

CATEGORIA ABSOLUTA FEMININA

Maratón

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	2.55.34	FERNANDEZ GIL, BEATRIZ	AG-201948	1	1982	40	CRR_P	A Coruña	02/10/2022
2	2.59.55	IGLESIAS CARBALLIDO, ANDREA	GA-100	119	1989	SR	DOMPO	Valencia	04/12/2022
3	3.02.40	GARCIA LORENZO, SILVIA	AG-201752	2	1987	35	SARC	A Coruña	02/10/2022
4	3.10.29	VARELA SANTISO, PATRICIA	AG-2604	127	1992	SR	AREOR	Valencia	04/12/2022
5	3.13.44	FIGUEROA FIGUEROA, MARÍA DEL RO	AG-202411	3	1981	40	SAMPO	A Coruña	02/10/2022
6	3.20.19	RAMA NUÑEZ, VANESSA	AG-202065	60	1977	45	MARC	Valencia	04/12/2022
7	3.26.39	GARCIA SANCHEZ, NATALIA	GA-769054	4	1977	40	CASC	A Coruña	02/10/2022
8	3.30.34	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	10	1965	55	PUROR	Valencia	04/12/2022
9	3.34.17	SANROMAN IGLESIAS, MARIA	GA-850	383	1990	SR	OIAPO	Valencia	04/12/2022
10	3.55.41	LOPEZ VILAS, MARIA DE LOS ANGELES	AG-766	14	1966	55	RATC	A Coruña	02/10/2022
11	3.55.52	DIAZ MESA, ROCIO	GA-809	6	1968	50	RIBLU	A Coruña	02/10/2022
12	3.57.16	CORREDOIRA BALEATO, MARIA	AG-768081	7	1974	45	SARC	A Coruña	02/10/2022
13	4.15.55	ALFONSO PITA, ROCÍO	TGAL-226	8	1975	45	ENKC	A Coruña	02/10/2022
14	4.24.37	RODRIGUEZ GOMEZ, MARIA	AG-14854	455	1984	35	LGRLU	Valencia	04/12/2022

CATEGORIA ABSOLUTA FEMININA

20 km marcha

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	1.36.16	CHAMOSA DACASA, ANTIA	GA-765772	6	1999	SR	SGPPO Pamplona		13/02/2022
2	1.49.22	ESCARIZ MELLA, CARMEN	GA-717186	0	1998	SR	OUROR Muscat - (OMA)		05/03/2022
3	1.57.20	RODRIGUEZ BAZ, MARIA EMILIA	GA-80	28	1975	45	SDTPO Pamplona		13/02/2022
4	1.59.35	RIVAS IGLESIAS, IRIA	GA-769064	31	2001	PR	RIAC A Coruña		28/05/2022

CATEGORIA ABSOLUTA FEMININA

Milla Urbana

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	5.05	CASTRO PEREZ, ANTIA	GA-768759	6	2003	JN	OUROR Madrid		25/09/2022
2	5.17	NAVARRETE SANTANA, ESTER	GA-769008	3	1990	SR	FCB O Barco Valdeorras		11/09/2022
3	5.18	MARTINEZ DOMINGUEZ, XELA	GA-202344	1	2006	JV	LUELU Lourenza		25/06/2022
4	5.18	PIÑEL LORENZO, EVA	GA-764425	4	1998	SR	CAFPO O Barco Valdeorras		11/09/2022
5	5.21	MAYOBRE GONZALEZ, PAULA	GA-766085	1	1989	SR	RPSP Ares		06/08/2022
6	5.23	MEAÑOS ASENSI, RAQUEL	GA-764872	4	2000	PR	VALEN Breña Baja		09/04/2022
7	5.25	GONZALEZ FERNANDEZ, ANGELA	GA-17454	3	1997	SR	MAZPO Marín		24/09/2022
8	5.26	LOPEZ LOPEZ, SARA	GA-768928	2	2001	PR	ADAOR Lourenza		25/06/2022
9	5.26	CEDRON AIRA, MARIA	GA-103	5	2001	PR	ADAOR O Barco Valdeorras		11/09/2022
10	5.27	DOCAMPO GAMARRA, INES	GA-766187	6	2003	JN	ADAOR O Barco Valdeorras		11/09/2022
11	5.29	VARELA MOLEJON, LUCIA	GA-765984	3	2003	JN	LUCLU Lourenza		25/06/2022
12	5.29	DOMINGUEZ MONTES, BEGOÑA	GA-240	8	1984	35	OUROR O Barco Valdeorras		11/09/2022
13	5.31	BALSEIRO RODRIGUEZ, LIDIA	GA-763	1	2010	IN	ESCLU Aviles		17/04/2022
14	5.325	TRIÑANES TEDIN, CATARINA	GA-16553	6	1991	SR	CASC Lourenza		25/06/2022
15	5.32	SPENCER CONCEICAO, ZELINDA	GA-768984	4	1985	35	ORNOR Lourenza		25/06/2022
16	5.34	GUEDES DO NASCEMENTO, SARA	GA-202344	5	2006	JV	LUELU Lourenza		25/06/2022
17	5.37	DIAZ DIAZ, ESTELA	GA-768642	7	2006	JV	LUCLU Lourenza		25/06/2022
18	5.52	SOTO VIÑAS, REBECA	GA-769219	8	1976	45	NAOC Lourenza		25/06/2022
19	5.53	DE LA TORRE CARABELOS, PAULA	GA-768529	5	2002	PR	SGPPO Marín		24/09/2022
20	5.54	FORMOSO RECAREY, ALEJANDRA	GA-1013	9	2005	JV	TKTC Lourenza		25/06/2022
21	5.57	ROSALES ROSALES, PAULA	GA-885	10	1982	35	PINPO Lourenza		25/06/2022
22	5.57	PARRADO PINAQUE, TERESA	AG-202648	2	1990	SR	STOC Ames		25/09/2022
23	6.05	ESTEVEZ CRESPO, CRISTINA	GA-12640	6	1976	45	CAFPO Marín		24/09/2022
24	6.06	RODRIGUEZ GIGIREY VILLAR, ROSALI	GA-717133	11	1998	SR	RFOLU Lourenza		25/06/2022
25	6.06	CASTROS DOMÍNGUEZ, KAREN	GA-503	7	1996	SR	CAFPO Marín		24/09/2022
26	6.08	LEDO LOPEZ, ELENA	GA-20	1	1979	40	ADAOR O Barco Valdeorras		11/09/2022
27	6.12	ARZUA BORRAZAS, MARIA DEL MAR	AG-202753	1	1980	40	MÑRPO Pontevedra		13/11/2022
28	6.14	YOUSEF MORENO, RANIA GABRIELA	AG-5837	8	2006	JV	AVAPO Marín		24/09/2022
29	6.19	IGLESIAS AREA, MARIA	AG-3647	12	1978	40	PINPO Lourenza		25/06/2022
30	6.20	MARTIN RODRIGUEZ, MARIA	GA-768982	13	2006	JV	ADAOR Lourenza		25/06/2022
31	6.21	PAZOS MEIXUS, ARARAT	GA-188	3	2005	JV	SMIPO Ames		25/09/2022
32	6.22	FAJIN PEREZ, SILVIA	GA-891	5	1989	SR	VAGC Ares		06/08/2022
33	6.24	MILLARES SIEIRA, CLARA MARIA	AG-9865	2	1985	35	CANC Pontevedra		13/11/2022
34	6.27	CORREDOIRA COIRA, PILAR	GA-363	14	2005	JV	LUELU Lourenza		25/06/2022
35	6.31	IGLESIAS SANTIAGO, ANGELES	AG-202571	3	1968	50	MÑRPO Marín		24/09/2022
36	6.31	AMMARI, DOUAA	AG-202821	1	2004	JN	CAMPO Pontevedra		13/11/2022
37	6.36	PRADA HERNANDEZ, CONCEPCION	GA-902	1	1976	45	ADAOR O Barco Valdeorras		11/09/2022
38	6.37	LAGO PIRES, NEREA	AG-201649	2	2005	JV	ADCPO Marín		24/09/2022
39	6.37	PIÑEIRO ROMERO, NOA	AG-202742	4	2006	JV	STOC Ames		25/09/2022
40	6.38	DIAZ MESA, ROCIO	GA-809	15	1968	50	RIBLU Lourenza		25/06/2022

CATEGORIA ABSOLUTA FEMININA

Milla Urbana

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	6.40	FERNANDEZ DIAZ, MARTA	GA-814	16	1999	SR	RIBLU	Lourenza	25/06/2022
42	6.41	PADIN FALCON, CARLA	AG-202735	2	2005	JV	CAMPO	Pontevedra	13/11/2022
43	6.44	CIMADEVILLA CRUJEIRAS, TERESA	AG-11743	3	1977	45	CANC	Pontevedra	13/11/2022
44	6.46	BARROS NIETO, ANA	GA-1016	3	2006	JV	COMPO	Marín	24/09/2022
45	6.48	SEGADE BUIDE, SALOMÉ	GA-202358	5	2005	JV	STOC	Ames	25/09/2022
46	6.51	GONZÁLEZ VALEA, SONIA	GA-803	17	1976	45	RIBLU	Lourenza	25/06/2022
47	7.17	RODRIGUEZ SOBRINO, CELINA	AG-766311	1	1958	60	MÑRPO	Pontevedra	13/11/2022
48	7.18	CAMPOS EIRÍN, MERCEDES	AG-14613	2	1977	45	MRÑPO	Ames	25/09/2022
49	7.23	CARIÑENA AMIGO, M ^a PURIFICACIÓN	GA-202344	3	1972	45	MRAC	Ames	25/09/2022
50	7.30	GONZALEZ CASTRO, SILVIA	AG-15884	5	1981	40	MÑRPO	Pontevedra	13/11/2022
51	7.34	RODRIGUEZ DEL RIO, MARIA DE LOS	GA-717241	1	1957	60	SILC	Ames	25/09/2022
52	7.35	TESOURO TABOADA, MÓNICA	AG-202304	6	1976	45	RUNPO	Pontevedra	13/11/2022
53	7.59	VILLAVERDE BREA, MARIA	GA-647	7	2006	JV	AMEC	Ames	25/09/2022
54	8.25	DE ARRIBA BELLOGIN, BEGOÑA DE	GA-19107	20	1955	65	EGOLU	Lourenza	25/06/2022
55	8.40	PIÑEIRO ACEVEDO, CINTHIA	AG-3988	7	2000	PR	MÑRPO	Pontevedra	13/11/2022
56	9.04	BREA SANCHEZ, ANDREA	AG-13721	8	2006	JV	AMEC	Ames	25/09/2022
57	9.26	ALBAN SALGADO, ANA	AG-202493	2	1966	55	MRAC	Ames	25/09/2022
58	10.13	TRESGUERRAS GONZALEZ, ELVIRA	AG-202411	3	1952	70	SARC	Ames	25/09/2022
59	110.35	VAZQUEZ IGLESIAS, MARIA	AG-13743	9	2006	JV	AMEC	Ames	25/09/2022

CATEGORIA ABSOLUTA FEMININA

Medio Maratón

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	1.09.32	ALFONSO PITA, ROCÍO	TGAL-226	0	1975	45	ENKC	A Coruña	02/10/2022
2	1.22.23	PRIETO SEÑARÍS, MARTA	GA-765944	1	1998	SR	MARAT	Pontevedra	16/10/2022
3	1.23.08	FERNÁNDEZ BARREIROS, TINA	GA-37	5	1983	35	SARC	A Coruña	13/02/2022
4	1.24.54	FERNANDEZ GIL, BEATRIZ	AG-201948	1	1982	40	CRR_P	Pontevedra	16/10/2022
5	1.25.12	VARELA SANTISO, PATRICIA	AG-2604	6	1992	SR	AREOR	A Coruña	13/02/2022
6	1.28.11	IGLESIAS CARBALLIDO, ANDREA	GA-100	3	1989	SR	DOMPO	Pontevedra	16/10/2022
7	1.28.21	RAMÍREZ DIEZ, AGUEDA	TGAL-79	8	1976	45	MEFLU	A Coruña	13/02/2022
8	1.29.48	FIGUEROA FIGUEROA, MARÍA DEL RO	AG-202411	11	1981	40	SAMPO	A Coruña	13/02/2022
9	1.31.35	GARCIA LORENZO, SILVIA	AG-201752	0	1987	35	SARC	A Coruña	02/10/2022
10	1.33.14	GARCIA SANCHEZ, NATALIA	GA-769054	14	1977	40	CASC	A Coruña	13/02/2022
11	1.34.25	ROSALES ROSALES, PAULA	GA-885	5	1982	35	PINPO	Pontevedra	16/10/2022
12	1.34.26	CASTRO SOLIÑO, MARIA SOLEDAD	GA-9172	6	1965	55	COMPO	Pontevedra	16/10/2022
13	1.34.38	RIVAS SUAREZ, NATALIA	GA-121	15	1977	45	VAGC	A Coruña	13/02/2022
14	1.35.39	RODRIGUEZ OLIVEIRA, ROCIO	GA-551	7	1983	35	DOMPO	Pontevedra	16/10/2022
15	1.38.06	MIGUENS OTERO, ELENA	AG-766075	8	1972	45	SARC	Pontevedra	16/10/2022
16	1.39.07	CONDE ALVAREZ, NEREA	AG-14931	22	1987	35	BUROR	A Coruña	13/02/2022
17	1.39.52	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	9	1965	55	PUROR	Pontevedra	16/10/2022
18	1.39.59	TASENDE ANDRADE, MARTINA	GA-202019	284	1980	40	VAGC	Paterna	19/06/2022
19	1.40.06	MILLARES SIEIRA, CLARA MARIA	AG-9865	10	1985	35	CANC	Pontevedra	16/10/2022
20	1.41.06	GOMEZ SOUSA, ANA BELEN	GA-137	10	1974	45	INDE	Pontevedra	16/10/2022
21	1.41.15	MUÑIZ PEREZ, SHAILA	AG-201709	11	1980	40	SDCC	Pontevedra	16/10/2022
22	1.41.17	FERNANDEZ DIAZ, MARTA	GA-814	12	1999	SR	RIBLU	Pontevedra	16/10/2022
23	1.42.58	CORREDOIRA BALEATO, MARIA	AG-768081	26	1974	45	SARC	A Coruña	13/02/2022
24	1.43.01	PEREZ GONZALEZ, ELENA	AG-202052	13	1981	40	BUROR	Pontevedra	16/10/2022
25	1.43.22	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	28	1973	45	SMIPO	A Coruña	13/02/2022
26	1.43.32	COBELO ROMERO, ELISA	GA-182	29	1974	45	MCHC	A Coruña	13/02/2022
27	1.44.06	RAMA NUÑEZ, VANESSA	AG-202065	0	1977	45	MARC	A Coruña	02/10/2022
28	1.44.12	SANROMAN IGLESIAS, MARIA	GA-850	0	1990	SR	OIAPO	Valencia	04/12/2022
29	1.44.35	DIAZ MESA, ROCIO	GA-809	33	1968	50	RIBLU	A Coruña	13/02/2022
30	1.44.50	SANCHEZ SANCHEZ, NATALIA	AG-11406	8	1984	35	MRQPO	Alicante	13/11/2022
31	1.46.59	LÓPEZ LÓPEZ, ROSALÍA	AG-10870	40	1987	35	LGRLU	A Coruña	13/02/2022
32	1.48.49	CASTRO FERNANDEZ, MARIA ANGELES	AG-202134	45	1972	50	CASC	A Coruña	13/02/2022
33	1.48.51	IGLESIAS AREA, MARIA	AG-3647	14	1978	40	PINPO	Pontevedra	16/10/2022
34	1.50.09	ANSÍN VALLEJO, GABRIELA	AG-14198	23	1991	SR	SGPPO	Pontevedra	16/10/2022
35	1.50.53	BARREIRO FUENTES, Mª LUISA	AG-763977	55	1974	45	RZCC	A Coruña	13/02/2022
36	1.52.29	PAZOS DOMINGUEZ, ALEXANDRA	AG-14437	16	1992	SR	MCHC	Pontevedra	16/10/2022
37	1.53.54	LOPEZ GARCIA, MARIA LUISA	AG-202109	68	1971	50	CASC	A Coruña	13/02/2022
38	1.54.24	RODRIGUEZ GOMEZ, MARIA	AG-14854	70	1984	35	LGRLU	A Coruña	13/02/2022
39	1.55.40	CIMADEVILLA CRUJEIRAS, TERESA	AG-11743	36	1977	45	CANC	Pontevedra	16/10/2022
40	1.56.21	ASOREY NIEVES, CARMEN	AG-14942	17	1970	50	ENTR	Pontevedra	16/10/2022

CATEGORIA ABSOLUTA FEMININA

Medio Maratón

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	1.56.40	MOREIRA BRENLLA, ESTRELLA	AG-201491	18	1983	35	ENTR Pontevedra		16/10/2022
42	1.58.55	GONZÁLEZ VALEA, SONIA	GA-803	19	1976	45	RIBLU Pontevedra		16/10/2022
43	1.59.02	SERANTES CUIÑA, MARTA	AG-14756	20	1982	40	CAMPO Pontevedra		16/10/2022
44	1.59.17	CAJADE BLANCO, M ^a BEGOÑA	AG-202039	91	1978	40	BOIC A Coruña		13/02/2022
45	2.00.42	CASTRO CANDAMIO, MARÍA ASUNCIÓN	AG-9420	21	1974	45	CASC Pontevedra		16/10/2022
46	2.01.15	CAMPOS REGUEIRO, PURIFICACIÓN	AG-14179	100	1968	50	CASC A Coruña		13/02/2022
47	2.01.16	PARGUIÑA FERNANDEZ, SUSANA	GA-765964	101	1966	55	EGOLU A Coruña		13/02/2022
48	2.03.27	FERNÁNDEZ ROMERO, MARIA PILAR	AG-14471	113	1959	60	MCHC A Coruña		13/02/2022
49	2.06.46	BARREIRO NUÑEZ, ANA	AG-202031	119	1973	45	MCHC A Coruña		13/02/2022
50	2.07.03	PEREZ GARCIA, MARIA DEL MAR	AG-12726	22	1972	50	CAMPO Pontevedra		16/10/2022
51	2.07.07	OTERO RODRIGUEZ, ADRIANA	AG-202837	23	1978	40	MCHC Pontevedra		16/10/2022
52	2.08.44	BARCÓN SANCHEZ, MARIA DEL MAR	GA-179	133	1963	55	MCHC A Coruña		13/02/2022
53	2.08.54	VÁZQUEZ CALVO, NOELIA	AG-10425	25	1975	45	BERCO Pontevedra		16/10/2022
54	2.08.54	HERMIDA CARBALLO, ANA BELEN	AG-201696	24	1977	45	MCHC Pontevedra		16/10/2022
55	2.09.05	MEIJIDE MARTINEZ, AMELIA	AG-9411	125	1963	55	CASC A Coruña		13/02/2022
56	2.09.49	VILAR SEREN, LUPE	AG-202546	26	1956	65	CAMPO Pontevedra		16/10/2022
57	2.12.29	TELLA REY, ANA BELEN	AG-94	131	1974	45	MCHC A Coruña		13/02/2022
58	2.12.55	GONZALEZ FERNANDEZ, YOLANDA	AG-201779	133	1973	45	MCHC A Coruña		13/02/2022
59	2.18.14	CASADO LATABURU, LEXURI	TGAL-74	142	1978	40	MEFLU A Coruña		13/02/2022

CATEGORIA ABSOLUTA FEMININA

2 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	9.38	CASTELO LOPEZ, SABELA	GA-643	1	2009	IN	SMIPO A Pobra do Caramiñal		16/01/2022
2	9.59	MORALES PEDREIRA, ALBA	GA-392	4	2009	IN	MARC Toledo		05/11/2022
3	11.25	BAQUEIRO PEREZ, ANTÍA	AG-8015	3	2009	IN	VCGPO A Pobra do Caramiñal		16/01/2022
4	11.33	GONZÁLEZ PEREZ, NATALIA	AG-201986	4	2009	IN	CAFPO A Pobra do Caramiñal		16/01/2022
5	11.50	LOPEZ CASTROS, ALDARA	AG-202580	5	2009	IN	CAFPO A Pobra do Caramiñal		16/01/2022
6	11.55	VIDAL DELGADO, LAURA	GA-852	0	2009	IN	COMPO Getafe (Madrid)		18/12/2022
7	12.02	MORALES PEDREIRA, PAULA	AG-2210	2	2014	BN	MARC Toledo		05/11/2022
8	12.05	ESPINA FERNANDEZ, ALICIA	AG-202584	1	2011	AL	NAOC A Coruña		28/05/2022
9	12.07	VARELA SALGADO, SHEILA	AG-202396	6	2010	IN	OUROR A Pobra do Caramiñal		16/01/2022
10	12.24	PENA FERNANDEZ, SABELA	GA-908	7	2009	IN	SAMPO A Pobra do Caramiñal		16/01/2022
11	12.51	CHAOS LOPEZ, CARLOTA	AG-202852	3	2012	AL	LUELU A Coruña		28/05/2022
12	12.56	VAZQUEZ ABALDE, SABELA	GA-914	9	2009	IN	BEAPO A Pobra do Caramiñal		16/01/2022
13	13.22	FUERTES PRIETO, ARIADNA	AG-3258	2	2011	AL	COMPO A Pobra do Caramiñal		16/01/2022
14	13.42	RAÑA GONZALEZ, ESTELA	AG-202695	10	2009	IN	VCGPO A Pobra do Caramiñal		16/01/2022
15	13.49	VEIGA CASANOVA, SOFIA	AG-202136	11	2009	IN	CASC A Pobra do Caramiñal		16/01/2022
16	14.00	CELA NUÑEZ, PAULA	AG-202421	12	2010	IN	ADAOR A Pobra do Caramiñal		16/01/2022
17	14.26	ROJO MARQUEZ, HENARA	AG-12545	13	2010	IN	CUNPO A Pobra do Caramiñal		16/01/2022
18	14.32	QUINTAS GARCÍA, LUCÍA	AG-202658	4	2011	AL	OUROR A Pobra do Caramiñal		16/01/2022
19	14.42	ABOY DOMINGUEZ, LAURA	AG-202792	14	2010	IN	CUNPO A Pobra do Caramiñal		16/01/2022
20	14.44	MÉNDEZ SEIJO, IRENE	AG-202815	5	2011	AL	CAFPO A Pobra do Caramiñal		16/01/2022
21	14.48	BOTANA BARREIRO, DIANA	AG-3852	15	2010	IN	SDCC A Pobra do Caramiñal		16/01/2022
22	15.10	PESADO BOUZAS, NOA	AG-14002	6	2011	AL	CUNPO A Pobra do Caramiñal		16/01/2022
23	15.18	ALVAREZ VELASCO, MENCIA	GA-1023	4	2011	AL	LUELU A Coruña		28/05/2022
24	16.20	FREIRE FERNANDEZ, RITA	AG-202851	5	2012	AL	LUELU A Coruña		28/05/2022
25	18.07	TUIMIL GARCIA, EUGENIA	AG-9276	7	2012	AL	NAOC A Pobra do Caramiñal		16/01/2022

CATEGORIA ABSOLUTA FEMININA

3 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	15.02	CASTELO LOPEZ, SABELA	GA-643	1	2009	IN	SMIPO A Coruña		28/05/2022
2	15.30	SUFUENTES DIAZ, CLAUDIA	GA-202345	2	2007	CD	LUELU A Coruña		28/05/2022
3	15.44	MORALES PEDREIRA, ALBA	GA-392	2	2009	IN	MARC Getafe (Madrid)		18/12/2022
4	16.22	ABELLEIRA HERNÁNDEZ, NOA	GA-768630	19	2007	CD	LUCLU Cieza (Murcia)		11/12/2022
5	16.39	BUJIA MIGUEZ, MARTINA	AG-202427	2	2010	IN	CASC A Coruña		28/05/2022
6	17.52	MALVIDO PARDAVILA, IRIS	GA-146	7	2007	CD	VCGPO A Coruña		28/05/2022
7	18.06	DUQUE EL LOUBANI, SARAY	GA-202350	8	2007	CD	CUNPO A Coruña		28/05/2022
8	18.08	VIDAL DELGADO, LAURA	GA-852	18	2009	IN	COMPO Getafe (Madrid)		18/12/2022
9	18.18	SÁNCHEZ RIAL, CLAUDIA	GA-835	9	2007	CD	CASC A Coruña		28/05/2022
10	18.29	MENDEZ GONZALEZ, XOANA	GA-477	0	2007	CD	CUNPO Getafe (Madrid)		18/12/2022
11	18.35	GONZÁLEZ PEREZ, NATALIA	AG-201986	3	2009	IN	CAFPO A Coruña		28/05/2022
12	19.01	BEDIA MARTINEZ, CELTIA	GA-423	0	2007	CD	NAOC Getafe (Madrid)		18/12/2022
13	19.06	ALONSO BERMUDEZ, SOFIA	GA-359	11	2008	CD	BEAPO A Coruña		28/05/2022
14	19.23	TABOADA ZAPATA, RAQUEL	GA-851	0	2008	CD	COMPO Getafe (Madrid)		18/12/2022
15	19.25	ARES BETANZOS, ICÍA	GA-58	12	2008	CD	SILC A Coruña		28/05/2022
16	19.27	MALVIDO PARDAVILA, NEREA	AG-202102	13	2007	CD	VCGPO A Coruña		28/05/2022
17	19.31	MARTINEZ PEREIRA, MONSERRAT	AG-202445	4	2010	IN	CUNPO A Coruña		28/05/2022
18	19.34	GARCIA GARCIA-BOENTE, MARTA	GA-1021	5	2009	IN	LUELU A Coruña		28/05/2022
19	19.40	DOMINGUEZ VELASCO, DANIELA	AG-202540	14	2008	CD	BEAPO A Coruña		28/05/2022
20	21.00	CELA NUÑEZ, PAULA	AG-202421	10	2010	IN	ADAOR A Coruña		28/05/2022
21	21.05	ROJO MARQUEZ, HENARA	AG-12545	11	2010	IN	CUNPO A Coruña		28/05/2022
22	22.16	ALDREY MARTINEZ, AINHOA	AG-202462	17	2007	CD	VAGC A Coruña		28/05/2022
23	22.17	ABOY DOMINGUEZ, LAURA	AG-202792	12	2010	IN	CUNPO A Coruña		28/05/2022
24	23.08	VEIGA CASANOVA, SOFIA	AG-202136	13	2009	IN	CASC A Coruña		28/05/2022
25	23.28	GARCÍA DÍAZ, BEATRIZ	AG-202176	18	2007	CD	CAFPO A Coruña		28/05/2022
26	24.40	BARREIRO LOPEZ, ANA	AG-13499	14	2010	IN	MRAC A Coruña		28/05/2022
27	24.58	OJEA HERNÁNDEZ, EVA	AG-202893	15	2010	IN	MRAC A Coruña		28/05/2022

CATEGORIA ABSOLUTA FEMININA

5 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	22.56	ESCARIZ MELLA, CARMEN	GA-717186	1	1998	SR	OUROR	A Pobra do Caramiñal	16/01/2022
2	23.27	MEILAN GARCIA, ALDARA	GA-202344	1	2006	JV	LUELU	Cieza (Murcia)	11/12/2022
3	23.37	CHAMOSA DACASA, ANTIA	GA-765772	0	1999	SR	SGPPO	A Coruña	28/05/2022
4	25.45	KOSTENKO , OLEKSANDRA	GA-165	1	2006	JV	LUELU	A Coruña	28/05/2022
5	26.03	RIVAS IGLESIAS, NATALIA	GA-202351	7	2006	JV	TUIPO	Cieza (Murcia)	11/12/2022
6	26.24	RIVAS IGLESIAS, IRIA	GA-769064	0	2001	PR	RIAC	A Coruña	28/05/2022
7	26.31	SUFUENTES DIAZ, CLAUDIA	GA-202345	1	2007	CD	LUELU	A Pobra do Caramiñal	16/01/2022
8	26.37	PEREZ NIETO, ALBA	GA-202341	0	2002	PR	NEGC	Getafe (Madrid)	18/12/2022
9	26.57	SEGADE BUIDE, SALOMÉ	GA-202358	5	2005	JV	STOC	A Pobra do Caramiñal	16/01/2022
10	26.58	VAZQUEZ GONZALEZ, RITA	GA-202329	4	2003	JN	OUROR	A Pobra do Caramiñal	16/01/2022
11	27.46	RODRIGUEZ BAZ, MARIA EMILIA	GA-80	7	1975	45	SDTPO	A Pobra do Caramiñal	16/01/2022
12	28.12	ABELLEIRA HERNÁNDEZ, NOA	GA-768630	2	2007	CD	LUCLU	A Pobra do Caramiñal	16/01/2022
13	29.19	MALVIDO PARDAVILA, IRIS	GA-146	35	2007	CD	VCGPO	Lepe	30/01/2022
14	29.19	DOMINGUEZ HERRERA, IAIONE DEL R	GA-765381	6	1994	SR	CASC	A Coruña	28/05/2022
15	29.22	LOURIDO FONTAN, CINTIA	GA-476	37	2008	CD	CUNPO	Lepe	30/01/2022
16	29.32	RODRÍGUEZ CRAVEN, ROSALÍA MORAI	GA-631	3	2008	CD	NEGC	A Pobra do Caramiñal	16/01/2022
17	29.55	CAINZOS GARCIA, ANDREA	GA-595	7	2006	JV	MCHC	A Coruña	28/05/2022
18	30.03	MENDEZ GONZALEZ, XOANA	GA-477	5	2007	CD	CUNPO	A Pobra do Caramiñal	16/01/2022
19	30.09	PAZOS CORTIZAS, CARLA	GA-5	9	2006	JV	NAOC	A Pobra do Caramiñal	16/01/2022
20	30.15	ALONSO BERMUDEZ, SOFIA	GA-359	50	2008	CD	BEAPO	Lepe	30/01/2022
21	30.26	FERNANDEZ ACUÑA, CARMEN	GA-769302	11	2005	JV	BEAPO	A Pobra do Caramiñal	16/01/2022
22	30.40	SÁNCHEZ RIAL, CLAUDIA	GA-835	6	2007	CD	CASC	A Pobra do Caramiñal	16/01/2022
23	31.04	DUQUE EL LOUBANI, SARAY	GA-202350	7	2007	CD	CUNPO	A Pobra do Caramiñal	16/01/2022
24	31.25	BEDIA MARTINEZ, CELTIA	GA-423	15	2007	CD	NAOC	Getafe (Madrid)	18/12/2022
25	31.36	POUSA CASTRO, MARIA SOLEDAD	GA-315	12	1971	50	OUROR	A Pobra do Caramiñal	16/01/2022
26	31.36	LÓPEZ RODRÍGUEZ, SILA	GA-502	0	2005	JV	CAFPO	A Pobra do Caramiñal	16/01/2022
27	31.52	DELGADO PAREDES, MARIA DOLORES	GA-317	13	1976	45	OUROR	A Pobra do Caramiñal	16/01/2022
28	32.01	GRANDE OUTOMURO, MARIA HERMIN	GA-318	8	1974	45	OUROR	A Coruña	28/05/2022
29	32.23	FERNANDEZ YAÑEZ, RAQUEL	GA-676	9	1962	60	OUROR	A Coruña	28/05/2022
30	33.07	TABOADA ZAPATA, RAQUEL	GA-851	19	2008	CD	COMPO	Getafe (Madrid)	18/12/2022
31	33.09	DOMINGUEZ VELASCO, DANIELA	AG-202540	8	2008	CD	BEAPO	A Pobra do Caramiñal	16/01/2022
32	33.12	SANCHEZ ALFONSO, LUCIA	AG-201467	0	2006	JV	CAFPO	A Pobra do Caramiñal	16/01/2022
33	33.57	ARES BETANZOS, ICÍA	GA-58	9	2008	CD	SILC	A Pobra do Caramiñal	16/01/2022
34	35.02	RIOS IBAÑEZ, ANDREA	AG-770003	16	2000	PR	CUNPO	A Pobra do Caramiñal	16/01/2022
35	36.21	BALDOMERO FREIRIA, CINTIA	AG-3253	14	2005	JV	CUNPO	A Coruña	28/05/2022
36	36.24	MALVIDO PARDAVILA, NEREA	AG-202102	10	2007	CD	VCGPO	A Pobra do Caramiñal	16/01/2022
37	36.31	RODRÍGUEZ GARCÍA, INÉS	GA-522	15	2006	JV	SGPPO	A Pobra do Caramiñal	16/01/2022
38	37.06	JUEGUEN LAGO, MARIA DEL CARMEN	GA-197	15	1973	45	AMEC	A Coruña	28/05/2022

CATEGORIA ABSOLUTA FEMININA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	32.40	NAVARETE SANTANA, ESTER	GA-769008	3	1990	SR	FCB Laredo		19/03/2022
2	32.46	MARTINEZ RODRIGUEZ, EVA	AG-16445	25	2015	PB	OUROR Ourense		20/11/2022
3	33.25	BREA ABREU, JOSELYN DANIELY	GA-765594	1	1994	SR	CALV Ourense		20/11/2022
4	34.11	SANTOS DOMÍNGUEZ, LAURA	GA-202331	9	1998	SR	LUCLU O Barco de Valdeorras		08/05/2022
5	34.53	GUERRERO MANSO, SARA	GA-717279	6	1997	SR	NAUC A Coruña		24/04/2022
6	35.41	BREA ABREU, EDYMAR DANIELY	GA-202356	2	1997	SR	CALV Negreira		13/11/2022
7	36.25	CEDRON AIRA, MARIA	GA-103	3	2001	PR	ADAOR Ourense		20/11/2022
8	36.31	LOSADA FIGUEIRA, MARTA	AG-15023	37	1989	SR	BRIC Ames		23/10/2022
9	37.01	LOPEZ LOPEZ, SARA	GA-768928	4	2001	PR	ADAOR Ourense		20/11/2022
10	37.02	DOMINGUEZ MONTES, BEGOÑA	GA-240	1	1984	35	OUROR Porriño		01/05/2022
11	37.12	MOSQUERA LOSADA, SANDRA	GA-16506	3	1990	SR	COMPO Negreira		13/11/2022
12	37.30	ODILE CARDIN, ZOE MICHELLE	GA-1055	5	2000	PR	CAFPO Ourense		20/11/2022
13	37.42	FERNÁNDEZ BARREIROS, TINA	GA-37	1	1983	35	SARC Padrón		05/02/2022
14	37.59	CALLON TREUS, KARINA	GA-768569	7	1980	40	CASC A Coruña		24/04/2022
15	38.19	GONZALEZ VERDE, ARIANA	AG-768898	774	1983	35	SDTPO Madrid		31/12/2022
16	38.31	FERNANDEZ FONTENLA, IRIA	GA-765718	8	1981	40	ADAOR O Barco de Valdeorras		08/05/2022
17	38.52	VARELA SANTISO, PATRICIA	AG-2604	1	1992	SR	AREOR Padrón		05/02/2022
18	38.55	GARCIA-SAAVEDRA GONZALEZ, MART	GA-854	36	1995	SR	ADAOR O Barco de Valdeorras		08/05/2022
19	38.55	CAEIRO MARIÑO, ISABEL	GA-60035	3	2004	JN	SGPPO Ames		23/10/2022
20	39.05	FREAZA OTERO, SOFIA	GA-764239	9	1982	40	COMPO A Coruña		24/04/2022
21	39.24	IGLESIAS CARBALLIDO, ANDREA	GA-100	2	1989	SR	DOMPO A Coruña		02/10/2022
22	39.28	ALVITE FERREIRO, ROCIO	AG-202656	4	1980	40	SARC Ames		23/10/2022
23	39.28	PAPIN ESTEVEZ, INES	GA-765817	5	1969	50	CASC Negreira		13/11/2022
24	39.34	LOSADA PÉREZ, VICTORINA	GA-202352	41	1984	35	OUROR Laredo		19/03/2022
25	39.41	RODRIGUEZ ABAD, ANTIA	GA-768795	10	1999	SR	ADAOR A Coruña		24/04/2022
26	39.44	LEDO LOPEZ, ELENA	GA-20	46	1979	40	ADAOR O Barco de Valdeorras		08/05/2022
27	39.47	SABURIDO REPRESA, CORA	AG-14581	11	1993	SR	RUNMA A Coruña		24/04/2022
28	39.53	VAQUERO SOUSA, JULIA	GA-716983	8	1970	50	SDCC Ourense		20/11/2022
29	40.16	BLANCO REY, ELISA VANESA	AG-14672	7	1979	40	SARC Ames		23/10/2022
30	40.17	SANCHEZ ROCHA, NEREA	AG-15410	3	1988	SR	INDE A Coruña		02/10/2022
31	40.23	PEDROSA CARRETE, MARIA ESTHER	GA-10706	5	1961	60	CASTE A Coruña		02/10/2022
32	40.42	BARROSO PEREZ, BEATRIZ	AG-10474	5	1977	45	NOYC Ribeira		24/09/2022
33	40.45	GRANERO OTERO, MONICA	AG-14884	7	1981	40	VRXLU A Coruña		02/10/2022
34	40.53	GARCIA LORENZO, SILVIA	AG-201752	2	1987	35	SARC Padrón		05/02/2022
35	41.01	PASTOR AMOROS, NURIA	GA-96	16	1966	55	LGRLU A Coruña		24/04/2022
36	41.04	VIADEL TURJANICOVA, PATRICIE	GA-202331	2	2000	PR	STOC Santiago		30/04/2022
37	41.09	RODRIGUEZ NEGREIRA, UXIA	AG-201957	15	1993	SR	OUROR Ourense		20/11/2022
38	41.13	PARRADO PINAQUE, TERESA	AG-202648	103	1990	SR	STOC Negreira		13/11/2022
39	41.22	GARCIA SANCHEZ, NATALIA	GA-769054	3	1977	40	CASC Carballo		05/06/2022
40	41.23	PEON SANTOME, LUCIA	AG-2581	4	1982	40	AREOR Pontevedra		16/10/2022

CATEGORIA ABSOLUTA FEMININA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	41.24	VARELA MOLEJON, LUCIA	GA-765984	19	2003	JN	LUCLU	Ourense	20/11/2022
42	41.29	RIVAS SUAREZ, NATALIA	GA-121	9	1977	45	VAGC	A Coruña	02/10/2022
43	41.45	TORRENTE INSUA, ANGELA	GA-202339	11	1979	40	NAUC	A Coruña	02/10/2022
44	41.48	TASENDE ANDRADE, MARTINA	GA-202019	12	1980	40	VAGC	O Barco de Valdeorras	08/05/2022
45	41.52	CASTRO SOLIÑO, MARIA SOLEDAD	GA-9172	14	1965	55	COMPO	A Coruña	24/04/2022
46	42.11	GARCÍA DÍAZ, UXÍA	AG-202706	17	1992	SR	MARC	A Coruña	24/04/2022
47	42.22	CASTRO VILLAVERDE, MARIA TERESA	GA-764774	6	1968	50	NOYC	O Barco de Valdeorras	08/05/2022
48	42.29	TEIJEIRO FERRO, SONIA	GA-202336	22	1971	50	OUROR	Ourense	20/11/2022
49	42.34	LOPEZ GESTAL, MARTINA	AG-14894	3	1986	35	SDCC	Padrón	05/02/2022
50	42.51	PRADA HERNANDEZ, CONCEPCION	GA-902	16	1976	45	ADAOR	A Coruña	02/10/2022
51	42.56	PAZOS MEIXUS, ARARAT	GA-188	6	2005	JV	SMIPO	Ribeira	24/09/2022
52	43.08	FRANQUEIRA LAMAS, ANELE	AG-3393	146	2007	CD	PUROR	Ames	23/10/2022
53	43.10	CONDE ALVAREZ, NEREA	AG-14931	26	1987	35	BUROR	Ourense	20/11/2022
54	43.12	PAPIN ESTEVEZ, NOELIA	GA-765857	3	1974	45	CASC	Santiago	30/04/2022
55	43.13	RODRIGUEZ OLIVEIRA, ROCIO	GA-551	8	1983	35	DOMPO	Porriño	01/05/2022
56	43.15	MAYO CAAMAÑO, MARIA MANUELA	AG-766083	9	1980	40	SARC	Ames	23/10/2022
57	43.25	DOCAMPO GAMARRA, INES	GA-766187	189	2003	JN	ADAOR	Santiago	30/04/2022
58	43.26	RAMA NUÑEZ, VANESSA	AG-202065	23	1977	45	MARC	A Coruña	24/04/2022
59	43.26	NOVOA BARBOSA, MONICA	AG-202051	28	1973	45	RUNMA	Ourense	20/11/2022
60	43.33	ROSALES ROSALES, PAULA	GA-885	5	1982	35	PINPO	Marín	29/07/2022
61	43.35	MUÑIZ PEREZ, SHAILA	AG-201709	4	1980	40	SDCC	Padrón	05/02/2022
62	43.35	VALIN SANCHEZ, MARTA	GA-769206	24	1975	45	VRXLU	A Coruña	24/04/2022
63	43.38	FAJIN PEREZ, SILVIA	GA-891	8	1989	SR	VAGC	Carballo	05/06/2022
64	43.38	GONZALEZ FERNANDEZ, MARIA AURO	AG-10760	11	1970	50	PINPO	Ames	23/10/2022
65	44.08	LÓPEZ LÓPEZ, ROSALÍA	AG-10870	25	1987	35	LGRLU	A Coruña	24/04/2022
66	44.18	PEREZ NIETO, ALBA	GA-202341	166	2002	PR	NEGC	Negreira	13/11/2022
67	44.29	VERES OJEA, ELENA	GA-1052	10	1992	SR	SDCC	Ribeira	24/09/2022
68	44.35	BARREIRO SENRA, PILAR	GA-70	27	1971	50	CASC	A Coruña	02/10/2022
69	44.38	MILLARES SIEIRA, CLARA MARIA	AG-9865	11	1985	35	CANC	Ribeira	24/09/2022
70	44.39	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	28	1973	45	SMIPO	A Coruña	24/04/2022
71	44.39	CORPAS COBO, INMA	AG-16053	5	2000	PR	SGPPO	Pontevedra	16/10/2022
72	44.52	MIGUENS OTERO, ELENA	AG-766075	13	1972	45	SARC	Ribeira	24/09/2022
73	45.05	FERNANDEZ DIAZ, MARTA	GA-814	13	1999	SR	RIBLU	Ames	23/10/2022
74	45.15	PEREZ GONZALEZ, ELENA	AG-202052	41	1981	40	BUROR	Ourense	20/11/2022
75	45.23	LÓPEZ CALVO, MARÍA SONIA	AG-14784	45	1977	40	PUROR	Ourense	20/11/2022
76	45.23	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	44	1965	55	PUROR	Ourense	20/11/2022
77	45.32	COBELO ROMERO, ELISA	GA-182	35	1974	45	MCHC	A Coruña	24/04/2022
78	45.33	IGLESIAS AREA, MARIA	AG-3647	7	1978	40	PINPO	Marín	29/07/2022
79	45.34	IGLESIAS SANTIAGO, ANGELES	AG-202571	46	1968	50	MÑRPO	Ourense	20/11/2022
80	45.37	COLLAZO FERNANDEZ, LORENA	AG-3167	12	1987	35	VSAPO	Porriño	01/05/2022

CATEGORIA ABSOLUTA FEMININA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	45.52	CHILLON CAMAÑO, MAR	GA-19667	50	1996	SR	CAFPO Ourense		20/11/2022
82	45.59	CARRIL BOO, CRISTINA	AG-201867	16	1980	40	VAGC Negreira		13/11/2022
83	46.02	DIEZ BERMUDEZ, SILVIA MARIA	GA-768998	17	1977	45	EGOLU Negreira		13/11/2022
84	46.09	SALGADO SANTOS, LARA	AG-3170	14	1992	SR	SDCC Ribeira		24/09/2022
85	46.10	CASTROS DOMÍNGUEZ, KAREN	GA-503	53	1996	SR	CAFPO Ourense		20/11/2022
86	46.22	PÉREZ MARTÍNEZ, ANA BELÉN	AG-14906	19	1974	45	ADOC Negreira		13/11/2022
87	46.25	TARRÍO MARTÍNEZ, MARÍA	GA-709	8	1977	40	SDCC Santiago		30/04/2022
88	46.31	DOMINGUEZ ROMAN, LUZ MARIA	GA-840	145	1962	60	BUROR O Barco de Valdeorras		08/05/2022
89	46.35	DIAZ MESA, ROCIO	GA-809	14	1968	50	RIBLU Carballo		05/06/2022
90	46.36	RAMOS SUÁREZ, RAQUEL	AG-14902	20	1974	45	ADOC Negreira		13/11/2022
91	46.37	ESTEIRO RAMOS, PAULA	GA-478	21	1980	40	SDCC Negreira		13/11/2022
92	46.49	MOJON BENAVIDES, MARTA	AG-2543	34	1985	35	AREOR A Coruña		02/10/2022
93	46.51	SALVADO DIEGUEZ, JULIA	AG-202557	16	2006	JV	SDCC Ribeira		24/09/2022
94	46.59	MONTERO TREPAT, ANDREA ANGELA	AG-14951	8	1986	35	SARC Padrón		05/02/2022
95	47.00	VARELA REGUERA, ANA MARIA	AG-201890	15	1978	40	FOGC Carballo		05/06/2022
96	47.01	CASTRO DOMÍNGUEZ, SOFIA	AG-5428	42	1999	SR	MCHC A Coruña		24/04/2022
97	47.08	CASTRO PEREZ, RAQUEL	AG-10594	59	1991	SR	AREOR Ourense		20/11/2022
98	47.25	CIMADEVILLA CRUJEIRAS, TERESA	AG-11743	9	1977	45	CANC Padrón		05/02/2022
99	47.30	ALVAREZ FERNANDEZ, MERCHE	AG-14564	20	1974	45	RUNMA Porriño		01/05/2022
100	47.38	PORTELA OTERO, INES	GA-9176	19	2001	PR	STOC Ames		23/10/2022
101	47.46	RIPOLL PERNAS, M ^a ANGELES	GA-768824	47	1959	60	CASC A Coruña		24/04/2022
102	47.50	CASAS VIDAL, ANXELA	AG-12333	19	1989	SR	VAGC Santiago		30/04/2022
103	48.15	GALVEZ DEVESA, AIRIN	AG-11895	47	1983	35	FOGC A Coruña		02/10/2022
104	48.17	MARTINEZ ALONSO, GEMMA	AG-202678	11	1990	SR	PAIPO Pontevedra		16/10/2022
105	48.19	CORREDOIRA BALEATO, MARIA	AG-768081	21	1974	45	SARC Ames		23/10/2022
106	48.40	BORT RESPINO, ANA	AG-3583	59	2000	PR	MCHC A Coruña		24/04/2022
107	48.47	COSTAS GONZÁLEZ, CINTHIA	GA-6104	22	2002	PR	STOC Ames		23/10/2022
108	48.51	SANCHEZ SANCHEZ, NATALIA	AG-11406	23	1984	35	MRQPO Santiago		30/04/2022
109	48.58	GUILLEN SOLER, MELANIE	AG-15018	23	1995	SR	NTBC Ames		23/10/2022
110	49.09	GONZÁLEZ VALEA, SONIA	GA-803	14	1976	45	RIBLU O Barco de Valdeorras		08/05/2022
111	49.17	MEJUTO FERNANDEZ, NURIA	AG-9427	56	1990	SR	SDCC A Coruña		02/10/2022
112	49.20	SANROMAN IGLESIAS, MARIA	GA-850	0	1990	SR	OIAPO Valencia		04/12/2022
113	49.26	ALVAREZ ALVAREZ, REBECA	AG-202051	76	1974	45	BUROR Ourense		20/11/2022
114	49.34	SENDÍN RAÑA, MARTA	AG-201756	28	1979	40	TUIPO Porriño		01/05/2022
115	49.34	PENA SANDE, LETICIA	AG-15066	14	1993	SR	SERC Pontevedra		16/10/2022
116	49.37	ALCALDE BALDO, TANIA	AG-14892	12	1986	35	SDCC Padrón		05/02/2022
117	49.42	LOPEZ GARCIA, MARIA LUISA	AG-202109	59	1971	50	CASC A Coruña		02/10/2022
118	49.43	CAMPOS REGUEIRO, PURIFICACIÓN	AG-14179	60	1968	50	CASC A Coruña		02/10/2022
119	49.49	VEIGA BLANCO, ENMA	AG-202084	81	1971	50	FONC A Coruña		24/04/2022
120	49.52	RAMOS LEIS, ANDREIA	AG-3791	27	1977	45	FONC Santiago		30/04/2022

CATEGORIA ABSOLUTA FEMININA

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	50.04	GONZALEZ VAZQUEZ, JAQUELINA	AG-202656	11	1968	50	LIM_O	San Cibrao das Viñas	18/12/2022
122	50.19	MARIÑO REY, SILVIA	AG-201958	30	1976	45	SARC	Santiago	30/04/2022
123	50.26	ZAPATA RODRIGUEZ, RAQUEL	AG-11596	30	1979	40	MRQPO	Porriño	01/05/2022
124	50.29	SALGADO PÉREZ, SELA	AG-14909	19	1974	45	PUROR	Pontevedra	16/10/2022
125	50.30	PEREZ RODRIGUEZ, PAMELA	AG-2582	92	1989	SR	AREOR	Ourense	20/11/2022
126	50.40	VAZQUEZ NOGUEIRAS, GUIOMAR	AG-11500	95	1978	40	PUROR	Ourense	20/11/2022
127	50.49	CONDE RODRÍGUEZ, CRISTINA	AG-9946	21	1977	40	PUROR	Pontevedra	16/10/2022
128	50.50	CASTRO FERNANDEZ, MARIA ANGELES	AG-202134	72	1972	50	CASC	A Coruña	02/10/2022
129	50.53	BARREIRO FUENTES, M ^a LUISA	AG-763977	94	1974	45	RZCC	A Coruña	24/04/2022
130	50.55	GABIAN GUERRA, ANDREA	AG-14536	32	1987	35	MRQPO	Porriño	01/05/2022
131	51.06	SANDERSON , HELEN JANE	GA-202341	96	1970	50	CASC	A Coruña	24/04/2022
132	51.18	LUCES GONZALEZ, ROMINA	AG-15740	40	1991	SR	SERC	Santiago	30/04/2022
133	51.20	ESPASANDIN DUARTE, NOELIA	AG-3309	33	1991	SR	XALC	Negreira	13/11/2022
134	51.22	PRIETO BARRIO, SARA	AG-10025	22	1987	35	OUROR	Pontevedra	16/10/2022
135	51.25	GONZALEZ FERNANDEZ, MARIA ELENA	AG-201773	99	1974	45	MCHC	A Coruña	24/04/2022
136	51.26	GONZALEZ FERNANDEZ, MARIA DOLO	GA-181	100	1969	50	MCHC	A Coruña	24/04/2022
137	51.33	NANÍN LÓPEZ, MARIA CRISTINA	GA-685	113	1965	55	BUROR	Ourense	20/11/2022
138	51.34	LAGO ANDRADE, IRIA	AG-201918	24	1997	SR	ADOC	Pontevedra	16/10/2022
139	51.37	PIÑEIRO VILA, CRISTINA	AG-201931	36	1979	40	TUIPO	Porriño	01/05/2022
140	51.38	PAZOS DOMINGUEZ, ALEXANDRA	AG-14437	85	1992	SR	MCHC	A Coruña	02/10/2022
141	51.39	SANZ SANZ, MARTA	AG-14904	26	1978	40	ADOC	Ames	23/10/2022
142	51.44	PITA MARTÍNEZ, ESTEFANÍA	AG-12155	120	1983	35	LGRLU	Ourense	20/11/2022
143	51.55	PEREZ SANROMAN, ANA	GA-1053	28	2002	PR	STOC	Ames	23/10/2022
144	51.59	DOMINGUEZ PEREIRA, PILAR	AG-202703	122	1967	55	VRXLU	Ourense	20/11/2022
145	52.10	CASTIÑEIRAS GALLEGU, REBECA	AG-15220	48	1971	50	SERC	Santiago	30/04/2022
146	52.12	MARTÍNEZ PARCERO, VERÓNICA	AG-202471	25	1979	40	VAGC	Carballo	05/06/2022
147	52.18	BOTANA MOSQUERA, LAURA	AG-16364	29	1993	SR	SDCC	Ames	23/10/2022
148	52.24	ARES FILLOY, ANGELES	AG-202414	28	2002	PR	CASC	Pontevedra	16/10/2022
149	52.26	VAZQUEZ HERMIDA, LUCIA	AG-765879	93	2003	JN	MCHC	A Coruña	02/10/2022
150	52.36	TRAPOTE TORRE, PALOMA	AG-3590	115	1969	50	PUROR	A Coruña	24/04/2022
151	52.41	TRABA LÓPEZ, MARÍA JOSÉ	AG-14907	39	1971	50	ADOC	Negreira	13/11/2022
152	52.41	SERANTES CUIÑA, MARTA	AG-14756	135	1982	40	CAMPO	Ourense	20/11/2022
153	52.42	BECERRA ALONSO, SUEVIA	AG-202804	52	1990	SR	NAOC	Santiago	30/04/2022
154	52.43	ESPINOSA MENOR, MARÍA JESÚS	AG-9866	13	1968	50	PUROR	San Cibrao das Viñas	18/12/2022
155	52.50	GARCÍA FERNÁNDEZ, ISABEL	AG-202415	54	1971	50	FONC	Santiago	30/04/2022
156	52.56	TORRES BARROSO, SILVIA	AG-15253	30	1975	45	CDGPO	Marín	29/07/2022
157	52.58	FERNÁNDEZ ROMERO, MARIA PILAR	AG-14471	125	1959	60	MCHC	A Coruña	24/04/2022
158	53.00	RODRIGUEZ VILLAR, SONIA	AG-9429	55	1973	45	SDCC	Santiago	30/04/2022
159	53.09	REGUEIRA SEIJAS, ESTEFANIA	AG-15257	56	1983	35	CDGPO	Santiago	30/04/2022
160	53.10	IGLESIAS REQUEJO, MARÍA BELÉN	AG-9900	14	1980	40	PUROR	San Cibrao das Viñas	18/12/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
161	53.14	GARCIA PENA, MARIA JESÚS	AG-202363	60	1984	35	TMBC	Santiago	30/04/2022
162	53.23	MORRONE MOLLO, NATALIA	AG-15235	132	1978	40	COCC	A Coruña	24/04/2022
163	53.29	VEIGA BLANCO, MONTSERRAT	AG-201529	598	1968	50	FONC	Santiago	30/04/2022
164	53.34	PAZOS MALLO, DOLORES	AG-201755	106	1969	50	CASC	A Coruña	02/10/2022
165	53.44	SAN MARTIN FERNANDEZ, MARIA AMA	GA-768965	109	1949	70	EGOLU	A Coruña	02/10/2022
166	53.57	RODRIGUEZ DEL RIO, MARIA DE LOS	GA-717241	159	1957	60	SILC	Ourense	20/11/2022
167	54.03	RODRIGUEZ SOMOZA, WHITNEY	AG-202117	162	1988	SR	PUROR	Ourense	20/11/2022
168	54.17	ALVAREZ MARTINEZ, NURIA	AG-9858	145	1976	45	PUROR	A Coruña	24/04/2022
169	54.50	GARCIA FEIJOO DE SOTOMAYOR, NAT	AG-201888	126	1969	50	MCHC	A Coruña	02/10/2022
170	55.13	OTERO RODRIGUEZ, ADRIANA	AG-202837	133	1978	40	MCHC	A Coruña	02/10/2022
171	55.13	HERMIDA CARBALLO, ANA BELEN	AG-201696	135	1977	45	MCHC	A Coruña	02/10/2022
172	55.13	TELLA REY, ANA BELEN	AG-94	134	1974	45	MCHC	A Coruña	02/10/2022
173	55.21	RODRIGUEZ SOBRINO, CELINA	AG-766311	30	1958	60	MÑRPO	Ames	23/10/2022
174	55.31	ASOREY NIEVES, CARMEN	AG-14942	182	1970	50	ENTR	Ourense	20/11/2022
175	55.33	CARREGAL SOMME, PAULA	AG-202625	172	1998	SR	MCHC	A Coruña	24/04/2022
176	55.33	BAULO ESCUDERO, ANDREA	AG-14752	94	1997	SR	CAMPO	Santiago	30/04/2022
177	55.46	DEL CAMPO FERNANDEZ, ANDREA	AG-202400	186	2004	JN	PUROR	Ourense	20/11/2022
178	55.47	ESTEVEZ VAZQUEZ, ROSA	AG-11541	188	1975	45	CAMPO	Ourense	20/11/2022
179	55.48	VÁZQUEZ CALVO, NOELIA	AG-10425	143	1975	45	BERCO	A Coruña	02/10/2022
180	56.09	LOPEZ RODRIGUEZ, Mª INMACULADA	AG-201877	197	1970	50	TROOR	Ourense	20/11/2022
181	56.22	BARCÓN SANCHEZ, MARIA DEL MAR	GA-179	196	1963	55	MCHC	A Coruña	24/04/2022
182	56.23	GARCIA MARTIN, MARIA	AG-14735	37	1983	35	CRR_P	Marín	29/07/2022
183	56.34	PEREZ COMESAÑA, ANA ISABEL	AG-11769	103	1977	45	CDGPO	Santiago	30/04/2022
184	56.36	FERNANDEZ MARTIN, MARIA	AG-14122	198	2005	JV	MARC	A Coruña	24/04/2022
185	56.40	RODRÍGUEZ FRANCISCO, RAQUEL	AG-10501	17	1977	45	PUROR	San Cibrao das Viñas	18/12/2022
186	56.45	SALMONTE VARELA, ÁNGELES	AG-201866	43	1967	55	VAGC	Carballo	05/06/2022
187	56.45	CASTRO CORES, CARMEN	AG-201866	44	1973	45	VAGC	Carballo	05/06/2022
188	57.02	SOMME LOPEZ, SUSANA	GA-187	209	1972	50	MCHC	A Coruña	24/04/2022
189	57.04	MOSCOSO FERNÁNDEZ, ALBA	AG-9354	160	1987	35	MCHC	A Coruña	02/10/2022
190	57.08	LEAL GARRIDO, JOSEFA	AG-15405	14	1979	40	PUROR	Xinzo de Limia	29/05/2022
191	57.10	MEIJIDE MARTINEZ, AMELIA	AG-9411	214	1963	55	CASC	A Coruña	24/04/2022
192	57.10	LOPEZ PEÑA, AMERICA	AG-10523	111	1970	50	FONC	Santiago	30/04/2022
193	57.20	BUJAN OTERO, SUSANA	AG-201928	31	1974	45	NTBC	Ames	23/10/2022
194	57.21	FERNANDEZ CASAL, MARIA AIDA	GA-769384	###	1958	60	BUROR	Ourense	20/11/2022
195	57.26	GOMEZ PRIETO, ROSI	AG-202624	170	1972	50	MCHC	A Coruña	02/10/2022
196	57.27	DE ARRIBA BELLOGIN, BEGOÑA DE	GA-19107	171	1955	65	EGOLU	A Coruña	02/10/2022
197	57.33	FERNÁNDEZ BLANCO, SILVIA	AG-15216	52	1985	35	SDCC	Negreira	13/11/2022
198	57.38	OCA GONZÁLEZ, ANA	AG-202665	121	1978	40	CAIPO	Santiago	30/04/2022
199	57.38	VILAR SEREN, LUPE	AG-202546	25	1956	65	CAMPO	Ribeira	24/09/2022
200	57.38	FERRADANS RENDO, INES	AG-202483	174	1994	SR	BRIC	A Coruña	02/10/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
201	57.48	BLANCO SANMARTIN, ANA MARIA	AG-1478	177	1966	55	MCHC A Coruña		02/10/2022
202	57.49	LOPEZ MOSTEIRO, ANA ISABEL	AG-202552	51	1973	45	PINPO Pontevedra		16/10/2022
203	57.49	GONZALEZ LOPEZ, AURORA	GA-246	42	1958	60	OUROR Santander		16/10/2022
204	58.16	GONZALEZ FERNANDEZ, M ^o JESUS	AG-15736	233	1958	60	INDE A Coruña		24/04/2022
205	58.21	PEREIRO GOMEZ, EVA MARIA	AG-769628	131	1971	50	VAGC Santiago		30/04/2022
206	58.35	ALDREY FERREIRO, BEATRIZ	AG-10116	134	1981	40	FONC Santiago		30/04/2022
207	58.43	FERNÁNDEZ MORO, COVADONGA	AG-11499	18	1971	50	PUROR San Cibrao das Viñas		18/12/2022
208	58.54	PEREZ GARCIA, MARIA DEL MAR	AG-12726	272	1972	50	CAMPO Ourense		20/11/2022
209	58.54	PIÑEIRO SANTORUM, ERNESTINA	AG-3578	273	1978	40	CAMPO Ourense		20/11/2022
210	58.58	VARELA ARROJO, TERESA	AG-202254	139	1961	60	FONC Santiago		30/04/2022
211	59.01	AMIGO FERREIRO, MARIA ELENA	AG-14897	27	1968	50	SDCC Ribeira		24/09/2022
212	59.15	GARCIA COLOMO, CRISTINA	AG-202045	286	1962	55	SAMPO Ourense		20/11/2022
213	59.17	MOUTA GONZALEZ, VANESA	AG-14834	288	1981	40	CAMPO Ourense		20/11/2022
214	59.19	VIGO LIÑARES, CONSUELO	AG-15078	56	1970	50	ENTR Negreira		13/11/2022
215	59.20	LOPEZ GIAO, ANA MARIA	AG-201697	206	1969	50	MCHC A Coruña		02/10/2022
216	59.20	ARMESTO PINEDO, RAQUEL	GA-769052	65	1975	45	CASC Pontevedra		16/10/2022
217	59.21	IGLESIAS PÉREZ, LAURA	AG-10936	19	1978	40	PUROR San Cibrao das Viñas		18/12/2022
218	59.22	LEON CAAMAÑO, JOAQUINA	AG-15746	145	1984	35	SERC Santiago		30/04/2022
219	59.27	BORRAJO CENDON, BEGOÑA	AG-12621	294	1977	45	PUROR Ourense		20/11/2022
220	59.27	JONES ROMERO, NURIA	AG-201517	293	1968	50	PUROR Ourense		20/11/2022
221	59.48	HERMIDA CARBALLO, MARIA	AG-201697	271	1975	45	MCHC A Coruña		24/04/2022
222	1.00.36	ALFONSO PITA, ROCÍO	TGAL-226	290	1975	45	ENKC A Coruña		24/04/2022
223	1.00.37	MOLDES , ROSA	TGAL-119	291	1969	50	OLEC A Coruña		24/04/2022
224	1.00.40	GOYANES MARTÍNEZ, SUSANA	TGAL-117	292	1969	50	OLEC A Coruña		24/04/2022
225	1.00.52	CASTRO CANDAMIO, MARÍA ASUNCIÓN	AG-9420	299	1974	45	CASC A Coruña		24/04/2022
226	1.00.52	PARRALES FARIAS, YAJAIRA	AG-1104	235	1980	40	MCHC A Coruña		02/10/2022
227	1.01.05	GONZALEZ MACEIRA, BEATRIZ	AG-202624	304	1972	50	MCHC A Coruña		24/04/2022
228	1.01.21	POSE GOMEZ, MARÍA BELEN	AG-202822	237	1972	50	BOIC A Coruña		02/10/2022
229	1.01.32	ÁLVAREZ CABIDO, MARÍA	AG-14680	351	1974	45	PUROR Ourense		20/11/2022
230	1.01.32	LOSADA FERNÁNDEZ, EVA	AG-14658	20	1982	35	PUROR San Cibrao das Viñas		18/12/2022
231	1.01.34	SORIANO GARCÍA, M ^a JOSÉ	AG-202354	310	1973	45	FOGC A Coruña		24/04/2022
232	1.01.34	GONZALEZ VELAZTIQUI, NILDA	AG-16582	21	1976	45	PUROR San Cibrao das Viñas		18/12/2022
233	1.02.00	GESTAL GOLÁN, SILVIA	TGAL-228	358	1975	45	ENKC Ourense		20/11/2022
234	1.02.10	VÁZQUEZ VÁZQUEZ, MYRIAM	AG-10504	365	1970	50	PUROR Ourense		20/11/2022
235	1.03.16	HERRERA TABOADA, VICTORIA	AG-202663	185	1967	55	CAI_O Santiago		30/04/2022
236	1.03.16	PICÁNS BERMÚDEZ, MARÍA TERESA	AG-202664	184	1966	55	CAIPO Santiago		30/04/2022
237	1.03.43	MONTERO FACAL, SUSANA	AG-10114	269	1978	40	BERCO A Coruña		02/10/2022
238	1.03.50	SAINZ TRESGUERRAS, ISIS	AG-202774	33	1976	45	SARC Ames		23/10/2022
239	1.04.35	ANSEDES DOMÍNGUEZ, LUCÍA	AG-766167	31	1965	55	NTBC Ribeira		24/09/2022
240	1.04.58	SENIN GONZALEZ, KATIA	TGAL-163	65	1995	SR	BIOLU Negreira		13/11/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
241	1.04.59	MARTÍNEZ VEIGA, ANA	AG-14656	23	1975	45	PUROR	San Cibrao das Viñas	18/12/2022
242	1.05.02	SAINZ DE LA TORRE VILALTA, ANA	AG-201758	211	1966	55	VAGC	Santiago	30/04/2022
243	1.05.02	VÁZQUEZ FERNÁNDEZ, ANA MARÍA	AG-11716	210	1969	50	VAGC	Santiago	30/04/2022
244	1.06.13	PEREIRA RODRIGUEZ, ALMUDENA	AG-11773	220	1977	45	CDGPO	Santiago	30/04/2022
245	1.07.13	TRESGUERRAS GONZALEZ, ELVIRA	AG-202411	32	1952	70	SARC	Ribeira	24/09/2022
246	1.08.05	JUEGUEN LAGO, MARIA DEL CARMEN	GA-197	34	1973	45	AMEC	Ames	23/10/2022
247	1.08.25	PLATAS GROBAS, CRISTINA	TGAL-218	384	1979	40	ENKC	A Coruña	24/04/2022
248	1.09.49	PARDO MONTAÑA, MARIA JOSEFINA	AG-9872	239	1964	55	MRAC	Santiago	30/04/2022
249	1.11.02	RADIO GARCÍA, OLALLA	TGAL-94	508	1979	40	MEFLU	Ourense	20/11/2022
250	1.11.02	ARES GARCÍA, ANTONIA	TGAL-112	509	1986	35	MEFLU	Ourense	20/11/2022
251	1.14.24	FOLGUEIRA GONZÁLEZ, MARGARITA	TGAL-106	532	1967	55	MEFLU	Ourense	20/11/2022
252	1.14.24	IGLESIAS NÉCEGA, ELISA	TGAL-76	533	1952	70	MEFLU	Ourense	20/11/2022
253	1.14.27	FERNÁNDEZ COPA, MARÍA	TGAL-92	535	1981	40	MEFLU	Ourense	20/11/2022
254	1.14.27	GIL CASTRO, MARIA JESUS	TGAL-320	534	1975	45	MEFLU	Ourense	20/11/2022
255	1.23.17	MARTINEZ GARCIA, MERCEDES	TGAL-327	554	1957	65	MEFLU	Ourense	20/11/2022

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1.000 metros ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	3.11	CORREDOIRA COIRA, AMPARO	GA-367	1	2007	CD	LUELU Lourenza		25/06/2022
2	3.11	CASTELO LOPEZ, SABELA	GA-643	1	2009	IN	SMIPO Marín		24/09/2022
3	3.18	BALSEIRO RODRIGUEZ, LIDIA	GA-763	2	2010	IN	ESCLU Lourenza		25/06/2022
4	3.19	MARTINEZ PEON, SABELA	GA-982	1	2008	CD	INDE Marín		24/09/2022
5	3.21	ESTEVEZ VAZQUEZ, MARÍA	GA-25	1	2008	CD	SILC Ames		25/09/2022
6	3.23	RODRÍGUEZ ARES, IRIA	GA-823	2	2007	CD	ESCLU Lourenza		25/06/2022
7	3.25	VAZQUEZ RODRIGUEZ, CARLA	GA-690	3	2007	CD	GANLU Lourenza		25/06/2022
8	3.25	MARTINEZ DOMINGUEZ, CARMEN	GA-452	3	2009	IN	LUELU Lourenza		25/06/2022
9	3.25	BARBEITO BESADA, AROA	AG-202839	2	2008	CD	CORPO Marín		24/09/2022
10	3.26	BLANCO GAGO, DANIELA	GA-593	3	2007	CD	COMPO Marín		24/09/2022
11	3.26	PANIAGUA RODRIGUEZ, DEMEKU	GA-385	2	2008	CD	VAGC Ames		25/09/2022
12	3.27	PANIAGUA RODRIGUEZ, DEBRIS	GA-384	3	2008	CD	VAGC Ames		25/09/2022
13	3.28	BENJERADA CHHITAOU, NIHAL	AG-202472	4	2010	IN	SMIPO Lourenza		25/06/2022
14	3.29	PORTO PATIÑO, LAURA	AG-202757	3	2009	IN	BAIPO Marín		24/09/2022
15	3.29	FORMOSO RECAREY, EVA	GA-1001	4	2008	CD	TKTC Ames		25/09/2022
16	3.29	PAZ SANTAMARIA, CARMEN	AG-202548	1	2010	IN	NOYC Ames		25/09/2022
17	3.30	PUMARES DORADO, ELENA	AG-3376	4	2007	CD	RFOLU Lourenza		25/06/2022
18	3.31	LOPEZ PAZOS, TANIA	GA-438	5	2009	IN	NAOC Lourenza		25/06/2022
19	3.31	CHAMADOIRA FRANCO, NAIA	AG-202879	5	2008	CD	BAIPO Lourenza		25/06/2022
20	3.33	TORRES PARDO, PAULA	GA-976	4	2008	CD	SGPPO Marín		24/09/2022
21	3.35	RUA SUAREZ, MARA	GA-943	4	2010	IN	SAMPO Marín		24/09/2022
22	3.35	GALÁN AMO, AINOA	AG-3998	1	2011	AL	MRÑPO Ames		25/09/2022
23	3.37	ALONSO PÉREZ, MARTA	AG-202743	8	2009	IN	RZCC Lourenza		25/06/2022
24	3.39	BAYON DIZ, DANIELA	AG-12486	2	2012	AL	CAMPO Lourenza		25/06/2022
25	3.39	DIZ DA ROCHA, SARA CRISTINA	AG-14319	5	2008	CD	SMIPO Marín		24/09/2022
26	3.40	FERNANDEZ CASTRO, JULIA	GA-798	7	2008	CD	ESCLU Lourenza		25/06/2022
27	3.40	VILA FIGUEROA, CELIA	GA-592	6	2007	CD	COMPO Marín		24/09/2022
28	3.40	BUDIÑO MEIRA, ELSA	GA-909	5	2010	IN	SAMPO Marín		24/09/2022
29	3.41	FUENTES LORENZO, MARIA	AG-202182	7	2007	CD	SMIPO Marín		24/09/2022
30	3.41	PEREIRA PERALBA, NOA	GA-903	9	2008	CD	SGPPO Marín		24/09/2022
31	3.41	ROZAS PEREZ, UXIA	AG-201720	8	2007	CD	CORPO Marín		24/09/2022
32	3.42	MUÑOZ FERNÁNDEZ, SARA	GA-944	9	2010	IN	LUELU Lourenza		25/06/2022
33	3.42	LECUMBERRI VILLARES, SARA	GA-821	8	2008	CD	ESCLU Lourenza		25/06/2022
34	3.43	DOLDÁN VÁZQUEZ, CARLA	AG-7781	9	2008	CD	FOGC Lourenza		25/06/2022
35	3.46	VILLAR BASANTA, MARTA	AG-3375	10	2007	CD	RFOLU Lourenza		25/06/2022
36	3.46	RODRÍGUEZ SOTO, ÁNGELA	AG-202518	10	2010	IN	ESCLU Lourenza		25/06/2022
37	3.46	ARES BETANZOS, ICÍA	GA-58	5	2008	CD	SILC Ames		25/09/2022
38	3.48	OTERO GUTIÉRREZ, SARA	AG-202517	11	2010	IN	ESCLU Lourenza		25/06/2022
39	3.49	MÉNDEZ PIÑEIRO, HENAR	GA-858	11	2008	CD	ESCLU Lourenza		25/06/2022
40	3.49	CHAVES DURÁN, CLAUDIA	AG-202114	2	2009	IN	MRÑPO Ames		25/09/2022

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1.000 metros ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	3.50	AMADO PRIETO, AROA	GA-666	12	2007	CD	RIAC Lourenza		25/06/2022
42	3.50	GONZALEZ TORRES, LUCIA	AG-9380	12	2010	IN	RFOLU Lourenza		25/06/2022
43	3.51	FERRÍN SIMÓN, XIANA	AG-202097	3	2009	IN	MRÑPO Ames		25/09/2022
44	3.52	BARROS CAMPOS, JUDIT	AG-3260	3	2012	AL	MRÑPO Ames		25/09/2022
45	3.53	ALONSO BERMUDEZ, SOFIA	GA-359	10	2008	CD	BEAPO Marín		24/09/2022
46	3.54	VILLAVERDE LÓPEZ, IRIA	AG-13500	6	2008	CD	MRAC Ames		25/09/2022
47	3.55	LOPEZ RODRIGUEZ, CLARA	AG-6916	3	2011	AL	SDCC Lourenza		25/06/2022
48	3.56	ARMESTO RODRIGUEZ, SOFIA	AG-9498	13	2009	IN	LUELU Lourenza		25/06/2022
49	3.56	NIEVES RODRIGUEZ, SABELA	AG-202371	14	2010	IN	GANLU Lourenza		25/06/2022
50	3.56	SANROMAN RUIZ, ZAIDA	AG-12754	6	2010	IN	PORPO Marín		24/09/2022
51	3.56	QUIÑONES SUÁREZ, NOELIA	AG-202873	7	2009	IN	SGPPO Marín		24/09/2022
52	3.56	CASTROGUNDIN BANCO, CARMEN	AG-15926	4	2012	AL	MRÑPO Ames		25/09/2022
53	3.57	GARCÍA LORENZO, ANTÍA	AG-202876	11	2007	CD	PINPO Marín		24/09/2022
54	3.58	SOLLA UCHA, ALBA	AG-5857	1	2013	BN	PINPO Lourenza		25/06/2022
55	3.59	VERDEZ VAZQUEZ, AINHOA	AG-14721	5	2012	AL	XUNC Lourenza		25/06/2022
56	3.59	ABARCA MARTÍNEZ, SABELA	AG-7698	6	2011	AL	SGPPO Lourenza		25/06/2022
57	3.59	FREAZA VILLANUEVA, ESTHER	AG-12755	8	2010	IN	COMPO Marín		24/09/2022
58	3.59	COLLAZO SANTAMARIA, ARIANA	GA-648	4	2009	IN	AMEC Ames		25/09/2022
59	4.00	GONZÁLEZ TORRES, LARA	AG-9378	15	2010	IN	RFOLU Lourenza		25/06/2022
60	4.01	OTERO SANCHEZ, UXIA	AG-202087	5	2009	IN	MRAC Ames		25/09/2022
61	4.02	GARCÍA ARRUÑADA, LOURDES	GA-820	13	2007	CD	ESCLU Lourenza		25/06/2022
62	4.02	GIL CASTIÑEIRAS, AFRICA	AG-6910	16	2010	IN	SDCC Lourenza		25/06/2022
63	4.02	LOPEZ SANMARTIN, LUCIA	AG-202439	6	2009	IN	MRAC Ames		25/09/2022
64	4.02	GARCÍA FOJO, AIALA	AG-13630	7	2008	CD	MRÑPO Ames		25/09/2022
65	4.04	DE LA PLAZA CALVO, DANIELA	AG-14088	2	2013	BN	ESCLU Lourenza		25/06/2022
66	4.04	FARIAS NOVOA, XIANA	AG-202599	7	2011	AL	LUCLU Lourenza		25/06/2022
67	4.04	GARCÍA DÍAZ, ANDREA	AG-202269	17	2009	IN	ESCLU Lourenza		25/06/2022
68	4.04	GARCÍA GONZÁLEZ, HELIA	GA-816	18	2010	IN	RIBLU Lourenza		25/06/2022
69	4.05	MOURIN BARREIRO, DANIELA	AG-14345	8	2012	AL	LUELU Lourenza		25/06/2022
70	4.05	DIAZ MORENO, NOELIA	AG-13204	12	2007	CD	ADCPO Marín		24/09/2022
71	4.05	DOMINGUEZ VELASCO, DANIELA	AG-202540	13	2008	CD	BEAPO Marín		24/09/2022
72	4.06	QUINTELA BARRIOS, CARLOTA	AG-7996	3	2014	BN	LUELU Lourenza		25/06/2022
73	4.06	FERNANDEZ CASTRO, MARIA	GA-1019	4	2013	BN	LUELU Lourenza		25/06/2022
74	4.06	RIVERA GARABAL, PAULA	AG-3758	8	2007	CD	TMBC Ames		25/09/2022
75	4.06	PÉREZ OTERO, CARMEN	AG-202898	9	2008	CD	VAGC Ames		25/09/2022
76	4.07	POSE CASTRO, JULIA	AG-11055	14	2008	CD	FOGC Lourenza		25/06/2022
77	4.07	BALTAR CANOURA, IRIA	AG-14086	5	2013	BN	ESCLU Lourenza		25/06/2022
78	4.07	BUDIÑO MEIRA, MARTA	AG-202770	9	2010	IN	SAMPO Marín		24/09/2022
79	4.07	JORGE GÁNDARA, CLARA	GA-687	10	2008	CD	VAGC Ames		25/09/2022
80	4.08	CHEDA LOPEZ, ALBA	AG-15396	7	2009	IN	AMEC Ames		25/09/2022

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1.000 metros ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	4.09	LEIS MARGARETO, IRENE	AG-11839	8	2011	AL	SDCC Ames		25/09/2022
82	4.10	VILA FERNÁNDEZ, ADRIANA	GA-389	11	2008	CD	VAGC Ames		25/09/2022
83	4.12	LEIS MARGARETO, CLARA	AG-11840	9	2011	AL	SDCC Ames		25/09/2022
84	4.14	ARES SIMÓN, LENA	AG-13353	9	2010	IN	MRAC Ames		25/09/2022
85	4.15	FERREIRO GONZALEZ, AROA	AG-202785	19	2010	IN	ESCLU Lourenza		25/06/2022
86	4.16	ALDREY MARTINEZ, AINHOA	AG-202462	12	2007	CD	VAGC Ames		25/09/2022
87	4.17	PALLAS RODRIGUEZ, DEVA	AG-3977	6	2014	BN	AVAPO Lourenza		25/06/2022
88	4.18	BELIARD , MORGANE	AG-14092	7	2013	BN	ESCLU Lourenza		25/06/2022
89	4.18	JALLAS SUAREZ, SABELA	AG-202088	10	2009	IN	MRAC Ames		25/09/2022
90	4.19	PEGITO PACHECO, LORENA	AG-202127	13	2008	CD	VAGC Ames		25/09/2022
91	4.20	CARBALLO MUÑIZ, SARA	AG-14413	15	2007	CD	BAIPO Lourenza		25/06/2022
92	4.20	GONZÁLEZ CASTRO, ÁNGELA	AG-13043	14	2007	CD	VAGC Ames		25/09/2022
93	4.21	ARMESTO RODRÍGUEZ, IRIA	AG-202850	9	2011	AL	LUELU Lourenza		25/06/2022
94	4.23	RIVERA SOUTO, CARLA	AG-3760	12	2009	IN	TMBC Ames		25/09/2022
95	4.24	MOURE PEREZ, IRENE	AG-13741	10	2011	AL	AMEC Ames		25/09/2022
96	4.26	IGLESIAS TURNES, ARIANA	AG-3538	11	2011	AL	SDCC Ames		25/09/2022
97	4.28	MENENDEZ TRASHORRAS, CARLOTA	AG-3595	10	2012	AL	ESCLU Lourenza		25/06/2022
98	4.28	RODRÍGUEZ BEIS, ANTÍA	AG-202898	12	2011	AL	VAGC Ames		25/09/2022
99	4.29	ALONSO SALGUEIRO, PAULA	AG-15836	12	2010	IN	BEAPO Marín		24/09/2022
100	4.32	VAZQUEZ ABALDE, SABELA	GA-914	14	2009	IN	BEAPO Marín		24/09/2022
101	4.32	SUAREZ MIRAMONTES, AINHOA	AG-202087	13	2009	IN	AMEC Ames		25/09/2022
102	4.34	GIL ALONSO, OLALLA	AG-202542	14	2009	IN	MRAC Ames		25/09/2022
103	4.36	ROUCO GARCÍA, LÍA	AG-13360	3	2014	BN	MRAC Ames		25/09/2022
104	4.38	FERREIRO PUÑAL, MARTINA	AG-13355	15	2010	IN	MRAC Ames		25/09/2022
105	4.40	MANTEIGA CASTAÑO, UXIA	AG-202440	16	2010	IN	MRAC Ames		25/09/2022
106	4.40	GARCÍA ORDOÑEZ, JULIA	AG-13047	14	2011	AL	MRÑPO Ames		25/09/2022
107	4.47	LÓPEZ SANMARTÍN, LAURA	AG-7694	5	2013	BN	MRAC Ames		25/09/2022
108	4.48	GIL CASTIÑEIRAS, DANIELA	AG-6978	8	2014	BN	SDCC Lourenza		25/06/2022
109	4.50	FERNÁNDEZ LOSADA, HUGO	AG-14143	9	2012	AL	RFOLU Lourenza		25/06/2022
110	4.50	BARREIRO LOPEZ, ANA	AG-13499	17	2010	IN	MRAC Ames		25/09/2022
111	4.56	TRILLO SOMOZA, LÚA	AG-9444	9	2013	BN	XUNC Lourenza		25/06/2022
112	5.00	MONTERO DIOS, BEATRIZ	AG-13469	16	2012	AL	VAGC Ames		25/09/2022
113	5.00	IGLESIAS MOURE, LUCIA	AG-202680	6	2013	BN	NTBC Ames		25/09/2022
114	5.02	RODRIGUEZ SOTO, MARTA	AG-14233	10	2013	BN	ESCLU Lourenza		25/06/2022
115	5.02	VIDAL LÓPEZ, CLAUDIA	AG-13354	7	2013	BN	MRAC Ames		25/09/2022
116	5.07	FERNÁNDEZ PORTELA, VERA	AG-13356	9	2014	BN	MRAC Ames		25/09/2022
117	5.16	MONTERO DIOS, MARTA	AG-13468	11	2014	BN	VAGC Ames		25/09/2022
118	5.20	BARREIRO LÓPEZ, SARA	AG-13467	18	2011	AL	MRAC Ames		25/09/2022
119	5.20	PEÑA DEL RÍO, LAURA	AG-11964	17	2012	AL	VAGC Ames		25/09/2022
120	5.27	LOPEZ MILLARES, UXIA	AG-15382	18	2010	IN	CANC Ames		25/09/2022

CATEGORIA ABSOLUTA FEMININA

1.000 metros ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	5.33	CALVO PRADOS, JULIA	AG-12906	19	2010	IN	VAGC Ames		25/09/2022
122	5.34	RODRIGUEZ CAVERO, JULIETA	AG-13742	12	2014	BN	AMEC Ames		25/09/2022
123	5.45	RAMOS CABANA, SARA	AG-13627	19	2012	AL	VAGC Ames		25/09/2022
124	5.47	TORRES BLANCO, LEONOR	AG-202098	15	2009	IN	MÑRPO Marín		24/09/2022
125	3..35	ARDAO GALEGO, NOA	GA-421	7	2009	IN	NAOC Lourenza		25/06/2022

CATEGORIA ABSOLUTA FEMININA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	16.12	NAVARETE SANTANA, ESTER	GA-769008	0	1990	SR	FCB Laredo		19/03/2022
2	16.23	BREA ABREU, JOSELYN DANIELY	GA-765594	0	1994	SR	CALV Ourense		20/11/2022
3	16.42	SANTOS DOMÍNGUEZ, LAURA	GA-202331	0	1998	SR	LUCLU O Barco de Valdeorras		08/05/2022
4	16.46	BREA ABREU, EDYMAR DANIELY	GA-202356	1	1997	SR	CALV Paterna		19/06/2022
5	18.02	CEDRON AIRA, MARIA	GA-103	0	2001	PR	ADAOR Ourense		20/11/2022
6	18.07	DOMINGUEZ MONTES, BEGOÑA	GA-240	0	1984	35	OUROR Laredo		19/03/2022
7	18.25	MOSQUERA LOSADA, SANDRA	GA-16506	0	1990	SR	COMPO Negreira		13/11/2022
8	18.27	GONZALEZ VERDE, ARIANA	AG-768898	0	1983	35	SDTPO Madrid		31/12/2022
9	18.41	ODILE CARDIN, ZOE MICHELLE	GA-1055	0	2000	PR	CAFPO Ourense		20/11/2022
10	18.45	CALLON TREUS, KARINA	GA-768569	0	1980	40	CASC O Barco de Valdeorras		08/05/2022
11	18.51	GARCIA-SAAVEDRA GONZALEZ, MART	GA-854	0	1995	SR	ADAOR O Barco de Valdeorras		08/05/2022
12	18.53	LOPEZ LOPEZ, SARA	GA-768928	0	2001	PR	ADAOR Ourense		20/11/2022
13	19.01	SANTOS VILLALON, CAROLINA	GA-766108	1	2005	JV	RIAC Negreira		13/11/2022
14	19.04	FERNÁNDEZ BARREIROS, TINA	GA-37	0	1983	35	SARC Santiago		30/04/2022
15	19.19	FERNANDEZ FONTENLA, IRIA	GA-765718	0	1981	40	ADAOR O Barco de Valdeorras		08/05/2022
16	19.31	LEDO LOPEZ, ELENA	GA-20	6	1979	40	ADAOR Pinto (Madrid)		23/10/2022
17	19.36	VAQUERO SOUSA, JULIA	GA-716983	0	1970	50	SDCC O Barco de Valdeorras		08/05/2022
18	19.38	ALVITE FERREIRO, ROCIO	AG-202656	0	1980	40	SARC Negreira		13/11/2022
19	19.39	LOSADA PÉREZ, VICTORINA	GA-202352	0	1984	35	OUROR Laredo		19/03/2022
20	19.46	PAPIN ESTEVEZ, INES	GA-765817	0	1969	50	CASC Negreira		13/11/2022
21	19.57	FERNANDEZ LAGO, BRANCA	GA-202330	1	2003	JN	SMIPO Ribeira		26/06/2022
22	19.59	VIADEL TURJANICOVA, PATRICIE	GA-202331	0	2000	PR	STOC Santiago		30/04/2022
23	19.59	IGLESIAS CARBALLIDO, ANDREA	GA-100	0	1989	SR	DOMPO Porriño		01/05/2022
24	20.11	TASENDE ANDRADE, MARTINA	GA-202019	0	1980	40	VAGC O Barco de Valdeorras		08/05/2022
25	20.11	RODRIGUEZ NEGREIRA, UXIA	AG-201957	0	1993	SR	OUROR Ourense		20/11/2022
26	20.14	PEON SANTOME, LUCIA	AG-2581	0	1982	40	AREOR Porriño		01/05/2022
27	20.21	PEDROSA CARRETE, MARIA ESTHER	GA-10706	0	1961	60	CASTE Laredo		19/03/2022
28	20.21	PARRADO PINAQUE, TERESA	AG-202648	0	1990	SR	STOC Negreira		13/11/2022
29	20.31	PRADA HERNANDEZ, CONCEPCION	GA-902	1	1976	45	ADAOR O Barco Valdeorras		06/11/2022
30	20.32	BARROSO PEREZ, BEATRIZ	AG-10474	0	1977	45	NOYC Negreira		13/11/2022
31	20.35	PASTOR AMOROS, NURIA	GA-96	0	1966	55	LGRLU O Barco de Valdeorras		08/05/2022
32	20.36	VALIN SANCHEZ, MARTA	GA-769206	0	1975	45	VRXLU Ourense		20/11/2022
33	20.51	RAMA FIGUEIRAS, DANIELA	AG-202752	3	2008	CD	NOYC Negreira		13/11/2022
34	20.54	VARELA MOLEJON, LUCIA	GA-765984	0	2003	JN	LUCLU Ourense		20/11/2022
35	20.55	PAPIN ESTEVEZ, NOELIA	GA-765857	0	1974	45	CASC Santiago		30/04/2022
36	20.57	CASTRO VILLAVERDE, MARIA TERESA	GA-764774	0	1968	50	NOYC O Barco de Valdeorras		08/05/2022
37	21.13	TARRÍO MARTÍNEZ, MARÍA	GA-709	3	1977	40	SDCC Ribeira		26/06/2022
38	21.20	CASTRO SOLIÑO, MARIA SOLEDAD	GA-9172	0	1965	55	COMPO Negreira		13/11/2022
39	21.24	TEIJEIRO FERRO, SONIA	GA-202336	0	1971	50	OUROR Ourense		20/11/2022
40	21.36	DOCAMPO GAMARRA, INES	GA-766187	0	2003	JN	ADAOR Santiago		30/04/2022

CATEGORIA ABSOLUTA FEMININA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	21.37	ROSALES ROSALES, PAULA	GA-885	0	1982	35	PINPO	O Barco de Valdeorras	08/05/2022
42	21.38	PEREZ NIETO, ALBA	GA-202341	0	2002	PR	NEGC	Negreira	13/11/2022
43	21.41	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	4	1973	45	SMIPO	Ribeira	26/06/2022
44	21.42	PAZOS MEIXUS, ARARAT	GA-188	4	2005	JV	SMIPO	Negreira	13/11/2022
45	21.45	CONDE ALVAREZ, NEREA	AG-14931	0	1987	35	BUROR	Ourense	20/11/2022
46	21.51	NOVOA BARBOSA, MONICA	AG-202051	0	1973	45	RUNMA	Ourense	20/11/2022
47	22.19	LÓPEZ LÓPEZ, ROSALÍA	AG-10870	0	1987	35	LGRLU	Ourense	20/11/2022
48	22.20	MIGUENS OTERO, ELENA	AG-766075	0	1972	45	SARC	Negreira	13/11/2022
49	22.41	FERNÁNDEZ MARTINEZ, MARIA	AG-202777	7	2006	JV	TKTC	Negreira	13/11/2022
50	22.42	IGLESIAS SANTIAGO, ANGELES	AG-202571	0	1968	50	MÑRPO	Ourense	20/11/2022
51	22.53	PEREZ GONZALEZ, ELENA	AG-202052	0	1981	40	BUROR	Ourense	20/11/2022
52	22.54	DOMINGUEZ ROMAN, LUZ MARIA	GA-840	0	1962	60	BUROR	O Barco de Valdeorras	08/05/2022
53	22.54	CHILLON CAMAÑO, MAR	GA-19667	0	1996	SR	CAFPO	Ourense	20/11/2022
54	22.55	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	0	1965	55	PUROR	Ourense	20/11/2022
55	22.55	LÓPEZ CALVO, MARÍA SONIA	AG-14784	0	1977	40	PUROR	Ourense	20/11/2022
56	22.56	DIEZ BERMUDEZ, SILVIA MARIA	GA-768998	0	1977	45	EGOLU	Negreira	13/11/2022
57	22.57	CASTROS DOMÍNGUEZ, KAREN	GA-503	0	1996	SR	CAFPO	Ourense	20/11/2022
58	23.00	ESTEIRO RAMOS, PAULA	GA-478	0	1980	40	SDCC	Negreira	13/11/2022
59	23.01	CARRIL BOO, CRISTINA	AG-201867	0	1980	40	VAGC	Negreira	13/11/2022
60	23.06	FERNÁNDEZ MARTINEZ, ROSANA	AG-202777	8	2004	JN	TKTC	Negreira	13/11/2022
61	23.22	MOJON BENAVIDES, MARTA	AG-2543	0	1985	35	AREOR	Laredo	19/03/2022
62	23.22	GONZÁLEZ VALEA, SONIA	GA-803	0	1976	45	RIBLU	O Barco de Valdeorras	08/05/2022
63	23.24	RIPOLL PERNAS, Mª ANGELES	GA-768824	0	1959	60	CASC	O Barco de Valdeorras	08/05/2022
64	23.26	RAMOS SUÁREZ, RAQUEL	AG-14902	0	1974	45	ADOC	Negreira	13/11/2022
65	23.26	PÉREZ MARTÍNEZ, ANA BELÉN	AG-14906	0	1974	45	ADOC	Negreira	13/11/2022
66	23.27	INSAURRALDE RAMÍREZ, ROSA VANES	AG-201935	11	1978	40	SILC	Negreira	13/11/2022
67	23.34	FERNANDEZ DIAZ, MARTA	GA-814	0	1999	SR	RIBLU	Ourense	20/11/2022
68	23.39	CASTRO PEREZ, RAQUEL	AG-10594	0	1991	SR	AREOR	Ourense	20/11/2022
69	24.43	GARCIA TRABA, MARTINA	AG-202207	14	2008	CD	ADOC	Negreira	13/11/2022
70	25.14	ALVAREZ ALVAREZ, REBECA	AG-202051	0	1974	45	BUROR	Ourense	20/11/2022
71	25.14	ALVAREZ FERNANDEZ, MERCHE	AG-14564	0	1974	45	RUNMA	Ourense	20/11/2022
72	25.16	ALCALDE BALDO, TANIA	AG-14892	0	1986	35	SDCC	Ourense	20/11/2022
73	25.17	ESPASANDIN DUARTE, NOELIA	AG-3309	0	1991	SR	XALC	Negreira	13/11/2022
74	25.21	DÍAZ MESA, ROCIO	GA-809	0	1968	50	RIBLU	Ourense	20/11/2022
75	25.43	VAZQUEZ NOGUEIRAS, GUIOMAR	AG-11500	0	1978	40	PUROR	Ourense	20/11/2022
76	25.47	GARCIA TRABA, JULIA	AG-202258	21	2004	JN	ADOC	Negreira	13/11/2022
77	25.47	PEREZ RODRIGUEZ, PAMELA	AG-2582	0	1989	SR	AREOR	Ourense	20/11/2022
78	25.49	CAMPOS EIRÍN, MERCEDES	AG-14613	11	1977	45	MRÑPO	Ribeira	26/06/2022
79	25.52	DOMINGUEZ PEREIRA, PILAR	AG-202703	0	1967	55	VRXLU	Ourense	20/11/2022
80	25.58	PENA SANDE, LETICIA	AG-15066	0	1993	SR	SERC	Negreira	13/11/2022

CATEGORIA ABSOLUTA FEMININA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	26.02	TRABA LÓPEZ, MARÍA JOSÉ	AG-14907	0	1971	50	ADOC	Negreira	13/11/2022
82	26.04	PITA MARTÍNEZ, ESTEFANÍA	AG-12155	0	1983	35	LGRLU	Ourense	20/11/2022
83	26.08	NANÍN LÓPEZ, MARIA CRISTINA	GA-685	0	1965	55	BUROR	Ourense	20/11/2022
84	26.37	FERRADANS RENDO, INES	AG-202483	24	1994	SR	BRIC	Negreira	13/11/2022
85	26.37	SALGADO SANTOS, LARA	AG-3170	0	1992	SR	SDCC	Ourense	20/11/2022
86	26.41	LAGO ANDRADE, IRIA	AG-201918	0	1997	SR	ADOC	Negreira	13/11/2022
87	26.41	SANZ SANZ, MARTA	AG-14904	0	1978	40	ADOC	Negreira	13/11/2022
88	26.49	CONDE RODRÍGUEZ, CRISTINA	AG-9946	0	1977	40	PUROR	Ourense	20/11/2022
89	26.52	MEJUTO FERNANDEZ, NURIA	AG-9427	0	1990	SR	SDCC	Ourense	20/11/2022
90	27.01	BUJAN OTERO, SUSANA	AG-201928	27	1974	45	NTBC	Negreira	13/11/2022
91	27.02	SERANTES CUIÑA, MARTA	AG-14756	0	1982	40	CAMPO	Ourense	20/11/2022
92	27.10	SALMONTE VARELA, ÁNGELES	AG-201866	28	1967	55	VAGC	Negreira	13/11/2022
93	27.20	CASTRO CORES, CARMEN	AG-201866	29	1973	45	VAGC	Negreira	13/11/2022
94	27.20	RODRIGUEZ DEL RIO, MARIA DE LOS	GA-717241	0	1957	60	SILC	Ourense	20/11/2022
95	27.27	RODRIGUEZ SOMOZA, WHITNEY	AG-202117	0	1988	SR	PUROR	Ourense	20/11/2022
96	27.28	AMIGO FERREIRO, MARIA ELENA	AG-14897	12	1968	50	SDCC	Ribeira	26/06/2022
97	28.03	DE ARRIBA BELLOGIN, BEGOÑA DE	GA-19107	2	1955	65	EGOLU	Pinto (Madrid)	23/10/2022
98	28.18	ASOREY NIEVES, CARMEN	AG-14942	0	1970	50	ENTR	Ourense	20/11/2022
99	28.21	FERNÁNDEZ BLANCO, SILVIA	AG-15216	0	1985	35	SDCC	Negreira	13/11/2022
100	28.31	LOPEZ RODRIGUEZ, M ^a INMACULADA	AG-201877	0	1970	50	TROOR	Ourense	20/11/2022
101	28.34	VIGO LIÑARES, CONSUELO	AG-15078	0	1970	50	ENTR	Negreira	13/11/2022
102	28.40	ALVAREZ MARTINEZ, NURIA	AG-9858	0	1976	45	PUROR	Ourense	20/11/2022
103	28.40	ESPINOSA MENOR, MARÍA JESÚS	AG-9866	0	1968	50	PUROR	Ourense	20/11/2022
104	28.47	DEL CAMPO FERNANDEZ, ANDREA	AG-202400	0	2004	JN	PUROR	Ourense	20/11/2022
105	28.55	ZAPATA RODRIGUEZ, RAQUEL	AG-11596	0	1979	40	MRQPO	Ourense	20/11/2022
106	29.06	FERNANDEZ CASAL, MARIA AIDA	GA-769384	0	1958	60	BUROR	Ourense	20/11/2022
107	29.10	ESTEVEZ VAZQUEZ, ROSA	AG-11541	0	1975	45	CAMPO	Ourense	20/11/2022
108	29.21	PUENTE ANTELO, MARTA	AG-3305	35	1988	SR	XALC	Negreira	13/11/2022
109	29.22	LEAL GARRIDO, JOSEFA	AG-15405	0	1979	40	PUROR	Ourense	20/11/2022
110	30.09	BORRAJO CENDON, BEGOÑA	AG-12621	0	1977	45	PUROR	Ourense	20/11/2022
111	30.12	JONES ROMERO, NURIA	AG-201517	0	1968	50	PUROR	Ourense	20/11/2022
112	30.12	IGLESIAS PÉREZ, LAURA	AG-10936	0	1978	40	PUROR	Ourense	20/11/2022
113	30.12	FERNÁNDEZ MORO, COVADONGA	AG-11499	0	1971	50	PUROR	Ourense	20/11/2022
114	30.18	VILAR SEREN, LUPE	AG-202546	0	1956	65	CAMPO	Ourense	20/11/2022
115	30.18	PIÑEIRO SANTORUM, ERNESTINA	AG-3578	0	1978	40	CAMPO	Ourense	20/11/2022
116	30.18	PEREZ GARCIA, MARIA DEL MAR	AG-12726	0	1972	50	CAMPO	Ourense	20/11/2022
117	30.19	MOUTA GONZALEZ, VANESA	AG-14834	0	1981	40	CAMPO	Ourense	20/11/2022
118	30.31	VIGO LIÑARES, ANA	AG-201492	42	1969	50	ENTR	Negreira	13/11/2022
119	30.32	GARCIA COLOMO, CRISTINA	AG-202045	0	1962	55	SAMPO	Ourense	20/11/2022
120	30.35	OCA GONZÁLEZ, ANA	AG-202665	0	1978	40	CAIPO	Ourense	20/11/2022

CATEGORIA ABSOLUTA FEMININA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	30.47	SENIN GONZALEZ, KATIA	TGAL-163	0	1995	SR	BIOLU	Negreira	13/11/2022
122	30.52	ÁLVAREZ CABIDO, MARÍA	AG-14680	0	1974	45	PUROR	Ourense	20/11/2022
123	30.53	RODRÍGUEZ FRANCISCO, RAQUEL	AG-10501	0	1977	45	PUROR	Ourense	20/11/2022
124	30.53	VÁZQUEZ VÁZQUEZ, MYRIAM	AG-10504	0	1970	50	PUROR	Ourense	20/11/2022
125	31.23	GESTAL GOLÁN, SILVIA	TGAL-228	0	1975	45	ENKC	Ourense	20/11/2022
126	31.24	GONZALEZ VELAZTIQUI, NILDA	AG-16582	0	1976	45	PUROR	Negreira	13/11/2022
127	31.25	GOYANES MARTÍNEZ, SUSANA	TGAL-117	0	1969	50	OLEC	Ourense	20/11/2022
128	31.34	ALFONSO PITA, ROCÍO	TGAL-226	0	1975	45	ENKC	Ourense	20/11/2022
129	31.45	POSE GOMEZ, MARÍA BELEN	AG-202822	0	1972	50	BOIC	Ourense	20/11/2022
130	32.45	ANDRADE LAGO, MARÍA	AG-14908	50	1978	40	ADOC	Negreira	13/11/2022
131	34.18	TRESGUERRAS GONZALEZ, ELVIRA	AG-202411	0	1952	70	SARC	Negreira	13/11/2022
132	36.05	RADIO GARCÍA, OLALLA	TGAL-94	0	1979	40	MEFLU	Ourense	20/11/2022
133	36.06	ARES GARCÍA, ANTONIA	TGAL-112	0	1986	35	MEFLU	Ourense	20/11/2022
134	38.52	IGLESIAS NÉCEGA, ELISA	TGAL-76	0	1952	70	MEFLU	Ourense	20/11/2022
135	38.52	FOLGUEIRA GONZÁLEZ, MARGARITA	TGAL-106	0	1967	55	MEFLU	Ourense	20/11/2022
136	38.54	GIL CASTRO, MARIA JESUS	TGAL-320	0	1975	45	MEFLU	Ourense	20/11/2022
137	38.54	FERNÁNDEZ COPA, MARÍA	TGAL-92	0	1981	40	MEFLU	Ourense	20/11/2022
138	41.58	MARTINEZ GARCIA, MERCEDES	TGAL-327	0	1957	65	MEFLU	Ourense	20/11/2022
139	43.13	RODRIGUEZ OLIVEIRA, ROCIO	GA-551	0	1983	35	DOMPO	Porriño	01/05/2022

CATEGORIA ABSOLUTA FEMININA

10 Km. Marcha Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	44.50	FERNÁNDEZ BARREIROS, TINA	GA-37	0	1983	35	SARC	A Coruña	13/02/2022
2	46.01	ESCARIZ MELLA, CARMEN	GA-717186	1	1998	SR	OUROR	A Pobra do Caramiñal	16/01/2022
3	46.02	VARELA SANTISO, PATRICIA	AG-2604	0	1992	SR	AREOR	A Coruña	13/02/2022
4	47.10	CHAMOSA DACASA, ANTIA	GA-765772	16	1999	SR	SGPPO	Madrid	16/05/2022
5	47.27	RAMÍREZ DIEZ, AGUEDA	TGAL-79	0	1976	45	MEFLU	A Coruña	13/02/2022
6	48.35	FIGUEROA FIGUEROA, MARÍA DEL RO	AG-202411	0	1981	40	SAMPO	A Coruña	13/02/2022
7	49.28	MEILAN GARCIA, ALDARA	GA-202344	3	2006	JV	LUELU	Lepe	30/01/2022
8	50.13	KOSTENKO , OLEKSANDRA	GA-165	5	2006	JV	LUELU	Lepe	30/01/2022
9	50.42	GARCIA SANCHEZ, NATALIA	GA-769054	0	1977	40	CASC	A Coruña	13/02/2022
10	51.11	RIVAS SUAREZ, NATALIA	GA-121	0	1977	45	VAGC	A Coruña	13/02/2022
11	52.36	PEREZ NIETO, ALBA	GA-202341	7	2002	PR	NEGC	Getafe (Madrid)	18/12/2022
12	53.09	CONDE ALVAREZ, NEREA	AG-14931	0	1987	35	BUROR	A Coruña	13/02/2022
13	53.37	RIVAS IGLESIAS, NATALIA	GA-202351	12	2006	JV	TUIPO	Lepe	30/01/2022
14	54.11	RIVAS IGLESIAS, IRIA	GA-769064	0	2001	PR	RIAC	A Coruña	28/05/2022
15	54.28	VAZQUEZ GONZALEZ, RITA	GA-202329	4	2003	JN	OUROR	A Pobra do Caramiñal	16/01/2022
16	54.29	SEGADE BUIDE, SALOMÉ	GA-202358	5	2005	JV	STOC	A Pobra do Caramiñal	16/01/2022
17	54.55	COBELO ROMERO, ELISA	GA-182	0	1974	45	MCHC	A Coruña	13/02/2022
18	54.55	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	0	1965	55	PUROR	A Coruña	13/02/2022
19	55.15	CORREDOIRA BALEATO, MARIA	AG-768081	0	1974	45	SARC	A Coruña	13/02/2022
20	55.21	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	0	1973	45	SMIPO	A Coruña	13/02/2022
21	55.35	FERNANDEZ DIAZ, MARTA	GA-814	0	1999	SR	RIBLU	A Coruña	13/02/2022
22	55.37	DIAZ MESA, ROCIO	GA-809	0	1968	50	RIBLU	A Coruña	13/02/2022
23	56.27	RODRIGUEZ BAZ, MARIA EMILIA	GA-80	7	1975	45	SDTPO	A Pobra do Caramiñal	16/01/2022
24	1.01.21	CAINZOS GARCIA, ANDREA	GA-595	8	2006	JV	MCHC	A Pobra do Caramiñal	16/01/2022
25	1.01.38	PAZOS CORTIZAS, CARLA	GA-5	9	2006	JV	NAOC	A Pobra do Caramiñal	16/01/2022
26	1.02.21	DOMINGUEZ HERRERA, IAIONE DEL R	GA-765381	10	1994	SR	CASC	A Pobra do Caramiñal	16/01/2022
27	1.03.40	FERNANDEZ ACUÑA, CARMEN	GA-769302	11	2005	JV	BEAPO	A Pobra do Caramiñal	16/01/2022
28	1.04.03	POUSA CASTRO, MARIA SOLEDAD	GA-315	12	1971	50	OUROR	A Pobra do Caramiñal	16/01/2022
29	1.05.48	DELGADO PAREDES, MARIA DOLORES	GA-317	13	1976	45	OUROR	A Pobra do Caramiñal	16/01/2022
30	1.08.52	GRANDE OUTOMURO, MARIA HERMIN	GA-318	14	1974	45	OUROR	A Pobra do Caramiñal	16/01/2022
31	1.10.49	RODRÍGUEZ GARCÍA, INÉS	GA-522	15	2006	JV	SGPPO	A Pobra do Caramiñal	16/01/2022
32	1.12.10	RIOS IBAÑEZ, ANDREA	AG-770003	16	2000	PR	CUNPO	A Pobra do Caramiñal	16/01/2022
33	1.14.57	JUEGUEN LAGO, MARIA DEL CARMEN	GA-197	17	1973	45	AMEC	A Pobra do Caramiñal	16/01/2022

CATEGORIA ABSOLUTA FEMININA

35 Km. Marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	2.53.18	CHAMOSA DACASA, ANTIA	GA-765772	10	1999	SR	SGPPO	Dudince (SVK)	23/04/2022
2	3.00.48	ESCARIZ MELLA, CARMEN	GA-717186	5	1998	SR	OUROR	Lepe	30/01/2022



CATEGORIA ABSOLUTA FEMININA