

P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
10K								
Femenino								
F0								
1.	398	Ella Martin Ruiz	SOLIS UDAT TALAVERA	0:13:25 (2)	0:27:32	--	3:40 min/km	**250**
2.	207	Rebeca Perea Corral	SOLISS UDAT TALAVERA	0:13:25 (1)	0:27:32	+00	3:40 min/km	**200**
3.	501	Ariadna Alvarez-Buylla Philippot	CLUB TRIATLÓN MAR DE VIGO	0:19:05 (3)	0:40:58	+13:26	5:27 min/km	**250**
4.	67	Leyre Cruz Tenorio		0:22:14 (4)	0:47:25	+19:53	6:19 min/km	**200**
F1								
1.	455	Xana Rodriguez Garcia	TERRAS DE BURÓN	0:15:12 (1)	0:32:01	--	4:16 min/km	**250**
2.	323	Naomi Dominguez Perez	CLUB DEPORTIVO DELIKIA	0:15:52 (2)	0:33:07	+1:06	4:24 min/km	**200**
3.	98	María Nuñez Castro	SAUDE SPORT VIGO	0:16:04 (3)	0:34:03	+2:02	4:32 min/km	**150**
4.	162	Sara Asorey Caaveiro	SHAKA CLUB	0:17:08 (5)	0:35:12	+3:11	4:41 min/km	**125**
5.	163	Carina Cardozo	SHAKA CLUB	0:17:01 (4)	0:35:25	+3:24	4:43 min/km	**100**
6.	32	Estefanía Estevez	FENDETESTAS	0:17:35 (6)	0:36:53	+4:52	4:54 min/km	**90**
7.	346	Andrea Graña Soto		0:18:17 (8)	0:36:56	+4:55	4:55 min/km	**80**
8.	309	Silvia Muñoz Santiago	VIVAGYM RUNNING CLUB	0:18:34 (10)	0:37:23	+5:22	4:59 min/km	**75**
9.	213	Carmen Cea Pazo		0:18:10 (7)	0:37:37	+5:36	5:00 min/km	**70**
10.	431	Monica Gonzalez		0:18:25 (9)	0:37:45	+5:44	5:01 min/km	**60**
11.	522	Cristina Ces Andres		0:19:16 (21)	0:38:23	+6:22	5:06 min/km	**35**
12.	560	Laura Perez Moran	SHAKA CLUB	0:18:38 (11)	0:39:01	+7:00	5:12 min/km	**35**
13.	254	Águeda Mocholi Ortega	SHAKA CLUB	0:18:38 (12)	0:39:01	+7:00	5:12 min/km	**35**
14.	436	Victoria Fernandez		0:18:43 (13)	0:39:06	+7:05	5:12 min/km	**35**
15.	354	Sonia Rodriguez Joga	SHAKA CLUB	0:18:48 (15)	0:39:12	+7:11	5:13 min/km	**35**
16.	517	Noemi Carames Alemparte		0:18:55 (17)	0:39:17	+7:16	5:14 min/km	**30**
17.	229	Laura Fernandez Basalo		0:18:43 (14)	0:39:23	+7:22	5:14 min/km	**30**
18.	542	Jennifer Velandia González		0:18:51 (16)	0:39:37	+7:36	5:16 min/km	**30**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
19.	247	Cristina Paz		0:18:55 (18)	0:39:54	+7:53	5:19 min/km	**30**
20.	113	Ester Salgado Diz	SHAKA CLUB	0:19:03 (20)	0:40:09	+8:08	5:21 min/km	**30**
21.	52	Ana Gonzalez Alonso	SHAKA CLUB	0:20:15 (32)	0:40:15	+8:14	5:21 min/km	**20**
22.	19	Uxia Ordoñez Seijas		0:18:58 (19)	0:40:18	+8:17	5:22 min/km	**20**
23.	545	Sara Parada Costa		0:19:54 (25)	0:40:44	+8:43	5:25 min/km	**20**
24.	91	Patricia Gomez Otero		0:20:02 (29)	0:40:46	+8:45	5:26 min/km	**20**
25.	539	Laura Castro Pérez		0:20:21 (36)	0:40:56	+8:55	5:27 min/km	**20**
26.	392	Susana Castiñeira Lampon		0:20:09 (30)	0:41:02	+9:01	5:28 min/km	**20**
27.	524	Carlota Almagro Yravedra		0:20:35 (39)	0:41:13	+9:12	5:29 min/km	**20**
28.	581	Ana Campos Lourido		0:19:27 (22)	0:41:19	+9:18	5:30 min/km	**20**
29.	304	Layla Ricardo Cidinho De Freitas		0:20:10 (31)	0:41:21	+9:20	5:30 min/km	**20**
30.	256	Rocío Fernandez Silva	SHAKA CLUB	0:20:22 (37)	0:41:34	+9:33	5:32 min/km	**20**
31.	182	Laura Giraldez Groba		0:19:42 (23)	0:42:10	+10:09	5:37 min/km	**20**
32.	180	Laura Lovelle		0:19:58 (27)	0:42:10	+10:09	5:37 min/km	**20**
33.	36	Aida Clemente Guinarte	PORCOS CELTAS	0:20:39 (41)	0:42:10	+10:09	5:37 min/km	**20**
34.	614	Lucia Costas Costas	SHAKA CLUB	0:20:20 (34)	0:42:22	+10:21	5:38 min/km	**20**
35.	102	Silvia Fernandez		0:20:33 (38)	0:42:25	+10:24	5:39 min/km	**20**
36.	238	Sandra Lago Barreiro	SHAKA CLUB	0:20:36 (40)	0:42:25	+10:24	5:39 min/km	**20**
37.	101	Nerea Caride Vieitez		0:19:58 (28)	0:42:26	+10:25	5:39 min/km	**20**
38.	321	Jazmine Wickam	SHAKA CLUB	0:20:20 (35)	0:42:26	+10:25	5:39 min/km	**20**
39.	519	Alice Pattinson		0:20:56 (42)	0:42:37	+10:36	5:40 min/km	**20**
40.	338	Naroa Fernandez Caride		0:19:58 (26)	0:42:42	+10:41	5:41 min/km	**20**
41.	330	Carla Perez Perez		0:19:49 (24)	0:43:05	+11:04	5:44 min/km	**20**
42.	487	Noelia Andres Oliveira		0:20:59 (44)	0:43:08	+11:07	5:45 min/km	**20**
43.	498	Carla Acosta Ruiz		0:20:58 (43)	0:43:24	+11:23	5:47 min/km	**20**
44.	203	Sara Barcia Garcia		0:21:15 (50)	0:43:36	+11:35	5:48 min/km	**20**
45.	303	Alejandra Iglesias Veiga		0:21:00 (45)	0:44:08	+12:07	5:53 min/km	**20**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
46.	233	Laura Vazquez Hermida		0:22:06 (59)	0:44:16	+12:15	5:54 min/km	**20**
47.	234	Nerea Arambarri Fernandez		0:22:06 (58)	0:44:16	+12:15	5:54 min/km	**20**
48.	329	Laura Taboada Honzalez		0:21:14 (49)	0:44:21	+12:20	5:54 min/km	**20**
49.	513	Lorena Fernandez Fernandez		0:21:14 (48)	0:44:22	+12:21	5:54 min/km	**20**
50.	292	Jennifer Seijo Iglesias		0:20:18 (33)	0:44:23	+12:22	5:54 min/km	**20**
51.	375	Belén Ballesta Garcia		0:21:11 (47)	0:44:30	+12:29	5:55 min/km	**15**
52.	284	Vanesa Salgado Mosquera		0:22:05 (56)	0:44:49	+12:48	5:58 min/km	**15**
53.	288	Karla Diaz Arenas	BRUMA SOCIAL CLUB	0:21:41 (52)	0:44:50	+12:49	5:58 min/km	**15**
54.	299	Diana Areias Martins	BRUMA SOCIAL RUN	0:22:05 (57)	0:44:51	+12:50	5:58 min/km	**15**
55.	286	Eliany Mendoza Romero		0:22:27 (69)	0:44:51	+12:50	5:58 min/km	**15**
56.	384	Virginia Anton Miguelez	BRUMA SOCIAL CLUB	0:22:27 (68)	0:44:53	+12:52	5:58 min/km	**15**
57.	612	Diana Maksymchuk Krupiy	MAROSA	0:21:44 (53)	0:44:58	+12:57	5:59 min/km	**15**
58.	514	Lía De Araujo Perez		0:22:06 (60)	0:45:09	+13:08	6:01 min/km	**15**
59.	588	Antia Garrido Fernandez		0:22:09 (62)	0:45:14	+13:13	6:01 min/km	**15**
60.	529	Paloma Llanos Gonzalez		0:21:52 (54)	0:45:20	+13:19	6:02 min/km	**15**
61.	445	Maria A. Rodriguez Rodriguez	MAIS QUE AUGA	0:22:08 (61)	0:45:20	+13:19	6:02 min/km	**15**
62.	575	Helena Winhart		0:21:28 (51)	0:45:33	+13:32	6:04 min/km	**15**
63.	540	Olalla Rodriguez Groba		0:21:11 (46)	0:45:38	+13:37	6:04 min/km	**15**
64.	533	Natalia Lorenzo Vidal		0:21:57 (55)	0:45:45	+13:44	6:05 min/km	**15**
65.	443	Raquel Martinez Gonzalez		0:22:20 (64)	0:46:14	+14:13	6:09 min/km	**15**
66.	381	Laura Gallego Canabal		0:22:25 (67)	0:46:14	+14:13	6:09 min/km	**15**
67.	361	Ana Filipa Rodrigues Brandao		0:22:23 (66)	0:46:14	+14:13	6:09 min/km	**15**
68.	467	Anays Sumariva Soto		0:22:37 (71)	0:46:21	+14:20	6:10 min/km	**15**
69.	631	Linda Osorio Jaramillo		0:22:39 (72)	0:46:22	+14:21	6:10 min/km	**15**
70.	54	Cristina Camara Del Valle		0:22:49 (73)	0:46:23	+14:22	6:11 min/km	**15**
71.	141	Eva Duran		0:22:21 (65)	0:46:26	+14:25	6:11 min/km	**15**
72.	597	Ainhoa Agulleiro Beraza		0:22:36 (70)	0:46:32	+14:31	6:12 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
73.	530	María Calderon		0:22:13 (63)	0:46:59	+14:58	6:15 min/km	**15**
74.	169	Belén Sousa Gonzalez		0:23:41 (75)	0:47:48	+15:47	6:22 min/km	**15**
75.	134	Alba Carballo Sanchez		0:23:38 (74)	0:49:08	+17:07	6:32 min/km	**15**
F2								
1.	271	Noemi Alvarez Rodriguez		0:13:27 (1)	0:28:17	--	3:46 min/km	**250**
2.	129	Olalla Saborido Gil	CLUB ATLETISMO VETERANOS DE SAMIL	0:13:45 (2)	0:29:15	+58	3:53 min/km	**200**
3.	258	Rocio Rodriguez Oliveira	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:14:48 (3)	0:31:20	+3:03	4:10 min/km	**150**
4.	277	Vilma Agra		0:15:45 (4)	0:33:35	+5:18	4:28 min/km	**125**
5.	494	Paula Senra Del Rio		0:17:02 (5)	0:34:04	+5:47	4:32 min/km	**100**
6.	336	Maria Fernandez Alvarez	CLUB TRIATLON MORRAZO	0:17:21 (6)	0:35:47	+7:30	4:46 min/km	**90**
7.	550	Paula Mendez Fernandez		0:18:15 (8)	0:37:46	+9:29	5:02 min/km	**80**
8.	241	Ruslana Koba	MAIS QUE AUGA	0:18:20 (9)	0:37:53	+9:36	5:02 min/km	**75**
9.	50	Dolly Garcia Torrico	MAIS QUE AUGA	0:18:13 (7)	0:37:53	+9:36	5:02 min/km	**70**
10.	481	Montserrat Casal Garcia		0:19:10 (15)	0:39:06	+10:49	5:12 min/km	**60**
11.	506	Ángeles Nieto Gonzalez		0:18:53 (11)	0:39:11	+10:54	5:13 min/km	**35**
12.	350	Mirian Martinez Vidal	C.A.R. MARISQUEIRO	0:18:59 (12)	0:39:13	+10:56	5:13 min/km	**35**
13.	202	Monica Romero Martinez	FRUTAS NIEVES	0:19:03 (13)	0:39:32	+11:15	5:16 min/km	**35**
14.	473	Patricia Alonso Parente		0:18:51 (10)	0:39:51	+11:34	5:18 min/km	**35**
15.	611	Rebeca Nuñez Costas	SHAKA CLUB	0:19:06 (14)	0:39:54	+11:37	5:19 min/km	**35**
16.	100	Alexandra Nuñez Castro	SAUDE SPORT VIGO	0:19:17 (16)	0:39:56	+11:39	5:19 min/km	**30**
17.	505	Lourdes Rodriguez Villar		0:19:52 (21)	0:40:10	+11:53	5:21 min/km	**30**
18.	625	Monica Ramilo Mendez	IBIS VAL MIÑOR	0:19:33 (17)	0:40:14	+11:57	5:21 min/km	**30**
19.	61	Geomar Magro Hernandez	VILLACHARRI	0:19:35 (18)	0:40:14	+11:57	5:21 min/km	**30**
20.	282	Marta De Prado Pereira		0:20:01 (22)	0:40:40	+12:23	5:25 min/km	**30**
21.	164	Cecilia Gabriela Guardia Ortiz	CLUB ATLETISMO VETERANOS DE SAMIL	0:19:41 (19)	0:40:42	+12:25	5:25 min/km	**20**
22.	647	Noelia Fernandez Da Rocha		0:19:50 (20)	0:41:18	+13:01	5:30 min/km	**20**
23.	604	Elisa Perez Rodriguez		0:20:09 (25)	0:42:02	+13:45	5:36 min/km	**20**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
24.	40	Elena Gil Rodriguez		0:20:08 (24)	0:42:15	+13:58	5:37 min/km	**20**
25.	429	Rosario Carro Feas		0:20:43 (26)	0:42:35	+14:18	5:40 min/km	**20**
26.	379	Pilar Santana Cabral	MAIS QUE AUGA	0:20:51 (28)	0:43:01	+14:44	5:44 min/km	**20**
27.	93	Lucía Pombo Chapela	MAIS QUE AUGA	0:20:51 (29)	0:43:20	+15:03	5:46 min/km	**20**
28.	537	Lorena Borrega Lopez		0:20:03 (23)	0:43:32	+15:15	5:48 min/km	**20**
29.	520	María Soledad Alvarez Gomez		0:21:25 (31)	0:43:42	+15:25	5:49 min/km	**20**
30.	546	Yania Carnero Llauger	BIKILA	0:20:47 (27)	0:44:25	+16:08	5:55 min/km	**20**
31.	547	Natalia Carnero Llauger		0:20:59 (30)	0:44:25	+16:08	5:55 min/km	**20**
32.	145	Rocio Rodriguez Figueroa		0:21:56 (32)	0:44:48	+16:31	5:58 min/km	**20**
33.	146	Silvia Insua Alonso	CORNELIOS	0:21:56 (33)	0:44:48	+16:31	5:58 min/km	**20**
34.	18	Ana María Rodriguez Armesto		0:23:02 (42)	0:45:16	+16:59	6:02 min/km	**20**
35.	344	Lorena Freire	MAIS QUE AUGA	0:22:54 (40)	0:45:42	+17:25	6:05 min/km	**20**
36.	222	Noelia Cabral Casal	MAIS QUE AUGA	0:22:18 (36)	0:46:13	+17:56	6:09 min/km	**20**
37.	360	Mariela Fernandez Quinteros		0:22:25 (37)	0:46:14	+17:57	6:09 min/km	**20**
38.	554	Luna Luana Lopez Murguia		0:22:04 (34)	0:46:34	+18:17	6:12 min/km	**20**
39.	471	Paula Fernandez Pazo		0:22:29 (38)	0:46:43	+18:26	6:13 min/km	**20**
40.	339	Jara María Vera Armada		0:22:40 (39)	0:46:51	+18:34	6:14 min/km	**20**
41.	15	María Tenorio Del Rio		0:22:14 (35)	0:47:24	+19:07	6:19 min/km	**20**
42.	518	Eva María Bernardez Fernandez		0:23:02 (41)	0:47:48	+19:31	6:22 min/km	**20**
43.	123	Oana Chis		0:23:59 (43)	0:51:45	+23:28	6:53 min/km	**20**
F3								
1.	175	Águeda Ramirez	MAIS QUE AUGA	0:13:41 (1)	0:29:27	--	3:55 min/km	**250**
2.	391	Ana María Lampon Caride	MAIS QUE AUGA	0:15:27 (3)	0:32:44	+3:17	4:21 min/km	**200**
3.	55	Marta Losada Figueroa		0:15:36 (4)	0:33:06	+3:39	4:24 min/km	**150**
4.	75	Noelia Rivera Vazquez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:16:51 (5)	0:35:23	+5:56	4:42 min/km	**125**
5.	77	Mónica Gallinar Fernandez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:17:27 (7)	0:36:19	+6:52	4:50 min/km	**100**
6.	620	Lucía Martinez Comesaña	C.A.R. MARISQUEIRO	0:17:23 (6)	0:36:35	+7:08	4:52 min/km	**90**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
7.	51	Virginia Alvarez Fernandez		0:18:13 (9)	0:37:57	+8:30	5:03 min/km	**80**
8.	22	María Ascensión Navarro Sanchez		0:17:46 (8)	0:37:57	+8:30	5:03 min/km	**75**
9.	173	Lucia Fonseca Garcia		0:18:29 (10)	0:39:22	+9:55	5:14 min/km	**70**
10.	424	Julia Castro Colorado	BIKILA	0:19:21 (12)	0:39:25	+9:58	5:15 min/km	**60**
11.	333	Julia Lopez Reis	VIGOENTRENA	0:19:35 (13)	0:40:14	+10:47	5:21 min/km	**35**
12.	191	Marta Maria Amoedo Lusquiños	TRINORTH	0:19:14 (11)	0:41:12	+11:45	5:29 min/km	**35**
13.	515	Eva Endress	CLUB DEPORTIVO DELIKIA	0:20:05 (14)	0:42:08	+12:41	5:37 min/km	**35**
14.	370	Mónica Vazquez Mayo	MAIS QUE AUGA	0:20:56 (15)	0:43:26	+13:59	5:47 min/km	**35**
15.	142	Tatiana Santorio De Frutos	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:22:16 (25)	0:44:19	+14:52	5:54 min/km	**35**
16.	376	Antonia Garcia Alvarez	AB ACTIVE BALANCE	0:21:11 (16)	0:44:30	+15:03	5:55 min/km	**30**
17.	198	Isabel Valenciano Bilbao		0:22:01 (21)	0:44:46	+15:19	5:58 min/km	**30**
18.	147	Rosana Alvarez Rodriguez		0:21:29 (19)	0:44:54	+15:27	5:59 min/km	**30**
19.	367	Maite Fernandez Ruiz	MAIS QUE AUGA	0:21:28 (18)	0:45:12	+15:45	6:01 min/km	**30**
20.	541	Sofia González De La Cuesta		0:21:31 (20)	0:45:33	+16:06	6:04 min/km	**30**
21.	504	Maria J Rodriguez Martinez		0:22:10 (24)	0:45:34	+16:07	6:04 min/km	**20**
22.	331	Carmen Perez Quintas		0:21:26 (17)	0:45:41	+16:14	6:05 min/km	**20**
23.	63	Monica Alvarez Comesaña	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:22:23 (27)	0:46:02	+16:35	6:08 min/km	**20**
24.	582	Sonsoles Gonzalez Rivas		0:22:09 (22)	0:46:18	+16:51	6:10 min/km	**20**
25.	580	Maricel Justribo Salse		0:22:09 (23)	0:46:18	+16:51	6:10 min/km	**20**
26.	630	Montse Sarabia Vidal		0:22:48 (29)	0:46:47	+17:20	6:14 min/km	**20**
27.	345	Lucia Berride Soto		0:22:19 (26)	0:47:01	+17:34	6:16 min/km	**20**
28.	270	Lorena Dorado Fernandez		0:22:48 (28)	0:47:27	+18:00	6:19 min/km	**20**
29.	634	Rocio Manecha Limares		0:23:20 (31)	0:48:41	+19:14	6:29 min/km	**20**
30.	499	Beatriz Rodriguez Campos		0:23:22 (32)	0:48:50	+19:23	6:30 min/km	**20**
F4								
1.	80	Maria Carmen Rocha Cruces	C.A.R. MARISQUEIRO	0:20:09 (1)	0:44:05	--	5:52 min/km	**250**
2.	43	Ana Rodriguez Iglesias	MAIS QUE AUGA	0:23:18 (3)	0:47:19	+3:14	6:18 min/km	**200**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
3.	86	Marta Rodriguez Alvarez	BIKILA	0:23:01 (2)	0:47:48	+3:43	6:22 min/km	**150**
F5								
1.	108	Luz Fernandez Pazos		0:18:12 (1)	0:37:48	--	5:02 min/km	**250**
2.	48	Carmen Costas Rodriguez	SOCIEDAD ATLÉTICA VAL MIÑOR	0:22:08 (2)	0:46:04	+8:16	6:08 min/km	**200**
Masculino								
M0								
1.	126	Anxo Jamardo Capelo	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	0:13:22 (1)	0:29:01	--	3:52 min/km	**250**
2.	397	Martin Fernandez Rodriguez		0:14:19 (2)	0:31:02	+2:01	4:08 min/km	**200**
3.	283	Miguel Iglesias Ferreira		0:15:00 (4)	0:31:23	+2:22	4:10 min/km	**150**
4.	441	Diego Cusi Cabaleiro		0:14:46 (3)	0:32:25	+3:24	4:19 min/km	**125**
5.	278	Mateo Agra Pedrosa		0:15:56 (5)	0:35:00	+5:59	4:39 min/km	**100**
6.	372	Tiago Yletyinen Lopez	RIA RUNNING CLUB	0:16:28 (8)	0:35:15	+6:14	4:41 min/km	**250**
7.	373	Jorge Pedreira Espinosa		0:16:29 (9)	0:35:16	+6:15	4:42 min/km	**200**
8.	658	Adrián Falque Álvarez		0:16:23 (7)	0:37:51	+8:50	5:02 min/km	**90**
9.	659	Hugo Costa Noguerol		0:16:23 (6)	0:37:51	+8:50	5:02 min/km	**80**
10.	155	Yago Vazquez De Parga		0:20:14 (11)	0:41:06	+12:05	5:28 min/km	**75**
11.	280	Alexandre Fernandez Borrega		0:20:03 (10)	0:43:32	+14:31	5:48 min/km	**70**
12.	490	Alexandre Trigo Camesella	BRUMA SOCIAL CLUB	0:22:15 (12)	0:43:52	+14:51	5:50 min/km	**60**
M1								
1.	452	Mario Rodriguez Costas		0:11:01 (1)	0:23:28	--	3:07 min/km	**250**
2.	355	Emilio Perez Groba	ADAS-PROINOR	0:11:06 (2)	0:23:56	+28	3:11 min/km	**200**
3.	456	Anxo Otero Amoedo	CAD SERVISUB BUEU	0:11:18 (4)	0:24:22	+54	3:14 min/km	**150**
4.	615	Pablo Perez Lovaco	MAROSA	0:11:17 (3)	0:24:41	+1:13	3:17 min/km	**125**
5.	618	Ricardo Bugallo	CDM XESTEIRAS	0:11:55 (5)	0:25:38	+2:10	3:25 min/km	**100**
6.	646	Álvaro Alonso Garrido		0:12:05 (6)	0:25:53	+2:25	3:27 min/km	**90**
7.	450	Jorge Rey Rodriguez		0:12:24 (8)	0:26:11	+2:43	3:29 min/km	**80**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
8.	644	Sergi Vaño Peidro	CLUB DEPORTIVO DELIKIA	0:12:19 (7)	0:26:16	+2:48	3:30 min/km	**75**
9.	437	Mikołaj Adamczyk		0:12:44 (10)	0:27:22	+3:54	3:38 min/km	**70**
10.	21	Santiago Rodriguez Costas		0:12:44 (9)	0:27:35	+4:07	3:40 min/km	**60**
11.	357	Santiago Dominguez Estevez		0:13:06 (12)	0:27:53	+4:25	3:42 min/km	**35**
12.	324	Diego Davila Collazo		0:13:00 (11)	0:28:17	+4:49	3:46 min/km	**35**
13.	99	Pablo Lopez Alonso		0:13:34 (15)	0:28:50	+5:22	3:50 min/km	**35**
14.	536	Sergio Pedrosa Costas		0:13:25 (14)	0:28:53	+5:25	3:50 min/km	**35**
15.	438	Luis Gonzalez Nuñez		0:13:40 (17)	0:28:56	+5:28	3:51 min/km	**35**
16.	26	Marco Antonio Rodriguez Flores	BEGOÑITA	0:13:42 (18)	0:28:58	+5:30	3:51 min/km	**30**
17.	186	Iván Leira Pita		0:13:18 (13)	0:29:10	+5:42	3:53 min/km	**30**
18.	563	Alberto Gomez-Naveira Vea	RUNYTRI	0:14:02 (22)	0:29:15	+5:47	3:53 min/km	**30**
19.	508	Eloy Perez Bastos		0:13:51 (20)	0:29:32	+6:04	3:56 min/km	**30**
20.	568	Luis Comesaña	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:13:38 (16)	0:29:38	+6:10	3:56 min/km	**30**
21.	179	Pablo Lamas Garralon		0:14:09 (25)	0:29:59	+6:31	3:59 min/km	**20**
22.	34	Carlos Montes Estevez	FENDETESTAS	0:13:45 (19)	0:30:00	+6:32	3:59 min/km	**20**
23.	237	Santiago Velayos Mackinlay	SHAKA CLUB	0:14:04 (23)	0:30:12	+6:44	4:01 min/km	**20**
24.	648	Adrián Verdes		0:14:33 (29)	0:30:30	+7:02	4:03 min/km	**20**
25.	305	Daniel Arenas Lago		0:14:33 (28)	0:30:30	+7:02	4:03 min/km	**20**
26.	201	Juan Gonzalez Perez		0:14:20 (26)	0:30:31	+7:03	4:04 min/km	**20**
27.	387	Salvador Casalderrey Perez		0:14:34 (30)	0:30:40	+7:12	4:05 min/km	**20**
28.	503	Lucas Fernandez Soares		0:14:06 (24)	0:30:46	+7:18	4:06 min/km	**20**
29.	564	Pablo Santome Rodriguez	VIVAGYM	0:14:21 (27)	0:31:08	+7:40	4:08 min/km	**20**
30.	224	Óscar Dominguez Sequeiros	NIGRÁN RUN CLUB	0:14:36 (32)	0:31:23	+7:55	4:11 min/km	**20**
31.	645	Santiago Mampel Martinez		0:13:57 (21)	0:31:35	+8:07	4:12 min/km	**20**
32.	312	Tom Watson		0:14:52 (35)	0:31:41	+8:13	4:13 min/km	**20**
33.	454	Carlos Rivas Vila		0:14:57 (36)	0:31:49	+8:21	4:14 min/km	**20**
34.	472	Eloy Sio Fernandez	GM CUMBRE LLANGREU	0:14:48 (34)	0:31:59	+8:31	4:15 min/km	**20**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
35.	212	Pedro Rodriguez Rodriguez		0:15:01 (37)	0:31:59	+8:31	4:15 min/km	**20**
36.	383	Pablo Fernandez Bernardez		0:14:47 (33)	0:32:12	+8:44	4:17 min/km	**20**
37.	326	Ismael Miguez Collazo		0:16:06 (48)	0:32:18	+8:50	4:18 min/km	**20**
38.	428	Ruben Taboas Pazos	CLINICA DENTAL ASODEN	0:16:10 (49)	0:32:35	+9:07	4:20 min/km	**20**
39.	196	Absoul Salam Congo		0:14:36 (31)	0:32:39	+9:11	4:21 min/km	**20**
40.	28	Breogan Gonzalez Paredes	CLUB ATLETISMO VETERANOS DE SAMIL	0:15:43 (43)	0:32:40	+9:12	4:21 min/km	**20**
41.	244	Pablo Estevez Bastos		0:15:38 (41)	0:32:57	+9:29	4:23 min/km	**20**
42.	122	Alberto Freitas Fernandez		0:15:20 (40)	0:33:02	+9:34	4:24 min/km	**20**
43.	595	Antonio Fernandez Rocha		0:15:42 (42)	0:33:08	+9:40	4:25 min/km	**20**
44.	496	Jose Costas Nuñez	LGTBI	0:16:46 (62)	0:33:21	+9:53	4:26 min/km	**20**
45.	200	Anxo Alonso Rial		0:15:05 (38)	0:33:29	+10:01	4:27 min/km	**20**
46.	605	Alberto Amoedo Garcia	KERRY	0:16:17 (53)	0:33:33	+10:05	4:28 min/km	**20**
47.	405	Alex Da Silva Perez		0:16:44 (61)	0:33:34	+10:06	4:28 min/km	**20**
48.	307	Jonatan Alonso Lopez	BIKILA	0:15:51 (44)	0:33:50	+10:22	4:30 min/km	**20**
49.	633	Erik Cotovad Gutierrez		0:16:03 (46)	0:33:50	+10:22	4:30 min/km	**20**
50.	53	Lucas Lorenzo Blas		0:16:50 (63)	0:33:51	+10:23	4:30 min/km	**20**
51.	89	Mario Castiñeiras Fariña		0:16:20 (55)	0:33:51	+10:23	4:30 min/km	**15**
52.	328	Mohamed Moukhlissi El Adi		0:16:13 (51)	0:33:55	+10:27	4:31 min/km	**15**
53.	365	Pedro Alexandre Rodrigues Brandao		0:16:53 (65)	0:33:55	+10:27	4:31 min/km	**15**
54.	531	David Perez Lamarca		0:16:05 (47)	0:33:56	+10:28	4:31 min/km	**15**
55.	414	Luis Monje De La Peña		0:16:41 (60)	0:33:58	+10:30	4:31 min/km	**15**
56.	320	Sergio Lence Rodriguez		0:16:00 (45)	0:34:02	+10:34	4:32 min/km	**15**
57.	617	Ignacio Otero Rey		0:16:14 (52)	0:34:04	+10:36	4:32 min/km	**15**
58.	79	Pablo Vilaboa Costas		0:15:18 (39)	0:34:07	+10:39	4:32 min/km	**15**
59.	459	Yeray Garcia Gonzalez		0:17:24 (76)	0:34:10	+10:42	4:33 min/km	**15**
60.	478	Marcos Gonzalez Calviño		0:17:18 (75)	0:34:16	+10:48	4:34 min/km	**15**
61.	264	Luis Miguel Fernandez Sangiao		0:16:19 (54)	0:34:34	+11:06	4:36 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
62.	462	Damian Gonta		0:17:41 (78)	0:34:49	+11:21	4:38 min/km	**15**
63.	158	Izzan Ferreira Coira		0:17:41 (79)	0:34:50	+11:22	4:38 min/km	**15**
64.	249	Yago Rodriguez Lago		0:16:50 (64)	0:34:53	+11:25	4:38 min/km	**15**
65.	151	Víctor Moral Hermida	RANIN CLAB	0:17:04 (69)	0:34:53	+11:25	4:38 min/km	**15**
66.	45	Daniel Rodrigues	SHAKA CLUB	0:17:06 (72)	0:34:56	+11:28	4:39 min/km	**15**
67.	248	Bran Lopez Luengo	BOX4 SANTIAGO	0:16:35 (56)	0:34:59	+11:31	4:39 min/km	**15**
68.	82	Pablo Ferreira Morais		0:16:13 (50)	0:34:59	+11:31	4:39 min/km	**15**
69.	290	David Exposito De La Iglesia		0:16:37 (57)	0:35:08	+11:40	4:40 min/km	**15**
70.	291	Carlos Delgado Tejedor		0:16:37 (58)	0:35:08	+11:40	4:40 min/km	**15**
71.	211	Nuno André Da Silva Paiva	SHAKA CLUB	0:17:06 (71)	0:35:12	+11:44	4:41 min/km	**15**
72.	419	Aaron Montero Fernandez		0:17:16 (74)	0:35:15	+11:47	4:41 min/km	**15**
73.	205	Alexandre Nieves Refojos		0:16:39 (59)	0:35:28	+12:00	4:43 min/km	**15**
74.	118	Daniel Mirze		0:17:36 (77)	0:35:31	+12:03	4:44 min/km	**15**
75.	495	Sergio Jorge Costas	MAXEFFORT	0:16:53 (66)	0:35:32	+12:04	4:44 min/km	**15**
76.	616	Adrián Villares		0:17:15 (73)	0:35:56	+12:28	4:47 min/km	**15**
77.	301	Nereo Garrido Gomez		0:17:06 (70)	0:36:00	+12:32	4:47 min/km	**15**
78.	447	Andrés Romero		0:17:49 (82)	0:36:04	+12:36	4:48 min/km	**15**
79.	592	Daniel Masino		0:16:59 (68)	0:36:10	+12:42	4:49 min/km	**15**
80.	591	Ibrahem Khilli		0:16:58 (67)	0:36:11	+12:43	4:49 min/km	**15**
81.	46	Xoan Gonzalez Iglesias		0:17:51 (83)	0:36:18	+12:50	4:50 min/km	**15**
82.	584	Diego Barros Rubines		0:18:32 (94)	0:36:25	+12:57	4:51 min/km	**15**
83.	78	Manuel Martin Alonso		0:18:35 (97)	0:36:42	+13:14	4:53 min/km	**15**
84.	464	Carlos Giraldez Loira		0:18:35 (98)	0:36:43	+13:15	4:53 min/km	**15**
85.	603	Luis Rodriguez Lago		0:17:54 (84)	0:37:00	+13:32	4:55 min/km	**15**
86.	315	Jefferson Rafael Bernal Guaramato		0:17:44 (80)	0:37:02	+13:34	4:56 min/km	**15**
87.	220	Juan Perez Doval		0:18:04 (88)	0:37:12	+13:44	4:57 min/km	**15**
88.	16	Izham Diaz Marra		0:19:28 (109)	0:37:24	+13:56	4:59 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
89.	341	Alejandro Herrero Perez		0:19:47 (116)	0:37:30	+14:02	4:59 min/km	**15**
90.	449	David Freiria Prado		0:19:29 (110)	0:37:34	+14:06	5:00 min/km	**15**
91.	395	Pablo Barreiro Garcia		0:18:32 (93)	0:37:42	+14:14	5:01 min/km	**15**
92.	117	Pablo Cacheda Sarmiento	GTR GALAICO TRAIL RUN	0:17:45 (81)	0:37:49	+14:21	5:02 min/km	**15**
93.	349	Mario Aguado Varas		0:19:48 (118)	0:37:51	+14:23	5:02 min/km	**15**
94.	439	Álvaro Romero Rodriguez		0:17:57 (86)	0:37:52	+14:24	5:02 min/km	**15**
95.	183	Manuel Doiro Lora		0:18:19 (90)	0:38:06	+14:38	5:04 min/km	**15**
96.	484	Ibrahin Vila		0:17:58 (87)	0:38:24	+14:56	5:07 min/km	**15**
97.	132	Jorge Montoya Rivas		0:19:06 (104)	0:38:29	+15:01	5:07 min/km	**15**
98.	602	Adrián Diaz Lusquiños		0:17:54 (85)	0:38:40	+15:12	5:09 min/km	**15**
99.	255	Carlos Hernandez Ceron		0:18:32 (95)	0:38:49	+15:21	5:10 min/km	**15**
100.	257	David Freixes Fernandez		0:18:32 (96)	0:38:49	+15:21	5:10 min/km	**15**
101.	366	Miguel Rodriguez Rebolledo	ADN RUNNERS – TELMO PELUQUEROS F.C.	0:19:00 (103)	0:38:53	+15:25	5:11 min/km	**15**
102.	295	Alex Agreda Castro		0:19:36 (112)	0:39:12	+15:44	5:13 min/km	**15**
103.	480	Jorge Gonzalez Harguindey		0:20:08 (126)	0:39:21	+15:53	5:14 min/km	**15**
104.	353	Ramón Emigdio Gonzalez Ramirez	TNT GHERRILLEIROS	0:18:23 (91)	0:39:25	+15:57	5:15 min/km	**15**
105.	578	Victor Orjales Barge		0:18:40 (99)	0:39:25	+15:57	5:15 min/km	**15**
106.	216	Álvaro Garcia Martinez	X-ONE	0:19:16 (105)	0:39:31	+16:03	5:16 min/km	**15**
107.	534	Eric Louzao Rodriguez		0:20:01 (124)	0:39:31	+16:03	5:16 min/km	**15**
108.	208	Sergio Fernandez Martinez	PORCOS CELTAS	0:20:14 (129)	0:39:33	+16:05	5:16 min/km	**15**
109.	421	Miguel Dominguez Campos		0:19:18 (106)	0:39:35	+16:07	5:16 min/km	**15**
110.	400	Marcos Barciela Ceide	PORCOS CELTAS	0:20:15 (132)	0:39:35	+16:07	5:16 min/km	**15**
111.	37	Óscar Penas Garcia	PORCOS CELTAS	0:20:14 (131)	0:39:35	+16:07	5:16 min/km	**15**
112.	133	Pelayo Vazquez		0:19:47 (117)	0:39:38	+16:10	5:16 min/km	**15**
113.	273	Rubén Gonzalez Fuentes		0:18:11 (89)	0:39:38	+16:10	5:16 min/km	**15**
114.	342	Diego Vidal		0:19:49 (119)	0:39:38	+16:10	5:17 min/km	**15**
115.	297	Marcos Estevez Gonzalez		0:19:24 (107)	0:39:43	+16:15	5:17 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
116.	310	Eloy Perez Carrera		0:19:44 (114)	0:39:44	+16:16	5:17 min/km	**15**
117.	458	Adrian Gonzalez Gomez		0:19:46 (115)	0:39:46	+16:18	5:18 min/km	**15**
118.	485	Jose Alonso Martinez		0:19:53 (120)	0:39:47	+16:19	5:18 min/km	**15**
119.	90	Manuel Iglesias Dorda		0:18:47 (101)	0:39:49	+16:21	5:18 min/km	**15**
120.	214	Edwin Guama Heredia		0:19:29 (111)	0:39:50	+16:22	5:18 min/km	**15**
121.	512	Juan Tizon	PORCOS CELTAS	0:20:14 (130)	0:39:53	+16:25	5:18 min/km	**15**
122.	523	Fernando Barral Golpe		0:20:32 (139)	0:40:01	+16:33	5:20 min/km	**15**
123.	650	Jako Rivero Blanco		0:19:42 (113)	0:40:08	+16:40	5:20 min/km	**15**
124.	579	Santiago Sobreira Barreiro		0:18:40 (100)	0:40:26	+16:58	5:23 min/km	**15**
125.	448	Daniel Freiria Prado		0:19:26 (108)	0:40:31	+17:03	5:24 min/km	**15**
126.	622	Gonzalo Casal Dorado		0:20:17 (133)	0:40:37	+17:09	5:24 min/km	**15**
127.	607	Mateo Nuñez	MAROSA	0:19:53 (121)	0:40:38	+17:10	5:25 min/km	**15**
128.	275	Manuel Conde Gomez		0:18:30 (92)	0:40:44	+17:16	5:25 min/km	**15**
129.	586	Alejandro Riveiro Martin		0:18:51 (102)	0:40:46	+17:18	5:26 min/km	**15**
130.	463	Pablo Vidal		0:20:42 (141)	0:40:47	+17:19	5:26 min/km	**15**
131.	538	Alvaro Carpintero Pazos		0:20:21 (135)	0:40:56	+17:28	5:27 min/km	**15**
132.	406	Miguel Rodriguez Iglesias		0:19:54 (122)	0:40:59	+17:31	5:27 min/km	**15**
133.	608	André Rostron	MAROSA	0:20:04 (125)	0:41:04	+17:36	5:28 min/km	**15**
134.	558	Andrés Fernandez		0:20:35 (140)	0:41:09	+17:41	5:29 min/km	**15**
135.	363	Javier Vazquez Gonzalez	MAIS QUE AUGA	0:20:09 (127)	0:41:14	+17:46	5:29 min/km	**15**
136.	457	Xoan Alonso Graña		0:20:09 (128)	0:41:14	+17:46	5:29 min/km	**15**
137.	567	Martín Acebedo Alonso		0:20:00 (123)	0:41:15	+17:47	5:29 min/km	**15**
138.	121	David Bastos Casas	LASER GALICIA RANING	0:21:12 (147)	0:41:31	+18:03	5:32 min/km	**15**
139.	73	Miguel Sanchez Pereira		0:21:12 (146)	0:41:48	+18:20	5:34 min/km	**15**
140.	239	Miguel Gonzalez Estarque		0:21:08 (145)	0:42:14	+18:46	5:37 min/km	**15**
141.	139	Rubén Castro Miguez		0:21:20 (148)	0:42:20	+18:52	5:38 min/km	**15**
142.	606	Alvaro Ligero	MAROSA	0:20:51 (142)	0:42:53	+19:25	5:42 min/km	**15**

P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
143.	260	David Valera Perea	LASER GALICIA RANING	0:20:32 (137)	0:42:56	+19:28	5:43 min/km	**15**
144.	416	Pedro Otero Garcia		0:20:32 (136)	0:42:56	+19:28	5:43 min/km	**15**
145.	195	Arturo Conde Pereiro		0:20:32 (138)	0:43:02	+19:34	5:44 min/km	**15**
146.	236	David Alonso Gonzalez	RUNNINVERSE	0:21:35 (149)	0:43:03	+19:35	5:44 min/km	**15**
147.	228	Abilio Almeida Eiroa		0:20:57 (143)	0:43:44	+20:16	5:49 min/km	**15**
148.	57	Adrián Vazquez Cid		0:20:57 (144)	0:43:44	+20:16	5:49 min/km	**15**
149.	194	Pablo Miguez Cameselle	X-ONE	0:20:19 (134)	0:43:46	+20:18	5:50 min/km	**15**
150.	596	Daniel Juarez Pallero		0:21:59 (154)	0:44:34	+21:06	5:56 min/km	**15**
151.	475	Ivan Villar Paris		0:21:59 (155)	0:44:36	+21:08	5:56 min/km	**8**
152.	285	Marco Trigo Camesella		0:21:46 (152)	0:44:50	+21:22	5:58 min/km	**8**
153.	287	Marcos Parga Dapena	BRUMA SOCIAL CLUB	0:21:42 (150)	0:44:52	+21:24	5:58 min/km	**8**
154.	298	Enrique Sampayo Gomez		0:22:25 (157)	0:44:53	+21:25	5:58 min/km	**8**
155.	613	Adrian Rodriguez Lopez	MAROSA	0:21:42 (151)	0:44:58	+21:30	5:59 min/km	**8**
156.	632	Brais Alves Estevez		0:22:38 (159)	0:46:21	+22:53	6:10 min/km	**8**
157.	72	Alejandro Perez Davila	CLUB ATLETISMO PORRIÑO	0:21:53 (153)	0:46:29	+23:01	6:11 min/km	**8**
158.	600	Álvaro Magdalena Iglesias		0:22:36 (158)	0:46:32	+23:04	6:12 min/km	**8**
159.	68	Jesús Tenorio Del Rio		0:22:11 (156)	0:47:25	+23:57	6:19 min/km	**8**
160.	231	Jaime Alvarez Vazquez		0:23:06 (160)	0:48:13	+24:45	6:25 min/km	**8**
161.	157	Santiago Alborja Martinez De La Riva		0:23:06 (161)	0:48:59	+25:31	6:31 min/km	**8**
162.	327	Daniel Dominguez Veiga		0:26:42 (162)	0:56:11	+32:43	7:29 min/km	**8**
M2								
1.	206	Antonio Amilcar Perea Correa	SOLISS UDAT TALAVERA	0:11:31 (2)	0:24:18	--	3:14 min/km	**250**
2.	640	Miguel Araujo	LODEIROS TRAIL	0:11:26 (1)	0:24:56	+38	3:19 min/km	**200**
3.	153	Roberto Vazquez Pavon	TANINOS RUNNERS PONTEAREAS	0:11:57 (4)	0:25:46	+1:28	3:26 min/km	**150**
4.	314	Jesús Fernandez Soengas	CLUB DEPORTIVO DELIKIA	0:11:56 (3)	0:25:51	+1:33	3:26 min/km	**125**
5.	410	Miguel Marzoa Ruiz	C.A.R. MARISQUEIRO	0:12:24 (7)	0:26:07	+1:49	3:28 min/km	**100**
6.	399	Alejandro Arthaud Alvarez		0:12:17 (6)	0:26:15	+1:57	3:29 min/km	**90**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
7.	181	Sergio Nuñez Parada	REAL CLUB CELTA ATLETISMO	0:12:09 (5)	0:26:22	+2:04	3:30 min/km	**80**
8.	562	David Ferreira Laredo	CASTRELOS KM.	0:13:27 (8)	0:28:33	+4:15	3:48 min/km	**75**
9.	268	Jorge Novoa Perez	C.A.R. MARISQUEIRO	0:13:29 (9)	0:29:06	+4:48	3:52 min/km	**70**
10.	637	Victor Conejo Pena	SOCIEDADE ATLÉTICA DO TREGA	0:13:45 (10)	0:29:28	+5:10	3:55 min/km	**60**
11.	483	Gonzalo Roca Romero	SOCIEDAD ATLÉTICA VILA DE VIGO	0:14:00 (11)	0:30:04	+5:46	4:00 min/km	**35**
12.	623	Iban Dorado Fuente		0:14:16 (15)	0:30:14	+5:56	4:01 min/km	**35**
13.	422	Óscar Couce Senra		0:14:01 (12)	0:30:20	+6:02	4:02 min/km	**35**
14.	486	Jose Carlos Alonso Alvarez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:14:12 (14)	0:30:22	+6:04	4:02 min/km	**35**
15.	407	Jose Manuel Morais De La Iglesia	CLUB ATLETISMO PORRIÑO	0:15:00 (19)	0:30:54	+6:36	4:07 min/km	**35**
16.	440	Óscar Garcia Garcia	CLUB DEPORTIVO PINARIUM	0:14:07 (13)	0:30:55	+6:37	4:07 min/km	**30**
17.	103	Ruben Navia Iglesias	BIKILA	0:14:54 (17)	0:31:16	+6:58	4:10 min/km	**30**
18.	177	David Fontan Garrido	MUÑECOS RUNNING	0:14:37 (16)	0:31:26	+7:08	4:11 min/km	**30**
19.	250	Iván Goberna Comesaña		0:15:12 (20)	0:31:31	+7:13	4:12 min/km	**30**
20.	643	Valerio Cabezas Vila	C.A.R. MARISQUEIRO	0:15:49 (27)	0:32:02	+7:44	4:16 min/km	**30**
21.	165	Marcos Mayo Rodriguez	RUNYTRI	0:15:49 (28)	0:32:04	+7:46	4:16 min/km	**20**
22.	14	Jose Manuel Cabaco Campos	TAKO TEAM	0:14:58 (18)	0:32:16	+7:58	4:18 min/km	**20**
23.	417	Iago Ortega Villar	X-ONE	0:15:41 (24)	0:32:37	+8:19	4:20 min/km	**20**
24.	115	Iván Alvarez		0:15:39 (23)	0:32:47	+8:29	4:22 min/km	**20**
25.	308	Iván Melendez		0:15:36 (22)	0:33:07	+8:49	4:24 min/km	**20**
26.	319	Jon Ander Gonzalez Santiago		0:16:21 (31)	0:33:13	+8:55	4:25 min/km	**20**
27.	649	Jose Manuel Miranda Vieito	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:15:15 (21)	0:33:21	+9:03	4:26 min/km	**20**
28.	389	Alberto Rivera Canicoba		0:15:46 (25)	0:33:37	+9:19	4:28 min/km	**20**
29.	335	Carlos Rodal Fraga		0:15:47 (26)	0:33:47	+9:29	4:30 min/km	**20**
30.	656	Pablo Lopez Soto	LEAR PORRIÑO	0:16:01 (29)	0:33:51	+9:33	4:30 min/km	**20**
31.	489	Ismael Chamborro	VENUS NIGRÁN	0:16:20 (30)	0:34:25	+10:07	4:35 min/km	**20**
32.	510	Raúl Rodriguez Collazo		0:16:51 (36)	0:34:29	+10:11	4:35 min/km	**20**
33.	184	Daniel Alonso Carrera		0:16:22 (32)	0:34:36	+10:18	4:36 min/km	**20**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
34.	20	Antonio Macias Nogueira	MAIS QUE AUGA	0:16:50 (35)	0:34:54	+10:36	4:39 min/km	**20**
35.	230	Alberto Coya Novas		0:16:58 (39)	0:35:03	+10:45	4:40 min/km	**20**
36.	156	Alberto Miguelez Rozas	SHAKA CLUB	0:17:07 (41)	0:35:04	+10:46	4:40 min/km	**20**
37.	466	Santiago Pombo Carrera		0:17:39 (52)	0:35:07	+10:49	4:40 min/km	**20**
38.	294	Accio Diaz Allende		0:16:53 (37)	0:35:21	+11:03	4:42 min/km	**20**
39.	197	Carlos Solla Gil	SHAKA CLUB	0:17:06 (40)	0:35:23	+11:05	4:42 min/km	**20**
40.	44	David Anton Fernandez		0:16:47 (34)	0:35:26	+11:08	4:43 min/km	**20**
41.	337	Daniel Alves Freire		0:17:21 (45)	0:35:27	+11:09	4:43 min/km	**20**
42.	442	Tony Costas Fernandez	CLUB TRIATLÓN MAR DE VIGO	0:17:33 (49)	0:35:48	+11:30	4:46 min/km	**20**
43.	594	Antonio Manuel Vega Garcia		0:17:08 (42)	0:35:51	+11:33	4:46 min/km	**20**
44.	474	Aleixandre Gonzalez Pardiñas	MERAKI FISIOTERAPIA VIGO	0:16:25 (33)	0:35:51	+11:33	4:46 min/km	**20**
45.	171	Andrés Mosquera Piñeiro		0:17:09 (44)	0:36:02	+11:44	4:48 min/km	**20**
46.	571	Daniel Gonzalez Rodriguez		0:17:36 (51)	0:36:08	+11:50	4:49 min/km	**20**
47.	638	David Blanco Gonzalez	SHAKA CLUB	0:18:16 (55)	0:36:28	+12:10	4:51 min/km	**20**
48.	246	Daniel Dacal Deza		0:17:24 (46)	0:36:33	+12:15	4:52 min/km	**20**
49.	38	Sedu Rodriguez Alonso	FENDETESTAS	0:17:35 (50)	0:36:53	+12:35	4:54 min/km	**20**
50.	446	Diego Gonzalez Ulla		0:17:25 (47)	0:37:00	+12:42	4:55 min/km	**20**
51.	242	Pablo Miguez Soto		0:17:25 (48)	0:37:01	+12:43	4:56 min/km	**15**
52.	245	Miguel Del Caño Castro		0:17:08 (43)	0:37:01	+12:43	4:56 min/km	**15**
53.	598	Pablo Diaz Jamardo		0:18:19 (56)	0:37:06	+12:48	4:56 min/km	**15**
54.	497	Cristian Gonzalez Gonzalez		0:18:44 (62)	0:37:28	+13:10	4:59 min/km	**15**
55.	476	Celso Armendariz		0:18:09 (54)	0:37:29	+13:11	4:59 min/km	**15**
56.	601	Carlos Basoco Gil	AVIVA SPORT CLUB	0:17:40 (53)	0:37:30	+13:12	4:59 min/km	**15**
57.	507	Martin Suarez Silva		0:16:57 (38)	0:37:44	+13:26	5:01 min/km	**15**
58.	185	David Vazquez Cañoto		0:18:41 (61)	0:38:02	+13:44	5:04 min/km	**15**
59.	130	Daniel Pereira Fer	X-ONE	0:19:00 (64)	0:38:05	+13:47	5:04 min/km	**15**
60.	174	Simon Dominguez Fernandez		0:18:35 (60)	0:38:15	+13:57	5:05 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
61.	364	Jairo Parente Mariño		0:19:03 (66)	0:38:16	+13:58	5:06 min/km	**15**
62.	408	Miguel Ángel Correa Coello	CLUB ATLETISMO VETERANOS DE SAMIL	0:18:27 (58)	0:38:26	+14:08	5:07 min/km	**15**
63.	92	Oscar Fernandez Pol		0:19:01 (65)	0:38:28	+14:10	5:07 min/km	**15**
64.	527	Daniel Alvarez Alvarez		0:19:34 (76)	0:38:32	+14:14	5:08 min/km	**15**
65.	378	Manuel Diaz Congil		0:18:57 (63)	0:38:55	+14:37	5:11 min/km	**15**
66.	657	Julien Daniel Rouxel	LEAR PORRIÑO	0:18:32 (59)	0:38:55	+14:37	5:11 min/km	**15**
67.	388	Daniel Souza Alonso		0:18:21 (57)	0:39:11	+14:53	5:13 min/km	**15**
68.	296	Zorrito Quiñones Camacho		0:19:36 (77)	0:39:13	+14:55	5:13 min/km	**15**
69.	161	Lucas Pouso Vidal	CLUB ATLETISMO CAMBADOS	0:19:25 (73)	0:39:42	+15:24	5:17 min/km	**15**
70.	610	Alberto Crespo Cabaleiro	SHAKA CLUB	0:19:06 (67)	0:39:54	+15:36	5:19 min/km	**15**
71.	253	Steve Osborne	SHAKA CLUB	0:19:55 (80)	0:39:56	+15:38	5:19 min/km	**15**
72.	482	Rodrigo Horna Fernandez		0:19:22 (70)	0:40:05	+15:47	5:20 min/km	**15**
73.	557	Xoán Gesto	BEADE, AHI OS VAN!	0:20:00 (82)	0:40:05	+15:47	5:20 min/km	**15**
74.	318	Alejandro Gonzalez Puga		0:19:24 (72)	0:40:06	+15:48	5:20 min/km	**15**
75.	128	Manuel Alejandro Parra Serrano	MAIS QUE AUGA	0:19:16 (68)	0:40:10	+15:52	5:21 min/km	**15**
76.	624	Jose Manuel Costas Martinez	IBIS VAL MIÑOR	0:19:33 (75)	0:40:13	+15:55	5:21 min/km	**15**
77.	107	Víctor Vazquez Fernandez		0:19:24 (71)	0:40:13	+15:55	5:21 min/km	**15**
78.	178	Ruben Garcia	IBIS VAL MIÑOR	0:19:33 (74)	0:40:13	+15:55	5:21 min/km	**15**
79.	565	Carlos Hernandez Larez		0:19:59 (81)	0:40:25	+16:07	5:23 min/km	**15**
80.	628	Jose Barrio Cuiñas		0:20:06 (83)	0:40:28	+16:10	5:23 min/km	**15**
81.	347	Hipólito Rodriguez Costas		0:20:07 (84)	0:40:29	+16:11	5:23 min/km	**15**
82.	31	Alejandro Sebastian Lago		0:20:13 (85)	0:40:33	+16:15	5:24 min/km	**15**
83.	371	Victoriano Sanmartin Gonzalez	MAIS QUE AUGA	0:19:41 (78)	0:40:54	+16:36	5:27 min/km	**15**
84.	380	Adrián Suarez Ogando	MAIS QUE AUGA	0:20:22 (86)	0:41:06	+16:48	5:28 min/km	**15**
85.	39	John Lawler		0:19:43 (79)	0:41:28	+17:10	5:31 min/km	**15**
86.	334	Rafael Villar De Villa	MAIS QUE AUGA	0:19:21 (69)	0:42:23	+18:05	5:39 min/km	**15**
87.	430	Alberto Becerra Lage		0:20:43 (87)	0:42:35	+18:17	5:40 min/km	**15**

P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
88.	240	Nelson Duarte Pinto		0:21:22 (92)	0:42:42	+18:24	5:41 min/km	**15**
89.	116	Carla Perez Perez		0:20:57 (89)	0:42:56	+18:38	5:43 min/km	**15**
90.	140	David Santamarina Santos		0:20:57 (88)	0:43:25	+19:07	5:47 min/km	**15**
91.	66	Óscar Canosa Martinez		0:21:16 (91)	0:43:33	+19:15	5:48 min/km	**15**
92.	125	Pablo Saura Alvarez		0:21:36 (94)	0:43:49	+19:31	5:50 min/km	**15**
93.	47	Manuel Rodriguez Blanco		0:21:38 (95)	0:43:51	+19:33	5:50 min/km	**15**
94.	516	Elías Perez Carrera	CLUB DEPORTIVO DELIKIA	0:21:25 (93)	0:44:35	+20:17	5:56 min/km	**15**
95.	587	Luis Angel Guimerans Iglesias		0:22:10 (96)	0:45:14	+20:56	6:01 min/km	**15**
96.	218	Diego Alonso Otero	COMESAÑA SPORTING CLUB	0:22:26 (98)	0:45:34	+21:16	6:04 min/km	**15**
97.	221	Roberto Garcia De La Cruz	MAIS QUE AUGA	0:22:18 (97)	0:46:13	+21:55	6:09 min/km	**15**
98.	325	Omar Sanchez		0:23:00 (101)	0:46:29	+22:11	6:11 min/km	**15**
99.	629	Tony Martinez Rodriguez		0:22:48 (100)	0:46:47	+22:29	6:14 min/km	**15**
100.	340	Oscar Gonzalez Vazquez		0:22:40 (99)	0:46:50	+22:32	6:14 min/km	**15**
101.	124	Riccardo Concu		0:23:59 (102)	0:51:45	+27:27	6:53 min/km	**15**
102.	193	Trino Zelaya		0:25:12 (103)	0:52:59	+28:41	7:03 min/km	**15**
M3								
1.	401	Daniel Bargiela Araujo	BIKILA	0:12:30 (4)	0:26:02	--	3:28 min/km	**250**
2.	420	Manuel Prieto De La Iglesia	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:12:30 (2)	0:26:10	+08	3:29 min/km	**200**
3.	95	Óscar Davila Mariño		0:12:30 (3)	0:26:14	+12	3:29 min/km	**150**
4.	426	Marcos Fernandez Monzon	SOCIEDADE ATLÉTICA VILA DE VIGO.	0:13:25 (5)	0:28:19	+2:17	3:46 min/km	**125**
5.	243	Francisco Alvarez Fernandez	AFURRICAMOS NO MONTE	0:13:32 (6)	0:29:05	+3:03	3:52 min/km	**100**
6.	590	Guille Peiteado Ruiz	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:13:56 (8)	0:29:39	+3:37	3:57 min/km	**90**
7.	106	Ivan Diego Blanco Caldas		0:13:39 (7)	0:29:42	+3:40	3:57 min/km	**80**
8.	311	Miguel Costas Costas	MAIS QUE AUGA	0:14:08 (9)	0:30:35	+4:33	4:04 min/km	**75**
9.	411	Andrés Alvarez	IMAXINATEA ESCOLA DE TEATRO	0:14:30 (10)	0:31:03	+5:01	4:08 min/km	**70**
10.	470	Francisco Cerdeira Gregorio		0:09:40 (1)	0:31:27	+5:25	4:11 min/km	**60**
11.	377	Javier Ballesta Lopez	AB ACTIVE BALANCE	0:15:49 (19)	0:32:01	+5:59	4:16 min/km	**35**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
12.	316	Carlos Alberto Bujanda Garmenda		0:15:18 (13)	0:32:10	+6:08	4:17 min/km	**35**
13.	573	Antonio Luis Lopez Fernandez		0:15:07 (11)	0:32:14	+6:12	4:17 min/km	**35**
14.	56	Ruben Sio Fernandez	CLUB ATLETISMO PORRIÑO	0:15:36 (15)	0:33:05	+7:03	4:24 min/km	**35**
15.	526	Candido Acuña Fernandez	COMESAÑA SPORTING CLUB	0:15:10 (12)	0:33:07	+7:05	4:24 min/km	**35**
16.	660	Marcos Fernandez Carballa		0:15:42 (18)	0:33:24	+7:22	4:27 min/km	**30**
17.	259	Modesto Martinez Zuñiga		0:16:21 (25)	0:33:33	+7:31	4:28 min/km	**30**
18.	62	Ernesto Armada Fernandez		0:15:35 (14)	0:33:35	+7:33	4:28 min/km	**30**
19.	556	Camilo José Gomez Lopez		0:16:22 (26)	0:33:39	+7:37	4:29 min/km	**30**
20.	642	Nazario Correa Sestelo		0:15:40 (16)	0:33:39	+7:37	4:29 min/km	**30**
21.	589	Javier Rodriguez Castro		0:16:18 (24)	0:33:41	+7:39	4:29 min/km	**20**
22.	627	Jose Manuel Gonzalez Estevez		0:16:34 (29)	0:33:48	+7:46	4:30 min/km	**20**
23.	83	Diego Montenegro Ballesteros	CHUZAS OLIMPICOS	0:16:30 (28)	0:33:49	+7:47	4:30 min/km	**20**
24.	423	Antonio Calviño Mosquera		0:15:42 (17)	0:33:59	+7:57	4:31 min/km	**20**
25.	209	Miguel Pereiro Pereiro		0:15:59 (20)	0:34:07	+8:05	4:32 min/km	**20**
26.	654	Jose Carlos Conde Gonzalez	LEAR PORRIÑO	0:16:11 (23)	0:34:13	+8:11	4:33 min/km	**20**
27.	390	Francisco Javier Castiñeira Gonzalez	MAIS QUE AUGA	0:16:02 (21)	0:34:13	+8:11	4:33 min/km	**20**
28.	127	Manuel Jamardo Bascoy	CLUB DEPORTIVO PINARIUM	0:16:04 (22)	0:34:37	+8:35	4:36 min/km	**20**
29.	251	Roberto Martinez Domimguez	CASTRELOS 20:30	0:16:22 (27)	0:35:01	+8:59	4:40 min/km	**20**
30.	574	Rubén Vila Lopez	MAIS QUE AUGA	0:17:02 (42)	0:35:02	+9:00	4:40 min/km	**20**
31.	425	Oscar Alonso Costas		0:16:52 (33)	0:35:06	+9:04	4:40 min/km	**20**
32.	382	Carlos Beloso		0:17:01 (40)	0:35:09	+9:07	4:41 min/km	**20**
33.	76	Javier Ferro Nuñez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:16:51 (32)	0:35:10	+9:08	4:41 min/km	**20**
34.	583	Alberto Ubeira Ricon	ADN RUNNERS – TELMO PELUQUEROS F.C.	0:17:34 (49)	0:35:15	+9:13	4:41 min/km	**20**
35.	42	Dito Villanueva Areal	RUNNING LUSEKELO	0:16:42 (30)	0:35:16	+9:14	4:42 min/km	**20**
36.	434	Ricardo Otero Benito	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:16:53 (35)	0:35:17	+9:15	4:42 min/km	**20**
37.	289	Miguel Angel Menendez Pardiñas		0:16:54 (36)	0:35:21	+9:19	4:42 min/km	**20**
38.	199	Miguel Comesaña		0:16:54 (37)	0:35:28	+9:26	4:43 min/km	**20**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
39.	570	Francisco Fernandez Troncoso		0:17:15 (43)	0:35:31	+9:29	4:44 min/km	**20**
40.	639	Gus Casado		0:17:30 (47)	0:35:33	+9:31	4:44 min/km	**20**
41.	396	Juan Manuel Fernandez Campos		0:16:43 (31)	0:35:35	+9:33	4:44 min/km	**20**
42.	306	Oswaldo Sanchez Otero	TNT GHERRILLEIROS	0:17:16 (44)	0:35:39	+9:37	4:45 min/km	**20**
43.	41	Modesto Lusquiños Garcia		0:17:01 (39)	0:35:46	+9:44	4:46 min/km	**20**
44.	461	Alejandro Liste Bascoy	CLUB DEPORTIVO DELIKIA	0:17:01 (41)	0:35:46	+9:44	4:46 min/km	**20**
45.	33	Pedro Viana		0:16:59 (38)	0:35:50	+9:48	4:46 min/km	**20**
46.	359	Antonio Alonso Fernandez		0:17:21 (45)	0:35:56	+9:54	4:47 min/km	**20**
47.	252	Américo De Oliveira Franco	RUNNING LUSEKELO	0:17:50 (51)	0:36:16	+10:14	4:50 min/km	**20**
48.	549	Norberto Garcia Dominguez		0:17:32 (48)	0:36:28	+10:26	4:51 min/km	**20**
49.	172	Rafa Solbes	C.A.R. MARISQUEIRO	0:17:22 (46)	0:36:35	+10:33	4:52 min/km	**20**
50.	29	Rubén Fernandez Vayo	GRIMO	0:18:30 (60)	0:37:19	+11:17	4:58 min/km	**20**
51.	13	Carlos Amoedo Agulla		0:16:52 (34)	0:37:35	+11:33	5:00 min/km	**15**
52.	525	Nacho Vila Alonso		0:18:08 (54)	0:37:54	+11:52	5:03 min/km	**15**
53.	144	Antonio Perez Barreiro		0:18:24 (57)	0:38:05	+12:03	5:04 min/km	**15**
54.	528	Marcos Mata Meixueiro		0:18:28 (58)	0:38:14	+12:12	5:05 min/km	**15**
55.	210	Antonio Fernandez		0:17:49 (50)	0:38:16	+12:14	5:06 min/km	**15**
56.	131	Jorge Montoya Arana	VIGOENTRENA	0:19:06 (67)	0:38:29	+12:27	5:07 min/km	**15**
57.	619	Ramiro Alfonso Lopez Perez		0:18:17 (55)	0:38:36	+12:34	5:08 min/km	**15**
58.	479	Avelino Yañez Coira	RUNNING LUSEKELO	0:18:22 (56)	0:38:41	+12:39	5:09 min/km	**15**
59.	636	Jose Garcia Fernandez		0:18:02 (53)	0:39:01	+12:59	5:12 min/km	**15**
60.	465	Jose Luis Villaverde Sanisidro		0:18:30 (59)	0:39:18	+13:16	5:14 min/km	**15**
61.	94	David Martinez Dobalo		0:18:36 (61)	0:39:20	+13:18	5:14 min/km	**15**
62.	576	Manuel Carrera Nogueira		0:19:01 (65)	0:39:22	+13:20	5:14 min/km	**15**
63.	374	Manuel Duarte		0:17:59 (52)	0:39:41	+13:39	5:17 min/km	**15**
64.	555	Gonzalo Roman Alonso		0:19:07 (68)	0:39:47	+13:45	5:18 min/km	**15**
65.	71	David Peon Pose		0:18:56 (64)	0:39:53	+13:51	5:18 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
66.	444	Juan Carlos Rodriguez Rial	CLUB TRIATLÓN MAR DE VIGO	0:20:15 (80)	0:40:00	+13:58	5:19 min/km	**15**
67.	621	Jano Alvarez Lopez		0:18:46 (62)	0:40:00	+13:58	5:19 min/km	**15**
68.	451	Francisco Costa Bouzo		0:19:50 (76)	0:40:04	+14:02	5:20 min/km	**15**
69.	500	Jorge Posada Fernandez		0:19:50 (77)	0:40:07	+14:05	5:20 min/km	**15**
70.	368	Alvaro Goncalves Rolo	MAIS QUE AUGA	0:19:15 (70)	0:40:10	+14:08	5:21 min/km	**15**
71.	60	Félix Ortega Sanchez	VILLACHARRI	0:19:36 (73)	0:40:14	+14:12	5:21 min/km	**15**
72.	635	José Ramón Couñago Roza	ALEJANDRO GOMEZ	0:20:09 (78)	0:40:21	+14:19	5:22 min/km	**15**
73.	11	Enrique Blanco Nuñez		0:19:48 (75)	0:40:31	+14:29	5:24 min/km	**15**
74.	226	Pedro Lopez Failde		0:19:18 (71)	0:40:32	+14:30	5:24 min/km	**15**
75.	491	Guillermo Gaggiolo	MAIS QUE AUGA	0:20:13 (79)	0:40:35	+14:33	5:24 min/km	**15**
76.	348	Samuel Rodriguez Costas		0:20:16 (81)	0:40:39	+14:37	5:25 min/km	**15**
77.	30	Ramón Pereiro Santin	GRIMO	0:19:46 (74)	0:40:41	+14:39	5:25 min/km	**15**
78.	293	José Ramón Prieto Chapellin		0:18:48 (63)	0:40:43	+14:41	5:25 min/km	**15**
79.	502	Julio Alvarez-Buylla De La Uz	ATLETISMO BAIONA	0:19:05 (66)	0:40:57	+14:55	5:27 min/km	**15**
80.	393	Eduardo Lamas Perez		0:20:30 (83)	0:41:26	+15:24	5:31 min/km	**15**
81.	577	Germán Alvarez Gonzalez		0:19:14 (69)	0:41:33	+15:31	5:32 min/km	**15**
82.	433	Jose Cabo Ben	BURGAS ATLETISMO	0:20:40 (84)	0:42:18	+16:16	5:38 min/km	**15**
83.	641	Pablo Rivas Caride	MAIS QUE AUGA	0:19:35 (72)	0:42:43	+16:41	5:41 min/km	**15**
84.	509	Javier Baquero Lopez		0:20:29 (82)	0:42:51	+16:49	5:42 min/km	**15**
85.	488	Jesús Andres Silva		0:20:59 (86)	0:43:08	+17:06	5:45 min/km	**15**
86.	219	Roberto Rodriguez Olleros	CLUB ATLETISMO VETERANOS DE SAMIL	0:21:09 (88)	0:43:39	+17:37	5:49 min/km	**15**
87.	302	Evaristo Fernandez Rodriguez		0:21:00 (87)	0:44:08	+18:06	5:53 min/km	**15**
88.	572	Diego Martinez Costas	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:21:39 (93)	0:44:19	+18:17	5:54 min/km	**15**
89.	343	José Estanque Moreno		0:21:10 (89)	0:44:22	+18:20	5:54 min/km	**15**
90.	85	Fernando Reigada Quintela	CHUZAS OLIMPICOS	0:21:23 (90)	0:44:26	+18:24	5:55 min/km	**15**
91.	84	Pablo Toledo Montes	CHUZAS OLIMPICOS	0:21:23 (91)	0:44:26	+18:24	5:55 min/km	**15**
92.	35	Pakinho Martinez Gomez	GALLAECIA JASTANDOSAPATILLA	0:20:54 (85)	0:44:40	+18:38	5:57 min/km	**15**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
93.	143	Daniel Gonzalez Savignat		0:22:22 (97)	0:44:47	+18:45	5:58 min/km	**15**
94.	263	Pedro Perez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:22:16 (95)	0:45:05	+19:03	6:00 min/km	**15**
95.	535	Roberto Rodriguez Iglesias	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:21:38 (92)	0:45:18	+19:16	6:02 min/km	**15**
96.	362	Fernando R Rodriguez	PITUKINOS	0:21:57 (94)	0:45:23	+19:21	6:03 min/km	**15**
97.	585	Jacobo Lopez Lopez	LASER GALICIA RANING	0:22:18 (96)	0:45:23	+19:21	6:03 min/km	**15**
98.	227	Moncho Garcia Malga	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:22:23 (98)	0:45:33	+19:31	6:04 min/km	**15**
99.	154	Nicolás Vazquez De Parga		0:22:42 (100)	0:45:37	+19:35	6:04 min/km	**15**
100.	279	Alfonso Cubero Vega		0:22:31 (99)	0:47:11	+21:09	6:17 min/km	**15**
101.	136	Jose E Fernandez Nuñez		0:22:51 (101)	0:47:16	+21:14	6:18 min/km	**15**
102.	404	José Manuel Fernandez Gonzalez	MAIS QUE AUGA	0:23:18 (102)	0:47:19	+21:17	6:18 min/km	**15**
103.	87	Marcos Feijoo Suarez	CHUZAS OLIMPICOS	0:23:20 (103)	0:48:48	+22:46	6:30 min/km	**15**
M4								
1.	269	José Carlos Graña Alonso	LODEIROS TRAIL	0:13:27 (1)	0:28:46	--	3:50 min/km	**250**
2.	267	Juan Paz Rodriguez	CASTRELOS 20:30	0:13:46 (2)	0:29:50	+1:04	3:58 min/km	**200**
3.	418	Jorge Pereira Pinto	ADN RUNNERS – TELMO PELUQUEROS F.C.	0:13:54 (3)	0:29:55	+1:09	3:59 min/km	**150**
4.	626	Manuel Fernandez Comesaña	COMESAÑA SPORTING CLUB	0:15:12 (4)	0:31:13	+2:27	4:09 min/km	**125**
5.	23	Fonso Sabino Porto		0:15:17 (5)	0:32:21	+3:35	4:18 min/km	**100**
6.	25	Antonio Vazquez Vidal		0:15:28 (7)	0:32:28	+3:42	4:19 min/km	**90**
7.	69	Mario Perez Losada	BIKILA	0:15:56 (8)	0:33:23	+4:37	4:26 min/km	**80**
8.	409	José Humberto Gallidoro Del Monte	CLUB DEPORTIVO DELIKIA	0:16:33 (10)	0:34:26	+5:40	4:35 min/km	**75**
9.	24	Ramiro Taboada Gonzalez	RUNNING LUSEKELO	0:16:11 (9)	0:34:37	+5:51	4:36 min/km	**70**
10.	266	Alberto Videira Correa	RUNNING LUSEKELO	0:17:53 (11)	0:37:08	+8:22	4:57 min/km	**60**
11.	532	Jose Rodriguez Paz		0:19:55 (17)	0:38:32	+9:46	5:08 min/km	**35**
12.	215	Patricio Guama Mena		0:18:02 (12)	0:38:34	+9:48	5:08 min/km	**35**
13.	160	Anxo Vazquez Rodriguez	CLUB ATLETISMO VETERANOS DE SAMIL	0:19:07 (14)	0:38:42	+9:56	5:09 min/km	**35**
14.	59	Juanjo España Lopez		0:18:31 (13)	0:39:06	+10:20	5:12 min/km	**35**
15.	188	Félix Martinez Meis		0:20:40 (19)	0:40:52	+12:06	5:26 min/km	**35**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
16.	561	Manuel Fidalgo Iglesias		0:19:32 (15)	0:40:59	+12:13	5:27 min/km	**30**
17.	17	Benigno Barreiro Barreiro	ATHLETICS AVENTURA XTREM	0:20:55 (20)	0:41:28	+12:42	5:31 min/km	**30**
18.	599	Luis Gonzalez Garcia	C.A.R. MARISQUEIRO	0:19:54 (16)	0:42:39	+13:53	5:41 min/km	**30**
19.	435	Pablo Martinez Soto		0:21:00 (21)	0:42:57	+14:11	5:43 min/km	**30**
20.	167	Manuel Alvarez Rodriguez		0:21:31 (23)	0:43:31	+14:45	5:48 min/km	**30**
21.	469	Eugenio Madruga Martin		0:21:18 (22)	0:43:46	+15:00	5:50 min/km	**20**
22.	81	Jose Francisco Villar Salgado	C.A.R. MARISQUEIRO	0:20:09 (18)	0:44:05	+15:19	5:52 min/km	**20**
23.	281	Miguel Ruiz Rey		0:23:24 (24)	0:49:44	+20:58	6:37 min/km	**20**
24.	274	Alvaro Franco Novoa		0:23:24 (25)	0:49:45	+20:59	6:37 min/km	**20**
M5								
1.	386	Manuel Perez Pascual	S.A. VILA DE VIGO	0:15:20 (1)	0:32:35	--	4:20 min/km	**250**
2.	159	Enrique Villar Alvarez	CLUB ATLETISMO VETERANOS DE SAMIL	0:15:23 (2)	0:32:57	+22	4:23 min/km	**200**
3.	217	José Jardon Lopez	CLUB ATLETISMO VETERANOS DE SAMIL	0:15:28 (3)	0:33:12	+37	4:25 min/km	**150**
4.	427	Manuel Karames	CLUB ATLETISMO PORRIÑO	0:16:00 (4)	0:34:14	+1:39	4:33 min/km	**125**
5.	358	Pedro Martinez Abejon	MAIS QUE AUGA	0:16:08 (5)	0:34:29	+1:54	4:35 min/km	**100**
6.	313	Sergio Rodriguez Rodriguez		0:17:32 (6)	0:36:27	+3:52	4:51 min/km	**90**
7.	544	Antonio Moreira Conde		0:18:11 (8)	0:36:56	+4:21	4:55 min/km	**80**
8.	166	Miguel Hernandez Borrego	CLUB ATLETISMO VETERANOS DE SAMIL	0:18:09 (7)	0:37:48	+5:13	5:02 min/km	**75**
9.	49	Carlos Fernandez Clemente		0:18:53 (11)	0:38:40	+6:05	5:09 min/km	**70**
10.	265	Ramón Roca Rodriguez		0:18:40 (9)	0:38:47	+6:12	5:10 min/km	**60**
11.	356	Pedro Rodriguez Hernandez	ADN RUNNERS – TELMO PELUQUEROS F.C.	0:19:00 (12)	0:38:53	+6:18	5:11 min/km	**35**
12.	109	Javier Guimaraens Judel		0:19:06 (13)	0:39:13	+6:38	5:13 min/km	**35**
13.	204	Jaime Gonzalez-Novo	SUFRIDORES	0:18:48 (10)	0:39:42	+7:07	5:17 min/km	**35**
14.	322	Lisardo Blanco Vazquez		0:19:49 (15)	0:40:24	+7:49	5:23 min/km	**35**
15.	511	Manuel Vazquez Enriquez		0:19:38 (14)	0:40:31	+7:56	5:24 min/km	**35**
16.	148	Alfonso Blanco Gonzalez		0:20:12 (16)	0:41:14	+8:39	5:29 min/km	**30**
17.	548	Amadeo Massot De Dios		0:20:53 (19)	0:41:45	+9:10	5:33 min/km	**30**



P.	Dorsal	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNRUN
18.	432	Manolo Souto Cortizo	BURGAS ATLETISMO	0:20:46 (18)	0:42:22	+9:47	5:38 min/km	**30**
19.	492	Jose Estevez Rua		0:20:28 (17)	0:43:00	+10:25	5:43 min/km	**30**
20.	460	Adolfo Diaz Iglesias		0:22:22 (20)	0:46:08	+13:33	6:09 min/km	**30**
21.	552	Juan Manuel Lopez Bernal		0:23:39 (21)	0:48:54	+16:19	6:31 min/km	**20**