

ABSOLUTA

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META
1	1	91	REGUEIRA RELLAN , MARTIN	MALE	ABSOLUTO	TERRA DE SONEIRA C.D.	00:13:37
2	2	44	LADO LOPEZ , ANXO	MALE	ABSOLUTO	AD OLIMPIA	00:13:48
3	3	98	ROCA , FRANCISCO	MALE	ABSOLUTO	TEAM ROCA	00:13:54
4	4	2	ÁLVAREZ TAJES , DAMIÁN	MALE	ABSOLUTO	TERRA DE SONEIRA C.D.	00:14:04
5	5	102	RODRÍGUEZ LARIÑO , JORGE	MALE	ABSOLUTO	ASOCIACIÓN DEPORTIVA OLIMPIA (CEE)	00:14:27
6	6	100	RODRIGUEZ ESPASANDIN , JOSE	MALE	ABSOLUTO	TRIATLONCOSTADAMORTE	00:14:43
7	7	20	CALZAS INSUA , DAVID	MALE	ABSOLUTO	TRIATLONCOSTADAMORTE	00:14:46
8	8	10	BARRIENTOS OREIRO , JAVIER	MALE	ABSOLUTO		00:14:55
9	9	60	LOURIDO RIAL , LORENZO	MALE	ABSOLUTO	INDEPENDIENTE	00:15:21
10	10	76	PENA SUÁREZ , JOSE MANUEL	MALE	ABSOLUTO	AD JARNACHAS	00:15:23
11	11	32	DOMINGUEZ REY , JOAQUIN VICENTE	MALE	ABSOLUTO	INDEPENDIENTE	00:15:28
12	12	110	SANTOS SUAREZ , MARTIN	MALE	ABSOLUTO	TRIATLON COSTA DA MORTE	00:15:28
13	13	39	INFESTA SAR , IGNACIO	MALE	ABSOLUTO	TRIATLONCOSTADAMORTE	00:15:32
14	14	65	MIRA PÉREZ , PABLO	MALE	ABSOLUTO	TERRA DE SONEIRA	00:15:55
15	15	126	VAZQUEZ SANTOS , DANIEL	MALE	ABSOLUTO		00:16:03
16	16	88	RECAREY RODRIGUEZ , AARON	MALE	ABSOLUTO	TERRA DE SONEIRA	00:16:08
17	17	114	SUÁREZ COUSILLAS , DARIO	MALE	ABSOLUTO	INDEPENDIENTE	00:16:17
18	18	105	ROGET PEREZ , FELIX	MALE	ABSOLUTO	TERRA DE SONEIRA	00:16:23
19	19	16	BLANCO SANCHEZ , ADOLFO	MALE	ABSOLUTO	INDEPENDIENTE	00:16:25
20	20	17	BLANCO SÁNCHEZ , DIEGO	MALE	ABSOLUTO		00:16:27
21	21	43	LADO CASTIÑEIRA , ESTEBAN	MALE	ABSOLUTO		00:16:35
22	22	113	SERRANO REMUIÑÁN , JOSÉ ANTONIO	MALE	ABSOLUTO	INDEPENDIENTE	00:16:37
23	1	12	BERMÚDEZ CANOSA , APOLONIA	FEMALE	ABSOLUTA	INDEPENDIENTE	00:16:42
24	23	89	REGO POSE , MARTIN	MALE	ABSOLUTO	TRIATLONCOSTADAMORTE	00:16:49
25	24	31	COUSO GARCÍA , JESÚS	MALE	ABSOLUTO	CLUB ATLETISMO NEGREIRA	00:16:59
26	25	77	PEREIRA BELLO , VICTOR	MALE	ABSOLUTO		00:17:02
27	26	33	FERNÁNDEZ - BRAVO VILARIÑO , CARLOS DAVID	MALE	ABSOLUTO	INDEPENDIENTE	00:17:08
28	27	64	MÉNDEZ , SUSO	MALE	ABSOLUTO	ABELLARIZA	00:17:14
29	28	47	LAMAS PÉREZ , ALEJANDRO	MALE	ABSOLUTO	ENTRENARUNNING	00:17:17
30	29	48	LEIRA SANDA , MANUEL	MALE	ABSOLUTO		00:17:36
31	30	108	ROMERO LEMA , PABLO	MALE	ABSOLUTO	TABEIRÓN DEPORTIVO	00:17:39
32	31	28	CASTRO ROMÁN , ALEJANDRO JOSÉ	MALE	ABSOLUTO		00:17:39
33	2	79	PEREIRA BELLO , MARTA	FEMALE	ABSOLUTA		00:17:42
34	32	13	BERMUDEZ VARELA , JOSE	MALE	ABSOLUTO	AD MEDIADUCIA	00:17:46
35	33	99	RODRÍGUEZ DOMÍNGUEZ , JUAN ENRIQUE	MALE	ABSOLUTO		00:17:49
36	34	21	CAMBEIRO BLANCO , JUAN CARLOS	MALE	ABSOLUTO	A.D. OLIMPIA	00:17:58
37	3	115	SUÁREZ GESTO , ELENA	FEMALE	ABSOLUTA	CLUB ATLETISMO SADA	00:18:08
38	35	81	PEREZ BLANCO , JAVIER	MALE	ABSOLUTO	INDEPENDIENTE	00:18:08
39	36	46	LAMAS CANOSA , JESÚS	MALE	ABSOLUTO		00:18:09
40	37	109	ROMERO VÁZQUEZ , CARLOS	MALE	ABSOLUTO	FURANCHO DEPORTIVO	00:18:10
41	38	116	TAJES CANOSA , LUIS	MALE	ABSOLUTO	INDEPENDIENTE	00:18:12
42	39	101	RODRIGUEZ FRAMIL , ALFONSO	MALE	ABSOLUTO	NOITEBRA	00:18:15
43	40	68	MUIÑO CASTRO , JUAN CARLOS	MALE	ABSOLUTO	INDEPENDIENTE	00:18:15
44	41	95	REY ESPASANDIN , MAIKOL	MALE	ABSOLUTO		00:18:21
45	42	112	SENDÓN BAÑA , CÉSAR	MALE	ABSOLUTO	INDEPENDIENTE	00:18:23
46	43	34	FERNÁNDEZ CARBALLO , JUAN JOSE	MALE	ABSOLUTO		00:18:24
47	4	19	CAAMAÑO PÉREZ , VANESA	FEMALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:18:31
48	44	55	LEMA VALIÑA , ADRIÁN	MALE	ABSOLUTO	INDEPENDIENTE	00:18:33
49	45	4	ANDRADE LAGO , ALBERTO	MALE	ABSOLUTO	ASOCIACIÓN DEPORTIVA OLIMPIA (CEE)	00:18:41
50	5	78	PEREIRA BELLO , MARÍA JOSÉ	FEMALE	ABSOLUTA		00:18:47
51	46	119	TRILLO FERNANDEZ , ABRAHAM	MALE	ABSOLUTO	TERRA DE SONEIRA C.D.	00:18:51
52	6	59	LÓPEZ VILAS , GELI	FEMALE	ABSOLUTA	RUNNING ARTEIXO	00:18:54
53	47	83	PICON RIVAS , BRAULIO	MALE	ABSOLUTO	ABELLARIZA	00:18:55
54	48	6	ANDREA VIDAL , BRYAN	MALE	ABSOLUTO	TERRA DE SONEIRA	00:18:55
55	7	75	PAZOS SUENA , CARLOTA	FEMALE	ABSOLUTA	INDEPENDIENTE	00:18:56
56	49	80	PEREIRA BLANCO , RAMIRO	MALE	ABSOLUTO		00:19:07
57	50	94	REY CAMIÑO , RAMON	MALE	ABSOLUTO	INDEPENDIENTE	00:19:13
58	51	25	CARBALLAL IGLESIAS , ALBERT	MALE	ABSOLUTO	+D MONTE	00:19:19
59	52	26	CARRASCO ITURRA , CARLOS	MALE	ABSOLUTO	CLUB ATLETISMO O PINO	00:19:20
60	53	11	BECERRA RODRIGUEZ , DANIEL	MALE	ABSOLUTO	NOITEBRA	00:19:30
61	8	84	POSE CHOUCIÑO , OLGA	FEMALE	ABSOLUTA	ABELLARIZA	00:19:32
62	54	54	LEMA POSE , SERGIO	MALE	ABSOLUTO	INDEPENDIENTE	00:19:33
63	55	40	INSUA INSUA , MANUEL	MALE	ABSOLUTO	SAR PETRONI	00:19:35
64	9	118	TRILLO CALO , PAULA	FEMALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:19:36
65	56	52	LEMA PEREZ , MANUEL ESTEBAN	MALE	ABSOLUTO	AD ZAS	00:19:36
66	57	15	BLANCO CASTRO , MANUEL ÁNGEL	MALE	ABSOLUTO	ABELLARIZA	00:19:37
67	58	3	AMIGO CAAMAÑO , MARTIN	MALE	ABSOLUTO	TRIATLON COSTA DA MORTE	00:19:38
68	59	14	BLANCO BARREIRO , JOSE ANTONIO	MALE	ABSOLUTO	INDEPENDIENTE	00:19:57
69	60	97	RIVAS MOURIÑO , CARLOS	MALE	ABSOLUTO		00:20:07
70	61	106	ROGET PEREZ , LUIS	MALE	ABSOLUTO		00:20:26
71	62	22	CAMBRE VENTURA , MOISES	MALE	ABSOLUTO	TERRA DE SONEIRA	00:20:38
72	63	23	CAPELO VILAR , FABIO	MALE	ABSOLUTO	CORREXALLAS	00:20:49
73	64	125	VÁZQUEZ PARDIÑAS , MANUEL	MALE	ABSOLUTO	INDEPENDIENTE	00:20:52
74	65	74	PAZ PEREIRA , NICOLÁS	MALE	ABSOLUTO	TERRA DE SONEIRA C.D.	00:20:53
75	66	73	PALOMERO ALBA , FRANCISCO JAVIER	MALE	ABSOLUTO	A.D. MEDIA DUCIA	00:20:53
76	67	111	SENDÓN , FELIX	MALE	ABSOLUTO		00:20:57
77	68	38	IGLESIAS ANDRADE , BRAIS	MALE	ABSOLUTO	AD OLIMPIA	00:21:07
78	69	82	PÉREZ FIDALGO , ADÁN	MALE	ABSOLUTO	INDEPENDIENTE	00:21:12
79	70	9	BARBEIRA GARCIA , DAVID	MALE	ABSOLUTO	CORREXALLAS	00:21:41
80	10	8	BARBEIRA GALLARDO , ÁNGELA	FEMALE	ABSOLUTA	CORREXALLAS	00:21:42
80	71	62	MALLO VARELA , DIEGO	MALE	ABSOLUTO		00:21:42
82	72	53	LEMA POSE , MARTÍN	MALE	ABSOLUTO		00:21:43
83	11	107	ROJO MARTÍNEZ , VANESA	FEMALE	ABSOLUTA	FURANCHO VIMIANZO	00:21:47

84	73	1	ALLO RELLAN , JOSÉ MARIA	MALE	ABSOLUTO	INDEPENDIENTE	00:21:53
85	12	86	PREGO VÁZQUEZ , SILVIA	FEMALE	ABSOLUTA	RUNNING ARTEIXO	00:21:53
85	12	93	REY ARÁN , MARÍA ISABEL	FEMALE	ABSOLUTA	INDEPENDIENTE	00:21:53
87	74	67	MOREIRA VEIGA , JOSÉ ANTONIO	MALE	ABSOLUTO	INDEPENDIENTE	00:21:54
88	14	50	LEMA LADO , CARMEN	FEMALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA (CEE)	00:22:05
89	15	117	TORRENTE LEIS , AZAHARA	FEMALE	ABSOLUTA		00:22:16
90	16	27	CASTIÑEIRA DE LEON , AITANA	FEMALE	ABSOLUTA	FURANCHO VIMIANZO	00:22:34
91	17	85	POSE FARIÑA , ERUNDINA	FEMALE	ABSOLUTA	INDEPENDIENTE	00:22:58
92	75	92	RELLÁN LEMA , JOSE MARIA	MALE	ABSOLUTO	ABELLARIZA	00:22:59
93	18	66	MOLEDO PARÍS , JENNY	FEMALE	ABSOLUTA		00:23:04
94	19	132	VIDAL SALGADO , SANDRA	FEMALE	ABSOLUTA	TERRA DE SONEIRA	00:23:06
95	20	61	LOURO BLANCO , DIANA	FEMALE	ABSOLUTA	INDEPENDIENTE	00:23:27
96	21	63	MAYO SÁNCHEZ , GREPCY	FEMALE	ABSOLUTA		00:23:28
96	21	70	OANES VIDAL , PAULA	FEMALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:23:28
98	76	96	RIEIRO GARCÍA , MANUEL	MALE	ABSOLUTO	CORREXALLAS	00:23:29
99	77	41	INSUA LOURO , JUAN JOSÉ	MALE	ABSOLUTO	DUBRA TEAM	00:23:44
100	78	42	INSUA PICON , MARCO	MALE	ABSOLUTO		00:24:15
101	23	69	NOVOA ESPASANDIN , MARÍA FE	FEMALE	ABSOLUTA	FURANCHO DEPORTIVO	00:24:38
102	24	58	LOPEZ TEMES , ROCÍO	FEMALE	ABSOLUTA	CORREXALLAS	00:25:09
103	25	5	ANDRADE LAGO , MARIA	FEMALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA (CEE)	00:25:36
104	26	49	LEMA CAAMAÑO , GUADALUPE	FEMALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA (CEE)	00:25:38
105	27	24	CAPELO VILAR , KARINA	FEMALE	ABSOLUTA	CORREXALLAS	00:25:56
106	28	236	RAJOY CANOSA , CHLOE	FEMALE	ABSOLUTA	INDEPENDIENTE	00:26:10
107	29	29	CIDONCHA MORAN , NURIA	FEMALE	ABSOLUTA	AD MEDIADUCIA	00:26:28
108	30	103	RODRIGUEZ PEREIRA , ALEJANDRA	FEMALE	ABSOLUTA	INDEPENDIENTE	00:26:30
109	79	37	GONZÁLEZ PEREIRA , MANUEL	MALE	ABSOLUTO	RUNNING ARTEIXO	00:26:30
110	31	130	VIDAL FUENTES , TERESA	FEMALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:27:21
111	32	128	VIDAL FUENTES , MARIA	FEMALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:27:24
112	33	129	VIDAL FUENTES , CARMEN	FEMALE	ABSOLUTA	TERRA DE SONEIRA C.D.	00:27:24
113	34	30	CONDE CASTRO , AINHOA	FEMALE	ABSOLUTA	FURANCHO VIMIANZO	00:27:58
114	35	104	RODRIGUEZ ROMAR , ANDREA	FEMALE	ABSOLUTA	INDEPENDIENTE	00:30:09
115	36	127	VIDAL DOMINGUEZ , IVANNA	FEMALE	ABSOLUTA		00:30:09
116	80	56	LIRES , JAVIER	MALE	ABSOLUTO		00:30:11
117	37	7	ANTELO ALVARELLOS , ADRIANA	FEMALE	ABSOLUTA	TERRA DE SONEIRA	00:30:44
118	38	45	LAGO ANDRADE , IRIA	FEMALE	ABSOLUTA	ASOCIACIÓN DEPORTIVA OLIMPIA (CEE)	00:30:46
119	39	35	FIGUEIRA DOMÍNGUEZ , PAULA	FEMALE	ABSOLUTA	FURANCHO VIMIANZO	00:32:07