



Fecha: 25/07/2023

Distancia: 5000m

CLASIFICACIÓN GENERAL

5 KM. CAMPO DA CABANA - FOZ



Posición	Dorsal	Nombre	Club/Localidad	Categoría	Pos. Categ.	Tiempo	Min/Km
1	1	RIO, SIMON	ATLETISMO RIA DE FOZ	MASTER "A"	1	00:15:32	3:06
2	3	ARIAS FREIJE, ALBERTO	INDEP. VEGADEO	MASTER "B"	1	00:15:33	3:06
3	6	LOPEZ VAZQUEZ, GERMAN	LUCUS CAIXA RURAL GALEGA	SENIOR MASCULINO	1	00:15:34	3:06
4	4	POUSADA TROITIÑO, JARNO	INDEP. LUGO	SENIOR MASCULINO	2	00:15:40	3:08
5	7	CANDO SANTOS, MARTIN	CIDADE DE LUGO FLUVIAL	SENIOR MASCULINO	3	00:15:51	3:10
6	2	TEIJIDO LOPEZ, ANTONIO	ATLETISMO RIA DE FOZ	MASTER "A"	2	00:15:59	3:11
7	59	FERNANDEZ SANCHEZ, CARLOS	INDEP. VIVEIRO	MASTER "A"	3	00:17:05	3:25
8	154	RUBIO MUÑOZ, JOSE ANTONIO	INDEPENDIENTE	MASTER "B"	2	00:17:11	3:26
9	184	VARELA RODRIGUEZ, BARTOLOMÉ	INDEP. LUGO	MASTER "B"	3	00:17:23	3:28
10	155	RUIZ MORA, CARLOS	INDEPENDIENTE	MASTER "A"	4	00:17:23	3:28
11	181	CODESAL JUL, MARCOS	INDEP. LUGO	MASTER "A"	5	00:17:39	3:31
12	9	CONDE LLENDERROZOS, MARCOS	CLUB ATLETISMO RIBADEO	MASTER "A"	6	00:17:40	3:32
13	40	COSTA VAZQUEZ, RAFAEL	CIDADE DE LUGO FLUVIAL	MASTER "A"	7	00:17:54	3:34
14	110	MONTES GARCIA, ROBERTO	CORREMONTES.ES	MASTER "A"	8	00:17:55	3:35
15	133	PRIETO ALVAREZ, MARCOS	INDEP. NAVIA	MASTER "A"	9	00:17:56	3:35
16	94	LOPEZ VAZQUEZ, LUIS	INDEP. GUITIRIZ	MASTER "B"	4	00:18:00	3:36
17	49	ESCOLANTE BILBAO, PEDRO	A.D SAN RAMÓN DE VILALBA	MASTER "A"	10	00:18:01	3:36
18	12	CELADA VILLARMEA, HELENA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	1	00:18:11	3:38
19	20	BANCIELLA ALVARO, MIGUEL ANGEL	INDEPENDIENTE	MASTER "B"	5	00:18:12	3:38
20	103	MENDEZ PAZ, JUAN LUIS	MADERAS BARCIA LOURENZA	MASTER "A"	11	00:18:26	3:41
21	32	CAMPO BAAMONDE, PABLO	INDEP. LUGO	MASTER "A"	12	00:18:29	3:41
22	168	VILLANUEVA GONZALEZ, BERNARDO	TOSCAF RECTA FINAL	MASTER "C"	1	00:18:31	3:42
23	69	GARCIA RODRIGUEZ, PABLO	REAL GRUPO DE CULTURA COVADONGA	SENIOR MASCULINO	4	00:18:32	3:42
24	90	LOPES SOUSA, EUNICIANO	CLUBE ATLETISMO VILALBA	MASTER "A"	13	00:18:33	3:42
25	160	TURNES CORDEIRO, JOSE MANUEL	NOSPORTLIMIT	MASTER "A"	14	00:18:33	3:42
26	13	TENREIRO ALVAREZ, BEATRIZ	TOSCAF RECTA FINAL	MASTER "A"	1	00:18:33	3:42
27	131	PICO FERNANDEZ, ALVARO	AUGAS SANTAS	MASTER "A"	15	00:18:35	3:43
28	72	GIL CASTRO, MANUEL	ATLETISMO RIA DE FOZ	MASTER "A"	16	00:18:38	3:43
29	11	SPENCER CONCEIÇÃO, ZELINDA	CLUBE ATLETISMO VILALBA	MASTER "A"	2	00:18:41	3:44
30	64	GARCIA GONZALEZ, BRAIS	CLUB ATLETISMO RIBADEO	SENIOR MASCULINO	5	00:18:53	3:46
31	126	PENELA CASTIÑEIRA, MARC	CLUB FLUVIAL MONTE SEGADE	SENIOR MASCULINO	6	00:18:57	3:47
32	65	GARCIA FERNANDEZ, JAVIER	CLUB ATLETISMO RIBADEO	MASTER "B"	6	00:18:59	3:47

Posición	Dorsal	Nombre	Club/Localidad	Categoría	Pos. Categ.	Tiempo	Min/Km
33	100	MARTINEZ GARCIA, RAFA	TOSCAF RECTA FINAL	MASTER "B"	7	00:19:01	3:48
34	62	FREJE MARIÑO, YAGO	CLUB ATLETISMO RIBADEO	SENIOR MASCULINO	7	00:19:01	3:48
35	114	MURADO, OSCAR	INDEP. RIORTORTO	MASTER "B"	8	00:19:03	3:48
36	75	GOMEZ PEREZ, MARCOS	CLUB ATLETISMO RIBADEO	MASTER "A"	17	00:19:17	3:51
37	109	MONTERO ARRANZ, PAULINO	INDEPENDIENTE	MASTER "C"	2	00:19:19	3:51
38	119	OROZCO VAZQUEZ, JOSE ANTONIO	INDEP. MONFORTE	MASTER "B"	9	00:19:20	3:52
39	18	AMORIN MONTERO, DAVID	INDEP. GIJON	MASTER "B"	10	00:19:21	3:52
40	136	REBOLO CASTRO, ALEJANDRO	CIDADE DE LUGO FLUVIAL	MASTER "B"	11	00:19:29	3:53
41	46	DIAZ MUÑIZ, CESAR	INDEP. OVIEDO	SENIOR MASCULINO	8	00:19:48	3:57
42	105	MENENDEZ FERNANDEZ, ALBERTO	INDEP. OVIEDO	MASTER "A"	18	00:19:48	3:57
43	145	RIVAS RODRIGUEZ, MARCOS	INDEPENDIENTE	MASTER "A"	19	00:19:52	3:58
44	112	MONTESERIN ARDURA, LUCIA	TOSCAF RECTA FINAL	SENIOR FEMENINO	2	00:19:55	3:59
45	177	RABADE BLANCO, DIEGO	INDEP. COSPEITO	SENIOR MASCULINO	9	00:19:58	3:59
46	166	VEIGA PIÑEIRO, EMILIO	CIDADE DE LUGO FLUVIAL	MASTER "C"	3	00:20:06	4:01
47	15	TRILLO, CARLA	ATLETISMO RIA DE FOZ	MASTER "A"	3	00:20:07	4:01
48	78	GONZALEZ DIAZ, JOSE MANUEL	ATLETISMO RIA DE FOZ	MASTER "C"	4	00:20:08	4:01
49	151	RODRIGUEZ VALEA, JACOBO	ATLETISMO RIA DE FOZ	MASTER "A"	20	00:20:09	4:01
50	141	RIO PEREIRA, YAGO DANIEL	INDEPENDIENTE	SENIOR MASCULINO	10	00:20:18	4:03
51	80	GONZALEZ JIMENEZ, BORJA	INDEP. RIVAS-VACIAMADRID	MASTER "A"	21	00:20:22	4:04
52	71	GAVIN BRAÑA, RODRIGO	INDEPENDIENTE	MASTER "A"	22	00:20:25	4:05
53	51	FARIAS FORNEIRO, PATRICIO	CLUB TRIATLON CIDADE DE LUGO FLUVIA	MASTER "B"	12	00:20:26	4:05
54	77	GONZALEZ BERDASCO, MARCOS	INDEP. TINEO	SENIOR MASCULINO	11	00:20:28	4:05
55	61	FERNANDEZ VEIGA, LUIS	VERXEL NUTRICION DEPORTIVA	MASTER "C"	5	00:20:32	4:06
56	152	RODRIGUEZ VILA, DAVID	INDEPENDIENTE	MASTER "A"	23	00:20:35	4:07
57	37	CELEIRO COMENDEIRO, MATEO	INDEP. LUGO	SENIOR MASCULINO	12	00:20:43	4:08
58	83	GRAÑA, LUIS	CLUB ATLETISMO LOURENZA	MASTER "B"	13	00:20:47	4:09
59	43	DEL VALLE RODRIGUEZ-NORIEGA, ISAAC	PILOÑA.DEPORTE	MASTER "C"	6	00:21:04	4:12
60	173	VIÑAS ROMERO, ALEJANDRO	INDEP. LUGO	MASTER "B"	14	00:21:06	4:13
61	169	VILLAPOL IRAVEDRA, XABIER	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	13	00:21:08	4:13
62	179	ANLLO PEREZ, RUBEN	INDEP. LUGO	MASTER "B"	15	00:21:08	4:13
63	82	GRANDA NIETO, JOSE ANGEL	ATLETISMO RIA DE FOZ	MASTER "B"	16	00:21:15	4:15
64	76	GOMEZ RODRIGUEZ, ESTEBAN	INDEP. LUGO	MASTER "B"	17	00:21:20	4:16
65	70	GARCIA SUAREZ, JUAN A	GC AS FIGUEIRAS	MASTER "B"	18	00:21:23	4:16
66	176	YAÑEZ LAMAS, JUAN CARLOS	CORRE POR BEGONTE	MASTER "B"	19	00:21:29	4:17
67	29	CABANELA RAMUDO, MONICA	INDEPENDIENTE	SENIOR FEMENINO	3	00:21:40	4:20
68	165	VAZQUEZ PAMPIN, MARCOS	RUN RUN MONTERROSO	MASTER "A"	24	00:21:41	4:20
69	95	LOPEZ VILLAR, LOURDES	CLUB ATLETISMO RIBADEO	SENIOR FEMENINO	4	00:21:41	4:20
70	58	FERNANDEZ GONZALEZ, JAIME JESUS	AS FIGUEIRAS DEPORTIVA	SENIOR MASCULINO	14	00:21:43	4:20
71	111	MONTESERIN RODRIGUEZ, ALFREDO	INDEP. LUARCA	MASTER "B"	20	00:21:45	4:21

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72	153	RODRIGUEZ-GIGIREY VILLAR, ROSALIA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	5	00:21:48	4:21
73	104	MENDEZ PIÑEIRUA, LEANDRO	ATLETISMO RIA DE FOZ	MASTER "C"	7	00:21:52	4:22
74	174	VIZOSO, VANESA	ATLETISMO RIA DE FOZ	MASTER "A"	4	00:21:54	4:22
75	44	DIAZ DIAZ, JULIO	INDEP. MURAS	MASTER "A"	25	00:21:57	4:23
76	134	QUELLE FRA, ADRIAN	INDEPENDIENTE	MASTER "A"	26	00:21:57	4:23
77	55	FERNANDEZ GARCIA, DIEGO	INDEP. SADA	MASTER "A"	27	00:22:01	4:24
78	57	FERNANDEZ GOMEZ, JAVIER	MV FOTO	SENIOR MASCULINO	15	00:22:01	4:24
79	178	MONTERO SANTOVEÑA, GUSTAVO	INDEP. FOZ	MASTER "B"	21	00:22:03	4:24
80	97	MARTIN DUEÑAS, IÑAKI	SAN BARTOLO RUNNERS	MASTER "A"	28	00:22:03	4:24
81	118	OCHOA SERRANO, ALBA	INDEP. TOBARRA	MASTER "A"	5	00:22:03	4:24
82	53	FERNANDEZ ARAUJO, PABLO	INDEP. LUGO	MASTER "A"	29	00:22:05	4:25
83	25	BUJAN CARBALLO, IVAN	INDEP. PARAMO	MASTER "A"	30	00:22:07	4:25
84	149	RODRIGUEZ FERNANDEZ, OLIVER	INDEP. NAVIA	SENIOR MASCULINO	16	00:22:10	4:26
85	86	JONES, ARTHUR	INDEPENDIENTE	MASTER "A"	31	00:22:18	4:27
86	74	GOMEZ JIMENEZ, JUAN PABLO	INDEP. PINTO	SENIOR MASCULINO	17	00:22:18	4:27
87	52	FERNANDEZ ALVAREZ, ANGEL	ASOCIACIÓN DEPORTIVA AS FIGUEIRAS	SENIOR MASCULINO	18	00:22:26	4:29
88	171	VILLARES PEREZ, CARLOS	PEÑA LAR TRAIL	MASTER "B"	22	00:22:29	4:29
89	17	ALONSO DOVALE, IÑAKI	INDEP. OUROL	SENIOR MASCULINO	19	00:22:33	4:30
90	127	PEREDA GARCIA, IGOR	ENKARTERRI TRIATLOI	MASTER "B"	23	00:22:43	4:32
91	180	VARELA VIÑA, JAVIER	INDEP. LUGO	MASTER "B"	24	00:22:44	4:32
92	39	COE, CLELLAN	INDEP. SIERO	MASTER "C"	1	00:22:45	4:33
93	16	ACEBEDO CORNIDE, JOSE LUIS	CIDADE DE LUGO FLUVIAL	MASTER "C"	8	00:22:45	4:33
94	163	VALLINA SANCHEZ, MANUEL JESUS	INDEP. GIJON	MASTER "C"	9	00:22:46	4:33
95	167	VIDAL, MANUEL	INDEPENDIENTE	MASTER "A"	32	00:22:51	4:34
96	35	CASAS PERNAS, ADRIAN	ATLETISMO RIA DE FOZ	MASTER "A"	33	00:22:54	4:34
97	91	LOPEZ FERREIRO, LUIS MIGUEL	INDEP. LUGO	MASTER "B"	25	00:23:08	4:37
98	60	FERNANDEZ SANTIAGO, RUBEN	NOSPORTLIMIT	MASTER "A"	34	00:23:08	4:37
99	182	PORTELA SILVA, JAVIER	INDEP. MADRID	MASTER "B"	26	00:23:08	4:37
100	93	LOPEZ VAZQUEZ, JOSE RAMON	INDEP. LUGO	MASTER "C"	10	00:23:13	4:38
101	144	RIVAS POMBO, MARCELINO	CORREXALLAS	MASTER "A"	35	00:23:20	4:40
102	147	RODRIGUEZ FERNANDEZ, ESTEBAN	INDEP. RIBADEO	MASTER "A"	36	00:23:23	4:40
103	19	ANDRADA MOLINA, MARTIN	INDEP. SESEÑA	MASTER "B"	27	00:23:25	4:41
104	81	GONZALEZ VALEA, SONIA	CLUB ATLETISMO RIBADEO	MARTER "B"	1	00:23:31	4:42
105	101	MELON SARMIENTO, PATRICIA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	6	00:23:36	4:43
106	63	GALDON, PATRICIA	TOXIZA CLUBE DE MONTANA	MARTER "B"	2	00:23:39	4:43
107	67	GARCIA LOPEZ, MIGUEL ANGEL	TOXIZA CLUBE DE MONTAÑA	MASTER "A"	37	00:23:40	4:44
108	138	REGUERA NADELA, PILAR	INDEP. LUGO	MASTER "C"	2	00:23:45	4:45
109	102	MENDEZ BELLON, LAURA	INDEP. NARÓN	MASTER "A"	6	00:23:57	4:47
110	170	VILLAR BASANTA, MARTA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	7	00:24:04	4:48

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111	96	MARAGOTO POLO, JOSE ANTONIO	INDEPENDIENTE	MASTER "B"	28	00:24:11	4:50
112	79	GONZALEZ GONZALEZ, PAULA	INDEPENDIENTE	MASTER "A"	7	00:24:11	4:50
113	120	ORTEGA BARRETO, VICENTA	INDEP. MONFORTE	MARTER "B"	3	00:24:20	4:52
114	21	BAQUERO REY, MARCOS	INDEP. LUGO	MASTER "A"	38	00:24:27	4:53
115	143	RIO RUBAL, VANESSA	INDEPENDIENTE	MASTER "A"	8	00:24:34	4:54
116	140	REY PRIETO, ADRIAN	INDEPENDIENTE	MASTER "A"	39	00:24:35	4:55
117	42	DEL VALLE QUINCE, CARLOS	PILOÑA.DEPORTE	MASTER "C"	11	00:24:50	4:58
118	117	NIÑE, JAVIER	TOXIZA CLUBE DE MONTANA	MASTER "A"	40	00:24:55	4:59
119	129	PEREZ REY, SANTIAGO	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	20	00:25:01	5:00
120	124	PENA DA COSTA, ROBERTO	INDEP. JAÉN	SENIOR MASCULINO	21	00:25:21	5:04
121	68	GARCIA MIGUEZ, RAQUEL	INDEPENDIENTE	MARTER "B"	4	00:25:22	5:04
122	24	BEN MASEDA, JAVIER	INDEP. LUGO	MASTER "B"	29	00:25:29	5:05
123	50	ESLAVA MARTIN, DIEGO	INCEP. CARMONA	SENIOR MASCULINO	22	00:25:41	5:08
124	30	CALVO GUZMAN, SERGIO	INDEP. SEVILLA	SENIOR MASCULINO	23	00:25:41	5:08
125	162	VALDES GONZALEZ, ALBERTO	ATLETISMO RIA DE FOZ	MASTER "C"	12	00:25:45	5:09
126	108	MIGUEL MARTIN, SERGIO	INDEPENDIENTE	MASTER "A"	41	00:25:56	5:11
127	84	GUTIERREZ OLIET, GERMAN	INDEPENDIENTE	SENIOR MASCULINO	24	00:25:58	5:11
128	85	GUTIERREZ VICEN, GERMAN	INDEPENDIENTE	MASTER "C"	13	00:25:59	5:11
129	26	CABADO ESTRAVIZ, SANTIAGO	INDEP. LUGO	MASTER "C"	14	00:26:07	5:13
130	113	MORA LAJARIN, JOSE MANUEL	INDEPENDIENTE	MASTER "C"	15	00:26:16	5:15
131	159	TRASEIRA VILAR, ALFONSO	INDEP. LUGO	MASTER "C"	16	00:26:40	5:20
132	175	YAÑEZ FANEGO, ANTIA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	8	00:26:49	5:21
133	183	CASTELLANO CASAS, JULIAN	NUNCA CORRERÁS SOLO	MASTER "C"	17	00:26:49	5:21
134	148	RODRIGUEZ FERNANDEZ, JESUS	TOXIZA CLUBE DE MONTANA	SENIOR MASCULINO	25	00:26:50	5:22
135	150	RODRIGUEZ FERRO, PATRICIA	INDEP. LUGO	MASTER "A"	9	00:26:51	5:22
136	33	CANCELEIRO, CANCELEIRO	TOXIZA CLUBE DE MONTANA	MASTER "B"	30	00:26:53	5:22
137	48	EIRAS FERNANDEZ, RAMON	INDEPENDIENTE	MASTER "C"	18	00:26:57	5:23
138	130	PEREZ VAL, RUBEN	ATLETISMO RIA DE FOZ	MASTER "B"	31	00:26:57	5:23
139	99	MARTINEZ BALTAR, EVA	MADERAS BARCIA LOURENZA	MARTER "B"	5	00:27:12	5:26
140	156	SANTE, SILVANA	INDEP. LUGO	MASTER "A"	10	00:27:15	5:27
141	38	CEREIJO ARIAS, ELVIRA	CORRE POR BEGONTE	MARTER "B"	6	00:27:26	5:29
142	161	VALBUENA, ESTHER	INDEPENDIENTE	MASTER "A"	11	00:27:34	5:30
143	135	QUINCECAMINO, ROCIO	PILOÑA.DEPORTE	MASTER "B"	32	00:27:45	5:33
144	164	VARELA DE LA TORRE, GONZALO	PELUQUERÍA TESOIRAS	MASTER "B"	33	00:27:52	5:34
145	157	STREICHER, VOLKER	INDEPENDIENTE	MASTER "B"	34	00:27:53	5:34
146	98	MARTIN RIVAS, RAUL	INDEPENDIENTE	SENIOR MASCULINO	26	00:27:58	5:35
147	142	RIO BRAÑA, ISABEL	INDEP. LUGO	MASTER "A"	12	00:28:03	5:36
148	87	LAGO LAMAS, FERNANDO	CLUB ATLETISMO LOURENZA	MASTER "B"	35	00:28:06	5:37
149	106	MERINO SEBASTIAN, VICENTE	MV FOTO	MASTER "C"	19	00:28:19	5:39

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150	132	PIÑEIROA LORENZO, DAVID	INDEPENDIENTE	SENIOR MASCULINO	27	00:28:38	5:43
151	115	NAVALPOTRO MATAMALA, EUGENIO	INDEPENDIENTE	MASTER "C"	20	00:28:41	5:44
152	139	REIGOSA, MERCE	INDEP. RIBADEO	MARTER "B"	7	00:28:54	5:46
153	88	LARRIER LASTRA, VANESA	INDEP. RIBADEO	MASTER "A"	13	00:29:14	5:50
154	22	BAUMGARTNER LUCERO, LAURA	INDEPENDIENTE	SENIOR FEMENINO	9	00:29:17	5:51
155	23	BAUMGARTNER TARGHETTA, CESAR	INDEPENDIENTE	MASTER "C"	21	00:29:17	5:51
156	121	OTERO, BRAIS	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	28	00:29:33	5:54
157	122	OTERO ALVAREZ, SARA	INDEPENDIENTE	SENIOR FEMENINO	10	00:29:33	5:54
158	89	LESTEGAS, INMA	ATLETISMO RIA DE FOZ	MARTER "B"	8	00:29:34	5:54
159	107	MIELGO GARCIA, BELEN	INDEP. VALLADOLID	SENIOR FEMENINO	11	00:29:47	5:57
160	56	FERNANDEZ GARCIA, MANUEL	ATLETISMO RIA DE FOZ	MASTER "C"	22	00:29:54	5:58
161	45	DIAZ LOPEZ, ISABEL	INDEP. RIBADEO	MASTER "A"	14	00:30:01	6:00
162	66	GARCIA FERREIRO, ELISA	INDEP. VALLADOLID	MASTER "C"	3	00:30:11	6:02
163	31	CALVO PICO, ARSENIO	INDEPENDIENTE	MASTER "C"	23	00:30:11	6:02
164	73	GOMEZ CUENDA, MARGA	INDEP. GETAFE	MASTER "A"	15	00:31:12	6:14
165	27	CABADO GOAS, SANTIAGO	INDEP. LUGO	SENIOR MASCULINO	29	00:32:46	6:33
166	137	REGUEIRO CRUZ, SUSANA	INDEPENDIENTE	MARTER "B"	9	00:37:53	7:34

De 183 participantes, 166 han terminado la carrera.

25/07/23