



Fecha: 23/12/2023

Distancia: 5000m

CLASIFICACIÓN GENERAL

VIII RUN FOZ RUN NADAL 2023



Posición	Dorsal	Nombre	Club/Localidad	Categoría	Pos. Categ.	Tiempo	Min/Km
1	119	POUSADA TROITIÑO, JARNO	CIDADE DE LUGO FLUVIAL	SENIOR MASCULINO	1	00:16:06	3:13
2	6	ARIAS FREIJE, ALBERTO	INDEP. VEGADEO	MASTER "B"	1	00:16:24	3:16
3	11	BASANTA FOUZ, ESTEBAN	CIDADE DE LUGO FLUVIAL	SENIOR MASCULINO	2	00:16:26	3:17
4	138	RODRIGUEZ PUENTE, XIAN	INDEP. PONTENOVA	SENIOR MASCULINO	3	00:17:03	3:24
5	94	MELLO BIRKHAN, JACI AUGUSTO	INDEP. ARTEIXO	MASTER "A"	1	00:17:07	3:25
6	114	PEREZ PEREZ, MANUEL	INDEP. BARREIROS	MASTER "A"	2	00:17:21	3:28
7	76	GRIÑAN CARAVACA, MANUEL	CLUB ATLETISMO SUANZES SAN BLAS	MASTER "B"	2	00:17:26	3:29
8	151	VAL VILLARINO, DELIO	INDEP. BARREIROS	MASTER "B"	3	00:17:26	3:29
9	51	FERNANDEZ SANCHEZ, CARLOS	INDEP. VIVEIRO	MASTER "A"	3	00:17:28	3:29
10	31	CONDE LLENDERROZOS, MARCOS	CLUB ATLETISMO RIBADEO	MASTER "A"	4	00:17:30	3:30
11	30	CHAVES MON, RAMIRO	MADERAS BARCIA LOURENZA	MASTER "A"	5	00:17:41	3:32
12	59	GARCIA GONZALEZ, BRAIS	CLUB ATLETISMO RIBADEO	SENIOR MASCULINO	4	00:17:44	3:32
13	120	POUSADA TROITIÑO, MARCO	CIDADE DE LUGO FLUVIAL	SENIOR MASCULINO	5	00:18:02	3:36
14	60	GARCIA BANIELA, PABLO	CLUB ATLETISMO LOURENZA	MASTER "A"	6	00:18:09	3:37
15	89	LOPEZ MUIÑA, SERGIO	FLUVIAL DE LUGO MONTE SEGADE	SENIOR MASCULINO	6	00:18:17	3:39
16	15	BELLO YAÑEZ, DIEGO	INDEP. VILALBA	SENIOR MASCULINO	7	00:18:18	3:39
17	117	PICO FERNANDEZ, ALVARO	AUGAS SANTAS	MASTER "A"	7	00:18:24	3:40
18	103	MURADO EXPOSITO, OSCAR	INDEP. LUGO	MASTER "B"	4	00:18:26	3:41
19	78	GUERRERO MANSO, SARA	AD NAUTICO DE NARON	SENIOR FEMENINO	1	00:18:33	3:42
20	110	PARDO MONTERO, ALBERTO	INDEP. VILA DE CRUCES	SENIOR MASCULINO	8	00:18:35	3:43
21	77	GUDIN, MARIO	CAO NAVIA	SENIOR MASCULINO	9	00:18:37	3:43
22	27	CELADA VILLARMEA, HELENA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	2	00:18:48	3:45
23	126	REBOLO CASTRO, ALEJANDRO	CIDADE DE LUGO FLUVIAL	MASTER "B"	5	00:18:48	3:45
24	160	PRIETO ALVAREZ, MARCOS	INDEP. NAVIA	SENIOR MASCULINO	10	00:18:50	3:46
25	150	TURNES CORDEIRO, JOSE MANUEL	ATLETISMO RIA DE FOZ	MASTER "A"	8	00:18:59	3:47
26	107	OTERO, BRAIS	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	11	00:19:05	3:49
27	124	RAMIREZ LAVIN, ADRIAN	TOXIZA CLUBE DE MONTANA	SENIOR MASCULINO	12	00:19:10	3:50
28	112	PENELA CASTIÑEIRA, MARC	FLUVIAL DE LUGO MONTE SEGADE	SENIOR MASCULINO	13	00:19:12	3:50
29	50	FERNANDEZ RIVAS, JOSE ANTONIO FERNANDEZ RI	MADERAS BARCIA LOURENZA	MASTER "A"	9	00:19:14	3:50
30	149	TRILLO, CARLA	ATLETISMO RIA DE FOZ	MASTER "A"	1	00:19:16	3:51
31	39	DOURAL GOMEZ, JORGE	TOXIZA CLUBE DE MONTANA	MASTER "B"	6	00:19:17	3:51
32	61	GARCIA FERNANDEZ, JAVIER	CLUB ATLETISMO RIBADEO	MASTER "B"	7	00:19:26	3:53

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33	3	AMORIN MONTERO, DAVID	INDEP. GIJÓN	MASTER "A"	10	00:19:52	3:58
34	121	PUMARES MARRUBE, PEDRO	AS ESCONDIDAS	MASTER "B"	8	00:19:57	3:59
35	131	RIO PEREIRA, YAGO DANIEL	INDEP. FERROL	SENIOR MASCULINO	14	00:19:59	3:59
36	148	TEMBRAS ALONSO, DAVID	CLUB DALLE GAS RUNNING TEAM	MASTER "A"	11	00:20:01	4:00
37	153	VIDAL REIGOSA, MIGUEL ANGEL	CLUB ATLETISMO LOURENZA	MASTER "B"	9	00:20:03	4:00
38	155	VILLARES PEREZ, CARLOS	INDEP. CERVO	MASTER "B"	10	00:20:09	4:01
39	56	FERREIRO RODRIGUEZ, IBAN	INDEP. FOZ	MASTER "A"	12	00:20:32	4:06
40	65	GAVIN BRAÑA, ROI	INDEP. FOZ	MASTER "A"	13	00:20:33	4:06
41	101	MOREDA LEIRADO, RAMON ALBERTO	INDEP. FOZ	MASTER "A"	14	00:20:38	4:07
42	70	GONZALEZ DIAZ, JOSE MANUEL	ATLETISMO RIA DE FOZ	MASTER "C"	1	00:20:40	4:08
43	135	ROBLES PAGAN, FRANCISCO JAVIER	INDEP. FOZ	MASTER "A"	15	00:20:44	4:08
44	49	FERNANDEZ PENA, PABLO	INDEP. FOZ	SENIOR MASCULINO	15	00:20:47	4:09
45	43	FARIAS FORNEIRO, PATRICIO	CLUB TRIATLON CIDADE DE LUGO FLUVIA	MASTER "B"	11	00:20:48	4:09
46	139	RODRIGUEZ VALEA, JACOBO	ATLETISMO RIA DE FOZ	MASTER "A"	16	00:20:50	4:10
47	25	CARREIRA NUÑEZ, JOSE MANUEL	CLUB ATLETISMO LOURENZA	MASTER "B"	12	00:21:00	4:12
48	137	RODRIGUEZ GIL, XIL	INDEP. AMES	MASTER "B"	13	00:21:02	4:12
49	157	VIZOSO, VANESA	ATLETISMO RIA DE FOZ	MASTER "A"	2	00:21:04	4:12
50	36	DIAZ URBIETA, ANTONIO	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	16	00:21:04	4:12
51	82	LANZOS PIÑEIROA, RAMON	TOXIZA CLUBE DE MONTANA	MASTER "A"	17	00:21:05	4:13
52	46	FERNANDEZ DIAZ, JAVIER	TOXIZA CLUBE DE MONTANA	MASTER "A"	18	00:21:07	4:13
53	109	OUTEIRO, RICARDO	INDEP. FOZ	MASTER "B"	14	00:21:15	4:15
54	55	FERNANDEZ VEIGA, LUIS	VERXEL NUTRICION DEPORTIVA	MASTER "C"	2	00:21:17	4:15
55	100	MONTERO SANTOVEÑA, GUSTAVO ALBERTO	INDEP. FOZ	MASTER "B"	15	00:21:19	4:15
56	154	VILLAPOL IRAVEDRA, XABIER	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	17	00:21:23	4:16
57	71	GONZALEZ FOLGUEIRA, MARTIN	CLUB ATLETISMO CASTRO	SENIOR MASCULINO	18	00:21:23	4:16
58	24	CARRASCAL INCERA, ANDRE	INDEP. GIJÓN	MASTER "A"	19	00:21:27	4:17
59	37	DIZ MEDELA, JORGE	ATLETISMO RIA DE FOZ	MASTER "A"	20	00:21:28	4:17
60	158	VIZOSO RIO, RAMON	CLUB ATLETISMO SADA	MASTER "B"	16	00:21:31	4:18
61	53	FERNANDEZ SANTIAGO, RUBEN	NOSPORTLIMIT	MASTER "A"	21	00:21:31	4:18
62	99	MONTERO BARRERA, JOSE	TOXIZA CLUBE DE MONTANA	MASTER "B"	17	00:21:33	4:18
63	80	IRIMIA REGA, PABLO	MADERAS BARCIA LOURENZA	SENIOR MASCULINO	19	00:21:38	4:19
64	118	PORTAS MUINELO, CESAR	INDEP. LUGO	MASTER "A"	22	00:21:43	4:20
65	26	CASTRO CABEZA, MARCOS	ATLETAS DE ACEA DE AMA	MASTER "A"	23	00:21:45	4:21
66	143	SORDO ROCHA, PABLO JAVIER	MADERAS BARCIA LOURENZA	MASTER "A"	24	00:21:45	4:21
67	66	GEY SEGADÉ, SANTIAGO MANUEL	S.D. BARBANTIA RODA	SENIOR MASCULINO	20	00:21:59	4:23
68	122	QUELLE, ADRIAN	INDEP. BURELA	MASTER "A"	25	00:22:05	4:25
69	17	BLANCO PENA, FINITA	CD 21 LEGUAS	MASTER "B"	1	00:22:08	4:25
70	74	GONZALEZ VAZQUEZ, JOSE ANTONIO	INDEP. BURELA	SENIOR MASCULINO	21	00:22:10	4:26
71	129	REINA, VICTOR	AD NAUTICO DE NARON	MASTER "A"	26	00:22:19	4:27

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72	75	GRANDA NIETO, JOSE ANGEL	ATLETISMO RIA DE FOZ	MASTER "B"	18	00:22:24	4:28
73	44	FERNANDEZ ALVAREZ, JAVIER	TOXIZA CLUBE DE MONTANA	MASTER "B"	19	00:22:27	4:29
74	32	CORRAL FRANCO, SONIA	CLUB DALLE GAS RUNNING TEAM	MASTER "A"	3	00:22:29	4:29
75	48	FERNANDEZ LOPEZ, DAVID	INDEP. CULLEREDO	SENIOR MASCULINO	22	00:22:30	4:30
76	1	ALONSO DOVALE, IÑAKI	INDEP. OUROL	SENIOR MASCULINO	23	00:22:30	4:30
77	58	GALDON RODRIGUEZ, PATRICIA	TOXIZA CLUBE DE MONTANA	MASTER "B"	2	00:22:30	4:30
78	105	NOCHE FRAGA, RAMON	INDEP. REDONDELA	MASTER "A"	27	00:22:33	4:30
79	90	LOPEZ VILLAR, LOURDES	CLUB ATLETISMO RIBADEO	SENIOR FEMENINO	3	00:22:35	4:31
80	8	BALSEIRO PITA, CRISTOVO	CLUB ATLETISMO SADA	MASTER "B"	20	00:22:35	4:31
81	140	RODRIGUEZ VEIGA, FCO JAVIER	INDEP. RIBADEO	MASTER "B"	21	00:22:40	4:32
82	73	GONZALEZ VALEA, SONIA	CLUB ATLETISMO RIBADEO	MASTER "B"	3	00:22:42	4:32
83	86	LOEZ EXPOSITO, BRUNO	CLUB ATLETISMO LOURENZA	MASTER "B"	22	00:22:47	4:33
84	106	NOVO VARELA, LAURA	CIDADE DE LUGO FLUVIAL	MASTER "A"	4	00:22:47	4:33
85	35	DIAZ TOLEDO, GINES	CIDADE DE LUGO FLUVIAL	SENIOR MASCULINO	24	00:23:05	4:37
	161	CARRILLO MELON, AMELIA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO		00:23:09	4:37
86	45	FERNANDEZ CENDOYA, CONCEPCION	ATLETISMO RIA DE FOZ	MASTER "B"	4	00:23:36	4:43
87	10	BASANTA FOUZ, CAROLINA	CIDADE DE LUGO FLUVIAL	SENIOR FEMENINO	4	00:23:40	4:44
88	34	DIAZ SANTISO, BORJA	INDEP. COSPEITO	SENIOR MASCULINO	25	00:23:42	4:44
89	147	TEIJEIRO OROL, ELISEO	INDEP. VALADOURO	MASTER "A"	28	00:23:46	4:45
90	96	MENDEZ PIÑEURIA, LEANDRO	ATLETISMO RIA DE FOZ	MASTER "C"	3	00:23:50	4:46
91	91	MARAGOTO POLO, JOSE ANTONIO	INDEP. CERVO	MASTER "B"	23	00:23:55	4:47
92	72	GONZALEZ GONZALEZ, PAULA	INDEP. CERVO	MASTER "A"	5	00:23:57	4:47
93	108	OTERO MARTINEZ, FRANCISCO JAVIER	INDEP. VALADOURO	MASTER "B"	24	00:24:01	4:48
94	141	SANJURJO SANCHEZ, MARTIN	INDEP. CORUÑA	MASTER "A"	29	00:24:02	4:48
95	29	CHAO, XOSE LUIS	INDEP. VALADOURO	MASTER "C"	4	00:24:32	4:54
96	20	BRANDON CARRACEDO, ICARO	INDEP. CARBALLO	SENIOR MASCULINO	26	00:24:58	4:59
97	98	MIGUEZ SAN ISIDRO, BENIGNO	KELTIC VIGO	MASTER "A"	30	00:24:59	4:59
98	5	ARAGON ESPALLARGAS, OSCAR	INDEP. POZUELO DE ALARCÓN	MASTER "B"	25	00:25:15	5:03
99	9	BALTAR, JESUS	MADERAS BARCIA LOURENZA	MASTER "A"	31	00:25:21	5:04
100	93	MELLA MONTOUTO, MARTINA	INDEP. VEDRA	SENIOR FEMENINO	5	00:25:23	5:04
101	104	NIÑE OTERO, JAVIER	TOXIZA CLUBE DE MONTANA	MASTER "A"	32	00:25:29	5:05
102	7	BALSEIRO PARGA, MARIÑA	ATLETISMO RIA DE FOZ	SENIOR FEMENINO	6	00:25:31	5:06
103	79	IGLESIAS FDEZ, MOISES	CLUB ATLETISMO LOURENZA	MASTER "B"	26	00:25:34	5:06
104	145	SOUTO PRIETO, MARIA	INDEP. VILALBA	SENIOR FEMENINO	7	00:25:52	5:10
105	156	VILLAVERDE INFANZON, FERNANDO	ATLETISMO RIA DE FOZ	MASTER "B"	27	00:25:59	5:11
106	97	MIGUEL MARTIN, SERGIO	INDEP. FOZ	MASTER "A"	33	00:26:07	5:13
107	92	MELENDREZ VILA, DANAE	NOSPORTLIMIT	MASTER "A"	6	00:26:09	5:13
108	12	BASANTA FOUZ, EVA	INDEP. POL	SENIOR FEMENINO	8	00:26:16	5:15
109	52	FERNANDEZ SANCHEZ, MANUEL	INDEP. FOZ	MASTER "A"	34	00:26:25	5:17

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110	54	FERNANDEZ TAIBO, NICOLAS	INDEP. SADA	SENIOR MASCULINO	27	00:26:29	5:17
111	146	SOUTO REGO, ANTONIO	INDEP. VILALBA	MASTER "C"	5	00:26:33	5:18
112	38	DOMENECH GONZALEZ, PEDRO	INDEP. CULLEREDO	MASTER "B"	28	00:26:39	5:19
113	18	BOHME, KAROLA	VERXEL NUTRICION DEPORTIVA	MASTER "A"	7	00:26:52	5:22
114	152	VARELA DE LA TORRE, GONZALO	INDEP. BEGONTE	MASTER "B"	29	00:26:53	5:22
115	40	EIRAS FERNANDEZ, RAMON JOSE	ATLETISMO RIA DE FOZ	MASTER "C"	6	00:27:19	5:27
116	115	PEREZ REY, SANTIAGO	ATLETISMO RIA DE FOZ	SENIOR MASCULINO	28	00:27:20	5:28
117	111	PEDREIRA COROAS, CELERINO	CLUB ATLETISMO LOURENZA	MASTER "C"	7	00:27:23	5:28
118	113	PEREZ CAPON, LUIS	C.D. BIOSBARDO	MASTER "C"	8	00:27:48	5:33
119	127	REIGOSA EXPOSITO, MERCE	INDEP. RIBADEO	MASTER "B"	5	00:27:50	5:34
120	159	WILSON, MICHAEL BARRY	INDEP. FOZ	MASTER "B"	30	00:28:04	5:36
121	13	BAUMGARTNER LUCERO, LAURA	INDEP. FOZ	SENIOR FEMENINO	9	00:28:36	5:43
122	132	RIOS SANCHO, ELENA	NOSPORTLIMIT	SENIOR FEMENINO	10	00:28:36	5:43
123	14	BAUMGARTNER TARGHETTA, CESAR	INDEP. FOZ	MASTER "C"	9	00:28:37	5:43
124	22	CALVO PICO, ARSENI	MADERAS BARCIA LOURENZA	MASTER "C"	10	00:28:39	5:43
125	85	LESTEGAS, INMA	ATLETISMO RIA DE FOZ	MASTER "B"	6	00:28:52	5:46
126	2	ALVAREZ CASARIEGO, M TERESA	INDEP. GIJÓN	MASTER "A"	8	00:28:55	5:47
127	47	FERNANDEZ GARCIA, MANUEL	ATLETISMO RIA DE FOZ	MASTER "C"	11	00:29:04	5:48
128	81	LAGO LAMAS, FERNANDO	CLUB ATLETISMO LOURENZA	MASTER "B"	31	00:29:10	5:50
129	28	CEREIJO ARIAS, ELVIRA	INDEP. BEGONTE	MASTER "B"	7	00:29:15	5:51
130	88	LOPEZ LOMBARDEO, LUCIA	MADERAS BARCIA LOURENZA	SENIOR FEMENINO	11	00:29:28	5:53
131	19	BOUZA BERMUDEZ, NOELA	INDEP. FOZ	SENIOR FEMENINO	12	00:29:46	5:57
132	123	QUINTANS SUAREZ, PATRICIA	INDEP. NEGREIRA	MASTER "A"	9	00:30:23	6:04
133	83	LARRIET LASTRA, VANESA	INDEP. RIBADEO	MASTER "A"	10	00:31:18	6:15
134	57	FIALLEGA ALONSO, SARA	INDEP. FOZ	SENIOR FEMENINO	13	00:31:35	6:19
135	130	REY ROCA, ANA	INDEP. LUGO	MASTER "C"	1	00:31:48	6:21
136	16	BERNAL GOMEZ, JESUS	INDEP. FERROL	MASTER "C"	12	00:33:08	6:37

De 161 participantes, 137 han terminado la carrera.

23/12/23