



CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
10K MASCULINO				
1	163	BASTOS DASILVA Jose Alberto	34:01.00	
2	339	BARGIELA ARAUJO Daniel	34:18.20	17.20
3	60	GUERRERO ACEVEDO Gerardo	36:15.52	2:14.52
4	73	SOUSA DOMINGUEZ Adrian	36:48.31	2:47.31
5	188	ALVAREZ GARCIA Javier	36:54.64	2:53.64
6	78	BURGOS REY Jose Antonio	37:12.10	3:11.10
7	130	CABO SANCHEZ Iago	37:47.62	3:46.62
8	401	NUÑEZ MADRID Marc	38:00.50	3:59.50
9	473	PEREIRA FARIÑA Piti	38:09.51	4:08.51
9	70	GONZALEZ CASTRO Sindo	38:09.51	4:08.51
11	100	FIZ Martin	38:09.55	4:08.55
12	322	BARGIELA MARTINEZ Jaime	38:19.00	4:18.00
13	368	ARMADA DIAZ Jacobo	38:19.27	4:18.27
14	96	PINO MASID David	38:28.15	4:27.15
15	398	ARTHAUD ALVAREZ Alejandro	38:40.94	4:39.94
16	321	RODRIGUEZ FERREIRO Miguel	38:43.07	4:42.07
17	351	NOGUEIRA FERNANDEZ Junior	38:47.83	4:46.83
18	424	POUSO VIDAL Lucas	39:01.44	5:00.44
19	255	CRESPO SALGADO Gonzalo	39:59.02	5:58.02
20	364	TEIJIZ VEIGA Ismael	40:07.04	6:06.04
21	312	Aga	40:24.17	6:23.17
22	242	MONTEAGUDO Juan	40:31.70	6:30.70
23	353	LOPEZ ALONSO Pablo	40:37.46	6:36.46
24	29	ALVAREZ Alexandre	40:40.39	6:39.39
25	325	UGARTE CASTRO Aitor	40:44.84	6:43.84
26	259	FERREIRA LAREDO David	40:46.61	6:45.61
27	283	MARTINEZ BARCIELA David	40:53.78	6:52.78
28	260	SUAREZ MARTINEZ Manuel	41:08.14	7:07.14
29	476	GAGO SANCHEZ Antolin	41:13.36	7:12.36
30	223	MAHOU Xose	41:20.71	7:19.71
31	18	FERNANDEZ CASAIS Adrian	41:58.04	7:57.04
32	395	RAMIRO GOMEZ Juan Luis	41:59.94	7:58.94
33	192	GUTIERREZ Alberto	42:10.30	8:09.30
34	113	CARRERA CASAL Julio	42:20.76	8:19.76
35	451	PEREZ MOLARES Carlos	42:20.78	8:19.78
36	475	BELLO BUGALLO Nicolas	42:32.10	8:31.10
37	176	RODRIGUEZ MATA Daniel	42:39.10	8:38.10
38	318	NAVIA IGLESIAS Ruben	42:47.08	8:46.08
39	305	VILABOA SALGUEIRO Santi	42:56.29	8:55.29
40	354	PEREZ BASTOS Eloy	42:57.44	8:56.44
41	63	ARIAS COSTAS Eduardo	43:01.89	9:00.89
42	389	GONZALEZ ESTEVEZ Alexander	43:03.29	9:02.29

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
43	396	GARCIA GARCIA Oscar	43:07.34	9:06.34
44	17	COSTA ALVAREZ Manuel	43:10.63	9:09.63
45	178	ALONSO ALVAREZ Jose Carlos	43:18.49	9:17.49
46	98	ALONSO RODRIGUEZ Senen	43:23.59	9:22.59
47	380	DAVILA BOVEDA Pablo	43:25.43	9:24.43
48	358	RIAL PEREZ Ivan	43:27.37	9:26.37
49	150	MONTES ESTEVEZ Carlos	43:31.05	9:30.05
50	16	MARTINEZ VARELA Luis Manuel	43:43.55	9:42.55
51	186	VILA MILLAN Damian	43:44.75	9:43.75
52	31	ROVATI Gabriele	43:50.03	9:49.03
53	144	SOLIÑO PIÑEIRO Jose Angel	44:01.65	10:00.65
54	184	BUJANDA GARMENDIA Carlos Alberto	44:01.73	10:00.73
55	261	OTERO FREIRE Raul	44:03.93	10:02.93
56	146	TORRES LEMOS Pedro	44:06.57	10:05.57
57	139	FERNANDEZ RAMOS Eduardo	44:16.39	10:15.39
58	58	DOVAL LOIS Francisco	44:17.10	10:16.10
59	340	RICOY ALONSO Juan	44:17.48	10:16.48
60	484	SINEIRO Jaco	44:18.43	10:17.43
61	217	SALINAS MONJE Antonio	44:29.25	10:28.25
62	338	SANMARCO VIDAL Manuel	44:30.53	10:29.53
63	489	LEMOS FERNANDEZ Casiano	44:35.45	10:34.45
64	1492	FERNANDEZ GOCE Daniel	44:36.55	10:35.55
65	117	FONTAN GARRIDO David	44:38.05	10:37.05
66	404	CASTRO RODRIGUEZ Marcos	44:39.13	10:38.13
67	136	GONZALEZ OJEA Jacob	44:44.53	10:43.53
68	319	LUCIA PAREDES Giovanni	44:45.61	10:44.61
69	141	OUTERELO COUSIÑO Ivan	44:48.51	10:47.51
70	252	LORENZO UZ Alberto	44:53.73	10:52.73
71	285	MARTINEZ FERNANDEZ Fernando	44:56.33	10:55.33
72	39	REGUEIRA CASTRO Daniel	44:56.94	10:55.94
73	204	SOLLEIRO CABANA Daniel	45:07.37	11:06.37
74	35	LOUREIRO RODRIGUEZ Santiago	45:10.65	11:09.65
75	59	TABOADA PAMPIN Alberto	45:21.94	11:20.94
76	106	CAMESELLE PINTOS Angel	45:24.53	11:23.53
77	53	CABACO CAMPOS Jose Manuel	45:26.04	11:25.04
78	362	NOGUEIRA GOMEZ Isaac	45:26.55	11:25.55
79	69	GONZALEZ MARTINEZ Roberto	45:28.05	11:27.05
80	309	MENCIA COMESAÑA Pablo	45:29.53	11:28.53
81	87	AREAN CADAHIA Sergio	45:30.56	11:29.56
82	402	FERNANDEZ GOMEZ Ruben	45:37.32	11:36.32
83	129	SABINO PORTO Alfonso	45:39.27	11:38.27
84	264	ALONSO VEIGA Jose	45:42.31	11:41.31
85	47	COSTAS RODRIGUEZ Marcos	45:45.19	11:44.19
86	55	BARRIOS COUTO Alejandro	45:48.78	11:47.78

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
87	122	ALVAREZ ALVAREZ David	45:49.63	11:48.63
88	66	GONZALEZ VAZQUEZ Aaron	45:49.75	11:48.75
89	64	OTERO TABOADA Eloy	45:50.46	11:49.46
90	28	REGATOS GOMEZ Roberto	45:53.92	11:52.92
91	148	RUIZ GARCIA Carlos	45:57.93	11:56.93
92	370	MARIÑO CAMPOS Antonio Jose	45:59.50	11:58.50
93	478	SOMOZA MUELLE Angel Ramon	46:00.56	11:59.56
94	500	ALACID Luis	46:01.38	12:00.38
95	474	DOCAMPO SIMON Alexandre	46:04.73	12:03.73
96	434	OTERO Dylan	46:09.31	12:08.31
97	428	ARADAS LESTON Bernardo	46:09.44	12:08.44
98	153	RIVAS VILA Carlos	46:10.03	12:09.03
99	89	MARTINEZ CHOUZA Isaac	46:17.59	12:16.59
100	221	MARTINEZ Iago	46:17.71	12:16.71
101	479	RODRIGUEZ FLORES Marco Antonio	46:18.74	12:17.74
102	83	LOPEZ FURTUOSO Gerardo	46:19.96	12:18.96
103	149	LOPEZ DE LERMA CASAS Miguel Angel	46:24.38	12:23.38
104	292	BARREIRO FERNANDEZ Pablo	46:34.63	12:33.63
105	291	MORAIS ALVAREZ Carlos	46:46.13	12:45.13
106	436	GONZALEZ RODRIGUEZ Manuel	46:57.77	12:56.77
107	400	CALO Jorge	47:16.20	13:15.20
108	84	RODRIGUEZ CASQUEIRO Esteban	47:22.72	13:21.72
109	77	RODRIGUEZ BARREIRA Manuel	47:23.10	13:22.10
110	20	ALONSO FERNANDEZ Antonio	47:24.40	13:23.40
111	181	LOPEZ SOTO Pablo	47:29.06	13:28.06
112	13	SILVA Jesus	47:33.02	13:32.02
113	265	CASTELLANO Alex	47:41.34	13:40.34
114	269	GONZALEZ MACIEL Jose Luis	47:46.75	13:45.75
115	447	MOLINERO MALVIDO Ruben	47:49.87	13:48.87
116	256	PEREZ CASTRO Diego	47:52.58	13:51.58
117	36	ALONSO CONDE Javier	47:55.03	13:54.03
118	86	FRANCO RUAS Miguel	47:56.41	13:55.41
119	168	MARTINEZ DOMINGUEZ Roberto	48:02.36	14:01.36
120	438	HERMIDA RODRIGUEZ Alex	48:03.70	14:02.70
121	8	DAVILA FERNANDEZ Juan Luis	48:12.32	14:11.32
122	403	FARO Jorge	48:18.95	14:17.95
123	195	RIVERA CANICOBA Alberto	48:26.39	14:25.39
124	372	CABO ALVAREZ Emilio	48:28.67	14:27.67
125	166	ALONSO PEREIRA Marcos	48:32.60	14:31.60
126	119	GRADIN PEREZ Brais	48:36.87	14:35.87
127	48	SOLLA GIL Carlos	48:41.42	14:40.42
128	275	GONZALEZ GARCIA Jeronimo	48:44.33	14:43.33
129	170	IGLESIAS MOUTEIRA Ruben	48:50.76	14:49.76
130	179	MUGICA PEREZ Victor	49:00.86	14:59.86

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
131	147	CASAL ECHEVARRIA Alexandre	49:01.78	15:00.78
132	49	PIÑEIRO FERNANDEZ Miguel Jesus	49:04.47	15:03.47
133	156	MILLAN FERNANDEZ Abel	49:07.18	15:06.18
134	123	PEREZ PEREZ Victor	49:09.31	15:08.31
135	281	LOPEZ PEREZ Samuel	49:10.64	15:09.64
136	99	FERNANDEZ DA SILVA Marcial	49:12.80	15:11.80
137	303	ACOSTA Juan Pablo	49:12.94	15:11.94
138	145	HUERTA DE UÑA Diego Luis	49:14.26	15:13.26
139	198	RODRIGUEZ LAGO Yago	49:15.04	15:14.04
140	334	FERNANDEZ DIAZ David	49:21.14	15:20.14
141	132	TIZON FREIRIA German	49:22.32	15:21.32
142	463	ALONSO MARTINEZ Ivan	49:23.18	15:22.18
143	273	BELOSO Carlos	49:25.56	15:24.56
144	133	VAZQUEZ CAÑOTO David	49:26.92	15:25.92
145	477	BOUZON COÑAGO Diego	49:27.51	15:26.51
146	385	MARTINEZ PEREZ Jose Luis	49:31.23	15:30.23
147	75	IGLESIAS Miguel	49:34.90	15:33.90
148	157	RUIZ RODRIGUEZ Javier	49:39.20	15:38.20
149	495	QUINTAIROS RIAL Gabriel	49:44.92	15:43.92
150	371	DORADO FUENTE Iban	49:45.62	15:44.62
151	423	AMOEDO MARTINEZ Adrian	49:55.66	15:54.66
152	111	HERMIDA FERNANDEZ Jose Manuel	50:01.50	16:00.50
153	502	CABALEIRO MARTINEZ Pablo	50:08.00	16:07.00
154	165	ALONSO PEREZ Samuel	50:08.38	16:07.38
155	228	COVELO VAZQUEZ Roy	50:10.76	16:09.76
156	224	CONDE LAMAS Fernando	50:11.63	16:10.63
157	413	ESTEVEZ LORENZO Julio	50:14.66	16:13.66
158	490	LEMONS FERNANDEZ Roberto	50:16.92	16:15.92
159	232	RODRIGUEZ SANTOS Enrique	50:17.84	16:16.84
160	41	FREIXES FERNANDEZ David	50:18.80	16:17.80
161	25	CARBALLO Manuel	50:19.50	16:18.50
162	501	BARROS SOLLA Alberto	50:19.96	16:18.96
163	194	FERNANDEZ LAGO Pablo	50:20.86	16:19.86
164	373	BLANCO GONZALEZ David	50:25.15	16:24.15
165	72	BENAVIDES HERNANDEZ Fernando	50:26.48	16:25.48
166	287	CAMINO GOMEZ Daniel	50:33.06	16:32.06
167	397	RODRIGUEZ ALONSO Sedu	50:37.27	16:36.27
168	286	CASAS Jose	50:37.72	16:36.72
169	313	GARALOCES FERNANDEZ Xabier	50:40.48	16:39.48
170	460	DOVALE Toni	50:56.05	16:55.05
171	496	VILA RODRIGUEZ Juan Carlos	50:56.23	16:55.23
172	425	REY GONZALEZ Jose Roberto	50:58.28	16:57.28
173	366	REBOREDA GRAÑA Amador	51:12.19	17:11.19
174	127	DIAZ TERCERO Santiago	51:16.68	17:15.68

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**PONLE
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5 Km y 10 Km**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
175	456	OTERO GARCIA Pedro	51:19.63	17:18.63
176	82	GONZALEZ HOYAS Alvaro	51:24.50	17:23.50
177	374	BARREIRO CERNADAS Ramon	51:27.22	17:26.22
178	131	ARIAS ARCOS Carlos	51:28.84	17:27.84
179	458	GARRIDO GONZALEZ Ivan	51:30.48	17:29.48
180	44	FERREIRA CHARRASQUIEL Marcos	51:36.03	17:35.03
181	299	SOMEKH Guillaume	51:47.48	17:46.48
182	128	GUERRA LOPEZ Eduardo	51:49.88	17:48.88
183	431	VAZQUEZ FERNANDEZ Jacobo	51:51.72	17:50.72
184	97	VARELA Rober	52:08.45	18:07.45
185	237	GIL AGUIAR Cesar	52:09.45	18:08.45
186	34	SUAREZ RODRIGUEZ Marco	52:11.31	18:10.31
187	457	PIÑEIRO GARCIA Hector	52:12.80	18:11.80
188	52	PARRA FUERTES Juan Jose	52:24.28	18:23.28
189	158	VAZQUEZ CARLEOS Emilio Jose	52:24.40	18:23.40
190	230	PIÑEIRO BARROS Julio	52:26.47	18:25.47
191	222	RODRIGUEZ FAURE Adrian	52:27.26	18:26.26
192	94	ROCA RODRIGUEZ Ramon	52:30.19	18:29.19
193	429	BARRIOS Habraham	52:31.02	18:30.02
194	393	UCHA GANDARA Jose	52:32.56	18:31.56
195	466	PIÑEIRO PASTORIZA Carlos	52:33.59	18:32.59
196	399	VIDEIRA CORREA Alberto	52:36.11	18:35.11
197	43	YAÑEZ COIRA Avelino	52:36.15	18:35.15
198	343	COSTAS RODRIGUEZ Adrian	52:39.12	18:38.12
199	210	MARTINEZ REQUEJO Carlitos	52:40.41	18:39.41
200	33	GONZALEZ FERNANDEZ Jose	52:40.42	18:39.42
201	248	OTERO MOREIRA Santiago	52:40.63	18:39.63
202	250	BENATTI DE OLIVEIRA Gustavo	52:40.67	18:39.67
203	38	CRESPO CORTES Iago	52:42.35	18:41.35
204	316	ELSEICY Ahmed	52:44.30	18:43.30
205	263	PALOMEQUE TORRAS Jose Maria	52:45.85	18:44.85
206	76	FREIRIA PRADO David	52:45.99	18:44.99
207	244	LOSADA CRESPO Carlos	52:47.01	18:46.01
208	363	GARCIA LOPEZ Sergio	52:48.06	18:47.06
209	298	MUÑOZ ALVAREZ Gabriel	52:51.92	18:50.92
210	290	AMOEDO Marcial	52:52.97	18:51.97
211	233	CASTRO CARRASCO Javier	52:57.42	18:56.42
212	108	CERQUEIRA RODRIGUEZ Daniel	52:58.28	18:57.28
213	134	MONROY MIGUEZ Victorio Jose	53:02.44	19:01.44
214	278	PEREZ BARBEITO Oscar	53:04.34	19:03.34
215	443	JUICHA Aladdin	53:17.73	19:16.73
216	235	ALVAREZ FERNANDEZ Antonio	53:20.29	19:19.29
217	234	BLANCO SAMPEDRO Abel	53:20.43	19:19.43
218	207	MARTINEZ MEIS Felix	53:21.87	19:20.87

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**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
219	357	CONDE PEREZ Celso	53:26.23	19:25.23
220	183	LAGO FUENTES Alberto	53:26.29	19:25.29
221	485	COMESAÑA Brais	53:26.45	19:25.45
222	267	GARCIA PEREIRA Yves	53:31.65	19:30.65
223	81	NOYA NOYA Jorge	53:33.77	19:32.77
224	394	PARRA SERRANO Manuel Alejandro	53:37.26	19:36.26
225	412	PEREIRA FARRAPEIRA David	53:39.21	19:38.21
226	155	PEREZ ALONSO Emilio	53:41.24	19:40.24
227	308	CORTEGOSO VILAS Marcial	53:42.43	19:41.43
228	279	MARIÑO CAMBEIRO Santiago	53:43.87	19:42.87
229	191	VAQUERIZO LUNA Raul	53:48.70	19:47.70
230	289	PARCERO NOVAS Alvaro	53:50.01	19:49.01
231	190	RUIZ CENICEROS Mauricio	53:51.21	19:50.21
232	245	ALONSO ABALO Jose Manuel	53:51.61	19:50.61
233	138	CARRERA RAFAEL Jaime	53:52.56	19:51.56
234	461	ALMARAZ SANCHEZ Sergio	53:53.34	19:52.34
235	459	MACIAS MOREIRA Daniel	53:53.42	19:52.42
236	189	MENDUIÑA COSTA Jose	53:59.27	19:58.27
237	151	FERNANDEZ SUAREZ Manuel	54:03.28	20:02.28
238	356	BAILLY Benjamin	54:08.24	20:07.24
239	332	VARELA Miguel	54:10.95	20:09.95
239	331	COSTAS FERNANDEZ Antonio	54:10.95	20:09.95
241	306	SIMOEZ FERNANDEZ Jose Luis	54:16.01	20:15.01
242	388	ALONSO FIGUEROA Roberto	54:21.97	20:20.97
243	101	SANCHEZ Manu	54:22.33	20:21.33
244	126	PEREIRA OTERO Pablo	54:25.57	20:24.57
245	494	ALVAREZ SOBRADO Javinho	54:37.36	20:36.36
246	405	BARCELO GREGORIANO Adrià	54:39.47	20:38.47
247	19	PASTORIZA QUEIMAÑO David	54:48.02	20:47.02
248	379	PUEYO Diego	55:04.07	21:03.07
249	498	IRAVEDRA LOPEZ Pablo	55:13.56	21:12.56
250	177	GARCIA ALMUIÑA Ruben	55:28.21	21:27.21
251	93	GUISANDE ALONSO Oscar	55:37.89	21:36.89
252	382	LEIRO FERNANDEZ Javier	55:45.79	21:44.79
253	159	DEVORA JIMENEZ Miguel Angel	56:04.41	22:03.41
254	5	EXTREMADURA HERNANDEZ Ruben	56:05.48	22:04.48
255	21	ORTEGA GARCIA David	56:05.49	22:04.49
256	216	BERNARDEZ GARCIA Javier	56:08.71	22:07.71
257	218	ALVAREZ TAPIA Elvis	56:08.79	22:07.79
258	220	MARQUEZ MOO Manuel	56:15.26	22:14.26
259	418	DEL CAÑO CASTRO Miguel	56:15.87	22:14.87
260	26	GONZALEZ ABEIJON Fernando	56:16.69	22:15.69
261	203	PEREZ FERNANDEZ Daniel	56:19.81	22:18.81
262	493	FERNANDEZ GALLEGUO Alberto	56:36.56	22:35.56

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CIRCUITO CARRERAS

**PONLE
FRENO****VIGO**
5 Km y 10 Km**ATRESMEDIA**
DONDE ESTAMOS TODOS**GENERAL 10K**

Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
263	415	COMESAÑA FIGUEROA Carlos	56:39.21	22:38.21
264	68	LAMAS PEREZ Eduardo	56:41.12	22:40.12
265	231	LOJO GUERRERO Oscar	56:41.78	22:40.78
266	416	GUAMA Edwin	56:48.13	22:47.13
267	439	CASTIÑEIRA GONZALEZ Francisco Javier	57:06.22	23:05.22
268	199	VIDAL REY Luis Alberto	57:16.46	23:15.46
269	219	ALONSO MIGUEZ Jesus	57:26.20	23:25.20
270	50	SOTO AMIL Jose	57:26.61	23:25.61
271	24	DA SILVA PAIVA Nuno	57:33.95	23:32.95
272	497	NOGUEIRA CAO Javier	57:35.51	23:34.51
273	140	GONZALEZ ROMAN Rodrigo	57:36.86	23:35.86
274	446	GARCIA MALGA Moncho	57:39.94	23:38.94
275	307	CASAL IGLESIAS Miguel	57:42.19	23:41.19
276	124	CASAL Alex	57:42.55	23:41.55
277	229	ARZA TOUZON German	57:50.86	23:49.86
278	347	PAGLIAROLI Alexander	57:55.19	23:54.19
279	367	TATAR Mert	57:56.84	23:55.84
280	481	CANOSA MARTINEZ Oscar	58:01.43	24:00.43
281	200	VELOSO PRADO David	58:02.01	24:01.01
282	345	DOMINGUEZ FREIRE Martin	58:06.57	24:05.57
283	161	RAMOS VIGO Sergio	58:12.39	24:11.39
284	197	CASTRO FERNANDEZ Miguel	58:20.11	24:19.11
285	175	RODRIGUEZ RODRIGUEZ Sergio	58:42.80	24:41.80
286	180	GIRALDES Daniel	58:46.87	24:45.87
287	92	LORENZO PEREZ Ivan	59:31.18	25:30.18
288	369	MARTINEZ GARCIA Ander Santos	59:31.57	25:30.57
289	427	RODRIGUEZ FERNANDEZ Francisco Jose	59:37.45	25:36.45
290	251	COEGO RIOS Miguel	59:44.21	25:43.21
291	14	GONZALEZ MATOS Daniel	59:50.10	25:49.10
292	173	DIAZ MATEO Jose Luis	59:57.67	25:56.67
293	116	GHANAYEM RASHID Mohammad	1h00:00.09	25:59.09
294	174	ARMADA FERNANDEZ Manuel Ernesto	1h00:03.15	26:02.15
295	88	FIGUEROA RODRIGUEZ Iago	1h00:09.86	26:08.86
296	32	PARDO PORTO Daniel	1h00:10.81	26:09.81
297	90	FIGUEROA RODRIGUEZ Carlos	1h00:16.67	26:15.67
298	67	ALVAREZ GARCIA Mario	1h00:47.91	26:46.91
299	107	VILLANUEVA MARTINEZ Alberto	1h00:50.57	26:49.57
300	162	SOBREVELA ROMAGUERA Luis Miguel	1h00:55.50	26:54.50
301	6	ZUNZUNEGUI QUEIMADELOS Roman	1h00:56.77	26:55.77
302	135	ALFONSO ABRALDES Jose Antonio	1h01:30.69	27:29.69
303	1	GUTIERREZ VEIGA Daniel	1h01:35.43	27:34.43
304	215	BRIHUEGA YAÑEZ Carlos	1h02:13.56	28:12.56
305	167	RODRIGUEZ CRESPO Eduardo	1h02:13.62	28:12.62
306	110	BARROSO GONZALEZ Antonio	1h02:40.92	28:39.92

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
307	109	BARROSO GONZALEZ Miguel	1h02:41.12	28:40.12
308	422	CASTRO RIVERA Angel	1h03:31.19	29:30.19
309	480	SANCHEZ AMEZ Antonio	1h03:36.96	29:35.96
310	46	GIL RODRIGUEZ Marcos	1h03:40.70	29:39.70
311	453	JACOBO FERNANDEZ Hugo	1h03:51.00	29:50.00
312	249	BARDIN Anton	1h03:59.76	29:58.76
313	284	REDONDO CORES Juan Carlos	1h04:46.76	30:45.76
314	430	VICENTE RODRIGUEZ Modesto W.	1h04:54.20	30:53.20
315	236	DA COSTA DO NASCIMENTO Ian	1h05:05.09	31:04.09
316	300	ANTELA Brais	1h05:47.80	31:46.80
317	315	GARRIDO GOMEZ Javier	1h07:04.74	33:03.74
318	376	GONZALEZ BLANCO Roberto	1h07:05.41	33:04.41
319	302	IGLESIAS SANTANA Brais	1h08:30.22	34:29.22
320	164	BOUZAN FERNANDEZ Jose Daniel	1h09:12.64	35:11.64
321	409	RODRIGUEZ FARRAPEIRA Amancio	1h09:19.12	35:18.12
322	387	PENA GARCIA Samuel	1h09:44.11	35:43.11
323	11	VAZQUEZ Enrique	1h10:08.20	36:07.20
324	383	BASTOS FERNANDEZ Guillermo	1h10:28.19	36:27.19
325	386	LUGO Julio	1h10:28.43	36:27.43
326	137	VELASCO CANDUELA Jaime	1h11:17.35	37:16.35

10K FEMENINO

1	440	VAQUERO SOUSA Julia	42:18.84	
2	187	ALVAREZ GACIA Lilian	44:01.99	1:43.15
3	342	NIETO Maria	44:15.53	1:56.69
4	487	CARSI GONZALEZ Ana	46:26.89	4:08.05
5	437	LAMPON CARIDE Ana Maria	46:57.83	4:38.99
6	320	PEREZ GONZALEZ Helena	47:33.20	5:14.36
7	205	MOREU Beatriz	47:33.40	5:14.56
8	470	OJEA CAAMAÑO Mirian	49:02.01	6:43.17
9	486	TABOAS CARRERA Irene	49:04.52	6:45.68
10	411	VARELA FERNANDEZ Alba	49:19.58	7:00.74
11	335	ANTONIO MARTINEZ Olalla	49:21.00	7:02.16
12	420	ALONSO GOMEZ Alexandra	49:42.08	7:23.24
13	414	VERGARA VILLADA Andrea	49:46.40	7:27.56
14	40	ABALDE ALONSO Lara	49:46.48	7:27.64
15	154	RODRIGUEZ GARCIA Xana	50:26.08	8:07.24
16	213	MACEIRA PENA Miriam	50:32.73	8:13.89
17	444	PEÑA FERNANDEZ Monica	50:41.16	8:22.32
18	390	VIDAL MARTINEZ Eva	51:35.97	9:17.13
19	51	CALVO FERRER Maria Del Mar	52:07.55	9:48.71
20	375	ALONSO MIGUEZ Sonia	52:21.67	10:02.83

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
21	120	SOUSA Fabiola	53:23.44	11:04.60
22	257	NUÑEZ CASTRO Maria	53:26.23	11:07.39
23	182	NUÑEZ CASTRO Alexandra	53:26.65	11:07.81
24	61	VIAÑO CASTAÑEDA Noa	53:27.99	11:09.15
25	209	FONSECA GARCIA Lucia	53:44.27	11:25.43
26	193	SERTAL SOUTO Maria	53:56.15	11:37.31
27	268	BALIÑO GONZALEZ Ruth	54:33.49	12:14.65
28	499	ARANDA NUÑEZ Tamara	54:42.07	12:23.23
29	406	MACIAS Lucia	55:13.99	12:55.15
30	407	FERNANDEZ MACIAS Ana	55:14.91	12:56.07
31	310	RODRIGUEZ ARCAY Romina	55:34.92	13:16.08
32	277	DE LUCAS VALLADARES Carolina	55:40.85	13:22.01
33	2	SOLLA DURAN Maria	55:43.25	13:24.41
34	392	RODRIGUEZ BERNARDEZ Fatima	56:20.97	14:02.13
35	266	MANEIRO CID Romina	56:55.04	14:36.20
36	10	TENORIO DEL RIO Maria Jose	57:08.36	14:49.52
37	350	NERI MARQUEZ Andrea Marines	57:28.72	15:09.88
38	225	RODRIGUEZ SANTOS Bibiana	58:02.46	15:43.62
39	317	VELAZQUEZ Beatriz	58:07.80	15:48.96
40	304	SALGADO LAGO Fabiola	58:20.29	16:01.45
41	57	BOSSA RODRIGUEZ Silvia	59:23.67	17:04.83
42	15	PEREIRA RODRIGUEZ Mar	59:49.45	17:30.61
43	118	ROUCO OTERO Laura	59:59.97	17:41.13
44	201	PEREZ PEREIRAS Victoria	1h01:00.27	18:41.43
45	296	RODRIGUEZ JOGA Sonia	1h01:05.68	18:46.84
46	337	CARNERO LLAUGER Maria	1h01:16.95	18:58.11
47	276	VALENCIANO BILBAO Isabel	1h01:20.70	19:01.86
48	336	VIÑAS ROMERO Silvia	1h01:28.04	19:09.20
49	465	FERNANDEZ SANTOME Carmen	1h01:36.09	19:17.25
50	448	PUERTAS RODRIGUEZ Paula	1h01:45.21	19:26.37
51	253	LOPEZ CASTRO Aurora	1h02:03.55	19:44.71
52	202	BARCIA MEJIA Ana	1h02:09.81	19:50.97
53	311	FERNANDEZ PAZO Paula	1h02:12.79	19:53.95
54	482	GARCIA FERNANDEZ Fatima	1h02:31.16	20:12.32
55	274	PEREZ COMESAÑA Ana	1h02:57.20	20:38.36
55	238	FERRADAS GONZALEZ Miriam	1h02:57.20	20:38.36
57	464	GONZALEZ SIERRA Lorena	1h03:11.16	20:52.32
58	421	RODRIGUEZ FERNANDEZ Raquel	1h03:30.88	21:12.04
59	426	ESTEVEZ CARRERA Maria Luisa	1h03:44.02	21:25.18
60	432	NOYA PORTELA Aurora	1h03:44.12	21:25.28
61	452	CASALES PEREZ Alexandra	1h03:51.23	21:32.39
62	196	BASTERO GARRIDO Vanesa	1h04:03.88	21:45.04
63	346	MARTINEZ LORENZO Belen	1h04:51.76	22:32.92
64	85	MIRANDA Berta	1h05:05.15	22:46.31

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Clt	Dor.	Apellidos y nombre	Tiempo	Diferencia
65	324	ALAMANCOS LAMAS Nerea	1h05:07.94	22:49.10
66	488	RODRIGUEZ AMOEOD Ana Mary	1h05:08.14	22:49.30
67	454	CUEVAS Sabela	1h05:19.72	23:00.88
68	455	DOMINGUEZ PAJARIN Paula	1h05:19.92	23:01.08
69	214	PEREIRA FERNANDEZ Tamara	1h05:39.80	23:20.96
70	27	RIVAS FANDIÑO Belen	1h06:23.13	24:04.29
71	441	HERNANDEZ Marcia	1h06:52.05	24:33.21
72	378	SHILUWA Ndelitungapo Omotuli	1h07:05.56	24:46.72
73	341	TORRES BARROSO Silvia	1h08:01.89	25:43.05
74	301	TORRES VAZQUEZ Maria	1h08:30.53	26:11.69
75	384	VILLASENIN NAVARRO Lucia	1h09:44.32	27:25.48
76	211	CABALLERO ARAGON Sofia	1h09:48.27	27:29.43
77	79	CRUZ MORALES Paola	1h10:34.99	28:16.15
78	349	GUIITIAN DELTELL Eva	1h10:53.85	28:35.01
79	329	SANCHEZ MECKE Aitana	1h11:18.49	28:59.65
80	391	RODRIGUEZ DOCAMPO Debora	1h12:20.96	30:02.12
81	333	GALVAN FERNANDEZ Lucia	1h12:21.39	30:02.55
82	328	HENRIQUES LOPES Mariana	1h14:13.04	31:54.20
83	208	POUSADA RIVAS Antia	1h14:51.27	32:32.43
84	417	MOREIRA FERREIRA Rebeca	1h14:59.58	32:40.74

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