

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
1	39	SERBESSA, WORKNEH	ATLETISMO NARON	00:29:06	2:54	00:09:23 (2)	00:14:32 (2)	00:24:02 (2)	M (1)	M/F 35 M (1)		
2	4	KIPTOO, AMON	CA CALATAYUD	00:29:07	2:54	00:09:23 (1)	00:14:31 (1)	00:24:02 (1)	M (2)	M/F 35 M (2)		
3	3	KIPLAGAT, DAVID	CA CALATAYUD	00:29:44	2:58	00:09:25 (3)	00:14:48 (3)	00:24:32 (4)	M (3)	SÉNIOR M (1)		
4	1	WANJIRU, PETER	CA ALBACETE	00:29:48	2:58	00:09:33 (4)	00:14:51 (4)	00:24:30 (3)	M (4)	M/F40 M (1)		
5	10	CUESTA, NICOLAS	CA BIKILIA	00:30:42	3:04	00:09:51 (7)	00:15:20 (6)	00:25:22 (5)	M (5)	M/F 35 M (3)		
6	20	PUIG MALVAR, JORGE	INDEPENDIENTE	00:30:47	3:04	00:09:39 (5)	00:15:09 (5)	00:25:22 (6)	M (6)	SÉNIOR M (2)		M (1)
7	6	ETTALBI, HICHAM	INDEPENDIENTE	00:31:46	3:10	00:09:43 (6)	00:15:30 (7)	00:26:12 (7)	M (7)	SÉNIOR M (3)		
8	5	MERGOUGUI,	INDEPENDIENTE	00:32:15	3:13	00:10:11 (9)	00:15:58 (8)	00:26:34 (9)	M (8)	SÉNIOR M (4)		
9	26	ORO VENCE, MARCOS	ATLETISMO ARENTEIRO	00:32:26	3:14	00:10:04 (8)	00:16:04 (9)	00:26:25 (8)	M (9)	SÉNIOR M (5)		M (2)
10	21	ABAL CHAVES,	AMADEO ABAL	00:32:56	3:17	00:10:25 (11)	00:16:20 (12)	00:27:09 (10)	M (10)	SÉNIOR M (6)		
11	108	ALVAREZ FERREIRA,	ESPRINTES OURENSE	00:32:58	3:17	00:10:16 (10)	00:16:04 (10)	00:27:10 (11)	M (11)	SUB-23 M (1)		M (3)
12	29	PENA-MANSO	INDEPENDIENTE	00:32:59	3:17	00:10:26 (13)	00:16:20 (13)	00:27:10 (12)	M (12)	SÉNIOR M (7)		
13	100	CRESPO ARIAS,	CLUB ATLETISMO SAR	00:33:19	3:19	00:10:26 (12)	00:16:20 (11)	00:27:14 (13)	M (13)	M/F45 M (1)	M (1)	M (4)
14	74	CAAMAÑO NIETO,	CLUB ATLETISMO SAR	00:33:39	3:21	00:10:31 (14)	00:16:37 (14)	00:27:40 (15)	M (14)	M/F40 M (2)		M (5)
15	46	FERNÁNDEZ GARCÍA,	ATLETISMO ARENTEIRO	00:33:52	3:23	00:10:53 (17)	00:16:52 (16)	00:27:52 (16)	M (15)	M/F 35 M (4)		M (6)
16	32	GARCÍA CARBALLO,	CLUB ATLETISMO	00:34:04	3:24	00:10:31 (15)	00:16:37 (15)	00:27:40 (14)	M (16)	SÉNIOR M (8)		M (7)
17	408	CENDAN LLORENS,	CLUB TRIATLON	00:34:23	3:26	00:10:55 (19)	00:17:09 (18)	00:28:17 (17)	M (17)	SÉNIOR M (9)		M (8)
18	99	MELLO, JACI	INDEPENDIENTE	00:34:48	3:28	00:10:55 (18)	00:17:09 (17)	00:28:22 (18)	M (18)	M/F45 M (2)		
19	7	LUNA SANBRAN,	INDEPENDIENTE	00:34:52	3:29	00:11:05 (24)	00:17:12 (20)	00:28:31 (19)	F (1)	SÉNIOR F (1)		
20	116	CARRASCO NUÑEZ,	CLUB DEPORTIVO	00:34:59	3:29	00:11:00 (22)	00:17:11 (19)	00:28:41 (20)	M (19)	M/F50 M (1)		M (9)
21	47	GARCÍA GÓMEZ,	ATLETISMO ARENTEIRO	00:35:07	3:30	00:11:05 (25)	00:17:35 (26)	00:29:01 (22)	M (20)	M/F 35 M (5)		M
22	60	SOBRAL, MANU	CLUB DEPORTIVO	00:35:11	3:31	00:10:57 (21)	00:17:32 (23)	00:29:06 (23)	M (21)	M/F40 M (3)		M
23	40	RIADIGOS PIÑEIRO,	NO SPORT LIMIT	00:35:16	3:31	00:10:49 (16)	00:17:22 (21)	00:28:46 (21)	M (22)	M/F 35 M (6)		M
24	44	PARDIÑAS MALLÓN,	SD COMPOSTELA	00:35:32	3:33	00:11:13 (31)	00:17:35 (25)	00:29:17 (26)	M (23)	M/F 35 M (7)		M
25	102	FERNÁNDEZ	ATLETISMO ARENTEIRO	00:35:34	3:33	00:11:16 (32)	00:17:52 (35)	00:29:24 (27)	M (24)	M/F45 M (3)		M
26	67	NOVOA GUTIÉRREZ,	ATLETISMO ARENTEIRO	00:35:36	3:33	00:11:06 (27)	00:17:45 (27)	00:29:25 (29)	M (25)	M/F40 M (4)		M
27	37	RODRÍGUEZ LARIÑO,	ASOCIACIÓN DEPORTIVA	00:35:38	3:33	00:11:06 (26)	00:17:46 (30)	00:29:26 (31)	M (26)	M/F 35 M (8)		M
28	41	RODRIGUEZ	ATLETISMO ARENTEIRO	00:35:39	3:33	00:11:09 (29)	00:17:45 (28)	00:29:09 (24)	M (27)	M/F 35 M (9)		M
29	57	CALVO CASTRO, LUIS	INDEPENDIENTE	00:35:40	3:33	00:11:01 (23)	00:17:32 (22)	00:29:24 (28)	M (28)	M/F40 M (5)	M (2)	M

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30	64	NOVO BUJEIRO,	ASOCIACIÓN DEPORTIVA	00:35:41	3:34	00:11:09 (30)	00:17:45 (29)	00:29:26 (30)	M (29)	M/F40 M (6)		M
31	136	RIVEIRO LAMPON,	CLUB ATLETISMO SAR	00:35:42	3:34	00:11:27 (38)	00:17:50 (33)	00:29:33 (32)	M (30)	SÉNIOR M		M
32	77	TRABA CAAMAÑO,	CLUB ATLETISMO	00:35:52	3:35	00:11:25 (35)	00:17:49 (31)	00:29:35 (33)	M (31)	M/F45 M (4)		M
33	93	VÁZQUEZ ARES,	CLUB ATLETISMO SAR	00:35:54	3:35	00:10:57 (20)	00:17:34 (24)	00:29:16 (25)	M (32)	M/F45 M (5)		M
34	66	SEIJAS FOLGUEIRA,	CD UAVA	00:36:01	3:36	00:11:25 (33)	00:17:51 (34)	00:29:42 (35)	M (33)	M/F40 M (7)		M
35	140	SANTIAGO REY,	CLUB TRIATLON	00:36:07	3:36	00:11:33 (39)	00:17:54 (36)	00:29:41 (34)	M (34)	SÉNIOR M		M
36	45	CORRO ROUFFET,	ATLETISMO ARENTEIRO	00:36:12	3:37	00:11:40 (46)	00:18:10 (41)	00:30:17 (42)	M (35)	M/F 35 M (10)		
37	105	GONZÁLEZ REY, BONI	O JERREIRO CARNOTA	00:36:18	3:37	00:11:40 (43)	00:18:10 (39)	00:29:44 (36)	M (36)	M/F45 M (6)		M
38	133	SUAREZ LEIS, JOSE	SD COMPOSTELA	00:36:23	3:38	00:11:25 (36)	00:17:50 (32)	00:29:52 (37)	M (37)	SUPERVETE		M
39	109	GONZÁLEZ PAIS,	CLUB ATLETISMO SAR	00:36:30	3:38	00:11:39 (41)	00:17:58 (38)	00:30:10 (39)	M (38)	SUB-23 M (2)		M
40	42	RODRÍGUEZ LEAL,	CLUB FERROL	00:36:32	3:39	00:11:42 (47)	00:18:11 (45)	00:29:54 (38)	M (39)	M/F 35 M (11)		M
41	526	MACEIRAS LAGO,	CLUB ATLETISMO SAR	00:36:42	3:40	00:11:36 (40)	00:18:11 (43)	00:30:10 (40)	M (40)	M/F50 M (2)		M
42	62	FERRADANS VALDES,	CLUB TRIATLON	00:36:44	3:40	00:11:40 (44)	00:18:10 (42)	00:30:11 (41)	M (41)	M/F40 M (8)		M
43	492	DOMINGUEZ SILVA,	CLUB TRIATLON	00:37:05	3:42	00:11:40 (45)	00:18:10 (40)	00:30:26 (43)	M (42)	M/F45 M (7)	M (3)	M
44	90	ÁLVAREZ ÁLVAREZ,	INDEPENDIENTE	00:37:06	3:42	00:12:13 (68)	00:18:52 (58)	00:30:53 (51)	M (43)	M/F45 M (8)		M
45	51	BELLO GARCÍA, JUAN	CLUB O COTÓN	00:37:06	3:42	00:11:42 (49)	00:18:11 (44)	00:30:26 (44)	M (44)	M/F40 M (9)	M (4)	M
46	25	BARREIRO	CLUB TRIATLON	00:37:08	3:42	00:11:42 (48)	00:18:19 (49)	00:30:31 (45)	M (45)	SÉNIOR M		M
47	137	MORAN GONZÁLEZ,	ATLETISMO PORRIÑO	00:37:09	3:42	00:11:44 (51)	00:18:23 (51)	00:30:39 (47)	M (46)	M/F45 M (9)		M
48	49	DEL RÍO MARTÍNEZ,	INDEPENDIENTE	00:37:12	3:43	00:11:39 (42)	00:18:16 (48)	00:30:35 (46)	M (47)	M/F 35 M (12)		
49	86	JUNCAL MAROÑAS,	MAYENCO	00:37:13	3:43	00:11:51 (55)	00:18:35 (52)	00:30:51 (50)	M (48)	M/F45 M (10)		M
50	38	CASTROAGUDIN	MORAÑA EN RUTA	00:37:15	3:43	00:11:25 (34)	00:18:15 (47)	00:30:41 (49)	M (49)	M/F 35 M (13)		M
51	117	NIETO GONZÁLEZ,	CLUB ATLETISMO SAR	00:37:18	3:43	00:11:43 (50)	00:18:22 (50)	00:30:40 (48)	M (50)	M/F50 M (3)		M
52	138	CALERO FERNANDEZ,	CLUB ATLETISMO SAR	00:37:19	3:43	00:11:48 (52)	00:18:44 (55)	00:30:54 (53)	M (51)	M/F40 M (10)		
53	61	PEREIRA FARIÑA, PITI	SD COMPOSTELA	00:37:19	3:43	00:12:14 (69)	00:18:52 (59)	00:30:53 (52)	M (52)	M/F40 M (11)		M
54	76	GONZÁLEZ REY,	O JERREIRO CARNOTA	00:37:38	3:45	00:12:02 (59)	00:18:40 (53)	00:30:56 (54)	M (53)	M/F40 M (12)		M
55	27	CORRAL SERTAL,	CLUB TRIATLON	00:37:57	3:47	00:12:22 (77)	00:19:17 (77)	00:31:20 (56)	M (54)	SÉNIOR M		M
56	337	ROMAY RODRIGUEZ,	CLUB ATLETISMO SAR	00:38:02	3:48	00:12:20 (74)	00:19:20 (79)	00:31:35 (69)	M (55)	M/F 35 M (14)		M
57	23	RODRIGUEZ	CLUB TRIATLON	00:38:05	3:48	00:12:08 (64)	00:18:59 (63)	00:31:22 (58)	M (56)	SÉNIOR M		M
58	85	VÁZQUEZ MATO, JOSÉ	CLUB DEPORTIVO BRION	00:38:06	3:48	00:12:09 (65)	00:18:57 (62)	00:31:29 (62)	M (57)	M/F45 M (11)		M

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
59	55	SANDÁ ARES, JOSE	SD COMPOSTELA	00:38:06	3:48	00:12:23 (79)	00:19:15 (71)	00:31:22 (57)	M (58)	M/F40 M (13)		M
60	84	VALLE LÓPEZ, ÓSCAR	NOITEBRA	00:38:12	3:49	00:11:49 (53)	00:18:42 (54)	00:31:24 (59)	M (59)	M/F45 M (12)		M
61	107	FABELLO CID, ELISEO	ATLETISMO ARENTEIRO	00:38:16	3:49	00:12:15 (71)	00:19:00 (65)	00:31:28 (61)	M (60)	M/F45 M (13)		M
62	43	RODRIGUEZ LIAS,	INDEPENDIENTE	00:38:16	3:49	00:12:02 (58)	00:18:48 (57)	00:31:27 (60)	M (61)	M/F 35 M (15)		M
63	95	GARCÍA ANTELO,	INDEPENDIENTE	00:38:17	3:49	00:12:08 (63)	00:18:52 (60)	00:31:31 (65)	M (62)	M/F45 M (14)	M (5)	M
64	54	CAMPOS LUERIO,	CLUB ATLETISMO	00:38:17	3:49	00:11:51 (54)	00:18:52 (61)	00:31:10 (55)	M (63)	M/F40 M (14)	M (6)	M
65	91	FRAGA DÍAZ, MANUEL	CLUB TRIATLON	00:38:20	3:49	00:12:10 (66)	00:18:59 (64)	00:31:31 (64)	M (64)	M/F45 M (15)		M
66	73	IGLESIAS SUAREZ,	CDM VÉRTICE	00:38:22	3:50	00:12:01 (57)	00:18:47 (56)	00:31:29 (63)	M (65)	M/F40 M (15)		M
67	70	PARCERO ESPÍÑO,	ATLETISMO ARENTEIRO	00:38:24	3:50	00:12:11 (67)	00:19:01 (66)	00:31:36 (71)	M (66)	M/F40 M (16)		M
68	134	FERNÁNDEZ LAGO,	SERRES RUNNERS	00:38:28	3:50	00:12:05 (60)	00:19:11 (69)	00:31:33 (67)	M (67)	SUPERVETE		M
69	58	SESAZ SEGADE,	SD COMPOSTELA	00:38:33	3:51	00:12:05 (61)	00:19:16 (75)	00:31:37 (72)	M (68)	M/F40 M (17)		M
70	11	MOSQUERA LOSADA,	COMESAÑA SPORTING	00:38:35	3:51	00:12:23 (81)	00:19:17 (76)	00:31:54 (79)	F (2)	SÉNIOR F (2)		F (1)
71	104	PIÑEIRO GRAÑA,	SAMERTOLAMEU	00:38:37	3:51	00:12:15 (70)	00:19:05 (67)	00:31:48 (75)	M (69)	M/F45 M (16)		M
72	295	BARREIRO PEREIRA,	SD COMPOSTELA	00:38:37	3:51	00:12:25 (85)	00:19:15 (73)	00:31:36 (70)	M (70)	M/F50 M (4)		M
73	115	LAGO CES, JOSÉ	CLUB ATLETISMO SAR	00:38:40	3:51	00:11:59 (56)	00:19:08 (68)	00:31:34 (68)	M (71)	M/F50 M (5)		M
74	106	GARCÍA SÁNCHEZ,	RUNING OLEIROS	00:38:46	3:52	00:12:26 (86)	00:19:18 (78)	00:31:54 (78)	F (3)	M/F45 F (1)		F (2)
75	252	CALVELO CODESIDO,	A.D. MONTEBRONDO	00:38:52	3:53	00:12:24 (82)	00:19:23 (82)	00:31:47 (74)	M (72)	M/F40 M (18)		M
76	94	ZARAUZA BEIRAS,	CLUB DEPORTIVO BRION	00:38:53	3:53	00:12:21 (75)	00:19:15 (72)	00:31:52 (77)	M (73)	M/F45 M (17)		M
77	131	RODRÍGUEZ	ATLETISMO ARENTEIRO	00:38:57	3:53	00:12:21 (76)	00:19:16 (74)	00:31:47 (73)	M (74)	SUPERVETE		M
78	201	SENDÓN RODRÍGUEZ,	INDEPENDIENTE	00:39:06	3:54	00:12:34 (93)	00:19:30 (86)	00:32:11 (82)	M (75)	SÉNIOR M		M
79	59	MARTÍNEZ MELLADO,	SD COMPOSTELA	00:39:08	3:54	00:11:07 (28)	00:18:11 (46)	00:31:32 (66)	M (76)	M/F40 M (19)		M
80	71	FREAZA OTERO,	COMESAÑA SPORTING	00:39:14	3:55	00:12:33 (92)	00:19:30 (87)	00:31:59 (80)	F (4)	M/F40 F (1)		F (3)
81	114	PAPÍN ESTÉVEZ, INES	DAWAKO	00:39:17	3:55	00:12:29 (89)	00:19:22 (81)	00:31:49 (76)	F (5)	M/F50 F (1)		F (4)
82	50	FERNÁNDEZ	INDEPENDIENTE	00:39:21	3:56	00:12:15 (72)	00:19:12 (70)	00:32:01 (81)	M (77)	M/F 35 M (16)		M
83	65	PEREZ PORTELA,	INDEPENDIENTE	00:39:28	3:56	00:12:06 (62)	00:19:23 (83)	00:32:21 (83)	M (78)	M/F40 M (20)		M
84	118	FIGUEIRA PÉREZ,	CLUB ATLETISMO SAR	00:39:42	3:58	00:12:39 (95)	00:19:40 (92)	00:32:42 (86)	M (79)	M/F50 M (6)		M
85	52	NUÑEZ MUÑIZ, TONY	CLUB O COTÓN	00:39:42	3:58	00:12:29 (88)	00:19:32 (89)	00:32:46 (87)	M (80)	M/F40 M (21)	M (7)	M
86	126	GÓMEZ SUEIRAS,	INDEPENDIENTE	00:39:48	3:58	00:12:30 (91)	00:19:33 (90)	00:32:28 (84)	M (81)	SUPERVETE		M
87	69	GONZÁLEZ NÚÑEZ,	INDEPENDIENTE	00:39:48	3:58	00:12:18 (73)	00:19:22 (80)	00:32:40 (85)	M (82)	M/F40 M (22)		M

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88	208	ROUCO ALMUÍÑA,	INDEPENDIENTE	00:39:52	3:59	00:12:59 (110)	00:20:00 (98)	00:33:02 (96)	M (83)	SÉNIOR M		M
89	13	BOULLÓN PÉREZ,	INDEPENDIENTE	00:39:53	3:59	00:12:48 (101)	00:19:51 (94)	00:32:57 (92)	M (84)	SÉNIOR M		M
90	72	GÓMEZ ROMERA,	TRIATLON VILLANUEVA	00:39:59	3:59	00:12:24 (83)	00:19:31 (88)	00:32:48 (88)	M (85)	M/F40 M (23)		
91	281	RIOBO ESTEVEZ,	CORREDOIRAS BUEU	00:40:07	4:00	00:12:55 (106)	00:20:00 (99)	00:33:06 (97)	M (86)	M/F45 M (18)		M
92	17	SANTISO PRADO, ANA	RIA DE FOZ	00:40:08	4:00	00:12:23 (80)	00:19:29 (85)	00:32:55 (90)	F (6)	SÉNIOR F (3)		F (5)
93	19	CENDAN LLORENS,	CLUB TRIATLON	00:40:09	4:00	00:12:23 (78)	00:19:29 (84)	00:32:55 (91)	M (87)	SÉNIOR M		
94	88	GARCIA GARCIA,	CD PINARIUM	00:40:09	4:00	00:12:45 (97)	00:19:57 (96)	00:33:01 (94)	M (88)	M/F45 M (19)		
95	139	PEREZ SANTAMARIA,	CLUB ATLETISMO SAR	00:40:12	4:01	00:12:57 (107)	00:20:05 (101)	00:32:52 (89)	M (89)	M/F50 M (7)		M
96	89	GUIMAREY SENIN,	CLUB ATLETISMO SAR	00:40:12	4:01	00:12:35 (94)	00:19:50 (93)	00:33:09 (98)	M (90)	M/F45 M (20)		M
97	101	CASTIÑEIRAS	SD COMPOSTELA	00:40:14	4:01	00:12:45 (99)	00:20:06 (102)	00:33:00 (93)	M (91)	M/F45 M (21)		M
98	30	SOUTO IGLESIAS,	AD FOGAR	00:40:19	4:01	00:13:14 (117)	00:20:21 (109)	00:33:01 (95)	M (92)	SÉNIOR M		
99	87	MENDEZ QUINTELA,	SD COMPOSTELA	00:40:21	4:02	00:12:59 (109)	00:20:07 (103)	00:33:16 (99)	M (93)	M/F45 M (22)		M
100	279	SIEIRO EIROA,	INDEPENDIENTE	00:40:27	4:02	00:12:29 (90)	00:19:58 (97)	00:33:25 (104)	M (94)	M/F45 M (23)		
101	97	PÉREZ SOTO, DIEGO	ATLETAS DE ACEA DE	00:40:28	4:02	00:12:45 (98)	00:19:54 (95)	00:33:18 (100)	M (95)	M/F45 M (24)		M
102	112	MARTÍNEZ NIETO,	CLUB ATLETISMO OUTES	00:40:40	4:03	00:13:01 (113)	00:20:27 (113)	00:33:30 (107)	M (96)	M/F50 M (8)		M
103	203	PÉREZ FERNÁNDEZ,	CLUB ATLETISMO O	00:40:52	4:05	00:12:53 (105)	00:20:07 (104)	00:33:30 (106)	M (97)	SÉNIOR M		M
104	82	LEMA FERNANDEZ,	CLUB ATLETISMO	00:40:53	4:05	00:12:49 (102)	00:20:14 (106)	00:33:23 (103)	M (98)	M/F45 M (25)	M (8)	M
105	135	PÉREZ PEREIRA,	CLUB ATLETISMO SAR	00:40:56	4:05	00:12:45 (100)	00:20:17 (107)	00:33:23 (102)	M (99)	SUPERVETE		M
106	24	GARABATO LAGARES,	CLUB ATLETISMO	00:40:59	4:05	00:13:19 (122)	00:20:35 (114)	00:33:39 (108)	M (100)	SÉNIOR M		M
107	206	PAMPIN RIOS, PABLO	BJ RUNNING TEAM	00:40:59	4:05	00:13:01 (112)	00:20:21 (108)	00:33:28 (105)	M (101)	SÉNIOR M		M
108	75	RODRIGUEZ MARTIN,	ATLETAS DE ACEA DE	00:41:07	4:06	00:12:28 (87)	00:19:38 (91)	00:33:19 (101)	M (102)	M/F40 M (24)		
109	79	TEMBRÁS ALONSO,	INDEPENDIENTE	00:41:17	4:07	00:13:24 (127)	00:20:44 (120)	00:34:10 (114)	M (103)	M/F45 M (26)		M
110	130	PÉREZ HERNÁNDEZ,	INDEPENDIENTE	00:41:20	4:07	00:13:03 (115)	00:20:23 (111)	00:33:45 (110)	M (104)	SUPERVETE		M
111	92	PEDROSA, JUAN	ASOCIACIÓN DEPORTIVA	00:41:23	4:08	00:13:00 (111)	00:20:23 (110)	00:34:02 (113)	M (105)	M/F45 M (27)		M
112	124	TAJES MAYO, JUAN	ATLETISMO FONTES DO	00:41:27	4:08	00:12:52 (104)	00:20:26 (112)	00:33:44 (109)	M (106)	M/F50 M (9)		M
113	80	PICÓN ESPIÑO,	CLUB O COTÓN	00:41:32	4:09	00:13:33 (138)	00:20:52 (125)	00:34:21 (116)	M (107)	M/F45 M (28)	M (9)	M
114	409	MOURE VAZQUEZ,	CLUB TRIATLON	00:41:33	4:09	00:13:33 (137)	00:20:52 (124)	00:34:21 (117)	M (108)	SÉNIOR M		
115	247	MALLO NIETO, JULIO	CLUB DEPORTIVO BRION	00:41:33	4:09	00:13:33 (139)	00:20:53 (126)	00:34:21 (118)	M (109)	M/F40 M (25)		M
116	98	MONTOTO	ATLETISMOARENTEIRO	00:41:35	4:09	00:13:29 (134)	00:20:51 (121)	00:34:24 (120)	M (110)	M/F45 M (29)		M

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
117	249	FREIRE SEXTO,	INDEPENDIENTE	00:41:37	4:09	00:13:35 (140)	00:20:52 (123)	00:34:18 (115)	M (111)	M/F40 M (26)		M
118	16	RAMOS VALE, LUIS	OS CORZOS DO	00:41:38	4:09	00:12:24 (84)	00:20:09 (105)	00:33:54 (112)	M (112)	SÉNIOR M		M
119	284	BUJÁN GONZÁLEZ,	CLUB ATLETISMO	00:41:47	4:10	00:13:13 (116)	00:20:36 (115)	00:34:22 (119)	M (113)	M/F45 M (30)		M
120	510	TORRES CASTRO,	CDM XESTEIRAS	00:41:59	4:11	00:13:14 (118)	00:20:36 (116)	00:34:35 (123)	M (114)	SUB-23 M (3)		M
121	263	VAZQUEZ FORJAN,	INDEPENDIENTE	00:42:03	4:12	00:13:37 (141)	00:20:54 (129)	00:34:44 (125)	M (115)	M/F40 M (27)	M (10)	M
122	412	SUAREZ CASTRO,	INDEPENDIENTE	00:42:05	4:12	00:13:39 (145)	00:21:11 (135)	00:34:33 (121)	M (116)	SÉNIOR M		
123	12	MAYO CAAMAÑO,	CLUB ATLETISMO SAR	00:42:05	4:12	00:13:57 (160)	00:21:29 (147)	00:34:59 (128)	F (7)	M/F40 F (2)		F (6)
124	123	VAZQUEZ RAMOS,	VERXEL	00:42:09	4:12	00:13:24 (128)	00:21:11 (134)	00:34:47 (126)	M (117)	M/F50 M (10)		M
125	219	FERNANDEZ GARCÍA,	BETANZOS	00:42:12	4:13	00:12:58 (108)	00:20:41 (119)	00:34:35 (122)	M (118)	SÉNIOR M		M
126	33	SUSO SÁNCHEZ,	SONS OF POSEIDON	00:42:13	4:13	00:13:40 (146)	00:21:14 (138)	00:34:36 (124)	M (119)	SÉNIOR M		M
127	235	SOLIS POSE, IVAN	SD COMPOSTELA	00:42:14	4:13	00:13:43 (152)	00:21:14 (139)	00:35:02 (132)	M (120)	M/F 35 M (17)		M
128	277	VARELA ALVAREZ,	SD COMPOSTELA	00:42:27	4:14	00:13:42 (149)	00:21:31 (149)	00:35:10 (136)	M (121)	M/F45 M (31)		M
129	223	CRIADO, GONZALO	INDEPENDIENTE	00:42:30	4:14	00:13:38 (143)	00:21:18 (142)	00:35:09 (135)	M (122)	SÉNIOR M		M
130	243	RODRÍGUEZ CALVO,	INDEPENDIENTE	00:42:35	4:15	00:13:40 (147)	00:20:55 (130)	00:35:06 (133)	M (123)	M/F40 M (28)		M
131	215	FARIÑA AMADO,	INDEPENDIENTE	00:42:36	4:15	00:13:23 (126)	00:21:06 (132)	00:35:09 (134)	M (124)	SÉNIOR M		
132	488	BOQUETE CORNES,	INDEPENDIENTE	00:42:38	4:15	00:13:29 (133)	00:21:15 (140)	00:35:19 (137)	M (125)	M/F45 M (32)		M
133	210	BUSTO RIAL, JOSE	INDEPENDIENTE	00:42:41	4:16	00:13:17 (120)	00:20:59 (131)	00:35:01 (131)	M (126)	SÉNIOR M		M
134	129	CEPEDA GACIO,	SD COMPOSTELA	00:42:44	4:16	00:13:42 (151)	00:21:31 (148)	00:35:00 (130)	M (127)	SUPERVETE		M
135	242	BELLO GRAIÑO, DIEGO	TERRA DE SONEIRA	00:42:51	4:17	00:13:42 (148)	00:21:10 (133)	00:34:59 (129)	M (128)	M/F40 M (29)		M
136	225	ÁLVAREZ BOUZAS,	CLUB ATLETISMO	00:42:53	4:17	00:13:15 (119)	00:20:52 (122)	00:34:52 (127)	M (129)	SÉNIOR M		M
137	212	BEIRO MOREDA,	INDEPENDIENTE	00:42:55	4:17	00:14:51 (217)	00:23:02 (204)	00:35:58 (149)	M (130)	SÉNIOR M		M
138	209	RIVAS PEREIRA,	INDEPENDIENTE	00:42:55	4:17	00:14:32 (198)	00:23:02 (203)	00:35:58 (150)	M (131)	SÉNIOR M		M
139	273	TRIÑANES VIDAL,	INDEPENDIENTE	00:43:11	4:19	00:13:32 (136)	00:21:32 (151)	00:35:41 (143)	M (132)	M/F45 M (33)		M
140	48	PALACIOS LADO,	CLUB ATLETISMO O	00:43:12	4:19	00:13:19 (121)	00:20:53 (127)	00:35:20 (138)	M (133)	M/F 35 M (18)		M
141	214	SEIJO NAVEIRA, HUGO	INDEPENDIENTE	00:43:15	4:19	00:13:23 (125)	00:21:17 (141)	00:35:40 (142)	M (134)	SÉNIOR M		M
142	119	RAMOS SUÁREZ,	ASOCIACIÓN	00:43:21	4:20	00:13:28 (130)	00:21:22 (145)	00:35:39 (140)	F (8)	M/F50 F (2)		F (7)
143	96	LAMAS PÉREZ,	ENTRENARUNNING	00:43:21	4:20	00:13:47 (157)	00:21:22 (144)	00:35:40 (141)	M (135)	M/F45 M (34)		M
144	127	FABIAN GONZALEZ,	ASOCIACIÓN DEPORTIVA	00:43:26	4:20	00:13:25 (129)	00:21:24 (146)	00:35:50 (146)	M (136)	SUPERVETE		
145	56	TRILLO CAAMAÑO,	INDEPENDIENTE	00:43:29	4:20	00:13:22 (124)	00:21:22 (143)	00:35:48 (144)	M (137)	M/F40 M (30)		M

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
146	110	RIO PEREIRA, YAGO	INDEPENDIENTE	00:43:42	4:22	00:12:50 (103)	00:20:53 (128)	00:35:31 (139)	M (138)	SUB-23 M (4)		
147	253	RATÓN PARADELA,	ATLETISMO ARENTEIRO	00:43:43	4:22	00:13:28 (132)	00:21:13 (137)	00:35:49 (145)	M (139)	M/F40 M (31)		M
148	240	NIETO LOPEZ, IVAN	INDEPENDIENTE	00:43:47	4:22	00:13:44 (155)	00:21:13 (136)	00:35:55 (148)	M (140)	M/F 35 M (19)	M (11)	M
149	113	FERNANDEZ	INDEPENDIENTE	00:43:51	4:23	00:13:38 (142)	00:21:47 (155)	00:36:06 (153)	M (141)	M/F50 M (11)		M
150	297	TAJES CANOSA, LUIS	INDEPENDIENTE	00:43:54	4:23	00:14:13 (175)	00:21:55 (158)	00:36:10 (155)	M (142)	M/F50 M (12)		M
151	555	MOREIRA, LUIS	ATLETISMO ESTRADA	00:43:57	4:23	00:14:07 (171)	00:21:49 (157)	00:36:01 (151)	M (143)	SUPERVETE		M
152	211	GÓMEZ LAJOS, ALEX	INDEPENDIENTE	00:44:00	4:23	00:13:57 (161)	00:21:55 (159)	00:36:45 (168)	M (144)	SÉNIOR M		M
153	231	GARCIA CABEZA,	SD COMPOSTELA	00:44:04	4:24	00:13:42 (150)	00:21:32 (152)	00:35:52 (147)	M (145)	M/F 35 M (20)		M
154	244	SUÁREZ GIADÁS,	INDEPENDIENTE	00:44:05	4:24	00:13:58 (163)	00:22:06 (169)	00:36:11 (157)	M (146)	M/F40 M (32)		M
155	250	SUÁREZ, CÉSAR	BJ RUNNING TEAM	00:44:06	4:24	00:14:02 (168)	00:22:03 (165)	00:36:12 (158)	M (147)	M/F40 M (33)		
156	289	FONTANS SEBE,	ATLETISMO CUNTIS	00:44:08	4:24	00:14:28 (186)	00:22:16 (171)	00:36:30 (163)	M (148)	M/F45 M (35)		M
157	276	COSTOYA PRADO,	CLUB TRIATLON	00:44:12	4:25	00:13:44 (154)	00:21:49 (156)	00:36:03 (152)	M (149)	M/F45 M (36)		M
158	498	BARBEIRA, DAVID	CORREXALLAS	00:44:12	4:25	00:14:20 (179)	00:22:03 (164)	00:36:35 (164)	M (150)	M/F45 M (37)		M
159	305	VIDAL RODRIGUEZ,	CLUB O COTÓN	00:44:15	4:25	00:13:47 (156)	00:21:57 (161)	00:36:21 (160)	M (151)	M/F50 M (13)		M
160	251	VARELA CRESPO,	ATLETISMO ARENTEIRO	00:44:20	4:25	00:13:28 (131)	00:21:32 (150)	00:36:13 (159)	M (152)	M/F40 M (34)		M
161	274	MARTÍNEZ SOUTO,	INDEPENDIENTE	00:44:21	4:26	00:13:59 (164)	00:21:46 (154)	00:36:10 (156)	M (153)	M/F45 M (38)		M
162	78	FRANCO, NIA	INDEPENDIENTE	00:44:25	4:26	00:14:00 (165)	00:21:56 (160)	00:36:42 (166)	F (9)	M/F45 F (2)		F (8)
163	401	BARDANCA	TRIATLON COSTA DA	00:44:27	4:26	00:14:47 (212)	00:22:54 (199)	00:36:49 (170)	M (154)	SÉNIOR M		M
164	300	PIÑEIRO REY, ARTURO	S.D. BARBANTIA RODA	00:44:29	4:26	00:14:44 (206)	00:22:22 (176)	00:36:56 (171)	M (155)	M/F50 M (14)		M
165	272	PAPÍN ESTÉVEZ,	DAWAKO	00:44:32	4:27	00:13:29 (135)	00:21:39 (153)	00:36:09 (154)	F (10)	M/F45 F (3)		F (9)
166	275	MRIMICHE MRIMICHE,	INDEPENDIENTE	00:44:36	4:27	00:14:09 (174)	00:22:05 (167)	00:36:23 (161)	F (11)	M/F45 F (4)		
167	307	ÁLVAREZ LODEIRO,	ENTRENARUNNING	00:44:38	4:27	00:13:55 (159)	00:22:05 (168)	00:36:27 (162)	M (156)	SUPERVETE		
168	327	REY PAULOS, MANUEL	INDEPENDIENTE	00:44:43	4:28	00:14:27 (183)	00:22:38 (186)	00:37:05 (173)	M (157)	SUPERVETE		M
169	248	CAMBEIRO CAMBEIRO,	INDEPENDIENTE	00:44:52	4:29	00:14:02 (167)	00:21:57 (162)	00:36:47 (169)	M (158)	M/F40 M (35)		M
170	220	ZAS SANDE, JOSE	CLUB ATLETISMO	00:44:56	4:29	00:13:50 (158)	00:22:03 (166)	00:36:36 (165)	M (159)	SÉNIOR M		M
171	218	ARCA VÁZQUEZ, FRAN	INDEPENDIENTE	00:45:01	4:30	00:14:28 (185)	00:22:28 (179)	00:37:20 (179)	M (160)	SÉNIOR M	M (12)	M
172	494	SANGUIAO MIGUELEZ,	INDEPENDIENTE	00:45:05	4:30	00:14:01 (166)	00:22:18 (173)	00:37:07 (174)	M (161)	M/F45 M (39)		M
173	292	BARREIRO, ANTONIO	INDEPENDIENTE	00:45:14	4:31	00:14:56 (224)	00:23:03 (205)	00:37:38 (184)	M (162)	M/F50 M (15)		M
174	216	SUSO SANCHEZ,	NO SPORT LIMIT	00:45:15	4:31	00:14:14 (177)	00:22:30 (182)	00:36:59 (172)	F (12)	SÉNIOR F (4)		F (10)

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
175	469	RIVAS POMBO,	CORREXALLAS	00:45:26	4:32	00:13:57 (162)	00:22:03 (163)	00:36:43 (167)	M (163)	M/F40 M (36)		M
176	302	MIGUENS OTERO,	CLUB ATLETISMO SAR	00:45:28	4:32	00:14:30 (193)	00:22:29 (181)	00:37:18 (178)	F (13)	M/F50 F (3)		F (11)
177	278	CASTRO CASTRO,	INDEPENDIENTE	00:45:37	4:33	00:14:30 (190)	00:22:28 (180)	00:37:13 (175)	M (164)	M/F45 M (40)		M
178	306	PEGITO POMBO,	CLUB ATLETISMO O	00:45:42	4:34	00:14:29 (188)	00:22:25 (177)	00:37:15 (176)	M (165)	M/F50 M (16)		M
179	268	CASAL SANTOS,	INDEPENDIENTE	00:45:42	4:34	00:14:50 (216)	00:22:53 (197)	00:37:43 (187)	M (166)	M/F45 M (41)		M
180	245	GARCIA LORENZO,	ATLETISMO FONTES DO	00:45:49	4:34	00:14:40 (204)	00:22:49 (194)	00:37:48 (190)	M (167)	M/F40 M (37)		M
181	518	SERRANO REMUIÑÁN,	INDEPENDIENTE	00:45:50	4:34	00:14:27 (184)	00:22:25 (178)	00:37:36 (183)	M (168)	M/F50 M (17)		M
182	262	BASOA RODRIGUEZ,	ESCOLA DE ATLETISMO	00:45:50	4:34	00:14:30 (191)	00:22:41 (188)	00:37:54 (194)	M (169)	M/F40 M (38)		M
183	217	LÓPEZ MAYO, BRAIS	INDEPENDIENTE	00:45:50	4:34	00:14:08 (173)	00:22:18 (172)	00:37:17 (177)	M (170)	SÉNIOR M	M (13)	M
184	311	BLANCO PÍAS,	CLUB ATLETISMO	00:45:53	4:35	00:14:31 (195)	00:22:38 (187)	00:37:26 (180)	M (171)	SUPERVETE		M
185	319	RIVAS POSSE, XAIME	VINCIT FISIOTERAPIA	00:45:55	4:35	00:14:33 (199)	00:23:05 (209)	00:37:47 (189)	M (172)	SUPERVETE		M
186	315	SAINZ GARCÍA,	CLUB ATLETISMO SAR	00:45:55	4:35	00:14:07 (172)	00:22:31 (184)	00:37:35 (182)	M (173)	SUPERVETE		M
187	270	RÁDEKE FARIÑS,	INDEPENDIENTE	00:45:58	4:35	00:14:45 (207)	00:22:51 (195)	00:37:53 (193)	M (174)	M/F45 M (42)		
188	288	TOMÉ LEIS, JUAN R	C.C REVOLTAS	00:45:59	4:35	00:14:06 (170)	00:22:21 (175)	00:37:31 (181)	M (175)	M/F45 M (43)	M (14)	M
189	257	NEGREIRA BARCIA,	ENTRENARUNNING	00:45:59	4:35	00:15:36 (261)	00:23:40 (233)	00:38:09 (202)	M (176)	M/F40 M (39)		M
190	230	LESTAYO GARCIA,	INDEPENDIENTE	00:46:03	4:36	00:14:22 (181)	00:22:53 (196)	00:37:41 (186)	M (177)	M/F 35 M (21)		M
191	228	CORA CAMPOS,	INDEPENDIENTE	00:46:11	4:37	00:14:27 (182)	00:22:34 (185)	00:38:02 (199)	M (178)	M/F 35 M (22)		M
192	258	BAHAMONDE SUÁREZ,	CLUB ATLETISMO	00:46:11	4:37	00:14:40 (205)	00:23:08 (213)	00:38:01 (198)	M (179)	M/F40 M (40)		M
193	261	BLANCO VÁZQUEZ,	INDEPENDIENTE	00:46:14	4:37	00:14:48 (213)	00:23:15 (217)	00:37:50 (191)	M (180)	M/F40 M (41)		
194	463	CAAMAÑO LIRA,	CLUB TRIATLON	00:46:18	4:37	00:15:02 (227)	00:23:22 (219)	00:38:25 (209)	M (181)	M/F40 M (42)		
195	446	GONZÁLEZ BUJÁN,	INDEPENDIENTE	00:46:19	4:37	00:15:03 (228)	00:22:57 (201)	00:38:12 (204)	M (182)	M/F 35 M (23)		
196	283	SUÁREZ MARTÍNEZ,	INDEPENDIENTE	00:46:20	4:37	00:14:30 (192)	00:23:04 (207)	00:37:56 (195)	F (14)	M/F45 F (5)		F (12)
197	402	FREIRE FONTENLA,	INDEPENDIENTE	00:46:22	4:38	00:14:46 (209)	00:22:45 (192)	00:38:07 (201)	M (183)	SÉNIOR M		M
198	299	COUCE BLANCO,	INDEPENDIENTE	00:46:24	4:38	00:14:13 (176)	00:22:43 (190)	00:37:45 (188)	M (184)	M/F50 M (18)		M
199	434	GUTIÉRREZ PRIETO,	INDEPENDIENTE	00:46:28	4:38	00:14:34 (200)	00:22:54 (198)	00:37:51 (192)	M (185)	M/F 35 M (24)		
200	234	FERNÁNDEZ PÉREZ,	ATLETISMO ARENTEIRO	00:46:28	4:38	00:14:32 (197)	00:22:47 (193)	00:38:00 (197)	F (15)	M/F 35 F (1)		F (13)
201	259	DACRUZ ÁLVAREZ,	INDEPENDIENTE	00:46:29	4:38	00:14:46 (208)	00:23:13 (216)	00:37:59 (196)	M (186)	M/F40 M (43)		M
202	532	PIÑEIRO ABEIJON,	INDEPENDIENTE	00:46:31	4:39	00:15:46 (266)	00:24:08 (249)	00:38:23 (208)	M (187)	M/F50 M (19)		
203	336	PARDIÑAS ALVITE,	INDEPENDIENTE	00:46:31	4:39	00:15:06 (230)	00:23:35 (227)	00:38:26 (210)	M (188)	SUPERVETE		M

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
204	204	OTERO FERNANDEZ,	SD COMPOSTELA	00:46:33	4:39	00:14:40 (203)	00:22:59 (202)	00:38:05 (200)	F (16)	SÉNIOR F (5)		F (14)
205	413	MODIA CARIDAD,	ATLETISMO RIAZOR	00:46:46	4:40	00:14:56 (222)	00:23:09 (214)	00:38:12 (203)	F (17)	SÉNIOR F (6)		F (15)
206	294	SOLETO CEREIJO,	CLUB TRIATLON	00:46:47	4:40	00:14:35 (202)	00:23:12 (215)	00:38:16 (205)	M (189)	M/F50 M (20)		M
207	132	GARCÍA BELLO,	INDEPENDIENTE	00:46:50	4:40	00:13:43 (153)	00:22:19 (174)	00:37:38 (185)	M (190)	SUPERVETE		M
208	490	VALIÑA BLANCO, JOSÉ	INDEPENDIENTE	00:46:52	4:41	00:14:30 (189)	00:23:06 (210)	00:38:33 (212)	M (191)	M/F45 M (44)		
209	293	BALADO MOSQUERA,	CLUB ATLETISMO SAR	00:46:59	4:41	00:15:21 (244)	00:23:42 (235)	00:38:31 (211)	M (192)	M/F50 M (21)		M
210	502	LEIS PUÑAL, JUAN	INDEPENDIENTE	00:46:59	4:41	00:15:33 (256)	00:23:45 (237)	00:38:36 (214)	M (193)	M/F45 M (45)		M
211	338	CORDEIRO, ELISABET		00:47:00	4:41	00:14:31 (194)	00:22:45 (191)	00:38:20 (206)	F (18)	M/F40 F (3)		
212	267	GIL VILLAVERDE, SITO	AKHESIS FISIOTERAPIA	00:47:00	4:41	00:15:00 (226)	00:23:08 (212)	00:38:36 (213)	M (194)	M/F45 M (46)		M
213	325	ALBORÉS DIAZ, JOSE	CLUB ATLETISMO	00:47:01	4:42	00:15:08 (232)	00:23:27 (221)	00:38:47 (218)	M (195)	SUPERVETE		M
214	317	COSTA LAGO, JUAN	PRAIA DE CARNOTA	00:47:02	4:42	00:15:15 (241)	00:23:50 (242)	00:39:01 (222)	M (196)	SUPERVETE		M
215	512	MUÑIZ LESTA, ALBA	CLUB ATLETISMO	00:47:03	4:42	00:15:13 (238)	00:23:27 (222)	00:38:42 (215)	F (19)	SUB-23 F (1)		F (16)
216	416	GARCÍA AGRA, RAÚL	INDEPENDIENTE	00:47:03	4:42	00:15:13 (237)	00:23:27 (223)	00:38:22 (207)	M (197)	SÉNIOR M		M
217	324	GONZÁLEZ	RUN CARBALLIÑO	00:47:09	4:42	00:14:53 (218)	00:23:28 (224)	00:39:00 (221)	M (198)	SUPERVETE		M
218	125	LIMENS PRADO,	CLUB ATLETISMO	00:47:10	4:42	00:15:09 (233)	00:23:35 (228)	00:38:59 (220)	M (199)	SUPERVETE	M (15)	M
219	224	BETANZOS FREIRE,	S.D. BARBANTIA RODA	00:47:13	4:43	00:15:23 (245)	00:23:49 (239)	00:39:13 (225)	F (20)	SÉNIOR F (7)		F (17)
220	451	BOUZAS TOMÉ,	REVOLTAS	00:47:16	4:43	00:15:15 (242)	00:23:49 (240)	00:38:44 (216)	M (200)	M/F 35 M (25)		M
221	487	POLO SÁNCHEZ,	FRESH LINGUAS	00:47:17	4:43	00:15:13 (239)	00:23:52 (245)	00:38:53 (219)	F (21)	M/F45 F (6)		
222	417	REY MONTALBAN,	INDEPENDIENTE	00:47:19	4:43	00:15:20 (243)	00:23:35 (229)	00:39:14 (226)	F (22)	SÉNIOR F (8)		
223	426	PENSADO ANTELO,	INDEPENDIENTE	00:47:29	4:44	00:15:36 (260)	00:23:51 (244)	00:39:33 (236)	M (201)	SÉNIOR M		M
224	226	MUÑOZ NAVARRO,	INDEPENDIENTE	00:47:31	4:45	00:14:34 (201)	00:23:04 (206)	00:39:06 (223)	M (202)	SÉNIOR M		
225	312	RIVEIRA MARTINEZ,	CLUB ATLETISMO O	00:47:31	4:45	00:14:29 (187)	00:22:43 (189)	00:38:45 (217)	M (203)	SUPERVETE		M
226	286	BLANCO PENA, FINA	C.D. 21 LEGUAS	00:47:46	4:46	00:15:11 (235)	00:23:36 (231)	00:39:23 (230)	F (23)	M/F45 F (7)		F (18)
227	14	ALSINA FORJAN,	CLUB ATLETISMO	00:47:49	4:46	00:15:06 (229)	00:23:24 (220)	00:39:22 (229)	F (24)	SÉNIOR F (9)	F (1)	F (19)
228	236	SAAVEDRA DELGADO,	BJ RUNNING TEAM	00:47:59	4:47	00:14:56 (223)	00:23:29 (225)	00:39:25 (232)	F (25)	M/F 35 F (2)		F (20)
229	459	MOUZO DOMINGUEZ,	INDEPENDIENTE	00:48:00	4:47	00:14:31 (196)	00:23:19 (218)	00:39:11 (224)	M (204)	M/F40 M (44)		M
230	545	SEÑOR, LOLI	BENI GYM SPORT	00:48:02	4:48	00:14:55 (221)	00:23:37 (232)	00:39:17 (227)	F (26)	SUPERVETE		F (21)
231	334	BARBOSA PEREZ,	INDEPENDIENTE	00:48:07	4:48	00:15:10 (234)	00:23:31 (226)	00:39:42 (237)	M (205)	SUPERVETE	M (16)	M
232	308	RODRÍGUEZ DEL RÍO,	SD COMPOSTELA	00:48:10	4:48	00:14:47 (211)	00:23:36 (230)	00:39:33 (234)	F (27)	SUPERVETE		F (22)

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
233	304	ALVAREZ-PARDIÑAS	INDEPENDIENTE	00:48:12	4:49	00:15:12 (236)	00:23:49 (241)	00:39:33 (235)	M (206)	M/F50 M (22)		M
234	323	VALIÑO CEREIJO,	INDEPENDIENTE	00:48:12	4:49	00:14:59 (225)	00:23:51 (243)	00:39:19 (228)	M (207)	SUPERVETE		
235	422	PAZ VIÑAS, MARTIN	INDEPENDIENTE	00:48:20	4:49	00:16:40 (303)	00:25:35 (295)	00:41:13 (268)	M (208)	SÉNIOR M		M
236	303	CAMBEIRO BLANCO,	ASOCIACIÓN DEPORTIVA	00:48:32	4:51	00:14:20 (178)	00:22:56 (200)	00:39:24 (231)	M (209)	M/F50 M (23)		
237	264	DOMINGUEZ LOURIDO,	INDEPENDIENTE	00:48:34	4:51	00:15:14 (240)	00:23:53 (246)	00:39:56 (239)	M (210)	M/F40 M (45)	M (17)	M
238	429	LÓPEZ LÓPEZ, LAURA	ADCMONTEBREAMO	00:48:36	4:51	00:14:54 (220)	00:24:00 (247)	00:40:08 (243)	F (28)	M/F 35 F (3)		F (23)
239	329	ANDRADE LAGO,	ASOCIACIÓN DEPORTIVA	00:48:37	4:51	00:15:25 (248)	00:24:15 (254)	00:40:15 (248)	M (211)	SUPERVETE		M
240	232	SIMÓN MARTÍNEZ,	SD COMPOSTELA	00:48:39	4:51	00:15:08 (231)	00:23:44 (236)	00:39:30 (233)	F (29)	M/F 35 F (4)		F (24)
241	296	FERNANDEZ RIAL,	SERRES RUNNERS	00:48:40	4:51	00:15:24 (246)	00:24:19 (255)	00:40:01 (241)	M (212)	M/F50 M (24)		
242	418	TUBIO ORIA, GABRIEL	INDEPENDIENTE	00:48:41	4:52	00:14:49 (215)	00:23:48 (238)	00:40:11 (246)	M (213)	SÉNIOR M		
243	534	LUAÑA LOUZAO,	ENTRENARUNNING	00:48:43	4:52	00:15:30 (251)	00:24:25 (257)	00:39:59 (240)	M (214)	M/F50 M (25)		M
244	460	JUVIÑO, ANGEL	INDEPENDIENTE	00:48:45	4:52	00:15:35 (259)	00:24:12 (251)	00:40:10 (245)	M (215)	M/F40 M (46)		M
245	496	MIRA MAYO, JOSE	INDEPENDIENTE	00:48:46	4:52	00:16:38 (301)	00:25:07 (276)	00:40:39 (259)	M (216)	M/F45 M (47)		M
246	287	BARBEIRA	INDEPENDIENTE	00:48:47	4:52	00:16:11 (283)	00:24:39 (266)	00:40:14 (247)	M (217)	M/F45 M (48)		M
247	509	AMBITE SANTANA,	INDEPENDIENTE	00:48:47	4:52	00:15:31 (254)	00:24:08 (250)	00:40:27 (254)	M (218)	SUB-20 M (1)		M
248	256	CAAMAÑO PÉREZ,	TERRA DE SONEIRA	00:48:47	4:52	00:16:03 (273)	00:24:39 (267)	00:40:22 (252)	F (30)	M/F40 F (4)		F (25)
249	121	SANTOS LORENZO,	TERRA DE SONEIRA	00:48:51	4:53	00:13:02 (114)	00:20:40 (118)	00:40:22 (251)	M (219)	M/F50 M (26)		M
250	467	ROEL BARBEITO,	INDEPENDIENTE	00:48:53	4:53	00:16:10 (282)	00:24:47 (273)	00:40:37 (258)	M (220)	M/F40 M (47)		M
251	271	GUILLÍN GÓMEZ,	CLUB ATLETISMO SAR	00:48:55	4:53	00:14:48 (214)	00:23:41 (234)	00:40:10 (244)	M (221)	M/F45 M (49)		M
252	478	QUINDIMIL GARCÍA,	INDEPENDIENTE	00:48:58	4:53	00:15:35 (258)	00:24:04 (248)	00:40:07 (242)	M (222)	M/F40 M (48)		M
253	489	FREIRE BERMÚDEZ,	INDEPENDIENTE	00:48:59	4:53	00:15:24 (247)	00:24:20 (256)	00:40:36 (257)	M (223)	M/F45 M (50)		M
254	556	CARRASCO ITURRA,	CLUB ATLETISMO O	00:49:02	4:54	00:15:30 (252)	00:24:13 (252)	00:40:21 (250)	M (224)	SUPERVETE		
255	298	CAAMAÑO LAGO,	SERRES RUNNERS	00:49:03	4:54	00:15:33 (255)	00:24:14 (253)	00:39:55 (238)	F (31)	M/F50 F (4)		F (26)
256	318	OUTES PAZ, MANUEL	INDEPENDIENTE	00:49:13	4:55	00:15:39 (262)	00:24:38 (264)	00:40:19 (249)	M (225)	SUPERVETE		M
257	320	PEREZ SUSAVILA,	INDEPENDIENTE	00:49:14	4:55	00:16:06 (280)	00:25:13 (283)	00:40:29 (255)	M (226)	SUPERVETE		M
258	241	DIEGUEZ CARRIL,	INDEPENDIENTE	00:49:17	4:55	00:15:41 (263)	00:24:43 (270)	00:40:34 (256)	M (227)	M/F40 M (49)		M
259	333	RUBIO ALAMEDA,	INDEPENDIENTE	00:49:31	4:57	00:15:52 (267)	00:24:32 (262)	00:40:57 (264)	M (228)	SUPERVETE		M
260	321	GÓMEZ VIAÑO, JOSÉ	INDEPENDIENTE	00:49:40	4:57	00:15:27 (249)	00:24:38 (265)	00:40:25 (253)	M (229)	SUPERVETE		M
261	269	ALONSO VÁZQUEZ,	CLUB DEPORTIVO	00:49:40	4:57	00:15:35 (257)	00:24:27 (259)	00:40:54 (260)	M (230)	M/F45 M (51)		M

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
262	282	DIEZ RICO, EMILIO	INDEPENDIENTE	00:49:43	4:58	00:15:41 (265)	00:24:27 (260)	00:40:56 (261)	M (231)	M/F45 M (52)		M
263	255	TOBÍO SALGADO,	INDEPENDIENTE	00:49:46	4:58	00:15:41 (264)	00:24:31 (261)	00:40:57 (263)	M (232)	M/F40 M (50)		M
264	237	FERNANDEZ GARCÍA,	INDEPENDIENTE	00:49:47	4:58	00:16:15 (285)	00:25:06 (275)	00:41:05 (265)	M (233)	M/F 35 M (26)		M
265	309	LAMAS CANOSA,	INDEPENDIENTE	00:49:48	4:58	00:16:05 (277)	00:24:40 (268)	00:40:57 (262)	M (234)	SUPERVETE		
266	68	FERNANDEZ	INDEPENDIENTE	00:49:58	4:59	00:15:57 (271)	00:24:43 (271)	00:41:12 (267)	M (235)	M/F40 M (51)		M
267	507	LOP, MIGUEL	INDEPENDIENTE	00:50:06	5:00	00:16:33 (295)	00:25:10 (282)	00:41:19 (270)	M (236)	M/F45 M (53)		M
268	246	SARANDESES PAZOS,	AGOLADA RUNNING	00:50:21	5:02	00:16:24 (292)	00:25:09 (279)	00:41:31 (273)	M (237)	M/F40 M (52)		M
269	265	PIÑEIRO GARCÍA,	CLUB ATLETISMO	00:50:30	5:02	00:15:31 (253)	00:24:35 (263)	00:41:36 (274)	M (238)	M/F40 M (53)		M
270	519	CANO BELLIDO,	FRESH LINGUAS	00:50:33	5:03	00:16:12 (284)	00:25:09 (281)	00:41:26 (271)	M (239)	M/F50 M (27)		
271	472	MARTÍNEZ DE LA	INDEPENDIENTE	00:50:39	5:03	00:15:28 (250)	00:24:42 (269)	00:41:08 (266)	M (240)	M/F40 M (54)		
272	465	GÓMEZ ROMÁN,	INDEPENDIENTE	00:50:48	5:04	00:16:50 (311)	00:25:57 (304)	00:42:09 (280)	M (241)	M/F40 M (55)		M
273	410	SUÁREZ CRESPO,	SD COMPOSTELA	00:50:53	5:05	00:16:22 (290)	00:25:21 (288)	00:42:04 (277)	F (32)	SÉNIOR F		F (27)
274	266	VILAR REINA, VICTOR	INDEPENDIENTE	00:50:55	5:05	00:14:47 (210)	00:24:27 (258)	00:41:18 (269)	M (242)	M/F45 M (54)		
275	559	PEREZ CASAIS, JESUS	INDEPENDIENTE	00:50:56	5:05	00:16:21 (288)	00:25:14 (285)	00:42:00 (276)	M (243)	SUPERVETE		M
276	453	PIÑEIRO, PABLO	INDEPENDIENTE	00:50:57	5:05	00:17:11 (323)	00:26:01 (306)	00:42:10 (281)	M (244)	M/F40 M (56)		M
277	482	QUINTÁNS SUÁREZ,	INDEPENDIENTE	00:51:01	5:06	00:16:06 (279)	00:24:55 (274)	00:41:29 (272)	M (245)	M/F45 M (55)		M
278	495	TORRES ANTUNEZ,	INDEPENDIENTE	00:51:03	5:06	00:15:56 (270)	00:24:45 (272)	00:41:59 (275)	M (246)	M/F45 M (56)		M
279	483	MARIÑO REY, SILVIA	CLUB ATLETISMO SAR	00:51:12	5:07	00:16:44 (305)	00:25:50 (301)	00:42:09 (279)	F (33)	M/F45 F (8)		F (28)
280	421	TUBIO TUBIO, VANESA	CLUB ATLETISMO	00:51:13	5:07	00:16:22 (291)	00:25:22 (289)	00:42:05 (278)	F (34)	SÉNIOR F		F (29)
281	485	MARIÑO REY, MARINA	AMES ATLETISMO SAR	00:51:16	5:07	00:16:44 (306)	00:25:50 (302)	00:42:31 (288)	F (35)	M/F45 F (9)		F (30)
282	788	NOYA RODRÍGUEZ,	PEÑA CICLISTA JESÚS	00:51:26	5:08	00:15:55 (269)	00:25:16 (286)	00:42:25 (283)	M (247)	M/F40 M (57)	M (18)	
283	335	VILAR CAAMAÑO,	INDEPENDIENTE	00:51:33	5:09	00:16:05 (278)	00:25:09 (280)	00:42:29 (286)	M (248)	SUPERVETE		M
284	449	CASTRO ABUCIDE,	INDEPENDIENTE	00:51:35	5:09	00:16:39 (302)	00:25:28 (293)	00:42:30 (287)	M (249)	M/F 35 M (27)		
285	406	CAROLLO VARELA,	CLUB ATLETISMO	00:51:36	5:09	00:16:24 (293)	00:25:29 (294)	00:42:13 (282)	M (250)	SÉNIOR M		M
286	427	MÍGUEZ FORJÁN, IVÁN	INDEPENDIENTE	00:51:36	5:09	00:16:03 (274)	00:25:17 (287)	00:42:43 (292)	M (251)	SÉNIOR M	M (19)	M
287	444	MARTINEZ BARCA,	INDEPENDIENTE	00:51:38	5:09	00:17:05 (316)	00:26:19 (310)	00:43:24 (299)	M (252)	M/F 35 M (28)		
288	441	QUINTANS CASTRO,	INDEPENDIENTE	00:51:43	5:10	00:16:37 (298)	00:25:25 (291)	00:42:35 (289)	M (253)	M/F 35 M (29)	M (20)	M
289	461	MARIÑO LOIS,	INDEPENDIENTE	00:51:43	5:10	00:16:37 (299)	00:25:25 (290)	00:42:35 (290)	M (254)	M/F40 M (58)	M (21)	M
290	415	PITA DOPICO, JUAN	INDEPENDIENTE	00:51:47	5:10	00:17:14 (330)	00:26:20 (311)	00:43:24 (300)	M (255)	SÉNIOR M		

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
291	474	CARRIL BOO,	CLUB ATLETISMO O	00:51:49	5:10	00:16:03 (276)	00:25:08 (277)	00:42:29 (285)	F (36)	M/F40 F (5)		F (31)
292	504	SANCHEZ DURO,	CLUB ATLETISMO O	00:51:49	5:10	00:16:03 (275)	00:25:08 (278)	00:42:29 (284)	M (256)	M/F45 M (57)		M
293	435	BLANCO MOUGÁN,	INDEPENDIENTE	00:51:55	5:11	00:16:46 (308)	00:25:42 (299)	00:42:46 (294)	M (257)	M/F 35 M (30)		M
294	440	CEBEY LOPEZ,	INDEPENDIENTE	00:51:59	5:11	00:16:45 (307)	00:25:52 (303)	00:43:09 (297)	M (258)	M/F 35 M (31)		M
295	479	MIRA LLOPIS, MANUEL	ASOCIACIÓN DEPORTIVA	00:52:04	5:12	00:17:13 (325)	00:26:18 (309)	00:43:25 (301)	M (259)	M/F40 M (59)		M
296	313	GARCIA CRISTOBAL,	ENKI	00:52:14	5:13	00:16:00 (272)	00:25:39 (296)	00:42:37 (291)	M (260)	SUPERVETE		M
297	521	VAZQUEZ FERREIRO,	ASOCIACIÓN DEPORTIVA	00:52:15	5:13	00:17:13 (326)	00:26:18 (308)	00:43:30 (302)	M (261)	M/F50 M (28)		M
298	546	RODRIGUEZ, JOSE	INDEPENDIENTE	00:52:16	5:13	00:17:13 (329)	00:26:20 (312)	00:43:12 (298)	M (262)	SUPERVETE	M (22)	M
299	420	PENA TAIBO, ÁNGELA	CORREXALLAS	00:52:22	5:14	00:16:21 (289)	00:25:26 (292)	00:42:44 (293)	F (37)	SÉNIOR F		
300	470	AGRA LIÑARES,	INDEPENDIENTE	00:52:31	5:15	00:16:17 (286)	00:25:41 (297)	00:42:50 (295)	M (263)	M/F40 M (60)	M (23)	M
301	549	CAÑADA MUÑOZ,	INDEPENDIENTE	00:52:38	5:15	00:17:09 (321)	00:26:25 (317)	00:43:33 (304)	M (264)	SUPERVETE		M
302	221	CAÑADA HINOJOSA,	INDEPENDIENTE	00:52:38	5:15	00:16:47 (309)	00:26:25 (318)	00:43:33 (305)	M (265)	SÉNIOR M		M
303	301	DOMENECH	INDEPENDIENTE	00:52:43	5:16	00:17:26 (341)	00:26:55 (327)	00:43:43 (306)	M (266)	M/F50 M (29)		M
304	404	FERRO, JAVIER	INDEPENDIENTE	00:52:51	5:17	00:17:07 (318)	00:26:26 (319)	00:43:57 (310)	M (267)	SÉNIOR M		M
305	554	JIMÉNEZ GARCÍA,	INDEPENDIENTE	00:52:58	5:17	00:16:35 (296)	00:26:22 (315)	00:43:07 (296)	M (268)	SUPERVETE		
306	438	MARCOS LORENZO,	CLUB TRIATLON	00:53:10	5:18	00:17:14 (331)	00:26:49 (326)	00:44:10 (312)	F (38)	M/F 35 F (5)		
307	419	GARCÍA DEUS, YAIZA	INDEPENDIENTE	00:53:13	5:19	00:17:54 (349)	00:27:11 (338)	00:44:07 (311)	F (39)	SÉNIOR F		
308	501	CONDE SUÁREZ,	CLUB ATLETISMO O	00:53:17	5:19	00:16:18 (287)	00:25:43 (300)	00:43:53 (309)	F (40)	M/F45 F (10)		F (32)
309	430	TUÑÓN BLANCO,	INDEPENDIENTE	00:53:24	5:20	00:17:22 (338)	00:27:00 (332)	00:44:38 (323)	M (269)	M/F 35 M (32)		
310	523	ALEGRE VIGO,	INDEPENDIENTE	00:53:36	5:21	00:17:09 (320)	00:26:48 (325)	00:43:47 (307)	M (270)	M/F50 M (30)	M (24)	M
311	403	FERREIRO BASANTE,	INDEPENDIENTE	00:53:38	5:21	00:17:13 (328)	00:27:00 (331)	00:44:16 (317)	M (271)	SÉNIOR M		M
312	481	PORTAS GONZALEZ,	INDEPENDIENTE	00:53:38	5:21	00:16:48 (310)	00:26:22 (314)	00:44:14 (314)	M (272)	M/F40 M (61)		
313	433	GARCÍA GARCÍA,	CDM VÉRTICE	00:53:39	5:21	00:17:00 (315)	00:26:32 (321)	00:44:25 (319)	M (273)	M/F 35 M (33)		
314	414	MELLA MONTOUTO,	INDEPENDIENTE	00:53:40	5:21	00:16:53 (312)	00:26:16 (307)	00:44:12 (313)	F (41)	SÉNIOR F		F (33)
315	557	SÁNCHEZ BASCOY,	INDEPENDIENTE	00:53:52	5:23	00:16:56 (313)	00:26:21 (313)	00:43:48 (308)	F (42)	SUPERVETE		F (34)
316	456	BERDULLAS JORGE,	INDEPENDIENTE	00:53:55	5:23	00:16:06 (281)	00:25:13 (284)	00:43:33 (303)	M (274)	M/F40 M (62)		M
317	541	AMADO BOUZA, JOSÉ	ATLETAS DE ACEA DE	00:54:04	5:24	00:16:58 (314)	00:26:35 (323)	00:44:25 (320)	M (275)	SUPERVETE		M
318	476	CASTRO SANTOS,	INDEPENDIENTE	00:54:06	5:24	00:16:37 (297)	00:25:59 (305)	00:44:46 (324)	F (43)	M/F40 F (6)		F (35)
319	553	BETANZOS REGO,	S.D. BARBANTIA RODA	00:54:06	5:24	00:16:32 (294)	00:26:32 (322)	00:44:19 (318)	M (276)	SUPERVETE		

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
320	500	SUÁREZ CASAL,	INDEPENDIENTE	00:54:12	5:25	00:17:21 (337)	00:26:55 (328)	00:44:48 (325)	F (44)	M/F45 F (11)	F (2)	F (36)
321	550	DOMINGUEZ GOMEZ,	INDEPENDIENTE	00:54:24	5:26	00:17:10 (322)	00:27:03 (335)	00:44:33 (321)	M (277)	SUPERVETE		M
322	229	CANCELO ALFONSO,	CLUB DEPORTIVO BRION	00:54:25	5:26	00:18:27 (367)	00:28:28 (362)	00:46:15 (342)	M (278)	M/F 35 M (34)		M
323	539	ROUCO VILAR,	INDEPENDIENTE	00:54:44	5:28	00:17:25 (339)	00:27:34 (344)	00:44:51 (327)	M (279)	SUPERVETE		M
324	314	VILA BLANCO, JESUS	TABOADELA RUNNIG	00:54:45	5:28	00:17:19 (335)	00:26:56 (329)	00:44:59 (329)	M (280)	SUPERVETE		M
325	322	BLANCO GABIN,	INDEPENDIENTE	00:54:46	5:28	00:15:52 (268)	00:25:41 (298)	00:44:14 (315)	M (281)	SUPERVETE		M
326	431	RODRÍGUEZ	CLUB ATLETISMO	00:54:48	5:28	00:17:13 (327)	00:27:01 (333)	00:44:53 (328)	M (282)	M/F 35 M (35)		M
327	535	VILELA MONTERO,	INDEPENDIENTE	00:54:55	5:29	00:17:11 (324)	00:27:21 (340)	00:44:51 (326)	M (283)	SUPERVETE		M
328	497	MANEIRO LIÑARES,	SD COMPOSTELA	00:54:55	5:29	00:17:31 (344)	00:27:19 (339)	00:45:06 (331)	M (284)	M/F45 M (58)		M
329	475	HOMBRE CASTRO,	INDEPENDIENTE	00:54:56	5:29	00:17:28 (343)	00:27:01 (334)	00:45:25 (333)	M (285)	M/F40 M (63)		M
330	506	SUÁREZ GAREA,	INDEPENDIENTE	00:55:00	5:29	00:17:26 (342)	00:26:58 (330)	00:45:04 (330)	M (286)	M/F45 M (59)		M
331	529	CANOZO MARTÍNEZ,	INDEPENDIENTE	00:55:17	5:31	00:17:25 (340)	00:27:05 (336)	00:45:08 (332)	M (287)	M/F50 M (31)	M (25)	
332	443	CABADO MIGUELEZ,	INDEPENDIENTE	00:55:20	5:31	00:17:20 (336)	00:27:26 (341)	00:45:29 (336)	F (45)	M/F 35 F (6)		
333	560	PÉREZ LEIS, JESÚS	INDEPENDIENTE	00:55:29	5:32	00:16:42 (304)	00:26:27 (320)	00:44:15 (316)	M (288)	SUPERVETE		
334	522	ALONSO ALONSO,	CAZAFANTASMAS	00:55:30	5:32	00:18:16 (362)	00:28:06 (355)	00:45:37 (337)	M (289)	M/F50 M (32)		M
335	423	PRECEDO REY,	GLOBAL SPORT	00:55:32	5:33	00:17:06 (317)	00:27:08 (337)	00:45:27 (334)	M (290)	SÉNIOR M		
336	484	CARBALLEDO	INDEPENDIENTE	00:55:34	5:33	00:17:16 (332)	00:26:38 (324)	00:44:35 (322)	M (291)	M/F45 M (60)		M
337	280	VILLAR ÁLVAREZ,	ATLETISMO ARENTEIRO	00:55:40	5:33	00:16:37 (300)	00:26:23 (316)	00:45:38 (338)	M (292)	M/F45 M (61)		M
338	411	OTERO CORREA,	INDEPENDIENTE	00:55:43	5:34	00:17:36 (346)	00:27:41 (346)	00:45:28 (335)	F (46)	SÉNIOR F		F (37)
339	405	NIETO GARCÍA,	INDEPENDIENTE	00:56:05	5:36	00:18:12 (360)	00:28:03 (353)	00:46:20 (344)	F (47)	SÉNIOR F		F (38)
340	466	NOVO NÚÑEZ, DIEGO	INDEPENDIENTE	00:56:05	5:36	00:18:12 (361)	00:28:02 (352)	00:46:20 (343)	M (293)	M/F40 M (64)		
341	439	ROZAS MENDEZ,	INDEPENDIENTE	00:56:05	5:36	00:18:12 (359)	00:28:01 (351)	00:45:56 (341)	F (48)	M/F 35 F (7)		
342	561	SUÁREZ GESTAL,		00:56:13	5:37	00:17:18 (334)	00:27:33 (343)	00:45:39 (339)	M (294)	M/F45 M (62)		M
343	457	GONZÁLEZ, NIDIA	CLUB MONTE BREMO	00:56:25	5:38	00:17:16 (333)	00:27:37 (345)	00:45:44 (340)	F (49)	M/F40 F (7)		
344	515	VIA, TAMARA	ATLETISMO FONTES DO	00:56:39	5:39	00:18:01 (353)	00:27:51 (348)	00:46:37 (346)	F (50)	M/F50 F (5)		
345	471	BREA DUARTE,	INDEPENDIENTE	00:56:41	5:40	00:18:08 (357)	00:27:58 (349)	00:47:00 (351)	M (295)	M/F40 M (65)		
346	552	MAYO CAAMAÑO,	VENDAVAL ESTEIRO	00:56:47	5:40	00:18:25 (366)	00:28:07 (356)	00:46:52 (349)	M (296)	SUPERVETE		
347	425	FERREIRO	INDEPENDIENTE	00:56:55	5:41	00:17:33 (345)	00:27:50 (347)	00:46:29 (345)	M (297)	SÉNIOR M		M
348	332	PAMPÍN BOADO,	CLUB DEPORTIVO	00:57:20	5:43	00:18:24 (364)	00:28:43 (364)	00:46:47 (347)	M (298)	SUPERVETE		M

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO	DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍA	LOCAL	GAL
349	458	GARCÍA CASTELO,	CLUB ATLETISMO	00:57:20	5:43	00:18:48 (371)	00:28:44 (367)	00:47:22 (352)	F (51)	M/F40 F (8)		F (39)
350	542	FIGUEROA SUÁREZ,	INDEPENDIENTE	00:57:22	5:44	00:18:08 (356)	00:27:58 (350)	00:47:00 (350)	M (299)	SUPERVETE		M
351	524	CEREIJO ARIAS,	CORRE POR BEGONTE	00:57:41	5:46	00:17:53 (348)	00:28:28 (361)	00:46:48 (348)	F (52)	M/F50 F (6)		F (40)
352	407	PEREIRA MARZOA,	CLUB DEPORTIVO BRION	00:58:13	5:49	00:18:02 (354)	00:28:28 (363)	00:47:44 (356)	M (300)	SÉNIOR M		M
353	455	HENDRY, LOUISE	INDEPENDIENTE	00:58:13	5:49	00:18:10 (358)	00:28:15 (358)	00:47:59 (358)	F (53)	M/F40 F (9)		
354	454	PEDROSA MAYO,	INDEPENDIENTE	00:58:14	5:49	00:17:45 (347)	00:28:17 (359)	00:47:34 (353)	M (301)	M/F40 M (66)		M
355	477	CARBALLO	INDEPENDIENTE	00:58:17	5:49	00:17:58 (352)	00:28:27 (360)	00:47:41 (355)	F (54)	M/F40 F (10)		F (41)
356	517	NUÑEZ, SANTIAGO	INDEPENDIENTE	00:58:28	5:50	00:18:25 (365)	00:28:11 (357)	00:47:35 (354)	M (302)	M/F50 M (33)		M
357	505	GARCÍA HIDALGO,	INDEPENDIENTE	00:59:07	5:54	00:18:31 (368)	00:28:44 (366)	00:47:49 (357)	F (55)	M/F45 F (12)		F (42)
358	558	SANCHEZ LOUREDA,	INDEPENDIENTE	00:59:39	5:57	00:19:48 (378)	00:30:09 (375)	00:49:18 (360)	M (303)	SUPERVETE		M
359	331	FERREIRO CAMPOS,	INDEPENDIENTE	00:59:45	5:58	00:17:55 (351)	00:28:48 (368)	00:49:07 (359)	M (304)	SUPERVETE		M
360	486	GONZÁLEZ GARCÍA,	CLUB ATLETISMO SAR	01:00:31	6:03	00:19:02 (372)	00:29:58 (373)	00:49:37 (361)	F (56)	M/F45 F (13)		F (43)
361	122	CABO BLANCO,	INDEPENDIENTE	01:00:51	6:05	(-1)	(-1)	(-1)	M (305)	M/F50 M (34)		M
362	548	ANDRADE LAGO,	ASOCIACIÓN	01:01:03	6:06	00:19:17 (374)	00:29:57 (372)	00:49:55 (363)	F (57)	SUPERVETE		F (44)
363	468	DE LIMA, DAVID	INDEPENDIENTE	01:01:03	6:06	00:19:58 (380)	00:30:28 (379)	00:50:10 (364)	M (306)	M/F40 M (67)		
364	330	MENÉNDEZ	INDEPENDIENTE	01:01:34	6:09	00:18:35 (370)	00:29:51 (371)	00:49:54 (362)	M (307)	SUPERVETE		M
365	547	PUGA GONZÁLEZ,	INDEPENDIENTE	01:01:39	6:09	00:19:34 (375)	00:30:08 (374)	00:50:32 (365)	M (308)	SUPERVETE		M
366	442	CASTRO SENRA,	INDEPENDIENTE	01:01:45	6:10	00:19:38 (377)	00:30:27 (378)	00:50:41 (366)	F (58)	M/F 35 F (8)		F (45)
367	503	QUINTÁNS SUÁREZ,	INDEPENDIENTE	01:02:27	6:14	00:19:37 (376)	00:30:26 (377)	00:51:08 (368)	F (59)	M/F45 F (14)	F (3)	F (46)
368	544	GONZÁLEZ PEREIRA,	RUNNING ARTEIXO	01:02:42	6:16	00:19:56 (379)	00:31:14 (382)	00:51:20 (370)	M (309)	SUPERVETE		M
369	499	GONZÁLEZ	LA PURÍSIMA	01:02:43	6:16	00:20:27 (382)	00:31:05 (381)	00:51:43 (372)	F (60)	M/F45 F (15)		
370	530	SANTAS NOVOA,	LA PURÍSIMA	01:02:44	6:16	00:20:27 (381)	00:31:01 (380)	00:51:43 (371)	M (310)	M/F50 M (35)		M
371	310	LAGO MOLEDO,	CAO	01:03:06	6:18	00:18:05 (355)	00:29:14 (370)	00:50:56 (367)	M (311)	SUPERVETE	M (26)	M
372	536	CONSTENLA	ATLETISMO FONTES DO	01:03:19	6:19	00:18:21 (363)	00:29:13 (369)	00:51:11 (369)	M (312)	SUPERVETE		M
373	525	VARELA DE LA TORRE,	ATLETISMO GUITIRIZ	01:04:35	6:27	00:19:15 (373)	00:30:26 (376)	00:51:55 (373)	M (313)	M/F50 M (36)		M
374	538	TRESGUERRAS	CLUB ATLETISMO SAR	01:05:51	6:35	00:21:10 (383)	00:32:57 (383)	00:53:51 (374)	F (61)	SUPERVETE		F (47)
375	537	BERNAL GOMEZ,	INDEPENDIENTE	01:09:15	6:55	00:21:57 (385)	00:34:19 (385)	00:57:10 (375)	M (314)	SUPERVETE		M
376	9	HIMI, LAMYAE	ATLETISMO NARON	01:10:24	7:02	(-1)	(-1)	(-1)	F (62)	SÉNIOR F		
377	450	CAROLI TREZZA,	INDEPENDIENTE	01:12:33	7:15	00:21:15 (384)	00:33:34 (384)	00:58:31 (376)	F (63)	M/F 35 F (9)	F (4)	

XLIII CARREIRA INTERNACIONAL DE NEGREIRA

CLASIFICACIÓN 10K



PTO DOR	NOMBRE	CLUB	T.OFICIAL	RIT	TC1	T5K	TC2	SEXO	CATEGORÍ	LOCAL	GAL
DSQ 31	VIDAL LORENZO,	TRIATLON COSTA DA	00:40:45	4:04	00:13:20 (123)	00:20:40 (117)	00:33:47 (111)	M (-1)	SÉNIOR M		M

Total: 378