



# XII Cross de Verán BROÑA

18 de setembro de 2016



## CLASIFICACIÓN CARREIRA ABSOLUTA 10 KMS

| PTO | DOR | NOMBRE       | APELLIDOS         | CLUB                                 | T.NETO | T.OFICIAL | RITMO | CATEGORÍA       | P.SEX | P.CAT |
|-----|-----|--------------|-------------------|--------------------------------------|--------|-----------|-------|-----------------|-------|-------|
| 1   | 112 | Alberto      | Carou Carril      | Club Deportivo Vagalume Energía      | 37:17  | 37:18     | 3:44  | Veteráns/nas    | 1     | 0     |
| 2   | 84  | Manuel       | Vieites Carballo  | Atletismo Cuntis                     | 37:53  | 37:53     | 3:47  | Veteráns/nas    | 2     | 0     |
| 3   | 85  | Japi         | Baamonde Arufe    | Club Atletismo John Turkey           | 38:26  | 38:26     | 3:51  | Veteráns/nas    | 3     | 0     |
| 4   | 21  | Juan Carlos  | Mosquera Dopazo   | San Paio                             | 38:27  | 38:27     | 3:51  | Promesa/Senior  | 4     | 1     |
| 5   | 138 | Jose         | Suarez Leis       | Atletismo Boimorto                   | 38:27  | 38:28     | 3:51  | Superveteráns/n | 5     | 1     |
| 6   | 122 | Carlos       | Juanatey Garcia   | Fontes Do Sar                        | 38:30  | 38:30     | 3:51  | Veteráns/nas    | 6     | 1     |
| 7   | 156 | David        | Pérez Santamaría  | Atletismo Sar Vermú Petroni          | 38:51  | 38:51     | 3:53  | Superveteráns/n | 7     | 2     |
| 8   | 146 | Francisco    | Pazos Campos      | Francisco Pazos Campos               | 38:55  | 38:55     | 3:54  | Superveteráns/n | 8     | 3     |
| 9   | 126 | Jose Luis    | Gonzalez Nuñez    | Clube Atletismo Boimorto             | 39:15  | 39:16     | 3:56  | Veteráns/nas    | 9     | 2     |
| 10  | 81  | Javier       | Pérez Rodriguez   | C.D. Pinarium                        | 39:28  | 39:30     | 3:57  | Veteráns/nas    | 10    | 3     |
| 11  | 36  | Anton        | Gomez Gonzalez    |                                      | 39:44  | 39:44     | 3:59  | Promesa/Senior  | 11    | 2     |
| 12  | 101 | Tono         | Gómez Rios        | Atletismo Sar - Vermu Petroni        | 40:04  | 40:04     | 4:00  | Veteráns/nas    | 12    | 4     |
| 13  | 106 | Kiko         | Lago Santiago     | A. D. Olimpia                        | 40:15  | 40:17     | 4:02  | Veteráns/nas    | 13    | 5     |
| 14  | 102 | Iván         | García Rechou     | Clube Atletismo Noia                 | 40:15  | 40:17     | 4:02  | Veteráns/nas    | 14    | 6     |
| 15  | 71  | José         | Buján González    | Club Atletismo Outes-john Turkey     | 40:20  | 40:21     | 4:02  | Veteráns/nas    | 15    | 7     |
| 16  | 1   | Pedro        | Traba Caamaño     | Club Atletismo Outes - John Turkey   | 40:19  | 40:21     | 4:02  | Veteráns/nas    | 16    | 8     |
| 17  | 69  | Jose Domingo | Sendon Rodriguez  | Fontes Do Sar                        | 40:36  | 40:37     | 4:04  | Veteráns/nas    | 17    | 9     |
| 18  | 19  | Eloy         | Gonzalez Horta    | Artrogal Tri-498                     | 40:47  | 40:48     | 4:05  | Promesa/Senior  | 18    | 3     |
| 19  | 121 | Alberto      | Alvarez Bendaña   | Sar-vermu Petroni                    | 40:48  | 40:49     | 4:05  | Veteráns/nas    | 19    | 10    |
| 20  | 111 | Eduardo      | Figueiras Núñez   |                                      | 40:50  | 40:50     | 4:05  | Veteráns/nas    | 20    | 11    |
| 21  | 254 | Enrique      | Muiños Reyes      |                                      | 40:51  | 40:52     | 4:05  | Veteráns/nas    | 21    | 12    |
| 22  | 251 | Oscar        | Rodriguez Torea   |                                      | 40:46  | 41:02     | 4:05  |                 | 22    | 4     |
| 23  | 53  | Michel       | Martínez Nieto    | Club Atletismo Outes-john Turkey-cao | 41:17  | 41:19     | 4:08  | Veteráns/nas    | 23    | 13    |
| 24  | 8   | Kiko         | Lago Paris        |                                      | 41:26  | 41:28     | 4:09  | Promesa/Senior  | 24    | 4     |
| 25  | 75  | José Manuel  | Nieto González    |                                      | 41:38  | 41:40     | 4:10  | Veteráns/nas    | 25    | 14    |
| 26  | 139 | Francisco    | Sanmarco Santos   | Sar-vermu Petroni                    | 41:53  | 41:54     | 4:11  | Superveteráns/n | 26    | 5     |
| 27  | 51  | José Manuel  | Lago Ces          | Club Atletismo Sar - Vermu Petroni   | 41:53  | 41:55     | 4:11  | Veteráns/nas    | 27    | 15    |
| 28  | 76  | Joaquín      | Dosil Díaz        |                                      | 41:53  | 41:55     | 4:11  | Veteráns/nas    | 28    | 16    |
| 29  | 115 | Javier       | Barrientos Oreiro | Norte Mallado                        | 42:27  | 42:29     | 4:15  | Veteráns/nas    | 29    | 17    |
| 30  | 63  | Manuel       | Martinez Sestayo  | Tartarugas                           | 42:29  | 42:32     | 4:15  | Veteráns/nas    | 30    | 18    |
| 31  | 243 | Jesus        | Queiruga Triñanes |                                      | 42:40  | 42:42     | 4:16  | Veteráns/nas    | 31    | 19    |



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|-----|-----|-----------------|-------------------|---|--------|-----------|-------|-----------------|-------|-------|
| 32  | 94  | Quique          | Triñanes Vidal    | C.D Portosin                            | 42:56  | 42:58     | 4:18  | Veteráns/nas    | 32    | 20    |
| 33  | 42  | Jose            | Ageitos Pasantes  | Cd Terra De Soneira                     | 43:13  | 43:16     | 4:19  | Promesa/Senior  | 33    | 5     |
| 34  | 83  | Juan            | Martinez Martinez |   | 43:15  | 43:19     | 4:19  | Veteráns/nas    | 34    | 21    |
| 35  | 64  | José Manuel     | Ponte Somoza      | Club De Atletismo De Outes              | 43:32  | 43:35     | 4:21  | Veteráns/nas    | 35    | 22    |
| 36  | 67  | Francisco Ramon | Blanco Pan        | Club De Atletismo Outes - John Turkey   | 43:41  | 43:45     | 4:22  | Veteráns/nas    | 36    | 23    |
| 37  | 107 | José Manuel     | Casás Casás       |   | 43:49  | 43:50     | 4:23  | Veteráns/nas    | 37    | 24    |
| 38  | 100 | Narciso         | Insua Gonzalez    | Club Atletismo Noia                     | 44:01  | 44:06     | 4:24  | Veteráns/nas    | 38    | 25    |
| 39  | 90  | Manuel          | Calo Canosa       |   | 44:11  | 44:14     | 4:25  | Veteráns/nas    | 39    | 26    |
| 40  | 31  | Antonio         | Vilas Gómez       | Artrogal Tri498                         | 44:11  | 44:17     | 4:25  | Promesa/Senior  | 40    | 6     |
| 41  | 158 | Juan J.         | Tajes Mayo        | Atletismo Fontes Do Sar                 | 44:27  | 44:32     | 4:27  | Superveteráns/n | 41    | 6     |
| 42  | 66  | Benito          | Piñeiro Abeijon   |   | 44:27  | 44:32     | 4:27  | Veteráns/nas    | 42    | 27    |
| 43  | 130 | Juan            | Rivas Alende      | Noitebra Fc                             | 44:31  | 44:33     | 4:27  | Veteráns/nas    | 43    | 28    |
| 44  | 157 | Marcos Antonio  | Blanco Figueirido | C.A. OuteS. John Turkey                 | 44:32  | 44:36     | 4:27  | Superveteráns/n | 44    | 7     |
| 45  | 44  | Rafael Senen    | Gomez Garcia      | Club Atletismo Outes                    | 44:40  | 44:42     | 4:28  | Promesa/Senior  | 45    | 7     |
| 46  | 113 | Pablo           | Díaz Cardamas     | Club Atletismo Santiago                 | 44:47  | 44:49     | 4:28  | Veteráns/nas    | 46    | 29    |
| 47  | 14  | Alberto         | Gonzalez          | Club Atletismo Outes Jhon Turkey        | 44:50  | 44:51     | 4:29  | Promesa/Senior  | 47    | 8     |
| 48  | 39  | Javi            | Martínez          |   | 44:50  | 44:52     | 4:29  | Promesa/Senior  | 48    | 9     |
| 49  | 125 | Javier          | Suárez Giadás     |   | 44:56  | 44:56     | 4:30  | Veteráns/nas    | 49    | 30    |
| 50  | 135 | Ramón           | Barreiro Cernadas | Club Atletismo Outes John Turkey        | 44:55  | 44:58     | 4:30  | Superveteráns/n | 50    | 8     |
| 51  | 129 | Manuel          | Canoura Abeijon   | Club Atletismo LousamE.Deportes Hermida | 44:56  | 45:03     | 4:30  | Veteráns/nas    | 51    | 31    |
| 52  | 61  | Oscar           | Figueiras Torea   | Club Atletismo OuteS. John Turkey       | 45:29  | 45:32     | 4:33  | Veteráns/nas    | 52    | 32    |
| 53  | 27  | Jorge           | Pouso Toja        |   | 45:55  | 45:57     | 4:35  | Promesa/Senior  | 53    | 10    |
| 54  | 91  | Vitorio         | Caamaño Vazquez   | Outes John Turkey                       | 45:57  | 46:00     | 4:36  | Veteráns/nas    | 54    | 33    |
| 55  | 160 | Ruben           | Martinez Del Rio  | Dream Team                              | 46:00  | 46:03     | 4:36  | Superveteráns/n | 55    | 9     |
| 56  | 25  | Hugo            | Garcia Martinez   | Club Atletismo Outes                    | 46:02  | 46:05     | 4:36  | Promesa/Senior  | 56    | 11    |
| 57  | 24  | Pablo           | Fernandez Brea    | Pablo Fernandez Brea                    | 46:03  | 46:08     | 4:37  | Promesa/Senior  | 57    | 12    |
| 58  | 87  | Daniel          | Lareo Creo        |   | 46:03  | 46:11     | 4:36  | Veteráns/nas    | 58    | 34    |
| 59  | 28  | Víctor Hugo     | Torrado Muñiz     |   | 46:19  | 46:21     | 4:38  | Promesa/Senior  | 59    | 13    |
| 60  | 88  | Javier          | Gil Pereira       | Tartarugas                              | 46:26  | 46:28     | 4:38  | Veteráns/nas    | 60    | 35    |
| 61  | 48  | Juan Carlos     | Vituro Martínez   | S.D. Barbantia Roda                     | 46:33  | 46:36     | 4:39  | Veteráns/nas    | 61    | 36    |
| 62  | 97  | Elena           | Matalobos Redondo | S.D. Barbantia Roda                     | 46:34  | 46:37     | 4:40  | Veteráns/nas    | 1     | 0     |



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|-----|-----|------------------|--------------------|--|--------|-----------|-------|-----------------|-------|-------|
| 63  | 99  | Ivan             | Seoane Fondo       | Nortemallado                             | 46:37  | 46:39     | 4:40  | Veteráns/nas    | 62    | 37    |
| 64  | 74  | Rafael Senen     | Gomez Reiris       | Clud Atletismo Outes                     | 46:45  | 46:48     | 4:40  | Veteráns/nas    | 63    | 38    |
| 65  | 47  | Juan Carlos      | Fernández Oliveira |  | 47:02  | 47:05     | 4:42  | Veteráns/nas    | 64    | 39    |
| 66  | 149 | German           | Perez Vidal        | C A Noia                                 | 47:14  | 47:18     | 4:43  | Superveteráns/n | 65    | 10    |
| 67  | 144 | Angel            | Perez Susavila     |  | 47:24  | 47:31     | 4:45  | Superveteráns/n | 66    | 11    |
| 68  | 50  | Elena            | Miguens Otero      | Atletismo Sar-vermú Petroni              | 47:32  | 47:33     | 4:45  | Veteráns/nas    | 2     | 0     |
| 69  | 132 | Jose Manuel      | Albores Diaz       |  | 47:33  | 47:37     | 4:45  | Superveteráns/n | 67    | 12    |
| 70  | 52  | Paco             | De La Torre Garcia | Cd Portosin                              | 47:39  | 47:42     | 4:46  | Veteráns/nas    | 68    | 40    |
| 71  | 60  | Alberto          | Albán Salgado      | C.D Portosin                             | 47:39  | 47:42     | 4:46  | Veteráns/nas    | 69    | 41    |
| 72  | 34  | David            | Fernández Fornís   | Artrogal Tri498                          | 47:43  | 47:48     | 4:46  | Promesa/Senior  | 70    | 14    |
| 73  | 55  | Manuel           | Gómez Gómez        | Club De Montaña Do Barbanza Vintedouspes | 47:50  | 47:55     | 4:47  | Veteráns/nas    | 71    | 42    |
| 74  | 86  | Juán             | Alonso             |  | 47:57  | 48:03     | 4:48  | Veteráns/nas    | 72    | 43    |
| 75  | 80  | Alvaro           | Pereiras Couto     |  | 48:08  | 48:12     | 4:49  | Veteráns/nas    | 73    | 44    |
| 76  | 137 | Joaquín          | Barreiro Tato      | Correcaminos                             | 48:09  | 48:14     | 4:49  | Superveteráns/n | 74    | 13    |
| 77  | 140 | Angel            | Martinez Oviedo    |  | 48:28  | 48:31     | 4:51  | Superveteráns/n | 75    | 14    |
| 78  | 109 | Maria Jesus      | Orgeira Rey        |  | 48:28  | 48:34     | 4:51  | Veteráns/nas    | 3     | 0     |
| 79  | 12  | Pablo            | Hermo Villar       | Atletismo Noia                           | 48:39  | 48:42     | 4:52  | Promesa/Senior  | 76    | 15    |
| 80  | 23  | Silvia           | García Lorenzo     | Atletismo Noia                           | 48:39  | 48:43     | 4:52  | Promesa/Senior  | 4     | 1     |
| 81  | 127 | Adrián           | Carballeira Puñal  |  | 49:01  | 49:05     | 4:54  | Veteráns/nas    | 77    | 45    |
| 82  | 43  | Ramon Andres     | Perez Rodriguez    | Atletismo Noia                           | 49:19  | 49:21     | 4:56  | Promesa/Senior  | 78    | 16    |
| 83  | 242 | Higinio          | Arcos Mouris       | Club Atletismo Outes                     | 49:26  | 49:30     | 4:56  | Veteráns/nas    | 79    | 46    |
| 84  | 142 | Rogelio Manuel   | Pérez Miñones      |  | 50:24  | 50:28     | 5:03  | Superveteráns/n | 80    | 15    |
| 85  | 70  | Francisco Manuel | Mayo Balderrabano  | C.D. Portosin                            | 50:33  | 50:38     | 5:03  | Veteráns/nas    | 81    | 47    |
| 86  | 141 | José             | Gómez Viaño        |  | 50:47  | 50:52     | 5:04  | Superveteráns/n | 82    | 16    |
| 87  | 162 | Maximino         | Lagares Carro      | Esprintes Ourense                        | 50:51  | 50:56     | 5:05  | Superveteráns/n | 83    | 17    |
| 88  | 41  | Pablo            | Hermo Tubio        |  | 51:44  | 51:52     | 5:10  | Promesa/Senior  | 84    | 17    |
| 89  | 26  | Cristina         | García Beiro       | Club De Atlestimo Outes                  | 51:56  | 52:00     | 5:11  | Promesa/Senior  | 5     | 2     |
| 90  | 62  | Belen            | Perez Martinez     | Olimpia Cee                              | 52:05  | 52:09     | 5:13  | Veteráns/nas    | 6     | 1     |
| 91  | 89  | Toni             | Couce Garcia       |  | 52:13  | 52:20     | 5:13  | Veteráns/nas    | 85    | 48    |
| 92  | 96  | Beatriz          | Barroso Perez      |  | 52:11  | 52:20     | 5:13  | Veteráns/nas    | 7     | 2     |
| 93  | 155 | Antonio Fernando | Quiroga Garcia     | Club Athletismo Outes                    | 52:26  | 52:30     | 5:14  | Superveteráns/n | 86    | 18    |



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|-----|-----|--------------|---------------------|--|---------|-----------|-------|-----------------|-------|-------|
| 94  | 82  | José Manuel  | Oubel Villanueva    |  | 52:35   | 52:41     | 5:16  | Veteráns/nas    | 87    | 49    |
| 95  | 154 | José Manuel  | Mayo Caamaño        |  | 52:58   | 52:58     | 5:18  | Superveteráns/n | 88    | 19    |
| 96  | 134 | Daniel Angel | Otero Cepeda        |  | 53:35   | 53:40     | 5:21  | Superveteráns/n | 89    | 20    |
| 97  | 56  | Jose Manuel  | Martinez Godoy      | Cofeetime Noies                          | 53:37   | 53:43     | 5:22  | Veteráns/nas    | 90    | 50    |
| 98  | 114 | Jose         | Calviño Carreño     |  | 53:42   | 53:49     | 5:22  | Veteráns/nas    | 91    | 51    |
| 99  | 22  | Zoraida      | Lojo Abanqueiro     | S.D. Barbantia Roda                      | 53:49   | 53:53     | 5:23  | Promesa/Senior  | 8     | 3     |
| 100 | 104 | Manuel       | Oviedo              |  | 55:04   | 55:09     | 5:31  | Veteráns/nas    | 92    | 52    |
| 101 | 145 | Victor       | Ferreiro Lamas      | Club Atletismo Negreira                  | 55:19   | 55:24     | 5:32  | Superveteráns/n | 93    | 21    |
| 102 | 49  | Ana Maria    | Mallo Dominguez     |  | 55:37   | 55:44     | 5:34  | Veteráns/nas    | 9     | 3     |
| 103 | 252 | Manuel       | Martinez Moledo     |  | 55:38   | 55:46     | 5:34  |                 | 94    | 22    |
| 104 | 124 | Eduardo      | Sanchez Estevez     |  | 55:46   | 55:55     | 5:34  | Veteráns/nas    | 95    | 53    |
| 105 | 13  | Santiago     | Figueiras Soñora    |  | 55:46   | 55:56     | 5:34  | Promesa/Senior  | 96    | 18    |
| 106 | 16  | Angel        | Trillo Blanco       |  | 55:47   | 55:56     | 5:35  | Promesa/Senior  | 97    | 19    |
| 107 | 32  | Eloy         | Garcia Martinez     |  | 56:00   | 56:09     | 5:36  | Promesa/Senior  | 98    | 20    |
| 108 | 10  | Ana          | Bello Nine          | S.D. Barbantia Roda                      | 56:06   | 56:10     | 5:37  | Promesa/Senior  | 10    | 4     |
| 109 | 54  | Susana       | Gomez Lodeiros      | Tartarugas                               | 56:27   | 56:33     | 5:39  | Veteráns/nas    | 11    | 4     |
| 110 | 159 | José         | Ferreirós Fernández | Tartarugas                               | 56:27   | 56:33     | 5:39  | Superveteráns/n | 99    | 23    |
| 111 | 57  | Santiago     | Nuñez Nuñez         |  | 56:50   | 56:55     | 5:41  | Veteráns/nas    | 100   | 54    |
| 112 | 128 | Santiago     | Cons Lamas          | Tartarugas                               | 58:42   | 58:48     | 5:52  | Veteráns/nas    | 101   | 55    |
| 113 | 77  | Pepa         | Fuentes Garcia      | C A O                                    | 58:44   | 58:49     | 5:52  | Veteráns/nas    | 12    | 5     |
| 114 | 119 | José         | Baña Moledo         | Club Atletismo Lousame - Deportes Hermid | 58:54   | 59:01     | 5:54  | Veteráns/nas    | 102   | 56    |
| 115 | 105 | Rafael       | Iglesias Bello      |  | 1:00:26 | 1:00:31   | 6:02  | Veteráns/nas    | 103   | 57    |
| 116 | 131 | Xosé Manuel  | Carballeira Hortas  |  | 1:00:24 | 1:00:31   | 6:02  | Superveteráns/n | 104   | 24    |
| 117 | 33  | Juan Jose    | Trillo Blanco       |  | 1:00:57 | 1:01:06   | 6:05  | Promesa/Senior  | 105   | 21    |
| 118 | 58  | Mª Carmen    | Bazarra Agulla      | Club Atletismo Outes John Turkey - Cao   | 1:03:17 | 1:03:21   | 6:20  | Veteráns/nas    | 13    | 6     |
| 119 | 46  | Enrique      | Perez Vazquez       |  | 1:10:46 | 1:10:58   | 7:04  | Veteráns/nas    | 106   | 58    |