

III MARATON DO MIÑO, Ourense 18/10/2009

CARREIRA POR RELEVOS. Distancia: 42.195 m

Pto	Dorsal	DORSALA	DORSALB	DORSALC	T_Final	RitmoKm	Outariz1	Parcial1	Velle1	Outariz2	Parcial2	Velle2	Outariz3	Parcial3
1	46	PAZ SUAREZ, JOSE A.	FERNANDEZ MARQUEZ, JOSE MANUEL	CID VAZQUEZ, ALEJANDRO	2:30:48	0:03:35	0:30:42	0:49:41	0:56:53	1:20:50	0:49:46	1:46:32	2:10:42	0:51:21
2	33	CAMPOS DACOSTA, ELOY	BLANCO FERNÁNDEZ, JUAN BENITO	GÓMEZ ROSALES, ELADIO	2:35:08	0:03:41	0:30:29	0:50:27	0:57:39	1:23:07	0:52:50	1:50:12	2:14:31	0:51:53
3	53	GOMEZ IGLESIAS, JOSE JAVIER	FERNANDEZ ALVAREZ, EVENCIO	LARREA MURUETA-GOLLEA, ERNESTO	2:37:05	0:03:44	0:30:29	0:50:53	0:58:22	1:23:36	0:52:11	1:50:14	2:15:43	0:54:02
4	111	PARAMOS PEREZ, VENANCIO	VIDAL GONZALEZ, JUAN CARLOS	LOPEZ RODRIGUEZ, SANTIAGO	2:38:40	0:03:46	0:32:40	0:54:40		1:29:50	0:56:23	1:57:32	2:19:39	0:47:39
5	70	VALENTIN INUNCIAGA, DANIEL	CASCON SANCHEZ-RODILLA, JORGE	VELOSO MIRANDA, JOSE ANTONIO	2:38:55	0:03:46	0:30:42	0:50:41	0:58:10	1:23:54	0:53:48	1:51:52	2:17:31	0:54:27
6	21	ESTEVEZ NUNEZ, PEDRO	MENDEZ RODRIGUEZ, RAMIRO	GARCIA EXPOSITO, CARLOS	2:40:04	0:03:48	0:31:12	0:52:19	0:59:56	1:26:36	0:55:25	1:54:44	2:19:30	0:52:21
7	13	VAZQUEZ RODRIGUEZ, MANUEL ANGEL	FERRO POZO, JUAN CARLOS	SOBRADO FERNADEZ, ANTONIO	2:40:40	0:03:49	0:32:22	0:53:38		1:26:23	0:52:27	1:53:21	2:19:19	0:54:36
8	98	VALIÑA MENDEZ, ALBERTO	VALIÑA MENDEZ, JOSE LUIS	RODRIGUEZ GONZALEZ, JOSE	2:44:03	0:03:54	0:32:37	0:53:53	1:01:47	1:28:42	0:55:23	1:56:52	2:22:43	0:54:47
9	55	ALVAREZ RODRIGUEZ, DOMINGO	SALGADO GOMEZ, MANUEL	MIRA FERNANDEZ, JOSE	2:44:29	0:03:54	0:30:37	0:51:19		1:26:24	0:56:34	1:56:03	2:15:24	0:56:37
10	80	UBEIRA VIDAL, MARCOS	UBEIRA VIDAL, FABIAN	PEREZ GARCIA, ALBERTO	2:45:38	0:03:56	0:31:46	0:51:52	0:59:35	1:25:47	0:54:33	1:54:18	2:22:12	0:59:13
11	148	JUNCAL IGLESIAS, ALBERTO	CAAVEIRO RUEDA, JUAN DAVID	SAMPEDRO MARTINEZ, ORLANDO	2:47:41	0:03:59	0:33:12	0:54:20		1:30:16	0:57:21	1:59:27	2:25:54	0:56:01
12	102	VAL RABADE, BENIGNO	BUIDE VAZQUEZ, ROBERTO	FEIJOO ANSEAN, ISIDORO	2:47:52	0:03:59	0:31:35	0:52:45	1:00:54	1:28:53	0:57:49	1:58:38	2:25:06	0:57:19
13	126	CERDEIRA PÉREZ, JOSE ANTONIO	PÉREZ REBOREDO, FERNANDO	NOVOA FERNÁNDEZ, SAMUEL	2:48:27	0:04:00	0:32:21	0:53:31	1:01:31	1:29:07	0:57:19	1:58:45	2:25:24	0:57:38
14	101	CASTRO ROIS, JOSE MANUEL	ALVAREZ RIVAS, JOSE MANUEL	GANDROY VILAR, JESUS MANUEL	2:48:37	0:04:00	0:33:16	0:54:30	1:02:51	1:30:16		1:59:09	2:26:07	1:10:50:45
15	40	RODRÍGUEZ NOGUEIRA, RAFAEL	FEIXÓO MIRÓN, XOAN CARLOS	IGLESIAS LÓPEZ, CAMILO	2:49:02	0:04:01	0:31:26	0:52:41	1:00:52	1:28:38	0:57:38	1:58:18	2:25:56	0:58:44
16	152	MOSQUERA ALVAREZ, JACOBO	REZA MONTENEGRO, MARCIAL	GARRIDO SOBRINO, EMILIO JOSE	2:49:19	0:04:01	0:31:47	0:52:25	1:00:34	1:28:54	0:58:49	1:59:24	2:26:57	0:58:06
17	138	MARTÍN PEÑA, LUIS DAVID	PINO MARTÍNEZ, EDUARDO	CARRERA CARRERA, XOSÉ MANUEL	2:49:55	0:04:02	0:33:19	0:56:08	1:04:07	1:31:15	0:56:27	2:00:18	2:27:13	0:57:20
18	183	CACHANDORA SÁNCHEZ, JOSÉ MANUEL	PEMEDO GONZÁLEZ, ALAN	GARCÍA DOMÍNGUEZ, DIEGO	2:50:32	0:04:03	0:31:01	0:51:48		1:29:37	1:01:07	2:00:58	2:27:51	0:57:37
19	112	FERREIRO DEAÑO, ALFREDO	GONZÁLEZ CRUZ, JOSE CARLOS	GONZÁLEZ RODICIO, FRANCISCO XABIER	2:51:20	0:04:04	0:32:35	0:54:39	1:03:07	1:31:06	0:57:43	2:00:27	2:27:56	0:59:00
20	103	VAZQUEZ LOSADA, GINES	MORAN BANDE, MARTIN	PIN GRAÑA, JOSE MANUEL	2:51:51	0:04:05	0:31:36	0:52:25	1:00:38	1:28:03	0:57:34	1:58:00	2:26:59	1:01:53
21	100	TRABADA GOMEZ, MANUEL ANTONIO	SANTOS FERREIRO, JOSE LUIS	TORRES LOPEZ, JOSE LUIS	2:52:03	0:04:05	0:33:17	0:55:28	1:03:43	1:31:18	0:57:43	2:01:19	2:29:14	0:58:53
22	48	REY CASTRO, RICARDO	RODRÍGUEZ JÁCOME, JOSÉ LUÍS	DOMÍNGUEZ ZUFIAURRE, FRANCISCO JAVIER	2:52:08	0:04:05	0:33:57	0:56:30	2:03:41	1:32:57	0:59:08		2:29:49	0:56:31
23	108	DOMINGUEZ RODRIGUEZ, JOSE EMILIO	QUINTAIROS CID, MANUEL	CID PAZ, SERAFIN	2:52:14	0:04:05	0:32:04	0:53:36	1:01:35	1:28:38	0:56:34	1:58:22	2:27:20	1:02:05
24	17	PEREZ FARIÑAS, MARIO	PEREZ ABAD, JACOBO	CASAS RODRIGUEZ, DAVID	2:52:28	0:04:06	0:33:52	0:55:04	1:03:43	1:32:39	1:00:12	2:03:41	2:29:54	0:57:13
25	174	FERNÁNDEZ VESA, JAVIER	CELA FERNÁNDEZ, RICARDO	RODRIGUEZ TEJEIRO, MANUEL	2:52:31	0:04:06	0:33:54	0:53:39	1:01:53	1:29:39	0:57:46	1:59:54	2:28:38	1:01:07
26	166	MUÑOZ LÓPEZ, RAMON	PIÑÓN ESTEBAN, MIGUEL ÁNGEL	CID COELLO, CARLOS	2:52:46	0:04:06	0:32:48	0:54:40	1:03:12	1:31:36	0:58:55		2:30:05	0:59:12
27	207	CARBALLO POSE, JOSE ANTONIO	FERNÁNDEZ MOJON, NICANOR	BORRAJO GUTIERREZ, LUIS MIGUEL	2:53:18	0:04:07	0:35:52	0:59:47	1:08:00	1:35:59	0:58:00	2:05:20	2:31:20	0:55:32
28	203	MECA JUNCAL, OSCAR	GONZALEZ CHAYAN, JOSE MANUEL	SOTO GARRIDO, RICARDO	2:53:40	0:04:07	0:33:17	0:54:32	1:03:25	1:32:21	1:00:22	2:03:32	2:31:11	0:58:47
29	8	BLANCO SOTELO, XOSE RAMON	BOUZADA BLANCO, BENITO	TEIXEIRA PAULO, KIKE	2:55:12	0:04:10	0:36:10	0:58:43	1:07:13	1:35:59	0:59:20	2:05:48	2:32:42	0:57:11
30	182	CODON VEGA, ALFONSO	GIL LAMEIRO, HORACIO	BLANCO PEREZ, AGUEDA OFELIA	2:56:14	0:04:11	0:34:42	0:57:41	1:06:16	1:34:20	0:57:45	2:03:48	2:31:55	1:00:50
31	181	FERNANDEZ FONTENLA, IRIA	FERNÁNDEZ BARBOSA, LETICIA	GÓMEZ BOLABO, CONSI	2:56:58	0:04:12	0:33:54	0:55:54	2:06:53	1:35:41	1:02:54		2:34:18	0:58:12
32	76	VAZQUEZ FERNANDEZ, JOSE	LOPEZ FERNADEZ, ANTONIO	MENDEZ DAMORIN, JUAN CARLOS	2:57:01	0:04:12	0:33:18	0:56:02	2:01:33	1:31:29	0:57:06		2:31:48	1:03:55
33	64	MARTINEZ MENOR, ADRIEL	GONZALEZ GONZALEZ, CARLOS	MARTINEZ ALMEIDA, JAVIER	2:57:16	0:04:13	0:31:44	0:54:36	1:59:30	1:29:36	0:55:50		2:31:09	1:06:50
34	81	QUINTANILLA MARFUL, ALVARO	ALONSO BARREIRO, MIGUEL	GONZALEZ GONZALEZ, JOSÉ ROMÁN	2:57:23	0:04:13	0:33:42	0:55:52	1:04:08	1:32:44	0:58:49	2:03:22	2:32:43	1:02:44
35	113	DÍAZ GAY, PABLO	LOBO VICENTE, DIEGO	CUADROS VEGA, ALEJANDRO	2:57:33	0:04:13	0:33:12	0:54:43	1:03:07	1:31:48	1:00:01	2:03:29	2:32:53	1:02:51
36	51	RODRIGUEZ ANSIA, FELIX	ALVAREZ GONZALEZ, GUMERSINDO	FERNANDEZ RODRIGUEZ, RUBEN	2:58:45	0:04:15	0:34:06	0:57:06	1:05:46	1:34:55	1:00:27	2:06:09	2:35:03	1:01:13
37	118	PIÑEIRO BLANCO, JAVIER	VEIGA NUNEZ, MIGUEL ANGEL	PEREIRO RODRIGUEZ, JOSE ANTONIO	2:59:15	0:04:15	0:32:03	0:53:11	1:02:15	1:32:06	1:01:47	2:03:43	2:32:54	1:04:19
38	69	VAZQUEZ FERREIRO, GONZALO	FOLGOSO ROCHA, MANUEL	FOLGOSO ROCHA, ANTONIO	2:59:42	0:04:16	0:34:39	0:57:36	1:06:05	1:35:27	1:01:03	2:07:00	2:35:58	1:01:05
39	7	BUGALLO FERNANDEZ, ANGEL	OTERO RODRIGUEZ, MARCOS	SILVA BLANCO, JOSE	2:59:45	0:04:16	0:34:51	0:57:54	1:06:19	1:37:23	1:03:56	2:09:56	2:37:16	0:57:56
40	168	GONZALO ALVAREZ, ROBERTO	PIÑA GONZALEZ, MARCOS EDUARDO	GUISANDE LOPEZ, MAXIMINO	2:59:57	0:04:16	0:36:01	1:01:22	1:09:48	1:38:31	0:59:34	2:08:39	2:36:35	0:59:02
41	11	GLEZ CASTRO, JOSE MANUEL	RODRIGUEZ OTERO, MODESTO	GLEZ GLEZ, FLORINDO JOSE	3:00:36	0:04:17	0:33:23	0:56:33	1:05:10	1:35:14	1:01:27	2:06:15	2:35:34	1:02:37
42	9	QUIÑONES, JUAN ANTONIO	GOY GOMEZ, EDUARDO	GARCIA LAGO, MARCOS	3:00:57	0:04:18	0:33:54	0:56:10	2:05:30	1:34:17	1:00:45		2:35:21	1:04:04
43	137	VELILLA CASTRO, JESÚS ANTONIO	CAMEAN LAMPON, JUAN	NOVOA RODRIGUEZ, MIGUEL ANGEL	3:02:55	0:04:21	0:35:43	0:58:49	1:07:46	1:38:22	1:03:49	2:11:07	2:39:48	1:00:19
44	25	RODRÍGUEZ ESTÉVEZ, RAMÓN	COUTO CALVIÑO, OSCAR	VAZQUEZ IGLESIAS, ANTONIO	3:03:07	0:04:21	0:35:59	1:00:39	1:09:39	1:40:28	1:03:19	2:12:02	2:39:44	0:59:11
45	27	ABREU FERNANDEZ, FERNANDO	PAZ GONZALEZ, JUAN CARLOS	FERNANDEZ ARAUJO, JOSE HENRIQUE	3:03:16	0:04:21	0:36:23	1:00:51	2:09:20	1:38:31	0:59:52		2:39:08	1:02:35
46	89	FERNANDEZ SABORIDO, ANXO	RAMA GONZALEZ, FERNANDO	DIOS GONZALEZ, RAFAEL	3:03:25	0:04:21	0:37:00	1:00:11	1:09:09	1:39:14	1:02:38	2:11:13	2:39:48	1:00:37
47	68	REGO PÉREZ, PABLO	LÓPEZ FERNÁNDEZ, HUGO	FRAIZ VELÁZQUEZ, TOMÁS	3:03:31	0:04:21	0:36:23	1:00:51	1:10:14	1:40:29	1:02:41	2:12:05	2:40:46	1:00:00
48	15	CASASNOVAS CALVO, ARTURO	VAZQUEZ CASASL, ARTURO	RODRIGUEZ SARMIENTO, JAVIER	3:03:55	0:04:22	0:38:54	1:03:56	1:12:43	1:42:35	1:01:55	2:13:31	2:40:51	0:58:06
49	85	FERNANDEZ COSTA, ANTONIO	RODRIGUEZ RODRIGUEZ, MANUEL	RODRIGUEZ VILARIÑO, FERNANDO	3:04:37	0:04:23	0:34:42	0:57:31	1:06:25	1:37:18	1:03:50	2:10:14	2:39:48	1:03:17
50	44	VAZQUEZ IGLESIAS, JOSE ANTONIO	VAZQUEZ IGLESIAS, MANUEL	VALVERDE CARBALLO, JOSE MACABEOS	3:04:40	0:04:23	0:38:22	1:04:28	1:13:24	1:42:14	0:59:48	2:12:36	2:40:50	1:00:25
51	119	FERNANDEZ PEREZ, JUAN CARLOS	VIADOR RODRIGUEZ, JUAN JESUS	GALLEGO MOURE, TITO	3:04:41	0:04:23	0:35:52	0:59:02	2:09:56	1:38:30	1:02:11		2:39:31	1:03:28
52	57	DONIZ FREIRE, BEGOÑA	IGLESIAS RODRIGUEZ, MANUEL	CONDE BERMUDEZ, SANTIAGO	3:04:42	0:04:23	0:35:27	0:59:27	1:08:17	1:38:35	1:03:01	2:11:10	2:40:26	1:02:16
53	117	CARVAJAL MOSQUERA, FERNANDO	FERNÁNDEZ CARIDE, JUAN CARLOS	RODRÍGUEZ GONZÁLEZ, RAMÓN	3:05:30	0:04:24	0:32:30	0:53:13	1:02:11	1:34:45	1:06:20	2:08:39	2:39:34	1:05:58
54	163	OUTUMURO RODRIGUEZ, JOSE AURELIO	MARTINEZ RIBAO, DIEGO	VARELA CRESPO, MARIO DANIEL	3:05:38	0:04:24	0:35:36	0:59:27	1:09:51	1:42:00	1:07:25	2:14:45	2:42:33	0:58:46
55	156	AMENEIRO BRAVO, RAFAEL	CRUZ SANCHEZ, MARCOS	RODRIGUEZ COELLO, MANUEL	3:06:24	0:04:26	0:35:28	0:57:53	1:06:18	1:35:16	0:59:47	2:06:26	2:37:44	1:08:44

III MARATON DO MIÑO, Ourense 18/10/2009

CARREIRA POR RELEVOS. Distancia: 42.195 m

Pto	Dorsal	DORSALA	DORSALB	DORSALC	T_Final	RitmoKm	Outariz1	Parcial1	Velle1	Outariz2	Parcial2	Velle2	Outariz3	Parcial3
56	87	ANTAO, JOAQUIM	BERNARD, CHRISTOPHE	CHALLIER, FRÉDÉRIC	3:07:15	0:04:27	0:37:14	1:01:49	1:10:36	1:42:53	1:06:47	2:16:52	2:44:07	0:58:40
57	56	PERDIZ GONZALEZ, RAMON	CABO BEN, JOSE LUIS	ARMESTO GARCIA, JULIO	3:07:27	0:04:27	0:38:16	1:02:59	1:11:55	1:42:57	1:04:10	2:15:56	2:44:23	1:00:18
58	131	RAMOS PEREZ, ISMAEL	ULLOA PRADO, FRANCISCO	MAGDALENA VERA, JAIME	3:07:33	0:04:27	0:37:12	1:01:33	1:10:15	1:40:28	1:02:58	2:13:20	2:42:41	1:03:03
59	201	HERAS CARMONA, MARIO RAMON	GIL DOPAZO, RICARDO	VIDAL FREIJEIRO, MARCOS	3:07:33	0:04:27	0:37:07	1:00:30	1:09:52	1:40:59	1:04:13	2:13:19	2:42:04	1:02:51
60	192	MIGUEZ DE LA IGLESIA, AGUSTIN	VILAS CRUCES, SERGIO	UBEIRA RICOÑ, PABLO	3:07:39	0:04:27	0:35:40	0:58:39	2:13:20	1:40:16	1:05:45		2:42:42	1:03:15
61	206	VILLAR PROL, RAMON	SALGADO PASCUAL, PABLO	GIL RAMOS, DIONISIO	3:07:45	0:04:27	0:33:19	0:55:10	1:04:20	1:36:12	1:07:36	2:11:27	2:41:18	1:05:00
62	42	RODRIGUEZ BLANCO, JESUS	GONZALEZ GARCIA, RAMIRO	RODRIGUEZ VEGA, JOSE	3:07:54	0:04:28	0:35:56	1:00:14	1:09:47	1:41:00	1:05:05	2:13:45	2:43:15	1:02:36
63	157	JONES ROMERO, WILSON	VAZQUEZ GUZMAN, MARCOS	GARCIA GAGO, OSCAR	3:08:04	0:04:28	0:40:14	1:08:00	1:16:10	1:45:16	1:00:15	2:16:39	2:44:22	0:59:49
64	109	OUTEIRIÑO GALLEGO, SANTIAGO JOSE	VILA BLANCO, JESUS	VILA BLANCO, FELISINDO	3:08:08	0:04:28	0:37:24	1:01:17	1:10:13	1:40:42	1:04:23	2:14:07	2:43:15	1:02:28
65	198	PEREZ VAZQUEZ, JOSÉ MANUEL	BARREIRO BARREIRO, BENIGNO	RIAL SUAREZ, CARLOS	3:08:35	0:04:29	1:38:07	0:54:20	2:13:35		1:09:38		2:43:29	1:04:37
66	32	REQUEJO RODRIGUEZ, JOSE LUIS	QUINTAS BARROS, JESUS CARLOS	CASAS FILGUEIRA, DELMIRO	3:08:40	0:04:29	0:35:46	0:59:20	1:09:04	1:42:00	1:08:18	2:15:58	2:44:54	1:01:03
67	91	DÍAZ IGLESIAS, ADOLFO	BORRAJO, OSCAR	FARIÑAS DARRIBA, JOSE MANUEL	3:08:48	0:04:29	0:34:17	0:56:28	1:05:45	1:38:20	1:06:02	2:11:41	2:42:36	1:06:19
68	186	ROALES LÓPEZ, LUIS	LLAMAS BALLESTER, BRUNO	BELLO GARCÍA, JULIO MANUEL	3:08:55	0:04:29	0:35:37	0:59:03	1:08:59	1:42:33	1:08:11	2:15:45	2:45:11	1:01:42
69	50	PIÑEIRO IGLESIAS, IVÁN P	CASARES BALSA, LUIS	CARNEIRO DENIS, JORGE	3:09:00	0:04:29	0:36:59	1:00:43	1:09:50	1:40:30	1:03:17	2:12:43	2:43:41	1:05:01
70	105	PEREZ BALIRAC, JESUS	BREA SANCHEZ, JOSE MARIA	NOVO REGUEIRA, MIGUEL	3:09:04	0:04:29	0:37:48	1:01:52	1:11:41	1:44:31	1:08:09	2:18:25	2:45:51	0:59:04
71	209	LOPEZ FERNANDEZ, OSCAR	TABOADA, CAMILO	LOPEZ PEREZ, JOSE	3:09:06	0:04:29	0:41:33	1:08:33	1:16:41	1:44:34	0:57:48	2:14:56	2:44:53	1:02:45
72	39	FRANCO CIVIDANES, MANUEL	AMEAL PACHECO, DIONISIO	PENA LOMBA, ANTONIO	3:09:07	0:04:29	0:35:04	0:58:12	1:07:41	1:39:06	1:04:32	2:11:29	2:42:10	1:06:23
73	62	LÓPEZ GRAÑA, Mª DEL PILAR	JIMENO ENRIQUE, MIGUEL ÁNGEL	CORTEGOSO DÍAZ, FRANCISCO	3:10:05	0:04:31	0:35:12	0:58:25	1:07:51	1:39:57	1:06:28	2:13:51	2:44:35	1:05:12
74	167	CID PÉREZ, MARCOS	SANTOS RIVAS, PAULINO	BANGUESES QUINTANA, ROI	3:10:05	0:04:31	0:33:55	0:55:20	2:13:39	1:36:50	1:10:00		2:44:11	1:04:46
75	43	NOVOA RODRIGUEZ, JOSE ANTONIO	IGLESIAS GRANDE, JOSE MANUEL	ELVIRA DEL OLMO, JOSE ALFONSO	3:10:10	0:04:31	0:36:11	0:58:51	2:14:50	1:40:56	1:06:43		2:45:24	1:04:37
76	96	VILLANUEVA LAMEIRO, CAMILO	LUGILDE RODRÍGUEZ, MANUEL	RAÑA GREGORIO, XAN CARLOS	3:10:23	0:04:31	0:34:41	0:58:25	1:07:38	1:39:12	1:04:47	2:12:29	2:44:33	1:07:12
77	144	LORENZO ALVAREZ, MIGUEL ANGEL	DOMINGUEZ VISPO, ANGEL	FERNANDEZ ALBERTE, GONZALO	3:10:34	0:04:31	0:36:21	1:00:38	2:11:24	1:38:39	1:01:01		2:43:32	1:08:56
78	47	BREA LOPEZ, MIGEL ANGEL	GARCIA GIL, JAVIER	GARAGORRI JIMENEZ, JOSE MARIA	3:11:07	0:04:32	0:36:58	1:02:02	1:10:14	1:38:56	0:59:18	2:11:29	2:43:59	1:09:48
79	123	GONÁLEZ FERNÁNDEZ, ADRIAN	MORAIS ÁLVAREZ, LUIS	FERNÁNDEZ GONZÁLEZ, ABRAHAM	3:11:47	0:04:33	0:35:46	1:02:23	1:11:26	1:41:28	1:02:22	2:13:33	2:44:33	1:07:02
80	139	SALGADO RUA, JOSE ANTONIO	DÍAZ PORTAS, LUIS ALBERTO	FERNANDEZ VALENCIA, PABLO	3:11:49	0:04:33	0:38:36	2:10:35	1:15:10	1:46:27		2:18:49	2:47:38	12:13:57
81	153	PEREIRA RODRIGUEZ, JOSE ANTONIO	PEREZ GONZALEZ, MANUEL RAFAEL	RODRIGUEZ IGLESIAS, ALBERTO	3:12:03	0:04:34	0:32:23	0:52:46	1:02:06	1:36:32	1:12:42	2:14:49	2:45:24	1:06:36
82	22	PEREZ BOUZAS, ANGEL JOSE	DOMINGUEZ GARCIA, JOSE	RODRIGUEZ ARIAS, JOSE CARLOS	3:12:13	0:04:34	0:37:08	1:01:57	1:10:32	1:40:39	1:02:21	2:13:16	2:45:47	1:07:55
83	106	BURLIDO BORREGO, JOSE ISAIAS	CONDE TORRES, JOSE RAMON	REBOREDA GRAÑA, AMADOR	3:12:25	0:04:34	0:38:04	1:03:13	1:12:37	1:44:31	1:06:16	2:17:52	2:47:14	1:02:57
84	208	IBARRA CARBON, FERNANDO	CORRAZ CONDE, ALFREDO	VIANA ALVAREZ, XABIER	3:12:49	0:04:35	0:40:32	1:05:42	1:15:41	1:49:17	1:09:51	2:23:47	2:50:57	0:57:17
85	45	SALGADO TEJIDO, JUAN CARLOS	ALONSO GONZALEZ, MANUEL	GROBA PREGO, JAVIER	3:13:22	0:04:35	0:41:40	1:10:07	1:18:37	1:48:19	1:01:08	2:19:42	2:48:50	1:02:08
86	26	VAZQUEZ VAZQUEZ, OSCAR	BLANCO FEJOO, ANTONIO	ALBERCA VALERA, EDUARDO	3:13:26	0:04:36	0:33:42	0:56:18	1:05:49	1:39:37	1:10:04	2:15:59	2:47:27	1:07:04
87	202	SARANDESES PEDROUSO, JAVIER	MOREIRA FUENTES, JOSE MANUEL	POUSADA PAZOS, ANTON	3:13:42	0:04:36	1:41:00	2:04:43	1:09:52	2:46:35		2:14:44		12:15:50
88	128	REGAL LAMELO, JUAN	ARMADA NOVOA, FERNANDO	ALVAREZ GONZÁLEZ, RUBEN	3:13:56	0:04:36	0:36:10	0:59:33	1:09:00	1:40:56	1:06:20	2:16:12	2:47:33	1:08:04
89	36	DIÉGUEZ BALADRÓN, IVÁN	MARTÍN RUIZ, SEBASTIÁN	CARREIRA PIÑEIRO, LUI ISMAEL	3:14:00	0:04:36	0:37:43	1:03:23	1:13:16	1:45:03	1:06:34	2:18:59	2:48:54	1:04:05
90	114	ACEBEDO CORNIDE, LUIG	RODRIGUEZ DEL JUNCO, TARSICIO	FIDALGO VILA, JOSE ENRIQUE	3:14:07	0:04:37	0:39:27	1:04:15	1:13:42	1:45:03	1:05:01	2:18:26	2:48:59	1:04:52
91	195	CARBALLO CARBALLO, DELFÍN	ALVAREZ COSTA, CARLOS	RODRIGUEZ RODRIGUEZ, CELSO	3:14:17	0:04:37	0:35:50	0:59:32	1:09:00	1:40:58	1:06:31	2:15:10	2:47:15	1:08:15
92	194	MATEOS GARCIA, GUILLERMO	MATEOS GARCIA, CRISTOBAL	NUÑEZ TORRIJOS, PABLO	3:14:48	0:04:37	0:37:47	1:02:45	1:13:29	1:48:09	1:10:09	2:20:48	2:49:45	1:01:54
93	193	NOVELLE NOVOA, EMILIO	ALMEIDA GRANDE, VICTOR	CONDE PIRELA, JOSE	3:14:50	0:04:38	0:33:18	0:56:53	2:13:59	1:40:01	1:08:06		2:47:14	1:09:51
94	24	ESCUADERO SANGUOS, JULIO	VILELA PEREIRA, MIGUEL ANGEL	CORREDOIRA RODRIGUEZ, AGAPITO	3:15:01	0:04:38	0:40:07	2:12:00	1:14:54	1:46:41		2:20:48	2:50:13	12:17:09
95	199	LOPEZ LOPEZ, AUGUSTO	ROMAN CABRAL, MANUEL	RODRIGUEZ LOPEZ, BELEN	3:15:48	0:04:39	0:38:12	1:02:04	1:12:04	1:45:56	1:08:43	2:19:50	2:50:01	1:05:02
96	38	GONZALEZ ENRIQUEZ, Mª DOLORES	CADILLA LOMBA, BORJA	ROLAN PAZOS, VICTOR MANUEL	3:15:56	0:04:39	0:39:57	1:07:16	1:16:28	1:49:30	1:07:12	2:22:51	2:51:32	1:01:28
97	93	COLMENERO VELOSO, JOSE LUIS	ALVES RODRIGUEZ, SAMUEL	CARBALLO GONZALEZ, MIGUEL	3:16:41	0:04:40	0:38:01	1:02:29	1:12:07	1:44:02	1:07:46	2:19:24	2:50:39	1:06:27
98	78	PEDROSA PEDROSA, VITORINO	BARREIRO CERNADAS, RAMON	LOJO CARAMES, MANUEL	3:16:41	0:04:40	0:41:58	1:07:40	1:16:35	1:46:51	1:01:49	2:19:16		1:07:13
99	200	CARRERA CARRERA, MANUEL	ARMADA LUACES, JOSE	FERREROA GONZALEZ, JORGE	3:17:01	0:04:41	0:38:50	1:02:34	1:12:21	1:44:30	1:07:04	2:19:12	2:50:31	1:07:23
100	210	CID PUGA, JAVIER	BIANCHI BUSTILLO, FERNANDO	RIAL, EMILIO	3:17:26	0:04:41	0:33:16	0:56:34	1:06:09	1:37:34	1:05:47	2:13:24	2:48:39	1:15:05
101	10	BLANCO GONZALEZ, JOSE ANTONIO	MARTINEZ SOTO, PABLO	MARTINON MARTINEZ, JOSE MARIA	3:17:28	0:04:41	0:37:56	1:03:00	1:12:37	1:44:49	1:07:54	2:19:44	2:50:38	1:06:34
102	197	DIEGUEZ FERNANDEZ, JUAN RAMON	GONZALEZ ALVAREZ, JESUS	GARCIA CARREIRO, FABIAN	3:17:52	0:04:42	0:39:45	1:03:10	1:12:56	1:45:43	1:07:26	2:20:01	2:51:50	1:07:16
103	61	CASTRO ESTÉVEZ, BENITO	SEOANE FERREIRO, FELIPE	FARIÑA FRAGA, JOSÉ MANUEL	3:18:02	0:04:42	0:38:25	1:03:16	1:13:08	1:45:39	1:08:05	2:20:37	2:52:02	1:06:42
104	19	ALVAREZ BAENA, MARCOS	ALONSO GOMEZ, FERNANDO	MORAIS ALVAREZ, CARLOS	3:18:47	0:04:43	0:41:14	1:07:51	1:17:42	1:49:36	1:05:26	2:22:42	2:54:07	1:05:31
105	179	GAMARRA GONZÁLEZ, SALVADOR	GESTO IGLESIAS, JESÚS	GARCÍA ALFONSO, MANUEL	3:18:51	0:04:43	0:33:23	0:55:46	1:05:42	1:39:35	1:09:59	2:16:27	2:51:23	1:13:07
106	204	GIL MOREIRA, JOSE FRANCISCO	PEREZ VILLAVARDE, JAVIER	SOBRINO CASTROMAN, FRANCISCO	3:19:15	0:04:44	0:38:49	1:05:35	1:15:15	1:45:39	1:05:46	2:20:57	2:52:24	1:07:55
107	205	PASCUAL PASCUAL, JOSE ANGEL	MENDEZ SANTAS, JULIO ALBERTO	RAMOS CID, ANGEL	3:19:20	0:04:44	0:31:43	0:53:08	1:04:19	1:36:48	1:08:29	2:12:10	2:49:03	1:17:44
108	95	RODRÍGUEZ VIDAL, BELÉN	PIO VAQUERO, DIEGO JOSÉ	BERNÁRDEZ MARTÍNEZ, MIGUEL	3:19:38	0:04:44	0:40:19	1:07:57	1:16:23	1:46:28	1:00:59	2:18:07	2:51:57	1:10:43
109	99	VEIGA RAPOSO, IVAN	MIGUEZ BABARRO, MANUEL	PEREZ BELLOCH, MARIA ISABEL	3:19:43	0:04:44	0:37:12	1:01:01	1:10:52	1:42:33	1:06:26	2:16:58	2:50:35	1:12:18
110	74	VISPO BASALO, CARLOS	GONZALEZ CONGIL, MIGUEL ANGEL	OGANDO FERNANDEZ, JOSE ANTONIO	3:19:53	0:04:45	0:32:25	0:54:14	2:18:53	1:40:32	1:14:30		2:52:00	1:11:10

III MARATON DO MIÑO, Ourense 18/10/2009

CARREIRA POR RELEVOS. Distancia: 42.195 m

Pto	Dorsal	DORSALA	DORSALB	DORSALC	T_Final	RitmoKm	Outariz1	Parcial1	Velle1	Outariz2	Parcial2	Velle2	Outariz3	Parcial3
111	77	FREIRE GONZALEZ, OSCAR	RODRIGUEZ ALVAREZ, VICENTE	FERNANDEZ ARAUJO, VICTOR	3:19:56	0:04:45	0:42:40	1:09:25	1:19:22	1:52:45	1:09:38	2:27:42	2:56:21	1:00:54
112	146	TABOADA PRADO, JOSE LUIS	ROMERO PEREZ, MANUEL	DEL CAMPO RODRIGUEZ, OSCAR	3:20:31	0:04:46	0:41:12	1:07:55	1:18:12	1:51:03	1:08:13	2:24:51	2:55:20	1:04:23
113	143	FORMOSO PATO, DIEGO	FARIAS FORNEIRO, PATRICIO	TORRES BARREIROS, RAMSES	3:20:34	0:04:46	0:38:57	1:03:45	1:13:15	1:46:11	1:07:28	2:20:44	2:55:05	1:09:22
114	127	FERNANDEZ CARBALLA, JOAQUIN	VALLE PEREZ, RAFAEL	GARCIA GUERRERO, ROBERTO	3:20:39	0:04:46	0:38:26	1:03:27	1:13:04	1:45:50	1:08:22	2:21:34	2:54:22	1:08:50
115	65	SABUCEDO BLANCO, OSCAR	MASID CID, VICTOR	CRUZ ALONSO, JUAN JOSE	3:20:44	0:04:46	0:44:14	1:13:10	1:21:29	1:49:33	0:58:22	2:21:17	2:54:02	1:09:13
116	196	FERNANDEZ PRIETO, JUAN ANTONIO	DIBUJA BARREIROS, JOAQUIN	QUINTAS RODRIGUEZ, RAMON	3:20:50	0:04:46	0:41:57	1:07:21	1:17:08	1:48:36	1:05:34	2:22:26		1:07:56
117	20	FERNANDEZ CONTRERAS, CELSO	ALONSO ALONSO, ABILIO	FERNANDEZ MUINELLO, MANUEL	3:20:50	0:04:46	0:38:13	1:03:55	1:14:09	1:48:01	1:10:04	2:22:52	2:54:02	1:06:52
118	92	GRAÑA RODRÍGUEZ, PABLO	VIDAL VILLAR, FABIÁN	QUINTAS VILA, BORJA	3:21:39	0:04:47	0:34:49	0:56:29	1:05:59	1:38:20	1:06:53	2:14:05	2:50:52	1:18:17
119	54	RODRIGUEZ PLASENCIA, ALVARO	CONDE BERMUDEZ, RAMON	SOUTO CORTIZO, MANUEL	3:22:30	0:04:48	0:37:01	1:00:59	1:11:29	1:44:48	1:09:56	2:21:04	2:54:33	1:11:36
120	142	CHAO FERNANDEZ, NICOLAS	ARCOS ALVAREZ, JOSE	PENAS TALLON, JOSE ANGEL	3:22:39	0:04:49	0:45:12	1:10:21	1:21:08	1:57:08	1:16:13	2:34:05	3:00:29	0:56:07
121	124	SAQUES LOPEZ, RAMON	DARRIBA RODRIGUEZ, IVAN	PEREZ SANFIZ, ALFONSO	3:22:39	0:04:49	0:40:08	2:12:42	1:15:23	1:48:32		2:21:45	2:54:15	12:24:47
122	88	DE CASTRO RODRIGUEZ, FELIX	TOIMIL CASTRO, JOSE	GARCÍA CURROS, DAVID	3:22:50	0:04:49	0:38:17	1:03:03	1:12:38	1:43:59	1:05:20	2:18:08	2:54:52	1:14:28
123	162	MOYANO LEDESMA, JOSE ANTONIO	FOLGUEIRA REBOLO, FRANCISCO	ALBA GUERRA, JULIO	3:23:23	0:04:50	0:41:34	1:09:36	1:18:40	1:49:12	1:03:03	2:22:38	2:56:00	1:10:45
124	16	RODRÍGUEZ-TOUBES MUÑIZ, DIEGO	PÉREZ ÁLVAREZ, SERGIO	MEZA MORALES, JOSÉ MIGUEL	3:23:28	0:04:50	0:36:54	1:01:16	1:10:13	1:41:01	1:03:17	2:16:27	2:54:39	1:18:55
125	2	VILAS GONZÁLEZ, SERGIO	PÉREZ RODRÍGUEZ, JOSÉ ENRIQUE	DOMÍNGUEZ ESTEBAN, OSCAR JESÚS	3:23:38	0:04:50	0:38:56	1:04:33	1:14:02	1:47:14	1:08:44	2:22:44	2:55:39	1:10:22
126	35	BORRAJO IGLESIAS, EVARISTO	FEIJOÓ PRADO, JOSE	DOMÍNGUEZ PRADO, IGNACIO	3:23:53	0:04:50	0:38:28	1:02:17	1:11:28	1:42:03	1:03:08	2:17:05	2:53:56	1:18:30
127	173	REZA MONTENEGRO, ANTONIO	PRADO FERNANDEZ, JOSE LUIS	GARCIA SALGADO, JUAN CARLOS	3:23:54	0:04:50	0:38:28	1:02:16	1:11:28	1:42:03	1:03:09	2:17:04	2:53:56	1:18:30
128	141	NESPEREIRA NESPEREIRA, CESAR	FERNANDEZ GALLEGO, JULIO	SALGADO NUÑEZ, JOSE MANUEL	3:23:55	0:04:50	0:38:11	1:04:40	1:14:50	1:48:31	1:09:35	2:24:03	2:56:17	1:09:41
129	130	BERMEJO CONDE, ANTONIO	IGLESIAS RODRÍGUEZ, CARLOS	SANDIANES LORENZO, JOSÉ ANTONIO	3:24:11	0:04:51	0:40:54	1:08:42	1:18:43	1:50:55	1:06:38	2:24:56	2:57:11	1:08:52
130	60	FERNANDEZ LOPEZ, MARTIN	ESTEBAN MERUENDANO, FERNANDO JOSE	GUZMAN LORENZO, JAVIER	3:24:42	0:04:52	0:39:55	1:05:29	1:15:36	1:49:39	1:10:47	2:26:13	2:58:01	1:08:27
131	154	VALMAÑA DE LA SOTILLA, CARLOS	ALVAREZ ALONSO, DAVID	MARTINEZ FERNANDEZ, JOSE MARIA	3:24:47	0:04:52	0:39:37	2:13:25	1:15:04	1:48:11		2:23:04	2:56:03	12:26:55
132	115	PEREIRO CASTIÑEIRAS, JOSE BENITO	ALONSO PEREZ, JOSE MANUEL	NOVO VAZQUEZ, ALEJANDRO	3:24:50	0:04:52	0:41:07	1:07:15	1:18:14	1:50:44	1:09:38	2:26:35	2:58:14	1:07:58
133	12	PICOUTO DURAN, MANUEL	PICOUTO DURAN, MANUEL	CARNERO VAZQUEZ, ANTONIO	3:25:06	0:04:52	0:40:40	1:10:13	1:19:55	1:52:57	1:08:11	2:28:08	2:59:25	1:06:42
134	6	CUADRADO MARTIN, JOSE ANTONIO	PASCUAL HERMIDA, CARLOS	PEREZ ALONSO, LEONARDO	3:26:10	0:04:54	0:45:39	1:11:39	1:21:01	1:53:21	1:07:32	2:28:49	2:59:49	1:07:01
135	29	BOVEDA GOMEZ, JAVIER	ALVAREZ CID, JUAN MANUEL	SUAZRE DOMINGUEZ, JOSE ANTONIO	3:26:19	0:04:54	0:42:06	1:11:42	1:21:44	1:55:59	1:10:30	2:31:02	3:00:22	1:04:07
136	86	LÓPEZ MUÑOZ, ALFONSO	ATANES IGLESIAS, JOSÉ ALBERTO	ESPIÑEIRA QUINTAS, ADRIAN	3:26:25	0:04:54	0:35:37	0:59:03	1:08:13	1:40:14	1:06:44	2:15:54	2:52:35	1:20:38
137	72	LAPIDO FERNANDEZ, OSCAR	BOUZAS RODRIGUEZ, RAMON MANUEL	GONZALEZ CASTRO, LEANDRO	3:26:35	0:04:54	0:44:30	1:12:30	1:22:13	1:56:13	1:10:33	2:31:15	3:00:58	1:03:32
138	75	RIAL PAÍS, JOSE	FERNANDEZ VILACHA, CESAR	LAGO MOLEDO, MANUEL	3:26:48	0:04:55	0:42:08	1:08:10	1:18:23	1:51:22	1:08:04	2:26:16	2:58:26	1:10:35
139	158	TABOADA RODRIGUEZ, ADOLFO	ORTEGA INFUESTA, FRANCISCO JAVIER	PALOMARES RODRIGUEZ, NICANOR	3:27:23	0:04:55	0:38:46	1:04:08	1:13:56	1:45:27	1:04:05	2:18:11	2:55:03	1:19:11
140	136	PRADO NIETO, ANGEL	FERNANDEZ DURAN, JOSÉ ANTONIO	COUSIÑO VAZQUEZ, TOMÁS	3:27:27	0:04:55	0:38:27	1:04:10	1:14:08	1:47:23	1:09:27	2:23:28	2:57:59	1:13:51
141	5	GONZÁLEZ IGLESIAS, CARLOS	CALVO FERNÁNDEZ, JOSÉ RUBÉN	IGLESIAS MIRA, FELIPE	3:27:36	0:04:56	0:41:10	1:05:21	1:15:43	1:49:49	1:10:03	2:24:59	2:58:46	1:12:13
142	34	MARTÍNEZ FERNÁNDEZ, MIGUEL ÁNGEL	RODRÍGUEZ BASANTA, FRANCISCO	ROBLES VALDIVIESO, SERGIO	3:28:15	0:04:57	0:43:12	1:09:58	1:19:55	1:52:59	1:09:39	2:29:42	3:01:40	1:08:39
143	172	SOUZA FERNANDEZ, SANDRA	PÉREZ NOVÁS, CESAR	GARCIA ALONSO, FERNADO	3:28:17	0:04:57	0:50:26	1:21:19	1:32:01	2:06:44	1:11:43	2:40:41	3:06:28	0:55:16
144	120	RODRIGUEZ EXPOSITO, ANA ISABEL	SUREDA GONZALEZ, MARIA ROSARIO	PORTO REQUEJO, MARTA	3:28:23	0:04:57	0:41:06	1:07:14	1:16:21	1:47:19	1:04:28	2:22:37	2:58:38	1:16:42
145	52	NOGUEIRA DOMONTE, MARI CARMEN	FERNANDEZ VALLADARES, SANDRA	GONZALEZ IGLESIAS, PILAR	3:28:49	0:04:57	0:41:20	1:08:59	1:19:07	1:52:45	1:10:03	2:29:12	3:01:50	1:09:48
146	176	AFONSO TEIXEIRA, JOSÉ	MILLAN OTERO, FRANCISCO	CASTRO RIVEIRO, JUAN	3:28:56	0:04:58	0:38:19	1:02:54	1:13:20	1:48:56	1:14:55	2:27:33	3:00:46	1:11:07
147	159	RODRIGUEZ VARGAS, JORGE	PULGAR RODRIGUEZ, XABIER	CASTRO DIEGUEZ, PEDRO	3:29:05	0:04:58	0:35:45	0:58:40	1:08:52	1:42:48	1:10:57	2:20:19	2:58:06	1:19:29
148	116	VIÑA VAZQUEZ, JOSE ANTONIO	SILVOSA PIÑEIRO, JOSE	LOPEZ RIOPEGRE, JOSE	3:29:06	0:04:58	0:41:07	1:07:25	1:18:14	1:50:54	1:09:30	2:26:48	3:00:34	1:12:13
149	49	GONZALEZ IGLESIAS, JOSE ANGEL	ALVAREZ VILLASECA, ANTONIO	PEREZ GARCIA, JUAN CARLOS	3:29:29	0:04:58	0:35:42	0:59:42	1:10:27	1:44:48	1:11:14	2:21:36	2:58:00	1:18:35
150	149	FILGUEIRA FORMOSO, MONICA	ALVAREZ SILVA, RUBEN	RODAL VIDAL, JORGE FERMÍN	3:29:37	0:04:59	0:35:09	0:58:15	2:26:57	1:47:57	1:18:24		3:00:53	1:12:59
151	135	VARELA COSTAS, ALFONSO	DIAZ IGLESIAS, ADOLFO	DE LOS ARCOS LAGE, RAFAEL	3:29:48	0:04:59	0:37:59	1:03:11	1:13:09	1:45:49	1:08:42	2:22:50	2:58:57	1:17:57
152	82	SEOANE CASTRO, TERESA	LALIN LALIN, LUISA	MON SEIJAS, VERÓNICA	3:30:10	0:04:59	0:40:14	1:08:17	1:18:27		1:08:37	2:27:03	3:01:18	1:13:18
153	214	GARCIA MARTINEZ, EVARISTO	GONZALEZ JORGE, DANIEL	participante	3:30:11	0:04:59	0:38:09	1:02:53	1:11:03	1:39:11	0:58:34	2:11:30	2:50:19	1:28:45
154	71	CASTRO GONZALEZ, FRANCISCO JAVIER	PEREZ IGLESIAS, JOSE CARLOS	GONZALEZ BRANAS, JESUS CARLOS	3:30:24	0:05:00	0:42:07	1:10:15	1:20:29	1:53:06	1:08:40	2:28:39	3:01:49	1:11:29
155	132	CARREIRA UCEDA, PALOMA	DIAZ PIÑEIRO, SILVIA	CARREIRA IGLESIAS, SUSANA	3:31:31	0:05:01	0:46:43	1:16:48	1:26:25	1:59:25	1:08:23	2:34:34	3:05:16	1:06:20
156	73	TODEA GONZALEZ, MANUEL	ALVAREZ FERNANDEZ, MARCOS	RODRIGUEZ MOSQUERA, YOLANDA	3:31:38	0:05:01	0:47:19	1:19:15	1:29:03	2:00:49	1:06:31	2:34:52	3:05:16	1:05:53
157	171	TOBA DOMÍNGUEZ, SERGIO	TOBA QUINTANS, JOSÉ	CONDE CASAS, EMILIO	3:32:15	0:05:02	0:42:08	1:08:10	1:19:18	1:56:08	1:18:02	2:35:59	3:07:14	1:06:04
158	134	FREIRE BERMUDEZ, RUBÉN	SABORIDO ROCA, JOSÉ RAMÓN	FERREIRA CAO, MIGUEL	3:32:18	0:05:02	0:49:49	1:25:07	1:33:34	2:03:12	1:01:30	2:35:31	3:06:46	1:05:42
159	14	IGLESIAS RIVERA, ENRIQUE	IGLESIAS FERNANDEZ, HENRY	MARC TESOURO, CARLINHOS	3:32:30	0:05:03	0:40:20	1:07:57	1:18:38	1:53:24	1:12:33	2:30:19	3:03:56	1:12:01
160	129	PEREZ GONZALEZ, CARLOS JOSE	FERNANDEZ ALONSO, ROBERTO	CERREDA CORTES, JUAN RAMON	3:33:05	0:05:03	0:41:08	1:07:45	1:17:56	1:53:54	1:13:29	2:31:26	3:05:08	1:11:51
161	59	SANCHO PASCUAL, JOSE	HERVELLA ABELAIRA, CASIMIRO	GUDIÑA FERNANDEZ, RAFAEL	3:33:16	0:05:04	0:42:25	1:10:13	1:21:07	1:55:59	1:11:59	2:31:32	3:04:35	1:11:05
162	18	FREIRE VELO, MANUEL	MOLINOS CASAL, JUAN JOSÉ	RODRÍGUEZ GONZÁLEZ, JULIO	3:33:59	0:05:05	0:35:03	0:57:59	2:20:17	1:44:09	1:12:44		2:56:14	1:23:17
163	147	PEREZ LIJÓ, JORGE	FERNANDEZ SOTO, JORGE	GONZALEZ RODRIGUEZ, MIGUEL	3:34:07	0:05:05	0:35:50	0:58:38	1:09:02	1:45:35	1:15:14	2:23:58	3:01:45	1:20:16
164	185	GONZÁLEZ FERNÁNDEZ, JOSÉ CARLOS	LAGO VILA, JOSÉ LUIS	FERNÁNDEZ VILLAR, LUIS ANTONIO	3:34:47	0:05:06	0:40:10	1:07:09	1:17:55	1:54:21	1:14:00	2:32:23	3:06:20	1:13:39
165	67	BORRAJO FERRO, MANUEL	CID BLANCO, VICTOR MANUEL	MASID CID, ROBERTO	3:35:15	0:05:07	0:44:14	1:12:37	1:22:38	1:56:47	1:10:27	2:33:02	3:06:35	1:12:11

III MARATON DO MIÑO, Ourense 18/10/2009

CARREIRA POR RELEVOS. Distancia: 42.195 m

Pto	Dorsal	DORSALA	DORSALB	DORSALC	T_Final	RitmoKm	Outariz1	Parcial1	Velle1	Outariz2	Parcial2	Velle2	Outariz3	Parcial3
166	30	PEREZ PEREZ, ROSA MARIA	PEREZ PEREZ, BEGOÑA	PATIÑO REVUELTA, IGNACIO	3:35:26	0:05:07	0:42:34	1:10:17	1:20:01	1:54:05	1:10:37	2:31:11	3:06:10	1:14:32
167	66	PEREZ FERNANDEZ, JAVIER	PEREZ MIGUEZ, MARCOS	MANGANO VIDAL, LUIS MIGUEL	3:35:28	0:05:07	0:44:13	1:12:11	1:22:10	1:56:49	1:11:30	2:33:34	3:06:37	1:11:47
168	184	FEIJÓO GRANDE, JOSÉ ÁNGEL	FEIJÓO MELÉNDEZ, CRISTIAN	PÉREZ FEIJÓO, OSCAR	3:35:35	0:05:07	0:38:25	1:02:58	1:14:03	1:50:06	1:15:46	2:28:15	3:04:59	1:16:52
169	110	ALONSO BUGALLO, DAVID	FERNANDEZ BARRACEL, JOSE	PUGA GONZALEZ, JORGE	3:35:59	0:05:08	0:41:07	1:11:43	1:21:43	1:54:33	1:08:20	2:30:02	3:04:29	1:15:56
170	83	RUBIAL LOPEZ, JOSE LUIS	RUBIAL LALIN, RODRIGO	RUBIAL LOPEZ, ALFONSO	3:36:06	0:05:08	0:40:22	1:05:06	1:16:23	1:55:39	1:22:33	2:37:12	3:09:43	1:08:28
171	180	GARCÍA-CALVO RODRÍGUEZ, JOSÉ	MOLINA, ANTONIO	DE LA FUENTE, MANUEL	3:36:30	0:05:08	0:41:50	1:10:11	2:34:43	1:53:07	1:08:20		3:09:18	1:18:01
172	104	FERNANDEZ VAZQUEZ, MARCOS	LILLO CADAVID, ROMÁN SANTIAGO	DOMINGUEZ AGREGAN, MARCO ANTONIO	3:37:09	0:05:09	0:40:02	1:06:21	1:15:44	1:48:14	1:07:08	2:23:55	3:04:23	1:23:41
173	150	LORENZO MÉNDEZ, Mª. JOSÉ	PÉREZ GONZÁLEZ, PURIFICACIÓN	CASTAÑO ALONSO, Mª. CARMEN	3:37:12	0:05:09	0:38:28	1:03:34	1:14:17	1:53:16	1:19:25	2:33:25	3:08:23	1:14:14
174	58	NOVOA DOMURO, EMILIO	VAZQUEZ GONZÁLEZ, ANA	NOVOA DOMURO, MARIA ANTOLINA	3:37:26	0:05:10	0:33:05	0:54:35	1:05:51	1:45:01	1:21:56	2:27:03	3:04:11	1:20:56
175	190	PAREDES OUTEIRIÑO, MIGUEL ÁNGEL	LÓPEZ DÍAZ, JUAN CARLOS	FERNÁNDEZ HUERGA, SANTIAGO	3:38:11	0:05:11	0:47:05	1:16:14	1:26:45	1:59:36	1:09:24	2:36:08	3:10:34	1:12:34
176	37	GÓMEZ ALCOCER, MIGUEL	DOMÍNGUEZ GÓMEZ, MIGUEL ÁNGEL	REQUEJO JOGA, LUIS ANTONIO	3:39:33	0:05:13	0:45:05	1:14:52	1:25:30	2:00:42	1:13:01	2:37:32	3:11:24	1:11:41
177	164	BERNARDEZ GARCIA, MIGUEL ANGEL	FERNANDEZ VALEIRAS, OLALLA	SOTO VAZQUEZ, ROMULO	3:39:38	0:05:13	0:41:59	1:10:32	1:21:36	1:56:36	1:13:48	2:34:53	3:09:53	1:15:18
178	161	ÁLVAREZ RODRÍGUEZ, PATRICIA	RIBEIRO GÓMEZ, DORA	EISERMANN CHAMOSO, CRISTINA	3:39:38	0:05:13	0:41:59	1:10:33	1:21:36	1:56:36	1:13:48	2:34:53	3:09:55	1:15:18
179	165	GONZÁLEZ RODRÍGUEZ, EMILIO	RODRÍGUEZ FERREIRA, MIGUEL	MONTERO GUEDE, JOSÉ ANTONIO	3:40:02	0:05:13	0:36:55	1:01:29	1:10:34	1:44:26	1:08:45	2:38:01	3:11:33	1:29:49
180	170	HUGUEROS NÚÑEZ, ÁNGEL	SEARA ATANES, JUAN	DÍAZ BARBA, MIGUEL ÁNGEL	3:40:03	0:05:13	0:38:48	1:04:24	1:14:33	2:00:32	1:37:21	2:50:01	3:17:12	0:58:19
181	3	LAMEIRAS FERNANDEZ, CARLOS	PARRA CUELLAS, VICTOR	FERNANDEZ GONZALEZ, ADOLFO	3:40:21	0:05:14	0:49:35	1:18:53	1:28:10	2:00:20	1:06:18	2:35:55	3:11:41	1:15:11
182	90	RODRÍGUEZ NOVOA, CARLOS	LOPEZ FERNANDEZ, NEMESIO	GONZALEZ SOUTO, CARLOS	3:40:38	0:05:14	0:46:15	1:16:31	1:26:50	2:02:21	1:15:26	2:41:47	3:14:36	1:08:42
183	140	AMATRIAIN SUAREZ, SONIA	PAMPIN FACORRO, MARÍA ÁNGELES	FERNANDEZ MANEIRO, LUIS	3:40:39	0:05:14	0:38:40	1:04:19	1:16:35	1:55:08	1:20:46	2:36:20	3:11:41	1:15:35
184	28	GUTIERREZ EXPÓSITO, HUMBERTO	GONZÁLEZ VIDAL, JOAQUÍN	FERNANDEZ ALVAREZ, JOSE CARLOS	3:41:26	0:05:15	0:40:33	1:07:47	1:18:44	1:56:28	1:16:37	2:34:45	3:10:22	1:17:03
185	84	PARADELA MIRANDA, EMILIO	OCAMPO FIGUEIRAS, MANUEL	ALONSO MIRANDA, FCO. JAVIER	3:42:59	0:05:18	0:43:25	1:18:46	1:28:37	2:00:43	1:06:56	2:36:33	3:12:05	1:17:17
186	41	RODRÍGUEZ SCHNEE, DANIEL	RODRÍGUEZ RODRÍGUEZ, HECTOR	LÓPEZ PRADO, ROBERTO	3:46:28	0:05:23	0:46:36	1:18:34	1:29:35	2:11:57	1:23:05	2:50:45	3:21:38	1:04:50
187	155	RODRIGUEZ ALONSO, PAZ	ARRIBAS DAVILLA, PATRICIA	ANDRES DE LA IGLESIA, ANA	3:48:02	0:05:25	0:43:05	1:12:49	1:23:45	2:01:29	1:18:42	2:42:11	3:18:24	1:16:32
188	177	GUILLÉN, JORGE	RODRIGUES OLIVEIRA, JOSE ANTONIO	ALONSO INSUA, ALBERTO	3:48:47	0:05:26	0:33:42	0:57:50	1:12:52	2:04:12	1:47:42	2:54:03	3:23:25	1:03:16
189	211	DE ANDRADE DOS SANTOS, NEIDA	GONZALEZ LAMAS, JORGE	APELLIDOS, PARTICIPANTE 3	3:49:14	0:05:26	0:36:58	1:01:15	1:11:17	1:45:09	1:10:01	2:22:16	3:06:42	1:37:59
190	63	GIL MUÑOZ, MODESTO	MARTINEZ BLANCO, JOSE RAMON	GONZALEZ RODRIGUEZ, MIGUEL ANGEL	3:49:30	0:05:27	0:40:22	1:08:34	1:18:25	1:51:23	1:08:42	2:29:57	3:13:12	1:32:15
191	121	RODRIGUEZ PINTOS, MARIA LUISA	ROMAN CASTRO, ALBA	FERREIRA DIAZ, MARIA JOSE	3:50:02	0:05:28	0:47:20	1:17:43	1:28:33	2:03:55	1:13:35	2:42:10	3:18:24	1:18:45
192	175	ENRÍQUEZ RODRÍGUEZ, JUANCARLOS	ÁLVAREZ ÁLVAREZ, SANTIAGO	ÁLVAREZ YÁÑEZ, JORGE	3:50:15	0:05:28	0:48:15	1:21:31	1:31:49	2:08:51	1:16:25	2:47:54	3:21:59	1:12:19
193	97	GONZALEZ ALMANSA, JOSE CARLOS	IGLESIAS DIZ, DAVID	RUBIN VILA, CESAR	3:50:20	0:05:28	0:46:58	1:17:52	1:28:36	2:08:31	1:21:54	2:49:32	3:23:02	1:10:35
194	213	AMORÍN PARIENTE, CARLOS	MASID PEREZ, FRANCISCO JAVIER	SOBRINO GOMEZ, RUBEN	3:52:30	0:05:31	0:48:13	1:18:11	1:28:21	2:03:55	1:13:03	2:43:01	3:21:41	1:21:17
195	191	GARCÍA REBOLO, ALEJANDRO	SANTALICES ALDRÉS, JAVIER	FERNÁNDEZ LORENZO, JUAN ANTONIO	3:56:58	0:05:37	0:41:47	1:09:27	1:21:31	2:00:39	1:21:59	2:43:01	3:22:35	1:25:32
196	94	CASTIÑEIRAS GALLEGO, REBECA	OLIVIERI CECCHI, DAVID	ARAGONES MARTINEZ, GERARDO	3:57:52	0:05:39	0:43:17	1:15:32	1:27:24	2:09:50	1:28:54	2:54:57	3:29:08	1:13:28
197	187	DAQUINTA SANTAS, J. DANIEL	RODRÍGUEZ CONDE, J. ELADIO	LÓPEZ DOPAZO, JUAN MANUEL	4:01:04	0:05:43	0:46:29	1:18:35	1:30:14	2:14:17	1:32:19	3:00:33	3:33:23	1:10:12
198	145	NOVELLE NOVOA, EMILIO	SALGADO REQUEJO, JUAN	RODRIGUEZ RODRIGUEZ, JOSE LUIS	4:05:00	0:05:49	0:47:25	1:19:54	1:32:13	2:11:02	1:21:38	2:54:13	3:32:17	1:23:28
199	4	IGLESIAS GALUIANO, ANGELES	FERNANDEZ GONZALEZ, ANA	FERNANDEZ GONZALEZ, ESTHER	4:06:20	0:05:51	0:50:26	1:22:23	1:34:23	2:15:04	1:24:23	2:57:50	3:35:19	1:19:35
200	107	CID ARIAS, BEATRIZ	FERNANDEZ PADRON, SONIA	PRADO MOURÉ, ELBA	4:06:55	0:05:52	0:46:58	1:17:52	1:28:35	2:08:32	1:21:54	2:51:27	3:32:22	1:27:10
201	122	SEIJAS LOPEZ, AZUCENA	RODRIGUEZ CAPON, ANA	RIO GARCIA, MARIA JESUS	4:11:45	0:05:58	0:47:19	1:17:44	1:28:33	2:03:55	1:14:02	2:45:44	3:33:17	1:40:00
202	125	BAYO BESTEIRO, SUSANA	BROZ PADERNE, ANA	LOZANO SAIZ, VANESSA	4:18:28	0:06:08	0:50:36	1:24:40	1:36:24	2:19:14	1:29:37	3:05:47	3:45:33	1:24:12
203	160	LOPEZ LUNA, RAFAEL	GRANDE PIÑEIRO, MARIA TERESA	GRANDE PIÑEIRO, MARIA PILAR	4:22:59	0:06:14	0:49:58	1:22:22	1:34:17	2:15:03	1:26:26	3:02:20	3:45:12	1:34:11
204	188	PANTIN VAZQUEZ, IVAN	VAZQUEZ RODRIGUEZ, MARCOS M.	ADRIAN RODRIGUEZ, CELIA	4:23:56	0:06:16	0:49:50	1:25:08	1:37:44	2:21:22	1:34:31	3:10:51	3:51:15	1:24:17
205	133	SOUSA MENDEZ, JOSE L.	MENDEZ, JOSE LUIS	SOUSA LOPEZ, PAULA	4:30:29	0:06:25	0:41:13	1:07:33	1:17:49	1:53:23	1:15:18	2:39:21	3:37:17	2:07:39

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