

CATEGORÍAS

Clf	Dor.	Apellidos y nombre	Club	Inter 1 (Clf)	Tiempo	Diferencia
SUB19 F						
1	699	VIDAL FERNANDEZ Alexandra	CLUB DEPORTIVO DI	27:31.6 (1)	44:53.9	
2	695	RAMOS OTERO Carla		29:01.9 (2)	47:40.5	2:46.6
3	696	RODRIGUEZ BARROS Sara	CLUB DEPORTIVO DI	29:05.3 (3)	49:19.8	4:25.9
4	697	FERNANDEZ LOPEZ Uxia		32:05.4 (5)	51:34.6	6:40.7
5	700	LOPEZ ALVAREZ Paula		32:05.5 (6)	51:34.8	6:40.9
6	693	CALVO MARTINEZ Nerea	AGRUPACIÓN VIGUE	31:41.2 (4)	51:35.0	6:41.1
7	698	FERNANDEZ FERNANDEZ Maria		38:37.9 (7)	1h02:41.4	17:47.5

SUB19 M						
1	483	CUNHA Jose	CENTRO DE ATLETIS	19:43.5 (1)	31:46.9	
2	480	TAMAYO LAGO Francisco	ALBOIRA RUNNING C	22:32.4 (2)	35:41.5	3:54.6
3	485	POUSA ESCUDEIRO Xurxo	SAPOCONCHOS	23:13.8 (3)	37:35.6	5:48.7
4	481	TAMAYO LAGO Pedro		25:20.6 (4)	38:35.1	6:48.2
5	479	CACERES MUÑOZ Alejandro	OS TROTEIROS	33:03.6 (5)	52:23.9	20:37.0

F1						
1	611	BREINHOLT MOESKJAER Lea	RUNYTRI	20:10.3 (1)	32:28.6	
2	676	PORTELA OTERO Ines	CLUB ATLETISMO SA	22:30.4 (2)	35:52.3	3:23.7
3	589	ALVAREZ RODRIGUEZ Noemi	CLUB DEPORTIVO DI	22:31.6 (3)	36:04.9	3:36.3
4	590	MIGUEZ LAGO Jessica		22:46.7 (4)	36:59.1	4:30.5
5	689	PAZOS GARCIA Antia	CLUB TRIATLÓN MAF	23:09.3 (5)	38:14.2	5:45.6
6	655	DOMINGUEZ PEREZ Naomi	CLUB DEPORTIVO DI	24:21.4 (7)	38:38.6	6:10.0
7	612	PORTO CIMA Alba		23:55.8 (6)	38:56.9	6:28.3
8	625	FIGUEIRIDO DE LA CONCEPCION Lorei		24:47.2 (10)	39:09.4	6:40.8
9	594	DOIRO GONZALEZ Raquel		24:27.1 (8)	39:19.5	6:50.9
10	637	ANDRES PONTANILLA Rocio	RUNYTRI	24:42.3 (9)	40:20.3	7:51.7
11	605	CASSANI MENENDEZ Lucia	MAIS QUE AUGA	25:28.8 (11)	41:07.6	8:39.0
12	591	LOPEZ LOPEZ Laura Felisa		25:47.8 (13)	41:36.7	9:08.1
13	593	MIRAZ FERNANDEZ Raquel	VIGOENTRENA	25:55.1 (14)	41:48.3	9:19.7
14	646	PEREZ MARIÑO Elena	RUNYTRI	25:44.2 (12)	41:58.9	9:30.3
15	647	RODRIGUEZ ALONSO Maria		26:38.1 (15)	42:17.3	9:48.7
16	653	LOPEZ PEREZ Marta		26:38.9 (16)	42:18.2	9:49.6
17	601	BRUZON BANDEIRA Maria		27:10.2 (17)	43:53.8	11:25.2
18	690	QUINTANA QUINTELA Carlota		27:46.4 (18)	44:17.7	11:49.1
19	645	TOBARRA PEÑA Ariadna		28:58.8 (24)	44:54.6	12:26.0
20	596	PARADA COSTA Sara		28:01.2 (19)	44:58.9	12:30.3
21	650	BRUZON BANDEIRA Camino		28:02.7 (20)	45:15.6	12:47.0
22	688	RIVAS ALVAREZ Lucia		28:08.7 (21)	45:41.9	13:13.3
23	644	CASTRO GONZALEZ Isabel	CLUB DEPORTIVO DI	28:13.7 (22)	45:42.3	13:13.7
24	615	ESTEVEZ Estefania	ASOCIACION DEPOR	28:47.2 (23)	46:03.6	13:35.0
25	675	PEÑA PERALBA Antia		29:55.7 (29)	47:37.9	15:09.3
26	604	PRIETO BUJAN Sandra		29:33.2 (26)	47:43.2	15:14.6

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Clit	Dor.	Apellidos y nombre	Club	Inter 1 (Clit)	Tiempo	Diferencia
27	643	CARRETE PARDAL Xudit		30:00.0 (30)	47:55.0	15:26.4
28	597	COLLAZO FERNANDEZ Lorena	CLUB ATLETISMO VE	29:10.0 (25)	48:15.5	15:46.9
29	663	CAJIDE CASTRO Alba		29:40.2 (27)	48:25.9	15:57.3
30	641	FUENTES CALDERON Cristina		30:42.7 (35)	48:29.6	16:01.0
31	680	DOMINGUEZ HERNANDEZ Alba	FACTORUN	30:10.3 (31)	48:38.5	16:09.9
32	639	TERUEL Lara	C.A.R. MARISQUEIRO	29:43.4 (28)	48:44.2	16:15.6
33	629	CABANELAS FIGUEIRIDO Celes		30:41.8 (34)	48:47.1	16:18.5
34	606	LOPEZ BOLAS Alba		31:32.5 (41)	49:09.1	16:40.5
35	702	SANTAMARIA ALVAREZ Lucia	SOCIEDAD ATLETICA	31:16.7 (37)	49:30.0	17:01.4
36	672	GROBA COMESAÑA Lia	CLUB DEPORTIVO DI	30:41.4 (33)	49:35.4	17:06.8
37	678	GOMEZ MORAIS Laura		30:59.8 (36)	49:45.3	17:16.7
38	651	RICO PEREIRA Elia Maria		31:32.3 (40)	49:46.3	17:17.7
39	630	RODRIGUEZ RODRIGUEZ Maria		31:19.9 (38)	50:06.2	17:37.6
40	687	GONZALEZ TENORIO Pilar		30:25.7 (32)	50:07.5	17:38.9
41	614	ZUNZUNEGUI NAVIA Maria	MAIS QUE AUGA	31:27.2 (39)	50:23.7	17:55.1
42	598	KURPANIK Anna		32:31.3 (47)	50:56.1	18:27.5
43	620	PEREZ MORAN Laura		32:30.4 (46)	51:41.7	19:13.1
44	683	CAPELO LARRAÑAGA Aroa		32:25.4 (44)	51:47.1	19:18.5
45	602	DIAZ LOPEZ Rose Mary		32:35.2 (48)	52:03.0	19:34.4
46	638	GALLEGO Natalia		32:21.8 (43)	52:11.2	19:42.6
47	600	MATILLA OJEDA Silvia		32:20.1 (42)	52:15.7	19:47.1
48	623	MARTINEZ PEREZ Adriana		32:26.7 (45)	52:21.9	19:53.3
49	642	RUBIANES BAUTISTA Sonia		33:01.2 (51)	52:32.0	20:03.4
50	592	VAZQUEZ DUARTE Cristina		33:40.6 (54)	53:25.5	20:56.9
51	616	LOPEZ RODRIGUEZ Lidia		34:20.6 (58)	53:26.2	20:57.6
52	621	DEL RIO CERQUEIRA Nadir		34:21.7 (59)	53:26.3	20:57.7
53	634	FANDIÑO POSADA Celia		32:58.1 (50)	53:54.9	21:26.3
54	636	RIVAS FANDIÑO Belen		33:38.2 (52)	53:55.7	21:27.1
55	617	OCAMPO CACERES Liliana Ramona		32:54.4 (49)	54:11.8	21:43.2
56	657	RODRIGUEZ Laura		33:38.7 (53)	54:37.0	22:08.4
57	610	GARCIA NUÑEZ Alba Maria	FACTORUN	33:46.5 (55)	54:49.2	22:20.6
58	595	SEGOVIA ESCOBAR Maria Angelica		34:51.7 (60)	56:22.8	23:54.2
59	682	DORADO Iria		35:05.1 (61)	56:24.2	23:55.6
60	661	LYMAN Caylee		35:22.3 (63)	56:38.5	24:09.9
61	671	BARREIRO ALONSO Marta	KOI RUN CLUB	34:11.6 (57)	56:53.8	24:25.2
61	666	GIL GUTIERREZ Maria		34:10.5 (56)	56:53.8	24:25.2
63	662	CRESPO GONZALEZ Lucia		35:20.9 (62)	57:19.8	24:51.2
64	628	LUCIO RIOS Vanessa		35:40.7 (64)	57:35.0	25:06.4
65	677	KUHN Susana		35:58.3 (68)	58:33.5	26:04.9
66	635	FERNANDEZ PATIÑO Raquel		35:44.7 (65)	58:39.3	26:10.7
67	632	ROSELLO CABELLO Beatriz	MAIS QUE AUGA	35:51.7 (67)	58:48.8	26:20.2
68	613	ASENSIO VARELA Sara	MAIS QUE AUGA	35:49.9 (66)	58:49.7	26:21.1
69	588	RODRIGUEZ GARCIA Yaiza		36:11.4 (69)	58:50.0	26:21.4
70	649	RODRIGUEZ Paloma		36:52.9 (71)	59:15.9	26:47.3
71	681	MATHAI Kayla		37:22.9 (73)	1h00:15.4	27:46.8
72	665	BASHAM Alexandra		37:23.4 (74)	1h00:15.9	27:47.3
73	599	ARAUJO MOLINA Cristina		37:03.8 (72)	1h00:46.8	28:18.2
74	619	V.F. Elena		36:25.9 (70)	1h00:59.3	28:30.7

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Cl	Dor.	Apellidos y nombre	Club	Inter 1 (Cl)	Tiempo	Diferencia
75	684	CODIAS GARCIA Lidia		38:12.1 (76)	1h02:25.1	29:56.5
76	609	GOMEZ DIAZ Ana		37:29.7 (75)	1h02:25.6	29:57.0
77	626	OÑEDERRA IRIARTE Jone		39:08.8 (77)	1h03:18.7	30:50.1
78	640	CONDE RODRIGUEZ Claudia		40:30.6 (78)	1h05:38.6	33:10.0
79	685	ADAME ALVAREZ Cristina	AGRUPACIÓN VIGUE	43:41.4 (79)	1h11:05.9	38:37.3

M1

1	363	OTERO AMOEDO Anxo	SD COMPOSTELA AT	18:54.5 (2)	30:16.6	
2	462	PEREZ LOVACO Pablo		18:45.6 (1)	30:50.0	33.4
3	382	MONTERO BUJAN Aitor	AVIVA SPORT CLUB	19:21.9 (3)	31:22.2	1:05.6
4	328	DIEZ DIEZ Jorge	BAJO ZERO BURGOS	19:36.5 (4)	31:54.4	1:37.8
5	323	ALONSO GONZALEZ Andre		19:46.5 (5)	31:58.6	1:42.0
6	419	VALENCIA RODRIGUEZ Cristian	C.A.R. MARISQUEIRO	20:00.3 (6)	32:07.6	1:51.0
7	386	BARGIELA MARTINEZ Jaime	CLUB DEPORTIVO DI	20:08.0 (7)	32:36.4	2:19.8
8	467	RIVERA GUILLADE Martin		20:10.3 (8)	33:05.9	2:49.3
9	432	OTERO REY Miguel		20:51.5 (10)	33:14.0	2:57.4
10	364	RODRIGUEZ FERREIRO Miguel	CLUB BURGAS ATLE	20:45.5 (9)	33:38.4	3:21.8
11	429	CRESPO SALGADO Gonzalo		21:09.6 (12)	33:53.2	3:36.6
12	331	RODAL CARAMES German		20:56.8 (11)	34:05.9	3:49.3
13	477	RODRIGUEZ VELILLA J.	CLUB ATLETISMO VE	21:35.7 (16)	34:29.5	4:12.9
14	354	LOPEZ FERNANDEZ Hugo	CIBUS SIRGON	21:26.6 (13)	34:31.2	4:14.6
15	369	FERNANDEZ Gonzalo		21:58.8 (19)	34:36.1	4:19.5
16	460	GONZALEZ GROBA Oscar		21:31.2 (15)	34:58.8	4:42.2
17	458	LOPEZ ALONSO Pablo		21:38.8 (17)	35:02.7	4:46.1
18	384	ROA MENDEZ Juan Jesus	G.E. GKN INDUGASA	21:29.4 (14)	35:04.2	4:47.6
19	407	PIÑEIRO RODRIGUEZ Arturo	PORCOS CELTAS	21:40.0 (18)	35:10.0	4:53.4
20	334	COSTAS BARCIA Diego	MAIS QUE AUGA	22:07.2 (20)	35:12.0	4:55.4
21	375	FERNANDEZ LORENZO Pablo		22:39.3 (24)	35:33.2	5:16.6
22	421	MIQUILENO Ronaldo	SOCIEDAD ATLÉTICA	22:15.2 (21)	35:57.5	5:40.9
23	355	ESTEVEZ Carlos		22:39.4 (25)	36:16.1	5:59.5
24	376	LESTON RODRIGUEZ Roberto	SERRES RUNNERS	22:50.1 (29)	36:19.7	6:03.1
25	348	EIRAS GONZALEZ Jose Luis	AFURRICAMOS NO M	22:22.0 (22)	36:24.7	6:08.1
26	390	VILLASVERDE PATIÑO Yago		22:42.0 (26)	36:28.7	6:12.1
27	340	RODRIGUEZ FLORES Marco Antonio		22:28.4 (23)	36:34.0	6:17.4
28	359	MORAIS ALONSO David		22:44.3 (27)	36:39.0	6:22.4
29	333	SERGIENKO Aleksei		22:47.6 (28)	37:13.8	6:57.2
30	468	PENAS GONZALEZ Saul		23:16.2 (34)	37:21.4	7:04.8
31	385	MENDEZ IGLESIAS Daniel		22:59.1 (30)	37:23.3	7:06.7
32	380	ABREU GARCIA Julio	ADN RUNNERS – TEL	22:59.6 (31)	37:23.5	7:06.9
33	388	FERNANDEZ MARTINEZ Sergio	PORCOS CELTAS	23:05.0 (33)	37:34.3	7:17.7
34	322	NOGUEIRA ROMERO Oscar	RUNYTRI	23:29.0 (35)	37:37.2	7:20.6
35	412	ABAL VELOSO Francisco Javier		23:03.3 (32)	37:48.6	7:32.0
36	441	LOPEZ BERTOLO Javier		23:34.9 (36)	37:51.8	7:35.2
37	448	RIVAS PELLICER Miguel		24:00.8 (39)	38:05.3	7:48.7
38	475	TRASHORRAS FERNANDEZ Luis		23:39.5 (37)	38:06.7	7:50.1
39	431	SROKA Wojciech	SOCIEDAD ATLÉTICA	24:09.9 (40)	38:15.2	7:58.6

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40	464	PORTELA Pedro	CLUB ATLETISMO SA	24:15.7 (42)	38:33.7	8:17.1
40	451	SOTO MOURIÑO David		24:14.7 (41)	38:33.7	8:17.1
42	408	GOMEZ RODRIGUEZ Diego		24:22.4 (46)	38:45.6	8:29.0
43	409	VAZQUEZ FREIRE Iago		24:21.7 (45)	38:56.6	8:40.0
44	327	ALONSO MORA Eduardo		24:17.4 (43)	38:57.5	8:40.9
45	371	FEBRERO GARRIDO Alejandro		24:46.6 (50)	39:09.3	8:52.7
46	457	CALO Jorge	MAIS QUE AUGA	24:20.2 (44)	39:13.3	8:56.7
47	397	RODRIGUEZ Adrian		23:57.4 (38)	39:28.5	9:11.9
48	400	CORTIZO BOULLOSA Daniel	PORCOS CELTAS	24:33.6 (48)	39:29.6	9:13.0
49	358	VARELA COMESAÑA Adrian		24:28.5 (47)	39:31.0	9:14.4
50	335	FERNANDEZ LORENZO Alejandro	ATHLETICS FISIOTEF	25:07.6 (52)	39:43.6	9:27.0
51	424	CASAL RODRIGUEZ Luis Miguel		25:36.5 (58)	39:51.5	9:34.9
52	473	CERDEIRA CRESPO Guzman		25:20.0 (54)	39:57.5	9:40.9
53	360	SANCHEZ VEGA Juan Diego	ALBOIRA RUNNING C	24:33.6 (48)	40:22.1	10:05.5
54	450	MOURIÑO FERNANDEZ Andre		25:48.3 (61)	40:53.1	10:36.5
55	392	ALVAREZ MARTINEZ David		25:26.0 (57)	40:55.0	10:38.4
56	326	VAZQUEZ CAÑOTO David		25:22.6 (55)	40:58.0	10:41.4
57	433	BARREIRO VALLS Pedro	CLUB ATLETISMO VE	25:24.0 (56)	41:07.4	10:50.8
58	338	MENDEZ Pablo		25:04.8 (51)	41:10.9	10:54.3
59	368	FERNANDEZ Juan	CALVORIO RUNNERS	26:00.5 (66)	41:13.0	10:56.4
60	357	BARRIOS CORTEZ Habrahan		25:47.9 (60)	41:23.3	11:06.7
61	377	FREIRIA PRADO David		26:34.0 (75)	41:28.1	11:11.5
62	443	SIEIRO Sergi	CLUB DE LA CHARLE	26:00.5 (66)	41:33.2	11:16.6
63	434	VILABOA ALVAREZ Hugo		25:53.1 (63)	41:41.2	11:24.6
64	413	MORAL HERMIDA Victor		25:48.9 (62)	41:42.9	11:26.3
65	488	FERREIRA MORAIS Pablo		25:45.4 (59)	41:43.7	11:27.1
66	391	TIZON Juan	PORCOS CELTAS	25:18.6 (53)	41:44.8	11:28.2
67	423	CASTELLANO BASTOS Alex		25:57.3 (65)	41:47.2	11:30.6
68	426	TIZON RODRIGUEZ Carlos		25:54.0 (64)	41:58.9	11:42.3
69	344	REY CARRIL Iago		26:13.2 (69)	42:02.5	11:45.9
70	361	PEREZ LOPEZ Aurelio		26:59.4 (83)	42:16.2	11:59.6
71	442	COUTO MEIRIÑO Manuel		27:14.8 (86)	42:25.2	12:08.6
72	428	VELAYOS MACKINLAY Santiago		26:28.1 (74)	42:26.6	12:10.0
73	349	ARIAS Manuel		26:26.1 (73)	42:26.9	12:10.3
74	456	BALTAR LOSADA Miguel	MAIS QUE AUGA	26:12.6 (68)	42:34.4	12:17.8
75	472	CARDOSO MORALES Joao Victor		26:43.7 (77)	42:50.3	12:33.7
76	478	RODRIGUEZ RODRIGUEZ Manuel		26:44.9 (78)	42:50.6	12:34.0
77	416	GIL ARIAS Dario		26:59.2 (82)	42:51.9	12:35.3
78	346	PLIEGO FORGAS Francisco Javier		26:24.6 (72)	42:58.5	12:41.9
79	463	ALVAREZ BLANCO Lucas		28:31.1 (100)	43:01.1	12:44.5
80	459	RODRIGUEZ LORENZO Pedro		28:32.1 (102)	43:08.1	12:51.5
81	336	FERNANDEZ CERQUERIA Jose		26:38.4 (76)	43:09.2	12:52.6
82	440	CAMESELLE ABREU Javier		28:09.0 (95)	43:09.8	12:53.2
83	379	BLANCO ABOLLO Pablo		26:19.1 (71)	43:10.2	12:53.6
84	453	SANCHEZ SOTO Anthony Alejandro		26:55.9 (81)	43:18.2	13:01.6
85	438	TIZON ALFONSO Ivan		27:13.6 (85)	43:30.4	13:13.8
86	329	RODRIGUEZ LAGO Pablo		26:48.1 (79)	43:30.7	13:14.1
87	447	LOPEZ BOUZAS Yago		27:29.2 (89)	43:34.2	13:17.6

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88	410	OTERO RIVAS Pablo	PORCOS CELTAS	27:08.7 (84)	44:00.1	13:43.5
89	401	PEREIRA LOPEZ Bruno	PORCOS CELTAS	26:18.6 (70)	44:00.5	13:43.9
90	402	SANTA CLARA VIDAL Ramon		27:27.3 (88)	44:00.6	13:44.0
91	465	IGLESIAS SANTANA Brais	ACADEMIA FONSECA	28:31.7 (101)	44:03.4	13:46.8
92	330	IVANOV Dmitrij	NORTH OCEAN 102 T	27:53.4 (94)	44:12.8	13:56.2
93	444	RODRIGUEZ ALVAREZ Fernando		27:33.8 (90)	44:13.4	13:56.8
94	474	ALONSO PACHECO Luis	CLUB ATLETISMO VE	26:55.4 (80)	44:23.8	14:07.2
95	414	PRADO CABRAL Borja		27:20.7 (87)	44:30.8	14:14.2
96	405	VILAR ALVAREZ Daniel		28:22.0 (99)	44:34.5	14:17.9
97	337	PANIAGUA Anton	NOTTINGHAM PRISA	27:50.9 (93)	44:44.5	14:27.9
98	347	ELSEICY Ahmed		28:16.5 (98)	44:45.6	14:29.0
99	374	FERNANDEZ VIEIRO Adrian	G.E. GKN INDUGASA	27:50.3 (92)	45:29.7	15:13.1
100	394	BARROS RODRIGUEZ Pedro		27:35.1 (91)	45:31.0	15:14.4
101	461	PARADA AGRA Brandan		28:11.6 (96)	45:53.7	15:37.1
102	387	CRESPO GONZALEZ Jacinto	PORCOS CELTAS	28:14.8 (97)	46:22.2	16:05.6
103	366	BAILLY Benjamin		29:04.9 (106)	46:24.8	16:08.2
104	415	MARTINEZ SEOANE Juan		29:15.0 (109)	47:03.1	16:46.5
105	396	PASTORIZA QUEIMAÑO David		29:12.4 (108)	47:20.8	17:04.2
106	490	GUZMAN GOMEZ Juan David		30:20.4 (114)	47:36.3	17:19.7
107	393	TENORIO DEL RIO Jesus		29:10.1 (107)	47:37.2	17:20.6
108	362	GUAMA HEREDIA Edwin		29:39.0 (112)	47:56.1	17:39.5
109	437	PEREZ FERNANDEZ Daniel		30:33.0 (116)	48:02.9	17:46.3
110	378	FREIXES FERNANDEZ David		29:22.0 (110)	48:08.0	17:51.4
111	466	FERREIRA RODRIGUEZ Hugo		28:49.4 (105)	48:12.9	17:56.3
112	373	GUEVARA CHUQUIMAJO Miguel Angel		29:35.9 (111)	48:18.2	18:01.6
113	411	IGLESIAS DORDA Manuel		28:38.0 (103)	48:24.4	18:07.8
114	352	IGLESIAS MOSQUERA Yago		30:21.1 (115)	48:46.0	18:29.4
115	389	PIÑEIRO RODRIGUEZ Francisco	G.E. GKN INDUGASA	28:42.2 (104)	48:59.9	18:43.3
116	353	MOLINA MARTINEZ Jose Luis		30:16.3 (113)	49:14.6	18:58.0
117	435	TIZON Ivan		31:33.3 (122)	49:46.5	19:29.9
118	449	BOLAÑO CABIDO Adrian		31:09.5 (117)	50:08.6	19:52.0
119	446	MOSQUERA Diego		31:28.0 (121)	50:11.1	19:54.5
120	470	ROCHA GONZALEZ Manuel		31:16.2 (120)	50:27.7	20:11.1
121	383	SALGADO PERALVO Orion		32:30.1 (123)	51:41.4	21:24.8
122	345	LAGO Miguel		31:13.6 (118)	52:11.3	21:54.7
123	339	ALVAREZ LAGO Luis		33:05.4 (126)	52:24.5	22:07.9
124	417	CASTIÑEIRA SOTO Alvaro		33:00.0 (125)	52:31.6	22:15.0
125	418	CASTIÑEIRAS NARCISO Kevin		32:45.6 (124)	52:39.2	22:22.6
126	471	ALONSO CASTRO Samuel		31:16.1 (119)	53:28.3	23:11.7
127	370	CASTIÑEIRA SOTO Pablo		33:39.5 (127)	54:37.3	24:20.7
128	455	FERNANDEZ SANCHEZ Adrian		33:42.7 (128)	54:51.4	24:34.8
129	351	VAZQUEZ MAYO Javier	MAIS QUE AUGA	35:47.5 (129)	58:50.0	28:33.4
130	427	GARCIA NUÑEZ Jose Carlos		36:55.0 (131)	59:16.3	28:59.7
131	325	VAZQUEZ IGLESIAS Pablo		37:05.0 (132)	1h00:33.6	30:17.0
132	381	VILLAVERDE FERNANDEZ Jose		36:38.9 (130)	1h00:46.6	30:30.0
133	403	VIERA FERNANDEZ Geremias		39:07.8 (133)	1h03:19.1	33:02.5

CATEGORÍAS

Cl	Dor.	Apellidos y nombre	Club	Inter 1 (Cl)	Tiempo	Diferencia
F2						
1	574	VILLALBA BARRIOS Delia		22:44.5 (1)	36:43.0	
2	537	ESTEVEZ CRESPO Cristina		22:45.6 (2)	37:05.2	22.2
3	569	RODRIGUEZ OLIVEIRA Rocio	ATHLETICS FISIOTEF	24:26.4 (3)	39:12.0	2:29.0
4	548	MOREU PEREIRA-BORRAJO Beatriz	CLUB DEPORTIVO DI	24:43.4 (5)	39:36.2	2:53.2
5	564	PEREZ GONZALEZ Elena	CLUB BURGAS ATLE	24:49.9 (6)	39:52.9	3:09.9
6	584	RODRIGUEZ GONZALEZ Nerea	CLUB ATLETISMO PC	24:38.5 (4)	39:58.9	3:15.9
7	580	CARREIRA COÑAGO Celia		24:52.4 (7)	40:47.3	4:04.3
8	587	ESPIÑO LOPEZ Rebeca		26:46.6 (9)	43:01.3	6:18.3
9	576	PRIETO RODRIGUEZ Tahia		26:58.0 (11)	43:04.5	6:21.5
10	579	SABORIDO GIL Olalla	COMESAÑA SPORTIF	27:00.1 (12)	43:11.1	6:28.1
11	543	VIDAL LORENZO Emilia	MAIS QUE AUGA	26:44.2 (8)	43:13.9	6:30.9
12	546	FERNANDEZ VARELA Maria Estefania		26:53.6 (10)	44:19.7	7:36.7
13	583	VALCARCEL TOSCANO Isa		27:32.3 (13)	44:27.7	7:44.7
14	567	FERNANDEZ ALONSO Paula		27:57.9 (14)	44:54.4	8:11.4
15	555	LODEIRO RODRIGUEZ Elisabeth		28:12.6 (15)	45:10.1	8:27.1
16	575	LOPEZ PORTO Alicia		29:41.3 (18)	47:35.2	10:52.2
17	577	TENORIO DEL RIO Maria Jose		29:09.3 (16)	47:37.2	10:54.2
18	559	GUARDIA ORTIZ Cecilia		29:11.2 (17)	47:39.2	10:56.2
19	554	VARELA VARELA Sabela	CORRIDA DAS CABR	29:47.0 (20)	47:45.6	11:02.6
20	585	RAMOS GONZALEZ Noa	MAIS QUE AUGA	29:49.4 (22)	48:00.1	11:17.1
21	558	LEMONS LOPEZ Vanesa	MAIS QUE AUGA	30:12.0 (23)	48:03.7	11:20.7
22	566	GONZALEZ Nidia		30:17.1 (24)	48:21.2	11:38.2
23	556	CARRERA LAGO Vanesa	CAZAFANTASMAS TE	29:45.9 (19)	48:24.8	11:41.8
24	539	SARABIA VIDAL Montse		29:47.9 (21)	48:36.7	11:53.7
25	570	MISA COSTAS Paula		30:49.9 (25)	49:41.2	12:58.2
26	540	MARTINEZ GAITEIRO Sonia	ATHLETICS FISIOTEF	31:08.6 (26)	49:53.7	13:10.7
27	560	MARTINEZ VIDAL Mirian	C.A.R. MARISQUEIRC	31:24.4 (27)	50:54.7	14:11.7
28	544	REGUEIRO FERNANDEZ Xoana	CLUB TRIATLÓN MAF	32:28.7 (29)	51:34.9	14:51.9
29	561	FREIRE Lorena	MAIS QUE AUGA	32:34.4 (30)	51:43.7	15:00.7
30	563	PEREZ PEREIRAS Victoria	VIGOENTRENA	32:16.2 (28)	51:47.2	15:04.2
31	547	CARNERO LLAUGER Maria	BIKILA	32:47.1 (31)	51:58.9	15:15.9
32	578	PEREZ RODRIGUEZ Luz	MAIS QUE AUGA	33:39.9 (34)	53:13.9	16:30.9
33	557	RECAMAN MIGUEZ Shirley		33:37.4 (33)	53:29.6	16:46.6
34	542	CALO MUÑIZ Silvia		34:03.4 (35)	54:36.2	17:53.2
35	541	IBARRETXE MARTINEZ Arantzazu	L@S INSENSAT@S	33:35.6 (32)	56:07.6	19:24.6
36	586	ALVAREZ PEQUEÑO Leticia	CLUB ATLETISMO VE	34:39.9 (36)	56:52.6	20:09.6
37	572	PEREZ PAZOS Iria		36:40.7 (37)	59:37.8	22:54.8
38	573	MEDINA MUÑOZ Erika		37:51.6 (38)	1h03:26.8	26:43.8

M2

1	220	BASTOS DASILVA Jose Alberto	ADN RUNNERS – TEL	17:26.6 (1)	28:38.9	
2	222	FERNANDEZ SOENGAS Jesus		18:26.4 (2)	30:24.8	1:45.9
3	196	ARIAS COSTAS Dario	ATHLETICS FISIOTEF	19:08.4 (3)	31:02.5	2:23.6
4	288	VAZQUEZ PAVON Roberto	TANINOS RUNNERS	19:09.0 (4)	31:04.4	2:25.5
5	200	LIEBANAS MENDEZ Antonio	ATLETISMO BAIONA	19:19.2 (5)	31:34.3	2:55.4

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MagmaSports **VOLA** RACING

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Cl	Dor.	Apellidos y nombre	Club	Inter 1 (Cl)	Tiempo	Diferencia
6	296	NOGUEIRA FERNANDEZ Junior		20:11.5 (6)	32:48.7	4:09.8
7	204	GONZALEZ ALVAREZ Borja		20:45.8 (7)	33:11.3	4:32.4
8	226	PARRA GARCIA Eduardo		20:50.5 (8)	33:30.4	4:51.5
9	281	PEREZ CONDE Kike	GMTA CHUVONERS	21:12.5 (11)	33:47.4	5:08.5
10	198	FERREIRA LAREDO David	CASTRELOS KM.0	21:09.1 (10)	33:49.7	5:10.8
11	243	ROMERO VAZQUEZ Nolo		21:00.3 (9)	34:09.2	5:30.3
12	266	PENA PEREIRA Francisco Javier	C.S.C.R. BEADE	21:22.7 (12)	34:11.0	5:32.1
13	185	CABALEIRO GARCIA Jose Manuel	CIBUS SIRGON	21:45.9 (14)	34:34.6	5:55.7
14	234	GARCIA FERNANDEZ Esteban	MAIS QUE AUGA	21:33.7 (13)	34:41.6	6:02.7
15	303	PEREZ PORTELA Yago		22:11.2 (16)	35:13.2	6:34.3
16	211	DELGADO RAMOS Jose Carlos		22:19.9 (22)	35:31.2	6:52.3
17	271	GONZALEZ MARTINEZ Raul		22:32.4 (25)	35:36.1	6:57.2
18	309	BARREIRO Hugo	AFURRICAMOS NO M	21:51.9 (15)	35:36.3	6:57.4
19	291	GOMEZ COMESAÑA Julio	CIBUS SIRGON	22:14.4 (19)	35:41.1	7:02.2
20	221	COUCE SENRA Oscar		22:17.7 (20)	35:48.2	7:09.3
21	253	FERNANDEZ GRADIN David	G.E. GKN INDUGASA	22:18.7 (21)	35:51.8	7:12.9
22	259	CARRERA BLANCO Pablo		22:21.0 (23)	35:54.8	7:15.9
23	316	NUÑEZ PARADA Sergio		22:13.1 (18)	36:03.8	7:24.9
24	276	NAVIA IGLESIAS Ruben	BIKILA	22:49.0 (27)	36:15.6	7:36.7
25	258	LOPEZ COMESAÑA Oscar Manuel		22:27.2 (24)	36:16.8	7:37.9
26	247	GONZALEZ VIEITEZ Roberto Carlos		22:12.3 (17)	36:28.9	7:50.0
27	293	CONEJERO JORDAN Borja	ATLETISMO BAIONA	22:48.1 (26)	36:42.5	8:03.6
28	319	CORTIZO BOULLOSA Miguel		22:50.5 (30)	37:05.4	8:26.5
29	307	GONZALEZ Uli		23:46.9 (39)	37:08.6	8:29.7
30	235	CARRRASCO Ruben		22:49.9 (29)	37:10.5	8:31.6
31	195	TIZON FREIRIA German	SEMPRE LA	23:15.2 (34)	37:13.3	8:34.4
32	213	DAVILA BOVEDA Pablo		23:12.8 (32)	37:15.2	8:36.3
33	197	ROMERO ANTON David		23:13.5 (33)	37:15.7	8:36.8
34	241	ROA MENDEZ Moises		23:24.3 (35)	37:26.0	8:47.1
35	186	ALVAREZ Antonio		23:32.4 (37)	37:33.3	8:54.4
36	190	LOPEZ FERNANDEZ Antonio Luis		22:49.3 (28)	37:40.4	9:01.5
37	305	VILA MILLAN Damian		23:07.7 (31)	37:42.5	9:03.6
38	203	MAYO Marcos	RUNYTRI	23:27.6 (36)	37:51.2	9:12.3
39	209	VARA BLANCO Javier		23:54.1 (40)	38:08.0	9:29.1
40	224	ALVAREZ ALVAREZ Alfonso		23:40.4 (38)	38:27.9	9:49.0
41	257	LOUREIRO RODRIGUEZ Santiago		24:12.9 (41)	39:01.1	10:22.2
42	274	LOUREIRO RODRIGUEZ Daniel	CLUB DEPORTIVO PI	24:43.5 (43)	39:31.6	10:52.7
43	273	SUCASAS MEJUTO Marcos		24:53.0 (45)	39:47.0	11:08.1
44	216	JUVIÑO Angel		25:07.2 (50)	40:07.9	11:29.0
45	260	BORRAJO LEIROS Alberto		24:48.3 (44)	40:08.5	11:29.6
46	283	CABACO CAMPOS Jose Manuel	TAKO TEAM	24:40.5 (42)	40:15.4	11:36.5
47	290	PEREZ YAÑEZ Javier	MAIS QUE AUGA	24:58.7 (47)	40:16.5	11:37.6
48	207	SOLLA GIL Carlos		25:03.4 (49)	40:31.2	11:52.3
49	227	CAMPO RODRIGUEZ Ivan		25:09.6 (51)	40:39.9	12:01.0
50	489	MACIAS NOGUEIRA Antonio	MAIS QUE AUGA	26:18.6 (59)	40:59.4	12:20.5
51	298	VEGA GARCIA Antonio Manuel		25:11.0 (52)	41:05.3	12:26.4
52	297	GONZALEZ VAZQUEZ Jorge		25:03.1 (48)	41:19.4	12:40.5
53	262	ALVAREZ ALONSO Ivan		25:56.7 (57)	41:23.6	12:44.7

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Cl	Dor.	Apellidos y nombre	Club	Inter 1 (Cl)	Tiempo	Diferencia
54	183	LOPEZ RODRIGUEZ Daniel	CLUB DEPORTIVO DI	25:33.8 (54)	41:24.6	12:45.7
55	245	HERMIDA Alex		26:33.9 (63)	41:28.8	12:49.9
56	249	LOPEZ PINO Javier	RUNYTRI	26:33.5 (62)	41:30.5	12:51.6
57	191	ALONSO CONDE Javier	BTX RUNNING TEAM	25:17.6 (53)	41:35.1	12:56.2
58	280	RODRIGUEZ FERNANDEZ Efren		25:39.8 (55)	41:45.6	13:06.7
59	228	ALVAREZ ALVAREZ Roberto	ATHLETICS FISIOTEF	25:47.1 (56)	42:14.7	13:35.8
60	256	MARTIN PALLES Marco Alexio	VIGOENTRENA	27:15.4 (76)	42:17.1	13:38.2
61	180	PRIETO MIRANDA Jose Luis		26:36.1 (65)	42:19.4	13:40.5
62	199	ACUÑA LOPEZ Iago		25:59.9 (58)	42:20.5	13:41.6
63	301	RIVERA CANICOBA Alberto		27:13.4 (75)	42:22.4	13:43.5
64	278	ROPERO BLANCO Borja		26:38.7 (67)	42:22.9	13:44.0
65	277	CAMPOS PACIOS Dabi		26:40.5 (68)	42:37.4	13:58.5
66	189	LAGO HIGOS Miguel Angel		27:03.0 (72)	42:42.0	14:03.1
67	304	DIAZ FERNANDEZ Diego		27:12.2 (74)	42:45.3	14:06.4
68	188	FERNANDEZ DA SILVA Marcial	L@S INSENSAT@S	27:16.9 (77)	43:07.0	14:28.1
69	265	CARRERA RAFAEL Jaime		27:06.8 (73)	43:08.0	14:29.1
70	302	ALEJOS Anxo		26:31.4 (60)	43:10.5	14:31.6
71	194	MIRANDA CORTES Rolando		26:40.6 (69)	43:12.1	14:33.2
72	312	LOSADA CRESPO Carlos		26:45.7 (70)	43:12.3	14:33.4
73	242	MARTINEZ BRION Jorge		26:36.7 (66)	43:17.3	14:38.4
74	210	RODAL FRAGA Carlos		27:22.3 (79)	43:25.1	14:46.2
75	287	PEREIRA FERNANDEZ Daniel	NUTRIBIOTICA	28:11.7 (84)	43:39.6	15:00.7
76	268	MIGUELEZ ROZAS Alberto		26:33.3 (61)	43:42.1	15:03.2
77	308	GESTO Xoan	BEADE, AHI OS VAN!	27:21.1 (78)	43:49.1	15:10.2
78	240	VAZQUEZ CARLEOS Emilio Jose	ATHLETICS FISIOTEF	28:02.0 (83)	43:53.9	15:15.0
79	275	PIÑEIRO PESO Cesar		26:57.2 (71)	43:55.1	15:16.2
80	279	ACOSTA Juan Pablo		28:30.5 (88)	44:00.6	15:21.7
81	292	VARA BLANCO Manuel		26:35.8 (64)	44:08.9	15:30.0
82	289	RZHECHYTSKY Georgiy	NORTH OCEAN 102 1	27:53.6 (81)	44:13.1	15:34.2
83	239	MUÑOZ ALVAREZ Gabriel		27:47.3 (80)	44:51.6	16:12.7
84	218	PINO MAGALLANES Miguel		27:56.3 (82)	44:53.9	16:15.0
85	311	SAURA ALVAREZ Pablo		28:50.3 (90)	45:20.0	16:41.1
86	272	ALONSO CARRERA Daniel		28:51.1 (91)	45:37.0	16:58.1
87	286	LESTON RAMA Juan Ramon	CORREXALLAS	28:40.7 (89)	45:43.4	17:04.5
88	233	FERNANDEZ FREIRE Eneas		28:25.5 (86)	46:00.4	17:21.5
89	229	LOPEZ FUENTES Guillermo		30:13.5 (102)	46:01.6	17:22.7
90	212	RODRIGUEZ IGLESIAS Luis Manuel		29:04.0 (92)	46:07.2	17:28.3
91	310	FERNANDEZ Ricardo		28:20.3 (85)	46:21.5	17:42.6
92	255	GARCIA MARIN Pablo		24:57.5 (46)	46:23.9	17:45.0
93	219	COUSO Alberto		29:08.6 (93)	46:27.8	17:48.9
94	182	VIÑAS MELENDEZ Daniel		29:18.2 (94)	46:34.0	17:55.1
95	264	CUÑARRO ROMERO Enrique		29:43.4 (99)	46:49.3	18:10.4
96	313	ALONSO RODRIGUEZ Manuel Antonio	BEADE, AHI OS VAN!	28:30.1 (87)	46:52.3	18:13.4
97	315	MARTINEZ SEOANE Andre		29:22.5 (96)	47:03.5	18:24.6
98	284	RECAMAN GUISANDE Ruben		30:04.9 (100)	47:22.0	18:43.1
99	231	MOLARES DACUÑA Jorge		29:41.9 (98)	47:35.8	18:56.9
100	318	CARPACHO BARREDO Miguel Angel		29:24.6 (97)	48:01.1	19:22.2
101	269	PAZ RODRIGUEZ Jose Manuel		29:20.4 (95)	48:29.1	19:50.2

CATEGORÍAS

Clit	Dor.	Apellidos y nombre	Club	Inter 1 (Clit)	Tiempo	Diferencia
102	215	MARTINEZ RODRIGUEZ Tony		30:13.4 (101)	48:38.1	19:59.2
103	306	OTERO MIGUENS Luis		30:32.1 (103)	48:51.1	20:12.2
104	261	RODRIGUEZ COLLAZO Raul		32:07.8 (107)	49:59.4	21:20.5
105	251	PIÑEIRO AGILLA Isidro J.		32:32.7 (111)	50:09.2	21:30.3
106	250	RESUA EIRAS David	CHUZAS OLIMPICOS	31:42.8 (106)	50:12.5	21:33.6
107	214	GONZALEZ CABALEIRO Marcos		31:21.2 (104)	50:49.0	22:10.1
108	321	FERNANDEZ HERNANDEZ Javier		32:32.6 (110)	50:56.3	22:17.4
109	263	DOMINGUEZ EGUIA Alejandro	REAL CLUB CELTA A	32:10.3 (108)	51:25.1	22:46.2
110	299	LAGO LORENZO Ivan	INMOBILIX GALICIA	32:43.6 (112)	51:28.1	22:49.2
111	202	SANMARTIN GONZALEZ Victoriano	MAIS QUE AUGA	32:11.1 (109)	51:33.4	22:54.5
112	254	MARTINEZ GARCIA Jean Franco		32:48.7 (113)	51:38.9	23:00.0
113	246	SANCHEZ CASTRO Jesus		31:42.1 (105)	51:44.3	23:05.4
114	238	GONZALEZ ABEIJON Fernando		33:34.2 (114)	54:40.0	26:01.1
115	192	GRAZIANI FONTICIELHA Rodrigo		34:47.1 (116)	55:17.0	26:38.1
116	187	RELO FERNANDEZ Pablo	CLUB ATLETISMO VE	34:39.8 (115)	56:52.7	28:13.8
117	267	DOMINGUEZ SERRANO Oscar		37:25.2 (118)	1h01:05.4	32:26.5

F3

1	517	VAQUERO SOUSA Julia		21:59.4 (1)	35:26.2	
2	524	LAMPON CARIDE Ana Maria	MAIS QUE AUGA	25:27.4 (2)	40:15.9	4:49.7
3	533	ALONSO GARCIA Ana	ATHLETICS FISIOTEF	25:52.6 (4)	41:06.0	5:39.8
4	521	LEMONS SOAGE Ana	CORREDOIRAS DE B	25:28.2 (3)	41:26.3	6:00.1
5	536	MARTINEZ COMESAÑA Lucia	C.A.R. MARISQUEIRO	28:19.8 (5)	44:44.1	9:17.9
6	534	BALIÑO GONZALEZ Ruth	RIZOS TEAM	29:08.4 (6)	46:57.2	11:31.0
7	530	RIVERA DOBAO Pilar	MAIS QUE AUGA	30:12.7 (7)	47:58.5	12:32.3
8	531	PAZ OLIVEIRA Natalia	MAIS QUE AUGA	32:03.6 (9)	49:32.8	14:06.6
9	529	MORALES AYALA Maria Elena		32:14.6 (12)	51:23.9	15:57.7
10	535	GARCIA FERNANDEZ Fatima		32:09.2 (10)	51:27.3	16:01.1
11	515	MOSQUERA RODRIGUEZ Ana		32:25.9 (13)	51:32.6	16:06.4
12	532	VAZQUEZ MAYO Monica	MAIS QUE AUGA	32:11.9 (11)	51:32.9	16:06.7
13	509	GONZALEZ DE LA CUESTA Sofia		31:39.8 (8)	51:41.0	16:14.8
14	523	ALONSO MARTINEZ Beatriz		32:38.6 (14)	51:48.5	16:22.3
15	525	VIÑAS ROMERO Silvia	BIKILA	32:45.8 (15)	51:59.1	16:32.9
16	511	RODRIGUEZ GONZALEZ Purificacion		33:37.2 (17)	54:38.4	19:12.2
17	520	RODRIGUEZ VAZQUEZ Monica		33:24.4 (16)	54:53.4	19:27.2
18	527	SAMPAIO Celia		36:01.6 (18)	58:48.4	23:22.2
19	519	DIAZ-PACHE MACKINLAY Pilar		36:08.2 (19)	59:37.6	24:11.4
20	516	BERTOLO RODRIGUEZ Ana		39:10.8 (20)	1h05:37.9	30:11.7
21	513	FERNANDEZ SUAREZ Carmen	MAIS QUE AUGA	40:06.0 (21)	1h05:39.8	30:13.6
22	528	PARENTE VIGO Maria Manuela		43:39.7 (22)	1h11:29.7	36:03.5

M3

1	166	BARGIELA ARAUJO Daniel	BIKILA	17:49.5 (1)	28:54.0	
2	150	PRIETO DE LA IGLESIA Manuel	ATHLETICS FISIOTEF	19:43.7 (3)	31:42.1	2:48.1
3	140	BURGOS REY Jose Antonio	CLUB ATLETISMO SA	19:44.6 (4)	31:45.0	2:51.0

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Cl	Dor.	Apellidos y nombre	Club	Inter 1 (Cl)	Tiempo	Diferencia
4	138	BARREIRO PEREIRA Xose Anton	SD COMPOSTELA AT	19:39.1 (2)	32:05.1	3:11.1
5	175	ALVAREZ FERNANDEZ Francisco	AFURRICAMOS NO M	20:43.3 (5)	33:35.1	4:41.1
6	173	ALVAREZ MIRANDA Jose Luis	CIBUS SIRGON	21:18.1 (7)	33:55.5	5:01.5
7	165	ULLA REGA Manuel		21:02.6 (6)	34:13.0	5:19.0
8	114	COSTAS COSTAS Miguel	MAIS QUE AUGA	21:33.5 (8)	34:25.6	5:31.6
9	102	CARRERA CASAL Julio		21:37.2 (9)	34:38.7	5:44.7
10	134	FERNANDEZ DE TORO Manuel	CLUB ATLETISMO VE	21:41.0 (10)	34:51.2	5:57.2
11	86	GAGO SANCHEZ Antolin		21:46.4 (11)	34:52.6	5:58.6
12	177	BARREIRO RUIBAL Matias	CLUB DEPORTIVO PI	21:58.1 (12)	35:27.3	6:33.3
13	148	RODRIGUEZ GARCIA Pablo		22:04.2 (13)	35:43.4	6:49.4
14	170	RODRIGUEZ CASTRO Javier		22:38.9 (17)	36:16.3	7:22.3
15	70	SANTOS OLAVARRIETA Benito	CASTRELOS KM.0	22:30.4 (16)	36:20.4	7:26.4
16	164	ARIAS COSTAS Eduardo	ATHLETICS FISIOTEF	22:26.9 (15)	36:25.1	7:31.1
17	174	ALONSO FDEZ Alberto	MAIS QUE AUGA	22:26.0 (14)	36:27.3	7:33.3
18	141	BUJANDA GARMENDIA Carlos Alberto		22:51.4 (19)	36:55.8	8:01.8
19	106	AMOEDO AGULLA Carlos		22:46.1 (18)	37:02.5	8:08.5
20	71	SABINO PORTO Alfonso		23:23.5 (20)	37:38.4	8:44.4
21	127	ALONSO BALLESTEROS Javier		23:38.1 (21)	37:57.3	9:03.3
22	149	PEREIRO PEREIRO Miguel		24:00.0 (24)	38:22.3	9:28.3
23	126	PEITEADO RUIZ Guillermo	ATHLETICS FISIOTEF	23:53.3 (23)	38:29.8	9:35.8
24	118	ALONSO FERNANDEZ Antonio		23:44.6 (22)	38:36.4	9:42.4
25	163	RODRIGUEZ BANDE Carlos		24:11.6 (26)	39:22.4	10:28.4
26	146	ALONSO COSTAS Oscar		24:35.8 (28)	39:49.8	10:55.8
27	128	GONZALEZ MACIEL Jose Luis	RIZOS TEAM	24:08.9 (25)	39:55.3	11:01.3
28	80	ALVAREZ, Andres	IMAXINATEA ESCOLA	24:16.5 (27)	40:10.6	11:16.6
29	130	GONZALEZ RODRIGUEZ Manu	ADN RUNNERS – TEL	25:35.8 (31)	40:18.8	11:24.8
30	78	BELOSO GONZALEZ Carlos		25:19.2 (29)	40:31.9	11:37.9
31	159	FREIRE PIÑEIRO Jose Manuel	MAIS QUE AUGA	25:38.0 (33)	40:34.3	11:40.3
32	147	PARDAVILA Miguel	CORRIDA DAS CABR	25:36.7 (32)	40:51.6	11:57.6
33	96	CAMPOS ABALDE Antonio	CASTRELOS KM.0	25:52.7 (35)	41:06.2	12:12.2
34	112	DAVILA BUGARIN Salva		26:22.3 (37)	41:07.0	12:13.0
35	85	COMESAÑA DAVILA Miguel		25:50.7 (34)	41:29.3	12:35.3
36	157	CONDE GONZALEZ Jose Carlos	INMOBILIX GALICIA	25:31.0 (30)	41:30.3	12:36.3
37	101	RAÑA GREGORIO Xan	C.A.R. MARISQUEIRO	26:35.2 (40)	41:52.8	12:58.8
38	77	MEJUTO TERCEIRO Juan Carlos		26:58.3 (48)	42:03.1	13:09.1
39	168	ACUÑA LOPEZ Diego		26:35.5 (41)	42:06.0	13:12.0
40	93	ALVAREZ CASTRO Xohan		26:24.9 (38)	42:09.6	13:15.6
41	167	RODRIGUEZ COLLAZO Jacobo		26:34.3 (39)	42:19.6	13:25.6
42	100	FIRVIDA DIZ Pedro	CLUB ATLETISMO VE	26:45.7 (42)	42:40.2	13:46.2
43	120	ESTEVEZ LAGO Antonio	ATHLETICS FISIOTEF	26:54.0 (46)	42:41.8	13:47.8
44	69	BENAVIDES HERNANDEZ Fernando	ATHLETICS FISIOTEF	26:21.5 (36)	43:06.4	14:12.4
45	72	VAZQUEZ GARCIA Anxo		27:04.3 (49)	43:11.2	14:17.2
46	108	VIDAL LAMAS Jose Carlos		26:50.3 (44)	43:20.6	14:26.6
47	65	HERRERO Gonzalo	VIGOENTRENA	27:11.5 (50)	43:31.2	14:37.2
48	115	FERNANDEZ SOUTO Jose Ricardo		28:02.9 (56)	43:54.9	15:00.9
49	132	POUSA LUCIO Xoan Manuel	SAPOCONCHOS	26:54.7 (47)	43:59.4	15:05.4
50	113	ESTEVEZ PEREZ Fco.Javier		27:19.3 (53)	44:00.6	15:06.6
51	176	ALONSO PRADO Alfonso		26:47.7 (43)	44:06.7	15:12.7

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52	135	DOMINGUEZ EDREIRA Julio		26:51.8 (45)	44:11.4	15:17.4
53	90	JANDRA GONZALEZ Jesus		27:17.3 (52)	44:25.7	15:31.7
54	129	LORENZO COMESAÑA Juan Manuel		27:13.0 (51)	44:32.9	15:38.9
55	153	GARALOCES FERNANDEZ Xabier	CLUB DEPORTIVO DI	27:43.3 (54)	44:35.0	15:41.0
56	158	BERNARDEZ GIL David		27:52.4 (55)	44:56.8	16:02.8
57	137	FDEZ Jaime	C.A.R. MARISQUEIRO	28:19.0 (59)	45:15.3	16:21.3
58	161	PEREZ MARTINEZ Rodrigo		28:04.3 (57)	45:16.2	16:22.2
59	89	RIVAS CID Victor	C.A.R. MARISQUEIRO	28:09.8 (58)	45:41.6	16:47.6
60	125	CRUCES Daniel		28:31.4 (60)	45:46.9	16:52.9
61	171	ZUNZUNEGUI GARRIDO Noe		29:14.2 (66)	46:43.5	17:49.5
62	67	SEJO SOUTO Julio		29:00.3 (65)	46:50.5	17:56.5
63	179	BLANCO NUÑEZ Enrique		28:37.7 (62)	46:55.4	18:01.4
64	155	TIENDA CASTRO Daniel		29:46.5 (68)	46:55.5	18:01.5
65	172	MARTINEZ DOBALO David	CROSSBEERS	28:36.2 (61)	46:58.2	18:04.2
66	110	LARA PEREZ Jose Gabino		28:57.4 (64)	47:07.4	18:13.4
67	73	CAMESELLE BEN Jose Ramon		28:55.5 (63)	47:45.9	18:51.9
68	133	PARDO PORTO Daniel	MAIS QUE AUGA	30:10.9 (71)	47:59.5	19:05.5
69	109	CORES FIGUEIREDO Angel		30:28.5 (73)	48:01.5	19:07.5
70	79	MANEIRO OTERO Guillermo	CLUB ATLETISMO CA	29:20.3 (67)	48:10.2	19:16.2
71	84	LEGARRA CALDERON Juan Jose		29:59.7 (70)	48:26.7	19:32.7
72	123	SANTOS CABANELAS Alberto		32:15.7 (80)	48:28.4	19:34.4
73	82	GONZALEZ OPPENHEIM Carlos		30:31.4 (74)	49:01.5	20:07.5
74	162	PRIETO CHAPELLIN Jose Ramon		29:52.4 (69)	49:05.7	20:11.7
75	145	CASTRO BORRAZAS Eduardo		30:48.8 (75)	49:21.6	20:27.6
76	136	GONZALEZ VILA Jose Luis		30:25.6 (72)	50:07.1	21:13.1
77	94	GARCIA MALGA Moncho	ATHLETICS FISIOTEF	31:06.4 (76)	50:14.5	21:20.5
78	107	LAGO COSTAS Jose Manuel		33:05.9 (84)	51:08.4	22:14.4
79	74	GOMEZ MORGADE Faustino		31:57.8 (78)	51:12.7	22:18.7
80	121	ARIAS CASTAÑO Lois		32:17.7 (81)	51:15.1	22:21.1
81	87	OTERO RAMIREZ Jose Antonio		31:14.0 (77)	51:46.2	22:52.2
82	119	CACERES MEJUTO Rafael	OS TROTEIROS	33:03.5 (83)	52:24.1	23:30.1
83	91	RODRIGUEZ OLLEROS Roberto		33:41.6 (85)	53:21.0	24:27.0
84	98	FERNANDEZ VIDAL Jose Manuel		32:00.3 (79)	54:02.6	25:08.6
85	143	PEREZ SUAREZ Carlos	XHUZAS TEAM	35:05.3 (87)	56:24.0	27:30.0
86	81	RODRIGUEZ CENTENO Fernando		34:43.2 (86)	57:14.3	28:20.3
87	116	BARBOSA Pedro		36:00.5 (88)	58:49.1	29:55.1
88	104	CORDOVILLA PEREZ Rafael		36:41.6 (91)	59:32.6	30:38.6
89	103	VAZQUEZ Enrique		36:25.8 (89)	1h00:59.5	32:05.5
90	92	AGULLO SOUSA Ignacio Miguel		36:35.9 (90)	1h01:13.6	32:19.6
91	131	FERNANDEZ TORRES Diego		38:39.4 (92)	1h02:41.5	33:47.5
92	105	CASTIÑEIRA GONZALEZ Francisco Jav	MAIS QUE AUGA	40:28.6 (93)	1h05:40.0	36:46.0
93	88	PARADA GONZALEZ Jose Luis		41:47.6 (94)	1h05:41.3	36:47.3
94	99	GANDARA BOUZA Alejandro	CLUB CASTRELOS 20	48:24.8 (95)	1h12:27.0	43:33.0

F4

1	505	GALLERO FERNANDEZ Mar		31:17.7 (1)	49:33.2	
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2	507	RODRIGUEZ ALVAREZ Marta	BIKILA	33:04.5 (2)	54:21.0	4:47.8
3	506	ROCHA CRUCES Maria Carmen	C.A.R. MARISQUEIRO	34:01.2 (3)	55:19.4	5:46.2
4	508	GONZALEZ MERA Regina	MAIS QUE AUGA	36:35.0 (4)	58:55.4	9:22.2

M4

1	49	ALVES Carlos	CENTRO DE ATLETIS	21:07.1 (1)	34:22.8	
2	42	GRAÑA ALONSO Jose Carlos	LODEIROS TRAIL	22:02.0 (3)	35:10.2	47.4
3	57	PAZ RODRIGUEZ Juan	CLUB CASTRELOS 20	21:47.9 (2)	35:27.0	1:04.2
4	58	ESTEVEZ ALONSO Carlos Javier	CASTRELOS KM.0	22:29.8 (4)	36:20.7	1:57.9
5	37	FIDALGO IGLESIAS Manuel			37:12.4	2:49.6
6	63	PALMA ESPANA Eligio Jose		23:22.5 (5)	37:50.2	3:27.4
7	54	VARELA BORREGUERO Fernando		23:41.4 (6)	38:01.3	3:38.5
8	48	LOUREIRO Luis	CENTRO DE ATLETIS	24:15.7 (8)	38:47.6	4:24.8
9	64	VAZQUEZ VIDAL Antonio		24:10.8 (7)	39:00.3	4:37.5
10	46	GALLIDORO DEL MONTE Jose Humber	CLUB DEPORTIVO DI	25:03.9 (9)	40:37.0	6:14.2
11	38	VIDEIRA CORREA Alberto	RUNNING LUSEKELC	25:30.2 (10)	41:38.1	7:15.3
12	60	RODRIGUEZ Jose		27:14.3 (13)	42:40.0	8:17.2
13	39	TABOADA GONZALEZ Ramiro	RUNNING LUSEKELC	26:30.5 (12)	43:01.6	8:38.8
14	62	BARREIRO BARREIRO Benigno	ATHLETICS AVENTUI	26:22.6 (11)	43:26.9	9:04.1
15	51	PEREZ LOSADA Mario		27:20.9 (15)	43:27.0	9:04.2
16	40	SIMONES FERNANDEZ Jose Luis	C.A.R. MARISQUEIRO	27:16.0 (14)	43:33.7	9:10.9
17	45	ALONSO BASTOS Luis		27:56.9 (17)	44:15.6	9:52.8
18	34	CABALEIRO HERNANDEZ Jesus		27:54.8 (16)	45:11.8	10:49.0
19	44	MALVAR CURTO Javier	CLUB CASTRELOS 20	28:37.1 (18)	45:53.9	11:31.1
20	59	GONZALEZ RAMIREZ Juan		29:06.1 (20)	46:11.0	11:48.2
21	50	GONZALEZ GARCIA Luis	C.A.R. MARISQUEIRO	28:46.8 (19)	47:09.7	12:46.9
22	52	MARTINEZ MEIS Felix		29:19.1 (21)	47:48.2	13:25.4
23	47	ESTEVEZ CERNADAS Ricardo	ATHLETICS AVENTUI	29:44.7 (22)	47:48.5	13:25.7
24	41	VILLAR SALGADO Jose Francisco	C.A.R. MARISQUEIRO	30:22.8 (23)	49:47.7	15:24.9
25	55	CALDERON FERNANDEZ Eloy		30:44.3 (24)	50:37.4	16:14.6
26	43	BARROS LORENZO Jose Manuel		31:29.7 (25)	51:17.1	16:54.3
27	56	CAPELO MARTINEZ Francisco Jose		32:24.9 (26)	51:46.9	17:24.1
28	36	BURLIDO BORREGO Jose Isaías		33:36.8 (27)	53:41.9	19:19.1
29	35	RUANO MONZON Manuel Gabriel		34:41.9 (28)	54:54.3	20:31.5

F5

1	502	FERNANDEZ PAZOS Luz		29:26.6 (1)	47:08.4	
2	501	COSTAS RODRIGUEZ Carmen		31:17.3 (2)	49:41.8	2:33.4
3	503	ALVAREZ DOMINGUEZ Rosa Mª	MAIS QUE AUGA	34:45.8 (3)	56:25.6	9:17.2

M5

1	30	RIVEIRO RODRIGUEZ Arlindo	CLUB CASTRELOS 20	20:13.1 (1)	32:36.6	
2	22	SUAREZ MARTINEZ Manuel	CLUB ATLETISMO VE	21:41.0 (2)	34:34.3	1:57.7

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Cl	Dor.	Apellidos y nombre	Club	Inter 1 (Cl)	Tiempo	Diferencia
3	33	FUERTES SAAVEDRA Antonio	REAL CLUB CELTA A	23:48.0 (3)	38:02.6	5:26.0
4	29	PEREZ PASCUAL Manuel	C.S.C.R. BEADE	24:24.7 (4)	39:13.4	6:36.8
5	26	VILLAR ALVAREZ Enrique		27:05.7 (5)	43:10.9	10:34.3
6	4	REY GONZALEZ J.Roberto	CLUB ATLETISMO VE	27:18.4 (6)	44:00.8	11:24.2
7	15	CAMEAN LAMPON Juan	CLUB ATLETISMO VE	28:15.6 (7)	44:49.1	12:12.5
8	8	VIEITO QUINTAS Berto		28:17.9 (9)	44:58.8	12:22.2
9	10	HERNANDEZ BORREGO Miguel	CLUB ATLETISMO VE	28:30.1 (10)	45:56.3	13:19.7
10	32	ROCA RODRIGUEZ Ramon		28:17.8 (8)	46:36.3	13:59.7
11	11	GARCIA COSTAS Federico Amando		29:19.9 (12)	47:06.0	14:29.4
12	20	GARABATOS CUADRADO Jose Antonio	C.A.R. MARISQUEIRO	29:15.5 (11)	47:13.2	14:36.6
13	16	MASSOT DE DIOS Amadeo		30:45.9 (14)	48:06.4	15:29.8
14	13	VELILLA CASTRO Jesus Antonio	CLUB ATLETISMO VE	29:39.5 (13)	49:06.1	16:29.5
15	12	RODRIGUEZ MORO Alfonso	CLUB CASTRELOS 21	31:17.5 (15)	49:43.2	17:06.6
16	25	ALVAREZ PORTABALES Antonio		31:43.9 (16)	51:08.6	18:32.0
17	17	RODRIGUEZ DOMINGUEZ Rogelio Julic	CLUB ATLETISMO VE	33:36.3 (19)	53:46.8	21:10.2
18	19	DURAN LAGO Fernando		33:23.4 (17)	54:09.4	21:32.8
19	31	PENEDO DA SILVA Jose Antonio	ATHLETICS AVENTUI	33:26.6 (18)	54:44.5	22:07.9
20	28	PAINCEIRA MACIÑEIRAS Jorge		38:43.0 (20)	1h01:21.3	28:44.7
21	9	COLLAZO BARRERAS German		41:46.4 (21)	1h05:41.7	33:05.1
22	3	BERMUDEZ BILBAO Antonio	ATHLETICS FISIOTEF	44:58.8 (23)	1h11:04.4	38:27.8
23	1	RODRIGUEZ GOMEZ Antolin	CLUB ATLETISMO VE	44:37.3 (22)	1h11:28.4	38:51.8

DISCAMINO

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