

XI CARREIRA PEDESTRE DO CONCELLO DE OUTES 2018, Outes (A Coruña) 17/05/2018

Carreira de 10 KM. Distancia: 10.000 m



Carreiras Galegas



Federación
Galega de
Atletismo
RUTA

Pto	Dorsal	Nome	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Km 5	Licenza	Club	Localidade
1	87	AMADOR PENA TORREIRA		VT1M- 1	00:34:41	00:03:29	00:34:41	00:03:29	00:18:30	AG 2018616	CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
2	24	RUBEN CAAMAÑO NIETO		SNM- 1	00:34:48	00:03:29	00:34:48	00:03:29	00:18:28	AG2014741	SAR-VERMU PETRONI	PORTOSIN
3	56	JOSÉ MIGUEL GÓMEZ SÁNCHEZ		VT2M- 1	00:35:04	00:03:31	00:35:04	00:03:31	00:18:31	AG-2023807	SAR-VERMU PETRONI	A CORUÑA
4	252	CARLOS LORENZO BLANCO		VT1M- 2	00:35:08	00:03:31	00:35:08	00:03:31	00:18:30		C.D.PORTOSIN	PORTOSIN
5	2	ROBERTO CARLOS AGRELO GOMEZ		VT1M- 3	00:35:13	00:03:32	00:35:12	00:03:32	00:18:30	AG763862	SAR-VERMU PETRONI	PADRON
6	125	PEDRO TRABA CAAMAÑO		VT2M- 2	00:35:42	00:03:35	00:35:42	00:03:35	00:18:31		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
7	6	LUÍS MIGUEL ANTELO LEMA		VT1M- 4	00:35:49	00:03:35	00:35:49	00:03:35	00:18:55	AG2019278	TERRA DE SONEIRA C.D.	VIMIANZO
8	73	ANGEL MACEIRAS LAGO		VT2M- 3	00:36:23	00:03:39	00:36:23	00:03:39	00:19:04	AG2014771	SAR-VERMU PETRONI	O BURGO
9	102	MARTÍN REGUEIRA RELLÁN		SNM- 2	00:36:40	00:03:40	00:36:40	00:03:40	00:18:40			LAXE
10	134	MANUEL VIEITES CARBALLO		VT2M- 4	00:36:44	00:03:41	00:36:44	00:03:41	00:19:03		CLUBE ATLETISMO CUNTIS.	CUNTIS
11	62	CARLOS JUANATEY GARCIA		VT1M- 5	00:36:46	00:03:41	00:36:45	00:03:41	00:19:27	AG768789	ATLETISMO FONTES DO SAR	NOIA
12	30	RAMÓN CANOSA CASTIÑEIRA		VT2M- 5	00:37:05	00:03:43	00:37:05	00:03:43	00:19:05		ASOCIACIÓN DEPORTIVA OLIMPIA	CÉE
13	118	GONZALO SILVA BRENLLA		SNM- 3	00:37:08	00:03:43	00:37:07	00:03:43	00:19:14	AG 766103	NOITEBRA FC	SANTA COMBA
14	55	JOSE ANTONIO GOMEZ RIOS		VT2M- 6	00:37:12	00:03:44	00:37:11	00:03:44	00:19:43	AG-768418	SAR-VERMU PETRONI	NOIA
15	8	JUAN RAMON BALDERRABANO MAYO		SNM- 4	00:37:20	00:03:44	00:37:19	00:03:44	00:19:52		C.D.PORTOSIN	NOIA
16	61	RUBEN INSUA DIAZ		SNM- 5	00:37:51	00:03:48	00:37:50	00:03:47	00:19:53	AG-2023812	SAR-VERMU PETRONI	FISTERRA
17	106	GONZALO RODRIGUEZ LÓPEZ		VT2M- 7	00:37:55	00:03:48	00:37:54	00:03:48	00:19:54		ASOCIACIÓN DEPORTIVA C.A.R	REDONDELA
18	72	CONSTANTE LORENZO SANTOS		VT2M- 8	00:37:57	00:03:48	00:37:56	00:03:48	00:19:54		CD OS MUDITOS	MUXIA
19	205	JAPI BAAMONDE ARUFE		VT2M- 9	00:37:57	00:03:48	00:37:57	00:03:48	00:20:00		SAR-VERMU PETRONI	NOIA
20	257	JOSE MANUEL NIETO GONZALEZ		VT2M- 10	00:38:16	00:03:50	00:38:14	00:03:50	00:20:02		3&RUN CLUB DE CORREDORES BY PEDRO NIMO	PORTO DO SON
21	22	CARLOS BUSTO LOBATO		VT3M- 1	00:38:19	00:03:50	00:38:17	00:03:50	00:19:59	AG-766069	SAR-VERMU PETRONI	CATOIRA
22	277	DAVID SENDON CAAMAÑO		VT1M- 6	00:38:21	00:03:51	00:38:21	00:03:51				OUTES
23	264	OSCAR PÉREZ LOURENZO		VT1M- 7	00:38:37	00:03:52	00:38:37	00:03:52	00:20:12		MASAXES KIKO	BEALO
24	80	JOSE NAVARRO ANTON		VT2M- 11	00:39:07	00:03:55	00:39:06	00:03:55	00:19:57	AG 2015070	S.D. BARBANTIA RODA	BOIRO
25	266	JOSÉ MANUEL PONTE SOMOZA		VT2M- 12	00:39:19	00:03:56	00:39:17	00:03:56	00:20:50		CLUBE ATLETISMO OUTES - JOHN TURKEY	SERRA DE OUTES
26	13	JOSÉ JULIÁN BELTRÁN TABOADA		VT2M- 13	00:39:33	00:03:58	00:39:32	00:03:58	00:20:49		RUN PONTEVEDRA	PONTEVEDRA
27	23	AVELINO CAAMAÑO NIETO		VT1M- 8	00:39:33	00:03:58	00:39:31	00:03:58	00:20:29	AG768412	SAR-VERMU PETRONI	OUTES
28	65	BRAIS LAGO TRILLO		JNM- 1	00:39:38	00:03:58	00:39:38	00:03:58	00:20:35		ASOCIACIÓN DEPORTIVA OLIMPIA	CARNOTA
29	64	JOSÉ MANUEL LAGO CES		VT2M- 14	00:39:43	00:03:59	00:39:41	00:03:59	00:20:35	AG 763847	SAR-VERMU PETRONI	CEE
30	130	SERGIO VARELA MARTINEZ		VT1M- 9	00:39:43	00:03:59	00:39:39	00:03:58	00:20:58		ATLETISMO FONTES DO SAR	MUROS
31	85	FRANCISCO PAZOS CAMPOS		VT3M- 2	00:39:48	00:03:59	00:39:48	00:03:59	00:20:40	AG 767359	ATLETISMO +9 MORAÑA	VILAGARCIA
32	53	ADRIAN GOMEZ FERNANDEZ		VT1M- 10	00:39:48	00:03:59	00:39:47	00:03:59	00:20:48	AG 2020637	CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
33	21	JOSE BUJAN GONZALEZ		VT2M- 15	00:39:51	00:04:00	00:39:49	00:03:59	00:20:31		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
34	60	LUIS HERMIDA CASTRO		VT2M- 16	00:39:56	00:04:00	00:39:56	00:04:00	00:21:04		A. D. LIMIACTIVA	OURENSE
35	245	FERNANDO GONZALEZ POUSA		VT3M- 3	00:39:58	00:04:00	00:39:56	00:04:00	00:20:45		CLUB ATLETISMO NOIA	NOIA
36	40	JAVIER DOPAZO LOUZAN		VT2M- 17	00:39:59	00:04:00	00:39:56	00:04:00	00:20:55		RUN PONTEVEDRA	PONTEVEDRA
37	289	ROCIO ALVITE FERREIRO	F- 1	VT1F- 1	00:40:12	00:04:02	00:40:12	00:04:02	00:21:08	GA768548	SAR-VERMU PETRONI	MAZARICOS
38	54	RAFAEL SENÉN GOMEZ GARCIA		SNM- 6	00:40:13	00:04:02	00:40:11	00:04:02	00:21:06		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
39	249	EMILIO JOSÉ INSUA PAZOS		VT2M- 18	00:40:19	00:04:02	00:40:16	00:04:02	00:21:14		C.D.PORTOSIN	NOIA
40	76	MIGUEL ANGEL MARTINEZ NIETO		VT2M- 19	00:40:34	00:04:04	00:40:30	00:04:03	00:21:20		CLUBE ATLETISMO OUTES - JOHN TURKEY	SERRA DE OUTES
41	288	ALBERTO VAZQUEZ TUBIO		VT2M- 20	00:40:59	00:04:06	00:40:57	00:04:06	00:21:17		S.D. BARBANTIA RODA	BOIRO
42	280	QUIQUE TRIÑANES VIDAL		VT2M- 21	00:41:10	00:04:07	00:41:05	00:04:07	00:21:43		FANECA COREANA	PORTO DO SON
43	283	JUAN MANUEL VILLAVEVERDE MUÑIZ		VT2M- 22	00:41:16	00:04:08	00:41:13	00:04:08	00:21:49		CLUB ATLETISMO NOIA	NOIA
44	231	JAVI DOSIL RIVAS		VT1M- 11	00:41:28	00:04:09	00:41:26	00:04:09	00:21:50		ATLETISMO FONTES DO SAR	NOIA

45	77	MARINELA MAYO CAAMAÑO	F- 2	VT1F- 2	00:41:30	00:04:09	00:41:28	00:04:09	00:21:52	AG766083	SAR-VERMU PETRONI	BERTAMIRANS
46	94	GERMÁN PÉREZ VIDAL		VT3M- 4	00:41:31	00:04:10	00:41:28	00:04:09	00:21:43		CLUB ATLETISMO NOIA	NOIA
47	97	SUSO QUEIRUGA TRIÑANES		VT2M- 23	00:41:45	00:04:11	00:41:40	00:04:10	00:21:43		FANECA COREANA	PORTO DO SON
48	32	TERESA CASTRO VILLAVERDE	F- 3	VT3F- 1	00:41:48	00:04:11	00:41:48	00:04:11	00:21:53		CLUB ATLETISMO NOIA	VIMIANZO
49	286	BEJAMIN COSTA FERNANDEZ		VT1M- 12	00:41:57	00:04:12	00:41:55	00:04:12	00:21:47			NOIA
50	285	ALBERTO ARAMBURU GARCÍA-PINTOS		VT2M- 24	00:42:05	00:04:13	00:42:02	00:04:13	00:21:54		RUN PONTEVEDRA	PONTEVEDRA
51	57	MARÍA GONZÁLEZ MARTÍNEZ	F- 4	SNF- 1	00:42:10	00:04:13	00:42:06	00:04:13	00:21:55		ORIXINAL MGM TEAM	NOIA
52	243	MANUEL GÓMEZ GÓMEZ		VT2M- 25	00:42:22	00:04:15	00:42:18	00:04:14	00:21:52		CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	LOUSAME
53	215	SERGIO BUJÁN LOURIDO		SNM- 7	00:42:27	00:04:15	00:42:17	00:04:14	00:22:05		CLUBE ATLETISMO OUTES - JOHN TURKEY	BERTAMIRANS
54	109	FÉLIX ROGET PÉREZ		VT1M- 13	00:42:34	00:04:16	00:42:25	00:04:15	00:22:15		TERRA DE SONEIRA C.D.	VIMIANZO
55	224	FRANCISCO JAVIER CEPEDA GACIO		VT3M- 5	00:42:48	00:04:17	00:42:43	00:04:17	00:22:29		NOITEBRA FC	VEDRA
56	63	JOSE ANTONIO JUANATEY PÉREZ		VT2M- 26	00:42:52	00:04:18	00:42:50	00:04:17	00:21:47	A-9873	ATLETISMO FONTES DO SAR	SANTIAGO DE COMPOSTELA
57	122	CESAR TABOADA MILLAN		VT2M- 27	00:42:54	00:04:18	00:42:52	00:04:18	00:22:51	AG 768472	CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
58	115	FRANCISCO SANMARCO SANTOS		VT3M- 6	00:42:55	00:04:18	00:42:55	00:04:18		GA-768550	SAR-VERMU PETRONI	PONTECESURES
59	71	JOSE ANTONIO LOPEZ FERNANDEZ		VT2M- 28	00:42:57	00:04:18	00:42:50	00:04:17	00:22:16		CLUBE ATLETISMO OUTES - JOHN TURKEY	NOIA
60	123	JUAN JESÚS TAJES MAYO		VT2M- 29	00:43:05	00:04:19	00:42:59	00:04:18	00:22:55	AG-2019296	ATLETISMO FONTES DO SAR	ESTEIRO
61	75	JUAN MANUEL MARTÍNEZ MARTÍNEZ		VT2M- 30	00:43:06	00:04:19	00:43:03	00:04:19	00:22:42			ESTEIRO
62	20	JUAN LUIS BOTANA MOSQUERA		VT2M- 31	00:43:06	00:04:19	00:43:04	00:04:19	00:22:51	AG2020341	CLUB ATLETISMO O PINO	OROSO
63	19	FRANCISCO RAMON BLANCO PAN		VT2M- 32	00:43:11	00:04:20	00:43:07	00:04:19	00:22:37		CLUBE ATLETISMO OUTES - JOHN TURKEY	NOIA
64	250	DANIEL LAREO CREO		VT2M- 33	00:43:19	00:04:20	00:43:14	00:04:20	00:23:08		TRIBU TRAIL	NOIA
65	103	XAIME RIVAS POSSE		VT3M- 7	00:43:26	00:04:21	00:43:20	00:04:20	00:22:39			SANTIAGO DE COMPOSTELA
66	304	RAMÓN VILLAR RUIBAL		VT3M- 8	00:43:29	00:04:21	00:43:16	00:04:20	00:22:59	GA766004	VERXEL NUTRICIÓN DEPORTIVA	A CORUÑA
67	201	IVÁN ABELEDO VARELA		XVNM- 1	00:43:43	00:04:23	00:43:42	00:04:23	00:22:52	AG 2025097	CLUB DEPORTIVO VAGALUME ENERGÍA	MELIDE
68	12	DIEGO BELLO GRAIÑO		VT1M- 14	00:43:44	00:04:23	00:43:31	00:04:22	00:22:40			NEGREIRA
69	270	JUAN RIVAS ALENDE		VT1M- 15	00:43:54	00:04:24	00:43:48	00:04:23	00:22:38		NOITEBRA FC	OUTES
70	58	ALBERTO GONZALEZ SUAREZ		VT1M- 16	00:44:03	00:04:25	00:44:01	00:04:25	00:21:53		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
71	236	FERNANDO FROJÁN CANLE		VT1M- 17	00:44:10	00:04:25	00:44:06	00:04:25	00:23:00			NOIA
72	254	MODESTO MARIÑO CASAIS		VT2M- 34	00:44:14	00:04:26	00:44:08	00:04:25	00:23:21			RIBEIRA
73	3	ALBERTO ALBAN SALGADO		VT2M- 35	00:44:21	00:04:27	00:44:15	00:04:26	00:23:12		FANECA COREANA	PORTOSIN
74	38	PACO DE LA TORRE GARCIA		VT2M- 36	00:44:21	00:04:27	00:44:14	00:04:26	00:23:13		FANECA COREANA	PORTO DO SON
75	101	AMADOR REBOREDA GRAÑA		VT3M- 9	00:44:23	00:04:27	00:44:14	00:04:26	00:23:59		ASOCIACIÓN DEPORTIVA C.A.R	REDONDELA
76	262	XOSÉ M. PARDO LÓPEZ		VT3M- 10	00:44:24	00:04:27	00:44:21	00:04:27	00:22:50		CLUBE ATLETISMO OUTES - JOHN TURKEY	BRION
77	93	JESUS EDUARDO PEREZ RODRIGUEZ		VT1M- 18	00:44:25	00:04:27	00:44:16	00:04:26	00:23:37		BUDIÑORAI	PORRIÑO
78	27	MANUEL CALVO GERARDI		VT4M- 1	00:44:25	00:04:27	00:44:24	00:04:27	00:23:18	GA 765833	ATLETISMO +9 MORAÑA	MORAÑA
79	47	BENIGNO FREIRE ESPARÍS		VT3M- 11	00:44:26	00:04:27	00:44:25	00:04:27	00:23:13			NEGREIRA
80	45	ANGEL FERNÁNDEZ VIDAL		VT3M- 12	00:44:32	00:04:28	00:44:27	00:04:27	00:23:23			MUROS
81	279	JESUS SUAREZ REY		VT2M- 37	00:44:37	00:04:28	00:44:30	00:04:27	00:23:10		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
82	29	ALFONSO CANOSA BLANCO		VT3M- 13	00:45:07	00:04:31	00:45:07	00:04:31	00:23:18		ASOCIACIÓN DEPORTIVA OLIMPIA	A CORUÑA
83	129	JESÚS VAAMONDE RÚA		VT3M- 14	00:45:11	00:04:32	00:45:09	00:04:31	00:23:23			LA CORUÑA
84	242	CARLOS MANUEL GARCIA RODRIGUEZ		VT1M- 19	00:45:15	00:04:32	00:45:12	00:04:32	00:22:58		LONGO	PONTECESO
85	90	DAVID PÉREZ GONZÁLEZ		VT1M- 20	00:45:23	00:04:33	00:45:12	00:04:32	00:24:11		ATLETISMO A CANUDA SEGUROS BILBAO	SALCEDA DE CASELAS
86	9	RAMON BARREIRO CERNADAS		VT3M- 15	00:45:25	00:04:33	00:45:17	00:04:32	00:23:52		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
87	290	JOSELO TUBIO MARTINEZ		VT2M- 38	00:45:33	00:04:34	00:45:28	00:04:33	00:24:09	A 9929	CLUB ATLETISMO NOIA	NOIA
88	78	ELENA MIGUENS OTERO	F- 5	VT2F- 1	00:45:36	00:04:34	00:45:34	00:04:34	00:23:46	AG766075	SAR-VERMU PETRONI	PADRON
89	127	PAULA TRILLO CALO	F- 6	SNF- 2	00:45:41	00:04:35	00:45:32	00:04:34	00:24:09	AG 2022634	TERRA DE SONEIRA C.D.	VIMIANZO
90	237	JUAN GACIÑO GONZÁLEZ		VT2M- 39	00:45:48	00:04:35	00:45:38	00:04:34	00:23:57			AMES
91	221	DANIEL CASTELO GUERRERO		VT2M- 40	00:45:51	00:04:36	00:45:44	00:04:35	00:23:38			SAMPAIO (NOIA)
92	244	JOSEMA GONZÁLEZ CANABAL		VT2M- 41	00:45:51	00:04:36	00:45:44	00:04:35	00:23:55			NOIA
93	267	EDUARDO RÁDEKE FARIÑA		VT2M- 42	00:46:04	00:04:37	00:45:55	00:04:36	00:24:07			SADA

94	95	BENITO PIÑEIRO ABEIJON	VT2M- 43	00:46:08	00:04:37	00:45:55	00:04:36	00:24:46		AGRUPACION DEPORTIVA ATLETES	ESTEIRO
95	265	PEPE PIÑEIRO ABEIJON	VT1M- 21	00:46:08	00:04:37	00:45:57	00:04:36	00:24:46			ESTEIRO
96	70	MANUEL LOJO CARAMÉS	VT1M- 22	00:46:14	00:04:38	00:46:09	00:04:37	00:24:00		CLUBE ATLETISMO OUTES - JOHN TURKEY	NOIA
97	260	ALFONSO OTERO RODRIGUEZ	VT1M- 23	00:46:21	00:04:39	00:46:17	00:04:38	00:23:19			NOIA
98	212	MARIA JOSE BRAGAÑA MIGUENS	F- 7 VT2F- 2	00:46:24	00:04:39	00:46:19	00:04:38	00:24:34		CLUBE ATLETISMO OUTES - JOHN TURKEY	BRION
99	230	ANDRÉS DOMÍNGUEZ SÁNCHEZ	VT3M- 16	00:46:32	00:04:40	00:46:30	00:04:39	00:23:47			PUEBLA DEL CARAMIÑAL
100	119	BERIT SOMMERFELT	F- 8 VT1F- 3	00:46:43	00:04:41	00:46:39	00:04:40	00:24:26			CORUÑA
101	81	CONCHA NOVAIS	F- 9 VT1F- 4	00:46:53	00:04:42	00:46:49	00:04:41	00:24:27		CLUB ATLETISMO SADA	ESTEIRO
102	241	HUGO GARCIA MARTINEZ	SNM- 8	00:46:57	00:04:42	00:46:53	00:04:42	00:24:08		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
103	39	SERGIO DEL ARCO MARQUIZ	VT2M- 44	00:47:04	00:04:43	00:46:58	00:04:42	00:24:20	AG/764424	CLUB OLIMPICO DE VEDRA	VILAGARCIA DE AROSA
104	216	JOSE DOMINGO BUJAN MARTELO	SNM- 9	00:47:18	00:04:44	00:47:17	00:04:44	00:24:14			OUTES
105	86	ALEJANDRO PAZOS LÓPEZ	VT1M- 24	00:47:21	00:04:45	00:47:07	00:04:43	00:24:54			BERTAMIRANS
106	50	ADOLFO GARCÍA ALONSO	VT1M- 25	00:47:21	00:04:45	00:47:15	00:04:44	00:24:50		BEER RUNNERS CORUÑA	A CORUÑA
107	107	LITO RODRÍGUEZ POUSO	VT1M- 26	00:47:30	00:04:45	00:47:30	00:04:45			CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	PORTO DO SON
108	218	ROBERTO CAO BRAÑA	VT3M- 17	00:47:37	00:04:46	00:47:32	00:04:46	00:24:28			NOIA
109	206	BEATRIZ BARROSO PEREZ	F- 10 VT2F- 3	00:47:39	00:04:46	00:47:35	00:04:46	00:24:52		TRIBU TRAIL	NOIA
110	105	MARTIN EUGENIO RODRIGUEZ GOMEZ	VT1M- 27	00:47:41	00:04:47	00:47:35	00:04:46	00:25:26		NOITEBRA FC	SANTIAGO DE COMPOSTELA
111	37	FERNANDO JOSE DE ALMEIDA REY	VT1M- 28	00:47:47	00:04:47	00:47:41	00:04:47	00:24:44		TRAN-TRAN	AMES
112	124	OSCAR TORRES REGO	VT1M- 29	00:47:47	00:04:47	00:47:42	00:04:47	00:24:49	AG 2015074	ATLETISMO +9 MORAÑA	MORAÑA
113	256	MANUEL MOURIÑO ROMANI	VT2M- 45	00:47:49	00:04:47	00:47:37	00:04:46	00:25:00			OUTES
114	246	MARCOS MANUEL GOSENDE ROMARIS	VT2M- 46	00:47:49	00:04:47	00:47:37	00:04:46	00:25:00		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
115	104	DANIEL RODRÍGUEZ GÁNDARA	VT1M- 30	00:47:53	00:04:48	00:47:48	00:04:47	00:24:25		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
116	282	JOSE MANUEL VAZQUEZ ROMERO	SNM- 10	00:47:56	00:04:48	00:47:53	00:04:48	00:25:14		CLUB ATLETISMO O PINO	VAL DO DUBRA
117	259	JOSE MANUEL ONS FERNANDEZ	VT2M- 47	00:48:11	00:04:50	00:48:03	00:04:49	00:25:32			NOIA
118	43	PABLO DOSIL ROSENDE	VT1M- 31	00:48:12	00:04:50	00:48:04	00:04:49	00:25:32			VILAGARCIA DE AROUSA
119	233	PABLO FERNANDEZ BREA	SNM- 11	00:48:25	00:04:51	00:48:14	00:04:50	00:25:03			MUROS
120	96	TONO PORTALS SABORIDO	VT2M- 48	00:48:26	00:04:51	00:48:16	00:04:50	00:25:24			ESTEIRO
121	258	VERONICA NOYA SERRAMO	F- 11 SNF- 3	00:48:33	00:04:52	00:48:24	00:04:51	00:25:55		CLUBE ATLETISMO OUTES - JOHN TURKEY	AMES
122	11	JUAN MANUEL BAUTIS OTERO	VT2M- 49	00:48:40	00:04:52	00:48:35	00:04:52	00:25:57	AG2014507		AMES. MILLADOIRO
123	18	MARCOS ANTONIO BLANCO FIGUEIRIDO	VT2M- 50	00:48:42	00:04:53	00:48:37	00:04:52	00:25:23	AG9519	CLUBE ATLETISMO OUTES - JOHN TURKEY	SERRA DE OUTES
124	41	JOSE MANUEL DOPICO SOTO	VT4M- 2	00:48:55	00:04:54	00:48:53	00:04:54	00:25:33	AG 2020205	C.D. EGOVARROS-VIVEIRO	NEDA
125	74	EUSEBIA MALDONADO	F- 12 VT1F- 5	00:49:15	00:04:56	00:49:12	00:04:56	00:25:52	NO TENGO		A CORUÑA
126	131	JOSE VARELA VERDES	VT1M- 32	00:49:16	00:04:56	00:49:11	00:04:56	00:25:52		BEER RUNNERS CORUÑA	A CORUÑA
127	33	JOSE RAMON CONDE TORRES	VT4M- 3	00:49:22	00:04:57	00:49:15	00:04:56	00:25:56	GA-769000	C.A.R. MARISQUEIRO	PORRIÑO
128	98	FERNANDO QUIROGA GARCIA	VT2M- 51	00:49:44	00:04:59	00:49:42	00:04:59	00:26:01		CLUBE ATLETISMO OUTES - JOHN TURKEY	OUTES
129	227	EVA DE LA FUENTE IGLESIAS	F- 13 VT2F- 4	00:49:48	00:04:59	00:49:46	00:04:59	00:25:33		CLUB ATLÉTISMO O PINO	SANTIAGO
130	16	JOSÉ ANTONIO BLANCO BARREIRO	VT4M- 4	00:49:56	00:05:00	00:49:52	00:05:00	00:25:58			SANTIAGO DE COMPOSTELA
131	89	JOSÉ MANUEL PEREZ CIBEIRA	VT2M- 52	00:50:00	00:05:00	00:49:52	00:05:00	00:26:42			PIÑOR
132	217	JOSE CAAMAÑO SIEIRA	SNM- 12	00:50:05	00:05:01	00:49:57	00:05:00	00:25:47		CLUB BTT TRIATLÓN O TREITO	NOIA
133	263	EUGENIO PARDO PARDO	VT2M- 53	00:50:06	00:05:01	00:49:58	00:05:00	00:26:35			NOIA
134	36	MARIA DEL CARMEN COTOVAD MALVAR	F- 14 VT2F- 5	00:50:09	00:05:01	00:50:05	00:05:01	00:26:10		RUN PONTEVEDRA	PONTEVEDRA
135	275	NATI ROMERO VIÑAS	F- 15 VT1F- 6	00:50:19	00:05:02	00:50:13	00:05:02	00:26:11			NOIA
136	83	MANUEL OUTES PAZ	VT4M- 5	00:50:25	00:05:03	00:50:21	00:05:03	00:26:11			CARBALLO
137	202	NACHO AGEITOS GARCIA	VT2M- 54	00:50:49	00:05:05	00:50:42	00:05:05	00:26:41			PORTO DO SON
138	10	JORGE BARREIRO GONZÁLEZ	VT1M- 33	00:50:59	00:05:06	00:50:52	00:05:06	00:26:00		BEER RUNNERS CORUÑA	A CORUÑA
139	110	PABLO ROO MAROÑAS	SNM- 13	00:51:03	00:05:07	00:50:57	00:05:06	00:27:09			LOUSAME
140	203	JOSE MANUEL ALBORES DIAZ	VT4M- 6	00:51:14	00:05:08	00:51:10	00:05:07	00:26:16		ALBORES	LOUSAME

141	226	INMACULADA CORTÓN TESOURO	F- 16	VT2F- 6	00:51:19	00:05:08	00:51:09	00:05:07	00:27:07	C.D.PORTOSIN	PORTO DO SON
142	84	CARLOS PAMPÍN BOADO		VT4M- 7	00:51:48	00:05:11	00:51:42	00:05:11	00:28:01	CLUB DEPORTIVO PINARIUM	VILA DE CRUCES
143	66	JUAN MANUEL LAMAS BELLO		VT2M- 55	00:52:07	00:05:13	00:51:57	00:05:12	00:25:59	AG-2018151	A LARACHA
144	301	JOSÉ CHAVES PEREIRA		VT2M- 56	00:52:08	00:05:13	00:51:59	00:05:12	00:27:34	AG 2023315	ATLETISMO +9 MORAÑA
145	108	CELINA RODRIGUEZ SOBRINO	F- 17	VT4F- 1	00:52:08	00:05:13	00:51:59	00:05:12	00:27:35	GA 765834	ATLETISMO +9 MORAÑA
146	273	PAULA RODRIGUEZ LOURO	F- 18	VT1F- 7	00:52:19	00:05:14	00:52:10	00:05:13	00:27:30	MGM	NOIA
147	235	JOSE MANUEL FONTAN MIRON		VT1M- 34	00:52:31	00:05:16	00:52:27	00:05:15	00:26:57		NOIA
148	234	EMMA FERRADAS BLANCO	F- 19	SNF- 4	00:52:36	00:05:16	00:52:29	00:05:15	00:28:12		ESCOLA ATLETISMO DEZA
149	112	JUAN DAVID RUIZ PIÑEIRO		SNM- 14	00:52:37	00:05:16	00:52:26	00:05:15	00:26:57		A CORUÑA
150	211	JUAN LUIS BOTANA FERREIRO		VT4M- 8	00:52:39	00:05:16	00:52:33	00:05:16	00:27:32		CLUB ATLETISMO O PINO
151	272	MARIA RODRIGUEZ LOBAGUEIRA	F- 20	VT4F- 2	00:52:57	00:05:18	00:52:48	00:05:17	00:28:05		NOIA
152	25	MARÍA BEGOÑA CAJADE BLANCO	F- 21	VT1F- 8	00:53:03	00:05:19	00:52:56	00:05:18	00:28:18	AG 2020396	C.A.I A ESTRADA
153	116	FABIÁN SANTOS POSE		VT1M- 35	00:53:40	00:05:22	00:53:31	00:05:22	00:27:50	AG 2022 664	TERRA DE SONEIRA C.D.
154	274	LUCIA ROMERO ONS	F- 22	VT1F- 9	00:53:51	00:05:24	00:53:45	00:05:23	00:27:36		CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA
155	35	JORGE COSTOYA DOSIL		VT1M- 36	00:53:52	00:05:24	00:53:46	00:05:23	00:27:36		CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA
156	255	JOSÉ MANUEL MAYO CAAMAÑO		VT2M- 57	00:54:05	00:05:25	00:53:52	00:05:24	00:29:13		VENDAVAL ESTEIRO
157	240	ISABEL GARCÍA FERNÁNDEZ	F- 23	VT2F- 7	00:54:09	00:05:25	00:54:04	00:05:25	00:27:50		ATLETISMO FONTES DO SAR
158	28	FERMÍN CAMBEIRO CAMBEIRO		VT1M- 37	00:54:12	00:05:26	00:54:08	00:05:25	00:28:41		CEE
159	268	JULIAN RAMOS ARCOS		VT2M- 58	00:54:12	00:05:26	00:54:03	00:05:25	00:28:36		MUROS
160	135	LUIS VIÑA DOMÍNGUEZ		VT1M- 38	00:54:23	00:05:27	00:54:17	00:05:26	00:27:51		BEER RUNNERS CORUÑA
161	213	SUSAN BRAVO RODRIGUEZ	F- 24	VT3F- 2	00:54:46	00:05:29	00:54:36	00:05:28	00:28:48		CLUBE ATLETISMO OUTES - JOHN TURKEY
162	15	DAVID BERNÁRDEZ PEÑA		VT1M- 39	00:54:56	00:05:30	00:54:48	00:05:29	00:28:30		PREFABRICADOS FEIJOO-GALITIMING
163	91	JESUS PEREZ LEIS		VT4M- 9	00:54:59	00:05:30	00:54:55	00:05:30	00:28:07		CEE
164	303	MANUEL LAGO MOLEDO		VT3M- 18	00:54:59	00:05:30	00:54:55	00:05:30	00:28:17		CLUBE ATLETISMO OUTES - JOHN TURKEY
165	126	MARIA JOSE TRABA LOPEZ	F- 25	VT2F- 8	00:55:45	00:05:35	00:55:42	00:05:35	00:28:51		ASOCIACIÓN DEPORTIVA OLIMPIA
166	92	BELEN PEREZ MARTINEZ	F- 26	VT2F- 9	00:55:45	00:05:35	00:55:42	00:05:35	00:28:51		ASOCIACIÓN DEPORTIVA OLIMPIA
167	238	JUAN GALLEGU RIAL		VT3M- 19	00:56:20	00:05:38	00:56:14	00:05:38	00:28:41		TEO
168	209	MARGARITA BLANCO DIEGUEZ	F- 27	VT2F- 10	00:57:23	00:05:45	00:57:17	00:05:44	00:30:24		ESCOLA ATLETISMO DEZA
169	48	JOSE ALEJANDRO GANDARA BOUZA		VT2M- 59	00:57:38	00:05:46	00:57:29	00:05:45	00:30:21		CASTRELOS 20:30
170	220	FERNANDO CARVALHO LISBOA		SNM- 15	00:57:41	00:05:47	00:57:30	00:05:45	00:30:55		CLUB ACCIONA
171	251	VANESSA LEON VIÑAS	F- 28	VT1F- 10	00:57:44	00:05:47	00:57:37	00:05:46	00:30:10		MGM
172	208	ABRAHAM BENÍTEZ SOMOZA		VT2M- 60	00:57:52	00:05:48	00:57:40	00:05:46	00:30:53		CLUB ACCIONA
173	228	JOSE ELIAS DIAZ GONZALEZ		SNM- 16	00:58:23	00:05:51	00:58:11	00:05:50	00:31:40		CHANTADA
174	284	YOLANDA GONZÁLEZ VILLAR	F- 29	VT2F- 11	00:58:25	00:05:51	00:58:22	00:05:51	00:30:18		CLUBE ATLETISMO OUTES - JOHN TURKEY
175	271	RICARDO JULIO RODRÍGUEZ FERNÁNDEZ		VT3M- 20	00:58:26	00:05:51	00:58:22	00:05:51	00:30:18		CLUBE ATLETISMO OUTES - JOHN TURKEY
176	88	JAVIER PEREIRA GONZÁLEZ		VT3M- 21	00:58:26	00:05:51	00:58:16	00:05:50	00:30:19	AG 2024029	CLUB ATLETISMO SADA
177	287	JOSE MARTINEZ LEIS		VT3M- 22	00:58:48	00:05:53	00:58:40	00:05:52	00:29:59		NOIA
178	114	SILVIA SÁNCHEZ BASCOY	F- 30	VT3F- 3	00:59:32	00:05:58	00:59:25	00:05:57	00:30:58		A CORUÑA
179	26	SERGIO CALVO		VT2M- 61	01:00:04	00:06:01	00:59:53	00:06:00	00:31:28		CORUÑA
180	239	MARÍA GARCÍA CASTELO	F- 31	VT1F- 11	01:00:25	00:06:03	01:00:14	00:06:02	00:31:49		CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA
181	4	NURIA ÁLVAREZ RODRÍGUEZ	F- 32	SNF- 5	01:00:56	00:06:06	01:00:47	00:06:05	00:31:46		PREFABRICADOS FEIJOO-GALITIMING
182	278	MONTSERRAT SILVA CAAMAÑO	F- 33	VT1F- 12	01:03:02	00:06:19	01:02:53	00:06:18	00:32:34		LOUSAME
183	207	MARÍA BELSOL MORGAGE	F- 34	VT1F- 13	01:03:02	00:06:19	01:02:53	00:06:18	00:32:34		MGM
184	204	ROSA MARIA ARCA MOLINOS	F- 35	VT1F- 14	01:03:02	00:06:19	01:02:54	00:06:18	00:32:35		MGM
185	14	JESÚS BERNAL GÓMEZ		VT4M- 10	01:04:34	00:06:28	01:04:33	00:06:28	00:33:27		FERROL
186	225	MARIA TERESA CHAVES REDONDO	F- 36	VT1F- 15	01:06:04	00:06:37	01:05:53	00:06:36	00:34:04		S.D. BARBANTIA RODA
187	113	EMILIO SABORIDO FERNANDEZ		VT1M- 40	01:06:04	00:06:37	01:05:53	00:06:36	00:34:06		S.D. BARBANTIA RODA
188	219	LOLA CARAMES	F- 37	VT1F- 16	01:07:18	00:06:44	01:07:10	00:06:43	00:34:38		NOIA
189	253	VERÓNICA MADRUGA VÁZQUEZ	F- 38	VT1F- 17	01:07:18	00:06:44	01:07:10	00:06:43	00:34:38		NOIA