

# CRONOTEC

## SAN SILVESTRE MURADANA

### Clasificación xeral

5K

Localidade MUROS

Data 30/12/2023

Hora 8:00 PM

Distancia 5 Km

ORGANIZA: C.A. SERRES RUNNES

CRONOMETRA: CRONOTEC

SISTEMA: CRONOMACH

CLASIFICACIONES: CRONOTEC.ES

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
1		5	LESTON UHIA Pablo	Club Triatlón Muros	5K-M (1)	0:16:50	03:22
2		38	PAIS TAJES Manuel	Serres Runners	5K-M (2)	0:16:58	03:23
3		52	DOSIL LAGO Manuel	Club Triatlón Muros	5K-M (3)	0:17:06	03:25
4		32	GARCÍA BLANCO Cayetano	Saude Sport	5K-M (4)	0:17:07	03:25
5		9	OTERO LADA Fernando	Triki Team	5K-M (5)	0:17:18	03:27
6		8	GONZÁLEZ LESTÓN Hugo	Triki Team	5K-M (6)	0:17:32	03:30
7		11	MONTEAGUDO LAGO Pablo		5K-M (7)	0:17:40	03:32
8		57	GONZÁLEZ FRANCO Ramiro	Triatlón Costa da Morte	5K-M (8)	0:18:01	03:36
9		49	TUÑAS GONZÁLEZ Roberto	Serres Runners	5K-M (9)	0:18:13	03:38
10		75	CANTARIÑO TAJES Alvaro	Serres Runners	5K-M (10)	0:18:22	03:40
11		74	NOGUEIRA PÉREZ Miguel Anxo	Noitebra F.C.	5K-M (11)	0:18:28	03:41
12		66	MANEIRO TORRES David	Saude Sport	5K-M (12)	0:18:31	03:42
13		70	FERNÁNDEZ RODRIGUEZ Jose Ant	CLUBE ATLETISMO BOIMORTO	5K-M (13)	0:18:31	03:42
14		95	FERNÁNDEZ LAGO Juan Carlos	Serres Runners	5K-M (14)	0:18:34	03:42
15	1	133	FERNÁNDEZ BARREIROS Tina	Atletismo Sar	5K-F (1)	0:18:35	03:43
16		16	OTERO DOSIL Rubén	Club Atletismo Noia	5K-M (15)	0:18:46	03:45
17		90	BARREIRO CORDEIRO Javi	Serres Runners	5K-M (16)	0:18:46	03:45
18		55	CERNADAS CREO Salvita	Club triatlón cervecería O Cotón Negro	5K-M (17)	0:19:04	03:48
19		33	MANSILLA BARREIRO Pepe		5K-M (18)	0:19:17	03:51
20	2	105	FORMOSO RE CAREY Eva	Triki Team	5K-F (2)	0:19:24	03:52
21		79	LOURO LOURO Celestino	Serres Runners	5K-M (19)	0:19:47	03:57
22		7	FERNANDEZ MARTÍNEZ Leo	Serres Runners	5K-M (20)	0:20:04	04:00
23		54	BARREITOS FORMOSO Manuel	Serres Runners	5K-M (21)	0:20:04	04:00
24		30	FERNÁNDEZ NIMO Ivi	Serres Runners	5K-M (22)	0:20:05	04:01
25		13	CASTRO TIELES Eloy	Serres Runners	5K-M (23)	0:20:09	04:01
26		25	RIVEIRO LAMPON Alberto		5K-M (24)	0:20:15	04:03
27		2	REY ALONSO Mateo		5K-M (25)	0:20:34	04:06
28	3	107	FORMOSO RE CAREY Alejandra	Triki Team	5K-F (3)	0:20:35	04:07
29		10	PAAU POP Keyner		5K-M (26)	0:20:40	04:08
30		80	SILVA GARCÍA Fernando	Serres Runners	5K-M (27)	0:20:49	04:09
31		3	CASTRO HERNÁNDEZ Miguel Ángel	Triki Team	5K-M (28)	0:20:57	04:11
32		23	MACEIRAS FIGUEIRAS Adrián		5K-M (29)	0:20:58	04:11
33		53	RODRÍGUEZ FERNÁNDEZ Manuel F	Running Oleiros	5K-M (30)	0:21:09	04:13
34	4	112	LÓPEZ REBOLLIDO Julia	Running Oleiros	5K-F (4)	0:21:10	04:14

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
35		93	<b>CANDAMO FERNAMDEZ Marcos</b>	Serres Runners	5K-M (31)	<b>0:21:33</b>	04:18
36		89	<b>COUTO NAYA Diego</b>	Ad Jarnachas	5K-M (32)	<b>0:21:47</b>	04:21
37		71	<b>FIGUEIRAS NÚÑEZ Eduardo</b>	Club Triatlón Cervecería O Coton Negr	5K-M (33)	<b>0:21:51</b>	04:22
38		81	<b>REY MARTÍNEZ Juan Carlos</b>		5K-M (34)	<b>0:21:53</b>	04:22
39	5	138	<b>VAL DEL RÍO Ángeles</b>	Club Atletismo Millaraio	5K-F (5)	<b>0:22:55</b>	04:35
40		43	<b>FIUZA DEL RIO Alfredo</b>	Serres Runners	5K-M (35)	<b>0:23:04</b>	04:36
41		56	<b>TORRADO RIAL Ricardo</b>		5K-M (36)	<b>0:23:19</b>	04:39
42		22	<b>SAMBADE SUÁREZ Jesús</b>		5K-M (37)	<b>0:23:22</b>	04:40
43		28	<b>LOURO LARIÑO Jose Isidro</b>	Serres Runners	5K-M (38)	<b>0:23:22</b>	04:40
44		29	<b>LAGO FIGUEROA Santi</b>	Serres Runners	5K-M (39)	<b>0:23:22</b>	04:40
45		21	<b>ROMERO CHOUZA Oscar</b>	Club Triatlón Muros	5K-M (40)	<b>0:23:23</b>	04:40
46		65	<b>FEDERICO COTON Ramon</b>		5K-M (41)	<b>0:23:35</b>	04:43
47		51	<b>TAJES CERNADAS Raul</b>	Serres Runners	5K-M (42)	<b>0:23:46</b>	04:45
48	6	120	<b>TEMPERAN ISORNA Carmen</b>		5K-F (6)	<b>0:23:51</b>	04:46
49		77	<b>MISA GÓMEZ Jose Manuel</b>		5K-M (43)	<b>0:23:52</b>	04:46
50	7	103	<b>TUÑAS PÉREZ Sabela</b>	Cdm vértice	5K-F (7)	<b>0:23:55</b>	04:47
51		88	<b>PARÍS Santi</b>	O Jerreiro	5K-M (44)	<b>0:24:05</b>	04:49
52		36	<b>VIDAL SANDE Fernando</b>	Serres Runners	5K-M (45)	<b>0:24:09</b>	04:49
53	8	101	<b>GONZÁLEZ LESTÓN María</b>	Triki Team	5K-F (8)	<b>0:24:15</b>	04:51
54		85	<b>FIGUEIRAS TOREA Óscar</b>	Club Atletismo Outes	5K-M (46)	<b>0:24:20</b>	04:52
55		15	<b>FIGUEIRAS Alejandro</b>		5K-M (47)	<b>0:24:22</b>	04:52
56		12	<b>CARBALLO PÉREZ Miguel</b>	Serres Runners	5K-M (48)	<b>0:24:22</b>	04:52
57		61	<b>MARTÍNEZ LAGO Naso</b>	Serres Runners	5K-M (49)	<b>0:24:23</b>	04:52
58		100	<b>PAIS FERNANDEZ Manuel</b>	Serres Runners	5K-M (50)	<b>0:24:38</b>	04:55
59	9	121	<b>GALIANO LEIS Beatriz</b>	Serres Runners	5K-F (9)	<b>0:24:40</b>	04:56
60		24	<b>MAYO FERNÁNDEZ Juan</b>	Serres Runners	5K-M (51)	<b>0:24:42</b>	04:56
61		98	<b>CERNADAS LADO Francisco José</b>	Serres Runners	5K-M (52)	<b>0:24:53</b>	04:58
62		58	<b>REBOLLIDO FERNÁNDEZ Félix</b>	Serres Runners	5K-M (53)	<b>0:24:54</b>	04:58
63	10	130	<b>CERNADAS LAGO Paula</b>	Serres Runners	5K-F (10)	<b>0:25:10</b>	05:02
64		73	<b>SEIJAS BUA David</b>	Serres Runners	5K-M (54)	<b>0:25:12</b>	05:02
65	11	134	<b>FIGUEIRAS DEL RIO Catuxa</b>	Serres Runners	5K-F (11)	<b>0:25:20</b>	05:04
66		94	<b>MAYO CAAMAÑO José Manuel</b>	Vendaval esteiro	5K-M (55)	<b>0:25:28</b>	05:05
67	12	109	<b>LOJO LÓPEZ Noelia</b>	SD Barbantia Roda	5K-F (12)	<b>0:25:36</b>	05:07
68		96	<b>FERNANDEZ Joaquin</b>	Serres Runners	5K-M (56)	<b>0:25:37</b>	05:07
69		99	<b>LUCES TAJES Manuel</b>	Serres Runners	5K-M (57)	<b>0:25:38</b>	05:07
70	13	115	<b>LESTÓN RODRÍGUEZ María</b>		5K-F (13)	<b>0:25:41</b>	05:08
71	14	106	<b>AGUIAR NOCEDA Naiara</b>	Serres Runners	5K-F (14)	<b>0:25:54</b>	05:10
72		68	<b>AGUIAR LORENZO Arturo</b>	Serres Runners	5K-M (58)	<b>0:25:55</b>	05:11
73		62	<b>LAGO FERREIRA Alberto</b>	CH&CH	5K-M (59)	<b>0:26:25</b>	05:17
74	15	129	<b>PARÍS LAGO Laura</b>	Serres Runners	5K-F (15)	<b>0:26:25</b>	05:17
75	16	147	<b>ROMERO ROMERO Mari</b>	CC Muros	5K-F (16)	<b>0:26:26</b>	05:17
76		82	<b>GARCÍA DOSIL Jose Domingo</b>	CCMuros	5K-M (60)	<b>0:26:28</b>	05:17
77	17	154	<b>PARÍS ESMORIS Concha</b>	Serres Runners	5K-F (17)	<b>0:26:40</b>	05:20
78	18	139	<b>CASTRO LEMA Carmen</b>	Olimpia	5K-F (18)	<b>0:26:41</b>	05:20
79		86	<b>CAAMAÑO SENDÓN Tomás</b>	Serres Runners	5K-M (61)	<b>0:26:42</b>	05:20
80	19	141	<b>CARAMÉS VILA Noa</b>	SD Barbantia Roda	5K-F (19)	<b>0:26:45</b>	05:21
81	20	150	<b>LESTÓN VARA Manuela</b>	Triki Team	5K-F (20)	<b>0:26:55</b>	05:23
82		91	<b>LAGO FERNÁNDEZ Chus</b>	Serres Runners	5K-M (62)	<b>0:27:05</b>	05:25
83	21	175	<b>CAAMAÑO FERNANDEZ Rosalía</b>		5K-F (21)	<b>0:27:06</b>	05:25

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T.Oficial	T/Km.
84		17	<b>DOSIL SENRA Sergio</b>		5K-M (63)	<b>0:27:07</b>	05:25
85		87	<b>FERNÁNDEZ LUCED Castor</b>	Serres Runners	5K-M (64)	<b>0:27:20</b>	05:28
86		26	<b>LESTÓN RODRIGUEZ Roberto</b>		5K-M (65)	<b>0:27:20</b>	05:28
87		69	<b>FERNÁNDEZ SANTIAGO Maximino</b>	Carpintería Rebordelo	5K-M (66)	<b>0:27:20</b>	05:28
88		45	<b>RIVADENEIRA RODRÍGUEZ Miguel</b>	Serres Runners	5K-M (67)	<b>0:27:21</b>	05:28
89		35	<b>PIÑEIRO LAGO Alex</b>	JAD-NYC Elite Roadrunners	5K-M (68)	<b>0:28:01</b>	05:36
90		63	<b>PINEIRO LAGO José Manuel</b>		5K-M (69)	<b>0:28:02</b>	05:36
91		6	<b>SILVA VÁZQUEZ Luis</b>		5K-M (70)	<b>0:28:11</b>	05:38
92	22	92	<b>RODRIGUEZ FREIRE Ana María</b>		5K-F (22)	<b>0:28:17</b>	05:39
93	23	116	<b>PRADO MEIRA Rosa</b>		5K-F (23)	<b>0:28:18</b>	05:39
94	24	125	<b>BARREIRO ABEIJON Fatima</b>	Serres Runners	5K-F (24)	<b>0:28:24</b>	05:40
95	25	148	<b>RODRÍGUEZ RUIZ Raquel</b>		5K-F (25)	<b>0:28:59</b>	05:47
96	26	131	<b>BERMÚDEZ CAAMAÑO Mónica</b>	Serres Runners	5K-F (26)	<b>0:29:00</b>	05:48
97		60	<b>CAMPOS MARTÍN Luis Manuel</b>		5K-M (71)	<b>0:29:00</b>	05:48
98		20	<b>BREA LÓPEZ Daniel</b>		5K-M (72)	<b>0:29:02</b>	05:48
99	27	113	<b>ROMERO SENDÓN Sara</b>	Serres Runners	5K-F (27)	<b>0:29:03</b>	05:48
100		31	<b>PARIS CAAMAÑO Anxo</b>		5K-M (73)	<b>0:29:04</b>	05:48
101	28	145	<b>SENDÓN VÁZQUEZ Loly</b>	Serres Runners	5K-F (28)	<b>0:29:14</b>	05:50
102	29	137	<b>NEIRA LÓPEZ Vanessa</b>	Serres Runners	5K-F (29)	<b>0:29:14</b>	05:50
103	30	146	<b>HERNÁNDEZ RAMÍREZ Yudy</b>	Serres Runners	5K-F (30)	<b>0:29:14</b>	05:50
104	31	122	<b>PALOMO MOLEDO Noemi</b>		5K-F (31)	<b>0:29:15</b>	05:51
105	32	108	<b>TRABA AGRELO Olga</b>		5K-F (32)	<b>0:29:17</b>	05:51
106	33	156	<b>FORMOSO FERNÁNDEZ Maria Josef</b>	Serres Runners	5K-F (33)	<b>0:31:03</b>	06:12
107	34	155	<b>FERNÁNDEZ FORMOSO Tina</b>	Serres Runners	5K-F (34)	<b>0:31:04</b>	06:12
108	35	159	<b>FERNÁNDEZ FERNÁNDEZ Mª Dolor</b>		5K-F (35)	<b>0:31:25</b>	06:17
109	36	119	<b>FORMOSO BARREIROS Irene</b>	Serres Runners	5K-F (36)	<b>0:31:26</b>	06:17
110	37	143	<b>FUENTES MESA Ana Beatriz</b>		5K-F (37)	<b>0:31:35</b>	06:19
111		1	<b>QUINTAS SESTAYO Adrián</b>		5K-M (74)	<b>0:31:53</b>	06:22
112		46	<b>NÚÑEZ SANTIAGO Álvaro</b>		5K-M (75)	<b>0:31:57</b>	06:23
113	38	124	<b>SANTOS GRELA Lorena</b>	Serres Runners	5K-F (38)	<b>0:31:59</b>	06:23
114	39	153	<b>HERMO TOMÉ Maria</b>		5K-F (39)	<b>0:32:01</b>	06:24
115	40	111	<b>VISA GARCÍA Celia</b>		5K-F (40)	<b>0:32:34</b>	06:30
116	41	118	<b>VISA GARCÍA Elena</b>		5K-F (41)	<b>0:32:35</b>	06:31
117	42	151	<b>SESTAYO FERNÁNDEZ Dolores</b>		5K-F (42)	<b>0:32:37</b>	06:31
118	43	132	<b>BREA TOREA Tania</b>	Serres Runners	5K-F (43)	<b>0:33:12</b>	06:38
119		41	<b>PIÑEIRO MAYO Alvaro</b>	Serres Runners	5K-M (76)	<b>0:33:39</b>	06:43
120	44	123	<b>PARÍS FERNANDEZ Silvia</b>	Serres Runners	5K-F (44)	<b>0:33:39</b>	06:43
121		78	<b>FILGUEIRA BEIRO Pedro</b>		5K-M (77)	<b>0:34:03</b>	06:48
122	45	128	<b>LAGO GARCÍA Laura María</b>	Serres Runners	5K-F (45)	<b>0:34:22</b>	06:52
123	46	127	<b>LADO SENDON Kika</b>	Serres Runners	5K-F (46)	<b>0:34:22</b>	06:52
124	47	136	<b>POP MOLINA Karla Yesenia</b>		5K-F (47)	<b>0:34:52</b>	06:58
125		34	<b>VISA GARCÍA Daniel</b>		5K-M (78)	<b>0:34:54</b>	06:58
126	48	102	<b>PAAU POP Katherin Jimena</b>		5K-F (48)	<b>0:34:54</b>	06:58
127	49	140	<b>BARREIROS FERNANDEZ Laura</b>		5K-F (49)	<b>0:39:49</b>	07:57