

CATEGORÍAS

Clit	Dor.	Apellidos y nombre	Club	Tiempo	Diferencia
M0					
1	911	BERNARDEZ SABORIDO Hugo	CLUB ATLETISMO PORRIÑO	34:20.74	
2	905	POUSA ESCUDEIRO Xurxo	SAPOCONCHOS	38:19.78	3:59.04
3	904	YAÑEZ MACEIRA Marcos	MERCANTIL VIGO	41:02.99	6:42.25
4	901	GONZALEZ PEREZ Andres	CLUB ATLETISMO CELTA	41:57.15	7:36.41
5	909	CALVAR FERNANDEZ Aaron	CLUB TRIATLÓN MAR DE VIGO	44:44.95	10:24.21
5	906	TORRES Valentin		44:44.95	10:24.21
7	903	GONZALEZ LORENZO Mael		48:54.14	14:33.40
8	896	MARTINEZ VAZQUEZ Bruno		55:12.55	20:51.81
9	902	ESPADA BARCON Pedro		57:26.75	23:06.01
10	895	BENAVIDES Mario		58:11.80	23:51.06
11	897	GARCIA MORIEL Jose		59:44.82	25:24.08
12	907	DAVILA GONZALEZ Gabriel		1h10:09.26	35:48.52

F0					
1	282	GONZALEZ PEREZ Natalia	CLUB ATLETISMO FEMENINO CELTA	43:47.89	
2	280	LORENZO Iria		59:19.50	15:31.61

M1					
1	775	RODRIGUEZ MARTINEZ Xabier		33:20.27	
2	724	OTERO AMOEDO Anxo	SD COMPOSTELA ATLETISMO	33:44.47	24.20
3	821	VAZQUEZ Pablo	C.A.R. MARISQUEIRO	34:13.26	52.99
4	727	RODRIGUEZ GALLEGU Alberto Jose	CLUB CASTRELOS 20:30	34:18.90	58.63
5	874	PEREZ LOVACO Pablo		34:27.97	1:07.70
6	753	MONTERO BUJAN Aitor	AVIVA SPORT CLUB	34:32.57	1:12.30
7	743	MARTINEZ AGEITOS Manuel	REAL CLUB CELTA ATLETISMO	34:45.68	1:25.41
8	801	AMIGO ALVAREZ Borja	TRINORTH	34:47.66	1:27.39
9	787	ALVAREZ COSTAS Alejandro	ATLETISMO BAIONA	35:30.53	2:10.26
10	689	ARMADA DIAZ Jacobo		36:03.84	2:43.57
11	881	RIVERA GUILLADE Martin		36:34.09	3:13.82
12	758	BARGIELA MARTINEZ Jaime	CLUB DEPORTIVO DELIKIA	36:45.58	3:25.31
13	769	AGREDA CASTRO Romel	X-ONE	36:50.01	3:29.74
14	848	ENTENZA MARTINEZ Anton		36:51.75	3:31.48
15	737	CORREA BASTOS Jose Luis	LONZA BIOLOGICS	37:39.73	4:19.46
16	808	VALENCIA RODRIGUEZ Cristian	C.A.R. MARISQUEIRO	37:51.66	4:31.39
17	741	PEREZ ALONSO Alberto		38:07.44	4:47.17
18	818	PEREZ LOMBA Sergio		38:11.16	4:50.89
19	748	PEREIRA ALONSO Daniel		38:37.40	5:17.13
20	781	PENA FERVENZA Ismael	MAIS QUE AUGA	38:43.55	5:23.28
21	747	GIRALDEZ PIÑEIRO Javier	ATLETISMO BAIONA	38:49.25	5:28.98
22	675	COSTAS BARCIA Diego	MAIS QUE AUGA	38:54.26	5:33.99

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23	782	RODRIGUEZ GARCIA Ivan	RUNNING TRACK	39:01.42	5:41.15
24	740	PEREZ GONZALEZ Ruben		39:03.16	5:42.89
25	756	JORGE CAO Juan Jose	CLUB DEPORTIVO DELIKIA	39:13.24	5:52.97
26	792	PIÑEIRO Arturo	PORCOS CELTAS	39:22.72	6:02.45
27	851	PEREZ BASTOS Eloy		39:30.00	6:09.73
28	866	LOPEZ ALONSO Pablo		39:35.08	6:14.81
29	683	RODRIGUEZ FLORES Marco Antonio		39:42.21	6:21.94
30	804	AIRA Adrian	CLUB TRIATLÓN MAR DE VIGO	39:46.87	6:26.60
31	813	MIGUEZ PEREZ Adrian		40:10.10	6:49.83
32	822	ROMERO ESTEVEZ Kevin		40:12.02	6:51.75
33	920	ESTEVEZ Carlos		40:17.30	6:57.03
34	828	VILCHES NARRO Miguel		40:39.77	7:19.50
35	722	MORAIS ALONSO David		40:45.48	7:25.21
36	721	CESTEROS Federico	LONZA BIOLOGICS	40:46.60	7:26.33
37	858	BOADO FERNANDEZ Juan Luis		41:07.82	7:47.55
38	878	LAMAS GARRALON Pablo		41:13.17	7:52.90
39	757	BRUYNIS Nico		41:21.87	8:01.60
40	826	GONZALEZ LOPEZ Pedro	TEAM LAKE	41:24.79	8:04.52
41	882	PENAS GONZALEZ Saul		41:35.81	8:15.54
42	834	SAAVEDRA LOPEZ Martin		41:37.03	8:16.76
43	863	LOUZAO RODRIGUEZ Eric		41:54.72	8:34.45
44	666	SILVA CARNEIRO Javier	ATLETISMO BAIONA	42:09.66	8:49.39
45	815	MARTIN MONZON Jaime		42:11.89	8:51.62
46	859	MOSQUERA GARCIA Nicolas		42:12.00	8:51.73
47	725	DOMINGUEZ SEQUEIROS Oscar	AC CASTELOS TRAIL CLUB	42:12.65	8:52.38
48	763	FERNANDEZ MARTINEZ Sergio	PORCOS CELTAS	42:21.56	9:01.29
49	678	MUNIZ CARLOS Dheymison		43:20.05	9:59.78
50	751	FERNANDEZ DIAZ David		43:26.55	10:06.28
51	659	ALONSO MORA Edu		43:29.79	10:09.52
52	845	CARBALLIDO Adri		43:32.76	10:12.49
53	892	CARBALLO FERNANDEZ Noel		43:33.97	10:13.70
54	888	CRUZ VALDES Javi		43:35.57	10:15.30
55	880	CASTROSEIROS David		43:37.43	10:17.16
56	842	ALONSO GARCIA Anton		44:06.50	10:46.23
57	885	GONZALEZ CARPINTERO Baltasar		44:11.91	10:51.64
58	843	RODRIGUEZ REY Sergio		44:14.02	10:53.75
59	690	MARQUEZ MONTEAGUDO Francisco Daniel		44:18.82	10:58.55
60	710	HERRERO PEREZ Alejandro		44:19.30	10:59.03
61	869	RASCADO NOVAS Xacobe		44:21.16	11:00.89
62	865	VIDAL PEREZ Brais		44:26.42	11:06.15
63	766	PEREIRA Ismael		44:29.84	11:09.57
64	732	FREIRE RODRIGUEZ Ismael		44:30.05	11:09.78
65	663	REGUEIRA CASTRO Daniel	SHAKA CLUB	44:30.28	11:10.01
66	686	SAMOELLE ABALDE Oscar		44:30.44	11:10.17
67	870	FERNANDEZ Sergio	MAIS QUE AUGA	44:37.28	11:17.01
68	839	RODRIGUEZ VIEITES Pedro		44:44.46	11:24.19

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69	746	LESTON Roberto	SERRES RUNNERS	44:47.53	11:27.26
70	793	GONZALEZ VARELA Pablo		44:48.66	11:28.39
71	867	MUÑOZ Mateo		44:55.74	11:35.47
72	840	SIEIRO MORGADE Sergio	CLUB DE LA CHARLETA	45:03.80	11:43.53
73	872	ROMERO PEREZ Pablo		45:06.38	11:46.11
74	726	LORENZO BLAS Lucas		45:17.52	11:57.25
75	676	RODRIGUEZ LAGO Yago		45:18.64	11:58.37
76	764	ALONSO LOPEZ Jonatan	ATLETISMO BAIONA	45:36.32	12:16.05
77	777	DAVILA COLLAZO Diego		45:38.07	12:17.80
78	795	MIGUEZ COLLAZO Ismael		45:38.33	12:18.06
79	841	GONZALEZ MOURIÑO Iago		45:48.54	12:28.27
80	700	FERREIRA Pablo		45:51.78	12:31.51
81	655	ROMERO RODRIGUEZ Ivan		45:54.69	12:34.42
82	708	ROMERO RODRIGUEZ Arsenio		45:54.75	12:34.48
83	830	PORTO Jose Carlos		45:55.13	12:34.86
84	853	RODRIGUEZ CASTRO Diego		45:57.19	12:36.92
85	800	DOMINGUEZ ESTEVEZ Santiago		45:58.67	12:38.40
86	860	MORONA MINGUEZ Miguel	CIBUS TEAM	45:59.78	12:39.51
87	879	GONZALEZ LOSADA David		46:04.48	12:44.21
88	811	UCHA GANDARA Jose		46:06.32	12:46.05
89	788	QUINTAIROS RIAL Gabriel		46:06.51	12:46.24
90	709	ESCUDEIRO GÓMEZ Noel	LONZA BIOLOGICS	46:10.11	12:49.84
91	829	CASTIÑEIRAS MARTINEZ Jorge		46:37.17	13:16.90
92	890	PEREZ AGUILERA Pablo		46:45.35	13:25.08
93	864	BALTAR LOSADA Miguel	MAIS QUE AUGA	46:46.91	13:26.64
94	891	ALVAREZ CONDE Brais		47:15.89	13:55.62
95	749	ALDAO AREAL Ruben		47:18.72	13:58.45
96	656	VAZQUEZ CAÑOTO David		47:22.25	14:01.98
97	785	ARAUJO MOSQUERA Martin		47:34.53	14:14.26
98	918	ARAUJO Borja		47:38.24	14:17.97
99	762	CRESPO GONZALEZ Jacinto	PORCOS CELTAS	47:47.23	14:26.96
100	854	COLLAZO COBELO David		47:56.17	14:35.90
101	809	ARIZAGA JIMENEZ Luis		48:02.31	14:42.04
102	734	OTERO MOREIRA Santiago		48:04.27	14:44.00
103	823	LOZANO GONZALEZ Carlos		48:08.95	14:48.68
104	824	RODRIGUEZ Martin		48:10.14	14:49.87
105	791	FERNANDEZ CARO Hector		48:23.51	15:03.24
106	884	ESCRIBANO MERINO Carlos		48:31.82	15:11.55
107	838	BARRANCO Oscar		48:47.85	15:27.58
108	831	GARCIA PONTE Pablo	LASER GALICIA RANING	48:51.03	15:30.76
109	715	TORRES TERAN David		49:00.62	15:40.35
110	711	CASAL DORADO Gonzalo		49:03.09	15:42.82
111	744	SANCHEZ BAHILLO Juan Antonio		49:04.87	15:44.60
112	750	VELOSO PEREZ Manuel		49:31.18	16:10.91
113	742	CANCELAS ALVAREZ Alexandre		49:43.83	16:23.56
114	893	MIGUEL REBOREDO Manuel		49:46.15	16:25.88

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Clf	Dor.	Apellidos y nombre	Club	Tiempo	Diferencia
115	730	RIVADULLA VEIRA Quique	CALVORIO RUNNERS	49:48.67	16:28.40
116	817	MACIAS MOREIRA Daniel		49:52.81	16:32.54
117	738	TEIJEIRO ALVAREZ Jorge		49:56.42	16:36.15
118	682	BARREIRO Dani		50:00.11	16:39.84
119	723	GUAMA HEREDIA Edwin		50:21.71	17:01.44
120	827	PEREZ RODRIGUEZ Alexis		50:27.14	17:06.87
121	789	LOSADA LOPEZ Bernardo		50:33.04	17:12.77
122	685	CORBACHO Adrian	C.A.R. MARISQUEIRO	50:52.83	17:32.56
123	883	DE FRUTOS WOITECHEN Ivan Raul		51:06.01	17:45.74
124	720	MARTINS Nuno	CLUBE ATLETISMO FENE	51:11.73	17:51.46
125	833	ALVAREZ GARCIA Mario		51:20.43	18:00.16
126	876	RODRIGUEZ Nacho		51:20.44	18:00.17
127	714	GARCIA DA VILA Eloy		51:29.81	18:09.54
128	768	TENORIO DEL RIO Jesus		51:30.67	18:10.40
129	835	VARELA ARROJO Pablo		51:32.10	18:11.83
130	660	GONZALEZ ALVES Nacho		51:42.84	18:22.57
131	693	GOMEZ Bieito		51:52.42	18:32.15
132	877	CARPINTERO PEREZ Nicolas		51:59.29	18:39.02
133	773	BARROS RODRIGUEZ Pedro		52:21.33	19:01.06
134	803	DAVILA PIÑON Pedro		53:01.10	19:40.83
135	862	VALEIJE COVELO Samuel		53:20.52	20:00.25
136	805	DIAZ MARRA Izham		53:23.41	20:03.14
137	754	POMBO FERREIRA Fernando	C.A.R. MARISQUEIRO	53:24.65	20:04.38
138	735	PEREZ ALVAREZ Jose Manuel		53:25.81	20:05.54
139	825	JIMENEZ FRESCO Anton Alexandre		53:26.13	20:05.86
140	790	REY VILLAR Javier		53:41.55	20:21.28
141	703	NOVAS CANABAL Diego		53:44.25	20:23.98
142	681	MUIÑOS FERNANDEZ Iago		53:48.55	20:28.28
143	661	ORTEGA VILLAR Iago	X-ONE	53:48.69	20:28.42
144	799	FERNANDEZ ALFARO Roberto		53:52.73	20:32.46
145	728	BAILLY Benjamin		53:56.37	20:36.10
146	739	VILLAMIL Andres		54:04.31	20:44.04
147	837	SANCHEZ DOMINGUEZ Rene		54:06.63	20:46.36
148	820	FERREIRO GARCIA David		54:17.41	20:57.14
149	713	MARTINEZ PINEIRO Angel		54:36.62	21:16.35
150	668	GARCIA FRAGUEIRO Diego		54:46.65	21:26.38
151	688	ALONSO GONZALEZ David	RUNNINVERSE	54:59.47	21:39.20
152	731	POUSADELA PEREIRA Oscar		55:01.10	21:40.83
153	772	TOUCEDO CAMAÑO Rodrigo		55:14.32	21:54.05
154	806	DA SILVA PAIVA Nuno Andre	SHAKA CLUB	55:17.02	21:56.75
155	664	ARTIME MARTINEZ Eloy		55:20.29	22:00.02
156	658	DIZ CASTRO Manuel		55:20.42	22:00.15
157	812	LOPEZ CABANAS Guillermo		55:25.01	22:04.74
158	832	AMAYA GONZÁLEZ Leandro		55:34.87	22:14.60
159	875	COMESAÑA Pedro		55:46.07	22:25.80
159	873	PIÑEIRO Alberto		55:46.07	22:25.80

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161	691	CARBALLO BARON Manel		56:31.25	23:10.98
162	736	RODRIGUEZ CRESPO Eduardo	VIGOENTRENA	56:51.42	23:31.15
163	687	KOBA Stanislav		56:54.22	23:33.95
164	846	ALONSO DE SAN SEGUNDO Lucas		57:01.04	23:40.77
165	752	CONDE PEREIRO Arturo		58:10.84	24:50.57
166	729	FERNANDEZ ARIAS Juan	CALVORIO RUNNERS	58:24.93	25:04.66
167	706	COSTAS DEL RIO Diego		58:46.88	25:26.61
168	705	BALSA DA TORRE Juan Luis		58:47.02	25:26.75
169	797	COUSO CALVAR David		58:56.68	25:36.41
170	697	GOINEAU Vivien		58:59.40	25:39.13
171	771	GONZALEZ VICENTE Alejandro	CALVORIO RUNNERS	59:14.76	25:54.49
172	778	BAEZ RUIDO Francisco Javier		59:47.02	26:26.75
173	657	VARELA MENDEZ Jacobo		59:53.36	26:33.09
174	667	LORIGADOS PALLARES Brais		1h00:00.78	26:40.51
175	844	MONJE DE LA PEÑA Luis		1h00:08.40	26:48.13
176	850	NOVO COSTAS Daniel		1h00:08.98	26:48.71
177	717	FERNANDEZ GARCIA Hector		1h00:14.73	26:54.46
178	816	FIGUEIRAS COUGIL Pablo		1h00:33.29	27:13.02
179	807	SUÑER DIAZ Carlos		1h00:33.36	27:13.09
180	802	MIGUEZ CAMESELLE Pablo		1h00:43.58	27:23.31
181	679	CARDENAS Gilberto		1h01:08.96	27:48.69
182	699	GIGIREY VAZQUEZ Xabier		1h01:17.89	27:57.62
183	707	CAMPAÑA CASTRO Anxo		1h01:18.09	27:57.82
184	698	VAZQUEZ MAYO Javier	MAIS QUE AUGA	1h01:37.46	28:17.19
185	855	ALVAREZ VAZQUEZ Jaime		1h01:38.31	28:18.04
186	665	PEREZ Alberto		1h02:32.34	29:12.07
187	849	ALONSO SALGADO Jorge		1h02:41.71	29:21.44
188	810	ARIAS Hector		1h24:47.62	51:27.35
189	856	RODRIGUEZ MARTINEZ Pablo		1h27:12.40	53:52.13

F1

1	214	CASTROVIEJO BERMEJO Marta	FERRER SPORT	35:36.22	
2	191	BREINHOLT MOESKJAER Lea	RUNYTRI	36:57.66	1:21.44
3	143	ALVAREZ RODRIGUEZ Noemi	CLUB DEPORTIVO DELIKIA	38:20.02	2:43.80
4	278	PAZOS GARCIA Antia	CLUB TRIATLÓN MAR DE VIGO	39:13.90	3:37.68
5	229	RODRIGUEZ PIRO Maria Victoria		39:31.72	3:55.50
6	244	SANCHEZ CASTRO Angela		42:17.60	6:41.38
7	241	PEREZ MARIÑO Elena	RUNYTRI	42:51.66	7:15.44
8	251	DOMINGUEZ PEREZ Naomi	CLUB DEPORTIVO DELIKIA	43:11.67	7:35.45
9	260	SOLA SANMARTIN Mar		44:15.76	8:39.54
10	147	DE PRADO PEREIRA Marta		45:04.99	9:28.77
11	175	OJEA CAAMAÑO Mirian		45:16.70	9:40.48
12	184	ABALDE ALONSO Lara		45:25.52	9:49.30
13	208	ROBLEDO RIVERA Katia	CLUB DEPORTIVO DAN CIPRIÁN	46:19.33	10:43.11

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14	213	MACEIRA PENA Miriam	TRIATLON VILAGARCIA	46:22.74	10:46.52
15	223	REY PARDO Lara		46:46.51	11:10.29
16	167	NOVOA ALONSO Tamara	VIGOENTRENA	48:05.54	12:29.32
17	261	SOLA SANMARTIN Alba		48:11.91	12:35.69
18	212	RODRIGUEZ DA SILVA Sara	PORCOS CELTAS	48:29.89	12:53.67
19	253	RASCADO RIOS Andrea	CLUB TRIATLÓN MAR DE VIGO	48:35.15	12:58.93
20	246	PEREZ CONDE Tania		49:12.55	13:36.33
21	279	QUINTANA QUINTELA Carlota		49:50.93	14:14.71
22	164	CABALEIRO CARREIRA Maria Teresa		50:04.77	14:28.55
23	161	PARADA COSTA Sara		50:13.15	14:36.93
24	281	COLLAZO COBELO Uxia		50:47.83	15:11.61
25	271	CES ANDRES Cristina		50:49.60	15:13.38
26	233	TERUEL Lara	C.A.R. MARISQUEIRO	50:52.65	15:16.43
27	158	VILA GONZALEZ Jessica		51:01.49	15:25.27
28	268	RAMOS FERNANDEZ Erika		51:06.78	15:30.56
29	276	DAFONTE TRONCOSO Sofia		51:41.09	16:04.87
30	215	CABANELAS Celes		51:42.27	16:06.05
31	204	LOPEZ FERNANDEZ Maria		51:47.49	16:11.27
32	274	JARDON JARDON Carla		51:54.87	16:18.65
33	156	MARTIN-CALOTO ZULUETA Maria	CLUB DEPORTIVO DELIKIA	51:59.05	16:22.83
34	250	SANCHEZ LUQUE Paloma		52:06.79	16:30.57
35	159	FERNANDEZ ESTEVEZ Silvia		52:13.55	16:37.33
36	169	BRUZON BANDEIRA Maria		52:21.13	16:44.91
37	221	RODRIGUEZ Yolanda		52:26.97	16:50.75
38	231	FERNANDES Filipa		52:36.15	16:59.93
39	166	LAMEIRO COUTO Alba		52:37.77	17:01.55
40	151	SANTANA CABRAL Pilar	MAIS QUE AUGA	52:44.83	17:08.61
41	216	RODRIGUEZ RODRIGUEZ Maria	MAIS QUE AUGA	52:59.88	17:23.66
42	205	CORDERO ALVAREZ Selena		53:01.21	17:24.99
43	206	SILVA QUESADA Helena		53:01.97	17:25.75
44	182	MARTINEZ GONZALEZ Raquel		53:09.92	17:33.70
45	224	MOCHOLI ORTEGA Agueda		53:10.44	17:34.22
46	248	BRUZON BANDEIRA Camino		53:26.90	17:50.68
47	162	PAZ Cristina		53:47.89	18:11.67
48	226	YAÑEZ VICENTE Marta		54:12.11	18:35.89
49	270	GROBA COMESAÑA Lia	CLUB DEPORTIVO DELIKIA	54:12.47	18:36.25
50	257	PAZOS LINARES Elena		54:16.45	18:40.23
51	249	DOMINGUEZ ESTEVEZ Elena		54:34.93	18:58.71
52	193	ZUNZUNEGUI NAVIA Maria	MAIS QUE AUGA	54:38.23	19:02.01
53	185	LUSQUIÑOS BALLESTEROS Lara		54:41.52	19:05.30
54	179	ANDRE ANTELA Maria		54:47.39	19:11.17
55	189	NOVELLE CALVAR Laura	ASALTAMONTES FEMALE	54:56.92	19:20.70
56	228	TRONCOSO DOMINGUEZ Sheila		55:02.09	19:25.87
57	235	BAÑA PADIN Sara		55:08.01	19:31.79
58	154	GONZALEZ PEREZ Jessica		55:28.44	19:52.22
59	202	CASTROSEIROS GONZALEZ Natalia	MAIS QUE AUGA	55:29.16	19:52.94

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Cl.	Dor.	Apellidos y nombre	Club	Tiempo	Diferencia
60	187	CUEVAS Karen Heisel	X-ONE	55:39.96	20:03.74
61	242	MARTINEZ GARCIA Eva		55:41.45	20:05.23
62	170	DIAZ LOPEZ Rose Mary	SHAKA CLUB	56:05.24	20:29.02
63	157	LAVANDEIRA SANCHEZ Anxa	CLUB ADN RÍAS BAIXAS AMIGOS DE	56:09.41	20:33.19
64	165	RODRIGUEZ BASTOS Lidia		56:18.34	20:42.12
65	152	KOBA Ruslana	MAIS QUE AUGA	56:52.98	21:16.76
66	168	MATILLA OJEDA Silvia		56:54.08	21:17.86
67	211	ABUNDANCIA Elena		57:11.21	21:34.99
68	240	LORENZO Sara	LONZA BIOLOGICS	57:22.59	21:46.37
69	265	FERNANDEZ IGLESIAS Alejandra		57:49.20	22:12.98
70	173	BLANCO RIO Tatiana		58:01.38	22:25.16
71	218	CASTILLO PEREIRO Noemi		58:03.58	22:27.36
72	267	GIL GUTIERREZ Maria		58:03.94	22:27.72
73	238	VALLE MACAS Mishelle		58:12.70	22:36.48
74	263	PEREIRA Monica		58:16.02	22:39.80
75	203	SIMOE Cris		58:56.54	23:20.32
76	149	VAZQUEZ DUARTE Cristina		59:01.68	23:25.46
77	277	SANTOS PONCE Natalia		59:45.22	24:09.00
78	237	HUIDOBRO Marta		1h00:27.28	24:51.06
79	145	CASAL LORENZO Tania		1h00:30.62	24:54.40
80	180	ARBUTHNOTT Jen		1h00:31.73	24:55.51
81	192	ASENSIO VARELA Sara	MAIS QUE AUGA	1h01:37.72	26:01.50
82	219	GUERRA ABAD Liliana		1h01:50.50	26:14.28
83	174	GARCIA BURGOS Delia		1h02:32.27	26:56.05
84	197	PASCUAL COSTAS Maria		1h03:08.94	27:32.72
85	217	RODRIGUEZ DIAZ Clara		1h03:39.31	28:03.09
86	232	DIZ DIOS Maria De Co		1h04:35.66	28:59.44
87	148	GONZALEZ SENDIN Maria Auxiliadora		1h04:38.36	29:02.14
88	209	MACEIRAS VARELA Eugenia		1h05:12.30	29:36.08
89	269	DOMINGUEZ VARELA Ines		1h05:30.87	29:54.65
90	194	GALVAN FERNANDEZ Lucia		1h08:56.23	33:20.01
91	190	RODRIGUEZ DOCAMPO Debora		1h08:56.57	33:20.35
92	258	PEREZ CARREÑO Albanny Raziel		1h10:00.03	34:23.81
93	163	CHOQUET DELAUX Fanny		1h11:36.30	36:00.08
94	225	AYOUB Fatima		1h12:42.92	37:06.70
95	256	MICHELENA GUACARAN Damelis Del Valle		1h15:58.05	40:21.83
96	252	FERNANDEZ ARAUJO Iraima Rebeca		1h24:47.95	49:11.73

M2

1	541	BASTOS DASILVA Jose Alberto	ADN RUNNERS - TELMO PELUQUEROS	32:20.00	
2	617	BERNARDEZ CARBALLO Oscar	ATHLETICS FISIOTERAPIA SAN LÁZ	32:26.63	6.63
3	591	TRONCOSO SOBRINO Ramon	CLUB DEPORTIVO DELIKIA	34:40.01	2:20.01
4	608	VAZQUEZ PAVON Roberto	TANINOS RUNNERS PONTEAREAS	34:55.93	2:35.93
5	641	PAZ ALVAREZ Marcos		35:14.31	2:54.31

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6	587	MARZOA RUIZ Miguel	C.A.R. MARISQUEIRO	35:40.60	3:20.60
7	646	NUÑEZ PARADA Sergio		36:06.65	3:46.65
8	548	POUSO VIDAL Lucas		36:26.41	4:06.41
9	618	NOGUEIRA FERNANDEZ Junior		36:46.48	4:26.48
10	497	FERREIRA LAREDO David	CASTRELOS KM.0	37:16.44	4:56.44
11	580	COMESAÑA SAA Daniel	L@S INSENSAT@S	37:58.71	5:38.71
12	643	MORAIS DE LA IGLESIA Jose Manuel	CLUB ATLETISMO PORRIÑO	38:15.26	5:55.26
13	507	GONZALEZ ALVAREZ Borja		38:53.28	6:33.28
14	600	NAVIA IGLESIAS Ruben	BIKILA	39:11.54	6:51.54
15	590	LOPEZ COMESAÑA Oscar Manuel		39:25.10	7:05.10
16	554	NOVOA PEREZ Jorge	C.A.R. MARISQUEIRO	39:26.26	7:06.26
17	542	VILABOA SALGUEIRO Santi		39:27.48	7:07.48
18	556	CASTRO LAGO Raul	NUTRIBIOTICA	39:37.10	7:17.10
19	527	DAVILA BOVEDA Pablo		40:34.80	8:14.80
20	523	DELGADO RAMOS Jose Carlos		40:56.22	8:36.22
21	487	LOPEZ FERNANDEZ Antonio Luis		40:59.10	8:39.10
22	558	CARRASCO Ruben	SHAKA CLUB	41:15.16	8:55.16
23	555	ALONSO ALVAREZ Carlos	ATHLETICS FISIOTERAPIA SAN LÁZ	41:34.97	9:14.97
24	494	ARIAS COSTAS Dario	ATHLETICS FISIOTERAPIA SAN LÁZ	41:59.65	9:39.65
25	567	GOBERNA COMESAÑA Ivan		42:04.55	9:44.55
26	553	FONTAN David	MUÑECOS RUNNING	42:16.55	9:56.55
27	633	ARADAS LESTON Bernardo		42:28.18	10:08.18
28	595	FOCHE Diego	MAIS QUE AUGA	42:31.45	10:11.45
29	605	CABACO CAMPOS Jose Manuel	TAKO TEAM	42:38.95	10:18.95
30	592	RODRIGUEZ COLLAZO Raul		42:56.57	10:36.57
31	510	CLEMENTE EXPOSITO Daniel		43:11.02	10:51.02
32	585	RODRIGUEZ BERNARDEZ Alejandro	SUPERFROIZ	43:29.93	11:09.93
33	634	COMESAÑA AMBROSIO Noe		43:32.00	11:12.00
34	589	LOUREIRO RODRIGUEZ Santiago		43:38.54	11:18.54
35	537	PEREZ MOREJON Rafael		43:47.53	11:27.53
36	514	QUIROGA Iago	TRINORTH	44:09.83	11:49.83
37	576	GONZALEZ PEREZ Enrique	MAIS QUE AUGA	44:20.96	12:00.96
38	533	CAMBEIRO FERNANDEZ Manuel		44:24.40	12:04.40
39	582	MONROY MIGUEZ Victorio Jose	SHAKACLUB	44:24.83	12:04.83
40	511	MACIAS NOGUEIRA Antonio	MAIS QUE AUGA	44:28.36	12:08.36
41	625	RODRIGUEZ FERNANDEZ Nico	CLUB ADN RÍAS BAIXAS AMIGOS DE	44:28.62	12:08.62
42	543	ALFONSO ALVAREZ David		44:44.11	12:24.11
43	621	RIVERA CANICOBA Alberto		44:45.03	12:25.03
44	535	PRIETO Jorge		44:47.61	12:27.61
45	651	RODRIGUEZ RODRIGUEZ Ruben		44:48.15	12:28.15
46	568	GOMEZ LOPEZ Pablo	L@S INSENSAT@S	44:53.33	12:33.33
47	602	RIERA ÁLVAREZ Felipe	LONZA BIOLOGICS	44:59.84	12:39.84
48	479	CLEMENTE EXPOSITO Jesus		45:02.06	12:42.06
49	630	GESTO Xoan	BEADE, AHI OS VAN!	45:09.98	12:49.98
50	637	LOSADA CRESPO Carlos		45:11.38	12:51.38
51	573	ARANGO GAYAR Saul	FRUTAS NIEVES	45:18.08	12:58.08

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52	604	ACOSTA RENILLA Juan Pablo		45:29.88	13:09.88
53	476	FERNANDEZ TRONCOSO Antonio	IAGO	45:37.17	13:17.17
54	642	RODRIGUEZ DIP Nicolas	LATITUD 42	45:59.60	13:39.60
55	515	RODAL FRAGA Carlos		46:00.54	13:40.54
56	483	LAGO HIGOS Miguel Angel		46:14.41	13:54.41
57	570	RODRIGUEZ ROMAN Jacob		46:22.48	14:02.48
58	648	GONZALEZ ULLA Diego		46:28.17	14:08.17
59	504	TORRES Matias		46:28.87	14:08.87
60	606	GONZALEZ PARDIÑAS Aleixandre	MERAKI FISIOTERAPIA VIGO	46:47.43	14:27.43
61	566	PEREZ RIOBO Alex		46:59.93	14:39.93
62	586	GUERRA LOPEZ Eduardo	VIGOENTRENA	47:02.15	14:42.15
63	508	ALONSO GOMEZ Jose Lorenzo		47:05.97	14:45.97
64	624	DIAZ FERNANDEZ Diego		47:19.35	14:59.35
65	492	PAREDES OUTUMURO Ruben	MAIS QUE AUGA	47:28.97	15:08.97
66	480	MATA MEIXUEIRO Marcos		47:40.58	15:20.58
67	524	RODRIGUEZ DIAZ David		47:43.65	15:23.65
68	597	DIAZ CONGIL Manuel		48:04.15	15:44.15
69	485	PÉREZ Ruben	LONZA BIOLOGICS	48:27.49	16:07.49
70	538	PRESA ARJONES Candido		48:32.41	16:12.41
71	545	FERREIRA CHARRASQUIEL Marcos		48:46.25	16:26.25
72	500	PARCERO NOVAS Alvaro		48:54.33	16:34.33
73	581	RODRIGUEZ RODRIGUEZ Adolfo		48:58.06	16:38.06
74	518	BARRAL BARREIRO Pablo		49:19.17	16:59.17
75	574	CERQUEIRA MALLO Samuel		49:22.15	17:02.15
76	491	MIRANDA CORTES Rolan		49:27.07	17:07.07
77	650	RODRIGUEZ ALONSO Sedu	FENDETESTAS	49:28.69	17:08.69
78	639	GARCIA VAZQUEZ Carlos		49:37.63	17:17.63
79	640	VIDAL PAYA Ivan		49:42.15	17:22.15
80	596	DOCET CAAMAÑO Francisco		50:02.12	17:42.12
81	616	DIAZ GARCIA Angel		50:11.11	17:51.11
82	496	SIEIRO Jorge	CLUB TRIATLÓN MAR DE VIGO	50:29.36	18:09.36
83	540	ALVAREZ SOBRADO Javier	C.A.R. MARISQUEIRO	50:31.07	18:11.07
84	560	MIGUEZ SOTO Pablo		50:41.05	18:21.05
85	653	DACAL DEZA Daniel		50:41.27	18:21.27
86	578	GARCIA FRAGUEIRO Roberto		50:58.30	18:38.30
87	627	COYA NOVAS Alberto		51:00.12	18:40.12
88	546	MARTINEZ PORTELA Antonio		51:02.19	18:42.19
89	488	AMOEDO COLLAZO Moises	ESPARTAN@S CHIFLAD@S	51:08.66	18:48.66
90	493	GARCIA DE LA CRUZ Roberto	MAIS QUE AUGA	51:08.88	18:48.88
91	623	DEL CAÑO CASTRO Miguel		51:21.97	19:01.97
92	599	AREVALO GOMEZ Andres		51:25.77	19:05.77
93	503	SANMARTIN GONZALEZ Victoriano	MAIS QUE AUGA	51:46.61	19:26.61
94	502	PEDROSA PEREZ Alberto		51:48.25	19:28.25
95	509	LAGO FREIRIA Francisco Jose	OS PELIQUEIROS	52:03.45	19:43.45
96	513	COSTAS FERNANDEZ Tony	CLUB TRIATLÓN MAR DE VIGO	52:12.90	19:52.90
97	534	FERNANDEZ IGLESIAS Jose		52:16.15	19:56.15

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98	638	SOUZA ALONSO Daniel		52:25.33	20:05.33
99	583	OJEA CARBALLO Enrique		52:39.45	20:19.45
100	564	GONZALEZ ABEIJON Fernando		52:59.41	20:39.41
101	490	BERNARDEZ GARCIA Javier		53:15.75	20:55.75
102	481	SEIJAS CAL Jacob		53:19.42	20:59.42
103	614	VARA BLANCO Manuel		53:22.51	21:02.51
104	631	GIL Esteban		53:24.79	21:04.79
105	495	DEVORA JIMENEZ Miguel Angel		53:28.45	21:08.45
106	603	ESTEVEZ PEREZ Miguel Angel		53:40.00	21:20.00
107	652	DOMINGUEZ ARAUJO Ivan		53:51.79	21:31.79
108	619	PEREIRA MURO Alvaro		53:52.39	21:32.39
109	594	GARCIA FERNANDEZ Jose Luis		53:53.34	21:33.34
110	601	MAGALHAES MARTINS Paulo		53:53.45	21:33.45
111	563	GONZALEZ ARISTA Jim		54:27.61	22:07.61
112	626	GEZ Elad		54:31.45	22:11.45
113	482	GIL OTERO Roberto		54:37.28	22:17.28
114	579	RESUA EIRAS David	CHUZAS OLIMPICOS	55:11.57	22:51.57
115	584	PIÑEIRO AGULLA Isidro Jose		55:17.30	22:57.30
116	612	RODRIGUEZ DOMINGUEZ Diego		55:17.37	22:57.37
117	609	REINE CAMPELOS Dionisio		55:18.71	22:58.71
118	610	VAZQUEZ FERNANDEZ Victor		55:30.32	23:10.32
119	484	HERMIDA BALLESTEROS Enrique		55:45.63	23:25.63
120	517	SOBREVELA ROMAGUERA Luis Miguel		55:48.48	23:28.48
121	520	GONZALEZ REY Diego	ADN RUNNERS - TELMO PELUQUEROS	55:52.72	23:32.72
122	575	CARBONELL ARGIBAY Breixo		55:57.38	23:37.38
123	628	ANTON FERNANDEZ David		56:17.35	23:57.35
124	530	MARTINEZ RODRIGUEZ Tony		56:47.07	24:27.07
125	557	GARCIA BARCIELA Alberto		56:56.77	24:36.77
126	547	ROUCO COMESAÑA Juan Ignacio		57:14.32	24:54.32
127	532	ARNAIZ RAMOS Juan		57:41.99	25:21.99
128	516	GARCIA LOPEZ Alberto	MAIS QUE AUGA	57:45.14	25:25.14
129	477	ORTEGA SANCHEZ Felix		57:50.27	25:30.27
130	529	GONZALEZ CABALEIRO Marcos		57:53.40	25:33.40
131	654	OSBORNE Steve	SHAKA CLUB	58:34.19	26:14.19
132	572	HERRERA Rene Carlos		59:27.84	27:07.84
133	598	VERAZA Cristian	MAIS QUE AUGA	59:56.50	27:36.50
134	489	GRAZIANI FONTICIELHA Rodrigo		1h00:56.93	28:36.93
135	498	MARTINEZ RILO Fran		1h01:42.77	29:22.77
136	635	COSSINI BENCHIMOL Ignacio Esteban		1h01:50.42	29:30.42
137	499	PEREZ BASTOS Enrique		1h02:22.98	30:02.98
138	549	HERVES Javi	CHOCOKIWI	1h02:43.38	30:23.38
139	562	MOULAKIS Dimitris		1h04:27.28	32:07.28
140	636	LIBOREIRO MAYAN Sergio		1h05:29.46	33:09.46
141	647	SAYANS BARGO Jesus		1h06:01.15	33:41.15
142	522	LONGO DOMINGUEZ Angel		1h25:23.45	53:03.45
143	486	LIMIA PRADO Sergio		1h37:25.88	1h05:05.88

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F2					
1	72	ESTEVEZ CRESPO Cristina		39:29.06	
2	117	RODRIGUEZ OLIVEIRA Rocio	ATHLETICS FISIOTERAPIA SAN LÁZ	41:56.86	2:27.80
3	85	MOREU PEREIRA-BORRAJO Beatriz	CLUB DEPORTIVO DELIKIA	43:08.44	3:39.38
4	133	SABORIDO GIL Olalla	CLUB ATLETISMO VETERANOS DE SA	43:39.96	4:10.90
5	137	RODRIGUEZ GONZALEZ Nerea	CLUB ATLETISMO PORRIÑO	44:10.10	4:41.04
6	112	HERNANDEZ BUGARIN Rosa		45:17.58	5:48.52
7	120	ALONSO ROMERO Marina	CLUB ATLETISMO TUI	45:18.05	5:48.99
8	136	VALCARCEL TOSCANO Isa		47:19.98	7:50.92
9	106	FERNANDEZ LOPEZ Raquel	RAÑESTRES TEAM	47:24.82	7:55.76
10	138	SERRANO MONGE Violeta	CLUB DEPORTIVO DELIKIA	47:43.68	8:14.62
11	77	VIDAL LORENZO Emilia	MAIS QUE AUGA	48:07.81	8:38.75
12	83	MARTINS VIDAL Rafael	LONZA BIOLOGICS	48:28.39	8:59.33
13	140	ESPIÑO LOPEZ Rebeca		48:34.18	9:05.12
14	79	FERNANDEZ VARELA Maria Estefania		49:16.01	9:46.95
15	71	FONSECA GARCIA Lucia		49:18.08	9:49.02
16	96	ROMERO MARTINEZ Monica	FRUTAS NIEVES	49:21.31	9:52.25
17	114	TARRIO FUENTES Nuria		49:46.21	10:17.15
18	113	BOSSA RODRIGUEZ Silvia		50:37.05	11:07.99
19	118	RIAL CRESTELO Marta		51:00.24	11:31.18
20	95	SANCHEZ PADILLA Arantxa		51:00.97	11:31.91
21	126	PEREZ LAGO Laura	TRINORTH	51:11.79	11:42.73
22	128	CARBAJALES PEREZ Cris		51:12.03	11:42.97
23	130	TENORIO DEL RIO Maria Jose		51:30.33	12:01.27
24	97	GARCIA TORRICO Dolly	MAIS QUE AUGA	51:40.15	12:11.09
25	139	RAMOS GONZALEZ Noa	MAIS QUE AUGA	51:46.35	12:17.29
26	135	MARTINEZ CASTIÑEIRA Monica	CLUB ATLETISMO PORRIÑO	52:08.77	12:39.71
27	101	CASAL GARCIA Montserrat		52:17.31	12:48.25
28	122	LEIROS GIRALDEZ Carla	L@S INSENSAT@S	53:18.42	13:49.36
29	115	BRITO ALONSO Paula		53:53.28	14:24.22
30	121	CASAL BARGE Silvia		55:17.43	15:48.37
31	82	PEREZ RODRIGUEZ Elisa		55:18.00	15:48.94
32	132	BADAS Diana		55:27.11	15:58.05
33	75	GARCIA DA SILVA Monica		55:39.72	16:10.66
34	90	MARTINEZ COMESAÑA Isabel	C.A.R. MARISQUEIRO	56:32.77	17:03.71
35	123	FERNANDEZ LOPEZ Aida		56:44.80	17:15.74
36	74	SARABIA VIDAL Montse		56:47.07	17:18.01
37	108	PEREZ PEREIRAS Victoria	VIGOENTRENA	56:50.70	17:21.64
38	102	LEMONS LOPEZ Vanesa	MAIS QUE AUGA	57:07.60	17:38.54
39	93	FERNANDEZ PAZO Paula		57:09.09	17:40.03
40	110	VAZQUEZ MARTINEZ Ana Belen		57:14.37	17:45.31
41	116	ARNOSO MOURE Lydia		57:22.14	17:53.08
42	81	RIOS BOUZA Sandra	MAIS QUE AUGA	57:43.32	18:14.26
43	98	COSTAS NOYA Patricia	CHUZAS OLIMPICOS	57:43.86	18:14.80
44	109	MAGRO HERNANDEZ Maria Geomar		57:50.35	18:21.29
45	78	BALDWIN Jessica		59:03.17	19:34.11

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46	104	RODRIGUEZ DELGADO Paola		59:03.30	19:34.24
47	80	PIÑON VILLAR Iria		59:26.23	19:57.17
48	111	PAZOS GONZALEZ Lorena		59:40.24	20:11.18
49	103	FREIRE Lorena	MAIS QUE AUGA	59:57.48	20:28.42
50	119	ABALDE SANCHEZ Marta		1h00:09.50	20:40.44
51	84	POMBO CHAPELA Lucia	MAIS QUE AUGA	1h01:11.39	21:42.33
52	76	FERNANDEZ LAGO Esperanza		1h01:42.77	22:13.71
53	134	REGO Esther	RUN SLOW CLUB	1h01:44.59	22:15.53
54	89	ORS ROIG Cristina	MAIS QUE AUGA	1h04:07.21	24:38.15
55	99	FERNANDEZ MARTIN Tania		1h05:04.46	25:35.40
56	107	ALONSO CARREIRA Maria Lucia	ASALTAMONTES FEMALE	1h06:06.48	26:37.42
57	92	SILVA DELGADO Jully Bannsa		1h24:03.43	44:34.37
58	73	FERNANDEZ DAPARTE Susana		1h26:01.78	46:32.72

M3

1	447	PRIETO DE LA IGLESIA Manuel	ATHLETICS FISIOTERAPIA SAN LÁZ	35:10.57	
2	428	BARREIRO PEREIRA Xose Anton	SD COMPOSTELA ATLETISMO	36:19.28	1:08.71
3	462	ULLA REGA Manuel		37:10.43	1:59.86
4	469	POMBAL CORTEGOSO Vicente	CLUB ATLETISMO SAN MIGUEL DE M	38:11.34	3:00.77
5	402	COSTAS COSTAS Miguel	MAIS QUE AUGA	38:21.76	3:11.19
6	443	ALVAREZ-BUYLLA DE LA UZ Julio	ATLETISMO BAIONA	39:32.64	4:22.07
7	445	RODRIGUEZ GARCIA Pablo	RUNNING TRACK	40:04.71	4:54.14
8	454	LAGO GOBERNA Francisco Javier	CLUB ATLETISMO FLORISTERIA CAR	40:05.69	4:55.12
9	431	MAHOU Xose		40:27.91	5:17.34
10	473	BARREIRO RUIBAL Matias	CLUB DEPORTIVO PINARIUM	40:33.50	5:22.93
11	380	RIVAS Victor	C.A.R. MARISQUEIRO	40:58.02	5:47.45
12	444	FROIZ LAREU Andres	TNT GHERRILLEIROS	41:01.76	5:51.19
13	388	VAZQUEZ VARELA Tito	C.A.R. MARISQUEIRO	42:37.05	7:26.48
14	369	ALVAREZ Andres	IMAXINATEA ESCOLA DE TEATRO	43:03.71	7:53.14
15	359	VALEIJE ALVAREZ Eduardo		43:03.94	7:53.37
16	460	RODRIGUEZ BANDE Carlos		43:08.90	7:58.33
17	432	BUJANDA GARMENDIA Carlos Alberto		43:30.36	8:19.79
18	420	GIL PORTEIRO David	700 FRANGIL	43:32.85	8:22.28
19	392	RIVEIRO PARCERO Javier		43:37.76	8:27.19
20	427	FERNANDEZ TRONCOSO Francisco		43:49.08	8:38.51
21	919	RODRIGUEZ CASTRO Javier		43:58.72	8:48.15
22	446	PEREIRO PEREIRO Miguel		44:07.75	8:57.18
23	411	ALONSO FERNANDEZ Antonio		44:15.61	9:05.04
24	404	ALONSO FERNANDEZ Moncho		44:48.42	9:37.85
25	399	AMOEDO AGULLA Carlos		45:13.71	10:03.14
26	441	ALONSO MARTINEZ Ivan		45:23.94	10:13.37
27	393	ALONSO LAGO Sete		45:31.36	10:20.79
28	424	DOMINGUEZ EDREIRA Julio		45:32.77	10:22.20
29	442	ALONSO COSTAS Oscar		45:37.87	10:27.30

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30	470	MONTENEGRO BALLESTEROS Diego	CHUZAS OLIMPICOS	45:49.39	10:38.82
31	412	SANCHEZ OTERO Oswaldo	TNT GHERRILLEIROS	45:52.53	10:41.96
32	419	GONZALEZ MACIEL Jose Luis	RIZOS TEAM	46:05.78	10:55.21
33	421	POUSA LUCIO Xoan Manuel	SAPOCONCHOS	48:14.41	13:03.84
34	434	NOVOA SIO Jose	CLUB ATLETISMO FLORISTERIA CAR	48:18.11	13:07.54
35	398	NOVOA SIO Juan	CLUB ATLETISMO FLORISTERIA CAR	48:18.25	13:07.68
36	464	CALVAR LORENZO Jesus	CLUB TRIATLÓN MAR DE VIGO	48:26.69	13:16.12
37	416	CRUCES ALVAREZ Daniel		49:02.58	13:52.01
38	415	LOPEZ PEREZ Ramiro Alfonso		49:07.55	13:56.98
39	387	VILA ALONSO Ignacio		49:45.42	14:34.85
40	459	ALONSO ABALO Jose Manuel	ROMERO'S RUNNERS	49:48.17	14:37.60
41	370	CARBALLIDO ARAUJO Victor Manuel	TANINOS RUNNERS PONTEAREAS	49:49.15	14:38.58
42	438	DAPENA MARIÑO Jose Luis	ADN RUNNERS - TELMO PELUQUEROS	50:13.94	15:03.37
43	362	MILLARA DIAZ Alberto		50:36.91	15:26.34
44	357	MADRUGA MARTIN Eugenio		50:39.79	15:29.22
45	468	MARTINEZ DOBALO David	CROOSBEERS	50:50.49	15:39.92
46	382	ALONSO VEIGA Jose	ANISETES	51:12.11	16:01.54
47	360	CODON VEGA Alfonso	C.A.R. MARISQUEIRO	51:14.53	16:03.96
48	355	RODRIGUEZ COSTAS Manuel		51:26.97	16:16.40
49	368	GONCALVES ROLO Alvaro	MAIS QUE AUGA	51:46.89	16:36.32
50	457	OTERO SALGUEIRO Francisco Javier	C.A.R. MARISQUEIRO	51:48.05	16:37.48
51	426	LAMAS FERREIRA Jorge		51:48.89	16:38.32
52	409	MARTINEZ GOMEZ Pakinho	GALLAECIA JASTANDO SAPATILLA	52:18.33	17:07.76
53	425	RASILLA ALVAREZ Javier		52:22.06	17:11.49
54	422	PEREIRO SANTIN Ramon	GRIMO	52:40.59	17:30.02
55	361	RODRIGUEZ FOLGAR Cesar		52:40.81	17:30.24
56	403	BLANCO POVEDA Victor		53:23.71	18:13.14
57	461	GONZALEZ GARCIA Arturo		53:28.19	18:17.62
58	389	GRAÑA Arturo		53:33.91	18:23.34
59	384	ALVAREZ PEREIRA Roberto	OS PELIQUEIROS	53:45.35	18:34.78
60	386	FERNANDEZ FEIJOO Jose Manuel		53:58.23	18:47.66
61	451	RODILLA ALVAREZ Ivan Fernando		54:01.15	18:50.58
62	356	GUAMA MENA Patricio		54:10.06	18:59.49
63	458	VILLATORO IGLESIAS Javier		54:48.65	19:38.08
64	379	TOLEDO MONTES Pablo	CHUZAS OLIMPICOS	55:02.77	19:52.20
65	381	CERDEIRA GREGORIO Francisco		55:03.46	19:52.89
66	358	PEREZ ALONSO Alfonso	CLUB ATLETISMO FLORISTERIA CAR	55:07.07	19:56.50
67	414	PEREZ RIAL Bernardo Miguel	FLORISTERÍA CARMEN SIO	55:07.28	19:56.71
68	410	CABO BEN Jose Luis	BURGAS ATLETISMO	55:22.97	20:12.40
69	390	VALEBONA REFOJOS Manuel	TRINORTH	55:40.14	20:29.57
70	374	BAQUERO LOPEZ Javier		55:58.13	20:47.56
71	429	AIRA GARCIA Jose Julio		56:24.69	21:14.12
72	465	CALVO RODRIGUEZ Iñigo		56:35.37	21:24.80
73	430	MARTINEZ COSTAS Diego	CLUB ATLETISMO FLORISTERIA CAR	56:42.75	21:32.18
74	365	CARRILLO GONZALEZ Camilo Jose		56:59.80	21:49.23
75	417	REIGADA QUINTELA Fernando	CHUZAS OLIMPICOS	57:43.71	22:33.14

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76	401	RODRIGUEZ IGLESIAS Roberto		57:44.50	22:33.93
77	407	IGLESIAS GROBAS Ignacio	CLUB ATLETISMO FLORISTERIA CAR	57:44.69	22:34.12
78	394	FERNANDEZ RODRIGUEZ Evaristo		57:49.14	22:38.57
79	440	LOPEZ LOPEZ Jacobo	LASER GALICIA RANING	57:51.15	22:40.58
80	371	BARRA ALVAREZ Jose Manuel		58:02.61	22:52.04
81	377	DOMINGUEZ PEREZ Francisco Javier		59:35.45	24:24.88
82	456	FREIRE PIÑEIRO Jose Manuel	MAIS QUE AUGA	59:56.41	24:45.84
83	448	MUÑOZ NOYA Marcos	CHUZAS OLIMPICOS	1h02:17.41	27:06.84
84	397	VAZQUEZ Enrique		1h06:44.88	31:34.31
85	373	PAZO PAZO Jorge		1h24:04.16	48:53.59
86	413	GUZMAN CRESPI Rafael		1h37:26.02	1h02:15.45

F3

1	66	ALONSO GARCIA Ana	ATHLETICS FISIOTERAPIA SAN LÁZ	42:13.17	
2	48	LAMPON CARIDE Ana Maria	MAIS QUE AUGA	42:33.82	20.65
3	24	GALLINAR FERNANDEZ Monica	ATHLETICS FISIOTERAPIA SAN LÁZ	45:17.87	3:04.70
4	52	FIGUEORA Losada		45:45.64	3:32.47
5	47	COMESAÑA FERNANDEZ Esperanza		48:29.66	6:16.49
6	69	MARTINEZ COMESAÑA Lucia	C.A.R. MARISQUEIRO	49:25.95	7:12.78
7	59	GONZALEZ CASAL Alejandra	VIGOENTRENA	51:56.60	9:43.43
8	67	BALIÑO GONZALEZ Ruth	RIZOS TEAM	52:02.99	9:49.82
9	70	LEMONS CABRERA Sonia		52:15.50	10:02.33
10	58	LOPEZ REIS Julia	VIGOENTRENA	52:34.48	10:21.31
11	62	LARRAÑAGA SAEZ-TORRES Olalla		53:07.23	10:54.06
12	44	MIRAS CALVO Adela		53:09.72	10:56.55
13	29	EGUIA LOUZAN Marta		53:40.79	11:27.62
14	45	JORGE ALVAREZ Monica		54:01.15	11:47.98
15	60	BARREIRO VAZQUEZ Maria Dolores		54:46.12	12:32.95
16	61	PAZ OLIVEIRA Natalia	MAIS QUE AUGA	55:30.52	13:17.35
17	32	GOICOECHEA CASTAÑO Itziar	TRINORTH	55:38.89	13:25.72
18	43	ENDRESS Eva	CLUB CASTRELOS 20:30	56:03.08	13:49.91
19	46	AMORIN LORENZO Montserrat		56:24.54	14:11.37
20	50	GONZALEZ RONCERO Paqui		56:26.38	14:13.21
21	57	RIVERA DOBAO Pilar	MAIS QUE AUGA	56:28.07	14:14.90
22	37	SANTORIO DE FRUTOS Tatiana	ATHLETICS FISIOTERAPIA SAN LÁZ	57:07.04	14:53.87
23	19	ALVAREZ COMESAÑA Monica	ATHLETICS FISIOTERAPIA SAN LÁZ	57:08.15	14:54.98
24	56	LEAL DOVAL Noemi	CLUB DEPORTIVO RÍA DE AROUSA O	57:11.39	14:58.22
25	16	GONZALEZ IGLESIAS Ana Rosa		57:26.68	15:13.51
26	18	GONZALEZ DE LA CUESTA Sofia		57:55.04	15:41.87
27	55	BERRIDE SOTO Lucia		58:01.38	15:48.21
28	33	FERNANDEZ RUIZ Maite	MAIS QUE AUGA	59:56.50	17:43.33
29	64	LOPEZ CAMBA Raquel		1h00:21.46	18:08.29
29	21	ALVAREZ RODRIGUEZ Rosana		1h00:21.46	18:08.29
31	53	DIAZ VARELA Paula		1h00:38.79	18:25.62

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32	63	PEREZ QUINTAS Carmen		1h02:03.15	19:49.98
33	65	FERNANDEZ SANROMAN Asun		1h04:05.79	21:52.62
34	35	TATO ALVAREZ Maria		1h06:06.58	23:53.41
35	22	FERNANDEZ SUAREZ Carmen	MAIS QUE AUGA	1h09:15.67	27:02.50
36	20	PAZOS CABARETIER Sonia	NORDIC WALKING VIGO	1h41:17.62	59:04.45

M4

1	340	GRAÑA ALONSO Jose Carlos	LODEIROS TRAIL	38:30.46	
2	350	PAZ RODRIGUEZ Juan	CLUB CASTRELOS 20:30	41:06.55	2:36.09
3	354	ALEN CASTELAIN Eusebio	CASTRELOS 20:30	41:07.22	2:36.76
4	336	TABOADA GONZALEZ Ramiro	RUNNING LUSEKELO	42:01.06	3:30.60
5	353	VAZQUEZ VIDAL Antonio		42:32.89	4:02.43
6	335	VIDEIRA CORREA Alberto	RUNNING LUSEKELO	45:38.63	7:08.17
7	330	GUIMARAENS JUDEL Javier		47:56.37	9:25.91
8	342	GALLIDORO DEL MONTE Jose Humberto	CLUB DEPORTIVO DELIKIA	48:07.81	9:37.35
9	352	BARREIRO BARREIRO Benigno	ATHLETICS AVENTURA XTREM	48:29.05	9:58.59
10	329	FERNANDEZ CLEMENTE Carlos		49:12.89	10:42.43
11	351	GONZALEZ RAMIREZ Juan		49:58.27	11:27.81
12	347	MARTINEZ MEIS Felix		50:18.49	11:48.03
13	345	GONZALEZ GARCIA Luis	C.A.R. MARISQUEIRO	52:31.75	14:01.29
14	339	VILLAR SALGADO Jose Francisco	C.A.R. MARISQUEIRO	53:38.02	15:07.56
15	349	CALDERON FERNANDEZ Eloy		53:46.33	15:15.87
16	333	ZUNZUNEGUI Roman	MAIS QUE AUGA	55:43.88	17:13.42
17	337	CHOQUET Yves		57:06.90	18:36.44
18	338	DIZ DIOS Jose Higinio		1h06:34.66	28:04.20
19	915	RUIZ REY Miguel		1h12:43.03	34:12.57

F4

1	10	ALFAYATE RODRIGUEZ Cati		55:14.91	
2	15	MALLO FERRER Sonia		57:21.17	2:06.26
3	12	ROCHA CRUCES Maria Carmen	C.A.R. MARISQUEIRO	59:53.90	4:38.99
4	14	RODRIGUEZ IGLESIAS Ana	MAIS QUE AUGA	1h01:10.92	5:56.01
5	13	RODRIGUEZ ALVAREZ Marta	BIKILA	1h08:18.41	13:03.50
6	11	DIAZ CARRERAS Marta		1h10:28.84	15:13.93

M5

1	322	RIVEIRO RODRIGUEZ Arlindo	CLUB CASTRELOS 20:30	37:16.60	
2	319	PEREZ PASCUAL Manuel	C.S.C.R. BEADE	43:18.77	6:02.17
3	316	VILLAR ALVAREZ Enrique	CLUB ATLETISMO VETERANOS DE SA	44:12.61	6:56.01
4	318	VICENTE ALVAREZ Guillermo Jose		48:16.81	11:00.21

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5	304	RODRIGUEZ RODRIGUEZ Sergio		48:16.93	11:00.33
6	308	CABRAL PEREZ Manuel Benedicto		48:17.41	11:00.81
7	326	ROCA RODRIGUEZ Ramon		49:11.63	11:55.03
8	310	VAZQUEZ TOME Victor		51:58.15	14:41.55
9	317	MARTINEZ REQUEJO Carlitos		54:20.75	17:04.15
10	312	GARABATOS CUADRADO Jose Antonio	C.A.R. MARISQUEIRO	54:29.01	17:12.41
11	323	LUSQUIÑOS MARTINEZ Alfonso		54:41.72	17:25.12
12	325	SOUTO CORTIZO Manuel	BURGAS ATLETISMO	55:24.69	18:08.09
13	314	ROS ROSILLO Alejandro	CLUB DEPORTIVO DELIKIA	55:28.60	18:12.00
14	324	PENEDO DA SILVA Jose Antonio	ATHLETICS AVENTURA XTREM	57:30.16	20:13.56
15	315	RIOS RODRIGUEZ Manuel	CLUB ATLETISMO VETERANOS DE SA	57:35.80	20:19.20
16	321	DIZ DIOS Pedro		1h03:39.16	26:22.56
17	303	COLLAZO BARRERAS German		1h07:23.45	30:06.85

F5

1	2	COSTAS RODRIGUEZ Carmen	SOCIEDAD ATLÉTICA VAL MIÑOR	57:51.80	
2	4	ALVAREZ DOMINGUEZ Rosa Mª	MAIS QUE AUGA	1h09:15.81	11:24.01

DISCAMINO

1	887	FERNANDEZ MARTINEZ Samuel	DISCAMINO	36:04.24	
2	680	RIVERA ESTEVEZ Aitor	DISCAMINO	36:46.39	42.15
3	42	PEREIRO PIAY Paula	DISCAMINO	38:24.07	2:19.83
4	472	BERRIDE SOTO David	DISCAMINO	38:26.52	2:22.28
5	912	RIOS PENA Alberto	DISCAMINO	38:40.76	2:36.52
6	645	DOVAL LAGO Diego	DISCAMINO	38:44.09	2:39.85