

### CLASIFICACIÓN PROMESA - SENIOR

Pto.	Dorsal	Apelidos	Nome	Ano Nac.	SEXO	CATEG.	Club	Poboación	Tempo	Min/Km	Km/h.
1	2	NIMO DEL ORO	PEDRO	05/06/1980	M			SANTIAGO DE	<b>0:18:44</b>	02:52.84	20.83
2	194	GOMAR GARCIA	JESUS	28/07/1988	M			PONTEVEDRA	<b>0:18:46</b>	02:53.20	20.78
3	1	HURTADO	MANUEL	27/06/1984	M		OURENSE ACADEMIA	LUGO	<b>0:19:13</b>	02:57.34	20.30
4	3	ESSAADAOUI	AKKA	10/11/1979	M			VIGO	<b>0:19:14</b>	02:57.54	20.28
5	263	RODRÍGUEZ IGLESIAS	GUSTAVO	19/09/1979	M			TUI	<b>0:19:32</b>	03:00.30	19.97
6	193	RAMALLO REBOREDO	JOSE ANTONIO	24/09/1976	M		SOCIEDAD GIMNASTICA	PONTEVEDRA	<b>0:19:57</b>	03:04.13	19.55
7	89	BLANCO SEVILLA	LEANDRO	14/02/1982	M		AD MARATHON	BAÑEZA. LA	<b>0:20:39</b>	03:10.62	18.89
8	116	ALVAREZ BENDAÑA	ALBERTO	28/09/1980	M		SAR -A POUTADA	PADRON	<b>0:20:46</b>	03:11.65	18.78
9	208	CES SUAREZ	OSCAR	12/10/1978	M		SAR A POUTADA	NOIA	<b>0:21:17</b>	03:16.44	18.33
10	241	DAPORTA MENDEZ	MIGUEL	04/09/1977	M		OLÍMPICO DE VEDRA	POIO (SAN	<b>0:21:34</b>	03:19.07	18.08
11	249	MOSQUERA DOPAZO	JUAN CARLOS	09/12/1985	M		SAR A POUTADA	SAN LUIS	<b>0:21:52</b>	03:21.74	17.84
12	361	NOVO VEIGA	LUIS ALFONSO	18/06/1979	M		CLUB ATLETISMO	A CORUÑA	<b>0:22:07</b>	03:24.15	17.63
13	364	GONZALEZ NUÑEZ	JOSE LUIS	22/03/1981	M			XIAN	<b>0:22:26</b>	03:27.03	17.39
14	38	LORENZO FIGUEIRA	JOSE LUIS	06/12/1982	M		CLUB DE ATLETISMO	RIAL (LEIRO)	<b>0:22:41</b>	03:29.37	17.19
15	137	MAYOBRE GONZALEZ	PAULA	16/05/1989	F		OURENSE ATLETISMO	VISTA ALEGRE	<b>0:22:50</b>	03:30.71	17.08
16	272	CASTRO CALO	FERNANDO	22/05/1978	M			RIBEIRA (SANTA	<b>0:23:02</b>	03:32.61	16.93
17	386	ALVES DE FONSECA	MARIO ELSON	24/04/1981	M			MADRID	<b>0:23:08</b>	03:33.45	16.87
18	115	GONZALEZ JORGE	DANIEL	16/08/1991	M		SAR-A POUTADA	XERMEADE	<b>0:23:12</b>	03:34.12	16.81
19	330	VALLE LOPEZ	OSCAR	30/06/1977	M		NOITEBRA FC	XERMEADE	<b>0:23:20</b>	03:35.23	16.73
20	287	PEREZ REGO	JORGE	20/05/1988	M			POBRA DO	<b>0:23:22</b>	03:35.65	16.69
21	88	SANTOS SANTAMARIA	ALEX	14/11/1978	M			POBRA DO	<b>0:23:23</b>	03:35.74	16.69
22	385	GOMES CORREIA	RAMIRO	16/07/1983	M			MADRID	<b>0:23:31</b>	03:36.95	16.59
23	340	REGUEIRA MUÑIZ	MATIAS	16/07/1982	M		ASOCIACIÓN DE ATLETISMO	POBRA DO	<b>0:23:31</b>	03:37.03	16.59
24	209	GONZALEZ HORTA	ELOY	12/06/1985	M		AMAMOMINA	POBRA DO	<b>0:23:33</b>	03:37.27	16.57
25	37	SUAREZ PEDROSA	RAQUEL	11/06/1982	F		RIA FERROL	SANTIAGO DE	<b>0:23:33</b>	03:37.36	16.56
26	77	OLIVEIRA BOGA	SERGIO	13/01/1977	M			VILAR	<b>0:23:36</b>	03:37.83	16.53
27	327	FERNANDEZ GONZALEZ	OSCAR	23/09/1976	M		ATLETISMO FONTES DO	SANTIAGO DE	<b>0:23:55</b>	03:40.76	16.31
28	267	PEREZ RODRÍGUEZ	SARA	22/08/1987	F		ATLETISMO FEMENINO	PEREIRAS (SAN	<b>0:23:57</b>	03:40.93	16.29
29	98	FERNANDEZ VAZQUEZ	OSCAR	18/08/1987	M			TEAÑO	<b>0:24:05</b>	03:42.21	16.20
30	251	VARELA MENDEZ	MARCOS	05/01/1977	M			SIMES (SANTA	<b>0:24:29</b>	03:45.87	15.94
31	309	CELIS FRESCO	ALEJANDRO	21/04/1978	M		NAUTICO DE NARÓN	XUBIA	<b>0:24:35</b>	03:46.86	15.87
32	261	VALIÑO GOMEZ	AIDA	23/06/1987	F			URIZ (STA MARIA)	<b>0:24:37</b>	03:47.22	15.84
33	165	PEREZ GARCIA	SERGIO	11/07/1985	M			FERROL	<b>0:24:41</b>	03:47.80	15.80
34	4	SANISIDRO REGO	DAVID	12/02/1982	M			RIBEIRA (SANTA	<b>0:24:58</b>	03:50.36	15.63
35	204	PONTE LORENZO	MANUEL	11/03/1978	M			SANTIAGO DE	<b>0:25:06</b>	03:51.62	15.54
36	40	SEGADE CAROU	IVAN	21/10/1981	M			A CORUÑA	<b>0:25:09</b>	03:52.01	15.52
37	211	FERNANDEZ BRIONES	ANGEL	19/06/1989	M		USC	POBRA DO	<b>0:25:26</b>	03:54.75	15.34
38	52	RAÑA RECOUSO	AMANCIO	24/11/1983	M			VIÑAN (SENRA)	<b>0:25:33</b>	03:55.77	15.27
39	185	FERNANDEZ BLANCO	JOSE MARIA	10/08/1980	M		CORUÑA COMARCA	A CORUÑA	<b>0:25:55</b>	03:59.17	15.05
40	315	FOLGAR ROMAY	JAVIER	17/04/1981	M		VIRXE DA GUIA	RIBEIRA (SANTA	<b>0:25:57</b>	03:59.41	15.04
41	180	BLANCO FIGUEIRA	ALVARO	12/11/1985	M			OESTE (SANTA	<b>0:26:18</b>	04:02.75	14.83
42	141	FIGUEIRAS MARTINEZ	BALTASAR	13/11/1977	M			VILAVERDE	<b>0:26:20</b>	04:03.04	14.81
43	269	SILVA BRENLLA	GONZALO	25/05/1984	M			XESTEIRA	<b>0:26:26</b>	04:03.89	14.76
44	72	REY SANTOS	RAUL	25/10/1991	M		INDEPENDIENTE	SANTIAGO DE	<b>0:26:26</b>	04:03.97	14.76
45	322	GARCÍA LORENZO	DIEGO	25/10/1982	M		CLUB ATLETISMO FONTES	TARAGOÑA	<b>0:26:33</b>	04:04.99	14.69
46	168	NOVO MARTÍNEZ	DAVID	08/01/1977	M			RIBEIRA (SANTA	<b>0:26:36</b>	04:05.41	14.67
47	274	SABORIDO FERNANDEZ	EMILIO	19/04/1981	M			TANXIL	<b>0:26:38</b>	04:05.72	14.65
48	279	GARCÍA MARTÍNEZ	SANTIAGO	19/02/1980	M		ATLÉTICO PENTA	VIGO	<b>0:26:46</b>	04:07.00	14.57
49	80	MONTEAGUDO	SERGIO	23/12/1980	M		VICLAUMIA GALICIA	A CORUÑA	<b>0:26:49</b>	04:07.52	14.54
50	107	ALDREY RAICES	JOSE MANUEL	26/05/1978	M			SANTIAGO DE	<b>0:27:00</b>	04:09.11	14.45
51	286	RODRIGUES OLIVEIRA	JOSE ANTONIO	20/08/1981	M		ATLÉTICO PENTA	VIGO	<b>0:27:05</b>	04:09.95	14.40
52	56	CASAS CASAS	JOSE MANUEL	06/02/1978	M			A CORUÑA	<b>0:27:07</b>	04:10.29	14.38
53	36	MAYO CAAMAÑO	MARINELA	10/01/1980	F			SANTIAGO DE	<b>0:27:13</b>	04:11.08	14.34
54	163	PEREZ GARCIA	CRISTINA	14/07/1988	F			FERROL	<b>0:27:18</b>	04:11.92	14.29
55	29	ESQUILAS CASTRO	CARLOS	18/09/1991	M		CLUB ATLETISMO NOIA	NOIA	<b>0:27:26</b>	04:13.12	14.22
56	195	TARRÍO PEREZ	HECTOR	24/06/1986	M			OESTE (SANTA	<b>0:27:31</b>	04:13.96	14.18
57	90	YAGÚE LOBO	ISABEL	05/07/1984	F			MADRID	<b>0:28:03</b>	04:18.82	13.91
58	368	PAZOS LOPEZ	ALEJANDRO	07/05/1980	M			--	<b>0:28:11</b>	04:20.07	13.84
59	265	CASTRO DIOS	RAMIRO	24/05/1985	M			OESTE (SANTA	<b>0:28:27</b>	04:22.52	13.71
60	223	VELARDE PALLÍN	NEREA	13/10/1978	F			DONOSTIA-SAN	<b>0:28:48</b>	04:25.73	13.55
61	100	FIGUEIRO CALO	JOSE RAMON	17/10/1987	M			VIMILIRO (BOIRO)	<b>0:28:55</b>	04:26.82	13.49
62	259	PEREIRA LOPEZ	XESUS	14/08/1989	M			SANTIAGO DE	<b>0:29:09</b>	04:29.05	13.38
63	288	MARTÍNEZ GUILLEN	JORGE	30/11/1989	M		ATLÉTICO PENTA	VIGO	<b>0:29:10</b>	04:29.20	13.37
64	384	F. JUNQUEIRA	ARMANDO	01/08/1984	M			MADRID	<b>0:29:13</b>	04:29.54	13.36
65	216	OTERO MARTÍNEZ	NICOLAS	03/10/1982	M		ATLETISMO UNIVERSIDADE	VILANOVA (HIO)	<b>0:29:24</b>	04:31.33	13.27
66	174	ALVES PENA	ALEXIS	29/06/1981	M			TOURO	<b>0:29:34</b>	04:32.81	13.20
67	175	REY OTERO	CRISTINA	18/12/1976	F			SANTIAGO DE	<b>0:29:52</b>	04:35.58	13.06
68	177	BRANDON CASTRO	MARTIN	23/12/1984	M			TIS	<b>0:29:57</b>	04:36.33	13.03
69	113	GARCIA FERNANDEZ	SANDRA	15/09/1978	F			XION	<b>0:30:16</b>	04:39.31	12.89
70	68	MERINO	JUAN PABLO	20/04/1979	M		LA ELIPA	MADRID	<b>0:31:18</b>	04:48.92	12.46

Pto.	Dorsal	Apelidos	Nome	Ano Nac.	SEXO	CATEG.	Club	Poboación	Tempo	Min/Km	Km/h.
71	283	ROUCO BESADA	BASILIO	31/05/1988	M		ATLÉTICO PENTA	VIGO	<b>0:31:55</b>	04:54.56	12.22
72	190	VARELA GARCÍA	JUAN IGNACIO	07/03/1981	M		--	A CORUÑA	<b>0:32:55</b>	05:03.83	11.85
73	302	FERNANDEZ MARTINEZ	SERGIO	08/04/1990	M			PORRIÑO. O	<b>0:34:09</b>	05:15.15	11.42
74	232	JIMENEZ MATEO	ROSI	30/03/1981	F			VAQUEIRA	<b>0:34:15</b>	05:16.11	11.39
75	281	GIL ALVAREZ	DEBORAH	13/09/1981	F		ATLÉTICO PENTA	VIGO	<b>0:35:42</b>	05:29.47	10.93
76	181	REY DA SILVA	DOLORES	14/11/1977	F			SANTIAGO DE	<b>0:35:45</b>	05:29.87	10.91