA		SNM- 36	00:44:49	00:04:29	00:44:38	00:04:28			SANTIAGO DE COMPOSTELA
74	209 JUAN CARLOS TRILLO CAAMAÑO		SNM- 37	00:44:50	00:04:29	00:44:46	00:04:29			CEE
75	513 DOSITEO TOBA QUINTÁNS		M50M- 8	00:44:52	00:04:30	00:44:46	00:04:29			CORCUBIÓN
76	802 ÓSCAR FIGUEIRAS TOREA		M40M- 29	00:44:55	00:04:30	00:44:50	00:04:29		CLUB ATLETISMO OUTES JOHN TURKEY	ESTEIRO
77	13 PAULA TRILLO CALO	F- 3	SNF- 2	00:44:57	00:04:30	00:44:53	00:04:30		TERRA DE SONEIRA C.D.	VIMIANZO
78	602 MARCOS CAMPOS LUEIRO		SNM- 38	00:44:57	00:04:30	00:44:57	00:04:30		CLUB ATLETISMO SANTIAGO	NEGREIRA
79	65 JESÚS COUSO GARCÍA		M40M- 30	00:44:58	00:04:30	00:44:49	00:04:29		CLUB ATLETISMO NEGREIRA	NEGREIRA
80	550 MARCOS FERREIRO REY		SNM- 39	00:45:11	00:04:32	00:45:02	00:04:31			SANTIAGO DE COMPOSTELA
81	805 RAMÓN BAHAMONDE GONZÁLEZ		SNM- 40	00:45:11	00:04:32	00:45:02	00:04:31			NIGRÁN
82	532 JUAN MANUEL GARCÍA BARREIRA		M40M- 31	00:45:18	00:04:32	00:45:09	00:04:31			PONTECESO
83	515 JUAN ENRIQUE RODRIGUEZ DOMINGUEZ		M40M- 32	00:45:33	00:04:34	00:45:28	00:04:33			CORCUBION

84	540	JAVIER GARCIA PUMAR	SNM- 41	00:45:34	00:04:34	00:45:23	00:04:33			SANTIAGO DE COMPOSTELA
85	75	RAMON BARREIRO CERNADAS	M50M- 9	00:45:53	00:04:36	00:45:41	00:04:35		CLUBE ATLETISMO OUTES JOHN TURKEYS	OUTES
86	552	JOSE SANTOS INSUA	SNM- 42	00:45:54	00:04:36	00:45:42	00:04:35			CEE
87	204	DANIEL VIGO LEMA	M40M- 33	00:46:02	00:04:37	00:45:56	00:04:36			LAXE
88	12	ELENA MIGUENS OTERO	F- 4 M40F- 1	00:46:03	00:04:37	00:46:01	00:04:37	AG766075	SAR-VERMU PETRONI	PADRON
89	85	ALFONSO RODRIGUEZ FRAMIL	M40M- 34	00:46:12	00:04:38	00:46:05	00:04:37	AG-2020368	NOITEBRA FC	AMES
90	100	JOSÉ MANUEL RIOS GIBELLO	M50M- 10	00:46:35	00:04:40	00:46:26	00:04:39		RUNNING OLEIROS	A CORUÑA
91	15	GELI LÓPEZ VILAS	F- 5 M50F- 2	00:46:41	00:04:41	00:46:38	00:04:40		RUNNING ARTEIXO	ARTEIXO
92	155	JAVI HOYOS VELEZ	M40M- 35	00:46:43	00:04:41	00:46:34	00:04:40			CEE
93	82	ANTONIO BARREIRO CORDEIRO	M40M- 36	00:46:48	00:04:41	00:46:35	00:04:40		MARISCOS RECIO	A BAÑA
94	147	MANUEL INSUA INSUA	M50M- 11	00:46:50	00:04:41	00:46:35	00:04:40			FISTERRA
95	625	JUAN MANUEL TUÑAS ALVAREZ	SNM- 43	00:46:52	00:04:42	00:46:39	00:04:40			
96	808	NACHO MARIÑO ESCARIZ	SNM- 44	00:46:53	00:04:42	00:46:42	00:04:41			CEE
97	136	BERIT SOMMERFELT	F- 6 SNF- 3	00:46:58	00:04:42	00:46:55	00:04:42			CORUÑA
98	610	RAMON CAMPOS COSTA	M50M- 12	00:46:58	00:04:42	00:46:53	00:04:42			CORCUBION
99	70	NATALIA RIVAS SUÁREZ	F- 7 M40F- 2	00:47:05	00:04:43	00:47:03	00:04:43	AG2022593	CLUB DEPORTIVO OS MUDITOS	CORISTANCO
100	117	RAMÓN VILLAR RUIBAL	M50M- 13	00:47:08	00:04:43	00:47:02	00:04:43	GA766004	VERXEL NUTRICIÓN DEPORTIVA	A CORUÑA
101	139	CAMILO RIAL SANCHIÑO	M50M- 14	00:47:10	00:04:43	00:46:55	00:04:42			SANTIAGO
102	503	CONCHA NOVAIS	F- 8 M40F- 3	00:47:13	00:04:44	00:47:10	00:04:43		CLUB ATLETISMO SADA	ESTEIRO
103	22	MARCOS PARDIÑAS GONZÁLEZ	SNM- 45	00:47:29	00:04:45	00:47:18	00:04:44	AG 2024552	A.D. DOWNHILL	ZAS
104	68	MARCOS ANTONIO BLANCO FIGUEIRIDO	M40M- 37	00:47:34	00:04:46	00:47:26	00:04:45	AG9519	CLUB ATLETISMO OUTES	SERRA DE OUTES
105	544	JOSE RAMON GARCÍA MARIÑO	M50M- 15	00:47:42	00:04:47	00:47:26	00:04:45			CARBALLO
106	549	JUAN FRANCISCO RODRÍGUEZ GIL	M40M- 38	00:47:55	00:04:48	00:47:47	00:04:47			MASIDE
107	611	DOMINGO DANIEL CANOSA BLANCO	SNM- 46	00:48:00	00:04:48	00:47:52	00:04:48			DUMBRÍA
108	20	JOSE CAAMAÑO SIEIRA	SNM- 47	00:48:03	00:04:49	00:47:53	00:04:48		A.D DOWNHILL	LARACHA
109	183	JAIME LÓPEZ CAINZOS	M40M- 39	00:48:05	00:04:49	00:47:54	00:04:48			A CORUÑA
110	153	LAURA NÚÑEZ NAVEIRA	F- 9 M40F- 4	00:48:06	00:04:49	00:48:01	00:04:49	AG 2018802		A CORUÑA
111	131	FELIPE VIDAL VIDAL	M40M- 40	00:48:24	00:04:51	00:48:22	00:04:51			VIMIANZO
112	701	JUAN JOSE CUNS CARREIRA	M40M- 41	00:48:42	00:04:53	00:48:36	00:04:52			ARTEIXO
113	609	MARTIN CALO PÉREZ	SNM- 48	00:48:48	00:04:53	00:48:35	00:04:52			VIMIANZO
114	35	JOSE MARIA CANOSA GOSENDE	M40M- 42	00:48:51	00:04:54	00:48:45	00:04:53		ASOCIACION DEPORTIVA OLIMPIA	CEE
115	217	BERNABÉ GRILLE OTERO	SNM- 49	00:48:56	00:04:54	00:48:43	00:04:53			SANTA COMBA
116	143	JAVIER CALO	SNM- 50	00:49:02	00:04:55	00:48:54	00:04:54			TRABA
117	623	FIDEL SOLIS MARTINEZ	M40M- 43	00:49:07	00:04:55	00:48:51	00:04:54			MAZARICOS
118	80	JOSÉ RAMÓN CASTELO TOBA	SNM- 51	00:49:21	00:04:57	00:49:11	00:04:56		JR	ARTEIXO
119	128	JAVIER LOURIDO MARTÍNEZ	SNM- 52	00:49:25	00:04:57	00:49:20	00:04:56			SADA
120	30	MARTINA TASENDE ANDRADE	F- 10 SNF- 4	00:49:26	00:04:57	00:49:23	00:04:57		A.D.MEDIADUCIA	CARBALLO
121	38	VÍCTOR HUGO CONDE LÓPEZ	M40M- 44	00:49:40	00:04:58	00:49:40	00:04:58		ASOCIACIÓN DEPORTIVA OLIMPIA	CEE
122	54	JOSE VARELA VERDES	M40M- 45	00:49:41	00:04:59	00:49:38	00:04:58		BEER RUNNERS CORUÑA	A CORUÑA
123	154	JAVIER RIO RODRIGUEZ	M50M- 16	00:49:51	00:05:00	00:49:45	00:04:59			CARBALLO
124	55	JORGE RAMOS VAZQUEZ	M40M- 46	00:49:58	00:05:00	00:49:50	00:04:59		BELUTINA	A CORUÑA
125	612	ISMAEL FORMOSO BLANCO	SNM- 53	00:50:05	00:05:01	00:49:48	00:04:59			MAZARICOS
126	16	BELEN PEREZ MARTINEZ	F- 11 M40F- 5	00:50:07	00:05:01	00:50:00	00:05:00		OLIMPIA CEE	CEE
127	507	CARLOS GABRIEL SUÁREZ MOLEDO	M40M- 47	00:50:08	00:05:01	00:49:56	00:05:00			CULLEREDO

128	51	JORGE BARREIRO GONZÁLEZ	SNM- 54	00:50:11	00:05:02	00:50:07	00:05:01	BEER RUNNERS CORUÑA	A CORUÑA
129	197	JOSE RAMON GARCIA LISBONA	M40M- 48	00:50:12	00:05:02	00:49:57	00:05:00		BRION
130	608	MANUEL ARCOS FERREIRO	M50M- 17	00:50:18	00:05:02	00:50:04	00:05:01		MAZARICOS
131	144	MANUEL OUTES PAZ	M50M- 18	00:50:33	00:05:04	00:50:27	00:05:03		CARBALLO
132	121	JOSÉ ANTONIO BLANCO BARREIRO	M50M- 19	00:50:34	00:05:04	00:50:21	00:05:03		SANTIAGO DE COMPOSTELA
133	79	SERXIO SOUTO	SNM- 55	00:50:44	00:05:05	00:50:37	00:05:04	DRUNK RUNNERS	A CORUÑA
134	809	JOSE REY CAMIÑO	M50M- 20	00:50:46	00:05:05	00:50:31	00:05:04		VIMIANZO
135	152	EMILIO ALCALA ZAMORA CANEL	M50M- 21	00:50:59	00:05:06	00:50:56	00:05:06		A CORUNA
136	61	ANGEL GENDRA MARTINEZ	SNM- 56	00:51:03	00:05:07	00:50:52	00:05:06	CABE	SANTIAGO DE COMPOSTELA
137	132	CARLOS TRILLO MAYOBRE	M40M- 49	00:51:04	00:05:07	00:50:50	00:05:05		CEE
138	539	JOSÉ MANUEL RODRÍGUEZ TORREIRA	SNM- 57	00:51:05	00:05:07	00:50:58	00:05:06	TERRA DE SONEIRA C.D.	SANTA COMBA
139	198	MANUEL TRILLO GRILLE	SNM- 58	00:51:07	00:05:07	00:50:59	00:05:06		DUMBRIA
140	162	TONO PIÑEIRO LAGO	M50M- 22	00:51:13	00:05:08	00:51:07	00:05:07		LIRA
141	614	FERNANDO GARCÍA RODRÍGUEZ	SNM- 59	00:51:14	00:05:08	00:51:00	00:05:06		A PICOTA
142	84	MANUEL JOSE REY PAULOS	M50M- 23	00:51:19	00:05:08	00:51:09	00:05:07		CARBALLO
143	186	JUAN CARLOS MENÉNDEZ DOMÍNGUEZ	M50M- 24	00:51:23	00:05:09	00:51:20	00:05:08		ARTEIXO
144	133	ISMAEL MOREIRA LÓPEZ	SNM- 60	00:51:41	00:05:11	00:51:35	00:05:10		MUXÍA
145	138	ALEJANDRA POSE LEMA	F- 12 M40F- 6	00:51:42	00:05:11	00:51:34	00:05:10		LAXE
146	511	MIGUEL ÁNGEL PÉREZ VILLAR	M40M- 50	00:51:42	00:05:11	00:51:34	00:05:10		PONTECESO
147	192	JESUS PEREZ LEIS	M50M- 25	00:52:01	00:05:13	00:51:55	00:05:12		CEE
148	603	HERMINIO CAAMAÑO RIVEIRO	M50M- 26	00:52:41	00:05:17	00:52:25	00:05:15	CLUBE ATLETISMO OUTES - JOHN TURKEY	SANTA UXIA DE RIVEIRA
149	606	JOSÉ ANTONIO ANTELO CASTELO	SNM- 61	00:52:51	00:05:18	00:52:36	00:05:16		MAZARICOS
150	194	JOAQUÍN PAMPÍN BARREIRO	SNM- 62	00:53:00	00:05:18	00:52:54	00:05:18		A CORUÑA
151	621	JULIÁN RAMOS ARCOS	M40M- 51	00:53:05	00:05:19	00:52:54	00:05:18		MUROS
152	111	FABIÁN SANTOS POSE	SNM- 63	00:53:12	00:05:20	00:53:01	00:05:19	AG 2022 664 TERRA DE SONEIRA C.D.	VIMIANZO
153	629	JESUS SANTAYA ARUFE	M40M- 52	00:53:15	00:05:20	00:53:10	00:05:19	CLUB ATLETISMO SADA	CAMBRE
154	607	JOSE ANDRES ANTELO CUNS	SNM- 64	00:53:21	00:05:21	00:53:05	00:05:19		ARTEIXO
155	159	LUIS VIÑA DOMÍNGUEZ	SNM- 65	00:53:27	00:05:21	00:53:24	00:05:21		A CORUÑA
156	32	ARTURO RABUÑAL VAZQUEZ	M50M- 27	00:53:35	00:05:22	00:53:25	00:05:21	AFICIONADO	MEICENDE
157	31	FERNANDO VAZQUEZ MARTINEZ	M50M- 28	00:53:36	00:05:22	00:53:25	00:05:21	AFICIONADO	MEICENDE
158	221	JULIO FIGUEIRAS MARTÍNEZ	SNM- 66	00:53:55	00:05:24	00:53:42	00:05:23		CARBALLO
159	172	JOSE SIABA LARIÑO	SNM- 67	00:54:09	00:05:25	00:53:59	00:05:24		ESPAÑOLA
160	148	MARTIN RAÑA VÁZQUEZ	SNM- 68	00:54:10	00:05:25	00:54:01	00:05:25		CARNOTA
161	118	JOSE MANUEL FERNANDEZ PUGA	M50M- 29	00:54:19	00:05:26	00:54:03	00:05:25		CARBALLO
162	801	SONIA MUÑOZ GUIANCE	F- 13 M40F- 7	00:54:39	00:05:28	00:54:36	00:05:28	A.D.MEDIADUCIA	CARBALLO
163	227	VANESA ANIDO NIETO	F- 14 SNF- 5	00:54:39	00:05:28	00:54:36	00:05:28	A.D. MEDIA DUCIA	CARBALLO
164	538	ANA ISABEL BUITURON MEIJIDE	F- 15 M40F- 8	00:55:00	00:05:30	00:54:57	00:05:30	ASOCIACIÓN DEPORTIVA OLIMPIA	FISTERRA
165	34	GERARDO MIGUEL FONTÁN PÉREZ	M40M- 53	00:55:04	00:05:31	00:54:48	00:05:29	ARMENTEIRA E PUNTO	ROMAI
166	199	JOSE MANUEL SANCHEZ LOUREDA	M50M- 30	00:55:27	00:05:33	00:55:11	00:05:32		ARTEIXO
167	1645	JAIME MAYORAL MÍGUEZ	M40M- 54	00:55:46	00:05:35	00:55:34	00:05:34		A CORUÑA
168	618	MARIA MANUELA PARÍS LADO	F- 16 M40F- 9	00:56:09	00:05:37	00:56:01	00:05:37		CULLEREDO
169	601	FINA SANCHEZ VAZQUEZ	F- 17 M40F- 10	00:56:36	00:05:40	00:56:30	00:05:39	CLUB ATLETISMO SADA	CAMBRE
170	88	RALUCA MIHAELA POENAR	F- 18 SNF- 6	00:56:50	00:05:41	00:56:38	00:05:40	NOSPORTLIMIT	A CORUÑA
171	551	ADÁN PÉREZ FIDALGO	SNM- 69	00:56:59	00:05:42	00:56:45	00:05:41		SANTA COMBA

172	95	ROSA MARÍA MACEIRAS SEOANE	F- 19	M40F- 11	00:57:10	00:05:43	00:56:58	00:05:42	RUNNING ARTEIXO	ARTEIXO
173	134	SORAYA ALVIAREZ MILANO	F- 20	M50F- 3	00:57:35	00:05:46	00:57:22	00:05:45		CULLEREDO
174	176	LYDIA MARTINEZ MOUTON	F- 21	M50F- 4	00:57:36	00:05:46	00:57:32	00:05:46		ARTEIXO
175	527	VIRGINIA BERMUDEZ ALBORES	F- 22	SNF- 7	00:57:40	00:05:46	00:57:40	00:05:46		CAMARIÑAS
176	190	BEATRIZ PAZOS NIMO	F- 23	SNF- 8	00:57:53	00:05:48	00:57:39	00:05:46		VIMIANZO
177	542	VERÓNICA FEÁS SAAVEDRA	F- 24	M50F- 5	00:58:02	00:05:49	00:57:49	00:05:47		A CORUÑA
178	806	FERMÍN CAMBEIRO CAMBEIRO		SNM- 70	00:58:40	00:05:52	00:58:31	00:05:52		CEE
179	60	ROBERTO REY GÓMEZ		SNM- 71	00:59:00	00:05:54	00:58:48	00:05:53	C.D.SAN PAIO	NOIA
180	207	JOSE ANGEL LORENZO RIVEIRO		M40M- 55	00:59:00	00:05:54	00:58:51	00:05:54		CULLEREDO
181	103	ANTONIO GONZÁLEZ FRANCO		M50M- 31	00:59:00	00:05:54	00:58:53	00:05:54	TEAM DAFIT O CONCO-DUMBRÍA	CEE
182	505	PAULA ARES	F- 25	SNF- 9	00:59:47	00:05:59	00:59:42	00:05:59	TERRA DE SONEIRA C.D.	A CORUÑA
183	529	BERTA REYMUDEZ BAÑA	F- 26	SNF- 10	01:00:16	00:06:02	01:00:02	00:06:01		BAIO
184	149	MARIA PARDO LEIS	F- 27	M40F- 12	01:00:33	00:06:04	01:00:21	00:06:03		ARTEIXO
185	225	INMACULADA COLLAZO COSTA	F- 28	SNF- 11	01:00:41	00:06:05	01:00:30	00:06:03		CABANA DE BERGANTIÑOS
186	25	SANDRA LEMA OZÓN	F- 29	SNF- 12	01:00:41	00:06:05	01:00:31	00:06:04	A.D.JARNACHAS	ARTEIXO
187	166	FRANCISCO BREA BEIRO		M50M- 32	01:03:01	00:06:19	01:02:49	00:06:17		CEE
188	141	MANUEL GONZALEZ PEREIRA		M50M- 33	01:03:02	00:06:19	01:02:44	00:06:17		ARTEIXO
189	145	JAVIER CIVES OUTES		SNM- 72	01:05:14	00:06:32	01:05:00	00:06:30		CEE
190	624	ESTEFANIA OTERO Mouro	F- 30	M40F- 13	01:06:00	00:06:36	01:06:00	00:06:36		MAZARICOS
Desc	37	ELOY CAMBEIRO CANOSA		SNM-Desc	00:31:21	00:03:09	00:31:21	00:03:09	ASOCIACIÓN DEPORTIVA OLIMPIA	BRENS