

## CARREIRA CALVARIO 2025 GENERAL

Clt	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clt)	Equipo	Tiempo	Diferencia
<b>MULLERES 10K</b>							
1	58	BREINHOLT MOESKJAER Lea	F1	(1)	RUNYTRI	40:27.8	
2	81	ALVAREZ RODRIGUEZ Noemi	F1	(2)	CLUB DEPORTIVO DELIKIA	40:30.0	2.2
3	52	MIGUEZ LAGO Jessica	F1	(3)		42:27.2	1:59.4
4	38	CARREIRA COUÑAGO Celia	F2	(1)		44:01.4	3:33.6
5	56	PAZOS GARCIA Antia	F1	(4)	CLUB TRIATLÓN MAR DE VIGO	44:02.7	3:34.9
6	25	MOREU PEREIRA-BORRAJO Beatriz	F2	(2)	CLUB DEPORTIVO DELIKIA	44:05.8	3:38.0
7	8	ALONSO Ana	F3	(1)	ATHLETICS FISIOTERAPIA SAN LÁZARO	44:26.1	3:58.3
8	416	SABORIDO GIL Olalla	F2	(3)	COMESAÑA SPORTING CLUB	44:42.2	4:14.4
9	59	DOIRO GONZALEZ Raquel	F1	(5)	GMTA CHUVONERS	44:50.1	4:22.3
10	37	RODRIGUEZ GONZALEZ Nerea	F2	(4)	CLUB ATLETISMO PORRIÑO	45:11.8	4:44.0
11	78	PEREZ LOPEZ Shara	F1	(6)		45:22.5	4:54.7
12	74	DOMINGUEZ PEREZ Naomi	F1	(7)	CLUB DEPORTIVO DELIKIA	45:31.4	5:03.6
13	83	PEREZ MARIÑO Elena	F1	(8)	RUNYTRI	45:37.7	5:09.9
14	24	ALONSO CARIDE Nerea	F2	(5)		45:38.0	5:10.2
15	86	OJEA CAAMAÑO Mirian	F1	(9)		47:09.5	6:41.7
16	92	VARELA FERNANDEZ Alba	F0	(1)	CLUB DEPORTIVO DELIKIA	47:21.8	6:54.0
17	64	ABELEIRA CARBALLO Irene	F1	(10)		47:27.0	6:59.2
18	19	LEMAT CABRAL Maria Belen	F3	(2)	CIDADE DE LUGO FLUVIAL	47:46.4	7:18.6
19	36	RODRIGUEZ LOPEZ Belen	F2	(6)	CLUB DEPORTIVO DELIKIA	48:17.5	7:49.7
20	31	ZUÑIGA LOJO Rebeca	F2	(7)		48:18.6	7:50.8
21	82	MIRAZ FERNANDEZ Raquel	F1	(11)	VIGOENTRENA	48:19.5	7:51.7
22	89	BAR IGLESIAS Aroha	F0	(2)	C.A.R. MARISQUEIRO	48:36.0	8:08.2
23	17	LAMPON Ana	F3	(3)	MAIS QUE AUGA	48:54.0	8:26.2
24	14	GONZALEZ CASAL Alejandra	F3	(4)	VIGOENTRENA	48:58.1	8:30.3
25	66	AGULLEIRO BERAZA Amaia	F1	(12)		49:01.1	8:33.3
26	63	PACHON YAÑEZ Paula	F1	(13)		49:47.6	9:19.8
26	33	PRIETO RODRIGUEZ Tahia	F2	(8)	TAHIA	49:47.6	9:19.8
28	34	FERNANDEZ ALONSO Paula	F2	(9)		49:47.9	9:20.1
29	13	VAZQUEZ Pily	F3	(5)	BIKILA	49:48.7	9:20.9
30	67	SANCHEZ Laura	F1	(14)	MAIS QUE AUGA	50:26.3	9:58.5
31	79	CASAS SANTOME Raquel	F1	(15)		50:46.5	10:18.7
32	72	GOMEZ REUS Tania	F1	(16)		51:21.6	10:53.8
33	39	FONSECA GARCIA Lucia	F2	(10)		51:38.8	11:11.0
34	80	ARIAS TEJEDA Lidia	F1	(17)		51:39.3	11:11.5
35	32	TENORIO DEL RIO Maria Jose	F2	(11)		51:41.1	11:13.3
36	90	RODRIGUEZ BARROS Sara	F0	(3)	CLUB DEPORTIVO DELIKIA	52:01.7	11:33.9
37	45	ROMERO MARTINEZ Monica	F2	(12)	FRUTAS NIEVES	52:13.2	11:45.4
38	71	BRUZON BANDEIRA Camino	F1	(18)		52:26.9	11:59.1
39	53	ESTEVEZ GARCIA Margarita	F1	(19)		52:38.7	12:10.9
40	9	BALIÑO GONZALEZ Ruth	F3	(6)	RIZOS TEAM	52:51.6	12:23.8
41	48	TAVEIRA VALVERDE Estivaliz	F2	(13)		53:04.2	12:36.4
42	42	GARCIA CAJIDE Rosalia	F2	(14)		53:21.7	12:53.9
43	69	QUINTANA QUINTELA Carlota	F1	(20)		53:35.7	13:07.9
44	68	CASTRO GONZALEZ Isabel	F1	(21)	CLUB DEPORTIVO DELIKIA	53:37.7	13:09.9
45	15	GOMEZ ALONSO Mercedes	F3	(7)		53:41.7	13:13.9
46	43	VALCARCEL TOSCANO Isa	F2	(15)		53:49.3	13:21.5
47	27	CID Eva	F2	(16)		54:05.1	13:37.3
48	23	MOLES CUBEDO Anna	F2	(17)	RUNNING SOLITA	54:10.2	13:42.4



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49	28	RODRIGUEZ ARCAY Romina	F2	(18)		54:10.6	13:42.8
50	6	GALLERO FERNANDEZ Mar	F4	(1)		55:11.4	14:43.6
51	40	LOPEZ CARBALLO Sara	F2	(19)		55:16.2	14:48.4
52	76	GONZALEZ CASALES Paola	F1	(22)		55:20.3	14:52.5
53	87	SOUTO PIÑEIRO Marta	F1	(23)		55:37.7	15:09.9
54	62	GOMEZ ROMERO Belen	F1	(24)		55:43.8	15:16.0
55	22	PUENTE Catia	F2	(20)		55:57.5	15:29.7
56	54	RIVAS ALVAREZ Lucia	F1	(25)		56:10.7	15:42.9
57	65	FERNANDEZ CASAIS Lucia	F1	(26)	MAIS QUE AUGA	56:20.4	15:52.6
58	57	RIVAS LOPEZ Candela	F1	(27)	MAIS QUE AUGA	56:20.5	15:52.7
59	73	GARCIA Amaia	F1	(28)	RUNYTRI	56:23.0	15:55.2
60	2	COSTAS RODRIGUEZ Carmen	F5	(1)	ATLETISMO BAIONA	56:33.5	16:05.7
61	61	MONTES Laura	F1	(29)		56:40.5	16:12.7
62	50	MACIAS LAGARON Lucia	F1	(30)		56:53.5	16:25.7
63	84	SOLIÑO SANTOS Rosa	F1	(31)		57:33.6	17:05.8
64	5	CARRERA SOUTELO Josefa	F4	(2)	TALLERES EAUTO	58:02.4	17:34.6
65	77	NAVARRO Blanca	F1	(32)	MAIS QUE AUGA	58:08.5	17:40.7
65	26	LEMONS LOPEZ Vanesa	F2	(21)	MAIS QUE AUGA	58:08.5	17:40.7
67	70	AGULLEIRO BERAZA Ainhoa	F1	(33)		58:23.2	17:55.4
68	30	RIO TORAL Lara	F2	(22)		58:46.8	18:19.0
69	20	ENDRESS Eva	F3	(8)		59:01.7	18:33.9
70	46	CARNERO LLAUGER Maria	F2	(23)	BIKILA	1h00:00.5	19:32.7
71	10	ALONSO MARTINEZ Beatriz	F3	(9)		1h00:14.2	19:46.4
72	55	ESTEVEZ ALONSO Marta	F1	(34)	MAIS QUE AUGA	1h00:22.5	19:54.7
73	16	VIÑAS ROMERO Silvia	F3	(10)	BIKILA	1h00:30.9	20:03.1
74	41	MARIÑO VENTOSO Lidia	F2	(24)		1h00:53.4	20:25.6
75	44	FERNANDEZ PAZO Paula	F2	(25)		1h01:13.5	20:45.7
76	21	REGO Esther	F2	(26)		1h01:31.4	21:03.6
77	3	RODRIGUEZ ALVAREZ Marta	F4	(3)	BIKILA	1h02:15.8	21:48.0
78	75	PEREZ MISA Eva	F1	(35)		1h02:30.0	22:02.2
79	4	ROCHA CRUCES Maria Carmen	F4	(4)	C.A.R. MARISQUEIRO	1h03:41.0	23:13.2
80	88	SUAREZ AMOEIRO Ana	F1	(36)		1h04:14.1	23:46.3
81	11	DIAZ-PACHE MACKINLAY Pilar	F3	(11)		1h06:01.0	25:33.2

HOMES 10K

1	413	CAMESCASSE ROUCO Pablo	M1	(1)	CLUB DEPORTIVO DELIKIA	32:31.9	
2	292	BASTOS DASILVA Jose Alberto	M2	(1)	ADN RUNNERS - TELMO PELUQUEROS F.C.	33:09.7	37.8
3	171	BARGIELA ARAUJO Daniel	M3	(1)	BIKILA	33:46.1	1:14.2
4	407	PEREZ LOVACO Pablo	M1	(2)		34:25.3	1:53.4
5	414	GONZALEZ BORGES David	M1	(3)		34:52.2	2:20.3
6	297	ARAUJO Miguel	M2	(2)	LODEIROS TRAIL	35:09.2	2:37.3
7	261	VAZQUEZ PAVON Roberto	M2	(3)	TANINOS RUNNERS PONTEAREAS	35:16.1	2:44.2
8	328	MONTERO BUJAN Aitor	M1	(4)	AVIVA SPORT CLUB	35:28.4	2:56.5
9	274	GUERRERO ACEVEDO Gerardo	M2	(4)	CLUB TRIATLÓN MAR DE VIGO	35:37.0	3:05.1
10	272	PARADA MONTOTO David	M2	(5)	MONTEPORREIRUNN	35:39.4	3:07.5
11	175	BARCALA MORA Victor	M3	(2)	MONTEPORREIRUNN	35:52.5	3:20.6
12	231	FRANCO FREIJANES Pablo	M2	(6)		36:12.1	3:40.2
13	400	SANTIAGO REY Diego	M1	(5)	CLUB TRIATLON COMPOSTELA	36:18.0	3:46.1
14	223	GROBA BARGIELA Marcos	M2	(7)	TANINOS RUNNERS PONTEAREAS	36:53.0	4:21.1



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15	301	MURIAS RODRIGUEZ Alejandro	M1	(6)	ASOCIACION DEPORTIVA C.A.R.	36:55.7	4:23.8
16	259	GOMEZ SOTO Jose Luis	M2	(8)	TANINOS RUNNERS PONTEAREAS	36:57.3	4:25.4
17	141	DAVILA MARIÑO Oscar	M3	(3)		37:04.7	4:32.8
18	376	ALONSO GONZALEZ Andre	M1	(7)		37:06.6	4:34.7
19	146	BARREIRO PEREIRA Xose Anton	M3	(4)	SD COMPOSTELA ATLETISMO	37:13.7	4:41.8
20	245	BERNARDEZ RODRIGUEZ Dario	M2	(9)	CIBUS SIRGON	37:17.1	4:45.2
21	267	LOUREIRO MONTENEGRO Pablo	M2	(10)	MONTEPORREIRUNN	37:27.4	4:55.5
22	318	JORGE CAO Juan Jose	M1	(8)	CLUB DEPORTIVO DELIKIA	37:40.6	5:08.7
23	319	GONZALEZ DAVILA Iago	M1	(9)	CLUB DEPORTIVO BOMBEIROS VIGO	37:59.4	5:27.5
24	160	ALVAREZ MIRANDA Jose Luis	M3	(5)	CIBUS TEAM	38:22.9	5:51.0
25	283	ANDION RIVADULLA Antonio	M2	(11)		38:24.9	5:53.0
26	298	RIVERA GUILLADE Martin	M1	(10)		38:27.3	5:55.4
27	213	GONZALEZ ALVAREZ Borja	M2	(12)		38:29.7	5:57.8
28	242	FERNANDEZ Andres	M2	(13)	CIBUS TEAM	38:30.9	5:59.0
29	388	PINO MASID David	M1	(11)	RUNNERS PV	38:31.9	6:00.0
30	262	GONZALEZ NUÑEZ Jose Luis	M2	(14)		38:36.3	6:04.4
31	255	SANCHEZ MOREIRA Ricardo	M2	(15)	CIBUS SIRGON	38:46.1	6:14.2
32	253	FERREIRA LAREDO David	M2	(16)	CASTRELOS KM.0	38:55.7	6:23.8
33	287	PARRA GARCIA Eduardo	M2	(17)		38:56.1	6:24.2
34	266	TUBIO MUÑIZ Guillermo	M2	(18)		38:57.9	6:26.0
35	102	SUAREZ MARTINEZ Manuel	M5	(1)	CLUB ATLETISMO VETERANOS DE SAMIL	39:04.7	6:32.8
36	172	FERNANDEZ PEREZ Oscar Manuel	M3	(6)	C.A.R. MARISQUEIRO	39:08.5	6:36.6
37	240	BAR PEREZ Luis	M2	(19)	C.A.R. MARISQUEIRO	39:08.7	6:36.8
38	398	VALENCIA RODRIGUEZ Cristian	M1	(12)	C.A.R. MARISQUEIRO	39:09.4	6:37.5
39	247	NOGUEIRA FERNANDEZ Junior	M2	(20)		39:15.5	6:43.6
40	203	LOPEZ GARRIDO David	M2	(21)		39:17.7	6:45.8
41	371	ARMADA DIAZ Jacobo	M1	(13)		39:42.1	7:10.2
42	200	CABALEIRO GARCIA Jose Manuel	M2	(22)	CIBUS TEAM	39:47.9	7:16.0
43	309	MAQUIEIRA PEREIRA Adrian	M1	(14)	CLUB DEPORTIVO DELIKIA	39:52.7	7:20.8
44	251	COMESAÑA SAA Daniel	M2	(23)	L@S INSENSAT@S	40:19.4	7:47.5
45	409	PEREZ DE OYA Guillermo	M1	(15)		40:21.7	7:49.8
46	181	GONZALEZ GONZALEZ Gonzalo	M3	(7)	CIBUS TEAM	40:38.0	8:06.1
47	300	RODRIGUEZ SANTISO Hugo	M1	(16)	CLUB DEPORTIVO DELIKIA	40:39.1	8:07.2
48	853	GOMES Joao	M1	(17)	ALVORGE	40:50.8	8:18.9
49	250	ROCA ROMERO Gonzalo	M2	(24)		40:55.3	8:23.4
50	145	RODRIGUEZ GARCIA Pablo	M3	(8)		41:01.9	8:30.0
51	128	GRAÑA ALONSO Jose Carlos	M4	(1)	LODEIROS TRAIL	41:02.1	8:30.2
52	390	GONZALEZ NUÑEZ Luis	M1	(18)		41:09.3	8:37.4
53	347	COSTAS BARCIA Diego	M1	(19)	MAIS QUE AUGA	41:10.4	8:38.5
54	153	PEREZ NOVAS Miguel	M3	(9)	QUEBICIMARCISPORT	41:28.6	8:56.7
55	121	OTERO GIRALDEZ Miro	M4	(2)		41:35.6	9:03.7
56	856	RODRIGUEZ BOLIBAR Ernesto	M3	(10)	CASTRELOS KM.0	41:43.6	9:11.7
57	401	FERNANDEZ RODRIGUEZ David	M1	(20)		41:44.7	9:12.8
58	370	AGREDA CASTRO Romel	M1	(21)	X-ONE	41:44.9	9:13.0
59	358	COELLO Ivan	M1	(22)	CIBUS SIRGON	41:46.0	9:14.1
60	215	DELGADO RAMOS Jose Carlos	M2	(25)		41:52.0	9:20.1
61	188	PEÑAS Jaime	M3	(11)		41:55.9	9:24.0
62	338	VAZQUEZ Javier	M1	(23)	MAIS QUE AUGA	41:57.5	9:25.6
63	263	PEREZ RODAS Daniel	M2	(26)		41:58.2	9:26.3
64	289	DOMINGUEZ MARIÑO Felipe	M2	(27)		42:04.1	9:32.2
65	310	SERGIENKO Aleksei	M1	(24)		42:07.0	9:35.1

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66	111	JARDON LOPEZ Jose	M5	(2)	CLUB ATLETISMO VETERANOS DE SAMIL	42:30.9	9:59.0
67	302	GONZALEZ MOURIÑO Iago	M1	(25)		42:31.7	9:59.8
68	307	RODRIGUEZ FLORES Marco Antonio	M1	(26)		42:32.5	10:00.6
69	220	FERNANDEZ GRADIN David	M2	(28)	CIBUS TEAM	42:36.8	10:04.9
69	190	RODRIGUEZ CASTRO Javier	M3	(12)		42:36.8	10:04.9
71	189	RICOY ALONSO Juan	M3	(13)	RUNNING LUSEKELO	42:49.0	10:17.1
72	372	SROKA Wojciech	M1	(27)	SOCIEDAD ATLÉTICA VAL MIÑOR	42:50.1	10:18.2
72	196	NAVIA IGLESIAS Ruben	M2	(29)	BIKILA	42:50.1	10:18.2
74	219	NUÑEZ PARADA Sergio	M2	(30)		42:57.2	10:25.3
75	316	ESTEVEZ Carlos	M1	(28)		43:02.9	10:31.0
76	270	VARA ADRIO Iago	M2	(31)	SIRENO TRIATLON CLUB	43:09.1	10:37.2
77	214	CASAS CASAS Jose Manuel	M2	(32)		43:11.1	10:39.2
78	384	AGREDA CASTRO Alex	M1	(29)		43:15.1	10:43.2
79	135	MONTENEGRO BALLESTEROS Diego	M3	(14)		43:19.4	10:47.5
80	368	OTERO GONZALEZ Dylan	M1	(30)		43:21.1	10:49.2
80	237	ROVATI Gabriele	M2	(33)		43:21.1	10:49.2
82	275	DOVAL LOIS Francisco	M2	(34)	CLUB TRIATLÓN MAR DE VIGO	43:24.2	10:52.3
83	205	ALONSO ALVAREZ J. Carlos	M2	(35)	ATHLETICS FISIOTERAPIA SAN LÁZARO	43:31.5	10:59.6
84	139	SABINO PORTO Alfonso	M3	(15)		43:35.6	11:03.7
85	226	GOBERNA COMESAÑA Ivan	M2	(36)		44:00.3	11:28.4
86	174	SIO FERNANDEZ Ruben	M3	(16)	CLUB ATLETISMO PORRIÑO	44:00.9	11:29.0
87	148	BERTOMEU CAPELAN Francisco Javier	M3	(17)		44:02.0	11:30.1
88	304	DA CONCEPCION VICENTE Eduardo	M1	(31)		44:02.9	11:31.0
89	142	LISTE BASCOY Alejandro	M3	(18)	CLUB DEPORTIVO DELIKIA	44:06.3	11:34.4
90	367	PEREZ COUÑAGO Adrian	M1	(32)		44:14.1	11:42.2
91	418	FERNANDEZ PRUDENCIO Pablo	M0	(1)		44:16.9	11:45.0
92	194	CABACO CAMPOS Jose Manuel	M2	(37)	TAKO TEAM	44:20.6	11:48.7
93	166	MARTINEZ DOMINGUEZ Roberto	M3	(19)	CLUB ATLETISMO SAMERTOLAMEU	44:29.9	11:58.0
94	264	CABEZAS VILA Valeriano	M2	(38)	C.A.R. MARISQUEIRO	44:32.7	12:00.8
95	147	LUCIA PAREDES Giovanni	M3	(20)		44:37.7	12:05.8
96	364	RIVAS Mateo	M1	(33)		44:39.7	12:07.8
97	180	LORENZO UZ Alberto	M3	(21)	CIBUS SIRGON	44:43.3	12:11.4
98	209	ARADAS LESTON Bernardo	M2	(39)	RAGNAROK OCR	44:44.1	12:12.2
99	113	PEREZ PASCUAL Manuel	M5	(3)	C.S.C.R. BEADE	44:45.8	12:13.9
100	197	COSTAS RODRIGUEZ Marcos	M2	(40)	C.D. RIAS DO SUR	44:58.4	12:26.5
101	334	ROJO MARTINEZ Tomas	M1	(34)		45:16.6	12:44.7
102	330	GIL PEREZ Sergio	M1	(35)		45:16.7	12:44.8
103	290	SALGUIRO ALONSO Enrique	M2	(41)		45:18.1	12:46.2
104	374	FERNANDEZ MARTINEZ Sergio	M1	(36)	PORCOS CELTAS	45:20.6	12:48.7
105	408	TORRES NOGUEIRA Daniel	M1	(37)		45:30.1	12:58.2
106	373	MARTIN PALOMARES Ruben	M1	(38)		45:31.7	12:59.8
107	195	RODRIGUEZ FERNANDEZ Efen	M2	(42)		45:40.1	13:08.2
108	151	VAZQUEZ VALLADARES Antonio	M3	(22)		45:42.1	13:10.2
109	193	CAMESELLE PINTOS Angel	M3	(23)	MAIS QUE AUGA	45:43.8	13:11.9
110	314	VIDAL Edu	M1	(39)		45:44.6	13:12.7
111	199	GOMEZ LOPEZ Pablo	M2	(43)	L@S INSENSAT@S	45:51.2	13:19.3
111	122	GALLIDORO DEL MONTE Jose Humberto	M4	(3)	CLUB DEPORTIVO DELIKIA	45:51.2	13:19.3
113	228	RIVERA CANICOBA Alberto	M2	(44)		45:54.8	13:22.9
114	406	FREIRE RODRIGUEZ Ismael	M1	(40)		45:58.0	13:26.1
115	277	ALONSO GOMEZ Ivan	M2	(45)		45:58.4	13:26.5
116	396	CHAN SADA Ruben	M1	(41)		46:05.3	13:33.4



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117	346	RODRIGUEZ DOMINGUEZ David	M1	(42)		46:10.9	13:39.0
118	393	SANCHEZ VEGA Juan Diego	M1	(43)		46:11.6	13:39.7
119	161	GIL GONZALEZ Miguel Angel	M3	(24)	CLUB ATLETISMO VETERANOS DE SAMIL	46:12.5	13:40.6
120	315	SULBARAN VIDAL Jesus Manuel	M1	(44)		46:32.9	14:01.0
121	186	SOTELO JUNCAL Guillermo	M3	(25)		46:33.5	14:01.6
122	269	VARA BLANCO Javier	M2	(46)		46:33.7	14:01.8
123	230	MAYO RODRIGUEZ Marcos	M2	(47)	RUNYTRI	46:35.6	14:03.7
124	271	LOPEZ PINO Javier	M2	(48)	RUNYTRI	46:44.7	14:12.8
125	118	PEREZ SANTOS Avelino	M4	(4)	CLUB CASTRELOS 20:30	46:47.1	14:15.2
126	361	LOPEZ BERTOLO Javier	M1	(45)		46:48.2	14:16.3
127	380	GONZALEZ Daniel	M1	(46)	MAIS QUE AUGA	46:53.0	14:21.1
128	143	GONZALEZ MACIEL Jose Luis	M3	(26)	RIZOS TEAM	46:59.5	14:27.6
129	191	FERNANDEZ GALLARDO Julio	M3	(27)	RUNNING LUSEKELO	47:00.7	14:28.8
130	137	DAPENA TENORIO Jose Luis	M3	(28)	OS CORREDORES DO INFERNIO	47:03.7	14:31.8
131	369	REIJA CHAO Alejo	M1	(47)		47:05.2	14:33.3
132	353	AMEZ Martin	M1	(48)	PORCOS CELTAS	47:11.6	14:39.7
133	204	GARCIA ALVAREZ Javier	M2	(49)	LUME RUN	47:12.0	14:40.1
134	140	MARTINEZ PEREZ Jose Luis	M3	(29)	CLUB TRIATLÓN MAR DE VIGO	47:15.2	14:43.3
135	229	GONZALEZ VAZQUEZ Jorge	M2	(50)		47:16.7	14:44.8
136	260	VEGA GARCIA Antonio M.	M2	(51)		47:21.1	14:49.2
137	134	FREIRE PIÑEIRO Jose Manuel	M3	(30)	MAIS QUE AUGA	47:21.5	14:49.6
138	268	REGATOS GOMEZ Roberto	M2	(52)		47:32.1	15:00.2
139	248	DORADO FUENTE Iban	M2	(53)		47:35.2	15:03.3
140	397	DOMINGUEZ Santi	M1	(49)		47:36.5	15:04.6
141	342	AMOEDO TABOAS Andres	M1	(50)		47:37.7	15:05.8
142	249	VENTURA REGO Jorge	M2	(54)	CLUB TRIATLÓN MAR DE VIGO	47:39.3	15:07.4
143	119	VIDEIRA CORREA Alberto	M4	(5)	RUNNING LUSEKELO	47:40.2	15:08.3
144	389	ALONSO SUAREZ Diego	M1	(51)		47:49.9	15:18.0
145	176	BARROSO GONZALEZ Antonio	M3	(31)	C.A.R. MARISQUEIRO	48:07.2	15:35.3
146	352	BARROS RODRIGUEZ Javier	M1	(52)		48:08.7	15:36.8
147	357	ARIAS Manuel	M1	(53)		48:11.6	15:39.7
148	279	DIOS VIDAL Javier	M2	(55)	BORGWARNER	48:23.8	15:51.9
149	333	FERREIRA Pablo	M1	(54)		48:31.3	15:59.4
150	120	MOREIRA CONDE Antonio	M4	(6)		48:33.6	16:01.7
151	285	DOMINGUEZ VILLAVERDE Juan Carlos	M2	(56)		48:34.3	16:02.4
152	167	HERRERO MENA Gonzalo	M3	(32)	VIGOENTRENA	48:34.5	16:02.6
153	115	BARREIRO Benigno	M4	(7)	ATHLETICS AVENTURA XTREM	48:46.9	16:15.0
154	308	DEL VALLE-INCLAN CRUCES Hugo	M1	(55)		48:49.0	16:17.1
155	124	ALONSO BASTOS Luis	M4	(8)		48:52.6	16:20.7
156	360	IGLESIAS ALLICA Marcos	M1	(56)		48:53.9	16:22.0
157	162	ALONSO COSTAS Oscar	M3	(33)		48:57.2	16:25.3
158	152	GARCIA DACOSTA Eduardo	M3	(34)	CLUB ATLETISMO SADA	49:05.8	16:33.9
159	343	BALTAR LOSADA Miguel	M1	(57)	MAIS QUE AUGA	49:12.9	16:41.0
160	157	VILLANUEVA AREAL Dito	M3	(35)	RUNNING LUSEKELO	49:14.7	16:42.8
161	234	PEREIRA FERNANDEZ Daniel	M2	(57)	NUTRIBIOTICA	49:23.5	16:51.6
162	168	GOMEZ LAGO Francisco Javier	M3	(36)	ATLETISMO VIGO	49:28.4	16:56.5
163	117	FERNANDEZ CLEMENTE Carlos	M4	(9)		49:30.9	16:59.0
164	417	POUSA ESCUDEIRO Xurxo	M0	(2)		49:38.3	17:06.4
165	164	IGLESIAS RODRIGUEZ Carlos	M3	(37)		49:38.5	17:06.6
166	385	VARELA COMESAÑA Adrian	M1	(58)		49:39.8	17:07.9
167	170	NOBLESSE Thierry	M3	(38)		49:41.0	17:09.1

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Clc	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clc)	Equipo	Tiempo	Diferencia
168	349	COMESAÑA PIRES Antonio	M1	(59)	METAS IMPOSIBLES TRAIL TEAM	49:42.0	17:10.1
169	239	MARTIN PALLES Marco Alexio	M2	(58)	VIGOENTRENA	49:59.6	17:27.7
170	299	VILLAR PEREIRA Jose Gabriel	M1	(60)		50:01.8	17:29.9
171	227	BOA MOUCO Alberto	M2	(59)		50:05.3	17:33.4
172	392	MORONA MINGUEZ Miguel	M1	(61)	CIBUS TEAM	50:06.1	17:34.2
173	222	ALONSO CARRERA Daniel	M2	(60)		50:10.0	17:38.1
174	434	TEIJEIRO NUÑEZ Joaquin	M3	(39)		50:18.9	17:47.0
175	341	REY CARRIL Iago	M1	(62)		50:21.9	17:50.0
176	355	COUTO MEIRIÑO Manuel	M1	(63)		50:41.3	18:09.4
177	185	YAÑEZ COIRA Avelino	M3	(40)	RUNNING LUSEKELO	50:44.1	18:12.2
178	202	VANDERVORST Philippe	M2	(61)		50:46.5	18:14.6
179	179	FENOLLERA BOLIBAR Santiago	M3	(41)		50:47.7	18:15.8
180	410	BUJONES PACHE Jose	M1	(64)		50:48.6	18:16.7
181	159	ALVAREZ CASTRO Xohan	M3	(42)		50:50.4	18:18.5
182	126	FIDALGO IGLESIAS Manuel	M4	(10)		51:00.4	18:28.5
183	325	GONZALEZ FERNANDEZ Manuel	M1	(65)	BICICLETAS CHINQUENA RACING TEAM	51:02.7	18:30.8
184	317	ESTEVEZ ESTEVEZ Javier	M1	(66)	BICICLETAS CHINQUENA RACING TEAM	51:03.0	18:31.1
185	130	MARTINEZ DOBALO David	M3	(43)	CROSSBEERS	51:06.6	18:34.7
186	378	PAZO RODRIGUEZ Daniel	M1	(67)		51:11.3	18:39.4
187	127	CABALEIRO HERNANDEZ Jesus	M4	(11)		51:18.4	18:46.5
188	329	BARROS RODRIGUEZ Pedro	M1	(68)		51:31.3	18:59.4
189	276	PALOMEQUE TORRAS Jose Maria	M2	(62)		51:34.5	19:02.6
190	339	SEOANE VELOSO Xavier	M1	(69)		51:36.0	19:04.1
191	402	BOUX CLIMENT Vicente	M1	(70)	FRUTAS NIEVES	51:36.4	19:04.5
192	208	SANMARTIN GONZALEZ Victoriano	M2	(63)	MAIS QUE AUGA	51:36.7	19:04.8
193	169	TELLE RODRIGUEZ Fernando	M3	(44)		51:37.2	19:05.3
194	345	CARRERA RIVEIRO Francisco	M1	(71)		51:45.2	19:13.3
195	311	PEREIRA PEREZ Armando	M1	(72)		51:50.2	19:18.3
196	399	GONZALEZ SAMPERE Aaron	M1	(73)		51:50.4	19:18.5
197	138	PARDAVILA IGLESIAS Miguel Angel	M3	(45)	CORRIDA DAS CABRAS	51:54.1	19:22.2
198	295	ALONSO PEREZ Ruben	M2	(64)		51:54.8	19:22.9
199	280	SEIJAS CAL Jacob	M2	(65)		51:55.4	19:23.5
200	394	LAGO CASAL Santiago	M1	(74)		51:56.2	19:24.3
201	391	COSTAS RODRIGUEZ Adrian	M1	(75)		52:02.4	19:30.5
202	278	RODAL FRAGA Carlos	M2	(66)		52:11.2	19:39.3
203	327	GARCIA BESADA Dani	M1	(76)		52:14.3	19:42.4
204	246	APARICIO OLIVAN Oscar	M2	(67)		52:23.8	19:51.9
205	101	QUINTEIRO NUÑEZ Manuel	M6	(1)	MAIS QUE AUGA	52:26.0	19:54.1
206	351	AGULLA GONZALEZ Israel	M1	(77)		52:45.2	20:13.3
207	116	TABOADA GONZALEZ Ramiro	M4	(12)	RUNNING LUSEKELO	52:50.5	20:18.6
208	149	CRUCES Daniel	M3	(46)		52:53.3	20:21.4
209	210	RODRIGUEZ DIP Mario Nicolas	M2	(68)	MAIS QUE AUGA	53:02.8	20:30.9
210	192	CASADO Gustavo	M3	(47)		53:04.0	20:32.1
211	356	FREIRIA MARTINEZ Luis	M1	(78)		53:22.9	20:51.0
212	403	MATALA ALVAREZ Tareg	M1	(79)		53:27.6	20:55.7
213	212	MIGUEZ SOTO Pablo	M2	(69)		53:31.5	20:59.6
214	207	DACAL DEZA Daniel	M2	(70)		53:31.6	20:59.7
215	764	PIÑEIRO AGULLA Isidro Jose	M2	(71)		53:36.8	21:04.9
215	178	CASTIÑEIRA Javier	M3	(48)	MAIS QUE AUGA	53:36.8	21:04.9
217	144	GONZALEZ RODRIGUEZ Manuel	M3	(49)	ADN RUNNERS - TELMO PELUQUEROS F.C.	53:37.1	21:05.2
218	133	GONZALEZ MARTINEZ Fernando	M3	(50)		53:44.8	21:12.9



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Clc	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clc)	Equipo	Tiempo	Diferencia
219	125	VILLAR SALGADO Jose Francisco	M4	(13)	C.A.R. MARISQUEIRO	53:49.7	21:17.8
220	109	BLANCO GONZALEZ Alfonso	M5	(4)		53:50.8	21:18.9
221	123	MARTINEZ MEIS Felix	M4	(14)		54:03.2	21:31.3
222	244	JATO DARRIBA Jose	M2	(72)		54:04.6	21:32.7
223	256	RODRIGUEZ SUAREZ Manuel Antonio	M2	(73)		54:05.0	21:33.1
224	332	MARTINEZ NOVAS David	M1	(80)	BORGWARNER	54:08.0	21:36.1
225	377	GUAMA HEREDIA Edwin	M1	(81)	PADELEROS	54:11.9	21:40.0
226	201	SALO BENITO Javier	M2	(74)	RUNNING SOLITA	54:12.0	21:40.1
227	366	TENORIO DEL RIO Jesus	M1	(82)		54:17.7	21:45.8
228	354	IGLESIAS DORDA Manuel	M1	(83)		54:20.4	21:48.5
229	158	VILLATORO IGLESIAS Javier	M3	(51)		54:22.2	21:50.3
230	254	MONTOUTO ESCUDEIRO Samuel	M2	(75)		54:26.8	21:54.9
231	265	CERVIÑO ALVAREZ Raul	M2	(76)		54:35.8	22:03.9
232	336	MARTIN ATANES Guille	M1	(84)		54:44.4	22:12.5
233	350	BLACH MACIEL Ricardo	M1	(85)		54:45.3	22:13.4
234	337	POUSA PIÑEIRO Pablo	M1	(86)		54:45.4	22:13.5
235	108	VAZQUEZ ENRIQUEZ Manuel	M5	(5)		54:56.5	22:24.6
236	284	GARCIA BESADA Ivan	M2	(77)		55:10.5	22:38.6
237	335	MOVILLA MARIÑO Andre	M1	(87)		55:19.1	22:47.2
238	288	BERNARDEZ GARCIA Javier	M2	(78)		55:19.2	22:47.3
239	156	RODRIGUEZ ROLLE Eduardo	M3	(52)		55:21.2	22:49.3
240	224	LORENZO SARMIENTO Daniel	M2	(79)		55:22.6	22:50.7
241	375	ESTEBO FERNANDEZ DE LAS HERAS Sebastian	M1	(88)		55:29.0	22:57.1
242	184	LARA PEREZ Jose	M3	(53)		55:37.2	23:05.3
243	362	ROSENDO SANTIAGO Anxo	M1	(89)		55:49.2	23:17.3
244	252	MENDEZ RATON Ivan	M2	(80)	UNA CAÑA Y UN ZUMO TEAM	55:57.7	23:25.8
245	293	GESTO Xoan	M2	(81)	BEADE, AHI OS VAN!	55:58.7	23:26.8
246	232	DEL CAÑO CASTRO Miguel	M2	(82)		56:00.6	23:28.7
247	320	ALONSO LOPEZ Jonatan	M1	(90)	ATLETISMO BAIONA	56:02.0	23:30.1
248	154	COTA CAMIÑA Adolfo	M3	(54)		56:07.0	23:35.1
249	136	RIVAS CID Victor	M3	(55)	C.A.R. MARISQUEIRO	56:10.7	23:38.8
250	150	POUSA LUCIO Xoan Manuel	M3	(56)		56:18.4	23:46.5
251	103	GARABATOS CUADRADO Jose Antonio	M5	(6)	C.A.R. MARISQUEIRO	56:26.2	23:54.3
252	211	HERNANDEZ GRAÑA Juan Carlos	M2	(83)		56:36.9	24:05.0
253	323	ESTEVEZ ALVAREZ Mauro	M1	(91)	CORREDORES DO MIÑO	56:40.2	24:08.3
254	291	SIMONES Nuno	M2	(84)	ALVORGE	56:45.6	24:13.7
255	183	PRIETO CHAPELLIN Jose Ramon	M3	(57)		56:47.4	24:15.5
256	286	FERMOSO DOMINGUEZ Tomas	M2	(85)	FRUTAS NIEVES	56:51.9	24:20.0
257	173	LAMAS PEREZ Jose Eduardo	M3	(58)		56:53.9	24:22.0
258	131	ALVAREZ CALLEJA Carlos	M3	(59)		56:54.8	24:22.9
259	114	SUAREZ GONZALEZ Vicente	M5	(7)		57:21.3	24:49.4
260	238	RESUA EIRAS David	M2	(86)	CHUZAS OLIMPICOS	57:21.4	24:49.5
261	281	BUXO SANCHEZ Gabriel	M2	(87)		57:33.6	25:01.7
262	415	ELSEICY Ahmed	M1	(92)		57:41.2	25:09.3
263	105	SOTO AMIL Jose F.	M5	(8)		57:57.4	25:25.5
264	129	MENDEZ RODRIGUEZ Manuel	M4	(15)	RUNNING LUSEKELO	58:29.4	25:57.5
265	321	RODRIGUEZ REY Sergio	M1	(93)		58:30.5	25:58.6
266	106	DURAN LAGO Fernando	M5	(9)		58:46.9	26:15.0
267	233	VIDAL MIGUEZ Anxo	M2	(88)		59:01.9	26:30.0
268	411	HERNANDEZ Carlos	M1	(94)		59:02.6	26:30.7
269	303	FREIXES FERNANDEZ David	M1	(95)		59:02.8	26:30.9



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Clf	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clf)	Equipo	Tiempo	Diferencia
270	217	GONZALEZ ABEIJON Fernando	M2	(89)		59:04.7	26:32.8
271	404	RIVERO Alejandro	M1	(96)		59:33.0	27:01.1
271	365	FOUZ FERNANDEZ Alejandro	M1	(96)		59:33.0	27:01.1
273	419	NUÑEZ TORRON Yago	M0	(3)		1h00:06.4	27:34.5
274	112	CHAMORRO RODRIGUEZ Eugenio	M5	(10)	C.A.R. MARISQUEIRO	1h00:31.5	27:59.6
275	379	FERNANDEZ GARCIA Diego	M1	(98)		1h00:55.3	28:23.4
276	331	BLANCO CORDERO Javier	M1	(99)		1h01:00.4	28:28.5
277	340	CONDE LAGO Jesus	M1	(100)	C.A.R. MARISQUEIRO	1h01:00.5	28:28.6
278	296	ALONSO RODRIGUEZ Manuel Antonio	M2	(90)	BEADE, AHI OS VAN!	1h01:04.1	28:32.2
279	326	MOSQUERA OTERO Diego	M1	(101)		1h01:11.0	28:39.1
280	221	ABALO IBARLUCEA Pablo	M2	(91)		1h01:22.6	28:50.7
281	412	DEL RIO FERNANDEZ Roberto	M1	(102)		1h04:14.3	31:42.4
282	395	PENEDO BUJ Victor	M1	(103)		1h05:40.9	33:09.0

## 10K DISCAMINO

1	96	OLMOS CARBALLO Raquel	F2	(1)	DISCAMINO	23:12.1	
2	422	BERRIDE SOTO David	M3	(1)	DISCAMINO	25:53.2	2:41.1
3	95	ARAYA CRESPO Rosa	F3	(1)	DISCAMINO	28:10.9	4:58.8
4	94	PEREIRO PIAY Paula	F3	(2)	DISCAMINO	32:22.7	9:10.6
5	97	MARTINEZ SANTOS Paula	F2	(2)	DISCAMINO	32:37.9	9:25.8
6	424	FERNANDEZ COSTAS Gerardo	M2	(1)	DISCAMINO	32:38.3	9:26.2
7	423	FERNANDEZ MARTINEZ Javichi	M3	(2)	DISCAMINO	33:33.0	10:20.9
8	428	SANCHEZ CASADO Unai	M1	(1)	DISCAMINO	35:02.5	11:50.4
9	425	RODRIGUEZ FIRVIDA Damian	M2	(2)	DISCAMINO	35:03.6	11:51.5
10	432	LAGO PEREZ Cesar	M0	(1)	DISCAMINO	37:25.1	14:13.0

## MULLERES 5K

1	599	RODRIGUEZ GACIO Susana	F1	(1)		19:09.9	
2	1	VAQUERO SOUSA Julia	F3	(1)		19:57.6	47.7
3	535	ESTEVEZ CRESPO Cristina	F2	(1)		20:34.0	1:24.1
4	519	VILAR PALMA Ana Paula	F3	(2)	SOCIEDAD ATLÉTICA VAL MIÑOR	21:00.9	1:51.0
5	534	VIDAL LORENZO Emilia	F2	(2)	MAIS QUE AUGA	22:50.5	3:40.6
6	564	RASCADO RIOS Andrea	F1	(2)	CLUB TRIATLÓN MAR DE VIGO	23:17.0	4:07.1
7	561	CABALEIRO CARREIRA Maria Teresa	F1	(3)		23:50.7	4:40.8
8	549	FARO MARTINEZ Maria Nieves	F1	(4)	CLUB ATLETISMO PORRIÑO	24:20.7	5:10.8
9	610	VIDAL FERNANDEZ Alexandra	F0	(1)	CLUB DEPORTIVO DELIKIA	24:20.9	5:11.0
10	558	COELLO DAPENA Antia	F1	(5)		25:00.5	5:50.6
11	539	FERNANDEZ VARELA Maria Estefania	F2	(3)		25:02.2	5:52.3
12	554	VICENTE SANROMAN Alexandra	F1	(6)		25:05.5	5:55.6
13	563	FERNAGUT Camille	F1	(7)		25:32.6	6:22.7
14	593	CASTIÑEIRA Susana	F1	(8)		25:39.7	6:29.8
15	565	ESTEVEZ Estefania	F1	(9)	ASOCIACION DEPORTIVA C.A.R.	25:43.1	6:33.2
16	576	BRUZON BANDEIRA Maria	F1	(10)		25:43.9	6:34.0
17	555	CABANELAS FIGUEIRIDO Celes	F1	(11)		25:48.7	6:38.8
18	551	RODRIGUEZ RODRIGUEZ Maria	F1	(12)		26:16.0	7:06.1
19	594	TURNER Julia	F1	(13)		26:18.6	7:08.7
20	513	MIRAS POSADA Marina	F3	(3)	ANISETES	26:21.3	7:11.4





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Cl	Dor.	Apellidos y nombre	Categoría PRUEBA	(Cl)	Equipo	Tiempo	Diferencia
21	501	FERNANDEZ PAZOS Luz	F5	(1)		26:28.7	7:18.8
22	602	RODRIGUEZ ACUÑA Laura	F1	(14)		26:31.9	7:22.0
23	578	GARCIA DO CAMPO Sara	F1	(15)		26:36.8	7:26.9
24	570	RIAL MARTINEZ DE ALEGRIA Marta	F1	(16)	TRIATLÓN MAR DE VIGO	26:43.8	7:33.9
25	544	JIMENEZ Silvia	F1	(17)		26:51.0	7:41.1
26	528	FARO ESTEVEZ Cristina	F2	(4)		27:02.3	7:52.4
27	512	PEREIRA RODRIGUEZ Mar	F3	(4)		27:02.7	7:52.8
28	525	FREIRE PIÑEIRO Lorena	F2	(5)	MAIS QUE AUGA	27:07.4	7:57.5
29	532	ALONSO OTERO Tamara	F2	(6)		27:11.0	8:01.1
30	566	LUSQUIÑOS BALLESTEROS Lara	F1	(18)		27:26.8	8:16.9
31	521	PAZ OLIVEIRA Natalia	F3	(5)	MAIS QUE AUGA	27:32.3	8:22.4
32	516	FONSECA GARCIA Beatriz	F3	(6)		27:45.8	8:35.9
33	589	GHI TADDEY Mora Antonella	F1	(19)		27:52.7	8:42.8
34	607	FELIX PEREZ Clara	F1	(20)		28:40.1	9:30.2
35	507	MENDEZ PENA Lina	F3	(7)		28:45.7	9:35.8
36	597	ALONSO FERNANDEZ Lucia	F1	(21)		28:56.3	9:46.4
37	596	RODRIGO NUÑEZ Claudia	F1	(22)		28:56.4	9:46.5
38	609	DELGADO DURAN Noa	F0	(2)	CLUB ATLETISMO PORRIÑO	28:58.7	9:48.8
39	510	RUIZ Pilar	F3	(8)		29:12.6	10:02.7
40	537	PEREZ RODRIGUEZ Luz	F2	(7)	MAIS QUE AUGA	29:13.6	10:03.7
41	517	GONZALEZ GONZALEZ Maria Elena	F3	(9)	MAIS QUE AUGA	29:14.0	10:04.1
42	571	ZUNZUNEGUI Maria	F1	(23)	MAIS QUE AUGA	29:14.9	10:05.0
43	600	GALLEGO Natalia	F1	(24)		29:23.2	10:13.3
44	546	CARIDE Miriam	F1	(25)		29:23.6	10:13.7
45	523	ALGARTE Sophie	F2	(8)	LUME RUN	29:24.7	10:14.8
46	789	RECAMAN MIGUEZ Shirley	M2	(1)		29:29.6	10:19.7
47	591	OSORIO COUTO Maria Del Carmen	F1	(26)		29:49.0	10:39.1
48	584	PEREZ VAZQUEZ Xiana	F1	(27)		29:57.5	10:47.6
49	585	ACUÑA CRESPO Cecilia	F1	(28)		29:57.7	10:47.8
50	569	FUENTES CALDERON Cristina	F1	(29)		30:03.1	10:53.2
51	514	MANEIRO CID Romina	F3	(10)	ANISETES	30:05.2	10:55.3
52	582	ALMENDAREZ America	F1	(30)		30:06.6	10:56.7
53	538	UBEIRA CORDERO Miriam	F2	(9)		30:06.9	10:57.0
54	543	VAZQUEZ DUARTE Cristina	F1	(31)		30:29.8	11:19.9
55	527	PAZOS GONZALEZ Lorena	F2	(10)		30:40.6	11:30.7
56	508	DIAZ PAZ Yolanda	F3	(11)		30:48.4	11:38.5
57	557	ASENSIO VARELA Sara	F1	(32)	MAIS QUE AUGA	30:50.0	11:40.1
58	592	PEREIRA FERNANDEZ Monica	F1	(33)		30:51.7	11:41.8
59	583	IGLESIAS ALLICA Malena	F1	(34)		30:57.6	11:47.7
60	552	LEBRERO ALVAREZ Carla	F1	(35)		31:00.3	11:50.4
61	581	MARTINEZ PEREIRA Tatiana	F1	(36)		31:18.4	12:08.5
62	586	GARCIA GARCIA Miriam	F1	(37)		31:23.4	12:13.5
63	595	SANCHEZ RODRIGUEZ Elena	F1	(38)		31:27.3	12:17.4
64	503	OSSORIO TERRON Asuncion	F4	(1)	ATHLETICS FISIOTERAPIA SAN LÁZARO	31:27.4	12:17.5
65	531	PEREZ GOMEZ Lorena	F2	(11)	ASALTAMONTES FEMALE	31:36.5	12:26.6
66	520	PEREIRO SANTIN Maria Elena	F3	(12)		31:41.2	12:31.3
67	575	TOYOS FONTAN Raquel	F1	(39)		31:55.2	12:45.3
68	574	PRADO GONZALEZ Eva	F1	(40)		32:14.8	13:04.9
69	536	GARCIA BAUTISTA Tania	F2	(12)		32:16.9	13:07.0
70	562	VILLANUEVA FERNANDEZ Elena	F1	(41)		32:18.0	13:08.1
71	545	HENRIQUES LOPES Mariana	F1	(42)		32:22.7	13:12.8



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Clit	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clit)	Equipo	Tiempo	Diferencia
72	579	COTA ESPÍÑO Noelia	F1	(43)		32:41.7	13:31.8
72	518	ESPÍÑO VAZQUEZ Celeste	F3	(13)		32:41.7	13:31.8
74	573	HERNANDEZ FERNANDEZ Lucia	F1	(44)		33:08.5	13:58.6
75	590	FREIJO RODRIGUEZ Estela	F1	(45)	MAIS QUE AUGA	33:12.2	14:02.3
76	548	ROSELLO CABELLO Beatriz	F1	(46)	MAIS QUE AUGA	33:12.4	14:02.5
77	509	FERNANDEZ SUAREZ Carmen	F3	(14)	MAIS QUE AUGA	33:21.8	14:11.9
78	504	RODRIGUEZ Ana	F4	(2)	MAIS QUE AUGA	33:22.0	14:12.1
79	587	MARTINEZ MELENDEZ Alba	F1	(47)	X-ONE	33:50.2	14:40.3
80	540	DIEGUEZ VARELA Carina	F2	(13)		35:21.9	16:12.0
81	526	PADILHA GOMEZ Fernanda	F2	(14)		35:43.9	16:34.0
82	580	DIZ MURIAS Andrea	F1	(48)		35:55.9	16:46.0
83	572	GARCIA GUILLE Julia	F1	(49)		36:09.5	16:59.6
84	559	PEREIRA GIL Raquel	F1	(50)		36:33.8	17:23.9
85	560	MALVAR AMOEDO Noelia	F1	(51)		36:34.0	17:24.1
86	588	JOVER LLOPIS Azucena	F1	(52)		36:57.3	17:47.4
87	598	FUENTES VELASCO Marta	F1	(53)		36:58.7	17:48.8
88	604	FREIRE Cidalia	F1	(54)	ALVORGE	37:06.9	17:57.0
89	613	FREIRE Anabela	F1	(55)		37:22.3	18:12.4
90	567	IGLESIAS ANDRADE Natalia Carolina	F1	(56)		38:08.7	18:58.8
91	568	CASTILLO Mical	F1	(57)	MAIS QUE AUGA	39:51.1	20:41.2
92	530	VARGAS Marianela	F2	(15)		40:52.3	21:42.4
93	601	BLAQUEZ COIDO Ana	F1	(58)	ELS PRINGATS	42:39.8	23:29.9

HOMES 5K

1	849	PIÑA CONSUEGRA Luis	M0	(1)	CLUB DEPORTIVO DELIKIA	16:12.6	
2	773	FERNANDEZ SOENGAS Jesus	M2	(1)	CLUB DEPORTIVO DELIKIA	16:23.8	11.2
3	833	OTERO AMOEDO Anxo	M1	(1)	CAD SERVISUB BUEU	16:34.6	22.0
4	761	SANDE PRESA Juan Carlos	M3	(1)	MILER RUNNING CLUB	18:02.2	1:49.6
5	731	ULLA REGA Manuel	M3	(2)		18:16.9	2:04.3
6	766	CADAVID VILLANUEVA Hector	M2	(2)		18:20.2	2:07.6
7	836	DOMINGUEZ VILA Pablo	M1	(2)	VIGOENTRENA	18:23.4	2:10.8
8	848	PEREZ CONDE Kike	M2	(3)	GMTA CHUVONERS	18:27.6	2:15.0
9	717	RIVEIRO RODRIGUEZ Arlindo	M5	(1)	CLUB CASTRELOS 20:30	18:30.7	2:18.1
10	753	FERNANDEZ MONZON Marcos	M3	(3)	C.S.C.R. BEADE	18:40.2	2:27.6
11	749	COSTAS COSTAS Miguel	M3	(4)	MAIS QUE AUGA	18:42.4	2:29.8
12	819	LOPEZ FERNANDEZ Hugo	M1	(3)	CIBUS SIRGON	18:43.4	2:30.8
13	741	PALHARES Antonio	M3	(5)		18:48.9	2:36.3
14	780	AMOEDO OUTEDA Juan Jose	M2	(4)	CLUB ATLETISMO SAN MIGUEL DE MARÍN	18:51.3	2:38.7
15	768	CARRERA BLANCO Pablo	M2	(5)	C.A. SERRANO	18:55.0	2:42.4
16	842	ALONSO GARRIDO Alvaro	M1	(4)		19:08.6	2:56.0
17	837	MORENO LIRA Josue	M1	(5)		19:10.0	2:57.4
18	788	VARELA PEREZ Jose Ramon	M2	(6)		19:10.1	2:57.5
18	748	LOUZAO TATO Jose Luis	M3	(6)		19:10.1	2:57.5
20	817	PEREZ MARCET Jorge Cosmo	M1	(6)		19:12.3	2:59.7
21	784	CAMPELO GONZALEZ Antonio	M2	(7)	VIGOENTRENA	19:18.5	3:05.9
22	724	PAZ RODRIGUEZ Juan	M4	(1)	CLUB CASTRELOS 20:30	19:35.7	3:23.1
23	790	ALFAYA Jose	M2	(8)	CLUB DEPORTIVO DELIKIA	19:38.2	3:25.6
24	755	BARREIRO RUIBAL Matias	M3	(7)	CLUB DEPORTIVO PINARIUM	19:46.8	3:34.2
25	838	GUERRERO MIQUILENO Ronaldo	M1	(7)	SOCIEDAD ATLÉTICA VAL MIÑOR	20:06.4	3:53.8

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Clt	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clt)	Equipo	Tiempo	Diferencia
26	803	ROMERO ESTEVEZ Kevin	M1	(8)		20:14.5	4:01.9
27	760	CABADO CASTRO Xose	M3	(8)	CLUB ATLETISMO SANTIAGO	20:42.5	4:29.9
28	744	AMOEDO AGULLA Carlos	M3	(9)		20:57.2	4:44.6
29	847	ZUBIZARRETA SCOTTI Agustin	M1	(9)	TAKO TEAM	20:59.6	4:47.0
30	829	CIGARRAN OLMO Jorge	M1	(10)		21:10.8	4:58.2
31	810	LUMBRERAS DE LARA Diego	M1	(11)	BIKILA	21:35.2	5:22.6
32	732	FERREIRA ANTAS Victorman	M3	(10)		21:36.4	5:23.8
33	757	ALONSO VEIGA Jose	M3	(11)	ANISETES	21:37.3	5:24.7
34	745	ALVAREZ Andres	M3	(12)	IMAXINATEA ESCOLA DE TEATRO	21:42.2	5:29.6
35	845	PIÑEIRO LESTON Fernando	M1	(12)	CLUB ATLETISMO PORRIÑO	22:15.5	6:02.9
36	807	DIAZ SANDOVAL Gustavo Javier	M1	(13)	MAIS QUE AUGA	22:20.0	6:07.4
37	720	ESTEVEZ CERNADAS Ricardo	M4	(2)	ATHLETICS AVENTURA XTREM	22:20.4	6:07.8
38	711	DOMINGUEZ RODRIGUEZ Carlos	M6	(1)		22:29.8	6:17.2
39	805	PEREZ ALVAREZ Alejandro	M1	(14)		22:31.1	6:18.5
40	734	FERNANDEZ GARCIA Manuel	M3	(13)	CLUB DEPORTIVO PINARIUM	22:36.0	6:23.4
41	743	DAVILA BUGARIN Salva	M3	(14)		23:04.7	6:52.1
42	775	OSBORNE Steve	M2	(9)		23:08.4	6:55.8
43	733	BELOSO GONZALEZ Carlos	M3	(15)		23:16.9	7:04.3
44	706	KARAMES Manuel	M6	(2)		23:29.3	7:16.7
45	721	FERNANDEZ GONZALEZ Jose Angel	M4	(3)		23:30.9	7:18.3
46	781	DOCET CAAMAÑO Francisco	M2	(10)		23:37.3	7:24.7
47	821	LEON LAGO Sergio	M1	(15)	VIGOENTRENA	23:55.3	7:42.7
48	704	REY GONZALEZ J.Roberto	M6	(3)	CLUB ATLETISMO VETERANOS DE SAMIL	24:14.2	8:01.6
49	714	VILLAR ALVAREZ Enrique	M5	(2)		24:15.0	8:02.4
50	826	IRAVEDRA LOPEZ Pablo	M1	(16)		24:36.0	8:23.4
51	776	GARCIA FERNANDEZ Jose Manuel	M2	(11)		24:39.2	8:26.6
52	795	DIAZ FERNANDEZ Diego	M2	(12)		24:40.8	8:28.2
53	770	PEREZ IGLESIAS Antonio	M2	(13)		24:43.5	8:30.9
54	756	CASTEJON OTERO Jaime	M3	(16)		24:47.1	8:34.5
55	752	ESTEVEZ ABALDE Juan Antonio	M3	(17)		24:49.0	8:36.4
56	855	PALTRICAS Tiago	M2	(14)		24:59.4	8:46.8
57	709	VIEITO QUINTAS Berto	M6	(4)		25:03.8	8:51.2
58	707	HERNANDEZ BORREGO Miguel	M6	(5)	MAIS QUE AUGA	25:12.8	9:00.2
59	812	PEREZ VILLAR Andres	M1	(17)		25:16.7	9:04.1
60	787	GIRALDEZ RIOS Jose	M2	(15)		25:21.3	9:08.7
61	754	LEDO MATA Alejandro	M3	(18)		25:33.9	9:21.3
62	794	VELOSO DOMINGUEZ Iago	M2	(16)		25:49.6	9:37.0
63	777	GONZALEZ GIL David	M2	(17)		26:02.0	9:49.4
64	701	GARCIA COSTAS Federico Amando	M6	(6)		26:08.2	9:55.6
65	716	ROS ROSILLO Alejandro	M5	(3)	CLUB DEPORTIVO DELIKIA	26:09.0	9:56.4
66	723	GONZALEZ GARCIA Luis	M4	(4)	C.A.R. MARISQUEIRO	26:12.7	10:00.1
67	843	SALAZAR DURAES Felipe	M1	(18)	LUME RUN	26:30.9	10:18.3
68	736	GONZALEZ MATOS Daniel	M3	(19)		26:33.4	10:20.8
69	832	MACEDA COVELO Manuel	M1	(19)		26:33.7	10:21.1
70	774	PEREIRA RODRIGUEZ Carlos	M2	(18)		26:35.7	10:23.1
71	852	PADIN COUSIDO Jose Luis	M6	(7)	CLUBE ATLETISMO CAMBADOS	26:59.3	10:46.7
72	727	MARTINEZ GOMEZ Pakinho	M3	(20)	GALLAECIA JASTANDOSAPATILLA	27:05.5	10:52.9
73	823	MOLINA MARTINEZ Jose Luis	M1	(20)		27:05.9	10:53.3
74	758	NOGUEIRA FOS Ruben	M3	(21)		27:06.8	10:54.2
75	746	CAMESELLE BEN Jose Ramon	M3	(22)		27:16.6	11:04.0
76	778	SOUZA ALONSO Daniel	M2	(19)		27:26.0	11:13.4



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Cl	Dor.	Apellidos y nombre	Categoría PRUEBA	(Cl)	Equipo	Tiempo	Diferencia
77	792	ALONSO OTERO Diego	M2	(20)	COMESAÑA SPORTING CLUB	27:35.9	11:23.3
78	769	VERAZA Cristian	M2	(21)	MAIS QUE AUGA	27:41.8	11:29.2
79	841	BLANCO RODRIGUEZ Mateo Maximiliano	M1	(21)	ELS PRINGATS	27:42.7	11:30.1
80	703	VELILLA CASTRO Jesus Antonio	M6	(8)	CLUB ATLETISMO VETERANOS DE SAMIL	27:43.2	11:30.6
81	801	SANTOS QUINTERO Bernardo	M1	(22)		27:43.3	11:30.7
82	786	LOPEZ FERNANDEZ Ruben	M2	(22)		27:45.4	11:32.8
83	851	RIOS VILLAR Yoel	M0	(2)	CLUB ATLETISMO VETERANOS DE SAMIL	27:49.9	11:37.3
84	705	RAMOS VIGO Sergio	M6	(9)	CLUB ATLETISMO VETERANOS DE SAMIL	27:50.1	11:37.5
85	828	TUBIO PIÑEIRO Eloy	M1	(23)		27:53.1	11:40.5
86	783	RODRIGUEZ JORGE Daniel	M2	(23)		27:55.1	11:42.5
87	785	SANCHEZ CASTRO Jesus	M2	(24)		28:00.9	11:48.3
88	809	MOURE VAZQUEZ Juan G	M1	(24)	C.A.R. MARISQUEIRO	28:07.5	11:54.9
89	818	ROMERO PEREZ Sergio	M1	(25)		28:08.7	11:56.1
90	813	CIMADEVILA MORENO Xacobe	M1	(26)		28:23.7	12:11.1
91	710	PEREZ Luis David	M6	(10)	MAIS QUE AUGA	28:24.9	12:12.3
92	725	SIMOES FERNANDEZ Jose Luis	M4	(5)	C.A.R. MARISQUEIRO	28:40.4	12:27.8
93	747	MARTINEZ ALONSO Daniel	M3	(23)		28:40.6	12:28.0
94	824	PACHECO Daniel	M1	(27)		28:52.2	12:39.6
95	708	LOPEZ RAMOS Luis	M6	(11)	RUNYTRI	28:55.8	12:43.2
96	726	VARELA GORJOJO Miguel Angel	M4	(6)		29:03.4	12:50.8
97	839	COUCEIRO MARQUEZ Felipe	M1	(28)		29:09.8	12:57.2
98	799	CANOSA Oscar	M2	(25)		29:27.0	13:14.4
99	735	BARROS LORENZO Jose Manuel	M3	(24)		29:30.6	13:18.0
100	816	SANTACLARA VIDAL Ramon	M1	(29)		29:34.5	13:21.9
101	722	PEREZ RODRIGUEZ Manuel	M4	(7)		29:36.8	13:24.2
102	742	FERREIRA CHARRASQUIEL Marcial	M3	(25)		29:39.4	13:26.8
103	835	DIZ Alberto	M1	(30)		29:42.7	13:30.1
104	771	OTERO MIGUENS Luis	M2	(26)		30:07.8	13:55.2
105	793	ANASTACIO Carlos	M2	(27)	ALVORGE	30:21.9	14:09.3
106	806	VAZQUEZ MAYO Javier	M1	(31)	MAIS QUE AUGA	30:50.0	14:37.4
107	815	CASTIÑEIRAS NARCISO Kevin	M1	(32)		31:02.1	14:49.5
108	737	IGLESIAS BLANCO Jose	M3	(26)	ANISETES	31:11.4	14:58.8
109	712	RIOS RODRIGUEZ Manuel	M5	(4)	CLUB ATLETISMO VETERANOS DE SAMIL	31:18.0	15:05.4
110	729	SANCHEZ RODRIGUEZ Jorge	M3	(27)		31:32.8	15:20.2
111	808	DI BONAVENTURA Vittorio	M1	(33)		31:58.4	15:45.8
112	767	DOMINGUEZ SERRANO Oscar	M2	(28)		32:04.1	15:51.5
113	730	VAZQUEZ Enrique	M3	(28)		32:17.8	16:05.2
114	715	VEGA MARQUEZ Jose Angel	M5	(5)		32:28.4	16:15.8
115	820	GRUNENFELDER Fadri	M1	(34)		32:28.6	16:16.0
116	831	MAGDALENA IGLESIAS Alvaro	M1	(35)		32:28.7	16:16.1
117	834	SABIDO MARTINEZ Manuel	M1	(36)		32:41.4	16:28.8
118	822	MEGINA RUBIO Daniel	M1	(37)		32:41.7	16:29.1
119	811	CIBRAN OLIVEIRA Jose Antonio	M1	(38)		32:49.7	16:37.1
120	713	GARCIA FERNANDEZ Jose Manuel	M5	(6)		33:14.8	17:02.2
121	738	LOSADA LOSADA Fernando	M3	(29)	C.D. ATLETAS POPULARES DE SORIA	34:12.9	18:00.3
122	765	RODRIGUEZ ESTEVEZ Fernando	M2	(29)		35:28.7	19:16.1
123	825	CAAMAÑO Alvaro	M1	(39)		35:54.8	19:42.2
124	854	DIAS Licinio	M2	(30)		37:24.1	21:11.5
125	779	VEGA COELLO Jesus	M2	(31)		37:33.3	21:20.7
126	728	GANDARA BOUZA Alejandro	M3	(30)	CLUB CASTRELOS 20:30	39:15.2	23:02.6
127	814	SEARA Samuel	M1	(40)	MAIS QUE AUGA	39:50.7	23:38.1





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Clt	Dor.	Apellidos y nombre	Categoría PRUEBA	(Clt)	Equipo	Tiempo	Diferencia
128	840	MARTINEZ IGLESIAS Pablo	M1	(41)	ELS PRINGATS	42:39.8	26:27.2
129	751	PEREZ CAMPO Jesus Maria	M3	(31)		43:27.6	27:15.0