

**CATEGORIA VETERÁN FEMININA**

**Maratón**

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

CATEGORIA VETERÁN FEMININA

20 km marcha

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	1.57.20	RODRIGUEZ BAZ, MARIA EMILIA	GA-80	28	1975	45	SDTPO Pamplona		13/02/2022

**CATEGORIA VETERÁN FEMININA**

**Milla Urbana**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	<b>5.29</b>	DOMINGUEZ MONTES, BEGOÑA	GA-240	8	1984	35	OUROR O Barco Valdeorras		11/09/2022
2	<b>5.32</b>	SPENCER CONCEICAO, ZELINDA	GA-768984	4	1985	35	ORNOR Lourenza		25/06/2022
3	<b>5.52</b>	SOTO VIÑAS, REBECA	GA-769219	8	1976	45	NAOC Lourenza		25/06/2022
4	<b>5.57</b>	ROSALÉS ROSALÉS, PAULA	GA-885	10	1982	35	PINPO Lourenza		25/06/2022
5	<b>6.05</b>	ESTEVEZ CRESPO, CRISTINA	GA-12640	6	1976	45	CAFPO Marín		24/09/2022
6	<b>6.08</b>	LEDO LOPEZ, ELENA	GA-20	1	1979	40	ADAOR O Barco Valdeorras		11/09/2022
7	<b>6.12</b>	ARZUA BORRAZAS, MARIA DEL MAR	AG-202753	1	1980	40	MÑRPO Pontevedra		13/11/2022
8	<b>6.19</b>	IGLESIAS AREA, MARIA	AG-3647	12	1978	40	PINPO Lourenza		25/06/2022
9	<b>6.24</b>	MILLARES SIEIRA, CLARA MARIA	AG-9865	2	1985	35	CANC Pontevedra		13/11/2022
10	<b>6.31</b>	IGLESIAS SANTIAGO, ANGELES	AG-202571	3	1968	50	MÑRPO Marín		24/09/2022
11	<b>6.36</b>	PRADA HERNANDEZ, CONCEPCION	GA-902	1	1976	45	ADAOR O Barco Valdeorras		11/09/2022
12	<b>6.38</b>	DIAZ MESA, ROCIO	GA-809	15	1968	50	RIBLU Lourenza		25/06/2022
13	<b>6.44</b>	CIMADEVILLA CRUJEIRAS, TERESA	AG-11743	3	1977	45	CANC Pontevedra		13/11/2022
14	<b>6.51</b>	GONZÁLEZ VALEA, SONIA	GA-803	17	1976	45	RIBLU Lourenza		25/06/2022
15	<b>7.17</b>	RODRIGUEZ SOBRINO, CELINA	AG-766311	1	1958	60	MÑRPO Pontevedra		13/11/2022
16	<b>7.18</b>	CAMPOS EIRÍN, MERCEDES	AG-14613	2	1977	45	MRÑPO Ames		25/09/2022
17	<b>7.23</b>	CARIÑENA AMIGO, M <sup>a</sup> PURIFICACIÓN	GA-202344	3	1972	45	MRAC Ames		25/09/2022
18	<b>7.30</b>	GONZALEZ CASTRO, SILVIA	AG-15884	5	1981	40	MÑRPO Pontevedra		13/11/2022
19	<b>7.34</b>	RODRIGUEZ DEL RIO, MARIA DE LOS	GA-717241	1	1957	60	SILC Ames		25/09/2022
20	<b>7.35</b>	TESOURO TABOADA, MÓNICA	AG-202304	6	1976	45	RUNPO Pontevedra		13/11/2022
21	<b>8.25</b>	DE ARRIBA BELLOGIN, BEGOÑA DE	GA-19107	20	1955	65	EGOLU Lourenza		25/06/2022
22	<b>9.26</b>	ALBAN SALGADO, ANA	AG-202493	2	1966	55	MRAC Ames		25/09/2022
23	<b>10.13</b>	TRESGUERRAS GONZALEZ, ELVIRA	AG-202411	3	1952	70	SARC Ames		25/09/2022

**CATEGORIA VETERÁN FEMININA**

**Medio Maratón**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	<b>1.09.32</b>	ALFONSO PITA, ROCÍO	TGAL-226	0	1975	45	ENKC	A Coruña	02/10/2022
2	<b>1.23.08</b>	FERNÁNDEZ BARREIROS, TINA	GA-37	5	1983	35	SARC	A Coruña	13/02/2022
3	<b>1.24.54</b>	FERNANDEZ GIL, BEATRIZ	AG-201948	1	1982	40	CRR_P	Pontevedra	16/10/2022
4	<b>1.28.21</b>	RAMÍREZ DIEZ, AGUEDA	TGAL-79	8	1976	45	MEFLU	A Coruña	13/02/2022
5	<b>1.29.48</b>	FIGUEROA FIGUEROA, MARÍA DEL RO	AG-202411	11	1981	40	SAMPO	A Coruña	13/02/2022
6	<b>1.31.35</b>	GARCIA LORENZO, SILVIA	AG-201752	0	1987	35	SARC	A Coruña	02/10/2022
7	<b>1.33.14</b>	GARCIA SANCHEZ, NATALIA	GA-769054	14	1977	40	CASC	A Coruña	13/02/2022
8	<b>1.34.25</b>	ROSALES ROSALES, PAULA	GA-885	5	1982	35	PINPO	Pontevedra	16/10/2022
9	<b>1.34.26</b>	CASTRO SOLIÑO, MARIA SOLEDAD	GA-9172	6	1965	55	COMPO	Pontevedra	16/10/2022
10	<b>1.34.38</b>	RIVAS SUAREZ, NATALIA	GA-121	15	1977	45	VAGC	A Coruña	13/02/2022
11	<b>1.35.39</b>	RODRIGUEZ OLIVEIRA, ROCIO	GA-551	7	1983	35	DOMPO	Pontevedra	16/10/2022
12	<b>1.38.06</b>	MIGUENS OTERO, ELENA	AG-766075	8	1972	45	SARC	Pontevedra	16/10/2022
13	<b>1.39.07</b>	CONDE ALVAREZ, NEREA	AG-14931	22	1987	35	BUROR	A Coruña	13/02/2022
14	<b>1.39.52</b>	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	9	1965	55	PUROR	Pontevedra	16/10/2022
15	<b>1.39.59</b>	TASENDE ANDRADE, MARTINA	GA-202019	284	1980	40	VAGC	Paterna	19/06/2022
16	<b>1.40.06</b>	MILLARES SIEIRA, CLARA MARIA	AG-9865	10	1985	35	CANC	Pontevedra	16/10/2022
17	<b>1.41.06</b>	GOMEZ SOUSA, ANA BELEN	GA-137	10	1974	45	INDE	Pontevedra	16/10/2022
18	<b>1.41.15</b>	MUÑIZ PEREZ, SHAILA	AG-201709	11	1980	40	SDCC	Pontevedra	16/10/2022
19	<b>1.42.58</b>	CORREDOIRA BALEATO, MARIA	AG-768081	26	1974	45	SARC	A Coruña	13/02/2022
20	<b>1.43.01</b>	PEREZ GONZALEZ, ELENA	AG-202052	13	1981	40	BUROR	Pontevedra	16/10/2022
21	<b>1.43.22</b>	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	28	1973	45	SMIPO	A Coruña	13/02/2022
22	<b>1.43.32</b>	COBELO ROMERO, ELISA	GA-182	29	1974	45	MCHC	A Coruña	13/02/2022
23	<b>1.44.06</b>	RAMA NUÑEZ, VANESSA	AG-202065	0	1977	45	MARC	A Coruña	02/10/2022
24	<b>1.44.35</b>	DIAZ MESA, ROCIO	GA-809	33	1968	50	RIBLU	A Coruña	13/02/2022
25	<b>1.44.50</b>	SANCHEZ SANCHEZ, NATALIA	AG-11406	8	1984	35	MRQPO	Alicante	13/11/2022
26	<b>1.46.59</b>	LÓPEZ LÓPEZ, ROSALÍA	AG-10870	40	1987	35	LGRLU	A Coruña	13/02/2022
27	<b>1.48.49</b>	CASTRO FERNANDEZ, MARIA ANGELES	AG-202134	45	1972	50	CASC	A Coruña	13/02/2022
28	<b>1.48.51</b>	IGLESIAS AREA, MARIA	AG-3647	14	1978	40	PINPO	Pontevedra	16/10/2022
29	<b>1.50.53</b>	BARREIRO FUENTES, Mª LUISA	AG-763977	55	1974	45	RZCC	A Coruña	13/02/2022
30	<b>1.53.54</b>	LOPEZ GARCIA, MARIA LUISA	AG-202109	68	1971	50	CASC	A Coruña	13/02/2022
31	<b>1.54.24</b>	RODRIGUEZ GOMEZ, MARIA	AG-14854	70	1984	35	LGRLU	A Coruña	13/02/2022
32	<b>1.55.40</b>	CIMADEVILLA CRUJEIRAS, TERESA	AG-11743	36	1977	45	CANC	Pontevedra	16/10/2022
33	<b>1.56.21</b>	ASOREY NIEVES, CARMEN	AG-14942	17	1970	50	ENTR	Pontevedra	16/10/2022
34	<b>1.56.40</b>	MOREIRA BRENLLA, ESTRELLA	AG-201491	18	1983	35	ENTR	Pontevedra	16/10/2022
35	<b>1.58.55</b>	GONZÁLEZ VALEA, SONIA	GA-803	19	1976	45	RIBLU	Pontevedra	16/10/2022
36	<b>1.59.02</b>	SERANTES CUIÑA, MARTA	AG-14756	20	1982	40	CAMPO	Pontevedra	16/10/2022
37	<b>1.59.17</b>	CAJADE BLANCO, Mª BEGOÑA	AG-202039	91	1978	40	BOIC	A Coruña	13/02/2022
38	<b>2.00.42</b>	CASTRO CANDAMIO, MARÍA ASUNCIÓ	AG-9420	21	1974	45	CASC	Pontevedra	16/10/2022
39	<b>2.01.15</b>	CAMPOS REGUEIRO, PURIFICACIÓN	AG-14179	100	1968	50	CASC	A Coruña	13/02/2022
40	<b>2.01.16</b>	PARGUIÑA FERNANDEZ, SUSANA	GA-765964	101	1966	55	EGOLU	A Coruña	13/02/2022

CATEGORIA VETERÁN FEMININA

Medio Maratón

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	<b>2.03.27</b>	FERNÁNDEZ ROMERO, MARIA PILAR	AG-14471	113	1959	60	MCHC	A Coruña	13/02/2022
42	<b>2.06.46</b>	BARREIRO NUÑEZ, ANA	AG-202031	119	1973	45	MCHC	A Coruña	13/02/2022
43	<b>2.07.03</b>	PEREZ GARCIA, MARIA DEL MAR	AG-12726	22	1972	50	CAMPO	Pontevedra	16/10/2022
44	<b>2.07.07</b>	OTERO RODRIGUEZ, ADRIANA	AG-202837	23	1978	40	MCHC	Pontevedra	16/10/2022
45	<b>2.08.44</b>	BARCÓN SANCHEZ, MARIA DEL MAR	GA-179	133	1963	55	MCHC	A Coruña	13/02/2022
46	<b>2.08.54</b>	VÁZQUEZ CALVO, NOELIA	AG-10425	25	1975	45	BERCO	Pontevedra	16/10/2022
47	<b>2.08.54</b>	HERMIDA CARBALLO, ANA BELEN	AG-201696	24	1977	45	MCHC	Pontevedra	16/10/2022
48	<b>2.09.05</b>	MEIJIDE MARTINEZ, AMELIA	AG-9411	125	1963	55	CASC	A Coruña	13/02/2022
49	<b>2.09.49</b>	VILAR SEREN, LUPE	AG-202546	26	1956	65	CAMPO	Pontevedra	16/10/2022
50	<b>2.12.29</b>	TELLA REY, ANA BELEN	AG-94	131	1974	45	MCHC	A Coruña	13/02/2022
51	<b>2.12.55</b>	GONZALEZ FERNANDEZ, YOLANDA	AG-201779	133	1973	45	MCHC	A Coruña	13/02/2022
52	<b>2.18.14</b>	CASADO LATABURU, LEXURI	TGAL-74	142	1978	40	MEFLU	A Coruña	13/02/2022

CATEGORIA VETERÁN FEMININA

5 km marcha ruta

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	<b>27.46</b>	RODRIGUEZ BAZ, MARIA EMILIA	GA-80	7	1975	45	SDTPO	A Pobra do Caramiñal	16/01/2022
2	<b>31.36</b>	POUSA CASTRO, MARIA SOLEDAD	GA-315	12	1971	50	OUROR	A Pobra do Caramiñal	16/01/2022
3	<b>31.52</b>	DELGADO PAREDES, MARIA DOLORES	GA-317	13	1976	45	OUROR	A Pobra do Caramiñal	16/01/2022
4	<b>32.01</b>	GRANDE OUTOMURO, MARIA HERMIN	GA-318	8	1974	45	OUROR	A Coruña	28/05/2022
5	<b>32.23</b>	FERNANDEZ YAÑEZ, RAQUEL	GA-676	9	1962	60	OUROR	A Coruña	28/05/2022
6	<b>37.06</b>	JUEGUEN LAGO, MARIA DEL CARMEN	GA-197	15	1973	45	AMEC	A Coruña	28/05/2022

**CATEGORIA VETERÁN FEMININA**

**10 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	<b>37.02</b>	DOMINGUEZ MONTES, BEGOÑA	GA-240	1	1984	35	OUROR Porriño		01/05/2022
2	<b>37.42</b>	FERNÁNDEZ BARREIROS, TINA	GA-37	1	1983	35	SARC Padrón		05/02/2022
3	<b>37.59</b>	CALLON TREUS, KARINA	GA-768569	7	1980	40	CASC A Coruña		24/04/2022
4	<b>38.19</b>	GONZALEZ VERDE, ARIANA	AG-768898	774	1983	35	SDTPO Madrid		31/12/2022
5	<b>38.31</b>	FERNANDEZ FONTENLA, IRIA	GA-765718	8	1981	40	ADAOR O Barco de Valdeorras		08/05/2022
6	<b>39.05</b>	FREAZA OTERO, SOFIA	GA-764239	9	1982	40	COMPO A Coruña		24/04/2022
7	<b>39.28</b>	ALVITE FERREIRO, ROCIO	AG-202656	4	1980	40	SARC Ames		23/10/2022
8	<b>39.28</b>	PAPIN ESTEVEZ, INES	GA-765817	5	1969	50	CASC Negreira		13/11/2022
9	<b>39.34</b>	LOSADA PÉREZ, VICTORINA	GA-202352	41	1984	35	OUROR Laredo		19/03/2022
10	<b>39.44</b>	LEDO LOPEZ, ELENA	GA-20	46	1979	40	ADAOR O Barco de Valdeorras		08/05/2022
11	<b>39.53</b>	VAQUERO SOUSA, JULIA	GA-716983	8	1970	50	SDCC Ourense		20/11/2022
12	<b>40.16</b>	BLANCO REY, ELISA VANESA	AG-14672	7	1979	40	SARC Ames		23/10/2022
13	<b>40.23</b>	PEDROSA CARRETE, MARIA ESTHER	GA-10706	5	1961	60	CASTE A Coruña		02/10/2022
14	<b>40.42</b>	BARROSO PEREZ, BEATRIZ	AG-10474	5	1977	45	NOYC Ribeira		24/09/2022
15	<b>40.45</b>	GRANERO OTERO, MONICA	AG-14884	7	1981	40	VRXLU A Coruña		02/10/2022
16	<b>40.53</b>	GARCIA LORENZO, SILVIA	AG-201752	2	1987	35	SARC Padrón		05/02/2022
17	<b>41.01</b>	PASTOR AMOROS, NURIA	GA-96	16	1966	55	LGRLU A Coruña		24/04/2022
18	<b>41.22</b>	GARCIA SANCHEZ, NATALIA	GA-769054	3	1977	40	CASC Carballo		05/06/2022
19	<b>41.23</b>	PEON SANTOME, LUCIA	AG-2581	4	1982	40	AREOR Pontevedra		16/10/2022
20	<b>41.29</b>	RIVAS SUAREZ, NATALIA	GA-121	9	1977	45	VAGC A Coruña		02/10/2022
21	<b>41.45</b>	TORRENTE INSUA, ANGELA	GA-202339	11	1979	40	NAUC A Coruña		02/10/2022
22	<b>41.48</b>	TASENDE ANDRADE, MARTINA	GA-202019	12	1980	40	VAGC O Barco de Valdeorras		08/05/2022
23	<b>41.52</b>	CASTRO SOLIÑO, MARIA SOLEDAD	GA-9172	14	1965	55	COMPO A Coruña		24/04/2022
24	<b>42.22</b>	CASTRO VILLAVERDE, MARIA TERESA	GA-764774	6	1968	50	NOYC O Barco de Valdeorras		08/05/2022
25	<b>42.29</b>	TEIJEIRO FERRO, SONIA	GA-202336	22	1971	50	OUROR Ourense		20/11/2022
26	<b>42.34</b>	LOPEZ GESTAL, MARTINA	AG-14894	3	1986	35	SDCC Padrón		05/02/2022
27	<b>42.51</b>	PRADA HERNANDEZ, CONCEPCION	GA-902	16	1976	45	ADAOR A Coruña		02/10/2022
28	<b>43.10</b>	CONDE ALVAREZ, NEREA	AG-14931	26	1987	35	BUROR Ourense		20/11/2022
29	<b>43.12</b>	PAPIN ESTEVEZ, NOELIA	GA-765857	3	1974	45	CASC Santiago		30/04/2022
30	<b>43.13</b>	RODRIGUEZ OLIVEIRA, ROCIO	GA-551	8	1983	35	DOMPO Porriño		01/05/2022
31	<b>43.15</b>	MAYO CAAMAÑO, MARIA MANUELA	AG-766083	9	1980	40	SARC Ames		23/10/2022
32	<b>43.26</b>	RAMA NUÑEZ, VANESSA	AG-202065	23	1977	45	MARC A Coruña		24/04/2022
33	<b>43.26</b>	NOVOA BARBOSA, MONICA	AG-202051	28	1973	45	RUNMA Ourense		20/11/2022
34	<b>43.33</b>	ROSALES ROSALES, PAULA	GA-885	5	1982	35	PINPO Marín		29/07/2022
35	<b>43.35</b>	MUÑIZ PEREZ, SHAILA	AG-201709	4	1980	40	SDCC Padrón		05/02/2022
36	<b>43.35</b>	VALIN SANCHEZ, MARTA	GA-769206	24	1975	45	VRXLU A Coruña		24/04/2022
37	<b>43.38</b>	GONZALEZ FERNANDEZ, MARIA AURO	AG-10760	11	1970	50	PINPO Ames		23/10/2022
38	<b>44.08</b>	LÓPEZ LÓPEZ, ROSALÍA	AG-10870	25	1987	35	LGRLU A Coruña		24/04/2022
39	<b>44.35</b>	BARREIRO SENRA, PILAR	GA-70	27	1971	50	CASC A Coruña		02/10/2022
40	<b>44.38</b>	MILLARES SIEIRA, CLARA MARIA	AG-9865	11	1985	35	CANC Ribeira		24/09/2022



**CATEGORIA VETERÁN FEMININA**

**10 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	<b>44.39</b>	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	28	1973	45	SMIPO A Coruña		24/04/2022
42	<b>44.52</b>	MIGUENS OTERO, ELENA	AG-766075	13	1972	45	SARC Ribeira		24/09/2022
43	<b>45.15</b>	PEREZ GONZALEZ, ELENA	AG-202052	41	1981	40	BUROR Ourense		20/11/2022
44	<b>45.23</b>	LÓPEZ CALVO, MARÍA SONIA	AG-14784	45	1977	40	PUROR Ourense		20/11/2022
45	<b>45.23</b>	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	44	1965	55	PUROR Ourense		20/11/2022
46	<b>45.32</b>	COBELO ROMERO, ELISA	GA-182	35	1974	45	MCHC A Coruña		24/04/2022
47	<b>45.33</b>	IGLESIAS AREA, MARIA	AG-3647	7	1978	40	PINPO Marín		29/07/2022
48	<b>45.34</b>	IGLESIAS SANTIAGO, ANGELES	AG-202571	46	1968	50	MÑRPO Ourense		20/11/2022
49	<b>45.37</b>	COLLAZO FERNANDEZ, LORENA	AG-3167	12	1987	35	VSAPOR Porriño		01/05/2022
50	<b>45.59</b>	CARRIL BOO, CRISTINA	AG-201867	16	1980	40	VAGC Negreira		13/11/2022
51	<b>46.02</b>	DIEZ BERMUDEZ, SILVIA MARIA	GA-768998	17	1977	45	EGOLU Negreira		13/11/2022
52	<b>46.22</b>	PÉREZ MARTÍNEZ, ANA BELÉN	AG-14906	19	1974	45	ADOC Negreira		13/11/2022
53	<b>46.25</b>	TARRÍO MARTÍNEZ, MARÍA	GA-709	8	1977	40	SDCC Santiago		30/04/2022
54	<b>46.31</b>	DOMINGUEZ ROMAN, LUZ MARIA	GA-840	145	1962	60	BUROR O Barco de Valdeorras		08/05/2022
55	<b>46.35</b>	DÍAZ MESA, ROCIO	GA-809	14	1968	50	RIBLU Carballo		05/06/2022
56	<b>46.36</b>	RAMOS SUÁREZ, RAQUEL	AG-14902	20	1974	45	ADOC Negreira		13/11/2022
57	<b>46.37</b>	ESTEIRO RAMOS, PAULA	GA-478	21	1980	40	SDCC Negreira		13/11/2022
58	<b>46.49</b>	MOJON BENAVIDES, MARTA	AG-2543	34	1985	35	AREOR A Coruña		02/10/2022
59	<b>46.59</b>	MONTERO TREPAT, ANDREA ANGELA	AG-14951	8	1986	35	SARC Padrón		05/02/2022
60	<b>47.00</b>	VARELA REGUERA, ANA MARIA	AG-201890	15	1978	40	FOGC Carballo		05/06/2022
61	<b>47.25</b>	CIMADEVILLA CRUJEIRAS, TERESA	AG-11743	9	1977	45	CANC Padrón		05/02/2022
62	<b>47.30</b>	ALVAREZ FERNANDEZ, MERCHE	AG-14564	20	1974	45	RUNMA Porriño		01/05/2022
63	<b>47.46</b>	RIPOLL PERNAS, Mª ANGELES	GA-768824	47	1959	60	CASC A Coruña		24/04/2022
64	<b>48.15</b>	GALVEZ DEVESA, AIRIN	AG-11895	47	1983	35	FOGC A Coruña		02/10/2022
65	<b>48.19</b>	CORREDOIRA BALEATO, MARIA	AG-768081	21	1974	45	SARC Ames		23/10/2022
66	<b>48.51</b>	SANCHEZ SANCHEZ, NATALIA	AG-11406	23	1984	35	MRQPO Santiago		30/04/2022
67	<b>49.09</b>	GONZÁLEZ VALEA, SONIA	GA-803	14	1976	45	RIBLU O Barco de Valdeorras		08/05/2022
68	<b>49.26</b>	ALVAREZ ALVAREZ, REBECA	AG-202051	76	1974	45	BUROR Ourense		20/11/2022
69	<b>49.34</b>	SENDÍN RAÑA, MARTA	AG-201756	28	1979	40	TUIPO Porriño		01/05/2022
70	<b>49.37</b>	ALCALDE BALDO, TANIA	AG-14892	12	1986	35	SDCC Padrón		05/02/2022
71	<b>49.42</b>	LOPEZ GARCIA, MARIA LUISA	AG-202109	59	1971	50	CASC A Coruña		02/10/2022
72	<b>49.43</b>	CAMPOS REGUEIRO, PURIFICACIÓN	AG-14179	60	1968	50	CASC A Coruña		02/10/2022
73	<b>49.49</b>	VEIGA BLANCO, ENMA	AG-202084	81	1971	50	FONC A Coruña		24/04/2022
74	<b>49.52</b>	RAMOS LEIS, ANDREIA	AG-3791	27	1977	45	FONC Santiago		30/04/2022
75	<b>50.04</b>	GONZALEZ VAZQUEZ, JAQUELINA	AG-202656	11	1968	50	LIM_O San Cibrao das Viñas		18/12/2022
76	<b>50.19</b>	MARIÑO REY, SILVIA	AG-201958	30	1976	45	SARC Santiago		30/04/2022
77	<b>50.26</b>	ZAPATA RODRIGUEZ, RAQUEL	AG-11596	30	1979	40	MRQPO Porriño		01/05/2022
78	<b>50.29</b>	SALGADO PÉREZ, SELA	AG-14909	19	1974	45	PUROR Pontevedra		16/10/2022
79	<b>50.40</b>	VAZQUEZ NOGUEIRAS, GUIOMAR	AG-11500	95	1978	40	PUROR Ourense		20/11/2022
80	<b>50.49</b>	CONDE RODRÍGUEZ, CRISTINA	AG-9946	21	1977	40	PUROR Pontevedra		16/10/2022



**CATEGORIA VETERÁN FEMININA**

**10 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	<b>50.50</b>	CASTRO FERNANDEZ, MARIA ANGELES	AG-202134	72	1972	50	CASC	A Coruña	02/10/2022
82	<b>50.53</b>	BARREIRO FUENTES, Mª LUISA	AG-763977	94	1974	45	RZCC	A Coruña	24/04/2022
83	<b>50.55</b>	GABIAN GUERRA, ANDREA	AG-14536	32	1987	35	MRQPO	Porriño	01/05/2022
84	<b>51.06</b>	SANDERSON , HELEN JANE	GA-202341	96	1970	50	CASC	A Coruña	24/04/2022
85	<b>51.22</b>	PRIETO BARRIO, SARA	AG-10025	22	1987	35	OUROR	Pontevedra	16/10/2022
86	<b>51.25</b>	GONZALEZ FERNANDEZ, MARIA ELENA	AG-201773	99	1974	45	MCHC	A Coruña	24/04/2022
87	<b>51.26</b>	GONZALEZ FERNANDEZ, MARIA DOLO	GA-181	100	1969	50	MCHC	A Coruña	24/04/2022
88	<b>51.33</b>	NANÍN LÓPEZ, MARIA CRISTINA	GA-685	113	1965	55	BUROR	Ourense	20/11/2022
89	<b>51.37</b>	PIÑEIRO VILA, CRISTINA	AG-201931	36	1979	40	TUIPO	Porriño	01/05/2022
90	<b>51.39</b>	SANZ SANZ, MARTA	AG-14904	26	1978	40	ADOC	Ames	23/10/2022
91	<b>51.44</b>	PITA MARTÍNEZ, ESTEFANÍA	AG-12155	120	1983	35	LGRLU	Ourense	20/11/2022
92	<b>51.59</b>	DOMINGUEZ PEREIRA, PILAR	AG-202703	122	1967	55	VRXLU	Ourense	20/11/2022
93	<b>52.10</b>	CASTIÑEIRAS GALLEGO, REBECA	AG-15220	48	1971	50	SERC	Santiago	30/04/2022
94	<b>52.12</b>	MARTÍNEZ PARCERO, VERÓNICA	AG-202471	25	1979	40	VAGC	Carballo	05/06/2022
95	<b>52.36</b>	TRAPOTE TORRE, PALOMA	AG-3590	115	1969	50	PUROR	A Coruña	24/04/2022
96	<b>52.41</b>	TRABA LÓPEZ, MARÍA JOSÉ	AG-14907	39	1971	50	ADOC	Negreira	13/11/2022
97	<b>52.41</b>	SERANTES CUIÑA, MARTA	AG-14756	135	1982	40	CAMPO	Ourense	20/11/2022
98	<b>52.43</b>	ESPINOSA MENOR, MARÍA JESÚS	AG-9866	13	1968	50	PUROR	San Cibrao das Viñas	18/12/2022
99	<b>52.50</b>	GARCÍA FERNÁNDEZ, ISABEL	AG-202415	54	1971	50	FONC	Santiago	30/04/2022
100	<b>52.56</b>	TORRES BARROSO, SILVIA	AG-15253	30	1975	45	CDGPO	Marín	29/07/2022
101	<b>52.58</b>	FERNÁNDEZ ROMERO, MARIA PILAR	AG-14471	125	1959	60	MCHC	A Coruña	24/04/2022
102	<b>53.00</b>	RODRIGUEZ VILLAR, SONIA	AG-9429	55	1973	45	SDCC	Santiago	30/04/2022
103	<b>53.09</b>	REGUEIRA SEIJAS, ESTEFANIA	AG-15257	56	1983	35	CDGPO	Santiago	30/04/2022
104	<b>53.10</b>	IGLESIAS REQUEJO, MARÍA BELÉN	AG-9900	14	1980	40	PUROR	San Cibrao das Viñas	18/12/2022
105	<b>53.14</b>	GARCIA PENA, MARIA JESÚS	AG-202363	60	1984	35	TMBC	Santiago	30/04/2022
106	<b>53.23</b>	MORRONE MOLLO, NATALIA	AG-15235	132	1978	40	COCC	A Coruña	24/04/2022
107	<b>53.29</b>	VEIGA BLANCO, MONTSERRAT	AG-201529	598	1968	50	FONC	Santiago	30/04/2022
108	<b>53.34</b>	PAZOS MALLO, DOLORES	AG-201755	106	1969	50	CASC	A Coruña	02/10/2022
109	<b>53.44</b>	SAN MARTIN FERNANDEZ, MARIA AMA	GA-768965	109	1949	70	EGOLU	A Coruña	02/10/2022
110	<b>53.57</b>	RODRIGUEZ DEL RIO, MARIA DE LOS	GA-717241	159	1957	60	SILC	Ourense	20/11/2022
111	<b>54.17</b>	ALVAREZ MARTINEZ, NURIA	AG-9858	145	1976	45	PUROR	A Coruña	24/04/2022
112	<b>54.50</b>	GARCIA FEIJOO DE SOTOMAYOR, NAT	AG-201888	126	1969	50	MCHC	A Coruña	02/10/2022
113	<b>55.13</b>	OTERO RODRIGUEZ, ADRIANA	AG-202837	133	1978	40	MCHC	A Coruña	02/10/2022
114	<b>55.13</b>	HERMIDA CARBALLO, ANA BELEN	AG-201696	135	1977	45	MCHC	A Coruña	02/10/2022
115	<b>55.13</b>	TELLA REY, ANA BELEN	AG-94	134	1974	45	MCHC	A Coruña	02/10/2022
116	<b>55.21</b>	RODRIGUEZ SOBRINO, CELINA	AG-766311	30	1958	60	MÑRPO	Ames	23/10/2022
117	<b>55.31</b>	ASOREY NIEVES, CARMEN	AG-14942	182	1970	50	ENTR	Ourense	20/11/2022
118	<b>55.47</b>	ESTEVEZ VAZQUEZ, ROSA	AG-11541	188	1975	45	CAMPO	Ourense	20/11/2022
119	<b>55.48</b>	VÁZQUEZ CALVO, NOELIA	AG-10425	143	1975	45	BERCO	A Coruña	02/10/2022
120	<b>56.09</b>	LOPEZ RODRIGUEZ, Mª INMACULADA	AG-201877	197	1970	50	TROOR	Ourense	20/11/2022

**CATEGORIA VETERÁN FEMININA**

**10 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
121	<b>56.22</b>	BARCÓN SANCHEZ, MARIA DEL MAR	GA-179	196	1963	55	MCHC A Coruña		24/04/2022
122	<b>56.23</b>	GARCIA MARTIN, MARIA	AG-14735	37	1983	35	CRR_P Marín		29/07/2022
123	<b>56.34</b>	PEREZ COMESAÑA, ANA ISABEL	AG-11769	103	1977	45	CDGPO Santiago		30/04/2022
124	<b>56.40</b>	RODRÍGUEZ FRANCISCO, RAQUEL	AG-10501	17	1977	45	PUROR San Cibrao das Viñas		18/12/2022
125	<b>56.45</b>	SALMONTE VARELA, ÁNGELES	AG-201866	43	1967	55	VAGC Carballo		05/06/2022
126	<b>56.45</b>	CASTRO CORES, CARMEN	AG-201866	44	1973	45	VAGC Carballo		05/06/2022
127	<b>57.02</b>	SOMME LOPEZ, SUSANA	GA-187	209	1972	50	MCHC A Coruña		24/04/2022
128	<b>57.04</b>	MOSCOSO FERNÁNDEZ, ALBA	AG-9354	160	1987	35	MCHC A Coruña		02/10/2022
129	<b>57.08</b>	LEAL GARRIDO, JOSEFA	AG-15405	14	1979	40	PUROR Xinzo de Limia		29/05/2022
130	<b>57.10</b>	MEIJIDE MARTINEZ, AMELIA	AG-9411	214	1963	55	CASC A Coruña		24/04/2022
131	<b>57.10</b>	LOPEZ PEÑA, AMERICA	AG-10523	111	1970	50	FONC Santiago		30/04/2022
132	<b>57.20</b>	BUJAN OTERO, SUSANA	AG-201928	31	1974	45	NTBC Ames		23/10/2022
133	<b>57.21</b>	FERNANDEZ CASAL, MARIA AIDA	GA-769384	###	1958	60	BUROR Ourense		20/11/2022
134	<b>57.26</b>	GOMEZ PRIETO, ROSI	AG-202624	170	1972	50	MCHC A Coruña		02/10/2022
135	<b>57.27</b>	DE ARRIBA BELLOGIN, BEGOÑA DE	GA-19107	171	1955	65	EGOLU A Coruña		02/10/2022
136	<b>57.33</b>	FERNÁNDEZ BLANCO, SILVIA	AG-15216	52	1985	35	SDCC Negreira		13/11/2022
137	<b>57.38</b>	OCA GONZÁLEZ, ANA	AG-202665	121	1978	40	CAIPO Santiago		30/04/2022
138	<b>57.38</b>	VILAR SEREN, LUPE	AG-202546	25	1956	65	CAMPO Ribeira		24/09/2022
139	<b>57.48</b>	BLANCO SANMARTIN, ANA MARIA	AG-1478	177	1966	55	MCHC A Coruña		02/10/2022
140	<b>57.49</b>	LOPEZ MOSTEIRO, ANA ISABEL	AG-202552	51	1973	45	PINPO Pontevedra		16/10/2022
141	<b>57.49</b>	GONZALEZ LOPEZ, AURORA	GA-246	42	1958	60	OUROR Santander		16/10/2022
142	<b>58.16</b>	GONZALEZ FERNANDEZ, M <sup>o</sup> JESUS	AG-15736	233	1958	60	INDE A Coruña		24/04/2022
143	<b>58.21</b>	PEREIRO GOMEZ, EVA MARIA	AG-769628	131	1971	50	VAGC Santiago		30/04/2022
144	<b>58.35</b>	ALDREY FERREIRO, BEATRIZ	AG-10116	134	1981	40	FONC Santiago		30/04/2022
145	<b>58.43</b>	FERNÁNDEZ MORO, COVADONGA	AG-11499	18	1971	50	PUROR San Cibrao das Viñas		18/12/2022
146	<b>58.54</b>	PEREZ GARCIA, MARIA DEL MAR	AG-12726	272	1972	50	CAMPO Ourense		20/11/2022
147	<b>58.54</b>	PIÑEIRO SANTORUM, ERNESTINA	AG-3578	273	1978	40	CAMPO Ourense		20/11/2022
148	<b>58.58</b>	VARELA ARROJO, TERESA	AG-202254	139	1961	60	FONC Santiago		30/04/2022
149	<b>59.01</b>	AMIGO FERREIRO, MARIA ELENA	AG-14897	27	1968	50	SDCC Ribeira		24/09/2022
150	<b>59.15</b>	GARCIA COLOMO, CRISTINA	AG-202045	286	1962	55	SAMPO Ourense		20/11/2022
151	<b>59.17</b>	MOUTA GONZALEZ, VANESA	AG-14834	288	1981	40	CAMPO Ourense		20/11/2022
152	<b>59.19</b>	VIGO LIÑARES, CONSUELO	AG-15078	56	1970	50	ENTR Negreira		13/11/2022
153	<b>59.20</b>	LOPEZ GIAO, ANA MARIA	AG-201697	206	1969	50	MCHC A Coruña		02/10/2022
154	<b>59.20</b>	ARMESTO PINEDO, RAQUEL	GA-769052	65	1975	45	CASC Pontevedra		16/10/2022
155	<b>59.21</b>	IGLESIAS PÉREZ, LAURA	AG-10936	19	1978	40	PUROR San Cibrao das Viñas		18/12/2022
156	<b>59.22</b>	LEON CAAMAÑO, JOAQUINA	AG-15746	145	1984	35	SERC Santiago		30/04/2022
157	<b>59.27</b>	BORRAJO CENDON, BEGOÑA	AG-12621	294	1977	45	PUROR Ourense		20/11/2022
158	<b>59.27</b>	JONES ROMERO, NURIA	AG-201517	293	1968	50	PUROR Ourense		20/11/2022
159	<b>59.48</b>	HERMIDA CARBALLO, MARIA	AG-201697	271	1975	45	MCHC A Coruña		24/04/2022
160	<b>1.00.36</b>	ALFONSO PITA, ROCÍO	TGAL-226	290	1975	45	ENKC A Coruña		24/04/2022

**CATEGORIA VETERÁN FEMININA**

**10 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
161	<b>1.00.37</b>	MOLDES , ROSA	TGAL-119	291	1969	50	OLEC	A Coruña	24/04/2022
162	<b>1.00.40</b>	GOYANES MARTÍNEZ, SUSANA	TGAL-117	292	1969	50	OLEC	A Coruña	24/04/2022
163	<b>1.00.52</b>	CASTRO CANDAMIO, MARÍA ASUNCIÓ	AG-9420	299	1974	45	CASC	A Coruña	24/04/2022
164	<b>1.00.52</b>	PARRALES FARIAS, YAJAIRA	AG-1104	235	1980	40	MCHC	A Coruña	02/10/2022
165	<b>1.01.05</b>	GONZALEZ MACEIRA, BEATRIZ	AG-202624	304	1972	50	MCHC	A Coruña	24/04/2022
166	<b>1.01.21</b>	POSE GOMEZ, MARÍA BELEN	AG-202822	237	1972	50	BOIC	A Coruña	02/10/2022
167	<b>1.01.32</b>	ÁLVAREZ CABIDO, MARÍA	AG-14680	351	1974	45	PUROR	Ourense	20/11/2022
168	<b>1.01.32</b>	LOSADA FERNÁNDEZ, EVA	AG-14658	20	1982	35	PUROR	San Cibrao das Viñas	18/12/2022
169	<b>1.01.34</b>	SORIANO GARCÍA, M <sup>a</sup> JOSÉ	AG-202354	310	1973	45	FOGC	A Coruña	24/04/2022
170	<b>1.01.34</b>	GONZALEZ VELAZTIQUI, NILDA	AG-16582	21	1976	45	PUROR	San Cibrao das Viñas	18/12/2022
171	<b>1.02.00</b>	GESTAL GOLÁN, SILVIA	TGAL-228	358	1975	45	ENKC	Ourense	20/11/2022
172	<b>1.02.10</b>	VÁZQUEZ VÁZQUEZ, MYRIAM	AG-10504	365	1970	50	PUROR	Ourense	20/11/2022
173	<b>1.03.16</b>	HERRERA TABOADA, VICTORIA	AG-202663	185	1967	55	CAI_O	Santiago	30/04/2022
174	<b>1.03.16</b>	PICÁNS BERMÚDEZ, MARÍA TERESA	AG-202664	184	1966	55	CAIPO	Santiago	30/04/2022
175	<b>1.03.43</b>	MONTERO FACAL, SUSANA	AG-10114	269	1978	40	BERCO	A Coruña	02/10/2022
176	<b>1.03.50</b>	SAINZ TRESGUERRAS, ISIS	AG-202774	33	1976	45	SARC	Ames	23/10/2022
177	<b>1.04.35</b>	ANSEDES DOMÍNGUEZ, LUCÍA	AG-766167	31	1965	55	NTBC	Ribeira	24/09/2022
178	<b>1.04.59</b>	MARTÍNEZ VEIGA, ANA	AG-14656	23	1975	45	PUROR	San Cibrao das Viñas	18/12/2022
179	<b>1.05.02</b>	SAINZ DE LA TORRE VILALTA, ANA	AG-201758	211	1966	55	VAGC	Santiago	30/04/2022
180	<b>1.05.02</b>	VÁZQUEZ FERNÁNDEZ, ANA MARÍA	AG-11716	210	1969	50	VAGC	Santiago	30/04/2022
181	<b>1.06.13</b>	PEREIRA RODRIGUEZ, ALMUDENA	AG-11773	220	1977	45	CDGPO	Santiago	30/04/2022
182	<b>1.07.13</b>	TRESGUERRAS GONZALEZ, ELVIRA	AG-202411	32	1952	70	SARC	Ribeira	24/09/2022
183	<b>1.08.05</b>	JUEGUEN LAGO, MARIA DEL CARMEN	GA-197	34	1973	45	AMEC	Ames	23/10/2022
184	<b>1.08.25</b>	PLATAS GROBAS, CRISTINA	TGAL-218	384	1979	40	ENKC	A Coruña	24/04/2022
185	<b>1.09.49</b>	PARDO MONTAÑA, MARIA JOSEFINA	AG-9872	239	1964	55	MRAC	Santiago	30/04/2022
186	<b>1.11.02</b>	RADIO GARCÍA, OLALLA	TGAL-94	508	1979	40	MEFLU	Ourense	20/11/2022
187	<b>1.11.02</b>	ARES GARCÍA, ANTONIA	TGAL-112	509	1986	35	MEFLU	Ourense	20/11/2022
188	<b>1.14.24</b>	FOLGUEIRA GONZÁLEZ, MARGARITA	TGAL-106	532	1967	55	MEFLU	Ourense	20/11/2022
189	<b>1.14.24</b>	IGLESIAS NÉCEGA, ELISA	TGAL-76	533	1952	70	MEFLU	Ourense	20/11/2022
190	<b>1.14.27</b>	FERNÁNDEZ COPA, MARÍA	TGAL-92	535	1981	40	MEFLU	Ourense	20/11/2022
191	<b>1.14.27</b>	GIL CASTRO, MARIA JESUS	TGAL-320	534	1975	45	MEFLU	Ourense	20/11/2022
192	<b>1.23.17</b>	MARTINEZ GARCIA, MERCEDES	TGAL-327	554	1957	65	MEFLU	Ourense	20/11/2022

**CATEGORIA VETERÁN FEMININA**

**5 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	<b>18.07</b>	DOMINGUEZ MONTES, BEGOÑA	GA-240	0	1984	35	OUROR	Laredo	19/03/2022
2	<b>18.27</b>	GONZALEZ VERDE, ARIANA	AG-768898	0	1983	35	SDTPO	Madrid	31/12/2022
3	<b>18.45</b>	CALLON TREUS, KARINA	GA-768569	0	1980	40	CASC	O Barco de Valdeorras	08/05/2022
4	<b>19.04</b>	FERNÁNDEZ BARREIROS, TINA	GA-37	0	1983	35	SARC	Santiago	30/04/2022
5	<b>19.19</b>	FERNANDEZ FONTENLA, IRIA	GA-765718	0	1981	40	ADAOR	O Barco de Valdeorras	08/05/2022
6	<b>19.31</b>	LEDO LOPEZ, ELENA	GA-20	6	1979	40	ADAOR	Pinto (Madrid)	23/10/2022
7	<b>19.36</b>	VAQUERO SOUSA, JULIA	GA-716983	0	1970	50	SDCC	O Barco de Valdeorras	08/05/2022
8	<b>19.38</b>	ALVITE FERREIRO, ROCIO	AG-202656	0	1980	40	SARC	Negreira	13/11/2022
9	<b>19.39</b>	LOSADA PÉREZ, VICTORINA	GA-202352	0	1984	35	OUROR	Laredo	19/03/2022
10	<b>19.46</b>	PAPIN ESTEVEZ, INES	GA-765817	0	1969	50	CASC	Negreira	13/11/2022
11	<b>20.11</b>	TASENDE ANDRADE, MARTINA	GA-202019	0	1980	40	VAGC	O Barco de Valdeorras	08/05/2022
12	<b>20.14</b>	PEON SANTOME, LUCIA	AG-2581	0	1982	40	AREOR	Porriño	01/05/2022
13	<b>20.21</b>	PEDROSA CARRETE, MARIA ESTHER	GA-10706	0	1961	60	CASTE	Laredo	19/03/2022
14	<b>20.31</b>	PRADA HERNANDEZ, CONCEPCION	GA-902	1	1976	45	ADAOR	O Barco de Valdeorras	06/11/2022
15	<b>20.32</b>	BARROSO PEREZ, BEATRIZ	AG-10474	0	1977	45	NOYC	Negreira	13/11/2022
16	<b>20.35</b>	PASTOR AMOROS, NURIA	GA-96	0	1966	55	LGRLU	O Barco de Valdeorras	08/05/2022
17	<b>20.36</b>	VALIN SANCHEZ, MARTA	GA-769206	0	1975	45	VRXLU	Ourense	20/11/2022
18	<b>20.55</b>	PAPIN ESTEVEZ, NOELIA	GA-765857	0	1974	45	CASC	Santiago	30/04/2022
19	<b>20.57</b>	CASTRO VILLAVERDE, MARIA TERESA	GA-764774	0	1968	50	NOYC	O Barco de Valdeorras	08/05/2022
20	<b>21.13</b>	TARRÍO MARTÍNEZ, MARÍA	GA-709	3	1977	40	SDCC	Ribeira	26/06/2022
21	<b>21.20</b>	CASTRO SOLIÑO, MARIA SOLEDAD	GA-9172	0	1965	55	COMPO	Negreira	13/11/2022
22	<b>21.24</b>	TEIJEIRO FERRO, SONIA	GA-202336	0	1971	50	OUROR	Ourense	20/11/2022
23	<b>21.37</b>	ROSALÉS ROSALES, PAULA	GA-885	0	1982	35	PINPO	O Barco de Valdeorras	08/05/2022
24	<b>21.41</b>	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	4	1973	45	SMIPO	Ribeira	26/06/2022
25	<b>21.45</b>	CONDE ALVAREZ, NEREA	AG-14931	0	1987	35	BUROR	Ourense	20/11/2022
26	<b>21.51</b>	NOVOA BARBOSA, MONICA	AG-202051	0	1973	45	RUNMA	Ourense	20/11/2022
27	<b>22.19</b>	LÓPEZ LÓPEZ, ROSALÍA	AG-10870	0	1987	35	LGRLU	Ourense	20/11/2022
28	<b>22.20</b>	MIGUENS OTERO, ELENA	AG-766075	0	1972	45	SARC	Negreira	13/11/2022
29	<b>22.42</b>	IGLESIAS SANTIAGO, ANGELES	AG-202571	0	1968	50	MÑRPO	Ourense	20/11/2022
30	<b>22.53</b>	PEREZ GONZALEZ, ELENA	AG-202052	0	1981	40	BUROR	Ourense	20/11/2022
31	<b>22.54</b>	DOMINGUEZ ROMAN, LUZ MARIA	GA-840	0	1962	60	BUROR	O Barco de Valdeorras	08/05/2022
32	<b>22.55</b>	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	0	1965	55	PUROR	Ourense	20/11/2022
33	<b>22.55</b>	LÓPEZ CALVO, MARÍA SONIA	AG-14784	0	1977	40	PUROR	Ourense	20/11/2022
34	<b>22.56</b>	DIEZ BERMUDEZ, SILVIA MARIA	GA-768998	0	1977	45	EGOLU	Negreira	13/11/2022
35	<b>23.00</b>	ESTEIRO RAMOS, PAULA	GA-478	0	1980	40	SDCC	Negreira	13/11/2022
36	<b>23.01</b>	CARRIL BOO, CRISTINA	AG-201867	0	1980	40	VAGC	Negreira	13/11/2022
37	<b>23.22</b>	MOJON BENAVIDES, MARTA	AG-2543	0	1985	35	AREOR	Laredo	19/03/2022
38	<b>23.22</b>	GONZÁLEZ VALEA, SONIA	GA-803	0	1976	45	RIBLU	O Barco de Valdeorras	08/05/2022
39	<b>23.24</b>	RIPOLL PERNAS, Mª ANGELES	GA-768824	0	1959	60	CASC	O Barco de Valdeorras	08/05/2022
40	<b>23.26</b>	RAMOS SUÁREZ, RAQUEL	AG-14902	0	1974	45	ADOC	Negreira	13/11/2022

**CATEGORIA VETERÁN FEMININA**

**5 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
41	<b>23.26</b>	PÉREZ MARTÍNEZ, ANA BELÉN	AG-14906	0	1974	45	ADOC	Negreira	13/11/2022
42	<b>23.27</b>	INSAURRALDE RAMÍREZ, ROSA VANES	AG-201935	11	1978	40	SILC	Negreira	13/11/2022
43	<b>25.14</b>	ALVAREZ ALVAREZ, REBECA	AG-202051	0	1974	45	BUROR	Ourense	20/11/2022
44	<b>25.14</b>	ALVAREZ FERNANDEZ, MERCHE	AG-14564	0	1974	45	RUNMA	Ourense	20/11/2022
45	<b>25.16</b>	ALCALDE BALDO, TANIA	AG-14892	0	1986	35	SDCC	Ourense	20/11/2022
46	<b>25.21</b>	DIAZ MESA, ROCIO	GA-809	0	1968	50	RIBLU	Ourense	20/11/2022
47	<b>25.43</b>	VAZQUEZ NOGUEIRAS, GUIOMAR	AG-11500	0	1978	40	PUROR	Ourense	20/11/2022
48	<b>25.49</b>	CAMPOS EIRÍN, MERCEDES	AG-14613	11	1977	45	MRÑPO	Ribeira	26/06/2022
49	<b>25.52</b>	DOMINGUEZ PEREIRA, PILAR	AG-202703	0	1967	55	VRXLU	Ourense	20/11/2022
50	<b>26.02</b>	TRABA LÓPEZ, MARÍA JOSÉ	AG-14907	0	1971	50	ADOC	Negreira	13/11/2022
51	<b>26.04</b>	PITA MARTÍNEZ, ESTEFANÍA	AG-12155	0	1983	35	LGRLU	Ourense	20/11/2022
52	<b>26.08</b>	NANÍN LÓPEZ, MARIA CRISTINA	GA-685	0	1965	55	BUROR	Ourense	20/11/2022
53	<b>26.41</b>	SANZ SANZ, MARTA	AG-14904	0	1978	40	ADOC	Negreira	13/11/2022
54	<b>26.49</b>	CONDE RODRÍGUEZ, CRISTINA	AG-9946	0	1977	40	PUROR	Ourense	20/11/2022
55	<b>27.01</b>	BUJAN OTERO, SUSANA	AG-201928	27	1974	45	NTBC	Negreira	13/11/2022
56	<b>27.02</b>	SERANTES CUIÑA, MARTA	AG-14756	0	1982	40	CAMPO	Ourense	20/11/2022
57	<b>27.10</b>	SALMONTE VARELA, ÁNGELES	AG-201866	28	1967	55	VAGC	Negreira	13/11/2022
58	<b>27.20</b>	CASTRO CORES, CARMEN	AG-201866	29	1973	45	VAGC	Negreira	13/11/2022
59	<b>27.20</b>	RODRIGUEZ DEL RIO, MARIA DE LOS	GA-717241	0	1957	60	SILC	Ourense	20/11/2022
60	<b>27.28</b>	AMIGO FERREIRO, MARIA ELENA	AG-14897	12	1968	50	SDCC	Ribeira	26/06/2022
61	<b>28.03</b>	DE ARRIBA BELLOGIN, BEGOÑA DE	GA-19107	2	1955	65	EGOLU	Pinto (Madrid)	23/10/2022
62	<b>28.18</b>	ASOREY NIEVES, CARMEN	AG-14942	0	1970	50	ENTR	Ourense	20/11/2022
63	<b>28.21</b>	FERNÁNDEZ BLANCO, SILVIA	AG-15216	0	1985	35	SDCC	Negreira	13/11/2022
64	<b>28.31</b>	LOPEZ RODRIGUEZ, Mª INMACULADA	AG-201877	0	1970	50	TROOR	Ourense	20/11/2022
65	<b>28.34</b>	VIGO LIÑARES, CONSUELO	AG-15078	0	1970	50	ENTR	Negreira	13/11/2022
66	<b>28.40</b>	ALVAREZ MARTINEZ, NURIA	AG-9858	0	1976	45	PUROR	Ourense	20/11/2022
67	<b>28.40</b>	ESPINOSA MENOR, MARÍA JESÚS	AG-9866	0	1968	50	PUROR	Ourense	20/11/2022
68	<b>28.55</b>	ZAPATA RODRIGUEZ, RAQUEL	AG-11596	0	1979	40	MRQPO	Ourense	20/11/2022
69	<b>29.06</b>	FERNANDEZ CASAL, MARIA AIDA	GA-769384	0	1958	60	BUROR	Ourense	20/11/2022
70	<b>29.10</b>	ESTEVEZ VAZQUEZ, ROSA	AG-11541	0	1975	45	CAMPO	Ourense	20/11/2022
71	<b>29.22</b>	LEAL GARRIDO, JOSEFA	AG-15405	0	1979	40	PUROR	Ourense	20/11/2022
72	<b>30.09</b>	BORRAJO CENDON, BEGOÑA	AG-12621	0	1977	45	PUROR	Ourense	20/11/2022
73	<b>30.12</b>	JONES ROMERO, NURIA	AG-201517	0	1968	50	PUROR	Ourense	20/11/2022
74	<b>30.12</b>	IGLESIAS PÉREZ, LAURA	AG-10936	0	1978	40	PUROR	Ourense	20/11/2022
75	<b>30.12</b>	FERNÁNDEZ MORO, COVADONGA	AG-11499	0	1971	50	PUROR	Ourense	20/11/2022
76	<b>30.18</b>	VILAR SEREN, LUPE	AG-202546	0	1956	65	CAMPO	Ourense	20/11/2022
77	<b>30.18</b>	PIÑEIRO SANTORUM, ERNESTINA	AG-3578	0	1978	40	CAMPO	Ourense	20/11/2022
78	<b>30.18</b>	PEREZ GARCIA, MARIA DEL MAR	AG-12726	0	1972	50	CAMPO	Ourense	20/11/2022
79	<b>30.19</b>	MOUTA GONZALEZ, VANESA	AG-14834	0	1981	40	CAMPO	Ourense	20/11/2022
80	<b>30.31</b>	VIGO LIÑARES, ANA	AG-201492	42	1969	50	ENTR	Negreira	13/11/2022



**CATEGORIA VETERÁN FEMININA**

**5 Km. Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
81	<b>30.32</b>	GARCIA COLOMO, CRISTINA	AG-202045	0	1962	55	SAMPO Ourense		20/11/2022
82	<b>30.35</b>	OCA GONZÁLEZ, ANA	AG-202665	0	1978	40	CAIPO Ourense		20/11/2022
83	<b>30.52</b>	ÁLVAREZ CABIDO, MARÍA	AG-14680	0	1974	45	PUROR Ourense		20/11/2022
84	<b>30.53</b>	RODRÍGUEZ FRANCISCO, RAQUEL	AG-10501	0	1977	45	PUROR Ourense		20/11/2022
85	<b>30.53</b>	VÁZQUEZ VÁZQUEZ, MYRIAM	AG-10504	0	1970	50	PUROR Ourense		20/11/2022
86	<b>31.23</b>	GESTAL GOLÁN, SILVIA	TGAL-228	0	1975	45	ENKC Ourense		20/11/2022
87	<b>31.24</b>	GONZALEZ VELAZTIQUI, NILDA	AG-16582	0	1976	45	PUROR Negreira		13/11/2022
88	<b>31.25</b>	GOYANES MARTÍNEZ, SUSANA	TGAL-117	0	1969	50	OLEC Ourense		20/11/2022
89	<b>31.34</b>	ALFONSO PITA, ROCÍO	TGAL-226	0	1975	45	ENKC Ourense		20/11/2022
90	<b>31.45</b>	POSE GOMEZ, MARÍA BELEN	AG-202822	0	1972	50	BOIC Ourense		20/11/2022
91	<b>32.45</b>	ANDRADE LAGO, MARÍA	AG-14908	50	1978	40	ADOC Negreira		13/11/2022
92	<b>34.18</b>	TRESGUERRAS GONZALEZ, ELVIRA	AG-202411	0	1952	70	SARC Negreira		13/11/2022
93	<b>36.05</b>	RADIO GARCÍA, OLALLA	TGAL-94	0	1979	40	MEFLU Ourense		20/11/2022
94	<b>36.06</b>	ARES GARCÍA, ANTONIA	TGAL-112	0	1986	35	MEFLU Ourense		20/11/2022
95	<b>38.52</b>	IGLESIAS NÉCEGA, ELISA	TGAL-76	0	1952	70	MEFLU Ourense		20/11/2022
96	<b>38.52</b>	FOLGUEIRA GONZÁLEZ, MARGARITA	TGAL-106	0	1967	55	MEFLU Ourense		20/11/2022
97	<b>38.54</b>	GIL CASTRO, MARIA JESUS	TGAL-320	0	1975	45	MEFLU Ourense		20/11/2022
98	<b>38.54</b>	FERNÁNDEZ COPA, MARÍA	TGAL-92	0	1981	40	MEFLU Ourense		20/11/2022
99	<b>41.58</b>	MARTINEZ GARCIA, MERCEDES	TGAL-327	0	1957	65	MEFLU Ourense		20/11/2022
100	<b>43.13</b>	RODRIGUEZ OLIVEIRA, ROCIO	GA-551	0	1983	35	DOMPO Porriño		01/05/2022

**CATEGORIA VETERÁN FEMININA**

**10 Km. Marcha Ruta**

#	MARCA	ATLETA	LIC.	PTO	ANO	CAT	CLUB	LUGAR	DATA
1	<b>44.50</b>	FERNÁNDEZ BARREIROS, TINA	GA-37	0	1983	35	SARC A Coruña		13/02/2022
2	<b>47.27</b>	RAMÍREZ DIEZ, AGUEDA	TGAL-79	0	1976	45	MEFLU A Coruña		13/02/2022
3	<b>48.35</b>	FIGUEROA FIGUEROA, MARÍA DEL RO	AG-202411	0	1981	40	SAMPO A Coruña		13/02/2022
4	<b>50.42</b>	GARCIA SANCHEZ, NATALIA	GA-769054	0	1977	40	CASC A Coruña		13/02/2022
5	<b>51.11</b>	RIVAS SUAREZ, NATALIA	GA-121	0	1977	45	VAGC A Coruña		13/02/2022
6	<b>53.09</b>	CONDE ALVAREZ, NEREA	AG-14931	0	1987	35	BUROR A Coruña		13/02/2022
7	<b>54.55</b>	COBELO ROMERO, ELISA	GA-182	0	1974	45	MCHC A Coruña		13/02/2022
8	<b>54.55</b>	RODRIGUEZ RODRIGUEZ, MANUELA	GA-629	0	1965	55	PUROR A Coruña		13/02/2022
9	<b>55.15</b>	CORREDOIRA BALEATO, MARIA	AG-768081	0	1974	45	SARC A Coruña		13/02/2022
10	<b>55.21</b>	LEIRO LOPEZ, MARIA SOLEDAD AURO	AG-14321	0	1973	45	SMIPO A Coruña		13/02/2022
11	<b>55.37</b>	DIAZ MESA, ROCIO	GA-809	0	1968	50	RIBLU A Coruña		13/02/2022
12	<b>56.27</b>	RODRIGUEZ BAZ, MARIA EMILIA	GA-80	7	1975	45	SDTPO A Pobra do Caramiñal		16/01/2022
13	<b>1.04.03</b>	POUSA CASTRO, MARIA SOLEDAD	GA-315	12	1971	50	OUROR A Pobra do Caramiñal		16/01/2022
14	<b>1.05.48</b>	DELGADO PAREDES, MARIA DOLORES	GA-317	13	1976	45	OUROR A Pobra do Caramiñal		16/01/2022
15	<b>1.08.52</b>	GRANDE OUTOMURO, MARIA HERMIN	GA-318	14	1974	45	OUROR A Pobra do Caramiñal		16/01/2022
16	<b>1.14.57</b>	JUEGUEN LAGO, MARIA DEL CARMEN	GA-197	17	1973	45	AMEC A Pobra do Caramiñal		16/01/2022





**CATEGORIA VETERÁN FEMININA**