

## 7K ABSOLUTA

Cl	Dor.	Apellidos y nombre	Equipo	Categoría	(Cl)	Tiempo	Diferencia
<b>Masculino</b>							
1	452	COMESAÑA PEREIRA Celso		Senior	(1)	23:41.301	
2	333	MORENO LIRA Josue	CAR MARISQUEIRO	Senior	(2)	23:49.810	8.509
3	266	CARRERA BLANCO Pablo	C.A. CARNICAS SERRANO	Senior	(3)	25:05.302	1:24.001
4	426	OTERO RAMIREZ Alejandro		Senior	(4)	25:18.830	1:37.529
5	369	GROBA BARGIELA Marcos	TANINOS RUNNERS PONTEAREAS	Veteran@s A	(1)	25:33.710	1:52.409
6	498	TABOAS CARRERA Ismael		Senior	(5)	25:47.833	2:06.532
7	357	COSTAS COSTAS Miguel	MAIS QUE AUGA	Veteran@s A	(2)	26:22.352	2:41.051
8	391	OTERO AMOEDO Anxo	CAFÉ BAR PARAÍSO	Senior	(6)	26:35.983	2:54.682
9	351	COMESAÑA CHAVERT Dario	ATHLETICS FISIOTERAPIA SAN LÁZ	Senior	(7)	26:40.765	2:59.464
10	460	GUERRA HERBELLO Diego		Senior	(8)	26:41.451	3:00.150
11	494	PADIN DIAS Ivan	QUE BIEN VAS	Senior	(9)	26:50.512	3:09.211
12	290	RODRÍGUEZ DE OLIVERA Ubaldo	LA GUIA	Veteran@s A	(3)	26:56.926	3:15.625
13	374	FERNANDEZ ALVAREZ Rafael	CASTRELOS 20:30	Veteran@s B	(1)	27:00.305	3:19.004
14	277	DAFONTE MARTÍNEZ Miguel	VIGOENTRENA	Senior	(10)	27:03.624	3:22.323
15	329	GONZALEZ REY Diego	ADN RUNNERS	Veteran@s A	(4)	27:05.572	3:24.271
16	187	SUAREZ MARTINEZ Manuel	VETERANOS DE SAMIL	Veteran@s C	(1)	27:17.892	3:36.591
17	382	ALONSO Rodrigo	NANDESPORT	Veteran@s A	(5)	27:39.542	3:58.241
18	347	LÓPEZ COMESAÑA Oscar Manuel		Senior	(11)	28:23.092	4:41.791
19	425	FERNÁNDEZ FEIJOO José		Veteran@s A	(6)	28:41.452	5:00.151
20	344	BRU VAZQUEZ Ricardo	LÓSTREGOS COIA	Senior	(12)	28:50.043	5:08.742
21	409	MARTINEZ ESTEVEZ Seve		Senior	(13)	28:53.322	5:12.021
22	424	LORENZO COLINAS Carlos	NEW RUNNERS	Veteran@s A	(7)	29:02.512	5:21.211
23	274	GIL MARTÍNEZ Marcos	RUNEIROS DO SUR	Senior	(14)	29:11.563	5:30.262
24	402	BALBOA BESADA Edgar	CLUB ATLETISMO CAMBADOS	Senior	(15)	29:25.762	5:44.461
25	257	REY MALLO Jose Daniel	VIGOENTRENA	Senior	(16)	29:36.163	5:54.862
26	388	OTERO SALGUEIRO Alejandro	ATLETISMO ESTRADA	Senior	(17)	29:42.203	6:00.902
27	225	ROMERO ANTON David	ALERTANAVIA	Veteran@s A	(8)	29:47.000	6:05.699
28	248	FERNÁNDEZ DA SILVA Marcial	L@S INSENSAT@S	Veteran@s A	(9)	29:49.072	6:07.771
29	446	RODRÍGUEZ OTERO Óscar	CAZAFANTASMAS	Senior	(18)	29:52.634	6:11.333
30	356	PEREIRA IGLESIAS Jose Fernando	NANDO	Senior	(19)	29:53.153	6:11.852
31	360	BERNARDEZ CAO Daniel	BIKESTRADA	Senior	(20)	30:01.113	6:19.812
32	453	ARDANAZ ZAMORA Ander		Senior	(21)	30:02.694	6:21.393
33	365	VARELA BARRERA José Antonio	TANINOS RUNNERS	Veteran@s C	(2)	30:02.865	6:21.564
34	433	RODRIGUES VAZQUEZ Alberto	CD NIETO	Veteran@s B	(2)	30:03.126	6:21.825
35	377	CAROU COVELO Victor		Veteran@s A	(10)	30:06.213	6:24.912
36	201	CARBAJAL PÉREZ Miguel Angel		Senior	(22)	30:06.913	6:25.612
37	414	MONTERO PATIÑO Sinuhe	O CASTRO	Veteran@s A	(11)	30:14.378	6:33.077
38	324	VILAR MIJÓN Miguel		Senior	(23)	30:41.995	7:00.694
39	359	GARCIA CARRO Alvaro		Senior	(24)	30:41.996	7:00.695
40	392	GARCÍA MIÑAN Faustino		Veteran@s A	(12)	30:48.646	7:07.345
41	352	ANDRADE FERNANDEZ Iñaki	TRINORTH	Senior	(25)	30:49.690	7:08.389
42	299	PÉREZ CONDE Enrique		Senior	(26)	30:51.696	7:10.395
43	462	MIRANDA VIEITO José Manuel	ATHLETICS SAN LÁZARO	Veteran@s A	(13)	30:52.110	7:10.809
44	200	DE PRADO VÁZQUEZ Álvaro	THE BORREIRERS	Veteran@s B	(3)	30:55.496	7:14.195
45	323	FERNÁNDEZ LORENZO Alejandro	ATHLETICS FISIOTERAPIA SAN LÁZ	Senior	(27)	31:00.231	7:18.930

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Clf	Dor.	Apellidos y nombre	Equipo	Categoría (Clf)	Tiempo	Diferencia
46	403	DÍAZ SEOANE Jorge	FERROLMOLA	Veteran@s A (14)	31:05.658	7:24.357
47	436	LAFUENTE VIÑAS Pablo		Sub 20 (1)	31:12.259	7:30.958
48	191	CEA RODRIGUEZ Xose Alberte		Veteran@s A (15)	31:18.799	7:37.498
49	256	COMESAÑA SAA Daniel	LOS INSENSATOS	Senior (28)	31:20.351	7:39.050
50	216	RODRIGUEZ BANDE Carlos		Veteran@s A (16)	31:20.592	7:39.291
51	471	MIRANDA GONZÁLEZ Francisco	ATLETISMO UNIVERSIDAD DE VIGO	Veteran@s B (4)	31:24.320	7:43.019
52	386	BAQUERO MARTIN Jose	CORRIENDO POR PALENCIA	Veteran@s A (17)	31:31.939	7:50.638
53	397	VARELA REDONDO Angel Julian	TANINOS RUNNERS	Veteran@s A (18)	31:31.999	7:50.698
54	267	CHAN SADA Ruben	PSEUDORUNNERS	Senior (29)	31:35.180	7:53.879
55	337	IGLESIAS RODRÍGUEZ Fabio		Senior (30)	31:36.558	7:55.257
56	421	GONZÁLEZ RODRÍGUEZ Daniel		Senior (31)	31:43.739	8:02.438
57	311	DÁVILA ESTÉVEZ Enrique	ATHLETICS FISIOTERAPIA SAN LÁZ	Veteran@s A (19)	31:45.419	8:04.118
58	461	CARAMÈS Manuel	TRIGAL MARISQUEIRO	Veteran@s C (3)	31:46.259	8:04.958
59	379	ALONSO MARTÍNEZ Victoriano	MAIS QUE AUGA	Veteran@s B (5)	31:50.532	8:09.231
60	298	ALONSO PRADO Alfonso	CELTA	Veteran@s A (20)	31:51.239	8:09.938
61	249	DOMINGUEZ RODRIGUEZ Carlos		Veteran@s D (1)	31:52.994	8:11.693
62	215	FERNÁNDEZ TRONCOSO Antonio	ANTONIO	Veteran@s A (21)	31:53.132	8:11.831
63	331	JORGE CAO Juan José		Senior (32)	31:53.381	8:12.080
64	310	FERRO PEREIRA Marcos	QUEIMANDO KMS	Veteran@s A (22)	31:59.152	8:17.851
65	385	GONZALEZ RAMIREZ Juan	A	Veteran@s B (6)	32:09.072	8:27.771
66	306	GUAMÁ HEREDIA Edwin Patricio	MAISQUEAUGA	Senior (33)	32:09.273	8:27.972
67	486	AFONSO LUIS Paulino Miguel		Senior (34)	32:09.860	8:28.559
68	279	GARCÍA CURROS David	PACHITAS FAMILY	Veteran@s B (7)	32:11.899	8:30.598
69	483	LOWE Brendan		Veteran@s A (23)	32:11.900	8:30.599
70	362	ARÁN BARROS José Ramón		Veteran@s A (24)	32:12.320	8:31.019
71	339	DELFIN SANTOS Ivan		Senior (35)	32:14.951	8:33.650
72	346	COMESAÑA DAVILA Miguel		Veteran@s B (8)	32:18.111	8:36.810
73	335	SIMONES FERNÁNDEZ José Luis		Veteran@s B (9)	32:19.019	8:37.718
74	398	PAZ GESTOSO Jose Angel		Senior (36)	32:19.959	8:38.658
75	380	SUAREZ RODRIGUEZ Marco	INDEPENDIENTE	Veteran@s A (25)	32:25.780	8:44.479
76	350	TABOADA GONZÁLEZ Ramiro	RUNNING LUSEKELO	Veteran@s B (10)	32:26.419	8:45.118
77	422	RODRÍGUEZ VÁZQUEZ Emilio		Veteran@s A (26)	32:28.740	8:47.439
78	375	PÉREZ COUÑAGO Adrian	INDEPENDIENTE	Senior (37)	32:29.080	8:47.779
79	332	MOLARES Miguel		Senior (38)	32:31.583	8:50.282
80	213	PARAMOS VELOSO Antonio		Senior (39)	32:32.450	8:51.149
81	182	CAO PEREZ Carlos		Veteran@s A (27)	32:33.033	8:51.732
82	390	RODRÍGUEZ FLORES Marco Antonio	CARROZAS	Senior (40)	32:45.220	9:03.919
83	190	RODRÍGUEZ MONTERO Victor		Senior (41)	32:47.375	9:06.074
84	330	DE LA IGLESIA Jose Manuel	CARREIRAS E SOBREMESAS	Senior (42)	32:48.464	9:07.163
85	338	CARNEIRO GONZALEZ Roberto		Senior (43)	32:49.177	9:07.876
86	228	FERREIRA Victor	MILER	Veteran@s A (28)	32:49.821	9:08.520
87	366	MOURIÑO REGUERA Fermín		Senior (44)	32:50.920	9:09.619
88	208	COSTAS RODRÍGUEZ Adrián		Senior (45)	32:51.580	9:10.279
89	448	BAAMONDE GONZALEZ Antonio	ESPARTAN@S CHIFLAD@S	Veteran@s A (29)	32:55.080	9:13.779
90	474	YAÑEZ COIRA Avelino	RUNNING LUSEKELO	Veteran@s B (11)	33:00.833	9:19.532
91	241	COMESAÑA PEDRIDO Modesto	VETERANOS DE SAMIL	Veteran@s A (30)	33:03.002	9:21.701
92	262	ALONSO CONDE Javier	RUNNERS VIGO	Veteran@s A (31)	33:08.173	9:26.872

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IVOLA  
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RIAS BAIXAS, S.L.

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Clf	Dor.	Apellidos y nombre	Equipo	Categoría (Clf)	Tiempo	Diferencia
93	481	PEITEADO RUIZ Guillermo		Veteran@s A (32)	33:10.523	9:29.222
94	204	GARCÍA GONZALEZ David	700 CAMISETAS	Veteran@s B (12)	33:15.132	9:33.831
95	312	GESTEIRO REMON Carlos	RUNNERS PONTAKAS VIGO	Senior (46)	33:23.978	9:42.677
96	441	MÁRQUEZ MONTEAGUDO Francisco Daniel	RUNEIROS DO SUR	Senior (47)	33:23.979	9:42.678
97	295	ALONSO BALAÑAC Jose Manuel		Veteran@s A (33)	33:26.851	9:45.550
98	232	DE SAA BLANCO Ivan		Senior (48)	33:28.902	9:47.601
99	464	MURIAS RODRIGUEZ Alex		Senior (49)	33:30.924	9:49.623
100	371	BARCIA TABOADA Pedro	CD NIETO	Veteran@s A (34)	33:33.821	9:52.520
101	72	RODILLA ÁLVAREZ Iván		Veteran@s A (35)	33:36.882	9:55.581
102	493	PÉREZ JUSTE Ignacio		Veteran@s B (13)	33:39.401	9:58.100
103	361	FERNANDEZ LOPEZ Juan Antonio	RC CELTA	Senior (50)	33:40.254	9:58.953
104	292	ALONSO PAJARES Ruben	CONEJOS	Senior (51)	33:41.473	10:00.172
105	309	SALGUEIRO FUENTES Alejandro		Veteran@s B (14)	33:46.523	10:05.222
106	427	CIMADEVILA LOBEIRAS Manuel		Senior (52)	33:47.713	10:06.412
107	250	DOMINGUEZ VILLAVARDE Juan Carlos		Senior (53)	33:47.842	10:06.541
108	434	VILA LÓPEZ Ibra		Senior (54)	33:50.162	10:08.861
109	334	PEREIRA VISO Marco		Veteran@s A (36)	33:50.798	10:09.497
110	470	DA SILVA MARTINS Jorge Miguel		Veteran@s A (37)	33:53.322	10:12.021
111	231	PEREZ LOSADA Mario	VETERANOS DE SAMIL	Veteran@s B (15)	33:57.032	10:15.731
112	307	GUAMÁ MENA Patricio Isidro		Veteran@s B (16)	33:59.177	10:17.876
113	415	PEREIRA AMOEDO Ricardo	BEERS RUNNERS VIGO	Veteran@s A (38)	34:00.233	10:18.932
114	406	COSTA FERRER Luis	SOCIEDAD ATLÉTICA VAL MIÑOR	Veteran@s B (17)	34:03.422	10:22.121
115	304	RODRIGUEZ HERRERO Antonio		Veteran@s A (39)	34:17.237	10:35.936
116	230	RIVEIRO FERNÁNDEZ Enrique		Senior (55)	34:27.498	10:46.197
117	467	VÁZQUEZ BOUZON Abel		Senior (56)	34:28.664	10:47.363
118	245	SAAVEDRA GONZALEZ Juan Carlos	RAYO	Senior (57)	34:36.775	10:55.474
119	405	LAPIDO FIGUEIRA Yago		Senior (58)	34:38.334	10:57.033
120	239	DELGADO VAZQUEZ Juan	REAL MADRID	Veteran@s A (40)	34:39.444	10:58.143
121	354	PÉREZ FIGUEROA Andrés		Veteran@s A (41)	34:40.136	10:58.835
122	454	GONZÁLEZ MIGUÉNS Juan Enrique		Veteran@s B (18)	34:40.543	10:59.242
123	238	SOUTO LEYENDA Juan José		Veteran@s A (42)	34:40.976	10:59.675
124	283	CALDERÓN FERNÁNDEZ Eloy		Veteran@s B (19)	34:41.635	11:00.334
125	327	CARRERA COSTAS Diego		Veteran@s A (43)	34:42.084	11:00.783
126	478	GONZALEZ-ALEGRE Fran	CF L	Senior (59)	34:49.785	11:08.484
127	287	COELLO CAMIÑA Ivan		Senior (60)	34:54.033	11:12.732
128	456	TESOURO ALVAREZ Manuel		Veteran@s B (20)	34:56.027	11:14.726
129	322	PEREZ FRANCO Santiago	CELTA	Senior (61)	35:00.366	11:19.065
130	343	MARTÍNEZ DOMÍNGUEZ Enrique	BEER RUNNERS	Veteran@s B (21)	35:02.045	11:20.744
131	389	GONZALEZ OTERL Jose Luis		Senior (62)	35:05.544	11:24.243
132	212	FERNANDEZ GUEDES David		Senior (63)	35:06.915	11:25.614
133	219	MÉNDEZ LAGO José Manuel		Veteran@s A (44)	35:07.677	11:26.376
134	416	RODRIGUEZ ESPAÑOL Juanjose		Veteran@s A (45)	35:10.275	11:28.974
135	281	HERNÁNDEZ BORREGO Miguel		Veteran@s D (2)	35:11.378	11:30.077
136	444		ATLETISMO PORRIÑO	Senior (64)	35:12.445	11:31.144
137	300	LAGO FREIRÍA Francisco Jose	OS PELIQUEIROS	Veteran@s A (46)	35:13.903	11:32.602
138	450	GÓMEZ LÓPEZ Julio	CD NIETO	Senior (65)	35:16.423	11:35.122
139	235	JIMÉNEZ SANDE Jose Ignacio	CALDEIRADA SIDERAL	Senior (66)	35:22.703	11:41.402



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Clf	Dor.	Apellidos y nombre	Equipo	Categoría (Clf)	Tiempo	Diferencia
140	489	BOUZO Gustavo		Veteran@s A (47)	35:27.258	11:45.957
141	240	LAGO GARCÍA Juan		Veteran@s A (48)	35:31.685	11:50.384
142	261	UBEIRA PEREZ Jose Antonio	MAIS QUE AUGA	Senior (67)	35:34.674	11:53.373
143	413	RUIZ LOMBERA Rubén		Senior (68)	35:42.234	12:00.933
144	194	MOLOWNY GONZÁLEZ Santiago	L@S INSENSAT@S	Senior (69)	35:43.104	12:01.803
145	429	GARCÍA KIRSTEN Jorge	CD NIETO	Veteran@s A (49)	35:48.664	12:07.363
146	479	VÁZQUEZ GESTAL Marcos	BIKILA	Veteran@s A (50)	35:50.059	12:08.758
147	313	CUESTRA SAGRADO Alberto	MAIS QUE AUGA	Senior (70)	35:50.966	12:09.665
148	218	BOA MOUCO Alberto		Senior (71)	35:53.663	12:12.362
149	205	RODRÍGUEZ ALONSO Jose Eduardo		Senior (72)	35:53.877	12:12.576
150	273	CONDE GONZALEZ Jose Manuel	AT. BAIONA	Veteran@s D (3)	35:54.397	12:13.096
151	202	GÓMEZ DAFONTE Sebastian	C.C.RIA DE VIGO	Veteran@s B (22)	36:08.038	12:26.737
152	484	RODRIGUEZ GOMEZ David		Senior (73)	36:08.885	12:27.584
153	463	BILBAO LIMA Javier		Sub 20 (2)	36:11.994	12:30.693
154	195	ZOVOILIS Nikolaos	ZOV	Senior (74)	36:12.327	12:31.026
155	320	IGLESIAS VAZQUEZ Julio Javier	EDI ABOGADOS RUNNING CLUB	Veteran@s A (51)	36:20.794	12:39.493
156	275	ROCA RODRIGUEZ Ramon		Veteran@s B (23)	36:21.623	12:40.322
157	437	ALVAREZ GARCIA Ivan		Veteran@s A (52)	36:30.725	12:49.424
158	303	DÍAZ GARCÍA Angel	RCCV	Senior (75)	36:42.985	13:01.684
159	472	BARREIRO SANTANA Esteban		Senior (76)	36:53.525	13:12.224
160	308	MENDEZ TRIGO Victor		Veteran@s A (53)	36:55.145	13:13.844
161	468	CASTIÑEIRAS NARCISO Kevin		Senior (77)	36:56.445	13:15.144
162	372	ESTÉVEZ PÉREZ Adrián	VIGOENTRENA	Senior (78)	36:59.318	13:18.017
163	301	ÁLVAREZ PEREIRA Roberto	OS PELIQUEIROS	Veteran@s B (24)	37:04.376	13:23.075
164	289	BAÑÓN GIRÓN Roi	VIGOENTRENA	Senior (79)	37:05.235	13:23.934
165	221	RIVERA CANICOBA Alberto	BWM SWAP	Senior (80)	37:07.937	13:26.636
166	280	GARCÍA DOCAMPO Javier	PACHITAS FAMILY	Senior (81)	37:15.898	13:34.597
167	428	GARCÍA QUEIJAS Miguel	VIGOENTRENA	Veteran@s B (25)	37:17.893	13:36.592
168	408	DOMÍNGUEZ VILA Pablo	VIGOENTRENA	Senior (82)	37:17.997	13:36.696
169	435	POUSA BLANCO Miguel Angel		Veteran@s A (54)	37:20.206	13:38.905
170	381	PÉREZ RODRÍGUEZ Pablo		Veteran@s A (55)	37:20.487	13:39.186
171	222	GONZÁLEZ FERNÁNDEZ Jose	MAIS QUE AUGA	Senior (83)	37:28.421	13:47.120
172	321	PARGA LAGO Alberto	CELTISTA	Veteran@s A (56)	37:33.406	13:52.105
173	376	CUELLO ZARITA Juan Carlos	NO	Veteran@s A (57)	37:35.398	13:54.097
174	224	CALVO RODRÍGUEZ Iñigo		Veteran@s A (58)	37:36.920	13:55.619
175	243	LOPEZ Carlos		Veteran@s B (26)	37:39.277	13:57.976
176	233	CAMPUZANO MARTÍN Samuel Héctor		Veteran@s A (59)	37:55.440	14:14.139
177	440	OLIVERA GONZALEZ Diego		Senior (84)	37:57.479	14:16.178
178	451	SANCHEZ GESTIDO Ceferino	VETERANOS DE SAMIL	Veteran@s D (4)	38:12.085	14:30.784
179	418	BARJA FERNANDEZ Andrés		Senior (85)	38:19.479	14:38.178
180	399	ÁLVAREZ CASTRO Xohán		Veteran@s B (27)	38:22.168	14:40.867
181	217	GROBA GONZALEZ Roi	PICHIPI	Veteran@s A (60)	38:23.463	14:42.162
182	196	GROBA GONZALEZ Chema	MYST GYM CLUB	Veteran@s A (61)	38:23.527	14:42.226
183	288	RODRIGUEZ CORUJEIRA Oscar	INSENSAT@S	Veteran@s A (62)	38:23.528	14:42.227
184	271	MUÑOZ ALVAREZ Gabriel		Senior (86)	38:30.669	14:49.368
185	387	ALFAYA MASSÓ David		Veteran@s A (63)	38:32.000	14:50.699
186	284	COVELO COMESAÑA Angel		Veteran@s A (64)	38:34.303	14:53.002

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Clf	Dor.	Apellidos y nombre	Equipo	Categoría (Clf)	Tiempo	Diferencia
187	268	SEOANE GIL Adrian		Senior (87)	38:37.870	14:56.569
188	226	MARTÍNEZ PIÑEIRO Angel		Senior (88)	38:43.333	15:02.032
189	260	PEREZ BARREIRO Antonio	AS	Veteran@s A (65)	38:58.473	15:17.172
190	358	IGLESIAS MOSQUERA Yago	MEU TEAM	Senior (89)	39:05.122	15:23.821
191	258	PAEZ RODIÑO Limberg Javier		Senior (90)	39:07.560	15:26.259
192	264	GARCÍA MALGA Ramón	ATHLETICS FISIOTERAPIA SAN LÁZ	Veteran@s B (28)	39:07.600	15:26.299
193	459	COLLAZO LAGO Jose Guillermo	QUEIMANDO KMS	Veteran@s B (29)	39:13.761	15:32.460
194	314	MARTÍNEZ DOBALO David		Veteran@s A (66)	39:15.203	15:33.902
195	305	GONZALEZ PARRA Oscar		Veteran@s A (67)	39:19.228	15:37.927
196	419	PAZ ANTÓN Daniel	KARAMAZOV	Veteran@s D (5)	39:21.483	15:40.182
197	455	VILLAFINES FERNANDEZ Victor Hugo	VILLA	Senior (91)	39:30.987	15:49.686
198	492	SANTY Turienzo		Veteran@s A (68)	39:34.322	15:53.021
199	412	MÉNDEZ SUÁREZ Severino J	SCD RIBADESELLA	Veteran@s A (69)	39:36.245	15:54.944
200	432	ÁLVAREZ LAGO Borja		Senior (92)	39:40.551	15:59.250
201	348	CAEIRO RODRIGUEZ Manuel		Veteran@s A (70)	40:00.182	16:18.881
202	316	OSBORNE Steven		Senior (93)	40:00.323	16:19.022
203	457	MELEIRO ARAUJO César		Senior (94)	40:08.900	16:27.599
204	491	ROMÁN COSTAS David	ROMAN	Senior (95)	40:24.184	16:42.883
205	488	GARGAMALA PIÑEIRO Manuel Heraldo		Senior (96)	40:29.846	16:48.545
206	482	MISA PÉREZ Yago		Senior (97)	40:30.109	16:48.808
207	445	JIMÉNEZ ESTRADA Antonio		Veteran@s A (71)	40:35.375	16:54.074
208	487	DIAZ DIAZ Alejandro		Senior (98)	40:35.389	16:54.088
209	485	TRONCOSO DOMÍNGUEZ José Antonio	TRONCOSO	Veteran@s A (72)	40:38.261	16:56.960
210	466	FERNÁNDEZ QUINTANA Iker	VERMELLO	Veteran@s D (6)	40:39.141	16:57.840
211	465	FERNÁNDEZ PEREZ Daniel	VERMELLO	Senior (99)	40:39.309	16:58.008
212	244	RODRÍGUEZ TRONCOSO Juan		Veteran@s A (73)	40:39.550	16:58.249
213	269	BARROS FERNANDEZ Jose		Veteran@s A (74)	40:46.840	17:05.539
214	363	CADAYA CANAL Eduardo		Veteran@s A (75)	40:54.422	17:13.121
215	336	ROUSSEAU Laurent	ROSALÍA DE CASTRO	Senior (100)	40:54.629	17:13.328
216	443	REY CARAMES Jose Martin		Senior (101)	40:57.280	17:15.979
217	401	BARROS PEDREIRA Patxi	BIKESTRADA	Senior (102)	40:57.602	17:16.301
218	442	NODAR ARCA Diego		Senior (103)	40:58.073	17:16.772
219	349	SEOANE DIAZ Luis	LUCATINA	Senior (104)	40:58.851	17:17.550
220	318	FERREIRO GALLEGO Jesus Luis	EDI ABOGADOS RUNNING CLUB	Veteran@s A (76)	41:01.450	17:20.149
221	475	COSTAS COSTAS Rafael		Veteran@s B (30)	41:05.508	17:24.207
222	207	CARRASCO CARRASCO Dimas		Veteran@s A (77)	41:05.731	17:24.430
223	197	FEIJOO REGUEIRO Antonio	QUEIMANDO KMS	Senior (105)	41:14.341	17:33.040
224	384	RIBÁ GARCÍA Miguel	NINGUNO	Veteran@s B (31)	41:14.920	17:33.619
225	396	ALVAREZ VAZQUEZ Juan	CALDEIRADA SIDERAL	Senior (106)	41:21.460	17:40.159
226	353	PALOMEQUE TORRAS José Maria		Senior (107)	41:38.864	17:57.563
227	188	MO FERNANDEZ Kike	KIKE RUN !	Veteran@s A (78)	41:56.510	18:15.209
228	186	MO FERNANDEZ Felipe	FABULASTICOS !	Veteran@s A (79)	41:57.025	18:15.724
229	247	MO FERNANDEZ Damian	DAMI RUN !	Veteran@s A (80)	41:57.164	18:15.863
230	404	ALENDE MACEIRA Manuel		Veteran@s B (32)	41:59.970	18:18.669
231	410	ALONSO PENA Alcides		Senior (108)	42:08.363	18:27.062
232	340	SOTO AMIL Jose Florencio	XISTRA	Veteran@s C (4)	42:18.105	18:36.804
233	294	CUÑARRO ROMERO Enrique		Senior (109)	42:19.324	18:38.023

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Clf	Dor.	Apellidos y nombre	Equipo	Categoría	(Clf)	Tiempo	Diferencia
234	490	SANTISO MÉNDEZ Miguel		Veteran@s A	(81)	42:22.123	18:40.822
235	214	ENCISA DE SÁ Javier	SIAREIROS.NET	Veteran@s B	(33)	42:22.581	18:41.280
236	480	BURLIDO BORREGO Jose Isaías		Veteran@s B	(34)	42:29.085	18:47.784
237	296	GARCIA CARRERA Julio Cesar	ARBIQUEPITAS	Senior	(110)	42:32.131	18:50.830
238	203	PEREZ RODRÍGUEZ Manuel		Veteran@s B	(35)	42:33.242	18:51.941
239	278	CAMBÓN ARCEO Xosé Manuel		Veteran@s B	(36)	42:34.942	18:53.641
240	326	VAZQUEZ VILAS Bernardo		Veteran@s D	(7)	42:44.769	19:03.468
241	254	GÓMEZ CABANELAS Simon	CABANELAS	Veteran@s A	(82)	42:48.443	19:07.142
242	438	GONZALEZ Fernando		Senior	(111)	42:59.001	19:17.700
243	400	PEREZ BRANDON Ivan	A BANDA	Senior	(112)	43:31.444	19:50.143
244	251	GIL BERNÁRDEZ César	A BANDA	Senior	(113)	43:34.444	19:53.143
245	302	VILLALÓN ABANDONADO José Manuel	OS PELIQUEIROS	Veteran@s A	(83)	43:35.543	19:54.242
246	183	VIDAL SAMPEDRO Ricardo	QUEIMANDO KMS	Veteran@s A	(84)	43:38.532	19:57.231
247	496	GONZÁLEZ PÉREZ Enrique		Senior	(114)	43:52.868	20:11.567
248	497	PEDRIDO SANJUAS Brais		Sub 20	(3)	43:55.203	20:13.902
249	395	ROL BENITO Antonio	CALDEIRADA SIDERAL	Senior	(115)	44:00.755	20:19.454
250	378	COSTA MONTENEGRO Alberto	FRUITIS	Veteran@s A	(85)	44:14.613	20:33.312
251	237	SOUTO DOMINGUEZ Juan Carlos		Veteran@s D	(8)	44:48.976	21:07.675
252	355	RUIZ BLANCO Jose		Veteran@s D	(9)	44:51.474	21:10.173
253	193	VICENTE GARCIA Robert		Veteran@s A	(86)	45:02.130	21:20.829
254	211	ALONSO GÓMEZ Sergio		Veteran@s A	(87)	45:07.383	21:26.082
255	364	CABANELAS ORGE Adrian		Senior	(116)	45:19.148	21:37.847
256	263	GANDARA BOUZA Jose Alejandro	CASTRELOS 20:30	Veteran@s B	(37)	45:52.755	22:11.454
257	209	TEIJEIRO PEREZ Iban		Veteran@s A	(88)	46:12.892	22:31.591
258	393	TIZÓN RODRÍGUEZ Carlos	KIVA	Senior	(117)	46:31.191	22:49.890
259	297	BALLESTEROS LÓPEZ Danielb		Veteran@s A	(89)	46:31.813	22:50.512
260	477	HERRANZ MEIJIDE Pedro	PREFERENCIA CELESTE	Senior	(118)	46:50.957	23:09.656
261	286	MARTÍNEZ REQUEJO Javier		Veteran@s B	(38)	47:33.235	23:51.934
262	285	BAUTISTA HEREDIA Sergio		Veteran@s B	(39)	49:32.341	25:51.040
263	253	CONS FERREIRO Antonio	COCOFANTE	Veteran@s A	(90)	51:09.977	27:28.676
264	394	PENA ARCA Paulo	CALDEIRADA SIDERAL	Senior	(119)	51:18.732	27:37.431
265	206	NÚÑEZ LAGO Alexandre		Senior	(120)	56:50.950	33:09.649
266	328	CAMARERO SUANZES Antonio	TRIVIGO	Veteran@s B	(40)	58:40.484	34:59.183
267	189	AMORÍN CABEDA Miguel	UBON SIGIT TEAM VIGO	Sub 20	(4)	59:31.014	35:49.713
268	192	COSTAS LLINARES Christopher	UBON SIGIT TEAM VIGO	Sub 20	(5)	59:31.297	35:49.996
269	423	BARJA GALVÁN Emilio		Veteran@s D	(10)	1h00:27.763	36:46.462

## Femenino

1	75	MARTIN AMOEDO Maria Fernanda	S.A.VAL MIÑOR	Veteran@s B	(1)	31:55.119	
2	49	GÓMEZ MARTÍN Noemí	MAIS QUE AUGA	Senior	(1)	32:02.622	7.503
3	77	CONDE PAZOS Elena	TRI-PENTA TERRAS DE LUGO	Sub 23	(1)	32:33.744	38.625
4	78	TÁBOAS CARRERA Irene	ATLETISMO PORRIÑO	Senior	(2)	34:46.244	2:51.125
5	52	OTERO RAMIREZ Maria		Veteran@s A	(1)	35:12.103	3:16.984
6	20	CID Eva	MILET	Senior	(3)	35:12.374	3:17.255
7	50	GÓMEZ MARTÍN Silvia	MAIS QUE AUGA	Senior	(4)	35:50.723	3:55.604

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Clf	Dor.	Apellidos y nombre	Equipo	Categoría	(Clf)	Tiempo	Diferencia
8	90	FRANQUEIRA FONTÁN Ana		Senior	(5)	35:56.096	4:00.977
9	11	RAMOS MARTINEZ Patricia	700 CAMISETAS	Veteran@s A	(2)	36:07.395	4:12.276
10	25	ZAPATA RODRÍGUEZ Raquel	TRIATLÓN MAR DE VIGO	Veteran@s A	(3)	36:09.276	4:14.157
11	85	FERNANDEZ BESADA Fco Javier		Veteran@s A	(4)	36:18.693	4:23.574
11	84	VAQUEIRO RODRIGUEZ Andrea		Senior	(6)	36:18.693	4:23.574
13	71	AGÜERA GONZALEZ Cristina	COLISEUM	Senior	(7)	36:24.264	4:29.145
14	44	CRESPO ALONSO María	MAISQUEAUGA	Veteran@s A	(5)	36:54.589	4:59.470
15	76	MÁRQUEZ MONTEAGUDO Cristina	RUNEIROS DO SUR	Senior	(8)	36:54.839	4:59.720
16	14	PAZ OLIVEIRA Natalia		Veteran@s A	(6)	37:01.848	5:06.729
17	7	MIRAZ FERNANDEZ Raquel		Senior	(9)	37:05.555	5:10.436
18	55	BAQUERO MARTIN Elizabeth	TROTAVENTEÑOS	Senior	(10)	37:40.723	5:45.604
19	47	FERNÁNDEZ LORENZO María Isabel	VETERANOS DE SAMIL	Veteran@s B	(2)	37:46.967	5:51.848
20	79	CARRERA SOUTELO Josefa	TALLERES EAUTO	Veteran@s B	(3)	37:49.606	5:54.487
21	16	PARAMOS VELOSO Paula		Veteran@s A	(7)	38:05.388	6:10.269
22	68	GIL VÁZQUEZ Almudena		Veteran@s A	(8)	38:14.148	6:19.029
23	23	VALVERDE POSADA Mónica		Senior	(11)	38:19.081	6:23.962
24	3	SARRIÁ ARTOLA Desirée	L@S INSENSAT@S	Senior	(12)	38:20.183	6:25.064
25	26	GOMEZ RIVERA Elena	INDIVIDUAL	Senior	(13)	38:20.428	6:25.309
26	34	GALVÁN FERNÁNDEZ Vanesa	NINGUNO	Senior	(14)	38:29.419	6:34.300
27	53	LÓPEZ COMESAÑA Alexandra		Senior	(15)	38:53.739	6:58.620
28	63	FERNÁNDEZ PAZÓ Paula		Veteran@s A	(9)	39:05.521	7:10.402
29	5	TOURIÑO SILVEIRA Marta	TOU	Senior	(16)	39:24.729	7:29.610
30	73	GARCÍA FERNÁNDEZ Silvia Mª	SCD RIBADESELLA	Veteran@s A	(10)	39:36.053	7:40.934
31	8	MOLÉS CUBEDO Ana		Senior	(17)	39:36.881	7:41.762
32	36	CEBREIROS IGLESIAS Sira	A.D. LIMIACTIVA	Senior	(18)	39:49.160	7:54.041
33	81	RODRIGUES BRANDAO Ana		Senior	(19)	40:08.814	8:13.695
34	83	MINIÑO PIÑEIRO Cris	ATLETISMO BAIONA	Veteran@s A	(11)	40:13.860	8:18.741
35	82	BARREIRO MARTINEZ Ana	ATLETISMO BAIONA	Senior	(20)	40:13.963	8:18.844
36	48	ORTIZ FERNÁNDEZ Eva	ATHLETICS FISIOTERAPIA SAN LÁZ	Veteran@s B	(4)	40:14.688	8:19.569
37	80	COMESAÑA RIVERA Mar		Veteran@s A	(12)	40:35.263	8:40.144
38	70	CORTIÑAS LORENZO Betty		Sub 23	(2)	40:36.181	8:41.062
39	19	SOLA BRAVO Ángela Isabel		Veteran@s A	(13)	40:41.869	8:46.750
40	45	POMBAR GRAÑA Sabela		Senior	(21)	40:46.391	8:51.272
41	89	SALGUEIRO VARELA María Teresa	ATLETISMO DAMERTOLAMEU	Veteran@s B	(5)	40:49.381	8:54.262
42	93	RODRIGUEZ BLANCO María eugenia		Veteran@s A	(14)	40:58.191	9:03.072
43	4	FERNÁNDEZ BONET Conchy	YO	Veteran@s A	(15)	41:05.732	9:10.613
44	6	ZAMORA CASTRO Carmen		Veteran@s A	(16)	41:38.675	9:43.556
45	30	LEIROS GIRALDAS Carla	L@S INSENSAT@S	Senior	(22)	41:47.090	9:51.971
46	27	IBARRETXE MARTÍNEZ Arantzazu	L@S INSENSAT@S	Veteran@s A	(17)	41:47.779	9:52.660
47	64	GONZALEZ BARBOSA Marta		Senior	(23)	42:02.593	10:07.474
48	60	BARROS VILA Ana		Senior	(24)	42:03.431	10:08.312
49	65	ARIAS MATO Andrea	ATLETISMO ESTRADA	Senior	(25)	42:06.092	10:10.973
50	9	FONSECA GARCÍA Beatriz		Veteran@s B	(6)	42:33.302	10:38.183
51	13	SOUSA MOREIRA Emma		Veteran@s A	(18)	42:48.391	10:53.272
52	46	MONTES ÁLVAREZ Lucía	MAISQUEAUGA	Senior	(26)	43:10.961	11:15.842
53	74	ÁLVAREZ ÁLVAREZ Ariane		Veteran@s A	(19)	43:52.605	11:57.486
54	38	GARCÍA DOCAMPO Laura	PACHITAS FAMILY	Senior	(27)	44:14.294	12:19.175

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55	41	OSSORIO TERRON Asuncion	ATHLETICS SAN LAZARO	Veteran@s B	(7)	45:00.587	13:05.468
56	1	GOMEZ LOPEZ Isabel Maria		Veteran@s A	(20)	45:02.016	13:06.897
57	61	MARTINEZ FERNANDEZ Betina		Senior	(28)	45:19.323	13:24.204
58	22	RIVEIRO RODRIGUEZ Mercedes		Veteran@s A	(21)	45:36.206	13:41.087
59	59	VARELA REDONDO Eva		Senior	(29)	45:39.910	13:44.791
60	29	SOUTO LEYENDA Silvia	COCOFANTE	Veteran@s A	(22)	46:04.897	14:09.778
61	67	CRESPO GONZÁLEZ Lucía	KIVA	Sub 23	(3)	46:31.578	14:36.459
62	66	MARTÍNEZ-HERRERA Belén	NJP	Veteran@s A	(23)	47:32.530	15:37.411
63	57	CEREIJO CRESPO Teresa	MATIMOLA	Senior	(30)	47:50.630	15:55.511
64	2	CABREIRA CARNEIRO Sandra María		Veteran@s A	(24)	48:22.251	16:27.132
65	37	DOCAMPO ARIAS Mª Patricia	PACHITAS FAMILY	Veteran@s B	(8)	48:30.717	16:35.598
66	12	OTERO LAGO Ana		Senior	(31)	56:50.363	24:55.244
67	88	RONDON PEREZ Valentina	CELTA	Sub 23	(4)	59:32.662	27:37.543