

# TRAVESIA LARGA 3000 M



## CATEGORIA MASCULINA ABSOLUTA

Cat.Masc.Absoluta	Nombre	Apellidos	Tiempo	Ritmo	P.General	Dorsal
1	Isaac	Rivas Maceiras	00:41:30,00	13:49	1.	167
2	Gonzalo	Iglesias Gomez	00:43:15,00	14:24	2.	133
3	SALVA	LAFUENTE RAMOS	00:44:16,00	14:45	3.	134
4	JOSE LUIS	SANTOME COLLAZO	00:45:12,00	15:03	4.	175
5	Pablo	Martínez Coto	00:45:37,00	15:12	5.	145
6	Angel	Arrojo Iglesias	00:46:06,00	15:21	6.	103
7	Pablo	Marquez Martínez de San Vicente	00:46:12,00	15:23	7.	144
8	Carlos	Máiz Manso	00:46:19,00	15:26	8.	142
9	RUBEN	PEREZ-HERVADA LEMUS	00:47:23,00	15:47	9.	164
10	Jose Maria	Rodriguez PEña	00:47:58,00	15:59	10.	170
11	Iago	Boedo Vilavella	00:49:15,00	16:24	11.	253
12	JOSÉ RAMÓN	LORENZO AGRELO	00:51:27,00	36:42	13.	140
13	Roberto	Mendez quindimil	00:51:32,00	36:44	14.	149
14	Álvaro	Maceiras Freire	00:51:44,00	36:48	15.	141
15	Gonzalo	Nuñez Corredoira	00:52:31,00	37:03	16.	153
16	Fernando	Sines Crespo	00:52:33,00	37:04	17.	179
17	IVÁN	OTERO CERVERÓ	00:52:51,00	37:10	18.	158
18	Jorge	Blanco Menes	00:53:19,00	37:19	19.	110
19	Javier	Lista Romay	00:53:53,00	37:31	20.	136
20	JORGE	BARATA ALONSO	00:53:53,00	37:31	21.	107
21	Alvaro	Nuñez Serret	00:53:56,00	37:32	22.	154

22	Jorge	López Pérez	00:54:23,00	37:41	23.	139
23	JUAN LUIS	ALVAREZ CARNOTA	00:54:25,00	37:41	24.	101
24	JOSE	DUARTE PASTORIZA	00:54:39,00	37:46	25.	120
25	Javier	Enríquez	00:54:57,00	37:52	26.	121
26	Carlos	Roca Iglesias	00:55:24,00	38:01	27.	169
27	Marcos	Lago Castro	00:55:48,00	38:09	28.	135
28	ADRIAN	PEREZ DIEGUEZ	00:55:49,00	38:09	29.	161
29	César	Escudero González	00:56:02,00	38:14	30.	122
30	Chema	Lope de Toledo Aranguren	00:56:42,00	38:27	31.	137
31	Diego	Yebra Rovira	00:57:10,00	38:36	32.	186
32	Manuel	Dalmeida Lopez	00:57:30,00	38:43	33.	114
33	Héctor	Simón Martínez	00:58:12,00	38:57	34.	178
34	Antonio	Montes Hermida	00:58:55,00	39:11	35.	151
35	Marcos	Rodríguez Sánchez	00:58:58,00	39:12	36.	171
36	Alejandro	Campos	00:59:00,00	39:13	37.	112
37	Oscar Enrique	Orizales Lopez	00:59:24,00	39:21	38.	156
38	Gonzalo	ORTIZ Alonso	00:59:33,00	39:24	39.	157
39	Ramón	Regueira Otero	00:59:36,00	39:25	40.	252
40	Alejandro	Perez Giannetto	00:59:57,00	39:32	41.	162
41	Xabier	Rivas Martínez	01:01:06,00	39:55	44.	168
42	Jorge	García Mallo	01:01:14,00	39:58	45.	129
43	Felipe	De la Vega Gandaras	01:01:51,00	40:10	46.	115
44	Gonzalo	Balay Losada	01:02:05,00	40:15	47.	105
45	CARLOS	TOBAR	01:02:26,00	40:22	48.	182
46	jose antonio	martinez lema	01:02:49,00	40:29	51.	146
47	Simón	Díaz Muñiz	01:02:50,00	40:30	52.	119
48	JAVIER	BESCANSA CARRO	01:03:20,00	40:40	53.	109
49	SANTIAGO	BALTAR BESCANSA	01:03:44,00	40:48	54.	106
50	Juan Carlos	Suárez Castelo	01:03:52,00	40:50	55.	180
51	Ricardo	Iglesias Fernández	01:04:16,00	40:58	56.	132
52	Bruno	Cordero Pérez	01:04:49,00	41:09	58.	113

<b>53</b>	Carlos	Añon cean	01:05:28,00	41:22	59.	102
<b>54</b>	Alberto	Pérez Pardiñas	01:05:31,00	41:23	60.	163
<b>55</b>	Fernando	Del Corral Rey	01:06:03,00	41:34	62.	116
<b>56</b>	MARCOS	ORDOÑEZ RODRIGUEZ	01:07:06,00	41:55	63.	155
<b>57</b>	Jose Carlos	Freire Salorio	01:07:15,00	41:58	64.	127
<b>58</b>	Daniel	Sánchez	01:07:20,00	42:00	65.	173
<b>59</b>	OCTAVIO A	SUSACASA	01:08:00,00	42:13	66.	181
<b>60</b>	DAVID	GARCÍA LÓPEZ	01:09:34,00	42:44	68.	128
<b>61</b>	Ismael	González Herrero	01:10:52,00	43:10	69.	130
<b>62</b>	Alvaro	López Amor	01:11:46,00	43:28	70.	138
<b>63</b>	Marcos	Martinez Moreira	01:12:44,00	43:48	71.	147