

CRONOTEC

10K CARREIRA NOCTURNA PORTA GRANDE DA COSTA

Carrera principal

Localidade BAIO -ZAS

ORGANIZA: A..V.TABEIRÓN DEPORTIVO

Data 29/07/2023

CRONOMETRA: CRONOTEC

Hora 12:00 PM

SISTEMA: CRONOMACH

Clasificación xeral

Distancia 10 Km

CLASIFICACIONES: WWW.CRONOTEC.ES

(Con tempos intermedios)

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
1		15	MUIÑO VARELA CRISTIAN	SD COMPOSTELA	SNM (1)	00:00	0:18:21	0:34:41	0:34:42	03:28
2		45	ROCA FRANCISCO	TEAM ROCA	VM40 (1)	00:00	0:19:38	0:36:29	0:36:29	03:38
3		39	MELLO BIRKHAN JACI AUGUSTO		VM40 (2)	00:00	0:19:31	0:36:33	0:36:33	03:39
4		25	CABANAS BOCIJA LUIS		VM40 (3)	00:01	0:19:30	0:36:43	0:36:44	03:40
5		28	CASTRO GIL BRUNO		VM40 (4)	00:00	0:20:18	0:37:04	0:37:04	03:42
6		29	AÑON CEAN CARLOS	A.D. MEDIA DUCIA	VM40 (5)	00:00	0:19:54	0:37:51	0:37:52	03:47
7		26	GOMEZ MANU	+DE MONTE	VM40 (6)	00:00	0:20:48	0:39:06	0:39:06	03:54
8		20	GARCIA VUELTA JOSE MANUEL	NOSPORTLIMIT	SNM (2)	00:01	0:20:37	0:39:10	0:39:12	03:55
9		7	SILVARIÑO MALLÓN ALBERTO	TABEIRON DWPORTIVO	SNM (3)	00:00	0:20:52	0:39:15	0:39:15	03:55
10		80	SANTOS SUAREZ MARTIN	TRIATLON COSTA DA MORTE	SNM (4)	00:00	0:20:51	0:39:19	0:39:19	03:55
11		83	NÚÑEZ MUÑIZ TONY	C. CERVECERÍA O COTON	VM40 (7)	00:00	0:20:54	0:39:25	0:39:26	03:56
12		6	DEL DEDO MARTIN IVÁN		SNM (5)	00:02	0:21:10	0:39:38	0:39:40	03:58
13		5	QUEIRO BLANCO MANUEL	TRINAT	SNM (6)	00:00	0:21:34	0:39:54	0:39:55	03:59
14		76	VAZQUEZ SANTOS DANIEL		SNM (7)	00:03	0:22:05	0:41:13	0:41:17	04:07
15		9	SUÁREZ CASTRO ADRIÁN	CORREXALLAS	SNM (8)	00:01	0:22:27	0:41:53	0:41:54	04:11
16		22	GARCÍA SÓÑORA MARCOS	C. A. NOIA	SNM (9)	00:01	0:22:19	0:41:54	0:41:56	04:11
17	1	120	REBORIDO FUENTES MENCÍA	SD COMPOSTELA	SNF (1)	00:03	0:22:24	0:42:05	0:42:08	04:12
18		38	TOJO MOLEDO ALBERTO		VM40 (8)	00:01	0:22:36	0:42:10	0:42:11	04:13
19		36	ROGET PEREZ FELIX		VM40 (9)	00:03	0:22:58	0:42:17	0:42:21	04:14

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
20	2	104	BERMÚDEZ CANOSA APOLONIA	FURANCHO	SNF (2)	00:00	0:22:30	0:42:32	0:42:33	04:15
21		11	GARCÍA SILVEIRA DANIEL		SNM (10)	00:01	0:22:14	0:42:39	0:42:40	04:16
22		10	FARIÑA AMADO SERGIO	ABELLARIZA	SNM (11)	00:01	0:22:24	0:42:40	0:42:42	04:16
23		35	BENITO ARRIBAS MATIAS	SD COMPOSTELA	VM40 (10)	00:02	0:22:34	0:42:42	0:42:44	04:16
24		56	BERGONDO BRANDARIZ JUAN C	RUNNING OLEIROS	VM50 (1)	00:01	0:22:28	0:42:49	0:42:50	04:17
25		43	OREJA VÁZQUEZ JUAN CARLOS		VM40 (11)	00:01	0:22:52	0:42:56	0:42:57	04:17
26		73	SÁNCHEZ ISAAC		VM40 (12)	00:01	0:22:41	0:42:57	0:42:59	04:17
27		48	ORDOÑEZ RODRIGUEZ MARCOS		VM40 (13)	00:03	0:22:50	0:43:09	0:43:12	04:19
28		27	GONZÁLEZ GUIRAO ORIOL		VM40 (14)	00:06	0:23:33	0:43:24	0:43:30	04:21
29		51	SERRANO REMUIÑÁN JOSÉ ANT		VM50 (2)	00:05	0:23:05	0:43:31	0:43:37	04:21
30		55	FABIAN GONZALEZ DIONISIO	A. DEPORTIVA OLIMPIA	VM50 (3)	00:03	0:23:15	0:43:37	0:43:40	04:22
31		85	MOUZO DOMÍNGUEZ ESTEBAN		VM40 (15)	00:01	0:22:37	0:43:39	0:43:41	04:22
32	3	105	TOBA SUAREZ BARCA		SNF (3)	00:01	0:22:54	0:43:51	0:43:53	04:23
33		40	SOUTO BARRENA JOSÉ MIGUEL	EL CID TRIATLÓN	VM40 (16)	00:01	0:22:54	0:43:52	0:43:54	04:23
34		70	EIRAS LUEIRO LEANDRO	C. T. CERVECERIA O COTÓN	SNM (12)	00:02	0:22:51	0:43:55	0:43:58	04:23
35		41	BARBEIRA GARCIA DAVID	CORREXALLAS	VM40 (17)	00:05	0:23:46	0:43:55	0:44:00	04:24
36		82	ROMERO LEMA PABLO	TABEIRON DWPORTIVO	VM40 (18)	00:04	0:24:07	0:44:11	0:44:16	04:25
37	4	111	OREJA VÁZQUEZ CORINNE	TEAM FAM	VF50 (1)	00:00	0:23:33	0:44:23	0:44:24	04:26
38		46	VARELA VÁZQUEZ GUILLERMO		VM40 (19)	00:02	0:23:57	0:44:26	0:44:29	04:26
39		57	PARDIÑAS ALVITE JOSE		VM50 (4)	00:04	0:23:51	0:44:26	0:44:30	04:27
40	5	1	CASTRO VILLAVERDE TERESA	C. A. NOIA	VF50 (2)	00:01	0:23:34	0:44:31	0:44:33	04:27
41		49	TAJES LUIS		VM40 (20)	00:05	0:23:36	0:44:59	0:45:05	04:30
42		8	PREGO VICENTE DAVID JAVIER		SNM (13)	00:04	0:23:40	0:45:31	0:45:36	04:33
43		71	VAZQUEZ FORJAN ADRIAN		SNM (14)	00:03	0:24:44	0:45:37	0:45:40	04:34
44		30	BLANCO VÁZQUEZ ANGEL		VM40 (21)	00:04	0:24:37	0:45:52	0:45:56	04:35
45		58	GARCÍA MARIÑO JOSÉ RAMÓN		VM50 (5)	00:03	0:24:16	0:45:56	0:46:00	04:36
46		14	CABANAS BOCIJA DAVID		SNM (15)	00:04	0:24:54	0:46:30	0:46:35	04:39
47	6	110	BLANCO PENA FINA	C.D. 21 LEGUAS	VF40 (1)	00:01	0:24:23	0:46:50	0:46:52	04:41
48		72	FERNÁNDEZ GARCÍA DIEGO		SNM (16)	00:04	0:24:54	0:46:59	0:47:03	04:42
49		44	ATRIO MORANDEIRA ANTONIO		VM40 (22)	00:04	0:24:36	0:47:02	0:47:07	04:42
50		42	ROMERO VÁZQUEZ CARLOS	FURANCHO	VM40 (23)	00:06	0:24:50	0:47:27	0:47:33	04:45

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
51		78	LADO CASTIÑEIRA ESTEBAN		SNM (17)	00:03	0:25:22	0:47:52	0:47:56	04:47
52	7	113	LÓPEZ VILAS GELI	RUNNING ARTEIXO	VF50 (3)	00:05	0:25:42	0:48:10	0:48:15	04:49
53	8	119	PAZOS SUENA CARLOTA		SNF (4)	00:03	0:25:15	0:48:15	0:48:18	04:49
54	9	108	CAAMAÑO PÉREZ VANESA	TERRA DE SONEIRA CD	VF40 (2)	00:03	0:25:45	0:48:19	0:48:22	04:50
55		77	CANOSA BLANCO DOMINGO DA		SNM (18)	00:04	0:25:22	0:48:46	0:48:50	04:53
56		32	CANCELA GARCÍA DAVID		VM40 (24)	00:07	0:26:31	0:49:04	0:49:11	04:55
57		62	PEREIRA BLANCO RAMIRO	URROA RUNNING	VM50 (6)	00:07	0:25:45	0:49:21	0:49:29	04:56
58	10	121	SOUTO MARTÍNEZ BELÉN		SNF (5)	00:00	0:25:41	0:49:31	0:49:32	04:57
59		3	ABELENDA GARCÍA MANUEL		SNM (19)	00:06	0:29:58	0:49:49	0:49:56	04:59
60		60	VILAR CAAMAÑO FELIX		VM50 (7)	00:03	0:26:04	0:50:02	0:50:05	05:00
61	11	109	POSE CHOUCIÑO OLGA	ABELLARIZA	VF40 (3)	00:06	0:26:23	0:50:00	0:50:06	05:00
62		31	RECAREI AÑÓN VÍTOR		VM40 (25)	00:07	0:26:34	0:50:13	0:50:21	05:02
63		61	BLANCO BARREIRO JOSE ANTO		VM50 (8)	00:04	0:26:37	0:50:22	0:50:27	05:02
64		59	INSUA INSUA MANUEL	A. SAR	VM50 (9)	00:05	0:26:24	0:50:22	0:50:28	05:02
65		34	REBOLLIDO FERNÁNDEZ FÉLIX	C.E A. SERRES RUNNERS	VM40 (26)	00:03	0:26:44	0:50:48	0:50:51	05:05
66	12	101	BARREIRO NOELIA	CORREXALLAS	SNF (6)	00:06	0:26:38	0:51:15	0:51:21	05:08
67		75	ABELENDA BERMUDEZ JOSE AN		VM40 (27)	00:05	0:27:27	0:51:41	0:51:46	05:10
68		79	RINCON LANDAZURI FABIO ALE	MARGHELP CONSULTING	VM40 (28)	00:05	0:27:09	0:52:13	0:52:18	05:13
69		54	FERNÁNDEZ MARTINEZ JOAQUI	C. A. SERRES RUNNERS	VM50 (10)	00:03	0:27:33	0:52:35	0:52:38	05:15
70		86	RAMA COTELO PABLO		SNM (20)	00:09	0:27:44	0:53:01	0:53:10	05:19
71		13	LEMA SUÁREZ SAMUEL		SNM (21)	00:07	0:27:22	0:53:29	0:53:36	05:21
72		63	PEREZ CASAIS JESUS		VM50 (11)	00:04	0:29:01	0:53:54	0:53:59	05:23
73	13	122	AMADO MIRIAM		SNF (7)	00:02	0:28:07	0:54:08	0:54:11	05:25
74		12	AMIGO CAAMAÑO MARTÍN	BAIÑAS	SNM (22)	00:06	0:26:21	0:54:33	0:54:40	05:28
75		81	FACAL VÁZQUEZ MIGUEL	A.D. MEDIA DUCIA	VM40 (29)	00:04	0:29:53	0:55:53	0:55:57	05:35
76		84	PALOMERO ALBA FRANCISCO J	A.D. MEDIA DUCIA	VM50 (12)	00:05	0:29:53	0:55:53	0:55:58	05:35
77	14	103	DE VRIES LOUREIRO DANIEL		SNF (8)	00:02	0:29:52	0:56:20	0:56:22	05:38
78		65	PÉREZ LEIS JESÚS		VM50 (13)	00:05	0:30:01	0:56:36	0:56:41	05:40
79	15	106	CAMACHO SOUTO LAURA		VF40 (4)	00:02	0:30:41	0:57:17	0:57:20	05:44
80		4	NIÓN FIEIRA JAVIER		SNM (23)	00:06	0:30:02	0:57:46	0:57:53	05:47
81		52	INSUA LOURO JUAN JOSÉ	DUBRA TEAM	VM50 (14)	00:08	0:30:22	0:57:55	0:58:04	05:48

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
82		53	FIGUEROA SUÁREZ ROBERTO		VM50 (15)	00:09	0:30:42	0:58:44	0:58:53	05:53
83	16	117	MARTÍNEZ GONZÁLEZ TAMARA	ARTEIXO RUNNING	VF40 (5)	00:06	0:31:35	0:59:09	0:59:15	05:55
84		21	VILLAR RODRÍGUEZ MANUEL		SNM (24)	00:05	0:30:37	0:59:16	0:59:21	05:56
85	17	112	SANCHEZ LOPEZ CRISTINA	LARACHA EN DUAS RODAS	VF50 (4)	00:06	0:31:49	0:59:45	0:59:52	05:59
86		64	GONZÁLEZ PEREIRA MANUEL	RUNNING ARTEIXO	VM50 (16)	00:09	0:33:29	1:03:10	1:03:19	06:19