

Absoluta (4,2 km aprox.)

Folla impresa ás 13:23

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo km	Ano Club	Cat	S	Pts
1	470	GA11310	Rubén Diz Díaz	11:48	2:49	1970 Ourense Atletismo	1 AbsM	1 M	1
2	239	AG2020516	Javier Paredes Gonzalez	12:10	2:54	1979 Burgas Orense	2 AbsM	2 M	2
3	163		Julio Novoa Gutierrez	12:43	3:02	1980 ATLETISMO ARENTEIRO	3 AbsM	3 M	
4	141	NA15471	Pablo Vazquez González	12:45	3:02	1986 Beste Iruña At	4 AbsM	4 M	
5	397	GA764989	Saturnino Gonzalez Novoa	12:47	3:03	1961 Ourense Atletismo	5 AbsM	5 M	3
6	166	AG2023104	Jordi Silva Luna	13:14	3:09	1981 ATLETISMO ARENTEIRO	6 AbsM	6 M	
7	236	AG10167	Jose Mira Fernandez	13:16	3:10	1971 Burgas Orense	7 AbsM	7 M	4
8	197	GA2023300	Tomás Fraiz Velázquez	13:18	3:10	1986 CLUB OURENSE ATLETISMO	8 AbsM	8 M	
9	140	AG2020190	Alberto Rodríguez González	13:30	3:13	1975 Arenteiro	9 AbsM	9 M	
10	342	GA769407	David Valcárcel Valcárcel	13:36	3:14	1972 CD La Purisima	10 AbsM	10 M	5
11	337	AG2021355	Angel Soto Rodriguez	13:44	3:16	1977 CD La Purisima	11 AbsM	11 M	6
12	177		Francisco Javier González Pascual	13:45	3:16	1975 VIA XVIII MACEDA	12 AbsM	12 M	
13	164		José Ramón Rodríguez González	13:47	3:17	1973 ATLETISMO ARENTEIRO	13 AbsM	13 M	
14	238	AG768755	Francisco Javier Ortega Infiesta	13:47	3:17	1971 Burgas Orense	14 AbsM	14 M	7
15	228	AG768274	Samuel Torres Barreiros	13:49	3:17	1981 CLUB DEPORTIVO AURUM	15 AbsM	15 M	
16	227	AG10064	Ramses Manuel Torres Barreiros	14:02	3:20	1976 CLUB DEPORTIVO AURUM	16 AbsM	16 M	
17	240	AG766620	Francisco Rodriguez Atanes	14:09	3:22	1970 Burgas Orense	17 AbsM	17 M	8
18	205		Antonio Touza Gonzalez	14:14	3:23	1978 CLUB OURENSE ATLETISMO	18 AbsM	18 M	
19	150		Jose Manuel Nanín López	14:16	3:24	1967 OURUN	19 AbsM	19 M	
20	170	AG2020003	Jose Vázquez Fernández	14:21	3:25	1968 PATO BLANCO DE CELANOVA	20 AbsM	20 M	
21	153		Luis Hermida Castro	14:23	3:25	1974 A.D. LIMIACTIVA	21 AbsM	21 M	
22	162	AG2024740	Pablo Valdes Alvarez	14:25	3:26	1973 CORREDORES DO MIÑO	22 AbsM	22 M	
23	235	AG2020502	Victorina Losada Pérez	14:29	3:27	1984 Burgas Orense	1 AbsF	1 F	9
24	231	AG2027030	Juan José Ansia García	14:31	3:27	1974 Burgas Orense	23 AbsM	23 M	10
25	206	AG763614	Alán Andrés Fidalgo	14:33	3:28	1975 Esprintes Ourense	24 AbsM	24 M	11
26	50		Javier De Dios Rodríguez	14:43	3:30	1988	25 AbsM	25 M	12
27	346	AG2018660	Javier Vidal Vázquez	14:45	3:31	1974 CD La Purisima	26 AbsM	26 M	13
28	152		Francisco Javier Díaz León	14:48	3:31	1976 A.D. LIMIACTIVA	27 AbsM	27 M	

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				Tempo	km				
29	293	AG2026484	Emilio Jose Garrido Sobrino	14:51	3:32	1980 CD La Purisima	28 AbsM	28 M	14
30	209	AG2026336	Joaquin Dibuja Barreiros	14:54	3:33	1974 Esprintes Ourense	29 AbsM	29 M	15
31	437	AG2021987	German Quiroga Alvarez	14:57	3:34	1971 Ourense Atletismo	30 AbsM	30 M	16
32	208	AG2014554	Jose Manuel Cruz Santos	14:59	3:34	1976 Esprintes Ourense	31 AbsM	31 M	17
33	175		Carlos Fidalgo Rodríguez	15:01	3:35	1979 VIA XVIII MACEDA	32 AbsM	32 M	
34	94		Guillermo Mateos García	15:08	3:36	1972	33 AbsM	33 M	18
35	423	AG2020475	Jose Luis Novoa Cid	15:23	3:40	1973 Ourense Atletismo	34 AbsM	34 M	19
36	117		Alberto Rodriguez Iglesias	15:23	3:40	1973	35 AbsM	35 M	20
37	171	AG2015987	Carlos Vispo Basalo	15:26	3:40	1969 PATO BLANCO DE CELANOVA	36 AbsM	36 M	
38	212	AG764299	Manuel Rafael Perez Gonzalez	15:43	3:45	1972 Esprintes Ourense	37 AbsM	37 M	21
39	143		Santiago Conde Bermudez	15:46	3:45	1962 BURGAS ATLETISMO OURENSE	38 AbsM	38 M	
40	160	AG2025050	Eduardo Jose Estevez Ulloa	15:48	3:46	1967 CORREDORES DO MIÑO	39 AbsM	39 M	
41	125		Juan Tallón Salgado	15:50	3:46	1975	40 AbsM	40 M	22
42	85		Luis Lopez Iglesias	16:10	3:51	1968	41 AbsM	41 M	23
43	216		Carlos Rodriguez Novoa	16:19	3:53	1957 Esprintes Ourense	42 AbsM	42 M	24
44	234	AG2020672	Jose Losada Marra	16:22	3:54	1955 Burgas Orense	43 AbsM	43 M	25
45	323	AG2017994	Antonio Pousa Losada	16:33	3:56	1972 CD La Purisima	44 AbsM	44 M	26
46	242	AG6369	Manuel Souto Cortizo	16:40	3:58	1960 Burgas Orense	45 AbsM	45 M	27
47	237	AG2020498	Ana Maria Ocampo Sanmamed	16:45	3:59	1981 Burgas Orense	2 AbsF	2 F	28
48	148		Roberto Gomez Perez	16:54	4:01	1976 LIBRE	46 AbsM	46 M	
49	167	AG2024925	Adolfo Diz	16:58	4:02	1975 PATO BLANCO DE CELANOVA	47 AbsM	47 M	
50	230	AG2020515	Rebeca Alvarez Alvarez	16:59	4:03	1974 Burgas Orense	3 AbsF	3 F	29
51	169	AG2026680	María Esther Perez	17:31	4:10	1979 PATO BLANCO DE CELANOVA	4 AbsF	4 F	
52	56		José Manuel Ferreiro Formoso	17:37	4:12	1979	48 AbsM	48 M	30
53	151		Antonio Mera De La Fuente	17:44	4:13	1969 PEROXA RUNNING	49 AbsM	49 M	
54	93		Pablo Martínez Soot	18:07	4:19	1963	50 AbsM	50 M	31
55	96		Tomas Mendez Rodriguez	18:11	4:20	1970	51 AbsM	51 M	32
56	156		Blanca López Varela	18:16	4:21	1975 CLUB ATLETISMO SADA	5 AbsF	5 F	
57	241	AG2018542	Natalia Salgado Da Silva	18:18	4:21	1971 Burgas Orense	6 AbsF	6 F	33
58	232	AG11049	Jose Luis Cabo Ben	18:19	4:22	1971 Burgas Orense	52 AbsM	52 M	34
59	215	GA769027	Angel Pumar Boveda	18:57	4:31	1964 Esprintes Ourense	53 AbsM	53 M	35
60	20		Jesús Bernal Gómez	20:02	4:46	1947	54 AbsM	54 M	36