



CARREIRA TEIS 2025

GENERAL

Clit	Dor.	Apellidos y nombre	Categoría (Clit)	Equipo	Tiempo	Diferencia
10K MUJERES						
1	309	BREINHOLT MOESKJAER Lea	F1	(1) RUNYTRI	40:54.8	
2	331	ÁLVAREZ RODRÍGUEZ Noemi	F1	(2) CLUB DEPORTIVO DELIKIA	42:19.7	1:24.9
3	352	VAQUERO SOUSA Julia	F3	(1)	42:42.7	1:47.9
4	332	ESTEVEZ CRESPO Cristina	F2	(1)	44:43.4	3:48.6
5	302	MIGUEZ LAGO Jessica	F1	(3)	45:00.2	4:05.4
6	341	RODRIGUEZ OLIVEIRA Rocio	F2	(2) ATHLETICS FISIOTERAPIA SAN LÁZARO	45:39.7	4:44.9
7	333	MOREU PEREIRA-BORRAJO Beatriz	F2	(3) CLUB DEPORTIVO DELIKIA	46:20.9	5:26.1
8	348	RODRIGUEZ GONZALEZ Nerea	F2	(4) CLUB ATLETISMO PORRIÑO	47:48.5	6:53.7
9	355	LEMON SOAGE Ana	F3	(2) CORREDOIRAS DE BUEU	48:16.2	7:21.4
10	319	PEREZ MARIÑO Elena	F1	(4) RUNYTRI	49:26.2	8:31.4
11	303	MIRAZ FERNANDEZ Raquel	F1	(5) VIGOENTRENA	49:31.9	8:37.1
12	315	ANDRES PONTANILLA Rocio	F1	(6)	49:49.6	8:54.8
13	330	SANCHEZ Laura	F1	(7) MAIS QUE AUGA	50:43.6	9:48.8
14	343	COMESAÑA AMBROSIO Noe	F2	(5)	51:02.0	10:07.2
15	350	LEMAT CABRAL Maria Belen	F3	(3) CIDADE DE LUGO FLUVIAL	51:14.4	10:19.6
16	357	VAZQUEZ Pily	F3	(4) BIKILA	51:46.0	10:51.2
17	611	PACHON YAÑEZ Paula	F1	(8)	52:18.2	11:23.4
18	338	RODRIGUEZ LOPEZ Belen	F2	(6) CLUB DEPORTIVO DELIKIA	52:43.0	11:48.2
19	360	GONZALEZ CASAL Alejandra	F3	(5) VIGOENTRENA	52:51.5	11:56.7
20	362	BALIÑO GONZALEZ Ruth	F3	(6) RIZOS TEAM	54:04.6	13:09.8
21	339	CID BARROS Eva	F2	(7)	54:28.2	13:33.4
22	334	ROMERO MARTINEZ Monica	F2	(8) FRUTAS NIEVES	54:35.7	13:40.9
23	311	RODRIGUEZ DA SILVA Sara	F1	(9) PORCOS CELTAS	54:49.4	13:54.6
24	335	RODRIGUEZ ARCAJ Romina	F2	(9)	55:38.2	14:43.4
25	326	DOMINGUEZ HERNANDEZ Alba	F1	(10) FACTORUN	56:24.9	15:30.1
26	359	LOPEZ REIS Julia	F3	(7) VIGOENTRENA	56:25.9	15:31.1
27	324	FERNAGUT Camille	F1	(11)	56:35.1	15:40.3
28	304	ESTEVEZ GARCIA Margarita	F1	(12)	56:58.8	16:04.0
29	347	VALCARCEL TOSCANO Isa	F2	(10)	57:01.8	16:07.0
30	353	PAMPILLON SEIJO Veronica	F3	(8)	57:12.0	16:17.2
31	328	QUINTANA QUINTELA Carlota	F1	(13)	57:27.5	16:32.7
32	349	PRIETO MORAIS Pili	F3	(9) TNT GHERRILLEIROS	57:34.3	16:39.5
33	363	GALLERO FERNANDEZ Mar	F4	(1)	58:37.2	17:42.4
34	358	NAVARRO SANCHEZ Maria Ascension	F3	(10)	58:43.5	17:48.7
35	316	CLEMENTE GUINARTE Aida	F1	(14) PORCOS CELTAS	58:55.4	18:00.6
36	317	UROZ VALVERDE Alicia	F1	(15)	59:07.5	18:12.7
37	367	COSTAS RODRIGUEZ Carmen	F5	(1)	1h00:30.1	19:35.3
38	314	NERI MARQUEZ Andrea Marines	F1	(16)	1h00:40.9	19:46.1
39	336	PEREZ PEREIRAS Victoria	F2	(11) VIGOENTRENA	1h02:59.5	22:04.7
40	301	CASAL LORENZO Tania	F1	(17)	1h03:19.4	22:24.6
41	361	VAZQUEZ MAYO Monica	F3	(11) MAIS QUE AUGA	1h03:36.2	22:41.4
42	356	ALONSO MARTINEZ Beatriz	F3	(12)	1h04:04.2	23:09.4
43	345	REGO Esther	F2	(12)	1h04:33.3	23:38.5
44	305	FERNANDEZ BARREIRA Angeles	F1	(18)	1h04:47.7	23:52.9
45	307	GARCIA NUÑEZ Alba Maria	F1	(19) FACTORUN	1h05:00.5	24:05.7
46	366	RODRIGUEZ ALVAREZ Marta	F4	(2) BIKILA	1h05:58.6	25:03.8
47	323	RODRIGUEZ FERNANDEZ Rita	F1	(20)	1h06:29.5	25:34.7
48	351	GONZALEZ DE LA CUESTA Sofia	F3	(13)	1h06:30.8	25:36.0



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49	365	ROCHA CRUCES Maria Carmen	F4 (3)	C.A.R. MARISQUEIRO	1h07:33.5	26:38.7
50	310	ASENSIO VARELA Sara	F1 (21)	MAIS QUE AUGA	1h08:27.2	27:32.4
51	376	GARCIA IGLESIAS Claudia	F1 (22)		1h08:34.2	27:39.4
52	377	RODRIGUEZ FRANCISCO Uxia	F1 (23)		1h08:34.3	27:39.5
53	354	DIAZ-PACHE MACKINLAY Pilar	F3 (14)		1h10:39.2	29:44.4
54	312	ROSELLO CABELLO Beatriz	F1 (24)	MAIS QUE AUGA	1h11:07.9	30:13.1
55	368	ALVAREZ DOMINGUEZ Rosa M ^a	F5 (2)	MAIS QUE AUGA	1h11:58.9	31:04.1
56	327	NERI MARQUEZ Adianez Paola	F1 (25)		1h15:42.9	34:48.1
57	329	DOMINGUEZ HERNANDEZ Raquel	F1 (26)	FACTORUN	1h16:43.9	35:49.1
58	313	BAEZ OTTO Rosa Lujan	F1 (27)		1h17:10.4	36:15.6

10K HOMBRES

1	99	BASTOS DASILVA Jose Alberto	M2 (1)	ADN RUNNERS - TELMO PELUQUEROS F.C.	34:44.6	
2	179	BARGIELA ARAUJO Daniel	M3 (1)	BIKILA	35:54.8	1:10.2
3	115	MARZOA RUIZ Miguel	M2 (2)	C.A.R. MARISQUEIRO	36:44.9	2:00.3
4	79	PEREZ LOVACO Pablo	M1 (1)		36:57.1	2:12.5
5	32	MONTERO BUJAN Aitor	M1 (2)	AVIVA SPORT CLUB	37:02.1	2:17.5
6	29	OTERO AMOEDO Anxo	M1 (3)	CAD SERVISUB BUEU	37:03.1	2:18.5
7	128	VAZQUEZ PAVON Roberto	M2 (3)	TANINOS RUNNERS PONTEAREAS	37:15.6	2:31.0
8	107	FRANCO FREIJANES Pablo	M2 (4)		38:28.6	3:44.0
9	12	MURIAS RODRIGUEZ Alejandro	M1 (4)	ASOCIACION DEPORTIVA C.A.R.	39:14.9	4:30.3
10	6	GUERRA HERBELLO Diego	M1 (5)	SOCIEDAD ATLÉTICA VAL MIÑOR	39:16.6	4:32.0
11	371	VELOSO LOURIDO Jorge	M1 (6)		39:28.1	4:43.5
12	369	DAVILA MARIÑO Oscar	M3 (2)		39:34.5	4:49.9
13	209	RIVEIRO RODRIGUEZ Arlindo	M5 (1)	CLUB CASTRELOS 2:3	39:37.4	4:52.8
14	49	PINO MASID David	M1 (7)	RUNNERS PV	40:12.5	5:27.9
15	35	BARGIELA MARTINEZ Jaime	M1 (8)	CLUB DEPORTIVO DELIKIA	40:20.8	5:36.2
16	173	BARREIRO PEREIRA Xose Anton	M3 (3)	SD COMPOSTELA ATLETISMO	40:29.6	5:45.0
17	83	RIVERA GUILLADE Martin	M1 (9)		40:34.6	5:50.0
18	133	NOGUEIRA FERNANDEZ Junior	M2 (5)		40:47.6	6:03.0
19	93	GONZALEZ ALVAREZ Borja	M2 (6)		41:11.7	6:27.1
20	101	PARRA GARCIA Eduardo	M2 (7)		41:16.6	6:32.0
21	15	MAQUIEIRA PEREIRA Adrian	M1 (10)	CLUB DEPORTIVO DELIKIA	41:22.3	6:37.7
22	104	COSTAS VARELA David	M2 (8)	AMIGOS DEPORTE E NATUREZA	41:41.7	6:57.1
23	205	SUAREZ MARTINEZ Manuel	M5 (2)	CLUB ATLETISMO VETERANOS DE SAMIL	41:47.2	7:02.6
24	163	COSTAS COSTAS Miguel	M3 (4)	MAIS QUE AUGA	41:51.3	7:06.7
25	86	PORTELA SANCHEZ Jorge Isaías	M2 (9)		42:05.1	7:20.5
26	76	LOPEZ ALONSO Pablo	M1 (11)		42:09.6	7:25.0
27	17	FERNANDEZ RODRIGUEZ David	M1 (12)		42:22.6	7:38.0
28	109	MARQUEZ MOO Manuel	M2 (10)		42:26.9	7:42.3
29	105	DASILVA LORENZO Ruben	M2 (11)		42:27.0	7:42.4
30	3	RODRIGUEZ SANTISO Hugo	M1 (13)	CLUB DEPORTIVO DELIKIA	42:34.8	7:50.2
31	197	PAZ RODRIGUEZ Juan	M4 (1)	CLUB CASTRELOS 2:3	42:44.9	8:00.3
32	192	GRAÑA ALONSO Jose Carlos	M4 (2)	LODEIROS TRAIL	42:52.5	8:07.9
33	132	CAMPELO GONZALEZ Antonio	M2 (12)	VIGOENTRENA	42:57.9	8:13.3
34	7	SERGIENKO Aleksei	M1 (14)		43:17.3	8:32.7
35	161	TABOADA PAMPIN Alberto	M3 (5)	C.A.R. MARISQUEIRO	43:20.6	8:36.0
36	8	COSTAS BARCIA Diego	M1 (15)	MAIS QUE AUGA	43:21.7	8:37.1
37	183	ALONSO FDEZ Alberto	M3 (6)	MAIS QUE AUGA	43:40.2	8:55.6



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38	147	RODRIGUEZ BOLIBAR Ernesto	M3 (7)	CLUB CASTRELOS 2:3	43:46.8	9:02.2
39	108	DOMINGUEZ CUQUEJO Rogelio	M2 (13)		43:57.8	9:13.2
40	68	GONZALEZ MOURIÑO Iago	M1 (16)		44:08.8	9:24.2
41	100	VILABOA SALGUEIRO Santi	M2 (14)		44:13.0	9:28.4
42	184	MONTENEGRO BALLESTEROS Diego	M3 (8)		44:16.4	9:31.8
43	71	PEREZ BASTOS Eloy	M1 (17)		44:18.2	9:33.6
44	373	FERNANDEZ GRADIN David	M2 (15)	CIBUS TEAM	44:19.6	9:35.0
45	123	NAVIA IGLESIAS Ruben	M2 (16)	BIKILA	44:21.3	9:36.7
46	181	RODRIGUEZ CASTRO Javier	M3 (9)		44:27.2	9:42.6
47	185	BARREIRO RUIBAL Matías	M3 (10)	CLUB DEPORTIVO PINARIUM	44:46.1	10:01.5
48	202	JARDON LOPEZ Jose	M5 (3)	CLUB ATLETISMO VETERANOS DE SAMIL	45:15.7	10:31.1
49	175	FROIZ LAREU Andres	M3 (11)	TNT GHERRILLEIROS	45:18.4	10:33.8
50	85	BARCIELA CAMIÑA Manuel	M2 (17)		45:26.4	10:41.8
51	138	NUÑEZ PARADA Sergio	M2 (18)		45:28.2	10:43.6
52	40	GONZALEZ ESTEVEZ Alexander	M1 (18)		45:43.0	10:58.4
53	150	PAZ GONZALEZ Juan Carlos	M3 (12)	C.A.R. MARISQUEIRO	45:45.8	11:01.2
54	11	RODRIGUEZ FLORES Marco Antonio	M1 (19)		46:03.2	11:18.6
55	137	ARADAS LESTON Bernardo	M2 (19)	RAGNAROK OCR	46:11.9	11:27.3
56	172	LUCIA PAREDES Giovanni	M3 (13)		46:12.0	11:27.4
57	199	VAZQUEZ VIDAL Antonio	M4 (3)		46:14.6	11:30.0
58	121	MOLINERO MALVIDO Ruben	M2 (20)	CLUB DEPORTIVO DELIKIA	46:16.1	11:31.5
59	81	LAMAS GARRALON Pablo	M1 (20)		46:16.6	11:32.0
60	38	PEREZ COUÑAGO Adrian	M1 (21)		46:26.1	11:41.5
61	120	ALONSO GOMEZ Ivan	M2 (21)		46:29.8	11:45.2
62	162	PEREZ BLANCO Pablo	M3 (14)	CLUB TRIATLON VAO	46:44.5	11:59.9
63	5	TABOAS PAZOS Ruben	M1 (22)	CLUB CICLISTA OLÍVICO	46:52.9	12:08.3
64	92	MAYO RODRIGUEZ Marcos	M2 (22)	RUNYTRI	46:57.8	12:13.2
65	1	ALONSO MORA Eduardo	M1 (23)		46:58.3	12:13.7
66	60	FERNANDEZ NOGUEIRA Hector	M1 (24)		47:08.5	12:23.9
67	159	MARTINEZ ZUÑIGA Modesto	M3 (15)		47:11.6	12:27.0
68	88	LOZANO Roberto	M2 (23)		47:11.8	12:27.2
69	90	CABEZAS VILA Valerio	M2 (24)	C.A.R. MARISQUEIRO	47:16.4	12:31.8
70	141	COSTAS RODRIGUEZ Marcos	M2 (25)	C.D.RIAS DO SUR	47:21.6	12:37.0
71	51	ROJO MARTINEZ Tomas	M1 (25)		47:23.8	12:39.2
72	36	RODRIGUEZ DOMINGUEZ Miguel	M1 (26)		47:31.6	12:47.0
73	37	FERNANDEZ MARTINEZ Sergio	M1 (27)	PORCOS CELTAS	47:36.7	12:52.1
74	170	GONZALEZ MACIEL Jose Luis	M3 (16)	RIZOS TEAM	47:42.7	12:58.1
75	103	GOBERNA COMESAÑA Ivan	M2 (26)		47:50.2	13:05.6
76	167	BERMUDEZ FERREIRA Arturo	M3 (17)		47:50.7	13:06.1
77	127	CABACO CAMPOS Jose Manuel	M2 (27)	TAKO TEAM	47:54.6	13:10.0
78	208	PEREZ PASCUAL Manuel	M5 (4)	C.S.C.R. BEADE	47:55.8	13:11.2
79	374	GUISANDE PEREIRA Eloy	M1 (28)		48:17.0	13:32.4
80	4	ABAD Jacobo Abad	M1 (29)		48:19.1	13:34.5
81	166	SANCHEZ OTERO Oswaldo	M3 (18)	TNT GHERRILLEIROS	48:21.0	13:36.4
82	178	VIDAL GONZALEZ David	M3 (19)		48:23.1	13:38.5
83	125	RODRIGUEZ FERNANDEZ Efren	M2 (28)		48:32.5	13:47.9
84	96	VARA BLANCO Javier	M2 (29)		48:36.6	13:52.0
85	119	ALONSO PEREIRA Marcos	M2 (30)	O FUSCO	48:49.8	14:05.2
86	45	AMEZ SEGOVIA Martin	M1 (30)	PORCOS CELTAS	49:03.2	14:18.6
87	193	GALLIDORO DEL MONTE Jose Humberto	M4 (4)	CLUB DEPORTIVO DELIKIA	49:05.4	14:20.8
88	18	ARIAS Manuel	M1 (31)		49:15.6	14:31.0



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89	53	MIGUEZ PEREZ Adrian	M1	(32)	49:19.1	14:34.5
90	136	FREIRE CABALEIRO Carlos	M2	(31)	49:19.2	14:34.6
91	13	KIATOWSKY Xabier	M1	(33)	49:36.6	14:52.0
92	134	VEGA GARCIA Antonio Manuel	M2	(32)	49:40.4	14:55.8
93	157	MARTINEZ PEREZ Jose Luis	M3	(20)	49:40.7	14:56.1
94	2	SOTELO LORENZO Daniel	M1	(34)	49:41.5	14:56.9
95	77	RASCADO NOVAS Xacobe	M1	(35)	50:05.8	15:21.2
96	98	DORADO FUENTE Iban	M2	(33)	50:15.4	15:30.8
97	65	SANTIAGO PACHECO Jose Carlos	M1	(36)	50:19.0	15:34.4
98	117	MARTIN PALLES Marco Alexio	M2	(34)	50:28.1	15:43.5
99	190	VIDEIRA CORREA Alberto	M4	(5)	50:29.9	15:45.3
100	34	AMOEDO TABOAS Andres	M1	(37)	50:30.9	15:46.3
101	27	SANCHEZ VEGA Juan Diego	M1	(38)	50:36.8	15:52.2
102	26	VARELA COMESAÑA Adrian	M1	(39)	50:40.6	15:56.0
103	152	BELOSO GONZALEZ Carlos	M3	(21)	50:47.5	16:02.9
104	111	LOPEZ PINO Javier	M2	(35)	50:49.3	16:04.7
105	47	MUÑOZ CHAS Alejandro	M1	(40)	50:49.8	16:05.2
106	106	CRISTOBAL LIMES Iago	M2	(36)	51:06.4	16:21.8
107	148	PIÑEIRO RODRIGUEZ Carlos	M3	(22)	51:11.3	16:26.7
108	154	VILLANUEVA AREAL Dito	M3	(23)	51:21.4	16:36.8
109	110	ARANGO GAYAR Saul	M2	(37)	51:41.9	16:57.3
110	23	FERREIRA Pablo	M1	(41)	51:51.2	17:06.6
111	194	SANTIAGO CAMERON-WALKER Jose Carlos	M4	(6)	51:56.4	17:11.8
112	50	PEREZ PEREZ Brais	M1	(42)	51:58.0	17:13.4
113	207	VILLAR ALVAREZ Enrique	M5	(5)	52:01.8	17:17.2
114	95	MACIAS NOGUEIRA Antonio	M2	(38)	52:03.1	17:18.5
115	198	BARREIRO BARREIRO Benigno	M4	(7)	52:08.2	17:23.6
116	33	PENAS GARCIA Oscar	M1	(43)	52:16.2	17:31.6
117	124	ACOSTA RENILLA Juan Pablo	M2	(39)	52:16.9	17:32.3
118	61	JUNCAL PEÑAS Guillermo	M1	(44)	52:18.3	17:33.7
119	156	GONZALEZ MARTINEZ Fernando	M3	(24)	52:20.6	17:36.0
120	182	MARTINEZ DOBALO David	M3	(25)	52:50.6	18:06.0
121	82	CASTRO COSTAS Anton	M1	(45)	53:09.8	18:25.2
122	191	TABOADA GONZALEZ Ramiro	M4	(8)	53:10.7	18:26.1
123	139	PALOMEQUE TORRAS Jose Maria	M2	(40)	53:18.0	18:33.4
124	145	HERRERO MENAQ Gonzalo	M3	(26)	53:27.0	18:42.4
125	188	FERNANDEZ CLEMENTE Carlos	M4	(9)	53:28.6	18:44.0
126	149	YAÑEZ COIRA Avelino	M3	(27)	53:28.9	18:44.3
127	42	TIZON Juan	M1	(46)	53:36.0	18:51.4
128	187	MOREIRA CONDE Antonio	M4	(10)	53:36.1	18:51.5
129	177	FREIRE PIÑEIRO Jose Manuel	M3	(28)	53:37.2	18:52.6
130	186	CABALEIRO HERNANDEZ Jesus	M4	(11)	53:45.2	19:00.6
131	131	CONDE PEREZ Celso	M2	(41)	53:57.3	19:12.7
132	174	PARDAVILA Miguel	M3	(29)	54:03.1	19:18.5
133	118	ALVAREZ ALONSO Ivan	M2	(42)	54:08.7	19:24.1
134	155	TABOAS SILVA Jose Antonio	M3	(30)	54:09.0	19:24.4
135	116	MARTINEZ MARTIN Ivan	M2	(43)	54:12.6	19:28.0
136	67	COUTO MEIRIÑO Manuel	M1	(47)	54:27.7	19:43.1
137	63	PER CONTRERAS Francisco	M1	(48)	54:44.8	20:00.2
138	64	GONZALEZ SAMPERE Aaron	M1	(49)	54:50.9	20:06.3
139	43	BARROS RODRIGUEZ Pedro	M1	(50)	55:04.9	20:20.3



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140	91	SANMARTIN GONZALEZ Victoriano	M2 (44)	MAIS QUE AUGA	55:08.1	20:23.5
141	75	BALTAR LOSADA Miguel	M1 (51)	MAIS QUE AUGA	55:10.4	20:25.8
142	30	LORENZO BLAS Lucas	M1 (52)		55:11.0	20:26.4
143	9	RODRIGUEZ LAGO Yago	M1 (53)		55:11.1	20:26.5
144	97	RODAL FRAGA Carlos	M2 (45)		55:21.4	20:36.8
145	189	FIDALGO IGLESIAS Manuel	M4 (12)		55:28.2	20:43.6
146	204	BLANCO GONZALEZ Alfonso	M5 (6)		55:28.4	20:43.8
147	24	NOVAS CANABAL Diego	M1 (54)		55:29.6	20:45.0
148	144	OSBORNE Steve	M2 (46)		55:34.0	20:49.4
149	135	DEL CAÑO CASTRO Miguel	M2 (47)		55:35.8	20:51.2
150	151	GONCALVES ROLO Alvaro	M3 (31)	MAIS QUE AUGA	55:36.3	20:51.7
151	10	CARRERA RIVEIRO Francisco	M1 (55)		55:47.0	21:02.4
152	89	BERNARDEZ GARCIA Javier	M2 (48)		56:16.4	21:31.8
153	176	BERNARDEZ GIL David	M3 (32)		56:16.7	21:32.1
154	114	PIÑEIRO AGULLA Isidro Jose	M2 (49)		56:21.0	21:36.4
155	54	FREIRIA MARTINEZ Luis	M1 (56)		56:48.5	22:03.9
156	74	VALEIJE COVELO Samuel	M1 (57)		56:49.2	22:04.6
157	72	MOREIRA RODRIGUEZ Diego	M1 (58)		56:52.9	22:08.3
158	25	SIANI Francesco	M1 (59)		56:59.0	22:14.4
159	39	GARCIA Dani	M1 (60)		57:08.3	22:23.7
160	210	ROCA RODRIGUEZ Ramon	M5 (7)		57:27.7	22:43.1
161	56	DE OLIVEIRA AVELINO Jose Higor	M1 (61)		57:29.3	22:44.7
162	113	RESUA EIRAS David	M2 (50)		57:39.4	22:54.8
163	206	COVELO IGLESIAS Jose Miguel	M5 (8)		57:43.6	22:59.0
164	153	IGLESIAS RODRIGUEZ Carlos	M3 (33)		57:55.2	23:10.6
165	146	GUAMA MENA Patricio	M3 (34)	PADELEROS	58:09.3	23:24.7
166	169	VAZQUEZ VALLADARES Antonio	M3 (35)		58:43.4	23:58.8
167	375	HERNANDEZ CERON Carlos	M1 (62)		59:10.9	24:26.3
168	203	GARABATOS CUADRADO Jose Antonio	M5 (9)	C.A.R. MARISQUEIRO	59:19.9	24:35.3
169	94	HERNANDEZ GRAÑA Juan Carlos	M2 (51)		59:21.1	24:36.5
170	130	BUXO SANCHEZ Gabriel	M2 (52)		59:34.3	24:49.7
171	28	GUAMA HEREDIA Edwin	M1 (63)	PADELEROS	59:44.1	24:59.5
172	52	VAZQUEZ CAMBEIRO David	M1 (64)		59:49.3	25:04.7
173	55	TATAR Mert	M1 (65)		59:52.8	25:08.2
174	48	IGLESIAS DORDA Manuel	M1 (66)		59:57.1	25:12.5
175	69	LUMBRERAS DE LARA Diego	M1 (67)		1h00:05.4	25:20.8
176	195	ESTEVEZ CERNADAS Ricardo	M4 (13)	ATHLETICS AVENTURA XTREM	1h00:09.9	25:25.3
177	19	MARTINEZ NOVAS David	M1 (68)	BORGWARNER	1h00:37.0	25:52.4
178	70	MOSQUERA Diego	M1 (69)		1h01:15.9	26:31.3
179	16	VIDE LINARES Antonio Jose	M1 (70)	BORGWARNER	1h01:28.6	26:44.0
180	122	VERAZA Cristian	M2 (53)	MAIS QUE AUGA	1h01:41.5	26:56.9
181	59	IGLESIAS DA COSTA Pablo Jose	M1 (71)		1h02:06.6	27:22.0
182	140	CANOSA MARTINEZ Oscar	M2 (54)		1h02:24.2	27:39.6
183	21	MOLINA MATINEZ Jose Luis	M1 (72)		1h02:42.0	27:57.4
184	180	BLANCO HERMIDA Oscar	M3 (36)		1h03:03.1	28:18.5
185	142	GARCIA AVE Damian	M2 (55)	FACTORUN	1h04:32.4	29:47.8
186	126	LAGO CERQUEIRA Javier	M2 (56)		1h05:07.9	30:23.3
187	57	RODRIGUEZ CARDENAS Carlos Mauricio	M1 (73)		1h05:13.9	30:29.3
188	171	POUSA LUCIO Xoan Manuel	M3 (37)	SAPOCONCHOS	1h05:26.0	30:41.4
189	58	LAGO BUENESTADO Ignacio	M1 (74)		1h06:29.1	31:44.5
190	160	VAZQUEZ Enrique	M3 (38)		1h06:38.8	31:54.2



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Cl	Dor.	Apellidos y nombre	Categoría (Cl)	Equipo	Tiempo	Diferencia
191	129	SALGUERO ALVAREZ Abraham	M2 (57)		1h06:47.1	32:02.5
192	20	VAZQUEZ MAYO Javier	M1 (75)	MAIS QUE AUGA	1h08:27.2	33:42.6
193	370	CENTENO OSORIO Juan Pablo	M1 (76)		1h15:15.1	40:30.5

5K MUJERES

1	643	VILAR PALMA Ana Paula	F3 (1)	SOCIEDAD ATLÉTICA VAL MIÑOR	26:46.6	
2	616	DOMINGUEZ PEREZ Naomi	F1 (1)	CLUB DEPORTIVO DELIKIA	27:04.0	17.4
3	628	VIDAL LORENZO Emilia	F2 (1)	MAIS QUE AUGA	28:26.0	1:39.4
4	656	DA SILVA Maria Filipe	F1 (2)		29:24.3	2:37.7
5	603	BRUZON BANDEIRA Maria	F1 (3)		30:54.4	4:07.8
6	629	SORDO GARCIA Maria Teresa	F2 (2)	METAS IMPOSIBLES	30:55.4	4:08.8
7	619	ARIAS TEJEDA Lidia	F1 (4)		31:17.6	4:31.0
8	649	FERNANDEZ VARELA Maria Estefania	F2 (3)		31:18.3	4:31.7
8	614	CASTRO GONZALEZ Isabel	F1 (5)	CLUB DEPORTIVO DELIKIA	31:18.3	4:31.7
10	647	FERNANDEZ PAZOS Luz	F5 (1)		32:18.8	5:32.2
11	627	RODRIGUEZ BARROS Sara	F1 (6)	CLUB DEPORTIVO DELIKIA	32:41.4	5:54.8
12	644	PAZ OLIVEIRA Natalia	F3 (2)	MAIS QUE AUGA	33:44.9	6:58.3
13	612	FUENTES CALDERON Cristina	F1 (7)		34:37.0	7:50.4
14	632	LEMONS LOPEZ Vanesa	F2 (4)	MAIS QUE AUGA	35:02.8	8:16.2
15	625	ARENAS COSTAS Jimena	F1 (8)	CLUB DEPORTIVO DELIKIA	35:06.0	8:19.4
15	623	GROBA COMESAÑA Lia	F1 (8)	CLUB DEPORTIVO DELIKIA	35:06.0	8:19.4
17	633	FREIRE Lorena	F2 (5)	MAIS QUE AUGA	35:17.7	8:31.1
18	605	ZUNZUNEGUI NAVIA Maria	F1 (10)	MAIS QUE AUGA	35:40.0	8:53.4
19	626	GAMA Mercedes	F1 (11)		35:48.0	9:01.4
20	622	MARTIS POUSO Helena	F1 (12)		36:36.2	9:49.6
21	621	TRILLO DOMINGUEZ Marta	F1 (13)		36:36.5	9:49.9
22	635	PEREZ RODRIGUEZ Luz	F2 (6)	MAIS QUE AUGA	36:38.4	9:51.8
23	641	VAZQUEZ Mariña	F3 (3)		36:38.8	9:52.2
24	631	RECAMAN MIGUEZ Shirley	F2 (7)		36:50.5	10:03.9
25	630	CARNERO LLAUGER Maria	F2 (8)	BIKILA	37:10.8	10:24.2
26	642	VIÑAS ROMERO Silvia	F3 (4)	BIKILA	37:10.9	10:24.3
27	610	RODRIGUEZ RODRIGUEZ Maria	F1 (14)		37:14.0	10:27.4
28	624	IGLESIAS ALLICA Malena	F1 (15)		38:09.6	11:23.0
29	620	PEREIRA FERNANDEZ Monica	F1 (16)		38:14.3	11:27.7
30	607	GARCIA GARCIA Miriam	F1 (17)		38:15.5	11:28.9
31	608	FRAILE PIÑEIRO Marta	F1 (18)		38:19.8	11:33.2
32	601	RODRIGUEZ MISA Noelia	F1 (19)		38:33.6	11:47.0
33	602	MARTIN CALOTO ZULUETA Maria	F1 (20)		38:33.7	11:47.1
34	617	FERREIRA MARTINEZ Anabel	F1 (21)		38:45.3	11:58.7
35	654	PRIETO LAGE Miriam	F1 (22)		40:19.4	13:32.8
36	606	HERMIDA RODRIGUEZ Catarina	F1 (23)		41:02.9	14:16.3
37	615	PEREIRA GIL Raquel	F1 (24)		41:06.2	14:19.6
38	653	ALVES DASILVA Iris Van	F2 (9)		41:28.7	14:42.1
39	639	FERNANDEZ SUAREZ Carmen	F3 (5)	MAIS QUE AUGA	42:40.8	15:54.2
39	364	CABALEIRO Mauxi	F4 (1)		42:40.8	15:54.2
41	613	GARCIA BENITO Sabela	F1 (25)		43:39.4	16:52.8
42	637	VILA Fani	F2 (10)		46:11.8	19:25.2
43	636	IGLESIAS RAMUDO Yolanda	F2 (11)		56:44.8	29:58.2



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Cl	Dor.	Apellidos y nombre	Categoría (Cl)	Equipo	Tiempo	Diferencia
5K HOMBRES						
1	502	DIEZ DIEZ Jorge	M1	(1) BAJO ZERO BURGOS	21:50.9	
2	512	VALENCIA RODRIGUEZ Cristian	M1	(2) C.A.R. MARISQUEIRO	22:11.2	20.3
3	503	LOPEZ FERNANDEZ Hugo	M1	(3) CIBUS SIRGON	22:44.8	53.9
4	548	ALVAREZ MIRANDA Jose Luis	M3	(1) CIBUS SIRGON	22:54.3	1:03.4
5	545	ULLA REGA Manuel	M3	(2)	22:56.5	1:05.6
6	505	RODRIGUEZ GALLEGO Alberto Jose	M1	(4) CLUB CASTRELOS 20:30	23:10.4	1:19.5
7	544	FERNANDEZ Marcos	M3	(3) C.S.C.R. BEADE	23:14.7	1:23.8
8	518	CABALEIRO GARCIA Jose Manuel	M2	(1) CIBUS SIRGON	23:31.6	1:40.7
9	528	LOPEZ GARRIDO David	M2	(2)	23:34.8	1:43.9
10	521	ALONSO ALVAREZ Jose Carlos	M2	(3) ATHLETICS FISIOTERAPIA SAN LÁZARO	24:38.1	2:47.2
11	648	LOPEZ FERNANDEZ Antonio Luis	M2	(4)	25:43.1	3:52.2
11	523	GONZALEZ CASTRO Sindo	M2	(4) SD COMPOSTELA ATLETISMO	25:43.1	3:52.2
13	539	AMOEDO AGULLA Carlos	M3	(4)	26:12.3	4:21.4
14	31	FRANCISCO CARNEIRO Sergio	M1	(5)	26:54.3	5:03.4
15	509	MARTIN PALOMARES Ruben	M1	(6)	27:04.2	5:13.3
16	534	ALVAREZ Andres	M3	(5) IMAXINATEA ESCOLA DE TEATRO	27:36.2	5:45.3
17	535	FERNANDEZ GARCIA Manuel	M3	(6) CLUB DEPORTIVO PINARIUM	27:36.4	5:45.5
18	553	PALMA ESPAÑA Eligio	M4	(1)	27:54.4	6:03.5
19	540	FERREIRA ANTAS Victor	M3	(7)	27:58.9	6:08.0
20	506	COSTAS RODRIGUEZ Adrian	M1	(7)	28:11.2	6:20.3
21	542	ALONSO COSTAS Oscar	M3	(8)	28:34.4	6:43.5
22	504	PEREIRA Ruben	M1	(8)	28:53.9	7:03.0
23	651	PEREZ POLO Diego	M1	(9)	28:56.2	7:05.3
24	554	REY GONZALEZ J.Roberto	M5	(1) CLUB ATLETISMO VETERANOS DE SAML	29:53.7	8:02.8
25	549	RODRIGUEZ PANTIN Alberto	M4	(2) AGRUPACIÓN VIGUESA DE ATLETISMO	30:15.8	8:24.9
26	511	FOUZ FERNANDEZ Alejandro	M1	(10)	30:20.7	8:29.8
27	513	LEON LAGO Sergio	M1	(11) VIGOENTRENA	30:39.9	8:49.0
28	555	HERNANDEZ BORREGO Miguel	M5	(2) MAIS QUE AUGA	31:05.1	9:14.2
29	547	ZUNZUNEGUI GARRIDO Noe	M3	(9)	31:13.3	9:22.4
30	532	GIRALDEZ RIOS Jose	M2	(6)	31:41.7	9:50.8
31	508	SANTA CLARA VIDAL Ramon	M1	(12)	32:05.0	10:14.1
32	550	VILLAR SALGADO Jose Francisco	M4	(3) C.A.R. MARISQUEIRO	33:04.9	11:14.0
33	165	GONZALEZ LAGO Juan Carlos	M3	(10) PONTESECA TRAIL TEAM	33:09.5	11:18.6
34	552	GONZALEZ GARCIA Luis	M4	(4) C.A.R. MARISQUEIRO	33:26.5	11:35.6
35	531	LOPEZ FERNANDEZ Ruben	M2	(7)	33:48.7	11:57.8
36	652	VILLAR GARCIA Javier	M2	(8)	34:13.8	12:22.9
37	543	ARAGUETE BARRIO Jose Luis	M3	(11)	34:29.3	12:38.4
38	530	ALONSO RODRIGUEZ Manuel Antonio	M2	(9) BEADE, AHI OS VAN!	34:43.3	12:52.4
39	526	GESTO Xoan	M2	(10) BEADE, AHI OS VAN!	34:43.5	12:52.6
40	514	VAZQUEZ VERISIMO Adrian	M1	(13)	34:55.0	13:04.1
41	551	BARROS LORENZO Jose Manuel	M4	(5)	35:05.1	13:14.2
42	507	GOMEZ PEDRAZA Pedro Adrian	M1	(14)	35:35.1	13:44.2
43	516	OTERO FREIRE Raul	M1	(15)	35:48.0	13:57.1
44	538	SAAVEDRA GONZALEZ Narciso	M3	(12) CLUB DEPORTIVO METAS IMPOSIBLES TRAIL TE	35:51.6	14:00.7
45	510	CASTIÑEIRAS NARCISO Kevin	M1	(16)	36:28.6	14:37.7
46	515	PEREZ HERVELLA Alberto	M1	(17)	36:36.6	14:45.7
47	372	DIAZ SANDOVAL Gustavo Javier	M1	(18) MAIS QUE AUGA	38:15.8	16:24.9
48	501	FREIRE FERRADAS Sergio	M1	(19)	39:11.4	17:20.5
49	556	GARCIA FERNANDEZ Jose Manuel	M5	(3)	39:28.6	17:37.7



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Cl	Dor.	Apellidos y nombre	Categoría (Cl)	Equipo	Tiempo	Diferencia
50	655	FERNANDEZ MARTINEZ Javichi	M3	(13) DISCAMINO	40:19.7	18:28.8
51	519	GONZALEZ UCLES David	M2	(11) DISCAMINO	40:20.0	18:29.1
52	102	GONZALEZ ABEIJON Fernando	M2	(12)	40:20.3	18:29.4
53	525	RODRIGUEZ COLLAZO Raul	M2	(13)	41:02.5	19:11.6
54	546	LOSADA LOSADA Fernando	M3	(14) C.D. ATLETAS POPULARES DE SORIA	41:45.6	19:54.7
55	537	GANDARA BOUZA Alejandro	M3	(15) CLUB CASTRELOS 20:30	49:17.5	27:26.6
56	650	DO CAMPO MILLOS Juan J.	M4	(6)	58:32.9	36:42.0

DISCAMINO

1	655	FERNANDEZ MARTINEZ Javichi	M3	(1) DISCAMINO	40:19.7	
2	519	GONZALEZ UCLES David	M2	(1) DISCAMINO	40:20.0	0.3