

CATEGORIA VETERÁN MASCULINA

Maratón

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	2.21.11	PRIETO FERVENZA, ALVARO	GA-766117	106	1980	40	NAOC	Valencia	04/12/2022
2	2.21.42	GONZALEZ RIO, SIMON	GA-202338	118	1986	35	RFOLU	Valencia	04/12/2022
3	2.22.36	GARCIA GARCIA-PAZ, PABLO MIGUEL	GA-769208	129	1987	35	DOMPO	Valencia	04/12/2022
4	2.25.51	NIEVES CAMPELLO, GUSTAVO	GA-768553	189	1982	40	RCVPO	Valencia	04/12/2022
5	2.27.07	PEREDAS GONZALEZ, JAVIER	GA-202350	247	1979	40	OUROR	Valencia	04/12/2022
6	2.29.43	PRESEDO FRAGUIO, ALVARO	GA-140	346	1985	35	MARC	Valencia	04/12/2022
7	2.32.01	DOMINGUEZ CABRAL, ELIAS SALVADO	GA-766113	456	1972	50	DOMPO	Valencia	04/12/2022
8	2.32.21	CASADO MENDEZ, JOSE MANUEL	GA-799	20	1976	45	BUROR	Zaragoza	04/03/2022
9	2.32.53	VÁZQUEZ VAAMONDE, RICARDO	GA-766141	1	1974	45	ADAOR	A Coruña	02/10/2022
10	2.33.16	BARRAL PUGA, MIGUEL ANGEL	GA-513	516	1983	35	LUELU	Valencia	04/12/2022
11	2.36.47	JANEIRO LORENZO, JORGE	AG-202234	739	1976	45	DOMPO	Valencia	04/12/2022
12	2.37.40	GONZÁLEZ HORTA, VÍCTOR XOSÉ	AG-765828	3	1984	35	COMPO	A Coruña	02/10/2022
13	2.38.04	MASEDA CARBALLO, FRANCISCO JAVI	GA-205	835	1976	45	MARC	Valencia	04/12/2022
14	2.38.11	GARCIA GONZALEZ, SANTIAGO	GA-765876	842	1974	45	BUROR	Valencia	04/12/2022
15	2.38.39	MARZOA RUIZ, MIGUEL	AG-768923	887	1981	40	MRQPO	Valencia	04/12/2022
16	2.38.48	DÍAZ PÉREZ, ESTEBAN	GA-34	4	1981	40	NAOC	A Coruña	02/10/2022
17	2.38.55	MARTINEZ RIBAO, DIEGO	GA-765866	909	1982	35	BUROR	Valencia	04/12/2022
18	2.38.57	GARCIA PADIN, DANIEL	AG-202798	5	1986	35	INDE	A Coruña	02/10/2022
19	2.39.59	AIRAS COTA, RUBEN	GA-756	15	1979	40	BUROR	Zaragoza	04/03/2022
20	2.40.44	FERNANDEZ MARCOS, NOEL	GA-1234	7	1977	45	RNWC	A Coruña	02/10/2022
21	2.43.01	LANZA BEN, MARCELO	GA-524	####	1973	45	RFOLU	Valencia	04/12/2022
22	2.44.02	TORRES NEIRA, MATEO	AG-202626	####	1979	40	MARC	Valencia	04/12/2022
23	2.44.31	GARCIA SANMAMED, FELICIANO	GA-800	9	1982	40	BUROR	A Coruña	02/10/2022
24	2.45.06	SEOANE POMBO, JOSÉ MANUEL	AG-202250	####	1973	45	NEGC	Valencia	04/12/2022
25	2.45.48	GARCIA PEREZ, JOSE MANUEL	GA-202352	11	1973	45	ADAOR	A Coruña	02/10/2022
26	2.46.27	SANTOS NUÑEZ, ROBERTO	AG-201948	12	1982	40	CRR_P	A Coruña	02/10/2022
27	2.46.48	REGUEIRA MARTINEZ, ALDO	GA-741	13	1980	40	NAUC	A Coruña	02/10/2022
28	2.46.56	BREGUA CHAS, RUBEN	GA-206	####	1979	40	MARC	Valencia	04/12/2022
29	2.47.22	RODRIGUEZ VIDAL, RUBEN	AG-763825	14	1981	40	VEN_P	A Coruña	02/10/2022
30	2.47.47	VILLAVERDE VAZQUEZ, LUIS ALBERTO	AG-201923	####	1978	40	NEGC	Valencia	04/12/2022
31	2.48.30	POUSO VIDAL, LUCAS	AG-3808	15	1979	40	CAMPO	A Coruña	02/10/2022
32	2.49.05	OUBIÑA FALCON, MAXIMINO	AG-3576	16	1983	35	CAMPO	A Coruña	02/10/2022
33	2.49.21	SANTIAGO BOSCH, JOSE ANTONIO	AG-201462	17	1976	45	PINPO	A Coruña	02/10/2022
34	2.50.12	SOLER RIVAS, ABELARDO	AG-202827	36	1979	40	NEGC	A Coruña	02/10/2022
35	2.51.21	ESTEVEZ GARCIA, MANUEL ENRIQUE	GA-769046	15	1972	50	ADAOR	Zaragoza	04/03/2022
36	2.52.10	OUBIÑA DIOS, FRANCISCO RAMON	AG-3577	19	1973	45	CAMPO	A Coruña	02/10/2022
37	2.53.05	RUIZ BREIJO, DIEGO	AG-202403	20	1985	35	COCC	A Coruña	02/10/2022
38	2.54.14	LAGO QUINTEIRO, JOSE RAMON	AG-768907	####	1975	45	FONC	Valencia	04/12/2022
39	2.54.27	PARADA RODRIGUEZ, MANUEL ALEJAN	AG-201405	21	1972	50	SAMPO	A Coruña	02/10/2022
40	2.54.55	VAZQUEZ IGLESIAS, ANTONIO	GA-765869	13	1967	55	BUROR	Zaragoza	04/03/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	2.55.32	VILA REY, JOSE JUAN	TGAL-275	57	1963	55	CASC	A Coruña	02/10/2022
42	2.55.33	VAZQUEZ COLLAZO, SANTIAGO	GA-717165	22	1965	55	RZCC	A Coruña	02/10/2022
43	2.55.36	BUIG FERNANDEZ, MANUEL ALEXIS	GA-358	####	1977	45	VAGC	Valencia	04/12/2022
44	2.56.00	SOTO PARADA, JUAN CARLOS	AG-202374	23	1977	45	PINPO	A Coruña	02/10/2022
45	2.56.08	LORES MEIS, JOSE MANUEL	AG-11193	25	1977	45	CAMPO	A Coruña	02/10/2022
46	2.56.08	NUÑEZ MOSTEIRO, RUBEN	AG-11160	24	1983	35	CAMPO	A Coruña	02/10/2022
47	2.56.21	HERMO VILLAR, PABLO	AG-201753	26	1982	40	SARC	A Coruña	02/10/2022
48	2.56.32	RODRIGUEZ DOMINGUEZ, ANDRES	AG-201470	27	1975	45	PINPO	A Coruña	02/10/2022
49	2.56.40	VALIÑO CES, JOSE ANTONIO	AG-201937	####	1976	45	FONC	Valencia	04/12/2022
50	2.57.20	ALVAREZ CHINCHILLA, JESUS	GA-769057	28	1966	55	CASC	A Coruña	02/10/2022
51	2.57.25	GOMEZ LOPEZ, JOSE BENITO	GA-765008	3	1959	60	OUROR	Zaragoza	04/03/2022
52	2.57.28	FERNÁNDEZ RODRÍGUEZ, RAMÓN	AG-63	####	1972	50	LOULU	Valencia	04/12/2022
53	2.57.31	FANDIÑO GARCIA, OSCAR	AG-11158	29	1976	45	CAMPO	A Coruña	02/10/2022
54	2.57.54	ROMERO ALVAREZ, JULIAN	AG-202046	30	1984	35	OUROR	A Coruña	02/10/2022
55	2.59.55	HEVIA GÓMEZ, JESÚS	AG-3311	31	1975	45	CASC	A Coruña	02/10/2022
56	3.00.50	ROIBAS FERNANDEZ, JOSE LUIS	AG-202401	32	1971	50	CASC	A Coruña	02/10/2022
57	3.00.56	CID PÉREZ, MODESTO	AG-14750	####	1975	45	PUROR	Valencia	04/12/2022
58	3.02.04	LOPEZ EIROA, SIMON	AG-201891	33	1974	45	ACEC	A Coruña	02/10/2022
59	3.02.11	GALLEGO CID, ADRIAN	AG-202084	####	1982	40	FONC	Valencia	04/12/2022
60	3.02.11	SEARA PEREZ, ALVARO	AG-201832	####	1981	40	FONC	Valencia	04/12/2022
61	3.02.46	VILA SIEIRA, RUBEN	AG-7426	34	1975	45	EGOLU	A Coruña	02/10/2022
62	3.04.12	GOMEZ BEIRO, SANTIAGO	AG-768761	####	1976	45	FONC	Valencia	04/12/2022
63	3.04.35	GONZALEZ GONZALEZ, JOSE CARLOS	AG-202397	####	1976	45	FONC	Valencia	04/12/2022
64	3.05.22	GONZÁLEZ LEDO, FRANCISCO JAVIER	AG-202418	35	1971	50	OLEC	A Coruña	02/10/2022
65	3.05.55	LADO FIGUEIRAS, JOSÉ ABEL	AG-202065	92	1979	40	MARC	A Coruña	02/10/2022
66	3.06.22	MORENZA DOFORNO, GERMAN	AG-767975	36	1963	55	PINPO	A Coruña	02/10/2022
67	3.06.53	SOUTO PEREZ, HECTOR	AG-13861	37	1977	45	INDE	A Coruña	02/10/2022
68	3.07.41	JUANATEY PEREZ, JOSE ANTONIO	AG-9873	####	1971	50	FONC	Valencia	04/12/2022
69	3.08.17	LOPEZ SANCHEZ, DAVID	AG-12590	38	1976	45	ENTR	A Coruña	02/10/2022
70	3.09.52	PITA TORRES, JOSE ANGEL	GA-769392	40	1957	65	INDE	A Coruña	02/10/2022
71	3.10.59	VAZQUEZ FERNANDEZ, JOSÉ ANTONIO	TGAL-189	####	1984	35	SDTPO	Valencia	04/12/2022
72	3.11.10	PAZ GONZALEZ, JUAN CARLOS	AG-202617	42	1967	55	MRQPO	A Coruña	02/10/2022
73	3.12.05	FEIJOO CANTARILLA, ROBERTO	AG-10155	43	1975	45	LIM_O	A Coruña	02/10/2022
74	3.12.25	JARDON LÓPEZ, JOSE	GA-9217	44	1956	65	VSAPO	A Coruña	02/10/2022
75	3.13.04	PARCERO RODRIGUEZ, JORGE	AG-202481	45	1977	45	SAMPO	A Coruña	02/10/2022
76	3.15.52	LOPEZ PIÑEIRO, JAVIER	AG-202403	46	1971	50	CASC	A Coruña	02/10/2022
77	3.16.10	GARCÍA PÉREZ, VÍCTOR MANUEL	AG-201826	####	1970	50	PORPO	Valencia	04/12/2022
78	3.19.36	VILLAR RUIBAL, RAMON	GA-766004	47	1966	55	VRXLU	A Coruña	02/10/2022
79	3.19.44	MANEIRO SANCHEZ, RODRIGO	GA-252	####	1979	40	VAGC	Valencia	04/12/2022
80	3.19.50	LEVOSO TOUCEDA, JOSE MARIA	AG-202633	48	1968	50	ESPOU	A Coruña	02/10/2022

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Maratón

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	3.20.30	RIO SILVA, JOSE LUIS	AG-202159	49	1966	55	OLEC	A Coruña	02/10/2022
82	3.20.38	OTERO CRESPO, DAVID	AG-202577	####	1982	35	PINPO	Valencia	04/12/2022
83	3.21.10	BRANDON RODRIGUEZ, JUAN CARLOS	AG-11133	####	1962	60	FONC	Valencia	04/12/2022
84	3.23.31	FERNANDEZ NOVOA, MIGUEL ANGEL	AG-765456	52	1967	55	MARC	A Coruña	02/10/2022
85	3.25.20	TRASHORRAS PENELAS, HECTOR MAN	AG-10887	178	1978	40	LGRLU	A Coruña	02/10/2022
86	3.28.13	LOIS PEREZ, ANTONIO	AG-763632	53	1961	60	MARC	A Coruña	02/10/2022
87	3.30.51	RAMOS RODRÍGUEZ, JESUS LUIS	TGAL-22	54	1968	50	DOWC	A Coruña	02/10/2022
88	3.36.14	APARICIO DIAZ, JAVIER	TGAL-257	55	1965	55	OLEC	A Coruña	02/10/2022
89	3.39.41	PEREZ GONZALEZ, MANUEL RAFAEL	AG-764299	56	1972	50	ESPOU	A Coruña	02/10/2022
90	3.40.23	BALSEIRO PITA, CRISTOBAL	AG-202403	57	1970	50	CASC	A Coruña	02/10/2022
91	3.43.47	ÁLVAREZ ALONSO, JOSÉ ÁNGEL	AG-202288	###	1976	45	PORPO	Valencia	04/12/2022
92	3.44.58	CHAMORRO RODRIGUEZ, EUGENIO	AG-8837	58	1959	60	MRQPO	A Coruña	02/10/2022
93	3.45.32	VAZQUEZ FERREIRO, GONZALO ALBER	AG-202779	59	1953	65	ESPOU	A Coruña	02/10/2022
94	3.46.32	RODRIGUEZ FRAMIL, ALFONSO	AG-202036	60	1978	40	NTBC	A Coruña	02/10/2022
95	3.50.53	REY SOUTO, JESÚS ENRIQUE	AG-764362	61	1971	50	BOIC	A Coruña	02/10/2022
96	3.59.07	FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS	AG-202615	305	1974	45	BCS	A Coruña	02/10/2022
97	4.14.58	RIOS GIBELLO, JOSE MANUEL	AG-202096	62	1961	60	INDE	A Coruña	02/10/2022
98	4.15.52	PENA DÍAZ, ALEJANDRO	TGAL-263	343	1985	35	ENKC	A Coruña	02/10/2022
99	4.15.54	VÁZQUEZ PRECEDO, MIGUEL	TGAL-223	344	1971	50	ENKC	A Coruña	02/10/2022
100	4.15.55	FERNÁNDEZ GALLEGO, JOSÉ LUIS	TGAL-221	345	1975	45	ENKC	A Coruña	02/10/2022
101	4.15.55	BANDIN MARENTES, JAVIER	TGAL-207	346	1975	45	ENKC	A Coruña	02/10/2022
102	4.15.55	ARIAS LOPEZ, JAIME	TGAL-219	63	1982	40	ENKC	A Coruña	02/10/2022
103	4.19.34	FERNANDEZ RAMOS, JOSE JAVIER	AG-202403	64	1967	55	CASC	A Coruña	02/10/2022
104	4.24.12	ALONSO DEL RIO, JAIME	AG-763648	###	1968	50	PORPO	Valencia	04/12/2022
105	4.47.46	LÓPEZ RODRÍGUEZ, JOSÉ LUIS	TGAL-235	386	1974	45	ENKC	A Coruña	02/10/2022
106	4.55.31	GONZALEZ GRAÑA, JOSE MANUEL	AG-9714	###	1963	55	FONC	Valencia	04/12/2022
107	5.05.51	LOPEZ RIO, ELISEO	AG-202627	65	1951	70	EGOLU	A Coruña	02/10/2022



CATEGORIA VETERÁN MASCULINA

20 km marcha

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	1.51.50	POLO GUNDIN, MANUEL	GA-769455	39	1973	45	NAOC	Pamplona	13/02/2022

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Milla Urbana

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	4.39	PINEDO ARMESTO, LUIS	GA-768554	2	1982	35	INDE Ares		06/08/2022
2	4.45	PENA TORREIRA, AMADOR	GA-769185	1	1981	40	SDCC Breña Baja		09/04/2022
3	4.55	BARROS GONZALEZ, ABEL	GA-765719	1	1975	45	MRÑPO Lourenza		25/06/2022
4	4.56	SOMOZA ARGIBAY, IVAN	GA-17624	2	1974	45	CASC Lourenza		25/06/2022
5	4.58	CONDE LLENDERROZOS, MARCOS	GA-811	11	1981	40	RIBLU Lourenza		25/06/2022
6	4.58	GARCIA VAZQUEZ, EMILIO	GA-622	4	1975	45	SDCC Lourenza		25/06/2022
7	4.58	LANZA BEN, MARCELO	GA-524	3	1973	45	RFOLU Lourenza		25/06/2022
8	5.05	BAS ROTH, NICOLAS FERNANDO	GA-71	13	1985	35	CASC Lourenza		25/06/2022
9	5.05	PAZ PARDO, DANIEL	GA-922	2	1978	40	BRIC Ames		25/09/2022
10	5.06	IGLESIAS AREA, CARLOS	AG-202711	2	1981	40	SMIPO Marín		24/09/2022
11	5.08	ASENSIO CAMPAZAS, ALBERTO CARLO	GA-10310	1	1979	40	ADAOR O Barco Valdeorras		11/09/2022
12	5.09	RODRIGUEZ RODRIGUEZ, SERAFIN	GA-630	5	1973	45	INDE Lourenza		25/06/2022
13	5.11	DOMINGUEZ CABRAL, ELIAS SALVADO	GA-766113	4	1972	50	DOMPO Marín		24/09/2022
14	5.14	FERNANDEZ RODRIGUES, JUAN PABLO	GA-765406	1	1980	40	STOC Ames		25/09/2022
15	5.15	MARTINEZ CASTRO, ROBERTO	GA-659	15	1983	35	PINPO Lourenza		25/06/2022
16	5.16	OMIL IGLESIAS, JOSE MANUEL	AG-765338	6	1980	40	PINPO Marín		24/09/2022
17	5.18	CABO VILLAVERDE, MIGUEL	AG-763812	1	1970	50	MILC Ames		25/09/2022
18	5.20	TUIMIL CALVO, JAVIER	GA-769405	6	1976	45	NAOC Lourenza		25/06/2022
19	5.20	GONZALEZ MARTINEZ, DIEGO	AG-9079	2	1979	40	PINPO Pontevedra		13/11/2022
20	5.21	CABADO CASTRO, JOSE	GA-764400	1	1968	50	STOC Lourenza		25/06/2022
21	5.22	VALLE LOPEZ, OSCAR	AG-11136	4	1977	45	NTBC Ames		25/09/2022
22	5.24	SICILIA BARCI, JUAN	GA-364	2	1970	50	INDE Lourenza		25/06/2022
23	5.24	ULLA REGA, MANUEL	AG-202587	3	1975	45	ADCPO Pontevedra		13/11/2022
24	5.25	IGLESIAS OTERO, JUAN	AG-202591	3	1970	50	VCGPO Lourenza		25/06/2022
25	5.25	MENDEZ PAZ, JUAN LUIS	GA-769380	18	1980	40	ESCLU Lourenza		25/06/2022
26	5.25	GONZALEZ CASTRO, GUMERSINDO	GA-621	7	1980	40	SDCC Marín		24/09/2022
27	5.25	PENAS GARCIA, RUBEN	AG-202837	5	1977	45	TMBC Ames		25/09/2022
28	5.26	NOGUEIRA PEREZ, MIGUEL ANGEL	AG-9793	6	1979	40	NTBC Ames		25/09/2022
29	5.30	VELEIRO DIAZ, JORGE	AG-202307	1	1963	55	BUROR Lourenza		25/06/2022
30	5.32	MARQUEZ MARTINEZ, MANUEL	GA-16737	4	1969	50	RCVPO Lourenza		25/06/2022
31	5.32	RAVIÑA FURELOS, JUAN CARLOS	AG-202707	10	1972	45	SDCC Marín		24/09/2022
32	5.33	MENDEZ RODRIGUEZ, RAMIRO	GA-769166	1	1957	65	GANLU Lourenza		25/06/2022
33	5.34	LOPEZ VILLAR, JOSE ANGEL	GA-19395	7	1974	45	EGOLU Lourenza		25/06/2022
34	5.36	GONZALEZ NOVOA, SATURNINO	GA-764989	1	1961	60	OUROR O Barco Valdeorras		11/09/2022
35	5.37	GUTIERREZ GONZÁLEZ, NEMESIO	GA-202342	1	1956	65	AFRLU Lourenza		25/06/2022
36	5.38	IGLESIAS DOMINGUEZ, PABLO	AG-202598	4	1982	40	NTBC Ames		25/09/2022
37	5.39	BENITEZ SOMOZA, ISRAEL	AG-11742	5	1976	45	CANC Pontevedra		13/11/2022
38	5.44	FARIAS FORNEIRO, PATRICIO CRUZ	AG-10058	8	1977	45	AUROR Lourenza		25/06/2022
39	5.48	TAIBO CASTRO, MARIO	AG-202106	6	1983	35	STOC Ames		25/09/2022
40	5.50	VEIGA AGUION, VICTOR	AG-3957	15	1982	40	BOIC Ares		06/08/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	5.52	OTERO CRESPO, DAVID	AG-202577	21	1982	35	PINPO	Lourenza	25/06/2022
42	5.53	CALVO GERARDI, MANUEL	GA-765833	2	1956	65	SARC	Lourenza	25/06/2022
43	5.57	OCUSO GARCIA, JESUS	AG-2496	9	1978	40	NEGC	Ames	25/09/2022
44	5.59	MORENZA DOFORNO, GERMAN	AG-767975	11	1963	55	PINPO	Marín	24/09/2022
45	6.00	ARDAO RODEIRO, JESÚS	GA-769221	9	1976	45	NAOC	Lourenza	25/06/2022
46	6.01	RODRIGUEZ VALEA, JACOBO	AG-9375	22	1978	40	RFOLU	Lourenza	25/06/2022
47	6.01	FERNANDEZ CASTRO, JUAN CARLOS	AG-202311	5	1962	60	STOC	Ames	25/09/2022
48	6.11	PEREZ PEREIRA, RAMIRO	AG-201588	6	1956	65	SARC	Ames	25/09/2022
49	6.14	FERNANDEZ RODRIGUEZ, EMILIO	GA-815	2	1964	55	RIBLU	Lourenza	25/06/2022
50	6.23	RODAL DIZ, ANGEL MANUEL	AG-10103	15	1971	50	PINPO	Marín	24/09/2022
51	6.23	RODRÍGUEZ SILVA, ANGEL	AG-9956	15	1979	40	MÑRPO	Pontevedra	13/11/2022
52	6.30	FERNANDEZ TRASANCOS, RUFINO	AG-202801	3	1963	55	EGOLU	Lourenza	25/06/2022
53	6.34	SOLLA CRESPO, SANTIAGO	AG-767945	18	1981	40	PINPO	Pontevedra	13/11/2022
54	6.35	NUÑEZ GONZÁLEZ, JOSÉ AMABLE	AG-3997	5	1971	50	MRÑPO	Pontevedra	13/11/2022
55	6.37	PENA GOMEZ, DOSITEO	GA-869	5	1968	50	LUCLU	Lourenza	25/06/2022
56	6.38	IGLESIAS CASAL, RICARDO	AG-201513	17	1978	40	NTBC	Ames	25/09/2022
57	6.45	ROMERO OLVEIRA, JOSE MANUEL	AG-201750	8	1962	60	VSAPU	Ames	25/09/2022
58	6.50	GARCÍA SOAGE, DAVID	AG-3949	24	1980	40	PINPO	Marín	24/09/2022
59	6.57	JAMARDO BASCOY, MANUEL	GA-654	6	1970	50	PINPO	Lourenza	25/06/2022
60	7.06	VAZQUEZ CALVAR, DANIEL	AG-14764	26	1980	40	CAMPO	Pontevedra	13/11/2022
61	7.11	REY FERNANDEZ, JOSE LUIS	AG-202198	1	1951	70	INDE	O Barco Valdeorras	11/09/2022
62	7.27	ALFONSO FREIJEIRO, MARCOS	AG-15769	27	1976	45	INDE	Pontevedra	13/11/2022
63	7.53	HERNANDEZ BARREIRO, ANTONIO	GA-765046	1	1946	75	MCHC	Lourenza	25/06/2022
64	8.01	GONZALEZ CASTRO, FERNANDO	GA-19911	2	1953	65	ADAOR	O Barco Valdeorras	11/09/2022
65	8.42	PEDREÑO NIETO, ENRIQUE	GA-202338	23	1945	75	SAMPO	Marín	24/09/2022
66	9.01	BERNAL GOMEZ, JESUS	GA-19332	3	1947	70	INDE	O Barco Valdeorras	11/09/2022
67	9.15	SUAREZ COLLANTES, MANUEL ANXO	AG-202564	24	1977	45	VAGC	Ames	25/09/2022
68	9.47	GARCIA ALFONSO, MANUEL	AG-202048	1	1941	80	ADAOR	O Barco Valdeorras	11/09/2022
69	9.52	BAO ESTEVEZ, FRANCISCO	AG-10966	4	1949	70	ADAOR	O Barco Valdeorras	11/09/2022
70	10.37	FERNÁNDEZ MARTÍNEZ, FERNANDO F	AG-202245	26	1975	45	BRIC	Ames	25/09/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	1.05.47	FERNANDEZ RIVERA, ALEJANDRO	GA-765765	6	1985	35	CVIA	A Coruña	13/02/2022
2	1.07.31	RIBEIRO PINTO DA COSTA , NUNO FIL	GA-765858	8	1986	35	SDCC	A Coruña	13/02/2022
3	1.09.02	CANDA LOUZAO, JOSE	GA-202347	4	1983	35	AREOR	Pontevedra	16/10/2022
4	1.10.03	HURTADO SANJURJO, MANUEL	GA-14652	7	1984	35	SGPPO	Pontevedra	16/10/2022
5	1.10.46	GARCIA GARCIA-PAZ, PABLO MIGUEL	GA-769208	12	1987	35	DOMPO	A Coruña	13/02/2022
6	1.11.36	PAEDES GONZALEZ, JAVIER	GA-202350	8	1979	40	OUROR	Pontevedra	16/10/2022
7	1.12.21	FERNANDEZ MARQUEZ, JOSE MANUEL	GA-766140	16	1968	50	ADAOR	A Coruña	13/02/2022
8	1.12.21	IGLESIAS RAÑA, LUIS	GA-769438	15	1981	40	AREOR	A Coruña	13/02/2022
9	1.12.31	ÁLVAREZ CURES, JUAN JOSÉ	GA-57	18	1977	45	VAGC	A Coruña	13/02/2022
10	1.12.35	DIAZ PÉREZ, ESTEBAN	GA-34	19	1981	40	NAOC	A Coruña	13/02/2022
11	1.12.38	CORRAL JUSTO, JOSE MANUEL	GA-769437	20	1983	35	AREOR	A Coruña	13/02/2022
12	1.12.40	PRESEDO FRAGUIO, ALVARO	GA-140	21	1985	35	MARC	A Coruña	13/02/2022
13	1.13.24	PAZ PARDO, DANIEL	GA-922	10	1978	40	BRIC	Pontevedra	16/10/2022
14	1.13.59	TEIJIDO LOPEZ, ANTONIO	GA-765824	65	1986	35	BERO	Paterna	19/06/2022
15	1.14.50	PENAS VARELA, JOSÉ MANUEL	TGAL-253	25	1984	35	CERC	A Coruña	13/02/2022
16	1.15.21	DOMINGUEZ CABRAL, ELIAS SALVADO	GA-766113	13	1972	50	DOMPO	Pontevedra	16/10/2022
17	1.15.23	CARRASCO NUÑEZ, JORDI	GA-83	14	1974	45	SDCC	Pontevedra	16/10/2022
18	1.16.37	VÁZQUEZ VAAMONDE, RICARDO	GA-766141	0	1974	45	ADAOR	A Coruña	02/10/2022
19	1.16.59	RODRÍGUEZ POUSO, JOSÉ ANGEL	AG-15024	35	1981	40	BRIC	A Coruña	13/02/2022
20	1.17.05	NOVOA GUTIERREZ, JULIO	GA-769439	15	1980	40	AREOR	Pontevedra	16/10/2022
21	1.17.19	ROMERO ALVAREZ, JULIAN	AG-202046	34	1984	35	OUROR	A Coruña	13/02/2022
22	1.17.20	GARCIA GONZALEZ, SANTIAGO	GA-765876	36	1974	45	BUROR	A Coruña	13/02/2022
23	1.17.21	BREGUA CHAS, RUBEN	GA-206	37	1979	40	MARC	A Coruña	13/02/2022
24	1.17.25	TORRES NEIRA, MATEO	AG-202626	42	1979	40	MARC	A Coruña	13/02/2022
25	1.17.33	MASEDA CARBALLO, FRANCISCO JAVI	GA-205	41	1976	45	MARC	A Coruña	13/02/2022
26	1.18.13	CABALLERO IGLESIAS, GUSTAVO	AG-202716	21	1979	40	SMIPO	Pontevedra	16/10/2022
27	1.18.19	SEOANE POMBO, JOSÉ MANUEL	AG-202250	43	1973	45	NEGC	A Coruña	13/02/2022
28	1.18.20	GONZÁLEZ HORTA, VÍCTOR XOSÉ	AG-765828	0	1984	35	COMPO	A Coruña	02/10/2022
29	1.18.21	GARCIA PADÍN, DANIEL	AG-202798	0	1986	35	INDE	A Coruña	02/10/2022
30	1.18.27	BARRAL VARELA, JUAN JESÚS	AG-3528	45	1970	50	BRIC	A Coruña	13/02/2022
31	1.18.39	GONTÁN CASTRO, JOSÉ ANTONIO	AG-201491	48	1972	50	INDE	A Coruña	13/02/2022
32	1.19.01	BESADA FILGUEIRAS, FRANCISCO JOS	AG-3525	54	1977	45	BRIC	A Coruña	13/02/2022
33	1.19.17	REGUEIRA VEIGA, MIGUEL	AG-202418	56	1981	40	OLEC	A Coruña	13/02/2022
34	1.19.20	VIDAL GONZÁLEZ, JOSÉ ANTONIO	AG-202443	57	1978	40	BRIC	A Coruña	13/02/2022
35	1.19.23	VAZQUEZ ENJAMÍO, JULIO	AG-201742	19	1985	35	BOIC	Pontevedra	16/10/2022
36	1.19.35	CASADO MENDEZ, JOSE MANUEL	GA-799	0	1976	45	BUROR	A Coruña	02/10/2022
37	1.19.35	GARCIA SANMAMED, FELICIANO	GA-800	0	1982	40	BUROR	A Coruña	02/10/2022
38	1.19.42	MACEIRAS LAGO, ANGEL MANUEL	AG-201477	60	1973	45	SARC	A Coruña	13/02/2022
39	1.19.42	GUERRA MAGAN, OSCAR	AG-3574	23	1977	45	CAMPO	Pontevedra	16/10/2022
40	1.19.42	POUSO VIDAL, LUCAS	AG-3808	22	1979	40	CAMPO	Pontevedra	16/10/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	1.19.46	PAJARO VARELA, DAVID	TGAL-273	24	1985	35	CERC	Pontevedra	16/10/2022
42	1.19.47	FERNANDEZ MARCOS, NOEL	GA-1234	0	1977	45	RNWC	A Coruña	02/10/2022
43	1.19.58	NUÑEZ MOSTEIRO, RUBEN	AG-11160	26	1983	35	CAMPO	Pontevedra	16/10/2022
44	1.20.02	MARTINEZ RIBAO, DIEGO	GA-765866	28	1982	35	BUROR	Pontevedra	16/10/2022
45	1.20.02	FERREIRA GONZALEZ, JOSE CARLOS	GA-769003	27	1974	45	ADAOR	Pontevedra	16/10/2022
46	1.20.17	BAS ROTH, NICOLAS FERNANDO	GA-71	66	1985	35	CASC	A Coruña	13/02/2022
47	1.20.22	LAGO SANTIAGO, FRANCISCO ANTONI	AG-10505	29	1978	40	ADOC	Pontevedra	16/10/2022
48	1.20.35	GARCÍA RODRÍGUEZ, JORGE MANUEL	AG-767429	30	1973	45	NTBC	Pontevedra	16/10/2022
49	1.20.54	VILLAVERDE VAZQUEZ, LUIS ALBERTO	AG-201923	31	1978	40	NEGC	Pontevedra	16/10/2022
50	1.21.14	BUSTO LOBATO, CARLOS	AG-766069	33	1967	55	SARC	Pontevedra	16/10/2022
51	1.21.15	SANTIAGO BOSCH, JOSE ANTONIO	AG-201462	72	1976	45	PINPO	A Coruña	13/02/2022
52	1.21.30	RODRIGUEZ DOMINGUEZ, ANDRES	AG-201470	76	1975	45	PINPO	A Coruña	13/02/2022
53	1.21.35	LAGO CES, JOSE MANUEL	GA-782	35	1972	50	SARC	Pontevedra	16/10/2022
54	1.21.40	GONZALEZ PASCUAL, FRANCISCO JAVI	AG-202796	78	1975	45	AREOR	A Coruña	13/02/2022
55	1.21.40	FALCON PEREZ, SANTIAGO	AG-201845	36	1966	55	CAMPO	Pontevedra	16/10/2022
56	1.21.54	CABO LANDEIRA, RAFAEL	AG-201894	83	1968	50	ENTR	A Coruña	13/02/2022
57	1.22.00	FABELLO CID, ELISEO	GA-866	90	1977	45	OUROR	A Coruña	13/02/2022
58	1.22.00	DIEGUEZ PINTOR, OSCAR	TGAL-280	93	1983	35	CERC	A Coruña	13/02/2022
59	1.22.05	SANTOS NUÑEZ, ROBERTO	AG-201948	0	1982	40	CRR_P	A Coruña	02/10/2022
60	1.22.17	GONZALEZ POUSA, FERNANDO	AG-10449	39	1967	55	NOYC	Pontevedra	16/10/2022
61	1.22.35	GROBA BARGIELA, MARCOS	AG-201447	40	1971	50	TANPO	Pontevedra	16/10/2022
62	1.22.38	PIÑEIRO GRAÑA, SANTIAGO	AG-202592	102	1978	40	SAMPO	A Coruña	13/02/2022
63	1.22.41	LEMA PEREZ, PABLO ANDRES	TGAL-260	41	1967	55	OLEC	Pontevedra	16/10/2022
64	1.22.44	REGUEIRA MARTINEZ, ALDO	GA-741	0	1980	40	NAUC	A Coruña	02/10/2022
65	1.22.47	GARCIA PEREZ, JOSE MANUEL	GA-202352	0	1973	45	ADAOR	A Coruña	02/10/2022
66	1.22.47	OUBIÑA FALCON, MAXIMINO	AG-3576	0	1983	35	CAMPO	A Coruña	02/10/2022
67	1.22.48	RODRIGUEZ VIDAL, RUBEN	AG-763825	0	1981	40	VEN_P	A Coruña	02/10/2022
68	1.22.48	FANDIÑO GARCIA, OSCAR	AG-11158	42	1976	45	CAMPO	Pontevedra	16/10/2022
69	1.23.00	OUBIÑA DIOS, FRANCISCO RAMON	AG-3577	0	1973	45	CAMPO	A Coruña	02/10/2022
70	1.23.06	CARDESIN VILA, BORJA	GA-892	110	1980	40	SDCC	A Coruña	13/02/2022
71	1.23.16	GONZÁLEZ LEDO, FRANCISCO JAVIER	AG-202418	113	1971	50	OLEC	A Coruña	13/02/2022
72	1.23.30	SUAREZ MARTINEZ, MANUEL	GA-144	43	1958	60	VSAPO	Pontevedra	16/10/2022
73	1.23.52	ADAN ARIAS, JOSE CARLOS	AG-201978	62	1967	55	ADNR	Pontevedra	16/10/2022
74	1.23.54	LORES MEIS, JOSE MANUEL	AG-11193	45	1977	45	CAMPO	Pontevedra	16/10/2022
75	1.23.57	LOUREIRO DÍAZ, MARCOS	AG-3364	117	1987	35	RFOLU	A Coruña	13/02/2022
76	1.24.00	LAGO QUINTEIRO, JOSE RAMON	AG-768907	46	1975	45	FONC	Pontevedra	16/10/2022
77	1.24.15	VAZQUEZ VARELA, TITO	AG-201494	47	1969	50	MRQPO	Pontevedra	16/10/2022
78	1.24.23	PIÑEIRO GARCIA, JOSE EFREN	AG-14433	125	1987	35	TUIPO	A Coruña	13/02/2022
79	1.24.26	VAZQUEZ IGLESIAS, ANTONIO	GA-765869	49	1967	55	BUROR	Pontevedra	16/10/2022
80	1.24.27	CODESAL JUL, MARCOS	TGAL-1	127	1987	35	BIOLU	A Coruña	13/02/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	1.24.32	VIDAL CASTAÑO, IVAN	AG-202485	50	1983	35	ENTR Pontevedra		16/10/2022
82	1.24.40	SOTO PARADA, JUAN CARLOS	AG-202374	0	1977	45	PINPO A Coruña		02/10/2022
83	1.24.41	FERNANDEZ FERNANDEZ, JESUS	AG-202026	70	1975	45	PUROR Pontevedra		16/10/2022
84	1.24.51	SICILIA BARCI, JUAN	GA-364	51	1970	50	INDE Pontevedra		16/10/2022
85	1.24.53	PEREIRA PINTO LISBOA CARNEIRO, J	AG-202208	139	1966	55	ADNR A Coruña		13/02/2022
86	1.24.55	BAAMONDE ARUFE, AGAPITO	AG-202381	140	1976	45	SARC A Coruña		13/02/2022
87	1.25.10	OTERO RODRIGUEZ, MARCOS	GA-768967	54	1982	35	ESTPO Pontevedra		16/10/2022
88	1.25.14	PIMENTEL OCAMPO, JAVIER	AG-202781	150	1983	35	TUIPO A Coruña		13/02/2022
89	1.25.25	RIO SILVA, JOSE LUIS	AG-202159	153	1966	55	OLEC A Coruña		13/02/2022
90	1.25.28	LOPEZ-RIOBOO SALINAS, LUIS	AG-10149	154	1976	45	BOIC A Coruña		13/02/2022
91	1.25.31	VILA REY, JOSE JUAN	TGAL-275	157	1963	55	CASC A Coruña		13/02/2022
92	1.25.36	ALVAREZ CHINCHILLA, JESUS	GA-769057	159	1966	55	CASC A Coruña		13/02/2022
93	1.25.41	VILLAR RODRIGUEZ, RICARDO	AG-201562	56	1970	50	NTBC Pontevedra		16/10/2022
94	1.25.54	VALVERDE VILLAR, MARTIN	AG-769461	57	1967	55	VSAPU Pontevedra		16/10/2022
95	1.25.59	CARBALLAL GONZALEZ, ANTONIO	AG-766535	58	1980	40	PINPO Pontevedra		16/10/2022
96	1.26.05	LADO FIGUEIRAS, JOSÉ ABEL	AG-202065	171	1979	40	MARC A Coruña		13/02/2022
97	1.26.10	CARBALLO DURAN, JAVIER	AG-202768	60	1971	50	SAMPO Pontevedra		16/10/2022
98	1.26.39	VELEIRO DIAZ, JORGE	AG-202307	178	1963	55	BUROR A Coruña		13/02/2022
99	1.26.41	SEARA PEREZ, ALVARO	AG-201832	84	1981	40	FONC Pontevedra		16/10/2022
100	1.26.41	JUANATEY PEREZ, JOSE ANTONIO	AG-9873	61	1971	50	FONC Pontevedra		16/10/2022
101	1.26.42	GALLEGO CID, ADRIAN	AG-202084	85	1982	40	FONC Pontevedra		16/10/2022
102	1.26.45	NOYA PEREZ, JOSE ANTONIO	AG-201922	179	1970	50	FONC A Coruña		13/02/2022
103	1.26.54	LOPEZ EIROA, SIMON	AG-201891	0	1974	45	ACEC A Coruña		02/10/2022
104	1.26.55	VÁZQUEZ MATO, JOSÉ MANUEL	AG-3523	183	1978	40	BRIC A Coruña		13/02/2022
105	1.27.01	GUERRA HEBELLO, DIEGO	AG-4123	88	1987	35	MRQPO Pontevedra		16/10/2022
106	1.27.03	FERNANDEZ BALSEIRO, JOSE MANUEL	GA-808	186	1977	40	RIBLU A Coruña		13/02/2022
107	1.27.15	VAZQUEZ FERNANDEZ, JOSÉ ANTONIO	TGAL-189	62	1984	35	SDTPO Pontevedra		16/10/2022
108	1.27.20	LOPEZ SANCHEZ, DAVID	AG-12590	63	1976	45	ENTR Pontevedra		16/10/2022
109	1.27.22	SANMARCO SANTOS, FRANCISCO	GA-768550	193	1964	55	SARC A Coruña		13/02/2022
110	1.27.27	HERMO VILLAR, PABLO	AG-201753	0	1982	40	SARC A Coruña		02/10/2022
111	1.27.27	RUIZ BREIJO, DIEGO	AG-202403	0	1985	35	COCC A Coruña		02/10/2022
112	1.27.27	HEVIA GÓMEZ, JESÚS	AG-3311	0	1975	45	CASC A Coruña		02/10/2022
113	1.27.34	PARADA RODRIGUEZ, MANUEL ALEJAN	AG-201405	0	1972	50	SAMPO A Coruña		02/10/2022
114	1.27.44	VAZQUEZ COLLAZO, SANTIAGO	GA-717165	0	1965	55	RZCC A Coruña		02/10/2022
115	1.27.59	FREIRE RIVEIRA, MIGUEL	AG-3476	206	1972	50	MRQPO A Coruña		13/02/2022
116	1.28.01	JUNCAL CARRAGAL, JOSE MANUEL	AG-3155	100	1981	40	MILPO Pontevedra		16/10/2022
117	1.28.16	FERNANDEZ LOPEZ, JOSE MARIA	TGAL-259	212	1969	50	OLEC A Coruña		13/02/2022
118	1.28.17	PIRES , LUIS MANUEL	AG-202769	64	1969	50	SAMPO Pontevedra		16/10/2022
119	1.28.22	BRANDON RODRIGUEZ, JUAN CARLOS	AG-11133	214	1962	60	FONC A Coruña		13/02/2022
120	1.28.26	MORENZA DOFORNO, GERMAN	AG-767975	66	1963	55	PINPO Pontevedra		16/10/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	1.28.29	VILA SIEIRA, RUBEN	AG-7426	0	1975	45	EGOLU	A Coruña	02/10/2022
122	1.28.42	CAROU GARCIA, ALVARO	AG-11188	231	1979	40	CAMPO	A Coruña	13/02/2022
123	1.28.54	BECERRA DO EJO, CARLOS	AG-768759	239	1975	45	FONC	A Coruña	13/02/2022
124	1.29.08	OTERO CRESPO, DAVID	AG-202577	67	1982	35	PINPO	Pontevedra	16/10/2022
125	1.29.20	LOPEZ PIÑEIRO, JAVIER	AG-202403	257	1971	50	CASC	A Coruña	13/02/2022
126	1.29.23	ROCA CANCIO, DIEGO	AG-14610	259	1981	40	INDE	A Coruña	13/02/2022
127	1.29.45	PIÑEIRO TERZADO, JOSÉ	AG-202808	122	1978	40	ESTPO	Pontevedra	16/10/2022
128	1.29.50	BALDERRABANO MAYO, ALFONSO JOS	AG-3216	268	1976	45	NOYC	A Coruña	13/02/2022
129	1.30.04	VALIÑO CES, JOSE ANTONIO	AG-201937	124	1976	45	FONC	Pontevedra	16/10/2022
130	1.30.06	MATA TORREIRA, JUAN MANUEL	AG-768762	273	1969	50	FONC	A Coruña	13/02/2022
131	1.30.17	BARDANCA SANJURJO, JUAN CARLOS	AG-201430	281	1970	50	CASC	A Coruña	13/02/2022
132	1.30.24	GONZALEZ GONZALEZ, JOSE CARLOS	AG-202397	126	1976	45	FONC	Pontevedra	16/10/2022
133	1.30.26	GARCIA MENDEZ, JOSE A.	TGAL-135	286	1976	45	CERC	A Coruña	13/02/2022
134	1.30.28	SOUTO PEREZ, HECTOR	AG-13861	287	1977	45	INDE	A Coruña	13/02/2022
135	1.30.37	JARDON LÓPEZ, JOSE	GA-9217	69	1956	65	VSAPO	Pontevedra	16/10/2022
136	1.30.41	GALAN PRESAS, XOAN	AG-202134	294	1969	50	CASC	A Coruña	13/02/2022
137	1.30.50	DURAN DURAN, BERNARDO	AG-201921	299	1975	45	TANPO	A Coruña	13/02/2022
138	1.30.53	TEIJEIRO FERNANDEZ, NOE	TGAL-272	302	1977	45	INDE	A Coruña	13/02/2022
139	1.30.56	FERNANDEZ NOVOA, MIGUEL ANGEL	AG-765456	303	1967	55	MARC	A Coruña	13/02/2022
140	1.31.12	GOMEZ BEIRO, SANTIAGO	AG-768761	135	1976	45	FONC	Pontevedra	16/10/2022
141	1.31.14	PAZ GONZALEZ, JUAN CARLOS	AG-202617	0	1967	55	MRQPO	A Coruña	02/10/2022
142	1.31.27	PEREZ VIDAL, GERMAN DELFIN	AG-9531	313	1968	50	NOYC	A Coruña	13/02/2022
143	1.31.30	GOMEZ CASTRO, FRANCISCO JOSE	AG-6577	315	1966	55	NOYC	A Coruña	13/02/2022
144	1.31.32	BUJAN DOSIL, JOSE TOMAS	AG-201458	138	1970	50	NOYC	Pontevedra	16/10/2022
145	1.31.36	SOUTO DIZ, JULIO JOSE	AG-202515	316	1964	55	CASC	A Coruña	13/02/2022
146	1.31.37	ROIBAS FERNANDEZ, JOSE LUIS	AG-202401	0	1971	50	CASC	A Coruña	02/10/2022
147	1.31.38	RAÑA RECOUSO, AMANCIO	AG-202364	317	1983	35	TMBC	A Coruña	13/02/2022
148	1.32.01	PEREZ PEREIRA, RAMIRO	AG-201588	70	1956	65	SARC	Pontevedra	16/10/2022
149	1.32.11	PITA TORRES, JOSE ANGEL	GA-769392	72	1957	65	INDE	Pontevedra	16/10/2022
150	1.32.16	LOPEZ CANICOBA, SANTIAGO	AG-11123	73	1976	45	ENTR	Pontevedra	16/10/2022
151	1.32.17	PUMARIÑO PEREZ, AMADOR	AG-766319	74	1981	40	ENTR	Pontevedra	16/10/2022
152	1.32.37	CALVO ROO, PEDRO	AG-5771	342	1978	40	NOYC	A Coruña	13/02/2022
153	1.32.43	PARCERO RODRIGUEZ, JORGE	AG-202481	0	1977	45	SAMPO	A Coruña	02/10/2022
154	1.32.50	OCUSO GARCIA, JESUS	AG-2496	351	1978	40	NEGC	A Coruña	13/02/2022
155	1.32.57	RODRIGUEZ ALVAREZ, JOSE ANTONIO	GA-769004	57	1974	45	MRQPO	Soria	24/09/2022
156	1.33.24	TORRES BAUTIS, MANUEL JORGE	AG-3394	367	1967	55	VAGC	A Coruña	13/02/2022
157	1.33.39	RIAL REGUEIRO, DAVID	TGAL-281	75	1983	35	CERC	Pontevedra	16/10/2022
158	1.34.20	GARCIA FERNANDEZ, JAVIER 77	GA-804	77	1977	40	RIBLU	Pontevedra	16/10/2022
159	1.34.26	PEREIRO CALVIÑO, ANTONIO	AG-202630	166	1976	45	OLEC	Pontevedra	16/10/2022
160	1.34.32	COSTAS FERNÁNDEZ, JOSE LUIS	AG-201906	168	1984	35	ADCPO	Pontevedra	16/10/2022

CATEGORIA VETERÁN MASCULINA

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
161	1.34.32	VARELA VALLADARES, ALEJANDRO	AG-14759	169	1981	40	CAMPO	Pontevedra	16/10/2022
162	1.34.36	PEREZ REGO, RAFAEL	AG-8975	78	1958	60	TUIPO	Pontevedra	16/10/2022
163	1.34.43	DE LA TORRE ALLARIZ, DANIEL	AG-763742	173	1968	50	SMIPO	Pontevedra	16/10/2022
164	1.34.47	TRASHORRAS PENELAS, HECTOR MAN	AG-10887	403	1978	40	LGRLU	A Coruña	13/02/2022
165	1.35.00	SABIO FERNANDEZ, RAFAEL	TGAL-130	411	1966	55	INDE	A Coruña	13/02/2022
166	1.35.40	FERNANDEZ VAZQUEZ, RAFAEL	AG-14692	80	1974	45	MRQPO	Pontevedra	16/10/2022
167	1.36.19	DARRIBA BARBA, ABEL	AG-202587	183	1984	35	ADCPO	Pontevedra	16/10/2022
168	1.36.32	GARCIA CABEZA, DANIEL	AG-15732	81	1985	35	SDCC	Pontevedra	16/10/2022
169	1.36.39	DOPAZO LOUZAN, JAVIER	AG-14876	185	1970	50	RUNPO	Pontevedra	16/10/2022
170	1.36.40	GARCÍA LÓPEZ, ALEXANDRE	AG-202292	458	1980	40	FENC	A Coruña	13/02/2022
171	1.36.41	SEVILLA SUBIELA, PEDRO ANTONIO	AG-201607	82	1975	45	COMPO	Pontevedra	16/10/2022
172	1.36.42	FEIJOO CANTARILLA, ROBERTO	AG-10155	0	1975	45	LIM_O	A Coruña	02/10/2022
173	1.36.44	ARAMBURU GARCIA PINTOS, ALBERTO	AG-11800	461	1969	50	RUNPO	A Coruña	13/02/2022
174	1.36.45	VARELA LÓPEZ, XABIER	TGAL-142	462	1974	45	CERC	A Coruña	13/02/2022
175	1.37.04	LEVOSO TOUCEDA, JOSE MARIA	AG-202633	470	1968	50	ESPOU	A Coruña	13/02/2022
176	1.37.10	VERA SANMARTIN, CLAUDIO	AG-11196	83	1968	50	CAMPO	Pontevedra	16/10/2022
177	1.37.23	JUNCAL IGLESIAS, ALBERTO	GA-769391	84	1975	45	SAMPO	Pontevedra	16/10/2022
178	1.37.29	VILLAR RUIBAL, RAMON	GA-766004	0	1966	55	VRXLU	A Coruña	02/10/2022
179	1.37.38	PAMPIN FUCIÑOS, JOSE M.	TGAL-141	492	1962	60	CERC	A Coruña	13/02/2022
180	1.38.03	TUBIO MARTINEZ, JOSE LUIS	AG-9929	495	1972	50	NOYC	A Coruña	13/02/2022
181	1.38.32	BALSEIRO PITA, CRISTOBAL	AG-202403	86	1970	50	CASC	Pontevedra	16/10/2022
182	1.39.09	PEREIRA ALVAREZ, JOSE ANTONIO	AG-201778	203	1966	55	PUROR	Pontevedra	16/10/2022
183	1.39.20	RAMOS RODRÍGUEZ, JESUS LUIS	TGAL-22	538	1968	50	DOWC	A Coruña	13/02/2022
184	1.39.23	RIVAS PEREZ, JONATAN	AG-14580	540	1983	35	RUNMA	A Coruña	13/02/2022
185	1.39.50	FREIRE SALORIO, JOSE CARLOS	AG-202781	550	1980	40	MARC	A Coruña	13/02/2022
186	1.39.50	MILLAN GOMEZ, RAFAEL	TGA-186	87	1977	45	TRIPO	Pontevedra	16/10/2022
187	1.40.02	TAJES MAYO, JUAN JESÚS	AG-201929	556	1970	50	FONC	A Coruña	13/02/2022
188	1.40.06	BREY MATO, ROBERTO	AG-202395	####	1969	50	CAIPO	Madrid	03/04/2022
189	1.40.07	BENITEZ SOMOZA, ISRAEL	AG-11742	218	1976	45	CANC	Pontevedra	16/10/2022
190	1.40.30	BETERE KOPP, RUBÉN EFREN	AG-14782	219	1973	45	PUROR	Pontevedra	16/10/2022
191	1.40.58	DE LA CRUZ DE LA ROSA, ANTONIO	AG-9496	589	1968	50	VSAPO	A Coruña	13/02/2022
192	1.41.16	MENDEZ QUINTELA, FRANCISCO MAN	AG-11085	229	1976	45	SDCC	Pontevedra	16/10/2022
193	1.41.32	MIRANDA GOLMAR, ÓSCAR	AG-764358	89	1977	45	BOIC	Pontevedra	16/10/2022
194	1.41.39	PEREZ FILGUEIRA, DAVID	AG-202046	90	1980	40	PUROR	Pontevedra	16/10/2022
195	1.41.44	VAZQUEZ FERREIRO, GONZALO ALBER	AG-202779	91	1953	65	ESPOU	Pontevedra	16/10/2022
196	1.41.48	RIOS OYA, ALEJANDRO	AG-766518	92	1985	35	SAMPO	Pontevedra	16/10/2022
197	1.42.03	GONZÁLEZ SENRA, MODESTO	AG-4033	236	1977	45	MRÑPO	Pontevedra	16/10/2022
198	1.42.19	ALONSO VAZQUEZ, PEDRO	AG-9475	93	1978	40	PINPO	Pontevedra	16/10/2022
199	1.42.22	ANDRADE PADIN, DAMIAN	TGA-31	94	1979	40	TRIPO	Pontevedra	16/10/2022
200	1.42.34	PEREZ BURGOS, ANGEL	AG-3567	95	1981	40	TMBC	Pontevedra	16/10/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
201	1.43.01	ABELLAS OTERO, JOSE BENITO	AG-764797	96	1965	55	ESPOU	Pontevedra	16/10/2022
202	1.43.07	REMUIÑAN SANCHEZ, ALFONSO	AG-202072	649	1967	55	FOGC	A Coruña	13/02/2022
203	1.43.16	SEOANE COSTOYA, FRANCISCO JAVIE	AG-202594	97	1975	45	MRQPO	Pontevedra	16/10/2022
204	1.43.37	ALBORES DIAZ, JOSE MANUEL	'-2027580	666	1956	65	NOYC	A Coruña	13/02/2022
205	1.44.06	LOIS PEREZ, ANTONIO	AG-763632	0	1961	60	MARC	A Coruña	02/10/2022
206	1.44.09	GIL MARTINEZ, MARCOS	TGAL-295	98	1985	35	TRIPO	Pontevedra	16/10/2022
207	1.44.13	FERNANDEZ GARCÍA 50, MANUEL	AG-202739	99	1969	50	PINPO	Pontevedra	16/10/2022
208	1.44.22	CHAMORRO RODRIGUEZ, EUGENIO	AG-8837	100	1959	60	MRQPO	Pontevedra	16/10/2022
209	1.44.37	FERNANDEZ RODRIGUEZ, EMILIO	GA-815	695	1964	55	RIBLU	A Coruña	13/02/2022
210	1.44.57	HERMIDA MERA, JUAN CARLOS	AG-4297	705	1971	50	INDE	A Coruña	13/02/2022
211	1.45.11	FERNÁNDEZ MEIRAMA, DAVID	AG-10150	273	1978	40	CASC	Pontevedra	16/10/2022
212	1.45.17	RIOS GIBELLO, JOSE MANUEL	AG-202096	709	1961	60	INDE	A Coruña	13/02/2022
213	1.45.20	ESCALANTE PEREZ, DAVID	AG-202831	712	1986	35	NTBC	A Coruña	13/02/2022
214	1.45.27	EL MANSOURI , AHMED	GA-247	280	1975	45	OUROR	Pontevedra	16/10/2022
215	1.45.28	FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS	AG-202615	714	1974	45	BCS	A Coruña	13/02/2022
216	1.45.50	SEOANE LOUREIRO, JOSE MARCIAL	AG-9417	721	1951	70	CASC	A Coruña	13/02/2022
217	1.45.51	PEREZ GONZALEZ, MANUEL RAFAEL	AG-764299	0	1972	50	ESPOU	A Coruña	02/10/2022
218	1.45.52	QUIROGA ALVAREZ, GERMAN	AG-202198	101	1971	50	OUROR	Pontevedra	16/10/2022
219	1.45.54	RODRIGUEZ FRAMIL, ALFONSO	AG-202036	723	1978	40	NTBC	A Coruña	13/02/2022
220	1.45.57	APARICIO DIAZ, JAVIER	TGAL-257	0	1965	55	OLEC	A Coruña	02/10/2022
221	1.46.10	DE LA VIÑA PITA, JUAN CARLOS	AG-11296	731	1976	45	INDE	A Coruña	13/02/2022
222	1.46.47	ALONSO DEL RIO, JAIME	AG-763648	291	1968	50	PORPO	Pontevedra	16/10/2022
223	1.47.09	FERNANDEZ LANDEIRO, JOSE MANUEL	TGAL-35	102	1978	40	TRIPO	Pontevedra	16/10/2022
224	1.47.12	ARUFE SANTAMARIA, MARIO	AG-6575	756	1961	60	NOYC	A Coruña	13/02/2022
225	1.47.16	ALVAREZ IGLESIAS, DOMINGO	GA-768958	103	1951	70	EGOLU	Pontevedra	16/10/2022
226	1.47.29	RIVAS POMBO, MARCELINO	AG-201491	762	1980	40	XALC	A Coruña	13/02/2022
227	1.47.31	SANTAYA ARUFE, JESÚS	AG-3190	764	1969	50	CASC	A Coruña	13/02/2022
228	1.47.46	TRILLO CARLIN, JOSE FERNANDO	AG-14180	775	1968	50	FOGC	A Coruña	13/02/2022
229	1.48.33	PEÑA BARREIRO, JUAN RAMON	AG-11064	791	1968	50	NOYC	A Coruña	13/02/2022
230	1.48.44	REY SOUTO, JESÚS ENRIQUE	AG-764362	0	1971	50	BOIC	A Coruña	02/10/2022
231	1.49.02	MENENDEZ DOMINGUEZ, JUAN CARLO	AG-14660	800	1960	60	MARC	A Coruña	13/02/2022
232	1.49.07	SIMOES FERNANDEZ, JOSE LUIS	AG-8716	104	1962	60	MRQPO	Pontevedra	16/10/2022
233	1.50.49	FERRACES VAZQUEZ, JOSE RAMON	AG-202242	106	1959	60	BOIC	Pontevedra	16/10/2022
234	1.50.59	GARCÍA CARRO, VICTOR	AG-14195	842	1981	40	CASC	A Coruña	13/02/2022
235	1.52.30	VAZQUEZ GONZÁLEZ, MIGUEL ANGEL	GA-184	107	1977	45	MCHC	Pontevedra	16/10/2022
236	1.52.42	PEÑA LÓPEZ, RUBÉN	AG-10144	336	1982	40	VAGC	Pontevedra	16/10/2022
237	1.53.11	BOLEAS RAMÓN, DAVID	AG-202712	108	1967	55	MRQPO	Pontevedra	16/10/2022
238	1.53.17	PEREZ HERMO, ALEJANDRO	AG-15424	338	1977	45	CANC	Pontevedra	16/10/2022
239	1.54.15	ALFONSIN SOLIÑO, GONZALO	AG-14932	901	1964	55	ENTR	A Coruña	13/02/2022
240	1.54.21	PEREZ GARCIA, JESUS	AG-11195	109	1958	60	CAMPO	Pontevedra	16/10/2022

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#	MARCA	ATLETA	LIC.	PTO ANO	CAT	CLUB	LUGAR	DATA
241	1.54.40	LOPEZ HERMO, JOSE SEGUNDO	AG-6580	#### 1962	60	NOYC	Madrid	03/04/2022
242	1.54.48	NUÑEZ GONZÁLEZ, JOSÉ AMABLE	AG-3997	354 1971	50	MRÑPO	Pontevedra	16/10/2022
243	1.54.51	GANDÓN ESTÉVEZ, MANOEL ANXO	AG-201652	355 1966	55	SAMPO	Pontevedra	16/10/2022
244	1.55.05	ALONSO CUEVAS, FRANCISCO	AG-764081	914 1969	50	MRQPO	A Coruña	13/02/2022
245	1.56.16	FERREIROS FERNANDEZ, JOSE	AG-14944	110 1970	50	ENTR	Pontevedra	16/10/2022
246	1.58.50	FERNANDEZ RAMOS, JOSE JAVIER	AG-202403	0 1967	55	CASC	A Coruña	02/10/2022
247	1.59.43	REY CASTELO, VICTOR MANUEL	AG-201793	978 1967	55	BOIC	A Coruña	13/02/2022
248	2.00.44	MORALES VELASCO, CARLOS	GA-769029	390 1986	35	OUROR	Pontevedra	16/10/2022
249	2.02.08	PENA DÍAZ, ALEJANDRO	TGAL-263	#### 1985	35	ENKC	A Coruña	13/02/2022
250	2.02.09	ARIAS LOPEZ, JAIME	TGAL-219	#### 1982	40	ENKC	A Coruña	13/02/2022
251	2.02.29	PADIN COUSIDO, JOSE LUIS	AG-11153	113 1951	70	CAMPO	Pontevedra	16/10/2022
252	2.03.23	VARELA VERDES, JOSE	TGAL-222	#### 1978	40	ENKC	A Coruña	13/02/2022
253	2.04.55	AYUDE BESTEIRO, JOSE MANUEL	AG-15251	114 1970	50	PUROR	Pontevedra	16/10/2022
254	2.05.48	LOPEZ RIO, ELISEO	AG-202627	115 1951	70	EGOLU	Pontevedra	16/10/2022
255	2.08.44	CONSTENLA JUNQUERA, ANTONIO OS	AG-202780	116 1955	65	FONC	Pontevedra	16/10/2022
256	2.09.59	HERMIDA OTERO, ÁNGEL	TGAL-215	#### 1975	45	ENKC	A Coruña	13/02/2022
257	2.10.10	LÓPEZ RODRÍGUEZ, JOSÉ LUIS	TGAL-235	#### 1974	45	ENKC	A Coruña	13/02/2022
258	2.15.48	GARCÍA JIMÉNEZ, DANIEL	AG-769805	453 1979	40	BAIPO	Pontevedra	16/10/2022



CATEGORIA VETERÁN MASCULINA

2 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	20.25	TUBIO MARTINEZ, JOSE LUIS	AG-9929	0	1972	50	NOYC	Getafe (Madrid)	18/12/2022

CATEGORIA VETERÁN MASCULINA

3 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	20.17	JAMARDO BASCOY, MANUEL	GA-654	0	1970	50	PINPO	Getafe (Madrid)	18/12/2022
2	21.05	GARCIA CRISTOBAL, ELISEO	GA-911	0	1968	50	CASC	A Pobra do Caramiñal	16/01/2022

CATEGORIA VETERÁN MASCULINA

5 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	21.39	MORALES DEL CASTILLO, JUAN MANU	GA-769245	2	1979	40	MARC	Toledo	05/11/2022
2	22.33	FERNANDEZ NIEVES, JOSE	GA-765207	0	1980	40	RCVPO	A Pobra do Caramiñal	16/01/2022
3	24.48	POLO GUNDIN, MANUEL	GA-769455	0	1973	45	NAOC	A Pobra do Caramiñal	16/01/2022
4	29.25	MORALES VELASCO, CARLOS	GA-769029	0	1986	35	OUROR	A Pobra do Caramiñal	16/01/2022
5	33.46	JAMARDO BASCOY, MANUEL	GA-654	14	1970	50	PINPO	Getafe (Madrid)	18/12/2022

CATEGORIA VETERÁN MASCULINA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	28.45	FERNANDEZ RIVERA, ALEJANDRO	GA-765765	35	1985	35	CVIA	Valencia	09/01/2022
2	29.48	RIBEIRO PINTO DA COSTA , NUNO FIL	GA-765858	5	1986	35	SDCC	A Coruña	24/04/2022
3	30.48	CANDA LOUZAO, JOSE	GA-202347	4	1983	35	AREOR	Ourense	20/11/2022
4	30.56	DIZ DIAZ, RUBEN	GA-11310	144	1979	40	OUROR	Valencia	09/01/2022
5	31.40	DOCAMPO GONZALEZ, IVAN	GA-12895	45	1982	40	ADAOR	O Barco de Valdeorras	08/05/2022
6	31.43	GARCIA GARCIA-PAZ, PABLO MIGUEL	GA-769208	1	1987	35	DOMPO	Padrón	05/02/2022
7	31.45	TEIJIDO LOPEZ, ANTONIO	GA-765824	50	1986	35	BERO	O Barco de Valdeorras	08/05/2022
8	31.47	VILLAMOR CASTIÑEIRA, CARLOS	GA-764895	9	1985	35	LUCLU	A Coruña	24/04/2022
9	32.17	CARRASCO NUÑEZ, JORDI	GA-83	130	1974	45	SDCC	Laredo	19/03/2022
10	32.27	PAREDES GONZALEZ, JAVIER	GA-202350	17	1979	40	OUROR	Ourense	20/11/2022
11	32.32	GUDE VILA, JUAN ANTONIO	GA-768683	19	1974	45	LUCLU	Ourense	20/11/2022
12	32.34	FERNANDEZ SOENGAS, JESUS	AG-14538	153	1979	40	MRQPO	Laredo	19/03/2022
13	32.41	PRESEDO FRAGUIO, ALVARO	GA-140	15	1985	35	MARC	A Coruña	24/04/2022
14	32.41	ESSAADAoui , AKKA	GA-765436	10	1978	40	ADAOR	O Barco de Valdeorras	08/05/2022
15	32.41	CAAMAÑO NIETO, RUBEN	AG-201474	24	1984	35	SARC	Ourense	20/11/2022
16	32.42	ÁLVAREZ CURES, JUAN JOSÉ	GA-57	16	1977	45	VAGC	A Coruña	24/04/2022
17	32.52	LOJO FERNÁNDEZ, JOSÉ MANUEL	AG-202710	17	1983	35	SMIPO	A Coruña	24/04/2022
18	33.01	BARRAL PUGA, MIGUEL ANGEL	GA-513	84	1983	35	LUELU	O Barco de Valdeorras	08/05/2022
19	33.07	FERNANDEZ MARQUEZ, JOSE MANUEL	GA-766140	20	1968	50	ADAOR	A Coruña	24/04/2022
20	33.08	PAZ PARDO, DANIEL	GA-922	21	1978	40	BRIC	A Coruña	24/04/2022
21	33.11	ALONSO FERREIRA, ALVARO F.	GA-855	88	1986	35	ADAOR	O Barco de Valdeorras	08/05/2022
22	33.19	CORRAL JUSTO, JOSE MANUEL	GA-769437	4	1983	35	AREOR	Padrón	05/02/2022
23	33.28	PESADO FERNANDEZ, ALEJANDRO	AG-202115	7	1975	45	SARC	Ribeira	24/09/2022
24	33.29	VÁZQUEZ VAAMONDE, RICARDO	GA-766141	98	1974	45	ADAOR	O Barco de Valdeorras	08/05/2022
25	33.35	PÉREZ LÓPEZ, MANUEL OLIVER	GA-768549	11	1971	50	SARC	A Coruña	02/10/2022
26	33.40	FERNANDEZ GARCIA, ALBINO	AG-201721	4	1986	35	AREOR	San Cibrao das Viñas	18/12/2022
27	33.43	GONZÁLEZ HORTA, VÍCTOR XOSÉ	AG-765828	10	1984	35	COMPO	Ribeira	24/09/2022
28	33.44	PENA TORREIRA, AMADOR	GA-769185	4	1981	40	SDCC	Marín	29/07/2022
29	33.53	NEGREIRA MONTERO, JUAN	GA-507	5	1986	35	SARC	Marín	29/07/2022
30	34.04	SÁNCHEZ SAN LUIS, JOSÉ MARÍA	AG-202775	8	1980	40	SARC	Carballo	05/06/2022
31	34.12	JUANATEY GARCIA, CARLOS	AG-202655	12	1980	40	NOYC	Ribeira	24/09/2022
32	34.15	ROMERO ALVAREZ, JULIAN	AG-202046	29	1984	35	OUROR	A Coruña	24/04/2022
33	34.18	TORRES TORRES, JORGE	GA-8562	6	1980	40	HPST	Padrón	05/02/2022
34	34.21	PENAS VARELA, JOSÉ MANUEL	TGAL-253	41	1984	35	CERC	Ourense	20/11/2022
35	34.24	MORIS VIEITES, ALBERTO	GA-413	14	1986	35	MARC	A Coruña	02/10/2022
36	34.24	LOPEZ FERNANDEZ, NEMESIO	AG-11126	12	1976	45	FONC	Ames	23/10/2022
37	34.27	MOSQUERA DOPAZO, JUAN CARLOS	GA-38	31	1985	35	SARC	A Coruña	24/04/2022
38	34.31	VIJANDE LÓPEZ, ADRIÁN	AG-14155	317	1987	35	RFOLU	Laredo	19/03/2022
39	34.33	GÓMEZ SÁNCHEZ, JOSÉ MIGUEL	GA-769408	18	1977	40	VAGC	Ames	23/10/2022
40	34.41	CONDE GONZALVO, JAVIER	AG-202773	50	1976	45	MRQPO	Ourense	20/11/2022

CATEGORIA VETERÁN MASCULINA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	34.47	LANZA BEN, MARCELO	GA-524	18	1973	45	RFOLU A Coruña		02/10/2022
42	34.53	GARCIA GOMEZ, VICTOR	AG-202307	12	1986	35	LEGOR Porriño		01/05/2022
43	34.55	GARCIA GONZALEZ, SANTIAGO	GA-765876	40	1974	45	BUROR A Coruña		24/04/2022
44	34.55	NOVOA GUTIERREZ, JULIO	GA-769439	13	1980	40	AREOR Porriño		01/05/2022
45	34.57	ESTEVEZ GARCIA, MANUEL ENRIQUE	GA-769046	5	1972	50	ADAOR O Barco de Valdeorras		08/05/2022
46	34.57	BECERRO ESCRIBANO, LUIS MIGUEL	AG-202178	9	1979	40	CRR_P Marín		29/07/2022
47	34.57	VAZQUEZ ENJAMIO, JULIO	AG-201742	23	1985	35	BOIC A Coruña		02/10/2022
48	34.58	CRESPO ARIAS, JORGE	GA-768547	10	1979	40	SARC Negreira		13/11/2022
49	34.59	OUBIÑA FALCON, MAXIMINO	AG-3576	15	1983	35	CAMPO Ribeira		24/09/2022
50	35.03	IGLESIAS AREA, CARLOS	AG-202711	25	1981	40	SMIPO A Coruña		02/10/2022
51	35.03	MASEDA CARBALLO, FRANCISCO JAVI	GA-205	26	1976	45	MARC A Coruña		02/10/2022
52	35.10	BREGUA CHAS, RUBEN	GA-206	42	1979	40	MARC A Coruña		24/04/2022
53	35.10	FERREIRA GONZALEZ, JOSE CARLOS	GA-769003	12	1974	45	ADAOR O Barco de Valdeorras		08/05/2022
54	35.10	RODRIGUEZ LARIÑO, JORGE	AG-202531	17	1986	35	ADOC Ames		23/10/2022
55	35.13	REGUEIRA VEIGA, MIGUEL	AG-202418	44	1981	40	OLEC A Coruña		24/04/2022
56	35.13	AIRAS COTA, RUBEN	GA-756	14	1979	40	BUROR San Cibrao das Viñas		18/12/2022
57	35.15	RABADE LEDO, ANGEL	GA-769279	19	1980	40	LUCLU O Barco de Valdeorras		08/05/2022
58	35.24	FERRADANS VALDÉS, JORGE	AG-11768	13	1982	40	BRIC Padrón		05/02/2022
59	35.25	SANTIAGO BOSCH, JOSE ANTONIO	AG-201462	50	1976	45	PINPO A Coruña		24/04/2022
60	35.25	DIAZ FERNANDEZ, XABIER	GA-17661	60	1974	45	LUCLU Ourense		20/11/2022
61	35.26	MARTINEZ CASTRO, ROBERTO	GA-659	29	1983	35	PINPO A Coruña		02/10/2022
62	35.30	MACEIRAS LAGO, ANGEL MANUEL	AG-201477	2	1973	45	SARC Padrón		05/02/2022
63	35.37	SILVA LUNA, JORDI	AG-202310	66	1981	40	AREOR Ourense		20/11/2022
64	35.40	BUIG FERNANDEZ, MANUEL ALEXIS	GA-358	15	1977	45	VAGC Padrón		05/02/2022
65	35.41	GUERRA MAGAN, OSCAR	AG-3574	16	1977	45	CAMPO Padrón		05/02/2022
66	35.44	SEOANE POMBO, JOSÉ MANUEL	AG-202250	56	1973	45	NEGC A Coruña		24/04/2022
67	35.45	GARCIA PEREZ, JOSE MANUEL	GA-202352	15	1973	45	ADAOR San Cibrao das Viñas		18/12/2022
68	35.46	CAMPOS SUÁREZ, FRANCISCO JAVIER	GA-769035	12	1970	50	USCC Santiago		30/04/2022
69	35.48	OUBIÑA DIOS, FRANCISCO RAMON	AG-3577	20	1973	45	CAMPO Ames		23/10/2022
70	35.52	RAMOS FERROL, ARTURO	AG-9509	3	1973	45	MILC Padrón		05/02/2022
71	35.52	SUÁREZ LEIS, JOSE	AG-766580	21	1963	55	SARC Ames		23/10/2022
72	35.52	CABO VILLAVERDE, MIGUEL	AG-763812	77	1970	50	MILC Ourense		20/11/2022
73	35.54	JANEIRO CERDEIRA, JAVIER	AG-2683	78	1986	35	AREOR Ourense		20/11/2022
74	35.55	NUÑEZ MOSTEIRO, RUBEN	AG-11160	22	1983	35	CAMPO Ames		23/10/2022
75	35.56	IGLESIAS CARRERA, PIO	AG-3536	23	1973	45	SARC Ames		23/10/2022
76	35.58	REGUEIRA MARTINEZ, ALDO	GA-741	19	1980	40	NAUC Padrón		05/02/2022
77	35.58	CAMPOS LUEIRO, MARCOS	AG-202121	20	1983	35	NEGC Padrón		05/02/2022
78	35.58	GARCIA VAZQUEZ, EMILIO	GA-622	80	1975	45	SDCC Ourense		20/11/2022
79	35.59	BESADA FILGUEIRAS, FRANCISCO JOS	AG-3525	61	1977	45	BRIC A Coruña		24/04/2022
80	35.59	GARCIA SANMAMED, FELICIANO	GA-800	16	1982	40	BUROR San Cibrao das Viñas		18/12/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	36.03	GONTÁN CASTRO, JOSÉ ANTONIO	AG-201491	5	1972	50	INDE	Padrón	05/02/2022
82	36.06	DIEGUEZ PINTOR, OSCAR	TGAL-280	85	1983	35	CERC	Ourense	20/11/2022
83	36.07	IGLESIAS GÓMEZ, JAVIER	AG-14685	67	1978	40	PUROR	A Coruña	24/04/2022
84	36.07	TORRES NEIRA, MATEO	AG-202626	66	1979	40	MARC	A Coruña	24/04/2022
85	36.07	PAZ ALVAREZ, MARCOS	AG-201802	15	1985	35	INDE	Pontevedra	16/10/2022
86	36.10	VILLAVERDE VAZQUEZ, LUIS ALBERTO	AG-201923	16	1978	40	NEGC	Carballo	05/06/2022
87	36.11	PAJARO VARELA, DAVID	TGAL-273	36	1985	35	CERC	A Coruña	02/10/2022
88	36.11	BUJAN OTERO, JOSÉ CARLOS	AG-11135	27	1973	45	NTBC	Ames	23/10/2022
89	36.12	LOPEZ SILVA, ALEJANDRO	GA-919	18	1980	40	OUROR	San Cibrao das Viñas	18/12/2022
90	36.18	SOLER RIVAS, ABELARDO	AG-202827	20	1979	40	NEGC	Negreira	13/11/2022
91	36.19	MONTOTO DOMINGUEZ, JOSE	AG-202310	24	1979	40	AREOR	Padrón	05/02/2022
92	36.19	GROBA BARGIELA, MARCOS	AG-201447	38	1971	50	TANPO	Porriño	01/05/2022
93	36.19	DOSIL DIAZ, JOAQUIN	AG-3534	23	1975	45	SARC	Ribeira	24/09/2022
94	36.23	DIAZ LORENZO, CRISTIAN	GA-766139	20	1977	45	ADAOR	San Cibrao das Viñas	18/12/2022
95	36.24	GONZALEZ NOVOA, SATURNINO	GA-764989	91	1961	60	OUROR	Ourense	20/11/2022
96	36.29	AGRELO GOMEZ, ROBERTO	AG-763862	24	1978	40	SARC	Negreira	13/11/2022
97	36.31	PEREZ PRIETO, GERARDO	AG-4233	30	1976	45	CAMPO	Ames	23/10/2022
98	36.32	CARDESIN VILA, BORJA	GA-892	83	1980	40	SDCC	A Coruña	24/04/2022
99	36.32	GARCÍA RODRÍGUEZ, JORGE MANUEL	AG-767429	32	1973	45	NTBC	Ames	23/10/2022
100	36.33	BARRAL VARELA, JUAN JESÚS	AG-3528	38	1970	50	BRIC	Ames	23/10/2022
101	36.34	LEMA PEREZ, PABLO ANDRES	TGAL-260	84	1967	55	OLEC	A Coruña	24/04/2022
102	36.35	GONZALEZ PASCUAL, FRANCISCO JAVI	AG-202796	85	1975	45	AREOR	A Coruña	24/04/2022
103	36.38	BARCA ESPAÑA, MARCIAL ANIBAL	GA-59	36	1980	40	VAGC	Ames	23/10/2022
104	36.39	LAÍÑO SILVA, VÍCTOR	AG-202711	24	1987	35	SMIPO	Ribeira	24/09/2022
105	36.40	LAGO CIVES, JOSE R.	AG-15602	25	1976	45	NOYC	Negreira	13/11/2022
106	36.43	ROIBAS FERNANDEZ, JOSE LUIS	AG-202401	90	1971	50	CASC	A Coruña	24/04/2022
107	36.45	SANGIAO DARRIBA, IVAN	TGAL-27	100	1986	35	BIOLU	Ourense	20/11/2022
108	36.46	NOVO BUJEIRO, JAVIER	AG-769113	27	1981	40	ADOC	Negreira	13/11/2022
109	36.47	BUSTO LOBATO, CARLOS	AG-766069	25	1967	55	SARC	Ribeira	24/09/2022
110	36.50	RODRIGUEZ DOMINGUEZ, ANDRES	AG-201470	95	1975	45	PINPO	A Coruña	24/04/2022
111	36.52	CONDE LLENDERROZOS, MARCOS	GA-811	37	1981	40	RIBLU	Ames	23/10/2022
112	36.53	SANTOS NUÑEZ, ROBERTO	AG-201948	22	1982	40	CRR_P	Marín	29/07/2022
113	36.53	LAGO SANTIAGO, FRANCISCO ANTONI	AG-10505	38	1978	40	ADOC	Ames	23/10/2022
114	36.54	NIETO GONZALEZ, JOSE MANUEL	AG-3535	29	1972	50	SARC	Ribeira	24/09/2022
115	36.56	MARTINEZ COSTA, DAVID	AG-11988	42	1975	45	CAMPO	Porriño	01/05/2022
116	37.02	FABELLO CID, ELISEO	GA-866	45	1977	45	OUROR	Porriño	01/05/2022
117	37.02	POUSO VIDAL, LUCAS	AG-3808	40	1979	40	CAMPO	Ames	23/10/2022
118	37.05	LAGO CES, JOSE MANUEL	GA-782	46	1972	50	SARC	Ames	23/10/2022
119	37.09	ANDRADE RAMA, DANIEL	AG-3515	31	1987	35	BRIC	Santiago	30/04/2022
120	37.09	VIDAL GONZÁLEZ, JOSÉ ANTONIO	AG-202443	47	1978	40	BRIC	Ames	23/10/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	37.11	BENITEZ SOMOZA, ISRAEL	AG-11742	21	1976	45	CANC Carballo		05/06/2022
122	37.11	GIGIREY CANCELA, BREOGAN JOSE	AG-767265	111	1987	35	VRXLU Ourense		20/11/2022
123	37.14	ABELENDIA LÓPEZ, MARTÍN	AG-202673	33	1981	40	SDCC Santiago		30/04/2022
124	37.20	GOMEZ RIOS, JOSE ANTONIO	AG-768418	28	1977	45	SARC Padrón		05/02/2022
125	37.20	RAVIÑA FURELOS, JUAN CARLOS	AG-202707	23	1972	45	SDCC Pontevedra		16/10/2022
126	37.22	RODRIGUEZ RODRIGUEZ, SERAFIN	GA-630	115	1973	45	INDE Ourense		20/11/2022
127	37.24	GONZÁLEZ LEDO, FRANCISCO JAVIER	AG-202418	110	1971	50	OLEC A Coruña		24/04/2022
128	37.26	FALCON PEREZ, SANTIAGO	AG-201845	43	1966	55	CAMPO Ames		23/10/2022
129	37.27	RODRIGUEZ GARCIA, JULIO	AG-14796	15	1970	50	FONC Xinzo de Limia		29/05/2022
130	37.28	MONTEAGUDO FERREIRA, JUAN CARL	AG-14574	113	1980	40	RUNMA A Coruña		24/04/2022
131	37.34	MARTINEZ RIBAO, DIEGO	GA-765866	24	1982	35	BUROR San Cibrao das Viñas		18/12/2022
132	37.35	VALLE LOPEZ, OSCAR	AG-11136	46	1977	45	NTBC Ames		23/10/2022
133	37.37	ALVAREZ BENDAÑA, ALBERTO	AG-201474	29	1980	40	SARC Padrón		05/02/2022
134	37.37	GONZALEZ POUSA, FERNANDO	AG-10449	47	1967	55	NOYC Ames		23/10/2022
135	37.38	VÁZQUEZ MATO, JOSÉ MANUEL	AG-3523	57	1978	40	BRIC Ames		23/10/2022
136	37.40	RODRIGUEZ VARELA, MIGUEL ANXO	AG-764809	124	1983	35	AUROR Ourense		20/11/2022
137	37.43	ZUÑIGA RODRIGUEZ, SAUL	AG-201446	61	1983	35	TANPO Porriño		01/05/2022
138	37.43	LOPEZ VILLAR, JOSE ANGEL	GA-19395	49	1974	45	EGOLU Ames		23/10/2022
139	37.45	PENA PEREIRA, FRANCISCO JAVIER	AG-202790	62	1981	40	BEAPO Porriño		01/05/2022
140	37.47	COLORADO PEREZ, LUIS MIGUEL	AG-10833	121	1986	35	SGPPO A Coruña		24/04/2022
141	37.47	SEARA PEREZ, ALVARO	AG-201832	28	1981	40	FONC Carballo		05/06/2022
142	37.48	FIGUEIRAS MARTINEZ, BALTASAR	AG-769568	38	1977	45	SARC Ribeira		24/09/2022
143	37.48	VEIGA RAPOSO, IVAN	AG-3790	128	1979	40	LUCLU Ourense		20/11/2022
144	37.48	VALE GARCIA, ROBERTO	AG-766063	127	1971	50	FLULU Ourense		20/11/2022
145	37.49	LOPEZ FERNANDEZ, JUAN CARLOS	AG-201878	130	1980	40	TROOR Ourense		20/11/2022
146	37.50	QUINTELA PAIS, FELIX	AG-10941	123	1985	35	BRIC A Coruña		24/04/2022
147	37.50	CAAMAÑO NIETO, AVELINO	AG-768412	40	1978	40	SARC Ribeira		24/09/2022
148	37.50	CALVO FERNÁNDEZ, JOSÉ RUBÉN	AG-767304	26	1973	45	BUROR San Cibrao das Viñas		18/12/2022
149	37.51	FERNANDEZ SALGUEIRO, DIEGO	AG-14571	124	1981	40	RUNMA A Coruña		24/04/2022
150	37.51	SOTO PARADA, JUAN CARLOS	AG-202374	34	1977	45	PINPO Marín		29/07/2022
151	37.51	SUAREZ MARTINEZ, MANUEL	GA-144	131	1958	60	VSAPO Ourense		20/11/2022
152	37.53	BAAMONDE ARUFE, AGAPITO	AG-202381	31	1976	45	SARC Padrón		05/02/2022
153	37.55	CASTIÑEIRAS PORTOS, MANUEL	GA-788	36	1979	40	SDCC Marín		29/07/2022
154	37.58	ULLA REGA, MANUEL	AG-202587	140	1975	45	ADCPO Ourense		20/11/2022
155	38.01	SANDE CHARLON, VICTOR	AG-10646	136	1964	55	FENC A Coruña		24/04/2022
156	38.01	RODRIGUEZ MOURE, JOSE MANUEL	GA-769070	135	1967	55	COCC A Coruña		24/04/2022
157	38.05	LADO FIGUEIRAS, JOSÉ ABEL	AG-202065	137	1979	40	MARC A Coruña		24/04/2022
158	38.05	VELEIRO DIAZ, JORGE	AG-202307	145	1963	55	BUROR Ourense		20/11/2022
159	38.06	SERANTES GOMEZ, RAMÓN DANIEL	GA-766086	71	1968	50	MARC A Coruña		02/10/2022
160	38.09	BUGALLO DEL PUERTO, XAQUÍN	TGAL-258	46	1979	40	OLEC Santiago		30/04/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
161	38.09	GALLEGO CID, ADRIAN	AG-202084	53	1982	40	FONC Ames		23/10/2022
162	38.13	DA CUNHA RODRIGUEZ, JOSE BENITO	AG-14569	28	1979	40	RUNMA San Cibrao das Viñas		18/12/2022
163	38.17	HERMO VILLAR, PABLO	AG-201753	34	1982	40	SARC Padrón		05/02/2022
164	38.23	VAZQUEZ IGLESIAS, ANTONIO	GA-765869	158	1967	55	BUROR Ourense		20/11/2022
165	38.27	FERNÁNDEZ ÁLVAREZ, CARLOS	AG-768891	163	1973	45	SDTPO Ourense		20/11/2022
166	38.28	PEREZ SANTAMARIA, DAVID	AG-201473	10	1970	50	SARC Padrón		05/02/2022
167	38.28	COSTAS FERNÁNDEZ, JOSE LUIS	AG-201906	71	1984	35	ADCPO Porriño		01/05/2022
168	38.28	RODRÍGUEZ POUSO, JOSÉ ANGEL	AG-15024	42	1981	40	BRIC Ribeira		24/09/2022
169	38.29	LOPEZ-RIOBOO SALINAS, LUIS	AG-10149	148	1976	45	BOIC A Coruña		24/04/2022
170	38.29	SANMARTIN CARREIRA, IVAN PABLO	GA-129	59	1975	45	VAGC Ames		23/10/2022
171	38.30	RAPOSO BUJAN, GERARDO	GA-17643	17	1968	50	LUCLU O Barco de Valdeorras		08/05/2022
172	38.30	LAGO GOBERNA, FRANCISCO JAVIER	AG-202028	32	1974	45	MRQPO Pontevedra		16/10/2022
173	38.30	MIRA FERNANDEZ, JOSE	AG-10167	168	1971	50	BUROR Ourense		20/11/2022
174	38.31	REDONDO SOL , MANEL	AG-202234	153	1983	35	VRXLU A Coruña		24/04/2022
175	38.31	AMOEDO OUTEDA, JUAN JOSE	AG-201525	41	1982	40	SMIPO Marín		29/07/2022
176	38.31	DE LA TORRE ALLARIZ, DANIEL	AG-763742	42	1968	50	SMIPO Marín		29/07/2022
177	38.33	COSTA CASTRO, MANUEL	AG-202839	44	1974	45	TMBC Ribeira		24/09/2022
178	38.34	ALVAREZ RODRIGUEZ, JESUS MARIA	AG-201961	158	1972	50	COCC A Coruña		24/04/2022
179	38.34	PIÑEIRO FIGUEIRAS, ESTEBAN	AG-202867	157	1982	40	MARC A Coruña		24/04/2022
180	38.34	VAZQUEZ COLLAZO, SANTIAGO	GA-717165	171	1965	55	RZCC Ourense		20/11/2022
181	38.35	VAZQUEZ FERNANDEZ, JOSÉ ANTONIO	TGAL-189	43	1984	35	SDTPO Marín		29/07/2022
182	38.38	VALVERDE VILLAR, MARTIN	AG-769461	80	1967	55	VSAPO Porriño		01/05/2022
183	38.39	NAVEIRA FANDIÑO, MARCOS	AG-10937	83	1985	35	LGRLU A Coruña		02/10/2022
184	38.40	LOURO INSUA, MANUEL	GA-764998	177	1973	45	NOYC Ourense		20/11/2022
185	38.42	DURAN DURAN, BERNARDO	AG-201921	342	1975	45	TANPO Porriño		01/05/2022
186	38.43	BARCIA PIDRE, ALBERTO	AG-201560	37	1976	45	SAMPO Padrón		05/02/2022
187	38.43	RIO SILVA, JOSE LUIS	AG-202159	164	1966	55	OLEC A Coruña		24/04/2022
188	38.45	LORES MEIS, JOSE MANUEL	AG-11193	72	1977	45	CAMPO Ames		23/10/2022
189	38.45	VILLAR RODRIGUEZ, RICARDO	AG-201562	54	1970	50	NTBC Negreira		13/11/2022
190	38.50	LOPEZ SANCHEZ, DAVID	AG-12590	53	1976	45	ENTR Santiago		30/04/2022
191	38.53	ROMAY RODRIGUEZ, RICARDO	AG-14671	47	1986	35	SARC Ribeira		24/09/2022
192	38.53	RODRIGUEZ GONZALEZ, ALBERTO	AG-202019	191	1975	45	AREOR Ourense		20/11/2022
193	38.54	FERNÁNDEZ RODRÍGUEZ, RAMÓN	AG-63	193	1972	50	LOULU Ourense		20/11/2022
194	38.55	VILA SIEIRA, RUBEN	AG-7426	12	1975	45	EGOLU Padrón		05/02/2022
195	38.55	SANMARTÍN VIGO, VICENTE	AG-202235	762	1975	45	VRXLU Laredo		19/03/2022
196	38.56	REY QUINTELA, EDUARDO	AG-201864	176	1971	50	ACEC A Coruña		24/04/2022
197	38.56	FIGUEIRA PEREZ, MANUEL	AG-201589	64	1972	50	SARC Ames		23/10/2022
198	39.02	CARBALLO DURAN, JAVIER	AG-202768	89	1971	50	SAMPO Porriño		01/05/2022
199	39.04	FERNANDEZ PAREDES, ROBERTO	AG-768600	90	1975	45	BEAPO Porriño		01/05/2022
200	39.04	SUEIRO IGLESIAS, ESTEBAN	AG-201867	51	1976	45	BRIC Ribeira		24/09/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
201	39.05	JUANATEY PEREZ, JOSE ANTONIO	AG-9873	182	1971	50	FONC	A Coruña	24/04/2022
202	39.05	CORZÓN VIEITES, ALFONSO	AG-202234	66	1980	40	BEAPO	Ames	23/10/2022
203	39.07	MAYO AGRAFOJO, MARCOS	AG-3619	38	1983	35	BRIC	Padrón	05/02/2022
204	39.07	VASQUEZ CORTES, MARCELO	GA-765494	57	1971	50	EGOLU	Negreira	13/11/2022
205	39.08	SICILIA BARCI, JUAN	GA-364	10	1970	50	INDE	O Barco de Valdeorras	08/05/2022
206	39.09	CID GARCÍA, SANTIAGO	AG-202111	60	1982	40	NTBC	Santiago	30/04/2022
207	39.10	CASATS GONZÁLEZ, MARIANO	AG-15032	67	1980	40	ADOC	Ames	23/10/2022
208	39.11	TEIJEIRO FERNANDEZ, NOE	TGAL-272	187	1977	45	INDE	A Coruña	24/04/2022
209	39.11	ALVAREZ CHINCHILLA, JESUS	GA-769057	41	1966	55	CASC	Carballo	05/06/2022
210	39.14	FERNANDEZ LOPEZ, JOSE MARIA	TGAL-259	96	1969	50	OLEC	A Coruña	02/10/2022
211	39.15	ZARAUZA BEIRAS, ALVARO	AG-11767	191	1978	40	BRIC	A Coruña	24/04/2022
212	39.17	PAZOS CARBÓN, PEDRO	GA-787	70	1968	50	SDCC	Ames	23/10/2022
213	39.17	SANDA ARES, JOSE	GA-790	71	1981	40	SDCC	Ames	23/10/2022
214	39.19	TOLEDO ESTEVEZ, JOSE M,	AG-201597	799	1973	45	PATOR	Laredo	19/03/2022
215	39.19	BURGOS REY, JOSE ANTONIO	AG-766413	39	1973	45	PORPO	Pontevedra	16/10/2022
216	39.21	SANMARCO SANTOS, FRANCISCO	GA-768550	195	1964	55	SARC	A Coruña	24/04/2022
217	39.22	HEVIA GÓMEZ, JESÚS	AG-3311	196	1975	45	CASC	A Coruña	24/04/2022
218	39.23	GOMEZ IGLESIAS, JOSE JAVIER	AG-7131	33	1968	50	BUROR	San Cibrao das Viñas	18/12/2022
219	39.25	GARCIA NUÑEZ, LUIS EDUARDO	GA-765502	198	1972	50	VRXLU	A Coruña	24/04/2022
220	39.25	MARTINEZ VALVERDE, JUAN CARLOS	GA-768581	44	1971	50	VAGC	Carballo	05/06/2022
221	39.29	CABO LANDEIRA, RAFAEL	AG-201894	68	1968	50	ENTR	Santiago	30/04/2022
222	39.30	GOMEZ BEIRO, SANTIAGO	AG-768761	46	1976	45	FONC	Carballo	05/06/2022
223	39.33	FERNANDEZ VAZQUEZ, PABLO	AG-201447	11	1979	40	BCS	O Barco de Valdeorras	08/05/2022
224	39.33	SANTORUM GONZALEZ, JORGE	AG-202020	75	1983	35	CAMPO	Ames	23/10/2022
225	39.34	SILVA BRENLLA, GONZALO	AG-766103	70	1984	35	NTBC	Santiago	30/04/2022
226	39.34	RODRIGUEZ PEREZ, HIGINIO DE MAN	AG-7194	34	1962	60	PUROR	San Cibrao das Viñas	18/12/2022
227	39.36	OMIL IGLESIAS, JOSE MANUEL	AG-765338	53	1980	40	PINPO	Marín	29/07/2022
228	39.39	LAGO MONROY, ISMAEL	AG-201875	28	1985	35	SMIPO	Xinzo de Limia	29/05/2022
229	39.39	SANCHEZ MARCOS, LORENZO	GA-765361	102	1964	55	RNWC	A Coruña	02/10/2022
230	39.40	CESAR VILA, ALVARO	AG-151311	228	1970	50	TAMC	Ourense	20/11/2022
231	39.41	ESPIÑA FERNÁNDEZ, FRANCISCO JAVI	AG-202005	204	1974	45	INDE	A Coruña	24/04/2022
232	39.41	CARBALLAL GONZALEZ, ANTONIO	AG-766535	54	1980	40	PINPO	Marín	29/07/2022
233	39.42	ANSIA GARCÍA, JUAN JOSÉ	AG-202703	35	1974	45	BUROR	San Cibrao das Viñas	18/12/2022
234	39.45	MENDEZ RODRIGUEZ, RAMIRO	GA-769166	6	1957	65	GANLU	O Barco de Valdeorras	08/05/2022
235	39.45	PENAS GARCIA, RUBEN	AG-202837	50	1977	45	TMBC	Carballo	05/06/2022
236	39.47	OTERO CEPEDA, XOSE LUIS	GA-7770	210	1951	70	STOC	A Coruña	24/04/2022
237	39.47	ACUÑA FERNÁNDEZ, CÁNDIDO	AG-764197	236	1971	50	COMPO	Ourense	20/11/2022
238	39.48	PEREIRA REY, JOSE CARLOS	AG-12231	56	1965	55	BOIC	Marín	29/07/2022
239	39.49	MANEIRO SANCHEZ, RODRIGO	GA-252	214	1979	40	VAGC	A Coruña	24/04/2022
240	39.49	VAZQUEZ RAMOS, MANUEL	AG-202466	239	1970	50	VRXLU	Ourense	20/11/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
241	39.52	FERNANDEZ FERNANDEZ, JESUS	AG-202026	242	1975	45	PUROR	Ourense	20/11/2022
242	40.01	GONZALEZ BAÑOBRE, JOSE	GA-716922	223	1966	55	NAOC	A Coruña	24/04/2022
243	40.02	SOTO RODRIGUEZ, ANGEL	AG-202135	36	1977	45	PUROR	San Cibrao das Viñas	18/12/2022
244	40.04	ASENSIO CAMPAZAS, ALBERTO CARLO	GA-10310	37	1979	40	ADAOR	San Cibrao das Viñas	18/12/2022
245	40.05	NOVOA CID, JOSE LUIS	AG-202047	38	1973	45	PUROR	San Cibrao das Viñas	18/12/2022
246	40.06	PIRES , LUIS MANUEL	AG-202769	120	1969	50	SAMPO	Porriño	01/05/2022
247	40.07	PIMENTEL OCAMPO, JAVIER	AG-202781	121	1983	35	TUIPO	Porriño	01/05/2022
248	40.07	BARDANCA SANJURJO, JUAN CARLOS	AG-201430	111	1970	50	CASC	A Coruña	02/10/2022
249	40.09	FUERTES SAAVEDRA, ANTONIO	GA-16019	7	1960	60	RCVPO	O Barco de Valdeorras	08/05/2022
250	40.10	ANDRÉS FIDALGO, ALÁN	AG-763614	265	1975	45	ESPOU	Ourense	20/11/2022
251	40.11	LOPEZ FERNANDEZ, RUBEN	GA-748	13	1980	40	NAUC	O Barco de Valdeorras	08/05/2022
252	40.11	GUIMAREY SENIN, JAVIER	AG-201589	267	1978	40	SARC	Ourense	20/11/2022
253	40.12	ROSENDE FUENTES, JOSE LUIS	AG-202675	43	1981	40	TMBC	Padrón	05/02/2022
254	40.12	FERREIRO DEAÑO, ALFREDO	AG-10629	268	1978	40	AUROR	Ourense	20/11/2022
255	40.13	GARCÍA GÓMEZ, ESTEBAN	AG-3618	44	1978	40	BRIC	Padrón	05/02/2022
256	40.14	MATALOBOS BUSTELO, ANTONIO	AG-202516	45	1978	40	BRIC	Padrón	05/02/2022
257	40.14	RODRIGUEZ GONZALEZ, JOSE	AG-202424	130	1968	50	AREOR	Porriño	01/05/2022
258	40.14	MORENZA DOFORNO, GERMAN	AG-767975	60	1963	55	PINPO	Marín	29/07/2022
259	40.17	BRANDON RODRIGUEZ, JUAN CARLOS	AG-11133	237	1962	60	FONC	A Coruña	24/04/2022
260	40.17	MATA TORREIRA, JUAN MANUEL	AG-768762	53	1969	50	FONC	Carballo	05/06/2022
261	40.23	SOUTO PEREZ, HECTOR	AG-13861	242	1977	45	INDE	A Coruña	24/04/2022
262	40.24	ABAD GREGORIO, DAVID	GA-390	78	1975	45	SAMPO	Ames	23/10/2022
263	40.26	PAREDES PARADA, MANUEL	GA-19421	97	1967	55	BARC	O Barco de Valdeorras	08/05/2022
264	40.27	IGLESIAS CRISTOBO, ELOY	AG-14220	62	1965	55	SARC	Ribeira	24/09/2022
265	40.27	IGLESIAS COMOJO, PABLO	AG-3553	79	1978	40	BRIC	Ames	23/10/2022
266	40.28	PEREZ PEREIRA, RAMIRO	AG-201588	284	1956	65	SARC	Ourense	20/11/2022
267	40.30	GARCIA MENDEZ, JOSE A.	TGAL-135	121	1976	45	CERC	A Coruña	02/10/2022
268	40.34	RAÑA RECOUSO, AMANCIO	AG-202364	290	1983	35	TMBC	Ourense	20/11/2022
269	40.35	VÁZQUEZ TOURÓN, ANTONIO	AG-202034	93	1970	50	SDCC	Santiago	30/04/2022
270	40.36	CANOSA CASTIÑEIRA, RAMON	AG-765438	80	1972	50	SARC	Ames	23/10/2022
271	40.36	FERNANDEZ NOVOA, MIGUEL ANGEL	AG-765456	292	1967	55	MARC	Ourense	20/11/2022
272	40.38	FERNANDEZ VIDAL, ANGEL MANUEL	AG-10172	19	1968	50	TKTC	Padrón	05/02/2022
273	40.38	FREIRE RIVEIRA, MIGUEL	AG-3476	86	1972	50	MRQPO	Negreira	13/11/2022
274	40.39	PEREZ ALVAREZ, JAIME ALEJANDRO	AG-11801	65	1971	50	RUNPO	Marín	29/07/2022
275	40.40	TABOADA MILLAN, CESAR	AG-202774	81	1969	50	SARC	Ames	23/10/2022
276	40.41	SABIO FERNANDEZ, RAFAEL	TGAL-130	126	1966	55	INDE	A Coruña	02/10/2022
277	40.44	GALAN PRESAS, XOAN	AG-202134	130	1969	50	CASC	A Coruña	02/10/2022
278	40.45	RIVAS CASTRO, JUAN	AG-202828	84	1966	55	CAMPO	Ames	23/10/2022
279	40.48	PAREDES PARADA, FERNANDO	AG-764371	65	1966	55	BARC	Ribeira	24/09/2022
280	40.51	FERNANDEZ ALVAREZ, ESTEBAN	AG-14570	263	1975	45	RUNMA	A Coruña	24/04/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
281	40.52	FERNANDEZ VAZQUEZ, RAFAEL	AG-14692	306	1974	45	MRQPO	Ourense	20/11/2022
282	40.58	LORENZO ALONSO, MOISES	AG-14427	314	1986	35	PORPO	Ourense	20/11/2022
283	41.01	JUNCAL CARRAGAL, JOSE MANUEL	AG-3155	71	1981	40	MILPO	Marín	29/07/2022
284	41.02	FERNANDEZ CASAL, MARCOS	AG-3537	66	1983	35	SARC	Ribeira	24/09/2022
285	41.03	CAÑAS GARCÍA, MANUEL	GA-775	134	1980	40	CASC	A Coruña	02/10/2022
286	41.04	RODRÍGUEZ DOPICO, JAVIER	AG-15159	323	1986	35	ENTR	Ourense	20/11/2022
287	41.05	ALVAREZ RODRIGUEZ, DOMINGO	GA-20367	135	1956	65	BUROR	A Coruña	02/10/2022
288	41.07	CUENCA GARCÍA, FRANCISCO JOSÉ	AG-202683	67	1983	35	VAGC	Ribeira	24/09/2022
289	41.08	PIÑEIRO MAYO, ÁLVARO	AG-15070	110	1984	35	SERC	Santiago	30/04/2022
290	41.10	GARCIA VILLAVERDE, FRANCISCO JOS	AG-202576	21	1974	45	SDCC	Padrón	05/02/2022
291	41.10	GUTIERREZ GONZÁLEZ, NEMESIO	GA-202342	2	1956	65	AFRLU	O Barco de Valdeorras	08/05/2022
292	41.10	CAO GARCIA, JOSE MANUEL	AG-769742	87	1971	50	FONC	Ames	23/10/2022
293	41.13	PITA TORRES, JOSE ANGEL	GA-769392	3	1957	65	INDE	O Barco de Valdeorras	08/05/2022
294	41.13	GARCIA FERNANDEZ, JAVIER 77	GA-804	179	1977	40	RIBLU	O Barco de Valdeorras	08/05/2022
295	41.15	GONZALEZ FERNANDEZ, JOSE LUIS	AG-202633	72	1979	40	ESPOU	Ribeira	24/09/2022
296	41.17	LEMONS RODRIGUEZ, MANUEL	GA-391	88	1977	45	SAMPO	Ames	23/10/2022
297	41.19	PEREZ OTERO, JOSE MARIA	AG-202836	339	1961	60	VRXLU	Ourense	20/11/2022
298	41.22	ROCA CANCIO, DIEGO	AG-14610	293	1981	40	INDE	A Coruña	24/04/2022
299	41.26	PEREIRO CALVIÑO, ANTONIO	AG-202630	301	1976	45	OLEC	A Coruña	24/04/2022
300	41.27	SENRA ALVAREZ, ROBERTO	AG-202254	120	1968	50	TMBC	Santiago	30/04/2022
301	41.27	FERNÁNDEZ CASAL, MIGUEL ANGEL	AG-766360	148	1966	55	INDE	A Coruña	02/10/2022
302	41.27	FARIAS FORNEIRO, PATRICIO CRUZ	AG-10058	349	1977	45	AUROR	Ourense	20/11/2022
303	41.29	SOTO BUCETA, SERGIO	AG-11155	49	1979	40	CAMPO	Padrón	05/02/2022
304	41.29	HURTADO CAMPO, ENEKO	TGAL-2	351	1986	35	BIOLU	Ourense	20/11/2022
305	41.30	LOPEZ PIÑEIRO, JAVIER	AG-202403	305	1971	50	CASC	A Coruña	24/04/2022
306	41.37	VALIÑO CES, JOSE ANTONIO	AG-201937	91	1976	45	FONC	Ames	23/10/2022
307	41.37	FERNANDEZ CASTRO, JUAN CARLOS	AG-202311	361	1962	60	STOC	Ourense	20/11/2022
308	41.38	DIAZ BARBA, MIGUEL ANGEL	AG-11039	40	1967	55	LIM_O	San Cibrao das Viñas	18/12/2022
309	41.39	NOYA PEREZ, JOSE ANTONIO	AG-201922	126	1970	50	FONC	Santiago	30/04/2022
310	41.42	VARELA CRESPO, MARIO DANIEL	AG-202424	368	1980	40	AREOR	Ourense	20/11/2022
311	41.46	LEMA FERNÁNDEZ, CARLOS	AG-11707	116	1977	45	NEGC	Negreira	13/11/2022
312	41.50	JARDON LÓPEZ, JOSE	GA-9217	158	1956	65	VSAPO	Porriño	01/05/2022
313	41.50	MUÑIZ GONZALEZ, DIONISIO	AG-11197	382	1978	40	CAMPO	Ourense	20/11/2022
314	41.51	RODRIGUEZ ATANES, FRANCISCO	AG-766620	42	1970	50	BUROR	San Cibrao das Viñas	18/12/2022
315	41.53	CABADO CASTRO, JOSE	GA-764400	385	1968	50	STOC	Ourense	20/11/2022
316	41.56	PEREZ RÉGO, RAFAEL	AG-8975	94	1958	60	TUIPO	Ames	23/10/2022
317	42.00	CORDAL BARREIRO, IVAN	AG-11157	324	1979	40	CAMPO	A Coruña	24/04/2022
318	42.02	CAMIÑA UCHA, BASILIO	AG-14781	96	1986	35	CAMPO	Ames	23/10/2022
319	42.05	ROCHA GARCIA, FRANCISCO JOSE	AG-10109	326	1980	40	BOIC	A Coruña	24/04/2022
320	42.05	SOLETO CEREIJO, SANTIAGO	AG-3531	138	1970	50	BRIC	Santiago	30/04/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
321	42.06	FERNANDEZ MONZON, MARCOS	AG-202437	163	1974	45	BEAPO	Porriño	01/05/2022
322	42.07	ESPIÑO PEREIRA, FRANCISCO JOSE	AG-3173	139	1984	35	SDCC	Santiago	30/04/2022
323	42.07	MENDEZ QUINTELA, FRANCISCO MAN	AG-11085	97	1976	45	SDCC	Ames	23/10/2022
324	42.07	TORRES BARREIROS, RAMSES MANUE	AG-10064	402	1976	45	AUROR	Ourense	20/11/2022
325	42.10	VALLE PEREZ, RAFA	AG-14577	405	1980	40	RUNMA	Ourense	20/11/2022
326	42.11	BECERRA DO EJO, CARLOS	AG-768759	141	1975	45	FONC	Santiago	30/04/2022
327	42.12	TAJES MAYO, JUAN JESÚS	AG-201929	331	1970	50	FONC	A Coruña	24/04/2022
328	42.12	PÉREZ ZARRAQUIÑOS, ROBERTO	AG-202128	408	1974	45	LIM_O	Ourense	20/11/2022
329	42.14	MERA GARCIA, IVAN	AG-11370	335	1980	40	MCHC	A Coruña	24/04/2022
330	42.15	DARRIBA BARBA, ABEL	AG-202587	168	1984	35	ADCPO	Porriño	01/05/2022
331	42.16	TARRIO MARTINEZ, MARCOS	AG-202316	99	1976	45	VAGC	Ames	23/10/2022
332	42.17	AMIGO FERREIRO, JUAN LUIS	GA-758	86	1969	50	SDCC	Marín	29/07/2022
333	42.22	FERNÁNDEZ LAGO, JUAN CARLOS	AG-15065	339	1967	55	SERC	A Coruña	24/04/2022
334	42.25	BALSEIRO PITA, CRISTOBAL	AG-202403	348	1970	50	CASC	A Coruña	24/04/2022
335	42.25	PEREZ PASCUAL, MANUEL	GA-542	173	1959	60	BEAPO	Porriño	01/05/2022
336	42.26	FERREIRO LÓPEZ, JUAN RAMÓN	AG-202263	156	1968	50	TMBC	Santiago	30/04/2022
337	42.26	PEREZ BURGOS, ANGEL	AG-3567	155	1981	40	TMBC	Santiago	30/04/2022
338	42.27	TORO MONTERO, JAVIER	GA-14096	350	1955	65	VRXLU	A Coruña	24/04/2022
339	42.28	VARELA LÓPEZ, XABIER	TGAL-142	182	1974	45	CERC	A Coruña	02/10/2022
340	42.30	PEREZ VIDAL, GERMAN DELFIN	AG-9531	24	1968	50	NOYC	Padrón	05/02/2022
341	42.30	FERNANDEZ RODRIGUEZ, JOSE ANTO	AG-765	80	1979	40	RATC	Carballo	05/06/2022
342	42.30	FEIJOO CANTARILLA, ROBERTO	AG-10155	429	1975	45	LIM_O	Ourense	20/11/2022
343	42.39	FERRAL NOGUEIRA, GABRIEL	AG-10866	64	1980	40	VCGPO	Pontevedra	16/10/2022
344	42.41	GUERRERO CASTILLO, JOSE MANUEL	AG-201519	361	1974	45	MCHC	A Coruña	24/04/2022
345	42.41	OROZCO CORREDOIRA, JUAN	AG-202267	103	1979	40	STOC	Ames	23/10/2022
346	42.43	SEVILLA SUBIELA, PEDRO ANTONIO	AG-201607	441	1975	45	COMPO	Ourense	20/11/2022
347	42.44	RODRIGUEZ FRAMIL, ALFONSO	AG-202036	86	1978	40	NTBC	Ribeira	24/09/2022
348	42.45	VARELA VALLADARES, ALEJANDRO	AG-14759	166	1981	40	CAMPO	Santiago	30/04/2022
349	42.46	NEILA RAMOS, CARLOS	AG-14737	167	1986	35	CRR_P	Santiago	30/04/2022
350	42.49	TORRES BAUTIS, MANUEL JORGE	AG-3394	371	1967	55	VAGC	A Coruña	24/04/2022
351	42.52	PRADA HERNANDEZ, PABLO	GA-148	198	1982	40	ADAOR	A Coruña	02/10/2022
352	43.00	FILGUEIRA PONCE, FERNANDO	AG-14824	105	1976	45	COMPO	Ames	23/10/2022
353	43.02	GARCIA CABEZA, DANIEL	AG-15732	93	1985	35	SDCC	Marín	29/07/2022
354	43.13	LOSADA CARRIL, DAVID ENRIQUE	AG-9000	108	1974	45	MILC	Ames	23/10/2022
355	43.14	GIL BLANCO, FRANCISCO JOSÉ	AG-202161	98	1976	45	PINPO	Marín	29/07/2022
356	43.21	MONTENEGRO REY, PABLO	AG-201443	208	1983	35	MARC	A Coruña	02/10/2022
357	43.25	TORRES GONZÁLEZ, JOSE LUIS	AG-769190	501	1963	55	BAROR	Ourense	20/11/2022
358	43.27	FERNÁNDEZ GARCÍA, ADRIÁN	AG-769189	506	1983	35	BAROR	Ourense	20/11/2022
359	43.28	GONZALEZ REINO, CARLOS	AG-6578	509	1966	55	NOYC	Ourense	20/11/2022
360	43.33	DOMINGUEZ PRIETO, ALBERTO	AG-202423	104	1977	45	VCGPO	Marín	29/07/2022

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#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
361	43.38	VALENTIN INUNCUAGA, DANEIL	AG-202080	521	1966	55	OUROR	Ourense	20/11/2022
362	43.43	TABOADA GARCÍA, JAVIER	AG-3400	112	1969	50	VAGC	Ames	23/10/2022
363	43.44	VELAZQUEZ CHOZAS, IVAN	AG-9426	221	1981	40	MCHC	A Coruña	02/10/2022
364	43.48	OTERO CRESPO, DAVID	AG-202577	108	1982	35	PINPO	Marín	29/07/2022
365	43.53	VAZQUEZ FERNANDEZ, JOSE	AG-202000	48	1968	50	PATOR	San Cibrao das Viñas	18/12/2022
366	43.55	GARCIA PENA, JESUS	AG-202825	205	1976	45	TMBC	Santiago	30/04/2022
367	43.55	SOMOZA RODRIGUEZ, MARCO A.	AG-15586	545	1976	45	GANLU	Ourense	20/11/2022
368	43.58	PIÑEIRO TERZADO, JOSÉ	AG-202808	213	1978	40	ESTPO	Porriño	01/05/2022
369	43.59	PALACIOS LADO, SERGIO	AG-3395	445	1986	35	VAGC	A Coruña	24/04/2022
370	43.59	PAMPIN FUCIÑOS, JOSE M.	TGAL-141	444	1962	60	CERC	A Coruña	24/04/2022
371	44.01	GARCIA MARTIÑA, ELADIO	AG-14572	215	1962	60	RUNMA	Porriño	01/05/2022
372	44.04	MARQUEZ PASTOR, JOSE	AG-202106	451	1987	35	USCC	A Coruña	24/04/2022
373	44.04	FERNÁNDEZ LÓPEZ, ALBERTO	AG-10074	449	1979	40	VAGC	A Coruña	24/04/2022
374	44.06	RODRIGUEZ ALVAREZ, JOSE ANTONIO	GA-769004	0	1974	45	MRQPO	Soria	24/09/2022
375	44.07	CASTRO MOSCOSO, DANIEL	AG-202400	457	1981	40	VAGC	A Coruña	24/04/2022
376	44.07	LEBOSO FERREIRO, CÉSAR	GA-769025	219	1966	55	ESPOU	Porriño	01/05/2022
377	44.11	DIZ GARCIA, ELADIO	AG-2541	221	1965	55	AREOR	Porriño	01/05/2022
378	44.20	BARREIROS VAZQUEZ, JOSE ALBERTO	AG-14566	73	1973	45	RUNMA	Pontevedra	16/10/2022
379	44.24	SOUTO DIZ, JULIO JOSE	AG-202515	249	1964	55	CASC	A Coruña	02/10/2022
380	44.25	VAZQUEZ VAZQUEZ, JOSE	AG-15585	74	1970	50	GANLU	Pontevedra	16/10/2022
381	44.27	GONZALEZ GONZALEZ, JOSE CARLOS	AG-202397	115	1976	45	FONC	Ames	23/10/2022
382	44.29	BREY MATO, ROBERTO	AG-202395	230	1969	50	CAIPO	Santiago	30/04/2022
383	44.29	MIRANDA VIEITO, JOSE MANUEL	AG-202543	127	1977	45	DOMPO	Marín	29/07/2022
384	44.29	CALVO GERARDI, MANUEL	GA-765833	116	1956	65	SARC	Ames	23/10/2022
385	44.30	LAGO QUINTEIRO, JOSE RAMON	AG-768907	117	1975	45	FONC	Ames	23/10/2022
386	44.33	CEPEDA GACIO, FRANCISCO JAVIER	AG-202505	175	1959	60	NTBC	Negreira	13/11/2022
387	44.35	PEREZ LOURIDO, MARCOS	AG-2497	234	1974	45	NEGC	Santiago	30/04/2022
388	44.41	FERNÁNDEZ MEIRAMA, DAVID	AG-10150	495	1978	40	CASC	A Coruña	24/04/2022
389	44.42	PIÑON LOUREIRO, ANDRES	GA-19860	118	1970	50	EGOLU	Ames	23/10/2022
390	44.44	ALONSO VAZQUEZ, PEDRO	AG-9475	607	1978	40	PINPO	Ourense	20/11/2022
391	44.47	LEVOSO TOUCEDA, JOSE MARIA	AG-202633	49	1968	50	ESPOU	San Cibrao das Viñas	18/12/2022
392	44.53	FERNANDEZ LANDEIRO, JOSE MANUEL	TGAL-35	120	1978	40	TRIPO	Ames	23/10/2022
393	44.54	BERMUDEZ TURNES, JOSE ANTONIO	AG-202120	121	1961	60	NTBC	Ames	23/10/2022
394	44.55	GONZALEZ SEREN, GERMAN	TGAL-256	627	1972	50	LUELU	Ourense	20/11/2022
395	44.58	SUAREZ DOMINGUEZ, JOSE ANTONIO	AG-769194	634	1963	55	BAROR	Ourense	20/11/2022
396	45.02	MARTINEZ RIOBO, IGNACIO	AG-202101	136	1985	35	SAMPO	Marín	29/07/2022
397	45.02	VARELA ALVAREZ, LAUREANO	AG-9433	122	1975	45	SDCC	Ames	23/10/2022
398	45.02	RIVAS ALENDE, JUAN	AG-201910	182	1981	40	NTBC	Negreira	13/11/2022
399	45.03	CASTRO MAROÑO, JORGE	AG-9482	253	1978	40	SDCC	Santiago	30/04/2022
400	45.04	RIVAS PEREZ, JONATAN	AG-14580	645	1983	35	RUNMA	Ourense	20/11/2022

CATEGORIA VETERÁN MASCULINA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
401	45.05	POUSA LOSADA, ANTONIO	AG-201799	647	1972	50	PUROR	Ourense	20/11/2022
402	45.09	GARALOCES FERNANDEZ, XABIER	AG-15726	655	1974	45	DEL	Ourense	20/11/2022
403	45.12	ALVARELLOS BARREIRO, JUAN JOSÉ	AG-202071	175	1980	40	SDCC	Ames	23/10/2022
404	45.12	BOUZADA BLANCO, BENITO	GA-20102	50	1972	50	PUROR	San Cibrao das Viñas	18/12/2022
405	45.15	LOPEZ IGLESIAS, LUIS	AG-14573	249	1968	50	RUNMA	Porriño	01/05/2022
406	45.16	TRILLO CARLIN, JOSE FERNANDO	AG-14180	284	1968	50	FOGC	A Coruña	02/10/2022
407	45.18	ABEL SUAREZ, JOSE RAMON	AG-11137	669	1962	60	NTBC	Ourense	20/11/2022
408	45.18	PEREZ GONZALEZ, MANUEL RAFAEL	AG-764299	51	1972	50	ESPOU	San Cibrao das Viñas	18/12/2022
409	45.22	VERA SANMARTIN, CLAUDIO	AG-11196	110	1968	50	CAMPO	Ribeira	24/09/2022
410	45.23	ANDRADE PADIN, DAMIAN	TGA-31	123	1979	40	TRIPO	Ames	23/10/2022
411	45.25	LÓPEZ GAGO, VICTOR MANUEL	AG-14850	####	1980	40	LGRLU	Laredo	19/03/2022
412	45.25	ALVAREZ IGLESIAS, DOMINGO	GA-768958	124	1951	70	EGOLU	Ames	23/10/2022
413	45.26	BECERRA RODRIGUEZ, DANIEL	AG-763846	194	1967	55	NTBC	Negreira	13/11/2022
414	45.27	REMUIÑAN SANCHEZ, ALFONSO	AG-202072	124	1967	55	FOGC	Carballo	05/06/2022
415	45.35	BARROSO GONZALEZ, ANTONIO	AG-4097	690	1966	55	MRQPO	Ourense	20/11/2022
416	45.40	RAMOS RODRÍGUEZ, JESUS LUIS	TGAL-22	131	1968	50	DOWC	Carballo	05/06/2022
417	45.42	DE LA VIÑA PITA, JUAN CARLOS	AG-11296	540	1976	45	INDE	A Coruña	24/04/2022
418	45.43	SUAREZ GARRIDO, JOSE RAMÓN	AG-15209	703	1971	50	DEL	Ourense	20/11/2022
419	45.44	ABELLAS OTERO, JOSE BENITO	AG-764797	269	1965	55	ESPOU	Porriño	01/05/2022
420	45.47	CARIDE GONZALEZ, CARLOS ALBERTO	AG-14567	54	1973	45	RUNMA	San Cibrao das Viñas	18/12/2022
421	45.48	ARAMBURU GARCIA PINTOS, ALBERTO	AG-11800	270	1969	50	RUNPO	Porriño	01/05/2022
422	46.00	PEREZ FILGUEIRA, DAVID	AG-202046	126	1980	40	PUROR	Ames	23/10/2022
423	46.04	ÁLVAREZ COSTAS, ANTONIO	GA-25438	52	1983	35	COMPO	Ourense	20/11/2022
424	46.07	ESCALANTE PEREZ, DAVID	AG-202831	328	1986	35	NTBC	A Coruña	02/10/2022
425	46.07	SILVA CESAR, CARLOS	GA-10271	225	1966	55	USCC	Negreira	13/11/2022
426	46.10	VIDELA OUTEIRAL, ROBERTO	AG-202362	99	1987	35	MILPO	Pontevedra	16/10/2022
427	46.11	RIVAS POMBO, MARCELINO	AG-201491	137	1980	40	XALC	Carballo	05/06/2022
428	46.14	REAL RODRIGUEZ, CONSTANTINO	AG-202793	571	1965	55	RZCC	A Coruña	24/04/2022
429	46.15	FEAL VILLAREAL, JUAN MARIA	TGAL-146	572	1973	45	INDE	A Coruña	24/04/2022
430	46.16	ROMERO OLVEIRA, JOSE MANUEL	AG-201750	128	1962	60	VSAPO	Ames	23/10/2022
431	46.21	FERNANDEZ RODRIGUEZ, EMILIO	GA-815	341	1964	55	RIBLU	A Coruña	02/10/2022
432	46.21	GONZALEZ RODRIGUEZ, MARIO	AG-201660	758	1977	45	CASC	Ourense	20/11/2022
433	46.32	HERMIDA MERA, JUAN CARLOS	AG-4297	594	1971	50	INDE	A Coruña	24/04/2022
434	46.32	SUAREZ FEIJOO, JUAN MANUEL	AG-769187	774	1968	50	BAROR	Ourense	20/11/2022
435	46.33	FERNANDEZ VILLANUEVA, SERAFIN M	AG-10484	4	1963	55	NOYC	Padrón	05/02/2022
436	46.34	GIL BREA, JOSE ANTONIO	AG-202815	294	1964	55	NTBC	Santiago	30/04/2022
437	46.36	ALBORES DIAZ, JOSE MANUEL	AG-2027580	5	1956	65	NOYC	Padrón	05/02/2022
438	46.37	VISPO BASALO, CARLOS	AG-201598	779	1969	50	PATOR	Ourense	20/11/2022
439	46.38	CUTRÍN LÓPEZ, DAVID	AG-15022	72	1983	35	BRIC	Padrón	05/02/2022
440	46.40	LOIS PEREZ, ANTONIO	AG-763632	602	1961	60	MARC	A Coruña	24/04/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
441	46.40	LAMAS PEREZ, ALEJANDRO	AG-15046	219	1976	45	ENTR	Negreira	13/11/2022
442	46.42	GIL RAMOS, DIONISIO	AG-14694	129	1973	45	PUROR	Ames	23/10/2022
443	46.42	MOSQUERA DORREGO, JOSE I.	AG-17119	57	1972	50	PUROR	San Cibrao das Viñas	18/12/2022
444	46.46	MOURIÑO LOPEZ, YAGO	AG-16595	795	1980	40	PUROR	Ourense	20/11/2022
445	46.48	BALOIRA NOGUEIRA, JOSE	AG-202664	304	1961	60	CAIPO	Santiago	30/04/2022
446	46.50	OTERO DIAZ, MARIO	AG-766826	612	1972	50	VEN_P	A Coruña	24/04/2022
447	46.54	GONZALEZ VARELA, BENITO	AG-202838	#####	1958	60	TMBC	Laredo	19/03/2022
448	46.54	LÓPEZ ÁLVAREZ, JAVIER	AG-12386	813	1973	45	PUROR	Ourense	20/11/2022
449	46.58	ROMERO FERNANDEZ, JUAN	AG-7110	820	1982	40	AUROR	Ourense	20/11/2022
450	46.59	RIOS GIBELLO, JOSE MANUEL	AG-202096	621	1961	60	INDE	A Coruña	24/04/2022
451	47.02	BARGES VIDAL, ANTONIO	TGAL-317	111	1965	55	INDE	Pontevedra	16/10/2022
452	47.03	GARCIA FUENTES, ROI MANOEL	AG-9481	828	1980	40	SDCC	Ourense	20/11/2022
453	47.03	REGAL LAMELO, JORGE	AG-201779	829	1961	60	BAROR	Ourense	20/11/2022
454	47.10	EIRAS RIVADENEIRA, CARLOS	AG-15071	73	1981	40	SERC	Padrón	05/02/2022
455	47.13	FERNANDEZ TRASANCOS, RUFINO	AG-202801	130	1963	55	EGOLU	Ames	23/10/2022
456	47.16	VARELA VALLADARES, CESAR	AG-14763	850	1981	40	CAMPO	Ourense	20/11/2022
457	47.22	SOLLA CRESPO, SANTIAGO	AG-767945	132	1981	40	PINPO	Ames	23/10/2022
458	47.26	IGLESIAS PARDO, FLORENTINO	AG-202697	328	1972	50	ENTR	Santiago	30/04/2022
459	47.30	MILLAN GOMEZ, RAFAEL	TGA-186	133	1977	45	TRIPO	Ames	23/10/2022
460	47.31	MENENDEZ DOMINGUEZ, JUAN CARLO	AG-14660	656	1960	60	MARC	A Coruña	24/04/2022
461	47.32	GARABATOS BARCIELA, DAVID	AG-202587	332	1977	45	ADCPO	Santiago	30/04/2022
462	47.32	CHAMORRO RODRIGUEZ, EUGENIO	AG-8837	319	1959	60	MRQPO	Porriño	01/05/2022
463	47.34	CAMEAN LAMPON, JUAN	GA-19665	134	1954	65	VSAPO	Ames	23/10/2022
464	47.38	SEOANE LOUREIRO, JOSE MARCIAL	AG-9417	662	1951	70	CASC	A Coruña	24/04/2022
465	47.38	DOPICO SOTO, JOSE MANUEL	AG-202020	166	1957	65	EGOLU	Carballo	05/06/2022
466	47.46	GARCIA NUÑEZ, JOSE	AG-5815	887	1968	50	NOYC	Ourense	20/11/2022
467	47.53	PEÑA LÓPEZ, RUBÉN	AG-10144	342	1982	40	VAGC	Santiago	30/04/2022
468	47.57	SANTAS NOVOA, BENITO	AG-16584	60	1970	50	PUROR	San Cibrao das Viñas	18/12/2022
469	48.02	FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS	AG-202615	687	1974	45	BCS	A Coruña	24/04/2022
470	48.03	CAO ESPIDO, GONZALO	AG-14455	416	1976	45	VAGC	A Coruña	02/10/2022
471	48.04	BOTANA FERREIRO, JUAN LUIS	AG-202569	124	1955	65	SDCC	Ribeira	24/09/2022
472	48.08	SAINZ GARCIA, JOSE FERNANDO	GA-202342	204	1949	70	SARC	Ames	23/10/2022
473	48.15	RIERA CACHERO, ANTONIO	AG-764225	938	1948	70	DEZPO	Ourense	20/11/2022
474	48.17	PAZO PEREIRA, JOSE MANUEL	TGAL-42	943	1973	45	TRIPO	Ourense	20/11/2022
475	48.25	CAMBEIRO BLANCO, JUAN CARLOS	AG-15027	136	1974	45	ADOC	Ames	23/10/2022
476	48.29	VAZQUEZ FERREIRO, GONZALO ALBER	AG-202779	62	1953	65	ESPOU	San Cibrao das Viñas	18/12/2022
477	48.30	BORRAJO IGLESIAS, EVARISTO	AG-769349	971	1966	55	PUROR	Ourense	20/11/2022
478	48.31	GARCÍA ESMORÍS, JOSE LUIS	AG-15172	373	1968	50	ENTR	Santiago	30/04/2022
479	48.35	DOPAZO LOUZAN, JAVIER	AG-14876	337	1970	50	RUNPO	Porriño	01/05/2022
480	48.38	LOPEZ DOMINGUEZ, CARLOS	AG-12281	185	1966	55	FOGC	Carballo	05/06/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO ANO	CAT	CLUB	LUGAR	DATA
481	48.38	CASAS COUSELO, OSCAR	AG-202825	989 1979	40	TMBC	Ourense	20/11/2022
482	48.44	SIMOES FERNANDEZ, JOSE LUIS	AG-8716	#### 1962	60	MRQPO	Ourense	20/11/2022
483	48.47	CASTROGUDIN RODRIGUEZ, VICTOR	AG-13531	146 1985	35	CAMPO	Ribeira	24/09/2022
484	48.57	PAZ TORRES, FERNANDO	AG-3492	389 1969	50	SDCC	Santiago	30/04/2022
485	49.10	GARCIA LORENZO, DIEGO	AG-11132	151 1982	40	FONC	Ribeira	24/09/2022
486	49.12	PANIAGUA FERNANDEZ, JOSE LUIS	AG-14795	395 1979	40	FONC	Santiago	30/04/2022
487	49.15	GARCIA AMELIO, HERNÁN	AG-202813	83 1977	45	DEZPO	Padrón	05/02/2022
488	49.15	FERRACES VAZQUEZ, JOSE RAMON	AG-202242	#### 1959	60	BOIC	Ourense	20/11/2022
489	49.24	SAR VÁZQUEZ, JULIO CESAR	AG-15029	139 1981	40	ADOC	Ames	23/10/2022
490	49.29	RODRÍGUEZ FERNÁNDEZ, TOMÁS	AG-202820	132 1978	40	PORPO	Pontevedra	16/10/2022
491	49.34	DIAZ VALCARCEL, RUBEN	AG-201831	409 1974	45	FONC	Santiago	30/04/2022
492	49.35	ALONSO DEL RIO, JAIME	AG-763648	#### 1968	50	PORPO	Ourense	20/11/2022
493	49.38	VÁZQUEZ ROMERO, JOSÉ MANUEL	AG-202507	289 1984	35	VAGC	Negreira	13/11/2022
494	49.42	ROMASANTA PUGA, JUAN LUIS	AG-3655	136 1972	45	PUROR	Pontevedra	16/10/2022
495	49.48	CARRASCO ITURRA, CARLOS	AG-202471	205 1969	50	VAGC	Carballo	05/06/2022
496	50.08	ARIAS GARCIA, ALFONSO	AG-9907	437 1979	40	FONC	Santiago	30/04/2022
497	50.12	BARANDA VALEIRAS, CAMILO	AG-202365	#### 1969	50	ESPOU	Ourense	20/11/2022
498	50.22	GARCIA GALDO, JAVIER	AG-202294	451 1973	45	MRAC	Santiago	30/04/2022
499	50.22	PEREZ GARCIA, JESUS	AG-11195	160 1958	60	CAMPO	Ribeira	24/09/2022
500	50.33	ASOREY VEIGA, JORGE	AG-12535	457 1981	40	BRIC	Santiago	30/04/2022
501	50.40	INSUA INSUA, MANUEL	AG-14664	305 1962	60	SARC	Negreira	13/11/2022
502	50.47	MÍLLARA BLANCO, MANUEL	AG-12702	141 1944	75	COMPO	Ames	23/10/2022
503	50.49	LOPEZ BELLO, VICTOR	AG-202536	473 1987	35	VRXLU	Santiago	30/04/2022
504	50.49	PENA GOMEZ, DOSITEO	GA-869	#### 1968	50	LUCLU	Ourense	20/11/2022
505	50.49	CARBALLO DOALLO, OSCAR	AG-15044	#### 1974	45	PUROR	Ourense	20/11/2022
506	51.01	ALFONSIN SOLIÑO, GONZALO	AG-14932	891 1964	55	ENTR	A Coruña	24/04/2022
507	51.05	MOURE CAÑETE, FRANCISCO	AG-202036	142 1966	55	NTBC	Ames	23/10/2022
508	51.20	GARCIA CRISTOBAL, ELISEO	GA-911	909 1968	50	CASC	A Coruña	24/04/2022
509	51.23	FRANQUET SUGRAÑES, EDUARDO	AG-202480	317 1970	50	ENTR	Negreira	13/11/2022
510	51.25	LAGO BREIJO, GUILLERMO RAMÓN	AG-202792	144 1969	50	FENC	Ames	23/10/2022
511	51.32	ARAÚJO FERNÁNDEZ, JOSÉ	AG-12308	65 1971	50	PUROR	San Cibrao das Viñas	18/12/2022
512	51.35	PEREZ HERMO, ALEJANDRO	AG-15424	228 1977	45	CANC	Carballo	05/06/2022
513	51.40	RODRIGUEZ NOGUEIRA, RAFAEL	GA-769383	66 1961	60	BUROR	San Cibrao das Viñas	18/12/2022
514	51.41	BLANCO NOVO, JOSÉ MANUEL	AG-15021	145 1971	50	ADOC	Ames	23/10/2022
515	51.45	SAAVEDRA CEPEDA, ROGELIO	AG-15057	#### 1964	55	ENTR	Ourense	20/11/2022
516	52.03	APARICIO DIAZ, JAVIER	TGAL-257	948 1965	55	OLEC	A Coruña	24/04/2022
517	52.08	REBOLLIDO FERNÁNDEZ, FÉLIX	AG-15047	520 1981	40	SERC	Santiago	30/04/2022
518	52.10	PEREZ BALIRAC, JESUS	AG-202037	#### 1967	55	NTBC	Ourense	20/11/2022
519	52.19	BOTANA MOSQUERA, JUAN LUIS	AG-202034	147 1977	45	SDCC	Ames	23/10/2022
520	52.26	IGLESIAS ALONSO, FRANCISCO JAVIE	TGAL-181	651 1967	55	BETA	A Coruña	02/10/2022

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10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
521	52.26	VAZQUEZ GONZÁLEZ, MIGUEL ANGEL	GA-184	649	1977	45	MCHC	A Coruña	02/10/2022
522	52.29	JUNCAL COSTA, ANTON	AG-3564	536	1966	55	TMBC	Santiago	30/04/2022
523	52.66	GOMEZ SANCHEZ, JOSE ANTONIO	AG-769307	68	1967	55	OUROR	San Cibrao das Viñas	18/12/2022
524	53.04	VILA REY, JOSE JUAN	TGAL-275	995	1963	55	CASC	A Coruña	24/04/2022
525	53.04	GONZALEZ RODRIGUEZ, MANUEL	AG-202219	441	1972	50	ADNR	Porriño	01/05/2022
526	53.05	CARNERO LEDO, DAVID	AG-202051	69	1975	45	BUROR	San Cibrao das Viñas	18/12/2022
527	53.24	TEIJO LÓPEZ, JOSÉ ÁNGEL	AG-202740	593	1976	45	BETA	Santiago	30/04/2022
528	53.28	DÍAZ MOSQUERA, JAVIER PASTOR	AG-202278	####	1984	35	NTBC	A Coruña	24/04/2022
529	53.28	ESTEVEZ ULLOA, EDUARDO JOSE	AG-202505	####	1967	55	AREOR	Ourense	20/11/2022
530	53.37	MONTERO ABAD, JAIME	AG-9840	70	1973	45	PUROR	San Cibrao das Viñas	18/12/2022
531	53.51	COUCEIRO MELLA, MANUEL	AG-3958	####	1962	60	BOIC	A Coruña	24/04/2022
532	53.57	BELLO COSTAL, CONSTANTINO	AG-202364	263	1965	55	SILC	Carballo	05/06/2022
533	54.14	CARREIRA NODAR, JORGE	AG-202264	354	1974	45	PAIPO	Negreira	13/11/2022
534	54.16	REY CASTELO, VÍCTOR MANUEL	AG-201793	####	1967	55	BOIC	A Coruña	24/04/2022
535	54.17	CABO SOUTO, JESUS	GA-789	####	1975	45	SDCC	Ourense	20/11/2022
536	54.31	VARELA VERDES, JOSE	TGAL-222	760	1978	40	ENKC	A Coruña	02/10/2022
537	54.47	MARTIN LAGO, JOSE IGNACIO	AG-15747	643	1981	40	SERC	Santiago	30/04/2022
538	54.57	RODRIGUEZ PENA, JORGE	AG-3496	####	1969	50	MRQPO	Ourense	20/11/2022
539	55.00	JAMARDO BASCOY, MANUEL	GA-654	266	1970	50	PINPO	Marín	29/07/2022
540	55.30	LOPEZ RIO, ELISEO	AG-202627	282	1951	70	EGOLU	Carballo	05/06/2022
541	55.38	GONZALEZ QUIROGA, JUAN MANUEL	AG-11176	####	1953	65	ESPOU	Ourense	20/11/2022
542	55.46	DEL CAMPO RODRIGUEZ, OSCAR ALBE	GA-766094	####	1971	50	ESPOU	Ourense	20/11/2022
543	56.13	CABO BEN, JOSE LUIS	AG-11049	72	1971	50	BUROR	San Cibrao das Viñas	18/12/2022
544	56.46	CONSTENLA JUNQUERA, ANTONIO OS	AG-202780	379	1955	65	FONC	Negreira	13/11/2022
545	56.58	ALONSO OTERO, DIEGO	AG-8802	482	1980	40	COMPO	Porriño	01/05/2022
546	57.26	VAZQUEZ CALVAR, DANIEL	AG-14764	####	1980	40	CAMPO	Ourense	20/11/2022
547	57.56	ALFONSO FREIJEIRO, MARCOS	AG-15769	198	1976	45	INDE	Pontevedra	16/10/2022
548	58.19	MONTERO SOUTO, JESÚS MANUEL	AG-4036	####	1977	45	VAGC	A Coruña	24/04/2022
549	58.31	IGLESIAS UZAL, MANUEL	AG-11097	806	1951	70	FONC	Santiago	30/04/2022
550	59.14	AYUDE BESTEIRO, JOSE MANUEL	AG-15251	####	1970	50	PUROR	Ourense	20/11/2022
551	59.17	RODRIGUEZ BARBA, JOSE P.	AG-15615	959	1956	65	BOIC	A Coruña	02/10/2022
552	59.38	PEREZ CAPÓN, LUIS	TGAL-30	####	1960	60	BIOLU	Ourense	20/11/2022
553	1.00.06	TENREIRO RECOUSO, IVAN	AG-202593	50	1987	35	CASC	Padrón	05/02/2022
554	1.00.31	MACEIRAS VILARIÑO, ALBERTO	TGAL-214	####	1975	45	ENKC	A Coruña	24/04/2022
555	1.00.33	ARIAS LOPEZ, JAIME	TGAL-219	####	1982	40	ENKC	A Coruña	24/04/2022
556	1.00.33	FERNÁNDEZ GALLEGO, JOSÉ LUIS	TGAL-221	####	1975	45	ENKC	A Coruña	24/04/2022
557	1.00.34	ZAPATA VÁZQUEZ, SANTIAGO	TGAL-227	####	1972	50	ENKC	A Coruña	24/04/2022
558	1.00.36	BANDIN MARENTES, JAVIER	TGAL-207	####	1975	45	ENKC	A Coruña	24/04/2022
559	1.00.37	LÓPEZ RODRÍGUEZ, JOSÉ LUIS	TGAL-235	####	1974	45	ENKC	A Coruña	24/04/2022
560	1.00.38	PENA DÍAZ, ALEJANDRO	TGAL-263	####	1985	35	ENKC	A Coruña	24/04/2022

CATEGORIA VETERÁN MASCULINA

10 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO ANO	CAT	CLUB	LUGAR	DATA
561	1.00.40	VÁZQUEZ PRECEDO, MIGUEL	TGAL-223	#### 1971	50	ENKC	A Coruña	24/04/2022
562	1.00.40	HERMIDA OTERO, ÁNGEL	TGAL-215	#### 1975	45	ENKC	A Coruña	24/04/2022
563	1.01.50	LOPEZ MARTIN, GONZALO	AG-9410	#### 1966	55	INDE	A Coruña	24/04/2022
564	1.02.12	MARTÍNEZ GUNTÍN, MARCOS	AG-202386	#### 1980	40	BAROR	Ourense	20/11/2022
565	1.02.13	SILVA RODRÍGUEZ, RUBÉN DANIEL	AG-202386	#### 1980	40	BAROR	Ourense	20/11/2022
566	1.02.25	PANTIN LOPEZ, JOSE	GA-628	#### 1946	75	NAOC	A Coruña	24/04/2022
567	1.02.49	PREGO MIRAMONTES, MARCOS	TGAL-230	#### 1981	40	ENKC	A Coruña	24/04/2022
568	1.02.56	PUMAR BOVEDA, ANGEL	GA-769027	#### 1964	55	ESPOU	Ourense	20/11/2022
569	1.03.31	VILLA VIEIRO, FERNANDO	AG-14875	937 1972	50	ENTR	Santiago	30/04/2022
570	1.03.51	AREA SANTOS, XOAN MANUEL	GA-202327	#### 1975	45	MARC	A Coruña	02/10/2022
571	1.05.24	BERNAL GOMEZ, JESUS	GA-19332	413 1947	70	INDE	Negreira	13/11/2022
572	1.10.51	GARCIA ALFONSO, MANUEL	AG-202048	40 1941	80	ADAOR	O Barco de Valdeorras	08/05/2022
573	1.13.05	BAO ESTEVEZ, FRANCISCO	AG-10966	42 1949	70	ADAOR	O Barco de Valdeorras	08/05/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	14.24	FERNANDEZ RIVERA, ALEJANDRO	GA-765765	0	1985	35	CVIA	Valencia	09/01/2022
2	15.05	RIBEIRO PINTO DA COSTA , NUNO FIL	GA-765858	0	1986	35	SDCC	Ourense	20/11/2022
3	15.13	DIZ DÍAZ, RUBEN	GA-11310	0	1979	40	OUROR	Laredo	19/03/2022
4	15.19	CANDA LOUZAO, JOSE	GA-202347	0	1983	35	AREOR	Porriño	01/05/2022
5	15.33	TEIJIDO LOPEZ, ANTONIO	GA-765824	0	1986	35	BERO	O Barco de Valdeorras	08/05/2022
6	15.41	DOCAMPO GONZALEZ, IVAN	GA-12895	0	1982	40	ADAOR	O Barco de Valdeorras	08/05/2022
7	15.46	PENA TORREIRA, AMADOR	GA-769185	6	1981	40	SDCC	Pinto (Madrid)	23/10/2022
8	15.51	PESADO FERNANDEZ, ALEJANDRO	AG-202115	1	1975	45	SARC	Ribeira	26/06/2022
9	15.55	ESSAADAoui , AKKA	GA-765436	0	1978	40	ADAOR	O Barco de Valdeorras	08/05/2022
10	16.01	FERNANDEZ SOENGAS, JESUS	AG-14538	0	1979	40	MRQPO	Laredo	19/03/2022
11	16.03	LOJO FERNÁNDEZ, JOSÉ MANUEL	AG-202710	2	1983	35	SMIPO	Ribeira	26/06/2022
12	16.04	CARRASCO NUÑEZ, JORDI	GA-83	0	1974	45	SDCC	Laredo	19/03/2022
13	16.05	ÁLVAREZ CURES, JUAN JOSÉ	GA-57	0	1977	45	VAGC	O Barco de Valdeorras	08/05/2022
14	16.06	ALONSO FERREIRA, ALVARO F.	GA-855	0	1986	35	ADAOR	O Barco de Valdeorras	08/05/2022
15	16.17	CAAMAÑO NIETO, RUBEN	AG-201474	0	1984	35	SARC	Ourense	20/11/2022
16	16.19	PAREDES GONZALEZ, JAVIER	GA-202350	0	1979	40	OUROR	Ourense	20/11/2022
17	16.20	GUDE VILA, JUAN ANTONIO	GA-768683	0	1974	45	LUCLU	Ourense	20/11/2022
18	16.24	NEGREIRA MONTERO, JUAN	GA-507	9	1986	35	SARC	Pinto (Madrid)	23/10/2022
19	16.26	BARRAL PUGA, MIGUEL ANGEL	GA-513	0	1983	35	LUELU	O Barco de Valdeorras	08/05/2022
20	16.27	VÁZQUEZ VAAMONDE, RICARDO	GA-766141	0	1974	45	ADAOR	O Barco de Valdeorras	08/05/2022
21	16.29	PRESEDO FRAGUIO, ALVARO	GA-140	0	1985	35	MARC	Laredo	19/03/2022
22	16.32	FERNANDEZ MARQUEZ, JOSE MANUEL	GA-766140	0	1968	50	ADAOR	O Barco de Valdeorras	08/05/2022
23	16.38	BARROS GONZALEZ, ABEL	GA-765719	5	1975	45	MRÑPO	Ribeira	26/06/2022
24	16.46	FERNANDEZ GARCIA, ALBINO	AG-201721	0	1986	35	AREOR	Ourense	20/11/2022
25	16.49	PAZ PARDO, DANIEL	GA-922	0	1978	40	BRIC	Santiago	30/04/2022
26	16.51	NUÑEZ MOSTEIRO, RUBEN	AG-11160	7	1983	35	CAMPO	Ribeira	26/06/2022
27	16.55	GARCIA GOMEZ, VICTOR	AG-202307	3	1986	35	LEGOR	O Barco Valdeorras	06/11/2022
28	17.09	ESTEVEZ GARCIA, MANUEL ENRIQUE	GA-769046	0	1972	50	ADAOR	O Barco de Valdeorras	08/05/2022
29	17.10	VIJANDE LÓPEZ, ADRIÁN	AG-14155	0	1987	35	RFOLU	Laredo	19/03/2022
30	17.11	PENAS VARELA, JOSÉ MANUEL	TGAL-253	0	1984	35	CERC	Ourense	20/11/2022
31	17.13	PRADA HERNANDEZ, PABLO	GA-148	5	1982	40	ADAOR	O Barco Valdeorras	06/11/2022
32	17.15	LOPEZ FERNANDEZ, NEMESIO	AG-11126	0	1976	45	FONC	Santiago	30/04/2022
33	17.15	TORRES TORRES, JORGE	GA-8562	0	1980	40	HPST	O Barco de Valdeorras	08/05/2022
34	17.16	NOVOA GUTIERREZ, JULIO	GA-769439	0	1980	40	AREOR	O Barco de Valdeorras	08/05/2022
35	17.16	CRESPO ARIAS, JORGE	GA-768547	0	1979	40	SARC	Negreira	13/11/2022
36	17.16	MOSQUERA DOPAZO, JUAN CARLOS	GA-38	0	1985	35	SARC	Negreira	13/11/2022
37	17.16	GONZÁLEZ HORTA, VÍCTOR XOSÉ	AG-765828	0	1984	35	COMPO	Negreira	13/11/2022
38	17.19	GARCIA GONZALEZ, SANTIAGO	GA-765876	0	1974	45	BUROR	O Barco de Valdeorras	08/05/2022
39	17.21	GARCIA VAZQUEZ, EMILIO	GA-622	20	1975	45	SDCC	Pinto (Madrid)	23/10/2022
40	17.23	GARCIA PEREZ, JOSE MANUEL	GA-202352	9	1973	45	ADAOR	O Barco Valdeorras	06/11/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	17.25	FERREIRA GONZALEZ, JOSE CARLOS	GA-769003	0	1974	45	ADAOR	O Barco de Valdeorras	08/05/2022
42	17.28	BUIG FERNANDEZ, MANUEL ALEXIS	GA-358	10	1977	45	VAGC	Ribeira	26/06/2022
43	17.28	CONDE GONZALVO, JAVIER	AG-202773	0	1976	45	MRQPO	Ourense	20/11/2022
44	17.31	SEOANE POMBO, JOSÉ MANUEL	AG-202250	0	1973	45	NEGC	Porriño	01/05/2022
45	17.38	RABADE LEDO, ANGEL	GA-769279	0	1980	40	LUCLU	O Barco de Valdeorras	08/05/2022
46	17.39	ROMERO ALVAREZ, JULIAN	AG-202046	0	1984	35	OUROR	Ourense	20/11/2022
47	17.41	DIAZ FERNANDEZ, XABIER	GA-17661	0	1974	45	LUCLU	Ourense	20/11/2022
48	17.42	RODRIGUEZ LARIÑO, JORGE	AG-202531	0	1986	35	ADOC	Negreira	13/11/2022
49	17.49	GONZALEZ NOVOA, SATURNINO	GA-764989	0	1961	60	OUROR	O Barco de Valdeorras	08/05/2022
50	17.49	VASQUEZ CORTES, MARCELO	GA-765494	17	1971	50	EGOLU	Pinto (Madrid)	23/10/2022
51	17.49	BECERRO ESCRIBANO, LUIS MIGUEL	AG-202178	0	1979	40	CRR_P	Ourense	20/11/2022
52	17.50	AIRAS COTA, RUBEN	GA-756	0	1979	40	BUROR	Ourense	20/11/2022
53	17.53	CABO VILLAVERDE, MIGUEL	AG-763812	0	1970	50	MILC	Ourense	20/11/2022
54	17.54	MARTINEZ CASTRO, ROBERTO	GA-659	0	1983	35	PINPO	O Barco de Valdeorras	08/05/2022
55	17.57	DIEGUEZ PINTOR, OSCAR	TGAL-280	0	1983	35	CERC	Ourense	20/11/2022
56	17.59	SOLER RIVAS, ABELARDO	AG-202827	0	1979	40	NEGC	Negreira	13/11/2022
57	18.01	LANZA BEN, MARCELO	GA-524	0	1973	45	RFOLU	O Barco de Valdeorras	08/05/2022
58	18.02	LAGO CIVES, JOSE R.	AG-15602	0	1976	45	NOYC	Negreira	13/11/2022
59	18.02	AGRELO GOMEZ, ROBERTO	AG-763862	0	1978	40	SARC	Negreira	13/11/2022
60	18.02	SUÁREZ LEIS, JOSE	AG-766580	0	1963	55	SARC	Ourense	20/11/2022
61	18.03	JANEIRO CERDEIRA, JAVIER	AG-2683	0	1986	35	AREOR	Ourense	20/11/2022
62	18.03	SILVA LUNA, JORDI	AG-202310	0	1981	40	AREOR	Ourense	20/11/2022
63	18.04	GARCIA SANMAMED, FELICIANO	GA-800	0	1982	40	BUROR	O Barco de Valdeorras	08/05/2022
64	18.04	SANGIAO DARRIBA, IVAN	TGAL-27	0	1986	35	BIOLU	Ourense	20/11/2022
65	18.04	PAJARO VARELA, DAVID	TGAL-273	0	1985	35	CERC	Ourense	20/11/2022
66	18.06	LAGO CES, JOSE MANUEL	GA-782	0	1972	50	SARC	O Barco de Valdeorras	08/05/2022
67	18.09	NOVO BUJEIRO, JAVIER	AG-769113	0	1981	40	ADOC	Negreira	13/11/2022
68	18.10	CARDESIN VILA, BORJA	GA-892	0	1980	40	SDCC	O Barco de Valdeorras	08/05/2022
69	18.15	LOPEZ VILLAR, JOSE ANGEL	GA-19395	0	1974	45	EGOLU	O Barco de Valdeorras	08/05/2022
70	18.17	MARTINEZ COSTA, DAVID	AG-11988	0	1975	45	CAMPO	Porriño	01/05/2022
71	18.19	GROBA BARGIELA, MARCOS	AG-201447	0	1971	50	TANPO	Porriño	01/05/2022
72	18.21	IGLESIAS CARRERA, PIO	AG-3536	0	1973	45	SARC	Negreira	13/11/2022
73	18.26	BESADA FILGUEIRAS, FRANCISCO JOS	AG-3525	0	1977	45	BRIC	Negreira	13/11/2022
74	18.28	FABELLO CID, ELISEO	GA-866	0	1977	45	OUROR	Porriño	01/05/2022
75	18.31	GIGIREY CANCELA, BREOGAN JOSE	AG-767265	0	1987	35	VRXLU	Ourense	20/11/2022
76	18.35	BUSTO LOBATO, CARLOS	AG-766069	0	1967	55	SARC	Negreira	13/11/2022
77	18.37	ZUÑIGA RODRIGUEZ, SAUL	AG-201446	0	1983	35	TANPO	Porriño	01/05/2022
78	18.37	PENA PEREIRA, FRANCISCO JAVIER	AG-202790	0	1981	40	BEAPO	Porriño	01/05/2022
79	18.41	ULLA REGA, MANUEL	AG-202587	0	1975	45	ADCPO	Porriño	01/05/2022
80	18.42	VALLE LOPEZ, OSCAR	AG-11136	0	1977	45	NTBC	Negreira	13/11/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	18.46	RODRIGUEZ RODRIGUEZ, SERAFIN	GA-630	0	1973	45	INDE	Negreira	13/11/2022
82	18.47	COSTAS FERNÁNDEZ, JOSE LUIS	AG-201906	0	1984	35	ADCPO	Porriño	01/05/2022
83	18.54	VALE GARCIA, ROBERTO	AG-766063	0	1971	50	FLULU	Ourense	20/11/2022
84	18.54	RODRIGUEZ VARELA, MIGUEL ANXO	AG-764809	0	1983	35	AUROR	Ourense	20/11/2022
85	18.55	RAPOSO BUJAN, GERARDO	GA-17643	0	1968	50	LUCLU	O Barco de Valdeorras	08/05/2022
86	18.55	NIETO GONZALEZ, JOSE MANUEL	AG-3535	0	1972	50	SARC	Negreira	13/11/2022
87	18.55	VEIGA RAPOSO, IVAN	AG-3790	0	1979	40	LUCLU	Ourense	20/11/2022
88	18.58	PENAS GARCIA, RUBEN	AG-202837	14	1977	45	TMBC	Negreira	13/11/2022
89	19.00	VILLAR RODRIGUEZ, RICARDO	AG-201562	0	1970	50	NTBC	Negreira	13/11/2022
90	19.00	SANMARTIN CARREIRA, IVAN PABLO	GA-129	15	1975	45	VAGC	Negreira	13/11/2022
91	19.02	PAREDES PARADA, MANUEL	GA-19421	28	1967	55	BARC	Pinto (Madrid)	23/10/2022
92	19.02	SUAREZ MARTINEZ, MANUEL	GA-144	0	1958	60	VSAPU	Ourense	20/11/2022
93	19.04	SANMARTÍN VIGO, VICENTE	AG-202235	0	1975	45	VRXLU	Laredo	19/03/2022
94	19.04	LOPEZ FERNANDEZ, JUAN CARLOS	AG-201878	0	1980	40	TROOR	Ourense	20/11/2022
95	19.05	MONTEAGUDO FERREIRA, JUAN CARL	AG-14574	0	1980	40	RUNMA	Ourense	20/11/2022
96	19.12	VALVERDE VILLAR, MARTIN	AG-769461	0	1967	55	VSAPU	Porriño	01/05/2022
97	19.15	SANDE CHARLON, VICTOR	AG-10646	0	1964	55	FENC	Negreira	13/11/2022
98	19.15	LOURO INSUA, MANUEL	GA-764998	0	1973	45	NOYC	Ourense	20/11/2022
99	19.15	FERNÁNDEZ ÁLVAREZ, CARLOS	AG-768891	0	1973	45	SDTPO	Ourense	20/11/2022
100	19.17	FIGUEIRA PEREZ, MANUEL	AG-201589	0	1972	50	SARC	Porriño	01/05/2022
101	19.18	FERNANDEZ NOVOA, MIGUEL ANGEL	AG-765456	14	1967	55	MARC	O Barco Valdeorras	06/11/2022
102	19.20	VAZQUEZ IGLESIAS, ANTONIO	GA-765869	0	1967	55	BUROR	Ourense	20/11/2022
103	19.20	VELEIRO DIAZ, JORGE	AG-202307	0	1963	55	BUROR	Ourense	20/11/2022
104	19.21	RODRIGUEZ GONZALEZ, ALBERTO	AG-202019	0	1975	45	AREOR	Ourense	20/11/2022
105	19.24	CARBALLO DURAN, JAVIER	AG-202768	0	1971	50	SAMPO	Porriño	01/05/2022
106	19.25	TOLEDO ESTEVEZ, JOSE M,	AG-201597	0	1973	45	PATOR	Laredo	19/03/2022
107	19.25	GONZALEZ PASCUAL, FRANCISCO JAVI	AG-202796	0	1975	45	AREOR	Ourense	20/11/2022
108	19.27	FERNANDEZ PAREDES, ROBERTO	AG-768600	0	1975	45	BEAPO	Porriño	01/05/2022
109	19.27	FUERTES SAAVEDRA, ANTONIO	GA-16019	16	1960	60	RCVPO	O Barco Valdeorras	06/11/2022
110	19.27	CAAMAÑO NIETO, AVELINO	AG-768412	0	1978	40	SARC	Ourense	20/11/2022
111	19.27	MIRA FERNANDEZ, JOSE	AG-10167	0	1971	50	BUROR	Ourense	20/11/2022
112	19.28	PIRES , LUIS MANUEL	AG-202769	0	1969	50	SAMPO	Porriño	01/05/2022
113	19.29	MARTINEZ VALVERDE, JUAN CARLOS	GA-768581	0	1971	50	VAGC	O Barco de Valdeorras	08/05/2022
114	19.29	SANMARCO SANTOS, FRANCISCO	GA-768550	0	1964	55	SARC	O Barco de Valdeorras	08/05/2022
115	19.29	AMIGO FERREIRO, JUAN LUIS	GA-758	27	1969	50	SDCC	Ribeira	26/06/2022
116	19.31	GUTIERREZ GONZÁLEZ, NEMESIO	GA-202342	0	1956	65	AFRLU	O Barco de Valdeorras	08/05/2022
117	19.32	FERNÁNDEZ RODRÍGUEZ, RAMÓN	AG-63	0	1972	50	LOULU	Ourense	20/11/2022
118	19.34	RODRIGUEZ MOURE, JOSE MANUEL	GA-769070	0	1967	55	COCC	Ourense	20/11/2022
119	19.35	MENDEZ RODRIGUEZ, RAMIRO	GA-769166	0	1957	65	GANLU	O Barco de Valdeorras	08/05/2022
120	19.35	VAZQUEZ COLLAZO, SANTIAGO	GA-717165	0	1965	55	RZCC	Ourense	20/11/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	19.41	ACUÑA FERNÁNDEZ, CÁNDIDO	AG-764197	0	1971	50	COMPO	Ourense	20/11/2022
122	19.44	IGLESIAS DOMINGUEZ, PABLO	AG-202598	22	1982	40	NTBC	Negreira	13/11/2022
123	19.45	RAMOS FERROL, ARTURO	AG-9509	0	1973	45	MILC	Negreira	13/11/2022
124	19.46	SOTO BUCETA, SERGIO	AG-11155	31	1979	40	CAMPO	Ribeira	26/06/2022
125	19.48	PIMENTEL OCAMPO, JAVIER	AG-202781	0	1983	35	TUIPO	Porriño	01/05/2022
126	19.48	CESAR VILA, ALVARO	AG-151311	0	1970	50	TAMC	Negreira	13/11/2022
127	19.48	FERNANDEZ FERNANDEZ, JESUS	AG-202026	0	1975	45	PUROR	Ourense	20/11/2022
128	19.52	RODRIGUEZ GONZALEZ, JOSE	AG-202424	0	1968	50	AREOR	Porriño	01/05/2022
129	19.52	GARCIA FERNANDEZ, JAVIER 77	GA-804	0	1977	40	RIBLU	O Barco de Valdeorras	08/05/2022
130	19.52	OCUSO GARCIA, JESUS	AG-2496	24	1978	40	NEGC	Negreira	13/11/2022
131	19.56	LOPEZ SANCHEZ, DAVID	AG-12590	0	1976	45	ENTR	Ourense	20/11/2022
132	19.58	PITA TORRES, JOSE ANGEL	GA-769392	0	1957	65	INDE	O Barco de Valdeorras	08/05/2022
133	19.58	VAZQUEZ RAMOS, MANUEL	AG-202466	0	1970	50	VRXLU	Ourense	20/11/2022
134	19.58	SANDA ARES, JOSE	GA-790	0	1981	40	SDCC	Ourense	20/11/2022
135	19.58	CASTIÑEIRAS PORTOS, MANUEL	GA-788	0	1979	40	SDCC	Ourense	20/11/2022
136	19.59	PAZOS CARBÓN, PEDRO	GA-787	0	1968	50	SDCC	Ourense	20/11/2022
137	20.01	MATEOS CALVIÑO, IAGO	AG-15967	25	1971	50	SDCC	Negreira	13/11/2022
138	20.03	RODRIGUEZ PEREZ, HIGINIO DE MAN	AG-7194	0	1962	60	PUROR	Ourense	20/11/2022
139	20.08	OMIL IGLESIAS, JOSE MANUEL	AG-765338	0	1980	40	PINPO	Ourense	20/11/2022
140	20.09	ANDRÉS FIDALGO, ALÁN	AG-763614	0	1975	45	ESPOU	Ourense	20/11/2022
141	20.11	BAAMONDE ARUFE, AGAPITO	AG-202381	0	1976	45	SARC	Negreira	13/11/2022
142	20.12	FERNANDEZ ALVAREZ, ESTEBAN	AG-14570	0	1975	45	RUNMA	Porriño	01/05/2022
143	20.12	LEMA FERNÁNDEZ, CARLOS	AG-11707	0	1977	45	NEGC	Negreira	13/11/2022
144	20.14	GARCIA NUÑEZ, LUIS EDUARDO	GA-765502	0	1972	50	VRXLU	Ourense	20/11/2022
145	20.16	GONZALEZ FERNANDEZ, JOSE LUIS	AG-202633	22	1979	40	ESPOU	O Barco Valdeorras	06/11/2022
146	20.17	GOMEZ IGLESIAS, JOSE JAVIER	AG-7131	0	1968	50	BUROR	Ourense	20/11/2022
147	20.18	RIO SILVA, JOSE LUIS	AG-202159	0	1966	55	OLEC	Ourense	20/11/2022
148	20.19	FERREIRO DEAÑO, ALFREDO	AG-10629	0	1978	40	AUROR	Ourense	20/11/2022
149	20.20	TABOADA MILLAN, CESAR	AG-202774	0	1969	50	SARC	Negreira	13/11/2022
150	20.20	FREIRE RIVEIRA, MIGUEL	AG-3476	0	1972	50	MRQPO	Negreira	13/11/2022
151	20.23	MORENZA DOFORNO, GERMAN	AG-767975	0	1963	55	PINPO	Ourense	20/11/2022
152	20.24	PEREZ PEREIRA, RAMIRO	AG-201588	0	1956	65	SARC	Ourense	20/11/2022
153	20.25	GUIMAREY SENIN, JAVIER	AG-201589	0	1978	40	SARC	Ourense	20/11/2022
154	20.26	RAÑA RECOUSO, AMANCIO	AG-202364	0	1983	35	TMBC	Ourense	20/11/2022
155	20.27	ANSIA GARCÍA, JUAN JOSÉ	AG-202703	0	1974	45	BUROR	Ourense	20/11/2022
156	20.27	LORENZO ALONSO, MOISES	AG-14427	0	1986	35	PORPO	Ourense	20/11/2022
157	20.28	CABADO CASTRO, JOSE	GA-764400	0	1968	50	STOC	Ourense	20/11/2022
158	20.32	MATALOBOS BUSTELO, ANTONIO	AG-202516	30	1978	40	BRIC	Negreira	13/11/2022
159	20.36	FARIAS FORNEIRO, PATRICIO CRUZ	AG-10058	0	1977	45	AUROR	Ourense	20/11/2022
160	20.39	FERVENZA ENTENZA, PABLO	GA-677	1	1952	70	SAMPO	Pinto (Madrid)	23/10/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
161	20.39	MATA TORREIRA, JUAN MANUEL	AG-768762	0	1969	50	FONC	Ourense	20/11/2022
162	20.43	NOYA PEREZ, JOSE ANTONIO	AG-201922	0	1970	50	FONC	Negreira	13/11/2022
163	20.45	FERNANDEZ VAZQUEZ, RAFAEL	AG-14692	0	1974	45	MRQPO	Ourense	20/11/2022
164	20.46	ALVAREZ RODRIGUEZ, DOMINGO	GA-20367	0	1956	65	BUROR	Ourense	20/11/2022
165	20.47	ABAD GREGORIO, DAVID	GA-390	0	1975	45	SAMPO	Ourense	20/11/2022
166	20.50	NOVOA CID, JOSE LUIS	AG-202047	0	1973	45	PUROR	Ourense	20/11/2022
167	20.51	PEREZ OTERO, JOSE MARIA	AG-202836	0	1961	60	VRXLU	Ourense	20/11/2022
168	20.52	FERNANDEZ MONZON, MARCOS	AG-202437	0	1974	45	BEAPO	Porriño	01/05/2022
169	20.52	VARELA CRESPO, MARIO DANIEL	AG-202424	0	1980	40	AREOR	Ourense	20/11/2022
170	20.55	VALLE PEREZ, RAFA	AG-14577	0	1980	40	RUNMA	Ourense	20/11/2022
171	20.56	PEREZ PASCUAL, MANUEL	GA-542	0	1959	60	BEAPO	Porriño	01/05/2022
172	20.57	OTERO CEPEDA, XOSE LUIS	GA-7770	0	1951	70	STOC	Ourense	20/11/2022
173	20.59	TORO MONTERO, JAVIER	GA-14096	0	1955	65	VRXLU	O Barco de Valdeorras	08/05/2022
174	20.59	RODRÍGUEZ DOPICO, JAVIER	AG-15159	0	1986	35	ENTR	Ourense	20/11/2022
175	21.01	DARRIBA BARBA, ABEL	AG-202587	0	1984	35	ADCPO	Porriño	01/05/2022
176	21.01	HURTADO CAMPO, ENEKO	TGAL-2	0	1986	35	BIOLU	Ourense	20/11/2022
177	21.05	FERNANDEZ CASTRO, JUAN CARLOS	AG-202311	0	1962	60	STOC	Ourense	20/11/2022
178	21.09	FEIJOO CANTARILLA, ROBERTO	AG-10155	0	1975	45	LIM_O	Ourense	20/11/2022
179	21.10	SOLETO CEREIJO, SANTIAGO	AG-3531	0	1970	50	BRIC	Negreira	13/11/2022
180	21.13	FERNANDEZ VIDAL, ANGEL MANUEL	AG-10172	0	1968	50	TKTC	Negreira	13/11/2022
181	21.13	RODRIGUEZ ATANES, FRANCISCO	AG-766620	0	1970	50	BUROR	Ourense	20/11/2022
182	21.14	PÉREZ ZARRAQUIÑOS, ROBERTO	AG-202128	0	1974	45	LIM_O	Ourense	20/11/2022
183	21.20	MUÑIZ GONZALEZ, DIONISIO	AG-11197	0	1978	40	CAMPO	Ourense	20/11/2022
184	21.22	TORRES BARREIROS, RAMSES MANUE	AG-10064	0	1976	45	AUROR	Ourense	20/11/2022
185	21.32	FILGUEIRA PONCE, FERNANDO	AG-14824	0	1976	45	COMPO	Ourense	20/11/2022
186	21.33	TAJES MAYO, JUAN JESÚS	AG-201929	0	1970	50	FONC	Ourense	20/11/2022
187	21.36	ROMERO OLVEIRA, JOSE MANUEL	AG-201750	40	1962	60	VSAPO	Ribeira	26/06/2022
188	21.41	SEVILLA SUBIELA, PEDRO ANTONIO	AG-201607	0	1975	45	COMPO	Porriño	01/05/2022
189	21.49	FERNÁNDEZ GARCÍA, ADRIÁN	AG-769189	0	1983	35	BAROR	Ourense	20/11/2022
190	21.50	TORRES GONZÁLEZ, JOSE LUIS	AG-769190	0	1963	55	BAROR	Ourense	20/11/2022
191	21.51	GARCIA MARTIÑA, ELADIO	AG-14572	0	1962	60	RUNMA	Porriño	01/05/2022
192	21.51	GONZALEZ REINO, CARLOS	AG-6578	0	1966	55	NOYC	Ourense	20/11/2022
193	21.55	VARELA VALLADARES, ALEJANDRO	AG-14759	0	1981	40	CAMPO	Ourense	20/11/2022
194	21.56	SUAREZ DOMINGUEZ, JOSE ANTONIO	AG-769194	0	1963	55	BAROR	Ourense	20/11/2022
195	21.59	PIÑEIRO TERZADO, JOSÉ	AG-202808	0	1978	40	ESTPO	Porriño	01/05/2022
196	22.00	CEPEDA GACIO, FRANCISCO JAVIER	AG-202505	0	1959	60	NTBC	Negreira	13/11/2022
197	22.00	RIVAS ALENDE, JUAN	AG-201910	0	1981	40	NTBC	Negreira	13/11/2022
198	22.00	DIAZ BARBA, MIGUEL ANGEL	AG-11039	0	1967	55	LIM_O	Ourense	20/11/2022
199	22.09	VAZQUEZ FERNANDEZ, JOSE	AG-202000	0	1968	50	PATOR	Ourense	20/11/2022
200	22.10	LEVOSO TOUCEDA, JOSE MARIA	AG-202633	0	1968	50	ESPOU	Ourense	20/11/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
201	22.10	VAZQUEZ VAZQUEZ, JOSE	AG-15585	0	1970	50	GANLU	Ourense	20/11/2022
202	22.13	DIZ GARCIA, ELADIO	AG-2541	0	1965	55	AREOR	Porriño	01/05/2022
203	22.18	VALENTIN INUNCUAGA, DANEIL	AG-202080	0	1966	55	OUROR	Ourense	20/11/2022
204	22.19	SOMOZA RODRIGUEZ, MARCO A.	AG-15586	0	1976	45	GANLU	Ourense	20/11/2022
205	22.26	RODRIGUEZ FRAMIL, ALFONSO	AG-202036	0	1978	40	NTBC	Ourense	20/11/2022
206	22.30	LEBOSO FERREIRO, CÉSAR	GA-769025	0	1966	55	ESPOU	Porriño	01/05/2022
207	22.31	POUSA LOSADA, ANTONIO	AG-201799	0	1972	50	PUROR	Ourense	20/11/2022
208	22.37	LÓPEZ GAGO, VICTOR MANUEL	AG-14850	0	1980	40	LGRLU	Laredo	19/03/2022
209	22.37	ALONSO VAZQUEZ, PEDRO	AG-9475	0	1978	40	PINPO	Ourense	20/11/2022
210	22.39	FRAIZ VELAZQUEZ, TOMAS	AG-202456	30	1986	35	OUROR	O Barco Valdeorras	06/11/2022
211	22.40	ABEL SUAREZ, JOSE RAMON	AG-11137	0	1962	60	NTBC	Negreira	13/11/2022
212	22.41	BARROSO GONZALEZ, ANTONIO	AG-4097	0	1966	55	MRQPO	Ourense	20/11/2022
213	22.45	BECERRA RODRIGUEZ, DANIEL	AG-763846	0	1967	55	NTBC	Negreira	13/11/2022
214	22.46	GONZALEZ VARELA, BENITO	AG-202838	0	1958	60	TMBC	Laredo	19/03/2022
215	22.49	BALSEIRO PITA, CRISTOBAL	AG-202403	0	1970	50	CASC	Ourense	20/11/2022
216	22.50	SUAREZ FEIJOO, JUAN MANUEL	AG-769187	0	1968	50	BAROR	Ourense	20/11/2022
217	22.50	GARALOCES FERNANDEZ, XABIER	AG-15726	0	1974	45	DEL	Ourense	20/11/2022
218	22.55	BARREIROS VAZQUEZ, JOSE ALBERTO	AG-14566	0	1973	45	RUNMA	Ourense	20/11/2022
219	22.56	RIVAS PEREZ, JONATAN	AG-14580	0	1983	35	RUNMA	Ourense	20/11/2022
220	22.57	ROMERO FERNANDEZ, JUAN	AG-7110	0	1982	40	AUROR	Ourense	20/11/2022
221	22.59	VISPO BASALO, CARLOS	AG-201598	0	1969	50	PATOR	Ourense	20/11/2022
222	23.05	GONZALEZ SEREN, GERMAN	TGAL-256	0	1972	50	LUELU	Ourense	20/11/2022
223	23.09	MIRANDA VIEITO, JOSE MANUEL	AG-202543	0	1977	45	DOMPO	Ourense	20/11/2022
224	23.09	GIL RAMOS, DIONISIO	AG-14694	0	1973	45	PUROR	Ourense	20/11/2022
225	23.12	PEREZ GONZALEZ, MANUEL RAFAEL	AG-764299	0	1972	50	ESPOU	Ourense	20/11/2022
226	23.13	SILVA CESAR, CARLOS	GA-10271	0	1966	55	USCC	Negreira	13/11/2022
227	23.15	SUAREZ GARRIDO, JOSE RAMÓN	AG-15209	0	1971	50	DEL	Ourense	20/11/2022
228	23.16	ABELLAS OTERO, JOSE BENITO	AG-764797	0	1965	55	ESPOU	Ourense	20/11/2022
229	23.17	PEREZ FILGUEIRA, DAVID	AG-202046	0	1980	40	PUROR	Ourense	20/11/2022
230	23.24	GONZALEZ RODRIGUEZ, MARIO	AG-201660	0	1977	45	CASC	Ourense	20/11/2022
231	23.26	LAMAS PEREZ, ALEJANDRO	AG-15046	0	1976	45	ENTR	Negreira	13/11/2022
232	23.29	ALVAREZ IGLESIAS, DOMINGO	GA-768958	0	1951	70	EGOLU	O Barco de Valdeorras	08/05/2022
233	23.40	LÓPEZ ÁLVAREZ, JAVIER	AG-12386	0	1973	45	PUROR	Ourense	20/11/2022
234	23.42	REGAL LAMELO, JORGE	AG-201779	0	1961	60	BAROR	Ourense	20/11/2022
235	23.57	VERA SANMARTIN, CLAUDIO	AG-11196	0	1968	50	CAMPO	Ourense	20/11/2022
236	23.59	VARELA VALLADARES, CESAR	AG-14763	0	1981	40	CAMPO	Ourense	20/11/2022
237	24.00	MOURIÑO LOPEZ, YAGO	AG-16595	0	1980	40	PUROR	Ourense	20/11/2022
238	24.03	BORRAJO IGLESIAS, EVARISTO	AG-769349	0	1966	55	PUROR	Ourense	20/11/2022
239	24.09	GIL BREA, JOSE ANTONIO	AG-202815	0	1964	55	NTBC	Ourense	20/11/2022
240	24.14	RIOS GIBELLO, JOSE MANUEL	AG-202096	0	1961	60	INDE	Negreira	13/11/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
241	24.14	ALONSO DEL RIO, JAIME	AG-763648	0	1968	50	PORPO Ourense		20/11/2022
242	24.15	PAZO PEREIRA, JOSE MANUEL	TGAL-42	0	1973	45	TRIPO Ourense		20/11/2022
243	24.17	GARCIA NUÑEZ, JOSE	AG-5815	0	1968	50	NOYC Ourense		20/11/2022
244	24.18	LOPEZ IGLESIAS, LUIS	AG-14573	0	1968	50	RUNMA Ourense		20/11/2022
245	24.19	MOURE CAÑETE, FRANCISCO	AG-202036	66	1966	55	NTBC Negreira		13/11/2022
246	24.21	SANTAS NOVOA, BENITO	AG-16584	0	1970	50	PUROR Ourense		20/11/2022
247	24.27	FERRACES VAZQUEZ, JOSE RAMON	AG-202242	0	1959	60	BOIC Ourense		20/11/2022
248	24.30	RIERA CACHERO, ANTONIO	AG-764225	0	1948	70	DEZPO Ourense		20/11/2022
249	24.30	LOPEZ SILVA, ALEJANDRO	GA-919	0	1980	40	OUROR Ourense		20/11/2022
250	24.34	INSUA INSUA, MANUEL	AG-14664	0	1962	60	SARC Negreira		13/11/2022
251	24.41	CHAVES PEREIRA, JOSÉ	AG-202331	55	1970	50	MRÑPO Ribeira		26/06/2022
252	24.42	VÁZQUEZ ROMERO, JOSÉ MANUEL	AG-202507	0	1984	35	VAGC Negreira		13/11/2022
253	24.45	VARELA ALVAREZ, LAUREANO	AG-9433	0	1975	45	SDCC Ourense		20/11/2022
254	24.46	GARCIA FUENTES, ROI MANOEL	AG-9481	0	1980	40	SDCC Ourense		20/11/2022
255	25.14	PENA GOMEZ, DOSITEO	GA-869	0	1968	50	LUCLU Ourense		20/11/2022
256	25.17	CASAS COUSELO, OSCAR	AG-202825	0	1979	40	TMBC Ourense		20/11/2022
257	25.22	FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS	AG-202615	0	1974	45	BCS Ourense		20/11/2022
258	25.24	SIMOES FERNANDEZ, JOSE LUIS	AG-8716	0	1962	60	MRQPO Ourense		20/11/2022
259	25.28	SAAVEDRA CEPEDA, ROGELIO	AG-15057	0	1964	55	ENTR Ourense		20/11/2022
260	25.37	ASOREY VEIGA, JORGE	AG-12535	0	1981	40	BRIC Negreira		13/11/2022
261	25.42	CARBALLO DOALLO, OSCAR	AG-15044	0	1974	45	PUROR Ourense		20/11/2022
262	25.45	TUÑAS GONZÁLEZ, ROBERTO	AG-202750	88	1983	35	NEGC Negreira		13/11/2022
263	25.47	FRANQUET SUGRAÑES, EDUARDO	AG-202480	0	1970	50	ENTR Negreira		13/11/2022
264	25.47	SAR VÁZQUEZ, JULIO CESAR	AG-15029	0	1981	40	ADOC Negreira		13/11/2022
265	26.02	GARCIA AMELIO, HERNÁN	AG-202813	0	1977	45	DEZPO Ourense		20/11/2022
266	26.10	BOTANA FERREIRO, JUAN LUIS	AG-202569	0	1955	65	SDCC Negreira		13/11/2022
267	26.12	BARANDA VALEIRAS, CAMILO	AG-202365	0	1969	50	ESPOU Ourense		20/11/2022
268	26.20	SOTO RODRIGUEZ, ANGEL	AG-202135	0	1977	45	PUROR Ourense		20/11/2022
269	26.37	LOPEZ TEMES, MANUEL	AG-3306	101	1985	35	XALC Negreira		13/11/2022
270	26.50	PEREZ BALIRAC, JESUS	AG-202037	0	1967	55	NTBC Ourense		20/11/2022
271	27.03	ESTEVEZ ULLOA, EDUARDO JOSE	AG-202505	0	1967	55	AREOR Ourense		20/11/2022
272	27.09	CABO SOUTO, JESUS	GA-789	0	1975	45	SDCC Ourense		20/11/2022
273	27.18	CARREIRA NODAR, JORGE	AG-202264	0	1974	45	PAIPO Negreira		13/11/2022
274	27.21	GOMEZ SANCHEZ, JOSE ANTONIO	AG-769307	0	1967	55	OUROR Ourense		20/11/2022
275	27.28	MONTERO ABAD, JAIME	AG-9840	0	1973	45	PUROR Ourense		20/11/2022
276	27.52	CONSTENLA JUNQUERA, ANTONIO OS	AG-202780	0	1955	65	FONC Negreira		13/11/2022
277	27.57	RODRIGUEZ PENA, JORGE	AG-3496	0	1969	50	MRQPO Ourense		20/11/2022
278	28.40	CABO BEN, JOSE LUIS	AG-11049	0	1971	50	BUROR Ourense		20/11/2022
279	28.47	DEL CAMPO RODRIGUEZ, OSCAR ALBE	GA-766094	0	1971	50	ESPOU Ourense		20/11/2022
280	29.06	RODRIGUEZ NOGUEIRA, RAFAEL	GA-769383	0	1961	60	BUROR Ourense		20/11/2022

CATEGORIA VETERÁN MASCULINA

5 Km. Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
281	29.43	GONZALEZ QUIROGA, JUAN MANUEL	AG-11176	0	1953	65	ESPOU Ourense		20/11/2022
282	30.12	AYUDE BESTEIRO, JOSE MANUEL	AG-15251	0	1970	50	PUROR Ourense		20/11/2022
283	30.18	VAZQUEZ CALVAR, DANIEL	AG-14764	0	1980	40	CAMPO Ourense		20/11/2022
284	30.20	RODRIGUEZ BARBA, JOSE P.	AG-15615	0	1956	65	BOIC Ourense		20/11/2022
285	30.29	PEREZ CAPÓN, LUIS	TGAL-30	0	1960	60	BIOLU Ourense		20/11/2022
286	30.31	BALUJA SEXTO, RICARDO	AG-202733	133	1975	45	NTBC Negreira		13/11/2022
287	31.24	LÓPEZ RODRÍGUEZ, JOSÉ LUIS	TGAL-235	0	1974	45	ENKC Ourense		20/11/2022
288	31.24	BANDIN MARENTES, JAVIER	TGAL-207	0	1975	45	ENKC Ourense		20/11/2022
289	31.25	PENA DÍAZ, ALEJANDRO	TGAL-263	0	1985	35	ENKC Ourense		20/11/2022
290	31.38	HERMIDA OTERO, ÁNGEL	TGAL-215	0	1975	45	ENKC Ourense		20/11/2022
291	31.49	CALVO FERNÁNDEZ, JOSÉ RUBÉN	AG-767304	0	1973	45	BUROR Ourense		20/11/2022
292	32.05	MARTÍNEZ GUNTÍN, MARCOS	AG-202386	0	1980	40	BAROR Ourense		20/11/2022
293	32.06	SILVA RODRÍGUEZ, RUBÉN DANIEL	AG-202386	0	1980	40	BAROR Ourense		20/11/2022
294	32.08	CARNERO LEDO, DAVID	AG-202051	0	1975	45	BUROR Ourense		20/11/2022
295	32.25	BERNAL GOMEZ, JESUS	GA-19332	0	1947	70	INDE Negreira		13/11/2022
296	33.13	PUMAR BOVEDA, ANGEL	GA-769027	0	1964	55	ESPOU Ourense		20/11/2022
297	33.21	GARCIA ALFONSO, MANUEL	AG-202048	34	1941	80	ADAOR O Barco Valdeorras		06/11/2022
298	34.01	BAO ESTEVEZ, FRANCISCO	AG-10966	35	1949	70	ADAOR O Barco Valdeorras		06/11/2022
299	38.32	VAZQUEZ FERREIRO, GONZALO ALBER	AG-202779	0	1953	65	ESPOU Ourense		20/11/2022

CATEGORIA VETERÁN MASCULINA

100 km

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	10.41.26	VILLAR RUIBAL, RAMON	GA-766004	43	1966	55	VRXLU	Santander	11/06/2022
2	11.27.53	SOUTO PEREZ, HECTOR	AG-13861	50	1977	45	INDE	Santander	11/06/2022

CATEGORIA VETERÁN MASCULINA

10 Km. Marcha Ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	35.26	FERNANDEZ RIVERA, ALEJANDRO	GA-765765	0	1985	35	CVIA	A Coruña	13/02/2022
2	36.12	RIBEIRO PINTO DA COSTA , NUNO FIL	GA-765858	0	1986	35	SDCC	A Coruña	13/02/2022
3	38.45	GARCIA GARCIA-PAZ, PABLO MIGUEL	GA-769208	0	1987	35	DOMPO	A Coruña	13/02/2022
4	39.25	CORRAL JUSTO, JOSE MANUEL	GA-769437	0	1983	35	AREOR	A Coruña	13/02/2022
5	39.25	IGLESIAS RAÑA, LUIS	GA-769438	0	1981	40	AREOR	A Coruña	13/02/2022
6	39.25	DIAZ PÉREZ, ESTEBAN	GA-34	0	1981	40	NAOC	A Coruña	13/02/2022
7	39.25	PRESEDO FRAGUIO, ALVARO	GA-140	0	1985	35	MARC	A Coruña	13/02/2022
8	39.25	ÁLVAREZ CURES, JUAN JOSÉ	GA-57	0	1977	45	VAGC	A Coruña	13/02/2022
9	39.26	FERNANDEZ MARQUEZ, JOSE MANUEL	GA-766140	0	1968	50	ADAOR	A Coruña	13/02/2022
10	40.21	PAZ PARDO, DANIEL	GA-922	0	1978	40	BRIC	A Coruña	13/02/2022
11	40.36	PENAS VARELA, JOSÉ MANUEL	TGAL-253	0	1984	35	CERC	A Coruña	13/02/2022
12	44.58	MORALES DEL CASTILLO, JUAN MANU	GA-769245	1	1979	40	MARC	Getafe (Madrid)	18/12/2022
13	45.40	FERNANDEZ NIEVES, JOSE	GA-765207	3	1980	40	RCVPO	A Pobra do Caramiñal	16/01/2022
14	50.05	POLO GUNDIN, MANUEL	GA-769455	7	1973	45	NAOC	A Pobra do Caramiñal	16/01/2022
15	58.33	MORALES VELASCO, CARLOS	GA-769029	10	1986	35	OUROR	A Pobra do Caramiñal	16/01/2022



CATEGORIA VETERÁN MASCULINA

35 Km. Marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	2.59.29	MORALES DEL CASTILLO, JUAN MANU	GA-769245	17	1979	40	MARC Lepe		30/01/2022



CATEGORIA VETERÁN MASCULINA

