

XXI EDICIÓN SAN SILVESTRE CASTRELO de MIÑO

31 DECEMBRO 2019

XXI SAN SILVESTRE CASTRELO DE MIÑO

Carrera principal

Localidade CASTRELO DE

Organiza: Club Atletismo Corredores do Miño

Data 31/12/2019

Cronometra: CRONOTEC

Hora 12:00 PM

Sistema: CRONOMACH

Clasificación xeral

Distancia 6,3 Km

Clasificacións: WWW.CRONOTEC.ES

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
1		62	IVÁN DOCAMPO GONZÁLEZ	RUNGALICIA-INTERSPORT	MAS - 1	00:00	0:06:32	0:13:19				0:20:08	0:20:08	03:11	
2		56	JOSE MANUEL CORRAL JUSTO	Atl. ARENTEIRO	MAS - 2	00:01	0:06:42	0:13:47				0:20:46	0:20:47	03:17	0:00:39
3		37	ALBINO FERNANDEZ GARCIA	Atl. ARENTEIRO	MAS - 3	00:00	0:06:56	0:13:59				0:21:05	0:21:05	03:20	0:00:57
4		1	ALEXANDRE ÁLVAREZ FERREIR	OURENSE Atl.	MAS - 4	00:01	0:06:42	0:14:15				0:21:46	0:21:47	03:27	0:01:39
5		135	JOSE MANUEL SOBRINO ALONS	ATLÉTIC CONGOST	MAS - 5	00:01	0:07:20	0:14:46				0:22:14	0:22:15	03:31	0:02:07
6		73	ÁNGEL CONDE VALLADARES	LAMARGHA-AUTOTODO	MAS - 6	00:00	0:07:14	0:14:48				0:22:24	0:22:25	03:33	0:02:17
7		36	MARCOS RODRIGUEZ VAZQUEZ	Atl. ARENTEIRO	MAS - 7	00:01	0:07:29	0:15:07				0:22:27	0:22:28	03:33	0:02:20
8	1	368	UXIA PEREZ BUGARIN	PLAYAS DE CASTELLÓN	FEM - 1	00:01	0:07:31	0:15:09				0:22:30	0:22:32	03:34	0:02:24
9		136	PEPE MIRA FERNANDEZ	BURGAS OURENSE Atl.	MAS - 8	00:00	0:07:30	0:15:07				0:22:41	0:22:42	03:36	0:02:34
10		123	SANTIAGO GARCIA GONZALEZ	BURGAS OURENSE Atl.	MAS - 9	00:01	0:07:28	0:15:06				0:22:58	0:23:00	03:39	0:02:52
11		88	XOSÉ PÉREZ BLANCO	Atl. ARENTEIRO	MAS - 10	00:03	0:07:25	0:15:22				0:23:16	0:23:19	03:42	0:03:11
12		25	DANIEL MARTINEZ GOMEZ		MAS - 11	00:10	0:07:49	0:15:41				0:23:16	0:23:26	03:43	0:03:18
13	2	412	BEGOÑA DOMÍNGUEZ MONTES	Atl. ARENTEIRO	FEM - 2	00:01	0:07:49	0:15:45				0:23:29	0:23:31	03:43	0:03:23
14		87	PABLO FERNÁNDEZ VÁZQUEZ	E. Atl. BEN CHO SHEY	MAS - 12	00:02	0:07:42	0:15:43				0:23:45	0:23:47	03:46	0:03:39
15		146	JAVIER GOMEZ IGLESIAS	BURGAS OURENSE Atl.	MAS - 13	00:01	0:07:57	0:16:01				0:23:56	0:23:57	03:48	0:03:49
16		82	RUBEN AIRAS COTA	BURGAS OURENSE Atl.	MAS - 14	00:02	0:07:59	0:16:02				0:23:58	0:24:00	03:48	0:03:52
17		24	DANIEL GARCÍA FERNÁNDEZ	TRIATLÓN ARTEIXO	MAS - 15	00:01	0:07:53	0:16:00				0:24:10	0:24:12	03:50	0:04:04
18		130	JOSE MANUEL TOLEDO ESTEVE		MAS - 16	00:01	0:07:52	0:16:08				0:24:15	0:24:16	03:51	0:04:08
19		51	MATEO CHAO PÉREZ-QUEVEDO		MAS - 17	00:03	0:08:04	0:16:15				0:24:20	0:24:24	03:52	0:04:16

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
20		46	JOSE COSTAS FERNANDEZ	C.A.R REDONDELA	MAS - 18		0:08:04	0:16:23				0:24:29	0:24:29	03:53	0:04:21
21		122	ALBERTO RODRÍGUEZ ALONSO		MAS - 19	00:04	0:08:06	0:16:26				0:24:31	0:24:35	03:54	0:04:27
22		98	ALFREDO FERREIRO DEAÑO	C. DEPORTIVO AURUM	MAS - 20	00:02	0:08:07	0:16:23				0:24:34	0:24:37	03:54	0:04:29
23		60	JUAN ROMERO FERNÁNDEZ	C. DEPORTIVO AURUM	MAS - 21	00:02	0:08:07	0:16:26				0:24:39	0:24:41	03:55	0:04:33
24	3	366	ANTÍA RODRÍGUEZ ABAD	OURENSE Atl.	FEM - 3	00:03	0:08:01	0:16:21				0:24:40	0:24:43	03:55	0:04:35
25		2	JACOBO SOTO FERNANDEZ		MAS - 22	00:07	0:08:05	0:16:26				0:24:37	0:24:45	03:55	0:04:37
26		126	FRANCISCO JAVIER ESPÍÑA FER		MAS - 23	00:02	0:08:03	0:16:22				0:24:43	0:24:46	03:55	0:04:38
27		63	YAGO LOPEZ DECABO		MAS - 24	00:01	0:08:01	0:16:27				0:24:56	0:24:58	03:57	0:04:50
28		68	PABLO MEIRIÑO FEIJÓO		MAS - 25	00:07	0:08:16	0:16:45				0:24:57	0:25:04	03:58	0:04:56
29		106	MARCOS PEREZ FORMIGO		MAS - 26	00:02	0:07:50	0:16:25				0:25:03	0:25:06	03:59	0:04:58
30		151	JOSE MANUEL NANÍN LÓPEZ	CORREDORES DO MIÑO	MAS - 27	00:05	0:08:30	0:16:54				0:25:02	0:25:07	03:59	0:04:59
31		28	RENNY MAZAIRA RODRÍGUEZ		MAS - 28	00:07	0:08:05	0:16:30				0:25:01	0:25:08	03:59	0:05:00
32		6	PABLO CARIDE ALONSO	C. DEPORTIVO AURUM	MAS - 29	00:03	0:08:05	0:16:26				0:25:06	0:25:10	03:59	0:05:02
33	4	418	ANA BELÉN LOSADA PEREZ	BURGAS OURENSE Atl.	FEM - 4	00:02	0:08:32	0:16:56				0:25:11	0:25:13	04:00	0:05:05
34	5	432	CRISTINA LOEDA SOTO		FEM - 5	00:02	0:08:09	0:16:42				0:25:14	0:25:17	04:00	0:05:09
35		144	FELIX MARIA RICO IZQUIERDO	ANNARIMMEN	MAS - 30	00:01	0:08:09	0:16:42				0:25:19	0:25:21	04:01	0:05:13
36		33	ANTONIO CARTOLANO BLANCO		MAS - 31	00:06	0:08:19	0:16:46				0:25:18	0:25:25	04:02	0:05:17
37		34	DAVID LORENZO QUIROZ		MAS - 32	00:04	0:08:16	0:16:43				0:25:28	0:25:32	04:03	0:05:24
38		131	PABLO VALDES ALVAREZ	CORREDORES DO MIÑO	MAS - 33	00:04	0:08:28	0:16:59				0:25:29	0:25:33	04:03	0:05:25
39		159	TEODORO MARTINEZ ALONSO	A.D. LIMIACTIVA	MAS - 34	00:09	0:08:29	0:17:06				0:25:26	0:25:35	04:03	0:05:27
40		17	MARCOS ALVAREZ ARMADA		MAS - 35	00:07	0:08:29	0:17:04				0:25:31	0:25:38	04:04	0:05:30
41		161	ELADIO DIZ GARCÍA	Atl. ARENTEIRO	MAS - 36	00:08	0:08:34	0:17:10				0:25:31	0:25:39	04:04	0:05:31
42		78	DAVID LIRIO ROMERO	CD PASTOR POETA DE OCAÑA	MAS - 37	00:02	0:08:19	0:17:05				0:25:44	0:25:46	04:05	0:05:38
43		11	QUIQUE SABUCEDO		MAS - 38	00:04	0:08:29	0:17:08				0:25:52	0:25:57	04:07	0:05:49
44		43	VICTOR MARTINEZ FERNANDEZ		MAS - 39	00:10	0:08:32	0:17:15				0:25:47	0:25:58	04:07	0:05:50
45		93	JOSÉ TOUZA DE DIOS	ARREADORES CHINGONES ES	MAS - 40	00:05	0:08:22	0:17:08				0:25:57	0:26:03	04:08	0:05:55
46		134	SERAFIN ESTEVEZ SOBRINO	BURGAS OURENSE Atl.	MAS - 41	00:02	0:08:26	0:17:18				0:26:04	0:26:07	04:08	0:05:59
47		104	HECTOR SOUTO PEREZ		MAS - 42	00:06	0:08:38	0:17:25				0:26:00	0:26:07	04:08	0:05:59
48		19	OLIVER PAJARO NOGUEIRA		MAS - 43	00:19	0:08:49	0:17:35				0:25:49	0:26:09	04:09	0:06:01
49		72	MARIO DANIEL VARELA CRESPO	Atl. ARENTEIRO	MAS - 44	00:08	0:08:36	0:17:19				0:26:04	0:26:12	04:09	0:06:04
50		110	PABLO ALEJO BRANCATI ALVES	OURENSE Atl. TRIATLÓN	MAS - 45	00:03	0:08:46	0:17:34				0:26:10	0:26:14	04:09	0:06:06

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
51		179	SERGIO NOGUEIRAS FERNANDE		MAS - 46	00:18	0:08:46	0:17:35				0:25:58	0:26:16	04:10	0:06:08
52		172	RAFAEL PEREZ REGO	Atl. TUI ACTIVAMOSTUCASA	MAS - 47	00:04	0:08:53	0:17:44				0:26:13	0:26:18	04:10	0:06:10
53		16	PABLO VÁZQUEZ	CORREDORES DO MIÑO	MAS - 48	00:04	0:08:37	0:17:29				0:26:14	0:26:19	04:10	0:06:11
54		124	JOSÉ MANUEL FARIÑAS DARRIB		MAS - 49	00:12	0:08:59	0:17:34				0:26:07	0:26:20	04:10	0:06:12
55		147	JOSE ELIAS GRANDA JUAN		MAS - 50	00:03	0:08:22	0:17:18				0:26:21	0:26:24	04:11	0:06:16
56		54	JAVIER VÁZQUEZ ESTÉVEZ		MAS - 51	00:02	0:08:33	0:17:32				0:26:23	0:26:25	04:11	0:06:17
57		58	PABLO ÁLVAREZ GARCIA		MAS - 52	00:02	0:08:12	0:17:27				0:26:29	0:26:31	04:12	0:06:23
58		5	NICOLAS ALBERTE VILLAR		MAS - 53	00:09	0:08:58	0:17:33				0:26:23	0:26:32	04:12	0:06:24
59		39	RUBÉN MARTÍNEZ FERNÁNDEZ		MAS - 54	00:11	0:08:33	0:17:17				0:26:27	0:26:38	04:13	0:06:30
60		70	ENRIQUE HERMIDA		MAS - 55	00:07	0:08:39	0:17:41				0:26:35	0:26:43	04:14	0:06:35
61	6	362	PAULA GRANDA GUTIERREZ	TRIATLON LUGONES	FEM - 6	00:01	0:08:22	0:17:29				0:26:49	0:26:50	04:15	0:06:42
62		103	ALBERTO VÁZQUEZ CABANO	SERVICIO	MAS - 56	00:03	0:08:38	0:17:53				0:26:48	0:26:52	04:15	0:06:44
63		83	JORGE DIZ MEDELA	RÍA DE FOZ	MAS - 57	00:09	0:08:53	0:17:51				0:26:49	0:26:59	04:16	0:06:51
64		128	BENITO NORES		MAS - 58	00:02	0:08:36	0:17:50				0:26:57	0:27:00	04:17	0:06:52
65	7	180	MONICA NOVOA BARBOSA		FEM - 7	00:03	0:08:38	0:17:52				0:26:56	0:27:00	04:17	0:06:52
66		14	ADRIÁN RODRÍGUEZ FERNÁNDE		MAS - 59	00:00	0:08:34	0:17:41				0:27:07	0:27:07	04:18	0:06:59
67		157	CESAR LEBOSO FERREIRO	ESPRINTES OURENSE	MAS - 60	00:12	0:09:37	0:18:32				0:26:59	0:27:12	04:19	0:07:04
68		21	ALBERTO PEDROUZO ULLOA		MAS - 61	00:11	0:08:55	0:18:00				0:27:02	0:27:14	04:19	0:07:06
69		52	JONATÁN POUSADA ÁLVAREZ		MAS - 62	00:12	0:09:02	0:18:02				0:27:06	0:27:18	04:20	0:07:10
70		77	ANDRES GIL GONZALEZ		MAS - 63		0:09:13	0:18:24				0:27:33	0:27:33	04:22	0:07:25
71		85	HUGO JUSTE VÁZQUEZ		MAS - 64	00:07	0:09:18	0:18:27				0:27:28	0:27:35	04:22	0:07:27
72		57	DANIEL JOSE FERNÁNDEZ LOZA	CASTRO-TRAIL	MAS - 65	00:10	0:10:01	0:19:08				0:27:26	0:27:36	04:22	0:07:28
73		162	JULIO MARQUINA FUENTES	LAMARGA BEARIZ TRIATLON	MAS - 66	00:12	0:09:06	0:18:21				0:27:24	0:27:36	04:22	0:07:28
74		67	MARCOS BLANCO FARIÑAS		MAS - 67	00:04	0:08:42	0:18:09				0:27:32	0:27:37	04:23	0:07:29
75	8	408	EVA IGLESIAS GONZALEZ	CORREDORES DO MIÑO	FEM - 8	00:03	0:08:46	0:18:12				0:27:33	0:27:37	04:23	0:07:29
76		107	JAVIER FERNÁNDEZ GÓMEZ		MAS - 68	00:15	0:09:58	0:18:59				0:27:23	0:27:39	04:23	0:07:31
77		102	SANTIAGO CRU	LAMARGHA-AUTOTODO	MAS - 69	00:06	0:09:30	0:18:39				0:27:33	0:27:40	04:23	0:07:32
78		31	BRAIS FERNÁNDEZ MARTÍNEZ		MAS - 70	00:13	0:09:31	0:18:52				0:27:31	0:27:44	04:24	0:07:36
79		80	DAVID VAZQUEZ DOMINGUEZ		MAS - 71	00:05	0:09:08	0:18:32				0:27:48	0:27:53	04:25	0:07:45
80		132	J.ALBERTO GIRONDO VILLAR		MAS - 72	00:20	0:09:43	0:19:01				0:27:39	0:28:00	04:26	0:07:52
81		175	GONZALO ALBERTO VAZQUEZ F	ESPRINTES OURENSE	MAS - 73	00:10	0:09:31	0:18:45				0:27:52	0:28:02	04:26	0:07:54

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
82		160	CAMILO JOSÉ RODRÍGUEZ ROD	ARREADORES CHINGONES ES	MAS - 74	00:06	0:08:53	0:18:22				0:28:00	0:28:06	04:27	0:07:58
83		30	HUGO LÓPEZ FERNÁNDEZ	CORREDORES DO MIÑO	MAS - 75	00:05	0:09:33	0:19:03				0:28:02	0:28:08	04:27	0:08:00
84		8	SAMUEL ROJO MOSQUERA		MAS - 76	00:09	0:09:38	0:18:55				0:28:07	0:28:16	04:29	0:08:08
85		48	MANUEL VÁZQUEZ ALONSO		MAS - 77	00:11	0:09:32	0:18:54				0:28:07	0:28:19	04:29	0:08:11
86		26	MAURO ESTEVEZ ALVAREZ		MAS - 78	00:11	0:09:35	0:19:01				0:28:07	0:28:19	04:29	0:08:11
87		105	DAVID DAVILA PEREZ		MAS - 79	00:08	0:09:34	0:19:02				0:28:22	0:28:30	04:31	0:08:22
88		20	NICOLÁS ÁLVAREZ GONZÁLEZ		MAS - 80	00:14	0:09:41	0:19:01				0:28:17	0:28:32	04:31	0:08:24
89		108	JOSÉ MANUEL PÉREZ CIBEIRA		MAS - 81	00:07	0:09:24	0:19:00				0:28:25	0:28:33	04:31	0:08:25
90	9	240	SILVIA RODRÍGUEZ		FEM - 9	00:13	0:10:00	0:19:26				0:28:30	0:28:43	04:33	0:08:35
91		47	DAVID VAZQUEZ TABOADA		MAS - 82	00:13	0:09:44	0:19:19				0:28:32	0:28:46	04:33	0:08:38
92		165	J. LUIS FERNANDEZ MERENS		MAS - 83	00:09	0:09:37	0:19:16				0:28:38	0:28:48	04:34	0:08:40
93		71	RAUL RODRIGUEZ GONZALEZ		MAS - 84	00:03	0:09:28	0:19:07				0:28:46	0:28:49	04:34	0:08:41
94	10	435	NURIA VAZ URBANO		FEM - 10	00:02	0:09:29	0:19:15				0:28:49	0:28:52	04:34	0:08:44
95		141	JOSE LUIS REQUEJO RODRIGUE	Atl.ARENTEIRO	MAS - 85	00:02	0:09:30	0:19:16				0:28:50	0:28:53	04:35	0:08:45
96		120	JOSÉ VISO TOUZA	ESGOS	MAS - 86	00:06	0:09:09	0:19:03				0:28:48	0:28:54	04:35	0:08:46
97	11	382	RAQUEL CASTRO PÉREZ	Atl.ARENTEIRO	FEM - 11	00:08	0:09:26	0:19:07				0:28:47	0:28:56	04:35	0:08:48
98	12	436	ELENA VAZ URBANO		FEM - 12	00:03	0:09:39	0:19:31				0:28:59	0:29:03	04:36	0:08:55
99		125	JOSE MANUEL BOULLOSA PIED		MAS - 87	00:14	0:09:41	0:19:22				0:28:59	0:29:14	04:38	0:09:06
100		117	DAVID FARRE CARRASCO		MAS - 88	00:02	0:09:40	0:19:32				0:29:13	0:29:16	04:38	0:09:08
101		109	MIGUEL SOTO FERNANDEZ		MAS - 89	00:15	0:10:07	0:19:49				0:29:03	0:29:18	04:39	0:09:10
102		7	DAVID IGLESIAS CARBALLIDO	LAMARGHA-AUTOTODO	MAS - 90	00:02	0:09:22	0:19:20				0:29:20	0:29:22	04:39	0:09:14
103		150	JOSE MANUEL IGLESIAS ARAUJ	LAMARGHA-AUTOTODO	MAS - 91	00:02	0:09:22	0:19:17				0:29:20	0:29:22	04:39	0:09:14
104	13	374	LAURA PIMENTEL PÉREZ		FEM - 13	00:03	0:09:36	0:19:22				0:29:21	0:29:25	04:40	0:09:17
105	14	426	MATIA DEL CARMEN RODRIGUE		FEM - 14	00:15	0:09:50	0:19:37				0:29:10	0:29:25	04:40	0:09:17
106		75	NICOLAS GOMEZ MARTINEZ		MAS - 92	00:15	0:09:51	0:19:38				0:29:11	0:29:26	04:40	0:09:18
107		99	OSCAR MARTINEZ MARTINEZ		MAS - 93	00:12	0:09:41	0:19:37				0:29:14	0:29:27	04:40	0:09:19
108		41	MARCOS PÉREZ GONZÁLEZ		MAS - 94	00:08	0:10:14	0:19:58				0:29:24	0:29:32	04:41	0:09:24
109		114	JOSÉ M SANTAMARÍA FERREIRO		MAS - 95	00:11	0:10:19	0:19:59				0:29:22	0:29:34	04:41	0:09:26
110		129	ALFONSO MEDELA CRISTOBAL		MAS - 96	00:08	0:09:25	0:19:20				0:29:26	0:29:35	04:41	0:09:27
111	15	406	MARTA MOJON BENAVIDES	Atl.ARENTEIRO	FEM - 15	00:08	0:09:41	0:19:44				0:29:29	0:29:38	04:42	0:09:30
112		74	ANGEL VÁZQUEZ PEREIRAS		MAS - 97	00:10	0:10:04	0:19:58				0:29:31	0:29:42	04:42	0:09:34

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
113	16	424	GORETTI DIAZ CRISTOBAL		FEM - 16	00:08	0:09:39	0:19:33				0:29:39	0:29:47	04:43	0:09:39
114		133	RAUL ROMO MANGAS		MAS - 98	00:07	0:09:38	0:19:32				0:29:39	0:29:47	04:43	0:09:39
115		118	RAMON ALONSO ALONSO		MAS - 99	00:10	0:09:29	0:19:17				0:29:40	0:29:51	04:44	0:09:43
116	17	388	PAMELA PÉREZ RODRÍGUEZ	Atl.ARENTEIRO	FEM - 17	00:03	0:09:30	0:19:39				0:29:59	0:30:03	04:46	0:09:55
117		49	JULIO ALBERTO GANDARA DOMÍ	AFJ RUNNING	MAS - 100	00:15	0:10:18	0:20:16				0:29:56	0:30:12	04:47	0:10:04
118		3	DIEGO AIRAS FERNANDEZ	BURGAS OURENSE Atl.	MAS - 101	00:13	0:10:15	0:20:19				0:30:01	0:30:14	04:47	0:10:06
119		84	JULIO PABLO VAZQUEZ ALONS		MAS - 102	00:11	0:10:18	0:20:18				0:30:04	0:30:16	04:48	0:10:08
120		32	ANTONIO RODRIGUEZ	KURAI	MAS - 103	00:01	0:10:21	0:20:43				0:30:23	0:30:24	04:49	0:10:16
121		55	MANUEL ROSRIGUEZ FERNAND	KURAI	MAS - 104	00:01	0:10:22	0:20:44				0:30:25	0:30:26	04:49	0:10:18
122		137	ALFREDO RODRÍGUEZ LAMEIRO		MAS - 105	00:12	0:10:01	0:19:45				0:30:19	0:30:31	04:50	0:10:23
123		18	PABLO ÁLVAREZ VÁZQUEZ		MAS - 106	00:14	0:09:46	0:20:16				0:30:19	0:30:34	04:51	0:10:26
124		112	CELSO LORENZO HERMIDA		MAS - 107	00:08	0:10:36	0:20:47				0:30:30	0:30:39	04:51	0:10:31
125	18	370	CIELOS CADERNO PÉREZ		FEM - 18	00:10	0:09:58	0:20:20				0:30:36	0:30:47	04:53	0:10:39
126		176	AGUSTIN VAZQUEZ GUNTIN		MAS - 108	00:13	0:10:19	0:20:30				0:30:33	0:30:47	04:53	0:10:39
127	19	364	CATUXA FERNANDEZ BUSTILLO		FEM - 19	00:04	0:09:35	0:20:18				0:30:42	0:30:47	04:53	0:10:39
128		127	ÓSCAR MÉNDEZ		MAS - 109	00:16	0:10:47	0:21:10				0:30:36	0:30:53	04:54	0:10:45
129		65	ÓSCAR FERNÁNDEZ PÉREZ		MAS - 110	00:12	0:10:18	0:23:03				0:30:49	0:31:02	04:55	0:10:54
130		148	JOSÉ CARLOS ÁLVAREZ DE LA I	ESPRINTES OURENSE	MAS - 111	00:06	0:09:40	0:19:09				0:31:02	0:31:09	04:56	0:11:01
131		40	DANIEL MONTES GARCÍA		MAS - 112	00:08	0:10:18	0:20:39				0:31:05	0:31:13	04:57	0:11:05
132		27	ISMAEL RODRÍGUEZ RIVERA		MAS - 113	00:16	0:10:07	0:20:38				0:30:57	0:31:13	04:57	0:11:05
133		10	ABEL ÁLVAREZ GONZÁLEZ		MAS - 114	00:09	0:09:52	0:20:23				0:31:09	0:31:19	04:58	0:11:11
134		45	MIGUEL ZAYAS MOREIRA		MAS - 115	00:10	0:10:03	0:20:28				0:31:11	0:31:21	04:58	0:11:13
135		169	MANOLO SOUTO CORTIZO	BURGAS OURENSE Atl.	MAS - 116	00:02	0:10:33	0:21:23				0:31:26	0:31:28	04:59	0:11:20
136		143	ROBERTO ARAUJO CAMBESES		MAS - 117	00:02	0:09:32	0:20:10				0:31:31	0:31:33	05:00	0:11:25
137		156	JOSE ANTONIO GOMEZ SANCHE	C. VETERANOS OURENSE	MAS - 118	00:08	0:10:16	0:20:54				0:31:25	0:31:34	05:00	0:11:26
138		158	JOSÉ PEREZ GONZALEZ		MAS - 119	00:06	0:10:08	0:20:44				0:31:28	0:31:34	05:00	0:11:26
139	20	224	ANA MARIA RAMOS CID		FEM - 20	00:00	0:10:02	0:20:43				0:31:33	0:31:34	05:00	0:11:26
140	21	278	REBECA CASTIÑEIRAS GALLEG	AHORACORROYO	FEM - 21	00:01	0:09:35	0:20:12				0:31:33	0:31:35	05:00	0:11:27
141		145	ANTONIO PÉREZ NOVOA	CARREIRIÑA E BIRRA	MAS - 120	00:14	0:10:43	0:21:09				0:31:23	0:31:37	05:01	0:11:29
142		153	XABIER RODRIGUEZ BABARRO		MAS - 121	00:13	0:10:41	0:21:11				0:31:23	0:31:37	05:01	0:11:29
143		152	RAMON SEOANE LOPEZ		MAS - 122	00:13	0:11:10	0:22:00				0:31:36	0:31:50	05:03	0:11:42

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
144		174	ARGIMIRO VIEITEZ FERNÁNDEZ		MAS - 123	00:06	0:10:00	0:20:47				0:31:44	0:31:51	05:03	0:11:43
145		149	MIGUEL CARBALLO GONZÁLEZ	TRIOURENSE	MAS - 124	00:07	0:10:13	0:21:02				0:31:45	0:31:53	05:03	0:11:45
146		9	SERGIO MARTINEZ ALVAREZ		MAS - 125	00:09	0:10:01	0:20:55				0:31:53	0:32:03	05:05	0:11:55
147		42	HÉCTOR PÉREZ FORMOSO	RAIDERS DO RIBEIRO	MAS - 126	00:12	0:11:15	0:22:04				0:31:58	0:32:11	05:06	0:12:03
148		100	RAUL VAZQUEZ ALVAREZ	VII LEGIO GEMINA	MAS - 127	00:24	0:11:47	0:21:47				0:31:48	0:32:13	05:06	0:12:05
149		61	CESAR MANUEL PÉREZ BARRAD	CORREDORES DO MIÑO	MAS - 128	00:18	0:11:26	0:21:51				0:31:55	0:32:14	05:06	0:12:06
150		53	DAVID BERNÁNDEZ PEÑA	PREFABRICADOS FEIJOO	MAS - 129	00:14	0:11:15	0:22:07				0:32:01	0:32:15	05:07	0:12:07
151		140	JULEN RESINO SANTAMARÍA		MAS - 130	00:17	0:11:00	0:22:13				0:31:58	0:32:16	05:07	0:12:08
152		96	FRANCISCO JAVIER SANTAMARI		MAS - 131	00:10	0:10:18	0:21:15				0:32:07	0:32:17	05:07	0:12:09
153		94	PABLO ABRALDES VALEIRAS		MAS - 132	00:11	0:10:33	0:21:11				0:32:06	0:32:17	05:07	0:12:09
154		111	JOSE RODRIGUEZ		MAS - 133	00:08	0:10:19	0:21:17				0:32:10	0:32:18	05:07	0:12:10
155		66	YAGO PEREZ FORMIGO	CABO DE PEÑAS	MAS - 134	00:09	0:10:31	0:21:33				0:32:12	0:32:22	05:08	0:12:14
156	22	402	LAURA PAZOS PASCUAL		FEM - 22	00:07	0:11:09	0:22:05				0:32:21	0:32:29	05:09	0:12:21
157		23	JAIME VÁZQUEZ ALBERTE		MAS - 135	00:08	0:11:50	0:22:13				0:32:24	0:32:33	05:10	0:12:25
158		89	IVÁN CUIÑAS OTERO		MAS - 136	00:14	0:11:18	0:22:02				0:32:30	0:32:44	05:11	0:12:36
159		101	ENRIQUE RODRÍGUEZ ALEJOS		MAS - 137	00:15	0:11:20	0:22:06				0:32:32	0:32:47	05:12	0:12:39
160		86	MARCOS MEIRIÑO REY		MAS - 138	00:14	0:11:18	0:22:06				0:32:33	0:32:47	05:12	0:12:39
161		91	DAVID RODRIGUEZ ALONSO		MAS - 139	00:13	0:11:21	0:22:07				0:32:34	0:32:48	05:12	0:12:40
162	23	386	JUDIT DANIELA JÁCOME GALVÁ	CORREDORES DO MIÑO	FEM - 23	00:15	0:11:16	0:22:12				0:32:35	0:32:51	05:12	0:12:43
163	24	410	OLALLA FERNANDEZ VALEIRAS	LAMARGHA-AUTOTODO	FEM - 24	00:04	0:10:57	0:21:56				0:32:47	0:32:51	05:12	0:12:43
164		90	JOSÉ MANUEL JACOME GALVAN		MAS - 140	00:15	0:11:15	0:22:13				0:32:37	0:32:52	05:13	0:12:44
165		155	ALFONSO HERNÁNDEZ DEL RÍO	CORREDORES DO MIÑO	MAS - 141	00:07	0:10:51	0:21:50				0:32:53	0:33:00	05:14	0:12:52
166		69	ALBERTE GARCIA NESPEREIRA	MIÑOLIMPICOS	MAS - 142	00:06	0:11:31	0:22:36				0:32:56	0:33:02	05:14	0:12:54
167		29	JACOBO RIBEIRO VAZQUEZ		MAS - 143	00:15	0:11:25	0:22:26				0:33:05	0:33:21	05:17	0:13:13
168		173	JOSE EMILIO COELLO CARRETE		MAS - 144	00:03	0:11:00	0:22:08				0:33:22	0:33:26	05:18	0:13:18
169	25	396	ISABEL COELLO		FEM - 25	00:04	0:11:00	0:22:08				0:33:23	0:33:27	05:18	0:13:19
170	26	404	NURIA ÁLVAREZ RODRÍGUEZ	PREFABRICADOS FEIJOO	FEM - 26	00:16	0:11:14	0:22:28				0:33:20	0:33:36	05:20	0:13:28
171	27	394	MARIA VALADO ALONSO	CORREDORES DO MIÑO	FEM - 27	00:18	0:11:36	0:22:51				0:33:46	0:34:05	05:24	0:13:57
172	28	420	DIANA MORALES RODRIGUEZ	BURGAS OURENSE Atl.	FEM - 28	00:18	0:11:38	0:22:52				0:33:47	0:34:05	05:24	0:13:57
173		154	EDUARDO JOSE ESTEVEZ ULLO	CORREDORES DO MIÑO	MAS - 145	00:17	0:11:41	0:22:52				0:33:48	0:34:05	05:24	0:13:57
174		12	ISMAEL CONDE IGLESIAS		MAS - 146	00:18	0:11:44	0:22:57				0:33:47	0:34:06	05:24	0:13:58

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
175		115	MANUEL HERMIDA BARREIRO	CORREDORES DO MIÑO	MAS - 147	00:05	0:10:47	0:22:19				0:34:01	0:34:07	05:24	0:13:59
176		168	CESAR NOVOA SIERRA	CORREDORES DO MIÑO	MAS - 148	00:16	0:11:44	0:22:58				0:33:51	0:34:07	05:24	0:13:59
177		44	ANTONIO CONDE MORENZA		MAS - 149	00:17	0:11:41	0:22:53				0:33:50	0:34:08	05:25	0:14:00
178	29	434	PILI IGLESIAS GONZALEZ	CORREDORES DO MIÑO	FEM - 29	00:18	0:11:39	0:22:53				0:33:49	0:34:08	05:25	0:14:00
179		139	JOSE JAVIER NOVOA SIERRA		MAS - 150	00:17	0:11:44	0:22:57				0:33:52	0:34:09	05:25	0:14:01
180		113	LINO VAZQUEZ GONZÁLEZ	CORREDORES DO MIÑO	MAS - 151	00:18	0:11:41	0:22:56				0:33:52	0:34:10	05:25	0:14:02
181		81	JACOB PAZ MARTINEZ	CABO DE PEÑAS	MAS - 152	00:10	0:11:04	0:22:41				0:34:09	0:34:19	05:26	0:14:11
182	30	430	SONIA LÓPEZ CALVO		FEM - 30	00:12	0:11:37	0:23:28				0:34:48	0:35:00	05:33	0:14:52
183	31	428	ANDREA RODRIGUEZ VAZQUEZ		FEM - 31	00:12	0:11:36	0:23:27				0:34:57	0:35:09	05:34	0:15:01
184	32	223	MARIA ESTHER BOUSO FUENTE	OURENSE Atl.	FEM - 32	00:16	0:11:49	0:23:24				0:34:55	0:35:11	05:35	0:15:03
185	33	242	MARIA BUSTILLO CASADO		FEM - 33	00:05	0:11:22	0:23:11				0:35:10	0:35:15	05:35	0:15:07
186		38	ERNESTO FERNANDEZ FERNAN		MAS - 153	00:05	0:11:24	0:23:15				0:35:10	0:35:16	05:35	0:15:08
187	34	384	BELÉN DIAZ LOPEZ		FEM - 34	00:12	0:11:25	0:23:16				0:35:07	0:35:20	05:36	0:15:12
188	35	372	UXIA ALONSO SANMARTIN		FEM - 35	00:12	0:11:26	0:23:18				0:35:08	0:35:21	05:36	0:15:13
189		59	ADRIÁN MONTERO RODRIGUEZ		MAS - 154	00:14	0:11:02	0:22:51				0:35:19	0:35:34	05:38	0:15:26
190		50	DIEGO SUÁREZ VIÑAS		MAS - 155	00:13	0:11:00	0:22:51				0:35:21	0:35:34	05:38	0:15:26
191		92	JORGE VAZQUEZ ALVAREZ	VII LEGIO GEMINA	MAS - 156	00:24	0:11:53	0:23:32				0:35:23	0:35:47	05:40	0:15:39
192		163	PABLO ANTONIO ALVAREZ MAR	VII LEGIO GEMINA	MAS - 157	00:24	0:11:53	0:23:33				0:35:23	0:35:47	05:40	0:15:39
193		79	PABLO MÍGUEZ SOTO		MAS - 158	00:11	0:11:40	0:23:44				0:35:49	0:36:00	05:42	0:15:52
194		22	ANTONIO COELLO BAÑOS		MAS - 159	00:08	0:12:00	0:24:39				0:35:59	0:36:07	05:43	0:15:59
195		35	DANIEL RODRIGUEZ VILLAR		MAS - 160	00:05	0:11:30	0:23:53				0:36:08	0:36:13	05:44	0:16:05
196	36	380	MARÍA PIÑEIRO FERNÁNDEZ		FEM - 36	00:07	0:11:54	0:24:34				0:36:19	0:36:27	05:47	0:16:19
197	37	400	ISABEL RODRIGUEZ RGUEZ		FEM - 37	00:08	0:11:55	0:24:36				0:36:19	0:36:27	05:47	0:16:19
198	38	376	ALBA GONZÁLEZ CARIDE		FEM - 38	00:06	0:11:54	0:24:18				0:36:31	0:36:37	05:48	0:16:29
199	39	416	LORENA ROALES FERNANDEZ		FEM - 39	00:05	0:11:51	0:24:16				0:36:35	0:36:41	05:49	0:16:33
200	40	414	LOURDES TABOADA VÁZQUEZ		FEM - 40	00:12	0:12:20	0:25:19				0:37:50	0:38:03	06:02	0:17:55
201		138	JOSÉ FRANCISCO LÓPEZ LÓPEZ		MAS - 161	00:16	0:12:08	0:24:44				0:37:54	0:38:11	06:03	0:18:03
202	41	422	RAQUEL BARREIRO TEIJEIRO		FEM - 41	00:17	0:12:11	0:24:48				0:37:58	0:38:15	06:04	0:18:07
203		164	PACO LUNA DIAZ		MAS - 162	00:04	0:13:17	0:26:24				0:39:25	0:39:30	06:16	0:19:22
204	42	392	ANA RODRIGUEZ PASEIRO	TIGERS RUNNING C.	FEM - 42	00:07	0:14:37	0:26:30				0:39:22	0:39:30	06:16	0:19:22
205	43	241	XULIA VAZQUEZ PEREIRAS		FEM - 43	00:07	0:13:20	0:26:26				0:39:24	0:39:31	06:16	0:19:23

Pos.	Fem.	Dor.	Nome	Clube	Categ.Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
206	44	378	LUCIA RODRIGUEZ VILLAR	MIÑOLIMPICOS	FEM - 44	00:06	0:12:55	0:26:41				0:40:00	0:40:07	06:22	0:19:59
207		13	SAÚL ÁLVAREZ RODRÍGUEZ		MAS - 163	00:14	0:13:29	0:27:21				0:40:14	0:40:28	06:25	0:20:20
208	45	178	ALBA MIRABELLES		FEM - 45	00:11	0:13:51	0:27:28				0:41:14	0:41:25	06:34	0:21:17
209	46	177	SHEILA RABINAL DONSION		FEM - 46	00:10	0:13:52	0:27:30				0:41:15	0:41:26	06:34	0:21:18
210		15	CARLOS CORRAL CASAS		MAS - 164	00:20	0:10:50	0:23:20				0:41:31	0:41:51	06:38	0:21:43
211		4	ERIK BERNARDEZ DOVAL		MAS - 165	00:20	0:10:50	0:23:24				0:41:31	0:41:52	06:38	0:21:44