

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1	1 DAVID KORICHEI CHESERECH	08/09/1994	01:04:04	03:02	09:46	14:48	21:12	30:01	44:07	53:38	01:02:16	01:04:04			M-1	Senior-1
2	5 HAMZA OMARI	12/08/2001	01:04:54	03:04	09:45	14:57	21:32	30:20	44:58	54:27	01:03:01	01:04:52	AR5154	CLUB ATLETISMO NARÓN	M-2	Senior-2
3	2 JESÚS OLMOS PASCUAL	06/03/1986	01:04:57	03:04	09:46	14:56	21:29	30:19	44:59	54:28	01:03:08	01:04:57	AR377	VICKY FOODS ATHLETICS	M-3	Máster 1-1
4	54 FRANCISCO SERRANO GARCÍA DE	10/01/1992	01:06:22	03:08	10:13	15:39	22:25	31:24	46:09	55:46	01:04:28	01:06:22	CR4662	C.A. ALBACETE DIPUTACIÓ	M-4	Senior-3
5	6 PABLO OTERO FARIÑA	31/08/1998	01:06:36	03:09	09:50	15:15	21:57	30:54	45:48	55:37	01:04:35	01:06:36	GA3752094	CLUB ATLETISMO NARÓN	M-5	Senior-4
6	3 MIGUEL ÁNGEL BARZOLA	04/06/1994	01:07:07	03:10	10:11	15:39	22:25	31:24	46:12	56:09	01:05:08	01:07:07	A11654	VICKY FOODS ATHLETICS	M-6	Senior-5
7	8 VICTOR PUYUELO PARDO	07/05/1992	01:08:10	03:13	10:14	15:40	22:34	31:54	47:16	57:11	01:06:08	01:08:10	GA707	VICKY FOODS ATHLETICS	M-7	Senior-6
8	55 SAAD SLIMANI TLEMCANI	01/12/1995	01:08:23	03:14	10:13	15:39	22:34	31:52	47:15	57:16	01:06:23	01:08:21			M-8	Senior-7
9	7 IVAN MANCEÑIDO SARMIENTO	02/12/1994	01:08:27	03:14	10:08	15:37	22:26	31:53	47:14	57:15	01:06:25	01:08:26	AR1866	CLUB ATLETISMO NARÓN	M-9	Senior-8
10	21 YAGO IGNACIO GARCÍA SAINZ	17/02/2003	01:09:47	03:18	10:11	15:40	22:52	32:24	48:09	58:25	01:07:44	01:09:46	GA3715866	CLUB ATLETISMO O PINO	M-10	Sub 23-1
11	59 ALBERTO ARIAS FREIJE	08/10/1975	01:10:35	03:20	10:53	16:39	23:53	33:28	49:10	59:20	01:08:40	01:10:33	AS3749527	CCA ATLETISMO RIA DE F	M-11	Máster 3-1
12	22 MARCOS RUIZ BRAGE	17/01/1998	01:11:02	03:22	11:15	17:00	24:22	34:06	50:14	01:00:41	01:10:15	01:11:02		TRIATLÓN FERROL	M-12	Senior-9
13	68 MARTÍN LESTIDO REY	09/11/1992	01:12:16	03:25	10:43	16:38	23:54	33:44	49:54	01:00:28	01:10:12	01:12:13	GA3737322A	CLUB ATLETISMO SAR	M-13	Senior-10
14	63 JORDI CARRASCO	04/04/1974	01:13:01	03:27	11:09	16:59	24:22	34:06	50:28	01:01:13	01:10:55	01:12:59	GA3768130	SOCIEDAD DEPORTIVA CC	M-14	Máster 4-1
15	93 ADRIÁN VIJANDE LÓPEZ	29/09/1987	01:13:11	03:28	11:08	17:05	24:35	34:34	50:51	01:01:29	01:11:06	01:13:09			M-15	Máster 1-2
16	84 ALEJANDRO PÉREZ VARELA	22/03/1994	01:13:14	03:28	11:08	17:00	24:22	34:17	50:53	01:01:33	01:11:09	01:13:13		ATLETAS DE ACEA DE AM	M-16	Senior-11
17	70 RICARDO VAZQUEZ VAAMONDE	07/09/1974	01:13:22	03:28	11:22	17:18	24:42	34:34	50:51	01:01:31	01:11:14	01:13:20	GA6141	ASOCIACION DEPORTIVA	M-17	Máster 4-2
18	64 HÉCTOR MORO DÍEZ	04/03/1980	01:13:28	03:28	11:15	17:11	24:41	34:34	50:52	01:01:32	01:11:16	01:13:25			M-18	Máster 2-1
19	74 ALEJANDRO RODRÍGUEZ RILO	16/01/2004	01:13:56	03:30	11:21	17:22	24:58	35:02	51:30	01:02:16	01:11:56	01:13:54			M-19	Sub 23-2
20	62 CRISTIAN EXPÓSITO CAMPOS	04/10/1987	01:14:00	03:30	11:06	16:59	24:22	34:17	50:55	01:01:48	01:11:51	01:13:59	GA3770969A	SOCIEDAD DEPORTIVA CC	M-20	Máster 1-3
21	61 ABDELAZIZ FATIHI CHHIMA	30/09/1992	01:14:03	03:30	11:07	16:54	24:19	34:19	50:55	01:01:48	01:11:52	01:14:00			M-21	Senior-12
22	73 RUBEN LIÑARES	09/11/1976	01:14:10	03:30	11:23	17:22	24:57	35:00	51:31	01:02:16	01:12:11	01:14:10			M-22	Máster 3-2
23	69 ESTEBAN DÍAZ PÉREZ	26/02/1981	01:14:23	03:31	11:22	17:22	24:57	35:00	51:30	01:02:15	01:12:12	01:14:21	GA34	ATLETISMO NARON	M-23	Máster 2-2
24	58 JONATHAN FERNÁNDEZ RIOS	27/12/1988	01:14:42	03:32	11:22	17:21	24:58	35:00	51:33	01:02:27	01:12:28	01:14:40		A.D.NAUTICO NARON	M-24	Máster 1-4
25	66 FERNANDO LORENZO PÉREZ	13/02/1981	01:14:42	03:32	11:21	17:21	24:57	35:01	51:33	01:02:21	01:12:27	01:14:40	AG4122	A.D. NAUTICO NARÓN	M-25	Máster 2-3
26	11 VANESSA CARVALHO	04/11/1991	01:14:57	03:33	11:20	17:23	24:59	35:03	51:49	01:02:47	01:12:45	01:14:55		SC BRAGA	F-1	Senior-1
27	127 JACI MELLO	14/09/1979	01:15:05	03:33	11:22	17:22	24:58	35:03	51:39	01:02:36	01:12:48	01:15:02			M-26	Máster 3-3
28	266 ALBERTO CAAMAÑO NOYA	08/10/1998	01:15:24	03:34	11:18	17:20	24:58	35:02	51:47	01:02:59	01:13:12	01:15:19		CLUB ATLETISMO NEGREI	M-27	Senior-13
29	90 BRUNO RIÁDIGOS PIÑEIRO	17/04/1986	01:15:29	03:34	11:19	17:21	25:00	35:13	52:13	01:03:19	01:13:22	01:15:25	TGAL521	NOSPORTLIMIT	M-28	Máster 1-5
30	2009 GEMA MARTIN BORGAS	27/10/1987	01:15:30	03:34	11:26	17:34	25:16	35:35	52:30	01:03:21	01:13:22	01:15:29	SA4270	VICKY FOODS ATHLETICS	F-2	Máster 1-1
31	88 NICOLAS MARIN MOLLINEDO	11/06/1994	01:15:46	03:35	11:29	17:34	25:16	35:36	52:31	01:03:24	01:13:35	01:15:43		TRIATLON VILAGARCIA	M-29	Senior-14
32	92 JOSE ANTONIO SANTIAGO BOSCH	04/08/1976	01:15:59	03:36	11:28	17:33	25:16	35:34	52:30	01:03:33	01:13:41	01:15:59	AG2014620	CLUB DEPORTIVO PINARI	M-30	Máster 3-4

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09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
33	94 GERMAN GARCIA AMEIJIDE	19/09/1985	01:16:06	03:36	11:27	17:32	25:16	35:35	52:30	01:03:38	01:13:57	01:16:03	TGAL526	NOSPORTLIMIT	M-31	Máster 1-6
34	80 MAXI OUBIÑA FALCÓN	23/10/1983	01:16:30	03:37	11:23	17:23	25:00	35:13	52:29	01:03:41	01:14:04	01:16:30	AG3576	CLUB ATLETISMO CAMBAI	M-32	Máster 2-4
35	86 JESÚS FERNÁNDEZ PÉREZ	10/11/1986	01:16:44	03:38	11:06	17:01	24:46	35:14	52:48	01:04:24	01:14:42	01:16:41	O6658	CEACTIVO	M-33	Máster 1-7
36	87 DAVID ALONSO NOGUEIRA	22/07/1994	01:16:45	03:38	11:17	17:21	24:58	35:01	51:55	01:03:24	01:14:26	01:16:42		ATLETAS DE ACEA DE AM	M-34	Senior-15
37	89 JUAN FRANCISCO FERNÁNDEZ LIJÓ	06/08/1976	01:17:00	03:38	11:53	18:05	26:00	36:31	53:40	01:04:49	01:14:52	01:16:57		POR AMOR AL ARTE	M-35	Máster 3-5
38	111 DANIEL FUENTES BARDANCA	13/10/1988	01:17:11	03:39	11:18	17:22	25:00	35:13	52:28	01:04:02	01:14:53	01:17:08			M-36	Máster 1-8
39	81 JAVIER DE LA CAL BENAVENTE	24/07/1988	01:17:11	03:39	11:42	17:54	25:41	36:13	53:43	01:05:00	01:15:08	01:17:02		TRIATLÓN BIERZO	M-37	Máster 1-9
40	67 MARCOS ALVAREZ FERNANDEZ	25/04/1979	01:17:14	03:39	11:56	18:09	25:59	36:28	53:35	01:04:50	01:15:02	01:17:11			M-38	Máster 3-6
41	2011 EMELINE DELANIS	22/03/1997	01:17:14	03:39	11:38	17:51	25:44	36:15	53:38	01:04:53	01:15:08	01:17:12	1120433(FR)	OYSHO RUNNING CLUB	F-3	Senior-2
42	297 ALFONSO RODRÍGUEZ GONZALEZ	26/02/1989	01:17:17	03:39	12:11	18:33	26:29	37:02	54:04	01:05:08	01:15:09	01:17:11	AS3733601A	ATLETISMO CIUDAD DE LL	M-39	Máster 1-10
43	25 HUGO SOUTO ANDUJAR	03/05/2007	01:17:33	03:40	11:21	17:21	24:59	35:21	52:50	01:04:39	01:15:26	01:17:31	GA605		M-40	Sub 20-1
44	133 SAUL BENITEZ PEREZ	03/11/2006	01:17:35	03:40	11:24	17:33	25:17	35:35	52:31	01:04:10	01:15:14	01:17:33	AG20930	EL CANARIO	M-41	Sub 20-2
45	75 CAYETANO GARCIA BLANCO	02/11/1988	01:17:38	03:40	12:02	18:19	26:11	36:37	53:41	01:04:59	01:15:24	01:17:38		SAUDE SPORT	M-42	Máster 1-11
46	110 MARCOS VÁZQUEZ SUÁREZ	06/08/1984	01:17:41	03:40	11:55	18:08	26:14	36:39	53:54	01:05:10	01:15:29	01:17:41		VETUSTA TRIATLÓN	M-43	Máster 2-5
47	78 BRUNO GARCIA CERDEIRAS	07/09/1972	01:17:42	03:40	11:39	17:47	25:32	35:58	53:43	01:05:10	01:15:32	01:17:38	AG2018883	ATLETAS DE ACEA DE AM	M-44	Máster 4-3
48	390 PABLO PÉREZ LOVACO	18/04/2002	01:17:43	03:41	12:19	18:44	26:45	37:27	54:42	01:05:51	01:15:39	01:17:38			M-45	Senior-16
49	101 SANTIAGO GARCIA GONZALEZ	20/07/1974	01:17:46	03:41	11:55	18:08	26:09	36:39	53:57	01:05:18	01:15:34	01:17:43	G5876	BURGAS ATLETISMO OUR	M-46	Máster 4-4
50	23 EDGAR CASTELO RODRÍGUEZ	12/06/1992	01:17:48	03:41	12:01	18:19	26:11	36:39	53:55	01:05:12	01:15:35	01:17:45			M-47	Senior-17
51	109 TOÑITO PARDIÑAS MALLÓN	26/10/1987	01:17:49	03:41	11:54	18:05	26:00	36:28	53:40	01:05:04	01:15:36	01:17:45	GA1533	SOCIEDAD DEPORTIVA CC	M-48	Máster 1-12
52	126 IGNACIO PRIETO GARCIA	01/10/1990	01:17:50	03:41	11:56	18:10	26:09	36:39	53:57	01:05:16	01:15:42	01:17:46	O296	REAL GRUPO CULTURAL C	M-49	Senior-18
53	122 RAMIRO CHAVES MON	05/05/1983	01:17:54	03:41	11:56	18:10	26:09	36:39	53:57	01:05:19	01:15:40	01:17:52	AG20352	MADERAS BARCIA LOURE	M-50	Máster 2-6
54	102 OLIVER LEMA LÓPEZ	13/08/2002	01:17:59	03:41	11:54	18:10	26:10	36:40	53:57	01:05:28	01:15:50	01:17:56			M-51	Senior-19
55	99 ANDRÉS RODRÍGUEZ DOMÍNGUEZ	09/06/1975	01:18:00	03:41	12:10	18:34	26:42	37:23	54:44	01:05:54	01:15:56	01:17:58	AG2014703	CLUB DEPORTIVO PINARI	M-52	Máster 3-7
56	115 ALEJANDRO ROCA RIVERA	03/02/1992	01:18:00	03:41	12:07	18:27	26:17	36:40	53:47	01:05:20	01:15:46	01:17:56			M-53	Senior-20
57	145 LUCAS CARRIÓN	28/02/1996	01:18:06	03:42	12:21	18:43	26:43	37:19	54:44	01:05:54	01:15:56	01:17:57	53520437	CUENCA DEL NAVIA TRIA	M-54	Senior-21
58	85 RAFA POUPARIÑA CASTRO	07/06/1985	01:18:17	03:42	12:08	18:29	26:29	37:03	54:25	01:05:45	01:16:03	01:18:14		PASA OU ENTORNA	M-55	Máster 1-13
59	119 SANTIAGO FALCÓN PÉREZ	26/07/1966	01:18:27	03:43	11:56	18:11	26:10	36:40	54:04	01:05:40	01:16:10	01:18:24	AG2018451	CLUB ATLETISMO CAMBAI	M-56	Máster 5-1
60	106 RICARDO BUGALLO CAMIÑA	09/04/1995	01:18:47	03:44	12:07	18:29	26:34	37:14	54:50	01:06:19	01:16:35	01:18:44		SACRIFICE IS THE SECRET	M-57	Senior-22
61	91 LUIS MIGUEL BECERRO ESCRIBANO	28/10/1979	01:18:52	03:44	11:56	18:17	26:15	36:53	54:29	01:06:04	01:16:39	01:18:48	AG2021785	ATLETISMO CORREDOIRA	M-58	Máster 3-8
62	160 HUGO SERANTES BOUZA	03/12/2006	01:19:01	03:44	11:57	18:15	26:09	36:40	54:02	01:05:50	01:16:44	01:18:57			M-59	Sub 20-3
63	76 ALEJANDRO SERRANO	10/07/1978	01:19:09	03:45	12:18	18:48	26:49	37:20	54:48	01:06:26	01:16:55	01:19:05		ATLETAS DE ACEA DE AM	M-60	Máster 3-9
64	240 ÁNGEL BUGALLO LÓPEZ	20/04/1994	01:19:14	03:45	12:09	18:36	26:43	37:26	54:46	01:06:18	01:16:59	01:19:06			M-61	Senior-23

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

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09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
65	141 JESUS LORENZANA MEIRE	03/05/1975	01:19:14	03:45	12:11	18:43	26:47	37:26	54:50	01:06:25	01:16:59	01:19:10		ADN RUNNERS-TELMO PI	M-62	Máster 3-10
66	302 ADRIÁN FARIÑA MARTÍNEZ	16/10/1995	01:19:24	03:45	12:23	18:53	26:55	37:38	55:04	01:06:37	01:17:09	01:19:16			M-63	Senior-24
67	114 RUBEN AGUDO BENAVENTE	18/02/1982	01:19:26	03:45	12:10	18:28	26:17	36:53	54:30	01:06:20	01:17:02	01:19:24			M-64	Máster 2-7
68	137 ADRIÁN CONDE FRAGA	16/11/1983	01:19:31	03:46	12:24	18:50	26:50	37:36	55:25	01:06:54	01:17:15	01:19:24			M-65	Máster 2-8
69	139 JUAN CARLOS VAZQUEZ GRELA	02/03/1983	01:19:39	03:46	12:06	18:35	26:43	37:32	55:21	01:06:58	01:17:30	01:19:34	GA3777424ATNOSPORTLIMIT		M-66	Máster 2-9
70	113 MARTÍN ESPÍNEIRA MOSQUERA	31/03/1999	01:19:41	03:46	12:09	18:36	26:42	37:25	54:57	01:06:53	01:17:31	01:19:35	TGAL519	NOSPORTLIMIT	M-67	Senior-25
71	166 RAUL PAREDES PASTOR	03/05/1989	01:19:43	03:46	12:10	18:32	26:43	37:24	54:46	01:06:26	01:17:17	01:19:39		ACD POLICÍA LOCAL A COM	M-68	Máster 1-14
72	144 JOSE ANGEL DIAZ BAUTISTA	15/09/1978	01:19:52	03:47	12:21	18:54	27:01	37:51	55:25	01:07:11	01:17:40	01:19:47	GA3771084ATBRUTANZOS TEAM		M-69	Máster 3-11
73	1904 JUAN VÁZQUEZ AMADO	14/12/1994	01:19:53	03:47	12:21	18:53	27:02	37:52	55:34	01:07:09	01:17:41	01:19:47		A.D. NAUTICO NARÓN	M-70	Senior-26
74	103 JUAN CARLOS RODRÍGUEZ TORRES	22/12/1975	01:19:55	03:47	12:14	18:38	26:42	37:23	55:02	01:06:51	01:17:33	01:19:51	AG2021376		M-71	Máster 3-12
75	138 MARCOS FERNÁNDEZ MARCOS	28/09/1980	01:20:02	03:47	12:12	18:38	26:41	37:42	55:29	01:07:12	01:17:45	01:19:58			M-72	Máster 2-10
76	159 PABLO SEOANE AMOR	20/12/1982	01:20:18	03:48	12:20	18:53	27:02	37:51	55:32	01:07:10	01:17:57	01:20:12		BRUTANZOS TEAM	M-73	Máster 2-11
77	247 ABEL SÁNCHEZ NIETO	07/03/1990	01:20:21	03:48	12:30	19:05	27:20	38:12	55:58	01:07:33	01:18:06	01:20:16	GA3710913ATATLETISMO ARENTEIRO		M-74	Senior-27
78	83 JOSE MANUEL BARROSO SEOANE	12/11/1983	01:20:24	03:48	12:04	18:15	26:21	37:13	56:07	01:08:45	01:18:13	01:20:24		CLUB DEPORTIVO INCLUS	M-75	CR-1
79	100 MICHEL FERNÁNDEZ GARCÍA	29/05/1990	01:20:29	03:48	12:25	19:07	27:26	38:17	55:56	01:07:40	01:18:11	01:20:29	GA1486		M-76	Senior-28
80	155 JORGE CARLOS GONZÁLEZ GARCÍA	09/04/1983	01:20:33	03:49	12:06	18:35	26:44	37:32	55:27	01:07:13	01:18:08	01:20:28		NOSPORTLIMIT	M-77	Máster 2-12
81	213 ISRAEL BENITEZ SOMOZA	20/05/1976	01:20:41	03:49	12:48	19:19	27:32	38:22	56:10	01:07:47	01:18:23	01:20:34	AG11742	EL CANARIO	M-78	Máster 3-13
82	123 JAVI BALLESTEROS	21/08/1984	01:20:53	03:50	12:31	19:00	27:07	37:56	55:49	01:07:45	01:18:34	01:20:42			M-79	Máster 2-13
83	148 CRISTIAN DALAMA ALVARRZ	06/06/1988	01:20:57	03:50	12:08	18:33	26:45	37:48	55:55	01:07:57	01:18:40	01:20:53		A.D. LIMIACTIVA	M-80	Máster 1-15
84	71 JOSÉ MANUEL PENAS VARELA	28/01/1984	01:20:59	03:50	12:04	18:32	26:38	37:17	54:43	01:06:28	01:18:32	01:20:56	AG2016305	ASOCIACION DEPORTIVA	M-81	Máster 2-14
85	124 CARLOS ÁLVAREZ PAREDES	31/12/1973	01:21:04	03:50	12:15	18:48	26:57	37:53	55:58	01:07:41	01:18:43	01:20:59	GA3777653	NOSPORTLIMIT	M-82	Máster 4-5
86	140 ERNESTO TRIÑANES MARTINEZ	18/03/1990	01:21:07	03:50	12:37	19:13	27:27	38:23	56:20	01:08:10	01:18:52	01:21:02	AG19742	SOCIEDADE DEPORTIVA B	M-83	Senior-29
87	165 ERIC MARTÍNEZ IGLESIAS	17/08/1992	01:21:08	03:50	12:36	19:11	27:27	38:21	56:18	01:08:10	01:18:50	01:21:03	GA1487	SOCIEDADE DEPORTIVA B	M-84	Senior-30
88	203 PABLO PIÑEIRO GARCIA	06/01/1984	01:21:12	03:50	12:26	19:02	27:07	37:55	55:53	01:07:54	01:18:53	01:21:05			M-85	Máster 2-15
89	134 PABLO ANDRÉS LEMA PÉREZ	15/05/1967	01:21:13	03:50	12:42	19:26	27:58	38:56	56:54	01:08:33	01:19:01	01:21:11	AG2026832	RUNNING OLEIROS	M-86	Máster 5-2
90	135 MARTÍN BELLAS GÓMEZ	24/05/1991	01:21:15	03:51	12:19	18:53	27:10	38:10	56:16	01:08:07	01:18:57	01:21:09		TRIATLÓN FERROL	M-87	Senior-31
91	161 XAQUÍN BUGALLO DEL PUERTO	10/04/1979	01:21:16	03:51	12:37	19:14	27:32	38:31	56:36	01:08:26	01:19:04	01:21:14	AG10859	RUNNING OLEIROS	M-88	Máster 3-14
92	79 FERNANDO GONZÁLEZ POUSA	10/08/1967	01:21:19	03:51	12:37	19:14	27:28	38:22	56:21	01:08:18	01:19:04	01:21:19			M-89	Máster 5-3
93	173 MARINA TABERNER RAMOS	07/02/1993	01:21:23	03:51	13:16	19:58	28:07	39:04	57:11	01:08:41	01:19:12	01:21:08			F-4	Senior-3
94	142 PASTOR ADRIÁN POSE REGUEIRO	20/06/1994	01:21:24	03:51	12:15	18:48	26:58	37:53	56:08	01:08:07	01:19:06	01:21:20		ATLETAS DE ACEA DE AM	M-90	Senior-32
95	188 MIGUEL LÓPEZ DOPICO	30/07/1998	01:21:25	03:51	12:40	19:10	27:22	38:19	56:19	01:08:11	01:19:03	01:21:15	GA1558	CLUB FERROL ATLETISMO	M-91	Senior-33
96	105 RUBEN BREGUA CHAS	13/04/1979	01:21:27	03:51	12:36	19:16	27:32	38:31	56:40	01:08:30	01:19:20	01:21:27	GA206	MARINEDA ATLETICO	M-92	Máster 3-15

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
97	52 SANDRA MOSQUERA LOSADA	27/06/1990	01:21:39	03:52	12:12	18:48	27:07	38:15	56:37	01:08:31	01:19:21	01:21:37	GA3741577A	AI COMESAÑA SPORTING	CL F-5	Senior-4
98	241 MIGUEL VÁZQUEZ CORTIZO	29/12/1986	01:21:40	03:52	12:42	19:17	27:34	38:34	56:46	01:08:38	01:19:21	01:21:35			M-93	Máster 1-16
99	146 ALEJANDRO GIL RODRÍGUEZ	25/07/1977	01:21:43	03:52	12:41	19:15	27:35	38:39	56:52	01:08:43	01:19:36	01:21:43			M-94	Máster 3-16
100	24 IVÁN VARELA BARREIRO	17/08/1973	01:21:55	03:52	12:37	19:14	27:32	38:30	56:36	01:08:38	01:19:35	01:21:51		ATLETAS DE ACEA DA AM	M-95	Máster 4-6
101	197 EDUARDO LUIS CALLEJAS MORAGA	08/01/1987	01:21:59	03:53	12:59	19:42	28:03	39:07	57:16	01:09:04	01:19:44	01:21:59			M-96	Máster 1-17
102	112 PIO IGLESIAS CARRERA	09/09/1973	01:22:01	03:53	12:33	19:13	27:33	38:33	56:54	01:08:49	01:19:43	01:21:58	GA3782850	CLUB TRIATLON COMPOS	M-97	Máster 4-7
103	309 DANIEL DOMINGUEZ CANCELA	21/03/1994	01:22:05	03:53	13:00	19:36	27:55	39:05	57:14	01:09:02	01:19:48	01:21:51			M-98	Senior-34
104	177 NATI GARCIA SANCHEZ	07/03/1977	01:22:06	03:53	12:55	19:44	28:10	39:15	57:18	01:09:05	01:19:48	01:22:03	AG2022429	CLUB ATLETISMO SADA	F-6	Máster 3-1
105	104 JORGE ABRIL	02/01/1995	01:22:10	03:53	11:55	18:10	26:10	36:49	55:06	01:07:50	01:19:38	01:22:06			M-99	Senior-35
106	228 RUBEN REBORIDO REBOREDO	07/11/1980	01:22:10	03:53	12:33	19:03	27:21	38:18	56:30	01:08:42	01:19:55	01:21:56		AD JARNACHAS	M-100	Máster 2-16
107	9 JOSE ANTONIO CORBACHO	02/08/1985	01:22:15	03:53	12:40	19:26	28:00	39:09	57:18	01:09:12	01:20:01	01:22:14	S55	POLANCO	M-101	Máster 1-18
108	14 NATALIA BUSTAMANTE	11/05/1975	01:22:15	03:53	12:39	19:25	27:59	39:10	57:15	01:09:11	01:20:01	01:22:13	S11104	VICKY FOODS ATHLETICS	F-7	Máster 3-2
109	303 JOSE MANSILLA BARREIRO	06/08/1988	01:22:15	03:53	12:46	19:25	27:55	38:59	57:11	01:09:03	01:20:00	01:22:05	TGAL265	CLUB DEPORTIVO INCLUS	M-102	Máster 1-19
110	221 MARCOS CASTRO ALONSO	18/05/1989	01:22:21	03:54	13:08	19:46	28:09	39:11	57:18	01:09:14	01:20:02	01:22:11			M-103	Máster 1-20
111	219 JAVIER TAIBO GARCÍA	12/11/1988	01:22:24	03:54	12:46	19:25	27:53	38:58	56:53	01:08:47	01:19:59	01:22:14			M-104	Máster 1-21
112	129 JUAN GARCIA FANDIÑO	27/06/1977	01:22:32	03:54	12:32	19:12	27:32	38:33	57:19	01:09:13	01:20:06	01:22:29	GA3789521	CLUB TRIATLON COMPOS	M-105	Máster 3-17
113	151 ADRIAN PAZ CASTRO	12/03/1997	01:22:35	03:54	12:20	18:56	27:12	38:10	56:27	01:08:57	01:20:14	01:22:32		CLUB TRIATLON VILLALBA	M-106	Senior-36
114	209 HUGO CALVO CASTRO	01/08/2004	01:22:37	03:54	13:51	20:39	29:03	40:11	58:05	01:09:43	01:20:19	01:22:14			M-107	Sub 23-3
115	128 ELISEO FABELLO CID	15/02/1977	01:22:45	03:55	12:53	19:37	28:01	39:10	57:19	01:09:11	01:20:18	01:22:39	3705707	ATLETISMO ARENTEIRO	M-108	Máster 3-18
116	218 CARLOS OTERO VARELA	04/11/1983	01:22:49	03:55	13:26	20:22	28:53	40:30	58:44	01:10:26	01:20:36	01:22:37		NOSPORTLIMIT	M-109	Máster 2-17
117	167 MÍCHEL REMIGIO LORENZO	28/03/1974	01:22:50	03:55	12:31	19:05	27:18	38:18	56:50	01:09:11	01:20:29	01:22:44		CABO DE PEÑAS	M-110	Máster 4-8
118	195 MIGUEL RODRIGUEZ FERREIRO	21/09/1989	01:22:53	03:55	12:39	19:15	27:36	38:46	57:16	01:09:17	01:20:30	01:22:48	AG19875	BURGAS ATLETISMO OUR	M-111	Máster 1-22
119	107 AGUSTÍN HERMIDA RODRÍGUEZ	18/10/1978	01:22:59	03:56	12:11	18:39	26:59	38:03	56:35	01:09:08	01:20:40	01:22:55	AG20454	A.D. NAUTICO NARÓN	M-112	Máster 3-19
120	193 SALVADOR CALVO	17/12/1991	01:23:00	03:56	12:53	19:37	28:01	39:11	57:38	01:09:40	01:20:47	01:22:54	AG2028019	ATLETISMO CORREDOIRA	M-113	Senior-37
121	233 ANTONIO BAAMONDE SANDE	24/04/1973	01:23:00	03:56	13:05	19:45	28:11	39:28	57:55	01:09:54	01:20:45	01:22:49	GA3777411A	TNOSPORTLIMIT	M-114	Máster 4-9
122	211 JUAN DEL CAMPO PASTOR	27/07/1981	01:23:01	03:56	13:07	19:45	28:12	39:28	57:55	01:09:51	01:20:46	01:22:49		NOSPORTLIMIT	M-115	Máster 2-18
123	242 JAVIER PEREZ RODRIGUEZ	06/12/1975	01:23:07	03:56	13:03	19:47	28:06	39:11	57:50	01:09:51	01:20:48	01:22:59	AG2023795		M-116	Máster 3-20
124	162 CELESTINO LOURO LOURO	10/11/1976	01:23:07	03:56	12:52	19:38	28:05	39:14	57:40	01:09:51	01:20:45	01:23:00	AG18270	CLUBE DE ATLETISMO SER	M-117	Máster 3-21
125	200 MARC PENELA CASTIÑEIRA	19/03/1995	01:23:11	03:56	12:51	19:36	28:00	39:13	58:07	01:10:05	01:20:57	01:23:04			M-118	Senior-38
126	239 IVAN POSE COSTA	30/06/1980	01:23:12	03:56	13:06	19:47	28:12	39:28	57:54	01:09:52	01:20:50	01:23:04			M-119	Máster 2-19
127	164 LUIS VILLAVERDE	26/10/1978	01:23:24	03:57	13:03	19:53	28:29	39:47	58:13	01:10:12	01:21:10	01:23:21	AG2019232	CLUB ATLETISMO NEGREIF	M-120	Máster 3-22
128	362 JESÚS FERNANDO SAINZ TRESGUEI	26/05/1991	01:23:31	03:57	12:44	19:38	28:21	39:59	58:29	01:10:26	01:21:20	01:23:25	AG2026562	CLUB ATLETISMO SAR	M-121	Senior-39

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
129	125 ADRIÁN VARELA SANZ	24/08/1984	01:23:31	03:57	12:30	19:08	27:31	38:47	57:19	01:09:41	01:21:04	01:23:29			M-122	Máster 2-20
130	1596 ALBERTO ESTEBAN CALDERÓN	06/06/1992	01:23:33	03:57	12:31	19:16	27:44	39:01	57:48	01:09:57	01:21:16	01:23:28		NOSPORTLIMIT	M-123	Senior-40
131	131 BORJA COSTA ROJO	09/12/1984	01:23:34	03:57	12:10	18:37	26:55	38:38	57:52	01:10:44	01:21:19	01:23:28	TGAL529	NOSPORTLIMIT	M-124	Máster 2-21
132	238 ALBERTO SANTAMARINA NOGUEIR	23/10/1996	01:23:36	03:57	13:19	20:05	28:39	40:08	58:34	01:10:26	01:21:15	01:23:19			M-125	Senior-41
133	202 YAGO FREIJE MARIÑO	08/07/1999	01:23:39	03:57	13:18	20:03	28:37	40:07	58:13	01:10:00	01:21:09	01:23:39	GA3706013A	CLUB ATLETISMO RIBADE	M-126	Senior-42
134	169 VICTOR POTENTE PARRA	14/01/1982	01:23:47	03:58	12:26	18:54	26:58	38:05	57:40	01:09:48	01:21:18	01:23:41		CONTIENDAS BTT	M-127	Máster 2-22
135	298 ALBERTO ABEAL	13/09/1990	01:23:48	03:58	13:10	20:00	28:30	39:50	58:29	01:10:33	01:21:31	01:23:43		BRUTANZOS TEAM	M-128	Senior-43
136	163 ELOY GOMEZ ARMADA	27/10/1983	01:23:50	03:58	14:25	21:29	30:03	41:11	59:20	01:11:08	01:21:36	01:23:24			M-129	Máster 2-23
137	223 IAGO BARRO SÁNCHEZ	15/12/1988	01:23:52	03:58	13:09	19:52	28:29	40:01	58:43	01:10:48	01:21:34	01:23:42		PEÑA LAR VIVEIRO	M-130	Máster 1-23
138	268 MANUEL SÁNCHEZ CAO	01/06/1991	01:23:53	03:58	13:07	19:48	28:13	39:32	58:14	01:10:29	01:21:35	01:23:40		NOSPORTLIMIT	M-131	Senior-44
139	355 SERGIO SANTOS CONCHEIRO	18/09/1985	01:24:01	03:58	12:08	18:33	26:50	38:06	57:27	01:10:05	01:21:40	01:23:53			M-132	Máster 1-24
140	282 JOSE TOME SUAREZ	01/03/1986	01:24:06	03:59	13:29	20:24	28:54	40:30	59:03	01:11:01	01:21:43	01:23:52		NOSPORTLIMIT	M-133	Máster 1-25
141	231 JORGE GONZALEZ VILLANUEVA	08/09/1970	01:24:06	03:59	13:05	19:58	28:33	40:01	58:41	01:10:47	01:21:47	01:23:58	GA1419	C.A.R. MARISQUEIRO	M-134	Máster 4-10
142	130 RICARDO REY MARTINEZ	14/08/1976	01:24:06	03:59	13:29	20:23	28:56	40:31	59:04	01:11:00	01:21:43	01:23:52		NOSPORTLIMIT	M-135	Máster 3-23
143	192 RUBÉN GONZÁLEZ HOYOS	15/09/1986	01:24:17	03:59	13:00	19:50	28:24	39:50	58:43	01:10:46	01:21:50	01:24:04		CLUB TRIATLON BIERZO	M-136	Máster 1-26
144	77 RODRIGO PINTADO DEL CAMPO	12/02/1983	01:24:18	03:59	13:07	19:47	28:14	39:32	58:18	01:10:49	01:22:01	01:24:05		NOSPORTLIMIT	M-137	Máster 2-24
145	98 ALBERTO SAN EMETERIO FERNÁNDEZ	13/11/1981	01:24:25	04:00	13:14	20:03	28:40	40:08	58:45	01:10:51	01:21:58	01:24:18		CLUB ATLETISMO CORUÑA	M-138	Máster 2-25
146	232 GONZALO ORTIZ ALONSO	25/01/1975	01:24:27	04:00	13:06	19:46	28:13	39:30	58:09	01:10:47	01:22:03	01:24:15		NOSPORTLIMIT	M-139	Máster 4-11
147	1905 POL GARCIA LAPUENTE	03/01/2004	01:24:31	04:00	13:14	20:00	28:35	40:01	58:41	01:10:49	01:22:07	01:24:21			M-140	Sub 23-4
148	190 RAMON PEGO PEREZ	18/06/1975	01:24:34	04:00	13:01	19:42	28:02	39:11	58:07	01:10:50	01:22:09	01:24:22			M-141	Máster 3-24
149	172 JUAN CARLOS MONTEAGUDO FERRAS	25/02/1980	01:24:35	04:00	12:56	19:44	28:14	39:33	58:35	01:10:54	01:22:11	01:24:28	AG14574	CLUB RUNMANIAK BOXO	M-142	Máster 2-26
150	372 SERGIO HERRERA BARBA	29/03/1994	01:24:37	04:00	12:57	19:45	28:14	39:34	58:34	01:10:56	01:22:13	01:24:29			M-143	Senior-45
151	224 LUISIÑO GRAÑA SOUTO	10/10/1986	01:24:41	04:00	12:46	19:36	28:08	39:26	58:09	01:10:37	01:22:12	01:24:37	AG1509	CLUBE ATLETISMO VILALBA	M-144	Máster 1-27
152	280 DIEGO PAEZ	07/03/1991	01:24:43	04:00	13:15	20:01	28:35	40:00	58:46	01:10:53	01:22:15	01:24:35			M-145	Senior-46
153	237 JESUS HEVIA GOMEZ	14/11/1975	01:24:44	04:00	12:59	19:45	28:12	39:30	58:16	01:10:48	01:22:16	01:24:44		NOSPORTLIMIT	M-146	Máster 3-25
154	120 RICARDO CORES VÁZQUEZ	27/05/1992	01:24:45	04:01	12:43	19:26	27:57	39:00	57:51	01:10:40	01:22:10	01:24:41		A.D. NAUTICO NARÓN	M-147	Senior-47
155	216 GIOVANI GARCÍA ESTÉVEZ	24/05/1985	01:24:49	04:01	13:06	19:45	28:13	39:29	58:22	01:10:49	01:22:16	01:24:37		NOSPORTLIMIT	M-148	Máster 1-28
156	284 JOSE MANUEL IGLESIAS SISO	14/06/1971	01:24:50	04:01	13:12	20:01	28:38	40:07	58:34	01:11:01	01:22:23	01:24:42		CLUB ATLETISMO SADA	M-149	Máster 4-12
157	251 ADRIÁN ALFONSO DÍAZ	13/02/1990	01:24:50	04:01	12:45	19:31	27:58	39:15	58:16	01:10:50	01:22:19	01:24:42			M-150	Senior-48
158	97 LUIS PINEDO ARMESTO	03/05/1982	01:24:51	04:01	12:29	19:14	27:20	38:11	55:42	01:10:13	01:22:31	01:24:47			M-151	Máster 2-27
159	314 JOSE MANUEL ISOBA BLANCO	21/10/1981	01:24:51	04:01	13:21	20:27	29:08	40:43	59:31	01:11:34	01:22:36	01:24:44			M-152	Máster 2-28
160	281 CÉSAR SOUTO GARCIA	23/01/1987	01:24:52	04:01	13:24	20:20	28:59	40:31	59:24	01:11:32	01:22:31	01:24:42			M-153	Máster 1-29

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XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
161	654 ALEJANDRO LÓPEZ PARDO	15/01/1995	01:24:56	04:01	13:21	20:20	28:57	40:32	59:24	01:11:32	01:22:31	01:24:39	AG19922	A.D. FOGAR	M-154	Senior-49
162	296 JORGE GARCÍA PARADELA	30/04/1999	01:25:00	04:01	13:16	20:02	28:38	40:07	58:48	01:11:13	01:22:34	01:24:49			M-155	Senior-50
163	293 RAUL MUÑOZ MAESTRE	16/07/1974	01:25:04	04:01	13:10	19:55	28:30	40:06	58:49	01:11:15	01:22:36	01:24:58			M-156	Máster 4-13
164	387 JONAY CABELLO MARTINEZ	21/09/1986	01:25:04	04:01	12:40	19:13	27:46	39:13	58:22	01:10:58	01:22:38	01:24:54			M-157	Máster 1-30
165	360 ÁNGEL CAÑIZARES SÁNCHEZ	31/05/1985	01:25:09	04:02	13:08	19:59	28:36	40:03	58:51	01:11:19	01:22:41	01:25:00		TRIEUME AS PONTES CLU	M-158	Máster 1-31
166	117 JAVIER ALCARAZ MUGICA	09/12/1989	01:25:16	04:02	12:53	19:37	28:01	39:12	58:02	01:10:46	01:22:39	01:25:08	SR163	REINOSA RUNNING	M-159	Máster 1-32
167	245 YAGO CARBALLO SALGADO	29/01/2001	01:25:17	04:02	13:17	20:03	28:38	40:07	58:44	01:11:18	01:22:53	01:25:09			M-160	Senior-51
168	361 CÉSAR ALONSO MAROÑAS	14/06/2000	01:25:26	04:02	13:37	20:28	28:57	40:16	58:50	01:11:21	01:22:52	01:24:51			M-161	Senior-52
169	278 ANTÓN GÓMEZ LÓPEZ	03/07/2000	01:25:33	04:03	13:15	20:05	28:48	40:29	59:26	01:11:58	01:23:15	01:25:27	AG2027876	CLUB ATLETISMO SANTIAGO	M-162	Senior-53
170	503 FRANCISCO GÓMEZ SUEIRAS	20/10/1967	01:25:33	04:03	13:14	20:04	28:48	40:29	59:28	01:11:58	01:23:15	01:25:27			M-163	Máster 5-4
171	312 FRANCISCO BUSTILLO TEJEDOR	26/05/1976	01:25:34	04:03	13:25	20:26	29:08	40:45	59:45	01:12:05	01:23:15	01:25:25			M-164	Máster 3-26
172	246 JULIO FERNANDEZ FREIRE	03/04/1990	01:25:35	04:03	12:52	19:37	28:14	39:36	58:37	01:11:01	01:22:54	01:25:23	GA3777612	ATNOSPORTLIMIT	M-165	Senior-54
173	108 LUIS MENDEZ TORRES	01/07/1971	01:25:36	04:03	12:38	19:18	27:57	39:22	58:54	01:11:44	01:23:14	01:25:32			M-166	Máster 4-14
174	230 ISAAC RODRIGUEZ RODRIGUEZ	19/08/1985	01:25:43	04:03	13:46	20:41	29:20	40:45	59:39	01:12:14	01:23:25	01:25:23			M-167	Máster 1-33
175	305 DIEGO PEREZ SOTO	16/07/1976	01:25:48	04:04	13:18	20:03	28:39	40:09	58:54	01:11:31	01:23:17	01:25:29			M-168	Máster 3-27
176	136 MARIO LÓPEZ PAZ	06/03/1980	01:25:52	04:04	12:18	18:52	27:11	38:12	57:47	01:10:59	01:23:24	01:25:46		TRIATLÓN FERROL	M-169	Máster 2-29
177	250 MANUEL GIL CASTRO	19/09/1983	01:25:55	04:04	13:19	20:06	28:42	40:08	58:59	01:11:39	01:23:25	01:25:45		CCA ATLETISMO RIA DE FERROL	M-170	Máster 2-30
178	358 IAGO CRESPO	22/03/1984	01:25:55	04:04	13:10	20:02	28:47	40:07	59:11	01:12:00	01:23:31	01:25:48			M-171	Máster 2-31
179	196 ANTONIO VAZQUEZ IGLESIAS	27/11/1967	01:25:56	04:04	13:43	20:44	29:30	41:08	01:00:00	01:12:17	01:23:33	01:25:40	GA765869	BURGAS ATLETISMO OURENSE	M-172	Máster 5-5
180	663 FRANCISCO CARLEOS MAYÁN	22/01/1997	01:25:57	04:04	13:20	20:20	28:57	40:32	59:39	01:12:04	01:23:35	01:25:39		CORRIDA DAS CABRAS	M-173	Senior-55
181	337 ALEJANDRO RODRIGUEZ FRAGUEL	19/05/1984	01:25:57	04:04	13:42	20:44	29:34	41:12	01:00:03	01:12:23	01:23:32	01:25:48		ACD PL CORUÑA	M-174	Máster 2-32
182	225 JUAN CARLOS MARTINEZ VALVERDE	08/09/1971	01:26:01	04:04	12:44	19:37	28:20	40:01	59:19	01:12:02	01:23:35	01:25:54	GA8581	CLUB ATLETISMO PINO	M-175	Máster 4-15
183	287 JUAN CARLOS CASTRILLÓN CRESPO	06/11/1971	01:26:19	04:05	13:15	20:02	28:37	40:06	59:16	01:12:09	01:23:48	01:26:19			M-176	Máster 4-16
184	311 ISAAC RODRÍGUEZ MARTIN	03/06/1981	01:26:20	04:05	13:16	20:02	28:38	40:07	59:02	01:11:40	01:23:37	01:26:08		ATLETAS DE ACEA DE AMARAL	M-177	Máster 2-33
185	378 JULIO VERDEAL MONTESINOS	03/09/1978	01:26:22	04:05	13:02	19:52	28:28	40:02	59:14	01:12:08	01:23:58	01:26:13			M-178	Máster 3-28
186	334 PEDRO BARANGA ARES	19/08/1978	01:26:22	04:05	13:21	20:24	29:18	41:03	01:01:20	01:11:27	01:23:37	01:26:08		ATLETAS DE ACEA DE AMARAL	M-179	Máster 3-29
187	234 LUIS MIGUEL PARADA GARCIA	24/12/1973	01:26:24	04:05	13:11	20:00	28:35	40:06	59:38	01:12:23	01:23:55	01:26:13	AG764370	EL CANARIO	M-180	Máster 4-17
188	226 ANTONIO ARMENTIA GALAN	24/12/1973	01:26:26	04:05	13:30	20:32	29:22	41:03	01:00:12	01:13:00	01:24:02	01:26:17			M-181	Máster 4-18
189	174 SOLEDAD LEIRO LÓPEZ	18/12/1973	01:26:29	04:05	13:22	20:25	29:17	40:57	01:00:13	01:12:45	01:24:03	01:26:26	GA1398		F-8	Máster 4-1
190	158 EMILIO GARCIA VAZQUEZ	13/12/1975	01:26:29	04:05	13:24	20:27	29:17	40:56	01:00:14	01:12:46	01:24:03	01:26:27	GA622	SOCIEDAD DEPORTIVA CC OURENSE	M-182	Máster 3-30
191	254 JOSÉ PARÍS LÓPEZ	26/04/1981	01:26:30	04:06	13:32	20:40	29:25	40:53	59:39	01:12:16	01:23:57	01:26:30			M-183	Máster 2-34
192	275 FCO.JAVIER PARRADO LOUZAO	14/07/1977	01:26:33	04:06	13:25	20:31	29:24	41:06	01:00:14	01:12:37	01:23:58	01:26:17		ASOCIACION DEPORTIVA OURENSE	M-184	Máster 3-31

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
193	1913 PABLO JOSÉ CALVO	01/07/1997	01:26:34	04:06	13:19	20:06	28:39	40:29	59:41	01:12:37	01:24:03	01:26:17			M-185	Senior-56
194	499 CRISTIAN CRESPO MÉNDEZ	26/09/1996	01:26:38	04:06	13:17	20:01	28:36	40:06	59:03	01:12:02	01:24:00	01:26:23			M-186	Senior-57
195	484 ALEJANDRO GONZÁLEZ MUIÑOS	06/11/1996	01:26:42	04:06	13:59	20:50	29:22	40:50	59:26	01:11:47	01:24:00	01:26:16		GLOBAL SPORT CLUB	M-187	Senior-58
196	279 HOWARD FRIMAN	10/07/1995	01:26:44	04:06	13:01	19:42	28:03	39:14	58:10	01:11:20	01:23:58	01:26:29			M-188	Senior-59
197	121 JOSE MANUEL SEOANE POMBO	09/08/1973	01:26:45	04:06	13:02	19:53	29:38	41:09	01:00:03	01:12:35	01:24:15	01:26:42	2022509	CLUB ATLETISMO NEGREIF	M-189	Máster 4-19
198	327 JUAN CHAO MARTINEZ	24/04/1989	01:26:47	04:06	13:07	20:01	28:34	40:03	59:29	01:12:21	01:24:16	01:26:34			M-190	Máster 1-34
199	481 ÁLVARO LEÓN NOVOA	15/07/2000	01:26:51	04:07	14:06	21:21	30:22	42:21	01:01:57	01:14:34	01:24:46	01:26:29	GA3699503ATLA	MOCHILA DEL DEPORTI	M-191	Senior-60
200	264 FRANCISCO OSEAS JAVIER ÁLVAREZ	01/02/1974	01:26:59	04:07	13:49	20:53	29:46	41:31	01:00:47	01:13:19	01:24:41	01:26:37			M-192	Máster 4-20
201	263 DAVID PÉREZ SOBRIDO	05/06/1982	01:27:02	04:07	13:28	20:27	29:09	40:46	59:55	01:12:36	01:24:31	01:26:52			M-193	Máster 2-35
202	373 JOSE MANUEL GONZALEZ DURAN	01/01/1985	01:27:09	04:07	13:34	20:38	29:16	40:51	01:00:09	01:12:55	01:24:38	01:26:53		AD JARNACHAS	M-194	Máster 2-36
203	143 ANTONIO SALAVERRI LEIRAS	01/08/1969	01:27:10	04:08	13:16	20:14	29:07	40:52	01:00:28	01:13:15	01:24:48	01:27:09		TOXIZA CLUBE DE MONTA	M-195	Máster 5-6
204	410 MARTIN VIDAL LORENZO	07/06/1991	01:27:15	04:08	13:45	20:51	29:44	41:33	01:00:44	01:12:58	01:24:44	01:27:11		TRIATLON COSTA DA MO	M-196	Senior-61
205	207 EMILIO RÚA VAAMONDE	20/12/1969	01:27:25	04:08	13:59	21:11	30:16	42:09	01:01:27	01:13:46	01:24:58	01:27:14			M-197	Máster 5-7
206	506 ROBERTO FERNÁNDEZ HORTAS	05/08/1990	01:27:31	04:08	13:19	20:10	28:56	40:47	01:00:15	01:13:25	01:25:01	01:27:14	AG18614	CLUB ATLETISMO SADA	M-198	Senior-62
207	194 DAVID CANDAL DE LA CRUZ	01/01/1983	01:27:39	04:09	13:12	20:03	28:49	40:32	01:00:20	01:13:17	01:25:08	01:27:39			M-199	Máster 2-37
208	294 MATEO MARIÑO CASTRO	13/02/1995	01:27:41	04:09	13:26	20:36	29:31	41:19	01:00:41	01:13:26	01:25:03	01:27:41		ASOCIACION BJ RUNNIN	M-200	Senior-63
209	349 JOSE PEREZ LOPEZ	06/10/1969	01:27:43	04:09	13:14	20:03	28:39	40:08	59:38	01:12:47	01:25:01	01:27:43		CLUB ATLETISMO SADA	M-201	Máster 5-8
210	457 DANIEL GARCÍA TEMBRÁS	10/09/1997	01:27:44	04:09	22:37	31:00	42:28	01:01:13	01:13:49	01:25:20	01:27:44				M-202	Senior-64
211	354 JAVIER REY CASTRO	23/06/1999	01:27:46	04:09	13:24	20:32	29:29	41:33	01:01:24	01:14:00	01:25:25	01:27:46			M-203	Senior-65
212	318 JAVIER ARIAS DE LA VEGA	01/11/1971	01:27:49	04:09	13:39	20:44	29:33	41:23	01:01:03	01:13:48	01:25:22	01:27:37			M-204	Máster 4-21
213	368 JAVIER LÓPEZ LOBATO	05/03/1980	01:27:52	04:09	13:51	21:01	29:58	41:58	01:01:25	01:13:58	01:25:21	01:27:38			M-205	Máster 2-38
214	369 FRANCISCO RODAL ABAL	09/06/1985	01:27:54	04:10	13:54	21:04	30:02	41:55	01:01:23	01:13:57	01:25:28	01:27:39			M-206	Máster 1-35
215	432 TERE PARRADO PINAQUE	27/02/1990	01:27:58	04:10	14:00	21:24	30:24	42:21	01:01:56	01:14:30	01:25:44	01:27:49	GA1450	CLUB ATLETISMO SANTIA	F-9	Senior-5
216	1566 BRUNO CALVIÑO MOSQUERA	23/03/1993	01:27:58	04:10	13:16	20:02	28:38	40:07	59:17	01:12:44	01:25:27	01:27:51			M-207	Senior-66
217	463 GONZALO PEREDA NAVAS	19/12/2000	01:28:05	04:10	14:59	21:48	30:31	42:11	01:01:20	01:14:11	01:25:44	01:26:54			M-208	Senior-67
218	586 MIGUEL CASTRO RAMOS	12/11/1987	01:28:05	04:10	14:19	21:25	30:22	42:08	01:01:22	01:13:50	01:25:27	01:27:36			M-209	Máster 1-36
219	338 FRANCISCO XAVIER FERNÁNDEZ DÍ	01/06/1981	01:28:06	04:10	14:01	21:07	30:00	41:48	01:01:20	01:14:03	01:25:48	01:27:50			M-210	Máster 2-39
220	227 MIGUEL GÓMEZ SENÍN	06/06/1976	01:28:08	04:10	14:04	21:18	30:22	42:19	01:01:43	01:14:23	01:25:47	01:27:53		RUNNING OLEIROS	M-211	Máster 3-32
221	170 ALBERTO MARIÑO RIAL	05/09/1981	01:28:10	04:10	13:40	20:52	30:01	42:17	01:01:56	01:14:24	01:25:43	01:28:10	AG18522	SOCIEDAD DEPORTIVA CC	M-212	Máster 2-40
222	649 ADRIAN MAYO RON	31/10/1985	01:28:11	04:10	16:26	23:52	33:10	45:25	01:05:28	01:18:44	01:30:44	01:27:00			M-213	Máster 1-37
223	376 JACOBO ARMADA DIAZ	27/01/1988	01:28:18	04:11	14:09	21:25	30:32	42:30	01:02:01	01:14:39	01:25:58	01:28:03			M-214	Máster 1-38
224	1861 FRAN TORRADO ARES	07/09/1972	01:28:19	04:11	13:50	20:52	29:45	41:35	01:01:21	01:14:12	01:25:51	01:28:02			M-215	Máster 4-22

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
225	187 MANUEL MATO COUSO	01/07/1989	01:28:19	04:11	12:54	19:36	28:01	39:18	59:36	01:14:13	01:25:55	01:28:09	AG20242	ASOCIACION DEPORTIVA	M-216	Máster 1-39
226	1817 CRISTIAN MOURE	25/05/1987	01:28:20	04:11	14:13	21:13	30:02	41:56	01:01:22	01:13:56	01:25:53	01:28:20			M-217	Máster 1-40
227	320 RAFAEL SABIO FERNÁNDEZ	23/10/1966	01:28:20	04:11	13:40	20:45	29:33	41:16	01:00:52	01:13:50	01:25:42	01:28:09	TGAL130		M-218	Máster 5-9
228	509 ALESSANDRO BERTUSSI LORENZO	19/04/2000	01:28:20	04:11	14:07	21:22	30:24	42:20	01:01:58	01:14:32	01:25:54	01:28:04			M-219	Senior-68
229	220 PABLO ÁLVAREZ RAMOS	26/04/1983	01:28:21	04:11	13:14	20:04	28:45	40:25	01:00:40	01:14:31	01:26:02	01:28:09			M-220	Máster 2-41
230	277 ISAAC LANZA	01/09/1974	01:28:22	04:11	13:57	21:11	30:16	42:20	01:01:57	01:14:36	01:25:53	01:28:03			M-221	Máster 4-23
231	288 JOSÉ ANTONIO DACAL BORRAJO	18/03/1975	01:28:22	04:11	13:38	20:39	29:21	41:08	01:00:41	01:13:49	01:25:50	01:28:08			M-222	Máster 3-33
232	401 OSCAR FARIÑA GARCIA	30/06/1978	01:28:23	04:11	14:04	21:20	30:22	42:20	01:01:58	01:14:39	01:26:02	01:28:05			M-223	Máster 3-34
233	95 RUBÉN CASTRO PORTELA	23/04/1978	01:28:23	04:11	14:06	21:21	30:22	42:20	01:02:00	01:14:36	01:26:01	01:28:05	AG765724	A GÁNDARA	M-224	Máster 3-35
234	416 HÉCTOR TRONCOSO GOMEZ	09/09/1987	01:28:25	04:11	14:08	21:25	30:31	42:28	01:02:02	01:14:46	01:26:02	01:28:10			M-225	Máster 1-41
235	511 ALDÁN LÓPEZ EIROA	16/02/1994	01:28:25	04:11	14:09	21:22	30:21	42:19	01:01:54	01:14:33	01:26:03	01:28:03			M-226	Senior-69
236	704 JOSÉ LUIS ALONSO RAMUDO	19/10/1987	01:28:30	04:11	15:01	22:18	31:19	43:18	01:02:47	01:15:13	01:26:13	01:28:30		CLUBE ATLETISMO VILALB	M-227	Máster 1-42
237	468 PEPE CRUZ	13/11/1990	01:28:34	04:11	14:14	21:27	30:34	42:31	01:02:01	01:14:47	01:26:06	01:28:12			M-228	Senior-70
238	485 PABLO SEVILLA CARRO	08/07/2004	01:28:35	04:11		21:24	30:30	42:27	01:01:59	01:14:48	01:26:16	01:28:35			M-229	Sub 23-5
239	540 DAVID PEDREIRA MATO	29/08/1985	01:28:36	04:11	14:07	21:22	30:31	42:29	01:01:50	01:14:46	01:26:12	01:28:18			M-230	Máster 1-43
240	639 HECTOR MANUEL TRASHORRAS	05/11/1978	01:28:37	04:12	14:03	21:13	30:16	42:21	01:01:59	01:14:44	01:26:14	01:28:21	GA3785246	ATLUGO RUNNING CLUB	M-231	Máster 3-36
241	316 LORENZO SÁNCHEZ MARCOS	03/06/1964	01:28:37	04:12	13:33	20:40	29:33	41:30	01:01:27	01:14:29	01:26:14	01:28:34			M-232	Máster 6-1
242	417 IAGO GONZÁLEZ FERMOSE	31/10/1977	01:28:37	04:12	13:55	21:21	30:31	42:30	01:02:01	01:14:36	01:26:22	01:28:26			M-233	Máster 3-37
243	363 SERGIO BARREIRO	26/10/1995	01:28:38	04:12	13:20	20:14	29:10	41:11	01:01:07	01:14:21	01:26:08	01:28:23		A.D. NAUTICO NARÓN	M-234	Senior-71
244	438 LAURA GIÓN GONZÁLEZ	22/10/1989	01:28:41	04:12	14:07	21:24	30:30	42:27	01:02:00	01:14:48	01:26:14	01:28:22	O7737	OVIEDO ATLETISMO	F-10	Máster 1-2
245	660 PABLO LÓPEZ SOMOZA	17/11/1996	01:28:43	04:12	14:14	21:29	30:33	42:36	01:02:33	01:15:31	01:26:23	01:28:21	AG19847	ATLETISMO RIAS BAIXAS	M-235	Senior-72
246	260 CÉSAR DE NICOLÁS MARTÍNEZ	22/10/1989	01:28:43	04:12	14:08	21:24	30:31	42:20	01:02:01	01:14:49	01:26:17	01:28:31		CAT PARQUESOL	M-236	Máster 1-44
247	340 LLUIS DE LA RIVA	16/02/1995	01:28:44	04:12	12:58	19:54	28:44	40:49	01:01:07	01:14:25	01:26:19	01:28:37			M-237	Senior-73
248	336 DAVID PÉREZ POSE	13/11/1983	01:28:44	04:12	13:27	20:33	29:30	41:25	01:01:20	01:14:27	01:26:16	01:28:34			M-238	Máster 2-42
249	1774 PABLO BARRO GARCÍA	23/09/2007	01:28:45	04:12	14:14	21:25	30:30	42:29	01:02:00	01:14:48	01:26:16	01:28:18		CLUB TRIATLÓN CORUÑA	M-239	Sub 20-4
250	323 CARLOS OJEA CASTRO	09/01/1974	01:28:46	04:12	13:18	20:11	28:56	40:45	01:00:46	01:13:57	01:26:13	01:28:33	TGAL515	NOSPORTLIMIT	M-240	Máster 4-24
251	597 SAMUEL PARADA JUNCAL	13/09/1998	01:28:46	04:12	13:40	20:57	30:02	42:09	01:01:55	01:14:40	01:26:19	01:28:40			M-241	Senior-74
252	348 ISAAC SÁNCHEZ LAGO	04/05/1982	01:28:47	04:12	13:18	20:17	29:03	40:53	01:00:53	01:14:06	01:26:14	01:28:34			M-242	Máster 2-43
253	339 ADÁN MARTÍNEZ FERNÁNDEZ	10/08/1990	01:28:49	04:12	13:32	20:32	29:25	41:20	01:01:14	01:14:15	01:26:12	01:28:33		ARTROGAL TRI-498	M-243	Senior-75
254	508 KEVIN LÓPEZ OROSA	24/06/2006	01:28:51	04:12	14:25	21:42	30:49	42:51	01:02:22	01:15:08	01:26:34	01:28:21	AG_19584	CLUB ATLETISMO RIBADEC	M-244	Sub 20-5
255	604 RODRIGO ESTEVEZ PUENTE	04/12/1997	01:28:53	04:12	14:51	22:09	31:14	43:04	01:02:23	01:15:03	01:26:23	01:28:27			M-245	Senior-76
256	328 DIEGO GARCÍA MELLA	27/05/1976	01:28:56	04:12	14:05	21:15	30:18	42:11	01:01:56	01:14:50	01:26:25	01:28:30			M-246	Máster 3-38

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
257	300 MANUEL ÁNGEL DOMÍNGUEZ ESPE	05/01/1992	01:28:57	04:12	12:51	19:52	28:36	40:18	01:00:03	01:13:24	01:26:09	01:28:46			M-247	Senior-77
258	243 JOSÉ RAMÓN FERNÁNDEZ RODRIG	17/03/1972	01:29:01	04:13	13:27	20:37	29:33	41:26	01:01:22	01:14:22	01:26:22	01:28:53		ALBIONS DA PONTENOVA	M-248	Máster 4-25
259	392 FEDERICO CESTEROS GARCÍA	05/07/1989	01:29:02	04:13	14:10	21:25	30:33	42:29	01:02:05	01:14:58	01:26:34	01:29:02			M-249	Máster 1-45
260	464 PEDRO UZAL PENAS	17/11/1979	01:29:02	04:13	13:52	21:00	30:03	42:09	01:01:50	01:14:45	01:26:33	01:28:47			M-250	Máster 3-39
261	307 JOSE LUIS RIO SILVA	16/06/1966	01:29:12	04:13	13:33	20:43	29:48	41:49	01:01:37	01:14:45	01:26:44	01:29:03	GA3756153A	IRUNNING OLEIROS	M-251	Máster 5-10
262	258 MARCOS ZAERA MAYO	20/09/1984	01:29:12	04:13	14:02	21:12	30:22	42:24	01:02:05	01:14:58	01:26:45	01:28:58		GLOBAL SPORT CLUB	M-252	Máster 2-44
263	370 JUAN CARLOS TRILLO CAAMAÑO	03/11/1982	01:29:14	04:13	14:04	21:14	30:18	42:20	01:01:57	01:14:49	01:26:41	01:28:51			M-253	Máster 2-45
264	1856 JACOBO BARRO PERNAS	07/11/1994	01:29:15	04:13	13:45	20:53	29:48	41:49	01:01:36	01:14:41	01:26:39	01:28:58			M-254	Senior-78
265	1792 MARCOS SAAVEDRA GARCÍA	24/12/1981	01:29:15	04:13	13:45	20:53	29:50	41:55	01:01:47	01:14:43	01:26:38	01:29:00	33350564N	CLUB TRIATLÓN VILALBA	M-255	Máster 2-46
266	180 NEREA SANCHEZ ROCHA	13/06/1988	01:29:17	04:13	13:59	21:09	30:20	42:28	01:01:51	01:14:58	01:26:54	01:29:03			F-11	Máster 1-3
267	308 SUSO CONDE LAGO	07/03/1992	01:29:19	04:14	14:24	21:49	30:58	42:35	01:03:07	01:15:38	01:26:47	01:28:57	AG2023572	C.A.R. MARISQUEIRO	M-256	Senior-79
268	359 ROBERTO LÓPEZ SOBRADO	11/01/1976	01:29:19	04:14	14:00	21:10	30:20	42:28	01:02:04	01:14:59	01:26:54	01:29:06		NOSPORTLIMIT	M-257	Máster 3-40
269	267 MANUEL ANGEL CASAL PENAS	27/03/1979	01:29:20	04:14	13:19	20:24	29:24	41:27	01:01:23	01:14:46	01:26:41	01:29:09		ESCOLA ATLETISMO PAUL	M-258	Máster 3-41
270	184 PAULA SOUTO GARCÍA	18/07/1984	01:29:23	04:14	14:02	21:12	30:21	42:24	01:02:02	01:15:04	01:26:57	01:29:12		GLOBAL SPORT CLUB	F-12	Máster 2-1
271	310 DAVID VILARIÑO GONZÁLEZ	01/08/1981	01:29:23	04:14	14:22	21:52	31:01	43:25	01:03:07	01:16:05	01:27:10	01:29:08		NOSPORTLIMIT	M-259	Máster 2-47
272	1762 GUILLE PENA PAZOS	06/12/1995	01:29:28	04:14	14:00	21:12	30:20	42:23	01:02:04	01:15:02	01:26:57	01:29:14		GLOBAL SPORT CLUB	M-260	Senior-80
273	551 JACOBO LAZCANO DELGADO	15/01/1990	01:29:30	04:14	14:08	21:24	30:31	42:28	01:02:00	01:14:46	01:26:40	01:29:30			M-261	Máster 1-46
274	697 VICTOR SUAREZ IGLESIAS	16/08/1995	01:29:30	04:14	14:16	21:27	30:30	42:29	01:02:06	01:15:10	01:27:03	01:28:59			M-262	Senior-81
275	347 ÁLVARO CÁNOVAS GARCÍA	05/12/2000	01:29:35	04:14	13:37	20:45	29:36	41:34	01:01:28	01:14:43	01:26:55	01:29:18		CLUB ATLÁNTICO TRIATLÓ	M-263	Senior-82
276	261 CASIANO ENGROBA SAAVEDRA	22/04/1981	01:29:47	04:15	13:45	20:53	29:49	41:54	01:01:48	01:14:53	01:27:09	01:29:32	33345879	CLUB TRIATLÓN VILALBA	M-264	Máster 2-48
277	317 JUAN CORES CALVO	18/10/1976	01:29:47	04:15	14:10	21:25	30:32	42:29	01:02:02	01:14:59	01:27:08	01:29:24			M-265	Máster 3-42
278	214 JOAQUIN FERNANDEZ CAMBADOS	06/04/1975	01:30:00	04:15	13:19	20:13	29:07	41:19	01:01:39	01:15:10	01:27:29	01:29:43		C.D.RIA DE AROUSA DO G	M-266	Máster 3-43
279	149 MANUEL RODRÍGUEZ FERNANDEZ	01/03/1983	01:30:05	04:16	14:05	21:28	30:46	42:52	01:02:37	01:15:27	01:27:31	01:29:53		KURAI	M-267	Máster 2-49
280	887 DANIEL PÉREZ BRAVO	30/09/1995	01:30:07	04:16	14:34	21:53	31:00	43:06	01:02:56	01:15:56	01:27:42	01:29:36			M-268	Senior-83
281	153 JORGE GORDO FRECHILLA	06/09/1993	01:30:07	04:16	13:16	20:06	28:58	41:00	01:01:16	01:14:43	01:27:17	01:29:56			M-269	Senior-84
282	383 FERNANDO CARIDE SUÁREZ	12/08/1986	01:30:10	04:16	14:08	21:22	30:23	42:27	01:02:17	01:15:32	01:27:39	01:29:58		TRIATLON ATLANTICO	M-270	Máster 1-47
283	475 RICARDO AMENEDOS GONZALEZ	05/10/1976	01:30:11	04:16	14:05	21:22	30:24	42:29	01:02:29	01:15:35	01:27:43	01:29:48		PASA OU ENTORNA	M-271	Máster 3-44
284	253 PABLO GOMEZ HERNANDEZ	07/02/1986	01:30:12	04:16	14:18	21:37	30:43	43:16	01:03:11	01:16:25	01:27:49	01:29:59		NOSPORTLIMIT	M-272	Máster 1-48
285	536 FRANCISCO GARCIA ROMEU DE LA	27/05/1983	01:30:22	04:17	14:36	21:53	30:54	42:55	01:02:26	01:15:26	01:27:45	01:29:49		CLUB DEPORTIVO TRIARIC	M-273	Máster 2-50
286	400 JORGE BORRAZAS	11/09/1989	01:30:22	04:17	13:36	20:47	29:51	42:09	01:02:01	01:15:16	01:27:42	01:30:14			M-274	Máster 1-49
287	699 NICO CLOUSTON	07/01/2002	01:30:23	04:17	13:19	20:11	28:54	40:59	01:01:24	01:14:51	01:27:37	01:30:07			M-275	Senior-85
288	570 THOMAS THIBAUT	21/03/1989	01:30:24	04:17	14:17	21:25	30:23	42:29	01:02:03	01:15:25	01:27:48	01:30:04			M-276	Máster 1-50

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
289	315 ALFONSO MASEDA VARELA	14/04/1979	01:30:25	04:17	13:32	20:39	29:43	41:49	01:02:01	01:15:26	01:27:48	01:30:10			M-277	Máster 3-45
290	345 FRANCISCO CABANAS SANCHEZ	11/01/1989	01:30:25	04:17	14:10	21:28	30:38	42:50	01:03:10	01:16:20	01:28:01	01:30:11		NOSPORTLIMIT	M-278	Máster 1-51
291	539 PEDRO PITA ROMERO	03/01/2002	01:30:27	04:17	13:53	20:48	29:28	41:21	01:02:01	01:15:38	01:27:54	01:29:49			M-279	Senior-86
292	408 MARCOS LODEIRO LOPEZ	06/09/1972	01:30:30	04:17	14:13	21:19	30:29	42:48	01:02:59	01:16:26	01:27:58	01:30:15			M-280	Máster 4-26
293	530 IAGO VALIN SANDEZ	26/06/1979	01:30:32	04:17	13:52	21:03	30:10	42:22	01:02:33	01:15:48	01:27:58	01:30:20		ERIKA PILATES	M-281	Máster 3-46
294	366 JAVIER ALONSO REY	25/10/1981	01:30:33	04:17	13:38	20:49	29:50	41:58	01:02:01	01:15:21	01:27:55	01:30:21			M-282	Máster 2-51
295	175 ANA BELEN GONZALEZ MARGARID	18/01/1974	01:30:34	04:17	13:35	20:40	29:32	41:26	01:01:31	01:15:10	01:27:51	01:30:26		CORRE POR BEGONTE	F-13	Máster 4-2
296	1906 JOSE LUIS BARRIO DIAZ	22/03/1971	01:30:39	04:17	14:03	21:10	30:20	42:27	01:02:10	01:15:26	01:27:52	01:30:23		CLUBE ATLETISMO VILALB	M-283	Máster 4-27
297	229 JOSE LUIS BOUZA FREIRE	09/09/1959	01:30:39	04:17	13:31	20:42	29:49	41:59	01:02:08	01:15:30	01:27:57	01:30:31			M-284	Máster 7-1
298	374 DANIEL PEREZ LOMBA	15/08/1976	01:30:40	04:17	14:03	21:20	30:30	42:40	01:02:47	01:16:00	01:28:03	01:30:31		CLUB DEPORTIVO NORDE	M-285	Máster 3-47
299	132 IVAN SEGADÉ CAROU	21/10/1981	01:30:42	04:17	13:47	21:14	30:37	42:55	01:02:31	01:15:35	01:28:04	01:30:38			M-286	DV-1
300	405 JESÚS COUSO GARCIA	11/08/1978	01:30:45	04:18	13:47	21:09	30:21	42:31	01:02:33	01:15:38	01:28:05	01:30:36	AG2496	CLUB ATLETISMO NEGREIF	M-287	Máster 3-48
301	1908 JULIÁN JOSÉ GESTO CAABEIRO	10/10/1960	01:30:48	04:18	13:30	20:36	29:35	41:50	01:02:07	01:15:31	01:28:03	01:30:40		RUNNING OLEIROS	M-288	Máster 6-2
302	531 JOSÉ RILO LÓPEZ	07/07/1960	01:30:52	04:18	14:04	21:21	30:28	42:44	01:03:09	01:16:24	01:28:21	01:30:38		NOSPORTLIMIT	M-289	Máster 6-3
303	304 RAFAEL ROSSI BARBOSA DA SILVA	28/01/1985	01:30:53	04:18	13:37	20:54	30:34	42:39	01:02:45	01:16:02	01:28:15	01:30:44			M-290	Máster 2-52
304	199 MANUEL CASTIÑEIRAS PORTOS	07/08/1979	01:30:56	04:18	13:40	20:53	30:01	42:17	01:02:34	01:15:55	01:28:15	01:30:48	GA788	SOCIEDAD DEPORTIVA CC	M-291	Máster 3-49
305	344 TIAGO ROCHA	29/09/1976	01:30:57	04:18	13:43	20:50	29:57	42:07	01:02:28	01:16:08	01:28:23	01:30:42			M-292	Máster 3-50
306	554 MARCOS PÉREZ GONZALEZ	26/07/1986	01:30:58	04:18	14:22	21:41	30:52	42:59	01:03:18	01:16:30	01:28:30	01:30:27		NOSPORTLIMIT	M-293	Máster 1-52
307	498 ROBERTO MENDEZ QUINDIMIL	20/02/1976	01:31:03	04:18	15:06	22:38	31:52	44:04	01:03:54	01:16:54	01:28:35	01:30:38	32828603J	NOSPORTLIMIT	M-294	Máster 3-51
308	324 SERGIO VELA FORTUN	08/09/1975	01:31:05	04:19	13:41	20:56	30:02	42:06	01:02:12	01:15:34	01:28:14	01:31:00		RUNNERS CIUTAT DE VALI	M-295	Máster 3-52
309	535 ALBERTO GONZÁLEZ DUARTE	17/07/1978	01:31:05	04:19	14:10	21:27	30:29	42:35	01:02:45	01:15:59	01:28:22	01:30:51		GLOBAL SPORT CLUB	M-296	Máster 3-53
310	322 MARCOS LEMA RODRÍGUEZ	17/06/1977	01:31:10	04:19	13:50	20:57	30:02	42:05	01:02:15	01:15:58	01:28:31	01:31:01		CLUB DALLE GAS RUNNIN	M-297	Máster 3-54
311	402 JUAN JOSE VIEITES PONTE	15/05/1975	01:31:14	04:19	13:30	20:37	29:32	41:33	01:01:53	01:15:38	01:28:27	01:31:04		SIGUEME SI PUEDES	M-298	Máster 3-55
312	210 JUAN SICILIA BARCI	01/06/1970	01:31:17	04:19	14:09	21:23	30:31	42:30	01:02:58	01:16:23	01:28:43	01:31:01	AG17259	ATLÉTIC RANIN CLUB	M-299	Máster 4-28
313	386 JUAN JOSÉ ROMERO GONZÁLEZ	15/07/1979	01:31:17	04:19	13:19	20:25	29:28	41:40	01:02:01	01:15:36	01:28:28	01:31:06			M-300	Máster 3-56
314	523 JUAN CARLOS BERGONDO BRAND	28/01/1964	01:31:22	04:19	14:12	21:25	30:29	42:38	01:03:00	01:16:29	01:28:44	01:30:58		RUNNING OLEIROS	M-301	Máster 6-4
315	478 JOSE TORRECILLAS RODRIGUEZ	17/12/1979	01:31:24	04:19	14:17	21:26	30:27	42:31	01:02:47	01:16:18	01:28:40	01:30:53		C.D. RUNTRITON CARTAGI	M-302	Máster 3-57
316	533 CRISTIAN RODRÍGUEZ LÓPEZ	02/12/1992	01:31:27	04:20	13:52	21:04	30:04	42:10	01:02:08	01:15:44	01:28:34	01:31:09	AG16961	CLUBE ATLETISMO BOIMC	M-303	Senior-87
317	422 RAFAEL CARRASCO DEL POZO	10/01/1977	01:31:27	04:20	14:04	21:20	30:30	42:36	01:02:54	01:16:23	01:28:46	01:31:17			M-304	Máster 3-58
318	490 MARCOS BLANCO FARIÑAS	18/11/1986	01:31:32	04:20	14:29	22:06	31:30	43:56	01:04:02	01:17:07	01:28:57	01:31:16			M-305	Máster 1-53
319	411 FEDERICO FERNANDEZ FRAGA	24/12/1963	01:31:32	04:20	14:12	21:20	30:24	42:30	01:02:38	01:16:04	01:28:46	01:31:13	AG18594		M-306	Máster 6-5
320	959 DOSI REMESEIRO ABELEIRA	05/12/1995	01:31:36	04:20	14:57	22:23	31:34	43:57	01:04:24	01:17:32	01:29:05	01:31:06			M-307	Senior-88

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
321	271 BRUNO OTERO PEREZ	10/11/1986	01:31:37	04:20	14:07	21:10	30:16	42:27	01:02:31	01:16:16	01:28:48	01:31:00			M-308	Máster 1-54
322	350 XOSÉ MANUEL PARDO LÓPEZ	27/02/1968	01:31:41	04:20	14:14	21:35	30:49	43:01	01:03:12	01:16:28	01:28:55	01:31:25		CLUBE DE ATLETISMO OU	M-309	Máster 5-11
323	1921 GUILLERMO PEDRO MORÁN SÁNCI	24/02/1993	01:31:41	04:20	15:01	22:18	31:27	43:31	01:03:35	01:16:59	01:29:02	01:31:02			M-310	Senior-89
324	479 ANTONIO GUDE RIVEIRO	12/07/1992	01:31:47	04:21	15:46	22:52	31:46	43:43	01:03:43	01:17:01	01:29:10	01:30:36		EL CANARIO	M-311	Senior-90
325	259 MIGUEL GARCIA MARTIN	15/01/1998	01:31:48	04:21	13:07	19:58	28:40	40:59	01:01:54	01:17:25	01:29:25	01:31:41			M-312	Senior-91
326	740 ANTÍA GARCÍA FERNÁNDEZ	13/03/1994	01:31:49	04:21	15:09	22:46	32:12	44:24	01:04:26	01:17:32	01:29:24	01:31:19		NOSPORTLIMIT	F-14	Senior-6
327	1769 ANTONIO ILLOBRE JIMÉNEZ	30/10/1975	01:31:52	04:21	13:37	20:48	29:47	41:50	01:03:14	01:17:07	01:29:18	01:31:41		CLUB ATLETISMO SADA	M-313	Máster 3-59
328	549 ROBERTO FRANCOS VÁZQUEZ	05/12/1980	01:31:52	04:21	14:40	22:08	31:35	44:03	01:04:19	01:17:21	01:29:19	01:31:30		TRIATLÓN ATLÁNTICO	M-314	Máster 2-53
329	357 MIGUEL PARRA AMEIJIDE	24/01/1982	01:31:57	04:21	13:18	20:05	28:48	40:30	01:02:03	01:17:09	01:29:21	01:31:48		CLUB ATLETISMO SADA	M-315	Máster 2-54
330	487 DIEGO URÍA REY	30/09/1984	01:31:59	04:21	14:11	21:26	30:26	42:37	01:03:28	01:17:08	01:29:20	01:31:32		CLUB DALLE GAS RUNNIN	M-316	Máster 2-55
331	118 PABLO M CARRO SUÁREZ	13/08/1973	01:32:01	04:21	14:19	21:30	30:48	42:43	01:03:08	01:16:53	01:29:21	01:31:52			M-317	Máster 4-29
332	534 JUAN LUIS BOADO FERNÁNDEZ	31/07/2000	01:32:01	04:21	14:13	21:29	30:44	43:14	01:03:55	01:17:32	01:29:43	01:31:39			M-318	Senior-92
333	504 JAVIER GARCÍA FERNÁNDEZ	24/01/1977	01:32:02	04:21	14:27	21:44	30:52	43:02	01:03:31	01:17:05	01:29:27	01:31:31	GA3706037	CLUB ATLETISMO RIA DE F	M-319	Máster 3-60
334	862 CARLOS BLANCO MONTERO	26/05/1998	01:32:05	04:21	15:09	22:45	32:08	44:25	01:04:12	01:17:30	01:29:25	01:31:36			M-320	Senior-93
335	607 XABI DE TORO YÁÑEZ	02/08/1992	01:32:07	04:21	14:08	21:23	30:25	42:30	01:02:53	01:16:52	01:29:35	01:31:43			M-321	Senior-94
336	555 VICTOR MANUEL VAZQUEZ VEGA	09/09/1983	01:32:10	04:22	14:04	21:14	30:25	42:39	01:03:14	01:17:01	01:29:30	01:31:50		NOSPORTLIMIT	M-322	Máster 2-56
337	352 DANIEL BARBEITO FERNÁNDEZ	28/08/1989	01:32:10	04:22	13:51	21:13	30:25	42:31	01:03:03	01:16:56	01:29:28	01:32:00			M-323	Máster 1-55
338	576 RAFAEL PEREZ REGO	05/11/1958	01:32:21	04:22	14:29	21:55	31:07	43:23	01:03:45	01:17:19	01:29:43	01:32:01	AG8796	CLUB ATLETISMO TUI	M-324	Máster 7-2
339	522 ÁNGEL LORENZO SILVA	23/12/1973	01:32:22	04:22	14:48	22:15	31:29	43:57	01:04:25	01:17:49	01:29:49	01:31:54		AGENCIA MORLA	M-325	Máster 4-30
340	335 MUSTAPHA EL AZIZ	24/12/1985	01:32:24	04:22	14:08	21:25	30:32	42:45	01:03:21	01:17:11	01:29:46	01:32:05			M-326	Máster 1-56
341	519 PABLO CRESPO RIESTRA	12/09/1962	01:32:27	04:22	14:40	21:54	31:07	43:11	01:03:46	01:17:24	01:29:48	01:32:10	GA1559		M-327	Máster 6-6
342	512 DAVID ROUCO PERNAS	09/02/1991	01:32:31	04:23	15:00	22:08	31:14	43:24	01:03:32	01:17:07	01:29:56	01:31:49			M-328	Senior-95
343	838 MIGUEL DOMÍNGUEZ VÁZQUEZ	29/09/1985	01:32:33	04:23	15:43	22:52	32:13	44:14	01:04:25	01:17:31	01:29:54	01:31:20			M-329	Máster 1-57
344	870 ADRIAN GARCIA LOPEZ	10/09/1994	01:32:33	04:23	15:07	22:33	31:53	44:15	01:04:35	01:17:57	01:30:04	01:31:44			M-330	Senior-96
345	637 ANDRÉ PAN LAPIDO	21/08/1991	01:32:40	04:23	14:37	22:01	31:13	43:30	01:03:44	01:17:25	01:30:01	01:32:04			M-331	Senior-97
346	684 FRANCISCO ÁLVAREZ DÍAZ	01/10/1990	01:32:41	04:23	13:44	20:59	30:06	42:23	01:03:03	01:16:58	01:29:55	01:32:25		LUGO RUNNING CLUB	M-332	Senior-98
347	1031 ADRIAN CARRERA RODRIGUEZ	11/04/1993	01:32:42	04:23	14:43	22:16	31:25	43:54	01:04:20	01:18:00	01:30:04	01:32:23			M-333	Senior-99
348	562 TOMÁS GONZÁLEZ VIDAL	27/03/1995	01:32:43	04:23	14:48	22:22	31:58	44:32	01:05:09	01:18:16	01:30:21	01:32:21			M-334	Senior-100
349	471 MANUEL ENCINAS BENITO	20/04/1985	01:32:46	04:23	17:25	24:31	33:15	45:06	01:05:03	01:18:11	01:30:08	01:31:09			M-335	Máster 1-58
350	577 DARIO GONZALEZ GONZALEZ	29/01/1996	01:32:48	04:23	15:28	23:05	32:42	45:10	01:05:21	01:18:32	01:30:13	01:32:10			M-336	Senior-101
351	1744 JESUS RAMON GARCIA CANCELA	10/11/1980	01:32:48	04:23	14:10	21:25	30:33	42:47	01:03:19	01:17:05	01:29:55	01:32:29			M-337	Máster 2-57
352	319 EDUARDO FIGUEIRAS LORENZO	11/07/1997	01:32:49	04:23	13:22	20:23	29:13	41:19	01:01:55	01:16:23	01:29:54	01:32:37	AG20251	EL CANARIO	M-338	Senior-102

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
353	480 JUAN PLATAS MARTINEZ	09/09/1967	01:32:49	04:23	14:08	21:24	30:32	42:47	01:03:20	01:17:04	01:29:55	01:32:31	33288490		M-339	Máster 5-12
354	458 FRANCISCO SANTOS ROJAS	26/03/1991	01:32:51	04:24	14:13	21:33	30:52	43:22	01:04:02	01:17:45	01:30:15	01:32:23			M-340	Senior-103
355	1593 PABLO CENTENO GONZÁLEZ	28/12/1991	01:32:51	04:24	16:36	23:55	33:04	45:08	01:05:16	01:18:14	01:30:23	01:31:33			M-341	Senior-104
356	452 ALEJANDRO ACEA BODELON	15/09/1984	01:32:58	04:24	14:16	21:44	31:12	43:44	01:04:27	01:18:00	01:30:19	01:32:45			M-342	Máster 2-58
357	466 JULIO J. SOUTO DIZ	05/10/1964	01:33:00	04:24	14:39	22:17	31:44	44:11	01:04:35	01:18:08	01:30:29	01:32:42	GA3784925ATCLUB	ATLETISMO SADA	M-343	Máster 6-7
358	842 ÓSCAR GONZÁLEZ GÓMEZ	19/07/1976	01:33:00	04:24	16:17	23:25	32:26	44:35	01:04:47	01:18:11	01:30:24	01:30:54		TRIOURENSE	M-344	Máster 3-61
359	1748 FERNANDO MAHÍA VILAS	28/02/1990	01:33:01	04:24	15:13	22:41	31:59	44:17	01:04:37	01:17:56	01:30:19	01:32:26			M-345	Senior-105
360	893 ALFONSO VARELA LOPEZ	11/08/1997	01:33:02	04:24	15:17	22:56	32:28	44:59	01:05:41	01:19:00	01:30:34	01:32:22			M-346	Senior-106
361	820 MARIO BAO AÑÓN	03/08/1974	01:33:02	04:24	17:25	25:27	35:15	48:13	01:09:25	01:23:14	01:35:39	01:31:58			M-347	Máster 4-31
362	817 MARTIN CARREÑO GONZALEZ	04/09/2002	01:33:02	04:24	15:28	23:03	32:28	44:54	01:04:48	01:18:04	01:30:25	01:31:58			M-348	Senior-107
363	1836 XOSE MANOEL RIVERA GOMEZ	31/03/1980	01:33:03	04:24	14:18	21:38	30:52	43:14	01:03:45	01:17:30	01:30:18	01:32:34			M-349	Máster 2-59
364	222 JUNIOR JAVIER VAZQUEZ GRELA	22/12/1982	01:33:04	04:24	14:18	21:38	30:52	43:14	01:03:44	01:17:30	01:30:18	01:32:36			M-350	Máster 2-60
365	353 MARCOS VARELA SECO	27/06/1981	01:33:07	04:24	13:35	20:44	29:51	42:11	01:03:11	01:17:19	01:30:20	01:32:57		TRIEUME AS PONTES CLU	M-351	Máster 2-61
366	616 DIEGO VILARIÑO MERELAS	15/07/1994	01:33:14	04:25	14:15	21:31	30:46	43:19	01:03:59	01:17:57	01:30:33	01:32:49			M-352	Senior-108
367	566 DAVID BARREDO ALVAREZ	10/02/1983	01:33:16	04:25	14:11	21:34	30:55	43:27	01:04:26	01:18:09	01:30:38	01:32:57			M-353	Máster 2-62
368	472 DAVID ESCALANTE PEREZ	15/11/1986	01:33:17	04:25	14:20	21:40	30:47	43:15	01:03:55	01:17:53	01:30:28	01:32:52	AG2028310	NOITEBRA F.C.	M-354	Máster 1-59
369	286 SEGUNDO DOMINGUEZ ALSINA	08/09/1967	01:33:17	04:25	14:10	21:34	30:54	43:21	01:04:14	01:18:00	01:30:31	01:33:07	AG2022599	SOCIEDAD DEPORTIVA CC	M-355	Máster 5-13
370	406 JUAN IGNACIO GARCIA FERNANDE	11/06/1973	01:33:18	04:25	15:02	22:47	32:33	45:38	01:05:42	01:18:42	01:30:40	01:33:04			M-356	Máster 4-32
371	156 EVARISTO LEMA MARIÑO	02/03/1988	01:33:21	04:25	16:44	24:01	33:07	45:10	01:05:28	01:18:44	01:30:49	01:31:37			M-357	Máster 1-60
372	382 ÁLVARO CAROU GARCÍA	12/03/1979	01:33:27	04:25	14:10	21:25	30:27	42:34	01:02:54	01:18:52	01:30:50	01:33:00	AG11188	CLUB ATLETISMO CAMBAI	M-358	Máster 3-62
373	505 JOSÉ LUIS AMADO RODRÍGUEZ	28/10/1976	01:33:27	04:25	14:03	21:31	30:37	43:02	01:03:40	01:17:23	01:30:37	01:33:03		SOCIEDAD GIMNASTICA C	M-359	Máster 3-63
374	399 JUAN JOSÉ GÓMEZ CORTÉS	26/01/1973	01:33:28	04:25	14:29	22:00	31:27	44:03	01:04:51	01:18:31	01:30:55	01:33:18			M-360	Máster 4-33
375	283 MAGIN NISTAL GONZALEZ	10/05/1968	01:33:29	04:25	14:16	21:39	31:05	43:46	01:04:47	01:18:29	01:30:47	01:33:05			M-361	Máster 5-14
376	574 CHRISTIAN BARAJA CUADRADO	09/04/1983	01:33:30	04:25	14:38	22:08	31:39	44:22	01:05:21	01:18:46	01:30:56	01:33:13		FORUS RUNNERS	M-362	Máster 2-63
377	841 ALEJANDRO TRIPIANA GONZÁLEZ	13/10/2003	01:33:32	04:26	14:46	22:10	31:28	44:02	01:04:52	01:18:20	01:30:46	01:32:54			M-363	Sub 23-6
378	289 FÉLIX ROGET PÉREZ	06/10/1981	01:33:33	04:26	14:11	21:30	30:44	43:12	01:04:04	01:17:59	01:30:44	01:33:07			M-364	Máster 2-64
379	542 IVAN FONTAN MONTEAGUDO	17/12/1995	01:33:36	04:26	15:22	23:07	32:47	45:39	01:05:45	01:18:46	01:30:56	01:33:10			M-365	Senior-109
380	686 ANTONIO ALDANA CONSUEGRA	15/08/1985	01:33:37	04:26	15:05	22:38	31:57	44:22	01:04:55	01:18:26	01:30:53	01:33:03			M-366	Máster 1-61
381	385 PEDRO LUIS FALAGÁN	13/11/1964	01:33:37	04:26	14:10	21:27	30:53	43:40	01:04:51	01:18:28	01:30:54	01:33:24	S9975	ATLETICO POLANCO	M-367	Máster 6-8
382	861 ABEL MAYOBRE VARELA	18/06/1990	01:33:38	04:26	15:10	22:49	32:15	44:35	01:05:00	01:18:22	01:30:54	01:33:08			M-368	Senior-110
383	397 MARCOS ORDÓÑEZ RODRÍGUEZ	24/04/1975	01:33:38	04:26	15:16	23:04	32:46	45:38	01:05:59	01:19:15	01:31:07	01:33:10		ATLETAS DE ACEA DE AM	M-369	Máster 3-64
384	537 JORGE SOTO BAÑO	06/07/1987	01:33:38	04:26	15:29	23:10	32:47	45:19	01:06:06	01:19:11	01:31:08	01:33:07			M-370	Máster 1-62

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
385	419 JAIRO VALEA LÓPEZ	26/06/1994	01:33:39	04:26	14:36	22:01	31:14	43:30	01:03:44	01:18:01	01:31:00	01:33:04		CLUB ATLETISMO DEZA	M-371	Senior-111
386	295 JAVIER VERDERA ROIG	28/08/1992	01:33:40	04:26	13:52	20:56	30:19	42:28	01:03:22	01:17:28	01:30:35	01:33:16		GRUP ESPORTIU ESPALMA	M-372	Senior-112
387	418 SERGIO SOTO BUCETA	12/08/1979	01:33:41	04:26	14:14	21:34	31:09	43:43	01:05:14	01:18:58	01:31:08	01:33:31	054714685	CLUB ATLETISMO CAMBAI	M-373	Máster 3-65
388	380 JOSÉ ANTONIO MARTÍNEZ	20/04/1982	01:33:41	04:26	14:03	21:14	30:28	42:52	01:04:09	01:18:08	01:30:59	01:33:26		NOSPORTLIMIT	M-374	Máster 2-65
389	1460 FRAN LAGOA MARTINEZ	31/08/1978	01:33:45	04:26	14:49	22:07	31:25	43:56	01:04:36	01:18:23	01:31:02	01:33:14			M-375	Máster 3-66
390	517 JAVIER PICOS GARCIA	22/05/1972	01:33:46	04:26	14:00	21:24	30:41	43:13	01:04:15	01:18:10	01:31:02	01:33:39			M-376	Máster 4-34
391	433 INES IGLESIAS	23/05/1979	01:33:47	04:26	14:00	21:24	30:43	43:15	01:04:15	01:18:13	01:31:04	01:33:41			F-15	Máster 3-3
392	592 IVÁN NIETO LÓPEZ	11/08/1986	01:33:48	04:26	16:57	24:17	33:22	45:22	01:05:07	01:18:31	01:31:03	01:32:32	44843199	CLUB TRIATLON CERVECEI	M-377	Máster 1-63
393	1886 CARLOS ANDRES HENAO FLOREZ	03/07/1990	01:33:54	04:27	15:19	22:44	32:45	45:38	01:06:20	01:19:44	01:31:17	01:33:31			M-378	Senior-113
394	624 ALBERTO BENEITEZ	04/09/1981	01:33:55	04:27	14:06	21:24	30:25	42:29	01:03:28	01:17:51	01:30:58	01:33:37			M-379	Máster 2-66
395	454 YAGO ARTAZA PARAMO	25/12/1973	01:33:59	04:27	15:09	22:40	31:59	44:33	01:05:17	01:19:13	01:31:28	01:33:15		CLUB DE MAYORES	M-380	Máster 4-35
396	610 MAURO SCALA	18/06/1993	01:34:01	04:27	13:55	21:09	30:14	42:20	01:02:57	01:17:23	01:31:07	01:33:43		TRIBOOST	M-381	Senior-114
397	1777 JOSE ANTONIO FERNANDEZ RODRIGUEZ	30/09/1990	01:34:03	04:27	15:10	22:36	31:54	44:18	01:04:54	01:18:35	01:31:27	01:33:39			M-382	Senior-115
398	389 ALEJANDRO AVILA ALVAREZ	30/09/1981	01:34:05	04:27	14:44	22:32	32:14	45:05	01:06:06	01:19:19	01:31:31	01:33:54			M-383	Máster 2-67
399	919 LUIS LOPEZ RODRIGUEZ	04/05/1987	01:34:07	04:27	14:36	22:12	31:40	44:10	01:05:07	01:18:44	01:31:19	01:33:42		TRAILEROS TOXOS&BIRRA	M-384	Máster 1-64
400	582 MIGUEL PÉREZ REGO	02/08/1993	01:34:07	04:27	15:20	23:04	32:48	45:41	01:06:17	01:19:37	01:31:34	01:33:44			M-385	Senior-116
401	424 FRAN GUARDON	19/05/1971	01:34:07	04:27	14:08	21:25	30:26	42:29	01:03:30	01:17:54	01:31:00	01:33:48			M-386	Máster 4-36
402	679 MARIUSZ BECZKOWSKI	12/01/1987	01:34:07	04:27	14:40	22:30	32:19	45:22	01:06:09	01:19:39	01:31:33	01:33:50			M-387	Máster 1-65
403	525 JOSÉ MANUEL MARTÍNEZ LEMA	27/01/1978	01:34:08	04:27	15:07	22:31	31:43	44:06	01:04:49	01:18:39	01:31:21	01:33:32			M-388	Máster 3-67
404	878 DIEGO PRADOS NIETO	16/09/2002	01:34:10	04:27	15:16	22:39	32:01	44:32	01:05:18	01:18:58	01:31:28	01:33:16			M-389	Senior-117
405	656 FERNANDO TRILLO CARLIN	11/04/1968	01:34:12	04:27	15:11	22:53	32:36	45:18	01:06:09	01:19:36	01:31:41	01:33:45	AG141180	A.D. FOGAR	M-390	Máster 5-15
406	1840 CARLOS GARCÍA COUCEIRO	24/12/1995	01:34:12	04:27	15:12	22:38	31:46	44:05	01:04:13	01:18:10	01:31:16	01:33:17		GLOBAL SPORT	M-391	Senior-118
407	1867 MAURO MÉNDEZ MÉNDEZ	23/08/2001	01:34:13	04:27	15:58	23:27	32:48	45:38	01:05:57	01:19:32	01:31:36	01:33:34			M-392	Senior-119
408	469 SAUL GOMEZ ARROJO	28/03/1959	01:34:14	04:28	14:24	21:40	31:00	43:33	01:04:31	01:18:34	01:31:32	01:33:50		RUNNING OLEIROS	M-393	Máster 7-3
409	1725 CARLOS MIÑONES GINARTE	31/08/1997	01:34:16	04:28	15:39	22:57	32:28	44:49	01:05:45	01:19:12	01:31:31	01:33:00			M-394	Senior-120
410	636 ROBERTO ACEBEDO	18/08/1993	01:34:18	04:28	14:27	21:47	31:06	43:52	01:05:03	01:18:59	01:31:36	01:33:50			M-395	Senior-121
411	248 NACHO MOREIRA SILVA	20/02/1995	01:34:19	04:28	13:53	21:12	30:27	42:41	01:03:17	01:18:42	01:31:35	01:34:09			M-396	Senior-122
412	688 JESUS VAZQUEZ EIRIS	12/04/1982	01:34:19	04:28	15:20	23:04	32:47	45:38	01:06:24	01:19:56	01:31:56	01:33:57			M-397	Máster 2-68
413	603 ALFREDO RODRIGUEZ-GRANDJEAN	03/04/1987	01:34:19	04:28	14:59	22:47	32:27	45:19	01:06:16	01:19:35	01:31:47	01:34:01		CLUB ATLETISMO SADA	M-398	Máster 1-66
414	435 GLORIA BUSTAMANTE LARRIET	08/06/2003	01:34:19	04:28	14:48	22:17	31:43	44:28	01:05:22	01:19:05	01:31:37	01:33:58			F-16	Sub 23-1
415	215 RUBEN DOMINGUEZ GOMEZ	08/06/1982	01:34:19	04:28	15:20	23:04	32:47	45:38	01:06:22	01:19:56	01:31:55	01:33:56			M-399	Máster 2-69
416	290 EUGENIO LAMAS MOSTEIRO	09/08/1981	01:34:19	04:28	14:28	21:56	31:24	44:09	01:05:14	01:18:56	01:31:34	01:33:55		C.D MESOIRO	M-400	Máster 2-70

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
417	1035 DIEGO YLLANA LOPEZ	01/08/1989	01:34:20	04:28	15:11	23:01	32:41	45:34	01:06:21	01:19:40	01:31:47	01:34:00			M-401	Máster 1-67
418	270 MATIAS GARCIA -ANLLO REINOSO	12/01/1971	01:34:22	04:28	14:06	21:22	30:36	43:25	01:04:29	01:18:26	01:31:35	01:34:08		CLUBE ATLETISMO VILALB	M-402	Máster 4-37
419	371 PABLO RAMIL FREAN	31/12/1979	01:34:23	04:28	14:41	22:16	31:48	44:34	01:05:24	01:19:13	01:31:45	01:34:01		NOSPORTLIMIT	M-403	Máster 3-68
420	593 JOSÉ MACIÑEIRA	05/09/2001	01:34:31	04:28	15:44	23:30	33:04	45:53	01:06:45	01:20:09	01:31:58	01:33:52			M-404	Senior-123
421	1030 ANTONIO SERRANO AMARELLE	01/04/1988	01:34:34	04:28	15:17	23:03	32:46	45:34	01:06:22	01:19:46	01:32:02	01:34:05		XEITOSIÑOS	M-405	Máster 1-68
422	1102 MARCOS CASÁS VARELA	10/10/1986	01:34:34	04:28	15:17	23:04	32:46	45:35	01:06:26	01:19:50	01:31:58	01:34:05			M-406	Máster 1-69
423	682 SAMUEL LAMAS PANADEIROS	27/12/1997	01:34:41	04:29	14:13	21:42	31:09	43:43	01:04:53	01:18:42	01:31:48	01:34:21			M-407	Senior-124
424	571 FERNANDO LENS REY	30/12/1985	01:34:41	04:29	16:19	23:40	32:48	44:54	01:05:19	01:19:08	01:31:57	01:33:02		FILLOS DO SEIXO	M-408	Máster 1-70
425	365 XESÚS MANUEL MOSTEIRO LÓPEZ	14/04/1962	01:34:42	04:29	14:21	21:47	31:15	43:56	01:04:58	01:18:56	01:31:46	01:34:26	GA3783096	ATASOCIACION DEPORTIVA	M-409	Máster 6-9
426	619 MARCOS FONTANS SEBE	27/04/1977	01:34:44	04:29	14:48	22:17	31:42	44:25	01:05:26	01:19:16	01:31:55	01:34:27	AG17913	ATLETISMO CUNTIS (ADM	M-410	Máster 3-69
427	643 FRANCISCO FERNÁNDEZ BOUZA	21/03/1978	01:34:46	04:29	14:35	22:06	31:28	44:08	01:05:25	01:19:19	01:32:02	01:34:25			M-411	Máster 3-70
428	1911 JORGE ARJONA DE ITURRIAGA	14/10/1998	01:34:48	04:29	16:24	23:45	33:05	45:41	01:06:25	01:19:57	01:32:17	01:32:37			M-412	Senior-125
429	306 BRUNO URRUTIA GONZÁLEZ	06/03/1980	01:34:48	04:29	15:33	23:02	32:47	45:37	01:06:22	01:19:53	01:32:13	01:34:18			M-413	Máster 2-71
430	690 PABLO LÓPEZ BARBEITO	07/09/1986	01:34:52	04:29	15:20	23:04	32:44	45:37	01:06:20	01:19:38	01:32:00	01:34:19			M-414	Máster 1-71
431	606 TOMÁS VÁZQUEZ PADÍN	10/11/1997	01:34:52	04:29	15:18	23:01	32:46	45:37	01:06:12	01:19:49	01:32:16	01:34:21			M-415	Senior-126
432	876 DAVID TABOADA	03/09/1989	01:34:56	04:30	15:06	22:26	31:46	44:20	01:05:09	01:19:30	01:32:17	01:34:04			M-416	Máster 1-72
433	824 DIEGO DE DIOS DE SANTIAGO	20/03/1998	01:34:57	04:30	15:07	22:44	32:08	44:47	01:05:58	01:20:04	01:32:29	01:34:18			M-417	Senior-127
434	272 LEANDRO EIRAS LUEIRO	14/11/1985	01:34:57	04:30	15:03	22:24	31:38	43:59	01:04:37	01:18:41	01:32:01	01:33:55		CLUB TRIATLÓN CERVECEI	M-418	Máster 1-73
435	1190 GUSTAVO OTERO AÑON	22/02/1964	01:35:00	04:30	15:58	23:44	33:18	45:46	01:06:18	01:19:46	01:32:19	01:34:18			M-419	Máster 6-10
436	634 JOSÉ DIÉGUEZ CASTRO	23/02/1975	01:35:00	04:30	14:18	21:35	30:54	43:32	01:05:48	01:19:46	01:32:16	01:34:41			M-420	Máster 3-71
437	572 IVÁN SEOANE DÍAZ	06/06/1981	01:35:03	04:30	15:24	23:05	32:49	45:39	01:06:21	01:19:51	01:32:17	01:34:28			M-421	Máster 2-72
438	578 MIGUEL DÍAZ CARBALLO	20/06/1964	01:35:05	04:30	14:26	21:55	31:18	44:00	01:05:13	01:19:26	01:32:25	01:34:46			M-422	Máster 6-11
439	1070 CELSO BARREIRO	21/12/1997	01:35:06	04:30	17:41	25:32	35:21	48:12	01:09:10	01:22:04	01:32:54	01:33:19	GA3772260A	CLUB ATLETISMO CAMBAI	M-423	Senior-128
440	516 HERNANDO SEIJAS MARTÍNEZ	28/10/1976	01:35:09	04:30	15:06	22:47	32:12	44:49	01:05:36	01:19:32	01:32:22	01:34:46			M-424	Máster 3-72
441	391 LUCAS GONZALEZ ROCHA	12/06/1979	01:35:09	04:30	14:10	21:26	30:37	43:39	01:05:41	01:19:54	01:32:39	01:34:47		NOSPORTLIMIT	M-425	Máster 3-73
442	621 ALBERTO RÍO TORCAL	09/01/2004	01:35:10	04:30	15:24	23:07	32:49	45:42	01:06:44	01:20:31	01:32:44	01:34:36		RITMO	M-426	Sub 23-7
443	584 RAMÓN LAMEIRO POUPARIÑA	19/09/1981	01:35:11	04:30	14:44	22:14	31:38	44:31	01:05:50	01:19:45	01:32:22	01:34:43		TOUCIÑO TEAM	M-427	Máster 2-73
444	863 IAGO GONZÁLEZ ALONSO	10/04/1992	01:35:15	04:30	14:11	21:27	30:44	43:39	01:05:27	01:19:49	01:32:36	01:34:52			M-428	Senior-129
445	626 JACOBO ABAD	08/09/1986	01:35:17	04:30	15:13	23:00	32:44	45:41	01:06:50	01:20:40	01:32:47	01:34:56			M-429	Máster 1-74
446	844 IGNACIO FERREÑO MERLÁN	31/07/1978	01:35:18	04:31	14:29	22:21	31:39	44:18	01:05:31	01:19:39	01:32:27	01:34:48			M-430	Máster 3-74
447	1071 ENRIQUE MINGOTE RODRIGUEZ	15/02/1968	01:35:18	04:31	14:30	21:54	31:33	44:04	01:05:21	01:19:27	01:32:27	01:34:51			M-431	Máster 5-16
448	580 JOSÉ ROBERTO REY IGLESIAS	08/01/1965	01:35:19	04:31	14:58	22:40	32:17	45:04	01:06:19	01:19:51	01:32:38	01:34:58		ESCUELA DE ATLETISMO F	M-432	Máster 6-12

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
449	446 NOELIA CAMPOY LÓPEZ	11/01/1973	01:35:19	04:31	15:07	22:54	32:35	45:34	01:06:24	01:20:01	01:32:35	01:34:56			F-17	Máster 4-3
450	905 MARCO EMILIANO PINCIROLI	09/08/1972	01:35:20	04:31	15:22	23:02	32:37	45:13	01:06:07	01:19:42	01:32:31	01:34:41			M-433	Máster 4-38
451	908 DIEGO CARREIRA SANTOS	28/09/1999	01:35:23	04:31	15:03	22:32	32:01	44:46	01:06:02	01:20:10	01:32:48	01:34:52			M-434	Senior-130
452	627 JOSE IGLESIAS BLANCO	12/02/1996	01:35:23	04:31	14:56	22:33	32:07	44:56	01:05:59	01:19:52	01:32:40	01:34:55			M-435	Senior-131
453	695 ALVARO CANOSA CASTIÑEIRA	27/04/1991	01:35:26	04:31	14:56	22:32	32:05	44:59	01:06:09	01:19:59	01:32:51	01:34:46			M-436	Senior-132
454	898 RAMÓN RÍOS CALVO	11/05/1958	01:35:27	04:31	15:28	23:03	32:44	45:36	01:06:20	01:19:48	01:32:39	01:34:31			M-437	Máster 7-4
455	292 ABEL CASTRO GARCIA-PUERTAS	11/10/2000	01:35:28	04:31	15:34	23:27	33:06	46:06	01:07:04	01:21:01	01:32:58	01:34:45			M-438	Senior-133
456	1688 IKER GARIKOITZ LIZARTZA HERNÁNDEZ	07/03/1997	01:35:28	04:31	14:52	22:26	32:05	44:52	01:05:56	01:19:50	01:32:42	01:35:03			M-439	Senior-134
457	882 ELISEO BAO SOUTO	12/09/1997	01:35:30	04:31	15:20	23:06	32:49	45:40	01:06:17	01:19:47	01:32:46	01:35:05			M-440	Senior-135
458	495 IÑAKI AMATRIA BARRAL	17/12/1999	01:35:31	04:31	15:07	22:50	32:29	45:10	01:06:00	01:19:41	01:32:40	01:35:00			M-441	Senior-136
459	650 GONZALO SOUTO ROMERO	06/02/1971	01:35:32	04:31	15:00	22:41	32:18	45:06	01:06:14	01:20:02	01:32:42	01:35:11			M-442	Máster 4-39
460	556 MIGUEL ÁNGEL LOZANO IGLESIAS	20/11/1981	01:35:32	04:31	14:49	22:15	31:39	44:12	01:05:15	01:19:15	01:32:35	01:34:59			M-443	Máster 2-74
461	439 BEGOÑA GONZÁLEZ REY	28/04/1975	01:35:32	04:31	15:03	22:44	32:29	45:26	01:06:34	01:20:32	01:32:53	01:35:08			F-18	Máster 3-4
462	1576 ISMAEL UZAL SEGURA	15/06/2001	01:35:33	04:31	14:52	22:19	31:45	44:24	01:05:39	01:19:49	01:32:43	01:35:08			M-444	Senior-137
463	2006 ADRIÁN FERNANDEZ GARCÍA	13/09/1992	01:35:36	04:31	14:11	21:30	30:55	43:28	01:04:32	01:18:59	01:32:35	01:35:21	TGAL652		M-445	Senior-138
464	548 MARCOS FIGUEIRAS OTERO	01/03/1991	01:35:40	04:32	14:48	22:17	31:45	44:29	01:05:40	01:19:51	01:32:54	01:35:09			M-446	Senior-139
465	568 RUBEN CASALES REY	31/10/1975	01:35:40	04:32	14:43	22:20	31:57	44:40	01:05:59	01:19:54	01:32:50	01:35:22			M-447	Máster 3-75
466	445 NURIA MEJUTO FERNÁNDEZ	23/05/1990	01:35:41	04:32	15:15	22:57	32:40	45:32	01:06:20	01:20:17	01:33:01	01:35:10	AG9427	SOCIEDAD DEPORTIVA CC F-19	F-19	Senior-7
467	672 ROBERTO MONTES TEJIDO	02/07/1974	01:35:45	04:32	15:24	23:09	32:39	45:22	01:06:17	01:20:11	01:33:05	01:35:09		CLUBE DE ATLETISMO DE	M-448	Máster 4-40
468	721 JACOBO NIETO PEÑAMARÍA	03/10/1964	01:35:50	04:32	14:16	21:38	30:55	43:32	01:05:01	01:19:47	01:32:59	01:35:30			M-449	Máster 6-13
469	564 JORGE DIAZ VILLALBA	09/06/1979	01:35:52	04:32	15:00	22:44	32:23	45:17	01:06:18	01:20:00	01:32:59	01:35:34		ATLETAS DE ACEA DE AM	M-450	Máster 3-76
470	891 AITOR PAZOS GÓMEZ	16/10/1976	01:35:52	04:32	15:04	22:40	32:15	45:11	01:06:19	01:20:21	01:33:06	01:35:27			M-451	Máster 3-77
471	1208 OLIVIER FERNANDEZ OTERO	18/08/1996	01:35:53	04:32	16:06	23:52	33:46	47:00	01:08:21	01:21:42	01:33:29	01:35:12			M-452	Senior-140
472	494 JOSE LUIS GONZÁLEZ MACEIRAS	13/12/1963	01:35:55	04:32	15:15	22:53	32:27	45:01	01:06:01	01:19:55	01:33:00	01:35:27			M-453	Máster 6-14
473	333 RAMON ANTONIO VARELA MIGUEZ	18/11/1958	01:35:56	04:32	14:14	21:49	31:30	44:25	01:05:56	01:19:59	01:33:04	01:35:46			M-454	Máster 7-5
474	1805 DAVID IGLESIAS LÓPEZ DEL MORAL	19/07/1988	01:35:56	04:32	15:44	23:40	33:19	46:04	01:06:46	01:20:52	01:33:14	01:35:01			M-455	Máster 1-75
475	518 MANUEL DIZ GARCIA	27/11/1971	01:35:58	04:32	14:32	22:10	31:42	44:29	01:06:04	01:20:37	01:33:16	01:35:34			M-456	Máster 4-41
476	896 MARCOS PEREZ PORTELA	19/11/1981	01:35:58	04:32	15:30	23:14	32:49	45:41	01:06:38	01:20:37	01:33:21	01:35:06			M-457	Máster 2-75
477	550 DANIEL LÓPEZ REY	08/03/1983	01:35:58	04:32	16:26	23:49	33:16	45:52	01:06:32	01:20:26	01:33:14	01:34:41			M-458	Máster 2-76
478	611 CARLOS CORREA WALASEK	06/05/1990	01:35:59	04:32	15:07	22:40	32:10	45:19	01:06:28	01:20:35	01:33:14	01:35:22			M-459	Senior-141
479	474 IGNACIO NORNIELLA	01/07/1983	01:35:59	04:32	15:37	23:30	33:20	46:27	01:07:45	01:21:44	01:33:36	01:35:25			M-460	Máster 2-77
480	332 ALBERTO FIGUEIRO ALFONSO	12/09/1972	01:35:59	04:32	14:58	22:37	32:14	45:08	01:06:25	01:20:27	01:33:15	01:35:43		C.D.RIA DE AROUSA DO G	M-461	Máster 4-42

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
481	1145 JUAN MORÁN FERNÁNDEZ	03/07/2001	01:36:08	04:33	14:57	22:24	31:55	44:50	01:06:19	01:20:41	01:33:30	01:35:23			M-462	Senior-142
482	447 ANA BERNARDEZ RODRÍGUEZ	27/02/1989	01:36:08	04:33	15:14	23:02	32:45	45:35	01:06:37	01:20:35	01:33:21	01:35:42			F-20	Máster 1-4
483	559 JOSÉ MANUEL CASÁS CASÁS	06/02/1978	01:36:14	04:33	15:06	23:02	32:47	45:42	01:06:43	01:20:46	01:33:32	01:35:57			M-463	Máster 3-78
484	455 ALBERTO MEDINA GÓMEZ	20/12/1990	01:36:16	04:33	14:20	21:52	31:22	44:14	01:06:02	01:20:15	01:33:32	01:35:49			M-464	Senior-143
485	1172 MIGUEL IGLESIAS REY	10/10/1987	01:36:19	04:33	15:45	23:14	32:28	45:08	01:06:27	01:20:32	01:33:27	01:35:34		C.D.RIA DE AROUSA DO G	M-465	Máster 1-76
486	1916 XOÁN GALÁN PRESAS	23/06/1969	01:36:21	04:34	15:02	22:48	32:27	45:18	01:06:24	01:20:26	01:33:31	01:36:02		CLUB ATLETISMO SADA	M-466	Máster 5-17
487	441 NURIA CAMPO VARELA	05/04/1973	01:36:24	04:34	15:02	22:45	32:23	45:20	01:06:49	01:21:00	01:33:46	01:36:02	AS3789481ANC.D.B.	ATLETISMO CIUDAD	F-21	Máster 4-4
488	617 ALFONSO PEREZ SANFIZ	19/04/1973	01:36:25	04:34	14:09	21:28	31:34	44:16	01:06:31	01:20:47	01:33:36	01:36:06			M-467	Máster 4-43
489	622 ALEJANDRO PAZ YÁÑEZ	25/06/1987	01:36:26	04:34	15:10	22:59	32:45	45:37	01:06:30	01:20:41	01:33:42	01:36:03			M-468	Máster 1-77
490	589 MANUEL CUTRIN DOMINGUEZ	21/09/1979	01:36:28	04:34	15:00	22:42	32:13	45:00	01:06:14	01:20:19	01:33:36	01:36:05			M-469	Máster 3-79
491	393 DANIEL CARRERA GOMEZ	25/05/1972	01:36:28	04:34	15:44	23:38	33:26	46:16	01:07:14	01:20:53	01:33:41	01:35:51			M-470	Máster 4-44
492	894 ANTONIO FUCIÑOS	01/05/1988	01:36:34	04:34	14:59	22:36	32:20	45:19	01:06:21	01:20:31	01:33:42	01:36:04			M-471	Máster 1-78
493	291 IGNACIO TORRE CAPELLIN	11/12/2001	01:36:34	04:34	15:45	23:38	33:29	46:07	01:07:01	01:20:45	01:33:38	01:36:00			M-472	Senior-144
494	678 CHEMA SEGADE	04/06/1979	01:36:36	04:34	14:41	22:24	32:06	45:04	01:06:24	01:20:40	01:33:46	01:36:16			M-473	Máster 3-80
495	717 JOHANNES JÜNEMANN	16/10/1987	01:36:40	04:34	15:29	23:19	32:54	45:41	01:07:01	01:21:11	01:33:54	01:36:11			M-474	Máster 1-79
496	1823 NICOLÁS PERNAS GÓMEZ	30/11/2005	01:36:43	04:35	16:11	24:13	34:10	47:27	01:08:26	01:21:48	01:33:56	01:35:49			M-475	Sub 23-8
497	613 RODRIGO PARAPAR	28/05/1986	01:36:46	04:35	15:19	23:04	32:42	45:38	01:06:54	01:21:51	01:38:56	01:36:11			M-476	Máster 1-80
498	852 JUAN MANUEL PÉREZ MATO	25/02/1974	01:36:47	04:35	15:44	23:19	32:54	45:32	01:06:24	01:20:37	01:33:59	01:36:05			M-477	Máster 4-45
499	997 DIEGO EIRIS ALVAREZ	29/03/1987	01:36:47	04:35	15:17	23:04	32:46	45:36	01:06:46	01:21:02	01:34:04	01:36:19			M-478	Máster 1-81
500	470 ALBERTO TAVERA TOLMO	23/03/1993	01:36:51	04:35	15:31	23:14	32:55	45:52	01:07:03	01:21:22	01:34:04	01:36:15			M-479	Senior-145
501	601 CARLOS GARCÍA AMIGO	27/07/1973	01:36:55	04:35	15:56	24:02	33:55	46:53	01:07:50	01:21:33	01:34:07	01:36:32			M-480	Máster 4-46
502	665 DIEGO LORENZO RIVEIRO	07/06/1983	01:36:56	04:35	15:12	22:57	32:45	45:46	01:07:04	01:21:06	01:34:02	01:36:29			M-481	Máster 2-78
503	595 MANUEL CARREIRA	03/03/1981	01:36:58	04:35	15:26	23:14	32:59	45:57	01:07:24	01:21:23	01:34:13	01:36:29			M-482	Máster 2-79
504	1786 DANIEL COUCE COUCE	14/12/1989	01:36:58	04:35	15:37	23:28	33:20	46:12	01:07:57	01:21:46	01:34:13	01:36:26			M-483	Máster 1-82
505	567 ELOY LEMA ORDÓÑEZ	16/05/1990	01:37:02	04:35	16:17	24:37	34:48	48:13	01:09:17	01:22:40	01:34:31	01:36:41			M-484	Senior-146
506	715 ANDRES DIAZ BOADA	14/09/1995	01:37:03	04:36	15:23	23:20	33:03	46:05	01:07:31	01:21:43	01:34:30	01:36:43			M-485	Senior-147
507	681 ROBERTO SÁNCHEZ NOVO	23/07/1979	01:37:04	04:36	15:18	23:04	32:49	45:38	01:06:54	01:21:09	01:34:12	01:36:36			M-486	Máster 3-81
508	1907 CARLOS AMOR GÓMEZ	02/07/1970	01:37:06	04:36	14:56	22:41	32:26	45:27	01:06:56	01:21:07	01:34:12	01:36:53		CLUB ATLETISMO SADA	M-487	Máster 4-47
509	588 CARLOS DEL PINO LUQUE	28/05/1980	01:37:07	04:36	15:14	23:01	32:41	45:43	01:06:52	01:21:11	01:34:23	01:36:49			M-488	Máster 2-80
510	716 MIGUEL PEÑA RECALDE	03/11/1995	01:37:07	04:36	14:51	22:30	32:15	45:21	01:06:41	01:21:05	01:34:23	01:36:46			M-489	Senior-148
511	669 JOAQUÍN CRUJEIRAS RIVAS	19/01/1986	01:37:08	04:36	15:15	23:01	32:47	45:36	01:07:14	01:21:21	01:34:29	01:36:38			M-490	Máster 1-83
512	600 ALVARO GOMEZ ALVAREZ	10/05/1994	01:37:09	04:36	15:28	23:13	32:53	45:51	01:07:15	01:21:16	01:34:23	01:36:35			M-491	Senior-149

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
513	819 EBEN ROBIJNS	20/05/2000	01:37:09	04:36	15:23	23:18	33:03	46:01	01:07:42	01:21:52	01:34:29	01:36:41			M-492	Senior-150
514	850 JOSE VARELA PAJARO	15/04/1971	01:37:11	04:36	16:50	24:42	34:24	47:25	01:08:27	01:21:58	01:34:31	01:35:57			M-493	Máster 4-48
515	398 MARCO ANTONIO RODRIGUEZ FLO03/09/1987	03/09/1987	01:37:12	04:36	13:45	21:24	31:11	44:30	01:06:21	01:21:02	01:34:18	01:37:07			M-494	Máster 1-84
516	977 ERIC CUADRADO GARCIA	22/12/1988	01:37:14	04:36	15:58	23:49	33:35	46:39	01:08:01	01:22:10	01:34:40	01:36:23			M-495	Máster 1-85
517	1045 SAMUEL FERNÁNDEZ PÉREZ	26/04/1991	01:37:16	04:36	15:56	23:40	33:06	45:47	01:06:41	01:21:02	01:34:22	01:36:25			M-496	Senior-151
518	843 MARCOS AMENEDO LAGO	12/04/1978	01:37:18	04:36	15:44	23:33	33:09	45:59	01:07:19	01:21:16	01:34:25	01:36:38			M-497	Máster 3-82
519	178 BEATRIZ MARTINEZ NARANJO	24/06/1987	01:37:18	04:36	15:05	22:52	32:39	45:35	01:06:58	01:21:14	01:34:29	01:36:54			F-22	Máster 1-5
520	598 CARLOS FERNÁNDEZ EXPÓSITO	05/01/1971	01:37:19	04:36	15:05	22:52	32:39	45:36	01:06:59	01:21:15	01:34:29	01:36:54		ATLETAS DE ACEA DE AM	M-498	Máster 4-49
521	641 JAVIER GARCÍA VÁZQUEZ	11/08/2004	01:37:20	04:36	16:02	24:10	34:09	47:34	01:09:29	01:23:21	01:34:59	01:36:57			M-499	Sub 23-9
522	208 DAVID RODRÍGUEZ CAMPOS	31/12/1976	01:37:20	04:36	13:18	20:12	29:00	40:45	01:06:59	01:21:13	01:34:28	01:37:05		TRIBOOST	M-500	Máster 3-83
523	1075 MANUEL CALO CANOSA	15/01/1977	01:37:21	04:36	15:41	23:32	33:21	46:28	01:07:49	01:22:02	01:34:44	01:36:48	GA3781262	ATASOCIACION DEPORTIVA	M-501	Máster 3-84
524	553 JAIME GONZÁLEZ ARAMBILLET	02/01/1990	01:37:22	04:36	15:13	23:02	32:44	45:37	01:06:42	01:21:12	01:34:27	01:36:53			M-502	Máster 1-86
525	831 MANUEL HERBON ARIAS	21/01/1968	01:37:24	04:37	15:18	23:05	32:46	45:42	01:07:12	01:21:30	01:34:36	01:36:53			M-503	Máster 5-18
526	514 EDUARDO RÁDEKE FARIÑA	16/02/1976	01:37:25	04:37	14:42	22:14	31:40	44:22	01:05:55	01:20:40	01:34:25	01:37:07			M-504	Máster 3-85
527	1887 XABIER DOURAL GARCÍA	02/08/1998	01:37:26	04:37	15:18	22:44	32:16	45:09	01:06:17	01:20:40	01:34:35	01:36:53			M-505	Senior-152
528	703 RAFAEL DARRIBA BARREIRO	15/03/1974	01:37:27	04:37	15:41	23:32	33:22	46:29	01:07:52	01:22:04	01:34:47	01:36:54			M-506	Máster 4-50
529	960 VICTOR SOUTO CARRERA	26/01/1976	01:37:28	04:37	16:11	24:05	33:48	46:59	01:08:25	01:22:22	01:34:59	01:36:35			M-507	Máster 3-86
530	527 JOSE MARIA LEVOSO TOUCEDA	18/01/1968	01:37:29	04:37	15:16	23:01	32:43	45:35	01:07:01	01:21:24	01:34:37	01:37:03	AG2026339	ESPRINTES OURENSE	M-508	Máster 5-19
531	1917 ALBA LOSADA	12/05/1993	01:37:29	04:37	15:03	22:49	32:38	45:36	01:07:06	01:21:40	01:34:42	01:37:08			F-23	Senior-8
532	655 LUIS VOCES REBORDINOS	04/03/1968	01:37:30	04:37	15:03	22:50	32:39	45:37	01:07:17	01:21:39	01:34:43	01:37:09			M-509	Máster 5-20
533	1976 JANO FERNÁNDEZ	20/09/2001	01:37:32	04:37	14:13	21:46	31:41	44:59	01:06:06	01:21:07	01:34:40	01:37:16			M-510	Senior-153
534	1110 PABLO VASALLO	27/06/1993	01:37:34	04:37	17:31	25:08	34:27	46:49	01:07:23	01:21:34	01:34:42	01:35:53			M-511	Senior-154
535	671 MARCOS MENDEZ VAZQUEZ	15/11/1978	01:37:43	04:37	15:05	22:50	32:36	45:43	01:07:34	01:22:02	01:34:56	01:37:14		NOSPORTLIMIT	M-512	Máster 3-87
536	673 JESÚS GÓMEZ DE RAMÓN DE LEÓN	06/09/1980	01:37:44	04:37	14:42	22:30	32:14	45:30	01:07:31	01:21:38	01:34:53	01:37:24			M-513	Máster 2-81
537	947 IAGO DOVAL IGLESIAS	10/02/1999	01:37:46	04:38	15:33	23:27	33:26	46:51	01:08:38	01:22:30	01:35:04	01:37:26			M-514	Senior-155
538	911 JOSE MIGUEL BEA CANO	04/02/1994	01:37:50	04:38	16:15	24:00	33:40	46:53	01:08:30	01:22:29	01:35:19	01:36:47			M-515	Senior-156
539	1857 ADRIÁN VIDAL CARUNCHO	04/11/2006	01:37:50	04:38	16:54	24:30	34:11	47:24	01:08:22	01:22:33	01:35:16	01:36:32			M-516	Sub 20-6
540	859 XAVIER VAQUÉ CASTILLA	25/02/1968	01:37:51	04:38	15:26	23:16	32:59	46:06	01:07:41	01:21:58	01:35:02	01:37:21			M-517	Máster 5-21
541	1781 JACOBO CASTRO TAIBO	11/07/1994	01:37:52	04:38	16:46	24:44	34:35	47:45	01:09:14	01:22:56	01:35:24	01:36:51			M-518	Senior-157
542	415 ENRIQUE RIVAS PULPEIRO	19/12/1983	01:37:56	04:38	15:26	23:31	33:32	46:51	01:08:40	01:22:44	01:35:19	01:37:34		NOSPORTLIMIT	M-519	Máster 2-82
543	713 RUBÉN FERNÁNDEZ LAVANIEGOS	01/03/1981	01:37:56	04:38	15:40	23:40	33:37	46:52	01:08:37	01:22:44	01:35:21	01:37:30			M-520	Máster 2-83
544	545 FERNANDO SINES CRESPO	26/02/1973	01:37:56	04:38	15:26	23:32	33:32	46:51	01:08:41	01:22:43	01:35:18	01:37:22		NOSPORTLIMIT	M-521	Máster 4-51

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
545	1898 MIGUEL SANMARTÍN GONZÁLEZ	29/08/1996	01:37:57	04:38	16:09	23:50	33:23	46:14	01:07:55	01:22:05	01:35:07	01:37:05			M-522	Senior-158
546	1782 YAGO PÉREZ BARBEITO	27/06/1980	01:38:00	04:38	16:00	23:53	33:45	46:53	01:08:21	01:22:39	01:35:25	01:37:23			M-523	Máster 2-84
547	892 VICTOR LAMAS SALVADO	01/12/1966	01:38:02	04:38	15:50	23:47	33:38	46:52	01:08:28	01:22:26	01:35:17	01:37:27		HERCULES TERMARIA	M-524	Máster 5-22
548	659 MIGUEL PITA ORDÓÑEZ	27/08/1992	01:38:03	04:38	14:47	22:23	32:05	45:15	01:07:29	01:22:26	01:35:22	01:37:36			M-525	Senior-159
549	692 MANUEL FREIRE	12/08/1978	01:38:03	04:38	15:17	23:03	32:45	45:41	01:07:14	01:22:04	01:35:16	01:37:34			M-526	Máster 3-88
550	450 ELISA BOULLOSA BERNARDEZ	15/05/1987	01:38:06	04:39	15:06	22:50	32:34	45:33	01:07:15	01:21:52	01:35:17	01:37:46	GA3782575ATS	SOCIEDAD DEPORTIVA CC F-24		Máster 1-6
551	212 CARLOS BUSTELO CATOIRA	20/09/1983	01:38:06	04:39	15:06	22:51	32:34	45:34	01:07:15	01:21:51	01:35:16	01:37:47	GA3782607ATS	SOCIEDAD DEPORTIVA CC M-527		Máster 2-85
552	529 RUBEN POSE GARCÍA	05/09/1985	01:38:06	04:39	15:41	23:38	33:35	46:53	01:08:35	01:22:47	01:35:36	01:37:36		CIDADE DE LUGO FLUVIAL	M-528	Máster 1-87
553	823 KLEBER DARIO CALLE VALENCIA	05/12/1999	01:38:07	04:39	17:34	26:02	36:36	50:23	01:10:53	01:24:07	01:35:38	01:36:57			M-529	Senior-160
554	1924 MARTIN CHAS	20/11/1998	01:38:08	04:39	14:19	21:42	31:18	44:31	01:06:39	01:22:09	01:35:23	01:37:42		GLOBAL SPORT CLUB	M-530	Senior-161
555	676 JERO LOPEZ PRIETO	20/07/1964	01:38:09	04:39	15:41	23:37	33:33	46:52	01:08:42	01:22:44	01:35:24	01:37:40		PASA OU ENTORNA	M-531	Máster 6-15
556	736 ANA MARTINEZ MARTINEZ	02/11/1982	01:38:09	04:39	14:51	22:45	32:43	45:59	01:07:56	01:22:30	01:35:22	01:37:59	AG17209		F-25	Máster 2-2
557	628 PABLO CEBRAL	10/05/1996	01:38:10	04:39	15:41	23:28	33:29	46:47	01:08:36	01:22:54	01:35:30	01:37:28			M-532	Senior-162
558	1126 BORJA VARELA LOPEZ	30/09/1987	01:38:13	04:39	15:48	23:42	33:42	47:01	01:08:45	01:22:41	01:35:28	01:37:43		NOSPORTLIMIT	M-533	Máster 1-88
559	708 JUNIOR MIRANDA NUNES	30/03/1997	01:38:14	04:39	16:37	24:35	34:29	47:40	01:09:30	01:23:02	01:35:39	01:37:10			M-534	Senior-163
560	265 DAMIAN MARTINEZ LOPEZ	28/06/1986	01:38:14	04:39	15:45	23:42	33:42	47:01	01:08:46	01:22:43	01:35:28	01:37:44		CLUB MONTEPENARUBIA	M-535	Máster 1-89
561	285 CELSO BLANCO GARCIA	04/10/1977	01:38:15	04:39	15:46	23:43	33:38	46:52	01:08:30	01:22:36	01:35:21	01:37:41		CLUB HERCULES TERMARI	M-536	Máster 3-89
562	730 JESUS REY SOTO	11/08/1977	01:38:16	04:39	15:32	23:32	33:30	46:41	01:08:23	01:22:37	01:35:36	01:37:51			M-537	Máster 3-90
563	2004 NICOLÁS GENS LÓPEZ	03/04/2000	01:38:16	04:39	17:00	25:04	35:06	48:08	01:08:57	01:22:50	01:35:33	01:37:47			M-538	Senior-164
564	1008 ADRIÁN PEDREIRA PÉREZ	24/09/1982	01:38:17	04:39	17:26	25:23	35:01	47:57	01:09:12	01:23:04	01:35:35	01:37:10			M-539	Máster 2-86
565	943 ÁNGEL FERNÁNDEZ-ARRUTI GALLE	12/05/1997	01:38:18	04:39	15:38	23:34	33:39	47:01	01:08:44	01:22:44	01:35:33	01:37:54			M-540	Senior-165
566	1841 LUIS ANGEL MERINO JATO	22/02/1978	01:38:18	04:39	17:02	25:09	35:02	48:00	01:09:57	01:23:30	01:35:41	01:37:22			M-541	Máster 3-91
567	1115 RUBEN LÓPEZ GOMEZ	31/08/1992	01:38:19	04:39	18:30	26:48	36:48	49:58	01:10:32	01:23:34	01:35:40	01:37:07			M-542	Senior-166
568	691 SERGIO CARBAJO MATEOS	14/11/1998	01:38:24	04:39	16:43	24:28	34:13	47:19	01:08:49	01:23:06	01:35:39	01:37:26		CLUB DALLE GAS RUNNIN	M-543	Senior-167
569	547 LUIS MANUEL GARCÍA TABOADA	12/01/1980	01:38:25	04:39	16:09	23:59	33:42	46:37	01:08:14	01:22:37	01:35:38	01:37:47			M-544	Máster 3-92
570	784 ELIA DE ESTEBAN MACIÑEIRA	15/12/1995	01:38:26	04:39	15:32	23:17	33:04	46:09	01:08:16	01:22:52	01:35:48	01:37:47			F-26	Senior-9
571	461 MAURO ANTONIO FERNÁNDEZ ALV	25/12/1988	01:38:26	04:39	15:28	23:13	33:01	46:03	01:07:51	01:22:17	01:35:33	01:38:00			M-545	Máster 1-90
572	731 PAULO AÑÓN RECAREY	26/10/1982	01:38:29	04:40	16:06	23:51	33:45	47:01	01:09:04	01:23:16	01:35:49	01:37:48		XEITOSIÑOS	M-546	Máster 2-87
573	596 JOSE LOSADA MARRA	10/12/1955	01:38:34	04:40	15:43	23:42	33:47	47:12	01:09:06	01:23:25	01:35:55	01:38:20		BURGAS ATLETISMO OUR	M-547	Máster 7-6
574	945 MARCOS JUSTO MARTINEZ	11/02/2002	01:38:35	04:40	16:11	24:11	34:15	47:25	01:08:45	01:22:52	01:35:45	01:37:46			M-548	Senior-168
575	995 JOSE LUIS GUERRERO SANCHEZ	15/09/2004	01:38:35	04:40	16:13	24:09	34:17	47:25	01:08:43	01:22:50	01:35:45	01:37:44			M-549	Sub 23-10
576	994 ALVARO GALLEGO SERRANO	02/11/2003	01:38:36	04:40	16:13	24:11	34:15	47:24	01:08:41	01:22:49	01:35:46	01:37:46			M-550	Sub 23-11

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
577	618 LUIS CALZON DOPAZO	14/06/1984	01:38:37	04:40	15:16	23:05	32:50	45:50	01:07:46	01:22:19	01:35:46	01:38:16			M-551	Máster 2-88
578	1057 ALVARO PLATERO ALONSO	24/11/1995	01:38:38	04:40	15:32	23:18	33:05	46:09	01:08:15	01:22:52	01:35:49	01:37:59			M-552	Senior-169
579	702 MANUEL JOSE REY PAULOS	18/02/1956	01:38:40	04:40	15:48	23:39	33:12	46:18	01:08:27	01:22:37	01:35:46	01:38:21			M-553	Máster 7-7
580	437 ELENA PEREZ MARIÑO	22/01/1996	01:38:40	04:40	15:59	23:53	33:46	47:00	01:08:46	01:22:58	01:35:54	01:38:01		RUN&TRI	F-27	Senior-10
581	1925 IKER MARÍN FERNÁNDEZ	31/05/2000	01:38:41	04:40	16:22	24:15	34:20	47:28	01:09:07	01:23:17	01:35:59	01:37:47			M-554	Senior-170
582	651 HUGO SEIJO NAVEIRA	24/10/1995	01:38:44	04:40	15:16	22:52	32:29	45:21	01:06:33	01:22:01	01:35:43	01:38:15		CLUB ATLETISMO SADA	M-555	Senior-171
583	440 MARIANA IRIGOYEN MACHADO	02/01/1984	01:38:45	04:40	15:37	23:39	33:33	46:55	01:08:52	01:23:21	01:36:03	01:38:23			F-28	Máster 2-3
584	888 LUIZ PEDRO DE SOUZA LEITE	30/03/1979	01:38:47	04:40	16:14	23:44	33:10	46:08	01:07:29	01:22:10	01:35:52	01:37:58		CLUB DALLE GAS RUNNIN	M-556	Máster 3-93
585	563 RESTITUTO SIMÓN LAGO	04/02/1981	01:38:49	04:41	15:09	22:34	31:59	44:49	01:06:20	01:21:23	01:35:43	01:38:21			M-557	Máster 2-89
586	1640 BENITO PIÑEIRO ABEIJON	06/10/1974	01:39:00	04:41	17:09	25:08	35:03	48:03	01:09:13	01:23:14	01:36:10	01:37:46			M-558	Máster 4-52
587	602 JUAN LOUREIRO	05/02/1973	01:39:01	04:41	16:42	24:41	34:45	48:17	01:10:39	01:24:03	01:36:19	01:37:57			M-559	Máster 4-53
588	476 ALBERTO VIGO SÁNCHEZ	27/12/1990	01:39:02	04:41	14:33	22:08	31:37	44:27	01:06:05	01:21:21	01:35:51	01:38:39			M-560	Senior-172
589	453 PABLO SANXIAO ROCA	12/02/1982	01:39:03	04:41	15:26	23:30	33:32	46:51	01:08:43	01:22:50	01:36:08	01:38:41		NOSPORTLIMIT	M-561	Máster 2-90
590	1069 ANDRES PERNAS MASEDA	09/11/2000	01:39:05	04:41	16:23	24:16	34:22	47:54	01:09:54	01:23:58	01:36:31	01:38:08			M-562	Senior-173
591	920 JORGE BUSTO MARIÑO	10/05/1981	01:39:08	04:41	17:31	25:27	35:31	48:48	01:10:27	01:24:27	01:36:28	01:37:04			M-563	Máster 2-91
592	1755 ALFONSO BAYON FERNANDEZ	24/09/1995	01:39:10	04:42	16:14	24:14	34:19	47:48	01:09:34	01:23:48	01:36:34	01:37:55		BOX004 SANTIAGO	M-564	Senior-174
593	706 ANGEL CALVO SEOANE	22/10/1978	01:39:12	04:42	14:56	22:37	32:11	45:02	01:06:37	01:21:49	01:36:01	01:38:52		NOSPORTLIMIT	M-565	Máster 3-94
594	608 SERGIO RODRÍGUEZ VALBUENA	07/06/1997	01:39:19	04:42	15:51	23:54	33:53	47:09	01:08:47	01:23:12	01:36:28	01:38:53			M-566	Senior-175
595	236 IGNACIO ZAPICO SAENZ DE MIERA	22/07/1997	01:39:20	04:42	15:53	23:55	33:53	47:10	01:08:48	01:23:13	01:36:27	01:38:54			M-567	Senior-176
596	477 JOSE ALVARO FERNÁNDEZ RIAL	06/05/1971	01:39:20	04:42	16:44	24:47	35:13	48:26	01:09:59	01:23:59	01:36:40	01:38:22			M-568	Máster 4-54
597	301 SIMÓN CALVIÑO CALVIÑO	07/12/1982	01:39:21	04:42	16:55	25:05	35:16	48:53	01:10:29	01:24:29	01:36:45	01:38:22		TRAILEROS TOXOS E BIRR.	M-569	Máster 2-92
598	989 GONZALO REY LOPEZ	14/09/1981	01:39:22	04:42	16:40	24:42	34:42	47:56	01:09:42	01:23:52	01:36:40	01:38:23		CLUBE DEPORTIVO ARZÚA	M-570	Máster 2-93
599	913 SANTIAGO CASTIÑEIRA COUSILLAS	05/06/1982	01:39:23	04:42	16:57	25:06	35:17	48:48	01:10:28	01:24:27	01:36:46	01:38:22			M-571	Máster 2-94
600	724 FRANCISCO JAVIER MARTÍNEZ SAN	15/05/1969	01:39:24	04:42	15:48	23:41	33:30	46:36	01:08:33	01:23:29	01:36:42	01:38:44			M-572	Máster 5-23
601	872 ALBERTO MONTOTO VARELA	13/08/1981	01:39:24	04:42	15:44	23:34	33:25	46:44	01:08:55	01:23:43	01:36:33	01:38:35			M-573	Máster 2-95
602	727 JOSE ANTONIO RODRÍGUEZ FERNÁN	31/10/1995	01:39:27	04:42	15:36	23:37	33:47	47:08	01:09:08	01:23:44	01:36:42	01:39:03			M-574	Senior-177
603	557 DOMINIK KNEIP	16/12/2003	01:39:27	04:42	15:15	23:00	32:45	45:40	01:07:21	01:22:34	01:36:25	01:39:01			M-575	Sub 23-12
604	714 XABIER SEANE MARTÍNEZ	09/04/1998	01:39:29	04:42	16:16	24:16	34:04	47:21	01:09:18	01:23:33	01:36:37	01:38:51			M-576	Senior-178
605	869 DANIEL VÁZQUEZ POMBO	25/01/1993	01:39:30	04:42	14:14	22:00	31:48	45:12	01:07:27	01:22:55	01:36:33	01:39:19			M-577	Senior-179
606	1881 JACOBO ALVAREZ DE MON	30/05/1990	01:39:31	04:43	15:59	23:55	34:03	47:02	01:08:27	01:22:47	01:36:35	01:38:41			M-578	Senior-180
607	903 DANIEL GARCÍA VENTOSO	02/05/1999	01:39:32	04:43	16:06	24:10	34:15	47:48	01:09:42	01:23:46	01:36:49	01:38:44			M-579	Senior-181
608	815 ROCIO MARTINEZ ARTEAGA	11/04/1978	01:39:34	04:43	16:24	24:33	34:46	48:23	01:10:10	01:23:59	01:36:45	01:38:49		CLUB ATLETISMO SADA	F-29	Máster 3-5

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
609	409 DANIEL LOSADA GONZÁLEZ	30/07/1969	01:39:35	04:43	15:11	23:07	33:02	46:18	01:08:30	01:23:11	01:36:43	01:39:23		CLUB TRIATLÓN ARTEIXO	M-580	Máster 5-24
610	909 ALBERTO RODRIGUEZ GARCÍA	09/07/1971	01:39:35	04:43	16:12	24:13	34:19	47:51	01:10:02	01:24:04	01:36:52	01:38:42		PURA VIDA DEPORTIVA	M-581	Máster 4-55
611	591 XABIER VARELA LÓPEZ	17/05/1974	01:39:36	04:43	15:17	23:03	32:47	45:43	01:08:07	01:23:22	01:36:44	01:39:06		A D. CERNE	M-582	Máster 4-56
612	1846 DANIEL MATARRANZ MARTÍN	23/05/1996	01:39:36	04:43	16:42	24:29	34:11	47:19	01:08:59	01:23:02	01:36:47	01:38:39			M-583	Senior-182
613	726 JOSÉ ANGEL GRANDA NIETO	22/11/1973	01:39:40	04:43	15:11	23:02	33:05	46:30	01:08:50	01:23:43	01:37:00	01:39:21	GA1413	CCA ATLETISMO RIA DE F	M-584	Máster 4-57
614	693 JOSÉ ANTONIO ARENAS TEJERO	17/05/1990	01:39:41	04:43	15:57	23:49	33:52	47:11	01:08:59	01:23:23	01:36:46	01:39:05			M-585	Senior-183
615	414 JOSE ANTONIO CAGIGAS SOLAR	04/09/1980	01:39:43	04:43	16:05	24:08	34:13	47:46	01:09:53	01:24:09	01:37:02	01:39:02			M-586	Máster 2-96
616	1184 IAGO OTERO REGUEIRA	11/08/1993	01:39:45	04:43	16:13	24:10	34:17	47:51	01:09:59	01:23:58	01:37:01	01:39:18			M-587	Senior-184
617	1896 DAVID RODRÍGUEZ BARREIRO	22/08/1997	01:39:46	04:43	16:12	24:15	34:19	47:49	01:09:42	01:23:58	01:36:59	01:39:04			M-588	Senior-185
618	950 DAMIAN ABELLAN YEPES	13/02/1972	01:39:46	04:43	15:49	23:45	33:46	47:10	01:09:37	01:24:01	01:37:01	01:39:07			M-589	Máster 4-58
619	546 ESTEBAN LÓPEZ ÁLVAREZ	05/04/1988	01:39:47	04:43	15:42	23:21	32:54	45:40	01:07:58	01:23:03	01:37:03	01:39:11			M-590	Máster 1-91
620	652 FERNANDO SEARA SOTELO	29/06/1973	01:39:47	04:43	15:36	23:28	33:17	46:31	01:08:31	01:23:10	01:36:50	01:39:10			M-591	Máster 4-59
621	561 SALVADOR BENITEZ GARCÍA	30/06/1990	01:39:47	04:43	16:05	23:38	33:35	46:57	01:09:00	01:23:54	01:37:05	01:39:07		SIGUEME SI PUEDES	M-592	Senior-186
622	605 BERTO BAZ RODRIGUEZ	27/07/1971	01:39:47	04:43	16:07	24:11	34:16	47:49	01:09:59	01:23:55	01:37:02	01:39:07		SIGUEME SI PUEDES	M-593	Máster 4-60
623	1822 CARLOS GONZÁLEZ	02/07/1966	01:39:48	04:43	16:05	24:08	34:18	47:52	01:10:04	01:24:01	01:37:02	01:39:10			M-594	Máster 5-25
624	1099 FÉLIX CARBALLEIRA	13/03/1975	01:39:49	04:43	16:21	24:19	34:25	47:54	01:10:04	01:24:11	01:37:02	01:39:02			M-595	Máster 3-95
625	590 ALEJANDRO NÚÑEZ MARTÍN	28/10/1980	01:39:49	04:43	15:38	23:40	33:35	46:55	01:08:52	01:23:42	01:36:58	01:39:28			M-596	Máster 2-97
626	729 GABI VEIGA GRAÑA	03/07/1973	01:39:49	04:43	15:41	23:40	33:38	46:58	01:09:13	01:23:56	01:37:05	01:39:22		SIGUEME SI PUEDES	M-597	Máster 4-61
627	274 JULIÁN PÉREZ. DURÁN	29/09/1971	01:39:49	04:43	16:08	23:38	33:37	46:58	01:09:11	01:23:55	01:37:04	01:39:08		SIGUEME SI PUEDES	M-598	Máster 4-62
628	826 JESUS CRIBEIRO BARCON	14/02/1963	01:39:50	04:43	16:09	24:05	34:02	47:21	01:09:26	01:23:48	01:37:01	01:39:09			M-599	Máster 6-16
629	1216 MANUEL MARTÍN LÓPEZ	24/04/2007	01:39:51	04:43	16:42	24:39	34:31	47:50	01:09:18	01:23:22	01:36:57	01:38:58			M-600	Sub 20-7
630	1046 MANUEL GONZALEZ LORENZO	15/04/1988	01:39:52	04:44	17:22	25:56	36:22	50:03	01:11:21	01:25:11	01:37:19	01:38:56			M-601	Máster 1-92
631	1804 JAVIER CASTRO VAZQUEZ	22/12/1984	01:39:52	04:44	16:17	24:13	34:08	47:24	01:09:22	01:23:50	01:37:01	01:38:55			M-602	Máster 2-98
632	1095 IVAN BARRO VIQUEIRA	08/04/1980	01:39:52	04:44	16:00	23:54	33:46	47:00	01:08:52	01:23:28	01:36:51	01:39:15		CLUB TRIATLÓN CORUÑA	M-603	Máster 2-99
633	924 LUIS ALVAREZ-PARDIÑAS PUENTE	21/02/1973	01:39:53	04:44	16:43	24:34	34:38	48:01	01:10:14	01:24:33	01:37:13	01:39:02			M-604	Máster 4-63
634	722 IGNACIO ROGELIO DOSIL CASTIÑE	11/08/1969	01:39:54	04:44	14:13	21:57	32:01	45:28	01:08:17	01:23:08	01:36:55	01:39:38			M-605	Máster 5-26
635	451 ADRIANA MODIA CARIDAD	04/11/1992	01:39:55	04:44	14:06	22:15	31:47	44:44	01:06:59	01:23:16	01:36:57	01:39:37	GA1433	ATLETISMO RIAZOR CORL F-30	F-30	Senior-11
636	668 MANUEL GONZALEZ SANTAMARIA	28/09/1954	01:39:55	04:44	15:15	23:06	32:51	46:08	01:08:31	01:23:23	01:36:56	01:39:42		BURGAS ATLETISMO OUR	M-606	Máster 7-8
637	1983 FERNANDO LOPEZ SALORIO	16/10/2007	01:39:57	04:44	16:52	24:41	34:31	47:51	01:10:03	01:24:23	01:37:09	01:39:10			M-607	Sub 20-8
638	873 FRANCISCO JAVIER GARRIDO BUSTI	10/06/1974	01:39:57	04:44	15:03	22:59	32:59	46:21	01:08:45	01:23:33	01:37:03	01:39:50			M-608	Máster 4-64
639	982 JORGE JANEIRO LORENZO	23/11/1993	01:39:57	04:44	16:08	24:11	34:21	47:55	01:10:09	01:24:16	01:37:14	01:39:14			M-609	Senior-187
640	749 ELENA VAZ URBANO	18/02/1978	01:39:58	04:44	15:38	23:40	33:38	47:00	01:09:13	01:23:59	01:37:09	01:39:41		ADN RUNNERS-TELMO P	F-31	Máster 3-6

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
641	256 ÁNGEL REY AMOR	30/08/1977	01:40:05	04:44	15:07	22:57	33:08	46:35	01:08:51	01:23:41	01:37:13	01:39:40			M-610	Máster 3-96
642	154 GONZALO GARCÍA PEREIRA	18/06/1991	01:40:05	04:44	16:08	24:10	34:19	47:53	01:10:09	01:24:07	01:37:12	01:39:30	76582301	TRIATLON VILALBA	M-611	Senior-188
643	500 ALVARO SOLANICH BALLARIN	08/04/1994	01:40:05	04:44	15:36	23:41	33:08	45:52	01:08:02	01:23:15	01:37:13	01:39:31			M-612	Senior-189
644	664 DIEGO GARCIA LORENZO	25/10/1982	01:40:06	04:44	15:49	23:33	33:18	46:28	01:08:19	01:23:01	01:37:00	01:39:02	AG11132	SOCIEDADE DEPORTIVA B	M-613	Máster 2-100
645	1796 IGNACIO FRESCO MUIÑOS	14/05/2002	01:40:10	04:44	16:38	24:21	33:54	46:56	01:08:54	01:23:38	01:37:05	01:39:07			M-614	Senior-190
646	936 MIGUEL LORENZO GRANJA	25/04/1990	01:40:11	04:44	16:10	24:11	34:20	47:52	01:10:00	01:24:14	01:37:22	01:39:26			M-615	Senior-191
647	938 ALEXANDER DUNAEV	22/12/1980	01:40:17	04:45	15:14	23:16	33:31	47:12	01:09:59	01:24:18	01:37:33	01:39:56			M-616	Máster 2-101
648	779 SARA VILLAR GONZÁLEZ	29/07/2003	01:40:24	04:45	15:32	23:26	33:26	46:52	01:09:02	01:23:56	01:37:21	01:40:04			F-32	Sub 23-2
649	1763 PABLO GÓMEZ LONGUEIRA	23/02/1988	01:40:25	04:45	16:47	24:32	34:26	47:38	01:09:39	01:24:03	01:37:29	01:39:10			M-617	Máster 1-93
650	1218 SERGIO FERNÁNDEZ GARCIMARTÍN	11/08/2003	01:40:26	04:45	16:38	24:35	34:46	48:11	01:10:52	01:25:33	01:38:08	01:39:14			M-618	Sub 23-13
651	1088 JOSE GONZÁLEZ FERNÁNDEZ	24/05/1980	01:40:29	04:45	16:37	25:11	35:58	50:26	01:13:53	01:29:25	01:43:26	01:39:58		MAIS QUE AUGA	M-619	Máster 2-102
652	1059 FERNANDO RUIZ COTELO	24/08/1980	01:40:31	04:45	16:15	24:16	34:17	47:38	01:09:45	01:24:04	01:37:40	01:39:33		SPORTING CLUB CASINO	M-620	Máster 2-103
653	1761 DAVID ALLER BUGALLO	27/03/1995	01:40:31	04:45	16:34	24:35	34:28	47:40	01:09:30	01:24:01	01:37:20	01:39:27			M-621	Senior-192
654	1096 ALBERTO PRIETO	12/06/1979	01:40:32	04:45	18:30	26:51	36:54	50:29	01:11:57	01:25:34	01:38:03	01:38:46		FORESJANS RUNNERS	M-622	Máster 3-97
655	646 FRANCISCO JAVIER VILLAMISAR CA	02/10/1964	01:40:32	04:45	16:32	24:40	34:56	48:31	01:10:37	01:25:04	01:37:53	01:39:51			M-623	Máster 6-17
656	515 MICHAEL TELLES NIÑO	04/09/1984	01:40:33	04:45	15:32	23:05	32:59	45:59	01:08:28	01:24:01	01:37:51	01:39:53			M-624	Máster 2-104
657	835 JAVIER VILLAMISAR VÁZQUEZ	27/03/1994	01:40:35	04:46	16:30	24:41	34:56	48:31	01:10:38	01:25:05	01:37:55	01:39:55			M-625	Senior-193
658	1990 IVÁN GARCÍA LANZA	14/12/2000	01:40:37	04:46	17:08	25:21	35:43	49:19	01:11:00	01:25:02	01:37:53	01:39:10			M-626	Senior-194
659	635 JUAN CARLOS GONZÁLEZ	27/12/1974	01:40:37	04:46	15:12	23:01	32:43	45:37	01:07:31	01:23:12	01:37:29	01:40:08		ESE CÁI OE !!	M-627	Máster 4-65
660	1807 ALEJANDRO LISTE MARTÍNEZ	05/02/1997	01:40:38	04:46	17:38	25:44	35:39	48:42	01:10:18	01:24:45	01:37:49	01:39:07			M-628	Senior-195
661	932 DAVID PIÑEIRO GONZÁLEZ	15/07/1976	01:40:43	04:46	16:25	24:25	34:26	47:53	01:10:06	01:24:41	01:37:54	01:39:39		C.D. MESOIRO	M-629	Máster 3-98
662	1742 IAGO PEREZ FERREIRO	21/05/2002	01:40:43	04:46	15:58	24:13	34:19	47:52	01:09:30	01:24:15	01:37:50	01:40:26			M-630	Senior-196
663	1424 LAURA PRIETO BERGUA	04/04/1998	01:40:44	04:46	16:05	24:18	34:41	48:21	01:11:15	01:25:52	01:38:09	01:40:10			F-33	Senior-12
664	638 JOSE MANUEL MALLO NIEVES	22/05/1974	01:40:51	04:46	15:39	23:43	33:46	47:23	01:10:02	01:24:51	01:38:08	01:40:27			M-631	Máster 4-66
665	614 LUIS MANUEL PENA CAÑIZARES	21/10/1996	01:40:53	04:46	16:22	24:22	34:28	48:00	01:10:12	01:24:38	01:38:07	01:40:11			M-632	Senior-197
666	1920 ALEJANDRO JOSÉ CASTRO ROMÁN	06/03/1981	01:40:57	04:47	16:24	24:25	34:50	48:22	01:10:23	01:25:07	01:38:11	01:39:41			M-633	Máster 2-105
667	493 JUAN JOSE GONZALEZ RAMIL	05/12/1965	01:40:58	04:47	15:21	23:15	33:21	46:43	01:09:01	01:24:03	01:37:57	01:40:32			M-634	Máster 5-27
668	51 LAURA DE LA FUENTE RUIZ	27/02/2002	01:40:59	04:47	12:41	20:02	29:23	42:28	01:05:57	01:22:29	01:37:40	01:40:47			F-34	Senior-13
669	1041 JOAQUÍN CARRERO DÍAZ	10/04/1971	01:41:01	04:47	16:48	25:13	35:03	48:06	01:09:56	01:24:30	01:38:07	01:39:18			M-635	Máster 4-67
670	625 DAVID MEIRA PLIEGO	15/05/1997	01:41:01	04:47	16:10	24:00	33:41	46:59	01:09:01	01:23:47	01:38:00	01:40:09			M-636	Senior-198
671	497 AGUSTÍN RODRÍGUEZ IGLESIAS	17/08/1984	01:41:02	04:47	15:21	23:26	33:45	47:25	01:10:00	01:24:44	01:38:12	01:40:50			M-637	Máster 2-106
672	999 ANDRÉS FEIJOO MACHADO	10/09/1985	01:41:03	04:47	16:31	24:48	35:05	48:55	01:11:01	01:25:31	01:38:29	01:40:27			M-638	Máster 1-94

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
673	269 JOSE LUIS SANTISO FREIRE	08/11/1973	01:41:04	04:47	16:44	24:40	34:45	48:17	01:10:42	01:25:06	01:38:12	01:40:00			M-639	Máster 4-68
674	1988 XESÚS PATIÑO MARTÍNEZ	31/12/2003	01:41:06	04:47	18:34	26:41	36:46	50:34	01:12:10	01:25:49	01:38:23	01:39:11			M-640	Sub 23-14
675	952 ÁNGEL CASTRO CASTRO	14/02/1975	01:41:10	04:47	17:30	25:21	35:03	48:04	01:10:05	01:24:56	01:38:19	01:39:43			M-641	Máster 3-99
676	1037 ALBERTO ÁLVAREZ ALONSO	14/07/1978	01:41:14	04:47	15:35	23:32	33:40	47:00	01:09:30	01:24:51	01:38:25	01:40:30		195METROS-ALTONALÓN	M-642	Máster 3-100
677	778 IRIA ALDAO PRADA	29/01/1979	01:41:14	04:47	16:14	24:13	34:17	47:52	01:10:07	01:24:48	01:38:20	01:40:40			F-35	Máster 3-7
678	1214 ALBERTO GATO REIGOSA	16/05/1984	01:41:15	04:47	17:28	25:26	35:31	48:47	01:10:28	01:24:36	01:38:08	01:39:12			M-643	Máster 2-107
679	1219 BORJA DÍAZ SANTISO	04/05/1997	01:41:16	04:48	16:09	24:05	34:20	47:53	01:09:59	01:24:34	01:38:21	01:40:22		CLUBE ATLETISMO VILALB	M-644	Senior-199
680	442 LAURA LAMAS RODRIGUEZ	03/06/2001	01:41:18	04:48	16:55	24:59	35:06	48:48	01:11:18	01:25:56	01:38:45	01:40:16			F-36	Senior-14
681	707 MARCOS BLANCO FIGUEIRIDO	18/07/1970	01:41:19	04:48	15:48	23:51	33:57	47:35	01:10:03	01:24:47	01:38:24	01:40:46		CLUBE DE ATLETISMO OU	M-645	Máster 4-69
682	1816 CARLOS DIAZ	02/06/1974	01:41:19	04:48	16:09	24:21	34:38	48:23	01:10:42	01:25:30	01:38:36	01:40:40			M-646	Máster 4-70
683	1118 FERNANDO PARLANGE	24/09/1993	01:41:22	04:48	17:26	25:28	36:02	49:54	01:12:21	01:26:28	01:38:56	01:40:16			M-647	Senior-200
684	569 GUILLERMO MOSQUERA VICENTE	09/01/1987	01:41:24	04:48	15:46	23:48	33:45	47:02	01:09:18	01:24:12	01:38:17	01:41:02		NOSPORTLIMIT	M-648	Máster 1-95
685	330 DANIEL SUSO SÁNCHEZ	06/08/1990	01:41:26	04:48	15:53	24:02	34:15	47:47	01:10:08	01:24:53	01:38:30	01:41:02		SONS OF POSEIDON	M-649	Senior-201
686	755 PATRICIA SUSO SANCHEZ	08/06/1998	01:41:26	04:48	15:54	24:02	34:15	47:46	01:10:06	01:24:54	01:38:29	01:41:02		NOSPORTLIMIT	F-37	Senior-15
687	594 JOSÉ MANUEL PAMPIN FUCIÑOS	23/12/1962	01:41:27	04:48	15:43	23:36	33:43	47:15	01:09:50	01:24:55	01:38:30	01:40:57		ASOCIACION DEPORTIVA	M-650	Máster 6-18
688	759 PEPA LOSAS GARCÍA-SAMANIEGO	07/04/1995	01:41:28	04:48	16:16	24:12	34:19	47:56	01:10:23	01:25:04	01:38:31	01:40:40			F-38	Senior-16
689	587 JAKUB SENDER	03/01/1986	01:41:31	04:48	16:21	24:50	35:19	49:11	01:11:55	01:26:22	01:38:56	01:41:13			M-651	Máster 1-96
690	886 JAVIER VARELA PÉREZ	09/12/1974	01:41:34	04:48	16:10	24:11	34:17	47:51	01:10:03	01:24:25	01:38:29	01:40:45			M-652	Máster 4-71
691	609 AGUSTIN BARREIRO RODO	22/02/1975	01:41:36	04:48	15:39	23:15	32:48	45:38	01:07:29	01:24:29	01:38:29	01:40:59			M-653	Máster 3-101
692	1109 RUBEN BARREIRO GANDROY	22/06/1984	01:41:37	04:49	15:56	23:51	33:49	47:17	01:09:37	01:24:56	01:38:49	01:41:03		NOSPORTLIMIT	M-654	Máster 2-108
693	388 GILBERTO GONZALEZ GRUEIRO	01/11/1977	01:41:38	04:49	14:11	21:36	31:06	44:06	01:08:04	01:23:17	01:38:41	01:41:27		CLUB ATLETISMO SADA	M-655	Máster 3-102
694	742 PAOLA MARÍA MOCHALES	27/11/1980	01:41:38	04:49	15:26	23:25	33:17	46:38	01:10:23	01:24:52	01:38:30	01:41:09			F-39	Máster 2-4
695	585 MARCELINO PROL PADIN	19/12/1978	01:41:39	04:49	17:24	25:29	36:08	49:21	01:11:17	01:25:37	01:38:42	01:40:38		C.D.RIA DE AROUSA DO G	M-656	Máster 3-103
696	375 JAVIER VILAR MARTÍNEZ	18/02/1979	01:41:40	04:49	15:09	22:59	32:50	46:16	01:08:55	01:24:04	01:38:20	01:41:18		ESCOLA DE ATLETISMO P	M-657	Máster 3-104
697	1587 JESÚS MANUEL ROMAR SONEIRA	01/01/1981	01:41:40	04:49	19:49	28:08	38:13	51:32	01:12:56	01:26:44	01:39:10	01:39:16		ABELLARIZA	M-658	Máster 2-109
698	902 AARÓN LONGUEIRA ORDÓÑEZ	04/08/2001	01:41:40	04:49	16:17	24:29	34:42	48:12	01:10:39	01:25:23	01:38:51	01:41:07			M-659	Senior-202
699	946 SERGIO GARCIA ACON	25/02/1975	01:41:42	04:49	16:17	24:21	34:33	48:10	01:10:37	01:25:13	01:38:52	01:41:00			M-660	Máster 3-105
700	1147 ADRIEN DUSSAUX	23/10/1986	01:41:42	04:49	16:33	24:49	35:05	48:56	01:11:10	01:25:27	01:38:55	01:41:05		BRA KC	M-661	Máster 1-97
701	1235 RAMON SALVADOR	18/11/1999	01:41:42	04:49	15:40	23:35	33:41	47:01	01:09:24	01:24:35	01:38:44	01:41:18			M-662	Senior-203
702	712 ALEJANDRO FERREIRO VARELA	18/09/1975	01:41:43	04:49	15:35	23:39	33:45	47:21	01:09:49	01:24:52	01:38:43	01:41:17			M-663	Máster 3-106
703	794 DIANA MARIA GARCIA	24/09/1989	01:41:45	04:49	16:08	23:59	33:54	47:29	01:10:01	01:25:04	01:38:51	01:40:45			F-40	Máster 1-7
704	689 CLAUDIO ÁLVAREZ AYUSO	18/02/1963	01:41:46	04:49	15:14	23:13	33:13	46:53	01:09:37	01:24:40	01:38:40	01:41:26		ATMOS HOTEL	M-664	Máster 6-19

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
705	1687 MARTIN GALLARDO	05/12/1986	01:41:49	04:49	14:45	22:26	32:21	46:00	01:09:15	01:24:47	01:38:47	01:41:33		NINGUNO	M-665	Máster 1-98
706	430 HELENA PEREZ GONZALEZ	15/04/1981	01:41:51	04:49	15:49	23:58	34:08	47:39	01:10:14	01:25:23	01:39:05	01:41:30	AG2020523	BURGAS ATLETISMO OUR	F-41	Máster 2-5
707	1902 PABLO VARELA VARELA	06/11/1989	01:41:52	04:49	16:10	24:05	33:51	47:19	01:09:37	01:24:44	01:39:03	01:41:00			M-666	Máster 1-99
708	1768 AARÓN MIGUEL PARADA LÓPEZ	13/12/1988	01:41:52	04:49	16:10	24:05	33:50	47:19	01:09:47	01:24:43	01:39:02	01:41:01			M-667	Máster 1-100
709	1202 CARLOS SANTIAGO SARASQUETE	01/02/1991	01:41:54	04:49	17:00	25:13	35:30	49:20	01:11:44	01:25:58	01:39:08	01:40:46			M-668	Senior-204
710	834 JULIO SERANTES CASTRO	26/10/1976	01:41:55	04:49	16:13	24:12	34:19	47:54	01:10:13	01:25:12	01:38:56	01:41:11		CLUB DALLE GAS RUNNIN	M-669	Máster 3-107
711	648 JONATAN RIVAS PÉREZ	10/03/1983	01:41:59	04:50	15:24	23:06	33:02	46:23	01:09:17	01:24:40	01:38:50	01:41:39	AG14580	RUNMANIAK BOX001 OUI	M-670	Máster 2-110
712	761 CLAUDIA LÓPEZ NOGUEIRO	06/11/2000	01:42:03	04:50	16:48	25:08	35:32	49:22	01:11:34	01:25:51	01:39:11	01:41:12			F-42	Senior-17
713	544 IVÁN LÓPEZ OUJO	23/11/1992	01:42:03	04:50	16:25	24:12	35:11	48:33	01:11:00	01:25:59	01:39:20	01:40:54		POR AMOR AL ARTE	M-671	Senior-205
714	1033 OSCAR DARRIBA GESTAL	04/08/1998	01:42:07	04:50	15:38	23:39	33:44	46:57	01:08:25	01:23:36	01:38:58	01:41:40			M-672	Senior-206
715	434 LUCÍA FARIÑA DÍAZ	26/05/1984	01:42:07	04:50	15:39	23:39	33:43	46:57	01:08:25	01:23:37	01:38:58	01:41:41		GLOBAL SPORT CLUB	F-43	Máster 2-6
716	1090 IAGO MARTINEZ	30/05/1984	01:42:13	04:50	16:52	24:52	34:58	48:30	01:10:58	01:25:49	01:39:23	01:41:20			M-673	Máster 2-111
717	252 ÁNGEL SANABRIA GARRIDO	30/10/1995	01:42:14	04:50	14:42	22:10	31:33	44:17	01:08:24	01:24:14	01:39:02	01:41:52	45960976	NOSPORTLIMIT	M-674	Senior-207
718	1047 ADRIA SANABRIA PUIG	03/05/2000	01:42:15	04:50	17:31	26:02	36:40	51:02	01:13:05	01:27:11	01:39:37	01:41:09			M-675	Senior-208
719	949 JAIME DEL RÍO SÁNCHEZ	16/12/1997	01:42:15	04:50	16:05	24:10	34:20	48:01	01:10:38	01:25:49	01:39:22	01:41:41			M-676	Senior-209
720	860 FERNANDO GAGO GONZÁLEZ	02/09/1978	01:42:15	04:50	16:59	24:48	34:39	48:04	01:10:34	01:25:44	01:39:21	01:41:00			M-677	Máster 3-108
721	811 ANA MIRAGAYA	02/12/1972	01:42:15	04:50	16:24	24:33	34:44	48:22	01:10:33	01:25:47	01:39:19	01:41:31		CLUB ATLETISMO SADA	F-44	Máster 4-5
722	818 RENNY MAZAIRA RODRÍGUEZ	19/04/1989	01:42:16	04:50	15:00	22:35	32:14	45:16	01:07:49	01:23:46	01:39:03	01:41:51			M-678	Máster 1-101
723	443 LUISA GIANNONE	23/02/1992	01:42:17	04:50	15:18	23:09	32:53	46:00	01:09:39	01:25:20	01:39:25	01:41:59			F-45	Senior-18
724	413 ALFONSO RODRIGUEZ FRAMIL	21/09/1978	01:42:18	04:50	15:58	23:48	34:02	47:41	01:10:28	01:25:37	01:39:17	01:41:52	AG2020368	NOITEBRA F.C.	M-679	Máster 3-109
725	520 LEONARDO DAVID DE LIMA CABELL	16/08/1996	01:42:18	04:50	15:37	23:36	33:35	47:16	01:09:57	01:25:11	01:39:13	01:41:45		CLUB DEPORTIVO NORDE	M-680	Senior-210
726	1936 ANDREA ROMAR SALGUEIRO	19/04/2001	01:42:19	04:51	16:48	25:58	36:23	50:19	01:12:36	01:26:56	01:39:32	01:41:13			F-46	Senior-19
727	855 DAVID VÁZQUEZ PENA	09/12/1982	01:42:21	04:51	16:48	25:10	35:18	48:51	01:11:19	01:25:58	01:39:30	01:41:20			M-681	Máster 2-112
728	53 IVÁN CASCANT	31/05/2001	01:42:28	04:51	15:57	23:59	34:15	47:53	01:10:34	01:25:39	01:39:31	01:41:53			M-682	Senior-211
729	822 CARLOS CORES BARTOLOME	25/11/1991	01:42:36	04:51	16:47	24:41	34:38	47:53	01:10:07	01:25:10	01:39:27	01:41:16			M-683	Senior-212
730	1056 HECTOR IGLESIAS MASIDE	02/08/1987	01:42:36	04:51	17:07	25:27	35:41	49:29	01:11:32	01:26:04	01:39:37	01:41:29			M-684	Máster 1-102
731	967 JULIO CÉSAR FERNANDEZ RODRÍGUEZ	05/11/1961	01:42:39	04:51	16:55	25:36	35:48	49:15	01:11:49	01:26:38	01:39:48	01:41:26			M-685	Máster 6-20
732	915 CHRISTIAN PETEIRA PEDREIRA	05/11/2000	01:42:40	04:51	18:06	26:42	37:06	50:38	01:12:41	01:26:51	01:39:58	01:41:10			M-686	Senior-213
733	1107 RICARDO SALAS CASAL	22/12/1995	01:42:40	04:51	16:02	24:08	34:23	47:57	01:10:49	01:26:23	01:40:01	01:41:51			M-687	Senior-214
734	832 JOEL GARCÍA FERNÁNDEZ	27/07/1994	01:42:42	04:52	16:49	25:09	35:34	49:21	01:11:50	01:26:32	01:39:54	01:41:49			M-688	Senior-215
735	329 JORGE GARRIDO	03/03/1997	01:42:43	04:52	16:51	25:01	35:13	48:50	01:11:18	01:26:15	01:39:52	01:41:44			M-689	Senior-216
736	538 NICOLAS GONZALEZ FERMOSE	22/11/1970	01:42:43	04:52	15:20	22:52	32:37	45:49	01:09:29	01:25:37	01:39:47	01:42:17			M-690	Máster 4-72

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
737	1738 JULIÁN FERNÁNDEZ LORENZO	13/08/1997	01:42:44	04:52	17:27	25:48	36:03	49:33	01:11:52	01:26:31	01:39:56	01:41:34			M-691	Senior-217
738	750 LAURA HERRERA GONEZ	18/07/1998	01:42:44	04:52	16:50	25:00	35:13	48:49	01:11:14	01:26:14	01:39:52	01:41:44			F-47	Senior-20
739	1483 DAVID SUÁREZ ALONSO	26/11/1983	01:42:44	04:52	17:21	25:11	35:14	48:56	01:11:24	01:26:11	01:39:42	01:41:24			M-692	Máster 2-113
740	899 ADAN BARBEITO PREGO	08/06/1990	01:42:47	04:52	16:46	24:50	35:00	48:39	01:11:08	01:26:02	01:39:57	01:41:36			M-693	Senior-218
741	448 SARA PRADERA CIBREIRO	11/09/1990	01:42:48	04:52	15:14	23:02	32:57	46:55	01:10:25	01:26:15	01:39:55	01:42:21		XABARÍS ÁRTABROS	F-48	Senior-21
742	1194 JOSE LUIS CAPELAS ANSEDE	17/11/1988	01:42:49	04:52	16:45	24:39	34:46	48:18	01:10:44	01:25:53	01:39:50	01:41:45			M-694	Máster 1-103
743	720 ALFREDO TORREIRO LOPEZ	08/08/1965	01:42:50	04:52	16:11	24:18	34:35	48:11	01:10:58	01:26:02	01:39:51	01:42:24			M-695	Máster 5-28
744	1469 MANUEL J LAGO FERNÁNDEZ	29/03/1972	01:42:53	04:52	16:49	24:53	35:07	48:40	01:11:25	01:26:27	01:40:07	01:41:37		CLUBE DE ATLETISMO SER	M-696	Máster 4-73
745	901 JORGE LÓPEZ CUNS	07/08/2006	01:42:54	04:52	16:10	24:33	35:03	49:34	01:13:13	01:27:36	01:40:10	01:42:22			M-697	Sub 20-9
746	983 ÁLVARO FERNÁNDEZ - CAMPA GOM	06/09/2001	01:42:54	04:52	16:49	25:08	35:31	49:22	01:11:37	01:26:08	01:40:00	01:42:02			M-698	Senior-219
747	1138 ALBERTO FERNÁNDEZ BUITRAGO	29/03/1999	01:42:56	04:52	16:20	24:34	34:59	48:49	01:11:36	01:26:49	01:40:23	01:42:19			M-699	Senior-220
748	599 CARLOS AURELIO RUIZ RIVERA	07/08/1978	01:42:56	04:52	14:02	21:45	31:50	45:31	01:08:56	01:24:18	01:39:07	01:42:49			M-700	Máster 3-110
749	1858 JULIÁN DOPICO CASTEIRO	27/05/1999	01:42:57	04:52	16:10	24:14	34:21	47:57	01:10:48	01:26:00	01:40:04	01:42:23			M-701	Senior-221
750	895 KLODIAN MALIQI MALIQI	25/07/1980	01:42:58	04:52	17:11	25:21	35:14	48:31	01:11:01	01:26:13	01:40:03	01:41:58			M-702	Máster 2-114
751	623 MIGUEL URBANO ALCAIDE	29/09/1975	01:42:58	04:52	15:56	24:03	34:17	47:51	01:10:13	01:25:31	01:39:53	01:42:30		CD GRAN CAPITÁN	M-703	Máster 3-111
752	1044 VICTOR CONCHILLO HERRANDO	12/12/1982	01:42:58	04:52	17:00	25:17	35:47	49:44	01:12:18	01:26:56	01:40:02	01:42:11	AR264	FARTLECK SPORT	M-704	Máster 2-115
753	1935 RUBEN FERNANDEZ REIGOSA	01/04/1993	01:42:59	04:52	17:28	26:03	36:42	51:00	01:13:09	01:27:33	01:40:22	01:41:50			M-705	Senior-222
754	647 MICHELE SPINAZZOLA	28/05/1976	01:43:00	04:52	15:07	22:53	32:45	45:40	01:07:54	01:23:38	01:39:30	01:42:40			M-706	Máster 3-112
755	1852 ÓSCAR GALÁN ADEGA	04/12/1987	01:43:03	04:53	17:35	25:44	35:58	49:35	01:11:54	01:26:37	01:40:07	01:41:27			M-707	Máster 1-104
756	1899 ADRIÁN ALONSO ALONSO	14/12/1998	01:43:03	04:53	16:58	24:43	34:33	48:07	01:10:36	01:26:13	01:40:00	01:41:37			M-708	Senior-223
757	1464 DANIEL BARRERO	19/10/2000	01:43:05	04:53	17:36	25:38	35:50	49:28	01:11:49	01:26:58	01:40:19	01:41:43			M-709	Senior-224
758	701 PABLO REVUELTA MARTÍN	28/12/1978	01:43:07	04:53	15:41	23:42	33:45	47:24	01:10:11	01:25:32	01:40:04	01:42:36			M-710	Máster 3-113
759	1405 MARÍA PÉREZ MUÑOZ	15/06/1991	01:43:09	04:53	16:19	24:40	35:07	49:06	01:12:05	01:27:09	01:40:23	01:42:41			F-49	Senior-22
760	1229 TOÑO DIZ PIÑEIRO	14/06/1984	01:43:09	04:53	17:51	26:20	36:44	50:36	01:13:14	01:27:43	01:40:24	01:41:40		CLUB ATLETISMO CAMBAI	M-711	Máster 2-116
761	1017 IGNACIO CIMAS RELLÁN	05/11/1980	01:43:09	04:53	16:08	24:03	34:10	47:44	01:10:30	01:25:50	01:40:09	01:42:30			M-712	Máster 2-117
762	1135 JOAQUÍN NUNES ALVES	29/03/1969	01:43:09	04:53	15:59	24:08	34:19	48:02	01:10:58	01:26:07	01:40:06	01:42:38			M-713	Máster 5-29
763	853 SAMUEL LÓPEZ PÉREZ	02/05/1974	01:43:10	04:53	16:09	24:09	34:26	48:03	01:11:03	01:26:21	01:40:11	01:42:32		CLUB DEPORTIVO DELIKIA	M-714	Máster 4-74
764	847 PABLO GRANERO FERNÁNDEZ-FÍG	29/10/2004	01:43:18	04:53	16:07	24:11	34:17	47:50	01:10:01	01:24:58	01:40:14	01:42:30			M-715	Sub 23-15
765	738 OLALLA GARCÍA FONTE	30/05/1993	01:43:19	04:53	16:12	24:13	34:24	48:01	01:11:00	01:26:18	01:40:22	01:42:33			F-50	Senior-23
766	299 MANUEL CORBELLE	03/10/1969	01:43:19	04:53	16:42	25:06	35:39	49:44	01:13:08	01:27:26	01:40:35	01:42:32			M-716	Máster 5-30
767	1845 CARLOS FERNÁNDEZ FERNÁNDEZ	22/01/1992	01:43:21	04:53	17:11	24:47	34:38	47:43	01:09:43	01:24:56	01:39:58	01:42:00			M-717	Senior-225
768	687 AARON SANCHEZ EIROA	11/11/1997	01:43:22	04:53	15:55	23:31	33:40	48:15	01:14:35	01:32:21	01:46:50	01:42:10			M-718	Senior-226

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
769	976 ISMAEL NOVO	09/05/1991	01:43:22	04:53	17:28	25:39	36:21	49:55	01:12:27	01:27:08	01:40:33	01:42:15			M-719	Senior-227
770	975 JONATHAN GARCIA QUINTELA	28/09/1987	01:43:22	04:53	16:58	25:42	36:23	49:56	01:12:18	01:27:14	01:40:34	01:42:15			M-720	Máster 1-105
771	828 ANTONIO CARABEL FERNÁNDEZ	11/03/1997	01:43:30	04:54	16:34	24:37	34:32	47:53	01:09:58	01:25:10	01:40:35	01:42:26			M-721	Senior-228
772	775 MARIA ÁLVAREZ JUSTO	22/08/1987	01:43:33	04:54	16:40	24:51	35:07	48:58	01:11:45	01:26:50	01:40:42	01:42:50			F-51	Máster 1-8
773	1451 RUBEN RASCADO VIÑA	21/01/2005	01:43:33	04:54	17:33	26:01	36:42	51:03	01:13:49	01:28:31	01:40:45	01:42:24	GA3729542ATCLUB	ATLETISMO SADA	M-722	Sub 23-16
774	1222 RUBÉN MARTÍNEZ DEL RÍO	30/10/1970	01:43:34	04:54	16:10	24:08	34:02	47:22	01:10:11	01:25:53	01:40:27	01:42:56		DREAM TEAM	M-723	Máster 4-75
775	1866 DIEGO GARCIA ROMALDE	04/11/1997	01:43:36	04:54	16:20	24:12	34:04	47:47	01:10:27	01:26:18	01:40:30	01:42:30			M-724	Senior-229
776	1591 ALFONSO BARREIRO PADIN	24/07/1965	01:43:44	04:55	17:02	25:12	35:09	48:39	01:11:37	01:26:55	01:40:45	01:42:42		C.D.RIA DE AROUSA DO GM	M-725	Máster 5-31
777	1819 AITOR CALVINO GARCIA	15/08/1986	01:43:44	04:55	17:12	25:19	35:30	49:19	01:11:45	01:26:25	01:40:37	01:42:20		CLUB TRIATLON CERVECEIM	M-726	Máster 1-106
778	1027 STEFAAN LENAERTS	01/04/1987	01:43:45	04:55	15:59	23:57	33:55	47:26	01:09:51	01:25:23	01:40:25	01:43:03			M-727	Máster 1-107
779	825 ROBERTO ROS SERRANO	02/09/2003	01:43:49	04:55	17:34	26:01	36:38	50:26	01:12:22	01:27:35	01:41:00	01:42:39			M-728	Sub 23-17
780	404 JUAN CARLOS BARDANCA SANJUR	31/12/1970	01:43:51	04:55	15:32	23:42	33:48	47:23	01:09:27	01:24:21	01:40:14	01:43:37		CLUB ATLETISMO SADA	M-729	Máster 4-76
781	1721 ALEJANDRO BREA GASCON	11/08/2002	01:43:51	04:55	17:56	26:18	36:39	50:32	01:13:03	01:28:00	01:41:09	01:42:29			M-730	Senior-230
782	1891 ALEJANDRO GONZALEZ ARIAS	19/10/1967	01:43:52	04:55	17:01	25:29	36:00	50:05	01:12:55	01:27:49	01:41:06	01:43:16			M-731	Máster 5-32
783	1595 MARCO VILA GARCÍA	26/11/2000	01:43:55	04:55	17:21	25:57	36:31	50:23	01:13:02	01:27:54	01:41:06	01:42:52			M-732	Senior-231
784	1007 IÑIGO POLANCO ALONSO	28/07/1990	01:43:59	04:55	17:35	26:01	36:21	50:14	01:12:42	01:27:17	01:41:01	01:42:47	72740290	LEA LA BLANCA	M-733	Senior-232
785	732 JOSE MANUEL ALBORES DIAZ	30/06/1957	01:44:02	04:55	16:14	24:25	34:57	48:41	01:11:52	01:26:59	01:41:03	01:43:26		CLUBE DE ATLETISMO OU	M-734	Máster 7-9
786	884 GABRIEL GARRIDO GONZÁLEZ	15/12/1993	01:44:06	04:56	17:30	26:00	36:37	50:59	01:14:03	01:28:44	01:41:20	01:43:02		NOSPORTLIMIT	M-735	Senior-233
787	1061 ADRIÁN GARRIDO GONZÁLEZ	03/12/1996	01:44:07	04:56	17:29	26:00	36:37	51:00	01:14:02	01:28:45	01:41:21	01:43:04			M-736	Senior-234
788	1058 SERGIO NOGUEROL URRUTIA	02/12/1975	01:44:10	04:56	17:02	25:26	35:57	49:48	01:12:17	01:27:35	01:41:19	01:43:17		NOSPORTLIMIT	M-737	Máster 3-114
789	851 ROBERTO PORTELA RODRÍGUEZ	26/09/1986	01:44:10	04:56	17:24	25:20	35:23	49:49	01:12:14	01:27:35	01:41:13	01:43:03			M-738	Máster 1-108
790	501 ENRIQUE MARTINEZ HAYNES	27/08/1972	01:44:11	04:56	17:08	25:10	35:11	48:44	01:11:20	01:26:27	01:40:49	01:43:04			M-739	Máster 4-77
791	711 JAVIER ANTONIO VÁZQUEZ BAS	25/06/1982	01:44:14	04:56	16:11	24:13	34:22	48:24	01:11:10	01:26:28	01:40:58	01:43:36			M-740	Máster 2-118
792	939 ADRIAN LANDEIRA SABEL	09/07/1995	01:44:16	04:56	16:58	26:01	36:43	51:05	01:13:58	01:28:54	01:41:47	01:43:20			M-741	Senior-235
793	996 JAVIER GONZÁLEZ OTERO	30/12/1990	01:44:22	04:56	16:53	25:15	35:43	49:45	01:12:43	01:27:41	01:41:26	01:43:22			M-742	Senior-236
794	741 ARIANA PARDO MORENO	06/02/2003	01:44:25	04:56	16:05	24:07	34:27	48:46	01:12:29	01:27:47	01:41:33	01:43:42			F-52	Sub 23-3
795	770 LAURA DELGADO REPRESAS	14/10/1989	01:44:25	04:56	17:03	25:17	35:46	49:37	01:12:35	01:27:40	01:41:37	01:43:22			F-53	Máster 1-9
796	1838 ADRIÁN BOUZA CORREA	07/09/1992	01:44:27	04:57	17:41	26:08	36:43	51:02	01:13:54	01:28:38	01:41:44	01:42:55			M-743	Senior-237
797	427 CAROLINA LAURENTIU GRANJA	17/08/1985	01:44:28	04:57	14:49	22:44	32:58	47:51	01:12:56	01:27:54	01:41:27	01:44:07		TRIATLÓN BIERZO	F-54	Máster 1-10
798	1928 AROA PICOS	31/03/1998	01:44:28	04:57	16:59	25:29	36:01	50:01	01:12:46	01:27:54	01:41:33	01:43:42			F-55	Senior-24
799	1119 CHI-SHIN HOU	13/06/1988	01:44:29	04:57	17:27	25:30	36:02	49:54	01:12:21	01:27:31	01:41:26	01:43:22			M-744	Máster 1-109
800	680 JESÚS CORREDERA MURADÁS	16/06/1991	01:44:29	04:57	17:28	25:41	36:22	49:58	01:12:47	01:27:50	01:41:34	01:43:23			M-745	Senior-238

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
801	1055 ALEJANDRO VILLAMOR JASPE	29/05/1992	01:44:30	04:57	17:16	25:42	36:12	50:09	01:12:52	01:27:47	01:41:30	01:43:28			M-746	Senior-239
802	633 LUIS ROBERTO FRANCO MOLINA	07/06/1994	01:44:31	04:57	15:41	23:18	33:01	46:16	01:09:22	01:26:00	01:41:18	01:43:53			M-747	Senior-240
803	1066 SERGIO DAVID GUTIÉRREZ NOGALE	14/10/1986	01:44:33	04:57	16:33	24:39	34:47	48:20	01:11:15	01:26:56	01:41:24	01:43:48			M-748	Máster 1-110
804	377 MIGUEL ANGEL BREA LOPEZ	31/01/1968	01:44:36	04:57	16:57	25:17	35:38	49:53	01:12:51	01:27:49	01:41:38	01:43:26			M-749	Máster 5-33
805	1510 JOSE ALBERTO GARCIA GARCIA	16/11/1974	01:44:37	04:57	16:36	24:53	35:13	49:00	01:12:05	01:27:21	01:41:36	01:43:47			M-750	Máster 4-78
806	1040 PELAYO PEREZ	02/07/1968	01:44:37	04:57	16:34	25:02	35:33	49:28	01:12:33	01:27:42	01:41:38	01:44:05			M-751	Máster 5-34
807	1432 MARÍA COTOS DÍAZ	28/10/1994	01:44:37	04:57	17:15	25:26	35:41	49:31	01:12:34	01:27:43	01:41:38	01:43:24			F-56	Senior-25
808	955 MASSIMO BARATELLI	21/07/1964	01:44:38	04:57	17:05	25:40	36:22	50:46	01:13:38	01:28:36	01:41:57	01:44:03			M-752	Máster 6-21
809	2003 PEDRO GARCÍA-RAMOS OTERO	02/10/2001	01:44:38	04:57	17:32	26:03	36:41	51:02	01:13:05	01:27:32	01:41:45	01:43:33			M-753	Senior-241
810	1764 IGNACIO LOURO GARABOA	24/11/2004	01:44:38	04:57	16:03	24:10	34:12	47:47	01:10:26	01:26:37	01:41:28	01:44:16			M-754	Sub 23-18
811	986 JORGE JUAN SOUTO SAN JOSE	01/04/1971	01:44:39	04:57	17:06	25:37	36:17	50:29	01:13:42	01:28:42	01:41:58	01:43:41		SPORTING CLUB CASINO	M-755	Máster 4-79
812	1179 GIOVANNI LAZARI	08/11/1972	01:44:42	04:57	16:14	24:20	34:24	47:59	01:10:54	01:26:29	01:41:26	01:44:02			M-756	Máster 4-80
813	796 ROCÍO ANDRÉS PONTANILLA	08/02/1994	01:44:43	04:57	17:19	25:56	36:34	50:48	01:13:44	01:28:33	01:42:03	01:43:55			F-57	Senior-26
814	1189 ROVÍO PATIÑO GROBAS	15/08/1978	01:44:44	04:57	18:34	26:51	37:12	51:05	01:13:48	01:28:20	01:41:44	01:42:48			M-757	Máster 3-115
815	1803 EDGAR CABRERA SUÁREZ	08/10/1994	01:44:44	04:57	17:48	26:15	36:45	50:38	01:13:42	01:28:38	01:42:03	01:42:47			M-758	Senior-242
816	1006 YAGO ÁLVAREZ RODRIGUES	09/07/2004	01:44:45	04:57	18:51	27:09	37:30	51:05	01:13:19	01:28:11	01:41:45	01:43:27			M-759	Sub 23-19
817	965 MANUEL CORROCHANO GARCÍA-P	14/07/1978	01:44:50	04:58	16:24	24:41	35:12	49:05	01:12:11	01:27:42	01:41:40	01:44:03			M-760	Máster 3-116
818	1220 MARCOS DUARTE PARDO	17/01/1995	01:44:50	04:58	16:10	24:21	34:56	49:10	01:12:20	01:27:57	01:41:52	01:44:03			M-761	Senior-243
819	1888 JAVIER VALINO BUYO	03/10/1985	01:44:51	04:58	19:10	27:21	37:39	51:19	01:14:06	01:28:41	01:42:05	01:42:56			M-762	Máster 1-111
820	1613 JONAS ROZADOS LAGO	21/06/1990	01:44:51	04:58	17:23	25:20	35:25	49:21	01:11:55	01:27:36	01:41:43	01:43:38			M-763	Senior-244
821	993 JORGE PRADOS SANDE	28/01/1974	01:44:52	04:58	17:19	25:47	36:17	50:21	01:13:21	01:28:29	01:41:56	01:43:57			M-764	Máster 4-81
822	1837 ANTONIO SAÚCA GUERRERO	13/01/1990	01:44:52	04:58	17:50	26:03	36:10	49:30	01:12:07	01:27:37	01:41:43	01:43:39		RUNNING OLEIROS	M-765	Máster 1-112
823	725 JOSÉ SANTOS FERNÁNDEZ VÁZQUEZ	08/11/1974	01:44:53	04:58	17:19	25:56	36:38	50:58	01:14:27	01:29:01	01:42:04	01:43:53	AG2026153	ESCOLA ATLETICA PEREIRO	M-766	Máster 4-82
824	830 JOSÉ ANTONIO GONZÁLEZ MACIÁ	18/05/1977	01:44:53	04:58	17:21	25:57	36:39	50:59	01:14:18	01:29:02	01:42:04	01:43:54			M-767	Máster 3-117
825	1124 ADRIÁN CARBALLEIRA PUÑAL	18/05/1981	01:44:54	04:58	16:27	24:43	35:06	49:00	01:12:16	01:27:44	01:41:50	01:44:04			M-768	Máster 2-119
826	988 ÁNGEL BLANCO VÁZQUEZ	18/05/1982	01:44:56	04:58	17:34	26:01	36:25	50:12	01:12:24	01:27:03	01:41:08	01:43:54			M-769	Máster 2-120
827	1268 NURIA GARCÍA CALVO	13/02/2007	01:44:58	04:58	17:26	25:59	36:37	51:00	01:14:10	01:28:53	01:42:12	01:43:53			F-58	Sub 20-1
828	917 JUAN PABLO DÍAZ IGLESIAS	05/12/1978	01:44:59	04:58	15:39	24:00	34:22	48:19	01:11:34	01:27:16	01:41:59	01:44:52			M-770	Máster 3-118
829	581 JACOBO GARCÍA PÉREZ	29/07/1971	01:44:59	04:58	17:26	26:00	36:37	51:01	01:14:10	01:28:58	01:42:12	01:43:55			M-771	Máster 4-83
830	728 RICARDO PATIÑO GESTAL	12/02/1960	01:44:59	04:58	16:44	25:17	36:05	50:35	01:14:03	01:28:56	01:42:12	01:44:41			M-772	Máster 6-22
831	1883 PABLO DIEZ FERNANDEZ	29/05/1980	01:45:00	04:58	15:40	24:03	34:23	48:17	01:11:34	01:27:15	01:42:00	01:44:53			M-773	Máster 2-121
832	1123 CESAR DIEGO	23/06/1977	01:45:01	04:58	15:41	23:40	33:48	47:38	01:10:54	01:26:44	01:41:47	01:44:31	AG18502		M-774	Máster 3-119

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
833	1398 SANDRA MUÑOZ POSE	06/12/1984	01:45:01	04:58	18:25	26:56	37:33	51:25	01:13:53	01:28:43	01:42:07	01:43:43		SOCIEDADE DEPORTIVA B F-59	M-775	Máster 2-7
834	718 XESUS MANUEL SEGADE CAROU	02/02/1974	01:45:02	04:58	18:37	26:51	37:14	50:55	01:13:37	01:28:42	01:42:16	01:41:51			M-775	Máster 4-84
835	1458 CARLOS GUERREIRO PRIETO	30/05/1983	01:45:02	04:58	17:20	25:34	35:44	49:28	01:12:23	01:27:49	01:41:59	01:43:43			M-776	Máster 2-122
836	940 ALEJANDRO PITA	03/10/1985	01:45:04	04:58	16:33	24:52	35:48	49:55	01:12:48	01:27:49	01:41:55	01:44:09		NOSPORTLIMIT	M-777	Máster 1-113
837	394 DIEGO ROCA CANCIO	26/10/1981	01:45:04	04:58	15:50	24:15	35:02	49:14	01:12:39	01:28:02	01:42:13	01:44:52	AG14610	ERIKA PILATES TEAM	M-778	Máster 2-123
838	956 JESÚS IGLESIAS BARREIRO	26/09/1969	01:45:08	04:59	17:25	25:58	36:35	50:45	01:13:43	01:28:34	01:42:18	01:43:59			M-779	Máster 5-35
839	1489 JUAN OTÁLORA ALARCÓN	25/05/1999	01:45:08	04:59	17:20	25:58	36:36	50:49	01:13:25	01:28:23	01:42:18	01:44:18			M-780	Senior-245
840	912 LUIS VALBUENA GARRIDO	30/12/1971	01:45:10	04:59	17:21	25:58	36:37	50:55	01:14:04	01:29:11	01:42:25	01:44:12			M-781	Máster 4-85
841	431 MARTA VALIÑO REAL	30/01/1990	01:45:11	04:59	15:47	24:02	34:25	48:24	01:11:59	01:27:44	01:42:11	01:45:00			F-60	Máster 1-11
842	1656 SERGIO QUINTANILLA MURILLAS	30/09/1974	01:45:11	04:59	17:22	26:57	37:22	51:20	01:14:01	01:28:46	01:42:21	01:43:23			M-782	Máster 4-86
843	1113 DANIEL CREGO LÓPEZ	26/08/1999	01:45:12	04:59	16:38	24:35	34:48	48:51	01:12:06	01:27:54	01:42:05	01:44:06			M-783	Senior-246
844	425 ELOY SÍO FERNÁNDEZ	21/11/1988	01:45:12	04:59	18:29	26:48	37:10	51:04	01:13:59	01:28:53	01:42:29	01:43:45			M-784	Máster 1-114
845	677 MANUEL LEYVA IGLESIAS	20/08/1973	01:45:12	04:59	17:24	25:49	36:22	50:16	01:13:52	01:29:07	01:42:27	01:44:02		RAMBLER RUNNER	M-785	Máster 4-87
846	1860 RUBÉN FREIRE CASAS	21/02/1981	01:45:13	04:59	18:38	27:09	37:39	51:37	01:14:15	01:28:55	01:42:01	01:43:19		PASA OU ENTORNA	M-786	Máster 2-124
847	1482 JUAN VILA SARANDESES	11/07/1986	01:45:14	04:59	17:01	25:33	36:12	50:12	01:13:15	01:28:37	01:42:25	01:44:24		ESPRINTES OURENSE	M-787	Máster 1-115
848	694 JAVIER LÓPEZ PINO	19/12/1980	01:45:15	04:59	16:09	24:37	35:14	48:59	01:11:48	01:28:27	01:42:10	01:44:53			M-788	Máster 2-125
849	790 MARÍA URÍA ÁLVAREZ	11/02/1990	01:45:16	04:59	16:38	25:11	35:43	49:55	01:13:09	01:28:27	01:42:24	01:44:34			F-61	Senior-27
850	791 ESTEFANÍA HERNÁNDEZ GARCÍA	16/08/1985	01:45:17	04:59	16:40	25:13	35:45	49:56	01:13:11	01:28:27	01:42:24	01:44:36			F-62	Máster 1-12
851	1146 PEDRO CARLOS SAIZ ARCE	01/04/1979	01:45:17	04:59	17:08	25:42	36:25	50:33	01:13:23	01:28:26	01:42:18	01:44:26			M-789	Máster 3-120
852	1100 JOSE EVARISTO CAMBRE MIÑONES	22/08/1988	01:45:17	04:59	17:15	25:39	36:11	50:19	01:13:18	01:28:27	01:42:23	01:44:18			M-790	Máster 1-116
853	1183 OLIVIER VALLEE	24/05/1977	01:45:18	04:59	17:51	26:19	36:47	50:54	01:13:33	01:28:27	01:42:12	01:44:03			M-791	Máster 3-121
854	629 ALEJANDRO PÉREZ GIANNETTO	04/03/1977	01:45:19	04:59	16:06	24:14	34:30	48:25	01:11:55	01:28:12	01:42:15	01:44:48		NOSPORTLIMIT	M-792	Máster 3-122
855	756 CARLA FERNÁNDEZ ÁLVAREZ	08/01/1999	01:45:20	04:59	17:58	26:53	37:57	52:22	01:14:31	01:29:11	01:42:29	01:44:08			F-63	Senior-28
856	928 JOSUE GARCIA ALVAREZ	13/06/1987	01:45:21	04:59	16:52	25:20	35:53	49:57	01:13:05	01:28:32	01:42:20	01:44:26			M-793	Máster 1-117
857	839 JOSÉ ANTONIO SERRANO REMUIÑÁN	26/10/1970	01:45:21	04:59	18:33	26:50	37:00	50:30	01:13:01	01:28:15	01:42:24	01:43:23			M-794	Máster 4-88
858	1953 ADRIÁN ÁLVAREZ SANTOS	09/10/2003	01:45:22	04:59	18:37	26:59	37:08	51:03	01:13:49	01:28:39	01:42:25	01:43:29			M-795	Sub 23-20
859	1802 JULIO IGLESIAS FERNÁNDEZ	02/05/2000	01:45:23	04:59	17:45	26:23	37:00	51:05	01:13:43	01:28:34	01:42:26	01:44:34			M-796	Senior-247
860	719 OSCAR SOUTO MUIÑO	18/11/1971	01:45:27	04:59	16:09	24:19	34:40	48:25	01:12:28	01:28:34	01:42:38	01:44:56		CLUB ATLETISMO SADA	M-797	Máster 4-89
861	897 EMILIO MEDINA JIMÉNEZ	28/08/1964	01:45:31	05:00	17:18	25:59	36:42	51:01	01:14:25	01:29:31	01:42:48	01:44:30			M-798	Máster 6-23
862	1016 JAVIER GONZÁLEZ ÁLVAREZ	08/04/1992	01:45:32	05:00	16:01	24:17	34:40	48:50	01:12:44	01:28:42	01:42:47	01:44:58			M-799	Senior-248
863	1839 ALEJANDRO GREEN SEXTO	24/05/2000	01:45:38	05:00	17:54	26:20	36:48	51:04	01:14:26	01:29:35	01:42:53	01:44:18			M-800	Senior-249
864	645 JOSE RAMON RODRIGUEZ VILELA	08/01/1971	01:45:40	05:00	16:20	24:37	35:01	48:54	01:12:14	01:27:59	01:42:29	01:45:12			M-801	Máster 4-90

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
865	1151 RAMON QUINTELA LOUREIRO	31/05/1975	01:45:40	05:00	17:20	25:57	36:36	50:59	01:14:28	01:29:04	01:42:38	01:44:40			M-802	Máster 3-123
866	436 ELENA GONZÁLEZ FERNÁNDEZ	10/11/1974	01:45:41	05:00	17:10	25:38	36:19	50:41	01:13:54	01:29:01	01:42:45	01:44:49	AG2017736	LA MOCHILA DEL DEPORTIF-64	F-64	Máster 4-6
867	809 NEREA ALVITE BERGARA	03/11/1999	01:45:42	05:00	17:17	25:53	36:34	50:59	01:14:42	01:29:25	01:42:51	01:44:44		CLUB TRIATLÓN TRITONE	F-65	Senior-29
868	1067 JUAN DE LA CRUZ HERRERO FERNÁNDEZ	28/12/1984	01:45:42	05:00	16:23	24:35	34:49	48:26	01:11:15	01:28:13	01:42:37	01:44:52			M-803	Máster 2-126
869	1720 JOSÉ ANDRÉS MAGO PERALES	12/10/1992	01:45:42	05:00	17:56	26:27	37:15	51:34	01:14:45	01:29:35	01:43:00	01:44:05			M-804	Senior-250
870	1604 ANSELMO GARCIA	13/10/1988	01:45:45	05:00	16:53	24:58	34:54	48:13	01:10:03	01:24:58	01:42:21	01:44:31			M-805	Máster 1-118
871	1082 ADRIAN CARLOS VILLAR FERNANDEZ	31/10/1985	01:45:45	05:00	16:49	25:17	35:51	50:00	01:13:11	01:28:39	01:42:45	01:44:49		MIÑOK	M-806	Máster 1-119
872	543 RAMON EUGENIO MOSQUERA SILVEIRA	31/07/1975	01:45:46	05:00	14:53	22:55	33:20	47:39	01:12:25	01:28:28	01:42:46	01:45:19			M-807	Máster 3-124
873	632 JOSÉ ABELLA ARCOS	20/10/1968	01:45:47	05:00	16:34	24:58	35:28	49:38	01:12:59	01:28:36	01:42:45	01:45:13		CORZOS DO ORTEGAL	M-808	Máster 5-36
874	1076 PABLO GÓMEZ CABALLERO	24/10/1994	01:45:50	05:01	18:03	26:34	37:02	50:59	01:13:55	01:28:58	01:43:06	01:44:38			M-809	Senior-251
875	1009 ROBERTO DE CASTRO THOME	21/11/1970	01:45:50	05:01	17:18	25:53	36:31	50:37	01:13:48	01:29:08	01:42:51	01:44:53	AG21129	ASEMDIS	M-810	DV-2
876	583 CARLOS GARCIA VAZQUEZ	27/09/1980	01:45:52	05:01	16:45	25:22	36:04	50:25	01:14:11	01:29:33	01:43:17	01:45:31			M-811	Máster 2-127
877	733 JOSÉ LUIS BERGONDO VÁZQUEZ	27/10/1977	01:45:58	05:01	15:32	23:36	33:45	47:43	01:10:48	01:27:18	01:42:33	01:45:30			M-812	Máster 3-125
878	465 YAGO FERNÁNDEZ GARCÍA	08/11/1995	01:45:58	05:01	15:32	23:31	33:39	49:17	01:12:09	01:29:30	01:42:52	01:45:28			M-813	Senior-252
879	1022 JAVIER DE LA VIUDA	04/02/1976	01:46:01	05:01	17:45	26:22	37:09	51:33	01:15:02	01:29:42	01:42:58	01:45:13		CLUB TRIATLÓN ATLÁNTIC	M-814	Máster 3-126
880	1894 IAGO LAVANDEIRA	11/12/1998	01:46:01	05:01	18:27	27:19	38:08	52:36	01:15:13	01:30:03	01:43:23	01:45:02			M-815	Senior-253
881	1400 LAURA ALONSO PARADELO	07/05/2003	01:46:01	05:01	18:03	26:38	37:12	51:14	01:14:03	01:29:04	01:42:59	01:44:28			F-66	Sub 23-4
882	658 MANUEL BASOA RODRIGUEZ	22/11/1983	01:46:02	05:01	15:23	23:35	33:50	47:43	01:11:38	01:27:48	01:42:56	01:45:38		ESCOLA DE ATLETISMO PA	M-816	Máster 2-128
883	1077 JAVIER LORENZO RODRÍGUEZ	19/06/1995	01:46:02	05:01	14:52	22:42	33:48	47:52	01:12:16	01:28:45	01:42:57	01:45:42			M-817	Senior-254
884	1038 FRANCISCO GONZÁLEZ-ALEGRE REBOREDO	04/02/1991	01:46:05	05:01	17:20	25:58	36:39	50:59	01:14:05	01:29:41	01:43:23	01:45:17			M-818	Senior-255
885	1136 LUIS RIVERA SIXTO	24/04/1984	01:46:06	05:01	17:29	26:00	36:41	51:04	01:14:34	01:29:40	01:43:11	01:45:00			M-819	Máster 2-129
886	848 JAVIER GARCÍA GIL	16/02/1977	01:46:13	05:02	16:56	25:16	35:36	49:42	01:13:16	01:28:51	01:43:09	01:45:01			M-820	Máster 3-127
887	1589 STEPHAN TRIGO REY	22/10/1991	01:46:14	05:02	19:50	28:17	38:35	52:15	01:14:40	01:29:42	01:43:25	01:44:26	GA3783670	ATENTRENARUNNING	M-821	Senior-256
888	18 ALEXANDRE GONZÁLEZ SÁNCHEZ	28/03/1987	01:46:15	05:02	14:50	23:15	34:07	49:03	01:12:59	01:28:48	01:43:09	01:46:08		BIERZO TRIMAN	M-822	Máster 1-120
889	1003 JORGE MEIRIÑO BLANCO	25/04/1984	01:46:16	05:02	17:56	27:00	37:58	52:36	01:15:52	01:31:14	01:43:39	01:45:16		CLUB DEPORTIVO NORDE	M-823	Máster 2-130
890	1997 FERNANDO MARTINEZ RODRIGUEZ	27/07/1974	01:46:17	05:02	16:27	24:52	35:20	49:32	01:13:05	01:28:55	01:43:25	01:45:41		A.D. NAUTICO NARÓN	M-824	Máster 4-91
891	1765 RAFAEL GALDO PEINÓ	06/06/1995	01:46:18	05:02	18:34	27:05	37:28	51:25	01:14:33	01:29:39	01:43:21	01:44:43			M-825	Senior-257
892	698 EMILIO RIF GONZÁLEZ	06/10/1974	01:46:18	05:02	16:58	25:19	35:51	50:06	01:13:46	01:29:15	01:43:23	01:45:36			M-826	Máster 4-92
893	1108 JAVIER SUAREZ PEREIRA	20/11/1976	01:46:18	05:02	16:52	25:13	35:52	49:47	01:13:08	01:28:40	01:43:05	01:45:28			M-827	Máster 3-128
894	1767 JOSE LUIS ROEL MIRANDA	13/09/1977	01:46:19	05:02	17:46	26:05	36:38	50:46	01:13:50	01:29:10	01:43:19	01:44:52			M-828	Máster 3-129
895	1177 FRANCISCO JAVIER VÁZQUEZ INCLAN	08/07/2000	01:46:20	05:02	18:43	27:36	38:26	52:45	01:16:13	01:31:20	01:43:49	01:45:15			M-829	Senior-258
896	857 GUILLERMO GUTIERREZ ESCAGEDO	16/07/1976	01:46:22	05:02	16:58	25:25	35:56	50:03	01:13:15	01:28:53	01:43:26	01:45:39	AG20058	CLUB FERROL ATLETISMO	M-830	Máster 3-130

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
897	1948 CRISTINA FERNÁNDEZ PÉREZ	26/09/2000	01:46:22	05:02	16:50	24:55	35:15	49:32	01:12:57	01:28:48	01:43:25	01:45:09			F-67	Senior-30
898	1849 LUCAS PIÑEIRO MONTEAGUDO	24/10/1988	01:46:22	05:02	17:19	25:54	36:35	50:59	01:14:21	01:29:34	01:43:24	01:45:24			M-831	Máster 1-121
899	1209 MYRIO KLUSER	28/03/1970	01:46:26	05:02	17:16	25:41	36:07	50:02	01:13:10	01:28:45	01:43:15	01:45:30			M-832	Máster 4-93
900	1394 ANA RUT IGLESIAS VALIN	29/12/1992	01:46:27	05:02	16:48	25:26	36:26	51:06	01:14:39	01:29:53	01:43:35	01:46:09			F-68	Senior-31
901	925 MANUEL DIAZ-MERRY LOPEZ-ACEV12/01/1974		01:46:34	05:03	15:47	23:42	33:35	48:00	01:11:49	01:28:56	01:42:50	01:46:02			M-833	Máster 4-94
902	753 RAQUEL BAZARRA CAROU	04/12/1981	01:46:36	05:03	17:07	25:40	36:24	50:39	01:13:55	01:29:12	01:43:33	01:45:26			F-69	Máster 2-8
903	1357 VICTORIA GRUEIRO HERMIDA	05/01/1969	01:46:36	05:03	16:52	25:29	36:15	50:34	01:13:57	01:29:17	01:43:29	01:46:06	AG17465	ATLETISMO NARON	F-70	Máster 5-1
904	483 JOSE ANTONIO LOPEZ FERNANDEZ02/07/1973		01:46:39	05:03	15:29	23:25	33:29	46:48	01:12:38	01:29:12	01:43:31	01:46:09			M-834	Máster 4-95
905	764 MARGA EIBE PÉREZ	14/08/1978	01:46:43	05:03	18:40	27:13	37:53	52:09	01:14:41	01:29:48	01:43:50	01:45:27			F-71	Máster 3-8
906	948 JOSÉ MARCIAL SEOANE LOUREIRO	16/09/1951	01:46:46	05:03	16:02	23:56	34:11	47:49	01:10:51	01:26:23	01:41:02	01:46:18	AG9417	CLUB ATLETISMO SADA	M-835	Máster 7-10
907	880 DANIEL ESPIÑEIRA CUPEIRO	12/04/1980	01:46:47	05:03	17:28	25:48	36:04	49:34	01:12:19	01:27:22	01:41:05	01:45:47			M-836	Máster 2-131
908	1271 STELLA LÓPEZ REY	25/11/1982	01:46:48	05:03	16:47	25:03	35:33	49:42	01:13:29	01:29:29	01:43:37	01:45:54			F-72	Máster 2-9
909	1068 CARLOS COBAS REBOIRAS	05/05/1978	01:46:48	05:03	16:58	25:12	35:12	48:45	01:12:28	01:28:45	01:43:32	01:45:39			M-837	Máster 3-131
910	1210 JOSE A SAAVEDRA	21/03/1975	01:46:49	05:03	16:08	24:12	34:19	47:51	01:10:06	01:27:08	01:43:26	01:46:05			M-838	Máster 3-132
911	1787 PEDRO FERNÁNDEZ CEBREIRO	24/08/1977	01:46:50	05:03	18:43	27:28	38:24	52:37	01:15:35	01:30:28	01:43:56	01:45:31			M-839	Máster 3-133
912	1173 JULIO RIELO ROZAS	24/12/1976	01:46:51	05:03	16:48	25:02	35:17	49:25	01:13:03	01:29:07	01:43:42	01:46:07			M-840	Máster 3-134
913	1237 YAIZA RODRÍGUEZ NOVOA	08/06/1993	01:46:52	05:03	17:29	26:02	36:44	50:55	01:14:23	01:29:40	01:43:57	01:45:39		CORREDORES DO MIÑO	F-73	Senior-32
914	1063 JOSE MANUEL SUÁREZ BRAVO	18/08/1977	01:46:55	05:04	17:23	25:58	36:36	51:00	01:14:17	01:29:42	01:43:50	01:45:57			M-841	Máster 3-135
915	987 MIGUEL LAMEIRO NIETO	14/03/1976	01:47:01	05:04	17:52	26:27	37:08	51:17	01:14:37	01:30:05	01:44:03	01:45:53			M-842	Máster 3-136
916	723 MINDO PRIETO GARCÍA	10/04/1980	01:47:01	05:04	18:07	26:37	37:16	51:21	01:14:36	01:29:38	01:43:47	01:45:31		NOSPORTLIMIT	M-843	Máster 2-132
917	1772 DAVID VEIRA FARIÑA	24/02/1975	01:47:03	05:04	17:54	26:33	37:22	51:59	01:15:33	01:30:37	01:44:10	01:45:55			M-844	Máster 3-137
918	1181 DAMIAN BALEATO CALVIÑO	28/08/1993	01:47:04	05:04	18:30	27:24	38:45	54:11	01:17:23	01:31:39	01:44:27	01:45:52			M-845	Senior-259
919	1212 RICHARD ENRIQUEZ	18/11/1969	01:47:05	05:04	18:17	26:29	36:50	51:06	01:14:31	01:30:00	01:44:10	01:45:40			M-846	Máster 5-37
920	1919 FERNANDO RAFAEL CRUZADO ESP21/04/2001		01:47:07	05:04	16:40	25:17	35:57	50:24	01:14:00	01:29:36	01:43:59	01:46:42			M-847	Senior-260
921	2001 MARÍA FERNÁNDEZ ODIRA	02/11/1998	01:47:07	05:04	16:40	25:19	35:58	50:24	01:13:47	01:29:37	01:43:59	01:46:43			F-74	Senior-33
922	1203 VÍCTOR CARCACÍA DE LA TORRE	18/08/1997	01:47:08	05:04	17:58	27:02	38:14	52:48	01:16:15	01:31:14	01:44:17	01:46:19			M-848	Senior-261
923	1094 JAVIER GARATE SALORIO	20/09/1973	01:47:14	05:04	18:47	27:25	37:46	51:52	01:15:12	01:30:22	01:44:18	01:46:00			M-849	Máster 4-96
924	1228 MIGUEL ANGEL TABOADA EDREIRA09/08/1983		01:47:16	05:05	18:24	26:44	37:14	51:20	01:14:47	01:30:16	01:44:15	01:45:59			M-850	Máster 2-133
925	931 RUBEN ACONCHA	31/10/1988	01:47:20	05:05	16:21	24:15	34:16	47:57	01:11:54	01:28:43	01:43:53	01:46:28		CORREXALLAS	M-851	Máster 1-122
926	930 JOSÉ MANUEL SEIJO PÉREZ	17/01/1976	01:47:20	05:05	18:54	27:36	38:28	52:48	01:16:05	01:31:06	01:44:30	01:45:36			M-852	Máster 3-138
927	1186 ANTÓN DÍAZ LÓPEZ	17/11/1992	01:47:21	05:05	17:06	25:45	36:24	50:35	01:13:55	01:29:41	01:44:19	01:46:30			M-853	Senior-262
928	846 PABLO VAL GUERREIRO	31/03/1968	01:47:23	05:05	17:05	25:39	36:21	50:39	01:13:46	01:29:21	01:44:14	01:46:37			M-854	Máster 5-38

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
929	1743 PACO LOMO CASANUEVA	16/05/1978	01:47:25	05:05	17:54	26:00	36:22	50:29	01:14:10	01:29:46	01:44:12	01:46:09			M-855	Máster 3-139
930	762 VANESA TUBÍO TUBÍO	29/03/1991	01:47:25	05:05	16:50	25:15	35:45	49:54	01:13:42	01:29:34	01:44:13	01:46:43		CLUB ATLETISMO LOUSAN	F-75	Senior-34
931	1060 MANUEL CORBELLE MEJUTO	14/12/1961	01:47:26	05:05	16:34	24:50	35:04	48:57	01:12:21	01:28:40	01:44:01	01:46:54			M-856	Máster 6-24
932	541 JOSÉ ANTONIO SAAVEDRA PAZOS	09/02/1966	01:47:33	05:05	18:12	26:49	37:26	51:25	01:14:44	01:30:12	01:44:31	01:46:10		RUNAWAYS	M-857	Máster 5-39
933	1515 LUIS MIGUEL BURGOS GONZALEZ	14/03/1980	01:47:33	05:05	17:21	25:58	36:37	51:00	01:14:28	01:29:41	01:44:10	01:46:49			M-858	Máster 2-134
934	773 MARÍA GONZÁLEZ SUÁREZ	21/12/1997	01:47:36	05:06	16:47	25:25	36:18	50:52	01:14:27	01:30:02	01:44:34	01:46:48		TAXUS	F-76	Senior-35
935	1581 IVAN BELLO VÁZQUEZ	10/03/1991	01:47:38	05:06	18:17	26:45	37:22	51:27	01:15:00	01:31:04	01:44:40	01:45:45			M-859	Senior-263
936	612 DAVID VIQUEIRA PENA	22/07/1983	01:47:39	05:06	16:24	24:30	34:34	48:09	01:10:25	01:28:49	01:43:47	01:46:46			M-860	Máster 2-135
937	1462 JOSE JUAN DOPICO	23/02/1976	01:47:39	05:06	17:32	25:58	36:38	50:53	01:14:18	01:30:01	01:44:40	01:46:30		CLUB ATLETISMO SADA	M-861	Máster 3-140
938	1188 JORGE MARTINEZ GUIMAREY	15/05/1980	01:47:41	05:06	17:50	26:04	36:40	51:05	01:14:27	01:29:58	01:44:30	01:46:09			M-862	Máster 2-136
939	1553 JOSE LUIS PAVON REQUEJO	24/12/2000	01:47:43	05:06	17:56	27:01	38:15	53:28	01:17:29	01:32:40	01:45:18	01:47:29			M-863	Senior-264
940	1814 DIEGO VÁZQUEZ FEJOO	16/04/2000	01:47:43	05:06	17:56	27:01	38:16	53:30	01:17:32	01:32:40	01:45:09	01:47:30		GALIACTIVA	M-864	Senior-265
941	1091 SANTIAGO CARRO BULLOSA	05/12/2003	01:47:43	05:06	16:55	25:11	35:36	49:54	01:14:00	01:30:13	01:44:50	01:46:57			M-865	Sub 23-21
942	964 NICOLÁS PAZOS SUENA	02/04/1999	01:47:44	05:06	17:21	25:43	35:54	49:25	01:12:33	01:28:50	01:44:06	01:46:45			M-866	Senior-266
943	1974 IVÁN CASTAÑEDA ROMO	19/02/2007	01:47:44	05:06	17:30	25:37	35:35	49:19	01:13:18	01:29:32	01:44:42	01:46:27			M-867	Sub 20-10
944	1234 JOSE ANGEL VILASUSO GAYOSO	05/05/1970	01:47:46	05:06	16:24	24:41	35:13	49:27	01:12:59	01:28:46	01:44:09	01:47:10			M-868	Máster 4-97
945	1691 UXIO DA PENA GUTIERREZ	03/08/1990	01:47:47	05:06	17:16	25:27	36:11	50:28	01:14:17	01:29:55	01:44:27	01:46:30			M-869	Senior-267
946	1440 MARIA FEJOO ALVAREZ	11/04/1997	01:47:47	05:06	17:56	27:00	38:16	53:31	01:17:20	01:32:40	01:45:15	01:47:33			F-77	Senior-36
947	456 MIGUEL ANGEL PASTORIZA COUTO	16/01/1971	01:47:47	05:06	16:20	24:38	35:05	49:18	01:12:51	01:29:09	01:44:24	01:47:23		MSEAN71	M-870	Máster 4-98
948	1880 ADRIÁN CAÑIZO LÓPEZ	07/08/1999	01:47:48	05:06	18:07	26:22	37:00	51:15	01:14:59	01:30:38	01:44:47	01:46:21			M-871	Senior-268
949	1527 JAN HERMOSO	22/05/1998	01:47:48	05:06	18:56	27:49	38:36	52:45	01:15:48	01:30:36	01:44:49	01:46:42			M-872	Senior-269
950	1012 VENANCIO MÉNDEZ DIAZ	20/11/1962	01:47:48	05:06	17:50	26:41	37:37	52:10	01:15:45	01:31:05	01:44:54	01:46:58			M-873	Máster 6-25
951	1020 IVÁN PRESNO LÓPEZ	10/03/1992	01:47:49	05:06	16:01	24:18	34:39	48:51	01:12:45	01:29:07	01:44:33	01:47:14			M-874	Senior-270
952	752 LETICIA FIGUEIRA DOMÍNGUEZ	09/12/1982	01:47:49	05:06	17:24	26:00	36:40	51:02	01:14:57	01:30:41	01:44:51	01:46:49		BRUTANZOS TEAM	F-78	Máster 2-10
953	907 DANIEL CASTRO CARREGAL	16/01/1987	01:47:51	05:06	17:59	26:30	37:09	51:30	01:14:57	01:30:28	01:44:46	01:45:56		AKMA NUTRIFIT	M-875	Máster 1-123
954	666 JOSÉ LÓPEZ VÁZQUEZ	03/03/1986	01:47:52	05:06	15:56	23:58	33:58	47:26	01:10:08	01:27:35	01:44:12	01:47:25			M-876	Máster 1-124
955	1233 MANUEL RODRIGUEZ GONZALEZ	26/09/1980	01:47:54	05:06	18:09	26:53	37:30	51:46	01:15:34	01:30:52	01:44:50	01:46:46			M-877	Máster 2-137
956	771 MARÍA DEL CARMEN LAGO SOUTO	20/09/1971	01:47:56	05:06	18:32	26:50	38:59	52:49	01:15:43	01:30:57	01:44:53	01:46:12		OS CAMINHANTES DO CC	F-79	Máster 4-7
957	807 MARÍA GARCÍA GÓMEZ	09/02/1981	01:48:04	05:07	17:38	26:05	36:41	51:01	01:14:46	01:30:36	01:45:06	01:46:32			F-80	Máster 2-11
958	1655 ALEXANDER WEGGER	26/03/1987	01:48:04	05:07	18:02	27:35	38:01	52:22	01:15:41	01:31:27	01:45:09	01:46:22			M-878	Máster 1-125
959	1249 LORENA LOPEZ LOPEZ	16/11/1980	01:48:06	05:07	17:45	26:19	37:04	51:26	01:15:07	01:30:41	01:45:05	01:46:55			F-81	Máster 2-12
960	1089 MANUEL ÁNGEL GARCIA NOVO	03/09/1980	01:48:07	05:07	17:20	25:53	36:32	50:36	01:13:37	01:29:11	01:44:33	01:46:48			M-879	Máster 2-138

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
961	910 EUGENIO DE MIGUEL MIRÓ	05/02/1970	01:48:09	05:07	17:21	25:58	36:37	50:58	01:14:30	01:30:09	01:45:02	01:47:06			M-880	Máster 5-40
962	785 JULIA PÉREZ ARCOS	05/06/2000	01:48:10	05:07	16:04	24:18	34:54	48:57	01:12:44	01:29:42	01:44:58	01:47:37			F-82	Senior-37
963	2010 MARTIN BRAIS CRESPO RODRIGUEZ	05/02/1980	01:48:13	05:07	17:21	25:55	36:33	50:54	01:14:24	01:30:18	01:45:14	01:47:08			M-881	Máster 3-141
964	1014 ALBERTO VENCE CORTON	11/09/1973	01:48:13	05:07	17:16	26:03	36:45	51:09	01:14:44	01:30:32	01:45:09	01:47:34			M-882	Máster 4-99
965	1508 JOSE MANUEL GONZÁLEZ SANCHEZ	20/07/1972	01:48:15	05:07	17:17	26:04	36:45	51:10	01:14:43	01:30:32	01:45:10	01:47:35			M-883	Máster 4-100
966	1204 SANTIAGO SANTOS VICENS	11/06/1982	01:48:16	05:07	17:43	26:38	37:29	51:55	01:15:37	01:31:09	01:45:20	01:47:17			M-884	Máster 2-139
967	423 NACHO CAMPOS NIÑO	21/11/1973	01:48:18	05:08	14:08	21:24	30:34	43:34	01:07:21	01:24:28	01:44:42	01:48:02			M-885	Máster 4-101
968	1547 ALBERTO PERNAS BENITO	03/03/2001	01:48:18	05:08	17:17	25:41	36:20	50:14	01:13:02	01:29:00	01:45:09	01:47:22			M-886	Senior-271
969	1223 ISAAC GÓMEZ POSE	27/02/1981	01:48:19	05:08	17:25	25:56	36:35	50:58	01:14:15	01:30:28	01:45:13	01:47:18			M-887	Máster 2-140
970	1775 ELOY TEMBRAS	07/12/1986	01:48:19	05:08	17:53	26:45	37:47	52:05	01:15:55	01:31:29	01:45:15	01:47:20			M-888	Máster 1-126
971	963 ÓSCAR DURO PAZOS	27/05/1981	01:48:20	05:08	18:30	27:17	38:14	52:41	01:16:06	01:31:32	01:45:21	01:47:05			M-889	Máster 2-141
972	710 GUZMÁN SÁNCHEZ IGLESIAS	18/09/1979	01:48:20	05:08	17:25	25:54	36:32	50:54	01:14:32	01:30:08	01:45:02	01:47:11			M-890	Máster 3-142
973	1511 PABLO MAÑANA DANS	16/11/1974	01:48:21	05:08	17:50	26:10	36:38	50:50	01:14:21	01:30:31	01:45:20	01:46:49			M-891	Máster 4-102
974	573 ÁNGEL ÁLVAREZ PARDIÑAS	07/12/1987	01:48:25	05:08	18:50	27:20	37:57	52:01	01:15:18	01:30:50	01:45:20	01:46:44			M-892	Máster 1-127
975	1780 DIEGO PAGÁN GARCÍA	28/03/2001	01:48:25	05:08	18:14	27:08	38:20	52:56	01:16:20	01:31:34	01:45:33	01:47:14			M-893	Senior-272
976	1435 MONICA BOLAÑOS RIVERA	22/05/1994	01:48:26	05:08	17:48	26:47	37:30	52:00	01:15:59	01:31:29	01:45:33	01:47:15			F-83	Senior-38
977	1408 CONSUELO PONCE TORTI	31/12/1996	01:48:26	05:08	18:09	26:45	37:31	52:00	01:15:59	01:31:32	01:45:34	01:47:15			F-84	Senior-39
978	1875 CARLOS PRADO PREGO	27/06/1987	01:48:27	05:08	18:51	27:19	37:57	52:02	01:15:18	01:30:51	01:45:20	01:46:46			M-894	Máster 1-128
979	754 LUPE BUJÁN RODRÍGUEZ	12/12/1972	01:48:32	05:08	17:41	26:09	36:43	51:03	01:14:58	01:31:09	01:45:37	01:47:29		ASOCIACION DEPORTIVA	F-85	Máster 4-8
980	798 ALEJANDRA PAILOS PASANDIN	09/12/1985	01:48:33	05:08	18:25	26:59	37:39	51:57	01:15:27	01:31:11	01:45:27	01:47:14			F-86	Máster 1-13
981	1859 ALVARO MARTIN CORTINAS	24/02/1999	01:48:37	05:08	17:40	26:24	37:18	51:30	01:15:06	01:30:59	01:45:30	01:47:32			M-895	Senior-273
982	1213 SERGIO HERNANDO GALLEGO	11/04/2000	01:48:37	05:08	17:48	26:26	37:19	51:30	01:14:55	01:30:41	01:45:30	01:47:31			M-896	Senior-274
983	1153 ANTONIO GARCÍA PENA	04/11/1965	01:48:37	05:08	16:24	24:45	35:18	49:43	01:13:54	01:30:09	01:45:19	01:47:59		METÁLICA HERCULINA	M-897	Máster 5-41
984	1399 LAURA FELISA LÓPEZ LÓPEZ	01/08/1986	01:48:39	05:09	17:05	25:28	36:06	50:31	01:14:29	01:30:38	01:45:23	01:47:19			F-87	Máster 1-14
985	1050 BENITO BLANCO PEQUEÑO	18/03/1972	01:48:39	05:09	17:28	26:04	36:48	51:09	01:15:07	01:31:02	01:45:35	01:47:34			M-898	Máster 4-103
986	777 IRIA LAGO ANDRADE	04/11/1997	01:48:43	05:09	17:20	25:56	36:35	51:00	01:14:38	01:30:47	01:45:36	01:48:01	AG2019180	ASOCIACION DEPORTIVA	F-88	Senior-40
987	1798 IAGO MARTÍS MARTÍS	25/08/2000	01:48:44	05:09	18:26	27:06	37:53	52:16	01:16:06	01:31:21	01:45:43	01:47:13			M-899	Senior-275
988	1544 MARIO CORDIDO GARCIA	01/06/2000	01:48:45	05:09	17:25	25:59	36:40	51:05	01:14:45	01:30:50	01:45:44	01:47:48			M-900	Senior-276
989	1112 ÁNGEL FUDILI MORENO	30/08/1973	01:48:47	05:09	17:24	25:56	36:37	51:03	01:14:58	01:30:54	01:45:42	01:47:54			M-901	Máster 4-104
990	1842 JOEL HEVIA PULIDO	16/08/2003	01:48:48	05:09	19:50	29:00	40:26	55:27	01:19:32	01:33:55	01:46:12	01:47:05			M-902	Sub 23-22
991	1175 ADÁN POZUELO MARTÍNEZ	06/11/2002	01:48:48	05:09	19:49	29:01	40:24	55:25	01:19:31	01:33:58	01:46:12	01:47:05			M-903	Senior-277
992	788 MARÍA ÁNGELES CASTRO FERNÁNDEZ	10/04/1972	01:48:49	05:09	17:23	25:58	36:39	51:02	01:14:37	01:30:44	01:45:33	01:48:07		CLUB ATLETISMO SADA	F-89	Máster 4-9

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
993	1196 JAVIER CALDERON QUEIMADELOS	12/07/1990	01:48:55	05:09	18:56	27:39	38:19	52:44	01:16:45	01:32:23	01:46:02	01:47:35			M-904	Senior-278
994	2007 LOURDES MERZTHAL ARCE	08/01/1973	01:48:58	05:09	16:55	25:29	36:20	50:51	01:14:37	01:30:49	01:45:42	01:48:15			F-90	Máster 4-10
995	1779 IAGO ABELANDA SALGADO	02/02/2003	01:49:00	05:10	18:40	27:27	38:30	53:08	01:17:16	01:32:44	01:46:10	01:47:26			M-905	Sub 23-23
996	885 BRAIS RODRIGUEZ GESTAL	05/07/2002	01:49:03	05:10	16:50	24:59	35:16	49:28	01:13:48	01:30:25	01:45:51	01:48:14			M-906	Senior-279
997	962 PABLO LORENZO DOMÍNGUEZ	20/09/2000	01:49:06	05:10	16:46	24:44	34:59	48:41	01:12:04	01:27:55	01:44:13	01:47:59			M-907	Senior-280
998	1064 ROBERTO PÉREZ OSUNA	15/05/1971	01:49:11	05:10	18:00	26:38	37:19	51:52	01:15:42	01:32:02	01:46:18	01:48:04		NOSPORTLIMIT	M-908	Máster 4-105
999	836 JUAN JOSÉ YÁÑEZ PENA	24/04/1978	01:49:12	05:10	17:14	25:36	36:22	50:45	01:14:16	01:30:28	01:45:49	01:48:08			M-909	Máster 3-143
1000	927 ROI IGLESIAS ALCALDE	23/07/1994	01:49:14	05:10	15:34	23:48	34:36	49:45	01:14:01	01:30:55	01:45:56	01:48:39			M-910	Senior-281
1001	1882 ALBERTO FRANCO REY	25/12/1977	01:49:19	05:10	18:29	27:02	37:47	52:21	01:15:55	01:31:39	01:46:04	01:47:55			M-911	Máster 3-144
1002	1600 ROGER VAQUÉ CASTELLVÍ	03/03/2000	01:49:21	05:11	17:31	26:04	36:45	51:04	01:14:21	01:30:32	01:45:26	01:48:21			M-912	Senior-282
1003	744 SABELA GARCÍA ORO	23/10/1978	01:49:24	05:11	18:45	27:51	39:13	54:19	01:18:08	01:33:22	01:46:35	01:48:03			F-91	Máster 3-9
1004	1853 XAIME RODRÍGUEZ CARRIL	08/03/2000	01:49:25	05:11	17:02	26:06	37:23	52:22	01:16:54	01:32:45	01:46:40	01:49:00			M-913	Senior-283
1005	1080 PEKE DEL CASTILLO MONTES	01/01/1972	01:49:27	05:11	16:56	25:49	36:39	51:03	01:14:45	01:31:01	01:46:09	01:49:00		BORN TO RUN	M-914	Máster 4-106
1006	1862 JESUS ABAD RODRÍGUEZ	12/08/1977	01:49:28	05:11	18:03	26:31	36:57	51:07	01:14:35	01:30:47	01:46:12	01:48:28			M-915	Máster 3-145
1007	1049 ANTONIO RODRÍGUEZ PÉREZ	29/01/1966	01:49:29	05:11	17:41	26:27	37:30	52:03	01:16:04	01:31:58	01:46:24	01:48:39			M-916	Máster 5-42
1008	1243 MARTA LÓPEZ BAÑOBRE	12/10/1992	01:49:31	05:11	17:19	25:56	36:32	51:14	01:15:40	01:32:04	01:46:31	01:48:18		NOSPORTLIMIT	F-92	Senior-41
1009	1707 ÁNGEL MARÍA PASCUAL DEL POBIL	12/09/1990	01:49:36	05:11	18:19	26:58	37:52	52:35	01:16:57	01:33:31	01:47:06	01:47:54			M-917	Senior-284
1010	1737 RUBEN SANCHEZ EDROSA	14/03/2000	01:49:37	05:11	17:43	26:22	37:04	51:37	01:15:47	01:31:46	01:46:17	01:48:48			M-918	Senior-285
1011	739 CRISTINA CASTELLANO ALONSO	18/11/1996	01:49:38	05:11	16:38	25:11	35:59	50:35	01:14:34	01:31:45	01:46:34	01:48:53			F-93	Senior-42
1012	1450 FERNANDO BLANCO ARCE	30/01/1967	01:49:40	05:11	19:11	27:52	38:34	52:57	01:16:51	01:32:31	01:46:37	01:47:47			M-919	Máster 5-43
1013	1771 FERNANDO GANDOLFO DOMÍNGU	29/09/1992	01:49:40	05:11	18:46	27:38	38:32	52:53	01:16:35	01:32:15	01:46:13	01:48:25			M-920	Senior-286
1014	1106 JOSÉ ANTONIO DIÉGUEZ CARRIL	12/05/1983	01:49:41	05:11	17:27	26:03	36:52	51:28	01:15:43	01:31:42	01:46:31	01:48:48			M-921	Máster 2-142
1015	1452 JAVIER FERRO PACHECO	14/02/1996	01:49:41	05:11	17:09	25:43	36:30	50:56	01:15:01	01:31:34	01:46:38	01:48:51			M-922	Senior-287
1016	1923 PABLO CORRALES FERNANDEZ	20/12/1999	01:49:42	05:12	18:17	26:32	37:06	51:32	01:14:45	01:30:34	01:46:22	01:47:55			M-923	Senior-288
1017	1281 MARINA MAZAIIRA MÉNDEZ	24/09/2003	01:49:42	05:12	17:04	25:24	35:53	49:53	01:13:45	01:30:45	01:46:23	01:48:50		BARCELONA ATLETISME C	F-94	Sub 23-5
1018	313 JULIO ÁLVAREZ-BUYLLA DE LA UZ	22/08/1973	01:49:43	05:12	17:12	25:58	36:49	51:20	01:15:40	01:32:06	01:46:40	01:48:54		VELAS MARATON C.D.	M-924	Máster 4-107
1019	486 RUBÉN GARCÍA	31/12/1999	01:49:43	05:12	18:11	26:32	37:08	51:35	01:14:54	01:30:35	01:46:18	01:47:56			M-925	Senior-289
1020	1019 JULIO ROMÁN FARIÑAS	26/08/1980	01:49:45	05:12	19:23	27:46	38:34	53:23	01:17:12	01:32:48	01:46:45	01:46:34			M-926	Máster 2-143
1021	789 MARTA MELLA SEIJIDO	28/09/1978	01:49:45	05:12	17:50	25:58	36:48	51:20	01:15:42	01:32:13	01:46:44	01:48:55			F-95	Máster 3-10
1022	1264 ELIZA LIZDAS	18/02/2002	01:49:48	05:12	18:26	27:05	37:56	52:21	01:15:49	01:31:59	01:46:37	01:48:17			F-96	Senior-43
1023	1910 IGNACIO MARTÍNEZ PARRA	20/12/2000	01:49:48	05:12	17:02	25:04	35:06	48:10	01:11:13	01:29:46	01:46:09	01:49:19			M-927	Senior-290
1024	1809 SANTIAGO MENDOZA CORTÉS	05/05/1998	01:49:51	05:12	17:17	26:05	37:05	51:32	01:15:07	01:31:19	01:47:01	01:48:58			M-928	Senior-291

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1025	968 ALBERTO ÉZARA LAGO	07/04/1975	01:49:52	05:12	17:32	26:06	36:51	51:12	01:14:52	01:30:46	01:45:37	01:48:53			M-929	Máster 3-146
1026	1207 DANIEL ABADES REBOREDO	13/04/1978	01:49:58	05:12	19:05	27:52	38:58	53:46	01:18:13	01:33:43	01:47:13	01:48:36			M-930	Máster 3-147
1027	1773 ADRIÁN VILLARES ACEÑA	19/05/1989	01:49:58	05:12	17:02	25:24	36:11	50:41	01:14:14	01:30:22	01:46:21	01:49:12			M-931	Máster 1-129
1028	1633 JAVIER VERA FERRERA	28/02/1996	01:49:59	05:12	17:24	25:59	36:38	50:59	01:14:18	01:30:23	01:46:24	01:48:45			M-932	Senior-292
1029	615 DAVID GONZALEZ PARÍS	30/10/1978	01:49:59	05:12	19:07	27:53	38:59	53:48	01:18:11	01:33:49	01:47:13	01:48:38			M-933	Máster 3-148
1030	1034 DIEGO RODRIGUEZ BELLO	06/12/1976	01:50:02	05:12	19:24	28:16	39:23	54:02	01:17:33	01:33:00	01:47:03	01:48:18			M-934	Máster 3-149
1031	1422 LOLA SERRATOSA MORON	04/04/1999	01:50:04	05:13	18:54	27:39	38:18	52:44	01:16:44	01:32:53	01:47:08	01:48:43			F-97	Senior-44
1032	1827 JAIME PAYO VELÁZQUEZ	16/06/1995	01:50:06	05:13	18:56	27:39	38:19	52:44	01:16:32	01:32:53	01:47:08	01:48:45			M-935	Senior-293
1033	1496 FRANCISCO PEREZ RODRIGUEZ	15/12/1968	01:50:07	05:13	17:19	25:54	36:33	50:53	01:14:51	01:31:24	01:46:34	01:49:08			M-936	Máster 5-44
1034	1933 JULIO FERNÁNDEZ TROITIÑO	29/08/1961	01:50:09	05:13	17:38	26:37	37:46	52:40	01:17:02	01:32:51	01:47:07	01:49:25			M-937	Máster 6-26
1035	1901 NICO UNDABEITIA	15/07/1995	01:50:12	05:13	19:17	28:17	39:23	54:06	01:18:06	01:33:20	01:47:17	01:48:31		ALERES	M-938	Senior-294
1036	867 MICHEL MONIER	26/12/1981	01:50:16	05:13	17:08	26:00	37:05	51:56	01:16:55	01:32:53	01:47:17	01:49:44		US METRO TRANSPORT (F	M-939	Máster 2-144
1037	980 ALEJANDRO MARQUES DE MAGALI	27/04/1995	01:50:16	05:13	18:12	27:00	38:08	52:59	01:17:17	01:33:21	01:47:20	01:48:58			M-940	Senior-295
1038	801 GAELLE GUILLET	18/06/1983	01:50:18	05:13	17:04	25:44	36:39	51:18	01:15:54	01:32:22	01:47:17	01:49:35	124281	NOSPORTLIMIT	F-98	Máster 2-13
1039	1569 DIEGO VOS TRESPALACIOS	27/06/1998	01:50:24	05:13	16:30	25:29	36:43	52:07	01:16:14	01:32:15	01:47:15	01:49:47			M-941	Senior-296
1040	1013 JOSÉ MIGUEL VÁZQUEZ GONZÁLEZ	08/07/1978	01:50:25	05:14	17:25	26:02	36:43	51:04	01:15:22	01:31:57	01:47:08	01:49:19			M-942	Máster 3-150
1041	1813 MARTIN PAZ VIÑAS	20/07/1998	01:50:29	05:14	20:37	29:45	41:05	55:49	01:19:22	01:34:43	01:47:49	01:48:35			M-943	Senior-297
1042	969 RENÉ IGLESIAS BAÑA	08/08/1983	01:50:30	05:14	17:19	25:54	36:36	51:02	01:14:59	01:31:10	01:47:02	01:49:32			M-944	Máster 2-145
1043	998 LUCAS FIUZA ABEIJON	27/04/2001	01:50:33	05:14	17:20	25:43	36:19	50:31	01:14:30	01:31:26	01:47:06	01:49:37			M-945	Senior-298
1044	1854 ALEJANDRO DOVALE COELLO	10/11/1993	01:50:34	05:14	17:11	25:24	36:00	50:48	01:15:30	01:31:59	01:47:06	01:49:21			M-946	Senior-299
1045	973 ALEJANDRO MUÑOZ CHAS	24/11/1993	01:50:34	05:14	16:44	25:23	36:14	50:59	01:15:48	01:32:21	01:47:24	01:49:43			M-947	Senior-300
1046	972 ADRIAN NAYA LOPEZ	06/12/1988	01:50:35	05:14	17:23	25:57	36:38	51:01	01:14:33	01:30:46	01:47:00	01:49:30		100% TRAIL MURCIA	M-948	Máster 1-130
1047	1752 MARCO ANTONIO DOMINGUEZ GA	28/12/1975	01:50:36	05:14	18:34	27:18	38:07	52:46	01:16:55	01:32:53	01:47:21	01:49:12			M-949	Máster 3-151
1048	1174 RAMON DE MEER QUIROGA	07/09/1975	01:50:38	05:14	17:46	26:41	37:41	52:07	01:16:14	01:32:18	01:47:23	01:49:53			M-950	Máster 3-152
1049	942 MANUEL OUTES PAZ	02/12/1956	01:50:38	05:14	16:13	24:36	35:10	49:36	01:14:34	01:31:57	01:47:25	01:50:20			M-951	Máster 7-11
1050	1114 DANIEL GARCIA PULPEIRO	05/02/1998	01:50:42	05:14	18:10	27:06	37:57	52:16	01:16:42	01:32:52	01:47:32	01:49:29			M-952	Senior-301
1051	866 ANGEL SOUTO FERREIRO	26/03/1973	01:50:45	05:14	16:06	24:08	34:29	48:52	01:13:56	01:30:49	01:47:23	01:50:04			M-953	Máster 4-108
1052	20 PABLO FERREIRO IGLESIAS	25/05/1985	01:50:46	05:15	15:23	23:37	34:06	48:02	01:12:46	01:29:29	01:46:57	01:50:43			M-954	Máster 1-131
1053	15 VANESA MUÑIZ PIEDRA	17/07/1986	01:50:47	05:15	15:23	23:38	34:06	48:03	01:12:45	01:29:30	01:46:57	01:50:42			F-99	Máster 1-15
1054	1525 AGA SARANDESES PAZOS	11/03/1981	01:50:50	05:15	17:57	26:40	37:39	52:14	01:16:41	01:32:58	01:47:41	01:49:48			M-955	Máster 2-146
1055	1021 JULIO FERNANDEZ	23/10/1968	01:50:51	05:15	19:33	27:12	38:05	52:42	01:17:17	01:33:17	01:47:37	01:48:58			M-956	Máster 5-45
1056	1703 PABLO PORTAS RIVAS	19/05/2003	01:50:53	05:15	21:05	30:40	42:09	57:24	01:22:26	01:36:30	01:48:34	01:49:05		ZENIN CLUB	M-957	Sub 23-24

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1057	865 GERARDO GONZALEZ RODRIGUEZ	12/12/1971	01:50:55	05:15	18:38	27:27	38:29	53:07	01:17:10	01:33:38	01:47:52	01:49:36			M-958	Máster 4-109
1058	758 INES ABEIJON OTERO	12/10/1986	01:50:57	05:15	17:30	26:12	37:03	51:44	01:16:01	01:32:28	01:47:35	01:49:53		SOCIEDADE DEPORTIVA B	F-100	Máster 1-16
1059	1242 MARÍA NISTAL BRESME	26/08/2000	01:50:57	05:15	18:22	27:20	38:42	54:03	01:18:15	01:33:58	01:47:58	01:49:08		RITMO	F-101	Senior-45
1060	1127 RODRIGO CARBON SEXTO	09/02/1977	01:51:00	05:15	17:29	26:05	37:03	52:03	01:16:20	01:32:56	01:47:48	01:50:01			M-959	Máster 3-153
1061	1975 JAVIER BAENA ÁLVAREZ	12/09/2003	01:51:00	05:15	18:27	26:43	37:19	51:33	01:15:50	01:32:24	01:47:39	01:49:08			M-960	Sub 23-25
1062	840 MILOS MILOSEVIC	21/03/1988	01:51:03	05:15	17:33	26:23	37:26	52:25	01:16:59	01:33:12	01:47:51	01:50:21		MONTENEGRO	M-961	Máster 1-132
1063	1000 LIAM GROARKE	01/03/1983	01:51:03	05:15	17:53	26:36	37:31	52:32	01:17:37	01:33:55	01:48:18	01:49:47			M-962	Máster 2-147
1064	1373 MARTA ABIA LOSADA	16/04/2000	01:51:08	05:16	19:16	28:10	39:24	54:28	01:18:34	01:34:03	01:48:10	01:49:35			F-102	Senior-46
1065	797 MARÍA GAREA BARBEITO	08/03/2000	01:51:10	05:16	17:23	25:55	38:24	52:29	01:18:45	01:34:23	01:48:15	01:50:07			F-103	Senior-47
1066	1130 RAFAEL MIGUEZ REY	28/03/1983	01:51:10	05:16	18:10	26:57	38:13	53:09	01:17:34	01:33:38	01:48:01	01:50:03		CLUB DEPORTIVO INCLUS	M-963	Máster 2-148
1067	1828 DANIEL DE ANDRÉS ARDÁ	28/01/1996	01:51:10	05:16	18:19	26:57	37:52	52:36	01:16:57	01:33:31	01:48:09	01:49:28			M-964	Senior-302
1068	1979 MARTÍN GAITEIRO CAMPOS	07/08/2002	01:51:10	05:16	18:14	27:51	39:46	55:23	01:20:04	01:37:46	01:54:49	01:50:03			M-965	Senior-303
1069	767 MARIA JOSÉ BRAGAÑA MIGUENS	13/05/1973	01:51:12	05:16	16:41	25:01	35:45	50:12	01:17:10	01:33:44	01:48:12	01:50:22		CLUBE DE ATLETISMO OU	F-104	Máster 4-11
1070	1104 ALEJANDRO DOMÍNGUEZ GUIMAR	03/04/1965	01:51:12	05:16	17:46	26:35	37:21	51:59	01:16:33	01:32:50	01:47:56	01:50:15			M-966	Máster 5-46
1071	1253 ANDREA ROJO RODRIGUEZ	14/01/1993	01:51:15	05:16	17:09	25:42	36:31	51:24	01:16:17	01:32:59	01:48:14	01:50:20			F-105	Senior-48
1072	1582 LUIS HERVELLA NIETO	05/01/1973	01:51:16	05:16	17:41	26:30	37:34	52:24	01:16:51	01:33:08	01:48:03	01:50:15			M-967	Máster 4-110
1073	1084 GERMAN ROJO CASTRO	13/07/1974	01:51:20	05:16	17:15	25:55	36:50	51:44	01:16:28	01:33:04	01:48:17	01:50:29			M-968	Máster 4-111
1074	1447 FATIMA PENAS PAZ	28/12/1978	01:51:31	05:17	17:34	26:14	37:23	52:21	01:16:46	01:33:12	01:48:18	01:50:49			F-106	Máster 3-11
1075	1105 MARCOS PAZOS FRANQUEIRA	07/11/1977	01:51:33	05:17	17:23	26:00	36:39	51:04	01:15:26	01:32:42	01:48:17	01:50:32			M-969	Máster 3-154
1076	1614 FELIX OTERO BERMUDEZ	07/04/1987	01:51:34	05:17	19:37	28:41	39:30	54:08	01:17:19	01:33:27	01:48:28	01:50:06			M-970	Máster 1-133
1077	1191 SANTIAGO BORT COUCEIRO	23/03/1970	01:51:37	05:17	17:44	26:30	37:36	52:13	01:17:04	01:33:35	01:48:32	01:50:42			M-971	Máster 4-112
1078	933 RICARDO BLANCO CHAO	05/07/1985	01:51:39	05:17	18:28	27:20	38:44	53:19	01:17:19	01:33:27	01:48:12	01:50:32			M-972	Máster 1-134
1079	1574 JOSE MARÍA GUERRERO MORENO	22/11/1983	01:51:40	05:17	17:35	26:16	37:13	51:40	01:16:19	01:33:03	01:48:30	01:50:30		RESETSTUDIO	M-973	Máster 2-149
1080	787 NOELIA LOJO LÓPEZ	30/05/1996	01:51:43	05:17	17:17	25:52	36:36	51:32	01:16:27	01:33:37	01:48:34	01:50:38	AG17412	S.D. BARBANTIA RODA	F-107	Senior-49
1081	781 LAURA SANTAOLALLA LORENZO	29/09/1994	01:51:45	05:17	16:37	25:11	35:59	50:49	01:15:54	01:32:46	01:48:26	01:50:59			F-108	Senior-50
1082	1132 ADRIÁN PINO CASABELLA	16/03/1989	01:51:45	05:17	16:37	25:10	35:58	50:47	01:15:54	01:32:45	01:48:26	01:51:01			M-974	Máster 1-135
1083	803 RAQUEL LOPEZ	01/04/2002	01:51:46	05:17	17:18	26:09	37:23	52:11	01:16:49	01:33:20	01:48:09	01:51:30			F-109	Senior-51
1084	1217 JAVIER MARTÍN CARRACEDO	25/03/1973	01:51:46	05:17	17:46	26:28	37:15	51:36	01:15:29	01:32:03	01:48:15	01:50:53			M-975	Máster 4-113
1085	1141 TAREK GHANNAM VARELA	01/02/1986	01:51:46	05:17	18:11	27:03	38:06	52:45	01:17:29	01:33:54	01:48:42	01:50:32			M-976	Máster 1-136
1086	1142 RAMON WIRZ RIVERA	05/04/1988	01:51:46	05:17	18:12	27:00	38:05	52:47	01:17:26	01:33:52	01:48:40	01:50:33	47369201B		M-977	Máster 1-137
1087	979 NOA BESSE	09/01/2005	01:51:50	05:18	17:35	26:07	37:29	52:08	01:16:36	01:33:19	01:48:35	01:50:52			M-978	Sub 23-26
1088	1185 VICTOR MANUEL GENDE BOQUETE	08/02/1971	01:51:51	05:18	17:03	25:40	36:28	51:11	01:15:56	01:32:48	01:48:21	01:51:03			M-979	Máster 4-114

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1089	802 MARGARITA VARELA MATO	20/05/1987	01:51:51	05:18	17:48	26:47	37:59	53:04	01:17:54	01:34:04	01:48:46	01:50:52			F-110	Máster 1-17
1090	751 SILVIA MARCOS NIETO	23/01/1979	01:51:52	05:18	18:06	26:55	38:05	53:04	01:17:34	01:33:44	01:48:45	01:50:46			F-111	Máster 3-12
1091	1653 GUILLERMO PORTELA VÁZQUEZ	24/07/1997	01:51:55	05:18	18:28	27:15	38:08	52:39	01:16:41	01:33:14	01:48:32	01:50:39			M-980	Senior-304
1092	1319 PALOMA DOPAZO RODRÍGUEZ	27/10/1993	01:51:57	05:18	19:59	28:45	39:39	54:22	01:18:29	01:34:23	01:48:56	01:50:00			F-112	Senior-52
1093	922 MANUEL MARIÑO VILA	21/04/1968	01:51:58	05:18	18:49	27:24	37:50	52:22	01:17:01	01:33:10	01:48:44	01:50:44			M-981	Máster 5-47
1094	792 CARLA GONZALEZ BARGO	04/10/1993	01:52:01	05:18	18:13	27:00	37:55	52:36	01:17:10	01:33:36	01:48:38	01:50:44		CLUB ATLETISMO OUTES-	F-113	Senior-53
1095	1170 JORGE DEL RIO GONZALEZ	13/04/1990	01:52:01	05:18	18:21	27:05	37:55	52:39	01:17:09	01:33:40	01:48:38	01:50:42		CLUB ATLETISMO OUTES-	M-982	Senior-305
1096	1620 XOÁN ABALO ROMERO	27/11/2003	01:52:01	05:18	19:23	28:04	39:01	53:36	01:17:25	01:33:33	01:48:45	01:50:07			M-983	Sub 23-27
1097	1180 ALEJANDRO GARCÍA PIÑEIRO	26/10/1988	01:52:03	05:18	17:43	26:43	38:03	53:14	01:17:44	01:34:05	01:49:07	01:51:15		GIMNASIO JK	M-984	Máster 1-138
1098	1676 ULISES HERNANDEZ MARTIN	09/05/2000	01:52:03	05:18	16:30	25:22	36:10	51:08	01:16:37	01:33:35	01:49:01	01:51:26			M-985	Senior-306
1099	1977 ANXO COUSILLAS CASTRO	01/09/2002	01:52:05	05:18	17:30	26:00	36:41	51:02	01:14:29	01:31:20	01:48:25	01:50:58			M-986	Senior-307
1100	1535 FRANCISCO MANUEL CONDE DOM01/04/1975	01/04/1975	01:52:05	05:18	18:13	27:10	38:38	53:48	01:18:25	01:34:34	01:48:59	01:50:29			M-987	Máster 3-155
1101	992 JOSÉ ANGEL JURADO	14/09/1966	01:52:05	05:18	18:57	27:32	38:22	52:47	01:17:15	01:33:37	01:48:39	01:50:33			M-988	Máster 5-48
1102	685 IVAN ROMERO NUÑEZ	23/02/1986	01:52:09	05:18	18:45	27:20	38:20	53:07	01:17:40	01:34:00	01:48:49	01:50:23			M-989	Máster 1-139
1103	1103 IVAN FOLLA-CISNEROS VIDAL	14/06/1971	01:52:10	05:19	19:08	28:10	39:24	54:22	01:18:36	01:35:01	01:49:12	01:50:50			M-990	Máster 4-115
1104	1739 DAVID BLANCO MOUGÁN	22/12/1985	01:52:11	05:19	17:58	26:52	37:52	52:40	01:17:37	01:34:04	01:49:07	01:51:00			M-991	Máster 1-140
1105	700 JUAN DOMATO	12/11/1981	01:52:12	05:19	18:17	26:49	37:32	52:07	01:16:21	01:32:57	01:48:43	01:50:54			M-992	Máster 2-150
1106	1879 ADRIÁN EGUIZÁBAL CARO	20/04/1984	01:52:13	05:19	18:17	27:05	37:40	52:26	01:18:56	01:40:03	01:56:26	01:50:44			M-993	Máster 2-151
1107	1890 JOSÉ FRANCISCO HURTADO DURÁN12/07/1978	12/07/1978	01:52:15	05:19	18:54	27:30	38:23	53:18	01:18:08	01:34:28	01:49:06	01:50:32			M-994	Máster 3-156
1108	1143 ANGEL DAVID MURADO CODESAL	17/04/1973	01:52:16	05:19	18:41	27:53	39:54	56:00	01:21:20	01:36:37	01:49:23	01:51:07			M-995	Máster 4-116
1109	1955 LUIS ROUCO BASANTA	03/06/2004	01:52:16	05:19	19:01	28:03	39:06	53:46	01:17:31	01:33:39	01:49:03	01:50:58			M-996	Sub 23-28
1110	1125 Pelayo JOSÉ FERNÁNDEZ CONDE	29/05/2002	01:52:16	05:19	17:25	25:57	36:23	50:39	01:14:40	01:32:47	01:48:52	01:51:10			M-997	Senior-308
1111	502 JUAN MOSQUERA CARNOTA	31/10/1974	01:52:17	05:19	17:15	25:53	37:02	51:54	01:17:22	01:34:16	01:49:16	01:51:08			M-998	Máster 4-117
1112	966 RUBÉN BUCETA SEIJAS	20/07/1997	01:52:17	05:19	17:48	26:46	37:59	52:56	01:17:37	01:34:02	01:48:58	01:51:28			M-999	Senior-309
1113	1693 DANIEL GÓMEZ BRAÑAS	04/12/1999	01:52:19	05:19	19:28	28:23	39:25	53:55	01:18:08	01:34:26	01:49:14	01:50:57			M-1000	Senior-310
1114	1485 ADRIAN ALONSO MARTINEZ	11/07/2003	01:52:20	05:19	19:49	29:01	40:25	55:29	01:19:31	01:35:05	01:49:24	01:50:37		CLUB ATLETISMO PRAVIA	M-1001	Sub 23-29
1115	420 ENRIQUE ROEL FRAGA	18/07/1991	01:52:27	05:19	17:39	28:24	39:42	54:38	01:18:48	01:34:40	01:49:15	01:51:03			M-1002	Senior-311
1116	1810 VICTOR PEDROUZO COTELO	18/11/1978	01:52:29	05:19	18:51	27:30	38:22	53:18	01:17:57	01:34:29	01:49:16	01:50:46			M-1003	Máster 3-157
1117	1137 JAIME RODRÍGUEZ VIDAL	05/06/1972	01:52:33	05:20	17:24	26:10	37:10	52:06	01:17:06	01:33:47	01:49:12	01:51:41			M-1004	Máster 4-118
1118	735 AZAHARA MERINO HIDALGO	05/08/1986	01:52:35	05:20	17:10	26:02	37:00	51:49	01:16:26	01:33:24	01:49:13	01:52:03			F-114	Máster 1-18
1119	558 DAVID FERNÁNDEZ RODRÍGUEZ	16/07/1981	01:52:37	05:20	16:45	25:23	36:05	50:37	01:15:22	01:33:43	01:49:31	01:52:15			M-1005	Máster 2-152
1120	1379 CARLA GALLO MARCOS	18/02/1997	01:52:38	05:20	19:02	27:58	39:04	53:47	01:18:00	01:34:10	01:49:30	01:51:05			F-115	Senior-54

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RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1121	1797 DANE STEELE	27/07/2002	01:52:41	05:20	20:52	30:02	41:32	56:35	01:20:03	01:35:16	01:49:29	01:50:47			M-1006	Senior-312
1122	1584 RODRIGO FUENTES MORANO	28/11/2002	01:52:43	05:20	19:28	28:33	39:48	54:49	01:19:03	01:34:52	01:49:37	01:51:11			M-1007	Senior-313
1123	1139 ROBERTO BERNÁRDEZ VARELA	19/04/1980	01:52:44	05:20	18:05	27:18	39:01	54:15	01:19:15	01:35:04	01:49:45	01:51:51			M-1008	Máster 2-153
1124	937 LUIS VIÑA DOMÍNGUEZ	17/04/1979	01:52:47	05:20	16:59	25:41	36:40	51:16	01:15:55	01:32:44	01:49:07	01:52:12		BEER RUNNERS CORUÑA	M-1009	Máster 3-158
1125	1833 YAGO OTERO	15/11/1995	01:52:52	05:21	18:58	27:52	38:49	53:44	01:18:29	01:34:51	01:49:41	01:51:20			M-1010	Senior-314
1126	1641 PABLO DE LA FUENTE LÓPEZ	13/01/1996	01:52:56	05:21	18:17	27:36	38:52	53:50	01:18:37	01:35:00	01:49:53	01:51:37			M-1011	Senior-315
1127	1374 VICTORIA ALONSO LIMA	18/06/1997	01:52:56	05:21	18:48	27:48	38:44	53:51	01:18:39	01:35:01	01:49:42	01:51:37			F-116	Senior-55
1128	1163 ANTONIO VAZQUEZ RIOS	15/04/1997	01:52:59	05:21	19:28	28:21	39:25	53:52	01:18:08	01:35:40	01:49:52	01:51:36			M-1012	Senior-316
1129	1176 PABLO YÁÑEZ RAMIL	16/05/1982	01:52:59	05:21	18:34	27:28	38:37	53:39	01:18:00	01:34:28	01:49:39	01:51:39		CLUBE TRIATLON VILALBA	M-1013	Máster 2-154
1130	1330 MARÍA FERNÁNDEZ FIGUEROA	27/07/1979	01:52:59	05:21	18:02	27:04	38:21	53:25	01:18:14	01:34:46	01:49:50	01:52:05			F-117	Máster 3-13
1131	970 MANUEL LOPEZ CASCALLAR	08/05/1978	01:53:03	05:21	18:01	27:10	38:45	54:19	01:19:19	01:35:45	01:50:03	01:52:18			M-1014	Máster 3-159
1132	1506 SERGIO CAO REGUEIRO	17/12/1997	01:53:04	05:21	18:13	26:43	37:33	51:51	01:15:20	01:33:19	01:49:50	01:51:17			M-1015	Senior-317
1133	1605 ALEJANDRO NUÑEZ GARCÍA	19/10/1993	01:53:07	05:21	21:13	29:49	40:37	55:18	01:19:15	01:35:11	01:49:54	01:47:24			M-1016	Senior-318
1134	1148 MIGUEL ALVAREZ	29/01/1981	01:53:08	05:21	20:19	29:55	42:00	58:11	01:22:24	01:37:29	01:50:27	01:51:21			M-1017	Máster 2-155
1135	1855 JORGE PAZ BEIRO	19/12/2001	01:53:09	05:21	20:25	29:41	40:53	55:44	01:19:17	01:34:54	01:49:46	01:51:48			M-1018	Senior-319
1136	1869 CÉSAR THEMUDO GODAY	03/03/1978	01:53:09	05:21	18:49	28:10	39:25	54:31	01:19:20	01:35:45	01:50:01	01:51:32			M-1019	Máster 3-160
1137	1868 JOSÉ MARÍA RIVAS MOAR	20/05/1970	01:53:09	05:21	19:14	28:10	39:25	54:32	01:19:14	01:35:44	01:50:01	01:51:32			M-1020	Máster 4-119
1138	1942 IRIA ROMÁN ANTOLÍNEZ	09/03/1998	01:53:10	05:21	19:31	28:26	39:41	54:47	01:19:41	01:35:52	01:50:06	01:51:29			F-118	Senior-56
1139	653 CARLOS LODEIRO LÓPEZ	10/05/1973	01:53:11	05:21	17:57	26:33	37:23	51:40	01:15:55	01:33:48	01:49:56	01:51:48			M-1021	Máster 4-120
1140	1230 PABLO PALOMARES LÓPEZ	17/10/1992	01:53:11	05:21	18:24	27:13	38:18	53:10	01:17:56	01:34:44	01:49:54	01:51:44			M-1022	Senior-320
1141	1811 TOMÁS FERNÁNDEZ MARTÍNEZ	19/09/1981	01:53:13	05:22	19:13	28:04	39:25	54:18	01:18:42	01:35:05	01:49:59	01:51:36			M-1023	Máster 2-156
1142	1683 DAVID NAVARRETE FERNÁNDEZ	15/02/1993	01:53:15	05:22	19:19	28:17	39:42	54:38	01:19:49	01:36:11	01:50:32	01:51:40			M-1024	Senior-321
1143	800 YESICA RODRIGUEZ GONZALEZ	24/07/1991	01:53:17	05:22	17:51	27:04	38:42	54:09	01:19:04	01:35:35	01:50:16	01:52:39			F-119	Senior-57
1144	513 BRIAN ASOREY	04/06/1987	01:53:17	05:22	17:06	25:37	36:17	50:52	01:14:45	01:32:36	01:49:34	01:52:31		NOSPORTLIMIT	M-1025	Máster 1-141
1145	1200 MAURO ESTEVEZ ALVAREZ	18/06/1989	01:53:19	05:22	17:52	27:03	38:43	54:09	01:19:03	01:35:35	01:50:16	01:52:41			M-1026	Máster 1-142
1146	1475 VÍCTOR MANUEL VÁZQUEZ MOSTE	29/08/1958	01:53:19	05:22	18:45	27:49	39:14	54:21	01:19:15	01:35:29	01:50:17	01:51:56			M-1027	Máster 7-12
1147	1221 ALEJANDRO MARTÍNEZ PARDO	13/12/1996	01:53:20	05:22	17:07	25:38	36:17	50:52	01:14:47	01:32:37	01:49:35	01:52:33		NOSPORTLIMIT	M-1028	Senior-322
1148	1751 JOSE MARTINEZ CASAS	26/07/1993	01:53:20	05:22	19:20	28:19	39:43	54:45	01:20:03	01:36:15	01:50:33	01:51:45			M-1029	Senior-323
1149	1790 ALBERTO GONZÁLEZ GONZÁLEZ	21/08/1973	01:53:20	05:22	18:34	28:00	39:22	54:34	01:19:07	01:35:31	01:50:17	01:52:18		C.D.RIA DE AROUSA DO GM	M-1030	Máster 4-121
1150	331 JAVIER CALAHORRA NOVILLO	11/10/1980	01:53:20	05:22	17:07	25:37	36:19	50:52	01:14:36	01:32:37	01:49:34	01:52:35		CLUB RFB BOADILLA	M-1031	Máster 2-157
1151	1097 JOSE GIGERIN ALVITE	08/07/1993	01:53:20	05:22	17:18	26:00	36:42	50:59	01:14:07	01:29:56	01:49:27	01:52:12			M-1032	Senior-324
1152	821 JAVIER VARELA	20/01/1977	01:53:25	05:22	17:25	25:58	36:38	51:01	01:14:55	01:32:44	01:49:43	01:52:22			M-1033	Máster 3-161

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1153	1971 GENIFER ZENKO	17/12/1998	01:53:31	05:22	19:31	28:57	40:37	55:45	01:20:30	01:36:30	01:50:38	01:52:02			F-120	Senior-58
1154	1470 JACOBO COSTAS PÉREZ	16/01/1996	01:53:33	05:22	18:32	27:26	38:27	53:30	01:18:34	01:35:18	01:50:29	01:52:00			M-1034	Senior-325
1155	1265 MARIA PARDO GONZÁLEZ	07/11/1998	01:53:33	05:22	19:09	28:11	39:35	54:34	01:19:00	01:35:18	01:50:30	01:52:00			F-121	Senior-59
1156	1476 JOSE OTERO PAZOS	21/08/1971	01:53:34	05:22	19:27	28:29	39:52	54:50	01:19:52	01:35:54	01:50:25	01:52:00			M-1035	Máster 4-122
1157	488 ALEXANDER GULYAEV	22/04/1990	01:53:34	05:22	18:18	27:38	39:17	54:34	01:19:52	01:35:55	01:50:28	01:53:03			M-1036	Senior-326
1158	1232 RAMÓN IGLESIAS REY	15/04/1982	01:53:35	05:23	17:32	25:59	36:42	51:06	01:15:31	01:33:34	01:49:55	01:52:36			M-1037	Máster 2-158
1159	1443 MARIA JOSE PEREIRA BELLO	13/11/1992	01:53:36	05:23	19:11	28:00	39:02	53:44	01:18:30	01:35:17	01:50:27	01:51:48			F-122	Senior-60
1160	1461 GUSTAVO SEIJO GARCÍA	23/08/1977	01:53:39	05:23	19:07	28:01	38:57	54:02	01:19:58	01:36:15	01:50:36	01:51:55			M-1038	Máster 3-162
1161	1226 JOSÉ ANGEL DÍAZ AGULLÓ	20/12/1983	01:53:40	05:23	17:20	25:57	36:36	51:01	01:17:20	01:35:04	01:50:26	01:52:48		CLUB DALLE GAS RUNNIN	M-1039	Máster 2-159
1162	57 PEDRO PARDO PÉREZ	15/07/1966	01:53:40	05:23	19:09	28:02	38:59	54:00	01:20:43	01:36:17	01:50:37	01:51:56			M-1040	Máster 5-49
1163	1288 YEANETH CERRÓN GONZÁLEZ	21/05/1972	01:53:42	05:23	18:07	26:58	38:00	52:59	01:17:59	01:35:02	01:50:21	01:52:49			F-123	Máster 4-12
1164	1579 STEVEN NIEDERLE	01/10/1976	01:53:44	05:23	18:58	28:00	39:27	54:35	01:19:22	01:35:47	01:50:36	01:52:12			M-1041	Máster 3-163
1165	1409 MARIA VILLALON	11/11/1982	01:53:46	05:23	17:50	26:18	37:16	52:23	01:17:45	01:34:36	01:50:24	01:52:29			F-124	Máster 2-14
1166	384 DIEGO RODRÍGUEZ LÓPEZ	04/09/1976	01:53:46	05:23	16:21	24:50	35:49	50:57	01:16:30	01:33:56	01:50:12	01:53:18			M-1042	Máster 3-164
1167	2005 DIEGO PÉREZ HIDALGO	16/07/1996	01:53:47	05:23	19:21	28:19	39:43	54:45	01:20:07	01:36:16	01:50:39	01:52:13			M-1043	Senior-327
1168	1685 ELOY BLANCO MATO	23/10/1984	01:53:52	05:23	20:09	29:20	40:45	56:01	01:20:40	01:36:24	01:50:41	01:52:03			M-1044	Máster 2-160
1169	1696 ROY COVELO VÁZQUEZ	15/06/2002	01:53:53	05:23	20:08	29:37	41:12	56:34	01:20:11	01:36:05	01:50:42	01:52:35			M-1045	Senior-328
1170	1543 CARLOS ARGIBAY CANCELO	09/07/1989	01:53:55	05:23	18:35	26:54	38:44	52:47	01:17:23	01:34:14	01:50:18	01:52:00			M-1046	Máster 1-143
1171	1522 JOAQUIN FERNÁNDEZ MARTINEZ	19/07/1967	01:53:58	05:24	18:55	28:05	39:29	55:03	01:20:08	01:36:24	01:50:50	01:52:40	GA3770508	CLUBE DE ATLETISMO SER	M-1047	Máster 5-50
1172	780 BELÉN NOYA PÉREZ	30/06/1973	01:54:00	05:24	16:16	24:43	35:30	50:12	01:15:35	01:33:56	01:50:20	01:53:36	AG763760	ATLETISMO FONTES DO S.	F-125	Máster 4-13
1173	1800 ANGEL DE LA HUERTA FERNANDEZ	24/08/1979	01:54:02	05:24	19:37	28:43	39:52	55:17	01:20:23	01:36:26	01:50:59	01:51:59		CLUB DALLE GAS RUNNIN	M-1048	Máster 3-165
1174	804 CARLA MANDADO GESTIDO	11/05/1997	01:54:05	05:24	18:45	27:47	38:55	54:02	01:19:14	01:35:50	01:50:45	01:52:14		OYSHO	F-126	Senior-61
1175	1504 FRANCISCO NIETO PAZOS	20/08/1955	01:54:08	05:24	18:07	26:57	38:03	52:52	01:17:58	01:34:59	01:50:40	01:52:53			M-1049	Máster 7-13
1176	1302 MARÍA FIDALGO PAZ	29/12/1997	01:54:11	05:24	18:23	27:19	38:35	53:42	01:18:50	01:35:25	01:50:55	01:52:40			F-127	Senior-62
1177	1166 JOSE MANUEL PENA SALIDO	19/08/1972	01:54:12	05:24	17:11	25:49	36:47	51:40	01:17:26	01:34:42	01:50:41	01:53:16		OSEIXOFOREVER	M-1050	Máster 4-123
1178	255 ADRIÁN MONASTERIO LIBRÁN	14/02/1997	01:54:12	05:24	18:25	27:18	38:35	53:43	01:18:51	01:35:24	01:50:55	01:52:41			M-1051	Senior-329
1179	1072 ROBERTO BARREIRO GONZÁLEZ	29/02/1972	01:54:12	05:24	17:22	26:07	37:45	51:49	01:16:48	01:34:40	01:50:37	01:54:12			M-1052	Máster 4-124
1180	1783 DAVID LEIS LAGO	10/04/1976	01:54:13	05:24	19:09	28:04	39:17	54:17	01:19:09	01:36:20	01:51:24	01:52:51			M-1053	Máster 3-166
1181	1776 ROBERTO MÉNDEZ RODRÍGUEZ	14/04/1980	01:54:13	05:24	19:08	28:03	39:18	54:17	01:19:11	01:35:55	01:50:58	01:52:53			M-1054	Máster 2-161
1182	1519 JAIME ROCA AVILA	07/02/1962	01:54:14	05:24	17:59	26:52	38:00	53:02	01:18:41	01:35:58	01:50:59	01:53:04			M-1055	Máster 6-27
1183	462 JORGE JUAN BARREIRO GONZÁLEZ	09/09/1973	01:54:15	05:24	17:35	26:06	37:45	51:50	01:16:47	01:34:39	01:50:36	01:53:02			M-1056	Máster 4-125
1184	1085 JAVIER VARELA MAZAS	07/11/1967	01:54:18	05:25	18:08	27:06	38:31	53:33	01:18:45	01:35:26	01:50:59	01:53:03			M-1057	Máster 5-51

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1185	786 MARÍA LUISA BARREIRO FUENTES	04/11/1974	01:54:26	05:25	18:08	27:06	38:29	53:40	01:18:54	01:35:31	01:51:06	01:53:32	AG763977	ATLETISMO RIAZOR CORL	F-128	Máster 4-14
1186	1197 ABRAHAM NAVEIRA HERMIDA	15/08/1989	01:54:27	05:25	19:25	28:32	40:05	55:27	01:20:31	01:36:39	01:51:17	01:52:33			M-1058	Máster 1-144
1187	1638 JULIAN LOPEZ VILLAMAR	13/07/1992	01:54:29	05:25	19:59	29:17	40:47	55:56	01:20:28	01:37:04	01:51:24	01:53:02			M-1059	Senior-330
1188	1484 JOSÉ ANTONIO LIÑARES BAR	11/12/1966	01:54:30	05:25	18:43	28:15	40:04	55:41	01:21:15	01:37:36	01:51:47	01:53:41			M-1060	Máster 5-52
1189	1597 AITOR PICOS MARTÍNEZ	27/12/1991	01:54:30	05:25	19:54	29:17	40:52	55:53	01:20:28	01:37:05	01:51:26	01:53:03			M-1061	Senior-331
1190	874 FRANCISCO JAVIER DOMÍNGUEZ ZL	19/11/1975	01:54:31	05:25	17:30	26:08	37:00	51:33	01:16:11	01:33:29	01:50:23	01:53:18			M-1062	Máster 3-167
1191	1938 MARTA CABELLOS	02/11/2003	01:54:34	05:25	18:23	27:21	38:43	54:01	01:19:08	01:36:02	01:51:22	01:52:43	M31765	A.D MARATHON	F-129	Sub 23-6
1192	1442 MARTA PEREIRA BELLO	07/11/1987	01:54:34	05:25	19:10	28:00	39:00	53:44	01:18:27	01:35:14	01:51:05	01:52:45			F-130	Máster 1-19
1193	1626 SANTIAGO LEÓN PIQUENQUE	03/02/1977	01:54:35	05:25	17:45	26:51	38:04	53:32	01:18:17	01:35:12	01:50:55	01:53:41			M-1063	Máster 3-168
1194	1284 MARIA DE LA CONCEPCION RON G	27/10/1969	01:54:36	05:25	18:03	27:03	38:24	53:30	01:18:41	01:35:49	01:51:26	01:53:48			F-131	Máster 5-2
1195	1945 ANDRÉ VÁZQUEZ	06/05/1987	01:54:37	05:25	17:36	26:30	38:25	53:41	01:18:58	01:36:37	01:51:27	01:53:46			M-1064	Máster 1-145
1196	765 AMANDA FERNÁNDEZ ÁLVAREZ	27/02/1991	01:54:38	05:26	17:24	26:27	37:56	53:31	01:19:07	01:36:00	01:51:25	01:53:50			F-132	Senior-63
1197	1973 FERNANDO FERRERO DIAZ	15/06/1981	01:54:39	05:26	18:55	27:50	38:58	53:46	01:18:34	01:35:31	01:51:14	01:53:08			M-1065	Máster 2-162
1198	1754 MARCOS GARCÍA FERNÁNDEZ	20/01/2005	01:54:44	05:26	19:51	29:12	41:05	56:55	01:21:45	01:38:04	01:51:57	01:53:34			M-1066	Sub 23-30
1199	1029 PABLO LIÑARES LÓPEZ	27/04/1975	01:54:45	05:26	17:34	26:29	37:48	53:08	01:18:41	01:35:40	01:51:19	01:53:51			M-1067	Máster 3-169
1200	1877 PABLO LEGIDE VIDAL	28/05/2003	01:54:47	05:26	21:16	30:42	42:04	56:47	01:20:53	01:37:13	01:51:43	01:53:02			M-1068	Sub 23-31
1201	1346 MARÍA LÓPEZ FERNÁNDEZ	01/01/1992	01:54:49	05:26	19:29	28:48	40:34	55:53	01:20:30	01:36:55	01:51:41	01:52:58			F-133	Senior-64
1202	1073 JOSE AURELIO ROMO GONZALEZ	21/05/1975	01:54:51	05:26	18:39	27:39	38:53	54:03	01:19:03	01:36:00	01:51:33	01:53:33			M-1069	Máster 3-170
1203	1784 JUAN ANDRÉS JUSTO ARMESTO	09/11/2000	01:54:54	05:26	18:51	28:02	39:10	54:20	01:20:37	01:37:56	01:51:52	01:53:44			M-1070	Senior-332
1204	1848 RUBEN ESTEVEZ TENREIRO	04/06/1986	01:54:57	05:26	19:50	29:19	41:00	56:23	01:21:22	01:37:41	01:51:59	01:53:36			M-1071	Máster 1-146
1205	1487 JUAN CARLOS LANDEIRA BRAGE	15/10/1965	01:54:57	05:26	19:48	28:58	40:32	55:51	01:20:46	01:37:08	01:51:48	01:53:12		C.D. 21 LEGUAS	M-1072	Máster 5-53
1206	1645 ADRIÁN CANEDO MARTÍNEZ	27/08/1991	01:54:59	05:27	18:22	27:16	38:35	53:33	01:18:44	01:35:31	01:51:25	01:53:36			M-1073	Senior-333
1207	1258 CRISTINA FERNÁNDEZ CID	30/04/1970	01:55:04	05:27	18:29	27:28	38:56	54:14	01:19:35	01:36:29	01:51:50	01:53:43		NOSPORTLIMIT	F-134	Máster 4-15
1208	1494 CHEMA REIGOSA MARTÍNEZ	15/11/1967	01:55:04	05:27	18:21	27:28	38:52	54:12	01:19:35	01:36:27	01:51:43	01:53:42		NOSPORTLIMIT	M-1074	Máster 5-54
1209	705 INACIO XESÚS LÓPEZ DA OSA XIMÉ	07/07/1959	01:55:05	05:27	19:31	28:37	40:05	55:26	01:20:27	01:37:01	01:51:57	01:53:05			M-1075	Máster 7-14
1210	827 JAVIER FERNÁNDEZ GOMEZ	18/12/1991	01:55:08	05:27	17:11	26:03	37:01	51:50	01:17:28	01:35:08	01:51:40	01:54:35			M-1076	Senior-334
1211	1162 JAVIER FERNÁNDEZ TRAVIESO	18/12/1978	01:55:09	05:27	20:01	29:15	40:35	55:40	01:20:14	01:36:41	01:51:50	01:53:09			M-1077	Máster 3-171
1212	482 LUIS SEOANE CEBREIROS	24/12/1951	01:55:09	05:27	19:26	28:28	39:44	54:46	01:19:45	01:36:21	01:51:45	01:53:46			M-1078	Máster 7-15
1213	1283 MANI FERNÁNDEZ VEGA	21/04/1968	01:55:10	05:27	18:44	28:14	40:04	55:42	01:21:13	01:37:35	01:52:05	01:54:21	TGAL500	ESCOLA ATLETICA LUCEN	F-135	Máster 5-3
1214	1555 DAVID BENEDETTI SANTOS	19/09/2000	01:55:11	05:27	21:14	30:51	42:03	53:24	01:20:59	01:37:08	01:51:53	01:53:30			M-1079	Senior-335
1215	1259 TIRSA VILA CHAVES	24/09/1999	01:55:12	05:27	18:51	27:58	39:19	54:44	01:20:08	01:37:04	01:51:52	01:53:34			F-136	Senior-65
1216	249 JOSE JUAN VILA REY	03/03/1963	01:55:12	05:27	18:50	27:59	39:45	54:44	01:20:09	01:37:04	01:52:38	01:53:34	76407455Y	CLUB ATLETISMO SADA	M-1080	Máster 6-28

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1217	1770 ISMAEL LENS FRAGA	16/10/2000	01:55:14	05:27	20:35	29:57	41:41	57:20	01:21:34	01:37:22	01:52:09	01:53:25			M-1081	Senior-336
1218	1766 DIEGO CABARCOS VAL	13/09/1990	01:55:14	05:27	17:16	25:36	36:07	50:39	01:16:42	01:34:42	01:52:16	01:54:02			M-1082	Senior-337
1219	1895 JOSE LUIS RODRÍGUEZ GONZÁLEZ	27/08/1972	01:55:15	05:27	18:55	27:51	38:59	53:52	01:18:44	01:35:39	01:51:42	01:53:53			M-1083	Máster 4-126
1220	1187 MARCOS TEDÍN MOUZO	11/08/1974	01:55:15	05:27	18:29	27:37	39:20	55:03	01:21:03	01:37:43	01:52:05	01:54:18			M-1084	Máster 4-127
1221	991 JUAN RAMÓN GARCÍA REGUEIRA	13/11/1970	01:55:16	05:27	17:27	26:05	37:37	53:28	01:19:15	01:36:24	01:52:01	01:54:29			M-1085	Máster 4-128
1222	990 OTTO GARCIA PONTE	21/08/2007	01:55:17	05:27	17:09	25:54	37:37	53:31	01:19:26	01:36:25	01:52:02	01:54:31			M-1086	Sub 20-11
1223	1536 CARLOS LOPEZ GUDIÑA	31/07/1963	01:55:18	05:27	19:55	29:18	40:49	55:57	01:20:48	01:37:08	01:52:10	01:53:32		ANDARINES DE ARCOS	M-1087	Máster 6-29
1224	1631 JOSE ANTONIO ALONSO GARCÍA	26/09/1991	01:55:24	05:28	18:46	27:40	38:56	54:09	01:19:28	01:36:27	01:51:59	01:54:01			M-1088	Senior-338
1225	1318 ANTÍA LÓPEZ TENREIRO	26/02/1994	01:55:24	05:28	19:48	28:22	39:22	54:18	01:19:34	01:36:37	01:52:11	01:53:21			F-137	Senior-66
1226	1618 JAVIER ORDAX RUBIERA	07/04/1982	01:55:26	05:28	20:52	30:48	43:27	01:00:07	01:26:28	01:44:00	01:58:37	01:53:49			M-1089	Máster 2-163
1227	1065 MANUEL FERNANDO CENTENO NE	13/02/1979	01:55:26	05:28	17:16	26:12	37:45	53:21	01:19:24	01:36:38	01:52:08	01:54:37			M-1090	Máster 3-172
1228	1851 DANIEL DEL RÍO RODRÍGUEZ	21/11/2002	01:55:29	05:28	24:21	35:21	48:23	01:01:16	01:23:33	01:38:23	01:52:33	01:49:48			M-1091	Senior-339
1229	944 ALEJANDRO LUIS NOVOA	17/06/1992	01:55:31	05:28	18:34	27:40	39:04	54:26	01:19:41	01:36:38	01:52:20	01:54:24		NOSPORTLIMIT	M-1092	Senior-340
1230	935 CONSTANTINO CALLEJA GARCÍA	23/07/1974	01:55:33	05:28	17:47	26:36	37:47	52:38	01:18:00	01:36:01	01:51:56	01:54:29			M-1093	Máster 4-129
1231	1560 ADRIÁN GÓMEZ BRANDÓN	04/12/1992	01:55:33	05:28	18:21	27:12	38:26	53:31	01:18:55	01:36:04	01:52:11	01:54:08			M-1094	Senior-341
1232	1954 RONALDO ROMERO APONTE	05/09/1995	01:55:35	05:28	17:12	26:02	37:00	52:19	01:18:06	01:35:59	01:52:03	01:54:49			M-1095	Senior-342
1233	1295 ANDREA GARCÍA ALDARIZ	01/05/2000	01:55:39	05:28	16:48	25:42	36:45	52:01	01:17:52	01:35:51	01:52:12	01:55:06			F-138	Senior-67
1234	1270 ÁNGELA PENA TAIBO	03/06/1996	01:55:39	05:28	19:16	28:40	40:32	56:30	01:21:49	01:38:04	01:52:38	01:54:36	AG14111	CORREXALLAS	F-139	Senior-68
1235	1305 RAQUEL TOUZA GALIANO	05/07/1991	01:55:41	05:29	19:28	28:45	40:22	55:50	01:21:29	01:37:46	01:52:35	01:54:08			F-140	Senior-69
1236	1260 MARÍA LÓPEZ GUNTIÑAS	18/05/2001	01:55:43	05:29	19:24	29:13	41:11	57:16	01:22:34	01:38:44	01:52:43	01:54:36		CLUB ATLETISMO SADA	F-141	Senior-70
1237	1636 IVÁN VILLAR FREIRE	09/07/1993	01:55:43	05:29	20:02	29:42	41:40	57:21	01:22:29	01:38:26	01:52:44	01:54:10			M-1096	Senior-343
1238	1528 RAIMUNDO CAMIÑA MARTINEZ	15/04/1981	01:55:48	05:29	16:45	25:45	37:08	52:22	01:18:54	01:36:33	01:52:27	01:55:21		CLUB ATLETISMO CAMBAI	M-1097	Máster 2-164
1239	1412 CAROLINA AÑON PENA	08/06/2000	01:55:48	05:29	19:12	28:20	39:44	54:45	01:20:10	01:37:03	01:52:27	01:54:53			F-142	Senior-71
1240	1403 SILVIA MONEDERO ORTS	28/02/2003	01:55:49	05:29	19:58	29:17	40:50	55:53	01:20:42	01:37:23	01:52:39	01:54:20			F-143	Sub 23-7
1241	1785 ÁLVARO RÍO HERNÁNDEZ	05/07/2004	01:55:49	05:29	19:59	29:15	40:52	55:56	01:20:43	01:37:25	01:52:40	01:54:21			M-1098	Sub 23-32
1242	795 MANUELA PUGA GARCÍA-TIZÓN	25/05/1983	01:55:55	05:29	18:27	27:48	39:34	55:22	01:20:34	01:37:31	01:52:47	01:55:09			F-144	Máster 2-15
1243	1959 RYAN COOPER	12/01/1993	01:55:58	05:29	20:09	29:32	41:16	56:50	01:22:19	01:38:31	01:52:56	01:54:17			M-1099	Senior-344
1244	1164 MIGUEL GARCÍA CODESIDO	14/08/1988	01:56:00	05:29	17:47	26:40	37:49	52:51	01:18:12	01:35:13	01:52:12	01:54:50		CLUBE DEPORTIVO ARZÚA	M-1100	Máster 1-147
1245	1032 VÍCTOR ALFONSO DE LA FUENTE V2	21/07/1993	01:56:01	05:29	18:17	27:08	38:22	53:40	01:19:26	01:36:48	01:52:38	01:54:51			M-1101	Senior-345
1246	1578 ANTON CONCHADO	09/09/1989	01:56:05	05:30	19:00	27:55	39:04	54:10	01:19:45	01:37:00	01:52:38	01:54:22			M-1102	Máster 1-148
1247	1599 NOÉ MARTÍNEZ CÓRDOBA	23/07/1997	01:56:07	05:30	18:55	27:57	39:06	54:18	01:19:38	01:36:39	01:52:42	01:54:52		CLUB TRIATLÓN OVIEDO	M-1103	Senior-346
1248	1195 ANGEL MIRANTES BARBEITO	15/12/1990	01:56:08	05:30	17:22	25:57	36:41	51:29	01:18:08	01:36:08	01:52:38	01:55:12		NOSPORTLIMIT	M-1104	Senior-347

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1249	1981 ESTEBAN CARBALLIDO CAMPO	13/04/2003	01:56:09	05:30	21:08	30:41	42:13	57:24	01:22:37	01:38:52	01:53:12	01:54:23			M-1105	Sub 23-33
1250	1939 ANA BORT RESPINO	09/12/2000	01:56:10	05:30	18:12	27:17	38:44	54:22	01:20:34	01:37:28	01:52:53	01:55:14			F-145	Senior-72
1251	1001 JESÚS RODRÍGUEZ RODRÍGUEZ	30/09/1969	01:56:12	05:30	16:15	24:51	35:55	51:01	01:16:30	01:33:33	01:49:51	01:55:38			M-1106	Máster 5-55
1252	1526 RODRIGO DE SANTIAGO LAREO	11/04/1973	01:56:16	05:30	19:30	29:00	40:48	56:24	01:21:37	01:38:26	01:53:13	01:55:00			M-1107	Máster 4-130
1253	675 JORGE CABARCOS CABARCOS	29/10/1975	01:56:17	05:30	19:30	29:03	40:17	55:23	01:20:42	01:37:31	01:53:00	01:55:06		CLUBE ATLETISMO VILALB	M-1108	Máster 3-173
1254	1941 MARÍA RODRÍGUEZ SALCEDO	01/05/1999	01:56:18	05:30	20:31	30:08	41:48	57:32	01:22:26	01:38:49	01:53:08	01:55:00			F-146	Senior-73
1255	1815 VICTOR PEDREIRA LOPEZ	07/10/1988	01:56:18	05:30	17:51	26:32	37:50	53:05	01:19:00	01:36:42	01:52:37	01:55:17			M-1109	Máster 1-149
1256	1158 AITOR PAJARO NOGUEIRA	01/07/1989	01:56:18	05:30	18:27	27:42	39:27	55:32	01:21:40	01:38:18	01:53:02	01:55:36			M-1110	Máster 1-150
1257	1279 ANA GONZALEZ DEL VECCHIO	01/04/1987	01:56:22	05:30	18:56	28:06	39:38	55:13	01:20:58	01:37:45	01:53:06	01:54:47			F-147	Máster 1-20
1258	1818 JUAN NO SÁNCHEZ	01/07/1973	01:56:22	05:30	20:35	30:13	41:46	56:57	01:21:39	01:37:52	01:52:58	01:54:37			M-1111	Máster 4-131
1259	1416 PAULA PICALLO GESTAL	07/06/2001	01:56:26	05:31	20:34	30:12	42:02	57:48	01:22:54	01:39:11	01:53:27	01:54:42			F-148	Senior-74
1260	1643 JOSÉ BARALLOBRE VEIGA	09/04/1987	01:56:28	05:31	17:40	25:45	35:50	49:50	01:15:07	01:35:10	01:52:44	01:54:49			M-1112	Máster 1-151
1261	1950 ALFONSO RODRÍGUEZ SALCEDO	15/11/2002	01:56:29	05:31	20:29	30:09	41:48	57:31	01:22:28	01:38:49	01:53:20	01:55:11			M-1113	Senior-348
1262	1414 TAMARA CECILIA VIA	14/07/1974	01:56:32	05:31	18:53	27:54	39:18	54:42	01:20:29	01:37:41	01:53:17	01:55:15	AG20028	ATLETISMO FONTES DO S.	F-149	Máster 4-16
1263	814 MARTA FERREIRO OPAZO	21/09/1991	01:56:32	05:31	18:21	27:26	38:54	54:28	01:20:04	01:37:27	01:53:16	01:55:37		A.D. LIMIACTIVA	F-150	Senior-75
1264	1530 JULIO NOVOA GONZALEZ	04/02/1960	01:56:32	05:31	20:46	30:38	42:45	59:07	01:26:10	01:43:57	02:00:03	01:54:57			M-1114	Máster 7-16
1265	1086 JUAN CARLOS TABOADA RIVADULL	22/06/1970	01:56:33	05:31	19:37	28:51	40:16	55:43	01:21:16	01:38:08	01:53:21	01:54:53			M-1115	Máster 4-132
1266	1313 PAULA TABOADA ASOREY	21/08/2001	01:56:34	05:31	19:35	28:49	40:14	55:42	01:21:17	01:38:10	01:53:21	01:54:55		GLOBAL SPORT CLUB	F-151	Senior-76
1267	1252 MARÍA VÁZQUEZ - GUNDÍN PAZ	13/11/1984	01:56:34	05:31	19:30	28:48	40:35	56:16	01:21:59	01:38:29	01:53:16	01:55:06	GA3777407	ATNOSPORTLIMIT	F-152	Máster 2-16
1268	1157 JOSE M MOSQUERA NOVOA	19/01/1972	01:56:36	05:31	19:18	29:00	41:05	56:59	01:22:24	01:38:51	01:53:38	01:55:54			M-1116	Máster 4-133
1269	1150 JOSE FRANCISCO PEREZ GARCIA	26/07/1965	01:56:39	05:31	19:13	28:27	39:49	55:25	01:21:12	01:38:38	01:53:37	01:55:14			M-1117	Máster 5-56
1270	829 JOSE SERANTES ALVAREZ	24/01/1962	01:56:39	05:31	18:56	28:15	39:58	55:38	01:21:30	01:38:30	01:53:34	01:55:23			M-1118	Máster 6-30
1271	1052 IVAN BARROSO GUARDIA	24/03/1976	01:56:40	05:31	19:40	29:37	41:55	57:36	01:22:48	01:39:10	01:53:38	01:56:05			M-1119	Máster 3-174
1272	1459 SANTIAGO DOLDAN GARCIA	16/01/1983	01:56:40	05:31	22:29	31:48	43:23	58:47	01:23:33	01:39:32	01:53:40	01:50:58			M-1120	Máster 2-165
1273	1538 DAVID RODRIGUEZ ALVAREZ	11/12/1988	01:56:45	05:32	17:52	26:45	38:24	53:39	01:19:27	01:37:09	01:53:14	01:55:43		CLUB DEPORTIVO NORDE	M-1121	Máster 1-152
1274	1324 PALOMA MARTIN VILLARREAL	25/05/2002	01:56:47	05:32	18:46	27:46	38:55	54:01	01:19:25	01:36:56	01:53:23	01:55:25			F-153	Senior-77
1275	1111 PABLO RUBEN CAZON RODRIGUEZ	02/09/1977	01:56:48	05:32	17:11	25:56	37:00	52:21	01:18:02	01:36:03	01:53:15	01:55:53			M-1122	Máster 3-175
1276	1169 ISIDRO LOPEZ MUINELLO	04/05/1968	01:56:50	05:32	16:48	25:10	35:56	50:53	01:16:51	01:35:27	01:53:05	01:55:53		SPORTING CLUB CASINO	M-1123	Máster 5-57
1277	1516 JOSE RAMÓN BAÑA CAAMAÑO	26/01/1980	01:56:50	05:32	19:12	28:06	39:46	55:06	01:21:09	01:38:26	01:53:43	01:54:47			M-1124	Máster 3-176
1278	1668 DIEGO GARCÍA SÁNCHEZ	24/07/2001	01:56:51	05:32	18:51	28:02	39:11	54:20	01:20:37	01:38:20	01:53:46	01:55:39			M-1125	Senior-349
1279	1353 LUISANA ÁLVAREZ MONSALVE	18/01/2000	01:56:54	05:32	19:36	28:57	40:40	56:25	01:22:12	01:38:53	01:53:53	01:55:27			F-154	Senior-78
1280	1015 FRANCISCO DOMÍNGUEZ RODRÍG	24/04/1989	01:56:54	05:32	19:03	28:28	40:20	56:11	01:22:04	01:39:05	01:54:09	01:55:28			M-1126	Máster 1-153

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1281	941 MAURICIO BONOME	11/10/1969	01:56:56	05:32	17:33	26:24	37:30	52:22	01:17:33	01:35:40	01:53:22	01:56:25			M-1127	Máster 5-58
1282	1513 ENRIQUE CAÑAVATE ARMILLAS	23/02/1997	01:56:58	05:32	18:55	27:54	39:08	54:18	01:19:59	01:37:24	01:53:35	01:55:45			M-1128	Senior-350
1283	957 SANTIAGO FERNÁNDEZ-NORIEGA	25/07/1968	01:57:02	05:32	18:53	28:15	39:40	55:04	01:20:55	01:38:00	01:53:41	01:56:21			M-1129	Máster 5-59
1284	1788 IVÁN GONZÁLEZ GONZÁLEZ	05/10/1993	01:57:02	05:32	19:26	28:45	40:24	55:44	01:20:40	01:37:46	01:53:40	01:55:41			M-1130	Senior-351
1285	1716 JAVIER SANCHEZ DESTAR	14/07/2001	01:57:02	05:32	20:06	29:39	41:30	57:18	01:23:13	01:39:21	01:53:55	01:55:47			M-1131	Senior-352
1286	1306 ALMUDENA TASENDE	21/04/1985	01:57:03	05:32	18:53	28:01	39:17	54:24	01:20:20	01:37:41	01:53:42	01:55:47			F-155	Máster 1-21
1287	1533 MARCO SUAREZ	28/04/1968	01:57:03	05:32	18:55	28:16	39:42	55:05	01:20:55	01:37:59	01:53:41	01:56:22			M-1132	Máster 5-60
1288	1160 FERNANDO VALERIO BARRIO	12/12/1972	01:57:06	05:33	19:04	28:29	40:20	56:11	01:22:09	01:39:09	01:54:09	01:55:43			M-1133	Máster 4-134
1289	748 MARIÑA DURAN LOSADA	14/07/1988	01:57:08	05:33	17:40	26:50	38:31	54:03	01:20:08	01:37:39	01:53:42	01:56:22			F-156	Máster 1-22
1290	1275 MARTA NOVAL RODRÍGUEZ	29/02/2000	01:57:09	05:33	19:53	29:30	41:19	57:16	01:22:36	01:39:05	01:54:02	01:55:46			F-157	Senior-79
1291	1753 VICTOR LOPEZ GONZALEZ	08/05/1998	01:57:09	05:33	19:55	29:29	41:19	57:17	01:22:52	01:39:08	01:54:02	01:55:46	71903938G		M-1134	Senior-353
1292	1627 JORGE GARCÍA FERNÁNDEZ	07/02/1967	01:57:11	05:33	20:45	30:06	41:54	57:33	01:23:08	01:39:21	01:54:03	01:55:21			M-1135	Máster 5-61
1293	1053 ANTÓN LÓPEZ EIROA	13/02/2003	01:57:11	05:33	18:43	28:05	39:55	55:45	01:21:05	01:37:59	01:53:22	01:56:01			M-1136	Sub 23-34
1294	1074 FABIÁN VALCÁRCEL MARTÍNEZ	28/06/1983	01:57:11	05:33	17:26	26:25	37:58	53:35	01:19:57	01:37:53	01:54:06	01:56:24			M-1137	Máster 2-166
1295	1347 ALBA MOSQUERA DÍAZ	27/07/2002	01:57:13	05:33	17:59	27:21	38:54	54:37	01:20:41	01:37:58	01:53:50	01:56:04			F-158	Senior-80
1296	837 FELIPE IGLESIAS MIRA	27/09/1974	01:57:14	05:33	19:34	28:28	39:50	54:55	01:20:01	01:37:06	01:53:19	01:55:08	GA3698287ATESPRINTES OURENSE		M-1138	Máster 4-135
1297	1564 ÓSCAR MOSTEIRO REFOJO	02/05/1995	01:57:15	05:33	20:35	30:13	42:24	58:45	01:24:46	01:40:48	01:54:26	01:55:17			M-1139	Senior-354
1298	1490 JULIO TORREIRA LÓPEZ	06/11/1973	01:57:15	05:33	20:01	29:31	41:12	56:43	01:22:10	01:38:42	01:53:52	01:54:51			M-1140	Máster 4-136
1299	1254 CARLA PEREZ GARCIA	07/11/1993	01:57:15	05:33	19:00	27:58	39:05	54:03	01:20:12	01:38:08	01:54:05	01:55:40			F-159	Senior-81
1300	341 LUIS VENCE	05/02/1969	01:57:21	05:33	15:21	23:18	33:32	49:38	01:17:42	01:35:58	01:53:48	01:56:54			M-1141	Máster 5-62
1301	1168 MANUEL MODROÑO BEIRES-DIAS	17/12/1999	01:57:23	05:33	17:07	25:29	36:09	50:47	01:17:03	01:36:33	01:53:48	01:56:39			M-1142	Senior-355
1302	1423 NOELIA GUNTIN RODRÍGUEZ	29/05/1999	01:57:23	05:33	19:13	28:17	39:21	54:02	01:19:40	01:36:58	01:53:50	01:55:44		GLOBAL SPORT	F-160	Senior-82
1303	961 CÉSAR VÁZQUEZ SOBRINO	18/05/1976	01:57:24	05:33	19:15	28:17	39:23	54:06	01:19:39	01:37:00	01:53:49	01:55:46			M-1143	Máster 3-177
1304	1826 SAMUEL SUAREZ PAULOS	20/07/1996	01:57:25	05:33	18:20	27:03	38:02	52:35	01:17:09	01:34:58	01:53:30	01:55:46		GLOBAL SPORT CLUB	M-1144	Senior-356
1305	971 FRANCISCO JAVIER SAAVEDRA PITA	15/06/1977	01:57:25	05:33	19:14	28:16	39:22	54:05	01:19:38	01:36:56	01:53:49	01:55:44		GLOBAL SPORT CLUB	M-1145	Máster 3-178
1306	1261 TRACY OAK	06/03/1981	01:57:28	05:34	19:08	28:13	39:44	55:24	01:21:28	01:38:37	01:54:09	01:56:03			F-161	Máster 2-17
1307	813 CHELO PÉREZ GARCÍA	01/05/1974	01:57:28	05:34	17:27	26:23	37:59	53:41	01:20:17	01:38:14	01:54:07	01:56:50			F-162	Máster 4-17
1308	805 LAURA LÓPEZ ÁLVAREZ	09/05/2002	01:57:32	05:34	19:26	28:59	40:40	56:31	01:22:49	01:39:29	01:54:30	01:56:27			F-163	Senior-83
1309	1466 FERNANDO VIGO SANCHEZ	22/06/1980	01:57:34	05:34	19:48	29:10	40:55	56:49	01:22:32	01:39:03	01:54:14	01:55:51			M-1146	Máster 2-167
1310	1083 CONSTANTE RIADIGOS PIÑEIRO	02/07/1981	01:57:34	05:34	19:26	28:32	39:58	55:44	01:21:20	01:38:06	01:54:00	01:56:05			M-1147	Máster 2-168
1311	1635 VICTOR RODRIGUEZ TRILLO	16/12/1984	01:57:41	05:34	20:16	29:46	41:35	57:25	01:23:06	01:39:28	01:54:29	01:55:56			M-1148	Máster 2-169
1312	1445 EVA MARIA FERNANDEZ BRAN	11/10/1969	01:57:42	05:34	18:43	28:13	39:59	55:41	01:21:39	01:38:44	01:54:17	01:57:06		MULLER EN FORMA	F-164	Máster 5-4

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1313	1692 PEDRO ALVAREZ LOPEZ	01/08/1991	01:57:43	05:34	18:25	27:19	38:34	54:08	01:20:11	01:37:57	01:54:22	01:56:26			M-1149	Senior-357
1314	1961 CRISTINA IGLESIAS MEJUTO	27/10/1998	01:57:48	05:35	20:47	30:38	42:42	58:31	01:23:55	01:40:22	01:54:43	01:56:09			F-165	Senior-84
1315	1714 TOMÁS FERREIRA GARZA	20/02/1996	01:57:49	05:35	20:47	30:40	42:41	58:31	01:23:57	01:40:22	01:54:42	01:56:10			M-1150	Senior-358
1316	1128 RAUL GARCIA BLANES	13/03/1982	01:57:50	05:35	18:23	27:36	39:27	55:04	01:21:22	01:39:06	01:54:41	01:56:53			M-1151	Máster 2-170
1317	1419 BETI FARALDO CALVO	28/07/1975	01:57:54	05:35	19:22	29:13	41:09	57:14	01:23:03	01:39:37	01:54:45	01:56:46		CLUB ATLETISMO SADA	F-166	Máster 3-14
1318	864 JUAN ESTEBAN FERNÁNDEZ TORRE	26/07/1985	01:57:55	05:35	20:09	29:28	41:02	56:36	01:22:06	01:39:00	01:54:32	01:56:06			M-1152	Máster 1-154
1319	1992 ALBA GÓMEZ RODRÍGUEZ	18/07/1997	01:57:55	05:35	20:09	29:28	41:03	56:37	01:22:09	01:39:04	01:54:33	01:56:05			F-167	Senior-85
1320	1290 LUCIA GARCIA PONCET	29/04/1977	01:57:56	05:35	19:51	29:13	40:52	56:19	01:22:06	01:39:05	01:54:40	01:56:08			F-168	Máster 3-15
1321	1619 JOSÉ MANUEL RODRÍGUEZ TORREI	16/01/1994	01:58:00	05:35	19:09	28:38	40:30	56:47	01:23:32	01:40:05	01:54:57	01:56:56			M-1153	Senior-359
1322	642 ALBERTO FERREÑO RODRÍGUEZ	18/12/1989	01:58:01	05:35	19:08	28:37	40:31	56:48	01:23:34	01:40:08	01:54:57	01:56:56			M-1154	Máster 1-155
1323	806 PAULA MARIA CÓRDOBA PELAEZ	17/01/2002	01:58:03	05:35	18:15	27:50	39:34	55:32	01:22:01	01:39:23	01:54:48	01:56:51		C TRIATLON BAHIA DE MÁ	F-169	Senior-86
1324	257 FERNANDO NÚÑEZ POL	24/12/1975	01:58:08	05:35	20:17	29:41	41:05	56:50	01:20:34	01:37:08	01:54:24	01:56:26			M-1155	Máster 3-179
1325	1749 ALFONSO SEIJO VILLARINO	23/02/2000	01:58:17	05:36	18:53	28:03	39:12	54:21	01:20:39	01:38:20	01:54:46	01:57:05			M-1156	Senior-360
1326	1250 MELISA FAJIN FRANCO	07/11/1988	01:58:17	05:36	18:43	27:37	39:05	54:33	01:20:57	01:38:52	01:54:56	01:56:34			F-170	Máster 1-23
1327	1926 XOSÉ LOIS PAZ MIRAGAYA	18/11/1969	01:58:19	05:36	19:30	29:03	41:11	57:06	01:23:10	01:40:04	01:55:10	01:57:08		CLUBE ATLETISMO VILALB	M-1157	Máster 5-63
1328	1946 ALDAN LAREU	16/12/2002	01:58:21	05:36	20:52	30:31	42:14	57:54	01:23:51	01:40:44	01:55:06	01:56:28			M-1158	Senior-361
1329	1806 IVAN FERNANDEZ BEDIOLA	02/08/1993	01:58:24	05:36	18:06	27:06	38:10	53:07	01:19:01	01:36:56	01:54:15	01:57:20			M-1159	Senior-362
1330	1420 BERTA CASTRO	07/03/1971	01:58:24	05:36	18:20	27:35	39:03	54:36	01:20:53	01:38:31	01:54:52	01:57:36			F-171	Máster 4-18
1331	1315 ALBA ROZAS MÉNDEZ	04/04/1989	01:58:26	05:36	20:01	29:18	40:57	56:25	01:22:08	01:39:35	01:55:13	01:56:44			F-172	Máster 1-24
1332	1609 DIEGO NOVO NÚÑEZ	24/10/1984	01:58:26	05:36	20:01	29:20	40:56	56:23	01:22:20	01:39:35	01:55:13	01:56:45			M-1160	Máster 2-171
1333	760 PAULA TRILLO CALO	25/09/1990	01:58:27	05:36	19:02	28:14	39:49	55:21	01:21:13	01:38:42	01:54:52	01:57:17			F-173	Senior-87
1334	1546 ANDRÉS VILA HERMO	20/06/2004	01:58:28	05:36	20:17	29:42	41:24	56:36	01:22:44	01:39:26	01:55:03	01:56:44			M-1161	Sub 23-35
1335	1509 SALVADOR LÓPEZ PÉREZ-CHAO	17/04/1991	01:58:29	05:36	19:17	28:42	40:28	56:19	01:22:13	01:39:27	01:55:03	01:57:04			M-1162	Senior-363
1336	1477 BRAIS GARCÍA FERNÁNDEZ	24/07/1994	01:58:31	05:37	19:37	29:00	40:37	56:26	01:22:33	01:39:50	01:55:14	01:56:43			M-1163	Senior-364
1337	1495 XESÚS ANXO LÓPEZ PINTOS	02/10/1955	01:58:36	05:37	19:47	29:17	41:02	56:50	01:23:03	01:40:07	01:55:18	01:57:11		PASA OU ENTORNA	M-1164	Máster 7-17
1338	1404 MARGA AGUÍN TRELLES	22/10/1969	01:58:37	05:37	18:47	28:02	39:35	55:06	01:21:17	01:39:05	01:55:15	01:57:36		C.D.RIA DE AROUSA DO G	F-174	Máster 5-5
1339	1835 GABRIEL VÁZQUEZ MARTÍNEZ	08/12/2003	01:58:41	05:37	20:15	30:16	42:44	59:29	01:25:24	01:42:22	01:55:51	01:57:15			M-1165	Sub 23-36
1340	1474 JOSE CARLOS RODRIGUEZ PEREZ	10/04/1951	01:58:44	05:37	19:05	28:11	39:39	55:20	01:21:22	01:38:45	01:55:06	01:57:19			M-1166	Máster 7-18
1341	1628 PABLO RODRÍGUEZ BALEIRÓN	21/11/1991	01:58:46	05:37	19:26	28:55	40:44	56:32	01:22:24	01:39:41	01:55:30	01:57:31			M-1167	Senior-365
1342	1669 RUBÉN RODRÍGUEZ LESTÓN	04/06/2005	01:58:48	05:37	21:27	30:34	42:05	57:32	01:22:46	01:39:35	01:55:06	01:57:06			M-1168	Sub 23-37
1343	1537 SERGIO POSE FERNÁNDEZ	28/08/1999	01:58:48	05:37	19:42	29:14	41:03	56:40	01:22:30	01:39:24	01:55:18	01:57:05			M-1169	Senior-366
1344	1850 ALEJANDRO TATO ARREGUI	24/07/1999	01:58:49	05:37	18:28	27:50	39:21	54:47	01:21:42	01:38:53	01:55:16	01:58:04			M-1170	Senior-367

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1345	1943 DANIEL PEDREIRA CARRO	24/01/1999	01:58:50	05:37	19:42	29:13	41:02	56:40	01:22:36	01:39:25	01:55:20	01:57:08			M-1171	Senior-368
1346	1465 EMILIO FIUZA TRILLO	19/05/1964	01:58:51	05:38	18:32	27:39	39:22	55:07	01:21:18	01:39:10	01:55:18	01:57:54			M-1172	Máster 6-31
1347	1654 PABLO DE RON FERNANDEZ-MOSC	16/02/1967	01:58:51	05:38	20:01	29:18	41:01	56:41	01:22:44	01:39:40	01:55:29	01:57:00			M-1173	Máster 5-64
1348	1606 PABLO GARCÍA MARTÍNEZ	08/06/1988	01:58:51	05:38	19:36	28:51	40:18	55:48	01:22:25	01:40:19	01:55:38	01:57:11		GLOBAL SPORT	M-1174	Máster 1-156
1349	1312 KATERYNA BARTOSHKINA	05/07/1987	01:58:51	05:38	19:37	28:52	40:18	55:48	01:22:18	01:40:26	01:55:39	01:57:11		GLOBAL SPORT	F-175	Máster 1-25
1350	1023 MANUEL BARRIOS ANGULO	13/11/1993	01:58:56	05:38	18:37	28:00	39:40	55:35	01:21:40	01:39:23	01:55:28	01:57:56			M-1175	Senior-369
1351	1165 JOSE FAULIMÉ BARRERA	08/11/1995	01:58:56	05:38	18:37	27:57	39:41	55:34	01:21:43	01:39:24	01:55:19	01:57:56			M-1176	Senior-370
1352	1010 PABLO GARCIA TEBAR	15/10/1999	01:58:57	05:38	18:34	27:57	39:40	55:34	01:21:42	01:39:23	01:55:19	01:57:57			M-1177	Senior-371
1353	1024 JUAN FERNANDO CAPOTE DOMINC	21/04/2000	01:58:57	05:38	18:36	27:58	39:39	55:32	01:21:33	01:39:23	01:55:28	01:57:57			M-1178	Senior-372
1354	1550 JOSE ANGEL LORENZO RIVEIRO	29/02/1972	01:58:57	05:38	19:25	28:55	40:43	56:35	01:22:41	01:40:01	01:55:46	01:57:45			M-1179	Máster 4-137
1355	1402 ÁLIDA YAGO MENA	08/01/1995	01:58:58	05:38	20:01	29:18	40:54	55:57	01:21:41	01:40:04	01:55:42	01:57:29			F-176	Senior-88
1356	1287 GEMA LINARES MARTOS	25/11/1993	01:58:58	05:38	19:47	28:53	40:30	56:10	01:22:14	01:39:42	01:55:35	01:57:17			F-177	Senior-89
1357	1198 RUBEN CASAL DURAN	12/05/1983	01:59:00	05:38	19:35	29:03	40:45	56:27	01:22:33	01:39:57	01:55:44	01:57:33			M-1180	Máster 2-172
1358	1540 LUIS MARTÍNEZ CAMBLOR	18/01/1993	01:59:00	05:38	19:48	28:56	40:30	56:10	01:22:15	01:39:42	01:55:35	01:57:19			M-1181	Senior-373
1359	1501 EDUARDO VAZQUEZ AMOR	25/04/1979	01:59:00	05:38	18:02	27:05	38:43	54:20	01:20:02	01:38:16	01:55:10	01:58:00			M-1182	Máster 3-180
1360	1310 SANDRA GÓMEZ MOURE	03/01/1985	01:59:01	05:38	19:34	28:59	40:40	56:35	01:22:49	01:40:11	01:55:44	01:57:32			F-178	Máster 2-18
1361	640 XOSÉ MANUEL SENLLE CANOSA	13/06/1959	01:59:04	05:38	25:06	34:08	45:29	01:00:38	01:25:30	01:41:39	01:56:04	01:50:48			M-1183	Máster 7-19
1362	849 RUBÉN DARRIBA MONTECELO	27/07/1976	01:59:08	05:38	19:47	29:10	40:54	56:49	01:22:42	01:39:42	01:55:42	01:57:26			M-1184	Máster 3-181
1363	1257 MARYEM SALI DUQUE	22/01/1980	01:59:08	05:38	19:11	28:16	39:45	55:35	01:22:30	01:40:13	01:55:56	01:57:28			F-179	Máster 3-16
1364	1327 MARTA RODRIGUEZ RODRIGUEZ	26/05/2003	01:59:08	05:38	19:13	28:19	39:45	55:25	01:21:14	01:39:16	01:55:40	01:58:03			F-180	Sub 23-8
1365	1710 PABLO SAMPAYO	04/09/1997	01:59:09	05:38	19:46	29:15	41:11	57:15	01:24:09	01:41:08	01:56:03	01:57:24			M-1185	Senior-374
1366	1884 PABLO BAZ MARTINEZ	08/12/2004	01:59:12	05:39	19:09	28:08	39:15	54:23	01:20:16	01:38:45	01:55:45	01:57:37			M-1186	Sub 23-38
1367	1549 MANUEL GONZÁLEZ DEVESA	22/03/1982	01:59:13	05:39	19:46	29:17	41:15	57:09	01:23:15	01:40:14	01:55:51	01:57:28		RUNNING ARTEIXO	M-1187	Máster 2-173
1368	1672 RUBEN LEIRA REY	12/07/1987	01:59:14	05:39	19:05	28:31	40:33	56:37	01:22:56	01:40:27	01:55:58	01:57:46		ADC MONTEBREAMO	M-1188	Máster 1-157
1369	1995 MOHAMED FARRAH AIT EL FASSI	22/11/2004	01:59:14	05:39	19:10	28:08	39:15	54:26	01:20:16	01:38:44	01:55:46	01:57:40			M-1189	Sub 23-39
1370	1093 ANXO RODRÍGUEZ	11/02/2003	01:59:14	05:39	16:56	25:12	35:38	50:08	01:17:05	01:35:13	01:55:04	01:58:28			M-1190	Sub 23-40
1371	1025 ALBERTO FERNÁNDEZ PÉREZ	18/01/1973	01:59:16	05:39	18:16	27:28	38:52	54:58	01:21:33	01:39:35	01:55:49	01:58:19			M-1191	Máster 4-138
1372	1206 IGOR JAUMANDREU SANTOS	29/09/1967	01:59:17	05:39	18:10	27:27	39:19	55:16	01:21:52	01:39:35	01:55:51	01:58:41		CLUB CORREDORES	M-1192	Máster 5-65
1373	1514 MARCOS BIJLEVELD ARTÍMEZ	23/10/1975	01:59:18	05:39	19:17	28:26	39:56	55:32	01:21:23	01:39:10	01:55:39	01:57:41			M-1193	Máster 3-182
1374	1951 JUAN MANUEL VIDAL FERNÁNDEZ	01/09/1954	01:59:18	05:39	21:08	30:13	41:40	57:01	01:23:05	01:40:07	01:55:45	01:55:05			M-1194	Máster 7-20
1375	1363 BARBARA FERNANDEZ INSUA	22/03/1993	01:59:20	05:39	19:42	29:04	40:48	56:45	01:22:44	01:39:52	01:55:50	01:57:35			F-181	Senior-90
1376	958 DIEGO MARTÍN ARES	05/03/1978	01:59:30	05:39	17:19	25:56	37:37	53:40	01:20:50	01:38:57	01:55:47	01:58:32		NOSPORTLIMIT	M-1195	Máster 3-183

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1377	1497 JAIME CONCEIRO	09/09/1972	01:59:32	05:39	19:49	29:20	41:17	57:05	01:22:45	01:40:21	01:56:17	01:58:33			M-1196	Máster 4-139
1378	1539 ANDRÉS REY DOMINGO	05/01/1980	01:59:38	05:40	19:30	28:37	40:14	55:54	01:22:41	01:40:46	01:56:24	01:57:40			M-1197	Máster 3-184
1379	1532 FERNANDO VEIGA DOPICO	22/03/1968	01:59:39	05:40	19:45	29:15	41:06	56:53	01:23:02	01:40:56	01:56:22	01:58:09			M-1198	Máster 5-66
1380	449 ELENA SUÁREZ GESTO	23/08/1984	01:59:39	05:40	16:59	25:53	37:29	53:33	01:20:54	01:39:37	01:56:10	01:59:02	GA3776879A	ISOCIEDAD DEPORTIVA CC	F-182	Máster 2-19
1381	1392 LUCIA DE ESPONA PERNAS	11/09/1980	01:59:39	05:40	20:13	29:44	42:31	58:01	01:23:57	01:41:12	01:56:26	01:58:15			F-183	Máster 2-20
1382	1266 JULIA RÍO TORCAL	30/01/2002	01:59:49	05:40	18:24	27:21	38:43	54:21	01:21:41	01:39:57	01:56:31	01:58:00		RITMO	F-184	Senior-91
1383	1473 DIEGO LUIS COUTO VIEJO	29/11/1992	01:59:53	05:40	21:08	30:45	42:32	58:12	01:23:32	01:40:25	01:56:23	01:57:59			M-1199	Senior-375
1384	1463 ALBERTO PITA BERMUDEZ	29/01/1978	01:59:57	05:41	19:02	28:17	39:53	55:31	01:21:50	01:39:43	01:56:31	01:58:31			M-1200	Máster 3-185
1385	1603 MATEO LONGUEIRA AMOR	23/09/2003	01:59:58	05:41	18:40	27:28	39:58	55:14	01:20:57	01:38:57	01:56:15	01:58:23			M-1201	Sub 23-41
1386	1152 JOSE MARTINEZ ZAS	23/03/1969	01:59:59	05:41	17:34	26:14	37:22	52:35	01:19:12	01:38:14	01:56:01	01:58:56			M-1202	Máster 5-67
1387	1870 MÁXIMO FERNANDO FRAGA CIMA	13/10/1992	02:00:02	05:41	21:32	31:46	44:53	01:01:20	01:27:43	01:43:31	01:57:11	01:58:07			M-1203	Senior-376
1388	1335 ELIANA ABURDENE BURGOA	23/10/1984	02:00:04	05:41	19:21	28:22	39:34	54:56	01:21:33	01:39:45	01:56:25	01:58:19			F-185	Máster 2-21
1389	1541 ROGELIO GRANJA MENDEZ	05/06/1954	02:00:04	05:41	19:32	28:46	40:23	55:46	01:22:37	01:40:23	01:56:32	01:58:37			M-1204	Máster 7-21
1390	1681 JOSÉ ANTONIO VILLAMISAR VAREL	22/01/1969	02:00:04	05:41	20:48	30:38	42:51	59:39	01:25:43	01:42:22	01:56:56	01:58:13			M-1205	Máster 5-68
1391	1342 ISABEL MIGUÉNS PÉREZ	23/02/1975	02:00:11	05:41	19:14	28:41	40:41	56:46	01:23:28	01:41:07	01:56:52	01:58:51		AGENCIA MORLA	F-186	Máster 3-17
1392	1701 ADRIAN GOMEZ POSE	24/02/1989	02:00:18	05:42	20:31	29:52	41:44	57:34	01:23:54	01:41:13	01:56:56	01:58:21			M-1206	Máster 1-158
1393	918 MANUEL PENA VARELA	26/06/1977	02:00:18	05:42	19:36	29:09	40:59	57:02	01:23:48	01:41:22	01:57:01	01:59:09		RAMBLER RUNNER	M-1207	Máster 3-186
1394	1702 OSCAR SOTO MIRANDA	19/09/1989	02:00:19	05:42	20:32	29:53	41:43	57:34	01:23:56	01:41:14	01:56:56	01:58:22			M-1208	Máster 1-159
1395	1722 CHRISTIAN ALBOR GIL	05/04/1998	02:00:20	05:42	20:48	30:19	42:04	57:39	01:23:31	01:40:44	01:57:06	01:58:19			M-1209	Senior-377
1396	201 ALVARO LÓPEZ JÁCOME	24/09/1975	02:00:21	05:42	13:33	20:38	29:36	41:58	01:17:35	01:35:22	01:55:24	02:00:09			M-1210	Máster 3-187
1397	1236 DANIEL LAMAS LEÓN	02/11/2006	02:00:22	05:42	17:30	26:01	36:41	51:03	01:15:37	01:35:21	01:55:25	01:59:14	DANIELLA	MACLUB ATLETISMO SADA	M-1211	Sub 20-12
1398	1956 JORGE BORRAJO MERA	03/11/2003	02:00:23	05:42	18:47	27:37	39:00	54:26	01:21:10	01:39:29	01:56:30	01:58:50			M-1212	Sub 23-42
1399	1433 JESSICA LOPEZ VAZQUEZ	26/10/1983	02:00:27	05:42	19:22	28:32	39:46	55:31	01:22:12	01:40:16	01:56:49	01:58:41			F-187	Máster 2-22
1400	1651 PEDRO MASEDA	16/03/1970	02:00:31	05:42	19:31	29:09	41:25	58:03	01:24:44	01:42:00	01:57:31	01:59:18			M-1213	Máster 4-140
1401	683 PABLO RODRÍGUEZ LÓPEZ	09/05/1967	02:00:34	05:42	17:02	25:53	37:23	53:16	01:20:47	01:39:39	01:57:06	02:00:05			M-1214	Máster 5-69
1402	1303 ALBA PEREZ PAZ	07/03/1995	02:00:36	05:43	19:32	28:54	40:33	56:31	01:23:04	01:41:03	01:57:05	01:59:05	GA3784627A	ATCLUB TRIATLÓN COMPOS	F-188	Senior-92
1403	1649 PABLO MARTÍNEZ LEMA	02/02/2000	02:00:41	05:43	20:09	29:51	42:00	58:29	01:24:57	01:42:20	01:57:19	01:59:20			M-1215	Senior-378
1404	1159 JORGE DOURADO EIROA	18/11/1989	02:00:43	05:43	18:42	27:55	39:29	55:15	01:22:04	01:40:28	01:57:10	01:59:41			M-1216	Máster 1-160
1405	1245 ALEXANDRA PAZOS DOMINGUEZ	11/09/1992	02:00:46	05:43	17:53	26:53	38:20	54:24	01:23:36	01:41:05	01:57:15	01:59:51	AG14437	LA MOCHILA DEL DEPORT	F-189	Senior-93
1406	1117 ADRIÁN SOBRINO PÉREZ	22/12/1987	02:00:46	05:43	17:34	26:08	37:12	52:04	01:17:11	01:34:16	01:56:07	01:59:38			M-1217	Máster 1-161
1407	1431 LARA ANSEDE HUERTAS	02/04/1994	02:00:46	05:43	19:01	28:21	40:22	56:26	01:23:16	01:41:02	01:57:17	01:59:35		NOSPORTLIMIT	F-190	Senior-94
1408	1378 ANE DE LA YDALGA RODRÍGUEZ	03/07/1998	02:00:48	05:43	19:43	29:16	41:31	57:49	01:24:17	01:42:26	01:57:56	01:59:57			F-191	Senior-95

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1409	1437 BLANCA DIAZ-PACHE DEVESA	28/09/1996	02:00:48	05:43	19:56	29:27	41:22	57:24	01:24:20	01:42:03	01:57:49	01:59:03			F-192	Senior-96
1410	1711 JORGE LÓPEZ GARCÍA	24/02/1998	02:00:49	05:43	19:43	29:18	41:33	57:50	01:24:19	01:42:25	01:57:57	01:59:58			M-1218	Senior-379
1411	1255 DÁNAE MELÉNDREZ VILA	08/01/1985	02:00:53	05:43	20:23	30:03	42:03	58:32	01:25:26	01:42:36	01:57:46	01:59:00	GA3777409	NOSPORTLIMIT	F-193	Máster 2-23
1412	1829 ALBERTO RAMOS CANCELO	15/08/1978	02:00:54	05:43	20:13	29:49	41:58	58:05	01:23:54	01:41:29	01:57:54	01:59:30			M-1219	Máster 3-188
1413	1940 MANUEL ANTONIO ALFONSO PÉREZ	13/09/1960	02:01:00	05:44	18:58	28:33	40:26	56:25	01:22:32	01:41:06	01:57:33	01:59:58		C.D.RIA DE AROUSA DO G	M-1220	Máster 6-32
1414	1934 JAVIER NUÑEZ VAZQUEZ	04/02/1994	02:01:03	05:44	17:38	27:04	39:12	55:36	01:22:47	01:40:54	01:57:18	02:00:22			M-1221	Senior-380
1415	1612 FEDERICO GACHE PESQUEIRA	10/07/1977	02:01:03	05:44	21:21	31:10	43:29	59:58	01:26:45	01:43:44	01:58:09	01:59:03			M-1222	Máster 3-189
1416	1647 YAGO GARCÍA VEIGA	22/09/1986	02:01:15	05:44	18:52	28:19	40:10	56:29	01:23:30	01:41:23	01:57:49	02:00:10			M-1223	Máster 1-162
1417	1336 ROSA LÓPEZ ABAD	23/09/1984	02:01:15	05:44	18:51	28:19	40:08	56:29	01:23:16	01:41:24	01:57:48	02:00:10			F-194	Máster 2-24
1418	1468 DAVID VARELA VÍA	22/06/1982	02:01:16	05:44	19:32	28:49	40:36	56:17	01:21:50	01:40:56	01:57:44	01:59:48		NOSPORTLIMIT	M-1224	Máster 2-174
1419	1586 JACOBO LAMAS PEDREIRA	01/09/1986	02:01:16	05:44	20:17	30:21	42:52	58:46	01:24:44	01:41:53	01:57:55	01:59:28			M-1225	Máster 1-163
1420	1375 ROMINA RODRÍGUEZ ARCAZ	22/05/1979	02:01:17	05:44	20:16	29:39	41:17	57:17	01:23:36	01:41:40	01:57:46	01:59:25			F-195	Máster 3-18
1421	1036 JAVIER NUÑEZ CALZADA	14/09/1976	02:01:26	05:45	20:33	30:25	42:55	59:04	01:25:11	01:42:08	01:58:08	01:59:34			M-1226	Máster 3-190
1422	1227 JOSÉ MANUEL RIOS GIBELLO	28/08/1961	02:01:27	05:45	18:35	27:38	39:15	55:09	01:22:23	01:41:09	01:57:46	02:00:33			M-1227	Máster 6-33
1423	1588 ANDRÉS ORTIZ ALONSO	09/05/1991	02:01:30	05:45	19:28	29:01	40:42	56:34	01:23:59	01:42:28	01:58:21	02:00:11			M-1228	Senior-381
1424	746 MARIA CORREDOIRA BALEATO	12/11/1974	02:01:30	05:45	19:00	28:17	40:06	56:11	01:23:19	01:41:38	01:57:57	02:00:13	AG8076	CLUB DEPORTIVO INCLUS	F-196	Máster 4-19
1425	1248 CRISTINA PEÑAMARÍA CANOSA	10/10/1991	02:01:31	05:45	20:24	30:03	42:04	58:34	01:25:26	01:42:41	01:58:16	01:59:38		NOSPORTLIMIT	F-197	Senior-97
1426	1364 ANA LEMA CAMBLOR	15/07/1996	02:01:31	05:45	20:08	29:43	41:39	57:41	01:24:02	01:41:55	01:58:06	02:00:07			F-198	Senior-98
1427	868 ÓSCAR VIDAL RODRÍGUEZ	21/09/1979	02:01:32	05:45	19:05	28:22	40:04	55:58	01:23:56	01:42:24	01:58:21	02:00:17			M-1229	Máster 3-191
1428	974 JACOBO FREIRE	26/02/1982	02:01:32	05:45	18:33	27:39	39:02	54:47	01:21:23	01:39:57	01:57:34	02:00:38			M-1230	Máster 2-175
1429	1328 LUCIANA LIMA	01/11/2003	02:01:32	05:45	20:18	30:13	42:32	59:09	01:25:56	01:43:23	01:58:22	02:00:07			F-199	Sub 23-9
1430	1300 MARIA RON ARROYO	11/12/1991	02:01:33	05:45	20:09	29:44	41:39	57:42	01:24:14	01:41:59	01:58:07	02:00:08			F-200	Senior-99
1431	1927 GILBERT TORREALBA	06/09/1989	02:01:34	05:45	17:54	27:07	39:16	55:58	01:22:51	01:42:00	01:58:13	02:01:01			M-1231	Máster 1-164
1432	1291 GEORGINA LETTS	05/01/2000	02:01:36	05:45	19:16	28:42	40:40	56:55	01:24:03	01:42:26	01:58:28	02:00:18			F-201	Senior-100
1433	1256 PURY CAMPOS REGUEIRO	12/06/1968	02:01:37	05:45	19:23	29:13	41:09	57:12	01:24:12	01:42:14	01:58:18	02:00:29	T2025	CLUB ATLETISMO SADA	F-202	Máster 5-6
1434	1834 EDUARDO VEIGA MORENO	12/10/1986	02:01:39	05:45	19:58	29:33	41:31	57:34	01:24:11	01:41:53	01:58:16	01:59:53			M-1232	Máster 1-165
1435	1301 HELENA COSTA	27/09/1995	02:01:43	05:46	20:06	29:22	41:26	57:30	01:24:07	01:41:37	01:58:08	01:59:57			F-203	Senior-101
1436	816 ALEX FIGUEIRAS	20/08/1993	02:01:43	05:46	20:05	29:19	41:28	57:30	01:24:06	01:41:35	01:58:06	01:59:57		GRUP ESPORTIU ESPALMA	M-1233	Senior-382
1437	1529 DAMIA FERRER TUR	18/01/1994	02:01:44	05:46	20:06	29:21	41:28	57:30	01:24:08	01:41:37	01:58:07	01:59:59			M-1234	Senior-383
1438	1448 PAULA MARTINEZ PARRA	20/02/1997	02:01:45	05:46	19:54	29:43	41:55	58:08	01:24:34	01:42:17	01:58:29	02:00:20			F-204	Senior-102
1439	1393 MARTA RICOY GONZALEZ	10/02/1997	02:01:49	05:46	19:54	29:43	41:54	58:09	01:24:48	01:42:26	01:58:29	02:00:24			F-205	Senior-103
1440	877 CARLOS SUAREZ ARES	04/08/1976	02:01:54	05:46	19:26	29:04	41:13	57:25	01:24:16	01:42:17	01:58:35	02:00:53	10905277B	NOSPORTLIMIT	M-1235	Máster 3-192

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1441	1499 MIGUEL FACAL VÁZQUEZ	19/05/1983	02:01:54	05:46	20:11	30:04	42:27	58:55	01:26:04	01:43:40	01:58:56	02:00:26		A.D.MEDIADUCIA	M-1236	Máster 2-176
1442	757 ANA GAÑÁN MEGÍAS	19/11/1971	02:01:58	05:46	19:36	29:31	41:49	58:19	01:25:15	01:42:42	01:58:47	02:01:04		PURA VIDA DEPORTIVA	F-206	Máster 4-20
1443	1552 GABRIEL ÁLVAREZ SILVAR	18/01/1967	02:02:08	05:47	19:22	29:04	41:13	57:15	01:23:59	01:41:50	01:58:34	02:00:59		CLUB ATLETISMO SADA	M-1237	Máster 5-70
1444	1231 MANUEL JUAN BLANCO GABIN	05/05/1967	02:02:11	05:47	17:46	26:51	38:22	54:00	01:21:08	01:40:46	01:58:45	02:01:18			M-1238	Máster 5-71
1445	1492 JESUS FREIRE PEDREIRA	22/05/1967	02:02:14	05:47	17:41	26:41	38:02	53:36	01:20:50	01:39:40	01:58:14	02:01:26			M-1239	Máster 5-72
1446	1664 RUBÉN IGLESIAS PAYO	16/10/1973	02:02:16	05:47	18:04	27:37	39:39	56:13	01:24:02	01:42:48	01:58:57	02:01:31			M-1240	Máster 4-141
1447	1427 EVA BLANCO LÓPEZ	21/03/2002	02:02:16	05:47	20:58	30:37	42:39	58:54	01:25:22	01:42:45	01:58:52	02:01:27			F-207	Senior-104
1448	875 MATHEUS MARTINS CERQUEIRA	15/01/2000	02:02:16	05:47	19:56	29:43	41:54	58:05	01:24:33	01:41:54	01:58:34	02:02:16			M-1241	Senior-384
1449	1949 ANGELA LOPEZ FERNÁNDEZ	03/06/2001	02:02:18	05:47	20:57	30:33	42:35	58:52	01:25:46	01:43:25	01:58:59	02:00:21			F-208	Senior-105
1450	1523 IVÁN IGLESIAS SANGIL	01/11/1988	02:02:20	05:47	20:31	30:11	42:15	58:41	01:25:36	01:42:55	01:58:51	02:00:32			M-1242	Máster 1-166
1451	812 PILAR MUGICA	15/07/1972	02:02:22	05:48	19:38	29:36	42:00	58:34	01:25:11	01:42:42	01:58:46	02:01:34		CLUB TRIATLÓN ATLÁNTIC	F-209	Máster 4-21
1452	1341 IRIA SUÁREZ DÍAZ	31/10/1979	02:02:24	05:48	19:42	29:11	41:00	57:11	01:24:00	01:42:09	01:58:49	02:01:01			F-210	Máster 3-19
1453	1500 MIGUEL LAZO SERRA	17/02/1968	02:02:25	05:48	19:33	28:48	40:21	55:59	01:24:13	01:42:16	01:58:43	02:01:00			M-1243	Máster 5-73
1454	1411 BRENDA CAROLINA MARTÍNEZ VEL	15/04/1985	02:02:27	05:48	20:10	30:05	42:32	58:54	01:25:46	01:43:09	01:59:05	02:01:34			F-211	Máster 1-26
1455	1454 JOSE MONTERO PAMPÍN	11/05/1977	02:02:28	05:48	18:12	27:04	38:17	53:44	01:20:03	01:39:19	01:58:23	02:01:26			M-1244	Máster 3-193
1456	1224 ALEJANDRO GONZÁLEZ PARDO	22/01/1981	02:02:29	05:48	18:14	27:04	38:18	53:43	01:20:05	01:39:18	01:58:24	02:01:27			M-1245	Máster 2-177
1457	1947 BORJA LOPEZ ROMEU	20/03/1998	02:02:32	05:48	21:56	32:28	45:20	01:02:12	01:28:35	01:45:10	01:59:24	02:00:34			M-1246	Senior-385
1458	1051 JUAN VIDAL PEREZ ALVAREZ	20/07/1972	02:02:33	05:48			47:34	01:02:21	01:26:52	01:43:44	01:59:20	01:54:47		NOSPORTLIMIT	M-1247	Máster 4-142
1459	1585 CARLOS CARREIRA OTERO	29/03/1965	02:02:36	05:48	20:20	30:00	41:51	57:33	01:24:44	01:42:29	01:59:01	02:01:02			M-1248	Máster 5-74
1460	1345 LUCÍA GIL DE BERNABÉ MÁRQUEZ	13/04/1999	02:02:36	05:48	23:36	33:21	45:40	01:01:14	01:27:15	01:44:26	01:59:31	01:56:39			F-212	Senior-106
1461	1241 TERESA RINCON SAAVEDRA	15/11/1976	02:02:36	05:48	20:41	30:35	42:59	59:27	01:27:08	01:43:54	01:59:06	02:00:56			F-213	Máster 3-20
1462	1598 JOSE VEIGA DOPICO	05/09/1970	02:02:36	05:48	19:46	29:14	41:06	56:54	01:23:06	01:40:58	01:58:54	02:01:07			M-1249	Máster 4-143
1463	1998 IRENE GUZMAN RODRIGUEZ	16/07/1993	02:02:44	05:49	19:27	28:50	40:43	56:48	01:24:03	01:42:32	01:59:10	02:01:20			F-214	Senior-107
1464	1493 MANUEL VAZQUEZ ALVEDRO	18/08/1954	02:02:44	05:49	19:13	28:35	40:17	56:13	01:22:59	01:41:33	01:58:53	02:01:21		ATLETAS DE ACEA DE AM	M-1250	Máster 7-22
1465	1285 RAQUEL ARMESTO PINEDO	31/12/1975	02:02:45	05:49	19:23	29:13	41:10	57:15	01:24:26	01:43:15	01:59:26	02:01:38		CLUB ATLETISMO SADA	F-215	Máster 3-21
1466	1418 ÁNGELES ARES FILLOY	09/01/2002	02:02:45	05:49	19:24	29:13	41:11	57:15	01:24:27	01:43:13	01:59:26	02:01:37		CLUB ATLETISMO SADA	F-216	Senior-108
1467	1387 ÁGUEDA SIMAIS LORENZO	30/09/2000	02:02:45	05:49	19:42	29:20	41:29	57:33	01:24:43	01:43:04	01:59:09	02:01:34	AG18596		F-217	Senior-109
1468	1657 JULIO MARTINEZ RUMBO	03/07/1993	02:02:47	05:49	20:55	30:34	42:39	58:39	01:25:08	01:42:52	01:59:29	02:00:49			M-1251	Senior-386
1469	1491 JULIO BARRAL IGLESIAS	19/05/1966	02:02:47	05:49	19:13	28:37	40:17	56:13	01:23:13	01:41:38	01:59:00	02:01:25			M-1252	Máster 5-75
1470	1648 PABLO RODRÍGUEZ CODESAL	25/12/2001	02:02:51	05:49	19:29	28:40	39:56	55:36	01:22:40	01:40:43	01:58:39	02:01:44			M-1253	Senior-387
1471	1272 GABRIELA CASARES FANZERES	03/09/1991	02:02:57	05:49	18:58	28:28	40:19	56:31	01:23:59	01:42:25	01:59:13	02:01:41			F-218	Senior-110
1472	1665 CESAR ALVAREZ GARCIA	19/02/1982	02:02:58	05:49	20:44	30:36	43:01	59:33	01:26:22	01:43:40	01:59:39	02:01:19			M-1254	Máster 2-178

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1473	1789 JUANJO JOSE CANCELO ALFONSO	08/10/1988	02:03:13	05:50	21:45	31:59	44:46	01:02:09	01:30:26	01:46:13	02:00:27	02:01:11	AG15025	CLUB ATLETISMO BRION-IM-1255	M-1255	Máster 1-167
1474	1624 CARLOS LOPEZ CASCALLAR	10/10/1979	02:03:13	05:50	21:55	32:17	45:13	01:02:19	01:29:23	01:45:38	02:00:22	02:01:26			M-1256	Máster 3-194
1475	833 ALFONSO VAZQUEZ FERREIRO	11/11/1967	02:03:13	05:50	18:41	28:25	40:41	57:04	01:24:01	01:42:30	01:59:33	02:02:18			M-1257	Máster 5-76
1476	1325 SUSANA BLANCO TAJES	12/11/1996	02:03:16	05:50	20:23	29:47	41:30	57:27	01:24:07	01:42:29	01:59:38	02:01:18			F-219	Senior-111
1477	1316 EUGENIA VALLS ALFARO	29/12/2000	02:03:22	05:50	21:08	31:14	43:37	01:00:09	01:27:00	01:44:25	02:00:07	02:01:52			F-220	Senior-112
1478	1871 MARCOS GAVIEIRO VÁZQUEZ	03/02/1978	02:03:23	05:50	19:07	28:01	39:00	54:04	01:22:16	01:42:23	01:59:34	02:01:39			M-1258	Máster 3-195
1479	1615 ALEJANDRO VELASCO MONJE	22/10/1990	02:03:23	05:50	19:07	28:02	39:23	54:51	01:22:34	01:42:05	01:59:51	02:01:29			M-1259	Senior-388
1480	1314 ANTONELLA CASTILLO TORRES	02/05/1990	02:03:24	05:50	20:26	30:28	42:58	59:43	01:26:31	01:44:32	02:00:09	02:01:46			F-221	Senior-113
1481	978 DIEGO FERNANDEZ GARCÍA	10/07/1988	02:03:30	05:51	25:21	34:17	45:52	01:01:49	01:27:57	01:44:50	02:00:15	01:54:21			M-1260	Máster 1-168
1482	1760 JACOBO HORTAS GARCÍA	03/03/1977	02:03:39	05:51	20:02	29:21	41:12	56:59	01:23:27	01:41:33	01:59:24	02:01:49			M-1261	Máster 3-196
1483	1534 DIEGO SANCHEZ VERDES	20/09/1978	02:03:39	05:51	21:14	31:24	44:01	01:00:32	01:26:43	01:43:50	02:00:01	02:01:48			M-1262	Máster 3-197
1484	1639 IVÁN RODRÍGUEZ GONZÁLEZ	18/01/1992	02:03:41	05:51	18:45	28:00	39:35	51:52	01:21:46	01:42:06	01:59:56	02:02:34			M-1263	Senior-389
1485	1479 MARCELO DE SOUZA MARINHO	18/06/1968	02:03:41	05:51	18:32	27:36	39:14	55:24	01:23:13	01:42:24	01:59:56	02:02:25			M-1264	Máster 5-77
1486	1425 DIANA MEDAL RENDAL	01/10/1981	02:03:44	05:51	19:32	28:46	40:32	56:33	01:24:43	01:43:58	02:00:22	02:02:25		ASOCIACION DEPORTIVA	F-222	Máster 2-25
1487	1731 JHORDAN SEBASTIAN PEÑA GARCÍA	11/10/1990	02:03:45	05:51	21:22	31:37	44:17	01:00:49	01:28:00	01:45:19	02:00:32	02:01:53			M-1265	Senior-390
1488	1247 CRISTINA BUCETA PEREZ	08/08/1969	02:03:51	05:52	20:18	29:45	41:51	57:55	01:25:11	01:43:20	02:00:10	02:02:17			F-223	Máster 5-7
1489	1801 JOSÉ ANTONIO CARTELLE CUDILLEI	06/12/1966	02:03:59	05:52	20:00	29:35	42:03	58:21	01:26:08	01:44:07	02:00:25	02:02:37			M-1266	Máster 5-78
1490	1650 MANUEL RAMÓN RÍOS SUÁREZ	21/09/1975	02:04:03	05:52	18:59	28:25	40:23	57:11	01:24:21	01:42:49	02:00:15	02:02:32			M-1267	Máster 3-198
1491	1704 CARLOS ROLON	14/03/2000	02:04:07	05:53	17:15	27:01	39:23	56:09	01:23:31	01:42:44	02:00:20	02:03:54			M-1268	Senior-391
1492	1349 CHARLOTTE ATKINS	23/09/1998	02:04:10	05:53	19:23	29:01	41:10	57:31	01:25:08	01:44:04	02:00:34	02:02:54			F-224	Senior-114
1493	1985 NEREA ÁLVAREZ DOMÍNGUEZ	24/10/1999	02:04:11	05:53	19:32	28:57	40:38	56:12	01:22:14	01:42:54	02:00:32	02:02:42			F-225	Senior-115
1494	1567 SERGIO GABRIEL BÚA FERNÁNDEZ	13/05/1993	02:04:11	05:53	21:26	31:25	43:49	01:00:33	01:27:50	01:45:21	02:01:16	02:02:33			M-1269	Senior-392
1495	1741 FEDERICO LASSERRE ALMEIDA	26/03/1998	02:04:14	05:53	20:59	30:35	42:38	58:56	01:25:46	01:43:26	02:00:00	02:02:18			M-1270	Senior-393
1496	1087 ALEXANDRE SANTISO SEOANE	05/08/1998	02:04:14	05:53	19:39	29:23	41:34	57:53	01:25:10	01:43:51	02:00:42	02:03:07			M-1271	Senior-394
1497	1689 SERGIO GARCIA RODRIGUEZ	07/02/1965	02:04:15	05:53	20:29	30:17	42:02	57:50	01:24:55	01:43:53	02:00:42	02:02:09			M-1272	Máster 6-34
1498	1309 SOFÍA BOUZAS TOREA	11/10/2000	02:04:19	05:53	21:04	31:14	43:54	01:00:41	01:27:45	01:45:22	02:01:04	02:02:43			F-226	Senior-116
1499	1161 JUAN GUILLERMO IGLESIAS CERVIÑEIRO	26/10/1975	02:04:20	05:53	17:27	26:15	37:19	52:41	01:19:46	01:41:20	02:00:44	02:03:39			M-1273	Máster 3-199
1500	1864 MARCOS VILLANUEVA SÁNCHEZ	10/04/1975	02:04:24	05:53	20:19	30:16	42:33	58:50	01:25:59	01:44:13	02:00:54	02:02:51			M-1274	Máster 3-200
1501	1199 JORGE FILGUEIRAS SILVA	17/10/1973	02:04:27	05:53	18:46	28:33	40:52	57:43	01:25:36	01:43:50	02:00:56	02:03:26			M-1275	Máster 4-144
1502	1293 SARA PITA GISMERO	02/01/1998	02:04:29	05:54	19:44	29:13	41:10	57:21	01:25:08	01:43:33	02:00:42	02:02:48			F-227	Senior-117
1503	1521 LUIS PITA ANDREU	02/08/1968	02:04:30	05:54	19:45	29:15	41:12	57:23	01:25:18	01:43:35	02:00:42	02:02:49			M-1276	Máster 5-79
1504	1298 PAULA VÁZQUEZ VÁZQUEZ	30/09/1978	02:04:43	05:54	20:22	30:04	42:02	58:33	01:25:38	01:44:17	02:01:09	02:02:51		NOSPORTLIMIT	F-228	Máster 3-22

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1505	1317 NATALIA IRENE ROJAS MEDINA	08/07/1999	02:04:45	05:54	19:48	29:18	41:32	58:35	01:26:35	01:44:51	02:01:14	02:02:57			F-229	Senior-118
1506	1652 JESUS MATIAS DOMINGUEZ GOMEZ	23/02/1959	02:04:57	05:55	20:01	29:44	42:14	58:53	01:26:17	01:44:36	02:01:18	02:03:20			M-1277	Máster 7-23
1507	1694 JOAN SUBIAS PUJADAS	01/06/1964	02:05:05	05:55	21:37	31:47	44:48	01:00:37	01:27:38	01:46:25	02:01:47	02:03:30			M-1278	Máster 6-35
1508	1999 PEDRO LUIS FERNÁNDEZ SUÁREZ	05/07/1963	02:05:06	05:55	17:43	26:37	37:55	53:37	01:21:01	01:41:52	02:00:48	02:03:58			M-1279	Máster 6-36
1509	1238 YOLY REY	09/09/1974	02:05:08	05:55	21:24	31:47	44:41	01:01:48	01:29:24	01:46:37	02:01:48	02:03:48			F-230	Máster 4-22
1510	1662 ISIDORO MIGUEL PÉREZ	05/06/1976	02:05:10	05:55	20:27	30:17	42:33	59:13	01:26:51	01:45:05	02:01:27	02:03:16		CATASTROTTERS	M-1280	Máster 3-201
1511	1359 SELVA OTERO PATO	31/12/1988	02:05:11	05:56	21:18	31:44	44:37	01:01:48	01:29:04	01:46:06	02:01:55	02:03:32			F-231	Máster 1-27
1512	1715 DIEGO TORRES PEIRO	14/09/1978	02:05:12	05:56	19:07	28:38	40:32	56:50	01:24:18	01:43:35	02:01:13	02:04:09			M-1281	Máster 3-202
1513	772 ANNA FIŠEROVÁ	13/11/2002	02:05:13	05:56	17:40	28:01	41:50	58:52	01:26:13	01:45:13	02:01:31	02:04:33			F-232	Senior-119
1514	1062 ANDRES DIEZ MONTERO	21/01/1995	02:05:13	05:56	19:07	28:16	39:53	55:34	01:22:56	01:42:11	02:01:02	02:04:12			M-1282	Senior-395
1515	1156 ANGEL CARLOS IZQUIERDO LÓPEZ	16/04/1974	02:05:14	05:56	18:31	27:38	39:19	55:14	01:23:09	01:42:53	02:01:36	02:04:16			M-1283	Máster 4-145
1516	1570 DIEGO BARREIRO BLANCO	17/06/1986	02:05:31	05:56	18:35	27:35	38:51	54:13	01:21:29	01:41:32	02:01:04	02:04:18		ÓXIDO ZERO TRAINING C	M-1284	Máster 1-169
1517	1557 FRANCISCO ROSTRO MARIÑAS	20/02/1955	02:05:33	05:57	19:44	29:14	41:15	57:28	01:25:04	01:44:01	02:01:45	02:04:11			M-1285	Máster 7-24
1518	774 MARIA FORTEZA GUILLOT	17/05/1996	02:05:40	05:57	19:09	28:30	40:23	56:36	01:24:42	01:43:49	02:01:54	02:04:38		NOSPORTLIMIT	F-233	Senior-120
1519	1740 DANIEL CARREÑO ESCANDÓN	27/02/1994	02:05:44	05:57	18:53	28:08	40:19	56:29	01:24:06	01:43:33	02:01:56	02:04:29			M-1286	Senior-396
1520	1520 RUBÉN LÓPEZ PÉREZ	11/02/1972	02:05:48	05:57	20:09	30:00	42:29	59:22	01:27:03	01:45:23	02:02:07	02:04:18			M-1287	Máster 4-146
1521	1524 JUAN JOSÉ INSUA LOURO	28/01/1968	02:05:50	05:57	21:36	32:02	45:22	01:03:41	01:31:32	01:48:05	02:02:47	02:04:00		DUBRA TEAM	M-1288	Máster 5-80
1522	1368 SILVIA NOVO CAMBON	07/06/1988	02:05:50	05:57	21:07	31:16	43:55	01:00:47	01:28:14	01:46:00	02:02:22	02:04:21			F-234	Máster 1-28
1523	1572 GONZALO LOPEZ MARTÍN	24/08/1966	02:05:52	05:57	21:07	31:19	43:49	01:00:22	01:28:00	01:46:16	02:02:41	02:04:45			M-1289	Máster 5-81
1524	1311 VANESA ANIDO NIETO	15/12/1992	02:05:52	05:57	21:08	31:18	43:56	01:00:47	01:28:13	01:46:00	02:02:23	02:04:22		A.D.MEDIADUCIA	F-235	Senior-121
1525	1795 BRAYAN RODRIGUEZ MARTINEZ	19/02/1999	02:05:53	05:58	17:26	26:01	36:44	51:06	01:17:31	01:43:12	02:02:15	02:04:50			M-1290	Senior-397
1526	1329 VANESA FUENTES REGUEIRO	19/05/2000	02:05:56	05:58	19:27	29:17	41:36	58:22	01:26:39	01:45:31	02:02:47	02:04:45			F-236	Senior-122
1527	1602 MANUEL FERNÁNDEZ GARCÍA	07/04/1952	02:06:01	05:58	19:58	29:49	42:27	59:03	01:27:14	01:45:49	02:02:24	02:04:36		CCA ATLETISMO RIA DE FOM	M-1291	Máster 7-25
1528	1350 ARANZA VILA VILLAR	21/02/1993	02:06:05	05:58	20:37	31:00	43:59	01:01:19	01:29:05	01:47:06	02:03:08	02:05:11	AG20918	LA MOCHILA DEL DEPORTIF	F-237	Senior-123
1529	1434 ALEXANDRA ARMANGUE SERRA	13/09/1989	02:06:08	05:58	19:37	29:16	41:22	57:34	01:25:26	01:44:43	02:02:09	02:05:22			F-238	Máster 1-29
1530	1211 JESUS ARES CERNADAS	06/12/1971	02:06:11	05:58	18:39	27:54	39:54	56:00	01:24:16	01:44:08	02:02:05	02:05:02			M-1292	Máster 4-147
1531	1571 LOLO CALVIÑO BUGUEIRO	05/05/1962	02:06:12	05:58	20:24	30:18	42:46	59:29	01:27:05	01:45:29	02:02:37	02:04:44			M-1293	Máster 6-37
1532	1695 ALBERTE PIÑEIRO RIVAS	31/05/2005	02:06:19	05:59	21:08	31:05	43:36	01:00:04	01:27:49	01:45:52	02:02:45	02:04:38			M-1294	Sub 23-43
1533	1756 VICTOR MUÑOZ PRESA	18/05/1992	02:06:24	05:59	17:19	25:57	36:38	52:06	01:21:26	01:42:20	02:02:13	02:05:12			M-1295	Senior-398
1534	1623 JUNIOR ENRIQUE CASTILLO ORTIZ	24/07/1992	02:06:24	05:59	18:42	27:45	39:13	55:38	01:23:03	01:43:16	02:02:15	02:04:59			M-1296	Senior-399
1535	1642 ANDRÉS GONZÁLEZ GARCÍA	24/09/1961	02:06:34	05:59	19:39	29:38	42:14	59:15	01:28:04	01:46:41	02:03:04	02:05:09		CLUB CASTRO DE LOBADI M	M-1297	Máster 6-38
1536	1362 SARA DÍAZ MOSQUEIRA	15/01/1993	02:06:37	06:00	21:13	31:32	44:14	01:01:19	01:29:12	01:47:00	02:03:07	02:05:07		A.D. MEDIADUCIA	F-239	Senior-124

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1537	1274 BEGOÑA BUIDE MORANDEIRA	14/05/1972	02:06:40	06:00	19:55	29:35	41:57	58:44	01:26:44	01:45:21	02:02:59	02:05:14			F-240	Máster 4-23
1538	1986 ERNESTO MARTINEZ OTERO	07/07/2005	02:06:46	06:00	21:08	31:03	43:34	01:00:05	01:27:31	01:46:04	02:03:12	02:05:04			M-1298	Sub 23-44
1539	1658 JOSE LUIS CASTRO MARTINEZ	22/02/1968	02:06:47	06:00	19:22	28:29	40:30	56:49	01:24:40	01:44:51	02:03:05	02:05:09			M-1299	Máster 5-82
1540	1545 MANUEL MARTÍNEZ FERNÁNDEZ	07/11/2004	02:06:49	06:00	20:18	29:42	41:25	56:38	01:23:43	01:43:48	02:02:33	02:05:06			M-1300	Sub 23-45
1541	1251 ADELAIDA DENIS ARMOA	05/10/1990	02:06:56	06:01	19:50	29:36	41:47	58:15	01:26:11	01:45:26	02:03:06	02:05:36			F-241	Senior-125
1542	808 LUCIA VAZQUEZ BLANCO	07/04/1978	02:07:01	06:01	19:40	29:32	42:13	59:08	01:27:43	01:46:40	02:03:24	02:05:54		NOSPORTLIMIT	F-242	Máster 3-23
1543	1360 LAURA LUACES	09/07/1996	02:07:22	06:02	20:08	29:50	42:05	58:50	01:27:00	01:46:16	02:03:39	02:05:47			F-243	Senior-126
1544	1344 NAMIBIA SANLUIS VERDES	22/11/1987	02:07:23	06:02	19:51	29:35	41:49	58:17	01:26:09	01:45:29	02:03:33	02:06:04			F-244	Máster 1-30
1545	1677 MIGUEL COSME RAYMUNDO	17/06/1979	02:07:23	06:02	21:21	31:43	44:24	01:01:26	01:29:29	01:47:38	02:03:58	02:05:45			M-1301	Máster 3-203
1546	1968 JAMIE OGILVIE	23/04/1990	02:07:26	06:02	21:04	31:03	43:38	01:01:03	01:28:40	01:47:34	02:04:07	02:05:36			M-1302	Senior-400
1547	1592 LUIS ARMADA CASÁS	08/07/1964	02:07:27	06:02	21:42	32:02	44:42	01:01:37	01:29:19	01:47:22	02:04:01	02:05:33			M-1303	Máster 6-39
1548	1608 DANI RIBAS GIMÉNEZ	17/09/1970	02:07:31	06:02	20:14	30:08	42:30	59:46	01:27:12	01:45:10	02:03:42	02:06:04			M-1304	Máster 4-148
1549	1824 MÁXIMO FRANCISCO FRAGA RODR02/09/1962	02:07:31	06:02	21:38	31:59	44:46	01:01:55	01:30:23	01:48:22	02:04:39	02:05:37			M-1305	Máster 6-40	
1550	1410 ÁNGELA VAN DER MEL OLAIZOLA	19/06/2000	02:07:33	06:02	20:11	29:44	41:51	58:42	01:26:56	01:46:29	02:04:06	02:06:03			F-245	Senior-127
1551	1333 AIDA GARCÍA LAMELA	08/02/1999	02:07:34	06:02	21:27	31:53	44:43	01:01:25	01:29:02	01:47:31	02:04:16	02:05:51		NOSPORTLIMIT	F-246	Senior-128
1552	1383 LUCÍA ALONSO DE LAS HERAS	25/08/1999	02:07:35	06:02	19:19	28:32	40:36	57:07	01:25:36	01:45:16	02:03:31	02:06:01			F-247	Senior-129
1553	1915 ALEJANDRO MONGE MARTÍNEZ DE06/09/1999	02:07:35	06:02	21:27	31:51	44:43	01:01:28	01:29:14	01:47:32	02:04:16	02:05:53			M-1306	Senior-401	
1554	1263 ALBA MARÍA BARROS FONTE	06/08/1983	02:07:36	06:02	20:01	29:58	42:27	59:11	01:27:24	01:46:44	02:03:52	02:06:07		ADC MONTE BREAMO	F-248	Máster 2-26
1555	1518 MIGUEL PEÑA CASTELLOT	19/12/1960	02:07:37	06:02	20:01	29:37	41:59	58:09	01:25:43	01:47:10	02:03:59	02:06:02			M-1307	Máster 6-41
1556	1561 VÍCTOR REY CASTELO	05/09/1967	02:07:41	06:03	19:46	29:17	41:08	57:31	01:25:45	01:45:09	02:03:43	02:06:17			M-1308	Máster 5-83
1557	1498 JOSE JAVIER HUERTA ABAJO	22/07/1972	02:07:49	06:03	19:36	29:22	41:00	56:39	01:23:59	01:44:16	02:03:33	02:05:46		CLUB DALLE GAS RUNNIN	M-1309	Máster 4-149
1558	1428 ELENA MAISON DÍAZ DE LA ROCHA03/12/1980	02:08:10	06:04	20:51	30:39	42:52	59:19	01:26:37	01:45:24	02:03:50	02:06:12			CLUB ATLETISMO SADA	F-249	Máster 2-27
1559	1726 ALFREDO MAZA LÓPEZ	01/08/1997	02:08:15	06:04	21:36	31:57	44:27	01:01:06	01:27:55	01:46:36	02:04:36	02:06:19			M-1310	Senior-402
1560	1717 AGUSTIN FRAGA VARELA	31/10/1995	02:08:15	06:04	21:11	31:16	43:20	59:44	01:26:23	01:45:20	02:04:36	02:06:21			M-1311	Senior-403
1561	1371 NAZARET MARTÍN GÁLVEZ	23/11/2003	02:08:19	06:04	19:26	29:00	41:13	58:24	01:27:26	01:46:53	02:04:46	02:07:14		RITMO	F-250	Sub 23-10
1562	1745 MANUEL ZAPATA PAZOS	04/10/1957	02:08:23	06:05	19:23	29:10	41:17	57:48	01:26:33	01:46:42	02:04:30	02:07:16			M-1312	Máster 7-26
1563	1872 NOEL GARCÍA CID	26/12/2005	02:08:33	06:05	20:31	30:31	43:03	59:43	01:27:33	01:45:52	02:03:02	02:06:53			M-1313	Sub 23-46
1564	1659 MARCOS ALVAREZ PATIÑO	18/11/1975	02:08:36	06:05	19:26	28:58	41:29	58:29	01:27:26	01:46:50	02:04:58	02:07:01			M-1314	Máster 3-204
1565	1269 LUCÍA RODRÍGUEZ ROJO	29/10/1998	02:08:37	06:05	20:03	29:39	41:47	58:53	01:26:59	01:46:08	02:04:42	02:07:03			F-251	Senior-130
1566	1396 ELENA BUGALLO	03/07/1998	02:08:38	06:05	20:03	29:39	41:49	58:37	01:25:03	01:44:43	02:04:40	02:07:04			F-252	Senior-131
1567	763 NATALIA MORRONE MOLLO	26/02/1978	02:08:42	06:06	18:39	28:12	42:35	58:59	01:28:02	01:47:37	02:04:55	02:07:24			F-253	Máster 3-24
1568	1601 PABLO FERNANDEZ SANCHEZ	28/05/1972	02:08:43	06:06	19:28	28:57	40:55	57:16	01:25:59	01:46:25	02:04:59	02:07:21			M-1315	Máster 4-150

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1569	1225 JACOBO LÓPEZ ARIAS	19/01/1988	02:08:47	06:06	20:15	29:53	42:07	58:26	01:27:04	01:46:33	02:04:40	02:06:56			M-1316	Máster 1-170
1570	1758 OSCAR CALVO GONZALEZ	05/09/1977	02:08:50	06:06	20:36	30:54	43:48	01:00:47	01:29:26	01:48:00	02:05:18	02:07:24			M-1317	Máster 3-205
1571	1367 CANDELA NEGREIRA SÁNCHEZ	18/06/2003	02:08:52	06:06	21:13	32:12	45:50	01:03:45	01:31:38	01:49:31	02:05:29	02:07:31			F-254	Sub 23-11
1572	1456 FERNANDO VÁZQUEZ NAYA	23/01/1982	02:08:52	06:06	20:19	30:27	42:59	59:42	01:27:41	01:46:56	02:05:11	02:07:37		CLUB DEL MAR DE SAN AI	M-1318	Máster 2-179
1573	1098 MIGUEL FRAGA PERNAS	02/06/1984	02:08:54	06:06	24:55	35:03	46:55	01:02:54	01:29:47	01:48:15	02:05:01	02:01:16			M-1319	Máster 2-180
1574	1820 ALEJANDRO LUIS CASAR FOLGAR	15/01/1982	02:08:54	06:06	20:18	30:27	42:59	59:46	01:27:38	01:46:57	02:05:09	02:07:39			M-1320	Máster 2-181
1575	2000 RAQUEL GONZÁLEZ LÓPEZ	04/09/1998	02:08:59	06:06	21:02	31:14	44:01	01:01:19	01:29:21	01:48:05	02:05:28	02:07:28			F-255	Senior-132
1576	1682 JOSE LUIS VILLAVERDE SANISIDRO	26/10/1972	02:09:01	06:06	20:28	30:30	43:05	59:47	01:28:19	01:47:51	02:05:19	02:07:35			M-1321	Máster 4-151
1577	1215 IVAN BRION TARILONTE	02/06/1982	02:09:02	06:06	18:42	28:01	39:47	56:07	01:25:12	01:46:08	02:04:54	02:07:58			M-1322	Máster 2-182
1578	1294 NOELIA VÁZQUEZ CALVO	07/02/1975	02:09:09	06:07	20:37	30:58	43:59	01:01:20	01:29:20	01:48:04	02:05:28	02:08:14	AG10425	CLUB ATLETICO BERGONC	F-256	Máster 4-24
1579	1343 ANA BARREIRO NÚÑEZ	15/07/1973	02:09:09	06:07	20:38	30:58	43:59	01:01:19	01:29:20	01:48:01	02:05:28	02:08:15	AG2020316	LA MOCHILA DEL DEPORT	F-257	Máster 4-25
1580	1340 CHELO VIGO LIÑARES	12/07/1970	02:09:14	06:07	21:05	30:40	42:48	59:35	01:28:47	01:47:46	02:05:21	02:07:25	AG15078	ENTRENARUNNING	F-258	Máster 4-26
1581	1326 ELENA GARCÍA LODOS	02/08/1977	02:09:15	06:07	21:30	32:06	45:13	01:02:48	01:31:10	01:49:26	02:05:51	02:07:41			F-259	Máster 3-25
1582	1719 ALEXANDRE ANTELO BARREIRO	25/04/1996	02:09:18	06:07	20:49	30:22	42:12	59:11	01:27:51	01:47:18	02:05:25	02:07:16			M-1323	Senior-404
1583	60 JAIME ARIAS LOPEZ	28/06/1982	02:09:24	06:08	20:40	31:53	44:21	01:01:18	01:29:01	01:48:26	02:05:47	02:07:30	TGAL219	CLUB DEPORTIVO INCLUS	M-1324	Máster 2-183
1584	1307 OLGA POSE CHOUCIÑO	17/04/1978	02:09:24	06:08	20:39	31:49	44:27	01:01:18	01:29:17	01:48:25	02:05:49	02:07:29		CLUB DEPORTIVO INCLUS	F-260	Máster 3-26
1585	1918 PABLO SAYA CARRO	01/09/1988	02:09:25	06:08	20:43	31:54	44:21	01:01:17	01:29:12	01:48:28	02:05:48	02:07:33			M-1325	Máster 1-171
1586	460 JOSE MARIA AGUETE LEMA	28/08/1979	02:09:26	06:08	20:46	31:54	44:24	01:01:16	01:29:16	01:48:29	02:05:47	02:07:31	TGAL672	CLUB DEPORTIVO INCLUS	M-1326	Máster 3-206
1587	954 ELISEO GARCIA CRISTOBAL	02/08/1968	02:09:26	06:08	20:44	31:56	44:22	01:01:17	01:29:12	01:48:29	02:05:51	02:07:34	TGAL673	CLUB DEPORTIVO INCLUS	M-1327	Máster 5-84
1588	1580 MANUEL ÁNGEL BLANCO CASTRO	03/02/1976	02:09:26	06:08	20:42	31:53	44:27	01:01:18	01:29:16	01:48:30	02:05:50	02:07:33			M-1328	Máster 3-207
1589	1622 SERGIO MARTÍNEZ PEÑA	02/03/1984	02:09:26	06:08	20:24	30:43	43:31	01:00:52	01:29:20	01:48:22	02:05:47	02:08:13		SANUS VITAE TEAM	M-1329	Máster 2-184
1590	1239 SUSANA PARGUIÑA FERNÁNDEZ	06/04/1966	02:09:26	06:08	20:43	31:54	44:27	01:01:17	01:29:10	01:48:26	02:05:50	02:07:32	GA765964	EGOVARROS DE VIVEIRO	F-261	Máster 5-8
1591	1757 ALEX DANS BOUZA	31/10/1999	02:09:30	06:08	17:33	26:39	38:31	55:41	01:25:24	01:45:51	02:05:13	02:08:17			M-1330	Senior-405
1592	1018 MATEO JUAREZ GONZALEZ	31/01/2002	02:09:33	06:08	21:50	32:09	45:15	59:00	01:31:17	01:49:39	02:06:04	02:07:37			M-1331	Senior-406
1593	532 IÑIGO BARCELÓ ÁLVAREZ	27/01/2003	02:09:33	06:08	21:50	32:11	45:16	01:02:44	01:31:17	01:49:41	02:06:03	02:07:41			M-1332	Sub 23-47
1594	2002 EDUARDO ZALDIVAR VALCARCE	06/05/2003	02:09:33	06:08	21:51	32:12	45:16	01:02:45	01:31:15	01:49:45	02:06:06	02:07:37			M-1333	Sub 23-48
1595	1354 SOFÍA DE BERNARDO GALLART	08/11/1998	02:09:45	06:09	19:25	29:05	41:40	58:57	01:28:11	01:47:50	02:05:55	02:08:11			F-262	Senior-133
1596	1793 PABLO PUGA GARCÍA-TIZÓN	31/10/1989	02:09:53	06:09	20:12	30:47	43:56	01:01:21	01:29:47	01:48:37	02:06:17	02:09:07			M-1334	Máster 1-172
1597	1892 SANTIAGO CANO MARTÍNEZ	06/12/1970	02:09:54	06:09	21:10	31:21	44:02	01:01:09	01:29:47	01:49:08	02:06:31	02:08:07			M-1335	Máster 4-152
1598	1282 MARIA JESUS PALACIOS POOL	19/07/1957	02:09:55	06:09	19:57	29:42	42:16	59:22	01:28:56	01:48:09	02:06:15	02:08:27	GA24/CIFG27-MULLER EN FORMA		F-263	Máster 7-1
1599	575 JORGE BERNARDO CENTENO	02/01/1992	02:09:57	06:09	19:12	28:18	39:57	56:06	01:25:40	01:47:01	02:06:22	02:08:31			M-1336	Senior-407
1600	1417 IRENE CID LÓPEZ	03/11/2002	02:10:02	06:09	21:50	32:36	46:08	01:03:47	01:32:09	01:50:13	02:06:51	02:08:55			F-264	Senior-134

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1601	1351 SONIA MARÍA CARRO RÍOS	07/09/1975	02:10:33	06:11	19:23	29:12	42:11	01:00:07	01:29:39	01:48:57	02:06:43	02:09:05			F-265	Máster 3-27
1602	1660 MARIO CANOSA GONZALEZ	23/01/1976	02:10:34	06:11	19:23	29:08	42:10	01:00:11	01:29:31	01:48:54	02:06:36	02:09:05			M-1337	Máster 3-208
1603	1167 ANTONIO FERNÁNDEZ CARREIRA	09/04/1966	02:10:36	06:11	21:04	31:56	45:19	01:03:06	01:32:00	01:50:46	02:07:15	02:09:36			M-1338	Máster 5-85
1604	1366 EVA ALEXANDRA FERNÁNDEZ CÁM	03/11/1993	02:10:36	06:11	21:08	31:56	45:20	01:03:06	01:32:02	01:50:47	02:07:15	02:09:36			F-266	Senior-135
1605	1246 SUSANA CEPA RODRÍGUEZ	12/11/1974	02:10:50	06:12	21:06	31:21	44:18	01:01:30	01:30:14	01:49:46	02:07:06	02:09:22			F-267	Máster 4-27
1606	1297 MARCELA PARGA FERNANDEZ	18/09/1972	02:10:53	06:12	19:42	29:41	42:23	59:44	01:29:10	01:48:58	02:07:04	02:09:42		CLUB ATLETISMO SADA	F-268	Máster 4-28
1607	631 FERNANDO JAVIER PÉREZ MADRUG	29/10/1964	02:11:01	06:12	21:19	31:42	44:46	01:02:34	01:32:47	01:51:12	02:07:42	02:09:21			M-1339	Máster 6-42
1608	1480 FRANCISCO TORRENTE HORTAS	15/07/1951	02:11:02	06:12	20:19	30:02	42:04	58:38	01:26:02	01:45:41	02:07:03	02:09:17			M-1340	Máster 7-27
1609	1457 DANIEL SÁNCHEZ VÁZQUEZ	10/08/1982	02:11:02	06:12	21:17	31:40	44:46	01:02:33	01:32:48	01:51:12	02:07:42	02:09:22			M-1341	Máster 2-185
1610	1436 DIANA POLLÁN GUIASOLA	26/09/1981	02:11:03	06:12	21:19	31:42	45:57	01:02:33	01:32:49	01:51:12	02:07:42	02:09:24			F-269	Máster 2-28
1611	1380 LUCIA DEQUEROL VÁZQUEZ	11/05/1989	02:11:06	06:12	19:01	28:25	40:29	57:09	01:26:05	01:47:13	02:07:07	02:09:50			F-270	Máster 1-31
1612	1486 MARTÍN PEREIRA MARZOA	09/10/1990	02:11:19	06:13	21:46	32:00	44:47	01:02:10	01:30:34	01:48:58	02:07:15	02:09:17	AG17858	CLUB ATLETISMO BRION-I	M-1342	Senior-408
1613	1332 VERÓNICA ROGET GARCÍA	18/03/2002	02:11:24	06:13	21:45	32:24	45:36	01:03:20	01:32:32	01:51:36	02:08:14	02:09:48			F-271	Senior-136
1614	1441 SOFIA ABAL BONILLA	16/01/1997	02:11:35	06:14	22:15	32:40	45:51	01:03:25	01:31:50	01:50:37	02:07:56	02:09:34			F-272	Senior-137
1615	1958 ISMAEL IZQUIERDO DEL POZO	19/11/1992	02:11:39	06:14	20:48	31:38	44:57	01:02:54	01:32:23	01:52:19	02:08:19	02:10:34			M-1343	Senior-409
1616	1583 BRAIS CARRIL BRAGUNDE	10/11/2000	02:11:42	06:14	21:43	32:24	45:38	01:03:20	01:32:30	01:51:32	02:08:15	02:10:06			M-1344	Senior-410
1617	916 GONZALO SANJURJO POSE	19/08/1966	02:11:43	06:14	20:04	30:11	42:55	01:00:45	01:30:21	01:50:41	02:08:21	02:10:30			M-1345	Máster 5-86
1618	1421 MARÍA FERNÁNDEZ	27/06/1970	02:11:49	06:14	18:23	28:03	40:33	58:08	01:27:52	01:48:11	02:07:30	02:11:01			F-273	Máster 4-29
1619	1893 JESÚS VARELA SANTOS	02/12/1969	02:11:49	06:14	20:47	30:43	43:13	01:00:24	01:29:17	01:49:50	02:07:48	02:10:19		NOSPORTLIMIT	M-1346	Máster 5-87
1620	1201 JUAN CARLOS MENÉNDEZ DOMIN	09/12/1960	02:11:49	06:14	19:34	29:44	42:37	01:00:39	01:29:44	01:49:52	02:07:49	02:11:14			M-1347	Máster 6-43
1621	1413 MO E GUS BUSTO BLANCO	29/11/1985	02:11:50	06:14	18:35	27:58	39:19	59:08	01:26:48	01:49:29	02:08:18	02:11:04			F-274	Máster 1-32
1622	1794 GUSTAVO GARCÍA ABALO	17/09/1978	02:11:50	06:14	18:35	27:56	40:04	59:09	01:26:56	01:49:25	02:08:19	02:11:03			M-1348	Máster 3-209
1623	1698 FERNANDO PÉREZ SAN VICENTE	15/12/1967	02:11:54	06:15	21:24	31:49	44:52	01:02:20	01:31:19	01:50:49	02:08:19	02:10:24			M-1349	Máster 5-88
1624	1724 PABLO FERNANDEZ LOPEZ	02/09/2003	02:12:10	06:15	21:52	32:28	45:45	01:03:34	01:32:32	01:51:17	02:08:37	02:10:15			M-1350	Sub 23-49
1625	1697 SEGUNDO AUGUSTO EIRAS SÁNC	27/12/1970	02:12:16	06:16	19:34	29:09	41:45	58:52	01:28:00	01:48:47	02:07:57	02:10:53			M-1351	Máster 4-153
1626	1388 MARIA NOEMI BENITO CAMPOS	28/12/1973	02:12:37	06:17	21:11	31:30	44:17	01:01:29	01:30:32	01:50:07	02:08:29	02:11:02			F-275	Máster 4-30
1627	1865 IVAN PEDREIRA COLLAZO	11/04/1988	02:12:39	06:17	22:09	32:36	46:18	01:03:37	01:32:31	01:51:34	02:09:08	02:10:48			M-1352	Máster 1-173
1628	1391 SABELA OCHOA	16/03/2000	02:12:47	06:17	21:49	32:28	45:44	01:03:32	01:32:32	01:51:52	02:09:09	02:11:03			F-276	Senior-138
1629	1843 ANGEL SENRA LEMA	07/01/2002	02:12:49	06:17	22:37	33:42	47:18	01:06:00	01:35:06	01:53:43	02:09:27	02:10:58			M-1353	Senior-411
1630	1637 ORLANDO BLANCO MUNIN	09/02/1977	02:12:56	06:18	20:07	29:40	42:01	59:07	01:28:27	01:49:18	02:09:01	02:11:10			M-1354	Máster 3-210
1631	1337 SOFÍA BARRANTES NIEBLA	16/09/1994	02:13:07	06:18	21:04	31:03	43:40	01:01:02	01:30:55	01:51:17	02:09:25	02:11:17			F-277	Senior-139
1632	1750 PABLO MASAGUER VIQUEIRA	25/08/1997	02:13:12	06:18	20:07	29:53	42:25	59:47	01:28:58	01:49:41	02:09:10	02:11:46			M-1355	Senior-412

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Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1633	1830 KEVIN BERMÚDEZ FERNÁNDEZ	05/02/1998	02:13:19	06:19	20:47	30:28	42:31	58:24	01:26:55	01:49:03	02:09:11	02:11:38			M-1356	Senior-413
1634	1331 ANDREA SILVESTRE DIAZ	29/02/1988	02:13:25	06:19	22:01	33:06	45:45	01:02:55	01:31:44	01:50:20	02:08:57	02:11:25		EMPUJANDO SONRISAS	F-278	Máster 1-33
1635	1663 JOSE IGNACIO PONTE VALES	06/12/1954	02:13:26	06:19	20:30	30:25	43:03	01:00:16	01:29:31	01:49:54	02:09:13	02:11:55		NOSPORTLIMIT	M-1357	Máster 7-28
1636	1507 PABLO CALVO RODRIGUEZ	29/06/1979	02:13:27	06:19	22:19	33:10	45:45	01:02:58	01:31:33	01:50:30	02:09:03	02:11:23			M-1358	Máster 3-211
1637	1808 ALBERTO MACEIRAS VILARIÑO	17/09/1975	02:13:29	06:19	22:03	33:07	45:49	01:03:00	01:31:33	01:50:22	02:09:04	02:11:30			M-1359	Máster 3-212
1638	1512 ANTONIO GARROTE	17/01/1979	02:13:29	06:19	22:02	33:09	45:47	01:02:54	01:31:45	01:50:25	02:09:00	02:11:28			M-1360	Máster 3-213
1639	1791 JESUS GRAÑA ALLER	17/12/1986	02:13:30	06:19	22:03	33:10	45:48	01:03:01	01:31:27	01:50:31	02:09:00	02:11:27			M-1361	Máster 1-174
1640	1565 JOSE LUIS FERNÁNDEZ GALLEGO	25/01/1975	02:13:30	06:19	22:07	33:08	45:46	01:02:57	01:31:29	01:50:21	02:08:58	02:11:30		EMPUJANDO SONRISAS	M-1362	Máster 4-154
1641	1304 SILVIA BOFILL PERDIGÓ	22/07/1982	02:13:31	06:19	22:07	33:07	45:49	01:03:00	01:31:35	01:50:24	02:09:00	02:11:31		EMPUJANDO SONRISAS	F-279	Máster 2-29
1642	1630 FRANCISCO JAVIER MARTÍNEZ PUEYO	05/08/1975	02:13:31	06:19	21:29	32:07	45:15	01:02:48	01:31:11	01:50:26	02:09:21	02:11:59			M-1363	Máster 3-214
1643	1081 MIGUEL PRECEDO	07/03/1971	02:13:32	06:19	22:05	33:06	45:45	01:02:57	01:31:47	01:50:23	02:09:04	02:11:31			M-1364	Máster 4-155
1644	528 RAMON ALBA DOMINGUEZ	26/11/1977	02:13:33	06:19	22:03	33:08	45:46	01:02:58	01:31:43	01:50:26	02:09:00	02:11:32			M-1365	Máster 3-215
1645	1280 MARÍA JOSÉ MÉNDEZ GARCÍA	06/07/1965	02:13:38	06:20	21:03	31:22	44:35	01:02:10	01:31:36	01:52:16	02:10:19	02:12:05			F-280	Máster 5-9
1646	1548 JOSE LUIS VILLAR MORCILLO	30/08/1967	02:13:47	06:20	21:00	31:33	44:43	01:02:28	01:32:09	01:51:53	02:10:03	02:12:21			M-1366	Máster 5-89
1647	1733 MIGUEL PEIXOTO RIOBÓ	11/12/2006	02:13:50	06:20	19:31	29:12	41:12	58:08	01:27:45	01:48:32	02:09:21	02:12:42			M-1367	Sub 20-13
1648	1686 FRANCISCO JOSÉ GARCÍA GRACIA	19/05/1958	02:13:50	06:20	21:53	32:22	45:35	01:03:36	01:32:34	01:51:45	02:09:43	02:11:52			M-1368	Máster 7-29
1649	1192 MANUEL JAVIER MUÑOZ SEIJAS	18/04/1963	02:14:15	06:21	21:02	31:14	44:29	01:02:30	01:32:04	01:52:11	02:10:32	02:13:18			M-1369	Máster 6-44
1650	1372 MARTA CASTELLANOS GONZÁLEZ	23/09/1993	02:14:19	06:22	21:46	32:27	45:46	01:03:38	01:33:18	01:52:48	02:10:50	02:12:48			F-281	Senior-140
1651	1446 ALICIA ROMANÍ BÓVEDA	04/03/1963	02:14:31	06:22	21:43	32:29	46:14	01:04:51	01:35:15	01:53:57	02:10:51	02:13:01		NOSPORTLIMIT	F-282	Máster 6-1
1652	1963 ELOY OURAL MACIAS	06/10/2000	02:14:40	06:23	21:00	31:05	43:46	01:00:43	01:29:27	01:50:26	02:10:53	02:12:43			M-1370	Senior-414
1653	1962 DANIEL PASCUAL LEÓN	09/05/2003	02:14:40	06:23	21:03	31:07	43:48	01:00:45	01:29:27	01:50:20	02:10:49	02:12:44			M-1371	Sub 23-50
1654	1644 CARLOS CAMPOS NOVO	21/09/1965	02:14:42	06:23	21:36	32:01	44:58	01:02:30	01:32:12	01:51:39	02:10:30	02:12:53			M-1372	Máster 5-90
1655	1844 JESÚS OLANO ESPINOSA	21/05/1982	02:14:49	06:23	20:26	30:19	42:30	59:27	01:28:16	01:49:39	02:10:28	02:13:04		NOSPORTLIMIT	M-1373	Máster 2-186
1656	1735 ANXO TAJUELO FERRER	01/09/1997	02:14:49	06:23	21:54	32:22	45:34	01:02:59	01:31:33	01:50:33	02:10:09	02:12:57			M-1374	Senior-415
1657	1734 MANUEL GONZÁLEZ DE CANALES	20/11/1997	02:14:49	06:23	21:52	32:19	45:32	01:02:59	01:31:34	01:50:31	02:10:11	02:12:57			M-1375	Senior-416
1658	1531 JOSÉ LUIS MARTINEZ PAJON	07/08/1971	02:14:53	06:23	22:14	32:30	45:32	01:02:56	01:32:53	01:52:57	02:10:55	02:12:47			M-1376	Máster 4-156
1659	1594 ANDRÉ GUIMERÁNS RÚA	21/03/1993	02:14:54	06:23	19:39	29:38	42:39	01:00:53	01:31:49	01:52:43	02:10:55	02:13:44			M-1377	Senior-417
1660	1559 MIGUEL MANEIRO	24/05/1978	02:14:56	06:23	22:13	32:30	45:30	01:02:56	01:32:50	01:52:57	02:10:56	02:12:50			M-1378	Máster 3-216
1661	1996 ALFREDO ROMERO	01/02/1971	02:15:01	06:24	19:01	28:04	39:39	55:44	01:24:31	01:48:13	02:10:39	02:13:36			M-1379	Máster 4-157
1662	747 ELISABETH LODEIRO RODRÍGUEZ	01/10/1979	02:15:03	06:24	16:48	25:45	42:06	59:20	01:28:33	01:49:21	02:10:33	02:14:13			F-283	Máster 3-28
1663	1674 RAFAEL VÁZQUEZ MÉNDEZ	27/03/2001	02:15:03	06:24	20:20	29:59	42:06	58:42	01:26:36	01:46:24	02:08:12	02:13:20			M-1380	Senior-418
1664	1144 MOISES RUMBO VIDAL	14/02/1979	02:15:04	06:24	18:50	28:32	42:07	59:25	01:28:22	01:49:23	02:10:33	02:14:13			M-1381	Máster 3-217

XVII MEDIO MARATÓN CORUÑA 21 - 5K

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XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1665	1377 BEATRIZ PIÑEIRO LOZANO	05/12/2002	02:15:07	06:24	22:54	33:55	47:30	01:05:14	01:34:37	01:54:03	02:11:30	02:13:31			F-284	Senior-141
1666	1376 MARIA DOLORES LOZANO RODRÍG	10/01/1973	02:15:07	06:24	22:54	33:54	47:31	01:05:12	01:34:34	01:54:05	02:11:30	02:13:32			F-285	Máster 4-31
1667	1646 JOSE IGNACIO MOURENZA LARRO	27/04/1987	02:15:11	06:24	20:04	29:38	41:45	58:38	01:28:15	01:50:26	02:10:59	02:13:30			M-1382	Máster 1-175
1668	1240 CARMEN UZAL JANEIRO	21/02/1966	02:15:35	06:25	21:04	31:18	44:35	01:02:08	01:31:49	01:52:17	02:11:27	02:14:02			F-286	Máster 5-10
1669	1556 GARRY BUDIN	24/07/1960	02:15:41	06:25	20:04	29:54	42:30	59:55	01:30:09	01:51:05	02:11:10	02:13:55			M-1383	Máster 6-45
1670	1478 ALEJANDRO LOPEZ BARRIOS	05/01/1990	02:15:45	06:26	22:16	32:37	46:10	01:03:50	01:35:18	01:55:03	02:12:04	02:13:49			M-1384	Máster 1-176
1671	1356 ADRIANA OTERO RODRÍGUEZ	17/11/1978	02:15:52	06:26	21:28	32:02	45:40	01:03:33	01:33:19	01:53:06	02:11:34	02:14:22	GA3701639ATLA	LA MOCHILA DEL DEPORT	F-287	Máster 3-29
1672	1348 MARIA DEL MAR BARCÓN SÁNCHE	14/05/1963	02:15:52	06:26	21:28	32:04	45:40	01:03:33	01:33:17	01:53:02	02:11:34	02:14:23	AG2026204	LA MOCHILA DEL DEPORT	F-288	Máster 6-2
1673	1358 ANA SEGADÉ MOSQUERA	15/12/1996	02:15:53	06:26	22:13	32:43	45:52	01:03:44	01:33:37	01:53:12	02:11:58	02:14:07			F-289	Senior-142
1674	1554 FRANCISCO ALONSO CUEVAS	16/10/1969	02:16:40	06:28	21:12	31:48	45:14	01:03:21	01:35:02	01:55:33	02:12:54	02:15:56	AG764081	NOSPORTLIMIT	M-1385	Máster 5-91
1675	1429 LAURA REY RODRIGUEZ	21/08/1998	02:17:08	06:30	21:48	32:24	45:43	01:03:39	01:33:55	01:53:59	02:12:58	02:15:21		SOCIEDADE DEPORTIVA B	F-290	Senior-143
1676	1690 ALFONSO SÁNCHEZ DO RÍO	01/11/1996	02:17:40	06:31	21:45	32:23	45:40	01:03:38	01:34:05	01:54:57	02:13:42	02:15:52			M-1386	Senior-419
1677	1705 JAVIER LÓPEZ VARELA	05/05/1961	02:18:08	06:32	20:56	31:43	45:14	01:03:11	01:33:34	01:54:09	02:13:42	02:16:49			M-1387	Máster 6-46
1678	1980 ANTÓN MARTÍNEZ	23/10/2002	02:18:24	06:33	20:17	29:46	41:48	58:24	01:28:05	01:50:53	02:13:32	02:18:24			M-1388	Senior-420
1679	1709 MANUEL GONZÁLEZ PEREIRA	09/10/1952	02:18:25	06:33	22:15	32:55	46:18	01:04:45	01:35:42	01:55:39	02:14:14	02:16:19	GA768	RUNNING ARTEIXO	M-1389	Máster 7-30
1680	1821 JAVIER FRAGA RODRÍGUEZ	26/10/1971	02:18:33	06:34	21:33	31:57	44:49	01:02:45	01:33:38	01:54:32	02:14:24	02:16:38			M-1390	Máster 4-158
1681	1558 DAVID GARCÍA FERNÁNDEZ	02/07/1984	02:19:09	06:35	19:35	29:23	42:28	01:01:28	01:33:23	01:55:17	02:14:33	02:17:35			M-1391	Máster 2-187
1682	1957 MARÍA ROMO GONZÁLEZ	28/10/1983	02:19:31	06:36	20:55	31:11	44:26	01:02:05	01:32:16	01:54:09	02:14:53	02:18:14			F-291	Máster 2-30
1683	1712 JOSE MARIA BARBEIRA BARJA	30/03/1949	02:19:52	06:37	22:44	33:42	47:16	01:05:45	01:37:02	01:57:28	02:15:48	02:18:16			M-1392	Máster 7-31
1684	1455 ÈRIC DAVID ZAPATER MONTORIO	14/03/1981	02:20:28	06:39	22:12	32:46	46:06	01:04:36	01:36:09	01:58:52	02:16:19	02:18:51			M-1393	Máster 2-188
1685	1322 ISABEL BREA POSE	19/03/1951	02:20:47	06:40	22:39	34:09	48:14	01:07:34	01:39:01	01:58:44	02:17:01	02:19:57			F-292	Máster 7-2
1686	1723 GABRIEL VILARIÑO BESTEIRO	06/03/1999	02:20:53	06:40	20:49	30:17	42:11	59:29	01:29:46	01:53:05	02:16:40	02:18:52			M-1394	Senior-421
1687	1370 BEA FIGUEROA	10/10/1976	02:20:54	06:40	21:44	32:32	46:18	01:04:54	01:36:29	01:57:07	02:16:32	02:19:23		NOSPORTLIMIT	F-293	Máster 3-30
1688	1355 DEYVIS MARIA TORRES ARBELAY	06/06/1977	02:21:00	06:41	27:27	37:23	50:09	01:07:39	01:37:56	01:58:27	02:16:52	02:12:57		NOSPORTLIMIT	F-294	Máster 3-31
1689	900 MIGUEL LÓPEZ CASTELO	29/09/1979	02:21:24	06:42	18:27	28:30	41:34	59:46	01:32:16	01:55:06	02:17:12	02:21:09			M-1395	Máster 3-218
1690	737 MARIBEL RONDÓN	04/09/1985	02:21:28	06:42	22:08	32:38	46:07	01:04:40	01:36:21	01:58:29	02:17:36	02:20:02			F-295	Máster 1-34
1691	1732 RENE MUJICA MADERA	13/06/1985	02:21:31	06:42	22:08	32:40	46:07	01:04:39	01:36:35	01:58:26	02:17:36	02:20:05			M-1396	Máster 1-177
1692	1632 ANTONIO CHAO LOPEZ	25/01/1981	02:21:46	06:43	20:17	30:51	44:17	01:02:26	01:34:15	01:57:26	02:17:43	02:20:28			M-1397	Máster 2-189
1693	1154 FERNANDO BELLO MEIJIDE	02/06/1977	02:21:58	06:43	20:50	31:43	45:22	01:03:55	01:35:35	01:57:05	02:17:48	02:20:57			M-1398	Máster 3-219
1694	1407 AINHOA XIOMARA IPARRAGUIRRE	B1/12/2002	02:22:27	06:45	21:00	32:07	46:13	01:05:30	01:37:29	01:59:18	02:18:01	02:20:53			F-296	Senior-144
1695	1736 ENRIQUE VAZQUEZ	04/10/1970	02:23:47	06:48	19:50	30:35	44:26	01:03:16	01:35:53	01:58:17	02:19:04	02:22:37			M-1399	Máster 4-159
1696	1299 MARIA ELENA CASTRO SABIO	03/06/1967	02:24:26	06:50	22:33	33:33	47:35	01:07:24	01:39:49	02:01:48	02:20:51	02:22:27			F-297	Máster 5-11

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XVI MEDIO MARATÓN CORUÑA 21

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PTO DOR.	NOME	DATA NAC.	TEMPO	RITMO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
1697	407 JORGE PAZ AMADO	05/05/1976	02:24:31	06:51	22:16	32:38	46:12	01:03:50	01:35:23	01:58:56	02:20:25	02:22:34			M-1400	Máster 3-220
1698	1277 ANA ISABEL LÓPEZ FRAGA	14/02/1980	02:25:06	06:52	21:09	31:53	45:35	01:04:45	01:37:40	01:59:55	02:20:42	02:23:33			F-298	Máster 2-31
1699	1666 OSCAR GARCIA	30/10/1975	02:25:49	06:54	22:31	33:36	47:29	01:06:15	01:38:10	02:00:33	02:21:15	02:23:59			M-1401	Máster 3-221
1700	1708 JOSE DAMIAN TOBOSO GOMEZ	02/09/1973	02:26:54	06:57	22:53	34:01	47:57	01:06:47	01:39:05	02:01:44	02:21:48	02:25:03		NERJA DE ATLETISMO	M-1402	Máster 4-160
1701	1382 ROCIO LOPEZ TEMES	27/06/1981	02:27:27	06:59	23:28	35:13	49:53	01:09:18	01:42:54	02:04:20	02:23:16	02:25:32	AG19587	CORREXALLAS	F-299	Máster 2-32
1702	1718 SANTIAGO VILLASUSO RODRÍGUEZ	10/05/1965	02:27:38	06:59	21:26	31:58	46:59	01:06:04	01:39:06	02:02:20	02:23:14	02:26:19			M-1403	Máster 5-92
1703	1406 SOFÍA CRESPO MERELAS	02/09/1980	02:27:45	07:00	23:54	35:26	49:59	01:09:23	01:41:38	02:03:20	02:23:27	02:25:41			F-300	Máster 2-33
1704	1799 ROGELIO MANUEL PÉREZ MIÑONE	07/06/1965	02:27:47	07:00	23:55	35:27	50:00	01:09:24	01:41:25	02:03:22	02:23:27	02:25:43			M-1404	Máster 5-93
Llegados: 1.704																
DNF	1812 PABLO PIÑEIRO PIÑEIRO	12/05/1981			19:13	28:04	39:26								M	Máster 2
DNF	1746 ALFREDO PENEDO	13/09/1976													M	Máster 3
DNF	1747 MIGUEL ÁNGEL BARO VILLA	03/05/1974			20:14	30:26	43:24	01:01:24	01:36:23	02:06:07					M	Máster 4
DNF	1832 AARÓN VENTOSO TORRES	20/05/1998			11:15	17:24									M	Senior
DNF	1967 NATALIA OSORIO ARANGO	08/10/1985			22:58	33:33	47:21	01:06:09	01:38:48	02:01:35	02:23:14				F	Máster 1
DNF	1931 TOMMASO LABRUNA	07/07/1999			16:12	24:14	34:20	47:54	01:10:13						M	Senior
DNF	1944 CARMEN RODRÍGUEZ	19/10/2000			20:55	30:38	43:10								F	Senior
DNF	1415 CARMEN BAAMONDE	18/06/1993													F	Senior
DNF	1389 MARÍA MARTÍN GARCÍA-TORRES	23/09/1997			23:09	35:37	51:21								F	Senior
DNF	1390 ANGELES MÉNDEZ CASTRO	21/07/1974				28:27	40:14	56:35	01:23:43	01:41:47				FORESJANS RUNNERS	F	Máster 4
DNF	1386 MARTA GONZÁLEZ GONZÁLEZ	18/04/2000			21:49	32:25	47:31	01:08:35							F	Senior
DNF	1395 EMMI KOHOUT	24/07/1987													F	Máster 1
DNF	1426 SARA AMOR	29/01/2001			24:21	35:20	49:29	01:08:16							F	Senior
DNF	1449 ALBERTO MANEIRO LIÑARES	16/06/1979			20:29	31:51	47:54	01:08:51	01:44:04	02:08:34			AG13744	SOCIEDAD DEPORTIVA CC	M	Máster 3
DNF	1365 ANTÍA CASTRO SILVAR	21/08/1998			19:22	28:20	39:35	54:25	01:19:40						F	Senior
DNF	1381 KARINA CAPELO VILAR	16/10/1987			23:30	35:14	49:54	01:09:20	01:43:58	02:07:58				CORREXALLAS	F	Máster 1
DNF	1323 BEATRIZ MARTIN GARCIA-TORRES	07/04/1993			23:10	35:37	51:24								F	Senior
DNF	1339 ANA VIGO LIÑARES	12/06/1969			22:49	34:55							AG2014921	ENTRENARUNNING	F	Máster 5
DNF	1286 BELÉN FILGUEIRA GARCÍA	28/08/1969			19:31	28:58	40:55	57:14							F	Máster 5
DNF	1296 ANA SANTOS EXPOSITO	21/02/1968			22:29	33:25	47:40	01:06:27						NOSPORTLIMIT	F	Máster 5
DNF	1262 BARBARA PEREZ LORENTE	15/08/1983			19:17	28:26	40:06	55:44	01:23:10					CLUB DALLE GAS RUNNIN	F	Máster 2
DNF	1171 HÉCTOR PIÑEIRO GARCÍA	07/08/1980			17:56	26:37	37:26	51:48	01:15:39					CLUB ATLETISMO LOUSAN	M	Máster 2
DNF	1205 IGNACIO ALEKOS ROMERO BORRE	09/11/1984													M	Máster 2

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PTO DOR.	NOME	DATA NAC.	TEMPO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
DNF	1700 IGNACIO MARTÍN VIVAS	14/02/1985			31:00	44:26	01:03:39	01:41:11	02:11:40					M	Máster 1
DNF	1675 JOSE MANUEL BERMUDEZ RICO	24/12/1964		23:08	34:56	49:24	01:08:42	01:41:42	02:03:22	02:23:53				M	Máster 6
DNF	1678 VÍCTOR MANUEL GÓMEZ LÓPEZ	18/05/1983		20:55	31:22	44:20	01:02:42	01:36:40	02:02:00	02:25:39				M	Máster 2
DNF	1670 MANUEL CALO PASTORIZA	24/06/1986		21:55	32:28	46:07	01:04:38	01:41:31	02:06:28	02:27:28				M	Máster 1
DNF	1667 JOSE MANUEL SANCHEZ LOUREDA	06/06/1962		23:17	34:59	49:30	01:08:51	01:41:25	02:05:36	02:27:35				M	Máster 6
DNF	1611 ELOY ESPIÑEIRA	23/07/2000		18:44	27:53	39:52								M	Senior
DNF	1467 PABLO GALÁN RODRÍGUEZ	10/01/1983		17:36	26:15	37:24	52:44							M	Máster 2
DNF	1472 RAMIRO FERNANDEZ SANCHEZ	01/08/1971		19:08	28:14	39:53								M	Máster 4
DNF	1562 GERARDO COLLAZO ESMORIS	12/06/1975												M	Máster 3
DNF	1573 MIGUEL DEZA RODRIGUEZ	25/08/1970		19:59	29:33	41:33	57:41							M	Máster 4
DNF	1590 PABLO FREIRE FERNÁNDEZ	22/01/2001		19:16	28:44	40:30								M	Senior
DNF	421 HERMES ARNOSO GIAO	22/08/1991		14:24	21:52	31:27	44:50						NOSPORTLIMIT	M	Senior
DNF	343 PEDRO PAZOS CARBÓN	30/10/1968		13:49	20:56	29:55	41:55						UNIVERSIDADE SANTIAGO	M	Máster 5
DNF	346 JAVIER ACCIÓN	31/12/1983		13:48	20:59	29:59	41:57	01:02:43						M	Máster 2
DNF	326 MARCOS GÓMEZ PÉREZ	24/04/1986		13:04	19:54	28:29	40:00	01:01:05				GA5774559ATCCA	ATLETISMO RIA DE FERROIA	M	Máster 1
DNF	321 JOSE MARTINEZ DOPAZO	30/12/1978		12:57	19:53	28:41	40:39	01:01:12	01:18:00			32832670D	TRAILEROS TOXOS E BIRROIA	M	Máster 3
DNF	381 DAVID VILA ÁLVAREZ	02/06/1995		14:12	21:26	30:29	42:36							M	Senior
DNF	351 SIMÓN CABARCOS NOVÁS	11/10/1979		13:33	20:45	29:57	42:26						A.D. NAUTICO NARÓN	M	Máster 3
DNF	364 ENRIQUE CABANA PICADO	04/10/1982		13:14	20:01	28:46	40:35							M	Máster 2
DNF	459 DAVID CARRILLO PÉREZ	16/11/1981		13:30	20:40	29:48	42:27	01:12:56					TRIATLÓN BIERZO	M	Máster 2
DNF	491 ALEIX MARTIN	06/09/1996		14:06	21:22	30:30	42:28	01:01:51						M	Senior
DNF	552 MIGUEL BOUZAS FERNÁNDEZ	25/02/2000		15:19	25:25									M	Senior
DNF	560 RICARDO RUBÍN FERNÁNDEZ	16/09/1982												M	Máster 2
DNF	72 IVÁN CELA NOVOA	16/10/1979		11:20	17:21	24:59	35:13	52:46				0198	CAO NAVIA	M	Máster 3
DNF	168 JOSE MARÍA ORDÓÑEZ MERELAS	05/07/1977		12:46	19:35	28:08	39:33							M	Máster 3
DNF	150 DIEGO BLANCO MARTINEZ	01/09/1995		13:17	20:02	28:38	37:57							M	Senior
DNF	147 PEDRO CALVO ROO	02/11/1977		12:41	19:14	27:34	38:54	58:43				AG5771	CLUB ATLETISMO NOIA	M	Máster 3
DNF	198 PABLO ALVAR LÓPEZ	18/12/1979		12:28	19:12	27:42	39:10	58:27						M	Máster 3
DNF	189 CRISTIAN VALENCIA RODRIGUEZ	09/03/1995		12:44	19:31	27:54	39:03						C.A.R. MARISQUEIRO	M	Senior
DNF	179 EVA IGLESIAS	10/06/1985		14:36	22:22	32:15	45:35					AG2023728	BURGAS ATLETISMO OURIA	F	Máster 1
DNF	176 PATRICIA VARELA SANTISO	02/02/1992		12:53	19:37	28:04	39:17					TGAL605	ASOCIACION DEPORTIVA FERROIA	F	Senior
DNF	181 BELÉN NIETO RODRIGUEZ	25/04/1982		13:37	20:47	29:57	42:26						A.D. NAUTICO NARÓN	F	Máster 2

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PTO DOR.	NOME	DATA NAC.	TEMPO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
DNF	182 INES PAPÍN ESTÉVEZ	05/12/1969		12:29	20:43	31:01	44:57					GA5817		F	Máster 5
DNF	205 MANUEL EIRAS RODRÍGUEZ	17/04/1992		14:03	20:46	29:21	40:33	01:01:06				GA23391	CCA ATLETISMO RIA DE FOM	M	Senior
DNF	217 MIGUEL ANGEL LÓPEZ CID	04/03/1971		12:51	19:38	28:09							RUNNING OLEIROS	M	Máster 4
DNF	244 ENRIQUE SANTOS LORENZO	17/10/1971		13:47	21:11	30:20	42:25							M	Máster 4
DNF	1155 GONZALO PITA CASTRO	13/07/1983		18:10	26:56	38:13	53:36							M	Máster 2
DNF	1133 JUAN GARRIZ GARCIA SANTAMARI	01/08/1979		17:22	25:56	36:32	50:54	01:17:36						M	Máster 3
DNF	1140 MIGUEL MOSQUERA MONTERO	06/10/1972												M	Máster 4
DNF	1121 GONZALO ALFONSIN SOLIÑO	30/07/1964		18:45	28:07	39:50	55:51							M	Máster 6
DNF	1122 IAGO TEMPRANO VARELA	19/07/1980		17:31	25:50	36:20	50:34	01:13:36						M	Máster 2
DNF	1078 PEDRO JOSE BARO VILLA	03/05/1974		20:12	30:24	43:24	01:01:21	01:35:30	02:06:00					M	Máster 4
DNF	1079 MAXIMILIEN ETIENNE FRANÇOIS	05/03/1986		15:51	23:56	34:14	48:46							M	Máster 1
DNF	889 JAVIER BERMÚDEZ POMBO	28/10/1980		16:14	24:12	34:27								M	Máster 2
DNF	906 MANU LAMELA	22/05/1995												M	Senior
DNF	934 LUIS M. VILLAMIDE MUIÑA	29/11/1975		16:43	25:06	35:39	49:44	01:13:13						M	Máster 3
DNF	923 CARLOS DE NÓVOA GOMEZ	08/10/1973		17:43	26:17	36:55	51:06					AG18258	ENTRENARUNNING	M	Máster 4
DNF	1002 JORGE JOSÉ VILABOA PITEIRA	30/01/1989												M	Máster 1
DNF	1004 BORJA BLANCO LADO	29/12/1987		17:02	25:22	35:57	50:05	01:14:41						M	Máster 1
DNF	620 ALBERTO GERVENO CASTRO	20/03/1985		15:17	23:03	32:47	45:38	01:06:54					PASA OU ENTORNA	M	Máster 1
DNF	667 GABRIEL SUAREZ SUÁREZ	22/12/1974		17:00	25:37	36:40	52:01							M	Máster 4
DNF	745 MAR FERREIRO REY	05/03/2001		16:03	23:59	34:05	47:45						CLUB ATLETISMO SADA	F	Senior
DNF	768 ISABEL CARBAJALES CASAL	01/08/1972		20:40	31:54	44:27								F	Máster 4
DNF	810 ISABEL BELLO GÓMEZ	22/08/1985		16:59	25:36	36:40	52:01							F	Máster 1
DNF	782 CARMEN SEOANE DOPICO	13/11/1975		17:14	25:54	36:34	51:02						SPORTING CLUB CASINO	F	Máster 3
DNF	845 ANGEL FERNANDEZ CORRAL	05/11/1969											CLUB DEPORTIVO NORDE	M	Máster 5

Abandonos: 79

DNS	1825 CARLOS RAMON ANTON DE VICEN	29/08/1995												M	Senior
DNS	1873 CESAREO DIAZ ARES	28/09/1980												M	Máster 2
DNS	1874 ALBERTE MATO LÓPEZ	28/09/1994												M	Senior
DNS	1878 MARTÍN REY VILLAR	04/10/2000												M	Senior
DNS	1876 PABLO YOLDI MÉNDEZ	31/08/2000												M	Senior
DNS	1847 ISIDRO FERNANDEZ TOZAF	15/05/1984												M	Máster 2
DNS	1863 JAVIER FRAIZ	30/04/1986												M	Máster 1

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DNS	1759 BRUNO SUÁREZ PEREIRA	03/06/2004												M	Sub 23
DNS	1778 ALEX FERNÁNDEZ BARROS	14/08/1991												M	Senior
DNS	1930 ZAKARIA ERRIFAI HADDAOUI	10/02/2002												M	Senior
DNS	1932 ANTON VAZQUEZ PADIN	11/03/2004												M	Sub 23
DNS	1922 MARK DOHERTY	15/01/1982												M	Máster 2
DNS	1937 EDUARDO SANCHEZ PAZ	13/12/1998												M	Senior
DNS	1952 RUBEN ALONSO POSE	03/04/1992												M	Senior
DNS	1900 OSCAR REGUEIRA	21/02/1969												M	Máster 5
DNS	1897 ALEX OCAMPOS	13/03/1989												M	Máster 1
DNS	1885 FRANCISCO RODRÍGUEZ PEREIRA	20/01/1972												M	Máster 4
DNS	1914 ROBERTO GONZALEZ CARRERA	26/08/1983												M	Máster 2
DNS	1912 ADRIAN BLANCO	21/10/1991												M	Senior
DNS	1903 JOSE ANTONIO GUERRA LEDO	10/03/1984											AS FIGUERAS DEPORTIVA	M	Máster 2
DNS	1909 ALEJANDRO SÁNCHEZ VÁZQUEZ	27/01/1996												M	Senior
DNS	1969 YAGO LÓPEZ SOLÓRZANO	20/10/2006												M	Sub 20
DNS	1970 ANIELA PALAZEJ	06/07/2003												F	Sub 23
DNS	1972 JACOBO FERNÁNDEZ GARCÍA	03/12/2001												M	Senior
DNS	1960 GABRIEL SIEIRA FRANCO	26/07/1997												M	Senior
DNS	1964 ADRIAN MOSQUERA MELERO	18/04/1997												M	Senior
DNS	1965 EMMA FERNÁNDEZ MUÑOZ	07/05/1998												F	Senior
DNS	1966 ELBA PARDO SÁNCHEZ	08/06/1998												F	Senior
DNS	1982 DIEGO ALONSO CAMPO	22/02/2001												M	Senior
DNS	1978 MANUEL OTERO HERBELLO	27/02/2003												M	Sub 23
DNS	1987 ANDRÉS LÓPEZ ZAPICO	02/06/2001												M	Senior
DNS	1984 DANIEL DEL RÍO FRADE	13/06/2003												M	Sub 23
DNS	1989 LUCÍA PRADA PRIETO	02/07/2001												F	Senior
DNS	1991 PABLO GONZÁLEZ CENDÁN	15/09/1999												M	Senior
DNS	1993 ESTELA PEREZ RUS	17/12/1997												F	Senior
DNS	1994 PABLO Balsa GALLEGO	19/01/2005												M	Sub 23
DNS	2008 RAMON GAYOSO GONZALEZ	04/05/1974												M	Máster 4
DNS	1385 LUCIA TORRALBA REGOS	09/12/1983												F	Máster 2
DNS	1401 MARÍA NOVO LAGO	16/05/1988												F	Máster 1

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PTO DOR.	NOME	DATA NAC.	TEMPO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
DNS	1453 DAVID CASTELO PERNAS	29/08/1999											TOXOS&BIRRAS	M	Senior
DNS	1444 SANDRA GONZALEZ FERNANDEZ	16/10/2007										GA1165	ESCOLA ATLETICA LUCEN	F	Sub 20
DNS	1438 SILVIA ORELL VELA	25/06/1993												F	Senior
DNS	1439 ANA AMATRIA BARRAL	11/11/1998												F	Senior
DNS	1430 PATRICIA MARTINEZ TOLEDO	14/03/1982												F	Máster 2
DNS	1321 ALICIA ACOSTA BORRÁS	10/12/1998											GLOBAL SPORT CLUB	F	Senior
DNS	1338 NOA CARAMES VILA	04/03/1980										AG17449	SOCIEDADE DEPORTIVA B	F	Máster 2
DNS	1361 PILAR PLAZA FABREGA	01/08/1972											MESOIRO CD	F	Máster 4
DNS	1352 ANA MARTÍNEZ MADARNÁS	01/04/1996												F	Senior
DNS	1292 MARIA CRISTINA ALONSO PEREZ	28/06/1981												F	Máster 2
DNS	1308 BEA GARCÍA MARTÍNEZ	08/10/1985											GLOBAL SPORT CLUB	F	Máster 1
DNS	1276 LOURDES PEREIRA BECEIRO	11/02/1973												F	Máster 4
DNS	1273 MARTA SALVADOR SÁNCHEZ	04/09/1978												F	Máster 3
DNS	1267 LUCÍA VÁZQUEZ SESAR	16/01/1992												F	Senior
DNS	1244 COVA SUÁREZ MIRANDA	07/09/1976												F	Máster 3
DNS	1178 ALVARO CARRAL	20/12/2000												M	Senior
DNS	1182 XOSE RODRÍGUEZ GONZÁLEZ	05/08/1983												M	Máster 2
DNS	1193 ANDRES CAAVEIRO DE VEGA	15/05/1979												M	Máster 3
DNS	1706 JULIAN RUEDA GARCIA	22/10/1956												M	Máster 7
DNS	1727 ENRIQUE SOLA SANCHEZ	12/11/1977												M	Máster 3
DNS	1728 CANDIDO FERREIRO LEGIDE	27/10/1975										CT29636	CLUB ATLETISME BAIX MC	M	Máster 3
DNS	1729 RAUL GOMEZ FERNANDEZ	19/02/2001												M	Senior
DNS	1671 ANGEL PARIS SANCHEZ	08/06/1991												M	Senior
DNS	1673 RAFAEL BELISARIO PERAZA	30/12/1972												M	Máster 4
DNS	1679 ADRIAN ALONSO FERNÁNDEZ	08/12/1983												M	Máster 2
DNS	1680 JAVIER BARREIRO BLANCO	05/08/1974												M	Máster 4
DNS	1699 JOSE MARIA OZORES WAIS	09/09/1983												M	Máster 2
DNS	1621 HÉCTOR CARRERA	16/10/1990												M	Senior
DNS	1625 ADRIÁN PARADA BARCIA	11/12/1995												M	Senior
DNS	1629 NESTOR MOHEDANO MARTIN	27/08/1975												M	Máster 3
DNS	1607 GABRIEL POLO FRAGA	19/02/1997												M	Senior
DNS	1610 JAVIER FERNÁNDEZ RODRÍGUEZ	11/01/1980												M	Máster 3

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DNS	1616 JOSÉ CARLOS VÁZQUEZ MÍGUEZ	07/10/1971											OS CAMINHANTES DO CCM	M	Máster 4
DNS	1617 MARCOS VELO GARCÍA	25/05/1975												M	Máster 3
DNS	1661 PEDRO COBO BELTRÁN	21/03/1985												M	Máster 1
DNS	1634 MAYK NIETO PÉREZ	18/06/1986												M	Máster 1
DNS	1575 ADRIAN ALAEZ AYAN	15/05/1987												M	Máster 1
DNS	1577 FRANCISCO LOZANO ADEVA	05/05/1959									00932491			M	Máster 7
DNS	1563 JOSE RAMON LAGOS VAZQUEZ	16/04/1986												M	Máster 1
DNS	1551 IGNACIO VILARIÑO REY	19/03/1994												M	Senior
DNS	1542 JAVIER GOTI RODRIGUEZ	19/09/1971												M	Máster 4
DNS	1481 FAUSTO GALDO ROLÓN	13/10/1976												M	Máster 3
DNS	1471 JULIÁN LÓPEZ CAMARERO	01/12/1956												M	Máster 7
DNS	1517 RAFAEL RODRÍGUEZ GUZMÁN	02/09/1977												M	Máster 3
DNS	1505 ANGEL LOPEZ BRAVO	16/11/1979												M	Máster 3
DNS	1502 MANUEL LÓPEZ TEMES	23/02/1985										AG3306	CORREXALLAS	M	DV
DNS	1503 JUAN POLO FERNANDEZ	26/08/1998												M	Senior
DNS	426 DIEGO JOSÉ GARCÍA CASCO	28/08/1992											G.M. CUMBRE LLANGRÉU	M	Senior
DNS	428 NOELIA PAPÍN ESTÉVEZ	30/12/1974										GA5857		F	Máster 4
DNS	444 MARÍA CARPENTE BOSCH	05/09/1984												F	Máster 2
DNS	403 ALBERTO GARCIA DE LA IGLESIA	01/08/1972										AG2027721	CLUB ATLETISMO VETERAI	M	Máster 4
DNS	412 SINESIO NOVO FERNÁNDEZ	27/06/1977												M	Máster 3
DNS	395 MODESTO LUSQUIÑOS GARCÍA	05/10/1967										TGAL520	NOSPORTLIMIT	M	Máster 5
DNS	396 MICHAEL SORDO SEIJO	21/07/1994												M	Senior
DNS	356 JOSÉ ANTONIO GARCÍA MÉNDEZ	29/08/1976										AG2027136	ASOCIACION DEPORTIVA	M	Máster 3
DNS	379 STEFANO TUCCILLO	29/05/1975											A.S.D. TEAM KM SPORT	M	Máster 3
DNS	367 JAVIER OROZCO CORREDOIRA	23/06/1979										AG16200	CLUB ATLETISMO SANTIA	M	Máster 3
DNS	325 DANIEL BERMÚDEZ ÁLVAREZ	27/07/1982											CLUB DEPORTIVO NORDE	M	Máster 2
DNS	342 MARIANO CASÁS GONZÁLEZ	01/09/1980										AG15032	ASOCIACION DEPORTIVA	M	Máster 2
DNS	489 ADRIÁN FERNANDEZ GARCÍA	13/09/1992										TGAL652		M	Senior
DNS	496 VICENTE MARCOS DÍAZ DE LOS RE	28/06/1958												M	Máster 7
DNS	473 JAVIER LÓPEZ VILA	04/08/1979												M	Máster 3
DNS	467 MANUEL FONTENLA MUIÑO	13/02/1963											ATLETAS DE ACEA DE AM	M	Máster 6
DNS	526 PABLO LÓPEZ ALONSO	18/10/2001												M	Senior

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DNS	524 THIBAUT BRUYERE	13/08/1994												M	Senior
DNS	521 MARTIÑO PLACER GARCÍA-RODEJA	09/01/1991										AG20074	SOCIEDAD DEPORTIVA CCM	M	Senior
DNS	510 JOSE MANUEL SEOANE CHAS	09/01/1962										TGAL650	ATLETAS DE ACEA DE AM	M	Máster 6
DNS	507 JOSE ANGEL PITA TORRES	17/03/1957												M	Máster 7
DNS	565 IAGO MARTINEZ LAFUENTE	21/03/1974												M	Máster 4
DNS	579 MANUEL REGUEIRA FERRO	08/05/1970												M	Máster 4
DNS	186 VICENTE RUBÉN JIMÉNEZ GURREA	27/04/1981										GA3781197ATNOSPORTLIMIT		M	Máster 2
DNS	183 PATRICIA CASAR DÍAZ	24/02/1983											CLUB DEPORTIVO PINARII	F	Máster 2
DNS	171 FRANCISCO VÁZQUEZ SEOANE	19/09/1978												M	Máster 3
DNS	191 ROBERTO ANTA ALVAREZ	07/08/1984											TRIATLÓN BIERZO	M	Máster 2
DNS	204 RAFAEL SIERRA	29/03/1982												M	Máster 2
DNS	235 DIEGO BELLO YAÑEZ	21/03/1989												M	Máster 1
DNS	273 JUAN JOSE ALVAREZ BARREIRO	02/07/1981											CLUB ATLETISMO LEON	M	Máster 2
DNS	262 JOSÉ MANUEL BLANCO LESTÓN	27/07/1985												M	Máster 1
DNS	276 DAVID OLIVEIRA RODRIGUEZ	11/11/1987											ATLETISMO PORRIÑO	M	Máster 1
DNS	152 RUBEN OJEA FERREIRA	02/03/1994												M	Senior
DNS	157 ROBERTO GARCIA FERNANDEZ	01/11/1982												M	Máster 2
DNS	116 HÉCTOR FERNÁNDEZ RABANAL	12/11/1986												M	Máster 1
DNS	65 IGNACIO HERRERO MARTÍN BERRO	06/03/1990											CPC	M	Senior
DNS	82 JAVIER FERNÁNDEZ MARTÍNEZ	14/10/1971											C.D. PONFERRADA RUNNI	M	Máster 4
DNS	96 MARCOS MANZANO RUIZ-CANELA	25/02/1993												M	Senior
DNS	56 MANUEL LORENZO LÓPEZ	04/03/1993										GA9011	CLUB DEPORTIVO PINARII	M	Senior
DNS	19 DAVID RODRÍGUEZ LÓPEZ	17/11/1980											BIERZO TRIMAN	M	Máster 2
DNS	31 ANDREA ALVITE LÓPEZ	20/07/1999												F	Senior
DNS	12	08/02/2025												M	SC
DNS	13	08/02/2025												M	SC
DNS	10 VICTOR ALONSO ARES	03/06/1988										GA56	VICKY FOODS ATHLETICS	M	Máster 1
DNS	4 PAULO SERGIO BARBOSA COELHO	04/06/1994											SC BRAGA	M	Senior
DNS	1131 ENRIQUE FERNANDEZ ROSADO	22/02/1972												M	Máster 4
DNS	1120 BERNARDO LÓPEZ MARCOTE	29/12/1975												M	Máster 3
DNS	1116 BRAIS QUEIRO LAMAS	30/11/2000												M	Senior
DNS	1101 ALEJANDRO GARCIA PEREZ	18/09/1993												M	Senior

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DNS	1149 ALAN GONZÁLEZ BERMÚDEZ	14/03/1982												M	Máster 2
DNS	1134 FRANCISCO JAVIER MARTÍNEZ ÁLV	05/04/1980											AD ATLETISMO VILLA DE	M	Máster 2
DNS	1039 HUGO ÁLVAREZ FERNÁNDEZ	07/01/1990												M	Máster 1
DNS	1042 ALVARO MARIÑO MARTINEZ	12/05/1980												M	Máster 2
DNS	1043 CARLOS FILGUEIRA PIÑEIRO	01/05/1978											SOCIEDADE DEPORTIVA B	M	Máster 3
DNS	1048 DANIEL VEIGA AMOR	25/09/2002												M	Senior
DNS	1054	08/02/2025												M	SC
DNS	1092 JAIRO MANDIÁ GONZÁLEZ	13/06/1989												M	Máster 1
DNS	1005 URBANO LANDROVE RODRÍGUEZ	09/10/1973											TRIEUME AS PONTES CLU	M	Máster 4
DNS	1026 DANIEL VILA CHAVES	18/10/1993												M	Senior
DNS	1011 PABLO PASCUAL ESPINOSA	02/11/1993												M	Senior
DNS	981 CARLOS ARADAS LOPEZ	11/01/1986											CLUBE ATLETISMO BOIMC	M	Máster 1
DNS	984 FRANCISCO JAVIER SUÁREZ ANDED	22/01/1969											ATLETAS DE ACEA DE AM	M	Máster 5
DNS	926 YAGO MACEIRAS	03/07/1976												M	Máster 3
DNS	929 RUBÉN VÁZQUEZ PARADA	01/10/1979												M	Máster 3
DNS	953 ADRIAN PIMENTEL COUCEIRO	11/07/1990											CLUB ATLETISMO ARZÚA	M	Senior
DNS	951 PABLO RODRIGUEZ ALVAREZ	27/12/1972												M	Máster 4
DNS	904 ADRIAN FDEZ GARCÍA	10/12/1994												M	Senior
DNS	914 RAÚL MÍGUEZ BLANCO	22/12/1996									GA3761762AT			M	Senior
DNS	921 DAVID LOPEZ-GUERRERO LUNA	06/07/2002												M	Senior
DNS	890 ROMÁN ABELLA BOUZA	22/09/1978												M	Máster 3
DNS	709 JESUS PIÑEIRO VAZQUEZ	14/08/1973												M	Máster 4
DNS	696 ANTONIO LUIS GONZALEZ FERNAN	25/02/1972									AG2021667	LA MOCHILA DEL DEPORT	M	Máster 4	
DNS	670 CARLOS MANUEL GARCIA RODRIG	22/12/1982												M	Máster 2
DNS	657 JUAN FERNÁNDEZ MORA	12/01/1991												M	Senior
DNS	661 JUAN CARLOS SAN MARTIN FERNÁ	03/09/1985												M	Máster 1
DNS	662 FERNANDO MARTINEZ	23/09/1975												M	Máster 3
DNS	644 MOISÉS CENDÓN CENDÓN	18/02/1992												M	Senior
DNS	630 ROBERTO FERNÁNDEZ ALONSO	12/06/1969									34982309E			M	Máster 5
DNS	871 MAXIMINO LIMÉNS PRADO	11/01/1959									AG8835	CLUB ATLETISMO NEGREI	M	Máster 7	
DNS	883 YAGO REMO HERMIDA	24/09/2004												M	Sub 23
DNS	881 LLUIS PALLARDO SEGARRA	15/05/1986											TEAM ROCKET FALLUJAH	M	Máster 1

XVII MEDIO MARATÓN CORUÑA 21 - 5K

09.02.2025

Concello de A Coruña

RESULTADOS OFICIAIS

XVI MEDIO MARATÓN CORUÑA 21

09:30

PTO DOR.	NOME	DATA NAC.	TEMPO	PK 3.4	5K	PK 7.1	10K	PK 14.7	PK 17.7	PK 20.5	NETO	LICENZA	CLUBE	SEXO	CATEGORÍA
DNS	879 MANUEL VÁZQUEZ AVILÉS	14/08/1977												M	Máster 3
DNS	858 HUMBERTO MARTÍN MARTÍN	27/12/1983												M	Máster 2
DNS	854 ALBERTO PILLADO GARCÍA	28/10/1994												M	Senior
DNS	856 BRUNO DIÉGUEZ GONZÁLEZ	03/05/1990												M	Senior
DNS	783 BERTA RUIZ CASERMEIRO	15/07/1993												F	Senior
DNS	793 LAURA SAAVEDRA DELGADO	29/03/1987											ASOCIACION BJ RUNNING	F	Máster 1
DNS	769 PILAR RODRIGUEZ TRINCADO	04/12/1989												F	Máster 1
DNS	766 LAURA RÁBADE TEJEIRO	12/12/1984												F	Máster 2
DNS	776 ANA BERMÚDEZ BAIXERAS	03/04/2002												F	Senior
DNS	743 MARIÁN LORENZO BARRAL	12/04/1972											NOSPORTLIMIT	F	Máster 4
No presentados: 177															
DQ	674 RICARDO PEREIRA	07/08/1986	ART. 7	15:56	24:03	34:09	47:34	01:09:30	01:23:27	01:36:10				M	Máster 1
DQ	734 JOSE SUAREZ NUÑEZ	27/10/1969	ART. 6	17:04	25:45	36:36	51:02	01:15:45	01:32:46	01:47:58		TGAL524	NOSPORTLIMIT	M	Máster 5
DQ	1028 SERVANDO OTERO PUENTE	24/01/1966	ART. 5	16:11	24:14	34:41	49:18	01:14:09	01:31:51				CLUB ATLETISMO SADA	M	Máster 5
DQ	1129 ALEJANDRO GOMEZ PARRADO	26/07/1985	ART. 7	17:37	26:18	37:13	51:39	01:15:53	01:32:31	01:49:18				M	Máster 1
DQ	206 ADRIAN CRESPO	07/09/1986	ART. 7	12:45	19:25	27:53	39:02	57:50	01:10:32	01:22:04		AG19923	ATLETISMO CORREDOIRA	M	Máster 1
DQ	185 ALICIA GONZÁLEZ RUIZ	16/06/1981	ART. 7	13:42	20:47	29:45	41:40	01:01:20	01:14:22	01:26:15			CD RELIEVE	F	Máster 2
DQ	492 JUAN MARÍN ORTEGA	18/06/1994	ART. 7	14:08	21:25	30:31	42:29	01:02:00	01:14:46	01:26:36				M	Senior
DQ	429 CRISTINA RODRÍGUEZ TORRADO	09/02/1994	ART. 6	15:58	23:28	32:49	45:40	01:05:57	01:19:35	01:31:35				F	Senior
DQ	1568 RAFAEL ARES FONTENLA	25/08/1965	ART. 5					01:02:16	01:21:35	01:39:05			CLUB ATLETISMO CAMBAI	M	Máster 5
DQ	1713 FERNANDO LÓPEZ TOURIÑAN	26/01/1969	ART. 7	21:44	32:30	46:15	01:04:52	01:36:30	01:57:10	02:16:32				M	Máster 5
DQ	1289 BARBARA CASTRO LANDEIRA	05/01/1991	ART. 5					54:31	01:13:36	02:12:14				F	Senior
DQ	1320 ELENA SOBRINO GARCIA	20/06/1981	ART. 7	19:27	29:05	40:59	56:50	01:22:47	01:39:58	01:55:55				F	Máster 2
DQ	1384 SILVIA VIGO ROJO	02/02/1986	ART. 7	22:10	32:47	46:06	01:04:34	01:36:08	01:58:48	02:16:19				F	Máster 1
DQ	1929 ORITZA HERRERA	20/01/1975	ART. 6	19:18	28:22	39:43	54:38	01:18:48	01:34:39	01:49:15				F	Máster 4
DQ	1831 MIGUEL GARCÍA FERNÁNDEZ	22/02/1994	ART. 5						01:49:04	02:09:12				M	Senior

Descalificados: 15