

7K DO CARBALLIÑO

O CARBALLIÑO, 19 DE MARZO DE 2017

Pos.	Dor.	Nombre	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	338	Paredes Gonzalez, Javier	MAS	1	24:17.69	03:28	
2	347	Seoane Vazquez, Oscar Jose	MAS	2	24:35.75	03:31	0:00:18
3	335	Noguerol Rodriguez, Jaime	MAS	3	25:17.23	03:37	0:00:59
4	329	Lopez Baltar, Adrian	MAS	4	25:22.32	03:37	0:01:04
5	312	Conde Valladares, Angel	MAS	5	25:32.79	03:39	0:01:15
6	322	Gonzalez alvarez, Lucas	MAS	6	25:49.13	03:41	0:01:31
7	301	Airas Cota, Ruben	MAS	7	26:08.00	03:44	0:01:50
8	341	Raña Fuentes, Manuel	MAS	8	26:32.74	03:48	0:02:15
9	348	Silva Luna, Jordi	MAS	9	26:33.14	03:48	0:02:15
10	328	Lecompte, Alexandre	MAS	10	27:19.03	03:54	0:03:01
11	354	Valdes, Pablo	MAS	11	28:15.59	04:02	0:03:58
12	352	Torres Barreiros, Ramses	MAS	12	28:19.54	04:03	0:04:02
13	302	Alvarez Fernandez, Angel	MAS	13	28:32.07	04:05	0:04:14
14	382	Ocampo Sanmamed, Ana Maria	FEM	1	28:40.75	04:06	0:04:23
15	356	Varela Crespo, Mario Daniel	MAS	14	28:56.58	04:08	0:04:39
16	345	Rodriguez Iglesias, Gelasio	MAS	15	29:01.71	04:09	0:04:44
17	317	Diaz Leon, Francisco Javier	MAS	16	30:02.02	04:17	0:05:44
18	358	Vidal Cerviño, Oscar	MAS	17	30:04.61	04:18	0:05:47
19	313	Cornaglia Lopez, Gabriel	MAS	18	30:27.25	04:21	0:06:09
20	373	Soutullo Paradela, Ana	FEM	2	30:29.71	04:21	0:06:12
21	108	Novoa Barbosa, Monica	FEM	3	30:32.29	04:22	0:06:14
22	504	Lamas Cuadrado, Flor	FEM	4	30:37.52	04:23	0:06:20
23	391	Dominguez Montes, Begoña	FEM	5	30:50.68	04:24	0:06:33
24	320	Feal Salido, Alberto	MAS	19	31:28.92	04:30	0:07:11
25	393	Couto, Cristina	FEM	6	31:30.09	04:30	0:07:12
26	353	Urbano Martinez, Jorge	MAS	20	31:39.24	04:31	0:07:21
27	332	Martinez Alvarez, Tomas	MAS	21	31:39.67	04:31	0:07:22
28	388	Galiña Pardo, Gloria	FEM	7	32:36.40	04:39	0:08:18
29	392	Couto Mendoza, Maite	FEM	8	32:49.62	04:41	0:08:32
30	307	Blanco Garcia, Benjamin	MAS	22	33:01.88	04:43	0:08:44
31	323	Gonzalez Bueno, Jose Miguel	MAS	23	33:23.46	04:46	0:09:05
32	344	Rodriguez Gonzalez, Carlosr	MAS	24	33:35.57	04:48	0:09:18
33	316	De Novoa Gomez, Carlos	MAS	25	33:38.02	04:48	0:09:20
34	601	Aldao Prada, Iria	FEM	9	33:48.91	04:50	0:09:31
35	304	Alves Rodriguez, Samuel	MAS	26	33:51.25	04:50	0:09:33
36	124	Cotovad Malvar, Maria Del Carmen	FEM	10	33:52.83	04:50	0:09:35
37	343	Requejo Perez, Jose Luis	MAS	27	33:56.48	04:51	0:09:38
38	325	Hermida Barreiro, Manuel	MAS	28	34:02.04	04:52	0:09:44
39	339	Perez Cibeira, Jose Manuel	MAS	29	34:07.46	04:52	0:09:49
40	603	Castro Perez, Raquel	FEM	11	34:18.07	04:54	0:10:00
41	374	Salgado Da Silva, Natalia	FEM	12	34:21.61	04:55	0:10:04
42	309	Cabo Ben, Jose Luis	MAS	30	34:21.66	04:55	0:10:04
43	357	Vazquez Martinez, Jose Manuel	MAS	31	34:35.47	04:56	0:10:17
44	308	Bueno Casado, Jose Angel	MAS	32	34:44.80	04:58	0:10:27
45	310	Cambon Arceo, Xose Manuel	MAS	33	34:56.89	05:00	0:10:39
46	319	Dominguez Moreiras, Segundo	MAS	34	35:01.02	05:00	0:10:43
47	305	Arias Carral, Manuel	MAS	35	35:11.18	05:02	0:10:53
48	379	Piñero Villalba, Tamara	FEM	13	35:20.21	05:03	0:11:02
49	355	Varela Armesto, Daniel	MAS	36	35:41.97	05:06	0:11:24
50	311	Carral Otero, Bruno	MAS	37	36:01.62	05:09	0:11:44
51	326	Lago Pastoriza, Jacobo	MAS	38	36:07.35	05:10	0:11:49
52	378	Rodriguez Gonzalez, Lola	FEM	14	36:14.70	05:11	0:11:57
53	377	Rodriguez Gulias, Beatriz	FEM	15	36:25.98	05:12	0:12:08
54	342	Regueira Rodriguez, Andres	MAS	39	36:45.04	05:15	0:12:27
55	337	Padron Fernandez, Javier	MAS	40	36:46.00	05:15	0:12:28
56	314	Craig, Ruaidhri	MAS	41	36:46.03	05:15	0:12:28

57	602	Alvarez, Nuria	FEM	16	36:49.36	05:16	0:12:31
58	383	Novoa Sanmiguel, Tamara	FEM	17	36:58.63	05:17	0:12:41
59	333	Martinez Martinez, Oscar	MAS	42	37:10.07	05:19	0:12:52
60	321	Garcia Dopazo, Carlos	MAS	43	37:29.88	05:21	0:13:12
61	340	Ramos Alvarez, Luis	MAS	44	37:50.79	05:24	0:13:33
62	126	Vaquero Diaz, Rufino	MAS	45	38:51.45	05:33	0:14:33
63	327	Landeira Brage, Alberto	MAS	46	40:21.89	05:46	0:16:04
64	390	Fernandez Blanco, Silvia	FEM	18	40:34.96	05:48	0:16:17
65	350	Taboada Carnero, Francisco	MAS	47	40:43.01	05:49	0:16:25
66	359	Vidal Fernandez, Lino	MAS	48	40:51.33	05:50	0:16:33
67	372	Troncoso, Yolanda	FEM	19	40:55.25	05:51	0:16:37
68	387	Lorenzo Fernandez, Paula	FEM	20	41:02.79	05:52	0:16:45
69	609	Collada Gomez, Lorena	FEM	21	41:19.28	05:54	0:17:01
70	376	Rodriguez Gulias, Maria Jesus	FEM	22	41:25.49	05:55	0:17:07
71	324	Gonzalez Perez, Pablo	MAS	49	42:00.48	06:00	0:17:42
72	375	Rodriguez Perez, Veronica	FEM	23	42:27.94	06:04	0:18:10
73	385	Novellas Julià, Cristina	FEM	24	43:16.81	06:11	0:18:59
74	604	Chavez Vazquez, M ^a Guadalupe	FEM	25	43:18.49	06:11	0:19:00
75	380	Perez Alvarez, Miriam	FEM	26	43:42.29	06:15	0:19:24
76	330	Lorenzo Alvarez, Xoan Carlos	MAS	50	43:43.80	06:15	0:19:26
77	370	Verger Gonzalez, Mar	FEM	27	43:58.82	06:17	0:19:41
78	384	Novoa, Marta	FEM	28	44:03.37	06:18	0:19:45
79	303	Alvarez Rodriguez, Javier	MAS	51	44:03.47	06:18	0:19:45
80	389	Fernandez Valladares, Sandra	FEM	29	44:12.49	06:19	0:19:54
81	369	Vide Soria, M ^a Elisa	FEM	30	44:17.50	06:20	0:19:59
82	349	Soria Vara, Luis	MAS	52	44:17.72	06:20	0:20:00
83	351	Taboada Rodicio, Jose Luis	MAS	53	44:17.81	06:20	0:20:00
84	306	Bao Estevez, Francisco	MAS	54	45:41.57	06:32	0:21:24
85	381	Pena Diaz, Laura	FEM	31	47:16.02	06:45	0:22:58
86	318	Dominguez Moreiras, Bruno	MAS	55	47:21.89	06:46	0:23:04
87	606	Chub Savchenko, Lyudmyla	FEM	32	47:40.92	06:49	0:23:23