

Resultados Categorías

P. Dor Nombre Club Inter. (P.Cat) Tiempo Gap Ritmo P.RUN

10K X NOCTURNA

Femenino

F1

1.	798	Andrea Iglesias Carballido		0:19:38 (1)	0:40:26	--	4:02 min/km	250
2.	441	Naomi Dominguez Perez	CLUB DEPORTIVO DELIKIA	0:21:41 (2)	0:44:17	+3:51	4:25 min/km	200
3.	423	Laura Perez Trabazo	SD COMPOSTELA ATLETISMO	0:21:48 (3)	0:44:49	+4:23	4:28 min/km	150
4.	25	Sabela Abreu Capon		0:22:35 (4)	0:45:47	+5:21	4:34 min/km	125
5.	398	Alba Ledo Rodriguez	MAIS QUE AUGA	0:22:49 (5)	0:46:33	+6:07	4:39 min/km	100
6.	3	Sara Asorey Caaveiro	SHAKA CLUB	0:24:10 (13)	0:46:54	+6:28	4:41 min/km	90
7.	315	Paula Mateo Gestoso		0:24:09 (12)	0:47:31	+7:05	4:45 min/km	80
8.	774	Lara Abalde Alonso		0:23:49 (9)	0:47:50	+7:24	4:46 min/km	75
9.	261	Raquel Vieira	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:24:01 (11)	0:47:57	+7:31	4:47 min/km	70
10.	385	María Nuñez Castro	SAUDE SPORT VIGO	0:23:30 (7)	0:48:27	+8:01	4:50 min/km	60
11.	543	Josselyn Herrera Cuenca		0:23:59 (10)	0:48:36	+8:10	4:51 min/km	35
12.	175	Laura Sanchez Rego	MAIS QUE AUGA	0:24:54 (21)	0:48:38	+8:12	4:51 min/km	35
13.	153	Julia Alonso Diaz		0:23:45 (8)	0:49:18	+8:52	4:55 min/km	35
14.	176	Maria Peco Fazanes		0:24:14 (16)	0:49:18	+8:52	4:55 min/km	35
15.	355	Irene Vieito		0:24:13 (15)	0:49:53	+9:27	4:59 min/km	35
16.	44	Lucía Rodriguez Rodriguez	SHAKA CLUB	0:24:52 (19)	0:49:53	+9:27	4:59 min/km	30
17.	345	Gloria Cañamares Marin	CLUBE ATLETISMO +9 MORAÑA	0:24:34 (18)	0:50:07	+9:41	5:00 min/km	30
18.	285	Selena Cordero Alvarez		0:24:11 (14)	0:50:27	+10:01	5:02 min/km	30
19.	4	Lara Rey Pardo		0:24:28 (17)	0:50:44	+10:18	5:04 min/km	30
20.	475	Andrea Graña Soto		0:25:55 (26)	0:51:18	+10:52	5:07 min/km	30
21.	195	María Teresa Cabaleiro		0:24:52 (20)	0:51:31	+11:05	5:09 min/km	20
22.	127	Monica Gonzalez		0:25:19 (23)	0:51:32	+11:06	5:09 min/km	20
23.	477	Cátia Rocha		0:26:11 (27)	0:51:59	+11:33	5:11 min/km	20
24.	521	Marta Vicente De La Riva		0:25:45 (25)	0:53:06	+12:40	5:18 min/km	20
25.	403	Celeste Cabanelas		0:25:18 (22)	0:53:15	+12:49	5:19 min/km	20
26.	291	Glenda Ariela Goncalves		0:25:31 (24)	0:53:16	+12:50	5:19 min/km	20
27.	684	Susana Castiñeira Lampon	MAIS QUE AUGA	0:27:01 (31)	0:54:04	+13:38	5:24 min/km	20
28.	38	Alexandra Rodriguez Faro		0:27:51 (35)	0:54:22	+13:56	5:26 min/km	20
29.	245	Eva Basanta Fouz		0:27:00 (30)	0:54:27	+14:01	5:26 min/km	20
30.	625	Marta Sestelo Alvarez		0:27:49 (33)	0:55:06	+14:40	5:30 min/km	20
31.	271	Ana Gomez Diaz		0:22:52 (6)	0:55:17	+14:51	5:31 min/km	20
32.	519	Jeydy Romero		0:26:15 (28)	0:55:28	+15:02	5:32 min/km	20
33.	527	Laura Giraldez Groba		0:27:50 (34)	0:56:17	+15:51	5:37 min/km	20
34.	8	Jennifer Velandia Gonzalez		0:27:52 (36)	0:56:38	+16:12	5:39 min/km	20
35.	96	Sabela Iglesias Gonzalez		0:27:57 (37)	0:56:39	+16:13	5:39 min/km	20
36.	224	Lorena Lago Lago		0:28:48 (42)	0:57:11	+16:45	5:43 min/km	20
37.	639	Cristina Paz		0:27:37 (32)	0:57:20	+16:54	5:43 min/km	20
38.	309	Icía Hermida Francisco		0:28:32 (41)	0:57:39	+17:13	5:45 min/km	20
39.	394	Cecilia Bergueiro		0:28:32 (40)	0:57:51	+17:25	5:47 min/km	20
40.	732	Ana Paula Honorato Da		0:29:04 (45)	0:58:46	+18:20	5:52 min/km	20



Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
41.	652	Maria Pascual Costas		0:30:14 (60)	0:58:57	+18:31	5:53 min/km	20
42.	665	Alba Dominguez	FACTORUN	0:29:12 (47)	0:58:58	+18:32	5:53 min/km	20
43.	547	Marta Fernandez Nodar		0:28:24 (38)	0:58:59	+18:33	5:53 min/km	20
44.	758	Maria Zunzunegui	MAIS QUE AUGA	0:29:14 (48)	0:59:04	+18:38	5:54 min/km	20
45.	789	Margarita Duran Presa		0:30:52 (71)	0:59:20	+18:54	5:55 min/km	20
46.	780	Maira Cassiano		0:28:28 (39)	0:59:28	+19:02	5:56 min/km	20
47.	157	Lorena Enrique Melli		0:30:27 (64)	0:59:35	+19:09	5:57 min/km	20
48.	220	Eva Duran Contreras		0:29:34 (49)	0:59:46	+19:20	5:58 min/km	20
49.	609	Natalia Vidal	CLUB DEPORTIVO NATURGY	0:29:45 (51)	0:59:50	+19:24	5:58 min/km	20
50.	784	Dalia Lago Alvarado		0:30:07 (56)	1:00:19	+19:53	6:01 min/km	20
51.	712	Alba Perez Blanco		0:29:48 (52)	1:00:25	+19:59	6:02 min/km	15
52.	457	Paula Rodriguez Alvarez		0:30:25 (61)	1:00:31	+20:05	6:03 min/km	15
53.	5	Laura Vazquez Flores		0:29:55 (55)	1:00:35	+20:09	6:03 min/km	15
54.	314	Angela Martinez Novoa		0:30:48 (70)	1:01:11	+20:45	6:07 min/km	15
55.	348	Paloma Sieiro Gulias		0:31:07 (75)	1:01:20	+20:54	6:07 min/km	15
56.	530	Paula Redondo Murillo		0:31:12 (79)	1:01:23	+20:57	6:08 min/km	15
57.	308	Alba Nuñez Alvarez		0:29:10 (46)	1:01:53	+21:27	6:11 min/km	15
58.	194	Pilar Gonzalez Tenorio		0:31:12 (78)	1:01:55	+21:29	6:11 min/km	15
59.	264	Clara Macias Lagaron		0:29:49 (53)	1:02:02	+21:36	6:12 min/km	15
60.	265	Claudia Laredo		0:29:52 (54)	1:02:03	+21:37	6:12 min/km	15
61.	203	Clara Rodriguez Diaz		0:30:12 (59)	1:02:10	+21:44	6:12 min/km	15
62.	600	Claudia Bouzada Carballa		0:29:00 (43)	1:02:12	+21:46	6:13 min/km	15
63.	670	Estefania Estevez	FENDETESTAS	0:31:24 (84)	1:02:16	+21:50	6:13 min/km	15
64.	105	Paula Briso Novo	X-ONE	0:32:16 (98)	1:02:21	+21:55	6:14 min/km	15
65.	204	Natalia Romar De Las		0:30:11 (58)	1:02:22	+21:56	6:14 min/km	15
66.	450	Kelly Iglesias Hervella		0:31:06 (74)	1:02:29	+22:03	6:14 min/km	15
67.	101	Verónica Perez Conde		0:32:16 (97)	1:02:49	+22:23	6:16 min/km	15
68.	282	Cristina Fernandez Soneira		0:30:27 (65)	1:02:52	+22:26	6:17 min/km	15
69.	549	Julieta Rodriguez More		0:30:10 (57)	1:02:58	+22:32	6:17 min/km	15
70.	418	Layla Ricardo Cidinho De		0:31:10 (76)	1:03:03	+22:37	6:18 min/km	15
71.	693	María Darriba Castro		0:30:29 (66)	1:03:06	+22:40	6:18 min/km	15
72.	735	Fernanda Sophia Duque		0:30:26 (62)	1:03:06	+22:40	6:18 min/km	15
73.	325	Sofia Carid Molist		0:31:11 (77)	1:03:13	+22:47	6:19 min/km	15
74.	632	Lorena Collazo Fernandez	CLUB ATLETISMO VETERANOS DE SAMIL	0:31:37 (87)	1:03:15	+22:49	6:19 min/km	15
75.	338	Veronica Fernandez		0:30:40 (68)	1:03:17	+22:51	6:19 min/km	15
76.	340	Ana Tuñas		0:31:50 (90)	1:03:44	+23:18	6:22 min/km	15
77.	191	Noelia Gonzalez Somoza		0:29:44 (50)	1:03:45	+23:19	6:22 min/km	15
78.	759	Angelina Agulla Santos		0:32:29 (100)	1:03:56	+23:30	6:23 min/km	15
79.	706	Andrea Rodriguez		0:30:27 (63)	1:03:58	+23:32	6:23 min/km	15
80.	29	Ana Gonzalez Alonso	SHAKA CLUB	0:31:24 (86)	1:04:02	+23:36	6:24 min/km	15
81.	26	Mariana Lopes	SHAKA CLUB	0:31:24 (85)	1:04:02	+23:36	6:24 min/km	15
82.	654	Sara Cabaleiro Costas		0:31:19 (82)	1:04:14	+23:48	6:25 min/km	15
83.	108	Lorena Fernandez		0:31:14 (81)	1:04:24	+23:58	6:26 min/km	15

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83.	109	Ana Reyro Gonzalez		0:31:14 (80)	1:04:24	+23:58	6:26 min/km	15
85.	443	Nerea Esmerode Iglesias		0:33:09 (107)	1:04:38	+24:12	6:27 min/km	15
86.	570	Yolanda Gonzalez Diaz	MAIS QUE AUGA	0:31:44 (89)	1:04:42	+24:16	6:28 min/km	15
87.	70	María Rodriguez Rodriguez	MAIS QUE AUGA	0:31:04 (73)	1:04:47	+24:21	6:28 min/km	15
88.	380	Nerea Vazquez Diez		0:30:55 (72)	1:04:50	+24:24	6:28 min/km	15
89.	223	Uxia Grela Casal		0:32:05 (93)	1:05:08	+24:42	6:30 min/km	15
90.	222	Lorena Gonzalez Sierra		0:32:05 (92)	1:05:08	+24:42	6:30 min/km	15
91.	189	Karolyn Pinilla Lopez		0:31:42 (88)	1:05:17	+24:51	6:31 min/km	15
92.	453	Laura Rodriguez Da Silva		0:32:54 (103)	1:05:19	+24:53	6:31 min/km	15
93.	686	Andrea Sobradelo Segade		0:31:24 (83)	1:05:22	+24:56	6:32 min/km	15
94.	145	Marta Moreno Carrascal		0:33:08 (106)	1:05:27	+25:01	6:32 min/km	15
95.	454	Alessandra Rodriguez		0:32:53 (102)	1:06:02	+25:36	6:36 min/km	15
96.	56	Rose Mary Diaz Lopez	SHAKA CLUB	0:32:16 (96)	1:06:19	+25:53	6:37 min/km	15
97.	770	Veronica Torres Goyanes		0:32:15 (94)	1:06:38	+26:12	6:39 min/km	15
98.	771	Yolanda Del Rio Cortegoso		0:32:15 (95)	1:06:38	+26:12	6:39 min/km	15
99.	9	Tatiana Blanco Rio		0:33:04 (104)	1:07:03	+26:37	6:42 min/km	15
100.	557	Belén Sousa Gonzalez		0:32:18 (99)	1:07:25	+26:59	6:44 min/km	15
101.	435	Lourdes Barreiro Roncayoli	ASALTAMONTES FEMALE	0:31:54 (91)	1:07:57	+27:31	6:47 min/km	15
102.	121	Lucía Galvan Fernandez		0:33:08 (105)	1:08:54	+28:28	6:53 min/km	15
103.	312	Andrea Garcia Chantrero		0:33:23 (108)	1:09:07	+28:41	6:54 min/km	15
104.	233	Loreto Muiños Rivas	PORCOS CELTAS	0:34:55 (111)	1:09:15	+28:49	6:55 min/km	15
105.	344	María Montero Gonzalez		0:33:30 (110)	1:09:18	+28:52	6:55 min/km	15
106.	102	Laura Villar Leiros		0:32:49 (101)	1:10:45	+30:19	7:04 min/km	15
107.	417	Laura Ruzo Martinez		0:30:43 (69)	1:11:12	+30:46	7:07 min/km	15
108.	425	Nerea Castro		0:33:27 (109)	1:11:24	+30:58	7:08 min/km	15
109.	237	Ana Vilas Salgado		0:36:44 (115)	1:13:00	+32:34	7:17 min/km	15
110.	213	Laura Sainz Gaspar		0:36:44 (116)	1:14:53	+34:27	7:29 min/km	15
111.	23	María De Coo Diz		0:36:23 (112)	1:16:50	+36:24	7:40 min/km	15
112.	57	Lucia Vazquez Calvo		0:38:29 (118)	1:16:55	+36:29	7:41 min/km	15
113.	59	Claritxa Neal Batiz		0:38:30 (119)	1:16:56	+36:30	7:41 min/km	15
114.	232	Laura Rodriguez Carballido	PORCOS CELTAS	0:36:33 (113)	1:17:19	+36:53	7:43 min/km	15
115.	198	Angela Medin Casal		0:36:42 (114)	1:17:54	+37:28	7:47 min/km	15

F2

1.	674	Diana Dominguez Pereira	TRAIL RUNNING NIGRÁN	0:21:29 (2)	0:43:01	--	4:18 min/km	250
2.	617	Olalla Saborido Gil	CLUB ATLETISMO VETERANOS DE SAMIL	0:21:07 (1)	0:43:23	+22	4:20 min/km	200
3.	523	Rocío Rodriguez Oliveira	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:21:49 (3)	0:43:47	+46	4:22 min/km	150
4.	795	Agurtzane Varona Leiro		0:22:30 (4)	0:46:43	+3:42	4:40 min/km	125
5.	688	María Ferreiro Perez	GMTA CHUVONERS	0:23:44 (5)	0:48:20	+5:19	4:49 min/km	100
6.	551	Anna Moles Cubedo	LATITUD 42	0:24:47 (7)	0:50:04	+7:03	5:00 min/km	90
7.	358	Tahia Prieto Rodriguez	TAHIA	0:24:23 (6)	0:50:21	+7:20	5:02 min/km	80
8.	802	Mónica Romero Martínez	FRUTAS NIEVES	0:26:14 (9)	0:53:19	+10:18	5:19 min/km	75
9.	169	Ruslana Koba	MAIS QUE AUGA	0:27:21 (11)	0:53:35	+10:34	5:21 min/km	70
10.	721	María Estefanía Fernandez		0:25:54 (8)	0:54:08	+11:07	5:24 min/km	60

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P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
11.	401	Tamara Ramos Paradelo	FITGAL	0:27:13 (10)	0:55:25	+12:24	5:32 min/km	35
12.	396	María José Tenorio Del Rio		0:28:07 (14)	0:55:46	+12:45	5:34 min/km	35
13.	15	Inés Otero Lopez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:27:51 (12)	0:56:39	+13:38	5:39 min/km	35
14.	168	Ana María Rodriguez		0:28:20 (15)	0:56:41	+13:40	5:40 min/km	35
15.	468	Monica Ramito Mendez	ATLETISMO IBIS VAL MIÑOR	0:29:23 (18)	0:57:29	+14:28	5:44 min/km	35
16.	421	Isabel Pereira Gonzalez		0:28:04 (13)	0:58:07	+15:06	5:48 min/km	30
17.	645	Tania Casal Lorenzo		0:29:41 (19)	0:59:09	+16:08	5:54 min/km	30
18.	714	Silvia C		0:30:36 (23)	0:59:26	+16:25	5:56 min/km	30
19.	677	Victoria Perez Pereiras	VIGOENTRENA	0:29:43 (20)	1:00:37	+17:36	6:03 min/km	30
20.	40	Paula Brito Alonso		0:30:01 (21)	1:01:06	+18:05	6:06 min/km	30
21.	414	Rocío Rodriguez Figueroa		0:30:25 (22)	1:01:22	+18:21	6:08 min/km	20
22.	598	Cristina Costas Hermida		0:31:12 (28)	1:01:23	+18:22	6:08 min/km	20
23.	650	Shirley Recaman Miguez		0:31:32 (30)	1:02:11	+19:10	6:13 min/km	20
24.	471	Yessica Camean Ouviaña	ATLETISMO IBIS VAL MIÑOR	0:31:10 (26)	1:02:21	+19:20	6:14 min/km	20
25.	689	Ana Misa		0:32:17 (34)	1:02:42	+19:41	6:16 min/km	20
26.	93	Silvia Souto Perez		0:32:45 (36)	1:02:51	+19:50	6:17 min/km	20
27.	47	Lorena Freire	MAIS QUE AUGA	0:31:33 (31)	1:03:04	+20:03	6:18 min/km	20
28.	805	Elena Rial Giráldez		0:31:05 (25)	1:04:09	+21:08	6:24 min/km	20
29.	62	Lorena Davila Curras	GALAICAS BUEU	0:31:03 (24)	1:04:56	+21:55	6:29 min/km	20
30.	763	Maria Carnero	BIKILA	0:31:27 (29)	1:05:09	+22:08	6:30 min/km	20
31.	764	Natalia Carnero	BIKILA	0:31:34 (33)	1:05:09	+22:08	6:30 min/km	20
32.	21	C. Bargiela Bargiela	SHAKA CLUB	0:31:11 (27)	1:05:10	+22:09	6:30 min/km	20
33.	333	Noelia Cabral Casal	MAIS QUE AUGA	0:31:33 (32)	1:05:11	+22:10	6:31 min/km	20
34.	387	Astrid Lijo		0:32:31 (35)	1:05:52	+22:51	6:35 min/km	20
35.	138	Christianne Ester		0:33:10 (38)	1:06:11	+23:10	6:37 min/km	20
36.	469	Raquel Diaz Alonso	ATLETISMO IBIS VAL MIÑOR	0:32:56 (37)	1:06:40	+23:39	6:39 min/km	20
37.	568	Erika Medina Muñoz		0:34:23 (40)	1:15:19	+32:18	7:31 min/km	20
38.	142	Monica Fernandez		0:42:05 (41)	1:24:47	+41:46	8:28 min/km	20
F3								
1.	275	Julia Vaquero Sousa	CLUB ATLETISMO VETERANOS DE SAMIL	0:20:43 (1)	0:42:41	--	4:16 min/km	250
2.	357	Ana Lampon Caride	MAIS QUE AUGA	0:21:41 (2)	0:44:35	+1:54	4:27 min/km	200
3.	473	Marta Losada Figueroa		0:22:27 (3)	0:45:46	+3:05	4:34 min/km	150
4.	365	Maria Luisa Varela Garcia	CIBUS SIRGON	0:23:37 (5)	0:46:07	+3:26	4:36 min/km	125
5.	573	Maria Velazquez Garcia	CLUB TRIATLON VAO	0:23:06 (4)	0:46:48	+4:07	4:40 min/km	100
6.	201	Noelia Rivera Vazquez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:24:46 (6)	0:49:01	+6:20	4:54 min/km	90
7.	502	Angeles Moure	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:25:22 (8)	0:51:12	+8:31	5:07 min/km	80
8.	226	María Ascensión Navarro		0:25:07 (7)	0:51:30	+8:49	5:08 min/km	75
9.	147	Montserrat Silva Fernandez		0:27:59 (9)	0:55:06	+12:25	5:30 min/km	70
10.	272	Raquel Torrado Bea		0:28:35 (10)	0:58:41	+16:00	5:52 min/km	60
11.	427	Natalia Paz Oliveira	MAIS QUE AUGA	0:28:44 (11)	0:59:12	+16:31	5:55 min/km	35
12.	126	Isabel Gomez Lopez		0:28:47 (12)	0:59:49	+17:08	5:58 min/km	35
13.	485	Dolores Alejos Alonso	FLORISTERÍA CARMEN SÍO	0:30:48 (16)	1:01:12	+18:31	6:07 min/km	35
14.	675	Isabel Valenciano Bilbao		0:30:12 (14)	1:02:40	+19:59	6:15 min/km	35

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15.	565	Ana María Vazquez Rial		0:30:12 (13)	1:03:03	+20:22	6:18 min/km	35
16.	79	Maria Otero Ramirez		0:31:24 (20)	1:03:05	+20:24	6:18 min/km	30
17.	67	Mónica Vazquez Mayo	MAIS QUE AUGA	0:31:03 (17)	1:03:05	+20:24	6:18 min/km	30
18.	646	Monica Alvarez Comesaña	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:31:09 (19)	1:03:43	+21:02	6:22 min/km	30
19.	364	Maria Soledad Varela	CIBUS SIRGON	0:30:16 (15)	1:04:20	+21:39	6:26 min/km	30
20.	597	Carmen Perez Larran		0:31:44 (21)	1:04:27	+21:46	6:26 min/km	30
21.	596	Yolanda Diaz Paz		0:31:44 (22)	1:04:42	+22:01	6:28 min/km	20
22.	202	Rosana Alvarez Rodriguez		0:31:07 (18)	1:04:57	+22:16	6:29 min/km	20
23.	406	Leticia Lorenzo Picado	CHOUZO RUNNERS	0:32:48 (25)	1:06:33	+23:52	6:39 min/km	20
24.	642	Alicia Mamani Bautista		0:32:50 (26)	1:07:29	+24:48	6:44 min/km	20
25.	206	Maite Fernandez Ruiz	MAIS QUE AUGA	0:32:41 (23)	1:07:50	+25:09	6:46 min/km	20
26.	754	Pexxe Rey Ventoso	MAIS QUE AUGA	0:32:41 (24)	1:07:50	+25:09	6:46 min/km	20
27.	610	Paula Besada Torres		0:36:26 (27)	1:17:11	+34:30	7:43 min/km	20

F4

1.	370	Susana Chavert Suarez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:29:56 (3)	0:58:58	--	5:53 min/km	250
2.	601	Alicia Lopez Regueiro	C.A.R. MARISQUEIRO	0:29:12 (2)	0:59:05	+07	5:54 min/km	200
3.	379	Maria Carmen Rocha	C.A.R. MARISQUEIRO	0:28:27 (1)	1:00:58	+2:00	6:05 min/km	150
4.	491	Sonia Mallo Ferrer	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:31:08 (4)	1:02:39	+3:41	6:15 min/km	125
5.	34	Marta Rodriguez Alvarez	BIKILA	0:32:07 (5)	1:07:13	+8:15	6:43 min/km	100
6.	152	Ana Rodriguez Iglesias	MAIS QUE AUGA	0:32:41 (6)	1:07:49	+8:51	6:46 min/km	90

F5

1.	331	Luz Fernandez Pazos		0:26:40 (1)	0:53:56	--	5:23 min/km	250
2.	257	Carmen Costas Rodriguez	SOCIEDAD ATLÉTICA VAL MIÑOR	0:29:11 (2)	0:59:33	+5:37	5:57 min/km	200

SUB 20 FEM

1.	439	Fátima Leiro Beltran	RUN PONTEVEDRA	0:20:49 (1)	0:42:22	--	4:14 min/km	250
2.	697	Irene Vazquez Lopez	CIBUS SIRGON	0:29:15 (2)	1:05:12	+22:50	6:31 min/km	250
3.	698	Ines Ruiz Dominguez	CIBUS SIRGON	0:29:15 (3)	1:05:12	+22:50	6:31 min/km	200

Masculino

M1

1.	799	Antón Gómez González		0:17:10 (2)	0:34:07	--	3:24 min/km	250
2.	505	Anxo Otero Amoedo	SD COMPOSTELA ATLETISMO	0:17:10 (1)	0:34:09	+02	3:24 min/km	200
3.	390	Diego Trigo Iglesias	C.A.R. MARISQUEIRO	0:17:18 (3)	0:35:24	+1:17	3:32 min/km	150
4.	72	Pablo Garcia Querol	CLUB DEPORTIVO DELIKIA	0:17:22 (4)	0:35:27	+1:20	3:32 min/km	125
5.	769	Pablo Vazquez	C.A.R. MARISQUEIRO	0:17:39 (5)	0:35:33	+1:26	3:33 min/km	100
6.	66	Antón Entenza Martinez		0:18:38 (6)	0:37:22	+3:15	3:44 min/km	90
7.	43	Jacobo Armada Diaz		0:18:39 (7)	0:37:26	+3:19	3:44 min/km	80
8.	743	Hugo Lopez Fernandez	CIBUS SIRGON	0:19:02 (11)	0:38:17	+4:10	3:49 min/km	75
9.	508	Alejandro Alvarez Costas	ATLETISMO BAIONA	0:18:42 (8)	0:38:21	+4:14	3:50 min/km	70
10.	513	Alberto José Rodriguez	CD O CASTAÑAL-ALCABRE	0:19:04 (12)	0:39:09	+5:02	3:54 min/km	60
11.	210	Martín Rivera Guillade		0:18:49 (9)	0:39:11	+5:04	3:55 min/km	35
12.	542	Jonathan Steven Salguero		0:19:31 (15)	0:39:13	+5:06	3:55 min/km	35
13.	254	Santiago Rodriguez Costas		0:18:55 (10)	0:39:27	+5:20	3:56 min/km	35

Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
14.	631	Iván Leira Pita		0:19:30 (14)	0:39:31	+5:24	3:57 min/km	35
15.	92	Aleksei Sergienko		0:19:27 (13)	0:40:08	+6:01	4:00 min/km	35
16.	84	Marco Antonio Rodriguez	BEGOÑITA	0:20:42 (22)	0:40:29	+6:22	4:02 min/km	30
17.	292	Carlos Montes Estevez	FENDETESTAS	0:19:32 (16)	0:41:26	+7:19	4:08 min/km	30
18.	83	David Freixes Fernandez		0:20:19 (17)	0:41:33	+7:26	4:09 min/km	30
19.	290	Pablo Martinez Barreiro		0:20:36 (20)	0:41:34	+7:27	4:09 min/km	30
20.	747	Duarte Lopez Rodriguez	PCTEAM	0:20:48 (23)	0:41:41	+7:34	4:10 min/km	30
21.	490	Luis Gonzalez Nuñez		0:20:38 (21)	0:41:59	+7:52	4:11 min/km	20
22.	87	Daniel Barcia Lamazares		0:21:24 (29)	0:42:01	+7:54	4:12 min/km	20
23.	280	Javier Muradas Conde		0:20:27 (18)	0:42:05	+7:58	4:12 min/km	20
24.	691	Dylan Otero Gonzalez		0:20:51 (24)	0:42:08	+8:01	4:12 min/km	20
25.	442	David Morais Alonso		0:21:20 (28)	0:42:20	+8:13	4:13 min/km	20
26.	161	Alexandre Pazos Soneira		0:21:15 (26)	0:42:56	+8:49	4:17 min/km	20
27.	781	Antón Diaz Campos	CLUB ATLETISMO SANTIAGO	0:20:31 (19)	0:43:13	+9:06	4:19 min/km	20
28.	685	Juan Luis Boado		0:21:48 (37)	0:43:23	+9:16	4:20 min/km	20
29.	672	Saúl Cruz Perez		0:21:35 (31)	0:43:40	+9:33	4:21 min/km	20
30.	112	Iván Rodriguez Garcia	RUNNING TRACK	0:21:39 (34)	0:44:00	+9:53	4:23 min/km	20
31.	571	Diego Rodriguez Castro		0:21:20 (27)	0:44:03	+9:56	4:24 min/km	20
32.	605	Erwann Accarie		0:21:59 (38)	0:44:05	+9:58	4:24 min/km	20
33.	323	David Soto Mouriño	ACADEMIA FONSECA	0:21:38 (33)	0:44:10	+10:03	4:24 min/km	20
34.	550	Carlos Rivas Vila		0:21:45 (36)	0:44:13	+10:06	4:25 min/km	20
35.	235	Javier Vazquez Gonzalez	MAIS QUE AUGA	0:21:41 (35)	0:44:35	+10:28	4:27 min/km	20
36.	428	Alejandro Quiñones		0:21:38 (32)	0:44:52	+10:45	4:29 min/km	20
37.	569	Jaime Alvarez Diaz		0:22:02 (40)	0:44:55	+10:48	4:29 min/km	20
38.	399	Óscar Dominguez	AC CASTELOS TRAIL CLUB	0:22:01 (39)	0:44:57	+10:50	4:29 min/km	20
39.	554	Fernando Martín	SOCIEDAD ATLÉTICA VAL MIÑOR	0:22:42 (45)	0:45:04	+10:57	4:30 min/km	20
40.	241	Gabriel Oliveira Carballo		0:22:46 (46)	0:45:09	+11:02	4:30 min/km	20
41.	321	Pedro Gonzalez Soto		0:21:24 (30)	0:45:19	+11:12	4:31 min/km	20
42.	711	Antonio Fernandez Rocha		0:22:29 (42)	0:45:27	+11:20	4:32 min/km	20
43.	327	Marcos Martinez Artime		0:23:15 (50)	0:45:33	+11:26	4:33 min/km	20
44.	186	Raul Alvarez Canle		0:23:34 (61)	0:45:46	+11:39	4:34 min/km	20
45.	269	Alex Freiria Gonzalez		0:23:29 (56)	0:45:48	+11:41	4:34 min/km	20
46.	738	Miqueias Correa		0:23:06 (48)	0:45:59	+11:52	4:35 min/km	20
47.	386	Yago Rodriguez Lago		0:23:29 (58)	0:46:08	+12:01	4:36 min/km	20
48.	723	José Gabriel Villar Pereira		0:22:41 (44)	0:46:14	+12:07	4:37 min/km	20
49.	592	Iván Alejandro Duran		0:22:41 (43)	0:46:15	+12:08	4:37 min/km	20
50.	433	Alejandro Molares Alonso		0:24:00 (72)	0:46:16	+12:09	4:37 min/km	20
51.	246	Lucas Lorenzo Blas		0:23:29 (57)	0:46:22	+12:15	4:38 min/km	15
52.	463	Nicolás Gambino Perez		0:23:32 (60)	0:46:34	+12:27	4:39 min/km	15
53.	623	David Perez Lamarca		0:23:03 (47)	0:47:01	+12:54	4:42 min/km	15
54.	27	Antonio Sampaio	SHAKA CLUB	0:23:19 (51)	0:47:05	+12:58	4:42 min/km	15
55.	614	Pablo Estevez Bastos		0:23:46 (65)	0:47:13	+13:06	4:43 min/km	15
56.	160	Rayco Ortega Carballido		0:23:27 (55)	0:47:14	+13:07	4:43 min/km	15

Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
57.	602	Xurxo Sieiro Garcia		0:23:52 (68)	0:47:15	+13:08	4:43 min/km	15
58.	455	Marcos Borrajo Pato		0:24:49 (83)	0:47:22	+13:15	4:44 min/km	15
59.	503	Luis Miguel Fernandez		0:23:31 (59)	0:47:34	+13:27	4:45 min/km	15
60.	504	Pablo Ferreira Morais		0:23:24 (52)	0:47:39	+13:32	4:45 min/km	15
61.	208	Pablo Saiz Ballesteros		0:23:26 (53)	0:47:41	+13:34	4:46 min/km	15
62.	775	Manuel Garcia Fernandez		0:24:24 (78)	0:47:43	+13:36	4:46 min/km	15
63.	489	Daniel Millara Gomez		0:22:10 (41)	0:47:57	+13:50	4:47 min/km	15
64.	713	Daniel Dobano Fernandez		0:23:42 (62)	0:48:01	+13:54	4:48 min/km	15
65.	637	Jose Antonio Bugarin		0:24:08 (75)	0:48:04	+13:57	4:48 min/km	15
66.	6	Jaime Cuartero Del Pozo		0:24:11 (76)	0:48:08	+14:01	4:48 min/km	15
67.	388	Sandro Alonso Fernandez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:24:32 (79)	0:48:12	+14:05	4:49 min/km	15
68.	456	Alejandro Alonso Lopez		0:23:27 (54)	0:48:16	+14:09	4:49 min/km	15
69.	585	David Taboada	RUNNING LUSEKELO	0:23:43 (63)	0:48:17	+14:10	4:49 min/km	15
70.	94	Carlos Tizon Rodriguez		0:24:06 (74)	0:48:20	+14:13	4:49 min/km	15
71.	574	Sergio Lence Rodriguez		0:23:55 (71)	0:48:31	+14:24	4:51 min/km	15
72.	302	Iván Gonzalez Boubeta		0:23:48 (67)	0:48:34	+14:27	4:51 min/km	15
73.	492	Pablo Perez Dieguez	ACADEMIA FONSECA	0:23:09 (49)	0:48:46	+14:39	4:52 min/km	15
74.	702	Antonio Oliva Arrojo		0:23:48 (66)	0:48:53	+14:46	4:53 min/km	15
75.	267	Fernando Garcia Puentes		0:24:45 (81)	0:48:56	+14:49	4:53 min/km	15
76.	301	Marcos Millara Terceiro		0:23:53 (69)	0:48:59	+14:52	4:53 min/km	15
77.	749	Gabriel Castro Crespo		0:24:52 (84)	0:49:38	+15:31	4:57 min/km	15
78.	402	Iván Casqueiro Tenorio		0:25:36 (94)	0:49:40	+15:33	4:57 min/km	15
79.	415	Martín Castiñeira Maquieira		0:26:00 (108)	0:50:12	+16:05	5:01 min/km	15
80.	416	David Casal Anton		0:26:00 (107)	0:50:20	+16:13	5:01 min/km	15
81.	587	Jorge Calo	MAIS QUE AUGA	0:25:21 (92)	0:50:24	+16:17	5:02 min/km	15
82.	252	Nicolás Pennisi		0:25:55 (104)	0:50:29	+16:22	5:02 min/km	15
83.	753	Adrian Rodriguez De Las		0:26:19 (114)	0:50:32	+16:25	5:03 min/km	15
84.	730	Diego Rodriguez Covelo	MAIS QUE AUGA	0:25:05 (90)	0:50:34	+16:27	5:03 min/km	15
85.	751	Brais Iglesias Santana		0:24:56 (87)	0:50:35	+16:28	5:03 min/km	15
86.	755	David Estevez Prieto		0:24:48 (82)	0:50:36	+16:29	5:03 min/km	15
87.	606	Breogan Gonzalez Paredes	CLUB ATLETISMO VETERANOS DE SAMIL	0:23:44 (64)	0:50:38	+16:31	5:03 min/km	15
88.	611	Adrián Osorno Rodriguez		0:26:05 (111)	0:51:14	+17:07	5:07 min/km	15
89.	705	Daniel Gonzalez	MAIS QUE AUGA	0:25:21 (91)	0:51:18	+17:11	5:07 min/km	15
90.	259	Jesus Rubio		0:24:55 (86)	0:51:19	+17:12	5:07 min/km	15
91.	258	Sergio Lopez		0:24:55 (85)	0:51:19	+17:12	5:07 min/km	15
92.	633	Jose Manuel Perez Alvarez		0:26:03 (110)	0:51:28	+17:21	5:08 min/km	15
93.	558	Víctor Esteban Moya		0:25:49 (102)	0:51:43	+17:36	5:10 min/km	15
94.	229	Javier Posada Constenla		0:24:33 (80)	0:51:46	+17:39	5:10 min/km	15
95.	582	Moises Burgos Rojas		0:28:23 (152)	0:51:56	+17:49	5:11 min/km	15
96.	432	Pablo Marin Gonzalez		0:24:00 (73)	0:52:00	+17:53	5:11 min/km	15
97.	517	Santiago Moreno Covelo		0:26:54 (122)	0:52:03	+17:56	5:12 min/km	15
98.	785	Jose Rial Ricoy		0:25:36 (95)	0:52:05	+17:58	5:12 min/km	15
99.	88	Miguel Sanchez		0:26:34 (117)	0:52:06	+17:59	5:12 min/km	15

Resultados Categorías

P. Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
100. 389	Brais Palomero Yañez		0:26:00 (109)	0:52:19	+18:12	5:13 min/km	15
101. 462	Óscar Pereira Moreira		0:20:52 (25)	0:52:22	+18:15	5:14 min/km	15
102. 74	Jose Cetulio		0:27:38 (133)	0:52:33	+18:26	5:15 min/km	15
103. 149	Gonzalo Casal Dorado		0:25:36 (96)	0:52:35	+18:28	5:15 min/km	15
104. 230	Jacobo Posada Constenla		0:25:35 (93)	0:52:39	+18:32	5:15 min/km	15
105. 612	David Miguez Fernandez		0:24:20 (77)	0:52:42	+18:35	5:16 min/km	15
106. 494	Francisco Ventin Figueroa		0:27:35 (131)	0:52:46	+18:39	5:16 min/km	15
107. 7	Juan Iglesias Ogando		0:25:38 (97)	0:52:51	+18:44	5:17 min/km	15
108. 304	Aarón Bastero Cerqueira		0:25:53 (103)	0:53:00	+18:53	5:17 min/km	15
109. 276	Alejandro Lores Cotelo		0:25:59 (106)	0:53:01	+18:54	5:18 min/km	15
110. 520	Santi Costa Gonzalez		0:25:46 (100)	0:53:06	+18:59	5:18 min/km	15
111. 663	Hugo Bonal Sanchez		0:26:49 (121)	0:53:07	+19:00	5:18 min/km	15
112. 741	Joel Piñeiro Alvarez		0:25:03 (89)	0:53:10	+19:03	5:18 min/km	15
113. 742	Matias Dominguez		0:25:03 (88)	0:53:10	+19:03	5:18 min/km	15
114. 82	Carlos Javier Perez Cetulio		0:27:38 (132)	0:53:13	+19:06	5:19 min/km	15
115. 545	Edwin Guama Heredia	PADELEROS	0:25:39 (98)	0:53:30	+19:23	5:20 min/km	15
116. 297	Pedro Fernandez Soneira		0:26:17 (113)	0:53:34	+19:27	5:21 min/km	15
117. 192	Jose Antonio Alvarez		0:26:47 (120)	0:53:36	+19:29	5:21 min/km	15
118. 488	Venancio Rodriguez		0:25:39 (99)	0:53:38	+19:31	5:21 min/km	15
119. 155	Franco Bicker Viera		0:26:46 (119)	0:53:55	+19:48	5:23 min/km	15
120. 216	Xoan Alonso Graña		0:27:12 (125)	0:54:04	+19:57	5:24 min/km	15
121. 653	Ahmed Elseicy		0:26:45 (118)	0:54:12	+20:05	5:25 min/km	15
122. 541	Bruno Pinheiro		0:23:53 (70)	0:54:19	+20:12	5:25 min/km	15
123. 244	Daniel Garcia Hernandez		0:27:00 (123)	0:54:27	+20:20	5:26 min/km	15
124. 322	Miguel Ángel Pereira	CLUB DE TRAIL-RUNNING RAVACHOL A TODO TROTE	0:28:16 (147)	0:54:32	+20:25	5:27 min/km	15
125. 424	Adrian Amoedo Martinez		0:28:15 (146)	0:54:32	+20:25	5:27 min/km	15
126. 668	Nacho Rodriguez Anton		0:26:09 (112)	0:54:49	+20:42	5:28 min/km	15
127. 154	Alberto Vazquez Dorado		0:27:23 (128)	0:55:02	+20:55	5:30 min/km	15
128. 158	Pablo Fernandez Alonso		0:27:22 (127)	0:55:02	+20:55	5:30 min/km	15
129. 487	Kevin Alexis Aconda		0:25:59 (105)	0:55:30	+21:23	5:32 min/km	15
130. 277	Pelayo Vazquez Fernandez		0:26:28 (115)	0:55:33	+21:26	5:33 min/km	15
131. 187	Jose Abreu Martinez		0:29:31 (166)	0:55:43	+21:36	5:34 min/km	15
132. 249	Pablo Gil Perez		0:27:41 (135)	0:55:45	+21:38	5:34 min/km	15
133. 448	Sergio Lafuente Vega		0:28:39 (155)	0:55:45	+21:38	5:34 min/km	15
134. 354	Samuel Vazquez Ozores		0:28:17 (149)	0:55:53	+21:46	5:35 min/km	15
135. 791	Jose Jaime Padias Novoa		0:28:28 (153)	0:55:58	+21:51	5:35 min/km	15
136. 445	Jonathan Cimadevila		0:28:17 (150)	0:55:58	+21:51	5:35 min/km	15
137. 722	Óscar Mendez		0:28:16 (148)	0:56:00	+21:53	5:35 min/km	15
138. 360	Daniel Chousal Costas		0:26:30 (116)	0:56:09	+22:02	5:36 min/km	15
139. 681	Pedro Barros Rodriguez		0:27:41 (134)	0:56:11	+22:04	5:37 min/km	15
140. 236	Iker Otero Gonzalez		0:27:25 (129)	0:56:12	+22:05	5:37 min/km	15
141. 132	Pablo Miguez Cameselle		0:27:03 (124)	0:56:14	+22:07	5:37 min/km	15
142. 528	Adrian Clemente		0:27:50 (141)	0:56:17	+22:10	5:37 min/km	15

Resultados Categorías

P. Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
143. 339	Miguel Santos Lopez		0:28:07 (143)	0:56:17	+22:10	5:37 min/km	15
144. 408	Sergio Estevez Rodriguez	ATHLETICS AVENTURA XTREM	0:29:10 (162)	0:56:27	+22:20	5:38 min/km	15
145. 118	Esteban Zuñiga Fernandez		0:31:48 (198)	0:56:33	+22:26	5:39 min/km	15
146. 343	Guillermo Sanchez		0:25:47 (101)	0:56:55	+22:48	5:41 min/km	15
147. 117	Andrés Barja		0:27:49 (140)	0:57:10	+23:03	5:42 min/km	15
148. 156	Manuel Iglesias Dorda		0:27:18 (126)	0:57:10	+23:03	5:42 min/km	15
149. 310	Alejandro Penin	CASTRELOS 20:30	0:27:29 (130)	0:57:41	+23:34	5:46 min/km	15
150. 99	Mert Tatar		0:28:09 (145)	0:57:44	+23:37	5:46 min/km	15
151. 641	Samuel David Cooper		0:29:47 (171)	0:57:45	+23:38	5:46 min/km	8
152. 63	David Alonso Gonzalez	RUNNINVERSE	0:28:47 (158)	0:57:49	+23:42	5:46 min/km	8
153. 792	Alejandro Osorno		0:28:42 (157)	0:57:54	+23:47	5:47 min/km	8
154. 330	Diego Mosquera Otero		0:29:54 (173)	0:58:00	+23:53	5:47 min/km	8
155. 196	Jacobo Lago Estevez		0:28:51 (159)	0:58:14	+24:07	5:49 min/km	8
156. 510	Luis Hernandez		0:29:34 (167)	0:58:22	+24:15	5:50 min/km	8
157. 630	Christian Nahuel Niche		0:29:34 (168)	0:58:22	+24:15	5:50 min/km	8
158. 535	Aarón Rodriguez		0:28:23 (151)	0:58:59	+24:52	5:53 min/km	8
159. 790	Pablo Exposito Romero		0:30:52 (186)	0:59:20	+25:13	5:55 min/km	8
160. 561	Lisandro Agustin Romero		0:28:41 (156)	0:59:30	+25:23	5:56 min/km	8
161. 163	Jhon Sanchez Torres		0:29:49 (172)	0:59:34	+25:27	5:57 min/km	8
162. 695	Anxo Pazo		0:31:48 (199)	0:59:34	+25:27	5:57 min/km	8
163. 180	Adrián Rubén Lopez		0:29:13 (163)	0:59:38	+25:31	5:57 min/km	8
164. 273	Agustín Cortegoso Rius		0:28:09 (144)	1:00:03	+25:56	6:00 min/km	8
165. 369	Jairo Peña Gutierrez		0:29:26 (165)	1:00:09	+26:02	6:00 min/km	8
166. 458	Javier Iglesias Saez		0:30:25 (181)	1:00:31	+26:24	6:03 min/km	8
167. 85	Alejandro Perez Davila	CLUB ATLETISMO PORRIÑO	0:29:44 (170)	1:00:52	+26:45	6:05 min/km	8
168. 472	Borja Morais Alonso		0:33:04 (206)	1:01:03	+26:56	6:06 min/km	8
169. 618	Iago Alvarez Gomez		0:31:12 (190)	1:01:23	+27:16	6:08 min/km	8
170. 628	Diego Alberto Quintero		0:29:42 (169)	1:01:41	+27:34	6:10 min/km	8
171. 307	Daniel Arenas Mendez		0:29:10 (161)	1:01:53	+27:46	6:11 min/km	8
172. 263	Miguel Macias Carbajo		0:29:56 (174)	1:01:57	+27:50	6:11 min/km	8
173. 140	Adrian Rodriguez Prieto		0:27:48 (139)	1:01:59	+27:52	6:11 min/km	8
174. 141	Ruben Rodriguez Prieto		0:27:47 (138)	1:02:00	+27:53	6:11 min/km	8
175. 599	Alejandro Casal Alvarez		0:29:00 (160)	1:02:12	+28:05	6:13 min/km	8
176. 19	Abraham Alvarez Lameiro		0:29:16 (164)	1:02:13	+28:06	6:13 min/km	8
177. 217	Anxo Campaña Castro		0:32:27 (202)	1:02:17	+28:10	6:13 min/km	8
178. 218	Xabier Gigirey Vazquez		0:32:28 (203)	1:02:30	+28:23	6:14 min/km	8
179. 724	Pablo Garcia Carballa	SAUDESSPORT	0:27:47 (137)	1:02:40	+28:33	6:15 min/km	8
180. 752	Nando Sanchez Alvarez		0:27:46 (136)	1:02:40	+28:33	6:15 min/km	8
181. 164	Jean Paul Albarracin		0:29:58 (175)	1:02:42	+28:35	6:16 min/km	8
182. 778	Marcos Antonio		0:27:53 (142)	1:02:42	+28:35	6:16 min/km	8
183. 326	Jonathas Mikael Rodrigues		0:30:27 (183)	1:02:48	+28:41	6:16 min/km	8
184. 298	Miguel Fazanes Cerviño		0:30:27 (184)	1:02:53	+28:46	6:17 min/km	8
185. 586	Arturo Conde Pereiro		0:30:03 (176)	1:02:57	+28:50	6:17 min/km	8

Resultados Categorías

P. Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
186. 115	Angel David Gesteira		0:31:26 (195)	1:03:10	+29:03	6:18 min/km	8
187. 499	Angel Garrido Burgo		0:32:08 (201)	1:03:12	+29:05	6:19 min/km	8
188. 806	José Rial Giráldez		0:31:05 (188)	1:03:13	+29:06	6:19 min/km	8
189. 242	Vivien Goineau		0:31:34 (197)	1:03:37	+29:30	6:21 min/km	8
190. 707	Mario Carrera Bao		0:30:27 (182)	1:03:55	+29:48	6:23 min/km	8
191. 284	Jaime Alvarez Vazquez		0:31:26 (196)	1:03:58	+29:51	6:23 min/km	8
192. 444	David Perez Rodriguez		0:33:09 (208)	1:04:38	+30:31	6:27 min/km	8
193. 776	Manuel Otero Marquez		0:32:53 (204)	1:04:38	+30:31	6:27 min/km	8
194. 556	Anthony Yahir Brocato		0:30:09 (178)	1:04:40	+30:33	6:27 min/km	8
195. 594	Jacobo Rivero Blanco		0:30:16 (179)	1:04:49	+30:42	6:28 min/km	8
196. 383	Roberto Fuentes Pumares		0:30:54 (187)	1:04:50	+30:43	6:28 min/km	8
197. 451	Manuel Puga Montero		0:31:06 (189)	1:04:52	+30:45	6:29 min/km	8
198. 577	Sergio Ramos Rey		0:31:22 (192)	1:05:22	+31:15	6:32 min/km	8
199. 579	Javier Garcia		0:31:22 (193)	1:05:22	+31:15	6:32 min/km	8
200. 576	Marcos Bravo	SD ARAÑO	0:31:24 (194)	1:05:23	+31:16	6:32 min/km	8
201. 48	Jonathan Marcelo Silvera		0:31:21 (191)	1:06:07	+32:00	6:36 min/km	8
202. 262	Walter Zuccolotto Molina		0:30:41 (185)	1:06:43	+32:36	6:40 min/km	8
203. 305	Ruben Sanchez Muñoz		0:32:07 (200)	1:07:38	+33:31	6:45 min/km	8
204. 452	Yolanda Vazquez Alvarez		0:32:57 (205)	1:08:09	+34:02	6:48 min/km	8
205. 120	David Fernandez Diaz		0:33:08 (207)	1:08:53	+34:46	6:53 min/km	8
206. 346	Ignacio Otero Rey		0:33:29 (209)	1:09:18	+35:11	6:55 min/km	8
207. 447	Alejandro Gomez Paz		0:33:29 (210)	1:09:18	+35:11	6:55 min/km	8
208. 22	Alejandro Santin Perez		0:33:47 (211)	1:13:33	+39:26	7:21 min/km	8
209. 212	Alejandro Andrade		0:36:44 (212)	1:14:53	+40:46	7:29 min/km	8
210. 200	Diego Meleiro Granada		0:37:37 (214)	1:17:44	+43:37	7:46 min/km	8
211. 207	Miguel Angel Martinez		0:37:37 (213)	1:17:44	+43:37	7:46 min/km	8

M2

1. 1	Jose Alberto Bastos	ADN RUNNERS - TELMO PELUQUEROS F.C.	0:17:10 (1)	0:34:15	--	3:25 min/km	250
2. 719	David Parada Montoto	MONTEPORREIRUNN	0:17:16 (3)	0:34:59	+44	3:29 min/km	200
3. 381	Ruben Perez Fontan	MARINA MEIRA	0:17:16 (2)	0:35:17	+1:02	3:31 min/km	150
4. 375	Jesus Fernandez Soengas	CLUB DEPORTIVO DELIKIA	0:17:20 (4)	0:35:28	+1:13	3:32 min/km	125
5. 486	Jorge Diez Diez	CLOT VIGO	0:17:21 (5)	0:35:31	+1:16	3:33 min/km	100
6. 460	Marcos Paz Alvarez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:17:41 (6)	0:36:17	+2:02	3:37 min/km	90
7. 497	Roberto Vazquez Pavon	TANINOS RUNNERS PONTEAREAS	0:17:52 (7)	0:37:03	+2:48	3:42 min/km	80
8. 708	Alejandro Arthaud Alvarez		0:18:19 (8)	0:37:34	+3:19	3:45 min/km	75
9. 318	Damian Vila Millan	CLUB TRAIL RUNNING RAVACHOL A TODO TROTE	0:18:40 (9)	0:37:46	+3:31	3:46 min/km	70
10. 76	Alejandro Otero Ramirez		0:18:48 (10)	0:38:09	+3:54	3:48 min/km	60
11. 613	Kike Perez Conde	C.A.R. MARISQUEIRO	0:19:02 (11)	0:38:14	+3:59	3:49 min/km	35
12. 651	Lucas Pouso Vidal	CLUB ATLETISMO CAMBADOS	0:19:38 (16)	0:38:23	+4:08	3:50 min/km	35
13. 559	David Lopez Garrido		0:19:32 (15)	0:39:17	+5:02	3:55 min/km	35
14. 89	Víctor Sierra Porto		0:19:18 (12)	0:39:20	+5:05	3:55 min/km	35
15. 393	Ricardo Sanchez Moreira	CIBUS SIRGON	0:19:44 (17)	0:39:32	+5:17	3:57 min/km	35
16. 539	Andres Fernandez	CIBUS SIRGON	0:19:23 (13)	0:39:38	+5:23	3:57 min/km	30

Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
17.	590	Francisco Javier Pena	SOCIEDADE ATLÉTICA VILA DE VIGO	0:19:26 (14)	0:39:38	+5:23	3:57 min/km	30
18.	575	Iago Vara Adrio	SIRENO TRIATLON CLUB	0:19:53 (18)	0:40:18	+6:03	4:01 min/km	30
19.	536	Óscar Couce Senra		0:20:18 (19)	0:40:49	+6:34	4:04 min/km	30
20.	498	Óscar Garcia Garcia	CLUB DEPORTIVO PINARIUM	0:20:18 (20)	0:41:11	+6:56	4:07 min/km	30
21.	710	Andrés Serantes		0:20:20 (21)	0:41:12	+6:57	4:07 min/km	20
22.	86	Jose Manuel Cid Longueira		0:20:45 (22)	0:42:02	+7:47	4:12 min/km	20
23.	316	Yahvé Prieto Rodriguez		0:21:00 (26)	0:42:20	+8:05	4:13 min/km	20
24.	673	Rodrigo Alonso Fernandez		0:21:29 (30)	0:43:01	+8:46	4:18 min/km	20
25.	608	Rubén Carrasco	SHAKA CLUB	0:20:48 (23)	0:43:22	+9:07	4:20 min/km	20
26.	278	David Serodio Vidal		0:21:17 (28)	0:43:38	+9:23	4:21 min/km	20
27.	260	Ruben Navia Iglesias	BIKILA	0:21:16 (27)	0:43:43	+9:28	4:22 min/km	20
28.	434	Carlos Alonso Rodriguez		0:21:42 (32)	0:43:56	+9:41	4:23 min/km	20
29.	250	Ivan Rodriguez Rodriguez		0:21:19 (29)	0:43:56	+9:41	4:23 min/km	20
30.	268	Marcos Costas Rodriguez	RUNNING TRACK VIGO	0:21:39 (31)	0:44:01	+9:46	4:24 min/km	20
31.	621	Diego Foche	MAIS QUE AUGA	0:20:55 (24)	0:44:07	+9:52	4:24 min/km	20
32.	648	David Fontan Garrido	MUÑECOS RUNNING	0:21:51 (33)	0:44:35	+10:20	4:27 min/km	20
33.	731	Iban Dorado Fuente		0:22:22 (38)	0:44:46	+10:31	4:28 min/km	20
34.	638	Iago Ortega	X-ONE	0:22:20 (37)	0:44:53	+10:38	4:29 min/km	20
35.	725	Oscar Manuel Lopez		0:22:17 (34)	0:44:55	+10:40	4:29 min/km	20
36.	649	Pablo Gomez Lopez	L@S INSENSAT@S	0:22:33 (41)	0:45:23	+11:08	4:32 min/km	20
37.	349	Sabino Alvarez Figueroa	ASOCIACION DEPORTIVA C.A.R.	0:22:43 (44)	0:45:25	+11:10	4:32 min/km	20
38.	740	Marcos Cereijo Rodriguez	TEIXUGO	0:22:19 (35)	0:45:37	+11:22	4:33 min/km	20
39.	384	Diego Martinez Castro		0:22:27 (40)	0:46:03	+11:48	4:36 min/km	20
40.	368	Javier Magdalena Vera	CLUB ATLETISMO VETERANOS DE SAMIL	0:22:20 (36)	0:46:14	+11:59	4:37 min/km	20
41.	461	Alberto Rivera Canicoba		0:22:40 (42)	0:46:23	+12:08	4:38 min/km	20
42.	793	Jorge Prieto		0:23:34 (51)	0:46:43	+12:28	4:40 min/km	20
43.	31	Jose Manuel Cabaco	TAKO TEAM	0:22:43 (43)	0:46:45	+12:30	4:40 min/km	20
44.	123	Javier Rodriguez Lopez		0:22:27 (39)	0:46:46	+12:31	4:40 min/km	20
45.	762	Manuel Rodriguez Barreira	TEIXUGO	0:22:44 (45)	0:47:09	+12:54	4:42 min/km	20
46.	773	Simon Dominguez		0:22:51 (46)	0:47:11	+12:56	4:43 min/km	20
47.	615	David Miguel Castro Alonso		0:23:46 (55)	0:47:13	+12:58	4:43 min/km	20
48.	165	Andrés Piñeiro Romero		0:23:02 (47)	0:47:17	+13:02	4:43 min/km	20
49.	459	David Anton Fernandez		0:23:41 (54)	0:47:23	+13:08	4:44 min/km	20
50.	253	Jose Gonzalez Fernandez	MAIS QUE AUGA	0:23:17 (48)	0:47:28	+13:13	4:44 min/km	20
51.	17	Diego Rodriguez Gomez		0:23:36 (52)	0:47:41	+13:26	4:46 min/km	15
52.	289	Ruben Souto Vazquez		0:23:17 (49)	0:47:47	+13:32	4:46 min/km	15
53.	36	Alberto Miguelez Rozas	SHAKA CLUB	0:23:37 (53)	0:47:48	+13:33	4:46 min/km	15
54.	760	Aleixandre Gonzalez	MERAKI FISIOTERAPIA VIGO	0:24:05 (58)	0:48:02	+13:47	4:48 min/km	15
55.	636	Daniel Alvarez Gonzalez		0:24:08 (59)	0:48:05	+13:50	4:48 min/km	15
56.	696	Diego Rodri	EL CONITO FELIZ	0:24:16 (62)	0:48:10	+13:55	4:48 min/km	15
57.	300	Juan Ignacio Rouco	SHAKA CLUB	0:23:47 (56)	0:48:12	+13:57	4:49 min/km	15
58.	129	Daniel Alonso Carrera		0:24:14 (60)	0:48:14	+13:59	4:49 min/km	15
59.	683	Miguel Iglesias Anido		0:23:30 (50)	0:48:27	+14:12	4:50 min/km	15



Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
60.	657	Alberto Coya Novas		0:25:09 (70)	0:48:54	+14:39	4:53 min/km	15
61.	54	Luis Manuel Rodriguez	MAIS QUE AUGA	0:24:57 (69)	0:49:19	+15:04	4:55 min/km	15
62.	734	Andrés Gutierrez		0:25:22 (74)	0:49:29	+15:14	4:56 min/km	15
63.	515	Borja Ropero		0:24:15 (61)	0:49:50	+15:35	4:58 min/km	15
64.	410	Marcos Ferreira		0:24:56 (68)	0:50:05	+15:50	5:00 min/km	15
65.	634	Xoán Gesto	BEADE, AHI OS VAN!	0:23:51 (57)	0:50:32	+16:17	5:03 min/km	15
66.	426	Jonathan Crisman		0:26:03 (79)	0:50:33	+16:18	5:03 min/km	15
67.	627	Carlos Perez Lago		0:24:36 (65)	0:50:37	+16:22	5:03 min/km	15
68.	104	David Blanco Gonzalez	SHAKA CLUB	0:24:20 (63)	0:50:51	+16:36	5:05 min/km	15
69.	361	José Javier Rodriguez	MAIS QUE AUGA	0:24:51 (67)	0:50:56	+16:41	5:05 min/km	15
70.	362	Jacobo Ares Rodriguez		0:25:42 (76)	0:51:01	+16:46	5:06 min/km	15
71.	306	Emilio Rielo Gesto		0:25:54 (78)	0:51:05	+16:50	5:06 min/km	15
72.	179	Antonio Macias Nogueira	MAIS QUE AUGA	0:26:29 (81)	0:51:07	+16:52	5:06 min/km	15
73.	61	Ruben Gil Blanco	GALAICAS BUEU	0:25:13 (72)	0:51:18	+17:03	5:07 min/km	15
74.	512	Manuel Martinez Ferreiro		0:26:29 (82)	0:51:22	+17:07	5:08 min/km	15
75.	729	Manuel Alejandro Parra	MAIS QUE AUGA	0:24:29 (64)	0:51:37	+17:22	5:09 min/km	15
76.	342	Diego Alonso Lorenzo		0:26:51 (88)	0:52:16	+18:01	5:13 min/km	15
77.	766	Gerardo Gonzalez Alvarez		0:26:41 (87)	0:52:33	+18:18	5:15 min/km	15
78.	687	Sergio Cabezas Represas		0:27:55 (96)	0:52:40	+18:25	5:15 min/km	15
79.	761	Ruben Extremadura		0:25:11 (71)	0:52:47	+18:32	5:16 min/km	15
80.	136	Jonathan Manuel Arteaga		0:25:17 (73)	0:52:52	+18:37	5:17 min/km	15
81.	671	Jaime Baz		0:26:37 (85)	0:53:07	+18:52	5:18 min/km	15
82.	717	Manuel Pereira Rodriguez	MAIS QUE AUGA	0:25:35 (75)	0:53:08	+18:53	5:18 min/km	15
83.	661	Oscar Fernandez Pol		0:27:14 (91)	0:53:10	+18:55	5:18 min/km	15
84.	644	Miguel Del Caño Castro		0:25:49 (77)	0:53:11	+18:56	5:19 min/km	15
85.	287	Miguel Ángel Estevez		0:24:50 (66)	0:53:22	+19:07	5:20 min/km	15
86.	14	Quique Saa Comesaña		0:26:37 (84)	0:53:46	+19:31	5:22 min/km	15
87.	436	Celso Armendariz Exposito		0:26:09 (80)	0:53:59	+19:44	5:23 min/km	15
88.	146	Ismael Chamorro	VENUS NIGRAN	0:27:34 (93)	0:54:00	+19:45	5:23 min/km	15
89.	466	Alberto Alonso Gines		0:28:08 (98)	0:54:17	+20:02	5:25 min/km	15
90.	335	Julio Gomez Lopez	EL CONITO FELIZ	0:27:14 (90)	0:54:33	+20:18	5:27 min/km	15
91.	90	Fernando Gonzalez		0:26:40 (86)	0:54:40	+20:25	5:27 min/km	15
92.	317	Antonio Iglesias Dorda		0:28:06 (97)	0:54:55	+20:40	5:29 min/km	15
93.	91	Pablo Saura Alvarez		0:28:11 (100)	0:55:38	+21:23	5:33 min/km	15
94.	404	Victor Vazquez Fernandez	CHOUZO RUNNERS	0:27:14 (89)	0:55:41	+21:26	5:34 min/km	15
95.	449	Jacobo Perez Mallo		0:28:39 (103)	0:55:44	+21:29	5:34 min/km	15
96.	68	Victoriano Sanmartin	MAIS QUE AUGA	0:28:48 (105)	0:56:47	+22:32	5:40 min/km	15
97.	580	Miguel Ángel Vazquez		0:28:42 (104)	0:56:51	+22:36	5:41 min/km	15
98.	801	Alejandro Tizon Rodriguez		0:27:43 (95)	0:57:00	+22:45	5:41 min/km	15
99.	470	Jose Manuel Costas	ATLETISMO IBIS VAL MIÑOR	0:29:23 (108)	0:57:29	+23:14	5:44 min/km	15
100.	464	Oscar Canosa Martinez		0:27:31 (92)	0:57:32	+23:17	5:45 min/km	15
101.	80	Diego Carrera Costas		0:29:40 (110)	0:57:34	+23:19	5:45 min/km	15
102.	622	Ricardo Fernandez		0:27:43 (94)	0:57:56	+23:41	5:47 min/km	15



Resultados Categorías

P. Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
103. 532	Ignacio Ferrer Avendaño	CLUB DEPORTIVO O CASTAÑAL-ALCABRE	0:29:14 (107)	0:58:38	+24:23	5:51 min/km	15
104. 660	Juan Vilas		0:30:14 (113)	0:58:55	+24:40	5:53 min/km	15
105. 787	José Manuel Mendez Lago		0:28:37 (102)	0:58:59	+24:44	5:53 min/km	15
106. 544	Ivan Posada Pichel		0:28:15 (101)	0:59:18	+25:03	5:55 min/km	15
107. 667	Jérôme Rott		0:28:49 (106)	0:59:19	+25:04	5:55 min/km	15
108. 703	Dionisio Reine Campelos	EL CONITO FELIZ	0:30:35 (115)	0:59:26	+25:11	5:56 min/km	15
109. 274	Rodrigo Cortegoso Souto		0:28:08 (99)	1:00:03	+25:48	6:00 min/km	15
110. 727	Antonio Suay Soriano		0:30:26 (114)	1:00:10	+25:55	6:00 min/km	15
111. 676	Jorge Martinez Brion	VIGOENTRENA	0:29:38 (109)	1:00:37	+26:22	6:03 min/km	15
112. 39	José Luis Garcia		0:30:02 (112)	1:01:06	+26:51	6:06 min/km	15
113. 803	Tomas Feroso	FRUTAS NIEVES	0:29:59 (111)	1:01:07	+26:52	6:06 min/km	15
114. 69	Enrique Gonzalez Perez	MAIS QUE AUGA	0:31:04 (116)	1:04:47	+30:32	6:28 min/km	15
115. 562	Daniel Bouzan Fernandez		0:31:12 (117)	1:04:48	+30:33	6:28 min/km	15
116. 332	Roberto Gracia De La Cruz	MAIS QUE AUGA	0:31:33 (119)	1:05:12	+30:57	6:31 min/km	15
117. 467	Ivan Soliño	ATLETISMO IBIS VAL MIÑOR	0:31:47 (120)	1:05:13	+30:58	6:31 min/km	15
118. 768	Lucas Del Rio Cortegoso	CLUB TRIATLON MORRAZO	0:32:15 (121)	1:06:39	+32:24	6:39 min/km	15
119. 143	Breogan Perez Fernandez		0:42:05 (122)	1:24:47	+50:32	8:28 min/km	15

M3

1. 800	Daniel Bargiela Araujo	BIKILA	0:17:52 (1)	0:36:20	--	3:37 min/km	250
2. 480	Manuel Prieto De La Iglesia	ATHLETICS FISIOTERAPIA SAN LAZARO	0:18:06 (2)	0:36:26	+06	3:38 min/km	200
3. 509	Óscar Davila Mariño		0:18:07 (3)	0:36:55	+35	3:41 min/km	150
4. 431	Jesus Lorenzana Meire	ADN RUNNERS - TELMO PELUQUEROS F.C.	0:18:45 (4)	0:37:54	+1:34	3:47 min/km	125
5. 589	Bernardo Duran Duran	TANINOS RUNNERS PONTEAREAS	0:19:29 (6)	0:38:33	+2:13	3:51 min/km	100
6. 514	Marcos Fernandez	SOCIEDADE ATLÉTICA VILA DE VIGO	0:19:20 (5)	0:39:30	+3:10	3:56 min/km	90
7. 765	David Martinez Barciela		0:20:03 (11)	0:40:15	+3:55	4:01 min/km	80
8. 529	Miguel Costas Costas	MAIS QUE AUGA	0:19:35 (7)	0:40:21	+4:01	4:02 min/km	75
9. 783	Jose Luis Alvarez Miranda	CIBUS SIRGON	0:20:19 (12)	0:40:23	+4:03	4:02 min/km	70
10. 122	Santiago Bernardez Macia	CLUB ATLETISMO VETERANOS DE SAMIL	0:19:53 (9)	0:40:31	+4:11	4:03 min/km	60
11. 524	Francisco Javier Lago	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:19:59 (10)	0:40:42	+4:22	4:04 min/km	35
12. 41	Francisco Alvarez	AFURRICAMOS NO MONTE	0:19:52 (8)	0:40:52	+4:32	4:05 min/km	35
13. 134	Alfredo Alcantara Lorenzo	CLUB DEPORTIVO DELIKIA	0:20:23 (15)	0:41:01	+4:41	4:06 min/km	35
14. 495	Antolín Gago Sanchez	CLUB ATLETISMO VETERANOS DE SAMIL	0:20:30 (17)	0:41:19	+4:59	4:07 min/km	35
15. 678	Juan Carlos Martinez		0:22:00 (31)	0:41:31	+5:11	4:09 min/km	35
16. 113	Pablo Rodriguez Garcia	RUNNING TRACK VIGO	0:20:21 (13)	0:41:43	+5:23	4:10 min/km	30
17. 98	Edu Arias	ATHLETICS FISIOTERAPIA SAN LAZARO	0:20:36 (19)	0:41:46	+5:26	4:10 min/km	30
18. 10	Andrés Alvarez	IMAXINATEA ESCOLA DE TEATRO	0:20:23 (14)	0:42:04	+5:44	4:12 min/km	30
19. 555	Guillermo Peiteado Ruiz	ATHLETICS FISIOTERAPIA SAN LAZARO	0:20:44 (21)	0:42:09	+5:49	4:12 min/km	30
20. 128	Ivan Diego Blanco Caldas		0:20:25 (16)	0:42:16	+5:56	4:13 min/km	30
21. 167	Jose Manuel Cabaleiro	CIBUS SIRGON	0:20:37 (20)	0:42:22	+6:02	4:14 min/km	20
22. 438	José Julián Beltran	RUN PONTEVEDRA	0:20:48 (22)	0:42:22	+6:02	4:14 min/km	20
23. 446	Jason Humphries		0:20:34 (18)	0:42:43	+6:23	4:16 min/km	20
24. 437	Miguel Alba	CASTRELOS KM.0	0:21:19 (23)	0:42:51	+6:31	4:17 min/km	20
25. 591	Manuel Rodriguez Perez	MAIS QUE AUGA	0:21:48 (28)	0:44:08	+7:48	4:24 min/km	20

Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
26.	715	Jose Manuel Castro Olmo		0:21:38 (25)	0:44:18	+7:58	4:25 min/km	20
27.	347	Julio Dominguez Edreira		0:22:19 (33)	0:44:32	+8:12	4:27 min/km	20
28.	720	Antonio Luis Lopez		0:21:31 (24)	0:44:34	+8:14	4:27 min/km	20
29.	726	Jose Luis Pico Pita	CASTRELOS 20:30	0:21:58 (30)	0:44:39	+8:19	4:27 min/km	20
30.	430	Carlos Alberto Bujanda		0:21:46 (26)	0:44:41	+8:21	4:28 min/km	20
31.	479	Pedro Gonzalez	CASTRELOS 20:30	0:21:48 (27)	0:44:44	+8:24	4:28 min/km	20
32.	58	Carlos Amoedo Agulla		0:21:52 (29)	0:45:07	+8:47	4:30 min/km	20
33.	655	Javier Rodriguez Castro		0:22:27 (34)	0:45:14	+8:54	4:31 min/km	20
34.	374	Isaac Martinez Chouza		0:22:14 (32)	0:45:20	+9:00	4:31 min/km	20
35.	572	Juan Carlos Alvarez Perez		0:22:44 (36)	0:45:34	+9:14	4:33 min/km	20
36.	221	Pablo Perez Blanco	CLUB TRIATLON VAO	0:22:49 (37)	0:46:01	+9:41	4:36 min/km	20
37.	382	Agustín Gonzalez Arca		0:22:28 (35)	0:46:21	+10:01	4:38 min/km	20
38.	484	Fernando Carazo		0:23:38 (45)	0:46:25	+10:05	4:38 min/km	20
39.	635	Antonio Alonso Fernandez		0:22:58 (39)	0:46:28	+10:08	4:38 min/km	20
40.	647	Diego Montenegro	CHUZAS OLIMPICOS	0:23:43 (47)	0:46:43	+10:23	4:40 min/km	20
41.	288	Miguel Comesaña Davila		0:23:39 (46)	0:47:24	+11:04	4:44 min/km	20
42.	779	Carlos Beloso Gonzalez		0:23:31 (43)	0:47:29	+11:09	4:44 min/km	20
43.	197	Sergio Garcia Acon		0:23:18 (40)	0:47:35	+11:15	4:45 min/km	20
44.	392	Ernesto M. Armada		0:23:20 (41)	0:47:39	+11:19	4:45 min/km	20
45.	46	Enrique Vidal Paz		0:23:36 (44)	0:47:43	+11:23	4:46 min/km	20
46.	100	Miguel Angel Pardavila	CORRIDA DAS CABRAS	0:24:49 (54)	0:47:44	+11:24	4:46 min/km	20
47.	356	Modesto Rodriguez	TEAM LAKE	0:24:04 (48)	0:47:57	+11:37	4:47 min/km	20
48.	716	Samuel Lopez Perez	CLUB DEPORTIVO DELIKIA	0:23:22 (42)	0:48:06	+11:46	4:48 min/km	20
49.	366	Javier Ferro Nuñez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:24:34 (51)	0:48:59	+12:39	4:53 min/km	20
50.	350	J Luis Martinez Perez		0:25:24 (57)	0:49:16	+12:56	4:55 min/km	20
51.	64	Dito Villanueva Areal	RUNNING LUSEKELO	0:24:35 (52)	0:49:17	+12:57	4:55 min/km	15
52.	604	Luis Ferreira	MAIS QUE AUGA	0:24:30 (49)	0:49:50	+13:30	4:58 min/km	15
53.	733	Rubén Vila Lopez	MAIS QUE AUGA	0:26:34 (64)	0:51:27	+15:07	5:08 min/km	15
54.	225	Antonio Vazquez		0:25:07 (55)	0:51:30	+15:10	5:08 min/km	15
55.	78	Jesus Jandra Gonzalez		0:25:08 (56)	0:51:41	+15:21	5:10 min/km	15
56.	228	Juan Manuel Posada		0:25:31 (58)	0:51:49	+15:29	5:10 min/km	15
57.	664	Alberto Santos Cabanelas		0:26:24 (62)	0:51:50	+15:30	5:10 min/km	15
58.	584	Avelino Yañez Coira	RUNNING LUSEKELO	0:26:31 (63)	0:52:27	+16:07	5:14 min/km	15
59.	279	Francisco Costa Bouzo		0:25:43 (59)	0:52:40	+16:20	5:15 min/km	15
60.	578	Xoán Manuel Pousa Lucio	SAPOCONCHOS	0:24:33 (50)	0:52:51	+16:31	5:17 min/km	15
61.	624	Jesus Andres Silva		0:24:43 (53)	0:53:00	+16:40	5:17 min/km	15
62.	199	Roberto Bastero Campos		0:25:53 (60)	0:53:04	+16:44	5:18 min/km	15
63.	205	Alvaro Goncalves Rolo	MAIS QUE AUGA	0:26:35 (65)	0:53:12	+16:52	5:19 min/km	15
64.	679	Oscar Guisande Alonso	FENDETESTAS	0:26:00 (61)	0:53:20	+17:00	5:19 min/km	15
65.	782	José Manuel Ciges		0:27:26 (74)	0:53:39	+17:19	5:21 min/km	15
66.	45	Guillermo Calvar Crespo		0:26:37 (66)	0:53:46	+17:26	5:22 min/km	15
67.	658	Francisco Javier Castiñeira	MAIS QUE AUGA	0:27:00 (68)	0:54:05	+17:45	5:24 min/km	15
68.	133	Manu Gonzalez Rodriguez	ADN RUNNERS - TELMO PELUQUEROS F.C.	0:27:00 (67)	0:54:05	+17:45	5:24 min/km	15

Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
69.	219	Alfonso Ruiz Lago	CIBUS SIRGON	0:27:04 (70)	0:54:21	+18:01	5:26 min/km	15
70.	680	Jose Manuel Garrido		0:28:12 (80)	0:54:59	+18:39	5:29 min/km	15
71.	107	Enrique Blanco Nuñez		0:27:03 (69)	0:55:13	+18:53	5:31 min/km	15
72.	55	Roberto Rodriguez Olleros	CLUB ATLETISMO VETERANOS DE SAMIL	0:27:12 (71)	0:55:17	+18:57	5:31 min/km	15
73.	270	Jonathan Dacosta Cea		0:22:52 (38)	0:55:18	+18:58	5:31 min/km	15
74.	227	Eduardo Lamas Perez		0:27:22 (73)	0:55:29	+19:09	5:32 min/km	15
75.	750	Diego Nuñez Gonzalez		0:27:48 (78)	0:55:32	+19:12	5:33 min/km	15
76.	148	Daniel Guimare Gonzalez	ARCHIENEMIGOS TEAM	0:28:05 (79)	0:55:35	+19:15	5:33 min/km	15
77.	181	José Gabino Lara Perez		0:27:18 (72)	0:55:36	+19:16	5:33 min/km	15
78.	581	José Ramón Prieto		0:29:11 (84)	0:57:30	+21:10	5:44 min/km	15
79.	311	Manuel Penin	CASTRELOS 20:30	0:27:29 (75)	0:57:41	+21:21	5:46 min/km	15
80.	73	Argimiro Justo Amoedo	MAIS QUE AUGA	0:27:36 (76)	0:57:57	+21:37	5:47 min/km	15
81.	662	Guillermo Gaggiolo	MAIS QUE AUGA	0:28:15 (81)	0:58:20	+22:00	5:49 min/km	15
82.	95	José Manuel Fernandez	MAIS QUE AUGA	0:28:15 (82)	0:58:21	+22:01	5:50 min/km	15
83.	373	Francisco Ramon Torrado		0:29:11 (83)	0:58:41	+22:21	5:52 min/km	15
84.	395	Miguel Carolina Villanueva		0:30:15 (88)	1:00:18	+23:58	6:01 min/km	15
85.	65	Daniel Pardo Porto	MAIS QUE AUGA	0:31:00 (93)	1:00:25	+24:05	6:02 min/km	15
86.	151	Ignacio Jose Iglesias	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:30:48 (91)	1:01:12	+24:52	6:07 min/km	15
87.	500	Juan Novoa Sio	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:30:49 (92)	1:01:12	+24:52	6:07 min/km	15
88.	255	Diego Martinez Costas	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:30:48 (90)	1:01:12	+24:52	6:07 min/km	15
89.	566	José Manuel Fernandez		0:29:46 (85)	1:01:17	+24:57	6:07 min/km	15
90.	718	Oscar Alonso Costas		0:30:00 (87)	1:01:30	+25:10	6:08 min/km	15
91.	193	Jose Luis Gonzalez Vila		0:31:12 (94)	1:01:56	+25:36	6:11 min/km	15
92.	139	Jose Manuel Rodriguez		0:27:47 (77)	1:02:00	+25:40	6:11 min/km	15
93.	537	Juan Carlos Vila Correa		0:32:50 (99)	1:03:13	+26:53	6:19 min/km	15
94.	593	Santiago Figueroa Costas		0:29:52 (86)	1:04:11	+27:51	6:25 min/km	15
95.	303	Juan Rodriguez Español		0:30:17 (89)	1:04:49	+28:29	6:28 min/km	15
96.	739	Alfredo Luis Montenegro		0:32:27 (97)	1:05:51	+29:31	6:35 min/km	15
97.	299	Jorge Sanchez Rodriguez		0:32:38 (98)	1:10:42	+34:22	7:04 min/km	15
98.	538	Fernando Roman		0:33:37 (100)	1:11:30	+35:10	7:08 min/km	15
M4								
1.	704	José Carlos Graña Alonso	LODEIROS TRAIL	0:20:03 (1)	0:40:32	--	4:03 min/km	250
2.	797	Juan Paz Rodríguez	CASTRELOS 20:30	0:20:43 (2)	0:42:33	+2:01	4:15 min/km	200
3.	478	Eusebio Alen Castelain	CASTRELOS 20:30	0:21:58 (4)	0:44:39	+4:07	4:27 min/km	150
4.	125	Fonso Sabino Porto		0:21:36 (3)	0:44:45	+4:13	4:28 min/km	125
5.	376	Antonio Vazquez Vidal		0:22:19 (5)	0:45:22	+4:50	4:32 min/km	100
6.	603	Miguel Abreu Fernandez	CLUB ATLETISMO PORRIÑO	0:22:51 (6)	0:46:44	+6:12	4:40 min/km	90
7.	563	Javier Sanz Lucotti	CIBUS SIRGON	0:23:51 (8)	0:47:02	+6:30	4:42 min/km	80
8.	37	Ramiro Taboada Gonzalez	RUNNING LUSEKELO	0:23:13 (7)	0:47:55	+7:23	4:47 min/km	75
9.	251	Javier Gomez Lago	ATLETISMO VIGO	0:24:10 (10)	0:48:58	+8:26	4:53 min/km	70
10.	313	Fernando Benavides	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:24:03 (9)	0:50:01	+9:29	5:00 min/km	60
11.	71	Alberto Videira Correa	RUNNING LUSEKELO	0:24:48 (11)	0:50:40	+10:08	5:03 min/km	35
12.	372	Anxo Vazquez Rodriguez	CLUB ATLETISMO VETERANOS DE SAMIL	0:25:09 (12)	0:51:42	+11:10	5:10 min/km	35

Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
13.	540	Jorge Casales Loureiro		0:25:56 (14)	0:51:55	+11:23	5:11 min/km	35
14.	111	Mario Perez Losada	BIKILA	0:25:20 (13)	0:51:58	+11:26	5:11 min/km	35
15.	211	Juan Jose España Lopez		0:26:07 (15)	0:53:01	+12:29	5:18 min/km	35
16.	465	Tarek Saad		0:27:17 (19)	0:53:34	+13:02	5:21 min/km	30
17.	238	Benigno Barreiro	ATHLETICS AVENTURA XTREM	0:26:41 (17)	0:54:58	+14:26	5:29 min/km	30
18.	400	Luis Gonzalez Garcia	C.A.R. MARISQUEIRO	0:26:55 (18)	0:56:04	+15:32	5:36 min/km	30
19.	546	Patricio Guama Mena	PADELEROS	0:26:20 (16)	0:57:24	+16:52	5:44 min/km	30
20.	407	Ricardo Estevez Cernadas	ATHLETICS AVENTURA XTREM	0:29:09 (24)	0:58:17	+17:45	5:49 min/km	30
21.	182	Eloy Calderon		0:28:04 (20)	0:58:32	+18:00	5:51 min/km	20
22.	266	Enrique De La Peña Zarate	MAIS QUE AUGA	0:28:34 (22)	0:59:06	+18:34	5:54 min/km	20
23.	378	Jose Francisco Villar	C.A.R. MARISQUEIRO	0:28:27 (21)	1:00:58	+20:26	6:05 min/km	20
24.	744	Francisco José Rodriguez		0:29:08 (23)	1:02:13	+21:41	6:13 min/km	20
25.	656	Antonio Sanchez Amez		0:30:56 (27)	1:02:16	+21:44	6:13 min/km	20
26.	35	Roman Zunzunegui	MAIS QUE AUGA	0:31:00 (28)	1:03:48	+23:16	6:22 min/km	20
27.	367	Manuel Sanchez Rodriguez		0:30:05 (25)	1:05:05	+24:33	6:30 min/km	20
28.	405	Isidro Pazos Comesaña		0:34:20 (29)	1:10:44	+30:12	7:04 min/km	20
29.	337	José Antonio Herranz		0:38:30 (30)	1:16:55	+36:23	7:41 min/km	20

M5

1.	511	Arlindo Riveiro Rodriguez	CD O CASTAÑAL-ALCABRE	0:19:15 (1)	0:39:03	--	3:54 min/km	250
2.	97	Manuel Suarez Martinez	CLUB ATLETISMO VETERANOS DE SAMIL	0:19:34 (2)	0:39:53	+50	3:59 min/km	200
3.	52	José Jardon Lopez	CLUB ATLETISMO VETERANOS DE SAMIL	0:22:21 (4)	0:44:52	+5:49	4:29 min/km	150
4.	188	Pedro Martinez Abejon	MAIS QUE AUGA	0:21:58 (3)	0:44:59	+5:56	4:29 min/km	125
5.	560	Manuel Perez Pasual	SOCIEDAD ATLETICA VILA DE VIGO	0:22:38 (5)	0:46:13	+7:10	4:37 min/km	100
6.	351	Sergio Rodriguez		0:23:01 (6)	0:46:39	+7:36	4:39 min/km	90
7.	548	Manuel Karames	CLUB ATLETISMO PORRIÑO	0:23:13 (7)	0:47:42	+8:39	4:46 min/km	80
8.	371	Enrique Villar Alvarez	CLUB ATLETISMO VETERANOS DE SAMIL	0:25:07 (8)	0:49:23	+10:20	4:56 min/km	75
9.	692	Guillermo Jose Vicente		0:25:21 (9)	0:50:23	+11:20	5:02 min/km	70
10.	659	Jose Villar Barreiro		0:25:58 (10)	0:51:55	+12:52	5:11 min/km	60
11.	391	Alfonso Blanco Gonzalez		0:28:26 (12)	0:56:01	+16:58	5:36 min/km	35
12.	533	Carlitos Martinez Requejo		0:27:03 (11)	0:56:50	+17:47	5:40 min/km	35
13.	124	Sergio Ramos Vigo	CLUB ATLETISMO VETERANOS DE SAMIL	0:29:21 (13)	0:59:01	+19:58	5:54 min/km	35
14.	286	Antonio Cordero Jorge		0:31:26 (16)	1:00:25	+21:22	6:02 min/km	35
15.	772	Adolfo Diaz Iglesias		0:30:03 (14)	1:00:46	+21:43	6:04 min/km	35
16.	518	Pedro Diz Dios		0:30:55 (15)	1:02:09	+23:06	6:12 min/km	30
17.	640	Candido Dominguez		0:37:24 (18)	1:17:00	+37:57	7:41 min/km	30

SUB 20 MASC

1.	359	Jhon Alexander Faria		0:22:39 (2)	0:45:09	--	4:30 min/km	250
2.	522	Juan Costa Gonzalez		0:23:28 (3)	0:46:26	+1:17	4:38 min/km	200
3.	682	Alex Mouriño Costa		0:22:24 (1)	0:48:42	+3:33	4:52 min/km	150
4.	363	Nicolas Lamas Lopez		0:24:21 (4)	0:50:32	+5:23	5:03 min/km	125
5.	353	Marcos Giraldez Fouz		0:24:59 (6)	0:53:35	+8:26	5:21 min/km	100
6.	553	Diego Alvarez Lopez		0:24:21 (5)	0:54:16	+9:07	5:25 min/km	90
7.	412	Marcos Gil Rodriguez		0:29:24 (7)	0:59:54	+14:45	5:59 min/km	80



Resultados Categorías

P.	Dor	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUN
8.	501	Ismael Novoa Rios	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:30:49 (8)	1:01:11	+16:02	6:07 min/km	75