

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
10K								
Femenino								
F0								
1.	398	Ella Martin Ruiz	SOLIS UDAT TALAVERA	0:14:53 (2)	0:29:00	--	3:51 min/km	250
2.	207	Rebeca Perea Corral	SOLISS UDAT	0:14:53 (1)	0:29:00	+00	3:51 min/km	200
3.	501	Ariadna Alvarez-Buylla	CLUB TRIATLÓN MAR DE VIGO	0:20:33 (3)	0:42:26	+13:26	5:39 min/km	250
4.	67	Leyre Cruz Tenorio		0:23:42 (4)	0:48:53	+19:53	6:30 min/km	200
F1								
1.	645	Santiago Mampel Martinez		0:15:25 (1)	0:33:03	--	4:24 min/km	250
2.	455	Xana Rodriguez Garcia	TERRAS DE BURÓN	0:16:41 (2)	0:33:29	+26	4:27 min/km	200
3.	323	Naomi Dominguez Perez	CLUB DEPORTIVO DELIKIA	0:17:20 (3)	0:34:35	+1:32	4:36 min/km	150
4.	98	María Nuñez Castro	SAUDE SPORT VIGO	0:17:32 (4)	0:35:32	+2:29	4:44 min/km	125
5.	162	Sara Asorey Caaveiro	SHAKA CLUB	0:18:36 (6)	0:36:40	+3:37	4:53 min/km	100
6.	163	Carina Cardozo	SHAKA CLUB	0:18:29 (5)	0:36:54	+3:51	4:55 min/km	90
7.	32	Estefanía Estevez	FENDETESTAS	0:19:03 (7)	0:38:21	+5:18	5:06 min/km	80
8.	346	Andrea Graña Soto		0:19:45 (9)	0:38:24	+5:21	5:07 min/km	75
9.	309	Silvia Muñoz Santiago	VIVAGYM RUNNING	0:20:02 (11)	0:38:52	+5:49	5:10 min/km	70
10.	213	Carmen Cea Pazo		0:19:38 (8)	0:39:06	+6:03	5:12 min/km	60
11.	431	Monica Gonzalez		0:19:54 (10)	0:39:14	+6:11	5:13 min/km	35
12.	522	Cristina Ces Andres		0:20:44 (22)	0:39:51	+6:48	5:18 min/km	35
13.	560	Laura Perez Moran	SHAKA CLUB	0:20:06 (12)	0:40:29	+7:26	5:23 min/km	35
14.	254	Águeda Mocholi Ortega	SHAKA CLUB	0:20:07 (13)	0:40:29	+7:26	5:23 min/km	35
15.	436	Victoria Fernandez		0:20:11 (14)	0:40:34	+7:31	5:24 min/km	35
16.	354	Sonia Rodriguez Joga	SHAKA CLUB	0:20:16 (16)	0:40:40	+7:37	5:25 min/km	30
17.	517	Noemi Carames Alemparte		0:20:23 (18)	0:40:45	+7:42	5:25 min/km	30
18.	229	Laura Fernandez Basalo		0:20:11 (15)	0:40:51	+7:48	5:26 min/km	30
19.	542	Jennifer Velandia González		0:20:19 (17)	0:41:05	+8:02	5:28 min/km	30
20.	247	Cristina Paz		0:20:23 (19)	0:41:22	+8:19	5:30 min/km	30
21.	113	Ester Salgado Diz	SHAKA CLUB	0:20:31 (21)	0:41:37	+8:34	5:32 min/km	20
22.	52	Ana Gonzalez Alonso	SHAKA CLUB	0:21:43 (33)	0:41:43	+8:40	5:33 min/km	20
23.	19	Uxia Ordoñez Seijas		0:20:26 (20)	0:41:46	+8:43	5:34 min/km	20
24.	545	Sara Parada Costa		0:21:22 (26)	0:42:12	+9:09	5:37 min/km	20
25.	91	Patricia Gomez Otero		0:21:30 (30)	0:42:14	+9:11	5:37 min/km	20
26.	539	Laura Castro Pérez		0:21:49 (37)	0:42:24	+9:21	5:39 min/km	20
27.	392	Susana Castiñeira Lampon		0:21:37 (31)	0:42:30	+9:27	5:39 min/km	20
28.	524	Carlota Almagro Yravedra		0:22:03 (40)	0:42:41	+9:38	5:41 min/km	20
29.	581	Ana Campos Lourido		0:20:55 (23)	0:42:47	+9:44	5:42 min/km	20
30.	304	Layla Ricardo Cidinho De		0:21:38 (32)	0:42:49	+9:46	5:42 min/km	20
31.	256	Rocío Fernandez Silva	SHAKA CLUB	0:21:50 (38)	0:43:02	+9:59	5:44 min/km	20
32.	182	Laura Giraldez Groba		0:21:10 (24)	0:43:38	+10:35	5:48 min/km	20
33.	180	Laura Lovelle		0:21:26 (28)	0:43:38	+10:35	5:49 min/km	20
34.	36	Aida Clemente Guinarte	PORCOS CELTAS	0:22:07 (42)	0:43:38	+10:35	5:49 min/km	20

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P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
35.	614	Lucia Costas Costas	SHAKA CLUB	0:21:48 (35)	0:43:50	+10:47	5:50 min/km	20
36.	102	Silvia Fernandez		0:22:01 (39)	0:43:53	+10:50	5:50 min/km	20
37.	238	Sandra Lago Barreiro	SHAKA CLUB	0:22:05 (41)	0:43:54	+10:51	5:51 min/km	20
38.	101	Nerea Caride Vieitez		0:21:26 (29)	0:43:54	+10:51	5:51 min/km	20
39.	321	Jazmine Wickam	SHAKA CLUB	0:21:48 (36)	0:43:55	+10:52	5:51 min/km	20
40.	519	Alice Pattinson		0:22:24 (43)	0:44:05	+11:02	5:52 min/km	20
41.	338	Naroa Fernandez Caride		0:21:26 (27)	0:44:10	+11:07	5:53 min/km	20
42.	330	Carla Perez Perez		0:21:17 (25)	0:44:33	+11:30	5:56 min/km	20
43.	487	Noelia Andres Oliveira		0:22:27 (45)	0:44:36	+11:33	5:56 min/km	20
44.	498	Carla Acosta Ruiz		0:22:26 (44)	0:44:52	+11:49	5:58 min/km	20
45.	203	Sara Barcia Garcia		0:22:43 (51)	0:45:04	+12:01	6:00 min/km	20
46.	303	Alejandra Iglesias Veiga		0:22:28 (46)	0:45:36	+12:33	6:04 min/km	20
47.	233	Laura Vazquez Hermida		0:23:34 (60)	0:45:44	+12:41	6:05 min/km	20
48.	234	Nerea Arambarri Fernandez		0:23:34 (59)	0:45:44	+12:41	6:05 min/km	20
49.	329	Laura Taboada Honzalez		0:22:42 (50)	0:45:49	+12:46	6:06 min/km	20
50.	513	Lorena Fernandez		0:22:42 (49)	0:45:50	+12:47	6:06 min/km	20
51.	292	Jennifer Seijo Iglesias		0:21:46 (34)	0:45:51	+12:48	6:06 min/km	15
52.	375	Belén Ballesta Garcia		0:22:40 (48)	0:45:58	+12:55	6:07 min/km	15
53.	284	Vanessa Salgado Mosquera		0:23:33 (57)	0:46:18	+13:15	6:10 min/km	15
54.	288	Karla Diaz Arenas	BRUMA SOCIAL CLUB	0:23:09 (53)	0:46:18	+13:15	6:10 min/km	15
55.	299	Diana Areias Martins	BRUMA SOCIAL RUN	0:23:34 (58)	0:46:19	+13:16	6:10 min/km	15
56.	286	Eliany Mendoza Romero		0:23:55 (70)	0:46:19	+13:16	6:10 min/km	15
57.	384	Virginia Anton Miguelez	BRUMA SOCIAL CLUB	0:23:55 (69)	0:46:21	+13:18	6:10 min/km	15
58.	612	Diana Maksymchuk Krupiy	MAROSA	0:23:12 (54)	0:46:26	+13:23	6:11 min/km	15
59.	514	Lía De Araujo Perez		0:23:34 (61)	0:46:37	+13:34	6:12 min/km	15
60.	588	Antia Garrido Fernandez		0:23:38 (63)	0:46:42	+13:39	6:13 min/km	15
61.	529	Paloma Llanos Gonzalez		0:23:20 (55)	0:46:48	+13:45	6:14 min/km	15
62.	445	Maria A. Rodriguez	MAIS QUE AUGA	0:23:37 (62)	0:46:49	+13:46	6:14 min/km	15
63.	575	Helena Winhart		0:22:56 (52)	0:47:01	+13:58	6:16 min/km	15
64.	540	Olalla Rodriguez Groba		0:22:39 (47)	0:47:06	+14:03	6:16 min/km	15
65.	533	Natalia Lorenzo Vidal		0:23:25 (56)	0:47:13	+14:10	6:17 min/km	15
66.	443	Raquel Martinez Gonzalez		0:23:48 (65)	0:47:42	+14:39	6:21 min/km	15
67.	381	Laura Gallego Canabal		0:23:53 (68)	0:47:42	+14:39	6:21 min/km	15
68.	361	Ana Filipa Rodrigues		0:23:51 (67)	0:47:42	+14:39	6:21 min/km	15
69.	467	Anays Sumariva Soto		0:24:06 (72)	0:47:49	+14:46	6:22 min/km	15
70.	631	Linda Osorio Jaramillo		0:24:07 (73)	0:47:50	+14:47	6:22 min/km	15
71.	54	Cristina Camara Del Valle		0:24:17 (74)	0:47:51	+14:48	6:22 min/km	15
72.	141	Eva Duran		0:23:49 (66)	0:47:54	+14:51	6:23 min/km	15
73.	597	Ainhoa Agulleiro Beraza		0:24:04 (71)	0:48:01	+14:58	6:24 min/km	15
74.	609	Vanessa Cuartiella	MAROSA	0:27:46 (77)	0:48:02	+14:59	6:24 min/km	15
75.	530	María Calderon		0:23:41 (64)	0:48:28	+15:25	6:27 min/km	15
76.	169	Belén Sousa Gonzalez		0:25:09 (76)	0:49:16	+16:13	6:34 min/km	15
77.	134	Alba Carballo Sanchez		0:25:06 (75)	0:50:36	+17:33	6:44 min/km	15

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F2								
1.	271	Noemi Alvarez Rodriguez		0:14:55 (1)	0:29:45	--	3:57 min/km	250
2.	129	Olalla Saborido Gil	CLUB ATLETISMO VETERANOS DE SAMIL	0:15:13 (2)	0:30:43	+58	4:05 min/km	200
3.	258	Rocio Rodriguez Oliveira	ATHLETICS FISIOTERAPIA SAN LAZARO	0:16:16 (3)	0:32:48	+3:03	4:22 min/km	150
4.	277	Vilma Agra		0:17:13 (4)	0:35:04	+5:19	4:40 min/km	125
5.	494	Paula Senra Del Rio		0:18:30 (5)	0:35:32	+5:47	4:44 min/km	100
6.	336	Maria Fernandez Alvarez	CLUB TRIATLON MORRAZO	0:18:49 (6)	0:37:15	+7:30	4:57 min/km	90
7.	550	Paula Mendez Fernandez		0:19:43 (8)	0:39:14	+9:29	5:13 min/km	80
8.	241	Ruslana Koba	MAIS QUE AUGA	0:19:48 (9)	0:39:21	+9:36	5:14 min/km	75
9.	50	Dolly Garcia Torrico	MAIS QUE AUGA	0:19:41 (7)	0:39:21	+9:36	5:14 min/km	70
10.	481	Montserrat Casal Garcia		0:20:38 (15)	0:40:34	+10:49	5:24 min/km	60
11.	506	Ángeles Nieto Gonzalez		0:20:21 (11)	0:40:39	+10:54	5:25 min/km	35
12.	350	Mirian Martinez Vidal	C.A.R. MARISQUEIRO	0:20:27 (12)	0:40:41	+10:56	5:25 min/km	35
13.	202	Monica Romero Martinez	FRUTAS NIEVES	0:20:31 (13)	0:41:00	+11:15	5:27 min/km	35
14.	473	Patricia Alonso Parente		0:20:19 (10)	0:41:19	+11:34	5:30 min/km	35
15.	611	Rebeca Nuñez Costas	SHAKA CLUB	0:20:34 (14)	0:41:22	+11:37	5:30 min/km	35
16.	100	Alexandra Nuñez Castro	SAUDE SPORT VIGO	0:20:45 (16)	0:41:24	+11:39	5:31 min/km	30
17.	505	Lourdes Rodriguez Villar		0:21:20 (21)	0:41:38	+11:53	5:33 min/km	30
18.	625	Monica Ramilo Mendez	IBIS VAL MIÑOR	0:21:02 (17)	0:41:42	+11:57	5:33 min/km	30
19.	61	Geomar Magro Hernandez	VILLACHARRI	0:21:03 (18)	0:41:42	+11:57	5:33 min/km	30
20.	282	Marta De Prado Pereira		0:21:29 (22)	0:42:08	+12:23	5:36 min/km	30
21.	164	Cecilia Gabriela Guardia	CLUB ATLETISMO VETERANOS DE SAMIL	0:21:09 (19)	0:42:11	+12:26	5:37 min/km	20
22.	647	Noelia Fernandez Da Rocha		0:21:18 (20)	0:42:46	+13:01	5:42 min/km	20
23.	604	Elisa Perez Rodriguez		0:21:37 (25)	0:43:30	+13:45	5:47 min/km	20
24.	40	Elena Gil Rodriguez		0:21:36 (24)	0:43:44	+13:59	5:49 min/km	20
25.	429	Rosario Carro Feas		0:22:11 (26)	0:44:03	+14:18	5:52 min/km	20
26.	379	Pilar Santana Cabral	MAIS QUE AUGA	0:22:19 (28)	0:44:29	+14:44	5:55 min/km	20
27.	93	Lucía Pombo Chapela	MAIS QUE AUGA	0:22:19 (29)	0:44:48	+15:03	5:58 min/km	20
28.	537	Lorena Borrega Lopez		0:21:31 (23)	0:45:00	+15:15	5:59 min/km	20
29.	520	María Soledad Alvarez		0:22:54 (31)	0:45:10	+15:25	6:01 min/km	20
30.	546	Yania Carnero Llauger	BIKILA	0:22:15 (27)	0:45:53	+16:08	6:07 min/km	20
31.	547	Natalia Carnero Llauger		0:22:27 (30)	0:45:53	+16:08	6:07 min/km	20
32.	145	Rocio Rodriguez Figueroa		0:23:24 (32)	0:46:16	+16:31	6:10 min/km	20
33.	146	Silvia Insua Alonso	CORNELIOS	0:23:24 (33)	0:46:16	+16:31	6:10 min/km	20
34.	18	Ana María Rodriguez		0:24:30 (42)	0:46:44	+16:59	6:13 min/km	20
35.	344	Lorena Freire	MAIS QUE AUGA	0:24:22 (40)	0:47:11	+17:26	6:17 min/km	20
36.	222	Noelia Cabral Casal	MAIS QUE AUGA	0:23:46 (36)	0:47:41	+17:56	6:21 min/km	20
37.	360	Mariela Fernandez		0:23:53 (37)	0:47:42	+17:57	6:21 min/km	20
38.	554	Luna Luana Lopez Murguia		0:23:32 (34)	0:48:02	+18:17	6:24 min/km	20
39.	471	Paula Fernandez Pazo		0:23:57 (38)	0:48:11	+18:26	6:25 min/km	20
40.	339	Jara María Vera Armada		0:24:08 (39)	0:48:19	+18:34	6:26 min/km	20
41.	15	María Tenorio Del Rio		0:23:42 (35)	0:48:53	+19:08	6:30 min/km	20
42.	518	Eva María Bernardez		0:24:30 (41)	0:49:17	+19:32	6:34 min/km	20

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43.	123	Oana Chis		0:25:27 (43)	0:53:13	+23:28	7:05 min/km	20
F3								
1.	175	Águeda Ramirez	MAIS QUE AUGA	0:15:09 (1)	0:30:55	--	4:07 min/km	250
2.	391	Ana María Lampon Caride	MAIS QUE AUGA	0:16:55 (3)	0:34:12	+3:17	4:33 min/km	200
3.	55	Marta Losada Figueroa		0:17:04 (4)	0:34:34	+3:39	4:36 min/km	150
4.	75	Noelia Rivera Vazquez	ATHLETICS FISIOTERAPIA SAN LAZARO	0:18:19 (5)	0:36:51	+5:56	4:54 min/km	125
5.	77	Mónica Gallinar Fernandez	ATHLETICS FISIOTERAPIA SAN LAZARO	0:18:56 (7)	0:37:47	+6:52	5:02 min/km	100
6.	620	Lucía Martinez Comesaña	C.A.R. MARISQUEIRO	0:18:51 (6)	0:38:03	+7:08	5:04 min/km	90
7.	51	Virginia Alvarez Fernandez		0:19:41 (9)	0:39:25	+8:30	5:15 min/km	80
8.	22	María Ascensión Navarro		0:19:15 (8)	0:39:25	+8:30	5:15 min/km	75
9.	173	Lucía Fonseca Garcia		0:19:57 (10)	0:40:50	+9:55	5:26 min/km	70
10.	424	Julia Castro Colorado	BIKILA	0:20:49 (12)	0:40:53	+9:58	5:27 min/km	60
11.	333	Julia Lopez Reis	VIGOENTRENA	0:21:03 (13)	0:41:42	+10:47	5:33 min/km	35
12.	191	Marta Maria Amoedo	TRINORTH	0:20:42 (11)	0:42:40	+11:45	5:41 min/km	35
13.	515	Eva Endress	CLUB DEPORTIVO DELIKIA	0:21:33 (14)	0:43:36	+12:41	5:48 min/km	35
14.	370	Mónica Vazquez Mayo	MAIS QUE AUGA	0:22:24 (15)	0:44:54	+13:59	5:59 min/km	35
15.	142	Tatiana Santorio De Frutos	ATHLETICS FISIOTERAPIA SAN LAZARO	0:23:45 (25)	0:45:47	+14:52	6:06 min/km	35
16.	376	Antonia Garcia Alvarez	AB ACTIVE BALANCE	0:22:39 (16)	0:45:58	+15:03	6:07 min/km	30
17.	198	Isabel Valenciano Bilbao		0:23:29 (21)	0:46:15	+15:20	6:09 min/km	30
18.	147	Rosana Alvarez Rodriguez		0:22:58 (19)	0:46:22	+15:27	6:10 min/km	30
19.	367	Maite Fernandez Ruiz	MAIS QUE AUGA	0:22:56 (18)	0:46:40	+15:45	6:13 min/km	30
20.	541	Sofía González De La		0:22:59 (20)	0:47:01	+16:06	6:16 min/km	30
21.	504	Maria J Rodriguez Martinez		0:23:38 (24)	0:47:02	+16:07	6:16 min/km	20
22.	331	Carmen Perez Quintas		0:22:55 (17)	0:47:10	+16:15	6:17 min/km	20
23.	63	Monica Alvarez Comesaña	ATHLETICS FISIOTERAPIA SAN LAZARO	0:23:52 (27)	0:47:30	+16:35	6:19 min/km	20
24.	582	Sonsoles Gonzalez Rivas		0:23:37 (22)	0:47:46	+16:51	6:22 min/km	20
25.	580	Maricel Justribo Salse		0:23:37 (23)	0:47:46	+16:51	6:22 min/km	20
26.	630	Montse Sarabia Vidal		0:24:16 (29)	0:48:15	+17:20	6:25 min/km	20
27.	345	Lucia Berride Soto		0:23:47 (26)	0:48:29	+17:34	6:27 min/km	20
28.	270	Lorena Dorado Fernandez		0:24:16 (28)	0:48:56	+18:01	6:31 min/km	20
29.	634	Rocio Manecha Limares		0:24:48 (31)	0:50:09	+19:14	6:41 min/km	20
30.	499	Beatriz Rodriguez Campos		0:24:50 (32)	0:50:18	+19:23	6:42 min/km	20
F4								
1.	80	Maria Carmen Rocha	C.A.R. MARISQUEIRO	0:21:37 (1)	0:45:34	--	6:04 min/km	250
2.	43	Ana Rodriguez Iglesias	MAIS QUE AUGA	0:24:46 (3)	0:48:48	+3:14	6:30 min/km	200
3.	86	Marta Rodriguez Alvarez	BIKILA	0:24:29 (2)	0:49:16	+3:42	6:34 min/km	150
F5								
1.	108	Luz Fernandez Pazos		0:19:40 (1)	0:39:16	--	5:14 min/km	250
2.	48	Carmen Costas Rodriguez	SOCIEDAD ATLÉTICA VAL MIÑOR	0:23:36 (2)	0:47:32	+8:16	6:20 min/km	200
Masculino								
M0								
1.	126	Anxo Jamardo Capelo	SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	0:14:50 (1)	0:30:30	--	4:03 min/km	250

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2.	397	Martin Fernandez		0:15:47 (2)	0:32:30	+2:00	4:19 min/km	200
3.	283	Miguel Iglesias Ferreira		0:16:28 (4)	0:32:51	+2:21	4:22 min/km	150
4.	441	Diego Cusi Cabaleiro		0:16:15 (3)	0:33:53	+3:23	4:30 min/km	125
5.	278	Mateo Agra Pedrosa		0:17:24 (5)	0:36:28	+5:58	4:51 min/km	100
6.	372	Tiago Yletyinen Lopez	RIA RUNNING CLUB	0:17:57 (8)	0:36:43	+6:13	4:53 min/km	250
7.	373	Jorge Pedreira Espinosa		0:17:57 (9)	0:36:44	+6:14	4:53 min/km	200
8.	658	Adrián Falque Álvarez		0:17:51 (7)	0:39:19	+8:49	5:14 min/km	90
9.	659	Hugo Costa Noguerol		0:17:51 (6)	0:39:19	+8:49	5:14 min/km	80
10.	155	Yago Vazquez De Parga		0:21:42 (11)	0:42:34	+12:04	5:40 min/km	75
11.	280	Alexandre Fernandez		0:21:31 (10)	0:45:00	+14:30	5:59 min/km	70
12.	490	Alexandre Trigo Camesella	BRUMA SOCIAL CLUB	0:23:43 (12)	0:45:20	+14:50	6:02 min/km	60
13.	136	Jose E Fernandez Nuñez		0:24:19 (13)	0:48:44	+18:14	6:29 min/km	150
M1								
1.	452	Mario Rodriguez Costas		0:12:29 (1)	0:24:56	--	3:19 min/km	250
2.	355	Emilio Perez Groba	ADAS-PROINOR	0:12:34 (2)	0:25:24	+28	3:23 min/km	200
3.	456	Anxo Otero Amoedo	CAD SERVISUB BUEU	0:12:46 (4)	0:25:51	+55	3:26 min/km	150
4.	615	Pablo Perez Lovaco	MAROSA	0:12:45 (3)	0:26:09	+1:13	3:29 min/km	125
5.	618	Ricardo Bugallo	CDM XESTEIRAS	0:13:23 (5)	0:27:06	+2:10	3:36 min/km	100
6.	646	Álvaro Alonso Garrido		0:13:33 (6)	0:27:21	+2:25	3:38 min/km	90
7.	450	Jorge Rey Rodriguez		0:13:52 (8)	0:27:40	+2:44	3:41 min/km	80
8.	644	Sergi Vaño Peidro	CLUB DEPORTIVO DELIKIA	0:13:48 (7)	0:27:44	+2:48	3:41 min/km	75
9.	437	Mikołaj Adamczyk		0:14:12 (10)	0:28:50	+3:54	3:50 min/km	70
10.	21	Santiago Rodriguez Costas		0:14:12 (9)	0:29:04	+4:08	3:52 min/km	60
11.	357	Santiago Dominguez		0:14:34 (12)	0:29:21	+4:25	3:54 min/km	35
12.	324	Diego Davila Collazo		0:14:28 (11)	0:29:45	+4:49	3:57 min/km	35
13.	99	Pablo Lopez Alonso		0:15:02 (15)	0:30:18	+5:22	4:02 min/km	35
14.	536	Sergio Pedrosa Costas		0:14:53 (14)	0:30:21	+5:25	4:02 min/km	35
15.	438	Luis Gonzalez Nuñez		0:15:08 (17)	0:30:24	+5:28	4:03 min/km	35
16.	26	Marco Antonio Rodriguez	BEGOÑITA	0:15:11 (18)	0:30:26	+5:30	4:03 min/km	30
17.	186	Iván Leira Pita		0:14:47 (13)	0:30:38	+5:42	4:04 min/km	30
18.	563	Alberto Gomez-Naveira Vea	RUNYTRI	0:15:30 (21)	0:30:43	+5:47	4:05 min/km	30
19.	508	Eloy Perez Bastos		0:15:20 (20)	0:31:01	+6:05	4:08 min/km	30
20.	568	Luis Comesaña	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:15:06 (16)	0:31:06	+6:10	4:08 min/km	30
21.	179	Pablo Lamas Garralon		0:15:37 (24)	0:31:28	+6:32	4:11 min/km	20
22.	34	Carlos Montes Estevez	FENDETESTAS	0:15:13 (19)	0:31:28	+6:32	4:11 min/km	20
23.	237	Santiago Velayos Mackinlay	SHAKA CLUB	0:15:33 (22)	0:31:40	+6:44	4:13 min/km	20
24.	648	Adrián Verdes		0:16:01 (28)	0:31:58	+7:02	4:15 min/km	20
25.	305	Daniel Arenas Lago		0:16:01 (27)	0:31:58	+7:02	4:15 min/km	20
26.	201	Juan Gonzalez Perez		0:15:48 (25)	0:31:59	+7:03	4:15 min/km	20
27.	387	Salvador Casalderrey Perez		0:16:03 (29)	0:32:08	+7:12	4:17 min/km	20
28.	503	Lucas Fernandez Soares		0:15:34 (23)	0:32:14	+7:18	4:17 min/km	20
29.	564	Pablo Santome Rodriguez	VIVAGYM	0:15:49 (26)	0:32:36	+7:40	4:20 min/km	20
30.	224	Óscar Dominguez	NIGRÁN RUN CLUB	0:16:04 (31)	0:32:52	+7:56	4:22 min/km	20

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
31.	312	Tom Watson		0:16:20 (34)	0:33:09	+8:13	4:25 min/km	20
32.	454	Carlos Rivas Vila		0:16:25 (35)	0:33:17	+8:21	4:26 min/km	20
33.	472	Eloy Sio Fernandez	GM CUMBRE LLANGREU	0:16:16 (33)	0:33:27	+8:31	4:27 min/km	20
34.	212	Pedro Rodriguez Rodriguez		0:16:29 (36)	0:33:28	+8:32	4:27 min/km	20
35.	383	Pablo Fernandez Bernardez		0:16:15 (32)	0:33:41	+8:45	4:29 min/km	20
36.	326	Ismael Miguez Collazo		0:17:34 (47)	0:33:46	+8:50	4:30 min/km	20
37.	428	Ruben Taboas Pazos	CLINICA DENTAL ASODEN	0:17:38 (48)	0:34:03	+9:07	4:32 min/km	20
38.	196	Absoul Salam Congo		0:16:04 (30)	0:34:07	+9:11	4:32 min/km	20
39.	28	Breogan Gonzalez Paredes	CLUB ATLETISMO VETERANOS DE SAMIL	0:17:11 (42)	0:34:08	+9:12	4:33 min/km	20
40.	244	Pablo Estevez Bastos		0:17:07 (40)	0:34:25	+9:29	4:35 min/km	20
41.	122	Alberto Freitas Fernandez		0:16:49 (39)	0:34:30	+9:34	4:35 min/km	20
42.	595	Antonio Fernandez Rocha		0:17:10 (41)	0:34:36	+9:40	4:36 min/km	20
43.	496	Jose Costas Nuñez	LGTBI	0:18:14 (61)	0:34:49	+9:53	4:38 min/km	20
44.	200	Anxo Alonso Rial		0:16:34 (37)	0:34:57	+10:01	4:39 min/km	20
45.	605	Alberto Amoedo Garcia	KERRY	0:17:45 (52)	0:35:01	+10:05	4:40 min/km	20
46.	405	Alex Da Silva Perez		0:18:12 (60)	0:35:03	+10:07	4:40 min/km	20
47.	307	Jonatan Alonso Lopez	BIKILA	0:17:19 (43)	0:35:18	+10:22	4:42 min/km	20
48.	633	Erik Cotovad Gutierrez		0:17:31 (45)	0:35:19	+10:23	4:42 min/km	20
49.	53	Lucas Lorenzo Blas		0:18:18 (62)	0:35:19	+10:23	4:42 min/km	20
50.	89	Mario Castiñeiras Fariña		0:17:48 (54)	0:35:19	+10:23	4:42 min/km	20
51.	328	Mohamed Moukhlissi El Adi		0:17:41 (50)	0:35:23	+10:27	4:42 min/km	15
52.	365	Pedro Alexandre Rodrigues		0:18:21 (64)	0:35:23	+10:27	4:43 min/km	15
53.	531	David Perez Lamarca		0:17:33 (46)	0:35:24	+10:28	4:43 min/km	15
54.	414	Luis Monje De La Peña		0:18:09 (59)	0:35:27	+10:31	4:43 min/km	15
55.	320	Sergio Lence Rodriguez		0:17:28 (44)	0:35:31	+10:35	4:44 min/km	15
56.	617	Ignacio Otero Rey		0:17:42 (51)	0:35:32	+10:36	4:44 min/km	15
57.	79	Pablo Vilaboa Costas		0:16:46 (38)	0:35:35	+10:39	4:44 min/km	15
58.	459	Yeray Garcia Gonzalez		0:18:52 (75)	0:35:38	+10:42	4:45 min/km	15
59.	478	Marcos Gonzalez Calviño		0:18:46 (74)	0:35:44	+10:48	4:45 min/km	15
60.	264	Luis Miguel Fernandez		0:17:47 (53)	0:36:02	+11:06	4:48 min/km	15
61.	462	Damian Gonta		0:19:09 (77)	0:36:18	+11:22	4:50 min/km	15
62.	158	Izzan Ferreira Coira		0:19:10 (78)	0:36:19	+11:23	4:50 min/km	15
63.	249	Yago Rodriguez Lago		0:18:18 (63)	0:36:21	+11:25	4:50 min/km	15
64.	151	Víctor Moral Hermida	RANIN CLAB	0:18:32 (68)	0:36:21	+11:25	4:50 min/km	15
65.	45	Daniel Rodrigues	SHAKA CLUB	0:18:34 (71)	0:36:25	+11:29	4:51 min/km	15
66.	248	Bran Lopez Luengo	BOX4 SANTIAGO	0:18:03 (55)	0:36:27	+11:31	4:51 min/km	15
67.	82	Pablo Ferreira Morais		0:17:41 (49)	0:36:28	+11:32	4:51 min/km	15
68.	290	David Exposito De La		0:18:05 (56)	0:36:36	+11:40	4:52 min/km	15
69.	291	Carlos Delgado Tejedor		0:18:05 (57)	0:36:36	+11:40	4:52 min/km	15
70.	211	Nuno André Da Silva Paiva	SHAKA CLUB	0:18:34 (70)	0:36:41	+11:45	4:53 min/km	15
71.	419	Aaron Montero Fernandez		0:18:44 (73)	0:36:43	+11:47	4:53 min/km	15
72.	205	Alexandre Nieves Refojos		0:18:07 (58)	0:36:56	+12:00	4:55 min/km	15
73.	118	Daniel Mirze		0:19:04 (76)	0:37:00	+12:04	4:55 min/km	15

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
74.	495	Sergio Jorge Costas	MAXEFFORT	0:18:21 (65)	0:37:00	+12:04	4:55 min/km	15
75.	616	Adrián Villares		0:18:43 (72)	0:37:24	+12:28	4:59 min/km	15
76.	301	Nereo Garrido Gomez		0:18:34 (69)	0:37:28	+12:32	4:59 min/km	15
77.	447	Andrés Romero		0:19:17 (81)	0:37:33	+12:37	5:00 min/km	15
78.	592	Daniel Masino		0:18:27 (67)	0:37:39	+12:43	5:01 min/km	15
79.	591	Ibrahim Khilli		0:18:26 (66)	0:37:39	+12:43	5:01 min/km	15
80.	46	Xoan Gonzalez Iglesias		0:19:19 (82)	0:37:46	+12:50	5:02 min/km	15
81.	584	Diego Barros Rubines		0:20:00 (93)	0:37:53	+12:57	5:03 min/km	15
82.	78	Manuel Martin Alonso		0:20:03 (96)	0:38:10	+13:14	5:05 min/km	15
83.	464	Carlos Giraldez Loira		0:20:03 (97)	0:38:11	+13:15	5:05 min/km	15
84.	603	Luis Rodriguez Lago		0:19:22 (83)	0:38:28	+13:32	5:07 min/km	15
85.	315	Jefferson Rafael Bernal		0:19:12 (79)	0:38:30	+13:34	5:07 min/km	15
86.	220	Juan Perez Doval		0:19:32 (87)	0:38:40	+13:44	5:09 min/km	15
87.	16	Izham Diaz Marra		0:20:56 (108)	0:38:52	+13:56	5:10 min/km	15
88.	341	Alejandro Herrero Perez		0:21:15 (115)	0:38:58	+14:02	5:11 min/km	15
89.	449	David Freiria Prado		0:20:57 (109)	0:39:02	+14:06	5:12 min/km	15
90.	395	Pablo Barreiro Garcia		0:20:00 (92)	0:39:10	+14:14	5:13 min/km	15
91.	117	Pablo Cacheda Sarmiento	GTR GALAICO TRAIL RUN	0:19:13 (80)	0:39:17	+14:21	5:14 min/km	15
92.	349	Mario Aguado Varas		0:21:16 (117)	0:39:19	+14:23	5:14 min/km	15
93.	439	Álvaro Romero Rodriguez		0:19:25 (85)	0:39:21	+14:25	5:14 min/km	15
94.	183	Manuel Doiro Lora		0:19:47 (89)	0:39:34	+14:38	5:16 min/km	15
95.	484	Ibrahin Vila		0:19:27 (86)	0:39:53	+14:57	5:18 min/km	15
96.	132	Jorge Montoya Rivas		0:20:35 (103)	0:39:57	+15:01	5:19 min/km	15
97.	602	Adrián Diaz Lusquiños		0:19:22 (84)	0:40:08	+15:12	5:21 min/km	15
98.	255	Carlos Hernandez Ceron		0:20:00 (94)	0:40:17	+15:21	5:22 min/km	15
99.	257	David Freixes Fernandez		0:20:01 (95)	0:40:17	+15:21	5:22 min/km	15
100.	366	Miguel Rodriguez Rebolledo	ADN RUNNERS - TELMO PELUQUEROS F.C.	0:20:28 (102)	0:40:22	+15:26	5:22 min/km	15
101.	295	Alex Agreda Castro		0:21:04 (111)	0:40:40	+15:44	5:25 min/km	15
102.	480	Jorge Gonzalez Harguindey		0:21:36 (125)	0:40:49	+15:53	5:26 min/km	15
103.	353	Ramón Emigdio Gonzalez	TNT GHERRILLEIROS	0:19:51 (90)	0:40:53	+15:57	5:26 min/km	15
104.	578	Victor Orjales Barge		0:20:09 (98)	0:40:53	+15:57	5:27 min/km	15
105.	216	Álvaro Garcia Martinez	X-ONE	0:20:44 (104)	0:40:59	+16:03	5:27 min/km	15
106.	534	Eric Louzao Rodriguez		0:21:30 (123)	0:40:59	+16:03	5:27 min/km	15
107.	208	Sergio Fernandez Martinez	PORCOS CELTAS	0:21:42 (128)	0:41:01	+16:05	5:28 min/km	15
108.	421	Miguel Dominguez Campos		0:20:46 (105)	0:41:03	+16:07	5:28 min/km	15
109.	400	Marcos Barciela Ceide	PORCOS CELTAS	0:21:43 (131)	0:41:04	+16:08	5:28 min/km	15
110.	37	Óscar Penas Garcia	PORCOS CELTAS	0:21:43 (130)	0:41:04	+16:08	5:28 min/km	15
111.	133	Pelayo Vazquez		0:21:16 (116)	0:41:06	+16:10	5:28 min/km	15
112.	273	Rubén Gonzalez Fuentes		0:19:39 (88)	0:41:06	+16:10	5:28 min/km	15
113.	342	Diego Vidal		0:21:17 (118)	0:41:07	+16:11	5:28 min/km	15
114.	297	Marcos Estevez Gonzalez		0:20:53 (106)	0:41:11	+16:15	5:29 min/km	15
115.	310	Eloy Perez Carrera		0:21:12 (113)	0:41:12	+16:16	5:29 min/km	15
116.	458	Adrian Gonzalez Gomez		0:21:14 (114)	0:41:15	+16:19	5:29 min/km	15

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
117.	485	Jose Alonso Martinez		0:21:21 (119)	0:41:15	+16:19	5:29 min/km	15
118.	90	Manuel Iglesias Dorda		0:20:16 (100)	0:41:17	+16:21	5:30 min/km	15
119.	214	Edwin Guama Heredia		0:20:57 (110)	0:41:18	+16:22	5:30 min/km	15
120.	512	Juan Tizon	PORCOS CELTAS	0:21:42 (129)	0:41:21	+16:25	5:30 min/km	15
121.	523	Fernando Barral Golpe		0:22:01 (138)	0:41:29	+16:33	5:31 min/km	15
122.	650	Jako Rivero Blanco		0:21:10 (112)	0:41:36	+16:40	5:32 min/km	15
123.	579	Santiago Sobreira Barreiro		0:20:09 (99)	0:41:54	+16:58	5:35 min/km	15
124.	448	Daniel Freiria Prado		0:20:54 (107)	0:41:59	+17:03	5:35 min/km	15
125.	622	Gonzalo Casal Dorado		0:21:45 (132)	0:42:05	+17:09	5:36 min/km	15
126.	607	Mateo Nuñez	MAROSA	0:21:22 (120)	0:42:06	+17:10	5:36 min/km	15
127.	275	Manuel Conde Gomez		0:19:58 (91)	0:42:12	+17:16	5:37 min/km	15
128.	586	Alejandro Riveiro Martin		0:20:19 (101)	0:42:14	+17:18	5:37 min/km	15
129.	463	Pablo Vidal		0:22:10 (140)	0:42:15	+17:19	5:37 min/km	15
130.	538	Alvaro Carpintero Pazos		0:21:49 (134)	0:42:24	+17:28	5:39 min/km	15
131.	406	Miguel Rodriguez Iglesias		0:21:22 (121)	0:42:27	+17:31	5:39 min/km	15
132.	608	André Rostron	MAROSA	0:21:32 (124)	0:42:33	+17:37	5:40 min/km	15
133.	558	Andrés Fernandez		0:22:03 (139)	0:42:37	+17:41	5:40 min/km	15
134.	363	Javier Vazquez Gonzalez	MAIS QUE AUGA	0:21:37 (126)	0:42:42	+17:46	5:41 min/km	15
135.	457	Xoan Alonso Graña		0:21:38 (127)	0:42:42	+17:46	5:41 min/km	15
136.	567	Martín Acebedo Alonso		0:21:28 (122)	0:42:43	+17:47	5:41 min/km	15
137.	121	David Bastos Casas	LASER GALICIA RANING	0:22:40 (146)	0:42:59	+18:03	5:43 min/km	15
138.	73	Miguel Sanchez Pereira		0:22:40 (145)	0:43:16	+18:20	5:46 min/km	15
139.	239	Miguel Gonzalez Estarque		0:22:36 (144)	0:43:42	+18:46	5:49 min/km	15
140.	139	Rubén Castro Miguez		0:22:48 (147)	0:43:48	+18:52	5:50 min/km	15
141.	606	Alvaro Ligero	MAROSA	0:22:20 (141)	0:44:21	+19:25	5:54 min/km	15
142.	260	David Valera Perea	LASER GALICIA RANING	0:22:00 (136)	0:44:24	+19:28	5:55 min/km	15
143.	416	Pedro Otero Garcia		0:22:00 (135)	0:44:24	+19:28	5:55 min/km	15
144.	195	Arturo Conde Pereiro		0:22:00 (137)	0:44:30	+19:34	5:55 min/km	15
145.	236	David Alonso Gonzalez	RUNNINVERSE	0:23:03 (148)	0:44:31	+19:35	5:56 min/km	15
146.	228	Abilio Almeida Eiroa		0:22:25 (142)	0:45:12	+20:16	6:01 min/km	15
147.	57	Adrián Vazquez Cid		0:22:25 (143)	0:45:12	+20:16	6:01 min/km	15
148.	194	Pablo Miguez Cameselle	X-ONE	0:21:48 (133)	0:45:15	+20:19	6:01 min/km	15
149.	596	Daniel Juarez Pallero		0:23:27 (153)	0:46:02	+21:06	6:08 min/km	15
150.	475	Ivan Villar Paris		0:23:27 (154)	0:46:04	+21:08	6:08 min/km	15
151.	285	Marco Trigo Camesella		0:23:14 (151)	0:46:18	+21:22	6:10 min/km	8
152.	287	Marcos Parga Dapena	BRUMA SOCIAL CLUB	0:23:10 (149)	0:46:20	+21:24	6:10 min/km	8
153.	298	Enrique Sampayo Gomez		0:23:53 (156)	0:46:21	+21:25	6:10 min/km	8
154.	613	Adrian Rodriguez Lopez	MAROSA	0:23:10 (150)	0:46:26	+21:30	6:11 min/km	8
155.	632	Brais Alves Estevez		0:24:06 (158)	0:47:49	+22:53	6:22 min/km	8
156.	72	Alejandro Perez Davila	CLUB ATLETISMO PORRIÑO	0:23:21 (152)	0:47:57	+23:01	6:23 min/km	8
157.	600	Álvaro Magdalena Iglesias		0:24:04 (157)	0:48:00	+23:04	6:23 min/km	8
158.	68	Jesús Tenorio Del Rio		0:23:39 (155)	0:48:53	+23:57	6:30 min/km	8
159.	231	Jaime Alvarez Vazquez		0:24:34 (159)	0:49:41	+24:45	6:37 min/km	8

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
160.	157	Santiago Alborja Martinez		0:24:34 (160)	0:50:27	+25:31	6:43 min/km	8
161.	327	Daniel Dominguez Veiga		0:28:10 (161)	0:57:40	+32:44	7:41 min/km	8
M2								
1.	206	Antonio Amilcar Perea	SOLISS UDAT	0:12:59 (2)	0:25:46	--	3:26 min/km	250
2.	640	Miguel Araujo	LODEIROS TRAIL	0:12:54 (1)	0:26:24	+38	3:31 min/km	200
3.	153	Roberto Vazquez Pavon	TANINOS RUNNERS PONTEAREAS	0:13:25 (4)	0:27:14	+1:28	3:37 min/km	150
4.	314	Jesús Fernandez Soengas	CLUB DEPORTIVO DELIKIA	0:13:24 (3)	0:27:19	+1:33	3:38 min/km	125
5.	410	Miguel Marzoa Ruiz	C.A.R. MARISQUEIRO	0:13:52 (7)	0:27:35	+1:49	3:40 min/km	100
6.	399	Alejandro Arthaud Alvarez		0:13:45 (6)	0:27:43	+1:57	3:41 min/km	90
7.	181	Sergio Nuñez Parada	REAL CLUB CELTA ATLETISMO	0:13:37 (5)	0:27:50	+2:04	3:42 min/km	80
8.	562	David Ferreira Laredo	CASTRELOS KM.	0:14:55 (8)	0:30:01	+4:15	4:00 min/km	75
9.	268	Jorge Novoa Perez	C.A.R. MARISQUEIRO	0:14:57 (9)	0:30:34	+4:48	4:04 min/km	70
10.	637	Victor Conejo Pena	SOCIEDADE ATLÉTICA DO TREGA	0:15:14 (10)	0:30:56	+5:10	4:07 min/km	60
11.	483	Gonzalo Roca Romero	SOCIEDAD ATLÉTICA VILA DE VIGO	0:15:28 (11)	0:31:33	+5:47	4:12 min/km	35
12.	623	Iban Dorado Fuente		0:15:44 (15)	0:31:42	+5:56	4:13 min/km	35
13.	422	Óscar Couce Senra		0:15:29 (12)	0:31:48	+6:02	4:14 min/km	35
14.	486	Jose Carlos Alonso Alvarez	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:15:41 (14)	0:31:50	+6:04	4:14 min/km	35
15.	407	Jose Manuel Morais De La	CLUB ATLETISMO PORRIÑO	0:16:28 (19)	0:32:22	+6:36	4:18 min/km	35
16.	440	Óscar Garcia Garcia	CLUB DEPORTIVO PINARIUM	0:15:35 (13)	0:32:23	+6:37	4:19 min/km	30
17.	103	Ruben Navia Iglesias	BIKILA	0:16:22 (17)	0:32:44	+6:58	4:21 min/km	30
18.	177	David Fontan Garrido	MUÑECOS RUNNING	0:16:05 (16)	0:32:54	+7:08	4:23 min/km	30
19.	250	Iván Goberna Comesaña		0:16:41 (20)	0:32:59	+7:13	4:23 min/km	30
20.	643	Valerio Cabezas Vila	C.A.R. MARISQUEIRO	0:17:17 (27)	0:33:30	+7:44	4:27 min/km	30
21.	165	Marcos Mayo Rodriguez	RUNYTRI	0:17:17 (28)	0:33:32	+7:46	4:28 min/km	20
22.	14	Jose Manuel Cabaco	TAKO TEAM	0:16:26 (18)	0:33:44	+7:58	4:29 min/km	20
23.	417	Iago Ortega Villar	X-ONE	0:17:09 (24)	0:34:05	+8:19	4:32 min/km	20
24.	115	Iván Alvarez		0:17:07 (23)	0:34:15	+8:29	4:33 min/km	20
25.	308	Iván Melendez		0:17:04 (22)	0:34:35	+8:49	4:36 min/km	20
26.	319	Jon Ander Gonzalez		0:17:49 (31)	0:34:41	+8:55	4:37 min/km	20
27.	649	Jose Manuel Miranda Vieito	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:16:43 (21)	0:34:49	+9:03	4:38 min/km	20
28.	389	Alberto Rivera Canicoba		0:17:15 (25)	0:35:05	+9:19	4:40 min/km	20
29.	335	Carlos Rodal Fraga		0:17:15 (26)	0:35:15	+9:29	4:41 min/km	20
30.	656	Pablo Lopez Soto	LEAR PORRIÑO	0:17:29 (29)	0:35:20	+9:34	4:42 min/km	20
31.	489	Ismael Chamorro	VENUS NIGRÁN	0:17:48 (30)	0:35:53	+10:07	4:46 min/km	20
32.	510	Raúl Rodriguez Collazo		0:18:19 (36)	0:35:57	+10:11	4:47 min/km	20
33.	184	Daniel Alonso Carrera		0:17:50 (32)	0:36:04	+10:18	4:48 min/km	20
34.	20	Antonio Macias Nogueira	MAIS QUE AUGA	0:18:18 (35)	0:36:22	+10:36	4:50 min/km	20
35.	230	Alberto Coya Novas		0:18:26 (39)	0:36:31	+10:45	4:52 min/km	20
36.	156	Alberto Miguelez Rozas	SHAKA CLUB	0:18:35 (41)	0:36:33	+10:47	4:52 min/km	20
37.	466	Santiago Pombo Carrera		0:19:07 (52)	0:36:35	+10:49	4:52 min/km	20
38.	294	Accio Diaz Allende		0:18:21 (37)	0:36:49	+11:03	4:54 min/km	20
39.	197	Carlos Solla Gil	SHAKA CLUB	0:18:34 (40)	0:36:51	+11:05	4:54 min/km	20
40.	44	David Anton Fernandez		0:18:15 (34)	0:36:54	+11:08	4:55 min/km	20

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
41.	337	Daniel Alves Freire		0:18:49 (45)	0:36:55	+11:09	4:55 min/km	20
42.	442	Tony Costas Fernandez	CLUB TRIATLÓN MAR DE VIGO	0:19:01 (49)	0:37:16	+11:30	4:58 min/km	20
43.	594	Antonio Manuel Vega		0:18:36 (42)	0:37:19	+11:33	4:58 min/km	20
44.	474	Aleixandre Gonzalez	MERAKI FISIOTERAPIA VIGO	0:17:53 (33)	0:37:20	+11:34	4:58 min/km	20
45.	171	Andrés Mosquera Piñeiro		0:18:37 (44)	0:37:30	+11:44	4:59 min/km	20
46.	571	Daniel Gonzalez Rodriguez		0:19:04 (51)	0:37:36	+11:50	5:00 min/km	20
47.	638	David Blanco Gonzalez	SHAKA CLUB	0:19:44 (55)	0:37:56	+12:10	5:03 min/km	20
48.	246	Daniel Dacal Deza		0:18:52 (46)	0:38:01	+12:15	5:04 min/km	20
49.	38	Sedu Rodriguez Alonso	FENDETESTAS	0:19:03 (50)	0:38:21	+12:35	5:06 min/km	20
50.	446	Diego Gonzalez Ulla		0:18:53 (47)	0:38:28	+12:42	5:07 min/km	20
51.	242	Pablo Miguez Soto		0:18:53 (48)	0:38:29	+12:43	5:07 min/km	15
52.	245	Miguel Del Caño Castro		0:18:36 (43)	0:38:29	+12:43	5:07 min/km	15
53.	598	Pablo Diaz Jamardo		0:19:47 (56)	0:38:35	+12:49	5:08 min/km	15
54.	497	Cristian Gonzalez Gonzalez		0:20:13 (62)	0:38:56	+13:10	5:11 min/km	15
55.	476	Celso Armendariz		0:19:37 (54)	0:38:58	+13:12	5:11 min/km	15
56.	601	Carlos Basoco Gil	AVIVA SPORT CLUB	0:19:08 (53)	0:38:58	+13:12	5:11 min/km	15
57.	507	Martin Suarez Silva		0:18:25 (38)	0:39:12	+13:26	5:13 min/km	15
58.	185	David Vazquez Cañoto		0:20:09 (61)	0:39:30	+13:44	5:15 min/km	15
59.	130	Daniel Pereira Fer	X-ONE	0:20:28 (64)	0:39:33	+13:47	5:16 min/km	15
60.	174	Simon Dominguez		0:20:04 (60)	0:39:44	+13:58	5:17 min/km	15
61.	364	Jairo Parente Mariño		0:20:31 (66)	0:39:44	+13:58	5:17 min/km	15
62.	408	Miguel Ángel Correa Coello	CLUB ATLETISMO VETERANOS DE SAMIL	0:19:55 (58)	0:39:54	+14:08	5:19 min/km	15
63.	92	Oscar Fernandez Pol		0:20:29 (65)	0:39:57	+14:11	5:19 min/km	15
64.	527	Daniel Alvarez Alvarez		0:21:02 (76)	0:40:00	+14:14	5:19 min/km	15
65.	378	Manuel Diaz Congil		0:20:25 (63)	0:40:23	+14:37	5:23 min/km	15
66.	657	Julien Daniel Rouxel	LEAR PORRIÑO	0:20:00 (59)	0:40:23	+14:37	5:23 min/km	15
67.	388	Daniel Souza Alonso		0:19:49 (57)	0:40:39	+14:53	5:25 min/km	15
68.	296	Zorrito Quiñones Camacho		0:21:04 (77)	0:40:41	+14:55	5:25 min/km	15
69.	161	Lucas Pouso Vidal	CLUB ATLETISMO CAMBADOS	0:20:53 (73)	0:41:11	+15:25	5:29 min/km	15
70.	610	Alberto Crespo Cabaleiro	SHAKA CLUB	0:20:34 (67)	0:41:22	+15:36	5:30 min/km	15
71.	253	Steve Osborne	SHAKA CLUB	0:21:23 (80)	0:41:24	+15:38	5:31 min/km	15
72.	482	Rodrigo Horna Fernandez		0:20:50 (70)	0:41:33	+15:47	5:32 min/km	15
73.	557	Xoán Gesto	BEADE, AHI OS VAN!	0:21:29 (82)	0:41:33	+15:47	5:32 min/km	15
74.	318	Alejandro Gonzalez Puga		0:20:53 (72)	0:41:34	+15:48	5:32 min/km	15
75.	128	Manuel Alejandro Parra	MAIS QUE AUGA	0:20:44 (68)	0:41:38	+15:52	5:33 min/km	15
76.	624	Jose Manuel Costas	IBIS VAL MIÑOR	0:21:01 (75)	0:41:41	+15:55	5:33 min/km	15
77.	107	Víctor Vazquez Fernandez		0:20:52 (71)	0:41:41	+15:55	5:33 min/km	15
78.	178	Ruben Garcia	IBIS VAL MIÑOR	0:21:01 (74)	0:41:42	+15:56	5:33 min/km	15
79.	565	Carlos Hernandez Larez		0:21:28 (81)	0:41:53	+16:07	5:35 min/km	15
80.	628	Jose Barrio Cuiñas		0:21:34 (83)	0:41:57	+16:11	5:35 min/km	15
81.	347	Hipólito Rodriguez Costas		0:21:35 (84)	0:41:57	+16:11	5:35 min/km	15
82.	31	Alejandro Sebastian Lago		0:21:41 (85)	0:42:01	+16:15	5:36 min/km	15
83.	371	Victoriano Sanmartin	MAIS QUE AUGA	0:21:09 (78)	0:42:22	+16:36	5:38 min/km	15

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
84.	380	Adrián Suarez Ogando	MAIS QUE AUGA	0:21:50 (86)	0:42:34	+16:48	5:40 min/km	15
85.	39	John Lawler		0:21:11 (79)	0:42:56	+17:10	5:43 min/km	15
86.	334	Rafael Villar De Villa	MAIS QUE AUGA	0:20:49 (69)	0:43:51	+18:05	5:50 min/km	15
87.	430	Alberto Becerra Lage		0:22:11 (87)	0:44:04	+18:18	5:52 min/km	15
88.	240	Nelson Duarte Pinto		0:22:50 (92)	0:44:11	+18:25	5:53 min/km	15
89.	116	Carla Perez Perez		0:22:25 (89)	0:44:24	+18:38	5:55 min/km	15
90.	140	David Santamarina Santos		0:22:25 (88)	0:44:53	+19:07	5:59 min/km	15
91.	66	Óscar Canosa Martinez		0:22:44 (91)	0:45:02	+19:16	6:00 min/km	15
92.	125	Pablo Saura Alvarez		0:23:04 (94)	0:45:17	+19:31	6:02 min/km	15
93.	47	Manuel Rodriguez Blanco		0:23:06 (95)	0:45:20	+19:34	6:02 min/km	15
94.	516	Elías Perez Carrera	CLUB DEPORTIVO DELIKIA	0:22:53 (93)	0:46:03	+20:17	6:08 min/km	15
95.	587	Luis Angel Guimerans		0:23:38 (96)	0:46:42	+20:56	6:13 min/km	15
96.	218	Diego Alonso Otero	COMESAÑA SPORTING CLUB	0:23:54 (98)	0:47:02	+21:16	6:16 min/km	15
97.	221	Roberto Garcia De La Cruz	MAIS QUE AUGA	0:23:46 (97)	0:47:41	+21:55	6:21 min/km	15
98.	325	Omar Sanchez		0:24:28 (101)	0:47:57	+22:11	6:23 min/km	15
99.	629	Tony Martinez Rodriguez		0:24:16 (100)	0:48:16	+22:30	6:26 min/km	15
100.	340	Oscar Gonzalez Vazquez		0:24:08 (99)	0:48:19	+22:33	6:26 min/km	15
101.	124	Riccardo Concu		0:25:27 (102)	0:53:13	+27:27	7:05 min/km	15
102.	193	Trino Zelaya		0:26:40 (103)	0:54:27	+28:41	7:15 min/km	15
M3								
1.	401	Daniel Bargiela Araujo	BIKILA	0:13:58 (4)	0:27:30	--	3:39 min/km	250
2.	420	Manuel Prieto De La Iglesia	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:13:58 (2)	0:27:38	+08	3:41 min/km	200
3.	95	Óscar Davila Mariño		0:13:58 (3)	0:27:42	+12	3:41 min/km	150
4.	426	Marcos Fernandez Monzon	SOCIEDADE ATLÉTICA VILA DE VIGO.	0:14:53 (5)	0:29:47	+2:17	3:58 min/km	125
5.	243	Francisco Alvarez	AFURRICAMOS NO	0:15:00 (6)	0:30:33	+3:03	4:04 min/km	100
6.	590	Guille Peiteado Ruiz	ATHLETICS FISIOTERAPIA SAN LÁZARO	0:15:24 (8)	0:31:07	+3:37	4:08 min/km	90
7.	106	Ivan Diego Blanco Caldas		0:15:07 (7)	0:31:10	+3:40	4:09 min/km	80
8.	311	Miguel Costas Costas	MAIS QUE AUGA	0:15:37 (9)	0:32:03	+4:33	4:16 min/km	75
9.	411	Andrés Alvarez	IMAXINATEA ESCOLA DE TEATRO	0:15:58 (10)	0:32:31	+5:01	4:20 min/km	70
10.	470	Francisco Cerdeira Gregorio		0:11:08 (1)	0:32:55	+5:25	4:23 min/km	60
11.	377	Javier Ballesta Lopez	AB ACTIVE BALANCE	0:17:17 (19)	0:33:30	+6:00	4:27 min/km	35
12.	316	Carlos Alberto Bujanda		0:16:46 (13)	0:33:38	+6:08	4:29 min/km	35
13.	573	Antonio Luis Lopez		0:16:36 (11)	0:33:42	+6:12	4:29 min/km	35
14.	56	Ruben Sio Fernandez	CLUB ATLETISMO PORRIÑO	0:17:04 (15)	0:34:33	+7:03	4:36 min/km	35
15.	526	Candido Acuña Fernandez	COMESAÑA SPORTING CLUB	0:16:38 (12)	0:34:36	+7:06	4:36 min/km	35
16.	660	Marcos Fernandez Carballa		0:17:11 (18)	0:34:52	+7:22	4:38 min/km	30
17.	259	Modesto Martinez Zuñiga		0:17:49 (25)	0:35:01	+7:31	4:40 min/km	30
18.	62	Ernesto Armada Fernandez		0:17:03 (14)	0:35:03	+7:33	4:40 min/km	30
19.	556	Camilo José Gomez Lopez		0:17:50 (26)	0:35:07	+7:37	4:40 min/km	30
20.	642	Nazario Correa Sestelo		0:17:08 (16)	0:35:07	+7:37	4:40 min/km	30
21.	589	Javier Rodriguez Castro		0:17:46 (24)	0:35:09	+7:39	4:41 min/km	20
22.	627	Jose Manuel Gonzalez		0:18:02 (29)	0:35:16	+7:46	4:42 min/km	20
23.	83	Diego Montenegro	CHUZAS OLIMPICOS	0:17:58 (28)	0:35:17	+7:47	4:42 min/km	20

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
24.	423	Antonio Calviño Mosquera		0:17:10 (17)	0:35:27	+7:57	4:43 min/km	20
25.	209	Miguel Pereiro Pereiro		0:17:27 (20)	0:35:36	+8:06	4:44 min/km	20
26.	654	Jose Carlos Conde	LEAR PORRIÑO	0:17:39 (23)	0:35:41	+8:11	4:45 min/km	20
27.	390	Francisco Javier Castiñeira	MAIS QUE AUGA	0:17:30 (21)	0:35:41	+8:11	4:45 min/km	20
28.	127	Manuel Jamardo Bascoy	CLUB DEPORTIVO PINARIUM	0:17:32 (22)	0:36:05	+8:35	4:48 min/km	20
29.	251	Roberto Martinez	CASTRELOS 20:30	0:17:50 (27)	0:36:29	+8:59	4:51 min/km	20
30.	574	Rubén Vila Lopez	MAIS QUE AUGA	0:18:30 (42)	0:36:30	+9:00	4:51 min/km	20
31.	425	Oscar Alonso Costas		0:18:20 (33)	0:36:34	+9:04	4:52 min/km	20
32.	382	Carlos Beloso		0:18:29 (40)	0:36:37	+9:07	4:52 min/km	20
33.	76	Javier Ferro Nuñez	ATHLETICS FISIOTERAPIA SAN LAZARO	0:18:19 (32)	0:36:39	+9:09	4:53 min/km	20
34.	583	Alberto Ubeira Ricon	ADN RUNNERS - TELMO PELUQUEROS F.C.	0:19:02 (49)	0:36:43	+9:13	4:53 min/km	20
35.	42	Dito Villanueva Areal	RUNNING LUSEKELO	0:18:10 (30)	0:36:44	+9:14	4:53 min/km	20
36.	434	Ricardo Otero Benito	ATHLETICS FISIOTERAPIA SAN LAZARO	0:18:21 (35)	0:36:45	+9:15	4:53 min/km	20
37.	289	Miguel Angel Menendez		0:18:22 (36)	0:36:49	+9:19	4:54 min/km	20
38.	199	Miguel Comesaña		0:18:22 (37)	0:36:56	+9:26	4:55 min/km	20
39.	570	Francisco Fernandez		0:18:43 (43)	0:36:59	+9:29	4:55 min/km	20
40.	639	Gus Casado		0:18:58 (47)	0:37:01	+9:31	4:56 min/km	20
41.	396	Juan Manuel Fernandez		0:18:11 (31)	0:37:03	+9:33	4:56 min/km	20
42.	306	Oswaldo Sanchez Otero	TNT GHERRILLEIROS	0:18:44 (44)	0:37:07	+9:37	4:56 min/km	20
43.	41	Modesto Lusquiños Garcia		0:18:29 (39)	0:37:14	+9:44	4:57 min/km	20
44.	461	Alejandro Liste Bascoy	CLUB DEPORTIVO DELIKIA	0:18:29 (41)	0:37:14	+9:44	4:57 min/km	20
45.	33	Pedro Viana		0:18:27 (38)	0:37:18	+9:48	4:58 min/km	20
46.	359	Antonio Alonso Fernandez		0:18:49 (45)	0:37:24	+9:54	4:59 min/km	20
47.	252	Américo De Oliveira Franco	RUNNING LUSEKELO	0:19:19 (51)	0:37:44	+10:14	5:01 min/km	20
48.	549	Norberto Garcia Dominguez		0:19:01 (48)	0:37:56	+10:26	5:03 min/km	20
49.	172	Rafa Solbes	C.A.R. MARISQUEIRO	0:18:51 (46)	0:38:03	+10:33	5:04 min/km	20
50.	29	Rubén Fernandez Vayo	GRIMO	0:19:58 (60)	0:38:47	+11:17	5:10 min/km	20
51.	13	Carlos Amoedo Agulla		0:18:20 (34)	0:39:03	+11:33	5:12 min/km	15
52.	525	Nacho Vila Alonso		0:19:36 (54)	0:39:22	+11:52	5:14 min/km	15
53.	144	Antonio Perez Barreiro		0:19:53 (57)	0:39:33	+12:03	5:16 min/km	15
54.	528	Marcos Mata Meixueiro		0:19:56 (58)	0:39:42	+12:12	5:17 min/km	15
55.	210	Antonio Fernandez		0:19:17 (50)	0:39:44	+12:14	5:17 min/km	15
56.	131	Jorge Montoya Arana	VIGOENTRENA	0:20:35 (67)	0:39:58	+12:28	5:19 min/km	15
57.	619	Ramiro Alfonso Lopez		0:19:45 (55)	0:40:04	+12:34	5:20 min/km	15
58.	479	Avelino Yañez Coira	RUNNING LUSEKELO	0:19:51 (56)	0:40:09	+12:39	5:21 min/km	15
59.	636	Jose Garcia Fernandez		0:19:30 (53)	0:40:29	+12:59	5:23 min/km	15
60.	465	Jose Luis Villaverde		0:19:58 (59)	0:40:46	+13:16	5:26 min/km	15
61.	94	David Martinez Dobalo		0:20:04 (61)	0:40:48	+13:18	5:26 min/km	15
62.	576	Manuel Carrera Nogueira		0:20:29 (65)	0:40:50	+13:20	5:26 min/km	15
63.	374	Manuel Duarte		0:19:27 (52)	0:41:09	+13:39	5:29 min/km	15
64.	555	Gonzalo Roman Alonso		0:20:35 (68)	0:41:15	+13:45	5:29 min/km	15
65.	71	David Peon Pose		0:20:24 (64)	0:41:21	+13:51	5:30 min/km	15
66.	444	Juan Carlos Rodriguez Rial	CLUB TRIATLÓN MAR DE VIGO	0:21:43 (80)	0:41:28	+13:58	5:31 min/km	15

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
67.	621	Jano Alvarez Lopez		0:20:14 (62)	0:41:29	+13:59	5:31 min/km	15
68.	451	Francisco Costa Bouzo		0:21:18 (76)	0:41:32	+14:02	5:32 min/km	15
69.	500	Jorge Posada Fernandez		0:21:18 (77)	0:41:35	+14:05	5:32 min/km	15
70.	368	Alvaro Goncalves Rolo	MAIS QUE AUGA	0:20:44 (70)	0:41:39	+14:09	5:33 min/km	15
71.	60	Félix Ortega Sanchez	VILLACHARRI	0:21:04 (73)	0:41:42	+14:12	5:33 min/km	15
72.	635	José Ramón Couñago Roza	ALEJANDRO GOMEZ	0:21:37 (78)	0:41:49	+14:19	5:34 min/km	15
73.	11	Enrique Blanco Nuñez		0:21:16 (75)	0:41:59	+14:29	5:35 min/km	15
74.	226	Pedro Lopez Failde		0:20:46 (71)	0:42:00	+14:30	5:35 min/km	15
75.	491	Guillermo Gaggiolo	MAIS QUE AUGA	0:21:41 (79)	0:42:03	+14:33	5:36 min/km	15
76.	348	Samuel Rodriguez Costas		0:21:44 (81)	0:42:07	+14:37	5:36 min/km	15
77.	30	Ramón Pereiro Santin	GRIMO	0:21:14 (74)	0:42:10	+14:40	5:37 min/km	15
78.	293	José Ramón Prieto		0:20:16 (63)	0:42:11	+14:41	5:37 min/km	15
79.	502	Julio Alvarez-Buylla De La	ATLETISMO BAIONA	0:20:34 (66)	0:42:25	+14:55	5:39 min/km	15
80.	393	Eduardo Lamas Perez		0:21:59 (83)	0:42:54	+15:24	5:43 min/km	15
81.	577	Germán Alvarez Gonzalez		0:20:42 (69)	0:43:01	+15:31	5:44 min/km	15
82.	433	Jose Cabo Ben	BURGAS ATLETISMO	0:22:09 (84)	0:43:46	+16:16	5:50 min/km	15
83.	641	Pablo Rivas Caride	MAIS QUE AUGA	0:21:03 (72)	0:44:12	+16:42	5:53 min/km	15
84.	509	Javier Baquero Lopez		0:21:57 (82)	0:44:19	+16:49	5:54 min/km	15
85.	488	Jesús Andres Silva		0:22:27 (86)	0:44:36	+17:06	5:56 min/km	15
86.	219	Roberto Rodriguez Olleros	CLUB ATLETISMO VETERANOS DE SAMIL	0:22:37 (88)	0:45:07	+17:37	6:00 min/km	15
87.	302	Evaristo Fernandez		0:22:28 (87)	0:45:37	+18:07	6:04 min/km	15
88.	572	Diego Martinez Costas	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:23:07 (93)	0:45:48	+18:18	6:06 min/km	15
89.	343	José Estanque Moreno		0:22:38 (89)	0:45:50	+18:20	6:06 min/km	15
90.	85	Fernando Reigada Quintela	CHUZAS OLIMPICOS	0:22:51 (90)	0:45:54	+18:24	6:07 min/km	15
91.	84	Pablo Toledo Montes	CHUZAS OLIMPICOS	0:22:51 (91)	0:45:54	+18:24	6:07 min/km	15
92.	35	Pakinho Martinez Gomez	GALLAECIA JASTANDOSAPATILLA	0:22:22 (85)	0:46:09	+18:39	6:09 min/km	15
93.	143	Daniel Gonzalez Savignat		0:23:50 (97)	0:46:15	+18:45	6:09 min/km	15
94.	263	Pedro Perez	ATHLETICS FISIOTERAPIA SAN LAZARO	0:23:45 (95)	0:46:33	+19:03	6:12 min/km	15
95.	535	Roberto Rodriguez Iglesias	CLUB ATLETISMO FLORISTERIA CARMEN SIO	0:23:06 (92)	0:46:46	+19:16	6:14 min/km	15
96.	362	Fernando R Rodriguez	PITUKINOS	0:23:25 (94)	0:46:51	+19:21	6:14 min/km	15
97.	585	Jacobo Lopez Lopez	LASER GALICIA RANING	0:23:46 (96)	0:46:52	+19:22	6:14 min/km	15
98.	227	Moncho Garcia Malga	ATHLETICS FISIOTERAPIA SAN LAZARO	0:23:51 (98)	0:47:01	+19:31	6:16 min/km	15
99.	154	Nicolás Vazquez De Parga		0:24:11 (100)	0:47:05	+19:35	6:16 min/km	15
100.	279	Alfonso Cubero Vega		0:23:59 (99)	0:48:40	+21:10	6:29 min/km	15
101.	404	José Manuel Fernandez	MAIS QUE AUGA	0:24:46 (101)	0:48:47	+21:17	6:30 min/km	15
102.	87	Marcos Feijoo Suarez	CHUZAS OLIMPICOS	0:24:48 (102)	0:50:16	+22:46	6:42 min/km	15
M4								
1.	269	José Carlos Graña Alonso	LODEIROS TRAIL	0:14:55 (1)	0:30:14	--	4:01 min/km	250
2.	267	Juan Paz Rodriguez	CASTRELOS 20:30	0:15:14 (2)	0:31:18	+1:04	4:10 min/km	200
3.	418	Jorge Pereira Pinto	ADN RUNNERS - TELMO PELLUQUEROS F.C.	0:15:23 (3)	0:31:23	+1:09	4:10 min/km	150
4.	626	Manuel Fernandez	COMESAÑA SPORTING CLUB	0:16:40 (4)	0:32:41	+2:27	4:21 min/km	125
5.	23	Fonso Sabino Porto		0:16:45 (5)	0:33:50	+3:36	4:30 min/km	100
6.	25	Antonio Vazquez Vidal		0:16:56 (7)	0:33:57	+3:43	4:31 min/km	90

Resultados Categorías

P.	Dors	Nombre	Club	Inter. (P.Cat)	Tiempo	Gap	Ritmo	P.RUNR
7.	69	Mario Perez Losada	BIKILA	0:17:25 (8)	0:34:51	+4:37	4:38 min/km	80
8.	409	José Humberto Gallidoro	CLUB DEPORTIVO DELIKIA	0:18:01 (10)	0:35:54	+5:40	4:47 min/km	75
9.	24	Ramiro Taboada Gonzalez	RUNNING LUSEKELO	0:17:39 (9)	0:36:05	+5:51	4:48 min/km	70
10.	266	Alberto Videira Correa	RUNNING LUSEKELO	0:19:21 (11)	0:38:36	+8:22	5:08 min/km	60
11.	532	Jose Rodriguez Paz		0:21:23 (17)	0:40:00	+9:46	5:19 min/km	35
12.	215	Patricio Guama Mena		0:19:30 (12)	0:40:02	+9:48	5:20 min/km	35
13.	160	Anxo Vazquez Rodriguez	CLUB ATLETISMO VETERANOS DE SAMIL	0:20:35 (14)	0:40:10	+9:56	5:21 min/km	35
14.	59	Juanjo España Lopez		0:19:59 (13)	0:40:35	+10:21	5:24 min/km	35
15.	188	Félix Martinez Meis		0:22:08 (19)	0:42:20	+12:06	5:38 min/km	35
16.	561	Manuel Fidalgo Iglesias		0:21:00 (15)	0:42:27	+12:13	5:39 min/km	30
17.	17	Benigno Barreiro Barreiro	ATHLETICS AVENTURA XTREM	0:22:23 (20)	0:42:56	+12:42	5:43 min/km	30
18.	599	Luis Gonzalez Garcia	C.A.R. MARISQUEIRO	0:21:22 (16)	0:44:07	+13:53	5:52 min/km	30
19.	435	Pablo Martinez Soto		0:22:28 (21)	0:44:26	+14:12	5:55 min/km	30
20.	167	Manuel Alvarez Rodriguez		0:22:59 (23)	0:44:59	+14:45	5:59 min/km	30
21.	469	Eugenio Madruga Martin		0:22:46 (22)	0:45:14	+15:00	6:01 min/km	20
22.	81	Jose Francisco Villar	C.A.R. MARISQUEIRO	0:21:37 (18)	0:45:34	+15:20	6:04 min/km	20
23.	281	Miguel Ruiz Rey		0:24:52 (24)	0:51:12	+20:58	6:49 min/km	20
24.	274	Alvaro Franco Novoa		0:24:52 (25)	0:51:13	+20:59	6:49 min/km	20

M5

1.	386	Manuel Perez Pascual	S.A. VILA DE VIGO	0:16:48 (1)	0:34:03	--	4:32 min/km	250
2.	159	Enrique Villar Alvarez	CLUB ATLETISMO VETERANOS DE SAMIL	0:16:51 (2)	0:34:25	+22	4:35 min/km	200
3.	217	José Jardon Lopez	CLUB ATLETISMO VETERANOS DE SAMIL	0:16:56 (3)	0:34:40	+37	4:37 min/km	150
4.	427	Manuel Karames	CLUB ATLETISMO PORRIÑO	0:17:28 (4)	0:35:42	+1:39	4:45 min/km	125
5.	358	Pedro Martinez Abejon	MAIS QUE AUGA	0:17:37 (5)	0:35:57	+1:54	4:47 min/km	100
6.	313	Sergio Rodriguez Rodriguez		0:19:01 (6)	0:37:56	+3:53	5:03 min/km	90
7.	544	Antonio Moreira Conde		0:19:39 (8)	0:38:24	+4:21	5:07 min/km	80
8.	166	Miguel Hernandez Borrego	CLUB ATLETISMO VETERANOS DE SAMIL	0:19:37 (7)	0:39:16	+5:13	5:14 min/km	75
9.	49	Carlos Fernandez Clemente		0:20:21 (11)	0:40:08	+6:05	5:21 min/km	70
10.	265	Ramón Roca Rodriguez		0:20:08 (9)	0:40:16	+6:13	5:22 min/km	60
11.	356	Pedro Rodriguez	ADN RUNNERS - TELMO PELUQUEROS F.C.	0:20:28 (12)	0:40:22	+6:19	5:22 min/km	35
12.	109	Javier Guimaraens Judel		0:20:34 (13)	0:40:41	+6:38	5:25 min/km	35
13.	204	Jaime Gonzalez-Novo	SUFRIDORES	0:20:16 (10)	0:41:10	+7:07	5:29 min/km	35
14.	322	Lisardo Blanco Vazquez		0:21:17 (15)	0:41:53	+7:50	5:34 min/km	35
15.	511	Manuel Vazquez Enriquez		0:21:07 (14)	0:42:00	+7:57	5:35 min/km	35
16.	148	Alfonso Blanco Gonzalez		0:21:40 (16)	0:42:42	+8:39	5:41 min/km	30
17.	548	Amadeo Massot De Dios		0:22:21 (19)	0:43:13	+9:10	5:45 min/km	30
18.	432	Manolo Souto Cortizo	BURGAS ATLETISMO	0:22:14 (18)	0:43:50	+9:47	5:50 min/km	30
19.	492	Jose Estevez Rua		0:21:56 (17)	0:44:28	+10:25	5:55 min/km	30
20.	460	Adolfo Diaz Iglesias		0:23:50 (20)	0:47:37	+13:34	6:20 min/km	30
21.	552	Juan Manuel Lopez Bernal		0:25:07 (21)	0:50:22	+16:19	6:42 min/km	20