

CRONOTEC

XIII10 KMS ALFONSO MORO

Carrera principal

Localidade VIGO

ORGANIZA: ADN Runners-Telmo Peluqueros

Data 08/09/2024

CRONOMETRA: CRONOTEC

Hora 10:00 AM

SISTEMA: CRONOMACH

Clasificación xeral

Distancia 10 Km

CLASIFICACIONES: WWW.CRONOTEC.ES

(Con tempos dos parciais)

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
1		26	LORENZO LÓPEZ, Manuel	CLUB DEPORTIVO PINARIUM	M-1 (1)	00:01	0:16:32	0:15:50	0:32:23	03:14
2		79	PRIETO FERVENZA, Alvaro	CLUB ATLETISMO CORREDOIRA	M-2 (1)	00:00	0:16:32	0:16:16	0:32:49	03:16
3		225	GÓMEZ OTERO, Daniel	CLUB DEPORTIVO DELIKIA	M-1 (2)	00:00	0:16:32	0:16:22	0:32:55	03:17
4		75	PÉREZ LORENZO, Daniel	CELTA ATLETISMO	M-2 (2)	00:00	0:17:18	0:16:49	0:34:08	03:24
5		228	FERNÁNDEZ SOENGAS, Jesús	CLUB DEPORTIVO DELIKIA	M-2 (3)	00:00	0:17:16	0:17:08	0:34:26	03:26
6		53	BERNARDEZ CARBALLO, Óscar	ATLETICS FISIOTERAPIA SAN LÁ	M-2 (4)	00:00	0:17:28	0:17:25	0:34:54	03:29
7		226	VAÑÓ PEIDRO, Sergi	CLUB DEPORTIVO DELIKIA	M-1 (3)	00:01	0:17:26	0:17:25	0:34:54	03:29
8		84	BASTOS DASILVA, Jose Alberto	ADN RUNNERS TELMO PELUQU	M-2 (5)	00:00	0:17:28	0:17:58	0:35:27	03:32
9		49	FERNANDEZ ENCINA, Alberto	CLUB DEPORTIVO DELIKIA	M-1 (4)	00:01	0:17:25	0:18:14	0:35:41	03:34
10		4	ABAL ESTÉVEZ, Carlos		M-1 (5)	00:02	0:17:26	0:18:22	0:35:51	03:35
11		56	VÁZQUEZ PAVÓN, Roberto	TANINOS RUNNERS PONTEARE	M-2 (6)	00:00	0:17:38	0:18:12	0:35:51	03:35
12		224	ÁLVAREZ GARCÍA, Javier		M-2 (7)	00:00	0:18:18	0:18:00	0:36:19	03:37
13		229	IGLESIAS COVELO, Jose Manuel	TRINORTH	M-2 (8)	00:01	0:18:18	0:18:01	0:36:21	03:38
14		68	MARZOA RUIZ, Miguel	C.A.R. MARISQUEIRO	M-2 (9)	00:00	0:17:56	0:18:41	0:36:38	03:39
15		34	RODRIGUEZ GALLEGU, Alberto J	CASTRELOS 20:30	M-1 (6)	00:01	0:18:18	0:18:33	0:36:54	03:41
16		219	GARCÍA QUEROL, Pablo	CLUB DEPORTIVO DELIKIA	M-1 (7)	00:01	0:18:18	0:18:39	0:36:59	03:41
17		92	ÁLVAREZ ALVAREZ, Daniel		M-2 (10)	00:02	0:18:44	0:18:19	0:37:06	03:42
18		20	BLANCO MARTÍNEZ, Diego		M-1 (8)	00:01	0:19:03	0:18:08	0:37:13	03:43
19		22	AIRA, Adrián	TRIATLON MAR DE VIGO	M-1 (9)	00:01	0:18:42	0:18:52	0:37:36	03:45

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
20		199	RIVEIRO RODRÍGUEZ, Arlindo	CASTRELOS 20:30	M-4 (1)	00:00	0:18:45	0:18:53	0:37:39	03:45
21		36	LÓPEZ FERNÁNDEZ, Hugo	CIBUS SIRGON	M-1 (10)	00:02	0:19:03	0:18:55	0:38:01	03:48
22		46	ALONSO GONZÁLEZ, André		M-1 (11)	00:02	0:19:02	0:18:59	0:38:04	03:48
23		77	PEREIRA FARIÑA, Piti	SD COMPOSTELA ATLETISMO	M-2 (11)	00:01	0:19:15	0:18:57	0:38:14	03:49
24		93	BERNARDEZ RODRIGUEZ, Dario	CIBUS SIRGON	M-2 (12)	00:02	0:19:03	0:19:16	0:38:23	03:50
25	1	283	CASTILLO OÑATE, Sara	CLUB ATLETISMO CORREDOIRA	F-1 (1)	00:00	0:19:18	0:19:04	0:38:24	03:50
26		50	OTERO RAMÍREZ, Alejandro		M-2 (13)	00:03	0:19:04	0:19:20	0:38:28	03:50
27		129	FERREIRA GONZÁLEZ, Jose Carl	ADAS CUPA	M-3 (1)	00:00	0:19:17	0:19:10	0:38:28	03:50
28		13	LAGO, Ignacio		M-1 (12)	00:06	0:19:08	0:19:13	0:38:28	03:50
29		60	PUERTA MARTÍNEZ, Borja		M-2 (14)	00:09	0:18:57	0:19:23	0:38:30	03:51
30		118	LORENZANA MEIRE, Jesus	ADN RUNNERS TELMO PELUQU	M-2 (15)	00:03	0:19:09	0:19:20	0:38:34	03:51
31		28	RUBIO MARTÍNEZ, Arnold	BALTO MUSHING TEAM	M-1 (13)	00:05	0:19:08	0:19:23	0:38:36	03:51
32		100	FERREIRA LAREDO, David	CASTRELOS KM 3	M-2 (16)	00:03	0:19:16	0:19:22	0:38:42	03:52
33		91	SÁNCHEZ MOREIRA, Ricardo	CIBUS SIRGON	M-2 (17)	00:03	0:19:04	0:19:41	0:38:49	03:52
34	2	274	FREAZA OTERO, Sofia	COMESAÑA SPORTING CLUB	F-2 (1)	00:00	0:19:20	0:19:28	0:38:49	03:52
35		59	PÉREZ CONDE, Enrique	C.A.R. MARISQUEIRO	M-2 (18)	00:02	0:19:27	0:19:22	0:38:52	03:53
36		73	FERNÁNDEZ FERNÁNDEZ, André	CIBUS-SIRGON	M-2 (19)	00:06	0:19:22	0:19:25	0:38:54	03:53
37		157	GONZALEZ VILLANUEVA, Jorge	C.A.R. MARISQUEIRO	M-3 (2)	00:04	0:19:30	0:19:20	0:38:55	03:53
38		115	ÁLVAREZ MIRANDA, Jose Luis	CIBUS SIRGON	M-2 (20)	00:05	0:19:31	0:19:19	0:38:56	03:53
39		108	BAR PEREZ, Luis	C.A.R. MARISQUEIRO	M-2 (21)	00:04	0:19:26	0:19:40	0:39:11	03:55
40		202	SUAREZ MARTINEZ, Manuel	C.A. VETERANOS DE SAMIL	M-4 (2)	00:01	0:19:18	0:19:56	0:39:16	03:55
41		38	PIÑEIRO LESTON, Fernando	ATLETISMO PORRIÑO	M-1 (14)	00:06	0:19:36	0:19:35	0:39:19	03:55
42		19	COELLO, Ivan	CIBUS SIRGON	M-1 (15)	00:22	0:19:35	0:19:31	0:39:29	03:56
43		58	ARTHAUD ALVAREZ, Alejandro		M-2 (22)	00:02	0:19:33	0:19:59	0:39:35	03:57
44	3	251	ÁLVAREZ RODRÍGUEZ, Noemí	DELIKIA	F-1 (2)	00:03	0:19:57	0:19:53	0:39:54	03:59
45		113	ÁLVAREZ FERNÁNDEZ, Francisc	HOCKEY CLUB CÍES	M-2 (23)	00:03	0:19:40	0:20:13	0:39:57	03:59
46		95	GONZALEZ ALVAREZ, Luis Borja		M-2 (24)	00:03	0:19:41	0:20:13	0:39:58	03:59
47		131	ÁLVAREZ-BUYLLA DE LA UZ, Juli	GMTA & CHUVONERS	M-3 (3)	00:03	0:20:00	0:20:01	0:40:05	04:00
48		181	RODRÍGUEZ BOLÍBAR, Ernesto	CASTRELOS 20.30	M-3 (4)	00:03	0:19:43	0:20:23	0:40:11	04:01
49		105	CABALEIRO GARCIA, Jose Manu	CIBUS SIRGON	M-2 (25)	00:03	0:19:43	0:20:26	0:40:13	04:01
50	4	260	LEIRO LOPEZ, Soledad	SOCIEDAD DEPORTIVA COMPO	F-3 (1)	00:02	0:20:20	0:20:02	0:40:24	04:02

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
51		119	BARGIELA ARAÚJO, Daniel	BIKILA	M-2 (26)	00:01	0:20:20	0:20:02	0:40:24	04:02
52		41	RODAL CARAMÉS, Germán		M-1 (16)	00:13	0:20:11	0:19:59	0:40:25	04:02
53		230	GRAÑA ALONSO, José Carlos	LODEIROS TRAIL	M-4 (3)	00:05	0:19:58	0:20:23	0:40:27	04:02
54		89	VARA ADRIO, Iago	SIRENO TRIATLÓN	M-2 (27)	00:04	0:20:05	0:20:29	0:40:39	04:03
55		83	COUCE SENRA, Óscar		M-2 (28)	00:01	0:20:16	0:20:25	0:40:43	04:04
56		161	RAMOS VÁZQUEZ, Rafael		M-3 (5)	00:05	0:20:16	0:20:33	0:40:55	04:05
57		124	LAGO GOBERNA, Francisco Javi	FLORISTERIA CARMEN SIO	M-3 (6)	00:02	0:19:46	0:21:08	0:40:57	04:05
58		190	PAZ RODRIGUEZ, Juan		M-3 (7)	00:03	0:19:56	0:21:03	0:41:03	04:06
59		154	ACUÑA FERNÁNDEZ, Cándido	COMESAÑA SPORTING CLUB	M-3 (8)	00:04	0:20:01	0:21:00	0:41:05	04:06
60		78	GARCÍA FERNÁNDEZ-ARRUTI, A	BIKILA	M-2 (29)	00:01	0:20:20	0:20:53	0:41:16	04:07
61		170	PICO PITA, Jose Luis	CASTRELOS 20:30	M-3 (9)	00:03	0:20:50	0:20:26	0:41:20	04:08
62		14	VAZQUEZ GONZALEZ, Javier	MAIS QUE AUGA	M-1 (17)	00:05	0:20:26	0:20:50	0:41:22	04:08
63		172	GAGO SANCHEZ, Antolín		M-3 (10)	00:09	0:20:39	0:20:35	0:41:24	04:08
64	5	278	VILLALBA BARRIOS, Delia	COMESAÑA SPORTING CLUB	F-2 (2)	00:00	0:20:31	0:20:58	0:41:30	04:09
65		177	LUSQUIÑOS GARCÍA, Modesto	NOSPORTLIMIT	M-3 (11)	00:08	0:20:18	0:21:04	0:41:31	04:09
66		98	POSADA GONZÁLEZ, David		M-2 (30)	00:03	0:20:44	0:20:45	0:41:34	04:09
67		171	ALBA, Miguel	CASTRELOS KM 0	M-3 (12)	00:04	0:20:45	0:20:45	0:41:34	04:09
68		90	PEREIRAS ÁLVAREZ, Marcos		M-2 (31)	00:04	0:20:43	0:20:47	0:41:35	04:09
69		166	PIÑEIRO MARTINEZ, Juan José	C.A.R. MARISQUEIRO	M-3 (13)	00:05	0:20:56	0:20:40	0:41:41	04:10
70		35	MORAIS ALONSO, David		M-1 (18)	00:04	0:20:48	0:20:50	0:41:43	04:10
71		204	JARDON LOPEZ, Jose	C.A. VETERANOS DE SAMIL	M-4 (4)	00:01	0:20:52	0:20:52	0:41:46	04:10
72		185	ALÉN CASTELAIN, Eusebio	CASTRELOS 20:30	M-3 (14)	00:04	0:20:49	0:20:53	0:41:47	04:10
73		135	PÉREZ MOSQUERA, Gabriel		M-3 (15)	00:04	0:20:51	0:20:53	0:41:49	04:10
74		182	SANTOS OLAVARRIETA, Benito	CASTRELOS KM 6	M-3 (16)	00:03	0:20:47	0:21:01	0:41:53	04:11
75		189	ESTEVEZ ALONSO, Carlos Javier	CASTRELOS KM 4	M-3 (17)	00:04	0:20:47	0:21:02	0:41:54	04:11
76		139	FREIRE RIVEIRA, Miguel Angel	C.A.R. MARISQUEIRO	M-3 (18)	00:10	0:20:53	0:20:54	0:41:58	04:11
77		69	FERNÁNDEZ GRADIN, David	CIBUS	M-2 (32)	00:04	0:20:44	0:21:10	0:41:59	04:11
78		2	RIVERA GUILLADE, Martín		M-0 (1)	00:12	0:20:56	0:20:55	0:42:04	04:12
79		140	LISTE BASCOY, Alex	CLUB DEPORTIVO DELIKIA	M-3 (19)	00:09	0:21:01	0:20:54	0:42:05	04:12
80		45	PUIME COMESAÑA, Jonathan	21METS ESTUDIO	M-1 (19)	00:22	0:21:56	0:19:46	0:42:05	04:12
81		62	NAVIA IGLESIAS, Ruben		M-2 (33)	00:06	0:21:07	0:21:02	0:42:16	04:13

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
82		212	FERNÁNDEZ, David	NOSPORTLIMIT	M-1 (20)	00:05	0:20:50	0:21:21	0:42:17	04:13
83	6	263	VILLEGAS RODRÍGUEZ, Rosa Ma	CLUB ATLETISMO TORREMOLIN	F-2 (3)	00:00	0:20:51	0:21:28	0:42:20	04:14
84		186	PEREZ FERNÁNDEZ, Jesús Manu	CLUB ATLETISMO TORREMOLIN	M-3 (20)	00:02	0:20:49	0:21:28	0:42:20	04:14
85		200	TAPIA GARCÍA, Eloy		M-4 (5)	00:01	0:20:50	0:21:33	0:42:25	04:14
86		97	SANMARCO VIDAL, Manuel	CASTRELOS KM 2	M-2 (34)	00:04	0:21:11	0:21:17	0:42:33	04:15
87	7	279	SABORIDO GIL, Olalla		F-1 (3)	00:03	0:20:51	0:21:46	0:42:41	04:16
88		42	ABAD, Jacobo		M-1 (21)	00:09	0:21:51	0:20:41	0:42:42	04:16
89		141	RODRÍGUEZ LÓPEZ, Gonzalo	C.A.R REDONDELA	M-3 (21)	00:09	0:20:49	0:21:53	0:42:51	04:17
90		138	NOVOA SIO, Jose	FLORISTERÍA CARMEN SIO	M-3 (22)	00:05	0:21:31	0:21:20	0:42:57	04:17
91		158	GONZALEZ DOMINGUEZ, Pedro	CASTRELOS 20:30	M-3 (23)	00:04	0:20:52	0:22:01	0:42:58	04:17
92		134	LORENZO UZ, Alberto	CIBUS SIRGON	M-3 (24)	00:05	0:21:19	0:21:38	0:43:03	04:18
93		159	OTERO RAMÍREZ, Fernando		M-3 (25)	00:11	0:27:38	0:15:13	0:43:03	04:18
94		156	CASTRO CONDE, Jose Luis	ATLETISMO PORRIÑO	M-3 (26)	00:04	0:21:21	0:21:38	0:43:04	04:18
95		300	DOMÍNGUEZ FERNANDEZ, Simón		M-2 (35)	00:07	0:21:28	0:21:30	0:43:06	04:18
96		1	FERNÁNDEZ PRUDENCIO, Pablo		M-0 (2)	00:08	0:21:00	0:22:10	0:43:19	04:19
97	8	290	PÉREZ MARIÑO, Elena	RUN&TRI	F-1 (4)	00:09	0:21:48	0:21:25	0:43:23	04:20
98		65	ROVATI, Gabriele		M-2 (36)	00:08	0:21:22	0:22:04	0:43:35	04:21
99		24	TORRÓN, Nico	SAUDESSPORT	M-1 (22)	00:11	0:21:34	0:21:49	0:43:35	04:21
100		81	ALONSO ÁLVAREZ, José Carlos	ATLETICS FISIOTERAPIA SAN LÁ	M-2 (37)	00:03	0:21:20	0:22:14	0:43:38	04:21
101		29	VILLAVERDE PATIÑO, Yago		M-1 (23)	00:12	0:22:18	0:21:11	0:43:42	04:22
102		33	RODRÍGUEZ RODRÍGUEZ, Alejan		M-1 (24)	00:20	0:22:11	0:21:12	0:43:44	04:22
103		63	CASTIÑEIRA COUSILLAS, Santia	-	M-2 (38)	00:12	0:22:15	0:21:20	0:43:48	04:22
104		52	IGLESIAS OTERO, David		M-2 (39)	00:05	0:22:13	0:21:49	0:44:08	04:24
105		126	FERNÁNDEZ VÁZQUEZ, Rafael	C.A.R. MARISQUEIRO	M-3 (27)	00:13	0:22:09	0:21:46	0:44:10	04:25
106		104	FERNÁNDEZ DA SILVA, Marcial		M-2 (40)	00:10	0:23:08	0:20:54	0:44:13	04:25
107		39	TRIMARCHI, Sebastian		M-1 (25)	00:12	0:22:04	0:21:58	0:44:14	04:25
108		187	VÁZQUEZ VIDAL, Antonio		M-3 (28)	00:06	0:21:50	0:22:23	0:44:20	04:26
109	9	262	CAYETANO ESMERODES, Lucía		F-3 (2)	00:02	0:22:21	0:21:58	0:44:22	04:26
110		37	LAGO FUENTES, Alberto	SAUDESSPORT	M-1 (26)	00:12	0:21:54	0:22:17	0:44:24	04:26
111	10	273	VILLAR, Vanesa	TRIATLON VAO	F-2 (4)	00:08	0:22:15	0:22:03	0:44:27	04:26
112		155	PÉREZ BLANCO, Pablo	CLUB DEPORTIVO DELIKIA	M-3 (29)	00:08	0:22:14	0:22:05	0:44:28	04:26

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
113		9	LÓPEZ LÓPEZ, Yoel		M-1 (27)	00:09	0:21:36	0:22:51	0:44:37	04:27
114		82	DALMEIDA MONTES, Juan		M-2 (41)	00:09	0:21:35	0:22:53	0:44:39	04:27
115		51	CABACO CAMPOS, José Manuel		M-2 (42)	00:16	0:21:57	0:22:30	0:44:43	04:28
116		196	BARROS PEREZ, Francisco	OS CHORONS	M-4 (6)	00:13	0:22:08	0:22:28	0:44:50	04:29
117		150	SÁNCHEZ ALONSO, Alberto		M-3 (30)	00:12	0:22:45	0:21:54	0:44:53	04:29
118	11	267	MOREU PEREIRA-BORRAJO, Bea	CLUB DEPORTIVO DELIKIA	F-2 (5)	00:11	0:22:46	0:21:55	0:44:54	04:29
119		15	OTERO GONZÁLEZ, Dylan		M-1 (28)	00:09	0:22:14	0:22:32	0:44:57	04:29
120		8	RODRIGUEZ GARCÉS, Javier		M-1 (29)	00:06	0:22:50	0:22:22	0:45:19	04:31
121		21	ABOAL ALONSO, Javier		M-1 (30)	00:10	0:21:10	0:24:08	0:45:29	04:32
122	12	293	PÉREZ TRABAZO, Laura	SAN MIGUEL DE MARÍN	F-1 (5)	00:14	0:22:09	0:23:12	0:45:36	04:33
123		231	ADAN CASTIÑEIRA, Daniel	ADN RUNNERS	M-1 (31)	00:04	0:22:04	0:23:46	0:45:54	04:35
124	13	248	ALONSO GARCÍA, Ana	ATHLETICS SAN LÁZARO	F-2 (6)	00:05	0:23:00	0:22:52	0:45:58	04:35
125		167	CAMPOS ABALDE, Antonio	CASTRELOS KM 1	M-3 (31)	00:05	0:23:00	0:22:53	0:45:58	04:35
126		44	DIAZ SANTOD, Juan		M-1 (32)	00:06	0:21:46	0:24:08	0:46:00	04:36
127		137	TILVES GRANDAL, Alberto	CIBUS SIRGON	M-3 (32)	00:07	0:22:21	0:23:34	0:46:04	04:36
128		143	PEITEADO RUIZ, Guillermo		M-3 (33)	00:11	0:22:54	0:23:03	0:46:09	04:36
129	14	277	SUAREZ MASSO, Marta		F-2 (7)	00:13	0:22:47	0:23:21	0:46:21	04:38
130		106	REGATOS GÓMEZ, Roberto		M-2 (43)	00:08	0:22:56	0:23:18	0:46:24	04:38
131		61	RODRIGUEZ FERNANDEZ, Efren		M-2 (44)	00:01	0:23:13	0:23:15	0:46:30	04:39
132		198	FUERTES SAAVEDRA, Antonio	REAL CLUB CELTA ATLETISMO	M-4 (7)	00:15	0:24:01	0:22:15	0:46:32	04:39
133		107	DIAZ ALONSO, Jose María		M-2 (45)	00:12	0:23:05	0:23:14	0:46:32	04:39
134		178	PEREIRA CARNEIRO, Pedro		M-3 (34)	00:15	0:23:20	0:22:58	0:46:34	04:39
135	15	280	SERRANO MONGE, Violeta	CLUB DEPORTIVO DELIKIA	F-1 (6)	00:10	0:23:18	0:23:08	0:46:37	04:39
136		179	PAZ GONZÁLEZ, Juan Carlos	C.A.R. MARISQUEIRO	M-3 (35)	00:13	0:24:03	0:22:23	0:46:40	04:40
137		125	LÓPEZ PÉREZ, Samuel	CLUB DEPORTIVO DELIKIA	M-3 (36)	00:10	0:23:01	0:23:43	0:46:54	04:41
138	16	268	VAZ URBANO, Elena	ADN RUNNERS TELMO PELUQU	F-2 (8)	00:14	0:22:50	0:23:50	0:46:55	04:41
139		32	FERNANDEZ CERZON, Daniel	C.A. VETERANOS DE SAMIL	M-1 (33)	00:06	0:22:59	0:23:52	0:46:58	04:41
140		146	BAAMONDE GONZALEZ, Antonio	ESPARTAN@S CHIFLAD@S	M-3 (37)	00:21	0:23:23	0:23:17	0:47:02	04:42
141		66	LOUREIRO RODRÍGUEZ, Santiag	QPRO GYM	M-2 (46)	00:15	0:23:17	0:23:41	0:47:13	04:43
142		55	LORENZO RIVEIRO, Diego	CARROÑEROS	M-2 (47)	00:10	0:23:09	0:24:01	0:47:21	04:44
143		168	GIL RAMOS, Xose Manuel	C.A.R. MARISQUEIRO	M-3 (38)	00:14	0:23:36	0:23:32	0:47:23	04:44

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
144		148	LEGERÉN RIAL, Rafael		M-3 (39)	00:12	0:23:01	0:24:11	0:47:25	04:44
145		127	RODILLA ÁLVAREZ, Iván		M-3 (40)	00:13	0:23:32	0:23:40	0:47:26	04:44
146		123	FREIRE PIÑEIRO, Jose Manuel	MAIS QUE AUGA	M-3 (41)	00:07	0:24:05	0:23:19	0:47:32	04:45
147		142	GONZALEZ RODRIGUEZ, Manuel	ADN RUNNERS TELMO PELUQU	M-3 (42)	00:14	0:24:00	0:23:18	0:47:34	04:45
148		144	VÁZQUEZ VALLADARES, Antonio		M-3 (43)	00:11	0:24:18	0:23:15	0:47:44	04:46
149		194	TABOADA GONZÁLEZ, Ramiro	RUNNING LUSEKELO	M-4 (8)	00:07	0:23:21	0:24:16	0:47:45	04:46
150		176	BELOSO GONZÁLEZ, Carlos		M-3 (44)	00:15	0:24:04	0:23:35	0:47:55	04:47
151		205	DOMÍNGUEZ RODRIGUEZ, Carlos		M-5 (1)	00:00	0:23:40	0:24:16	0:47:58	04:47
152		7	MORONA MÍNGUEZ, Miguel	CIBUS	M-1 (34)	00:17	0:23:53	0:23:49	0:48:00	04:48
153		43	SOTELO LORENZO, Daniel	OS EIDOS TRAIL TEAM	M-1 (35)	00:08	0:22:44	0:25:10	0:48:03	04:48
154		223	VIEIRA MONTENEGRO, Eduardo	SIRENO TRIATLON	M-5 (2)	00:10	0:24:15	0:23:38	0:48:04	04:48
155		201	VILLAR ÁLVAREZ, Enrique		M-4 (9)	00:08	0:24:15	0:23:44	0:48:09	04:48
156		96	DOMÍNGUEZ, Rodrigo		M-2 (48)	00:08	0:23:50	0:24:10	0:48:09	04:48
157		195	VIDEIRA CORREA, Alberto	RUNNING LUSEKELO	M-4 (10)	00:07	0:23:46	0:24:16	0:48:09	04:48
158		87	YÁÑEZ PENA, Juan José		M-2 (49)	00:13	0:24:03	0:23:55	0:48:12	04:49
159		145	NOBLESSE, Thierry		M-3 (45)	00:17	0:23:25	0:24:30	0:48:13	04:49
160		128	CASADO BOUZO, Gustavo		M-3 (46)	00:08	0:24:11	0:24:02	0:48:21	04:50
161		74	VÁZQUEZ C, Emilio José		M-2 (50)	00:20	0:24:30	0:23:31	0:48:23	04:50
162		165	MARTÍNEZ PÉREZ, Jose Luis		M-3 (47)	00:10	0:24:33	0:23:42	0:48:26	04:50
163		209	REY GONZALEZ, J.Roberto	C.A. VETERANOS DE SAMIL	M-5 (3)	00:00	0:23:41	0:24:47	0:48:29	04:50
164		110	RYZHKOV, Sergii		M-2 (51)	00:21	0:23:48	0:24:21	0:48:31	04:51
165		217	MARTÍNEZ RIVERA, Juan Pedro		M-1 (36)	00:14	0:23:52	0:24:31	0:48:37	04:51
166		169	VILLANUEVA AREAL, Dito	RUNNING LUSEKELO	M-3 (48)	00:06	0:24:04	0:24:27	0:48:38	04:51
167		218	MARTÍNEZ ABEJÓN, Pedro	MAIS QUE AUGA	M-4 (11)	00:14	0:23:54	0:24:31	0:48:40	04:52
168		132	REY OLIVÁN, José Manuel		M-3 (49)	00:17	0:24:14	0:24:12	0:48:43	04:52
169		188	MOLARES RIVAS, Bernardo		M-3 (50)	00:11	0:24:36	0:24:00	0:48:48	04:52
170	17	254	VELAZQUEZ GARCIA, Maria	TRIATLÓN VAO	F-3 (3)	00:07	0:24:26	0:24:15	0:48:49	04:52
171		183	BENAVIDES HERNÁNDEZ, Fernan	ATLETICS FISIOTERAPIA SAN LÁ	M-3 (51)	00:15	0:24:07	0:24:37	0:49:00	04:54
172		88	FERNÁNDEZ ÁLVAREZ, David		M-2 (52)	00:07	0:23:51	0:25:10	0:49:09	04:54
173	18	256	MOURE ESTEVEZ, Angeles		F-3 (4)	00:11	0:24:36	0:24:24	0:49:11	04:55
174		99	RIVERA, Jose Antonio	C.A.R. MARISQUEIRO	M-2 (53)	00:11	0:24:36	0:24:23	0:49:11	04:55

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
175		116	MARTÍNEZ DOBALO, David	CROSSBEERS	M-2 (54)	00:17	0:24:01	0:24:55	0:49:13	04:55
176	19	286	FERNÁNDEZ ÁLVAREZ, Amanda	MAR DE VIGO	F-1 (7)	00:16	0:24:30	0:24:37	0:49:23	04:56
177		112	BRAÑA VIDAL, Carlos	CARMEN SIO	M-2 (55)	00:17	0:26:14	0:23:10	0:49:41	04:58
178		147	LÓPEZ PEREZ, Ramiro Alfonso		M-3 (52)	00:08	0:24:32	0:25:03	0:49:45	04:58
179		213	CARRERA RAFAEL, Jaime		M-2 (56)	00:10	0:23:54	0:25:41	0:49:46	04:58
180	20	289	BATTIOLI, Caterina		F-1 (8)	00:11	0:24:57	0:24:37	0:49:47	04:58
181		57	GONZÁLEZ PARDIÑAS, Aleixandr	MERAKI SALUD	M-2 (57)	00:16	0:24:09	0:25:27	0:49:52	04:59
182		18	LÓPEZ BÉRTOLO, Javier		M-1 (37)	00:10	0:25:17	0:24:25	0:49:53	04:59
183		180	FERNÁNDEZ GONZÁLEZ, José M	MAIS QUE AUGA	M-3 (53)	00:07	0:24:38	0:25:36	0:50:22	05:02
184	21	298	BAR IGLESIAS, Aroha	C.A.R MARISQUEIRO	F-0 (1)	00:07	0:24:50	0:25:33	0:50:31	05:03
185		193	SIMOES FERNÁNDEZ, José Luis	C.A.R MARISQUEIRO	M-4 (12)	00:09	0:24:43	0:25:42	0:50:35	05:03
186	22	271	ZARAIKA, Iuliia		F-2 (9)	00:21	0:24:48	0:25:26	0:50:36	05:03
187		175	ÁLVAREZ, Andrés	IMAXINATEA ESCOLA DE TEATR	M-3 (54)	00:08	0:24:42	0:25:46	0:50:37	05:03
188		101	FERRER AVENDAÑO, Ignacio	CASTRELOS 20:30	M-2 (58)	00:14	0:25:34	0:24:56	0:50:45	05:04
189	23	284	GABIAN GUERRA, Andrea	CLUB DEPORTIVO DELIKIA	F-1 (9)	00:15	0:24:55	0:25:44	0:50:55	05:05
190		215	HERMIDA FERNÁNDEZ, Manuel		M-5 (4)	00:05	0:24:47	0:26:05	0:50:58	05:05
191		236	GARCIA COSTAS, Ffederico Ama		M-5 (5)	00:15	0:25:12	0:25:36	0:51:04	05:06
192	24	264	SUEIRO PEREZ, Monica	CASTRELOS 20:30	F-2 (10)	00:08	0:25:41	0:25:21	0:51:10	05:07
193		102	RUIZ, Javier		M-2 (59)	00:15	0:26:08	0:24:56	0:51:19	05:07
194		136	NIETO GARCÍA, Manuel		M-3 (55)	00:15	0:25:12	0:25:57	0:51:24	05:08
195		27	ZAMARRO SÁNCHEZ, Sergio	NBOT	M-1 (38)	00:12	0:26:23	0:24:50	0:51:26	05:08
196		153	IGLESIAS GROBAS, Ignacio	CLUB DE ATLETISMO FLORISTE	M-3 (56)	00:18	0:26:15	0:24:53	0:51:27	05:08
197		12	RODRIGUEZ BARROS, Jose Man		M-1 (39)	00:18	0:25:46	0:25:26	0:51:31	05:09
198		133	ALONSO COSTAS, Oscar		M-3 (57)	00:05	0:23:54	0:28:00	0:51:59	05:11
199		121	PÉREZ FRANCISCO, Alfredo		M-2 (60)	00:21	0:25:41	0:26:00	0:52:04	05:12
200		234	MILEGO FERNÁNDEZ, Juan José	C.A.R. MARISQUEIRO	M-3 (58)	00:14	0:25:42	0:26:07	0:52:04	05:12
201		227	RODRIGUEZ ALVAREZ, Fernando		M-1 (40)	00:17	0:26:21	0:25:30	0:52:08	05:12
202		54	CONDE PÉREZ, Celso		M-2 (61)	00:18	0:26:07	0:25:51	0:52:17	05:13
203		151	MARTINEZ GOMEZ, Pakinho	GALLEUSKA KORRIKOLARI ELKA	M-3 (59)	00:18	0:25:34	0:26:29	0:52:22	05:14
204		30	BASCONCELLO QUEROL, Matias		M-1 (41)	00:09	0:24:59	0:27:20	0:52:29	05:14
205	25	292	PÉREZ GESTEIRO, Ana Belén		F-1 (10)	00:08	0:25:00	0:27:22	0:52:31	05:15

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
206		164	GRAÑA, Arturo		M-3 (60)	00:15	0:25:55	0:26:26	0:52:38	05:15
207		10	CARVAJAL, Miguel	NBOT	M-1 (42)	00:13	0:26:22	0:26:08	0:52:44	05:16
208		76	DOMÍNGUEZ VILLAVERDE, Juan		M-2 (62)	00:12	0:25:22	0:27:11	0:52:45	05:16
209	26	250	PEREZ FERNANDEZ, Elena		F-1 (11)	00:11	0:25:23	0:27:18	0:52:52	05:17
210		206	PEREZ FREIRIA, Jose Ramón	ATLETISMOTUI	M-5 (6)	00:03	0:25:56	0:27:00	0:53:00	05:18
211		117	ZUNZUNEGUI GARRIDO, Noé	AVA	M-2 (63)	00:18	0:26:37	0:26:05	0:53:01	05:18
212		192	FERNANDEZ TOME, Juan		M-4 (13)	00:07	0:22:37	0:30:24	0:53:09	05:18
213		197	GALLEGO ARROYO, Juan Manuel		M-4 (14)	00:19	0:25:28	0:27:21	0:53:09	05:18
214	27	297	OTERO, Sara		F-0 (2)	00:10	0:27:31	0:25:30	0:53:12	05:19
215		149	OTERO, Francisco		M-3 (61)	00:10	0:27:29	0:25:31	0:53:12	05:19
216		160	GARRIDO PUMAR, Jose Manuel		M-3 (62)	00:13	0:26:43	0:26:16	0:53:13	05:19
217		221	DURAN LAGO, Fernando		M-4 (15)	00:12	0:26:20	0:26:51	0:53:24	05:20
218		64	ALONSO CARRERA, Daniel		M-2 (64)	00:19	0:27:00	0:26:18	0:53:38	05:21
219		203	BLANCO GONZÁLEZ, Alfonso		M-4 (16)	00:19	0:26:38	0:26:45	0:53:44	05:22
220		184	GUAMÁ MENA, Patricio	PADELEROS	M-3 (63)	00:07	0:25:44	0:27:59	0:53:51	05:23
221	28	265	SÁINZ FERNÁNDEZ, Nuria	CLUB DE ATLETISMO SERRANO	F-2 (11)	00:08	0:26:47	0:26:59	0:53:54	05:23
222	29	255	ANDRÉS DE LA IGLESIA, Ana	CASTRELOS 20:30	F-3 (5)	00:04	0:26:52	0:27:11	0:54:08	05:24
223		67	CAMIÑA MARTINEZ, Raimundo		M-2 (65)	00:13	0:26:03	0:27:59	0:54:16	05:25
224		3	COVELO VÁZQUEZ, Roy		M-1 (43)	00:21	0:29:01	0:25:02	0:54:24	05:26
225		114	MUÑOZ PADÍN, David	MAISQUEAUGA	M-2 (66)	00:17	0:26:39	0:28:26	0:55:23	05:32
226		48	GARCÍA AVE, Damian	FACTORUN	M-1 (44)	00:17	0:27:03	0:28:04	0:55:25	05:32
227	30	247	RODRÍGUEZ SANTOS, Bibiana	RÁPIDODEPONTEQUIETO	F-2 (12)	00:15	0:27:25	0:28:06	0:55:47	05:34
228		120	ARZA TOUZON, German	RAPIDODEPONTEQUIETO	M-2 (67)	00:15	0:27:27	0:28:05	0:55:48	05:34
229	31	294	DÍAZ PAZ, Sofía		F-1 (12)	00:22	0:28:25	0:27:23	0:56:10	05:37
230		163	VILLANUEVA ARRÚA, Miguel Áng		M-3 (64)	00:04	0:27:59	0:28:06	0:56:10	05:37
231	32	296	DOMÍNGUEZ HERNÁNDEZ, Alba	FACTORUN	F-1 (13)	00:16	0:27:03	0:28:55	0:56:15	05:37
232	33	259	JORGE ÁLVAREZ, Mónica		F-3 (6)	00:14	0:27:17	0:29:03	0:56:34	05:39
233		216	FERNÁNDEZ RODRÍGUEZ, Carlos		M-2 (68)	00:23	0:27:23	0:28:49	0:56:36	05:39
234	34	253	COSTAS RODRÍGUEZ, Carmen	ATLETISMO BAIONA	F-4 (1)	00:01	0:27:25	0:29:21	0:56:48	05:40
235	35	287	TELLAECHE DE LA IGLESIA, Miri		F-1 (14)	00:18	0:28:29	0:28:09	0:56:57	05:41
236		25	NÓVOA MARTÍNEZ, Ricardo		M-1 (45)	00:17	0:28:31	0:28:08	0:56:58	05:41

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Par-1	Par-2	T.Oficial	T/Km.
237		6	LOJO GUERRERO, Oscar		M-1 (46)	00:20	0:29:02	0:28:08	0:57:31	05:45
238	36	249	PEREZ FERNANDEZ, Inés		F-1 (15)	00:10	0:27:58	0:29:54	0:58:03	05:48
239	37	272	NIETO GONZALEZ, Angeles	CFR VIGO	F-2 (13)	00:12	0:28:55	0:30:03	0:59:11	05:55
240	38	266	CARNERO LLAUGER, Maria	BIKILA	F-2 (14)	00:17	0:30:20	0:30:03	1:00:40	06:04
241	39	261	VIÑAS ROMERO, Silvia	BIKILA	F-3 (7)	00:17	0:30:25	0:29:58	1:00:40	06:04
242		5	LUCIO RÍOS, Jhan Carlos	FACTORUN	M-1 (47)	00:17	0:29:16	0:31:47	1:01:21	06:08
243	40	285	GARCÍA NÚÑEZ, Alba María	FACTORUN	F-1 (16)	00:17	0:29:56	0:31:25	1:01:38	06:09
244	41	258	ENDRESS, Eva	CASTRELOS 20:30	F-3 (8)	00:16	0:29:41	0:32:25	1:02:22	06:14
245		40	IZQUIERDO MARTINEZ, Francisco		M-1 (48)	00:19	0:30:15	0:31:50	1:02:26	06:14
246	42	269	BARGIELA, Cristina		F-2 (15)	00:14	0:29:43	0:32:56	1:02:54	06:17
247		70	PIÑEIRO AGULLA, Isidro José		M-2 (69)	00:21	0:31:08	0:31:28	1:02:58	06:17
248	43	281	VÁZQUEZ DUARTE, Cristina		F-1 (17)	00:20	0:31:12	0:31:26	1:02:59	06:17
249		211	FERNÁNDEZ BOUZADA, Alfonso		M-5 (7)	00:18	0:31:14	0:32:01	1:03:34	06:21
250	44	288	LUCIO RÍOS, Vanessa	FACTORUN	F-1 (18)	00:16	0:30:21	0:34:29	1:05:07	06:30
251	45	276	COSTA DURÁN, Andrea		F-2 (16)	00:19	0:32:21	0:34:15	1:06:56	06:41
252		220	PAINCEIRA MACIÑEIRAS, Jorge		M-4 (17)	00:11	0:34:25	0:34:28	1:09:05	06:54
253	46	295	PÉREZ RAMÍREZ, Mireia		F-1 (19)	00:19	0:33:30	0:36:23	1:10:13	07:01
254		11	NAVARRO GUZMAN, Xavier		M-1 (49)	00:19	0:33:30	0:36:25	1:10:15	07:01
255		210	ALVAREZ SALGADO, Javier	CELTA ATLETISMO	M-5 (8)	00:01	0:35:20	0:37:10	1:12:32	07:15
256	47	252	GARCÍA PÉREZ, Loly	CELTA ATLETISMO	F-5 (1)	00:02	0:35:19	0:37:10	1:12:32	07:15