



RESULTADOS MEDIO MARATÓN O GRAN CAMIÑO 2018

08-07-18

| POSTO | DORSAL | Nome | Apelidos | Data | Sx | Clube | Localidade | Licencia | Categoría | Km 10 | Neto | Oficial | Ritmo |
|-------|--------|-------------|---------------------|------------|----|--------------------------------|----------------------|------------|-----------|-------|---------|----------------|-------|
| 1 | 34 | Nuno | Costa | 11/04/1986 | M | Tamber Bike & Running | Sigueiro | GA769013 | Senior | 32:47 | 1:09:32 | 1:09:32 | 3:18 |
| 2 | 1 | Pedro | Nimo Del Oro | 06/05/1980 | M | 3&run By Pedro Nimo | Santiago | ga764896 | Master 1 | 32:47 | 1:11:29 | 1:11:29 | 3:23 |
| 3 | 2 | Manuel | Penas Blanco | 11/09/1977 | M | Ninguno | Arzúa | 12255 | Master 2 | 34:33 | 1:15:32 | 1:15:32 | 3:35 |
| 4 | 77 | Jose | Lojo | 03/09/1983 | M | San Miguel De Marín | Puebla Del Caramiñal | No | Master 1 | 35:12 | 1:15:49 | 1:15:50 | 3:36 |
| 5 | 31 | Jonathan | Fernández Rios | 12/27/1988 | M | Pasa Ou Entorna | Neda | No | Senior | 35:42 | 1:17:45 | 1:17:45 | 3:41 |
| 6 | 3 | Alberto | Carou Carril | 08/08/1979 | M | Club Atletismo O Pino | Noia | AG 2018614 | Master 1 | 36:18 | 1:20:07 | 1:20:07 | 3:48 |
| 7 | 83 | Angel | Maceiras Lago | 06/27/1973 | M | Atletismo Sar Vermut Petroni | Culleredo | Ag-2014771 | Master 2 | 38:06 | 1:23:25 | 1:23:25 | 3:57 |
| 8 | 33 | Alexandre | Fernández Tojo | 05/13/1994 | M | Tamber Bike & Running | Portomouro | No | Senior | 39:26 | 1:24:02 | 1:24:03 | 3:59 |
| 9 | 14 | Miguel | Iglesias Amores | 02/25/1991 | M | Club Deportivo Pinarium | Vedra | AG2016188 | Senior | 38:37 | 1:25:13 | 1:25:14 | 4:02 |
| 10 | 32 | Rafa | Pouparina Castro | 06/07/1985 | M | Pasa Ou Entorna | Naron | No | Senior | 40:16 | 1:26:24 | 1:26:25 | 4:05 |
| 11 | 168 | Julio | Andrade Garcia | 11/21/1967 | M | Noitebra | Vedra | AG201671 | Master 3 | 39:25 | 1:26:27 | 1:26:30 | 4:06 |
| 12 | 36 | Adrián | Iglesias Penido | 03/18/1994 | M | Tamber Bike & Running | Oroso | No | Senior | 40:16 | 1:26:38 | 1:26:39 | 4:06 |
| 13 | 141 | Carlos | Busto Lobato | 11/04/1967 | M | Atletismo Sar Vermut Petroni | Catoira | AG766069 | Master 3 | 40:50 | 1:27:14 | 1:27:16 | 4:08 |
| 14 | 206 | Maria Jesús | Gestido Rodriguez | 11/01/1977 | F | Ninguno | Pontevedra | No | Master 2 | 40:51 | 1:27:15 | 1:27:16 | 4:08 |
| 15 | 126 | Jose | López Fernández | 10/10/1968 | M | Run Carballiño | Ourense | No | Master 2 | 40:16 | 1:27:50 | 1:27:52 | 4:10 |
| 16 | 12 | Alberto | Villamor Roibás | 01/25/1986 | M | Club Deportivo Arzúa | Arzúa | No | Senior | 41:19 | 1:28:42 | 1:28:48 | 4:12 |
| 17 | 84 | Japi | Baamonde Arufe | 08/01/1976 | M | Atletismo Sar Vermut Petroni | Noia | AG-2023811 | Master 2 | 40:48 | 1:29:03 | 1:29:04 | 4:14 |
| 18 | 172 | Car | Pereira Rey | 07/18/1966 | M | Running Arteixo | Arteixo | No | Master 3 | 41:04 | 1:29:11 | 1:29:14 | 4:14 |
| 19 | 82 | Miguel | Cabo Villaverde | 01/16/1970 | M | Atletismo Milladoiro | Santiago De Composte | AG 763812 | Master 2 | 40:29 | 1:29:38 | 1:29:40 | 4:15 |
| 20 | 79 | Manuel | Ulla Rega | 01/11/1975 | M | Asociación Deportiva C.A.R | Redondela | No | Master 2 | 40:46 | 1:29:47 | 1:29:49 | 4:15 |
| 21 | 41 | Borja | Castro Hermida | 03/05/1998 | M | Club Atletismo Santiago | O Pino | GA 769216 | Sub 23 | 38:00 | 1:30:24 | 1:30:25 | 4:17 |
| 22 | 38 | Tina | Fernandez Barreiros | 10/20/1983 | F | Usc | Muros | AG2017595 | Senior | 42:05 | 1:30:48 | 1:30:49 | 4:18 |
| 23 | 95 | Michel | Martinez Nieto | 07/23/1972 | M | Club Atletismo Outes - John Tu | Serra De Outes | No | Master 2 | 42:28 | 1:31:24 | 1:31:28 | 4:20 |
| 24 | 90 | Victor | Maneiro Freire | 05/28/1978 | M | Club Atletismo O Pino | Cacheiras-teo | 20228666 | Master 2 | 40:52 | 1:31:34 | 1:31:36 | 4:20 |
| 25 | 134 | Juan Ramón | Ferreiro López | 08/09/1968 | M | Tamber Bike & Running | Santiago De Composte | AG2022637 | Master 2 | 41:17 | 1:33:06 | 1:33:08 | 4:25 |
| 26 | 71 | David | Freire Otero | 04/04/1983 | M | Ninguno | Santiago De Composte | No | Master 1 | 43:20 | 1:33:06 | 1:33:11 | 4:25 |

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|----|-----|---------------|----------------------|------------|---|--------------------------------|----------------------|------------|----------|-------|---------|----------------|------|
| 27 | 49 | Benjamin | Costa Fernández | 03/07/1983 | M | Atletismo Sar Vermut Petroni | Noia | AG-2021154 | Master 1 | 43:19 | 1:34:00 | 1:34:05 | 4:27 |
| 28 | 9 | Berta | Pan Veiras | 03/17/1993 | F | Berta Pan Veiras | Cambre | AG201700 | Senior | 43:43 | 1:34:48 | 1:34:49 | 4:30 |
| 29 | 127 | Juan | Rodríguez Pinal | 06/22/1974 | M | Run Carballiño | O Carballiño | No | Master 2 | 42:23 | 1:34:46 | 1:34:53 | 4:30 |
| 30 | 143 | Juan | Rivas Castro | 01/16/1966 | M | Club Atletismo Cambados SeG. N | Cambados | No | Master 3 | 43:06 | 1:35:38 | 1:35:39 | 4:32 |
| 31 | 68 | Vicente Ruben | Jiménez Gurrea | 04/27/1981 | M | Ninguno | A Coruña | No | Master 1 | 42:48 | 1:36:04 | 1:36:07 | 4:33 |
| 32 | 43 | Juan Carlos | Gómez Edreira | 01/02/1981 | M | 3&run By Pedro Nimo | A Coruña | No | Master 1 | 42:48 | 1:36:04 | 1:36:07 | 4:33 |
| 33 | 35 | David | Senra Martínez | 06/04/1992 | M | Tamber Bike & Running | Oroso | AG 2022541 | Senior | 42:29 | 1:36:13 | 1:36:14 | 4:33 |
| 34 | 26 | Samuel | Ruiz-giménez Iglesia | 04/05/1984 | M | Ninguno | O Vicedo | No | Senior | 43:00 | 1:36:11 | 1:36:14 | 4:33 |
| 35 | 119 | Fran | Blanco | 06/01/1969 | M | Ninguno | Ourense | No | Master 2 | 43:37 | 1:36:23 | 1:36:27 | 4:34 |
| 36 | 138 | Anxo | García Costa | 06/06/1967 | M | A.D. Cerne | Melide | No | Master 3 | 45:23 | 1:36:41 | 1:36:43 | 4:35 |
| 37 | 67 | Pablo | Teijo López | 01/09/1980 | M | Ninguno | Betanzos | No | Master 1 | 44:05 | 1:37:14 | 1:37:30 | 4:37 |
| 38 | 169 | Nelson | Rodríguez | 06/14/1960 | M | Rrca - Brandon Running Associa | Brandon, Florida Usa | No | Master 3 | 46:19 | 1:37:39 | 1:37:47 | 4:38 |
| 39 | 62 | Álvaro | Valín González | 06/28/1981 | M | Marzo Saúde | Guntin | No | Master 1 | 45:42 | 1:37:48 | 1:37:59 | 4:38 |
| 40 | 69 | Samuel | Alonso Barreiro | 03/27/1983 | M | Ninguno | Iñas | No | Master 1 | 43:40 | 1:38:01 | 1:38:13 | 4:39 |
| 41 | 176 | Francisco | Soto García | 10/28/1956 | M | Amigos De San Diego | A Coruña | No | Master 4 | 44:48 | 1:38:11 | 1:38:14 | 4:39 |
| 42 | 20 | Marcos | Rey Campelo | 04/27/1988 | M | Ninguno | Oroso | No | Senior | 45:19 | 1:38:18 | 1:38:20 | 4:40 |
| 43 | 97 | Diego | Vázquez García | 07/22/1972 | M | Clube Atletismo Boimorto | Boimorto | AG766603 | Master 2 | 46:50 | 1:38:15 | 1:38:34 | 4:40 |
| 44 | 140 | Francisco | Sanmarco Santos | 04/12/1964 | M | Atletismo Sar Vermut Petroni | Pontecesures | GA-768550 | Master 3 | 44:50 | 1:38:50 | 1:38:50 | 4:41 |
| 45 | 53 | Yago | Pérez Parrado | 07/12/1982 | M | Club Atletismo O Pino | Santiago De Composte | AG 2018651 | Master 1 | 45:29 | 1:38:42 | 1:38:51 | 4:41 |
| 46 | 27 | Daniel | Mosquera Portas | 04/19/1989 | M | Ninguno | Pontecesures | No | Senior | 44:42 | 1:38:47 | 1:38:56 | 4:41 |
| 47 | 4 | Roi | Barros Corral | 02/02/1988 | M | 3&run By Pedro Nimo | A Coruña | No | Senior | 45:20 | 1:39:04 | 1:39:06 | 4:41 |
| 48 | 29 | Uxia | García Díaz | 07/17/1992 | F | Ninguno | A Coruña | No | Senior | 45:20 | 1:39:04 | 1:39:06 | 4:41 |
| 49 | 78 | Luís | Garea Pampin | 06/19/1970 | M | Amigos De San Diego | Melide | No | Master 2 | 46:16 | 1:39:02 | 1:39:08 | 4:41 |
| 50 | 137 | Jose | Filgueira Melendez | 08/12/1963 | M | A.D. Cerne | Melide | No | Master 3 | 46:20 | 1:39:02 | 1:39:08 | 4:41 |
| 51 | 133 | Roberto | Senra Alvarez | 09/16/1968 | M | Tamber Bike & Running | Compostela | Ag 2022542 | Master 2 | 43:28 | 1:39:41 | 1:39:43 | 4:43 |
| 52 | 37 | Amancio | Raña Recouso | 11/24/1983 | M | Tamber Bike & Running | Oroso | Ag 2023640 | Senior | 43:46 | 1:39:42 | 1:39:43 | 4:43 |
| 53 | 25 | Daniel | Pérez Zafra | 07/15/1985 | M | Ninguno | Madrid | No | Senior | 46:51 | 1:40:08 | 1:40:13 | 4:45 |
| 54 | 44 | David | Benito Cuéllar | 02/13/1980 | M | A.D. Cerne | Melide | No | Master 1 | 46:33 | 1:40:26 | 1:40:33 | 4:46 |
| 55 | 159 | Jose Antonio | Gil Brea | 07/09/1964 | M | Ninguno | Santiago De Composte | No | Master 3 | 47:14 | 1:41:09 | 1:41:16 | 4:48 |
| 56 | 175 | Jose Luis | Río Silva | 06/16/1966 | M | Running Oleiros | Oleiros | AG2021591 | Master 3 | 46:04 | 1:42:05 | 1:42:09 | 4:50 |
| 57 | 171 | Fernando Jose | Guerra Alvarez | 07/20/1961 | M | Run Carballiño | Carballiño | No | Master 3 | 47:02 | 1:42:31 | 1:42:34 | 4:51 |
| 58 | 164 | Jose Enrique | Gomez Lopez | 02/12/1960 | M | Ninguno | A Coruña | No | Master 3 | 47:33 | 1:42:33 | 1:42:43 | 4:51 |
| 59 | 16 | Pablo | Domínguez Vila | 04/21/1989 | M | Garridopaton | Vigo | No | Senior | 47:17 | 1:42:44 | 1:42:47 | 4:52 |
| 60 | 48 | Lydia | Rodríguez Carracedo | 01/26/1983 | F | Amigos De San Diego | Melide | No | Master 1 | 47:42 | 1:43:21 | 1:43:23 | 4:54 |
| 61 | 45 | Ivan | Varela Carreira | 05/16/1981 | M | A.D. Cerne | Melide | No | Master 1 | 46:38 | 1:43:16 | 1:43:23 | 4:54 |
| 62 | 118 | Alberto | Varela Núñez | 07/27/1970 | M | Ninguno | Santiago De Composte | AG763830 | Master 2 | 47:31 | 1:43:26 | 1:43:28 | 4:54 |
| 63 | 142 | Pepe | Saborido Martinez | 05/26/1968 | M | Atletismo Sar Vermut Petroni | Noia | AG-2021155 | Master 3 | 47:10 | 1:43:47 | 1:43:52 | 4:55 |
| 64 | 94 | José Antonio | López Fernández | 02/23/1973 | M | Club Atletismo Outes - John Tu | Noia | No | Master 2 | 47:08 | 1:43:47 | 1:43:52 | 4:55 |

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|-----|-----|--------------|---------------------|------------|---|--------------------------------|----------------------|------------|----------|-------|---------|----------------|------|
| 65 | 88 | Jose | Varela Verdes | 01/21/1978 | M | Beer Runners | A Coruña | No | Master 2 | 48:09 | 1:44:05 | 1:44:09 | 4:56 |
| 66 | 54 | Juan Jose | Alvarellos Barreiro | 03/12/1980 | M | Club Atletismo O Pino | Oroso | AG2020710 | Master 1 | 46:36 | 1:44:25 | 1:44:30 | 4:57 |
| 67 | 93 | Juan Luis | Botana Mosquera | 12/22/1977 | M | Club Atletismo O Pino | Oroso | AG2020341 | Master 2 | 46:35 | 1:44:25 | 1:44:31 | 4:57 |
| 68 | 155 | Manuel | Torres Bautis | 08/07/1967 | M | Ninguno | Santiago De Composte | No | Master 3 | 46:17 | 1:44:25 | 1:44:37 | 4:57 |
| 69 | 39 | Néstor | Campos Gestal | 05/14/1999 | M | Running Arteixo | Arteixo | No | Sub 20 | 47:53 | 1:44:39 | 1:44:48 | 4:58 |
| 70 | 173 | Geli | Lopez Vilas | 11/16/1967 | F | Running Arteixo | Arteixo | No | Master 3 | 48:19 | 1:44:40 | 1:44:49 | 4:58 |
| 71 | 109 | Cristóbal | López Vázquez | 07/01/1969 | M | Ninguno | Antas De Ulla | No | Master 2 | 49:06 | 1:44:44 | 1:44:57 | 4:58 |
| 72 | 65 | Oscar | Rey Rodriguez | 07/08/1982 | M | Ninguno | Santiago De Composte | No | Master 1 | 47:42 | 1:44:55 | 1:45:13 | 4:58 |
| 73 | 73 | Alfonso | Rodriguez Framil | 09/21/1978 | M | Noitebra | Ames | Ag-2020368 | Master 1 | 47:45 | 1:45:12 | 1:45:19 | 4:59 |
| 74 | 99 | Bernardo | Picado Riveira | 08/26/1968 | M | Correcamiños Betanzos Bar O Ca | Betanzos | No | Master 2 | 48:51 | 1:45:20 | 1:45:36 | 5:00 |
| 75 | 70 | Uxío | Esturao Pena | 12/29/1982 | M | Ninguno | Santiago De Composte | No | Master 1 | 45:37 | 1:45:44 | 1:45:44 | 5:01 |
| 76 | 85 | Elena | Miguens Otero | 01/18/1972 | F | Atletismo Sar Vermut Petroni | Padron | AG766075 | Master 2 | 48:23 | 1:45:59 | 1:46:00 | 5:01 |
| 77 | 156 | Ignacio | Seijo Vázquez | 12/05/1964 | M | Ninguno | Santiago | No | Master 3 | 47:22 | 1:46:03 | 1:46:15 | 5:01 |
| 78 | 28 | Daniel | Tenreiro Souto | 11/19/1990 | M | Ninguno | Naron | No | Senior | 47:28 | 1:46:28 | 1:46:30 | 5:03 |
| 79 | 75 | Antonio | Puente Espiña | 11/24/1982 | M | Runners Amio | Santiago De Composte | No | Master 1 | 48:23 | 1:46:46 | 1:46:54 | 5:04 |
| 80 | 111 | Javier | Taboada Garcia | 09/11/1969 | M | Ninguno | Bertamirás | No | Master 2 | 46:56 | 1:47:01 | 1:47:13 | 5:04 |
| 81 | 7 | Angel | Casas Ferreiro | 12/24/1986 | M | Axestión | Val Do Dubra | No | Senior | 49:03 | 1:47:19 | 1:47:29 | 5:05 |
| 82 | 101 | Silvia | Díez Bermúdez | 08/05/1977 | F | Egovarros Viveiro | Culleredo | GA768998 | Master 2 | 49:27 | 1:47:21 | 1:47:32 | 5:05 |
| 83 | 148 | Juan | Menendez Arbesu | 05/29/1963 | M | Egovarros Viveiro | Culleredo | GA768962 | Master 3 | 49:24 | 1:47:23 | 1:47:35 | 5:05 |
| 84 | 22 | Alejandro | González González | 05/03/1984 | M | Ninguno | Sada | No | Senior | 46:17 | 1:47:57 | 1:48:09 | 5:07 |
| 85 | 179 | José | Pájaro Pérez | 06/07/1957 | M | Ninguno | Melide | No | Master 4 | 50:06 | 1:48:24 | 1:48:30 | 5:08 |
| 86 | 184 | Xesús Anxo | López Pintos | 10/02/1955 | M | Pasa Ou Entorna | Cedeira | No | Master 4 | 50:58 | 1:48:17 | 1:48:31 | 5:08 |
| 87 | 51 | Ramon | Noguerol Sanchez | 11/24/1978 | M | Bike&beer B&b | Betanzos | No | Master 1 | 48:44 | 1:48:33 | 1:48:50 | 5:09 |
| 88 | 185 | Benito | Gallardo Francisco | 03/21/1957 | M | Run Carballiño | O Carballiño | No | Master 4 | 49:30 | 1:48:44 | 1:48:52 | 5:09 |
| 89 | 166 | Pablo | Gonzalez Gonzalez | 02/14/1961 | M | Ninguno | A Coruña | No | Master 3 | 50:36 | 1:49:03 | 1:49:19 | 5:10 |
| 90 | 61 | Adrian | Riadigos Villar | 06/12/1981 | M | La Gramola Gtr | Vila De Cruces Ponte | 44089388k | Master 1 | 49:29 | 1:49:11 | 1:49:19 | 5:11 |
| 91 | 74 | Jose Antonio | Carneiro Garcia | 12/31/1979 | M | Runners Amio | Santiago De Composte | No | Master 1 | 48:54 | 1:50:25 | 1:50:32 | 5:14 |
| 92 | 56 | Pablo | Baña Sandá | 04/08/1982 | M | Club Atletismo O Pino | Santiago De Composte | AG2018658 | Master 1 | 51:29 | 1:50:29 | 1:50:42 | 5:14 |
| 93 | 170 | Manuel | González González | 09/26/1961 | M | Run Carballiño | Carballiño | No | Master 3 | 51:03 | 1:50:30 | 1:50:47 | 5:14 |
| 94 | 135 | Rafael | Palma Jiménez | 02/19/1977 | M | Triatlón Xerez | Jerez De La Frontera | No | Master 2 | 50:10 | 1:50:48 | 1:50:58 | 5:15 |
| 95 | 55 | Daniel | Castro Moscoso | 03/20/1981 | M | Club Atletismo O Pino | O Pino | AG 2024005 | Master 1 | 50:45 | 1:50:53 | 1:51:06 | 5:15 |
| 96 | 113 | Alberto | Arias Pérez | 07/06/1973 | M | Ninguno | Palas De Rei | No | Master 2 | 50:35 | 1:51:41 | 1:51:54 | 5:18 |
| 97 | 105 | Miguel | Veiga Gonzalez | 10/03/1970 | M | Montefaro Trail | Ares | No | Master 2 | 51:10 | 1:51:44 | 1:51:55 | 5:18 |
| 98 | 17 | Miguel | Rodríguez Ferreiro | 09/21/1989 | M | Lamargha-autotodo | Ourense | No | Senior | 50:37 | 1:51:56 | 1:51:59 | 5:18 |
| 99 | 52 | Elena | Perez Gonzale | 08/08/1981 | F | Burgas Ourense | Ourense | No | Master 1 | 50:38 | 1:51:56 | 1:52:00 | 5:18 |
| 100 | 64 | Berit | Sommerfelt | 02/14/1980 | F | Ninguno | La Coruña | No | Master 1 | 52:10 | 1:52:18 | 1:52:28 | 5:19 |
| 101 | 122 | Félix | Allende | 04/10/1975 | M | Ninguno | Santiago | No | Master 2 | 49:33 | 1:52:10 | 1:52:29 | 5:19 |
| 102 | 162 | Jose Manuel | Valiño Cereijo | 12/20/1966 | M | Ninguno | O Pino | No | Master 3 | 50:55 | 1:52:23 | 1:52:32 | 5:19 |

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|-----|-----|---------------|--------------------|------------|---|--------------------------------|----------------------|------------|----------|-------|---------|---------|------|
| 103 | 174 | José Manuel | Ríos Gibello | 08/28/1961 | M | Running Oleiros | A Coruña | AG2020962 | Master 3 | 51:00 | 1:53:23 | 1:53:26 | 5:23 |
| 104 | 161 | Víctor Manuel | Vázquez Mosteiro | 08/29/1958 | M | Ninguno | A Coruña | No | Master 3 | 51:22 | 1:53:11 | 1:53:27 | 5:22 |
| 105 | 60 | Oscar | Duro Pazos | 05/27/1981 | M | Club Hércules Termaria | A Coruña | No | Master 1 | 54:30 | 1:53:57 | 1:54:14 | 5:24 |
| 106 | 152 | José | Gómez Viaño | 11/29/1964 | M | Ninguno | Ames | No | Master 3 | 51:22 | 1:54:34 | 1:54:43 | 5:26 |
| 107 | 207 | Oscar | Miranda | 07/29/1977 | M | Club Deportivo Arzúa | Arzúa | No | Master 2 | 51:42 | 1:54:55 | 1:55:05 | 5:27 |
| 108 | 107 | Ramón | Guitián Fernández | 04/03/1972 | M | Ninguno | A Coruña | No | Master 2 | 54:36 | 1:54:54 | 1:55:06 | 5:27 |
| 109 | 160 | Fernando | Couselo Barrio | 12/22/1967 | M | Ninguno | Santiago De Composte | No | Master 3 | 51:29 | 1:55:06 | 1:55:13 | 5:27 |
| 110 | 144 | Juan | Peña Barreiro | 01/23/1968 | M | Club Atletismo Noia | Noia | - | Master 3 | 51:59 | 1:55:49 | 1:55:58 | 5:29 |
| 111 | 103 | Javier | García Galdo | 11/23/1973 | M | Millaraio | A Coruña | AG 2022943 | Master 2 | 50:09 | 1:56:11 | 1:56:20 | 5:31 |
| 112 | 102 | Camilo | Baranda Valeiras | 01/05/1969 | M | Esprintes Ourense | O Carballiño | AG2023651 | Master 2 | 52:55 | 1:56:04 | 1:56:22 | 5:30 |
| 113 | 149 | Susana | Parguiña Fernandez | 04/06/1966 | F | Egovarros Viveiro | Coruña | GA 765964 | Master 3 | 53:40 | 1:56:43 | 1:56:54 | 5:32 |
| 114 | 112 | Santiago | Gomez Garcia | 07/01/1977 | M | Ninguno | Palas De Rei | No | Master 2 | 51:28 | 1:58:17 | 1:58:30 | 5:36 |
| 115 | 66 | Borja | Cardesin Vila | 10/13/1980 | M | Ninguno | Arzua | No | Master 1 | 51:20 | 1:58:36 | 1:58:38 | 5:37 |
| 116 | 100 | Nacho | Louzao Rodriguez | 11/01/1969 | M | Cuatridente | Santiago | No | Master 2 | 50:51 | 1:58:45 | 1:58:58 | 5:37 |
| 117 | 178 | Enrique | Freire Rodriguez | 11/04/1950 | M | Ninguno | A Coruña | No | Master 4 | 52:13 | 1:59:06 | 1:59:16 | 5:39 |
| 118 | 136 | Marcial | Castro Seijas | 07/14/1958 | M | 3&run By Pedro Nimo | Santiago De Composte | No | Master 3 | 53:54 | 1:59:05 | 1:59:18 | 5:39 |
| 119 | 165 | Gonzalo | Lopez Martin | 08/24/1966 | M | Ninguno | A Coruña | No | Master 3 | 54:49 | 1:59:40 | 1:59:51 | 5:41 |
| 120 | 24 | Aitana | Ares Yebra | 11/23/1984 | F | Ninguno | Betanzos | No | Senior | 54:01 | 1:59:42 | 1:59:53 | 5:41 |
| 121 | 158 | Juan Carlos | González Rios | 09/04/1967 | M | Ninguno | Santiago De Composte | No | Master 3 | 52:36 | 1:59:51 | 2:00:05 | 5:41 |
| 122 | 89 | María Begoña | Cajade Blanco | 05/11/1978 | F | Cai A Estrada | A Estrada | AG2020396 | Master 2 | 56:00 | 2:00:39 | 2:00:46 | 5:43 |
| 123 | 182 | Manuel | Capelo Rios | 01/08/1955 | M | Ninguno | Poio | No | Master 4 | 55:17 | 2:00:56 | 2:01:10 | 5:44 |
| 124 | 117 | Jorge | Blanco Fernández | 05/21/1972 | M | Ninguno | A Coruña | No | Master 2 | 53:44 | 2:01:30 | 2:01:35 | 5:45 |
| 125 | 132 | Rosa M | Maceiras Seoane | 11/22/1973 | F | Running Arteixo | Arteixo | No | Master 2 | 56:37 | 2:01:41 | 2:01:56 | 5:46 |
| 126 | 153 | Rogelio Manue | Perez Miñones | 06/07/1965 | M | Ninguno | España | No | Master 3 | 53:45 | 2:02:34 | 2:02:40 | 5:49 |
| 127 | 108 | Lucia | Perez Dieguez | 01/31/1972 | F | Ninguno | Santiago De Composte | No | Master 2 | 56:27 | 2:03:10 | 2:03:28 | 5:50 |
| 128 | 151 | Dionisio José | Bueno García | 12/07/1960 | M | Ninguno | Bergondo | No | Master 3 | 51:05 | 2:03:38 | 2:03:41 | 5:52 |
| 129 | 123 | Jorge Jose | Rico Rico | 02/09/1975 | M | Ninguno | Paderne | No | Master 2 | 54:16 | 2:03:34 | 2:03:51 | 5:52 |
| 130 | 5 | Sergio | Lopez Blanco | 08/22/1985 | M | Asociacion Deportiva Carballei | Arceo | No | Senior | 50:57 | 2:03:42 | 2:03:51 | 5:52 |
| 131 | 47 | Oscar | Dieguez Pintor | 06/23/1983 | M | Amigos De San Diego | Arzua | AG2016316 | Master 1 | 50:57 | 2:03:42 | 2:03:52 | 5:52 |
| 132 | 18 | Damian | Martínez López | 06/28/1986 | M | Marzo Saude | Lugo | No | Senior | 56:38 | 2:04:06 | 2:04:17 | 5:53 |
| 133 | 19 | Tania | García Novo | 09/01/1984 | F | Marzo Saude | Lugo | No | Senior | 56:39 | 2:04:06 | 2:04:17 | 5:53 |
| 134 | 21 | Juan Jose | Vega Crespo | 02/28/1986 | M | Ninguno | Ourense | No | Senior | 54:52 | 2:04:05 | 2:04:24 | 5:53 |
| 135 | 187 | Jorge | Carreira Nodar | / / | M | | | | Master 2 | 58:06 | 2:04:47 | 2:05:05 | 5:55 |
| 136 | 106 | Alfonso | Alonso Prado | 09/23/1975 | M | Ninguno | Baiona | No | Master 2 | 54:10 | 2:05:26 | 2:05:31 | 5:57 |
| 137 | 114 | Carlos | Mosteiro Liñeira | 07/03/1973 | M | Ninguno | Melide | No | Master 2 | 51:47 | 2:05:49 | 2:05:55 | 5:58 |
| 138 | 46 | David | Fernández Blanco | 12/24/1978 | M | Ad Montebondo | Zas | No | Master 1 | 53:36 | 2:05:55 | 2:06:08 | 5:58 |
| 139 | 139 | Jorge | García Marín | 02/07/1966 | M | Atletismo Fontes Do Sar | Santiago De Composte | No | Master 3 | 55:43 | 2:06:05 | 2:06:10 | 5:59 |
| 140 | 129 | Suso | Carreira Carollo | 04/10/1977 | M | Runners Amio | Santiago De Composte | No | Master 2 | 54:34 | 2:06:11 | 2:06:19 | 5:59 |

| | | | | | | | | | | | | | |
|-----|-----|-----------------|---------------------|------------|---|--------------------------------|----------------------|------------|----------|---------|---------|---------|------|
| 141 | 120 | Jose Ignacio | Morao Blanco | 05/16/1977 | M | Ninguno | O Pino | No | Master 2 | 54:29 | 2:08:15 | 2:08:30 | 6:05 |
| 142 | 116 | David | Balado Bastida | 08/21/1974 | M | Ninguno | Paderne | No | Master 2 | 55:31 | 2:08:14 | 2:08:30 | 6:05 |
| 143 | 167 | Javier | Lopez Martin | 06/13/1959 | M | Ninguno | La Coruña | No | Master 3 | 55:49 | 2:08:13 | 2:08:31 | 6:05 |
| 144 | 128 | Juan Manuel | Mosquera Carnota | 10/31/1974 | M | Runners Amio | Santiago De Composte | No | Master 2 | 59:14 | 2:09:34 | 2:09:42 | 6:08 |
| 145 | 8 | Yan Li | Chen Lin | 04/07/1988 | F | Beer Runners | A Coruña | No | Senior | 58:36 | 2:09:45 | 2:09:50 | 6:09 |
| 146 | 50 | Luis | Viña Domínguez | 04/17/1979 | M | Beer Runners | A Coruña | No | Master 1 | 58:37 | 2:09:46 | 2:09:50 | 6:09 |
| 147 | 15 | Irene | Garrido Patón | 02/18/1984 | F | Garridopaton | Vigo | No | Senior | 59:18 | 2:10:22 | 2:10:35 | 6:11 |
| 148 | 208 | Ramon Angel | Conde Bermudez | 12/18/1951 | M | Atletas Veteranos De Ourense | Milladoiro (ames) | 34596300E | Master 4 | 58:51 | 2:11:29 | 2:11:45 | 6:14 |
| 149 | 57 | Noemi | Sanmartín Rodríguez | 04/07/1982 | F | Club Atletismo O Pino | Santiago | AG 2018630 | Master 1 | 58:13 | 2:12:33 | 2:12:48 | 6:17 |
| 150 | 10 | Bárbara | Sanz Mendiguchía | 06/27/1984 | F | Club Atletismo O Pino | Santiago De Composte | AG2025506 | Senior | 58:12 | 2:12:34 | 2:12:48 | 6:17 |
| 151 | 96 | Juan Carlos | Pampín Pampín | 01/02/1974 | M | Club Deportivo Arzúa | Arzúa | No | Master 2 | 59:47 | 2:13:21 | 2:13:35 | 6:19 |
| 152 | 186 | José Manuel | Pampín Villar | 01/25/1967 | M | Club Deportivo Arzúa | Arzúa | No | Master 3 | 56:40 | 2:13:31 | 2:13:35 | 6:20 |
| 153 | 13 | Cristina | Quintela Prado | 04/21/1986 | F | Club Deportivo Arzúa | Arzúa | No | Senior | 59:48 | 2:13:21 | 2:13:35 | 6:19 |
| 154 | 180 | Santiago | Seoane Trigo | 07/25/1956 | M | Ninguno | Santiago De Composte | No | Master 4 | 53:59 | 2:14:56 | 2:14:59 | 6:24 |
| 155 | 80 | Montse | Veiga Blanco | 11/19/1968 | F | Atletismo Fontes Do Sar | Santiago | AG-2015297 | Master 2 | 59:26 | 2:15:08 | 2:15:12 | 6:24 |
| 156 | 183 | Pablo | Parguiña Fernández | 06/30/1958 | M | Ninguno | A Coruña | No | Master 4 | 59:25 | 2:15:11 | 2:15:23 | 6:25 |
| 157 | 86 | Juan | Doporto Veiga | 09/27/1972 | M | Bar O Candil-correcamiñosbetan | Betanzos | No | Master 2 | 57:31 | 2:15:12 | 2:15:29 | 6:25 |
| 158 | 146 | Maria Isabel | Chorén Maroño | 09/28/1963 | F | Club Atletismo O Pino | Touro | AG 2025138 | Master 3 | 1:01:11 | 2:15:19 | 2:15:34 | 6:25 |
| 159 | 58 | Lucia | Calaza Villares | 10/12/1978 | F | Club Atletismo Talavera La Rea | Talavera La Real | No | Master 1 | 59:59 | 2:15:56 | 2:16:05 | 6:27 |
| 160 | 104 | Mercedes | Margareto Noya | 04/09/1971 | F | Montefaro Trail | Ares | No | Master 2 | 1:01:33 | 2:17:00 | 2:17:10 | 6:30 |
| 161 | 163 | Manuel Maria | Teira Piñeiro | 05/19/1962 | M | Ninguno | Santiago De Composte | No | Master 3 | 1:00:00 | 2:17:07 | 2:17:24 | 6:30 |
| 162 | 42 | Francisco Alexa | Castromán Couselo | 12/21/1996 | M | Ninguno | Ribeira | No | Sub 23 | 59:59 | 2:17:36 | 2:17:51 | 6:31 |
| 163 | 40 | Sara | Costa Faya | 09/10/1996 | F | Club Atletismo O Pino | Santiago De Composte | AG2025507 | Sub 23 | 59:59 | 2:17:36 | 2:17:51 | 6:31 |
| 164 | 91 | Moncho | Otero Amenal | 02/21/1972 | M | Club Atletismo O Pino | Santiago De Composte | ag2020345 | Master 2 | 1:00:00 | 2:18:31 | 2:18:47 | 6:34 |
| 165 | 92 | Alicia | Muiño Pose | 05/25/1976 | F | Club Atletismo O Pino | Santiago De Composte | AG2022892 | Master 2 | 1:02:06 | 2:21:38 | 2:21:52 | 6:43 |
| 166 | 30 | Raluca Mihaela | Poenar | 06/12/1990 | F | Nosportlimit | La Coruña | No | Senior | 1:03:34 | 2:22:10 | 2:22:25 | 6:45 |
| 167 | 147 | Juan Carlos | Castro Suárez | 10/17/1965 | M | Club Atletismo O Pino | O Pino | No | Master 3 | 56:05 | 2:22:18 | 2:22:33 | 6:45 |
| 168 | 145 | Antonio | Riveira Martinez | 02/26/1967 | M | Club Atletismo O Pino | O Pino | AG2018657 | Master 3 | 1:02:06 | 2:24:42 | 2:24:57 | 6:51 |
| 169 | 157 | Xulian | Brea Sánchez | 04/26/1963 | M | Ninguno | Betanzos | No | Master 3 | 1:02:06 | 2:25:07 | 2:25:23 | 6:53 |
| 170 | 181 | Manuel | Gonzalez Pereira | 10/09/1952 | M | Ninguno | Arteixo | No | Master 4 | 1:03:25 | 2:28:49 | 2:29:14 | 7:03 |
| 171 | 110 | Jose Angel | Teijo López | 01/21/1976 | M | Ninguno | Paderne | No | Master 2 | 1:02:02 | 2:29:02 | 2:29:19 | 7:04 |
| 172 | 131 | Lorena | Rodríguez Fernandez | 03/27/1976 | F | Running Altafit Odeon | Mugardos | No | Master 2 | 1:06:09 | 2:29:32 | 2:29:40 | 7:05 |
| 173 | 130 | Sonia | Mauriz Pereira | 05/03/1975 | F | Running Altafit Odeon | Ferrol | No | Master 2 | 1:06:13 | 2:29:30 | 2:29:40 | 7:05 |