

Clasificación Xeral

Clt	Dor.	Apellidos y nombre	Equipo	300m (Clt)	Km. 6.4 (Clt)	Tiempo	Diferencia
Curta Sacho Feminino							
1	280	RAMOS Inés	CDM VÉRTICE	1:09.563 (3)	42:01.100 (1)	1h42:24.068	
2	243	GONZALEZ CHOMON Beatriz		1:17.379 (5)	43:13.900 (2)	1h43:14.622	50.554
3	31	JORDEDO FRADE Tania	GTR GALAICO TRAIL RUN	1:19.338 (9)	49:29.800 (6)	2h02:28.031	20:03.963
4	288	SANCHEZ GUERRA Sonia	BJ RUNNING TEAM	58.430 (1)	49:18.000 (5)	2h02:33.961	20:09.893
5	241	GOMEZ TUBIO Andrea	CS TRABANDAINAS	1:09.049 (2)	48:53.700 (4)	2h02:47.391	20:23.323
6	25	GARCIA SANCHEZ Lúa	TARTARUGAS	1:20.073 (10)	48:13.800 (3)	2h04:07.289	21:43.221
7	205	ARES YEBRA Aitana		1:23.297 (13)	50:46.100 (7)	2h04:45.843	22:21.775
8	278	POSE ALMALLO María		1:21.844 (12)	53:07.500 (9)	2h09:17.812	26:53.744
9	224	CERNADAS LAGO Paula		1:18.165 (6)	54:11.400 (11)	2h11:38.052	29:13.984
10	218	CAÑA GARCIA Cati		1:19.032 (8)	52:03.900 (8)	2h11:57.913	29:33.845
11	36	LORENZO PORRUA Paula		1:16.617 (4)	53:35.700 (10)	2h13:24.773	31:00.705
12	245	GRACIA CARBAJO Sara		1:43.734 (19)	55:16.300 (12)	2h17:33.210	35:09.142
13	204	ALVAREZ COSTAS Antia		1:36.798 (16)	1h01:15.900 (18)	2h19:23.794	36:59.726
14	5	BENLLOCH MINGUET Sandra	FENDE-PERNAS TEAM	1:20.603 (11)	56:42.700 (15)	2h20:48.633	38:24.565
15	251	LOPEZ LOPEZ Laura Felisa		1:28.266 (14)	55:57.600 (13)	2h21:55.079	39:31.011
16	217	CAMARGO VICENTE Sara		1:40.173 (17)	57:43.800 (16)	2h24:16.548	41:52.480
17	233	FREIRE PARADA Virginia		1:40.467 (18)		2h24:16.688	41:52.620
18	212	CABALLERO Liza	ADC BREAMO	1:28.593 (15)	56:01.100 (14)	2h26:32.252	44:08.184
19	248	LADO SENDON Kika		1:18.212 (7)	58:52.000 (17)	2h30:53.614	48:29.546

Curta Fousa Feminino

1	6	BLANCO PENA Fina	C.D.21LEGUAS	1:08.791 (1)	46:13.000 (1)	1h53:07.289	
2	33	LOPEZ EYO Tania	CDM XESTEIRAS	1:22.142 (7)	47:25.200 (2)	2h02:22.593	9:15.304
3	18	DIESTE VILAS Teresa	TOXOS E BIRRAS	1:12.492 (2)	50:48.900 (5)	2h02:24.376	9:17.087
4	24	GARCIA ABALO Mada	CLUB ATLETISMO OUTES	1:19.336 (4)	49:18.000 (3)	2h03:32.625	10:25.336
5	235	GARCIA GARCIA Carmen	TARTARUGAS	1:27.132 (8)	49:57.600 (4)	2h07:28.946	14:21.657
6	246	GUARDADO CALVO Mónica	BJ RUNNING TEAM	1:14.484 (3)	51:12.200 (6)	2h07:38.342	14:31.053
7	261	MIGUEZ SAMPEDRO Susana		1:43.077 (13)	54:54.100 (8)	2h12:49.663	19:42.374
8	26	GOMEZ LODEIROS Susana	TARTARUGAS	1:21.680 (6)	54:34.300 (7)	2h18:10.946	25:03.657
9	48	PEÑA VILLAMIDE Paz	TARTARUGAS	1:29.227 (10)	57:51.100 (10)	2h22:24.495	29:17.206
10	242	GONZALEZ Nidia	ADC BREAMO	1:28.899 (9)	57:51.600 (11)	2h23:38.414	30:31.125
11	274	PEREZ IGLESIAS Maria Sandra		1:45.844 (14)	57:48.100 (9)	2h27:43.409	34:36.120
12	213	CAJUSO BARBAZAN Chefa		1:40.102 (12)	57:52.400 (12)	2h28:00.261	34:52.972
13	255	MAROÑAS María		1:39.985 (11)	57:54.200 (13)	2h28:00.400	34:53.111
14	227	DOVAL SANCHEZ Lucia		1:21.189 (5)	1h02:29.400 (14)	2h30:53.754	37:46.465

Curta Sacho Masculino

1	244	GONZALEZ HORTA Eloy		45.169 (2)	33:25.000 (1)	1h23:11.387	
2	2	AFONSO Pedro	METAS IMPOSIBLES TRAIL TEAM	41.509 (1)	35:30.000 (3)	1h25:10.356	1:58.969
3	15	CONDE BARREIRO Daniel	CLUB ATLETISMO OUTES	51.564 (6)	35:20.900 (2)	1h27:07.754	3:56.367
4	49	PEREIRA UCHA Iván	FENDE-PERNAS TEAM	51.047 (5)	35:40.200 (4)	1h27:42.418	4:31.031
5	293	VAZQUEZ REIRIZ Luis	TRIBU TRAIL	48.778 (4)	35:57.900 (5)	1h28:48.746	5:37.359
6	286	RODRIGUEZ OTERO Mario	CLUB DEPORTIVO BRIÓN HYUPERSA	55.056 (9)	36:42.100 (6)	1h30:04.942	6:53.555
7	1	ABALO CHOUZA Narciso	CDM VÉRTICE	58.407 (12)	37:33.400 (8)	1h30:26.340	7:14.953
8	268	OVIEDO BOUZAS Fran		58.808 (13)	37:59.700 (10)	1h30:48.513	7:37.126

Clasificación Xeral

Cl	Dor.	Apellidos y nombre	Equipo	300m (Cl)	Km. 6.4 (Cl)	Tiempo	Diferencia
9	61	URIA SANJURJO Alejandro	C.D.21LEGUAS	46.993 (3)	37:23.500 (7)	1h32:16.613	9:05.226
10	58	TARELA MIRAMONTES Daniel	O TREITO	55.643 (10)	37:43.400 (9)	1h33:43.496	10:32.109
11	214	CALERO FERNANDEZ José Manuel	ATLETISMO LOUSAME	58.813 (14)	39:40.000 (11)	1h35:48.817	12:37.430
12	208	BERMUDEZ CARRIL Roberto		1:07.711 (19)	41:06.700 (18)	1h36:18.933	13:07.546
13	264	MOURE ANDRADE Alberto		1:10.572 (23)	40:08.100 (13)	1h37:03.417	13:52.030
14	39	MARQUE RUIBAL José Antonio	CDM VÉRTICE	59.720 (15)	39:48.600 (12)	1h38:55.356	15:43.969
15	29	IGLESIAS VIGO Javier		56.719 (11)	40:09.800 (15)	1h39:20.648	16:09.261
16	41	MIGUEZ MIGUEZ Luis	CASTROSUA TRAIL RUNNING	54.729 (8)	40:08.200 (14)	1h39:24.091	16:12.704
17	13	CASAL SANTOS Marcos		1:09.357 (20)	41:04.200 (17)	1h42:23.974	19:12.587
18	275	PEREZ SABORIDO Imanol		52.479 (7)	40:39.900 (16)	1h42:25.567	19:14.180
19	279	QUEIRUGA TORRES Oscar		1:17.509 (30)	41:38.900 (19)	1h43:16.567	20:05.180
20	202	AGRA BARREIRO Diego	GTR GALAICO TRAIL RUN	1:09.634 (21)	42:27.500 (20)	1h45:55.523	22:44.136
21	207	BEIRO BRION Jose		1:27.961 (40)	45:10.500 (25)	1h46:36.701	23:25.314
22	50	QUINTELA MARTINEZ Ibán	TARTARUGAS	1:10.011 (22)	43:57.500 (22)	1h47:53.554	24:42.167
23	221	CASTRO SOUTO Alfonso Javier	GMTA&CHUVONERS	1:21.749 (37)	43:57.800 (23)	1h48:34.265	25:22.878
24	46	NUÑEZ QUEIRUGA Zalo	MONTEMUIÑO	1:20.599 (34)	43:36.600 (21)	1h49:41.414	26:30.027
25	211	BUCETA CARRERA Jose		1:23.591 (39)	45:06.000 (24)	1h51:33.445	28:22.058
26	285	RIVAS ALENDE Juan		1:21.258 (36)	47:26.800 (31)	1h51:50.319	28:38.932
27	220	CASTRO CASTIÑEIRAS Paulo		1:06.446 (18)	46:36.300 (28)	1h53:08.179	29:56.792
28	228	EIRAS RIVADENEIRA Carlos		1:00.422 (16)	47:29.600 (32)	1h53:22.430	30:11.043
29	239	GOMEZ GOMEZ Pablo		1:21.236 (35)	46:24.400 (27)	1h55:52.830	32:41.443
30	292	UCHA OMIL Miguel		1:18.778 (31)	46:41.300 (29)	1h56:46.828	33:35.441
31	234	GALAN SANCHIS Aurelio		1:22.149 (38)	46:08.500 (26)	1h57:13.454	34:02.067
32	265	OTERO LAVANDEIRA David		1:43.148 (54)	50:41.100 (41)	1h57:59.251	34:47.864
33	56	RODRIGUEZ GARCIA Antonio	CLUB ATLETISMO OUTES	1:32.953 (44)	48:47.900 (35)	1h59:07.852	35:56.465
34	222	CELA Ruben		1:33.259 (45)	48:56.500 (36)	2h02:02.578	38:51.191
35	272	PENEDO Marcos		1:34.265 (47)	49:04.500 (37)	2h02:02.602	38:51.215
36	210	BRETAL BAZARRA Ventura	AUTOESCOLA MIGUEL - SATA	1:19.828 (33)	49:26.900 (38)	2h03:06.026	39:54.639
37	249	LADO TARELA Pablo		1:11.955 (25)	46:56.000 (30)	2h03:33.656	40:22.269
38	28	GONZALEZ Javier	TARTARUGAS	1:19.215 (32)	48:11.500 (33)	2h04:26.601	41:15.214
39	19	DOVAL SANCHEZ Raul	K2 ORDES	1:04.359 (17)	51:11.600 (42)	2h04:31.524	41:20.137
40	43	NEGREIRA POUZO José Ramón		1:42.786 (53)	52:05.400 (44)	2h05:02.484	41:51.097
41	30	INSUA FERNANDEZ Andrés		1:42.783 (52)		2h05:02.507	41:51.120
42	40	MAYO GIRAUT Rubén		1:33.868 (46)	48:42.400 (34)	2h06:24.842	43:13.455
43	291	TRILLO CAAMAÑO Rubén		1:30.542 (42)	51:59.600 (43)	2h09:17.836	46:06.449
44	219	CASANOVA CAAMAÑO José Benito		1:36.774 (50)	50:37.900 (40)	2h10:08.108	46:56.721
45	53	RIAL Ricardo	A.C. A ESTORNELA	1:16.219 (28)	49:44.700 (39)	2h12:34.336	49:22.949
46	42	MONTERO BOTANA Alejandro	SCQ MANTENIMIENTO	1:34.408 (48)		2h13:07.383	49:55.996
47	238	GARCIA VAAMONDE Camilo		1:15.400 (26)	52:24.800 (46)	2h13:12.984	50:01.597
48	237	GARCIA PEREZ Rafael		1:15.610 (27)	52:24.500 (45)	2h13:13.945	50:02.558
49	35	LOPEZ VITURRO Víctor	TRIBU TRAIL	1:16.507 (29)	53:30.900 (49)	2h13:24.591	50:13.204
50	281	REBOLLIDO FERNANDEZ Félix		1:11.509 (24)	54:10.500 (50)	2h14:36.375	51:24.988
51	230	FERREIROS LOPEZ Fran		1:35.017 (49)	53:17.100 (48)	2h15:52.148	52:40.761
52	266	OTERO MARTINEZ Jorge		1:30.071 (41)	56:30.700 (51)	2h17:52.195	54:40.808
53	257	MARTINEZ LEIS Jose		1:40.469 (51)	56:33.400 (52)	2h29:41.588	1h06:30.201
54	22	FOLGAR ROMAY Javier	SACHACAMINOS - VIRXIJANOS TRA	1:31.969 (43)	52:58.900 (47)	2h47:26.896	1h24:15.509

Curta Fousa Masculino

1	223	CEPEDA REBOIRAS Juan		49.782 (1)	34:55.200 (1)	1h27:36.255	
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Clasificación Xeral

Clc	Dor.	Apellidos y nombre	Equipo	300m (Clc)	Km. 6.4 (Clc)	Tiempo	Diferencia
2	44	NIETO GONZALEZ Jose Manuel	CLUB ATLETISMO SAR	54.188 (2)	36:23.000 (4)	1h29:02.972	1:26.717
3	287	ROMERO ROZAS Rubén		55.172 (4)	36:10.800 (2)	1h29:03.441	1:27.186
4	16	COSTA CASTRO Manuel		56.487 (5)	36:12.900 (3)	1h29:14.738	1:38.483
5	34	LOPEZ SANCHEZ David	TARTARUGAS	1:08.297 (9)	39:43.700 (7)	1h34:22.043	6:45.788
6	201	AGEITOS SANLES Fernando		1:09.072 (10)	38:59.600 (5)	1h35:26.317	7:50.062
7	250	LADO TORRES Jose Carlos		1:19.291 (18)	39:26.200 (6)	1h35:35.831	7:59.576
8	21	FIGUEIRA Toño	S.D. BARBANTARODA	57.398 (7)	40:25.900 (9)	1h40:13.051	12:36.796
9	10	CAMEAN CAMEAN Roberto	INCOR AUTOVIDRIO	1:16.712 (14)	40:01.300 (8)	1h40:28.356	12:52.101
10	7	BOO FARIÑA Salvador	TRIBU TRAIL	57.118 (6)	41:00.800 (10)	1h41:26.575	13:50.320
11	216	CALVO ROO Pedro		1:16.242 (13)	43:00.400 (11)	1h43:59.178	16:22.923
12	277	PIÑEIRO ABALO Berna		1:23.111 (21)	44:00.800 (13)	1h44:08.106	16:31.851
13	47	OLIVEIRA CASAIS Jesus Manuel	S.D. BARBANTARODA	55.080 (3)	43:48.200 (12)	1h51:20.249	23:43.994
14	17	DEL RIO GOMEZ Carlos		1:16.954 (15)	44:38.400 (14)	1h51:33.843	23:57.588
15	240	GOMEZ PEREZ Juan Carlos	BJ RUNNING TEAM	1:06.985 (8)	46:17.300 (15)	1h51:59.860	24:23.605
16	259	MAYO BALDERRABANO Juan		1:20.649 (20)	46:32.400 (16)	1h55:53.649	28:17.394
17	225	CERNADAS TRILLO José Manuel		1:24.984 (25)	49:55.400 (22)	1h56:45.260	29:09.005
18	262	MOLEDO LOPEZ Domingo		1:32.323 (31)	50:46.300 (25)	1h58:57.212	31:20.957
19	247	JUNCAL COSTA Anton	ATLETISMO TAMBRE	1:24.603 (22)	47:20.600 (18)	2h00:02.251	32:25.996
20	60	UCHA SOLLA Javier	FENDE-PERNAS TEAM	1:20.299 (19)	48:20.900 (20)	2h01:17.790	33:41.535
21	57	SAAVEDRA CEPEDA Rogelio	TARTARUGAS	1:18.780 (16)	47:30.100 (19)	2h01:38.446	34:02.191
22	51	RAÑA FUENTES Manuel	TOXOS E BIRRAS	1:12.891 (11)	50:49.000 (26)	2h02:24.727	34:48.472
23	229	FERNANDEZ OLIVEIRA Juan Carlos		1:30.657 (29)	48:31.600 (21)	2h02:49.664	35:13.409
24	283	RIAL OTERO Jose Luis	TARTARUGAS	1:27.046 (27)	47:20.300 (17)	2h02:49.804	35:13.549
25	59	UCHA SOLLA Juan	FENDE-PERNAS TEAM	1:18.781 (17)	51:13.300 (27)	2h03:43.289	36:07.034
26	37	MALLO NIEVES José Manuel	TARTARUGAS	1:35.766 (32)	50:40.600 (24)	2h04:03.328	36:27.073
27	258	MARTINEZ LEIS Avelino		1:37.805 (34)	50:34.200 (23)	2h06:19.170	38:42.915
28	253	MANEIRO OTERO Guillermo		1:26.322 (26)	51:43.700 (28)	2h11:57.961	44:21.706
29	269	PAIS FERNANDEZ Manuel		1:15.680 (12)	52:08.200 (29)	2h12:56.038	45:19.783
30	38	MARQUE MILLAN Ramón Gundián		1:32.017 (30)	54:00.700 (30)	2h14:54.305	47:18.050
31	203	ALAMANCOS SOBRIDO Miguel		1:30.070 (28)		2h17:48.327	50:12.072
32	54	RIAL PAIS José	CLUB ATLETISMO OUTES	1:24.914 (24)	55:54.400 (31)	2h19:02.367	51:26.112
33	270	PARENTE BERMUDEZ Gonzalo		1:44.374 (36)	57:20.400 (33)	2h19:31.267	51:55.012
34	231	FRANCO MARTINEZ Alejandro		1:44.554 (37)	56:52.000 (32)	2h21:47.251	54:10.996
35	14	CASTRO SOBRADO Iban		1:24.703 (23)	57:54.200 (35)	2h22:24.490	54:48.235
36	289	SANTOS DIOS Jose Ramon		1:45.917 (40)	57:46.600 (34)	2h25:43.502	58:07.247
37	89	MARTINEZ CALO Angel	SACHACAMIÑOS - VIRXIJANOS TRA	1:39.000 (35)	1h04:29.400 (36)	2h44:38.309	1h17:02.054
38	107	SIERRA FERREIRO Víctor	CHORIMA	1:36.169 (33)	1h05:03.200 (37)	2h45:22.841	1h17:46.586
39	232	FREIJEIRO OTERO Jose Ramón		1:44.765 (39)		3h18:50.000	1h51:13.745
39	209	BOO TORRES Marcos Constantino		1:44.602 (38)		3h18:50.000	1h51:13.745

Longa Sacho Feminino

1	331	POMBO MOURELOS Mary	CDM VÉRTICE	56.925 (2)	39:59.700 (1)	2h06:16.522	
2	313	GARCIA Ana		55.946 (1)	42:32.000 (2)	2h21:52.265	15:35.743
3	93	NOGUEIRA GONZALEZ Fátima	GTR GALAICO TRAIL RUN	1:19.079 (3)	46:54.900 (3)	2h28:26.581	22:10.059
4	103	RIAÑO Noelia	SACHACAMIÑOS - VIRXIJANOS TRA	1:31.992 (5)	53:16.100 (4)	2h47:27.177	41:10.655
5	64	ALVITE MOUZO Diana	CHORIMA	1:29.275 (4)	57:12.400 (5)	3h05:40.000	59:23.478

Clasificación Xeral

Cl	Dor.	Apellidos y nombre	Equipo	300m (Cl)	Km. 6.4 (Cl)	Tiempo	Diferencia
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Longa Fousa Feminino

1	110	TOREA TOREA Elena	ATLETISMO LOUSAME	1:12.937 (1)	52:03.200 (1)	2h51:27.553	
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Longa Sacho Masculino

1	332	QUINTIAN AGRAFOJO Chema	CDM VÉRTICE	46.125 (1)	33:49.700 (1)	1h46:27.115	
2	318	JANEIRO CERDEIRA Javier	KORPOREARENTEIRO TRAIL	52.266 (5)	33:54.600 (3)	1h46:32.084	4.969
3	67	BREIJO MARTINEZ Yago	CDM XESTEIRAS	50.203 (4)	33:52.200 (2)	1h47:00.607	33.492
4	72	CORDOVILLA GONZALEZ Mario	TOXOS E BIRRAS	57.189 (11)	36:35.200 (5)	1h52:55.265	6:28.150
5	81	GONZALEZ HORTA Victor	LODEIROS TRAIL	49.360 (3)	34:53.300 (4)	1h57:09.798	10:42.683
6	304	BARRIENTOS OREIRO Javier		1:25.758 (32)		1h58:03.915	11:36.800
7	326	PEREZ VILAS Rafael	CDM VÉRTICE	48.563 (2)	36:38.000 (6)	1h58:43.524	12:16.409
8	337	TUBIO MUÑIZ Guillermo		56.368 (10)	39:11.900 (9)	2h01:33.446	15:06.331
9	329	PIÑEIRO MAYO Alvaro		58.102 (13)	39:47.100 (15)	2h02:57.749	16:30.634
10	112	VICENTE DIAZ Jorge	CLUB DEPORTIVO BRIÓN HYUPERSA	1:02.954 (17)	39:57.200 (18)	2h03:34.265	17:07.150
11	101	REMELGADO SIMES Jose Augusto		52.805 (6)	39:36.000 (11)	2h05:38.483	19:11.368
12	88	LOPEZ VARELA Óscar		1:11.465 (24)	39:40.600 (12)	2h06:15.234	19:48.119
13	306	CASTRO FRECHA Bruno		56.041 (9)	38:19.200 (7)	2h06:16.571	19:49.456
14	312	FUENTES MOSTEIRO Óscar		52.973 (7)	39:47.000 (14)	2h06:41.436	20:14.321
15	79	GARCIA MARTINEZ Hugo	CLUB ATLETISMO OUTES	1:14.323 (25)	39:03.100 (8)	2h06:54.070	20:26.955
16	307	COLLAR AMADO Borja	BJ RUNNING TEAM	53.439 (8)	39:20.700 (10)	2h06:56.648	20:29.533
17	323	ORELLAN FERNANDEZ Anxo		58.078 (12)	39:42.200 (13)	2h09:32.483	23:05.368
18	84	GUILLADE ARIAS Juan C.		1:05.626 (22)	39:52.600 (17)	2h13:02.462	26:35.347
19	83	GOYANES SOUTO Adrián		1:33.141 (35)	50:42.000 (32)	2h13:07.241	26:40.126
20	86	LEMA CAAMAÑL Ruben		1:03.422 (18)	39:51.600 (16)	2h14:34.711	28:07.596
21	303	BARGO PEREZ Jose Manuel	CLD LOUSAME TRAIL	1:03.633 (19)	41:10.900 (19)	2h15:13.523	28:46.408
22	325	PAZOS VAZQUEZ Santi		1:10.478 (23)	43:02.200 (21)	2h16:28.500	30:01.385
23	82	GONZALEZ MARIÑO Adolfo	TREVINCA	1:15.986 (26)	42:31.500 (20)	2h16:31.148	30:04.033
24	66	BLANCO SANTOS Esteban	TRIBU TRAIL	1:16.504 (27)	43:08.000 (22)	2h16:47.296	30:20.181
25	310	DOSIL CASTRO Felipe		1:36.563 (36)	47:49.500 (29)	2h19:53.202	33:26.087
26	324	PARADA MINIÑO Jesús Manuel		1:05.508 (21)	44:07.300 (27)	2h21:53.532	35:26.417
27	328	PIÑEIRO AGRAFOJO Ivan		1:02.185 (14)	44:34.700 (28)	2h25:13.242	38:46.127
28	94	NUÑEZ QUEIRUGA Esteban	MONTEMUIÑO	1:23.322 (31)	43:22.500 (23)	2h26:29.275	40:02.160
29	96	PAZ CALO Jorge	CHORIMA	1:04.247 (20)	44:02.600 (26)	2h31:39.997	45:12.882
30	311	DOVAL BARREIRO Hugo		1:26.344 (33)	48:01.200 (30)	2h32:13.887	45:46.772
31	338	VARELA FONTELA Alberto		1:02.392 (15)	43:46.400 (25)	2h32:32.802	46:05.687
32	308	DIAZ REGUEIRO Adrian		1:02.650 (16)	43:45.600 (24)	2h34:43.441	48:16.326
33	106	SERRANO VIDAL Jose Javier		1:20.594 (29)	49:09.400 (31)	2h43:32.521	57:05.406
34	302	ALONSO RODRIGUEZ Fran		1:20.602 (30)	51:26.400 (33)	2h47:32.661	1h01:05.546
35	71	CARRACEDO POSE Rubén José	CHORIMA	1:17.508 (28)	53:26.000 (34)	2h51:04.583	1h04:37.468
36	80	GONCOB Carlos	CHORIMA	1:28.595 (34)	54:13.200 (35)	3h01:35.000	1h15:07.885

Longa Fousa Masculino

1	91	MENDEZ MENDEZ Jose Rafael	K2 ORDES	53.367 (2)	34:24.800 (1)	1h50:40.242	
2	319	LORENZO Fernando		47.626 (1)	34:36.700 (2)	1h52:26.836	1:46.594
3	90	MARTINEZ MANEIRO Alberto	INCOR AUTOVIDRIO	1:11.297 (12)	39:13.100 (4)	2h03:07.501	12:27.259
4	75	FERNANDEZ RIAL Santiago	MARISCOS RECIO	1:01.670 (8)	40:17.700 (8)	2h03:35.508	12:55.266

Clasificación Xeral

Cl	Dor.	Apellidos y nombre	Equipo	300m (Cl)	Km. 6.4 (Cl)	Tiempo	Diferencia
5	314	GONZALEZ ABUIN Alfonso		53.579 (3)	39:35.700 (5)	2h04:51.961	14:11.719
6	334	RIOS SANCHEZ Pablo		54.939 (4)	40:11.700 (6)	2h06:05.156	15:24.914
7	108	SOBRADO FERNANDEZ Antonio		1:17.040 (14)	40:16.400 (7)	2h06:47.343	16:07.101
8	111	TRABA CAAMAÑO Pedro	CLUB ATLETISMO OUTES	1:14.414 (13)	38:58.400 (3)	2h06:55.078	16:14.836
9	330	PIÑEIRO REY Arturo	SD BARBANTIA RODA	1:03.869 (9)	42:04.100 (10)	2h12:37.500	21:57.258
10	92	MON CASARIEGO Luis	SUBIENDO RITMO!!	57.775 (7)	41:28.500 (9)	2h14:03.351	23:23.109
11	322	MUIÑO CASTRO Jose Antonio		1:30.727 (25)	44:30.100 (16)	2h15:38.625	24:58.383
12	305	BLANCO PIAS Francisco Javier		1:17.860 (15)	42:48.100 (12)	2h16:33.609	25:53.367
13	336	TRIÑANES SANCHEZ Carlos		1:07.946 (11)	42:27.800 (11)	2h17:02.320	26:22.078
14	69	BUSTELO Julio		57.587 (5)	43:24.900 (13)	2h17:42.798	27:02.556
15	65	BLANCO ESMORIS Juan Carlos	TÚ CÓDIGO DE VIDA	57.610 (6)	43:54.300 (14)	2h19:57.469	29:17.227
16	316	IBAÑEZ PEREIRO Aitor		1:05.415 (10)	44:17.600 (15)	2h21:51.071	31:10.829
17	335	RIVAS BEIS Javier		1:26.649 (21)	45:33.100 (17)	2h22:11.110	31:30.868
18	95	PALMERO DOSIL Miguel Ángel		1:22.712 (19)	47:48.500 (20)	2h27:04.502	36:24.260
19	77	FOLGAR BREA Esteban	CHORIMA	1:27.445 (22)	46:15.500 (19)	2h31:40.442	41:00.200
20	68	BURES MIGUENS Xose Manuel	TRIBU TRAIL	1:27.586 (23)	46:07.800 (18)	2h32:58.629	42:18.387
21	73	DIAZ REY Roberto	CHORIMA	1:35.602 (27)	51:15.400 (22)	2h36:22.817	45:42.575
22	87	LOPEZ SANCHEZ Jaime	SACHACAMIÑOS - VIRXIJANOS TRA	1:25.359 (20)	49:12.400 (21)	2h38:17.637	47:37.395
23	333	RAMOS ALONSO Gabriel José		1:19.876 (17)	52:55.300 (25)	2h47:32.708	56:52.466
24	301	AGEITOS GUDE Humberto		1:19.805 (16)	52:55.900 (26)	2h47:32.989	56:52.747
25	78	GARCIA FREIRE Pablo	CAI A ESTRADA	1:29.274 (24)	51:36.500 (24)	2h49:17.638	58:37.396
26	99	PEREZ LAMPON Jose Manuel	SACHACAMIÑOS - VIRXIJANOS TRA	1:32.906 (26)	51:23.700 (23)	2h50:34.091	59:53.849
27	315	GUTIERREZ VAZQUEZ Enrique	CLUBE ATLETISMO BOIMORTO	1:41.695 (28)	56:28.600 (29)	3h08:16.932	1h17:36.690
28	104	RIOS GIMENEZ Adolfo Omar	CLUBE ATLETISMO BOIMORTO	1:21.732 (18)	56:31.300 (30)	3h08:55.791	1h18:15.549
29	339	VIDAL Javier		1:42.787 (29)	55:50.400 (27)	3h20:59.297	1h30:19.055
30	309	DIOS Joaquin		1:43.500 (30)	56:06.700 (28)	3h21:05.345	1h30:25.103