

GENERAL

Clit	Dor.	Apellidos y nombre	Categoría	Equipo	Inter 1 (Clit)	Tiempo	Diferencia
FEMENINA ABSOLUTA							
1	391	FREAZA OTERO Sofia	F2	COMESAÑA SPORTING CLUB	22:17.525 (1)	35:50.428	
2	201	ALVAREZ RODRIGUEZ Noemí	F1	CLUB DEPORTIVO DELIKIA	22:33.978 (3)	36:24.238	33.810
3	375	SABORIDO GIL Olalla	F1		22:24.744 (2)	36:43.299	52.871
4	379	VILLALBA BARRIOS Delia	F2	COMESAÑA SPORTING CLUB	22:40.118 (4)	36:55.040	1:04.612
5	295	RODRIGUEZ OLIVEIRA Rocío	F2	ATHLETICS FISIOTERAPIA SAN LÁZ	23:21.860 (6)	37:32.914	1:42.486
6	156	MIGUEZ LAGO Jessica	F1		22:47.431 (5)	37:36.162	1:45.734
7	450	GALLINAR FERNANDEZ Mónica	F3	ATHLETICS FISIOTERAPIA SAN LÁZ	23:27.767 (7)	38:14.753	2:24.325
8	399	SMPEDRO Julia	F2	MÁIS QUE AUGA	23:44.899 (9)	38:28.954	2:38.526
9	81	TOKARENKO Alina	F1		23:49.095 (10)	38:39.276	2:48.848
10	258	PEREZ MARIÑO Elena	F1	RUNYTRI	23:52.072 (11)	38:44.831	2:54.403
11	106	MOREU PEREIRA-BORRAJO Beatriz	F2	CLUB DEPORTIVO DELIKIA	23:33.532 (8)	38:54.461	3:04.033
12	58	RODRIGUEZ GONZALEZ Nerea	F1	ATLETISMO PORRIÑO	24:31.023 (13)	40:02.428	4:12.000
13	398	LLORENTE Lucia	F1	MÁIS QUE AUGA	25:12.063 (14)	40:50.323	4:59.895
14	99	CASSANI Lucía	F1	MÁIS QUE AUGA	25:15.063 (15)	40:57.244	5:06.816
15	28	RODRIGUEZ LOPEZ Belén	F2	CLUB DEPORTIVO DELIKIA	25:38.453 (17)	41:16.127	5:25.699
16	39	PEREZ GONZALEZ Elena	F2	BURGAS ATLETISMO OURENSE	25:23.547 (16)	41:34.868	5:44.440
17	271	MARTINEZ COMESAÑA Lucía	F2	C.A.R. MARISQUEIRO	25:42.203 (18)	41:49.205	5:58.777
18	349	DOMINGUEZ PEREZ Naomi	F1	CLUB DEPORTIVO DELIKIA	25:49.516 (19)	42:00.541	6:10.113
19	413	LEMAT CABRAL María Belén	F3	CLUB TRIATLON CIDADE DE LUGO F	26:00.907 (21)	42:24.346	6:33.918
20	280	RIVERA VAZQUEZ Noelia	F3	ATHLETICS FISIOTERAPIA SAN LÁZ	26:07.470 (22)	42:36.848	6:46.420
21	326	GONZALEZ FERNANDEZ Monica	F1		25:56.060 (20)	42:39.485	6:49.057
22	344	PRIETO RODRIGUEZ Tahia	F2		26:19.984 (24)	42:46.366	6:55.938
23	9	FERNANDEZ MOSQUERA Raquel	F2		26:07.938 (23)	42:51.879	7:01.451
24	162	ALONSO PARENTE Patricia	F2	BIKILA	26:28.703 (25)	42:52.095	7:01.667
25	228	GONZALEZ CASAL Alejandra	F3	VIGOENTRENA	26:48.554 (26)	43:34.841	7:44.413
26	210	VYNOHRADOVA Kateryna	F1		26:49.399 (27)	43:54.959	8:04.531
27	2	AMIL Christin	F2		27:06.626 (29)	44:24.843	8:34.415
28	192	ZAPATA RODRIGUEZ Raquel	F2	C.A.R. MARISQUEIRO	27:16.634 (30)	44:27.099	8:36.671
29	269	RODRIGUEZ GARCIA Xana	F1		26:51.603 (28)	44:40.548	8:50.120
30	466	ROMERO MARTINEZ Mónica	F2	FRUTAS NIEVES	27:22.516 (31)	44:56.168	9:05.740
31	323	CANABAL VILLAVARDE Estrella	F3	C.A.R. MARISQUEIRO	28:29.290 (34)	45:45.150	9:54.722
32	436	TAVIO ROMAN Cristina	F1		28:36.437 (37)	45:52.834	10:02.406
33	437	BRISO NOVO Paula	F1		28:59.032 (40)	46:06.028	10:15.600
34	290	ABALDE ORTEGA Iolanda	F1		28:21.052 (33)	46:08.765	10:18.337
35	231	RIVERA DOBAO Pilar	F3	MÁIS QUE AUGA	28:35.172 (36)	46:10.690	10:20.262
36	429	ZARAIKA Iuliia	F2		28:17.172 (32)	46:20.045	10:29.617
37	378	CERES VEGA LEAL Carmen	F2	ATHLETICS FISIOTERAPIA SAN LÁZ	29:10.000 (45)	46:29.190	10:38.762
38	130	ABELEIRA CARBALLO Irene	F1		24:17.172 (12)	46:31.632	10:41.204
39	92	COSTAS RODRIGUEZ Carmen	F5	ATLETISMO BAIONA	28:38.289 (38)	46:35.890	10:45.462
40	282	LOPEZ FERNANDEZ María	F1		29:40.634 (50)	46:39.789	10:49.361
41	181	VALCARCEL TOSCANO Isa	F1		29:02.547 (41)	46:47.870	10:57.442
42	464	FERNAGUT Camille	F1		28:31.213 (35)	46:50.883	11:00.455
43	431	PATTINSON Alice	F1		28:57.906 (39)	46:52.085	11:01.657
44	72	GARCIA TORRICO Dolly	F2	MÁIS QUE AUGA	30:18.392 (58)	46:55.410	11:04.982
45	253	PEREZ RODRIGUEZ Elisa	F2		29:13.517 (46)	47:04.306	11:13.878

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46	432	TABOAS CARRERA Irene	F1	CLUB ATLETISMO PORRIÑO	29:07.400 (44)	47:21.959	11:31.531
47	404	CARRERA SOUTELO Josefa	F4		29:06.837 (43)	47:22.273	11:31.845
48	97	RODAL MALVIDO Loli	F1		29:22.609 (48)	47:36.650	11:46.222
49	15	COLLAZO FERNANDEZ Lorena	F1	C.A. VETERANOS DE SAMIL	29:05.197 (42)	47:42.891	11:52.463
50	394	VIDAL GONZALEZ Ana	F1		29:28.352 (49)	47:45.371	11:54.943
51	188	ESPIÑO LOPEZ Rebeca	F1		29:42.696 (51)	48:06.411	12:15.983
52	457	OTERO FUERTES Paz	F2		29:57.063 (52)	48:10.342	12:19.914
53	345	CABANELAS Celeste	F1		29:20.898 (47)	48:35.085	12:44.657
54	75	SARABIA VIDAL Montse	F2		29:59.931 (53)	48:35.232	12:44.804
55	261	FERNANDEZ SUAREZ Irma	F3		30:08.523 (56)	48:53.132	13:02.704
56	66	SORDO GARCIA Maria Teresa	F2	TANINOS RUNNERS	30:07.939 (55)	49:09.414	13:18.986
57	480	LOPEZ REIS Julia	F3		30:43.775 (63)	49:19.082	13:28.654
58	366	GALLERO FERNANDEZ Mar	F4		30:43.213 (62)	49:31.527	13:41.099
59	235	SOUTO MARTINEZ Isabel	F2		30:05.782 (54)	49:39.173	13:48.745
60	299	VAZQUEZ MAYO Monica	F2	MÁIS QUE AUGA	30:46.637 (64)	49:44.215	13:53.787
61	405	FERNANDEZ PAZO Paula	F2		30:25.329 (60)	49:45.874	13:55.446
62	334	DIAZ LOPEZ Rose Mary	F1		30:48.085 (66)	49:46.155	13:55.727
63	224	GONZALEZ GONZALEZ María Elena	F3	MÁIS QUE AUGA	30:17.384 (57)	49:46.734	13:56.306
64	115	CASTROSEIROS GONZALEZ Natalia	F1	MÁIS QUE AUGA	30:22.820 (59)	49:46.855	13:56.427
65	196	PAZ OLIVEIRA Natalia	F2	MÁIS QUE AUGA	30:47.054 (65)	50:09.533	14:19.105
66	226	MARTIN PALLES Andrea	F1		31:32.571 (76)	50:10.846	14:20.418
67	384	CARRILLO LORENZO Lucía	F2		31:03.814 (69)	50:25.634	14:35.206
68	132	VICENTE SANROMAN Alexandra	F1		31:17.016 (72)	50:34.295	14:43.867
69	459	LARIÑO MORA Anai	F1		31:09.437 (70)	50:52.972	15:02.544
70	458	CARRO FEAS Rosario	F2		31:26.572 (74)	50:55.189	15:04.761
71	204	PEREZ PEREIRAS Victoria	F2		31:00.133 (68)	50:59.855	15:09.427
72	42	ARNOSO MOURE Lydia	F2		31:21.742 (73)	51:09.355	15:18.927
73	441	CARNERO LLAUGER Maria	F2	BIKILA	32:22.094 (83)	51:09.956	15:19.528
74	359	VIÑAS ROMERO Silvia	F3	BIKILA	32:23.313 (84)	51:10.072	15:19.644
75	169	CORCOBA GONZALEZ Andrea	F1		30:39.695 (61)	51:13.669	15:23.241
76	419	IVANOVA Tetiana	F1		30:53.665 (67)	51:26.555	15:36.127
77	93	CUEVAS Karen	F1		31:33.062 (77)	51:28.436	15:38.008
78	421	VELOSO LOURIDO Lorena	F1		31:31.259 (75)	51:28.496	15:38.068
79	481	GRAÑA SOTO Andrea	F1		31:46.072 (80)	51:42.108	15:51.680
80	246	FERNANDEZ RUIZ Maite	F3	MÁIS QUE AUGA	31:13.843 (71)	51:44.958	15:54.530
81	225	ENDRESS Eva	F3	CASTRELOS 20:30	31:34.544 (78)	51:45.495	15:55.067
82	438	GONZALEZ COSTAS Nerea	F1		32:10.304 (81)	52:10.695	16:20.267
83	159	VULCANO Sara	F1		31:38.032 (79)	52:18.406	16:27.978
84	135	MOSQUERA RODRIGUEZ Ana	F3		32:37.375 (89)	52:20.376	16:29.948
85	251	IBARRETXE MARTINEZ Arantzazu	F2	L@S INSENSAT@S	32:35.712 (88)	52:52.999	17:02.571
86	176	VALIENTE PICON Sara	F1		32:54.181 (93)	52:58.646	17:08.218
87	205	POMBO CHAPELA Lucia	F2	MÁIS QUE AUGA	32:28.587 (85)	53:18.917	17:28.489
88	216	SANTANA CABRAL Pilar	F1	MÁIS QUE AUGA	32:29.477 (86)	53:18.918	17:28.490
89	248	ALVAREZ COMESAÑA Monica	F3	ATHLETICS FISIOTERAPIA SAN LÁZ	32:32.593 (87)	53:29.697	17:39.269
90	332	RODRÍGUEZ FRANCISCO Uxía	F1		32:49.890 (91)	53:32.638	17:42.210
91	333	GARCIA IGLESIAS Claudia	F1		32:49.117 (90)	53:32.769	17:42.341
92	403	REGUEIRO LEMOS Sonia	F1		32:19.634 (82)	53:46.660	17:56.232

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93	327	ESTEVEZ ALONSO Marta	F1		33:31.164 (97)	53:50.066	17:59.638
94	215	DA VEIGA ALVAREZ Marta	F2		32:53.148 (92)	53:57.330	18:06.902
95	284	LOBOSAR MATANZAS Milena	F1		33:23.897 (95)	54:01.318	18:10.890
96	329	GONZALEZ BLAS Cristina	F3		33:14.336 (94)	54:09.739	18:19.311
97	296	ORS ROIG Cristina	F2	MÁIS QUE AUGA	33:29.243 (96)	54:21.138	18:30.710
98	473	GOMEZ DIAZ Ana	F1		33:40.704 (98)	55:02.402	19:11.974
99	363	RECAMAN MIGUEZ Shirley	F2		34:24.577 (101)	55:19.992	19:29.564
100	227	GIL JANEIRO Yoli	F2	MÁIS QUE AUGA	34:04.563 (99)	56:02.106	20:11.678
101	179	RODRIGUEZ IGLESIAS Ana	F3	MÁIS QUE AUGA	34:05.290 (100)	56:02.294	20:11.866
102	138	OSSORIO TERRON Asunción	F4	ATHLETICS FISIOTERAPIA SAN LÁZ	34:28.539 (102)	56:20.391	20:29.963
103	183	CHAPARRO Claudia	F1		34:38.452 (103)	56:46.180	20:55.752
104	330	GONZALEZ RODRIGUEZ Alba	F3		35:04.796 (105)	57:23.341	21:32.913
105	286	VILLANUEVA FERNANDEZ Elena V.	F1		35:02.641 (104)	57:46.496	21:56.068
106	354	GARCIA ALONSO Bea	F2		35:18.272 (106)	57:53.443	22:03.015
107	208	ALVAREZ DOMINGUEZ Rosa M ^a	F5	MÁIS QUE AUGA	36:45.672 (107)	59:07.358	23:16.930
108	433	PEREA GALVAN María Jimena	F1		36:48.671 (108)	59:33.964	23:43.536
109	5	COSTA GARRIDO Alejandra	F1	SOCIEDAD ATLÉTICA VAL MIÑOR	37:41.547 (110)	1h01:34.701	25:44.273
110	434	PEREZ RODRIGUEZ Alba	F2		37:09.696 (109)	1h01:38.709	25:48.281
111	117	GONZALEZ MERA Regina	F3	MÁIS QUE AUGA	38:12.720 (112)	1h01:58.486	26:08.058
112	184	CID FERNANDEZ Patricia	F1		38:13.540 (113)	1h02:18.168	26:27.740
113	237	ROSELLO CABELLO Beatriz	F1	MÁIS QUE AUGA	38:10.539 (111)	1h03:28.911	27:38.483
114	490	ASENSIO VARELA Sara	F1	MÁIS QUE AUGA	39:04.773 (114)	1h03:29.008	27:38.580

MASCULINA ABSOLUTA

1	338	GUTIERREZ GONZALEZ Carlos Enrique	M1	CLUB DEPORTIVO DELIKIA	17:28.425 (2)	28:27.571	
2	462	BARGIELA ARAUJO Daniel	M2	BIKILA	17:27.722 (1)	28:38.831	11.260
3	79	BASTOS DASILVA Jose Alberto	M1	ADN RUNNERS-TELMO PELLUQUEROS F	17:55.918 (3)	29:12.043	44.472
4	46	FORTES MONTENEGRO Ricardo	M2	TANINOS RUNNERS PONTEAREAS	17:58.003 (4)	29:18.171	50.600
5	233	PEREZ Ruben	M2		18:11.668 (5)	30:12.249	1:44.678
6	67	OTERO AMOEDO Anxo	M1		18:41.550 (7)	30:22.827	1:55.256
7	177	SOUSA DOMINGUEZ Adrian	M1	GMTA CHUVONERS	18:37.049 (6)	30:33.467	2:05.896
8	452	PRIETO DE LA IGLESIA Manuel	M3	ATHLETICS FISIOTERAPIA SAN LÁZ	18:59.058 (8)	30:57.803	2:30.232
9	161	VAZQUEZ PAVON Roberto	M2	TANINOS RUNNERS	19:01.636 (9)	31:03.532	2:35.961
10	364	GONZALEZ RAMIREZ Martin	M1	CASTRELOS 20:30	19:36.838 (13)	31:45.229	3:17.658
11	361	VELOSO Jorge	M1		19:32.362 (12)	31:49.954	3:22.383
12	267	BURGOS REY José Antonio	M3	ATLETISMO PORRIÑO	19:43.829 (16)	31:52.328	3:24.757
13	198	MURIAS RODRIGUEZ Alejandro	M1	RUN&TRI	19:43.827 (15)	31:56.842	3:29.271
14	298	PEREZ MISA Jose Antonio	M1		19:24.651 (10)	31:59.494	3:31.923
15	372	MORGADANES PEREZ Adrián	M1	GMTA CHUVONERS	19:51.088 (18)	32:00.407	3:32.836
16	340	MOREIRA NOVAS Alberto	M1		19:42.346 (14)	32:06.885	3:39.314
17	80	RODRIGUEZ GALLEGO Alberto Jose	M1	CASTRELOS 20:30	20:12.111 (24)	32:19.275	3:51.704
18	318	ALONSO GONZALEZ André	M1		19:44.690 (17)	32:21.264	3:53.693
19	426	SIERRA PORTO Víctor	M2		19:56.671 (19)	32:22.815	3:55.244
20	140	FERNANDEZ MONZON Marcos	M3	C.S.R. BEADE	20:03.182 (21)	32:24.170	3:56.599
21	146	RIVEIRO RODRIGUEZ Arlindo	M4	CASTRELOS 20:30	19:59.292 (20)	32:27.489	3:59.918

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22	355	LIEBANAS MENDEZ Antonio	M2	ATLETISMO BAIONA	19:29.245 (11)	32:41.568	4:13.997
23	497	PENA PEREIRA Francisco Javier	M2	C.S.R. BEADE	20:03.978 (22)	32:42.915	4:15.344
24	319	GONZALEZ BORGES Marcos	M1		20:22.940 (30)	32:53.235	4:25.664
25	435	OTERO RAMIREZ Alejandro	M2	ATHLETICS FISIOTERAPIA SAN LÁZ	20:17.783 (27)	32:55.668	4:28.097
26	111	BARREIRO PEREIRA Xosé Antón	M3	SOCIEDAD DEPORTIVA COMPOSTELA	20:09.955 (23)	32:56.514	4:28.943
27	308	AMOEDO GIMENEZ Anton	M3	ASOCIACIÓN DEPORTIVA C.A.R.	20:18.980 (29)	33:04.760	4:37.189
28	178	ROMERO VAZQUEZ Manuel	M2		20:13.235 (25)	33:22.490	4:54.919
29	336	LOPEZ MARTINEZ Jose	M1	X-ONE	20:18.300 (28)	33:22.556	4:54.985
30	101	FERREIRA LAREDO David	M2	CASTRELOS KM.0	20:37.986 (32)	33:36.899	5:09.328
31	141	FERNANDEZ DE TORO Manuel	M3	C.A. VETERANOS DE SAMIL	20:17.295 (26)	33:41.840	5:14.269
32	252	GARCIA FERNANDEZ Esteban	M2	MÁIS QUE AUGA	20:30.651 (31)	33:43.097	5:15.526
33	45	SUAREZ MARTINEZ Manuel	M5	C.A. VETERANOS DE SAMIL	20:52.283 (36)	33:51.076	5:23.505
34	38	RODRIGUEZ FERREIRO Miguel	M1	BURGAS ATLETISMO OURENSE	20:47.315 (33)	34:07.835	5:40.264
35	36	COSTAS COSTAS Miguel	M3	MÁIS QUE AUGA	20:55.284 (37)	34:15.177	5:47.606
36	171	FERNANDEZ MARTINEZ Ángel	M1		21:05.783 (39)	34:25.610	5:58.039
37	71	MAQUIEIRA PEREIRA Adrián	M1	CLUB DEPORTIVO DELIKIA	20:51.509 (35)	34:27.597	6:00.026
38	306	RODRIGUEZ BOLIBAR Ernesto	M3	CASTRELOS 20:30	21:16.452 (42)	34:29.011	6:01.440
39	31	MARTINEZ PEREIRA Víctor Manuel	M2	CASTRELOS 20:30	21:21.276 (44)	34:32.456	6:04.885
40	343	ROA Jesús	M1	G.E. GKN INDUGASA	20:51.017 (34)	34:34.576	6:07.005
41	234	GAGO SANCHEZ Antolín	M3		21:29.829 (48)	34:35.297	6:07.726
42	328	ROA MENDEZ Neftalí	M2		20:58.681 (38)	34:36.797	6:09.226
43	420	CASTRO PEREZ Jorge	M2	ASOCIACIÓN DEPORTIVA C.A.R.	21:15.650 (41)	34:38.876	6:11.305
44	356	HERNANDEZ CAMPOS Borja	M2	MÁIS QUE AUGA	21:11.315 (40)	34:41.091	6:13.520
45	392	BARREIRO RUIBAL Matias	M2	CLUB DEPORTIVO PINARIUM	21:23.971 (46)	34:50.937	6:23.366
46	107	ALVAREZ FERNANDEZ Francisco	M2		21:23.127 (45)	34:58.491	6:30.920
47	145	FERNANDEZ GRADIN David	M2	G.E. GKN INDUGASA	21:26.900 (47)	35:15.377	6:47.806
48	134	PAZ RODRIGUEZ Juan	M3	CASTRELOS 20:30	21:31.587 (49)	35:25.190	6:57.619
49	324	CONEJERO JORDAN Borja	M2	ATLETISMO BAIONA	21:40.026 (50)	35:30.557	7:02.986
50	213	ALONSO FDEZ Alberto	M2		22:03.909 (55)	35:34.353	7:06.782
51	51	SIO FERNANDEZ Ruben	M3		21:44.056 (51)	35:36.812	7:09.241
52	500	ALVAREZ-BUYLLA DE LA UZ Julio	M3	VELAS MARATON	21:49.658 (52)	35:40.997	7:13.426
53	470	ALONSO MARTINEZ Santiago	M1	BOXX004 VIGO	22:11.712 (58)	35:43.398	7:15.827
54	451	VALLE CASTELO Juan Manuel	M3		22:05.196 (56)	35:47.853	7:20.282
55	266	MORAIS ALONSO David	M1		22:36.814 (69)	35:57.807	7:30.236
56	279	BERNARDEZ MACIA Santiago	M3	MÁIS QUE AUGA	22:27.883 (64)	35:59.230	7:31.659
57	105	COSTAS BARCIA Diego	M1	MÁIS QUE AUGA	22:29.104 (65)	36:00.211	7:32.640
58	454	MIRANDA VIEITO José Manuel	M2	ATHLETICS FISIOTERAPIA SAN LÁZ	21:55.774 (53)	36:02.857	7:35.286
59	6	RIVERA GUILLADE Martín	M1		22:01.963 (54)	36:05.000	7:37.429
60	254	ESTEVEZ ALONSO Carlos Javier	M3	CASTRELOS KM.0	22:23.196 (62)	36:07.127	7:39.556
61	410	PICO PITA Jose Luis	M3	CASTRELOS 20:30	22:23.711 (63)	36:07.210	7:39.639
62	488	ALBA Miguel	M3	CASTRELOS KM.0	22:36.041 (68)	36:07.770	7:40.199
63	56	COUCE SENRA Óscar	M2		22:32.524 (67)	36:14.299	7:46.728
64	310	COMESAÑA SAA Daniel	M2	L@S INSENSAT@S	22:38.078 (70)	36:20.518	7:52.947
65	302	ABREU GARCIA Julio	M1	ADN RUNNERS-TELMO PELLUQUEROS F	22:08.946 (57)	36:21.320	7:53.749
66	388	LOPEZ ALONSO Pablo	M1		21:19.029 (43)	36:38.136	8:10.565
67	200	SERGIENKO Aleksei	M1		22:21.860 (61)	36:43.230	8:15.659
68	365	SOLIÑO FERNANDEZ Diego	M1		22:31.658 (66)	36:43.713	8:16.142

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69	104	CRICKMORE Sebastian	M1	GMTA CHUVONERS	22:20.455 (60)	36:45.679	8:18.108
70	418	RODRIGUEZ FLORES Marco Antonio	M1		22:15.978 (59)	36:46.975	8:19.404
71	12	TIZON FREIRIA Germán	M2		22:52.492 (75)	37:00.040	8:32.469
72	469	ANGEL CARRERAS Juan Manuel	M2	G.E. GKN INDUGASA	23:13.000 (86)	37:05.435	8:37.864
73	362	CARRASCO Rubén	M2		22:44.478 (73)	37:10.720	8:43.149
74	393	CRUZ DOMINGUEZ Aram	M1		22:58.187 (77)	37:11.900	8:44.329
75	402	SANMARCO VIDAL Manuel	M2	CASTRELOS KM.0	22:59.923 (79)	37:12.039	8:44.468
76	149	FERREIRO DEAÑO Alfredo	M2	CLUB DEPORTIVO AURUM	22:44.152 (72)	37:13.880	8:46.309
77	342	PEREZ PORTELA Yago	M2		23:03.250 (82)	37:16.355	8:48.784
78	446	FUERTES SAAVEDRA Antonio	M4	CELTA ATLETISMO	22:57.578 (76)	37:20.470	8:52.899
79	25	GONZALEZ Uli	M2		23:45.954 (102)	37:21.091	8:53.520
80	352	CAMBRA DOMINGUEZ Alejandro	M2		23:15.273 (87)	37:24.134	8:56.563
81	305	FERNANDEZ FERNANDES Miguel	M2	RUN&TRI	22:43.164 (71)	37:26.723	8:59.152
82	175	CUNTIN GOMEZ Anton	M2	MÁIS QUE AUGA	23:04.164 (83)	37:27.131	8:59.560
83	377	FERNANDES REI Leonardo	M2	ATHLETICS FISIOTERAPIA SAN LÁZ	23:19.680 (90)	37:32.455	9:04.884
84	348	ALVAREZ Antonio	M2		23:12.391 (85)	37:36.160	9:08.589
85	3	CABACO CAMPOS José Manuel	M2		22:50.079 (74)	37:40.700	9:13.129
86	211	VYNOHRADOV Andrii	M1		23:23.712 (91)	37:41.437	9:13.866
87	166	PEREZ BLANCO Pablo	M3	CLUB DEPORTIVO DELIKIA	23:17.148 (89)	37:42.710	9:15.139
88	10	MONTOTO PEREIRA German	M2	C.A.R. MARISQUEIRO	23:02.595 (81)	37:42.712	9:15.141
89	331	RODRIGUEZ DOVALE Toni	M1		23:59.195 (109)	37:46.360	9:18.789
90	371	PEREZ PASCUAL Manuel	M5	C.S.R. BEADE	23:01.703 (80)	37:54.871	9:27.300
91	339	CAMPOS ABALDE Antonio	M3	CASTRELOS KM.0	23:32.758 (97)	37:55.613	9:28.042
92	4	MARTINEZ VENTIN Xavier Leiro	M2	C.A. VETERANOS DE SAMIL	23:15.460 (88)	37:55.669	9:28.098
93	256	COUSIÑO SENDIN José Manuel	M3	CASTRELOS KM.0	23:34.306 (98)	37:55.768	9:28.197
94	190	HEREDIA David	M2	BORGWARNER	23:12.180 (84)	38:04.740	9:37.169
95	461	FILGUEIRAS LOPEZ Óscar	M1		22:58.587 (78)	38:06.140	9:38.569
96	250	FERNANDEZ DA SILVA Marcial	M2	L@S INSENSAT@S	23:43.656 (100)	38:19.633	9:52.062
97	187	COSTAS Santiago	M2		24:14.970 (115)	38:23.034	9:55.463
98	163	PECES GARCIA Uge	M2	C.A.R. MARISQUEIRO	23:44.245 (101)	38:25.695	9:58.124
99	487	RODRIGUEZ CASTRO Javier	M2		23:47.408 (103)	38:31.961	10:04.390
100	453	SABINO PORTO Alfonso	M3		23:31.258 (95)	38:33.653	10:06.082
101	113	VILLAR ALVAREZ Enrique	M5		23:32.008 (96)	38:36.630	10:09.059
102	465	LUMBRERAS DE LARA Diego	M1	BIKILA	23:25.939 (92)	38:43.562	10:15.991
103	510	LOZANO SAURA Miguel Angel	M1	BOXX004 VIGO	23:30.650 (94)	38:44.951	10:17.380
104	484	GARCIA LOSAS Alejandro	M1		23:28.634 (93)	38:47.812	10:20.241
105	170	ORDAX ALVAREZ Jose Antonio	M2		24:00.952 (110)	38:59.901	10:32.330
106	346	ALONSO ALVAREZ Jose Carlos	M2	ATHLETICS FISIOTERAPIA SAN LÁZ	23:56.828 (107)	39:00.736	10:33.165
107	172	GOBERNA COMESAÑA Iván	M2		23:49.117 (104)	39:02.402	10:34.831
108	128	ARIAS COSTAS Eduardo	M3		23:38.664 (99)	39:11.556	10:43.985
109	270	VAZQUEZ GONZALEZ Javier	M1	MÁIS QUE AUGA	23:52.985 (106)	39:13.181	10:45.610
110	444	VEGA GARCIA Antonio Manuel	M2		23:49.563 (105)	39:13.523	10:45.952
111	186	MAYO Marcos	M2	RUN&TRI	24:24.509 (120)	39:19.518	10:51.947
112	409	RODRIGUEZ BERNARDEZ Alejandro	M2		24:32.078 (122)	39:21.815	10:54.244
113	14	BARREIRO VALLS Pedro	M1	C.A. VETERANOS DE SAMIL	24:03.508 (111)	39:26.312	10:58.741
114	13	ANGUITA MASCHERPA Federico	M1	C.A. VETERANOS DE SAMIL	24:05.710 (112)	39:26.433	10:58.862
115	59	NAVIA IGLESIAS Ruben	M2		24:07.798 (113)	39:26.893	10:59.322

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116	400	MENDEZ ROMERO Yeray	M1		24:12.533 (114)	39:27.727	11:00.156
117	168	DOPORTO LOPEZ Yeray	M1		24:20.712 (118)	39:28.231	11:00.660
118	119	SALO BENITO Javier	M2	RUNNING SOLITA	23:58.260 (108)	39:29.577	11:02.006
119	498	KARAMES Manuel	M5	C.A.R. MARISQUEIRO	24:18.767 (116)	39:31.237	11:03.666
120	493	RODRIGUES DA SILVA Vítor F.	M2	CLUB TRIATLÓN MAR DE VIGO	24:44.453 (126)	39:33.336	11:05.765
121	455	FONTANS Marcos	M2	ATLETISMO CUNTIS	24:56.407 (130)	39:36.933	11:09.362
122	114	VAZQUEZ RODRIGUEZ Anxo	M3		24:19.751 (117)	39:45.378	11:17.807
123	41	LOUREIRO RODRIGUEZ Santiago	M2		24:21.766 (119)	39:50.593	11:23.022
124	443	FERNANDEZ ESTEVEZ Victor	M1	ATLETISMO PORRIÑO	24:31.750 (121)	40:04.582	11:37.011
125	174	SOTELO LORENZO Daniel	M1		24:33.790 (123)	40:13.252	11:45.681
126	417	FONTAN David	M2	MUÑECOS RUNNING	24:48.719 (127)	40:15.157	11:47.586
127	277	VILLAVERDE PATIÑO Yago	M1		24:51.391 (128)	40:19.119	11:51.548
128	472	CASTROSEIROS GONZALEZ David	M1	MÁIS QUE AUGA	25:02.570 (134)	40:27.515	11:59.944
129	144	PEITEADO RUIZ Guillermo	M3		25:07.657 (136)	40:31.827	12:04.256
130	263	DAVILA BUGARIN Salva	M3		25:36.485 (158)	40:31.953	12:04.382
131	439	ALVAREZ DIAZ Jaime	M1		25:19.797 (144)	40:37.788	12:10.217
132	96	FERNANDEZ MARIÑO Óscar	M1		25:00.419 (132)	40:38.994	12:11.423
133	116	RODRIGUEZ COLLAZO Jacobo	M2		25:12.110 (138)	40:41.004	12:13.433
134	60	ALONSO BALLESTEROS Javier	M3		25:14.260 (140)	40:41.478	12:13.907
135	456	VILLANUEVA AREAL Dito	M3	RUNNING LUSEKELO	25:21.625 (147)	40:45.458	12:17.887
136	278	FERRO NUÑEZ Javier	M3	ATHLETICS FISIOTERAPIA SAN LÁZ	25:13.235 (139)	40:45.779	12:18.208
137	408	MARTINEZ Iago	M2	VIGOENTRENA	25:28.445 (154)	40:48.942	12:21.371
138	428	SOBRINO RODRIGUEZ Roberto	M1		24:55.822 (129)	40:50.094	12:22.523
139	406	AMOEDO AGULLA Carlos	M3	G.E. GKN INDUGASA	24:34.984 (124)	40:54.142	12:26.571
140	317	GUERRA LOPEZ Eduardo	M2	VIGOENTRENA	25:22.821 (149)	40:58.000	12:30.429
141	155	TORRES TABOAS Manuel	M2		25:25.117 (151)	40:59.820	12:32.249
142	447	TABOAS SILVA José Antonio	M3		25:25.797 (152)	41:03.303	12:35.732
143	94	VIDEIRA CORREA Alberto	M4	RUNNING LUSEKELO	25:22.164 (148)	41:05.099	12:37.528
144	202	FREIRE PIÑEIRO Jose Manuel	M3	MÁIS QUE AUGA	25:46.328 (162)	41:06.097	12:38.526
145	43	BARREIRO GOMEZ Hugo	M2		25:03.671 (135)	41:12.143	12:44.572
146	467	PANADERO BLANCO Óscar	M2	FRUTAS NIEVES	25:31.587 (157)	41:14.098	12:46.527
147	142	FIRVIDA DIZ Pedro	M3	C.A. VETERANOS DE SAMIL	25:26.828 (153)	41:14.983	12:47.412
148	108	ESTEVEZ BOUZA Borja	M2		25:01.540 (133)	41:16.186	12:48.615
149	425	GARCIA DE LA CRUZ Roberto	M2	MÁIS QUE AUGA	25:29.642 (155)	41:20.425	12:52.854
150	387	CAMESELLE ROMAN Julio	M2		24:43.352 (125)	41:22.813	12:55.242
151	381	MARTINEZ BALLESTEROS Víctor Hugo	M2		25:08.782 (137)	41:26.315	12:58.744
152	195	COSTAS RODRIGUEZ Marcos	M1		24:59.290 (131)	41:26.436	12:58.865
153	207	SUAREZ FERNANDEZ Esteban	M1		25:24.320 (150)	41:30.096	13:02.525
154	320	BLANCO ABOLLO Pablo	M1		25:56.782 (168)	41:31.944	13:04.373
155	33	RODILLA Iván	M3		25:18.273 (141)	41:36.045	13:08.474
156	131	TORRES Matias	M2		25:59.078 (170)	41:38.364	13:10.793
157	412	PIÑEIRO RODRIGUEZ Carlos	M3	CLUB TRIATLON CIDADE DE LUGO F	25:54.202 (167)	41:42.143	13:14.572
158	32	FERNANDEZ CERZON Daniel	M1	C.A. VETERANOS DE SAMIL	25:56.922 (169)	41:45.418	13:17.847
159	491	DOCET CAAMAÑO Francisco	M2		25:30.720 (156)	41:47.279	13:19.708
160	219	VILLARRUEL Rodrigo Nicolas	M1		25:53.758 (166)	41:49.359	13:21.788
161	407	MARTIN PALOMARES Ruben	M1		25:49.562 (163)	41:59.704	13:32.133
162	90	CABEZAS COSTAS Alejandro	M1		25:20.712 (145)	42:01.057	13:33.486

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163	396	DIAZ DIAZ Jose Luis	M3	C.A. VETERANOS DE SAMIL	25:50.290 (164)	42:05.563	13:37.992
164	19	DIAZ BARBARA Santiago	M1	C.A. VETERANOS DE SAMIL	25:21.227 (146)	42:06.101	13:38.530
165	423	DOMINGUEZ RODRIGUEZ Carlos	M5		25:41.454 (160)	42:08.805	13:41.234
166	48	REY GONZALEZ J.roberto	M5	C.A. VETERANOS DE SAMIL	25:40.891 (159)	42:08.881	13:41.310
167	325	HERRERO MENA Gonzalo	M3	VIGOENTRENA	26:42.766 (189)	42:14.219	13:46.648
168	314	LAGO FUENTES Alberto	M1		25:18.789 (142)	42:15.245	13:47.674
169	297	ALVAREZ SIMON Alberto	M2		26:21.391 (177)	42:18.521	13:50.950
170	137	GONZALEZ FERNANDEZ Jose	M2	MÁIS QUE AUGA	26:20.572 (176)	42:20.064	13:52.493
171	191	GARCIA VILLANUEVA Jose Eugenio	M2		26:10.682 (173)	42:20.924	13:53.353
172	424	DOMINGUEZ VILLAVERDE Juan Carlos	M2		25:19.306 (143)	42:24.740	13:57.169
173	307	RUIZ Javier	M2		26:22.681 (178)	42:30.241	14:02.670
174	322	BARREIRO BARREIRO Benigno	M3	ATHLETICS AVENTURA XTREM	26:06.532 (172)	42:35.064	14:07.493
175	125	DOMINGUEZ SIMONS Jaime	M2		26:32.829 (185)	42:35.378	14:07.807
176	294	SULBARAN VIDAL Jesús Manuel	M1		25:52.966 (165)	42:38.261	14:10.690
177	397	DE LA CRUZ DE LA ROSA Antonio	M3	C.A. VETERANOS DE SAMIL	26:05.617 (171)	42:38.725	14:11.154
178	265	VIEITO QUINTAS Berto	M5		26:41.454 (188)	42:41.626	14:14.055
179	315	PINO MAGALLANES Miguel	M2		26:19.047 (175)	42:46.146	14:18.575
180	358	RODRIGUEZ RODRIGUEZ Adolfo	M2		25:45.300 (161)	42:46.605	14:19.034
181	69	BARROSO GONZALEZ Antonio	M3	C.A.R. MARISQUEIRO	26:14.265 (174)	42:51.207	14:23.636
182	486	BECEIRO CAMESELLE Dani	M2	MUÑECOS RUNNING	26:45.298 (191)	43:02.528	14:34.957
183	292	PARRA SERRANO Manuel Alejandro	M2	MÁIS QUE AUGA	26:24.251 (179)	43:08.920	14:41.349
184	300	SANMARTIN GONZALEZ Victoriano	M2	MÁIS QUE AUGA	26:27.344 (181)	43:08.968	14:41.397
185	395	ACUÑA LOPEZ Iago	M2		26:29.759 (184)	43:16.266	14:48.695
186	496	SOTO MOURIÑO David	M1		26:58.797 (196)	43:27.446	14:59.875
187	495	GRANDE PEREZ David	M1		26:59.664 (197)	43:28.326	15:00.755
188	247	CUÑARRO ROMERO Enrique	M2	X-ONE	27:21.791 (204)	43:37.965	15:10.394
189	492	ABRALDES CASTRO Miguel	M2		26:39.602 (187)	43:40.806	15:13.235
190	180	COSTAS COSTAS Angel	M2	METROPILITAN	27:00.509 (199)	43:44.041	15:16.470
191	249	BENAVIDES HERNANDEZ Fernando	M3	ATHLETICS FISIOTERAPIA SAN LÁZ	27:00.041 (198)	43:45.003	15:17.432
192	68	REGATOS GOMEZ Roberto	M2		28:11.734 (223)	43:55.521	15:27.950
193	309	DEL REY PEREZ Eduardo	M2		28:02.851 (216)	44:01.086	15:33.515
194	62	LORENZO COMESAÑA Juan Manuel	M3		26:43.517 (190)	44:01.528	15:33.957
195	485	FERREIRA Pablo	M1		26:56.196 (193)	44:03.997	15:36.426
196	385	ALONSO DELTELL Enrique	M2		28:06.462 (221)	44:08.619	15:41.048
197	158	ALVAREZ Andrés	M3		26:47.829 (192)	44:17.282	15:49.711
198	268	CASTEJON OTERO Jaime	M3		27:23.689 (205)	44:19.407	15:51.836
199	353	ROCA RODRIGUEZ Ramon	M4		27:18.719 (202)	44:20.302	15:52.731
200	337	SEARA Samuel	M1	MÁIS QUE AUGA	26:57.790 (195)	44:20.349	15:52.778
201	376	PEREIRA IBAÑEZ Sergio	M2		26:26.338 (180)	44:25.485	15:57.914
202	218	TABOADA GONZALEZ Ramiro	M4	RUNNING LUSEKELO	26:39.110 (186)	44:29.749	16:02.178
203	221	BECK Joe	M1		27:31.540 (207)	44:30.968	16:03.397
204	477	MARTINEZ LOSADA Jaime Carlos	M3	RUNNING LUSEKELO	27:56.572 (213)	44:36.968	16:09.397
205	370	PRIETO CHAPELLIN José Ramón	M3		27:53.051 (211)	44:36.988	16:09.417
206	260	RODRIGUEZ PLANA Alejandro	M2		27:54.110 (212)	44:37.809	16:10.238
207	35	RODRIGUEZ ALONSO Saúl	M1		27:32.454 (208)	44:39.148	16:11.577
208	291	BALTAR LOSADA Miguel	M1	MÁIS QUE AUGA	27:20.313 (203)	44:40.283	16:12.712
209	427	PIÑEIRO PESO César	M2		27:16.095 (200)	44:43.068	16:15.497

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210	245	GONCALVES ROLO Alvaro	M3	MÁIS QUE AUGA	27:57.321 (214)	44:45.129	16:17.558
211	357	BERNARDEZ GARCIA Javier	M2		28:03.134 (217)	44:45.842	16:18.271
212	136	MARTINEZ MEIS Félix	M4		27:18.016 (201)	44:47.088	16:19.517
213	74	SEBASTIAN LAGO Alejandro	M2		27:29.853 (206)	45:06.707	16:39.136
214	499	RIVERA CANICOBA Alberto	M2		27:49.703 (210)	45:07.821	16:40.250
215	164	COSTAS RODRIGUEZ Adrián	M1		26:29.125 (183)	45:16.089	16:48.518
216	157	CAMPO RODRIGUEZ Iván	M2		26:57.274 (194)	45:22.788	16:55.217
217	474	HERNANDEZ BORREGO Miguel	M5	MÁIS QUE AUGA	28:04.470 (218)	45:30.828	17:03.257
218	127	RIVAS ALONSO Adrián	M1		26:27.837 (182)	45:34.890	17:07.319
219	123	GONZALEZ MARTINEZ Fernando	M3		28:22.398 (225)	45:41.329	17:13.758
220	475	LOPEZ FUENTES Guillermo	M2		27:43.822 (209)	45:45.659	17:18.088
221	121	PEREZ LOSADA Mario	M4		28:18.438 (224)	45:45.700	17:18.129
222	236	RADA Iago	M2		28:29.059 (227)	45:54.350	17:26.779
223	232	PARDO PARDO Daniel	M3	MÁIS QUE AUGA	28:35.384 (229)	46:11.048	17:43.477
224	335	CARPINTERO DOMINGUEZ Julio	M3	C.A. VETERANOS DE SAMIL	29:01.822 (234)	46:13.111	17:45.540
225	283	MANEIRO OTERO Guillermo	M3	C.A. CAMBADOS - SEGUROS NOVAL	28:30.626 (228)	46:19.542	17:51.971
226	430	SOBRINO VIUDEZ Jorge	M1		28:01.984 (215)	46:20.010	17:52.439
227	243	GUAMA MENA Patricio	M3		28:10.212 (222)	46:21.165	17:53.594
228	369	RODAL FRAGA Carlos	M2		28:40.539 (230)	46:25.810	17:58.239
229	293	CARPACHO BARREDO Miguel Ángel	M2		28:28.188 (226)	46:27.088	17:59.517
230	154	RODRIGUEZ SOBREIRA Jesús	M4		29:16.517 (239)	46:28.449	18:00.878
231	82	RODRIGUEZ MORO Alfonso	M5	CASTRELOS 20:30	29:12.696 (238)	46:31.006	18:03.435
232	223	MARTIN PALLES Marco Alexio	M2	VIGOENTRENA	29:41.734 (248)	46:50.330	18:22.759
233	206	TIENDA CASTRO Daniel	M3		29:18.273 (241)	46:54.429	18:26.858
234	229	RAMOS CASTELLANO David	M2	GTR GALAICO TRAIL RUN	28:47.453 (232)	47:02.650	18:35.079
235	222	DOMINGUEZ GROBA Javier	M2		28:04.914 (219)	47:04.683	18:37.112
236	182	ALONSO MORA Edu	M1		29:03.953 (235)	47:07.271	18:39.700
237	153	MARTÍNEZ GÓMEZ Francisco	M3	GALLAECIA JASTANDOSAPATILLA	29:08.266 (237)	47:13.003	18:45.432
238	26	GONZALEZ GARCIA Luis	M4		29:00.673 (233)	47:17.766	18:50.195
239	383	DURAN LAGO Fernando	M5		29:05.688 (236)	47:20.205	18:52.634
240	102	SEOANE GIL Adrian	M2		28:05.969 (220)	47:24.292	18:56.721
241	414	SANCHO CARNEIRO Daniel	M2		28:44.688 (231)	47:27.462	18:59.891
242	478	CIGES REGUEIRO José Manuel	M2		30:23.735 (261)	47:30.685	19:03.114
243	390	GONZALEZ ABELLEIRA Marcos	M2		29:17.314 (240)	47:33.987	19:06.416
244	463	ZUNZUNEGUI GARRIDO Noé	M2	AGRUPACION VIGUESA DE ATLETISM	30:10.213 (256)	47:36.253	19:08.682
245	98	MOBILI Bruno	M1	MÁIS QUE AUGA	29:31.798 (243)	47:40.131	19:12.560
246	139	SANCHEZ LOSADA Iago	M1		30:07.234 (255)	47:55.172	19:27.601
247	468	DA SILVA PAIVA Nuno André	M1		29:39.416 (245)	48:04.852	19:37.281
248	22	ALONSO PEREZ Francisco Xabier	M5	C.A. VETERANOS DE SAMIL	30:11.664 (257)	48:17.671	19:50.100
249	411	GAGGIOLO Guillermo	M3	MÁIS QUE AUGA	29:41.314 (247)	48:19.532	19:51.961
250	311	COUSO FONTANILLO Carlos	M1		29:56.431 (251)	48:20.692	19:53.121
251	471	PEREIRA FARALDO Luka	M1		30:16.773 (259)	48:22.291	19:54.720
252	460	GONZALEZ GARCIA Uriel	M1		30:16.047 (258)	48:23.366	19:55.795
253	476	LAMAS PEREZ Eduardo	M3		29:40.168 (246)	48:35.874	20:08.303
254	259	MORAIS ALONSO Borja	M1		29:58.306 (252)	48:37.905	20:10.334
255	126	RODRIGUEZ DOMINGUEZ Hugo	M1		29:29.711 (242)	48:43.502	20:15.931
256	449	FERNANDEZ GARRIDO Manuel Alejandro	M1		30:03.977 (254)	48:48.092	20:20.521

GENERAL

Clf	Dor.	Apellidos y nombre	Categoría	Equipo	Inter 1 (Clf)	Tiempo	Diferencia
257	262	BOLAÑO CABIDO Adrián	M1		29:58.657 (253)	48:57.805	20:30.234
258	83	LEDO MARTINEZ Daniel	M2		29:43.422 (249)	49:07.726	20:40.155
259	288	ALONSO CARRERA Daniel	M2		29:53.196 (250)	49:09.605	20:42.034
260	150	TATAR Mert	M1		30:38.548 (264)	49:20.492	20:52.921
261	29	HERNANDEZ GRAÑA Juan Carlos	M2		30:40.540 (265)	49:22.314	20:54.743
262	316	CORES FIGUEIREDO Ángel	M3		30:44.266 (267)	49:43.215	21:15.644
263	287	COUSO Alberto	M2		30:44.148 (266)	49:44.014	21:16.443
264	448	GONZALEZ MANJON Pablo	M1		30:21.372 (260)	49:44.216	21:16.645
265	54	JUNCAL Eduardo	M2		29:39.138 (244)	49:44.334	21:16.763
266	351	ALVAREZ CASTRO Juan José (Xohán)	M3		30:49.281 (269)	49:54.946	21:27.375
267	203	MARTINEZ BRION Jorge	M2		30:30.228 (262)	50:04.130	21:36.559
268	193	ALVAREZ PORTABALES Antonio	M5		31:18.415 (274)	50:20.968	21:53.397
269	103	RODRIGUEZ CID Fernando	M2	CIBUS TEAM	30:45.156 (268)	50:27.306	21:59.735
270	380	DIAZ IGLESIAS Adolfo	M5	C.A. VETERANOS DE SAMIL	31:12.648 (273)	50:30.514	22:02.943
271	8	SAURA ALVAREZ Pablo	M2		31:10.611 (272)	50:43.037	22:15.466
272	16	RAMOS VIGO Sergio	M5	C.A. VETERANOS DE SAMIL	31:05.241 (270)	50:52.975	22:25.404
273	276	VERAZA Cristian	M2	MÁIS QUE AUGA	31:20.431 (275)	51:00.676	22:33.105
274	152	BOLAS CABALEIRO Xosé Manuel	M4	GALLAECIA JASTANDOSAPATILLA	31:08.124 (271)	51:14.105	22:46.534
275	445	ALONSO RODRIGUEZ Delfin	M2		30:37.258 (263)	51:15.235	22:47.664
276	129	RODRIGUEZ OLLEROS Roberto	M3		31:39.322 (276)	51:29.694	23:02.123
277	167	VAZQUEZ FERRO Germán	M3		32:20.923 (277)	51:38.210	23:10.639
278	52	ZUNZUNEGUI QUEIMADELOS Roman	M4		32:25.657 (278)	51:38.569	23:10.998
279	416	GRAZIANI FONTICIELHA Rodrigo	M2		33:03.390 (280)	52:57.251	24:29.680
280	88	LORENZO VILLANUEVA Esteban	M1		33:23.546 (282)	53:42.437	25:14.866
281	368	DESTAR GONZALEZ Abel	M2	BIKILA	32:44.196 (279)	53:42.758	25:15.187
282	147	SG Chicho	M3		33:31.633 (284)	54:00.230	25:32.659
283	301	FERNANDEZ GONZALEZ José Manuel	M3	MÁIS QUE AUGA	33:47.851 (287)	54:21.860	25:54.289
284	360	LOPEZ CAMPILLO Angel Pol	M4	MÁIS QUE AUGA	33:47.686 (286)	54:22.747	25:55.176
285	220	LOPEZ RAMOS Luis	M5		33:41.875 (285)	54:39.854	26:12.283
286	304	FERNANDEZ BOUZADA Alfonso	M5		34:03.883 (288)	54:43.379	26:15.808
287	483	PEREIRA LOPEZ Miguel	M1		35:51.531 (289)	55:40.960	27:13.389
288	285	OJEA PEREZ Miguel	M1		33:21.837 (281)	55:41.899	27:14.328
289	312	PENEDO DA SILVA Jose Antonio	M4	ATHLETICS AVENTURA XTREM	33:25.189 (283)	56:18.811	27:51.240
290	479	RUANO MONZON Manuel Gabriel	M4		36:33.061 (291)	57:34.763	29:07.192
291	382	PAINCEIRA MACIÑEIRAS Jorge	M5		36:26.663 (290)	58:42.178	30:14.607
292	209	COLLAZO BARRERAS Germán	M5		37:40.397 (292)	1h00:31.524	32:03.953
293	185	ALFAYA BLANCO Rubén	M1		38:13.750 (293)	1h02:18.170	33:50.599
294	489	VAZQUEZ MAYO Javier	M1	MÁIS QUE AUGA	39:03.180 (294)	1h03:31.609	35:04.038
295	321	ESTEVEZ GONZALEZ José Antonio	M2	CLUB TRIATLÓN MAR DE VIGO	39:58.305 (295)	1h06:45.417	38:17.846
296	53	RODRIGUEZ GOMEZ Antolin	M5	C.A. VETERANOS DE SAMIL	41:57.279 (297)	1h06:57.188	38:29.617
297	109	CASTIÑEIRA MAX Roberto	M1		42:39.627 (299)	1h06:59.091	38:31.520
298	89	BARROS LOPEZ Israel	M1		42:39.532 (298)	1h07:09.267	38:41.696
299	78	GANDARA BOUZA Alejandro	M3	CASTRELOS 20:30	41:33.345 (296)	1h07:27.248	38:59.677

SUB-19 MASCULINA

1	100	GONZALEZ ALVAREZ Javier	SUB-19 M		22:35.805 (1)	37:17.751	
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GENERAL

Clf	Dor.	Apellidos y nombre	Categoría	Equipo	Inter 1 (Clf)	Tiempo	Diferencia
2	440	TAMAYO LAGO Pedro	SUB-19 M		23:00.814 (2)	37:37.737	19.986
3	389	TAMAYO LAGO Francisco	SUB-19 M		24:13.398 (3)	40:35.703	3:17.952
4	273	IGLESIAS CASTRO Ramsés	SUB-19 M	TRIATLÓN MAR DE VIGO	25:11.430 (4)	41:15.203	3:57.452
5	281	HUERTAS MENOR Jorge	SUB-19 M		26:15.274 (5)	41:21.485	4:03.734
6	151	MEIJUEIRO MENDOZA Joel	SUB-19 M		27:15.767 (6)	45:31.795	8:14.044
7	386	CORES LOPEZ Jaime	SUB-19 M		30:04.211 (7)	48:47.974	11:30.223
8	118	GONZALEZ MAX Alejandro	SUB-19 M		33:55.561 (8)	57:25.023	20:07.272

+ VETERANA EN FINALIZAR

1	92	COSTAS RODRIGUEZ Carmen	F5	ATLETISMO BAIONA	28:38.289 (1)	46:35.890	
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+ VETERANO EN FINALIZAR

1	53	RODRIGUEZ GOMEZ Antolin	M5	C.A. VETERANOS DE SAMIL	41:57.279 (1)	1h06:57.188	
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