

**Lousame 29 de Marzo de 2015**
**RESULTADOS PRUEBA ABSOLUTA 10Km**

| PTO | DOR | NOMBRE           | APELLIDOS          | SEX | EQUIPO                              | LOCALIDAD            | TIEMPO OFICIAL | RITMO | TIEMPO NETO | CATEGORIA   | PTO CAT | PTO SEXO | PASO META | PTO CONTROL |
|-----|-----|------------------|--------------------|-----|-------------------------------------|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 1   | 5   | Victor           | Riobo Villanueva   | M   | Club Atletismo Santiago - Miler     | Marin                | 32:55.0        | 3:18  | 32:55.0     | Veteranos A | 1       | 1        | 5:04.3    | 19:32.5     |
| 2   | 6   | Robertas         | Geralavicius       | M   | Sociedad Gimnastica De Pontevedra   | Pontevedra           | 33:07.6        | 3:19  | 33:07.6     | Sénior      | 1       | 2        | 5:04.1    | 19:32.8     |
| 3   | 62  | Fernando         | Pérez Fernández    | M   | Alejandro Gómez - Purina            | Lousame              | 33:48.0        | 3:23  | 33:47.7     | Sénior      | 2       | 3        | 5:19.6    | 19:54.3     |
| 4   | 69  | Cayetano         | García Blanco      | M   | A.D Porto Do Son                    | Porto Do Son         | 34:09.9        | 3:25  | 34:09.6     | Sénior      | 3       | 4        | 5:11.5    | 20:10.7     |
| 5   | 88  | Angel            | Maceiras Lago      | M   | Sar Vermu Petroni                   | Muros                | 34:30.5        | 3:27  | 34:30.5     | Veteranos A | 2       | 5        | 5:11.5    | 20:11.9     |
| 6   | 158 | Alberto          | Carou Carril       | M   | C.A. Bertamirans                    | Noia                 | 34:42.7        | 3:28  | 34:42.1     | Veteranos A | 3       | 6        | 5:11.5    | 20:18.1     |
| 7   | 230 | Jose Luis        | Louzao Tato        | M   | Triatlón Trinity                    | Nigran               | 34:49.5        | 3:29  | 34:49.5     | Veteranos B | 1       | 7        | 5:06.9    | 20:18.3     |
| 8   | 124 | Manuel Antonio   | Louro Insua        | M   | Club Atletismo Sar - Vermu Petroni  | Noia                 | 34:59.2        | 3:30  | 34:58.3     | Veteranos A | 4       | 8        | 5:12.9    | 20:32.9     |
| 9   | 194 | Ramon            | Maceiras Lago      | M   | Sar Vermu Petroni                   | Muros                | 35:23.5        | 3:33  | 35:23.4     | Veteranos A | 5       | 9        | 5:18.1    | 20:53.3     |
| 10  | 2   | Marcos           | Mayo Figueira      | M   | Independiente                       | Lousame              | 35:25.0        | 3:33  | 35:25.0     | Veteranos A | 6       | 10       | 5:11.9    | 20:33.3     |
| 11  | 35  | Juan             | Negreira Montero   | M   | Triatlón Arcade Inforhouse Santiago | Santiago             | 35:26.1        | 3:33  | 35:26.1     | Sénior      | 4       | 11       | 5:11.5    | 20:34.1     |
| 12  | 236 | Jose             | Suarez Leis        | M   | Atletismo Boimorto                  | A Baña               | 35:38.6        | 3:34  | 35:38.6     | Veteranos B | 2       | 12       | 5:12.6    | 20:51.0     |
| 13  | 136 | Candido          | Segade Suarez      | M   | A.D Porto Do Son                    | Porto Do Son         | 36:16.9        | 3:37  | 36:16.1     | Veteranos A | 7       | 13       | 5:28.1    | 21:13.8     |
| 14  | 142 | Ricardo          | Villar Rodriguez   | M   | Noitebra                            | Santa Comba          | 36:21.2        | 3:38  | 36:20.4     | Veteranos A | 8       | 14       | 5:19.6    | 21:08.8     |
| 15  | 28  | Xabier           | Agraso Alonso      | M   | Independiente                       | Porto Do Son         | 36:50.9        | 3:41  | 36:49.9     | Sénior      | 5       | 15       | 5:14.8    | 21:08.4     |
| 16  | 106 | Manuel           | Carreira Oubiña    | M   | Independiente                       | Portas               | 37:11.8        | 3:43  | 37:11.8     | Veteranos A | 9       | 16       | 5:19.5    | 21:41.4     |
| 17  | 249 | Jose Manuel      | Rodríguez Alvarez  | M   | Atletismo Milladoiro                | Lestrove             | 37:14.9        | 3:44  | 37:14.9     | Veteranos B | 3       | 17       | 5:36.1    | 21:54.1     |
| 18  | 3   | María Jesús      | Gestido Rodríguez  | F   | Club De Atletismo Vila De Cangas    | Pontevedra           | 37:19.7        | 3:44  | 37:19.3     | Veteranos A | 1       | 1        | 5:41.9    | 21:56.7     |
| 19  | 20  | Ismael           | García Carballo    | M   | Independiente                       | Urdilde              | 37:21.6        | 3:43  | 37:12.3     | Sénior      | 6       | 18       | 5:37.3    | 21:59.0     |
| 20  | 262 | Ramiro           | Perez Pereira      | M   | Sar Vermu Petroni                   | Teo                  | 37:21.6        | 3:44  | 37:19.8     | Veteranos C | 1       | 19       | 5:39.5    | 21:57.6     |
| 21  | 185 | Oscar            | Valle Lopez        | M   | Noitebra                            | Teo                  | 37:25.6        | 3:44  | 37:24.8     | Veteranos A | 10      | 20       | 5:29.4    | 21:57.5     |
| 22  | 184 | Manuel Alexis    | Buig Fernandez     | M   | S.D. Barbantia Roda                 | Rianxo               | 37:40.6        | 3:46  | 37:37.7     | Veteranos A | 11      | 21       | 5:38.0    | 22:04.3     |
| 23  | 273 | Yeray            | Lorenzo García     | M   | Club Atletismo Noia                 | Outes                | 37:48.8        | 3:47  | 37:48.5     | Xuvenil     | 1       | 22       | 5:37.8    | 22:02.9     |
| 24  | 128 | Kiko             | García Abalo       | M   | Chans Do Barbanza                   | Valga                | 37:50.4        | 3:47  | 37:50.3     | Veteranos A | 12      | 23       | 5:32.4    | 22:09.8     |
| 25  | 190 | Jose Ramon       | Mayo Martinez      | M   | C.A. Bertamirans                    | Muros                | 37:54.2        | 3:47  | 37:53.5     | Veteranos A | 13      | 24       | 5:36.6    | 22:05.4     |
| 26  | 154 | Luis Javier      | Fernandez Otero    | M   | Sar Vermu Petroni                   | Padron               | 37:58.1        | 3:47  | 37:56.2     | Veteranos A | 14      | 25       | 5:49.1    | 22:48.6     |
| 27  | 197 | Oscar            | Queiruga Torres    | M   | A.D Porto Do Son                    | Porto Do Son         | 38:09.4        | 3:49  | 38:09.0     | Veteranos A | 15      | 26       | 5:31.8    | 22:34.6     |
| 28  | 207 | Carlos           | Juanatey García    | M   | Fontes Do Sar                       | Noia                 | 38:11.2        | 3:49  | 38:08.1     | Veteranos A | 16      | 27       | 5:51.3    | 22:29.4     |
| 29  | 66  | Manuel           | Folgueira Díaz     | M   | Zabba Zapaterías                    | Foz                  | 38:13.7        | 3:49  | 38:12.4     | Sénior      | 7       | 28       | 5:47.5    | 22:39.6     |
| 30  | 199 | José María       | García Gómez       | M   | Independiente                       | Lousame              | 38:14.7        | 3:49  | 38:12.2     | Veteranos A | 17      | 29       | 5:55.3    | 22:52.0     |
| 31  | 122 | Juan Manuel      | Villaverde Muñiz   | M   | Club Atletismo Noia                 | Noia                 | 38:15.5        | 3:49  | 38:14.7     | Veteranos A | 18      | 30       | 5:54.0    | 22:41.3     |
| 32  | 84  | Francisco Javier | Oliveira Boga      | M   | Independiente                       | Padron               | 38:19.5        | 3:50  | 38:19.5     | Veteranos A | 19      | 31       | 5:41.2    | 22:32.0     |
| 33  | 289 | Martin           | Capeans Ces        | M   | Independiente                       | Brion                | 38:21.6        | 3:50  | 38:18.5     | Sénior      | 8       | 32       | 5:46.5    | 22:31.7     |
| 34  | 4   | Raquel           | Suarez Pedrosa     | F   | Ria De Ferrol                       | Santiago De Composte | 38:22.2        | 3:50  | 38:21.7     | Sénior      | 1       | 2        | 5:42.6    | 22:40.3     |
| 35  | 77  | Adrián           | Iglesias Penido    | M   | C.D. San Paio                       | Oroso                | 38:22.7        | 3:50  | 38:22.2     | Promesa     | 1       | 33       | 5:42.6    | 22:38.0     |
| 36  | 134 | Santiago         | Gómez Beiro        | M   | Fontes Do Sar                       | Ames                 | 38:35.7        | 3:51  | 38:32.3     | Veteranos A | 20      | 34       | 5:53.5    | 22:40.8     |
| 37  | 141 | Javi             | Dosil Rivas        | M   | Fontes Do Sar                       | Noia                 | 38:36.0        | 3:51  | 38:32.4     | Veteranos A | 21      | 35       | 5:53.7    | 22:42.0     |
| 38  | 57  | Adrián           | Castroagudin Gómez | M   | Atletismo +9 Moraña                 | Pontecesures         | 38:51.5        | 3:53  | 38:50.2     | Sénior      | 9       | 36       | 5:37.1    | 22:24.8     |
| 39  | 135 | Antón            | Gomez Pombo        | M   | R.C.Celta Atletismo                 | Vigo                 | 38:55.7        | 3:54  | 38:53.5     | Veteranos A | 22      | 37       | 5:55.9    | 22:53.8     |
| 40  | 169 | Juan Jesús       | Barral Varela      | M   | Independiente                       | Brion                | 39:01.7        | 3:54  | 38:57.9     | Veteranos A | 23      | 38       | 6:01.4    | 23:16.4     |
| 41  | 219 | Germán           | Pérez Vidal        | M   | Independiente                       | Noia                 | 39:03.5        | 3:54  | 39:02.1     | Veteranos B | 4       | 39       | 5:49.4    | 23:00.6     |

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| PTO | DOR | NOMBRE          | APELLIDOS         | SEX | EQUIPO                                   | LOCALIDAD            | TIEMPO OFICIAL | RITMO | TIEMPO NETO | CATEGORIA   | PTO CAT | PTO SEXO | PASO META | PTO CONTROL |
|-----|-----|-----------------|-------------------|-----|--|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 42  | 232 | Jacinto         | Fontao Ageitos    | M   | Natación Riveira                         | Ribeira              | 39:06.0        | 3:54  | 39:05.3     | Veteranos B | 5       | 40       | 6:01.9    | 23:17.0     |
| 43  | 161 | Juan            | Martinez Martinez | M   | Independiente                            | Esteiro              | 39:07.4        | 3:54  | 39:05.7     | Veteranos A | 24      | 41       | 5:47.0    | 22:59.7     |
| 44  | 144 | Manuel          | Figueira Perez    | M   | Sar Vermu Petroni                        | Pontecesures         | 39:09.6        | 3:55  | 39:08.4     | Veteranos A | 25      | 42       | 5:51.8    | 22:53.0     |
| 45  | 257 | Antonio         | Folgozo Rocha     | M   | Burgas Ourense Atletismo                 | Ourense              | 39:11.5        | 3:55  | 39:10.7     | Veteranos C | 2       | 43       | 5:44.7    | 22:58.8     |
| 46  | 186 | Jose Antonio    | Vidal Gonzalez    | M   | Independiente                            | Brion                | 39:14.4        | 3:56  | 39:12.5     | Veteranos A | 26      | 44       | 5:26.4    | 22:51.6     |
| 47  | 126 | Edgar Manuel    | Lopez Baleiron    | M   | Independiente                            | Boiro                | 39:17.0        | 3:56  | 39:13.6     | Veteranos A | 27      | 45       | 5:38.7    | 23:13.2     |
| 48  | 85  | Agapito         | Baamonde Arufe    | M   | C.A. Outes- John Turkey                  | Noia                 | 39:21.0        | 3:56  | 39:18.6     | Veteranos A | 28      | 46       | 5:58.2    | 23:09.2     |
| 49  | 147 | Jose Enrique    | Triñanes Vidal    | M   | Independiente                            | Porto Do Son         | 39:24.2        | 3:56  | 39:19.2     | Veteranos A | 29      | 47       | 6:01.9    | 23:00.3     |
| 50  | 89  | Eduardo         | Bujan Santos      | M   | Independiente                            | Noia                 | 39:28.1        | 3:56  | 39:20.9     | Veteranos A | 30      | 48       | 6:07.7    | 23:11.9     |
| 51  | 160 | Daniel          | Sieira Blanco     | M   | S.D. Barbantia Roda                      | Boiro                | 39:31.2        | 3:57  | 39:27.4     | Veteranos A | 31      | 49       | 6:02.4    | 23:18.6     |
| 52  | 247 | Mario           | Gonzalez Freire   | M   | 3&run By Pedro Nimo Del Oro Club De Corr | Brion                | 39:34.9        | 3:57  | 39:29.9     | Veteranos B | 6       | 50       | 5:58.7    | 23:08.1     |
| 53  | 65  | André           | Carrascal Incera  | M   | Zabba Zapaterías                         | Foz                  | 39:36.5        | 3:57  | 39:35.4     | Sénior      | 10      | 51       | 5:51.0    | 23:13.4     |
| 54  | 8   | Ezequiel        | Mosquera Míguez   | M   | Independiente                            | Lousame              | 39:40.8        | 3:58  | 39:40.8     | Veteranos A | 32      | 52       | 5:40.6    | 22:42.6     |
| 55  | 12  | Ruben           | Campos Queiro     | M   | Independiente                            | Lousame              | 39:53.2        | 3:59  | 39:52.4     | Sénior      | 11      | 53       | 5:38.2    | 22:56.5     |
| 56  | 255 | Ramon           | Rios Calvo        | M   | Atletismo Noia                           | Noia                 | 39:53.7        | 3:59  | 39:51.3     | Veteranos C | 3       | 54       | 6:18.9    | 23:34.0     |
| 57  | 180 | Michel          | Martinez Nieto    | M   | C.A. Outes- John Turkey                  | Outes                | 39:56.3        | 3:59  | 39:52.2     | Veteranos A | 33      | 55       | 6:07.0    | 23:17.9     |
| 58  | 38  | Alejandro       | Mayo Maroñas      | M   | Independiente                            | Lousame              | 40:00.3        | 3:59  | 39:50.6     | Sénior      | 12      | 56       | 6:10.5    | 23:14.5     |
| 59  | 40  | Amancio         | Raña Recouso      | M   | C.D. San Paio                            | Oroso                | 40:01.3        | 4:00  | 40:00.9     | Sénior      | 13      | 57       | 6:06.0    | 23:41.1     |
| 60  | 271 | Brais           | Lago Trillo       | M   | Olimpia Cee                              | Carnota              | 40:02.0        | 4:00  | 39:59.2     | Xuvenil     | 2       | 58       | 5:47.4    | 22:59.2     |
| 61  | 156 | Angel           | García García     | M   | Vexel Nutrición Deportiva Lugo           | Aranga               | 40:03.5        | 4:00  | 40:01.4     | Veteranos A | 34      | 59       | 6:06.6    | 23:41.3     |
| 62  | 148 | Victor          | Maneiro Freire    | M   | Independiente                            | Teo                  | 40:05.1        | 4:00  | 40:03.0     | Veteranos A | 35      | 60       | 5:52.1    | 23:15.8     |
| 63  | 278 | Sergio          | Cadaval Martínez  | M   | Independiente                            | Ribeira              | 40:13.2        | 4:01  | 40:13.1     | Junior      | 1       | 61       | 5:37.6    | 23:40.3     |
| 64  | 127 | Carlos          | Mayo Mayan        | M   | Independiente                            | Portosin             | 40:17.0        | 4:02  | 40:15.5     | Veteranos A | 36      | 62       | 5:48.4    | 23:11.5     |
| 65  | 231 | Javier          | Fontao Ageitos    | M   | Triatlón Riveira                         | Ribeira              | 40:24.5        | 4:02  | 40:23.7     | Veteranos B | 7       | 63       | 6:02.2    | 23:44.0     |
| 66  | 270 | Brais           | Insua Regueira    | M   | Independiente                            | Noia                 | 40:27.9        | 4:02  | 40:24.6     | Xuvenil     | 3       | 64       | 5:53.9    | 23:27.4     |
| 67  | 175 | José Alfonso    | Villar Caamaño    | M   | Independiente                            | Noia                 | 40:32.7        | 4:03  | 40:29.4     | Veteranos A | 37      | 65       | 5:54.2    | 23:31.2     |
| 68  | 149 | Jose Manuel     | Turnes Cordeiro   | M   | Independiente                            | Santa Comba          | 40:35.7        | 4:03  | 40:30.3     | Veteranos A | 38      | 66       | 6:03.5    | 23:35.9     |
| 69  | 58  | Alba            | Baamonde Otero    | F   | Cofee Time Noiés                         | Noia                 | 40:47.6        | 4:04  | 40:43.9     | Sénior      | 2       | 3        | 6:03.1    | 23:43.9     |
| 70  | 181 | Francisco Ramón | Blanco Pan        | M   | C.A. Outes- John Turkey                  | Noia                 | 40:50.1        | 4:05  | 40:45.8     | Veteranos A | 39      | 67       | 6:20.3    | 24:22.1     |
| 71  | 99  | Santiago        | Ramos Iglesias    | M   | Urban Runners Santiago                   | Santiago             | 40:55.1        | 4:05  | 40:54.4     | Veteranos A | 40      | 68       | 6:08.3    | 24:23.6     |
| 72  | 157 | Luis            | Cancela Gonzalez  | M   | Moraña Runing                            | Moraña               | 41:00.4        | 4:06  | 40:58.8     | Veteranos A | 41      | 69       | 5:55.5    | 23:55.9     |
| 73  | 218 | Francisco       | Sanmarco Santos   | M   | Sar Vermu Petroni                        | Pontecesures         | 41:00.9        | 4:06  | 41:00.8     | Veteranos B | 8       | 70       | 6:01.7    | 24:05.3     |
| 74  | 137 | José            | Buján González    | M   | C.A. Outes- John Turkey                  | Outes                | 41:02.9        | 4:06  | 41:01.2     | Veteranos A | 42      | 71       | 5:40.7    | 22:25.9     |
| 75  | 61  | Alfonso         | Oreiro González   | M   | Independiente                            | Outes                | 41:05.9        | 4:06  | 41:02.2     | Sénior      | 14      | 72       | 5:46.9    | 23:31.5     |
| 76  | 13  | Manuel          | Canoura Abeijon   | M   | Independiente                            | Noia                 | 41:06.5        | 4:07  | 41:04.2     | Sénior      | 15      | 73       | 5:52.7    | 23:45.7     |
| 77  | 204 | Marcos          | Casal Santos      | M   | Club Atletismo Santiago                  | Santiago De Composte | 41:08.3        | 4:06  | 41:02.9     | Veteranos A | 43      | 74       | 6:13.9    | 24:17.5     |
| 78  | 195 | Jose            | Fungueiriño Ramos | M   | Independiente                            | Taragoña / Rianxo    | 41:14.0        | 4:07  | 41:06.3     | Veteranos A | 44      | 75       | 6:38.3    | 24:41.7     |
| 79  | 37  | Maria           | Martinez Gonzalez | F   | Atletismo Porriño                        | Mos                  | 41:15.5        | 4:07  | 41:14.5     | Sénior      | 3       | 4        | 5:54.0    | 24:04.9     |
| 80  | 240 | Segundo         | Dominguez Alsina  | M   | Independiente                            | Sigüeiro - Oroso     | 41:17.6        | 4:08  | 41:16.4     | Veteranos B | 9       | 76       | 6:00.3    | 23:58.1     |
| 81  | 123 | Oscar           | Figueiras Torea   | M   | Independiente                            | Esteiro              | 41:18.9        | 4:08  | 41:16.8     | Veteranos A | 45      | 77       | 5:57.4    | 23:54.8     |
| 82  | 265 | Manuel          | Calvo Gerardi     | M   | Atletismo +9 Moraña                      | Moraña               | 41:24.8        | 4:09  | 41:23.6     | Veteranos C | 4       | 78       | 6:04.1    | 24:25.9     |

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|-----|-----|--------------|--------------------|-----|--|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 83  | 224 | José Manuel  | Romero Oliveira    | M   | Veteranos De Samil/manuel Tomás        | A Pobra Do Caramiñal | 41:29.2        | 4:09  | 41:26.2     | Veteranos B | 10      | 79       | 6:07.9    | 24:24.3     |
| 84  | 78  | David        | Vázquez Vergés     | M   | Independiente                          | Lousame              | 41:32.1        | 4:08  | 41:22.0     | Promesa     | 2       | 80       | 6:48.0    | 24:50.9     |
| 85  | 139 | Jose Antonio | López Fernández    | M   | C.A. Outes- John Turkey                | Noia                 | 41:36.1        | 4:09  | 41:31.5     | Veteranos A | 46      | 81       | 6:11.0    | 24:11.8     |
| 86  | 287 | Javier       | Moyano Sanchez     | M   | Independiente                          | Vigo                 | 41:45.2        | 4:10  | 41:40.1     | Sénior      | 16      | 82       | 6:22.3    | 24:44.3     |
| 87  | 125 | Ramiro       | Rey Agrelo         | M   | Independiente                          | Noia                 | 41:48.8        | 4:10  | 41:41.7     | Veteranos A | 47      | 83       | 6:36.3    | 24:50.9     |
| 88  | 72  | Amador       | Pumariño Pérez     | M   | Atletismo Fontes Do Sar                | Mondoñedo            | 41:50.9        | 4:10  | 41:47.1     | Sénior      | 17      | 84       | 6:29.7    | 25:03.1     |
| 89  | 145 | Benito       | Piñeiro Abeijón    | M   | Independiente                          | Esteiro              | 41:52.0        | 4:11  | 41:52.0     | Veteranos A | 107     | 85       |           | 24:36.12    |
| 90  | 267 | Antonio      | Fernandez Hermida  | M   | Club Atletismo Noia                    | Noia                 | 41:54.7        | 4:11  | 41:52.5     | Veteranos C | 5       | 86       | 6:24.1    | 24:43.9     |
| 91  | 163 | José Enrique | Abuin Gey          | M   | Atletismo +9 Moraña                    | Rianxo               | 41:56.2        | 4:12  | 41:54.7     | Veteranos A | 48      | 87       | 6:22.7    | 24:46.5     |
| 92  | 97  | Daniel       | Lareo Creo         | M   | Btt O Treito                           | Noia                 | 41:58.9        | 4:11  | 41:50.5     | Veteranos A | 49      | 88       | 6:24.4    | 24:56.0     |
| 93  | 183 | Jordi        | Carrasco Nuñez     | M   | Rungalicia.Com                         | Moraña               | 42:02.4        | 4:12  | 42:00.5     | Veteranos A | 50      | 89       | 6:22.2    | 24:47.2     |
| 94  | 9   | Carlos       | Esquilas Castro    | M   | Independiente                          | Noia                 | 42:05.1        | 4:12  | 42:01.3     | Sénior      | 18      | 90       | 5:55.9    | 24:39.2     |
| 95  | 239 | Pepe         | Saborido Martinez  | M   | Coffee Time                            | Noia                 | 42:07.1        | 4:12  | 41:58.2     | Veteranos B | 11      | 91       | 6:36.6    | 24:51.7     |
| 96  | 7   | Esther       | Pedrosa Carrete    | F   | Urban Runners Santiago                 | Santiago             | 42:12.9        | 4:14  | 42:12.8     | Veteranos B | 1       | 5        | 6:08.4    | 24:40.3     |
| 97  | 228 | Carlos       | Gonzalez Reino     | M   | Atletismo Noia                         | Tallara              | 42:17.5        | 4:14  | 42:12.8     | Veteranos B | 12      | 92       | 6:43.8    | 25:10.6     |
| 98  | 109 | Jose         | Calviño Carreño    | M   | Triatlón O Treito- Lousame             | Noia                 | 42:17.6        | 4:14  | 42:14.2     | Veteranos A | 51      | 93       | 6:26.8    | 25:03.9     |
| 99  | 112 | José Manuel  | Casás Casás        | M   | Independiente                          | A Coruña             | 42:18.3        | 4:14  | 42:15.9     | Veteranos A | 52      | 94       | 6:32.8    | 24:51.8     |
| 100 | 165 | Ruben        | Seijo Val          | M   | Independiente                          | Noia                 | 42:40.7        | 4:15  | 42:35.4     | Veteranos A | 53      | 95       | 6:26.4    | 25:02.9     |
| 101 | 223 | Agustín      | Agra Barreiro      | M   | Independiente                          | Noia                 | 42:46.7        | 4:17  | 42:46.7     | Veteranos B | 13      | 96       | 6:45.0    | 25:35.0     |
| 102 | 51  | Daniel       | Loureiro Ameneiros | M   | Independiente                          | Teo                  | 42:51.1        | 4:17  | 42:45.9     | Sénior      | 19      | 97       | 6:30.9    | 25:16.9     |
| 103 | 178 | Juan José    | Mayo Balderrabano  | M   | Independiente                          | Noia                 | 42:53.6        | 4:17  | 42:53.6     | Veteranos A | 54      | 98       | 7:33.2    |             |
| 104 | 252 | Jose Matias  | Regueira Boo       | M   | AsoC. Atletismo E Deportes Do Barbanza | A Pobra Do Caramiñal | 42:54.6        | 4:17  | 42:48.2     | Veteranos C | 6       | 99       | 6:39.7    | 25:29.2     |
| 105 | 46  | Iván         | Vidal Castaño      | M   | Atletismo Fontes Do Sar                | Lousame              | 42:59.7        | 4:17  | 42:55.6     | Sénior      | 20      | 100      | 6:29.7    | 25:04.7     |
| 106 | 238 | Angel        | Martinez Oviedo    | M   | Independiente                          | Milladoiro           | 43:01.0        | 4:18  | 42:58.1     | Veteranos B | 14      | 101      | 6:32.9    | 25:41.8     |
| 107 | 131 | Quique       | Castaño Romero     | M   | Artrogal Tri 498                       | Noia                 | 43:01.1        | 4:18  | 42:56.5     | Veteranos A | 55      | 102      | 6:26.6    | 24:56.7     |
| 108 | 213 | Angel        | Perez Susavila     | M   | Independiente                          | Dodro                | 43:03.1        | 4:18  | 42:59.6     | Veteranos B | 15      | 103      | 6:28.1    | 25:18.6     |
| 109 | 188 | José Ramòn   | Carou Fernandez    | M   | Btt O Treito                           | Esteiro              | 43:05.3        | 4:18  | 42:59.3     | Veteranos A | 56      | 104      | 6:27.5    | 25:12.3     |
| 110 | 210 | Marcos       | Blanco Figueirido  | M   | C.A. Outes- John Turkey                | Outes                | 43:05.6        | 4:18  | 43:01.6     | Veteranos A | 57      | 105      | 6:44.2    | 25:34.6     |
| 111 | 27  | Oscar        | Agra Rosende       | M   | Independiente                          | Noia                 | 43:17.9        | 4:19  | 43:10.1     | Sénior      | 21      | 106      | 6:43.6    | 25:20.6     |
| 112 | 118 | Alberto      | Rodríguez Tubio    | M   | Independiente                          | Vilacoba             | 43:20.8        | 4:20  | 43:19.6     | Veteranos A | 58      | 107      | 6:07.7    | 24:56.7     |
| 113 | 111 | Jose Ramon   | Lago Cives         | M   | C.A. Outes- John Turkey                | Noia                 | 43:22.4        | 4:20  | 43:18.1     | Veteranos A | 59      | 108      | 6:19.2    | 25:20.4     |
| 114 | 189 | Jose Manuel  | Vituro Gonzalez    | M   | S.D. Barbantia Roda                    | Boiro                | 43:33.6        | 4:21  | 43:30.2     | Veteranos A | 60      | 109      | 6:34.6    | 25:13.7     |
| 115 | 196 | Mario Daniel | Varela Crespo      | M   | Atletismo Arenteiro                    | O Carballiño         | 43:57.6        | 4:23  | 43:52.9     | Veteranos A | 61      | 110      | 6:31.8    | 25:52.1     |
| 116 | 10  | Jesús        | Martínez Castro    | M   | Independiente                          | Lousame              | 44:00.9        | 4:23  | 43:50.9     | Sénior      | 22      | 111      | 6:50.6    | 25:56.1     |
| 117 | 264 | Adolfo Omar  | Ríos Giménez       | M   | Clube Atletismo Boimorto               | O Milladoiro ( Ames  | 44:07.9        | 4:24  | 44:03.1     | Veteranos C | 7       | 112      | 6:26.3    | 25:30.7     |
| 118 | 203 | Marcos       | Feijoo Paz         | M   | Independiente                          | Vigo                 | 44:11.9        | 4:24  | 44:03.9     | Veteranos A | 62      | 113      | 6:37.5    | 26:03.4     |
| 119 | 36  | Angel        | Trillo Blanco      | M   | Independiente                          | Noia                 | 44:14.0        | 4:25  | 44:06.5     | Sénior      | 23      | 114      | 6:37.2    | 26:16.2     |
| 120 | 73  | Javier       | Mayo Maroñas       | M   | Btt O Treito                           | Lousame              | 44:17.7        | 4:25  | 44:11.4     | Sénior      | 24      | 115      | 6:56.0    | 26:22.1     |
| 121 | 129 | Narciso      | Abalo Chouza       | M   | Independiente                          | Boiro                | 44:17.7        | 4:25  | 44:11.4     | Veteranos A | 63      | 116      | 6:58.2    | 26:15.6     |
| 122 | 250 | Jesús        | Raña Platas        | M   | Club Usc Universidad De Santiago       | Santiago De Composte | 44:21.0        | 4:26  | 44:19.4     | Veteranos C | 8       | 117      | 6:23.3    | 25:48.4     |
| 123 | 87  | Esteban      | Miguens Outeiral   | M   | Independiente                          | Escarabote - Boiro   | 44:23.2        | 4:26  | 44:20.0     | Veteranos A | 64      | 118      | 6:39.6    | 25:58.2     |

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**RESULTADOS PRUEBA ABSOLUTA 10Km**

| PTO | DOR | NOMBRE       | APELLIDOS          | SEX | EQUIPO                                   | LOCALIDAD            | TIEMPO OFICIAL | RITMO | TIEMPO NETO | CATEGORIA   | PTO CAT | PTO SEXO | PASO META | PTO CONTROL |
|-----|-----|--------------|--------------------|-----|--|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 124 | 187 | Lara         | Buig Fernandez     | F   | S.D. Barbantia Roda                      | Boiro                | 44:24.7        | 4:26  | 44:22.0     | Veteranos A | 2       | 6        | 6:54.2    | 26:36.3     |
| 125 | 192 | Luis         | Gonzalez Alonso    | M   | Independiente                            | Lousame              | 44:29.9        | 4:26  | 44:21.4     | Veteranos A | 65      | 119      | 6:47.2    | 26:09.6     |
| 126 | 277 | Matín        | Fandiño Vidal      | M   | Independiente                            | Santiago De Composte | 44:32.7        | 4:27  | 44:31.8     | Xuvenil     | 4       | 120      | 5:58.4    | 25:55.2     |
| 127 | 150 | Fran         | Lago Saborido      | M   | Independiente                            | Carnota              | 44:38.2        | 4:28  | 44:35.3     | Veteranos A | 66      | 121      | 6:16.5    | 25:52.6     |
| 128 | 241 | Juan         | Peña Barreiro      | M   | Clube Atletismo Noia                     | Noia                 | 44:38.5        | 4:27  | 44:30.3     | Veteranos B | 16      | 122      | 7:01.0    | 26:14.3     |
| 129 | 104 | Marcos       | Candamo Fernandez  | M   | Independiente                            | Muros                | 44:41.1        | 4:27  | 44:33.9     | Veteranos A | 67      | 123      | 7:01.4    | 26:39.1     |
| 130 | 198 | Pedro        | Calvo Roo          | M   | Club Atletismo Noia                      | Lousame              | 44:43.3        | 4:27  | 44:34.0     | Veteranos A | 68      | 124      | 7:22.8    | 27:05.9     |
| 131 | 146 | Higinio      | Arcos Mouris       | M   | C.A. Outes- John Turkey                  | Outes                | 44:44.0        | 4:28  | 44:35.3     | Veteranos A | 69      | 125      | 7:10.5    | 26:29.1     |
| 132 | 237 | Fernando     | Rodríguez Vázquez  | M   | A Fume De Carozo-alfa Fisioterapia Coruñ | Aranga               | 44:45.9        | 4:28  | 44:43.3     | Veteranos B | 17      | 126      | 6:40.1    | 26:25.0     |
| 133 | 261 | Jose Manuel  | Albores Diaz       | M   | Independiente                            | Marrazin - Lousame   | 44:46.8        | 4:28  | 44:37.8     | Veteranos C | 9       | 127      | 7:00.7    | 26:39.1     |
| 134 | 191 | Eva Isabel   | Babiano García     | F   | Independiente                            | Venturada            | 44:49.2        | 4:29  | 44:48.9     | Veteranos A | 3       | 7        | 6:28.6    | 26:20.2     |
| 135 | 42  | Marcos       | Boquete Regueira   | M   | Independiente                            | Rois                 | 44:49.5        | 4:28  | 44:46.6     | Sénior      | 25      | 128      | 6:12.1    | 25:40.4     |
| 136 | 47  | José Antonio | Isorna Vilachán    | M   | Independiente                            | Vilacoba-lousame     | 44:57.8        | 4:30  | 44:53.8     | Sénior      | 26      | 129      | 6:38.9    | 26:31.1     |
| 137 | 67  | Fernando     | Casal Couto        | M   | Independiente                            | Santiago De Composte | 45:13.4        | 4:31  | 45:11.0     | Sénior      | 27      | 130      | 6:06.9    | 26:32.8     |
| 138 | 280 | Pablo        | Hermo Matías       | M   | Lombis                                   | Noya                 | 45:29.6        | 4:32  | 45:22.3     | Junior      | 2       | 131      | 7:08.3    | 27:29.1     |
| 139 | 279 | Adrián       | Ponte Aponte       | M   | Independiente                            | Noia                 | 45:29.6        | 4:32  | 45:21.8     | Junior      | 3       | 132      | 7:08.3    | 27:30.1     |
| 140 | 101 | Alejandro    | Sanchez Somoza     | M   | Independiente                            | Noia                 | 45:37.8        | 4:33  | 45:30.7     | Veteranos A | 70      | 133      | 6:42.3    | 26:43.5     |
| 141 | 205 | Alvaro       | Pereiras Couto     | M   | Independiente                            | Boqueixon            | 45:38.0        | 4:33  | 45:35.2     | Veteranos A | 71      | 134      | 6:41.0    | 27:14.9     |
| 142 | 242 | Emilio       | Abal Morrazo       | M   | Independiente                            | Cambados             | 45:47.5        | 4:34  | 45:39.2     | Veteranos B | 18      | 135      | 7:05.3    | 26:59.0     |
| 143 | 152 | Pablo        | Dosil Rosende      | M   | Triatlón Arcade Inforhouse Santiago      | Vilgarcía De Arousa  | 45:51.2        | 4:35  | 45:46.7     | Veteranos A | 72      | 136      | 6:50.7    | 26:58.2     |
| 144 | 90  | Celestino    | Mato Peón          | M   | C.A. Outes- John Turkey                  | Noia                 | 45:51.3        | 4:35  | 45:47.9     | Veteranos A | 73      | 137      | 6:42.4    | 27:09.6     |
| 145 | 253 | Antonio      | Mariño Santamaria  | M   | Independiente                            | Ribeira              | 46:01.9        | 4:35  | 45:50.7     | Veteranos C | 10      | 138      | 7:14.9    | 27:33.7     |
| 146 | 59  | Eloy         | Sestayo Seoane     | M   | Independiente                            | Noia                 | 46:03.8        | 4:36  | 45:58.2     | Sénior      | 28      | 139      | 6:45.2    | 26:56.4     |
| 147 | 222 | Juan José    | Sieira Otero       | M   | Independiente                            | Boiro                | 46:05.7        | 4:36  | 45:59.9     | Veteranos B | 19      | 140      | 7:03.9    | 27:16.4     |
| 148 | 193 | Juan Carlos  | Fernández Oliveira | M   | Independiente                            | La Estrada           | 46:08.4        | 4:37  | 46:05.5     | Veteranos A | 74      | 141      | 6:41.0    | 27:14.8     |
| 149 | 94  | Francisco    | Dominguez Recarey  | M   | Independiente                            | Noia                 | 46:12.7        | 4:37  | 46:04.9     | Veteranos A | 75      | 142      | 6:47.5    | 26:59.8     |
| 150 | 200 | Javier       | Pazos Recarey      | M   | Independiente                            | Santa Comba          | 46:20.5        | 4:38  | 46:15.0     | Veteranos A | 76      | 143      | 6:58.3    | 26:57.1     |
| 151 | 86  | Manuel       | Arca Pedrido       | M   | Independiente                            | Noia                 | 46:28.7        | 4:38  | 46:22.1     | Veteranos A | 77      | 144      | 6:56.9    | 27:34.3     |
| 152 | 119 | Jose         | Gonzalez Fernandez | M   | Independiente                            | Noia                 | 46:30.7        | 4:38  | 46:23.6     | Veteranos A | 78      | 145      | 7:08.5    | 27:37.3     |
| 153 | 34  | Santiago     | Romero Ons         | M   | Atletismo Porriño                        | Lousame              | 46:32.5        | 4:39  | 46:30.6     | Sénior      | 29      | 146      | 6:35.3    | 27:06.1     |
| 154 | 162 | Joaquín      | Rodiño Rey         | M   | Independiente                            | Cambados             | 46:37.7        | 4:39  | 46:30.9     | Veteranos A | 79      | 147      | 6:57.6    | 27:10.7     |
| 155 | 75  | Sara         | Arufe Jáudenes     | F   | Independiente                            | Noia                 | 46:44.5        | 4:40  | 46:37.6     | Promesa     | 1       | 8        | 7:28.4    | 28:03.9     |
| 156 | 170 | Tono         | Portals Saborido   | M   | Independiente                            | Esteiro              | 46:45.3        | 4:40  | 46:39.2     | Veteranos A | 80      | 148      | 7:31.2    | 28:04.0     |
| 157 | 98  | Pablo        | Bao Castro         | M   | Independiente                            | Noia                 | 46:46.3        | 4:40  | 46:36.1     | Veteranos A | 81      | 149      | 7:15.9    | 27:29.6     |
| 158 | 80  | Juan José    | Tarrío Cordeiro    | M   | A.D Porto Do Son                         | Porto Do Son         | 46:47.6        | 4:41  | 46:46.1     | Promesa     | 3       | 150      | 6:28.8    | 26:59.4     |
| 159 | 31  | Pablo        | Hermo Villar       | M   | Independiente                            | Noia                 | 47:00.1        | 4:41  | 46:53.2     | Sénior      | 30      | 151      | 7:08.4    | 27:37.1     |
| 160 | 272 | Lidia        | Perez Treus        | F   | Chans Do Barbanza                        | Boiro                | 47:09.8        | 4:43  | 47:04.3     | Xuvenil     | 1       | 9        | 7:04.1    | 27:19.5     |
| 161 | 74  | Brais        | Fraga Villaverde   | M   | Independiente                            | Noia                 | 47:12.9        | 4:43  | 47:06.5     | Promesa     | 4       | 152      | 7:29.9    | 28:32.6     |
| 162 | 81  | Rubén        | Lago Vázquez       | M   | Independiente                            | Lousame              | 47:18.1        | 4:43  | 47:07.9     | Promesa     | 5       | 153      | 7:04.6    | 27:38.9     |
| 163 | 143 | Ricardo      | Soler Vidal        | M   | Independiente                            | Vigo                 | 47:24.3        | 4:43  | 47:09.7     | Veteranos A | 82      | 154      | 7:31.6    | 28:42.0     |
| 164 | 268 | Maximino     | Prado              | M   | Club Alejandro Gomez                     | Negreira             | 47:25.1        | 4:44  | 47:17.2     | Veteranos C | 11      | 155      | 7:32.9    | 28:39.3     |

**Lousame 29 de Marzo de 2015**
**RESULTADOS PRUEBA ABSOLUTA 10Km**

| PTO | DOR | NOMBRE           | APELLIDOS           | SEX | EQUIPO                 | LOCALIDAD            | TIEMPO OFICIAL | RITMO | TIEMPO NETO | CATEGORIA   | PTO CAT | PTO SEXO | PASO META | PTO CONTROL |
|-----|-----|------------------|---------------------|-----|------------------------|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 165 | 166 | Maria            | Tarrio Martinez     | F   | Urban Runners Santiago | Bertamirnas          | 47:27.0        | 4:45  | 47:25.2     | Veteranos A | 4       | 10       | 6:41.6    | 27:42.4     |
| 166 | 179 | José Ramón       | Señarís Boo         | M   | Independiente          | Puebla Do Caramiñal  | 47:33.8        | 4:45  | 47:29.5     | Veteranos A | 83      | 156      | 6:55.4    | 27:56.8     |
| 167 | 55  | Oscar            | Torres Rego         | M   | Atletismo +9 Moraña    | Moraña               | 47:43.1        | 4:46  | 47:38.3     | Sénior      | 31      | 157      | 7:05.8    | 27:38.0     |
| 168 | 102 | Jordi            | Castromil Pérez     | M   | Independiente          | Rois                 | 47:50.2        | 4:46  | 47:39.0     | Veteranos A | 84      | 158      | 7:32.0    | 28:09.7     |
| 169 | 83  | Concha           | Novais Troncoso     | F   | Independiente          | Esteiro              | 47:57.4        | 4:47  | 47:50.4     | Veteranos A | 5       | 11       | 7:30.9    | 28:20.6     |
| 170 | 155 | Jesus            | Cabosouto           | M   | Urban Runners Santiago | Santiago             | 47:58.4        | 4:47  | 47:48.5     | Veteranos A | 85      | 159      | 6:25.5    | 28:31.5     |
| 171 | 39  | Lucia            | Romero Ons          | F   | Club Atletismo Noia    | Lousame              | 48:18.4        | 4:49  | 48:12.1     | Sénior      | 4       | 12       | 6:56.1    | 28:12.3     |
| 172 | 132 | Diego            | Mayo Somoza         | M   | Btt O Treito           | Vigo                 | 48:18.9        | 4:50  | 48:13.3     | Veteranos A | 86      | 160      | 6:55.9    | 28:12.1     |
| 173 | 16  | Alberto          | Gómez Vila          | M   | Independiente          | Noia                 | 48:19.3        | 4:50  | 48:13.1     | Sénior      | 32      | 161      | 6:55.7    | 28:11.4     |
| 174 | 212 | Xose Manuel      | Bures Miguens       | M   | Independiente          | Boiro                | 48:27.0        | 4:50  | 48:18.6     | Veteranos B | 20      | 162      | 7:05.8    | 28:18.8     |
| 175 | 113 | Juan Francisco   | Lojo Patiño         | M   | Independiente          | Santiago De Composte | 48:30.1        | 4:50  | 48:18.9     | Veteranos A | 87      | 163      | 7:13.4    | 28:10.7     |
| 176 | 56  | Verónica         | Calvo Dopazo        | F   | Independiente          | Dodro                | 48:36.1        | 4:51  | 48:29.9     | Sénior      | 5       | 13       | 7:04.4    | 28:19.3     |
| 177 | 214 | Suso             | Martinez Cores      | M   | Independiente          | Oroso                | 48:38.1        | 4:51  | 48:29.6     | Veteranos B | 21      | 164      | 7:32.0    | 28:40.5     |
| 178 | 233 | Daniel Angel     | Otero Cepeda        | M   | Independiente          | Santiago De Composte | 48:39.2        | 4:51  | 48:30.3     | Veteranos B | 22      | 165      | 7:27.6    | 28:56.1     |
| 179 | 107 | Carlos           | Rivas Moas          | M   | Independiente          | Santiago             | 48:40.8        | 4:51  | 48:33.0     | Veteranos A | 88      | 166      | 7:39.8    | 29:26.4     |
| 180 | 96  | Alvaro           | Roo Filgueira       | M   | Independiente          | Noia                 | 48:42.5        | 4:51  | 48:34.6     | Veteranos A | 89      | 167      | 7:39.7    | 29:27.0     |
| 181 | 164 | Fran             | García Agrelo       | M   | Independiente          | Noia                 | 48:42.7        | 4:51  | 48:36.7     | Veteranos A | 90      | 168      | 7:39.9    | 29:26.4     |
| 182 | 32  | David            | Fernández Antunes   | M   | Independiente          | San Xusto (lousame)  | 48:47.4        | 4:51  | 48:33.0     | Sénior      | 33      | 169      | 7:33.3    | 27:52.6     |
| 183 | 209 | Jonatan          | Gutierrez Alegria   | M   | Independiente          | Boiro                | 49:00.4        | 4:53  | 48:49.2     | Veteranos A | 91      | 170      | 7:50.0    | 29:06.4     |
| 184 | 167 | Francisco Javier | Chouza Ferreiro     | M   | Independiente          | Milladoiro - Ames    | 49:05.4        | 4:53  | 48:54.1     | Veteranos A | 92      | 171      | 7:37.0    | 29:18.6     |
| 185 | 153 | Javier           | Rey Miranda         | M   | Independiente          | Santiago De Composte | 49:13.7        | 4:55  | 49:08.7     | Veteranos A | 93      | 172      | 7:03.8    | 28:43.4     |
| 186 | 30  | Silvia           | García Lorenzo      | F   | Independiente          | Noia                 | 49:18.2        | 4:55  | 49:11.8     | Sénior      | 6       | 14       | 7:39.2    | 29:21.5     |
| 187 | 226 | Ramón            | Hermo Rey           | M   | Lombis                 | Vigo                 | 49:18.6        | 4:55  | 49:11.1     | Veteranos B | 23      | 173      | 7:39.3    | 29:20.9     |
| 188 | 220 | Ramón            | Suárez Pazos        | M   | Urban Runners Santiago | Santiago De Composte | 49:20.8        | 4:55  | 49:08.1     | Veteranos B | 24      | 174      | 8:18.3    | 29:48.5     |
| 189 | 49  | Catuxa           | Segade Caamaño      | F   | Independiente          | Noia                 | 49:22.0        | 4:56  | 49:15.1     | Sénior      | 7       | 15       | 7:31.5    | 29:14.6     |
| 190 | 45  | Rubén            | Nieto Rodríguez     | M   | Independiente          | Noia                 | 49:22.2        | 4:56  | 49:14.8     | Sénior      | 34      | 175      | 7:25.1    | 29:06.8     |
| 191 | 171 | Miguel           | Castro Rodriguez    | M   | Independiente          | Calo (teo)           | 49:25.3        | 4:56  | 49:16.1     | Veteranos A | 94      | 176      | 7:48.0    | 29:39.5     |
| 192 | 140 | Jose             | Baña Moledo         | M   | Independiente          | Lousame              | 49:26.7        | 4:56  | 49:20.8     | Veteranos A | 95      | 177      | 7:27.2    | 29:30.8     |
| 193 | 22  | Ivan             | Alfonso Gonzalez    | M   | Independiente          | Ferrol               | 49:29.9        | 4:56  | 49:15.9     | Sénior      | 35      | 178      | 7:39.6    | 29:16.3     |
| 194 | 182 | Silvia           | Mariño Rey          | F   | Independiente          | Milladoiro           | 49:34.1        | 4:56  | 49:24.4     | Veteranos A | 6       | 16       | 7:44.9    | 29:13.0     |
| 195 | 17  | Manuel           | Patiño Mariño       | M   | Independiente          | Porto Do Son         | 49:43.7        | 4:57  | 49:31.9     | Sénior      | 36      | 179      | 7:38.8    | 28:54.7     |
| 196 | 52  | Abel             | Vicente Peiteado    | M   | Independiente          | Rianxo               | 49:56.3        | 5:00  | 49:52.7     | Sénior      | 37      | 180      | 6:52.7    | 29:05.1     |
| 197 | 53  | Alvaro           | Monterroso Outeiral | M   | Independiente          | Noia                 | 50:25.6        | 5:01  | 50:15.0     | Sénior      | 38      | 181      | 7:43.1    | 30:31.7     |
| 198 | 68  | Ramón            | Maneiro Rois        | M   | Independiente          | Rois                 | 50:52.9        | 5:05  | 50:49.9     | Sénior      | 39      | 182      | 6:38.8    | 28:39.8     |
| 199 | 19  | Lucía            | Angueira Brea       | F   | Independiente          | Ames                 | 50:56.3        | 5:04  | 50:46.3     | Sénior      | 8       | 17       | 7:45.7    | 29:56.1     |
| 200 | 18  | David            | Dorrio González     | M   | Independiente          | Ames                 | 50:56.5        | 5:04  | 50:45.5     | Sénior      | 40      | 183      | 7:45.9    | 29:56.6     |
| 201 | 221 | Andrés           | González García     | M   | Independiente          | Ferrol               | 51:00.0        | 5:06  | 50:54.9     | Veteranos B | 25      | 184      | 7:36.1    | 29:57.3     |
| 202 | 82  | Jacobo           | Mayo Maroñas        | M   | Independiente          | Lousame              | 51:02.6        | 5:06  | 50:56.0     | Promesa     | 6       | 185      | 7:32.9    | 29:53.6     |
| 203 | 201 | María Jose       | Maroñas             | F   | Independiente          | Lousame              | 51:02.7        | 5:06  | 50:56.6     | Veteranos A | 7       | 18       | 7:32.8    | 29:53.7     |
| 204 | 234 | Basilio          | Verdeal Gonzalez    | M   | Currelas Team Running  | Porriño              | 51:19.7        | 5:07  | 51:10.5     | Veteranos B | 26      | 186      | 7:42.3    | 29:50.1     |
| 205 | 266 | Celina           | Rodríguez Sobrino   | F   | Atletismo +9 Moraña    | Moraña               | 51:19.9        | 5:08  | 51:15.4     | Veteranos C | 1       | 19       | 7:29.5    | 29:59.9     |

**Lousame 29 de Marzo de 2015**
**RESULTADOS PRUEBA ABSOLUTA 10Km**

| PTO | DOR | NOMBRE          | APELLIDOS            | SEX | EQUIPO                       | LOCALIDAD            | TIEMPO OFICIAL | RITMO | TIEMPO NETO | CATEGORIA   | PTO CAT | PTO SEXO | PASO META | PTO CONTROL |
|-----|-----|-----------------|----------------------|-----|------------------------------|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 206 | 64  | Alberto         | Miguens Blanco       | M   | Independiente                | Lousame              | 51:22.4        | 5:08  | 51:17.9     | Sénior      | 41      | 187      | 7:27.1    | 30:03.7     |
| 207 | 159 | Diego           | Tejero Alvarez       | M   | Independiente                | Noia                 | 51:30.9        | 5:08  | 51:20.0     | Veteranos A | 96      | 188      | 7:43.3    | 30:35.0     |
| 208 | 151 | Jose Maria      | Vidal Abeijon        | M   | Independiente                | Lousame              | 52:04.6        | 5:11  | 51:52.6     | Veteranos A | 97      | 189      | 7:51.6    | 30:35.1     |
| 209 | 108 | Jose Manuel     | Busto Gallardo       | M   | Independiente                | Lousame              | 52:04.9        | 5:11  | 51:52.0     | Veteranos A | 98      | 190      | 7:51.8    | 30:35.7     |
| 210 | 121 | Felipe          | Dominguez Martinez   | M   | Independiente                | Outes                | 52:04.9        | 5:11  | 51:50.9     | Veteranos A | 99      | 191      | 7:59.9    | 30:36.9     |
| 211 | 284 | Saul            | Queiro Esperante     | M   | Independiente                | Bertamirnas          | 52:06.6        | 5:11  | 51:54.7     | Veteranos A | 100     | 192      | 7:51.8    | 30:35.5     |
| 212 | 282 | Brais           | Rodríguez Ces        | M   | Independiente                | Lousame              | 52:07.1        | 5:11  | 51:56.0     | Junior      | 4       | 193      | 7:52.3    | 30:42.2     |
| 213 | 256 | Maria           | Rodriguez Lobagueira | F   | Independiente                | Noia                 | 52:09.3        | 5:13  | 52:04.1     | Veteranos C | 2       | 20       | 7:41.7    | 30:33.4     |
| 214 | 25  | Rubén           | Ortega Francés       | M   | Independiente                | Lousame              | 52:52.4        | 5:16  | 52:45.6     | Sénior      | 42      | 194      | 6:47.7    | 29:33.2     |
| 215 | 274 | Iván            | Mourellos Ares       | M   | Independiente                | Lousame              | 53:01.1        | 5:17  | 52:50.3     | Xuvenil     | 5       | 195      | 7:53.9    | 31:28.4     |
| 216 | 15  | Jesús Andrés    | Mariño Hermo         | M   | Independiente                | Pobra Do Caramiñal   | 53:07.3        | 5:18  | 52:52.8     | Sénior      | 43      | 196      | 8:57.2    | 32:17.6     |
| 217 | 269 | Lara            | Domínguez Martís     | F   | Independiente                | Pobra Do Caramiñal   | 53:11.7        | 5:19  | 53:07.7     | Xuvenil     | 2       | 21       | 7:58.6    | 31:38.8     |
| 218 | 285 | Sofia           | Rubal Neira          | F   | Urban Runners Santiago       |                      | 53:16.6        | 5:18  | 53:03.9     | Sénior      | 9       | 22       | 8:27.6    | 31:45.7     |
| 219 | 225 | Beatriz         | Noya Mariño          | F   | Urban Runners Santiago       | Santiago De Composte | 53:23.0        | 5:19  | 53:11.2     | Veteranos B | 2       | 23       | 8:27.6    | 31:45.2     |
| 220 | 260 | Jose Maria      | Brea Sanchez         | M   | C.A. Boimorto                | A Coruña             | 53:28.2        | 5:19  | 53:14.4     | Veteranos C | 12      | 197      | 8:17.8    | 32:13.9     |
| 221 | 208 | Beatriz         | Barroso Perez        | F   | Independiente                | Noia                 | 53:33.4        | 5:21  | 53:24.9     | Veteranos A | 8       | 24       | 7:37.0    | 31:10.8     |
| 222 | 14  | María Del Pilar | Franco Resúa         | F   | Cccp De Riveira              | Riveira              | 53:39.7        | 5:22  | 53:35.7     | Sénior      | 10      | 25       | 7:58.8    | 31:39.2     |
| 223 | 263 | Lourdes         | Prieto Vieites       | F   | Atletismo Milladoiro         | Santiago             | 53:41.5        | 5:22  | 53:36.0     | Veteranos C | 3       | 26       | 7:56.7    | 31:35.9     |
| 224 | 258 | German          | Villanustre Abuin    | M   | Independiente                | Boiro                | 53:41.6        | 5:21  | 53:33.9     | Veteranos C | 13      | 198      | 7:55.0    | 31:35.9     |
| 225 | 259 | Jesús           | Bernal Gómez         | M   | Independiente                | Ferrol (coruña)      | 53:53.1        | 5:23  | 53:50.2     | Veteranos C | 14      | 199      | 7:44.9    | 32:04.7     |
| 226 | 91  | Javier          | Rodriguez Santos     | M   | Independiente                | Lousame              | 54:02.3        | 5:23  | 53:51.9     | Veteranos A | 101     | 200      | 7:55.4    | 31:46.2     |
| 227 | 217 | Gonzalo         | Alfonsín Soliño      | M   | Independiente                | Santiago De Composte | 54:58.6        | 5:29  | 54:46.7     | Veteranos B | 27      | 201      | 8:12.0    | 33:01.9     |
| 228 | 120 | Juan            | Millan Guzman        | M   | Independiente                | Noia                 | 55:09.7        | 5:31  | 55:04.2     | Veteranos A | 102     | 202      | 8:00.5    | 32:32.7     |
| 229 | 206 | Jose Manuel     | Fungueiriño Outeiral | M   | Independiente                | Lousame              | 55:11.5        | 5:31  | 55:02.8     | Veteranos A | 103     | 203      | 8:08.3    | 32:00.8     |
| 230 | 235 | Luciano         | Mendez Naya          | M   | Independiente                | Tordoia              | 55:14.5        | 5:31  | 55:05.2     | Veteranos B | 28      | 204      | 8:28.1    | 32:40.4     |
| 231 | 105 | Nuria           | Puente Blanco        | F   | Urban Runner's Club Santiago | Santiago De Composte | 55:27.2        | 5:31  | 55:14.7     | Veteranos A | 9       | 27       | 8:46.6    | 33:02.8     |
| 232 | 281 | Raul            | Alvar Romero         | M   | Independiente                | Lousame              | 55:37.6        | 5:32  | 55:26.8     | Junior      | 5       | 205      | 7:52.1    | 31:34.9     |
| 233 | 44  | Miguel          | Mayán Martínez       | M   | Independiente                | Noia                 | 55:45.4        | 5:34  | 55:34.5     | Sénior      | 44      | 206      | 8:28.0    | 33:18.6     |
| 234 | 177 | Mª Carmen       | Bazarra Agulla       | F   | C.A. Outes- John Turkey      | Outes                | 55:53.9        | 5:34  | 55:45.4     | Veteranos A | 10      | 28       | 7:59.8    | 32:34.9     |
| 235 | 211 | Jorge           | Dieste Del Rio       | M   | Independiente                | Boiro                | 56:27.3        | 5:37  | 56:15.2     | Veteranos A | 104     | 207      | 8:26.6    | 32:52.9     |
| 236 | 246 | Margarita       | Herme Figueira       | F   | Independiente                | Boiro                | 56:29.7        | 5:38  | 56:17.7     | Veteranos B | 3       | 29       | 8:26.2    | 32:52.6     |
| 237 | 275 | Ramón           | Sóñora Ochoa         | M   | Independiente                | Lousame              | 56:58.1        | 5:41  | 56:47.0     | Xuvenil     | 6       | 208      | 7:54.1    | 31:51.5     |
| 238 | 21  | Vanesa          | Tubío Tubío          | F   | Independiente                | Lousame              | 57:06.9        | 5:41  | 56:54.2     | Sénior      | 11      | 30       | 8:06.8    | 33:33.1     |
| 239 | 227 | Marita          | Fernandez Villanueva | F   | Independiente                | Noia                 | 57:08.6        | 5:42  | 56:59.3     | Veteranos B | 4       | 31       | 8:27.9    | 33:46.7     |
| 240 | 248 | Lourdes         | Garcia Vazquez       | F   | Club Atletismo Milla Raio    | Brion                | 57:08.6        | 5:42  | 56:59.7     | Veteranos B | 5       | 32       | 8:27.5    | 33:46.9     |
| 241 | 114 | Maria M.        | Fernandez Piñeiro    | F   | Independiente                | Tallara              | 57:21.8        | 5:44  | 57:17.3     | Veteranos A | 11      | 33       | 8:06.6    | 33:08.0     |
| 242 | 174 | Ana             | Ramos Ons            | F   | Independiente                | Noia                 | 58:40.1        | 5:51  | 58:30.8     | Veteranos A | 12      | 34       | 8:45.9    | 34:41.5     |
| 243 | 110 | Barbara         | Carbajales Leon      | F   | Independiente                | Noia                 | 59:33.1        | 5:56  | 59:22.3     | Veteranos A | 13      | 35       | 8:52.2    | 34:42.5     |
| 244 | 95  | Aurora          | Bugallo Lope         | F   | Independiente                | Noia                 | 1:00:22.6      | 6:02  | 1:00:17.2   | Veteranos A | 14      | 36       | 8:45.8    | 35:07.0     |
| 245 | 92  | Georges Batista | Loucano              | M   | Independiente                | A Coruña             | 1:01:54.9      | 6:10  | 1:01:41.5   | Veteranos A | 105     | 209      | 9:17.7    | 36:00.6     |
| 246 | 41  | Catuxa          | Mayo Mayan           | F   | Independiente                | Portosin             | 1:02:11.2      | 6:12  | 1:02:01.6   | Sénior      | 12      | 37       | 9:14.8    | 36:06.7     |

**Lousame 29 de Marzo de 2015**
**RESULTADOS PRUEBA ABSOLUTA 10Km**

| PTO | DOR | NOMBRE           | APELLIDOS       | SEX | EQUIPO              | LOCALIDAD            | TIEMPO OFICIAL | RITMO | TIEMPO NETO | CATEGORIA   | PTO CAT | PTO SEXO | PASO META | PTO CONTROL |
|-----|-----|------------------|-----------------|-----|---------------------|----------------------|----------------|-------|-------------|-------------|---------|----------|-----------|-------------|
| 247 | 173 | Maria Del Carmen | Gómez Nimo      | F   | Independiente       | Lesende              | 1:05:16.5      | 6:31  | 1:05:09.8   | Veteranos A | 15      | 38       | 8:59.1    | 37:28.4     |
| 248 | 229 | Belen            | Arroniz         | F   | Independiente       | Noia                 | 1:05:18.6      | 6:31  | 1:05:08.0   | Veteranos B | 6       | 39       | 9:19.5    | 37:56.2     |
| 249 | 243 | Francisco Javier | Canoura Abeijon | M   | Independiente       | Madrid               | 1:05:28.1      | 6:32  | 1:05:18.1   | Veteranos B | 29      | 210      | 8:14.0    | 35:18.3     |
| 250 | 115 | Maria            | Villaverde      | F   | Independiente       | Lousame              | 1:05:33.9      | 6:32  | 1:05:23.9   | Veteranos A | 16      | 40       | 9:17.8    | 37:53.5     |
| 251 | 48  | Iria             | Castro Pereira  | F   | Independiente       | Noia                 | 1:05:34.7      | 6:33  | 1:05:24.1   | Sénior      | 13      | 41       | 9:19.2    | 37:56.6     |
| 252 | 116 | Fonsi            | Balderrabano    | M   | Independiente       | Lousame              | 1:05:35.8      | 6:33  | 1:05:25.5   | Veteranos A | 106     | 211      | 9:17.7    | 37:53.0     |
| 253 | 60  | Lorena           | Martínez Seijas | F   | Independiente       | Noia                 | 1:05:45.4      | 6:33  | 1:05:35.4   | Sénior      | 14      | 42       | 9:14.8    | 37:34.1     |
| 254 | 33  | Paula            | Mosteiri Rodal  | F   | Club Atletismo Noia | Noia                 | 1:06:17.0      | 6:36  | 1:06:04.6   | Sénior      | 15      | 43       | 9:20.4    | 38:16.3     |
| 255 | 76  | Laura            | Botana Mosquera | F   | Independiente       | Santiago De Composte | 1:12:40.2      | 7:16  | 1:12:33.6   | Promesa     | 2       | 44       | 9:25.1    | 41:52.3     |