



CLASIFICACIÓN GENERAL

Fecha 17/04/2014

CARRERA PASCUA 10KM. CACABELOS 2014

Distancia 10000 metros



Posición	Dorsal	Nombre	Equipo / Club	CATEGORIA	P.Cat.	1ºV. 3333 m	2ºV. 6666m	T.10 KM.	Min/Km
1	1	MARTINEZ FERNANDEZ, ALEJANDRO	CORREDORES DE FABERO	GENERAL MASCULINA	1	00:11:47	00:23:00	00:33:20	3:20
2	2	GONZALEZ GONZALEZ, ALBERTO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	2	00:11:41	00:23:00	00:33:47	3:22
3	29	BAPTISTA SEMEDO, PAULO JORGE	INDEP. PONFERRADA	GENERAL MASCULINA	3	00:11:47	00:23:00	00:34:02	3:24
4	5	MERILLAS MOLERO, MANUEL	TIERRATRAGAME	GENERAL MASCULINA	4	00:11:48	00:23:01	00:34:05	3:24
5	208	SERRANO PÉREZ, LUIS ALBERTO	C.A.R. INTERVAL LA ROBLA	GENERAL MASCULINA	5	00:11:41	00:23:01	00:34:11	3:25
6	233	ALONSO PRIETO, JESUS FERNANDO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	6	00:11:41	00:23:00	00:34:24	3:26
7	224	VIÑUELA GONZÁLEZ, KEVIN TAREK	CLUB ATLETISMO RACING LEÓN	GENERAL MASCULINA	7	00:11:47	00:23:42	00:35:23	3:32
8	228	RAMON TRIGAL, MARIO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	8	00:11:46	00:23:41	00:35:27	3:32
9	84	FERRERAS JIMENEZ, SAMUEL	C. D. VINO DE TORO	GENERAL MASCULINA	9	00:11:47	00:23:41	00:35:49	3:34
10	4	GUERRA CASCALLANA, PEDRO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	10	00:11:56	00:23:51	00:35:49	3:34
11	35	BELLO GONZÁLEZ, YAGO	INDEP. PONFERRADA	GENERAL MASCULINA	11	00:11:47	00:23:51	00:36:11	3:37
12	19	ALVAREZ GARCIA, LUIS ANGEL	TRIATLON BIERZO	GENERAL MASCULINA	12	00:12:00	00:24:10	00:36:21	3:38
13	104	GONZALEZ CARPINTERO, JOSE ALBERTO	LEONTRAIL	GENERAL MASCULINA	13	00:12:03	00:24:16	00:36:34	3:39
14	78	FERNANDEZ MARTINEZ, FCO-JAVIER	RUNNING PARA TODOS	GENERAL MASCULINA	14	00:12:35	00:24:50	00:36:45	3:40
15	112	GONZALEZ MARTINEZ, HECTOR	RADIKAL BIERZO TEAM	GENERAL MASCULINA	15	00:12:06	00:24:34	00:36:48	3:40
16	64	ENERO TEIXEIRA, DANIEL	PARRA SPORT RUNNING	GENERAL MASCULINA	16	00:12:05	00:24:34	00:36:49	3:40
17	117	GONZALEZ RODRIGUEZ, ISMAEL	C.D. TRIATLÓN BIERZO	GENERAL MASCULINA	17	00:12:29	00:25:05	00:37:31	3:45
18	197	RODRIGUEZ RODRIGUEZ, ISAAC	INDEP. CACABELOS	GENERAL MASCULINA	18	00:12:40	00:25:23	00:37:33	3:45
19	14	ALVAREZ, PABLO	BIERZOFITNESS MAMBA GYM	GENERAL MASCULINA	19	00:12:17	00:24:57	00:37:40	3:46
20	30	BARRIO GONZALEZ, ROBERTO	QUILOS Y PUNTO	GENERAL MASCULINA	20	00:12:46	00:25:23	00:38:13	3:49
21	109	GONZALEZ HERBON, JOSE MARIA	GTC GENTE CORRIENTE	GENERAL MASCULINA	21	00:12:33	00:25:27	00:38:16	3:49
22	118	GONZÁLEZ RODRÍGUEZ, SERGIO	CLUB MONTEPENARUBIA RUNNING	GENERAL MASCULINA	22	00:12:45	00:25:32	00:38:17	3:49
23	204	SAN MIGUEL BODELON, JAVI	BIERZO TODO DEPORTE	GENERAL MASCULINA	23	00:12:18	00:25:14	00:38:26	3:50
24	85	FLÓREZ PÉREZ, ANDRES	CLUB ATLETISMO CORUÑA	GENERAL MASCULINA	24	00:12:58	00:25:55	00:38:40	3:52
25	163	OVALLE DE LA SIERRA, FER	MÁSTER GYM	GENERAL MASCULINA	25	00:12:52	00:25:40	00:38:49	3:52
26	164	OVALLE FIERRO, ROBERTO	INDEP. PONFERRADA	GENERAL MASCULINA	26	00:13:03	00:26:05	00:38:52	3:53
27	80	FERNANDEZ NIEVES, JOSE	ADAS-PROINOR	GENERAL MASCULINA	27	00:12:51	00:25:55	00:39:02	3:54
28	41	CALVO RAMÓN, ALEJANDRO	CUBILLOS DEL SIL	GENERAL MASCULINA	28	00:13:17	00:26:20	00:39:06	3:54
29	184	REY NUÑEZ, VICTOR	CLUB ADAS-PROINOR	GENERAL MASCULINA	29	00:12:43	00:25:52	00:39:08	3:54
30	6	ABAD LAGO, HÉCTOR	INDEP. PAMPLONA	GENERAL MASCULINA	30	00:12:47	00:25:58	00:39:15	3:55
31	168	PEREZ ALVAREZ, BELARMINO	BIERZO TODO DEPORTE	GENERAL MASCULINA	31	00:12:58	00:26:07	00:39:15	3:55
32	151	MORAN RODRIGUEZ, JOSE ANTONIO	INDEP. TRUCHAS	GENERAL MASCULINA	32	00:12:42	00:25:50	00:39:16	3:55
33	38	BLANCO GOMEZ, JESUS MANUEL	CLUB PATIN BIERZO	GENERAL MASCULINA	33	00:13:12	00:26:15	00:39:18	3:55

Posición	Dorsal	Nombre	Equipo / Club	CATEGORIA	P.Cat.	1ºV. 3333 m	2ºV. 6666m	T.10 KM.	Min/Km
34	810	DESCOSIDO GONZALEZ, JENNIFER	INDEP. CACABELOS	GENERAL FEMENINA	1	00:12:44	00:25:58	00:39:21	3:56
35	74	FERNANDEZ FRANCO, DANIEL	INDEP. TORAL DE LOS VADOS	GENERAL MASCULINA	34	00:12:36	00:25:46	00:39:22	3:56
36	126	GUERRERO ARIAS, JONATHAN	INDEP. PONFERRADA	GENERAL MASCULINA	35	00:13:23	00:26:29	00:39:26	3:56
37	57	CRESPO RUBIO, JOSÉ MANUEL	INDEP. PONFERRADA	GENERAL MASCULINA	36	00:13:12	00:26:15	00:39:31	3:57
38	209	SIERRA RAMÓN, MIGUEL	C.D. TRIATLÓN BIERZO	GENERAL MASCULINA	37	00:13:13	00:26:30	00:39:31	3:57
39	147	MENDO LOPEZ, ROBERTO	INDEP. PONFERRADA	GENERAL MASCULINA	38	00:13:08	00:26:20	00:39:35	3:57
40	44	CANEDO LAGO, MANUEL	INDEP. CACABELOS	GENERAL MASCULINA	39	00:13:07	00:26:17	00:39:40	3:58
41	11	ALONSO ALONSO, PEDRO	INDEP. PARAMO DEL SIL	GENERAL MASCULINA	40	00:12:45	00:25:59	00:39:44	3:58
42	65	ENRIQUEZ BLANCO, JAVI	MASTER GYM	GENERAL MASCULINA	41	00:13:24	00:26:30	00:39:45	3:58
43	144	MARTINEZ RODRIGUEZ, BORJA	MASTER GYM	GENERAL MASCULINA	42	00:13:23	00:26:29	00:39:48	3:58
44	123	GUERRA LÓPEZ, FERNANDO	INDEP. PONFERRADA	GENERAL MASCULINA	43	00:13:23	00:26:29	00:39:56	3:59
45	139	MARIN OTERO, MARIO	CORRESIERO	GENERAL MASCULINA	44	00:13:26	00:26:49	00:39:57	3:59
46	212	SUAREZ ALVAREZ, VICTOR ANGEL	ALCON	GENERAL MASCULINA	45	00:13:07	00:26:31	00:40:01	4:00
47	66	ENRIQUEZ RODRIGUEZ, EMILIO	AXFISIA TOTAL	GENERAL MASCULINA	46	00:13:17	00:26:29	00:40:03	4:00
48	47	CARDOSO DE SOUSA, NUNO JOEL	INDEP. BARCO DE VALDEORRAS	GENERAL MASCULINA	47	00:13:30	00:26:50	00:40:03	4:00
49	191	RODRIGUEZ MARTINEZ, CHRISTIAN	TROTADAS VALDEORRAS	GENERAL MASCULINA	48	00:13:25	00:26:47	00:40:06	4:00
50	83	FERNANDEZ VAZQUEZ, FERNANDO	AXFISIA TOTAL	GENERAL MASCULINA	49	00:13:24	00:26:57	00:40:19	4:01
51	25	ARIAS TORRON, ALBERTO	ESCOLA ATLETICA LUCENSE	GENERAL MASCULINA	50	00:13:27	00:27:03	00:40:31	4:03
52	193	RODRÍGUEZ OVALLE, FERNANDO	BEERRUNNERS PONFERRADA	GENERAL MASCULINA	51	00:13:24	00:26:54	00:40:33	4:03
53	198	RODRÍGUEZ SANTIN, FERNANDO	BIERZO RUNNERS MG	GENERAL MASCULINA	52	00:14:07	00:27:47	00:40:39	4:03
54	15	ALVAREZ ALVAREZ, JAVIER	INDEP. PONFERRADA	GENERAL MASCULINA	53	00:13:47	00:27:29	00:40:44	4:04
55	32	BARROS CORDERO, PABLO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	54	00:13:22	00:26:58	00:40:46	4:04
56	206	SANTALLA YEBRA, DANIEL	INDEP. PONFERRADA	GENERAL MASCULINA	55	00:13:39	00:27:23	00:40:58	4:05
57	222	VILLAR MARTINEZ, CARLOS	MASTER GYM	GENERAL MASCULINA	56	00:13:40	00:27:24	00:40:58	4:05
58	56	CORTES OLANO, ADOLFO	TROTADAS VALDEORRAS	GENERAL MASCULINA	57	00:13:35	00:27:24	00:41:14	4:07
59	171	PEREZ VEGA, DAVID	INDEP. BEMBIBRE	GENERAL MASCULINA	58	00:13:27	00:27:11	00:41:23	4:08
60	132	LAMIEL PUENTE, PABLO	INDEP. CACABELOS	GENERAL MASCULINA	59	00:13:19	00:26:47	00:41:29	4:08
61	170	PÉREZ MANSILLA, JUAN JOSÉ	BIERZO TODODEPORTE MAMBA GYM	GENERAL MASCULINA	60	00:14:07	00:27:47	00:41:30	4:09
62	165	OVALLE PRADA, HUGO	INDEP. PONFERRADA	GENERAL MASCULINA	61	00:13:03	00:26:53	00:41:32	4:09
63	49	CARRETE MARTÍNEZ, DAVID	BIERZO RUGBY	GENERAL MASCULINA	62	00:14:00	00:27:59	00:41:46	4:10
64	96	GARCÍA LOPEZ, NILO	FTRAINERS RUNNING	GENERAL MASCULINA	63	00:14:53	00:28:11	00:41:47	4:10
65	207	SARMIENTO JUAN, VICTOR	TELENO TRAIL	GENERAL MASCULINA	64	00:13:43	00:27:41	00:41:50	4:11
66	223	VILOR BLANCO, RUBEN	RUNNING PARA TODOS	GENERAL MASCULINA	65	00:13:49	00:27:55	00:41:51	4:11
67	235	GONZÁLEZ GONZÁLEZ, JUAN JOSÉ	C. A. LOSADA	GENERAL MASCULINA	66	00:14:38	00:28:36	00:42:02	4:12
68	22	ARAMBURU, ALBERTO	INDEP. PONTEVEDRA	GENERAL MASCULINA	67	00:13:25	00:27:36	00:42:03	4:12
69	162	OVALLE DE LA SIERRA, ABELARDO	MASTER GYM	GENERAL MASCULINA	68	00:14:37	00:28:13	00:42:03	4:12
70	219	VEGA COBO, DAVID	ESCUELA PÚBLICA TEAM	GENERAL MASCULINA	69	00:15:05	00:29:04	00:42:11	4:13
71	76	FERNANDEZ LOPEZ, JOSE RAMON	VERXEL-LUGO	GENERAL MASCULINA	70	00:14:09	00:28:10	00:42:13	4:13

Posición	Dorsal	Nombre	Equipo / Club	CATEGORIA	P.Cat.	1ºV. 3333 m	2ºV. 6666m	T.10 KM.	Min/Km
72	199	ROMERO RODRÍGUEZ, SERGIO	TROTADAS VALDEORRAS	GENERAL MASCULINA	71	00:13:49	00:28:11	00:42:27	4:14
73	158	NUÑEZ VAZQUEZ, DIEGO	FTRAINERS	GENERAL MASCULINA	72	00:14:00	00:28:22	00:42:30	4:15
74	146	MELÉNDEZ MELÉNDEZ, ADRIÁN	INDEP. FABERO	GENERAL MASCULINA	73	00:13:52	00:28:14	00:42:36	4:15
75	105	GONZÁLEZ FERNÁNDEZ, FRANCISCO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	74	00:14:20	00:28:25	00:42:42	4:16
76	111	GONZÁLEZ HOYOS, RUBÉN	INDEP. PONFERRADA	GENERAL MASCULINA	75	00:13:39	00:27:55	00:42:43	4:16
77	94	GARCIA FERNANDEZ, JOAQUIN	CLUB DEPORTIVO GAS NATURAL	GENERAL MASCULINA	76	00:14:10	00:28:26	00:42:46	4:16
78	42	CANEDO ARROYO, JAVIER	AMIGOS DE MIERES	GENERAL MASCULINA	77	00:14:21	00:28:36	00:42:52	4:17
79	70	FERNANDEZ ALVAREZ, JAVIER	ULTRASPORT TEAM - PONFERRADA	GENERAL MASCULINA	78	00:14:43	00:29:01	00:43:07	4:18
80	81	FERNANDEZ NIEVES, JUAN	INDEP. VEGADECABO	GENERAL MASCULINA	79	00:13:56	00:28:25	00:43:10	4:19
81	220	VEGA LLAMAS, VICTOR	INDEP. MADRID	GENERAL MASCULINA	80	00:14:17	00:28:52	00:43:13	4:19
82	142	MARTINEZ AUGUSTO, DIEGO	INDEP. FUENTESNUEVAS	GENERAL MASCULINA	81	00:14:31	00:29:11	00:43:35	4:21
83	93	GARCIA FERNANDEZ, JUAN MANUEL	C. ATLETISMO TELENO	GENERAL MASCULINA	82	00:13:47	00:28:29	00:43:36	4:21
84	211	SOTO QUEVEDO, OSCAR	CTV	GENERAL MASCULINA	83	00:14:43	00:29:14	00:43:42	4:22
85	150	MORÁN ÁLVAREZ, LUIS ANTONIO	INDEP. BEMBIBRE	GENERAL MASCULINA	84	00:13:49	00:28:22	00:43:47	4:22
86	21	ALVES LUIS, CARLOS	INDEP. CUATROVIENTOS	GENERAL MASCULINA	85	00:15:02	00:29:08	00:43:49	4:22
87	137	LOPEZ MARQUES, JOHN	C.D.A.LOSADA	GENERAL MASCULINA	86	00:14:45	00:29:05	00:43:51	4:23
88	188	RODRIGUEZ FEAS, JOSE LUIS	INDEP. BARCO DE VALDEORRAS	GENERAL MASCULINA	87	00:14:26	00:29:06	00:43:52	4:23
89	179	RAMOS CALVO, PEDRO	BIERZO TODO DEPORTE	GENERAL MASCULINA	88	00:14:47	00:29:30	00:44:04	4:24
90	50	CARRO DEL REGUERO, OMAR	LEÓNTRAIL	GENERAL MASCULINA	89	00:14:50	00:29:34	00:44:09	4:24
91	828	HERNANDEZ VEGA, SILVIA	INDEP. CACABELOS	GENERAL FEMENINA	2	00:14:12	00:29:08	00:44:10	4:25
92	51	CASÁS CASÁS, JOSÉ MANUEL	INDEP. A CORUÑA	GENERAL MASCULINA	90	00:15:04	00:29:43	00:44:11	4:25
93	122	GONZALEZ VILLAR, ISMAEL	INDEP. LEON	GENERAL MASCULINA	91	00:15:35	00:30:17	00:44:13	4:25
94	128	GUTIÉRREZ PAEZ, ENRIQUE	INDEP. FABERO	GENERAL MASCULINA	92	00:15:13	00:29:47	00:44:27	4:26
95	816	FERNÁNDEZ LÓPEZ, SUSANA	BIERZO RUNNERS MG	GENERAL FEMENINA	3	00:14:21	00:29:24	00:44:27	4:26
96	120	GONZÁLEZ SERÉN, GERMÁN	ESCOLA ATLÉTICA LUCENSE	GENERAL MASCULINA	93	00:16:23	00:30:56	00:44:28	4:26
97	63	ENERO CAMPELLO, JOSE	PARRA SPORT RUNNING	GENERAL MASCULINA	94	00:14:17	00:29:32	00:44:35	4:27
98	79	FERNÁNDEZ MAURIZ, BORIS	INDEP. QUILOS	GENERAL MASCULINA	95	00:15:09	00:29:49	00:44:37	4:27
99	88	GALLEGO PANERO, ÁNGEL	BOCEGUILLAS	GENERAL MASCULINA	96	00:15:09	00:29:49	00:44:37	4:27
100	829	LAMAS CUADRADO, FLOR	GTC GENTE CORRIENTE	GENERAL FEMENINA	4	00:14:43	00:29:35	00:44:38	4:27
101	134	LOPEZ FERNANDEZ, MARCOS	INDEP. FABERO	GENERAL MASCULINA	97	00:15:03	00:29:44	00:44:42	4:28
102	229	PRADO GONZALEZ, MANUEL	INDEP. BEMBIBRE	GENERAL MASCULINA	98	00:14:36	00:29:49	00:44:48	4:28
103	801	ALVAREZ, MERCHE	BEER RUNNERS PONFERRADA	GENERAL FEMENINA	5	00:15:58	00:30:55	00:45:07	4:30
104	850	VAZQUEZ ALVAREZ, ALICIA	INDEP. BEMBIBRE	GENERAL FEMENINA	6	00:14:28	00:29:35	00:45:14	4:31
105	167	PARRA RODRIGUEZ, FELIX	INDEP. VILORIA	GENERAL MASCULINA	99	00:14:28	00:29:35	00:45:14	4:31
106	232	FERNANDEZ CANEDO, JOSE LUIS	FTRAINERS	GENERAL MASCULINA	100	00:13:55	00:29:01	00:45:14	4:31
107	55	CORRAL GARCÍA, PEDRO LUIS	RUNNING PARA TODOS	GENERAL MASCULINA	101	00:15:12	00:30:31	00:45:19	4:31
108	177	PRIETO TALADRIZ, ANDRES	INDEP. PONFERRADA	GENERAL MASCULINA	102	00:15:48	00:30:44	00:45:27	4:32
109	183	REGUERO FERNÁNDEZ, PEDRO JOSÉ	BEERRUNNERS PONFERRADA	GENERAL MASCULINA	103	00:15:58	00:30:55	00:45:38	4:33

Posición	Dorsal	Nombre	Equipo / Club	CATEGORIA	P.Cat.	1ºV. 3333 m	2ºV. 6666m	T.10 KM.	Min/Km
110	194	RODRIGUEZ PEREZ, JAVIER	INDEPENDIENTE	GENERAL MASCULINA	104	00:15:29	00:30:40	00:45:42	4:34
111	202	SALGADO VELASCO, GERMÁN	PEÑAMBOLIAS - PONFERRADA	GENERAL MASCULINA	105	00:15:11	00:30:31	00:45:47	4:34
112	180	REDONDO PARDO, MIGUEL ÁNGEL	ARROYO DE LA ENCOMIENDA	GENERAL MASCULINA	106	00:14:30	00:29:49	00:45:56	4:35
113	7	ABELLA ABELLA, JOSE	INDEP. PONFERRADA	GENERAL MASCULINA	107	00:15:56	00:30:57	00:45:59	4:35
114	89	GALLEGO RODRIGUEZ, ALEJANDRO	MASTER GYM	GENERAL MASCULINA	108	00:15:11	00:30:20	00:46:00	4:36
115	10	ALLEN, SIMON	RUTAS DEL BIERZO	GENERAL MASCULINA	109	00:15:22	00:30:50	00:46:18	4:37
116	203	SAN JUAN, VÍCTOR	INDEP. VILAFRANCA DEL BIERZO	GENERAL MASCULINA	110	00:16:04	00:31:16	00:46:19	4:37
117	87	GAGO FERREIRO, ENRIQUE	INDEP. PONFERRADA	GENERAL MASCULINA	111	00:16:20	00:31:23	00:46:19	4:37
118	148	MIGUELEZ PRIETO, JORGE	BIERZO TODO DEPORTE	GENERAL MASCULINA	112	00:16:04	00:31:16	00:46:20	4:38
119	160	OTERO, BENITO	BEER RUNNERS PONFERRADA	GENERAL MASCULINA	113	00:15:58	00:30:56	00:46:24	4:38
120	71	FERNÁNDEZ CEBREIRO, JORGE	INDEP. PONFERRADA	GENERAL MASCULINA	114	00:15:24	00:30:52	00:46:32	4:39
121	9	ALCALÁ MARTÍNEZ, TOMÁS	INDEP. PONFERRADA	GENERAL MASCULINA	115	00:17:26	00:33:03	00:46:37	4:39
122	106	GONZALEZ GOMEZ, JOSE MANUEL	INDEPENDIENTE PONFERRADA	GENERAL MASCULINA	116	00:15:24	00:30:58	00:46:42	4:40
123	16	ÁLVAREZ DÍAZ, DIEGO	INDEP. QUILOS	GENERAL MASCULINA	117	00:15:53	00:31:29	00:46:59	4:41
124	18	ÁLVAREZ FLOREZ, RODRIGO	INDEP. PONFERRADA	GENERAL MASCULINA	118	00:15:20	00:31:04	00:47:01	4:42
125	52	CASTRILLO CARPINTERO, FERNANDO	INDEP. MADRID	GENERAL MASCULINA	119	00:15:13	00:31:10	00:47:04	4:42
126	234	TELLO SANZ, AGUSTIN	INDEP. CACABELOS	GENERAL MASCULINA	120	00:16:03	00:32:11	00:47:33	4:45
127	125	GUERRERO CAMPILLO, MARCOS	INDEP. PONFERRADA	GENERAL MASCULINA	121	00:15:24	00:31:24	00:47:34	4:45
128	119	GONZÁLEZ SANTALLA, ROBERTO	INDEP. PONFERRADA	GENERAL MASCULINA	122	00:15:55	00:31:36	00:47:34	4:45
129	178	PUERTO MARQUÉS, CARLOS	BEERRUNNERS PONFERRADA	GENERAL MASCULINA	123	00:15:58	00:32:13	00:47:35	4:45
130	809	DE JESÚS SANTOS, RUTH	BIERZOFITNESS MAMBA GYM	GENERAL FEMENINA	7	00:16:00	00:32:12	00:47:43	4:46
131	849	YEBRA FUENTES, SOLE	C. ATLETISMO TELENO	GENERAL FEMENINA	8	00:16:26	00:31:20	00:47:46	4:46
132	190	RODRÍGUEZ LOPEZ, DAVID	INDEP. LUGO	GENERAL MASCULINA	124	00:22:27	00:25:23	00:47:50	4:47
133	116	GONZALEZ RIOS, JOSE	INDEP. PONFERRADA	GENERAL MASCULINA	125	00:15:38	00:31:40	00:48:00	4:48
134	182	REGUERAS MARTÍNEZ, MICHAEL	INDEP. PONFERRADA	GENERAL MASCULINA	126	00:15:54	00:31:42	00:48:05	4:48
135	145	MEIRIÑO FILGUEIRA, CARLOS	TVITEC RUNNING	GENERAL MASCULINA	127	00:15:54	00:31:43	00:48:06	4:48
136	189	RODRIGUEZ FERNANDEZ, MANUEL JESUS	INDEP. CACABELOS	GENERAL MASCULINA	128	00:15:36	00:31:50	00:48:08	4:48
137	215	TURRADO PEREZ, JOSE MIGUEL	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	129	00:15:18	00:31:17	00:48:18	4:49
138	61	DÍAZ PAZOS, JOSÉ CARLOS	INDEP. PONFERRADA	GENERAL MASCULINA	130	00:16:09	00:32:09	00:48:20	4:50
139	157	NÚÑEZ CARRAL, JORGE	FTRAINERS	GENERAL MASCULINA	131	00:15:35	00:31:45	00:48:30	4:51
140	181	REGUERAS GONZALEZ, MIGUEL ANGEL	INDEP. PONFERRADA	GENERAL MASCULINA	132	00:16:17	00:32:26	00:48:39	4:51
141	802	ALVAREZ PRADA, CARMEN	RUNNING PARA TODOS	GENERAL FEMENINA	9	00:16:37	00:33:00	00:48:43	4:52
142	98	GARCÍA PINAL, JOSE	ESCOLA ATLÉTICA LUCENSE	GENERAL MASCULINA	133	00:16:45	00:32:59	00:48:52	4:53
143	136	LOPEZ MARQUES, PABLO	C.D.A.LOSADA	GENERAL MASCULINA	134	00:16:05	00:32:25	00:48:52	4:53
144	58	DE CELOS PUENTE, FERNANDO	INDEP. PONFERRADA	GENERAL MASCULINA	135	00:16:00	00:32:14	00:49:05	4:54
145	200	RUBIO YEBRA, JORGE	INDEP. PONFERRADA	GENERAL MASCULINA	136	00:15:12	00:32:07	00:49:08	4:54
146	833	MARTINEZ OSORIO, MARIA DEL MAR	INDEP. PAMPLONA	GENERAL FEMENINA	10	00:16:10	00:32:38	00:49:20	4:56
147	54	CORDERO DE CABO, ANGEL	INDEP. CAMPONARAYA	GENERAL MASCULINA	137	00:16:27	00:33:00	00:49:50	4:59

Posición	Dorsal	Nombre	Equipo / Club	CATEGORIA	P.Cat.	1ºV. 3333 m	2ºV. 6666m	T.10 KM.	Min/Km
148	835	MEJIA LOPEZ, JENNIFER	RUTAS DEL BIERZO	GENERAL FEMENINA	11	00:16:44	00:33:08	00:50:13	5:01
149	192	RODRÍGUEZ MAURIZ, VICTOR MANUEL	INDEP. PONFERRADA	GENERAL MASCULINA	138	00:16:09	00:33:12	00:50:18	5:01
150	34	BAYON NUÑEZ, ISMAEL	CISTIerna RUNNING	GENERAL MASCULINA	139	00:16:13	00:33:09	00:50:19	5:01
151	113	GONZALEZ ORDOÑEZ, MIGUEL	ADAS-PROINOR	GENERAL MASCULINA	140	00:17:54	00:34:36	00:51:02	5:06
152	31	BARRIO GUTIERREZ, TOMAS	INDEP. FABERO	GENERAL MASCULINA	141	00:15:59	00:34:00	00:51:22	5:08
153	201	SAL FERNANDEZ, IONAI	INDEP. SESAMO	GENERAL MASCULINA	142	00:15:59	00:34:00	00:51:22	5:08
154	195	RODRÍGUEZ PRADA, MANUEL ANTONIO	INDEP. NARON	GENERAL MASCULINA	143	00:17:34	00:34:35	00:51:24	5:08
155	803	ASTORGANO BODELÓN, NOELIA	INDEP. PONFERRADA	GENERAL FEMENINA	12	00:17:25	00:34:01	00:51:29	5:08
156	813	FERNÁNDEZ BLANCO, LUCÍA	RUNNING PARA TODOS	GENERAL FEMENINA	13	00:17:25	00:34:54	00:51:31	5:09
157	107	GONZÁLEZ GÓMEZ, ALBINO	PEÑAMBOLIAS - PONFERRADA	GENERAL MASCULINA	144	00:16:58	00:34:24	00:51:35	5:09
158	154	NAVARRO BLANCO, OMAR	INDEP. PONFERRADA	GENERAL MASCULINA	145	00:17:31	00:34:46	00:51:53	5:11
159	806	BLANCO GONZALEZ, BEATRIZ	INDEP. PONFERRADA	GENERAL FEMENINA	14	00:17:31	00:34:46	00:51:53	5:11
160	141	MARTÍN DEL POZO, ROBERTO	MASTER GYM	GENERAL MASCULINA	146	00:13:23	00:26:29	00:51:54	5:11
161	72	FERNANDEZ DOCASAR, ADOLFO	TROTADAS VALDEORRAS	GENERAL MASCULINA	147	00:19:28	00:35:53	00:52:03	5:12
162	186	RODRÍGUEZ ÁLVAREZ, DANIEL	INDEP. PONFERRADA	GENERAL MASCULINA	148	00:17:15	00:34:59	00:52:15	5:13
163	838	PEREZ CUADRADO, LAURA	RUNNING PARA TODOS	GENERAL FEMENINA	15	00:17:25	00:34:54	00:52:30	5:15
164	92	GARCIA ARGUMOSA, OSCAR	CRONOS VILLAVICIOSA	GENERAL MASCULINA	149	00:17:26	00:35:08	00:52:46	5:16
165	108	GONZÁLEZ GONZÁLEZ, JOSE MARIA	BENE-CURRIS	GENERAL MASCULINA	150	00:17:38	00:35:26	00:53:37	5:21
166	86	FREIJO BELLO, JOSE LUIS	EAT MADRID	GENERAL MASCULINA	151	00:18:07	00:36:07	00:53:58	5:23
167	27	ASTORGANO MARTÍNEZ, JORGE JAVIER	INDEP. PONFERRADA	GENERAL MASCULINA	152	00:18:11	00:36:06	00:54:06	5:24
168	26	ASTORGANO DIEZ, ALVARO	INDEP. PONFERRADA	GENERAL MASCULINA	153	00:18:11	00:36:06	00:54:06	5:24
169	808	COTO SANCHEZ, PILAR	INDEP. CONGOSTO	GENERAL FEMENINA	16	00:18:10	00:36:37	00:54:46	5:28
170	176	PRIETO SILVA, JESUS	INDEP. CONGOSTO	GENERAL MASCULINA	154	00:16:21	00:36:37	00:54:46	5:28
171	800	AIRA OJEA, SARA	INDEP. PONFERRADA	GENERAL FEMENINA	17	00:17:12	00:36:16	00:54:51	5:29
172	216	UDAONDO CASCANTE, LUIS FERNANDO	INDEP. PONFERRADA	GENERAL MASCULINA	155	00:18:36	00:36:45	00:54:54	5:29
173	67	EXPOSITO MARTÍNEZ, MARCOS	ANLLARINOS	GENERAL MASCULINA	156	00:17:29	00:36:13	00:54:55	5:29
174	824	GONZÁLEZ DE ABAJO, ISABEL	ULE-CHORCO	GENERAL FEMENINA	18	00:19:14	00:36:56	00:54:59	5:29
175	822	GARNELO FABA, ESTHER	RUNNING PARA TODOS	GENERAL FEMENINA	19	00:18:27	00:36:39	00:55:06	5:30
176	818	FREIJO GONZALEZ, ADARA	INDEP. CACABELOS	GENERAL FEMENINA	20	00:17:34	00:36:41	00:55:10	5:31
177	43	CANEDO BARRIO, DAVID	QUILOS Y PUNTO	JUVENIL HOMBRES	1	00:18:07	00:37:04	00:55:29	5:32
178	826	GUERRERO ARIAS, SONIA	INDEP. PONFERRADA	GENERAL FEMENINA	21	00:18:50	00:37:24	00:55:30	5:33
179	827	GUERRERO ARIAS, NEREA	INDEP. PONFERRADA	GENERAL FEMENINA	22	00:18:50	00:37:24	00:55:31	5:33
180	815	FERNANDEZ LOPEZ, MANUELA	INDEP. CAMPONARAYA	GENERAL FEMENINA	23	00:19:28	00:38:05	00:55:47	5:34
181	830	LINDOSO GARCIA, JOVANA	MASTER GYM	GENERAL FEMENINA	24	00:18:36	00:37:29	00:55:59	5:35
182	97	GARCIA MARTINEZ, GONZALO	INDEP. CACABELOS	GENERAL MASCULINA	157	00:18:19	00:36:36	00:56:06	5:36
183	173	PRADA CARRACEDO, MAXIMINO	CECINAS PABLO ATLETISMO LA	GENERAL MASCULINA	158	00:17:08	00:35:49	00:56:15	5:37
184	821	GARCÍA GARCÍA, BEGOÑA	INDEP. CACABELOS	GENERAL FEMENINA	25	00:19:28	00:38:05	00:56:37	5:39
185	62	ECEIZA RODRÍGUEZ, BENJAMÍN	INDEP. MADRID	GENERAL MASCULINA	159	00:19:24	00:38:32	00:58:31	5:51

Posición	Dorsal	Nombre	Equipo / Club	CATEGORIA	P.Cat.	1ªV. 3333 m	2ªV. 6666m	T.10 KM.	Min/Km
186	214	TURIEL GONZÁLEZ, FRANCISCO	INDEP. MADRID	GENERAL MASCULINA	160	00:19:24	00:38:32	00:58:31	5:51
187	103	GÓMEZ SEGURA, JOSÉ MARTÍN	TROTADAS VALDEORRAS	GENERAL MASCULINA	161	00:21:06	00:39:59	00:58:44	5:52
188	807	CORRAL MARTÍNEZ, TAMARA	RUNNING PARA TODOS	GENERAL FEMENINA	26	00:18:46	00:38:25	01:00:07	6:00
189	846	VAZQUEZ DOS SANTOS, NOELIA	INDEP. FUENTESNUEVAS	JUVENIL FEMENINA	1	00:18:31	00:38:25	01:00:07	6:00
190	843	RODRÍGUEZ MARTÍNEZ, LUCÍA	RUNNING PARA TODOS	GENERAL FEMENINA	27	00:18:30	00:38:25	01:00:07	6:00
191	140	MARIÑAS DE LA MATA, MARCO	INDEP. PONFERRADA	GENERAL MASCULINA	162	00:19:29	00:39:13	01:01:21	6:08
192	823	GONZÁLEZ ÁLVAREZ, ÁNGELES	INDEP. PONFERRADA	GENERAL FEMENINA	28	00:19:01	00:39:52	01:01:23	6:08
193	804	BENET NARRILLOS, EMMA	INDEP. PONFERRADA	GENERAL FEMENINA	29	00:19:26	00:40:19	01:02:05	6:12
194	161	OTERO GARCÍA, LUIS MARIO	INDEP. PONFERRADA	GENERAL MASCULINA	163	00:19:26	00:40:19	01:02:06	6:12
195	73	FERNANDEZ FERNANDEZ, DANIEL	INDEP. PONFERRADA	GENERAL MASCULINA	164	00:19:26	00:40:19	01:02:06	6:12
196	59	DE LA PUENTE GARRIDO, JOSE JAVIER	INDEP. PONFERRADA	GENERAL MASCULINA	165	00:20:51	00:42:13	01:02:08	6:12
197	805	BERNEDO GARCIA, CRISTINA	INDEP. PONFERRADA	GENERAL FEMENINA	30	00:21:17	00:42:23	01:02:14	6:13
198	825	GONZÁLEZ SANTOS, BELÉN	INDEP. CACABELOS	GENERAL FEMENINA	31	00:21:15	00:42:20	01:02:17	6:13
199	46	CARBAJO BECERRO, FRANCISCO JAVIER	INDEP. PONFERRADA	GENERAL MASCULINA	166	00:21:18	00:42:23	01:02:25	6:14
200	839	PEREZ FERNANDEZ, PATRICIA	INDEP. MOLINASECA	GENERAL FEMENINA	32	00:21:18	00:42:23	01:02:25	6:14
201	817	FIGUEROA PÉREZ, BEATRIZ	INDEP. CACABELOS	GENERAL FEMENINA	33	00:21:15	00:42:20	01:03:45	6:22
202	812	FERNANDEZ AGUADO, MYRIAM	INDEP. FABERO	GENERAL FEMENINA	34	00:20:34	00:43:01	01:04:36	6:27
203	213	TORRICO FERNANDEZ, JAIRO	INDEP. FABERO	GENERAL MASCULINA	167	00:20:34	00:43:01	01:04:36	6:27
204	811	ESTEBAN GOMEZ, Mª PALOMA	INDEP. PONFERRADA	GENERAL FEMENINA	35	00:21:18	00:43:07	01:04:40	6:28
205	91	GARCIA ALFONSO, MANUEL	ADAS-PROINOR	GENERAL MASCULINA	168	00:21:31	00:44:18	01:06:50	6:41
206	28	BAO ESTEVEZ, FRANCISCO	TROTADAS-VALDEORRAS	GENERAL MASCULINA	169	00:21:32	00:44:19	01:06:50	6:41