



San Silvestre

Santiago de Compostela

Martes, 31 de decembro de 2019

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo		Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano			
1	2107		Andrés Cendan Llorens	17:15	17:15	07:42	3:08	1997 Club Triatlón Cidade de Lugo Fluvial	1 AM	1 M
2	2116	GA769233	Anton Gomez Gonzalez	17:34	17:34	07:51	3:12	1991 C.D. SAN PAIO A ESTRADA	2 AM	2 M
3	2121	S10871	Rodrigo Fraga Odriozola	17:45	17:45	07:51	3:14	2003 AD COSTA DE AJO	3 AM	3 M
4	2287		Alerto Chaves Camino	17:51	17:51	07:57	3:15	1990	4 AM	4 M
5	2112		Luís Del Río Pena	17:51	17:51	07:58	3:15	1998 REAL CLUB CELTA DE ATLETISMO	5 AM	5 M
6	2288		Brais Picón Montero	18:00	18:00	07:51	3:16	2005	1 EM	6 M
7	2011		Pedro Liste Monteagudo	18:03	18:03	08:02	3:17	2003	6 AM	7 M
8	2118		Cristian Penas Otero	18:18	18:18	08:13	3:20	1993 Triatlón Arcade Inforhouse	7 AM	8 M
9	2005		Pablo Carnero Rodríguez	18:23	18:19	08:15	3:21	1994 CLUB ATLETISMO O PINO	8 AM	9 M
10	2115		Marcos Almozara Mayo	18:24	18:24	08:25	3:21	1988 CLUB ATLETISMO NEGREIRA	9 AM	10 M
11	2032	AG2026660	Carlos Fraga Adrio	18:26	18:24	08:16	3:21	1990 CLUB ATLETISMO O PINO	10 AM	11 M
12	2037		Gerardo Cachafeiro García	18:30	18:30	08:25	3:22	1989	11 AM	12 M
13	2124	GA766214	Carlos Manuel Iglesias Carballo	18:32	18:32	08:34	3:22	1989 CLUB ATLETISMO SANTIAGO	12 AM	13 M
14	2012	AG2026759	Alexandre Fernández Tojo	18:50	18:50	08:35	3:25	1994 TAMBRE BIKE&RUNNING	13 AM	14 M
15	2050		Pablo Lorenzo Miron	18:51	18:49	08:39	3:26	1986	14 AM	15 M
16	2143		David Cutrín López	18:57	18:54	08:37	3:27	1983 CLUB TRIATHLON COMPOSTELA	15 AM	16 M
17	2080		Pablo Camino Velasco	18:57	18:54	08:41	3:27	1989	16 AM	17 M
18	2002	GA768908	Xabier Fernández García	18:59	18:59	08:34	3:27	1999 UNIVERSIDADE SANTIAGO DE COMPOSTELA	17 AM	18 M
19	2131		Marcos Campos	19:01	19:01	08:38	3:27	1983 CLUB ATLETISMO SANTIAGO	18 AM	19 M
20	2128	AG2014364	Pablo Rey Ansemil	19:01	19:01	08:35	3:27	2003 ATLETISMO FONTES DO SAR	19 AM	20 M
21	2026	AG11135	José Carlos Bujan Otero	19:03	19:01	08:37	3:28	1973 NOITEBRA	20 AM	21 M
22	2057	AG2021111	Santiago Cid García	19:05	19:05	08:35	3:28	1982 NOITEBRA	21 AM	22 M
23	2151	AG2026560	Tina Fernandez	19:07	19:07	08:44	3:29	1983 CLUB ATLETISMO SAR VERMÚ PETRONI	1 AF	1 F

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				Neto	Alameda	km	Ano				
24	2014	AG2025990	Efrén Capelo Vieites	19:11	19:11	08:43	3:29	1992	NOITEBRA	22 AM	23 M
25	317	GA765944	Marta Prieto	19:18	19:18	08:52	3:31	1998	AGRUPACION DEPORTIVA MARATHON	2 AF	2 F
26	2125	AG2016188	Miguel Iglesias Amores	19:23	19:20	08:50	3:31	1991	CLUB DEPORTIVO PINARIUM	23 AM	24 M
27	2132		Sergio Vazquez Otero	19:25	19:20	08:53	3:32	1992	Triatlón Arcade Inforhouse	24 AM	25 M
28	1088	AG11136	Óscar Valle López	19:25	19:22	08:41	3:32	1977	NOITEBRA	25 AM	26 M
29	2093	GA769397	Adrián Gómez Fernández	19:26	19:24	08:42	3:32	1981	CLUB ATLETISMO O PINO	26 AM	27 M
30	2148		Manuel Moure Vázquez	19:28	19:25	08:52	3:32	1989	Club Esportiu +Qtrail	27 AM	28 M
31	2055		Pedro Riera	19:30	19:30	08:44	3:33	1983	CT Toni Colom World	28 AM	29 M
32	2044	AG11126	Nemesio López Fernández	19:32	19:29	08:37	3:33	1976	ATLETISMO FONTES DO SAR	29 AM	30 M
33	1059		Manuel Fernández Gutierrez	19:33	19:25	09:01	3:33	1975		30 AM	31 M
34	1130	AG2028405	David Sendón Caamaño	19:37	19:37	08:51	3:34	1982	CLUB ATLETISMO O PINO	31 AM	32 M
35	2006	GA769216	Borja Castro Hermida	19:38	19:38	08:51	3:34	1998	CLUB ATLETISMO SANTIAGO	32 AM	33 M
36	2023	AG2021381	Arturo Ramos Rey	19:39	19:37	08:51	3:34	2000	CLUB ATLETISMO SANTIAGO	33 AM	34 M
37	1096		Jacobo Eirís Del Río	19:39	19:37	08:52	3:34	1999	CLUB ATLETISMO SANTIAGO	34 AM	35 M
38	2174		Lennon Almeida Dos Santos	19:47	19:47	08:42	3:36	1990		35 AM	36 M
39	2173		Xosé Carlos Carracedo Porto	19:54	19:48	08:51	3:37	1990		36 AM	37 M
40	2230	GA768032	Ramón Andrés Pérez Rodríguez	19:54	19:54	08:50	3:37	1996	3&RUN BY PEDRO NIMO CLUB DE CORREDO	37 AM	38 M
41	2008		Daniel Paz Pardo	19:55	19:55	09:09	3:37	1978	Tribu trail	38 AM	39 M
42	1122		Miguel Montero Noya	19:55	19:52	08:52	3:37	1996		39 AM	40 M
43	2178	AG2021064	José Márquez Pastor	19:56	19:54	09:09	3:37	1987	UNIVERSIDADE SANTIAGO DE COMPOSTELA	40 AM	41 M
44	1631		Juan Cañizo González-elipe	19:59	19:49	09:17	3:38	2005		2 EM	42 M
45	2024		Javier Gendre Fernández	20:06	20:02	09:15	3:39	1974	EntrenaRunning	41 AM	43 M
46	2277		Eloi Couso Martínez	20:07	20:02	08:59	3:39	1990		42 AM	44 M
47	2038		Miguel Vidal Moreiras	20:10	20:10	09:14	3:40	1982	Montaevai O Pino	43 AM	45 M
48	1694		Yago Iglesias Turnes	20:12	20:08	09:06	3:40	2006		3 EM	46 M
49	2056		Angel Bello Ferreirós	20:14	20:10	09:09	3:41	1979	3&run By Pedro Nimo	44 AM	47 M
50	1079		David Freire Otero	20:16	20:12	09:15	3:41	1983	Ninguno	45 AM	48 M
51	2087	AG2028397	Manuel Costa Castro	20:18	20:13	09:22	3:41	1974	TAMBRE BIKE&RUNNING	46 AM	49 M
52	2149		Miguel Míguez Meijomil	20:20	20:13	09:20	3:42	1986	DEPORTES CIBEIRA	47 AM	50 M
53	2154		Ivan Lopez Orosa	20:22	20:13	09:23	3:42	1983		48 AM	51 M
54	1097		Sergio Palacios Lado	20:24	20:21	09:19	3:43	1986		49 AM	52 M
55	2127	GA202333	Anxo Carreira Casais	20:26	20:26	09:01	3:43	1994	UNIVERSIDADE SANTIAGO DE COMPOSTELA	50 AM	53 M
56	2241		Alberto Tojo Moledo	20:27	20:22	09:22	3:43	1980		51 AM	54 M
57	2031		Ivan Pablo Sanmartín Carreira	20:31	20:31	09:18	3:44	1975		52 AM	55 M
58	2091	AG2026835	Francisco Jose Cuenca Garcia	20:31	20:27	09:23	3:44	1983	ATLETISMO MILLADOIRO	53 AM	56 M
59	2205		Manuel Castiñeiras Portos	20:33	20:33	09:54	3:44	1979		54 AM	57 M
60	2209		Alexandre Couso Martínez	20:33	20:26	09:20	3:44	1995		55 AM	58 M
61	2157		Francesc Mora Marchal	20:33	20:33	09:15	3:44	1980		56 AM	59 M

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				Tempo Neto	Alameda	km	Ano	Club					
62	1691	AG2027848	Alex Ayaso Parada	20:34	20:32	09:06	3:44	2006	SANTA UXIA ATLETISMO	4	EM	60	M
63	2144		Alejandro Celis Fresco	20:35	20:31	09:17	3:45	1978	A.D Nautico de Narón	57	AM	61	M
64	2217		Manuel Fernández García	20:35	20:33	09:08	3:45	1997		58	AM	62	M
65	2170		Miguel Silveiro Flores	20:38	20:32	09:21	3:45	1995		59	AM	63	M
66	715		Javier Castro Casal	20:39	20:28	09:40	3:45	1978		60	AM	64	M
67	2076		Jesus Garcia Iglesias	20:39	20:32	09:39	3:45	1970		61	AM	65	M
68	2101		Ines Castaño García	20:43	20:43	09:12	3:46	1999	Triatlón Arcade Inforhouse Santiago	3	AF	3	F
69	2074		Héctor Cajaraville Araújo	20:45	20:41	09:35	3:46	1974		62	AM	66	M
70	1106	AG767507	Javier Abad Blanco	20:47	20:38	09:09	3:47	1999	UNIVERSIDADE SANTIAGO DE COMPOSTELA	63	AM	67	M
71	2145		Marcos Loureiro Díaz	20:47	20:47	09:28	3:47	1987	CCA RÍA DE FOZ	64	AM	68	M
72	2244		Javier Taboada Garcia	20:49	20:45	09:35	3:47	1969		65	AM	69	M
73	2114		Vicente Pérez Soloviev	20:49	20:49	09:07	3:47	1997		66	AM	70	M
74	2129		Liam Mcnicholl	20:49	20:45	09:18	3:47	1976		67	AM	71	M
75	2102		Ángel Pérez Burgos	20:50	20:40	09:39	3:47	1981	TAMBRE BIKE&RUNNING	68	AM	72	M
76	2236		Alberto Martinez Rico	20:52	20:45	09:40	3:48	1978	CDM VÉRTICE	69	AM	73	M
77	2096		Eduardo Brocos Mareque	20:52	20:44	09:39	3:48	1969		70	AM	74	M
78	2142		Jose Angel Perez Susavila	20:53	20:49	09:35	3:48	1973	ultreia	71	AM	75	M
79	1099	AG2026769	Arturo Mata Castro	20:54	20:50	09:30	3:48	1996	CLUB ATLETISMO SANTIAGO	72	AM	76	M
80	2146	AG2019228	José Antonio Noya Pérez	20:56	20:52	09:37	3:48	1970	ATLETISMO FONTES DO SAR	4	AF	4	F
81	2249		Oscar Fernández Paz	20:58	20:52	09:36	3:49	1980		73	AM	77	M
82	2196		Ana Eirís Del Río	21:00	21:00	09:17	3:49	1997	CLUB ATLETISMO SANTIAGO	5	AF	5	F
83	2237		Manuel Torres Bautis	21:01	20:57	09:33	3:49	1967		74	AM	78	M
84	2078	AG2026779	Daniel Castro Gómez	21:03	20:58	09:29	3:50	2002	TAMBRE BIKE&RUNNING	75	AM	79	M
85	2003	AG2022359	Vicente Sanmartin Vigo	21:03	21:00	09:27	3:50	1975		76	AM	80	M
86	2206		Franco Luis Artico Denier	21:05	20:59	09:48	3:50	1977		77	AM	81	M
87	2184		Fernando Castro Paredes	21:07	21:01	09:52	3:50	1975	Non estou en ningún club	78	AM	82	M
88	2095		Francisco Javier Brenlla Duarte	21:08	21:04	09:47	3:51	1987		79	AM	83	M
89	2202		Hugo Iglesias Rodríguez	21:10	21:10	09:38	3:51	1986		80	AM	84	M
90	1824		Nicolás Nsang Gómez	21:12	21:12	09:22	3:51	2006		5	EM	85	M
91	2041		Satiro Brenlla Fajin	21:14	21:09	09:53	3:52	1987	TARTARUGAS	81	AM	86	M
92	1607		Ainoa Gontán Iglesias	21:19	21:17	09:32	3:53	2005		1	EF	6	F
93	2252		Fernando Jose De Almeida Rey	21:20	21:13	09:47	3:53	1978	Tran-tran	82	AM	87	M
94	1027		Daniel Rivera Sanchez	21:21	21:17	09:46	3:53	1985		83	AM	88	M
95	2007	AG2024952	Yago Ignacio García Sainz	21:24	21:24	09:21	3:53	2003	UNIVERSIDADE SANTIAGO DE COMPOSTELA	84	AM	89	M
96	2158		Mario Taibo Castro	21:24	21:24	09:33	3:53	1983	UNIVERSIDADE SANTIAGO DE COMPOSTELA	85	AM	90	M
97	2040	AG11123	Santi Canicoba	21:25	21:21	09:52	3:54	1976	ATLETISMO FONTES DO SAR	86	AM	91	M
98	2035	AG9511	Martín Eugenio Rodríguez Gómez	21:29	21:26	09:39	3:54	1983	NOITEBRA	87	AM	92	M
99	2100		Luis Gómez Aldegunde	21:32	21:27	09:37	3:55	1968		88	AM	93	M

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
100	2069	AG2022510	Mario Gonzalez Freire	21:33	21:30	09:39	3:55	1963	3&RUN BY PEDRO NINO DEL ORO CLUB DE	89 AM	94 M
101	884		Bruno Castro Frecha	21:36	21:29	09:35	3:56	1997		90 AM	95 M
102	2199		Tino Aldán Míguez Cillero	21:36	21:34	09:23	3:56	1997		91 AM	96 M
103	2187		Adrián Sanín Fandiño	21:36	21:36	09:51	3:56	1990	C.A.R. Medorra	92 AM	97 M
104	2167		Daniel Gesto Suárez	21:37	21:31	09:36	3:56	1987	BJ TRAINERS	93 AM	98 M
105	2027		Agustin Hermida Rodriguez	21:37	21:33	09:42	3:56	1978		94 AM	99 M
106	2164		Dani Solanes Parra	21:38	21:33	09:41	3:56	1978		95 AM	100 M
107	584		Juan Ramón Gómez Novoa	21:39	21:31	09:52	3:56	1998		96 AM	101 M
108	2152		José Antonio Marque Ruibal	21:39	21:32	09:41	3:56	1987	CDM Vértice	97 AM	102 M
109	2133		Antonio Porto Alvarez	21:39	21:28	09:59	3:56	1978	Porto team	98 AM	103 M
110	2162		Javier Suarez Grela	21:41	21:38	09:36	3:57	1991		99 AM	104 M
111	2177		Xaime Rivas Posse	21:46	21:41	10:05	3:57	1961	Vincit Fisioterapia	100 AM	105 M
112	1336	AG202375	Ignacio Rivas Pereira	21:46	21:41	10:04	3:57	1997	CLUB ATLETISMO SANTIAGO	101 AM	106 M
113	2033	AG2026485	Tere Parrado Pinaque	21:47	21:44	09:58	3:58	1990	CLUB ATLETISMO O PINO	6 AF	7 F
114	2269	AG2022683	Marcos J. Castro Fernández	21:48	21:45	09:29	3:58	1974	UNIVERSIDADE SANTIAGO DE COMPOSTELA	102 AM	107 M
115	2134	GA766240	Joaquín Sánchez Leira	21:48	21:45	09:52	3:58	1966	CLUB ATLETISMO SANTIAGO	103 AM	108 M
116	2204		Martín González Vázquez	21:48	21:41	09:35	3:58	1994		104 AM	109 M
117	2210		David Ferrero Quiñoy	21:50	21:47	09:51	3:58	1978	C.A.R. Medorra	105 AM	110 M
118	1704		Adrián Sesar Miguez	21:50	21:47	09:47	3:58	2007		6 EM	111 M
119	2283		Fernando Sesar Segade	21:52	21:49	09:47	3:59	1979		106 AM	112 M
120	2242		Miguel Maroño Dominguez	21:53	21:48	09:55	3:59	1978	ATLETISMO A ESTRADA	107 AM	113 M
121	2523		Víctor Lema Nantón	21:54	21:47	09:54	3:59	1977		108 AM	114 M
122	2097		Andrés Domínguez Castro	21:58	21:49	10:21	4:00	1955	TBR Oroso	109 AM	115 M
123	2155		Francisco Iglesias	21:59	21:53	10:05	4:00	1976		110 AM	116 M
124	859		Adrian López Rey	21:59	21:56	09:38	4:00	1993	TAMBRE BIKE&RUNNING	111 AM	117 M
125	1724	AG2020866	Arturo Ponte Alvarez	22:00	21:53	10:14	4:00	2006	CLUB ATLETISMO MILLARAI O	7 EM	118 M
126	862		Gonzalo Diaz	22:01	21:44	10:16	4:00	1995		112 AM	119 M
127	1718		Mateo Silva Suárez	22:01	21:56	09:54	4:00	2007	Tribu Trail	8 EM	120 M
128	1414		Pablo Mato Rozas	22:01	21:43	10:17	4:00	1996		113 AM	121 M
129	1066	AG2025988	Pablo Iglesias Dominguez	22:06	21:45	10:23	4:01	1982	NOITEBRA	114 AM	122 M
130	2161		Antonio Barreiro Cordeiro	22:07	21:58	10:31	4:01	1971		115 AM	123 M
131	2192		F. Javier Barreiro Cordeiro	22:08	21:58	10:30	4:01	1972	Nosportlimit	116 AM	124 M
132	2169		Lino Espiñeira Castro	22:09	21:59	10:15	4:02	1974		117 AM	125 M
133	1064		Nicolas Manuel Botana Prini	22:12	21:44	10:49	4:02	2000	Club Triatlón Compostela	118 AM	126 M
134	1134		Daniel Bueno Garcia	22:12	22:05	10:09	4:02	1984		119 AM	127 M
135	586		Gonzalo Miguez Macho	22:13	22:13	10:10	4:02	1971		120 AM	128 M
136	864		Angel Fernandez Vidal	22:14	22:05	10:31	4:03	1968	TRIKI TEAM	121 AM	129 M
137	1820		Higinio Rodríguez Blanco	22:16	22:12	10:04	4:03	2007		9 EM	130 M

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				Neto	Alameda	10:00	km	Ano			
138	1330		Manuel García Castro	22:17	22:09	10:13	4:03	1987	122 AM	131 M	
139	2216	AG2021995	David Mirás Couselo	22:22	22:17	09:55	4:04	1992 NOITEBRA	123 AM	132 M	
140	2180	AG2025878	David Garabatos Barciela	22:23	22:15	10:07	4:04	1977 ASOCIACION DÉPORTIVA CAR	124 AM	133 M	
141	2181		José Manuel Fernández Carrillo	22:24	22:19	09:39	4:04	1986 CLUB DEPORTIVO VAGALUME ENERGIA	125 AM	134 M	
142	2211		Carlos García Amigo	22:29	22:21	10:21	4:05	1973 C.A.R. MARISQUEIRO	126 AM	135 M	
143	633		Jorge Cebey Gonzalez	22:29	22:21	10:36	4:05	1993	127 AM	136 M	
144	1125		Óscar Alejandro Otero Zarraquiños	22:29	22:02	10:20	4:05	1988	128 AM	137 M	
145	2106		Pablo Sanabria Gago	22:31	22:16	10:33	4:06	1991	129 AM	138 M	
146	1394		Hugo Gendra	22:36	21:39	11:10	4:07	1995	130 AM	139 M	
147	1135	AG11137	José Ramón Abel Suárez	22:36	22:28	10:32	4:07	1962 NOITEBRA	131 AM	140 M	
148	933		Alberto Guerrero Montañés	22:37	22:20	10:31	4:07	1987	132 AM	141 M	
149	1111	AG2023743	Alberto Reboredo Durán	22:37	22:30	10:29	4:07	1994 CLUB ATLETISMO SAR VERMÚ PETRONI	133 AM	142 M	
150	2176		Diego Yebra Rovira	22:37	22:32	10:10	4:07	1970 Triatlon pacense	134 AM	143 M	
151	1758		Miguel Barreiro Río	22:38	22:33	10:20	4:07	2007	10 EM	144 M	
152	1208		Rodrigo Caredondo	22:41	22:33	10:29	4:07	1978	135 AM	145 M	
153	2073	AG2023167	Marcos Tarrío Martínez	22:41	22:38	10:43	4:07	1976 ATLETISMO MILLADOIRO	136 AM	146 M	
154	188	AG201170	María Tarrío Martínez	22:41	22:29	10:43	4:07	1977 NOITEBRA	7 AF	8 F	
155	848		José Rodríguez Couceiro	22:42	22:25	10:41	4:08	1977	137 AM	147 M	
156	1361		Julio Rey Calveiro	22:43	22:33	09:48	4:08	1983	138 AM	148 M	
157	2270		Toño Martinez Lodeiros	22:44	22:37	10:14	4:08	1989	139 AM	149 M	
158	898		Ignacio Zas Sande	22:44	22:36	10:30	4:08	1992 TAMBRE BIKE&RUNNING	140 AM	150 M	
159	585		Nino Alvarez González	22:50	22:38	10:36	4:09	1974	141 AM	151 M	
160	2139		Antonio Rivera Rodríguez	22:52	22:47	10:09	4:09	1964 ULTRA TRAIL ALMERIA	142 AM	152 M	
161	1185		Fernando Parada González	22:53	22:39	10:32	4:10	1967	143 AM	153 M	
162	2113		Ignacio Castro Santos	22:54	22:54	09:46	4:10	1995 CLUB ATLETISMO SANTIAGO	144 AM	154 M	
163	851		Fernando Rafael Pardo Seco	22:56	22:28	11:08	4:10	1976	145 AM	155 M	
164	2279		Manuel Ponte Lorenzo	22:59	22:59	10:56	4:11	1978	146 AM	156 M	
165	1138		Luis Antonio Mato Gil	22:59	22:51	10:49	4:11	1988	147 AM	157 M	
166	2255		David Marote Alvarez	23:00	22:51	10:35	4:11	1979	148 AM	158 M	
167	2276		Manuel Mucientes Molina	23:00	22:55	10:24	4:11	1975	149 AM	159 M	
168	587		Juan Francisco Romay Sieira	23:04	23:04	10:55	4:12	1975	150 AM	160 M	
169	2194		Álex Rodríguez Fernández	23:04	22:42	11:23	4:12	1982 Forcarei Team	151 AM	161 M	
170	926		Carlos López Bueno	23:04	22:58	10:11	4:12	1994	152 AM	162 M	
171	2221	AG2028252	Jesus (Zubi) Garcia Pena	23:06	22:59	10:20	4:12	1976 TAMBRE BIKE&RUNNING	153 AM	163 M	
172	595		Alfonso Fernández Pérez	23:07	22:59	10:00	4:12	1987	154 AM	164 M	
173	1375		Samuel Dacunha Pazos	23:09	22:41	11:20	4:13	1986	155 AM	165 M	
174	1534		Rubén Rodríguez Seoane	23:10	22:28	11:38	4:13	1980	156 AM	166 M	
175	896		Juan Manuel Santos Perez	23:11	22:55	10:58	4:13	1979	157 AM	167 M	

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
176	2190		Daniel Vázquez Camiño	23:12	23:12	10:05	4:13	1993		158 AM	168 M
177	2243		Fernando Otero Raviña	23:13	23:03	10:36	4:13	1960		159 AM	169 M
178	663		José Quintela Carnota	23:14	22:43	10:59	4:13	1988		160 AM	170 M
179	2232	AG1803	Jesús Manuel Lodeiro Méndez	23:17	23:13	10:36	4:14	1955	ATLETISMO MILLADOIRO	161 AM	171 M
180	2060	AG9873	Jose Antonio Juanatey Perez	23:20	23:13	10:22	4:15	1971	ATLETISMO FONTES DO SAR	162 AM	172 M
181	1546		Carlos Hermida Novo	23:20	23:10	10:56	4:15	2002		163 AM	173 M
182	601		Fernando Lazo Pérez	23:21	23:13	10:57	4:15	1968		164 AM	174 M
183	591		Adrian Goyanes Souto	23:24	23:18	10:38	4:15	1988		165 AM	175 M
184	1381		Anxo Ferro Martinez	23:26	23:14	10:58	4:16	2003		166 AM	176 M
185	626		Juan Castro Suárez	23:27	23:16	10:48	4:16	1965	CLUB ATLETISMO O PINO	167 AM	177 M
186	2018		Aurea Retamal Muñiz	23:29	23:24	10:55	4:16	1979	NOITEBRA	8 AF	9 F
187	2171	GA16312	Manuel Bello	23:30	23:26	10:50	4:16	1958	UNIVERSIDADE SANTIAGO DE COMPOSTELA	168 AM	178 M
188	916		Álvaro Sieira Ferreira	23:32	23:04	10:38	4:17	1993		169 AM	179 M
189	2046	GA769035	Javier Campos Suarez	23:33	23:29	10:55	4:17	1970	CLUB ATLETISMO SANTIAGO	170 AM	180 M
190	2010	GA11090	Natalia Lorenzo Pérez	23:33	23:20	11:00	4:17	1976	ATLETISMO MILLADOIRO	9 AF	10 F
191	280	AG2024038	Sofia Campos Ares	23:33	23:30	10:55	4:17	2004	CLUB ATLETISMO MILLARAI	10 AF	11 F
192	2259		Sebastián Dirr	23:35	23:16	11:06	4:17	1979		171 AM	181 M
193	2150		Jorge Paz Calo	23:36	23:30	10:35	4:17	1982		172 AM	182 M
194	2182		David Noya Suárez	23:37	22:39	12:10	4:18	1981		173 AM	183 M
195	609		Ricardo Pardo Parrado	23:37	23:04	11:48	4:18	1994		174 AM	184 M
196	2280		Santi Dapena Villaverde	23:37	23:14	11:38	4:18	1983	Forcarei Team	175 AM	185 M
197	2098	AG2028157	Jose Antonio Gil Brea	23:39	23:34	10:53	4:18	1964	NOITEBRA	176 AM	186 M
198	694		Jose Guirado Mouriño	23:39	23:16	11:13	4:18	1973		177 AM	187 M
199	686		Juan Antonio Córdoba Castejón	23:40	23:31	10:56	4:18	1979		178 AM	188 M
200	1533		Daniel García Souto	23:40	22:59	11:39	4:18	1986		179 AM	189 M
201	2222		Marcial Castro Seijas	23:40	23:34	10:59	4:18	1958	CLUB ATLETISMO O PINO	180 AM	190 M
202	2110		Alejandro Rodríguez Pardavila	23:41	23:12	11:18	4:18	1984		181 AM	191 M
203	1327		José Antelo Pazo	23:41	22:27	12:05	4:18	1997		182 AM	192 M
204	589		Joaquín Hortas Porto	23:42	23:27	11:02	4:19	1987		183 AM	193 M
205	564		Carmen Fernandez Gonzalez	23:43	23:33	10:57	4:19	1982		11 AF	12 F
206	2086		Alfonso Fernández Dominguez	23:46	23:42	10:17	4:19	1974	CC Ria de Vigo	184 AM	194 M
207	2201		Xian Mayo Esperante	23:47	23:42	10:28	4:19	2003		185 AM	195 M
208	877	AG2026486	Iván Pardal Coca	23:47	23:26	11:33	4:19	1988	CLUB ATLETISMO O PINO	186 AM	196 M
209	1752		Martín Ferreiro Vidal	23:50	23:21	11:27	4:20	2009		11 EM	197 M
210	618		Martin Vilela Martinez	23:52	23:28	11:37	4:20	1977		187 AM	198 M
211	706		Víctor Manuel Pazos Recarey	23:52	23:30	11:01	4:20	1983	Bj Trainers	188 AM	199 M
212	2067		David Iglesias Barreira	23:53	23:44	11:03	4:21	1985	Train2go.com	189 AM	200 M
213	1029		Camilo Blanco Pampin	23:53	23:44	11:03	4:21	1985	Train2Go.com	190 AM	201 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
214	1456		Xabier Pereiro Martínez	23:55	23:32	10:55	4:21	2000	191 AM	202 M	
215	894		Juan Carlos Gonzalez Rios	23:56	23:45	11:31	4:21	1967	192 AM	203 M	
216	1086		Álvaro César Vila	23:58	23:44	11:49	4:21	1970 TAMBRE BIKE&RUNNING	193 AM	204 M	
217	2267		Javier Puente Díaz	23:59	23:53	10:35	4:22	1971	194 AM	205 M	
218	2141		Javier Ledo Pérez	23:59	23:52	11:06	4:22	1990	195 AM	206 M	
219	2126		Andrés Anxo Pérez Sánchez	24:00	23:54	11:06	4:22	1992	196 AM	207 M	
220	2065		Ignacio Couñago Castro	24:01	23:48	11:49	4:22	1970 UNIVERSIDADE SANTIAGO DE COMPOSTELA	197 AM	208 M	
221	1740		Mauricio Fernández García	24:01	23:31	11:34	4:22	2005	12 EM	209 M	
222	1693 AG2018064		Iker Ayaso Parada	24:02	23:59	10:47	4:22	2009 ATLETISMO FONTES DO SAR	13 EM	210 M	
223	636		Diego Concheiro	24:02	23:44	10:56	4:22	1975	198 AM	211 M	
224	2197		Jose Luis Veiga Rozas	24:06	23:57	10:56	4:23	1983	199 AM	212 M	
225	857		Alvaro Pereiras Couto	24:07	23:51	11:18	4:23	1975	200 AM	213 M	
226	2272		Marcos Viturro Gómez	24:07	23:58	10:53	4:23	1980	201 AM	214 M	
227	935		Jesús Cea Pereiro	24:08	23:53	11:29	4:23	1959	202 AM	215 M	
228	934		Jesús Cea Millán	24:09	23:54	11:30	4:23	1995	203 AM	216 M	
229	1870		Hugo Noya Aldrey	24:12	23:22	11:37	4:24	2008 Real AeroClub SANTIAGO	14 EM	217 M	
230	2004		Carlos Fernandez Sanchez	24:13	24:03	11:24	4:24	1972	204 AM	218 M	
231	2256		Gemma Almeron Alsedà	24:16	24:16	11:06	4:25	1970	12 AF	13 F	
232	1065 AG2020710		Juan Jose Alvarellos Barreiro	24:20	24:09	11:31	4:25	1980 CLUB ATLETISMO O PINO	205 AM	219 M	
233	872 AG2020368		Alfonso Rodriguez Framil	24:22	24:22	10:49	4:26	1978 NOITEBRA	206 AM	220 M	
234	910		Alberto Alvarez Bouzas	24:26	23:46	11:59	4:27	1992	207 AM	221 M	
235	2051		Pedro Ruiz Valle	24:29	24:23	11:01	4:27	1974 Pedro Ruiz	208 AM	222 M	
236	1007 AG2028381		Benito González Varela	24:31	23:31	12:14	4:27	1958 TAMBRE BIKE&RUNNING	209 AM	223 M	
237	2147		Carla Castaño Garcia	24:32	24:32	10:49	4:28	1997 CLUB ATLETISMO SANTIAGO	13 AF	14 F	
238	752		Amaro Santos Vidal	24:34	23:31	12:28	4:28	1985	210 AM	224 M	
239	583		Marcos Martinez Iglesias	24:34	23:39	12:05	4:28	1985	211 AM	225 M	
240	1140		Matías Vázquez Vilariño	24:36	24:36	11:29	4:28	1995	212 AM	226 M	
241	1168		Angel Gomez-iglesias Roson	24:37	24:17	12:08	4:29	1985	213 AM	227 M	
242	620		Pablo Sueiro Trigo	24:39	24:15	11:43	4:29	1977	214 AM	228 M	
243	592		José Gómez Viaño	24:39	24:31	11:16	4:29	1964	215 AM	229 M	
244	1150		Pablo Puñal Pereira	24:40	24:19	11:40	4:29	1984	216 AM	230 M	
245	240		Paloma Díaz Fernández	24:41	24:20	11:40	4:29	1983	14 AF	15 F	
246	630 AG2024005		Daniel Castro Moscoso	24:45	24:34	11:28	4:30	1981 CLUB ATLETISMO O PINO	217 AM	231 M	
247	683		Fran Sanchez Conde	24:48	24:33	11:25	4:31	2004	218 AM	232 M	
248	1742		David Toimil Plaza	24:50	24:41	11:28	4:31	2006 CLUB TRIATLON ARCADE INFORHOUSE	15 EM	233 M	
249	1591		Iker Casuso Areoso	24:51	24:25	11:57	4:31	2009	16 EM	234 M	
250	1280		Fernando Pena Rodriguez	24:51	24:38	11:18	4:31	1988	219 AM	235 M	
251	614		Joaquín Dominguez Sánchez	24:52	24:25	11:49	4:31	1987	220 AM	236 M	

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
252	1194		Emilio Dominguez Sánchez	24:52	24:24	11:51	4:31	1989	A Atlántica	221 AM	237 M
253	1019		Sergio Rodriguez Pazos	24:54	24:21	12:16	4:32	1979		222 AM	238 M
254	1024		Pedro Beiroa Tarrío	24:54	24:20	12:09	4:32	1990		223 AM	239 M
255	913	AG2018657	Antonio Riveira Martinez	24:55	24:43	11:27	4:32	1967	CLUB ATLETISMO O PINO	224 AM	240 M
256	2191		Pablo Gonzàlez Mato	24:55	24:47	11:06	4:32	1980	C.A. TRIATLÒ LA VILA	225 AM	241 M
257	621		Jesús Sáenz-diez Rosón	24:56	24:56	12:08	4:32	1984		226 AM	242 M
258	1812		Mateo Casal Abeijón	24:59	22:29		4:33	2006		17 EM	243 M
259	858	AG2020367	Francisco Moure Cañete	24:59	24:46	11:23	4:33	1966	NOITEBRA	227 AM	244 M
260	404		Sofía Casal Abeijón	25:05	22:54		4:34	1997		15 AF	16 F
261	1341		Alessio Sabatino	25:05	22:53		4:34	1994		228 AM	245 M
262	1528		Juan Luis García Carlín	25:05	24:08	12:51	4:34	1982		229 AM	246 M
263	705		Borja Collar Amado	25:07	24:42	12:19	4:34	1982		230 AM	247 M
264	604		Adrián Vázquez Vaamonde	25:08	24:31	12:12	4:34	1989		231 AM	248 M
265	942		Alberto Penedo García	25:09	24:41	12:05	4:34	1986		232 AM	249 M
266	2247		Carlos Maldonado González	25:10	24:25	12:45	4:35	1972	TRIATLON ARCADE INFORHOUSE	233 AM	250 M
267	416		Cecilia Seoane	25:12	24:58	11:59	4:35	1977		16 AF	17 F
268	1417		Xabier Ferro Garcia	25:13	25:00	11:19	4:35	1978		234 AM	251 M
269	1406		Alberto Dopazo Miguez	25:13	24:07	13:03	4:35	1976	CLUB TRIATHLON SANTIAGO	235 AM	252 M
270	1416		Manuel Ortoño Fuentes	25:14	25:00	11:20	4:35	1975		236 AM	253 M
271	2273		Manuel Román Calvo	25:18	24:45	11:37	4:36	1983		237 AM	254 M
272	616		Antonio Román Calvo	25:18	24:44	11:37	4:36	1981		238 AM	255 M
273	887		Carlos Otero Viña	25:18	25:09	11:06	4:36	1994		239 AM	256 M
274	2227		Xosé Méndez	25:19	25:02	12:03	4:36	1999		240 AM	257 M
275	708		Jorge Romero Rivera	25:22	24:24	12:31	4:37	1985		241 AM	258 M
276	1118	AG766554	Manuel Juanatey Garea	25:23	25:15	11:36	4:37	2002	ATLETISMO FONTES DO SAR	242 AM	259 M
277	718		Miguel Ferreiro Valcarce	25:27	25:27		4:38	1985	Train2go	243 AM	260 M
278	1579		Gabriel Rúa Candela	25:28	25:14	11:57	4:38	2008		18 EM	261 M
279	1553		Toño Piñeiro Villaverde	25:31	25:21	11:38	4:38	1993	Forcarei Team	244 AM	262 M
280	901		Marcos Noya Rey	25:31	24:39	12:30	4:38	1979		245 AM	263 M
281	1438		Mario Fernández Escolante	25:33	24:20	12:55	4:39	2004	ATLETISMO FONTES DO SAR	246 AM	264 M
282	602		Alberto Barreiro Hermida	25:34	24:50	12:51	4:39	1989		247 AM	265 M
283	1316	GA769376	Pablo Saa Lopez	25:36	25:26	11:48	4:39	2000	Celta	248 AM	266 M
284	1525		Uxio López Castro	25:36	25:26	11:51	4:39	2000		249 AM	267 M
285	638		Samuel Liñares Boquete	25:37	24:47	12:07	4:39	1984	Tambre Bike & Running	250 AM	268 M
286	1868		Martín Bello Soto	25:40	25:40	11:57	4:40	2005		19 EM	269 M
287	390		Maria Varela Cerdeira	25:41	25:09	12:21	4:40	1973		17 AF	18 F
288	2281		Ramón Gundián Marque Millán	25:43	25:35	11:35	4:41	1960		251 AM	270 M
289	822		Pablo Rial Gonzalez	25:47	25:30	11:57	4:41	1984		252 AM	271 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Cat	S	
				Tempo Neto	Alameda	km	Ano	Club			
290	1450		Javier Castaño Bentin	25:47	25:40	11:36	4:41	1964		253 AM	272 M
291	977		Rubén Ruibal Quintáns	25:48	24:52	12:47	4:41	1985		254 AM	273 M
292	900		Ronald Teijeira Fernandez	25:51	24:47	12:47	4:42	1983		255 AM	274 M
293	959		David Riola Pose	25:53	25:40	11:48	4:42	1975		256 AM	275 M
294	5 AG2028384		Lucía Quintela Casal	25:54	25:47	11:48	4:43	1997 CLUB ATLETISMO O PINO		18 AF	19 F
295	2049		Gonzalo Castro Quintáns	25:56	25:50	11:23	4:43	1992		257 AM	276 M
296	202		Ines Ramos Trasar	25:56	25:35	12:43	4:43	1997 Kaizen Compostela		19 AF	20 F
297	1087		Ángel Conde Pereira	25:58	24:42	12:59	4:43	1970		258 AM	277 M
298	26		Laura Fernández-bravo Vilariño	25:59	25:51	11:48	4:43	1991		20 AF	21 F
299	2275		Diego Serrano Recio	25:59	25:52	11:48	4:43	1990 TEAM BIOWOLF		259 AM	278 M
300	2502		Manuel Barreiro Rodríguez	26:00	25:35	12:24	4:44	1983		260 AM	279 M
301	2514		Alvarecho González Sánchez	26:03	25:50	12:02	4:44	2009		20 EM	280 M
302	1026		Manuel Francisco Otero Echart	26:03	25:51	12:21	4:44	1951		261 AM	281 M
303	1025		Luis Penido López	26:03	25:54	12:01	4:44	1971		262 AM	282 M
304	2215		Marcos Dopazo	26:04	25:50	12:50	4:44	1972 C.A. OUTES. JOHN-TURKEY		263 AM	283 M
305	1645		Lucas Dopazo	26:04	25:52	12:20	4:44	2008		21 EM	284 M
306	1108 AG2022943		Javier García Galdo	26:05	25:18	12:55	4:45	1973 CLUB ATLETISMO MILLARAIO		264 AM	285 M
307	382 AG2027771		Rosana Fernandez Martinez	26:06	25:46	12:32	4:45	2004 TRIKI TEAM		21 AF	22 F
308	1782		Maria Fernandez Martinez	26:06	25:46	12:32	4:45	2006		2 EF	23 F
309	1781		Alexia Rama Lado	26:06	25:45	12:32	4:45	2006 CLUB ATLETISMO MILLARAIO		3 EF	24 F
310	1779 AG2027774		Alejandra Formoso Recarey	26:06	25:44	12:32	4:45	2005 TRIKI TEAM		4 EF	25 F
311	1780 AG2027775		Eva Formoso Recarey	26:06	25:46	12:32	4:45	2008 TRIKI TEAM		5 EF	26 F
312	1567		Torcuato Labella Lozano	26:11	25:21	12:49	4:46	1969		265 AM	286 M
313	1773		Iago Carbonell Alcalde	26:12	25:26	13:01	4:46	2009		22 EM	287 M
314	39		Marina Fernández García	26:13	25:42	12:34	4:46	1999		22 AF	27 F
315	113		Olalla Duro Liñares	26:15	25:44	13:14	4:46	1983 PONTE TRAIL		23 AF	28 F
316	4		Jesus Barreiro Varela	26:15	26:15	13:06	4:46	1981		24 AF	29 F
317	1036 AG2019107		Juan Rivas Alende	26:17	26:17	13:15	4:47	1981 NOITEBRA		266 AM	288 M
318	891		Jose Manuel Pedrosa Mayo	26:18	25:46	13:15	4:47	1981 PONTE TRAIL		267 AM	289 M
319	1673		Carlos Caneda Noya	26:19	25:50	12:19	4:47	2006		23 EM	290 M
320	1229		Alejandro Blanco García	26:19	26:03	12:29	4:47	1987		268 AM	291 M
321	292		Anxela Casas Vidal	26:20	26:05	12:29	4:47	1989		25 AF	30 F
322	1312		Pablo Perez Alfonsin	26:20	26:02	12:44	4:47	2001		269 AM	292 M
323	610		José Valentín Gutiérrez Boquete	26:22	25:32	13:35	4:48	1986		270 AM	293 M
324	704		Axel Lim Quintás	26:24	25:27	12:23	4:48	2003		271 AM	294 M
325	2068 AG2023640		Amancio Raña Recouso	26:25	26:14	12:09	4:48	1983 TAMBRE BIKE&RUNNING		272 AM	295 M
326	2063 AG2026750		Adrián Iglesias Penido	26:27	26:17	12:08	4:49	1994 TAMBRE BIKE&RUNNING		273 AM	296 M
327	2088		Pedro Pazos Carbón	26:29	25:38	14:09	4:49	1968 3&RUN BY PEDRO NIMO CLUB DE CORREDO		274 AM	297 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
328	2028		Pedro Nimo Del Oro	26:29	25:38	14:08	4:49	1980	3&RUN BY PEDRO NIMO CLUB DE CORREDO	275 AM	298 M
329	2099	GA768930	Javier Varela Gomez	26:30	25:39	14:09	4:49	1976	3&RUN BY PEDRO NIMO CLUB DE CORREDO	276 AM	299 M
330	843		Jose Rey Perol	26:30	25:46	12:42	4:49	1988		277 AM	300 M
331	1032		Manuel Angel Vilariño Abeijon	26:31	26:05	12:41	4:49	1975		278 AM	301 M
332	623		Jose Antonio Vilariño Abeijon	26:31	26:02	12:44	4:49	1977	Maxiroga	279 AM	302 M
333	883		Juan Gaciño González	26:31	26:03	12:44	4:49	1977		280 AM	303 M
334	11		Maria Ramos Vigo	26:32	26:10	12:28	4:49	1991	CLUB ATLETISMO O PINO	26 AF	31 F
335	2253		Alvaro Rodriguez Gonzalez	26:34	25:45	14:08	4:50	1972	3&RUN BY PEDRO NIMO CLUB DE CORREDO	281 AM	304 M
336	2239		Ramon Rey Gey	26:35	26:23	11:51	4:50	1957	TRAN TRAN	282 AM	305 M
337	429		Marta Rey Romero	26:35	26:23	11:45	4:50	1989	TRAN TRAN	27 AF	32 F
338	697		Luis Busto	26:36	25:42	12:56	4:50	1992		283 AM	306 M
339	1664		Daniel Cámaras Fernández	26:36	25:20	13:31	4:50	2006		24 EM	307 M
340	1338		Hector Hernández Suárez	26:36	26:00	12:58	4:50	1992		284 AM	308 M
341	1578		César Rúa Candela	26:37	26:22	11:59	4:50	2008		25 EM	309 M
342	931		Borja Pintos Castro	26:38	26:18	12:42	4:51	1989		285 AM	310 M
343	1807		Hugo Vilaseco Sanjurjo	26:38	26:18	13:02	4:51	2007		26 EM	311 M
344	736		Alberto Fernández López	26:40	26:09	12:34	4:51	1971		286 AM	312 M
345	1764	AG2028399	Mario Rey Ansemil	26:40	26:29	12:03	4:51	2007	TAMBRE BIKE&RUNNING	27 EM	313 M
346	692		Pablo Tilve Suárez	26:41	26:12	12:16	4:51	1986		287 AM	314 M
347	723		Javier Pais Rodriguez	26:43	26:00	12:43	4:51	1989		288 AM	315 M
348	543		Begoña Mira Juncal	26:44	26:39	12:13	4:52	1973		28 AF	33 F
349	515		Fátima Del Blanco	26:45	26:37	11:33	4:52	2003	CLUB TRIATHLON SANTIAGO	29 AF	34 F
350	1665		Xoel Sánchez Mato	26:46	26:18	13:47	4:52	2009		28 EM	316 M
351	1584		Angel Engroba Otero	26:50	25:53	13:52	4:53	1985		289 AM	317 M
352	1604		Alejandro Seoane Miguez	26:51	26:26	12:22	4:53	2009		29 EM	318 M
353	866		Eduardo Ferreiro Silva	26:53	26:53	12:40	4:53	1987	Montaevai O Pino	290 AM	319 M
354	1071		Gabriel Álvarez Castro	26:54	25:49	13:34	4:53	1977		291 AM	320 M
355	116	AG2022892	Alicia Muiño Pose	26:55	26:44	12:04	4:54	1976	CLUB ATLETISMO O PINO	30 AF	35 F
356	2516		Isabel González Saldaña	26:56	26:17	13:01	4:54	1985		31 AF	36 F
357	1924		Hugo Sánchez Pintos	26:57	26:34	13:03	4:54	2007		30 EM	321 M
358	854		Antonio Sánchez López	26:57	26:35	13:03	4:54	1983		292 AM	322 M
359	659		Francisco Alexandre Castromán Couselo	26:58	26:37	12:54	4:54	1996		293 AM	323 M
360	744		Daniel Vilaseco Illodo	26:59	26:38	13:03	4:54	1975		294 AM	324 M
361	196	AG2025507	Sara Costa Faya	27:00	26:40	12:54	4:55	1996	CLUB ATLETISMO O PINO	32 AF	37 F
362	1080		Diego Ameixeiras Novelle	27:02	25:26	13:55	4:55	1976		295 AM	325 M
363	607		Alejandro Arufe López	27:02	25:55	14:31	4:55	1995		296 AM	326 M
364	1215		Enrique Vázquez Cariñena	27:04	26:27	13:00	4:55	2004		297 AM	327 M
365	1018		Rubén Rarís Castro	27:05	24:33	14:57	4:55	1991	CROSSFIT BERKANA	298 AM	328 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo				Club	Cat	S
				Tempo Neto	Alameda	km	Ano			
366	1621		Pedro Muñoz Fandiño	27:06	26:24	13:25	4:56	2010	31 EM	329 M
367	1399		Ramón Méndez	27:06	26:50	12:18	4:56	1998	299 AM	330 M
368	1374		Alberto Dacunha Pazos	27:07	25:32	13:52	4:56	1988	300 AM	331 M
369	520		Begoña Rodríguez Garrido	27:07	26:32	12:56	4:56	1977	33 AF	38 F
370	1478		Guillermo Gonzalez Ucha	27:07	26:33	12:57	4:56	1978	301 AM	332 M
371	226		Ana Fiestra	27:09	26:10	13:54	4:56	1987 SOCIEDAD GIMNASTICA DE PONTEVEDRA	34 AF	39 F
372	1335		Oscar Lagua Candelaria	27:10	26:52	12:40	4:56	1997	302 AM	333 M
373	1719		Víctor Pérez Marcos	27:10	26:34	13:00	4:56	2005 TRIBU TRAIL	32 EM	334 M
374	1616		Felix Alejandro Noya Artiles	27:11	26:22	14:36	4:57	2006	33 EM	335 M
375	1999		Yeray Valle Míguez	27:11	27:06	12:25	4:57	2008	34 EM	336 M
376	2524		Javier Sánchez Mato	27:11	26:41	13:50	4:57	1977	303 AM	337 M
377	400		Alicia Mato Pérez	27:11	26:53	12:40	4:57	1997	35 AF	40 F
378	696		Rubén López Gómez	27:12	24:59	15:32	4:57	1992	304 AM	338 M
379	622		Jacobo Tain Senra	27:12	26:15	13:21	4:57	1996 Forcarei Team	305 AM	339 M
380	766		Antoine Dujardin	27:13	27:00	12:11	4:57	1988	306 AM	340 M
381	637		Damián Baleato Calviño	27:14	25:01	15:34	4:57	1993	307 AM	341 M
382	922		Gonzalo Alfonsin Soliño	27:14	26:58	12:45	4:57	1964 TARTARUGAS	308 AM	342 M
383	191 AG2028209		Maria Codesido Montoiro	27:15	27:02	12:37	4:57	1978 NOITEBRA	36 AF	41 F
384	1599		Lucía Taboada Codesido	27:15	27:02	12:37	4:57	2010	6 EF	42 F
385	1797		Anxo Delgado Lorenzo	27:16	27:10	12:25	4:57	2008 Real Aeroclub de Santiago	35 EM	343 M
386	1277		Jorge Ferraces Figueiras	27:16	25:23	14:48	4:57	1994	309 AM	344 M
387	406		Mercedes Fernandez González	27:21	27:05	12:57	4:58	1962	37 AF	43 F
388	836		Jesus Iglesias Nieto	27:23	26:55	12:37	4:59	1966 Grupo popular familia 2.0	310 AM	345 M
389	648		Pablo Rey Rodríguez	27:23	26:45	14:32	4:59	1984 Atletismo Ría de Foz	311 AM	346 M
390	1446		Javier Garcia Rieiro	27:23	26:46	14:31	4:59	1981	312 AM	347 M
391	1203		Luis Viaño Rodríguez	27:25	26:43	13:26	4:59	1973	313 AM	348 M
392	1765 AG2027425		German García Vázquez	27:26	25:32	14:28	4:59	2008 CLUB ATLETISMO MILLARAI0	36 EM	349 M
393	1914		Jorge Guirado Otero	27:27	27:03	12:38	4:59	2009	37 EM	350 M
394	6		Sara Seoane Cajaraville	27:28	27:21	12:21	5:00	1990	38 AF	44 F
395	1463		Guillermo Freire Donado	27:30	26:52	14:34	5:00	1984	314 AM	351 M
396	615		Agustín Piñeiro Candamo	27:33	26:11	13:56	5:01	1984 Serres Runners	315 AM	352 M
397	1847		Jacobo Puente Curiel	27:35	27:21	12:22	5:01	2009	38 EM	353 M
398	1012		Santiago Iglesias Sueiro	27:35	26:22	13:26	5:01	1992	316 AM	354 M
399	133		Sara Pazo Padrón	27:37	26:24	14:07	5:01	1999	39 AF	45 F
400	1720		Roi Rodríguez Vázquez	27:39	27:18	13:09	5:02	2009	39 EM	355 M
401	981		Xosemaría Rodríguez Fernández	27:39	27:17	13:12	5:02	1976 TRIBU TRAIL	317 AM	356 M
402	1561		Manuel Martínez Canedo	27:40	27:11	13:21	5:02	1997	318 AM	357 M
403	1651		Miguel Bascoy Fernández	27:44	27:29	13:16	5:03	2010	40 EM	358 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Cat	S	
				Tempo Neto	Alameda	km	Ano	Club			
404	985		Fernando Hontou	27:45	27:13	13:22	5:03	1969		319 AM	359 M
405	1854		Alvaro Pedre Varga	27:47	27:30	13:06	5:03	2006		41 EM	360 M
406	544		Alexia Couselo Mira	27:52	27:46	12:48	5:04	1999		40 AF	46 F
407	1712		Esteban Pintos Salgueiro	27:53	27:45	12:33	5:04	2007		42 EM	361 M
408	1157		Juan Carlos Barandela Sabucedo	27:53	27:53	13:41	5:04	1974		320 AM	362 M
409	115		Agustina Barreiros Fernández	27:53	27:02	13:38	5:04	1977		41 AF	47 F
410	681		Roberto Baleato Pérez	27:55	27:07	15:05	5:05	1990		321 AM	363 M
411	1540		Philip Karageorgevitch	27:56	27:04	13:36	5:05	1982		322 AM	364 M
412	1306		Pedro Castro Gómez	27:58	25:57	15:33	5:05	2004		323 AM	365 M
413	880 AG2024217		Oscar Sanchez Caneda	27:58	26:44	14:38	5:05	1981		324 AM	366 M
414	680		Daniel Rodríguez García	28:00	27:12	15:05	5:05	1988		325 AM	367 M
415	1817		Brais Brea Arias	28:00	27:53	12:37	5:05	2007 TRIATLON ARCADE INFORHOUSE		43 EM	368 M
416	1358		Marcos Fernández Gómez	28:01	26:07	14:54	5:06	1988		326 AM	369 M
417	2525		Gabriel Greco	28:02	27:18	13:16	5:06	1989		327 AM	370 M
418	1530		Pablo Castaño Rodríguez	28:02	27:35	14:12	5:06	2004		328 AM	371 M
419	2510		Noemí Pérez Gordón	28:03	27:13	14:10	5:06	1991		42 AF	48 F
420	902		Ignacio Varela Gomez	28:03	27:11	14:10	5:06	1974		329 AM	372 M
421	928		Félix Allende	28:05	26:05	15:26	5:06	1975		330 AM	373 M
422	1276		Sergio Gigirey Amado	28:05	28:05	14:37	5:06	1989		331 AM	374 M
423	29 AG56		Vanessa Lorenzo Aniceto	28:07	27:55	12:41	5:07	1979 NOITEBRA		43 AF	49 F
424	1017 AG2028380		Jose Cerqueiro Conde	28:08	28:08	13:02	5:07	1962 TAMBRE BIKE&RUNNING		332 AM	375 M
425	43		Eduarne Suárez Lejardi	28:08	27:35	13:27	5:07	1994		44 AF	50 F
426	1936		Oliver Chenel Martínez	28:08	27:41	13:18	5:07	2007		7 EF	51 F
427	619		Yago Lapido Figueira	28:09	27:36	13:26	5:07	1988		333 AM	376 M
428	1378 GA2023537		Pedro Fernández Vázquez	28:10	26:30	15:05	5:07	2002 SOCIEDAD GIMNASTICA DE PONTEVEDRA		334 AM	377 M
429	908		Javier Barca Cantorna	28:10	27:14	13:55	5:07	1988 Club cervecería o cotón Negreiea		335 AM	378 M
430	231		Carmen Asorey Nieves	28:10	28:00	12:59	5:07	1972		45 AF	52 F
431	987		Ivan Blanco	28:10	27:14	13:53	5:07	1983		336 AM	379 M
432	1144		Pedro Otero Piñeiro	28:11	27:36	14:06	5:07	2004		337 AM	380 M
433	1635		Javier Piñeiro Gonzalez	28:11	26:17	15:22	5:07	2006		44 EM	381 M
434	613		Mateo Pardal Vila	28:12	27:57	12:13	5:08	2004		338 AM	382 M
435	978		Manuel Francisco Otero Santiago	28:12	28:00	12:29	5:08	1975		339 AM	383 M
436	612		José Manuel Pardal Romero	28:12	27:59	12:12	5:08	1974		340 AM	384 M
437	863		Teodoro Lamela Formoso	28:13	28:05	12:17	5:08	1971 Os esfolas arros		341 AM	385 M
438	1583		Manuel Vilar Fernández	28:13	27:08	15:23	5:08	2004		342 AM	386 M
439	582		Xulio Suárez Brenlla	28:13	27:33	13:21	5:08	1969 OEA		343 AM	387 M
440	690		Ramón Ferrer Lojo	28:15	27:26	14:18	5:08	1968		344 AM	388 M
441	1249		Iago Martínez Casal	28:16	27:54	13:19	5:08	1976		345 AM	389 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo	Neto	Alameda	km	Ano			
442	719		Carlos Dubert Castro	28:16	27:25	14:17	5:08	1981		346 AM	390 M
443	707		Carlos Lamas	28:18	27:23	13:22	5:09	1988		347 AM	391 M
444	1886		Adrian Matos Ramirez	28:19	27:49	14:09	5:09	2009		45 EM	392 M
445	888		Pablo Otero Viña	28:19	28:11	11:59	5:09	2001		348 AM	393 M
446	1300		Enrique Mosquera Vazquez	28:20	27:51	14:09	5:09	1971		349 AM	394 M
447	1795		Jorge Seijo Vidal	28:21	27:21	14:33	5:09	2008		46 EM	395 M
448	904		Jaime Rodríguez Vidal	28:21	25:49	15:23	5:09	1972		350 AM	396 M
449	1326		Marcos Seijo Acebedo	28:23	27:23	14:38	5:10	1976		351 AM	397 M
450	340		Andrea Álvarez Losada	28:23	28:07	13:05	5:10	1991		46 AF	53 F
451	438		Tania Garabatos Rodríguez	28:23	26:54	14:09	5:10	1984		47 AF	54 F
452	1618		Teo Amacker	28:25	28:08	12:46	5:10	2010		47 EM	398 M
453	1931		Mateo Dopazo Rilo	28:25	27:58	13:17	5:10	2008		48 EM	399 M
454	1158		Julien Amacker	28:27	28:07	12:47	5:10	1978		352 AM	400 M
455	1713		Pablo Porto Bendaña	28:28	28:00	13:51	5:11	2009		49 EM	401 M
456	1432		Jose Manuel Gonzalez Lista	28:28	28:28	15:37	5:11	1987		353 AM	402 M
457	1164		Yago Ramos Aldrey	28:29	27:11	14:56	5:11	1999		354 AM	403 M
458	823		Modesto Suarez Mouzo	28:29	27:55	13:26	5:11	1963		355 AM	404 M
459	34 IB14105		Juana Galletero Del Pozo	28:31	28:25	13:02	5:11	1955	C. E. Physiorun GD	48 AF	55 F
460	1197		Jose Alberto Pazos Ferreiro	28:33	27:28	14:54	5:11	1985		356 AM	405 M
461	2119		Pablo Miragaya López	28:33	28:17	13:50	5:11	1979		357 AM	406 M
462	735		Luis Castelo Caamaño	28:33	27:45	13:40	5:11	1988		358 AM	407 M
463	1771 AG2025892		Daniel Bouzón Gómez	28:33	28:17	13:50	5:11	2010	ATLETISMO FONTES DO SAR	50 EM	408 M
464	2214 AG2020341		Juan Luis Botana Mosquera	28:33	28:23	13:37	5:11	1977	CLUB ATLETISMO O PINO	359 AM	409 M
465	1363		Angel Manuel Romero Zamora	28:34	28:23	13:37	5:12	1983		360 AM	410 M
466	1291		Fernando Mata Vidal	28:34	28:01	14:31	5:12	1979		361 AM	411 M
467	2213		Jorge Paz Naveiro	28:38	28:38	14:06	5:12	1973		362 AM	412 M
468	1753		Iago Paz Pardines	28:38	27:52	14:07	5:12	2005		51 EM	413 M
469	606		Miguel Benavente Díaz	28:38	27:30	14:53	5:12	1995		363 AM	414 M
470	1262		Miguel Velasco Filloy	28:38	26:21		5:12	2004		364 AM	415 M
471	1172		Marcos Gianzo Vidal	28:39	27:58	13:58	5:13	1994		365 AM	416 M
472	1166		Marco Antonio Vidal Losada	28:39	27:57	13:58	5:13	1991		366 AM	417 M
473	731		Jose Manuel Suarez Bravo	28:41	27:51	14:03	5:13	1977		367 AM	418 M
474	749		Ivan Viqueira Villar	28:42	27:58	13:11	5:13	1987		368 AM	419 M
475	1422		Alberto Rodríguez Ferrín	28:42	28:07	14:34	5:13	1984		369 AM	420 M
476	739		Andrés Vidal Gato	28:42	28:14	14:11	5:13	1985		370 AM	421 M
477	825		Nicolas Alejandro Rangel Blanco	28:43	28:14	14:12	5:13	2000	CaracasUnited	371 AM	422 M
478	869 AG2022428		Moncho Ferraces Vazquez	28:43	26:41	15:53	5:13	1959	CLUB ATLETISMO BOIMORTO	372 AM	423 M
479	1056		Santiago Valle Monteagudo	28:44	28:02	14:06	5:13	1992	TBR Oroso	373 AM	424 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			km	Ano	Club	Cat	S
				Tempo Neto	Alameda						
480	129	AG2020352	Marga Ledesma	28:46	28:34	13:28	5:14	1969	CLUB ATLETISMO O PINO	49 AF	56 F
481	745		Antonio Garcia Loureiro	28:46	28:00	14:07	5:14	1971		374 AM	425 M
482	1209		Jose Bascoy Quintela	28:46	28:31	13:17	5:14	1975		375 AM	426 M
483	278		Ana Fernandez Del Buey	28:47	28:33	13:17	5:14	1974		50 AF	57 F
484	516		Diego Luis Chenel Porto	28:47	28:22	13:24	5:14	1974		51 AF	58 F
485	758		Valentin Mosquera Villaverde	28:48	26:23	16:09	5:14	1986	Avelaiñas	376 AM	427 M
486	1191		Alvaro Barreiro Iglesias	28:49	27:43	15:08	5:14	1984		377 AM	428 M
487	1747		Jorge Garcia Guerra	28:50	28:27	13:25	5:15	2008		52 EM	429 M
488	1726		Nuno Castro Albán	28:50	28:27	13:24	5:15	2008		53 EM	430 M
489	1284		Alberto García Martínez	28:51	28:03	15:05	5:15	1996		378 AM	431 M
490	1057		Christian Sanjurjo Lueiro	28:54	27:59	12:34	5:15	2003	club triatlon talleres david compostela	379 AM	432 M
491	1904		Roi Rivas Fuentes	28:54	28:39	13:39	5:15	2009		54 EM	433 M
492	732		Sebastian Koch	28:54	27:34	14:42	5:15	1990		380 AM	434 M
493	1692		Sira Ayaso Parada	28:55	28:40	13:39	5:15	2006		8 EF	59 F
494	1531		Mario Ferro Rodríguez	28:55	28:28	14:13	5:15	2003		381 AM	435 M
495	834		Claudio Fernández López	28:56	27:53	13:59	5:16	1969		382 AM	436 M
496	1880		Xiana Bragaña Pardo	28:56	28:41	13:32	5:16	2006		9 EF	60 F
497	2233		Xosé Manuel Pardo López	28:56	28:41	13:32	5:16	1968	C.A. OUTES. JOHN-TURKEY	383 AM	437 M
498	51		Carmen Rios Fernandez	28:56	28:16	13:48	5:16	1976	DUBRA TEAM	52 AF	61 F
499	751		Ruben Laria San Martin	28:58	28:17	13:47	5:16	1975	DUBRA TEAM	384 AM	438 M
500	721		Tomas Duro Valiño	28:58	26:50	15:24	5:16	1993		385 AM	439 M
501	2226		Jose Sanda Ares	28:58	26:48	15:24	5:16	1981	Castrosua trail runnig	386 AM	440 M
502	737		Isidro Fernández García	29:00	28:07	14:49	5:16	2002		387 AM	441 M
503	1760		Henok Martínez Rodriguez	29:00	26:37	15:13	5:16	2005		10 EF	62 F
504	2208		Sara Martínez Canedo	29:01	28:33	13:24	5:17	1995		53 AF	63 F
505	798		Manuel Segade Sanjurjo	29:02	28:34	14:11	5:17	1983		388 AM	442 M
506	1171		David Gómez Sánchez	29:02	28:47	13:32	5:17	1975		389 AM	443 M
507	1220		Jorge Iglesias López	29:02	29:02	13:43	5:17	1982		390 AM	444 M
508	1430		Juan García Sanmartín	29:03	28:33	13:52	5:17	1981		391 AM	445 M
509	1293		Gustavo Couto Rodriguez	29:04	28:39	13:54	5:17	1983		392 AM	446 M
510	1294		Jorge Conde Casais	29:05	28:41	13:53	5:17	1983		393 AM	447 M
511	1853		Tomas Gesto Meniño	29:05	28:15	14:20	5:17	2008		55 EM	448 M
512	1391		Diego Touriño Castiñeiras	29:05	28:36	13:52	5:17	1980		394 AM	449 M
513	1147		Víctor Miragaya Pardo	29:06	28:25	14:41	5:17	1991		395 AM	450 M
514	225		Antía Comesaña González	29:06	27:38	15:08	5:17	1988		54 AF	64 F
515	1288		Óscar Toimil Plaza	29:08	29:00	12:15	5:18	2002		396 AM	451 M
516	1286		Luis Lorenzo Dosuna Garcia	29:08	27:29	15:52	5:18	1977		397 AM	452 M
517	669		Jose Manuel Iglesias Riveiro	29:10	28:56	13:14	5:18	1978		398 AM	453 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
518	811		Federico Rodriguez Diez	29:10	28:32	14:42	5:18	1965	INDEPENDIENTE	399 AM	454 M
519	812		Rafael Del Río Bolon	29:10	28:31	14:42	5:18	1980		400 AM	455 M
520	771		Pedro Muiño Martínez	29:12	28:32	14:04	5:19	2001		401 AM	456 M
521	1285		Brais Dosuna Souto	29:14	27:34	15:19	5:19	2004		402 AM	457 M
522	852	GA765538	Fernando Miguez Sanchez	29:18	28:08	15:20	5:20	1968	CLUB ATLETISMO SADA	403 AM	458 M
523	657		Víctor Barros Seoane	29:18	27:31	16:01	5:20	1982		404 AM	459 M
524	678		Luis Garcia Baña	29:19	28:36	15:03	5:20	1973		405 AM	460 M
525	2285		David Senin Leal	29:19	27:31	16:01	5:20	1984		406 AM	461 M
526	725		Jose Miguel Fariña Santalla	29:20	27:46	14:52	5:20	1974		407 AM	462 M
527	1252		Carlos Salvado Bermudez	29:21	27:33	15:45	5:20	1982	Ninguno	408 AM	463 M
528	1642		Nicolás Lamas López	29:21	28:51	14:33	5:20	2007		56 EM	464 M
529	330		Rita Maria Gonzalez Rocha	29:22	28:52	13:57	5:20	1971		55 AF	65 F
530	727		Víctor Manuel Calviño Bautís	29:22	28:55	14:08	5:20	1972		409 AM	465 M
531	646		Jose Manuel Tomé Pouso	29:23	27:00	16:06	5:21	1984		410 AM	466 M
532	532		Claudia Fernandez-couto Alvarez	29:23	27:56	13:44	5:21	2001		56 AF	66 F
533	647		Alejandro Pazos López	29:23	27:00		5:21	1980		411 AM	467 M
534	300		Susana Lorenzo Pego	29:25	29:00	14:06	5:21	1991		57 AF	67 F
535	24		Sheila Martin Garcia	29:25	28:30	15:02	5:21	1984		58 AF	68 F
536	738		Eloy Gesto Beiroa	29:25	28:36	14:27	5:21	1981		412 AM	468 M
537	701		Marcos Leyes Bastida	29:25	28:31	15:02	5:21	1976		413 AM	469 M
538	1459		Jose Antonio Casas Otero	29:27	28:16	15:32	5:21	1970	Aeroclub de Santiago	414 AM	470 M
539	150		Andrea Castaño Rodríguez	29:28	29:01	14:02	5:21	1999		59 AF	69 F
540	952		Daniel Otero Cepeda	29:28	28:42	14:08	5:21	1960		415 AM	471 M
541	1696		Jacobo Lavandeira Gippini	29:31	27:57	15:18	5:22	2006		57 EM	472 M
542	1881		Minia Arines Rey	29:33	29:10	15:09	5:22	2007		11 EF	70 F
543	221	GA2023442	Puri Cariñena Amigo	29:34	28:44	14:35	5:23	1972	CLUB ATLETISMO MILLARAIO	60 AF	71 F
544	1206		Álvaro Ferreira Pérez	29:36	28:28	14:53	5:23	1978		416 AM	473 M
545	1871		Iago Carbajo Beiras	29:37	26:50	16:52	5:23	2006		58 EM	474 M
546	2240		Rubén Romero Rozas	29:37	28:06	15:35	5:23	1976		417 AM	475 M
547	875		Angel Martinez Oviedo	29:37	28:20	15:44	5:23	1964	CLUB ATLETISMO NOIA	418 AM	476 M
548	674		Oscar Dopazo Vázquez	29:38	28:02	15:32	5:23	1981		419 AM	477 M
549	12		Carlota Marcos Lorenzo	29:39	28:04	15:29	5:23	1989	Sisu Team	61 AF	72 F
550	992		Raimundo Castaño Bascoy	29:40	29:16	14:14	5:24	1968		420 AM	478 M
551	1386		Andrés Martínez De La Riva Díaz	29:40	29:20	14:40	5:24	1983		421 AM	479 M
552	990		Pablo Parajò Negreira	29:40	29:20	14:41	5:24	1983		422 AM	480 M
553	720		Gonzalo Berdeal Hernanz	29:40	29:21	14:40	5:24	1983		423 AM	481 M
554	1517		Jose Raña Rios	29:40	28:25	15:37	5:24	1984		424 AM	482 M
555	124		Leire Rodríguez Fernandez	29:41	28:34	15:03	5:24	1995		62 AF	73 F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo				Club	Cat	S	
				Tempo Neto	Alameda	km	Ano				
556	1516		Jose Antonio Gendra Picon	29:41	28:26	15:37	5:24	1989		425 AM	483 M
557	890		Jesús Maria Rodríguez Bendaña	29:41	28:34	15:03	5:24	1968		426 AM	484 M
558	747		Roi Rodríguez Álvarez	29:42	29:13	13:13	5:24	1986		427 AM	485 M
559	1324		Angel Teo Pais	29:42	29:13	14:06	5:24	1987		428 AM	486 M
560	574		Cristina Pichel Barreiro	29:42	29:29	14:21	5:24	1992		63 AF	74 F
561	1899		Ivan Rey Candal	29:43	28:50	15:30	5:24	2007		59 EM	487 M
562	1767		Noa Piñeiro Romero	29:43	29:00	15:00	5:24	2006		12 EF	75 F
563	1323		Francisco Frojan Barral	29:43	29:14	14:06	5:24	1980		429 AM	488 M
564	2085		Ramón Collazo Mosquera	29:44	29:14	14:45	5:24	1964		430 AM	489 M
565	2507		Daniel Maneiro Teiza	29:45	29:15	14:08	5:25	2007		60 EM	490 M
566	953		Fernando Souto Mata	29:46	28:39	14:45	5:25	1971	Fernando Souto Mata	431 AM	491 M
567	2282		Jose Manuel Blanco Ameijeiras	29:47	28:35	16:28	5:25	1993		432 AM	492 M
568	1711		Ángel López Arangüena	29:48	28:56	15:31	5:25	2010		61 EM	493 M
569	1222		Oscar Lado Baleato	29:49	28:20	15:01	5:25	1993		433 AM	494 M
570	641		Juan Tejón De Borbón	29:49	28:58	14:20	5:25	1977		434 AM	495 M
571	1098		Ángel López Lorenzo	29:49	28:55	15:31	5:25	1974		435 AM	496 M
572	1084		Jose Jaime Rey Rodriguez	29:49	28:57	15:31	5:25	1972		436 AM	497 M
573	1308		Jose Oreiro Perez	29:51	29:31	14:40	5:26	1981		437 AM	498 M
574	629		Alfonso Rey Pardo	29:52	29:52	15:17	5:26	1988		438 AM	499 M
575	2108		Raul Refojos Andrade	29:53	29:41	14:03	5:26	1981	NOITEBRA	439 AM	500 M
576	2138		Luis Poisa Oliveira	29:53	29:43	14:06	5:26	1981	NOITEBRA	440 AM	501 M
577	1626		Lucía López Sanmartín	29:54	29:03	15:22	5:26	2009		13 EF	76 F
578	770		Juan Ramón Barcala Iglesias	29:55	29:45	12:46	5:26	2000		441 AM	502 M
579	1850		Andrés Martínez Otero	29:55	29:39	13:08	5:26	2010		62 EM	503 M
580	746		Manuel Pantín Reigada	29:55	29:09	14:00	5:26	1972		442 AM	504 M
581	1289		Víctor Martinez Rey	29:55	29:27	13:29	5:26	1994		443 AM	505 M
582	1364		Marcos Iglesias Cordido	29:55	29:29	13:28	5:26	1979		444 AM	506 M
583	1379		Pedro López Rivas	29:55	29:04	15:22	5:26	1980		445 AM	507 M
584	733		Carlos Gomez Martinez	29:56	29:01	14:15	5:27	1972		446 AM	508 M
585	1048		Luis Miguez Miguez	29:57	28:15	16:30	5:27	1978	Castrosua trail running	447 AM	509 M
586	1035		Ignacio García Ramos	29:57	29:14	14:19	5:27	1958		448 AM	510 M
587	1051		Sebastian Munin Fraga	29:57	28:15	16:45	5:27	1982	Castrosua trail running	449 AM	511 M
588	1062		Fernando Barcia Pazos	29:58	27:35	16:25	5:27	1995		450 AM	512 M
589	1282		Jorge Vilariño Arufe	29:58	28:16	16:30	5:27	1981		451 AM	513 M
590	2265		Manuel Iglesias Uzal	29:59	29:59	13:45	5:27	1951	ATLETISMO FONTES DO SAR	452 AM	514 M
591	1897		César Fernández Escolante	29:59	28:46	14:17	5:27	2006		63 EM	515 M
592	807		Brais Yañez Orosa	30:00	28:43	15:33	5:27	1991		453 AM	516 M
593	711		Francisco Javier Noya Iglesias	30:03	28:29	15:58	5:28	1977		454 AM	517 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo						Cat	S
				Tempo Neto	Alameda	km	Ano	Club			
594	22		Ana Garcia Rieiro	30:04	29:27	15:02	5:28	1985		64 AF	77 F
595	813		Alejandro Noya Iglesias	30:04	28:27	15:57	5:28	1978 O4S RUTAS-BIKE		455 AM	518 M
596	2200		Jorge Noya Noya	30:04	28:30	15:58	5:28	1998		456 AM	519 M
597	876		Juan Antonio Cañizo Fraga	30:06	29:54	14:03	5:28	1971 Coru@ames		457 AM	520 M
598	1963		Antía Figueras Fidalgo	30:06	29:23	15:00	5:28	2006		14 EF	78 F
599	1669	AG2028402	Álvaro Francos Martínez	30:06	29:23	15:02	5:28	2009 Club atletismo tambre		64 EM	521 M
600	1212		Javier Míguez Sanmartín	30:08	29:11	15:33	5:29	1998		458 AM	522 M
601	968		Francisco Pena Gonzalez	30:09	29:56	13:44	5:29	1950 UNIVERSIDADE SANTIAGO DE COMPOSTELA		459 AM	523 M
602	506		Lucía Vázquez Insua	30:09	29:55	13:37	5:29	1992		65 AF	79 F
603	2135	GA15886	Camilo Iglesias Lopez	30:09	29:18	15:37	5:29	1958 ATLETISMO MILLADOIRO		460 AM	524 M
604	1423		Francisco Antelo Csorba	30:11	29:05	14:30	5:29	1997		461 AM	525 M
605	804		Marcos Sende Mallo	30:12	28:48	15:40	5:29	1996		462 AM	526 M
606	1657		Miguel Míguez Sanmartín	30:12	29:15	15:33	5:29	2005		65 EM	527 M
607	1213		Pablo Míguez Sanmartín	30:12	29:16	15:33	5:29	1993		463 AM	528 M
608	1488		Esteban Otero García	30:13	28:25	16:31	5:30	1994		464 AM	529 M
609	1205		Martín Sangó Rial	30:14	29:03	15:49	5:30	2004		465 AM	530 M
610	974		Gonzalo Sangó Martínez	30:14	29:04	15:49	5:30	1972		466 AM	531 M
611	1204		Pablo Sangó Rial	30:14	29:06	15:49	5:30	2002		467 AM	532 M
612	1893		Carla Seoane Guim	30:15	30:02	14:10	5:30	2010		15 EF	80 F
613	2120		Ramon Seoane Trigo	30:15	30:01	14:10	5:30	1965		468 AM	533 M
614	1980		Berta Quintela Fernández	30:18	29:06	15:28	5:31	2005		16 EF	81 F
615	743		Ramon Caneda Frade	30:19	28:28	15:46	5:31	1980		469 AM	534 M
616	702		Peile Lin	30:20	30:12	13:09	5:31	1990		470 AM	535 M
617	776		Eduardo Lojo	30:21	30:14	13:10	5:31	1977		471 AM	536 M
618	775		Jorge Touriño Gallardo	30:22	30:02	14:41	5:31	1983		472 AM	537 M
619	1816		Borja Vidal Vales	30:22	29:52	14:08	5:31	2007 TRIATLON ARCADE INFORHOUSE		66 EM	538 M
620	1211		Abel Parceró Sánchez	30:23	29:05	16:06	5:31	1979 KAOS KRAV MAGA		473 AM	539 M
621	1613		Mateo Posse Conde	30:23	29:59	13:26	5:31	2005		67 EM	540 M
622	676		Juan José Tato Mahía	30:23	29:06	16:06	5:31	1973 Kaos Krav Maga		474 AM	541 M
623	411		Mónica Álvarez Pombo	30:24	29:49	14:43	5:32	1970		66 AF	82 F
624	513		Estefanía Conde Sánchez	30:24	29:43	14:25	5:32	1991		67 AF	83 F
625	507		Emma Martin Casal	30:26	29:38	14:15	5:32	2004		68 AF	84 F
626	206		Chloé Gabrielle Botana Prini	30:26	29:48	14:15	5:32	2003 Triatlón Arcade Inforhouse		69 AF	85 F
627	1615		Uxía Bouzas Fosado	30:26	29:48	14:14	5:32	2005		17 EF	86 F
628	1733		Martin Muiño Mourullo	30:26	29:33	14:14	5:32	2005		68 EM	542 M
629	69		Monica Carrera Lopez	30:26	29:19	14:45	5:32	1978		70 AF	87 F
630	1833		Daniel Campos Rodriguez	30:26	29:12	15:27	5:32	2005		69 EM	543 M
631	1903		Candela Porto Rodríguez	30:27	29:49	14:14	5:32	2005		18 EF	88 F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
632	1524		Yago Silva Pazos	30:28	29:54	15:50	5:32	1994		475 AM	544 M
633	183		Silvia Novio Mallon	30:28	29:54	14:32	5:32	1979		71 AF	89 F
634	1573		Paulo Leal Carreira	30:29	29:14	15:27	5:33	1978		476 AM	545 M
635	1153		Mariano Soto Tapia	30:29	29:54	14:30	5:33	1957		477 AM	546 M
636	1415		Román Munín Presedo	30:31	30:03	14:29	5:33	1997		478 AM	547 M
637	1		Ester Luisa Silva Poti	30:31	28:55	15:39	5:33	1993		72 AF	90 F
638	600		Bieito Silva Poti	30:31	28:55	15:39	5:33	1988		479 AM	548 M
639	954 AG2027806		Antonio Oscar Constenla Junquera	30:32	29:22	15:13	5:33	1955	ATLETISMO FONTES DO SAR	480 AM	549 M
640	463		Laura Castelo Renda	30:32	30:04	14:31	5:33	1999		73 AF	91 F
641	2166		Fernando Tobio Gomez	30:32	29:23	15:11	5:33	1977	ATLETISMO FONTES DO SAR	481 AM	550 M
642	756		Anxo Laceiras Arufe	30:32	29:52	14:57	5:33	1992		482 AM	551 M
643	1241		Fernando Rey Iglesias	30:33	29:50	15:35	5:33	1983		483 AM	552 M
644	785		Adrian Jorge Varela	30:33	29:26	16:19	5:33	1984		484 AM	553 M
645	1107		Jesús Manuel Montero Souto	30:33	29:48	16:05	5:33	1977		485 AM	554 M
646	31		Irene González Conde	30:34	29:12	15:49	5:33	1988	SERRES RUNNERS	74 AF	92 F
647	65		Ana Belén Grela Rodríguez	30:34	30:20	14:06	5:33	1979		75 AF	93 F
648	805		Sergio Rey Neira	30:34	29:11	15:41	5:33	1997		486 AM	555 M
649	1190		Jose Domínguez Otero	30:34	28:13	16:45	5:33	1976		487 AM	556 M
650	803		Raul Barreiro Piñeiro	30:34	29:12	15:41	5:33	1992		488 AM	557 M
651	2160		Enrique Vázquez Peñamaría	30:35	28:18	17:02	5:34	1991	Club Cervecería O Cotón Negreira	489 AM	558 M
652	1175		Pablo Paz Millán	30:35	28:48	16:47	5:34	1987		490 AM	559 M
653	806		Alejandro Rouco Fontela	30:35	29:13	15:42	5:34	1997		491 AM	560 M
654	793		Carlos Vázquez Mariño	30:36	30:20	14:06	5:34	1975		492 AM	561 M
655	1105		Walter Beltran Romero	30:37	29:00	15:44	5:34	1993		493 AM	562 M
656	1145		Javier Garcia Verde	30:37	29:12	15:34	5:34	1986		494 AM	563 M
657	1146		Rubén Gómez Beade	30:38	29:11	15:34	5:34	1987		495 AM	564 M
658	242		Alicia Mateos Lafuente	30:38	29:55	15:03	5:34	1974		76 AF	94 F
659	1552		Sergio Dacal Rodriguez	30:38	28:45	16:20	5:34	2003		496 AM	565 M
660	2136		Antonio Rey Pombo	30:40	28:39	17:02	5:35	1978	CLUB DEPORTIVO INCLUSIVO ENKI	497 AM	566 M
661	716		Martín Rey Caneda	30:40	27:55	16:12	5:35	1982	ningún	498 AM	567 M
662	1500		Luis Fernandez-couto	30:41	29:13	14:52	5:35	1964	sin club	499 AM	568 M
663	661		Félix Rebollido Fernández	30:43	30:43	15:07	5:35	1981	SERRES RUNNERS	500 AM	569 M
664	972		Unai Muñoa Madariaga	30:44	30:10	15:14	5:35	1972		501 AM	570 M
665	917		José Luis Calvo Fernandez	30:44	30:28	13:37	5:35	1977		502 AM	571 M
666	1596		Adrian Calvo Sanjurjo	30:44	30:28	12:50	5:35	2008		70 EM	572 M
667	148		Ainhoa Fernández Calvo	30:44	30:12	15:14	5:35	1973		77 AF	95 F
668	1476		César Carracedo Pose	30:45	30:17	13:57	5:35	1976		503 AM	573 M
669	2503		Iván Carballo Fernández	30:47	28:23	16:27	5:36	1989		504 AM	574 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
670	965		Juan Camilo Mendez Guerrero	30:47	30:14	13:36	5:36	1992		505 AM	575 M
671	1410		Andres Blanco Prada	30:47	28:17	16:24	5:36	2003		506 AM	576 M
672	712		Toño Hermida Pereiro	30:48	29:40	15:01	5:36	1971	MONTAEVAI BTT O PINO	507 AM	577 M
673	988		Gonzalo Gonzalez Mayo	30:48	28:18	16:23	5:36	1980		508 AM	578 M
674	1094		Diego Luis León Requeijo	30:48	28:57	16:03	5:36	1982		509 AM	579 M
675	1848		Hugo Pérez Hermida	30:48	29:40	15:02	5:36	2005		71 EM	580 M
676	2183		Francisco Javier Suarez Bermudez	30:48	29:04	15:49	5:36	1977	Ninguno	510 AM	581 M
677	670		Alfonso Ruso González	30:49	30:07	15:16	5:36	1975		511 AM	582 M
678	430		Adriana Lozano Obispo	30:50	30:07	15:17	5:36	1983		78 AF	96 F
679	1883		Clara Perez Pereira	30:50	28:32	16:24	5:36	2008		19 EF	97 F
680	1884		Jordi Perez Pereira	30:50	28:32	16:24	5:36	2008	no tengo club	72 EM	583 M
681	754		Sergio Baluja Ferraces	30:51	28:50	16:46	5:37	2003		512 AM	584 M
682	1412		Julio Eiriz Iglesias	30:53	29:41	15:13	5:37	1978		513 AM	585 M
683	842		Javier Ramos Grille	30:53	29:06	16:00	5:37	1980		514 AM	586 M
684	1888		Natalia Hermo Antelo	30:55	30:09	15:44	5:37	2005		20 EF	98 F
685	366		Alejandra Flores Alvarez	30:55	30:38	15:07	5:37	2000		79 AF	99 F
686	1766		Iván Casas Fernández	30:56	30:18	15:30	5:37	2008		73 EM	587 M
687	1519		Marcos Gómez Barbeira	30:57	27:57	16:55	5:38	1982		515 AM	588 M
688	1819		Pablo Codesido Fernandez	30:57	30:20	15:28	5:38	2006		74 EM	589 M
689	1992		Sergio Senra Barrantes	30:57	30:20	15:32	5:38	2006		75 EM	590 M
690	1670		Alejandro Couselo Fernandez	30:58	30:19	15:32	5:38	2008		76 EM	591 M
691	179		Camila Sangiovanni Lorenzo	30:59	29:45	15:14	5:38	1993		80 AF	100 F
692	1569		Alberto Sangivianni Lorenzo	31:00	29:47	15:12	5:38	1991		516 AM	592 M
693	662		Marcial De Martín Vázquez	31:00	29:06	16:23	5:38	1962		517 AM	593 M
694	207		Caroline Prini	31:01	29:59	15:28	5:38	1969		81 AF	101 F
695	1721		André Rodríguez Vázquez	31:01	30:34	16:08	5:38	2010		77 EM	594 M
696	1806		David Moure Seoane	31:02	28:58	16:31	5:39	2006		78 EM	595 M
697	1177		Ramon Mariño Paz	31:03	29:13	16:55	5:39	1962		518 AM	596 M
698	1178		Alvaro Mariño Solis	31:03	29:15	16:55	5:39	1991		519 AM	597 M
699	1497		Rafael Romero Sánchez	31:03	30:43	14:40	5:39	1983		520 AM	598 M
700	2284		Jose Ignacio Liñares Martínez	31:04	30:05	15:13	5:39	1968	NOITEBRA	521 AM	599 M
701	365		Monica Alvarez Martínez	31:05	30:47	15:06	5:39	1971		82 AF	102 F
702	1307		Jose Flores Arias	31:07	30:51	15:06	5:39	1971		522 AM	600 M
703	909		Javier Torres Requeijo	31:08	30:35	15:50	5:40	1980		523 AM	601 M
704	635		Lisardo Núñez Pardo De Vera	31:08	28:37	16:27	5:40	1978		524 AM	602 M
705	1554		Diego Márquez Senrra	31:09	30:11	14:13	5:40	1983	Forcarei Team	525 AM	603 M
706	1934		Manuel Fernandez Rey	31:09	31:09	15:32	5:40	2009		79 EM	604 M
707	1991		Hugo Iglesias Montero	31:10	29:44	16:42	5:40	2009		80 EM	605 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
708	956	AG2020370	Jesus Perez Balirac	31:12	30:29	15:08	5:40	1967	NOITEBRA	526 AM	606 M
709	293		María Angélica Mercado Torres	31:12	30:33	16:03	5:40	1986		83 AF	103 F
710	677		Simón Gasamáns García	31:13	30:36	16:03	5:41	1981	Lucinda Running	527 AM	607 M
711	1805		Helena Moure Seoane	31:13	30:43	14:42	5:41	2007		21 EF	104 F
712	588		Rubén Vidal Vales	31:14	30:43	14:44	5:41	2002		528 AM	608 M
713	110		Susana Rial Santos	31:15	30:57	14:25	5:41	1977	CLUB ATLETISMO BOIMORTO	84 AF	105 F
714	1268		Fabián Vázquez Formoso	31:15	29:53	15:52	5:41	1989	SERRES RUNNERS	529 AM	609 M
715	121		Lourdes Solé Marsà	31:16	29:21	15:51	5:41	1972		85 AF	106 F
716	1843		Lucas Lesmes Devesa	31:16	28:45	16:59	5:41	2006	AMES ATLETISMO	81 EM	610 M
717	957		Angel Seoane Gonzalez	31:17	30:42	14:46	5:41	1979		530 AM	611 M
718	540		María José Rial Santos	31:18	30:59	14:26	5:41	1970		86 AF	107 F
719	1790		Hugo Mujico Pazos	31:18	30:17	16:06	5:41	2005		82 EM	612 M
720	48		Beatriz Guerra Liñares	31:19	30:09	16:13	5:42	1990		87 AF	108 F
721	780		Rafael Filgueira Janeiro	31:19	30:09	16:13	5:42	1973		531 AM	613 M
722	1743		Brais Pena Suarez	31:19	28:59	16:33	5:42	2006		83 EM	614 M
723	1787		Gabriel Dubra Garcia	31:19	30:18	16:06	5:42	2005		84 EM	615 M
724	1864		Angel Pérez Lopez	31:20	29:49	16:18	5:42	2009		85 EM	616 M
725	2109	AG2024035	Jose Javier Fernandez Ramos	31:20	30:11	15:37	5:42	1967	CLUB ATLETISMO SADA	532 AM	617 M
726	112	GA765538	Montse Fernandez Ramos	31:20	30:11	15:39	5:42	1968	CLUB ATLETISMO SADA	88 AF	109 F
727	590		Jean Fritz Blanco Rios	31:20	29:00	17:43	5:42	2001		533 AM	618 M
728	1791		Mario Mujico Pazos	31:21	30:19	16:07	5:42	2005		86 EM	619 M
729	2238		Alberto López González	31:22	29:50	16:18	5:42	1977		534 AM	620 M
730	830		José Manuel Miguéns Rey	31:24	30:57	16:13	5:43	1979	Bj Trainers	535 AM	621 M
731	1346		Jorge Otero López De Rego	31:24	29:50	16:19	5:43	1981		536 AM	622 M
732	227		Silvia Fernández Blanco	31:25	29:15	16:23	5:43	1985		89 AF	110 F
733	640		Bart Vandenbossche	31:25	29:33	16:50	5:43	1984		537 AM	623 M
734	2203		Santiago Seoane Trigo	31:26	31:12	14:16	5:43	1956	independiente	538 AM	624 M
735	57		Carlota Seoane	31:27	31:12	14:16	5:43	1994		90 AF	111 F
736	1425		Guillermo Dávalos Lafuente	31:27	29:11	16:56	5:43	1981		539 AM	625 M
737	1602		Antia Salgado Bardanca	31:28	31:23	14:19	5:43	2007		22 EF	112 F
738	427		M José Gómez Ríos	31:28	30:42	15:37	5:43	1977		91 AF	113 F
739	1527		Andi Vilacoba Mancebo	31:30	30:30		5:44	1989		540 AM	626 M
740	2156		Jose Carral Cepeda	31:30	30:13	15:45	5:44	1985		541 AM	627 M
741	930		Rafael Vilar Seoane	31:30	30:26	15:37	5:44	1970	CLUB ATLETISMO ESTRADA	542 AM	628 M
742	632		David Otero Martinez	31:30	30:12	15:47	5:44	1984		543 AM	629 M
743	652		Juan Soneira Varela	31:31	30:13	15:46	5:44	1986	Soneira	544 AM	630 M
744	927		Pablo Mosquera Martínez	31:31	29:00	16:59	5:44	1985	Train2go.com	545 AM	631 M
745	181		Ana Isabel Fernández Cobelo	31:32	30:28	15:26	5:44	1969		92 AF	114 F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
746	495		María Romero Ferreiro	31:32	30:31	16:15	5:44	1985		93 AF	115 F
747	471		Beatriz Paz García	31:32	31:32	16:55	5:44	1983		94 AF	116 F
748	1961	AG769440	Noel Villar Mella	31:33	30:16	15:58	5:44	2007	CLUB ATLETISMO MILLARAIO	87 EM	632 M
749	189		María Del Carmen Rodríguez Del Río	31:33	30:40	15:31	5:44	1955	ATLETISMO MILLADOIRO	95 AF	117 F
750	741		Oleg Ovchinnikov	31:34	30:10	16:08	5:44	1973		546 AM	633 M
751	2515		Juan José Vilas Fernández	31:34	29:42	16:05	5:44	1982		547 AM	634 M
752	2153		Angel Perol Monteagudo	31:35	29:39	16:53	5:45	1977		548 AM	635 M
753	1680		Miguel Dopico Vazquez	31:35	29:39	16:52	5:45	2009		88 EM	636 M
754	1075		David Pérez	31:35	29:45	17:01	5:45	1993		549 AM	637 M
755	1518		Francisco Pereiro Pumar	31:36	29:24	16:33	5:45	1969		550 AM	638 M
756	753		Benjamin Montero Cebeiro	31:36	30:20	15:58	5:45	1984		551 AM	639 M
757	918		Valentin Souto Candal	31:36	29:24	16:32	5:45	1971	Club Natacion Ordes	552 AM	640 M
758	1750	AG2028400	Jose Martinez Suarez	31:37	30:10	16:42	5:45	2007	TAMBRE BIKE&RUNNING	89 EM	641 M
759	802		Juan Jose Carro Mareque	31:37	30:15	15:40	5:45	1998		553 AM	642 M
760	1574		Alfredo López de la Iglesia	31:39	30:59	15:48	5:45	1982		554 AM	643 M
761	899		Alberto Rey Blanco	31:39	30:59	15:47	5:45	1981		555 AM	644 M
762	1273		Diego Taboada Mareque	31:39	29:40	17:00	5:45	1985	Castrosua Trail Running	556 AM	645 M
763	1231		Jose Antonio Camiño Framil	31:39	31:01	15:47	5:45	1975		557 AM	646 M
764	695		Antonio Lagos Pereiro	31:40	30:19	16:19	5:45	1986	CDM VÉRTICE	558 AM	647 M
765	666		Anton Juncal Costa	31:40	30:38	15:22	5:45	1966	TAMBRE BIKE&RUNNING	559 AM	648 M
766	835		Pablo García Fernandez	31:40	31:20	14:08	5:45	1983		560 AM	649 M
767	453		Claudia Rodríguez Juarez	31:41	30:47	14:33	5:46	2004		96 AF	118 F
768	642		Vicente Blanco Pérez	31:41	29:24	17:43	5:46	1969	Caverock	561 AM	650 M
769	2137		Guillermo Eiris Del Rio	31:42	29:12	17:12	5:46	1990		562 AM	651 M
770	939		Marcos Tedín Mouzo	31:42	30:43	15:37	5:46	1974	INDEPENDIENTE	563 AM	652 M
771	757		Juan Martín Rodríguez-noriega	31:42	31:21	14:08	5:46	1975		564 AM	653 M
772	1182		Oscar Rey Eiras	31:42	31:42	16:31	5:46	1972		565 AM	654 M
773	1183		Diego Rey Seoane	31:42	30:14	16:32	5:46	2004		566 AM	655 M
774	2		Mariona Baliu Pique	31:42	29:13	17:13	5:46	1991		97 AF	119 F
775	1037		Jose Angel Hernandez Malagon	31:43	30:00	16:23	5:46	1989		567 AM	656 M
776	1226		Eloi Casal Graña	31:43	30:00	16:19	5:46	1995		568 AM	657 M
777	1349		Jesús Brea Pintor	31:44	30:58	16:19	5:46	1974		569 AM	658 M
778	553		Mónica Boullón Villar	31:44	30:45	16:15	5:46	1991		98 AF	120 F
779	1402		Iago Moure Alvarez	31:46	29:23	16:33	5:47	2002		570 AM	659 M
780	2254		Luis Manuel Teira Otero	31:47	29:24	16:32	5:47	1987	próloGO! Project	571 AM	660 M
781	1290		Pablo Antelo Martínez	31:47	31:20	14:03	5:47	1999		572 AM	661 M
782	2165		Diego Rozas Garcia	31:48	31:41	14:13	5:47	1992		573 AM	662 M
783	2140		Joseba Campelo Izquierdo	31:49	31:42	14:13	5:47	1992		574 AM	663 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S	
				Neto	Alameda	Alameda	km	Ano				
784	1905		Luis Garcia Bello	31:49	31:14	14:47	5:47	2005		90 EM	664 M	
785	698		Francisco De Anta	31:50	29:59	16:14	5:47	1983		575 AM	665 M	
786	9		Rosario Muñoz Olivares	31:51	30:18	16:19	5:47	1961		ÑULTRAFONDO	99 AF	121 F
787	117		Andrea Espiño Albela	31:52	31:19	14:36	5:48	1994		OLIMPICO VEDRA	100 AF	122 F
788	54		Inés Ferradáns Rendo	31:53	31:21	14:39	5:48	1994			101 AF	123 F
789	1073		Manuel Maria Teira Piñeiro	31:54	29:32	16:32	5:48	1962			576 AM	666 M
790	800		Marcos Garcia Vazquez	31:55	30:55	16:17	5:48	1980			577 AM	667 M
791	1794		Ricardo Liste Silva	31:56	30:17	17:06	5:48	2005			91 EM	668 M
792	1498		Miguel Martiño Do Olmo	31:56	29:31	16:41	5:48	1994			578 AM	669 M
793	566		Sol Medina	31:57	31:05	15:13	5:49	1986			102 AF	124 F
794	558 AG2025899		Xiana Brea Veiga	31:57	30:22	16:37	5:49	2004		ATLETISMO FONTES DO SAR	103 AF	125 F
795	381 AG2014356		Ángela Noya Vidal	31:57	30:19	16:37	5:49	2004		ATLETISMO FONTES DO SAR	104 AF	126 F
796	1526		Roi Ab	31:58	31:15	13:25	5:49	1987			579 AM	670 M
797	943		Esteban Carballal	31:58	30:25	16:00	5:49	1992			580 AM	671 M
798	436		María Castro	31:58	30:26	16:00	5:49	1992			105 AF	127 F
799	46		Montse Ferraces Vázquez	31:58	29:56	16:46	5:49	1972			106 AF	128 F
800	1842		Daniela Beiras Veiga	31:59	30:23	16:40	5:49	2010			23 EF	129 F
801	1939		Martín Portabales Souto	31:59	31:35	13:52	5:49	2007			92 EM	672 M
802	817		Oscar Gutierrez Conde	32:00	30:51	16:12	5:49	1978			581 AM	673 M
803	77		Begoña Gutierrez Conde	32:00	30:53	16:11	5:49	1976		C.A. BERTAMIRANS	107 AF	130 F
804	1889		Jorge Hermo Antelo	32:00	31:35	13:53	5:49	2007			93 EM	674 M
805	555		Iria López Castro	32:01	31:46	14:04	5:49	2004			108 AF	131 F
806	1958		Lua Folse Tubio	32:02	30:37	17:28	5:49	2006			24 EF	132 F
807	1509		Alejandro Maceiras Salinas	32:02	30:35	17:28	5:49	1974			582 AM	675 M
808	907		Miguel Ángel Fernández García	32:04	31:01	15:56	5:50	1978			583 AM	676 M
809	256		Paula Pais Iglesias	32:04	31:01	15:56	5:50	1972			109 AF	133 F
810	1769		Xose Xoel Barbazán Codesido	32:05	31:26	15:32	5:50	2008			94 EM	677 M
811	769		Antonio Lema Gerpe	32:06	30:37	15:55	5:50	1972			584 AM	678 M
812	44		Nuria Mejuto Fernández	32:06	30:18	16:57	5:50	1990			110 AF	134 F
813	788		Miguel Garcia Codesido	32:06	30:19	16:57	5:50	1988			585 AM	679 M
814	40		Elena Blanco-ons Navares	32:07	29:59	16:26	5:50	1994			111 AF	135 F
815	881		Bruno Porto Calvelo	32:07	30:11	16:35	5:50	1981		praia de carnota runners	586 AM	680 M
816	58		Patricia Lago Mantiñán	32:08	31:20	15:43	5:51	1992		REDOLAT TEAM	112 AF	136 F
817	782		David Abelenda Romero	32:09	31:22	16:20	5:51	1986			587 AM	681 M
818	837		Jose Viaño Iglesias	32:09	31:21	15:42	5:51	1983		REDOLAT TEAM	588 AM	682 M
819	895		Óscar Casas Couselo	32:09	31:31	15:32	5:51	1979		TBR OROSO	589 AM	683 M
820	784		Borja Saa Rouco	32:09	31:19	16:23	5:51	1988			590 AM	684 M
821	783		Francisco Romar Landeira	32:09	31:22	16:20	5:51	1988			591 AM	685 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
822	786		Javier Sanchez Carril	32:09	31:17	16:23	5:51	1984		686 M	
823	195		María Del Carmen Añon Dominguez	32:09	31:28	15:43	5:51	1962	113 AF	137 F	
824	700		Ángel Camilo López Regueiro	32:10	30:34	16:28	5:51	1994	593 AM	687 M	
825	761		Carlos Denis Beiró Martínez	32:10	30:35	16:28	5:51	1994	594 AM	688 M	
826	1605		Rodrigo Montero Chico	32:11	30:29	16:32	5:51	2007 CLUB TRIATHLON SANTIAGO	95 EM	689 M	
827	781		Marcos Nuñez Lopez	32:11	31:21	16:20	5:51	1987	595 AM	690 M	
828	1681		Anxo Gonzalez Campos	32:12	31:13	16:36	5:51	2008	96 EM	691 M	
829	827		Paco Gonzalez Martinez	32:12	31:13	16:36	5:51	1973	596 AM	692 M	
830	1861		Gael Da Silva López	32:12	31:13	16:35	5:51	2008	97 EM	693 M	
831	36		Pepa Fuentes Garcia	32:12	30:21	16:53	5:51	1975 CLUBE DE ATLETISMO OUTES	114 AF	138 F	
832	1442		Jose F. López Díaz	32:12	30:25	17:02	5:51	1978	597 AM	694 M	
833	1685		Nicolás Garcia Lois	32:12	31:18	14:52	5:51	2009	98 EM	695 M	
834	1225		Carlos Moreno Rodriguez	32:13	31:39	15:48	5:51	1971	598 AM	696 M	
835	832		Antonio Silva Ces	32:13	31:12	16:17	5:51	1981	599 AM	697 M	
836	139		Laura Dopazo Gomez	32:13	30:18	16:43	5:51	1990 CLUB ATLETISMO NEGREIRA	115 AF	139 F	
837	653		Pablo García	32:13	29:55	18:14	5:51	1985	600 AM	698 M	
838	667		Alberto Gómez Sánchez	32:13	29:55	18:14	5:51	1982	601 AM	699 M	
839	561		Rebeca Juncal Rosales	32:14	30:54	16:02	5:52	1988	116 AF	140 F	
840	634		Juan Carlos Vazquez Garea	32:14	32:14	17:52	5:52	1981	602 AM	700 M	
841	1776		Sara Noya Vidal	32:15	31:06	16:14	5:52	2007	25 EF	141 F	
842	521		Nancy Kennedy Malco	32:15	31:10	15:17	5:52	1979	117 AF	142 F	
843	713		Angel Pardo De Vera	32:15	29:59	18:24	5:52	1976	603 AM	701 M	
844	1774 AG2016561		Antía Carbonell Alcalde	32:15	31:06	16:15	5:52	2007 ATLETISMO FONTES DO SAR	26 EF	143 F	
845	1408		Alberto Bouzas Babastro	32:15	31:50	14:42	5:52	1971	604 AM	702 M	
846	923		Ramón Suárez Pazos	32:16	31:04	16:55	5:52	1962 UNIVERSIDADE SANTIAGO DE COMPOSTELA	605 AM	703 M	
847	1580		José Quintás Cardama	32:16	29:58	18:23	5:52	1975	606 AM	704 M	
848	1369		Francisco Puente Andrade	32:16	31:40	15:10	5:52	1983	607 AM	705 M	
849	1370		Manuel Liste Garcia	32:16	31:41	15:09	5:52	1996	608 AM	706 M	
850	1371		Antonio Tarrío Sanchez	32:16	31:41	15:11	5:52	1980	609 AM	707 M	
851	1467		Daniel Asegurado Mougán	32:17	31:02	16:23	5:52	2004	610 AM	708 M	
852	1505		Manuel Noya Vieites	32:18	30:02	17:19	5:52	1996	611 AM	709 M	
853	1287		Daniel Ortega Iglesias	32:18	29:59	18:25	5:52	1975	612 AM	710 M	
854	514		Mabel Mougán Dominguez	32:18	31:02	16:23	5:52	1971 CLUB ATLETISMO SANTIAGO	118 AF	144 F	
855	1260		Lois Rilo Antelo	32:20	30:47	17:16	5:53	1992	613 AM	711 M	
856	1259		Xoán Luís Rilo Toubes	32:20	30:48	17:15	5:53	1962	614 AM	712 M	
857	1179		Ramon Mariño Solis	32:20	30:31	16:55	5:53	1992	615 AM	713 M	
858	1261		Roi Rilo Antelo	32:20	30:49	17:15	5:53	1991	616 AM	714 M	
859	789		Alberto Golán Cutrín	32:22	31:39	15:28	5:53	1986	617 AM	715 M	

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
860	60		Silvia Lago Taboada	32:22	31:40	15:27	5:53	1985		119 AF	145 F
861	844		Ivan Luis Figueiras Zarauza	32:23	30:12	17:36	5:53	1978		618 AM	716 M
862	597		Valentin Martinez Cordido	32:24	30:12	17:36	5:53	1977		619 AM	717 M
863	1514		Hugo Raña Villar	32:24	30:31	17:01	5:53	1990		620 AM	718 M
864	1679		Alejandro Fernández González	32:25	32:09	14:58	5:54	2010		99 EM	719 M
865	1380		Pablo Fernández Vázquez	32:25	30:44	15:26	5:54	2002		621 AM	720 M
866	1256		Argimiro Blanco Malvárez	32:25	30:54	16:39	5:54	1977		622 AM	721 M
867	1242		Ladislao Sobrado Eiras	32:26	32:14	14:02	5:54	1967		623 AM	722 M
868	329		Fátima Otero Fernández	32:26	30:51	15:56	5:54	1989		120 AF	146 F
869	1504		Manuel Moure Sánchez	32:26	30:34	17:01	5:54	1989		624 AM	723 M
870	1431		Martin Diaz Perez	32:27	30:34	17:00	5:54	1991		625 AM	724 M
871	2094		Ernesto Fernández Eiras	32:28	32:11	14:59	5:54	1973	Bombardinos	626 AM	725 M
872	1492		Adrián Gómez Suárez	32:28	30:33	16:46	5:54	1986		627 AM	726 M
873	628		Alejandro Macias Torre	32:28	30:34	16:47	5:54	1985		628 AM	727 M
874	921	M16270	Alfonso Daniel Rodríguez Varela	32:29	30:22	16:56	5:54	1984	GRUPO OASIS TRES CANTOS	629 AM	728 M
875	579		Rosy Rey Montalbán	32:30	30:46	17:00	5:55	1997		121 AF	147 F
876	1592		Andrea Casuso Areoso	32:32	31:45	15:44	5:55	2007		27 EF	148 F
877	7		Leticia Iglesias García	32:33	31:43	15:28	5:55	1979		122 AF	149 F
878	261		Laura González-elipe Lechuga	32:36	32:24	14:49	5:56	1973		123 AF	150 F
879	1565		Roberto Rey Seoane	32:36	30:51	16:58	5:56	1964		630 AM	729 M
880	726		Jorge Tojo Rodriguez	32:36	30:55	17:16	5:56	1970		631 AM	730 M
881	1148		Alberto Losada Vázquez	32:38	30:30	17:37	5:56	1990		632 AM	731 M
882	458		Elisa Garcia Fernandez	32:38	30:47		5:56	1978		124 AF	151 F
883	177		Nuria Garcia Guillin	32:39	30:31	17:38	5:56	1994		125 AF	152 F
884	81		Claudia Moure Barreiro	32:40	32:21	15:28	5:56	1977		126 AF	153 F
885	1857		Manuel Garcia Mallon	32:40	30:49		5:56	2010		100 EM	732 M
886	819		Javier Paredes Ramirez	32:40	32:21	15:29	5:56	1976		633 AM	733 M
887	89		Sol García Nieto	32:41	31:23		5:57	1968	KRAV LADIES	127 AF	154 F
888	279		María Isabel Suárez García	32:41	31:25	17:03	5:57	1976	KAOS KRAV MAGA	128 AF	155 F
889	1034		Iago Sayans	32:42	31:30	16:21	5:57	1984		634 AM	734 M
890	816		Brais Columba Iglesias Osorio	32:42	32:08	15:00	5:57	1981		635 AM	735 M
891	258		Laura Noelia Martinez Deus	32:42	31:34	15:46	5:57	1995		129 AF	156 F
892	1543		Pablo Souto Sanmartín	32:43	30:36	17:39	5:57	1994		636 AM	736 M
893	1575		Paul Teed	32:43	32:23	15:39	5:57	1982		637 AM	737 M
894	84		Monica Rey Rodriguez	32:44	31:50	15:33	5:57	1974		130 AF	157 F
895	1923		Lucas Mendez Rey	32:44	31:51	15:35	5:57	2008		101 EM	738 M
896	860	AG2018658	Pablo Baña Sandá	32:44	31:39	17:01	5:57	1982	CLUB ATLETISMO O PINO	638 AM	739 M
897	1245		Adrián Gómez Gonçalves	32:44	31:43	16:24	5:57	1990		639 AM	740 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
898	997		David Celdrán Bouzas	32:44	31:33	16:23	5:57	1985		640 AM	741 M
899	1129		David Martín Quinteiro	32:45	31:41	17:02	5:57	1986		641 AM	742 M
900	1768		Alejandro Veres Sanín	32:45	32:29	14:14	5:57	2010		102 EM	743 M
901	125		Liliana Gómez Almeida	32:46	31:52	16:24	5:57	1983	No tengo	131 AF	158 F
902	1366		Anxo Crusat Mirás	32:47	31:57	15:06	5:58	2002		642 AM	744 M
903	1885		Iria Pérez Pereira	32:48	30:28	17:05	5:58	2010		28 EF	159 F
904	1548	AG2018651	Yago Pérez Parrado	32:49	31:45		5:58	1982	CLUB ATLETISMO O PINO	643 AM	745 M
905	137		Mari Piñeiro Esperante	32:49	31:04	17:22	5:58	1965		132 AF	160 F
906	456		Martina Barreiro Dopazo	32:50	32:01	15:23	5:58	2004	CLUB TRIATHLON SANTIAGO	133 AF	161 F
907	407		Patricia López Eiras	32:50	32:13	15:25	5:58	1985		134 AF	162 F
908	122		Marina Maura	32:52	32:36	15:20	5:59	1984	CT Toni Colom World	135 AF	163 F
909	1342		Jonatan Liébana Molinero	32:52	32:16	15:26	5:59	1993		644 AM	746 M
910	193		Ana Piñeiro Esperante	32:52	31:06	17:27	5:59	1967		136 AF	164 F
911	986		Carlos Santiago Sarasquete	32:52	30:30	18:25	5:59	1993	FAMILIA SANTIAGO	645 AM	747 M
912	1428		Jordi Pérez Carré	32:54	30:33	17:05	5:59	1964		646 AM	748 M
913	2268		Miguel Prado Cea	32:55	30:38	18:11	5:59	1979	FRADES	647 AM	749 M
914	247		Patricia Amacker Martinez	32:55	32:36	15:11	5:59	1980		137 AF	165 F
915	1846		Teresa Puente Curiel	32:55	32:31	15:38	5:59	2007		29 EF	166 F
916	1826		Manuela Franco Del Alcazar	32:55	32:30	15:39	5:59	2007		30 EF	167 F
917	37		Monica Del Alcazar	32:56	32:31	15:39	5:59	1971		138 AF	168 F
918	248		Veronique Iten	32:58	32:40	15:13	6:00	1981		139 AF	169 F
919	10		Raquel Gago Fuentes	32:58	31:30	16:42	6:00	1988		140 AF	170 F
920	658		Ángel Álvarez Pardiñas	32:58	32:58	16:45	6:00	1987		648 AM	750 M
921	2263		Jesús Cela Boisa	33:00	31:09	18:14	6:00	1992		649 AM	751 M
922	920		Manuel Castro Mouzo	33:00	31:02	18:14	6:00	1996		650 AM	752 M
923	413		Laurarc Rodríguez	33:01	31:04	18:14	6:00	1996		141 AF	171 F
924	1624	AG-2024398	Hugo Rodriguez Capeans	33:01	32:04	16:35	6:00	2008	CLUB ATLETISMO MILLARAI O	103 EM	753 M
925	947		José Manuel Rodríguez Lopez	33:01	32:00	16:36	6:00	1966		651 AM	754 M
926	1536		Adrián Capelo Cruz	33:02	31:41	16:03	6:00	1988		652 AM	755 M
927	1772	AG2025897	Ira Vazquez Suarez	33:02	32:19	16:05	6:00	2010	ATLETISMO FONTES DO SAR	31 EF	172 F
928	1686		Lucía Sobrado Louzao	33:02	32:50	13:58	6:00	2005		32 EF	173 F
929	1544		José Antonio Martínez Varela	33:03	33:03	14:57	6:01	1976		653 AM	756 M
930	810		Jose Vazquez Vazquez	33:03	32:19	16:05	6:01	1971		654 AM	757 M
931	1545		José María Tato Ferro	33:03	33:03	14:59	6:01	1976		655 AM	758 M
932	2505		Marcos Fernández Billar	33:03	31:29	16:41	6:01	1975		656 AM	759 M
933	1309		Francisco Javier Chico Porca	33:04	31:22	16:33	6:01	1966		657 AM	760 M
934	342		Diana Pastoriza Espasandín	33:04	30:40	17:32	6:01	1980		142 AF	174 F
935	878		Manuel Alejandro Porto Mollinedo	33:04	32:34	14:48	6:01	1975	Artrogal Tri498	658 AM	761 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
936	1714		Yago Bendaña Iglesias	33:05	32:36	14:48	6:01	2009		104 EM	762 M
937	1678		Jorge Martínez De Orense Nores	33:07	31:53	17:57	6:01	2008		105 EM	763 M
938	2264		Roge Paniagua Mateos	33:09	30:45	18:05	6:02	1967	UNIVERSIDADE SANTIAGO DE COMPOSTELA	659 AM	764 M
939	1315		Diego Martínez De Santiago	33:09	32:39	15:35	6:02	1997		660 AM	765 M
940	1736		Xiana Gómez Vieiro	33:10	31:55	15:44	6:02	2005	AEROCLUB SANTIAGO	33 EF	175 F
941	1738		Pablo De La Calle Vicente	33:10	30:20	17:55	6:02	2006		106 EM	766 M
942	1900		Alejandro Fernández Méndez	33:10	30:19	17:55	6:02	2006		107 EM	767 M
943	309		Marta Sobrado Romero	33:11	32:10	16:28	6:02	1989		143 AF	176 F
944	1471		Antonio Dopazo Casal	33:12	32:46		6:02	1971		661 AM	768 M
945	840		Pablo Campano Otero	33:13	32:07	17:41	6:02	1988		662 AM	769 M
946	356		Sabela Botana Ríos	33:14	31:37	17:18	6:03	1999		144 AF	177 F
947	147		Alicia Sardina Ríos	33:14	31:38	17:18	6:03	1986		145 AF	178 F
948	1426		Alberto González Bueno	33:14	30:51	18:10	6:03	1977		663 AM	770 M
949	379		Lucia Viaño Gil	33:14	32:46	15:37	6:03	1997		146 AF	179 F
950	814		Ruben Fernandez Blanco	33:16	31:03	18:10	6:03	1989		664 AM	771 M
951	1436		Pedro Faraldo Roca	33:17	31:52	17:09	6:03	1982		665 AM	772 M
952	132		Maria Capeáns Outeiro	33:17	32:17	16:36	6:03	1971		147 AF	180 F
953	478		Genma Saunders	33:17	31:53	17:09	6:03	1986		148 AF	181 F
954	1730		Raul Salvado Caamaño	33:20	30:49	17:31	6:04	2005		108 EM	773 M
955	1731		Martin Salvado Caamaño	33:21	30:49	17:30	6:04	2008	TRIATLON ARCADE INFORHOUSE	109 EM	774 M
956	174		Véronique Voyer	33:21	32:43	15:37	6:04	1990		149 AF	182 F
957	1856		Aroa Liñares Garcia	33:22	31:31	16:45	6:04	2006		34 EF	183 F
958	93		María Teresa López Pérez	33:23	32:23	16:37	6:04	1976		150 AF	184 F
959	1598		Juan Rodríguez Suárez	33:23	32:47	16:56	6:04	2009		110 EM	775 M
960	924		Ruben Peña López	33:24	32:46	16:11	6:04	1982		666 AM	776 M
961	651		Fabrice Carnal	33:26	32:13	16:38	6:05	1977		667 AM	777 M
962	980		Jorge Rodríguez Cruz	33:26	32:49	16:56	6:05	1983		668 AM	778 M
963	1597	AG2028209	Sara Rodríguez Suárez	33:26	32:52	16:55	6:05	2005	UNIVERSIDADE SANTIAGO DE COMPOSTELA	35 EF	185 F
964	1058		Jesús Cabo Souto	33:27	32:14	18:17	6:05	1975	urban	669 AM	779 M
965	1882		Pelayo Arines Rey	33:27	33:04	16:17	6:05	2010		111 EM	780 M
966	1895		Antonio Lirola Fernández	33:27	32:22	14:53	6:05	2009	ATLETISMO FONTES DO SAR	112 EM	781 M
967	759		Diego Blanco Gendre	33:29	31:17	18:12	6:05	1993		670 AM	782 M
968	801		David Boo Millan	33:30	32:09	15:45	6:05	1997		671 AM	783 M
969	1495		Iván González Docampo	33:30	31:31	18:05	6:05	2000		672 AM	784 M
970	699		Roberto Tobar Cascon	33:31	31:26	17:41	6:06	1985	FFDR	673 AM	785 M
971	56		Yolanda Rey Salgueiros	33:33	33:12	16:14	6:06	1975	Agrupación Deportiva Remedios	151 AF	186 F
972	1372		Ramón Arufe Ríos	33:36	31:40	16:15	6:07	2004		674 AM	786 M
973	1813		Andrés Heredia López	33:40	32:42	15:38	6:07	2007		113 EM	787 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
974	2509		Noly Casal Oubeira	33:41	31:32	17:02	6:07	1972		675 AM	788 M
975	350		Sabela Aldrey Cabezal	33:42	32:54	16:27	6:08	1997		152 AF	187 F
976	140		Luisa Miguez Perez	33:42	31:05	18:27	6:08	1976		153 AF	188 F
977	208	AG759601	Bernice Fin Kieran	33:43	32:45	16:23	6:08	1960	CLUB ATLETISMO MILLARAIO	154 AF	189 F
978	19		Susana Franco Maside	33:44	32:27	17:09	6:08	1970		155 AF	190 F
979	1314		Walter Piñeiro Tomé	33:44	32:45	17:21	6:08	1977		676 AM	789 M
980	1494		Luis Gendra Ordoñez	33:44	32:28	17:09	6:08	1971		677 AM	790 M
981	138		María Gómez Reino	33:44	32:54	18:42	6:08	1978		156 AF	191 F
982	1783		Lucas Francos Martínez	33:44	32:48	17:21	6:08	2009		114 EM	791 M
983	109		Maria Montoiro Salvado	33:44	32:37	16:55	6:08	1984		157 AF	192 F
984	160		Sara Martinez Garcia	33:44	31:15	17:40	6:08	1998		158 AF	193 F
985	539		Marta González Andrade	33:45	31:16	17:38	6:08	1996	ATLETISMO FONTES DO SAR	159 AF	194 F
986	328		Tamara Rodríguez Vilela	33:45	33:01	16:06	6:08	1993		160 AF	195 F
987	724		Jose Manuel Gendra Vieites	33:46	32:13	17:06	6:08	1966		678 AM	792 M
988	627		Daniel García-córcoles Carrascal	33:46	32:38	16:55	6:08	1983		679 AM	793 M
989	1503		Chad Folse	33:47	32:21	17:33	6:09	1976		680 AM	794 M
990	687		Pablo Taboada Antelo	33:47	30:55	18:42	6:09	1974		681 AM	795 M
991	1858		Rodrigo Lopez Quintela	33:47	31:54		6:09	2009		115 EM	796 M
992	1001		Roberto Carlos Quintela Cuadrado	33:47	31:54	17:49	6:09	1974		682 AM	797 M
993	1633		Xavier Quintela Duro	33:49	31:57	17:49	6:09	2007		116 EM	798 M
994	2271		Alfonso Ferradás Vilán	33:52	31:33	18:10	6:09	1971		683 AM	799 M
995	2250		Vicente Lopez Vilariño	33:53	33:53		6:10	1976	Redboar	684 AM	800 M
996	180		Silvia Caramés González	33:53	31:55	16:51	6:10	1985		161 AF	196 F
997	1270		Javier Añón González	33:54	33:11	16:21	6:10	1962		685 AM	801 M
998	1841		Claudia Beiras Veiga	33:56	32:46	16:16	6:10	2007		36 EF	197 F
999	339		Olalla Añón Hermida	33:56	33:13	16:23	6:10	1992		162 AF	198 F
1000	291		Sara Abal Viqueira	33:57	33:14	16:23	6:10	1992		163 AF	199 F
1001	357		Irene Botana Ríos	33:58	32:22	17:15	6:11	1997		164 AF	200 F
1002	1989		Martin Cela Teijeiro	33:58	31:01	19:01	6:11	2009		117 EM	802 M
1003	668		Roberto Parra	33:58	31:01	19:02	6:11	1971		686 AM	803 M
1004	1507		Juan Ramon Campaño Otero	34:00	32:52	17:42	6:11	1984		687 AM	804 M
1005	21		Sonia Blanco Ameijeiras	34:02	32:50	16:39	6:11	1985		165 AF	201 F
1006	643		Manuel J. Lago Fernández	34:03	31:27	18:51	6:11	1972		688 AM	805 M
1007	748		Pablo Antelo García	34:03	31:27	18:54	6:11	1988	BEER RUNNERS CORUÑA	689 AM	806 M
1008	2286		Jose Antonio Blanco Barreiro	34:03	32:51	16:31	6:11	1958		690 AM	807 M
1009	457		Alba Figueroa García	34:03	31:26	18:55	6:11	1992		166 AF	202 F
1010	549		Maria Del Prado	34:04	33:14	15:48	6:12	1978		167 AF	203 F
1011	1409		Aarón Fernández Lago	34:04	31:27	18:55	6:12	1988		691 AM	808 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1012	1464		Manuel Lucas Mariño	34:05	31:10	19:46	6:12	1997		692 AM	809 M
1013	2082		Martin Gustafsson	34:05	31:29	18:54	6:12	1982		693 AM	810 M
1014	1705		Lia Noya Aldrey	34:06	32:31	16:40	6:12	2010		37 EF	204 F
1015	966		Enrique Lopez Alvarez	34:07	33:47	12:57	6:12	1976		694 AM	811 M
1016	1916		Santiago Casas Núñez	34:07	34:02	14:16	6:12	2007		118 EM	812 M
1017	1292		Víctor Arceo Tuñez	34:07	32:54	17:24	6:12	1972		695 AM	813 M
1018	1227		Fernando Gladys	34:07	33:26	16:34	6:12	2003		696 AM	814 M
1019	794		Ignacio Gonzalez Pulleiro	34:08	33:27	16:35	6:12	2002		697 AM	815 M
1020	849		Carlos Rodríguez Sabugueiro	34:09	33:49	12:59	6:13	1970		698 AM	816 M
1021	760		Hector Gonzalez Troitiño	34:09	33:28	16:34	6:13	1969		699 AM	817 M
1022	795		Angel Barcia Rial	34:09	33:27	16:35	6:13	2004		700 AM	818 M
1023	772		Cesar G. Silva Martínez	34:10	33:29	16:58	6:13	1989		701 AM	819 M
1024	1566		Alberto Iglesias Rodriguez	34:10	31:51	18:46	6:13	1977		702 AM	820 M
1025	1393		José López González	34:11	33:50	16:14	6:13	1976		703 AM	821 M
1026	306		Anabel Domínguez Catalina	34:11	32:52	16:24	6:13	1982		168 AF	205 F
1027	1715		Héctor Ojea Hernández	34:11	33:14	17:22	6:13	2007	UNIVERSIDADE SANTIAGO DE COMPOSTELA	119 EM	822 M
1028	1264		Lorenzo Ojea Alonso	34:11	33:15	17:21	6:13	1973		704 AM	823 M
1029	790		Maximino Martinez Bestilleiro	34:13	33:33	16:57	6:13	1974		705 AM	824 M
1030	1480		Sergio Espiña Barros	34:13	31:17	18:44	6:13	1985		706 AM	825 M
1031	1481		David Rodríguez Moldes	34:13	31:18	18:44	6:13	1984		707 AM	826 M
1032	451		Desiree Mosquera Penas	34:15	33:09	15:32	6:14	2000		169 AF	206 F
1033	1978		Hania Mozo Mosquera	34:15	34:15		6:14	2010	UNIVERSIDADE SANTIAGO DE COMPOSTELA	38 EF	207 F
1034	1535		Héctor Jose Mozo Peñalver	34:17	32:16	17:23	6:14	1978		708 AM	827 M
1035	2260		Fernando Noya Dopazo	34:18	33:30	16:09	6:14	1970		709 AM	828 M
1036	1601		David Noya Artilés	34:19	33:31	16:09	6:14	2006	TAMBRE BIKE&RUNNING	120 EM	829 M
1037	684		Marcos Sanchez Lopez	34:19	33:58	16:02	6:14	1976		710 AM	830 M
1038	1643		Alba Sanchez Conde	34:19	33:58	16:01	6:14	2007		39 EF	208 F
1039	1716		Eva Ojea Hernández	34:19	33:22	17:19	6:14	2010	Thiathon boiro	40 EF	209 F
1040	1013		Gumersindo Monteagudo Domínguez	34:20	32:32	18:01	6:15	1977		711 AM	831 M
1041	1195		Joaquín Domínguez Salgado	34:21	33:53	16:30	6:15	1957		712 AM	832 M
1042	797		Roberto Hernandez Velarde	34:22	32:59	17:25	6:15	1974		713 AM	833 M
1043	331		Cristina Hernández García	34:22	33:24	17:21	6:15	1971		170 AF	210 F
1044	578		Noelia Nogareda García	34:24	33:48	16:13	6:15	1987		171 AF	211 F
1045	1038		Paco Pérez Otero	34:24	32:37	18:03	6:15	1966		714 AM	834 M
1046	190		Julia Isabel Sainz Vaquero	34:24	33:42	16:21	6:15	1968		172 AF	212 F
1047	1560		Manuel López Nieto	34:25	33:48	16:18	6:15	1986		715 AM	835 M
1048	1441		Jaime Fiuza	34:25	34:01	16:10	6:15	1968		716 AM	836 M
1049	1660		Alicia García-rodeja Rey	34:26	32:10	19:33	6:16	2007	CLUB ATLETISMO MILLARAI O	41 EF	213 F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
1050	489		Carmen Moreiras	34:27	34:03	16:10	6:16	1968		173 AF	214 F
1051	199		Ana Vazquez Fernandez	34:27	33:28	17:32	6:16	1969		174 AF	215 F
1052	1077		Juan Rial Gallego	34:28	33:43	15:17	6:16	1963	ATLETISMO FONTES DO SAR	717 AM	837 M
1053	311		Lara Rial Garcia	34:28	33:42	15:18	6:16	2004		175 AF	216 F
1054	210	AG2024159	Isabel García Fernández	34:28	33:42	15:17	6:16	1971	ATLETISMO FONTES DO SAR	176 AF	217 F
1055	1695		Roi Rial Garcia	34:29	33:45	15:14	6:16	2006		121 EM	838 M
1056	1196		Rafael Lojo Sandino	34:29	33:23	16:01	6:16	1985		718 AM	839 M
1057	820		Antonio Romero	34:30	34:00	16:31	6:16	1967		719 AM	840 M
1058	838		Rodrigo Costoya Santos	34:30	34:30	17:58	6:16	1977		720 AM	841 M
1059	1872		Roque Carbajo Beiras	34:30	31:36	19:14	6:16	2010		122 EM	842 M
1060	1878		Pedro Barrios Fernández	34:30	31:38	19:13	6:16	2010	C.A. OUTES. JOHN-TURKEY	123 EM	843 M
1061	660		Adrián Castro Mosquera	34:31	33:23	16:38	6:17	1991		721 AM	844 M
1062	1653		Pedro Castro Gomez	34:31	33:25	16:38	6:17	2005		124 EM	845 M
1063	1890		Marcos Romero Hermida	34:31	34:02	16:31	6:17	2008		125 EM	846 M
1064	219		Luz Castro Suarez	34:31	33:17	17:29	6:17	1970	Arca de Noe	177 AF	218 F
1065	397		Ellina Bykova	34:32	33:51	16:33	6:17	1989		178 AF	219 F
1066	1697		Lucas García Junceda Montero	34:32	33:06	16:42	6:17	2007		126 EM	847 M
1067	1101	AG2022541	David Senra Martinez	34:32	33:53	16:11	6:17	1992	TAMBRE BIKE&RUNNING	722 AM	848 M
1068	1466		Gerardo Hernández Garabal	34:33	33:52	16:11	6:17	1993		723 AM	849 M
1069	915		Manuel Carbajo Capeáns	34:33	31:38	19:14	6:17	1973	Real Aero Club de Santiago	724 AM	850 M
1070	1332		José Miguel Moreno Belles	34:33	33:50	16:34	6:17	1985		725 AM	851 M
1071	1296		Jose Antonio Pena Fraga	34:33	32:12	17:43	6:17	1969		726 AM	852 M
1072	1818		Laura Codesido Fernandez	34:35	33:55	15:32	6:17	2005		42 EF	220 F
1073	845		Pablo Mato Calvelo	34:35	32:22	18:11	6:17	1991		727 AM	853 M
1074	1748		Sira Caneda Guede	34:35	33:00	16:28	6:17	2008		43 EF	221 F
1075	55		María González Rodríguez	34:37	32:59	18:07	6:18	1982		179 AF	222 F
1076	1347		Luis Miguel Gomez Rial	34:37	32:53	18:48	6:18	1991		728 AM	854 M
1077	829		Rubén Da Silva Iglesias	34:37	33:37	16:38	6:18	1978		729 AM	855 M
1078	773		David Raposo Mera	34:38	33:01	18:06	6:18	1978		730 AM	856 M
1079	1085		Pedro Rodriguez Mallo	34:39	33:10	15:41	6:18	1977		731 AM	857 M
1080	1918		Helena Pazos Fajardo	34:39	33:56	16:27	6:18	2006		44 EF	223 F
1081	1849		Antia Rodríguez Juarez	34:40	33:46	15:41	6:18	2007		45 EF	224 F
1082	1702	AG2017478	Carolina Sanz Flores	34:42	34:19	17:00	6:19	2008	CLUB ATLETISMO MILLARAIO	46 EF	225 F
1083	1876		Xabier Villar Alvite	34:42	34:11	15:55	6:19	2010		127 EM	858 M
1084	1875		Lolq Villar Alvite	34:43	34:11	15:56	6:19	2010		47 EF	226 F
1085	1946		Diego Sendino	34:44	32:51	17:58	6:19	2005		128 EM	859 M
1086	1910		Rocco Esteban Sanchez- Puga	34:44	33:45	17:33	6:19	2006		129 EM	860 M
1087	239		Zulema Rodriguez Spinelli	34:45	34:08	16:02	6:19	1977		180 AF	227 F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1088	1909		Candela Esteban Sanchez- Puga	34:45	33:46	17:36	6:19	2006		48 EF	228 F
1089	78		Silvia Mosquera	34:46	32:20	17:46	6:19	1992		181 AF	229 F
1090	1614		Lucas Posse Conde	34:46	34:15	16:11	6:19	2009		130 EM	861 M
1091	576		Ana Belen Fuentes Ferrer	34:47	34:15	16:49	6:19	1983		182 AF	230 F
1092	577		Lorena Fuentes Ferrer	34:47	34:15	16:49	6:19	1979		183 AF	231 F
1093	1173		Antonio Fernández Souto	34:48	33:15	17:23	6:20	1983		732 AM	862 M
1094	689		Martin Souto	34:48	32:21	17:46	6:20	1991		733 AM	863 M
1095	1165		Jose Antonio Viaño	34:48	32:32	18:52	6:20	1987		734 AM	864 M
1096	1557		Greg Ellispn	34:48	34:17	16:49	6:20	1980		735 AM	865 M
1097	679		Jesús Manuel Baleato Calviño	34:48	32:32	18:52	6:20	1990		736 AM	866 M
1098	303		Raquel Duquw	34:49	33:42	17:58	6:20	1988		184 AF	232 F
1099	984		Manuel Clavero Iglesias	34:51	33:11	17:32	6:20	1955		737 AM	867 M
1100	1789		Aaron Márquez Neiro	34:52	33:13	18:01	6:20	2009		131 EM	868 M
1101	1472		Tomas Legido Sanchez	34:52	34:52	18:00	6:20	1972		738 AM	869 M
1102	963		David Díaz Pérez	34:53	33:44	16:59	6:21	1978		739 AM	870 M
1103	431		Adela Mirás Calvo	34:53	34:03	16:29	6:21	1973	SERVIOCIO	185 AF	233 F
1104	1200		Javier Pena Rendo	34:55	33:59	16:55	6:21	1981		740 AM	871 M
1105	560		Alba Martínez Castro	34:56	33:32	17:26	6:21	1993		186 AF	234 F
1106	512		Monica Antelo Martelo	34:57	34:44	16:05	6:21	1973		187 AF	235 F
1107	964		Marcos García Oubel	34:58	34:03	16:53	6:21	1981		741 AM	872 M
1108	1650		Antia Vazquez Blanco	34:59	34:37	17:01	6:22	2008		49 EF	236 F
1109	244		Ana Maria Barcia De La Iglesia	34:59	33:34	17:52	6:22	1991		188 AF	237 F
1110	665		Adolfo Sanz	34:59	34:34	17:01	6:22	1975		742 AM	873 M
1111	1707		Iago Vazquez Blanco	34:59	34:37	16:59	6:22	2010		132 EM	874 M
1112	490		Niuris Rondon Rosales	35:00	34:22	16:10	6:22	1986		189 AF	238 F
1113	393		Chus García Suarez	35:00	34:26	16:58	6:22	1974		190 AF	239 F
1114	20		Maria Garcia Rieiro	35:00	34:22	16:07	6:22	1985		191 AF	240 F
1115	828		Marcos Iglesias Gontad	35:01	33:10	18:51	6:22	1994		743 AM	875 M
1116	1798		Alex Carrasco García	35:01	34:26	16:58	6:22	2009	Real Aeroclub de Santiago	133 EM	876 M
1117	649		Javier Fraga Diaz	35:01	33:48	17:10	6:22	1974		744 AM	877 M
1118	1271		Jesus Sanchez Garcia	35:01	32:12	18:35	6:22	1995		745 AM	878 M
1119	1550		Oscar Joaquin De Acosta Noya	35:02	33:49	17:10	6:22	1973		746 AM	879 M
1120	1647		Carmen Corgo Suarez	35:02	33:37		6:22	2009		50 EF	241 F
1121	2501		Diego García Bartolomé	35:03	35:03	18:30	6:22	1976		747 AM	880 M
1122	266		Noelia Castro Rey	35:04	34:20	16:13	6:23	2003	CLUB ATLETISMO MILLARAI0	192 AF	242 F
1123	322		Ana Isabel Vintimilla Loyola	35:04	33:15	17:43	6:23	1992		193 AF	243 F
1124	82		Sandra Mateo Suárez	35:04	32:30	18:33	6:23	1985		194 AF	244 F
1125	251		Natalia Mera Fernández	35:04	34:12	17:01	6:23	1993		195 AF	245 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
1126	2228	AG769726	Pablo Cabanelas Eiras	35:05	32:36	19:53	6:23	1979	OLIMPICO VEDRA	748 AM	881 M
1127	254		Carmen Guitian Bermejo	35:05	34:13	17:01	6:23	1993		196 AF	246 F
1128	792		Marco Gándara Rey	35:05	32:33	18:32	6:23	1985		749 AM	882 M
1129	603		Nacho Varela Pérez	35:06	32:37	19:51	6:23	1979		750 AM	883 M
1130	1499		Sergio Codesido Méndez	35:07	33:19	18:29	6:23	1996		751 AM	884 M
1131	1299		Guillermo Garcia Lopez	35:09	32:32	19:40	6:23	1986		752 AM	885 M
1132	265		Marta Pena Seijo	35:11	34:42	18:41	6:24	1978		197 AF	247 F
1133	664		Juan Carlos Vázquez Paz	35:12	34:42	18:41	6:24	1972		753 AM	886 M
1134	1487		Pablo Otero García	35:13	33:25	18:29	6:24	1994		754 AM	887 M
1135	1887		Carla Matos Ramirez	35:14	34:43	16:25	6:24	2010		51 EF	248 F
1136	276		Mercedes Suarez Villaverde	35:15	33:48		6:25	1965		198 AF	249 F
1137	223	AG769628	Eva Maria Pereiro Gomez	35:16	34:17	17:33	6:25	1971	CLUB ATLETISMO MILLARAI0	199 AF	250 F
1138	483		Laura Abel Asorey	35:16	34:20	17:45	6:25	1991		200 AF	251 F
1139	2198		Jesús Matos Nogueira	35:16	34:43	16:25	6:25	1972		755 AM	888 M
1140	485		Candela Alcaraz Morán	35:17	34:21	17:45	6:25	1990		201 AF	252 F
1141	484		Andrea Abel Asorey	35:17	34:21	17:44	6:25	1996		202 AF	253 F
1142	228	AG2014831	Saleta Alberti Pulet	35:17	34:18	17:34	6:25	1975	CLUB ATLETISMO MILLARAI0	203 AF	254 F
1143	487		María Jesús Asorey Cea	35:18	34:21	17:46	6:25	1966		204 AF	255 F
1144	1439		Martín Castro Calvo	35:19	34:21	17:45	6:25	1991		756 AM	889 M
1145	1152		Lorenzo Sempere Doblado	35:19	34:15	17:20	6:25	1980		757 AM	890 M
1146	1479		Álvaro Campos Vázquez	35:20	32:26	18:42	6:25	1982		758 AM	891 M
1147	1320		Roberto Mujico López	35:21	33:43	18:09	6:26	1974		759 AM	892 M
1148	1319		Monica Neiro Souto	35:21	33:42	18:05	6:26	1979		760 AM	893 M
1149	1151		Miguel Cerdá Serrano	35:22	34:17	17:19	6:26	1980		761 AM	894 M
1150	387		Claudia Martínez Liste	35:23	33:43	17:09	6:26	1995		205 AF	256 F
1151	1594		Roberto Rebollido Alende	35:23	32:46	19:54	6:26	2009		134 EM	895 M
1152	2248		Esteban Martinez	35:23	32:18	19:44	6:26	1974		762 AM	896 M
1153	1894		Antonio Codesido Lorenzo	35:23	32:19	19:44	6:26	2008		135 EM	897 M
1154	1564		David Chapela Penido	35:25	34:18	17:57	6:26	1987		763 AM	898 M
1155	535		Elena Bermudez Ramos	35:26	33:39	17:41	6:27	1981	JESUS MAESTRO	206 AF	257 F
1156	1558		Xosé Ramón Parcero Iglesias	35:26	34:18	17:58	6:27	1983		764 AM	899 M
1157	1356		Alejandro González-carreró Sixto	35:29	33:07	18:27	6:27	1982		765 AM	900 M
1158	1359		Vicente Santiago Sarasquete	35:29	33:07	18:25	6:27	1982		766 AM	901 M
1159	262		Raquel González Alonso	35:29	33:41	17:16	6:27	1988		207 AF	258 F
1160	1357		Santiago Manuel Vilar Blanco	35:29	33:07	18:23	6:27	1982		767 AM	902 M
1161	1628		Nicolas Fuentes Prado	35:30	32:51	19:55	6:27	2008		136 EM	903 M
1162	1400		Manuel Fernández Dios	35:30	33:43	17:16	6:27	1984		768 AM	904 M
1163	1815		Lara Pampin Tolderlund	35:30	35:00	16:03	6:27	2007		52 EF	259 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
1164	423		Maria Pais Comino	35:31	34:20	17:47	6:27	1964	Urban Runners Club Santiago	208 AF	260 F
1165	28		Candela Gomez Gonzalez	35:32	34:31	16:59	6:28	1994		209 AF	261 F
1166	3		Olaia Suárez Martínez	35:32	33:04	19:53	6:28	1979		210 AF	262 F
1167	8		Alejandra Martinez Gonzalez	35:33	34:33	16:59	6:28	2003		211 AF	263 F
1168	989		Manuel Arca Castro	35:33	33:54	17:48	6:28	1996		769 AM	905 M
1169	1301		Jose Martinez Tojo	35:33	34:04	17:56	6:28	1964		770 AM	906 M
1170	1662		Lucía Baluja Buján	35:33	34:39	17:50	6:28	2007		53 EF	264 F
1171	1420		Jacobo Paredes Leis	35:34	33:06	19:52	6:28	1982		771 AM	907 M
1172	1990		Marina Sánchez Areoso	35:34	34:40	17:52	6:28	2007	TAMBRE BIKE&RUNNING	54 EF	265 F
1173	412		Aitana Balboa Linares	35:35	34:07	17:41	6:28	1991		212 AF	266 F
1174	169		Elena Casas Maroto	35:38	33:32	18:48	6:29	1990		213 AF	267 F
1175	644		Jose Manuel Martinez Martinez	35:39	34:39	16:59	6:29	1968	S2M	772 AM	908 M
1176	1837		Roi García Gómez	35:39	33:13	19:21	6:29	2008	PATUKOS TIM RANIN	137 EM	909 M
1177	1397		Diego Eitor Casal	35:41	33:45	18:15	6:29	1994		773 AM	910 M
1178	1639		Alejandro Raña Gonzalez	35:42	33:48	18:06	6:29	2006		138 EM	911 M
1179	1873		Carolina Otero Estevez	35:43	35:27	15:53	6:30	2007	NOITEBRA	55 EF	268 F
1180	1421		Gonzalo Otero García	35:43	35:26	15:53	6:30	1974		774 AM	912 M
1181	1512		Brais Lago Calvo	35:44	34:15	18:13	6:30	1999		775 AM	913 M
1182	92		Begoña Qintás Santos	35:44	34:46	17:13	6:30	1972		214 AF	269 F
1183	1354		Manuel Insua	35:44	33:44	18:18	6:30	1995		776 AM	914 M
1184	2229	AG2020494	Jesus Uzal Miramontes	35:44	35:21	16:03	6:30	1965	CLUB ATLETISMO O PINO	777 AM	915 M
1185	418		Ana Vilanova Rey	35:45	33:45	18:16	6:30	1996		215 AF	270 F
1186	1874		Pedro Otero Estévez	35:45	35:27	15:53	6:30	2010	MONTAEVAI BTT O PINO	139 EM	916 M
1187	2193		David López Fernández	35:45	33:21	19:31	6:30	1995		778 AM	917 M
1188	885		Pablo Seoane	35:46	33:21	19:33	6:30	1986		779 AM	918 M
1189	1637		Adrian Gonzalez Noya	35:46	33:51	18:37	6:30	2010		140 EM	919 M
1190	538		Noelia Lago Calvo	35:46	34:18	18:13	6:30	1996		216 AF	271 F
1191	596		Miguel López Noya	35:47	33:25	19:32	6:30	1988		780 AM	920 M
1192	728		Dimas Suárez Barros	35:48	33:23	19:34	6:31	1986	Rivadoulla	781 AM	921 M
1193	1725	AG2028277	Antonio Ponte Alvarez	35:48	35:17	16:09	6:31	2008	CLUB ATLETISMO O PINO	141 EM	922 M
1194	886		Jorge López Peteiro	35:48	33:24	19:33	6:31	1986		782 AM	923 M
1195	1821		Pablo García Anca	35:48	34:29	17:58	6:31	2010		142 EM	924 M
1196	1233		Juan Carlos Oubel Alvarez	35:50	33:54	17:25	6:31	1983		783 AM	925 M
1197	611		David Vilela Martinez	35:50	33:08	19:34	6:31	1981		784 AM	926 M
1198	729		Jorge García Loureiro	35:52	34:32	17:58	6:31	1974		785 AM	927 M
1199	1162		Jordi Fàbregas Garriga	35:52	34:15	18:26	6:31	1978		786 AM	928 M
1200	1674		Andrea Perez Alvarez	35:53	33:56	17:26	6:31	2007		56 EF	272 F
1201	1973		Lucía Collazo Caamaño	35:53	34:01	18:59	6:31	2005	Zabba Zapateria	57 EF	273 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto		Alameda	Ritmo		Club	Cat	S
				km	Ano		km	Ano			
1202	1593		Pedro Fernández Morillo-velarde	35:53	35:01		6:31	2007	ATLETISMO FONTES DO SAR	143 EM	929 M
1203	991		José Luis Collazo Mariño	35:54	34:03	18:59	6:32	1966		787 AM	930 M
1204	1879		Nuria Blanco Moure	35:54	34:45	18:21	6:32	2008		58 EF	274 F
1205	500		Marina Grobas Rodríguez	35:55	34:16	17:48	6:32	1996		217 AF	275 F
1206	1845		Carlos Buyo Pérez	35:56	33:30	20:46	6:32	2006		144 EM	931 M
1207	1424		José Manuel Blanco Barral	35:56	34:48	18:23	6:32	1969		788 AM	932 M
1208	470		Mar Blanco Barral	35:57	34:48	18:22	6:32	1976		218 AF	276 F
1209	1638	AG2023167	Ángel Peon Gonzalez	35:58	34:05	17:35	6:32	2010	ATLETISMO MILLADOIRO	145 EM	933 M
1210	1838		Martín Vega Rodríguez	36:00	33:35	19:21	6:33	2006		146 EM	934 M
1211	1571		Isabel Luna Grande	36:00	34:23	17:46	6:33	1996		219 AF	277 F
1212	932		Juan Pereira Fuentes	36:00	33:38	19:10	6:33	1975		789 AM	935 M
1213	305		Pilar Sobrino Garcia	36:00	33:37	19:09	6:33	1984		220 AF	278 F
1214	764		Jose Manuel Rios	36:01	34:07	18:37	6:33	1976		790 AM	936 M
1215	1389		Adrián Martínez Cebey	36:01	35:33	16:08	6:33	1987	Gráficas SMT	791 AM	937 M
1216	1687		Sofía Ben Iglesias	36:01	35:07	17:50	6:33	2008		59 EF	279 F
1217	123		Elena Sobrino Garcia	36:01	33:39	19:09	6:33	1981		221 AF	280 F
1218	444		Amparo Calvo Graíño	36:02	35:35	16:08	6:33	1973	Gráficas SMT	222 AF	281 F
1219	967		Raul Míguez Blanco	36:03	34:23	17:48	6:33	1996		792 AM	938 M
1220	826		Jorge Ares Garcia	36:08	34:56	17:43	6:34	1975		793 AM	939 M
1221	87		Sara Angulo Yagüe	36:08	34:57	17:44	6:34	1987		223 AF	282 F
1222	799		Oscar Miguel Alvarez-calderon Iglesias	36:10	34:59	17:43	6:35	1976		794 AM	940 M
1223	67		Ana Beatriz Valenzuela Gutierrez	36:10	34:58	17:44	6:35	1990		224 AF	283 F
1224	526		Lara Trasande Fernández	36:11	34:12	19:37	6:35	1996		225 AF	284 F
1225	1390		Nicolás García Vega	36:13	34:38	18:09	6:35	1983		795 AM	941 M
1226	639		José Antonio Salvado Castro	36:13	34:30	19:23	6:35	1975		796 AM	942 M
1227	791		Alberto Torres Barrán	36:16	33:52	19:07	6:36	1989		797 AM	943 M
1228	675		Sergio Martinez	36:16	36:16	19:22	6:36	1977		798 AM	944 M
1229	873		Adrián Campaña Barros	36:17	33:52	19:09	6:36	1990	OLIMPICO VEDRA	799 AM	945 M
1230	976	AG2028010	Héctor García Sobrado	36:17	35:29	17:35	6:36	1969	ATLETISMO FONTES DO SAR	800 AM	946 M
1231	1975		Alba Leis Tuñas	36:18	35:22	17:27	6:36	2005		60 EF	285 F
1232	1977	AG2026191	María Vidal Nogueira	36:18	35:22	17:26	6:36	2005	CLUB ATLETISMO O PINO	61 EF	286 F
1233	1976		Xiana Leis Tuñas	36:19	35:22	17:25	6:36	2006		62 EF	287 F
1234	153	AG2023991	Mercedes De La Fuente Iglesias	36:20	35:26	17:55	6:36	1961	CLUB ATLETISMO O PINO	226 AF	288 F
1235	1979		Marco Sueiro De La Fuente	36:22	35:28	17:55	6:37	2007		147 EM	947 M
1236	1676		Andrés Monteagudo Soltero	36:23	35:09	17:56	6:37	2010		148 EM	948 M
1237	1022		Christian Albor Gil	36:26	35:16	17:57	6:37	1998		801 AM	949 M
1238	2104		Anton Silva	36:26	35:13	17:25	6:37	1977		802 AM	950 M
1239	1763		Nuria Vázquez Varela	36:27	34:41	17:36	6:38	2009		63 EF	289 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1240	185		Isa Gil Balsa	36:28	35:19	17:59	6:38	1966		227 AF	290 F
1241	1311		José Ramón Vázquez Rey	36:28	36:28	17:39	6:38	1978		803 AM	951 M
1242	211	AG202493	Ana Albán Salgado	36:28	35:33	17:22	6:38	1966	CLUB ATLETISMO MILLARAIO	228 AF	291 F
1243	205	AG2025645	Carolina Martínez Lamas	36:29	35:32	17:22	6:38	1978	CLUB ATLETISMO MILLARAIO	229 AF	292 F
1244	1163		Daniel Castaño Merino	36:30	34:59	17:33	6:38	1997		804 AM	952 M
1245	1253		José Carlos Carid Fernández	36:30	34:46	18:51	6:38	1957		805 AM	953 M
1246	1435		Miguel Codesido Sánchez	36:31	33:26	19:51	6:38	1972		806 AM	954 M
1247	173		Teresa Pintado Alvarez	36:32	36:21	16:47	6:39	1988		230 AF	293 F
1248	318		Alba Carid Cao	36:32	34:46		6:39	1989		231 AF	294 F
1249	194	AG766167	Lucía Ansedes Domínguez	36:35	34:12	19:03	6:39	1965	NOITEBRA	232 AF	295 F
1250	1169		José Bahillo Varela	36:35	33:36	20:14	6:39	1985		807 AM	955 M
1251	1351		Juan Alonso Gomez	36:37	34:07	19:59	6:39	1989		808 AM	956 M
1252	1180		Rodrigo Montero Fernandez	36:37	34:15	18:48	6:39	1993		809 AM	957 M
1253	1701		Patricia Sanz Flores	36:37	36:14	17:13	6:39	2005		64 EF	296 F
1254	1984		Marcos Moscoso Catoira	36:37	34:23	19:17	6:39	2008		149 EM	958 M
1255	1656		Antón Ameijeiras González	36:37	35:16	18:01	6:39	2008		150 EM	959 M
1256	70		Maite Flores	36:38	36:16	17:13	6:40	1975		233 AF	297 F
1257	426		Isabel Rodriguez Lado	36:38	36:11	16:52	6:40	2002		234 AF	298 F
1258	1727		Diego Sanmartín Cameán	36:38	36:12	16:03	6:40	2008		151 EM	960 M
1259	450		Sofía Jiménez Fernández	36:39	34:55	19:01	6:40	1989		235 AF	299 F
1260	263		Silvia Fernandez Ramos	36:40	34:19	18:48	6:40	1965		236 AF	300 F
1261	1181		Alfredo Montero Fernandez	36:40	34:18	18:47	6:40	1996		810 AM	961 M
1262	76		Laura Fernandez Puente	36:41	35:19	18:16	6:40	1985		237 AF	301 F
1263	815		Thiago Lacerda Serna	36:41	35:19	18:19	6:40	1990		811 AM	962 M
1264	973		Ivan Barrio Perez	36:41	36:16	16:52	6:40	1984		812 AM	963 M
1265	1254		Juan Luis Ferreira Corral	36:43	34:38	17:59	6:41	1988		813 AM	964 M
1266	396		Lucía Fuster Sanjurjo	36:44	35:15	18:12	6:41	1978		238 AF	302 F
1267	1255		Diego Ameneiro Lorenzo	36:45	34:41	17:57	6:41	1995		814 AM	965 M
1268	755		Fernando Vieito Rossi	36:46	34:55	18:50	6:41	1974		815 AM	966 M
1269	13		Olaya Martinez Lodeiro	36:46	34:56	18:49	6:41	1984		239 AF	303 F
1270	281		Valeria Álvarez Malashkina	36:47	35:26	18:09	6:41	2002		240 AF	304 F
1271	98		Cristina Fernández Castro	36:48	34:58	18:50	6:41	1978		241 AF	305 F
1272	1339		Alonso Cabreira Lombardero	36:48	34:58	18:50	6:41	1980		816 AM	967 M
1273	435		Alicia Rama García	36:49	35:36	17:47	6:42	1988		242 AF	306 F
1274	83		Paula Couceiro Espasandín	36:50	36:24	16:37	6:42	1971	Bj trainers	243 AF	307 F
1275	338		Maria Paramo Alfaro	36:51	36:28	16:36	6:42	1986		244 AF	308 F
1276	289		Abigail Mato Montero	36:51	35:06	19:22	6:42	1980		245 AF	309 F
1277	301		Lorena Calvo López	36:52	36:28	16:12	6:42	1988		246 AF	310 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1278	288		Rocío Costa Camino	36:52	35:07	19:23	6:42	1980		247 AF	311 F
1279	1269		Iñigo Ciganda Machiñena	36:52	36:31	16:35	6:42	1985		817 AM	968 M
1280	186		Cristina Blanco Suárez	36:53	34:38	19:30	6:42	1993		248 AF	312 F
1281	337		Raquel Paramo Alfaro	36:53	36:31	16:32	6:42	1990		249 AF	313 F
1282	970		Víctor Blanco Santos	36:54	34:35	19:20	6:43	1965		818 AM	969 M
1283	243		Paula Gonzalez Pombo	36:54	35:29	18:06	6:43	1989		250 AF	314 F
1284	162		Noelia Vázquez Martínez	36:54	34:38	19:31	6:43	1992		251 AF	315 F
1285	1052		Manuel Fernández Beis	36:54	34:34	19:20	6:43	1963		819 AM	970 M
1286	1672		Felipe Uria Gonzalez	36:55	36:22	17:28	6:43	2008		152 EM	971 M
1287	422		Alba Ramas Castro	36:55	35:41	17:47	6:43	1995		252 AF	316 F
1288	1232		Felipe Uria De La Fuente	36:56	36:23	17:31	6:43	1972		820 AM	972 M
1289	152		Marta Bellas Rodriguez	36:56	35:42	18:09	6:43	1969	So lles falta falar	253 AF	317 F
1290	969		David Kleve	36:58	35:44	18:10	6:43	1970	So lles falta falar	821 AM	973 M
1291	443		Rosana Carollo Reboredo	36:59	35:58	18:44	6:43	1974		254 AF	318 F
1292	1675		David Monteagudo Soltero	37:00	36:06	16:27	6:44	2010		153 EM	974 M
1293	352		Carmen Cabezal Iglesias	37:00	36:12	16:58	6:44	1993		255 AF	319 F
1294	1234		José Luis Villaverde Pombo	37:00	36:04	16:28	6:44	1988		822 AM	975 M
1295	1839	AG2020848	Noa Cea Carollo	37:01	36:00	18:43	6:44	2006	ATLETISMO FONTES DO SAR	65 EF	320 F
1296	59		Ana Sainz De La Torre	37:02	36:01	17:50	6:44	1966		256 AF	321 F
1297	167	AG769596	M. Dolores González Rodríguez	37:03	37:03	18:05	6:44	1967	CLUB ATLETISMO MILLARAIO	257 AF	322 F
1298	215	AG9872	María Josefina Pardo Montaña	37:03	36:03	18:06	6:44	1964	CLUB ATLETISMO MILLARAIO	258 AF	323 F
1299	63		Sara Rodríguez Mouriño	37:03	34:54	19:10	6:44	1996		259 AF	324 F
1300	568		Maria Celemin	37:03	34:39	19:37	6:44	2001		260 AF	325 F
1301	1985		Jimena Perez	37:03	34:40	19:36	6:44	2005		66 EF	326 F
1302	128		Mariangelica Sevilla Alves	37:03	34:59	20:01	6:44	1991	Adidas runners madrid	261 AF	327 F
1303	571		Mar Teijeiro Varela	37:13	34:17	19:49	6:46	1974		262 AF	328 F
1304	156		Juana Teresa Suárez Ojeda	37:14	36:39	18:03	6:46	1971		263 AF	329 F
1305	1570		Emilio Abad Vidal	37:14	36:29	17:47	6:46	1967		823 AM	976 M
1306	1586		José Manuel Martínez Diéguez	37:14	36:51	16:55	6:46	1992		824 AM	977 M
1307	1451		Alberto Freire Nande	37:15	36:36	17:37	6:46	1983		825 AM	978 M
1308	1587		Araceli Miguens Rey	37:16	36:52	16:55	6:47	1990		264 AF	330 F
1309	1388		Fran Soriano Viña	37:16	37:16	17:43	6:47	1982		826 AM	979 M
1310	496		Inés Cardona Barber	37:16	36:38	17:38	6:47	1986		265 AF	331 F
1311	1452		Gonzalo Cajaraville Pazos	37:17	36:37	17:37	6:47	1984		827 AM	980 M
1312	442		Uxia Crujeiras González	37:17	36:36	17:42	6:47	1984		266 AF	332 F
1313	73		Natalia Noya Iglesias	37:18	36:15	17:55	6:47	1987		267 AF	333 F
1314	1360		Iñaki Bilbao Castro	37:18	36:51	16:53	6:47	1974		828 AM	981 M
1315	1248		Manuel García Junceda Fernandez	37:18	35:49	17:58	6:47	1975		829 AM	982 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo	Neto	Alameda	km	Ano			
1316	355		Ana Lopez De Rego	37:20	36:17	17:56	6:47	1987		268 AF	334 F
1317	419		Marta Mendoza	37:21	35:00	19:15	6:47	1980		269 AF	335 F
1318	941		Marcos Olmos	37:21	35:00	19:15	6:47	1973		830 AM	983 M
1319	765		Pablo Leite Herbello	37:21	35:16	19:10	6:47	1975		831 AM	984 M
1320	168		Natalia Lopez Rubira	37:21	36:59	17:05	6:47	1972		270 AF	336 F
1321	452		Romina Juarez Pereira	37:21	36:27	17:25	6:47	1977		271 AF	337 F
1322	1840	AG2023536	Laura Ferreira Quintela	37:24	36:26	17:31	6:48	2007	ATLETISMO FONTES DO SAR	67 EF	338 F
1323	52		María García Martínez	37:24	35:17	19:15	6:48	1978		272 AF	339 F
1324	1392		Carlos Ferreira Couselo	37:24	36:26	17:29	6:48	1976		832 AM	985 M
1325	889		Hugo Brey	37:25	35:39	19:14	6:48	1994		833 AM	986 M
1326	870		Javier Vazquez Figueiras	37:26	34:45	20:18	6:48	1979		834 AM	987 M
1327	796		Jose Manuel Caamaño Pan	37:26	34:47	20:19	6:48	1979		835 AM	988 M
1328	750		Daniel García Cabeza	37:26	34:46	20:20	6:48	1985		836 AM	989 M
1329	1142		Miguel Ríos De Jesús	37:26	36:05	18:33	6:48	1991		837 AM	990 M
1330	176		Sabela Lens García	37:27	34:46	20:20	6:49	1982		273 AF	340 F
1331	2130		Alejandro Villamor Iglesias	37:28	35:42	19:13	6:49	1994		838 AM	991 M
1332	102		Mónica Quetglas Valenzuela	37:28	36:07	18:33	6:49	1993		274 AF	341 F
1333	1506		Alberto Tomé Lage	37:29	35:43	19:13	6:49	1995		839 AM	992 M
1334	958		Manuel Alejandro Suárez Garea	37:32	36:28	17:51	6:49	1980	ATLETISMO OLYMPO	840 AM	993 M
1335	833		Lampros Petsoulas Pyrinos	37:32	36:28	17:55	6:49	1985		841 AM	994 M
1336	1852		Alicia Gesto Meniño	37:32	36:47	17:15	6:49	2007		68 EF	342 F
1337	95		Ana Isabel Suárez Garea	37:32	36:28	17:50	6:49	1989		275 AF	343 F
1338	787		Jose Ignacio Rodriguez Ormaechea	37:33	35:54	18:57	6:50	1974		842 AM	995 M
1339	1667		Carmen Cea De Frutos	37:33	36:14	18:47	6:50	2006	CLUB ATLETISMO MILLARAIO	69 EF	344 F
1340	821		Javi Agullo Carro	37:35	36:30	17:26	6:50	1979		843 AM	996 M
1341	1112		Pablo Porto Sanchez	37:35	34:59	20:40	6:50	1992	Arca de Noe	844 AM	997 M
1342	1449		Francisco Varela Juncal	37:36	34:56	20:26	6:50	1991		845 AM	998 M
1343	2172		Jose Manuel Juncal Santos	37:37	34:56	20:31	6:50	1969		846 AM	999 M
1344	1988		María Corzón Gómez	37:37	35:42	18:16	6:50	2006		70 EF	345 F
1345	1987		Paula Rodríguez Del Río	37:38	35:42	18:16	6:51	2006		71 EF	346 F
1346	1257		Jose Francisco González Saraiba	37:38	35:49	19:28	6:51	1972		847 AM	1000 M
1347	1198		Boris Villasenin Balsa	37:38	34:55	20:31	6:51	1990		848 AM	1001 M
1348	71		Gracia María Frutos Martínez	37:39	36:20	18:45	6:51	1960		276 AF	347 F
1349	1224		Ignacio Degeneffe	37:42	35:57	19:24	6:51	1974		849 AM	1002 M
1350	1445		Raul Jesus Garcia De Loza	37:42	36:07	19:05	6:51	1946		850 AM	1003 M
1351	361		Julia Perez Diez	37:43	35:07	20:04	6:51	1992		277 AF	348 F
1352	1444		Juan Carlos Corredoira Rodriguez	37:43	36:08	19:04	6:51	1959		851 AM	1004 M
1353	1563		Fernando Roson Baltar	37:45	37:27	16:00	6:52	2004		852 AM	1005 M

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
1354	285		Maria Arregui Marco	37:45	37:27	16:00	6:52	1985		278 AF	349 F
1355	2075	AG2022637	Juan Ramón Ferreiro López	37:45	36:49	17:20	6:52	1968	TAMBRE BIKE&RUNNING	853 AM	1006 M
1356	363		María Del Pilar Vidal García	37:46	36:47	17:23	6:52	1973		279 AF	350 F
1357	1929		Antía Pereira González	37:47	35:22	19:13	6:52	2008		72 EF	351 F
1358	99		Miriam Martínez Pérez	37:48	35:20	19:59	6:52	1990		280 AF	352 F
1359	1352		Jose Sillero	37:48	35:21	20:00	6:52	1990		854 AM	1007 M
1360	415		Ana Martínez Pérez	37:48	35:21	19:57	6:52	1992		281 AF	353 F
1361	1556		Eduardo Armas Gonzalez	37:48	35:22	20:12	6:52	1979		855 AM	1008 M
1362	703		David Lopez Seijo	37:48	37:25	16:13	6:52	1987	Bj trainers	856 AM	1009 M
1363	1927		Estela Pereira González	37:49	35:23	19:13	6:53	2007		73 EF	354 F
1364	1576		Miguel Fernández Sierra	37:49	35:05	20:50	6:53	2005		154 EM	1010 M
1365	1810		Eva Cabaleiro Goimil	37:49	35:19	20:22	6:53	2007		74 EF	355 F
1366	432		Masha Borisenko	37:49	37:27	16:12	6:53	1990		282 AF	356 F
1367	809		Sergio Rodriguez Lopez	37:49	36:33	15:57	6:53	1998		857 AM	1011 M
1368	1728		Clara Porto Fernandes	37:50	37:38	16:00	6:53	2007	ninguno	75 EF	357 F
1369	1555		Miguel Angel Guerra Perez	37:50	35:24	20:13	6:53	1976		858 AM	1012 M
1370	1465		Mario Pereira Loira	37:50	35:25	19:15	6:53	1978		859 AM	1013 M
1371	1061	AG2026874	Fernando Barcia Vázquez	37:51	35:32	19:21	6:53	1966	CLUB ATLETISMO O PINO	860 AM	1014 M
1372	1761		Laura Sanz Fernández	37:52	36:55	18:31	6:53	2008		76 EF	358 F
1373	270		Iria Darriba Lopez	37:52	35:49	19:47	6:53	1989		283 AF	359 F
1374	808		Miguel Angel Rodriguez Lopez	37:53	36:35	15:58	6:53	1992		861 AM	1015 M
1375	1610		Paula Cuesta Pereiro	37:54	36:57	18:33	6:53	2007		77 EF	360 F
1376	474		Iolanda Fernández Casal	37:54	35:10	20:20	6:53	1977		284 AF	361 F
1377	691		Cibrán Santamarina Ríos	37:54	35:09	20:19	6:53	1972		862 AM	1016 M
1378	1187		Jose Luis Lopez Fernandez	37:54	35:52	19:48	6:53	1955		863 AM	1017 M
1379	290		Ruth Martínez Lamas	37:55	36:57	18:31	6:54	1988		285 AF	362 F
1380	1103	AG2023619	Xabier Castro Fernández	37:56	36:45	18:36	6:54	1980	TAMBRE BIKE&RUNNING	864 AM	1018 M
1381	1437		David Latorre Sebastian	37:58	35:05	20:34	6:54	1979		865 AM	1019 M
1382	1623		Alex Otero López	37:58	35:48	20:32	6:54	2010		155 EM	1020 M
1383	1603		Icía Castro Fandiño	37:58	36:47	18:37	6:54	2010		78 EF	363 F
1384	449		Alicia Barbeito Noya	37:58	36:09	19:26	6:54	1986		286 AF	364 F
1385	299		Laura Cunqueiro	37:58	37:32	17:01	6:54	1988		287 AF	365 F
1386	448		Marta Gesto Suárez	38:00	36:10	19:23	6:55	1996		288 AF	366 F
1387	1407		Carlos Otero Pombo	38:01	35:50	20:32	6:55	1970		866 AM	1021 M
1388	1141		Pedro Pacheco	38:01	35:30	19:37	6:55	1981		867 AM	1022 M
1389	1911		Irene Gutiérrez Mosquera	38:02	36:12	18:21	6:55	2007		79 EF	367 F
1390	1513		Roberto Sanín Bécades	38:03	36:15	18:30	6:55	1995		868 AM	1023 M
1391	1800		Pedro Davila Garcia	38:04	35:23	20:28	6:55	2010		156 EM	1024 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
1392	1755		Adrien Aloccio	38:05	36:23	20:40	6:55	2010		157 EM	1025 M
1393	236		Joana Guerra Fernandes	38:05	35:33	19:41	6:55	1982		289 AF	368 F
1394	1302		Seb Aloccio	38:05	36:23	20:40	6:55	1975		869 AM	1026 M
1395	1777	AG2027772	Águeda Fontaíña Rodríguez	38:05	36:42	18:20	6:55	2007	TRIKI TEAM	80 EF	369 F
1396	1739		Alejandro De La Calle Vicente	38:06	35:26	20:31	6:56	2010		158 EM	1027 M
1397	1928		Alejandra Bello Conde	38:06	36:42	18:21	6:56	2007	AMES ATLETISMO	81 EF	370 F
1398	86		Sara Teijeira Portas	38:07	36:23	19:01	6:56	1989		290 AF	371 F
1399	1981		Martinho Quintela Fernández	38:09	36:23	18:27	6:56	2008		159 EM	1028 M
1400	1799		Santiago Davila Garcia	38:09	35:29	20:23	6:56	2008		160 EM	1029 M
1401	481		Laura Lorenzo Arceo	38:09	36:04	19:35	6:56	1987		291 AF	372 F
1402	508		María Jose Carames Blanco	38:11	36:06	19:35	6:57	1977	2mas Escuela de tenis y padel	292 AF	373 F
1403	552		Elena Vigón Acebal	38:12	37:33	17:30	6:57	1979		293 AF	374 F
1404	551		Sofía Andreu Alonso	38:12	37:36	17:26	6:57	1990		294 AF	375 F
1405	839		Joaquin Jiménez Sierra	38:13	36:11	19:36	6:57	1977		870 AM	1030 M
1406	175		Marta Villar Rua	38:13	38:03	17:12	6:57	1986		295 AF	376 F
1407	1355		Pablo Priegue Chao	38:14	35:38	20:44	6:57	1989		871 AM	1031 M
1408	96		Joana Fernandes De Miranda	38:14	38:02	16:00	6:57	1976		296 AF	377 F
1409	2122		María Isabel Villamor Iglesias	38:17	36:29	19:14	6:58	1989		297 AF	378 F
1410	348		Elena Rodriguez Senin	38:17	35:23	20:34	6:58	1976		298 AF	379 F
1411	326		María Reboiras Tobío	38:18	36:45	18:36	6:58	1996		299 AF	380 F
1412	1263		José Reboiras Mariño	38:18	36:47	18:36	6:58	1968		872 AM	1032 M
1413	1788		Alejandra Dubra Garcia	38:19	36:41	18:41	6:58	2009		82 EF	381 F
1414	1348		Alejandro Pampin Grela	38:20	36:37	18:50	6:58	1991		873 AM	1033 M
1415	1049		Miguel Ayude Miguelez	38:20	36:11	19:21	6:58	1981		874 AM	1034 M
1416	398		María Del Carmen Sanjurjo Pajaro	38:21	38:01	17:02	6:58	1978		300 AF	382 F
1417	118		Susana Gómez Lodeiros	38:22	36:26	20:09	6:59	1972	TARTARUGAS	301 AF	383 F
1418	35		Noelia Martinez Sanchez	38:22	36:24	20:07	6:59	1984	TARTARUGAS	302 AF	384 F
1419	61		Uxia Martinez Eiris	38:23	36:25	20:06	6:59	1984		303 AF	385 F
1420	25		Adriana Fernández Vázquez	38:23	36:27	20:08	6:59	1982	TARTARUGAS	304 AF	386 F
1421	23		Paula Blanco Figueiras	38:23	36:27	20:08	6:59	1979	TARTARUGAS	305 AF	387 F
1422	49		Maria Pérez Mato	38:23	36:23	20:08	6:59	1983		306 AF	388 F
1423	45		Leticia Fernández Villamarin	38:24	35:43	20:31	6:59	1980		307 AF	389 F
1424	1159		Fernando Fernandez Lopez	38:24	37:31	17:44	6:59	1966		875 AM	1035 M
1425	1926		Teo Bernárdez Couto	38:25	35:42	20:31	6:59	2009		161 EM	1036 M
1426	1966		Luam Chazo Rodriguez	38:25	35:55	20:39	6:59	2009		162 EM	1037 M
1427	224	AG2018630	Noemi Sanmartín Rodríguez	38:26	35:56	20:40	6:59	1982	CLUB ATLETISMO O PINO	308 AF	390 F
1428	1844		Antón Lesmes Devesa	38:26	35:58	18:56	6:59	2008		163 EM	1038 M
1429	349		Noa Morales Sánchez	38:27	37:10	19:14	6:59	1984		309 AF	391 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo				Club	Cat	S	
				Tempo Neto	Alameda	km	Ano				
1430	1619		Lucas Fernandez Armesto	38:27	37:33	17:44	6:59	2007		164 EM	1039 M
1431	345		Minia Canosa Castiñeira	38:27	37:09	19:14	6:59	1992		310 AF	392 F
1432	1792		Flavia Bellas Noya	38:28	36:50	18:40	7:00	2009		83 EF	393 F
1433	50		Maria Luisa Reinante Lopez	38:30	37:47	17:52	7:00	1960		311 AF	394 F
1434	1655		Xián Ameijeiras González	38:31	37:12		7:00	2010		165 EM	1040 M
1435	1186		Juan Roberto García Pérez De Schofield	38:34	37:23	18:15	7:01	1977		876 AM	1041 M
1436	15		Rocio García Felpeto	38:35	38:00	19:08	7:01	1981	OLYMPO MATOJOMA	312 AF	395 F
1437	16		Natividad Ferreiro Garcia	38:36	38:02	19:05	7:01	1986		313 AF	396 F
1438	996		Gabriel Davila Liste	38:38	35:57	20:29	7:01	1973	Real Aeroclub de Santiago de Compostela	877 AM	1042 M
1439	282		Marga Álvarez Amigo	38:39	37:19		7:02	1976		314 AF	397 F
1440	421		Laura Losada Vazquez	38:41	36:08	20:46	7:02	1989		315 AF	398 F
1441	511		Ana María De La Fuente Rodríguez	38:42	38:30	16:28	7:02	1967		316 AF	399 F
1442	399		Estela Amado Otero	38:42	36:06	20:05	7:02	1995		317 AF	400 F
1443	1247		Ángel Lavandeira Villar	38:45	36:03	20:43	7:03	1972		878 AM	1043 M
1444	420		Sonia Lagares Viqueira	38:46	36:10	20:46	7:03	1989		318 AF	401 F
1445	468		Nadia Magallanes Peláez	38:47	36:37	20:53	7:03	1994		319 AF	402 F
1446	320		Ana Garcia Lorenzo	38:48	36:40	20:53	7:03	1994		320 AF	403 F
1447	1267		Fernando Ocampo Juiz	38:50	37:07	21:06	7:04	1969		879 AM	1044 M
1448	1811		Tomás Cabaleiro Goimil	38:51	36:20	20:25	7:04	2010		166 EM	1045 M
1449	1240		Juan José Heredia Louzao	38:51	38:21	17:35	7:04	1977		880 AM	1046 M
1450	1683		Lucia Rey Heredia	38:52	38:21	17:35	7:04	2005		84 EF	404 F
1451	1002		Alejandro Pérez Munín	38:53	37:34	19:38	7:04	1974		881 AM	1047 M
1452	1443		Víctor Tubío Villar	38:53	36:27	19:22	7:04	2001		882 AM	1048 M
1453	547		Raquel Carpinteiro López	38:54	36:47	19:10	7:04	1994		321 AF	405 F
1454	709		Marco Antonio Saborido Silva	38:55	37:02	19:50	7:05	1977		883 AM	1049 M
1455	1337		Manuel Cabaleiro Goimil	38:56	36:25	20:29	7:05	1975	CDM XESTEIRAS	884 AM	1050 M
1456	178		Ana Ruiz Sancho	38:57	37:36	19:43	7:05	1980		322 AF	406 F
1457	519		Eva Mª Ben Garea	39:02	38:20	18:26	7:06	1968		323 AF	407 F
1458	1468		Jose Alonso García	39:02	37:48	18:41	7:06	1979		885 AM	1051 M
1459	522		Sara Esther Carreira García	39:03	36:09	20:40	7:06	1998		324 AF	408 F
1460	893		Ricardo Portabales Dobaño	39:03	38:22	18:30	7:06	1973		886 AM	1052 M
1461	161		María José Ben Garea	39:03	38:22	18:27	7:06	1973		325 AF	409 F
1462	1515		Antón Redondo Araújo	39:03	36:10	20:40	7:06	1997		887 AM	1053 M
1463	1940		Lía Portabales Souto	39:03	38:21	18:30	7:06	2010		85 EF	410 F
1464	1047		Diego Gómez Díaz	39:04	36:22	20:46	7:06	1975		888 AM	1054 M
1465	200		Silvia Núñez Casanova	39:04	36:20	20:46	7:06	1981		326 AF	411 F
1466	1511		Roberto Miguens Segade	39:05	37:13	19:51	7:06	1977		889 AM	1055 M
1467	373		Sofia Cereijo Vázquez	39:07	36:27	20:45	7:07	1991		327 AF	412 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo				Club	Cat	S	
				Tempo Neto	Alameda	km	Ano				
1468	374		Sabela Cereijo Vázquez	39:07	36:25	20:44	7:07	1989		328 AF	413 F
1469	284		Súpermary Sayans Rendo	39:09	38:08	18:42	7:07	1988		329 AF	414 F
1470	1477		Yasser Elis Torres	39:09	38:04	18:43	7:07	1982		890 AM	1056 M
1471	283		Fani Plaza Ares	39:09	38:08	18:43	7:07	1988		330 AF	415 F
1472	518		Adriana Calo Pol	39:09	38:05	18:43	7:07	1991		331 AF	416 F
1473	1475		Alejandro Robles Sánchez	39:10	38:06	18:42	7:07	1988		891 AM	1057 M
1474	472		Mónica Nieto Enjo	39:10	37:50	18:51	7:07	1986		332 AF	417 F
1475	446		Verónica Núñez López	39:11	37:50	18:51	7:07	1984		333 AF	418 F
1476	554		María Carballeira Fariña	39:12	37:52		7:08	1984		334 AF	419 F
1477	1541		Horacio Moscoso Rodríguez	39:14	36:59	19:51	7:08	1967		892 AM	1058 M
1478	1912		Ivan Gutiérrez Mosquera	39:15	37:24	18:35	7:08	2010		167 EM	1059 M
1479	510		Maria Mosquera Rey	39:15	37:22	18:37	7:08	1976	OS MATAOS DA BICI	335 AF	420 F
1480	1350		Anxo Tato Arias	39:17	38:29	18:15	7:09	1990		893 AM	1060 M
1481	414		Natalia Tato Arias	39:17	38:31	18:15	7:09	1995		336 AF	421 F
1482	1855		Paula Pedre Varga	39:17	39:01	18:10	7:09	2008		86 EF	422 F
1483	1100	AG2022542	Roberto Senra Alvarez	39:18	38:40	16:53	7:09	1968	TAMBRE BIKE&RUNNING	894 AM	1061 M
1484	1935		Inés Fernández Rey	39:18	38:47	16:54	7:09	2010		87 EF	423 F
1485	1723		Rodrigo Ramos Gil	39:21	36:19	21:29	7:09	2006		168 EM	1062 M
1486	334		Maria Elisa Fernandez Garcia	39:21	36:23	19:59	7:09	1968		337 AF	424 F
1487	717		Ramón Ramos Ríos	39:22	36:22	21:29	7:09	1980		895 AM	1063 M
1488	277		Angeles Fandiño Vilacide	39:23	38:51	17:46	7:10	1969		338 AF	425 F
1489	257		Ana Fandiño Vilacide	39:23	38:51	17:46	7:10	1972		339 AF	426 F
1490	425		María Dos Anxos Beiroa Otero	39:23	36:57	19:55	7:10	1976		340 AF	427 F
1491	467		Isabel Ortigueira España	39:24	37:13	20:53	7:10	1994		341 AF	428 F
1492	75		Maria Mercedes García Vázquez	39:28	36:50	20:14	7:11	1970		342 AF	429 F
1493	1283		Jose Manuel Aldrey Vázquez	39:31	38:44	18:26	7:11	1962		896 AM	1064 M
1494	68		Marta Pérez Fernández	39:32	37:41	19:51	7:11	1975		343 AF	430 F
1495	767		Francisco Javier Montenegro Gil	39:32	36:53	20:13	7:11	1969		897 AM	1065 M
1496	2522		Víctor M. López Vieira	39:34	37:20	20:16	7:12	1977		898 AM	1066 M
1497	321		Paula Oliete Trillo	39:34	38:38	18:41	7:12	1977		344 AF	431 F
1498	1353		Jose Vilela Casal	39:34	37:21	20:15	7:12	1977		899 AM	1067 M
1499	249		Sílvia Negreira Vidal	39:35	38:39	18:38	7:12	1978		345 AF	432 F
1500	1221		Adolfo Jimenez Pueyo	39:35	38:29	19:19	7:12	1978		900 AM	1068 M
1501	286		Maria Loreto Gomez Pulido	39:36	38:28	19:21	7:12	1987		346 AF	433 F
1502	1831		Martín Costas Pontes	39:36	38:23	19:09	7:12	2010	ATLETISMO FONTES DO SAR	169 EM	1069 M
1503	1014		Ramón Monteagudo Domínguez	39:36	37:51	19:47	7:12	1981		901 AM	1070 M
1504	1737		Irea Gómez Vieiro	39:37	38:22	17:03	7:12	2009		88 EF	434 F
1505	1275		Tomás Gómez Rodríguez	39:37	38:21	17:06	7:12	1971		902 AM	1071 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1506	1972		Alejandro Freire Agudo	39:37	39:04	16:50	7:12	2008		170 EM	1072 M
1507	1925		Lucía Franco Cancelo	39:39	37:36	19:26	7:13	2005		89 EF	435 F
1508	250		Ana Lois Pascual	39:39	38:44	18:38	7:13	1978		347 AF	436 F
1509	779		Alejandro Franco Martínez	39:40	37:36	19:26	7:13	1965		903 AM	1073 M
1510	1015		José Manuel Calvelo Loureiro	39:41	37:56	19:45	7:13	1983		904 AM	1074 M
1511	575		Leticia Otero García	39:42	38:05	18:01	7:13	1987		348 AF	437 F
1512	846		Marcos Moreno Perez	39:42	38:03	18:06	7:13	1984		905 AM	1075 M
1513	1429		Victor Silva Lestido	39:42	38:32	17:42	7:13	1987		906 AM	1076 M
1514	1746		David Castiñeiras Garcia	39:43	39:22	17:47	7:13	2010		171 EM	1077 M
1515	360		Nerea Castiñeiras Garcia	39:43	39:23	17:48	7:13	2001		349 AF	438 F
1516	1298		Miguel Angel Castiñeiras Perez	39:44	39:25	17:46	7:13	1978		907 AM	1078 M
1517	1109		Javier Seoane Bascoy	39:46	37:11	21:02	7:14	1985		908 AM	1079 M
1518	1490		José Carlos Seoane Bascoy	39:47	37:11	21:03	7:14	1979		909 AM	1080 M
1519	235		Conchi Fernández Uría	39:47	37:13	21:02	7:14	1980		350 AF	439 F
1520	201		Victoria Marcos Gomez	39:47	37:14	21:03	7:14	1992		351 AF	440 F
1521	1045		Ángel Orosa Rodríguez	39:47	37:12	21:02	7:14	1986		910 AM	1081 M
1522	198		Eva Rodríguez Veiga	39:47	37:12	21:02	7:14	1982		352 AF	441 F
1523	1622		Cristina Otero López	39:49	37:40	20:33	7:14	2007		90 EF	442 F
1524	473		María Isabel Pombo Rey	39:49	37:40	20:33	7:14	1971		353 AF	443 F
1525	217		Mayka Jueguen Lago	39:53	37:27	20:46	7:15	1973	AMES ATLETISMO	354 AF	444 F
1526	1457		Alejandro Liz Graña	39:54	38:38	18:48	7:15	1979		911 AM	1082 M
1527	498		Myriam Liz Graña	39:55	38:39	18:47	7:15	1973		355 AF	445 F
1528	1907		Felix Von Lukowicz Liz	39:55	38:39	18:44	7:15	2010		172 EM	1083 M
1529	1405		Martin Pedre Sansegundo	39:57	39:40	18:12	7:16	1969		912 AM	1084 M
1530	74		Sylvana Varela Ballesta	39:58	39:36	18:12	7:16	1977		356 AF	446 F
1531	1174		Federico Varela Ballesta	39:58	39:37	18:11	7:16	1980		913 AM	1085 M
1532	1827		Marcos Crusat Mirás	40:02	39:12	17:50	7:17	2005		173 EM	1086 M
1533	1365		Francisco Crusat González	40:02	39:14	17:55	7:17	1972		914 AM	1087 M
1534	1636		Oscar Gonzalez Noya	40:02	38:07	18:54	7:17	2006		174 EM	1088 M
1535	730		Olimpio Gongalez Miramontes	40:03	38:08	18:57	7:17	1977		915 AM	1089 M
1536	353		Yulia Arufe Rodrigues	40:06	37:35	20:35	7:17	1983		357 AF	447 F
1537	372		Carmen Maceiras Maceiras	40:06	38:52	18:57	7:17	1955		358 AF	448 F
1538	1698		Alba Garcia Junceda Montero	40:07	38:41	19:29	7:18	2005		91 EF	449 F
1539	573		María Cristina Montero Furelos	40:08	38:41	19:29	7:18	1977		359 AF	450 F
1540	2117		Jenni Fernandez Martinez	40:11	39:27	17:22	7:18	1994		360 AF	451 F
1541	477		Eduardo Sanchez Gonzalez	40:11	38:06	20:06	7:18	1994		361 AF	452 F
1542	324		Eva María Nolasco Maceiras	40:11	38:55	18:57	7:18	1983		362 AF	453 F
1543	527		Luisa Pumar	40:11	37:12	22:30	7:18	1976		363 AF	454 F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo				Club	Cat	S	
				Tempo	Neto	Alameda	km Ano				
1544	1960		Antía Sendino Arias	40:12	37:11	21:54	7:19	2008		92 EF	455 F
1545	1950		Emma Sendino	40:12	37:12	22:30	7:19	2007		93 EF	456 F
1546	1951		Mario Sendino	40:12	37:13	22:30	7:19	2010		175 EM	1090 M
1547	314		Pilar Montero Furelos	40:13	37:31	20:43	7:19	1975		364 AF	457 F
1548	72		Dolores Marcos Cerecedo	40:13	37:50	20:43	7:19	1981	CLUB ATLETISMO MILLARAIO	365 AF	458 F
1549	1551		Pablo Hohenlohe	40:15	39:22	18:44	7:19	1963		916 AM	1091 M
1550	313		Rita Gippini Estévez	40:15	37:33		7:19	1972		366 AF	459 F
1551	362		Susana Suarez Fernandez	40:16	37:34		7:19	1972	COMPAÑÍA DE MARÍA DE SANTIAGO	367 AF	460 F
1552	1757		Andrés Pardo Pérez	40:16	37:59	18:34	7:19	2007		176 EM	1092 M
1553	253		Almudena Vázquez Alfonsín	40:18	38:41	20:13	7:20	1979		368 AF	461 F
1554	1677		Alejandro Martínez De Orense Nores	40:18	39:05	19:09	7:20	2010	Bombardinos	177 EM	1093 M
1555	252		Adriana Vázquez Alfonsín	40:18	38:42	20:12	7:20	1985		369 AF	462 F
1556	371		Olalla Vieiro Cancelo	40:19	38:24	20:19	7:20	1984		370 AF	463 F
1557	570		Carolina Varela Suárez	40:21	38:24	20:15	7:20	1992		371 AF	464 F
1558	297		Carolina Nores Díaz	40:24	39:11	19:10	7:21	1975		372 AF	465 F
1559	433		Rosa Pontes Gómez	40:26	39:12		7:21	1971	2Mas Tennis y Padel	373 AF	466 F
1560	53		Maju Besada Salas	40:28	39:12	19:46	7:21	1972		374 AF	467 F
1561	377		Rosa Rial Mato	40:29	39:13	19:44	7:22	1974		375 AF	468 F
1562	42		Mª Paz Alvarez Regueiro	40:29	39:13	19:42	7:22	1972		376 AF	469 F
1563	1796		Claudia Dominguez Alvarez	40:29	39:13	19:45	7:22	2010		94 EF	470 F
1564	287		Paloma Belen Sanchez Ramirez	40:30	39:37	18:24	7:22	1971		377 AF	471 F
1565	2257	AG9916	Curro López Martínez	40:31	39:15	19:55	7:22	1967	ATLETISMO FONTES DO SAR	917 AM	1094 M
1566	66		Emilio Dominguez Martin	40:31	39:15	19:54	7:22	1968		378 AF	472 F
1567	982		Arturo Ponte Lorenzo	40:32	40:00	19:17	7:22	1969	CORRECAN	918 AM	1095 M
1568	158		María Del Mar Álvarez Lorenzo	40:34	40:03	19:15	7:23	1972		379 AF	473 F
1569	409		Bego Pose Ponte	40:34	39:04	20:10	7:23	1992		380 AF	474 F
1570	482		Ana María Suárez Piñeiro	40:35	38:58	19:58	7:23	1968	Zabba team	381 AF	475 F
1571	408		Irene Miras Vazquez	40:35	39:04	19:54	7:23	1998		382 AF	476 F
1572	556		María Dolores Tuñas Riveiro	40:35	38:58	20:01	7:23	1974	Zabba Zapateria	383 AF	477 F
1573	1345		Manuel Rubén García Míguez	40:36	39:04	20:01	7:23	1989		919 AM	1096 M
1574	1344		Sergio Gerpe Antelo	40:36	39:06	20:12	7:23	1992		920 AM	1097 M
1575	410		Patricia Pose Ponte	40:37	39:07	20:09	7:23	1990		384 AF	478 F
1576	1343		Laura Mirás Vázquez	40:37	39:07	19:57	7:23	1990		385 AF	479 F
1577	1279		Emilio Fox	40:38	38:34	21:04	7:23	2004		921 AM	1098 M
1578	1982		Jorge Cubela Lorenzo	40:38	38:28	20:51	7:23	2006		178 EM	1099 M
1579	1595		Xoel Serico Delgado	40:38	38:30	20:36	7:23	2009		179 EM	1100 M
1580	906		Xoel Xián Serico Vidal	40:39	38:31	20:35	7:23	1975		922 AM	1101 M
1581	1538		Rodolfo Román Fernández	40:40	38:31	20:50	7:24	1981		923 AM	1102 M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1582	1404		Francisco Javier Ares Montero	40:40	39:04	19:56	7:24	1970		924 AM	1103 M
1583	79		Raquel Goimil Señaris	40:41	38:04	21:18	7:24	1975		386 AF	480 F
1584	259		Beatriz Prado Rodríguez	40:41	38:00	21:17	7:24	1974		387 AF	481 F
1585	1919		Sonia Martin Casal	40:43	39:54	18:50	7:24	2006		95 EF	482 F
1586	504		Xulia Lomba Fernández	40:44	37:51	20:50	7:24	1998		388 AF	483 F
1587	1851		Yago Ares Guillerms	40:45	39:08	19:57	7:25	2005		180 EM	1104 M
1588	1474		Rubén Mouriño Schick	40:45	37:50	20:51	7:25	1997		925 AM	1105 M
1589	171		Luz Sánchez-mera Hernandez	40:45	38:45	20:50	7:25	1968		389 AF	484 F
1590	503		Inés González Vázquez	40:46	37:51	20:52	7:25	1998		390 AF	485 F
1591	445		María Martínez Barbeito	40:48	38:59	19:40	7:25	1987		391 AF	486 F
1592	1325		Santiago Martinez Calvo	40:51	39:20	21:08	7:26	1962		926 AM	1106 M
1593	402		Ailén García Fernández	40:51	40:16	19:04	7:26	2004		392 AF	487 F
1594	1395		Fernando Romero De Paz	40:51	39:02	19:40	7:26	1988		927 AM	1107 M
1595	401		Cristina Blanco García	40:54	40:19	19:07	7:26	1986		393 AF	488 F
1596	1382		Juan José Feás Vázquez	40:55	37:51	21:52	7:26	1972		928 AM	1108 M
1597	1832		Carlota Pérez Feás	40:55	37:54	21:48	7:26	2010		96 EF	489 F
1598	1201		Jose Luis Carreira Tojo	40:56	39:28	19:51	7:27	1980		929 AM	1109 M
1599	344		Adelaida Baston	40:57	38:52	21:05	7:27	1990		394 AF	490 F
1600	354		Victoria Masaguer Torres	40:58	38:11	21:00	7:27	1979		395 AF	491 F
1601	763		Lito Vila Baleato	41:00	38:52	20:24	7:27	1978		930 AM	1110 M
1602	818		Cesar Vila Baleato	41:00	38:51	20:24	7:27	1984		931 AM	1111 M
1603	88		Vane García Millàn	41:01	40:10	18:45	7:27	1981		396 AF	492 F
1604	97		Rut Pestonit Freire	41:02	40:11	18:48	7:28	1976	Cabras Salseras	397 AF	493 F
1605	1266		Juan Antonio Crespo García	41:05	38:57	20:46	7:28	1965		932 AM	1112 M
1606	1828		Elba Domínguez Fernández	41:10	40:51	17:59	7:29	2008		97 EF	494 F
1607	1368		Marcos Domínguez Aguiar	41:11	40:51	18:07	7:29	1976		933 AM	1113 M
1608	608		Javieriño Pazos Suárez	41:11	38:54	19:48	7:29	1967	ATLETISMO FONTES DO SAR	934 AM	1114 M
1609	598		Pedro Sánchez Carracedo	41:12	39:50	19:29	7:29	1996		935 AM	1115 M
1610	157		Nazaret Fondevila Rouco	41:12	39:50	19:28	7:29	1997		398 AF	495 F
1611	1754		Clara Aloccio	41:21	39:39	21:18	7:31	2007		98 EF	496 F
1612	164		Iria Illodo Fraga	41:22	39:10	21:08	7:31	1992		399 AF	497 F
1613	2519		Graciela Sanjurjo Ferrín	41:22	38:52	20:51	7:31	1983		400 AF	498 F
1614	1954		Teo Perez Iglesias	41:22	38:36	21:44	7:31	2010		181 EM	1116 M
1615	1945		Manuela Belmonte Iglesias	41:23	38:38	21:46	7:31	2008		99 EF	499 F
1616	2518		Teresa Sanjurjo Ferrín	41:24	38:55	20:52	7:32	1991		401 AF	500 F
1617	867		Alberto Rey García	41:24	38:36	21:46	7:32	1969		936 AM	1117 M
1618	94		Alba Illodo Fraga	41:25	39:14	21:09	7:32	1996		402 AF	501 F
1619	1745	AG2022943	Elisa Rodríguez Gosende	41:27	41:01	18:25	7:32	2010	CLUB ATLETISMO MILLARAI0	100 EF	502 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	Alameda	km	Ano			
1620	1461		Emilio Pousada Lopez	41:28	40:24	20:59	7:32	1984		937 AM	1118 M
1621	2168		Víctor Lema Nantón	41:28	41:03	18:25	7:32	1987	Triatlón Costa da Morte	938 AM	1119 M
1622	530		Nerea Couselo Fernández	41:34	40:31		7:33	1980		403 AF	503 F
1623	1901		María Fernández Méndez	41:40	38:45	21:19	7:35	2010	CLUB TRIATHLON SANTIAGO	101 EF	504 F
1624	1902		Marta Fernández Méndez	41:41	38:57	21:19	7:35	2009		102 EF	505 F
1625	1440		Jorge Fernández Noya	41:42	38:46	21:21	7:35	1973		939 AM	1120 M
1626	380		Lucia Vila Vazquez	41:43	39:57	20:12	7:35	2003		404 AF	506 F
1627	246		Inés Anido Duro	41:45	40:28	20:05	7:35	1990		405 AF	507 F
1628	1661		Guillermo García-rodeja Rey	41:45	39:33	20:37	7:35	2010	CLUB ATLETISMO MILLARAIO	182 EM	1121 M
1629	245		Susana Anido Duro	41:45	40:29	20:12	7:35	1985		406 AF	508 F
1630	170		Paula Rey Iglesias	41:46	39:32	20:38	7:36	1978		407 AF	509 F
1631	1617		Gonzalo Juncal Iglesias	41:46	39:50	21:10	7:36	2009		183 EM	1122 M
1632	534		Maria Tubio Martinez	41:47	40:19	19:16	7:36	1970		408 AF	510 F
1633	1959		Paula Maceiras Sandiás	41:47	40:23	19:17	7:36	2007		103 EF	511 F
1634	384		Candela Martinez Ferro	41:48	40:19	20:24	7:36	2004		409 AF	512 F
1635	304		Adriana Garcia Ferro	41:48	40:19	20:21	7:36	2002		410 AF	513 F
1636	1608		Luis Gigirey Iglesias	41:49	39:52	21:10	7:36	2009		184 EM	1123 M
1637	671		Jose Antonio Gigirey Amado	41:49	39:52	21:11	7:36	1974		940 AM	1124 M
1638	1582		Marcelino Rodríguez Currais	41:51	41:20	19:26	7:37	1966		941 AM	1125 M
1639	1581		José Luis Seijo Asorei	41:52	41:21	19:26	7:37	1976		942 AM	1126 M
1640	469		Beatriz Costoya Fernandez	41:52	40:31	22:34	7:37	1977		411 AF	514 F
1641	1971		Lois Lamas Dios	41:55	39:02	21:31	7:37	2010		185 EM	1127 M
1642	742		Miguel Suárez Gómez	41:55	39:12	21:21	7:37	1978		943 AM	1128 M
1643	1522		Pedro Lamas Carral	41:55	39:02	21:31	7:37	1973		944 AM	1129 M
1644	524		Sabela Asorey Eijo	41:55	38:54	21:48	7:37	1992		412 AF	515 F
1645	437		Patrícia María Martínez Silva	41:57	38:52	21:53	7:38	1974		413 AF	516 F
1646	136 AG2020848		Emma Veiga Blanco	41:59	39:56	21:00	7:38	1971	ATLETISMO FONTES DO SAR	414 AF	517 F
1647	141		Beatriz Aldrey Ferreiro	41:59	39:53	20:55	7:38	1981	ATLETISMO FONTES DO SAR	415 AF	518 F
1648	2258		Tino Iglesias Pardo	42:00	39:43	20:54	7:38	1972	ATLETISMO FONTES DO SAR	945 AM	1130 M
1649	1611 AG2014849		Simón Vigo Fernández	42:00	39:58	21:00	7:38	2005	AMES ATLETISMO	186 EM	1131 M
1650	260		Chelo Vigo Liñares	42:02	39:59	21:00	7:39	1970	ATLETISMO FONTES DO SAR	416 AF	519 F
1651	120 AG2015297		Montse Veiga Blanco	42:02	40:00	19:47	7:39	1968	ATLETISMO FONTES DO SAR	417 AF	520 F
1652	108		Adriana Fernandez Gonzalez	42:02	40:15	20:37	7:39	1989		418 AF	521 F
1653	1922		Adrián Fuentes Díaz	42:02	40:59	19:19	7:39	2010		187 EM	1132 M
1654	142 AG2014921		Ana Vigo Liñares	42:03	39:56	21:01	7:39	1969	ATLETISMO FONTES DO SAR	419 AF	522 F
1655	2508		Alejandro Varela Fontenla	42:03	39:45	20:59	7:39	1976		946 AM	1133 M
1656	295		Lucia Casal Muñiz	42:05	40:10	20:15	7:39	2003		420 AF	523 F
1657	509		Leonor Díaz González	42:05	41:01	19:17	7:39	1978		421 AF	524 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo	Neto	Alameda	km	Ano			
1658	1921		Antón Fuentes Díaz	42:05	41:01	19:21	7:39	2010		188 EM	1134 M
1659	1709		Alejandra Veiga Otero	42:05	41:03	19:20	7:39	2010		104 EF	525 F
1660	1625		Julia Bello Gomez	42:06	40:47	20:28	7:39	2009		105 EF	526 F
1661	1786		Carla Martinez Ferro	42:07	40:50	20:25	7:39	2009		106 EF	527 F
1662	1644		Martina Sexto Rosende	42:07	40:47	20:26	7:39	2009		107 EF	528 F
1663	693		Javier Veiga Rodeiro	42:07	41:07	19:20	7:39	1980		947 AM	1135 M
1664	1863		Noelia Pérez Lopez	42:09	38:55	19:41	7:40	2006		108 EF	529 F
1665	1170		Manuel Bello Lueiro	42:12	40:52	20:31	7:40	1978		948 AM	1136 M
1666	1297		Breixo Fiz Iglesias Marques	42:13	41:25	18:32	7:41	2004		949 AM	1137 M
1667	1318		Carlos Martinez De La Fuente	42:13	40:56	20:31	7:41	1972		950 AM	1138 M
1668	1265		José Garcia Castroman	42:14	39:17	22:17	7:41	1954		951 AM	1139 M
1669	476		Genesis Sevilla Alves	42:16	40:11	20:52	7:41	1994		422 AF	530 F
1670	1865		Paloma Arufe Suarez	42:17	39:20	21:18	7:41	2010		109 EF	531 F
1671	428		Laura Suárez Fernandez	42:17	39:22	21:21	7:41	1974		423 AF	532 F
1672	1915		Pedro Fondo Vidal	42:26	41:33	17:20	7:43	2010		189 EM	1140 M
1673	1403		Manuel Martinez Pedreiro	42:30	42:13	18:11	7:44	1973		952 AM	1141 M
1674	1609		Beatriz Jurado De San Mateo	42:35	40:02	22:21	7:45	2010	Triatlón Arcade Inforhouse	110 EF	533 F
1675	241		Maria Lourdes San Mateo Ibarra	42:36	40:02	22:20	7:45	1979		424 AF	534 F
1676	1154		Sebastián Jurado Molina	42:37	40:02	22:18	7:45	1979		953 AM	1142 M
1677	1427		Alberto De La Fuente Martínez	42:38	40:41	21:22	7:45	1974		954 AM	1143 M
1678	1334		Juan Pérez Ponte	42:38	40:42	21:23	7:45	1974		955 AM	1144 M
1679	1648		Joseph Thomas Iglesias	42:39	40:09	21:32	7:45	2007		190 EM	1145 M
1680	298		María Rosario Soltero Mayor	42:41	41:26	21:27	7:46	1973		425 AF	535 F
1681	1830		Claudia Núñez Torres	42:42	41:29	21:24	7:46	2010		111 EF	536 F
1682	369		Consuelo Vázquez Quiñoy	42:43	40:14		7:46	1961		426 AF	537 F
1683	2512		José Prieguez Gorgal	42:44	40:38	21:09	7:46	1953		956 AM	1146 M
1684	1896		Ana Lirola Fernández	42:44	41:26	21:25	7:46	2008		112 EF	538 F
1685	1898		Lucía Rodríguez Liñares	42:45	41:26	21:25	7:46	2008		113 EF	539 F
1686	335		Monica Seoane Ramallo	42:46	41:20	19:54	7:47	1972		427 AF	540 F
1687	134		Gloria Maria Prada Hervella	42:46	40:16	20:34	7:47	1984		428 AF	541 F
1688	1717		Sergio Gamás Seoane	42:46	41:19	19:54	7:47	2008		191 EM	1147 M
1689	1859		Carolina Blanco Prada	42:47	40:17	20:33	7:47	2008		114 EF	542 F
1690	565		Maite Fajardo Rocha	42:48	42:34	18:51	7:47	1968		429 AF	543 F
1691	85		Ana María Iglesias Platas	42:48	40:15	21:33	7:47	1969		430 AF	544 F
1692	2511		María Martínez Leis	42:50	40:45	21:10	7:47	1957		431 AF	545 F
1693	267		Ana González Quintela	42:50	41:39	20:49	7:47	1979		432 AF	546 F
1694	1455		Marlon Augusto Aceros Bueno	42:52	41:18	20:43	7:48	1990		957 AM	1148 M
1695	1708		Martina Veiga Otero	42:52	41:50	19:19	7:48	2009		115 EF	547 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1696	491		Jazmín Yambay Aucancela	42:52	41:23	19:39	7:48	1991		433 AF	548 F
1697	14		Miriam Otero Requeijo	42:52	41:50	19:18	7:48	1978		434 AF	549 F
1698	685		Sergio Veiga Rodeiro	42:53	41:51	19:21	7:48	1977		958 AM	1149 M
1699	466		Clara Carbajo Beiras	42:55	39:58	21:22	7:48	2004	Real AeroClub SANTIAGO	435 AF	550 F
1700	569		Claudia Volkmer García	42:58	41:30	21:02	7:49	1983		436 AF	551 F
1701	1547		Andrés Del Valle Souto	43:00	41:16	21:07	7:49	1990		959 AM	1150 M
1702	1549		Esteban Dominguez Certal	43:01	41:33	21:04	7:49	1982		960 AM	1151 M
1703	159		Carolina Beiras	43:03	40:15	21:21	7:50	1973	Real Aero Club de Santiago	437 AF	552 F
1704	2529	AG809097	Beatriz Gil Bermúdez	43:04	42:58	20:06	7:50	1967	ATLETISMO FONTES DO SAR	438 AF	553 F
1705	33		Lara Almeida	43:07	40:54	20:02	7:50	1988		439 AF	554 F
1706	1529		Pablo Freijido Álvarez	43:07	40:52	20:03	7:50	1996		961 AM	1152 M
1707	1962		Martí Sendino Arias	43:09	40:08	21:53	7:51	2010		192 EM	1153 M
1708	1510		Diego Sendino Lamela	43:10	40:05	21:52	7:51	1974		962 AM	1154 M
1709	762		Roberto Menchen Del Cerro	43:13	41:39	20:04	7:51	1960		963 AM	1155 M
1710	1367		Vicente López De Arroyabe Román	43:16	43:06	18:45	7:52	1947		964 AM	1156 M
1711	30		Ana Iglesias Tarrío	43:17	41:21	21:17	7:52	1970		440 AF	555 F
1712	294		Carla Perez Alvarez	43:22	41:27	20:15	7:53	2003		441 AF	556 F
1713	275		Natalia Varela Vazquez	43:24	41:57	20:49	7:53	1984		442 AF	557 F
1714	1246		Alvaro Casas Rancaño	43:25	41:16	21:05	7:54	1994		965 AM	1157 M
1715	459		María Teresa Ríos Vilas	43:26	42:03	20:26	7:54	1988		443 AF	558 F
1716	274		Belen Mella Martinez	43:26	41:59	20:49	7:54	1979		444 AF	559 F
1717	1413		Alejandro González Sánchez	43:28	42:05	20:28	7:54	1989		966 AM	1158 M
1718	2506		Xacobo Pérez Fernández	43:29	42:04	20:25	7:54	1977		967 AM	1159 M
1719	312		Adriana Gil Pubul	43:29	41:21	21:05	7:54	1994		445 AF	560 F
1720	454		Lidia Ríos Vilas	43:29	42:04	20:28	7:54	1977		446 AF	561 F
1721	1401		Abel López Carballeda	43:29	42:03	20:26	7:54	1976		968 AM	1160 M
1722	268		Daniela Facchinello	43:38	40:52		7:56	1957		447 AF	562 F
1723	550		Nerea Vilarinho Lamas	43:43	41:43	21:02	7:57	1996		448 AF	563 F
1724	1383		Pablo Negreira Dacunha	43:43	40:50	22:29	7:57	1988	club independente	969 AM	1161 M
1725	528		Noelia Casás Docampo	43:44	41:43	21:02	7:57	1996		449 AF	564 F
1726	1188		Luigino Zanardo	43:44	40:59		7:57	1956		970 AM	1162 M
1727	359		Maria Carmen Marques Blanco	43:51	43:03		7:58	1974		450 AF	565 F
1728	1690	AG2027849	Mateo Paredes Garrido	43:55	43:17	20:56	7:59	2010	SANTA UXIA ATLETISMO	193 EM	1163 M
1729	1484		Leon Geronimo Roemisch	43:56	40:59	22:41	7:59	1987		971 AM	1164 M
1730	1689	AG2027845	Nicolas Felix Paredes	43:56	43:17	20:58	7:59	2009	SANTA UXIA ATLETISMO	194 EM	1165 M
1731	1310		Pablo Posse Quintáns	43:56	43:56	22:29	7:59	1989		972 AM	1166 M
1732	332		Iria Garcia Fernandez	43:57	41:01	22:39	7:59	1989		451 AF	566 F
1733	370		Beatriz Lence Massa	43:57	43:57	22:29	7:59	1992		452 AF	567 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Cat	S	
				Tempo Neto	Alameda	km	Ano	Club			
1734	1606		Lorenzo Montero Chico	43:58	41:53	21:51	8:00	2008		195 EM	1167 M
1735	367		Cristina Chico Lorca	44:03	41:58	21:51	8:01	1972		453 AF	568 F
1736	394		Cristina Fuster Sanjurjo	44:04	42:33	21:17	8:01	1977		454 AF	569 F
1737	1942		Santiago Mosquera Das Dores	44:05	43:56	18:04	8:01	2006		196 EM	1168 M
1738	1756		Mauro Castro Gómez	44:06	42:08	21:59	8:01	2006		197 EM	1169 M
1739	1801		Celia Villanueva Fuster	44:07	42:36	21:13	8:01	2010		116 EF	570 F
1740	1968		Raul Dios Álvarez	44:07	41:13	22:03	8:01	2005		198 EM	1170 M
1741	1969		Silvia Dios Alvarez	44:07	41:16	22:20	8:01	2007		117 EF	571 F
1742	395		Inés Fuster Sanjurjo	44:09	42:37	21:17	8:02	1972		455 AF	572 F
1743	1965		Hugo Castro Pombo	44:16	43:43	19:31	8:03	2010		199 EM	1171 M
1744	222	AG2025506	Bárbara Sanz Mendiguchía	44:17	41:36	22:17	8:03	1984	CLUB ATLETISMO O PINO	456 AF	573 F
1745	1228		Alberto Taboada García	44:19	41:25	22:23	8:03	1982		973 AM	1172 M
1746	104		Maria Pombo Rua	44:19	43:45	19:29	8:03	1979		457 AF	574 F
1747	1986		Marta Celemin	44:20	41:58	20:26	8:04	2005	Tartarugas	118 EF	575 F
1748	1485		Pablo Pérez Blanco	44:20	41:24	22:37	8:04	1988		974 AM	1173 M
1749	525		Érika Brea Andrés	44:21	41:25	22:38	8:04	1989		458 AF	576 F
1750	1486		Miguel Angel Gonzalez Garcia	44:25	42:35	20:45	8:05	1998		975 AM	1174 M
1751	1803		Nicolás Pardo González	44:25	42:36	20:46	8:05	2008		200 EM	1175 M
1752	971		Miguel Castro Lago	44:25	42:35	20:44	8:05	1992		976 AM	1176 M
1753	2504		Adela María Carballo Fernández	44:28	42:02	22:29	8:05	1971		459 AF	577 F
1754	672		Carlos Fanego Fernandez	44:29	42:28	21:59	8:05	1980		977 AM	1177 M
1755	777		Celso Barrios Ceide	44:31	41:49	21:19	8:06	1973		978 AM	1178 M
1756	2054	AG9510	Arturo Ramos Ferrol	44:32	42:31	22:01	8:06	1973	ATLETISMO MILLADOIRO	979 AM	1179 M
1757	2159		Alejandro Carrión González	44:32	44:32	22:11	8:06	1986	C.D. LLENATE QUE ME VOY	980 AM	1180 M
1758	1877		Celso Barrios Fernández	44:34	41:53	21:17	8:06	2010		201 EM	1181 M
1759	351		Lorena Fosado Albor	44:35	43:57	19:12	8:06	1984		460 AF	578 F
1760	1411		Boris Piñero Suarez	44:35	43:58	19:13	8:06	1980		981 AM	1182 M
1761	1239		Tomas Mujico Rodríguez	44:35	42:34	22:05	8:06	1980		982 AM	1183 M
1762	1304		Diego Castro Sanjurjo	44:36	42:35	22:11	8:07	1974		983 AM	1184 M
1763	1612		Alegrando Bouzas Varela	44:37	43:59	19:10	8:07	2010		202 EM	1185 M
1764	2185		Luis Masa Formoso	44:38	42:35	22:11	8:07	1980		984 AM	1186 M
1765	1303		Manuel Barreiro Rodriguez	44:38	42:37	22:00	8:07	1983		985 AM	1187 M
1766	184		Mónica González Outón	44:39	41:48	22:18	8:07	1977		461 AF	579 F
1767	1668	AG2028402	Helena Fernández Vázquez	44:40	41:51	22:26	8:07	2006	Club atletismo tambre	119 EF	580 F
1768	1869		Pablo Gontan Guzmán	44:40	43:20	20:59	8:07	2009	Real AeroClub SANTIAGO	203 EM	1188 M
1769	1419		Leopoldo Vaamonde Sánchez-andrade	44:44	43:24	20:55	8:08	1974		986 AM	1189 M
1770	465		Maria Guzmán Sáez	44:44	43:24	20:59	8:08	1973		462 AF	581 F
1771	1734		Yago Montero García	44:58	43:47	21:46	8:11	2010		204 EM	1190 M

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1772	80		Tamara Río Miguélez	44:59	42:26	21:56	8:11	1990		463 AF	582 F
1773	722		Luis Fernando Murillo García	44:59	42:26	22:00	8:11	1977		987 AM	1191 M
1774	572		Rosa Linares Fernandez	45:00	43:31	21:35	8:11	1957		464 AF	583 F
1775	1735		Maya Montero García	45:02	43:52	21:46	8:11	2010		120 EF	584 F
1776	105		Cristina Cabarcos Rey	45:07	44:18	21:08	8:12	1996		465 AF	585 F
1777	841		Adrián Cabarcos Rey	45:07	44:18	21:08	8:12	1992		988 AM	1192 M
1778	343		Aida García Alvela	45:12	44:02	21:46	8:13	1980		466 AF	586 F
1779	1434		Manuel Benigno Barral Naveiro	45:13	42:27	21:24	8:13	1975		989 AM	1193 M
1780	1892		Elba Mendez Figueiro	45:14	42:31	21:26	8:13	2008		121 EF	587 F
1781	1433		José Manuel Mendez Tajés	45:14	42:30	21:24	8:13	1972		990 AM	1194 M
1782	1891		Eliseo Mendez Figueiro	45:14	42:30	21:26	8:13	2006		205 EM	1195 M
1783	1741		Mauricio Fernández García	45:20	44:17	21:01	8:15	2005		206 EM	1196 M
1784	545		Susana Fandiño Ben	45:22	43:23	21:29	8:15	1983		467 AF	588 F
1785	2064		Javier Perez Rodriguez	45:22	43:24	21:29	8:15	1975	3&RUN BY PEDRO NIMO CLUB DE CORREDO	991 AM	1197 M
1786	1483		José Rafael Martínez Romero	45:22	42:18	25:11	8:15	1946		992 AM	1198 M
1787	1523		Javier Dios Perez	45:31	42:37	22:20	8:17	1974		993 AM	1199 M
1788	1970		Laura Dios Alvarez	45:31	42:39	22:33	8:17	2009		122 EF	589 F
1789	336		Berta Rodriguez Lois	45:35	45:24	20:36	8:17	1987		468 AF	590 F
1790	563		Laura Graña Fontenla	45:37	43:58	20:36	8:18	1993		469 AF	591 F
1791	562		Beatriz Graña Camba	45:37	44:10	20:13	8:18	1993		470 AF	592 F
1792	1652		Anahí Grandal Seoane	45:39	45:03	19:23	8:18	2010		123 EF	593 F
1793	2261		Ruben Forjan	45:39	43:19	22:21	8:18	1985		994 AM	1200 M
1794	631		Adriano Grandal Souto	45:41	45:06	19:29	8:18	1973		995 AM	1201 M
1795	2246		Leandro Eiras Lueiro	45:43	43:25	22:24	8:19	1985	Club triatlón cervecería o coton	996 AM	1202 M
1796	541		Emilia Padín Sixto	45:44	43:25	22:25	8:19	1995		471 AF	594 F
1797	542		Marta Blanco Caamaño	45:45	43:27	22:24	8:19	1995		472 AF	595 F
1798	1217		Jose Luis Garcia Fernandez	45:45	44:05	21:44	8:19	1975		997 AM	1203 M
1799	1682		Valeria Garcia Ferro	45:47	44:08	21:44	8:19	2006		124 EF	596 F
1800	269		Ana Belen Lopez Moreno	45:52	43:16	22:45	8:20	1981		473 AF	597 F
1801	2517		Yolanda Raviña López	45:52	44:12	22:47	8:20	1974		474 AF	598 F
1802	1076		Fernando Nieto Diz	45:54	44:19	22:44	8:21	1977		998 AM	1204 M
1803	296		Lorena Torres López	45:55	45:01	22:14	8:21	1978		475 AF	599 F
1804	499		Sandra Vidal Martínez	45:55	45:03	22:14	8:21	1976		476 AF	600 F
1805	1189		Mario Pérez Rocha	45:56	43:19	22:46	8:21	1980		999 AM	1205 M
1806	1829		Martina Núñez Torres	45:56	45:02	22:01	8:21	2010		125 EF	601 F
1807	1069		Ramón Cortés Martínez	45:57	44:18	22:48	8:21	1973		1000 AM	1206 M
1808	1634		Izarbe Del Rio Felipo	45:59	43:55	21:53	8:22	2008		126 EF	602 F
1809	2513		Susana Felipo García	46:01	43:55	21:56	8:22	1975		477 AF	603 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
1810	1376		Juan Lago Del Rio	46:03	43:56	21:58	8:22	1994	1001 AM	1207 M	
1811	1184		Francisco Del Rio Abella	46:03	43:57	21:59	8:22	1974	1002 AM	1208 M	
1812	537		Yolanda Arias Fernández	46:03	43:01	22:37	8:22	1974	478 AF	604 F	
1813	774		Rodrigo Iván Lesmes Romero	46:03	46:03	22:12	8:22	1972	1003 AM	1209 M	
1814	315		Mari Dacuña Blanco	46:06	45:13	21:16	8:23	1971	479 AF	605 F	
1815	1251		Manuel Castro Castro	46:06	45:13	21:16	8:23	1969	1004 AM	1210 M	
1816	1700		Lorena Quintela Gutiérrez	46:06	45:12	21:20	8:23	2008	127 EF	606 F	
1817	368		Marién Vázquez Quiñoy	46:07	46:07	22:08	8:23	1969	480 AF	607 F	
1818	1699		Irene Castro Dacuña	46:08	45:15	21:14	8:23	2008	128 EF	608 F	
1819	1340		Ramón Alfonso Casal Aldonza	46:08	43:39	22:13	8:23	1965	1005 AM	1211 M	
1820	548		Vanesa Núñez Otero	46:08	44:11	22:07	8:23	1979	481 AF	609 F	
1821	2521		Raquel Román Pena	46:09	43:41	22:24	8:23	1991	482 AF	610 F	
1822	1250		Suso Quintela Vazquez	46:09	46:09	21:20	8:23	1974	1006 AM	1212 M	
1823	1588		Ana Rey Ferrín	46:10	43:42	24:12	8:24	1981	483 AF	611 F	
1824	434		Ana Martin Garcia	46:10	43:43	22:00	8:24	1981	484 AF	612 F	
1825	1997		Carmen Villasenín Sánchez	46:11	43:43	24:06	8:24	2010	129 EF	613 F	
1826	238		Trinidad Sánchez Outón	46:11	43:43	24:10	8:24	1981	485 AF	614 F	
1827	1967		Sara Torres Núñez	46:11	44:13	22:06	8:24	2009	130 EF	615 F	
1828	1520		David Vilaseco Rivera	46:12	44:14	22:02	8:24	1979	1007 AM	1213 M	
1829	1521		Miguel Torres Míguez	46:13	44:15	22:10	8:24	1976	1008 AM	1214 M	
1830	502		Rosa Gutiérrez Mougán	46:15	43:48	22:49	8:25	1978	486 AF	616 F	
1831	1508		Baltasar Iglesias Seoane	46:15	43:04	22:50	8:25	1978	1009 AM	1215 M	
1832	1460		Pablo Sierra Sobrino	46:16	43:47		8:25	1976	1010 AM	1216 M	
1833	536		Begoña Mariño Antelo	46:17	43:06	22:42	8:25	1978	487 AF	617 F	
1834	501		Lucia Gutierrez Mougán	46:18	43:52	22:49	8:25	1990	488 AF	618 F	
1835	1956		Manuela Lorenzo López	46:22	46:22	22:16	8:26	2007	131 EF	619 F	
1836	100		Pilar Blanco Lobeto	46:25	43:20	24:04	8:26	1979	489 AF	620 F	
1837	1860		Mariana Cabaleiro	46:25	43:49	23:52	8:26	2008	132 EF	621 F	
1838	17		Susana Martinez De La Riva Diaz	46:26	43:21	24:02	8:27	1981	490 AF	622 F	
1839	940		Fernando Simal Iglesias	46:26	44:20	22:22	8:27	1977	1011 AM	1217 M	
1840	319		Maria Baleato Gonzalez	46:28	44:21	22:21	8:27	1977	491 AF	623 F	
1841	1659		Alicia Carro Abad	46:29	45:46	22:36	8:27	2006	133 EF	624 F	
1842	2081		Jose Manuel Abalo Lojo	46:29	44:22	22:26	8:27	1977	Artrogal Tri 498	1012 AM	1218 M
1843	18		Marta Macías Romero	46:29	43:26	24:04	8:27	1980	492 AF	625 F	
1844	1658		Javier Carro Abad	46:29	45:45	22:38	8:27	2008	207 EM	1219 M	
1845	1216		Javier Carro Méndez	46:30	45:45	22:42	8:27	1972	1013 AM	1220 M	
1846	740		Santiago Cabaleiro	46:31	43:55	23:53	8:27	1970	1014 AM	1221 M	
1847	979		Esteban Otero Calvo	46:31	45:27	21:09	8:27	1982	RUNNERS AMIO CD	1015 AM	1222 M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo			Ritmo		Club	Cat	S
				Neto	Alameda	km	Ano				
1848	1331		Jaime Fernández Pita	46:32	45:10	22:43	8:28	1994		1016 AM	1223 M
1849	903		Juan Manuel Mosquera Carnota	46:34	45:27	21:09	8:28	1974	runners Amio	1017 AM	1224 M
1850	486		Sara Conde Benasach	46:34	45:12	22:34	8:28	1990		493 AF	626 F
1851	1453		David Veiga Rodriguez	46:37	45:11	22:42	8:29	1994		1018 AM	1225 M
1852	599		Sergio Folgueira Iglesias	46:37	45:12	22:42	8:29	1994		1019 AM	1226 M
1853	1377		Carlos Rivas Gómez	46:37	45:09	22:43	8:29	1994		1020 AM	1227 M
1854	417		Noa Ben Gomez	46:37	45:52	22:24	8:29	2004		494 AF	627 F
1855	874		Miguel Rodriguez-cadarso Suárez-vence	46:38	45:14	22:41	8:29	1994		1021 AM	1228 M
1856	1537		Pablo Miguez González	46:38	45:14	22:41	8:29	1994		1022 AM	1229 M
1857	2175		José María Martinón Martínez	46:39	45:11		8:29	1990		1023 AM	1230 M
1858	1333		Rafael Villanueva Lires	46:41	45:14	22:43	8:29	1994		1024 AM	1231 M
1859	505		Yolanda Pena Boquete	46:47	45:18	20:09	8:30	1981	Zabba Team	495 AF	628 F
1860	2527		Roberto Coale	46:53	45:09	21:41	8:31	1961		1025 AM	1232 M
1861	2528		Gabriela Castañeda Rodríguez	46:54	45:10	21:41	8:32	1966		496 AF	629 F
1862	151		Olivia Rodríguez Bernardes	46:54	44:42	22:31	8:32	1987		497 AF	630 F
1863	149		Pilar Canedo Carrillo	46:59	44:48	22:36	8:33	1987		498 AF	631 F
1864	1666		Andrea Duran Ponte	47:00	43:54	23:22	8:33	2007		134 EF	632 F
1865	1955		Antia Losada Oubel	47:02	43:54		8:33	2006	INDEPENDIENTE	135 EF	633 F
1866	1944		Nashla Darwiche Gippini	47:03	45:38	22:34	8:33	2008		136 EF	634 F
1867	1964	AG2018630	Nélida Ares Alonso	47:04	45:38	22:30	8:33	2006	CLUB ATLETISMO O PINO	137 EF	635 F
1868	1663		Nuria Baluja Buján	47:04	43:56	23:21	8:33	2010		138 EF	636 F
1869	1491		Isam Darwiche Lodeiro	47:04	45:39	22:32	8:33	1973		1026 AM	1233 M
1870	2520		Paula Rey Ferrín	47:04	44:34	24:12	8:33	1981		499 AF	637 F
1871	1630		Hugo Dominguez Fraga	47:05	43:59	22:37	8:34	2005	Coru@ames	208 EM	1234 M
1872	107		Doris Dominguez Fraga	47:05	43:59		8:34	1974		500 AF	638 F
1873	101		Nelida Alonso Fernandez	47:06	45:39	22:33	8:34	1972		501 AF	639 F
1874	106		Ana Oubel Portos	47:07	43:58		8:34	1975		502 AF	640 F
1875	480		Susana Landeira Caamaño	47:08	44:19		8:34	1976		503 AF	641 F
1876	1589		Javier Rey Ferrín	47:11	44:45		8:35	1978		1027 AM	1235 M
1877	316		Alba Midón	47:12	45:38	22:32	8:35	1990		504 AF	642 F
1878	376		Eva Dominguez Garcia	47:13	45:39	22:34	8:35	1993		505 AF	643 F
1879	824		Richard Baluja Sexto	47:16	44:07	22:36	8:36	1975	NOITEBRA	1028 AM	1236 M
1880	1933		Martina Cardero Ferro	47:18	44:32	24:00	8:36	2010		139 EF	644 F
1881	1930		Ainhoa Suárez Miramontes	47:18	44:34	24:01	8:36	2009		140 EF	645 F
1882	1932		Ariana Cardero Ferro	47:19	44:31	24:01	8:36	2009		141 EF	646 F
1883	1469		Marcos Castro	47:20	44:32	24:00	8:36	1980		1029 AM	1237 M
1884	1470		Manuel Anxo Suárez Collantes	47:21	44:36	24:01	8:37	1977		1030 AM	1238 M
1885	358		Sara Rodríguez Morgosa	47:22	46:37	21:46	8:37	2004		506 AF	647 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo					Club	Cat	S
				Tempo Neto	Alameda	km	Ano				
1886	327		Olaya Rodríguez Botana	47:22	46:37	21:47	8:37	1990		507 AF	648 F
1887	455		Celsa Maria Casas López	47:27	45:43	21:06	8:38	1976		508 AF	649 F
1888	479		Emilia Castro Villaverde	47:28	45:43	21:26	8:38	1971		509 AF	650 F
1889	1473		Manuel Pérez Maceira	47:30	45:30	23:28	8:38	1976		1031 AM	1239 M
1890	1937		Erika Pérez Otero	47:30	45:31	23:29	8:38	2010		142 EF	651 F
1891	517		Estefania Otero Rial	47:30	45:31	23:29	8:38	1978		510 AF	652 F
1892	310		Lola Lojo Casal	47:33	45:49		8:39	1972		511 AF	653 F
1893	1952		Lena Perez Iglesias	47:37	44:51	23:54	8:39	2007		143 EF	654 F
1894	1278		Fernando Castiñeiras	47:46	45:35	24:09	8:41	1985		1032 AM	1240 M
1895	346		Betel Cardona	47:47	45:37	24:11	8:41	1985		512 AF	655 F
1896	1949		Rosana Belmonte Iglesias	47:49	44:59	23:52	8:42	2010		144 EF	656 F
1897	1943		Juan Pablo Pardo Pérez	47:49	47:40	21:30	8:42	2006		209 EM	1241 M
1898	919		Carlos Belmonte Pose	47:51	45:02	23:53	8:42	1970		1033 AM	1242 M
1899	1941		Sabela Mejuto Pombo	47:53	45:00	21:30	8:42	2010		145 EF	657 F
1900	1489		Marcos Mejuto Brea	47:55	44:59	21:38	8:43	1978		1034 AM	1243 M
1901	1906		Vicente López De Arroyabe López	47:56	47:45	21:29	8:43	2006		146 EF	658 F
1902	1313		Laurent Moriceau	48:05	45:04	22:32	8:45	1980		1035 AM	1244 M
1903	375		Helena Peñas	48:10	45:10	22:38	8:45	1981		513 AF	659 F
1904	1044		Óscar Fernandez Bautista	48:12	46:54	22:00	8:46	1976		1036 AM	1245 M
1905	197		Rosalía Calleja	48:12	46:56	21:59	8:46	1976		514 AF	660 F
1906	464		Irene Bonome Gradaille	48:21	47:13	21:54	8:47	1978		515 AF	661 F
1907	1418		Carlos Otero Pardo	48:22	47:13	21:54	8:48	1975		1037 AM	1246 M
1908	333		Elia Fernandez Garcia	48:32	45:35		8:49	1951		516 AF	662 F
1909	172		Fátima Miguez Blanco	48:39	45:25	22:10	8:51	1982		517 AF	663 F
1910	1948		Daniela Casal Míguez	48:39	45:27	22:07	8:51	2010		147 EF	664 F
1911	1454		Freddy Jesús Ruiz Herrera	48:39	47:07	24:56	8:51	1977		1038 AM	1247 M
1912	497		Angélica María Amaya Centeno	48:40	47:10	24:56	8:51	1977		518 AF	665 F
1913	1448		José García Cancela	48:40	45:12	24:49	8:51	1985		1039 AM	1248 M
1914	1983		Brais Garcia Almeida	48:42	46:33	20:50	8:51	2006	CLUB ATLETISMO MILLARAIO	210 EM	1249 M
1915	892		Carlos Casal Carracedo	48:43	45:11	22:08	8:51	1981		1040 AM	1250 M
1916	439		Noelia Herrera Lozano	48:43	46:23		8:51	1988		519 AF	666 F
1917	2062		Luis Miguel Feito Mirás	48:44	45:09	24:50	8:52	1986	ATLETISMO FONTES DO SAR	1041 AM	1251 M
1918	1447		Manuel Carrillo García	48:47	45:11	24:48	8:52	1983		1042 AM	1252 M
1919	1482		Amado Carrillo	48:47	45:10	24:50	8:52	1988		1043 AM	1253 M
1920	714		Marcos Pérez Señarís	48:49	45:17	24:51	8:53	1981		1044 AM	1254 M
1921	1542		Rodrigo Aldaher Magalhaes	48:52	46:29	22:37	8:53	1979		1045 AM	1255 M
1922	1539		Modesto Iglesias Rodriguez	48:52	46:30	22:37	8:53	1979		1046 AM	1256 M
1923	440		Marta Almeida Calvo	49:14	46:54		8:57	1979		520 AF	667 F

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo				Club	Cat	S
				Tempo Neto	Alameda	km	Ano			
1924	1385		Miguel Vazquez García	49:19	46:58		8:58	1981	1047 AM	1257 M
1925	1559		Marcos Antonio Vilar Rodríguez	49:25	48:50	21:27	8:59	1974	1048 AM	1258 M
1926	494		María Jesús Gómez Deus	49:29	48:08	22:41	9:00	1977	521 AF	668 F
1927	1710		Celia Lema Garcia	49:29	48:40	22:12	9:00	2006	148 EF	669 F
1928	1493		Nacho Sendino	49:31	46:34	23:18	9:00	1976	1049 AM	1259 M
1929	1458		Marcos González Calvo	49:36	49:00	19:29	9:01	1976	1050 AM	1260 M
1930	1384		Manuel Míguez Liméns	49:38	47:18	23:57	9:01	2003	1051 AM	1261 M
1931	1759		Carmen Qiong Vázquez Quiñoy	49:39	47:17	23:52	9:02	2006	149 EF	670 F
1932	1913		Julia González Miguez	49:39	49:04	19:29	9:02	2010	150 EF	671 F
1933	1762	AG2014345	Andrea Vázquez Varela	50:15	48:21	24:00	9:08	2005	ATLETISMO FONTES DO SAR	
1934	460		Eva Varela Varela	50:15	48:20	23:57	9:08	2003	522 AF	673 F
1935	1572		Vanessa Seoane Rodríguez	50:15	47:55	24:00	9:08	1978	523 AF	674 F
1936	1996		Uxía Leal Seoane	50:18	48:00	24:03	9:09	2010	152 EF	675 F
1937	1834		Paula Illodo Muñiz	50:18	47:58	24:03	9:09	2005	153 EF	676 F
1938	325		María Jesús Vázquez Nolasco	50:22	49:00	25:25	9:09	1968	524 AF	677 F
1939	392		Jessica Fraga Codesido	50:33	48:25	24:45	9:11	1993	525 AF	678 F
1940	1328		Javier Sanchez Garcia	50:34	48:26	24:45	9:12	1993	1052 AM	1262 M
1941	391		Cristina Candal Pedreira	50:34	48:27	24:45	9:12	1993	526 AF	679 F
1942	461		Monica Castro Mosquera	50:35	48:28	24:45	9:12	1993	527 AF	680 F
1943	1751		Carolina Martinez Suarez	51:04	48:09	25:41	9:17	2010	154 EF	681 F
1944	944		Jose Arufe	51:05	48:07	25:50	9:17	1966	AERO CLUB DE SANTIAGO	
1945	1823		Carmen Díaz Rosón	51:05	48:10		9:17	2010	CLUB TRIATHLON SANTIAGO	
1946	688		Rafael Díaz Piñeiro	51:06	48:07	25:47	9:17	1979	Aeroclub Santiago	
1947	1866		Cecilia Arufe Suarez	51:06	48:09	25:49	9:17	2010	ATLETISMO FONTES DO SAR	
1948	1822	AG 2021964	Claudia Díaz Rosón	51:06	48:09	25:47	9:17	2010	UNIVERSIDADE SANTIAGO DE COMPOSTELA	
1949	493		Daniela Hinojosa Martínez	51:39	50:08	25:42	9:23	1991	528 AF	685 F
1950	323		Carmen Vázquez Nolasco	57:22	55:59		10:26	1963	529 AF	686 F
	567		Lucia Couñago Queijeiro	DQ	125.5	08:53		2004	AF	F
	2266		Alejandro Iglesias García	DNF				1985	AM	M
	2189		Simón Barreiro Lijó	DNF		09:56		1993	AM	M
	2048	AG769568	Baltasar Figueiras Martinez	DNF		08:50		1977	CLUB ATLETISMO SAR VERMÚ PETRONI	
	90		Puri López Presedo	DNF		17:02		1978	AF	F
	1176		Fernando Mariño Solis	DNF		16:56		1996	AM	M
	1974		Marta Uzal Lopez	DNF		16:04		2009	EF	F
	546		Cristina Guldris Gondelle	DNF				1981	AF	F
	388		Ines Maria Martinez Bragado	DNF				1995	AF	F
	389		Ines Maria Bragado Grela	DNF				1964	AF	F
	2195		Jorge Taboada Villa	DNF		11:33		1993	AM	M

Carreira Absoluta (5,5 km aprox.)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Ritmo		Club	Cat	S
					Alameda	km Ano			
	1778	AG2027773	Valentina Fontaiña Rodríguez	DNF	21:06		2008 TRIKI TEAM	EF	F
	1804		Alvaro Taboada Barbosa	DNF	18:42		2008	EM	M
	1993		Brais Vilar Castro	DNF	21:26		2010 Triatlon Riveira	EM	M
	523		María Dolores Silva Rodríguez	DNF			1949	AF	F
	2084		Pablo Sexto Rosende	DNF	11:22		2004	AM	M
	2530		Isidoro Hornillos Baz	DNF	12:35		1957	AM	M
	938		Eduardo Pérez Redondo	DNF	17:11		1972	AM	M
	937		Julio Fontaiña Couso	DNF	20:59		1972	AM	M
	1953		Ruben Losada Oubel	DNF			2007	EM	M
	1272		Pablo Sanchez Garcia	DNF	19:52		1995	AM	M
	1139		Salvador Rebollido Amigo	DNF	19:54		1978	AM	M
	625		Alfredo Román Viquendi	DNF	12:28		1970	AM	M
	2235	AG2014507	Juan Manuel Bautis Otero	DNF	10:21		1973 UNIVERSIDADE SANTIAGO DE COMPOSTELA	AM	M
	62		Elisa Martínez Bestilleiro	DNF			1961	AF	F
	64		Sabina Varela Espinosa	DNF	18:12		1995	AF	F
	1590		Nicolás Palmer Vallce	DNF	10:12		1980	AM	M
	1202		Jesus Martinez-reboredo	DNF			1972	AM	M
	850		Jose Antonio Blanco Gonzalez	DNF	11:55		1970	AM	M
	492		Karen Hinojosa Martínez	DNF	24:56		1990	AF	F
	182	AG2019282	Susana Buján Otero	DNF	22:32		1974 NOITEBRA	AF	F
	778		Justo Arines Piferrer	DNF	15:09		1975 Agrupación Deportiva Remedios	AM	M
	1862		Sara Varela Varela	DNF	18:57		2008	EF	F
	1867		Carlos Amigo Hernández	DNF	18:34		2007	EM	M
	2105		Abel Asensio Vieitez	DNF	14:07		1980 NOITEBRA	AM	M
	1078	AG2026780	Brais Perez Fernández	DNF	08:40		2002 TAMBRE BIKE&RUNNING	AM	M
	951		Ignacio De La Calle Portela	DNF	20:28		1977 AEROCUB SANTIAGO	AM	M
	32		Beli Bermúdez Rios	DNF	15:37		1977	AF	F
	130		Olga Dosil Díaz	DNF	17:11		1972	AF	F
	655		Juan Gigirey	DNF	14:38		1974	AM	M
	2245		Manuel Pazo	DNF	12:05		1994	AM	M
	995		Andrés García-rodeja Fraga	DNF	20:38		1977	AM	M
	993		Miguel López Barbeito	DNF	17:41		1998	AM	M
	1649		Claudia Martinez-reboredo	DNF			2005	EF	F
	983		Antonio Rodriguez Senin	DNF	16:52		1974	AM	M
	1562		Luis Roson Ferreiro	DNS	12:09		1966	AM	M
	220	AG2017720	Vanessa Juncal Sanjurjo	DNS	12:38		2000 CLUB ATLETISMO SANTIAGO	AF	F
	302		Ramón Castro Pérez	DNS	16:13		1978	AF	F
	2111		Miguel David Herrera Lage	DNS	16:45		1968	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Ritmo		Club	Cat	S
					Alameda	km Ano			
	1258		Juan Andres Stael Apolo	DNS	17:43		1988	AM	M
	1688		Sofia Felix Paredes	DNS	20:55		2008	EF	F
	1243		Benoit Felix	DNS	20:56		1979	AM	M
	308		Dolores Paredes Garrido	DNS	20:56		1979	AF	F
	1021		Javier Taboada García	DNS	22:25		1975	AM	M
	347		Manuela Morán Fernández	DNS			1991	AF	F
	341		Pino Rodríguez Martinon	DNS			1989	AF	F
	271		María Cristina López Jato	DNS			1975	AF	F
	272		Raquel Cebrián Rodríguez	DNS			1995	AF	F
	273		Marga Mariño Dominguez	DNS			1976	AF	F
	2262		Víctor Hugo Conde López	DNS			1974 ASOCIACION DEPORTIVA OLIMPIA	AM	M
	103		Susana Liñares Rey	DNS			1979	AF	F
	2047		Julio Vázquez Enjamio	DNS			1985 CLUB ATLETISMO BOIMORTO	AM	M
	2045 GA769185		Amador Pena Torreira	DNS			1981 CLUB ATLETISMO O PINO	AM	M
	2042 AG2025097		Iván Abeledo Varela	DNS			2002 CLUB ATLETISMO O PINO	AM	M
	2043 GA765406		Juan Pablo Fernandez Rodrigues	DNS			1980 CLUB ATLETISMO SANTIAGO	AM	M
	1210		Martín Leiva Castro	DNS			2004	AM	M
	91		M.dolores Fojón Polanco	DNS			1960	AF	F
	1620		Carmen Fernandez Armesto	DNS			2006	EF	F
	1627		Anxo Vilariño Figueiras	DNS			2006	EM	M
	1998		Azarat Pazos Meixos	DNS			2005	EF	F
	1629		Nicolas Fuentes Prado	DNS			2008 Coru@ames	EM	M
	559		María Silveira Santamaría	DNS			1996	AF	F
	557		Rosalía Rodríguez Varela	DNS			1988	AF	F
	1199		José Manuel Juncal	DNS			1981	AM	M
	1193		Pablo Lamas Domínguez	DNS			1973	AM	M
	1192		Diego Somoza Moure	DNS			1995	AM	M
	1281		Manuel Taboada Muñiz	DNS			1974	AM	M
	1003		Pedro José Rey Sanchiz	DNS			1974	AM	M
	879		José Bermúdez Varela	DNS			1969 Ad mediaducia	AM	M
	682		Diego Iglesias Oreiro	DNS			1988	AM	M
	1223		Francisco Zaragoza	DNS			1968	AM	M
	405		Alba Castro Ferreiro	DNS			1986	AF	F
	403		Elba Casal Tomé	DNS			1986	AF	F
	378		María Pilar Romero Martínez	DNS			1977	AF	F
	2274		Carlos Miñones Ginarte	DNS			1997	AM	M
	2278 AG724747		Jorge Duarte Vázquez	DNS			1966 CLUB ATLETISMO BOIMORTO	AM	M
	1502		Manuel Noya Mariño	DNS			1983	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Cat	S
						km	Ano		
				Club					
	2053		José Buján González	DNS		1975	C.A. OUTES. JOHN-TURKEY	AM	M
	2052	AG2019057	Xan Collazo Areosa	DNS		1992	CLUB ATLETISMO O PINO	AM	M
	2059	AG3015888	Ramiro Pérez. Pereira	DNS		1956	Atletismo SAR VERMU PETRONI	AM	M
	2058	LO6828	Esther Rodríguez Díez	DNS		1980	CLUB DEPORTIVO RIOJA AÑARES	AF	F
	1501		Miguel Fernandez-couto	DNS		2004		AM	M
	1143		Gerardo Diaz Casal	DNS		1990		AM	M
	1149		Edwin Eguia	DNS		1979		AM	M
	1784		Rafael Palmar Palmar	DNS		2005		EM	M
	1785		Gonzalo Palmar Palmar	DNS		2010		EM	M
	1387		Sergio Sanchez-osorio Garcia	DNS		1979		AM	M
	364		Cecilia Fernandez Franco	DNS		1991	Robocop	AF	F
	383		Ana María Palmar Santos	DNS		1973		AF	F
	385		Mª Esther Garcia Barreiro	DNS		1976		AF	F
	386		Paula Blanco	DNS		1993		AF	F
	255		Fátima Sánchez Blanco	DNS		1991		AF	F
	2207		David Suárez Zapico	DNS		1974	Langreo Trail Team	AM	M
	165		Silvia María Pazos Vázquez	DNS		1985		AF	F
	166		Mónica González Vigo	DNS		1975		AF	F
	163		Reyes Fernández Rial	DNS		1977	Blue tribe	AF	F
	1814		Hugo Lim Quintás	DNS		2006		EM	M
	1600		Diego Noya Artiles	DNS		2009		EM	M
	1775		Sergio Noya Mosquera	DNS		2006		EM	M
	1770		Alejandro Veres Sanín	DNS		2010		EM	M
	1155		David Quintela Baluja	DNS		1984		AM	M
	1156		Pablo Ariel Santi Orellano	DNS		1982		AM	M
	533		Maria Varela Agra	DNS		1983		AF	F
	531		Paula Fernandez-couto Alvarez	DNS		1999	UNIVERSIDADE SANTIAGO DE COMPOSTELA	AF	F
	1398		Marcos Delgado García	DNS		1977		AM	M
	424		Sonia Maria Duro Perez	DNS		1979		AF	F
	2186		Julio Rodríguez Fernández	DNS		1974		AM	M
	229		Blanca Puig Mauriz	DNS		1979	ATLETISMO FONTES DO SAR	AF	F
	2212		Lucas Luaces Rozados	DNS		1994		AM	M
	2219		Pio Iglesias Carrera	DNS		1973		AM	M
	2218		David López Sánchez	DNS		1976		AM	M
	155		Nuria Cidoncha Morán	DNS		1973	Ad mediaducia	AF	F
	154		Noemi Veiga Trasar	DNS		1982		AF	F
	1802		Eloy Moran Castedo	DNS		2005		EM	M
	1809		Noa Vilaseco Sanjurjo	DNS		2010		EF	F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Cat	S
						km	Ano		
	1808		Noa Vilaseco Sanjurjo	DNS			2010	EF	F
	1496		Alejandro Suárez Sánchez	DNS			1984	AM	M
	1396		Constantino Martínez Vázquez	DNS			1949	AM	M
	1994		Alba Cabanas	DNS			2006	EF	F
	1706		Ruben Gallego Montero	DNS			2005	EM	M
	1128		Angel Carreira Silva	DNS			1989	AM	M
	1120		Alfredo Fandiño Ares	DNS			1968 ATLETISMO FONTES DO SAR	AM	M
	1121		Pedro Pablo Martínez Diéguez	DNS			1972	AM	M
	1123		Darío Opazo Balboa	DNS			1990	AM	M
	1124		Hadrián Vilas	DNS			1991	AM	M
	1126		Costa Iriarte Taka	DNS			1965 Kaizen amator pena	AM	M
	1127		Francisco Dios Ayaso	DNS			1974 Ningún	AM	M
	1016		Alejandro Loureiro Iglesias	DNS			1998	AM	M
	529		Isabel Couselo Fernández	DNS			1984	AF	F
	1235		Marcos Heleno Vidal	DNS			1992	AM	M
	1236		Manuel Landeira Caamaño	DNS			1973	AM	M
	1237		José Ángel Torrrres Dios	DNS			1989	AM	M
	1230		Fernando Iglesias Iglesias	DNS			1988	AM	M
	1238		Óscar Pulido Martín	DNS			1995	AM	M
	2526		Gonzalo José Rodríguez Palmeiro	DNS			1975	AM	M
	234		Carlota Lago Taboada	DNS			1994	AF	F
	237		Rocio Eguia	DNS			1986	AF	F
	230		Mariana Gonzalez Garcia	DNS			1968 Kaizen amator pena	AF	F
	232		Mercedes Baltar Castellón	DNS			1998	AF	F
	233		Andrea García Chenlo	DNS			1990 C.M.Xesteiras	AF	F
	2224		Arturo Rabuñal Vazquez	DNS			1955	AM	M
	2225		Mateo Mariño Castro	DNS			1995	AM	M
	2223		Carmen Garcia Garcia	DNS			1963 Club Olimpia	AF	F
	2220		Antonio Barral Lago	DNS			1972	AM	M
	146		Vanesa Felpeto Babío	DNS			1986	AF	F
	144 AG2018668		Carmen Castro Cores	DNS			1973 CLUB ATLETISMO O PINO	AF	F
	145		Carolina Bescansa Hernández	DNS			1971	AF	F
	143 AG2018667		Ángeles Salmonte Varela	DNS			1967 CLUB ATLETISMO O PINO	AF	F
	2089 GA15070		Esther Pedrosa Carrete	DNS			1961 PLAYAS DE CASTELLÓN	AF	F
	2083		Franca Garcia Villaverde	DNS			1974	AM	M
	1836		Paula Illodo Muñiz	DNS			2005	EF	F
	1835		Paula Illodo Muñiz	DNS			2005	EF	F
	936		Sergio Pena Seijas	DNS			1992 Particular	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Cat	S
						km	Ano		
	1957		Diego Fernandez-couto	DNS			2005	EM	M
	1133		Juan Carlos Fernandez Castro	DNS			1962 NOITEBRA	AM	M
	1132		Juan Carlos Núñez Rubines	DNS			1972	AM	M
	1131		Manuel Sánchez	DNS			1987	AM	M
	1137		Paolo Destito	DNS			1988 Arca de Noe	AM	M
	1136		Martin Raposo Barcia	DNS			1998	AM	M
	1009		Daniel Rios Val	DNS			1980 velaibike	AM	M
	1008		Juan Vazquez Lago	DNS			1980 velaibike	AM	M
	1006		Borja Lorenzo Rey	DNS			1980	AM	M
	1005		Luis Lata Iglesias	DNS			1964	AM	M
	1004		Angel Medina Peinador	DNS			1980	AM	M
	1000		Gonzalo Cao Espido	DNS			1976	AM	M
	624		Juan Suárez García	DNS			1989	AM	M
	203		Nuria Dopico Sanesteban	DNS			1988	AF	F
	204		Irene Mosquera Enjamio	DNS			1993	AF	F
	209 AG2023259		Maite Couto Mendoza	DNS			1981 NOITEBRA	AF	F
	2231		Sergio Garcia Castiñeiras	DNS			1981	AM	M
	2234		Jorge Gonta Novo	DNS			1977	AM	M
	2090		Juan Lojo Rodríguez	DNS			1973	AM	M
	2092		Oscar Freire Bargo	DNS			1987 Team Corbelo	AM	M
	2188		Antonio Domínguez Bermudez	DNS			1990	AM	M
	1825		Carmela Antelo Pintor	DNS			2006	EF	F
	929		Diego Dopico	DNS			1976 Urban Runners Club Santiago	AM	M
	925		Jose Manuel Rivera Ramil	DNS			1972 CLUB TRIEUME AS PONTES	AM	M
	1920		Daniela Trías De La Fuente	DNS			2007	EF	F
	831		Alejandro Carbajo Regueiro	DNS			1987	AM	M
	1532		Mario Ferro Rodríguez	DNS			2003	AM	M
	1373		Mauro Vazquez Bugallo	DNS			1989	AM	M
	1585		Héctor Antelo Reñones	DNS			1987	AM	M
	1039 AG766998		Juan Carlos Mallo Baluja	DNS			1967 NOITEBRA	AM	M
	1030		Manuel Ramos Del Pozo	DNS			1976	AM	M
	1218		Ignacio Lago Peñas	DNS			1974	AM	M
	1219		Pablo Perez Carama	DNS			1982	AM	M
	1729		Andres Asorey Salvado	DNS			2005	EM	M
	1104 AG2018675		Esteban Sueiro Iglesias	DNS			1976	AM	M
	1102		Juan Orozco Corredoira	DNS			1979 RUNNING OLEIROS	AM	M
	1722		Gabriel Calviño Gamallo	DNS			2007	EM	M
	216		Soraya Learte Aymamí	DNS			1990	AF	F

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Club	Cat	S
						km	Ano			
	214		Manuel Fraga Pereiro	DNS				1964 K2ordes	AF	F
	212		Paz Rey Canicoba	DNS				1974	AF	F
	213		Salomé Vieites Uzal	DNS				1972 K2Ordes	AF	F
	218		Salomé Miramontes Mirás	DNS				1979 CLUB ATLETISMO SANTIAGO	AF	F
	914		Diego Garcia	DNS				1976	AM	M
	911		Xabier Santiso Carral	DNS				1984	AM	M
	912		Fernando Casal Couto	DNS				1982	AM	M
	1938		Juan Cruz Bello	DNS				2006	EM	M
	847		Oscar Fernández Guzmán	DNS				1979	AM	M
	1732		Brais Alegre Iglesias	DNS				2009	EM	M
	1033		David López Veiga	DNS				1980 Club Atletismo Salvaterra	AM	M
	1031 AG2021930		Diego Alonso Campo	DNS				2001 CLUB ATLETISMO SANTIAGO	AM	M
	1020 AG2028379		Rubén Penas García	DNS				1977 TAMBRE BIKE&RUNNING	AM	M
	1023 AG2025691		Juan Luis Botana Ferreiro	DNS				1955 CLUB ATLETISMO O PINO	AM	M
	1028		Jaime Mallo Baluja	DNS				1964	AM	M
	605		David Núñez Prieto	DNS				1979	AM	M
	1207		Marcos Vazquez Rozas	DNS				1973	AM	M
	1214		Nicanor Antonio Frecha Arufe	DNS				1987	AM	M
	1110		Roberto Villaverde Perez	DNS				1986	AM	M
	1113		Víctor Coira Durán	DNS				1979 TERRA DE SONEIRA	AM	M
	1115 AG2026836		Nacho Morao	DNS				1977 CLUB ATLETISMO O PINO	AM	M
	1114		Martin Garcia Piñeiro	DNS				1978	AM	M
	1117		Pablo Brenlla Nieto	DNS				1986	AM	M
	1119		Santi Gestal	DNS				1977	AM	M
	488		Mónica Méndez Noya	DNS				1973	AF	F
	192 AG2024050		María Jesús Sande Puga	DNS				1973 CLUB ATLETISMO O PINO	AF	F
	905		Santiago Fagilde Fandiño	DNS				1982 URBAN RUNNERS CLUB SANTIAGO	AM	M
	2163		Carlos Perez Garmendia	DNS				1978	AM	M
	1947		Diego Sendino	DNS				2005	EM	M
	1908		Felix Von Lukowicz Liz	DNS				2010	EM	M
	855		Perfecto Vázquez Rivera	DNS				1983	AM	M
	856 GA768939		Enrique Reboredo Durán	DNS				1986 3&RUN BY PEDRO NIMO	AM	M
	853		Jorge Castro Maroño	DNS				1978	AM	M
	1050 AG11132		Diego García Lorenzo	DNS				1982 ATLETISMO FONTES DO SAR	AM	M
	1053		Manuel López Nieves	DNS				1986	AM	M
	1054		Adrián Calvo	DNS				1991	AM	M
	1055		Alejandro Doval Rodríguez	DNS				1993	AM	M
	617		Luis Cabral E Silva	DNS				1971	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Cat	S
						km	Ano		
	1305		Manuel Antón Castro Sanjurjo	DNS			1980	AM	M
	27		Carmen Fernandez Tuñez	DNS			1993	AF	F
	1703		Carolina Sanz Flores	DNS			2008 ATLETISMO FONTES DO SAR	EF	F
	1083		Vicente Quintáns Carou	DNS			1977	AM	M
	1082		Joaquín Martínez Diz	DNS			1989	AM	M
	975		Pablo Farga Varela	DNS			1977	AM	M
	1081		Brais Amo Seco	DNS			1990	AM	M
	187		Lara Salgado Santos	DNS			1992	AF	F
	1917		Maria Teresa Casas Núñez	DNS			2010	EF	F
	868		José Luis Paniagua Fernández	DNS			1979	AM	M
	861		Angel Munin	DNS			1969 NOITEBRA	AM	M
	865		Ángel Alcaide Rico	DNS			1998	AM	M
	2025 GA764640		Jorge Puig Malvar	DNS			1997 CLUB ATLETISMO SANTIAGO	AM	M
	2020 O7008		Mónica Álvarez Alonso	DNS			1997 REAL GRUPO CULTURAL COVADONGA	AF	F
	2021 AG2021179		Johana Torres Torres	DNS			1977 K2Ordes	AF	F
	2022 AG2020393		Richard Daniel Oliva Denis	DNS			1992 CLUB ATLETISMO O PINO	AM	M
	2029		Mariam Ferran	DNS			2002 CLUB ATLETISMO SANTIAGO	AF	F
	882		Daniel Sordo	DNS			1983	AM	M
	1043		Emilio Armada Rodríguez	DNS			1956	AM	M
	1042		Jose Antonio Castro Souto	DNS			1974	AM	M
	1041 AG2028260		Jorge Gómez Cebey	DNS			1980 TAMBRE BIKE&RUNNING	AM	M
	1040 AG764836		Daniel Becerra Rodriguez	DNS			1967 NOITEBRA	AM	M
	1046		Elaido Otero Garica	DNS			1975	AM	M
	1684		Pedro Iglesias Blanco	DNS			2006	EM	M
	1317		Rafael Palmar Arenas	DNS			1971	AM	M
	1010		Manuel Ángel Romero Vázquez	DNS			1983 velaibike	AM	M
	1011		Juan Luis Martínez Varela	DNS			1975	AM	M
	960		Ana Maria Muñoz Patiño	DNS			1974	AM	M
	961		Cesar Riesgo Franco	DNS			1986	AM	M
	962		Xan Duro Fernández	DNS			1966	AM	M
	2103		Pablo Díaz Cardamas	DNS			1979 CLUB ATLETISMO SANTIAGO	AM	M
	871		Javier Pazos Recarey	DNS			1977 TERRA DE XALLAS	AM	M
	2036 GA202339		Manuel Eiras Rodríguez	DNS			1992 CLUB ATLETISMO RÍA DE FOZ	AM	M
	2030		Agustín Civeira Dobarro	DNS			1978 S&R Atletismo Santiago	AM	M
	2039		Jose Antonio Gontan Castro	DNS			1972 ATLETISMO FONTES DO SAR	AM	M
	1244		Miguel Callon	DNS			2002	AM	M
	897 AG9857		Manuel Moure Sande	DNS			1958 NOITEBRA	AM	M
	768		Mario Álvarez Rodríguez	DNS			1992	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Club	Cat	S
						km	Ano			
	1074	AG2026278	Juan Carlos Martinez Valverde	DNS				1971 CLUB ATLETISMO O PINO	AM	M
	1072	GA768725	Jacobo Dopazo Ferreiro	DNS				2000 CLUB ATLETISMO SANTIAGO	AM	M
	1070		Bruno Garcia Fernandez	DNS				1987 UNIVERSIDADE SANTIAGO DE COMPOSTELA	AM	M
	1671		Alejandro Couselo Fernandez	DNS				2008	EM	M
	1095	GA2023363	Nicolás Iglesias Vilela	DNS				2002 CLUB ATLETISMO SANTIAGO	AM	M
	1090	AG2028241	Agustin Porro Correira	DNS				1974 K2Ordes	AM	M
	1091	AG2025051	Francisco Javier Cepeda Gacio	DNS				1959 NOITEBRA	AM	M
	1092		Jose Manuel Rios Noya	DNS				1971	AM	M
	1093		Fernando Suárez Sandomingo	DNS				1963	AM	M
	673		Xosé Antón Antelo Lema	DNS				1975 Inforhouse	AM	M
	1322		Juan Blanco	DNS				2000	AM	M
	1321		David Rivas Alende	DNS				1985	AM	M
	1329		Adán Cabo González	DNS				2002	AM	M
	307		Carolina Oreiro García	DNS				1971 URBAN RUNNERS Club Santiago	AF	F
	950	AG2027626	José Antonio Vázquez Liste	DNS				1983	AM	M
	955		Rafael Barral Otero	DNS				1971	AM	M
	2001	GA717133	Rosalía Rodriguez Gigirey Villar	DNS				1998 CCA - ATLETISMO RIA DE FOZ	AF	F
	2009	AG2018614	Alberto Carou Carril	DNS				1979 CLUB ATLETISMO O PINO	AM	M
	2034	AG2017944	Santiago Ramos Iglesias	DNS				1979 UNIVERSIDADE SANTIAGO DE COMPOSTELA	AM	M
	710		Yago Romero	DNS				1976	AM	M
	1068		Darío Domínguez Fernández	DNS				1991	AM	M
	2179		David Area Castro	DNS				2004	AM	M
	1060		Xan Cascallar Otero	DNS				1971 URBAN RUNNERS CLUB SANTIAGO	AM	M
	1063		José Luis León López	DNS				1953	AM	M
	1067		Antonio Pazos Alvarez	DNS				1967	AM	M
	593		Alejandro Gomez Parrado	DNS				1985 CROSSFIT BERKANA	AM	M
	594		Daniel Fernandez	DNS				1987	AM	M
	1089		Carlos Viaño Liste	DNS				1977 K2Ordes	AM	M
	441		Clara Rosado Soto	DNS				1983	AF	F
	447		Sandra Lugilde Torres	DNS				1989	AF	F
	38		Sarela Betanzos Freire	DNS				1997	AF	F
	645		Pepe Mansilla Barreiro	DNS				1988 BEERRUNNERS CORUÑA	AM	M
	1462		Mateo Raíndo Vázquez	DNS				1998	AM	M
	2123	AG2023810	Alberto Trillo Barca	DNS				1986 CLUB ATLETISMO SAR VERMÚ PETRONI	AM	M
	948		Enrique Mendez Martinez	DNS				1974 RUNNERS AMIO	AM	M
	949		Juanito Cano Dequidt	DNS				1966 Espagat	AM	M
	946		Manuel Carbajales Fernandez	DNS				1977	AM	M
	945		Martin Sende Cerdeira	DNS				1976	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Club	Cat	S
						km	Ano			
	131	AG2026651	Ana Oca González	DNS				1978 CLUB ATLETISMO INDEPENDIENTE A ESTRAC	AF	F
	135		Lourdes García Vázquez	DNS				1963	AF	F
	2019	GA765858	Nuno Costa	DNS				1986 TAMBRE BIKE&RUNNING	AM	M
	2015		María Pérez Boente	DNS				2000 CLUB ATLETISMO SANTIAGO	AF	F
	2017		Roberto Trigo Lores	DNS				2000 CLUB ATLETISMO SANTIAGO	AM	M
	2016	GA764825	Pablo Monteagudo Lago	DNS				1999 CLUB ATLETISMO NOIA	AM	M
	2013		Elizabeth Emmanuel Ogala	DNS				1980 k2ordes	AF	F
	1793		Flavia Bellas Noya	DNS				2009	EF	F
	1654		Bruno Ferro Castro	DNS				2009	EM	M
	580		Lara Mosquera Cabanas	DNS				2004	AF	F
	581		Lucía Ordás	DNS				1999 CLUB ATLETISMO SANTIAGO	AF	F
	656		Tobias Betanzos Rego	DNS				1960	AM	M
	654		Brais Yañez Chamosa	DNS				1981	AM	M
	650		Manuel Fernandez Arean	DNS				1958	AM	M
	1995		Brais Mariño Silva	DNS				2008	EM	M
	994		Fernando Alonso Nodar	DNS				1982	AM	M
	999		Daniel González Vilas	DNS				1981	AM	M
	998	AG2016584	Martin Rozas Ramos	DNS				1974 NOITEBRA	AM	M
	126	AG2015250	Vanesa Faro Tellado	DNS				1981 CLUB ATLETISMO MILLARAIO	AF	F
	127	AG769744	Dolores Rey Da Silva	DNS				1977 CLUB ATLETISMO MILLARAIO	AF	F
	2061		Jose Luis Rosende Fuentes	DNS				1981 TAMBRE BIKE&RUNNING	AM	M
	2066		Rafael Cabo	DNS				1968 NOITEBRA	AM	M
	1749		Jacobo Martinez Suarez	DNS				2005	EM	M
	1646		Xiana Chenel Mariño	DNS				2009	EF	F
	1641		Jacobo Lamas López	DNS				2010	EM	M
	1640		Paula Tardío Calvelo	DNS				2010	EF	F
	734		José Antonio Marque Gonzalez	DNS				1981	AM	M
	462		Nerea Balebona Castro	DNS				1994	AF	F
	1274		Juan Carlos Montero Manteiga	DNS				1972	AM	M
	1116		Diego Rama Cordeiro	DNS				1989	AM	M
	264		Susana Felipo García	DNS				1975	AF	F
	2251		Fernando Area Torres	DNS				1969	AM	M
	114		María Martínez Nieto	DNS				1978 ATLETISMO FONTES DO SAR	AF	F
	111	AG2028127	Cristina Torres Hervés	DNS				1999 CLUB ATLETISMO SANTIAGO	AF	F
	119		María Sanchez-osorio Garcia	DNS				1985	AF	F
	2079		Adrián Dios Vicente	DNS				1989	AM	M
	2072		Martín Abelenda López	DNS				1981 CLUB ATLETISMO O PINO	AM	M
	2071	AG11133	Juan Carlos Brandón Rodríguez	DNS				1962 ATLETISMO FONTES DO SAR	AM	M

Carreira Absoluta (5,5 km aprox.)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo Neto	Alameda	Ritmo		Club	Cat	S
						km	Ano			
	2070		Adrián Sánchez	DNS		1986	ATLETISMO MILLADOIRO		AM	M
	2077		Antón Vázquez Camiño	DNS		1991			AM	M
	1632		Miguel Cañizo González-elipe	DNS		2008			EM	M
	1744		David Fernandez-barja López	DNS		2008			EM	M
	1167		Santiago Conde Santos	DNS		1980			AM	M
	1160		José Alfredo Martínez Reneda	DNS		1979			AM	M
	1161		José Luis Sáenz De Santa María Escudero	DNS		1964			AM	M
	47		María José Montoya Tárraga	DNS		1979			AF	F
	41		María Vispo Recouso	DNS		1994			AF	F
	1568		Pablo Rey Ansemil	DNS		2003	ATLETISMO FONTES DO SAR		AM	M
	1295		Miguel Fernandez	DNS		1982			AM	M
	475		Nair Malumbres García	DNS		1993			AF	F
	1362		Jose Maria Pombo Martínez	DNS		1984			AM	M