

CARREIRA DE TEIS 2024 CATEGORÍAS 5K / 10K

Clit	Dor.	Apellidos y nombre	Club	Tiempo	Diferencia
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F0 5K

1	612	PAZOS MEIXUS Ararat		27:13.763	
2	616	ARANGO ROMERO Antonia	FRUTAS NIEVES	28:06.431	52.668
3	613	CALABRESI FERREYRA Sofia Paula		30:17.006	3:03.243

F1 5K

1	571	MIGUEZ LAGO Jessica		25:42.800	
2	611	IGLESIAS GOMEZ Sara	CLUB DEPORTIVO DELIKIA	26:42.111	59.311
3	573	SANTANA CABRAL Pily	MAIS QUE AUGA	33:11.595	7:28.795
4	597	RODRIGUEZ RODRIGUEZ María		34:08.202	8:25.402
5	584	CUEVAS Karen Heisel	X-ONE	34:44.005	9:01.205
6	592	FILGUEIRA Rebeca	TRIATLÓN POIO	34:53.057	9:10.257
7	602	RIVAS ALONSO Ana		36:10.635	10:27.835
8	590	DIAZ CARPINTERO Ana		36:16.520	10:33.720
9	574	MATEOS ALONSO Laura		36:44.980	11:02.180
10	601	MARTINEZ MELENDEZ Alba	X-ONE	38:12.868	12:30.068
11	583	NUÑEZ PAZOS Sara	MAIS QUE AUGA	38:15.359	12:32.559
12	594	RODRIGUEZ CASTRO Cristina		38:42.101	12:59.301
13	577	COLLAZO FERNANDEZ Lorena	C.A. VETERANOS DE SAMIL	39:31.142	13:48.342
14	588	GOMEZ Beatriz		39:35.921	13:53.121
15	610	COSTA GARRIDO Alejandra	SOCIEDAD ATLÉTICA VAL MIÑOR	39:50.397	14:07.597
16	586	FERNANDEZ RODRIGUEZ Eva		42:09.092	16:26.292
17	599	COVELO SAMARTIN Carmen		42:09.521	16:26.721
18	598	ROSELLO CABELLO Beatriz	MAIS QUE AUGA	42:13.671	16:30.871
19	605	SOUTO RODAL Tania		42:24.384	16:41.584
20	600	GONZALEZ OLIVEIRA Mirian		42:26.571	16:43.771
21	587	ASENSIO VARELA Sara	MAIS QUE AUGA	44:35.045	18:52.245
22	575	ORDUZ MAESTRE Milagros	X-ONE	48:24.616	22:41.816
23	589	HERMIDA RODRIGUEZ Catarina		48:36.495	22:53.695
24	570	BENTO Valeria Cristina		50:26.332	24:43.532

F2 5K

1	538	VIDAL LORENZO Emilia	MAIS QUE AUGA	28:02.812	
2	542	INSAURRALDE Vanesa	ENCUENTRA TU POTENCIAL	28:57.934	55.122
3	544	ARIAS Rocio		34:49.825	6:47.013
4	556	PASCUAL FORMOSO Ana		34:53.163	6:50.351
5	551	CARAMES PEREZ María		35:27.518	7:24.706
6	540	CARNERO LLAUGER Maria	BIKILA	35:50.376	7:47.564
7	531	PAZ OLIVEIRA Natalia	MAIS QUE AUGA	36:08.591	8:05.779
8	560	GARCIA MENDEZ Silvia		36:14.585	8:11.773
9	554	DA VEIGA ALVAREZ Marta		37:01.363	8:58.551

17/03/2024

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10	552	CARRILLO LORENZO Lucia		37:51.027	9:48.215
11	548	GIL JANEIRO Yoli	MAIS QUE AUGA	37:56.401	9:53.589
12	561	GARRIDO PATON Irene		38:37.729	10:34.917
13	553	CHAPELA GARCIA Miriam	GALAICAS BUEU	38:57.922	10:55.110
14	550	ROSAL GOMEZ Maria Del Rocio		39:37.402	11:34.590
15	535	SILVA GONZALEZ Irma Maria		40:18.342	12:15.530
16	536	SOUTO PEREIRA Lucia	C.A. VETERANOS DE SAMIL	40:23.000	12:20.188
17	557	TITUANA BENALCAZAR Iris Lorena		48:56.729	20:53.917
18	532	ADRIO CORBAL Montserrat		55:04.485	27:01.673

F3 5K

1	529	RIVERA DOBAO Pilar	MAIS QUE AUGA	32:21.080	
2	526	GONZALEZ GONZALEZ Elena	MAIS QUE AUGA	34:16.096	1:55.016
3	527	VIÑAS ROMERO Silvia	BIKILA	35:50.457	3:29.377
4	511	GONZALEZ MERA Regina	MAIS QUE AUGA	42:11.004	9:49.924
5	528	VIÑAS ROMERO Marián	BIKILA	50:26.272	18:05.192

F5 5K

1	506	FERNANDEZ PAZOS Luz		31:33.960	
2	507	ALVAREZ Rosa M ^a	MAIS QUE AUGA	38:23.768	6:49.808

M0 5K

1	614	ARANGO ROMERO Lucas	FRUTAS NIEVES	26:39.784	
2	615	SABARIS MARTINEZ Fernando		30:22.587	3:42.803

M1 5K

1	582	OTERO AMOEDO Anxo	CAD SERVISUB BUEU	21:13.266	
2	580	LOPEZ FERNANDEZ Hugo	CIBUS TEAM	22:05.220	51.954
3	581	IGLESIAS AGULLA David		22:13.849	1:00.583
4	578	PIÑEIRO LESTON Fernando	ATLETISMO PORRIÑO	23:19.252	2:05.986
5	564	ARCA RODRIGUEZ Isaac		23:24.889	2:11.623
6	569	CORTIZO BOULLOSA Miguel	ASOCIACIÓN DEPORTIVA C.A.R.	23:43.928	2:30.662
7	609	DIAZ SANDOVAL Gustavo Javier	MAIS QUE AUGA	24:29.012	3:15.746
8	596	WATSON Tom		24:39.850	3:26.584
9	593	CRICKMORE Sebastian	GMTA CHUVONERS	25:30.631	4:17.365
10	595	GUISANDE PEREIRA Eloy		26:02.503	4:49.237
11	606	BEMPOSTA VARELA David	CLUB SALVAMENTO ACUÁTICO PONTE	26:42.112	5:28.846
12	572	DOMONTE PEREZ Victor	GMTA CHUVONERS	27:16.512	6:03.246

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13	567	RODRIGUEZ ALONSO Sedu		28:06.323	6:53.057
14	591	FERNANDEZ CERZON Daniel	C.A. VETERANOS DE SAMIL	28:53.874	7:40.608
15	618	TIZON RODRIDUEZ Alejandro		28:57.871	7:44.605
16	568	COSTAS RODRIGUEZ Marcos		31:55.357	10:42.091
17	607	GONZALEZ SAMPERE Aaron		33:26.592	12:13.326
18	565	SANCHEZ LOSADA Iago		35:24.339	14:11.073
19	576	IZQUIERDO MARTINEZ Francisco		36:07.148	14:53.882
20	603	GONZALEZ Rodrigo		38:59.399	17:46.133
21	579	VAZQUEZ MAYO Javier	MAIS QUE AUGA	44:35.272	23:22.006
22	585	GARRIDO HERNANDEZ Dario		46:49.669	25:36.403

M2 5K

1	546	RODRIGUEZ DE OLIVEIRA Ubaldo	RUNNING POIO	22:04.247	
2	549	GONZALEZ CASTRO Sindo	S.D. COMPOSTELA ATLETISMO	22:12.002	7.755
3	543	QUINTELA CEA Rubén		22:13.941	9.694
4	530	ULLA REGA Manuel	ASOCIACIÓN DEPORTIVA C.A.R.	23:06.523	1:02.276
5	562	LOPEZ GARRIDO David		23:20.802	1:16.555
6	534	ALONSO FDEZ Alberto		24:06.928	2:02.681
7	559	DURAN ALVAREZ Hugo	C.A. VETERANOS DE SAMIL	24:09.789	2:05.542
8	533	ABAD GREGORIO David	SAMERTOLAMEU	24:19.772	2:15.525
9	539	MIRANDA VIEITO José Manuel	ATHLETICS FISIOTERAPIA SAN LÁZ	25:01.671	2:57.424
10	537	RUIZ Javier		28:28.405	6:24.158
11	541	BARRAL BARREIRO Pablo		29:32.248	7:28.001
12	547	SEBASTIAN LAGO Alejandro		31:17.516	9:13.269
13	558	SEOANE GIL Adrian		32:21.740	10:17.493
14	545	NOCHE Ramón		35:10.604	13:06.357
15	555	RODRIGUEZ COLLAZO Raúl		48:36.333	26:32.086

M3 5K

1	519	AMOEDO GIMENEZ Anton	ASOCIACIÓN DEPORTIVA C.A.R.	22:45.628	
2	520	COSTAS COSTAS Miguel	MAIS QUE AUGA	24:00.360	1:14.732
3	617	UBEIRA RICON Alberto		25:50.771	3:05.143
4	518	AMOEDO AGULLA Carlos		27:45.165	4:59.537
5	512	BARREIRO BARREIRO Benigno	ATHLETICS AVENTURA XTREM	29:36.247	6:50.619
6	522	RODRIGUEZ HERNANDEZ Juan Gabriel		30:06.945	7:21.317
7	513	ALVAREZ Andres	IMAXINATEA ESCOLA DE TEATRO	31:27.638	8:42.010
8	514	GAGGIOLO MANCHADO Guillermo	MAIS QUE AUGA	32:20.916	9:35.288
9	525	PARDAVILA IGLESIAS Miguel Angel		32:42.758	9:57.130
10	521	MARTINEZ GOMEZ Pakinho	GALLAECIA JASTANDOSAPATILLA	32:44.459	9:58.831
11	524	MARTINEZ DOMINGUEZ José Antonio		35:10.467	12:24.839
12	523	PARDO PORTO Daniel	MAIS QUE AUGA	35:12.664	12:27.036
13	515	CRESPO PIÑEIRO Natalio		38:37.848	15:52.220

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14	517	GANDARA BOUZA Alejandro	CASTRELOS 20:30	40:48.342	18:02.714
15	516	ESTEVEZ CASTRO Jose Luis		46:48.754	24:03.126

M4 5K

1	510	GONZALEZ GARCIA Luis		33:30.195	
2	509	LAMOSA QUINTEIRO Claudio Salvador		33:52.038	21.843
3	508	BOLAS CABALEIRO Xose Manuel	GALLAECIA JASTANDOSAPATILLA	34:36.535	1:06.340

M5 5K

1	504	KARAMES Manuel	C.A.R. MARISQUEIRO	28:21.903	
2	503	VIEITO QUINTAS Berto		29:09.235	47.332
3	502	RAMOS VIGO Sergio	C.A. VETERANOS DE SAMIL	34:09.222	5:47.319

F1 10K

1	193	ALVAREZ RODRIGUEZ Noemí	CLUB DEPORTIVO DELIKIA	43:44.844	
2	190	RODRIGUEZ GONZALEZ Nerea	ATLETISMO PORRIÑO	46:56.366	3:11.522
3	274	PEREZ MARIÑO Elena	RUN&TRI	47:03.605	3:18.761
4	208	TOKARENKO Alina		48:17.648	4:32.804
5	219	GALLEGO CANABAL Laura	CLUB DEPORTIVO DELIKIA	49:47.430	6:02.586
6	223	ABELEIRA CARBALLO Irene		50:01.358	6:16.514
7	280	DOMINGUEZ PEREZ Naomi	CLUB DEPORTIVO DELIKIA	54:03.203	10:18.359
8	288	FERNAGUT Camille		54:24.246	10:39.402
9	243	BAUTISTA Pilar		55:54.848	12:10.004
10	211	ORTIZ CIDRE Andrea		56:41.489	12:56.645
11	189	VALCARCEL TOSCANO Isa		59:51.782	16:06.938
12	206	VELOSO LOURIDO Lorena		1h01:20.224	17:35.380
13	246	FERNANDEZ GONZALEZ Laura Emilia	VIGOENTRENA	1h01:58.412	18:13.568
14	197	JIMENEZ Cristina		1h02:52.183	19:07.339
15	245	CASTROSEIROS GONZALEZ Natalia	MAIS QUE AUGA	1h03:05.404	19:20.560
16	251	AMIL MIGUEZ Clara		1h03:38.553	19:53.709
17	281	ALVAREZ LOPEZ Claudia		1h04:12.297	20:27.453
18	266	RODRIGUEZ Uxia		1h04:53.976	21:09.132
19	253	FONSECA MARQUEZ Karol		1h06:03.633	22:18.789
20	262	GARCIA CARBIA Noemi		1h11:53.738	28:08.894

F2 10K

1	161	FREAZA OTERO Sofia	COMESAÑA SPORTING CLUB	41:46.081	
2	177	VILLALBA BARRIOS Delia		44:28.546	2:42.465

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3	170	RODRIGUEZ OLIVEIRA Rocio	ATHLETICS FISIOTERAPIA SAN LÁZ	45:31.467	3:45.386
4	180	SAMPEDRO Julia	MAIS QUE AUGA	45:40.887	3:54.806
5	113	MOREU PEREIRA-BORRAJO Beatriz	CLUB DEPORTIVO DELIKIA	49:21.610	7:35.529
6	182	PRIETO RODRIGUEZ Tahia		52:29.496	10:43.415
7	142	LEMONS RODRIGUEZ Barbara		52:44.136	10:58.055
8	130	ZAPATA RODRIGUEZ Raquel	C.A.R. MARISQUEIRO	54:20.596	12:34.515
9	124	CIMAS Pilar		54:28.947	12:42.866
10	125	ROMERO MARTINEZ Mónica	FRUTAS NIEVES	54:55.196	13:09.115
11	146	RODRIGUEZ SANTOS Bibiana	RÁPIDO DE PONTE QUIETO	55:36.798	13:50.717
12	158	RODRIGUEZ LOPEZ Belén	CLUB DEPORTIVO DELIKIA	55:41.146	13:55.065
13	132	MEDELA DOBARRO Nati		59:32.302	17:46.221
14	171	SABO VEGAS Marianna		59:38.262	17:52.181
15	106	PEREZ COMESAÑA Ana	GALAICAS BUEU	1h00:00.988	18:14.907
16	79	VAZQUEZ MAYO Mónica	MAIS QUE AUGA	1h00:18.251	18:32.170
17	118	FERNANDEZ PAZO Paula		1h01:27.905	19:41.824
18	112	POMBO CHAPELA Lucia	MAIS QUE AUGA	1h02:03.642	20:17.561
19	83	TORRES BARROSO Silvia	GALAICAS BUEU	1h03:12.555	21:26.474
20	101	PEREIRA RODRIGUEZ Almudena	GALAICAS BUEU	1h09:33.794	27:47.713

F3 10K

1	54	LEMONS SOAGE Ana	CORREDOIRAS BUEU	46:13.936	
2	47	GALLINAR FERNANDEZ Mónica	ATHLETICS FISIOTERAPIA SAN LÁZ	46:16.368	2.432
3	33	LEMAT CABRAL María Belén	CLUB TRIATLON CIDADE DE LUGO F	51:23.393	5:09.457
4	75	GONZALEZ CASAL Alejandra	VIGOENTRENA	52:11.521	5:57.585
5	36	VIEITEZ OITABEN M ^a Jose		52:26.335	6:12.399
6	32	PRIETO MORAIS Pili	TNT GHERRILLEIROS	54:24.247	8:10.311
7	66	ENDRESS Eva	CASTRELOS 20:30	58:54.671	12:40.735
8	25	RODRIGUEZ IGLESIAS Ana	MAIS QUE AUGA	1h08:52.392	22:38.456

F4 10K

1	14	GALLERO FERNANDEZ Mar		58:00.969	
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F5 10K

1	4	COSTAS RODRIGUEZ Carmen	ATLETISMO BAIONA	59:21.904	
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M1 10K

1	121	BASTOS DASILVA Jose Alberto	ADN RUNNERS-TELMO PELUQUEROS F	34:41.622	
2	236	BARREIRO GOMEZ Martín	CLUB DEPORTIVO DELIKIA	36:18.866	1:37.244

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3	252	NEIRA CARDALDA Daniel		36:55.286	2:13.664
4	214	MURIAS RODRIGUEZ Alejandro	RUN&TRI	38:17.868	3:36.246
5	250	AGREDA CASTRO Romel	X-ONE	38:39.180	3:57.558
6	199	CASTROAGUDIN GÓMEZ Adrián	MORAÑA EN RUTA	38:58.221	4:16.599
7	194	ALONSO GONZALEZ André		39:13.069	4:31.447
8	296	GONZALEZ BORGES David	CLUB DEPORTIVO DELIKIA	39:18.570	4:36.948
9	192	PAJARO VARELA David	ASOCIACION DEPORTIVA CERNE	39:50.396	5:08.774
10	227	COMESAÑA CHAVERT Darío	ATHLETICS FISIOTERAPIA SAN LÁZ	39:57.283	5:15.661
11	226	RODRIGUEZ GALLEGO Alberto Jose	CASTRELOS 20:30	40:20.041	5:38.419
12	200	PUIME COMESAÑA Jonathan		40:21.342	5:39.720
13	224	LOPEZ MARTINEZ Jose	X-ONE	41:13.583	6:31.961
14	222	DOMINGUEZ VILA Pablo	VIGOENTRENA	41:22.404	6:40.782
15	287	MARTINEZ SEGUIN Óscar	VIGOENTRENA	42:13.730	7:32.108
16	291	LOPEZ ALONSO Pablo		42:14.383	7:32.761
17	258	PIÑEIRO Arturo	PORCOS CELTAS	42:50.401	8:08.779
18	284	GONZALEZ MOURIÑO Iago	MAIS QUE AUGA	43:06.225	8:24.603
19	215	MAQUIEIRA PEREIRA Adrián	CLUB DEPORTIVO DELIKIA	43:21.607	8:39.985
20	294	MAQUIEIRA TEIJEIRA David		43:30.972	8:49.350
21	295	RIVERA GUILLADE Martín		43:34.057	8:52.435
22	201	ALONSO MARTINEZ Santiago	BOXX004 VIGO	43:35.416	8:53.794
23	198	ORTEGA VILLAR Iago	X-ONE	44:48.676	10:07.054
24	292	LAMEIRO GONZALEZ Pablo		45:00.227	10:18.605
25	229	FREIRE RODRIGUEZ Ismael		45:16.173	10:34.551
26	244	PEREZ COUÑAGO Adrian	QUE BICI MARCISPORT	45:44.836	11:03.214
27	254	STOLPE Christian		46:53.228	12:11.606
28	273	ALVAREZ DIAZ Jaime		47:12.728	12:31.106
29	231	DOVALE Toni		47:16.369	12:34.747
30	297	CALABRESI FERREYRA Nicolas Pablo		47:23.490	12:41.868
31	268	CONDE GROBA Sergio		48:05.570	13:23.948
32	279	VAZQUEZ GONZALEZ Javier	MAIS QUE AUGA	48:33.996	13:52.374
33	202	SERGIENKO Aleksei		48:37.570	13:55.948
34	298	CERDEIRA CRESPO Guzmán		48:55.916	14:14.294
35	301	LIBOREIRO Ángel Alfonso		49:04.708	14:23.086
36	286	LUMBRERAS DE LARA Diego	BIKILA	49:09.210	14:27.588
37	213	SANCHEZ-MATEOS PANIAGUA Manuel		49:10.430	14:28.808
38	209	ALONSO ALVAREZ Angel Santiago		49:10.636	14:29.014
39	272	FERNANDEZ RIVERO Alberto		49:14.617	14:32.995
40	270	BLANCO MARTINEZ Diego		49:46.388	15:04.766
41	271	MENDEZ ROMERO Yeray		50:07.210	15:25.588
42	230	RODRIGUEZ LAGO Miguel	ATLETISMO UNIVERSIDADE DE VIGO	50:18.858	15:37.236
43	237	LOPEZ VASCONCELLOS Luis		50:19.060	15:37.438
44	285	RODRIGUEZ REY Sergio		50:26.877	15:45.255
45	225	VILLAR PEREIRA José Gabriel		50:41.729	16:00.107
46	233	TIZON CANEIRO Jorge		50:50.918	16:09.296
47	248	TIZON Juan	PORCOS CELTAS	50:51.412	16:09.790
48	247	VILLAVARDE PATIÑO Yago		50:52.570	16:10.948

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49	242	FERNANDEZ MARTINEZ Sergio	PORCOS CELTAS	51:12.079	16:30.457
50	191	GARCIA VAZQUEZ Lucas		51:16.698	16:35.076
51	188	PALOMEQUE TORRAS José Maria		51:26.933	16:45.311
52	204	GONZALEZ PARADA Oscar		52:00.844	17:19.222
53	263	PEREZ PEREZ Brais		52:02.441	17:20.819
53	256	RODA COSTAS Alexandre		52:02.441	17:20.819
55	255	RODRIGUEZ SANTOS Enrique	RÁPIDO DE PONTE QUIETO	52:04.021	17:22.399
56	218	FERREIRA Pablo		52:10.113	17:28.491
57	217	MARTINEZ David	BORGWARNER	53:50.795	19:09.173
58	265	GOMEZ MEIRA Yonay		54:01.876	19:20.254
59	259	MARTIN PALOMARES Rubén		54:03.085	19:21.463
60	260	RODRIGUEZ ALONSO Miguel		54:05.804	19:24.182
61	232	COSTAS RODRIGUEZ Adrián		54:45.046	20:03.424
62	239	PENAS GARCIA Oscar	PORCOS CELTAS	54:52.597	20:10.975
63	277	DACUÑA VILLALON Jorge		54:55.528	20:13.906
64	289	PANELLA GOY Paolo Michele		54:58.889	20:17.267
65	210	EL HALOUI El Mehdi		54:59.011	20:17.389
66	267	CERQUEIRA SOBRINO Pablo		55:01.849	20:20.227
67	290	BALTAR LOSADA Miguel	MAIS QUE AUGA	55:07.677	20:26.055
68	207	BARCIELA CEIDE Marcos	PORCOS CELTAS	55:13.649	20:32.027
69	228	ALONSO GUINDE Berto		55:29.227	20:47.605
70	283	ELVIRA MUÑIZ Miguel		55:50.199	21:08.577
71	249	GARRIDO GONZALEZ Iván		55:53.748	21:12.126
72	293	GONZALEZ FERNANDEZ Daniel	MAIS QUE AUGA	56:18.870	21:37.248
73	205	CERVIÑO ALVAREZ Javier		56:38.023	21:56.401
74	276	FERNANDEZ NOGUEIRA Hector		57:40.191	22:58.569
75	282	SANTIAGO PACHECO Jose Carlos		57:40.282	22:58.660
76	221	SIANI Francesco		57:50.930	23:09.308
77	216	VIDE LINARES Antonio Jose	BORGWARNER	59:10.623	24:29.001
78	269	TATAR Mert		59:12.541	24:30.919
79	195	CRESPO FERNANDEZ Edu	RUNNING LUSEKELO	1h00:39.326	25:57.704
80	187	VIÑAS FERNANDEZ Diego		1h00:39.425	25:57.803
81	203	ALMEIDA EIROA Abilio		1h01:54.387	27:12.765
82	212	ARGIBAY MIGUEL Alfonso		1h03:39.866	28:58.244
83	257	MUÑOZ NIÑO José Ignacio		1h04:10.733	29:29.111

M2 10K

1	115	PACHECO MARTINEZ Víctor Hugo	CAD SERVISUB BUEU	35:06.324	
2	123	FERNANDEZ SOENGAS Jesús	CLUB DEPORTIVO DELIKIA	35:32.388	26.064
3	155	PEREZ Rubén	MARINA MEIRA	35:43.927	37.603
4	108	DAPORTA MENDEZ Miguel	CLUB OLÍMPICO DE VEDRA	36:44.462	1:38.138
5	92	VIDAL MORENO Fernando	TRIATLON VILAGARCIA	37:30.147	2:23.823
6	134	PARADA MONTOTO David	MONTEPORREIRUNN	37:49.583	2:43.259
7	97	LOUREIRO MONTENEGRO Pablo	MONTEPORREIRUNN	39:10.200	4:03.876

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8	116	PIÑEIRO GRAÑA Santiago	CLUB ATLETISMO SAMERTOLAMEU	39:24.589	4:18.265
9	133	GARCIA FERNANDEZ Esteban	MAIS QUE AUGA	40:09.941	5:03.617
10	152	BLANCO TODEA Cesar Fco	AMIGOS, DEPORTE E NATUREZA RÍA	40:11.671	5:05.347
11	183	SIERRA PORTO Víctor		40:11.782	5:05.458
12	176	NOGUEIRA FERNANDEZ Junior		40:17.512	5:11.188
13	186	OTERO RAMIREZ Alejandro	ATHLETICS FISIOTERAPIA SAN LÁZ	40:49.623	5:43.299
14	96	FERREIRA LAREDO David	CASTRELOS KM.0	41:00.661	5:54.337
15	86	GOMEZ SENIN Miguel	RUNNING OLEIROS	41:54.623	6:48.299
16	88	CABALEIRO GARCIA Jose Manuel	CIBUS TEAM	42:41.362	7:35.038
17	114	DELGADO RAMOS José Carlos		42:46.740	7:40.416
18	153	LOPEZ COMESAÑA Oscar Manuel		42:55.804	7:49.480
19	137	ESTEVEZ COSTA Ricardo		43:28.665	8:22.341
20	149	FERNANDEZ GRADIN David	CIBUS TEAM	43:35.723	8:29.399
21	85	PICHEL FERNANDEZ Geni	ATLETISMO BAIONA	43:48.134	8:41.810
22	148	COMESAÑA SAA Daniel	L@S INSENSAT@S	43:52.363	8:46.039
23	143	DOMINGUEZ CUQUEJO Rogelio		43:58.604	8:52.280
24	122	LAGADEC Christophe		44:27.266	9:20.942
25	164	DOMINGUEZ CABRAL Diego Antonio		45:01.033	9:54.709
26	95	ALVAREZ FIGUEROA Sabino	ASOCIACIÓN DEPORTIVA C.A.R.	45:15.133	10:08.809
27	117	DAVILA BOVEDA Pablo		45:17.994	10:11.670
28	128	FERNANDES REI Leonardo	ATHLETICS FISIOTERAPIA SAN LÁZ	45:31.653	10:25.329
29	169	CORREA GALLEGO Alberto		46:02.367	10:56.043
30	159	CUNTIN GOMEZ Anton	MAIS QUE AUGA	46:14.689	11:08.365
31	168	CABACO CAMPOS José Manuel		46:19.574	11:13.250
32	84	PATINO ANICETO Jose Miguel	C.A.R. MARISQUEIRO	46:25.854	11:19.530
33	81	ORDAX ALVAREZ Jose Antonio		46:32.234	11:25.910
34	175	CAMPELO GONZALEZ Antonio	VIGOENTRENA	46:47.347	11:41.023
35	165	RODRIGUEZ GIL Diego		47:01.586	11:55.262
36	87	BENITEZ GOMEZ Francisco José		47:11.634	12:05.310
37	181	FREIRE CABALEIRO Carlos		47:17.609	12:11.285
38	90	ANDON OTERO Julio	MAIS QUE AUGA	47:30.287	12:23.963
39	157	GARCIA RODRIGUEZ Sergio		47:32.325	12:26.001
40	91	SALO BENITO Javier	RUNNING SOLITA	47:32.354	12:26.030
41	174	LEMA Bruno		47:33.054	12:26.730
42	109	VARA BLANCO Javier		47:36.536	12:30.212
43	162	REBOREDA FERNANDEZ Antonio		48:07.896	13:01.572
44	163	NAVIA IGLESIAS Ruben		48:08.030	13:01.706
45	129	FONTAN GARRIDO David	MUÑECOS RUNNING	48:22.356	13:16.032
46	136	GOBERNA COMESAÑA Iván		48:32.349	13:26.025
47	138	GOMEZ LOPEZ Pablo	L@S INSENSAT@S	48:36.015	13:29.691
48	98	SANMARTIN GONZALEZ Victoriano	MAIS QUE AUGA	49:42.497	14:36.173
49	99	TORRES Matias		49:54.068	14:47.744
50	150	GUERRA LOPEZ Eduardo	VIGOENTRENA	50:04.679	14:58.355
51	102	CHAPELA DOCIO Francisco		50:25.430	15:19.106
52	145	VILLAR SOTO Cristian		50:27.918	15:21.594
53	151	HEREDIA CERCADILLO David	BORGWARNER	50:46.530	15:40.206

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54	119	ALONSO VAZQUEZ Pedro	CLUB DEPORTIVO PINARIUM	50:54.832	15:48.508
55	104	PARRA SERRANO Manuel Alejandro	MAIS QUE AUGA	51:09.878	16:03.554
56	154	LOPEZ ARAUJO Antonio		51:58.023	16:51.699
57	147	MIGUEZ CASTRO David		52:06.479	17:00.155
58	185	BECEIRO CAMESELLE Dani	MUÑECOS RUNNING	52:25.062	17:18.738
59	107	PEREZ BRUCES Francisco Javier		52:34.242	17:27.918
60	135	MENDEZ SANTERVAS Pablo		52:39.261	17:32.937
61	139	ESTEVEZ BOUZA Borja		52:49.533	17:43.209
62	93	GARCIA DE LA CRUZ Roberto	MAIS QUE AUGA	52:59.921	17:53.597
63	179	RIVERA CANICOBA Alberto		54:04.719	18:58.395
64	141	GONZALEZ FERNANDEZ Jose	MAIS QUE AUGA	54:48.218	19:41.894
65	173	VARA BLANCO Manuel		54:57.216	19:50.892
66	77	ARZA TOUZON German	RÁPIDODEPONTEQUIETO	55:13.765	20:07.441
67	127	ESCUDEIRO Manu	RUNNING LUSEKELO	55:30.318	20:23.994
68	172	CERVIÑO ALVAREZ Raul		55:55.719	20:49.395
69	167	LAGO CERQUEIRA Javier		56:10.646	21:04.322
70	80	ESTEVEZ ABALDE Juan Antonio		56:11.561	21:05.237
71	166	PEREZ CABALEIRO Miguel Angel		56:57.771	21:51.447
72	82	ZUNZUNEGUI GARRIDO Noé	AGRUPACION VIGUESA DE ATLETISM	56:59.459	21:53.135
73	89	GIL OTERO Roberto		57:14.819	22:08.495
74	111	RODAL FRAGA Carlos		58:11.370	23:05.046
75	160	ALONSO CARRERA Daniel		59:03.730	23:57.406
76	126	FERMOSO DOMINGUEZ Tomás	FRUTAS NIEVES	59:07.084	24:00.760
77	103	ALONSO RODRIGUEZ Delfin		1h06:03.634	30:57.310
78	78	FEIJOO SUAREZ Marcos	CHUZAS OLÍMPICOS	1h08:43.313	33:36.989
79	120	ALVAREZ Miguel Angel		1h14:01.000	38:54.676

M3 10K

1	62	BARREIRO PEREIRA Xosé Antón	S.D. COMPOSTELA ATLETISMO	39:19.972	
2	60	FERNANDEZ DE TORO Manuel	C.A. VETERANOS DE SAMIL	39:32.909	12.937
3	70	PRIETO DE LA IGLESIA Manuel	ATHLETICS FISIOTERAPIA SAN LÁZ	40:09.451	49.479
4	71	FERNANDEZ MONZON Marcos	C.S.R. BEADE	40:48.147	1:28.175
5	51	MARTINEZ BARCIELA David		41:50.962	2:30.990
6	24	PAZ RODRIGUEZ Juan	CASTRELOS 20:30	42:18.952	2:58.980
7	63	MAHOU Xosé	FITGAL	42:48.221	3:28.249
8	68	ALVAREZ-BUYLLA DE LA UZ Julio	VELAS MARATON	42:53.933	3:33.961
9	28	RODRIGUEZ BOLIBAR Ernesto	CASTRELOS 20:30	43:26.873	4:06.901
10	39	BERNARDEZ MACIA Santiago	MAIS QUE AUGA	43:45.022	4:25.050
11	69	FROIZ LAREU Andres	TNT GHERRILLEIROS	44:24.605	5:04.633
12	59	RODRIGUEZ LOPEZ Gonzalo	ASOCIACIÓN DEPORTIVA C.A.R.	44:31.147	5:11.175
13	41	GAGO SANCHEZ Antolín		44:32.452	5:12.480
14	55	COSTAS PEREIRA Alberto	C.S.R. BEADE	44:32.926	5:12.954
15	35	CARRERA José		44:39.753	5:19.781
16	27	PEREZ NOVAS Miguel	QUE BICI MARCISPORT	45:11.545	5:51.573

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17	34	PAZ GONZALEZ Juan Carlos	C.A.R. MARISQUEIRO	46:24.175	7:04.203
18	72	BERTOMEU CAPELAN Francisco Javier		46:59.750	7:39.778
19	57	PEITEADO RUIZ Guillermo		47:09.349	7:49.377
20	26	VAZQUEZ VIDAL Antonio		47:24.429	8:04.457
21	76	ARIAS Eduardo		47:24.589	8:04.617
22	37	MALLO MARCOS Alberto	CIBUS TEAM	48:04.816	8:44.844
23	53	SANCHEZ OTERO Oswaldo	TNT GHERRILLEIROS	48:33.774	9:13.802
24	58	GIL PORTEIRO David	700	48:34.249	9:14.277
25	56	VAZQUEZ VALLADARES Antonio		48:35.500	9:15.528
26	74	FREIRE PIÑEIRO José Manuel	MAIS QUE AUGA	48:41.057	9:21.085
27	50	DAVILA BUGARIN Salvador		49:13.758	9:53.786
28	40	COMESAÑA DAVILA Miguel		49:25.828	10:05.856
29	43	VILLANUEVA AREAL Dito	RUNNING LUSEKELO	50:03.512	10:43.540
30	31	CARRERA NOGUEIRA Manuel		50:11.472	10:51.500
31	46	MARTINEZ PEREZ Jose Luis		50:19.241	10:59.269
32	49	DOMINGUEZ CABRAL Luis Ángel		51:33.879	12:13.907
33	45	GONZALEZ MARTINEZ Fernando		51:52.492	12:32.520
34	67	ALONSO COSTAS Oscar		52:29.633	13:09.661
35	52	GONZALEZ LAGO Juan Carlos	PONTESECA TRAIL TEAM	52:39.462	13:19.490
36	29	PIÑEIRO RODRIGUEZ Carlos	CLUB TRIATLON CIDADE DE LUGO F	52:53.796	13:33.824
37	64	DE LA FUENTE SANTOS Jorge		54:22.676	15:02.704
38	42	CERDEIRA GREGORIO Francisco		54:59.575	15:39.603
39	73	BERNARDEZ GIL David		55:07.219	15:47.247
40	30	FERNANDEZ GONZALEZ José Manuel	MAIS QUE AUGA	56:18.799	16:58.827
41	48	MACEIRA MESIAS Juan		59:07.709	19:47.737
42	65	FUENTES FERNANDEZ Alejandro		59:26.004	20:06.032
43	61	BENITEZ OCAMPO Juan	C.A.R. MARISQUEIRO	59:32.949	20:12.977
44	44	RODRIGUEZ PENA Jorge	C.A.R. MARISQUEIRO	1h00:00.989	20:41.017

M4 10K

1	10	RIVEIRO RODRIGUEZ Arlindo	CASTRELOS 20:30	40:22.820	
2	13	FUERTES SAAVEDRA Antonio	CELTA ATLETISMO	44:14.792	3:51.972
3	22	GALLIDORO DEL MONTE José Humberto	CLUB DEPORTIVO DELIKIA	47:07.554	6:44.734
4	19	TABOADA GONZALEZ Ramiro	RUNNING LUSEKELO	47:46.949	7:24.129
5	18	VIDEIRA CORREA Alberto	RUNNING LUSEKELO	51:12.438	10:49.618
6	16	FERNANDEZ CLEMENTE Carlos		52:49.434	12:26.614
7	299	MOREIRA CONDE Antonio		53:25.442	13:02.622
8	21	ALONSO BASTOS Luis		53:32.354	13:09.534
9	20	FIDALGO IGLESIAS Manuel		54:25.225	14:02.405
10	15	CABALEIRO HERNANDEZ Jesus		54:51.565	14:28.745
11	23	ESTEVEZ CERNADADS Ricardo	ATHLETICS AVENTURA XTREM	55:03.287	14:40.467
12	12	ROCA RODRIGUEZ Ramon		55:48.383	15:25.563
13	17	ZUNZUNEGUI QUEIMADELOS Roman		1h05:49.838	25:27.018
14	11	LOPEZ CAMPILLO Pol	MAIS QUE AUGA	1h08:53.012	28:30.192

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M5 10K					
1	7	SUAREZ MARTINEZ Manuel	C.A. VETERANOS DE SAMIL	40:32.510	
2	3	JARDON LOPEZ Jose	C.A. VETERANOS DE SAMIL	45:22.887	4:50.377
3	9	PEREZ PASCUAL Manuel	C.S.R. BEADE	46:37.829	6:05.319
4	8	VILLAR ALVAREZ Enrique		47:29.355	6:56.845
5	2	DOMINGUEZ RODRIGUEZ Carlos		52:30.737	11:58.227
6	6	BLANCO GONZALEZ Alfonso		55:58.068	15:25.558
7	300	COVELO IGLESIAS José Miguel		57:06.667	16:34.157
8	5	PAMPIN BOADO Carlos	CLUB DEPORTIVO PINARIUM	1h04:10.056	23:37.546
9	1	RUIZ BLANCO Jose		1h06:20.511	25:48.001

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