

GENERAL

Clc	Dor.	Apellidos y nombre	Categor (Clc)	Club	Inter 1 (Clc)	Tiempo	Diferencia
MUJERES							
1	611	BREINHOLT MOESKJAER Lea	F1	(1) RUNYTRI	20:10.3 (1)	32:28.6	
2	517	VAQUERO SOUSA Julia	F3	(1)	21:59.4 (2)	35:26.2	2:57.6
3	676	PORTELA OTERO Ines	F1	(2) CLUB ATLETISMO	22:30.4 (3)	35:52.3	3:23.7
4	589	ALVAREZ RODRIGUEZ Noemi	F1	(3) CLUB DEPORTIVO	22:31.6 (4)	36:04.9	3:36.3
5	574	VILLALBA BARRIOS Delia	F2	(1)	22:44.5 (5)	36:43.0	4:14.4
6	590	MIGUEZ LAGO Jessica	F1	(4)	22:46.7 (7)	36:59.1	4:30.5
7	537	ESTEVEZ CRESPO Cristina	F2	(2)	22:45.6 (6)	37:05.2	4:36.6
8	689	PAZOS GARCIA Antia	F1	(5) CLUB TRIATLÓN N	23:09.3 (8)	38:14.2	5:45.6
9	655	DOMINGUEZ PEREZ Naomi	F1	(6) CLUB DEPORTIVO	24:21.4 (10)	38:38.6	6:10.0
10	612	PORTO CIMA Alba	F1	(7)	23:55.8 (9)	38:56.9	6:28.3
11	625	FIGUEIRIDO DE LA CONCEPCION I	F1	(8)	24:47.2 (16)	39:09.4	6:40.8
12	569	RODRIGUEZ OLIVEIRA Rocio	F2	(3) ATHLETICS FISIoT	24:26.4 (11)	39:12.0	6:43.4
13	594	DOIRO GONZALEZ Raquel	F1	(9)	24:27.1 (12)	39:19.5	6:50.9
14	548	MOREU PEREIRA-BORRAJO Beatr	F2	(4) CLUB DEPORTIVO	24:43.4 (15)	39:36.2	7:07.6
15	564	PEREZ GONZALEZ Elena	F2	(5) CLUB BURGAS ATI	24:49.9 (17)	39:52.9	7:24.3
16	584	RODRIGUEZ GONZALEZ Nerea	F2	(6) CLUB ATLETISMO	24:38.5 (13)	39:58.9	7:30.3
17	524	LAMPON CARIDE Ana Maria	F3	(2) MAIS QUE AUGA	25:27.4 (19)	40:15.9	7:47.3
18	637	ANDRES PONTANILLA Rocio	F1	(10) RUNYTRI	24:42.3 (14)	40:20.3	7:51.7
19	580	CARREIRA COUÑAGO Celia	F2	(7)	24:52.4 (18)	40:47.3	8:18.7
20	533	ALONSO GARCIA Ana	F3	(3) ATHLETICS FISIoT	25:52.6 (24)	41:06.0	8:37.4
21	605	CASSANI MENENDEZ Lucia	F1	(11) MAIS QUE AUGA	25:28.8 (21)	41:07.6	8:39.0
22	521	LEMONS SOAGE Ana	F3	(4) CORREDOIRAS DE	25:28.2 (20)	41:26.3	8:57.7
23	591	LOPEZ LOPEZ Laura Felisa	F1	(12)	25:47.8 (23)	41:36.7	9:08.1
24	593	MIRAZ FERNANDEZ Raquel	F1	(13) VIGOENTRENA	25:55.1 (25)	41:48.3	9:19.7
25	646	PEREZ MARIÑO Elena	F1	(14) RUNYTRI	25:44.2 (22)	41:58.9	9:30.3
26	647	RODRIGUEZ ALONSO Maria	F1	(15)	26:38.1 (26)	42:17.3	9:48.7
27	653	LOPEZ PEREZ Marta	F1	(16)	26:38.9 (27)	42:18.2	9:49.6
28	587	ESPIÑO LOPEZ Rebeca	F2	(8)	26:46.6 (29)	43:01.3	10:32.7
29	576	PRIETO RODRIGUEZ Tahia	F2	(9)	26:58.0 (31)	43:04.5	10:35.9
30	579	SABORIDO GIL Olalla	F2	(10) COMESAÑA SPOR	27:00.1 (32)	43:11.1	10:42.5
31	543	VIDAL LORENZO Emilia	F2	(11) MAIS QUE AUGA	26:44.2 (28)	43:13.9	10:45.3
32	601	BRUZON BANDEIRA Maria	F1	(17)	27:10.2 (33)	43:53.8	11:25.2
33	690	QUINTANA QUINTELA Carlota	F1	(18)	27:46.4 (36)	44:17.7	11:49.1
34	546	FERNANDEZ VARELA Maria Estefa	F2	(12)	26:53.6 (30)	44:19.7	11:51.1
35	583	VALCARCEL TOSCANO Isa	F2	(13)	27:32.3 (35)	44:27.7	11:59.1
36	536	MARTINEZ COMESAÑA Lucia	F3	(5) C.A.R. MARISQUEI	28:19.8 (43)	44:44.1	12:15.5
37	699	VIDAL FERNANDEZ Alexandra	SUB19 F	(1) CLUB DEPORTIVO	27:31.6 (34)	44:53.9	12:25.3
38	567	FERNANDEZ ALONSO Paula	F2	(14)	27:57.9 (37)	44:54.4	12:25.8
39	645	TOBARRA PEÑA Ariadna	F1	(19)	28:58.8 (45)	44:54.6	12:26.0
40	596	PARADA COSTA Sara	F1	(20)	28:01.2 (38)	44:58.9	12:30.3
41	555	LODEIRO RODRIGUEZ Elisabeth	F2	(15)	28:12.6 (41)	45:10.1	12:41.5
42	650	BRUZON BANDEIRA Camino	F1	(21)	28:02.7 (39)	45:15.6	12:47.0
43	688	RIVAS ALVAREZ Lucia	F1	(22)	28:08.7 (40)	45:41.9	13:13.3
44	644	CASTRO GONZALEZ Isabel	F1	(23) CLUB DEPORTIVO	28:13.7 (42)	45:42.3	13:13.7
45	615	ESTEVEZ Estefania	F1	(24) ASOCIACION DEP	28:47.2 (44)	46:03.6	13:35.0
46	534	BALIÑO GONZALEZ Ruth	F3	(6) RIZOS TEAM	29:08.4 (48)	46:57.2	14:28.6

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47	502	FERNANDEZ PAZOS Luz	F5	(1)		29:26.6 (52)	47:08.4	14:39.8
48	575	LOPEZ PORTO Alicia	F2	(16)		29:41.3 (55)	47:35.2	15:06.6
49	577	TENORIO DEL RIO Maria Jose	F2	(17)		29:09.3 (49)	47:37.2	15:08.6
50	675	PEÑA PERALBA Antia	F1	(25)		29:55.7 (61)	47:37.9	15:09.3
51	559	GUARDIA ORTIZ Cecilia	F2	(18)		29:11.2 (51)	47:39.2	15:10.6
52	695	RAMOS OTERO Carla	SUB19 F	(2)		29:01.9 (46)	47:40.5	15:11.9
53	604	PRIETO BUJAN Sandra	F1	(26)		29:33.2 (53)	47:43.2	15:14.6
54	554	VARELA VARELA Sabela	F2	(19)	CORRIDA DAS CAI	29:47.0 (58)	47:45.6	15:17.0
55	643	CARRETE PARDAL Xudit	F1	(27)		30:00.0 (62)	47:55.0	15:26.4
56	530	RIVERA DOBAO Pilar	F3	(7)	MAIS QUE AUGA	30:12.7 (65)	47:58.5	15:29.9
57	585	RAMOS GONZALEZ Noa	F2	(20)	MAIS QUE AUGA	29:49.4 (60)	48:00.1	15:31.5
58	558	LEMONS LOPEZ Vanesa	F2	(21)	MAIS QUE AUGA	30:12.0 (64)	48:03.7	15:35.1
59	597	COLLAZO FERNANDEZ Lorena	F1	(28)	CLUB ATLETISMO	29:10.0 (50)	48:15.5	15:46.9
60	566	GONZALEZ Nidia	F2	(22)		30:17.1 (66)	48:21.2	15:52.6
61	556	CARRERA LAGO Vanesa	F2	(23)	CAZAFANTASMAS	29:45.9 (57)	48:24.8	15:56.2
62	663	CAJIDE CASTRO Alba	F1	(29)		29:40.2 (54)	48:25.9	15:57.3
63	641	FUENTES CALDERON Cristina	F1	(30)		30:42.7 (70)	48:29.6	16:01.0
64	539	SARABIA VIDAL Montse	F2	(24)		29:47.9 (59)	48:36.7	16:08.1
65	680	DOMINGUEZ HERNANDEZ Alba	F1	(31)	FACTORUN	30:10.3 (63)	48:38.5	16:09.9
66	639	TERUEL Lara	F1	(32)	C.A.R. MARISQUEI	29:43.4 (56)	48:44.2	16:15.6
67	629	CABANELAS FIGUEIRIDO Celes	F1	(33)		30:41.8 (69)	48:47.1	16:18.5
68	606	LOPEZ BOLAS Alba	F1	(34)		31:32.5 (81)	49:09.1	16:40.5
69	696	RODRIGUEZ BARROS Sara	SUB19 F	(3)	CLUB DEPORTIVO	29:05.3 (47)	49:19.8	16:51.2
70	702	SANTAMARIA ALVAREZ Lucia	F1	(35)	SOCIEDAD ATLETI	31:16.7 (74)	49:30.0	17:01.4
71	531	PAZ OLIVEIRA Natalia	F3	(8)	MAIS QUE AUGA	32:03.6 (84)	49:32.8	17:04.2
72	505	GALLERO FERNANDEZ Mar	F4	(1)		31:17.7 (76)	49:33.2	17:04.6
73	672	GROBA COMESAÑA Lia	F1	(36)	CLUB DEPORTIVO	30:41.4 (68)	49:35.4	17:06.8
74	570	MISA COSTAS Paula	F2	(25)		30:49.9 (71)	49:41.2	17:12.6
75	501	COSTAS RODRIGUEZ Carmen	F5	(2)		31:17.3 (75)	49:41.8	17:13.2
76	678	GOMEZ MORAIS Laura	F1	(37)		30:59.8 (72)	49:45.3	17:16.7
77	651	RICO PEREIRA Elia Maria	F1	(38)		31:32.3 (80)	49:46.3	17:17.7
78	540	MARTINEZ GAITEIRO Sonia	F2	(26)	ATHLETICS FISIO	31:08.6 (73)	49:53.7	17:25.1
79	630	RODRIGUEZ RODRIGUEZ Maria	F1	(39)		31:19.9 (77)	50:06.2	17:37.6
80	687	GONZALEZ TENORIO Pilar	F1	(40)		30:25.7 (67)	50:07.5	17:38.9
81	614	ZUNZUNEGUI NAVIA Maria	F1	(41)	MAIS QUE AUGA	31:27.2 (79)	50:23.7	17:55.1
82	560	MARTINEZ VIDAL Mirian	F2	(27)	C.A.R. MARISQUEI	31:24.4 (78)	50:54.7	18:26.1
83	598	KURPANIK Anna	F1	(42)		32:31.3 (98)	50:56.1	18:27.5
84	529	MORALES AYALA Maria Elena	F3	(9)		32:14.6 (89)	51:23.9	18:55.3
85	535	GARCIA FERNANDEZ Fatima	F3	(10)		32:09.2 (87)	51:27.3	18:58.7
86	515	MOSQUERA RODRIGUEZ Ana	F3	(11)		32:25.9 (94)	51:32.6	19:04.0
87	532	VAZQUEZ MAYO Monica	F3	(12)	MAIS QUE AUGA	32:11.9 (88)	51:32.9	19:04.3
88	697	FERNANDEZ LOPEZ Uxia	SUB19 F	(4)		32:05.4 (85)	51:34.6	19:06.0
89	700	LOPEZ ALVAREZ Paula	SUB19 F	(5)		32:05.5 (86)	51:34.8	19:06.2
90	544	REGUEIRO FERNANDEZ Xoana	F2	(28)	CLUB TRIATLÓN N	32:28.7 (96)	51:34.9	19:06.3
91	693	CALVO MARTINEZ Nerea	SUB19 F	(6)	AGRUPACIÓN VIG	31:41.2 (83)	51:35.0	19:06.4
92	509	GONZALEZ DE LA CUESTA Sofia	F3	(13)		31:39.8 (82)	51:41.0	19:12.4
93	620	PEREZ MORAN Laura	F1	(43)		32:30.4 (97)	51:41.7	19:13.1
94	561	FREIRE Lorena	F2	(29)	MAIS QUE AUGA	32:34.4 (99)	51:43.7	19:15.1

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95	683	CAPELO LARRAÑAGA Aroa	F1	(44)		32:25.4 (93)	51:47.1	19:18.5
96	563	PEREZ PEREIRAS Victoria	F2	(30)	VIGOENTRENA	32:16.2 (90)	51:47.2	19:18.6
97	523	ALONSO MARTINEZ Beatriz	F3	(14)		32:38.6 (101)	51:48.5	19:19.9
98	547	CARNERO LLAUGER Maria	F2	(31)	BIKILA	32:47.1 (103)	51:58.9	19:30.3
99	525	VIÑAS ROMERO Silvia	F3	(15)	BIKILA	32:45.8 (102)	51:59.1	19:30.5
100	602	DIAZ LOPEZ Rose Mary	F1	(45)		32:35.2 (100)	52:03.0	19:34.4
101	638	GALLEGO Natalia	F1	(46)		32:21.8 (92)	52:11.2	19:42.6
102	600	MATILLA OJEDA Silvia	F1	(47)		32:20.1 (91)	52:15.7	19:47.1
103	623	MARTINEZ PEREZ Adriana	F1	(48)		32:26.7 (95)	52:21.9	19:53.3
104	642	RUBIANES BAUTISTA Sonia	F1	(49)		33:01.2 (106)	52:32.0	20:03.4
105	578	PEREZ RODRIGUEZ Luz	F2	(32)	MAIS QUE AUGA	33:39.9 (114)	53:13.9	20:45.3
106	592	VAZQUEZ DUARTE Cristina	F1	(50)		33:40.6 (115)	53:25.5	20:56.9
107	616	LOPEZ RODRIGUEZ Lidia	F1	(51)		34:20.6 (121)	53:26.2	20:57.6
108	621	DEL RIO CERQUEIRA Nadir	F1	(52)		34:21.7 (122)	53:26.3	20:57.7
109	557	RECAMAN MIGUEZ Shirley	F2	(33)		33:37.4 (111)	53:29.6	21:01.0
110	634	FANDIÑO POSADA Celia	F1	(53)		32:58.1 (105)	53:54.9	21:26.3
111	636	RIVAS FANDIÑO Belen	F1	(54)		33:38.2 (112)	53:55.7	21:27.1
112	617	OCAMPO CACERES Liliana Ramon	F1	(55)		32:54.4 (104)	54:11.8	21:43.2
113	507	RODRIGUEZ ALVAREZ Marta	F4	(2)	BIKILA	33:04.5 (107)	54:21.0	21:52.4
114	542	CALO MUÑIZ Silvia	F2	(34)		34:03.4 (118)	54:36.2	22:07.6
115	657	RODRIGUEZ Laura	F1	(56)		33:38.7 (113)	54:37.0	22:08.4
116	511	RODRIGUEZ GONZALEZ Purificaci	F3	(16)		33:37.2 (110)	54:38.4	22:09.8
117	610	GARCIA NUÑEZ Alba Maria	F1	(57)	FACTORUN	33:46.5 (116)	54:49.2	22:20.6
118	520	RODRIGUEZ VAZQUEZ Monica	F3	(17)		33:24.4 (108)	54:53.4	22:24.8
119	506	ROCHA CRUCES Maria Carmen	F4	(3)	C.A.R. MARISQUEI	34:01.2 (117)	55:19.4	22:50.8
120	541	IBARRETXE MARTINEZ Arantzazu	F2	(35)	L@S INSENSAT@S	33:35.6 (109)	56:07.6	23:39.0
121	595	SEGOVIA ESCOBAR Maria Angelic	F1	(58)		34:51.7 (125)	56:22.8	23:54.2
122	682	DORADO Iria	F1	(59)		35:05.1 (126)	56:24.2	23:55.6
123	503	ALVAREZ DOMINGUEZ Rosa Mª	F5	(3)	MAIS QUE AUGA	34:45.8 (124)	56:25.6	23:57.0
124	661	LYMAN Caylee	F1	(60)		35:22.3 (128)	56:38.5	24:09.9
125	586	ALVAREZ PEQUEÑO Leticia	F2	(36)	CLUB ATLETISMO	34:39.9 (123)	56:52.6	24:24.0
126	671	BARREIRO ALONSO Marta	F1	(61)	KOI RUN CLUB	34:11.6 (120)	56:53.8	24:25.2
126	666	GIL GUTIERREZ Maria	F1	(61)		34:10.5 (119)	56:53.8	24:25.2
128	662	CRESPO GONZALEZ Lucia	F1	(63)		35:20.9 (127)	57:19.8	24:51.2
129	628	LUCIO RIOS Vanessa	F1	(64)		35:40.7 (129)	57:35.0	25:06.4
130	677	KUHN Susana	F1	(65)		35:58.3 (133)	58:33.5	26:04.9
131	635	FERNANDEZ PATIÑO Raquel	F1	(66)		35:44.7 (130)	58:39.3	26:10.7
132	527	SAMPAIO Celia	F3	(18)		36:01.6 (134)	58:48.4	26:19.8
133	632	ROSELLO CABELLO Beatriz	F1	(67)	MAIS QUE AUGA	35:51.7 (132)	58:48.8	26:20.2
134	613	ASENSIO VARELA Sara	F1	(68)	MAIS QUE AUGA	35:49.9 (131)	58:49.7	26:21.1
135	588	RODRIGUEZ GARCIA Yaiza	F1	(69)		36:11.4 (136)	58:50.0	26:21.4
136	508	GONZALEZ MERA Regina	F4	(4)	MAIS QUE AUGA	36:35.0 (138)	58:55.4	26:26.8
137	649	RODRIGUEZ Paloma	F1	(70)		36:52.9 (140)	59:15.9	26:47.3
138	519	DIAZ-PACHE MACKINLAY Pilar	F3	(19)		36:08.2 (135)	59:37.6	27:09.0
139	572	PEREZ PAZOS Iria	F2	(37)		36:40.7 (139)	59:37.8	27:09.2
140	681	MATHAI Kayla	F1	(71)		37:22.9 (142)	1h00:15.4	27:46.8
141	665	BASHAM Alexandra	F1	(72)		37:23.4 (143)	1h00:15.9	27:47.3
142	599	ARAUJO MOLINA Cristina	F1	(73)		37:03.8 (141)	1h00:46.8	28:18.2

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143	619	V.F. Elena	F1	(74)	36:25.9 (137)	1h00:59.3	28:30.7
144	684	CODIAS GARCIA Lidia	F1	(75)	38:12.1 (146)	1h02:25.1	29:56.5
145	609	GOMEZ DIAZ Ana	F1	(76)	37:29.7 (144)	1h02:25.6	29:57.0
146	698	FERNANDEZ FERNANDEZ Maria	SUB19 F	(7)	38:37.9 (147)	1h02:41.4	30:12.8
147	626	OÑEDERRA IRIARTE Jone	F1	(77)	39:08.8 (148)	1h03:18.7	30:50.1
148	573	MEDINA MUÑOZ Erika	F2	(38)	37:51.6 (145)	1h03:26.8	30:58.2
149	516	BERTOLO RODRIGUEZ Ana	F3	(20)	39:10.8 (149)	1h05:37.9	33:09.3
150	640	CONDE RODRIGUEZ Claudia	F1	(78)	40:30.6 (151)	1h05:38.6	33:10.0
151	513	FERNANDEZ SUAREZ Carmen	F3	(21) MAIS QUE AUGA	40:06.0 (150)	1h05:39.8	33:11.2
152	685	ADAME ALVAREZ Cristina	F1	(79) AGRUPACIÓN VIG	43:41.4 (153)	1h11:05.9	38:37.3
153	528	PARENTE VIGO Maria Manuela	F3	(22)	43:39.7 (152)	1h11:29.7	39:01.1

HOMBRES

1	220	BASTOS DASILVA Jose Alberto	M2	(1) ADN RUNNERS – T	17:26.6 (1)	28:38.9	
2	166	BARGIELA ARAUJO Daniel	M3	(1) BIKILA	17:49.5 (2)	28:54.0	15.1
3	363	OTERO AMOEDO Anxo	M1	(1) SD COMPOSTELA	18:54.5 (5)	30:16.6	1:37.7
4	222	FERNANDEZ SOENGAS Jesus	M2	(2)	18:26.4 (3)	30:24.8	1:45.9
5	462	PEREZ LOVACO Pablo	M1	(2)	18:45.6 (4)	30:50.0	2:11.1
6	196	ARIAS COSTAS Dario	M2	(3) ATHLETICS FISIO	19:08.4 (6)	31:02.5	2:23.6
7	288	VAZQUEZ PAVON Roberto	M2	(4) TANINOS RUNNER	19:09.0 (7)	31:04.4	2:25.5
8	382	MONTERO BUJAN Aitor	M1	(3) AVIVA SPORT CLU	19:21.9 (9)	31:22.2	2:43.3
9	200	LIEBANAS MENDEZ Antonio	M2	(5) ATLETISMO BAION	19:19.2 (8)	31:34.3	2:55.4
10	150	PRIETO DE LA IGLESIA Manuel	M3	(2) ATHLETICS FISIO	19:43.7 (13)	31:42.1	3:03.2
11	140	BURGOS REY Jose Antonio	M3	(3) CLUB ATLETISMO	19:44.6 (14)	31:45.0	3:06.1
12	483	CUNHA Jose	SUB19 M	(1) CENTRO DE ATLE	19:43.5 (12)	31:46.9	3:08.0
13	328	DIEZ DIEZ Jorge	M1	(4) BAJO ZERO BURG	19:36.5 (10)	31:54.4	3:15.5
14	323	ALONSO GONZALEZ Andre	M1	(5)	19:46.5 (15)	31:58.6	3:19.7
15	138	BARREIRO PEREIRA Xose Anton	M3	(4) SD COMPOSTELA	19:39.1 (11)	32:05.1	3:26.2
16	419	VALENCIA RODRIGUEZ Cristian	M1	(6) C.A.R. MARISQUEI	20:00.3 (16)	32:07.6	3:28.7
17	386	BARGIELA MARTINEZ Jaime	M1	(7) CLUB DEPORTIVO	20:08.0 (17)	32:36.4	3:57.5
18	30	RIVEIRO RODRIGUEZ Arlindo	M5	(1) CLUB CASTRELOS	20:13.1 (20)	32:36.6	3:57.7
19	296	NOGUEIRA FERNANDEZ Junior	M2	(6)	20:11.5 (19)	32:48.7	4:09.8
20	467	RIVERA GUILLADE Martin	M1	(8)	20:10.3 (18)	33:05.9	4:27.0
21	204	GONZALEZ ALVAREZ Borja	M2	(7)	20:45.8 (23)	33:11.3	4:32.4
22	432	OTERO REY Miguel	M1	(9)	20:51.5 (25)	33:14.0	4:35.1
23	226	PARRA GARCIA Eduardo	M2	(8)	20:50.5 (24)	33:30.4	4:51.5
24	175	ALVAREZ FERNANDEZ Francisco	M3	(5) AFURRICAMOS NC	20:43.3 (21)	33:35.1	4:56.2
25	364	RODRIGUEZ FERREIRO Miguel	M1	(10) CLUB BURGAS ATI	20:45.5 (22)	33:38.4	4:59.5
26	281	PEREZ CONDE Kike	M2	(9) GMTA CHUVONER	21:12.5 (32)	33:47.4	5:08.5
27	198	FERREIRA LAREDO David	M2	(10) CASTRELOS KM.0	21:09.1 (30)	33:49.7	5:10.8
28	429	CRESPO SALGADO Gonzalo	M1	(11)	21:09.6 (31)	33:53.2	5:14.3
29	173	ALVAREZ MIRANDA Jose Luis	M3	(6) CIBUS SIRGON	21:18.1 (33)	33:55.5	5:16.6
30	331	RODAL CARAMES German	M1	(12)	20:56.8 (26)	34:05.9	5:27.0
31	243	ROMERO VAZQUEZ Nolo	M2	(11)	21:00.3 (27)	34:09.2	5:30.3
32	266	PENA PEREIRA Francisco Javier	M2	(12) C.S.C.R. BEADE	21:22.7 (34)	34:11.0	5:32.1
33	165	ULLA REGA Manuel	M3	(7)	21:02.6 (28)	34:13.0	5:34.1

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34	49	ALVES Carlos	M4	(1)	CENTRO DE ATLE	21:07.1 (29)	34:22.8	5:43.9
35	114	COSTAS COSTAS Miguel	M3	(8)	MAIS QUE AUGA	21:33.5 (38)	34:25.6	5:46.7
36	477	RODRIGUEZ VELILLA J.	M1	(13)	CLUB ATLETISMO	21:35.7 (40)	34:29.5	5:50.6
37	354	LOPEZ FERNANDEZ Hugo	M1	(14)	CIBUS SIRGON	21:26.6 (35)	34:31.2	5:52.3
38	22	SUAREZ MARTINEZ Manuel	M5	(2)	CLUB ATLETISMO	21:41.0 (44)	34:34.3	5:55.4
39	185	CABALEIRO GARCIA Jose Manuel	M2	(13)	CIBUS SIRGON	21:45.9 (46)	34:34.6	5:55.7
40	369	FERNANDEZ Gonzalo	M1	(15)		21:58.8 (51)	34:36.1	5:57.2
41	102	CARRERA CASAL Julio	M3	(9)		21:37.2 (41)	34:38.7	5:59.8
42	234	GARCIA FERNANDEZ Esteban	M2	(14)	MAIS QUE AUGA	21:33.7 (39)	34:41.6	6:02.7
43	134	FERNANDEZ DE TORO Manuel	M3	(10)	CLUB ATLETISMO	21:41.0 (44)	34:51.2	6:12.3
44	86	GAGO SANCHEZ Antolin	M3	(11)		21:46.4 (47)	34:52.6	6:13.7
45	460	GONZALEZ GROBA Oscar	M1	(16)		21:31.2 (37)	34:58.8	6:19.9
46	458	LOPEZ ALONSO Pablo	M1	(17)		21:38.8 (42)	35:02.7	6:23.8
47	384	ROA MENDEZ Juan Jesus	M1	(18)	G.E. GKN INDUGA	21:29.4 (36)	35:04.2	6:25.3
48	407	PIÑEIRO RODRIGUEZ Arturo	M1	(19)	PORCOS CELTAS	21:40.0 (43)	35:10.0	6:31.1
49	42	GRAÑA ALONSO Jose Carlos	M4	(2)	LODEIROS TRAIL	22:02.0 (52)	35:10.2	6:31.3
50	334	COSTAS BARCIA Diego	M1	(20)	MAIS QUE AUGA	22:07.2 (54)	35:12.0	6:33.1
51	303	PEREZ PORTELA Yago	M2	(15)		22:11.2 (55)	35:13.2	6:34.3
52	57	PAZ RODRIGUEZ Juan	M4	(3)	CLUB CASTRELOS	21:47.9 (48)	35:27.0	6:48.1
53	177	BARREIRO RUIBAL Matias	M3	(12)	CLUB DEPORTIVO	21:58.1 (50)	35:27.3	6:48.4
54	211	DELGADO RAMOS Jose Carlos	M2	(16)		22:19.9 (62)	35:31.2	6:52.3
55	375	FERNANDEZ LORENZO Pablo	M1	(21)		22:39.3 (74)	35:33.2	6:54.3
56	271	GONZALEZ MARTINEZ Raul	M2	(17)		22:32.4 (71)	35:36.1	6:57.2
57	309	BARREIRO Hugo	M2	(18)	AFURRICAMOS NC	21:51.9 (49)	35:36.3	6:57.4
58	291	GOMEZ COMESAÑA Julio	M2	(19)	CIBUS SIRGON	22:14.4 (58)	35:41.1	7:02.2
59	480	TAMAYO LAGO Francisco	SUB19 M	(2)	ALBOIRA RUNNIN	22:32.4 (71)	35:41.5	7:02.6
60	148	RODRIGUEZ GARCIA Pablo	M3	(13)		22:04.2 (53)	35:43.4	7:04.5
61	221	COUCE SENRA Oscar	M2	(20)		22:17.7 (60)	35:48.2	7:09.3
62	253	FERNANDEZ GRADIN David	M2	(21)	G.E. GKN INDUGA	22:18.7 (61)	35:51.8	7:12.9
63	259	CARRERA BLANCO Pablo	M2	(22)		22:21.0 (63)	35:54.8	7:15.9
64	421	MIQUILENO Ronaldo	M1	(22)	SOCIEDAD ATLÉTI	22:15.2 (59)	35:57.5	7:18.6
65	316	NUÑEZ PARADA Sergio	M2	(23)		22:13.1 (57)	36:03.8	7:24.9
66	276	NAVIA IGLESIAS Ruben	M2	(24)	BIKILA	22:49.0 (81)	36:15.6	7:36.7
67	355	ESTEVEZ Carlos	M1	(23)		22:39.4 (75)	36:16.1	7:37.2
68	170	RODRIGUEZ CASTRO Javier	M3	(14)		22:38.9 (73)	36:16.3	7:37.4
69	258	LOPEZ COMESAÑA Oscar Manuel	M2	(25)		22:27.2 (67)	36:16.8	7:37.9
70	376	LESTON RODRIGUEZ Roberto	M1	(24)	SERRES RUNNER	22:50.1 (84)	36:19.7	7:40.8
71	70	SANTOS OLAVARRIETA Benito	M3	(15)	CASTRELOS KM.0	22:30.4 (70)	36:20.4	7:41.5
72	58	ESTEVEZ ALONSO Carlos Javier	M4	(4)	CASTRELOS KM.0	22:29.8 (69)	36:20.7	7:41.8
73	348	EIRAS GONZALEZ Jose Luis	M1	(25)	AFURRICAMOS NC	22:22.0 (64)	36:24.7	7:45.8
74	164	ARIAS COSTAS Eduardo	M3	(16)	ATHLETICS FISIoT	22:26.9 (66)	36:25.1	7:46.2
75	174	ALONSO FDEZ Alberto	M3	(17)	MAIS QUE AUGA	22:26.0 (65)	36:27.3	7:48.4
76	390	VILLASVERDE PATIÑO Yago	M1	(26)		22:42.0 (76)	36:28.7	7:49.8
77	247	GONZALEZ VIEITEZ Roberto Carlo	M2	(26)		22:12.3 (56)	36:28.9	7:50.0
78	340	RODRIGUEZ FLORES Marco Anton	M1	(27)		22:28.4 (68)	36:34.0	7:55.1
79	359	MORAIS ALONSO David	M1	(28)		22:44.3 (77)	36:39.0	8:00.1
80	293	CONEJERO JORDAN Borja	M2	(27)	ATLETISMO BAION	22:48.1 (80)	36:42.5	8:03.6
81	141	BUJANDA GARMENDIA Carlos Alb	M3	(18)		22:51.4 (86)	36:55.8	8:16.9

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82	106	AMOEDO AGULLA Carlos	M3	(19)		22:46.1 (78)	37:02.5	8:23.6
83	319	CORTIZO BOULLOSA Miguel	M2	(28)		22:50.5 (85)	37:05.4	8:26.5
84	307	GONZALEZ Uli	M2	(29)		23:46.9 (109)	37:08.6	8:29.7
85	235	CARRRASCO Ruben	M2	(30)		22:49.9 (83)	37:10.5	8:31.6
86	37	FIDALGO IGLESIAS Manuel	M4	(5)			37:12.4	8:33.5
87	195	TIZON FREIRIA German	M2	(31)	SEMPRE LA	23:15.2 (95)	37:13.3	8:34.4
88	333	SERGIENKO Aleksei	M1	(29)		22:47.6 (79)	37:13.8	8:34.9
89	213	DAVILA BOVEDA Pablo	M2	(32)		23:12.8 (92)	37:15.2	8:36.3
90	197	ROMERO ANTON David	M2	(33)		23:13.5 (93)	37:15.7	8:36.8
91	468	PENAS GONZALEZ Saul	M1	(30)		23:16.2 (96)	37:21.4	8:42.5
92	385	MENDEZ IGLESIAS Daniel	M1	(31)		22:59.1 (87)	37:23.3	8:44.4
93	380	ABREU GARCIA Julio	M1	(32)	ADN RUNNERS – T	22:59.6 (88)	37:23.5	8:44.6
94	241	ROA MENDEZ Moises	M2	(34)		23:24.3 (99)	37:26.0	8:47.1
95	186	ALVAREZ Antonio	M2	(35)		23:32.4 (102)	37:33.3	8:54.4
96	388	FERNANDEZ MARTINEZ Sergio	M1	(33)	PORCOS CELTAS	23:05.0 (90)	37:34.3	8:55.4
97	485	POUSA ESCUDEIRO Xurxo	SUB19 M	(3)	SAPOCONCHOS	23:13.8 (94)	37:35.6	8:56.7
98	322	NOGUEIRA ROMERO Oscar	M1	(34)	RUNYTRI	23:29.0 (101)	37:37.2	8:58.3
99	71	SABINO PORTO Alfonso	M3	(20)		23:23.5 (98)	37:38.4	8:59.5
100	190	LOPEZ FERNANDEZ Antonio Luis	M2	(36)		22:49.3 (82)	37:40.4	9:01.5
101	305	VILA MILLAN Damian	M2	(37)		23:07.7 (91)	37:42.5	9:03.6
102	412	ABAL VELOSO Francisco Javier	M1	(35)		23:03.3 (89)	37:48.6	9:09.7
103	63	PALMA ESPANA Eligio Jose	M4	(6)		23:22.5 (97)	37:50.2	9:11.3
104	203	MAYO Marcos	M2	(38)	RUNYTRI	23:27.6 (100)	37:51.2	9:12.3
105	441	LOPEZ BERTOLO Javier	M1	(36)		23:34.9 (103)	37:51.8	9:12.9
106	127	ALONSO BALLESTEROS Javier	M3	(21)		23:38.1 (104)	37:57.3	9:18.4
107	54	VARELA BORREGUERO Fernando	M4	(7)		23:41.4 (107)	38:01.3	9:22.4
108	33	FUERTES SAAVEDRA Antonio	M5	(3)	REAL CLUB CELTA	23:48.0 (110)	38:02.6	9:23.7
109	448	RIVAS PELLICER Miguel	M1	(37)		24:00.8 (115)	38:05.3	9:26.4
110	475	TRASHORRAS FERNANDEZ Luis	M1	(38)		23:39.5 (105)	38:06.7	9:27.8
111	209	VARA BLANCO Javier	M2	(39)		23:54.1 (112)	38:08.0	9:29.1
112	431	SROKA Wojciech	M1	(39)	SOCIEDAD ATLÉTICA	24:09.9 (117)	38:15.2	9:36.3
113	149	PEREIRO PEREIRO Miguel	M3	(22)		24:00.0 (114)	38:22.3	9:43.4
114	224	ALVAREZ ALVAREZ Alfonso	M2	(40)		23:40.4 (106)	38:27.9	9:49.0
115	126	PEITEADO RUIZ Guillermo	M3	(23)	ATHLETICS FISIO	23:53.3 (111)	38:29.8	9:50.9
116	464	PORTELA Pedro	M1	(40)	CLUB ATLETISMO	24:15.7 (122)	38:33.7	9:54.8
116	451	SOTO MOURIÑO David	M1	(40)		24:14.7 (121)	38:33.7	9:54.8
118	481	TAMAYO LAGO Pedro	SUB19 M	(4)		25:20.6 (153)	38:35.1	9:56.2
119	118	ALONSO FERNANDEZ Antonio	M3	(24)		23:44.6 (108)	38:36.4	9:57.5
120	408	GOMEZ RODRIGUEZ Diego	M1	(42)		24:22.4 (128)	38:45.6	10:06.7
121	48	LOUREIRO Luis	M4	(8)	CENTRO DE ATLE	24:15.7 (122)	38:47.6	10:08.7
122	409	VAZQUEZ FREIRE Iago	M1	(43)		24:21.7 (127)	38:56.6	10:17.7
123	327	ALONSO MORA Eduardo	M1	(44)		24:17.4 (125)	38:57.5	10:18.6
124	64	VAZQUEZ VIDAL Antonio	M4	(9)		24:10.8 (118)	39:00.3	10:21.4
125	257	LOUREIRO RODRIGUEZ Santiago	M2	(41)		24:12.9 (120)	39:01.1	10:22.2
126	371	FEBRERO GARRIDO Alejandro	M1	(45)		24:46.6 (136)	39:09.3	10:30.4
127	457	CALO Jorge	M1	(46)	MAIS QUE AUGA	24:20.2 (126)	39:13.3	10:34.4
128	29	PEREZ PASCUAL Manuel	M5	(4)	C.S.C.R. BEADE	24:24.7 (129)	39:13.4	10:34.5
129	163	RODRIGUEZ BANDE Carlos	M3	(25)		24:11.6 (119)	39:22.4	10:43.5

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130	397	RODRIGUEZ Adrian	M1	(47)		23:57.4 (113)	39:28.5	10:49.6
131	400	CORTIZO BOULLOSA Daniel	M1	(48)	PORCOS CELTAS	24:33.6 (131)	39:29.6	10:50.7
132	358	VARELA COMESAÑA Adrian	M1	(49)		24:28.5 (130)	39:31.0	10:52.1
133	274	LOUREIRO RODRIGUEZ Daniel	M2	(42)	CLUB DEPORTIVO	24:43.5 (135)	39:31.6	10:52.7
134	335	FERNANDEZ LORENZO Alejandro	M1	(50)	ATHLETICS FISIoT	25:07.6 (146)	39:43.6	11:04.7
135	273	SUCASAS MEJUTO Marcos	M2	(43)		24:53.0 (138)	39:47.0	11:08.1
136	146	ALONSO COSTAS Oscar	M3	(26)		24:35.8 (133)	39:49.8	11:10.9
137	424	CASAL RODRIGUEZ Luis Miguel	M1	(51)		25:36.5 (161)	39:51.5	11:12.6
138	128	GONZALEZ MACIEL Jose Luis	M3	(27)	RIZOS TEAM	24:08.9 (116)	39:55.3	11:16.4
139	473	CERDEIRA CRESPO Guzman	M1	(52)		25:20.0 (152)	39:57.5	11:18.6
140	216	JUVIÑO Angel	M2	(44)		25:07.2 (145)	40:07.9	11:29.0
141	260	BORRAJO LEIROS Alberto	M2	(45)		24:48.3 (137)	40:08.5	11:29.6
142	80	ALVAREZ, Andres	M3	(28)	IMAXINATEA ESCC	24:16.5 (124)	40:10.6	11:31.7
143	283	CABACO CAMPOS Jose Manuel	M2	(46)	TAKO TEAM	24:40.5 (134)	40:15.4	11:36.5
144	290	PEREZ YAÑEZ Javier	M2	(47)	MAIS QUE AUGA	24:58.7 (140)	40:16.5	11:37.6
145	130	GONZALEZ RODRIGUEZ Manu	M3	(29)	ADN RUNNERS – T	25:35.8 (160)	40:18.8	11:39.9
146	360	SANCHEZ VEGA Juan Diego	M1	(53)	ALBOIRA RUNNIN	24:33.6 (131)	40:22.1	11:43.2
147	207	SOLLA GIL Carlos	M2	(48)		25:03.4 (142)	40:31.2	11:52.3
148	78	BELOSO GONZALEZ Carlos	M3	(30)		25:19.2 (151)	40:31.9	11:53.0
149	159	FREIRE PIÑEIRO Jose Manuel	M3	(31)	MAIS QUE AUGA	25:38.0 (163)	40:34.3	11:55.4
150	46	GALLIDORO DEL MONTE Jose Hur	M4	(10)	CLUB DEPORTIVO	25:03.9 (143)	40:37.0	11:58.1
151	227	CAMPO RODRIGUEZ Ivan	M2	(49)		25:09.6 (147)	40:39.9	12:01.0
152	147	PARDAVILA Miguel	M3	(32)	CORRIDA DAS CAI	25:36.7 (162)	40:51.6	12:12.7
153	450	MOURIÑO FERNANDEZ Andre	M1	(54)		25:48.3 (168)	40:53.1	12:14.2
154	392	ALVAREZ MARTINEZ David	M1	(55)		25:26.0 (156)	40:55.0	12:16.1
155	326	VAZQUEZ CAÑOTO David	M1	(56)		25:22.6 (154)	40:58.0	12:19.1
156	489	MACIAS NOGUEIRA Antonio	M2	(50)	MAIS QUE AUGA	26:18.6 (181)	40:59.4	12:20.5
157	298	VEGA GARCIA Antonio Manuel	M2	(51)		25:11.0 (148)	41:05.3	12:26.4
158	96	CAMPOS ABALDE Antonio	M3	(33)	CASTRELOS KM.0	25:52.7 (171)	41:06.2	12:27.3
159	112	DAVILA BUGARIN Salva	M3	(34)		26:22.3 (185)	41:07.0	12:28.1
160	433	BARREIRO VALLS Pedro	M1	(57)	CLUB ATLETISMO	25:24.0 (155)	41:07.4	12:28.5
161	338	MENDEZ Pablo	M1	(58)		25:04.8 (144)	41:10.9	12:32.0
162	368	FERNANDEZ Juan	M1	(59)	CALVORIO RUNNE	26:00.5 (177)	41:13.0	12:34.1
163	297	GONZALEZ VAZQUEZ Jorge	M2	(52)		25:03.1 (141)	41:19.4	12:40.5
164	357	BARRIOS CORTEZ Habrahan	M1	(60)		25:47.9 (167)	41:23.3	12:44.4
165	262	ALVAREZ ALONSO Ivan	M2	(53)		25:56.7 (174)	41:23.6	12:44.7
166	183	LOPEZ RODRIGUEZ Daniel	M2	(54)	CLUB DEPORTIVO	25:33.8 (159)	41:24.6	12:45.7
167	377	FREIRIA PRADO David	M1	(61)		26:34.0 (196)	41:28.1	12:49.2
168	245	HERMIDA Alex	M2	(55)		26:33.9 (195)	41:28.8	12:49.9
169	85	COMESAÑA DAVILA Miguel	M3	(35)		25:50.7 (170)	41:29.3	12:50.4
170	157	CONDE GONZALEZ Jose Carlos	M3	(36)	INMOBILIX GALICI	25:31.0 (158)	41:30.3	12:51.4
171	249	LOPEZ PINO Javier	M2	(56)	RUNYTRI	26:33.5 (194)	41:30.5	12:51.6
172	443	SIEIRO Sergi	M1	(62)	CLUB DE LA CHAR	26:00.5 (177)	41:33.2	12:54.3
173	191	ALONSO CONDE Javier	M2	(57)	BTX RUNNING TE/	25:17.6 (149)	41:35.1	12:56.2
174	38	VIDEIRA CORREA Alberto	M4	(11)	RUNNING LUSEKE	25:30.2 (157)	41:38.1	12:59.2
175	434	VILABOA ALVAREZ Hugo	M1	(63)		25:53.1 (172)	41:41.2	13:02.3
176	413	MORAL HERMIDA Victor	M1	(64)		25:48.9 (169)	41:42.9	13:04.0
177	488	FERREIRA MORAIS Pablo	M1	(65)		25:45.4 (165)	41:43.7	13:04.8

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178	391	TIZON Juan	M1	(66)	PORCOS CELTAS	25:18.6 (150)	41:44.8	13:05.9
179	280	RODRIGUEZ FERNANDEZ Efren	M2	(58)		25:39.8 (164)	41:45.6	13:06.7
180	423	CASTELLANO BASTOS Alex	M1	(67)		25:57.3 (175)	41:47.2	13:08.3
181	101	RAÑA GREGORIO Xan	M3	(37)	C.A.R. MARISQUEI	26:35.2 (198)	41:52.8	13:13.9
182	426	TIZON RODRIGUEZ Carlos	M1	(68)		25:54.0 (173)	41:58.9	13:20.0
183	344	REY CARRIL Iago	M1	(69)		26:13.2 (180)	42:02.5	13:23.6
184	77	MEJUTO TERCEIRO Juan Carlos	M3	(38)		26:58.3 (220)	42:03.1	13:24.2
185	168	ACUÑA LOPEZ Diego	M3	(39)		26:35.5 (199)	42:06.0	13:27.1
186	93	ALVAREZ CASTRO Xohan	M3	(40)		26:24.9 (188)	42:09.6	13:30.7
187	228	ALVAREZ ALVAREZ Roberto	M2	(59)	ATHLETICS FISIoT	25:47.1 (166)	42:14.7	13:35.8
188	361	PEREZ LOPEZ Aurelio	M1	(70)		26:59.4 (222)	42:16.2	13:37.3
189	256	MARTIN PALLES Marco Alexio	M2	(60)	VIGOENTRENA	27:15.4 (235)	42:17.1	13:38.2
190	180	PRIETO MIRANDA Jose Luis	M2	(61)		26:36.1 (201)	42:19.4	13:40.5
191	167	RODRIGUEZ COLLAZO Jacobo	M3	(41)		26:34.3 (197)	42:19.6	13:40.7
192	199	ACUÑA LOPEZ Iago	M2	(62)		25:59.9 (176)	42:20.5	13:41.6
193	301	RIVERA CANICOBA Alberto	M2	(63)		27:13.4 (231)	42:22.4	13:43.5
194	278	ROPERO BLANCO Borja	M2	(64)		26:38.7 (204)	42:22.9	13:44.0
195	442	COUTO MEIRIÑO Manuel	M1	(71)		27:14.8 (234)	42:25.2	13:46.3
196	428	VELAYOS MACKINLAY Santiago	M1	(72)		26:28.1 (190)	42:26.6	13:47.7
197	349	ARIAS Manuel	M1	(73)		26:26.1 (189)	42:26.9	13:48.0
198	456	BALTAR LOSADA Miguel	M1	(74)	MAIS QUE AUGA	26:12.6 (179)	42:34.4	13:55.5
199	277	CAMPOS PACIOS Dabi	M2	(65)		26:40.5 (205)	42:37.4	13:58.5
200	60	RODRIGUEZ Jose	M4	(12)		27:14.3 (233)	42:40.0	14:01.1
201	100	FIRVIDA DIZ Pedro	M3	(42)	CLUB ATLETISMO	26:45.7 (209)	42:40.2	14:01.3
202	120	ESTEVEZ LAGO Antonio	M3	(43)	ATHLETICS FISIoT	26:54.0 (215)	42:41.8	14:02.9
203	189	LAGO HIGOS Miguel Angel	M2	(66)		27:03.0 (223)	42:42.0	14:03.1
204	304	DIAZ FERNANDEZ Diego	M2	(67)		27:12.2 (229)	42:45.3	14:06.4
205	472	CARDOSO MORALES Joao Victor	M1	(75)		26:43.7 (207)	42:50.3	14:11.4
206	478	RODRIGUEZ RODRIGUEZ Manuel	M1	(76)		26:44.9 (208)	42:50.6	14:11.7
207	416	GIL ARIAS Dario	M1	(77)		26:59.2 (221)	42:51.9	14:13.0
208	346	PLIEGO FORGAS Francisco Javier	M1	(78)		26:24.6 (187)	42:58.5	14:19.6
209	463	ALVAREZ BLANCO Lucas	M1	(79)		28:31.1 (278)	43:01.1	14:22.2
210	39	TABOADA GONZALEZ Ramiro	M4	(13)	RUNNING LUSEKE	26:30.5 (191)	43:01.6	14:22.7
211	69	BENAVIDES HERNANDEZ Fernando	M3	(44)	ATHLETICS FISIoT	26:21.5 (184)	43:06.4	14:27.5
212	188	FERNANDEZ DA SILVA Marcial	M2	(68)	L@S INSENSAT@S	27:16.9 (237)	43:07.0	14:28.1
213	265	CARRERA RAFAEL Jaime	M2	(69)		27:06.8 (226)	43:08.0	14:29.1
214	459	RODRIGUEZ LORENZO Pedro	M1	(80)		28:32.1 (281)	43:08.1	14:29.2
215	336	FERNANDEZ CERQUERIA Jose	M1	(81)		26:38.4 (203)	43:09.2	14:30.3
216	440	CAMESELLE ABREU Javier	M1	(82)		28:09.0 (262)	43:09.8	14:30.9
217	379	BLANCO ABOLLO Pablo	M1	(83)		26:19.1 (183)	43:10.2	14:31.3
218	302	ALEJOS Anxo	M2	(70)		26:31.4 (192)	43:10.5	14:31.6
219	26	VILLAR ALVAREZ Enrique	M5	(5)		27:05.7 (225)	43:10.9	14:32.0
220	72	VAZQUEZ GARCIA Anxo	M3	(45)		27:04.3 (224)	43:11.2	14:32.3
221	194	MIRANDA CORTES Rolando	M2	(71)		26:40.6 (206)	43:12.1	14:33.2
222	312	LOSADA CRESPO Carlos	M2	(72)		26:45.7 (209)	43:12.3	14:33.4
223	242	MARTINEZ BRION Jorge	M2	(73)		26:36.7 (202)	43:17.3	14:38.4
224	453	SANCHEZ SOTO Anthony Alejandro	M1	(84)		26:55.9 (218)	43:18.2	14:39.3
225	108	VIDAL LAMAS Jose Carlos	M3	(46)		26:50.3 (213)	43:20.6	14:41.7

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226	210	RODAL FRAGA Carlos	M2	(74)		27:22.3 (244)	43:25.1	14:46.2
227	62	BARREIRO BARREIRO Benigno	M4	(14)	ATHLETICS AVENI	26:22.6 (186)	43:26.9	14:48.0
228	51	PEREZ LOSADA Mario	M4	(15)		27:20.9 (242)	43:27.0	14:48.1
229	438	TIZON ALFONSO Ivan	M1	(85)		27:13.6 (232)	43:30.4	14:51.5
230	329	RODRIGUEZ LAGO Pablo	M1	(86)		26:48.1 (212)	43:30.7	14:51.8
231	65	HERRERO Gonzalo	M3	(47)	VIGOENTRENA	27:11.5 (228)	43:31.2	14:52.3
232	40	SIMOS FERNANDEZ Jose Luis	M4	(16)	C.A.R. MARISQUEI	27:16.0 (236)	43:33.7	14:54.8
233	447	LOPEZ BOUZAS Yago	M1	(87)		27:29.2 (246)	43:34.2	14:55.3
234	287	PEREIRA FERNANDEZ Daniel	M2	(75)	NUTRIBIOTICA	28:11.7 (265)	43:39.6	15:00.7
235	268	MIGUELEZ ROZAS Alberto	M2	(76)		26:33.3 (193)	43:42.1	15:03.2
236	308	GESTO Xoan	M2	(77)	BEADE, AHI OS VA	27:21.1 (243)	43:49.1	15:10.2
237	240	VAZQUEZ CARLEOS Emilio Jose	M2	(78)	ATHLETICS FISIOI	28:02.0 (259)	43:53.9	15:15.0
238	115	FERNANDEZ SOUTO Jose Ricardo	M3	(48)		28:02.9 (260)	43:54.9	15:16.0
239	275	PIÑEIRO PESO Cesar	M2	(79)		26:57.2 (219)	43:55.1	15:16.2
240	132	POUSA LUCIO Xoan Manuel	M3	(49)	SAPOCONCHOS	26:54.7 (216)	43:59.4	15:20.5
241	410	OTERO RIVAS Pablo	M1	(88)	PORCOS CELTAS	27:08.7 (227)	44:00.1	15:21.2
242	401	PEREIRA LOPEZ Bruno	M1	(89)	PORCOS CELTAS	26:18.6 (181)	44:00.5	15:21.6
243	402	SANTA CLARA VIDAL Ramon	M1	(90)		27:27.3 (245)	44:00.6	15:21.7
243	279	ACOSTA Juan Pablo	M2	(80)		28:30.5 (277)	44:00.6	15:21.7
243	113	ESTEVEZ PEREZ Fco.Javier	M3	(50)		27:19.3 (240)	44:00.6	15:21.7
246	4	REY GONZALEZ J.Roberto	M5	(6)	CLUB ATLETISMO	27:18.4 (239)	44:00.8	15:21.9
247	465	IGLESIAS SANTANA Brais	M1	(91)	ACADEMIA FONSE	28:31.7 (280)	44:03.4	15:24.5
248	176	ALONSO PRADO Alfonso	M3	(51)		26:47.7 (211)	44:06.7	15:27.8
249	292	VARA BLANCO Manuel	M2	(81)		26:35.8 (200)	44:08.9	15:30.0
250	135	DOMINGUEZ EDREIRA Julio	M3	(52)		26:51.8 (214)	44:11.4	15:32.5
251	330	IVANOV Dmitrij	M1	(92)	NORTH OCEAN 10	27:53.4 (254)	44:12.8	15:33.9
252	289	RZHECHYTSKY Georgiy	M2	(82)	NORTH OCEAN 10	27:53.6 (255)	44:13.1	15:34.2
253	444	RODRIGUEZ ALVAREZ Fernando	M1	(93)		27:33.8 (247)	44:13.4	15:34.5
254	45	ALONSO BASTOS Luis	M4	(17)		27:56.9 (258)	44:15.6	15:36.7
255	474	ALONSO PACHECO Luis	M1	(94)	CLUB ATLETISMO	26:55.4 (217)	44:23.8	15:44.9
256	90	JANDRA GONZALEZ Jesus	M3	(53)		27:17.3 (238)	44:25.7	15:46.8
257	414	PRADO CABRAL Borja	M1	(95)		27:20.7 (241)	44:30.8	15:51.9
258	129	LORENZO COMESAÑA Juan Manu	M3	(54)		27:13.0 (230)	44:32.9	15:54.0
259	405	VILAR ALVAREZ Daniel	M1	(96)		28:22.0 (273)	44:34.5	15:55.6
260	153	GARALOCES FERNANDEZ Xabier	M3	(55)	CLUB DEPORTIVO	27:43.3 (249)	44:35.0	15:56.1
261	337	PANIAGUA Anton	M1	(97)	NOTTINGHAM PRI	27:50.9 (252)	44:44.5	16:05.6
262	347	ELSEICY Ahmed	M1	(98)		28:16.5 (268)	44:45.6	16:06.7
263	15	CAMEAN LAMPON Juan	M5	(7)	CLUB ATLETISMO	28:15.6 (267)	44:49.1	16:10.2
264	239	MUÑOZ ALVAREZ Gabriel	M2	(83)		27:47.3 (250)	44:51.6	16:12.7
265	218	PINO MAGALLANES Miguel	M2	(84)		27:56.3 (257)	44:53.9	16:15.0
266	158	BERNARDEZ GIL David	M3	(56)		27:52.4 (253)	44:56.8	16:17.9
267	8	VIEITO QUINTAS Berto	M5	(8)		28:17.9 (270)	44:58.8	16:19.9
268	34	CABALEIRO HERNANDEZ Jesus	M4	(18)		27:54.8 (256)	45:11.8	16:32.9
269	137	FDEZ Jaime	M3	(57)	C.A.R. MARISQUEI	28:19.0 (271)	45:15.3	16:36.4
270	161	PEREZ MARTINEZ Rodrigo	M3	(58)		28:04.3 (261)	45:16.2	16:37.3
271	311	SAURA ALVAREZ Pablo	M2	(85)		28:50.3 (290)	45:20.0	16:41.1
272	374	FERNANDEZ VIEIRO Adrian	M1	(99)	G.E. GKN INDUGA	27:50.3 (251)	45:29.7	16:50.8
273	394	BARROS RODRIGUEZ Pedro	M1	(100)		27:35.1 (248)	45:31.0	16:52.1

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274	272	ALONSO CARRERA Daniel	M2	(86)		28:51.1 (291)	45:37.0	16:58.1
275	89	RIVAS CID Victor	M3	(59)	C.A.R. MARISQUEI	28:09.8 (263)	45:41.6	17:02.7
276	286	LESTON RAMA Juan Ramon	M2	(87)	CORREXALLAS	28:40.7 (286)	45:43.4	17:04.5
277	125	CRUCES Daniel	M3	(60)		28:31.4 (279)	45:46.9	17:08.0
278	461	PARADA AGRA Brandan	M1	(101)		28:11.6 (264)	45:53.7	17:14.8
279	44	MALVAR CURTO Javier	M4	(19)	CLUB CASTRELOS	28:37.1 (283)	45:53.9	17:15.0
280	10	HERNANDEZ BORREGO Miguel	M5	(9)	CLUB ATLETISMO	28:30.1 (275)	45:56.3	17:17.4
281	233	FERNANDEZ FREIRE Eneas	M2	(88)		28:25.5 (274)	46:00.4	17:21.5
282	229	LOPEZ FUENTES Guillermo	M2	(89)		30:13.5 (324)	46:01.6	17:22.7
283	212	RODRIGUEZ IGLESIAS Luis Manue	M2	(90)		29:04.0 (295)	46:07.2	17:28.3
284	59	GONZALEZ RAMIREZ Juan	M4	(20)		29:06.1 (297)	46:11.0	17:32.1
285	310	FERNANDEZ Ricardo	M2	(91)		28:20.3 (272)	46:21.5	17:42.6
286	387	CRESPO GONZALEZ Jacinto	M1	(102)	PORCOS CELTAS	28:14.8 (266)	46:22.2	17:43.3
287	255	GARCIA MARIN Pablo	M2	(92)		24:57.5 (139)	46:23.9	17:45.0
288	366	BAILLY Benjamin	M1	(103)		29:04.9 (296)	46:24.8	17:45.9
289	219	COUSO Alberto	M2	(93)		29:08.6 (298)	46:27.8	17:48.9
290	182	VIÑAS MELENDEZ Daniel	M2	(94)		29:18.2 (304)	46:34.0	17:55.1
291	32	ROCA RODRIGUEZ Ramon	M5	(10)		28:17.8 (269)	46:36.3	17:57.4
292	171	ZUNZUNEGUI GARRIDO Noe	M3	(61)		29:14.2 (301)	46:43.5	18:04.6
293	264	CUÑARRO ROMERO Enrique	M2	(95)		29:43.4 (316)	46:49.3	18:10.4
294	67	SEIJO SOUTO Julio	M3	(62)		29:00.3 (294)	46:50.5	18:11.6
295	313	ALONSO RODRIGUEZ Manuel Antc	M2	(96)	BEADE, AHI OS VA	28:30.1 (275)	46:52.3	18:13.4
296	179	BLANCO NUÑEZ Enrique	M3	(63)		28:37.7 (284)	46:55.4	18:16.5
297	155	TIENDA CASTRO Daniel	M3	(64)		29:46.5 (318)	46:55.5	18:16.6
298	172	MARTINEZ DOBALO David	M3	(65)	CROSSBEERS	28:36.2 (282)	46:58.2	18:19.3
299	415	MARTINEZ SEOANE Juan	M1	(104)		29:15.0 (302)	47:03.1	18:24.2
300	315	MARTINEZ SEOANE Andre	M2	(97)		29:22.5 (310)	47:03.5	18:24.6
301	11	GARCIA COSTAS Federico Amandi	M5	(11)		29:19.9 (306)	47:06.0	18:27.1
302	110	LARA PEREZ Jose Gabino	M3	(66)		28:57.4 (293)	47:07.4	18:28.5
303	50	GONZALEZ GARCIA Luis	M4	(21)	C.A.R. MARISQUEI	28:46.8 (288)	47:09.7	18:30.8
304	20	GARABATOS CUADRADO Jose An	M5	(12)	C.A.R. MARISQUEI	29:15.5 (303)	47:13.2	18:34.3
305	396	PASTORIZA QUEIMAÑO David	M1	(105)		29:12.4 (300)	47:20.8	18:41.9
306	284	RECAMAN GUISANDE Ruben	M2	(98)		30:04.9 (321)	47:22.0	18:43.1
307	231	MOLARES DACUÑA Jorge	M2	(99)		29:41.9 (315)	47:35.8	18:56.9
308	490	GUZMAN GOMEZ Juan David	M1	(106)		30:20.4 (326)	47:36.3	18:57.4
309	393	TENORIO DEL RIO Jesus	M1	(107)		29:10.1 (299)	47:37.2	18:58.3
310	73	CAMESELLE BEN Jose Ramon	M3	(67)		28:55.5 (292)	47:45.9	19:07.0
311	52	MARTINEZ MEIS Felix	M4	(22)		29:19.1 (305)	47:48.2	19:09.3
312	47	ESTEVEZ CERNADAS Ricardo	M4	(23)	ATHLETICS AVENI	29:44.7 (317)	47:48.5	19:09.6
313	362	GUAMA HEREDIA Edwin	M1	(108)		29:39.0 (313)	47:56.1	19:17.2
314	133	PARDO PORTO Daniel	M3	(68)	MAIS QUE AUGA	30:10.9 (322)	47:59.5	19:20.6
315	318	CARPACHO BARREDO Miguel Ang	M2	(100)		29:24.6 (311)	48:01.1	19:22.2
316	109	CORES FIGUEIREDO Angel	M3	(69)		30:28.5 (330)	48:01.5	19:22.6
317	437	PEREZ FERNANDEZ Daniel	M1	(109)		30:33.0 (333)	48:02.9	19:24.0
318	16	MASSOT DE DIOS Amadeo	M5	(13)		30:45.9 (335)	48:06.4	19:27.5
319	378	FREIXES FERNANDEZ David	M1	(110)		29:22.0 (309)	48:08.0	19:29.1
320	79	MANEIRO OTERO Guillermo	M3	(70)	CLUB ATLETISMO	29:20.3 (307)	48:10.2	19:31.3
321	466	FERREIRA RODRIGUEZ Hugo	M1	(111)		28:49.4 (289)	48:12.9	19:34.0

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322	373	GUEVARA CHUQUIMAJO Miguel A	M1	(112)		29:35.9 (312)	48:18.2	19:39.3
323	411	IGLESIAS DORDA Manuel	M1	(113)		28:38.0 (285)	48:24.4	19:45.5
324	84	LEGARRA CALDERON Juan Jose	M3	(71)		29:59.7 (320)	48:26.7	19:47.8
325	123	SANTOS CABANELAS Alberto	M3	(72)		32:15.7 (356)	48:28.4	19:49.5
326	269	PAZ RODRIGUEZ Jose Manuel	M2	(101)		29:20.4 (308)	48:29.1	19:50.2
327	215	MARTINEZ RODRIGUEZ Tony	M2	(102)		30:13.4 (323)	48:38.1	19:59.2
328	352	IGLESIAS MOSQUERA Yago	M1	(114)		30:21.1 (327)	48:46.0	20:07.1
329	306	OTERO MIGUENS Luis	M2	(103)		30:32.1 (332)	48:51.1	20:12.2
330	389	PIÑEIRO RODRIGUEZ Francisco	M1	(115)	G.E. GKN INDUGA	28:42.2 (287)	48:59.9	20:21.0
331	82	GONZALEZ OPPENHEIM Carlos	M3	(73)		30:31.4 (331)	49:01.5	20:22.6
332	162	PRIETO CHAPELLIN Jose Ramon	M3	(74)		29:52.4 (319)	49:05.7	20:26.8
333	13	VELILLA CASTRO Jesus Antonio	M5	(14)	CLUB ATLETISMO	29:39.5 (314)	49:06.1	20:27.2
334	353	MOLINA MARTINEZ Jose Luis	M1	(116)		30:16.3 (325)	49:14.6	20:35.7
335	145	CASTRO BORRAZAS Eduardo	M3	(75)		30:48.8 (336)	49:21.6	20:42.7
336	12	RODRIGUEZ MORO Alfonso	M5	(15)	CLUB CASTRELOS	31:17.5 (343)	49:43.2	21:04.3
337	435	TIZON Ivan	M1	(117)		31:33.3 (347)	49:46.5	21:07.6
338	41	VILLAR SALGADO Jose Francisco	M4	(24)	C.A.R. MARISQUEI	30:22.8 (328)	49:47.7	21:08.8
339	261	RODRIGUEZ COLLAZO Raul	M2	(104)		32:07.8 (353)	49:59.4	21:20.5
340	136	GONZALEZ VILA Jose Luis	M3	(76)		30:25.6 (329)	50:07.1	21:28.2
341	449	BOLAÑO CABIDO Adrian	M1	(118)		31:09.5 (338)	50:08.6	21:29.7
342	251	PIÑEIRO AGILLA Isidro J.	M2	(105)		32:32.7 (361)	50:09.2	21:30.3
343	446	MOSQUERA Diego	M1	(119)		31:28.0 (345)	50:11.1	21:32.2
344	250	RESUA EIRAS David	M2	(106)	CHUZAS OLIMPIC	31:42.8 (349)	50:12.5	21:33.6
345	94	GARCIA MALGA Moncho	M3	(77)	ATHLETICS FISIO	31:06.4 (337)	50:14.5	21:35.6
346	470	ROCHA GONZALEZ Manuel	M1	(120)		31:16.2 (342)	50:27.7	21:48.8
347	55	CALDERON FERNANDEZ Eloy	M4	(25)		30:44.3 (334)	50:37.4	21:58.5
348	214	GONZALEZ CABALEIRO Marcos	M2	(107)		31:21.2 (344)	50:49.0	22:10.1
349	321	FERNANDEZ HERNANDEZ Javier	M2	(108)		32:32.6 (360)	50:56.3	22:17.4
350	107	LAGO COSTAS Jose Manuel	M3	(78)		33:05.9 (370)	51:08.4	22:29.5
351	25	ALVAREZ PORTABALES Antonio	M5	(16)		31:43.9 (350)	51:08.6	22:29.7
352	74	GOMEZ MORGADE Faustino	M3	(79)		31:57.8 (351)	51:12.7	22:33.8
353	121	ARIAS CASTAÑO Lois	M3	(80)		32:17.7 (357)	51:15.1	22:36.2
354	43	BARROS LORENZO Jose Manuel	M4	(26)		31:29.7 (346)	51:17.1	22:38.2
355	263	DOMINGUEZ EGUIA Alejandro	M2	(109)	REAL CLUB CELTA	32:10.3 (354)	51:25.1	22:46.2
356	299	LAGO LORENZO Ivan	M2	(110)	INMOBILIX GALICI	32:43.6 (363)	51:28.1	22:49.2
357	202	SANMARTIN GONZALEZ Victoriano	M2	(111)	MAIS QUE AUGA	32:11.1 (355)	51:33.4	22:54.5
358	254	MARTINEZ GARCIA Jean Franco	M2	(112)		32:48.7 (365)	51:38.9	23:00.0
359	383	SALGADO PERALVO Orion	M1	(121)		32:30.1 (359)	51:41.4	23:02.5
360	246	SANCHEZ CASTRO Jesus	M2	(113)		31:42.1 (348)	51:44.3	23:05.4
361	87	OTERO RAMIREZ Jose Antonio	M3	(81)		31:14.0 (340)	51:46.2	23:07.3
362	56	CAPELO MARTINEZ Francisco Jos	M4	(27)		32:24.9 (358)	51:46.9	23:08.0
363	345	LAGO Miguel	M1	(122)		31:13.6 (339)	52:11.3	23:32.4
364	479	CACERES MUÑOZ Alejandro	SUB19 M	(5)	OS TROTEIROS	33:03.6 (368)	52:23.9	23:45.0
365	119	CACERES MEJUTO Rafael	M3	(82)	OS TROTEIROS	33:03.5 (367)	52:24.1	23:45.2
366	339	ALVAREZ LAGO Luis	M1	(123)		33:05.4 (369)	52:24.5	23:45.6
367	417	CASTIÑEIRA SOTO Alvaro	M1	(124)		33:00.0 (366)	52:31.6	23:52.7
368	418	CASTIÑEIRAS NARCISO Kevin	M1	(125)		32:45.6 (364)	52:39.2	24:00.3
369	91	RODRIGUEZ OLLEROS Roberto	M3	(83)		33:41.6 (377)	53:21.0	24:42.1

GENERAL

Clt	Dor.	Apellidos y nombre	Categor	(Clt)	Club	Inter 1 (Clt)	Tiempo	Diferencia
370	471	ALONSO CASTRO Samuel	M1	(126)		31:16.1 (341)	53:28.3	24:49.4
371	36	BURLIDO BORREGO Jose Isaias	M4	(28)		33:36.8 (375)	53:41.9	25:03.0
372	17	RODRIGUEZ DOMINGUEZ Rogelio	M5	(17)	CLUB ATLETISMO	33:36.3 (374)	53:46.8	25:07.9
373	98	FERNANDEZ VIDAL Jose Manuel	M3	(84)		32:00.3 (352)	54:02.6	25:23.7
374	19	DURAN LAGO Fernando	M5	(18)		33:23.4 (371)	54:09.4	25:30.5
375	370	CASTIÑEIRA SOTO Pablo	M1	(127)		33:39.5 (376)	54:37.3	25:58.4
376	238	GONZALEZ ABEIJON Fernando	M2	(114)		33:34.2 (373)	54:40.0	26:01.1
377	31	PENEDO DA SILVA Jose Antonio	M5	(19)	ATHLETICS AVENI	33:26.6 (372)	54:44.5	26:05.6
378	455	FERNANDEZ SANCHEZ Adrian	M1	(128)		33:42.7 (378)	54:51.4	26:12.5
379	35	RUANO MONZON Manuel Gabriel	M4	(29)		34:41.9 (380)	54:54.3	26:15.4
380	192	GRAZIANI FONTICIELHA Rodrigo	M2	(115)		34:47.1 (382)	55:17.0	26:38.1
381	143	PEREZ SUAREZ Carlos	M3	(85)	XHUZAS TEAM	35:05.3 (383)	56:24.0	27:45.1
382	187	RELO FERNANDEZ Pablo	M2	(116)	CLUB ATLETISMO	34:39.8 (379)	56:52.7	28:13.8
383	81	RODRIGUEZ CENTENO Fernando	M3	(86)		34:43.2 (381)	57:14.3	28:35.4
384	116	BARBOSA Pedro	M3	(87)		36:00.5 (385)	58:49.1	30:10.2
385	351	VAZQUEZ MAYO Javier	M1	(129)	MAIS QUE AUGA	35:47.5 (384)	58:50.0	30:11.1
386	427	GARCIA NUÑEZ Jose Carlos	M1	(130)		36:55.0 (391)	59:16.3	30:37.4
387	104	CORDOVILLA PEREZ Rafael	M3	(88)		36:41.6 (390)	59:32.6	30:53.7
388	325	VAZQUEZ IGLESIAS Pablo	M1	(131)		37:05.0 (392)	1h00:33.6	31:54.7
389	381	VILLAYERDE FERNANDEZ Jose	M1	(132)		36:38.9 (389)	1h00:46.6	32:07.7
390	103	VAZQUEZ Enrique	M3	(89)		36:25.8 (386)	1h00:59.5	32:20.6
391	267	DOMINGUEZ SERRANO Oscar	M2	(117)		37:25.2 (393)	1h01:05.4	32:26.5
392	92	AGULLO SOUSA Ignacio Miguel	M3	(90)		36:35.9 (387)	1h01:13.6	32:34.7
393	28	PAINCEIRA MACIÑEIRAS Jorge	M5	(20)		38:43.0 (395)	1h01:21.3	32:42.4
394	131	FERNANDEZ TORRES Diego	M3	(91)		38:39.4 (394)	1h02:41.5	34:02.6
395	403	VIERA FERNANDEZ Geremias	M1	(133)		39:07.8 (396)	1h03:19.1	34:40.2
396	105	CASTIÑEIRA GONZALEZ Francisc	M3	(92)	MAIS QUE AUGA	40:28.6 (397)	1h05:40.0	37:01.1
397	88	PARADA GONZALEZ Jose Luis	M3	(93)		41:47.6 (399)	1h05:41.3	37:02.4
398	9	COLLAZO BARRERAS German	M5	(21)		41:46.4 (398)	1h05:41.7	37:02.8
399	3	BERMUDEZ BILBAO Antonio	M5	(22)	ATHLETICS FISIO	44:58.8 (401)	1h11:04.4	42:25.5
400	1	RODRIGUEZ GOMEZ Antolin	M5	(23)	CLUB ATLETISMO	44:37.3 (400)	1h11:28.4	42:49.5
401	99	GANDARA BOUZA Alejandro	M3	(94)	CLUB CASTRELOS	48:24.8 (402)	1h12:27.0	43:48.1

DISCAMINO

1	404	SOTO DOMINGUEZ Iago	M1	(1)	DISCAMINO	33:35.2 (5)	54:40.3	
2	97	PIÑEIRO MARTINEZ Juan Jose	M3	(1)	DISCAMINO	33:34.2 (1)	54:41.1	0.8
3	341	CORBACHO RODRIGUEZ Adrian	M1	(2)	DISCAMINO	33:34.3 (2)	54:41.6	1.3
4	549	REY SARMIENTO Silvia	F2	(1)	DISCAMINO	33:35.0 (4)	54:43.0	2.7
5	160	OTERO SALGUEIRO Francisco Jav	M3	(2)	DISCAMINO	33:34.9 (3)	54:47.9	7.6