

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
1	2047		Iago Jopia Astray	00:31:38	00:31:35	3:09	2002 CLUB ATLETISMO CORUÑA COMARCA	1 23M	1 M
2	2029	AG4100	Anton Gomez Gonzalez	00:31:49	00:31:47	3:10	1991 CLUB ATLETISMO TAMBRE	1 SrM	2 M
3	2033	GA768730	Roi Estévez Jueguen	00:31:54	00:31:50	3:11	2000 CLUB ATLETISMO SANTIAGO	2 23M	3 M
4	2030	GA56	Victor Alonso Ares	00:32:34	00:32:31	3:15	1988 VICKY FOODS ATHLETICS	2 SrM	4 M
5	2043		Pablo Camescasse Rouco	00:32:38	00:32:36	3:15	2002 ZAPATILLA VELOZ	3 23M	5 M
6	2031	07207	Adrian Silva Gutierrez	00:32:40	00:32:37	3:16	1988 UNIVERSIDAD DE OVIEDO	3 SrM	6 M
7	2036	GA140	Alvaro Presedo Fraguio	00:32:46	00:32:43	3:16	1985 MARINEDA ATLETICO	1 M1M	7 M
8	2045	AG2027742	Celso Comesaña Pereira	00:33:30	00:33:25	3:21	1988 CLUB DEPORTIVO DELIKIA	4 SrM	8 M
9	2049		Ruben Liñares	00:33:32	00:33:28	3:21	1976	1 M3M	9 M
10	2051		Francisco Pais Fondo	00:33:33	00:33:28	3:21	1994 TRIATLON COSTA DA MORTE	5 SrM	10 M
11	2035	GA768549	Manuel Oliver Pérez López	00:33:35	00:33:31	3:21	1971 CLUB ATLETISMO SAR	1 M4M	11 M
12	2044		Marcos Naya Badallo	00:34:02	00:33:58	3:24	1991	6 SrM	12 M
13	2054		Miguel Vázquez Grela	00:34:16	00:34:11	3:25	1989 Traileros toxos e Birras	7 SrM	13 M
14	2032		Alberto Moris Vieites	00:34:24	00:34:21	3:26	1986 MARINEDA ATLETICO	2 M1M	14 M
15	2041		Mikel Ocerin Vazquez	00:34:26	00:34:24	3:26	1992 Triatlón Arteixo	8 SrM	15 M
16	2034	GA83	Jordi Carrasco Nuñez	00:34:37	00:34:33	3:27	1974 SD COMPOSTELA ATLETISMO	2 M3M	16 M
17	2057		Alejandro Perez Varela	00:34:45	00:34:42	3:28	1994 Triatlón Arteixo	9 SrM	17 M
18	2077	GA524	Marcelo Lanza	00:34:47	00:34:43	3:28	1973 CCA-RIA DE FOZ	3 M3M	18 M
19	2060		Bruno Garcia Cerdeiras	00:34:49	00:34:45	3:28	1972 ATLETAS DE ACEA DE AMA	2 M4M	19 M
20	2078		Antonino Méndez Sánchez	00:34:53	00:34:47	3:29	1984 DALLE GAS RUNNING TEAM	3 M1M	20 M
21	2038		Martin Regueira Rellan	00:34:54	00:34:51	3:29	1994 TERRA DE SONEIRA C.D.	10 SrM	21 M
22	2067		Juan Carlos Rodríguez Torres	00:34:56	00:34:53	3:29	1975	4 M3M	22 M
23	2096	AG2017429	Julio Vázquez Enjamio	00:34:57	00:34:50	3:29	1985 CLUB ATLETISMO BOIMORTO	4 M1M	23 M
24	2104		Damián Álvarez Tajés	00:34:58	00:34:53	3:29	1992	11 SrM	24 M
25	2056	AG2015548	Carlos Iglesias Area	00:35:03	00:34:59	3:30	1981 SAN MIGUEL DE MARIN	1 M2M	25 M
26	2073	GA205	Francisco Javier Maseda Carballo	00:35:03	00:34:59	3:30	1976 MARINEDA ATLETICO	5 M3M	26 M
27	2048		Fernando Vázquez Ares	00:35:03	00:34:59	3:30	1976 ATLETAS DE ACEA DE AMA	6 M3M	27 M
28	2066		Mario Francisco Fernández	00:35:14	00:35:09	3:31	1970	3 M4M	28 M
29	2063	GA659	Roberto Martinez Castro	00:35:26	00:35:23	3:32	1983 CLUB DEPORTIVO PINARIUM	5 M1M	29 M
30	2091	AG11065	Rafael Piñeiro Lestón	00:35:34	00:35:31	3:33	1997 CLUB ATLETISMO CORUÑA COMARCA	12 SrM	30 M
31	2068		Rafa Poupariña Castro	00:35:36	00:35:32	3:33	1985 PASA OU ENTORNA	6 M1M	31 M
32	2071	GA206	Ruben Bregua Chas	00:35:42	00:35:38	3:34	1979 MARINEDA ATLETICO	2 M2M	32 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
33	2064		Pedro Escolante Bilbao	00:35:46	00:35:42	3:34	1980 A D C San Ramón Vilalba	3 M2M	33 M
34	2069	AG766580	Jose Suárez Leis	00:35:57	00:35:53	3:35	1963 CLUB ATLETISMO SAR	1 M5M	34 M
35	2082		Manuel González Nóvoa	00:36:07	00:36:02	3:36	1994 NOSPORTLIMIT	13 SrM	35 M
36	2076	TGAL273	David Pájaro Varela	00:36:11	00:36:05	3:37	1985 ASOCIACIÓN DEPORTIVA CERNE	7 M1M	36 M
37	2079		Jose Gontan Castro	00:36:15	00:36:11	3:37	1972	4 M4M	37 M
38	2070	AG2024188	Miguel Regueira Veiga	00:36:15	00:36:09	3:37	1981 RUNNING OLEIROS	4 M2M	38 M
39	2128		Pablo Piñeiro	00:36:17	00:36:12	3:37	1984	8 M1M	39 M
40	2085	AG2026265	Mateo Torres Neira	00:36:19	00:36:19	3:37	1979 MARINEDA ATLETICO	5 M2M	40 M
41	2087		Txomin Sirera Ibarluzea	00:36:24	00:36:18	3:38	1991	14 SrM	41 M
42	2146		David Díaz Díaz	00:36:27	00:36:18	3:38	1988	15 SrM	42 M
43	2058		Oscar Dieguez Pintor	00:36:31	00:36:25	3:39	1983 ASOCIACIÓN DEPORTIVA CERNE	9 M1M	43 M
44	2037		Thomas Afonso López	00:36:36	00:36:33	3:39	1992 Triatlón Inforhouse Santiago	16 SrM	44 M
45	2107		Matthew Murphy-oconnor	00:36:37	00:36:32	3:39	1981 Go Vegan	6 M2M	45 M
46	2160		Javier Gayoso Paz	00:36:40	00:36:35	3:40	1985 NOSPORTLIMIT	10 M1M	46 M
47	2095		Domingo Presas	00:36:41	00:36:36	3:40	1983 CLUB ATLETISMO BETANZOS	11 M1M	47 M
48	2109	GA59	Marcial Anibal Barca España	00:36:42	00:36:38	3:40	1980 CLUB ATLETISMO O PINO	7 M2M	48 M
49	2075	AG2028396	Roi Barros Corral	00:36:42	00:36:38	3:40	1988 MARINEDA ATLETICO	17 SrM	49 M
50	2092		Diego Santos Blanco	00:36:44	00:36:39	3:40	1984 Club Deportivo Brión Hyupersa Santiago	12 M1M	50 M
51	2106		Héctor Fernández Rabanal	00:36:46	00:36:40	3:40	1986 NOSPORTLIMIT	13 M1M	51 M
52	2050	AG14232	Marcos López Sampedro	00:37:01	00:36:58	3:42	2003 CLUB ATLETISMO SANTIAGO	1 20M	52 M
53	2083		Ivan Gonzalez Fernandez	00:37:02	00:36:56	3:42	1986 LAMARGHA AUTOTODO	14 M1M	53 M
54	2105		Luis Gomez Agras	00:37:04	00:37:00	3:42	1975 PASA OU ENTORNA	7 M3M	54 M
55	2176		Adrian Garabato	00:37:06	00:36:54	3:42	1995 CLUB ATLETISMO SANTIAGO	18 SrM	55 M
56	2086		Manuel Fernández Sánchez	00:37:09	00:37:03	3:42	1988	19 SrM	56 M
57	2098	AG2026832	Pablo Andrés Lema Pérez	00:37:09	00:37:04	3:42	1967 RUNNING OLEIROS	2 M5M	57 M
58	2132		Diego Bello Yañez	00:37:11	00:37:03	3:43	1989	20 SrM	58 M
59	2143	AG2020673	Rubén Sesar Vázquez	00:37:17	00:37:07	3:43	1990 CLUB ATLETISMO BOIMORTO	21 SrM	59 M
60	2119		Giovani García Estévez	00:37:23	00:37:17	3:44	1985 NOSPORTLIMIT	15 M1M	60 M
61	2115		Fernando Casas Bello	00:37:26	00:37:19	3:44	1985	16 M1M	61 M
62	2189	GA807	Pablo Fernández Díaz	00:37:41	00:37:28	3:46	2003 CLUB ATLETISMO RIBADEO	2 20M	62 M
63	2100	GA630	Serafín Rodríguez Rodríguez	00:37:50	00:37:40	3:47	1973 CORREDORES DO MIÑO	8 M3M	63 M
64	2162		Pablo Álvarez Ramos	00:37:53	00:37:43	3:47	1983 CLUB DE ATLETISMO BURELA	17 M1M	64 M
65	2093	AG9904	Anxo Carreira Casais	00:37:56	00:37:51	3:47	1994 CCA RÍA DE FOZ	22 SrM	65 M
66	2220		Víctor Iván Simón	00:37:57	00:37:42	3:47	1998	23 SrM	66 M
67	2138		Iago Senín Fernández	00:38:02	00:37:53	3:48	2003	3 20M	67 M
68	2089		Hugo De La Vega López	00:38:03	00:37:56	3:48	1977	9 M3M	68 M
69	2130	AG14574	Juan Carlos Monteagudo Ferreira	00:38:03	00:37:53	3:48	1980 RUNMANIAK BOX001 OURENSE	8 M2M	69 M
70	2117		Roberto López Sobrado	00:38:06	00:38:06	3:48	1976 Nosportlimit	10 M3M	70 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
71	2046	GA766086	Ramon Serantes Gomez	00:38:06	00:38:03	3:48	1968 MARINEDA ATLETICO	5 M4M	71 M
72	2136		Junior Javier Vazquez Grela	00:38:07	00:37:58	3:48	1982 Toxos e Birras	18 M1M	72 M
73	2808		Nacho Moreira Silva	00:38:08	00:38:02	3:48	1995 Triatlón Arteixo	24 SrM	73 M
74	2097		José Losada Pérez	00:38:11	00:38:05	3:49	1978 DREAM TEAM	9 M2M	74 M
75	3420		Adrián Castillo Zapata	00:38:12	00:38:03	3:49	1995	25 SrM	75 M
76	2147		Adrián Varela Sanz	00:38:14	00:38:07	3:49	1984	19 M1M	76 M
77	2141		Jose Manuel Blanco Leston	00:38:15	00:38:10	3:49	1985 OLIMPIA	20 M1M	77 M
78	2133		Miguel Rodríguez Ferreiro	00:38:16	00:38:09	3:49	1989 Lamargha-Autotodo	26 SrM	78 M
79	2198		Mario Rouco Rey	00:38:17	00:38:07	3:49	1982 Club de Montaña O Caxado.	10 M2M	79 M
80	2181		Rodrigo Mancera	00:38:19	00:38:12	3:49	1983	21 M1M	80 M
81	2127		Manuel Rodriguez Fernandez	00:38:31	00:38:26	3:51	1983 KURAI	22 M1M	81 M
82	2229		Miguel Angel Lopez Cid	00:38:37	00:38:27	3:51	1971	6 M4M	82 M
83	2169		Marcos Naveira Fandiño	00:38:39	00:38:33	3:51	1985 LUGO RUNNING CLUB	23 M1M	83 M
84	2142		Maciej Piosik	00:38:45	00:38:40	3:52	1981	11 M2M	84 M
85	2135		Antonio Fernández Conde	00:38:47	00:38:41	3:52	1965	3 M5M	85 M
86	2148		Jose Luis Martinez Vicente	00:38:48	00:38:41	3:52	1976	11 M3M	86 M
87	2192		Diego Dopico Galdo	00:38:51	00:38:41	3:53	1986 Óxido Zero Training Club	24 M1M	87 M
88	2170		Jorge García Arroyo	00:38:54	00:38:43	3:53	1999	27 SrM	88 M
89	2158		Manuel Gil Castro	00:38:54	00:38:44	3:53	1983 C.A. Ría de Foz	25 M1M	89 M
90	2195	GA805	Yago Freije Mariño	00:38:56	00:38:43	3:53	1999 CLUB ATLETISMO RIBADEO	28 SrM	90 M
91	2203		Juan Chao Martinez	00:39:01	00:39:01	3:54	1989	29 SrM	91 M
92	2237		David Mosquera García	00:39:07	00:38:54	3:54	1993	30 SrM	92 M
93	2003		María Jesús Conde Rodriguez	00:39:07	00:39:07	3:54	1983	1 M1F	1 F
94	2137		Pedro Pacho Gonzalez Lago	00:39:07	00:39:03	3:54	1968 Run4one	7 M4M	93 M
95	2090		Carlos Santos Martinez	00:39:13	00:39:06	3:55	1975 Sieiro Running	12 M3M	94 M
96	2159	TGAL259	Jose María Fernandez Lopez	00:39:14	00:39:04	3:55	1969 RUNNING OLEIROS	8 M4M	95 M
97	2122		Miguel Gómez Senín	00:39:14	00:39:04	3:55	1976 RUNNING OLEIROS	13 M3M	96 M
98	2094		Cesar Barrios Gonzalez	00:39:21	00:39:14	3:56	1971 ATLETAS DE ACEA DE AMA	9 M4M	97 M
99	2184		Francisco Santiso Lopez	00:39:21	00:39:15	3:56	1978	12 M2M	98 M
100	2004	GA100	Andrea Iglesias Carballido	00:39:24	00:39:20	3:56	1989 ATHLETICS FISIOTERAPIA SAN LÁZARO	1 SrF	2 F
101	3405		Eduardo Bermeo	00:39:24	00:39:18	3:56	1985 tren naval	26 M1M	99 M
102	2234	GA765361	Lorenzo Sánchez Marcos	00:39:39	00:39:34	3:57	1964 RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	4 M5M	100 M
103	2178		Manuel Jesús Bello Mariño	00:39:47	00:39:37	3:58	1982	13 M2M	101 M
104	2123		Fernando Pérez Hernández	00:39:49	00:39:38	3:58	1969	10 M4M	102 M
105	2248		Daniel Nogueira Carro	00:39:52	00:39:38	3:59	1986 NoSportLimit	27 M1M	103 M
106	2108		Gonzalo Balay Losada	00:39:52	00:39:47	3:59	1992 Nosportlimit	31 SrM	104 M
107	2254		Juan Manuel Fiorelli Dieguez	00:39:56	00:39:46	3:59	1974	14 M3M	105 M
108	2266		Carlos Ojea Castro	00:39:58	00:39:50	3:59	1974 NOSPORTLIMIT	15 M3M	106 M

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Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
109	2193		Enrique Santos Lorenzo	00:39:59	00:39:49	3:59	1971 TERRA DE SONEIRA	11 M4M	107 M
110	2177		José Luis Freire Regueiro	00:40:05	00:39:55	4:00	1974 Corre por Begonte	16 M3M	108 M
111	2173	AG2014300	Juan Carlos Bardanca Sanjurjo	00:40:07	00:39:49	4:00	1970 CLUB ATLETISMO SADA	12 M4M	109 M
112	2144		Antonio Illobre Jiménez	00:40:14	00:40:03	4:01	1975 CLUB ATLETISMO SADA	17 M3M	110 M
113	2065		Damián Martínez Sánchez	00:40:14	00:40:11	4:01	1996 Triatlón Inforhouse Santiago	32 SrM	111 M
114	2304		Francisco Xavier Fernández De Rota Irimi	00:40:15	00:40:03	4:01	1981	14 M2M	112 M
115	2131		David Gómez Agras	00:40:16	00:40:07	4:01	1979 Triatlón Ferrol	15 M2M	113 M
116	2227		Francisco José Delgado Montes	00:40:17	00:40:06	4:01	1983	28 M1M	114 M
117	2020	AG15410	Nerea Sanchez Rocha	00:40:17	00:40:11	4:01	1988	2 SrF	3 F
118	3450	GA716983	Julia Vaquero Sousa	00:40:20	00:40:15	4:02	1970 SD COMPOSTELA ATLETISMO	1 M4F	4 F
119	2280		Oscar Amado Fonseca	00:40:23	00:40:16	4:02	1978 Opa ferrol team running	16 M2M	115 M
120	2009	GA150068	Esther Pedrosa	00:40:23	00:40:18	4:02	1961 ATLETISMO PLAYAS CASTELLON	1 M6F	5 F
121	2179	TGAL135	José Antonio García Méndez	00:40:30	00:40:20	4:03	1976 ASOCIACIÓN DEPORTIVA CERNE	18 M3M	116 M
122	2002		Karina Yevtushenko	00:40:36	00:40:25	4:03	1996 Triatlón Arteixo	3 SrF	6 F
123	2126		Marcos Del Rio	00:40:37	00:40:26	4:03	1993 Noclub	33 SrM	117 M
124	2186		Manuel Ángel Casal Pena	00:40:38	00:40:28	4:03	1979 Escola Atletismo Paula Mayobre	17 M2M	118 M
125	2174		Pablo Ruiz Bañobre	00:40:39	00:40:27	4:03	1984	29 M1M	119 M
126	2218	TGAL130	Rafael Sabiofernández	00:40:41	00:40:30	4:04	1966 OS CORZOS DO ORTEGAL	5 M5M	120 M
127	2103		Alberto Castro Sánchez	00:40:42	00:40:34	4:04	1979 ATLETAS DE ACEA DE AMA	18 M2M	121 M
128	2214		Aquilino Abeal Perez	00:40:42	00:40:31	4:04	1970	13 M4M	122 M
129	2145		Julián José Gesto Caabeiro	00:40:42	00:40:33	4:04	1960 RUNNING OLEIROS	1 M6M	123 M
130	2180	AG2021345	Xoán Galán Presas	00:40:44	00:40:34	4:04	1969 CLUB ATLETISMO SADA	14 M4M	124 M
131	2001		Monica Granero Otero	00:40:45	00:40:42	4:04	1981 CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIV	1 M2F	7 F
132	2028		Adrian Amado Alvarez	00:40:56	00:40:48	4:05	1990 Sin club	34 SrM	125 M
133	2161		Félix Roget Pérez	00:41:03	00:40:52	4:06	1981 TERRA DE SONEIRA	19 M2M	126 M
134	2374	GA755	Manuel Cañas García	00:41:03	00:40:54	4:06	1980 CLUB ATLETISMO SADA	20 M2M	127 M
135	2230		Domingo Álvarez Rodriguez	00:41:05	00:40:54	4:06	1956 BURGAS ATLETISMO OURENSE	1 M7M	128 M
136	2175		José Manuel Casás Casás	00:41:05	00:40:57	4:06	1978	21 M2M	129 M
137	2273		Miguel Marrozos López	00:41:08	00:40:57	4:06	1978	22 M2M	130 M
138	2315		Brian Insua Asorey	00:41:12	00:40:59	4:07	1987	30 M1M	131 M
139	2245		Pedro Pablo Lorenzo Díaz	00:41:13	00:41:05	4:07	1975 Nosportlimit	19 M3M	132 M
140	2256		Daniel Sánchez	00:41:14	00:41:07	4:07	1992	35 SrM	133 M
141	2200		Raul Martin Valencia	00:41:15	00:40:03	4:07	1992	36 SrM	134 M
142	2369		Ismael Veiga Balseiro	00:41:18	00:41:08	4:07	1992	37 SrM	135 M
143	2016		Nuria Pastor	00:41:19	00:41:14	4:07	1966 LUGO RUNNING CLUB	1 M5F	8 F
144	2302		Anselmo Castiñeiras Verdes	00:41:23	00:41:04	4:08	1974	20 M3M	136 M
145	2301		Diego Vázquez Pérez	00:41:24	00:41:10	4:08	1984	31 M1M	137 M
146	2223		Alejandro Vazquez Deibe	00:41:26	00:41:06	4:08	1989	38 SrM	138 M

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Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
147	2246		Jesus Vazquez Rodriguez	00:41:26	00:41:21	4:08 1956	2 M7M	139 M
148	2204	AG766360	Miguel Ángel Fernández Casal	00:41:27	00:41:12	4:08 1966	6 M5M	140 M
149	2017	GA121	Natalia Rivas Suarez	00:41:29	00:41:24	4:08 1977 CLUB ATLETISMO O PINO	2 M2F	9 F
150	2830		Ramón Wirz Rivera	00:41:33	00:41:16	4:09 1988 HÉRCULES ATLETISMO	39 SrM	141 M
151	2140		Raul Paredes Pastor	00:41:34	00:41:16	4:09 1989	40 SrM	142 M
152	2264		Roberto Perez Castro	00:41:34	00:41:23	4:09 1991 ASOCIACIÓN DEPORTIVA CERNE	41 SrM	143 M
153	2163	AG2024664	Manuel Vazquez Ramos	00:41:34	00:41:25	4:09 1970 CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIV	15 M4M	144 M
154	2277		Santiago Cotos Castro	00:41:35	00:41:20	4:09 1985	32 M1M	145 M
155	2241		Diego Pita Garcia	00:41:39	00:41:28	4:09 1996 Os corzos do ortegal	42 SrM	146 M
156	2373		Jorge Cebey Gonzalez	00:41:41	00:41:15	4:10 1993	43 SrM	147 M
157	2259		Antón Fraga García	00:41:43	00:41:37	4:10 1996	44 SrM	148 M
158	3382		Pablo Rivas Oliveira	00:41:43	00:41:37	4:10 1981	23 M2M	149 M
159	2636		Noelia Souto Romero	00:41:44	00:40:36	4:10 1990	4 SrF	10 F
160	2014	GA202339	Angela Torrente Insua	00:41:45	00:41:38	4:10 1979 AD NAUTICO NARÓN	3 M2F	11 F
161	2251		Jose Antonio Fernandez Vazquez	00:41:45	00:41:33	4:10 1976	21 M3M	150 M
162	2052		Cayetano Garcia Blanco	00:41:46	00:41:40	4:10 1988 AGRUPACION DEPORTIVA PORTO DO SON	45 SrM	151 M
163	2253		Enrique Roel Fraga	00:41:48	00:41:36	4:10 1991	46 SrM	152 M
164	2238		Marcos Castro Ibáñez	00:41:49	00:41:35	4:10 2002	4 23M	153 M
165	2268		Modesto Lusquiños García	00:41:49	00:41:30	4:10 1967 Nosportlimit	16 M4M	154 M
166	2194		Héctor Rodríguez Cagiao	00:41:52	00:41:31	4:11 1980	24 M2M	155 M
167	2257		Marcos Lodeiro Lopez	00:41:54	00:41:54	4:11 1972 RONAWAYS	17 M4M	156 M
168	2375		Fernando Varela Castro	00:41:57	00:41:50	4:11 1990 No tengo club	47 SrM	157 M
169	2265		Nacho Campos Niño	00:41:58	00:41:47	4:11 1973	22 M3M	158 M
170	2270		Manuel Regueira Ferro	00:42:00	00:41:48	4:12 1970	18 M4M	159 M
171	2021	AG2026485	Tere Parrado Pinaque	00:42:01	00:41:57	4:12 1990 CLUB ATLETISMO SANTIAGO	5 SrF	12 F
172	2398		Dario Noya Cereijo	00:42:01	00:41:23	4:12 1988	48 SrM	160 M
173	3407		Esteban Sendón Rodríguez	00:42:05	00:41:48	4:12 1996	49 SrM	161 M
174	2289		Jorge Suárez Fernández	00:42:07	00:41:53	4:12 1975 PASA OU ENTORNA	23 M3M	162 M
175	2010		María Ferreiro Pérez	00:42:08	00:42:01	4:12 1985 BURGAS ATLETISMO OURENSE	2 M1F	13 F
176	2278		Jose Angel Fernandez Morillo	00:42:08	00:41:53	4:12 1979 ANICIU-TRIatlónALtoNALón	25 M2M	163 M
177	2311		Jorge Borrazas Lariño	00:42:13	00:41:55	4:13 1989	50 SrM	164 M
178	2587		Gabriel Gonzalez Barbeito	00:42:13	00:41:55	4:13 1996	51 SrM	165 M
179	2239		Víctor Castro Segade	00:42:19	00:42:05	4:13 1978 ASOCIACIÓN DEPORTIVA CERNE	26 M2M	166 M
180	2207		Alejandro Abel Prado	00:42:23	00:42:07	4:14 1988 CORREDORES DO MIÑO	52 SrM	167 M
181	2236		Dani Curros	00:42:25	00:42:07	4:14 1982	27 M2M	168 M
182	2185	TGAL142	Xabier Varela López	00:42:28	00:42:14	4:14 1974 ASOCIACIÓN DEPORTIVA CERNE	24 M3M	169 M
183	2306		Fernando Suarez	00:42:28	00:42:13	4:14 1980 CLUB CICLISTA RIAZOR	28 M2M	170 M
184	2012		Ines Iglesias Hervella	00:42:31	00:42:24	4:15 1979 Leonesa	4 M2F	14 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
185	2210		Santiago García Bello	00:42:32	00:42:22	4:15 1967 Independiente	7 M5M 171 M	
186	2233		Jesús Blanco Pérez	00:42:33	00:42:22	4:15 1986	33 M1M 172 M	
187	2187		Gonzalo Gómez Barral	00:42:34	00:42:22	4:15 2000	5 23M 173 M	
188	2153		Miguel Ángel Alonso Sánchez	00:42:35	00:42:21	4:15 1975	25 M3M 174 M	
189	2260		Pablo Alvarez Carreiro	00:42:35	00:42:24	4:15 1991	53 SrM 175 M	
190	2040		Joaquin Sangiovanni Lorenzo	00:42:38	00:42:33	4:15 1991	54 SrM 176 M	
191	2007		Uxia García Díaz	00:42:39	00:42:34	4:15 1992 MARINEDA ATLETICO	6 SrF 15 F	
192	2391		Luis Angel Castelo Sanchez	00:42:40	00:42:21	4:16 1969	19 M4M 177 M	
193	3379		André Pan	00:42:43	00:42:27	4:16 1991	55 SrM 178 M	
194	2282		Marcos Amenedo Lago	00:42:46	00:42:30	4:16 1978	29 M2M 179 M	
195	2283		Pedro Baranga Ares	00:42:48	00:42:41	4:16 1977 ATLETAS DE ACEA DE AMA	26 M3M 180 M	
196	2515		Victor Pollan No	00:42:49	00:42:35	4:16 1984	34 M1M 181 M	
197	2337 GA2023		Conchy Prada Hernández	00:42:51	00:42:11	4:17 1976 ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	1 M3F 16 F	
198	2292		Pablo Prada Hernandez	00:42:52	00:42:10	4:17 1982 Adas proinor	35 M1M 182 M	
199	2524		Daniel Barbeito Fernández	00:42:55	00:42:28	4:17 1989 LA MOCHILA DEL DEPORTE	56 SrM 183 M	
200	2196		Javier Villamisar Vázquez	00:42:56	00:42:46	4:17 1994 Club Hércules Termaria	57 SrM 184 M	
201	2151		Alvaro Cimarras	00:42:58	00:42:47	4:17 1980 No sport limit	30 M2M 185 M	
202	2495		Juan José Gómez Cortés	00:42:58	00:42:44	4:17 1973	27 M3M 186 M	
203	2471		Gonzalo Diaz	00:43:02	00:42:21	4:18 1995	58 SrM 187 M	
204	2293		Óscar Fondo Suárez	00:43:04	00:42:43	4:18 1982 NOSPORTLIMIT	36 M1M 188 M	
205	2317		Jose Luis Garcia Rodriguez	00:43:08	00:42:55	4:18 1976 CLUB ATLETISMO SADA	28 M3M 189 M	
206	2271		Raul Hoyuelos Aranda	00:43:16	00:43:08	4:19 1969 HERMANDAD RUNNER CLUB	20 M4M 190 M	
207	2242		Jesús Cebreiros González	00:43:17	00:43:06	4:19 1975	29 M3M 191 M	
208	2157 AG2014434		Pablo Montenegro Rey	00:43:21	00:43:07	4:20 1983 MARINEDA ATLETICO	37 M1M 192 M	
209	2191		Hugo Seijo Naveira	00:43:22	00:43:10	4:20 1995	59 SrM 193 M	
210	2005		Elena Sánchez-barbudo Miranda	00:43:23	00:43:16	4:20 1976 KITROC RUNNER	2 M3F 17 F	
211	2164		Pablo Grandío Noche	00:43:23	00:43:07	4:20 1985	38 M1M 194 M	
212	2387		Marcos Méndez Vázquez	00:43:24	00:43:03	4:20 1978 NO SPORT LIMIT	31 M2M 195 M	
213	2296		Javier Fernández Martínez	00:43:25	00:43:14	4:20 1973	30 M3M 196 M	
214	2370		Urbano Landrove Rodriguez	00:43:28	00:43:17	4:20 1973 Trieume	31 M3M 197 M	
215	2125		Anxo Meizoso Permui	00:43:28	00:43:17	4:20 1981 Triatlón Arteixo	32 M2M 198 M	
216	2346		Beatriz Muíño Vidal	00:43:31	00:43:24	4:21 1983	3 M1F 18 F	
217	2279		Raul Fernández Casco	00:43:34	00:43:20	4:21 1976 ANICIU-TRIATLON ALTO NALON	32 M3M 199 M	
218	2363		Fernando Sanguinetti Rodríguez	00:43:35	00:43:25	4:21 1991	7 SrF 19 F	
219	2487		Sergio Castro Garcia	00:43:35	00:42:53	4:21 2003	4 20M 200 M	
220	2418		Pablo Etchevers Rodriguez	00:43:40	00:43:17	4:22 1993	60 SrM 201 M	
221	2209 AG9426		Iván Velázquez Chozas	00:43:44	00:43:24	4:22 1981 LA MOCHILA DEL DEPORTE	33 M2M 202 M	
222	2269		Jorge Díaz Villalba	00:43:45	00:43:32	4:22 1979 ATLETAS DE ACEA DE AMA	34 M2M 203 M	

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
223	2309		Tomás González Vidal	00:43:46	00:43:31	4:22 1995	61 SrM	204 M
224	3428		Eduardo J Pérez Vecino	00:43:48	00:43:19	4:22 1977	35 M2M	205 M
225	3451		Roberto Montes Tejido	00:43:48	00:43:41	4:22 1974	33 M3M	206 M
226	2964		Antonio Galan Triana	00:43:50	00:42:57	4:23 1978 NOSPORTLIMIT	36 M2M	207 M
227	2219		Sergio Ares Nogueira	00:43:50	00:43:37	4:23 1993 CLUB ATLETISMO BOIMORTO	62 SrM	208 M
228	2343		Alba Méndez Dumont	00:43:50	00:43:37	4:23 2002	1 23F	20 F
229	2414		Manuel Fontenla Muiño	00:43:51	00:43:32	4:23 1963 ATLETAS DE ACEA DE AMA	8 M5M	209 M
230	2228		Manuel González Santamaria	00:43:53	00:43:42	4:23 1954	3 M7M	210 M
231	2451		Xavier Paredes Carnero	00:43:56	00:43:24	4:23 1982	37 M2M	211 M
232	2024		Fanny Abelenda Pose	00:43:57	00:43:48	4:23 1989 TRIATLÓN ARTEIXO	8 SrF	21 F
233	2437		Javier Bermúdez Pombo	00:43:57	00:43:43	4:23 1980 Traileros Toxosbirras	38 M2M	212 M
234	2022		Tania García Novo	00:44:00	00:43:53	4:24 1984 CLUB MONTE PENA RUBIA	4 M1F	22 F
235	2611		Manuel Cajide Otero	00:44:06	00:43:21	4:24 1987	39 M1M	213 M
236	2485		Manuel Carreira	00:44:11	00:43:51	4:25 1981	39 M2M	214 M
237	2368		Alberto Manuel Moscoso Cambre	00:44:11	00:43:30	4:25 1972	21 M4M	215 M
238	2324		Elena Suárez Gesto	00:44:11	00:44:02	4:25 1984	5 M1F	23 F
239	2023 AG10870		Rosalía López López	00:44:12	00:44:06	4:25 1987 LUGO RUNNING CLUB	9 SrF	24 F
240	3342		Ruben Nogueira Couto	00:44:15	00:43:51	4:25 1980	40 M2M	216 M
241	2399 AG15066		Cristian Riomayor Rodriguez	00:44:17	00:44:04	4:25 1988 CLUBE ATLETISMO SERRES RUNNERS	63 SrM	217 M
242	2334		Nadia Mrimiche Mrimiche	00:44:19	00:44:07	4:25 1978 ATLETAS DE ACEA DE AMA	5 M2F	25 F
243	2288		Antonio García Bello	00:44:19	00:44:08	4:25 1959 ATLETAS DE ACEA DE AMA	2 M6M	218 M
244	2171 AG2025163		Antonio Matalobos Bustelo	00:44:22	00:44:05	4:26 1978 CLUB DEPORTIVO BRION HYUPERSA SANTIAGO	41 M2M	219 M
245	2258		David Iglesias Lopez Del Moral	00:44:22	00:44:05	4:26 1988	64 SrM	220 M
246	2307		Fernando Martínez Rodríguez	00:44:22	00:44:06	4:26 1975	34 M3M	221 M
247	2483 TGAL141		José Manuel Pampin Fuciños	00:44:24	00:43:49	4:26 1962 ASOCIACIÓN DEPORTIVA CERNE	9 M5M	222 M
248	3410		Darío Pazos Pose	00:44:24	00:44:00	4:26 1997	65 SrM	223 M
249	2285 AG2016699		Julio J. Souto Diz	00:44:24	00:44:05	4:26 1964 CLUB ATLETISMO SADA	10 M5M	224 M
250	2467		Paul Kellsall	00:44:25	00:43:47	4:26 1976	35 M3M	225 M
251	2642		Pilar Cainzos Pan	00:44:26	00:44:06	4:26 1964 CLUB ATLETISMO SADA	2 M5F	26 F
252	2393		Francisco Roca López	00:44:26	00:44:06	4:26 1962	3 M6M	226 M
253	2074		Ramón Miguéns Lago	00:44:26	00:44:07	4:26 1978	42 M2M	227 M
254	2838		Roberto García Viñas	00:44:29	00:44:10	4:26 1980	43 M2M	228 M
255	3343		Carlos Amor Gómez	00:44:30	00:44:10	4:27 1970 CLUB ATLETISMO SADA	22 M4M	229 M
256	3038		Adrien Dussaux	00:44:30	00:43:54	4:27 1986	40 M1M	230 M
257	2206		Luis Carral Sánchez	00:44:31	00:43:49	4:27 1972	36 M3M	231 M
258	2225		Brais Pita Martinez	00:44:32	00:44:17	4:27 1986	41 M1M	232 M
259	2025 GA7767		Pilar Barreiro Senra	00:44:35	00:44:28	4:27 1971 CLUB ATLETISMO SADA	2 M4F	27 F
260	2281		Juan Méndez López	00:44:38	00:44:24	4:27 1969	23 M4M	233 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
261	2006		Amira Simón Martínez	00:44:39	00:44:31	4:27	1989 Club triatlón coruña	10 SrF	28 F
262	2275		Alberto Silvariño Mallón	00:44:40	00:44:33	4:28	1995	66 SrM	234 M
263	2503		Leonardo David De Lima Cabello	00:44:41	00:44:23	4:28	1996 Club Hércules Termaria	67 SrM	235 M
264	2332		Julia López Rebollido	00:44:46	00:44:19	4:28	1995 Kurai	11 SrF	29 F
265	2802		Daniel López García	00:44:47	00:44:20	4:28	1989 KURAI	68 SrM	236 M
266	2559		Gonzalo Souto Romero	00:44:47	00:44:19	4:28	1971	24 M4M	237 M
267	2553		David Pedreira Mato	00:44:49	00:44:14	4:28	1985	42 M1M	238 M
268	2443		David Nóvoa Sequeiros	00:44:50	00:44:13	4:29	1992	69 SrM	239 M
269	3401		Jorge Pousa Rios	00:44:52	00:44:07	4:29	1983	43 M1M	240 M
270	2402		Fernando Caride	00:44:53	00:44:38	4:29	1986	44 M1M	241 M
271	2533		Oscar Fernandez Andrade	00:44:56	00:44:16	4:29	1972	25 M4M	242 M
272	2407		Rafael Carrasco Del Pozo	00:44:56	00:44:23	4:29	1977	37 M3M	243 M
273	2842		Miguel Pita Ordóñez	00:44:58	00:44:28	4:29	1992	70 SrM	244 M
274	2216		Marcos Suarez Gutierrez	00:44:58	00:44:28	4:29	1993 RUNNER4LIFE	71 SrM	245 M
275	3400		Brais Mosteiro Garcia	00:45:00	00:44:45	4:30	1980	44 M2M	246 M
276	2224		Alfonso Sánchez García	00:45:01	00:44:48	4:30	1971	26 M4M	247 M
277	2347		Maria Elva Mendez Lopez	00:45:06	00:44:55	4:30	1967	3 M4F	30 F
278	2120		Alfonso Garcia Bello	00:45:09	00:44:59	4:30	1966 Independiente	11 M5M	248 M
279	2861		Enrique Souto Facal	00:45:10	00:44:33	4:31	1957	4 M7M	249 M
280	2211		Carlos Aurelio Ruiz Rivera	00:45:11	00:44:03	4:31	1978	45 M2M	250 M
281	2308		Alberto Marticorena Rodríguez	00:45:12	00:44:52	4:31	1983	45 M1M	251 M
282	2231		Ramon Seoane Garcia	00:45:13	00:44:56	4:31	1957	5 M7M	252 M
283	2379		Javier Domínguez Negreira	00:45:16	00:44:36	4:31	1996	72 SrM	253 M
284	2534 AG14180		Fernando Trillo Carlín	00:45:16	00:44:41	4:31	1968 A.D. FOGAR CARBALLO	27 M4M	254 M
285	2295		Joaquín Doacmpo García	00:45:19	00:45:19	4:31	1981	46 M2M	255 M
286	2417		Jose Carlos Freire Salorio	00:45:21	00:44:58	4:32	1980	47 M2M	256 M
287	2481		Alfonso González García	00:45:23	00:44:45	4:32	1974	38 M3M	257 M
288	2506		Martín Gómez Bergondo	00:45:23	00:44:55	4:32	1984 RANNASS	46 M1M	258 M
289	2018 AG14321		Soledad Leiro Lopez	00:45:24	00:45:11	4:32	1973 SAN MIGUEL DE MARIN	3 M3F	31 F
290	2276		Francisco Cabanas Sanchez	00:45:24	00:44:51	4:32	1989 Nosportlimit	73 SrM	259 M
291	2389		José Manuel Roca Rodríguez	00:45:24	00:44:52	4:32	1975	39 M3M	260 M
292	2505		Alfonso Lopez Vazquez	00:45:27	00:44:58	4:32	1970	28 M4M	261 M
293	2457		Oscar Milan Sanz	00:45:35	00:44:46	4:33	1996	74 SrM	262 M
294	3417		Jose Ramón Rodríguez Camino	00:45:36	00:45:16	4:33	1993	75 SrM	263 M
295	3416		Gabriel Garrido González	00:45:36	00:45:17	4:33	1993	76 SrM	264 M
296	2419		Jose Angel Vilasuso Gayoso	00:45:36	00:45:08	4:33	1970	29 M4M	265 M
297	2272		Constantino Real Rodriguez	00:45:37	00:45:21	4:33	1965 club del corredor	12 M5M	266 M
298	2423		Oscar Ruben Nogueira Pedreira	00:45:37	00:45:03	4:33	1974 nosportlimit	40 M3M	267 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
299	2868		Marcos Pérez	00:45:38	00:44:49	4:33	1986 NoSportLimit	47 M1M 268 M	
300	2262		Ismael Ponce Pendón	00:45:40	00:45:25	4:34	1985 Club Hércules Termaria	48 M1M 269 M	
301	2319 GA814		Marta Fernández Díaz	00:45:41	00:45:12	4:34	1999 CLUB ATLETISMO RIBADEO	12 SrF 32 F	
302	2367		Diego Ferreiro Rodriguez	00:45:44	00:45:05	4:34	1978	48 M2M 270 M	
303	2202		Luis Voces Rebordinos	00:45:46	00:45:35	4:34	1968	30 M4M 271 M	
304	2540		Abel Antón Otero Castro	00:45:47	00:45:11	4:34	1992	77 SrM 272 M	
305	2247		Javier Núñez Barreras	00:45:48	00:45:33	4:34	1970	31 M4M 273 M	
306	2456		Steven Spadaffora Cediél	00:45:49	00:45:04	4:34	1989	78 SrM 274 M	
307	2291		Rullar Garrido Pose	00:45:51	00:45:33	4:35	1972	32 M4M 275 M	
308	3427		Daniel Cid López	00:45:52	00:45:02	4:35	1996	79 SrM 276 M	
309	2415		Adrián López Villaverde	00:45:53	00:45:33	4:35	1985	49 M1M 277 M	
310	2166		Iván Palleiro Pérez	00:45:54	00:45:37	4:35	1984 Garrapucho	50 M1M 278 M	
311	2384		Daniel Losada González	00:45:55	00:45:17	4:35	1969 Triatlón Arteixo	33 M4M 279 M	
312	2567		Vicente Fernández Bermúdez	00:45:55	00:45:18	4:35	1976 HÉRCULES ATLETISMO	41 M3M 280 M	
313	2794		Carlos Alvedro Fernández	00:45:57	00:45:16	4:35	1973	42 M3M 281 M	
314	2585		Javier Marcote Vázquez	00:45:57	00:45:30	4:35	1993	80 SrM 282 M	
315	2512		Nacho Olveira	00:45:58	00:45:20	4:35	1975	43 M3M 283 M	
316	2486		Domingo Miguel Arias	00:45:58	00:45:46	4:35	1964 ATLETAS DE ACEA DE AMA	13 M5M 284 M	
317	2377		Pablo Pereda Fernandez	00:45:59	00:45:29	4:35	1975	44 M3M 285 M	
318	2479		Marcos Ordóñez Rodríguez	00:46:00	00:45:21	4:36	1975 ATLETAS DE ACEA DE AMA	45 M3M 286 M	
319	2376		Adrián Piñeiro Armental	00:46:01	00:45:41	4:36	2003	5 20M 287 M	
320	2535		Carlos Sanchez-matamoros Mesa	00:46:03	00:45:24	4:36	1987	51 M1M 288 M	
321	2822		Julio César Fernández Rodríguez	00:46:03	00:45:09	4:36	1961	4 M6M 289 M	
322	2546		Aitor Calviño Garcia	00:46:03	00:45:21	4:36	1986 Club Cervecería O Cotón Negreira	52 M1M 290 M	
323	2313		Cesar Vazquez Sobrino	00:46:04	00:45:50	4:36	1976	46 M3M 291 M	
324	3280		Alvaro Marrero Lopez	00:46:05	00:44:50	4:36	1985	53 M1M 292 M	
325	2019		Helena Pérez González	00:46:06	00:46:00	4:36	1981 BURGAS ATLETISMO OURENSE	6 M2F 33 F	
326	2155		Daniel Mosquera Portas	00:46:07	00:44:52	4:36	1989	81 SrM 293 M	
327	2579		Javier De La Viuda Iglesias	00:46:07	00:45:30	4:36	1976 HÉRCULES ATLETISMO	47 M3M 294 M	
328	2400 AG2028310		David Escalante	00:46:07	00:45:19	4:36	1986 NOITEBRA	54 M1M 295 M	
329	2531		Emilio Alcala-zamora Canel	00:46:08	00:45:31	4:36	1967 CLUB HERCULES TERMARIA	14 M5M 296 M	
330	2489		Ricardo Villar Ferrer	00:46:09	00:45:27	4:36	1979	49 M2M 297 M	
331	3049		José Manuel Peteiro Lozano	00:46:10	00:45:51	4:37	1965 RUNNING OLEIROS	15 M5M 298 M	
332	2428		Manuel Lopez Roibas	00:46:11	00:45:57	4:37	1962	5 M6M 299 M	
333	2602		Cesar Diego	00:46:11	00:46:00	4:37	1977 sin club	48 M3M 300 M	
334	2243		Roberto Rey López	00:46:13	00:46:03	4:37	1983	55 M1M 301 M	
335	2411		Alfonso Botana Castelo	00:46:14	00:45:55	4:37	1972 ATLETAS DE ACEA DE AMA	49 M3M 302 M	
336	3429		Xabier Rodríguez Orosa	00:46:15	00:45:45	4:37	1988	82 SrM 303 M	

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
337	2410		Giovanni Lazari	00:46:18	00:45:47	4:37	1972	50 M3M	304 M
338	2201		Pablo Gonzalez Muiña	00:46:19	00:46:11	4:37	1985 CELERIN ATLETISMO	56 M1M	305 M
339	2439		Reynaldo Botana Jiménez	00:46:21	00:46:10	4:38	1974	51 M3M	306 M
340	2491		Yves Ronchetti	00:46:22	00:45:41	4:38	1963	16 M5M	307 M
341	2441		Emilio Fernandez Rodriguez	00:46:23	00:45:54	4:38	1964 CLUB ATLETISMO RIBADEO	17 M5M	308 M
342	2429		Manuel Outes Paz	00:46:23	00:46:03	4:38	1956	6 M7M	309 M
343	2381		Javier Oubiña Abuin	00:46:26	00:46:26	4:38	1978	50 M2M	310 M
344	2435		Pedro Manuel Velasco Priede	00:46:27	00:46:11	4:38	1974 ANICIU-TRIatlónALtoNALón	52 M3M	311 M
345	2383		Jose Andres Freire Gato	00:46:35	00:46:04	4:39	1958	6 M6M	312 M
346	2215		Manuel Rafael Bermúdez	00:46:35	00:46:21	4:39	1964 Atletas de Barrio	18 M5M	313 M
347	2453		Juan Vidal Alvarez	00:46:37	00:45:49	4:39	1972	34 M4M	314 M
348	2121		Fernando Núñez Pol	00:46:37	00:45:06	4:39	1975	53 M3M	315 M
349	2267		Julio Suárez Vázquez	00:46:38	00:46:30	4:39	1953	7 M7M	316 M
350	2519		Juan Carlos Menendez Dominguez	00:46:38	00:46:17	4:39	1960	7 M6M	317 M
351	2850		Jose Luis Cagiao Lagares	00:46:41	00:46:20	4:40	1971	35 M4M	318 M
352	2422		Ángel Rodríguez Lado	00:46:43	00:46:02	4:40	1998	83 SrM	319 M
353	2496		Miguel Abuin Mosquera	00:46:44	00:46:11	4:40	1985 SOCIEDADE DEPORTIVA BARBANTIA RODA	57 M1M	320 M
354	2392 AG768958		Domingo Alvarez Iglesias	00:46:44	00:46:06	4:40	1951 EGOVARROS DE VIVEIRO	8 M7M	321 M
355	2430		Manuel Julio Suarez Martin	00:46:45	00:46:29	4:40	1960	8 M6M	322 M
356	2274		Jose Chuecos	00:46:46	00:46:27	4:40	1980 PASA OU ENTORNA	51 M2M	323 M
357	2167		Pablo Soya Carro	00:46:47	00:46:31	4:40	1988	84 SrM	324 M
358	2887		Javier Rosende Campos	00:46:48	00:46:31	4:40	1988	85 SrM	325 M
359	2508		Martín Brais Crespo Rodríguez	00:46:48	00:46:14	4:40	1980	52 M2M	326 M
360	2459		Ivan Alvarez Perez	00:46:49	00:46:02	4:40	1985	58 M1M	327 M
361	2339 AG2543		Marta Mojon Benavides	00:46:49	00:46:07	4:40	1985 ATLETISMO ARENTEIRO	6 M1F	34 F
362	2401		Daniel Ciudad Cendán	00:46:51	00:46:18	4:41	1972 PATUKOS TIM RANIN	36 M4M	328 M
363	2345		Tina Formoso Noceda	00:46:53	00:46:35	4:41	1977 Club Tribu Trail	4 M3F	35 F
364	2517		Alejandro Avila Alvarez	00:46:54	00:46:16	4:41	1981	53 M2M	329 M
365	2558		Eduardo Mera Rico	00:46:54	00:46:20	4:41	1975 CLUB ATLETISMO SADA	54 M3M	330 M
366	2513		Pablo Rodríguez Baleirón	00:46:56	00:46:14	4:41	1991	86 SrM	331 M
367	2455		Isaac Rodriguez Martin	00:46:58	00:46:20	4:41	1981 Triatlón Arteixo	54 M2M	332 M
368	2499		Xosé Ignacio Vázquez Barrio	00:46:58	00:46:18	4:41	1975	55 M3M	333 M
369	2863		Jose Daniel Liste Recarey	00:46:59	00:46:09	4:41	1992 CLUB ATLETISMO CORUÑA COMARCA	87 SrM	334 M
370	2846		Afonso Couso García	00:47:00	00:45:51	4:42	1985	59 M1M	335 M
371	2572		Francisco J. Centeno Gonzalez	00:47:00	00:46:29	4:42	1976	56 M3M	336 M
372	2297		David Fernández García	00:47:01	00:46:46	4:42	1999 ANICIU - TRIatlón ALto NALón	88 SrM	337 M
373	2255		Ignacio Ramos Garcia	00:47:01	00:46:46	4:42	1970 ANICIU-TRIatlónALtoNALón	37 M4M	338 M
374	2321		Noelia Campoy Lopez	00:47:01	00:46:46	4:42	1973 ANICIU-TRIatlónALtoNalón	5 M3F	36 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
375	2466		David Candal De La Cruz	00:47:02	00:46:36	4:42 1983	60 M1M	339 M
376	2815		Fran Lagoa Martínez	00:47:03	00:46:16	4:42 1978	55 M2M	340 M
377	2431		Angel Rico Díaz	00:47:04	00:46:25	4:42 1983	61 M1M	341 M
378	2606		Servando Otero Puente	00:47:04	00:46:32	4:42 1966 CLUB ATLETISMO SADA	19 M5M	342 M
379	2385		Angel Turrion Pereiro	00:47:06	00:46:26	4:42 1966	20 M5M	343 M
380	2468 AG10150		David Fernandez Meirama	00:47:06	00:46:15	4:42 1978 CLUB ATLETISMO SADA	56 M2M	344 M
381	2647		Montserrat Alferez Alonso	00:47:06	00:46:32	4:42 1970	4 M4F	37 F
382	2947		Marcos Sánchez Díaz	00:47:07	00:46:32	4:42 1992	89 SrM	345 M
383	2581		Yago Maceiras	00:47:07	00:46:28	4:42 1976	57 M3M	346 M
384	2333		Luz María Domínguez Roman	00:47:08	00:46:34	4:42 1962 BURGAS ATLETISMO OURENSE	2 M6F	38 F
385	2474		Jacobo Ponlla	00:47:10	00:46:21	4:43 1982	57 M2M	347 M
386	2583		German Rojo Castro	00:47:10	00:46:30	4:43 1974	58 M3M	348 M
387	2692		Purificación Anegas Fernández	00:47:10	00:46:49	4:43 1970 CORREDORES DO MIÑO	5 M4F	39 F
388	2341		Elisa Cobelo Romero	00:47:16	00:46:30	4:43 1974	6 M3F	40 F
389	2617		Javier Villaverde Ferro	00:47:16	00:46:30	4:43 1974	59 M3M	349 M
390	2433		Fernando Vidal Uriz	00:47:19	00:46:30	4:43 1987	62 M1M	350 M
391	2539		Nacho Pereira Navaza	00:47:20	00:46:32	4:44 1973	60 M3M	351 M
392	2654		Rocio Hermida Fontenla	00:47:20	00:46:58	4:44 1986 Ninguno	7 M1F	41 F
393	2394		David Iglesias Rigueira	00:47:30	00:46:45	4:45 1982	58 M2M	352 M
394	2507		Francisco Del Busto González	00:47:30	00:46:57	4:45 1970	38 M4M	353 M
395	2463		Stefaan Lenaerts	00:47:33	00:46:38	4:45 1987	63 M1M	354 M
396	2168		Jose Angel Martinez Abad	00:47:36	00:47:26	4:45 1971	39 M4M	355 M
397	2901		Julian Martinez Mera	00:47:38	00:46:46	4:45 1982	64 M1M	356 M
398	2948		Sergio Cao Regueiro	00:47:40	00:47:16	4:46 1997	90 SrM	357 M
399	2386		Xoan Carlos Mira Liñeiro	00:47:43	00:47:10	4:46 1970 Nosportlimit	40 M4M	358 M
400	2405		Andres Caaveiro De Vega	00:47:45	00:46:19	4:46 1979	59 M2M	359 M
401	2378		Roberto Ponte Noya	00:47:46	00:46:50	4:46 1977	60 M2M	360 M
402	3393		Xavi Serra	00:47:46	00:46:57	4:46 1981	61 M2M	361 M
403	3391		Santi Vázquez Vila	00:47:47	00:46:51	4:46 1985	65 M1M	362 M
404	2462		Daniel Losada Naveira	00:47:50	00:47:17	4:47 1983	66 M1M	363 M
405	2912		Gabriel Barrado Mondelo	00:47:52	00:47:00	4:47 1975 NoSportlimit	61 M3M	364 M
406	2803		Juan Carlos Vázquez Gómez	00:47:53	00:46:59	4:47 1972	62 M3M	365 M
407	2359		Irene Miras Vazquez	00:47:53	00:47:09	4:47 1997	13 SrF	42 F
408	2460		Víctor Novo Carballeira	00:47:53	00:47:08	4:47 1971	41 M4M	366 M
409	2851		Oscar Galan Adegas	00:47:54	00:46:40	4:47 1987	91 SrM	367 M
410	2416		Ramon Rubin Lugo	00:47:57	00:47:46	4:47 1961	9 M6M	368 M
411	2452		Leo Mendez	00:47:58	00:47:04	4:47 1975	63 M3M	369 M
412	2722		Patricia Carrazoni Entenza	00:47:58	00:47:02	4:47 1995	14 SrF	43 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
413	2327		Sandra Ferreiro Hermida	00:47:59	00:47:49	4:47 1986	8 M1F	44 F
414	3415		José Antonio Lourido Martinez	00:48:01	00:47:40	4:48 1970	42 M4M	370 M
415	2511		Manuel Lopez Cascallar	00:48:03	00:47:29	4:48 1978	62 M2M	371 M
416	2605 AG14455		Gonzalo Cao Espido	00:48:03	00:47:18	4:48 1976 CLUB ATLETISMO O PINO	64 M3M	372 M
417	2547		Jesús Vázquez García	00:48:05	00:47:50	4:48 1966 ATLETAS DE ACEA DE AMA	21 M5M	373 M
418	2549		Sergio Lozano Garcia	00:48:06	00:46:40	4:48 1977	65 M3M	374 M
419	2857		Juan Maria Feal Villarreal	00:48:07	00:46:47	4:48 1973 BTT oza-cesuras	66 M3M	375 M
420	2561		Víctor García Carro	00:48:09	00:47:50	4:48 1981 CLUB ATLETISMO SADA	63 M2M	376 M
421	3025		Iván Nine	00:48:14	00:47:33	4:49 1994	92 SrM	377 M
422	3212		Paola Estrada	00:48:14	00:47:13	4:49 1985	9 M1F	45 F
423	2342		Jessica Rial Vázquez	00:48:15	00:48:15	4:49 1993	15 SrF	46 F
424	2355		Airin Gálvez Devesa	00:48:15	00:47:38	4:49 1983 A.D. FOGAR CARBALLO	10 M1F	47 F
425	2316		Miguel Lameiro	00:48:18	00:46:53	4:49 1976 CLUB ATLETISMO SADA	67 M3M	378 M
426	2432		Eduardo Vázquez Amor	00:48:18	00:47:56	4:49 1979 Shiai Running Team	64 M2M	379 M
427	2354		Maca Alonso Fernandez	00:48:23	00:47:53	4:50 1973	7 M3F	48 F
428	2573		Tomas Álvarez Primo	00:48:23	00:47:53	4:50 1973	68 M3M	380 M
429	2575		Pablo Fraga Neiro	00:48:23	00:47:42	4:50 1982 Nosportlimit	67 M1M	381 M
430	2627		Pedro Domenech González	00:48:24	00:47:50	4:50 1973 No	69 M3M	382 M
431	3389		Alejandro Rubin Kusano	00:48:24	00:48:13	4:50 2002	6 23M	383 M
432	2569		David Couce Rúa	00:48:24	00:47:57	4:50 1986 DALLE GAS RUNNING TEAM	68 M1M	384 M
433	3008		Antonio José Leiras Martínez	00:48:26	00:47:25	4:50 1985	69 M1M	385 M
434	3027		Michael Lauritsen	00:48:26	00:47:48	4:50 1977	70 M3M	386 M
435	2860		Nestor Torea Moledo	00:48:27	00:46:54	4:50 1977 Pandilla basura	71 M3M	387 M
436	2183		Federico Porto Arias	00:48:29	00:48:10	4:50 1966 CLUB TRIATLON CORUÑA	22 M5M	388 M
437	2510		Francisco Javier Martínez Santos	00:48:30	00:47:57	4:51 1969	43 M4M	389 M
438	2213		Jose Luis Villasenin Raña	00:48:30	00:47:45	4:51 1972 MARINEDA ATLETICO	44 M4M	390 M
439	2796		Rafa Pena Fernandez	00:48:33	00:47:40	4:51 1976 Marraners- En boas Mans	72 M3M	391 M
440	2488		Benito Blanco Pequeño	00:48:35	00:48:02	4:51 1972	45 M4M	392 M
441	2501		Diego Rodriguez Bello	00:48:36	00:48:01	4:51 1976 RIALTO	73 M3M	393 M
442	2328		Isa Cabanas Campelo	00:48:36	00:48:25	4:51 1979 ATLETAS DE ACEA DE AMA	7 M2F	49 F
443	2959		Sergio Lestón Castro	00:48:37	00:47:42	4:51 1995	93 SrM	394 M
444	2349		Alexandra Blumer	00:48:38	00:47:27	4:51 1995	16 SrF	50 F
445	2871		Adrián Rodríguez Lado	00:48:38	00:47:44	4:51 1995	94 SrM	395 M
446	2646		Sabela García Oro	00:48:42	00:47:53	4:52 1978 TRIATLON OLEIROS	8 M2F	51 F
447	3043		Marco Castro Suarez	00:48:43	00:47:52	4:52 1977 NOSPORTLIMIT	74 M3M	396 M
448	2707		Noelia Bosco	00:48:43	00:47:33	4:52 1983	11 M1F	52 F
449	3369		Javier Garate Salorio	00:48:46	00:48:09	4:52 1973	75 M3M	397 M
450	3387		Diego Rojo Fariña	00:48:46	00:47:27	4:52 1981	65 M2M	398 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
451	3348	AG8716	José Luis Simoes Fernández	00:48:46	00:48:10	4:52	1962 Alejandro Gómez	10 M6M	399 M
452	2591		Jose Angel López Pérez	00:48:49	00:48:07	4:52	1972 Ely Runners	76 M3M	400 M
453	2555		Manuel Diaz-merry Lopez-acevedo	00:48:50	00:48:02	4:53	1974 Ría del Eo	77 M3M	401 M
454	2618		Jose Antonio Martínez Lema	00:48:52	00:48:31	4:53	1972 CLUB TRIATLÓN CORUÑA	46 M4M	402 M
455	2299		Miguel Rodríguez Otero	00:48:53	00:48:01	4:53	1974 CLUB ATLETISMO SADA	78 M3M	403 M
456	2464		Pablo Diez Fernandez	00:48:54	00:47:53	4:53	1980	66 M2M	404 M
457	3017		Vicente Avila Alvarez	00:48:56	00:48:18	4:53	1990	95 SrM	405 M
458	2885		Martín Cedeira Vázquez	00:48:56	00:47:49	4:53	1995	96 SrM	406 M
459	2350		Maria Sendón Muros	00:48:57	00:48:17	4:53	1976 Serres Runers	8 M3F	53 F
460	2599		Alejandro Álvarez Rodríguez	00:49:00	00:48:22	4:54	1984 Club Hércules TERMARIA	70 M1M	407 M
461	2663		Teresa Veiga Rodríguez	00:49:00	00:48:06	4:54	1992	17 SrF	54 F
462	3000		Jose Rodríguez	00:49:02	00:48:13	4:54	1995	97 SrM	408 M
463	2312		Miguel Pérez Rego	00:49:02	00:48:15	4:54	1993 -	98 SrM	409 M
464	2554		Francisco García Carro	00:49:03	00:48:26	4:54	1976	79 M3M	410 M
465	2878		Alejandro Fernandez Reyes	00:49:04	00:47:58	4:54	1982	71 M1M	411 M
466	3396		Diego Alvarez Arevalo	00:49:05	00:48:33	4:54	1984	72 M1M	412 M
467	2412		Adrian Morales Enriquez	00:49:05	00:47:47	4:54	1987 NOSPORTLIMIT	73 M1M	413 M
468	2454		Mario Boga Lesta	00:49:06	00:47:40	4:54	1981	67 M2M	414 M
469	2879		Daniel Novo Pena	00:49:07	00:48:52	4:54	1987	74 M1M	415 M
470	2872		Rodrigo Cajamarca Rivera	00:49:07	00:48:53	4:54	1987	75 M1M	416 M
471	2992		Rodrigo Carbón Sexto	00:49:07	00:47:54	4:54	1977	80 M3M	417 M
472	3360		Ignacio Cimas Rellán	00:49:07	00:48:44	4:54	1980	68 M2M	418 M
473	3358		Gonzalo Rey López	00:49:07	00:47:54	4:54	1981	69 M2M	419 M
474	2252		Gabriel Rosón Porto	00:49:08	00:48:48	4:54	1965	23 M5M	420 M
475	2409		Venancio Mendez Diaz	00:49:09	00:48:22	4:54	1962	24 M5M	421 M
476	2598		Ramon Álvarez Rey	00:49:09	00:48:37	4:54	1982	70 M2M	422 M
477	2303		Jaime López Cainzos	00:49:11	00:48:37	4:55	1974	81 M3M	423 M
478	2470		Francisco Fernández García	00:49:11	00:48:31	4:55	1973	82 M3M	424 M
479	2205		Luis Mariano Saborido Fernandez	00:49:11	00:48:37	4:55	1971 SOCIEDADE DEPORTIVA BARBANTIA RODA	47 M4M	425 M
480	3439		Diego Uria Rey	00:49:12	00:48:50	4:55	1984 Dalle gas running team	76 M1M	426 M
481	3452		Laura Núñez Naveira	00:49:14	00:48:03	4:55	1977	9 M2F	55 F
482	2380		Manuel Javier Marcos Piñeiro	00:49:15	00:48:43	4:55	1975	83 M3M	427 M
483	2622		Antón Xosé Casal Rodríguez	00:49:17	00:48:45	4:55	1977	71 M2M	428 M
484	2649	AG9427	Nuria Mejuto Fernández	00:49:17	00:48:48	4:55	1990 SD COMPOSTELA ATLETISMO	18 SrF	56 F
485	3418		Jorge Rey Álvarez	00:49:17	00:48:59	4:55	1987	99 SrM	429 M
486	2338		María Novo Lago	00:49:18	00:48:59	4:55	1988 NOSPORTLIMIT	19 SrF	57 F
487	2124		Andrés Gabriel Pizarro Varela	00:49:18	00:49:06	4:55	1982 NoSportLimit	72 M2M	430 M
488	2608		Hugo Fachal Santos	00:49:19	00:48:25	4:55	1991	100 SrM	431 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
489	2931		Luis Miguel Burgos Gonzalez	00:49:20	00:48:52	4:56	1980	73 M2M	432 M
490	2424		David Acevedo Edreira	00:49:20	00:48:11	4:56	1986	77 M1M	433 M
491	2525		Alejandro Luis Novoa	00:49:25	00:48:36	4:56	1992 NoSportLimit	101 SrM	434 M
492	2833		Gustavo Vigo Pérez	00:49:30	00:48:03	4:57	1975	84 M3M	435 M
493	3404		Martin Žigo	00:49:30	00:49:01	4:57	1998	102 SrM	436 M
494	2855		Alberto Tomé De Santiago	00:49:34	00:47:58	4:57	1973	85 M3M	437 M
495	2963		Carlos López Dominguez	00:49:38	00:49:01	4:57	1966	25 M5M	438 M
496	3432		Marcos Lema Varela	00:49:39	00:49:12	4:57	1976	86 M3M	439 M
497	2805		Miguel Angel Palmeiro Quelle	00:49:39	00:48:34	4:57	1977	87 M3M	440 M
498	2351	AG15067	Leticia Pena Sande	00:49:39	00:49:27	4:57	1993 CLUB ATLETISMO SERRES RUNNERS	20 SrF	58 F
499	2880		Juan Silva Michelena	00:49:41	00:48:33	4:58	1980	74 M2M	441 M
500	2890		Rogelio Granja Mendez	00:49:42	00:49:01	4:58	1954	9 M7M	442 M
501	2008	AG2021098	Maria Luisa Lopez Garcia	00:49:42	00:49:36	4:58	1971 CLUB ATLETISMO SADA	6 M4F	59 F
502	2661	AG14179	Pury Campos Regueiro	00:49:43	00:49:35	4:58	1968 CLUB ATLETISMO SADA	7 M4F	60 F
503	3224		Natalia Garcia Fernandez	00:49:46	00:49:15	4:58	1987	21 SrF	61 F
504	2596		Diego Vega Silva	00:49:47	00:49:06	4:58	1980	75 M2M	443 M
505	2390		Adrian Quevedo Perez	00:49:49	00:48:59	4:58	1982 NOSPORTLIMIT	76 M2M	444 M
506	2910		Javier Castro Vazquez	00:49:50	00:49:00	4:59	1984	78 M1M	445 M
507	2562		Alberto Pedreira Fernández	00:49:51	00:49:20	4:59	1971	48 M4M	446 M
508	3381		Macías López Igrexas	00:49:52	00:49:37	4:59	1985	79 M1M	447 M
509	3426		Hector Sánchez Sánchez	00:49:52	00:49:03	4:59	1995	103 SrM	448 M
510	2577		Luis Viña Domínguez	00:49:53	00:49:34	4:59	1979 Beer Runners Coruña	77 M2M	449 M
511	2557		Adrián Piñeiro Donis	00:49:54	00:49:15	4:59	1996	104 SrM	450 M
512	2955		Pablo Orol 8garcía	00:49:54	00:48:57	4:59	1974	88 M3M	451 M
513	2436		Jose Manuel Suarez Bravo	00:49:55	00:49:18	4:59	1977	89 M3M	452 M
514	2867		Carlos Castillo	00:49:56	00:49:02	4:59	1984	80 M1M	453 M
515	2473		David Rodriguez Blanco	00:49:56	00:48:50	4:59	1978 NOSPORTLIMIT	78 M2M	454 M
516	2711		Rosalía Ortega Naval	00:49:57	00:49:09	4:59	2002	2 23F	62 F
517	2426		Santiago García González	00:49:57	00:49:11	4:59	1973 Nosportlimit	90 M3M	455 M
518	2823		Juan Cruz Carretero Sánchez	00:49:57	00:48:58	4:59	1987	81 M1M	456 M
519	2897		Carlos Pérez Ponce	00:49:57	00:49:02	4:59	1984	82 M1M	457 M
520	2824		Nacho Carretero	00:49:58	00:48:58	4:59	1987	83 M1M	458 M
521	2756		Estibaliz Llorente Ramos	00:49:58	00:49:33	4:59	1985	12 M1F	63 F
522	2875		Adrian Pereiro Garcia	00:49:59	00:49:18	4:59	1989	105 SrM	459 M
523	2719		Amelia Majadas Soto	00:50:00	00:49:09	5:00	1968 Nosportlimit	8 M4F	64 F
524	2837		Pedro Salido Varela	00:50:00	00:49:15	5:00	1973	91 M3M	460 M
525	2932		Javier Armesto Argiz	00:50:01	00:48:49	5:00	1965	26 M5M	461 M
526	2820		Jose Manuel Ourens Pardo	00:50:03	00:49:11	5:00	1977 CLUB ATLETISMO SADA	92 M3M	462 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo		Ritmo		Ano Club	Cat	S
				Neto	km					
527	2818		Miguel Martínez Monteagudo	00:50:03	00:49:12	5:00	1984	CLUB ATLETISMO SADA	84 M1M	463 M
528	2614		Francisco Perez	00:50:05	00:49:19	5:00	1973		93 M3M	464 M
529	3295		Steven Niederle	00:50:08	00:49:11	5:00	1976		94 M3M	465 M
530	3448		Doroteo Castro Rilo	00:50:09	00:48:38	5:00	1978		79 M2M	466 M
531	2597		Manuel Vazquez Alvedro	00:50:09	00:49:28	5:00	1954	ATLETAS DE ACEA DE AMA	10 M7M	467 M
532	2659		Aroa Picos León	00:50:10	00:49:36	5:01	1998	CLUB ATLETISMO SADA	22 SrF	65 F
533	2983		Nicolás Molina Santiago	00:50:10	00:49:45	5:01	1983	ATLETICA A SILVA	85 M1M	468 M
534	2580		Diego Cacheiro Salorio	00:50:10	00:49:40	5:01	1974		95 M3M	469 M
535	2847		Edgar López Bravo	00:50:10	00:49:21	5:01	1982		86 M1M	470 M
536	2793		David Rodríguez Díaz	00:50:11	00:49:11	5:01	1992		106 SrM	471 M
537	2877		Antonio Doldán Sánchez	00:50:13	00:49:19	5:01	1976	CLUB ATLETISMO BETANZOS	96 M3M	472 M
538	2922		Iago Bernárdez Otero	00:50:13	00:48:40	5:01	1991		107 SrM	473 M
539	2493		Julio Fernández Troitiño	00:50:14	00:49:40	5:01	1961		11 M6M	474 M
540	2314		Alberto Varela Collazo	00:50:15	00:49:58	5:01	1979	TriFonseca	80 M2M	475 M
541	2537		José Martínez Zas	00:50:16	00:49:18	5:01	1969		49 M4M	476 M
542	2442		Paulo Añón Recarey	00:50:16	00:49:25	5:01	1982		87 M1M	477 M
543	2526		Ramón García-barros Alfonso	00:50:17	00:49:35	5:01	1963		27 M5M	478 M
544	2427		Carlos Lodeiro López	00:50:18	00:49:40	5:01	1973		97 M3M	479 M
545	2570		Sergio Noguero Urrutia	00:50:21	00:49:31	5:02	1975	NOSPORTLIMIT	98 M3M	480 M
546	3425		Damian Rodríguez Méndez	00:50:24	00:50:01	5:02	1991		108 SrM	481 M
547	3089		Adrián Arias Rial	00:50:24	00:49:28	5:02	1991	RF	109 SrM	482 M
548	3007		Arturo Jose Muiño Estevez	00:50:25	00:49:17	5:02	1972		99 M3M	483 M
549	2816		Fernando Vigo Sánchez	00:50:27	00:49:40	5:02	1980		81 M2M	484 M
550	2538		Jose Manuel Bello Castro	00:50:28	00:49:54	5:02	1971		50 M4M	485 M
551	2939		Antonio Fernández-montells	00:50:28	00:49:25	5:02	1984		88 M1M	486 M
552	2634		Marta Rua Lopez	00:50:29	00:49:24	5:02	1975		9 M3F	66 F
553	2532		Nestor Arias Paz	00:50:29	00:49:18	5:02	1972	CLUB MONTE PENA RUBIA	51 M4M	487 M
554	2601		Jose Francisco Ferreres Gayoso	00:50:31	00:49:51	5:03	1976		100 M3M	488 M
555	2294		Jorge Busto Mariño	00:50:31	00:49:16	5:03	1981		82 M2M	489 M
556	2571		Nicolás Martin Antolin	00:50:32	00:49:18	5:03	1973		101 M3M	490 M
557	2832		Restituto Simón Lago	00:50:32	00:49:04	5:03	1981		83 M2M	491 M
558	2831		Antonio Fernández Carreira	00:50:32	00:49:07	5:03	1966		28 M5M	492 M
559	2862		David Yáñez Martínez	00:50:32	00:49:27	5:03	1982	Av2	84 M2M	493 M
560	2226		Holger Palacios Guillermo	00:50:34	00:50:13	5:03	1985		89 M1M	494 M
561	2594		Miguel Pereira Fernández	00:50:34	00:50:00	5:03	1979	Nosportlimit	85 M2M	495 M
562	2542		Jose Carlos Bouza	00:50:35	00:49:22	5:03	1977		86 M2M	496 M
563	2819		Gonzalo López Taboada	00:50:40	00:49:38	5:04	1987		90 M1M	497 M
564	3192		Estefania Montero Diez	00:50:42	00:49:14	5:04	1989		23 SrF	67 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
565	3221		Eva Rubio Acebal	00:50:42	00:49:48	5:04	1991	24 SrF	68 F
566	3394		Mario Guardia Aguiar	00:50:42	00:49:47	5:04	1985	91 M1M	498 M
567	2919		Jose Manuel Isoba Blanco	00:50:43	00:49:44	5:04	1981	87 M2M	499 M
568	2509		José Fco. Varela Val	00:50:43	00:49:56	5:04	1968 CLUB SOCIAL BANCO PASTOR	52 M4M	500 M
569	2521		Santiago Santos Vicens	00:50:43	00:49:57	5:04	1982	88 M2M	501 M
570	3438		Gonzalo Anchari Gamarra	00:50:43	00:50:27	5:04	2001	7 23M	502 M
571	3279		Fernando Zuriarrain Mateos	00:50:44	00:50:17	5:04	1981	89 M2M	503 M
572	2576		Ivan Caldevilla Fernandez	00:50:44	00:49:30	5:04	1985	92 M1M	504 M
573	2844		Félix López	00:50:44	00:49:29	5:04	1990 NOSPORTLIMIT	110 SrM	505 M
574	2905		Miguel Angel Alonso Pérez	00:50:46	00:49:35	5:04	1977	90 M2M	506 M
575	2694		María Cristina Alonso Perez	00:50:46	00:49:35	5:04	1981	10 M2F	69 F
576	2881		José Antonio Sánchez Lopez	00:50:48	00:49:49	5:04	1972	53 M4M	507 M
577	2631		María González Campos	00:50:49	00:49:52	5:04	1983	13 M1F	70 F
578	2589		Adrian Naya Lopez	00:50:49	00:49:57	5:04	1988	111 SrM	508 M
579	3211		Iria Castro Pereira	00:50:49	00:50:20	5:04	1984	14 M1F	71 F
580	2357 AG2021343		Maria Angeles Castro Fernandez	00:50:50	00:50:15	5:05	1972 CLUB ATLETISMO SADA	9 M4F	72 F
581	2497 AG2020726		Alfonso Remuiñán Sánchez	00:50:52	00:50:14	5:05	1967 A.D. FOGAR CARBALLO	29 M5M	509 M
582	2715		Nuria Gutiérrez	00:50:55	00:50:15	5:05	1975	10 M3F	73 F
583	2633		María Fernández Figueroa	00:50:56	00:50:10	5:05	1979	11 M2F	74 F
584	2883		Manuel Rubido Memendez	00:50:57	00:49:52	5:05	1983	93 M1M	510 M
585	2968		Toñito Vilariño Manteiga	00:50:57	00:50:00	5:05	1981 #Omonteenoso	91 M2M	511 M
586	2529		Iván Escudero Rial	00:50:58	00:50:58	5:05	1977	92 M2M	512 M
587	2232		Hermes Arnoso Gao	00:50:59	00:49:40	5:05	1991 NOSPORTLIMIT	112 SrM	513 M
588	2578		Daniel Longo Pazos	00:50:59	00:50:02	5:05	1979	93 M2M	514 M
589	2720		María Nistal Freijo	00:51:00	00:50:47	5:06	1981 Clube Atletismo Vilalba	12 M2F	75 F
590	2888		Jose Angel Lamas Castro	00:51:03	00:49:51	5:06	1972	54 M4M	515 M
591	2909		Vicente Parapar	00:51:04	00:49:57	5:06	1969	55 M4M	516 M
592	2954		Manuel Antonio Rodriguez Prada	00:51:07	00:50:03	5:06	1954	11 M7M	517 M
593	2655		María Rodríguez Souto	00:51:09	00:50:12	5:06	1978	13 M2F	76 F
594	2336		Iria Aldao Prada	00:51:10	00:50:50	5:07	1979	14 M2F	77 F
595	2854		Santiago Modroño	00:51:12	00:50:16	5:07	1976	102 M3M	518 M
596	3046		Luis Barreiro Quintás	00:51:15	00:50:43	5:07	1984	94 M1M	519 M
597	3402		Pablo Gómez Esqueira	00:51:16	00:50:03	5:07	1984	95 M1M	520 M
598	3398		Dani Cerdeiro	00:51:17	00:50:54	5:07	1997	113 SrM	521 M
599	2348		Diana Morales Rodriguez	00:51:18	00:50:41	5:07	1981 BURGAS ATLETISMO OURENSE	15 M2F	78 F
600	2811		Alejandro Cañada Muñoz	00:51:18	00:50:18	5:07	1966	30 M5M	522 M
601	3215		Patricia Garcia Vecino	00:51:18	00:50:50	5:07	1985	15 M1F	79 F
602	2965		Manel Abreuñedo Fernández	00:51:23	00:50:23	5:08	1966	31 M5M	523 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
603	2721		Angela Bouza Méndez	00:51:25	00:50:54	5:08	1991	25 SrF	80 F
604	3236		Loli Briones Torres	00:51:26	00:50:57	5:08	1968	10 M4F	81 F
605	2841		Fco Javier Correa Piñeiro	00:51:27	00:50:26	5:08	1964 ATLETAS DE ACEA DE AMA	32 M5M	524 M
606	2477		Javier Aneiros Diaz	00:51:28	00:50:42	5:08	1986	96 M1M	525 M
607	2899		Manuel Juan Blanco Gabin	00:51:28	00:50:48	5:08	1967	33 M5M	526 M
608	3259		Pablo Patiño Moledo	00:51:28	00:50:15	5:08	1993	114 SrM	527 M
609	2645		Sophie Lauren Tolchard	00:51:28	00:50:35	5:08	1991	26 SrF	82 F
610	3384		Javier Terán Baamonde	00:51:29	00:50:18	5:08	1987	97 M1M	528 M
611	3023		Pablo Amílcar Barca García	00:51:29	00:50:30	5:08	1971 CLUB DEPORTIVO EL TRASTERO	56 M4M	529 M
612	2365		Rebeca Muiña Fuentes	00:51:29	00:50:52	5:08	1981	16 M2F	83 F
613	2996		Iván Ferreiro	00:51:29	00:50:17	5:08	1983	98 M1M	530 M
614	2908		Alvaro Pernas Calderón	00:51:30	00:50:15	5:09	1980	94 M2M	531 M
615	2637		Natalia Novo Quiza	00:51:33	00:50:22	5:09	1994 OS CORZOS DO ORTEGAL	27 SrF	84 F
616	2980		Daniel Paz Alén	00:51:37	00:50:13	5:09	1976	103 M3M	532 M
617	3005		Andres Fernandez Vidal	00:51:37	00:50:29	5:09	1979	95 M2M	533 M
618	2686 AG14437		Alexandra Pazos Dominguez	00:51:38	00:50:55	5:09	1992 LA MOCHILA DEL DEPORTE	28 SrF	85 F
619	2613		Marcos Tedín Mouzo	00:51:39	00:50:48	5:09	1974 INDEPENDIENTE	104 M3M	534 M
620	2834		Jorge Juan Souto San José	00:51:41	00:51:11	5:10	1971	57 M4M	535 M
621	2500		Ramiro Gonzalez Insua	00:51:43	00:50:36	5:10	1975	105 M3M	536 M
622	2790		Pablo Fernández Sánchez	00:51:44	00:50:53	5:10	1972	58 M4M	537 M
623	2498		Felipe Rivera Alvarez	00:51:48	00:50:29	5:10	1975	106 M3M	538 M
624	2492		Agustín Caamaño Salgado	00:51:48	00:50:26	5:10	1982	96 M2M	539 M
625	3359		Eneko Márquez Rilo	00:51:49	00:50:37	5:10	1990	115 SrM	540 M
626	2604		Carlos Alberto Moreiras Lorenzo	00:51:51	00:51:14	5:11	1981	97 M2M	541 M
627	2712		Ines Aguilar Del Moral	00:51:54	00:51:01	5:11	1987	16 M1F	86 F
628	2356		Sandra Novo Fernández	00:51:57	00:51:15	5:11	1984 Nosportlimit	17 M1F	87 F
629	2541		Juan Carlos Alfaro Cebrián	00:51:57	00:50:34	5:11	1972	107 M3M	542 M
630	3435		David Viña Lorenzo	00:51:57	00:51:53	5:11	1996	116 SrM	543 M
631	2651		Cris Nanin Lopez	00:51:58	00:51:16	5:11	1965 BURGAS ATLETISMO OURENSE	3 M5F	88 F
632	2911		Miguel Alejandro Alonso Soto	00:52:04	00:51:34	5:12	1975	108 M3M	544 M
633	2595		Xabier Rivas Martinez	00:52:07	00:50:59	5:12	1983 Club Triatlón Coruña	99 M1M	545 M
634	2530		Juan Carlos Bedia Vidal	00:52:09	00:51:10	5:12	1972	59 M4M	546 M
635	2566		Pablo Deiros Sanchez	00:52:12	00:51:38	5:13	1982	98 M2M	547 M
636	2688		Beatriz Rodríguez Romero	00:52:14	00:51:35	5:13	1972 Club do Mar San AMaro	11 M4F	89 F
637	2864		Xosé Gomez Botana	00:52:14	00:52:14	5:13	1954 Egovarros Viveiro	12 M7M	548 M
638	2612		Ruben Darriba Montecelo	00:52:15	00:51:26	5:13	1976	109 M3M	549 M
639	2785		Jose Manuel Martinez Martinez	00:52:17	00:51:26	5:13	1968 S2M	60 M4M	550 M
640	3243		Celia Garcia Vazquez	00:52:18	00:52:00	5:13	2000	3 23F	90 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
641	3424		Ramon Garcia Lalinde	00:52:19	00:52:00	5:13 1958	12 M6M	551 M
642	3241		Marta Mendaña López	00:52:20	00:51:52	5:14 1992	29 SrF	91 F
643	2829		Jose Maria Reigosa Martinez	00:52:20	00:51:17	5:14 1967 HÉRCULES TERMARIA	61 M4M	552 M
644	2621		Gabriel Cao Sanchez	00:52:20	00:51:32	5:14 1975 Independiente	110 M3M	553 M
645	3006		Emilio Vara Pereira	00:52:21	00:51:26	5:14 1970	62 M4M	554 M
646	2710		Belen Pombo Lopez	00:52:23	00:51:16	5:14 1992	30 SrF	92 F
647	2565		José Ángel Lorenzo Riveiro	00:52:23	00:51:47	5:14 1972	63 M4M	555 M
648	2866		Julen Mayor	00:52:25	00:51:01	5:14 1969 ASOCIACIÓN DEPORTIVA CERNE	64 M4M	556 M
649	2469 GA184		Miguel Ángel Vázquez González	00:52:26	00:51:44	5:14 1977 LA MOCHILA DEL DEPORTE	111 M3M	557 M
650	3217 AG765879		Lucia Vázquez Hermida	00:52:26	00:51:42	5:14 2003 LA MOCHILA DEL DEPORTE	1 20F	93 F
651	2876		Fco Javier Iglesias Alonso	00:52:26	00:51:34	5:14 1967 CLUB ATLETISMO BETANZOS	34 M5M	558 M
652	3064		Ángel Luis Calvo Seoane	00:52:27	00:51:08	5:14 1978	99 M2M	559 M
653	2797		Jorge Dourado Eiroa	00:52:28	00:51:07	5:14 1989	117 SrM	560 M
654	3374		Jesus Castaño Lopez	00:52:28	00:51:17	5:14 1983	100 M1M	561 M
655	3032		Alberto Gato Reigosa	00:52:31	00:51:14	5:15 1984 Ninguno	101 M1M	562 M
656	2839		Brais Freire Álvarez	00:52:31	00:51:52	5:15 1990	118 SrM	563 M
657	3284		Manuel Fernandez Varela	00:52:33	00:52:13	5:15 1975 montepenarubia	112 M3M	564 M
658	3080		Placido Arias Fernandez	00:52:33	00:51:10	5:15 1982	102 M1M	565 M
659	3078		Alejandro Vázquez Quian	00:52:34	00:51:11	5:15 1979 andaina	100 M2M	566 M
660	2949		Nicolás Lois Canda	00:52:34	00:51:45	5:15 1992	119 SrM	567 M
661	2607		Carlos Pazos Oviedo	00:52:37	00:51:27	5:15 1968	65 M4M	568 M
662	2563		Bruno Pardo Gil	00:52:39	00:52:03	5:15 1996	120 SrM	569 M
663	2731		Maria Carmen Lema Devesa	00:52:41	00:51:44	5:16 1965	4 M5F	94 F
664	2615		Fran Fernandez-peiteado Fernandez	00:52:41	00:52:04	5:16 1974 CLUB HERCULES TERMARIA	113 M3M	570 M
665	2945		Javier Goti Rodríguez	00:52:42	00:51:21	5:16 1971 Club Por libre.	66 M4M	571 M
666	3029		Jorge Martinez Guimarey	00:52:42	00:51:46	5:16 1980	101 M2M	572 M
667	2951		Miguel Ángel Peña Castellot	00:52:44	00:51:44	5:16 1960	13 M6M	573 M
668	2853		Jose Gonzalez Salgado	00:52:45	00:51:22	5:16 1974 ASOCIACIÓN DEPORTIVA CERNE	114 M3M	574 M
669	2953		Rubén Ruibal Ramos	00:52:46	00:51:47	5:16 1997	121 SrM	575 M
670	2616		Santiago Mille	00:52:47	00:52:15	5:16 1972	67 M4M	576 M
671	3315		Alejandro Martínez Pardo	00:52:49	00:51:36	5:16 1996	122 SrM	577 M
672	3330		Nicolas Fernández Gómez	00:52:52	00:52:02	5:17 2000	8 23M	578 M
673	3366		Javier Abruña Martin	00:52:53	00:51:48	5:17 1976	115 M3M	579 M
674	2545		Manuel Javier Muñoz Seijas	00:52:55	00:52:28	5:17 1963	35 M5M	580 M
675	3422		Jorge Rosende Campos	00:52:56	00:52:38	5:17 1982	102 M2M	581 M
676	2970		Marcos Álvarez Patiño	00:53:02	00:52:00	5:18 1975	116 M3M	582 M
677	2318		Natalia Paramio Dominguez	00:53:02	00:52:29	5:18 1969 Aniciu TriatlonAltoNalon	12 M4F	95 F
678	2672		Paula Fraga Pino	00:53:05	00:52:06	5:18 1994	31 SrF	96 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
679	3021		Pablo Palomares	00:53:05	00:52:00	5:18	1992	123 SrM	583 M
680	3058		David Pérez Montero	00:53:06	00:52:10	5:18	2004 Club Ciclista Cariño	6 20M	584 M
681	2668		Ana Graciela Elorza Mariño	00:53:06	00:52:09	5:18	1979	17 M2F	97 F
682	2915		Jose Antonio Moratilla Espinosa	00:53:06	00:52:09	5:18	1979	103 M2M	585 M
683	2987		Jose Angel Marcos Marcos	00:53:07	00:52:08	5:18	1969	68 M4M	586 M
684	3288		Emilio Sangil Del Rio	00:53:08	00:52:14	5:18	1966	36 M5M	587 M
685	3010		Fernando Sandá Macho	00:53:08	00:52:46	5:18	1965	37 M5M	588 M
686	2536		Federico Romero Yuste	00:53:08	00:52:16	5:18	1964 CLUB ATLETISMO SADA	38 M5M	589 M
687	2221		Jesús Lendoiro Santiago	00:53:09	00:52:14	5:18	1957	13 M7M	590 M
688	3440		Luis Pumar Martínez-risco	00:53:09	00:51:58	5:18	1993	124 SrM	591 M
689	2795		Juan González Ares	00:53:10	00:51:54	5:19	1976 Club Atlético Sobrado Xuventude	117 M3M	592 M
690	2918		Marcos Maneiro Castro	00:53:12	00:52:11	5:19	1965	39 M5M	593 M
691	2812		Avelino Dopazo Ponte	00:53:13	00:52:44	5:19	1967	40 M5M	594 M
692	2648		Marta Muñoz	00:53:15	00:52:36	5:19	1970	13 M4F	98 F
693	3107		Lali Aguilera	00:53:16	00:52:47	5:19	1986	18 M1F	99 F
694	3421		Manuel Lorenzo Fernández	00:53:16	00:52:53	5:19	1969	69 M4M	595 M
695	2800		Ismael Puerto Freire	00:53:17	00:51:56	5:19	1988	125 SrM	596 M
696	2870		Daniel Vilares Seijo	00:53:18	00:52:14	5:19	1990	126 SrM	597 M
697	2757		María Cuartero Modrego	00:53:18	00:52:18	5:19	1993	32 SrF	100 F
698	2933		Javier Grueiro Bouza	00:53:18	00:52:02	5:19	1968	70 M4M	598 M
699	2906		Carlos Rodríguez Fernandez	00:53:20	00:52:05	5:20	1978	104 M2M	599 M
700	2934		Jorge Filgueiras Silva	00:53:22	00:52:53	5:20	1973	118 M3M	600 M
701	3227		Marta López Sánchez	00:53:23	00:52:06	5:20	1985 Nosportlimit	19 M1F	101 F
702	2683		Marta Juega Rivera	00:53:24	00:52:46	5:20	1981 HÉRCULES ATLETISMO	18 M2F	102 F
703	2263		Sergio Couto Worner	00:53:24	00:52:58	5:20	1976 CLUB TRIATLÓN CORUÑA	119 M3M	601 M
704	2695		Eider Gogorza Olazabal	00:53:24	00:52:59	5:20	1976 HÉRCULES XTRM	11 M3F	103 F
705	2440		Felix Ortega Ponce De Leon	00:53:25	00:52:13	5:20	1970	71 M4M	602 M
706	2882		Jesús Del Pozo Losada	00:53:25	00:52:17	5:20	1965	41 M5M	603 M
707	3200		Ariana Atahualpa Condezo	00:53:27	00:53:07	5:20	2000	4 23F	104 F
708	3202		Maddi Garro Lejarraga	00:53:30	00:53:09	5:21	1996	33 SrF	105 F
709	3070		Pedro Luis Fernández Suárez	00:53:33	00:52:28	5:21	1963	42 M5M	604 M
710	2666 AG2017550		Lola Pazos Mallo	00:53:34	00:52:34	5:21	1969 CLUB ATLETISMO SADA	14 M4F	106 F
711	2665		Silvia Sanchez Bascoy	00:53:35	00:53:00	5:21	1960	3 M6F	107 F
712	2859		Raul Teruel Rosales	00:53:35	00:52:20	5:21	1980 NOSPORTLIMIT	105 M2M	605 M
713	3246		Isabel Vázquez Cajide	00:53:37	00:52:33	5:21	1984	20 M1F	108 F
714	3275		Pablo Bouza Bernárdez	00:53:39	00:53:11	5:21	1993	127 SrM	606 M
715	2779		Mari. Luz Sanmartin Fernandez	00:53:44	00:53:24	5:22	1949 EGOVARROS DE VIVEIRO	1 M7F	109 F
716	2907		Ruben Santamarta	00:53:45	00:52:37	5:22	1978	106 M2M	607 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
717	3307		Alvaro Reviejo Tallon	00:53:47	00:52:20	5:22	1988	128 SrM	608 M
718	2789		José Luis Neira Pita	00:53:48	00:52:35	5:22	1991	129 SrM	609 M
719	2749		Vanessa Paz Abreuñedo	00:53:49	00:52:46	5:22	1984 NoSportLimit	21 M1F	110 F
720	3024		Alberto Escourido Moar	00:53:50	00:52:28	5:23	1984 NOSPORTLIMIT	103 M1M	610 M
721	3048		Iván Iglesias Sangil	00:53:50	00:52:27	5:23	1988	130 SrM	611 M
722	3169		Flor Alvarez Garcia	00:53:50	00:53:29	5:23	1971 ANICIU-TriathonAltoNalon	15 M4F	111 F
723	2434		Óscar Torre Cambón	00:53:51	00:53:03	5:23	1992	131 SrM	612 M
724	3431		Miguel Usón Pérez	00:53:51	00:52:26	5:23	1985	104 M1M	613 M
725	3256		Ruben Fernandez Santiago	00:53:53	00:53:27	5:23	1986	105 M1M	614 M
726	2323		Paula Trillo Calo	00:53:53	00:53:06	5:23	1990	34 SrF	112 F
727	3059		Daniel Baltar Almeida	00:53:54	00:52:51	5:23	2002	9 23M	615 M
728	2962		Pablo Casal Vazquez	00:53:54	00:53:11	5:23	1979	107 M2M	616 M
729	3392		Esteban Rodriguez Brandón	00:53:55	00:53:31	5:23	1997	132 SrM	617 M
730	3265		Pedro Oliveira	00:53:55	00:53:10	5:23	2003	7 20M	618 M
731	3357		David Mosquera Mosqueira	00:53:55	00:53:33	5:23	1985	106 M1M	619 M
732	3140		Fonsy Santana	00:53:59	00:52:46	5:23	1983	22 M1F	113 F
733	2902		Sergio Ponce Domínguez	00:54:00	00:53:07	5:24	1992	133 SrM	620 M
734	2677		Sara Barreira Blanco	00:54:01	00:53:26	5:24	1952 RUNNING OLEIROS	2 M7F	114 F
735	3061		Eduardo Abalde Morin	00:54:02	00:52:56	5:24	1970 CLUB TRIATHLON SANTIAGO	72 M4M	621 M
736	2670		Maria Santana Martinez Gerrero	00:54:03	00:53:02	5:24	1977	12 M3F	115 F
737	3383		Manuel Blanco Núñez	00:54:03	00:52:45	5:24	1999	134 SrM	622 M
738	3368		Emilio Gomez Lorenzo	00:54:05	00:53:40	5:24	1989	135 SrM	623 M
739	2975		Santiago Pena Cañizares	00:54:06	00:53:10	5:24	1992	136 SrM	624 M
740	2644		Ana Bort Respino	00:54:07	00:53:03	5:24	2000 LA MOCHILA DEL DEPORTE	5 23F	116 F
741	2813		Santiago Bort Couceiro	00:54:08	00:53:05	5:24	1970	73 M4M	625 M
742	2329		Trinidad Gomez Reiriz	00:54:11	00:54:01	5:25	1980	19 M2F	117 F
743	2438		Iago Ron Rodríguez	00:54:12	00:53:00	5:25	1991	137 SrM	626 M
744	2632		Alejandra Pailos Pasandin	00:54:13	00:52:51	5:25	1985	23 M1F	118 F
745	2681		Maryem Sali Duque	00:54:13	00:52:49	5:25	1980 CLUB ATLETISMO SADA	20 M2F	119 F
746	2697		María Teresa Romero Ramos	00:54:14	00:53:18	5:25	1986	24 M1F	120 F
747	2763		Beti Faraldo Calvo	00:54:15	00:53:15	5:25	1975 CLUB ATLETISMO SADA	13 M3F	121 F
748	2941		Javier Alvarez Barbeito	00:54:15	00:54:15	5:25	1964	43 M5M	627 M
749	3047		Francisco José Rodríguez Mato	00:54:16	00:53:23	5:25	1971	74 M4M	628 M
750	2904		Manuel Angel Seijo Fernandez	00:54:20	00:53:06	5:26	1973 KARATE TOTAL	120 M3M	629 M
751	2946		Miguel Angel Vilariño Nuñez	00:54:21	00:53:39	5:26	1975	121 M3M	630 M
752	2896		José Antonio Méndez Pampin	00:54:22	00:53:29	5:26	1955 club atletismo ARZUA	14 M7M	631 M
753	2560		Jose Grela Rodríguez	00:54:24	00:53:37	5:26	1958	14 M6M	632 M
754	3220		María Otero García	00:54:25	00:52:58	5:26	1977	14 M3F	122 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
755	2973		Konstantin Berezin	00:54:26	00:53:25	5:26	1989	138 SrM	633 M
756	2929		Alberto Perez Miramontes	00:54:26	00:53:06	5:26	1969	75 M4M	634 M
757	2913		Manuel Basalo	00:54:26	00:53:24	5:26	1968 TIRAMILLAS	76 M4M	635 M
758	2753		Carolina Papin Estevez	00:54:28	00:53:28	5:26	1978 CLUB ATLETISMO SADA	21 M2F	123 F
759	2593		Miguel Rodríguez Rodríguez	00:54:30	00:53:15	5:27	1984	107 M1M	636 M
760	2969	TGAL222	Jose Varela Verdes	00:54:31	00:53:22	5:27	1978 CLUB DEPORTIVO INCLUSIVO ENKI	108 M2M	637 M
761	3271		Marcos Melicio Silva	00:54:33	00:53:21	5:27	1985	108 M1M	638 M
762	2395		Alfonso Javier Castro Souto	00:54:33	00:53:43	5:27	1985 GMTA&CHUVONERS	109 M1M	639 M
763	2924		Miguel A. Garcia Rodriguez	00:54:39	00:53:22	5:27	1985 CLUB ATLETISMO SADA	110 M1M	640 M
764	2366		Paloma Anca Rivera	00:54:39	00:53:53	5:27	1985	25 M1F	124 F
765	3351		Alejandro García Sánchez	00:54:42	00:53:20	5:28	1985	111 M1M	641 M
766	2643		María Vázquez - Gundín Paz	00:54:42	00:53:44	5:28	1984 NOSPORTLIMIT	26 M1F	125 F
767	2892		Luis Garcia Iglesias	00:54:44	00:53:40	5:28	1982	109 M2M	642 M
768	2920		Alejandro Larrañaga Álvarez	00:54:45	00:53:25	5:28	1981	110 M2M	643 M
769	2886		Francisco Javier Garcia Villaamil	00:54:47	00:53:23	5:28	1981	111 M2M	644 M
770	3413		Gabriel López Bermúdez	00:54:48	00:54:22	5:28	1984	112 M1M	645 M
771	2777	AG2018885	Natalia Garcia Feijoo De Sotomayor	00:54:50	00:54:04	5:29	1969 LA MOCHILA DEL DEPORTE	16 M4F	126 F
772	3036		Miguel García Codesido	00:54:51	00:54:21	5:29	1988 Clube Atletismo Arzúa	139 SrM	646 M
773	3062		Marcelo Gabriel Tripodi	00:54:51	00:53:35	5:29	1959 MIXMASTER RUNNING	15 M6M	647 M
774	2684		Maria Pilar Mugica Elorza	00:54:51	00:54:14	5:29	1972 HÉRCULES ATLETISMO	17 M4F	127 F
775	2728	GA767	Silvia Prego Vázquez	00:54:51	00:53:56	5:29	1979 Running Arteixo	22 M2F	128 F
776	2827		Sergio Rodriguez Rodriguez	00:54:51	00:53:36	5:29	1981	112 M2M	648 M
777	2584		Angel Carlos Izquierdo Lopez	00:54:56	00:54:05	5:29	1974	122 M3M	649 M
778	2261		Isidro Veira Villaverde	00:54:59	00:53:41	5:29	1975	123 M3M	650 M
779	2865		Fernando Reimundez Rodriguez	00:55:00	00:53:41	5:30	1975	124 M3M	651 M
780	2971		Manuel Raña Prego	00:55:02	00:54:36	5:30	1950 Team Raña	15 M7M	652 M
781	2782		Mª Del Carmen Miranda Amado	00:55:02	00:54:27	5:30	1960	4 M6F	129 F
782	3063		Lucas Ernesto De Sousa Loza	00:55:04	00:53:47	5:30	1997	140 SrM	653 M
783	2956		Luis Pita Andreu	00:55:09	00:54:01	5:30	1968	77 M4M	654 M
784	2734		Soraya Varela Bao	00:55:09	00:54:44	5:30	1980 CLUB HERCULES TERMARIA	23 M2F	130 F
785	2723		María Casal Pena	00:55:09	00:54:21	5:30	1980	24 M2F	131 F
786	2705		Silvia Vazquez Montero	00:55:10	00:54:23	5:31	1980	25 M2F	132 F
787	2701	AG2028373	Adriana Otero Rodríguez	00:55:13	00:54:27	5:31	1978 LA MOCHILA DEL DEPORTE	26 M2F	133 F
788	2699	AG94	Belen Tella Rey	00:55:13	00:54:27	5:31	1974 LA MOCHILA DEL DEPORTE	15 M3F	134 F
789	2733	AG2016960	Ana Belen Hermida Carballo	00:55:13	00:54:27	5:31	1977 LA MOCHILA DEL DEPORTE	27 M2F	135 F
790	3444		Jose Daniel Salcines Lopez	00:55:14	00:54:50	5:31	1987	113 M1M	655 M
791	3052		Juan Cabré Rodríguez	00:55:19	00:53:59	5:31	1981	113 M2M	656 M
792	3232		Eva Perez Babiano	00:55:23	00:54:14	5:32	1985	27 M1F	136 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
793	2755		Sonia María Carro Ríos	00:55:23	00:54:48	5:32	1975	16 M3F	137 F
794	3126		Sonsoles Estraviz Fernández	00:55:24	00:54:36	5:32	1995	35 SrF	138 F
795	2849		Marcos López Gómez	00:55:25	00:54:36	5:32	1968	78 M4M	657 M
796	2744		Mariel Alejandra Vera	00:55:26	00:54:46	5:32	1992	36 SrF	139 F
797	3015		Javier Yépez Arámbulo	00:55:26	00:53:53	5:32	1989	141 SrM	658 M
798	3318		Diego Castro Patiño	00:55:29	00:55:04	5:32	1997	142 SrM	659 M
799	3239		María Carpenente Bosch	00:55:30	00:54:42	5:33	1984 Paula Mayobre	28 M1F	140 F
800	2977		Jesus Matias Dominguez Gomez	00:55:32	00:54:07	5:33	1959	16 M6M	660 M
801	2903		Natalio Lorenzo Pintos	00:55:33	00:54:26	5:33	1962	17 M6M	661 M
802	3001		Pablo Gonzalez Gonzalez	00:55:34	00:54:57	5:33	1961	18 M6M	662 M
803	2739		Lara Antonella Tripodi Ramos	00:55:34	00:54:18	5:33	1994 MIXMASTER RUNNING	37 SrF	141 F
804	3346		Pablo Pan Veira	00:55:35	00:55:08	5:33	1989	143 SrM	663 M
805	2984		Jorge Vazquez Fondevila	00:55:42	00:54:47	5:34	1972 No Club	79 M4M	664 M
806	2982		Manuel González Devesa	00:55:43	00:54:32	5:34	1982	114 M2M	665 M
807	2690		Eva Sanchez Martinez	00:55:44	00:54:27	5:34	1967 MIXMASTER RUNNING	5 M5F	142 F
808	2989		Roi Alonso Padín	00:55:44	00:54:30	5:34	1979	115 M2M	666 M
809	3056		Fernando Campos Mayo	00:55:44	00:54:32	5:34	1979	116 M2M	667 M
810	3411		Andrés Casares Gallego	00:55:48	00:55:19	5:34	1964	44 M5M	668 M
811	2752 AG10425		Noelia Vázquez Calvo	00:55:48	00:55:03	5:34	1975 CLUB ATLETICO BERGONDO	17 M3F	143 F
812	2620		Fernando Rúa Peinó	00:55:49	00:55:16	5:34	1972	80 M4M	669 M
813	3320		Víctor Manuel Jáquez Leal	00:55:53	00:54:57	5:35	1977	125 M3M	670 M
814	2750		Sonia Molero Estrella	00:55:54	00:54:55	5:35	1979 CLUB ATLETISMO SADA	28 M2F	144 F
815	3329		Juan Doce Durán	00:55:55	00:54:31	5:35	1985	114 M1M	671 M
816	2522		Jose Juan Pérez Paz	00:55:56	00:55:11	5:35	1967	45 M5M	672 M
817	2660		Chelo Pérez García	00:55:58	00:54:48	5:35	1974	18 M3F	145 F
818	3441		Alberto Cinza	00:56:00	00:55:38	5:36	1982 DALLE GAS RUNNING TEAM	115 M1M	673 M
819	2691		Virginia Vila Martínez	00:56:01	00:55:30	5:36	1967 CLUB CASTRO DE LOBADIZ	6 M5F	146 F
820	3030		Rubén Suárez Martinez	00:56:04	00:54:36	5:36	1975	126 M3M	674 M
821	3386		Joaquín Tuñas No	00:56:06	00:54:33	5:36	1978	117 M2M	675 M
822	2603		Rubén Pereira Álvarez	00:56:07	00:54:39	5:36	1989	144 SrM	676 M
823	2726		Simone Carro Erias	00:56:09	00:55:22	5:36	1970	18 M4F	147 F
824	2825		Isaías Calvo De La Uz	00:56:16	00:54:51	5:37	1971	81 M4M	677 M
825	2717		Leticia Figueira Domínguez	00:56:17	00:54:53	5:37	1982	29 M1F	148 F
826	2588		Eloy Calderón Fernández	00:56:17	00:55:34	5:37	1965	46 M5M	678 M
827	2680		Carmen Vazquez	00:56:19	00:55:59	5:37	1965 ARCADIA	7 M5F	149 F
828	2958		Emilio Rif González	00:56:24	00:55:29	5:38	1974 Montespino - Peñaredonda	127 M3M	679 M
829	2926		Jaime Estévez Vidal	00:56:27	00:55:23	5:38	1971	82 M4M	680 M
830	2764		Namibia Sanluis Verdes	00:56:28	00:55:03	5:38	1987	38 SrF	150 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
831	2967		Andrés González García	00:56:30	00:55:18	5:39	1961 CLUB CASTRO DE LOBADIZ	19 M6M	681 M
832	3298		Angel Diaz Garcia	00:56:31	00:55:02	5:39	1983	116 M1M	682 M
833	2718		Leticia Ogando López	00:56:32	00:55:38	5:39	1976 CLUB ATLETISMO SADA	19 M3F	151 F
834	2758		Cristina Añón González	00:56:35	00:55:18	5:39	1989 Óxido Zero Training Club	39 SrF	152 F
835	3378		Lucas Grimm	00:56:37	00:55:08	5:39	1993	145 SrM	683 M
836	2480		Mauricio Jose Bonome Sedlaczek	00:56:38	00:55:46	5:39	1969	83 M4M	684 M
837	2923		Ramón De Meer Quiroga	00:56:38	00:55:48	5:39	1975	128 M3M	685 M
838	2826		Andrés Espiñeira López	00:56:42	00:55:38	5:40	1979	118 M2M	686 M
839	2403		Pablo Moar Blanco	00:56:44	00:55:41	5:40	1979	119 M2M	687 M
840	2940		Luis Alvarez Camara	00:56:46	00:55:42	5:40	1956	16 M7M	688 M
841	3283		Diego Díaz Rodríguez	00:56:46	00:55:27	5:40	1979	120 M2M	689 M
842	3408		Gabriel Martín Morales	00:56:48	00:56:22	5:40	1952 Cacin	17 M7M	690 M
843	3040		Xosé María Amado Bouza	00:56:48	00:55:55	5:40	1967	47 M5M	691 M
844	2760		Nélida Varela García	00:56:49	00:55:46	5:40	1977 CASTRO-TRAIL	20 M3F	153 F
845	2807		Santiago Simón Cuadrado	00:56:52	00:56:40	5:41	1960	20 M6M	692 M
846	3185		Susan Santos Morales	00:56:53	00:56:08	5:41	1972 Pulpeiro mugardos	21 M3F	154 F
847	2217		Olivier Fernández Torres	00:56:53	00:56:08	5:41	1972 Triatlón Rianxo	84 M4M	693 M
848	2745		Iria Fernández Baz	00:56:56	00:56:02	5:41	1986	30 M1F	155 F
849	3395		Luis Manuel Grande Casado	00:56:58	00:56:35	5:41	1969 DALLE GAS RUNNING TEAM	85 M4M	694 M
850	3399		José Luis López Ferreiro	00:56:58	00:56:10	5:41	1972	129 M3M	695 M
851	3129		Vanessa Ruiz Sanz	00:56:59	00:56:17	5:41	1978	29 M2F	156 F
852	3306		Marcos Espiñeira Fidalgo	00:57:01	00:55:42	5:42	1982	121 M2M	696 M
853	2724		Carolina Cañizares Martín	00:57:01	00:55:57	5:42	1973	22 M3F	157 F
854	2740		Angeles Area Teijeiro	00:57:03	00:56:23	5:42	1965 HÉRCULES ATLETISMO	8 M5F	158 F
855	2730 AG2016971		Susana Somme Lopez	00:57:03	00:56:32	5:42	1972 LA MOCHILA DEL DEPORTE	19 M4F	159 F
856	3119		Alba Moscoso Fernández	00:57:04	00:56:32	5:42	1987 LA MOCHILA DEL DEPORTE	31 M1F	160 F
857	3152		Deyvis Maria Torres Arbelay	00:57:06	00:56:42	5:42	1977	23 M3F	161 F
858	2298		Manuel Ares Pérez	00:57:09	00:56:26	5:42	1957 Adas proinor	18 M7M	697 M
859	2836		Alfonso Herias Garcia	00:57:09	00:56:50	5:42	1984	117 M1M	698 M
860	2754		Carmen Iglesias	00:57:11	00:56:09	5:43	1975	24 M3F	162 F
861	3312		Aureliano Garcia Gonzalez-Ilanos	00:57:11	00:56:51	5:43	1951	19 M7M	699 M
862	3423		Jorge Sánchez Velo	00:57:12	00:55:40	5:43	1980	122 M2M	700 M
863	2900		Wenceslao García Zapata	00:57:14	00:56:06	5:43	1978	123 M2M	701 M
864	3028		Manuel Nunez Pose	00:57:18	00:56:02	5:43	1978 NOEL	124 M2M	702 M
865	3362		Oscar Hombre Castro	00:57:19	00:55:58	5:43	1983	118 M1M	703 M
866	2640		María Pilar Plaza Fabrega	00:57:20	00:56:26	5:44	1972 MESOIRO C.D.	20 M4F	163 F
867	2702		Charlotte Goles	00:57:20	00:56:24	5:44	1980	30 M2F	164 F
868	3249		Sandra Espinoza Ferreira	00:57:20	00:57:20	5:44	1988	40 SrF	165 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
869	3437		Jose Fernández Peña	00:57:21	00:57:21	5:44	1981	125 M2M	704 M
870	2290		Miguel López Castelo	00:57:21	00:56:48	5:44	1979	126 M2M	705 M
871	3238		Eva María Mudarra Martínez	00:57:22	00:56:31	5:44	1980	31 M2F	166 F
872	2682		Myriam Rodríguez Alonso	00:57:24	00:56:37	5:44	1986 Running sport trail	32 M1F	167 F
873	2675		Bea Romero Roel	00:57:26	00:56:23	5:44	1975 Nosportlimit	25 M3F	168 F
874	2638		Cristina Fernandez Cid	00:57:26	00:56:25	5:44	1970 NOSPORTLIMIT	21 M4F	169 F
875	2768	AG2026246	Rosí Gómez Prieto	00:57:26	00:56:39	5:44	1972 LA MOCHILA DEL DEPORTE	22 M4F	170 F
876	3136	GA19107	Begoña De Arriba Bellogin	00:57:27	00:57:05	5:44	1955 EGOVARROS DE VIVEIRO	3 M7F	171 F
877	3260		Albino Iglesias Varela	00:57:29	00:56:28	5:44	1970	86 M4M	706 M
878	3099		Julia Piñeiro Herrero	00:57:29	00:56:29	5:44	1973	26 M3F	172 F
879	3031		Gabriel Álvarez Silvar	00:57:33	00:56:33	5:45	1967 CLUB ATLETISMO SADA	48 M5M	707 M
880	2709		Irene Graña Pérez	00:57:34	00:56:37	5:45	1965	9 M5F	173 F
881	2630	AG2024834	Inés Ferradáns Rendo	00:57:38	00:56:54	5:45	1994 Club deportivo Brion Hyupersa Santiago	41 SrF	174 F
882	2809		Carlos García Seco	00:57:39	00:56:24	5:45	1990	146 SrM	708 M
883	2821		Crisanto Castro Pais	00:57:40	00:56:33	5:46	1971	87 M4M	709 M
884	3380		Jaime Roca Avila	00:57:40	00:56:32	5:46	1962 ACME	21 M6M	710 M
885	3367		Alberto Roca	00:57:40	00:56:32	5:46	1999	147 SrM	711 M
886	2835		Rafael Toba	00:57:44	00:55:59	5:46	1983	119 M1M	712 M
887	2667		Natalia Iturregui Garcia De Motiloa	00:57:45	00:56:42	5:46	1991 CLUB TRIATLÓN CORUÑA	42 SrF	175 F
888	3037		Juan José Roibás Yáñez	00:57:46	00:56:33	5:46	1960	22 M6M	713 M
889	2770		Karina Pan Teijido	00:57:47	00:56:37	5:46	1983	33 M1F	176 F
890	2766	AG1478	Ana Blanco Sanmartin	00:57:48	00:57:03	5:46	1966 LA MOCHILA DEL DEPORTE	10 M5F	177 F
891	2776		Carmen Uzal Janeiro	00:57:49	00:56:25	5:46	1966 CLUB ATLETISMO SADA	11 M5F	178 F
892	2994		Marcos Velo Garcia	00:57:49	00:56:28	5:46	1975	130 M3M	714 M
893	2927		Marcelino De Juan Barquin	00:57:50	00:56:46	5:47	1957	20 M7M	715 M
894	3296		Noe Vaamonde Blanco	00:57:51	00:56:18	5:47	1976	131 M3M	716 M
895	2952		Faxildo Galdo Rolón	00:57:52	00:57:02	5:47	1976	132 M3M	717 M
896	3406		Shady Fayed Sharaf Din	00:57:53	00:56:32	5:47	1976 COLEGIO MONTESPIÑO- PEÑARREDONDA	133 M3M	718 M
897	2960		Enrique Fernandez Rosado	00:57:56	00:56:51	5:47	1972	88 M4M	719 M
898	2935		Carlos Torreiro Fernández	00:57:57	00:57:12	5:47	1974	134 M3M	720 M
899	3182		Paula Ventura	00:57:58	00:57:12	5:47	1971	23 M4F	179 F
900	2520		José Luis Mella Maroño	00:57:59	00:57:16	5:47	1973	135 M3M	721 M
901	3262		Oscar Hernandez Acevedo	00:57:59	00:56:38	5:47	1980 Mariachi Loco	127 M2M	722 M
902	2628		Javier Pérez Quiroga	00:58:00	00:56:38	5:48	1984	120 M1M	723 M
903	3125		Maria Madruga Garrido	00:58:00	00:57:28	5:48	1982	34 M1F	180 F
904	3397		Cristian Pena López	00:58:01	00:56:51	5:48	1991	148 SrM	724 M
905	3074		Carlos Javier Lence Pin	00:58:02	00:57:06	5:48	1960	23 M6M	725 M
906	3377		Christian Deive Verdia	00:58:03	00:56:32	5:48	1992	149 SrM	726 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
907	3205		Lucía Naya Rios	00:58:03	00:56:33	5:48 1992	43 SrF	181 F
908	3373		Felipe García Carnicero	00:58:05	00:56:49	5:48 1980	128 M2M	727 M
909	3127		Natalia Zalvide Torrente	00:58:09	00:57:15	5:48 1972	24 M4F	182 F
910	2773		María Gómez A	00:58:13	00:57:14	5:49 1965 INDEPENDIENTE	12 M5F	183 F
911	3009		Victor Roca Vazquez	00:58:14	00:56:46	5:49 1975	136 M3M	728 M
912	3112		Mercedes Galdo	00:58:16	00:57:50	5:49 1972	25 M4F	184 F
913	3276		Alberto Barros	00:58:16	00:57:51	5:49 1972	89 M4M	729 M
914	3258		Luis Iglesias	00:58:17	00:57:01	5:49 1968	90 M4M	730 M
915	2736		María Zarzosa Estévez	00:58:17	00:57:01	5:49 1989	44 SrF	185 F
916	2978		Alonso Álvarez Ventoso	00:58:18	00:57:14	5:49 1964	49 M5M	731 M
917	2042		Jacobo Sánchez Balgoma Y Lopez	00:58:22	00:57:03	5:50 1971 No sport limit	91 M4M	732 M
918	3178		Rocio López Otero	00:58:23	00:57:55	5:50 1993	45 SrF	186 F
919	3436		Celestino Miguel Sanguinredo	00:58:24	00:57:51	5:50 1975	137 M3M	733 M
920	2362		Macarena Castro Pérez	00:58:26	00:57:32	5:50 1984	35 M1F	187 F
921	2364		María Soares De Castro	00:58:28	00:58:06	5:50 1978 ATLETAS DE ACEA DE AMA	32 M2F	188 F
922	2738		Monica Gil Garcia	00:58:28	00:57:36	5:50 1978	33 M2F	189 F
923	2742 AG9411		Mely Meijide Martinez	00:58:31	00:57:31	5:51 1963 CLUB ATLETISMO SADA	13 M5F	190 F
924	2781		Teresa Rey Rodríguez	00:58:33	00:57:33	5:51 1968 OS CORZOS DO ORTEGAL	26 M4F	191 F
925	3248		Aranza Vila Villar	00:58:33	00:58:04	5:51 1993	46 SrF	192 F
926	3083		Jonatan Pérez Gómez	00:58:35	00:57:42	5:51 1985	121 M1M	734 M
927	2772		María Del Carmen Pérez Gómez	00:58:35	00:57:42	5:51 1979	34 M2F	193 F
928	3293		Miguel Regueira Pereira	00:58:35	00:55:01	5:51 1984	122 M1M	735 M
929	3081		Segundo Eiras Sánchez	00:58:36	00:57:00	5:51 1970	92 M4M	736 M
930	3300		Javier Lagares Lucas	00:58:37	00:57:06	5:51 1976	138 M3M	737 M
931	2995		Víctor Platas García	00:58:42	00:58:14	5:52 1998	150 SrM	738 M
932	3035		Joaquin Montes	00:58:42	00:57:16	5:52 1977	139 M3M	739 M
933	3041		Aitor Guinea Unzalu	00:58:43	00:57:19	5:52 1974	140 M3M	740 M
934	3287		Miguel Ángel Carpacho Barredo	00:58:44	00:57:08	5:52 1982	129 M2M	741 M
935	2972		J E	00:58:45	00:57:08	5:52 1971	93 M4M	742 M
936	3168		Teresa Moreno Lopez	00:58:47	00:58:47	5:52 1975	27 M3F	194 F
937	3164		Alba Montemuiño Muñiz	00:58:50	00:58:22	5:53 1992	47 SrF	195 F
938	3356		Javier Tresancos Quijada	00:58:51	00:57:23	5:53 1984	123 M1M	743 M
939	2685		Belén Rodriguez Salas	00:58:52	00:57:41	5:53 1968	27 M4F	196 F
940	3310		Manuel Clavero Iglesias	00:58:58	00:57:55	5:53 1955	21 M7M	744 M
941	3268		Luis M Villamide Muiña	00:59:00	00:57:48	5:54 1975	141 M3M	745 M
942	3130		Mónica Seco Gómez	00:59:01	00:58:19	5:54 1976	28 M3F	197 F
943	3302		Grzegorz Bogdan	00:59:09	00:57:40	5:54 1989	151 SrM	746 M
944	3103		Erea Mourenza Patiño	00:59:10	00:57:45	5:55 1992	48 SrF	198 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
945	3147		Laura Delgado Represas	00:59:10	00:57:45	5:55	1989	49 SrF	199 F
946	2696		Raquel Fernández Mosquera	00:59:13	00:58:43	5:55	1979	35 M2F	200 F
947	2759		Cristina Sanchez Lopez	00:59:13	00:58:22	5:55	1972 Laracha en duas rodas	29 M3F	201 F
948	3131		Ana Goas Fernández	00:59:13	00:58:42	5:55	1980 San rosendo	36 M2F	202 F
949	2465		Jose Ramon Gallego	00:59:13	00:58:23	5:55	1975	142 M3M	747 M
950	3165		Maria Dolores Lozano Rodríguez	00:59:14	00:58:10	5:55	1973 SENDERISTAS FERROLTERRA	30 M3F	203 F
951	2991		José Manuel Castelao Díaz	00:59:14	00:58:17	5:55	1967	50 M5M	748 M
952	2729		Cristina Fuentes Lorenzo	00:59:14	00:58:50	5:55	1998 Vital Fitness 2.0	50 SrF	204 F
953	3033		Juan Carlos Taboada Rivadulla	00:59:15	00:58:00	5:55	1970 DOIMEHERE TEAM	94 M4M	749 M
954	3134		Beatriz Piñeiro Lozano	00:59:15	00:58:12	5:55	2002 SENDERISTAS FERROLTERRA	6 23F	205 F
955	3278		Juan Castillo Couso	00:59:15	00:58:53	5:55	1956 C.A. BOADILLA DEL MONTE	22 M7M	750 M
956	3390		Jose Luis Rodríguez	00:59:16	00:59:16	5:55	1972	95 M4M	751 M
957	3079		Sergio Enrique Gonzalez Alvarez	00:59:16	00:57:56	5:55	1992 S2M	152 SrM	752 M
958	3304		Enrique Rodríguez Lapido	00:59:17	00:57:48	5:55	1975	143 M3M	753 M
959	3277 AG15615		Jose Pedro Rodriguez Barba	00:59:17	00:59:04	5:55	1956 CLUB ATLETISMO BOIMORTO	23 M7M	754 M
960	3013		Jose Núñez Gamallo	00:59:18	00:58:12	5:55	1974	144 M3M	755 M
961	2765 AG2016979		Ana López Gíao	00:59:20	00:58:32	5:56	1969 LA MOCHILA DEL DEPORTE	28 M4F	206 F
962	2936		Roberto Atalaya Sardon	00:59:20	00:58:35	5:56	1977	145 M3M	756 M
963	2425		Felix De Castro Rodriguez	00:59:20	00:58:09	5:56	1966 ATLETISMO DEZA	51 M5M	757 M
964	3324		Miguel Cosme Raymundo	00:59:21	00:58:39	5:56	1979	130 M2M	758 M
965	3149		María Del Carmen Picatoste Mateu	00:59:22	00:58:24	5:56	1965	14 M5F	207 F
966	3266		Jose Caride Rodríguez	00:59:23	00:58:46	5:56	1978	131 M2M	759 M
967	3104		Silvia Rodríguez Brea	00:59:23	00:58:46	5:56	1991 Objetivo Sanamente	51 SrF	208 F
968	3455		Rosa Rodríguez Martín-Retortillo	00:59:25	00:59:17	5:56	1985	36 M1F	209 F
969	2957		Manuel Ramón Ríos Suárez	00:59:26	00:58:29	5:56	1975	146 M3M	760 M
970	3161		Miriam Sedes López	00:59:27	00:58:44	5:56	1980	37 M2F	210 F
971	3160		Belén Rey López	00:59:27	00:58:43	5:56	1980	38 M2F	211 F
972	2848		Miguel Couce Seijas	00:59:27	00:58:46	5:56	1960	24 M6M	761 M
973	3115		Eva Alexandra Fernández Cámara	00:59:31	00:58:02	5:57	1993	52 SrF	212 F
974	2814		Diego Paz	00:59:31	00:58:14	5:57	1972	96 M4M	762 M
975	3132		Maite Paros Regueiro	00:59:32	00:58:22	5:57	1982	39 M2F	213 F
976	3133		Laura Taboada Veiga	00:59:32	00:58:22	5:57	1982	40 M2F	214 F
977	3226		Eva Liquete	00:59:32	00:58:32	5:57	1973 CLUB ATLETISMO SADA	31 M3F	215 F
978	3071		Ruben Pacheco Fernández	00:59:39	00:58:20	5:57	1981	132 M2M	763 M
979	2774		María Jesus Rico Ballester	00:59:41	00:58:31	5:58	1980	41 M2F	216 F
980	2676		Lorena Cameán Bao	00:59:43	00:58:42	5:58	1981	42 M2F	217 F
981	3069		Eduardo Garcia Santiago	00:59:43	00:59:20	5:58	1967 Billarda campo da feira paiosaco	52 M5M	764 M
982	3045		Rubén Iglesias Payo	00:59:45	00:59:14	5:58	1973	147 M3M	765 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
983	2713		María Pérez Louro	00:59:47	00:58:48	5:58	1976	32 M3F	218 F
984	3022		Luis Perez Ruiz	00:59:47	00:58:27	5:58	1977	148 M3M	766 M
985	2716		Laura Reyman Gallego	00:59:47	00:58:28	5:58	1978	43 M2F	219 F
986	3026		Iván Sandino Somoza	00:59:50	00:58:24	5:59	2002	10 23M	767 M
987	2340		Sandra Lopez Cambeiro	00:59:50	00:58:31	5:59	1976 INDEPENDIENTE	33 M3F	220 F
988	3075		Alejandro Larrauri Pajon	00:59:51	00:58:25	5:59	1990	153 SrM	768 M
989	3326		Adrian Gomez Bujia	00:59:56	00:59:28	5:59	1985 DALLE GAS RUNNING TEAM	124 M1M	769 M
990	3327		Fernando Cuadrado García	00:59:57	00:58:53	5:59	1987	125 M1M	770 M
991	3018		Miguel Angel Gonzalez Talavero	01:00:02	00:58:45	6:00	1962 ATLETAS DE ACEA DE AMA	25 M6M	771 M
992	3162		Beatriz Rey Tubio	01:00:08	00:59:39	6:00	1980 Flow pilates & training	44 M2F	221 F
993	2706		Mjose Pacheco Etvhevers	01:00:08	00:59:39	6:00	1962 Flow pilates training	5 M6F	222 F
994	3086		José Manuel Cambon Rey	01:00:08	00:58:51	6:00	1969	97 M4M	772 M
995	3176		Eva Duran Fernandez	01:00:09	00:59:44	6:00	1989	53 SrF	223 F
996	2925		Carlos Muñoz Lagarón	01:00:11	00:58:52	6:01	1974 NoSportLimit	149 M3M	773 M
997	3004		Carlos Armenteros León	01:00:11	00:58:52	6:01	1974	150 M3M	774 M
998	3120		Natalia Sotelo Enríquez	01:00:11	00:59:41	6:01	1996	54 SrF	224 F
999	3354		Rubén Carro Puñal	01:00:12	00:58:42	6:01	1985	126 M1M	775 M
1000	3355		Luis Cajaraville Calvo	01:00:12	00:58:42	6:01	1991	154 SrM	776 M
1001	3434		Marcos Eire Fernández	01:00:12	00:58:56	6:01	1977	151 M3M	777 M
1002	3223		Beatriz Martinez Rubal	01:00:17	00:59:19	6:01	1961 CLUB ATLETISMO SADA	6 M6F	225 F
1003	3117		Noelia Fuentes Vara	01:00:18	00:59:17	6:01	1996 ATLETISMO SADA	55 SrF	226 F
1004	3263		Enrique Pérez Rodríguez-carmona	01:00:18	00:59:04	6:01	1990	155 SrM	778 M
1005	2780		Irene Mosquera Enjamio	01:00:19	00:59:52	6:01	1993	56 SrF	227 F
1006	3094		Marta García Quijada	01:00:20	00:59:55	6:02	1975	34 M3F	228 F
1007	3118		Monica Bermudez Pose	01:00:20	00:59:49	6:02	1991	57 SrF	229 F
1008	2714		Raluca Mihaela Poenar	01:00:29	00:58:59	6:02	1990 NOSPORTLIMIT	58 SrF	230 F
1009	3016		Kike Barral Alvedro	01:00:31	00:59:00	6:03	1970	98 M4M	779 M
1010	2623		Fernando Vázquez Blanco	01:00:33	00:59:13	6:03	1959 oscar vazquez garcia	26 M6M	780 M
1011	3375		Óscar Curros Moure	01:00:34	01:00:13	6:03	1981	133 M2M	781 M
1012	3044		Guillermo Portela Vázquez	01:00:36	00:59:11	6:03	1997	156 SrM	782 M
1013	2874		Ignacio Asensio Fuentes	01:00:39	00:59:37	6:03	1965	53 M5M	783 M
1014	2761		Roise Antonina Toro Vidal	01:00:44	00:59:53	6:04	1973	35 M3F	231 F
1015	3121		Alejandra Vereá García	01:00:46	00:59:23	6:04	1989	59 SrF	232 F
1016	3177		Esther Ordoñez García	01:00:48	00:59:31	6:04	1962	15 M5F	233 F
1017	3179		María Luisa Mateo Casañez	01:00:48	00:59:39	6:04	1971	29 M4F	234 F
1018	2700 HM9SS9F		Yajaira Parrales Farias	01:00:52	01:00:05	6:05	1980 LA MOCHILA DEL DEPORTE	45 M2F	235 F
1019	2518		Ignacio Burillo Terrer	01:01:00	00:59:38	6:06	1967 TERRA DE SONEIRA	54 M5M	784 M
1020	3189		Concepcion Garcia Dabrio	01:01:05	00:59:35	6:06	1978	46 M2F	236 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
1021	3309		Martín Rey Cubero	01:01:08	00:59:42	6:06	1977	152 M3M 785 M	
1022	3270	TGAL215	Angel Hermida Otero	01:01:16	01:00:01	6:07	1975 CLUB DEPORTIVO INCLUSIVO ENKI	153 M3M 786 M	
1023	3116	AG2028229	Belen Pose Gomez	01:01:21	01:01:08	6:08	1971 CLUB ATLETISMO BOIMORTO	30 M4F 237 F	
1024	2747		Lydia Martínez Moutón	01:01:21	01:00:27	6:08	1967	31 M4F 238 F	
1025	2300		Xosé Enrique Pujales Martínez	01:01:21	01:00:18	6:08	1954 CLUB ATLETISMO BOIMORTO	24 M7M 787 M	
1026	3143		Gloria Oreiro Pazos	01:01:22	01:00:17	6:08	1960	7 M6F 239 F	
1027	3095		Tirsa Vila Chaves	01:01:23	01:00:04	6:08	1999	60 SrF 240 F	
1028	3207		Uxia Casal Baldomir	01:01:28	01:00:21	6:08	1996	61 SrF 241 F	
1029	2783		Miguel Ángel Eiroa Rodríguez	01:01:32	01:00:25	6:09	1965 Club triatlon Coruña	55 M5M 788 M	
1030	2624		Manuel Pedreira Anton	01:01:37	01:00:15	6:09	1980	134 M2M 789 M	
1031	2799		Alberto Souto Vázquez	01:01:38	01:00:17	6:09	1983	127 M1M 790 M	
1032	2801		Raul Amigorena	01:01:39	01:00:17	6:09	1980	135 M2M 791 M	
1033	2998		Roberto Moreda	01:01:40	01:00:18	6:10	1974 -	154 M3M 792 M	
1034	3267		Rafael Fernández Sánchez	01:01:40	01:01:15	6:10	1980	136 M2M 793 M	
1035	3317		Rubén López Roca	01:01:41	01:00:42	6:10	1965	56 M5M 794 M	
1036	2748		Carmen Pasandin Peteiro	01:01:41	01:00:44	6:10	1979 No Sport Limit	47 M2F 242 F	
1037	3194		Laura Jimenez Jimenez	01:01:41	01:00:12	6:10	1991	62 SrF 243 F	
1038	3376		Jose Miguel Garcia Caliz	01:01:42	01:01:15	6:10	1987	157 SrM 795 M	
1039	3034		José David Ríos Lesta	01:01:46	01:00:28	6:10	1988 Nosportlimit	158 SrM 796 M	
1040	3124		Elsa Marta Silva	01:01:47	01:01:01	6:10	1976	36 M3F 244 F	
1041	3255		Miguel Ángel Biurrun González	01:01:49	01:00:47	6:10	1967 NOSPORTLIMIT	57 M5M 797 M	
1042	3350		Bruno Varela Roade	01:01:49	01:00:26	6:10	1985	128 M1M 798 M	
1043	2993		Alejandro Velo	01:01:50	01:00:26	6:11	1985	129 M1M 799 M	
1044	2708		Leticia Seguin Outeiriño	01:01:52	01:01:05	6:11	1985 A.D. LIMIACTIVA	37 M1F 245 F	
1045	3155		Noelia Camoira Villamor	01:01:55	01:00:50	6:11	1986	38 M1F 246 F	
1046	3305		Jorge José Méndez Herrera	01:01:55	01:00:28	6:11	1969	99 M4M 800 M	
1047	3123		Belen Carrera I	01:01:57	01:01:34	6:11	1971 Nosportlimit	32 M4F 247 F	
1048	2698		Iria Suárez Díaz	01:01:57	01:00:41	6:11	1979	48 M2F 248 F	
1049	3137		Beatriz Figueroa	01:01:58	01:01:33	6:11	1976 NOSPORTLIMIT	37 M3F 249 F	
1050	2641		Mayte Mejuto Soto	01:01:58	01:00:57	6:11	1978 ATLETAS DE ACEA DE AMA	49 M2F 250 F	
1051	3272		Alejandro González González	01:02:05	01:00:35	6:12	1950	25 M7M 801 M	
1052	3245		Carmen Martinez Uzal	01:02:06	01:00:59	6:12	1975	38 M3F 251 F	
1053	3150		Monica Martinez Lema	01:02:08	01:01:35	6:12	1972	39 M3F 252 F	
1054	3085		Antonio Ciudad Pereira	01:02:11	01:00:56	6:13	1945 PATUKOS TIM RANIN	26 M7M 802 M	
1055	2678		Glana Bachir	01:02:12	01:01:00	6:13	1981	50 M2F 253 F	
1056	2494		Angel Juvino Prego	01:02:13	01:01:01	6:13	1972	100 M4M 803 M	
1057	3067		Fernando Pérez San Vicente	01:02:19	01:01:44	6:13	1967	101 M4M 804 M	
1058	3053		Francisco Vila Baleato	01:02:21	01:00:52	6:14	1974	155 M3M 805 M	

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
1059	3097	TGAL119	Rosa Moldes	01:02:27	01:01:46	6:14	1969 ntclub	33 M4F	254 F
1060	2778		Montserrat Jove Iglesias	01:02:31	01:01:24	6:15	1975	40 M3F	255 F
1061	3290		Juan Antonio Ginés Sancho	01:02:32	01:01:47	6:15	1974	156 M3M	806 M
1062	3294		Pedro Lozano Fero	01:02:32	01:01:47	6:15	1971	102 M4M	807 M
1063	3105		Soraya Alviarez Milano	01:02:33	01:01:13	6:15	1959	8 M6F	256 F
1064	3088		Juan Manuel Pérez Fernández	01:02:38	01:01:07	6:15	1961	27 M6M	808 M
1065	2322		Iria Sánchez Prieto	01:02:38	01:01:22	6:15	1992 MILER RUNNING CLUB	63 SrF	257 F
1066	3113		Eunice Lalín Otero	01:02:38	01:01:21	6:15	1989 MILER RUNNING CLUB	64 SrF	258 F
1067	3233		Ana Seoane Cancelo	01:02:41	01:01:49	6:16	1990	65 SrF	259 F
1068	3321		Victor Manuel Paradela Fernandez	01:02:42	01:01:19	6:16	1960	28 M6M	809 M
1069	3447		José Ramón Fernández Sagueiro	01:02:42	01:01:30	6:16	1974	157 M3M	810 M
1070	2650		Dayana Romero Castellanos	01:02:43	01:01:30	6:16	1980	51 M2F	260 F
1071	3142		Gemma Espinosa Hernández	01:02:44	01:02:08	6:16	1984	39 M1F	261 F
1072	3361		Diego Castro Trillo	01:02:49	01:01:35	6:16	1991	159 SrM	811 M
1073	3273		Santiago Valencia Vila	01:02:50	01:01:22	6:17	1973	158 M3M	812 M
1074	3055		José Antonio Rocha Fernández	01:02:52	01:01:27	6:17	1976	159 M3M	813 M
1075	2325		Victoria Eugenia Lopez Permy	01:02:53	01:01:42	6:17	1973 CLUB HERCULES TERMARIA	41 M3F	262 F
1076	3145		Lorena Fernández González	01:02:53	01:01:42	6:17	1986	40 M1F	263 F
1077	3167		Patricia Martínez Toledo	01:02:54	01:02:01	6:17	1982	52 M2F	264 F
1078	3257		Isidoro Miguel Pérez	01:02:56	01:01:32	6:17	1976 CATASTROTTERS	160 M3M	814 M
1079	2974		Ruben Boullon Agrafojo	01:03:07	01:02:07	6:18	1973	161 M3M	815 M
1080	3057		Antonio Bello Díaz	01:03:11	01:02:17	6:19	1968	103 M4M	816 M
1081	2966		Jose Luis Villar Morcillo	01:03:13	01:02:15	6:19	1967	58 M5M	817 M
1082	3110		Alba Sabela Vázquez Santos	01:03:18	01:02:59	6:19	1993	66 SrF	265 F
1083	3325		Carlos Quintas Vila	01:03:24	01:02:18	6:20	1967 NoSportLimit	59 M5M	818 M
1084	3219		Sandra Roco	01:03:41	01:02:07	6:22	1980	53 M2F	266 F
1085	3197		María Cristina Rodríguez Moya	01:03:41	01:02:56	6:22	1979	54 M2F	267 F
1086	3148		Carmen Lugilde Lenza	01:03:42	01:03:19	6:22	1972 CLUB ATLETICO BERGONDO	42 M3F	268 F
1087	3156	AG10114	Susana Montero Facal	01:03:43	01:03:21	6:22	1978 CLUB ATLETICO BERGONDO	55 M2F	269 F
1088	3100		Eva Fernández Vidal	01:03:45	01:02:35	6:22	1976	43 M3F	270 F
1089	2985		Alfonso Cruz Morales	01:03:48	01:02:36	6:22	1998	160 SrM	819 M
1090	3371	GA2023271	Xoan Area Santos	01:03:51	01:02:21	6:23	1975 MARINEDA ATLETICO	162 M3M	820 M
1091	3175		Aroa Méndez García	01:03:52	01:03:16	6:23	2001	7 23F	271 F
1092	3174		Sara López Paz	01:03:52	01:03:15	6:23	1997	67 SrF	272 F
1093	3163		Judit Val Bermudez	01:03:54	01:03:22	6:23	1991	68 SrF	273 F
1094	3111		Cruz Rodriguez Suarez	01:03:56	01:03:21	6:23	1974	44 M3F	274 F
1095	3198		Vane Mosquera	01:03:56	01:02:52	6:23	1978	56 M2F	275 F
1096	3199		Sandra Mosquera	01:03:57	01:02:53	6:23	1976	45 M3F	276 F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Cat	S
				Tempo	Neto	km Ano Club		
1097	3204		Cristina Yáñez Lorenzo	01:04:03	01:03:19	6:24 1978	57 M2F	277 F
1098	3096		Mary Ruso Carril	01:04:08	01:03:24	6:24 1973	46 M3F	278 F
1099	3138		Esther García García	01:04:10	01:03:26	6:25 1975	47 M3F	279 F
1100	2856		Manuel Varela Chouciño	01:04:38	01:03:39	6:27 1987	130 M1M	821 M
1101	3313		David Díaz Pérez	01:04:48	01:04:08	6:28 1978	137 M2M	822 M
1102	3203		Lorena Patiño Diéguez	01:04:54	01:03:50	6:29 1975	48 M3F	280 F
1103	3154		Belén González Mosquera	01:05:09	01:04:39	6:30 1983	41 M1F	281 F
1104	3195		Danisa Barca Mamud	01:05:23	01:04:10	6:32 1988	69 SrF	282 F
1105	3240		Nerea Cacheiro Sánchez	01:05:35	01:05:07	6:33 1995	70 SrF	283 F
1106	3297		Ángel Rubio Rodríguez	01:05:36	01:05:06	6:33 1963	60 M5M	823 M
1107	3090		Conchi Mourelo Barreiro	01:05:36	01:04:30	6:33 1973	49 M3F	284 F
1108	3252		Enrique Álvarez Carballeira	01:05:37	01:04:30	6:33 1971	104 M4M	824 M
1109	3101		Isabel Sá	01:05:42	01:04:56	6:34 1970	34 M4F	285 F
1110	2916		Jose Luis Martinez Pajon	01:05:44	01:04:12	6:34 1971 parrojeiro jogging	105 M4M	825 M
1111	3206		Lourdes Silva Atahualpa	01:06:00	01:05:39	6:36 1995	71 SrF	286 F
1112	3151		Natalia Pou De Los Mozos	01:06:03	01:04:55	6:36 1970	35 M4F	287 F
1113	3289		Rafa Regueira Canosa	01:06:15	01:04:56	6:37 1972	163 M3M	826 M
1114	3242		Cristina García Rodríguez	01:06:18	01:05:50	6:37 1992	72 SrF	288 F
1115	2986		Miguel Roman Blanco Garcia	01:06:18	01:05:09	6:37 1983	131 M1M	827 M
1116	3092		Isabel Pereiro Portos	01:06:19	01:05:09	6:37 1978	58 M2F	289 F
1117	2751		Susana Candamio Sanchez	01:06:27	01:06:05	6:38 1966	16 M5F	290 F
1118	3183		Rosalía Cristina De Almeida Vieira	01:07:13	01:06:10	6:43 1978	59 M2F	291 F
1119	3098		Silvia Pazos Montero	01:07:19	01:05:55	6:43 1991 S2M	73 SrF	292 F
1120	3114		Cristina Calviño Gil	01:07:36	01:07:05	6:45 1974	50 M3F	293 F
1121	3109		Loreto Silvano	01:07:36	01:07:07	6:45 1973 RUNNING CASINO	51 M3F	294 F
1122	3084 GA19332		Jesus Bernal Gomez	01:07:55	01:06:59	6:47 1947 Independente	27 M7M	828 M
1123	3087		Antonio Varela Saleta	01:08:14	01:06:41	6:49 1958	29 M6M	829 M
1124	3186		Raquel Fernandez Roger	01:08:46	01:07:30	6:52 1974	52 M3F	295 F
1125	3230		Mónica Sánchez Blanco	01:08:55	01:07:22	6:53 1971	36 M4F	296 F
1126	3225		Ana María Sabín Vilariño	01:08:59	01:08:28	6:53 1968 CLUB CASTRO DE LOBADIZ	37 M4F	297 F
1127	3108		María Luisa Rúa Prieto	01:09:22	01:08:10	6:56 1982	60 M2F	298 F
1128	3244		Desirée Louro Vilariño	01:09:39	01:09:11	6:57 1999	74 SrF	299 F
1129	3231		Rita Mon Casariego	01:09:56	01:08:36	6:59 1963	17 M5F	300 F
1130	2769		Elva Vazquez Varela	01:09:56	01:08:22	6:59 1964	18 M5F	301 F
1131	3187		Lucía Pazos Folla	01:10:28	01:10:07	7:02 1998 Independiente	75 SrF	302 F
1132	3235		Marta Fernández López	01:10:32	01:09:54	7:03 1986	42 M1F	303 F
1133	3173		Carmen Vidal Rodríguez-sabio	01:10:33	01:09:56	7:03 1987	43 M1F	304 F
1134	3292		Juan Antonio Pérez Perez	01:10:33	01:09:54	7:03 1985	132 M1M	830 M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Ritmo			Ano Club	Cat	S
				Tempo	Neto	km			
1135	3274		Andrés Feijoo Machado	01:10:33	01:09:55	7:03	1985	133 M1M	831 M
1136	2775		María Francisca Fernández Carballal	01:10:38	01:09:40	7:03	1958	9 M6F	305 F
1137	3237		Leticia Pilar Malde Lopez	01:10:51	01:09:21	7:05	1984	44 M1F	306 F
1138	2703		Nieves Moreno Fernández	01:11:26	01:10:30	7:08	1974	53 M3F	307 F
1139	3247		Isabel Julia Nunez	01:12:11	01:11:48	7:13	1967	19 M5F	308 F
1140	3251		Rodrigo Alfonso Rodríguez Fernández	01:12:20	01:10:48	7:14	1972	164 M3M	832 M
1141	3171		Zaira López Longueira	01:12:24	01:11:08	7:14	1983	45 M1F	309 F
1142	3208		Rocio Simon Jimenez	01:12:48	01:11:42	7:16	1979	61 M2F	310 F
1143	3209		Gerly Vanessa Dominguez Vilariño	01:13:04	01:11:39	7:18	1983	46 M1F	311 F
1144	3222		Inés Manteiga Vázquez	01:13:33	01:13:08	7:21	1974	54 M3F	312 F
1145	3228		Mary Wanda Bonome Sedlachek	01:14:14	01:13:45	7:25	1974	55 M3F	313 F
1146	3319		Antonio Ripamonti Mondelo	01:14:58	01:13:38	7:29	1978	138 M2M	833 M
1147	3433		Russell Stuart Lever	01:22:24	01:22:01	8:14	1953	28 M7M	834 M
1148	3328		José Luis Cruz Alvarez	01:25:11	01:23:55	8:31	1969 DOIMEHERE TEAM	106 M4M	835 M
1149	3338		Gabriel Comelles Lage	01:29:55	01:28:16	8:59	1959	30 M6M	836 M
1150	3210		Rosi Rodrigues Da Silva	01:48:05	01:47:01	10:48	1976	56 M3F	314 F
1151	3414		Marcelo Silva Beltrán	01:48:59	01:47:51	10:53	1951	29 M7M	837 M
	2114		Alejandro Vázquez Gómez	DNF			1995	SrM	M
	2116		Bruno Salido Jove	DNF			2003	20M	M
	2208		Gonzalo Muiño Codesido	DNF			1970 ATLETAS DE ACEA DE AMA	M4M	M
	2212		Adan Martinez Fernandez	DNF			1990 Artrogal Tri-498	SrM	M
	3180		Yolanda Fariñas Vazquez	DNF			1992	SrF	F
	3181		Agustina Comelles Filardi	DNF			1987	SrF	F
	3184		Graciela Filardi	DNF			1960	M6F	F
	3347		Francisco Manuel Fernandez Bello	DNF			1975	M3M	M
	3433		Russell Stuart Lever	DNF			1953	M7M	M
	2011 GA765857		Noelia Papín Estévez	DNS			1974 CLUB ATLETISMO SADA	M3F	F
	2013 AG201957		Uxia Rodríguez Negreira	DNS			1993 CLUB OURENSE ATLETISMO	SrF	F
	2015		Eusebia Maldonado	DNS			1980	M2F	F
	2026 GA14652		Manuel Hurtado Sanjurjo	DNS			1984 SOCIEDAD GIMNASTICA DE PONTEVEDRA	M1M	M
	2027		Anxo Castro Varela	DNS			1988 Vicky Foods Athletics	SrM	M
	2039		Jacobo Gestó Lago	DNS			1987 ATLETAS DE ACEA DE AMA	M1M	M
	2053 AG2027751		Jose Maria Sanchez San Luis	DNS			1980 CLUB ATLETISMO SAR	M2M	M
	2055		Angel Maceiras Lago	DNS			1973 CLUB ATLETISMO SAR	M3M	M
	2059 AG2023808		Adrian Rojo Luaces	DNS			1989 CLUB ATLETISMO SAR	SrM	M
	2061		Alberto García Gaciño	DNS			1992	SrM	M
	2062 AG2023071		Víctor García Gómez	DNS			1986 VII LEGIO QUERQUENNIS UN	M1M	M
	2072		Jose Maria Aguete Lema	DNS			1979	M2M	M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	2080		David Esteban Ferreiro	DNS			1994 Mar de Artabria	SrM	M
	2081	AG15480	Fernando Del Corral	DNS			1981 MARINEDA ATLETICO	M2M	M
	2084		Pablo M. Carro Suárez	DNS			1973 Trinity Team	M3M	M
	2088		Emilio Anta	DNS			1962	M6M	M
	2099	AG2683	Javier Janeiro Cerdeira	DNS			1986 ATLETISMOARENTEIRO	M1M	M
	2101		Jorge Carballeira Amarelo	DNS			1989 Trieume As Pontes	SrM	M
	2102		Jose Manuel Pena Suárez	DNS			1972 Running Arteixo	M4M	M
	2110	AG15050	Adrián Rodríguez Castro	DNS			1994 A.D. LIMIACTIVA	SrM	M
	2111		Samuel Alonso Barreiro	DNS			1983 Nosportlimit	M1M	M
	2112		Roberto Peon Costa	DNS			1984 TRIEUME AS PONTES	M1M	M
	2113		Ruben Del Rio Regueira	DNS			1993 CN PANAS	SrM	M
	2118		Alberto Vigo Sánchez	DNS			1990 CSD Arzúa	SrM	M
	2129		Sergio Espasandín Cores	DNS			1990	SrM	M
	2134	AG10833	Luis Miguel Colorado Pérez	DNS			1986 SOCIEDAD GIMNASTICA DE PONTEVEDRA	M1M	M
	2139		José Marcote Pérez	DNS			1979	M2M	M
	2149		Cristian González Martínez	DNS			2003 CLUB ATLETISMO SADA	20M	M
	2150		Alberto Fuentes	DNS			1985	M1M	M
	2152		José Ángel Rilo López	DNS			1960 Nosportlimit	M6M	M
	2154		Jorge Pouso Toja	DNS			1988	SrM	M
	2156		Aitor Losada Garcia	DNS			1985 Triatlon Arteixo	M1M	M
	2165		Fernando Muiña Fuentes	DNS			1978 triatlon coruña	M2M	M
	2172		Luis Eduardo Garcia Nuñez	DNS			1972 CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIV	M4M	M
	2182		Javier Accion	DNS			1983 LA NIETA DEL FARERO	M1M	M
	2188		Jose Luis González Maceiras	DNS			1963 Trote cochinerero	M5M	M
	2190		Carlos Caneda Prieto	DNS			1990	SrM	M
	2197		Daniel Paz Otero	DNS			1975 Veteranos de Galicia	M3M	M
	2199		Pedro Ferreiro Villamisar	DNS			1992	SrM	M
	2222		Mario González Freire	DNS			1963 3&Run By Pedro Nimo Club Corredores	M5M	M
	2235		Jorge Briones Meijide	DNS			1971 RUNGALICIA.COM	M4M	M
	2240		Gilberto Gonzalez Grueiro	DNS			1977 CLUB ATLETISMO SADA	M2M	M
	2244	TGAL281	David Rial Regueiro	DNS			1983 ASOCIACIÓN DEPORTIVA CERNE	M1M	M
	2249		Juan Carlos Sanchez Gomez	DNS			1969	M4M	M
	2250		José Luis Prado Fernandez	DNS			1965	M5M	M
	2284		Alberto Rodriguez Iglesias	DNS			1973	M3M	M
	2286		Martín Blanco Prego	DNS			2002	23M	M
	2287		Jairo Fernández Álvarez	DNS			1988	SrM	M
	2305		Antonio Hernandez Hernandez	DNS			1977 Independiente	M3M	M
	2310		Juan Carlos Bouza Piñeiro	DNS			1971	M4M	M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	2320		Ysolda Claudia Caso Bernabe	DNS			1978	M2F	F
	2326		Marina Laura Fernández López	DNS			1959 ATLETISMO MILLADOIRO	M6F	F
	2330		Rebeca Castiñeiras Gallego	DNS			1971 CLUBE ATLETISMO SERRES RUNNERS	M4F	F
	2331		María Ángeles Lorenzo Barral	DNS			1972	M4F	F
	2335		María Fraga Rivas	DNS			1990 Club Triatlón Coruña	SrF	F
	2344	AG2017741	Mª Dolores González Fernández	DNS			1969 LA MOCHILA DEL DEPORTE	M4F	F
	2352		Ana Puime Miguez	DNS			1977 Global Sport Club	M2F	F
	2353		Andrea Rojo Rodriguez	DNS			1993	SrF	F
	2358		Reyes Boveda	DNS			1979 CASTRO-TRAIL	M2F	F
	2360	GA2023414	Helen Jane Sanderson	DNS			1970 CLUB ATLETISMO SADA	M4F	F
	2361		Blanca Cañamás Catalá	DNS			1996 VICKY FOODS ATHLETICS	SrF	F
	2371		Xesus Manuel Segade Carou	DNS			1974 CLUB ATLETISMO BOIMORTO	M3M	M
	2372		Juan Carlos Garcés Calle	DNS			1989 NoSportLimit	SrM	M
	2382		Julio Vázquez Pedreira	DNS			1966 CLUB ATLETISMO SADA	M5M	M
	2388		Federico Alejandro Otlet Martínez	DNS			1985	M1M	M
	2396		Miguel Mendez	DNS			1974	M3M	M
	2397		Jorge Barata Martinez	DNS			1973	M3M	M
	2404		Juan José Gómez Negreira	DNS			1968 Club triatlón coruña	M4M	M
	2406		Ramon Miguel Garcia Barba	DNS			1964	M5M	M
	2408		Jesus Blanco Manin	DNS			1978 Club atletismo Burela	M2M	M
	2413		Eduardo Cuatro Martín	DNS			1979	M2M	M
	2420		Marcos Maroñas Felipez	DNS			1974	M3M	M
	2421		Alberto Herrero García	DNS			1976	M3M	M
	2444		Dario Angel Caso Bernabe	DNS			1982	M1M	M
	2445		Roberto Castro-thome	DNS			1970 ESADE Alumni	M4M	M
	2446		Ángel Blanco Vázquez	DNS			1982	M2M	M
	2447		Pablo García Barbeira	DNS			1976	M3M	M
	2448	AG2022434	Antonio Guerreiro	DNS			1973	M3M	M
	2449		Diego Lago López	DNS			1991	SrM	M
	2450		Emilio Lombas Gutierrez	DNS			1959 CAR LA ROBLA	M6M	M
	2458		Carlos Riádigos Mosquera	DNS			1979 non teño	M2M	M
	2461		Bruno Bello Lafuente	DNS			1992 NOSPORTLIMIT	SrM	M
	2472		Ramon Devesa	DNS			1970	M4M	M
	2475		Roberto Carlos Ramilo Carballido	DNS			1973	M3M	M
	2476		Álex Ocampos Veiga	DNS			1989	SrM	M
	2478		Sergio Lamas Villaverde	DNS			1983	M1M	M
	2482	AG15128	Fran Garcia Esmoris	DNS			1989	SrM	M
	2484		Jose Manuel Dopico Soto	DNS			1957 EGOVARROS DE VIVEIRO	M7M	M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	2490		Francesco Schettini	DNS			1981	M2M	M
	2502		Sendoa Roldan Varela	DNS			1997	SrM	M
	2504		David Villar Villar	DNS			1979	M2M	M
	2514		Ivan Vázquez Gómez	DNS			1989	SrM	M
	2516		Pedro J Marcos	DNS			1977	M3M	M
	2523		Juan Nata Pena	DNS			1974 -	M3M	M
	2527		Iago Varela Vázquez	DNS			1980	M2M	M
	2528		Raul Tajes Cernadas	DNS			1983 CLUBE ATLETISMO SERRES RUNNERS	M1M	M
	2543		Víctor Ángel Amado Cartelle	DNS			1992	SrM	M
	2544		Francisco Javier Varela Mazas	DNS			1967 CLUB SOCIAL BANCO PASTOR	M4M	M
	2548		Manuel Perez Mato	DNS			1979	M2M	M
	2550		Alejandro Vázquez Roibás	DNS			1987 Traileros Toxos&Birras	M1M	M
	2551		Eduardo Pereyra Brianes	DNS			1957	M6M	M
	2552 AG9417		Jose Marcial Seoane Loureiro	DNS			1951 CLUB ATLETISMO CORUÑA COMARCA	M7M	M
	2556		Rodolfo Baroja	DNS			1971	M4M	M
	2564		Miguel Mosquera Montero	DNS			1972	M3M	M
	2568		Aitor Rodriguez Salorio	DNS			1982 RUNNING ALTAFIT ODEÓN	M2M	M
	2574		Juan Manuel Álvaro Francés	DNS			1971	M4M	M
	2582		Daniel Iglesias Giao	DNS			1994	SrM	M
	2586		Alejandro García Piñeiro	DNS			1988 Gimnasio JK	SrM	M
	2590 AG15076		Ivan Fernández Nimo	DNS			1989 CLUBE ATLETISMO SERRES RUNNERS	SrM	M
	2592		José Miguel González González	DNS			1970 Xino Xano	M4M	M
	2600		Felipe Iglesias De La Torre	DNS			1976 HERCULES TERMARIA	M3M	M
	2609		Humberto Bracco Marini	DNS			1957	M6M	M
	2610		Mario Sandá Morales	DNS			1980	M2M	M
	2619		Jorge Martínez Cruz	DNS			1983 Correclub	M1M	M
	2625		Jose Casiano Diaz Bustelo	DNS			1972	M3M	M
	2626		Adrian Gutierrez Barrio	DNS			1989	SrM	M
	2629		Amanda Bravo López	DNS			1994	SrF	F
	2635		Lola Moreno Gonzalez	DNS			1987	M1F	F
	2639		Lucia Martínez Argibay	DNS			1998	SrF	F
	2652		Isa Diaz Martinez	DNS			1988	SrF	F
	2653		Maria Zhuk	DNS			1995	SrF	F
	2656		Lorena Maya	DNS			1993 Nosportlimit	SrF	F
	2657		Vanesa Naveira López	DNS			1977 Hércules	M3F	F
	2658		Beatriz Patiño Seijas	DNS			1969	M4F	F
	2662		Ana Maria Rodriguez Bouzas	DNS			1975	M3F	F
	2664		Paula López Monteagudo	DNS			1986	M1F	F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	2669	AG15745	Mónica Rodríguez Caamaño	DNS			1985	M1F	F
	2671		Antía Fuentes Teijo	DNS			1992 Rimorsil running club	SrF	F
	2673		Patricia Seoane Castelo	DNS			1992 NoSportLimit	SrF	F
	2674	AG2026252	Paula Carregal Somme	DNS			1998 LA MOCHILA DEL DEPORTE	SrF	F
	2679		Lucía Vázquez Salvadores	DNS			1979 CLUB ATLETISMO SADA	M2F	F
	2687		Sara Vilela Quintana	DNS			1988	SrF	F
	2689		Lidia Permui	DNS			1986	M1F	F
	2693		Mara Barral Rosado	DNS			1976	M3F	F
	2704		Maria Álvarez Torga	DNS			1975	M3F	F
	2725		Anabel Caamaño Bermúdez	DNS			1982	M2F	F
	2727		María Del Rosario Crespo Merelas	DNS			1967	M4F	F
	2732		Bego Manteiga Urbón	DNS			1971 CLUB ATLETISMO SADA	M4F	F
	2735		Arantxa Abad Pérez	DNS			1975 Nosportlimit	M3F	F
	2737		Maria Cean Veiga	DNS			1986	M1F	F
	2741		Rocío Fernández Larrañaga	DNS			1997	SrF	F
	2743		Elisa Rodriguez Castelao	DNS			1976	M3F	F
	2746		Lorena Gomez Romero	DNS			1993 MGM Actividades dirigidas	SrF	F
	2762		Ana López Suárez	DNS			1968	M4F	F
	2767		Marga Quintela Gomez	DNS			1968 ASOCIACIÓN DEPORTIVA CERNE	M4F	F
	2771		Blanca Conchado Rabuñal	DNS			1990	SrF	F
	2784		Juan Fariñas	DNS			1990	SrM	M
	2786		Javier Rodríguez Prada	DNS			1989	SrM	M
	2787	AG15068	Manuel Fernandez Nimo	DNS			1983 CLUBE ATLETISMO SERRES RUNNERS	M1M	M
	2788	AG2017937	Víctor Manuel Rey Castelo	DNS			1967 CLUB ATLETISMO BOIMORTO	M5M	M
	2791		Fernando Rey Miguez	DNS			1962 Universidade da Coruña	M5M	M
	2792		Alberto Mosquera	DNS			1980	M2M	M
	2798		Borja Blanco Rey	DNS			1982	M2M	M
	2804		Gonzalo Varela De La Torre	DNS			1971 Triatlón Villalba	M4M	M
	2806		Andrés García Freijedo	DNS			1986	M1M	M
	2810		Álvaro García Fdez-arruti	DNS			1985	M1M	M
	2817		Francisco Pérez Rodriguez	DNS			1968	M4M	M
	2828		José Pérez Louro	DNS			1980	M2M	M
	2840		Jaime Concheiro Fernandez	DNS			1972	M4M	M
	2843		Yago Fernández Delgado	DNS			1985	M1M	M
	2845		Manuel Garcia Edreira	DNS			1971 Manu	M4M	M
	2852		Pedro Ramilo Liste	DNS			2004	20M	M
	2858		Victor Pereira Bello	DNS			1980	M2M	M
	2869		Cíbran López Vidal	DNS			1991	SrM	M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	2873		Marcos Louzan Álvarez	DNS			1976	M3M	M
	2884		Óscar Santos Ferreiro	DNS			1986	M1M	M
	2889		Jose Sas Golpe	DNS			1972	M4M	M
	2891		Alberto Montoto Varela	DNS			1981	M2M	M
	2893		Oscar Vazquez Garcia	DNS			1992	SrM	M
	2894		Iván Castro Vérez	DNS			1989	SrM	M
	2895		Pablo Montañés Fernández	DNS			1981	M2M	M
	2898		Hugo Cociña Fernández	DNS			1987	M1M	M
	2914	AG15047	Félix Rebollido Fernández	DNS			1981 CLUBE ATLETISMO SERRES RUNNERS	M2M	M
	2917		Francisco José Pazos González	DNS			1966 Sada	M5M	M
	2921		Carlos Fernández Carreira	DNS			1994	SrM	M
	2928		Jaime Trigo Cambón	DNS			1959 A. D. Media Ducia	M6M	M
	2930		Javier Anta Álvarez	DNS			1983	M1M	M
	2937		Luis Angel Gonzalez Maceiras	DNS			1958	M6M	M
	2938		Miguel Maneiro	DNS			1978	M2M	M
	2942		Fernando Arnaiz Rubio	DNS			1966 ATLETAS DE ACEA DE AMA	M5M	M
	2943		Guillermo Sandino Leira	DNS			1986	M1M	M
	2944		Javier Caamaño Tomas	DNS			1965 Javier Caamaño Tomás	M5M	M
	2950		Héctor Carrera García	DNS			1990	SrM	M
	2961		Rogelio Bandin Dominguez	DNS			1985	M1M	M
	2976		Francisco Nieto Pazos	DNS			1955 Chub Montaña O Caxado	M7M	M
	2979		Francisco Javier Palomero Alba	DNS			1966 A.D. MEDIADUCIA	M5M	M
	2981		Eduardo Carro Rey	DNS			1977	M3M	M
	2988		Alberto Fojo Eiras	DNS			1983	M1M	M
	2990		Martín Varela González	DNS			1979	M2M	M
	2997		Manuel Fernández González	DNS			1971 ANICIU - TRIatlón ALto NAlón	M4M	M
	2999		Luis Alberto López Maldonado	DNS			1973	M3M	M
	3002		Manuel Berea Ruiz	DNS			1964 Hercules Termaria	M5M	M
	3003		Fran Prieto Pernas	DNS			1980 Sígueme si puedes	M2M	M
	3011		Andres Moreno Fernandez	DNS			1972	M3M	M
	3012		Jose Ignacio Ponte Vales	DNS			1954 Nosportlimit	M7M	M
	3014		Raimundo Otero Guldrís	DNS			1981	M2M	M
	3019		Ismael Aguiar	DNS			1984	M1M	M
	3020		Víctor Collazo López	DNS			1963 CNS A ESTRADA	M5M	M
	3039		Alberto Cañas Lopez	DNS			1986	M1M	M
	3042		Jose Luis Gonzalez Rueda	DNS			1981	M2M	M
	3050		Manuel Cid Fernández	DNS			1958	M6M	M
	3051		Sergio Mejjide Botana	DNS			1976	M3M	M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	3054		Adrián Quintela	DNS			1991	SrM	M
	3060		Jorge Rivero Carnota	DNS			1981 andaina	M2M	M
	3065		Brais Courel Gómez	DNS			1980	M2M	M
	3066		Alberto Rey Abelaira	DNS			1996	SrM	M
	3068		Alberto Davila Gonzalez	DNS			1985	M1M	M
	3072		Carlos Blanco Blanco	DNS			1969 TAP 3	M4M	M
	3073		Blas Miguel García García	DNS			1987 Nosport Limit	M1M	M
	3076		Alfonso Martin Gallego	DNS			1989	SrM	M
	3077 GA628		José Pantín López	DNS			1946 ATLETISMO NARON	M7M	M
	3082		Francisco Manuel Amado Carballeira	DNS			1980	M2M	M
	3091		Carmen Cillero Castro	DNS			1975	M3F	F
	3093		Beatriz Peñalver De Andres	DNS			1994	SrF	F
	3102		Ana Marta Rilo Antelo	DNS			1986	M1F	F
	3106		Conce Noya Mirás	DNS			1972	M4F	F
	3122		Dagmar Kicinová	DNS			1998	SrF	F
	3128		Patricia Martinez Pita	DNS			1978	M2F	F
	3135		Filipa Costa	DNS			1982	M1F	F
	3139		Ana Salanguera Busto	DNS			1973	M3F	F
	3141		Cristina Fernández Conty	DNS			1991 Solana	SrF	F
	3144		Lorena Camargo	DNS			1992	SrF	F
	3146		Tania Martínez Ramilo	DNS			1976	M3F	F
	3153		Uxia Alvarez Cerdeira	DNS			1991	SrF	F
	3157		Fatima Sanmartin	DNS			1985	M1F	F
	3158		Bea Garcia Platas	DNS			1979 Malditorunning	M2F	F
	3159		Carmen Peñalver López	DNS			1984	M1F	F
	3166		Aida Santiago	DNS			1991	SrF	F
	3170		Cristina Vidal Rodríguez	DNS			1979	M2F	F
	3172		Monica Enriquez Arrivi	DNS			1988	SrF	F
	3188		Laura Fernandez	DNS			1992	SrF	F
	3190 AG15741		Fatima Barreiro Abeijon	DNS			1985 CLUBE ATLETISMO SERRES RUNNERS	M1F	F
	3191		Marta Cerdido Villar	DNS			1990	SrF	F
	3193		Isabel Rey	DNS			1979	M2F	F
	3196		Cristina Vázquez Garcia	DNS			1977	M3F	F
	3201		Sofía Alonso Placer	DNS			1993 DRK	SrF	F
	3213		Yaiza Fernández Garaboa	DNS			2000	23F	F
	3214		Emilia Berea Ruiz	DNS			1970	M4F	F
	3216		Yeraldin Gómez Lenis	DNS			1992	SrF	F
	3218		Carlota Sevilla Fernandez	DNS			1988	SrF	F

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	3229		Carlota Pazos Suena	DNS			1995	SrF	F
	3234		Zelma Araujo De Sousa	DNS			1980	M2F	F
	3250		Carlos Fernandez De Landa Suanzes	DNS			1975	M3M	M
	3253		Marcial Sánchez Gómez	DNS			1969	M4M	M
	3254		Guillermo Peña Fernández	DNS			1986	M1M	M
	3261		Jacobo Quiroga Mitchell	DNS			1981	M2M	M
	3264		Jorge Vendrell Pilsa	DNS			1968	M4M	M
	3269		Marce Gutierrez Muiña	DNS			1974	M3M	M
	3281		Jacobo Barral Rodríguez	DNS			1976	M3M	M
	3282		Marcos Alonso	DNS			1977	M3M	M
	3285		Iván Castiñeira Alvarez	DNS			1972 Global	M3M	M
	3286		Pedro Fernandez Cid	DNS			1973	M3M	M
	3291		David Barrán Ferreiro	DNS			1980	M2M	M
	3299		Darling Yadir Zuniga Valle	DNS			1997	SrM	M
	3301		Benjamín Sines Crespo	DNS			1977 sin club	M3M	M
	3303		Manuel Maneiro Vidal	DNS			1973	M3M	M
	3308		Javier Otero Núñez	DNS			1971	M4M	M
	3311	AG2024025	Luis Salgado Abelleira	DNS			1953 CLUB ATLETISMO SADA	M7M	M
	3314		Cesar Loureiro Garcia	DNS			1980	M2M	M
	3316		Jose Fernández Martinez	DNS			1968 TAP 3	M4M	M
	3322		Julián Andrés Hoyos Gil	DNS			1988	SrM	M
	3323	GA10966	Francisco Bao Estevez	DNS			1949 ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	M7M	M
	3331		Pedro Cobo Beltrán	DNS			1985	M1M	M
	3332		Cesar Vila Baleato	DNS			1984	M1M	M
	3333		Sebastián Alonso Díaz	DNS			1983	M1M	M
	3334		Gonzalo Pardo Martínez	DNS			1988	SrM	M
	3335		R R P	DNS			1978	M2M	M
	3336		Manuel Piñeiro Freire	DNS			1978	M2M	M
	3337		David Vazquez Doce	DNS			1974 NOSPORTLIMIT	M3M	M
	3339		José Manuel Pousa Pereira	DNS			1974	M3M	M
	3340		Carlos Suarez Ares	DNS			1976 Nosportlimit	M3M	M
	3341		Manuel Jose Naya Mata	DNS			1972	M4M	M
	3344		José Luis Prieto Montero	DNS			1985	M1M	M
	3345		Carlos Vales Regueira	DNS			1985	M1M	M
	3349		Eloy Veira	DNS			1996	SrM	M
	3352		Manuel Boedo Saiz	DNS			1975	M3M	M
	3353		Francisco Fernández Castro	DNS			1975	M3M	M
	3363		Jesús Díaz Castelao	DNS			1976	M3M	M

10 km (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo		Ano Club	Cat	S
					Neto	km			
	3364		Agustín Louzán Vázquez	DNS			1991	SrM	M
	3365		Alberto Pasín González	DNS			1996	SrM	M
	3370		Narciso Torreiro Mosquera	DNS			1953	M7M	M
	3372		Jesus Fernandez Ugarte	DNS			1982	M2M	M
	3385		Antonio Martin Varela	DNS			1974	M3M	M
	3388		Daniel Cardezo Mosquera	DNS			1999	SrM	M
	3403		Nicolás Pazos Suena	DNS			1999	SrM	M
	3409		Simondaniel Simonherrera	DNS			1989	SrM	M
	3412		Jesus Candamio Folgar	DNS			1973	M3M	M
	3419		Jose Manuel López Tain	DNS			1974	M3M	M
	3430		Gonzalo Graña Suárez	DNS			1990	SrM	M
	3442		Javier Domínguez Ozores	DNS			1997	SrM	M
	3443		Alejandro Rodríguez Posada	DNS			1978	M2M	M
	3445		Miguel Ángel Pastoriza Couto	DNS			1971	M4M	M
	3446		Enrique Freire Rodríguez	DNS			1950	M7M	M
	3449		Jacobo Santiso Fernández	DNS			1996	SrM	M
	3453		Iván Santafé Martinena	DNS			1974	M3M	M
	3454		Begoña Ezcurra Atayde	DNS			1981	M2F	F