

Pos Xeral	Dorsal	Nome	Tempo	Tempo Real	Categoría	Pos Cat.	Sexo	Pos Sexo	Club	Localidade	CP1	CP2	Meta
1	2494	ALEJANDRO FERNANDEZ RIVERA	00:29:58	00:29:57	Senior	1	M	1	CLUB OURENSE ATLETISMO	Ourense	00:06:26	00:20:25	00:29:58
2	19	VICTOR PUYUELO PARDO	00:30:01	00:30:00	Senior	2	M	2	ATLETICO OROEL	Jaca	00:06:24	00:20:26	00:30:01
3	2492	ALEJO ARES PRADA	00:30:08	00:30:07	Senior	3	M	3	ASOCIACIÓN DEPORTIVA ATLETICA DO SI (ADAS)	Carballeda De Valdeorras	00:06:25	00:20:26	00:30:08
4	2491	ABDELHADI EL MOUAZIZ	00:30:14	00:30:12	Máster 2	1	M	4	NERJA DE ATLETISMO	Maracena	00:06:23	00:20:25	00:30:14
5	2493	MANUEL HURTADO SANJURJO	00:30:24	00:30:22	Senior	4	M	5	SOCIEDAD GIMÁSTICA DE PONTEVEDRA	Lugo	00:06:27	00:20:25	00:30:24
6	21	DAVID SANTOS DOMINGUEZ	00:30:43	00:30:43	Senior	5	M	6	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Ordes	00:06:25	00:20:39	00:30:43
7	2996	CHAKIB LACHGAR	00:30:48	00:30:47	Senior	6	M	7	SIMPLY-SCORPIO 71	Ouargui	00:06:26	00:20:39	00:30:48
8	23	FACUNDO ISMAEL MEDARD	00:30:55	00:30:54	Senior	7	M	8	TRIATLÓN ARTEIXO	San Juan	00:06:27	00:20:47	00:30:55
9	20	ALEJANDRO MARTÍNEZ FERNÁNDEZ	00:31:04	00:31:02	Máster 1	1	M	9	C.A. LA BLANCA	Ponferrada	00:06:27	00:20:48	00:31:04
10	30	CARLOS PORTO PAZOS	00:31:11	00:31:10	Senior	8	M	10	SOCIEDAD GIMNASTICA DE PONTEVEDRA	Vigo	00:06:29	00:20:55	00:31:11
11	2496	RUBEN DIZ DIAZ	00:31:33	00:31:32	Máster 1	2	M	11	CLUB OURENSE ATLETISMO	Ourense	00:06:33	00:21:10	00:31:33
12	29	VICENTE SUÁREZ AMOEIRO	00:31:41	00:31:39	Sub 23	1	M	12		Vigo	00:06:29	00:21:08	00:31:41
13	31	MIGUEL PENEDO TABOADA	00:31:49	00:31:48	Senior	9	M	13	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Brión	00:06:30	00:21:20	00:31:49
14	22	ANXO CASTRO VARELA	00:31:59	00:31:58	Senior	10	M	14	MILER RUNNING CLUB	A Coruña	00:06:31	00:21:34	00:31:59
15	24	ESTEBAN IGLESIA VILA	00:32:11	00:32:09	Senior	11	M	15	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Pastoriza, A	00:06:34	00:21:36	00:32:11
16	2498	JUAN PENA HOLGUIN	00:32:43	00:32:42	Máster 1	3	M	16	Pedro Nimo	Lugo	00:06:47	00:22:14	00:32:43
17	32	JOSE MANUEL FERNANDEZ MARQUEZ	00:32:49	00:32:48	Máster 3	1	M	17	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Bande	00:06:56	00:22:14	00:32:49
18	38	IVÁN DOCAMPO GONZÁLEZ	00:32:52	00:32:49	Máster 1	4	M	18	RUNGALICIA.COM	Ribadavia	00:06:55	00:22:13	00:32:52
19	2500	JONATHAN GARCIA PUENTE	00:32:57	00:32:54	Máster 1	5	M	19	LA CEREZAL TEAM	Gijón	00:06:45	00:22:16	00:32:57
20	27	ABDELAZIZ FATIHI CHHIMA	00:33:03	00:33:02	Senior	12	M	20	la leonesa	A Coruña	00:06:47	00:22:14	00:33:03
21	39	MARCOS RUIZ BRAGE	00:33:05	00:33:04	Sub 23	2	M	21	Clube Atletismo Fene	Fene	00:06:47	00:22:15	00:33:05
22	2405	LUIS PEREZ VARELA	00:33:06	00:33:03	Senior	13	M	22	Clube Atletismo Fene	Pontedeume	00:06:56	00:22:15	00:33:06
23	28	JONATHAN FERNANDEZ RIOS	00:33:20	00:33:18	Senior	14	M	23	Pasa ou Entorna	Neda	00:06:55	00:22:23	00:33:20
24	49	MARCOS ALMOZARA MAYO	00:33:33	00:33:31	Senior	15	M	24	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Baña	00:06:49	00:22:30	00:33:33
25	36	JOSE CEFERINO MARTINEZ PUENTE	00:33:36	00:33:34	Senior	16	M	25	ORIENTE ATLETISMO	Avilés	00:06:55	00:22:32	00:33:36
26	37	RICARDO VÁZQUEZ VAAMONDE	00:33:36	00:33:35	Máster 2	2	M	26	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Lalín	00:07:02	00:22:34	00:33:36
27	40	JULEN BASTERRETKEA SAENZ DE VALLUERCA	00:33:45	00:33:42	Senior	17	M	27	C.A. LA BLANCA	Vitoria-gasteiz	00:07:02	00:22:44	00:33:45
28	25	ALBERTO CASTIÑEIRA FIGUEROA	00:33:48	00:33:46	Sub 23	3	M	28	CLUB ATLETISMO SANTIAGO	Culleredo	00:06:47	00:22:27	00:33:48
29	2502	ALBERTO MORIS VIEITES	00:33:51	00:33:49	Senior	18	M	29	MARINEDA ATLETICO	Cambre	00:07:13	00:22:55	00:33:51
30	53	RUBÉN LIÑARES ARAN	00:33:55	00:33:53	Máster 2	3	M	30		A Coruña	00:07:06	00:22:58	00:33:55
31	2505	ESTEBAN DÍAZ PÉREZ	00:33:56	00:33:54	Máster 1	6	M	31	Club Trieume As Pontes	Pontes De García Rodríguez, As	00:06:57	00:22:46	00:33:56
32	2	EDYMAR BREA ABREU	00:33:57	00:33:55	Senior	1	F	1		Pontevedra	00:07:03	00:22:56	00:33:57
33	1	JOSELYN DANIELY BREA ABREU	00:33:58	00:33:56	Senior	2	F	2	SOCIEDAD GIMNASTICA DE PONTEVEDRA	Pontevedra	00:07:02	00:22:55	00:33:58
34	2480	PAULA MAYOBRE GONZALEZ	00:34:01	00:34:00	Senior	3	F	3	C Dental Seoane Pampín	Ares	00:07:01	00:22:56	00:34:01
35	45	XABIER DÍAZ FERNÁNDEZ	00:34:05	00:34:02	Máster 2	4	M	32	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Lugo	00:07:20	00:23:13	00:34:05
36	74	ALEJANDRO Balsa CASTRO	00:34:06	00:34:04	Senior	19	M	33	CLUB TRIATLON CORUÑA	A Coruña	00:07:03	00:22:56	00:34:06
37	44	NICOLÁS PABLO GENS LÓPEZ	00:34:10	00:34:09	Sub 20	1	M	34	CLUB ATLETISMO CORUÑA COMARCA		00:06:56	00:22:49	00:34:10
38	2497	ESTEBAN RIOSECO DIAZ	00:34:25	00:34:23	Máster 2	5	M	35	EGOVARROS DE VIVEIRO	Ferrol	00:07:03	00:23:10	00:34:25
39	2503	JÁIME NOGUEROL RODRIGUEZ	00:34:29	00:34:27	Máster 1	7	M	36	ATLETISMO ARENTEIRO	Vilamarín	00:07:19	00:23:28	00:34:29
40	56	CARLOS IGLESIAS AREA	00:34:31	00:34:30	Máster 1	8	M	37	SAN MIGUEL DE MARIN	Marín	00:07:23	00:23:28	00:34:31
41	54	BREOGÁN GIGIREY	00:34:31	00:34:27	Senior	20	M	38	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Santiago De Compostela	00:07:26	00:23:28	00:34:31
42	62	FERNANDO LORENZO PÉREZ	00:34:33	00:34:30	Máster 1	9	M	39		Cedeira	00:07:18	00:23:28	00:34:33
43	46	ANGEL MACEIRAS LAGO	00:34:35	00:34:33	Máster 2	6	M	40	CLUB ATLETISMO SAR VERMÚ PETRONI	Culleredo	00:07:24	00:23:28	00:34:35
44	51	JAVIER SEOANE PUGA	00:34:35	00:34:31	Máster 2	7	M	41	C.D. OS MUDITOS	A Coruña	00:07:19	00:23:19	00:34:35
45	48	DANIEL FIGUEROA GARCIA	00:34:44	00:34:41	Senior	21	M	42		Vigo	00:07:21	00:23:27	00:34:44
46	158	VÍCTOR ANDRÉS ALMENDÁRIZ	00:34:46	00:34:43	Sub 23	4	M	43	NOITEBRA	Oleiros	00:07:18	00:23:28	00:34:46
47	2513	PEDRO TRABA CAAMAÑO	00:34:46	00:34:44	Máster 2	8	M	44	C.A. OUTES. JOHN-TURKEY	Outes	00:07:15	00:23:28	00:34:46
48	42	JAVIER TOURIS FORNOS	00:34:48	00:34:46	Máster 2	9	M	45	MARINEDA ATLETICO	A Coruña	00:07:05	00:23:31	00:34:48
49	2506	BRAIS CUPEIRO PÉREZ	00:34:50	00:34:47	Senior	22	M	46	Pasa ou Entorna	Cabanas	00:07:21	00:23:37	00:34:50
50	91	SANTIAGO PIÑEIRO GRAÑA	00:34:52	00:34:49	Máster 1	10	M	47	ATLETISMO SAMERTOLAMEU	Moaña	00:07:24	00:23:33	00:34:52

51	2482	ESTER NAVARRETE SANTANA	00:34:55	00:34:53	Senior	4	F	4	FC Barcelona	Vigo	00:07:22	00:23:36	00:34:55
52	52	FRANCISCO RODRIGUEZ RODRIGUEZ	00:35:00	00:34:58	Máster 1	11	M	48	REAL CLUB CELTA DE ATLETISMO	Vigo	00:07:22	00:23:33	00:35:00
53	50	NOEL FERNÁNDEZ MARCOS	00:35:04	00:35:01	Máster 2	10	M	49	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)		00:07:29	00:23:40	00:35:04
54	77	RODRIGO PINTADO DEL CAMPO	00:35:07	00:35:04	Máster 1	12	M	50	Nosportlimit	A Coruña	00:07:18	00:23:37	00:35:07
55	68	JAVIER OUBIÑA ABUIN	00:35:08	00:35:06	Máster 1	13	M	51		A Coruña	00:07:32	00:23:53	00:35:08
56	2514	MANUEL FOLGUEIRA DÍAZ	00:35:13	00:35:10	Senior	23	M	52		Foz	00:07:25	00:23:53	00:35:13
57	57	JAVIER REGO SANFIZ	00:35:16	00:35:14	Máster 1	14	M	53	FLUVIAL DE LUGO	Lugo	00:07:19	00:23:35	00:35:16
58	157	JOSE LUIS SEOANE UZAL	00:35:16	00:35:13	Máster 1	15	M	54	Motobike Galaico Pontevedra	A Coruña	00:07:26	00:23:49	00:35:16
59	63	ADRIAN ROJO LUACES	00:35:16	00:35:15	Senior	24	M	55	CLUB ATLETISMO SAR VERMÚ PETRONI	Camarifias	00:07:22	00:23:39	00:35:16
60	69	RAMON MACEIRAS LAGO	00:35:17	00:35:15	Máster 1	16	M	56	CLUB ATLETISMO SAR VERMÚ PETRONI		00:07:25	00:23:43	00:35:17
61	59	SANTIAGO GARCIA GONZALEZ	00:35:23	00:35:21	Máster 2	11	M	57	BURGAS ATLETISMO OURENSE	Ourense	00:07:20	00:23:47	00:35:23
62	97	MIGUEL REGUEIRA VEIGA	00:35:25	00:35:21	Máster 1	17	M	58	RUNNING OLEIROS	Culleredo	00:07:25	00:24:02	00:35:25
63	164	XAN COLLAZO AREOSA	00:35:27	00:35:24	Senior	25	M	59	C.D. OS MUDITOS	Coristanco	00:07:23	00:23:49	00:35:27
64	55	IVAN REGO POSE	00:35:27	00:35:25	Senior	26	M	60	ATLETISMO MILLADOIRO	A Coruña	00:07:25	00:23:56	00:35:27
65	98	DAVID CANO CONESA	00:35:28	00:35:25	Máster 2	12	M	61		Narón	00:07:22	00:23:49	00:35:28
66	95	ROBERTO MARTINEZ CASTRO	00:35:32	00:35:30	Senior	27	M	62	CLUB DEPORTIVO PINARIUM	Ferrol	00:07:18	00:23:57	00:35:32
67	60	JOSE SUAREZ LEIS	00:35:33	00:35:30	Máster 3	2	M	63	CLUB ATLETISMO SAR VERMÚ PETRONI	A Baña	00:07:17	00:23:55	00:35:33
68	87	NOEL SOTO MÉNDEZ	00:35:35	00:35:33	Sub 23	5	M	64	CLUB ATLETISMO CORUÑA COMARCA	Fene	00:07:28	00:24:07	00:35:35
69	102	MARCO PAULO RODRIGUES PINTO	00:35:36	00:35:34	Máster 1	18	M	65	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Barco De Valdeorras, O	00:07:19	00:23:47	00:35:36
70	34	MANUEL OLIVER PÉREZ LÓPEZ	00:35:37	00:35:36	Máster 2	13	M	66	CLUB ATLETISMO SAR VERMÚ PETRONI	Culleredo	00:07:55	00:24:28	00:35:37
71	86	FERNANDO LÓPEZ DE LAS HERAS	00:35:39	00:35:36	Máster 2	14	M	67	CLUB ATLETISMO CORUÑA COMARCA	Culleredo	00:07:30	00:24:02	00:35:39
72	88	XOSÉ MANUEL PENAS VARELA	00:35:39	00:35:35	Senior	28	M	68	Asociación Deportiva Cerne	Santiso	00:07:38	00:24:06	00:35:39
73	66	EMILIO MARTÍNEZ ANTA	00:35:39	00:35:37	Máster 3	3	M	69	EGOVARROS DE VIVEIRO	A Coruña	00:07:29	00:24:04	00:35:39
74	81	CESAR MONTES SANCHEZ	00:35:40	00:35:37	Máster 1	19	M	70	Tri Arteixo	Betanzos	00:07:18	00:23:49	00:35:40
75	71	ADRIAN CASTRO RODRIGUEZ	00:35:42	00:35:39	Senior	29	M	71	FLUVIAL DE LUGO	Lugo	00:07:43	00:24:29	00:35:42
76	2510	KEVIN DARRIBA CORRAL	00:35:42	00:35:40	Sub 20	2	M	72	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Lugo	00:07:17	00:24:00	00:35:42
77	174	VICENTE RUBEN JIMÉNEZ GURREA	00:35:45	00:35:39	Máster 1	20	M	73	Nosportlimit	A Coruña	00:07:36	00:24:12	00:35:45
78	220	FRANCISCO JAVIER MASEDA CARBALLO	00:35:45	00:35:41	Máster 2	15	M	74	Nosportlimit	A Coruña	00:07:32	00:24:03	00:35:45
79	73	ANGEL RABADE LEDO	00:35:48	00:35:44	Máster 1	21	M	75	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Lugo	00:07:45	00:24:17	00:35:48
80	61	ADRIÁN BLANCO PÉREZ	00:35:50	00:35:46	Senior	30	M	76		Cedeira	00:07:33	00:24:11	00:35:50
81	105	ALDO REGUEIRA MARTÍNEZ	00:35:50	00:35:47	Máster 1	22	M	77	Escola de Atletismo Paula Mayobre	Ferrol	00:07:22	00:24:02	00:35:50
82	93	FERNANDO PEREZ HERNANDEZ	00:35:51	00:35:48	Máster 2	16	M	78	CLUB CORUÑA COMARCA	A Coruña	00:07:27	00:24:09	00:35:51
83	64	ALVARO PRESEDO FRAGUIO	00:35:59	00:35:57	Senior	31	M	79	MARINEDA ATLETICO	Arteixo	00:07:21	00:23:57	00:35:59
84	2484	ESTHER RODRÍGUEZ DíEZ	00:36:01	00:35:59	Máster 1	1	F	5	CLUB DEPORTIVO RIOJA AÑARES	Santiago De Compostela	00:07:29	00:24:12	00:36:01
85	2527	RAFA POUPARINA CASTRO	00:36:03	00:36:00	Senior	32	M	80	Pasa ou Entorna	Narón	00:07:38	00:24:31	00:36:03
86	154	FERNANDO HOYOS SILVA	00:36:03	00:36:00	Máster 3	4	M	81	CLUB DEPORTIVO PINARIUM	Ferrol	00:07:38	00:24:22	00:36:03
87	2535	IÑAKI ÁLVAREZ LOSADA	00:36:03	00:36:00	Senior	33	M	82	FitRunners	A Coruña	00:07:36	00:24:22	00:36:03
88	3	UXIA PEREZ BUGARIN	00:36:05	00:36:04	Sub 23	1	F	6	CLUB ATLETISMO PLAYAS DE CASTELLON	Tui	00:07:39	00:24:31	00:36:05
89	200	ABEL LADO FIGUEIRAS	00:36:11	00:36:06	Máster 1	23	M	83	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Coruña	00:07:38	00:24:24	00:36:11
90	80	LUIS ANTONIO PIÑEIRO LOPEZ	00:36:12	00:36:09	Máster 2	17	M	84	SOCIEDADE DEPORTIVA BARBANTIA RODA	Pobra Do Caramiñal, A	00:07:39	00:24:31	00:36:12
91	194	RUBÉN BUGLIOT FERNÁNDEZ	00:36:17	00:36:12	Senior	34	M	85		Cariño	00:07:40	00:24:21	00:36:17
92	209	JOSÉ LOSADA PÉREZ	00:36:18	00:36:14	Máster 1	24	M	86	Dream Team	A Coruña	00:07:38	00:24:21	00:36:18
93	231	DAVID RODRIGUEZ HIERRO	00:36:28	00:36:24	Máster 1	25	M	87	Kurai	A Coruña	00:07:41	00:24:38	00:36:28
94	65	DIEGO MARTINEZ RIBAO	00:36:30	00:36:28	Máster 1	26	M	88	BURGAS ATLETISMO OURENSE	Ourense	00:07:29	00:24:38	00:36:30
95	182	JOSE LUIS ROIBAS FERNANDEZ	00:36:34	00:36:29	Máster 2	18	M	89	CLUB ATLETISMO SADA	Cambre	00:07:36	00:24:33	00:36:34
96	176	RUBEN BREGUA CHAS	00:36:34	00:36:30	Máster 1	27	M	90	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Culleredo	00:07:44	00:24:43	00:36:34
97	89	FRANCISCO JAVIER VILA LOPEZ	00:36:36	00:36:32	Senior	35	M	91	RUNNING OLEIROS	A Coruña	00:07:40	00:24:27	00:36:36
98	75	JOSÉ MANUEL SEOANE POMBO	00:36:38	00:36:36	Máster 2	19	M	92	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Ames	00:07:27	00:24:35	00:36:38
99	2531	ADRIÁN FERRÓN MOURE	00:36:43	00:36:32	Sub 23	6	M	93		Ribeira	00:07:47	00:24:37	00:36:43
100	165	XAQUIN BUGALLO DEL PUERTO	00:36:45	00:36:40	Máster 1	28	M	94	RUNNING OLEIROS	Culleredo	00:07:44	00:24:43	00:36:45
101	188	PABLO SEOANE AMOR	00:36:45	00:36:40	Máster 1	29	M	95	CLUB ATLETISMO SADA	Betanzos	00:07:49	00:24:46	00:36:45

102	2546	OSCAR ROSA CASANOVA	00:36:45	00:36:36	Sub 23	7	M	96	C.A. InerDecail	Albacete	00:08:19	00:25:27	00:36:45
103	4	ROCIO ALVITE FERREIRO	00:36:45	00:36:43	Máster 1	2	F	7	CLUB ATLETISMO SAR VERMÚ PETRONI	Mazaricos	00:07:45	00:24:47	00:36:45
104	186	JOSÉ CARLOS PEREIRA REY	00:36:46	00:36:40	Máster 3	5	M	97	Runnig arteixo	Arteixo	00:07:45	00:24:46	00:36:46
105	2532	PABLO MIRAGAYA LÓPEZ	00:36:47	00:36:35	Máster 1	30	M	98		Santiago De Compostela	00:08:08	00:25:08	00:36:47
106	172	FERNANDO VAZQUEZ ARES	00:36:49	00:36:46	Máster 2	20	M	99	ATLETAS DE ACEA DE AMA	Cambre	00:07:39	00:24:43	00:36:49
107	100	RUBÉN GONZÁLEZ HOYOS	00:36:50	00:36:47	Senior	36	M	100	Triatlón Bierzo	Ponferrada	00:07:29	00:24:36	00:36:50
108	160	NICOLÁS FERNANDO BAS ROTH	00:36:53	00:36:48	Senior	37	M	101	CLUB ATLETISMO SADA	A Coruña	00:07:54	00:25:11	00:36:53
109	183	DIEGO ÁLVAREZ SOTO	00:36:56	00:36:54	Máster 1	31	M	102	Pasa ou Entorna	Narón	00:07:40	00:24:51	00:36:56
110	273	REMIGIO RIOBOGUTIERREZ	00:36:57	00:36:53	Máster 2	21	M	103	MARINEDA ATLETICO	A Coruña	00:07:45	00:24:56	00:36:57
111	108	GUSTAVO VILLAR PÉREZ	00:36:58	00:36:54	Máster 2	22	M	104		A Coruña	00:07:43	00:24:51	00:36:58
112	219	DAVID PÁJARO VARELA	00:36:59	00:36:55	Senior	38	M	105	Asociación Deportiva Cerne	Melide	00:07:43	00:24:52	00:36:59
113	264	TXOMIN SIRERA IBARLUZEA	00:36:59	00:36:51	Senior	39	M	106		Igantzi	00:08:10	00:25:13	00:36:59
114	212	EDUARDO PÉREZ CAJARAVILLE	00:37:00	00:36:52	Senior	40	M	107	Triatlón Arteixo	A Coruña	00:08:02	00:25:05	00:37:00
115	265	HÉCTOR SIMÓN MARTÍNEZ	00:37:00	00:36:53	Senior	41	M	108	Nosportlimit	A Coruña	00:08:00	00:25:12	00:37:00
116	2509	CONSTANTE LORENZO SANTOS	00:37:02	00:36:59	Máster 2	23	M	109	C.D. OS MUDITOS	Muxía	00:07:58	00:25:05	00:37:02
117	2558	DANIEL FUENTES BARDANCA	00:37:04	00:36:59	Senior	42	M	110		A Coruña	00:07:55	00:25:16	00:37:04
118	215	PABLO DÍAZ ATANES	00:37:07	00:37:03	Máster 1	32	M	111	Rábade Corre	Rábade	00:07:41	00:25:06	00:37:07
119	152	ROBERTO VALE GARCIA	00:37:07	00:37:02	Máster 2	24	M	112	FLUVIAL DE LUGO	Lugo	00:08:03	00:25:12	00:37:07
120	191	ALBERTO CASTRO SÁNCHEZ	00:37:08	00:37:05	Máster 1	33	M	113	ATLETAS DE ACEA DE AMA	Culleredo	00:07:55	00:25:12	00:37:08
121	96	ALEJANDRO VÁZQUEZ GÓMEZ	00:37:09	00:37:05	Senior	43	M	114		A Coruña	00:07:50	00:25:10	00:37:09
122	3048	SAÚL SERRANO	00:37:11	00:36:43	Senior	44	M	115		Ferrol	00:08:47	00:25:35	00:37:11
123	170	IVAN RUBIO RUBIRA	00:37:11	00:37:03	Máster 2	25	M	116		Arteixo	00:08:04	00:24:57	00:37:11
124	162	JOSÉ LUIS MARTÍNEZ VICENTE	00:37:16	00:37:12	Máster 2	26	M	117	PATUKOS TIM RANIN	A Coruña	00:08:03	00:25:17	00:37:16
125	2512	JOSE BUJAN GONZALEZ	00:37:16	00:37:06	Máster 2	27	M	118	C.A. OUTES. JOHN-TURKEY	Outes	00:08:02	00:25:12	00:37:16
126	103	ISMAEL PRIETO SOUTO	00:37:17	00:37:13	Senior	45	M	119		Cambre	00:07:47	00:24:51	00:37:17
127	1543	STEPHAN JEANDON	00:37:19	00:37:12	Máster 2	28	M	120	As media Ducia	Carballo	00:08:04	00:25:14	00:37:19
128	201	JOSE MANUEL TROITIÑO BOUZA	00:37:19	00:37:15	Máster 2	29	M	121		Ferrol	00:08:05	00:25:20	00:37:19
129	3034	ALBERTO SERANTES GUZMÁN	00:37:20	00:37:15	Máster 1	34	M	122		Cedeira	00:08:01	00:25:06	00:37:20
130	310	ALBERTO FRAGA SUAREZ	00:37:20	00:37:16	Senior	46	M	123	Gym Tony Mediodía	A Coruña	00:07:53	00:25:14	00:37:20
131	169	FARIS ALZAABI	00:37:21	00:37:18	Senior	47	M	124		Pontevedra	00:08:05	00:25:25	00:37:21
132	2562	MIGUEL CASTRO RAMOS	00:37:23	00:37:17	Senior	48	M	125		Abegondo	00:08:13	00:25:26	00:37:23
133	171	ROBERTO IGLESIAS RODRÍGUEZ	00:37:23	00:37:19	Máster 2	30	M	126	ATLETISMO MILLADOIRO	Aranga	00:08:04	00:25:16	00:37:23
134	2534	ALEJANDRO SERRANO BUJAN	00:37:24	00:37:18	Máster 1	35	M	127		A Coruña	00:08:03	00:25:16	00:37:24
135	235	JUAN MANUEL MORALES DEL CASTILLO	00:37:25	00:37:20	Máster 1	36	M	128	MARINEDA ATLETICO	Carral	00:07:43	00:25:16	00:37:25
136	276	DANIEL BERMUDEZ ALVAREZ	00:37:25	00:37:14	Máster 1	37	M	129		A Coruña	00:08:07	00:25:25	00:37:25
137	267	JAIMÉ ÁLVAREZ DE LA TORRE	00:37:26	00:37:22	Máster 1	38	M	130	HÉRCULES ATLETISMO	A Coruña	00:07:51	00:25:19	00:37:26
138	156	CARLOS CACHARRÓN ARMENTAL	00:37:27	00:37:22	Máster 1	39	M	131		A Coruña	00:07:52	00:25:16	00:37:27
139	214	MIGUEL ANGEL GÓMEZ SENÍN	00:37:28	00:37:24	Máster 2	31	M	132	RUNNING OLEIROS	Cambre	00:07:57	00:25:19	00:37:28
140	193	DAVID HERRERA GARCÍA	00:37:29	00:37:23	Máster 1	40	M	133	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Coruña	00:08:06	00:25:17	00:37:29
141	2543	CHRISTIAN PÉREZ FOLGAR	00:37:29	00:37:22	Senior	49	M	134		A Coruña	00:07:57	00:25:18	00:37:29
142	101	JOSE MANUEL TEJUIRO IGLESIAS	00:37:31	00:37:27	Máster 2	32	M	135	CLUB CASTRO DE LOBADIZ	Narón	00:08:04	00:25:24	00:37:31
143	2538	CARLOS RODRIGUEZ LEAL	00:37:32	00:37:29	Senior	50	M	136	AD Náutico Narón	Narón	00:07:36	00:25:07	00:37:32
144	155	EDUARDO REY QUINTELA	00:37:32	00:37:29	Máster 2	33	M	137	ATLETAS DE ACEA DE AMA	Culleredo	00:07:55	00:25:20	00:37:32
145	2553	JUAN RAMÓN FERREIRO LÓPEZ	00:37:35	00:37:31	Máster 3	6	M	138	TAMBRE BIKE&RUNNING	Santiago De Compostela	00:07:46	00:25:08	00:37:35
146	708	ANTONINO MÉNDEZ SÁNCHEZ	00:37:35	00:37:26	Senior	51	M	139		Ferrol	00:08:07	00:25:23	00:37:35
147	153	GERARDO CACHAFEIRO GARCÍA	00:37:38	00:37:33	Senior	52	M	140		Santiago De Compostela	00:08:00	00:25:21	00:37:38
148	85	EMILIO VAZQUEZ CASARES	00:37:44	00:37:41	Máster 2	34	M	141	BURGAS ATLETISMO OURENSE	Oímbra	00:08:04	00:25:45	00:37:44
149	67	IVAN SEGADE CAROU	00:37:44	00:37:39	Máster 1	41	M	142	C.D. OS MUDITOS	A Coruña	00:08:10	00:25:22	00:37:44
150	283	FRANCISCO JOSE BESADA FILGUEIRAS	00:37:45	00:37:39	Máster 2	35	M	143		Ames	00:08:13	00:25:36	00:37:45
151	240	ANDRÉS PIÑÓN LOUREIRO	00:37:48	00:37:42	Máster 2	36	M	144	EGOVARROS DE VIVEIRO	Cedeira	00:08:05	00:25:37	00:37:48
152	242	MANUEL CARPENTE VÁZQUEZ	00:37:48	00:37:41	Máster 2	37	M	145	MARRANERS-EN BOAS MANS	Pontedeume	00:08:09	00:25:42	00:37:48

153	208	FRANCISCO JAVIER FERNANDEZ GARCIA	00:37:49	00:37:43	Máster 2	38	M	146	club ciclista muros	Muros	00:08:25	00:25:48	00:37:49
154	223	FRANCISCO JAVIER FERRADÁS ÁLVAREZ	00:37:50	00:37:42	Senior	53	M	147	TRIATLON FERROL	A Coruña	00:08:09	00:25:42	00:37:50
155	5	LUISA GONZALEZ SOMOZA	00:37:51	00:37:49	Senior	5	F	8		Bóveda	00:08:03	00:25:48	00:37:51
156	82	FERNANDO CASAS BELLO	00:37:54	00:37:51	Senior	54	M	148		Cerceda	00:08:12	00:25:37	00:37:54
157	94	JOSE ANTONIO ABUIN TREUS	00:37:58	00:37:55	Máster 2	39	M	149	CLUB ATLETISMO SADA	Cambre	00:07:55	00:25:28	00:37:58
158	2541	JAVIER BARRAL LIJÓ	00:38:00	00:37:56	Senior	55	M	150		Pobra Do Caramiñal, A	00:08:02	00:25:45	00:38:00
159	2540	JAVIER TORO MONTERO	00:38:02	00:37:56	Máster 4	1	M	151	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Lugo	00:08:10	00:25:51	00:38:02
160	2515	JOSE MANUEL RODRIGUEZ MOURE	00:38:05	00:38:04	Máster 3	7	M	152	CLUB ATLETISMO CORUÑA COMARCA	Culleredo	00:08:00	00:25:43	00:38:05
161	151	CARLOS SANTOS MARTÍNEZ	00:38:08	00:38:04	Máster 2	40	M	153	SIEIRO RUNNING	A Coruña	00:07:50	00:25:38	00:38:08
162	236	JULIAN JOSE GESTO CAABEIRO	00:38:08	00:38:03	Máster 3	8	M	154		A Coruña	00:07:58	00:25:32	00:38:08
163	263	GONZALO JIMÉNEZ MARTIN	00:38:13	00:38:03	Máster 1	42	M	155	CLUB DEPORTIVO PINARIUM	Ferrol	00:08:18	00:26:00	00:38:13
164	539	DANIEL SUSO SÁNCHEZ	00:38:17	00:38:13	Senior	56	M	156		Culleredo	00:08:05	00:25:44	00:38:17
165	266	DAVID PONTE IGLESIAS	00:38:18	00:38:11	Máster 1	43	M	157	MARRANERS - EN BOAS MANS	Trazo	00:08:11	00:25:46	00:38:18
166	400	JAIME CAAMAÑO VILLAR	00:38:19	00:38:07	Máster 1	44	M	158	NOETRAINERS FERROL	Moeche	00:08:24	00:26:08	00:38:19
167	3080	IVÁN VARELA BARREIRO	00:38:20	00:38:17	Máster 2	41	M	159		A Coruña	00:08:05	00:25:59	00:38:20
168	272	MANUEL AMARELLE	00:38:20	00:38:14	Máster 1	45	M	160		Carballo	00:08:11	00:25:55	00:38:20
169	198	ALEJANDRO GONZALEZ MONTERO	00:38:23	00:38:18	Senior	57	M	161	Club Monte Penarubia Lugo	Lugo	00:08:06	00:25:50	00:38:23
170	190	FRANCISCO JAVIER GONZÁLEZ LEDO	00:38:23	00:38:18	Máster 2	42	M	162	RUNNING OLEIROS	Culleredo	00:08:03	00:25:57	00:38:23
171	2550	NICOLAS PICHEL CASTRO	00:38:26	00:38:20	Máster 1	46	M	163	A.D. FOGAR CARBALLO	Carballo	00:08:12	00:25:54	00:38:26
172	557	JAVIER SEOANE QUINTELA	00:38:28	00:38:07	Máster 2	43	M	164	CLUB DEPORTIVO EL TRASTERO	Culleredo	00:08:54	00:26:16	00:38:28
173	2485	ESTHER PEDROSA	00:38:30	00:38:28	Máster 3	1	F	9	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Santiago De Compostela	00:08:10	00:25:58	00:38:30
174	196	JESÚS RIVAS PRADO	00:38:32	00:38:27	Máster 1	47	M	165	ATLETISMO FRIOL	Lugo	00:08:06	00:25:53	00:38:32
175	296	MIGUEL ALVELO FRAGUELA	00:38:32	00:38:27	Máster 2	44	M	166		Cariño	00:08:07	00:25:57	00:38:32
176	195	MATTHEW MURPHY O'CONNOR	00:38:33	00:38:27	Máster 1	48	M	167	GO VEGAN	Arteixo	00:08:03	00:26:03	00:38:33
177	284	GABRIEL LANDÍN CASABLANCA	00:38:39	00:38:35	Sub 23	8	M	168		Pontevedra	00:07:40	00:25:47	00:38:39
178	2568	ADRIAN SÁNCHEZ VÁZQUEZ	00:38:41	00:38:37	Senior	58	M	169		A Coruña	00:08:06	00:26:04	00:38:41
179	413	NACHO DÍAZ-CANEJA	00:38:41	00:38:27	Sub 20	3	M	170	COMPAÑÍA DE MARÍA CORUÑA	A Coruña	00:08:42	00:26:31	00:38:41
180	179	GONZALO MUIÑO CODESIDO	00:38:42	00:38:38	Máster 2	45	M	171	ATLETAS DE ACEA DE AMA	Cambre	00:08:03	00:25:59	00:38:42
181	245	JAVIER ARIAS DE LA VEGA	00:38:42	00:38:33	Máster 2	46	M	172		Monforte De Lemos	00:08:24	00:26:22	00:38:42
182	306	CARLOS CASTRILLON CRESPO	00:38:42	00:38:36	Máster 2	47	M	173		A Coruña	00:08:13	00:26:14	00:38:42
183	2547	MICHEL MARTINEZ NIETO	00:38:44	00:38:39	Máster 2	48	M	174	C.A. OUTES. JOHN-TURKEY	Outes	00:08:13	00:26:08	00:38:44
184	250	RAMON EUGENIO MOSQUERA SILVA	00:38:44	00:38:35	Máster 2	49	M	175		A Coruña	00:08:21	00:26:09	00:38:44
185	210	MANUEL FERNANDEZ TABOADA	00:38:45	00:38:42	Sub 23	9	M	176	CLUB ATLETISMO SAR VERMÚ PETRONI	Oroso	00:07:54	00:26:06	00:38:45
186	347	ANTONIO PACHÓN MORENO	00:38:46	00:38:41	Senior	59	M	177	MARINEDA ATLETICO	A Coruña	00:08:06	00:26:00	00:38:46
187	316	JORGE MARTINEZ GOMEZ	00:38:47	00:38:43	Senior	60	M	178		A Coruña	00:07:38	00:25:24	00:38:47
188	221	ANTONIO CORRAL	00:38:47	00:38:41	Máster 1	49	M	179		A Coruña	00:08:30	00:26:24	00:38:47
189	2529	ALBERTO VILLAR GARCÍA	00:38:50	00:38:47	Máster 1	50	M	180		Carballo	00:08:12	00:26:17	00:38:50
190	288	JAVIER VILLAMISAR VÁZQUEZ	00:38:50	00:38:47	Senior	61	M	181	Club Hercules Termaria	A Coruña	00:08:10	00:26:04	00:38:50
191	175	JOSE ANTONIO REY FERNANDEZ	00:38:52	00:38:45	Máster 3	9	M	182	FLUVIAL DE LUGO	Lugo	00:08:19	00:26:21	00:38:52
192	213	IGNACIO RIESTRA PRENDES	00:38:52	00:38:48	Máster 1	51	M	183		Gijón	00:08:13	00:26:13	00:38:52
193	232	EDUARDO OTERO SALGADO	00:38:52	00:38:46	Máster 3	10	M	184	CLUB ATLETISMO MONTE SEGADE	Lugo	00:08:21	00:26:20	00:38:52
194	407	LUCAS DÍAZ GARCÍA	00:38:56	00:38:47	Sub 23	10	M	185	Cuenca Del Navia Triatlon	Navia	00:08:28	00:26:39	00:38:56
195	187	MANUEL ANTONIO GARRIDO CONCHADO	00:38:56	00:38:51	Máster 1	52	M	186	ARTROGAL TRI498	Oleiros	00:08:15	00:26:32	00:38:56
196	2570	FERNANDO BOUZÓN OTERO	00:38:57	00:38:50	Máster 2	50	M	187	CLUB ATLETISMO SADA	Culleredo	00:08:29	00:26:43	00:38:57
197	168	JUAN CARLOS RAVIÑA FURELOS	00:38:57	00:38:52	Máster 2	51	M	188		Santiago De Compostela	00:08:25	00:26:18	00:38:57
198	255	MARCOS TARRIO MARTINEZ	00:38:57	00:38:53	Máster 2	52	M	189	ATLETISMO MILLADOIRO	Santiago De Compostela	00:08:09	00:26:04	00:38:57
199	291	JOSE MANUEL LOPEZ MIHURA	00:38:59	00:38:51	Máster 3	11	M	190		A Coruña	00:08:26	00:26:33	00:38:59
200	92	ALFONSO TOIMIL CASTRO	00:38:59	00:38:54	Máster 2	53	M	191	ATLETISMO MILLADOIRO	Santiago De Compostela	00:08:25	00:26:18	00:38:59
201	106	BORJA LASTRES	00:39:01	00:38:57	Senior	62	M	192		Oleiros	00:08:35	00:26:31	00:39:01
202	538	SERGIO NOGUEIRA MIÑAN	00:39:01	00:38:49	Máster 1	53	M	193		Betanzos	00:08:35	00:26:34	00:39:01
203	2679	ALBERTO VIGO SÁNCHEZ	00:39:02	00:38:48	Senior	63	M	194	CSD Arzúa	Curtis	00:08:46	00:26:34	00:39:02

204	342	RAMON VARELA MIGUEZ	00:39:02	00:38:59	Máster 3	12	M	195		A Coruña	00:08:11	00:26:20	00:39:02
205	249	ANTONIO TOUZA GONZALEZ	00:39:02	00:38:54	Máster 1	54	M	196		Ourense	00:08:29	00:26:36	00:39:02
206	237	MARCIAL ANIBAL BARCA ESPAÑA	00:39:03	00:38:58	Máster 1	55	M	197	C.D. OS MUDITOS	Coristanco	00:08:20	00:26:43	00:39:03
207	58	JUAN CARLOS GÓMEZ EDREIRA	00:39:04	00:39:01	Máster 1	56	M	198	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Sada	00:07:21	00:25:16	00:39:04
208	352	DANIEL PAZ OTERO	00:39:04	00:38:58	Máster 2	54	M	199	Veteranos de Galicia	Pontevedra	00:08:28	00:26:42	00:39:04
209	814	FERNANDO ESCRIBANO SAÑUDO	00:39:05	00:38:51	Máster 2	55	M	200	Sadapatín	Sada	00:08:33	00:26:33	00:39:05
210	2536	FRANCISCO JAVIER PÉREZ CLUTARÓ	00:39:06	00:38:56	Senior	64	M	201		Arteixo	00:08:30	00:26:36	00:39:06
211	289	JOSE ARES	00:39:07	00:38:59	Máster 1	57	M	202		Miño	00:08:19	00:26:32	00:39:07
212	547	HÉCTOR GONZÁLEZ MARTÍNEZ	00:39:07	00:39:01	Máster 1	58	M	203		Culleredo	00:08:21	00:26:38	00:39:07
213	2249	FERNANDO JOSE VARELA CASTRO	00:39:07	00:38:59	Senior	65	M	204	No tengo club	A Coruña	00:08:21	00:26:20	00:39:07
214	197	XOSE LUIS OTERO CEPEDA	00:39:09	00:39:02	Máster 4	2	M	205	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Teo	00:08:14	00:26:25	00:39:09
215	239	XABI FERNANDEZ LAGUNA	00:39:10	00:39:06	Senior	66	M	206	CLUB ATLETISMO CORUÑA COMARCA	A Coruña	00:08:02	00:26:15	00:39:10
216	228	ANDRÉS GABRIEL PIZARRO VARELA	00:39:12	00:39:05	Máster 1	59	M	207	Nosportlimit	A Coruña	00:08:16	00:26:29	00:39:12
217	2571	JESUS HEVIA GOMEZ	00:39:12	00:39:05	Máster 2	56	M	208	Nosportlimit	Culleredo	00:08:15	00:26:28	00:39:12
218	351	IKER MANSILLA	00:39:12	00:39:02	Máster 2	57	M	209		A Coruña	00:08:27	00:26:37	00:39:12
219	2545	PABLO CARNERO RODRÍGUEZ	00:39:13	00:39:07	Senior	67	M	210		Santiago De Compostela	00:08:24	00:26:42	00:39:13
220	233	IVAN POSE COSTA	00:39:13	00:39:08	Máster 1	60	M	211		A Laracha	00:08:23	00:26:33	00:39:13
221	285	IAGO FERNÁNDEZ IGLESIAS	00:39:14	00:39:04	Máster 1	61	M	212		A Coruña	00:08:33	00:26:42	00:39:14
222	325	DANIEL ABAL MAGARIÑOS	00:39:16	00:39:11	Senior	68	M	213	ATLETISMO +9 MORAÑA	Caldas De Reis	00:08:18	00:26:36	00:39:16
223	251	JAVI BREGUA DALMEDA	00:39:16	00:39:10	Máster 2	58	M	214		A Coruña	00:08:23	00:26:41	00:39:16
224	371	DANIEL LOPEZ GARCÍA	00:39:17	00:39:13	Senior	69	M	215	Kurai	Oleiros	00:08:15	00:26:34	00:39:17
225	2526	PABLO CAMPO BAAMONDE	00:39:17	00:39:14	Senior	70	M	216	MONUMENTAL CXC	Lugo	00:07:45	00:26:10	00:39:17
226	711	CARLOS GARCIA SALGADO	00:39:18	00:39:05	Máster 1	62	M	217		A Coruña	00:08:34	00:26:42	00:39:18
227	2487	KARINA CALLON TREUS	00:39:18	00:39:16	Máster 1	3	F	10	CLUB ATLETISMO SADA		00:08:23	00:26:44	00:39:18
228	309	JUAN CARLOS CORTIZAS BAÑOBRE	00:39:19	00:39:09	Senior	71	M	218	Clube Atletismo Fene	Fene	00:08:08	00:26:10	00:39:19
229	2544	JUAN GABRIEL RÍOS FUQUEZ	00:39:20	00:38:59	Máster 1	63	M	219		A Coruña	00:09:02	00:26:55	00:39:20
230	2549	MARCOS PEREZ LOURIDO	00:39:21	00:39:14	Máster 2	59	M	220	CLUB ATLETISMO NEGREIRA	Negreira	00:08:19	00:26:41	00:39:21
231	2563	GONZALO PUENTE GÓMEZ	00:39:21	00:39:15	Máster 2	60	M	221		Santiago De Compostela	00:08:32	00:26:43	00:39:21
232	173	VICTOR MANUEL ALVAREZ PRIEGUE	00:39:22	00:39:15	Máster 3	13	M	222	FLUVIAL DE LUGO	Lugo	00:08:38	00:26:57	00:39:22
233	259	FERNANDO FILGUEIRA PONCE	00:39:24	00:39:17	Máster 2	61	M	223		Vigo	00:08:26	00:26:37	00:39:24
234	111	MANUEL LORENZO MEJUTO	00:39:25	00:39:22	Máster 2	62	M	224		A Coruña	00:07:58	00:26:17	00:39:25
235	339	GONZALO ORTIZ ALONSO	00:39:26	00:39:21	Máster 2	63	M	225	Nosportlimit	A Coruña	00:08:05	00:26:24	00:39:26
236	225	OSCAR FRESNEDO ARIAS	00:39:27	00:39:19	Máster 1	64	M	226		Culleredo	00:08:33	00:26:47	00:39:27
237	365	FERNANDO SILVARREY REDONDO	00:39:27	00:39:21	Máster 2	64	M	227	Nosportlimit	A Coruña	00:08:02	00:26:24	00:39:27
238	572	IAGO CRESPO TABOADA	00:39:28	00:39:21	Senior	72	M	228	CD GAS NATURAL FENOSA	A Coruña	00:08:22	00:26:34	00:39:28
239	322	XABIER VARELA LÓPEZ	00:39:28	00:39:20	Máster 2	65	M	229	A.D. Cerne	Melide	00:08:22	00:26:41	00:39:28
240	252	ANTONIO RIVAS FEAL	00:39:29	00:39:25	Máster 3	14	M	230	HÉRCULES ATLETISMO	Oleiros	00:08:21	00:26:36	00:39:29
241	2525	JOSE LUIS BOUZA FREIRE	00:39:30	00:39:24	Máster 3	15	M	231	ATLETISMO NARON	Ferrol	00:08:24	00:26:34	00:39:30
242	956	JUAN CARLOS VAZQUEZ GRELA	00:39:31	00:39:25	Máster 1	65	M	232	Nosportlimit	A Coruña	00:08:02	00:26:26	00:39:31
243	2539	JOSE ANGEL PITA TORRES	00:39:31	00:39:24	Máster 4	3	M	233		Cedeira	00:08:24	00:26:38	00:39:31
244	280	JUAN CARLOS CASTRO FERNANDEZ	00:39:31	00:39:23	Máster 1	66	M	234	RUNNING OLEIROS	Oleiros	00:08:25	00:26:47	00:39:31
245	277	JAVIER ALONSO REY	00:39:32	00:39:27	Máster 1	67	M	235		A Coruña	00:08:09	00:26:33	00:39:32
246	337	CARLOS AMOR GOMEZ	00:39:35	00:39:26	Máster 2	66	M	236	CLUB ATLETISMO SADA	A Coruña	00:08:25	00:26:48	00:39:35
247	315	JAVIER CUPEIRO FRADE	00:39:35	00:39:25	Máster 2	67	M	237		Oleiros	00:08:26	00:26:39	00:39:35
248	722	JORGE SOTO FERNÁNDEZ	00:39:36	00:39:22	Máster 3	16	M	238	RIA FERROL-CONCEPCION ARENAL	Fene	00:08:43	00:26:57	00:39:36
249	404	JOSÉ CHUECOS	00:39:37	00:39:32	Máster 1	68	M	239	CLUB CASTRO DE LOBADIZ	Narón	00:08:16	00:26:47	00:39:37
250	189	TOMÁS BUJAN DOSIL	00:39:38	00:39:30	Máster 2	68	M	240	CLUB ATLETISMO NOIA	Bergondo	00:08:38	00:26:49	00:39:38
251	9	INES PAPÍN ESTÉVEZ	00:39:40	00:39:37	Máster 2	1	F	11	CLUB ATLETISMO SADA	Cambre	00:08:24	00:26:46	00:39:40
252	422	SERGIO GARCÍA GÓMEZ	00:39:41	00:39:32	Máster 1	69	M	241		Carballo	00:08:32	00:26:58	00:39:41
253	340	MIGUEL ÁNGEL FERNÁNDEZ NÓVOA	00:39:41	00:39:33	Máster 3	17	M	242	MARINEDA ATLETICO	Pobra De Trives, A	00:08:26	00:26:48	00:39:41
254	234	JORGE MACIEL ANDRÉS	00:39:41	00:39:31	Máster 2	69	M	243	ATLETISMO RIAZOR CORUÑA	A Coruña	00:08:30	00:26:41	00:39:41

255	321	SIMÓN CALVIÑO CALVIÑO	00:39:41	00:39:35	Máster 1	70	M	244	Nosportlimit	A Coruña	00:08:05	00:26:45	00:39:41
256	206	ANXO MEIZOSO PERMUI	00:39:41	00:39:29	Máster 1	71	M	245	TRIATLÓN ARTEIXO	Pontes De García Rodríguez, As	00:08:35	00:26:48	00:39:41
257	1552	PENÉLOPE MARTINEZ	00:39:42	00:39:38	Senior	6	F	12	Triatlon Arteixo	Arteixo	00:08:23	00:26:48	00:39:42
258	330	JOSÉ PARÍS LÓPEZ	00:39:42	00:39:34	Máster 1	72	M	246		Abegondo	00:08:28	00:26:43	00:39:42
259	258	JOSE MANUEL CANDALES DIAZ	00:39:44	00:39:37	Máster 3	18	M	247		A Coruña	00:08:24	00:26:52	00:39:44
260	308	JOSÉ ANTONIO MARTÍNEZ GARCÍA	00:39:45	00:39:37	Máster 3	19	M	248		Oleiros	00:08:39	00:27:09	00:39:45
261	311	JOSÉ MANUEL GUERRERO CASTILLO	00:39:45	00:39:39	Máster 2	70	M	249	Atletismo Novo Mesoiro	A Coruña	00:08:25	00:26:44	00:39:45
262	716	DÁVIS NOYA OTERO	00:39:47	00:39:35	Senior	73	M	250		A Coruña	00:08:41	00:26:57	00:39:47
263	320	JUAN JOSÉ FERNÁNDEZ LEIRA	00:39:47	00:39:40	Máster 3	20	M	251	CLUB CASTRO DE LOBADIZ	Ferrol	00:08:25	00:26:41	00:39:47
264	243	JOSE LUIS TORRES LOPEZ	00:39:49	00:39:45	Máster 3	21	M	252	FLUVIAL DE LUGO	Lugo	00:08:36	00:26:57	00:39:49
265	346	JUAN JOSE CASTEDO ALONSO	00:39:50	00:39:46	Máster 2	71	M	253	Club Hércules Termaria	A Coruña	00:08:24	00:27:01	00:39:50
266	397	FRANCISCO JAVIER JIMENEZ CIUDAD	00:39:50	00:39:36	Máster 2	72	M	254		Ferrol	00:08:41	00:26:56	00:39:50
267	561	MARCOS SENRA MARTINEZ	00:39:53	00:39:45	Senior	74	M	255		Oleiros	00:08:22	00:26:51	00:39:53
268	555	FRANCISCO JAVIER DOPICO LOPEZ	00:39:53	00:39:42	Senior	75	M	256		A Coruña	00:08:56	00:27:15	00:39:53
269	261	JORGE POUSO TOJA	00:39:54	00:39:45	Senior	76	M	257		Vimianzo	00:08:36	00:27:03	00:39:54
270	2590	SAUL GOMEZ ARROJO	00:39:54	00:39:49	Máster 3	22	M	258	RUNNING OLEIROS	Cambre	00:08:13	00:26:44	00:39:54
271	390	DAVID DIAZ-CANEJA	00:39:54	00:39:40	Máster 2	73	M	259		A Coruña	00:08:44	00:26:38	00:39:54
272	595	JOSE TABOADA VEIGA	00:39:54	00:39:41	Senior	77	M	260		A Coruña	00:08:20	00:26:48	00:39:54
273	270	JESÚS SÁNCHEZ ASCARIZ	00:39:56	00:39:48	Máster 1	73	M	261	AD Cerne Melide	Toques	00:08:22	00:26:59	00:39:56
274	370	ALBERTO PÉREZ MURADO	00:39:56	00:39:52	Máster 1	74	M	262		A Coruña	00:08:18	00:27:02	00:39:56
275	199	MATEO TORRES NEIRA	00:39:56	00:39:48	Máster 1	75	M	263		A Coruña	00:08:42	00:27:29	00:39:56
276	336	DANIEL PÉREZ LOMBA	00:39:57	00:39:50	Máster 2	74	M	264		A Coruña	00:08:31	00:27:03	00:39:57
277	524	JESUS CANOSA LAGO	00:39:59	00:39:40	Máster 1	76	M	265		A Coruña	00:09:00	00:27:05	00:39:59
278	420	RUBÉN OROSA SANDE	00:39:59	00:39:50	Senior	78	M	266	OLIMPICO VEDRA	Ortigueira	00:08:55	00:27:32	00:39:59
279	527	JOAQUIN PAMPIN BARREIRO	00:40:00	00:39:49	Máster 1	77	M	267		A Coruña	00:08:45	00:27:23	00:40:00
280	238	ROBERTO CARLOS LAGO FERNÁNDEZ	00:40:00	00:39:57	Máster 2	75	M	268	Pasa ou Entorna	Narón	00:08:38	00:27:16	00:40:00
281	553	DAVID GARCÍA FERNÁNDEZ	00:40:00	00:39:40	Máster 1	78	M	269	MAELOC WAY	Arteixo	00:08:53	00:27:14	00:40:00
282	565	RUBEN REBORIDO REBOREDO	00:40:01	00:39:40	Máster 1	79	M	270		Arteixo	00:09:06	00:27:26	00:40:01
283	1195	MANUEL BASALO VÁZQUEZ	00:40:01	00:39:53	Máster 3	23	M	271	Tiramillas	A Coruña	00:08:34	00:26:57	00:40:01
284	522	FRANCISCO JOSE CUENCA GARCIA	00:40:02	00:39:57	Máster 1	80	M	272		Teo	00:08:17	00:26:52	00:40:02
285	247	MANUEL LOJO CARAMES	00:40:03	00:39:52	Máster 1	81	M	273	C.A. OUTES. JOHN-TURKEY	Arteixo	00:08:51	00:27:30	00:40:03
286	2639	JAVIER RODRÍGUEZ PARÍS	00:40:03	00:39:52	Máster 1	82	M	274		Vilamartín De Valdeorras	00:09:00	00:27:23	00:40:03
287	331	JOSE ANTONIO LOPEZ PUENTE	00:40:05	00:39:57	Máster 1	83	M	275	CORRE POR BEGONTE	Begonte	00:08:39	00:27:14	00:40:05
288	341	ELISEO IGLESIAS SOLER	00:40:06	00:39:51	Máster 2	76	M	276		Culleredo	00:09:05	00:27:38	00:40:06
289	583	FELIPE BARATA VILLAPOL	00:40:07	00:39:54	Máster 2	77	M	277	ATLETISMO FRIOL	Friol	00:08:44	00:27:20	00:40:07
290	601	MIGUEL CONDE MOSTEIRO	00:40:07	00:39:55	Máster 2	78	M	278	RUNNING OLEIROS	Culleredo	00:08:45	00:27:13	00:40:07
291	2488	IRATI LORZA LEIÑENA	00:40:07	00:40:03	Senior	7	F	13		A Coruña	00:08:29	00:27:07	00:40:07
292	2886	ALEJANDRO RECOUSO SIERRA	00:40:08	00:39:59	Senior	79	M	279		A Coruña	00:08:28	00:27:09	00:40:08
293	2573	NOÉ TEIJEIRO FERNANDEZ	00:40:09	00:39:58	Máster 2	79	M	280	NOETRAINERS FERROL	Ferrol	00:08:35	00:27:10	00:40:09
294	401	JAVIER GIZ NOVO	00:40:09	00:39:59	Senior	80	M	281		Ortigueira	00:08:56	00:27:34	00:40:09
295	269	GERARDO RAPOSO BUJÁN	00:40:10	00:40:03	Máster 3	24	M	282	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Lugo	00:08:53	00:27:31	00:40:10
296	17	INÉS BEREJO ALBO	00:40:13	00:40:10	Sub 23	2	F	14	RIA FERROL-CONCEPCION ARENAL	Cedeira	00:08:17	00:27:03	00:40:13
297	299	JOSE MANUEL BLANCO LESTON	00:40:14	00:40:08	Senior	81	M	283	OLIMPIA	Carnota	00:08:29	00:27:07	00:40:14
298	630	FRANCISCO JOSÉ CAAMAÑO RODRÍGUEZ	00:40:14	00:39:58	Senior	82	M	284		A Laracha	00:08:58	00:27:28	00:40:14
299	623	DAVID CUTRÍN LÓPEZ	00:40:15	00:40:06	Máster 1	84	M	285		Santiago De Compostela	00:08:57	00:27:39	00:40:15
300	662	NOEL MERAYO RODRÍGUEZ	00:40:17	00:40:08	Senior	83	M	286	Triatlón Bierzo	Ponferrada	00:08:22	00:27:09	00:40:17
301	2640	RAMON BARRAL PEREZ	00:40:18	00:40:10	Máster 2	80	M	287		A Coruña	00:08:39	00:27:30	00:40:18
302	523	JOSE ANTONIO SERRANO REMUIÑAN	00:40:18	00:40:09	Máster 2	81	M	288		Carballo	00:08:36	00:27:15	00:40:18
303	2234	ROBERTO VÁZQUEZ ALVITE	00:40:20	00:40:13	Máster 2	82	M	289		A Coruña	00:08:36	00:27:22	00:40:20
304	257	DIEGO MOREIRAS GONZÁLEZ	00:40:20	00:40:14	Senior	84	M	290		Lugo	00:08:24	00:27:07	00:40:20
305	2507	HECTOR VAZQUEZ REY	00:40:21	00:40:14	Máster 1	85	M	291		Culleredo	00:08:23	00:27:11	00:40:21

306	254	LUIS VELO RODRIGUEZ	00:40:21	00:40:12	Senior	85	M	292	A.D.MEDIADUCIA	A Laracha	00:08:32	00:27:10	00:40:21
307	84	J. LUIS ROSENDE FUENTES	00:40:22	00:40:18	Máster 1	86	M	293	TAMBRE BIKE&RUNNING	Estrada, A	00:08:12	00:27:04	00:40:22
308	282	DIEGO SÁNCHEZ ROJO	00:40:22	00:40:15	Senior	86	M	294	HÉRCULES ATLETISMO	A Coruña	00:08:35	00:27:22	00:40:22
309	166	EDGAR CASTELO RODRÍGUEZ	00:40:23	00:40:18	Senior	87	M	295	Nosportlimit	Cambre	00:08:49	00:27:35	00:40:23
310	519	NACHO BECERRA CARRIL	00:40:23	00:40:12	Máster 2	83	M	296		A Coruña	00:08:44	00:27:27	00:40:23
311	607	ALVARO LÓPEZ AMOR	00:40:24	00:40:19	Máster 1	87	M	297	Nosportlimit	Oleiros	00:08:48	00:27:34	00:40:24
312	2627	FRANCISCO GÓMEZ SUEIRAS	00:40:25	00:40:16	Máster 3	25	M	298		Culleredo	00:08:34	00:27:24	00:40:25
313	6	UXIA GARCIA DIAZ	00:40:25	00:40:23	Senior	8	F	15		A Coruña	00:08:24	00:27:10	00:40:25
314	294	MANUEL PASTRANA CRUZ	00:40:27	00:40:18	Máster 3	26	M	299	CLUB MONTE PENA RUBIA	Lugo	00:08:46	00:27:31	00:40:27
315	202	PABLO ANDRÉS LEMA PÉREZ	00:40:28	00:40:23	Máster 3	27	M	300		A Coruña	00:08:38	00:27:29	00:40:28
316	684	HERMES ARNOSO GIAO	00:40:30	00:40:18	Senior	88	M	301	Nosportlimit	A Coruña	00:08:56	00:27:53	00:40:30
317	177	JESUS MANUEL GANDROY VILAR	00:40:31	00:40:24	Máster 3	28	M	302	FLUVIAL DE LUGO	Lugo	00:08:46	00:27:39	00:40:31
318	357	JAVIER LÓPEZ PIÑEIRO	00:40:31	00:40:22	Máster 2	84	M	303	CLUB ATLETISMO SADA	A Coruña	00:08:38	00:27:19	00:40:31
319	423	VICTOR FRANCO VAZQUEZ	00:40:32	00:40:27	Máster 2	85	M	304		A Coruña	00:08:38	00:27:29	00:40:32
320	739	ALEJANDRO FERNÁNDEZ MARTÍNEZ	00:40:33	00:40:21	Máster 1	88	M	305		Culleredo	00:08:34	00:27:11	00:40:33
321	531	MANUEL PAIS TAJES	00:40:33	00:40:22	Senior	89	M	306		Culleredo	00:08:55	00:27:40	00:40:33
322	748	ADRIÁN BAO LÓPEZ	00:40:33	00:40:23	Sub 20	4	M	307		Culleredo	00:08:24	00:27:00	00:40:33
323	723	JORGE JUAN GONZALEZ VAZQUEZ	00:40:37	00:40:27	Senior	90	M	308	Nosportlimit	A Coruña	00:08:50	00:27:35	00:40:37
324	380	JUAN CARLOS BARDANCA SANJURJO	00:40:37	00:40:27	Máster 2	86	M	309	CLUB ATLETISMO SADA	Bergondo	00:08:26	00:27:06	00:40:37
325	268	ALEJANDRO FERNANDEZ RAMOS	00:40:38	00:40:28	Máster 2	87	M	310	Nosportlimit	Culleredo	00:08:57	00:27:53	00:40:38
326	304	ANTONIO BAAMONDE SANDE	00:40:40	00:40:29	Máster 2	88	M	311	Nosportlimit	A Coruña	00:08:56	00:27:52	00:40:40
327	406	JUAN CRUZ CARRETERO SANCHEZ	00:40:40	00:40:31	Senior	91	M	312		A Coruña	00:08:42	00:27:34	00:40:40
328	789	DANIEL DOMINGUEZ CANCELA	00:40:41	00:40:28	Senior	92	M	313		A Coruña	00:08:52	00:27:41	00:40:41
329	903	DIEGO EXPÓSITO FERRO	00:40:41	00:40:32	Máster 2	89	M	314		A Coruña	00:08:56	00:27:36	00:40:41
330	389	CARLOS JAVIER PEREZ MARTINEZ	00:40:41	00:40:34	Máster 2	90	M	315	CLUB CASTRO DE LOBADIZ	Narón	00:08:36	00:27:25	00:40:41
331	3018	PEDRO ALVEDRO RUIZ	00:40:42	00:39:53	Sub 23	11	M	316		A Coruña	00:09:46	00:27:54	00:40:42
332	575	IVAN MIRANDA CAMBRE	00:40:43	00:40:34	Máster 1	89	M	317	Nosportlimit	A Coruña	00:08:52	00:27:36	00:40:43
333	637	JOSÉ RILO LÓPEZ	00:40:44	00:40:30	Máster 3	29	M	318	Nosportlimit	Oleiros	00:08:58	00:27:44	00:40:44
334	2499	DAVID MIGUEZ DACOSTA	00:40:44	00:40:40	Senior	93	M	319	CLUB ATLETISMO MONUMENTAL DE LUGO	Lugo	00:08:45	00:27:39	00:40:44
335	589	ALFONSO VILAR CREGO	00:40:45	00:40:32	Máster 2	91	M	320	Acade	A Coruña	00:08:35	00:27:22	00:40:45
336	598	PEDRO PABLO LORENZO DÍAZ	00:40:45	00:40:34	Máster 2	92	M	321	Nosportlimit	A Coruña	00:08:48	00:27:41	00:40:45
337	358	MANUEL GAREA SÚAREZ	00:40:45	00:40:39	Senior	94	M	322	Nosportlimit	Frades	00:08:39	00:27:50	00:40:45
338	2490	SHARAY ASTARIZ NÚÑEZ	00:40:45	00:40:41	Senior	9	F	16	SOCIEDAD GIMNASTICA DE PONTEVEDRA	Lugo	00:08:45	00:27:38	00:40:45
339	2489	VICKY LOSADA PEREZ	00:40:45	00:40:42	Senior	10	F	17	BURGAS ATLETISMO OURENSE	Ourense	00:08:37	00:27:30	00:40:45
340	302	GUSTAVO SEXTO RIVAS	00:40:46	00:40:39	Máster 2	93	M	323	Ad.cerne	A Coruña	00:08:49	00:27:38	00:40:46
341	632	IGNACIO LORENZO RAMOS	00:40:46	00:40:08	Máster 1	90	M	324	Parga Rules	Guitiriz	00:09:57	00:28:05	00:40:46
342	366	LUIS CARRAL SÁNCHEZ	00:40:46	00:40:40	Máster 2	94	M	325		Pontevedra	00:08:42	00:27:38	00:40:46
343	634	JESUS CEBREIROS SALGADO	00:40:48	00:40:39	Máster 4	4	M	326		Ourense	00:08:34	00:27:31	00:40:48
344	313	FRANCISCO SOTO GARCÍA	00:40:48	00:40:41	Máster 4	5	M	327		A Coruña	00:08:39	00:27:43	00:40:48
345	392	DIEGO SOTO VIÑAS	00:40:50	00:40:44	Máster 2	95	M	328	CLUB TRIATLON CORUÑA	Cambre	00:08:22	00:27:20	00:40:50
346	1300	JOSÉ JUAN DAPENA CALVO	00:40:54	00:40:37	Máster 1	91	M	329		Betanzos	00:09:03	00:27:45	00:40:54
347	925	IGNACIO RAMIL FREÁN	00:40:55	00:40:40	Senior	95	M	330	CLUB CICLISTA RIAZOR	A Coruña	00:09:00	00:27:48	00:40:55
348	514	LUIS PORTO MATO	00:40:55	00:40:37	Sub 23	12	M	331	INDEPENDENTE	Oleiros	00:09:19	00:28:15	00:40:55
349	216	JOSE MANUEL OTERO FERNANDEZ	00:40:56	00:40:48	Máster 3	30	M	332	FLUVIAL DE LUGO	Lugo	00:08:53	00:27:45	00:40:56
350	605	FRANCISCO JAVIER LAMA CARBALLO	00:40:57	00:40:45	Máster 3	31	M	333	ATLETISMO CARBALLO	A Coruña	00:08:58	00:27:51	00:40:57
351	1533	RAMÓN IGLESIAS REY	00:41:00	00:40:34	Máster 1	92	M	334	NOITEBRA	Santiago De Compostela	00:09:37	00:28:06	00:41:00
352	2614	JUAN CARLOS MONTEAGUDO FERREIRA	00:41:00	00:40:50	Máster 1	93	M	335		San Cibrao Das Viñas	00:08:53	00:27:57	00:41:00
353	205	RAFAEL SUAREZ FERNANDEZ	00:41:02	00:40:57	Máster 2	96	M	336	MARINEDA ATLETICO	A Coruña	00:08:24	00:27:34	00:41:02
354	544	ROBERTO VENTUREIRA DOPICO	00:41:05	00:40:55	Máster 2	97	M	337	CLUB CASTRO DE LOBADIZ	Ferrol	00:08:38	00:27:40	00:41:05
355	567	JUAN CARLOS BERGONDO BRANDARIZ	00:41:05	00:40:52	Máster 3	32	M	338		Oleiros	00:08:42	00:27:33	00:41:05
356	534	IVÁN OTERO CERVERÓ	00:41:07	00:40:52	Máster 2	98	M	339		A Coruña	00:09:08	00:28:11	00:41:07

357	362	RUBÉN CAMBRE LOSADA	00:41:08	00:41:00	Senior	96	M	340	Nosportlimit	A Coruña	00:08:43	00:27:51	00:41:08
358	696	RUBÉN SÁNCHEZ VÁZQUEZ	00:41:09	00:40:59	Máster 1	94	M	341	NOITEBRA	Oleiros	00:08:50	00:27:43	00:41:09
359	682	MANEL SALGADO FILGUEIRA	00:41:10	00:41:05	Senior	97	M	342	Pasa ou Entorna	Narón	00:08:25	00:27:37	00:41:10
360	334	SANTIAGO GARCÍA BELLO	00:41:10	00:41:06	Máster 3	33	M	343	Trasnos coruña	Cambre	00:08:33	00:27:34	00:41:10
361	393	ESTEBAN RODRIGUEZ VAZQUEZ	00:41:10	00:41:00	Máster 1	95	M	344	Clube Atletismo Fene	Fene	00:09:02	00:27:57	00:41:10
362	648	PEDRO BELLO SÁNCHEZ	00:41:11	00:40:56	Senior	98	M	345		Culleredo	00:09:02	00:27:58	00:41:11
363	2647	VÍCTOR FREIRE FERNÁNDEZ	00:41:13	00:41:00	Máster 2	99	M	346		Curtis	00:08:56	00:28:05	00:41:13
364	516	ISMAEL VELO BARDANCA	00:41:13	00:40:56	Máster 1	96	M	347		Betanzos	00:09:18	00:28:02	00:41:13
365	1125	ÁNGEL ARIEL LEGUIZAMON	00:41:14	00:40:43	Senior	99	M	348		San Lorenzo	00:09:53	00:28:08	00:41:14
366	668	JOSÉ ANTONIO MUIÑO CASTRO	00:41:15	00:40:55	Máster 2	100	M	349		Tordoia	00:09:43	00:28:16	00:41:15
367	78	JOSE MARIA SANCHEZ SAN LUIS	00:41:16	00:41:14	Máster 1	97	M	350	ATLETAS DE ACEA DE AMA	Culleredo	00:07:27	00:23:41	00:41:16
368	399	JACOBO VILA ÁLVAREZ	00:41:17	00:41:05	Senior	100	M	351		Monforte De Lemos	00:09:01	00:28:15	00:41:17
369	2399	JUAN MANUEL CEBEY RODRIGUEZ	00:41:18	00:41:04	Senior	101	M	352		A Coruña	00:09:30	00:28:16	00:41:18
370	2406	LUIS GAREA PAMPÍN	00:41:21	00:40:59	Máster 2	101	M	353	ASOCIACION DEPORTIVA CERNE	Melide	00:09:48	00:28:32	00:41:21
371	2574	MAURICIO LENCE PAZ	00:41:21	00:41:11	Máster 2	102	M	354		Oleiros	00:08:40	00:27:29	00:41:21
372	663	RUBÉN ROO ALONSO	00:41:22	00:41:09	Sub 23	13	M	355		Vigo	00:08:49	00:28:08	00:41:22
373	328	ANTONIO RODRÍGUEZ GARCÍA	00:41:23	00:41:13	Máster 1	98	M	356	Clube Atletismo Fene	Fene	00:09:02	00:27:59	00:41:23
374	551	DIEGO MARTINEZ GONZALEZ	00:41:23	00:41:05	Máster 2	103	M	357	A GÁNDARA	Monforte De Lemos	00:09:16	00:28:21	00:41:23
375	2644	JORGE GARCIA PARADELA	00:41:24	00:41:05	Sub 20	5	M	358		Sada	00:09:18	00:28:26	00:41:24
376	2575	FÉLIX ROGET PÉREZ	00:41:24	00:40:50	Máster 1	99	M	359	TERRA DE SONEIRA	Virianzo	00:09:45	00:28:28	00:41:24
377	750	MARCOS REY CAMPELO	00:41:24	00:41:12	Senior	102	M	360		Oroso	00:08:59	00:27:55	00:41:24
378	683	RICARDO FIGUEIRAS NUÑEZ	00:41:25	00:41:14	Máster 3	34	M	361		Culleredo	00:08:47	00:27:57	00:41:25
379	2311	DAVID JOSÉ PENEDO DIAZ	00:41:25	00:41:12	Máster 2	104	M	362		San Sadurniño	00:09:02	00:28:08	00:41:25
380	533	JUAN GALÁN PRESAS	00:41:25	00:41:10	Máster 2	105	M	363	CLUB ATLETISMO SADA	A Coruña	00:09:09	00:28:16	00:41:25
381	792	FRANCISCO TORRADO ARES	00:41:25	00:41:13	Máster 2	106	M	364		Betanzos	00:08:51	00:27:54	00:41:25
382	113	ANGELA TORRENTE INSUA	00:41:25	00:41:20	Máster 1	4	F	18	Kirós	Narón	00:09:05	00:28:10	00:41:25
383	372	STOIL NIKOLOV NIKOLOV	00:41:26	00:41:18	Máster 2	107	M	365		A Coruña	00:08:48	00:28:07	00:41:26
384	230	CÉSAR PAZOS CANEDA	00:41:27	00:41:18	Sub 20	6	M	366		Arteixo	00:08:18	00:27:28	00:41:27
385	568	SAMUEL RAMÍREZ RODRÍGUEZ	00:41:27	00:41:16	Máster 2	108	M	367	Clube Atletismo Fene	Fene	00:09:04	00:28:11	00:41:27
386	651	TOMAS ABELEDO PATIÑO	00:41:27	00:41:24	Máster 3	35	M	368	ATLETAS DE ACEA DE AMA	Culleredo	00:08:51	00:27:58	00:41:27
387	11	NOEMI MORAL NAVAZO	00:41:29	00:41:25	Máster 2	2	F	19	CLUB ATLETISMO SADA	Oleiros	00:08:54	00:28:17	00:41:29
388	344	JOSE ANGEL MARTINEZ ABAD	00:41:29	00:41:21	Máster 2	109	M	369		A Coruña	00:08:35	00:27:36	00:41:29
389	528	JORGE BRIONES MEIJIDE	00:41:29	00:41:13	Máster 2	110	M	370	RUNGALICIA.COM	A Coruña	00:09:28	00:28:27	00:41:29
390	2641	DAVID FERNANDEZ MEIRAMA	00:41:30	00:41:03	Máster 1	100	M	371		Oleiros	00:10:04	00:28:39	00:41:30
391	517	OMAR VIDAL PÉREZ	00:41:31	00:41:17	Senior	103	M	372		Barco De Valdeorras, O	00:09:21	00:28:09	00:41:31
392	582	ALBERTO LOPEZ PRADO	00:41:31	00:41:04	Máster 2	111	M	373	CORRE POR BEGONTE	Rábade	00:09:44	00:28:33	00:41:31
393	644	MIGUEL ÁNGEL VÁZQUEZ GONZÁLEZ	00:41:31	00:41:21	Máster 2	112	M	374	LA MOCHILA DEL DEPORTE	A Coruña	00:08:53	00:28:01	00:41:31
394	411	MIGUEL SOTO CASTIÑEIRA	00:41:32	00:41:28	Senior	104	M	375	ATLETISMO NARON	Narón	00:08:48	00:28:19	00:41:32
395	2616	JOSE MANUEL GONZÁLEZ DURÁN	00:41:33	00:41:21	Senior	105	M	376		A Coruña	00:08:58	00:28:05	00:41:33
396	12	MARIA PILAR ARIAS GRAÑA	00:41:33	00:41:30	Máster 2	3	F	20		A Coruña	00:08:36	00:27:47	00:41:33
397	558	JAVIER CACHO MOSQUERA	00:41:35	00:41:21	Máster 1	101	M	377		Arteixo	00:08:46	00:28:07	00:41:35
398	343	RICARDO AMENEDO GONZÁLEZ	00:41:36	00:41:28	Máster 2	113	M	378	Pasa ou Entorna	Narón	00:08:39	00:28:11	00:41:36
399	2566	CARLOS ALVAREZ PAREDES	00:41:37	00:41:27	Máster 2	114	M	379	sin club	A Coruña	00:09:04	00:28:20	00:41:37
400	335	JOSÉ ROBERTO REY IGLESIAS	00:41:37	00:41:29	Máster 3	36	M	380	Escuela de Atletismo Paula Mayobre	A Coruña	00:09:01	00:28:20	00:41:37
401	381	PABLO DIAZ GAY	00:41:38	00:41:30	Máster 2	115	M	381	FLUVIAL DE LUGO	Lugo	00:08:58	00:28:15	00:41:38
402	594	ALBERTO FERREÑO EODRÍGUEZ	00:41:40	00:41:21	Senior	106	M	382		Culleredo	00:09:08	00:28:12	00:41:40
403	2565	ALBERTO GARCIA SOUTO	00:41:41	00:41:35	Máster 1	102	M	383	Proyecto bululu	Carballo	00:08:33	00:27:51	00:41:41
404	203	JULIÁN PEREZ DURAN	00:41:41	00:41:23	Máster 2	116	M	384	SIGUEME SI PUEDES	Ferrol	00:09:40	00:29:21	00:41:41
405	2555	GERARDO AÑON	00:41:42	00:41:37	Senior	107	M	385	NOSPORTLIMITS	Cambre	00:08:50	00:27:45	00:41:42
406	2680	SANTIAGO TIMIRAOS GONZÁLEZ	00:41:43	00:41:18	Sub 23	14	M	386		Viveiro	00:10:10	00:29:08	00:41:43
407	715	DAVID VIÑA	00:41:44	00:41:37	Máster 2	117	M	387		A Coruña	00:09:05	00:28:28	00:41:44

408	181	DAVID RILO RODRÍGUEZ	00:41:44	00:41:37	Máster 1	103	M	388	Nosportlimit	Culleredo	00:08:49	00:28:03	00:41:44
409	600	ALEXANDRE FIDALGO PÉREZ	00:41:45	00:41:32	Senior	108	M	389		Viana Do Bolo	00:08:52	00:27:43	00:41:45
410	930	JAIRO FERNÁNDEZ ÁLVAREZ	00:41:45	00:41:31	Senior	109	M	390		Laviana	00:09:03	00:28:13	00:41:45
411	617	CRISTÓBAL BALSEIRO PITA	00:41:45	00:41:27	Máster 2	118	M	391	CLUB ATLETISMO SADA	Burela	00:09:09	00:28:17	00:41:45
412	333	JOSÉ MANUEL CASÁS CASÁS	00:41:47	00:41:41	Máster 1	104	M	392		A Coruña	00:08:55	00:28:19	00:41:47
413	2631	GUZMAN SANCHEZ IGLESIAS	00:41:47	00:41:33	Máster 1	105	M	393		Gijón	00:09:01	00:28:16	00:41:47
414	590	FERNANDO SINES CRESPO	00:41:48	00:41:36	Máster 2	119	M	394	CLUB SOCIAL BANCO PASTOR	A Coruña	00:09:06	00:28:25	00:41:48
415	279	MANUEL VAZQUEZ RAMOS	00:41:48	00:41:40	Máster 2	120	M	395	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Aranga	00:08:52	00:28:19	00:41:48
416	615	MIGUEL ANGEL VARELA PEREZ	00:41:50	00:41:41	Máster 2	121	M	396	NO	Oleiros	00:08:51	00:28:09	00:41:50
417	886	ALEJANDRO LOUREDA LOUZAN	00:41:51	00:41:36	Senior	110	M	397		Abegondo	00:09:06	00:28:08	00:41:51
418	3068	ALVARO LANDEIRA VAZQUEZ	00:41:51	00:41:13	Sub 20	7	M	398		Culleredo	00:10:07	00:28:43	00:41:51
419	680	JESUS PIÑEIRO VAZQUEZ	00:41:51	00:41:37	Máster 2	122	M	399		A Coruña	00:09:05	00:28:24	00:41:51
420	2654	MIGUEL VIDAL MOREIRAS	00:41:52	00:41:35	Máster 1	106	M	400	MONTAEVAI O PINO	Santiago De Compostela	00:09:17	00:28:32	00:41:52
421	416	RICARDO PÉREZ SEOANE	00:41:52	00:41:28	Máster 3	37	M	401		A Coruña	00:09:53	00:29:00	00:41:52
422	967	MARIO LEDO FARIÑAS	00:41:52	00:41:39	Máster 2	123	M	402		Santiago De Compostela	00:09:13	00:28:35	00:41:52
423	226	IVÁN LÓPEZ NOVO	00:41:53	00:41:39	Senior	111	M	403	Nosportlimit	A Coruña	00:09:17	00:28:24	00:41:53
424	2266	ALEJANDRO LÓPEZ FERRER	00:41:55	00:40:53	Máster 1	107	M	404		A Coruña	00:10:15	00:28:50	00:41:55
425	192	ALFONSO GARCIA BELLO	00:41:56	00:41:53	Máster 4	6	M	405		Cambre	00:09:02	00:28:28	00:41:56
426	405	JOSE ANDRES ALDREY VARELA	00:41:57	00:41:52	Máster 3	38	M	406	TAMBRE BIKE&RUNNING	A Coruña	00:08:46	00:28:12	00:41:57
427	2569	ARTURO COUSIDO RIAL	00:41:59	00:41:51	Máster 1	108	M	407	xxxxxxx	Illa De Arousa, A	00:08:28	00:27:30	00:41:59
428	300	JUAN CARLOS TRILLO CAAMAÑO	00:41:59	00:41:53	Máster 1	109	M	408		Cee	00:09:00	00:28:30	00:41:59
429	537	MANUEL BOUZAS ESPASANDIN	00:42:02	00:41:51	Máster 1	110	M	409	HÉRCULES ATLETISMO	A Coruña	00:09:01	00:28:30	00:42:02
430	545	ALFONSO JAVIER CASTRO SOUTO	00:42:02	00:41:50	Senior	112	M	410	CHUVONERS	A Coruña	00:08:53	00:28:18	00:42:02
431	909	ENRIQUE GODOY LOPEZ	00:42:02	00:41:51	Máster 1	111	M	411	INDEPENDIENTE	Ames	00:09:05	00:28:35	00:42:02
432	115	REBECA SOTO VIÑAS	00:42:03	00:41:55	Máster 2	4	F	21	ATLETISMO NARON	Ferrol	00:08:53	00:28:27	00:42:03
433	16	LORENA POSE VARELA	00:42:04	00:41:59	Máster 1	5	F	22	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Santiago De Compostela	00:09:03	00:28:23	00:42:04
434	790	DANIEL MOSQUERA GARCÍA	00:42:05	00:41:45	Sub 20	8	M	412		A Coruña	00:09:31	00:28:50	00:42:05
435	301	ANTONIO FERNANDEZ HERMIDA	00:42:05	00:42:01	Máster 4	7	M	413	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Noia	00:09:03	00:28:22	00:42:05
436	576	FRANCISCO COLLADO	00:42:06	00:41:51	Máster 2	124	M	414		Oleiros	00:09:17	00:28:25	00:42:06
437	546	FRAN GUARDON	00:42:07	00:41:55	Máster 2	125	M	415	Hércules Termaria	A Coruña	00:08:52	00:27:57	00:42:07
438	732	PABLO RAMIL FREÁN	00:42:07	00:41:53	Máster 1	112	M	416	NOSPORTLIMIT TREK GALICIA	A Coruña	00:09:00	00:28:16	00:42:07
439	526	FRANCISCO JAVIER PORTAS LEMUS	00:42:09	00:41:52	Máster 2	126	M	417		A Coruña	00:09:23	00:28:49	00:42:09
440	653	BRUNO CANAL PULIDO	00:42:09	00:41:44	Senior	113	M	418		Ourense	00:09:52	00:29:06	00:42:09
441	746	CARLOS OJEA CASTRO	00:42:11	00:42:01	Máster 2	127	M	419	Nosportlimit	A Coruña	00:08:57	00:28:14	00:42:11
442	564	RAFAEL PEREZ REGO	00:42:11	00:41:58	Máster 3	39	M	420	CLUB ATLETISMO TUI TERMALIA	Tui	00:09:21	00:29:01	00:42:11
443	706	ANDRÉS FEIJOO MACHADO	00:42:11	00:41:56	Senior	114	M	421		A Coruña	00:09:08	00:28:35	00:42:11
444	2643	ALVARO GAGINO FERNANDEZ	00:42:14	00:42:00	Máster 2	128	M	422		A Coruña	00:09:08	00:28:27	00:42:14
445	2317	ELOY GÓMEZ ARMADA	00:42:14	00:41:38	Senior	115	M	423		A Coruña	00:09:59	00:29:15	00:42:14
446	332	JOSE LUIS RIO SILVA	00:42:16	00:42:03	Máster 3	40	M	424	RUNNING OLEIROS	Oleiros	00:09:01	00:28:32	00:42:16
447	2613	JOSÉ ANTONIO MARQUE RUIBAL	00:42:16	00:42:01	Senior	116	M	425	CDM Vértice	Vedra	00:09:04	00:28:24	00:42:16
448	70	XESUS MANUEL SEGADE CAROU	00:42:18	00:42:13	Máster 2	129	M	426	CLUB ATLETISMO BOIMORTO	Boqueixón	00:08:35	00:28:43	00:42:18
449	2557	MIGUEL ABUIN MOSQUERA	00:42:22	00:42:11	Senior	117	M	427		Rianxo	00:08:57	00:28:36	00:42:22
450	656	JOSÉ LUIS LOMBAO NÚÑEZ	00:42:22	00:42:01	Máster 2	130	M	428	Beer Runners	Cambre	00:09:09	00:28:43	00:42:22
451	415	PEDRO MARTINEZ MARTÍNEZ	00:42:22	00:42:13	Máster 2	131	M	429	AD JARNACHAS	Arteixo	00:08:56	00:28:39	00:42:22
452	373	MANUEL PUENTE VEIGA	00:42:25	00:42:18	Máster 2	132	M	430	SOLORUNNERS CORUÑA	A Coruña	00:08:37	00:28:18	00:42:25
453	2688	JOSÉ FILGUEIRA MELÉNDEZ	00:42:25	00:42:04	Máster 3	41	M	431	C. D. Cerne	Melide	00:09:49	00:28:59	00:42:25
454	560	MANUEL FONTENLA MUÑO	00:42:26	00:42:11	Máster 3	42	M	432	ATLETAS DE ACEA DE AMA	Cambre	00:09:14	00:28:56	00:42:26
455	593	RAUL HOYUELOS ARANDA	00:42:28	00:42:04	Máster 2	133	M	433	HERMANDAD RUNNER CLUB	Oleiros	00:09:17	00:28:47	00:42:28
456	391	DAVID MIRÁS COUSELO	00:42:28	00:42:22	Senior	118	M	434	ATLETISMO FONTES DO SAR	Santiago De Compostela	00:08:43	00:28:23	00:42:28
457	363	FERNANDO PIN GRAÑA	00:42:28	00:42:21	Máster 2	134	M	435	FLUVIAL DE LUGO	Lugo	00:09:01	00:28:40	00:42:28
458	838	VICENTE MUÑOZ HERMIDA	00:42:30	00:42:10	Máster 2	135	M	436		A Coruña	00:10:02	00:29:25	00:42:30

459	614	DANIEL DOVAL VARELA	00:42:31	00:42:14	Máster 1	113	M	437		A Coruña	00:09:03	00:28:37	00:42:31
460	587	VÍCTOR CASTRO SEGADE	00:42:31	00:42:17	Máster 1	114	M	438	A.D. Cerne	A Coruña	00:09:21	00:28:59	00:42:31
461	608	ANSELMO CASTIÑEIRAS VERDES	00:42:33	00:42:12	Máster 2	136	M	439		Carballo	00:09:39	00:28:56	00:42:33
462	760	ADRIAN QUEVEDO PEREZ	00:42:36	00:42:24	Máster 1	115	M	440	Nosportlimit	A Coruña	00:09:06	00:28:55	00:42:36
463	167	ROBERTO GARCÍA PAZOS	00:42:37	00:42:29	Senior	119	M	441	CLUB ATLETISMO SADA	Sada	00:08:41	00:28:25	00:42:37
464	667	JOSÉ ANTONIO SAAVEDRA PAZOS	00:42:38	00:42:26	Máster 3	43	M	442	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	A Coruña	00:09:21	00:29:14	00:42:38
465	586	LINO ESPÍNEIRA CASTRO	00:42:41	00:42:18	Máster 2	137	M	443		Frades	00:09:09	00:28:54	00:42:41
466	2579	RAMON MAAÑON LÓPEZ	00:42:42	00:42:33	Máster 1	116	M	444		Oleiros	00:08:47	00:28:41	00:42:42
467	353	DAVID ACEVEDO EDREIRA	00:42:44	00:42:38	Senior	120	M	445	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Coruña	00:09:03	00:28:53	00:42:44
468	293	JUAN CARLOS RUIZ SOLER	00:42:44	00:42:38	Máster 2	138	M	446	CLUB DE ATLETISMO SATURNO	Daimiel	00:08:55	00:28:46	00:42:44
469	1309	PABLO NÚÑEZ SÁNCHEZ	00:42:44	00:42:20	Senior	121	M	447		Barco De Valdeorras, O	00:09:49	00:28:59	00:42:44
470	2619	RAFAEL MENDEZ PREGO	00:42:44	00:42:35	Máster 2	139	M	448		Cambre	00:08:58	00:28:32	00:42:44
471	771	JAVIER ENRIQUEZ ALLEGUE	00:42:45	00:42:35	Máster 1	117	M	449		Pontedeume	00:09:04	00:29:00	00:42:45
472	312	MARCELO BELLO GÓMEZ	00:42:47	00:42:41	Máster 3	44	M	450	ATLETAS DE ACEA DE AMA	Culleredo	00:08:57	00:28:55	00:42:47
473	8	PAULA SOUTO GARCÍA	00:42:48	00:42:42	Senior	11	F	23		Oleiros	00:08:54	00:28:37	00:42:48
474	688	FELIX CANTUA GUARDIOLA	00:42:48	00:42:34	Máster 3	45	M	451	CLUB ATLETISMO SADA	Oleiros	00:09:17	00:28:55	00:42:48
475	378	CARLOS SUAREZ POSE	00:42:49	00:42:37	Senior	122	M	452		Ponteceso	00:09:02	00:28:29	00:42:49
476	396	FERNANDO J GARCÍA REGUEIRA	00:42:50	00:42:41	Máster 2	140	M	453		Carballo	00:08:55	00:28:48	00:42:50
477	736	SERGIO ROSÓN MONTES	00:42:50	00:42:27	Senior	123	M	454		Ferrol	00:09:32	00:28:57	00:42:50
478	734	ROBERTO DOCAMPO SUAREZ	00:42:52	00:42:35	Máster 1	118	M	455		A Coruña	00:09:19	00:29:08	00:42:52
479	574	JUAN RUSO BEIRAS	00:42:53	00:42:40	Máster 2	141	M	456	CLUB ATLETISMO MILLARAIO	Ames	00:09:29	00:29:06	00:42:53
480	934	JESUS VAZQUEZ VAZQUEZ	00:42:53	00:42:43	Máster 2	142	M	457		Oleiros	00:08:50	00:28:40	00:42:53
481	815	XESÚS ASTRAY CASTRO	00:42:53	00:42:38	Máster 2	143	M	458	Sobrado Running	A Coruña	00:09:20	00:29:10	00:42:53
482	2457	RUBEN MATA VIDAL	00:42:55	00:42:29	Senior	124	M	459		Trazo	00:10:00	00:29:16	00:42:55
483	796	JESUS CEBREIROS GONZALEZ	00:42:55	00:42:40	Máster 2	144	M	460		Bergondo	00:09:05	00:28:50	00:42:55
484	350	IGNACIO REGO TESOIRO	00:42:55	00:42:47	Máster 3	46	M	461	CORREMOS A.C.	Pereiro De Aguiar, O	00:09:02	00:28:47	00:42:55
485	571	ALEJANDRO PEREZ GIANNETTO	00:42:56	00:42:45	Máster 2	145	M	462	Nosportlimit	A Coruña	00:09:05	00:29:00	00:42:56
486	770	JACINTO PARGA FERNÁNDEZ	00:42:57	00:42:42	Máster 2	146	M	463	CLUB ATLETISMO SADA	A Coruña	00:09:24	00:29:08	00:42:57
487	207	EUGENIO MARTINEZ PEREZ	00:42:58	00:42:50	Máster 3	47	M	464	FLUVIAL DE LUGO	Lugo	00:09:03	00:29:03	00:42:58
488	324	SERGIO MARTINEZ GOMEZ	00:42:59	00:42:48	Máster 1	119	M	465		A Coruña	00:09:02	00:28:56	00:42:59
489	896	ARTURO PAZ GÓMEZ	00:42:59	00:42:44	Senior	125	M	466	ADKN	A Coruña	00:09:10	00:28:57	00:42:59
490	828	ADOLFO GARCÍA ALONSO	00:43:00	00:42:40	Máster 1	120	M	467		Vigo	00:09:33	00:29:16	00:43:00
491	669	RUBÉN MENÉNDEZ FERNÁNDEZ	00:43:01	00:42:46	Máster 2	147	M	468	CLUB ATLETISMO JUVENTUD ALCALA-AJALKALA	A Coruña	00:09:08	00:28:53	00:43:01
492	2628	BRUNO BERMUDEZ TAJES	00:43:01	00:42:55	Máster 2	148	M	469		A Coruña	00:09:00	00:29:01	00:43:01
493	376	JOSE VARELA VERDES	00:43:02	00:42:47	Máster 1	121	M	470	BEER RUNNERS CORUÑA	A Coruña	00:09:17	00:29:12	00:43:02
494	737	DANIEL POSE GARCÍA	00:43:02	00:42:49	Senior	126	M	471		Cambre	00:09:06	00:29:10	00:43:02
495	2663	ALFONSO RODRIGUEZ FRAMIL	00:43:03	00:42:43	Máster 1	122	M	472	NOITEBRA	Ames	00:09:40	00:29:21	00:43:03
496	107	FELIX QUINTANS MELENDEZ	00:43:03	00:42:54	Máster 2	149	M	473	San paio	Oleiros	00:09:20	00:29:23	00:43:03
497	837	ROBERTO GARCIA MARTINEZ	00:43:04	00:42:31	Máster 1	123	M	474		Curtis	00:10:26	00:30:04	00:43:04
498	730	MANOEL FARIÑA GARCÍA	00:43:04	00:42:39	Máster 1	124	M	475		Abegondo	00:09:14	00:28:52	00:43:04
499	907	DIEGO RAMA MATO	00:43:05	00:42:51	Senior	127	M	476		Virianzo	00:09:06	00:29:05	00:43:05
500	674	DAMIAN MARTÍNEZ LÓPEZ	00:43:06	00:42:47	Senior	128	M	477	MARZO SAUDE	Lugo	00:09:38	00:29:07	00:43:06
501	1153	JOSE ANTONIO AGUIAR GARCIA	00:43:06	00:42:25	Máster 3	48	M	478	ATLETAS DE ACEA DE AMA	Culleredo	00:10:35	00:29:48	00:43:06
502	2421	MIGUEL RODRÍGUEZ-SEGADE ALONSO	00:43:08	00:42:16	Senior	129	M	479		A Coruña	00:10:42	00:29:59	00:43:08
503	751	DOMINGO ALVAREZ IGLESIAS	00:43:10	00:43:00	Máster 4	8	M	480	EGOVARROS DE VIVEIRO	A Coruña	00:09:00	00:29:11	00:43:10
504	2611	MIGUEL ÁNGEL VARELA LÓPEZ	00:43:10	00:42:55	Máster 3	49	M	481	CLUB CASTRO DE LOBADIZ	Narón	00:09:10	00:28:59	00:43:10
505	2650	JOSE ANDRES FREIRE GATO	00:43:10	00:42:57	Máster 4	9	M	482		Fene	00:09:26	00:29:20	00:43:10
506	248	MANUEL OTERO GOMEZ	00:43:11	00:43:04	Máster 3	50	M	483	Nosportlimit	Cambre	00:09:00	00:28:56	00:43:11
507	690	CARLOS DEZA RODRÍGUEZ	00:43:12	00:42:48	Máster 2	150	M	484	PATUKOS TIM RANIN	Culleredo	00:09:51	00:29:36	00:43:12
508	2658	JOAQUIN PIÑOL CHAS	00:43:12	00:42:59	Máster 2	151	M	485	Nosportlimit	A Coruña	00:09:17	00:29:18	00:43:12
509	899	CARLOS SALUTREGUI DARRIBA	00:43:12	00:42:59	Máster 2	152	M	486		Ferrol	00:09:13	00:29:04	00:43:12

510	13	TERESA CORRAL MARCOS	00:43:14	00:43:11	Máster 3	2	F	24	INDEPENDIENTE	Lugo	00:09:11	00:29:17	00:43:14
511	338	GIOVANNI QUINTANS MELENDEZ	00:43:15	00:43:11	Máster 2	153	M	487	CLUB DEPORTIVO SAN PAIO	A Coruña	00:09:07	00:29:19	00:43:15
512	618	ADRIAN MORALES ENRIQUEZ	00:43:15	00:43:01	Senior	130	M	488	Nosportlimit	Cambre	00:09:15	00:29:20	00:43:15
513	2587	PABLO LAVANDEIRA LOPEZ	00:43:15	00:43:00	Máster 1	125	M	489		Frades	00:09:20	00:29:15	00:43:15
514	672	MANUEL VARELA VILA	00:43:16	00:42:57	Máster 3	51	M	490	CORREDORES POPULARES ARMADA FERROL	Pontedeume	00:09:25	00:29:19	00:43:16
515	813	AGOSTIÑO REIGOSA LOMBAO	00:43:16	00:42:56	Senior	131	M	491	ATLETISMO NARON	Lugo	00:09:36	00:29:06	00:43:16
516	942	JOSE ANTONIO CARNEIRO GARCIA	00:43:16	00:43:06	Máster 1	126	M	492	Runners Amio	Santiago De Compostela	00:09:07	00:28:57	00:43:16
517	1407	ALBERTO NEGREIRA OUSINDE	00:43:18	00:42:57	Senior	132	M	493		A Coruña	00:09:39	00:29:23	00:43:18
518	652	VÍCTOR NEIRA PITA	00:43:21	00:42:49	Senior	133	M	494		A Coruña	00:10:09	00:29:43	00:43:21
519	642	MIGUEL GOMEZ C.	00:43:21	00:43:04	Máster 2	154	M	495		Culleredo	00:09:45	00:29:43	00:43:21
520	660	JAVIER FERNÁNDEZ MARTÍNEZ	00:43:21	00:43:12	Máster 2	155	M	496		Cambre	00:09:21	00:29:30	00:43:21
521	2552	FRANC COLLAZO LORENZO	00:43:23	00:43:09	Máster 2	156	M	497		Ames	00:09:57	00:30:07	00:43:23
522	797	JOSE ARJONA	00:43:24	00:43:16	Senior	134	M	498		A Coruña	00:09:05	00:29:24	00:43:24
523	935	JESÚS GÓMEZ FERNÁNDEZ	00:43:24	00:43:10	Máster 4	10	M	499	CD GAS NATURAL FENOSA	A Coruña	00:09:27	00:29:23	00:43:24
524	655	GERARDO GONZÁLEZ RODRÍGUEZ	00:43:25	00:43:09	Máster 2	157	M	500		Oleiros	00:09:37	00:29:29	00:43:25
525	613	OSCAR SOUTO MUIÑO	00:43:26	00:43:10	Máster 2	158	M	501	CLUB ATLETISMO SADA		00:09:29	00:29:36	00:43:26
526	377	ADRIAN LOPEZ	00:43:27	00:43:15	Senior	135	M	502		A Coruña	00:09:17	00:29:18	00:43:27
527	640	JOSINHO VAZQUEZ SANJURJO	00:43:28	00:43:05	Máster 2	159	M	503		Arteixo	00:09:42	00:29:30	00:43:28
528	735	SANTIAGO MARTÍNEZ GARCÍA	00:43:29	00:43:16	Sub 23	15	M	504		Pontevedra	00:09:18	00:29:18	00:43:29
529	769	DIEGO SÁNCHEZ GONZÁLEZ	00:43:29	00:43:08	Máster 1	127	M	505	Asociación Deportiva Cerne	Melide	00:09:53	00:29:47	00:43:29
530	860	OSCAR DURO PAZOS	00:43:29	00:43:14	Máster 1	128	M	506	Club Hercules Termaria	A Coruña	00:09:33	00:29:36	00:43:29
531	675	DOMINGO PRADO TEIJEIRO	00:43:30	00:43:16	Máster 2	160	M	507		A Coruña	00:09:31	00:29:37	00:43:30
532	825	JOAQUÍN DOCAMPO	00:43:30	00:43:20	Máster 1	129	M	508		Sada	00:09:11	00:29:29	00:43:30
533	3060	ÓSCAR LORENZO FRAILE	00:43:32	00:42:18	Sub 20	9	M	509	CLUB ATLETISMO SADA	Sada	00:11:34	00:30:46	00:43:32
534	610	JOSE MARIA LARRAÑAGA MOREIRA	00:43:33	00:43:17	Senior	136	M	510		A Coruña	00:09:25	00:29:53	00:43:33
535	2726	LUIS ALBERTO MARTINEZ FERNANDEZ	00:43:33	00:42:59	Máster 2	161	M	511		Culleredo	00:10:24	00:29:54	00:43:33
536	626	DIMAS BÚA SAR	00:43:35	00:43:04	Senior	137	M	512	Corvos DAFIT tronzadores	Muxia	00:10:22	00:30:28	00:43:35
537	763	JESÚS VAAMONDE RÚA	00:43:35	00:43:27	Máster 3	52	M	513		A Coruña	00:09:06	00:29:21	00:43:35
538	742	JACOBO GARCÍA PÉREZ	00:43:35	00:43:19	Máster 2	162	M	514		A Coruña	00:09:46	00:29:42	00:43:35
539	550	ROBERTO REY LÓPEZ	00:43:35	00:43:22	Senior	138	M	515		A Coruña	00:09:38	00:29:50	00:43:35
540	966	MARCOS ZAERA MAYO	00:43:36	00:43:20	Senior	139	M	516		A Coruña	00:09:45	00:29:59	00:43:36
541	665	FELIPE DE LA VEGA GÁNDARAS	00:43:36	00:43:16	Máster 2	163	M	517	Hercules	A Coruña	00:09:59	00:30:10	00:43:36
542	2637	EDUARDO PEREZ DIAZ	00:43:36	00:43:23	Máster 4	11	M	518		A Coruña	00:09:24	00:29:30	00:43:36
543	2636	JOSELUIS PRESASNAVEIRA	00:43:37	00:43:22	Máster 3	53	M	519		Lugo	00:09:46	00:29:42	00:43:37
544	798	JOSE ANTONIO FERNANDEZ VAZQUEZ	00:43:38	00:43:27	Máster 2	164	M	520		A Coruña	00:09:47	00:29:51	00:43:38
545	1108	LEONARDO MANUEL MENDEZ CABRERA	00:43:39	00:43:12	Máster 2	165	M	521		A Coruña	00:10:14	00:30:11	00:43:39
546	616	ANTONIO GRANDAL FERNÁNDEZ	00:43:39	00:43:27	Máster 2	166	M	522	Be One A Malata	Ferrol	00:09:20	00:29:32	00:43:39
547	787	ANTONIO LOIS PEREZ	00:43:40	00:43:21	Máster 3	54	M	523	MARINEDA ATLETICO	Cambre	00:09:44	00:29:52	00:43:40
548	718	EUGENIO LAMAS MOSTEIRO	00:43:40	00:43:04	Máster 1	130	M	524	Ave Fénix	A Coruña	00:09:59	00:29:55	00:43:40
549	556	IVAN ESTEVEZ LAMAS	00:43:41	00:43:15	Senior	140	M	525		Amoeiro	00:10:01	00:29:56	00:43:41
550	810	ROGELIO MANUEL PÉREZ MIÑONES	00:43:43	00:43:25	Máster 3	55	M	526		A Coruña	00:09:44	00:29:53	00:43:43
551	2642	MARCOS CORGO RIVEIRO	00:43:43	00:42:48	Máster 1	131	M	527		Arteixo	00:10:35	00:30:24	00:43:43
552	554	FERNANDO SEARA SOTELO	00:43:43	00:43:18	Máster 2	167	M	528		A Coruña	00:10:01	00:29:53	00:43:43
553	693	MIGUEL ÁNGEL GARCÍA ÁLVAREZ	00:43:44	00:43:26	Sub 23	16	M	529		A Coruña	00:09:45	00:29:37	00:43:44
554	418	RODRIGO PARAPAR PRIETO	00:43:44	00:43:34	Senior	141	M	530		A Coruña	00:09:18	00:29:14	00:43:44
555	2655	JACOBO NIETO PEÑAMARÍA	00:43:45	00:43:27	Máster 3	56	M	531		A Coruña	00:09:43	00:29:23	00:43:45
556	2646	PABLO PEREDA FERNÁNDEZ	00:43:45	00:43:29	Máster 2	168	M	532		A Coruña	00:09:41	00:29:56	00:43:45
557	577	MARCOS CAMPOS GONZALEZ	00:43:45	00:43:14	Máster 2	169	M	533		Cambre	00:10:28	00:30:02	00:43:45
558	726	JOSÉ MANUEL REYES RAMOS	00:43:45	00:43:26	Máster 2	170	M	534	SIGUEME SI PUEDES	Ferrol	00:09:41	00:29:24	00:43:45
559	1295	GONZALO ALVAREZ PORTEIRO	00:43:46	00:43:27	Senior	142	M	535		Arteixo	00:09:53	00:30:08	00:43:46
560	743	LUIS MIGUEL MARTÍN PÉREZ	00:43:46	00:43:29	Máster 2	171	M	536		Oleiros	00:09:27	00:29:38	00:43:46

561	2276	ÁLVARO PRADA VEGA	00:43:47	00:42:34	Senior	143	M	537		Ponferrada	00:11:17	00:31:03	00:43:47
562	3077	JOSÉ LUIS MOSQUERA LOSADA	00:43:49	00:43:37	Máster 2	172	M	538		Ares	00:09:35	00:29:58	00:43:49
563	274	ALBERTO FERNÁNDEZ MUÑOZ	00:43:49	00:43:37	Máster 2	173	M	539	Nosportlimit	A Coruña	00:09:15	00:29:40	00:43:49
564	929	IVÁN LOPEZ ROMERO	00:43:49	00:43:29	Senior	144	M	540		Zas	00:09:53	00:30:08	00:43:49
565	1136	IVAN ROMERO LEMA	00:43:49	00:43:29	Senior	145	M	541		Zas	00:10:03	00:30:30	00:43:49
566	2661	IVÁN SEOANE DÍAZ	00:43:49	00:43:19	Máster 1	132	M	542		A Coruña	00:10:20	00:29:56	00:43:49
567	980	PABLO ROMERO LEMA	00:43:50	00:43:30	Máster 2	174	M	543		Zas	00:10:03	00:30:28	00:43:50
568	2618	JOSÉ ANTONIO CRUZ RAMA	00:43:50	00:43:29	Senior	146	M	544		Cabana De Bergantiños	00:10:02	00:30:30	00:43:50
569	2625	ENRIQUE IGLESIAS GONZÁLEZ	00:43:51	00:43:39	Máster 3	57	M	545		Culleredo	00:09:10	00:29:19	00:43:51
570	414	OSCAR LEIS MOURIÑO	00:43:51	00:43:40	Máster 2	175	M	546		Santiago De Compostela	00:09:03	00:28:36	00:43:51
571	602	JOSE MARÍA LEVOSO TOUCEDA	00:43:51	00:43:36	Máster 3	58	M	547	ESPRINTES OURENSE	A Coruña	00:09:30	00:29:39	00:43:51
572	974	OSCAR HERBON PAZOS	00:43:52	00:43:43	Sub 23	17	M	548	ATLETISMO RIAZOR	Cambre	00:08:56	00:29:23	00:43:52
573	989	YAGO JIMENEZ FRESCO	00:43:53	00:43:27	Senior	147	M	549	VGA Runners	A Coruña	00:10:01	00:30:09	00:43:53
574	981	RAUL MIRAMONTES SANTISO	00:43:54	00:43:43	Máster 1	133	M	550		Cambre	00:09:43	00:29:38	00:43:54
575	691	TOMÁS GONZÁLEZ VIDAL	00:43:55	00:43:43	Senior	148	M	551		A Coruña	00:09:42	00:30:08	00:43:55
576	1174	RAFAEL CARRASCO DEL POZO	00:43:55	00:43:24	Máster 2	176	M	552		Noia	00:10:06	00:30:00	00:43:55
577	633	IGNACIO NORNIELLA FERNANDEZ	00:43:55	00:43:37	Máster 1	134	M	553	CLUB ATLETISMO SADA	A Coruña	00:09:47	00:30:17	00:43:55
578	777	IBÁN MARIÑO VILLAR	00:43:55	00:43:34	Máster 1	135	M	554		A Coruña	00:09:37	00:29:50	00:43:55
579	701	PERFECTO VÁZQUEZ RIVERA	00:43:56	00:43:36	Máster 1	136	M	555		A Coruña	00:09:29	00:29:28	00:43:56
580	2653	JESUS REGUEIRA FACAL	00:43:56	00:43:41	Máster 3	59	M	556		Culleredo	00:09:41	00:29:53	00:43:56
581	724	JOSÉ JUAN RAMOS BOTANA	00:43:57	00:43:27	Máster 2	177	M	557		Cabana De Bergantiños	00:10:07	00:29:58	00:43:57
582	2664	DAVID YÁÑEZ MARTÍNEZ	00:43:57	00:43:30	Máster 1	137	M	558		Miño	00:09:54	00:29:55	00:43:57
583	821	ENRIQUE BARBOLLA AGUIAR	00:43:57	00:43:32	Máster 3	60	M	559		A Coruña	00:10:14	00:30:10	00:43:57
584	638	JOSE LUIS PÉREZ LADO	00:43:57	00:43:39	Senior	149	M	560		A Coruña	00:09:37	00:29:57	00:43:57
585	982	RICARDO LÓPEZ TOSTÓN	00:43:59	00:43:43	Máster 3	61	M	561		A Coruña	00:09:46	00:30:00	00:43:59
586	2651	FRANCISCO ROCA	00:44:00	00:43:44	Máster 3	62	M	562		Oleiros	00:09:36	00:29:41	00:44:00
587	395	FERNANDO MACEDO DA SILVA RODILLA	00:44:01	00:43:50	Máster 1	138	M	563		A Coruña	00:09:40	00:30:14	00:44:01
588	1385	RUBÉN REY PENA	00:44:01	00:43:32	Máster 2	178	M	564		Carballo	00:10:02	00:30:07	00:44:01
589	826	JUAN CARLOS DOMATO VERDIA	00:44:04	00:43:49	Máster 1	139	M	565		Arteixo	00:09:37	00:30:00	00:44:04
590	624	DAVID LADO GONZALEZ	00:44:04	00:43:49	Máster 1	140	M	566	Club Hercules Termaria	A Coruña	00:09:41	00:29:42	00:44:04
591	2331	FRANCISCO JAVIER MALLO CASTRO	00:44:04	00:43:05	Senior	150	M	567		A Coruña	00:10:40	00:30:25	00:44:04
592	2516	LUCÍA CARDESÍN CORTEGOSO	00:44:04	00:43:57	Sub 20	1	F	25	REAL CLUB CELTA DE ATLETISMO	Pontevedra	00:09:44	00:30:27	00:44:04
593	3079	JAVIER FERREIRO ZAS	00:44:05	00:43:50	Senior	151	M	568		A Coruña	00:09:40	00:29:56	00:44:05
594	329	DANIEL CAGIDE LEÓN	00:44:06	00:43:54	Senior	152	M	569	INDEPENDIENTE	Narón	00:09:13	00:29:42	00:44:06
595	2528	JENSSEN GALAN PREGO	00:44:06	00:44:01	Máster 1	141	M	570		A Coruña	00:08:21	00:31:29	00:44:06
596	753	MONCHO FERRACES VAZQUEZ	00:44:07	00:43:54	Máster 3	63	M	571	CLUB ATLETISMO BOIMORTO	Teo	00:09:04	00:29:26	00:44:07
597	543	ANGEL JUVIÑO PREGO	00:44:10	00:43:56	Máster 2	179	M	572	Dream Team	A Coruña	00:09:32	00:30:01	00:44:10
598	870	SANTIAGO SANTOS VICENS	00:44:10	00:43:50	Máster 1	142	M	573	INDEPENDIENTE	A Coruña	00:09:56	00:30:02	00:44:10
599	713	CARLOS LÓPEZ DOMÍNGUEZ	00:44:11	00:43:53	Máster 3	64	M	574		Carballo	00:09:42	00:29:37	00:44:11
600	260	ALEX REGUERA ANGERIZ	00:44:11	00:44:02	Sub 23	18	M	575	Dóeme un pé	Carballo	00:08:38	00:28:30	00:44:11
601	2648	EUGENIO DE MIGUEL MIRO	00:44:12	00:43:47	Máster 2	180	M	576		A Coruña	00:10:13	00:30:19	00:44:12
602	2722	ISAAC GARCÍA GARCÍA	00:44:12	00:43:53	Máster 1	143	M	577		Santa Amalia	00:09:57	00:30:24	00:44:12
603	775	ANGEL JOSE TURRIÓN PEREIRO	00:44:12	00:43:52	Máster 3	65	M	578		A Coruña	00:09:44	00:30:07	00:44:12
604	818	JUAN MANUEL TABOADA BARREIRO	00:44:12	00:43:59	Máster 2	181	M	579	CLUB ATLETISMO BOIMORTO	Curtis	00:09:11	00:29:56	00:44:12
605	945	JOSE DANIEL REINOSO ROJO	00:44:13	00:43:51	Máster 2	182	M	580	ATLETISMO RIAZOR CORUÑA	A Coruña	00:10:27	00:30:51	00:44:13
606	1468	IVÁN FERREIRO ABELENDA	00:44:13	00:43:52	Máster 1	144	M	581		A Coruña	00:09:40	00:30:05	00:44:13
607	609	FÉLIX MANUEL HERNÁNDEZ LOZANO	00:44:14	00:43:57	Máster 3	66	M	582	CLUB ATLETISMO CORUÑA COMARCA	Culleredo	00:09:44	00:30:01	00:44:14
608	707	ANGEL MARTINEZ OVIEDO	00:44:15	00:43:55	Máster 3	67	M	583	CLUB ATLETISMO NOIA	Noia	00:10:16	00:30:31	00:44:15
609	1294	FRANCISCO JAVIER CASTRO REY	00:44:16	00:43:46	Máster 3	68	M	584		A Coruña	00:10:16	00:30:25	00:44:16
610	354	MARCELO FILGUEIRAS	00:44:16	00:44:05	Máster 2	183	M	585	CLUB CICLISTA RIAZOR	A Coruña	00:09:27	00:29:52	00:44:16
611	687	FEDERICO LÓPEZ FERREIRO	00:44:17	00:44:03	Máster 2	184	M	586	NO SPORT LIMIT	Oleiros	00:09:15	00:29:45	00:44:17

612	805	RAMON MIGUEL GARCIA BARBA	00:44:17	00:44:06	Máster 3	69	M	587		A Coruña	00:09:17	00:29:43	00:44:17
613	3083	DAVID FERNANDEZ FERNANDEZ	00:44:18	00:44:01	Máster 1	145	M	588	CLUB MONTE PENA RUBIA	Lugo	00:09:49	00:30:30	00:44:18
614	733	RAÚL ORDÓÑEZ PÉREZ	00:44:18	00:44:01	Máster 1	146	M	589	CLUB MONTE PENA RUBIA	Lugo	00:09:50	00:30:33	00:44:18
615	1274	VICTOR MANUEL VILABOY FORMOSO	00:44:18	00:43:52	Máster 1	147	M	590	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:11:02	00:30:59	00:44:18
616	928	ISMAEL LEIS CALO	00:44:19	00:43:55	Senior	153	M	591		Cee	00:10:03	00:30:28	00:44:19
617	1483	JOSE ANTONIO PENSADO MENDEZ	00:44:20	00:43:49	Máster 1	148	M	592		A Coruña	00:09:57	00:29:57	00:44:20
618	7	GELI LÓPEZ VILAS	00:44:20	00:44:11	Máster 3	3	F	26	Runnig arteixo	Arteixo	00:09:18	00:29:52	00:44:20
619	1760	IRENE SALORIO ESTRADA	00:44:22	00:43:55	Senior	12	F	27		A Coruña	00:09:58	00:30:17	00:44:22
620	2720	JORGE BLANCO MEIRIÑO	00:44:22	00:44:04	Senior	154	M	593		A Coruña	00:10:04	00:30:20	00:44:22
621	535	ANGEL VIGO GONZÁLEZ	00:44:22	00:44:06	Máster 1	149	M	594	CLUB MONTE PENA RUBIA	Lugo	00:09:49	00:30:32	00:44:22
622	888	ALEXANDRE BLANCO AMOEDO	00:44:22	00:44:04	Senior	155	M	595		A Coruña	00:10:02	00:30:35	00:44:22
623	671	JOSÉ LUIS BERGONDO VAZQUEZ	00:44:23	00:44:07	Máster 1	150	M	596		A Coruña	00:09:44	00:30:23	00:44:23
624	1341	CÉSAR VÁZQUEZ SOBRINO	00:44:24	00:43:59	Máster 2	185	M	597		Oleiros	00:10:14	00:30:21	00:44:24
625	1307	MARCOS LÓPEZ RAMIL	00:44:25	00:44:17	Senior	156	M	598	CORRE POR BEGONTE	Begonte	00:09:14	00:30:04	00:44:25
626	1232	MARCOS COUSO FERNANDEZ	00:44:26	00:43:57	Máster 1	151	M	599		A Coruña	00:10:34	00:30:59	00:44:26
627	758	SERGIO PRADO SANCHEZ	00:44:26	00:44:03	Sub 20	10	M	600	MARINEDA ATLETICO	Culleredo	00:10:07	00:31:05	00:44:26
628	2486	CRISTINA SANTIAGO MARTÍNEZ	00:44:26	00:44:03	Máster 1	6	F	28	CLUB SOCIAL BANCO PASTOR	A Coruña	00:10:02	00:30:24	00:44:26
629	835	FRANCISCO JAVIER VILLAMISAR CALVIÑO	00:44:28	00:44:14	Máster 3	70	M	601	Club Hercules Termaria	A Coruña	00:09:45	00:30:28	00:44:28
630	1120	MANUEL SANCHEZ CAO	00:44:28	00:44:08	Senior	157	M	602		A Coruña	00:10:04	00:30:22	00:44:28
631	622	DARIO FERREIROS TAJES	00:44:29	00:43:54	Senior	158	M	603		Muros	00:11:06	00:31:00	00:44:29
632	2694	MANUEL SANDOMINGO LOPEZ	00:44:30	00:44:09	Máster 1	152	M	604		Ortigueira	00:09:51	00:30:17	00:44:30
633	694	ROBERTO CANOSA ROMAR	00:44:30	00:44:20	Senior	159	M	605		A Coruña	00:09:03	00:29:41	00:44:30
634	1287	CARLOS CALVIÑO GONZALEZ	00:44:31	00:44:04	Máster 1	153	M	606	CLUB DE MONTAÑA O CORDAL	A Coruña	00:10:06	00:30:24	00:44:31
635	931	JAVIER DE LLANO	00:44:31	00:44:10	Máster 1	154	M	607		A Coruña	00:10:10	00:30:24	00:44:31
636	591	OSCAR DÍAZ PRADO	00:44:31	00:44:20	Máster 1	155	M	608	CLUB SOCIAL BANCO PASTOR	A Coruña	00:09:12	00:29:55	00:44:31
637	2521	MÓNICA DOPAZO CORNES	00:44:32	00:44:25	Senior	13	F	29		Culleredo	00:09:07	00:29:54	00:44:32
638	774	LUIS MANUEL GARCIA TABOADA	00:44:32	00:43:59	Máster 1	156	M	609		A Coruña	00:10:04	00:30:11	00:44:32
639	987	VICENTE RAMON ARES MENDEZ	00:44:32	00:44:15	Máster 2	186	M	610	CD XERION	A Coruña	00:09:36	00:29:53	00:44:32
640	1239	VÍCTOR MANUEL VÁZQUEZ MOSTEIRO	00:44:32	00:44:20	Máster 4	12	M	611		A Coruña	00:09:36	00:30:14	00:44:32
641	731	NICOLÁS LÓPEZ REY	00:44:33	00:44:14	Senior	160	M	612		Cariño	00:10:03	00:30:19	00:44:33
642	940	JOSE SAMBADE CARREIRA	00:44:34	00:44:20	Máster 2	187	M	613		Oleiros	00:09:35	00:30:11	00:44:34
643	563	PABLO PAZOS GARCIA	00:44:34	00:44:13	Máster 1	157	M	614		Cee	00:10:01	00:30:21	00:44:34
644	853	MARTÍN LAMAS DÍAZ	00:44:34	00:44:11	Senior	161	M	615		Culleredo	00:09:47	00:29:57	00:44:34
645	2695	JOSE RAMON GARCIA FERNANDEZ	00:44:34	00:44:17	Máster 1	158	M	616		A Coruña	00:10:04	00:30:26	00:44:34
646	681	JOSELO TUBIO MARTINEZ	00:44:34	00:44:12	Máster 2	188	M	617		Noia	00:10:03	00:30:28	00:44:34
647	2674	JULIO JOSE GONZALEZ FERNANDEZ	00:44:35	00:44:15	Máster 2	189	M	618		Lugo	00:09:49	00:30:08	00:44:35
648	859	IGNACIO BELTRÁ GARCÍA	00:44:35	00:44:24	Senior	162	M	619	ATLETISMO FONTES DO SAR	Santiago De Compostela	00:09:36	00:30:15	00:44:35
649	784	JUAN IGNACIO GARCIA RAMA	00:44:35	00:44:22	Máster 3	71	M	620		Oleiros	00:09:22	00:30:12	00:44:35
650	2686	REYNALDO BOTANA JIMÉNEZ	00:44:35	00:44:24	Máster 2	190	M	621		A Coruña	00:09:04	00:29:38	00:44:35
651	3031	FRANCISCO CALERO TEJERA	00:44:36	00:44:05	Senior	163	M	622		Santa Fe	00:10:06	00:30:25	00:44:36
652	728	LUIS RAMIL HERMIDA	00:44:36	00:44:19	Máster 4	13	M	623		Ferrol	00:09:35	00:30:25	00:44:36
653	2450	RICARDO VILLAR FERRER	00:44:36	00:43:58	Máster 1	159	M	624		A Coruña	00:10:02	00:29:46	00:44:36
654	99	MANUEL DALMEIDA LÓPEZ	00:44:37	00:44:21	Máster 1	160	M	625		Cambre	00:10:04	00:31:03	00:44:37
655	850	ADRIAN CANDAL CASTRO	00:44:37	00:44:19	Senior	164	M	626	CLUB ATLETISMO SADA	Sada	00:09:52	00:30:25	00:44:37
656	2629	CHRISTIAN BRION	00:44:37	00:44:24	Máster 2	191	M	627		A Coruña	00:09:17	00:30:00	00:44:37
657	569	GABRIEL ROSÓN PORTO	00:44:37	00:44:12	Máster 3	72	M	628		Pontevedra	00:09:58	00:30:12	00:44:37
658	765	OSCAR PARDO REY	00:44:37	00:44:25	Máster 2	192	M	629		Cambre	00:09:47	00:30:26	00:44:37
659	800	JOSÉ LUIS MELLA MAROÑO	00:44:38	00:44:23	Máster 2	193	M	630		A Coruña	00:09:32	00:30:00	00:44:38
660	1142	ALBERTO SECO GALLO	00:44:39	00:44:21	Senior	165	M	631	CLUB MONTE PENA RUBIA	Pastoriza, A	00:09:51	00:30:45	00:44:39
661	833	ALFONSO VAZQUEZ BERGANTIÑOS	00:44:39	00:44:28	Máster 3	73	M	632		Culleredo	00:09:37	00:30:18	00:44:39
662	2696	DAVID LIÑARES AMOR	00:44:40	00:44:28	Senior	166	M	633		Bergondo	00:09:34	00:30:19	00:44:40

663	720	JESUS GARCIA PENA	00:44:41	00:44:16	Máster 2	194	M	634		Oroso	00:10:03	00:30:30	00:44:41
664	552	RODRIGO MARINO TAIBO	00:44:42	00:44:19	Máster 1	161	M	635	KLOVER	A Coruña	00:10:08	00:31:00	00:44:42
665	271	JORGE FONTECOBA PORTO	00:44:42	00:44:30	Máster 2	195	M	636	Galfor	A Coruña	00:09:50	00:30:32	00:44:42
666	1512	MANUEL MARCOS MARTINEZ	00:44:43	00:44:11	Senior	167	M	637		Ciudad Rodrigo	00:10:07	00:30:24	00:44:43
667	1284	ALEJANDRO CAÑADA HINOJOSA	00:44:43	00:44:26	Sub 20	11	M	638		A Coruña	00:10:14	00:30:55	00:44:43
668	863	JORGE BARATA MARTINEZ	00:44:45	00:44:21	Máster 2	196	M	639		A Coruña	00:10:03	00:30:30	00:44:45
669	2615	JOSÉ ANTONIO ÁLVAREZ FLORES	00:44:46	00:44:26	Máster 3	74	M	640		Lugo	00:09:55	00:30:17	00:44:46
670	2518	LAURA NUÑEZ NAVEIRA	00:44:46	00:44:32	Máster 1	7	F	30		A Coruña	00:09:43	00:30:23	00:44:46
671	944	JOSE CARLOS FREIRE SALORIO	00:44:46	00:44:35	Máster 1	162	M	641	NO SPORT LIMIT	A Coruña	00:09:34	00:30:15	00:44:46
672	927	ISMAEL GENDE VILAS	00:44:46	00:44:36	Senior	168	M	642	CLUB DEPORTIVO INCLUSIVO ENKI	A Coruña	00:09:39	00:30:42	00:44:46
673	901	CIBRÁN CARBALLAS PÉREZ	00:44:47	00:44:26	Senior	169	M	643		Vilanova De Arousa	00:10:12	00:30:44	00:44:47
674	2687	DAVID NEMIÑA MARTINEZ	00:44:47	00:44:22	Máster 1	163	M	644		Oleiros	00:10:04	00:30:19	00:44:47
675	2415	MARCOS AMENEDO LAGO	00:44:48	00:44:20	Máster 1	164	M	645		Guitiriz	00:10:46	00:31:13	00:44:48
676	862	FERNANDO MOLINA NIETO	00:44:48	00:44:36	Máster 2	197	M	646	Escuela de Atletismo Paula Mayobre	A Coruña	00:09:34	00:30:05	00:44:48
677	2522	EVA DE LA FUENTE IGLESIAS	00:44:48	00:44:41	Máster 2	5	F	31	CLUB ATLETISMO O PINO	Santiago De Compostela	00:09:12	00:29:59	00:44:48
678	794	JAVIER PÉREZ BENAVIDS	00:44:48	00:44:30	Senior	170	M	647	NO SPORT LIMIT	A Coruña	00:10:03	00:30:26	00:44:48
679	566	IAGO LOPEZ POSSE	00:44:49	00:44:33	Máster 1	165	M	648	CLUB ATLETISMO SADA	Bergondo	00:09:29	00:30:09	00:44:49
680	892	ANTONIO SALINAS MONJE	00:44:49	00:44:41	Senior	171	M	649		Vigo	00:09:05	00:29:43	00:44:49
681	924	GUSTAVO DANIEL RAJO TOYOS	00:44:50	00:44:34	Máster 2	198	M	650	NAUTICO NARON	Ferrol	00:09:39	00:30:27	00:44:50
682	3065	ANTONIO RODRÍGUEZ TERRADO	00:44:50	00:44:06	Senior	172	M	651		Oleiros	00:10:49	00:31:01	00:44:50
683	804	RAFAEL GARCIA POUSO	00:44:51	00:44:29	Máster 1	166	M	652	INDEPENDIENTE	San Sadurniño	00:10:01	00:30:29	00:44:51
684	2671	JUAN CARLOS FERNÁNDEZ OLIVEIRA	00:44:51	00:44:35	Máster 2	199	M	653		Estrada, A	00:09:59	00:30:44	00:44:51
685	1172	MIGUEL ÁNGEL FRANCISCO FERNÁNDEZ	00:44:52	00:44:24	Máster 1	167	M	654		A Coruña	00:10:13	00:30:54	00:44:52
686	599	JORGE DÍAZ VILLALBA	00:44:52	00:44:30	Máster 1	168	M	655	ATLETAS DE ACEA DE AMA	Culleredo	00:10:11	00:30:40	00:44:52
687	3062	JESUS ARDAO RODEIRO	00:44:52	00:44:44	Máster 2	200	M	656		Narón	00:09:30	00:30:16	00:44:52
688	764	JORGE CASCALES FERNANDEZ	00:44:53	00:44:33	Máster 2	201	M	657		Santa Comba	00:09:59	00:30:28	00:44:53
689	2403	LEONARDO MANUEL LANDEIRA DE LA FUENTE	00:44:53	00:44:23	Máster 2	202	M	658		A Coruña	00:10:03	00:30:27	00:44:53
690	744	NACHO PEREIRA NAVAZA	00:44:54	00:44:32	Máster 2	203	M	659		Carballo	00:10:11	00:31:04	00:44:54
691	1277	LORENZO CAPLLONGH CASTELEIRO	00:44:55	00:44:32	Máster 2	204	M	660	CLUB ATLETISMO SADA	Sada	00:10:14	00:30:58	00:44:55
692	281	DANIEL LEDO NEIRA	00:44:55	00:44:39	Máster 2	205	M	661		Arteixo	00:09:52	00:30:36	00:44:55
693	1148	RAFA PEREZ CHANS	00:44:55	00:44:37	Senior	173	M	662		A Coruña	00:09:55	00:30:37	00:44:55
694	584	IVAN LAMELA VALDOMAR	00:44:55	00:43:37	Máster 2	206	M	663	EL POLLO LOKO TEAM	A Coruña	00:11:29	00:31:30	00:44:55
695	1115	TOMAS RUIZ BUJAN	00:44:55	00:44:24	Máster 3	75	M	664		A Coruña	00:10:45	00:31:08	00:44:55
696	1135	RAFA PENA FERNANDEZ	00:44:55	00:44:25	Máster 2	207	M	665	MARRANERS - EN BOAS MANS	Culleredo	00:10:02	00:30:33	00:44:55
697	298	SEGUNDO DOMINGUEZ ALSINA	00:44:56	00:44:47	Máster 3	76	M	666	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Oroso	00:08:53	00:30:06	00:44:56
698	2623	JÁIME ARIAS LOPEZ	00:44:56	00:44:06	Máster 1	169	M	667	A CASIÑA	A Coruña	00:11:25	00:30:50	00:44:56
699	1144	JAVIER LOURIDO MARTÍNEZ	00:44:56	00:44:16	Senior	174	M	668	as vellas non paramos	Sada	00:10:49	00:31:14	00:44:56
700	704	JOSE LUIS GARCIA RODRIGUEZ	00:44:57	00:44:28	Máster 2	208	M	669	CLUB ATLETISMO SADA	Ferrol	00:10:02	00:30:34	00:44:57
701	585	JUAN DIAZ PARDO	00:44:58	00:44:38	Máster 1	170	M	670		Miño	00:10:01	00:30:19	00:44:58
702	2742	ADRIAN PEREZ	00:44:58	00:44:25	Senior	175	M	671		A Coruña	00:10:37	00:31:04	00:44:58
703	2727	PABLO RODRÍGUEZ LÓPEZ	00:45:00	00:44:32	Máster 3	77	M	672		Oleiros		00:30:22	00:45:00
704	752	JOSE ENRIQUE ALVAREZ PEREZ	00:45:01	00:44:46	Máster 3	78	M	673	CLUB DEPORTIVO JIMBARAN	A Coruña	00:09:42	00:30:39	00:45:01
705	1116	EDUARDO RÁDEKE FARIÑA	00:45:01	00:44:39	Máster 2	209	M	674		Sada	00:10:09	00:30:31	00:45:01
706	1154	ANTONIO BUIDE PAZ	00:45:02	00:44:24	Máster 2	210	M	675		Lugo	00:10:35	00:31:22	00:45:02
707	1764	ISABEL DÍAZ PEREZ	00:45:02	00:44:51	Máster 2	6	F	32	ATLETISMO OLYMPO - MATOJOMA	Pontes De García Rodríguez, As	00:09:35	00:30:23	00:45:02
708	15	EUSEBIA MALDONADO	00:45:02	00:44:58	Máster 1	8	F	33		A Coruña	00:09:14	00:30:48	00:45:02
709	1190	FRANCISCO JAVIER MARTÍNEZ SANTOS	00:45:03	00:44:49	Máster 2	211	M	676		A Coruña	00:09:32	00:30:53	00:45:03
710	629	ENRIQUE GRIÑAN TORRADO	00:45:03	00:44:49	Máster 2	212	M	677	Nosportlimit	Oleiros	00:09:32	00:30:07	00:45:03
711	975	ÓSCAR VIDAL RODRIGUEZ	00:45:03	00:44:50	Máster 1	171	M	678	Equipo A	A Coruña	00:09:46	00:30:44	00:45:03
712	2630	DANIEL PENAS LÓPEZ	00:45:04	00:44:46	Senior	176	M	679		A Coruña	00:09:52	00:30:24	00:45:04
713	562	MARTIN IGLESIAS DORTA	00:45:04	00:44:45	Máster 1	172	M	680		A Coruña	00:10:16	00:31:05	00:45:04

714	1151	JAVIER APARICIO DIAZ	00:45:04	00:44:47	Máster 3	79	M	681	RUNNING OLEIROS	A Coruña	00:09:52	00:30:34	00:45:04
715	2517	TINA FORMOSO NOCEDA	00:45:04	00:44:42	Máster 2	7	F	34	Tribu Trail	A Coruña	00:10:01	00:30:28	00:45:04
716	2938	EFRÉN MODIA RODRÍGUEZ	00:45:05	00:44:04	Máster 1	173	M	682		Cambre	00:11:50	00:31:37	00:45:05
717	1157	DANIEL MONTES LONGUEIRA	00:45:05	00:44:56	Senior	177	M	683		Oleiros	00:09:47	00:31:04	00:45:05
718	912	FAUSTINO NÚÑEZ	00:45:06	00:44:44	Máster 1	174	M	684		Salceda De Caselas	00:10:12	00:31:17	00:45:06
719	1449	ENRIQUE LÓPEZ FOLGUEIRAS	00:45:09	00:44:42	Máster 4	14	M	685	CLUB MONTE PENA RUBIA	Lugo	00:10:28	00:30:50	00:45:09
720	643	MIGUEL PRADO CEA	00:45:09	00:44:46	Máster 1	175	M	686		Frades	00:10:09	00:30:40	00:45:09
721	869	JUAN CARLOS LANDEIRA BRAGE	00:45:09	00:44:50	Máster 3	80	M	687	Clube Atletismo Fene	Fene	00:09:33	00:30:26	00:45:09
722	2336	GABRIEL JESUS ALCÁZAR ORTIZ	00:45:09	00:44:33	Senior	178	M	688		Granada	00:10:44	00:31:49	00:45:09
723	698	JOSÉ SAS GOLPE	00:45:10	00:44:40	Máster 2	213	M	689	As Mariñas Betanzos	Betanzos	00:10:19	00:30:32	00:45:10
724	1527	NICOLAS LOIS CANDA	00:45:10	00:44:26	Senior	179	M	690		A Coruña	00:10:55	00:31:18	00:45:10
725	986	SUSO MARTÍNEZ CHEDAS	00:45:11	00:44:59	Máster 2	214	M	691	Be One A Malata	Ferrol	00:09:09	00:30:15	00:45:11
726	530	EDUARDO BARCOS PEREIRA	00:45:12	00:44:18	Máster 2	215	M	692	C.D. OS MUDITOS	Carballo	00:11:30	00:31:26	00:45:12
727	1227	HERNANDO SEIJAS MARTÍNEZ	00:45:12	00:44:43	Máster 2	216	M	693		A Coruña	00:10:30	00:31:00	00:45:12
728	809	LUIS VILELA VERGARA	00:45:12	00:44:34	Máster 2	217	M	694	Runningtañeros	A Coruña	00:11:00	00:31:33	00:45:12
729	1100	FRANCISCO FERNANDEZ GARCIA	00:45:13	00:44:38	Máster 2	218	M	695		A Coruña	00:10:30	00:31:01	00:45:13
730	779	VÍCTOR NOVO CARBALLEIRA	00:45:13	00:44:42	Máster 2	219	M	696		Miño	00:10:16	00:31:03	00:45:13
731	465	YULIYA NESTSIAROVICH	00:45:13	00:45:02	Máster 1	9	F	35			00:09:51	00:30:37	00:45:13
732	1481	JORGE CARLOS GONZÁLEZ GARCÍA	00:45:14	00:44:51	Máster 1	176	M	697	CCMesoiro	A Coruña	00:10:06	00:30:44	00:45:14
733	2264	ALEJANDRO MOSQUERA GARCÍA	00:45:15	00:44:55	Senior	180	M	698		A Coruña	00:10:01	00:30:32	00:45:15
734	2677	JOSE MANUEL PAZ CARREIA	00:45:16	00:45:01	Máster 3	81	M	699	RUNNING OLEIROS	A Coruña	00:09:42	00:30:31	00:45:16
735	906	DIEGO GATO REIGOSA	00:45:16	00:44:37	Máster 1	177	M	700		A Coruña	00:11:07	00:31:18	00:45:16
736	946	JOSÉ GENARO BARRÓS PENEDO	00:45:16	00:44:44	Máster 2	220	M	701	INDEPENDIENTE	A Coruña	00:10:48	00:31:21	00:45:16
737	678	GERMÁN BARBEITO REY	00:45:17	00:44:43	Máster 3	82	M	702		Culleredo	00:11:02	00:31:29	00:45:17
738	2638	FRANCISCO XAVIER FERNANDEZ DE ROTA IRIMIA	00:45:17	00:44:40	Máster 1	178	M	703		A Coruña	00:11:05	00:31:41	00:45:17
739	766	JORGE BLANCO FERNANDEZ	00:45:17	00:44:56	Máster 2	221	M	704		A Coruña	00:10:02	00:30:43	00:45:17
740	783	JESÚS ANGEL SANTIUSTE INSUA	00:45:17	00:44:59	Máster 3	83	M	705		A Coruña	00:10:16	00:31:04	00:45:17
741	729	LUIS PRADA MEDINA	00:45:17	00:44:40	Máster 3	84	M	706	INDEPENDIENTE	A Coruña	00:10:30	00:31:02	00:45:17
742	278	RAMON LOPEZ ROMAN	00:45:18	00:45:11	Máster 3	85	M	707		A Coruña	00:09:39	00:30:36	00:45:18
743	2398	JUAN MANUEL GOMEZ FERNANDEZ	00:45:18	00:44:34	Máster 2	222	M	708		A Coruña	00:10:44	00:30:53	00:45:18
744	953	JOSE MARIA SÁNCHEZ PARADA	00:45:18	00:44:47	Máster 1	179	M	709		Arteixo	00:10:35	00:31:15	00:45:18
745	2273	ALFONSO SANCHEZ GARCIA	00:45:18	00:44:51	Máster 2	223	M	710		A Coruña	00:10:19	00:30:55	00:45:18
746	832	MIGUEL ANGEL LUCAS PARDO	00:45:19	00:44:52	Máster 2	224	M	711		Salamanca	00:10:19	00:31:07	00:45:19
747	532	JOSÉ MANUEL PAMPÍN FUCIÑOS	00:45:19	00:44:57	Máster 3	86	M	712	Asociación Deportiva Cerne	Melide	00:10:16	00:31:02	00:45:19
748	1250	JOSÉ MANUEL MARTÍNEZ LEMA	00:45:19	00:44:47	Máster 1	180	M	713		A Coruña	00:10:15	00:30:51	00:45:19
749	988	XESÚS ANXO LÓPEZ PINTOS	00:45:19	00:45:01	Máster 4	15	M	714	Pasa ou Entorna	Cedeira	00:10:05	00:31:02	00:45:19
750	150	JOSÉ ANTONIO SEÑARIS PARDO	00:45:20	00:45:15	Máster 1	181	M	715	RUNNERS CARBALLO	Carballo	00:07:36	00:30:46	00:45:20
751	2411	MANUEL ÁNGEL JOVE SANTOS	00:45:20	00:44:34	Máster 3	87	M	716		A Coruña	00:11:06	00:31:17	00:45:20
752	802	MIGUEL ÁLVAREZ PALLIN	00:45:20	00:45:06	Máster 1	182	M	717		A Coruña	00:09:52	00:31:03	00:45:20
753	1107	JOSE ANTONIO VARELA ARANTÓN	00:45:20	00:45:15	Máster 1	183	M	718	RUNNERS CARBALLO	Carballo	00:09:35	00:30:47	00:45:20
754	767	MANUEL BOUZA ARIAS	00:45:21	00:45:03	Máster 2	225	M	719	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:10:11	00:31:18	00:45:21
755	1131	IVÁN CLAVEL SAN EMETERIO	00:45:21	00:45:05	Máster 1	184	M	720		A Coruña	00:09:59	00:31:14	00:45:21
756	2807	IVÁN CALDEVILLA FERNÁNDEZ	00:45:21	00:44:41	Senior	181	M	721		A Coruña	00:11:11	00:31:20	00:45:21
757	2306	DAVID ÁLVAREZ GAY	00:45:22	00:44:26	Senior	182	M	722		A Coruña	00:11:10	00:31:30	00:45:22
758	1175	RICARDO CALVO LÓPEZ	00:45:22	00:44:59	Máster 2	226	M	723	ATLETAS DE ACEA DE AMA	A Coruña	00:10:10	00:31:12	00:45:22
759	867	ADRIÁN COLLAZO VARELA	00:45:23	00:45:03	Senior	183	M	724		Culleredo	00:09:59	00:30:49	00:45:23
760	916	FRANCISCO VÁZQUEZ DE LA IGLESIA	00:45:23	00:44:56	Máster 2	227	M	725	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	A Coruña	00:10:55	00:31:43	00:45:23
761	2612	JOSE SANTISO FREIRE	00:45:23	00:45:04	Máster 2	228	M	726	Tranvías Coruña	A Coruña	00:09:54	00:30:30	00:45:23
762	855	DIONISIO JOSÉ BUENO GARCÍA	00:45:24	00:45:13	Máster 3	88	M	727		Bergondo	00:09:43	00:30:30	00:45:24
763	126	ELISA PAZ SOUTO	00:45:24	00:45:16	Máster 3	4	F	36	EGOVARROS DE VIVEIRO	A Coruña	00:09:41	00:30:51	00:45:24
764	2682	JACOBO RODRIGUEZ COBO	00:45:24	00:44:21	Máster 2	229	M	728	NO SPORT LIMIT	A Coruña	00:10:31	00:31:00	00:45:24

765	122	BERIT SOMMERFELT	00:45:24	00:45:17	Máster 1	10	F	37		A Coruña	00:09:39	00:30:47	00:45:24
766	937	JORGE GIRALDO LOZANO	00:45:25	00:44:48	Senior	184	M	729		A Coruña	00:10:42	00:31:19	00:45:25
767	1465	ISMAEL CAMBRE LAMAS	00:45:28	00:45:04	Senior	185	M	730		Carballo	00:10:26	00:31:01	00:45:28
768	1433	DANIEL DÍAZ PRIETO	00:45:29	00:44:48	Senior	186	M	731	Escola atletismo Paula Mayobre	Ares	00:10:39	00:31:22	00:45:29
769	679	JESUS BLANCO PEREZ	00:45:30	00:45:12	Senior	187	M	732		Cedeira	00:09:47	00:30:39	00:45:30
770	702	JOSE Mº RUBIO JIMENEZ DE LLANO	00:45:31	00:45:19	Máster 2	230	M	733		A Coruña	00:09:39	00:30:44	00:45:31
771	2592	TATIANA CASAL BELOY	00:45:31	00:45:08	Senior	14	F	38		A Coruña	00:10:21	00:31:08	00:45:31
772	1177	SANTIAGO GÓMEZ CUERVO	00:45:32	00:45:00	Senior	188	M	734		Cangas	00:10:38	00:31:22	00:45:32
773	360	JOSE MANUEL ALONSO PEREZ	00:45:32	00:45:05	Máster 3	89	M	735	FLUVIAL DE LUGO	Lugo	00:10:19	00:31:04	00:45:32
774	521	LUIS ANGEL CASTELO SANCHEZ	00:45:32	00:45:19	Máster 2	231	M	736		A Coruña	00:09:43	00:30:38	00:45:32
775	2730	JOSE CARLOS BAAMONDE DIAZ	00:45:33	00:45:12	Máster 2	232	M	737		A Coruña	00:09:51	00:30:51	00:45:33
776	1441	DOMINGO MIGUEL ARIAS	00:45:33	00:45:17	Máster 3	90	M	738	ATLETAS DE ACEA DE AMA	Colleredo	00:09:52	00:30:44	00:45:33
777	2685	FRANCISCO JAVIER IGLESIAS BARCA	00:45:34	00:45:03	Máster 3	91	M	739		A Coruña	00:10:45	00:31:26	00:45:34
778	856	JOSÉ MIGUEL VARELA LAMIGUEIRO	00:45:34	00:45:17	Máster 2	233	M	740	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:10:24	00:31:26	00:45:34
779	922	GUILLERMO MARTÍNEZ LÓPEZ	00:45:34	00:45:08	Senior	189	M	741		A Coruña	00:10:19	00:31:28	00:45:34
780	2244	FERNANDO GONZÁLEZ RODRÍGUEZ	00:45:35	00:45:08	Máster 2	234	M	742	Compañía de María	A Coruña	00:10:01	00:30:59	00:45:35
781	2400	JUAN MANUEL MONTERO LÓPEZ	00:45:36	00:45:06	Senior	190	M	743		Ferrol	00:10:40	00:31:30	00:45:36
782	951	JOSÉ MANUEL GARCÍA GÓMEZ	00:45:37	00:44:56	Máster 1	185	M	744		Arteixo	00:10:51	00:31:35	00:45:37
783	323	OSCAR CARRACEDO REGUEIRA	00:45:41	00:45:10	Máster 1	186	M	745		Arteixo	00:10:35	00:31:31	00:45:41
784	2715	ALEJANDRO LOIS ALVEDRO	00:45:41	00:45:19	Máster 1	187	M	746	FITRUNNERS!!!	A Coruña	00:09:57	00:30:58	00:45:41
785	1325	ROBERTO TABOADA PATIÑO	00:45:43	00:45:09	Máster 2	235	M	747	A.C.D. A Fonte	Cambre	00:10:39	00:31:16	00:45:43
786	3024	JOSÉ NICOLÁS MOREIRA BARBOZA	00:45:43	00:44:57	Sub 23	19	M	748		Cambre	00:10:43	00:31:39	00:45:43
787	1502	JUAN DIAZ RAMUDO	00:45:44	00:45:02	Senior	191	M	749	Kurai	A Coruña	00:11:33	00:32:18	00:45:44
788	596	JULIO SUAREZ VAZQUEZ	00:45:45	00:45:37	Máster 4	16	M	750		A Coruña	00:09:55	00:30:50	00:45:45
789	1110	ALFREDO TORREIRO LOPEZ	00:45:45	00:45:15	Máster 3	92	M	751		Cambre	00:10:34	00:31:18	00:45:45
790	123	ELISA COBELO ROMERO	00:45:45	00:45:36	Máster 2	8	F	39		A Coruña	00:09:56	00:31:03	00:45:45
791	756	ALEJANDRO GALÁN FERNÁNDEZ	00:45:45	00:45:15	Máster 1	188	M	752		A Coruña	00:10:17	00:31:07	00:45:45
792	386	ANTONIO MUÑOZ RUBIO	00:45:46	00:45:21	Máster 1	189	M	753		Ourense	00:10:09	00:31:14	00:45:46
793	1143	EDUARDO ALVAREZ MAGALHAES	00:45:46	00:45:12	Máster 1	190	M	754		Monforte De Lemos	00:10:05	00:30:56	00:45:46
794	1348	RAÚL MARTÍNEZ MARTÍNEZ	00:45:46	00:45:15	Máster 2	236	M	755		A Coruña	00:10:56	00:31:23	00:45:46
795	3032	CHRISTIAN POSE VÁZQUEZ	00:45:46	00:45:03	Sub 20	12	M	756		A Coruña	00:10:27	00:31:16	00:45:46
796	2683	JUAN GUILLERMO IGLESIAS CERVIÑO	00:45:47	00:45:27	Máster 2	237	M	757		A Coruña	00:10:29	00:31:22	00:45:47
797	725	JOSÉ MANUEL CAÑIZO FRAGA	00:45:47	00:45:20	Máster 3	93	M	758		A Coruña	00:10:14	00:31:08	00:45:47
798	845	DOMINGO FERREIRO DIAZ	00:45:48	00:45:30	Máster 2	238	M	759	CLUB MONTE PENA RUBIA	Lugo	00:10:01	00:31:20	00:45:48
799	943	JOSE CARLOS BOUZA FERNANDEZ	00:45:48	00:45:09	Máster 1	191	M	760		A Coruña	00:10:57	00:31:33	00:45:48
800	2734	ALBERTO PARDO FERNÁNDEZ	00:45:49	00:45:11	Máster 2	239	M	761	CLUB ATLETISMO CORUÑA COMARCA	A Coruña	00:10:28	00:31:08	00:45:49
801	761	FERNANDO NICOLÁS PUENTE VARELA	00:45:49	00:45:32	Máster 1	192	M	762		Ares	00:09:30	00:30:58	00:45:49
802	119	AMIRA SIMÓN MARTÍNEZ	00:45:50	00:45:43	Senior	15	F	40	Nosportlimit	A Coruña	00:09:45	00:30:54	00:45:50
803	822	MANUEL SÁNCHEZ CASTELO	00:45:50	00:45:31	Máster 3	94	M	763		Abegondo	00:09:46	00:31:00	00:45:50
804	2188	LUIS MIGUEL VITTORI ROMERO	00:45:51	00:44:52	Máster 1	193	M	764		A Coruña	00:11:28	00:32:03	00:45:51
805	1139	PEDRO PETEIRO ROSENDE	00:45:51	00:45:20	Máster 2	240	M	765	RUNNING OLEIROS	Aranga	00:10:20	00:31:21	00:45:51
806	1549	VITTORIO DI FLAVIANO	00:45:51	00:45:17	Senior	192	M	766		A Coruña	00:10:17	00:31:12	00:45:51
807	1217	ADRIÁN GARCÍA ROMAR	00:45:52	00:45:05	Senior	193	M	767		A Coruña	00:10:42	00:31:16	00:45:52
808	1183	ALEXANDRE ROMERO RODRÍGUEZ	00:45:53	00:45:04	Senior	194	M	768		A Coruña	00:11:38	00:32:11	00:45:53
809	2656	ESTEBAN SUEIRO IGLESIAS	00:45:53	00:45:46	Máster 2	241	M	769	CLUB ATLETISMO O PINO	Santiago De Compostela	00:10:21	00:32:10	00:45:53
810	2673	ALBERTO BOUZÓN ALEJANDRO	00:45:54	00:45:23	Máster 1	194	M	770		Santiago De Compostela	00:10:14	00:31:13	00:45:54
811	145	MARÍA FRAGA RIVAS	00:45:55	00:45:47	Senior	16	F	41		A Coruña	00:09:48	00:31:06	00:45:55
812	776	MIGUEL ANGEL GÓMEZ CARABEL	00:45:56	00:45:40	Máster 2	242	M	771		Malpica De Bergantiños	00:10:16	00:31:20	00:45:56
813	847	MIGUEL ANGEL PAL	00:45:58	00:45:38	Máster 2	243	M	772		Colleredo	00:10:32	00:31:36	00:45:58
814	1166	JOSE ANTONIO RIAL GOMEZ	00:46:00	00:45:37	Máster 1	195	M	773		A Coruña	00:10:11	00:31:09	00:46:00
815	873	ALEXANDRE VEIRA RODRÍGUEZ	00:46:00	00:45:41	Máster 1	196	M	774		A Coruña	00:10:06	00:31:08	00:46:00

816	879	BERTO BAZ RODRÍGUEZ	00:46:01	00:45:37	Máster 2	244	M	775	SÍGUEME SI PUEDES	Narón	00:10:23	00:31:33	00:46:01
817	143	OLGA AMADO BREA	00:46:01	00:45:52	Máster 1	11	F	42		A Coruña	00:09:31	00:30:52	00:46:01
818	858	MANUEL PAZ CARBON	00:46:02	00:45:45	Máster 2	245	M	776		A Coruña	00:10:03	00:31:26	00:46:02
819	147	CONCEPCION CASTELO DIAZ	00:46:02	00:45:53	Máster 3	5	F	43	LUGO RUNNING CLUB BY RAMOS LOURES	Lugo	00:09:40	00:30:56	00:46:02
820	2669	LUIS ALFONSO CASTRO FERNANDEZ	00:46:02	00:45:18	Máster 1	197	M	777		A Coruña	00:11:06	00:31:46	00:46:02
821	619	ALEJANDRO OTERO GUTIÉRREZ	00:46:02	00:44:45	Máster 2	246	M	778		Madrid	00:11:06	00:31:39	00:46:02
822	559	MANUEL RODRÍGUEZ RODRÍGUEZ	00:46:03	00:45:06	Senior	195	M	779		Sada	00:11:21	00:31:26	00:46:03
823	136	ANA BORT RESPINO	00:46:03	00:45:58	Sub 20	2	F	44		A Coruña	00:09:40	00:30:44	00:46:03
824	795	JAVIER ARMESTO LILLO	00:46:04	00:45:46	Sub 23	20	M	780		A Coruña	00:10:05	00:31:27	00:46:04
825	1252	GABRIEL NÚÑEZ CHAO	00:46:04	00:45:46	Máster 1	198	M	781	CLUB MONTE PENA RUBIA	Lugo	00:09:56	00:30:58	00:46:04
826	786	ALEJANDRO FERRO FRAGA	00:46:05	00:45:32	Máster 1	199	M	782		A Coruña	00:10:56	00:31:54	00:46:05
827	1503	JUAN CARLOS HERVES RODRÍGUEZ	00:46:05	00:45:17	Máster 2	247	M	783		A Coruña	00:10:46	00:31:13	00:46:05
828	2692	VICTOR M. LÓPEZ PUGA	00:46:06	00:45:43	Máster 2	248	M	784		Santiago De Compostela	00:09:53	00:31:10	00:46:06
829	2719	OSCAR CASAS COUSELO	00:46:07	00:45:42	Máster 1	200	M	785	TAMBRE BIKE&RUNNING	Oroso	00:09:56	00:31:09	00:46:07
830	2667	MARCELO CAAMAÑO DE ALMEIDA	00:46:07	00:45:47	Máster 2	249	M	786		A Coruña	00:10:04	00:31:09	00:46:07
831	2676	FABIÁN VALCÁRCEL MARTÍNEZ	00:46:07	00:45:51	Máster 1	201	M	787		A Coruña	00:09:37	00:31:10	00:46:07
832	148	ISABEL CARBAJALES CASAL	00:46:07	00:45:57	Máster 2	9	F	45	CLUB ATLETISMO SADA	Oleiros	00:10:08	00:31:25	00:46:07
833	2520	CHUS BODELÓN GONZÁLEZ	00:46:09	00:45:51	Máster 2	10	F	46		Ponferrada	00:10:22	00:31:26	00:46:09
834	882	ADRIÁN PARADA BARCIA	00:46:11	00:45:54	Senior	196	M	788		A Coruña	00:09:55	00:31:06	00:46:11
835	1408	ALBERTO GARCIA YAÑEZ	00:46:11	00:45:08	Máster 2	250	M	789	INDEPENDIENTE	Neda	00:11:39	00:32:23	00:46:11
836	2670	AGUSTIN CAAMAÑO SALGADO	00:46:11	00:45:56	Máster 1	202	M	790		A Coruña	00:10:12	00:31:29	00:46:11
837	2926	SANDRO ZAPATA	00:46:12	00:45:30	Máster 2	251	M	791		A Coruña	00:11:01	00:31:44	00:46:12
838	915	FERNANDO COUSELO BARRIO	00:46:12	00:45:43	Máster 3	95	M	792		Santiago De Compostela	00:10:36	00:31:42	00:46:12
839	612	JULIO MANUEL MANCEBO LÓPEZ	00:46:12	00:44:56	Máster 2	252	M	793		Arteixo	00:11:41	00:32:17	00:46:12
840	2418	MARTÍN REAL VÁZQUEZ	00:46:13	00:45:04	Senior	197	M	794		Lugo	00:12:22	00:32:54	00:46:13
841	2519	VANESSA RAMA	00:46:14	00:45:51	Máster 1	12	F	47	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Coruña	00:10:02	00:31:05	00:46:14
842	803	PABLO REY PERISCAL	00:46:14	00:45:52	Senior	198	M	795		A Coruña	00:10:01	00:31:23	00:46:14
843	2974	LUIZ PEDRO DE SOUZA	00:46:14	00:44:38	Máster 1	203	M	796		São Paulo	00:13:23	00:32:40	00:46:14
844	964	MARCOS GONZÁLEZ TOURIÑÁN	00:46:15	00:46:05	Máster 2	253	M	797		A Coruña	00:09:48	00:31:05	00:46:15
845	2581	MARCIAL CASTRO SEIJAS	00:46:15	00:46:02	Máster 4	17	M	798	3&RUN BY PEDRO NIMO CORREDORES	Santiago De Compostela	00:10:03	00:31:30	00:46:15
846	2374	JOSÉ PENELAS SANTOS	00:46:16	00:45:07	Máster 2	254	M	799		Lugo	00:11:29	00:32:10	00:46:16
847	318	RAMON ALBA DOMINGUEZ	00:46:16	00:46:04	Máster 1	204	M	800	TERMARIA RUNNING	A Coruña	00:09:32	00:30:45	00:46:16
848	1303	JOSÉ MANUEL GARCIA GOMEZ	00:46:16	00:45:46	Máster 3	96	M	801		Oleiros	00:10:09	00:31:19	00:46:16
849	2792	MIGUEL VÁZQUEZ CARREIRA	00:46:18	00:45:28	Senior	199	M	802		A Coruña	00:11:13	00:32:01	00:46:18
850	659	JAVIER GAYOSO PAZ	00:46:19	00:46:09	Senior	200	M	803	Nosportlimit	A Coruña	00:09:19	00:30:50	00:46:19
851	2728	ELOY TEMBRAS	00:46:20	00:45:35	Senior	201	M	804		A Coruña	00:11:24	00:31:54	00:46:20
852	130	NOELIA GOMEZ LOPEZ	00:46:20	00:46:11	Sub 23	3	F	48		Arteixo	00:09:46	00:31:06	00:46:20
853	275	GONZALO BALAY LOSADA	00:46:21	00:46:12	Senior	202	M	805	Nosportlimit	A Coruña	00:09:46	00:31:07	00:46:21
854	631	GUILLERMO CONCHEIRO FERNÁNDEZ	00:46:22	00:45:12	Máster 3	97	M	806		Carral	00:11:57	00:32:37	00:46:22
855	865	MARTÍN LÓPEZ SILVARREY	00:46:22	00:46:08	Senior	203	M	807		A Coruña	00:09:41	00:31:08	00:46:22
856	2786	HÉCTOR GARCIA GESTAL	00:46:23	00:45:57	Máster 2	255	M	808		A Coruña	00:10:32	00:31:37	00:46:23
857	897	CARLOS ALVAREZ FERNANDEZ	00:46:23	00:46:09	Máster 2	256	M	809	NSL	Culleredo	00:09:48	00:31:04	00:46:23
858	778	CARLOS CORUJO CARBALLEDO	00:46:23	00:46:09	Máster 2	257	M	810	CLUB MONTE PENARUBIA	Lugo	00:10:10	00:31:38	00:46:23
859	871	SERGIO LOZANO GARCÍA	00:46:23	00:45:52	Máster 2	258	M	811		A Coruña	00:10:23	00:31:43	00:46:23
860	890	ALFREDO XABIER IGLESIAS EIRIN	00:46:23	00:45:51	Senior	204	M	812		A Coruña	00:10:52	00:32:10	00:46:23
861	950	JOSÉ MANUEL MOSQUERA NOVOA	00:46:24	00:46:10	Máster 2	259	M	813		Culleredo	00:10:20	00:32:02	00:46:24
862	2999	ERNESTO GRAMCKO	00:46:24	00:45:52	Máster 2	260	M	814		Oleiros	00:10:03	00:31:23	00:46:24
863	2271	ALEXANDRE IGLESIAS LOUZAO	00:46:25	00:46:00	Sub 23	21	M	815		Betanzos	00:10:48	00:32:14	00:46:25
864	1267	JOSÉ PEREIRO SÁNCHEZ	00:46:26	00:45:51	Máster 2	261	M	816		A Coruña	00:10:55	00:31:49	00:46:26
865	104	DIEGO PENA BRENLLA	00:46:27	00:45:44	Máster 1	205	M	817	CLUB MONTE PENA RUBIA	Lugo	00:10:49	00:31:37	00:46:27
866	2725	GREGORIO EUGENIO VALLES BORREGO	00:46:27	00:45:54	Máster 2	262	M	818		A Coruña	00:10:51	00:32:09	00:46:27

867	1194	ROBERTO HERNANDO SANTALLA	00:46:27	00:45:54	Máster 2	263	M	819	BEER RUNNERS A CORUÑA	A Coruña	00:11:06	00:32:20	00:46:27
868	872	MANUEL LÓPEZ ROIBÁS	00:46:27	00:46:07	Máster 3	98	M	820		A Coruña	00:10:01	00:31:19	00:46:27
869	719	FERNANDO ALDAO SÁNCHEZ	00:46:28	00:46:09	Senior	205	M	821	CORUÑASPORTCENTRE	A Coruña	00:10:04	00:31:48	00:46:28
870	1241	JUAN GONZÁLEZ BLANCO	00:46:29	00:45:55	Máster 2	264	M	822		A Coruña	00:10:32	00:31:38	00:46:29
871	848	TOMAS ALVAREZ PRIMO	00:46:29	00:46:01	Máster 2	265	M	823		A Coruña	00:10:40	00:31:51	00:46:29
872	466	MACA ALONSO FERNANDEZ	00:46:29	00:46:01	Máster 2	11	F	49		A Coruña	00:10:40	00:31:52	00:46:29
873	1202	FRANCISCO CANOURA QUINTANA	00:46:30	00:45:37	Máster 2	266	M	824		A Coruña	00:10:45	00:31:36	00:46:30
874	2693	DANIEL CASTRO MOSCOSO	00:46:30	00:46:07	Máster 1	206	M	825	CLUB ATLETISMO O PINO	Culleredo	00:10:19	00:31:45	00:46:30
875	1214	IVÁN CEIDE GAYOSO	00:46:30	00:45:49	Máster 1	207	M	826		Culleredo	00:11:11	00:31:45	00:46:30
876	2684	ROMUALDO RODRIGUEZ VINAGRE	00:46:30	00:46:05	Máster 2	267	M	827	VICLAUMAIA	Porto Do Son	00:10:28	00:31:43	00:46:30
877	2377	JOSE LUIS MEIZOSO BASTIDA	00:46:31	00:46:16	Máster 4	18	M	828	EGOVARROS DE VIVEIRO	Narón	00:09:55	00:31:57	00:46:31
878	1470	JACOBO PEREZ FERNÁNDEZ	00:46:31	00:45:47	Máster 2	268	M	829		A Coruña	00:11:00	00:32:00	00:46:31
879	1466	IVAN CAMBRE	00:46:31	00:46:01	Máster 1	208	M	830		A Coruña	00:10:42	00:31:56	00:46:31
880	2083	JOSÉ CASÁS GARCÍA	00:46:32	00:45:41	Máster 2	269	M	831		Cambre	00:10:55	00:31:44	00:46:32
881	908	ENOC DOMÍNGUEZ OJEA	00:46:32	00:46:09	Senior	206	M	832		A Coruña	00:10:16	00:31:42	00:46:32
882	428	MARTA RUA LOPEZ	00:46:34	00:46:14	Máster 2	12	F	50		Culleredo	00:10:32	00:31:37	00:46:34
883	857	IVÁN ROMERO NÚÑEZ	00:46:34	00:46:07	Senior	207	M	833	VGA Runners	Vilagarcía De Arousa	00:10:16	00:31:27	00:46:34
884	1525	NACHO FONTENLA ABAD	00:46:34	00:46:10	Máster 1	209	M	834		A Coruña	00:10:04	00:31:20	00:46:34
885	135	NATALIA RIVAS SUAREZ	00:46:34	00:46:14	Máster 1	13	F	51	C.D. OS MUDITOS	Carballo	00:10:32	00:31:53	00:46:34
886	1363	JESUS CARUNCHO ÁLVAREZ	00:46:36	00:45:52	Senior	208	M	835		Ferrol	00:11:26	00:32:30	00:46:36
887	1873	ALBERTO SILVARINO MALLÓN	00:46:36	00:46:08	Senior	209	M	836		Zas	00:10:28	00:32:14	00:46:36
888	868	ESTEBAN FARIÑA FREUJERO	00:46:36	00:46:17	Máster 1	210	M	837		Arteixo	00:10:27	00:31:50	00:46:36
889	361	JUAN RAMON COSTA RODRIGUEZ	00:46:36	00:46:24	Senior	210	M	838		Ares	00:09:59	00:31:33	00:46:36
890	2717	ALBERTO ALVEAR ARAGÓN	00:46:37	00:46:37	Máster 2	270	M	839		A Coruña		00:30:56	00:46:37
891	426	YANINE ACOSTA NEVES	00:46:37	00:46:14	Senior	17	F	52	CLUB ATLETISMO SADA	Sada	00:10:33	00:31:52	00:46:37
892	3004	JACOBO REGUEIRA SOUTO	00:46:37	00:46:02	Senior	211	M	840	Y	Oleiros	00:10:35	00:31:37	00:46:37
893	2426	NACHO ARROYO CUNHA	00:46:38	00:45:54	Senior	212	M	841		Ferrol	00:11:23	00:32:28	00:46:38
894	2137	ADRIAN ALVAREZ AGUION	00:46:40	00:45:49	Senior	213	M	842		Boimorto	00:11:10	00:31:45	00:46:40
895	137	IRIA ALDAO PRADA	00:46:40	00:46:23	Máster 1	14	F	53	CLUB ATLETISMO SADA	A Coruña	00:10:07	00:31:28	00:46:40
896	877	FRANCISCO GARCIA TELJEIRO	00:46:40	00:46:23	Máster 1	211	M	843	Pasa ou Entorna	Cabanas	00:10:08	00:31:29	00:46:40
897	645	OSCAR HERNANDEZ ACEVEDO	00:46:40	00:46:12	Máster 1	212	M	844	Mariachi Loco	San Pablo Huixtepec	00:10:52	00:32:14	00:46:40
898	933	JAVIER FERNÁNDEZ FRAGA	00:46:40	00:46:24	Máster 3	99	M	845	Running Arteixo	Arteixo	00:10:04	00:31:41	00:46:40
899	2409	LUIS JAVIER CAINZOS SEGADE	00:46:41	00:46:13	Máster 4	19	M	846		A Coruña	00:10:27	00:31:33	00:46:41
900	1199	JOSE LOPEZ ANEIROS	00:46:41	00:46:11	Máster 3	100	M	847	INDEPENDIENTE	Ferrol	00:10:17	00:31:37	00:46:41
901	1123	MARTIN CRIADO RODRÍGUEZ	00:46:42	00:46:20	Máster 3	101	M	848		Cambre	00:10:04	00:31:24	00:46:42
902	1149	DIEGO VÁZQUEZ PÉREZ	00:46:42	00:46:12	Senior	214	M	849		A Coruña	00:10:48	00:32:14	00:46:42
903	2330	FRANCISCO PIQUER MORENO	00:46:42	00:45:43	Senior	215	M	850		A Coruña	00:11:23	00:32:22	00:46:42
904	864	ROBERTO FOJO DOPICO	00:46:43	00:46:34	Máster 2	271	M	851		Ferrol	00:09:37	00:31:30	00:46:43
905	2588	MIGUEL DÍAZ CARBALLO	00:46:44	00:46:32	Máster 3	102	M	852		Betanzos	00:09:56	00:31:37	00:46:44
906	2591	ANA LUISA HERNÁNDEZ CABRERA	00:46:44	00:46:32	Máster 2	13	F	54		Betanzos	00:09:58	00:31:36	00:46:44
907	1161	FRAN PRIETO PERNAS	00:46:44	00:46:21	Máster 1	213	M	853	SÍGUEME SI PUEDES	A Coruña	00:10:25	00:31:44	00:46:44
908	1548	VICTOR MANUEL INSUA PICO	00:46:45	00:46:22	Máster 2	272	M	854	Culito Prieto Team	A Coruña	00:10:06	00:31:30	00:46:45
909	876	FERMIN PAN OTERO	00:46:46	00:46:25	Máster 4	20	M	855	EGOVARROS DE VIVEIRO	A Coruña	00:10:17	00:31:46	00:46:46
910	1489	JOSE CARLOS RODRÍGUEZ CAAMAÑO	00:46:46	00:45:42	Máster 2	273	M	856		A Laracha	00:12:10	00:32:48	00:46:46
911	2312	DIEGO DÍAZ LÓPEZ	00:46:46	00:45:47	Senior	216	M	857		Becerreá	00:11:25	00:32:29	00:46:46
912	2624	JORGE SAMUEL BELLAGONA PIÑEIRO	00:46:47	00:46:24	Máster 1	214	M	858		A Coruña	00:10:27	00:32:05	00:46:47
913	1245	ALEJANDRO FORTES LOPES	00:46:47	00:46:09	Senior	217	M	859		Culleredo	00:10:56	00:32:15	00:46:47
914	649	PEDRO SUÁREZ CASAL	00:46:47	00:46:14	Senior	218	M	860		A Coruña	00:11:18	00:33:02	00:46:47
915	1384	PEDRO LOPEZ MANTIÑAN	00:46:47	00:46:09	Máster 3	103	M	861		Culleredo	00:10:55	00:32:08	00:46:47
916	1745	DAYANA ROMERO CASTELLANOS	00:46:47	00:46:16	Máster 1	15	F	55		A Coruña	00:10:42	00:32:03	00:46:47
917	861	ALBERTO SEOANE AMOR	00:46:49	00:46:30	Senior	219	M	862		Betanzos	00:10:10	00:31:40	00:46:49

918	692	JOSE RODRIGUEZ VILELA	00:46:51	00:46:33	Máster 2	274	M	863		A Coruña	00:10:20	00:31:52	00:46:51
919	2657	DAVID IGLESIAS RIGUEIRA	00:46:52	00:46:19	Máster 1	215	M	864	Run4one	A Coruña	00:10:50	00:32:12	00:46:52
920	646	OSCAR MIRANDA	00:46:52	00:46:30	Máster 2	275	M	865	CLUB ATLETISMO BOIMORTO	Arzúa	00:10:16	00:31:27	00:46:52
921	650	SERGIO CASTELLANOS JIMENEZ	00:46:53	00:46:19	Máster 2	276	M	866	Club Hercules Termaria	Cambre	00:11:34	00:32:47	00:46:53
922	1218	AITOR GOROZARRI DE MADARIAGA	00:46:53	00:46:23	Máster 2	277	M	867	sin club	A Coruña	00:10:32	00:32:12	00:46:53
923	791	ELISEO GARCIA CRISTOBAL	00:46:53	00:46:37	Máster 3	104	M	868	CLUB ATLETISMO SADA	Cambre	00:10:16	00:31:48	00:46:53
924	1124	JOSE MARÍA GUERRERO MORENO	00:46:54	00:46:28	Senior	220	M	869	55 MINUTOS	Cádiz	00:10:07	00:31:44	00:46:54
925	3049	FAUSTINO GONZÁLEZ-LUNARO PERALTA	00:46:55	00:46:07	Sub 23	22	M	870		San Fernando	00:11:23	00:32:41	00:46:55
926	1897	IVÁN LEÓN VÁZQUEZ	00:46:55	00:46:06	Senior	221	M	871		Sobrado	00:11:20	00:32:18	00:46:55
927	1133	JUAN CARLOS HERMIDA MERA	00:46:55	00:46:20	Máster 2	278	M	872	CLUB CASTRO DE LOBADIZ	Narón	00:10:50	00:32:17	00:46:55
928	1383	JOSE ANTONIO MENDEZ PAMPIN	00:46:56	00:46:25	Máster 4	21	M	873		A Coruña	00:10:54	00:32:05	00:46:56
929	985	SERGIO GARCIA ACON	00:46:56	00:46:43	Máster 2	279	M	874	NINGUNO	A Coruña	00:10:21	00:32:11	00:46:56
930	142	OLAYA ALVAREZ VARELA	00:46:56	00:46:40	Senior	18	F	56	CLUB MONTE PENA RUBIA	Lugo	00:10:14	00:31:47	00:46:56
931	424	LAURA SANTIN SANTIN	00:46:57	00:46:30	Senior	19	F	57	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Lugo	00:10:23	00:31:50	00:46:57
932	1343	MANUEL LIRES FREIRE	00:46:58	00:46:41	Máster 2	280	M	875		A Coruña	00:10:16	00:31:52	00:46:58
933	518	CARLOS ONS VILAS	00:46:58	00:46:15	Máster 3	105	M	876	CCR	A Coruña	00:11:31	00:32:27	00:46:58
934	439	TANIA GARCÍA NOVO	00:46:58	00:46:40	Senior	20	F	58	Marzo Saúde	Lugo	00:10:22	00:31:56	00:46:58
935	1178	SEBASTIAN BAMONDE BERMUDEZ DE CASTRO	00:46:58	00:45:36	Máster 2	281	M	877		A Coruña	00:12:02	00:32:42	00:46:58
936	757	XOSÉ MANUEL SENLLE CANOSA	00:46:58	00:46:25	Máster 3	106	M	878		A Coruña	00:10:58	00:32:44	00:46:58
937	2713	FELIPE CARLOS RIVERA ALVAREZ	00:46:58	00:46:16	Máster 2	282	M	879		A Coruña	00:11:32	00:32:27	00:46:58
938	1209	JUAN JOSÉ REDONDO LAGO	00:46:59	00:46:39	Máster 4	22	M	880		A Coruña	00:10:23	00:31:50	00:46:59
939	2749	UNAI LECETA	00:46:59	00:45:58	Senior	222	M	881		Oleiros	00:12:07	00:33:13	00:46:59
940	2339	GUSTAVO PÉREZ FRANCO	00:46:59	00:45:59	Senior	223	M	882		A Coruña	00:11:57	00:32:50	00:46:59
941	781	JOSÉ MIGUEL GONZÁLEZ GONZÁLEZ	00:47:00	00:46:36	Máster 2	283	M	883	Xino Xano	A Coruña	00:10:25	00:31:52	00:47:00
942	1106	MIGUEL IBÁÑEZ PEREZ	00:47:01	00:46:12	Máster 2	284	M	884		A Coruña	00:11:03	00:32:10	00:47:01
943	133	LINA GARCÍA PORTAS	00:47:01	00:46:52	Máster 2	14	F	59	CLUB ATLETISMO SADA	Sada	00:09:54	00:31:41	00:47:01
944	2721	SERGIO SERRANO MEREDIZ	00:47:03	00:46:28	Máster 1	216	M	885		Gijón	00:10:49	00:32:32	00:47:03
945	592	MIGUEL ANGEL CARREIRA GARCIA	00:47:04	00:46:44	Máster 2	285	M	886	Zapatilla Veloz	Aranga	00:10:26	00:32:24	00:47:04
946	1493	JOSÉ LUIS ROMERO ROMERO	00:47:04	00:46:32	Senior	224	M	887	C.D. TRIDONANA	Arcos De La Frontera	00:10:27	00:32:02	00:47:04
947	2718	JOSE MANUEL BAREA DE LOS RIOS	00:47:04	00:46:16	Senior	225	M	888		Ferrol	00:11:23	00:32:42	00:47:04
948	900	CARLOS M. IGLESIAS CANDAL	00:47:04	00:46:40	Máster 3	107	M	889		Betanzos	00:10:42	00:32:04	00:47:04
949	919	GERMAN ROJO CASTRO	00:47:06	00:46:18	Máster 2	286	M	890		A Coruña	00:11:28	00:32:43	00:47:06
950	889	ALFONSO BOTANA CASTELO	00:47:06	00:46:50	Máster 2	287	M	891		Cambre	00:10:23	00:32:15	00:47:06
951	1158	DANIEL BORJA DURÁN ALONSO	00:47:07	00:46:31	Máster 2	288	M	892		Lugo	00:10:46	00:32:16	00:47:07
952	1542	SERGIO NAVEIRA GARCÍA	00:47:07	00:46:28	Máster 1	217	M	893		Oleiros	00:11:28	00:32:49	00:47:07
953	435	EVA MARIA PEREZ CASTRILLON	00:47:07	00:46:52	Máster 2	15	F	60	AD NAUTICO DE NARON	Narón	00:10:01	00:31:42	00:47:07
954	1152	RAMÓN GUITIÁN FERNÁNDEZ	00:47:07	00:46:33	Máster 2	289	M	894	Menorca Trail Club Es Castell	Castell, Es	00:10:35	00:32:10	00:47:07
955	116	LUZ DOMINGUEZ ROMAN	00:47:08	00:47:00	Máster 3	6	F	61	BURGAS ATLETISMO OURENSE	San Cibrao Das Viñas	00:10:01	00:31:52	00:47:08
956	851	JOSÉ ABELLA ARCOS	00:47:08	00:46:46	Máster 2	290	M	895	correcaño		00:10:30	00:32:17	00:47:08
957	1331	RICARDO PEREIRA VARA	00:47:09	00:46:47	Máster 1	218	M	896		A Coruña	00:09:47	00:31:25	00:47:09
958	1220	CARLOS GÓMEZ NÚÑEZ	00:47:10	00:46:38	Máster 2	291	M	897	A.D. LIMIACTIVA	Ourense	00:10:38	00:32:16	00:47:10
959	2812	BRAIS VICENTE PARDAL	00:47:11	00:46:46	Senior	226	M	898		Santiago De Compostela	00:10:03	00:31:59	00:47:11
960	2548	CARLOS COBELO DIAZ	00:47:11	00:46:56	Senior	227	M	899		A Coruña	00:10:39	00:32:08	00:47:11
961	1181	PABLO MARTÍNEZ GÓMEZ	00:47:11	00:46:38	Senior	228	M	900		A Coruña	00:10:30	00:32:12	00:47:11
962	1849	JAVIER DOMINGO SUAREZ,PUMARIEGA	00:47:11	00:45:47	Senior	229	M	901	Komando negrita	A Coruña	00:11:37	00:32:43	00:47:11
963	1130	FRANCISCO JAVIER LEMA PEREZ	00:47:12	00:47:06	Máster 4	23	M	902	TERRA DE SONEIRA	A Coruña	00:09:42	00:31:33	00:47:12
964	1420	ANTHONY WOOLLETT	00:47:12	00:46:35	Máster 2	292	M	903		A Coruña	00:10:59	00:32:32	00:47:12
965	1111	DIEGO BARREIRO PÉREZ	00:47:12	00:46:58	Senior	230	M	904		A Coruña	00:10:12	00:32:01	00:47:12
966	1608	LETICIA VELA ALONSO	00:47:13	00:46:28	Máster 2	16	F	62		A Coruña	00:10:53	00:32:24	00:47:13
967	1505	JUAN PABLO JUÁREZ CALLEJA	00:47:13	00:47:05	Máster 2	293	M	905		A Coruña	00:10:03	00:31:56	00:47:13
968	1496	JOSÉ MANUEL VÁZQUEZ LÓPEZ	00:47:13	00:46:38	Máster 3	108	M	906		Melide	00:10:47	00:31:51	00:47:13

969	1128	JUANJOSE TRABAZO FARIÑA	00:47:14	00:46:17	Máster 3	109	M	907		Cambre	00:11:27	00:32:29	00:47:14
970	741	FRANCISCO PETEIRO GRAÑA	00:47:14	00:47:01	Máster 2	294	M	908	CLUB SOCIAL BANCO PASTOR	A Coruña	00:09:44	00:31:38	00:47:14
971	144	SUSANA PARGUIÑA FERNÁNDEZ	00:47:14	00:47:07	Máster 3	7	F	63	EGOVARROS DE VIVEIRO	A Coruña	00:09:43	00:31:35	00:47:14
972	2659	GABRIEL SANTOS ALONSO	00:47:14	00:46:47	Máster 1	219	M	909		A Coruña	00:10:42	00:33:06	00:47:14
973	854	PEDRO SALIDO VARELA	00:47:17	00:46:45	Máster 2	295	M	910		Oleiros	00:10:57	00:32:27	00:47:17
974	1522	MIGUEL ANGEL CABANAS RUA	00:47:17	00:46:44	Máster 1	220	M	911		Arteixo	00:10:30	00:32:19	00:47:17
975	2429	NORBERTO LÓPEZ PAIS	00:47:18	00:46:02	Senior	231	M	912		A Coruña	00:11:51	00:32:42	00:47:18
976	1323	JAVIER MARTI DELGADO	00:47:18	00:47:02	Máster 2	296	M	913		A Coruña	00:09:46	00:31:58	00:47:18
977	349	ALEJANDRO CUADROS VEGA	00:47:19	00:46:52	Máster 3	110	M	914	FLUVIAL DE LUGO	Lugo	00:10:20	00:32:03	00:47:19
978	2622	JESÚS PRESEDO MARTÍNEZ	00:47:19	00:46:38	Máster 2	297	M	915		Oleiros	00:11:28	00:33:08	00:47:19
979	1129	DAVID VILLAR VILLAR	00:47:20	00:46:57	Máster 1	221	M	916		A Coruña	00:10:29	00:32:08	00:47:20
980	1270	LUIS FELIPE LLAMAS GÓMEZ	00:47:21	00:46:57	Máster 3	111	M	917		A Coruña	00:10:26	00:32:08	00:47:21
981	2453	ROBERTO MONTES TEJIDO	00:47:21	00:46:37	Máster 2	298	M	918		A Coruña	00:11:38	00:33:08	00:47:21
982	973	OMAR GONZALEZ SAMPEDRO	00:47:21	00:47:12	Máster 2	299	M	919		Pontevedra	00:10:09	00:32:09	00:47:21
983	710	ARTURO LOPEZ LAGO	00:47:22	00:47:05	Máster 3	112	M	920	CLUB TRIATLON CORUÑA	A Coruña	00:09:32	00:31:41	00:47:22
984	782	SUSO RAMOS RODRIGUEZ	00:47:22	00:46:42	Máster 3	113	M	921	A.D. DOWNHILL	A Laracha	00:11:06	00:32:46	00:47:22
985	844	DANIEL CIUDAD CENDÁN	00:47:22	00:47:03	Máster 2	300	M	922	PATUKOS TIM RANIN	A Coruña	00:10:19	00:32:00	00:47:22
986	3035	ÁLVARO SIEIRA FERREIRA	00:47:23	00:45:56	Senior	232	M	923		Boiro	00:12:01	00:32:46	00:47:23
987	2344	ISAAC RIVAS MACEIRAS	00:47:23	00:46:37	Sub 20	13	M	924	METALICA HERCULINA	A Coruña	00:11:06	00:32:06	00:47:23
988	788	BENITO BLANCO PEQUEÑO	00:47:23	00:47:04	Máster 2	301	M	925	PATUKOS TIM RANIN	Cambre	00:10:20	00:31:59	00:47:23
989	1452	FERNANDO VAZQUEZ MARTINEZ	00:47:24	00:46:16	Máster 3	114	M	926		Arteixo	00:12:19	00:33:18	00:47:24
990	2564	ALBERTO POUSADA DUARTE	00:47:24	00:46:58	Máster 2	302	M	927			00:10:46	00:33:16	00:47:24
991	3028	ALBERTO PARADA QUINTAS	00:47:26	00:46:57	Senior	233	M	928		Verín	00:10:53	00:32:35	00:47:26
992	2524	PAULA TRILLO CALO	00:47:27	00:46:52	Senior	21	F	64	TERRA DE SONEIRA	Vimianzo	00:10:32	00:31:52	00:47:27
993	1268	JOSE ANTONIO MARTINEZ LEMA	00:47:27	00:46:54	Máster 2	303	M	929	Club Hercules Termaria	A Coruña	00:11:01	00:32:52	00:47:27
994	287	IVÁN PALLEIRO PÉREZ	00:47:27	00:47:14	Senior	234	M	930	Garrapucho	A Coruña	00:09:46	00:31:43	00:47:27
995	1467	IVAN CASTIÑEIRA ALVAREZ	00:47:27	00:46:49	Máster 2	304	M	931	MASITROTE	A Coruña	00:10:55	00:32:44	00:47:27
996	2477	YAGO CORONILLA CERVIÑO	00:47:28	00:46:29	Máster 2	305	M	932		Corcubión	00:11:58	00:32:57	00:47:28
997	1045	MARIA DEL CARMEN IGLESIAS LOPEZ	00:47:28	00:47:11	Máster 1	16	F	65	CLUB MONTE PENA RUBIA	Lugo	00:10:00	00:31:51	00:47:28
998	2738	CARLOS ALVEDRO GARCIA	00:47:29	00:46:31	Máster 2	306	M	933	CA INFERNO	A Coruña	00:11:31	00:32:43	00:47:29
999	2698	RICARDO ÁREA TEJEIRO	00:47:29	00:47:15	Máster 2	307	M	934		A Coruña	00:10:04	00:31:55	00:47:29
1000	849	VENANCIO MENDEZ DIAZ	00:47:29	00:47:03	Máster 3	115	M	935		Vilalba	00:10:58	00:32:46	00:47:29
1001	958	JUAN J BARREIRO PEREZ	00:47:29	00:47:15	Máster 2	308	M	936		A Coruña	00:10:13	00:31:59	00:47:29
1002	846	ENRIQUE JORGE RAMA RODRÍGUEZ	00:47:29	00:46:49	Máster 3	116	M	937		A Coruña	00:11:05	00:32:18	00:47:29
1003	134	MARÍA NOVO LAGO	00:47:30	00:47:19	Senior	22	F	66	Nosportlimit	A Coruña	00:10:29	00:32:18	00:47:30
1004	1102	RAMIRO GONZALEZ INSUA	00:47:30	00:46:36	Máster 2	309	M	938		A Coruña	00:11:21	00:33:04	00:47:30
1005	461	MARÍA URÍA ÁLVAREZ	00:47:30	00:47:11	Senior	23	F	67	LA MOCHILA DEL DEPORTE	A Coruña	00:10:02	00:32:00	00:47:30
1006	1327	BORJA ARRUÑADA PARDO	00:47:30	00:46:44	Máster 2	310	M	939		A Coruña	00:11:24	00:32:46	00:47:30
1007	454	ESTEFANÍA HERNÁNDEZ GARCÍA	00:47:31	00:47:11	Senior	24	F	68	LA MOCHILA DEL DEPORTE	A Coruña	00:10:01	00:31:54	00:47:31
1008	1918	LUIS VIÑA DOMÍNGUEZ	00:47:31	00:47:03	Máster 1	222	M	940	BEER RUNNERS CORUÑA	A Coruña	00:10:28	00:32:43	00:47:31
1009	2675	ÁNGEL FRANCISCO CARRERA TERRÓN	00:47:31	00:47:13	Máster 2	311	M	941		Ponferrada	00:10:22	00:32:07	00:47:31
1010	1450	ENRIQUE SOUTO FACAL	00:47:31	00:47:09	Máster 4	24	M	942		A Coruña	00:10:27	00:32:25	00:47:31
1011	2965	LUIS PAIS TALLON	00:47:31	00:46:36	Senior	235	M	943		Estrada, A	00:11:41	00:32:43	00:47:31
1012	3039	HECTOR ALBERTO ROMERO MORILLO	00:47:32	00:46:58	Máster 1	223	M	944		Santo Domingo	00:10:52	00:32:33	00:47:32
1013	2785	ALBERTO GUERRERO MONTAÑÉS	00:47:33	00:47:01	Senior	236	M	945		Ames	00:10:46	00:32:09	00:47:33
1014	2732	JOSE LOMBAN	00:47:33	00:46:46	Senior	237	M	946		A Coruña	00:11:19	00:33:04	00:47:33
1015	437	YAN LI CHEN LIN	00:47:33	00:46:59	Senior	25	F	69	Beer Runners	A Coruña	00:10:48	00:32:40	00:47:33
1016	1191	IVÁN ROIBÁS BLANCO	00:47:34	00:47:00	Máster 2	312	M	947	Malditos Corredores	Cambre	00:10:33	00:32:28	00:47:34
1017	1221	CARLOS BARRAL ROMEO	00:47:35	00:47:09	Máster 1	224	M	948	Pasa ou Entorna	Narón	00:10:44	00:32:20	00:47:35
1018	970	MIGUEL MARROZOS LOPEZ	00:47:35	00:46:05	Máster 1	225	M	949		A Coruña	00:13:22	00:34:19	00:47:35
1019	1514	MANUEL ANGEL MARTINEZ QUINTIANA	00:47:35	00:47:11	Máster 1	226	M	950	Culto Prieto Team	A Coruña	00:10:10	00:31:59	00:47:35

1020	475	MARI CARMEN RODRIGUEZ GOLAN	00:47:35	00:46:54	Máster 2	17	F	70	A.D. DOWNHILL	A Laracha	00:11:05	00:32:45	00:47:35
1021	1936	FRANCISCO CABANAS SANCHEZ	00:47:35	00:47:00	Senior	238	M	951		A Coruña	00:11:08	00:32:33	00:47:35
1022	1340	JOSE PEREIRO TAIBO	00:47:36	00:47:02	Máster 2	313	M	952	MIXMASTER RUNNING	Culleredo	00:11:21	00:33:25	00:47:36
1023	1104	SERGIO RODRIGUEZ MARTINEZ	00:47:36	00:47:06	Máster 1	227	M	953		Cambre	00:10:37	00:32:15	00:47:36
1024	141	YOLANDA DEUS PALLARÉS	00:47:37	00:47:25	Máster 2	18	F	71	DEUSOTONICA	Culleredo	00:10:25	00:32:09	00:47:37
1025	1513	MANUEL BARRAL ARMENTAL	00:47:37	00:46:54	Senior	239	M	954		A Coruña	00:11:16	00:32:54	00:47:37
1026	1330	MANUEL MOUZO DOVAL	00:47:38	00:47:16	Máster 1	228	M	955		Cabana De Bergantiños	00:10:21	00:32:07	00:47:38
1027	2373	JOSÉ CRESPO RIESTRA	00:47:38	00:46:52	Máster 3	117	M	956		A Coruña	00:10:52	00:32:25	00:47:38
1028	883	AGUSTÍN BARDANCA AMEJIDEZ	00:47:39	00:47:18	Máster 4	25	M	957		A Coruña	00:10:49	00:32:40	00:47:39
1029	2810	PABLO RODRÍGUEZ BALEIRÓN	00:47:40	00:47:19	Senior	240	M	958		A Coruña	00:10:15	00:32:01	00:47:40
1030	2923	DAVID SÁNCHEZ-MARÍN MELERO	00:47:40	00:46:56	Máster 1	229	M	959		Cambre	00:10:40	00:32:12	00:47:40
1031	2794	CARLOS MARTÍNEZ CORTIZAS	00:47:41	00:47:13	Máster 1	230	M	960		A Coruña	00:10:40	00:33:06	00:47:41
1032	1285	ALFONSO DÍAZ PÉREZ	00:47:41	00:47:12	Máster 2	314	M	961		A Coruña	00:10:39	00:32:37	00:47:41
1033	957	JUAN CARLOS MENENDEZ DOMINGUEZ	00:47:41	00:47:21	Máster 3	118	M	962		Arteixo	00:10:24	00:32:03	00:47:41
1034	455	HELEN JANE SANDERSON	00:47:42	00:47:20	Máster 2	19	F	72	CLUB ATLETISMO SADA	Culleredo	00:10:40	00:32:46	00:47:42
1035	1162	FRANCISCO JOSE CALVO PEREZ	00:47:42	00:47:20	Máster 2	315	M	963		A Coruña	00:10:52	00:32:58	00:47:42
1036	1381	ANTONIO JOSÉ LEIRAS MARTÍNEZ	00:47:44	00:47:17	Senior	241	M	964	HERCULES ATLETISMO	Viveiro	00:11:05	00:32:48	00:47:44
1037	823	MIGUEL MARTÍNEZ GÓMEZ	00:47:44	00:47:12	Senior	242	M	965		Saviñao, O	00:10:35	00:32:25	00:47:44
1038	960	MANUEL GARCIA EDREIRA	00:47:45	00:47:08	Máster 2	316	M	966	Manu	A Coruña	00:11:03	00:32:44	00:47:45
1039	1276	JOSE SANTIAGO VEIGA IGLESIAS	00:47:45	00:46:39	Máster 3	119	M	967		A Coruña	00:11:19	00:32:47	00:47:45
1040	1418	ANGEL RICO DÍAZ	00:47:45	00:47:17	Máster 1	231	M	968		A Coruña	00:10:46	00:32:32	00:47:45
1041	727	KIKO NAVIEIRA	00:47:45	00:47:07	Máster 1	232	M	969		Ferrol	00:11:27	00:32:49	00:47:45
1042	700	FRANCISCO JAVIER VARELA MAZAS	00:47:46	00:47:25	Máster 3	120	M	970	CLUB SOCIAL BANCO PASTOR	A Coruña	00:10:25	00:32:25	00:47:46
1043	2789	VICENTE FERNÁNDEZ BERMÚDEZ	00:47:46	00:47:08	Máster 2	317	M	971	HÉRCULES ATLETISMO	Madrid	00:10:59	00:32:41	00:47:46
1044	2397	JUAN JOOSE GARCIA LOPEZ	00:47:46	00:47:03	Máster 3	121	M	972		A Coruña	00:11:07	00:33:09	00:47:46
1045	1256	ANTONIO CABANA OROSA	00:47:46	00:47:36	Máster 4	26	M	973	EGOVARROS DE VIVEIRO	Ferrol	00:10:10	00:32:23	00:47:46
1046	110	JOSE LUIS TABEAYO GALDO	00:47:46	00:46:57	Máster 2	318	M	974		A Coruña	00:11:38	00:32:56	00:47:46
1047	1254	ROBERTO PONTE NOYA	00:47:47	00:47:24	Máster 1	233	M	975		A Coruña	00:10:17	00:32:09	00:47:47
1048	2678	DAVID BAENA RODRÍGUEZ	00:47:47	00:47:21	Máster 2	319	M	976	SÍGUEME SI PUEDES	Ferrol	00:10:35	00:32:25	00:47:47
1049	2372	JOSE GONZÁLEZ SEOANE	00:47:47	00:46:29	Máster 2	320	M	977		A Coruña	00:12:25	00:33:33	00:47:47
1050	2423	MIGUEL ANGEL BARRAL GANTES	00:47:47	00:46:57	Máster 2	321	M	978		Culleredo	00:11:39	00:33:02	00:47:47
1051	1884	VICENTE SUÁREZ GONZÁLEZ	00:47:47	00:46:55	Máster 4	27	M	979		Vigo	00:11:50	00:33:22	00:47:47
1052	2288	BARANGA ARES PEDRO	00:47:47	00:47:04	Máster 2	322	M	980		Culleredo	00:11:21	00:33:14	00:47:47
1053	685	ALEJANDRO BARREIRO BARRAL	00:47:48	00:47:34	Máster 2	323	M	981		Oleiros	00:10:12	00:32:15	00:47:48
1054	1281	JUAN IGNACIO PALEO VIEITO	00:47:49	00:47:14	Máster 1	234	M	982		A Coruña	00:11:19	00:33:09	00:47:49
1055	1215	MARTÍN BRAIS CRESPO RODRÍGUEZ	00:47:49	00:47:17	Máster 1	235	M	983	CLUB CICLISTA RIAZOR	A Coruña	00:10:30	00:32:30	00:47:49
1056	1454	FRAN CENTENO	00:47:49	00:47:14	Máster 2	324	M	984		Cambre	00:11:32	00:33:11	00:47:49
1057	1233	MARCOS MANUEL GARCÍA ALDAO	00:47:49	00:47:02	Senior	243	M	985		A Coruña	00:11:38	00:33:07	00:47:49
1058	2229	ADRIAN SANCHEZ GRAÑA	00:47:50	00:46:48	Senior	244	M	986	Sancholo	Ferrol	00:11:37	00:32:45	00:47:50
1059	1357	CARLOS RODRÍGUEZ CASTRO	00:47:50	00:47:10	Máster 2	325	M	987		Ourense	00:10:26	00:32:04	00:47:50
1060	1187	MIGUEL CARBALLADA RODRIGUEZ	00:47:50	00:47:17	Máster 3	122	M	988		Lugo	00:10:49	00:32:40	00:47:50
1061	383	ALBERTO SANCHEZ LOPEZ	00:47:51	00:47:11	Máster 2	326	M	989		Bergondo	00:11:29	00:33:08	00:47:51
1062	1438	DAVID MOSQUERA RODRIGUEZ	00:47:51	00:47:06	Senior	245	M	990		A Coruña	00:11:45	00:33:23	00:47:51
1063	1262	XURXO BARREIRO GONZÁLEZ	00:47:52	00:47:18	Máster 1	236	M	991	BEER RUNNERS CORUÑA	A Coruña	00:10:53	00:32:32	00:47:52
1064	1304	JOSÉ MANUEL SÁNCHEZ FIDALGO	00:47:52	00:47:24	Máster 2	327	M	992		A Coruña	00:10:47	00:32:25	00:47:52
1065	2259	ADRIÁN DEUS ESPÍNEIRA	00:47:53	00:46:47	Sub 23	23	M	993	TRISADA	Miño	00:11:40	00:32:57	00:47:53
1066	578	JAVIER MARTIN	00:47:54	00:47:29	Máster 3	123	M	994	CLUB SOCIAL BANCO PASTOR	A Coruña	00:10:18	00:32:17	00:47:54
1067	1126	XOAN LOPEZ ESTRAVIZ	00:47:54	00:47:35	Máster 4	28	M	995	Clube Atletismo Fene	Fene	00:10:16	00:32:36	00:47:54
1068	1246	DIEGO CABARCOS VAL	00:47:55	00:47:32	Senior	246	M	996		Burela	00:10:30	00:32:55	00:47:55
1069	1334	FELIX LEIS REY	00:47:55	00:47:32	Máster 2	328	M	997	CCMesoiro	A Coruña	00:10:15	00:32:20	00:47:55
1070	2681	MARTÍN BARRAL GÓMEZ	00:47:55	00:47:33	Máster 1	237	M	998	CC MESOIRO	A Coruña	00:10:25	00:32:38	00:47:55

1071	2804	PEDRO FERNÁNDEZ SANCHEZ-ROLDAN	00:47:56	00:47:29	Máster 2	329	M	999	SIGUEME SI PUEDES	Ferrol	00:10:38	00:32:40	00:47:56
1072	3063	JOSÉ ÁNGEL VÁZQUEZ FREIRE	00:47:56	00:47:30	Máster 2	330	M	1000	SÍGUEME SI PUEDES	Narón	00:10:32	00:32:30	00:47:56
1073	1298	JOSÉ CARVALLO CAVERO	00:47:57	00:47:32	Máster 2	331	M	1001		A Coruña	00:11:01	00:32:52	00:47:57
1074	891	ANDRÉS ARDÁ FREIRE	00:47:58	00:46:34	Máster 1	238	M	1002		A Coruña	00:12:28	00:34:00	00:47:58
1075	689	VICTOR MANUEL ALVAREZ TABOADA	00:47:59	00:47:40	Máster 1	239	M	1003		A Coruña	00:10:17	00:32:35	00:47:59
1076	1319	JAVIER PALACIO ALVAREZ	00:47:59	00:47:09	Máster 2	332	M	1004		Oleiros	00:11:37	00:33:09	00:47:59
1077	1948	JOSE ANTONIO MENOR MARTÍNEZ	00:47:59	00:47:16	Máster 2	333	M	1005		A Coruña	00:10:43	00:32:22	00:47:59
1078	1121	EVARISTO GONZALEZ JORGE	00:47:59	00:47:44	Máster 2	334	M	1006		Oleiros	00:10:32	00:32:56	00:47:59
1079	830	JOSE IGNACIO ARES FERREIRO	00:47:59	00:47:38	Máster 4	29	M	1007		A Coruña	00:10:33	00:32:26	00:47:59
1080	1198	JAVIER PAMPIN VILLAR	00:48:00	00:47:37	Máster 2	335	M	1008		Santa Cruz De Tenerife	00:10:15	00:32:11	00:48:00
1081	579	DANIEL GARCÍA FERNÁNDEZ	00:48:00	00:47:35	Senior	247	M	1009		Oleiros	00:11:04	00:32:58	00:48:00
1082	1535	ROBERTO ORDÓÑEZ MORENO	00:48:01	00:47:30	Máster 2	336	M	1010		A Coruña	00:10:34	00:32:37	00:48:01
1083	808	SERGIO ARES CHAO	00:48:02	00:47:44	Máster 1	240	M	1011	INDEPENDIENTE	A Coruña	00:10:35	00:32:46	00:48:02
1084	1524	MINDO PRIETO GARCÍA	00:48:02	00:47:27	Máster 1	241	M	1012	Nosportlimit	A Coruña	00:10:43	00:32:40	00:48:02
1085	326	JOSÉ MANUEL GARCIA SOBRADO	00:48:02	00:47:39	Máster 1	242	M	1013		Arteixo	00:10:45	00:32:39	00:48:02
1086	1490	JOSÉ FERNANDO TRILLO CARLIN	00:48:03	00:47:26	Máster 3	124	M	1014	A.D. FOGAR CARBALLO	Carballo	00:11:15	00:33:22	00:48:03
1087	1398	JOSE GRELA RODRÍGUEZ	00:48:05	00:47:33	Máster 4	30	M	1015		A Coruña	00:10:53	00:32:45	00:48:05
1088	1838	SONIA ILLANES	00:48:07	00:47:49	Máster 1	17	F	73		Sada	00:10:32	00:32:39	00:48:07
1089	824	JOSE ENRIQUE BOLAÑOS CAGIAO	00:48:07	00:47:45	Máster 3	125	M	1016	CLUB SOCIAL BANCO PASTOR	A Coruña	00:10:22	00:32:23	00:48:07
1090	1317	JAVIER PEDREIRAS PARDO	00:48:08	00:46:45	Máster 1	243	M	1017	RUNNING OLEIROS	Fene	00:11:54	00:33:28	00:48:08
1091	451	ALICIA MUIÑO POSE	00:48:09	00:47:47	Máster 2	20	F	74	CLUB ATLETISMO O PINO	Santiago De Compostela	00:10:20	00:32:23	00:48:09
1092	1862	GONZALO ANIDO	00:48:09	00:47:24	Senior	248	M	1018	A. D. Mediaducia	Carballo	00:11:25	00:32:50	00:48:09
1093	1302	JOSÉ LUIS GARROTE RAMIL	00:48:09	00:47:23	Máster 2	337	M	1019		Narón	00:11:33	00:33:09	00:48:09
1094	2898	DAVID BOQUETE GONZÁLEZ	00:48:09	00:47:27	Máster 1	244	M	1020		Zas	00:11:20	00:33:10	00:48:09
1095	1288	CARLOS ADRIAN CARUSO TORRISI	00:48:10	00:47:15	Máster 3	126	M	1021	A.D.MEDIADUCIA	Carballo	00:11:39	00:33:21	00:48:10
1096	3014	JUAN JOSÉ LÓPEZ GONZÁLEZ	00:48:10	00:47:21	Máster 3	127	M	1022		A Coruña	00:11:30	00:33:14	00:48:10
1097	469	ANA BERNARDEZ RODRIGUEZ	00:48:10	00:47:38	Senior	26	F	75		A Coruña	00:11:12	00:33:13	00:48:10
1098	1103	ROBERTO SANJUAN SANCHEZ	00:48:10	00:47:50	Máster 3	128	M	1023	Escola de Atletismo Paula Mayobre	Ares	00:10:16	00:32:24	00:48:10
1099	978	PABLO GARCIA BARBEIRA	00:48:11	00:47:42	Máster 2	338	M	1024		Pontes De García Rodríguez, As	00:10:59	00:32:53	00:48:11
1100	1248	JOSÉ RUBÉN BARRÁN FERREIRO	00:48:12	00:47:48	Máster 1	245	M	1025	PATUKOS TIM RANIN	A Coruña	00:11:25	00:33:35	00:48:12
1101	902	DARÍO ROMAR	00:48:13	00:47:49	Senior	249	M	1026		A Coruña	00:10:47	00:32:51	00:48:13
1102	412	MOISÉS LÓPEZ LÓPEZ	00:48:14	00:47:42	Senior	250	M	1027	INDRA	Lourenzá	00:11:12	00:33:13	00:48:14
1103	3042	BRAIS HIDALGO MERA	00:48:14	00:47:30	Sub 20	14	M	1028		A Coruña	00:11:12	00:32:45	00:48:14
1104	2537	FERNANDO NUÑEZ POL	00:48:15	00:46:28	Máster 2	339	M	1029		A Coruña	00:12:41	00:33:50	00:48:15
1105	1301	JOSE LUIS ROEL MIRANDA	00:48:15	00:47:32	Máster 2	340	M	1030		Abegondo	00:11:31	00:33:39	00:48:15
1106	1312	SERVANDO OTERO PUENTE	00:48:15	00:47:53	Máster 3	129	M	1031		Sada	00:10:27	00:32:40	00:48:15
1107	2455	RUBEN CANOSA DEL RÍO	00:48:16	00:47:08	Senior	251	M	1032		A Coruña	00:13:16	00:34:17	00:48:16
1108	2758	CARLOS GARCÍA CARBALLO	00:48:17	00:47:52	Máster 2	341	M	1033		A Coruña	00:10:13	00:32:16	00:48:17
1109	1188	MANUEL OUTES PAZ	00:48:17	00:47:44	Máster 4	31	M	1034		Carballo	00:10:37	00:32:59	00:48:17
1110	2736	FERNANDO PEREIRA MOSQUEIRA	00:48:18	00:47:46	Senior	252	M	1035		A Coruña	00:11:03	00:33:09	00:48:18
1111	1282	ÓSCAR PATAO LAMEIRO	00:48:19	00:47:52	Máster 2	342	M	1036		A Coruña	00:10:34	00:32:33	00:48:19
1112	139	PAULA ANTON VÁZQUEZ	00:48:19	00:47:48	Máster 3	8	F	76	CLUB CASTRO DE LOBADIZ	Ferrol	00:11:05	00:32:57	00:48:19
1113	1234	MIGUEL RUIZ ESTERAS	00:48:19	00:48:11	Senior	253	M	1037		A Coruña	00:09:34	00:32:11	00:48:19
1114	1530	PABLO SOUTO SALGADO	00:48:19	00:47:22	Sub 23	24	M	1038	CLUB ATLETISMO CORUÑA COMARCA	A Coruña	00:12:17	00:34:34	00:48:19
1115	1878	IGNACIO PAZ MELERO	00:48:20	00:47:05	Senior	254	M	1039		Ferrol	00:12:25	00:33:43	00:48:20
1116	914	FERNANDO SUÁREZ VALDERREY	00:48:20	00:47:48	Máster 1	246	M	1040	CLUB CICLISTA RIAZOR	A Coruña	00:11:03	00:33:20	00:48:20
1117	2755	JOSE ANGEL LORENZO RIVEIRO	00:48:21	00:47:52	Máster 2	343	M	1041		Culleredo	00:10:52	00:33:04	00:48:21
1118	540	JAVIER JIMÉNEZ BALLESTER	00:48:21	00:48:01	Máster 2	344	M	1042		Sada	00:10:12	00:32:34	00:48:21
1119	1476	JAVIER MOAR VÁZQUEZ	00:48:22	00:47:42	Sub 23	25	M	1043		A Coruña	00:11:35	00:33:22	00:48:22
1120	1960	FERNANDO PEREZ-PARDO BLANCO	00:48:22	00:47:37	Máster 1	247	M	1044		Ferrol	00:10:56	00:32:40	00:48:22
1121	2256	ADRIÁN PIÑEIRO DONIS	00:48:22	00:47:35	Sub 23	26	M	1045		A Coruña	00:10:32	00:32:32	00:48:22

1122	1163	GERARDO PÉREZ LÓPEZ	00:48:23	00:47:51	Máster 1	248	M	1046		A Coruña	00:10:29	00:32:43	00:48:23
1123	500	ANDREA ESPÍNO ALBELA	00:48:23	00:48:00	Senior	27	F	77		Vedra	00:10:23	00:32:38	00:48:23
1124	1432	CRISTIAN CAMBEIRO MACEIRAS	00:48:23	00:48:07	Senior	255	M	1047			00:10:17	00:32:33	00:48:23
1125	2258	ADRIÁN PEREIRO	00:48:24	00:47:15	Senior	256	M	1048		A Coruña	00:12:43	00:34:21	00:48:24
1126	806	ROBERTO FRANCOS VÁZQUEZ	00:48:24	00:47:14	Máster 1	249	M	1049		A Coruña	00:11:42	00:33:24	00:48:24
1127	2994	JOSÉ MANUEL GARRIDO CAAMAÑO	00:48:24	00:47:26	Senior	257	M	1050		Zas	00:11:27	00:32:43	00:48:24
1128	515	JOSE CASTELAO LOPEZ	00:48:25	00:47:59	Senior	258	M	1051		Lugo	00:11:17	00:33:30	00:48:25
1129	314	DOMINGO PRESAS FARALDO	00:48:25	00:48:20	Senior	259	M	1052	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Betanzos	00:08:12	00:32:47	00:48:25
1130	1391	JAIME CONCHEIRO FERNÁNDEZ	00:48:26	00:48:07	Máster 2	345	M	1053		A Coruña	00:10:34	00:32:56	00:48:26
1131	1346	ALEJANDRO VILLANO JASPE	00:48:26	00:47:36	Senior	260	M	1054		A Coruña	00:11:39	00:33:58	00:48:26
1132	1883	RAFAEL TOBA CASANOVA	00:48:27	00:46:55	Máster 1	250	M	1055		A Coruña	00:12:13	00:33:50	00:48:27
1133	1355	ANTONIO RIVEIRA MARTINEZ	00:48:27	00:48:04	Máster 3	130	M	1056	CLUB ATLETISMO O PINO	Pino, O	00:10:20	00:32:37	00:48:27
1134	1310	RICARDO PATIÑO GESTAL	00:48:28	00:47:54	Máster 3	131	M	1057		A Coruña	00:11:13	00:33:35	00:48:28
1135	2922	PABLO BARROS GARCÍA	00:48:28	00:47:44	Senior	261	M	1058		A Coruña	00:10:39	00:32:18	00:48:28
1136	1193	JACOBO CURROS CALVO	00:48:28	00:48:00	Senior	262	M	1059		A Coruña	00:10:46	00:33:09	00:48:28
1137	2347	IVÁN REBOREDO SANJURJO	00:48:28	00:48:00	Senior	263	M	1060		A Coruña	00:10:44	00:33:06	00:48:28
1138	409	LUIS VOCES REBORDINOS	00:48:29	00:47:31	Máster 3	132	M	1061		Oleiros	00:11:57	00:33:50	00:48:29
1139	1240	IVÁN FOLLA-CISNEROS VIDAL	00:48:30	00:48:01	Máster 2	346	M	1062	BEER RUNNERS CORUÑA	A Coruña	00:10:32	00:32:49	00:48:30
1140	2473	VINCENZO AMADDEO	00:48:32	00:47:57	Senior	264	M	1063		Reggio Calabria	00:10:59	00:32:56	00:48:32
1141	125	DOLORES FERREIRO LÓPEZ	00:48:32	00:48:21	Máster 1	18	F	78	TAMBRE BIKE&RUNNING	Santiago De Compostela	00:09:44	00:32:34	00:48:32
1142	327	ANGEL PÉREZ BURGOS	00:48:32	00:48:21	Máster 1	251	M	1064		Santiago De Compostela	00:09:46	00:32:36	00:48:32
1143	2689	DAVID CORGO RIVEIRO	00:48:32	00:47:36	Máster 1	252	M	1065		Arteixo	00:11:29	00:33:30	00:48:32
1144	898	CARLOS CARBALLÉS GÓMEZ	00:48:32	00:48:15	Máster 2	347	M	1066	A D JARNACHAS	A Coruña	00:10:22	00:33:01	00:48:32
1145	812	PABLO DIZ REY	00:48:32	00:48:07	Senior	265	M	1067		A Coruña	00:11:05	00:33:50	00:48:32
1146	2018	JOSÉ ALBERTO LODEIRO SÁNCHEZ	00:48:32	00:47:57	Máster 3	133	M	1068		A Coruña	00:10:51	00:32:55	00:48:32
1147	793	FREDI NÚÑEZ CARBALLO	00:48:33	00:47:58	Máster 2	348	M	1069	A.D. JARNACHAS	A Coruña	00:10:51	00:32:59	00:48:33
1148	1380	JUAN CARLOS GOMEZ BREA	00:48:33	00:48:15	Máster 2	349	M	1070	A.D.JARNACHAS	Arteixo	00:10:23	00:32:58	00:48:33
1149	2572	JOSE LUIS ACEBEDO CORNIDE	00:48:33	00:48:24	Máster 3	134	M	1071	FLUVIAL DE LUGO	Lugo	00:09:42	00:32:38	00:48:33
1150	1337	JAVIER DE LA VIUDA	00:48:33	00:48:00	Máster 2	350	M	1072	Grupo Sum	A Coruña	00:11:16	00:33:10	00:48:33
1151	1297	JAVIER VILLAVEUDE FERRÓ	00:48:34	00:48:05	Máster 2	351	M	1073		Oleiros	00:10:23	00:32:45	00:48:34
1152	874	ANTON GARCIA PEREZ	00:48:34	00:48:17	Máster 2	352	M	1074	Tranvias de la Coruña	A Coruña	00:10:15	00:32:50	00:48:34
1153	244	EDU PINEDO ARMESTO	00:48:35	00:48:19	Máster 2	353	M	1075		Oleiros	00:10:14	00:32:51	00:48:35
1154	2275	ÁLVARO RODRÍGUEZ PORRERO	00:48:35	00:48:10	Senior	266	M	1076		A Coruña	00:11:02	00:33:48	00:48:35
1155	286	ISIDRO SÁNCHEZ GONZÁLEZ	00:48:36	00:47:25	Máster 2	354	M	1077		A Coruña	00:11:42	00:33:16	00:48:36
1156	2353	JAVIER ABRUÑA MARTIN	00:48:36	00:47:50	Máster 2	355	M	1078		Cambre	00:11:33	00:33:13	00:48:36
1157	1387	JAVI PALLARES	00:48:37	00:48:25	Máster 1	253	M	1079		A Coruña	00:10:08	00:32:30	00:48:37
1158	1290	DAVID BARREIRO	00:48:37	00:48:00	Senior	267	M	1080		A Coruña	00:11:09	00:33:03	00:48:37
1159	2301	DANIEL SÁNCHEZ FERNÁNDEZ	00:48:37	00:48:06	Máster 2	356	M	1081		Narón	00:11:17	00:33:39	00:48:37
1160	2765	ÁLVARO HERRERO DE LAS HERAS	00:48:38	00:48:10	Máster 1	254	M	1082		Burgos	00:10:45	00:33:16	00:48:38
1161	588	ROBERTO VIDAL MARTINEZ	00:48:38	00:47:33	Máster 1	255	M	1083		A Coruña	00:12:02	00:34:15	00:48:38
1162	820	BELTRÁN VÁZQUEZ RODRÍGUEZ	00:48:39	00:48:01	Máster 1	256	M	1084		A Coruña	00:11:28	00:33:04	00:48:39
1163	670	JAIME LOPEZ CAINZOS	00:48:39	00:48:19	Máster 2	357	M	1085		A Coruña	00:10:46	00:33:08	00:48:39
1164	768	JOSÉ LÓPEZ VÁZQUEZ	00:48:39	00:48:02	Senior	268	M	1086		A Coruña	00:11:08	00:33:32	00:48:39
1165	1101	ROBERTO PEREZ OSUNA	00:48:39	00:47:31	Máster 2	358	M	1087	Nosportlimit	A Coruña	00:12:22	00:34:15	00:48:39
1166	1324	JOSÉ MANUEL ÁLVAREZ LOUREIRO	00:48:41	00:47:57	Máster 3	135	M	1088		A Coruña	00:11:40	00:33:36	00:48:41
1167	880	ADRIÁN FERNÁNDEZ GARCÍA	00:48:41	00:48:11	Senior	269	M	1089	CLUB ATLETISMO SADA	Sada	00:11:22	00:34:32	00:48:41
1168	905	DIEGO CACHEIRO SALORIO	00:48:41	00:48:32	Máster 2	359	M	1090		Carral	00:10:26	00:32:53	00:48:41
1169	1429	CARLOS NOVOA RAMOS	00:48:41	00:48:06	Máster 2	360	M	1091		A Coruña	00:11:14	00:33:31	00:48:41
1170	443	LUPE BUJÁN RODRÍGUEZ	00:48:42	00:48:09	Máster 2	21	F	79		A Coruña	00:11:06	00:33:21	00:48:42
1171	2819	ADRIAN VAZQUEZ FIGUEIRAS	00:48:43	00:47:58	Senior	270	M	1092		A Coruña	00:11:31	00:33:58	00:48:43
1172	2420	MIGUEL MÉNDEZ SILVA	00:48:44	00:47:31	Máster 2	361	M	1093		Cambre	00:12:56	00:34:51	00:48:44

1173	403	JORGE LOSADA TEJERA	00:48:44	00:48:06	Senior	271	M	1094	Deloitte Runners Club	A Coruña	00:11:46	00:34:06	00:48:44
1174	1185	ALBERTO PEREZ MIRAMONTES	00:48:44	00:48:00	Máster 2	362	M	1095		A Coruña	00:11:19	00:33:18	00:48:44
1175	146	ANA PUIME MIGUEZ	00:48:44	00:48:36	Máster 1	19	F	80		Vigo	00:10:17	00:32:55	00:48:44
1176	1238	VICTOR FERNANDEZ VAZQUEZ	00:48:45	00:48:18	Máster 2	363	M	1096	CLUB MONTE PENA RUBIA	Lugo	00:10:42	00:32:59	00:48:45
1177	149	SONIA VÁZQUEZ VILABRILLE	00:48:45	00:48:19	Máster 2	22	F	81	CLUB MONTE PENA RUBIA	Lugo	00:10:44	00:33:02	00:48:45
1178	2324	FERNANDO PREGO MOSQUERA	00:48:46	00:47:34	Máster 2	364	M	1097		A Coruña	00:12:27	00:34:41	00:48:46
1179	2910	JOSE RODEIRO SEGADE	00:48:46	00:47:50	Máster 3	136	M	1098		Barcelona	00:11:58	00:33:39	00:48:46
1180	1544	VICTOR RODRÍGUEZ TRILLO	00:48:47	00:48:16	Senior	272	M	1099		Daganzo De Arriba	00:11:12	00:33:41	00:48:47
1181	1228	JAVIER TEJUIRO GONZALEZ	00:48:47	00:48:20	Máster 2	365	M	1100	Triatlón Ferrol	Ferrol	00:10:47	00:33:05	00:48:47
1182	1967	SERGIO ARES NOGUEIRA	00:48:47	00:47:57	Senior	273	M	1101		Curtis	00:12:29	00:34:29	00:48:47
1183	1211	JAVIER CAAMAÑO TOMAS	00:48:48	00:48:20	Máster 3	137	M	1102	Javier Caamaño Tomás	A Coruña	00:10:54	00:33:03	00:48:48
1184	1200	M. ALEJANDRO DOPICO LÓPEZ	00:48:48	00:48:20	Máster 2	366	M	1103	Running club de carretera	Narón	00:10:49	00:33:10	00:48:48
1185	2402	JUSTO REAL IGLESIAS	00:48:48	00:47:13	Máster 3	138	M	1104		A Coruña	00:12:10	00:33:40	00:48:48
1186	1137	HUGO CRISTINO TRILLO	00:48:48	00:48:13	Senior	274	M	1105		A Coruña	00:11:18	00:33:35	00:48:48
1187	1299	JOSÉ MARTÍNEZ ZAS	00:48:48	00:48:07	Máster 2	367	M	1106		Arzúa	00:11:30	00:33:18	00:48:48
1188	1308	MIGUEL PARDO PEREIRA	00:48:49	00:48:07	Máster 1	257	M	1107		A Coruña	00:11:25	00:33:48	00:48:49
1189	1208	JULIO TRAVESO NEIRA	00:48:49	00:47:57	Máster 2	368	M	1108		A Coruña	00:11:53	00:33:56	00:48:49
1190	2190	MANU RODRÍGUEZ SUÁREZ	00:48:50	00:48:03	Máster 3	139	M	1109		Cambre	00:11:22	00:33:29	00:48:50
1191	799	JOSÉ IGNACIO SÁNCHEZ GARCÍA	00:48:51	00:48:23	Máster 2	369	M	1110		Culleredo	00:10:19	00:33:07	00:48:51
1192	1047	MARÍA DEL MAR ALONSO EIRAS	00:48:51	00:48:26	Máster 3	9	F	82	AD SAN ROQUE (VIVEIRO)	Viveiro	00:11:23	00:33:31	00:48:51
1193	1517	MARCOS ALVAREZ PATIÑO	00:48:51	00:48:23	Máster 2	370	M	1111		A Coruña	00:10:34	00:33:00	00:48:51
1194	2752	MANUEL CORTIZO GARCÍA	00:48:53	00:48:07	Máster 2	371	M	1112		Oleiros	00:11:07	00:34:00	00:48:53
1195	2652	ARTURO ANTON CASADO	00:48:53	00:48:10	Máster 2	372	M	1113		Oleiros	00:11:26	00:33:39	00:48:53
1196	1354	ALBERTO VENECORTON	00:48:53	00:47:46	Máster 2	373	M	1114		Abegondo	00:12:24	00:34:17	00:48:53
1197	1364	JOSÉ ANTONIO SÁNCHEZ LÓPEZ	00:48:54	00:48:13	Máster 2	374	M	1115		A Coruña	00:11:30	00:33:23	00:48:54
1198	2206	JAVIER PEREIRA GONZÁLEZ	00:48:54	00:48:07	Máster 3	140	M	1116	CLUB ATLETISMO SADA	Oza Dos Ríos	00:11:24	00:33:30	00:48:54
1199	1352	EMILIO ALCALA-ZAMORA CANEL	00:48:55	00:48:22	Máster 3	141	M	1117		A Coruña	00:10:51	00:33:05	00:48:55
1200	625	DAVID PRADA MONJE	00:48:55	00:47:50	Máster 2	375	M	1118	COMPañIA DE MARÍA CORUÑA	A Coruña	00:12:09	00:33:49	00:48:55
1201	1273	FERNANDO GRANELL ABAD	00:48:55	00:48:20	Máster 2	376	M	1119		Oleiros	00:11:05	00:33:12	00:48:55
1202	482	ROCIO GARCÍA FELPETO	00:48:56	00:48:30	Máster 1	20	F	83	CLUB OLYMPO AS PONTES	Santiago De Compostela	00:10:23	00:32:43	00:48:56
1203	1237	SERXIO SOUTO CARDELLE	00:48:57	00:47:37	Máster 1	258	M	1120		A Coruña	00:12:05	00:34:05	00:48:57
1204	431	MONTSERRAT PONTE TABOADA	00:48:57	00:48:37	Máster 2	23	F	84		A Coruña	00:11:05	00:33:34	00:48:57
1205	1423	ANXO LEMA GRILLE	00:48:57	00:48:07	Senior	275	M	1121		A Coruña	00:11:27	00:33:22	00:48:57
1206	1305	JOSÉ MANUEL GONZALEZ SALGADO	00:48:57	00:47:42	Máster 2	377	M	1122	a d cerne	Melide	00:12:38	00:34:05	00:48:57
1207	2551	JULIO GARCIA FACHAL	00:48:58	00:48:08	Máster 2	378	M	1123	CORUÑA COMARCA	Bergondo	00:11:26	00:33:21	00:48:58
1208	442	IRIA RANCAÑO OTERO	00:48:58	00:48:40	Máster 1	21	F	85	camisetaslugo.com	Lugo	00:10:29	00:33:02	00:48:58
1209	2799	MARCO TEJUDO PÉREZ	00:48:58	00:47:52	Senior	276	M	1124		A Coruña	00:12:35	00:34:30	00:48:58
1210	998	ALEJANDRA LOSADA NOVOA	00:48:59	00:48:25	Senior	28	F	86	BEER RUNNERS CORUÑA	Monforte De Lemos	00:11:01	00:33:21	00:48:59
1211	1140	MANUEL JOSE REY PAULO	00:48:59	00:48:16	Máster 4	32	M	1125	NINGUNO	Carballo	00:11:39	00:33:54	00:48:59
1212	1243	JUAN CARTELLA SÁEZ	00:49:00	00:48:29	Senior	277	M	1126		A Coruña	00:11:02	00:33:07	00:49:00
1213	1296	JAVIER SORDO FERREIRO	00:49:00	00:48:25	Senior	278	M	1127		Oleiros	00:11:29	00:33:53	00:49:00
1214	2666	GONZALO MIGUEL PENA BUJAN	00:49:00	00:48:34	Máster 1	259	M	1128		A Coruña	00:11:11	00:33:45	00:49:00
1215	1169	JUÁN CARLOS VÁZQUEZ GAREA	00:49:01	00:48:38	Máster 1	260	M	1129		Frades	00:10:54	00:33:40	00:49:01
1216	1800	MARTA ANTA ORTEGA	00:49:02	00:48:36	Máster 1	22	F	87		Oleiros	00:10:55	00:33:12	00:49:02
1217	1224	DANIEL FRAGA ROMERO	00:49:02	00:48:24	Máster 2	379	M	1130		A Coruña	00:11:22	00:34:01	00:49:02
1218	1117	ALBERTO CALVELLO LORENZO	00:49:02	00:48:38	Senior	279	M	1131		Santa Comba	00:10:29	00:32:55	00:49:02
1219	1511	MANUEL SENRA EIROA	00:49:03	00:48:08	Senior	280	M	1132		A Coruña	00:11:25	00:33:37	00:49:03
1220	184	DAVID SENRA EIROA	00:49:03	00:48:08	Senior	281	M	1133	Nosportlimit	A Coruña	00:11:24	00:33:35	00:49:03
1221	1500	JOSE MIGUEL VAZQUEZ GONZALEZ	00:49:03	00:48:31	Máster 1	261	M	1134		Melide	00:10:56	00:33:31	00:49:03
1222	1537	RUBEN PÉREZ POSA	00:49:03	00:48:14	Máster 1	262	M	1135		A Coruña	00:12:03	00:33:56	00:49:03
1223	1889	JUAN GONZÁLEZ ARES	00:49:04	00:48:09	Máster 2	380	M	1136	CLUB ATLÉTICO SOBRADO XUVENTUDE	Sobrado	00:11:40	00:33:44	00:49:04

1224	3025	MIKHAIL ARTEMEV	00:49:04	00:47:47	Senior	282	M	1137		San Petersburgo	00:12:04	00:34:07	00:49:04
1225	1375	CARLOS GIL LOSADA	00:49:05	00:48:46	Senior	283	M	1138		A Coruña	00:10:27	00:33:14	00:49:05
1226	1179	AGUSTIN LEIS MARIÑO	00:49:05	00:48:21	Máster 2	381	M	1139		A Coruña	00:10:55	00:33:05	00:49:05
1227	1207	MIGUEL SALGADO	00:49:07	00:48:39	Máster 1	263	M	1140		A Coruña	00:10:51	00:33:06	00:49:07
1228	1868	MIGUEL GUTIÉRREZ DORRONSORO	00:49:07	00:48:24	Máster 1	264	M	1141		A Coruña	00:11:06	00:32:30	00:49:07
1229	1257	SANTIAGO SIMON CUADRADO	00:49:07	00:48:18	Máster 3	142	M	1142		A Coruña	00:11:09	00:33:23	00:49:07
1230	1345	JAVIER FRAGA LAMAS	00:49:07	00:48:03	Máster 2	382	M	1143		A Coruña	00:12:27	00:34:14	00:49:07
1231	3013	SEBASTIÁN CORTEJOSO VÁZQUEZ	00:49:08	00:48:03	Máster 1	265	M	1144		Corcubión	00:12:25	00:34:14	00:49:08
1232	1791	MARIA CRISTINA MOSQUERA MAREQUE	00:49:08	00:48:32	Máster 2	24	F	88		A Coruña	00:13:44		00:49:08
1233	1339	NACHO CÁRDENAS BOTAS	00:49:09	00:48:27	Máster 2	383	M	1145		Oleiros	00:10:42	00:33:19	00:49:09
1234	1279	ALEJANDRO SANTOS SÁNCHEZ	00:49:10	00:48:26	Máster 1	266	M	1146		Betanzos	00:11:53	00:33:57	00:49:10
1235	1914	RENATO RIVAS LOPEZ	00:49:10	00:48:08	Máster 1	267	M	1147	CLUB ATLETISMO SADA	A Coruña	00:11:54	00:33:54	00:49:10
1236	2993	DIEGO SAAVEDRA CABO	00:49:10	00:48:42	Senior	284	M	1148		Oleiros	00:11:11	00:33:26	00:49:10
1237	2542	JOSÉ FRANCISCO LODEIRO RODRÍGUEZ	00:49:11	00:48:17	Máster 1	268	M	1149		A Coruña	00:12:18	00:35:19	00:49:11
1238	2168	IVAN GARCIA FARIÑA	00:49:11	00:48:19	Senior	285	M	1150		A Coruña	00:11:34	00:33:47	00:49:11
1239	811	MIGUEL ÁNGEL DOMÍNGUEZ MARTÍNEZ	00:49:12	00:48:42	Máster 2	384	M	1151		A Coruña	00:11:06	00:33:51	00:49:12
1240	1280	ÁLVARO MARTÍN ARES	00:49:12	00:48:45	Senior	286	M	1152		A Coruña	00:11:12	00:33:36	00:49:12
1241	1541	SANTIAGO COBA MARTINEZ	00:49:13	00:48:48	Máster 1	269	M	1153	NOETRAINERS FERROL	Narón	00:10:56	00:33:48	00:49:13
1242	1508	LUCAS MOSQUERA	00:49:15	00:48:31	Senior	287	M	1154		A Coruña	00:11:35	00:33:41	00:49:15
1243	573	JOSE MAUEL VAZQUEZ MOSTEIRO	00:49:15	00:48:45	Máster 2	385	M	1155		A Coruña	00:11:10	00:33:56	00:49:15
1244	1230	JOSÉ GONZÁLEZ BLANCO	00:49:15	00:48:42	Senior	288	M	1156		Carballo	00:10:39	00:33:05	00:49:15
1245	2747	FERNANDO REY MÍGUEZ	00:49:16	00:48:28	Máster 3	143	M	1157	No pertenezco a ningún club	A Coruña	00:12:05	00:34:21	00:49:16
1246	477	MARÍA MARTÍNEZ MOSQUERA	00:49:16	00:48:54	Máster 2	25	F	89		A Coruña	00:10:49	00:33:21	00:49:16
1247	2269	ALEJANDRO GARCÍA PIÑEIRO	00:49:16	00:48:25	Senior	289	M	1158	Gimnasio JK	A Coruña	00:11:39	00:34:18	00:49:16
1248	1203	JUAN PEDRO VIGO SANZ	00:49:16	00:48:43	Máster 3	144	M	1159		Santiago De Compostela	00:10:57	00:33:26	00:49:16
1249	2735	DAVID GUTIERREZ	00:49:17	00:48:04	Máster 1	270	M	1160		Ferrol	00:12:01	00:34:04	00:49:17
1250	1242	FEDERICO ROMERO YUSTE	00:49:17	00:48:43	Máster 3	145	M	1161	CLUB ATLETISMO SADA	A Coruña	00:11:02	00:33:39	00:49:17
1251	2284	ANTONIO SOBRAL AROSA	00:49:18	00:48:02	Senior	290	M	1162		Redondela	00:12:36	00:34:19	00:49:18
1252	1160	FERNANDO LOPEZ FERNANDEZ	00:49:19	00:48:38	Máster 1	271	M	1163		A Coruña	00:10:59	00:33:04	00:49:19
1253	499	ALBA MARIA LOPEZ BLANCO	00:49:19	00:49:11	Senior	29	F	90		A Coruña	00:10:10	00:33:06	00:49:19
1254	893	ANTONIO HERNÁNDEZ BARREIRO	00:49:20	00:48:59	Máster 4	33	M	1164	EGOVARROS DE VIVEIRO	A Coruña	00:10:31	00:33:29	00:49:20
1255	1272	OLIVER CASTRO SOUTO	00:49:21	00:48:39	Senior	291	M	1165		Carballo	00:11:15	00:33:46	00:49:21
1256	2329	FRANCISCO DOMINGUEZ RODRIGUEZ	00:49:21	00:48:19	Senior	292	M	1166		Oleiros	00:11:49	00:34:07	00:49:21
1257	2761	RAMON SUAREZ PAZOS	00:49:21	00:48:44	Máster 3	146	M	1167	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Santiago De Compostela	00:11:29	00:33:53	00:49:21
1258	2634	JUAN PUENTE RAPELA	00:49:21	00:48:56	Máster 2	386	M	1168		A Coruña	00:10:47	00:33:18	00:49:21
1259	1196	RAMÓN GARCÍA-BARROS ALFONSO	00:49:22	00:48:43	Máster 3	147	M	1169		Oleiros	00:11:09	00:33:34	00:49:22
1260	2911	JOSE ANTONIO LAMAS NOYA	00:49:22	00:48:33	Máster 3	148	M	1170		A Coruña	00:11:45	00:33:57	00:49:22
1261	1347	NACHO OLVEIRA	00:49:22	00:48:46	Máster 2	387	M	1171		A Coruña	00:10:59	00:33:29	00:49:22
1262	2893	FERNANDO MARTINEZ LOPEZ	00:49:23	00:48:14	Máster 2	388	M	1172		A Coruña	00:11:59	00:34:11	00:49:23
1263	1315	ELOY CALDERÓN FERNÁNDEZ	00:49:23	00:48:48	Máster 3	149	M	1173		A Coruña	00:11:13	00:33:49	00:49:23
1264	1374	ALBERTO PEDREIRA FERNANDEZ	00:49:24	00:48:45	Máster 2	389	M	1174		A Coruña	00:11:40	00:34:09	00:49:24
1265	699	YAGO DOPAZO PENÍN	00:49:24	00:48:35	Senior	293	M	1175		A Coruña	00:11:36	00:33:55	00:49:24
1266	2763	FRANCISCO ALONSO CUEVAS	00:49:25	00:48:42	Máster 2	390	M	1176	C.A.R. MARISQUEIRO	Cambre	00:11:59	00:34:23	00:49:25
1267	1966	PABLO OTERO FERNÁNDEZ	00:49:26	00:48:43	Senior	294	M	1177		A Coruña	00:11:16	00:33:41	00:49:26
1268	1453	FERNANDO GONZÁLEZ LAMAS	00:49:26	00:48:40	Máster 1	272	M	1178		A Coruña	00:12:01	00:34:28	00:49:26
1269	464	DIANA MORALES RODRIGUEZ	00:49:26	00:49:03	Máster 1	23	F	91	BURGAS ATLETISMO OURENSE	Ourense	00:10:44	00:33:30	00:49:26
1270	738	FRANCISCO DUARTE VAZQUEZ	00:49:26	00:48:49	Máster 3	150	M	1179	CLUB ATLETISMO BOIMORTO	A Coruña	00:11:18	00:34:03	00:49:26
1271	1855	JAVIER TORRES GONZÁLEZ	00:49:27	00:49:04	Máster 2	391	M	1180		Oleiros	00:11:06	00:34:07	00:49:27
1272	449	NATALIA MORRONE MOLLO	00:49:27	00:49:03	Máster 1	24	F	92	INDEPENDIENTE		00:10:29	00:33:43	00:49:27
1273	1306	JOSÉ RAMÓN CASTELO TOBA	00:49:28	00:48:16	Máster 1	273	M	1181		Arteixo	00:12:19	00:34:33	00:49:28
1274	2929	CARLOS GENDRA VIEITES	00:49:29	00:47:54	Máster 2	392	M	1182		Santiago De Compostela	00:12:40	00:34:25	00:49:29

1275	941	JOSÉ ÁNGEL ADEGA MEIZOSO	00:49:30	00:48:59	Máster 2	393	M	1183	Trailrunners -Ieboreira	A Capela	00:10:48	00:33:28	00:49:30
1276	1097	OLGA DASILVA FERNANDEZ	00:49:30	00:48:59	Máster 2	26	F	93	Trailrunners	A Coruña	00:10:49	00:33:33	00:49:30
1277	1867	JUAN CARLOS RODRÍGUEZ PERNIA	00:49:30	00:48:40	Máster 2	394	M	1184		Santiago De Compostela	00:11:56	00:34:05	00:49:30
1278	1975	JUAN ÁNGEL LUMBRERAS RODRÍGUEZ	00:49:31	00:48:31	Máster 2	395	M	1185		A Coruña	00:11:38	00:34:13	00:49:31
1279	1428	CARLOS PARDO TASENDE	00:49:31	00:48:53	Senior	295	M	1186		A Coruña	00:11:36	00:33:44	00:49:31
1280	1455	FRAN ROCHA GARCÍA	00:49:31	00:48:18	Máster 1	274	M	1187		Oza Dos Ríos	00:11:47	00:33:55	00:49:31
1281	1286	BRUNO PARDO GIL	00:49:32	00:48:51	Sub 23	27	M	1188		A Coruña	00:11:39	00:34:04	00:49:32
1282	433	ANGELES CASTRO FERNANDEZ	00:49:32	00:49:15	Máster 2	27	F	94	CLUB ATLETISMO SADA	A Coruña	00:10:56	00:33:30	00:49:32
1283	2079	IAGO ARMIÑO FRANCO	00:49:33	00:48:19	Senior	296	M	1189		Vigo	00:11:40	00:34:04	00:49:33
1284	911	FABIÁN SANTOS POSE	00:49:34	00:49:14	Máster 1	275	M	1190	C.D. TERRA SONEIRA	Vimianzo	00:10:42	00:33:26	00:49:34
1285	1850	JUAN CARLOS PORTO LÓPEZ	00:49:35	00:48:37	Máster 2	396	M	1191		Ares	00:11:51	00:34:13	00:49:35
1286	1444	EFRÉN QUIROGA TOJEIRO	00:49:35	00:48:47	Máster 2	397	M	1192		A Coruña	00:11:36	00:34:05	00:49:35
1287	2159	ESTEBAN LOIS MARTÍNEZ	00:49:36	00:47:58	Senior	297	M	1193		Ortigueira	00:13:07	00:35:37	00:49:36
1288	2245	MIGUEL TORRES PEREZ	00:49:36	00:48:28	Máster 2	398	M	1194		A Coruña	00:12:31	00:34:47	00:49:36
1289	3074	SANTI GARCÍA GONZÁLEZ	00:49:37	00:49:12	Máster 2	399	M	1195	Nosportlimit	A Coruña	00:11:35	00:35:27	00:49:37
1290	3038	PABLO MARTÍNEZ COSTALES	00:49:37	00:48:43	Senior	298	M	1196		Monterroso	00:12:16	00:35:18	00:49:37
1291	1269	JOSE MANUEL MARCOTE LAGO	00:49:37	00:48:15	Máster 2	400	M	1197	PAP	Narón	00:11:50	00:33:31	00:49:37
1292	1271	JOSÉ FRANCISCO PÉREZ GARCÍA	00:49:37	00:48:54	Máster 3	151	M	1198		A Coruña	00:10:55	00:33:34	00:49:37
1293	709	ANTONIO GARCIA BELLO	00:49:38	00:48:40	Máster 3	152	M	1199	ATLETAS DE ACEA DE AMA	Culleredo	00:11:37	00:34:03	00:49:38
1294	1378	MANUEL VAZQUEZ ALVEDRO	00:49:38	00:48:41	Máster 4	34	M	1200	ATLETAS DE ACEA DE AMA	Cambre	00:11:37	00:34:03	00:49:38
1295	2753	JUAN JOSE CUNS CARREIRA	00:49:39	00:49:05	Máster 1	276	M	1201		Arteixo	00:11:00	00:33:47	00:49:39
1296	712	CARLOS RIADIGOS MOSQUERA	00:49:39	00:49:08	Máster 1	277	M	1202	non teño	A Coruña	00:10:25	00:33:02	00:49:39
1297	2268	ALEJANDRO PONTE VÁZQUEZ	00:49:40	00:48:30	Senior	299	M	1203		A Coruña	00:12:23	00:34:11	00:49:40
1298	1141	PABLO JOSÉ PAZOS HERNÁNDEZ	00:49:41	00:49:20	Máster 2	401	M	1204	CLUB TRIATLON CORUÑA	Oleiros	00:10:21	00:33:16	00:49:41
1299	2820	JUAN JOSE BRAVO SANCHEZ	00:49:42	00:49:07	Máster 1	278	M	1205		Culleredo	00:11:31	00:34:17	00:49:42
1300	2277	AMADOR MAS CAMPOS	00:49:43	00:48:58	Senior	300	M	1206		A Coruña	00:11:52	00:34:41	00:49:43
1301	1291	DIEGO VAZQUEZ	00:49:45	00:49:00	Senior	301	M	1207	Club Atletismo Arzua	Arzúa	00:11:27	00:33:54	00:49:45
1302	2617	IVÁN NINE SIEIRA	00:49:45	00:48:19	Senior	302	M	1208		Boiro	00:12:35	00:34:30	00:49:45
1303	2100	DENIS HERMIDA SABORIDO	00:49:45	00:48:30	Senior	303	M	1209		A Coruña	00:12:22	00:34:25	00:49:45
1304	2724	PABLO VAZQUEZ GARCIA	00:49:45	00:48:19	Senior	304	M	1210		Boiro	00:12:33	00:34:29	00:49:45
1305	2992	EDUARDO FERNANDEZ COLLAZO	00:49:46	00:49:03	Senior	305	M	1211		A Coruña	00:11:29	00:34:02	00:49:46
1306	2392	JUAN MARTÍNEZ NAVEIRAS	00:49:46	00:48:18	Máster 1	279	M	1212		Valdoviño	00:12:35	00:34:17	00:49:46
1307	1395	JUAN MARIA FEAL VILLARREAL	00:49:47	00:48:55	Máster 2	402	M	1213	BTT OZA-CESURAS	Oza Dos Ríos	00:11:36	00:34:15	00:49:47
1308	3021	EMILIO GOMEZ LORENZO	00:49:47	00:48:55	Senior	306	M	1214		Albacete	00:11:46	00:34:14	00:49:47
1309	1485	JOSÉ ANTONIO REGUEIRO SUAREZ	00:49:47	00:49:06	Máster 2	403	M	1215		Mesia	00:11:07	00:33:46	00:49:47
1310	955	JUAN ANTONIO DOMÍNGUEZ LOPEZ	00:49:48	00:49:19	Máster 2	404	M	1216		A Coruña	00:10:50	00:33:44	00:49:48
1311	2033	LUCAS FERNÁNDEZ VELARDE	00:49:49	00:48:47	Senior	307	M	1217		Espera	00:12:00	00:34:14	00:49:49
1312	1155	BORJA ALVAREZ DIAZ	00:49:51	00:48:52	Máster 1	280	M	1218		A Coruña	00:12:05	00:34:15	00:49:51
1313	1205	NESTOR ARIAS PAZ	00:49:51	00:49:24	Máster 2	405	M	1219	CLUB MONTE PENA RUBIA	Lugo	00:10:49	00:33:09	00:49:51
1314	1314	YAGO MACEIRAS SOTO	00:49:51	00:49:11	Máster 2	406	M	1220		A Coruña	00:11:27	00:34:18	00:49:51
1315	2806	ESTEBAN PIÑEIRO FIGUEIRAS	00:49:52	00:49:06	Máster 1	281	M	1221		Cambre	00:12:00	00:34:44	00:49:52
1316	2801	ÁLVARO GARCIA FERNÁNDEZ	00:49:53	00:48:47	Senior	308	M	1222	INDRA RUNNERS	A Coruña	00:12:02	00:34:13	00:49:53
1317	2894	ANDRES PAN MORANO	00:49:53	00:49:06	Senior	309	M	1223		Cambre	00:11:59	00:34:46	00:49:53
1318	2766	CARLOS DIAZ-PACHE MACKINLAY	00:49:53	00:49:24	Máster 3	153	M	1224		Ferrol	00:10:39	00:34:05	00:49:53
1319	2016	JORGE VÁZQUEZ FONDEVILA	00:49:53	00:49:26	Máster 2	407	M	1225		A Coruña	00:10:57	00:33:38	00:49:53
1320	2707	NEREA RODRÍGUEZ TOBIO	00:49:54	00:49:22	Sub 20	3	F	95		Puerto Del Rosario	00:10:57	00:33:50	00:49:54
1321	1333	VÍCTOR NÚÑEZ RODRÍGUEZ	00:49:54	00:49:12	Máster 2	408	M	1226	C.B. Xerión. Sección Trotadas de Barrio	A Coruña	00:11:35	00:34:02	00:49:54
1322	2751	PABLO DIEZ FERNANDEZ	00:49:55	00:48:53	Máster 1	282	M	1227		A Coruña	00:12:40	00:35:18	00:49:55
1323	2798	HÉCTOR GARCÍA MONTERO	00:49:55	00:48:49	Senior	310	M	1228		Oleiros	00:12:03	00:34:14	00:49:55
1324	1877	FERNANDO GUTIÉRREZ AMENEIRO	00:49:55	00:48:44	Máster 1	283	M	1229		Ferrol	00:13:04	00:35:29	00:49:55
1325	2432	OSCAR RELLÁN RODRÍGUEZ	00:49:56	00:48:35	Máster 1	284	M	1230		Arteixo	00:13:37	00:35:10	00:49:56

1326	1890	JOSE DANIEL IGLESIAS BRITO	00:49:56	00:48:51	Senior	311	M	1231		Palmas De Gran Canaria, Las	00:11:47	00:34:19	00:49:56
1327	1863	JAVIER VAZQUEZ	00:49:57	00:49:40	Máster 2	409	M	1232		Arteixo	00:10:54	00:34:00	00:49:57
1328	217	ROSENDO VALERIO GONZALEZ	00:49:58	00:48:54	Senior	312	M	1233	Nosportlimit	A Coruña	00:11:47	00:34:21	00:49:58
1329	1328	CARLOS GARCÍA PÉREZ	00:49:58	00:49:24	Máster 2	410	M	1234		Culleredo	00:11:22	00:34:24	00:49:58
1330	2466	SERGIO CEBEY	00:49:59	00:48:31	Senior	313	M	1235		Carballo	00:12:59	00:34:47	00:49:59
1331	961	MANUEL NISTAL GARCÍA	00:49:59	00:49:24	Máster 2	411	M	1236	CLUB CICLISTA EO	A Coruña	00:11:22	00:34:24	00:49:59
1332	131	SANDRA NOVO FERNÁNDEZ	00:50:01	00:48:56	Senior	30	F	96	NOSPORTLIMIT TREK GALICIA	Vilalba	00:11:47	00:34:18	00:50:01
1333	2337	GERMAN GONZALEZ LOPEZ	00:50:01	00:48:32	Máster 1	285	M	1237		Culleredo	00:13:21	00:34:54	00:50:01
1334	2822	EVA MARIA SÁNCHEZ MAYO	00:50:01	00:49:27	Máster 2	28	F	97	TAMBRE BIKE&RUNNING	Oroso	00:10:47	00:33:52	00:50:01
1335	1927	JESUS MATIAS DOMINGUEZ GOMEZ	00:50:02	00:49:19	Máster 3	154	M	1238		A Laracha	00:11:43	00:34:22	00:50:02
1336	2959	NICOLAS YACOVAZZO BELINO	00:50:02	00:49:54	Máster 1	286	M	1239		A Coruña	00:10:49	00:34:03	00:50:02
1337	1225	DANIEL MEIZOSO FIGUEROA	00:50:02	00:48:39	Senior	314	M	1240	INDEPENDIENTE	A Coruña	00:13:34	00:35:02	00:50:02
1338	1866	FERNANDO VAZQUEZ BLANCO	00:50:02	00:49:41	Máster 3	155	M	1241	oscar vazquez garcia	A Coruña	00:10:56	00:33:56	00:50:02
1339	852	JOSÉ FRANCISCO VARELA VAL	00:50:02	00:49:42	Máster 3	156	M	1242	CLUB SOCIAL BANCO PASTOR	A Coruña	00:10:57	00:33:57	00:50:02
1340	657	JUAN CARLOS BODELON ALFONSO	00:50:02	00:49:40	Máster 3	157	M	1243	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Oleiros	00:11:08	00:34:10	00:50:02
1341	1377	JUAN RAMÓN CANOSA FERREIRA	00:50:03	00:49:19	Máster 1	287	M	1244		Camarifias	00:11:47	00:34:52	00:50:03
1342	1833	SARA MARQUEZ MANZANO	00:50:03	00:49:25	Senior	31	F	98		Dos Hermanas	00:11:27	00:34:07	00:50:03
1343	2699	BORJA BLANCO REY	00:50:04	00:49:26	Máster 1	288	M	1245		A Coruña	00:11:42	00:34:44	00:50:04
1344	1112	FERNANDO RODRÍGUEZ VÁZQUEZ	00:50:04	00:48:48	Máster 3	158	M	1246	A Fume de Carozo-Alfa Fisioterapia A Coruña	Aranga	00:12:20	00:34:34	00:50:04
1345	1184	FRANCISCO FUENTES BERMEJO	00:50:07	00:49:20	Máster 3	159	M	1247	Leones running team	A Coruña	00:11:50	00:34:35	00:50:07
1346	948	JOSE MANUEL GARCÍA ROMERO	00:50:07	00:48:40	Senior	315	M	1248		Carballo	00:13:03	00:34:48	00:50:07
1347	1880	LUIS PITA	00:50:08	00:49:04	Máster 3	160	M	1249		A Coruña	00:12:02	00:34:33	00:50:08
1348	1906	FRANCISCO GABRIEL AGRELO RODRIGUEZ	00:50:08	00:48:58	Máster 1	289	M	1250		Carballo	00:12:16	00:34:22	00:50:08
1349	2887	VICTOR PEREZ PEREZ	00:50:08	00:49:12	Senior	316	M	1251		Cedeira	00:11:43	00:34:15	00:50:08
1350	1255	RAÚL MEIZOSO SARDIÑA	00:50:09	00:49:27	Máster 3	161	M	1252	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:11:43	00:34:21	00:50:09
1351	2597	EVA RIOS COBAS	00:50:10	00:49:48	Senior	32	F	99	CORRE POR BEGONTE	Lugo	00:10:57	00:33:58	00:50:10
1352	448	MARIA CORREDOIRA BALEATO	00:50:10	00:49:51	Máster 2	29	F	100	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Ames	00:10:37	00:33:37	00:50:10
1353	2283	ANTONIO EIROA CALVO	00:50:11	00:48:43	Máster 1	290	M	1253		Vicedo, O	00:12:43	00:35:20	00:50:11
1354	2270	ALEXANDER RENGIFO CLAVIJO	00:50:11	00:49:08	Senior	317	M	1254		Narón	00:11:59	00:34:13	00:50:11
1355	2750	GABRIEL VEIGA GRAÑA	00:50:12	00:48:49	Máster 2	412	M	1255	PAP	Ferrol	00:11:59	00:34:57	00:50:12
1356	881	ADRIÁN FERNÁNDEZ BOGO	00:50:12	00:49:46	Máster 1	291	M	1256		A Coruña	00:10:33	00:33:34	00:50:12
1357	2068	ALEJANDRO PAZOS SÁNCHEZ	00:50:12	00:49:30	Senior	318	M	1257		A Coruña	00:11:48	00:34:38	00:50:12
1358	1520	MIGUEL RODRIGUEZ FERNANDEZ	00:50:15	00:49:40	Máster 1	292	M	1258		A Coruña	00:11:34	00:34:27	00:50:15
1359	1528	OCTAVIO RUIZ DIAZ	00:50:15	00:49:46	Máster 1	293	M	1259		A Coruña	00:11:34	00:34:26	00:50:15
1360	1165	JOSE PEDREIRA GARCIA	00:50:16	00:50:05	Máster 2	413	M	1260		A Coruña	00:10:21	00:33:59	00:50:16
1361	1411	ALEJANDRO CAÑADA MUÑOZ	00:50:17	00:49:52	Máster 3	162	M	1261		A Coruña	00:11:00	00:34:19	00:50:17
1362	1396	ALEJANDRO VAZQUEZ ROIBAS	00:50:17	00:49:39	Senior	319	M	1262		A Coruña	00:11:35	00:34:29	00:50:17
1363	474	LORENA SEOANE MOREIRA	00:50:17	00:50:01	Senior	33	F	101	C.D. OS MUDITOS	Carballo	00:10:48	00:34:05	00:50:17
1364	755	MANUEL JULIO SUAREZ MARTIN	00:50:19	00:49:58	Máster 3	163	M	1263		Culleredo	00:10:25	00:33:39	00:50:19
1365	35	ROGER IMÁN CRESPO	00:50:20	00:49:53	Sub 23	28	M	1264		A Coruña	00:10:27	00:33:41	00:50:20
1366	2970	JAIME SUAREZ MENDEZ	00:50:20	00:50:08	Máster 3	164	M	1265		A Coruña	00:10:08	00:33:38	00:50:20
1367	2279	ANDRÉS ROMERO BUSTABAD	00:50:20	00:49:49	Máster 2	414	M	1266	Pasa ou Entorna	Narón	00:11:17	00:34:11	00:50:20
1368	2242	ALBERTO GOMEZ SANCHEZ	00:50:21	00:49:58	Máster 1	294	M	1267		Frades	00:10:53	00:33:41	00:50:21
1369	1891	OSCAR FERNANDEZ PARDO	00:50:21	00:49:10	Máster 2	415	M	1268		A Coruña	00:12:17	00:34:29	00:50:21
1370	2464	SERGIO GONZALEZ GOMEZ	00:50:21	00:49:42	Máster 2	416	M	1269		A Coruña	00:11:55	00:35:04	00:50:21
1371	1827	REBECA MUIÑA FUENTES	00:50:21	00:49:52	Máster 1	25	F	102		A Coruña	00:11:23	00:35:07	00:50:21
1372	438	MARIA JESUS RIO GARCIA	00:50:22	00:50:11	Máster 3	10	F	103	FLUVIAL DE LUGO	Lugo	00:10:37	00:33:59	00:50:22
1373	387	ARTURO RABUÑAL VAZQUEZ	00:50:22	00:49:14	Máster 4	35	M	1270		Arteixo	00:12:33	00:35:07	00:50:22
1374	2032	LEANDRO RIVEIRO CANEDO	00:50:22	00:49:34	Máster 3	165	M	1271		A Coruña	00:11:42	00:34:31	00:50:22
1375	2759	JOSÉ MANUEL PREGO LÓPEZ	00:50:22	00:50:15	Máster 4	36	M	1272		Pontedeume	00:10:13	00:33:39	00:50:22
1376	425	MONICA VICENTE DOBAO	00:50:23	00:49:29	Máster 2	30	F	104	nosportlimit	A Coruña	00:11:45	00:34:34	00:50:23

1377	1978	ALBERTO FOJO	00:50:23	00:49:01	Máster 1	295	M	1273		A Coruña	00:12:56	00:35:12	00:50:23
1378	1113	JOSE ANGEL SUÁREZ LÓPEZ	00:50:23	00:49:48	Senior	320	M	1274		A Coruña	00:10:48	00:33:43	00:50:23
1379	2813	TOMAS MARTINEZ MOSQUERA	00:50:24	00:49:49	Máster 3	166	M	1275		A Coruña	00:11:42	00:34:12	00:50:24
1380	1293	FRANCISCO JAVIER GARCÍA VILLAAMIL	00:50:24	00:49:36	Máster 1	296	M	1276		A Coruña	00:12:07	00:34:31	00:50:24
1381	3056	JOSÉ MANUEL SÁNCHEZ AMBOAGE	00:50:25	00:49:39	Máster 2	417	M	1277		Oleiros	00:11:10	00:33:57	00:50:25
1382	1451	FERNANDO SOMOZA VICENTE	00:50:25	00:49:21	Máster 1	297	M	1278		A Coruña	00:12:21	00:34:45	00:50:25
1383	1226	GONZALO LOPEZ MARTIN	00:50:26	00:49:50	Máster 3	167	M	1279		A Coruña	00:11:29	00:35:11	00:50:26
1384	2162	FERNANDO SEOANE LÓPEZ	00:50:26	00:49:29	Máster 1	298	M	1280		A Coruña	00:12:18	00:34:54	00:50:26
1385	1372	REINALDO GONZALEZ PEDREIRA	00:50:26	00:49:54	Máster 3	168	M	1281		A Coruña	00:11:17	00:34:34	00:50:26
1386	2768	DANIEL FERNANDEZ ARTAZCOZ	00:50:26	00:49:52	Máster 1	299	M	1282	Daniel Fernandez Artazcoz	A Coruña	00:11:08	00:34:11	00:50:26
1387	452	ANA LAGO	00:50:27	00:49:50	Máster 3	11	F	105	ATLETAS DE ACEA DE AMA	A Coruña	00:11:03	00:34:10	00:50:27
1388	1907	HENRIQUE HORTAS LÓPEZ	00:50:28	00:49:01	Máster 2	418	M	1283		A Coruña	00:12:48	00:34:44	00:50:28
1389	1905	FRANCISCO VELO GESTO	00:50:28	00:49:36	Sub 20	15	M	1284		Arteixo	00:12:16	00:34:18	00:50:28
1390	2388	JOSE RAMÓN VIÑAS SILVA	00:50:29	00:50:02	Sub 23	29	M	1285		A Coruña	00:10:27	00:33:20	00:50:29
1391	2043	MIGUEL GIL MEJIDE	00:50:30	00:49:39	Senior	321	M	1286			00:12:43	00:36:08	00:50:30
1392	1368	JUAN MANUEL BREA ASOREY	00:50:30	00:49:38	Máster 3	169	M	1287		A Coruña	00:12:59	00:36:04	00:50:30
1393	1393	JOSÉ LUIS LÓPEZ RODRÍGUEZ	00:50:30	00:49:56	Máster 2	419	M	1288		Ourense	00:11:19	00:34:29	00:50:30
1394	1390	ALAN GONZÁLEZ BERMÚDEZ	00:50:30	00:49:41	Máster 1	300	M	1289		A Coruña	00:12:04	00:34:44	00:50:30
1395	1710	MARÍA FERNÁNDEZ FIGUEROA	00:50:30	00:49:31	Máster 1	26	F	106		A Coruña	00:12:01	00:34:37	00:50:30
1396	427	MARIA LUISA BARREIRO FUENTES	00:50:30	00:49:49	Máster 2	31	F	107	ATLETISMO RIAZOR CORUÑA	A Coruña	00:11:17	00:34:17	00:50:30
1397	3064	JUAN ANTONIO PÉREZ CASTRO	00:50:31	00:49:39	Máster 2	420	M	1290		Arteixo	00:12:15	00:34:19	00:50:31
1398	2328	FRANCISCO PICAZO PINO	00:50:31	00:49:47	Máster 3	170	M	1291		A Coruña	00:12:08	00:34:48	00:50:31
1399	2389	JOSÉ RAMSES BARBEITO GARCIA	00:50:32	00:49:12	Máster 1	301	M	1292		Sada	00:13:48	00:35:52	00:50:32
1400	993	BEGOÑA RODRÍGUEZ CABRERA	00:50:32	00:50:02	Máster 2	32	F	108		Cambre	00:11:29	00:34:30	00:50:32
1401	1550	XALO MUÑIZ FONTENLA	00:50:32	00:50:02	Máster 1	302	M	1293		A Coruña	00:11:34	00:34:26	00:50:32
1402	479	MARIA JESUS (CHUS) GARCIA PENA	00:50:32	00:49:57	Senior	34	F	109	TAMBRE BIKE&RUNNING	Trazo	00:10:56	00:34:12	00:50:32
1403	2817	CARLOS GARCIA SAMPEDRO	00:50:34	00:49:55	Máster 2	421	M	1294		A Coruña	00:11:57	00:35:31	00:50:34
1404	2604	PURIFICACION FIDALGO FILGUEIRAS	00:50:35	00:50:09	Máster 2	33	F	110		A Coruña	00:11:21	00:34:33	00:50:35
1405	1292	ESTEBAN SANJURJO PÉREZ	00:50:36	00:49:29	Senior	322	M	1295		San Sadurniño	00:13:04	00:35:40	00:50:36
1406	2378	JOSE LUIS ALMAJANO IGLESIAS	00:50:37	00:49:38	Máster 1	303	M	1296		A Coruña	00:10:40	00:33:23	00:50:37
1407	2927	AVELINO DOPAZO PONTE	00:50:38	00:49:57	Máster 3	171	M	1297		Sada	00:11:28	00:34:27	00:50:38
1408	1392	JOSÉ MANUEL LÓPEZ DUARTE	00:50:38	00:50:04	Máster 2	422	M	1298		A Coruña	00:11:07	00:33:51	00:50:38
1409	3075	BEA ROMERO ROEL	00:50:39	00:50:14	Máster 2	34	F	111	Nosportlimit	A Coruña	00:11:34	00:34:43	00:50:39
1410	434	CRISTINA FERNANDEZ CID	00:50:39	00:50:14	Máster 2	35	F	112	Nosportlimit	Cambre	00:11:33	00:34:44	00:50:39
1411	3081	JAVIER RÍO RODRÍGUEZ	00:50:39	00:50:33	Máster 3	172	M	1299		Carballo	00:10:17	00:33:33	00:50:39
1412	2425	MOISES PRIETO CABRAL	00:50:40	00:49:39	Máster 2	423	M	1300	INDEPENDIENTE	Narón	00:11:15	00:34:15	00:50:40
1413	654	JUAN LUIS CHAO GROBAS	00:50:40	00:49:31	Máster 2	424	M	1301	CLUB SOCIAL BANCO PASTOR	A Coruña	00:12:05	00:34:37	00:50:40
1414	1981	ALEXANDRE CARBALLO ÁLVAREZ	00:50:41	00:49:59	Senior	323	M	1302		A Coruña	00:11:03	00:34:12	00:50:41
1415	1156	CLAUDINO LEGIDE VILA	00:50:42	00:50:15	Máster 3	173	M	1303		A Coruña	00:11:26	00:34:36	00:50:42
1416	2057	RUBEN PURRIÑOS ALVAREZ	00:50:42	00:50:00	Senior	324	M	1304	CN Firrete	A Coruña	00:10:51	00:34:13	00:50:42
1417	1985	ANTONIO VARELA FARINA	00:50:42	00:49:16	Máster 2	425	M	1305		A Coruña	00:13:14	00:36:02	00:50:42
1418	2095	MIGUEL MATO OUTEIRO	00:50:42	00:49:48	Senior	325	M	1306		A Coruña	00:12:18	00:35:00	00:50:42
1419	1212	FRAN CORDERO RODRIGUEZ	00:50:42	00:50:03	Senior	326	M	1307	Pasa ou Entorna	Narón	00:10:59	00:33:56	00:50:42
1420	2335	GABRIEL FREIRE ALVAREZ	00:50:42	00:49:30	Senior	327	M	1308		A Coruña	00:12:35	00:35:16	00:50:42
1421	2066	CARLOS SEOANE DOMÍNGUEZ	00:50:43	00:50:23	Máster 2	426	M	1309		A Coruña	00:10:29	00:33:16	00:50:43
1422	2748	AGUSTÍN PIÑEIRO CANDAMO	00:50:44	00:50:15	Senior	328	M	1310		Muros	00:11:16	00:34:51	00:50:44
1423	2828	JEANNETH SILVA TALERO	00:50:44	00:50:13	Senior	35	F	113		A Coruña	00:10:57	00:33:58	00:50:44
1424	1952	PABLO CARPINTERO SEXTO	00:50:44	00:49:50	Máster 2	427	M	1311		A Coruña	00:12:03	00:34:55	00:50:44
1425	1436	DAVID LÓPEZ VILARIÑO	00:50:44	00:50:06	Máster 2	428	M	1312		Ames	00:11:23	00:34:25	00:50:44
1426	2784	DAVID ASENJO BRANDARIZ	00:50:45	00:50:06	Senior	329	M	1313	P.C. MONTE XALO	Culleredo	00:11:09	00:34:26	00:50:45
1427	1406	ALBERTO GATO REIGOSA	00:50:46	00:50:08	Senior	330	M	1314	NINGUNO	A Coruña	00:11:10	00:33:39	00:50:46

1428	1321	DANIEL FERREIRO CARBALLEIRA	00:50:46	00:50:07	Senior	331	M	1315		Brión	00:11:49	00:35:01	00:50:46
1429	1206	ALEJANDRO ÁLVAREZ RODRÍGUEZ	00:50:47	00:50:00	Senior	332	M	1316	Leones running team	A Coruña	00:12:20	00:35:18	00:50:47
1430	913	FELIPE IGLESIAS DE LA TORRE	00:50:47	00:50:00	Máster 2	429	M	1317	CNPO	Ourense	00:12:20	00:35:17	00:50:47
1431	2899	RUBÉN BREA RIVAS	00:50:47	00:49:42	Máster 1	304	M	1318		A Coruña	00:11:35	00:34:20	00:50:47
1432	1359	FRANCISCO JAVIER RODRIGUEZ FERREIRO	00:50:48	00:50:11	Máster 3	174	M	1319	ATLETAS DE ACEA DE AMA	Culleredo	00:11:08	00:34:07	00:50:48
1433	2743	CARLOS PAMPÍN BOADO	00:50:48	00:50:08	Máster 4	37	M	1320	CLUB DEPORTIVO PINARIUM	Vila De Cruces	00:12:05	00:35:27	00:50:48
1434	440	RAQUEL BOTANA GONZALEZ	00:50:48	00:50:32	Máster 2	36	F	114	ATLETAS DE ACEA DE AMA	Cambre	00:11:01	00:34:11	00:50:48
1435	1869	MIGUEL PRECEDO	00:50:49	00:49:47	Máster 2	430	M	1321		A Coruña	00:12:09	00:35:13	00:50:49
1436	496	RAMINA GONZÁLEZ GRAÍÑO	00:50:49	00:50:32	Senior	36	F	115		A Coruña	00:10:27	00:34:22	00:50:49
1437	1313	VÍCTOR CASTRO IGLESIAS	00:50:49	00:49:18	Máster 2	431	M	1322		A Coruña	00:14:18	00:36:07	00:50:49
1438	885	ALEJANDRO FRANCO VÁZQUEZ	00:50:50	00:49:33	Sub 23	30	M	1323	-	A Coruña	00:12:36	00:35:55	00:50:50
1439	1405	ALBERTO SANTAMARINA NOGUEIRAS	00:50:50	00:50:11	Sub 23	31	M	1324		Verín	00:12:04	00:34:39	00:50:50
1440	1424	BRAIS QUINTAÍROS MANO	00:50:50	00:50:11	Sub 23	32	M	1325		Verín	00:12:04	00:34:41	00:50:50
1441	2891	JORGE GARCÍA FERNANDEZ	00:50:51	00:49:37	Máster 3	175	M	1326	CLUB ATLETISMO SADA	Sada	00:12:26	00:35:11	00:50:51
1442	1210	DAVID PEDRE LOUREIRO	00:50:51	00:50:11	Máster 2	432	M	1327		A Coruña	00:11:36	00:34:33	00:50:51
1443	963	MANUEL HERBON ARIAS	00:50:51	00:50:25	Máster 3	176	M	1328		Cambre	00:11:26	00:34:37	00:50:51
1444	1892	ALBERTO MOREIRAS LORENZO	00:50:52	00:50:02	Máster 1	305	M	1329		Arteixo	00:11:48	00:34:56	00:50:52
1445	1526	NATALIO LORENZO PINTOS	00:50:52	00:50:02	Máster 3	177	M	1330		Culleredo	00:12:22	00:35:06	00:50:52
1446	1682	LAURA AGUILERA QUINTEROS	00:50:52	00:49:42	Senior	37	F	116		A Coruña	00:13:45	00:35:57	00:50:52
1447	498	SILVIA SÁNCHEZ BASCOY	00:50:53	00:50:41	Máster 3	12	F	117		A Coruña	00:10:52	00:34:18	00:50:53
1448	1388	SANTIAGO BORT COUCEIRO	00:50:53	00:50:17	Máster 2	433	M	1331	--	A Coruña	00:11:34	00:34:36	00:50:53
1449	1338	JOSE LUIS PENALTA DATORRE	00:50:54	00:50:20	Máster 3	178	M	1332		Cambre	00:11:22	00:34:26	00:50:54
1450	1264	FRANCISCO JAVIER SALGADO BADÁS	00:50:54	00:50:05	Máster 2	434	M	1333	INDRA RUNNERS	A Coruña	00:12:03	00:35:20	00:50:54
1451	2741	JUAN RAMON LOPEZ CASAS	00:50:54	00:50:13	Máster 2	435	M	1334		A Coruña	00:11:50	00:34:51	00:50:54
1452	1829	ROSALÍA LÓPEZ LÓPEZ	00:50:55	00:50:03	Senior	38	F	118	LUGO RUNNING CLUB BY RAMOS LOURES	Lugo	00:12:03	00:35:06	00:50:55
1453	1344	MANUEL MIGUEZ	00:50:55	00:50:14	Máster 2	436	M	1335			00:11:37	00:34:40	00:50:55
1454	2754	JOSE ANGEL LOURIDO PEREIRO	00:50:55	00:50:16	Máster 2	437	M	1336		Naron	00:11:41	00:34:32	00:50:55
1455	1369	MANUEL DOPICO BELLÓN	00:50:55	00:50:24	Máster 3	179	M	1337		Ferrol	00:11:10	00:34:41	00:50:55
1456	2578	XOSE ANTONIO GOMEZ BOTANA	00:50:56	00:50:27	Máster 4	38	M	1338	Egovarros Viveiro	A Coruña	00:11:25	00:34:38	00:50:56
1457	3076	JOSÉ ANTONIO CANAL SUARDÍAZ	00:50:56	00:50:06	Máster 2	438	M	1339		A Coruña	00:12:09	00:35:21	00:50:56
1458	388	CARLOS PARDO FARIÑA	00:50:56	00:50:17	Máster 2	439	M	1340	ATLETAS DE ACEA DE AMA	Culleredo	00:11:21	00:34:31	00:50:56
1459	1258	JAVIER BANDIN MARENTES	00:50:56	00:50:17	Máster 2	440	M	1341	ROBALIZA	A Coruña	00:11:35	00:34:38	00:50:56
1460	2737	ANTONIO SANTOS MALLO	00:50:56	00:50:01	Máster 3	180	M	1342	ATLETICA A SILVA	Cerceda	00:12:09	00:35:22	00:50:56
1461	1504	JUAN JOSÉ CAYAZZO MARTINEZ	00:50:57	00:49:34	Máster 1	306	M	1343		Cambre	00:12:38	00:34:51	00:50:57
1462	478	MARIA ISABEL CAMINO CREGO	00:50:57	00:50:18	Máster 2	37	F	119		Cambre	00:11:20	00:34:29	00:50:57
1463	677	ÁLVARO GARCÍA FERNÁNDEZ-ARRUTI	00:50:57	00:50:06	Senior	333	M	1344	MILER RUNNING CLUB	A Coruña	00:12:12	00:34:52	00:50:57
1464	456	IRIA SÁNCHEZ PRIETO	00:50:57	00:50:05	Senior	39	F	120	MILER RUNNING CLUB	A Coruña	00:12:11	00:34:51	00:50:57
1465	1931	CARLOS MARÍA FERNÁNDEZ PITA	00:50:57	00:50:28	Máster 3	181	M	1345		A Coruña	00:11:24	00:34:39	00:50:57
1466	1932	DAVID LEON IGLESIAS	00:50:58	00:49:59	Máster 2	441	M	1346		A Coruña	00:12:34	00:35:27	00:50:58
1467	1367	JUAN MANUEL ÁLVARO FRANCÉS	00:50:58	00:50:19	Máster 2	442	M	1347		Madrid	00:11:38	00:34:39	00:50:58
1468	2988	JOAQUÍN CARRERO DÍAZ	00:50:59	00:50:10	Máster 2	443	M	1348		A Coruña	00:12:00	00:34:44	00:50:59
1469	2897	FRANCISCO GULÍN RIVERA	00:50:59	00:50:10	Máster 2	444	M	1349		A Coruña	00:12:00	00:34:43	00:50:59
1470	1329	LUCAS OUNBIÑA YAÑEZ	00:50:59	00:50:13	Máster 1	307	M	1350		A Coruña	00:12:02	00:35:01	00:50:59
1471	932	JAVIER CUIÑA BALADO	00:51:00	00:50:10	Máster 2	445	M	1351		A Coruña	00:11:55	00:34:57	00:51:00
1472	2607	GEMA MARTINEZ CARRERA	00:51:00	00:50:43	Máster 2	38	F	121		A Coruña	00:10:36	00:34:25	00:51:00
1473	1342	JOSE FRANCISCO FERRERES GAYOSO	00:51:00	00:50:21	Máster 2	446	M	1352		Betanzos	00:11:19	00:34:15	00:51:00
1474	2930	JOSE MANUEL GARCIA FREIRE	00:51:01	00:50:07	Senior	334	M	1353		A Coruña	00:12:10	00:35:01	00:51:01
1475	1244	XOSE MANUEL CAMBÓN ARCEO	00:51:01	00:50:34	Máster 3	182	M	1354		A Coruña	00:11:29	00:35:19	00:51:01
1476	1519	MIGUEL ESTEVEZ FERREIRO	00:51:01	00:50:24	Senior	335	M	1355		A Coruña	00:11:13	00:34:02	00:51:01
1477	1074	AMELIA FERNÁNDEZ REDONDO	00:51:02	00:50:28	Máster 3	13	F	122		A Coruña	00:11:45	00:34:58	00:51:02
1478	2906	RICARDO BLANCO	00:51:02	00:50:07	Senior	336	M	1356	FAGERHULT	A Coruña	00:12:17	00:35:15	00:51:02

1479	1448	EMILIO FERNÁNDEZ SUÁREZ	00:51:02	00:50:11	Máster 2	447	M	1357		A Coruña	00:11:55	00:34:56	00:51:02
1480	1904	FERNANDO GÓMEZ PASANTES	00:51:04	00:50:05	Máster 2	448	M	1358		Oleiros	00:12:10	00:35:07	00:51:04
1481	2303	DANIEL VILAS VARELA	00:51:04	00:50:11	Senior	337	M	1359		A Laracha	00:12:20	00:35:30	00:51:04
1482	1422	ANTONIO IGLESIAS NOGUEIRA	00:51:06	00:50:03	Máster 2	449	M	1360		Ames	00:12:18	00:35:13	00:51:06
1483	1351	SANTIAGO MILLE	00:51:07	00:50:39	Máster 2	450	M	1361		Pontevedra	00:11:08	00:35:06	00:51:07
1484	1410	ALEJANDRO VAZQUEZ QUIAN	00:51:07	00:49:56	Máster 1	308	M	1362	andaina	A Coruña	00:12:10	00:34:40	00:51:07
1485	138	NURIA PALACIOS IBÁN	00:51:07	00:50:56	Máster 2	39	F	123		León	00:10:26	00:34:07	00:51:07
1486	2075	ANTONIO CORRAL OSSORIO	00:51:07	00:50:27	Máster 2	451	M	1363		A Coruña	00:12:05	00:35:42	00:51:07
1487	2909	IAGO RODRÍGUEZ LLORENTE	00:51:08	00:49:58	Senior	338	M	1364		A Coruña	00:12:48	00:35:51	00:51:08
1488	1998	FERNANDO RUIZ ESTEBANEZ	00:51:08	00:50:13	Máster 2	452	M	1365		A Coruña	00:12:05	00:35:49	00:51:08
1489	2895	JAVIER ALVAREZ BARBEITO	00:51:08	00:50:20	Máster 3	183	M	1366		A Coruña	00:11:35	00:34:58	00:51:08
1490	2342	HUGO COCIÑA FERNÁNDEZ	00:51:10	00:50:12	Senior	339	M	1367		A Coruña	00:11:37	00:34:45	00:51:10
1491	2322	FEDERICO BENITO BAÑUELOS	00:51:11	00:50:28	Máster 1	309	M	1368		A Coruña	00:11:32	00:34:53	00:51:11
1492	1164	JESÚS DEL POZO LOSADA	00:51:11	00:50:24	Máster 4	39	M	1369		A Coruña	00:11:33	00:35:00	00:51:11
1493	3066	HUMBERTO JOSE RIBULLEN GÓMEZ	00:51:12	00:50:03	Máster 2	453	M	1370		San Diego	00:12:35	00:35:32	00:51:12
1494	2467	TITO CARRIL MENDEZ	00:51:13	00:50:57	Máster 1	310	M	1371		A Coruña	00:10:13	00:34:17	00:51:13
1495	1430	CHEMA REIGOSA MARTINEZ	00:51:14	00:50:48	Máster 3	184	M	1372	FLUVIAL DE LUGO	A Coruña	00:11:06	00:34:28	00:51:14
1496	2989	JOSE LA PLACA UBEDA	00:51:14	00:49:49	Senior	340	M	1373		A Coruña	00:13:37	00:36:27	00:51:14
1497	120	PILAR MARQUIZ HERNANDEZ	00:51:14	00:50:58	Máster 4	1	F	124	CLUB ATLETISMO SADA	A Coruña	00:10:50	00:34:31	00:51:14
1498	2781	JOSE LUIS CASTRO MARTINEZ	00:51:14	00:50:14	Máster 3	185	M	1374	CLUB CICLISTA RIAZOR	Oleiros	00:11:48	00:35:16	00:51:14
1499	1316	SERGIO PATIÑO RIVEIRO	00:51:15	00:50:39	Senior	341	M	1375		A Coruña	00:11:11	00:34:19	00:51:15
1500	506	LUCIA FARIÑA DIAZ	00:51:16	00:50:47	Senior	40	F	125		A Coruña	00:12:24	00:36:02	00:51:16
1501	1539	SANTIAGO MENENDEZ	00:51:16	00:50:50	Máster 1	311	M	1376		A Coruña	00:11:10	00:34:37	00:51:16
1502	2292	BRUNO BOTANA ALONSO	00:51:17	00:49:51	Máster 2	454	M	1377		A Coruña	00:13:27	00:36:07	00:51:17
1503	1934	FERNANDO SANDÁ MACHO	00:51:18	00:50:15	Máster 3	186	M	1378		Sada	00:12:02	00:34:54	00:51:18
1504	1018	NEREA SÁNCHEZ ROCHA	00:51:18	00:50:24	Senior	41	F	126		A Coruña	00:12:32	00:35:31	00:51:18
1505	3051	ANTONIO MARÍN GONZÁLEZ	00:51:20	00:50:32	Senior	342	M	1379		Chiclana De La Frontera	00:11:37	00:34:57	00:51:20
1506	1551	XOAN CARLOS MIRA LIÑEIRO	00:51:20	00:50:19	Máster 2	455	M	1380		Cambre	00:12:21	00:35:18	00:51:20
1507	485	FATIMA FERNANDEZ CARRO	00:51:20	00:50:52	Máster 1	27	F	127	VIA XVIII MACEDA	San Cibrao Das Viñas	00:11:17	00:34:44	00:51:20
1508	1356	ANXO SUÁREZ VEIGA	00:51:21	00:50:55	Máster 2	456	M	1381		Oleiros	00:10:54	00:34:09	00:51:21
1509	1516	MARCOS LÓPEZ RODRÍGUEZ	00:51:22	00:50:42	Senior	343	M	1382		San Sadurniño	00:11:51	00:34:43	00:51:22
1510	2390	JOSUÉ PAREDES VARELA	00:51:22	00:50:13	Senior	344	M	1383		Lugo	00:12:16	00:35:07	00:51:22
1511	1546	VICTOR MANUEL REY CASTELO	00:51:23	00:50:46	Máster 3	187	M	1384	CLUB ATLETISMO BOIMORTO	Curtis	00:11:34	00:35:05	00:51:23
1512	1186	CARLOS VIEITO SANCHEZ	00:51:23	00:50:56	Máster 1	312	M	1385	SIGUEME SI PUEDES	Narón	00:10:25	00:32:22	00:51:23
1513	487	ARACELI VEIGA BERMEJO	00:51:24	00:50:57	Máster 4	2	F	128		A Coruña	00:11:16	00:34:42	00:51:24
1514	2740	FRANCISCO JULIÁN RODRÍGUEZ BABÍO	00:51:25	00:50:44	Máster 2	457	M	1386		Betanzos	00:11:22	00:34:37	00:51:25
1515	1941	MIGUEL RODRÍGUEZ VAZQUEZ	00:51:25	00:50:30	Máster 2	458	M	1387		Pontevedra	00:12:40	00:35:57	00:51:25
1516	1371	RAMON RODRÍGUEZ ROCA	00:51:26	00:50:22	Máster 1	313	M	1388		A Coruña	00:13:11	00:36:10	00:51:26
1517	997	PATRICIA REDONDO SILVA	00:51:26	00:50:58	Máster 2	40	F	129	Beer Runners	A Coruña	00:10:35	00:34:36	00:51:26
1518	2355	JAVIER FERNÁNDEZ TRAVIESO	00:51:27	00:49:52	Máster 1	314	M	1389		A Coruña	00:13:57	00:36:27	00:51:27
1519	2830	MARIANA AGUIAR	00:51:28	00:50:22	Senior	42	F	130		Poços De Caldas	00:11:25	00:34:44	00:51:28
1520	2300	DANIEL TUSET SUÁREZ	00:51:28	00:50:09	Senior	345	M	1390		Arteixo	00:14:15	00:36:17	00:51:28
1521	968	MARTÍN CEDEIRA VÁZQUEZ	00:51:29	00:50:09	Senior	346	M	1391		Arteixo	00:14:15	00:36:17	00:51:29
1522	2805	CHRISTIAN PONTE FERNÁNDEZ	00:51:29	00:50:25	Senior	347	M	1392		A Coruña	00:12:21	00:34:56	00:51:29
1523	1854	MARTIN GARCIA MACEIRAS	00:51:30	00:50:46	Sub 20	16	M	1393	ATLETISMO RIAZOR CORUÑA	A Coruña	00:11:34	00:34:36	00:51:30
1524	2857	NATALIA GARCIA FERNANDEZ	00:51:30	00:50:47	Senior	43	F	131		Oleiros	00:11:39	00:35:23	00:51:30
1525	979	PABLO VAL GUERREIRO	00:51:31	00:51:12	Máster 3	188	M	1394	yo	Ferrol	00:10:45	00:34:36	00:51:31
1526	2282	ANTÓN CONCHEIRO FERNANDEZ	00:51:31	00:50:18	Sub 20	17	M	1395		A Coruña	00:13:43	00:36:08	00:51:31
1527	2184	JULIO GARCÍA-NAVAS CORRALES	00:51:31	00:50:06	Senior	348	M	1396		Herencia	00:12:47	00:35:57	00:51:31
1528	1497	JOSÉ MARCIAL SEOANE LOUREIRO	00:51:32	00:50:42	Máster 4	40	M	1397		Oleiros	00:11:53	00:35:01	00:51:32
1529	1488	JOSE CARLOS QUINTAS MACEIRAS	00:51:32	00:50:52	Máster 2	459	M	1398	mesoiro cc	A Coruña	00:11:46	00:35:14	00:51:32

1530	841	TOÑO GARCIA PENA	00:51:33	00:50:48	Máster 3	189	M	1399	METALICA HERCULINA	A Coruña	00:11:33	00:34:29	00:51:33
1531	2596	SEILA BLANCO VARELA	00:51:33	00:51:12	Máster 1	28	F	132		Miño	00:11:13	00:35:01	00:51:33
1532	1888	JESÚS FERRER HERRERO	00:51:33	00:50:50	Senior	349	M	1400		Santiago De Compostela	00:11:57	00:35:29	00:51:33
1533	117	MARTA BARBEITO DOMINGUEZ	00:51:34	00:51:22	Senior	44	F	133	HÉRCULES ATLETISMO	Oleiros	00:10:13	00:33:23	00:51:34
1534	1069	MIRIAN RUANOVA JORQUERA	00:51:36	00:50:17	Senior	45	F	134		Santiago De Compostela	00:14:14	00:36:18	00:51:36
1535	3078	ALBERTO VILAS MARTÍNEZ	00:51:37	00:51:20	Máster 3	190	M	1401		A Coruña	00:10:54	00:34:33	00:51:37
1536	127	ESTÍBALIZ DÍAZ BALBOA	00:51:38	00:51:19	Senior	46	F	135		Ponferrada	00:10:29	00:34:01	00:51:38
1537	1909	JOSE LOPEZ SOTO	00:51:40	00:50:50	Máster 3	191	M	1402		Oleiros	00:12:03	00:35:33	00:51:40
1538	3017	JOSE LUIS CALO OTERO	00:51:41	00:51:06	Máster 1	315	M	1403		Paderne	00:11:34	00:35:28	00:51:41
1539	1898	ANGEL CARLOS IZQUIERDO LOPEZ	00:51:41	00:51:21	Máster 2	460	M	1404		A Coruña	00:11:01	00:34:57	00:51:41
1540	1370	PABLO NEIRA FERNANDEZ	00:51:41	00:51:09	Senior	350	M	1405		A Coruña	00:11:52	00:35:38	00:51:41
1541	1996	DIEGO SIXTO VENANCIO	00:51:42	00:50:55	Senior	351	M	1406		A Coruña	00:12:20	00:35:44	00:51:42
1542	1413	ALEXANDRE ARES VILLAMOR	00:51:42	00:50:55	Máster 1	316	M	1407		A Coruña	00:12:23	00:35:25	00:51:42
1543	1486	JOSÉ ANTONIO VÁZQUEZ LISTE	00:51:42	00:51:10	Senior	352	M	1408		A Coruña	00:11:51	00:35:39	00:51:42
1544	2762	LORENZO FRAGA LOPEZ	00:51:43	00:50:58	Senior	353	M	1409		Oleiros	00:11:52	00:34:44	00:51:43
1545	2757	MIGUEL ÁNGEL RODRÍGUEZ GÓMEZ	00:51:45	00:50:49	Máster 2	461	M	1410		A Coruña	00:11:47	00:35:15	00:51:45
1546	1912	RAMON DEVESA MORANDEIRA	00:51:45	00:51:25	Máster 2	462	M	1411		A Coruña	00:10:31	00:34:27	00:51:45
1547	1965	JOSÉ ANDRÉS SÁNCHEZ IGLESIAS	00:51:45	00:50:50	Máster 2	463	M	1412		A Coruña	00:11:41	00:35:15	00:51:45
1548	507	LUISA ANIDO RODRÍGUEZ	00:51:46	00:51:09	Senior	47	F	136	Urban Runners Club Santiago	Ferrol	00:11:32	00:35:13	00:51:46
1549	2291	BRAIS REY IGLESIAS	00:51:47	00:51:16	Máster 1	317	M	1413		A Coruña	00:11:25	00:35:01	00:51:47
1550	1814	NOELIA BOSCO	00:51:47	00:51:21	Senior	48	F	137		A Coruña	00:11:30	00:35:15	00:51:47
1551	1741	CRISTINA ALAYON MORIN	00:51:48	00:51:10	Máster 1	29	F	138	NO SPORT LIMIT	A Coruña	00:11:35	00:35:05	00:51:48
1552	1957	ALBERTO PEREZ PARDIÑAS	00:51:48	00:51:10	Máster 2	464	M	1414	Nosportlimit	A Coruña	00:11:35	00:35:06	00:51:48
1553	2164	GONZALO PITA CASTRO	00:51:48	00:50:31	Máster 1	318	M	1415		A Coruña	00:12:16	00:35:35	00:51:48
1554	502	CATA VÁZQUEZ TARACIDO	00:51:48	00:51:17	Máster 1	30	F	139	CLUB CASTRO DE LOBADIZ	Ferrol	00:11:43	00:35:00	00:51:48
1555	1864	DIEGO CONDE GARCÍA	00:51:49	00:51:06	Máster 2	465	M	1416		A Coruña	00:11:42	00:35:06	00:51:49
1556	2410	MANUEL MERINO REYES	00:51:50	00:51:05	Máster 2	466	M	1417		A Coruña	00:11:48	00:35:22	00:51:50
1557	2745	CARLOS PAZOS OVIEDO	00:51:51	00:51:17	Máster 3	192	M	1418		A Coruña	00:11:06	00:35:07	00:51:51
1558	2797	FRANCISCO SOLLA POUSADA	00:51:52	00:51:12	Máster 3	193	M	1419		A Coruña	00:11:45	00:35:02	00:51:52
1559	1758	INMA COLLAZO COSTA	00:51:52	00:50:57	Senior	49	F	140		Cabana De Bergantiños	00:12:01	00:35:31	00:51:52
1560	1365	JUAN DOMATO AÑON	00:51:53	00:50:31	Máster 1	319	M	1420		A Coruña	00:13:35	00:37:01	00:51:53
1561	2252	IAGO GONZALEZ FERMOSE	00:51:54	00:51:12	Máster 1	320	M	1421		A Coruña	00:11:33	00:35:48	00:51:54
1562	1852	JOSE LUIS FERNÁNDEZ TRISAC	00:51:54	00:51:07	Máster 2	467	M	1422		A Coruña	00:11:33	00:35:04	00:51:54
1563	1061	VANESA AMIGO VICENTE	00:51:55	00:51:17	Máster 1	31	F	141	Club Hércules Termaría	A Coruña	00:11:46	00:35:18	00:51:55
1564	2783	DANIEL BERGES VISANZAY	00:51:56	00:50:33	Senior	354	M	1423		Tarazona	00:14:03	00:36:49	00:51:56
1565	1462	GERARDO PUENTES ALONSO	00:51:56	00:50:31	Senior	355	M	1424		A Coruña	00:14:25	00:37:20	00:51:56
1566	394	FCO JAVIER CORREA PIÑEIRO	00:51:56	00:51:21	Máster 3	194	M	1425	ATLETAS DE ACEA DE AMA	Culleredo	00:11:05	00:34:56	00:51:56
1567	495	NADIA MRIMICHE MRIMICHE	00:51:56	00:51:21	Máster 1	32	F	142		Culleredo	00:11:06	00:34:55	00:51:56
1568	1879	JOSE MANUEL GENDRA VIEITES	00:51:57	00:50:23	Máster 3	195	M	1426		Santiago De Compostela	00:13:19	00:36:20	00:51:57
1569	1263	ANDRÉS GONZÁLEZ GARCÍA	00:51:57	00:51:21	Máster 3	196	M	1427	CLUB CASTRO DE LOBADIZ	Ferrol	00:11:54	00:35:25	00:51:57
1570	884	ALBERTO MÉNDEZ RODRÍGUEZ	00:51:57	00:51:44	Máster 2	468	M	1428		Oleiros	00:10:53	00:34:57	00:51:57
1571	2704	MARIA TERESA MARTINEZ BREIJO	00:51:57	00:51:26	Máster 3	14	F	143		Ferrol	00:11:56	00:35:25	00:51:57
1572	1060	TERESA CONSTENLA GARABOA	00:51:57	00:51:44	Máster 1	33	F	144		Vedra	00:10:52	00:34:57	00:51:57
1573	2956	JULIO NOVOA GONZALEZ	00:51:59	00:50:19	Máster 3	197	M	1429		Cabanas	00:13:58	00:36:39	00:51:59
1574	2185	KABIR MARFIL	00:51:59	00:50:34	Senior	356	M	1430		A Coruña	00:13:37	00:36:28	00:51:59
1575	2341	HÉCTOR GARCÍA BERMÚDEZ	00:52:00	00:50:30	Senior	357	M	1431	A.d.jarnachos	Ponteceso	00:13:59	00:36:30	00:52:00
1576	2013	JESUS FREIRE PEDREIRA	00:52:00	00:51:06	Máster 3	198	M	1432		A Coruña	00:12:07	00:35:34	00:52:00
1577	2348	IVÁN LAUREANO FERNÁNDEZ SÁNCHEZ	00:52:01	00:51:01	Máster 1	321	M	1433		A Coruña	00:12:23	00:35:35	00:52:01
1578	457	ISABEL CABANAS CAMPELO	00:52:03	00:51:34	Máster 1	34	F	145	ATLETAS DE ACEA DE AMA	A Coruña	00:11:20	00:35:00	00:52:03
1579	2914	JOSÉ MANUEL SÁNCHEZ VIZCAÍNO	00:52:03	00:50:54	Máster 1	322	M	1434		Barakaldo	00:13:12	00:35:54	00:52:03
1580	1984	ANTONIO LORENZO EGIDO	00:52:03	00:50:59	Máster 2	469	M	1435		A Coruña	00:12:15	00:35:57	00:52:03

1581	1924	VICTOR COLLAZO LOPEZ	00:52:06	00:50:38	Máster 3	199	M	1436	LICEO CASINO DE PONTEVEDRA	Poio	00:13:36	00:36:25	00:52:06
1582	1469	IVÁN GARCÍA SOUTO	00:52:07	00:51:23	Senior	358	M	1437		Cambre	00:11:57	00:35:13	00:52:07
1583	2179	JOSÉ JUAN VIDELA RODRÍGUEZ	00:52:09	00:51:27	Máster 3	200	M	1438		A Coruña	00:11:48	00:35:29	00:52:09
1584	1545	VICTOR PORTA PEREIRA	00:52:09	00:50:53	Máster 3	201	M	1439		Mugardos	00:12:34	00:35:55	00:52:09
1585	459	MARIA CARREGAL SOMME	00:52:09	00:51:46	Sub 20	4	F	146	MARINEDA ATLETICO	A Coruña	00:11:02	00:35:22	00:52:09
1586	491	ALBA RODRIGUEZ MARTINEZ	00:52:09	00:51:42	Senior	50	F	147		Oleiros	00:11:05	00:34:45	00:52:09
1587	1098	PURY CAMPOS REGUEIRO.	00:52:10	00:51:37	Máster 3	15	F	148		Cambre	00:11:46	00:35:21	00:52:10
1588	1456	FRANCISCO JIMENEZ DE LLANO GARCIA	00:52:10	00:51:40	Máster 1	323	M	1440		A Coruña	00:11:27	00:34:56	00:52:10
1589	2584	JOSÉ MARÍA GARCÍA PELLITERO	00:52:10	00:50:48	Máster 2	470	M	1441		Culleredo	00:14:04	00:36:41	00:52:10
1590	2186	LEOPOLDO JAUDENES JUNCAL	00:52:11	00:51:14	Máster 2	471	M	1442		Cambre	00:12:20	00:35:41	00:52:11
1591	488	MARCELA PARGA FERNÁNDEZ	00:52:11	00:51:48	Máster 2	41	F	149	CLUB ATLETISMO SADA	Sada	00:11:22	00:35:13	00:52:11
1592	2250	LUIS VAZQUEZ SANESTEBAN	00:52:11	00:50:49	Máster 2	472	M	1443	CLUB CICLISTA TERRAS DO EUME	Ferrol	00:13:32	00:37:02	00:52:11
1593	1025	SUSANA VILABOY CABARCOS	00:52:11	00:51:48	Máster 2	42	F	150	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:11:42	00:35:40	00:52:11
1594	991	TANIA BELLAS FORMOSO	00:52:11	00:51:49	Máster 1	35	F	151	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:11:42	00:35:36	00:52:11
1595	1903	FERNANDO ANTUNEZ RODRIGUEZ	00:52:11	00:51:00	Máster 2	473	M	1444	REMO SAN FELIPE	Ferrol	00:12:55	00:36:25	00:52:11
1596	2770	RAFAEL MIGUEZ	00:52:12	00:51:27	Máster 1	324	M	1445		Río De Janeiro	00:11:57	00:36:01	00:52:12
1597	2958	PABLO SUAREZ FERNANDEZ	00:52:14	00:51:19	Máster 2	474	M	1446		Vigo	00:12:40	00:36:05	00:52:14
1598	3011	CARLOS SÁNCHEZ FERREIRA	00:52:17	00:51:17	Máster 3	202	M	1447		A Coruña	00:12:47	00:36:03	00:52:17
1599	2772	MARCELO GABRIEL TRIPODI	00:52:17	00:51:42	Máster 3	203	M	1448		Bagnara	00:12:03	00:35:42	00:52:17
1600	1054	NURIA BENITO GUTIÉRREZ	00:52:17	00:51:17	Máster 2	43	F	152		A Coruña	00:11:54	00:35:43	00:52:17
1601	2394	JUAN CARLOS VAZQUEZ GÓMEZ	00:52:17	00:51:46	Máster 2	475	M	1449		A Coruña	00:10:53		00:52:17
1602	1058	SUSANA ARTECHE CASTRO	00:52:17	00:51:26	Máster 2	44	F	153		Fene	00:12:29	00:36:07	00:52:17
1603	1425	CARLOS RODRÍGUEZ DÍAZ	00:52:18	00:51:08	Máster 1	325	M	1450		A Coruña	00:13:35	00:36:43	00:52:18
1604	76	VÍCTOR HUGO CONDE LÓPEZ	00:52:19	00:52:15	Máster 2	476	M	1451	TERRA DE SONEIRA	Cee	00:10:25	00:34:39	00:52:19
1605	1026	TANIA PAZOS FERNANDEZ	00:52:19	00:52:14	Senior	51	F	154	TERRA DE SONEIRA	Virianzo	00:10:27	00:34:39	00:52:19
1606	1404	ADRIAN IGLESIAS GOMEZ	00:52:20	00:51:28	Senior	359	M	1452		Vicedo, O	00:12:24	00:35:55	00:52:20
1607	2934	JOSÉ MANUEL PEREZ MASIDE	00:52:20	00:51:00	Máster 2	477	M	1453		A Coruña	00:13:14	00:36:56	00:52:20
1608	1236	PABLO GONZÁLEZ BLANCO	00:52:20	00:51:35	Máster 1	326	M	1454		Carballo	00:12:09	00:35:37	00:52:20
1609	460	MARÍA BERMÚDEZ RODRÍGUEZ	00:52:21	00:51:51	Senior	52	F	155		A Coruña	00:11:20	00:35:46	00:52:21
1610	463	MARIA TERESA SIERRA CABALLERO	00:52:21	00:51:52	Máster 2	45	F	156		Salamanca	00:11:29	00:35:28	00:52:21
1611	1798	MARTA ESCOURIDO VIEITES	00:52:21	00:51:30	Senior	53	F	157	sin club	A Coruña	00:12:21	00:36:01	00:52:21
1612	2384	JOSE MANUEL OREIRO ABUELO	00:52:21	00:50:48	Máster 2	478	M	1455		A Coruña	00:14:20	00:37:02	00:52:21
1613	2920	ALEJANDRO RIVERA REY	00:52:22	00:51:13	Máster 1	327	M	1456		Ponferrada	00:12:08	00:35:43	00:52:22
1614	2469	VICTOR DIAZ-PACHE	00:52:22	00:51:30	Máster 2	479	M	1457		A Coruña	00:12:12	00:35:41	00:52:22
1615	1062	VANESSA GARCIA CUCÓ	00:52:23	00:51:53	Máster 1	36	F	158		Valencia	00:11:30	00:35:09	00:52:23
1616	1416	ANDRÉS ESPÍÑEIRA LÓPEZ	00:52:23	00:51:35	Máster 1	328	M	1458		A Coruña	00:12:12	00:36:09	00:52:23
1617	1249	FERNANDO GAREA VIDAL	00:52:23	00:50:59	Máster 3	204	M	1459		Bergondo	00:13:09	00:36:23	00:52:23
1618	2334	FRANCISCO JAVIER LAVANDEIRA MEIJEDE	00:52:24	00:51:06	Máster 2	480	M	1460		A Coruña	00:13:28	00:36:43	00:52:24
1619	2530	EMILIO PEREZ SANTIAGO	00:52:25	00:51:24	Máster 1	329	M	1461	C.C.RIAZOR	Cambre	00:14:31	00:38:39	00:52:25
1620	2723	GUSTAVO ALONSO GONZÁLEZ ROEL	00:52:25	00:51:24	Máster 1	330	M	1462		Oza Dos Ríos	00:14:31	00:38:39	00:52:25
1621	2412	MANUEL RAMIRO RODRÍGUEZ	00:52:26	00:51:50	Máster 3	205	M	1463	Universidade de Santiago de Compostela	Lugo	00:12:01	00:35:54	00:52:26
1622	1887	CELSO LÓPEZ ARES	00:52:26	00:51:29	Máster 2	481	M	1464		Cambre	00:12:20	00:35:44	00:52:26
1623	2297	CAYETANO PÉREZ PIÑEIRO	00:52:27	00:51:08	Máster 2	482	M	1465		Arteixo	00:13:37	00:36:21	00:52:27
1624	1947	JULIO BARRAL IGLESIAS	00:52:28	00:51:30	Máster 3	206	M	1466		Cambre	00:11:43	00:35:32	00:52:28
1625	1495	JOSÉ MANUEL CASTELAO DÍAZ	00:52:28	00:51:35	Máster 3	207	M	1467		Nava	00:12:37	00:36:29	00:52:28
1626	1204	ADRIÁN CARREIRA LONGUEIRA	00:52:29	00:51:25	Máster 1	331	M	1468		A Coruña	00:13:26	00:36:51	00:52:29
1627	1201	VICENTE GRAS PEREZ	00:52:29	00:51:26	Máster 4	41	M	1469		A Coruña	00:13:25	00:36:50	00:52:29
1628	1412	ALEX POMAR ARGIBAY	00:52:30	00:51:04	Máster 1	332	M	1470		Vedra	00:14:26	00:37:20	00:52:30
1629	1229	JONATHAN GARAZA CARNEIRO	00:52:30	00:51:44	Máster 1	333	M	1471		A Coruña	00:12:09	00:35:39	00:52:30
1630	494	VANESA CAAMAÑO PÉREZ	00:52:30	00:51:54	Máster 1	37	F	159	TERRA DE SONEIRA	Virianzo	00:12:25	00:36:21	00:52:30
1631	1902	DANIEL ROMERO DURAN	00:52:31	00:51:29	Máster 2	483	M	1472		Corcubión	00:12:03	00:35:03	00:52:31

1632	1910	JOSE MANUEL TEJEIRO CHANTADA	00:52:31	00:52:04	Máster 3	208	M	1473		A Coruña	00:11:11	00:35:18	00:52:31
1633	2583	MARC GALLEGO MAURI	00:52:32	00:51:21	Máster 1	334	M	1474		Culleredo	00:12:41	00:36:03	00:52:32
1634	1949	GABRIEL ÁLVAREZ SILVAR	00:52:32	00:51:30	Máster 3	209	M	1475	CLUB ATLETISMO SADA	Oleiros	00:12:43	00:36:12	00:52:32
1635	1216	RAFAEL LANDERAS VAZQUEZ	00:52:32	00:51:55	Máster 2	484	M	1476	CORREDORES POPULARES ARMADA FERROL	Narón	00:11:41	00:35:26	00:52:32
1636	2787	JORGE CHACON	00:52:33	00:51:24	Máster 1	335	M	1477		A Coruña	00:12:00	00:35:52	00:52:33
1637	2582	ALFONSO CRUZ MORALES	00:52:33	00:51:22	Sub 23	33	M	1478		A Coruña	00:12:40	00:36:03	00:52:33
1638	492	HELENA GACELA CHUCHO	00:52:34	00:52:20	Sub 23	4	F	160		Vigo	00:10:35	00:35:02	00:52:34
1639	2778	OSCAR GALAN ADEGA	00:52:34	00:51:11	Senior	360	M	1479		A Coruña	00:13:49	00:37:03	00:52:34
1640	1920	JOHANS VILLAMIZAR SOSA	00:52:34	00:51:14	Máster 1	336	M	1480		A Coruña	00:13:21	00:36:37	00:52:34
1641	1223	DANIEL MONTES GONZALEZ	00:52:35	00:52:03	Senior	361	M	1481		A Coruña	00:11:51	00:35:39	00:52:35
1642	2096	ADRIÁN PERNAS CORTEGOSO	00:52:35	00:51:57	Máster 1	337	M	1482		A Coruña	00:11:52	00:35:39	00:52:35
1643	2700	MONTSERRAT FRAGA MARTÍNEZ	00:52:35	00:52:02	Máster 2	46	F	161	AD JARNACHAS	A Coruña	00:11:28	00:35:32	00:52:35
1644	2788	MARC BENHAMOU GALLEGO	00:52:35	00:51:18	Máster 2	485	M	1483		A Coruña	00:12:36	00:35:52	00:52:35
1645	1923	DIEGO RODRÍGUEZ SOTO	00:52:35	00:51:55	Máster 2	486	M	1484	Beer Runners	A Coruña	00:12:03	00:36:19	00:52:35
1646	1176	ROBERTO RODRIGUEZ GONZALEZ	00:52:36	00:51:52	Senior	362	M	1485		Navia	00:12:11	00:36:37	00:52:36
1647	2470	VICTOR PEDREIRA LOPEZ	00:52:36	00:51:28	Senior	363	M	1486	Tooitto	A Coruña	00:12:43	00:36:19	00:52:36
1648	1714	ALMA REGUEIRO ALLEGUE	00:52:37	00:51:39	Máster 1	38	F	162		A Coruña	00:12:34	00:36:15	00:52:37
1649	2183	JUAN JOSE GARCÍA SAS	00:52:37	00:51:38	Senior	364	M	1487		Ares	00:11:59	00:35:57	00:52:37
1650	3016	SANTIAGO MENDOZA CORTÉS	00:52:38	00:51:40	Sub 23	34	M	1488		A Coruña	00:13:28	00:36:34	00:52:38
1651	408	LUIS INSUA OTERO	00:52:38	00:51:40	Máster 1	338	M	1489		Burela	00:12:33	00:36:14	00:52:38
1652	1991	DAVID GONZALEZ BUSA	00:52:38	00:51:58	Senior	365	M	1490		Cambados	00:12:04	00:36:18	00:52:38
1653	2354	JAVIER FERNÁNDEZ RODRÍGUEZ<	00:52:39	00:51:33	Máster 1	339	M	1491		A Coruña	00:12:27	00:36:34	00:52:39
1654	467	LUCIA GARCÍA RECAREY	00:52:39	00:52:10	Senior	54	F	163		A Coruña	00:12:24	00:36:02	00:52:39
1655	1875	CARLOS RODRÍGUEZ IGLESIAS	00:52:40	00:52:03	Máster 2	487	M	1492		A Coruña	00:11:54	00:35:49	00:52:40
1656	1930	ÁLVARO FERNÁNDEZ GÓMEZ	00:52:40	00:51:55	Sub 23	35	M	1493		A Coruña	00:11:40	00:35:28	00:52:40
1657	2309	DAVID SANTISO VIEITES	00:52:40	00:51:50	Máster 1	340	M	1494		Cambre	00:11:48	00:35:43	00:52:40
1658	2701	MONICA TESOURO TABOADA	00:52:41	00:52:19	Máster 2	47	F	164	RUNGALICIA.COM	Marín	00:11:35	00:35:54	00:52:41
1659	473	LOLY LOSADA GARCIA	00:52:41	00:51:42	Máster 3	16	F	165	C.D. GAS NATURAL FENOSA	Cambre	00:12:03	00:35:52	00:52:41
1660	759	JOSE ANTONIO MOARES ESPÍNEIRA	00:52:41	00:52:19	Máster 2	488	M	1495	CLUB SOCIAL BANCO PASTOR	Cambre	00:11:57	00:36:03	00:52:41
1661	1427	CARLOS GONZALEZ CRIADO	00:52:41	00:51:42	Máster 2	489	M	1496		Cambre	00:12:10	00:35:52	00:52:41
1662	2118	IGNACIO LAVILLA GARRIDO	00:52:42	00:51:21	Máster 2	490	M	1497		Oleiros	00:13:15	00:36:59	00:52:42
1663	878	ROSALINO IGLESIAS VIGO	00:52:42	00:52:19	Máster 2	491	M	1498	No tengo	Culleredo	00:11:56	00:36:02	00:52:42
1664	2816	ÁLVARO FERNÁNDEZ FERRO	00:52:42	00:52:06	Máster 1	341	M	1499	MONTAEVAI BTT O PINO	Santiago De Compostela	00:11:43	00:35:11	00:52:42
1665	1222	DANIEL GANTES TOMÉ	00:52:43	00:52:18	Máster 2	492	M	1500	GANTESPORT	A Coruña	00:11:19	00:35:46	00:52:43
1666	1865	JOSÉ FRANCISCO LAGOA MARTÍNEZ	00:52:43	00:51:13	Máster 1	342	M	1501		A Coruña	00:13:28	00:36:39	00:52:43
1667	2029	JUAN ALVAREZ RODRÍGUEZ	00:52:43	00:51:55	Máster 1	343	M	1502		Bergondo	00:12:15	00:35:56	00:52:43
1668	1876	DAVID FRANCO IGLESIAS	00:52:44	00:51:35	Máster 2	493	M	1503		A Coruña	00:12:47	00:36:28	00:52:44
1669	1311	SERGIO NOGUEROL NOGUEROL	00:52:44	00:51:14	Máster 2	494	M	1504	Nosportlimit	A Coruña	00:13:27	00:36:35	00:52:44
1670	453	ANA AMIGO GONZÁLEZ	00:52:44	00:52:26	Máster 2	48	F	166		A Coruña	00:11:34	00:35:47	00:52:44
1671	1332	VENERANDO VALIÑA CEREIJO	00:52:45	00:51:43	Máster 2	495	M	1505		A Laracha	00:12:59	00:36:30	00:52:45
1672	1987	CAMILO BLANCO SANCHEZ	00:52:46	00:52:05	Máster 3	210	M	1506		Culleredo	00:11:52	00:35:59	00:52:46
1673	2318	EMMANUEL PONTE VARELA	00:52:47	00:51:31	Senior	366	M	1507		A Coruña	00:13:26	00:37:06	00:52:47
1674	1721	ANA MARÍA SUÁREZ LISTE	00:52:48	00:51:53	Máster 2	49	F	167	ATLETICA A SILVA	Ordes	00:12:51	00:36:24	00:52:48
1675	1491	JOSE LUIS DOPICO GARCIA	00:52:48	00:51:44	Senior	367	M	1508		A Coruña	00:12:41	00:36:17	00:52:48
1676	762	HÉCTOR EXPÓSITO JUSTO	00:52:49	00:51:35	Senior	368	M	1509		Merca, A	00:13:10	00:36:40	00:52:49
1677	1231	MANUEL RAÑA PREGO	00:52:49	00:52:12	Máster 4	42	M	1510	Raña Team	Ordes	00:12:02	00:36:37	00:52:49
1678	1409	ALBERTO LÓPEZ ARAUJO	00:52:50	00:51:35	Senior	369	M	1511		Ourense	00:13:10	00:36:40	00:52:50
1679	994	TAMARA RAMOS BARRIONUEVO	00:52:50	00:51:35	Senior	55	F	168		Málaga	00:13:10	00:36:39	00:52:50
1680	2113	DIEGO PEDREIRA FERNANDEZ	00:52:51	00:52:11	Máster 2	496	M	1512		A Coruña	00:11:54	00:36:07	00:52:51
1681	926	IGNACIO GARCÍA RODRÍGUEZ	00:52:52	00:51:51	Máster 1	344	M	1513		Ferrol	00:13:03	00:36:44	00:52:52
1682	1063	VERÓNICA LÓPEZ GOLPE	00:52:52	00:51:51	Máster 1	39	F	169		Ferrol	00:13:01	00:36:44	00:52:52

1683	490	ROCÍO ALFONSO PITA	00:52:52	00:52:30	Máster 2	50	F	170		Sanxenxo	00:11:02	00:35:34	00:52:52
1684	432	ANDREA ROJO RODRIGUEZ	00:52:54	00:52:28	Senior	56	F	171		A Coruña	00:10:36	00:35:13	00:52:54
1685	2304	DAVID VARELA VÍA	00:52:54	00:52:25	Máster 1	345	M	1514		Oleiros	00:11:13	00:35:31	00:52:54
1686	1046	MARIA DEL CARMEN LORENZO LODEIRO	00:52:54	00:52:42	Máster 1	40	F	172		A Coruña	00:10:56	00:35:44	00:52:54
1687	2302	DANIEL PÉREZ OTERO	00:52:54	00:52:25	Máster 1	346	M	1515		Barreiros	00:11:14	00:35:32	00:52:54
1688	2055	RAUL G. MUÑOZ MAESTRE	00:52:54	00:51:47	Máster 2	497	M	1516		A Coruña	00:13:05	00:37:24	00:52:54
1689	2357	JAVIER CRUZ VÁZQUEZ	00:52:55	00:52:06	Máster 1	347	M	1517		Oleiros	00:12:14	00:35:56	00:52:55
1690	920	GUILLEMO VERGARA MUÑOZ	00:52:55	00:52:13	Máster 2	498	M	1518	Nosportlimit	Oleiros	00:11:34	00:36:06	00:52:55
1691	1421	ANTÓN PÉREZ VÁZQUEZ	00:52:56	00:51:58	Máster 3	211	M	1519		Mugardos	00:12:48	00:36:57	00:52:56
1692	2364	JESÚS PRIETO CRESPO	00:52:56	00:51:23	Senior	370	M	1520		Verín	00:15:23	00:39:17	00:52:56
1693	2024	JOSE LUIS CERNADAS FANDEÑO	00:52:56	00:51:59	Máster 2	499	M	1521		Culleredo	00:12:41	00:36:34	00:52:56
1694	2714	RAMIRO CANEIRO GRANULLAQUE	00:52:57	00:51:56	Máster 1	348	M	1522	general mechanics	Ferrol	00:13:01	00:36:45	00:52:57
1695	2338	GRÉGORI LE GOFF	00:52:57	00:51:14	Senior	371	M	1523		A Coruña	00:14:06	00:38:10	00:52:57
1696	1926	MIGUEL DEZA RODRÍGUEZ	00:52:58	00:51:57	Máster 2	500	M	1524	PATUKOS TIM RANIN	A Coruña	00:12:35	00:36:23	00:52:58
1697	1499	JOSE MARIA PEREZ VARELA	00:52:59	00:52:01	Máster 3	212	M	1525		Mugardos	00:12:49	00:36:56	00:52:59
1698	1471	JACOBO VÁZQUEZ LORENZO	00:53:00	00:52:15	Senior	372	M	1526		Carballiño, O	00:11:34	00:35:44	00:53:00
1699	2163	FRANCISCO CALVIN FONDEVILA	00:53:00	00:51:22	Máster 1	349	M	1527		Mañón	00:13:12	00:36:53	00:53:00
1700	1974	DIEGO A. LÓPEZ RODRÍGUEZ	00:53:00	00:51:49	Máster 2	501	M	1528		A Coruña	00:12:39	00:36:25	00:53:00
1701	1860	BRUNO CAMBLOR FERNANDEZ	00:53:01	00:52:16	Máster 1	350	M	1529		A Coruña	00:12:08	00:36:06	00:53:01
1702	1030	NOEMI PORTO GARCIA	00:53:01	00:52:42	Máster 1	41	F	173		Paderne	00:11:25	00:35:51	00:53:01
1703	2396	JUAN CARLOS CHOUCIÑO PENA	00:53:04	00:52:20	Máster 3	213	M	1530		A Coruña	00:12:01	00:36:25	00:53:04
1704	1260	JOSE SUAREZ NUÑEZ	00:53:04	00:52:54	Máster 2	502	M	1531	Nosportlimit	A Coruña	00:10:30	00:34:55	00:53:04
1705	2171	JESUS CAMPO HORTAS	00:53:04	00:52:24	Máster 2	503	M	1532		Oleiros	00:12:18	00:36:56	00:53:04
1706	1362	ISMAEL AGUIAR	00:53:04	00:51:41	Senior	373	M	1533		Culleredo	00:13:03	00:36:21	00:53:04
1707	1091	CLAUDIA PEREYRA GONZALEZ	00:53:05	00:51:46	Máster 2	51	F	174		A Coruña	00:13:39	00:36:59	00:53:05
1708	504	GEMA SUEIRAS CAL	00:53:06	00:51:55	Máster 1	42	F	175		A Coruña	00:13:00	00:36:31	00:53:06
1709	1816	NURIA BRAGE RAMOS	00:53:06	00:52:13	Máster 2	52	F	176	LA MOCHILA DEL DEPORTE	Fene	00:12:31	00:36:36	00:53:06
1710	1480	JORGE IGLESIAS HERRERO	00:53:06	00:51:55	Máster 2	504	M	1534		A Coruña	00:12:59	00:36:30	00:53:06
1711	1820	PAULA BRAGE RAMOS	00:53:06	00:52:12	Máster 2	53	F	177	Club Triatlón Ferrol	Fene	00:12:31	00:36:35	00:53:06
1712	952	JOSÉ MANUEL SEJO PÉREZ	00:53:07	00:51:22	Máster 2	505	M	1535		A Coruña	00:14:31	00:38:16	00:53:07
1713	972	MIGUEL SEJO PÉREZ	00:53:08	00:51:24	Máster 1	351	M	1536		A Coruña	00:14:32	00:38:16	00:53:08
1714	2051	PABLO PIÑEIRO MARTA	00:53:08	00:52:15	Máster 1	352	M	1537	club ciclista de ves en cando Caion	A Laracha	00:12:19	00:36:25	00:53:08
1715	2187	LUIS ALBERTO LÓPEZ VIDAL	00:53:09	00:52:13	Máster 2	506	M	1538		A Coruña	00:12:00	00:36:23	00:53:09
1716	2665	JAVIER GARCIA PEREZ	00:53:10	00:52:10	Máster 1	353	M	1539	GALICIA GAITEIRA	A Coruña	00:12:43	00:36:21	00:53:10
1717	2401	JULIO FERNANDEZ FREIRE	00:53:11	00:51:59	Senior	374	M	1540		A Coruña	00:12:12	00:36:26	00:53:11
1718	1289	DANIEL CRUCES	00:53:11	00:52:18	Máster 2	507	M	1541		A Coruña	00:12:17	00:36:33	00:53:11
1719	2010	JAVIER AGUIÓN SEOANE	00:53:12	00:51:58	Máster 2	508	M	1542		A Coruña	00:13:14	00:36:59	00:53:12
1720	3019	IÑAKI OJANGUREN BOTANA	00:53:12	00:51:59	Senior	375	M	1543		A Coruña	00:13:17	00:37:24	00:53:12
1721	1997	FERNANDO MARTÍNEZ PÉREZ	00:53:13	00:52:06	Máster 1	354	M	1544		A Coruña	00:13:45	00:37:52	00:53:13
1722	2767	FERNANDO VALERIO	00:53:14	00:52:25	Máster 2	509	M	1545	CLUB ATLETISMO SADA	Oleiros	00:12:03	00:36:24	00:53:14
1723	3029	IAGO VARELA VÁZQUEZ	00:53:14	00:52:16	Máster 1	355	M	1546		A Coruña	00:13:42	00:37:05	00:53:14
1724	703	JUAN FERNANDEZ LOPEZ	00:53:16	00:51:59	Máster 2	510	M	1547	Nosportlimit	Cambre	00:13:51	00:37:35	00:53:16
1725	1963	JESÚS FRANCISCO SÁNCHEZ GÓMEZ	00:53:16	00:52:05	Máster 2	511	M	1548		Betanzos	00:13:03	00:36:50	00:53:16
1726	3015	ALEXANDRE IGLESIAS MUÑOZ	00:53:18	00:52:05	Senior	376	M	1549			00:13:16	00:37:24	00:53:18
1727	3058	JAVIER DEL VALLE DEL RIO	00:53:19	00:52:29	Senior	377	M	1550		A Coruña	00:12:46	00:37:01	00:53:19
1728	436	Mª DEL CARMEN VAZQUEZ VEIGA	00:53:19	00:53:04	Máster 3	17	F	178	Arcadia	A Coruña	00:11:32	00:36:04	00:53:19
1729	2143	ÁNGEL CAMILO LÓPEZ REGUEIRO	00:53:19	00:52:25	Senior	378	M	1551		Santiago De Compostela	00:12:33	00:36:37	00:53:19
1730	2204	CARLOS BEIRÓ MARTÍNEZ	00:53:19	00:52:24	Senior	379	M	1552		Padrón	00:12:34	00:36:36	00:53:19
1731	992	OLALLA TORRES BURILLO	00:53:19	00:52:31	Máster 2	54	F	179		A Coruña	00:11:48	00:36:00	00:53:19
1732	2902	JULIO CASAL GARCÍA	00:53:21	00:52:14	Máster 2	512	M	1553		Vigo	00:12:50	00:36:51	00:53:21
1733	2065	ALEJANDRO DOMÍNGUEZ GUIMARAENS	00:53:21	00:52:10	Máster 3	214	M	1554	INDEPENDIENTE	A Coruña	00:13:36	00:37:07	00:53:21

1734	1070	MAITE PARÍS REGUEIRO	00:53:24	00:52:40	Máster 1	43	F	180		A Coruña	00:12:07	00:36:11	00:53:24
1735	2026	JOSE MANUEL SUAREZ BRAVO	00:53:25	00:52:41	Máster 2	513	M	1555		A Coruña	00:12:07	00:36:37	00:53:25
1736	1501	JOSE RAMON SUAREZ PREGO	00:53:25	00:52:34	Máster 4	43	M	1556	C.D.EGOVARROS-VIVEIRO	A Coruña	00:12:33	00:36:37	00:53:25
1737	1532	RAFAEL GALLARDO PICÓN	00:53:27	00:51:56	Máster 1	356	M	1557		A Coruña	00:14:18	00:37:17	00:53:27
1738	2211	JAIME LENDOIRO BELÍO	00:53:27	00:52:15	Senior	380	M	1558		Paderne	00:13:19	00:37:47	00:53:27
1739	1088	GABRIELA CASARES FANZERES	00:53:28	00:52:57	Senior	57	F	181		A Coruña	00:11:29	00:36:01	00:53:28
1740	2060	VICTOR MANUEL PARADELA FERNANDEZ	00:53:29	00:52:24	Máster 3	215	M	1559		A Coruña	00:13:28	00:37:19	00:53:29
1741	2049	OSCAR ESTRAVIZ LORENZO	00:53:29	00:52:33	Máster 1	357	M	1560	fervello	Culleredo	00:12:13	00:36:21	00:53:29
1742	2821	GILBERTO TORREALBA	00:53:29	00:52:31	Senior	381	M	1561	Nosportlimit	A Coruña	00:14:34	00:38:09	00:53:29
1743	2316	ELOY LÓPEZ	00:53:31	00:52:07	Máster 2	514	M	1562		Santiago De Compostela	00:14:28	00:38:05	00:53:31
1744	1219	ALEJANDRO LAGO SANDE	00:53:31	00:52:16	Máster 1	358	M	1563		Santiago De Compostela	00:13:35	00:37:54	00:53:31
1745	740	ALEJANDRO GARCÍA MÉNDEZ	00:53:31	00:52:40	Máster 2	515	M	1564		A Coruña	00:12:37	00:37:12	00:53:31
1746	1417	ANGEL FUDILI MORENO	00:53:32	00:52:08	Máster 2	516	M	1565	CD GAS NATURAL FENOSA	Culleredo	00:14:25	00:38:16	00:53:32
1747	1815	NOEMI VILLADONGA VILLANUEVA	00:53:32	00:52:41	Máster 1	44	F	182	CLUB MONTE PENA RUBIA	Lugo	00:12:29	00:36:44	00:53:32
1748	2031	JULIO CAMBON CRUZ	00:53:32	00:52:30	Senior	382	M	1566		A Coruña	00:12:27	00:36:10	00:53:32
1749	1848	JAIME MORADO PAREDES	00:53:33	00:52:31	Máster 1	359	M	1567		Narón	00:12:42	00:36:26	00:53:33
1750	1779	LUCIA OTERO LINARES	00:53:34	00:52:39	Senior	58	F	183		A Coruña	00:12:39	00:37:07	00:53:34
1751	1999	FERNANDO GARCÍA PAZOS	00:53:34	00:52:36	Máster 3	216	M	1568	C.A. BERTAMIRANS	A Coruña	00:12:57	00:37:45	00:53:34
1752	2948	ALBERTO MARTÍN RODRÍGUEZ	00:53:34	00:52:46	Máster 1	360	M	1569		A Coruña	00:12:42	00:37:21	00:53:34
1753	695	ANTONIO BARCÓN VÁZQUEZ	00:53:35	00:52:11	Máster 2	517	M	1570		A Coruña	00:14:26	00:38:21	00:53:35
1754	2890	ROLANDO MARTINEZ RODRIGUEZ	00:53:35	00:52:15	Máster 2	518	M	1571		Ferrol	00:12:39	00:36:42	00:53:35
1755	2082	JAVIER PEREZ VAZQUEZ	00:53:35	00:52:31	Máster 2	519	M	1572		A Coruña	00:13:05	00:37:15	00:53:35
1756	1874	CARLOS CRUJEIRAS ROMERO	00:53:35	00:52:19	Máster 2	520	M	1573		A Coruña	00:13:23	00:37:11	00:53:35
1757	2888	VICENTE PEREZ VILLAR	00:53:37	00:52:40	Máster 2	521	M	1574		Cedeira	00:11:58	00:35:57	00:53:37
1758	2702	ELMA SANTIAGO MERA	00:53:39	00:53:08	Máster 1	45	F	184	CLUB CASTRO DE LOBADIZ	Ferrol	00:11:57	00:36:13	00:53:39
1759	2756	ALBERTO CALVO FERNANDEZ	00:53:41	00:53:09	Máster 4	44	M	1575	CLUB CASTRO DE LOBADIZ	Ferrol	00:11:59	00:36:15	00:53:41
1760	2764	JOSE ALFONSO LOPEZ VAZQUEZ	00:53:41	00:53:09	Máster 3	217	M	1576	CLUB CASTRO DE LOBADIZ	Cariño	00:11:59	00:36:14	00:53:41
1761	1498	JOSE MARIA VARA RODRIGUEZ	00:53:41	00:52:45	Máster 2	522	M	1577		León	00:12:43	00:37:34	00:53:41
1762	1080	CRISTINA VARA VÁZQUEZ	00:53:41	00:53:07	Máster 2	55	F	185	Club Hércules Termaria	A Coruña	00:11:38	00:36:07	00:53:41
1763	1442	EDUARDO ALVAREZ POSE	00:53:42	00:52:48	Senior	383	M	1578		Arteixo	00:12:32	00:36:57	00:53:42
1764	2975	ÓSCAR PEÑA MARCOTE	00:53:42	00:52:42	Máster 2	523	M	1579		Aranga	00:12:35	00:37:00	00:53:42
1765	2609	MARIA ISABEL CHORÉN MAROÑO	00:53:43	00:53:20	Máster 3	18	F	186	CLUB ATLETISMO O PINO	Touro	00:11:17	00:36:08	00:53:43
1766	2408	LUIS DANIEL MIGUEZ BLANCO	00:53:44	00:52:21	Máster 1	361	M	1580		A Coruña	00:13:35	00:37:19	00:53:44
1767	1951	AARÓN ÁNGEL SALAS SÁNCHEZ	00:53:45	00:52:10	Senior	384	M	1581		A Coruña	00:14:30	00:37:55	00:53:45
1768	1278	IGNACIO ARDÁ FREIRE	00:53:45	00:52:21	Máster 2	524	M	1582		A Coruña	00:13:08	00:37:09	00:53:45
1769	1724	ARANCHA LANDEIRA ABIA	00:53:45	00:53:01	Senior	59	F	187		A Coruña	00:12:24	00:36:41	00:53:45
1770	2790	ARTURO CASASNOVAS CALVO	00:53:45	00:52:20	Máster 4	45	M	1583		Pereiro De Aguiar, O	00:13:06	00:37:09	00:53:45
1771	2154	DAVID DIEGUEZ FERNANDEZ	00:53:47	00:52:13	Máster 1	362	M	1584		Vila De Cruces	00:14:22	00:37:13	00:53:47
1772	1457	FRANCISCO BARRIENTOS CAPELO	00:53:47	00:53:01	Máster 4	46	M	1585	EGOVARROS DE VIVEIRO	A Coruña	00:12:37	00:36:54	00:53:47
1773	2921	JESÚS MANUEL GARCÍA CRESPO	00:53:48	00:52:55	Máster 2	525	M	1586		A Coruña	00:12:54	00:37:17	00:53:48
1774	1945	SANTIAGO EIRIS LOPEZ	00:53:49	00:52:57	Máster 3	218	M	1587		A Coruña	00:12:15	00:36:32	00:53:49
1775	497	MARYEM SALI DUQUE	00:53:49	00:53:05	Máster 1	46	F	188	CLUB ATLETISMO SADA	A Coruña	00:12:39	00:37:18	00:53:49
1776	3000	PABLO CORRAL LÓPEZ	00:53:51	00:53:33	Senior	385	M	1588		A Coruña	00:11:51	00:36:33	00:53:51
1777	468	CARLA GARCÍA FERREIRO	00:53:51	00:53:33	Senior	60	F	189		A Coruña	00:11:51	00:36:32	00:53:51
1778	1400	EDUARDO GOMEZ RAMOS	00:53:52	00:53:12	Máster 1	363	M	1589		Oleiros	00:12:17	00:36:57	00:53:52
1779	3023	RAMON GAYOSO GONZALEZ	00:53:53	00:52:52	Máster 2	526	M	1590		A Coruña	00:12:32	00:37:01	00:53:53
1780	2351	JAIME ESTÉVEZ VIDAL	00:53:54	00:52:43	Máster 2	527	M	1591		A Coruña	00:13:44	00:37:57	00:53:54
1781	1900	CARLOS ARMENTEROS LEÓN	00:53:54	00:53:04	Máster 2	528	M	1592		A Coruña	00:12:39	00:37:29	00:53:54
1782	1856	GELASIO BERNARDEZ BUGUEIRO	00:53:54	00:53:14	Máster 4	47	M	1593		Ourense	00:12:27	00:37:16	00:53:54
1783	2594	INES IGLESIAS FRAGA	00:53:56	00:53:08	Máster 2	56	F	190		Sada	00:12:41	00:37:39	00:53:56
1784	1003	MARTA MELLA SEJIDO	00:53:56	00:52:35	Máster 1	47	F	191		Cambre	00:13:09	00:36:57	00:53:56

1785	1962	HÉCTOR ROZAS LIÑARES	00:53:56	00:52:41	Senior	386	M	1594		A Coruña	00:13:31	00:37:54	00:53:56
1786	2961	JOSE CASIANO DIAZ BUSTELO	00:53:57	00:53:07	Máster 2	529	M	1595		A Coruña	00:12:29	00:36:57	00:53:57
1787	1004	PAULA CARREGAL SOMME	00:53:57	00:53:28	Sub 23	5	F	192	Club Sysca	A Coruña	00:11:57	00:36:53	00:53:57
1788	3022	HECTOR DE CASTRO FERNÁNDEZ	00:53:58	00:52:28	Máster 1	364	M	1596		Toral De Los Vados	00:14:56	00:39:05	00:53:58
1789	2251	IÑIGO MARTÍNEZ IGLESIAS	00:53:59	00:53:35	Máster 2	530	M	1597		A Coruña	00:10:36	00:35:16	00:53:59
1790	2463	SERGIO PORTO CALVO	00:54:00	00:52:34	Máster 2	531	M	1598		A Coruña	00:14:16	00:38:01	00:54:00
1791	1915	ROBERTO CASTRO-TOME	00:54:01	00:53:14	Máster 2	532	M	1599	55 MINUTOS	A Coruña	00:12:40	00:36:40	00:54:01
1792	2716	DIEGO RODRÍGUEZ LÓPEZ	00:54:01	00:53:33	Máster 2	533	M	1600		Oleiros	00:11:30	00:36:00	00:54:01
1793	1922	LUIS PÉREZ RUIZ	00:54:04	00:52:33	Máster 2	534	M	1601		Oleiros	00:13:11	00:37:29	00:54:04
1794	1587	Mª JESÚS AMENEIRO RAMOS	00:54:05	00:53:39	Máster 2	57	F	193		Pontes De García Rodríguez, As	00:11:37	00:36:53	00:54:05
1795	2138	ALBERTO CHAO FERNANDEZ	00:54:05	00:52:22	Máster 2	535	M	1602		Culleredo	00:13:49	00:37:44	00:54:05
1796	2971	BRUNO GONZÁLEZ GARCIA	00:54:05	00:52:22	Sub 20	18	M	1603		A Coruña	00:13:50	00:37:43	00:54:05
1797	2900	MANUEL LAGO MOLEDO	00:54:06	00:53:19	Máster 2	219	M	1604	C.A. OUTES. JOHN-TURKEY	Outes	00:12:28	00:36:56	00:54:06
1798	1092	CRISTINA LÓPEZ MORAN	00:54:07	00:53:23	Máster 1	48	F	194	Nosportlimit	Culleredo	00:12:15	00:36:53	00:54:07
1799	1132	JOSE ÁNGEL IGLESIAS REMUIÑÁN	00:54:07	00:53:43	Senior	387	M	1605		Mañón	00:11:18	00:36:17	00:54:07
1800	2308	DAVID RODRIGUEZ ALVAREZ	00:54:08	00:53:00	Senior	388	M	1606		A Coruña	00:12:43	00:36:45	00:54:08
1801	1043	LUZ CACHAFEIRO GARCIA	00:54:08	00:53:38	Máster 1	49	F	195		A Coruña	00:11:54	00:36:32	00:54:08
1802	1968	ANTONI OLIVERAS DOMINGUEZ	00:54:09	00:52:42	Máster 3	220	M	1607	CLUB SOCIAL BANCO PASTOR	A Coruña	00:13:22	00:37:06	00:54:09
1803	2460	RULLAR GARRIDO POSE	00:54:12	00:52:52	Máster 2	536	M	1608		A Coruña	00:14:22	00:37:48	00:54:12
1804	2928	JUAN GARRIZ GARCIA SANTAMARINA	00:54:12	00:53:08	Máster 1	365	M	1609		A Coruña	00:12:48	00:37:17	00:54:12
1805	2446	RAMON PRESAS LOIS	00:54:12	00:52:48	Senior	389	M	1610	Drink Team	A Coruña	00:12:52	00:37:33	00:54:12
1806	2161	FERNANDO ALONSO LUACES	00:54:12	00:53:05	Máster 1	366	M	1611		Lugo	00:13:46	00:37:55	00:54:12
1807	1099	SARA SALGADO MARTÍN	00:54:13	00:53:33	Senior	61	F	196		A Coruña	00:12:04	00:36:21	00:54:13
1808	2595	PATRICIA PERTIERRA CASTAÑO	00:54:13	00:53:50	Máster 2	58	F	197	CLUB ATLETISMO SADA	Oleiros	00:11:22	00:36:20	00:54:13
1809	1797	MARINA PELETEIRO ALVAREZ	00:54:13	00:53:27	Máster 2	59	F	198		Vigo	00:12:27	00:36:57	00:54:13
1810	3007	VÍCTOR DARIO HENRÍQUEZ MORILLO	00:54:15	00:53:13	Máster 1	367	M	1612		Coruña	00:12:13	00:36:23	00:54:15
1811	1823	PILAR FERNÁNDEZ ROMERO	00:54:15	00:53:26	Máster 3	19	F	199			00:11:53	00:36:50	00:54:15
1812	1035	ANA MARIA EZQUERRA FERNANDEZ	00:54:16	00:53:21	Máster 2	60	F	200		Ferrol	00:12:33	00:37:02	00:54:16
1813	384	ALEJANDRO SANCHEZ RAMOS	00:54:17	00:53:00	Sub 23	36	M	1613		A Coruña	00:12:37	00:37:51	00:54:17
1814	2982	DANIEL SALGADO MOSQUERA	00:54:17	00:53:04	Senior	390	M	1614		Betanzos	00:13:20	00:37:46	00:54:17
1815	1089	MARÍA MANTIÑAN PAREDES	00:54:18	00:53:44	Máster 2	61	F	201		A Coruña	00:11:54	00:36:38	00:54:18
1816	1853	MANUEL JUAN BLANCO GABIN	00:54:18	00:52:49	Máster 3	221	M	1615		Betanzos	00:13:21	00:37:37	00:54:18
1817	2935	ALVARO NUÑEZ SERRET	00:54:19	00:53:17	Máster 2	537	M	1616		A Coruña	00:12:12	00:36:35	00:54:19
1818	1055	REYES CUESTA UDÍAS	00:54:21	00:53:44	Máster 2	62	F	202		Lugo	00:12:05	00:36:54	00:54:21
1819	949	JOSÉ MANUEL FERNÁNDEZ VEIGA	00:54:21	00:53:44	Máster 3	222	M	1617	RABADE CORRE	Lugo	00:12:05	00:36:54	00:54:21
1820	1509	LUIS MIGUEL COLORADO PÉREZ	00:54:21	00:53:48	Senior	391	M	1618			00:12:07	00:37:27	00:54:21
1821	2795	CARLOS TORREIRO FERNANDEZ	00:54:21	00:53:50	Máster 2	538	M	1619		A Coruña	00:11:52	00:36:16	00:54:21
1822	1983	ALVARO ZUBIELA GONZÁLEZ	00:54:22	00:53:26	Máster 3	223	M	1620		Santiago De Compostela	00:12:49	00:37:40	00:54:22
1823	132	SUSANA GONZALEZ	00:54:23	00:53:57	Máster 1	50	F	203	ARCADIA RUNNING CLUB	A Coruña	00:12:36	00:37:56	00:54:23
1824	2916	OSCAR LUIS DIAZ RODRIGUEZ	00:54:23	00:53:24	Máster 1	368	M	1621		A Coruña	00:12:53	00:37:17	00:54:23
1825	1159	FELIPE OVALLE PINTOR	00:54:24	00:53:35	Máster 1	369	M	1622		A Coruña	00:12:37	00:37:30	00:54:24
1826	2731	DIEGO SÁNCHEZ CAL	00:54:25	00:53:43	Senior	392	M	1623		Abegondo	00:12:01	00:36:34	00:54:25
1827	2146	CARLOS ALBERTO PENA PUGA	00:54:25	00:53:14	Senior	393	M	1624		Carballo	00:13:00	00:37:33	00:54:25
1828	2385	JOSÉ MANUEL LÓPEZ GARCIA	00:54:25	00:52:52	Máster 2	539	M	1625		A Coruña	00:14:21	00:37:36	00:54:25
1829	1958	ALEJANDRO LOUREDA ALVAREZ	00:54:25	00:53:30	Máster 2	540	M	1626		A Coruña	00:12:35	00:37:15	00:54:25
1830	2919	JUAN JOSE ROIBAS YAÑEZ	00:54:25	00:53:13	Máster 3	224	M	1627		Arteixo	00:12:31	00:36:54	00:54:25
1831	2598	BEGOÑA MARTÍNEZ LORENZO	00:54:26	00:53:46	Máster 2	63	F	204		Arteixo	00:11:59	00:35:54	00:54:26
1832	2793	ANGEL RAMON MARTINEZ CAMBON	00:54:26	00:53:45	Máster 3	225	M	1628		A Coruña	00:12:00	00:36:55	00:54:26
1833	1531	PABLO MENJÍBAR GARCÍA	00:54:28	00:53:55	Senior	394	M	1629		Cariño	00:12:07	00:37:25	00:54:28
1834	2709	JULIANA RODRÍGUEZ CABALLERO	00:54:28	00:52:52	Senior	62	F	205		Cundinamarca	00:13:40	00:37:40	00:54:28
1835	1000	KATY SANTOS CARRO	00:54:28	00:53:59	Máster 2	64	F	206	LA MOCHILA DEL DEPORTE	A Coruña	00:11:39	00:36:43	00:54:28

1836	510	MARILUZ SANDA GUERRA	00:54:28	00:54:00	Máster 3	20	F	207	LA MOCHILA DEL DEPORTE	Cambre	00:11:39	00:36:41	00:54:28
1837	513	SUSANA SOMME LOPEZ	00:54:29	00:54:00	Máster 2	65	F	208		A Coruña	00:11:57	00:36:52	00:54:29
1838	2346	IVÁN LEMA PENSADO	00:54:29	00:52:52	Máster 1	370	M	1630		Camariñas	00:13:55	00:38:05	00:54:29
1839	1023	LYDIA MARTÍNEZ MOUTÓN	00:54:30	00:53:56	Máster 3	21	F	209		Arteixo	00:11:47	00:36:32	00:54:30
1840	1401	BENIGNO GAREA CAO	00:54:30	00:54:04	Máster 4	48	M	1631		A Coruña	00:11:18	00:36:27	00:54:30
1841	3036	OLIVIER VALLEE	00:54:30	00:53:44	Máster 2	541	M	1632		Paris	00:12:30	00:37:43	00:54:30
1842	1938	JOSE MANUEL CAMBON REY	00:54:30	00:53:31	Máster 2	542	M	1633		A Laracha	00:13:03	00:37:21	00:54:30
1843	2135	DAVID DÍAZ PÉREZ	00:54:30	00:53:34	Máster 1	371	M	1634		A Coruña	00:12:59	00:37:43	00:54:30
1844	2198	ROBERTO MUIÑO CANEIRO	00:54:31	00:53:19	Máster 2	543	M	1635		Narón	00:13:06	00:37:23	00:54:31
1845	3033	JAVIER UBEDA LLORENTE	00:54:33	00:52:53	Máster 1	372	M	1636		Madrid	00:14:48	00:39:05	00:54:33
1846	1024	MARTA MUÑOZ PÉREZ	00:54:33	00:53:57	Máster 2	66	F	210		A Coruña	00:11:43	00:36:46	00:54:33
1847	2915	JORGE PEREZ GARCIA	00:54:34	00:53:49	Máster 2	544	M	1637		A Coruña	00:12:30	00:37:02	00:54:34
1848	1057	RUTH VILLAR LÓPEZ	00:54:35	00:53:20	Máster 1	51	F	211		A Coruña	00:13:32	00:37:55	00:54:35
1849	1335	FRANCISCO GARCIA CARRO	00:54:36	00:53:22	Máster 2	545	M	1638		A Coruña	00:12:50	00:37:17	00:54:36
1850	2038	MANUEL BLANCO PARADA	00:54:37	00:54:08	Máster 2	546	M	1639	CLUB RIALTO	A Coruña	00:11:56	00:37:15	00:54:37
1851	1940	MARCELINO DE JUAN BARQUIN	00:54:37	00:53:35	Máster 4	49	M	1640		A Coruña	00:12:41	00:37:53	00:54:37
1852	1426	CARLOS MUÑOZ LAGARON	00:54:38	00:53:24	Máster 2	547	M	1641	Nosportlimit	A Coruña	00:12:43	00:37:10	00:54:38
1853	2040	MIGUEL ANDRADE VÁZQUEZ	00:54:38	00:53:49	Máster 1	373	M	1642		Melide	00:12:47	00:37:24	00:54:38
1854	2444	RAFAEL FERNÁNDEZ GOMEZ	00:54:38	00:53:39	Máster 2	548	M	1643	RUNNING OLEIROS	Oleiros	00:12:49	00:37:12	00:54:38
1855	1350	JOSE MANUEL GARCIA CASTRO	00:54:39	00:53:24	Máster 3	226	M	1644		Culleredo	00:12:44	00:37:24	00:54:39
1856	831	MARCOS GALLEGO HANDFORD	00:54:41	00:53:06	Máster 1	374	M	1645		A Coruña	00:14:41	00:38:55	00:54:41
1857	2136	ADRIAN FERNÁNDEZ CROQUES	00:54:41	00:53:40	Senior	395	M	1646		A Coruña	00:13:09	00:37:38	00:54:41
1858	2034	LUIS GALLEGO HANDFORD	00:54:41	00:53:06	Máster 2	549	M	1647		A Coruña	00:14:41	00:38:55	00:54:41
1859	2416	MARCOS MARTINEZ CASTRO	00:54:41	00:53:03	Senior	396	M	1648		Camariñas	00:13:55	00:38:05	00:54:41
1860	2047	NICOLÁS MOLINA SANTIAGO	00:54:42	00:54:24	Máster 1	375	M	1649	ATLETICA A SILVA	A Coruña	00:11:33	00:37:14	00:54:42
1861	1506	JULIO CAÑAS LARA	00:54:42	00:53:32	Máster 2	550	M	1650		A Coruña	00:13:30	00:38:09	00:54:42
1862	1085	TERESA LÓPEZ DE LA VEGA	00:54:42	00:54:20	Máster 2	67	F	212		Ferrol	00:12:38	00:37:37	00:54:42
1863	834	MANU MUIÑO MIRON	00:54:42	00:54:05	Máster 3	227	M	1651		Sada	00:11:58	00:37:13	00:54:42
1864	1017	MARÍA DEL CARMEN IGLESIAS PENAS	00:54:44	00:54:29	Máster 2	68	F	213		A Coruña	00:11:06	00:36:53	00:54:44
1865	1373	SERGIO RODRÍGUEZ RODRÍGUEZ	00:54:46	00:53:24	Máster 1	376	M	1652		Bergondo	00:13:20	00:37:52	00:54:46
1866	1032	LORENA ARRUÑADA RICO	00:54:47	00:54:04	Senior	63	F	214	Nutrien3	Pontenova, A	00:12:00	00:36:27	00:54:47
1867	2108	EDGAR SAAVEDRA NAVEIRA	00:54:48	00:53:39	Senior	397	M	1653		Pontes De García Rodríguez, As	00:13:12	00:37:48	00:54:48
1868	3082	MANUEL ANGEL COBAS OTERO	00:54:48	00:53:43	Máster 3	228	M	1654	ATLETISMO FONTES DO SAR	Ames	00:12:56	00:37:33	00:54:48
1869	476	MARIA GONZALEZ-REGALADO ABEL	00:54:49	00:54:25	Máster 2	69	F	215		Abegondo	00:11:22	00:36:45	00:54:49
1870	2854	LARA REY DÍAZ	00:54:52	00:53:44	Máster 2	70	F	216		Arteixo	00:13:19	00:37:36	00:54:52
1871	2862	IRENE MANDIÁ MUÑOZ	00:54:53	00:54:11	Máster 2	71	F	217		Oleiros	00:12:11	00:36:49	00:54:53
1872	1861	ENRIQUE FERNANDEZ ROSADO	00:54:54	00:53:36	Máster 2	551	M	1655		Betanzos	00:13:14	00:37:27	00:54:54
1873	2267	ALEJANDRO LLORENTE MONTES	00:54:55	00:54:08	Máster 1	377	M	1656		Aranda De Duero	00:13:09	00:37:33	00:54:55
1874	2966	JAVIER GARCÍA DEL VALLE	00:54:55	00:53:19	Máster 3	229	M	1657		A Coruña	00:14:55	00:38:54	00:54:55
1875	3054	RUBEN SUAREZ MARTINEZ	00:54:57	00:53:43	Máster 2	552	M	1658		A Coruña	00:13:36	00:38:03	00:54:57
1876	3003	FELIX ALONSO CID	00:54:59	00:53:37	Máster 1	378	M	1659		A Coruña	00:13:58	00:38:35	00:54:59
1877	2155	DAVID IGLESIAS PENA	00:54:59	00:54:03	Máster 1	379	M	1660	Club del Mar de San Amaro	A Coruña	00:12:26	00:37:45	00:54:59
1878	1933	DIEGO MANUEL PALLA NOGUEIRA	00:54:59	00:54:03	Máster 1	380	M	1661		A Coruña	00:12:29	00:37:43	00:54:59
1879	1079	BERTA SUAREZ	00:55:02	00:54:16	Senior	64	F	218		Carballo	00:12:39	00:36:56	00:55:02
1880	1473	JAIME JOSÉ PONTE MARIN	00:55:02	00:54:32	Máster 2	553	M	1662		Oleiros	00:11:37	00:36:54	00:55:02
1881	2020	JOSE ANTONIO BOCELO PRIETO	00:55:02	00:53:51	Máster 3	230	M	1663		Cambre	00:13:28	00:38:14	00:55:02
1882	1318	JAVIER PASTOR DÍAZ MOSQUERA	00:55:03	00:54:20	Senior	398	M	1664	NOITEBRA	Ferrol	00:12:28	00:37:17	00:55:03
1883	2030	JUAN MIGUEL MONTERO LENCE	00:55:03	00:53:32	Máster 2	554	M	1665		Cambre	00:13:03	00:37:42	00:55:03
1884	2932	FERNANDO USERO HERCILLA	00:55:03	00:53:48	Senior	399	M	1666		Salamanca	00:13:22	00:38:01	00:55:03
1885	1028	ANGELES AMOR GARCÍA	00:55:04	00:54:27	Máster 2	72	F	219	CLUB ATLETISMO SADA	Sada	00:12:18	00:37:48	00:55:04
1886	2428	NAHUEL VÁZQUEZ NAYA	00:55:04	00:53:27	Senior	400	M	1667		Oleiros	00:14:43	00:38:54	00:55:04

1887	2729	IVAN TENREIRO RECOUSO	00:55:04	00:54:27	Senior	401	M	1668	CLUB ATLETISMO SADA	Miño	00:12:17	00:37:48	00:55:04
1888	1961	FRANCISCO JAVIER SANCHEZ FRESCO	00:55:05	00:54:09	Máster 3	231	M	1669			00:12:43	00:37:52	00:55:05
1889	1917	ALONSO ÁLVAREZ VENTOSO	00:55:05	00:54:02	Máster 3	232	M	1670		A Coruña	00:12:40	00:37:53	00:55:05
1890	1944	RUBÉN DÍAZ GIL	00:55:05	00:53:43	Máster 1	381	M	1671		A Coruña	00:13:19	00:38:18	00:55:05
1891	1458	FRANCISCO JAVIER BERMÚDEZ CERQUEIRO	00:55:06	00:53:39	Máster 1	382	M	1672		A Coruña	00:14:16	00:39:19	00:55:06
1892	2773	ALEJANDRO SANTOS FOUZ	00:55:07	00:54:00	Senior	402	M	1673		A Coruña	00:12:08	00:36:46	00:55:07
1893	481	OLGA SENA HERRERO	00:55:07	00:54:03	Senior	65	F	220		A Coruña	00:12:59	00:37:49	00:55:07
1894	2127	ALFREDO GARRIDO MANTEIGA	00:55:08	00:54:16	Máster 2	555	M	1674		Culleredo	00:13:14	00:37:51	00:55:08
1895	1913	RAUL GARCIA BLANES	00:55:09	00:54:23	Máster 1	383	M	1675	55 MINUTOS	A Coruña	00:12:39	00:37:08	00:55:09
1896	1326	MANUEL VILAS SANCHEZ	00:55:10	00:54:46	Máster 3	233	M	1676		A Coruña	00:11:12	00:36:30	00:55:10
1897	462	LAURA ABAL MAGARIÑOS	00:55:10	00:54:36	Sub 23	6	F	221	ATLETISMO +9 MORAÑA	Caldas De Reis	00:12:30	00:38:03	00:55:10
1898	2422	MIGUEL ANGEL ALONSO PEREZ	00:55:10	00:53:52	Máster 1	384	M	1677		A Coruña	00:13:23	00:37:55	00:55:10
1899	2116	ANTONIO MANUEL VILLAR TEJIDO	00:55:11	00:54:35	Máster 2	556	M	1678		A Coruña	00:12:04	00:37:11	00:55:11
1900	1989	CARLOS ACACIO REY TARRIO	00:55:11	00:53:59	Máster 1	385	M	1679		A Coruña	00:13:05	00:37:36	00:55:11
1901	2001	FRAN FERNANDEZ-PEITEADO FERNANDEZ	00:55:11	00:54:05	Máster 2	557	M	1680	COMPAÑIA DE MARÍA CORUÑA	A Coruña	00:12:46	00:37:34	00:55:11
1902	747	DANIEL ESPERANZA CLAUDIO	00:55:12	00:54:52	Máster 3	234	M	1681	FLUVIAL DE LUGO	Lugo	00:11:08	00:36:35	00:55:12
1903	2780	OSCAR NOGUEIRA PEDREIRA	00:55:13	00:54:05	Máster 2	558	M	1682		A Coruña	00:13:30	00:37:59	00:55:13
1904	2148	CESAR SANJURJO PITA	00:55:14	00:54:21	Senior	403	M	1683		Sada	00:13:01	00:38:16	00:55:14
1905	843	MARCOS MARTINEZ MOREIRA	00:55:15	00:54:22	Máster 2	559	M	1684	Soleada	A Coruña	00:13:02	00:38:16	00:55:15
1906	2827	MARIA TERESA NIETO BARREIRA	00:55:16	00:54:29	Máster 3	22	F	222		A Coruña	00:12:24	00:37:30	00:55:16
1907	2931	RUBEN LOPEZ PEREZ	00:55:16	00:54:04	Máster 2	560	M	1685		A Coruña	00:13:26	00:38:16	00:55:16
1908	121	ISABEL BREA POSE	00:55:16	00:54:57	Máster 4	3	F	223	EGOVARROS DE VIVEIRO	A Coruña	00:12:34	00:37:45	00:55:16
1909	1439	DIEGO SUÁREZ GANTES	00:55:16	00:54:19	Máster 3	235	M	1686		A Coruña	00:12:27	00:36:50	00:55:16
1910	1953	RAMÓN ANDRÉS ACEBRÁS BARCIA	00:55:18	00:54:17	Máster 2	561	M	1687	CLUB ATLETISMO SADA	Oleiros	00:13:30	00:38:23	00:55:18
1911	959	LUIS JOSE RAMOS ODRIGUEZ	00:55:18	00:53:58	Máster 2	562	M	1688		A Coruña	00:13:41	00:38:24	00:55:18
1912	2248	MARIANO RAMIREZ FERNANDEZ	00:55:18	00:53:58	Máster 2	563	M	1689	POLLO LOKO TEAM	A Coruña	00:13:38	00:38:22	00:55:18
1913	1119	JOSE MARIA MEJUTO SOUTO	00:55:18	00:53:58	Máster 2	564	M	1690		Oleiros	00:13:42	00:38:22	00:55:18
1914	140	SARA VEIGA BLANCO	00:55:21	00:55:14	Sub 23	7	F	224		A Coruña	00:10:55	00:36:39	00:55:21
1915	1575	SONSOLES ESTRAVIZ FERNÁNDEZ	00:55:24	00:54:43	Senior	66	F	225		A Coruña	00:12:22	00:37:22	00:55:24
1916	1515	MARCOS LOPEZ GOMEZ	00:55:24	00:54:42	Máster 3	236	M	1691		A Coruña	00:12:24	00:37:22	00:55:24
1917	2221	ISMAEL ALDAO VIDAL	00:55:25	00:54:35	Máster 2	565	M	1692		A Coruña	00:12:16	00:37:24	00:55:25
1918	2009	IVÁN NOGUEROL DIZ	00:55:27	00:54:15	Senior	404	M	1693		Oza Dos Ríos	00:13:03	00:37:54	00:55:27
1919	3045	DIEGO BLANCO GOMEZ	00:55:28	00:54:34	Máster 1	386	M	1694		Cambre	00:13:32	00:39:28	00:55:28
1920	2313	DIEGO CASTRO TRILLO	00:55:30	00:54:22	Senior	405	M	1695		A Coruña	00:13:39	00:38:33	00:55:30
1921	2045	MIGUEL ANGEL GONZALEZ TALAVERO	00:55:30	00:54:24	Máster 3	237	M	1696	ATLETAS DE ACEA DE AMA	Culleredo	00:12:47	00:37:54	00:55:30
1922	2447	RAÚL BLANCO RUBIO	00:55:31	00:54:06	Máster 1	387	M	1697		Madrid	00:13:10	00:37:48	00:55:31
1923	1011	MARÍA LUISA MATEO CASÁÑEZ	00:55:31	00:54:54	Máster 2	73	F	226		A Coruña	00:12:13	00:37:26	00:55:31
1924	1358	CARLOS MORÁN FRANCO	00:55:31	00:54:55	Máster 2	566	M	1698		A Coruña	00:12:09	00:37:22	00:55:31
1925	2025	JOSE MANUEL GOMEZ LOURO	00:55:32	00:54:05	Senior	406	M	1699		Ordes	00:14:08	00:39:02	00:55:32
1926	2110	MONCHO MOSQUERA PAN	00:55:33	00:54:27	Máster 3	238	M	1700	Hercules Termaria	Miño	00:13:06	00:38:01	00:55:33
1927	2434	OVIDIO VEIGA	00:55:34	00:54:05	Máster 2	567	M	1701		A Coruña	00:14:08	00:39:01	00:55:34
1928	1039	ESTÍBALIZ GARCÍA GÓMEZ	00:55:34	00:54:19	Máster 1	52	F	227	Nosportlimit	Cambre	00:13:23	00:37:56	00:55:34
1929	2440	PEDRO LUIS FERNANDEZ SUAREZ	00:55:34	00:54:42	Máster 3	239	M	1702		A Coruña	00:12:21	00:37:06	00:55:34
1930	1029	ROCÍO FERNÁNDEZ LARRAÑAGA	00:55:35	00:55:01	Sub 23	8	F	228		A Coruña	00:12:28	00:37:54	00:55:35
1931	2102	FELIX VARELA MARTÍNEZ	00:55:35	00:54:24	Máster 1	388	M	1703		A Coruña	00:13:09	00:37:38	00:55:35
1932	1585	SORAYA VARELA BAO	00:55:35	00:55:01	Máster 1	53	F	229	Club Hércules Termaria	A Coruña	00:11:49	00:37:28	00:55:35
1933	489	Mª PILAR MÚGICA ELORZA	00:55:36	00:55:04	Máster 2	74	F	230		A Coruña	00:11:54	00:37:16	00:55:36
1934	2979	JAVI POMBAR	00:55:37	00:54:44	Senior	407	M	1704		A Coruña	00:12:31	00:37:36	00:55:37
1935	2836	FATIMA FREIRE CASTRO	00:55:37	00:54:44	Senior	67	F	231		A Coruña	00:12:39	00:37:36	00:55:37
1936	1858	MIGUEL DAPENA LÓPEZ	00:55:40	00:55:14	Máster 3	240	M	1705	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	00:11:42	00:37:02	00:55:40
1937	2414	MARCOS SALGADO VÁZQUEZ	00:55:41	00:54:30	Senior	408	M	1706		A Coruña	00:14:12	00:39:01	00:55:41

1938	1027	ANA LÓPEZ SUÁREZ	00:55:43	00:55:16	Máster 3	23	F	232		A Coruña	00:11:26	00:37:01	00:55:43
1939	2056	RODRIGO CAJAMARCA RIVERA	00:55:43	00:55:08	Senior	409	M	1707		Ferrol	00:11:53	00:37:00	00:55:43
1940	2023	JOSE CLEMENTE SERRANO GARCIA	00:55:43	00:54:32	Máster 3	241	M	1708		A Coruña	00:13:19	00:38:28	00:55:43
1941	1379	FERNANDO RÚA PEINÓ	00:55:43	00:54:30	Máster 2	568	M	1709		A Coruña	00:13:10	00:38:38	00:55:43
1942	2472	VICTOR MANUEL LAVANDEIRA GARCIA	00:55:44	00:54:25	Máster 1	389	M	1710		Carballo	00:14:22	00:40:09	00:55:44
1943	1946	SERGIO VISPO	00:55:47	00:54:13	Máster 2	569	M	1711		A Coruña	00:13:39	00:38:24	00:55:47
1944	1461	GABRIEL REY SANCHEZ	00:55:51	00:54:18	Máster 3	242	M	1712	-	A Coruña	00:14:24	00:37:37	00:55:51
1945	1538	RUBEN DARIO GARCIA MATOS	00:55:52	00:54:04	Máster 1	390	M	1713		A Coruña	00:13:58	00:38:28	00:55:52
1946	1573	SORAYA ALVIÁREZ MILANO	00:55:52	00:54:42	Máster 3	24	F	233		Culleredo	00:13:33	00:38:20	00:55:52
1947	2349	JACOBO GUTIÉRREZ SÁNCHEZ	00:55:52	00:54:35	Senior	410	M	1714		Oleiros	00:13:26	00:38:41	00:55:52
1948	1973	CARLOS SÁNCHEZ ROMERO	00:55:54	00:54:54	Máster 2	570	M	1715		Oleiros	00:12:51	00:37:57	00:55:54
1949	2340	HÉCTOR FERNÁNDEZ FERNÁNDEZ	00:55:54	00:54:09	Senior	411	M	1716		A Coruña	00:13:59	00:38:45	00:55:54
1950	1836	SOFÍA LAGO BELLO	00:55:54	00:54:09	Sub 23	9	F	234		A Coruña	00:13:58	00:38:42	00:55:54
1951	2119	JORGE VIGO MENELENDEZ	00:55:56	00:55:10	Máster 1	391	M	1717		Culleredo	00:12:43	00:38:21	00:55:56
1952	2124	SERGIO CABANAS GUTIERREZ	00:55:57	00:55:18	Senior	412	M	1718		A Baña	00:13:04	00:38:49	00:55:57
1953	3030	GUSTAVO MANUEL PEÑA ESTEVE	00:55:58	00:54:39	Máster 2	571	M	1719		A Coruña	00:13:37	00:37:59	00:55:58
1954	2358	JAVIER SEGADE SEOANE	00:55:58	00:55:18	Senior	413	M	1720			00:13:06	00:38:50	00:55:58
1955	1986	ARMANDO OLMOS RUBIO	00:55:59	00:55:26	Máster 2	572	M	1721		Bilbao	00:12:25	00:38:19	00:55:59
1956	2240	JAVIER CASTRO DOGGIO	00:55:59	00:55:18	Senior	414	M	1722		As Somozas	00:13:03	00:38:48	00:55:59
1957	1993	DAVID VIDAL MONASTERIO	00:55:59	00:54:52	Máster 1	392	M	1723		A Coruña	00:12:11	00:37:28	00:55:59
1958	2080	JAVIER PELÁEZ RODRÍGUEZ-SEDANO	00:56:00	00:54:35	Máster 4	50	M	1724		A Coruña	00:13:40	00:38:52	00:56:00
1959	1071	SARA BARRERA BLANCO	00:56:00	00:55:25	Máster 4	4	F	235	RUNNING OLEIROS	A Coruña	00:12:20	00:37:36	00:56:00
1960	2945	JULEN BUENO IBARRONDO	00:56:02	00:54:40	Máster 3	243	M	1725		Bilbao	00:13:57	00:38:35	00:56:02
1961	1994	DAVID GARCÍA DE LA FUENTE	00:56:02	00:55:09	Máster 2	573	M	1726	55MINUTOA	A Coruña	00:13:51	00:38:25	00:56:02
1962	2017	JOSÉ ALBERTO SIMON SÁNCHEZ	00:56:03	00:54:37	Máster 2	574	M	1727		A Coruña	00:13:28	00:38:26	00:56:03
1963	2949	JOSÉ LUIS GONZALEZ CARDALDA	00:56:03	00:54:48	Máster 2	575	M	1728	A.D. Cerne	A Coruña	00:12:44	00:37:48	00:56:03
1964	1146	JULEN MAYOR	00:56:03	00:54:48	Máster 2	576	M	1729	ad cerne	A Coruña	00:12:44	00:37:50	00:56:03
1965	2896	JUAN FERNANDEZ ROJO	00:56:03	00:54:43	Máster 3	244	M	1730		Oleiros	00:13:40	00:38:52	00:56:03
1966	1510	MANUEL LOPEZ PETINAL	00:56:04	00:54:49	Máster 2	577	M	1731	INDEPENDIENTE	A Coruña	00:13:30	00:38:21	00:56:04
1967	2826	NATALIA RAMOS REVIDIEGO	00:56:05	00:55:03	Senior	68	F	236		Ferrol	00:14:01	00:39:04	00:56:05
1968	2967	JORGE NICOLÁS ALONSO MARÍN	00:56:05	00:55:03	Senior	415	M	1732		Ferrol	00:14:01	00:39:05	00:56:05
1969	1435	DAVID RUIZ DIAZ	00:56:05	00:55:33	Senior	416	M	1733		A Coruña	00:12:19	00:38:31	00:56:05
1970	2085	JOSÉ LUIS PEREIRA TORRES	00:56:05	00:54:35	Máster 3	245	M	1734		A Coruña	00:14:11	00:39:19	00:56:05
1971	2298	CESAR DIEGO	00:56:05	00:55:02	Máster 2	578	M	1735		A Coruña	00:13:40	00:39:04	00:56:05
1972	1748	EMILIA BERAUA RUIZ	00:56:06	00:55:10	Máster 2	75	F	237		A Coruña	00:12:52	00:38:22	00:56:06
1973	2461	SANTI GROBA ABRIL	00:56:06	00:54:26	Senior	417	M	1736		Vigo	00:14:54	00:40:47	00:56:06
1974	2098	ALBERTO DAVILA GONZÁLEZ	00:56:07	00:55:20	Senior	418	M	1737		A Coruña	00:12:53	00:38:25	00:56:07
1975	2111	OSCAR DAVID CARREIRA CARBALLAL	00:56:07	00:55:22	Máster 2	579	M	1738		A Coruña	00:12:32	00:38:03	00:56:07
1976	2366	JOHN VAZQUEZ BLANCO	00:56:09	00:54:36	Máster 2	580	M	1739		A Coruña	00:14:36	00:39:21	00:56:09
1977	2809	ANXO MENA RODRÍGUEZ	00:56:09	00:54:47	Máster 1	393	M	1740	Sputniks	Carral	00:13:46	00:39:12	00:56:09
1978	2802	LUCIANO PARDO FERNANDEZ	00:56:09	00:54:35	Máster 3	246	M	1741		Culleredo	00:13:30	00:38:31	00:56:09
1979	2365	JESUS MANUEL COUSILLAS DOURADO	00:56:10	00:55:05	Senior	419	M	1742		A Coruña	00:13:11	00:38:41	00:56:10
1980	2048	NOE VAMONDE BLANCO	00:56:10	00:54:32	Máster 2	581	M	1743		Culleredo	00:14:17	00:39:13	00:56:10
1981	1699	SARA CUESTA GARCIA	00:56:11	00:55:07	Máster 1	54	F	238		A Coruña	00:14:15	00:39:29	00:56:11
1982	2121	SANTIAGO AZNAL GARCÍA-BLANCO	00:56:11	00:55:13	Senior	420	M	1744		A Coruña	00:13:16	00:39:27	00:56:11
1983	1013	ANA VARELA REGUERA	00:56:13	00:55:21	Máster 1	55	F	239	ATLETISMO CARBALLO	Carballo	00:12:47	00:37:59	00:56:13
1984	2585	JESÚS RODRÍGUEZ DOMÍNGUEZ	00:56:13	00:54:50	Máster 3	247	M	1745		Culleredo	00:14:02	00:38:46	00:56:13
1985	1610	LUISA ÁNGELES SÁNCHEZ MÉNDEZ	00:56:13	00:55:15	Máster 3	25	F	240		Cambre	00:12:58	00:38:34	00:56:13
1986	385	ANGEL GARCIA VARELA	00:56:13	00:55:32	Senior	421	M	1746	A.D. DOWNHILL	Carballo	00:12:33	00:37:46	00:56:13
1987	2954	ARTURO LUIS GARCIA BASALO	00:56:13	00:55:21	Máster 3	248	M	1747		Carballo	00:12:47	00:38:00	00:56:13
1988	2254	ADRIÁN ALÁEZ AYÁN	00:56:14	00:54:49	Senior	422	M	1748		A Coruña	00:12:48	00:38:14	00:56:14

1989	1082	PATRICIA GARCIA MATO	00:56:15	00:55:33	Senior	69	F	241		Malpica De Bergantiños	00:12:33	00:37:44	00:56:15
1990	1901	DAMIÁN FERNÁNDEZ FERNÁNDEZ	00:56:15	00:55:18	Máster 1	394	M	1749		Cervo	00:13:44	00:39:11	00:56:15
1991	1735	CARMELA BECERRA VÁZQUEZ	00:56:16	00:55:20	Máster 2	76	F	242		Ordes	00:13:13	00:38:44	00:56:16
1992	2072	NICOLÁS ALBERTE MIGUÉLEZ	00:56:16	00:55:29	Senior	423	M	1750		A Coruña	00:12:00	00:37:48	00:56:16
1993	2182	JOSE MARIA SUAREZ MARIÑO	00:56:16	00:55:26	Máster 3	249	M	1751		A Coruña	00:12:42	00:38:12	00:56:16
1994	2117	DAVID ALONSO VEGA	00:56:17	00:54:51	Máster 1	395	M	1752		A Coruña	00:14:16	00:39:24	00:56:17
1995	1809	NATALIA NOVO QUIZA	00:56:17	00:55:26	Senior	70	F	243		Cariño	00:13:13	00:38:50	00:56:17
1996	2913	FRANCISCO VILA BALEATO	00:56:19	00:54:56	Máster 2	582	M	1753		A Coruña	00:13:41	00:39:10	00:56:19
1997	2287	ARTURO REY LLAMOSAS	00:56:20	00:55:03	Senior	424	M	1754		A Coruña	00:14:04	00:38:58	00:56:20
1998	2272	ALEXIS PEDREIRA RAMOS	00:56:20	00:54:49	Máster 1	396	M	1755		A Coruña	00:14:18	00:39:13	00:56:20
1999	1804	MIRIAM NEIRA DÍAZ	00:56:21	00:55:27	Senior	71	F	244		A Coruña	00:12:29	00:38:06	00:56:21
2000	1565	CRUZ RODRÍGUEZ SUÁREZ	00:56:21	00:55:34	Máster 2	77	F	245	ATLETAS DE ACEA DE AMA	A Coruña	00:12:37	00:38:26	00:56:21
2001	827	SANTIAGO GARCIA QUIZA	00:56:21	00:55:30	Máster 1	397	M	1756	Culito Prieto Team	A Coruña	00:13:10	00:38:49	00:56:21
2002	2953	JORGE BARRO MORENO	00:56:23	00:55:30	Máster 1	398	M	1757		A Coruña	00:12:48	00:38:15	00:56:23
2003	508	MARIA FE IGLESIAS BLANCO	00:56:23	00:55:06	Máster 2	78	F	246		A Coruña	00:13:05	00:38:21	00:56:23
2004	3012	RUBÉN FREIRE VÁZQUEZ	00:56:24	00:55:23	Senior	425	M	1758		Abegondo	00:13:05	00:38:41	00:56:24
2005	1881	MANUEL ANGEL LINARES FRANCO	00:56:24	00:55:06	Máster 2	583	M	1759		A Coruña	00:13:05	00:38:22	00:56:24
2006	2067	AITOR GUINEA UNZALU	00:56:24	00:55:30	Máster 2	584	M	1760		A Coruña	00:12:12	00:38:16	00:56:24
2007	2952	DALMACIO CASADO RODRIGUEZ	00:56:25	00:55:37	Máster 3	250	M	1761			00:12:37	00:38:18	00:56:25
2008	2012	JERÓNIMO MIGUEL BLANCO	00:56:25	00:55:09	Máster 2	585	M	1762		Culleredo	00:13:45	00:39:38	00:56:25
2009	3010	ADOLFO RUMBO REY	00:56:25	00:55:24	Máster 4	51	M	1763	C.D. EGOVARROS-VIVEIRO	A Coruña	00:13:01	00:38:01	00:56:25
2010	2620	DAVID MARTÍNEZ VILAS	00:56:25	00:54:56	Senior	426	M	1764		A Coruña	00:14:21	00:39:32	00:56:25
2011	1842	TANIA ANDREA PARDIÑAS FERREIRO	00:56:26	00:55:40	Senior	72	F	247		Zas	00:13:48	00:39:14	00:56:26
2012	1399	ANTONIO GONZÁLEZ FRANCO	00:56:27	00:55:57	Máster 3	251	M	1765		Cee	00:11:37	00:37:51	00:56:27
2013	1021	ALMA TRILLO FERNÁNDEZ	00:56:27	00:55:31	Máster 2	79	F	248	CLUB ATLETISMO SADA	Oleiros	00:13:46	00:38:45	00:56:27
2014	1727	AROA PICOS LEÓN	00:56:27	00:55:12	Sub 23	10	F	249		Narón	00:13:20	00:38:50	00:56:27
2015	2089	JULIO ESCALANTE DIEGO	00:56:28	00:55:26	Máster 3	252	M	1766	CLUB ATLETISMO SADA	Bergondo	00:13:37	00:39:03	00:56:28
2016	2180	JOSÉ LUIS VILLAR MANTIÑÁN	00:56:30	00:55:10	Máster 2	586	M	1767			00:13:29	00:38:14	00:56:30
2017	2063	DAVID LAMAS RAMA	00:56:30	00:55:49	Máster 1	399	M	1768		Oleiros	00:12:08	00:38:42	00:56:30
2018	2035	LUIS PERNAS HERMIDA	00:56:32	00:55:33	Máster 2	587	M	1769		A Coruña	00:12:59	00:38:28	00:56:32
2019	2149	DAMIAN KUNA	00:56:34	00:55:06	Sub 23	37	M	1770		Krosno Odrzanskie	00:13:36	00:39:03	00:56:34
2020	1976	FRANCISCO ABUIN GARCÍA	00:56:35	00:54:59	Máster 2	588	M	1771		Santiago De Compostela	00:13:59	00:39:13	00:56:35
2021	2371	JORGE JUAN TABOADA VÁZQUEZ	00:56:35	00:55:21	Máster 1	400	M	1772		Oleiros	00:13:15	00:38:42	00:56:35
2022	1067	ÁNGELES SALMONTE VARELA	00:56:35	00:56:12	Máster 3	26	F	250	CLUB ATLETISMO O PINO	Pino, O	00:11:53	00:38:06	00:56:35
2023	2662	JAVIER GARCÍA CEDEIRA	00:56:35	00:55:06	Senior	427	M	1773		A Coruña	00:14:21	00:39:33	00:56:35
2024	1076	ARANTXA ABAD PÉREZ	00:56:36	00:55:43	Máster 2	80	F	251	Nosportlimit	A Coruña	00:12:47	00:38:23	00:56:36
2025	1019	TERESA MEJIDE CARRO	00:56:36	00:55:45	Máster 2	81	F	252		A Coruña	00:13:00	00:38:57	00:56:36
2026	2015	JORDI CURROS DOMÉNECH	00:56:37	00:55:44	Máster 2	589	M	1774	A.D. Cerne	A Coruña	00:13:07	00:38:45	00:56:37
2027	996	ANA MARIA FERNÁNDEZ BELLO	00:56:37	00:55:44	Máster 1	56	F	253	Nosportlimit	A Coruña	00:12:47	00:38:26	00:56:37
2028	1679	IRENE FERNANDEZ PREGO	00:56:37	00:55:24	Máster 2	82	F	254		A Coruña	00:13:14	00:38:51	00:56:37
2029	1817	NURIA PÉREZ PARDO	00:56:39	00:55:13	Máster 1	57	F	255		A Coruña	00:14:15	00:39:59	00:56:39
2030	1566	INÉS VALIÑO	00:56:39	00:55:47	Máster 1	58	F	256	TRIATLÓN ARTEIXO	Oleiros	00:12:42	00:38:28	00:56:39
2031	1722	ANDREA PERNAS JORGE	00:56:39	00:55:48	Senior	73	F	257		Cariño	00:13:11	00:38:49	00:56:39
2032	2386	JOSÉ MANUEL DE PEDRE CASTRO	00:56:41	00:55:07	Máster 2	590	M	1775		Culleredo	00:14:40	00:39:40	00:56:41
2033	2076	ANTONIO AÑEIRO REY	00:56:46	00:55:41	Máster 4	52	M	1776		Ferrol	00:13:31	00:39:03	00:56:46
2034	1567	MARIA ZARZOSA ESTEVEZ	00:56:46	00:55:31	Senior	74	F	258		A Laracha	00:13:30	00:39:21	00:56:46
2035	2981	XOSÉ MANUEL CANCELGA GARCÍA	00:56:48	00:55:17	Máster 2	591	M	1777		Malpica De Bergantiños	00:13:39	00:39:21	00:56:48
2036	3067	DAVID VALIÑO RAMOS	00:56:48	00:55:40	Senior	428	M	1778		Oleiros	00:12:51	00:38:13	00:56:48
2037	2052	PABLO JOSÉ GARCIA SUÁREZ	00:56:49	00:55:47	Máster 2	592	M	1779		A Coruña	00:12:47	00:38:04	00:56:49
2038	2058	RUBÉN VILAR VÁZQUEZ	00:56:49	00:55:59	Máster 1	401	M	1780		A Coruña	00:12:51	00:38:47	00:56:49
2039	2343	IAGO PEREZ RODRÍGUEZ	00:56:49	00:55:41	Senior	429	M	1781		A Coruña	00:13:40	00:39:08	00:56:49

2040	1534	ROBERTO ALVAREZ RAMOS	00:56:50	00:55:30	Máster 2	593	M	1782		A Coruña	00:13:08	00:38:28	00:56:50
2041	1653	MARTA VIZCAINO ABELEDO	00:56:50	00:55:43	Senior	75	F	259		A Coruña	00:13:39	00:39:06	00:56:50
2042	2968	JOSE LUIS BUÑO MIGUEZ	00:56:50	00:56:04	Máster 3	253	M	1783		A Coruña	00:12:43	00:38:51	00:56:50
2043	2094	ANGEL DELGADO BARONA	00:56:52	00:56:06	Máster 2	594	M	1784	Los Pezes	A Coruña	00:12:19	00:38:19	00:56:52
2044	2070	DOMINGO MOLEJON VARELA	00:56:52	00:56:09	Máster 3	254	M	1785	Club Social Banco Pastor	Oleiros	00:11:44	00:38:10	00:56:52
2045	1990	DANIEL GARCÍA GUZMÁN	00:56:52	00:55:20	Senior	430	M	1786		A Coruña	00:13:17	00:38:36	00:56:52
2046	1572	NOEMI RODRIGUEZ CONDE	00:56:53	00:55:48	Máster 1	59	F	260		A Coruña	00:13:12	00:38:37	00:56:53
2047	3055	ALFONSO CHICO CARBALLAS	00:56:53	00:55:55	Máster 3	255	M	1787		A Coruña	00:12:42	00:38:20	00:56:53
2048	2907	XOAN FERNÁNDEZ RILO	00:56:53	00:55:34	Máster 3	256	M	1788		Miño	00:13:24	00:38:43	00:56:53
2049	1022	ELENA PEREIRA BERNARDEZ	00:56:54	00:55:53	Máster 2	83	F	261	CLUB ATLETISMO SADA	A Coruña	00:13:37	00:39:15	00:56:54
2050	1275	JOSE FRANCISCO BUÑO BARREIRO	00:56:55	00:56:18	Máster 2	595	M	1789		A Coruña	00:11:47	00:37:29	00:56:55
2051	2875	ISIS BASANTA IGLESIAS	00:56:55	00:55:57	Senior	76	F	262		Cambre	00:13:29	00:39:09	00:56:55
2052	2059	RUBÉN MOURE CAAMAÑO	00:56:55	00:55:43	Senior	431	M	1790		Cambre	00:13:03	00:38:56	00:56:55
2053	2178	JOSÉ EDUARDO PALLA NOGUEIRA	00:56:57	00:56:01	Máster 2	596	M	1791		A Coruña	00:12:44	00:39:39	00:56:57
2054	2454	ROI MOLDES CRUZ	00:56:58	00:55:20	Senior	432	M	1792		Sada	00:14:22	00:39:45	00:56:58
2055	1982	ALFREDO PENEDO PARDO	00:56:58	00:55:23	Máster 2	597	M	1793		Oleiros	00:14:40	00:39:39	00:56:58
2056	1893	EUGENIO PARDO PARDO	00:56:59	00:55:45	Máster 2	598	M	1794		Noia	00:14:19	00:40:25	00:56:59
2057	1937	GABRIEL GUSTAVO CAPARRA DERAMO	00:56:59	00:55:41	Máster 3	257	M	1795		Cambre	00:13:52	00:38:48	00:56:59
2058	1770	LAURA LOPEZ LOPEZ	00:56:59	00:55:43	Senior	77	F	263		Oleiros	00:13:17	00:38:49	00:56:59
2059	2873	TERESA GALMAN SOUTO	00:56:59	00:56:11	Máster 3	27	F	264	CLUB ATLETISMO SADA	Sada	00:12:22	00:38:10	00:56:59
2060	1094	LAURA VILELA REGUEIRO	00:57:00	00:55:32	Máster 1	60	F	265		A Coruña	00:14:19	00:39:31	00:57:00
2061	2395	JUAN CARLOS BARBEITO IGLESIAS	00:57:00	00:55:49	Máster 3	258	M	1796		A Coruña	00:12:59	00:38:49	00:57:00
2062	2391	JUAN DIEGUEZ	00:57:00	00:56:04	Máster 3	259	M	1797		A Coruña	00:12:53	00:38:33	00:57:00
2063	2191	MANUEL BEREÁ RUIZ	00:57:01	00:56:05	Máster 3	260	M	1798	Hercules Termaria	A Coruña	00:12:54	00:38:35	00:57:01
2064	2951	AITOR QUINTEIRO SEOANE	00:57:01	00:55:52	Máster 2	599	M	1799		A Coruña	00:13:27	00:39:19	00:57:01
2065	2134	CARLOS LÓPEZ IGLESIAS	00:57:02	00:55:30	Máster 2	600	M	1800		Culleredo	00:14:48	00:40:10	00:57:02
2066	2092	ISMAEL TEJJEIRO FLÓREZ	00:57:03	00:55:42	Senior	433	M	1801		A Coruña	00:13:42	00:39:19	00:57:03
2067	2360	JESUS DÍAZ GAY	00:57:03	00:55:34	Máster 2	601	M	1802	CLUB ATLETISMO SADA	Oleiros	00:14:44	00:40:14	00:57:03
2068	2458	RUBÉN IGLESIAS PAYO	00:57:04	00:55:58	Máster 2	602	M	1803		A Coruña	00:13:22	00:39:20	00:57:04
2069	1464	ISMAEL PUERTO FREIRE	00:57:04	00:55:44	Senior	434	M	1804		Arteixo	00:14:45	00:39:58	00:57:04
2070	2120	JORGE RIVERO	00:57:04	00:55:54	Máster 1	402	M	1805	andaina	A Coruña	00:14:31	00:39:42	00:57:04
2071	2892	J.R. VÁZQUEZ PAZOS	00:57:05	00:55:41	Máster 1	403	M	1806	C.A.R. MARISQUEIRO	Sada	00:13:37	00:39:37	00:57:05
2072	1726	ARIANE ZUBIA SAUTO	00:57:05	00:55:47	Senior	78	F	266		A Coruña	00:14:38	00:40:17	00:57:05
2073	2014	JESÚS GAREA VIDAL	00:57:06	00:55:38	Máster 3	261	M	1807		A Coruña	00:14:11	00:39:38	00:57:06
2074	1972	GABRIEL DIAZ LOPEZ	00:57:06	00:56:07	Máster 2	603	M	1808			00:13:35	00:40:09	00:57:06
2075	697	MIGUEL PÉREZ REGO	00:57:07	00:56:26	Senior	435	M	1809	Miguel Pérez	A Coruña	00:12:58	00:39:37	00:57:07
2076	2991	ORLANDO SANTALLA MOSQUERA	00:57:08	00:55:59	Máster 2	604	M	1810		A Coruña	00:14:13	00:39:56	00:57:08
2077	2170	JAVIER HERRERO VALLE	00:57:10	00:55:43	Máster 1	404	M	1811	Colectivo Veracruz	Segovia	00:13:53	00:39:54	00:57:10
2078	2133	ÁNGEL HERMIDA OTERO	00:57:11	00:56:11	Máster 2	605	M	1812		Leiro	00:12:51	00:38:39	00:57:11
2079	1083	REBECA PELAEZ SUAREZ	00:57:11	00:56:25	Senior	79	F	267		A Coruña	00:12:49	00:39:15	00:57:11
2080	1066	PAULA ROMERO CIMAS	00:57:12	00:56:22	Senior	80	F	268		Oleiros	00:12:32	00:38:34	00:57:12
2081	2294	CARLOS VILLAR GARCÍA	00:57:12	00:55:55	Senior	436	M	1813		A Coruña	00:14:11	00:39:27	00:57:12
2082	2114	ALVARO PERNAS CALDERÓN	00:57:13	00:55:55	Máster 1	405	M	1814		Oleiros	00:14:36	00:40:17	00:57:13
2083	3046	MANUEL MOSQUERA COLLAZO	00:57:13	00:56:18	Máster 3	262	M	1815		Culleredo	00:13:30	00:39:30	00:57:13
2084	2046	MIGUEL ANGEL FERRERO VARELA	00:57:15	00:56:13	Máster 2	606	M	1816	No tengo club	A Coruña	00:12:46	00:38:41	00:57:15
2085	1765	ISABEL GRUEIRO ACCIÓN	00:57:15	00:55:36	Senior	81	F	269		Narón	00:14:53	00:40:26	00:57:15
2086	1980	ALBERTO BALLON LAGE	00:57:18	00:56:29	Máster 2	607	M	1817		A Coruña	00:12:43	00:38:51	00:57:18
2087	1475	JAVIER CAMPA GARCÍA	00:57:19	00:56:31	Máster 3	263	M	1818	TINEO ATLETISMO	A Coruña	00:12:44	00:38:56	00:57:19
2088	1694	LUCIA FLORES TAPIA	00:57:20	00:56:06	Senior	82	F	270		A Coruña	00:13:50	00:39:24	00:57:20
2089	1633	VERÓNICA IGLESIAS FUSTES	00:57:21	00:56:31	Máster 1	61	F	271	Beer Runners	A Coruña	00:12:59	00:38:45	00:57:21
2090	2156	DIEGO LÓPEZ REY	00:57:21	00:55:58	Máster 2	608	M	1819		A Coruña	00:14:21	00:39:44	00:57:21

2091	1012	PILAR VÁZQUEZ FEBRERO	00:57:21	00:56:30	Máster 1	62	F	272	BEER RUNNERS CORUÑA	A Coruña	00:12:49	00:38:31	00:57:21
2092	1894	JESUS GARCIA PONCET	00:57:22	00:56:10	Máster 2	609	M	1820		A Coruña	00:13:36	00:39:01	00:57:22
2093	2194	MIGUEL SABIO ÁLVAREZ	00:57:22	00:55:46	Máster 1	406	M	1821		A Coruña	00:14:45	00:39:28	00:57:22
2094	1635	YAILET BADILLO GONZÁLEZ	00:57:22	00:55:58	Máster 1	63	F	273		A Coruña	00:14:20	00:39:41	00:57:22
2095	2112	SEGUNDO EIRAS SANCHEZ	00:57:22	00:55:53	Máster 2	610	M	1822		A Coruña	00:14:14	00:39:09	00:57:22
2096	2299	DANIEL GARCÍA GARCÍA	00:57:22	00:56:00	Sub 23	38	M	1823		A Coruña	00:14:19	00:39:44	00:57:22
2097	1051	MERCEDES SUÁREZ LEMA	00:57:23	00:56:14	Máster 1	64	F	274		A Coruña	00:13:46	00:39:32	00:57:23
2098	79	BYRON REINO	00:57:23	00:56:14	Máster 2	611	M	1824		A Coruña	00:13:46	00:39:33	00:57:23
2099	441	PASTORA VÁZQUEZ HERNÁNDEZ	00:57:24	00:56:12	Máster 2	84	F	275	Nosportlimit	A Coruña	00:13:52	00:39:42	00:57:24
2100	2690	EDUARDO SOUTO VÁZQUEZ	00:57:24	00:56:11	Máster 3	264	M	1825	Nosportlimit	A Coruña	00:13:52	00:39:43	00:57:24
2101	1783	MAR MARTINEZ FRIGOLA	00:57:25	00:56:12	Máster 2	85	F	276	Nosportlimit	Oleiros	00:13:51	00:39:43	00:57:25
2102	2295	CARLOS ALBERTO MARTINEZ ZAS	00:57:27	00:56:13	Máster 2	612	M	1826			00:14:22	00:40:16	00:57:27
2103	1562	ROSA RAMUDO RIVAS	00:57:28	00:56:39	Máster 3	28	F	277	Bipbipcorrecamiños	A Coruña	00:12:40	00:39:05	00:57:28
2104	1078	BELÉN ANEIROS REY	00:57:30	00:56:26	Máster 2	86	F	278		Narón	00:13:32	00:39:37	00:57:30
2105	2957	ALBERTO BLANCO RIVAS	00:57:32	00:55:58	Máster 1	407	M	1827		Oleiros	00:14:09	00:40:07	00:57:32
2106	2833	ESTHER MOSCOSO VIDAL	00:57:33	00:56:41	Máster 2	87	F	279		Abegondo	00:13:03	00:39:03	00:57:33
2107	2005	HAMADI FUDILI MORENO	00:57:36	00:56:12	Máster 2	613	M	1828		A Coruña	00:14:41	00:40:18	00:57:36
2108	1597	BASSIMA NEYAZI	00:57:36	00:56:11	Senior	83	F	280		Jeddah	00:14:42	00:40:19	00:57:36
2109	1006	VIRGINIA VILA MARTÍNEZ	00:57:38	00:56:43	Máster 3	29	F	281	CLUB CASTRO DE LOBADIZ	Ferrol	00:13:04	00:38:56	00:57:38
2110	2942	RUBEN OUTON GONZALEZ	00:57:39	00:56:34	Máster 1	408	M	1829	METROPOLITAN	Vigo	00:13:33	00:39:09	00:57:39
2111	2811	RENE PEREZ MARTINEZ	00:57:41	00:56:15	Máster 1	409	M	1830		A Coruña	00:14:25	00:40:14	00:57:41
2112	1742	CRISTINA VÁZQUEZ LÓPEZ	00:57:43	00:56:23	Máster 1	65	F	282		Ourense	00:14:01	00:39:47	00:57:43
2113	2071	DAVID GARCÍA FERNÁNDEZ	00:57:44	00:56:55	Senior	437	M	1831		Cambre	00:12:16	00:37:44	00:57:44
2114	2925	PABLO ALONSO RODRÍGUEZ	00:57:44	00:56:51	Senior	438	M	1832		Veiga, A	00:12:54	00:37:54	00:57:44
2115	1925	DANIEL BARREIRO DEL RÍO	00:57:44	00:56:15	Senior	439	M	1833		Carral	00:14:43	00:40:13	00:57:44
2116	2977	VICTOR BAUTISTA HERNANDEZ	00:57:45	00:56:49	Máster 2	614	M	1834		A Coruña	00:13:30	00:40:27	00:57:45
2117	1970	JOSÉ FCO. COBAS RODRÍGUEZ	00:57:45	00:56:14	Máster 4	53	M	1835	CRAT Coruña	A Coruña	00:13:51	00:39:29	00:57:45
2118	2097	BRAIS COUREL GÓMEZ	00:57:45	00:56:49	Máster 1	410	M	1836		A Coruña	00:13:14	00:39:37	00:57:45
2119	1746	DIANA PARDIÑAS FERREIRO	00:57:46	00:56:30	Senior	84	F	283		Zas	00:14:39	00:40:17	00:57:46
2120	2263	ALEJANDRO MARTINEZ ZAS	00:57:46	00:56:31	Máster 1	411	M	1837		A Coruña	00:14:21	00:40:25	00:57:46
2121	1557	LARA PALLAS QUINTELA	00:57:46	00:56:49	Sub 23	11	F	284		Carballo	00:13:36	00:39:41	00:57:46
2122	1580	BEATRIZ GONZALEZ MACEIRA	00:57:47	00:57:18	Máster 2	88	F	285	LA MOCHILA DEL DEPORTE	A Coruña	00:12:10	00:38:45	00:57:47
2123	1896	FERNANDO VÁZQUEZ NAVEIRAS	00:57:47	00:56:40	Máster 2	615	M	1838		A Capela	00:13:49	00:40:27	00:57:47
2124	2093	SANTIAGO ÁLVAREZ MARTÍNEZ	00:57:48	00:56:51	Senior	440	M	1839		A Coruña	00:13:12	00:39:46	00:57:48
2125	2011	JAVIER CAAMAÑO GONZÁLEZ	00:57:49	00:56:56	Senior	441	M	1840		A Coruña	00:12:14	00:37:52	00:57:49
2126	2941	JORGE GARCIA SANCHEZ DE MOLINA	00:57:51	00:56:52	Senior	442	M	1841	OZA JUVENIL	A Coruña	00:12:47	00:38:32	00:57:51
2127	1592	SONIA PEREZ PARDO	00:57:52	00:56:27	Máster 2	89	F	286		A Coruña	00:14:12	00:39:58	00:57:52
2128	1640	MARÍA DEL CARMEN MIRANDA AMADO	00:57:53	00:57:09	Máster 3	30	F	287		A Coruña	00:13:23	00:39:35	00:57:53
2129	1716	AMELIA MAJADAS SOTO	00:57:54	00:57:09	Máster 3	31	F	288	Nosportlimit	Cesuras	00:13:49	00:39:42	00:57:54
2130	3002	LORENA SERVIA PAZ	00:57:54	00:56:50	Senior	85	F	289		Fene	00:14:10	00:39:57	00:57:54
2131	1568	MARIA HERMIDA CARBALLO	00:57:57	00:57:29	Máster 2	90	F	290	LA MOCHILA DEL DEPORTE	A Coruña	00:12:17	00:39:04	00:57:57
2132	999	ANA BELEN HERMIDA CARBALLO	00:57:57	00:57:29	Máster 1	66	F	291	LA MOCHILA DEL DEPORTE	A Coruña	00:12:15	00:39:03	00:57:57
2133	2142	ANGEL SUAREZ DURAN	00:58:02	00:57:05	Sub 23	39	M	1842		A Coruña	00:13:28	00:39:36	00:58:02
2134	2042	MIGUEL GARCIA VÁZQUEZ	00:58:03	00:57:05	Máster 2	616	M	1843	Trasnos coruña	A Coruña	00:13:19	00:40:03	00:58:03
2135	2972	MANUEL VAAMONDE MOURAZOS	00:58:05	00:56:41	Máster 2	617	M	1844		Navia	00:13:17	00:39:54	00:58:05
2136	2200	RUBEN RUIBAL RAMOS	00:58:05	00:57:20	Sub 23	40	M	1845		A Coruña	00:12:54	00:39:25	00:58:05
2137	2000	FERNANDO FERNÁNDEZ GARCIA	00:58:06	00:57:29	Máster 2	618	M	1846	HÉRCULES ATLETISMO	Oleiros	00:12:25	00:39:24	00:58:06
2138	2231	ALEJANDRO TUÑAS GARCÍA	00:58:07	00:57:10	Máster 2	619	M	1847	No pertenezco a ningún club	A Coruña	00:12:51	00:39:00	00:58:07
2139	2088	FERNANDO PÉREZ SAN VICENTE	00:58:08	00:57:21	Máster 3	265	M	1848		A Coruña	00:13:26	00:40:02	00:58:08
2140	2471	VÍCTOR LOURENZO AGUILERA	00:58:09	00:56:38	Senior	443	M	1849		A Coruña	00:14:39	00:41:12	00:58:09
2141	1753	FATIMA CAMBON COTELO	00:58:10	00:56:38	Senior	86	F	292		Arteixo	00:14:46	00:40:30	00:58:10

2142	2130	RODRIGO RIVAS COSTA	00:58:10	00:57:21	Máster 2	620	M	1850		A Coruña	00:12:56	00:39:23	00:58:10
2143	1661	MARÍA DEL CARMEN PICATOSTE MATEU	00:58:12	00:57:27	Máster 3	32	F	293		A Coruña	00:13:22	00:40:04	00:58:12
2144	895	ANTONIO CHAO	00:58:13	00:56:50	Máster 1	412	M	1851		A Coruña	00:14:45	00:41:39	00:58:13
2145	1788	MARIA GARABOA MOSQUERA	00:58:13	00:56:46	Senior	87	F	294		A Coruña	00:14:36	00:40:37	00:58:13
2146	1639	MARÍA DONAPETRY GÓMEZ	00:58:13	00:57:22	Senior	88	F	295		Pontes De García Rodríguez, As	00:13:28	00:39:15	00:58:13
2147	1434	DANIEL LÓPEZ YEBRA	00:58:15	00:56:54	Máster 1	413	M	1852		A Coruña	00:14:45	00:41:41	00:58:15
2148	1619	NANCY SUSANA ORDOÑEZ SALCEDO	00:58:16	00:57:26	Máster 3	33	F	296		A Coruña	00:13:09	00:39:35	00:58:16
2149	1075	MARÍA TERESA SUÁREZ LOSADA	00:58:16	00:57:13	Máster 2	91	F	297	CLUB ATLETISMO SADA	Oleiros	00:13:37	00:39:39	00:58:16
2150	2459	RUDI F.	00:58:16	00:57:30	Senior	444	M	1853		A Coruña	00:12:49	00:39:15	00:58:16
2151	2955	NACHO MONTENEGRO REY	00:58:17	00:57:18	Máster 3	266	M	1854		Cambre	00:13:27	00:40:12	00:58:17
2152	686	MIGUEL RODRIGUEZ RODRIGUEZ	00:58:17	00:56:55	Senior	445	M	1855		Bergondo	00:13:44	00:40:15	00:58:17
2153	2705	NOA VEDIA BALIÑAS	00:58:18	00:57:09	Máster 1	67	F	298		Madrid	00:13:45	00:39:45	00:58:18
2154	1090	BEGOÑA SÁNCHEZ ZABALA	00:58:19	00:57:24	Máster 3	34	F	299		A Coruña	00:13:42	00:39:43	00:58:19
2155	773	JUAN DAVID RUIZ PIÑEIRO	00:58:20	00:56:58	Senior	446	M	1856		A Coruña	00:13:55	00:40:08	00:58:20
2156	2963	PABLO BARBEITO VILARIÑO	00:58:21	00:57:01	Máster 2	621	M	1857		A Coruña	00:13:49	00:40:10	00:58:21
2157	1707	ALICIA GOMEZ SUAREZ	00:58:22	00:57:14	Senior	89	F	300	TRIFLIPADOS	Ponteceso	00:15:21	00:41:41	00:58:22
2158	1929	MANUEL GARCÍA GARCÍA	00:58:22	00:57:22	Máster 4	54	M	1858		A Coruña	00:13:04	00:39:43	00:58:22
2159	505	IRIA CASETE FERNÁNDEZ	00:58:23	00:57:50	Máster 2	92	F	301	ATLETISMO RIAZOR CORUÑA	A Coruña	00:12:20	00:39:18	00:58:23
2160	1602	CRISTINA SANCHEZ LOPEZ	00:58:23	00:57:42	Máster 2	93	F	302	A.D. DOWNHILL	A Laracha	00:13:35		00:58:23
2161	3037	IVAN BREA MEJIDE	00:58:24	00:57:34	Senior	447	M	1859		A Coruña	00:12:46	00:39:07	00:58:24
2162	2944	MARIO SIERRA HERNANDEZ	00:58:25	00:57:05	Máster 3	267	M	1860		A Coruña	00:14:17	00:40:34	00:58:25
2163	971	MIGUEL IGLESIAS MARTINEZ	00:58:25	00:57:33	Máster 2	622	M	1861		A Coruña	00:13:34	00:41:12	00:58:25
2164	2984	NACHO MONTENEGRO GARAT	00:58:25	00:57:27	Senior	448	M	1862		Cambre	00:13:24	00:40:30	00:58:25
2165	2947	MANUEL BECERRA LÓPEZ	00:58:26	00:57:00	Máster 4	55	M	1863		A Coruña	00:13:29	00:39:37	00:58:26
2166	1558	MARGARITA VARELA MATO	00:58:27	00:57:18	Senior	90	F	303		Pontes De García Rodríguez, As	00:13:24	00:40:04	00:58:27
2167	1780	LUCÍA MARÍA MAS BONCOMPTE	00:58:27	00:57:23	Senior	91	F	304		A Coruña	00:13:48	00:40:22	00:58:27
2168	1068	PATRICIA BARREIRA RODRIGUEZ	00:58:28	00:58:19	Máster 2	94	F	305		A Coruña	00:12:07	00:39:16	00:58:28
2169	1733	BETTY GARCÍA DIÉGUEZ	00:58:29	00:57:21	Máster 2	95	F	306		A Coruña	00:13:49	00:40:28	00:58:29
2170	1666	DORIS CAROLINA ESCALONA ESCALONA	00:58:29	00:57:10	Máster 1	68	F	307		A Coruña	00:13:28	00:39:43	00:58:29
2171	2760	ANTONIO PEÑA FERNANDEZ	00:58:29	00:58:00	Senior	449	M	1864		A Coruña	00:11:19	00:38:29	00:58:29
2172	1584	SONIA SOFIA PEREIRA DE OLIVEIRA	00:58:30	00:57:43	Máster 1	69	F	308		A Coruña	00:12:55	00:39:38	00:58:30
2173	1403	WILL VARNEY	00:58:32	00:57:21	Máster 1	414	M	1865		A Coruña	00:14:11	00:40:57	00:58:32
2174	1621	PATRICIA LOSADA LOPEZ	00:58:32	00:57:22	Senior	92	F	309	Global Sport Club	Cambre	00:14:04	00:40:16	00:58:32
2175	1588	ALMUDENA MURILLO PRIETO	00:58:33	00:57:22	Máster 1	70	F	310		A Coruña	00:14:08	00:40:56	00:58:33
2176	1556	ÁNGELES RESPINO SOUTO	00:58:33	00:57:20	Máster 2	96	F	311		A Coruña	00:13:25	00:40:01	00:58:33
2177	1598	BERTA MARTÍNEZ RAMA	00:58:33	00:57:00	Máster 2	97	F	312		Arteixo	00:14:45	00:40:34	00:58:33
2178	1570	MARTA FUENTES FRAGA	00:58:34	00:56:59	Senior	93	F	313		A Coruña	00:13:51	00:40:14	00:58:34
2179	1624	REBECA RENGUEIRA SANCHEZ	00:58:34	00:57:52	Senior	94	F	314		A Laracha	00:13:34	00:40:22	00:58:34
2180	2002	FRANCISCO JAVIER DOPICO IGLESIAS	00:58:36	00:57:45	Máster 2	623	M	1866	Metálica Herculina	A Coruña	00:13:19	00:39:54	00:58:36
2181	1052	NOELIA SANTALLA CRECIDO	00:58:36	00:57:46	Máster 2	98	F	315		A Coruña	00:13:17	00:39:54	00:58:36
2182	2326	FON LOPEZ VAZQUEZ	00:58:36	00:56:53	Máster 2	624	M	1867		A Coruña	00:14:16	00:41:12	00:58:36
2183	1044	MARÍA RODRÍGUEZ SOUTO	00:58:38	00:57:10	Máster 1	71	F	316		A Coruña	00:14:06	00:40:38	00:58:38
2184	1574	ISABEL LEON MUIÑOS	00:58:38	00:57:29	Máster 2	99	F	317		A Coruña	00:14:12	00:40:35	00:58:38
2185	1977	ADOLFO DANIEL LONGO PAZOS	00:58:38	00:57:11	Máster 1	415	M	1868		A Coruña	00:14:06	00:40:37	00:58:38
2186	1705	CARLA RAMILO FARIÑA	00:58:39	00:57:39	Sub 23	12	F	318		A Coruña	00:13:13	00:40:24	00:58:39
2187	2239	DANIEL MARTÍNEZ TORREIRO	00:58:41	00:57:55	Senior	450	M	1869		A Coruña	00:12:52	00:38:53	00:58:41
2188	1353	ALBERTO HERRERO GARCIA	00:58:43	00:58:02	Máster 2	625	M	1870		A Coruña	00:13:02	00:39:31	00:58:43
2189	3069	SAMUEL REY MUÑIZ	00:58:44	00:57:13	Sub 23	41	M	1871		A Coruña	00:15:10	00:41:48	00:58:44
2190	1170	MANUEL LOPEZ CASCALLAR	00:58:45	00:58:08	Máster 1	416	M	1872		A Coruña	00:13:09	00:40:22	00:58:45
2191	1654	PATRICIA CASTRO VILA	00:58:46	00:58:10	Máster 1	72	F	319		A Coruña	00:13:09	00:40:21	00:58:46
2192	1851	ELOY AMADO LOPEZ	00:58:48	00:57:44	Máster 3	268	M	1873		Ferrol	00:13:26	00:39:35	00:58:48

2193	2987	DIEGO GONZALEZ ZABAL	00:58:48	00:57:42	Máster 2	626	M	1874		A Coruña	00:14:02	00:40:28	00:58:48
2194	2986	PABLO CASTRO PAIS	00:58:49	00:57:48	Máster 2	627	M	1875		Santiago De Compostela	00:12:53	00:38:54	00:58:49
2195	2835	IRIA LÓPEZ FERNÁNDEZ	00:58:49	00:57:43	Máster 1	73	F	320		A Coruña	00:14:01	00:40:26	00:58:49
2196	2241	CARLOS QUINTAS VILA	00:58:51	00:57:15	Máster 3	269	M	1876	CSC A CORUÑA	A Coruña	00:14:58	00:41:22	00:58:51
2197	2101	ESTEBAN GONZALEZ LAGE	00:58:53	00:57:34	Máster 1	417	M	1877	A.D. DOWNHILL	Carballo	00:14:24	00:40:09	00:58:53
2198	1554	FERNANDA RAMOS RODRÍGUEZ	00:58:56	00:57:53	Máster 2	100	F	321		A Coruña	00:13:52	00:40:15	00:58:56
2199	1414	ÁLVARO MACEIRAS FREIRE	00:58:57	00:58:18	Máster 2	628	M	1878	CCMesoiro	A Capela	00:12:38	00:39:34	00:58:57
2200	2936	JAIME MAYORAL MÍGUEZ	00:58:58	00:57:39	Máster 2	629	M	1879		A Coruña	00:13:28	00:40:14	00:58:58
2201	2246	RONALDO ROMERO APONTE	00:58:59	00:57:38	Senior	451	M	1880		Ilo	00:14:17	00:40:45	00:58:59
2202	2985	ALVARO GONZALEZ VILLACIEROS	00:59:03	00:57:58	Senior	452	M	1881		A Coruña	00:13:54	00:40:50	00:59:03
2203	1034	ANA FERREIRO-ROCHA PEREIRA	00:59:04	00:57:48	Senior	95	F	322		A Coruña	00:14:32	00:41:02	00:59:04
2204	1382	PABLO PRIETO CASAL	00:59:04	00:57:37	Máster 3	270	M	1882	CLUB SOCIAL BANCO PASTOR	A Coruña	00:14:20	00:40:55	00:59:04
2205	1064	NOELIA LÓPEZ QUINTÁNS	00:59:06	00:58:10	Senior	96	F	323		Dumbria	00:14:02	00:40:31	00:59:06
2206	1808	NASHIRA QUIROGA SOTO	00:59:06	00:58:37	Senior	97	F	324		A Coruña	00:11:54	00:39:33	00:59:06
2207	501	BEATRIZ MANDIAN BLANCO	00:59:06	00:58:11	Máster 2	101	F	325		A Coruña	00:14:02	00:40:32	00:59:06
2208	2177	JOSÉ ANTONIO PARDO GÓMEZ	00:59:07	00:57:58	Máster 3	271	M	1883		A Coruña	00:14:14	00:40:36	00:59:07
2209	2808	IGNACIO FERNANDEZ-TAFALL	00:59:07	00:58:29	Máster 3	272	M	1884		Oleiros	00:11:36	00:35:47	00:59:07
2210	2823	ESTHER MARTÍNEZ RIVAS	00:59:07	00:58:05	Máster 4	5	F	326	CLUB ATLETISMO SADA	Sada	00:13:58	00:40:40	00:59:07
2211	2969	FRANCISCO MANTEIGA GAGO	00:59:08	00:57:45	Senior	453	M	1885		Culleredo	00:14:25	00:40:40	00:59:08
2212	2449	RICARDO GARCIA GARCIA	00:59:09	00:57:52	Máster 3	273	M	1886		A Coruña	00:14:19	00:41:12	00:59:09
2213	2468	TXEMA GARCIA	00:59:09	00:58:04	Máster 2	630	M	1887		A Coruña	00:14:04	00:40:42	00:59:09
2214	1768	LAURA GARCIA GONZALEZ	00:59:10	00:57:52	Senior	98	F	327		A Coruña	00:14:17	00:41:10	00:59:10
2215	1658	CHARO CAAMAÑO MALDONADO	00:59:12	00:58:02	Máster 3	35	F	328		A Coruña	00:13:44	00:40:29	00:59:12
2216	2852	SANDRA ROCO ROBLES	00:59:17	00:58:38	Máster 1	74	F	329		A Coruña	00:12:48	00:39:57	00:59:17
2217	2601	HELENA SUÁREZ GÓMEZ	00:59:17	00:57:21	Máster 1	75	F	330		A Coruña	00:15:00	00:41:20	00:59:17
2218	1042	KIKI GÓMEZ AVILÉS	00:59:18	00:57:22	Máster 2	102	F	331	Club Hércules Termaría	A Coruña	00:15:01	00:41:21	00:59:18
2219	2908	JOSÉ GARCÍA BECERRA	00:59:18	00:58:29	Máster 3	274	M	1888		A Coruña	00:12:27	00:39:23	00:59:18
2220	1048	MARIA JESUS COSTA LISTE	00:59:19	00:58:41	Máster 1	76	F	332		Ordes	00:12:32	00:39:23	00:59:19
2221	3072	ALFREDO IGLESIAS VARELA	00:59:19	00:58:33	Máster 1	418	M	1889		Culleredo	00:13:28	00:40:32	00:59:19
2222	2296	CARLOS OLEGARIO RODRÍGUEZ VEIRAS	00:59:20	00:58:08	Máster 3	275	M	1890		Oleiros	00:13:29	00:38:57	00:59:20
2223	2881	MARIA JESUS DOMINGUEZ CASTRO	00:59:20	00:58:33	Máster 1	77	F	333		Culleredo	00:13:27	00:40:31	00:59:20
2224	2345	IVAN BAAMONDE DE LA TORRE	00:59:20	00:57:54	Máster 2	631	M	1891		Oleiros	00:14:08	00:40:37	00:59:20
2225	2649	CARLOS ATANES GOMEZ	00:59:21	00:57:53	Máster 3	276	M	1892	CLUB ATLETISMO CORUÑA COMARCA	Oleiros	00:14:09	00:40:37	00:59:21
2226	1072	MARÍA DEL ROSARIO CRESPO MERELAS	00:59:21	00:58:49	Máster 3	36	F	334		A Coruña	00:13:08	00:40:52	00:59:21
2227	1794	MARIA JESUS SANCHEZ GOMEZ	00:59:22	00:58:45	Máster 3	37	F	335		A Coruña	00:14:15	00:40:44	00:59:22
2228	1095	MARÍA CONSUELO MEDINA GARCIA	00:59:22	00:58:45	Máster 3	38	F	336		A Coruña	00:14:15	00:40:42	00:59:22
2229	1581	NEKKAR RÍOS CASTRO	00:59:23	00:58:40	Senior	99	F	337		A Coruña	00:13:32	00:41:20	00:59:23
2230	2139	ALBERTO MARTINEZ DE MENA	00:59:23	00:58:41	Máster 2	632	M	1893		A Coruña	00:13:37	00:41:22	00:59:23
2231	1718	ANA MARTÍNEZ MENA	00:59:25	00:58:20	Sub 23	13	F	338	ATLETISMO RIAZOR CORUÑA	A Coruña	00:13:02	00:39:46	00:59:25
2232	2255	ADRIÁN PORTAS RAMALLO	00:59:27	00:58:10	Senior	454	M	1894		A Coruña	00:14:24	00:41:24	00:59:27
2233	1492	JOSÉ LUIS NEIRA PITA	00:59:28	00:58:21	Senior	455	M	1895		A Coruña	00:14:30	00:41:42	00:59:28
2234	2151	DAVID PEREIRO PEDREIRA	00:59:28	00:58:02	Máster 2	633	M	1896		A Coruña	00:14:49	00:41:56	00:59:28
2235	2203	XABIER GARCÍA PÉREZ	00:59:30	00:58:12	Senior	456	M	1897		Culleredo	00:14:44	00:41:51	00:59:30
2236	1065	ALEJANDRA MARTINEZ TOLEDO	00:59:30	00:58:01	Senior	100	F	339		A Coruña	00:15:05	00:41:56	00:59:30
2237	1613	MARÍA JOSÉ ZAS CASTRO	00:59:30	00:58:00	Máster 3	39	F	340		A Coruña	00:14:22	00:40:55	00:59:30
2238	1005	SONIA QUINTÁ MANCEBO	00:59:30	00:57:59	Máster 2	103	F	341		A Coruña	00:14:24	00:40:55	00:59:30
2239	1796	MARÍA TERESA CAMBÓN CUNDINS	00:59:31	00:57:58	Senior	101	F	342		A Coruña	00:14:34	00:41:02	00:59:31
2240	2367	JORGE LOPEZ RODRIGUEZ	00:59:31	00:58:13	Máster 4	56	M	1898		A Coruña	00:13:51	00:40:27	00:59:31
2241	1870	CARLOS VARELA FERNÁNDEZ	00:59:33	00:58:14	Máster 2	634	M	1899		A Coruña	00:14:11	00:40:53	00:59:33
2242	1563	BEATRIZ GONZALEZ FRAGA	00:59:34	00:58:05	Máster 2	104	F	343		Arteixo	00:14:53	00:41:27	00:59:34
2243	2600	BEGOÑA MANTEIGA URBÓN	00:59:34	00:58:30	Máster 2	105	F	344	CLUB ATLETISMO SADA	Cambre	00:13:59	00:40:47	00:59:34

2244	2867	IRENE MENÉNDEZ AGUADO	00:59:34	00:58:31	Máster 2	106	F	345	CLUB ATLETISMO SADA	Oleiros	00:14:01	00:40:47	00:59:34
2245	2383	JOSE MANUEL ESMORIS MARTA	00:59:34	00:58:21	Senior	457	M	1900		A Coruña	00:14:29	00:41:25	00:59:34
2246	1757	INMA FERNÁNDEZ RUMBO	00:59:39	00:57:59	Máster 1	78	F	346		Arteixo	00:14:36	00:41:05	00:59:39
2247	1655	CARLA ALBA ALVAREZ	00:59:41	00:58:35	Senior	102	F	347	Pitis	A Coruña	00:13:53	00:40:50	00:59:41
2248	2062	ANTONIO CIUDAD PEREIRA	00:59:42	00:58:39	Máster 4	57	M	1901	PATUKOS TIM RANIN	A Coruña	00:14:05	00:40:55	00:59:42
2249	2004	GUILLELMO MALDONADO AVILA	00:59:45	00:58:46	Máster 2	635	M	1902	ATLETAS DE ACEA DE AMA	Culleredo	00:12:58	00:40:03	00:59:45
2250	1803	MARTA VILLOCH NEIRA	00:59:47	00:58:31	Senior	103	F	348		A Coruña	00:14:32	00:41:04	00:59:47
2251	2325	FERNANDO ALFREDO FERMIN MARÍN	00:59:47	00:58:13	Máster 1	419	M	1903		A Coruña	00:14:47	00:42:27	00:59:47
2252	2465	SERGIO GARCÍA SOUTO	00:59:47	00:58:30	Máster 2	636	M	1904		Culleredo	00:14:40	00:41:10	00:59:47
2253	1037	CARMELA REGUEIRO BUENAGA	00:59:49	00:59:14	Máster 2	107	F	349	HÉRCULES ATLETISMO	Oleiros	00:12:14	00:40:07	00:59:49
2254	1872	JOAQUIN RODRÍGUEZ VAZQUE	00:59:50	00:58:56	Máster 2	637	M	1905	San amaro	A Coruña	00:13:09	00:40:43	00:59:50
2255	2960	ANTONIO VARELA SALETA	00:59:54	00:58:29	Máster 3	277	M	1906		A Coruña	00:13:45	00:40:08	00:59:54
2256	1586	VANESA FELPETO BABÍO	00:59:54	00:58:30	Senior	104	F	350		Santiago De Compostela	00:13:52	00:40:45	00:59:54
2257	1594	ALICIA PRIETO-PUGA GONZÁLEZ	00:59:55	00:58:39	Senior	105	F	351		A Coruña	00:13:55	00:40:51	00:59:55
2258	470	CARMEN GRAÑA LOPEZ	00:59:56	00:59:42	Senior	106	F	352		Cambre	00:12:25	00:40:05	00:59:56
2259	2978	JOSE MANUEL CORCOBA VALLE	00:59:58	00:58:55	Máster 2	638	M	1907		A Coruña	00:13:42	00:40:40	00:59:58
2260	1988	CARLOS ARES	00:59:59	00:59:06	Máster 3	278	M	1908		A Coruña	00:13:37	00:41:27	00:59:59
2261	2456	RUBEN SANTAMARTA	01:00:00	00:58:35	Máster 1	420	M	1909		A Coruña	00:14:31	00:40:39	01:00:00
2262	1322	EUSEBIO LAGO SAMPEDRO	01:00:00	00:58:34	Máster 4	58	M	1910		Sada	00:14:14	00:41:11	01:00:00
2263	1690	ALEJANDRA CASADO PAREDES	01:00:01	00:58:48	Senior	107	F	353		A Coruña	00:14:18	00:41:04	01:00:01
2264	1614	MARIO FRANCISCO OTERO DIEZ	01:00:02	00:58:48	Senior	458	M	1911		Madrid	00:14:19	00:41:03	01:00:02
2265	1712	ALBA DEUS RIVADULLA	01:00:03	00:58:55	Senior	108	F	354		A Coruña	00:14:17	00:41:42	01:00:03
2266	1560	CRISTINA FERREIRO MUÑIZ	01:00:05	00:58:39	Máster 2	108	F	355		A Coruña	00:14:11	00:41:11	01:00:05
2267	1832	SANDRA PÉREZ MIRAGAYA	01:00:05	00:58:54	Máster 1	79	F	356		Aranga	00:14:27	00:42:06	01:00:05
2268	2145	ANTONIO ALVAREZ SANCHES	01:00:06	00:58:37	Máster 3	279	M	1912		A Coruña	00:14:34	00:41:22	01:00:06
2269	1014	ANDREA COSTOYA	01:00:06	00:59:10	Máster 1	80	F	357	Club Arzúa	Arzúa	00:13:39	00:40:55	01:00:06
2270	2868	MARÍA LOURDES FOLGAR FARIÑA	01:00:07	00:58:54	Máster 3	40	F	358		A Coruña	00:14:31	00:41:15	01:00:07
2271	2885	LARA PORTELA UZAL	01:00:11	00:59:14	Senior	109	F	359		A Coruña	00:13:56	00:41:13	01:00:11
2272	1073	BERTA ANTELO ROMERO	01:00:12	00:59:11	Máster 2	109	F	360	CLUB ATLETISMO SADA	Bergondo	00:13:37	00:40:57	01:00:12
2273	3027	JAVI VIEIRO	01:00:12	00:59:24	Senior	459	M	1913		Distrito	00:12:21	00:40:45	01:00:12
2274	1774	LLANÉ ESTÉVEZ GONZÁLEZ	01:00:14	00:58:50	Máster 1	81	F	361	PAP	Narón	00:14:25	00:41:29	01:00:14
2275	1578	BEGOÑA DE ARRIBA BELLOGIN	01:00:16	00:59:28	Máster 4	6	F	362	EGOVARROS DE VIVEIRO	Oleiros	00:12:46	00:40:21	01:00:16
2276	2157	DIEGO VARELA GOMEZ	01:00:16	00:58:46	Senior	460	M	1914		Ponteceso	00:13:57	00:41:07	01:00:16
2277	1603	ERIKA FERNÁNDEZ REINA	01:00:16	00:59:15	Máster 2	110	F	363	ATLETISMO RIAZOR CORUÑA	A Coruña	00:14:06	00:41:27	01:00:16
2278	2073	ARTURO CANDAL GOMEZ	01:00:16	00:57:37	Máster 3	280	M	1915		Cambre	00:14:34	00:41:52	01:00:16
2279	2105	VÍCTOR PASANDIN TRASANCOS	01:00:16	00:58:46	Senior	461	M	1916		A Coruña	00:14:00	00:41:08	01:00:16
2280	2606	CARMEN AMÉRICA GÓMEZ PUENTE	01:00:16	00:58:35	Máster 3	41	F	364	CLUB ATLETISMO SADA	A Coruña	00:14:45	00:41:36	01:00:16
2281	1885	MANUEL ANGEL SILVA RIOBOO	01:00:17	00:58:35	Máster 1	421	M	1917	CLUB ATLETISMO SADA	Sada	00:14:48	00:41:38	01:00:17
2282	2236	VICTOR MANUEL GENDE BOQUETE	01:00:18	00:59:26	Máster 2	639	M	1918		A Coruña	00:13:13	00:40:26	01:00:18
2283	1771	LAURA MABEL MEZA CABAÑAS	01:00:25	00:59:08	Senior	110	F	365		Oleiros	00:14:04	00:41:35	01:00:25
2284	1049	MARÍA VICTORIA ARES SÁNCHEZ	01:00:26	00:59:10	Máster 2	111	F	366	INDEPENDIENTE	A Coruña	00:13:56	00:41:01	01:00:26
2285	1752	EVA RODRIGUEZ CASTRO	01:00:28	00:59:18	Máster 1	82	F	367		A Coruña	00:14:06	00:41:03	01:00:28
2286	1919	JUAN FERNÁNDEZ GONZÁLEZ	01:00:29	00:59:25	Máster 2	640	M	1919	PATUKOS TIM RANIN	A Coruña	00:14:15	00:42:01	01:00:29
2287	2990	ANDRES REUS SIERRA	01:00:30	00:59:25	Máster 2	641	M	1920		A Coruña	00:13:34	00:40:54	01:00:30
2288	2333	FRANCISCO JAVIER FERNÁNDEZ LÓPEZ	01:00:30	00:59:13	Senior	462	M	1921		A Coruña	00:14:07	00:40:50	01:00:30
2289	1688	SONIA IGLESIS SOLER	01:00:31	00:59:49	Máster 3	42	F	368		A Coruña	00:13:23	00:41:05	01:00:31
2290	2847	YAIZA REY RAMIL	01:00:32	00:58:56	Senior	111	F	369		A Coruña	00:14:54	00:42:01	01:00:32
2291	1643	MARI CARMEN GONZALEZ VILAS	01:00:36	00:59:08	Máster 3	43	F	370		Pontevedra	00:15:05	00:42:00	01:00:36
2292	124	EVA MARIA FARIÑAS LOPEZ	01:00:37	00:59:31	Máster 2	112	F	371		Culleredo	00:14:26	00:42:37	01:00:37
2293	2174	JORGE FERREIRO NOVO	01:00:38	00:59:05	Máster 2	642	M	1922		A Coruña	00:14:33	00:41:23	01:00:38
2294	1583	SILVIA CANDIA EXPÓSITO	01:00:41	00:59:33	Máster 1	83	F	372		A Coruña	00:14:23	00:41:45	01:00:41

2295	1805	MIRIAM CALDERÓN LOURIDO	01:00:42	00:59:02	Senior	112	F	373		Narón	00:14:54	00:41:30	01:00:42
2296	2084	JOSÉ ANTONIO ROCHA FERNÁNDEZ	01:00:43	00:59:10	Máster 2	643	M	1923		A Coruña	00:14:02	00:41:08	01:00:43
2297	1631	TERESA HERMIDA CALVEIRO	01:00:43	00:59:17	Senior	113	F	374		A Coruña	00:14:50	00:42:11	01:00:43
2298	1830	RUTH MACÍAS MORETE	01:00:43	00:59:18	Senior	114	F	375		A Coruña	00:14:50	00:42:14	01:00:43
2299	1801	MARTA RODRÍGUEZ RODRIGUEZ	01:00:44	00:59:51	Máster 2	113	F	376		A Coruña	00:14:12	00:41:51	01:00:44
2300	2061	VICTOR MANUEL ROCA VAZQUEZ	01:00:44	00:59:10	Máster 2	644	M	1924		A Coruña	00:14:49	00:41:28	01:00:44
2301	1766	IVON MARIA VILA VILAR	01:00:44	00:59:51	Máster 2	114	F	377		A Coruña	00:14:12	00:41:51	01:00:44
2302	1778	LOURDES MARIA MARTÍ POMBO	01:00:45	00:59:40	Máster 2	115	F	378		A Coruña	00:14:30	00:41:41	01:00:45
2303	1911	JUAN LUIS VILAR TOVAR	01:00:45	00:59:10	Máster 2	645	M	1925		A Coruña	00:14:48	00:41:30	01:00:45
2304	2864	BEATRIZ PRADA DE FRANCISCO	01:00:46	00:59:34	Senior	115	F	379		A Coruña	00:14:33	00:42:02	01:00:46
2305	1093	EIDER GOGORZA OLAZABAL	01:00:46	00:59:53	Máster 2	116	F	380	HÉRCULES XTRM	A Coruña	00:14:12	00:41:48	01:00:46
2306	1386	CRISTIAN PINEDA RIOS	01:00:47	00:59:39	Senior	463	M	1926	ATLETAS DE ACEA DE AMA	Culleredo	00:14:11	00:41:54	01:00:47
2307	1824	PILAR PLAZA FÁBREGA	01:00:48	00:59:35	Máster 2	117	F	381		A Coruña	00:14:47	00:42:21	01:00:48
2308	3070	DANIEL PINTANE GARCIA	01:00:48	00:59:17	Sub 23	42	M	1927		A Coruña	00:15:11	00:41:46	01:00:48
2309	1620	NOELIA CAMOIRA VILLAMOR	01:00:52	01:00:03	Senior	116	F	382		Narón	00:13:40	00:41:16	01:00:52
2310	2147	CESAR LOUREIRO GARCIA	01:00:52	01:00:03	Máster 1	422	M	1928		Narón	00:13:40	00:41:17	01:00:52
2311	1609	LUCIA PEDREIRA FUENTES	01:00:54	00:59:21	Máster 1	84	F	383		A Coruña	00:14:58	00:41:16	01:00:54
2312	1754	FRANCISCA PIÑEYRO MOLINA	01:00:54	00:59:21	Máster 1	85	F	384	xermade	A Coruña	00:14:58	00:41:14	01:00:54
2313	2417	MARTIN RIVERO DIAZ	01:00:54	00:59:53	Senior	464	M	1929		Sada	00:14:07	00:41:38	01:00:54
2314	1835	SILVIA LÓPEZ VIDELA	01:00:55	01:00:03	Senior	117	F	385		Cambre	00:13:17	00:40:10	01:00:55
2315	2232	DAVID ROEL CARRO	01:00:56	01:00:56	Senior	465	M	1930		Cambre	00:15:51	00:42:53	01:00:56
2316	2090	PABLO CAÑAS COUSELO	01:00:56	00:59:41	Máster 2	646	M	1931		A Coruña	00:13:44	00:41:00	01:00:56
2317	512	PAULA BLANCO LATORRE	01:00:57	00:59:49	Máster 1	86	F	386		A Coruña	00:15:21		01:00:57
2318	2672	DIEGO LOZANO SÁNCHEZ	01:00:59	00:59:16	Máster 1	423	M	1932		A Coruña	00:15:16	00:42:04	01:00:59
2319	1247	JOSE LUIS FERNANDEZ GALLEGO	01:00:59	00:59:15	Máster 2	647	M	1933		A Coruña	00:15:19	00:42:02	01:00:59
2320	2227	DANIEL EDUARDO GONZÁLEZ CHACON	01:01:01	00:59:59	Máster 1	424	M	1934	Venezuela	Culleredo	00:13:12	00:41:15	01:01:01
2321	1895	ALBERTO SÁNCHEZ REGUEIRO	01:01:01	00:59:49	Máster 2	648	M	1935		A Coruña	00:14:19	00:41:12	01:01:01
2322	2290	BORJA ROO	01:01:03	00:59:42	Sub 23	43	M	1936		Oleiros	00:13:28	00:41:09	01:01:03
2323	1759	IRENE PANZERI	01:01:05	01:00:00	Máster 1	87	F	387		A Coruña	00:14:53	00:43:01	01:01:05
2324	2839	NANDA ROCA FERNÁNDEZ	01:01:07	01:00:29	Máster 2	118	F	388	HUSQVARNA	A Coruña	00:13:14	00:41:18	01:01:07
2325	1971	JOSE LUIS VILLAR MORCILLO	01:01:10	01:00:15	Máster 3	281	M	1937		A Coruña	00:13:30	00:41:25	01:01:10
2326	2976	DAVID CARDESÍN MOINELO	01:01:10	01:01:10	Máster 1	425	M	1938		A Coruña	00:15:50	00:42:52	01:01:10
2327	1487	JOSÉ ANTONIO AÑÓN COSTA	01:01:11	01:00:12	Máster 2	649	M	1939		A Coruña	00:13:53	00:42:07	01:01:11
2328	1059	SUSANA SUÁREZ DIÉGUEZ	01:01:12	01:00:13	Máster 1	88	F	389		A Laracha	00:13:54	00:42:05	01:01:12
2329	129	MONICA RODRIGUEZ GARCIA	01:01:13	01:00:21	Máster 2	119	F	390		Culleredo	00:13:31	00:41:21	01:01:13
2330	2237	PABLO FERNÁNDEZ ESPADA	01:01:14	01:00:03	Senior	466	M	1940		Ferrol	00:14:07	00:41:39	01:01:14
2331	1644	CRISTINA FOUBELO SIMÓN	01:01:17	00:59:37	Senior	118	F	391			00:14:55	00:41:46	01:01:17
2332	1969	FRANCISCO JOSE DE LA IGLESIA VAZQUEZ	01:01:18	01:00:02	Máster 1	426	M	1941		A Coruña	00:14:41	00:41:47	01:01:18
2333	2128	BORJA FERNÁNDEZ BERMÚDEZ	01:01:19	00:59:58	Máster 2	650	M	1942	Nosportlimit	A Coruña	00:14:40	00:42:35	01:01:19
2334	1642	MONICA ANDRADE DUBRA	01:01:22	00:59:54	Máster 1	89	F	392		Ordes	00:14:07	00:42:04	01:01:22
2335	1756	INÉS GONZÁLEZ SÁNCHEZ	01:01:23	00:59:51	Senior	119	F	393		A Coruña	00:14:53	00:42:26	01:01:23
2336	2166	IGNACIO GARAETA LOPEZ	01:01:23	00:59:51	Senior	467	M	1943		A Coruña	00:14:54	00:42:27	01:01:23
2337	2476	YAGO FERNÁNDEZ PINILLA	01:01:23	00:59:52	Senior	468	M	1944		A Coruña	00:14:53	00:42:26	01:01:23
2338	2849	DEYVIS MARIA TORRES ARBELAY	01:01:24	01:00:47	Máster 2	120	F	394	No pertenezco a ninguno	Niquero	00:13:46	00:41:54	01:01:24
2339	2478	YAGO CAAMAÑO GONZÁLEZ	01:01:25	00:59:47	Senior	469	M	1945		Sada	00:14:25	00:41:28	01:01:25
2340	2368	JORGE LADO PIÑEIRO	01:01:27	01:00:33	Máster 1	427	M	1946		A Coruña	00:13:17	00:41:17	01:01:27
2341	1641	ALICIA ANA COUCE FALCÓN	01:01:29	01:00:30	Máster 3	44	F	395		Ares	00:13:31	00:41:28	01:01:29
2342	1847	YOLANDA CAAMAÑO SUAREZ	01:01:29	01:00:44	Senior	120	F	396		Arteixo	00:12:29	00:40:23	01:01:29
2343	1361	HÉCTOR FRAGA LÓPEZ	01:01:29	01:00:44	Máster 1	428	M	1947		Oleiros	00:12:29	00:40:21	01:01:29
2344	1084	SONIA MARÍA CARRO RIOS	01:01:30	01:00:56	Máster 2	121	F	397		A Coruña	00:12:21	00:41:18	01:01:30
2345	840	RESTITUTO SIMÓN LAGO	01:01:31	00:59:55	Máster 1	429	M	1948		Ferrol	00:14:34	00:42:06	01:01:31

2346	1674	EVA ALEXANDRA FERNÁNDEZ CÁMARA	01:01:31	00:59:54	Senior	121	F	398		Ferrol	00:14:33	00:42:08	01:01:31
2347	2173	JORGE SILVA BOUZADA	01:01:31	01:00:12	Sub 23	44	M	1949		A Coruña	00:13:55	00:41:01	01:01:31
2348	2144	ANTONIO FERNÁNDEZ CARREIRA	01:01:32	00:59:55	Máster 3	282	M	1950		Ferrol	00:14:33	00:42:07	01:01:32
2349	3026	ALBERTO MACEIRAS VILARIÑO	01:01:32	00:59:54	Máster 2	651	M	1951	CLUB DEPORTIVO INCLUSIVO ENKI	A Laracha	00:16:17	00:43:56	01:01:32
2350	1050	MARINA TEJEDOR GONZALEZ	01:01:32	01:00:48	Senior	122	F	399		A Coruña	00:12:38	00:41:30	01:01:32
2351	2871	SONIA RODRÍGUEZ LILLAZ	01:01:33	01:00:24	Máster 1	90	F	400		A Coruña	00:13:06	00:40:59	01:01:33
2352	2924	KIKE BARRAL ALVEDRO	01:01:34	01:00:00	Máster 2	652	M	1952		A Coruña	00:14:42	00:42:24	01:01:34
2353	1033	ANA GUERRA GARCÍA	01:01:35	01:00:42	Máster 1	91	F	401	55MINUTOA	A Coruña	00:13:52	00:41:14	01:01:35
2354	2202	VICTOR MANUEL LOPEZ FERNANDEZ	01:01:35	01:00:18	Máster 2	653	M	1953		A Coruña	00:13:50	00:41:56	01:01:35
2355	1785	MARCELA RINALDI GONZALEZ	01:01:36	01:00:22	Máster 2	122	F	402		Arteixo	00:14:47	00:42:31	01:01:36
2356	2407	LUIS ALBERTO FERNÁNDEZ PARADA	01:01:38	01:00:43	Máster 2	654	M	1954		Cambre	00:13:42	00:41:19	01:01:38
2357	1807	NAIARA PENAS FERREIRO	01:01:38	01:00:36	Máster 1	92	F	403		A Coruña	00:13:20	00:40:44	01:01:38
2358	1582	PAULA AMADO LOPEZ	01:01:39	01:00:38	Máster 2	123	F	404		A Coruña	00:14:14	00:41:49	01:01:39
2359	2036	MANUEL GONZÁLEZ PEREIRA	01:01:41	01:00:11	Máster 4	59	M	1955	INDEPENDIENTE	Arteixo	00:14:46	00:42:12	01:01:41
2360	1818	OLGA SUÁREZ CHAMORRO	01:01:44	01:00:19	Máster 1	93	F	405		A Coruña	00:14:31	00:41:44	01:01:44
2361	2964	JUAN PEDRO BARCO SANCHEZ	01:01:45	01:00:25	Máster 2	655	M	1956		A Coruña	00:14:21	00:42:15	01:01:45
2362	2247	MARCOS ESPÍÑEIRA FIDALGO	01:01:46	01:00:25	Máster 1	430	M	1957		A Coruña	00:14:40	00:42:35	01:01:46
2363	1777	LORENA RIVAS LÓPEZ-CARBALLO	01:01:47	01:00:21	Senior	123	F	406		Santiago De Compostela	00:14:57	00:42:18	01:01:47
2364	2382	JOSE MANUEL PLATAS MANCHO	01:01:48	01:00:28	Máster 2	656	M	1958		A Coruña	00:14:19	00:42:10	01:01:48
2365	1607	LAURA TABOADA VEIGA	01:01:48	01:01:04	Máster 1	94	F	407		A Coruña	00:12:28	00:41:25	01:01:48
2366	3001	DAVID SANCHEZ GOMEZ	01:01:49	01:00:35	Senior	470	M	1959	Sen club	Betanzos	00:13:42	00:41:24	01:01:49
2367	1935	FERNANDO CARMONA ELIZALDE	01:01:49	01:00:49	Máster 3	283	M	1960		A Coruña	00:13:08	00:42:29	01:01:49
2368	1590	EVA IGLESIAS REBOREDO	01:01:50	01:00:25	Máster 2	124	F	408	NINGIUNO	A Coruña	00:14:38	00:43:09	01:01:50
2369	2074	CARLOS CARRODEGUAS ABADIN	01:01:56	01:00:29	Máster 4	60	M	1961		A Coruña	00:14:53	00:43:08	01:01:56
2370	2224	JUANJO LOSADA VILA	01:01:58	01:00:47	Senior	471	M	1962		A Coruña	00:13:54	00:41:37	01:01:58
2371	3053	RUBÉN PARADA CLÉRIGO	01:01:58	01:00:45	Máster 2	657	M	1963		A Coruña	00:14:55	00:42:46	01:01:58
2372	2870	MARÍA BERMUDEZ LOZANO	01:02:00	01:00:46	Máster 1	95	F	409		A Coruña	00:14:54	00:42:48	01:02:00
2373	1173	OSCAR TRELLES AYALA	01:02:00	01:01:30	Máster 2	658	M	1964		A Coruña	00:12:47	00:42:00	01:02:00
2374	1662	PATRICIA QUEVEDO PEREZ	01:02:01	01:00:20	Máster 1	96	F	410		A Coruña	00:14:50	00:42:42	01:02:01
2375	1615	MARTA GARCÍA QUIJADA	01:02:02	01:01:21	Máster 2	125	F	411		A Coruña	00:13:21	00:41:47	01:02:02
2376	1599	CARMEN PASANDIN PETEIRO	01:02:03	01:01:16	Máster 1	97	F	412	NO SPORT LIMIT	A Coruña	00:13:33	00:41:57	01:02:03
2377	1601	CAROLINA FRAGA SECO	01:02:03	01:01:16	Máster 1	98	F	413	Nosportlimit	A Coruña	00:13:33	00:41:58	01:02:03
2378	2393	JUAN ANTONIO DÍAZ DACOBA	01:02:04	01:01:16	Máster 1	431	M	1965		Vigo	00:13:26	00:41:45	01:02:04
2379	1720	ANA MARIA TOUBES CARBALLEIRA	01:02:05	01:00:34	Máster 2	126	F	414	CLUB ATLETISMO SADA	Oleiros	00:15:05	00:42:55	01:02:05
2380	2441	PHILIPPE LOHIER	01:02:06	01:01:09	Máster 2	659	M	1966		A Coruña	00:13:53	00:42:00	01:02:06
2381	1792	MARÍA ELENA VILANOVA SÁNCHEZ	01:02:07	01:00:48	Máster 2	127	F	415		A Coruña	00:14:49	00:43:00	01:02:07
2382	2943	ANDRES BUSTAMANTE CARDENAS	01:02:11	01:00:44	Máster 1	432	M	1967		Lechería	00:14:57	00:42:24	01:02:11
2383	2844	BIBIANA FLEMONS	01:02:16	01:01:06	Máster 3	45	F	416	Bibiana club	Birmingham	00:14:24	00:42:29	01:02:16
2384	1648	BEATRIZ MIRA LOPEZ	01:02:17	01:00:48	Máster 1	99	F	417		A Coruña	00:15:16	00:43:29	01:02:17
2385	2216	FERNANDO NAVARRO VÁZQUEZ	01:02:20	01:01:25	Máster 3	284	M	1968		A Coruña	00:14:01	00:42:25	01:02:20
2386	2214	EDMUNDO GARCIA GOMEZ	01:02:27	01:01:36	Máster 3	285	M	1969	Bipbipcorrecamiños	A Coruña	00:13:39	00:42:17	01:02:27
2387	2261	ALBERTO ESPÍÑEIRA FIDALGO	01:02:32	01:01:11	Máster 2	660	M	1970		A Coruña	00:14:41	00:42:34	01:02:32
2388	1812	NIDIA GONZALEZ	01:02:32	01:01:16	Máster 1	100	F	418		A Coruña	00:14:05	00:42:18	01:02:32
2389	2041	MIGUEL RIVERA CASTRO	01:02:40	01:01:16	Máster 2	661	M	1971		Oleiros	00:14:05	00:42:12	01:02:40
2390	1660	LARA NOVOA FERNÁNDEZ	01:02:41	01:01:27	Senior	124	F	419		Monforte De Lemos	00:14:17	00:43:02	01:02:41
2391	1576	ELENA CASTRO SABIO	01:02:42	01:01:29	Máster 3	46	F	420	CLUB SOCIAL BANCO PASTOR	A Coruña	00:14:12	00:42:59	01:02:42
2392	1717	ANA OTERO MÉNDEZ	01:02:45	01:01:36	Máster 2	128	F	421		A Coruña	00:13:42	00:41:56	01:02:45
2393	2834	ANGELES ÁREA TEJEIRO	01:02:47	01:01:36	Máster 3	47	F	422		A Coruña	00:15:00	00:43:10	01:02:47
2394	1650	ROSA MOLDES	01:02:47	01:01:37	Máster 2	129	F	423	RUNNING OLEIROS	A Coruña	00:15:01	00:43:10	01:02:47
2395	1686	NATALIA PAN BERMÚDEZ	01:02:53	01:01:42	Máster 1	101	F	424		A Coruña	00:14:04	00:42:29	01:02:53
2396	1646	SUSANA FALCON ABAL	01:02:55	01:01:39	Senior	125	F	425		A Coruña	00:13:59	00:42:08	01:02:55

2397	1053	NOEMÍ ALVAREZ ALVAREZ	01:02:55	01:02:00	Máster 2	130	F	426	Triatlón Ferrol	Ferrol	00:13:55	00:42:51	01:02:55
2398	1593	ADRIANA OTERO RODRÍGUEZ	01:02:55	01:01:18	Máster 1	102	F	427	Non pertencemos a ningún club	Culleredo	00:14:49	00:43:21	01:02:55
2399	1659	DEILHY ALCALA DIAZ	01:02:56	01:01:36	Senior	126	F	428		A Coruña	00:14:53	00:42:52	01:02:56
2400	1645	MELY MEIJEDE MARTINEZ	01:03:00	01:01:58	Máster 3	48	F	429	CLUB ATLETISMO SADA	Oleiros	00:13:56	00:42:24	01:03:00
2401	1799	MARTA SOUTO CASTELO	01:03:01	01:02:00	Senior	127	F	430		A Coruña	00:13:51	00:41:49	01:03:01
2402	2362	JESÚS SOUTO GRAÑO	01:03:02	01:02:00	Máster 3	286	M	1972		A Coruña	00:13:50	00:41:51	01:03:02
2403	2285	ANTONIO MARCELINO LADO RIVEIRO	01:03:02	01:02:07	Máster 4	61	M	1973		A Coruña	00:13:19	00:42:54	01:03:02
2404	2442	RAFA PRADA	01:03:03	01:01:54	Máster 2	662	M	1974		A Coruña	00:14:30	00:42:45	01:03:03
2405	2837	LETICIA SUÁREZ BARRIGÓN	01:03:03	01:01:30	Senior	128	F	431		A Laracha	00:14:41	00:42:58	01:03:03
2406	1096	MATI LLAMAS	01:03:04	01:01:55	Máster 2	131	F	432	AQUALIFE RUNNING	A Coruña	00:14:31	00:42:49	01:03:04
2407	2228	ADOLFO MARAGOTO VALE	01:03:04	01:02:10	Máster 2	663	M	1975		Vigo	00:14:37	00:42:57	01:03:04
2408	2106	JOSE ELADIO PARIENTE OJEA	01:03:05	01:02:11	Máster 2	664	M	1976		A Laracha	00:14:35	00:42:56	01:03:05
2409	1831	SANDRA MOSQUERA	01:03:05	01:02:01	Máster 2	132	F	433		A Coruña	00:14:46	00:43:19	01:03:05
2410	1749	ESTHER BOIX	01:03:05	01:02:02	Senior	129	F	434		A Coruña	00:14:47	00:43:19	01:03:05
2411	1555	SANDRA VIÑA CASTIÑEIRAS	01:03:05	01:02:11	Máster 2	133	F	435		A Laracha	00:14:35	00:42:57	01:03:05
2412	1843	VANE MOSQUERA	01:03:05	01:02:02	Máster 1	103	F	436		A Coruña	00:14:46	00:43:20	01:03:05
2413	1762	ISABEL PEREIRO PORTOS	01:03:06	01:01:53	Máster 1	104	F	437		A Coruña	00:14:12	00:43:03	01:03:06
2414	2235	RUBÉN LÓPEZ ROCA	01:03:10	01:02:25	Máster 3	287	M	1977		A Coruña	00:13:23	00:42:49	01:03:10
2415	1087	BELÉN PARDO FARIÑA	01:03:12	01:02:09	Máster 2	134	F	438		A Coruña	00:14:17	00:42:56	01:03:12
2416	398	GUILLERMO GARCÍA RODRÍGUEZ	01:03:16	01:02:36	Máster 3	288	M	1978		Culleredo	00:13:39	00:42:10	01:03:16
2417	1675	GEMA DEUS VÁZQUEX	01:03:22	01:02:24	Máster 2	135	F	439		Cambre	00:14:48	00:43:40	01:03:22
2418	2825	ANITA MÉNDEZ CASTRO	01:03:25	01:02:00	Máster 2	136	F	440		A Coruña	00:14:43	00:43:08	01:03:25
2419	1577	CARMEN ABELLA REY	01:03:31	01:02:12	Máster 2	137	F	441		A Coruña	00:14:48	00:43:07	01:03:31
2420	1844	VANESA CRUZ CAMPOS	01:03:31	01:02:18	Máster 1	105	F	442		A Coruña	00:15:52	00:44:22	01:03:31
2421	1747	EDITA ANIDO COSTA	01:03:35	01:02:31	Máster 2	138	F	443	CLUB ATLETISMO SADA	Oleiros	00:14:35	00:43:26	01:03:35
2422	866	JOSE MANUEL OURÉNS PARDO	01:03:35	01:03:19	Máster 2	665	M	1979	CLUB ATLETISMO SADA	Oleiros	00:09:51	00:43:25	01:03:35
2423	1600	CARMEN TOUZA	01:03:36	01:01:58	Máster 1	106	F	444	CLUB DEPORTIVO INCLUSIVO ENKI	A Coruña	00:16:12	00:44:55	01:03:36
2424	2218	MIGUEL CARRERAS BREA	01:03:41	01:02:22	Máster 2	666	M	1980		A Coruña	00:14:37	00:43:09	01:03:41
2425	2087	OSCAR BESTEIRO VÁZQUEZ	01:03:43	01:02:08	Máster 2	667	M	1981		A Coruña	00:15:01	00:43:46	01:03:43
2426	2008	IVAN MARTÍN DEL CASTILLO	01:03:44	01:02:55	Senior	472	M	1982		A Coruña	00:13:15	00:42:59	01:03:44
2427	1647	AMELIA SUSANA PEDROZA PEDROZA	01:03:46	01:02:19	Máster 2	139	F	445	CLUB ATLETISMO SADA	Montevideo	00:14:45	00:43:36	01:03:46
2428	1626	REBECA LEMA MIÑONES	01:03:46	01:02:17	Senior	130	F	446		Arteixo	00:15:24	00:43:52	01:03:46
2429	1731	BELEN GARCIA CAL	01:03:51	01:02:49	Senior	131	F	447		A Coruña	00:15:40	00:44:21	01:03:51
2430	2314	DIEGO FERNÁNDEZ DOMÍNGUEZ	01:03:52	01:02:30	Máster 2	668	M	1983		A Coruña	00:14:53	00:43:03	01:03:52
2431	2199	RUBEN SUAREZ DURAN	01:03:55	01:02:58	Sub 23	45	M	1984		A Coruña	00:13:28	00:42:40	01:03:55
2432	1698	NURIA GARCÍA VILARIÑO	01:03:55	01:02:09	Máster 2	140	F	448		Culleredo	00:15:11	00:43:37	01:03:55
2433	2860	BEATRIZ VARELA SOUTO	01:03:55	01:02:09	Máster 2	141	F	449		Culleredo	00:15:11	00:43:38	01:03:55
2434	2838	BEGOÑA SANTAMARIA PEREZ	01:03:56	01:02:22	Máster 2	142	F	450		Ames	00:15:46	00:44:35	01:03:56
2435	2132	DIEGO QUEVEDO	01:03:57	01:02:17	Senior	473	M	1985		A Coruña	00:14:17	00:41:51	01:03:57
2436	1479	JESÚS BERNAL GÓMEZ	01:03:59	01:03:29	Máster 4	62	M	1986		Ferrol	00:13:18	00:43:21	01:03:59
2437	1689	MARTA PRIETO ANDINA	01:03:59	01:03:14	Senior	132	F	451		Vegadeo	00:13:43	00:42:48	01:03:59
2438	2319	ENRIQUE LARRAÑAGA DOPICO	01:03:59	01:02:52	Senior	474	M	1987		A Coruña	00:14:32	00:43:11	01:03:59
2439	1713	ALEJANDRA CUTANDA MIER	01:04:02	01:02:58	Máster 2	143	F	452		A Coruña	00:14:53	00:43:51	01:04:02
2440	2973	RAMÓN MORGAGE VIÑAS	01:04:04	01:02:54	Máster 1	433	M	1988	Nosportlimit	Oleiros	00:13:58	00:42:32	01:04:04
2441	1589	ESTRELLA MARQUEZ TORRES	01:04:06	01:02:54	Máster 2	144	F	453		A Coruña	00:14:37	00:43:38	01:04:06
2442	2225	SERGIO LÓPEZ REY	01:04:08	01:03:04	Máster 1	434	M	1989	PATUKOS TIM RANIN	A Coruña	00:14:32	00:44:05	01:04:08
2443	2197	ROBERTO RAÑA ROCHA	01:04:12	01:03:09	Máster 1	435	M	1990		Cerceda	00:15:38	00:44:26	01:04:12
2444	984	SERGIO FREIRE GONZÁLEZ	01:04:13	01:03:08	Senior	475	M	1991		A Coruña	00:14:11	00:43:24	01:04:13
2445	2189	MANU SÁNCHEZ RODRÍGUEZ	01:04:14	01:02:38	Senior	476	M	1992		A Coruña	00:15:34	00:44:24	01:04:14
2446	1789	MARÍA GAMALLO LÓPEZ	01:04:14	01:02:38	Senior	133	F	454		Ribadeo	00:15:34	00:44:25	01:04:14
2447	2238	JOSÉ MANUEL GARCIA CACABELOS	01:04:16	01:02:52	Máster 3	289	M	1993		A Coruña	00:14:01	00:43:53	01:04:16

2448	2710	MARIA FRANCISCA FERNANDEZ CARBALLAL	01:04:26	01:03:49	Máster 4	7	F	455		A Coruña	00:14:14	00:43:37	01:04:26
2449	3008	JOSE ANDRES DEQUIDT LOPEZ	01:04:30	01:03:06	Máster 4	63	M	1994		A Coruña	00:15:09	00:43:08	01:04:30
2450	2352	JAIME ARMENTEROS PEDRERO	01:04:31	01:03:06	Máster 4	64	M	1995	RUNGALICIA.COM	Salamanca	00:14:41	00:43:40	01:04:31
2451	1677	INÉS REGO DÍAZ	01:04:31	01:03:08	Sub 23	14	F	456		A Coruña	00:15:26	00:44:19	01:04:31
2452	1781	MANUELA MACEIRAS OTERO	01:04:32	01:03:55	Máster 2	49	F	457		Culleredo	00:14:30	00:44:01	01:04:32
2453	2243	MIGUEL ANGEL MOSQUERA ABAD	01:04:32	01:03:54	Máster 4	65	M	1996		A Coruña	00:14:28	00:44:01	01:04:32
2454	1687	ROSI GOMEZ PRIETO	01:04:33	01:04:11	Máster 2	145	F	458	LA MOCHILA DEL DEPORTE	Cambre	00:14:30	00:44:01	01:04:33
2455	1825	PILAR HERMO GÓMEZ	01:04:33	01:04:11	Máster 4	8	F	459	LA MOCHILA DEL DEPORTE	A Coruña	00:14:27	00:44:01	01:04:33
2456	2605	IKERNE YRIBARREN ABECIA	01:04:40	01:02:59	Máster 2	146	F	460		A Coruña	00:15:08	00:43:46	01:04:40
2457	2845	ANGELA GRELA DUBRA	01:04:40	01:02:59	Senior	134	F	461		A Coruña	00:15:09	00:43:47	01:04:40
2458	1761	ISABEL GIL BREIJO	01:04:55	01:03:45	Máster 2	147	F	462		Arteixo	00:14:27	00:43:36	01:04:55
2459	3071	ENRIQUE FACAL DA COSTA	01:05:00	01:03:53	Máster 3	290	M	1997		A Coruña	00:15:21	00:44:59	01:05:00
2460	2293	CARLOS VALES REGUEIRA	01:05:01	01:03:34	Senior	477	M	1998		A Coruña	00:15:40	00:45:06	01:05:01
2461	2776	DAVID GUNTIN	01:05:02	01:04:04	Máster 1	436	M	1999	Fitrunners Team		00:14:34	00:44:32	01:05:02
2462	2904	ABEL ALVAREZ VAZQUEZ	01:05:02	01:04:06	Máster 1	437	M	2000	UNIVERSIDADE SANTIAGO DE COMPOSTELA	A Coruña	00:14:33	00:44:30	01:05:02
2463	2777	PABLO JAVIER NAVARRETE PENA	01:05:03	01:04:06	Máster 1	438	M	2001		Arteixo	00:14:33	00:44:32	01:05:03
2464	2356	JAVIER OTERO NÚÑEZ	01:05:04	01:03:29	Máster 2	669	M	2002		A Coruña	00:15:15	00:44:58	01:05:04
2465	2053	PEDRO FERNÁNDEZ CID	01:05:07	01:03:32	Máster 2	670	M	2003		A Coruña	00:14:53	00:44:37	01:05:07
2466	1579	AINHOA BARBEITO PARDIÑAS	01:05:08	01:03:39	Máster 1	107	F	463		A Coruña	00:15:05	00:44:43	01:05:08
2467	1617	MARTA MARIA FERNANDEZ-TAFALL SALGADO	01:05:09	01:04:05	Máster 2	148	F	464		Oleiros	00:14:42	00:44:11	01:05:09
2468	2219	MANUEL DÍAZ-MERRY LÓPEZ-ACEVEDO	01:05:10	01:03:42	Máster 2	671	M	2004		A Coruña	00:15:18	00:44:44	01:05:10
2469	2181	JOSÉ MANUEL CARIDAD FREIRE	01:05:11	01:04:08	Máster 3	291	M	2005		Oleiros	00:14:42	00:44:12	01:05:11
2470	2370	JORGE JUAN SOUTO SAN JOSÉ	01:05:15	01:03:47	Máster 2	672	M	2006		Culleredo	00:15:43	00:45:28	01:05:15
2471	1651	LORENA FERNÁNDEZ GONZÁLEZ	01:05:18	01:04:11	Senior	135	F	465		A Coruña	00:15:22	00:45:00	01:05:18
2472	2193	MARIO LUIS SALGUEIRO MARTÍNEZ	01:05:18	01:03:53	Senior	478	M	2007		A Coruña	00:15:19	00:44:26	01:05:18
2473	1839	SUSANA GARCIA BOQUETE	01:05:25	01:04:29	Máster 2	149	F	466		A Coruña	00:13:59	00:43:39	01:05:25
2474	1813	NOA MUÑOZ AGILDA	01:05:31	01:04:05	Senior	136	F	467		A Coruña	00:14:58	00:44:27	01:05:31
2475	2861	CRISTINA BARREIRO AMOR	01:05:39	01:04:37	Máster 1	108	F	468		Cedeira	00:14:08	00:44:07	01:05:39
2476	1595	ANA BELÉN CELEIRO VÁZQUEZ	01:05:43	01:04:16	Máster 2	150	F	469		A Coruña	00:15:57	00:45:33	01:05:43
2477	1739	CRISTINA CALVIÑO GIL	01:05:45	01:04:18	Máster 2	151	F	470		Culleredo	00:15:42	00:45:29	01:05:45
2478	1767	LARA IGLESIAS	01:06:02	01:04:41	Senior	137	F	471		A Coruña	00:15:20	00:44:44	01:06:02
2479	1956	MIGUEL MANEIRO	01:06:08	01:04:25	Máster 1	439	M	2008		A Coruña	00:15:45	00:45:18	01:06:08
2480	2771	JOSE LUIS MARTINEZ PAJON	01:06:16	01:04:32	Máster 2	673	M	2009	parrojeiro jogging	Oleiros	00:15:47	00:45:15	01:06:16
2481	1702	CARMEN PEÑALVER LÓPEZ	01:06:16	01:05:14	Senior	138	F	472		A Coruña	00:14:13	00:44:10	01:06:16
2482	2841	REYES PRIETO MARTINEZ	01:06:17	01:04:34	Máster 2	152	F	473		Oleiros	00:15:45	00:45:17	01:06:17
2483	1616	MARTA LÓPEZ MORALES	01:06:21	01:05:39	Senior	139	F	474		A Coruña	00:13:15	00:44:31	01:06:21
2484	2829	PAULA FERNANDEZ AMBOAGE	01:06:23	01:05:03	Máster 2	153	F	475		A Coruña	00:15:01	00:44:55	01:06:23
2485	1667	ISA CALATAYUD SANCHEZ	01:06:30	01:05:17	Máster 2	154	F	476	Ranning	A Coruña	00:14:38	00:44:46	01:06:30
2486	1755	GEMA RODRIGUEZ SANCHEZ	01:06:30	01:05:17	Máster 2	155	F	477		A Coruña	00:14:39	00:44:48	01:06:30
2487	1612	MARÍA DIGNA SOUTO AMARO	01:06:31	01:05:24	Senior	140	F	478		A Coruña	00:15:33	00:45:50	01:06:31
2488	581	ALBERTO ARMAS POL	01:06:31	01:05:24	Senior	479	M	2010	UNIVERSIDADE SANTIAGO DE COMPOSTELA	A Coruña	00:15:33	00:45:50	01:06:31
2489	2153	DAVID PARDO NAYA	01:06:33	01:05:37	Máster 2	674	M	2011		A Coruña	00:13:22	00:44:13	01:06:33
2490	1826	RAQUEL RODRIGUEZ VIEITEZ	01:06:40	01:05:39	Máster 1	109	F	479		A Coruña	00:14:57	00:45:03	01:06:40
2491	1656	MARIBEL VICENTE GONZALEZ	01:06:42	01:05:35	Máster 3	50	F	480	Hercules Termaria	Miño	00:15:22	00:45:01	01:06:42
2492	2874	ADRIANA AGUIAR LOPEZ	01:06:47	01:05:39	Senior	141	F	481		Cambre	00:14:06	00:43:42	01:06:47
2493	2220	DANIEL SOBRINO DOMÍNGUEZ	01:06:48	01:05:33	Máster 2	675	M	2012	NINGUNO	Culleredo	00:14:44	00:45:05	01:06:48
2494	2998	SUSANA MANTIÑAN VARELA	01:06:51	01:05:51	Máster 2	676	M	2013		Culleredo	00:14:26	00:45:09	01:06:51
2495	1685	MARIA MERCEDES FIGUEROA SUAREZ	01:06:53	01:05:36	Máster 3	51	F	482		A Coruña	00:15:10	00:45:36	01:06:53
2496	2099	AURELIANO GARCIA GONZALEZ LLANOS	01:06:55	01:05:16	Máster 4	66	M	2014		A Coruña	00:15:14	00:45:01	01:06:55
2497	1002	MAR DAMIA PAU	01:06:56	01:05:16	Senior	142	F	483		A Coruña	00:15:15	00:45:12	01:06:56
2498	2369	JORGE GUILLAMETT FERNANDEZ	01:06:57	01:05:42	Senior	480	M	2015		A Coruña	00:15:11	00:45:13	01:06:57

2499	1834	SELVA RIVA MENDOZA	01:06:57	01:05:42	Senior	143	F	484		A Coruña	00:15:09	00:45:11	01:06:57
2500	1840	SUSANA JUSTO TORRADO	01:07:21	01:06:07	Máster 3	52	F	485		Arteixo	00:14:59	00:45:05	01:07:21
2501	1040	GLORIA E CLAVIJO PELÁEZ	01:07:22	01:06:32	Máster 2	156	F	486	ATLETAS DE ACEA DE AMA	A Coruña	00:13:51	00:44:22	01:07:22
2502	2141	ANDRÉS RÍOS	01:07:23	01:06:03	Máster 4	67	M	2016		A Coruña	00:14:04	00:44:26	01:07:23
2503	2380	JOSÉ LUIS DÍAZ MONJE	01:07:24	01:06:32	Máster 2	677	M	2017		A Coruña	00:13:55	00:44:26	01:07:24
2504	2230	ALBERTO VÁZQUEZ MACEIRAS	01:07:27	01:04:43	Máster 2	678	M	2018		Carballo	00:15:31	00:46:21	01:07:27
2505	1678	INMA RODRÍGUEZ REYES	01:07:28	01:04:43	Máster 2	157	F	487		Carballo	00:15:28	00:46:18	01:07:28
2506	2107	JAVIER FLOREZ ARIAS	01:07:30	01:06:44	Máster 3	292	M	2019		Oleiros	00:14:45	00:45:46	01:07:30
2507	1665	BEA FIGUEROA	01:07:37	01:06:54	Máster 2	158	F	488	Nosportlimit	A Coruña	00:14:24	00:45:08	01:07:37
2508	2599	ESTHER PENA PARADA	01:07:41	01:06:35	Senior	144	F	489		Ribeira	00:14:30	00:45:14	01:07:41
2509	1697	NATALIA MARTÍNEZ SÁNCHEZ	01:07:44	01:06:34	Máster 1	110	F	490	GANTESPORT	Ares	00:14:53	00:45:42	01:07:44
2510	2126	FRANCISCO BAO ESTEVEZ	01:07:52	01:06:22	Máster 4	68	M	2020	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Barco De Valdeorras, O	00:15:47	00:46:48	01:07:52
2511	2842	SONIA MARCOS HERNÁNDEZ	01:07:59	01:06:27	Máster 1	111	F	491		Purullena	00:15:41	00:46:28	01:07:59
2512	2209	LUIS SÁNCHEZ SANTOS	01:08:13	01:07:21	Máster 2	679	M	2021		A Coruña	00:13:54	00:45:43	01:08:13
2513	10	MAITE GONZÁLEZ TORREIRO	01:08:18	01:06:39	Senior	145	F	492	Team Los Castros	A Coruña	00:15:23	00:45:59	01:08:18
2514	2281	ANTON SILVARREY QUIJADA	01:08:19	01:06:50	Máster 3	293	M	2022		A Coruña	00:15:40	00:45:32	01:08:19
2515	2274	ALFONSO PÉREZ COSTA	01:08:19	01:06:50	Máster 3	294	M	2023		A Coruña	00:15:42	00:45:33	01:08:19
2516	1700	SUSANA ALDAO LINARES	01:08:25	01:06:51	Máster 3	53	F	493			00:15:22	00:45:55	01:08:25
2517	2843	BELEN PACHECO GODOY	01:08:30	01:07:04	Senior	146	F	494		A Coruña	00:14:34	00:46:17	01:08:30
2518	2872	LUCÍA TÁBOAS VAZQUEZ	01:08:31	01:07:34	Máster 1	112	F	495		A Coruña	00:14:01	00:45:13	01:08:31
2519	1709	RAQUEL MONGE FUENTES	01:08:31	01:07:11	Sub 20	5	F	496		Oleiros	00:14:22	00:46:19	01:08:31
2520	1729	BEATRIZ YAÑEZ	01:08:32	01:07:10	Senior	147	F	497		A Coruña	00:15:21	00:46:01	01:08:32
2521	2474	VITO BALLESTERO	01:08:32	01:07:11	Senior	481	M	2024		A Coruña	00:15:20	00:46:01	01:08:32
2522	2379	JOSÉ LUIS PRIETO MONTERO	01:08:35	01:07:08	Senior	482	M	2025		A Coruña	00:15:41	00:46:16	01:08:35
2523	2863	FERNANDA VÁZQUEZ PREGO	01:08:47	01:07:45	Máster 2	159	F	498		A Coruña	00:14:36	00:46:40	01:08:47
2524	2877	BEATRIZ FERNANDEZ RODRIGUEZ	01:08:49	01:07:44	Máster 2	160	F	499		A Coruña	00:14:31	00:45:37	01:08:49
2525	1696	MARÍA MONTSERRAT FERNÁNDEZ PEREIRA	01:09:02	01:07:47	Máster 2	161	F	500		A Coruña	00:15:03	00:46:48	01:09:02
2526	1793	MARÍA ISABEL FERNÁNDEZ PÉREZ	01:09:03	01:07:48	Máster 2	162	F	501		A Coruña	00:15:03	00:46:56	01:09:03
2527	1625	REBECA MARTINEZ GUERRERO	01:09:04	01:08:10	Máster 1	113	F	502		A Coruña	00:15:23	00:46:32	01:09:04
2528	1708	MONICA CEBRAL VELO	01:09:09	01:08:15	Máster 2	163	F	503		A Coruña	00:15:28	00:46:33	01:09:09
2529	1419	ÁNGEL GESTAL VALES	01:09:10	01:07:56	Máster 1	440	M	2026		A Coruña	00:16:10	00:47:26	01:09:10
2530	1683	MAGDA CAROLINA LÓPEZ CORTES	01:09:12	01:07:44	Máster 1	114	F	504		Caracas	00:15:37	00:46:39	01:09:12
2531	1636	ALMA BLANCO PITA	01:09:12	01:08:04	Máster 2	164	F	505			00:15:06	00:46:20	01:09:12
2532	1445	ELADIO SALGUERO GARCÍA	01:09:13	01:07:59	Máster 1	441	M	2027	CCMesoiro	A Coruña	00:16:12	00:47:26	01:09:13
2533	471	CLAUDIA OREIRO CHAPELA	01:09:13	01:08:00	Máster 2	165	F	506	CCMesoiro	A Coruña	00:16:08	00:47:25	01:09:13
2534	1632	TERESA SILVARREY REDONDO	01:09:13	01:08:00	Máster 3	54	F	507	CCMesoiro	A Coruña	00:16:09	00:47:25	01:09:13
2535	2869	IRENE MARTINEZ CURRA	01:09:30	01:08:44	Senior	148	F	508		Vigo	00:14:57	00:45:39	01:09:30
2536	3052	FRANCISCO CASTRO YEBRA	01:09:30	01:08:45	Senior	483	M	2028	CUATRECASAS SPORTS CLUB	Vigo	00:14:55	00:45:36	01:09:30
2537	1676	GEMMA ESPINOSA HERNÁNDEZ	01:09:36	01:08:30	Senior	149	F	509		A Coruña	00:15:45	00:47:27	01:09:36
2538	1916	RODRIGO ALFONSO RODRÍGUEZ FERNÁNDEZ	01:09:45	01:08:14	Máster 2	680	M	2029		A Coruña	00:14:53	00:46:36	01:09:45
2539	936	JESÚS VÁZQUEZ EIRÍS	01:09:47	01:09:35	Máster 1	442	M	2030		A Coruña	00:10:12	00:34:01	01:09:47
2540	829	FERNANDO SALES AGRA	01:09:47	01:09:34	Máster 1	443	M	2031		Cambre	00:10:13	00:33:58	01:09:47
2541	529	JOSÉ ANTONIO RODRÍGUEZ LEGARRETA	01:09:54	01:08:18	Máster 2	681	M	2032		Ortigueira	00:16:07	00:48:30	01:09:54
2542	1795	MARIA JOSE RUBIO VIDAL	01:09:56	01:08:43	Máster 4	9	F	510		A Coruña	00:15:58	00:47:27	01:09:56
2543	2884	NATALIA ANAHI GALERA DEL VALLE	01:10:02	01:09:23	Senior	150	F	511		A Coruña	00:13:59	00:46:46	01:10:02
2544	2109	MIGUEL CASTRO CALVO	01:10:08	01:08:53	Senior	484	M	2033		Ourense	00:14:49	00:46:42	01:10:08
2545	1846	YOLANDA MAROÑO SOUTO	01:10:09	01:08:54	Senior	151	F	512		Ourense	00:14:52	00:46:47	01:10:09
2546	2175	JOSÉ CARUNCHO PENA	01:10:36	01:09:13	Máster 4	69	M	2034		A Coruña	00:14:55	00:46:41	01:10:36
2547	2706	SARA MOURE PRADO	01:10:54	01:09:50	Máster 3	55	F	513		Ribeira	00:14:43	00:47:44	01:10:54
2548	2918	JUAN CARLOS MOURE PRADO	01:10:55	01:09:50	Máster 3	295	M	2035		A Coruña	00:14:27	00:42:47	01:10:55
2549	2140	ALEJANDRO GARCÍA RODRÍGUEZ	01:11:01	01:11:01	Máster 1	444	M	2036		Oleiros	00:16:56	00:48:56	01:11:01

2550	2439	PEDRO BERMÚDEZ IGLESIAS	01:11:02	01:09:39	Máster 2	682	M	2037		Culleredo	00:15:15	00:47:57	01:11:02
2551	2983	ISIDORO MIGUEL PÉREZ	01:11:28	01:10:19	Máster 2	683	M	2038		Cambre	00:15:51	00:48:54	01:11:28
2552	1649	CRISTINA CASTRO ALVAREZ	01:12:04	01:11:22	Máster 1	115	F	514	Nosport limit	Oleiros	00:15:11	00:48:19	01:12:04
2553	3020	ANTONIO DÍAZ VILA	01:12:43	01:11:10	Máster 3	296	M	2039		A Coruña	00:16:09	00:49:33	01:12:43
2554	1790	MARÍA ULFE GAYOSO	01:13:08	01:12:11	Máster 2	166	F	515		A Coruña	00:16:40	00:49:49	01:13:08
2555	1571	NOELIA SEOANE PARDO	01:13:20	01:12:08	Máster 2	167	F	516		A Coruña	00:15:35	00:48:51	01:13:20
2556	1706	LETICIA CARRO PAN	01:13:22	01:12:15	Senior	152	F	517		A Coruña	00:15:08		01:13:22
2557	1484	JOSE ANTONIO MARTINEZ MAZAGATOS	01:13:24	01:12:12	Máster 2	684	M	2040		Culleredo	00:15:38	00:48:49	01:13:24
2558	1691	ANA ISABEL VIDAL VARELA	01:13:25	01:12:02	Máster 2	168	F	518	CLUB ATLETISMO MILLARAIO	Ames	00:16:27	00:48:53	01:13:25
2559	2858	EVA RAMIL NÚÑEZ	01:13:28	01:11:51	Máster 2	169	F	519	CLUB DEPORTIVO INCLUSIVO ENKI	A Laracha	00:16:20	00:50:11	01:13:28
2560	1652	MAJO HURTADO IGLESIAS	01:13:28	01:13:14	Máster 1	116	F	520		A Coruña	00:14:07	00:49:25	01:13:28
2561	2169	JAVIER GONZALEZ LOPEZ	01:13:29	01:11:51	Máster 2	685	M	2041	CLUB DEPORTIVO INCLUSIVO ENKI	A Coruña	00:16:21	00:50:10	01:13:29
2562	1740	CRISTINA RODRÍGUEZ FERNÁNDEZ	01:13:31	01:12:14	Máster 1	117	F	521		Ourense	00:16:23	00:50:18	01:13:31
2563	1681	LAURA SANTOS	01:13:39	01:12:39	Senior	153	F	522		Oleiros	00:16:18	00:50:30	01:13:39
2564	1750	ESTHER RAMIREZ	01:16:05	01:14:46	Máster 2	170	F	523		A Coruña	00:18:26	00:52:35	01:16:05
2565	3043	ANTONIO HIDALGO ROMERO	01:17:11	01:16:26	Máster 2	686	M	2042		A Coruña	00:16:11	00:53:07	01:17:11
2566	1668	RAQUEL SEIJAS LAMELAS	01:17:12	01:16:14	Máster 1	118	F	524		A Coruña	00:16:44	00:53:08	01:17:12
2567	1701	LUCÍA VILLASENÍN VAAMONDE	01:18:23	01:16:49	Máster 1	119	F	525		A Coruña	00:16:33	00:52:48	01:18:23
2568	2995	DAVID GARCÍA ARMESTO	01:18:28	01:17:10	Máster 2	687	M	2043		A Coruña	00:15:45	00:53:31	01:18:28
2569	2226	JOAQUÍN DÍAZ REDONDO	01:19:36	01:18:53	Máster 3	297	M	2044	Nosportlimit	A Coruña	00:14:58	00:52:36	01:19:36
2570	1725	ARÁNZAZU BOUDÍN PESTONIT	01:21:17	01:20:18	Máster 3	56	F	526		A Coruña	00:17:19	00:54:48	01:21:17
	445	BEATRIZ MUÑO VIDAL	DQ Art 15		Máster 1		F			A Coruña			
	446	MARTA MUÑO VIDAL	DQ Art 15		Máster 1		F			A Coruña			
	458	MARI LUZ SANMARTIN FERNANDEZ	DQ Art 10		Máster 4		F		CLUB EGOVARROS DE VIVEIRO	A Coruña			
	597	MARIO MARCOS GARCÍA	DQ Art 15		Máster 2		M			Villaquilambre			
	603	JUAN ANTONIO RIVAS ROMERO	DQ Art 15		Máster 3		M			A Coruña			
	1336	JAVIER ARMAS LESTA	DQ Art 10		Máster 1		M			A Coruña			
	1540	SANTIAGO REBO	DQ Art 10		Máster 2		M		FLUVIAL DE LUGO	A Coruña			
	1628	SONIA OTERO RODRÍGUEZ	DQ Art 10		Máster 2		F			Cambre			
	1802	MARTA TARRÍO GONZÁLEZ	DQ Art 15		Máster 1		F			A Coruña			
	1810	NATALIA SOUTO CASTELO	DQ Art 10		Senior		F			A Coruña			
	1955	BERNARDO TORRENTE FERNÁNDEZ	DQ Art 15		Máster 2		M			Neda			
	2064	DIEGO LEIRA JOGLAR	DQ Art 15		Máster 1		M		Toxoseberras	A Coruña			
	2158	DIEGO GARCIA HERIAS	DQ Art 15		Máster 1		M			A Coruña			
	1114	ALEJANDRO RODRÍGUEZ LORENZO	DQ		Máster 2		M		Nosportlimit	Cambre			
	2307		DQ				U						
	2359	JAVIER TARRÍO GONZÁLEZ	DQ Art 15		Máster 2		M			A Coruña			
	2508	JOSE MARIA AGUETE LEMA	DQ Art 15		Máster 1		M		SIEIRO RUNNING	A Coruña			