

III CROSS DE LARIÑO: ABSOLUTA

POS.	P.CAT.	NUMBER	DORSAL	SEX	CATEGORY	CLUB	META	DIFF.	RITMO
1	1	42	VIEITES CARBALLO MANUEL	MALE	VETERAN 1	ATLETISMO CUNTIS	00:38:45.847		03:46 min/Km
2	2	21	ANTELO LEMA LUÍS MIGUEL	MALE	VETERAN 1	OS MUDITOS CLUB DEPORTIVO	00:39:14.047	+00:00:28.200	03:49 min/Km
3	1	56	MIGUENS GASAMANES FELIPE	MALE	VETERAN 2	AT. SAR - VERMU PETRONI	00:39:30.777	+00:00:44.930	03:51 min/Km
4	3	41	TRABA CAAMAÑO PEDRO	MALE	VETERAN 1	CLUB ATLETISMO OUTES - JOHN TURKEY	00:40:28.157	+00:01:42.310	03:56 min/Km
5	2	43	BARREIRO PEREIRA XOSÉ ANTÓN	MALE	VETERAN 2	CLUBE DEPORTIVO SAN PAIO	00:41:05.207	+00:02:19.360	03:60 min/Km
6	1	79	SUAREZ LEIS JOSE	MALE	VETERAN 3	ATLETISMO BOIMORTO	00:41:08.767	+00:02:22.920	03:60 min/Km
7	3	52	LAGO CES JOSE MANUEL	MALE	VETERAN 2	SAR- VERMU PETRONI	00:41:25.147	+00:02:39.300	04:02 min/Km
8	1	137	CAMPOS SANTIAGO ANGEL	MALE	SENIOR		00:41:50.947	+00:03:05.100	04:04 min/Km
9	2	8	GONZÁLEZ REY JOSECHO	MALE	SENIOR	INDEPENDIENTE	00:42:05.007	+00:03:19.160	04:06 min/Km
10	4	66	SISO GARCIA JAVIER	MALE	VETERAN 2	INDEPENDIENTE	00:43:28.367	+00:04:42.520	04:14 min/Km
11	5	59	PASANTES VIDAL ARTURO	MALE	VETERAN 2	TRIATLÓN COSTA DA MORTE	00:44:08.327	+00:05:22.480	04:18 min/Km
12	3	10	MACEIRAS FIGUEIRAS ADRIÁN	MALE	SENIOR	SAR- VERMU PETRONI	00:44:18.077	+00:05:32.230	04:19 min/Km
13	4	25	FIGUEIRAS MARTÍNEZ BALTASAR	MALE	VETERAN 1	SAR- VERMU PETRONI	00:44:18.737	+00:05:32.890	04:19 min/Km
14	5	27	GONZÁLEZ REY BONI	MALE	VETERAN 1	INDEPENDIENTE	00:44:21.107	+00:05:35.260	04:19 min/Km
15	4	6	CERQUEIRO BARREIRO VICTOR MANUEL	MALE	SENIOR	INDEPENDIENTE	00:44:44.657	+00:05:58.810	04:21 min/Km
16	6	46	CARBALLEIRA PUÑAL JOSÉ	MALE	VETERAN 2	INDEPENDIENTE	00:44:49.477	+00:06:03.630	04:22 min/Km
17	7	65	SAMBADE VARA FRANCISCO	MALE	VETERAN 2	INDEPENDIENTE	00:45:10.217	+00:06:24.370	04:24 min/Km
18	5	19	TOME SUAREZ JOSE MANUEL	MALE	SENIOR	TRIATLON COSTA DA MORTE	00:45:25.387	+00:06:39.540	04:25 min/Km
19	1	86	LAGO TRILLO BRAIS	MALE	XUVENIL	A. D. OLIMPIA	00:46:18.257	+00:07:32.410	04:30 min/Km
20	6	33	LAGO. SANTIAGO KIKO	MALE	VETERAN 1	A. D. OLIMPIA	00:46:18.717	+00:07:32.870	04:30 min/Km
21	7	31	LAGO SABORIDO FRAN	MALE	VETERAN 1	INDEPENDIENTE	00:46:24.007	+00:07:38.160	04:31 min/Km
22	6	3	BELLO GRAIÑO DIEGO	MALE	SENIOR	INDEPENDIENTE	00:46:28.937	+00:07:43.090	04:31 min/Km
23	8	34	LEMA FERNANDEZ CARLOS	MALE	VETERAN 1	INDEPENDIENTE	00:46:30.937	+00:07:45.090	04:31 min/Km
24	2	73	FREIRE ESPARÍS BENIGNO	MALE	VETERAN 3	INDEPENDIENTE	00:46:58.567	+00:08:12.720	04:34 min/Km
25	1	2	BAAMONDE OTERO ALBA	FEMALE	SENIOR-F	COFFE TIMES NOIES	00:47:21.177	+00:08:35.330	04:36 min/Km
26	8	44	BLANCO FIGUEIRIDO MARCOS ANTONIO	MALE	VETERAN 2	C.A. OUTES JOHN TURKEY	00:47:38.957	+00:08:53.110	04:38 min/Km
27	7	139	LUACES PAZ ENRIQUE	MALE	SENIOR		00:47:38.960	+00:08:53.113	04:38 min/Km
28	2	84	BLANCO MÉNDEZ JORGE	MALE	XUVENIL	ARTROGAL TRI-498	00:48:01.747	+00:09:15.900	04:40 min/Km
29	9	28	INSUA PEDROSA PABLO	MALE	VETERAN 1	PONTE TRAIL	00:48:13.747	+00:09:27.900	04:41 min/Km
30	9	53	LAREO CREO JUAN JAVIER	MALE	VETERAN 2	PONTE TRAIL	00:48:36.507	+00:09:50.660	04:44 min/Km
31	10	51	IGLESIAS VIGO JESUS	MALE	VETERAN 2	CLUB ATLETISMO NEGREIRA	00:48:49.207	+00:10:03.360	04:45 min/Km
32	3	70	BARREIRO CERNADAS RAMÓN	MALE	VETERAN 3	CLUBE ATLETISMO OUTES- JOHN TURKEY	00:48:56.367	+00:10:10.520	04:46 min/Km
33	1	138	GARCIA FERNANDEZ KOLDO	MALE	VETERAN 4		00:49:04.407	+00:10:18.560	04:46 min/Km
34	8	5	CERNADAS CREO SALVADOR	MALE	SENIOR	VERXEL NUTRICIÓN DEPORTIVA	00:49:11.257	+00:10:25.410	04:47 min/Km
35	1	36	MAYO CAAMAÑO MARINELA	FEMALE	VETERAN 1-F	AT. SAR - VERMU PETRONI	00:49:11.417	+00:10:25.570	04:47 min/Km

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36	3	87	MACEIRAS FIGUEIRAS ISAAC	MALE	XUVENIL	SAR- VERMU PETRONI	00:49:12.537	+00:10:26.690	04:47 min/Km
37	2	82	CAMEÁN LAMPÓN JUAN	MALE	VETERAN 4	VETERANOS DE SAMIL/MANUEL TOMÁS	00:49:23.887	+00:10:38.040	04:48 min/Km
38	4	80	TRIUNFO DELGADO GONZALO	MALE	VETERAN 3	ARTROGAL TRI 498	00:49:26.677	+00:10:40.830	04:49 min/Km
39	11	45	CALVO CASTRO IVÁN	MALE	VETERAN 2	INDEPENDIENTE	00:49:40.667	+00:10:54.820	04:50 min/Km
40	5	77	MEDINA JIMÉNEZ EMILIO	MALE	VETERAN 3	INDEPENDIENTE	00:49:48.567	+00:11:02.720	04:51 min/Km
41	12	60	PATIÑO MARTI JOSE RAMON	MALE	VETERAN 2	INDEPENDIENTE	00:50:08.967	+00:11:23.120	04:53 min/Km
41	12	62	PIÑEIRO ABEIJON BENITO	MALE	VETERAN 2	INDEPENDIENTE	00:50:08.967	+00:11:23.120	04:53 min/Km
43	9	11	PEDROSA MAYO JOSÉ MANUEL	MALE	SENIOR	PONTE TRAIL	00:50:09.167	+00:11:23.320	04:53 min/Km
44	10	35	MATO PEÓN CELESTINO	MALE	VETERAN 1	ARTROGAL TRI-498	00:51:07.067	+00:12:21.220	04:58 min/Km
45	14	58	MUÑOZ DIOS DAVID	MALE	VETERAN 2	ARTROGAL TRI-498	00:51:34.287	+00:12:48.440	05:01 min/Km
46	10	17	ROMERO VAZQUEZ MANUEL ANGEL	MALE	SENIOR	INDEPENDIENTE	00:52:24.587	+00:13:38.740	05:06 min/Km
47	11	23	CANOSA GOSENDE JOSE MARIA	MALE	VETERAN 1	A. D. OLIMPIA	00:52:24.777	+00:13:38.930	05:06 min/Km
48	6	74	IGLESIAS GONZALEZ ENRIQUE	MALE	VETERAN 3	INDEPENDIENTE	00:52:28.377	+00:13:42.530	05:06 min/Km
49	12	37	PAIS TRIGO FRANCISCO	MALE	VETERAN 1	INDEPENDIENTE	00:52:31.347	+00:13:45.500	05:06 min/Km
50	11	9	LOUREIRO GUILLERMO FERNANDO	MALE	SENIOR	OS DESBROZA CARRETERAS	00:52:41.677	+00:13:55.830	05:07 min/Km
51	1	50	GROBAS GARABOA MARÍA JOSÉ	FEMALE	VETERAN 2-F	CLUBE ATLETISMO BOIMORTO	00:52:48.757	+00:14:02.910	05:08 min/Km
52	15	54	LOPEZ RAMA JESUS	MALE	VETERAN 2	PRAIA DE CARNOTA RUNNERS	00:54:26.697	+00:15:40.850	05:18 min/Km
53	12	13	PORTO CALVELO BRUNO	MALE	SENIOR	PRAIA DE CARNOTA RUNNERS	00:54:28.947	+00:15:43.100	05:18 min/Km
54	13	12	PETEIRO VIGO DIEGO MARTÍN	MALE	SENIOR	OS DESBROZA CARRETERAS	00:54:40.147	+00:15:54.300	05:19 min/Km
55	7	69	ABATI GOMEZ QUIQUE	MALE	VETERAN 3	PRAIA DE CARNOTA RUNNERS	00:55:05.067	+00:16:19.220	05:21 min/Km
56	16	57	MUÑIZ MUÑIZ XOÁN	MALE	VETERAN 2	INDEPENDIENTE	00:55:47.357	+00:17:01.510	05:25 min/Km
57	13	32	LAGO SEGADE JOSÉ ANTONIO	MALE	VETERAN 1	INDEPENDIENTE	00:56:09.127	+00:17:23.280	05:28 min/Km
58	2	26	FORMOSO NOCEDA TINA	FEMALE	VETERAN 1-F	INDEPENDIENTE	00:56:11.467	+00:17:25.620	05:28 min/Km
59	14	29	LADO FIGUEIRAS ABEL	MALE	VETERAN 1	INDEPENDIENTE	00:56:11.547	+00:17:25.700	05:28 min/Km
60	8	72	CASTRO VILAR ALBERTO	MALE	VETERAN 3	INDEPENDIENTE	00:56:41.817	+00:17:55.970	05:31 min/Km
61	14	4	CARBALLEIRA PUÑAL ADRIÁN	MALE	SENIOR	INDEPENDIENTE	00:56:47.057	+00:18:01.210	05:31 min/Km
62	2	61	PÉREZ MARTINEZ BELEN	FEMALE	VETERAN 2-F		00:57:24.047	+00:18:38.200	05:35 min/Km
63	17	48	FABEIRO RAMÓN	MALE	VETERAN 2	INDEPENDIENTE	00:58:29.217	+00:19:43.370	05:41 min/Km
64	15	30	LAGO CAAMAÑO PASCUAL	MALE	VETERAN 1	INDEPENDIENTE	00:59:10.637	+00:20:24.790	05:45 min/Km
65	18	141	MAYO CAAMAÑO JOSE MANUEL	FEMALE	VETERAN 2		00:59:36.113	+00:20:50.266	05:48 min/Km
66	19	47	CARREIRA NODAR JORGE	MALE	VETERAN 2	CLUB DEPORTIVO SAN PAIO	01:02:32.337	+00:23:46.490	06:05 min/Km
67	2	20	VARELA VAZQUEZ JANETTE	FEMALE	SENIOR-F	INDEPENDIENTE	01:02:48.587	+00:24:02.740	06:06 min/Km
68	3	83	CARBALLEIRA HORTAS XOSÉ MANUEL	MALE	VETERAN 4	INDEPENDIENTE	01:03:55.577	+00:25:09.730	06:13 min/Km
69	9	78	PIÑEIRO LAGO TONO	MALE	VETERAN 3	INDEPENDIENTE	01:04:12.077	+00:25:26.230	06:14 min/Km

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NO SALEN

NS		7	DURO LIÑARES OLALLA	FEMALE	SENIOR-F	PONTE TRAIL			
NS		14	RAMA CAAMAÑO JOSE	MALE	SENIOR	INDEPENDIENTE			
NS		15	REY GOMEZ ROBERTO	MALE	SENIOR	C.D. SAN PAIO			
NS		16	RODRÍGUEZ PARAJO JORGE	MALE	SENIOR	OS DESBROZA CARRETERAS			
NS		18	SESTAYO LEIS LUIS	MALE	SENIOR	INDEPENDIENTE			
NS		22	CAAMAÑO NIETO AVELINO	MALE	VETERAN 1				
NS		24	CID SANMARTÍN ROBERTO	MALE	VETERAN 1	CLUB TRIATLON CORUÑA			
NS		38	RODRÍGUEZ RODRÍGUEZ ANTONIO	MALE	VETERAN 1	PRAIA DE CARNOTA RUNNERS			
NS		39	SUÁREZ BERMÚDEZ FRANCISCO JAVIER	MALE	VETERAN 1	INDEPENDIENTE			
NS		40	TOREA MOLEDO NÉSTOR	MALE	VETERAN 1	INDEPENDIENTE			
NS		49	GARCIA ABALO KIKO	MALE	VETERAN 2	BARBANTIA RODA			
NS		55	MACEIRAS LAËÇO ANGEL	MALE	VETERAN 2	ATL.SAR VERMU PETRONI			
NS		63	RODRIGUEZ CID JOSE MANUEL	MALE	VETERAN 2	INDEPENDIENTE			
NS		64	SABORIDO MARTINEZ PEPE	MALE	VETERAN 2	ARTROGALTRI 498			
NS		67	TELLERIA COUSO FERNANDO	MALE	VETERAN 2	INDEPENDIENTE			
NS		68	VILLAR RODRIGUEZ RICARDO	MALE	VETERAN 2	NOITEBRA			
NS		71	BERNARDEZ MALLO JOSÉ ANTONIO	MALE	VETERAN 3	INDEPENDIENTE			
NS		75	LOPEZ TOJA XOSE RAMON	MALE	VETERAN 3	INDEPENDIENTE			
NS		76	MARTINEZ ANTA EMILIO	MALE	VETERAN 3	EGOVARROS			
NS		81	BERNAL GOMEZ JESUS	MALE	VETERAN 4	INDEPENDIENTE			
NS		85	LAGO FERNANDEZ RAUL	MALE	XUVENIL	INDEPENDIENTE			