

XXI CARREIRA POPULAR VIRXE DA GUIA 2026

- ABSOLUTA -

17/05/2026

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
1	1	5	RIVEIRO LAMPON , ALBERTO	MALE	SUB-45	EL CANARIO	00:21:19	03:14 min/Km
2	1	48	PATIÑO RÍOS , JESÚS	MALE	SUB-20	CLUB NATACIÓN RIVEIRA	00:21:57	03:20 min/Km
3	1	29	GONZÁLEZ MARIÑO , JORGE	MALE	SUB-35	CLUB NATACIÓN RIVEIRA	00:22:28	03:25 min/Km
4	1	19	FERNANDEZ LIJÓ , JUAN FRANCISCO	MALE	SUB-55	POR AMOR AL ARTE	00:23:09	03:31 min/Km
5	2	41	NOVO GONZALEZ , MARCOS	MALE	SUB-35		00:23:34	03:35 min/Km
6	2	6	BENITEZ SOMOZA , ISRAEL	MALE	SUB-55	EL CANARIO	00:23:51	03:37 min/Km
7	2	79	EMILIAN BACAOANU , DAVID ANTONIO	MALE	SUB-20	NATACIÓN RIBEIRA	00:24:02	03:39 min/Km
8	3	32	LÓPEZ BALEIRÓN , EDGAR MANUEL	MALE	SUB-55	BNZ RUN	00:24:04	03:39 min/Km
9	4	27	GONZÁLEZ CASTRO , SINDO	MALE	SUB-55	SD COMPOSTELA ATLETISMO	00:24:08	03:40 min/Km
10	1	141	MARTÍNEZ PÉREZ , MANUEL	MALE	SUB-16	CLUB NATACIÓN RIVEIRA	00:24:20	03:42 min/Km
11	1	21	FOLGAR POUSO , RAMON	MALE	SUB-65	EL CANARIO	00:24:41	03:45 min/Km
12	2	72	TRIÑANES MARTINEZ , ERNESTO	MALE	SUB-45	S.D.BARBANTIA RODA	00:24:51	03:46 min/Km
13	3	23	GARCIA MARTINEZ , JOSE	MALE	SUB-45	EL CANARIO	00:25:02	03:48 min/Km
14	1	51	PENSADO PARADA , SABELA	FEMALE	SUB-45-F	NATACION RIBEIRA	00:25:13	03:50 min/Km
15	2	47	PAREDES PARADA , MANUEL	MALE	SUB-65	AT. BARBANZA	00:25:27	03:52 min/Km
16	5	46	PARADA GARCÍA , LUIS MIGUEL	MALE	SUB-55	EL CANARIO	00:25:40	03:54 min/Km
17	3	67	SALGADO POUSO , JORGE	MALE	SUB-20		00:25:54	03:56 min/Km
18	3	77	VILAS PATIÑO , DAVID	MALE	SUB-35		00:26:15	03:59 min/Km
19	4	7	BLANCO GARCIA , ADRIAN	MALE	SUB-35	EL CANARIO	00:26:34	04:02 min/Km
20	4	25	GOMEZ HERMO , FRANCISCO	MALE	SUB-20	EL CANARIO	00:26:39	04:03 min/Km
21	1	40	MUÑIZ RAMA , MARTA	FEMALE	SUB-20-F	CLUB NATACIÓN RIVEIRA	00:26:43	04:03 min/Km
22	5	4	BELLO GARCÍA , MANUEL	MALE	SUB-35		00:27:01	04:06 min/Km
23	1	13	CIMADEVILLA CRUJEIRAS , MARIA TERESA	FEMALE	SUB-55-F	EL CANARIO	00:27:09	04:07 min/Km
24	5	49	PAZ IGLESIAS , PABLO	MALE	SUB-20	DALLE PEDAL	00:27:23	04:09 min/Km
25	6	22	GARCÍA CRUJEIRAS , JOSÉ IGNACIO	MALE	SUB-55		00:27:23	04:09 min/Km
26	4	58	POLO FISSGUS , PABLO	MALE	SUB-45		00:27:26	04:10 min/Km
27	3	35	MARIÑO CASAIS , MODESTO	MALE	SUB-65	EL CANARIO	00:27:33	04:11 min/Km
28	5	60	RATÓN PARADELA , JOSE MANUEL	MALE	SUB-45	ATLETISMO ARENTEIRO	00:27:49	04:13 min/Km
29	6	44	NUÑEZ FREIRE , JUAN ANTONIO	MALE	SUB-20	EL CANARIO	00:27:51	04:14 min/Km
30	7	42	NOVO MARTÍNEZ , DAVID	MALE	SUB-55		00:28:09	04:16 min/Km

XXI CARREIRA POPULAR VIRXE DA GUIA 2026

- ABSOLUTA -

17/05/2026

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
31	4	31	ILLAN LOPEZ , JUAN JOSE	MALE	SUB-65		00:28:22	04:18 min/Km
32	5	3	ARGIBAY PEREZ , JUAN ANTONIO	MALE	SUB-65		00:28:38	04:21 min/Km
33	6	34	LORENZO QUEIRUGA , MANUEL	MALE	SUB-65	SAUDE SPORT	00:28:56	04:24 min/Km
34	6	2	AGRASO ALONSO , XABI	MALE	SUB-35		00:28:57	04:24 min/Km
35	1	63	RIOS VAZQUEZ , XOSE	MALE	SUB- +65	S.D.BARBANTIA RODA	00:29:08	04:25 min/Km
36	7	20	FERNÁNDEZ ROSALES , JUAN	MALE	SUB-35	POR AMOR AL ARTE	00:29:29	04:29 min/Km
37	2	36	MARIÑO PAZ , LUCIA	FEMALE	SUB-45-F		00:29:32	04:29 min/Km
38	7	55	PEREZ SUSAVILA , ANGEL	MALE	SUB-65		00:29:36	04:30 min/Km
39	8	69	SEÑARÍS BOO , JOSÉ RAMÓN	MALE	SUB-55		00:29:51	04:32 min/Km
40	7	15	CRUJEIRAS VIDAL , LUCAS	MALE	SUB-20	EL CANARIO	00:30:03	04:34 min/Km
41	6	62	RIÁDIGOS PRESAS , JAVIER	MALE	SUB-45		00:30:14	04:35 min/Km
42	2	59	POUSO MANEIRO , JOSÉ	MALE	SUB- +65		00:30:27	04:37 min/Km
43	7	16	DASILVA RODRÍGUEZ , IVÁN	MALE	SUB-45		00:31:55	04:51 min/Km
44	8	28	GONZÁLEZ LÓ , ALBERTO	MALE	SUB-65		00:32:04	04:52 min/Km
45	1	64	RODRIGUEZ FERREÑO , INMA	FEMALE	SUB-65-F		00:32:23	04:55 min/Km
46	8	26	GONZÁLEZ , DIEGO	MALE	SUB-45		00:32:51	04:59 min/Km
47	3	66	SAINZ GARCÍA , FERNANDO	MALE	SUB- +65	CLUB ATLETISMO SAR	00:34:38	05:15 min/Km
48	4	50	PENA FRANCO , JOSE	MALE	SUB- +65		00:34:38	05:15 min/Km
49	1	37	MARTÍNEZ PÉREZ , SELENE	FEMALE	SUB-35-F		00:35:25	05:22 min/Km
50	3	10	CASTRO GÓMEZ , SILVIA	FEMALE	SUB-45-F		00:35:25	05:22 min/Km
51	9	33	LÓPEZ MARTÍNEZ , JOSE MANUEL	MALE	SUB-45		00:36:56	05:36 min/Km
52	9	45	OSORIO DIEGUEZ , CESAR	MALE	SUB-55	BEKELE RUNNING TEAM	00:37:17	05:39 min/Km
53	10	53	PÉREZ HERMO , ALEJANDRO	MALE	SUB-55	EL CANARIO	00:37:48	05:44 min/Km
54	11	12	CIMADEVILLA CRUGEIRAS , JUAN JOSE	MALE	SUB-55		00:37:48	05:44 min/Km
55	2	9	CAMEAN BELLO , NATALIA	FEMALE	SUB-35-F		00:38:28	05:50 min/Km
56	8	11	CASTRO SAIÑAS , GABRIEL	MALE	SUB-35		00:38:28	05:50 min/Km
57	9	57	PIÑEIRO PENA , JOSE ÁNGEL	MALE	SUB-65		00:38:48	05:53 min/Km
58	3	38	MINIÑO SAMPEDRO , ISABEL	FEMALE	SUB-35-F		00:39:42	06:01 min/Km
59	4	1	AGEITOS GUDE , MIRELLA	FEMALE	SUB-35-F		00:39:42	06:01 min/Km
60	1	76	VIDAL SILVA , RAMÓN HÉCTOR,	MALE	CATEGORÍA INCLUSI ÁMBAR - CATEGORÍA INCLUSIVA		00:44:18	06:43 min/Km
61	2	39	MIRAMONTES , SALOMÉ	FEMALE	SUB-55-F		00:45:39	06:55 min/Km

XXI CARREIRA POPULAR VIRXE DA GUIA 2026

- ABSOLUTA -

17/05/2026

POS.	P.CAT.	DORSAL	PARTICIPANTE	SEXO	CATEGORIA	META	META	RITMO
62	5	54	PEREZ LUSTRES , ANABEL	FEMALE	SUB-35-F		00:46:33	07:04 min/Km
63	9	18	FERNÁNDEZ AYASO , RUBÉN	MALE	SUB-35	SLAP TRAINING	00:46:34	07:04 min/Km
64	6	68	SARRIA CARDENAS , KARLA NICOLE	FEMALE	SUB-35-F		00:48:23	07:20 min/Km
65	7	61	REGUEIRA PAZ , SABELA	FEMALE	SUB-35-F		00:48:24	07:20 min/Km
66	1	71	TRESGUERRAS GONZÁLEZ , ELVIRA	FEMALE	SUB- +65-F	CLUB ATLETISMO SAR	00:49:53	07:34 min/Km