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CARREIRA POPULAR CASTELO DE SANTA CRUZ

28/11/2026 — 7km — 276 clasificados

Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
1	6	BOUZON BLANCO, JUAN	CLUB TRIATLON ATLÁNTICO	MAS	M	1	00:14:25	00:21:57	00:23:41	3:23 /km
2	209	OCERIN, MIKEL		MAS	M	2	00:14:27	00:22:23	00:24:17	3:28 /km
3	3	CASAL ALONSO, ALEJANDRO		MAS	M	3	00:14:50	00:22:42	00:24:30	3:30 /km
4	71	CASTELO RODRÍGUEZ, EDGAR	CIDADE DE LUGO FLUVIAL	MAS	M	4	00:14:53	00:22:59	00:24:52	3:33 /km
5	132	PORTO BLANCO, EDELMIRO	TRIATLÓN ATLÁNTICO	MAS	M	5	00:15:45	00:24:17	00:26:13	3:45 /km
6	134	SUÁREZ SUÁREZ, ENRIQUE	CLUB ATLETISMO SADA	MAS	M	6	00:15:47	00:24:28	00:26:23	3:46 /km
7	100	RÚA NÚÑEZ, MANUEL	SERRES RUNNERS	MAS	M	7	00:15:55	00:24:47	00:26:36	3:48 /km
8	161	MACEIRAS LAGO, ANGEL	CLUB ATLETISMO SAR	MAS	M	8	00:16:09	00:24:59	00:26:59	3:51 /km
9	211	SANCHEZ VAZQUEZ, RUBEN	ACEADAMA - TRI ARTEIXO	MAS	M	9	00:16:16	00:25:01	00:27:04	3:52 /km
10	306	PERNAS NÚÑEZ, IRIA	CLUB ATLÁNTICO TRIATLÓN	FEM	F	1	00:16:28	00:25:23	00:27:17	3:54 /km
11	4	BOUZON BLANCO, MATEO	CLUB TRIATLON ATLÁNTICO	MAS	M	10	00:16:30	00:25:28	00:27:21	3:55 /km
12	194	PEREIRA REY, JOSÉ CARLOS	RUNNING ARTEIXO	MAS	M	11	00:16:28	00:25:30	00:27:29	3:56 /km
13	150	OURO VAZQUEZ, MANUEL		MAS	M	12	00:16:26	00:25:33	00:27:36	3:57 /km
14	307	PORTO LÓPEZ, ALBA	TRIATLÓN ATLÁNTICO	FEM	F	2	00:16:49	00:26:05	00:28:12	4:02 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
15	110	GONZALEZ ESTEVEZ, OSCAR	TRIARTEIXO	MAS	M	13	00:16:53	00:26:20	00:28:24	4:04 /km
16	42	GARCIA PARADELA, JORGE	PACERS	MAS	M	14	00:17:10	00:26:19	00:28:29	4:04 /km
17	188	ALVAREZ CHINCHILLA, JESUS	RUNNING OLEIROS	MAS	M	15	00:17:06	00:26:32	00:28:36	4:05 /km
18	36	CADENAS LAMAS, MARCOS		MAS	M	16	00:17:01	00:26:50	00:29:00	4:09 /km
19	301	PORTO LÓPEZ, ANNE	TRIATLÓN ATLÁNTICO	FEM	F	3	00:17:33	00:27:01	00:29:07	4:10 /km
20	39	FERNÁNDEZ GRAÑA, JAVIER		MAS	M	17	00:17:29	00:26:56	00:29:09	4:10 /km
21	159	RAMALLO MIÑÁN, EDUARDO	BRUTANZOS TEAM	MAS	M	18	00:17:42	00:27:20	00:29:24	4:12 /km
22	78	MOSQUERA BARREDO, IAGO	BRUTANZOS TEAM	MAS	M	19	00:17:32	00:27:21	00:29:30	4:13 /km
23	169	LOPEZ GONZALEZ, SANTIAGO		MAS	M	20	00:17:32	00:27:30	00:29:59	4:17 /km
24	80	ESPANTOSO SEIJO, NOÉ SIMÓN		MAS	M	21	00:17:54	00:27:50	00:30:03	4:18 /km
25	99	CARRO MOSQUERA, ALEX		MAS	M	22	00:18:07	00:27:54	00:30:05	4:18 /km
26	179	PAZ GIAO, EMILIO	ACEA DA AMA TRIARTEIXO	MAS	M	23	00:18:07	00:27:58	00:30:11	4:19 /km
27	190	GARCIA, ALFONSO		MAS	M	24	00:18:17	00:28:17	00:30:19	4:20 /km
28	116	REY LÓPEZ, ROBERTO		MAS	M	25	00:18:20	00:28:19	00:30:24	4:21 /km
29	154	GARCÍA SÁNCHEZ, PEDRO	CDM MERA	MAS	M	26	00:18:54	00:28:21	00:30:26	4:21 /km
30	90	NOYA CEREIJO, DARIO		MAS	M	27	00:18:09	00:28:19	00:30:33	4:22 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
31	25	GABELLA NOVO, KEVIN	AOS PÉS DA RÍA	MAS	M	28	00:18:35	00:28:39	00:30:45	4:24 /km
32	123	LUGRÍS MIRÓN, JORGE	ALINEA	MAS	M	29	00:18:09	00:28:23	00:30:49	4:24 /km
33	87	DOMÍNGUEZ TACÓN, ADRIÁN		MAS	M	30	00:18:36	00:28:44	00:30:54	4:25 /km
34	180	NUNES ALVES, JOAQUÍN	CLUB ATLETISMO SADA	MAS	M	31	00:18:39	00:28:51	00:30:56	4:25 /km
35	198	BERGONDO BRANDARIZ, JUAN CARLOS	RUNNING OLEIROS	MAS	M	32	00:18:33	00:28:52	00:30:58	4:26 /km
36	102	EIRAS CASAL, MANUEL		MAS	M	33	00:18:13	00:28:34	00:31:00	4:26 /km
37	206	GESTO CAABEIRO, JULIAN JOSÉ	RUNNING OLEIROS	MAS	M	34	00:18:34	00:28:55	00:31:05	4:27 /km
38	183	GONZALEZ GARCIA, ALBERTO	JABATOS	MAS	M	35	00:18:42	00:28:52	00:31:09	4:27 /km
39	86	CABO BENEDETO, ANGEL		MAS	M	36	00:19:11	00:29:00	00:31:11	4:27 /km
40	66	FUENTES REGUEIRO, IVAN		MAS	M	37	00:18:49	00:28:58	00:31:22	4:29 /km
41	212	REY SOTO, JESUS ENRIQUE		MAS	M	38	00:19:12	00:29:17	00:31:32	4:30 /km
42	377	PRADERA CIBREIRO, SARA	XABARÍS ÁRTABROS	FEM	F	4	00:18:54	00:29:25	00:31:41	4:32 /km
43	164	RODRÍGUEZ, PABLO		MAS	M	39	00:19:26	00:29:33	00:31:45	4:32 /km
44	45	DARRIBA GESTAL, OSCAR	GLOBAL SPORT CLUB	MAS	M	40	00:18:53	00:29:20	00:31:50	4:33 /km
45	76	ALONSO GARCÍA, JOSE ANTONIO		MAS	M	41	00:18:46	00:29:29	00:31:52	4:33 /km
46	205	SEOANE CHAS, JOSE MANUEL	TRIATLON ARTEIXO ACEADAMA	MAS	M	42	00:19:17	00:29:47	00:31:58	4:34 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
47	305	GARCÍA GARCÍA, ALMA	TRIATLÓN ATLANTICO	FEM	F	5	00:19:14	00:29:42	00:31:59	4:34 /km
48	170	MANTEIGA QUIZA, FERNANDO		MAS	M	43	00:19:37	00:29:56	00:32:14	4:36 /km
49	177	GALÁN PRESAS, XOÁN	OYSHO RUNNING CLUB	MAS	M	44	00:19:41	00:29:57	00:32:16	4:37 /km
50	214	GARATE SALORIO, FRANCISCO JAVIER		MAS	M	45	00:19:32	00:30:27	00:32:54	4:42 /km
51	450	RODRÍGUEZ COBO, ADRIANA		FEM	F	6	00:19:22	00:30:18	00:32:55	4:42 /km
52	203	FONTENLA MUIÑO, MANUEL	ACEA DE AMA TRIARTEIXO	MAS	M	46	00:19:48	00:30:29	00:32:56	4:42 /km
53	139	VILLAR VILLAR, DAVID		MAS	M	47	00:19:45	00:30:48	00:33:06	4:44 /km
54	406	PAILOS PASANDIN, ALEJANDRA		FEM	F	7	00:19:59	00:30:46	00:33:12	4:45 /km
55	122	BLANCO REY, BORJA		MAS	M	48	00:19:58	00:30:46	00:33:14	4:45 /km
56	106	VARELA FERNÁNDEZ, RAÚL	ALINEA	MAS	M	49	00:19:45	00:30:47	00:33:16	4:45 /km
57	151	DIEGO DURAN, CESAR		MAS	M	50	00:19:40	00:30:39	00:33:18	4:45 /km
58	466	VARELA GARROTE, PAULA		FEM	F	8	00:19:58	00:30:58	00:33:19	4:46 /km
59	418	PUGA GARCÍA-TIZÓN, MANUELA		FEM	F	9	00:20:12	00:30:56	00:33:29	4:47 /km
60	59	ARGUETA, DARWIN GEOVANNY	ACEA DE AMA - TRIARTEIXO	MAS	M	51	00:20:15	00:31:12	00:33:31	4:47 /km
61	426	RODRÍGUEZ GARCÍA, LUCÍA	CLUB ATLETISMO SADA	FEM	F	10	00:20:20	00:31:25	00:33:36	4:48 /km
62	458	CARBALLO BALOIRA, SUSANA		FEM	F	11	00:20:03	00:31:18	00:33:43	4:49 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
63	199	FERNANDEZ TOME, JUAN	NO	MAS	M	52	00:20:22	00:31:13	00:33:57	4:51 /km
64	314	AMEIJEIRAS CHAS, ANA		FEM	F	12	00:20:25	00:31:33	00:33:59	4:51 /km
65	191	GONZALEZ RAMIL, JUAN JOSE	NO	MAS	M	53	00:20:36	00:31:49	00:34:18	4:54 /km
66	162	ÁLVAREZ PRIMO, TOMAS	OYSHO RUNNING CLUB	MAS	M	54	00:20:43	00:31:55	00:34:20	4:54 /km
67	463	ALONSO FERNÁNDEZ, MACA	OYSHO RUNNING CLUB	FEM	F	13	00:20:41	00:31:51	00:34:20	4:54 /km
68	20	SEOANE DE OIS, ANTONIO	XABARÍS DO RIALTO	MAS	M	55	00:21:12	00:31:55	00:34:29	4:56 /km
69	171	PORTAS LEMUS, JAVIER		MAS	M	56	00:20:51	00:32:06	00:34:29	4:56 /km
70	93	MARTÍNEZ OMIL, RUBÉN		MAS	M	57	00:20:45	00:32:04	00:34:35	4:56 /km
71	385	ROSADO PÉREZ, LUCÍA		FEM	F	14	00:20:47	00:32:06	00:34:39	4:57 /km
72	104	CASTRO SOUTO, ALFONSO JAVIER	CHUVONERS	MAS	M	58	00:20:50	00:32:12	00:34:39	4:57 /km
73	443	MEZQUITA FERNANDEZ,, ESTHER		FEM	F	15	00:20:09	00:32:02	00:34:40	4:57 /km
74	17	BARREIRO OJEA, DAVID		MAS	M	59	00:21:15	00:32:25	00:34:40	4:57 /km
75	330	VILA CHAVES, TIRSA	GLOBAL SPORT CLUB	FEM	F	16	00:20:53	00:32:16	00:34:44	4:58 /km
76	202	VILA REY, JOSÉ JUAN	CLUB ATLETISMO SADA	MAS	M	60	00:20:53	00:32:13	00:34:45	4:58 /km
77	456	VARELA GARROTE, LARA		FEM	F	17	00:20:38	00:32:15	00:34:49	4:58 /km
78	111	ROMERO, ALEKOS	NOSPORTLIMIT	MAS	M	61	00:21:47	00:32:26	00:34:56	4:60 /km
79	153	DÍAZ PEREIRA, ANTONIO	AOS PÉS DA RÍA	MAS	M	62	00:21:28	00:32:38	00:34:57	4:60 /km
80	11	ALBARELLOS BOO, SANTIAGO		MAS	M	63	00:21:13	00:32:24	00:35:04	5:01 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
81	67	MARIÑO RUZA, DIEGO		MAS	M	64	00:20:41	00:32:48	00:35:12	5:02 /km
82	412	ESCOBAR PIN, SILVIA	CLUB ATLETISMO SADA	FEM	F	18	00:21:12	00:32:55	00:35:13	5:02 /km
83	401	PÉREZ VARELA, MERCEDES		FEM	F	19	00:20:47	00:32:41	00:35:16	5:02 /km
84	359	BLANCO PARDO, MARTA	OYSHO RUNNING CLUB	FEM	F	20	00:21:13	00:32:41	00:35:18	5:03 /km
85	156	DE MEER QUIROGA, RAMÓN		MAS	M	65	00:20:56	00:32:47	00:35:19	5:03 /km
86	157	ROCA RODRÍGUEZ, JOSÉ MANUEL		MAS	M	66	00:21:09	00:33:04	00:35:19	5:03 /km
87	73	MEIJIDE FARALDO, VÍCTOR		MAS	M	67	00:20:57	00:33:06	00:35:28	5:04 /km
88	423	GONZALEZ SANCHEZ, ESTEFANIA		FEM	F	21	00:21:15	00:32:56	00:35:30	5:04 /km
89	208	SEOANE LOUREIRO, JOSE MARCIAL	CLUB ATLETISMO SADA	MAS	M	68	00:21:32	00:33:09	00:35:33	5:05 /km
90	9	BLANCO RODRÍGUEZ, ÓSCAR		MAS	M	69	00:20:43	00:32:52	00:35:39	5:06 /km
91	68	RODRÍGUEZ BOBE, PABLO	WOD TRAINING	MAS	M	70	00:21:54	00:33:25	00:35:50	5:07 /km
92	148	MERA GARCIA, FRANCISCO		MAS	M	71	00:21:58	00:33:28	00:35:53	5:08 /km
93	38	JUEGA VAZQUEZ, SANTIAGO		MAS	M	72	00:22:27	00:33:27	00:35:57	5:08 /km
94	32	TABOADA PÉREZ, ALEJANDRO		MAS	M	73	00:22:26	00:33:27	00:36:00	5:09 /km
95	430	ALONSO PEREZ, MARIA CRISTINA		FEM	F	22	00:21:29	00:33:32	00:36:01	5:09 /km
96	15	MARIÑO IENCENELLA, FRANCO	GELATORUNCLUB	MAS	M	74	00:21:06	00:33:18	00:36:17	5:11 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
97	174	CRESPO OUTES, SALVADOR		MAS	M	75	00:22:21	00:33:35	00:36:23	5:12 /km
98	108	SANCLAUDIO PIÑÓN, JORGE		MAS	M	76	00:22:19	00:34:04	00:36:24	5:12 /km
99	75	RODRÍGUEZ BUSTOS, HÉCTOR		MAS	M	77	00:22:02	00:33:57	00:36:30	5:13 /km
100	137	ALONSO, JESÚS		MAS	M	78	00:22:31	00:34:00	00:36:31	5:13 /km
101	128	GARCÍA CARRO, VICTOR	ATLETISMO SADA	MAS	M	79	00:21:38	00:33:48	00:36:39	5:14 /km
102	89	MOSTEIRO MANTEIGA, JAVIER		MAS	M	80	00:22:29	00:34:02	00:36:39	5:14 /km
103	23	CARRO MIGUEZ, MARIO		MAS	M	81	00:21:44	00:33:56	00:36:43	5:15 /km
104	21	HERMIDA MELLA, IVÁN		MAS	M	82	00:22:04	00:34:00	00:36:45	5:15 /km
105	144	FRAGA, HECTOR		MAS	M	83	00:22:25	00:34:01	00:36:50	5:16 /km
106	432	DE ESPONA PERNAS, LUCIA		FEM	F	23	00:22:11	00:34:27	00:36:54	5:16 /km
107	327	FUENTES REGUEIRO, VANESA		FEM	F	24	00:22:24	00:34:21	00:37:00	5:17 /km
108	501	CASTILLO, ANDREA		FEM	F	25	00:22:33	00:34:31	00:37:02	5:17 /km
109	166	QUINTÁNS MELÉNDEZ, FELIX		MAS	M	84	00:21:58	00:34:24	00:37:02	5:18 /km
110	26	ROBLES, JUAN MARTÍN		MAS	M	85	00:21:59	00:34:30	00:37:13	5:19 /km
111	118	REGUEIRO RODRÍGUEZ, MARCOS	A OS PES DARÍA	MAS	M	86	00:22:19	00:34:45	00:37:13	5:19 /km
112	395	CORTÉS PITA, ANA		FEM	F	26	00:22:12	00:34:30	00:37:14	5:19 /km
113	184	CASTRO MARTÍNEZ, JOSÉ LUIS	CC RIAZOR	MAS	M	87	00:22:17	00:34:21	00:37:16	5:20 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
114	51	ROSADA MARIÑO, MANUEL		MAS	M	88	00:23:00	00:34:43	00:37:19	5:20 /km
115	167	AÑON SEIJAS, XOAN CARLOS		MAS	M	89	00:22:36	00:34:48	00:37:20	5:20 /km
116	18	FERNÁNDEZ CAJIDE, DANIEL		MAS	M	90	00:23:01	00:34:51	00:37:20	5:20 /km
117	213	CASTRO GARCIA-PUERTAS, ABEL		MAS	M	91	00:22:51	00:34:47	00:37:20	5:20 /km
118	436	SUÁREZ, IRIA	OYSHO RUNNING CLUB CORUÑA	FEM	F	27	00:22:40	00:35:06	00:37:42	5:23 /km
119	165	VALERIO BARRIO, FERNANDO		MAS	M	92	00:22:54	00:35:21	00:37:43	5:23 /km
120	37	LARICCIA, FABRIZIO		MAS	M	93	00:23:07	00:35:25	00:37:58	5:26 /km
121	201	RODRÍGUEZ FIGUEROA, MANUEL FRANCISCO		MAS	M	94	00:22:24	00:35:04	00:37:59	5:26 /km
122	414	GANEM, MARTHA		FEM	F	28	00:22:30	00:35:09	00:38:00	5:26 /km
123	415	GARROTE PICHÍN, ANA	3 SALAS 3 LETRAS	FEM	F	29	00:22:52	00:35:26	00:38:01	5:26 /km
124	341	AMATRIA BARRAL, ANA		FEM	F	30	00:23:11	00:35:36	00:38:09	5:27 /km
125	98	RODRÍGUEZ, ION	ACEADEAMA ARTEIXO	MAS	M	95	00:23:07	00:35:30	00:38:10	5:27 /km
126	127	ALBORS FERREIRO, MANUEL		MAS	M	96	00:22:27	00:35:23	00:38:13	5:28 /km
127	147	ÁLVAREZ ESTÉVEZ, JUAN		MAS	M	97	00:23:04	00:35:52	00:38:20	5:29 /km
128	176	BONOME, MAURICIO		MAS	M	98	00:23:34	00:35:38	00:38:20	5:29 /km
129	384	ARMANGUÉ SERRA, ALEXANDRA	OYSHO RUNNING CLUB	FEM	F	31	00:23:18	00:35:43	00:38:24	5:29 /km
130	19	DE LA FUENTE REQUEJO,		MAS	M	99	00:23:21	00:36:02	00:38:38	5:31 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
		JORGE								
131	47	SABARIZ MARTINEZ, IGNACIO		MAS	M	100	00:22:38	00:35:49	00:38:46	5:32 /km
132	453	BENITO BAÑUELOS, MARIA	ACEA DE AMA TRI ARTEIXO	FEM	F	32	00:22:59	00:35:55	00:38:48	5:33 /km
133	403	CARBALLO BALOIRA, LUCIA		FEM	F	33	00:23:39	00:36:07	00:38:54	5:33 /km
134	421	LÓPEZ AMENEDO, ELENA	TRIATLÓN ATLÁNTICO	FEM	F	34	00:23:38	00:36:27	00:39:02	5:35 /km
135	335	GUERRERO ARRIBAS, MARTA		FEM	F	35	00:23:18	00:36:21	00:39:03	5:35 /km
136	308	FRAGUELA VARELA, LARA		FEM	F	36	00:23:14	00:35:58	00:39:04	5:35 /km
137	8	GONZÁLEZ ESTÉVEZ, ABRAHAM		MAS	M	101	00:23:19	00:36:12	00:39:06	5:35 /km
138	53	ARES VÁZQUEZ, EDGAR		MAS	M	102	00:23:41	00:36:33	00:39:06	5:35 /km
139	346	FERRO DEVESA, LAURA		FEM	F	37	00:23:45	00:36:32	00:39:07	5:35 /km
140	196	ROMERO YUSTE, FEDERICO JOSÉ	CLUB ATLETISMO SADA	MAS	M	103	00:23:14	00:36:14	00:39:17	5:37 /km
141	48	MAGALHAES CANELAS, ANDRES		MAS	M	104	00:23:32	00:36:25	00:39:18	5:37 /km
142	362	PÉREZ BLANCO, PAULA	AM TRAINING	FEM	F	38	00:23:35	00:36:24	00:39:18	5:37 /km
143	433	DÍAZ SÁNCHEZ, CECILIA		FEM	F	39	00:24:03	00:36:33	00:39:21	5:37 /km
144	121	SANTEIRO VARELA, RUBÉN	3 SALAS 3 LETRAS	MAS	M	105	00:23:29	00:36:51	00:39:29	5:39 /km
145	437	GIL MOSQUERA,		FEM	F	40	00:23:36	00:36:40	00:39:32	5:39 /km

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CRONOTEC

Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
		MAYTE								
146	398	VEGA LÓPEZ, GIOVANNA		FEM	F	41	00:23:41	00:36:36	00:39:36	5:39 /km
147	88	DOMÍNGUEZ RODRÍGUEZ, FRANCISCO		MAS	M	106	00:23:42	00:36:39	00:39:36	5:40 /km
148	41	ALVAREZ BALBOA, OSCAR		MAS	M	107	00:23:57	00:36:47	00:39:39	5:40 /km
149	77	LEAL, JORGE		MAS	M	108	00:22:32	00:36:35	00:39:40	5:40 /km
150	400	MOLINERO CASAL, ALBA		FEM	F	42	00:23:23	00:36:55	00:39:43	5:40 /km
151	91	MONZO CORTIÑAS, ADRIAN		MAS	M	109	00:24:10	00:37:10	00:39:44	5:41 /km
152	420	LENDOIRO SEGOVIA, CARINA		FEM	F	43	00:24:05	00:37:09	00:39:44	5:41 /km
153	186	DOPAZO PONTE, AVELINO		MAS	M	110	00:23:22	00:36:37	00:39:46	5:41 /km
154	353	GARCÍA VILLACIEROS, VICTORIA		FEM	F	44	00:23:31	00:36:53	00:39:50	5:41 /km
155	333	VILELA VILLAR, LUCIA	GLOBAL SPORT CLUB	FEM	F	45	00:23:56	00:37:09	00:39:51	5:42 /km
156	396	CASTRO GARRIDO, CANDELA		FEM	F	46	00:23:43	00:37:06	00:39:55	5:42 /km
157	96	ROBERTI SCHMIDT, MATIAS		MAS	M	111	00:24:11	00:37:30	00:39:56	5:42 /km
158	172	RODRIGUEZ MATO, FRANCISCO JOSE	NINGUNO	MAS	M	112	00:23:36	00:37:13	00:39:58	5:43 /km
159	95	PUY PEREZ, PABLO	AM TRAINING	MAS	M	113	00:23:47	00:37:21	00:40:06	5:44 /km
160	347	DÍAZ ESPINOSA, NEREA		FEM	F	47	00:24:19	00:37:16	00:40:07	5:44 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
161	69	GARCÍA REBOREDO, PABLO		MAS	M	114	00:24:17	00:37:19	00:40:09	5:44 /km
162	143	BUGALLO VILARIÑO, PABLO		MAS	M	115	00:24:26	00:37:44	00:40:12	5:45 /km
163	115	GÓMEZ ROMERO, RAUL		MAS	M	116	00:24:33	00:37:31	00:40:15	5:45 /km
164	345	PONTE, ANDREA		FEM	F	48	00:24:38	00:37:14	00:40:15	5:45 /km
165	344	CASTRO GESTAL, MARTA		FEM	F	49	00:24:47	00:37:27	00:40:17	5:45 /km
166	193	ASENSIO, NACHO		MAS	M	117	00:24:24	00:37:36	00:40:23	5:46 /km
167	7	DÍAZ PRADA, NICOLÁS		MAS	M	118	00:24:01	00:38:07	00:40:28	5:47 /km
168	310	AMEIJEIRAS CHAS, CARMEN		FEM	F	50	00:24:53	00:37:57	00:40:33	5:48 /km
169	434	OTERO QUIROGA, ISABEL		FEM	F	51	00:23:45	00:37:42	00:40:33	5:48 /km
170	474	SÁNCHEZ BASCOY, SILVIA		FEM	F	52	00:24:38	00:37:54	00:40:37	5:48 /km
171	207	VÁZQUEZ ALVEDRO, MANUEL	ATLETAA DE ACEA DE AMA-TRI ARTEIXO	MAS	M	119	00:24:46	00:37:45	00:40:38	5:48 /km
172	428	LÓPEZ GÓMEZ, TERESA		FEM	F	53	00:25:07	00:37:55	00:40:52	5:50 /km
173	322	CARNOTA FANDIÑO, SARA		FEM	F	54	00:24:10	00:37:48	00:40:55	5:51 /km
174	446	GARCIA PONCET, LUCIA		FEM	F	55	00:24:43	00:37:58	00:40:58	5:51 /km
175	117	LAMELA VALDOMAR, VICTOR		MAS	M	120	00:24:43	00:38:10	00:41:02	5:52 /km
176	440	MEJUTO SOTO, MAYTE	ACEA DE AMA TRIARTEIXO	FEM	F	56	00:24:59	00:38:19	00:41:13	5:53 /km
177	360	DOMINGO RODRÍGUEZ,		FEM	F	57	00:24:54	00:38:26	00:41:24	5:55 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
		LUCIA								
178	52	LOSADA PARDO, ISIDRO		MAS	M	121	00:24:54	00:38:53	00:41:36	5:57 /km
179	464	BALADRÓN SENRA, LAURA	OYSHO	FEM	F	58	00:24:49	00:38:28	00:41:36	5:57 /km
180	65	SEPULVEDA PAREDES, JAVIER IGNACIO		MAS	M	122	00:26:57	00:38:56	00:41:45	5:58 /km
181	468	TOUBES CARBALLEIRA, ANA	CAS	FEM	F	59	00:25:40	00:38:43	00:41:45	5:58 /km
182	441	IGUAL DE CASTRO, BELÉN	TOXOS E BIRRAS	FEM	F	60	00:25:29	00:39:03	00:41:47	5:58 /km
183	120	ARIAS VERDEJO, JAVIER	PACE Y ETIQUETA	MAS	M	123	00:26:33	00:39:20	00:41:50	5:59 /km
184	320	IGLESIAS VILELA, LUCÍA		FEM	F	61	00:25:51	00:39:13	00:41:55	5:59 /km
185	381	MOURIÑO REGUEIRA, IRIA		FEM	F	62	00:25:12	00:38:57	00:41:55	5:59 /km
186	376	KUKLA CASAS, SILVIA ANDREA		FEM	F	63	00:25:09	00:38:58	00:41:55	5:59 /km
187	460	TORRES, MARTA	VILLALOBOS TEAM	FEM	F	64	00:25:29	00:39:19	00:42:13	6:02 /km
188	311	RODRIGUEZ PÉREZ, UXIA		FEM	F	65	00:26:11	00:39:26	00:42:14	6:02 /km
189	388	GONZÁLEZ LÓPEZ, MARÍA	ALINEA	FEM	F	66	00:26:06	00:39:42	00:42:15	6:02 /km
190	370	YAGÜE PÉREZ, AMANDA		FEM	F	67	00:26:03	00:39:42	00:42:16	6:02 /km
191	82	GARCIA QUINTELA, SERGIO		MAS	M	124	00:25:05	00:39:28	00:42:16	6:02 /km
192	325	FERNÁNDEZ RIVERA, AITANA	ACEA DE AMA TRI ARTEIXO	FEM	F	68	00:25:38	00:39:22	00:42:25	6:04 /km
193	350	UCHA FARIÑA, ISABEL		FEM	F	69	00:26:30	00:39:48	00:42:26	6:04 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
194	173	FERNÁNDEZ EXPOSITO, CARLOS	ACEA DE AMA TRI ARTEIXO	MAS	M	125	00:25:37	00:39:23	00:42:26	6:04 /km
195	94	GONZÁLEZ RIERA, JAIME		MAS	M	126	00:24:50	00:39:24	00:42:33	6:05 /km
196	342	GAYOSO LODEIROS, IRIA		FEM	F	70	00:25:45	00:39:29	00:42:37	6:05 /km
197	324	VÁZQUEZ VILELA, ANDREA		FEM	F	71	00:25:22	00:39:22	00:42:50	6:07 /km
198	334	NEIRO VIDAL, CELIA		FEM	F	72	00:25:35	00:39:37	00:42:50	6:07 /km
199	338	MONTINHO CASTREGE, MARA		FEM	F	73	00:25:35	00:39:36	00:42:50	6:07 /km
200	112	MARTÍNEZ SANTOS, JOSÉ ALBERTO		MAS	M	127	00:25:58	00:39:50	00:42:52	6:07 /km
201	24	CAMPESINO MILLÁN, GONZALO		MAS	M	128	00:25:38	00:39:43	00:42:53	6:08 /km
202	410	GARCÍA QUINTELA, ERIKA		FEM	F	74	00:26:00	00:39:53	00:42:53	6:08 /km
203	393	FIDALGO FRAGUÍO, LAURA		FEM	F	75	00:26:11	00:40:02	00:42:55	6:08 /km
204	448	PRADA, STELLA		FEM	F	76	00:26:25	00:40:10	00:42:58	6:08 /km
205	368	BELLON PEREZ, ALEJANDRO		FEM	F	77	00:28:22	00:40:27	00:43:05	6:09 /km
206	5	FERNÁNDEZ PAN, ADRIÁN		MAS	M	129	00:25:42	00:39:57	00:43:05	6:09 /km
207	204	FUENTES VÁZQUEZ, BENIGNO		MAS	M	130	00:25:34	00:39:44	00:43:08	6:10 /km
208	449	MARTÍN CASTILLA, LAURA	TRAILEROS TOXOS Y BIRRAS	FEM	F	78	00:25:16	00:39:37	00:43:10	6:10 /km
209	152	FERNÁNDEZ RAMOS, ALEJANDRO	NOSPORTLIMIT	MAS	M	131	00:25:05	00:39:00	00:43:10	6:10 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
210	163	DE SANTIAGO LAREO, RODRIGO		MAS	M	132	00:25:52	00:40:19	00:43:12	6:10 /km
211	452	PICO ROUCO, MÓNICA	TRAILEROS TOXOS & BIRRAS	FEM	F	79	00:25:56	00:40:21	00:43:12	6:10 /km
212	337	PÉREZ, ALMUDENA	ACEA DE AMA TRI ARTIEXO	FEM	F	80	00:26:35	00:40:08	00:43:15	6:11 /km
213	475	DE, BEGOÑA	EGOVARROS DE VIVEIRO	FEM	F	81	00:25:53	00:40:13	00:43:17	6:11 /km
214	197	BLANCO GARCIA, MANUEL	BREIXO	MAS	M	133	00:26:36	00:40:28	00:44:02	6:18 /km
215	35	BLANCO NÚÑEZ, MANUEL	BREIXO	MAS	M	134	00:26:31	00:40:24	00:44:02	6:18 /km
216	304	SAUCA FIGUEROA, SOFIA		FEM	F	82	00:26:34	00:40:56	00:44:04	6:18 /km
217	83	SAUCA GUERRERO, ANTONIO		MAS	M	135	00:26:34	00:40:58	00:44:04	6:18 /km
218	200	FERNÁNDEZ CASTELLANOS, ÁNGEL		MAS	M	136	00:26:05	00:40:42	00:44:08	6:18 /km
219	471	GRAÑA PÉREZ, IRENE		FEM	F	83	00:26:29	00:41:09	00:44:15	6:19 /km
220	431	LÓPEZ TEMES, ROCÍO	CORREXALLAS	FEM	F	84	00:26:25	00:41:07	00:44:23	6:20 /km
221	107	LOPEZ TEMES, MANUEL	CORREXALLAS	MAS	M	137	00:26:28	00:41:06	00:44:25	6:21 /km
222	70	MARTINEZ PARDO, ALBERT		MAS	M	138	00:27:51	00:41:27	00:44:32	6:22 /km
223	392	DOVAL GARCIA, AURIA		FEM	F	85	00:26:48	00:41:38	00:44:40	6:23 /km
224	387	PIAY SEIJO, LUCIA		FEM	F	86	00:27:02	00:41:40	00:44:41	6:23 /km
225	397	SEQUEIRO ROMALDE, ANA MARIA		FEM	F	87	00:26:47	00:41:37	00:44:51	6:24 /km
226	133	FERNÁNDEZ BLANCO, JOSÉ MARÍA		MAS	M	139	00:26:41	00:41:11	00:44:55	6:25 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
227	138	MONELOS DIAZ, HÉCTOR		MAS	M	140	00:26:43	00:41:21	00:44:55	6:25 /km
228	61	MARTÍNEZ FERNÁNDEZ, CARLOS		MAS	M	141	00:26:31	00:41:09	00:44:59	6:26 /km
229	407	NÚÑEZ VÁZQUEZ, LUCÍA		FEM	F	88	00:27:19	00:41:55	00:45:01	6:26 /km
230	185	CANOSA BLANCO, ALFONSO	A.D. OLIMPIA	MAS	M	142	00:26:48	00:41:55	00:45:03	6:26 /km
231	459	GIL BREIJO, ISABEL	RUNNING ARTEIXO	FEM	F	89	00:26:51	00:41:54	00:45:03	6:26 /km
232	72	TUBIO DIAZ, ALVARO		MAS	M	143	00:26:45	00:41:46	00:45:04	6:26 /km
233	391	CHAS ARADAS, SHEILA		FEM	F	90	00:27:06	00:42:06	00:45:16	6:28 /km
234	46	FIGUEIRAS BARROS, PABLO ADRIÁN		MAS	M	144	00:27:32	00:42:43	00:45:17	6:28 /km
235	155	PACHECO RUANO, FÉLIX RICARDO		MAS	M	145	00:26:56	00:42:24	00:45:50	6:33 /km
236	312	LOPEZ REGUEIRO, LUCIA		FEM	F	91	00:27:37	00:43:14	00:45:53	6:33 /km
237	34	ESPIÑEIRA CORTIZAS, DAVID		MAS	M	146	00:27:41	00:43:15	00:45:55	6:34 /km
238	438	TOBAR CEREIJO, ROCIO		FEM	F	92	00:27:51	00:42:58	00:46:18	6:37 /km
239	467	GARCÍA SOUSA, MARÍA DE LOS ÁNGELES	NOSPORTLIMIT	FEM	F	93	00:27:49	00:42:46	00:46:33	6:39 /km
240	181	LÓPEZ TOURIÑAN, FERNANDO	NOSPORTLIMIT	MAS	M	147	00:27:56	00:42:59	00:46:36	6:39 /km
241	451	FIGUEROA, BEA	NOSPORTLIMIT	FEM	F	94	00:28:00	00:43:00	00:46:36	6:40 /km
242	142	GUTIÉRREZ SOUZA, IAGO		MAS	M	148	00:28:20	00:43:19	00:46:55	6:42 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
243	10	FERNÁNDEZ MÉNDEZ, GONZLO		MAS	M	149	00:28:15	00:44:11	00:47:23	6:46 /km
244	12	FERNÁNDEZ GONZÁLEZ, HUGO	UNIVERSIDAD DE OVIEDO	MAS	M	150	00:28:22	00:44:35	00:47:23	6:46 /km
245	358	PRESEDO GARCÍA, BELÉN		FEM	F	95	00:28:52	00:44:05	00:47:29	6:47 /km
246	356	COTELO AMADO, NEREA	WOD TRAINING	FEM	F	96	00:28:55	00:44:11	00:47:30	6:47 /km
247	390	SANTOS, YAMILA	GRIT RUN CLUB	FEM	F	97	00:28:13	00:43:40	00:47:34	6:48 /km
248	427	PORTELA NAVEIRAS, BIBIANA	GRIT RUN CLUB	FEM	F	98	00:28:14	00:43:40	00:47:35	6:48 /km
249	352	SANTAMARIÑA CORDAL, LAURA		FEM	F	99	00:29:17	00:44:23	00:47:39	6:48 /km
250	50	FRAGA PARADELA, JAVIER		MAS	M	151	00:28:08	00:44:33	00:47:46	6:49 /km
251	339	GÓMEZ CARBALLO, ANDREA		FEM	F	100	00:28:49	00:44:12	00:47:52	6:50 /km
252	408	VÁZQUEZ FLORES, LAURA		FEM	F	101	00:29:06	00:44:57	00:48:09	6:53 /km
253	411	MERCHÁN, REBECA	GRIT	FEM	F	102	00:28:51	00:44:45	00:48:15	6:54 /km
254	454	CORTES PATIÑO, MARIA	NOSPORTLIMIT	FEM	F	103	00:29:09	00:45:00	00:48:16	6:54 /km
255	303	VALERIO GONZALEZ, MARTINA	LA SOLANA	FEM	F	104	00:29:30	00:45:09	00:48:22	6:55 /km
256	473	MEIJIDE MARTINEZ, MELY	CLUB ATLETISMO SADA	FEM	F	105	00:29:04	00:45:12	00:48:25	6:55 /km
257	316	LAGE RIVERA, SABELA		FEM	F	106	00:30:02	00:46:29	00:49:46	7:07 /km
258	405	MARINAS CORRAL, SUSANA		FEM	F	107	00:29:56	00:46:27	00:49:50	7:07 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
259	175	CRUZ ALVAREZ, JOSE LUIS	NOSPORTLIMIT	MAS	M	152	00:30:05	00:46:48	00:50:20	7:11 /km
260	445	BARREIRO GARCÍA, PATRICIA	SONS OF POSEIDON	FEM	F	108	00:30:30	00:47:05	00:50:46	7:15 /km
261	357	OTERO MONTOTO, TANIA		FEM	F	109	00:30:39	00:47:18	00:50:48	7:15 /km
262	399	BICA, ELEONORA		FEM	F	110	00:29:27	00:47:07	00:50:48	7:16 /km
263	386	RODRÍGUEZ SUAREZ, JOANA		FEM	F	111	00:30:13	00:47:16	00:51:20	7:20 /km
264	319	COBAS OUTON, CLAUDIA		FEM	F	112	00:31:01	00:47:56	00:51:28	7:21 /km
265	318	MARTINEZ LOSADA, MARÍA		FEM	F	113	00:31:02	00:48:00	00:51:29	7:21 /km
266	373	OURO CARRIL, NATALIA		FEM	F	114	00:30:03	00:48:10	00:51:30	7:22 /km
267	40	PAZOS CANEDA, CÉSAR	TRIATLÓN ATLANTICO	MAS	M	153	00:31:11	00:48:33	00:52:05	7:26 /km
268	332	TRIÑANES MILLAN, MARÍA		FEM	F	115	00:31:09	00:48:32	00:52:07	7:27 /km
269	16	CORRAL FERNANDEZ, HÉCTOR		MAS	M	154	00:32:54	00:48:51	00:52:11	7:27 /km
270	378	TINAUT, CARMEN		FEM	F	116	00:31:42	00:49:03	00:52:53	7:33 /km
271	379	VARELA RODRÍGUEZ, BEGOÑA		FEM	F	117	00:31:42	00:49:05	00:52:53	7:33 /km
272	340	MUÑOZ GUTIÉRREZ, REBECA	ACEA DE AMA - TRIARTEIXO	FEM	F	118	00:32:21	00:49:40	00:53:18	7:37 /km
273	455	TENA REÑONES, SUSANA	LA SOLANA	FEM	F	119	00:34:02	00:52:05	00:55:51	7:59 /km
274	323	VARELA NOVO, NARA		FEM	F	120	00:33:18	00:52:02	00:55:56	7:59 /km

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Pos	Dorsal	Nombre	Club	Cat.	Sexo	P.Cat	V1	V2	Meta	Ritmo
275	189	LENS GARCÍA, CARLOS		MAS	M	155	00:35:05	00:53:47	00:58:03	8:18 /km
276	389	LENDOIRO, CARINA		FEM	F	121	00:36:00	00:55:48	00:59:45	8:32 /km

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