

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1	15	Abdelhadi	El Mouaziz	Granada	Home	GR 2558		Veterano 1	1	00:29:43	00:29:43	00:06:21	00:20:05
2	28	Raul	Celada Alvarez	Astorga	Home	L-4470	BIKILA	Promesa	1	00:30:03	00:30:02	00:06:28	00:20:24
3	17	Manuel Angel	Penas Blanco	ARZÚA	Home	GA12255	NEW BALANCE TEAM	Veterano 1	2	00:30:03	00:30:02	00:06:29	00:20:25
4	16	Alejandro	Fernández Rivera	Ourense	Home	GA14828	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Senior	1	00:30:03	00:30:03	00:06:28	00:20:24
5	2777	Sergio	Sanchez Martinez	León	Home	L-3485	C.A.R La Robla	Senior	2	00:30:05	00:30:05	00:06:24	00:20:24
6	23	Oualla	Hicham	Vitoria-Gasteiz	Home		ATLETISMO SANTURTZI	Senior	3	00:30:12	00:30:12	00:06:23	00:20:24
7	30	Nuno Filipe	Ribeiro Pinto da Cost	Amarante	Home	GA765858	C.D. SAN PAIO A ESTRADA	Senior	4	00:30:15	00:30:15	00:06:23	00:20:25
8	27	David	Santos dominguez	Ordes	Home		CLUB ATLETISMO FEMENINO CELTA	Promesa	2	00:30:42	00:30:41	00:06:29	00:20:34
9	33	Rubén	Díz Díaz	Xinzo de Limia	Home	GA11310	SOCIEDAD GIMNASTICA DE PONTEVEDRA	Veterano 1	3	00:31:51	00:31:51	00:06:33	00:21:18
10	21	CARLOS	VILLAMOR CASTIÑEIRA	Lugo	Home	GA 764895	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Senior	5	00:32:12	00:32:12	00:06:56	00:21:46
11	32	Miguel	Penedo taboada	Brión	Home		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Senior	6	00:33:11	00:33:10	00:06:47	00:22:21
12	50	Anxo	Castro Varela	Melide	Home	AG2016310	Asociacion deportiva cerne melide	Senior	7	00:33:22	00:33:22	00:07:16	00:22:43
13	38	Amadeo	Abal Chaves	Cambados	Home	GA765963	SAN MIGUEL DE MARIN	Promesa	3	00:33:26	00:33:25	00:07:18	00:22:43
14	36	José Manuel	Fernández Márquez	Ourense	Home	GA765736	ATLETAS VETERANOS OURENSE	Veterano 2	1	00:33:32	00:33:31	00:07:19	00:22:48
15	44	JULEN	BASTERRETxea	Vitoria-Gasteiz	Home	VI-3589	C.A. LA BLANCA	Senior	8	00:33:44	00:33:43	00:07:18	00:22:48
16	47	Javier	Tourís Fornos	A Coruña	Home		CLUB ATLETISMO SADA	Veterano 2	2	00:34:02	00:34:01	00:07:19	00:23:02
17	65	Diego	Ruiz Breijo	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Senior	9	00:34:14	00:34:12	00:07:18	00:23:00
18	57	JAVIER	SEOANE PUGA	A Coruña	Home		C.D. OS MUDITOS	Veterano 2	3	00:34:27	00:34:25	00:07:19	00:23:20
19	253	Marcos	Ruiz Brage	Fene	Home			Junior	1	00:34:33	00:34:27	00:07:19	00:23:26
20	120	DIEGO	MARTIN CONDE	Oviedo	Home	71665253	CENTRO ASTURIANO DE OVIEDO	Senior	10	00:34:38	00:34:35	00:07:28	00:23:25
21	43	MANUEL OLIVER	PÉREZ LÓPEZ	Culleredo	Home	AG 2017548	CLUB ATLETISMO SAR VERM? PETRONI	Veterano 2	4	00:34:39	00:34:39	00:07:43	00:23:40
22	1	Solange	PEREIRA DA PONTE	Cangas	Muller	GA-716987	C.A.VALENCIA	Senior	1	00:34:48	00:34:48	00:07:41	00:23:38
23	42	Javier	Veiga Arrojo	Lugo	Home		LUGO RUNNING CLUB	Senior	11	00:34:51	00:34:49	00:07:26	00:23:25
24	37	alvaro	prieto fervenza	Cangas	Home	GA-764292	ATLETISMO NARON	Veterano 1	4	00:34:55	00:34:53	00:07:41	00:23:38
25	62	Santiago	Garcia gonzalez	Ourense	Home		BURGAS ATLETISMO OURENSE	Veterano 2	5	00:34:55	00:34:52	00:07:29	00:23:33

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
26	70	Anton	Gomez Gonzalez	Fonsagrada, A	Home			Senior	12	00:34:55	00:34:52	00:07:30	00:23:33
27	125	Jesús	Beceiro Novo	Ferrol	Home		Massalud	Veterano 1	5	00:34:56	00:34:53	00:07:40	00:23:43
28	130	bruno	garcia cerdeiras	Culleredo	Home	T AG 2018883	ATLETAS DE ACEA DE AMA	Veterano 2	6	00:34:59	00:34:57	00:07:28	00:23:22
29	3	Paula	Mayobre González	Ares	Muller	GA 765871	INDEPENDIENTE	Senior	2	00:35:01	00:35:00	00:07:38	00:23:38
30	183	Juan Carlos	Gómez	Oleiros	Home		RUNNING OLEIROS	Veterano 1	6	00:35:03	00:35:00	00:07:31	00:23:39
31	73	JOSE MANUEL	TEIJEIRO VILA	Lugo	Home		CLUB ATLETISMO MONUMENTAL DE LUGO	Veterano 2	7	00:35:14	00:35:12	00:07:33	00:23:49
32	61	JAVIER	REGO SANFIZ	Lugo	Home		FLUVIAL	Veterano 1	7	00:35:15	00:35:13	00:07:37	00:23:52
33	133	constante	lorenzo santos	Muxía	Home		C.D. OS MUDITOS	Veterano 1	8	00:35:19	00:35:17	00:07:30	00:24:02
34	139	Jose Angel	Lopez Villar	Cedeira	Home	GA19395	EGOVARROS DE VIVEIRO	Veterano 2	8	00:35:19	00:35:17	00:07:40	00:23:51
35	2	Ester	Navarrete Santana	Vigo	Muller	GA-17415	CLUB ATLETISMO FEMENINO CELTA	Senior	3	00:35:19	00:35:18	00:07:41	00:23:56
36	569	Jonathan	Fernández Ríos	Neda	Home			Senior	13	00:35:24	00:35:10	00:08:25	00:24:26
37	71	ANGEL	MACEIRAS LAGO	Culleredo	Home	AG-2014771	CLUB ATLETISMO SAR VERM? PETRONI	Veterano 2	9	00:35:27	00:35:26	00:07:41	00:23:57
38	46	Francisco	Rodríguez rodriguez	Vigo	Home	AG 2017025	REAL CLUB CELTA DE ATLETISMO	Veterano 1	9	00:35:29	00:35:29	00:07:42	00:23:56
39	76	Pedro	Álvarez Rodríguez	Cambre	Home		A.D. FOGAR CARBALLO	Junior	2	00:35:32	00:35:31	00:07:28	00:23:35
40	128	JOSE MIGUEL	GOMEZ SANCHEZ	A CORUÑA	Home		ESCOLA DE ATLETISMO PAULA MAYOBRE	Veterano 1	10	00:35:34	00:35:34	00:07:41	00:23:54
41	119	Mario	Francisco Fernández	A Coruña	Home			Veterano 2	10	00:35:35	00:35:34	00:07:45	00:24:05
42	63	Ramon	Maceiras Lago	Culleredo	Home	Ag2015892	CLUB ATLETISMO SAR VERM? PETRONI	Veterano 1	11	00:35:37	00:35:35	00:07:40	00:23:55
43	52	Jacobo	Gesto lago	Oleiros	Home		RUNNING OLEIROS	Senior	14	00:35:44	00:35:43	00:07:15	00:23:50
44	75	David	Cruz Soto	Guitiriz	Home	AG 2014321	CLUB ATLETISMO SADA	Promesa	4	00:35:45	00:35:40	00:07:47	00:24:09
45	68	Emilio	Martínez Anta	A Coruña	Home	GA20450	EGOVARROS DE VIVEIRO	Veterano 3	1	00:35:45	00:35:44	00:07:41	00:24:04
46	141	Pablo	Fernández Vázquez	Bolo, O	Home	AG-2014471	ESCOLA ATLETICA PEREIRO DE AGUIAR - BEN CHO SHEY	Veterano 1	12	00:35:47	00:35:44	00:07:44	00:24:11
47	161	Alvaro	Gomez Cardesin	A Coruña	Home		CLUB ATLETISMO CORU?A COMARCA	Senior	15	00:35:52	00:35:49	00:07:40	00:24:10
48	191	Adrián	Rojo	Camariñas	Home		Nordesfitness Camariñas Runners	Senior	16	00:35:55	00:35:52	00:07:41	00:23:57
49	241	Rubén	Liñares Arán	A Coruña	Home			Veterano 1	13	00:35:59	00:35:55	00:07:50	00:24:16
50	149	ALVARO	PRESEDO FRAGUIO	A Laracha	Home			Senior	17	00:36:02	00:36:00	00:07:38	00:24:07

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51	12	Uxía	Pérez Bugarín	Tui	Muller	GA 764306	CLUB ATLETISMO PLAYAS DE CASTELLON	Junior	1	00:36:03	00:36:03	00:07:47	00:24:30
52	143	José Antonio	Señarís Pardo	Carballo	Home		C.D. OS MUDITOS	Veterano 1	14	00:36:04	00:36:02	00:07:42	00:24:26
53	157	JOSE MANUEL	TEIJEIRO IGLESIAS	Narón	Home		CLUB CASTRO DE LOBADIZ	Veterano 2	11	00:36:05	00:36:03	00:07:47	00:24:23
54	180	Fernando	Pérez Hernández	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	12	00:36:05	00:36:04	00:07:46	00:24:28
55	51	Jose Antonio	Recouso Caamaño	Culleredo	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	13	00:36:07	00:36:05	00:07:41	00:24:19
56	41	CARLOS	SANTOS MARTINEZ	A Coruña	Home		Sieiro Running	Veterano 2	14	00:36:09	00:36:06	00:07:41	00:24:13
57	58	CARLOS	GARRIDO LAFUENTE	Pontevedra	Home	AG2018169	SAN MIGUEL DE MARIN	Veterano 1	15	00:36:12	00:36:10	00:07:58	00:24:44
58	156	jose antonio	gontan castro	Santiago de Compostela	Home	ag2014913	ATLETISMO FONTES DO SAR	Veterano 2	15	00:36:13	00:36:10	00:07:47	00:24:33
59	225	Damián	Espasandín Lema	Vimianzo	Home		DAFIT	Senior	18	00:36:15	00:36:12	00:07:40	00:24:27
60	170	Daniel	Fejoo Ferreiro	Pontes de García Rodríguez, As	Home		Grupo xuvenil piraguismo As Pontes	Veterano 1	16	00:36:15	00:36:12	00:07:42	00:24:31
61	122	David	Cano conesa	Narón	Home	Ag 768596	CORREDORES POPULARES ARMADA FERROL	Veterano 1	17	00:36:15	00:36:13	00:07:44	00:24:16
62	178	Rodrigo	Pintado del Campo	A Coruña	Home		NOSPORTLIMIT	Senior	19	00:36:18	00:36:12	00:07:45	00:24:41
63	233	jose luis	seoane uzal	A Coruña	Home		Gando Taldea	Veterano 1	18	00:36:22	00:36:20	00:07:43	00:24:30
64	209	Breogán	Gigirey Cancela	Santiago de Compostela	Home		C.D. SAN PAIO A ESTRADA	Senior	20	00:36:28	00:36:22	00:08:01	00:24:48
65	72	JULIO	GARCIA FACHAL	BERGONDO	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 1	19	00:36:31	00:36:28	00:07:43	00:24:35
66	160	Esteban	Martín Álvarez	Ourense	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Senior	21	00:36:38	00:36:34	00:08:15	00:24:56
67	137	Fermín	López Agra	Zas	Home	AG2019276	TERRA DE SONEIRA	Senior	22	00:36:39	00:36:35	00:07:37	00:24:40
68	330	Juan R.	Collazo Areosa	Coristanco	Home	AG 2019057	C.D. OS MUDITOS	Senior	23	00:36:41	00:36:39	00:07:39	00:24:40
69	74	Ivan	Segade Carou	A Coruña	Home	AG-766602	CLUB ATLETISMO BOIMORTO	Veterano 1	20	00:36:42	00:36:40	00:07:47	00:24:43
70	176	Jesus	Alvarez Chinchilla	Sada	Home	GA765813	CLUB ATLETISMO SADA	Veterano 3	2	00:36:45	00:36:41	00:07:47	00:24:46
71	229	Alejandro	Balsa castro	A Coruña	Home		Ghost runner	Senior	24	00:36:46	00:36:43	00:08:01	00:25:03
72	55	José Antonio	Vallejo García	Xinzo de Limia	Home			Veterano 1	21	00:36:49	00:36:46	00:07:50	00:25:00
73	54	Esteban	Rioseco Díaz	Ferrol	Home	GA 765886	EGOVARROS DE VIVEIRO	Veterano 2	16	00:36:49	00:36:47	00:07:58	00:25:06
74	127	Oscar	Pazos Barbeito	Carral	Home		ATLETAS DE ACEA DE AMA	Veterano 1	22	00:36:50	00:36:48	00:07:55	00:24:59

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75	236	Miguel	Regueira Veiga	Culleredo	Home		RUNNING OLEIROS	Veterano 1	23	00:36:51	00:36:49	00:07:53	00:25:03
76	184	SANTIAGO	VÁZQUEZ COLLAZO	A Coruña	Home	GA717165	ATLETISMO RIAZOR CORUÑA	Veterano 3	3	00:36:53	00:36:50	00:07:55	00:24:58
77	148	Jose Manuel	Seoane Pombo	Ames	Home			Veterano 2	17	00:36:53	00:36:50	00:07:58	00:25:02
78	267	Felipe	Martínez Santos	A Coruña	Home		MARINEDA ATLETICO	Veterano 1	24	00:36:53	00:36:49	00:08:14	00:25:11
79	39	Diego	Crespo Naya	Cambre	Home		MARINEDA ATLETICO	Veterano 1	25	00:36:54	00:36:50	00:08:13	00:25:09
80	220	EDUARDO	REY QUINTELA	Culleredo	Home	AG2018642	ATLETAS DE ACEA DE AMA	Veterano 2	18	00:36:54	00:36:52	00:07:46	00:25:01
81	239	Manuel	Fernández Sánchez	A Coruña	Home		MARINEDA ATLETICO	Senior	25	00:36:55	00:36:51	00:08:11	00:25:09
82	190	josemaria	fernandez sampedro	Ribeira	Home	53480341	artrogaltri498	Senior	26	00:36:56	00:36:52	00:08:02	00:25:05
83	140	ADRIAN	CASTRO RODRIGUEZ	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Senior	27	00:36:56	00:36:54	00:07:57	00:25:01
84	192	antonio	diaz-montero carames	Ferrol	Home			Veterano 2	19	00:37:02	00:36:59	00:07:51	00:25:06
85	159	alexandre	rodriguez paz	Culleredo	Home		ADC BOMBEIROS A CORUÑA	Veterano 1	26	00:37:05	00:37:03	00:07:57	00:24:59
86	250	Francisco Javier	González Ledo	Culleredo	Home		INDEPENDIENTE	Veterano 2	20	00:37:05	00:37:03	00:07:46	00:25:04
87	9	Rocío	Alvite Ferreiro	Mazaricos	Muller	GA765972	CLUB ATLETISMO SAR VERM? PETRONI	Veterano 1	1	00:37:06	00:37:06	00:07:53	00:25:06
88	228	Alberto	Castro Sanchez	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 1	27	00:37:07	00:37:04	00:07:55	00:25:04
89	155	MIGUEL	FERNANDEZ NUÑEZ	Lugo	Home		CLUB ATLETISMO MONUMENTAL DE LUGO	Veterano 3	4	00:37:08	00:37:06	00:08:01	00:25:08
90	211	Angel	Soliño Sotelo	Cangas	Home		ATLETISMO VILA DE CANGAS	Senior	28	00:37:09	00:37:09	00:08:05	00:25:24
91	393	oscar	pérez rico	Fene	Home			Veterano 1	28	00:37:11	00:37:08	00:07:51	00:25:07
92	132	Higinio	Rodríguez Souto	Lugo	Home		FLUVIAL	Veterano 3	5	00:37:14	00:37:12	00:08:02	00:25:08
93	203	Edgar	Castelo Rodríguez	Oleiros	Home		CLUB ATLETISMO SADA	Senior	29	00:37:14	00:37:13	00:07:43	00:24:49
94	6	raquel	suarez pedrosa	Santiago de Compostela	Muller	44837371k	RIA FERROL-CONCEPCION ARENAL	Senior	4	00:37:15	00:37:14	00:08:05	00:25:09
95	172	Luigi	García	A Coruña	Home		C.C.RIAZOR	Veterano 1	29	00:37:16	00:37:15	00:07:54	00:25:11
96	196	JESUS MANUEL	GANDOY VILAR	A Coruña	Home		FLUVIAL	Veterano 3	6	00:37:20	00:37:17	00:08:12	00:25:25
97	146	Antonio	Fraga Méndez	Santiago de Compostela	Home	GA765299	AGRUPACION DEPORTIVA PORTO DO SON	Veterano 3	7	00:37:21	00:37:18	00:07:58	00:25:06
98	154	arturo	ramos ferrol	Santa Comba	Home	ag9509	ATLETISMO MILLADOIRO	Veterano 2	21	00:37:22	00:37:18	00:07:58	00:25:06
99	224	DIEGO	PENA BRENLLA	Lugo	Home		MONTEPENARUBIA	Senior	30	00:37:26	00:37:23	00:08:24	00:25:34
100	3310	Raul	Blanco Porto	Lugo	Home			Promesa	5	00:37:26	00:37:19	00:08:16	00:25:21

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101	187	ROI	BARROS CORRAL	A Coruña	Home	AG2017827	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Senior	31	00:37:27	00:37:22	00:07:41	00:25:03
102	205	Diego	Álvarez Soto	Narón	Home		PASA OU ENTORNA	Veterano 1	30	00:37:33	00:37:27	00:08:12	00:25:26
103	350	Roberto	Martinez Castro	Ferrol	Home			Senior	32	00:37:39	00:37:36	00:07:56	00:25:24
104	230	Xose Luis	Otero Cepeda	Teo	Home	7770GA	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 4	1	00:37:39	00:37:36	00:08:16	00:25:28
105	235	RUBEN	BREGUA CHAS	Culleredo	Home			Veterano 1	31	00:37:40	00:37:32	00:08:23	00:25:35
106	520	carlos	pereira rey	Arteixo	Home			Veterano 3	8	00:37:40	00:37:36	00:08:07	00:25:28
107	198	Fran	Rodal Abal	Cangas	Home	Ag8227	ATLETISMO VILA DE CANGAS	Senior	33	00:37:42	00:37:40	00:08:04	00:25:24
108	219	Alvaro	Lopez Jacome	A Coruña	Home		Club Hercules Termaria	Veterano 2	22	00:37:43	00:37:38	00:08:03	00:25:20
109	199	OSCAR	pena rivera	Monfero	Home		CLUB OLYMPO AS PONTES	Senior	34	00:37:44	00:37:38	00:08:14	00:25:28
110	226	Juan Carlos	Raviña Furelos	Santiago de Compostela	Home			Veterano 2	23	00:37:46	00:37:42	00:08:16	00:25:48
111	300	Jesús	Rivas Prado	Lugo	Home	AG 768728	ATLETISMO FRIOL	Veterano 1	32	00:37:48	00:37:45	00:08:06	00:25:28
112	3119	Alejandro	Del Río Amor	A Coruña	Home		ATLETISMO RIAZOR CORUÑA	Senior	35	00:37:48	00:37:33	00:08:17	00:25:20
113	344	carlos	moar ares	A Coruña	Home	45861135	LAFUGA-KURAI	Senior	36	00:37:49	00:37:41	00:08:17	00:25:46
114	313	javier	paradela martico	Arteixo	Home		no tengo	Veterano 1	33	00:37:53	00:37:52	00:08:09	00:25:31
115	311	Carlos Alberto	Gracia Fernández	A Coruña	Home		running Termaria	Veterano 1	34	00:37:55	00:37:49	00:08:09	00:25:30
116	134	Alberto	San Emeterio Fernández	A Coruña	Home	AG2015830	CLUB ATLETISMO CORUÑA COMARCA	Veterano 1	35	00:37:57	00:37:54	00:07:52	00:25:00
117	259	Jose Domingo	Sendon Rodríguez	Ames	Home	A-9922	ATLETISMO FONTES DO SAR	Veterano 2	24	00:37:59	00:37:54	00:08:06	00:25:33
118	316	jacobo	gonzalez morao	A Coruña	Home			Veterano 2	25	00:37:59	00:37:56	00:08:13	00:25:54
119	3338	Fernando	Casas bello	Cerceda	Home			Senior	37	00:37:59	00:37:48	00:08:38	00:25:52
120	7	Sandra	Mosquera Losada	Vigo	Muller	GA 16506	COMESAÑA SPORTING CLUB	Senior	5	00:38:00	00:37:59	00:07:48	00:25:27
121	305	Xaquín	Bugallo del Puerto	Culleredo	Home		-	Veterano 1	36	00:38:00	00:37:57	00:08:05	00:25:27
122	168	Javier	Alvarez Varela	A Coruña	Home	TAG2018855	ATLETAS DE ACEA DE AMA	Veterano 1	37	00:38:01	00:37:56	00:08:27	00:26:09
123	308	Alejandro	Gonzalez Montero	Lugo	Home		Club Monte Penarubia Lugo	Senior	38	00:38:02	00:38:00	00:08:28	00:26:05
124	291	Javier	Novo Bujeiro	Vimianzo	Home		C.D. OS MUDITOS	Veterano 1	38	00:38:03	00:38:00	00:08:19	00:25:49
125	53	Alberto	Moris Vieites	Cambre	Home	AG2017356	MARINEDA ATLETICO	Senior	39	00:38:03	00:38:02	00:07:30	00:23:40
126	256	RICARDO	ALONSO FERNANDEZ	VERIN	Home		C.D.V. TROTAPINARES	Veterano 1	39	00:38:04	00:38:00	00:08:10	00:25:28
127	165	Sergio Daniel	Orosa López	A Coruña	Home		RUNNING SARRIA	Senior	40	00:38:06	00:38:02	00:08:01	00:25:38

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
128	251	JULIÁN	PÉREZ DURÁN	Ferrol	Home		CORREDORES POPULARES ARMADA FERROL	Veterano 2	26	00:38:06	00:38:01	00:08:13	00:25:35
129	245	Alex	Rodríguez Lías	Santiago de Compostela	Home			Senior	41	00:38:12	00:38:07	00:07:55	00:25:35
130	556	Antonio	Rodríguez Mateos	A Coruña	Home			Senior	42	00:38:14	00:38:04	00:08:16	00:25:42
131	188	Rafa	Fontal Alonso	A Coruña	Home			Veterano 1	40	00:38:14	00:38:08	00:08:05	00:25:34
132	223	Alejandro	Pampín Castro	Santiago de Compostela	Home			Senior	43	00:38:15	00:38:06	00:08:24	00:25:53
133	162	David	Senra Eiroa	Cariño	Home			Senior	44	00:38:15	00:38:11	00:08:14	00:25:49
134	265	José Manuel	López Varela	Carral	Home			Veterano 1	41	00:38:18	00:38:14	00:08:16	00:26:06
135	153	JOSÉ MANUEL	RODRÍGUEZ MOURE	Culleredo	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	27	00:38:19	00:38:15	00:08:00	00:25:44
136	384	Esteban	Fernandez Diaz	A Coruña	Home		RIAZOR A Coruña	Veterano 1	42	00:38:20	00:38:11	00:08:28	00:25:55
137	177	Roberto	Vieito Raña	A Baña	Home			Senior	45	00:38:20	00:38:15	00:08:30	00:26:08
138	261	Julian José	Gesto Caabeiro	Oleiros	Home		RUNNING OLEIROS	Veterano 3	9	00:38:21	00:38:18	00:08:05	00:25:39
139	142	Francisco Jose	Velasco Padrones	Medina del Campo	Home			Senior	46	00:38:22	00:38:15	00:08:43	00:26:25
140	257	JAVIER	ARIAS DE LA VEGA	Monforte de Lemos	Home			Veterano 2	28	00:38:25	00:38:20	00:08:23	00:26:05
141	189	saul	valcarce novo	Castroverde	Home		CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 2	29	00:38:25	00:38:22	00:08:15	00:25:58
142	3167	Gabriel	Landín Casablanca	Pontevedra	Home			Promesa	6	00:38:26	00:38:03	00:08:09	00:25:37
143	552	Jose	Bardanca Pallas	Carballo	Home		A.D.Mediaducia	Senior	47	00:38:26	00:38:19	00:08:22	00:26:08
144	45	Juan José	Merlos Miniño	Santiago de Compostela	Home	GA15293	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 2	30	00:38:30	00:38:24	00:08:38	00:26:17
145	377	Nicolas	Pichel castro	Carballo	Home	47350216	A.D. FOGAR CARBALLO	Veterano 1	43	00:38:30	00:38:26	00:08:26	00:26:07
146	588	Gonzalo	Belmonte Martell	Sada	Home			Senior	48	00:38:30	00:38:15	00:08:23	00:25:55
147	129	Byron	Orejuela Reino	A Coruña	Home		ATLETISMO RIAZOR CORUÑA	Veterano 2	31	00:38:31	00:38:28	00:08:04	00:26:06
148	124	aziz	zirani gattari	A Coruña	Home		CLUB ATLETISMO MILLARAIO	Veterano 2	32	00:38:31	00:38:29	00:08:06	00:26:02
149	193	José Manuel	González Charlón	Betanzos	Home	AG2014325	CLUB ATLETISMO SADA	Veterano 1	44	00:38:32	00:38:27	00:08:16	00:26:05
150	280	DANIEL	FRAGA LODEIRO	A Coruña	Home			Promesa	7	00:38:32	00:38:31	00:07:36	00:25:44
151	260	Antonio	Ilobre Jiménez	Sada	Home		CLUB ATLETISMO SADA	Veterano 2	33	00:38:32	00:38:29	00:08:12	00:26:01
152	524	Javier	Oubiña abuin	A Coruña	Home			Veterano 1	45	00:38:33	00:38:22	00:08:48	00:26:32

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
153	329	José	Losada Pérez	A Coruña	Home			Veterano 1	46	00:38:34	00:38:29	00:08:24	00:26:12
154	577	JORGE	SABIO FIDALGO	CAMBRE	Home			Senior	49	00:38:37	00:38:28	00:08:20	00:26:01
155	227	Pedro	Herbello Hermelo	A Coruña	Home	GA 19402	CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	34	00:38:38	00:38:34	00:08:15	00:26:03
156	262	Abel	Lado Figueiras	A Coruña	Home			Veterano 1	47	00:38:39	00:38:31	00:08:33	00:26:16
157	201	José Adolfo	Vilares Maceirasi	A Coruña	Home	GA 765640	MARINEDA ATLETICO	Veterano 2	35	00:38:39	00:38:35	00:08:15	00:26:02
158	548	Adrián	Blanco Pérez	Cedeira	Home			Senior	50	00:38:40	00:38:27	00:08:42	00:26:21
159	340	OSCAR	COSTAS OTERO	Culleredo	Home		C.A. OUTES. JOHN-TURKEY	Veterano 1	48	00:38:41	00:38:36	00:08:30	00:26:05
160	303	Oscar	Dieguez Pintor	Arzúa	Home	AG 2016316	Asociacion Deportiva Cerne	Senior	51	00:38:43	00:38:34	00:08:35	00:26:13
161	372	Miguel	Castro ramos	Abegondo	Home			Senior	52	00:38:43	00:38:40	00:08:23	00:26:08
162	431	Francisco Javier	Fernández García	Muros	Home			Veterano 2	36	00:38:43	00:38:39	00:08:29	00:26:19
163	317	JULIO J.	SOUTO DIZ	Oleiros	Home			Veterano 3	10	00:38:43	00:38:39	00:08:17	00:26:03
164	334	Borja	Canto Baña	A Coruña	Home			Senior	53	00:38:44	00:38:38	00:08:20	00:26:14
165	534	Pablo	Miragaya López	Santiago de Compostela	Home			Veterano 1	49	00:38:44	00:38:31	00:08:32	00:26:27
166	138	Manuel	Fernández Taboada	Oroso	Home			Junior	3	00:38:45	00:38:44	00:08:17	00:26:12
167	599	Javier	Villamisar Vazquez	A Coruña	Home		Club Hercules Termaria	Promesa	8	00:38:45	00:38:33	00:08:35	00:26:13
168	533	Roberto	Peon costa	Pontes de García Rodríguez, As	Home			Senior	54	00:38:46	00:38:35	00:08:33	00:26:10
169	529	Lorenç	Socias Pinto	Santiago de Compostela	Home			Senior	55	00:38:46	00:38:36	00:08:49	00:26:34
170	325	David	Gómez Agras	Narón	Home		PASA OU ENTORNA	Veterano 1	50	00:38:47	00:38:41	00:08:25	00:26:19
171	2027	Sergio	Campos VARELA	A Coruña	Home			Promesa	9	00:38:48	00:38:46	00:08:12	00:26:15
172	293	Miguel	Blanco Lopez	Lugo	Home			Veterano 2	37	00:38:48	00:38:47	00:08:16	00:26:01
173	1326	Javier	Filgueira Blanco	Miño	Home			Promesa	10	00:38:48	00:38:34	00:08:51	00:26:32
174	312	Luis	Baldó Macia	A Coruña	Home	Ga 766006	CLUB ATLETISMO SADA	Veterano 2	38	00:38:49	00:38:44	00:08:24	00:26:20
175	987	Miguel	Budiño Vázquez	A Coruña	Home			Senior	56	00:38:49	00:38:37	00:08:35	00:26:19
176	301	carlos	castrillon cresco	A Coruña	Home			Veterano 2	39	00:38:52	00:38:49	00:08:19	00:26:22
177	373	Marcos	Pérez lourido	Negreira	Home		CLUB ATLETISMO NEGREIRA	Veterano 2	40	00:38:52	00:38:47	00:08:12	00:26:12
178	414	José Francisco	Lodeiro Rodríguez	A Coruña	Home		Caimanes Betanzos	Veterano 1	51	00:38:53	00:38:44	00:08:20	00:26:12
179	419	Xabier	Rodríguez Campos	Betanzos	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 1	52	00:38:53	00:38:48	00:08:32	00:26:14

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
180	348	David	Herrera garcia	A Coruña	Home		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 1	53	00:38:53	00:38:49	00:08:11	00:25:59
181	222	Simon	Lopez Eiroa	Oleiros	Home		ATLETAS DE ACEA DE AMA	Veterano 2	41	00:38:53	00:38:49	00:08:31	00:26:29
182	601	Jaime	Álvarez de la Torre	A Coruña	Home		Sieiro	Veterano 1	54	00:38:53	00:38:44	00:08:38	00:26:34
183	358	OSCAR	LIÑEIRA AMIGO	Ordes	Home		AISI 316	Senior	57	00:38:53	00:38:50	00:08:26	00:26:24
184	380	Jorge	Romero Pena	A Coruña	Home		CD GAS NATURAL FENOSA	Veterano 2	42	00:38:54	00:38:51	00:08:27	00:26:30
185	295	Ramon Eugenio	Mosquera Silva	A Coruña	Home			Veterano 2	43	00:38:54	00:38:49	00:08:05	00:26:02
186	206	Francisco	Martinez Núñez	Lugo	Home		CLUB ATLETISMO MONUMENTAL DE LUGO	Veterano 2	44	00:38:55	00:38:51	00:08:41	00:26:29
187	272	EDUARDO	OTERO SALGADO	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Veterano 3	11	00:38:56	00:38:53	00:08:31	00:26:31
188	246	Ivàn	Varela Barreiro	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 2	45	00:38:57	00:38:53	00:08:20	00:26:23
189	360	MIGUEL ANGEL	GOMEZ SENIN	Cambre	Home			Veterano 1	55	00:38:57	00:38:53	00:08:28	00:26:27
190	395	Alexandre	Garcia Lopez	Fene	Home		ESCOLA DE ATLETISMO PAULA MAYOBRE	Veterano 1	56	00:38:58	00:38:52	00:08:11	00:26:17
191	568	David	Rodríguez Hierro	A Coruña	Home			Senior	58	00:39:00	00:38:53	00:08:26	00:26:26
192	621	Miguel	Blanco Traba	Cee	Home			Senior	59	00:39:00	00:38:47	00:08:54	00:26:46
193	371	Jorge	Fontecoba Porto	A Coruña	Home		Galfor	Veterano 2	46	00:39:02	00:38:59	00:08:29	00:26:33
194	390	Mateo	Torres Neira	A Coruña	Home			Veterano 1	57	00:39:02	00:38:55	00:08:40	00:26:51
195	212	MANUEL	FREIRA GONZALEZ	Bueu	Home		CLUB SOCIAL BANCO PASTOR	Veterano 1	58	00:39:04	00:38:53	00:08:49	00:26:42
196	382	Francisco Javier	Maseda Carballo	A Coruña	Home		Dream Team	Veterano 1	59	00:39:04	00:38:57	00:08:36	00:26:28
197	56	DAVID	LANDEIRA CASTRO	A CORUÑA	Home			Veterano 1	60	00:39:05	00:39:01	00:08:05	00:26:17
198	558	Iago	Mendez Lopez	Lugo	Home		Marzo saude	Senior	60	00:39:07	00:38:59	00:08:22	00:26:13
199	654	Francisco	Calzas Suarez	Vimianzo	Home		TERRA DE SONEIRA	Veterano 2	47	00:39:08	00:38:54	00:08:54	00:26:46
200	314	Pablo	Campo Baamonde	Lugo	Home		MTC HERMANOS LOURES	Senior	61	00:39:09	00:39:07	00:08:26	00:26:26
201	258	pedro	gonzalez lago	Ponteceso	Home			Veterano 2	48	00:39:11	00:39:08	00:08:22	00:26:29
202	297	MIGUEL ÁNGEL	ALONSO SÁNCHEZ	A Coruña	Home			Veterano 2	49	00:39:12	00:39:06	00:08:26	00:26:28
203	266	Marcos	Tarrio	Santiago de Compostela	Home		CLUB DEPORTIVO VAGALUME ENERGIA	Veterano 1	61	00:39:12	00:39:12	00:08:05	00:26:11
204	557	Marcos	Trelles Rodríguez	Arteixo	Home			Senior	62	00:39:13	00:39:04	00:08:12	00:26:31
205	202	Alejandro	Vázquez Gómez	A Coruña	Home			Promesa	11	00:39:14	00:39:08	00:08:11	00:25:44
206	3258	Pablo	Freire Castro	Berlanga del Bierzo	Home			Veterano 2	50	00:39:14	00:39:10	00:08:29	00:26:29



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
207	322	Alberto	Saavedra Mendez	Fene	Home			Veterano 2	51	00:39:15	00:39:12	00:08:19	00:26:23
208	531	David	Rilo Rodriguez	Culleredo	Home			Veterano 1	62	00:39:15	00:39:07	00:08:28	00:26:22
209	1219	Tomás	Dobarro López	A Coruña	Home			Promesa	12	00:39:15	00:38:55	00:09:17	00:27:21
210	362	Manuel	Carpente Vázquez	Pontevedra	Home		Marraners	Veterano 1	63	00:39:16	00:39:10	00:08:42	00:26:52
211	320	Oscar	García Gago	Oleiros	Home		INDEPENDIENTE	Veterano 2	52	00:39:16	00:39:09	00:08:42	00:26:45
212	242	Fco Javier	Correa Piñeiro	Culleredo	Home	ag 202018913	ATLETAS DE ACEA DE AMA	Veterano 3	12	00:39:16	00:39:12	00:08:31	00:26:37
213	328	IVÁN	DIÉGUEZ BALADRÓN	Ourense	Home		ZEPPELIN ATLÉTICO	Veterano 1	64	00:39:17	00:39:15	00:08:27	00:26:47
214	126	Luis	Pérez Varela	Pontevedra	Home		PASA OU ENTORNA	Senior	63	00:39:18	00:39:12	00:08:37	00:26:38
215	528	Ryan	Morrison	Brackley	Home			Veterano 1	65	00:39:18	00:39:00	00:08:57	00:26:45
216	403	Eliseo	Iglesias Soler	Culleredo	Home			Veterano 2	53	00:39:18	00:39:11	00:08:52	00:26:58
217	459	JOSE LUIS	TEMPRANO CASAL	Sada	Home		CLUB ATLETISMO SADA	Veterano 2	54	00:39:19	00:39:13	00:08:21	00:26:24
218	238	Jesus	Sanchez López	Fene	Home		SIGUEME SI PUEDES	Veterano 3	13	00:39:20	00:39:15	00:08:18	00:26:41
219	685	Alejandro	Acea	Ferrol	Home			Senior	64	00:39:20	00:39:07	00:08:53	00:26:56
220	248	Gerardo	Raposo Buján	Lugo	Home	GA 17643	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Veterano 2	55	00:39:20	00:39:15	00:08:35	00:26:38
221	319	Alejandro	Vazquez Deibe	Ferrol	Home			Senior	65	00:39:21	00:39:12	00:08:54	00:27:07
222	288	JUAN JOSÉ	FERNÁNDEZ LEIRA	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 3	14	00:39:21	00:39:17	00:08:29	00:26:30
223	392	Francisco	Soto García	A Coruña	Home			Veterano 4	2	00:39:22	00:39:14	00:08:38	00:26:44
224	545	JUAN CARLOS	LOPEZ FERNANDEZ	CULLEREDO	Home			Senior	66	00:39:22	00:39:09	00:08:34	00:26:27
225	309	Juan Manuel	Ramos Lamas	Carballo	Home		Run4One	Veterano 2	56	00:39:24	00:39:21	00:08:33	00:26:57
226	398	DAVID	PÁJARO VARELA	Melide	Home		C.A. BERTAMIRANS	Senior	67	00:39:29	00:39:20	00:08:43	00:26:53
227	579	Modesto	Cid perez	Ourense	Home		C?E GALFOR	Veterano 2	57	00:39:29	00:39:23	00:08:33	00:26:39
228	600	David	Ponte Iglesias	Trazo	Home			Veterano 1	66	00:39:30	00:39:09	00:09:01	00:26:57
229	359	Luis	Hermida reimundez	Oleiros	Home		RUNNING OLEIROS	Veterano 2	58	00:39:32	00:39:24	00:08:42	00:26:52
230	667	Carlos	Concheiro pan	Cambre	Home			Veterano 2	59	00:39:32	00:39:10	00:09:01	00:26:57
231	278	MIGUEL	PUENTE RAPELA	A CORUÑA	Home			Veterano 1	67	00:39:34	00:39:28	00:08:33	00:26:43
232	10	Monica	Granero Otero	Betanzos	Muller			Veterano 1	2	00:39:36	00:39:35	00:08:42	00:26:59

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
233	289	Manuel	Rodríguez Fernández	A Coruña	Home		CLUB DEPORTIVO PINARIUM	Senior	68	00:39:36	00:39:31	00:08:34	00:26:38
234	428	Isidro	Fraguela Santos	Ferrol	Home		RIA FERROL-CONCEPCION ARENAL	Veterano 2	60	00:39:36	00:39:31	00:08:24	00:26:42
235	521	Moisés	López López	Lourenzá	Home		INDRA	Senior	69	00:39:37	00:39:15	00:09:22	00:27:27
236	542	Alvaro	Cimarras iglesias	A Coruña	Home		Trinity triathlon	Veterano 1	68	00:39:37	00:39:28	00:08:59	00:27:14
237	679	ALBERTO	VILLAR GARCÍA	Carballo	Home			Veterano 1	69	00:39:38	00:39:23	00:08:58	00:27:10
238	412	alberto	fernandez muñiz	A Coruña	Home		NOSPORTLIMIT	Veterano 2	61	00:39:38	00:39:36	00:08:36	00:27:01
239	2843	jose ignacio	mosteiro quintela	Boimorto	Home		CLUB ATLETISMO BOIMORTO	Veterano 1	70	00:39:38	00:38:53	00:09:35	00:27:20
240	341	JOSÉ MANUEL	BLANCO LESTÓN	Carnota	Home		ASOCIACION DEPORTIVA OLIMPIA	Senior	70	00:39:39	00:39:35	00:08:20	00:26:41
241	271	Ivan	Rubio rubira	Arteixo	Home			Veterano 2	62	00:39:40	00:39:36	00:08:22	00:26:20
242	522	Fernando	Sierra Gracia	A Coruña	Home		NOSPORTLIMIT	Senior	71	00:39:41	00:39:35	00:08:46	00:27:01
243	351	MARCOS	CARRAL SUÁREZ	Begonte	Home			Senior	72	00:39:41	00:39:39	00:08:04	00:26:30
244	415	Alberto	Garcia souto	Carballo	Home		Proyecto bululu	Veterano 1	71	00:39:41	00:39:36	00:08:22	00:26:50
245	397	Adrián	Viaño Iglesias	Santiago de Compostela	Home		NOSPORTLIMIT	Senior	73	00:39:42	00:39:37	00:08:36	00:27:01
246	425	FRANCISCO JAVIER	OSEAS ALVAREZ	PERILLO	Home			Veterano 2	63	00:39:42	00:39:36	00:08:38	00:27:04
247	353	Sergio	Ares Chao	A Coruña	Home			Veterano 1	72	00:39:43	00:39:36	00:08:42	00:27:01
248	243	VICTOR MANUEL	CERQUEIRO BARREIRO	SANTIAGO DE COMPOSTELA	Home			Senior	74	00:39:44	00:39:37	00:08:47	00:27:20
249	1221	Juan	Saavedra Ortiz	Oleiros	Home			Veterano 1	73	00:39:45	00:39:38	00:08:54	00:27:00
250	323	DAVID	FERREIRA LAREDO	Vigo	Home			Veterano 1	74	00:39:46	00:39:38	00:08:52	00:26:57
251	163	Julio Manuel	Gallo Fernandez	Gondomar	Home			Veterano 4	3	00:39:46	00:39:41	00:08:26	00:26:49
252	304	JORGE	FELPETO RODRÍGUEZ	Narón	Home		CLUB CASTRO DE LOBADIZ	Veterano 2	64	00:39:46	00:39:40	00:08:43	00:27:16
253	292	José Manuel	Guerrero Castillo	A Coruña	Home		Atletismo Novo Mesoiro - A Coruña	Veterano 2	65	00:39:48	00:39:40	00:08:42	00:26:48
254	286	Manuel abel	Pastoriza Miranda	A Coruña	Home			Veterano 2	66	00:39:48	00:39:40	00:08:39	00:26:49
255	435	Diego	Collazo Varela	Culleredo	Home		NOSPORTLIMIT	Promesa	13	00:39:48	00:39:40	00:09:03	00:27:25
256	231	Ernesto	Sobriño marfull	La coruña	Home		Nosporlimit	Veterano 1	75	00:39:49	00:39:41	00:09:02	00:27:25
257	896	SERGIO	MONTEAGUDO	A Coruña	Home		CLUB TRIATLON CORUÑA	Veterano 1	76	00:39:49	00:39:42	00:08:32	00:26:45
258	66	Iñaki	Pena-Manso Carral	Madrid	Home	45958370	C.D. SAN PAIO A ESTRADA	Senior	75	00:39:49	00:39:40	00:08:57	00:27:15

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
259	546	SAUL	GOMEZ ARROJO	CAMBRE	Home		RUNNING OLEIROS	Veterano 3	15	00:39:50	00:39:42	00:08:27	00:26:46
260	64	PACO	GONZALEZ BARROS	Narón	Home		INDEPENDIENTE	Veterano 1	77	00:39:50	00:39:43	00:08:38	00:26:48
261	662	Ignacio	Lorenzo Ramos	Guitiriz	Home			Senior	76	00:39:50	00:39:37	00:08:50	00:27:03
262	3420	Marcos	Carril Carrillo	Pino, O	Home		MONTAEVAI BTT O PINO	Veterano 1	78	00:39:51	00:39:44	00:08:44	00:26:54
263	517	Alexandre	Pedreira Pena	A Coruña	Home		Run4One	Veterano 1	79	00:39:51	00:39:45	00:08:53	00:27:13
264	210	José Antonio	Martínez García	Oleiros	Home	AG 764746	CLUB ATLETISMO SADA	Veterano 3	16	00:39:53	00:39:44	00:08:53	00:27:07
265	339	alberto	castelo sanchez	Cambre	Home			Veterano 2	67	00:39:54	00:39:50	00:08:26	00:26:55
266	447	juan ignacio	rosende amor	Ferrol	Home			Veterano 2	68	00:39:54	00:39:45	00:08:57	00:27:09
267	121	MANUEL	ENCINAS BENITO	Ferrol	Home			Senior	77	00:39:55	00:39:50	00:08:20	00:26:44
268	455	JAVIER	GARCIA VILA	A CORUÑA	Home			Senior	78	00:39:55	00:39:50	00:08:28	00:26:49
269	338	MARCIAL ANÍBAL	BARCA ESPAÑA	Coristanco	Home		BEMA By BARI	Veterano 1	80	00:39:56	00:39:55	00:08:22	00:26:51
270	429	Manuel	Amarelle	Carballo	Home			Senior	79	00:39:57	00:39:54	00:08:33	00:27:05
271	750	JOSÉ LUIS	RÍO SILVA	Oleiros	Home		RUNNING OLEIROS	Veterano 3	17	00:39:57	00:39:49	00:08:27	00:26:45
272	609	RUBEN	PENA MUIÑO	Narón	Home		NOETRAINERS FERROL	Senior	80	00:39:58	00:39:52	00:08:46	00:27:14
273	361	Daniel	Rouco Regueiro	Lugo	Home		FLUVIAL	Veterano 1	81	00:39:58	00:39:56	00:08:06	00:26:32
274	276	Marcos	Corgo Riveiro	Arteixo	Home			Veterano 1	82	00:39:58	00:39:39	00:08:54	00:27:10
275	456	Segundo	Domínguez Alsina	Oroso	Home	AG2018394	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 2	69	00:39:59	00:39:52	00:08:44	00:27:00
276	207	Jose Angel	Pita Torres	Cedeira	Home			Veterano 3	18	00:39:59	00:39:56	00:08:51	00:27:07
277	591	Paulino	Campos Dominguez	Aranga	Home		ZAPATILLA VELOZ	Veterano 2	70	00:39:59	00:39:48	00:08:54	00:27:06
278	559	Noé	Teijeiro Fernández	Ferrol	Home		NOETRAINERS FERROL	Veterano 1	83	00:39:59	00:39:53	00:08:42	00:27:15
279	327	Jose Luis	Pérez Lado	A Coruña	Home			Senior	81	00:39:59	00:39:52	00:08:45	00:27:11
280	420	Luis	Vence Corton	Pobra do Brollón, A	Home			Veterano 2	71	00:39:59	00:39:53	00:08:38	00:26:55
281	3411	ANDRES GABRIEL	PIZARRO VARELA	A CORUÑA	Home			Senior	82	00:40:00	00:39:55	00:08:49	00:27:08
282	709	Javier	Alonso rey	A Coruña	Home			Veterano 1	84	00:40:00	00:39:54	00:08:35	00:26:58
283	602	Miguel Ángel	González Cal	A Coruña	Home			Veterano 1	85	00:40:00	00:39:53	00:08:30	00:26:56
284	197	Gonzalo	Muiño Codesido	Cambre	Home		ATLETAS DE ACEA DE AMA	Veterano 2	72	00:40:01	00:39:58	00:08:37	00:27:02
285	333	Iván	Palleiro Pérez	A Coruña	Home		Garrapucho	Senior	83	00:40:02	00:39:55	00:08:49	00:27:03
286	443	RAMON ANTONIO	VARELA MIGUEZ	A Coruña	Home			Veterano 3	19	00:40:03	00:39:55	00:08:54	00:27:12

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
287	158	Emilio	Martínez Núñez	Santiago de Compostela	Home	AG 766119	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 2	73	00:40:03	00:39:57	00:08:42	00:27:02
288	434	Carlos Alberto	González Álvarez	A Coruña	Home			Senior	84	00:40:04	00:39:59	00:08:25	00:27:02
289	538	José	Ares	Miño	Home			Veterano 1	86	00:40:07	00:39:59	00:08:38	00:27:08
290	453	Diego	Soto Vifias	Cambre	Home			Veterano 1	87	00:40:10	00:40:06	00:08:33	00:27:03
291	123	FELIX	QUINTANS MELENDEZ	Oleiros	Home		C.D. SAN PAIO A ESTRADA	Veterano 2	74	00:40:10	00:40:07	00:08:31	00:27:06
292	14	Teresa	Castro Villaverde	Vimianzo	Muller	Ga-764774	CLUB ATLETISMO NOIA	Veterano 2	1	00:40:11	00:40:09	00:08:45	00:27:10
293	554	Enrique	Vila Diaz	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 2	75	00:40:11	00:40:05	00:08:49	00:27:13
294	3133	Manuel	Doldan	A Coruña	Home			Veterano 1	88	00:40:11	00:40:08	00:08:33	00:27:03
295	738	Antonio	Pereiro calviño	Culleredo	Home		RUNNING OLEIROS	Veterano 1	89	00:40:12	00:39:57	00:08:42	00:26:59
296	213	Alberto	Antelo Sánchez	Oleiros	Home			Veterano 1	90	00:40:12	00:40:08	00:08:28	00:26:57
297	388	Jorge	Pouso Toja	Vimianzo	Home			Senior	85	00:40:14	00:40:05	00:08:53	00:27:28
298	237	Carlos	Salvador Rodríguez	Culleredo	Home			Senior	86	00:40:16	00:40:07	00:08:32	00:27:14
299	457	Diego	Couto Naya	A Coruña	Home			Veterano 2	76	00:40:18	00:40:11	00:08:44	00:27:16
300	302	Antonio	Rivas Feal	Oleiros	Home		A.D. FOGAR CARBALLO	Veterano 3	20	00:40:18	00:40:10	00:09:04	00:27:28
301	578	Ricardo	Figueiras Nuñez	Culleredo	Home			Veterano 3	21	00:40:20	00:40:07	00:08:46	00:27:11
302	418	JAVIER	FIGUEROA RODRIGUEZ	A CORUÑA	Home			Veterano 2	77	00:40:21	00:40:15	00:08:28	00:27:02
303	540	JUAN	CAPELAN MARTINEZ	Culleredo	Home			Senior	87	00:40:22	00:40:00	00:09:24	00:27:53
304	240	JOSE ANTONIO	TEMBRAS AMENEIRO	Pontes de García Rodríguez, As	Home		CLUB CASTRO DE LOBADIZ	Veterano 2	78	00:40:23	00:40:17	00:08:57	00:27:33
305	450	Jose Luis	Valcarcel Cortes	A Coruña	Home			Veterano 1	91	00:40:23	00:40:19	00:08:25	00:27:07
306	144	CESAR	MONTES SANCHEZ	Betanzos	Home		CLUB TRIATLON CORUÑA	Veterano 1	92	00:40:23	00:40:18	00:08:20	00:26:07
307	444	Jacobo	López Corral	Ourense	Home		DEPORTES EL 21	Senior	88	00:40:24	00:40:14	00:08:45	00:27:15
308	363	Moncho	Arufe Vidal	Ames	Home	AG 5567	ATLETISMO MILLADOIRO	Veterano 3	22	00:40:25	00:40:16	00:09:03	00:27:27
309	616	Jesus	Eiris Ponte	Carballo	Home		Run4One	Veterano 3	23	00:40:25	00:40:20	00:08:33	00:27:04
310	401	MIGUEL ÁNGEL	FERNÁNDEZ NÓVOA	Pobra de Trives, A	Home	AG765456	MARINEDA ATLETICO	Veterano 2	79	00:40:25	00:40:17	00:08:32	00:27:02
311	82	sofia	fernández castro	Franco, El	Muller	GA765714	RIA FERROL-CONCEPCION ARENAL	Senior	6	00:40:26	00:40:25	00:08:30	00:27:20
312	376	Hector	Martínez Fernandez	Ferrol	Home		NAUTICO NARON	Veterano 1	93	00:40:30	00:40:22	00:09:13	00:27:53
313	387	Diego	Dans perez	Culleredo	Home		NOSPORTLIMIT	Veterano 1	94	00:40:31	00:40:23	00:08:53	00:27:19

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
314	899	Miguel	Diaz Carballo	Betanzos	Home		INDEPENDIENTE	Veterano 3	24	00:40:31	00:40:18	00:09:03	00:27:35
315	791	alejandro	fernandez ramos	A Coruña	Home		NOSPORTLIMIT	Veterano 1	95	00:40:32	00:40:24	00:08:54	00:27:21
316	381	Javi	Bregua Dalmeda	A Coruña	Home		Run4One	Veterano 1	96	00:40:34	00:40:30	00:08:37	00:27:21
317	666	JESUS	CANOSA LAGO	Arteixo	Home			Veterano 1	97	00:40:35	00:40:22	00:08:46	00:27:11
318	439	EMILIO	VEIGA PIÑEIRO	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Veterano 3	25	00:40:35	00:40:29	00:08:53	00:27:26
319	445	Antonio	Touza González	Ourense	Home			Veterano 1	98	00:40:36	00:40:33	00:08:31	00:27:26
320	268	GABRIEL	DOMINGUEZ DOS SANTOS	MEZQUITA	Home			Senior	89	00:40:36	00:40:30	00:08:30	00:27:18
321	637	Francisco	Salto Monbaliu	Huerta	Home			Senior	90	00:40:37	00:40:27	00:09:02	00:27:46
322	59	Alberto	Rilo Mosteiro	Oleiros	Home		NOSPORTLIMITS	Promesa	14	00:40:39	00:40:34	00:08:50	00:27:32
323	689	Daniel	López García	Oleiros	Home		Kurai	Senior	91	00:40:41	00:40:35	00:08:50	00:27:32
324	440	Javier	Blanco Blanco	Santiago de Compostela	Home			Veterano 2	80	00:40:43	00:40:39	00:08:20	00:27:13
325	396	José Roberto	Rey Iglesias	A Coruña	Home		ESCUELA DE ATLETISMO PAULA MAYOBRE	Veterano 3	26	00:40:44	00:40:36	00:08:46	00:27:31
326	274	Carlos	Vidal Fragueiro	Ponteareas	Home			Junior	4	00:40:44	00:40:37	00:09:01	00:28:06
327	355	XABIER	VARELA LÓPEZ	Melide	Home	AG 2016307	ASOCIACI?N DEPORTIVA CERNE	Veterano 2	81	00:40:45	00:40:37	00:08:43	00:27:39
328	536	Marcos	del rio	Cambre	Home		club natacion ferrol	Senior	92	00:40:46	00:40:37	00:08:53	00:27:22
329	913	JOSE ANGEL	MARTINEZ ABAD	A Coruña	Home			Veterano 2	82	00:40:47	00:40:35	00:08:39	00:27:17
330	424	JUAN JOSE	RUMBAO SOUTO	MARIN	Home		SAN MIGUEL DE MARIN	Veterano 1	99	00:40:48	00:40:42	00:08:35	00:27:16
331	214	Jose	Rilo Lopez	Oleiros	Home		NOSPORTLIMIT	Veterano 3	27	00:40:49	00:40:44	00:08:51	00:27:34
332	583	Manuel	Arias Veiga	Lugo	Home		ESCOLA ATLETICA LUCENSE	Veterano 2	83	00:40:49	00:40:39	00:08:49	00:27:31
333	778	Ramón	Carnota Mendez	A Coruña	Home		No Sport Limit	Veterano 1	100	00:40:49	00:40:40	00:09:02	00:27:26
334	195	Isidoro	Fejoo Anseán	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Veterano 4	4	00:40:49	00:40:48	00:08:42	00:27:47
335	691	Miguel	Beregall Llidó	Oliva	Home			Senior	93	00:40:50	00:40:35	00:09:14	00:27:53
336	364	Alexandre	Gómez Miraz	A Coruña	Home		EGOVARROS DE VIVEIRO	Senior	94	00:40:51	00:40:45	00:09:07	00:27:43
337	587	LUIS	CARRAL SÁNCHEZ	Pontevedra	Home			Veterano 2	84	00:40:51	00:40:41	00:08:50	00:27:28
338	532	MANUEL	FONTENLA MUIÑO	Cambre	Home		ATLETAS DE ACEA DE AMA	Veterano 3	28	00:40:52	00:40:32	00:09:07	00:28:00
339	537	Ruben	Del Rio Regueira	Cambre	Home		club natacion ferrol	Senior	95	00:40:53	00:40:44	00:09:04	00:27:29
340	910	David	Pequeño Permuy	A Coruña	Home			Senior	96	00:40:54	00:40:45	00:08:35	00:27:26

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
341	565	Marcos	Mato	Palas de Rei	Home		A.D. CERNE	Veterano 3	29	00:40:55	00:40:38	00:09:17	00:27:56
342	592	Gustavo	Sexto Rivas	A Coruña	Home	AG2019237 T vm	Ad. Cerne	Veterano 2	85	00:40:56	00:40:47	00:09:04	00:27:35
343	590	Horacio	Iglesias Castro	Santiago de Compostela	Home		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 2	86	00:40:56	00:40:49	00:08:44	00:27:19
344	718	jose antonio	chuecos escalona	Narón	Home		CLUB CASTRO DE LOBADIZ	Veterano 1	101	00:40:56	00:40:50	00:08:47	00:27:55
345	844	Ivan	Pose costa	A Laracha	Home			Veterano 1	102	00:40:57	00:40:50	00:09:06	00:27:34
346	596	Manel	Redondo Sol	Lugo	Home		UNIO COLOMENCA D? ATLETISME	Senior	97	00:40:57	00:40:53	00:08:32	00:27:41
347	416	Adrián	Conde Fraga	Arteixo	Home			Senior	98	00:40:57	00:40:54	00:08:46	00:27:52
348	287	Marcos Antonio	Sancho Rey	Oleiros	Home	32823916h	Triatl?n Coru?a	Veterano 2	87	00:40:58	00:40:55	00:08:56	00:27:49
349	792	Rodrigo	Marino Taibo	A Coruña	Home		KL?VER	Veterano 1	103	00:40:58	00:40:52	00:08:52	00:27:41
350	681	Emilio José	Pereira Gutiérrez	Ames	Home			Veterano 1	104	00:40:59	00:40:49	00:09:05	00:28:13
351	366	Jorge Juan	Mahía Cedeira	A Coruña	Home			Veterano 3	30	00:41:00	00:40:53	00:09:21	00:28:11
352	694	Ramon	Rodríguez blanco	Lugo	Home		Montepenarubia Running lugo	Veterano 1	105	00:41:00	00:40:48	00:09:15	00:27:57
353	436	Alex	Carreira Villaverde	Cambre	Home			Veterano 1	106	00:41:01	00:40:54	00:09:26	00:28:14
354	405	Jesus	Pereda Fernandez	A Coruña	Home			Veterano 1	107	00:41:01	00:40:56	00:08:43	00:27:40
355	375	jose antonio	romero barreiro	Mesía	Home	AG768910	CLUB ATLETISMO BOIMORTO	Senior	99	00:41:03	00:40:58	00:08:40	00:27:31
356	632	LUCIANO	ESPINO LOPEZ	Lugo	Home		MONTEPENARUBIA	Veterano 2	88	00:41:03	00:40:52	00:09:15	00:28:00
357	283	Brais	Blanco Pociña	Lugo	Home			Senior	100	00:41:05	00:41:03	00:08:00	00:26:56
358	3363	DAVID	MARIÑO MALLO	A LARACHA	Home		DOWNHILL	Senior	101	00:41:05	00:40:26	00:09:24	00:27:58
359	643	Manuel Francisco	Couceiro Martínez	Ares	Home			Veterano 2	89	00:41:06	00:40:55	00:08:51	00:27:49
360	410	jose antonio	alfonsín lareo	Oleiros	Home		RUNNING OLEIROS	Veterano 2	90	00:41:07	00:40:58	00:08:42	00:27:07
361	764	Héctor	Simón Martínez	A Coruña	Home		NOSPORTLIMIT	Senior	102	00:41:07	00:40:57	00:08:51	00:27:37
362	78	Vicky	Losada Pérez	Ourense	Muller		OURENRUNNING	Senior	7	00:41:07	00:41:05	00:08:45	00:27:38
363	680	Alberto	López Filgueiras	Valladolid	Home			Senior	103	00:41:07	00:40:54	00:08:35	00:28:05
364	619	José Manuel	Rodríguez Espiñeira	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Veterano 3	31	00:41:08	00:40:56	00:09:04	00:27:54
365	1051	JACOBO	SEIJO MOLINOS	MIÑO	Home			Senior	104	00:41:09	00:40:53	00:09:11	00:27:41
366	660	PABLO	SAYA CARRO	A CORUÑA	Home			Senior	105	00:41:09	00:40:54	00:09:11	00:27:43
367	3327	Sergio	Díaz Gómez	Ferrol	Home			Veterano 1	108	00:41:09	00:40:05	00:10:06	00:28:10

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
368	3064	Borja	Lastres Regueira	Oleiros	Home			Senior	106	00:41:10	00:41:01	00:08:40	00:27:30
369	426	Javier	López Piñeiro	A Coruña	Home		ATLETISMO RIAZOR CORUÑA	Veterano 2	91	00:41:11	00:41:05	00:08:48	00:27:55
370	83	Ana Belen	Margaride	Pontenova, A	Muller		Hospital Polusa	Veterano 2	2	00:41:13	00:41:08	00:08:49	00:27:48
371	959	Gonzalo	López Paz	Oleiros	Home		RUNNING OLEIROS	Senior	107	00:41:14	00:41:08	00:08:50	00:27:40
372	564	Daniel	Reiriz Vázquez	Santiago de Compostela	Home			Senior	108	00:41:14	00:41:00	00:08:57	00:27:32
373	394	Felipe	Vazquez rey	Oleiros	Home		RUNNING OLEIROS	Veterano 1	109	00:41:15	00:41:08	00:08:54	00:28:06
374	714	Segismundo	López Penado	Oleiros	Home	AG2019086	CLUB ATLETISMO SADA	Veterano 2	92	00:41:15	00:41:01	00:09:04	00:28:02
375	400	marcelo	rodriguez figueiras	A Coruña	Home		club ciclista riazor	Veterano 2	93	00:41:16	00:41:12	00:08:49	00:27:54
376	647	Jesús	Sánchez Ascariz	Toques	Home		AD Cerne Melide	Veterano 1	110	00:41:16	00:41:04	00:08:57	00:27:50
377	454	TOMÁS	GARCÍA GALLEGO	A Coruña	Home		ZAPATILLA VELOZ	Veterano 2	94	00:41:17	00:41:10	00:08:47	00:27:51
378	318	Jesús	Lodeiro Méndez	Santiago de Compostela	Home	AG1803	ATLETISMO MILLADOIRO	Veterano 4	5	00:41:17	00:41:08	00:09:03	00:27:59
379	357	pablo	mella sanchez	A Coruña	Home			Veterano 2	95	00:41:18	00:41:11	00:08:47	00:27:48
380	234	Diego	Rivas Oliveira	A Coruña	Home			Veterano 1	111	00:41:18	00:41:15	00:08:40	00:27:23
381	713	Javier	Armesto Pulido	Oleiros	Home		CLUB ATLETISMO SADA	Veterano 1	112	00:41:19	00:41:13	00:08:58	00:28:07
382	3261	pedro	bello garcia	Ferrol	Home			Veterano 1	113	00:41:20	00:41:10	00:09:00	00:27:48
383	769	Sergio	Santos Concheiro	A Coruña	Home		Equipo Mans	Senior	109	00:41:22	00:41:17	00:08:16	00:27:22
384	768	Ignacio	Prieto Garcia	Bañeza, La	Home			Senior	110	00:41:24	00:41:09	00:09:14	00:28:05
385	342	DANIEL	IGLESIAS PINTADO	A Coruña	Home			Veterano 1	114	00:41:24	00:41:18	00:08:51	00:27:45
386	857	JESUS	HEVIA GOMEZ	Culleredo	Home		NOSPORTLIMIT	Veterano 2	96	00:41:25	00:41:16	00:08:54	00:27:46
387	639	IVÁN	OTERO CERVERÓ	A Coruña	Home			Veterano 2	97	00:41:26	00:41:22	00:09:01	00:28:07
388	310	MARCOS	FERNANDEZ LOPEZ	Lugo	Home		FLUVIAL	Veterano 1	115	00:41:26	00:41:24	00:08:45	00:27:37
389	345	oscar	leis mouríño	Santiago de Compostela	Home			Veterano 2	98	00:41:27	00:41:17	00:08:58	00:28:22
390	438	JAVIER	ACCION	A Coruña	Home		EMBATAIADOS RUNNERS	Senior	111	00:41:28	00:41:25	00:08:54	00:27:57
391	273	OSCAR	Gonzalez Estevez	Culleredo	Home			Senior	112	00:41:30	00:41:18	00:08:49	00:27:49
392	409	Francisco Javier	Gonzalez Casal	A Coruña	Home	Ag2018397	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 2	99	00:41:31	00:41:24	00:08:46	00:27:51
393	866	Luis	Tajes	Camarifias	Home			Veterano 2	100	00:41:33	00:41:25	00:08:47	00:27:49
394	171	ELOY	DIAZ LOPEZ	Baralla	Home			Veterano 1	116	00:41:33	00:41:19	00:09:28	00:28:12

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
395	893	DANIEL	RIVERA SUAREZ	A Coruña	Home			Promesa	15	00:41:34	00:41:13	00:09:06	00:27:59
396	730	Ángel	Pérez Burgos	A Coruña	Home			Veterano 1	117	00:41:34	00:41:21	00:09:01	00:27:50
397	386	José Manuel	Casás Casás	A Coruña	Home			Veterano 1	118	00:41:34	00:41:29	00:09:19	00:28:20
398	1970	David	Andrés Beade	A Coruña	Home			Senior	113	00:41:34	00:41:01	00:10:07	00:28:42
399	404	Juanjo	Gómez Cortés	A Coruña	Home		INDEPENDIENTE	Veterano 2	101	00:41:35	00:41:27	00:09:18	00:28:31
400	352	RAUL	BARBEITO GESTA	ARTEIXO	Home			Veterano 1	119	00:41:35	00:41:27	00:08:35	00:28:02
401	776	Luis	Duran Estany	A Coruña	Home			Senior	114	00:41:36	00:41:20	00:09:30	00:28:11
402	921	Jaime	Arias Lopez	A Coruña	Home	AG2019805	ATLETISMO RIAZOR CORUÑA	Senior	115	00:41:36	00:41:26	00:09:03	00:27:46
403	881	Esteban	Santiago Aneiros	Narón	Home			Veterano 1	120	00:41:38	00:41:21	00:09:31	00:28:32
404	783	jesus enrique	rey souto	Boimorto	Home	AG 764362	CLUB ATLETISMO BOIMORTO	Veterano 2	102	00:41:39	00:41:22	00:09:39	00:28:44
405	749	Julian	Carabaña yunta	A Coruña	Home			Veterano 1	121	00:41:40	00:41:26	00:09:04	00:28:18
406	321	MIGUEL	FLORES LOJO	A Coruña	Home			Veterano 2	103	00:41:41	00:41:37	00:09:01	00:28:06
407	797	DANIEL	VÁZQUEZ BRUÑA	Oleiros	Home		RUNNING OLEIROS	Veterano 2	104	00:41:42	00:41:31	00:09:12	00:28:27
408	452	Juan Manuel	García Montero	Silleda	Home			Senior	116	00:41:43	00:41:41	00:08:21	00:27:56
409	586	juan pedro	casero rebe	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 2	105	00:41:44	00:41:39	00:08:49	00:28:14
410	620	XOSÉ MANUEL	PAMPÍN FUCIÑÓS	Melide	Home	AG 2019241	A.D CERNE	Veterano 3	32	00:41:44	00:41:27	00:09:29	00:28:29
411	771	rafael	hassan fernandez	A Coruña	Home			Senior	117	00:41:45	00:41:27	00:09:34	00:28:15
412	774	Juan Carlos	Bergondo Brandariz	Oleiros	Home		RUNNING OLEIROS	Veterano 3	33	00:41:45	00:41:34	00:09:02	00:28:06
413	80	Maria Pilar	Arias Graña	A Coruña	Muller			Veterano 2	3	00:41:46	00:41:40	00:09:03	00:28:09
414	834	Julio Manuel	Pernas Urrutia	Ferrol	Home		CORREDORES POPULARES ARMADA FERROL	Veterano 2	106	00:41:48	00:41:35	00:09:12	00:28:17
415	35	JOSE LUIS	ALVAREZ RODRIGUEZ	A Coruña	Home			Senior	118	00:41:49	00:41:41	00:09:10	00:28:24
416	762	ERIK	PARADA GUTIÉRREZ	A Coruña	Home			Veterano 1	122	00:41:49	00:41:30	00:09:34	00:28:30
417	1249	manuel	sanchez izquierdo	Rota	Home			Senior	119	00:41:54	00:41:50	00:08:56	00:28:31
418	270	Jose andres	Aldrey varela	A Coruña	Home		Triatlón coruña	Promesa	16	00:41:54	00:41:48	00:08:38	00:27:24
419	411	MANUEL ANTONIO	TRABADA GOMEZ	Lugo	Home		FLUVIAL	Veterano 3	34	00:41:54	00:41:50	00:09:02	00:28:37
420	551	JOSE MANUEL	PETEIRO LOZANO	A Coruña	Home		RUNNING OLEIROS	Veterano 3	35	00:41:54	00:41:47	00:08:55	00:28:16



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
421	281	OSCAR	BLANCO LORENZO	Lugo	Home		FLUVIAL	Veterano 2	107	00:41:55	00:41:52	00:09:02	00:28:26
422	550	Dani	Vieites	A Coruña	Home			Senior	120	00:41:56	00:40:39	00:10:40	00:29:29
423	285	Pablo	Barreira Varela	Malpica de Bergantiños	Home		ATLETISMO RIAZOR CORU?A	Junior	5	00:41:56	00:41:54	00:07:53	00:27:39
424	706	JAVIER ANGEL	VAZQUEZ OREJAS	Rábade	Home			Veterano 3	36	00:41:56	00:41:44	00:09:12	00:28:11
425	549	Manuel	Pastrana Cruz	Lugo	Home		Club Montepenarubia	Veterano 3	37	00:41:56	00:41:46	00:08:48	00:27:52
426	84	KARINA	c	Cambre	Muller	AG2014339	CLUB ATLETISMO SADA	Veterano 1	3	00:41:56	00:41:54	00:08:57	00:28:19
427	3132	David	Esteban Ferreiro	Carral	Home			Promesa	17	00:41:57	00:41:30	00:09:16	00:28:15
428	200	Marcos	Rodriguez Baliña	Lugo	Home		Trinity Triatl?n	Veterano 2	108	00:41:58	00:41:53	00:09:04	00:28:08
429	608	Giuliano	Lancelotti Crespo	A Coruña	Home		CLUB ATLETISMO CORU?A COMARCA	Junior	6	00:41:59	00:41:50	00:08:48	00:28:25
430	589	Carlos Javier	Pérez Martínez	Narón	Home		CLUB CASTRO DE LOBADIZ	Veterano 2	109	00:42:00	00:41:52	00:08:57	00:28:15
431	719	JOSE LUIS	FERNANDEZ CARBAJALES	Boimorto	Home	ag 764353	CLUB ATLETISMO BOIMORTO	Veterano 1	123	00:42:00	00:41:42	00:09:43	00:28:44
432	803	Ignacio	Rego Tesouro	Pereiro de Aguiar, O	Home		CORREMOS A.C.	Veterano 2	110	00:42:00	00:41:51	00:09:07	00:28:18
433	1262	manuel ignacio	piñeiro veira	Culleredo	Home			Veterano 2	111	00:42:01	00:41:38	00:09:29	00:28:25
434	652	Enrique	Gómez López	A Coruña	Home			Veterano 3	38	00:42:01	00:41:52	00:09:08	00:28:24
435	676	CONSTANTINO	REAL RODRIGUEZ	A Coruña	Home	AG2019565	CLUB ATLETISMO CORU?A COMARCA	Veterano 3	39	00:42:01	00:41:51	00:08:56	00:28:19
436	3252	Zeus	Añon Rodriguez	A Laracha	Home			Senior	121	00:42:02	00:41:22	00:09:58	00:28:47
437	294	JOSE LUIS	SANTOS FERREIRO	Rábade	Home		FLUVIAL	Veterano 3	40	00:42:03	00:41:58	00:09:03	00:28:28
438	795	Ismael	Ponce Pendón	Lugo	Home		Club H?rcules Termaria	Senior	122	00:42:04	00:41:43	00:09:43	00:28:56
439	763	JUAN ALBERTO	SANCHEZ RAMON	FERROL	Home			Veterano 2	112	00:42:05	00:41:47	00:09:14	00:28:30
440	347	LUIS ENRIQUE	FERNANDEZ RODRIGUEZ	A CORUÑA	Home			Veterano 3	41	00:42:05	00:41:56	00:09:10	00:28:36
441	1287	Jorge Juan	Barreiro González	Miño	Home			Veterano 2	113	00:42:07	00:41:18	00:10:01	00:28:45
442	736	Pablo	Sanxiao Roca	A Coruña	Home		NOSPORTLIMIT	Senior	123	00:42:08	00:41:58	00:09:03	00:28:08
443	746	Iago	Santos Dominguez	Pobra do Caramiñal, A	Home			Promesa	18	00:42:09	00:42:01	00:08:34	00:28:25
444	614	STOIL	NIKOLOV NIKOLOV	A Coruña	Home			Veterano 2	114	00:42:09	00:42:00	00:09:04	00:28:37
445	423	angel	juviño prego	Arteixo	Home		Dream Team	Veterano 2	115	00:42:11	00:42:03	00:09:09	00:28:41
446	997	Juan	Galán Presas	A Coruña	Home		CLUB ATLETISMO SADA	Veterano 2	116	00:42:16	00:42:02	00:09:29	00:28:47

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
447	1232	Fran	Calvete Gómez	A Coruña	Home			Veterano 2	117	00:42:16	00:41:57	00:09:50	00:29:15
448	862	jose carlos	salutregui darriba	Ferrol	Home			Veterano 2	118	00:42:17	00:42:07	00:08:47	00:28:21
449	703	RAUL	HOYUELOS ARANDA	Oleiros	Home		HERMANDAD RUNNER CLUB	Veterano 2	119	00:42:18	00:42:07	00:08:56	00:28:33
450	383	JESUS	VÁZQUEZ RODRÍGUEZ	A Coruña	Home	AG5804	ATLETISMO MILLADOIRO	Veterano 4	6	00:42:20	00:42:14	00:09:04	00:28:21
451	790	Carlos	Deza Rodriguez	Culleredo	Home	AG 767351	PATUKOS TIM RANIN	Veterano 2	120	00:42:21	00:41:57	00:09:43	00:28:49
452	442	Alberte	Pallas Muiño	Cerceda	Home			Veterano 1	124	00:42:22	00:42:11	00:09:02	00:28:30
453	315	Francisco Javier	García Palleiro	Culleredo	Home			Veterano 2	121	00:42:23	00:42:18	00:09:07	00:28:34
454	1308	Carlos	Ríos Deán	Pobra do Caramiñal, A	Home			Junior	7	00:42:23	00:42:07	00:09:00	00:28:38
455	648	Alberto	Fraga suarez	A Coruña	Home			Senior	124	00:42:25	00:41:45	00:09:56	00:29:14
456	625	Lucas	Gonzalez Rocha	A Coruña	Home		NOSPORTLIMIT	Veterano 1	125	00:42:25	00:42:15	00:09:14	00:28:54
457	593	javier	Portas Lemus	A Coruña	Home			Veterano 2	122	00:42:25	00:42:19	00:08:59	00:28:35
458	595	Gonzalo	Souto Romero	A Coruña	Home			Veterano 2	123	00:42:25	00:42:09	00:09:43	00:29:04
459	693	Marcos	Sanchez Liñares	Ordes	Home			Veterano 1	126	00:42:26	00:42:05	00:09:47	00:28:59
460	767	MIGUEL	gomez c.	Culleredo	Home			Veterano 2	124	00:42:26	00:42:15	00:09:45	00:29:15
461	824	Manuel	Puente Veiga	A Coruña	Home		SOLORUNNERS CORUÑA	Veterano 2	125	00:42:27	00:42:14	00:09:10	00:28:36
462	815	Francisco	Del busto Gonzalez	Cambre	Home			Veterano 2	126	00:42:27	00:42:20	00:09:17	00:28:53
463	1476	ALEJANDRO	PUÑAL FREIRE	FERROL	Home			Promesa	19	00:42:28	00:41:55	00:09:43	00:29:03
464	756	Roberto	Vidal Martinez	A Coruña	Home			Senior	125	00:42:30	00:42:23	00:08:57	00:28:08
465	523	ED	HINMERS	A Coruña	Home			Veterano 1	127	00:42:31	00:42:12	00:09:27	00:28:57
466	983	José	París López	Abegondo	Home			Veterano 1	128	00:42:31	00:42:11	00:09:42	00:28:43
467	1244	Jorge	Busto Mariño	A Coruña	Home			Veterano 1	129	00:42:31	00:42:02	00:09:53	00:29:12
468	692	Lino	Espiñeira Castro	Frades	Home			Veterano 2	127	00:42:32	00:42:25	00:09:04	00:28:53
469	830	Antonio Luis	González Fenández	A Coruña	Home		MARINEDA ATLETICO	Veterano 2	128	00:42:35	00:42:29	00:09:03	00:28:48
470	69	Braulio	García Pazos	Sada	Home		Ningu	Senior	126	00:42:40	00:42:34	00:08:43	00:28:22
471	988	Adrián	Carpente Recouso	Miño	Home		Club N?utico de Cambre	Senior	127	00:42:41	00:42:23	00:09:41	00:29:27
472	3251	Alvaro	Lopez Villar	A Laracha	Home			Senior	128	00:42:42	00:42:02	00:09:46	00:28:48
473	872	jose luis	presas naveira	Lugo	Home			Veterano 3	42	00:42:42	00:42:33	00:09:30	00:29:03
474	567	alberto	pousada duarte	A Coruña	Home			Veterano 2	129	00:42:43	00:42:29	00:09:34	00:29:05

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
475	877	Ismael	Carreira Piñeiro	A Coruña	Home			Senior	129	00:42:43	00:42:24	00:09:48	00:29:06
476	370	Luis Marcelo	Bello Gómez	Culleredo	Home	AG763735	EGOVARROS DE VIVEIRO	Veterano 2	130	00:42:44	00:42:38	00:09:02	00:28:35
477	626	David	Rodríguez Campos	Betanzos	Home	AG2018750	ATLETISMO RIAZOR CORU?A	Senior	130	00:42:44	00:42:29	00:09:29	00:29:11
478	806	Ruben	Martínez Del Río	Cambre	Home		Dream Team	Veterano 2	131	00:42:44	00:42:38	00:08:49	00:28:36
479	3288	Iván	Vázquez Carreira	Lugo	Home		CLUB MONTEPENARUBIA LUGO	Veterano 2	132	00:42:44	00:42:08	00:09:58	00:29:08
480	793	Xosé Enrique	Pujales Martínez	A Coruña	Home	AG2016698	CLUB ATLETISMO BOIMORTO	Veterano 4	7	00:42:44	00:42:24	00:09:49	00:29:22
481	918	JUAN IGNACIO	GARCIA RAMA	Oleiros	Home			Veterano 2	133	00:42:45	00:42:31	00:09:11	00:28:55
482	683	Antonio	Armesto Abelaira	A Coruña	Home			Senior	131	00:42:45	00:42:34	00:09:24	00:29:12
483	696	José Luis	Freire Regueiro	Rábade	Home		Rabade corre con vos	Veterano 2	134	00:42:46	00:42:33	00:09:18	00:28:16
484	976	Gustavo	Nantón Pose	Cabana de Bergantiños	Home			Veterano 1	130	00:42:46	00:42:25	00:10:14	00:29:45
485	845	IVAN	SEOANE DIAZ	A Coruña	Home			Veterano 1	131	00:42:47	00:42:31	00:09:40	00:29:09
486	812	MANUEL	LOPEZ LODEIRO	Friol	Home		ABRENTE LUGO	Veterano 1	132	00:42:48	00:42:37	00:09:07	00:28:46
487	927	FELIX	CANTUA GUARDIOLA	Oleiros	Home	AG 2015761	CLUB ATLETISMO SADA	Veterano 3	43	00:42:50	00:42:36	00:09:26	00:29:06
488	876	Tomás	González Vidal	A Coruña	Home			Promesa	20	00:42:50	00:42:39	00:09:24	00:29:14
489	3262	Jose M	Ogea Borbón	A Coruña	Home			Junior	8	00:42:51	00:42:20	00:10:03	00:29:21
490	3405	MARTIN	BARBEITO LANGRELA	A CORUÑA	Home			Senior	132	00:42:51	00:42:44	00:08:52	00:28:33
491	813	ALBERTO	LOPEZ VAZQUEZ	Lugo	Home		ABRENTE LUGO	Veterano 1	133	00:42:51	00:42:38	00:09:21	00:28:56
492	947	David	Mariño Bello	Carballo	Home		A.D.Mediaducia	Senior	133	00:42:52	00:42:31	00:09:45	00:29:18
493	3212	JUANMA	RODRIGUEZ RODRIGUEZ	A Coruña	Home			Veterano 2	135	00:42:53	00:42:23	00:09:22	00:29:02
494	698	SANTIAGO	SANGUINETTI RODRIGUEZ	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 1	134	00:42:53	00:42:37	00:09:32	00:29:13
495	868	Alberto	Pardo Fernandez	A Coruña	Home		CLUB ATLETISMO CORU?A COMARCA	Veterano 2	136	00:42:53	00:42:39	00:09:19	00:28:58
496	582	luis angel	castelo sanchez	A Coruña	Home			Veterano 2	137	00:42:54	00:42:49	00:09:05	00:28:42
497	1612	Alfonso Javier	Castro Souto	A Coruña	Home			Senior	134	00:42:55	00:42:30	00:09:29	00:28:58
498	653	MIGUEL	MIRANTES MIRANTES	A Coruña	Home		LA MOCHILA DEL DEPORTE	Veterano 2	138	00:42:55	00:42:47	00:09:31	00:29:14
499	1068	Daniel	Doval Varela	A Coruña	Home			Senior	135	00:42:56	00:42:36	00:09:56	00:29:32
500	284	JOSE MARIA	ORDOÑEZ MERELAS	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 1	135	00:42:56	00:42:45	00:09:08	00:28:39

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
501	670	juan	vidal vazquez	Melide	Home		Asociacion Deportiva Cerne	Senior	136	00:42:57	00:42:40	00:09:35	00:29:00
502	1367	JAUME	CANAVES NAVARRO	ALCUDIA	Home			Senior	137	00:42:57	00:42:01	00:10:13	00:29:34
503	1318	Andres	García Fresco	A Coruña	Home			Senior	138	00:42:57	00:42:31	00:09:59	00:29:26
504	852	Enrique	Griñan Torrado	Oleiros	Home		NOSPORTLIMIT	Veterano 2	139	00:42:58	00:42:47	00:09:13	00:28:43
505	264	Kek	Vázquez Brañas	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	140	00:42:58	00:42:49	00:09:31	00:29:11
506	553	Yago	Lago Álvarez	Vigo	Home			Veterano 1	136	00:42:59	00:42:47	00:09:32	00:29:14
507	934	Javier	Fernández Martínez	Cambre	Home			Veterano 2	141	00:42:59	00:42:52	00:09:07	00:28:42
508	1060	Javier	Vilasanchez Sanjuan	Ferrol	Home			Senior	139	00:42:59	00:42:52	00:09:05	00:29:04
509	780	JUAN	PUENTE RAPELA	A CORUÑA	Home			Veterano 1	137	00:43:00	00:42:46	00:09:33	00:29:08
510	623	Diego	Martínez Gonzalez	Monforte de Lemos	Home		A G?NDARA	Veterano 2	142	00:43:00	00:42:50	00:09:32	00:29:26
511	221	FERNANDO	NUÑEZ POL	A CORUÑA	Home			Veterano 2	143	00:43:00	00:42:45	00:09:46	00:29:27
512	530	JUAN	MIGUEZ FIGUEIRAS	Sada	Home		RUNNING OLEIROS	Veterano 1	138	00:43:01	00:42:54	00:08:42	00:28:30
513	354	javier	estévez rama	A Coruña	Home		amig@s de san diego	Veterano 1	139	00:43:01	00:42:58	00:09:04	00:28:54
514	3337	Luis	Ramos Vale	Cariño	Home			Senior	140	00:43:02	00:42:25	00:10:04	00:29:42
515	3113	Alberto	Liñares Gestal	Culleredo	Home		ATLETAS DE ACEA DE AMA	Senior	141	00:43:02	00:42:41	00:09:36	00:29:23
516	605	José Manuel	Patño abeijon	A Coruña	Home		Nosporlimit	Veterano 2	144	00:43:03	00:42:53	00:09:03	00:29:01
517	707	JORGE	DIAZ VILLALBA	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 1	140	00:43:03	00:42:55	00:09:06	00:28:42
518	894	Javier	Sexto Aguiar	A Coruña	Home	47357088L	AD JARNACHAS	Veterano 1	141	00:43:03	00:42:49	00:09:10	00:29:10
519	1672	jose maria	barbeira barja	Madrid	Home			Veterano 4	8	00:43:03	00:42:49	00:09:12	00:29:10
520	651	Jose Juan	Ramos Botana	Sada	Home			Veterano 2	145	00:43:04	00:42:40	00:09:44	00:29:13
521	919	Alberto	Pérez Murado	A Coruña	Home		Club Hércules Termaria	Veterano 1	142	00:43:04	00:42:57	00:09:06	00:29:08
522	870	Javier	Botana	A Coruña	Home			Senior	142	00:43:05	00:42:41	00:09:29	00:28:57
523	739	Rodrigo	Rodríguez Rodríguez	Cambre	Home		Brigantia Aventura	Senior	143	00:43:05	00:42:54	00:09:08	00:29:03
524	3114	Ramón	Maañón López	Oleiros	Home			Veterano 1	143	00:43:05	00:41:38	00:10:44	00:29:53
525	734	Emilio	Capelán Martínez	Culleredo	Home			Senior	144	00:43:05	00:42:42	00:09:45	00:29:22
526	705	Juan	Ruso Beiras	Ames	Home		CLUB ATLETISMO MILLARAIO	Veterano 2	146	00:43:06	00:42:51	00:09:45	00:29:20
527	715	Daniel	Abal Magariños	Caldas de Reis	Home	AG2019605	ATLETISMO +9 MORA?A	Senior	145	00:43:07	00:42:53	00:09:27	00:29:24
528	421	Roberto Carlos	Ramilo Carballido	A Coruña	Home			Veterano 2	147	00:43:07	00:42:53	00:09:41	00:29:23

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
529	671	FRANCISCO JOSE	COLLADO PAMPÍN	A Coruña	Home			Veterano 2	148	00:43:07	00:42:59	00:09:34	00:29:28
530	3416	MARCOS	VIZOSO PEREZ	A CORUÑA	Home			Veterano 2	149	00:43:07	00:42:38	00:09:38	00:29:09
531	695	antonio	garcia bello	Cambre	Home		ATLETAS DE ACEA DE AMA	Veterano 3	44	00:43:07	00:42:46	00:09:42	00:29:21
532	2586	Isabel	Felgar López	Valdoviño	Muller		PASA OU ENTORNA	Veterano 2	4	00:43:07	00:42:43	00:09:53	00:29:22
533	1307	Javier	Dosil Carpintero	A Coruña	Home		Garrapucho	Veterano 1	144	00:43:08	00:42:42	00:09:48	00:29:31
534	175	alfonso	garcia bello	Cambre	Home		trasnos	Veterano 3	45	00:43:08	00:43:02	00:09:40	00:29:19
535	644	ANGEL	FERNANDEZ ESCUREDO	A Coruña	Home		Marathon running shop	Veterano 2	150	00:43:08	00:42:52	00:09:55	00:29:31
536	3184	Damián	Díaz Fraga	Oza dos Ríos	Home			Senior	146	00:43:09	00:41:48	00:10:51	00:29:57
537	829	Anselmo Diego	Castiñeiras Verdes	Carballo	Home			Veterano 2	151	00:43:10	00:42:48	00:09:40	00:29:11
538	441	carlos	amor gomez	A Coruña	Home		CLUB ATLETISMO SADA	Veterano 2	152	00:43:10	00:42:55	00:09:23	00:29:00
539	985	Elías	Rivera Triana	Sarria	Home			Senior	147	00:43:12	00:42:50	00:09:52	00:29:48
540	659	Alvaro	Carreira	Culleredo	Home			Senior	148	00:43:12	00:42:55	00:09:34	00:29:12
541	79	NOEMI	MORAL NAVAZO	Oleiros	Muller	AG2015585	CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 1	4	00:43:12	00:43:09	00:09:02	00:29:05
542	216	Andres	Piñon Loureiro	Cedeira	Home	GA19860	EGOVARROS DE VIVEIRO	Veterano 2	153	00:43:15	00:43:10	00:09:04	00:29:06
543	802	Juan Carlos	Trillo Caamaño	Cee	Home			Senior	149	00:43:15	00:43:10	00:09:23	00:29:32
544	645	JOSE MANUEL	RECAREY VEIGA	A Coruña	Home		SIN CLUB	Promesa	21	00:43:16	00:42:59	00:09:05	00:28:50
545	562	Jesus M.	Lopez Paleo	Cambre	Home		CLUB ATLETISMO SADA	Veterano 3	46	00:43:16	00:43:03	00:09:30	00:29:23
546	1048	OSCAR	LAMAS BALBOA	Carballo	Home			Veterano 2	154	00:43:17	00:42:52	00:09:45	00:29:34
547	835	Jorge	Paz Amado	A Coruña	Home			Veterano 1	145	00:43:17	00:43:00	00:09:17	00:29:30
548	1595	Daniel	Lee	Benfleet	Home			Promesa	22	00:43:18	00:42:46	00:09:56	00:29:38
549	1436	Francisco	Vázquez de la Iglesia	A Coruña	Home			Veterano 2	155	00:43:18	00:42:55	00:10:08	00:29:57
550	646	David	Fernández Cortiñas	Oleiros	Home			Veterano 1	146	00:43:19	00:41:45	00:12:02	00:30:35
551	3397	JIM	SMITH	OLEIROS	Home			Veterano 2	156	00:43:19	00:43:08	00:09:37	00:29:26
552	668	Ricardo	Barca Buyo	Ordes	Home			Veterano 2	157	00:43:19	00:42:58	00:09:48	00:29:26
553	2897	oscar	Botana Rodríguez	A Coruña	Home			Veterano 2	158	00:43:20	00:42:44	00:09:45	00:29:17
554	427	JOSE LUIS	ACEBEDO CORNIDE	Lugo	Home		FLUVIAL	Veterano 3	47	00:43:21	00:43:17	00:09:02	00:28:56
555	724	Sergio	García Gómez	A Coruña	Home			Veterano 1	147	00:43:21	00:43:07	00:09:40	00:29:25

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
556	782	JAIME SANTIAGO	PARDO RODRIGUEZ	A CORUÑA	Home			Veterano 3	48	00:43:21	00:43:08	00:09:39	00:29:28
557	729	Alberto	Fraga lopez	A Coruña	Home			Senior	150	00:43:22	00:43:22	00:00:00	00:30:42
558	555	jose manuel	gonzalez salgado	A Coruña	Home		a. d. cerne	Veterano 2	159	00:43:23	00:42:54	00:09:57	00:29:30
559	873	JESUS	PIÑEIRO VAZQUEZ	A Coruña	Home			Veterano 2	160	00:43:23	00:43:08	00:09:50	00:29:47
560	814	Iván	Bugallo del Puerto	Oleiros	Home		PC Monte Xalo	Veterano 2	161	00:43:23	00:43:15	00:09:34	00:29:28
561	838	JOSE	SAS GOLPE	Betanzos	Home		As Mariñas Betanzos	Veterano 2	162	00:43:24	00:43:05	00:09:37	00:29:06
562	716	Eduardo	García Seisdedos	A Coruña	Home		NOSPORTLIMIT	Veterano 2	163	00:43:25	00:43:14	00:09:16	00:29:14
563	856	Francisco	Reguero Ortega	Ferrol	Home			Senior	151	00:43:25	00:43:03	00:09:45	00:29:28
564	88	Ana	Abuin Rodriguez	Lugo	Muller	T AG 2015589	CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 1	5	00:43:25	00:43:21	00:09:13	00:29:12
565	547	PABLO DANIEL	VASSALLO GONZALEZ	A CORUÑA	Home			Veterano 2	164	00:43:27	00:43:15	00:09:29	00:29:18
566	875	ALVARO	GAGINO	A CORUÑA	Home			Veterano 2	165	00:43:27	00:43:14	00:09:29	00:29:17
567	690	Daniel	Riveira Ruanova	Ames	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	166	00:43:28	00:43:11	00:09:50	00:29:38
568	3085	Daniel	Fernandez Otero	Cabanas	Home			Senior	152	00:43:28	00:42:55	00:10:13	00:30:00
569	823	JUAN ANTONIO	RIVAS ROMERO	A Coruña	Home			Veterano 3	49	00:43:29	00:43:13	00:09:23	00:29:17
570	979	JESÚS	RAÑA PLATAS	Santiago de Compostela	Home	AG-2014551	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 4	9	00:43:29	00:43:15	00:09:22	00:29:15
571	658	Carlos	Otero	A Coruña	Home			Veterano 2	167	00:43:30	00:43:18	00:09:27	00:29:20
572	3333	Jose manuel	Sanchez vigo	Boimorto	Home			Senior	153	00:43:31	00:42:59	00:09:42	00:29:33
573	3089	Ricardo	Amenedo González	Narón	Home			Veterano 1	148	00:43:31	00:43:16	00:09:56	00:29:55
574	726	Oscar	Herbon pazos	Cambre	Home		ATLETISMO RIAZOR CORUÑA	Junior	9	00:43:32	00:43:22	00:09:16	00:29:31
575	775	Jorge	Correal Cagiao	Lugo	Home		CLUB DEPORTIVO JIMBARAN	Veterano 2	168	00:43:32	00:43:22	00:09:06	00:28:50
576	720	CARLOS	PARDO FARIÑA	CULLEREDO	Home		ATLETAS DE ACEA DE AMA	Veterano 2	169	00:43:32	00:43:10	00:09:39	00:29:23
577	938	BRUNO	DE LLANO GOMEZ ULLA	Cambre	Home			Veterano 1	149	00:43:33	00:43:20	00:09:19	00:29:19
578	960	Anthony	Woollett	A Coruña	Home			Veterano 2	170	00:43:33	00:43:18	00:09:49	00:29:46
579	1014	David	Lado Gonzalez	A Coruña	Home			Veterano 1	150	00:43:34	00:43:25	00:09:01	00:28:54
580	904	Oscar	Rodriguez Fernandez	Guitiriz	Home			Veterano 2	171	00:43:34	00:43:16	00:09:38	00:29:25
581	968	José Ramón	García Fernández	A Coruña	Home			Veterano 1	151	00:43:35	00:43:13	00:10:21	00:29:55

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
582	1033	JORGE	VILARIÑO MOZO	Ferrol	Home			Veterano 4	10	00:43:35	00:43:19	00:09:46	00:29:23
583	99	Luz María	Domínguez Román	Pereiro de Aguiar, O	Muller	GA-840	CLUB ATLETISMO FEMENINO CELTA	Veterano 3	1	00:43:35	00:43:32	00:09:22	00:29:40
584	638	Enrique	Cabana Picado	A Coruña	Home		INDEPENDIENTE	Senior	154	00:43:35	00:43:22	00:09:21	00:29:26
585	3242	BENITO	DACAL DACAL	Santiago de Compostela	Home			Veterano 2	172	00:43:36	00:43:06	00:10:17	00:30:02
586	526	Alberto	Barreiro Perez	A Coruña	Home			Veterano 1	152	00:43:37	00:43:29	00:09:16	00:29:44
587	948	Xesus Manuel	Segade Carou	A Coruña	Home		CLUB ATLETISMO BOIMORTO	Veterano 2	173	00:43:37	00:43:21	00:09:18	00:29:28
588	843	jose manuel	fraga carballeira	Fene	Home		ADR VARA E PEDAL	Veterano 2	174	00:43:37	00:43:22	00:09:56	00:29:56
589	840	Roberto	Docampo Suarez	A Coruña	Home			Veterano 1	153	00:43:38	00:43:29	00:09:28	00:29:39
590	1009	ADRIAN	QUEVEDO PEREZ	A Coruña	Home		NOSPORTLIMIT	Senior	155	00:43:38	00:43:29	00:09:00	00:29:09
591	631	Marcos	García García	A Coruña	Home		NOSPORTLIMIT	Veterano 2	175	00:43:38	00:43:25	00:09:25	00:29:41
592	594	Tomás	Abeledo Patiño	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 3	50	00:43:40	00:43:31	00:09:35	00:29:26
593	956	David	Vazquez Doce	Cambre	Home		NOSPORTLIMIT	Veterano 2	176	00:43:40	00:43:30	00:09:16	00:29:34
594	995	Fernando Nicolás	Puente Varela	Ares	Home			Senior	156	00:43:40	00:43:31	00:09:24	00:29:42
595	941	Juan	Castro Padín	A Coruña	Home			Veterano 1	154	00:43:41	00:43:30	00:09:43	00:29:44
596	851	Juan Manuel	Fiorelli Dieguez	A Coruña	Home			Veterano 2	177	00:43:41	00:43:21	00:09:45	00:29:42
597	1303	diego	carricoba lopez	Melide	Home		Melide trail team	Senior	157	00:43:41	00:42:56	00:10:30	00:30:02
598	672	Manuel Luis	Fernández Pena	Narón	Home		PASA OU ENTORNA	Veterano 2	178	00:43:42	00:43:28	00:09:41	00:29:36
599	874	Miguel	Raposo García	A Coruña	Home			Junior	10	00:43:43	00:43:22	00:09:55	00:29:43
600	1239	Christian	Brion	A Coruña	Home			Veterano 2	179	00:43:43	00:43:14	00:09:49	00:29:39
601	560	Rafael	Pérez Rego	Tui	Home	AG8975	CLUB ATLETISMO TUI TERMALIA	Veterano 3	51	00:43:44	00:43:29	00:09:46	00:29:51
602	897	Mario	López Paz	Ferrol	Home			Veterano 1	155	00:43:45	00:43:35	00:09:41	00:29:57
603	950	Luis	Rodríguez Trigo	Culleredo	Home			Veterano 2	180	00:43:45	00:43:25	00:09:51	00:29:32
604	665	GABRIEL	ROSÓN PORTO	Pontevedra	Home			Veterano 3	52	00:43:45	00:43:36	00:09:13	00:29:26
605	642	PEDRO	PRADA RODRIGUEZ	Culleredo	Home			Veterano 2	181	00:43:47	00:43:35	00:08:55	00:28:57
606	2924	Moisés David	SantaliceS López	A Coruña	Home			Veterano 1	156	00:43:47	00:43:35	00:09:09	00:29:29
607	11	cristina	santiago martínez	A Coruña	Muller		CLUB SOCIAL BANCO PASTOR	Senior	8	00:43:48	00:43:46	00:08:54	00:29:19
608	1271	Francisco	Torrado Ares	Betanzos	Home			Veterano 2	182	00:43:50	00:43:17	00:10:03	00:29:57

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
609	1209	Luis Antón	López Sobrado	Santiago de Compostela	Home			Senior	158	00:43:50	00:43:20	00:09:45	00:29:33
610	682	Miguel Angel	Carreira Garcia	Aranga	Home			Veterano 2	183	00:43:51	00:43:40	00:09:41	00:30:01
611	3356	SECHU	GARCIA NUÑEZ	Noia	Home	5175	CLUB ATLETISMO NOIA	Veterano 2	184	00:43:51	00:43:11	00:10:21	00:30:15
612	700	jose maria	levoso touceda	A Coruña	Home	AG-11025	ESPRINTES OURENSE	Veterano 2	185	00:43:51	00:43:37	00:09:25	00:29:40
613	817	Fernando	Miguez Sánchez	Sada	Home	Ga765538	CLUB ATLETISMO SADA	Veterano 2	186	00:43:52	00:43:37	00:09:29	00:29:47
614	437	MANUEL	VARELA CAABEIRO	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 3	53	00:43:52	00:43:36	00:09:39	00:29:53
615	1064	MANUEL	VARELA PAINCEIRA	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Junior	11	00:43:53	00:43:37	00:09:39	00:29:54
616	633	Eugenio	Lamas Mosteiro	A Coruña	Home		Ave F?nix	Veterano 1	157	00:43:53	00:43:09	00:00:00	00:29:57
617	650	Víctor	Fernández Vázquez	Lugo	Home		Club Montepenarubia Running	Veterano 1	158	00:43:53	00:43:41	00:09:45	00:29:49
618	892	Jose Carlos	Gonzalez Montero	Lugo	Home		CLUB MONTEPENARUBIA LUGO	Veterano 1	159	00:43:53	00:43:41	00:09:45	00:29:49
619	422	pablo	gonzalez gonzalez	A Coruña	Home			Veterano 3	54	00:43:54	00:43:44	00:09:34	00:29:34
620	3412	DIEGO	CALVECHE BARRANCO	BURELA	Home			Senior	159	00:43:55	00:43:50	00:09:39	00:30:03
621	1258	Nicolas	Gonzalez Feroso	A Coruña	Home			Veterano 2	187	00:43:56	00:43:14	00:10:15	00:30:09
623	740	EDUARDO	EIROA MILLANES	A CORUÑA	Home			Veterano 2	189	00:43:56	00:43:47	00:08:57	00:29:31
624	478	Marina Laura	Fernández López	Ames	Muller		ATLETISMO MILLADOIRO	Veterano 3	2	00:43:57	00:43:43	00:09:33	00:29:38
625	772	Miguel Angel	Couto Amado	A Coruña	Home			Senior	160	00:43:57	00:43:38	00:09:48	00:29:47
626	566	José Manuel	Quintán Agrafojo	Outes	Home		C.A. OUTES. JOHN-TURKEY	Senior	161	00:43:57	00:43:38	00:10:27	00:30:49
627	883	Luis Miguel	Martín Pérez	Oleiros	Home		INDEPENDIENTE	Veterano 2	190	00:43:57	00:43:41	00:09:47	00:29:55
628	980	Adán	Alméndarez Roque	A Coruña	Home		Desertores del Crono	Senior	162	00:43:58	00:43:36	00:09:45	00:29:17
629	922	ANTONIO	LOIS PEREZ	Cambre	Home	AG763632	MARINEDA ATLETICO	Veterano 3	55	00:43:58	00:43:51	00:09:31	00:29:38
630	907	Víctor	Castro Segade	Cambre	Home		A.D.CERNE	Veterano 1	160	00:43:59	00:43:39	00:09:49	00:29:41
631	977	Francisco jose	Figeroa rodrigez	Arteixo	Home			Veterano 1	161	00:43:59	00:43:41	00:09:24	00:29:23
632	859	Juan jose	Varela lista	Carballo	Home		A.D.Mediaducia	Veterano 1	162	00:44:00	00:43:39	00:09:41	00:29:39
633	336	José Carlos	Sánchez Pardo	A Coruña	Home			Veterano 1	163	00:44:00	00:43:53	00:09:09	00:29:37
634	799	Miguel	Sanjuán Otero	Ferrol	Home			Senior	163	00:44:01	00:43:37	00:09:53	00:30:01
635	901	Saul	Fernández galdo	A Coruña	Home			Senior	164	00:44:01	00:43:37	00:09:52	00:29:59



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
636	147	JAVIER	RAMOS BOTANA	Sada	Home		ATLETICA A SILVA	Veterano 2	191	00:44:02	00:43:46	00:09:54	00:30:00
637	895	CARLOS	GARCIA SALGADO	A Coruña	Home			Veterano 1	164	00:44:02	00:43:46	00:09:54	00:29:59
638	1256	Fernando	Mato Vidal	Oleiros	Home			Veterano 1	165	00:44:03	00:43:46	00:09:55	00:30:00
639	869	jaime	martinez	Cambre	Home		NOSPORTLIMIT	Veterano 2	192	00:44:03	00:43:35	00:09:46	00:29:44
640	727	Andrés	Serantes Fernández	Poio	Home			Senior	165	00:44:04	00:43:54	00:09:32	00:30:24
641	3328	Fernando	Escribano Sañudo	Sada	Home			Veterano 2	193	00:44:04	00:43:08	00:11:11	00:30:34
642	1054	JOSE ANTONIO	SERRANO REMUIÑAN	Carballo	Home			Veterano 2	194	00:44:05	00:43:41	00:09:58	00:30:04
643	1277	MIGUEL	ABELLA VARELA	Malpica de Bergantiños	Home			Senior	166	00:44:06	00:43:28	00:10:40	00:30:26
644	863	JUAN	VÁZQUEZ AMADO	Miño	Home		Club Deportivo N?utico de Miño	Promesa	23	00:44:06	00:43:47	00:10:07	00:30:30
645	914	Daniel	Guimaré González	Tomiño	Home		Archienemigos Team	Veterano 2	195	00:44:06	00:43:52	00:10:01	00:29:59
646	804	ENRIQUE ANTONIO	LAGO NEIRA	A Coruña	Home		Marraners	Veterano 1	166	00:44:07	00:43:53	00:09:45	00:29:52
647	597	José Luis	Santiso Freire	Arteixo	Home		Tranv?as Coru?a	Veterano 2	196	00:44:07	00:43:49	00:09:55	00:29:44
648	946	Pablo	Garcia Otero	Betanzos	Home			Senior	167	00:44:07	00:43:51	00:09:32	00:29:37
649	1330	Gustavo	Barral Prego	Oleiros	Home			Senior	168	00:44:09	00:43:52	00:09:55	00:30:00
650	967	Alberto	Turnes Abelenda	Santiago de Compostela	Home			Senior	169	00:44:10	00:43:52	00:09:56	00:30:11
651	1592	JOSE MIGUEL	FENTE HERMIDA	A CORUÑA	Home			Veterano 1	167	00:44:11	00:43:56	00:09:24	00:29:50
652	1026	Luis	Valdés López	Cambre	Home		RUNNING OLEIROS	Veterano 2	197	00:44:12	00:43:59	00:09:55	00:30:08
653	963	Jose Antonio	Fernandez Vazquez	A Coruña	Home			Veterano 1	168	00:44:12	00:44:00	00:09:58	00:30:05
654	1101	sonia	lopez diaz	Valdoviño	Muller	AG2018978	ATLETISMO NARON	Veterano 1	6	00:44:12	00:44:01	00:09:38	00:29:37
655	710	JUAN CARLOS	BARDANCA SANJURJO	Bergondo	Home	AG2014300	CLUB ATLETISMO SADA	Veterano 2	198	00:44:12	00:43:57	00:09:50	00:30:08
656	825	PEDRO VICENTE	CHICANO PIA	Valencia	Home			Veterano 2	199	00:44:13	00:43:57	00:10:06	00:30:21
657	3414	PABLO	COBAS ROCA	A CORUÑA	Home			Senior	170	00:44:13	00:43:50	00:09:37	00:29:54
658	1034	JOSE LUIS	LOMBAO NUÑEZ	Cambre	Home		RUNNING OLEIROS	Veterano 2	200	00:44:13	00:44:02	00:09:40	00:30:06
659	417	IAGO	DEL POZO SANCHEZ	A Coruña	Home			Veterano 1	169	00:44:13	00:44:03	00:09:44	00:29:51

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
660	1376	Federico	López Ferreiro	Culleredo	Home			Veterano 1	170	00:44:13	00:44:03	00:09:44	00:29:50
661	993	Juan Carlos	Fernández Oliveira	Estrada, A	Home			Veterano 2	201	00:44:14	00:44:04	00:09:25	00:29:57
662	346	JOSE LUIS	PRIETO SOUTO	A CORUÑA	Home			Veterano 3	56	00:44:14	00:44:05	00:09:28	00:29:41
663	1062	Jorge	Cascales Fernández	A Coruña	Home			Veterano 1	171	00:44:15	00:43:56	00:10:04	00:30:06
664	1438	JOSE ANTONIO	LOPEZ PUENTE	Begonte	Home		CORRE POR BEGONTE	Veterano 1	172	00:44:15	00:43:39	00:10:22	00:30:15
665	1198	Luis	Vazquez Sanesteban	Ferrol	Home			Veterano 1	173	00:44:16	00:43:47	00:10:02	00:30:05
666	1230	David	Bello Barros	Ferrol	Home			Veterano 1	174	00:44:16	00:43:45	00:10:02	00:30:07
667	704	Oscar	Sánchez Vazquez	Vigo	Home			Veterano 2	202	00:44:17	00:44:02	00:09:44	00:30:00
668	1265	Carlos	Eirís España	Carballo	Home		A.D.Mediaducia	Veterano 2	203	00:44:17	00:43:56	00:09:41	00:29:57
669	1935	Angel Daniel	Luaces Perez	Ferrol	Home		INDEPENDIENTE	Senior	171	00:44:18	00:43:16	00:11:04	00:30:54
670	3359	Martín	Espiñeira Mosquera	A Coruña	Home		RIAZOR CORUÑA	Junior	12	00:44:19	00:44:03	00:09:16	00:29:43
671	1533	Javier	Jiménez Ballester	Sada	Home	T AG 2019384	CLUB ATLETISMO SADA	Veterano 2	204	00:44:19	00:43:52	00:09:57	00:30:10
672	573	Luis	Voces Rebordinos	Oleiros	Home			Veterano 2	205	00:44:19	00:43:54	00:10:07	00:30:33
673	837	Daniel	Lorenzo Álvarez	Pereiro de Aguiar, O	Home			Veterano 1	175	00:44:19	00:44:07	00:09:29	00:29:30
674	356	Diego	Tenreiro Prado	A Coruña	Home			Veterano 1	176	00:44:20	00:44:10	00:09:32	00:29:55
675	1058	ANGEL	MARTINEZ OVIEDO	Ames	Home		CLUB ATLETISMO NOIA	Veterano 3	57	00:44:20	00:43:57	00:10:14	00:30:21
676	1030	Gonzalo	Pena Bujan	A Coruña	Home			Veterano 1	177	00:44:21	00:44:05	00:09:44	00:29:53
677	1000	Fernando	Leira Iglesias	Pontevedra	Home			Veterano 3	58	00:44:24	00:44:16	00:09:23	00:29:48
678	379	SERGIO	MARTINEZ GOMEZ	A Coruña	Home			Veterano 1	178	00:44:25	00:44:18	00:09:07	00:29:43
679	1291	Jose carlos	Lago castro	Sada	Home			Veterano 1	179	00:44:25	00:44:10	00:09:48	00:30:02
680	1891	Julio	Pardo Ripoll	A Coruña	Home			Junior	13	00:44:26	00:43:23	00:11:36	00:31:14
681	1500	JOSE LUIS	BERGONDO VÁZQUEZ	A Coruña	Home			Veterano 1	180	00:44:26	00:43:57	00:09:50	00:30:14
682	1017	David	Iglesias Rigueira	A Coruña	Home		Run4One	Senior	172	00:44:27	00:44:09	00:09:51	00:30:00
683	90	Teresa	Corral Marcos	Lugo	Muller		INDEPENDIENTE	Veterano 3	3	00:44:27	00:44:26	00:09:33	00:29:52
684	911	ALVARO	PEREIRAS COUTO	Boqueixón	Home			Veterano 2	206	00:44:28	00:44:18	00:09:24	00:29:57
685	1443	Alberto	González de Chaves Aguilera	La Coruña	Home			Veterano 1	181	00:44:28	00:44:09	00:09:27	00:29:45

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
686	1056	Gerardo	Mariño Balsa	Arteixo	Home			Veterano 1	182	00:44:28	00:44:09	00:09:31	00:29:47
687	819	Juanjo	Ortega Ortega	Lugo	Home		Club montepenarrubia	Veterano 2	207	00:44:28	00:44:17	00:09:40	00:29:55
688	1306	JAIME	CAAMAÑO VILLAR	Valdoviño	Home			Veterano 1	183	00:44:29	00:43:25	00:10:30	00:30:41
689	1934	daniel	salcedo rosado	Chiclana de la Frontera	Home		INDEPENDIENTE	Senior	173	00:44:30	00:43:28	00:11:05	00:30:55
690	109	Stephanie Joy	Kitchen	Tiverton	Muller			Senior	9	00:44:30	00:44:18	00:09:39	00:29:48
691	112	PAULA	ESTEIRO RAMOS	Camarifias	Muller		DAFIT	Veterano 1	7	00:44:31	00:44:28	00:09:03	00:30:03
692	275	Borja	chousa ouro	Oleiros	Home			Veterano 1	184	00:44:32	00:44:27	00:09:42	00:30:26
693	1329	Enrique	Barbolla Aguiar	A Coruña	Home			Veterano 3	59	00:44:32	00:44:07	00:10:06	00:30:14
694	765	JUAN CARLOS	BODELON ALFONSO	Oleiros	Home	AG2014567	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 3	60	00:44:32	00:44:07	00:10:03	00:30:15
695	954	Agustín	Caamaño Salgado	A Coruña	Home			Senior	174	00:44:32	00:44:26	00:09:38	00:30:10
696	3215	Jose ramon	Castro vilas	Arteixo	Home			Veterano 2	208	00:44:33	00:43:55	00:10:19	00:30:26
697	367	VICTOR HUGO	TORRADO MUÑIZ	Arteixo	Home			Senior	175	00:44:34	00:42:43	00:11:31	00:31:27
698	585	CESAR	COSTOYA PRADO	Frades	Home		MONTAEVAI BTT O PINO	Veterano 1	185	00:44:35	00:44:15	00:10:15	00:30:22
699	1019	matias	rodriguez gonzalez	Lugo	Home		o carballo	Veterano 1	186	00:44:35	00:44:22	00:09:46	00:29:52
700	908	Miguel Enrique	Sobral Martinez	Pontevedra	Home			Senior	176	00:44:35	00:44:14	00:09:54	00:30:12
701	701	fernando	vazquez ares	Cambre	Home			Veterano 1	187	00:44:36	00:44:29	00:09:06	00:29:54
702	1427	MIGUEL	CONDE MOSTEIRO	Culleredo	Home			Veterano 2	209	00:44:36	00:44:22	00:09:51	00:30:26
703	630	Daniel	Bermúdez Alvarez	A Coruña	Home			Senior	177	00:44:36	00:43:59	00:09:57	00:30:05
704	634	Iván	Nine Sieira	Boiro	Home			Promesa	24	00:44:37	00:44:19	00:10:26	00:31:26
705	298	juan gabriel	rios fuquez	A Coruña	Home		AGRUPACION DEPORTIVA ATHLETES	Veterano 1	188	00:44:37	00:44:27	00:09:33	00:30:06
706	1345	david	martinez vilas	A Coruña	Home			Senior	178	00:44:37	00:44:27	00:09:33	00:30:06
707	697	jose ramon	rodriguez vilela	A Coruña	Home			Veterano 2	210	00:44:37	00:44:19	00:09:45	00:30:03
708	785	JAIME	GOTI PITA	CAMBRE	Home			Veterano 2	211	00:44:37	00:43:31	00:10:51	00:30:38
709	101	Tina	Formoso Noceda	A Coruña	Muller			Veterano 1	8	00:44:38	00:44:16	00:09:54	00:30:20
710	1039	Francisco Javier	Villamisar Calviño	A Coruña	Home		Club Hercules Termaria	Veterano 3	61	00:44:40	00:44:23	00:09:54	00:30:33
711	751	Jorge	Duarte Vazquez	Santiago de Compostela	Home	AG-764343	CLUB ATLETISMO BOIMORTO	Veterano 3	62	00:44:40	00:44:23	00:09:58	00:30:36

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
712	1047	oscar	pardo rey	Cambre	Home			Veterano 1	189	00:44:41	00:44:30	00:09:47	00:30:35
713	1477	ALBERTO	RAMA GARCIA	OLEIROS	Home			Senior	179	00:44:41	00:44:14	00:10:21	00:30:04
714	937	Oscar	Balsa Sanchez	A Coruña	Home			Veterano 2	212	00:44:41	00:44:23	00:09:50	00:30:17
715	3278	Alfonso	Miñones Garrido	A Coruña	Home			Veterano 2	213	00:44:42	00:43:51	00:10:56	00:30:53
716	818	JUAN JOSE	CASTEDO ALONSO	A Coruña	Home			Veterano 1	190	00:44:42	00:44:32	00:09:45	00:30:17
717	433	PEDRO	MEDIN SUAREZ	Ferrol	Home		FERROL	Veterano 1	191	00:44:43	00:44:36	00:08:57	00:29:40
718	932	Javier	Cuiña Balado	A Coruña	Home			Veterano 2	214	00:44:43	00:44:25	00:09:40	00:30:11
719	702	FERNANDO	SINES CRESPO	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 2	215	00:44:45	00:44:31	00:09:33	00:30:03
720	933	Guillermo	Lesta Naveira	Sada	Home			Veterano 3	63	00:44:45	00:44:27	00:09:49	00:30:23
721	1513	José Manuel	Pérez Veiga	Valdoviño	Home			Veterano 1	192	00:44:45	00:44:24	00:09:46	00:30:19
722	104	MARLEN	TRUCIOS GOMEZ	A Coruña	Muller			Veterano 1	9	00:44:46	00:44:36	00:09:45	00:30:17
723	728	Óscar	Cabana Picado	A Coruña	Home		INDEPENDIENTE	Veterano 1	193	00:44:46	00:44:33	00:09:19	00:29:52
724	1246	Carlos	Ramas Fiusa	A Coruña	Home		NOSPORTLIMIT	Veterano 2	216	00:44:46	00:44:33	00:09:46	00:30:01
725	1315	Guillermo	Liaño Vidal	Sada	Home		CLUB ATLETISMO SADA	Veterano 1	194	00:44:47	00:44:30	00:09:51	00:30:27
726	935	EMILIO	FERNANDEZ SUAREZ	A Coruña	Home			Veterano 2	217	00:44:47	00:44:29	00:09:39	00:30:10
727	850	Iago	Lozano Nuñez	Santiago de Compostela	Home	AG2018405	3&R&N BY PEDRO NIMO CLUB DE CORREDORES	Senior	180	00:44:47	00:44:36	00:09:35	00:30:14
728	1690	PABLO	RODRIGUEZ VILAR	A Coruña	Home			Veterano 2	218	00:44:47	00:44:12	00:10:21	00:30:42
729	1029	Javier	Enríquez Allegue	Pontevedra	Home			Senior	181	00:44:47	00:44:29	00:09:59	00:30:39
730	949	Óscar	Vázquez Varela	Monfero	Home			Veterano 1	195	00:44:47	00:44:25	00:09:52	00:30:21
731	1488	Santiago	Martínez García	Pontevedra	Home			Promesa	25	00:44:49	00:44:25	00:10:18	00:30:47
732	1445	Jose	Taboada Veiga	A Coruña	Home			Senior	182	00:44:49	00:44:12	00:09:56	00:30:21
733	1053	Fran	Guarddon	A Coruña	Home			Veterano 2	219	00:44:49	00:44:38	00:09:46	00:30:19
734	731	Antonio	García-Carpintero Diaz	Oleiros	Home			Veterano 1	196	00:44:50	00:44:31	00:09:51	00:30:08
735	1065	ALFONSO	RODRIGUEZ FRAMIL	Ames	Home			Veterano 1	197	00:44:51	00:44:30	00:10:01	00:30:28
736	3071	manuel	melon castiñeira	Lugo	Home			Senior	183	00:44:51	00:43:41	00:10:59	00:30:50
737	385	Javier	Mon Fernández	Oleiros	Home			Veterano 1	198	00:44:52	00:44:47	00:09:22	00:30:08
738	389	Oliver	GRAÑA perez	Cedeira	Home		CLUB NATACION CEDEIRA MUEBLES GARCIA	Veterano 2	220	00:44:52	00:44:35	00:09:47	00:30:18
739	91	Sharay	Astariz Núñez	Lugo	Muller	AG 201759	ATLETISMO RIAZOR CORUÑA	Senior	10	00:44:53	00:44:44	00:09:41	00:30:20

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
740	723	angel	santiuste	A Coruña	Home			Veterano 3	64	00:44:54	00:44:37	00:09:46	00:30:05
741	561	ALBERTO	TOJO RODRIGUEZ	Moaña	Home		ATLETISMO SAMERTOLAMEU	Veterano 1	199	00:44:57	00:44:32	00:10:17	00:30:45
742	581	Ivan	Lopez Gonzalez	Cambre	Home		ATLETAS DE ACEA DE AMA	Veterano 1	200	00:44:57	00:44:41	00:09:37	00:30:04
743	1601	ALEJANDRO	VERDES FARALDO	BETANZOS	Home			Senior	184	00:44:58	00:43:51	00:11:06	00:31:10
744	1402	Daniel	Vazquez	A Coruña	Home			Veterano 2	221	00:45:01	00:44:34	00:09:55	00:30:09
745	1941	jose luis	mella maroño	A Coruña	Home			Veterano 2	222	00:45:01	00:45:01	00:09:50	00:30:13
746	1028	RAMON MIGUEL	GARCIA BARBA	A Coruña	Home			Veterano 3	65	00:45:01	00:44:42	00:09:55	00:30:27
747	1241	Alberto	Pombo Periscal	Carballo	Home		A.D.Mediaducia	Senior	185	00:45:01	00:44:02	00:10:43	00:30:38
748	408	Juan José	Gómez Negreira	A Coruña	Home		Triatlón coru?a	Veterano 2	223	00:45:02	00:44:53	00:09:39	00:30:07
749	1006	Damián	Abellán Yepes	A Coruña	Home			Veterano 2	224	00:45:03	00:44:48	00:09:41	00:30:23
750	1867	Carlos	López Domínguez	Carballo	Home			Veterano 3	66	00:45:04	00:44:31	00:10:19	00:30:53
751	1290	José Manuel	Mosquera Novoa	Culleredo	Home			Veterano 2	225	00:45:04	00:44:37	00:10:19	00:30:52
752	732	manuel	garcia edreira	A Coruña	Home		Manuel F.C.	Veterano 2	226	00:45:04	00:44:26	00:10:20	00:30:55
753	3309	Restituto	Simón Lago	Ferrol	Home			Veterano 1	201	00:45:04	00:44:26	00:10:18	00:30:50
754	1279	ROBERTO	PEDREIRA ULLO	Cesuras	Home		P.C. MONTE XALO	Veterano 1	202	00:45:04	00:44:45	00:09:45	00:30:16
755	1413	Carlos	Ojea Castro	A Coruña	Home			Veterano 2	227	00:45:05	00:44:34	00:10:08	00:30:36
756	1453	Jorge	Barata Martínez	A Coruña	Home			Veterano 2	228	00:45:06	00:44:40	00:10:04	00:30:24
757	974	jose ramon	alba blanco	Oleiros	Home			Veterano 2	229	00:45:07	00:44:48	00:09:45	00:30:19
758	1355	Jose Maria	Fernandez Lopez	Cambre	Home			Veterano 2	230	00:45:07	00:44:43	00:10:26	00:31:02
759	1031	Roberto	Fojo Dopico	Ferrol	Home			Veterano 1	203	00:45:09	00:44:51	00:09:59	00:30:40
760	1218	Javier	De Pedro López	A Coruña	Home		NOSPORTLIMIT	Senior	186	00:45:09	00:44:40	00:10:10	00:30:45
761	1524	Hermes	Arnosio Gao	A Coruña	Home			Senior	187	00:45:11	00:44:44	00:10:39	00:31:28
762	864	Miguel Angel	Varela Vázquez	A Coruña	Home			Senior	188	00:45:12	00:44:53	00:10:12	00:30:48
763	826	VICENTE	FERNÁNDEZ BERMÚDEZ	Madrid	Home			Veterano 1	204	00:45:12	00:44:58	00:09:42	00:30:23
764	725	Fernando j	García regueira	Carballo	Home			Veterano 2	231	00:45:15	00:45:01	00:09:47	00:30:28
765	1853	Marcos	Rodríguez Pallas	Carballo	Home			Senior	189	00:45:15	00:44:48	00:10:27	00:30:37
766	808	Antonio	Cambados Gondar	Grove, O	Home			Senior	190	00:45:15	00:45:07	00:09:33	00:30:30
767	1069	ANGEL JOSE	TURRION PEREIRO	A Coruña	Home			Veterano 3	67	00:45:15	00:45:02	00:09:51	00:30:45

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
768	884	JESUS	Gomez Lanzos	Lugo	Home			Veterano 2	232	00:45:15	00:44:55	00:09:55	00:30:32
769	1013	Marcos	Beiroa Raposo	A Coruña	Home		OUTSIDER	Veterano 1	205	00:45:16	00:45:05	00:10:07	00:31:11
770	1419	Guillermo	Rodríguez Pujol	Oleiros	Home			Veterano 2	233	00:45:17	00:44:25	00:10:44	00:31:05
771	677	JUAN JOSE	GARCIA LOPEZ	A Coruña	Home			Veterano 2	234	00:45:17	00:44:56	00:10:20	00:31:11
772	923	SERGIO	GARCIA ACON	A Laracha	Home			Veterano 2	235	00:45:17	00:45:04	00:10:21	00:31:20
773	1366	Alberto	Fraga Rodríguez	A Coruña	Home			Veterano 2	236	00:45:17	00:45:01	00:09:53	00:30:37
774	3056	Andrés	Rodríguez Rodríguez	A Coruña	Home			Junior	14	00:45:18	00:44:48	00:09:56	00:30:38
775	886	Adrián	Barreiro Añón	A Laracha	Home			Senior	191	00:45:19	00:45:03	00:09:55	00:30:36
776	871	Ivan	Velazquez Chozas	Cambre	Home			Veterano 1	206	00:45:19	00:45:07	00:09:59	00:30:39
777	1255	Miguel	Lemus Barros	A Coruña	Home			Veterano 2	237	00:45:19	00:44:01	00:11:07	00:30:58
778	801	Marcos	Couso Fernandez	A Coruña	Home			Veterano 1	207	00:45:20	00:44:36	00:10:53	00:31:09
779	3396	ALVARO	MARQUEZ QUEIJO	A CORUÑA	Home			Junior	15	00:45:20	00:44:56	00:11:02	00:31:22
780	572	JESUS	LENDIRO SANTIAGO	ABEGONDO	Home			Veterano 2	238	00:45:21	00:45:07	00:09:50	00:30:09
781	940	DAVID	BUGLIOT GUISANDE	A CORUÑA	Home			Senior	192	00:45:21	00:45:06	00:09:35	00:30:13
782	3287	Manuel	Garcia otero	Ordes	Home			Senior	193	00:45:21	00:44:56	00:10:15	00:30:47
783	1049	Pablo	Rifon Lastra	Culleredo	Home			Veterano 2	239	00:45:22	00:44:30	00:10:39	00:31:05
784	1304	reynaldo	botana jiménez	Carral	Home			Veterano 2	240	00:45:22	00:45:10	00:09:45	00:30:57
785	1361	JUAN CARLOS	Monteagudo Ferreira	San Cibrao das Viñas	Home			Veterano 1	208	00:45:23	00:44:41	00:10:30	00:31:05
786	1495	RAFAEL	CARRASCO DEL POZO	A CORUÑA	Home			Veterano 1	209	00:45:23	00:44:44	00:10:47	00:31:14
787	1589	Jose Orlando	Fariña Castillo	Ponteume	Home			Veterano 2	241	00:45:23	00:45:04	00:10:23	00:31:09
788	848	JUAN	ARNOTT FERNANDEZ	A Coruña	Home		4 Gatos	Veterano 2	242	00:45:23	00:45:04	00:10:23	00:31:09
789	1344	LUIS	RAMIL HERMIDA	Ferrol	Home			Veterano 4	11	00:45:24	00:44:58	00:10:07	00:30:57
790	3127	Jacobo	García Pérez	A Coruña	Home			Veterano 2	243	00:45:24	00:44:40	00:11:17	00:31:46
791	1992	Gonzalo	Mato Armas	Palas de Rei	Home		A.D.Cerne Melide	Veterano 2	244	00:45:24	00:44:30	00:11:13	00:31:26
792	1208	Paulo Sergio	Torres Henriques	Culleredo	Home			Veterano 2	245	00:45:24	00:45:03	00:10:17	00:31:01
793	1312	Alberto	Soto barrios	San Fernando	Home		Nosporlimit	Senior	194	00:45:24	00:44:53	00:10:36	00:31:07
794	1415	francisco	fernandez garcia	A Coruña	Home			Veterano 2	246	00:45:25	00:45:02	00:09:58	00:30:52

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
795	991	ALFONSO	REMUIÑÁN SÁNCHEZ	A Coruña	Home	GA765469	ATLETISMO CARBALLO	Veterano 2	247	00:45:25	00:45:05	00:10:03	00:30:25
796	917	Juan C.	Navarro Molinelli	Oleiros	Home			Veterano 2	248	00:45:25	00:45:16	00:09:47	00:30:32
797	479	MONICA	DOPAZO CORNES	CULLEREDO	Muller			Senior	11	00:45:25	00:45:03	00:09:58	00:30:43
798	1338	Jose Manuel	Paz Carreira	A Coruña	Home		RUNNING OLEIROS	Veterano 3	68	00:45:26	00:45:03	00:10:17	00:30:50
799	1570	Nicolás	Huber Valiño	A Coruña	Home			Senior	195	00:45:26	00:45:02	00:10:00	00:30:17
800	1448	Diego	Gato Reigosa	A Coruña	Home			Veterano 1	210	00:45:26	00:44:57	00:10:33	00:30:53
801	629	JOSÉ ANTONIO	VÁZQUEZ FERNÁNDEZ	Melide	Home	Ag2016314	A.D.CERNE	Veterano 2	249	00:45:26	00:44:32	00:11:13	00:31:32
802	943	CARLOS	ALVAREZ GONZALEZ	A Coruña	Home			Veterano 2	250	00:45:26	00:45:04	00:09:55	00:30:39
803	460	REBECA	SOTO VIÑAS	Ferrol	Muller	AG 2019794	ATLETISMO NARON	Veterano 1	10	00:45:26	00:45:15	00:09:48	00:30:52
804	811	Alejandro	Barreiro Barral	Oleiros	Home		CLUB ATLETISMO SADA	Veterano 2	251	00:45:26	00:45:09	00:09:49	00:30:34
805	1388	JACOBO	NIETO PEÑAMARIA	A CORUÑA	Home			Veterano 3	69	00:45:26	00:45:03	00:10:08	00:30:37
806	1334	Daniel Alberto	Mahía Rey	Carballo	Home			Veterano 2	252	00:45:26	00:45:03	00:10:05	00:30:56
807	1005	ESTEBAN	FARIÑA FREIJEIRO	Arteixo	Home			Veterano 1	211	00:45:27	00:45:14	00:09:39	00:30:20
808	1373	Carlos	Sainz Calviño	Culleredo	Home		ATLETAS DE ACEA DE AMA	Promesa	26	00:45:28	00:44:56	00:10:29	00:30:41
809	902	Cesar	Castro Caamaño	Ames	Home			Veterano 1	212	00:45:28	00:45:14	00:09:50	00:30:35
810	1374	jose luis	regueiro regueira	Boimorto	Home	TAG764361	CLUB ATLETISMO BOIMORTO	Veterano 2	253	00:45:29	00:44:51	00:10:34	00:31:09
811	1873	GABRIEL	ALVAREZ CARREIRA	A Coruña	Home			Veterano 2	254	00:45:30	00:44:35	00:10:42	00:30:57
812	306	JOSE IGNACIO	GONZÁLEZ HERRERO	A Coruña	Home			Veterano 2	255	00:45:30	00:45:19	00:09:44	00:30:28
813	2001	LUCAS	DÍAZ GARCÍA	Navia	Home			Promesa	27	00:45:31	00:44:31	00:11:16	00:31:50
814	1268	Adrián	Pallas Fernández	A Coruña	Home			Senior	196	00:45:31	00:45:14	00:10:04	00:31:08
815	882	Manuel	Garea Suárez	Frades	Home			Senior	197	00:45:31	00:44:59	00:10:30	00:31:06
816	1044	RAMIRO	CANEIRO GRANULLAQUE	Ferrol	Home		CORRECLUB	Veterano 1	213	00:45:31	00:45:11	00:09:55	00:30:46
817	747	JOSÉ MANUEL	MONTERO VILAR	Ares	Home			Veterano 2	256	00:45:32	00:45:16	00:10:05	00:30:48
818	1275	FRANCISCO JOSÉ	CHOUCIÑO GARCÍA	Malpica de Bergantiños	Home			Senior	198	00:45:32	00:44:54	00:10:39	00:30:50
819	114	RAQUEL	SANCHEZ GUTIERREZ	CEDEIRA	Muller			Senior	12	00:45:33	00:45:28	00:09:49	00:31:00
820	1394	luis	calviño morla	A Coruña	Home	AG767897	MARINEDA ATLETICO	Veterano 3	70	00:45:34	00:45:09	00:10:09	00:30:50

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
821	1508	Fran	Prieto Pernas	A Coruña	Home		SIGUEME SI PUEDES	Veterano 1	214	00:45:34	00:45:13	00:09:53	00:30:43
822	610	Sergio	Nogueira Miñan	Betanzos	Home		RUNNING OLEIROS	Veterano 1	215	00:45:34	00:45:04	00:10:08	00:30:50
823	833	enrique jorge	rama Rodríguez	A Coruña	Home			Veterano 3	71	00:45:34	00:45:16	00:10:01	00:30:49
824	794	Domingo	Prado Teijeiro	A Coruña	Home			Veterano 1	216	00:45:34	00:45:23	00:09:44	00:30:29
825	754	JORGE SAMUEL	BELLAGONA PIÑEIRO	A CORUÑA	Home			Veterano 1	217	00:45:35	00:45:09	00:10:49	00:31:40
826	3295	Antonio	Rodríguez terrado	Oleiros	Home			Senior	199	00:45:35	00:44:22	00:11:46	00:31:53
827	1352	JOSE ALBERTO	BARRAL ROMEO	Vilarmaior	Home		PASA OU ENTORNA	Veterano 2	257	00:45:36	00:44:58	00:10:11	00:30:55
828	1473	JESÚS MANUEL	GÓMEZ FERNÁNDEZ	A Coruña	Home		CD GAS NATURAL FENOSA	Veterano 3	72	00:45:36	00:45:11	00:10:17	00:31:07
829	973	Juan Carlos	Palleiro Mosquera	Arteixo	Home		Club H?rcules Termaria	Veterano 2	258	00:45:37	00:45:17	00:10:36	00:31:31
830	1449	Alejandro	Fernández López	Betanzos	Home		CLUB ATLETISMO SADA	Veterano 1	218	00:45:37	00:45:04	00:10:35	00:31:19
831	3275	Gerardo	Conchado Aguedo	Cambre	Home			Veterano 1	219	00:45:38	00:44:38	00:10:23	00:30:54
832	607	jose manuel	seoane chas	Cambre	Home			Veterano 3	73	00:45:39	00:45:27	00:09:24	00:29:51
833	880	Gregorio	Lopez Laballos	Betanzos	Home			Veterano 2	259	00:45:39	00:45:18	00:09:54	00:30:46
834	636	Eduardo	Vazquez Amor	A Coruña	Home		Shiai Running Team	Veterano 1	220	00:45:39	00:45:21	00:10:16	00:31:18
835	1491	vicente	Sanmartin Vigo	Guitiriz	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 2	260	00:45:40	00:45:09	00:10:09	00:30:49
836	2161	gonzalo	paz camejo	A Coruña	Home			Promesa	28	00:45:40	00:45:16	00:11:10	00:32:01
838	657	JOSE JUAN	SOLARES ESPÍNEIRA	Ferrol	Home			Veterano 2	262	00:45:40	00:45:02	00:11:09	00:31:33
839	1342	Pedro Pablo	Lorenzo Díaz	A Coruña	Home		NOSPORTLIMIT	Veterano 2	263	00:45:40	00:45:06	00:10:42	00:31:23
840	93	ANA ISABEL	RODRIGUEZ EXPOSITO	Lugo	Muller	AG2019151	FLUVIAL	Veterano 3	4	00:45:41	00:45:31	00:09:54	00:30:48
841	402	giovanni	quintans melendez	A Coruña	Home		C.D. SAN PAIO A ESTRADA	Veterano 2	264	00:45:41	00:45:35	00:09:32	00:30:30
842	1071	Julio cesar	Meza beltran	Lugo	Home		Mtc	Veterano 1	221	00:45:41	00:45:23	00:09:46	00:30:56
843	1067	MIGUEL	ALVAREZ FREIRE	Ferrol	Home			Veterano 2	265	00:45:42	00:45:16	00:10:23	00:31:19
844	519	Óscar	Benavides Falcón	Grove, O	Home			Veterano 1	222	00:45:42	00:45:26	00:10:07	00:31:03
845	1036	Jose Angel	Lamas Castro	A Coruña	Home			Veterano 2	266	00:45:42	00:45:23	00:10:05	00:30:48
846	100	JENIFER	GAGO GOMEZ	Lugo	Muller		CLUB ATLETISMO MONTE SEGADE	Senior	13	00:45:43	00:45:33	00:09:50	00:30:49
847	891	BRUNO	BERMUDEZ TAJES	A CORUÑA	Home			Veterano 2	267	00:45:44	00:45:40	00:09:23	00:30:31



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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
848	752	CARLOS	RODRIGUEZ SABUGUEIRO	SANTIAGO DE COMPOSTELA	Home			Veterano 2	268	00:45:44	00:45:24	00:10:13	00:31:00
849	1447	JOSÉ	LÓPEZ VÁZQUEZ	A Coruña	Home			Senior	200	00:45:44	00:45:16	00:10:27	00:31:02
850	1379	Simone	Di Flaviano	A Coruña	Home			Senior	201	00:45:44	00:44:44	00:10:20	00:30:45
851	721	Guillermo	Tellado Rabuñal	A Coruña	Home			Senior	202	00:45:45	00:45:28	00:10:17	00:31:19
852	1944	Xesús Anxo	López Pintos	Cedeira	Home			Veterano 4	12	00:45:46	00:45:22	00:09:59	00:31:04
853	3131	Nicandro	Puime Bao	A Coruña	Home			Junior	16	00:45:47	00:44:56	00:10:18	00:31:11
854	3030	Manuel	Fuentes Gómez	A Coruña	Home			Senior	203	00:45:48	00:44:59	00:10:22	00:31:08
855	463	Ana Luisa	Hernández Cabrera	Betanzos	Muller			Veterano 2	5	00:45:49	00:45:30	00:09:49	00:30:54
856	975	ALBERTO MANUEL	MOSCOSO CAMBRW	A Coruña	Home			Veterano 2	269	00:45:49	00:45:33	00:09:53	00:30:58
857	1460	javier	enriquez	A Coruña	Home			Veterano 2	270	00:45:50	00:45:29	00:10:36	00:31:31
858	2739	Guillermo	Vergara Muñoz	Oleiros	Home			Veterano 2	271	00:45:51	00:45:18	00:10:55	00:31:37
859	924	jesus	Regueira Facal	Culleredo	Home			Veterano 3	74	00:45:51	00:45:30	00:10:15	00:31:04
860	3297	Junior	González Fernández	Sada	Home		CLUB ATLETISMO SADA	Senior	204	00:45:51	00:45:12	00:10:41	00:31:35
861	821	domingo	casás cheda	A Coruña	Home			Veterano 2	272	00:45:51	00:45:31	00:09:55	00:30:54
862	3390	ANTONIO	HERNANDEZ BARREIRO	A CORUÑA	Home		EGOVARROS DE VIVEIRO	Veterano 4	13	00:45:51	00:45:25	00:10:21	00:31:13
863	3313	JOSE MARCOS	LOSADA SANCHEZ	Culleredo	Home			Veterano 2	273	00:45:52	00:45:30	00:10:13	00:31:04
864	1195	Adrián	López Villaverde	A Coruña	Home			Senior	205	00:45:52	00:45:28	00:10:34	00:31:20
865	1063	David	Doce Carballeira	Pontes de García Rodríguez, As	Home			Veterano 1	223	00:45:52	00:45:45	00:10:03	00:31:03
866	94	iria	aldao prada	A Coruña	Muller		sieiro runing	Veterano 1	11	00:45:52	00:45:39	00:10:19	00:31:19
867	174	JOSÉ LUIS	MARTÍNEZ VICENTE	A Coruña	Home	AG 769401	PATUKOS TIM RANIN	Veterano 1	224	00:45:52	00:45:40	00:10:19	00:31:19
868	3065	Miguel	Benedetti Fuentes	A Coruña	Home			Senior	206	00:45:53	00:45:19	00:10:42	00:31:28
869	1362	Ruben	Fernandez Alvarez	Sada	Home			Veterano 1	225	00:45:53	00:45:31	00:10:04	00:31:06
870	1474	Roberto	Amejenda lema	Cabana de Bergantiños	Home			Senior	207	00:45:53	00:45:31	00:10:32	00:31:31
871	2796	Pablo	Gonzalez Tenoira	Vigo	Home			Promesa	29	00:45:54	00:45:08	00:11:06	00:32:08
872	1296	Luis Manuel	Hernández Crespo	Miño	Home			Veterano 2	274	00:45:54	00:45:34	00:10:08	00:31:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
873	1410	Pablo	Bao Castro	Noia	Home			Veterano 1	226	00:45:54	00:45:27	00:10:33	00:31:21
874	931	Benito	Blanco Pequeño	Cambre	Home		PATUKOS TIM RANIN	Veterano 2	275	00:45:54	00:45:41	00:10:20	00:31:19
875	2834	Ignacio	García González	A Coruña	Home		NOSPORTLIMIT	Senior	208	00:45:54	00:45:02	00:10:51	00:31:44
876	1214	Alberto	Alvear Aragón	A Coruña	Home			Veterano 2	276	00:45:55	00:45:37	00:10:09	00:30:59
877	618	Chema	Corzo Agra	Arteixo	Home			Junior	17	00:45:55	00:45:23	00:10:44	00:31:30
878	777	jose antonio	aguiar garcia	Culleredo	Home		NOSPORTLIMIT	Veterano 3	75	00:45:55	00:45:27	00:10:25	00:31:14
879	3391	MARCOS	CORGOSO GARCIA	CARRAL	Home			Veterano 1	227	00:45:56	00:45:35	00:10:15	00:31:09
880	1385	JUAN CARLOS	DOMATO VERDÍA	Arteixo	Home		Os Desbroza Carreteras	Senior	209	00:45:56	00:45:34	00:10:19	00:31:09
881	1543	ADRIAN	NUÑEZ GARCIA	A Coruña	Home		GRUPO PACC	Senior	210	00:45:57	00:45:24	00:10:58	00:31:48
882	1917	Tomas	Martínez Mosquera	A Coruña	Home			Veterano 3	76	00:45:58	00:45:08	00:11:10	00:31:30
883	1336	Juan Carlos	Landeira Brage	Fene	Home			Veterano 3	77	00:45:58	00:44:59	00:11:00	00:31:43
884	624	Carlos M.	Iglesias Candal	Betanzos	Home			Veterano 3	78	00:45:59	00:45:33	00:10:47	00:31:46
885	953	JACINTO	ALVAREZ SOMOZA	Verín	Home			Veterano 1	228	00:45:59	00:45:42	00:09:56	00:30:41
886	2108	ALEJANDRO	Regueira Angeriz	CARBALLO	Home			Junior	18	00:45:59	00:45:26	00:10:39	00:31:15
887	1869	MARTIN JAVIER	BRUNO ALVAREZ	Culleredo	Home			Veterano 1	229	00:45:59	00:45:02	00:11:04	00:31:54
888	2106	JUAN LUIS	VELO RODRIGUEZ	A LARACHA	Home			Senior	211	00:46:00	00:45:27	00:10:39	00:31:15
889	1675	Sergio	Leiro Mouriño	Bergondo	Home			Senior	212	00:46:00	00:45:33	00:10:50	00:31:52
890	3308	marcos	aire lio erias mazas	Cambre	Home		paderne	Veterano 1	230	00:46:00	00:44:22	00:12:46	00:32:00
891	2770	Alfredo Xabier	Iglesias Eirín	A Coruña	Home			Senior	213	00:46:01	00:44:42	00:12:12	00:32:31
892	1328	EVARISTO	GONZALEZ JORGE	Oleiros	Home			Veterano 2	277	00:46:01	00:45:56	00:10:03	00:31:23
893	1331	Santiago	García Gonzalez	A Coruña	Home		NOSPORTLIMIT	Veterano 2	278	00:46:01	00:45:45	00:10:27	00:31:15
894	3104	José	Penelas Santos	Lugo	Home			Veterano 2	279	00:46:01	00:45:11	00:10:42	00:31:29
895	1927	Manuel	Sandomingo Lopez	Ortigueira	Home			Senior	214	00:46:02	00:45:04	00:10:53	00:31:19
896	511	Inés	Bereijo Albo	Cedeira	Muller	AG2017131	RIA FERROL-CONCEPCION ARENAL	Junior	2	00:46:02	00:46:00	00:09:44	00:31:10
897	3073	Santi	Anido Antelo	A Coruña	Home			Veterano 1	231	00:46:02	00:45:36	00:10:30	00:31:35
898	102	Isabel	del Canto Fernández	A Coruña	Muller			Veterano 1	12	00:46:04	00:45:54	00:09:45	00:30:55
899	1435	OSCAR	DURO PAZOS	A Coruña	Home		Club H?rcules Termaria	Veterano 1	232	00:46:05	00:45:41	00:09:57	00:31:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
900	1604	Alejandro	Rodríguez Lorenzo	Cambre	Home		NOSPORTLIMIT	Veterano 1	233	00:46:05	00:45:12	00:10:46	00:31:25
901	3210	Alberto	Armada Villar	Narón	Home		Farinato	Veterano 3	79	00:46:05	00:45:18	00:10:53	00:31:26
902	846	PABLO	BOUZA SUAREZ	Culleredo	Home			Veterano 3	80	00:46:06	00:45:57	00:10:02	00:31:03
903	3160	Alberto	Vigo Sánchez	Curtis	Home		CSD Arz?a	Senior	215	00:46:06	00:44:52	00:12:23	00:32:05
904	1292	Jorge Juan	Gonzalez Vazquez	A Coruña	Home		NOSPORTLIMITS	Senior	216	00:46:07	00:45:39	00:10:25	00:31:14
905	1270	Jose Luis	Santomé Collazo	Oleiros	Home			Veterano 1	234	00:46:07	00:45:41	00:10:24	00:31:15
906	464	SABELA	GARCÍA ORO	Oleiros	Muller		NoSportLimit-Trek Galicia	Veterano 1	13	00:46:08	00:45:41	00:10:24	00:31:15
907	916	XOSÉ MANUEL	SENLE CANOSA	A Coruña	Home			Veterano 3	81	00:46:08	00:45:51	00:10:35	00:31:53
908	969	Ricardo	García gestal	A Coruña	Home		CORU?A COMARCA	Veterano 1	235	00:46:08	00:45:11	00:11:04	00:31:54
909	1041	Kamilo	Afonso Fernández	Culleredo	Home			Veterano 2	280	00:46:08	00:45:56	00:09:36	00:31:03
910	1397	PEDRO FRANCISCO	BLÁZQUEZ FRAGOSO	A Coruña	Home			Veterano 2	281	00:46:08	00:45:12	00:11:02	00:31:56
911	1370	JAVIER	RODRIGUEZ TORRES	A CORUÑA	Home			Senior	217	00:46:09	00:45:31	00:10:37	00:31:33
912	1349	MIGUEL ANGEL	PALMEIRO QUELLE	Culleredo	Home			Veterano 1	236	00:46:09	00:45:25	00:11:00	00:31:51
913	961	juan antonio	Domínguez lopez	A Coruña	Home			Veterano 2	282	00:46:09	00:45:53	00:10:12	00:31:16
914	1023	DIEGO	CACHEIRO SALORIO	CARRAL	Home			Veterano 2	283	00:46:09	00:45:49	00:10:26	00:31:19
915	3377	JAVIER	GONZALEZ ALVAREZ	A CORUÑA	Home			Senior	218	00:46:10	00:45:54	00:09:11	00:30:41
916	1461	Rafa	Pena Fernandez	Culleredo	Home		CD GAS NATURAL FENOSA	Veterano 1	237	00:46:10	00:45:44	00:10:18	00:31:17
917	1357	Pablo José	PAZOS HERNANDEZ	Oleiros	Home		CLUB ATLETISMO SADA	Veterano 2	284	00:46:10	00:45:55	00:09:56	00:31:18
918	1038	IAGO	LOPEZ POSSE	Sada	Home		CLUB ATLETISMO SADA	Veterano 1	238	00:46:11	00:45:57	00:09:56	00:30:47
919	1285	Miguel	Añon Docampo	Carballo	Home		RIA FERROL-CONCEPCION ARENAL	Veterano 1	239	00:46:11	00:45:56	00:09:58	00:30:52
920	1912	Adrián	López Agra	Zas	Home			Senior	219	00:46:12	00:45:15	00:11:15	00:31:57
921	867	roberto	vazquez brea	Culleredo	Home			Senior	220	00:46:12	00:45:48	00:10:23	00:31:41
922	688	JOSE MARIA	MARTIN VEZ	Cádiz	Home			Senior	221	00:46:12	00:45:01	00:10:49	00:31:30
923	1431	CARLOS	PASTORIZA DURÁN	A Laracha	Home		ATLETISMO CARBALLO	Veterano 3	82	00:46:13	00:45:53	00:10:09	00:31:18
924	3223	Jose Luis	Mancebo Iglesias	A Coruña	Home			Veterano 3	83	00:46:13	00:45:24	00:11:34	00:32:06
925	1503	Nacho	Pereira Navaza	Carballo	Home			Veterano 2	285	00:46:13	00:45:20	00:11:05	00:31:42

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
926	3128	miguel	carreira	A Coruña	Home			Senior	222	00:46:14	00:44:58	00:11:12	00:31:40
927	1341	RAMIRO	GONZALEZ INSUA	A Coruña	Home			Veterano 2	286	00:46:16	00:45:55	00:10:33	00:31:58
928	828	Víctor Hugo	Conde López	Cee	Home		CD GAS NATURAL FENOSA	Veterano 2	287	00:46:16	00:46:13	00:09:18	00:30:56
929	1552	Roberto	Perez Osuna	A Coruña	Home		NOSPORTLIMITS	Veterano 2	288	00:46:16	00:45:43	00:10:47	00:31:58
930	1521	Edgar	Sanchez Rodríguez	Bergondo	Home		CLUB ATLETISMO SADA	Veterano 1	240	00:46:16	00:45:51	00:10:13	00:31:05
931	3019	Andres	García Solano	A Coruña	Home			Junior	19	00:46:17	00:45:01	00:12:00	00:32:15
932	2067	Diego	Rego Fernández	Burela	Home			Senior	223	00:46:17	00:46:01	00:10:13	00:31:41
933	942	José Miguel	Gonzalez González	A Coruña	Home	01437425	XINO-XANO	Veterano 2	289	00:46:18	00:45:55	00:10:17	00:31:24
934	81	FELI	LÓPEZ ARNAU	A Coruña	Muller		PATUKOS TIM RANIN	Veterano 1	14	00:46:18	00:46:12	00:10:36	00:32:04
935	1520	RAUL ANTONIO	SOBRINO GARFIA	Oleiros	Home		ADC BOMBEIROS A CORUÑA	Veterano 3	84	00:46:18	00:45:48	00:10:26	00:31:35
936	1332	Carlos	Diaz Corral	Ferrol	Home			Veterano 2	290	00:46:20	00:45:14	00:11:07	00:32:04
937	1539	Jorge	Veiga Lendoiro	A Coruña	Home			Veterano 3	85	00:46:21	00:45:51	00:10:46	00:31:48
938	1274	pablo	garcía barbeira	Pontes de García Rodríguez, As	Home			Veterano 1	241	00:46:21	00:45:47	00:10:35	00:31:34
939	1293	Jesús	Vaamonde Rúa	A Coruña	Home			Veterano 3	86	00:46:21	00:46:07	00:09:46	00:31:11
940	735	CARLOS	RIADIGOS MOSQUERA	A Coruña	Home			Veterano 1	242	00:46:22	00:46:14	00:09:38	00:30:47
941	741	Guillermo	Concheiro Fernández	Carral	Home			Veterano 3	87	00:46:22	00:44:40	00:12:08	00:32:46
942	779	Diego	Rodríguez Bello	A Coruña	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 1	243	00:46:22	00:45:59	00:10:40	00:32:04
943	3106	Marcos	García Lista	A Laracha	Home		AD Downhill	Veterano 2	291	00:46:23	00:45:40	00:11:38	00:32:03
944	1658	Alberto	Mosquera López	Cambre	Home			Senior	224	00:46:24	00:45:52	00:10:44	00:31:38
945	1538	jose antonio	mendez pampin	A Coruña	Home			Veterano 4	14	00:46:24	00:46:04	00:10:12	00:31:17
946	745	Benito	Santana Gómez	Cambre	Home			Veterano 2	292	00:46:24	00:46:10	00:09:48	00:31:33
947	753	FRANCISCO JOSE	MARTINEZ BLANCO	A CORUÑA	Home			Veterano 2	293	00:46:24	00:46:14	00:09:41	00:31:15
948	809	ignacio	checa allegue	madrid	Home	50755846	Trisport Getafe	Senior	225	00:46:25	00:46:12	00:09:21	00:31:02
949	1231	Victor manuel	Vilar reina	Ferrol	Home		NAUTICO NARON	Veterano 1	244	00:46:26	00:46:08	00:09:37	00:31:00
950	699	JOSE	MOARES ESPIÑEIRA	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 2	294	00:46:27	00:45:49	00:10:56	00:31:52
951	1695	MANUEL ALEJANDRO	MIGUEZ RUANOVA	A Coruña	Home			Veterano 1	245	00:46:27	00:45:44	00:11:15	00:31:59

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
952	1248	Alejandro	Recouso Sierra	A Coruña	Home			Senior	226	00:46:27	00:45:39	00:11:11	00:31:50
953	832	Juan	Fernandez lopez	Cambre	Home		NOSPORTLIMIT	Veterano 2	295	00:46:28	00:45:59	00:10:25	00:31:28
954	1414	alberto	fernandez	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 4	15	00:46:28	00:46:07	00:10:24	00:31:33
955	1389	Rafael	Pérez González	A Coruña	Home			Veterano 1	246	00:46:29	00:45:56	00:10:26	00:31:21
956	1966	daniel	fernandez artazcoz	A Coruña	Home			Senior	227	00:46:29	00:46:11	00:10:17	00:31:36
957	992	TOÑO	GARCIA PENA	A Coruña	Home		METALICA HERCULINA	Veterano 3	88	00:46:30	00:46:12	00:10:15	00:31:20
958	758	JAVIER	MARTIN	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 3	89	00:46:30	00:46:11	00:10:11	00:31:33
959	1240	Manuel	Sánchez Castelo	A Coruña	Home			Veterano 2	296	00:46:31	00:45:55	00:10:59	00:31:58
960	861	FRANCISCO	MOURE CAÑETE	Santiago de Compostela	Home			Veterano 3	90	00:46:31	00:46:21	00:09:33	00:31:13
961	1386	Marco	Castro Costoya	A Coruña	Home			Veterano 1	247	00:46:31	00:45:50	00:11:27	00:32:03
962	3361	JAIME	MARTINEZ MOSQUERA	A CORUÑA	Home			Senior	228	00:46:31	00:45:24	00:11:30	00:31:59
964	1364	RUBEN	CAÑAS BRANDARIZ	Cambre	Home		NOSPORTLIMIT	Senior	229	00:46:33	00:46:14	00:10:07	00:31:27
965	96	Rosa	De Paz Carro	A Coruña	Muller			Veterano 3	5	00:46:34	00:46:23	00:10:20	00:31:29
966	247	Miguel	López Cordal	A Coruña	Home		RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 3	91	00:46:34	00:46:23	00:10:19	00:31:25
967	3096	Luis Rubén	Fernández González	La Coruña	Home	044429406F	C.D. Monta?a Alto Sil	Veterano 2	297	00:46:34	00:46:01	00:11:01	00:31:54
968	2511	Angela	Torrente Insua	Narón	Muller			Veterano 1	15	00:46:35	00:46:08	00:10:44	00:31:58
969	996	ELISEO	CORRAL VEIGA	Lugo	Home		FLUVIAL	Veterano 4	16	00:46:35	00:46:26	00:10:07	00:31:36
970	1922	FERNANDO	VAZQUEZ MARTINEZ	ARTEIXO	Home			Veterano 3	92	00:46:35	00:45:39	00:11:51	00:32:28
971	1289	Darío	Romar Montero	A Coruña	Home			Senior	230	00:46:36	00:46:16	00:10:38	00:31:52
972	2781	Claudio	Legide Vila	A Coruña	Home			Veterano 2	298	00:46:36	00:46:01	00:11:08	00:32:21
973	1878	Cesar	Bonome Gonzalez	A Coruña	Home			Veterano 3	93	00:46:36	00:46:28	00:09:47	00:31:02
974	3234	MANEL	ROMÁN PORTABALES	Santiago de Compostela	Home		URBAN RUNNERS	Senior	231	00:46:37	00:45:52	00:11:22	00:32:50
975	1416	Adrian	Morales Enríquez	Cambre	Home		NOSPORTLIMIT	Senior	232	00:46:38	00:46:05	00:10:42	00:32:07
976	1406	Manuel	Varela garcia	Arteixo	Home			Veterano 1	248	00:46:38	00:46:19	00:09:53	00:31:16
977	964	Daniel	Carballo	A Coruña	Home		GARRAPUCHO RUNNING	Senior	233	00:46:39	00:46:22	00:10:08	00:31:54
978	1295	Juan	Gómez-Portales	A Coruña	Home		Club Triatl?n Coru?a	Veterano 2	299	00:46:39	00:45:40	00:11:02	00:31:52
979	998	Ramón	Tenreiro Montero	A Coruña	Home		INDEPENDIENTE	Veterano 1	249	00:46:39	00:46:30	00:09:38	00:31:01

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
980	982	Daniel	Abades Reboredo	A Coruña	Home			Veterano 1	250	00:46:40	00:46:20	00:09:49	00:31:17
981	2830	Santiago	García Quiza	A Coruña	Home		GANTESPORT	Senior	234	00:46:40	00:46:14	00:10:28	00:31:35
982	1497	CAMILO	CARRAL RODRÍGUEZ	A Coruña	Home			Veterano 2	300	00:46:40	00:46:01	00:10:56	00:32:01
983	879	David	Seisedos Hermo	A Coruña	Home			Veterano 2	301	00:46:41	00:46:30	00:09:47	00:31:20
984	1003	Fernando	Rodríguez Vázquez	Aranga	Home		A Fume de Carozo-Alfa Fisioterapia A Coru?a	Veterano 3	94	00:46:41	00:46:25	00:10:09	00:31:34
985	472	sonia	roca canzobre	Cambre	Muller		NOSPORTLIMIT	Veterano 1	16	00:46:42	00:46:27	00:10:10	00:31:26
986	3360	Jose	Fandiño Soto	Oleiros	Home			Veterano 2	302	00:46:43	00:46:43	00:09:02	00:31:16
987	936	juan	Rodríguez Vázquez	A Coruña	Home		leones running team	Veterano 2	303	00:46:43	00:45:33	00:11:16	00:31:58
988	215	gaston	antonacci morales	san ramon	Home			Senior	235	00:46:43	00:46:33	00:09:47	00:31:25
989	1322	ALEJANDRO	bastida	A Coruña	Home			Senior	236	00:46:43	00:46:34	00:09:49	00:31:26
990	1302	Isaac	Rodríguez Martín	Torrijos	Home		A.A.T.	Veterano 1	251	00:46:44	00:46:16	00:10:55	00:32:10
991	984	EDUARDO	RÁDEKE FARIÑA	Oleiros	Home			Veterano 1	252	00:46:44	00:46:12	00:10:58	00:32:03
992	1480	FERNANDO	LOPEZ FERNANDEZ	A Coruña	Home			Veterano 1	253	00:46:45	00:46:09	00:10:52	00:31:49
993	3354	PEDRO	OREIRO HERMIDA	A Coruña	Home			Promesa	30	00:46:45	00:46:10	00:11:01	00:32:16
994	3355	JOSE MANUEL	OREIRO BLANCO	A Coruña	Home			Veterano 3	95	00:46:45	00:46:11	00:11:02	00:32:16
995	1580	Álvaro	Novo Lens	A Coruña	Home			Veterano 2	304	00:46:45	00:46:16	00:10:30	00:31:41
996	1070	Pablo	Rey Periscal	A Coruña	Home			Senior	237	00:46:46	00:46:27	00:10:02	00:31:34
997	3329	José Luis	Gonzalez Maceiras	A Coruña	Home		TROTE COCHINERO	Veterano 3	96	00:46:46	00:45:10	00:12:18	00:32:17
998	1008	ALEJANDRO	GALAN FERNANDEZ	A Coruña	Home			Veterano 1	254	00:46:46	00:46:33	00:10:03	00:31:37
999	1432	Oscar	Regueira Rios	A Coruña	Home			Veterano 2	305	00:46:46	00:46:20	00:10:27	00:31:31
1000	664	Unai	Leceta Belmez	Oleiros	Home			Senior	238	00:46:46	00:46:10	00:11:32	00:32:46
1001	1319	PEDRO	SANCHEZ CARRACEDO	SANTIAGO DE COMPOSTELA	Home			Promesa	31	00:46:47	00:46:21	00:11:00	00:32:28
1002	1325	Miguel	González Conchado	Oleiros	Home			Senior	239	00:46:47	00:46:11	00:11:33	00:32:46
1003	1025	Bruno	Santiago Aneiros	Narón	Home			Senior	240	00:46:48	00:46:30	00:10:14	00:31:32
1004	885	Roberto	Ponte Noya	A Coruña	Home			Veterano 1	255	00:46:48	00:46:29	00:09:47	00:31:30
1005	571	Roberto	Andrade Villar	Arteixo	Home		ADC BOMBEIROS A CORU?A	Senior	241	00:46:48	00:45:35	00:11:38	00:32:08

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1006	3260	jose	abella arcos	A Coruña	Home		correcari?o	Veterano 2	306	00:46:48	00:45:56	00:10:47	00:31:44
1007	1024	Pablo	Calvo Calvo	A Coruña	Home			Veterano 2	307	00:46:49	00:46:32	00:10:16	00:31:57
1008	1439	Jose	Lopez Aneiros	Ferrol	Home		RIA FERROL-CONCEPCION ARENAL	Veterano 3	97	00:46:50	00:46:22	00:10:36	00:31:50
1009	1305	José Antonio	Ruiz de Valbuena Bueno	Lugo	Home			Veterano 2	308	00:46:50	00:46:23	00:10:28	00:31:58
1010	1215	DANIEL	GONZALEZ DEL POZO	A Coruña	Home			Veterano 1	256	00:46:51	00:46:10	00:11:42	00:32:55
1011	1398	Genaro	Barrós Penedo	A Coruña	Home		INDEPENDIENTE	Veterano 2	309	00:46:51	00:45:33	00:11:45	00:32:36
1012	1299	MARIO	LEDO FARIÑAS	Santiago de Compostela	Home			Veterano 2	310	00:46:52	00:46:23	00:11:13	00:32:36
1013	494	MARIAN	BERDEAL CUBA	Lugo	Muller		FLUVIAL	Veterano 1	17	00:46:53	00:46:27	00:10:30	00:31:57
1014	1055	Diego	Prado Basanta	Lugo	Home		CLUB MONTEPENARUBIA LUGO	Veterano 2	311	00:46:53	00:46:41	00:09:46	00:31:05
1015	1250	JULIO ENRIQUE	BARRAL GOMEZ	CULLEREDO	Home			Veterano 4	17	00:46:54	00:46:22	00:10:46	00:31:46
1016	770	RAMIRO	COUCE VELLON	Narón	Home			Veterano 3	98	00:46:54	00:46:29	00:10:31	00:31:59
1017	2769	MANUEL	LOPEZ LOPEZ	Ferrol	Home		independente	Veterano 4	18	00:46:54	00:46:30	00:10:27	00:32:00
1018	744	victor	freire silva	Culleredo	Home		ATLETAS DE ACEA DE AMA	Senior	242	00:46:56	00:46:34	00:09:41	00:31:28
1019	1360	carlos	castro rodríguez	A Laracha	Home		NOSPORTLIMIT	Veterano 2	312	00:46:56	00:46:28	00:10:24	00:31:47
1020	1037	Juan david	Ruiz piñeiro	A Coruña	Home			Senior	243	00:46:56	00:45:45	00:11:16	00:32:02
1021	3273	Pablo	Cagiao Manso	A Coruña	Home			Veterano 1	257	00:46:56	00:46:28	00:10:57	00:32:09
1022	1507	ALFREDO	TORREIRO LOPEZ	Cambre	Home			Veterano 3	99	00:46:57	00:46:17	00:11:17	00:32:15
1023	1267	Agustin	Bardanca Ameijdez	A Coruña	Home			Veterano 3	100	00:46:58	00:46:15	00:10:53	00:31:58
1024	1043	OSCAR	VILARIÑO QUINTELA	A Coruña	Home			Veterano 1	258	00:46:59	00:46:38	00:10:18	00:31:37
1025	1485	JUAN RAMON	LOPEZ CASAS	A Coruña	Home			Veterano 2	313	00:46:59	00:46:15	00:10:56	00:31:59
1026	3406	DIEGO	BARREIRO PEREZ	A CORUÑA	Home			Senior	244	00:47:00	00:46:27	00:10:03	00:31:22
1027	497	Susana	Parguiña Fernández	A Coruña	Muller	GA 765964	EGOVARROS DE VIVEIRO	Veterano 3	6	00:47:00	00:46:42	00:10:05	00:31:38
1028	1510	IGNACIO	ALVAREZ FREIRE	Ferrol	Home			Veterano 1	259	00:47:01	00:46:36	00:10:13	00:31:39
1029	1929	JOSE	MANSILLA BARREIRO	A Coruña	Home			Senior	245	00:47:01	00:46:29	00:10:41	00:32:00
1030	1585	Beltrán	Vázquez Rodríguez	A Coruña	Home			Veterano 1	260	00:47:02	00:46:42	00:10:01	00:31:28

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1031	3219	Diego	Castiñeira Montero	Ferrol	Home			Veterano 2	314	00:47:02	00:46:02	00:10:29	00:31:48
1032	3312	Manuel Angel	Barbosa Nogueira	Cambre	Home			Veterano 2	315	00:47:03	00:46:29	00:10:51	00:31:57
1033	1403	Javier	Sanchez	A Coruña	Home			Veterano 2	316	00:47:03	00:46:36	00:09:55	00:31:13
1034	378	Oscar	Carracedo Regueira	Arteixo	Home			Veterano 1	261	00:47:04	00:46:39	00:11:01	00:32:32
1035	1224	Alex	Vidal Muro	A Coruña	Home			Senior	246	00:47:05	00:45:54	00:11:09	00:32:28
1036	1895	Daniel	Rial Blanco	A Coruña	Home			Veterano 2	317	00:47:06	00:46:19	00:11:05	00:32:22
1037	1619	Alejandro	Varela Insua	Arteixo	Home			Senior	247	00:47:06	00:46:51	00:10:11	00:32:00
1038	1259	Julio	Pedreira Garcia	Carballo	Home			Veterano 1	262	00:47:07	00:45:33	00:12:12	00:32:57
1039	3220	IGNACIO	VAZQUEZ GARCIA	Toques	Home			Senior	248	00:47:08	00:46:17	00:11:31	00:32:40
1040	1021	Dionisio José	Bueno García	Sada	Home			Veterano 3	101	00:47:08	00:46:59	00:09:38	00:31:22
1041	1562	Roberto	Pita polo	Ferrol	Home			Senior	249	00:47:08	00:45:53	00:11:53	00:32:35
1042	2424	Gely	López Vilas	Arteixo	Muller			Veterano 2	7	00:47:09	00:46:32	00:10:47	00:31:52
1043	1235	MARIO	BOGA LESTA	A Coruña	Home			Veterano 1	263	00:47:10	00:46:34	00:09:58	00:31:56
1044	1261	José maria	Brea Sánchez	A Coruña	Home		CLUB ATLETISMO BOIMORTO	Veterano 3	102	00:47:10	00:46:37	00:10:49	00:32:25
1045	111	ELISA	PAZ SOUTO	A Coruña	Muller			Veterano 3	7	00:47:11	00:47:07	00:09:58	00:31:45
1046	1526	David	Nemiña martinez	A Coruña	Home			Senior	250	00:47:11	00:46:48	00:10:35	00:32:02
1047	2000	JAIME	LARRIET GANCEDO	Navia	Home		Club Baloncesto Navia	Promesa	32	00:47:12	00:46:11	00:11:16	00:32:24
1048	841	Jose	COBAS Lopez	Lugo	Home			Veterano 3	103	00:47:12	00:46:58	00:10:11	00:31:55
1049	1216	Daniel	Losada González	A Coruña	Home			Veterano 2	318	00:47:13	00:46:46	00:10:55	00:32:21
1050	3322	alberto	areosa brandon	Carballo	Home			Veterano 2	319	00:47:13	00:46:11	00:11:23	00:32:47
1051	1976	Juan	Vizcaino gonzalez	A Coruña	Home			Veterano 2	320	00:47:13	00:46:44	00:10:47	00:32:30
1052	1579	ADRIAN	CASTRO RODRIGUEZ	Lugo	Home			Senior	251	00:47:14	00:46:45	00:10:36	00:32:07
1053	3155	Juan Carlos	Herves Rodríguez	A Coruña	Home			Veterano 2	321	00:47:14	00:46:09	00:11:06	00:31:49
1054	889	Diego	Sánchez González	Melide	Home		Cerne melide	Veterano 1	264	00:47:15	00:46:39	00:10:19	00:31:59
1055	1689	Ramón	Guitián Fernández	A Coruña	Home			Veterano 2	322	00:47:15	00:46:44	00:10:41	00:32:24
1056	2104	Rubén	Sesar Vázquez	Boimorto	Home			Senior	252	00:47:15	00:46:38	00:10:35	00:31:58
1057	1281	Francisco Javier	Lopez Vila	A Coruña	Home			Veterano 3	104	00:47:15	00:45:38	00:12:10	00:32:47



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1058	1671	Carlos	Carballes Gomez	A Coruña	Home		A.D jarnachas	Veterano 2	323	00:47:15	00:46:09	00:11:13	00:32:23
1059	1527	JOSE CARLOS	BAAMONDE DIAZ	A CORUÑA	Home			Veterano 2	324	00:47:15	00:46:35	00:10:29	00:31:41
1060	1952	Berto	Baz Rodriguez	Narón	Home		SIGUEME SI PUEDES	Veterano 2	325	00:47:15	00:46:31	00:11:10	00:32:26
1061	1458	Carlos	Carreira Vazquez	Oleiros	Home			Senior	253	00:47:16	00:46:47	00:10:01	00:31:38
1062	972	Fernando	Vilela Fonticoba	Narón	Home		BOMBEROS	Veterano 2	326	00:47:16	00:46:47	00:10:09	00:31:51
1063	1840	Francisco	Pico Mejuto	A Coruña	Home			Senior	254	00:47:16	00:46:05	00:11:14	00:32:28
1064	737	DAVID	BAENA RODRIGUEZ	Ferrol	Home		CORRER Y MAS-GIMNASIO A MALATA	Veterano 2	327	00:47:16	00:46:57	00:10:07	00:31:46
1065	466	Leonor	Ezpeleta Pinto	A Coruña	Muller			Senior	14	00:47:17	00:47:05	00:10:00	00:31:26
1066	994	Alberto	Fernández Doldán	A Coruña	Home			Senior	255	00:47:17	00:46:22	00:10:46	00:32:06
1067	324	Carlos Andres	Verdes Ares	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 3	105	00:47:17	00:46:57	00:10:24	00:32:02
1068	1238	Daniel	Martínez Galdós	Culleredo	Home		club ciclista riazor	Veterano 2	328	00:47:19	00:46:37	00:11:05	00:32:10
1069	1523	Marcos	Veiga Rodríguez	A Coruña	Home			Veterano 2	329	00:47:19	00:46:33	00:11:06	00:32:16
1070	1590	Pedro J.	Fernández Sánchez-Roldán	Ferrol	Home		SIGUEME SI PUEDES	Veterano 2	330	00:47:19	00:46:32	00:11:08	00:32:26
1071	527	Jose Daniel	Reinoso Rojo	A Coruña	Home		ATLETISMO RIAZOR CORU?A	Veterano 2	331	00:47:20	00:46:18	00:12:10	00:33:33
1072	684	Alan	González Bermúdez	Carnota	Home			Senior	256	00:47:21	00:46:57	00:10:40	00:32:10
1073	1392	Ruben	Barreiro Gandoy	A Coruña	Home			Senior	257	00:47:21	00:46:58	00:11:01	00:32:36
1074	2685	SANTIAGO	MATA EIRIS	Teo	Home			Veterano 2	332	00:47:21	00:46:52	00:10:18	00:31:58
1075	1556	David	Perez Lopez	A Coruña	Home			Senior	258	00:47:21	00:46:48	00:10:05	00:31:14
1076	3373	PABLO	RODRIGUEZ SENDE	SANTIAGO DE COMPOSTELA	Home			Senior	259	00:47:22	00:45:46	00:12:29	00:33:19
1077	1220	Francisco Javier	Rodriguez Ferreiro	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 3	106	00:47:22	00:46:58	00:10:05	00:31:58
1078	1536	Gerardo	Cardesín Abad	A Coruña	Home			Veterano 3	107	00:47:22	00:46:53	00:11:15	00:32:37
1079	945	Suso	Ramos	A Laracha	Home	AG 2019303	ATLETISMO RIAZOR CORU?A	Veterano 2	333	00:47:22	00:46:56	00:10:42	00:32:16
1080	1225	PABLO	RASCON	A Coruña	Home			Veterano 2	334	00:47:23	00:45:40	00:12:08	00:32:51
1081	1012	Alfredo	Baño Leal	Burela	Home			Veterano 1	265	00:47:24	00:47:02	00:10:13	00:31:49
1082	1280	JORGE	ALVAREZ LOPEZ	A Coruña	Home		aficionado contra viento y LA MAREA	Veterano 1	266	00:47:24	00:46:54	00:10:11	00:31:09
1083	1266	Enrique	Arias Graña	A Coruña	Home			Veterano 2	335	00:47:24	00:47:17	00:09:41	00:31:36
1084	1211	Juan Guillermo	Iglesias Cerviño	A Coruña	Home			Veterano 2	336	00:47:24	00:46:38	00:10:50	00:32:11
1085	1450	Miguel Angel	Gómez Carabel	Malpica de Bergantiños	Home			Veterano 2	337	00:47:24	00:46:51	00:11:13	00:32:46

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1086	1050	Ruben	RODRIGUEZ NEGRO	A Coruña	Home			Veterano 1	267	00:47:25	00:47:13	00:10:12	00:31:50
1087	1686	Juan	Cartelle Sáez	A Coruña	Home			Senior	260	00:47:25	00:47:00	00:10:05	00:31:48
1088	3229	Jose Manuel	Garcia Prado	Arteixo	Home			Veterano 1	268	00:47:25	00:46:47	00:10:36	00:31:52
1089	3194	JUAN ENRIQUE	FREIRE RODRIGUEZ	A CORUÑA	Home			Veterano 4	19	00:47:25	00:46:45	00:11:34	00:32:47
1090	1234	Nestor	Torea Moledo	A Coruña	Home			Veterano 1	269	00:47:26	00:46:57	00:10:49	00:32:11
1091	116	Laura	Caamano Martínez	A Coruña	Muller	TAG2018369	CLUB ATLETISMO SADA	Senior	15	00:47:26	00:47:15	00:09:46	00:31:58
1092	115	Stefanie	Coutu	Santiago de Compostela	Muller			Senior	16	00:47:26	00:47:06	00:10:36	00:31:53
1093	1914	Carlos	Castro Rivas	A Coruña	Home			Veterano 2	338	00:47:26	00:46:27	00:11:35	00:32:55
1094	570	Andrés	Mendez Pascal	Arteixo	Home			Veterano 1	270	00:47:28	00:47:16	00:10:05	00:31:56
1095	1327	Marcos	González Touriñán	A Coruña	Home			Veterano 2	339	00:47:28	00:47:08	00:10:05	00:31:44
1096	1300	Javier	Villaverde Doval	A Coruña	Home			Senior	261	00:47:29	00:47:02	00:10:18	00:32:02
1097	1515	Roi	Sieiro de Ceano-Vivas	Sada	Home			Veterano 1	271	00:47:29	00:47:08	00:10:37	00:32:18
1098	3080	alvaro	caneiro lorenzo	ferrol	Home			Veterano 3	108	00:47:30	00:46:48	00:11:21	00:32:31
1099	407	ALEJANDRO	CUADROS VEGA	Lugo	Home		FLUVIAL	Veterano 2	340	00:47:30	00:47:21	00:10:06	00:31:57
1100	1640	Víctor	Porta Pereira	Mugardos	Home			Veterano 2	341	00:47:30	00:46:29	00:11:13	00:32:29
1101	1470	FRAN	VAZQUEZ SEOANE	A Coruña	Home			Veterano 1	272	00:47:31	00:47:03	00:10:34	00:32:27
1102	1936	Manuel Antonio	Rodríguez Prada	Arganza	Home			Veterano 4	20	00:47:31	00:47:00	00:11:01	00:32:27
1103	686	Luis	Fernandez Espada	Oleiros	Home		Kurai	Veterano 2	342	00:47:31	00:47:25	00:10:40	00:32:12
1104	748	Pablo	Sanjose Gato	Fene	Home			Veterano 1	273	00:47:31	00:47:18	00:10:19	00:32:11
1105	399	francisco	basalo vazquez	Cambre	Home		tiramillas	Veterano 2	343	00:47:32	00:46:50	00:11:02	00:32:54
1106	1206	José Miguel	Blanco Gomez	Culleredo	Home		tiramillas	Veterano 2	344	00:47:32	00:46:49	00:11:07	00:32:51
1107	1223	agustin	ces martinez	A Coruña	Home			Veterano 2	345	00:47:33	00:47:00	00:10:51	00:32:31
1108	855	FABIAN	AMEIJENDA BLANCO	CABANA DE BERGANTIÑOS	Home			Senior	262	00:47:35	00:46:39	00:11:01	00:32:28
1109	1313	Ramon	Rodríguez enriquez	A Coruña	Home			Veterano 2	346	00:47:35	00:46:55	00:11:18	00:32:37
1110	1490	juan jose	cuns carreira	Arteixo	Home			Veterano 1	274	00:47:36	00:47:02	00:10:48	00:32:34
1111	1233	RAMON FERNANDO	PUENTE VARELA	Sada	Home			Veterano 2	347	00:47:36	00:47:12	00:10:49	00:32:28
1112	1441	TOMÁS	RUIZ BUJÁN	A Coruña	Home			Veterano 2	348	00:47:36	00:47:04	00:10:48	00:32:16

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1113	1502	Ivan	Romero Nuñez	Vilagarcía de Arousa	Home			Senior	263	00:47:36	00:46:46	00:11:22	00:32:29
1114	1442	ADRIÁN	CARREIRA LONGUEIRA	A Coruña	Home			Veterano 1	275	00:47:37	00:47:04	00:10:49	00:32:17
1115	1982	Julio	Masid Bande	Santiago de Compostela	Home		Urban Runners Club Santiago	Veterano 2	349	00:47:37	00:47:05	00:11:22	00:32:53
1116	2201	Jesús	Del Pozo Losada	A Coruña	Home			Veterano 3	109	00:47:37	00:47:09	00:10:43	00:32:30
1117	2647	LEANDRO	RIVEIRO CANEDO	A Coruña	Home		gaceli?as	Veterano 2	350	00:47:37	00:47:09	00:10:42	00:32:30
1118	2905	JULIO CESAR	RODRIGUEZ PEDRÓN	A CORUÑA	Home		A.D. MEDIA-DUCIA TORSORE	Veterano 2	351	00:47:37	00:45:48	00:12:17	00:33:17
1119	759	oscar	rodriguez rodriguez	Lugo	Home		club montepenarubia running lugo	Veterano 1	276	00:47:37	00:47:09	00:11:04	00:32:44
1120	3289	Jorge	Giraldo Lozano	Medellín	Home			Senior	264	00:47:39	00:46:59	00:11:41	00:32:55
1121	1378	Vittorio	Di Flaviano	A Coruña	Home			Senior	265	00:47:40	00:46:41	00:10:26	00:32:05
1122	1484	Alfredo	Núñez Carballo	A Coruña	Home			Veterano 1	277	00:47:42	00:46:17	00:12:13	00:33:29
1123	1618	Juan Carlos	Rodríguez Pernia	Santiago de Compostela	Home			Veterano 2	352	00:47:43	00:47:14	00:10:44	00:32:12
1124	86	MÓNICA	MEZQUITA VÁZQUEZ	A Coruña	Muller		NOSPORTLIMIT	Senior	17	00:47:43	00:47:29	00:10:09	00:32:14
1125	485	Isabel	Carbajales Casal	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 2	8	00:47:43	00:47:19	00:10:40	00:32:30
1126	1380	Jose Manuel	Ourens Pardo	Oleiros	Home		CLUB ATLETISMO SADA	Veterano 1	278	00:47:43	00:47:19	00:10:40	00:32:30
1127	1083	Sandra	Novo Fernández	Vilalba	Muller		NOSPORTLIMIT TREK GALICIA	Senior	18	00:47:44	00:47:29	00:10:09	00:32:12
1128	1433	Ramón	García-Barros Alfonso	Oleiros	Home			Veterano 3	110	00:47:44	00:47:25	00:10:13	00:32:15
1129	3317	Diego	Cabarcos Val	Burela	Home			Senior	266	00:47:44	00:47:29	00:09:51	00:31:40
1130	1834	Julián	Moreno Martos	A Coruña	Home		INDEPENDIENTE	Veterano 3	111	00:47:44	00:47:05	00:10:58	00:32:33
1131	1404	Liam	Groarke	A Coruña	Home			Senior	267	00:47:45	00:47:14	00:10:49	00:32:40
1132	3347	Gabriel	Espiñeira Mejuto	A Coruña	Home			Veterano 2	353	00:47:46	00:47:30	00:09:53	00:31:52
1133	617	Alfonso	Pazo Olivares	Lugo	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 2	354	00:47:46	00:47:32	00:10:29	00:32:20
1134	471	ROSA	SIERRA PALMEIRO	Miño	Muller			Veterano 3	8	00:47:46	00:47:26	00:10:21	00:31:59
1135	492	NURIA	PUENTE BLANCO	Santiago de Compostela	Muller	AG2017945	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 1	18	00:47:46	00:47:32	00:10:30	00:32:21
1136	842	Hugo	Conchado Galuppo	Oleiros	Home		MAISTROTE	Veterano 2	355	00:47:46	00:47:24	00:10:33	00:32:25
1137	3117	david	rey torreiro	A Coruña	Home			Veterano 1	279	00:47:46	00:46:19	00:11:57	00:33:10

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1138	952	Miguel	Delmas Costa	A Coruña	Home		H?rcules Termaria	Veterano 2	356	00:47:47	00:47:23	00:10:47	00:32:53
1139	3176	Angel	Aguiar Villar	A Laracha	Home		AD Downhill	Veterano 1	280	00:47:48	00:47:21	00:10:30	00:32:06
1140	1382	JOSE ENRIQUE	BOLAÑOS CAGIAO	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 3	112	00:47:48	00:47:25	00:10:32	00:32:03
1141	3074	Marcos	Amado Loureiro	A Laracha	Home		A.D. Downhill	Veterano 2	357	00:47:48	00:47:22	00:10:28	00:32:03
1142	448	JOSE MANUEL	ALONSO PEREZ	Lugo	Home		FLUVIAL	Veterano 3	113	00:47:49	00:47:44	00:10:47	00:32:54
1143	488	crisrina	fernández cid	Cambre	Muller		NOSPORTLIMIT	Veterano 2	9	00:47:49	00:47:22	00:10:35	00:32:26
1144	1674	Juan Carlos	Hermida Mera	Narón	Home			Veterano 2	358	00:47:49	00:47:27	00:10:31	00:32:21
1145	2708	Sergio	Lozano García	A Coruña	Home			Veterano 1	281	00:47:50	00:46:33	00:11:24	00:32:56
1146	717	José Luis	Mosquera Losada	A Coruña	Home			Veterano 2	359	00:47:50	00:47:32	00:10:29	00:32:33
1147	482	ALMUDENA	TASENDE PEREIRO	A Coruña	Muller			Senior	19	00:47:50	00:47:35	00:10:39	00:32:41
1148	508	Montserrat	Ponte Taboada	A Coruña	Muller			Veterano 2	10	00:47:51	00:47:38	00:10:54	00:32:37
1149	2944	DAVID	MEIJIDE RODRIGUEZ	A CORUÑA	Home			Senior	268	00:47:52	00:47:01	00:11:16	00:32:25
1150	989	Pablo	Rodríguez López	Oleiros	Home			Veterano 2	360	00:47:53	00:47:29	00:10:38	00:32:10
1151	1057	MANUEL	DOPICO NOUCHE	Cambre	Home		INDEPENDIENTE	Veterano 3	114	00:47:54	00:47:40	00:10:32	00:32:10
1152	944	Carlos	Corujo Carballedo	Lugo	Home		CLUB MONTE PENARUBIA	Veterano 2	361	00:47:55	00:47:25	00:10:55	00:32:42
1153	3153	jesús	fondevila	A Coruña	Home			Veterano 2	362	00:47:55	00:46:27	00:12:54	00:34:09
1154	805	Jose Ant.	Castelo Fariña	A Coruña	Home			Veterano 2	363	00:47:56	00:47:44	00:10:20	00:31:55
1155	1462	Ricardo	Calvo López	Culleredo	Home		ATLETAS DE ACEA DE AMA	Veterano 2	364	00:47:56	00:47:27	00:10:58	00:32:43
1156	3164	ruben	lage blanco	A Coruña	Home			Veterano 1	282	00:47:56	00:46:31	00:11:59	00:32:49
1157	487	Liseth Karina	Pérez Torres	A Coruña	Muller			Veterano 1	19	00:47:56	00:47:31	00:10:37	00:32:23
1158	986	MIGUEL ÁNGEL	DOMÍNGUEZ MARTÍNEZ	A Coruña	Home			Veterano 1	283	00:47:56	00:47:36	00:10:38	00:32:36
1159	2716	Martin	Suarez Peleteiro	A Coruña	Home			Veterano 2	365	00:47:57	00:46:03	00:11:57	00:33:10
1160	1347	PEDRO	SALIDO VARELA	Oleiros	Home			Veterano 2	366	00:47:58	00:47:17	00:11:08	00:32:48
1161	1615	Diego	Rodríguez López	Oleiros	Home			Veterano 1	284	00:47:58	00:47:35	00:10:39	00:32:25
1162	1696	Martin A.	Santos Espiñeira	Culleredo	Home			Senior	269	00:47:59	00:47:38	00:10:51	00:32:43
1163	1940	Luis	Barrio Casás	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 2	367	00:47:59	00:47:38	00:10:54	00:33:01
1164	2144	Antonio	Vázquez Gil	A Coruña	Home			Veterano 1	285	00:48:00	00:47:00	00:11:05	00:32:38
1165	1430	Daniel	Ciudad Cendán	A Coruña	Home		PATUKOS TIM RANIN	Veterano 2	368	00:48:01	00:47:22	00:11:09	00:32:47

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1166	3237	Juan Jose	Galdo Cao	Narón	Home		Altabros Altafit	Veterano 2	369	00:48:01	00:47:13	00:11:38	00:33:31
1167	1276	JUAN VIDAL	PEREZ ALVAREZ	Pontedeume	Home			Veterano 2	370	00:48:01	00:47:22	00:11:06	00:32:33
1168	1608	José Manuel	Rios Gibello	A Coruña	Home		RUNNING OLEIROS	Veterano 3	115	00:48:04	00:47:30	00:10:30	00:32:18
1169	3078	manuel	fernandez gomez	Vigo	Home			Veterano 1	286	00:48:04	00:47:07	00:11:39	00:33:16
1170	1864	Roberto	Moreda	A Coruña	Home			Veterano 2	371	00:48:04	00:47:42	00:11:00	00:33:17
1171	858	Emilio	Alonso Espasandín	A Coruña	Home			Senior	270	00:48:04	00:47:04	00:12:19	00:33:43
1172	1324	Ismael	Vieito Raña	A Baña	Home			Senior	271	00:48:06	00:47:36	00:10:53	00:32:05
1173	2787	Jose	Bermudez couto	A Coruña	Home			Veterano 1	287	00:48:07	00:47:25	00:11:24	00:33:05
1174	3044	jesus	martinez isasi	A Coruña	Home			Veterano 1	288	00:48:07	00:47:16	00:11:24	00:33:29
1175	1560	Pablo	Sobrino Bravo	Betanzos	Home			Veterano 1	289	00:48:08	00:47:30	00:11:04	00:32:53
1176	2109	Félix	Domínguez Valcarreras	Barcelona	Home			Veterano 2	372	00:48:09	00:47:12	00:11:39	00:33:14
1177	1422	Francisco	Calvo Pérez	A Coruña	Home		ATLETISMO RIAZOR CORUÑA	Veterano 2	373	00:48:09	00:47:47	00:10:50	00:33:02
1178	1877	Oscar	Galan adega	A Coruña	Home			Senior	272	00:48:10	00:47:09	00:12:20	00:33:38
1179	1621	roberto	rego fernandez	Culleredo	Home			Veterano 1	290	00:48:10	00:47:54	00:10:49	00:33:11
1180	1833	CARLOS	ALVAREZ FERNANDEZ	Culleredo	Home			Veterano 2	374	00:48:10	00:47:39	00:11:09	00:33:00
1181	1194	ivan	castiñeira restebada	A Coruña	Home			Senior	273	00:48:11	00:47:20	00:11:24	00:33:31
1182	1423	JULEN	MAYOR BALVIS	A CORUÑA	Home	AG201936	A.D. CERNE	Veterano 2	375	00:48:12	00:47:18	00:11:14	00:32:48
1183	930	OSCAR	DIAZ PRADO	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 1	291	00:48:12	00:47:59	00:09:33	00:32:03
1184	3374	JONATHAN	RAMOS VIDAL	A CORUÑA	Home			Senior	274	00:48:12	00:46:36	00:12:29	00:33:19
1185	503	Helga	Lenze	Culleredo	Muller			Veterano 2	11	00:48:13	00:48:03	00:10:27	00:32:37
1186	3398	ADRIAN	SILVA CAAMAÑO	A CORUÑA	Home			Senior	275	00:48:13	00:47:39	00:10:49	00:32:29
1187	1651	Servando	Otero Puente	Sada	Home			Veterano 3	116	00:48:13	00:47:47	00:10:50	00:32:39
1188	3370	CARLOS	RAMOS GONZALEZ	A CORUÑA	Home			Veterano 1	292	00:48:15	00:47:23	00:10:49	00:33:03
1189	1482	Javier	Teijeiro González	Ferrol	Home		Triatlón Ferrol	Veterano 2	376	00:48:15	00:47:39	00:11:06	00:32:54
1190	2788	VÍCTRO MANUEL	VÁZQUEZ MOSTEIRO	A Coruña	Home			Veterano 3	117	00:48:15	00:47:27	00:11:22	00:33:17
1191	865	Rubén	Menéndez Fernández	A Coruña	Home		CD GAS NATURAL FENOSA	Veterano 2	377	00:48:16	00:47:58	00:10:18	00:32:18
1192	951	Pablo	Nuñez Lopez	Marín	Home			Senior	276	00:48:16	00:48:02	00:09:51	00:31:45
1193	2098	Martín	Cedeira Vázquez	Arteixo	Home			Promesa	33	00:48:16	00:47:45	00:12:07	00:34:27

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1194	1196	VICTOR	TOURIÑAN LEIS	A Coruña	Home		SARDI TEAM	Veterano 2	378	00:48:17	00:47:40	00:11:13	00:32:59
1195	1555	Juan Manuel	Lamas Bello	A Laracha	Home	AG-2018151	ATLETICA A SILVA	Veterano 1	293	00:48:17	00:47:37	00:11:23	00:32:29
1196	1369	FRANCISCO JAVIER	MARTÍNEZ SANTOS	A Coruña	Home			Veterano 2	379	00:48:17	00:47:42	00:11:04	00:33:25
1197	1263	VICENTE	ARES MENDEZ	A Coruña	Home		CD XERION	Veterano 2	380	00:48:18	00:47:45	00:10:56	00:32:19
1198	1301	Guillermo	Rodicio Cimadevilla	A Coruña	Home			Senior	277	00:48:18	00:48:03	00:10:27	00:32:29
1199	1968	José	Puga García-Tizón	Oleiros	Home			Veterano 1	294	00:48:18	00:46:59	00:12:08	00:33:03
1200	1273	José Alberto	Rodríguez Vara	Arteixo	Home			Veterano 2	381	00:48:19	00:46:43	00:12:03	00:33:07
1201	1565	CRISTIAN EDUARDO	ALVARADO ORDOÑEZ	A CORUÑA	Home			Promesa	34	00:48:20	00:47:41	00:11:21	00:33:26
1202	822	MANUEL JULIO	SUAREZ MARTIN	Culleredo	Home			Veterano 3	118	00:48:20	00:48:13	00:09:58	00:32:21
1203	1535	Iván	Roibás Blanco	Cambre	Home			Veterano 2	382	00:48:20	00:47:46	00:10:53	00:32:43
1204	1654	juan javier	lopez lopez	Narón	Home			Veterano 2	383	00:48:21	00:47:31	00:11:45	00:33:14
1205	1499	Aitor	Calo Blanco	A Coruña	Home			Veterano 1	295	00:48:21	00:46:49	00:12:04	00:33:19
1206	343	Manuel	Gil Tojo	A Coruña	Home			Veterano 1	296	00:48:21	00:48:15	00:10:10	00:32:32
1207	473	Vanessa	Lodeiro Corral	Oleiros	Muller			Senior	20	00:48:21	00:48:07	00:10:14	00:32:44
1208	766	Ricardo	Rey Rodríguez	Ferrol	Home			Senior	278	00:48:21	00:48:07	00:10:13	00:32:43
1209	3102	Juan Carlos	Domínguez Gondar	Arteixo	Home		ATLETISMO RIA DE AROUSA	Veterano 2	384	00:48:22	00:47:46	00:10:54	00:32:45
1210	1531	Eduardo	Alvarez Magalhaes	Monforte de Lemos	Home			Veterano 1	297	00:48:23	00:47:50	00:10:24	00:32:28
1211	1576	Alberto	Seoane Amor	Betanzos	Home			Senior	279	00:48:23	00:47:46	00:11:14	00:33:04
1212	1884	Rafael	Regos Moreira	A Coruña	Home			Veterano 1	298	00:48:24	00:47:21	00:11:29	00:33:09
1213	1692	Javie	Palacio Alvarez	Oleiros	Home		Indra Runners	Veterano 2	385	00:48:24	00:47:20	00:11:58	00:33:43
1214	887	Enrique	Morales Barbosa	Cambre	Home			Veterano 2	386	00:48:25	00:47:44	00:11:27	00:32:59
1215	909	Miguel	Pavón Vázquez	A Coruña	Home			Veterano 2	387	00:48:25	00:47:42	00:11:29	00:32:59
1216	1673	Alejandro	Carrillo Rubio	Oleiros	Home			Veterano 1	299	00:48:25	00:47:55	00:10:43	00:32:50
1217	1015	Ulises	Golpe Fernández	Ferrol	Home			Senior	280	00:48:25	00:48:15	00:09:53	00:32:26
1218	106	Balbina	Tarrio Mangas	Coristanco	Muller		AD. FOGAR	Promesa	1	00:48:26	00:48:22	00:09:45	00:32:23
1219	1863	Gustavo Alonso	González Roel	Oza dos Ríos	Home			Veterano 1	300	00:48:27	00:46:55	00:00:00	00:33:51
1220	3180	Lorenzo	Fraga Lopez	Oleiros	Home			Senior	281	00:48:27	00:47:16	00:12:19	00:33:51
1221	544	Alberto Javier	Fidalgo Rodríguez	A Coruña	Home			Veterano 2	388	00:48:28	00:47:58	00:10:38	00:32:43

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1222	2659	Miguel	Varela Gomez	A Coruña	Home			Senior	282	00:48:29	00:47:41	00:11:35	00:33:30
1223	810	David	Castro Rodríguez	Chantada	Home			Veterano 1	301	00:48:29	00:47:18	00:11:52	00:33:34
1224	1264	FERNANDO	MARTÍNEZ BLANQUET	Caudete	Home			Senior	283	00:48:29	00:47:10	00:12:25	00:34:18
1225	105	Carmen	Pradera Cibreiro	Ferrol	Muller			Senior	21	00:48:30	00:48:20	00:09:51	00:32:18
1226	1202	FRANCISCO TOMAS	PEREIRO REFOJO	A Coruña	Home			Senior	284	00:48:31	00:47:07	00:12:14	00:34:17
1227	1636	Mariano	Tolosana Labarta	A	Home		Club ZaPetr?n	Veterano 1	302	00:48:31	00:48:02	00:11:08	00:33:03
1228	2090	Víctor Manuel	Insua Pico	A Coruña	Home			Veterano 2	389	00:48:31	00:48:04	00:10:33	00:32:44
1229	1998	david	pato vazquez	A Coruña	Home			Veterano 2	390	00:48:32	00:47:51	00:11:21	00:32:57
1230	1228	Domingo Tomas	Porta Vales	A Coruña	Home			Veterano 2	391	00:48:32	00:48:10	00:10:49	00:32:32
1231	1454	Benigno	Fuentes Vazquez	A Coruña	Home			Veterano 3	119	00:48:32	00:48:02	00:10:33	00:32:21
1232	506	angeles	castro fernandez	A Coruña	Muller		CLUB ATLETISMO SADA	Veterano 2	12	00:48:34	00:48:20	00:10:35	00:32:50
1233	1082	María	Novo Lago	A Coruña	Muller		No Sport Limit	Senior	22	00:48:34	00:48:05	00:10:39	00:32:29
1234	1192	Fernando	García Del Río	A Coruña	Home			Senior	285	00:48:34	00:48:12	00:09:30	00:31:53
1235	3280	Daniel	Uzal Veiga	A Coruña	Home			Promesa	35	00:48:35	00:48:05	00:12:01	00:34:27
1236	218	andres	vidal giraldez	A Coruña	Home		NOSPORTLIMIT	Senior	286	00:48:38	00:46:44	00:11:39	00:33:06
1237	1627	jose antonio	martinez lema	A Coruña	Home			Veterano 2	392	00:48:38	00:47:57	00:11:24	00:33:38
1238	1011	Ricardo	Area Teijeiro	A Coruña	Home			Veterano 2	393	00:48:38	00:48:21	00:10:28	00:32:49
1239	1504	Gonzalo Matías	Grillo Suárez	Arteixo	Home			Senior	287	00:48:39	00:47:54	00:11:12	00:33:50
1240	2128	Daniel	Pose García	Cambre	Home			Senior	288	00:48:39	00:47:49	00:11:39	00:33:58
1241	3230	Martín	Hervada	Cambre	Home			Promesa	36	00:48:39	00:47:57	00:09:22	00:32:15
1242	1066	Fernando	Vilaboy Ledo	Pontes de García Rodríguez, As	Home		CLUB CASTRO DE LOBADIZ	Veterano 1	303	00:48:40	00:48:32	00:10:05	00:32:45
1243	3277	Antonio	Ramos Rubal	A Coruña	Home			Veterano 3	120	00:48:41	00:47:24	00:11:46	00:33:24
1244	1197	Juan	Domato Añón	A Coruña	Home			Veterano 1	304	00:48:41	00:48:10	00:11:01	00:33:30
1245	263	David	Pascual Saenz de Tejada	A Coruña	Home		Kurai	Veterano 1	305	00:48:42	00:47:39	00:12:27	00:34:00
1246	1676	Miguel	Ibáñez Pérez	A Coruña	Home			Veterano 1	306	00:48:42	00:47:36	00:11:43	00:33:18
1247	3323	Javier	Castillo Bellagona	A Coruña	Home			Promesa	37	00:48:42	00:47:55	00:11:04	00:32:47
1248	1254	Celso	Blanco García	A Coruña	Home		Club H?rcules Termaria	Veterano 1	307	00:48:42	00:48:02	00:11:24	00:33:24
1249	1226	Roberto	Varela Veiga	Oleiros	Home		RUNNING OLEIROS	Veterano 1	308	00:48:42	00:48:08	00:00:00	00:33:07
1250	2539	Penélope	Martínez Justo	Arteixo	Muller			Senior	23	00:48:42	00:48:11	00:12:03	00:34:21

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1251	1139	MAR	ALONSO EIRAS	Viveiro	Muller			Veterano 3	9	00:48:43	00:48:16	00:11:07	00:33:14
1252	1099	Elizabeth	O'Brien	A Coruña	Muller			Senior	24	00:48:44	00:48:14	00:11:25	00:33:43
1253	1573	Alexandre	Veira Rodríguez	A Coruña	Home			Veterano 1	309	00:48:44	00:47:21	00:12:27	00:34:13
1254	1591	José Rubén	Barrán Ferreiro	A Coruña	Home			Senior	289	00:48:45	00:48:11	00:11:20	00:33:49
1255	1630	Carlos	Novoa ramos	A Coruña	Home			Veterano 1	310	00:48:45	00:48:02	00:11:23	00:33:52
1256	1586	JUAN ANTONIO	FERNANDEZ LORENZO	Ourense	Home		CIE GALFOR	Veterano 1	311	00:48:46	00:47:53	00:11:44	00:33:34
1257	1550	Rafael	Rosendo Mouriño	Ferrol	Home		INDEPENDIENTE	Veterano 1	312	00:48:47	00:48:02	00:11:27	00:33:20
1258	1603	JONATHAN	ALVAREZ GONZALEZ	A CORUÑA	Home			Veterano 1	313	00:48:47	00:48:07	00:11:36	00:33:27
1259	957	carlos	rey mera	Carballo	Home			Veterano 3	121	00:48:48	00:47:54	00:11:42	00:33:23
1260	3244	Pedro	Suárez Casal	A Coruña	Home			Senior	290	00:48:48	00:48:13	00:12:20	00:35:03
1261	2272	claudia	oreiro chapela	A Coruña	Muller		NOSPORTLIMIT	Veterano 2	13	00:48:49	00:47:50	00:11:52	00:33:46
1262	816	carlos	barral romeo	Narón	Home		PASA OU ENTORNA	Veterano 1	314	00:48:49	00:48:34	00:10:20	00:32:42
1263	1593	Adrián	Fernández Bogo	Narón	Home			Senior	291	00:48:50	00:48:21	00:10:24	00:33:08
1264	1387	Nestor	Arias Paz	Lugo	Home		CLUB MONTEPENARUBIA LUGO	Veterano 2	394	00:48:50	00:48:20	00:10:55	00:32:51
1265	539	Enrique	López Folgueiras	Lugo	Home		MONTEPENARUBIA	Veterano 4	21	00:48:50	00:48:23	00:10:56	00:32:50
1266	470	Ana	Bernardez Rodríguez	A Coruña	Muller			Senior	25	00:48:50	00:48:31	00:10:26	00:32:22
1267	1112	LAURA	GARCÍA ALONSO	Viveiro	Muller		AD SAN ROQUE	Senior	26	00:48:50	00:48:23	00:11:25	00:33:38
1268	1832	Yago	Vazquez Alvarez	A Coruña	Home			Senior	292	00:48:50	00:47:51	00:12:08	00:33:39
1269	3168	OSCAR	GONZALEZ MARTINEZ	A Coruña	Home			Veterano 1	315	00:48:51	00:48:10	00:11:31	00:33:46
1270	249	Óscar	Fresnedo	Culleredo	Home			Senior	293	00:48:51	00:48:15	00:12:20	00:35:02
1271	3199	RUBEN	REBORIDO REBOREDO	ARTEIXO	Home			Veterano 1	316	00:48:51	00:47:35	00:12:19	00:34:03
1272	1501	FEDERICO	ROMERO YUSTE	A Coruña	Home		CLUB ATLETISMO SADA	Veterano 3	122	00:48:51	00:48:18	00:10:58	00:33:17
1273	3057	HUGO	CRISTINO TRILLO	A Coruña	Home			Senior	294	00:48:52	00:47:31	00:11:54	00:33:51
1274	1227	ALEJANDRO	GARCIA MENDEZ	A Coruña	Home			Veterano 2	395	00:48:53	00:48:26	00:11:01	00:33:20
1275	1428	José Antonio	Sumay Rey	A Coruña	Home			Veterano 2	396	00:48:53	00:48:15	00:11:07	00:33:04
1276	1517	Pablo	Nieto Blasco	A Coruña	Home			Veterano 1	317	00:48:54	00:48:16	00:11:05	00:33:04
1277	507	Inés	Bonilla González	Santiago de Compostela	Muller			Senior	27	00:48:55	00:48:38	00:10:35	00:32:57



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1278	915	JORGE	BLANCO FERNANDEZ	A Coruña	Home			Veterano 2	397	00:48:55	00:48:19	00:10:35	00:33:00
1279	1236	Juan	Pérez Ferreiro	A Coruña	Home			Veterano 1	318	00:48:55	00:48:31	00:10:33	00:32:27
1280	757	JOSE	LOPEZ RIOPEDRE	Lugo	Home		FLUVIAL	Veterano 3	123	00:48:56	00:48:48	00:10:13	00:32:49
1281	1317	Efrén	Somorrostro Rodríguez	A Coruña	Home			Veterano 1	319	00:48:57	00:46:59	00:12:48	00:34:14
1282	3404	ADRIAN	TEIJEIRA PARDO	A CORUÑA	Home			Senior	295	00:48:58	00:48:27	00:10:02	00:32:11
1283	1483	Alejandro	Martínez Tejedor	Ferrol	Home			Promesa	38	00:48:59	00:47:50	00:11:31	00:33:12
1284	1548	Álvaro	Sordo Ferreiro	Pontes de García Rodríguez, As	Home			Promesa	39	00:48:59	00:48:36	00:09:53	00:32:57
1285	1076	lorena	seoane moreira	Carballo	Muller		C.D. OS MUDITOS	Senior	28	00:48:59	00:48:33	00:10:50	00:33:06
1286	1954	LUCAS	GUTIÉRREZ DE LAS HERAS	A Coruña	Home			Veterano 1	320	00:48:59	00:48:08	00:11:29	00:33:18
1287	2932	Primitivo	Calvo Roo	Ames	Home		Urban Runners Club Santiago	Veterano 1	321	00:49:00	00:47:30	00:12:59	00:34:17
1288	926	FRANCISCO	PETEIRO GRAÑA	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 2	398	00:49:00	00:48:15	00:11:15	00:33:22
1289	3143	Alex	García Sánchez	Cambre	Home			Senior	296	00:49:01	00:48:33	00:10:25	00:32:48
1290	117	LILIANA	RODRIGUEZ PAÑEDA	A Coruña	Muller			Veterano 1	20	00:49:02	00:48:44	00:10:54	00:33:25
1291	1568	Miguel	Sánchez López	Betanzos	Home			Veterano 1	322	00:49:02	00:48:32	00:11:09	00:32:58
1292	3305	Jesús	Vidal Paz	A Coruña	Home			Veterano 3	124	00:49:02	00:48:24	00:11:09	00:32:56
1293	3134	Marco Antonio	Lopez Garcia	A Coruña	Home			Veterano 1	323	00:49:02	00:48:32	00:11:07	00:32:59
1294	244	Adrián	Rodríguez Cambón	A Laracha	Home		A.d. Downhill Laracha	Senior	297	00:49:03	00:48:37	00:10:42	00:32:34
1295	1412	ANTONIO	REMUIÑÁN SÁNCHEZ	Carballo	Home	GA765470	ATLETISMO CARBALLO	Veterano 4	22	00:49:03	00:48:40	00:11:13	00:33:25
1296	467	Yasmina	Ben-Hakim Pardiñas	Ciudadella de Menorca	Muller		A.d. Downhill Laracha	Senior	29	00:49:03	00:48:38	00:10:41	00:32:35
1297	1451	Jorge Juan	Rego Garate	Narón	Home			Veterano 3	125	00:49:04	00:48:37	00:10:48	00:32:57
1298	1475	gustavo	roig soler	Cartagena	Home			Veterano 1	324	00:49:04	00:47:42	00:11:55	00:33:38
1299	2142	Alfonso	Diaz Perez	A Coruña	Home			Veterano 2	399	00:49:04	00:48:15	00:10:54	00:32:51
1300	3101	Enrique	Segade Serantes	A Coruña	Home		Club Hercules Termaria	Senior	298	00:49:04	00:48:01	00:12:12	00:34:10
1301	3222	Jose	Piñeiro	A Coruña	Home			Veterano 2	400	00:49:04	00:48:00	00:12:10	00:33:54
1302	3225	Daniel	Tuset Suárez	Arteixo	Home			Promesa	40	00:49:05	00:48:33	00:12:07	00:34:27
1303	3067	JOSE IGNACIO	AGRELO PEREZ	A Coruña	Home			Veterano 1	325	00:49:05	00:48:24	00:11:24	00:33:32

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1304	1418	Antonio	Merlos Miniño	Poio	Home		AGRUPACION VIGUESA DE ATLETISMO	Veterano 3	126	00:49:06	00:48:42	00:10:58	00:33:40
1305	800	Borja	García Fariña	A Coruña	Home			Veterano 1	326	00:49:06	00:48:28	00:11:19	00:33:54
1306	3112	Miguel	Rodríguez Rodríguez	Bergondo	Home			Senior	299	00:49:07	00:48:28	00:11:24	00:32:56
1307	1641	Abel	Lopez cernadas	A Coruña	Home		csc	Veterano 3	127	00:49:09	00:48:46	00:10:52	00:33:13
1308	2101	Martin	Lopez Silvarrey	A Coruña	Home			Senior	300	00:49:09	00:47:46	00:11:49	00:33:34
1309	1554	JAVIER	PRIETO SOUTO	Cambre	Home		ATLETISMO RIAZOR CORU?A	Veterano 1	327	00:49:09	00:48:53	00:10:59	00:33:07
1310	2605	ELVIRA BEATRIZ	RODRIGUEZ VARELA	A CORUÑA	Muller			Veterano 2	14	00:49:09	00:48:18	00:10:52	00:33:22
1311	1597	JOSE ANTONIO	CASTRO FANDIÑO	SANTIAGO DE COMPOSTELA	Home			Veterano 3	128	00:49:09	00:48:35	00:11:16	00:33:19
1312	1569	jose manuel	prieto sojto	A Coruña	Home		ATLETISMO RIAZOR CORU?A	Veterano 2	401	00:49:10	00:48:54	00:10:57	00:33:07
1313	491	Yan li	Chen Lin	A Coruña	Muller			Senior	30	00:49:10	00:48:09	00:12:32	00:34:35
1314	1310	Eliseo	García Cristóbal	Cambre	Home	ag2014328	CLUB ATLETISMO SADA	Veterano 2	402	00:49:11	00:48:29	00:11:37	00:33:43
1315	1359	jose manuel	lopez barreal	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Veterano 3	129	00:49:11	00:47:54	00:12:14	00:34:01
1316	1377	ANTONIO	SUAREZ POMBO	A Coruña	Home			Senior	301	00:49:11	00:47:41	00:12:18	00:34:10
1317	3291	Alejandro	Mosquera García	A Coruña	Home			Senior	302	00:49:11	00:48:27	00:12:07	00:34:25
1318	3236	David	Viña	Carballo	Home			Veterano 1	328	00:49:12	00:48:30	00:11:53	00:34:22
1319	3429	Javier	Varela García	Carballo	Home			Senior	303	00:49:12	00:48:31	00:11:53	00:34:22
1320	3179	Alberto	Martínez de Mena	A Coruña	Home			Veterano 1	329	00:49:13	00:48:56	00:10:58	00:33:44
1321	1947	Jose Maria	Perez Varela	Mugardos	Home			Veterano 3	130	00:49:14	00:48:33	00:11:38	00:33:55
1322	3281	Gonzalo	Álvarez porteiro	Arteixo	Home			Senior	304	00:49:15	00:47:51	00:11:55	00:33:37
1323	3124	Alberto	Sieiro Paz	Santiago de Compostela	Home			Veterano 1	330	00:49:16	00:48:40	00:11:56	00:34:05
1324	1184	Cristina	García González	A Coruña	Muller		NOSPORTLIMIT	Senior	31	00:49:16	00:48:41	00:10:57	00:33:20
1325	22	Marco Antonio	Píriz Verdura	Cambre	Home		INDEPENDIENTE	Veterano 2	403	00:49:16	00:48:10	00:13:06	00:34:50
1326	60	Luis Alfonso	Novo Veiga	Boimorto	Home	AG 764359	CLUB ATLETISMO BOIMORTO	Veterano 1	331	00:49:16	00:49:15	00:08:32	00:28:21
1327	903	LUIS	VEREA VAZQUEZ	Boimorto	Home			Veterano 1	332	00:49:16	00:48:41	00:11:23	00:34:15
1328	2172	NICOLAS	Ponte García	A Laracha	Home	46911624	Ad down hill	Veterano 1	333	00:49:17	00:48:34	00:11:28	00:33:14
1329	3432	Raúl	Castiñeiras Rodríguez	Carballo	Home			Veterano 2	404	00:49:18	00:48:35	00:11:52	00:34:22
1330	1116	Carolina	García gonzález	Oleiros	Muller		NOSPORTLIMIT	Senior	32	00:49:18	00:48:59	00:10:47	00:33:11

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1331	1409	Francisco	García Dans	A Coruña	Home		NSL	Veterano 2	405	00:49:18	00:48:47	00:10:54	00:33:10
1332	2122	Nicolas	Lois Canda	A Coruña	Home			Senior	305	00:49:19	00:48:25	00:11:47	00:33:57
1333	502	Paula	Prado Sánchez	A Coruña	Muller		NOSPORTLIMIT	Veterano 1	21	00:49:20	00:48:47	00:10:55	00:33:10
1334	3415	JOSE MANUEL	SANCHEZ FIDALGO	A CORUÑA	Home			Veterano 2	406	00:49:21	00:47:49	00:12:02	00:33:30
1335	3042	Bruno	Pardo Gil	A Coruña	Home			Promesa	41	00:49:21	00:48:44	00:11:47	00:34:30
1336	1496	Juan	González Blanco	A Coruña	Home			Veterano 2	407	00:49:21	00:48:45	00:10:53	00:33:02
1337	1284	JOSE MANUEL	SEIJO PEREZ	A Coruña	Home			Veterano 1	334	00:49:21	00:47:32	00:13:02	00:34:50
1338	1213	Jacobo	López Ulloa	A Coruña	Home			Veterano 2	408	00:49:22	00:47:34	00:12:25	00:34:16
1339	1626	Giovanni	Lazari	Galatina	Home			Veterano 2	409	00:49:22	00:48:37	00:11:27	00:33:36
1340	3190	BRAIS	LÓPEZ CAMPOS	Ferrol	Home			Senior	306	00:49:23	00:48:06	00:11:47	00:34:03
1341	505	Mari Luz	Sanmartin Fernandez	A Coruña	Muller			Veterano 4	1	00:49:24	00:49:06	00:10:52	00:33:25
1342	1518	jose antonio	santiso seoane	Cambre	Home			Veterano 3	131	00:49:24	00:47:55	00:12:13	00:33:46
1343	1930	Adrian	Fernandez Carballeira	Culleredo	Home			Veterano 1	335	00:49:24	00:48:33	00:10:51	00:33:39
1344	2099	Julian	Rodriguez Garzon	Lugo	Home			Veterano 2	410	00:49:24	00:47:45	00:12:57	00:34:06
1345	3216	Santiago	Gestal Viqueira	Ames	Home			Veterano 1	336	00:49:25	00:48:49	00:11:06	00:33:27
1346	3069	Ruben	Rey Pena	Carballo	Home			Veterano 1	337	00:49:25	00:48:57	00:10:51	00:33:02
1347	2120	Martín	Crespo Rodríguez	A Coruña	Home			Veterano 1	338	00:49:26	00:48:14	00:11:27	00:33:39
1348	518	Martin	Iglesias Dorta	A Coruña	Home			Senior	307	00:49:26	00:49:00	00:11:13	00:33:32
1349	97	ANA	FERNÁNDEZ GARCÍA	Ferrol	Muller	GA717059	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Senior	33	00:49:26	00:49:20	00:10:17	00:33:12
1350	1617	Miguel	Pardo Pereira	A Coruña	Home			Veterano 1	339	00:49:26	00:48:52	00:11:18	00:33:53
1351	499	Berit	Sommerfelt	Holstebro	Muller			Veterano 1	22	00:49:27	00:49:15	00:10:42	00:33:33
1352	2407	ROCIO VICTORIA	GARCIA ALONSO	Viveiro	Muller			Senior	34	00:49:27	00:49:01	00:11:30	00:33:53
1353	1842	Alejandro	Pazos Veiga	Ferrol	Home			Veterano 2	411	00:49:27	00:48:56	00:11:09	00:33:44
1354	1078	Elma	Santiago Mera	Ferrol	Muller			Veterano 1	23	00:49:28	00:48:54	00:11:15	00:33:48
1355	1363	IVAN	CASTIÑEIRA ALVAREZ	A CORUÑA	Home		NAISTROTE	Veterano 2	412	00:49:28	00:47:38	00:13:32	00:35:05
1356	1203	Tomas	Alvarez Primo	A Coruña	Home			Veterano 2	413	00:49:28	00:49:07	00:11:04	00:33:49
1357	1079	Maca	Alonso Fernandez	A Coruña	Muller			Veterano 2	15	00:49:28	00:49:07	00:11:04	00:33:49
1358	1925	David	Rapela Sande	Ferrol	Home			Veterano 2	414	00:49:28	00:48:54	00:10:21	00:33:02

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1359	3410	JUAN JOSE	VAZQUEZ RODRIGUEZ	A CORUÑA	Home			Veterano 2	415	00:49:29	00:49:09	00:10:54	00:33:58
1360	3320	Javier	Areosa Brandón	Arteixo	Home			Veterano 2	416	00:49:31	00:48:29	00:11:26	00:33:41
1361	1994	GABRIEL	SUAREZ SUAREZ	A Coruña	Home			Veterano 2	417	00:49:31	00:48:39	00:12:14	00:34:37
1362	1698	Begoña	Martínez Lorenzo	Arteixo	Muller			Veterano 2	16	00:49:31	00:49:18	00:10:40	00:33:21
1363	1831	Ángel Ramon	Martinez Cambon	A Coruña	Home			Veterano 3	132	00:49:31	00:49:17	00:10:39	00:33:21
1364	1836	Borja	Díaz Banet	Oleiros	Home			Senior	308	00:49:31	00:48:42	00:12:03	00:34:22
1365	1663	Manuel Angel	Dorado Vázquez	A Coruña	Home		jarnachos	Veterano 2	418	00:49:33	00:49:05	00:11:25	00:33:59
1366	1061	Anton	García Perez	A Coruña	Home		Tranvias	Veterano 1	340	00:49:33	00:49:06	00:11:29	00:33:59
1367	3293	RAFAEL	LANDERAS VAZQUEZ	Narón	Home		CORREDORES POPULARES ARMADA FERROL	Veterano 2	419	00:49:33	00:48:56	00:11:24	00:33:41
1368	2479	Carla	Orlando	Culleredo	Muller			Veterano 2	17	00:49:34	00:48:54	00:11:13	00:33:49
1369	1294	CARLOS	PINACHO LASTRES	Cambre	Home		C. A. BROZA DO BOSQUE	Veterano 2	420	00:49:34	00:48:06	00:12:55	00:34:38
1370	1471	EMILIO	GONZALEZ QUINTANA	A Coruña	Home			Veterano 1	341	00:49:35	00:48:54	00:11:26	00:33:47
1371	3151	Pedro David	Sanchez Sanchez	Culleredo	Home			Veterano 2	421	00:49:35	00:48:20	00:13:05	00:34:51
1372	1481	Miguel	Tella Ferreiro	Ordes	Home	78800545s	NOSPORTLIMIT	Senior	309	00:49:36	00:49:11	00:10:26	00:33:13
1373	2267	Francisca	Piñeyro Molina	A Coruña	Muller			Senior	35	00:49:37	00:49:02	00:11:38	00:33:37
1374	2069	Ignacio	Carmona Pérez	A Coruña	Home		RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Promesa	42	00:49:38	00:48:42	00:11:44	00:33:55
1375	1868	AGUSTIN	FERRAN ANEGON	Culleredo	Home		MIXMASTER RUNNING	Veterano 2	422	00:49:38	00:48:41	00:11:15	00:33:39
1376	1253	Alberto	Méndez Rodríguez	Oleiros	Home			Veterano 2	423	00:49:39	00:49:15	00:11:01	00:33:34
1377	3145	Óscar	Barreiro Rojo	A Coruña	Home			Veterano 1	342	00:49:39	00:48:29	00:11:53	00:34:02
1378	1969	RICARDO TRISTAN	YEPES RODRIGUEZ	A Coruña	Home			Veterano 3	133	00:49:39	00:48:07	00:12:20	00:34:15
1379	2052	JOSE ANTONIO	GARCIA MENDEZ	A Coruña	Home			Veterano 1	343	00:49:40	00:48:15	00:12:33	00:34:04
1380	2653	Manuel	Gil Quílez	A Coruña	Home			Senior	310	00:49:40	00:49:14	00:10:59	00:33:47
1381	1420	FERNANDO	GAREÁ VIDAL	Bergondo	Home			Veterano 3	134	00:49:41	00:48:46	00:12:06	00:34:02
1382	1683	Sergio	Rodríguez Rodríguez	Bergondo	Home			Veterano 1	344	00:49:41	00:48:44	00:11:22	00:33:51
1383	673	Carlos	Gómez	A Coruña	Home		Jos? Carlos G?mez Bugallo	Promesa	43	00:49:41	00:49:26	00:09:58	00:33:03
1384	2092	Iago	Fernández Mariño	A Coruña	Home			Senior	311	00:49:42	00:48:56	00:11:08	00:33:18

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1385	1059	MANUEL	LOPEZ CASCALLAR	A Coruña	Home			Veterano 1	345	00:49:43	00:49:30	00:10:14	00:32:47
1386	1931	Felipe	Gonzalez Picallo	Ferrol	Home			Senior	312	00:49:43	00:48:28	00:12:12	00:34:16
1387	1405	Antón	Pérez Vázquez	Mugardos	Home			Veterano 3	135	00:49:43	00:49:04	00:11:37	00:34:16
1388	3226	David	Díaz Pérez	A Coruña	Home			Veterano 1	346	00:49:44	00:48:54	00:11:28	00:34:02
1389	1599	JOSÉ ALFONSO	LÓPEZ VÁZQUEZ	Cariño	Home		CLUB CASTRO DE LOBADIZ	Veterano 3	136	00:49:44	00:49:23	00:10:55	00:33:30
1390	1606	Jose Luis	Fernandez Trisac	A Coruña	Home			Veterano 2	424	00:49:45	00:49:16	00:10:42	00:33:01
1391	131	EDUARDO	SEOANE SANTISO	A Coruña	Home	ga764658	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 2	425	00:49:45	00:49:17	00:10:46	00:33:02
1392	2005	JESUS	BLANCO PEREZ	CEDEIRA	Home			Senior	313	00:49:45	00:48:37	00:12:12	00:34:34
1393	3066	Manuel	Rodriguez Rodriguez	Bergondo	Home			Senior	314	00:49:45	00:49:06	00:11:30	00:33:36
1394	1847	Pablo	Varela Rosende	Carral	Home			Senior	315	00:49:46	00:48:44	00:12:56	00:35:44
1395	1892	Fernando	Castro Villasenin	Ordes	Home			Senior	316	00:49:46	00:48:57	00:11:42	00:34:04
1396	1921	ARTURO	RABUÑAL VAZQUEZ	ARTEIXO	Home			Veterano 4	23	00:49:47	00:48:51	00:11:55	00:34:14
1397	2527	TANIA	POSE GARCIA	A CORUÑA	Muller			Senior	36	00:49:48	00:49:22	00:10:34	00:33:15
1398	3228	Gerard	Garcia Guimaraes	A Coruña	Home			Veterano 1	347	00:49:49	00:49:12	00:11:38	00:34:10
1399	3181	EDUARDO DANIEL	FERNANDEZ SANCHEZ	LA CORUÑA	Home			Veterano 3	137	00:49:49	00:48:41	00:12:05	00:34:14
1400	1906	Raimundo	Otero Guldrís	A Coruña	Home			Veterano 1	348	00:49:50	00:49:24	00:11:01	00:33:53
1401	1985	Alex	Rama Pazos	A Coruña	Home			Senior	317	00:49:50	00:48:33	00:11:30	00:34:07
1402	1559	Roberto	Franco Vázquez	A Coruña	Home			Veterano 1	349	00:49:50	00:48:43	00:12:43	00:34:37
1403	827	Miguel	Pérez Rego	A Coruña	Home			Senior	318	00:49:51	00:49:14	00:11:47	00:34:25
1404	1348	MANUEL	BASALO VÁZQUEZ	A Coruña	Home		tiramillas	Veterano 2	426	00:49:51	00:49:09	00:11:04	00:33:27
1405	462	Andrea	Pico Blanco	Oleiros	Muller	AG2018417	ATLETISMO RIAZOR CORUÑA	Senior	37	00:49:51	00:49:16	00:11:41	00:34:16
1406	1551	Francisco Javier	Salgado Badás	A Coruña	Home		Indra Runners	Veterano 1	350	00:49:52	00:48:49	00:12:30	00:34:41
1407	512	BEATRIZ	GARCIA VAZQUEZ	CULLEREDO	Muller			Veterano 3	10	00:49:52	00:49:35	00:10:57	00:33:45
1408	1967	JOSE MANUEL	GENDRA VIEITES	santiago	Home			Veterano 3	138	00:49:52	00:48:10	00:13:03	00:34:38
1409	1509	Francisco Javier	Grueiro Lopez	Ferrol	Home			Veterano 3	139	00:49:53	00:49:15	00:11:15	00:33:46
1410	3023	Ruben	Diaz fraga	Betanzos	Home			Senior	319	00:49:53	00:48:33	00:12:27	00:34:36
1411	1679	JUAN CARLOS	GOMEZ BREA	Arteixo	Home		A.D.JARNACHAS	Veterano 1	351	00:49:54	00:49:22	00:11:25	00:34:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1412	3162	Jose Ceferino	Piñeiro Fonticoba	A Coruña	Home			Veterano 1	352	00:49:54	00:48:46	00:12:26	00:34:30
1413	3349	ramon	suarez pazos	Santiago de Compostela	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 3	140	00:49:54	00:49:08	00:12:33	00:35:11
1414	2018	jorge	novo	A Coruña	Home			Veterano 2	427	00:49:55	00:48:11	00:12:01	00:34:27
1415	1616	Rafael	Varea Cabanillas	Sada	Home			Veterano 2	428	00:49:55	00:49:08	00:11:27	00:34:12
1416	1077	catalina	Vázquez Taracido	Ferrol	Muller			Veterano 1	24	00:49:55	00:49:23	00:11:09	00:33:45
1417	3139	Oscar	Orizales Lopez	A Coruña	Home			Veterano 1	353	00:49:55	00:49:04	00:11:52	00:34:43
1418	2620	FÉLIX	ORTEGA PONCE DE LEÓN	Cuadros	Home			Veterano 2	429	00:49:56	00:48:52	00:12:00	00:34:37
1419	514	Paloma	Anca Rivera	A Coruña	Muller			Senior	38	00:49:56	00:49:44	00:10:26	00:33:22
1420	1843	Enrique	Suárez Díaz	Ferrol	Home		BOMBEROS	Veterano 2	430	00:49:56	00:49:24	00:11:15	00:33:50
1421	1086	YOLANDA	DEUS PALLARES	A Coruña	Muller			Veterano 2	18	00:49:56	00:49:12	00:11:29	00:34:13
1422	2780	José Manuel	Prego López	Pontevede	Home			Veterano 4	24	00:49:56	00:49:22	00:10:55	00:33:37
1423	2498	Elena	Pérez Mariño	Vigo	Muller			Promesa	2	00:49:57	00:49:33	00:10:48	00:34:18
1424	2076	Miguel	Rodríguez Bouza	Mugardos	Home			Senior	320	00:49:57	00:48:58	00:11:43	00:33:56
1425	1140	Verónica	López Golpe	Ferrol	Muller			Veterano 1	25	00:49:57	00:49:37	00:10:56	00:33:53
1426	3239	Alexis Fernandez Ferrera	Fernandez Ferrera	A Coruña	Home			Veterano 2	431	00:49:57	00:49:22	00:10:52	00:33:42
1427	332	Ignacio	García Rodríguez	Ferrol	Home			Veterano 1	354	00:49:58	00:49:38	00:10:59	00:33:53
1428	1578	Eloy	Calderón Fernández	A Coruña	Home			Veterano 3	141	00:49:59	00:49:35	00:10:44	00:33:20
1429	1577	Javier	Neira Seijas	A Coruña	Home			Veterano 1	355	00:49:59	00:49:06	00:11:52	00:34:19
1430	3024	Julio	Seijal Lema	A Coruña	Home		Startan	Veterano 1	356	00:50:00	00:49:22	00:11:58	00:34:42
1431	2488	Lola	Garcia Cambon	A Coruña	Muller			Veterano 2	19	00:50:00	00:49:21	00:11:59	00:34:42
1432	3257	jose maria	vales picon	A Coruña	Home			Senior	321	00:50:00	00:48:25	00:12:46	00:35:14
1433	1841	Jose Luis	Penalta datorre	Cambre	Home			Veterano 3	142	00:50:01	00:48:59	00:11:54	00:34:13
1434	612	José manuel	García sobrado	Arteixo	Home			Veterano 1	357	00:50:01	00:49:47	00:10:15	00:33:05
1435	1045	Pedro	Peteiro Rosende	A Coruña	Home		RUNNING OLEIROS	Veterano 2	432	00:50:02	00:49:21	00:11:31	00:34:12
1436	1670	Miguel Ángel	Rodríguez Gómez	A Coruña	Home			Veterano 2	433	00:50:02	00:48:42	00:11:47	00:34:04
1437	1694	LUIS ENRIQUE	PEDREIRA FREIRE	A Coruña	Home			Veterano 2	434	00:50:02	00:49:37	00:11:22	00:34:09
1438	3419	ROGELIO	GRANJA MENDEZ	A CORUÑA	Home			Veterano 4	25	00:50:03	00:49:12	00:11:47	00:34:19

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1439	1646	JAVIER	FRAGA VAZQUEZ	A CORUÑA	Home			Veterano 1	358	00:50:03	00:49:32	00:11:08	00:33:35
1440	1529	Marco	Polo Lamas	Culleredo	Home		CLUB ATLETISMO SADA	Veterano 2	435	00:50:03	00:49:18	00:11:48	00:34:50
1441	1278	JOSE DANIEL	GONZALEZ CASTRO	A Coruña	Home		C. C RIAZOR	Veterano 3	143	00:50:04	00:49:29	00:11:11	00:33:58
1442	929	Quique	Peña González	Cambre	Home	AG767354	PATUKOS TIM RANIN	Veterano 2	436	00:50:04	00:49:39	00:11:22	00:34:11
1443	2114	OSCAR	RODRIGUEZ FORMOSO	Narón	Home			Veterano 2	437	00:50:05	00:49:11	00:11:26	00:34:11
1444	1207	BORJA	DOMINGUEZ GONZALEZ	A Coruña	Home			Senior	322	00:50:05	00:48:53	00:13:30	00:34:59
1445	1393	Silvestre	Fernández Pinillos	A Coruña	Home			Senior	323	00:50:05	00:48:52	00:13:30	00:34:59
1446	1464	Alfonso	Botana Castelo	Cambre	Home			Veterano 2	438	00:50:05	00:49:33	00:11:19	00:34:13
1447	1440	IGNACIO	NIETO TABOADA	A CORUÑA	Home			Veterano 2	439	00:50:06	00:49:50	00:10:05	00:33:07
1448	1918	marcos	ferreiro varela	Malpica de Bergantiños	Home			Veterano 2	440	00:50:06	00:48:51	00:12:04	00:34:38
1449	3399	FRANCISCO JOSE	CORDERO RODRIGUEZ	NARON	Home			Senior	324	00:50:07	00:49:11	00:11:43	00:34:10
1450	1541	Chema	Lope de Toledo	A Coruña	Home			Veterano 2	441	00:50:07	00:49:25	00:11:58	00:34:34
1451	1858	Juan Carlos	Porto Lopez	Ares	Home			Veterano 2	442	00:50:07	00:49:11	00:12:12	00:34:54
1452	2063	Emilio	Borrero Touza	Oleiros	Home		RUNNING OLEIROS	Veterano 3	144	00:50:08	00:49:03	00:11:24	00:34:17
1453	2469	Paula	López senín	Santiago de Compostela	Muller			Senior	39	00:50:08	00:49:32	00:11:55	00:34:12
1454	580	Jose Manuel	Camba Deus	Fene	Home		SIGUEME SI PUEDES	Veterano 2	443	00:50:09	00:49:19	00:12:33	00:34:59
1455	1545	Antón	Ares Portela	A Coruña	Home			Senior	325	00:50:09	00:48:16	00:12:56	00:35:17
1456	1889	SERGIO	FREIRE PENA	A Coruña	Home			Senior	326	00:50:09	00:48:40	00:12:13	00:34:43
1457	3020	Felix	De Castro Rodriguez	A Coruña	Home		ATLETISMO DEZA	Veterano 3	145	00:50:10	00:49:32	00:11:18	00:34:11
1458	1316	Guillermo	Heras Dominguez	Culleredo	Home		RunningSarria	Veterano 2	444	00:50:10	00:49:47	00:11:17	00:33:52
1459	3047	Víctor	Ledo Lema	A Coruña	Home			Veterano 1	359	00:50:10	00:49:26	00:11:57	00:34:48
1460	449	Pablo	Currás Paredes	Moaña	Home		ATLETISMO SAMERTOLAMEU	Veterano 2	445	00:50:11	00:48:55	00:12:33	00:34:23
1461	1678	Jorge	Yáñez Lamas	Fene	Home			Senior	327	00:50:11	00:48:59	00:12:21	00:35:07
1462	2489	Silvia	Gestal Golán	Culleredo	Muller			Veterano 2	20	00:50:11	00:49:58	00:10:44	00:33:48
1463	1358	FRANCISCO JAVIER	LEMA PEREZ	A Coruña	Home		TERRA DE SONEIRA	Veterano 4	26	00:50:11	00:48:40	00:12:29	00:34:20
1464	1269	Sergio	García Rodríguez	Santiago de Compostela	Home		CLUB TRIATHLON SANTIAGO	Veterano 1	360	00:50:12	00:49:53	00:10:50	00:33:55

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1465	1830	EDUARDO	GOMEZ RAMOS	Oleiros	Home			Veterano 1	361	00:50:12	00:49:52	00:10:37	00:33:55
1466	2538	PATRICIA	PARDO SUAREZ	Arteixo	Muller			Veterano 2	21	00:50:12	00:49:40	00:11:23	00:34:00
1467	2628	Manuel Ángel	Martínez Quintiana	A Coruña	Home			Veterano 1	362	00:50:12	00:49:46	00:10:56	00:33:53
1468	1027	Ignacio	Beltrá García	Santiago de Compostela	Home		AGRUPACION DEPORTIVA PORTO DO SON	Senior	328	00:50:13	00:49:56	00:09:56	00:32:55
1469	878	Ivan	Lamela Valdomar	A Coruña	Home			Veterano 1	363	00:50:13	00:48:26	00:12:35	00:34:51
1470	2015	nacho	crespo lopez	Oleiros	Home		RUNNING OLEIROS	Veterano 2	446	00:50:13	00:49:44	00:11:22	00:34:17
1471	1493	Marc	Benhamou Gallego	A Coruña	Home			Veterano 2	447	00:50:14	00:49:32	00:11:51	00:34:28
1472	498	Yuliya	Nestsiarovich	Slonim	Muller			Senior	40	00:50:14	00:49:03	00:12:04	00:34:31
1473	1097	Patricia	Suso Sanchez	A Coruña	Muller		CLUB ATLETISMO SANTIAGO	Junior	3	00:50:14	00:49:44	00:11:31	00:34:44
1474	820	David	Vidal Lagares	A Coruña	Home			Senior	329	00:50:16	00:49:02	00:12:29	00:35:10
1475	1986	Sergio	Luaces Lago	A Coruña	Home			Senior	330	00:50:16	00:49:01	00:12:29	00:35:10
1476	1613	José Ángel	Lorenzo Riveiro	Culleredo	Home			Veterano 2	448	00:50:17	00:49:43	00:11:14	00:34:00
1477	1340	VICTOR MANUEL	ALVAREZ TABOADA	A Coruña	Home			Veterano 1	364	00:50:18	00:49:53	00:11:15	00:34:17
1478	1623	José A.	Borregán Taranilla	Fene	Home			Veterano 2	449	00:50:18	00:49:48	00:11:29	00:34:17
1479	2473	Marina	Gil Perez	A Coruña	Muller			Veterano 2	22	00:50:18	00:49:43	00:11:36	00:34:20
1480	1100	Claudia	Pereyra Gonzalez	A Coruña	Muller			Veterano 2	23	00:50:18	00:49:34	00:11:35	00:34:13
1481	1251	JUAN	PARDO MARIÑAS	A CORUÑA	Home			Senior	331	00:50:20	00:50:05	00:10:01	00:33:36
1482	2629	Diego	Suárez Gantes	A Coruña	Home			Veterano 2	450	00:50:20	00:49:14	00:12:23	00:34:48
1483	1193	jesus angel	corrales castro	Oleiros	Home		RUNNING OLEIROS	Veterano 1	365	00:50:20	00:49:50	00:11:13	00:33:54
1484	489	Esther	Giménez Moolhuyzen	A Coruña	Muller			Veterano 2	24	00:50:21	00:50:04	00:10:37	00:33:48
1485	1975	Víctor	Alvar Pariente	A Coruña	Home			Promesa	44	00:50:21	00:49:30	00:12:43	00:35:46
1486	331	Juan Carlos	Fernandez Pérez	Lugo	Home		CLUB ATLETISMO MONTE SEGADE	Veterano 2	451	00:50:21	00:50:17	00:09:58	00:34:26
1487	1637	Francisco	Alonso Cuevas	Cambre	Home	AG 764081	C.A.R. MARISQUEIRO	Veterano 2	452	00:50:21	00:49:59	00:10:51	00:34:34
1488	406	pablo	rodriguez alvarez	Sada	Home			Veterano 2	453	00:50:22	00:49:18	00:12:38	00:35:32
1489	1146	Banesa	Atán Rodríguez	Cee	Muller			Senior	41	00:50:22	00:49:47	00:11:29	00:34:18
1490	1862	David	Mesa Martínez	Oleiros	Home			Junior	20	00:50:23	00:48:53	00:13:38	00:35:44
1491	2100	JOSE	PEREZ LOURO	Bergondo	Home			Veterano 1	366	00:50:23	00:49:22	00:12:25	00:34:44
1492	1257	Javier	Grueiro Bouza	A CORUÑA	Home		Rialto	Veterano 2	454	00:50:23	00:49:54	00:10:38	00:33:41



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1493	2194	jose antonio	varela aranton	Carballo	Home			Veterano 1	367	00:50:23	00:49:21	00:11:45	00:34:40
1494	1587	Francisco	Rodríguez Pereira	Ferrol	Home			Veterano 2	455	00:50:24	00:49:51	00:11:23	00:34:21
1495	661	Daniel	Suso Sánchez	A Coruña	Home			Senior	332	00:50:24	00:49:54	00:11:34	00:34:45
1496	2038	CARLOS	ANULA RODRIGUEZ	Oleiros	Home			Veterano 2	456	00:50:24	00:49:45	00:12:11	00:34:50
1497	1144	AYA	SUEIRO GARCIA	Oleiros	Muller			Veterano 1	26	00:50:24	00:49:45	00:12:08	00:34:50
1498	3200	ALEJANDRO	RICHTER	OLEIROS	Home			Veterano 2	457	00:50:25	00:50:05	00:11:19	00:34:08
1499	1887	Óscar	López Blanco	A Coruña	Home			Veterano 1	368	00:50:26	00:50:01	00:11:07	00:33:36
1500	1983	CARLOS	GONZALEZ CRIADO	Cambre	Home			Veterano 2	458	00:50:26	00:50:02	00:11:07	00:33:44
1501	2973	BORJA	DIAZ SANTISO	COSPEITO	Home			Promesa	45	00:50:27	00:49:42	00:12:40	00:35:28
1502	1353	Pablo	Vidal Cortés	Ourense	Home			Veterano 1	369	00:50:28	00:49:41	00:12:02	00:34:49
1503	1574	Javier Pastor	Diaz Mosquera	Ferrol	Home			Senior	333	00:50:28	00:49:56	00:10:50	00:34:29
1504	1955	carlos	candal rivera	Culleredo	Home			Veterano 2	459	00:50:28	00:48:54	00:12:39	00:34:56
1505	1190	Marta	Muiño Vidal	A Coruña	Muller			Senior	42	00:50:28	00:49:52	00:11:09	00:33:55
1506	1191	Beatriz	Muiño Vidal	A Coruña	Muller			Senior	43	00:50:29	00:49:52	00:11:11	00:33:54
1507	1888	Jorge Luis	Lopez Bouzas	A Coruña	Home			Veterano 1	370	00:50:29	00:49:26	00:12:07	00:34:42
1508	2042	JAIMÉ	REGUEIRO YEBRA	Oleiros	Home			Veterano 2	460	00:50:30	00:49:31	00:12:12	00:34:41
1509	1040	RUBEN	DIAZ GIL	A CORUÑA	Home			Veterano 1	371	00:50:31	00:50:16	00:10:33	00:33:50
1510	1571	Carlos	Diaz-Pache Mackinlay	Ferrol	Home			Veterano 3	146	00:50:32	00:49:52	00:11:09	00:34:23
1511	2030	JAVIER	VAZQUEZ SOUTO	Arteixo	Home			Veterano 2	461	00:50:32	00:49:45	00:11:40	00:34:00
1512	1852	Diego	Carballés Rivas	A Coruña	Home			Senior	334	00:50:33	00:49:39	00:11:47	00:34:22
1513	1567	Sergio	Mejide Botana	Cambre	Home			Veterano 1	372	00:50:33	00:49:00	00:12:35	00:35:02
1514	2079	jose manuel	lorenzo vilar	Narón	Home			Veterano 3	147	00:50:33	00:49:27	00:12:21	00:35:01
1515	1530	Arturo	Buide López	A Coruña	Home			Veterano 4	27	00:50:33	00:50:10	00:10:38	00:33:52
1516	461	Pilar	Marquiz Hernandez	A Coruña	Muller	AG769358	CLUB ATLETISMO SADA	Veterano 4	2	00:50:34	00:50:15	00:10:50	00:34:04
1517	3136	David	García Fuentes	Carral	Home			Veterano 1	373	00:50:34	00:49:32	00:12:55	00:35:37
1518	1575	andres	gonzalez garcía	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 3	148	00:50:34	00:50:13	00:10:54	00:33:53
1519	1128	Ruth	Beltrán Muñoz	Tui	Muller		Urban Runners Club Santiago	Senior	44	00:50:34	00:49:49	00:12:32	00:35:11
1520	1118	Carmela	Sanchez Barreiro	Santiago de Compostela	Muller	AG2014633	Urban runners Santiago	Veterano 1	27	00:50:34	00:49:48	00:12:33	00:35:11

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1521	2004	MARCOS	MUÑIZ GARCIA	A CORUÑA	Home			Veterano 1	374	00:50:34	00:49:46	00:11:16	00:33:54
1522	2613	JOSE	GRELA RODRIGUEZ	A Coruña	Home			Veterano 3	149	00:50:35	00:49:54	00:11:44	00:34:21
1523	1201	Miguel	Fernández padín	Cambre	Home		tiramillas	Veterano 2	462	00:50:35	00:49:51	00:11:07	00:33:27
1524	955	j	fernandez padín	Cambre	Home		tiramillas	Veterano 2	463	00:50:35	00:49:53	00:11:07	00:33:20
1525	2721	FERNANDO	CARMONA PEREZ	A CORUÑA	Home			Senior	335	00:50:36	00:49:23	00:12:18	00:34:53
1526	3197	CARLOS	PARDO TASENDE	A CORUÑA	Home			Senior	336	00:50:36	00:49:28	00:12:27	00:34:35
1527	2463	RUTH	ARROJO VARELA	A Coruña	Muller			Senior	45	00:50:37	00:49:40	00:11:37	00:34:36
1528	1893	Nacho	CARDENAS	Oleiros	Home			Veterano 2	464	00:50:37	00:48:54	00:12:23	00:35:19
1529	1605	Fabián	Valcárcel Martínez	A Coruña	Home			Senior	337	00:50:37	00:49:42	00:11:36	00:34:34
1530	2182	FRANCISCO	CANOURA QUINTANA	A CORUÑA	Home			Veterano 2	465	00:50:38	00:49:25	00:12:32	00:35:08
1531	2065	José Ramón	Blanco Hortas	Lugo	Home		Hospital Polusa	Veterano 2	466	00:50:38	00:50:00	00:11:33	00:34:22
1532	1103	Lorena	Lopez lopez	Lugo	Muller		OPTICALIA CALLAO	Veterano 1	28	00:50:38	00:49:59	00:11:33	00:34:25
1533	2254	BELEN	LOURO SANMARTIN	A Coruña	Muller			Senior	46	00:50:38	00:49:57	00:10:57	00:33:44
1534	1964	Jose	Couto Castro	A Coruña	Home			Veterano 2	467	00:50:39	00:49:37	00:12:23	00:34:43
1535	2285	María	Fernández Figueroa	A Coruña	Muller			Veterano 1	29	00:50:39	00:49:30	00:12:14	00:35:02
1536	2457	pury	campos regueiro	Abegondo	Muller			Veterano 2	25	00:50:39	00:49:57	00:11:37	00:34:29
1537	1446	JULIO	TRAVESO NEIRA	A Coruña	Home			Veterano 2	468	00:50:39	00:49:57	00:11:31	00:34:11
1538	1910	Manuel	Fernández Varela	Lugo	Home		MONTEPENARUBIA	Veterano 2	469	00:50:39	00:50:10	00:10:51	00:33:42
1539	2011	JOSE MANUEL	VILAS SANCHEZ	A Coruña	Home			Veterano 3	150	00:50:40	00:50:00	00:11:07	00:34:10
1540	2041	ÁNGEL	FUDILI MORENO	Culleredo	Home		CLUB OLYMPO AS PONTES	Veterano 2	470	00:50:40	00:49:55	00:13:08	00:35:45
1541	1465	Juan Manuel	Cano Acevedo	Cambre	Home		INDEPENDIENTE	Veterano 2	471	00:50:41	00:50:00	00:11:28	00:34:26
1542	2766	Domingo	Manteiga Blanco	A Coruña	Home			Veterano 2	472	00:50:43	00:49:40	00:11:49	00:34:34
1543	2849	Javier	Iglesias Alonso	Betanzos	Home			Veterano 2	473	00:50:43	00:49:41	00:12:08	00:34:43
1544	1298	Xose Ramudo	Rivas	A Coruña	Home			Veterano 3	151	00:50:43	00:49:48	00:12:08	00:34:59
1545	1620	ANTONIO MANUEL	ULLOA MENDEZ	A Coruña	Home			Veterano 1	375	00:50:43	00:50:07	00:11:29	00:34:46
1546	1532	José Francisco	Pérez García	A Coruña	Home			Veterano 3	152	00:50:45	00:50:05	00:11:18	00:34:42
1547	2839	MANUEL	OUTES PAZ	Carballo	Home			Veterano 4	28	00:50:45	00:49:56	00:12:00	00:34:26

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1548	1995	José Miguel	Vazquez Gonzalez	Melide	Home			Veterano 1	376	00:50:45	00:49:54	00:11:46	00:34:38
1549	2034	Ricardo	Pereira Vara	A Coruña	Home			Veterano 1	377	00:50:45	00:49:40	00:11:34	00:34:40
1550	1018	JORGE	NAYA MACIAS	CARBALLO	Home			Senior	338	00:50:45	00:50:23	00:10:28	00:33:32
1551	2163	JOSÉ MANUEL	ABRUÑEDO BARBEITO	A Coruña	Home			Veterano 2	474	00:50:46	00:49:31	00:13:04	00:35:25
1552	2197	JOSÉ LUIS	DELGADO DOMÍNGUEZ	A Coruña	Home			Veterano 3	153	00:50:46	00:49:52	00:12:06	00:34:53
1553	3048	Marcos	Gallego Handford	A Coruña	Home			Senior	339	00:50:46	00:49:33	00:12:34	00:35:39
1554	2058	MANUEL	VAZQUEZ ALVEDRO	A CORUÑA	Home			Veterano 4	29	00:50:46	00:49:46	00:12:20	00:35:04
1555	2116	JOSE MANUEL	TEIJEIRO CHANTADA	A Coruña	Home			Veterano 2	475	00:50:46	00:49:46	00:11:47	00:34:41
1556	1200	David	seoane Pena	Culleredo	Home			Veterano 1	378	00:50:47	00:50:12	00:10:09	00:33:57
1557	1004	gonzalo	rivas rodriguez	A Coruña	Home			Veterano 1	379	00:50:47	00:49:36	00:13:00	00:35:14
1558	1653	Alejandro	Luis Novoa	A Coruña	Home			Senior	340	00:50:47	00:49:53	00:12:08	00:34:41
1559	1897	Gabriel	Alejo	A Coruña	Home			Senior	341	00:50:48	00:49:13	00:12:53	00:35:16
1560	2846	Jaime	Aneiros Ardao	Valdoviño	Home			Senior	342	00:50:49	00:49:40	00:11:57	00:34:51
1561	1699	MARI CARMEN	RODRIGUEZ GOLAN	A Laracha	Muller			Veterano 2	26	00:50:49	00:49:41	00:12:18	00:34:54
1562	2937	Víctor Manuel	Vilaboy Formoso	Pontes de García Rodríguez, As	Home		CLUB OLYMPO AS PONTES	Senior	343	00:50:49	00:49:53	00:12:47	00:35:25
1563	2891	CARLOS	CRUJEIRAS ROMERO	A Coruña	Home			Veterano 2	476	00:50:49	00:50:04	00:11:49	00:34:44
1564	1425	ENRIQUE	PALLEIRO PARDAL	SANTIAGO DE COMPOSTELA	Home			Veterano 3	154	00:50:50	00:49:28	00:12:10	00:34:29
1565	1534	MANUEL ANGEL	COBAS OTERO	Ames	Home	AG769997	ATLETISMO FONTES DO SAR	Veterano 3	155	00:50:50	00:49:20	00:12:32	00:34:57
1566	2670	LUIS	OTERO DESENTRE	A CORUÑA	Home			Senior	344	00:50:51	00:48:54	00:13:25	00:35:36
1567	1411	Enrique	Antelo Tudela	Lugo	Home			Veterano 2	477	00:50:51	00:50:08	00:11:27	00:34:31
1568	1437	AITOR	GOROZARRI DE MADARIAGA	A Coruña	Home			Veterano 2	478	00:50:52	00:49:32	00:12:41	00:35:35
1569	2947	ALEJANDRO	Castro varela	A CORUÑA	Home			Junior	21	00:50:52	00:50:08	00:12:37	00:35:27
1570	3092	JUAN CARLOS	BARBEITO IGLESIAS	A Coruña	Home			Veterano 3	156	00:50:52	00:50:19	00:11:15	00:34:33
1571	1938	Francisco	López Malde	A Coruña	Home			Veterano 2	479	00:50:53	00:49:22	00:00:00	00:35:34
1572	3336	Rubén	Blanco Díaz	Narón	Home		A.D. Nautico de Nar?n	Veterano 2	480	00:50:53	00:49:26	00:00:00	00:35:29

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1573	1582	DAVID	VILLAR VILLAR	A Coruña	Home			Veterano 1	380	00:50:54	00:50:22	00:11:14	00:34:08
1574	2043	Jerónimo	Miguel Blanco	Culleredo	Home			Veterano 2	481	00:50:54	00:49:54	00:12:27	00:35:03
1575	1731	María	Andrade González	Cambre	Muller			Senior	47	00:50:54	00:49:31	00:12:41	00:35:36
1576	1898	Juan	Sebelón	A Coruña	Home			Senior	345	00:50:54	00:50:03	00:11:37	00:34:31
1577	2024	Pablo	Casal vazquez	Cambre	Home			Veterano 1	381	00:50:55	00:49:51	00:12:11	00:34:57
1578	1525	PEDRO	SANCHEZ RODILLA	A Coruña	Home			Veterano 3	157	00:50:56	00:50:29	00:11:19	00:34:31
1579	1850	Carlos	García Macías	Carballo	Home			Veterano 1	382	00:50:57	00:49:53	00:12:11	00:34:33
1580	2061	Jose	Suarez Nuñez	A Coruña	Home		NOSPORTLIMIT	Veterano 2	482	00:50:57	00:50:39	00:10:47	00:33:54
1581	1879	FRANCISCO JAVIER	PALLARES GARCIA	A Coruña	Home			Veterano 1	383	00:50:58	00:49:23	00:12:16	00:35:02
1582	1602	manuel	lires freire	A Coruña	Home			Veterano 1	384	00:50:58	00:50:24	00:11:06	00:34:14
1583	3388	Adrián	Piñeiro Donís	A Coruña	Home			Promesa	46	00:50:58	00:50:25	00:09:56	00:33:48
1584	1904	ROBERTO	PICOS	A Coruña	Home			Veterano 2	483	00:50:58	00:50:14	00:12:38	00:36:18
1585	1505	MANUEL	BASOA RODRIGUEZ	Fene	Home			Senior	346	00:50:59	00:50:30	00:11:06	00:34:41
1586	1996	FRANCISCO JAVIER	GARCIA VILLAAMIL	A Coruña	Home			Veterano 1	385	00:50:59	00:49:39	00:12:59	00:35:15
1587	1981	RENÉ	PÉREZ MARTÍNEZ	A Coruña	Home			Veterano 1	386	00:51:00	00:50:07	00:12:10	00:35:07
1588	1634	José luis	Suarez fariñas	Oleiros	Home			Veterano 3	158	00:51:00	00:49:24	00:12:44	00:34:59
1589	1072	Noelia	Rodríguez Delgado	Arteixo	Muller			Senior	48	00:51:00	00:50:24	00:10:52	00:33:37
1590	2624	Fernando	Prieto Prado	A Coruña	Home			Veterano 2	484	00:51:00	00:49:45	00:12:54	00:35:49
1591	1478	Jose Luis	Benito Martínez	A Coruña	Home		Gantespory	Veterano 1	387	00:51:01	00:49:55	00:11:10	00:33:51
1592	501	Lucía	Vázquez Sesar	Culleredo	Muller			Senior	49	00:51:01	00:50:31	00:11:34	00:34:49
1593	2033	Óscar	López Figueroa	A Coruña	Home			Senior	347	00:51:01	00:49:46	00:12:31	00:35:10
1594	1032	Breogán	García Matos	A Coruña	Home			Senior	348	00:51:01	00:49:07	00:12:50	00:35:00
1595	3105	Daniel	González Rama	Arteixo	Home			Veterano 1	388	00:51:02	00:50:18	00:11:27	00:34:24
1596	755	Miguel	López Castelo	A Coruña	Home			Veterano 1	389	00:51:02	00:49:48	00:11:44	00:35:23
1597	2738	MANUEL	RAÑA PREGO	Ordes	Home		ATLETISMO ORDES	Veterano 4	30	00:51:02	00:50:54	00:10:53	00:34:39
1598	3368	MARIO	SILVARREY VIEZTES	A CORUÑA	Home			Promesa	47	00:51:03	00:49:39	00:11:49	00:34:24
1599	2722	SANTIAGO	CAEIRO QUINTEIRO	OLEIROS	Home			Veterano 3	159	00:51:03	00:49:13	00:14:25	00:36:47

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1600	3335	FIDEL	MIGUELEZ CASARES	A Coruña	Home			Veterano 3	160	00:51:03	00:49:31	00:12:30	00:35:13
1601	1122	dolores	rey da silva	Santa Comba	Muller	ag769744	CLUB ATLETISMO MILLARAIO	Veterano 1	30	00:51:03	00:50:27	00:11:20	00:34:31
1602	1661	marcelo gabriel	tripodi	bagnara	Home			Veterano 3	161	00:51:03	00:50:42	00:11:31	00:34:50
1603	928	Alberto	Carrasco	Cambre	Home			Veterano 3	162	00:51:04	00:51:02	00:10:28	00:34:32
1604	509	EVA	SANCHEZ MARTINEZ	A Coruña	Muller		MIXMASTER RUNNING	Veterano 2	27	00:51:05	00:50:51	00:11:00	00:34:27
1605	2051	IAGO	ALVES DA COSTA PATO	OLEIROS	Home			Senior	349	00:51:06	00:49:36	00:12:58	00:35:26
1606	2168	Diego	Sánchez Cal	Abegondo	Home			Senior	350	00:51:07	00:49:53	00:12:29	00:35:11
1607	3241	ONOFRE	GARCÍA GONZÁLEZ	A Coruña	Home			Veterano 2	485	00:51:07	00:50:02	00:12:36	00:35:42
1608	1846	Ismael	Taboada Ares	Carral	Home			Senior	351	00:51:07	00:50:06	00:12:55	00:35:44
1609	622	Bruno	Bello Lafuente	A Coruña	Home		NOSPORTLIMIT	Senior	352	00:51:07	00:49:16	00:12:14	00:35:14
1610	2080	Javier	Torres Gonzalez	Oleiros	Home			Veterano 2	486	00:51:07	00:50:25	00:11:56	00:34:46
1611	3255	Gabriel José	Fernandez Orizales	A Coruña	Home			Promesa	48	00:51:08	00:49:31	00:12:03	00:34:40
1612	898	Manuel	Naveira Fachal	MERA	Home			Veterano 2	487	00:51:08	00:50:55	00:09:58	00:33:58
1613	1760	rocio	campos brea	Culleredo	Muller		ADC BOMBEIROS A CORUÑA	Veterano 1	31	00:51:09	00:50:43	00:10:48	00:33:59
1614	3100	Javier	Gayoso Paz	A Coruña	Home			Senior	353	00:51:09	00:49:17	00:12:57	00:35:06
1615	788	JOSÉ CARLOS	TORREIRO LÓPEZ	A Coruña	Home			Veterano 3	163	00:51:10	00:50:48	00:11:17	00:34:35
1616	1247	Borja	Martínez Gomez	Durango	Home			Senior	354	00:51:11	00:50:08	00:11:57	00:34:47
1617	113	Alicja	Kubicka	Gniewkowo	Muller			Senior	50	00:51:11	00:50:07	00:11:54	00:34:45
1618	2900	JOSE LUIS	CASTRO MARTINEZ	Oleiros	Home		C.A. OUTES. JOHN-TURKEY	Veterano 2	488	00:51:13	00:50:04	00:12:07	00:34:57
1619	1368	FRANCISCO JAVIER	LÓPEZ DE LA FUENTE	Vigo	Home			Veterano 1	390	00:51:14	00:50:45	00:11:15	00:34:29
1620	2097	Venancio	Mendez diaz	Vilalba	Home			Veterano 3	164	00:51:14	00:50:16	00:12:34	00:35:41
1621	1125	PATRICIA	PERTIERRA CASTAÑO	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 2	28	00:51:15	00:50:44	00:11:24	00:34:49
1622	2096	Antón	Baltar Farré	Santiago de Compostela	Home			Veterano 1	391	00:51:16	00:50:15	00:12:06	00:34:50
1623	87	Marta	Barbeito Domínguez	Oleiros	Muller		A.D. FOGAR CARBALLO	Senior	51	00:51:16	00:51:08	00:10:29	00:34:07
1624	958	Jose Manuel	Pedrosa Gil	Oleiros	Home		Rugby Trail Team	Senior	355	00:51:17	00:51:06	00:10:11	00:33:56
1625	2678	Álvaro	Fernández Gómez	A Coruña	Home			Promesa	49	00:51:17	00:50:38	00:11:27	00:34:20

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1626	1272	José	Pedreira García	Oleiros	Home			Veterano 2	489	00:51:17	00:49:42	00:12:27	00:35:16
1627	2105	JUAN JOSE	BRAVO SANCHEZ	CULLEREDO	Home			Veterano 1	392	00:51:17	00:49:54	00:00:00	00:35:54
1628	1102	natalia	hermida rodriguez	Valdoviño	Muller	AG2018977	ATLETISMO NARON	Veterano 2	29	00:51:18	00:50:53	00:11:23	00:34:47
1629	1584	Jesus	Lens Blanco	Lugo	Home		MontePenarrubia	Veterano 2	490	00:51:18	00:50:48	00:11:01	00:34:15
1630	2190	ROMULO	FISCH de Berredo Menezes	Brasilia	Home			Veterano 2	491	00:51:19	00:50:35	00:11:55	00:35:10
1631	500	MARIA JESUS	RIO GARCIA	A Coruña	Muller		FLUVIAL	Veterano 3	11	00:51:20	00:50:53	00:11:14	00:34:38
1632	900	MARTIN	FERNANDEZ SANCHEZ	A Coruña	Home			Senior	356	00:51:21	00:49:42	00:13:57	00:35:49
1633	1894	francisco	Cabanas sanchez	A Coruña	Home			Senior	357	00:51:21	00:49:35	00:12:50	00:35:33
1634	1664	Ruben Dario	Garcia Matos	A Coruña	Home			Veterano 1	393	00:51:22	00:49:42	00:12:22	00:35:18
1635	1919	JAVIER	ALVAREZ PEREZ	A CORUÑA	Home			Senior	358	00:51:23	00:50:19	00:12:09	00:35:05
1636	1648	Sergio	Sampedro Herranz	A Coruña	Home			Senior	359	00:51:23	00:49:31	00:12:55	00:35:05
1637	1950	JOAQUIN	GARMA CASTRO	Betanzos	Home			Veterano 2	492	00:51:23	00:50:35	00:11:41	00:34:56
1638	831	ÁLVARO	BARCA BUYO	A Coruña	Home			Veterano 2	493	00:51:24	00:50:46	00:12:05	00:36:22
1639	1091	Begoña	Lois Alvarez	A Coruña	Muller		RUNNING OLEIROS	Veterano 2	30	00:51:24	00:50:54	00:11:30	00:34:50
1640	1669	fermin	pan otero	A Coruña	Home	a-7444	EGOVARROS DE VIVEIRO	Veterano 4	31	00:51:25	00:50:46	00:11:40	00:35:07
1641	2091	Domingo	Miguel Arias	Culleredo	Home			Veterano 3	165	00:51:25	00:50:00	00:14:27	00:36:25
1642	1356	Pablo	Rodríguez Torres	A Coruña	Home			Senior	360	00:51:25	00:50:48	00:11:07	00:34:26
1643	1199	Andres	Paz Pérez	A Coruña	Home			Veterano 1	394	00:51:26	00:49:46	00:12:52	00:35:34
1644	3386	MIGUEL OVIDIO	VARELA GARCIA	A CORUÑA	Home			Veterano 2	494	00:51:27	00:51:08	00:11:18	00:34:54
1645	1314	Sergio	Calvo Espasandín	A Coruña	Home			Veterano 1	395	00:51:28	00:50:50	00:11:38	00:35:04
1646	2761	José luis	Calvo fernandez	Santiago de compostela	Home			Veterano 1	396	00:51:28	00:50:19	00:13:03	00:36:01
1647	2762	Mingos	Lado Formoso	Santiago de Compostela	Home			Veterano 1	397	00:51:28	00:50:19	00:12:59	00:36:02
1648	2765	juanjo	rodríguez blanco	Santiago de Compostela	Home			Veterano 2	495	00:51:28	00:50:19	00:13:02	00:36:01
1649	2631	Manuel Francisco	Rodríguez Figueroa	Noia	Home			Veterano 3	166	00:51:29	00:50:39	00:11:30	00:34:27
1650	576	Francisco	Solla Pousada	A Coruña	Home			Veterano 3	167	00:51:29	00:51:04	00:10:51	00:34:29

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1651	1872	PABLO	RODRÍGUEZ-LORASQUE VÁZQUEZ	A Coruña	Home		NOSPORLIMITS	Veterano 2	496	00:51:30	00:49:39	00:00:00	00:35:53
1652	2860	VICENTE	MALTES DAROCHA	Valencia	Home			Veterano 1	398	00:51:30	00:50:10	00:12:41	00:35:51
1653	1467	MANUEL ANGEL	LOPEZ HERMO	Culleredo	Home			Veterano 1	399	00:51:30	00:50:07	00:00:00	00:36:14
1654	1143	Cristina	Moran Monzo	Sada	Muller		CLUB ATLETISMO SADA	Veterano 2	31	00:51:30	00:50:58	00:11:22	00:34:46
1655	1851	José Fernando	Trillo Carlín	Carballo	Home	52434314	A.D. FOGAR CARBALLO	Veterano 2	497	00:51:32	00:50:58	00:11:21	00:35:01
1656	2421	Lucía	Armesto Abelaira	Cambre	Muller		CLUB ATLETISMO SADA	Veterano 1	32	00:51:32	00:51:21	00:09:45	00:29:45
1657	2132	Carlos	Fernández Muiños	Sada	Home			Veterano 2	498	00:51:32	00:50:11	00:00:00	00:36:14
1658	1365	JUAN	CARIDAD MARTINEZ	A Coruña	Home		ANDAINA	Veterano 2	499	00:51:32	00:51:02	00:10:56	00:33:49
1659	2020	Manel	Pérez Piñon	A Coruña	Home			Veterano 2	500	00:51:33	00:49:46	00:13:20	00:36:09
1660	1282	Marcos	Santos Pérez	Noia	Home	GA-766250	ATLETISMO FONTES DO SAR	Veterano 1	400	00:51:34	00:50:46	00:12:53	00:36:18
1661	2712	Francisco	Pazos González	Sada	Home		Sada	Veterano 3	168	00:51:35	00:51:00	00:11:32	00:34:42
1662	2136	ALBERTO	PEDREIRA FERNANDEZ	A Coruña	Home			Veterano 2	501	00:51:37	00:50:39	00:12:22	00:35:27
1663	2574	Pilar	Pinilla López	Fene	Muller			Veterano 2	32	00:51:37	00:51:03	00:11:31	00:35:07
1664	2175	Diego José	Bolaños Fuentes	A Coruña	Home			Senior	361	00:51:38	00:50:24	00:12:25	00:35:40
1665	1479	PABLO	VAL GUERREIRO	Ferrol	Home		yo	Veterano 2	502	00:51:38	00:51:09	00:11:12	00:35:09
1666	1848	Fernando	Somoza Vicente	A Coruña	Home			Veterano 1	401	00:51:38	00:50:36	00:12:03	00:34:59
1667	2029	Xurxo	Barreiro González	A Coruña	Home			Senior	362	00:51:38	00:50:49	00:11:37	00:34:51
1668	3243	jorge	Fernández López	Fene	Home			Veterano 3	169	00:51:38	00:51:04	00:11:31	00:35:06
1669	1417	Luis	Gestal Garce	A Coruña	Home			Veterano 2	503	00:51:38	00:50:28	00:12:56	00:35:31
1670	3187	Pablo	teijo López	Betanzos	Home		paderne	Veterano 1	402	00:51:39	00:49:57	00:13:28	00:36:08
1671	3152	Iago	Vidal Martínez	A Coruña	Home			Junior	22	00:51:39	00:50:34	00:13:00	00:35:40
1672	760	JOSE MANUEL	LOPEZ CAAMAÑO	A Coruña	Home		CLUB DEL MAR	Veterano 2	504	00:51:40	00:50:49	00:12:22	00:35:30
1673	920	ALBERTO	NOYA TORRADO	Culleredo	Home			Veterano 2	505	00:51:40	00:51:22	00:11:12	00:35:03
1674	1081	Giulia	Scrinzi	Rovereto	Muller			Senior	52	00:51:42	00:51:06	00:11:11	00:34:44
1675	1092	ANA	PUIME MIGUEZ	VIGO	Muller			Veterano 1	33	00:51:43	00:51:25	00:11:18	00:34:53
1676	1610	JAVIER	FRAGA LAMAS	A CORUÑA	Home			Veterano 2	506	00:51:43	00:49:46	00:13:03	00:36:05
1677	1463	IAGO	GONZALEZ FERMOSE	A Coruña	Home			Veterano 1	403	00:51:43	00:51:03	00:10:32	00:35:20

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1678	1186	Rosa María	Maceiras Seoane	Arteixo	Muller			Veterano 2	33	00:51:44	00:51:07	00:11:38	00:35:16
1679	1806	ROMINA	RODRIGUEZ LOJO	A Coruña	Muller			Veterano 1	34	00:51:44	00:51:10	00:11:39	00:34:55
1680	2130	manuel jose	rey paulos	Carballo	Home			Veterano 4	32	00:51:44	00:50:43	00:12:19	00:35:53
1681	3122	Hector	Fraga Lopez	A Coruña	Home			Veterano 1	404	00:51:45	00:50:33	00:12:18	00:35:24
1682	1677	Jose Javier	Piñero Mulero	Jumilla	Home			Senior	363	00:51:45	00:50:59	00:12:00	00:35:24
1683	3264	Javier	Núñez Vázquez	Oleiros	Home			Promesa	50	00:51:45	00:50:09	00:12:13	00:35:22
1684	3039	JOSE	PEREIRO TAIBO	Culleredo	Home			Veterano 2	507	00:51:45	00:50:48	00:13:06	00:36:17
1685	3409	PURIFICACION	FIDALGO FILGUEIRAS	A CORUÑA	Muller			Veterano 2	34	00:51:45	00:51:12	00:11:54	00:35:24
1686	678	José Luís	Villar Moreira	Oleiros	Home		RUNNING OLEIROS	Veterano 3	170	00:51:46	00:51:34	00:09:52	00:33:28
1687	1959	Alberto	García de la Calle	Carbajosa de la Sagrada	Home			Veterano 2	508	00:51:47	00:50:34	00:13:04	00:36:02
1688	1546	JUAN EMILIO	RIVEIRO RODRÍGUEZ	A Coruña	Home			Veterano 2	509	00:51:47	00:50:53	00:12:11	00:35:13
1689	3111	MIGUEL	GAMALLO PONTE	A Coruña	Home			Veterano 2	510	00:51:47	00:50:54	00:12:11	00:35:14
1690	1455	Xosé	Gómez Botana	A Coruña	Home		EGOVARROS DE VIVEIRO	Veterano 4	33	00:51:47	00:50:59	00:12:04	00:35:35
1691	2458	Lara	Marcos Iglesias	A Coruña	Muller			Senior	53	00:51:47	00:51:13	00:11:39	00:34:58
1692	2640	Fernando	Sandá Macho	Arteixo	Home			Veterano 3	171	00:51:47	00:50:46	00:11:33	00:34:29
1693	1855	harwin stiven	rodriguez llanos	A Coruña	Home			Promesa	51	00:51:48	00:50:50	00:12:57	00:36:07
1694	2702	Xosé	Lozano Alvariño	Santiago de Compostela	Home			Veterano 4	34	00:51:48	00:51:20	00:11:39	00:35:37
1695	2131	José Luis	López Rodríguez	A Coruña	Home			Veterano 2	511	00:51:49	00:51:01	00:12:04	00:35:38
1696	2654	Carlos	Martín Fernández	A Coruña	Home			Veterano 2	512	00:51:50	00:51:10	00:11:18	00:34:50
1697	1659	Jose Manuel	Pena Becerra	A Coruña	Home			Veterano 1	405	00:51:50	00:50:50	00:12:02	00:35:15
1698	2110	CARLOS	CARREIRA OTERO	A Coruña	Home		CLUB ATLETISMO BOIMORTO	Veterano 3	172	00:51:51	00:51:01	00:12:41	00:35:46
1699	1990	SANTIAGO	COBA MARTINEZ	Narón	Home			Senior	364	00:51:51	00:50:47	00:00:00	00:36:35
1700	3058	jose Luis	Garrote Ramil	Narón	Home			Veterano 2	513	00:51:51	00:50:28	00:00:00	00:35:51
1701	1106	JANETTE	VARELA VAZQUEZ	CORISTANCO	Muller			Senior	54	00:51:52	00:51:16	00:11:34	00:35:48
1702	1933	SANTIAGO	EIRIS LOPEZ	A Coruña	Home			Veterano 3	173	00:51:52	00:51:01	00:11:41	00:35:08
1703	3149	Alberto	Fernandez Garcia	A Coruña	Home			Veterano 2	514	00:51:52	00:51:13	00:11:26	00:34:57



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1704	1109	Laura	Fernández Nocelo	Oleiros	Muller		ATLETAS DE ACEA DE AMA	Veterano 1	35	00:51:53	00:50:53	00:12:14	00:35:31
1705	3383	ANXO	LEMA GRILLE	A CORUÑA	Home			Senior	365	00:51:53	00:50:04	00:13:26	00:35:39
1706	2793	VICENTE	Parapar Fustes	Oleiros	Home		RUNNING OLEIROS	Veterano 2	515	00:51:53	00:51:04	00:11:21	00:34:48
1707	1614	JOSE FRANCISCO	VARELA VAL	A Coruña	Home			Veterano 2	516	00:51:54	00:51:23	00:12:20	00:35:47
1708	1222	ANDRÉS	GARCÍA GONZÁLEZ	Mugardos	Home		ESCUELA DE ATLETISMO PAULA MAYOBRE	Veterano 4	35	00:51:54	00:51:01	00:12:10	00:35:33
1709	3118	Daniel	Solera Lopez	Sada	Home			Veterano 1	406	00:51:54	00:50:53	00:12:27	00:35:45
1710	2183	CAMILO	BLANCO SANCHEZ	Culleredo	Home			Veterano 2	517	00:51:55	00:51:11	00:11:56	00:35:18
1711	2760	Claudio J.	Fuentes Girgado	Narón	Home			Veterano 2	518	00:51:55	00:50:37	00:13:06	00:36:25
1712	1721	MARILUZ	SANDA GUERRA	Cambre	Muller	AG2016974	LA MOCHILA DEL DEPORTE	Veterano 3	12	00:51:55	00:51:23	00:10:58	00:34:52
1713	2032	ÁNGEL M.	ÁLVAREZ SOTO	Narón	Home		A.D.R. VARA E PEDAL	Veterano 3	174	00:51:55	00:50:28	00:13:25	00:36:31
1714	2665	JULIO ALFREDO	AMIEIRO CORTIZAS	A CORUÑA	Home			Senior	366	00:51:55	00:49:59	00:13:27	00:35:43
1715	2141	Andrea	Guiotto	Culleredo	Home			Veterano 2	519	00:51:55	00:50:49	00:12:55	00:36:02
1716	1133	Amira	Simón Martínez	A Coruña	Muller		NOSPORTLIMIT	Senior	55	00:51:57	00:51:23	00:11:00	00:35:02
1717	1124	MANUEL	FERNANDEZ SOUTO	A Coruña	Home			Veterano 2	520	00:51:57	00:51:01	00:11:47	00:35:14
1718	1973	MANUEL	PIÑEIRO SANJUAN	Cabanas	Home			Veterano 3	175	00:51:59	00:51:09	00:11:52	00:35:19
1719	1598	JULIO	CORDONIE PORTO	A Coruña	Home			Veterano 3	176	00:52:00	00:51:31	00:11:52	00:35:17
1720	1861	José Antonio	Martínez Mazagatos	Culleredo	Home			Veterano 2	521	00:52:00	00:50:31	00:13:41	00:36:17
1721	1980	Francisco	Barrientos Capelo	A Coruña	Home		EGOVARROS DE VIVEIRO	Veterano 4	36	00:52:01	00:51:06	00:12:13	00:35:49
1722	2740	Alex	Enriquez Varela	A Coruña	Home		FUBASA LEGENDS	Veterano 1	407	00:52:03	00:51:15	00:12:03	00:35:37
1723	2454	SILVIA MARIA	FACHAL MOSTEIRO	A Coruña	Muller			Veterano 2	35	00:52:03	00:49:59	00:13:24	00:36:12
1724	2242	Marta	Mella Seijido	Cambre	Muller			Veterano 1	36	00:52:03	00:50:30	00:13:28	00:36:20
1725	2774	José	Ríos García	A Coruña	Home			Veterano 4	37	00:52:04	00:51:12	00:12:06	00:35:39
1726	1581	Reinaldo	González Pedreira	A Coruña	Home			Veterano 2	522	00:52:04	00:51:15	00:11:55	00:35:23
1727	2994	Roberto	Vázquez alvite	A Coruña	Home			Veterano 1	408	00:52:04	00:51:26	00:11:34	00:35:03
1728	742	Fran	García	Oleiros	Home		Finisher Oleiros	Senior	367	00:52:05	00:51:46	00:11:16	00:34:54
1729	2619	JAVIER	vazquez pereiro	Culleredo	Home			Veterano 1	409	00:52:05	00:51:45	00:11:17	00:34:52

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1730	2025	FERNANDO	MARTINEZ LOPEZ	A Coruña	Home			Veterano 2	523	00:52:06	00:50:34	00:13:56	00:36:15
1731	2744	Daniel	Losada	Bergondo	Home			Senior	368	00:52:06	00:51:04	00:12:25	00:35:45
1732	2618	JORGE MATEO	BELLO CASTRO	A Coruña	Home			Senior	369	00:52:06	00:51:47	00:11:19	00:34:53
1733	1444	Andrés	Ardá Freire	A Coruña	Home			Veterano 1	410	00:52:06	00:51:07	00:12:33	00:35:48
1734	1108	Ana María	Sánchez Manteiga	Sada	Muller		CLUB ATLETISMO SADA	Veterano 2	36	00:52:07	00:51:36	00:11:24	00:35:17
1735	3130	Marcos	Santamariña fuentes	A Coruña	Home			Veterano 1	411	00:52:08	00:51:02	00:13:26	00:36:29
1736	1687	Oscar	Vidal Rodriguez	A Coruña	Home			Veterano 1	412	00:52:08	00:51:42	00:11:12	00:35:13
1737	2711	Adrián	González López	Pobra do Caramiñal, A	Home			Promesa	52	00:52:09	00:51:21	00:11:40	00:35:45
1738	495	Raquel	Botana González	Cambre	Muller		ATLETAS DE ACEA DE AMA	Veterano 2	37	00:52:09	00:51:38	00:11:31	00:35:07
1739	217	Marcos	González Talavero	A Coruña	Home		Atletas Acea de Ama	Veterano 2	524	00:52:09	00:51:14	00:12:17	00:35:39
1740	1668	David	Germade Mosquera	A Coruña	Home			Veterano 1	413	00:52:09	00:51:17	00:12:01	00:34:54
1741	1519	JOSE FRANCISCO	BUÑO BARREIRO	A Coruña	Home			Veterano 2	525	00:52:09	00:51:30	00:11:40	00:35:26
1742	1126	Estefania	Mendoza Contreras	Oleiros	Muller		ATLETAS DE ACEA DE AMA	Veterano 2	38	00:52:10	00:51:11	00:12:18	00:35:41
1743	1583	Gelasio	Bernardez	Ourense	Home			Veterano 4	38	00:52:10	00:51:51	00:11:16	00:35:43
1744	2664	MANUEL	LÓPEZ PETINAL	A Coruña	Home			Veterano 1	414	00:52:11	00:51:07	00:00:00	00:35:41
1745	3315	Miguel	Frías del Palacio	A Coruña	Home			Senior	370	00:52:11	00:51:21	00:12:18	00:35:45
1746	3271	Jose Luis	Rosende fuentes	Estrada, A	Home			Veterano 1	415	00:52:12	00:51:12	00:12:03	00:35:20
1747	1920	JOSE	MARTINEZ ZAS	ARTEIXO	Home			Veterano 2	526	00:52:12	00:50:39	00:12:49	00:35:41
1748	3211	LUIS	Patiño Varela	OLEIROS	Home			Junior	23	00:52:12	00:50:57	00:13:01	00:36:05
1749	1899	hector	fraga ares	Ferrol	Home			Senior	371	00:52:13	00:50:45	00:13:25	00:36:30
1750	1988	MIGUEL	RIVAS GARCIA	Ferrol	Home			Senior	372	00:52:13	00:51:04	00:13:19	00:36:40
1751	3221	PABLO	SOUTO SALGADO	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Junior	24	00:52:13	00:51:06	00:14:12	00:37:29
1752	1155	MARÍA LUISA	MATEO CASÁÑEZ	A Coruña	Muller			Veterano 2	39	00:52:14	00:51:48	00:11:51	00:35:30
1753	1903	Luis Fernando	Saavedra Sobrado	A Coruña	Home			Senior	373	00:52:14	00:51:09	00:15:31	00:37:36
1754	2709	David	Blasco Fagundo	Gata	Home			Senior	374	00:52:15	00:51:27	00:13:16	00:36:01
1755	469	Maria Carmen	Louzao Rodríguez	A Coruña	Muller			Veterano 2	40	00:52:15	00:51:46	00:11:32	00:35:06

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1756	2019	Victor	Castro Caaveiro	A Coruña	Home			Veterano 2	527	00:52:15	00:51:46	00:11:32	00:35:06
1757	1542	Jose Manuel	Marcote Lago	Narón	Home			Veterano 2	528	00:52:15	00:50:47	00:12:31	00:35:45
1758	2088	Santiago	Simón Cuadrado	A Coruña	Home			Veterano 3	177	00:52:15	00:51:24	00:11:31	00:34:57
1759	1837	Diego	Dopico Silva	Santiago de Compostela	Home		Urban Runners Club Santiago	Veterano 1	416	00:52:16	00:51:30	00:12:27	00:36:13
1760	1763	Toñi	Braños Carbajo	Redondela	Muller		RUNNING OLEIROS	Veterano 3	13	00:52:16	00:51:47	00:11:41	00:35:34
1761	1607	JOSE LUIS	LOPEZ LOPEZ	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 3	178	00:52:17	00:51:49	00:11:14	00:35:03
1762	1094	RAQUEL	RUIBAL CARNEIRO	Ordes	Muller			Veterano 1	37	00:52:19	00:51:34	00:12:29	00:36:13
1763	2297	Tatiana	Casal Beloy	A Coruña	Muller			Promesa	3	00:52:19	00:50:53	00:13:20	00:36:06
1764	2652	Miguel	Andrade Vázquez	Melide	Home			Senior	375	00:52:20	00:51:20	00:12:20	00:36:20
1765	2888	FELIPE	PATÍÑO JUNQUERA	Ferrol	Home			Veterano 3	179	00:52:23	00:51:22	00:12:19	00:35:46
1766	2472	Yolanda	Rodriguez Sánchez	A Coruña	Muller			Veterano 2	41	00:52:23	00:51:24	00:12:43	00:35:49
1767	2125	Renato	Rivas lopez	A Coruña	Home		ORUJO TEAM	Veterano 1	417	00:52:23	00:50:52	00:13:17	00:36:26
1768	2461	Carla	García Ferreiro	A Coruña	Muller			Senior	56	00:52:23	00:51:07	00:12:30	00:35:56
1769	3357	Jose Antonio	Regueiro Suarez	Mesía	Home			Veterano 2	529	00:52:24	00:50:54	00:12:21	00:35:59
1770	1697	BENIGNO	GAREA CAO	A Coruña	Home			Veterano 3	180	00:52:26	00:51:47	00:11:58	00:35:40
1771	3172	Carlos	López Vilariño	Ferrol	Home			Veterano 2	530	00:52:26	00:51:20	00:12:46	00:36:17
1772	2742	Alejandro	Núñez López	Padrón	Home			Senior	376	00:52:26	00:51:24	00:13:05	00:36:42
1773	1129	Silvia	Sánchez Bascoy	A Coruña	Muller		INDEPENDIENTE	Veterano 3	14	00:52:27	00:52:05	00:11:23	00:35:09
1774	1880	MARIANO	RAMIREZ FERNANDEZ	A Coruña	Home			Veterano 2	531	00:52:27	00:50:41	00:00:00	00:35:51
1775	513	Carmen	Casal Llorente	A Coruña	Muller			Veterano 2	42	00:52:28	00:52:06	00:10:53	00:35:21
1776	2589	Lucia	García carnero	A Coruña	Muller			Senior	57	00:52:29	00:50:47	00:14:14	00:37:16
1777	2904	JOSE HERMINDO	PRIETO GARCIA	OLEIROS	Home			Veterano 1	418	00:52:29	00:50:44	00:13:28	00:36:25
1778	925	ANTONIO	SANGUINETTI RODRIGUEZ	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 1	419	00:52:29	00:51:47	00:12:17	00:36:19
1779	3371	DAVID	SOUTO NAVEIRA	A CORUÑA	Home			Promesa	53	00:52:30	00:51:32	00:14:00	00:40:44
1780	2241	Patricia	Redondo silva	Coruña	Muller			Veterano 1	38	00:52:30	00:52:17	00:10:41	00:35:18
1781	2180	Alberto	Vilas Martínez	A Coruña	Home		ATLETISMO RIAZOR CORUÑA	Veterano 3	181	00:52:30	00:52:01	00:11:54	00:35:24
1782	1022	JOSE ANTONIO	ANTUÑA ROMERO	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 1	420	00:52:30	00:51:48	00:12:17	00:36:19

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1783	3146	Marcos	Rabuñal Cedeira	A Coruña	Home			Senior	377	00:52:30	00:50:40	00:14:15	00:37:28
1784	2666	JOSE ANTONIO	AÑON COSTA	A CORUÑA	Home			Veterano 1	421	00:52:30	00:50:58	00:13:07	00:36:16
1785	208	Alejandro	Nuñez Alonso	A Coruña	Home		NoSportLimit-Trek Galicia	Senior	378	00:52:31	00:50:48	00:00:00	00:36:30
1786	3108	Manuel	Veres De Dios	A Coruña	Home			Senior	379	00:52:31	00:50:53	00:00:00	00:37:32
1787	2111	Oscar	Cernadas Souto	Oleiros	Home			Veterano 1	422	00:52:32	00:52:08	00:11:19	00:35:54
1788	484	Maria Luisa	Barreiro Fuentes	A Coruña	Muller	G-763977	ATLETISMO RIAZOR CORUÑA	Veterano 2	43	00:52:32	00:52:10	00:11:16	00:35:02
1789	3413	BEATRIZ	PACIOS YAÑEZ	A CORUÑA	Muller			Veterano 3	15	00:52:32	00:51:38	00:12:49	00:36:15
1790	2037	Óscar	Patao Lameiro	A Coruña	Home			Veterano 2	532	00:52:32	00:51:40	00:12:12	00:35:48
1791	1649	David	Lamas Rama	Oleiros	Home			Senior	380	00:52:32	00:52:08	00:11:15	00:35:56
1792	1942	jesus	freire pedreira	A Coruña	Home			Veterano 2	533	00:52:32	00:51:02	00:13:46	00:36:37
1793	2779	Roberto	Figueroa Suárez	Arteixo	Home			Veterano 2	534	00:52:33	00:51:40	00:12:12	00:35:34
1794	2064	Fausto	Rodríguez Montero	A Coruña	Home			Veterano 1	423	00:52:34	00:51:54	00:11:49	00:34:57
1795	1288	Pedro	Pardo pérez	A Coruña	Home		A NINGUN CLUB	Veterano 3	182	00:52:34	00:51:11	00:00:00	00:36:42
1796	1516	JOSE ANTONIO	VIÑA VAZQUEZ	Lugo	Home		FLUVIAL	Veterano 3	183	00:52:34	00:52:05	00:11:28	00:35:26
1797	1104	CARMEN	OMIL NOGALES	Cambre	Muller			Junior	4	00:52:35	00:51:55	00:11:54	00:35:53
1798	1876	JESUS	GARCIA PONTE	A Coruña	Home			Veterano 2	535	00:52:35	00:50:48	00:13:29	00:36:02
1799	2075	Alonso	Alvarez Ventoso	A Coruña	Home			Veterano 3	184	00:52:36	00:51:21	00:12:49	00:36:21
1800	2893	ismael	arcay garcia	Cambre	Home		tiramillas	Veterano 1	424	00:52:36	00:51:53	00:11:07	00:36:05
1801	2117	Carlos	Martínez Cortizas	A Coruña	Home			Veterano 1	425	00:52:36	00:51:03	00:12:58	00:36:31
1802	1828	Fabián	Santos Pose	Vimianzo	Home		Ximnasio Vimianzo	Senior	381	00:52:37	00:51:35	00:12:23	00:36:12
1803	1176	Conchi	Vilas Fernández	Santiago de Compostela	Muller			Veterano 2	44	00:52:39	00:52:00	00:12:11	00:35:49
1804	2896	carlos	rodriguez iglesias	A Coruña	Home			Veterano 2	536	00:52:40	00:51:56	00:12:11	00:35:59
1805	167	J. Tomás	Buján Dosil	Bergondo	Home	DG3072A	CLUB ATLETISMO NOIA	Veterano 2	537	00:52:40	00:52:01	00:12:49	00:37:34
1806	3173	David	Novo Vicos	Betanzos	Home			Senior	382	00:52:41	00:51:38	00:13:34	00:37:00
1807	2300	Marta	Rodríguez barreiro	A Coruña	Muller			Veterano 1	39	00:52:41	00:51:21	00:00:00	00:36:18
1808	1708	Mònica	Longueira Maneiro	Cambre	Muller			Veterano 2	45	00:52:42	00:52:01	00:11:59	00:35:36
1809	1633	SANTIAGO	MILLE	Pontevedra	Home			Veterano 2	538	00:52:42	00:52:21	00:11:24	00:36:10
1810	2040	BRUNO	MÉNDEZ RODRÍGUEZ	Galápagos	Home			Veterano 1	426	00:52:43	00:51:42	00:12:23	00:35:50

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1811	2643	Daniel	Ramos Vazquez	A Coruña	Home			Veterano 1	427	00:52:44	00:52:14	00:11:40	00:35:35
1812	3266	Ángel	Rodríguez Lareo	Culleredo	Home			Veterano 1	428	00:52:46	00:51:37	00:12:42	00:36:47
1813	1963	David	Cardama del Río	A Coruña	Home		gallaecia	Veterano 1	429	00:52:46	00:51:38	00:12:40	00:36:46
1814	1171	Ana	Vigo Barreira	A Coruña	Muller		CSC running club	Veterano 2	46	00:52:47	00:52:18	00:11:39	00:35:41
1815	1553	Jose maria	Bergantiños lopez	Begonte	Home		Queim?n Team Sport	Veterano 1	430	00:52:48	00:52:17	00:11:12	00:34:54
1816	2676	jose benito	lópez Barreiro	A Coruña	Home			Veterano 3	185	00:52:48	00:52:00	00:12:03	00:35:59
1817	1134	Rosa	Sandes Fernandez	A Coruña	Muller		CLUB TRIATLON CORU?A	Veterano 4	3	00:52:51	00:52:17	00:12:13	00:35:59
1818	2879	JESUS	PAZOS CARDOSO	Pontes de García Rodríguez, As	Home			Veterano 3	186	00:52:51	00:51:26	00:00:00	00:36:09
1819	2436	Fernanda	Machado ferreira	A Coruña	Muller			Veterano 1	40	00:52:52	00:52:08	00:13:26	00:37:14
1820	2102	Carlos	García Pérez	Culleredo	Home			Veterano 2	539	00:52:52	00:51:53	00:12:56	00:36:50
1821	2157	Nacho	Olveira Timiraos	A Coruña	Home			Veterano 2	540	00:52:52	00:51:59	00:12:09	00:36:06
1822	1351	Marcos	García Caamaño	Noia	Home	GA-764469	ATLETISMO FONTES DO SAR	Veterano 1	431	00:52:52	00:52:03	00:12:58	00:37:21
1823	1381	Pablo	Pérez López	Noia	Home	A-11100	ATLETISMO FONTES DO SAR	Veterano 1	432	00:52:52	00:52:04	00:12:58	00:37:21
1824	1665	Gonzalo	Alfonsin Soliño	Santiago de Compostela	Home		TARATRUGAS	Veterano 3	187	00:52:52	00:52:29	00:11:53	00:36:44
1825	2797	Manuel	Seijo Fernandez	A Coruña	Home		KARATE TOTAL	Veterano 2	541	00:52:53	00:51:38	00:12:32	00:36:00
1826	2115	LUCIANO	Pardo Fernández	Culleredo	Home			Veterano 2	542	00:52:54	00:52:29	00:11:34	00:35:41
1827	2200	ALEJANDRO	Ferrería Portomeñe	Lugo	Home			Veterano 1	433	00:52:55	00:52:03	00:11:44	00:35:43
1828	3091	jorge	de la fuente san luis	A Coruña	Home			Senior	383	00:52:56	00:52:22	00:11:06	00:35:57
1829	2684	javier	aguion seane	A Coruña	Home			Veterano 1	434	00:52:56	00:51:36	00:13:02	00:36:18
1830	510	LAURA	NUÑEZ NAVEIRA	A CORUÑA	Muller		CLUB ATLETISMO SADA	Veterano 1	41	00:52:56	00:52:38	00:10:50	00:36:21
1831	2084	Antonio Manuel	Villar Tejjido	A Coruña	Home			Veterano 2	543	00:52:57	00:52:00	00:12:20	00:35:47
1832	1974	Dani	Verea Vázquez	Boimorto	Home	AG-764364	CLUB ATLETISMO BOIMORTO	Veterano 3	188	00:52:57	00:52:06	00:12:39	00:36:35
1833	2012	MANUEL	MIRAMONTES MENDEZ	Oleiros	Home			Veterano 2	544	00:52:57	00:51:48	00:12:43	00:36:03
1834	1946	juan emilio	diaz sanjurjo	Ferrol	Home			Veterano 1	435	00:52:58	00:51:37	00:13:01	00:36:18
1835	2094	PABLO	BOUZA BERNARDEZ	A Coruña	Home			Senior	384	00:52:58	00:51:48	00:12:37	00:36:10
1836	3075	Juan Andrés	Ríos Sabio	Oleiros	Home			Veterano 1	436	00:52:58	00:51:53	00:13:01	00:36:23
1837	1111	BEATRIZ	PATÍÑO SEIJAS	A CORUÑA	Muller			Veterano 2	47	00:53:00	00:52:21	00:11:53	00:36:06

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1838	2119	JUAN	MOSQUERA CAAMAÑO	A CORUÑA	Home			Veterano 4	39	00:53:00	00:52:09	00:12:20	00:36:16
1839	3079	Javier	Gonzalez Garcia	Santiago de Compostela	Home			Veterano 1	437	00:53:01	00:52:19	00:11:37	00:35:21
1840	3059	Francisco Javier	Abruña Martín	Cambre	Home			Veterano 1	438	00:53:01	00:51:38	00:13:32	00:37:12
1841	2186	JOSE ANTONIO	PALLERO BOTE	A Coruña	Home			Veterano 1	439	00:53:01	00:52:21	00:11:55	00:35:35
1842	504	Carmen	Uzal Janeiro	A Coruña	Muller		CLUB ATLETISMO SADA	Veterano 3	16	00:53:02	00:52:41	00:11:11	00:35:37
1843	1882	Telmo	Ferreiro Cibeira	Gondomar	Home			Veterano 2	545	00:53:02	00:51:56	00:12:52	00:36:36
1844	2070	Rubén	Fernández Galego	Vigo	Home		ABANCA	Veterano 1	440	00:53:03	00:52:11	00:12:31	00:36:30
1845	2179	Alberto	Perez Pardiñas	Carral	Home		NOSPORTLIMIT	Veterano 1	441	00:53:05	00:51:40	00:00:00	00:36:27
1846	2508	BELEN	VELOSO RODRIGUEZ	Santiago de Compostela	Muller			Veterano 3	17	00:53:05	00:52:30	00:11:36	00:35:27
1847	1098	PILAR	RAMOS SANCHEZ	A Coruña	Muller			Veterano 2	48	00:53:05	00:52:41	00:11:59	00:36:09
1848	1151	LOLY	LOSADA GARCIA	Cambre	Muller		C.D. GAS NATURAL FENOSA	Veterano 3	18	00:53:05	00:52:40	00:11:58	00:36:08
1849	2710	Pedro	Basterrechea Noya	A Coruña	Home			Veterano 2	546	00:53:05	00:52:43	00:11:37	00:35:44
1850	1978	juan carlos	rodriguez piñon	A Coruña	Home			Veterano 2	547	00:53:06	00:52:43	00:11:38	00:35:44
1851	1757	CRISTINA	BUCETA PEREZ	LYON	Muller			Veterano 2	49	00:53:06	00:51:50	00:12:58	00:36:47
1852	2683	Manuel	Raso Etchevers	A Coruña	Home			Veterano 2	548	00:53:07	00:52:12	00:12:18	00:36:20
1853	2707	Javier	Pampin Villar	A Coruña	Home			Veterano 2	549	00:53:08	00:52:24	00:12:40	00:36:35
1854	2008	ADRIAN	CANEDO MARTINEZ	A CORUÑA	Home			Senior	385	00:53:08	00:51:54	00:13:03	00:36:38
1856	1110	Aranbxa	Garcia Rivero	Oleiros	Muller		RUNNING OLEIROS	Veterano 2	50	00:53:08	00:52:39	00:11:36	00:35:58
1857	2989	Javier José	Campos Brea	A Coruña	Home			Senior	386	00:53:09	00:52:44	00:11:29	00:35:35
1858	1662	enrique	vazquez lata	Fene	Home		eSUELAS RIA FERROL-CONCEPCION ARENAL	Veterano 2	550	00:53:10	00:52:05	00:12:22	00:35:38
1859	563	Jose Antonio	Gracia Fandiño	Ferrol	Home			Veterano 3	190	00:53:12	00:52:44	00:11:54	00:36:07
1860	1297	Santiago	Losada Perez	Ferrol	Home			Veterano 4	40	00:53:12	00:52:45	00:11:54	00:36:08
1861	3135	Ignacio	Burillo Terrer	Culleredo	Home		TROTE COCHINERO	Veterano 2	551	00:53:12	00:51:37	00:12:45	00:36:09
1862	3259	Ivan	Arias Rivadulla	A Coruña	Home			Veterano 1	442	00:53:12	00:51:48	00:14:37	00:38:23
1863	1498	Manuel Javier	Muñiz Seijas	A Coruña	Home			Veterano 3	191	00:53:13	00:52:33	00:12:13	00:36:25
1864	1908	Pablo	Otero Fernández	A Coruña	Home			Promesa	54	00:53:13	00:51:38	00:13:38	00:37:09
1865	2171	RUPERTO	GARCÍA NEIRA	Oleiros	Home			Veterano 2	552	00:53:14	00:52:08	00:12:40	00:36:53

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1866	1309	Javier	Guimaraens Judel	A Coruña	Home			Veterano 3	192	00:53:14	00:52:40	00:12:19	00:36:16
1867	2878	JESUS	PAZOS GALDO	Narón	Home			Senior	387	00:53:14	00:51:49	00:00:00	00:36:32
1868	1153	INES	IGLESIAS FRAGA	Oleiros	Muller	AG 2018801	CLUB ATLETISMO SADA	Veterano 2	51	00:53:14	00:52:41	00:11:36	00:36:06
1869	2746	Guillermo	Sandino Leira	A Coruña	Home			Senior	388	00:53:15	00:52:10	00:12:53	00:36:48
1870	3110	Iván	Merino	Valencia	Home			Senior	389	00:53:15	00:52:23	00:12:40	00:36:56
1871	1127	Rocío	Alfonso Pita	A Coruña	Muller			Veterano 2	52	00:53:15	00:53:02	00:10:55	00:35:45
1872	490	Maria	Rivera Haz	Ponteceso	Muller			Senior	58	00:53:16	00:52:32	00:11:42	00:36:03
1873	3086	Marcos	landeira castro	A Laracha	Home		A.D.DOWNHILL	Veterano 1	443	00:53:16	00:52:33	00:11:39	00:35:26
1874	1152	MARIA	SUAREZ BARREIRO	Culleredo	Muller			Veterano 2	53	00:53:17	00:52:41	00:11:40	00:36:22
1875	2865	Kike	Suárez Rey	A Coruña	Home		One training	Veterano 1	444	00:53:18	00:51:41	00:00:00	00:37:05
1876	1547	GONZALO	LOBATO ANDRES	Valderas	Home			Veterano 1	445	00:53:19	00:52:29	00:12:29	00:35:47
1877	2007	JOSE MARIA	GARCIA PELLITERO	A CORUÑA	Home			Veterano 2	553	00:53:19	00:51:28	00:14:31	00:38:13
1878	1544	IVAN	GOMEZ LOPEZ	Ares	Home		CLUB DEL MAR PULPEIROS BTT	Veterano 1	446	00:53:21	00:51:49	00:13:20	00:36:38
1879	1563	Jesus Manuel	Rey Varela	Carballo	Home	Ag2016909	C.D. OS MUDITOS	Veterano 1	447	00:53:23	00:53:04	00:11:11	00:35:39
1880	1928	Diego	Someso Anguixa	A Coruña	Home			Veterano 1	448	00:53:23	00:51:44	00:14:14	00:37:25
1881	1945	Francisco	Lafont Gancedo	A Coruña	Home			Senior	390	00:53:24	00:52:26	00:12:45	00:36:45
1882	2022	Fernando	Rua Peino	A Coruña	Home			Veterano 2	554	00:53:28	00:52:08	00:12:13	00:36:26
1883	1131	isabel	peña perez	Lugo	Muller		CLUB ATLETISMO MONTE SEGADE	Veterano 2	54	00:53:28	00:52:11	00:12:36	00:36:32
1884	2943	RICARDO	SALAS CASAL	MELIDE	Home			Promesa	55	00:53:29	00:52:40	00:12:12	00:36:07
1885	477	monica	vicente dobao	A Coruña	Muller		NOSPORTLIMIT	Veterano 2	55	00:53:30	00:53:00	00:12:08	00:36:46
1886	2178	ALBERTO	BALLON LAGE	A Coruña	Home			Veterano 2	555	00:53:31	00:53:00	00:12:10	00:36:45
1887	1688	jesus matias	dominguez gomez	A Laracha	Home			Veterano 3	193	00:53:31	00:52:22	00:12:22	00:36:26
1888	3358	Elías	Mazás Brandariz	A Coruña	Home			Senior	391	00:53:31	00:52:15	00:13:20	00:38:05
1889	1818	Marta Belén	Rodríguez Sánchez	A Coruña	Muller			Veterano 2	56	00:53:31	00:52:59	00:12:02	00:36:29
1890	2049	Marcos	López Garcia	Culleredo	Home			Veterano 1	449	00:53:31	00:52:08	00:13:47	00:37:18
1891	2955	Angel	Garcia	A Coruña	Home			Senior	392	00:53:32	00:53:07	00:11:04	00:36:09
1892	2133	Antonio	González Martínez-Pedrayo	Brión	Home			Veterano 3	194	00:53:33	00:52:05	00:12:57	00:36:51

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1893	1260	Carlos	García Seco	A Coruña	Home			Senior	393	00:53:34	00:53:20	00:10:35	00:35:50
1894	2082	Antonio	González Franco	Cee	Home			Veterano 3	195	00:53:35	00:52:44	00:11:56	00:36:29
1895	2151	FERNANDO	SOMOZA VARELA	Ourense	Home			Veterano 2	556	00:53:37	00:53:08	00:11:56	00:36:15
1896	468	Carmen	García García	Cee	Muller			Veterano 3	19	00:53:38	00:52:34	00:12:57	00:36:47
1897	2462	Noelia	Bosco Gentile	A Coruña	Muller			Senior	59	00:53:38	00:53:03	00:12:09	00:36:42
1898	1320	Jorge	Puigdollers Chaves	A Coruña	Home			Veterano 2	557	00:53:39	00:53:22	00:11:23	00:36:02
1899	3345	Sergio	Pérez González	A Coruña	Home			Junior	25	00:53:40	00:52:23	00:13:23	00:37:33
1900	2772	Diego martin	Peteiro vigo	Arteixo	Home		ESQULTURE RUNNING CARBALLO	Senior	394	00:53:40	00:52:53	00:12:08	00:36:05
1901	2773	Robin	Lopez lopez	Arteixo	Home			Senior	395	00:53:41	00:52:52	00:12:04	00:36:05
1902	525	JOSE	REDONDO LOPEZ	A Coruña	Home			Senior	396	00:53:42	00:53:09	00:11:30	00:36:23
1903	2159	Juan Carlos	Pastor Portillo	A Coruña	Home			Veterano 1	450	00:53:42	00:53:14	00:11:25	00:36:04
1904	1657	Jose Manuel	Alvarez Loureiro	A Coruña	Home			Veterano 3	196	00:53:44	00:52:12	00:15:42	00:38:04
1905	3208	JORGE	GONZALEZ ROMERO	A CORUÑA	Home			Senior	397	00:53:45	00:53:11	00:11:42	00:36:31
1906	1685	Alejandro	Vazquez Roibas	A Coruña	Home			Senior	398	00:53:46	00:52:20	00:13:27	00:36:52
1907	2704	Jose	Del Moral Otero	A Coruña	Home			Senior	399	00:53:46	00:53:13	00:10:29	00:35:56
1908	1901	jose manuel	pico mosquera	Oleiros	Home			Veterano 2	558	00:53:46	00:51:58	00:12:56	00:36:44
1909	1809	Graciela	Cotelo Veira	Carballo	Muller			Veterano 1	42	00:53:47	00:53:10	00:11:37	00:35:54
1910	2814	Gustavo	Arribas Robles	Narón	Home		Vara e Pedal	Veterano 1	451	00:53:49	00:52:22	00:00:00	00:36:56
1911	2121	Natalio	Lorenzo Pintos	Culleredo	Home			Veterano 3	197	00:53:49	00:52:20	00:13:41	00:37:08
1912	3282	Juan	Balsa	Madrid	Home			Promesa	56	00:53:49	00:52:20	00:13:29	00:37:46
1913	2146	david	franco iglesias	A Coruña	Home			Veterano 1	452	00:53:49	00:52:40	00:00:00	00:37:20
1914	2318	Andrea	Espiño Albela	Vedra	Muller			Promesa	4	00:53:50	00:52:25	00:13:41	00:37:26
1915	1642	ALBERTO	HERRERO GARCIA	A Coruña	Home			Veterano 1	453	00:53:51	00:52:53	00:00:00	00:36:33
1916	2880	PABLO	RIVEIRA BAÑOBRE	Pontes de García Rodríguez, As	Home			Veterano 3	198	00:53:51	00:52:25	00:00:00	00:37:01
1917	2992	AVELINO	DOPAZO PONTE	A Coruña	Home			Veterano 2	559	00:53:51	00:53:07	00:11:57	00:36:26
1918	1512	Javier	Bandín Marentes	A Coruña	Home			Veterano 2	560	00:53:51	00:53:10	00:12:01	00:36:54
1919	1702	Isabel	García Rodríguez	Arteixo	Muller			Veterano 2	57	00:53:52	00:52:59	00:12:13	00:36:42
1920	3375	JAVIER	PENA VAZQUEZ	A CORUÑA	Home			Veterano 2	561	00:53:52	00:52:57	00:12:14	00:36:11



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1921	1629	Isaac	Cibrán Carril	A Coruña	Home			Veterano 1	454	00:53:53	00:52:43	00:11:51	00:35:10
1922	2145	Bernardo	Torrente Fernández	Narón	Home			Veterano 2	562	00:53:53	00:53:23	00:11:56	00:36:01
1923	2689	Manuel Juan	Blanco Gabin	Betanzos	Home			Veterano 2	563	00:53:54	00:52:54	00:13:00	00:37:13
1924	1719	ANA	LAGO NEIRA	A CORUÑA	Muller			Senior	60	00:53:55	00:53:17	00:12:35	00:36:47
1925	1652	Pablo	Pico Uceira	Pontes de García Rodríguez, As	Home			Veterano 1	455	00:53:55	00:52:40	00:12:27	00:36:24
1926	3346	Antonio	Sanchez Garcia-Armero	A Coruña	Home			Junior	26	00:53:56	00:52:37	00:13:24	00:37:36
1927	1871	Marcos	Alcántara Tenreiro	A Coruña	Home			Veterano 1	456	00:53:56	00:52:17	00:13:16	00:37:10
1928	2775	Javier	Melero Vilela	A Coruña	Home			Senior	400	00:53:57	00:52:54	00:13:04	00:37:15
1929	2002	Pablo	Rodríguez García	A Coruña	Home			Senior	401	00:53:57	00:53:00	00:00:00	00:37:24
1930	2693	ALFREDO	OLAÑETA	A Coruña	Home			Veterano 3	199	00:53:59	00:53:27	00:11:52	00:36:15
1931	2296	MARTA	PARDO GESTO	A Coruña	Muller			Veterano 2	58	00:53:59	00:53:28	00:12:11	00:36:47
1932	3154	Francisco	Lorente Blanco	A Coruña	Home			Senior	402	00:53:59	00:53:08	00:00:00	00:00:00
1933	2832	IDRISSA	DIOP	BAMJUL	Home			Veterano 2	564	00:53:59	00:53:38	00:10:52	00:35:55
1934	2162	fernando	vazquez blanco	A Coruña	Home		oscar vazquez garcia	Veterano 3	200	00:53:59	00:53:09	00:12:23	00:36:39
1935	2579	Elena	Bermúdez Teijido	Arteixo	Muller			Senior	61	00:53:59	00:52:51	00:13:28	00:37:24
1936	1989	Christian	Ponte Fernández	Culleredo	Home			Promesa	57	00:53:59	00:52:59	00:11:18	00:35:33
1937	1706	Mira	Ambrus	Pécs	Muller			Senior	62	00:54:02	00:52:48	00:12:21	00:36:49
1938	2083	Angel	Vieites Asensio	A Laracha	Home			Veterano 1	457	00:54:03	00:52:41	00:12:45	00:36:07
1939	1173	FATIMA	FERNANDEZ CARRO	Maceda	Muller		VIA XVIII MACEDA	Veterano 1	43	00:54:03	00:53:33	00:12:09	00:36:52
1940	3174	Miguel Antonio	Jiménez Macias	Culleredo	Home		Runners Coru?a	Veterano 2	565	00:54:03	00:52:55	00:14:10	00:37:45
1941	1177	Monica	Fernandez vazquez	Ourense	Muller			Veterano 1	44	00:54:04	00:52:48	00:12:40	00:37:18
1942	649	Carlos	Fidalgo Rodríguez	Maceda	Home		VIA XVIII MACEDA	Veterano 1	458	00:54:05	00:53:35	00:12:09	00:36:52
1943	1174	EVA	CONDE GONZÁLEZ	Ourense	Muller			Veterano 1	45	00:54:05	00:53:35	00:12:09	00:36:52
1944	1999	FRANCISCO	OMIL PRIETO	Cambre	Home			Veterano 3	201	00:54:06	00:53:12	00:12:40	00:37:21
1945	1987	ADRIAN	Candal Castro	Sada	Home			Senior	403	00:54:06	00:52:56	00:11:51	00:36:21
1946	3285	Javier	Canosa Castiñeira	Culleredo	Home			Veterano 1	459	00:54:06	00:52:19	00:14:09	00:38:04
1947	3284	Rubén	Brea Rivas	A Coruña	Home			Veterano 1	460	00:54:06	00:52:19	00:14:13	00:38:06

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1948	1166	ANA	FERNANDEZ BELLO	A Coruña	Muller		NOSPORTLIMIT	Veterano 1	46	00:54:07	00:52:51	00:12:45	00:37:14
1949	1759	Raquel	Sande Rumbo	Cambre	Muller		Nosporlimit	Veterano 2	59	00:54:07	00:52:50	00:12:50	00:37:13
1950	2246	maria jose	pose seane	Carballo	Muller			Veterano 1	47	00:54:07	00:53:07	00:12:55	00:37:02
1951	2821	miguel angel	vazquez veiga	Boimorto	Home		CLUB ATLETISMO BOIMORTO	Veterano 3	202	00:54:11	00:53:00	00:12:42	00:37:18
1952	3403	AARON	GARCIA SESTAYO	CULLEREDO	Home			Senior	404	00:54:12	00:52:42	00:12:56	00:36:48
1953	3207	ELOY	VEIRA ANTELO	ARTEIXO	Home			Promesa	58	00:54:12	00:53:48	00:10:08	00:35:25
1954	2747	PABLO	LEMA MARTINEZ	A Coruña	Home			Veterano 1	461	00:54:12	00:52:55	00:11:35	00:36:01
1955	1123	Ana	Amigo González	A Coruña	Muller			Veterano 1	48	00:54:13	00:53:35	00:12:04	00:36:41
1956	92	Ines	Papin Estevez	Cambre	Muller	Ag 76854	CLUB ATLETISMO SADA	Veterano 2	60	00:54:14	00:53:29	00:12:25	00:36:28
1957	3053	Alberto	Dopazo holgado	Sada	Home		CLUB ATLETISMO SADA	Veterano 2	566	00:54:14	00:53:30	00:12:01	00:36:19
1958	2515	TERESA	GALMAN SOUTO	SADA	Muller		CLUB ATLETISMO SADA	Veterano 3	20	00:54:14	00:53:31	00:12:03	00:36:19
1959	1905	andres	prieto lopez	Oleiros	Home		A.D. FOGAR CARBALLO	Veterano 2	567	00:54:17	00:53:09	00:12:42	00:37:19
1960	3198	ANTONIO RUBEN	PEREIRA RIGAL	A CORUÑA	Home			Senior	405	00:54:17	00:52:31	00:14:02	00:37:43
1961	3046	JOSÉ MARTÍN	GÓMEZ SEGURA	Barco de Valdeorras, O	Home		TROTADAS	Veterano 3	203	00:54:20	00:53:34	00:00:00	00:37:05
1962	1558	JOSE MANUEL	CORBAL DEBEN	A Coruña	Home		CCRIAZOR	Veterano 2	568	00:54:22	00:53:35	00:00:00	00:37:51
1963	103	MONTSERRAT	HERNANDEZ GARCIA	A Coruña	Muller		ATLETAS DE ACEA DE AMA	Veterano 2	61	00:54:22	00:53:36	00:13:06	00:38:15
1964	3248	Manuel	Sanchez Veiga	A Coruña	Home			Veterano 2	569	00:54:23	00:52:29	00:14:10	00:37:31
1965	2610	Carlos	Armenteros León	A Coruña	Home			Veterano 2	570	00:54:23	00:53:28	00:12:31	00:37:07
1966	1468	Miguel Angel	Iglesias Pellicer	A Coruña	Home			Veterano 1	462	00:54:24	00:52:44	00:00:00	00:37:30
1967	1965	José Luis	López López	Fonsagrada, A	Home			Senior	406	00:54:25	00:53:35	00:12:05	00:36:45
1968	1787	Lucía	Martínez de la Fuente	A Coruña	Muller			Veterano 1	49	00:54:25	00:52:31	00:14:29	00:38:21
1969	1939	Miguel Angel	Diaz Varela	A Coruña	Home			Veterano 2	571	00:54:27	00:53:03	00:12:54	00:37:17
1970	1609	David	Pérez López	Noia	Home	A-11099	ATLETISMO FONTES DO SAR	Veterano 2	572	00:54:27	00:53:39	00:12:58	00:37:23
1971	1596	IGNACIO	SEOANE VIGO	A CORUÑA	Home			Veterano 1	463	00:54:29	00:52:48	00:14:34	00:37:42
1972	2885	Raúl	Tardío Ezama	Oleiros	Home			Veterano 1	464	00:54:30	00:52:59	00:13:32	00:38:08
1973	3214	Sergio	Mella Sánchez	A Coruña	Home			Senior	407	00:54:30	00:52:37	00:14:16	00:38:14
1974	1188	ILENIA	BLANCO SALGADO	Manzaneda	Muller		ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Promesa	5	00:54:30	00:53:47	00:12:15	00:36:56

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
1975	2077	Ovidio	Sánchez Fontela	Ferrol	Home		NOTHINGAN PRISAS	Veterano 1	465	00:54:31	00:53:04	00:13:32	00:37:09
1976	3163	juan carlos	chouciño pena	a coruña	Home			Veterano 3	204	00:54:31	00:53:32	00:00:00	00:37:23
1977	3436	JOSE FRANCISCO	COBAS RODRIGUEZ	A CORUÑA	Home		CRAT	Veterano 4	41	00:54:31	00:52:35	00:13:03	00:36:48
1978	2672	NOEL	SANTOS SAAVEDRA	A CORUÑA	Home			Senior	408	00:54:32	00:53:38	00:12:16	00:36:42
1979	1720	ANDREA	ROJO RODRIGUEZ	A CORUÑA	Muller			Senior	63	00:54:32	00:53:36	00:12:13	00:36:39
1980	1948	JUAN CARLOS	REY ESTRADA	A Coruña	Home		NoSportLimit-Trek Galicia	Veterano 1	466	00:54:32	00:52:48	00:14:34	00:38:43
1981	476	Paula	Avendaño Perez	Ferrol	Muller		COLEGIO EIRIS	Senior	64	00:54:33	00:53:32	00:12:27	00:37:17
1982	1632	Jordi	Uriach Masgoret	Culleredo	Home		INDEPENDIENTE	Senior	409	00:54:34	00:53:32	00:12:29	00:37:15
1983	2006	JESUS	RODRIGUEZ DOMINGUEZ	A CORUÑA	Home			Veterano 3	205	00:54:34	00:52:43	00:14:31	00:00:00
1984	2913	Francisco	Apenela García	A Coruña	Home		S?GUEME SI PUEDES	Senior	410	00:54:34	00:53:15	00:00:00	00:38:22
1985	483	ANA MARÍA	LÓPEZ CRUZ	Ourense	Muller		TRIOURENSE	Veterano 2	62	00:54:34	00:52:58	00:14:07	00:38:01
1986	2674	JOSE LUIS	CEREIJO BLANCO	Carballo	Home			Veterano 1	467	00:54:34	00:53:44	00:11:37	00:36:10
1987	1130	MARIA DEL CARMEN	PAINCEIRA FERRACES	Ferrol	Muller	GA 765898	INDEPENDIENTE	Veterano 3	21	00:54:35	00:54:09	00:11:41	00:36:46
1988	1138	Patricia	Sánchez lopez	A Coruña	Muller			Veterano 2	63	00:54:35	00:54:02	00:11:30	00:36:24
1989	2044	Alberto	Calvelo Lorenzo	Santa Comba	Home			Senior	411	00:54:35	00:53:33	00:13:06	00:37:16
1990	1896	Alvaro	Painceira Ferraces	Oroso	Home			Veterano 3	206	00:54:36	00:53:32	00:12:48	00:36:49
1991	2559	Maria Jesus	García pena	Trazo	Muller			Senior	65	00:54:37	00:53:31	00:12:39	00:37:05
1992	1924	EDUARDO	PARDO GAGO	A CORUÑA	Home			Veterano 2	573	00:54:37	00:53:15	00:14:17	00:38:45
1993	2127	Miguel	Deza Rodríguez	A Coruña	Home	AG 767352	PATUKOS TIM RANIN	Veterano 2	574	00:54:41	00:53:47	00:12:51	00:37:40
1994	1135	nadia	mrimiche	Culleredo	Muller			Veterano 1	50	00:54:43	00:53:38	00:12:31	00:36:53
1995	3218	Guillermo	Acebal	A Coruña	Home			Veterano 3	207	00:54:43	00:53:20	00:14:05	00:38:04
1996	2510	vanessa	mosquera calvo	Culleredo	Muller			Veterano 1	51	00:54:47	00:53:38	00:12:50	00:37:02
1997	2023	ANTONI	OLIVERAS DOMINGUEZ	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 3	208	00:54:47	00:53:01	00:14:08	00:38:15
1998	2155	JUAN CARLOS	TABOADA RIVADULLA	A Coruña	Home		INDEPENDIENTE	Veterano 2	575	00:54:48	00:53:05	00:14:08	00:38:15
1999	3004	José Manuel	García Becerra	Carballo	Home			Veterano 3	209	00:54:48	00:53:59	00:12:33	00:36:58
2000	1771	Diana	Morales rodriguez	Ourense	Muller		BURGAS ATLETISMO OURENSE	Veterano 1	52	00:54:48	00:53:37	00:12:44	00:37:18
2001	2790	Alejandro	Larrauri Pajon	A Coruña	Home			Senior	412	00:54:48	00:53:45	00:12:38	00:36:38

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2002	2642	MARCOS	ARROYO BORBUJO	Burgos	Home			Veterano 1	468	00:54:48	00:54:10	00:12:50	00:37:39
2003	2627	manuel	pérez río	Betanzos	Home		CLUB ATLETISMO BOIMORTO	Veterano 3	210	00:54:48	00:53:32	00:13:40	00:38:12
2004	1829	VICTOR MANUEL	REY CASTELO	Curtis	Home	2017937	CLUB ATLETISMO BOIMORTO	Veterano 2	576	00:54:49	00:53:32	00:13:46	00:38:11
2005	2853	Javier	Pérez	Burela	Home			Senior	413	00:54:51	00:53:33	00:00:00	00:37:18
2006	2682	Oscar	Gonzalez Rey	Cambre	Home			Veterano 2	577	00:54:52	00:53:06	00:14:34	00:38:30
2007	2852	Alberto	Fojo Eiras	Mañón	Home			Senior	414	00:54:52	00:53:33	00:00:00	00:37:19
2008	1157	Isabel	Brea Pose	A Coruña	Muller	GA 19508	EGOVARROS DE VIVEIRO	Veterano 4	4	00:54:53	00:54:14	00:13:00	00:37:54
2009	3142	Antonio	Iglesias Nogueira	Ames	Home			Veterano 2	578	00:54:54	00:53:59	00:12:51	00:38:04
2010	2401	Azucena	Vazquez alvariño	A Coruña	Muller			Veterano 2	64	00:54:55	00:53:50	00:14:04	00:38:34
2011	2050	Ignacio	Guillin Cuba	A Coruña	Home		CCRIAZOR	Veterano 3	211	00:54:56	00:54:09	00:00:00	00:37:49
2012	1631	FRANCISCO JAVIER	VARELA MAZAS	A Coruña	Home			Veterano 2	579	00:54:56	00:53:48	00:12:09	00:36:45
2013	2984	JUAN	GONZÁLEZ ARES	Sobrado	Home			Veterano 1	469	00:54:57	00:53:34	00:00:00	00:38:14
2014	2174	Jesus David	Nuñez Carballo	Carballo	Home		A.D. Downhill	Veterano 2	580	00:54:58	00:54:13	00:12:47	00:37:58
2015	2641	Eloy	Artime Martinez	Vigo	Home			Senior	415	00:55:01	00:53:24	00:13:57	00:38:07
2016	2140	Iago	Fernández Hevia	Santiago de Compostela	Home			Promesa	59	00:55:03	00:53:52	00:14:29	00:39:06
2017	2195	Gerardo	Gayoso Viqueira	Sada	Home		RUNNING OLEIROS	Veterano 2	581	00:55:04	00:53:48	00:12:54	00:37:48
2018	2563	Susana	Blanco Tajés	A Coruña	Muller			Promesa	6	00:55:04	00:53:37	00:13:42	00:37:41
2019	1883	Pablo	Fernández Sánchez	Cambre	Home			Veterano 2	582	00:55:05	00:53:59	00:12:52	00:36:36
2020	1984	José César	Fernández López	A Coruña	Home			Veterano 3	212	00:55:07	00:54:08	00:13:04	00:37:44
2021	708	tono	Rodríguez Fraguera	Cedeira	Home			Veterano 2	583	00:55:08	00:54:48	00:11:30	00:37:03
2022	1159	Laura	Iglesias Garcia	Cedeira	Muller			Veterano 2	65	00:55:08	00:54:47	00:11:33	00:37:03
2023	1750	María Teresa	Romero Ramos	A Coruña	Muller			Senior	66	00:55:08	00:53:50	00:14:02	00:38:21
2024	2651	Carlos	Mosquera Neira	Teo	Home			Veterano 1	470	00:55:09	00:54:19	00:12:17	00:36:47
2025	2660	Juan José	Resioy Álvarez	Ames	Home			Veterano 2	584	00:55:09	00:54:19	00:12:16	00:36:46
2026	2727	CRISTIAN	PEREZ ANTELO	A CORUÑA	Home			Junior	27	00:55:09	00:54:43	00:11:49	00:37:22
2027	2217	MARTA	GUERREIRO REGO	Culleredo	Muller			Veterano 1	53	00:55:09	00:54:49	00:11:10	00:36:39
2028	1148	ELIZABETH	PEREZ POMBO	OLEIROS	Muller			Veterano 2	66	00:55:09	00:53:55	00:13:40	00:38:18
2029	2813	Antonio	Domingo	A Coruña	Home			Veterano 3	213	00:55:09	00:54:16	00:11:49	00:36:04

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2030	3083	Rafael	Varela Lista	A Coruña	Home			Veterano 2	585	00:55:10	00:53:32	00:00:00	00:37:34
2031	2908	José David	Ríos Lesta	A Coruña	Home		NOSPORTLIMIT	Senior	416	00:55:10	00:53:37	00:13:47	00:38:34
2032	1242	carlos	calviño gonzález	A Coruña	Home			Veterano 1	471	00:55:11	00:54:08	00:12:21	00:37:23
2033	2751	Nicolás Alejandro	Tripodi	A Coruña	Home			Senior	417	00:55:11	00:53:53	00:14:03	00:38:20
2034	3428	María	Pardo Leis	Arteixo	Muller			Veterano 2	67	00:55:11	00:54:34	00:12:14	00:37:30
2035	2184	Juan Luis	Santalla Felgueiras	Neda	Home		ADR VARA E PEDAL	Veterano 2	586	00:55:12	00:53:44	00:13:26	00:37:56
2036	3203	IÑAKI	SANCHEZ PELLITERO	CERCEDA	Home			Veterano 1	472	00:55:12	00:53:34	00:15:06	00:39:03
2037	3402	ALBERTO	FERNADEZ PUEYO	A CORUÑA	Home			Senior	418	00:55:12	00:54:07	00:14:04	00:38:36
2038	3385	SAMUEL	RODRIGUEZ PEREZ	A CORUÑA	Home			Veterano 1	473	00:55:13	00:54:12	00:14:47	00:39:45
2039	3302	Alessandro	Testa	Albino	Home			Senior	419	00:55:13	00:53:19	00:14:32	00:38:49
2040	2526	PATRICIA	ABAD REINO	A CORUÑA	Muller			Senior	67	00:55:15	00:54:37	00:12:34	00:37:14
2041	1354	Alberto	Perez Miramontes	A Coruña	Home			Veterano 2	587	00:55:15	00:54:23	00:12:18	00:37:32
2042	2999	Fernando	García Pazos	A Coruña	Home			Veterano 3	214	00:55:15	00:54:51	00:12:37	00:38:22
2043	2792	Bruno	Camborne Fernandez	A Coruña	Home			Veterano 1	474	00:55:16	00:54:09	00:00:00	00:37:33
2044	2086	OSCAR	BESTEIRO VAZQUEZ	A Coruña	Home			Veterano 2	588	00:55:16	00:54:15	00:12:59	00:37:47
2045	2071	Pablo José	García Suárez	Oleiros	Home			Veterano 2	589	00:55:16	00:54:14	00:12:46	00:36:49
2046	2204	Susana	Goyanes Martínez	A Coruña	Muller		RUNNING OLEIROS	Veterano 2	68	00:55:17	00:54:48	00:11:57	00:37:08
2047	1001	MANU	MUIÑO MIRON	Sada	Home		RUNNING OLEIROS	Veterano 2	590	00:55:17	00:54:55	00:11:56	00:37:33
2048	1321	ADRIAN	GALLEGO CID	Santiago de Compostela	Home			Senior	420	00:55:17	00:54:27	00:12:14	00:37:50
2049	2850	Javier	Iglesias Lopez	A Coruña	Home			Promesa	60	00:55:17	00:54:16	00:11:57	00:36:39
2050	2035	Jesús	Casás López	A Coruña	Home		Ranning	Veterano 2	591	00:55:18	00:54:27	00:12:15	00:36:54
2051	1730	alba	garcia lopez	Monforte de Lemos	Muller			Senior	68	00:55:18	00:54:27	00:12:13	00:37:48
2052	1881	Oscar	Miramontes Martínez	A Coruña	Home			Junior	28	00:55:19	00:54:27	00:12:18	00:37:32
2053	1874	Tony	Cendán Prado	Oleiros	Home		Altafit Gym CLub	Veterano 4	42	00:55:19	00:53:44	00:15:04	00:39:53
2054	2468	Antía	López Tenreiro	A Coruña	Muller			Promesa	7	00:55:19	00:53:54	00:13:17	00:37:56
2055	2148	Ignacio	Arce Martínez	A Coruña	Home			Veterano 2	592	00:55:20	00:54:12	00:00:00	00:38:01

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2056	1693	GONZALO	LOPEZ MARTIN	A CORUÑA	Home			Veterano 3	215	00:55:20	00:54:33	00:13:06	00:38:40
2057	2113	José	Toba Quintáns	A Coruña	Home			Veterano 4	43	00:55:20	00:54:30	00:12:41	00:37:45
2058	3272	Angel	Conde pereira	Teo	Home			Veterano 2	593	00:55:21	00:54:11	00:12:50	00:37:51
2059	1158	CHUS	GOMEZ GESTAL	Cambre	Muller			Veterano 2	69	00:55:21	00:54:44	00:12:09	00:37:16
2060	1723	Rosa	Armental Roo	A Coruña	Muller			Veterano 2	70	00:55:22	00:54:29	00:00:00	00:38:19
2061	981	julio	torreira lópez	A Coruña	Home		MULTIDEPORTIVO LAXE	Veterano 2	594	00:55:22	00:53:53	00:14:26	00:38:53
2062	2715	Pablo	Martínez Gómez	Saviñao, O	Home			Senior	421	00:55:22	00:53:48	00:13:56	00:37:55
2063	1549	Sergio	Noguero I Urrutia	A Coruña	Home		NOSPORTLIMIT	Veterano 2	595	00:55:22	00:53:52	00:14:06	00:38:22
2064	3269	JOSÉ MANUEL	LÓPEZ LODEIRO	Betanzos	Home		CLUB ATLETISMO SADA	Veterano 4	44	00:55:23	00:54:37	00:12:27	00:37:32
2065	1141	CANDELA	GOMEZ GONZALEZ	Santiago de Compostela	Muller			Promesa	8	00:55:23	00:54:35	00:12:21	00:37:49
2066	2668	PEDRO	LOPEZ DIAZ	A CORUÑA	Home			Veterano 1	475	00:55:23	00:54:33	00:13:19	00:38:01
2067	515	ESTHER	PIÑON GONZALEZ	Ferrol	Muller		FERROL	Veterano 1	54	00:55:23	00:55:06	00:11:31	00:36:48
2068	2663	Jorge	Iglesias Herrero	A Coruña	Home			Veterano 1	476	00:55:24	00:54:20	00:12:49	00:37:29
2069	1714	Gema	Sueiras Cal	A Coruña	Muller			Veterano 1	55	00:55:26	00:54:21	00:12:54	00:37:29
2070	2819	Javier	Sal Perez	A Coruña	Home		NOSPORTLIMIT	Veterano 2	596	00:55:27	00:54:09	00:13:28	00:38:43
2071	1119	Sabela	Paz Fraga	A Coruña	Muller			Senior	69	00:55:27	00:55:00	00:11:59	00:37:08
2072	85	Alejandra	Seoane rial	A Coruña	Muller		RIA FERROL-CONCEPCION ARENAL	Senior	70	00:55:27	00:54:50	00:11:49	00:37:20
2073	1165	Aracelis	Ortegado Pérez	Culleredo	Muller			Veterano 2	71	00:55:27	00:54:50	00:11:48	00:37:26
2074	3140	MARCELINO	DE JUAN BARQUIN	A Coruña	Home			Veterano 3	216	00:55:27	00:54:13	00:12:58	00:37:25
2075	2736	Jose Manuel	Mera González	Culleredo	Home		INDEPENDIENTE	Veterano 1	477	00:55:28	00:53:57	00:13:34	00:38:02
2076	3394	RAFAEL	GALLARDO PICON	A CORUÑA	Home			Veterano 1	478	00:55:28	00:53:54	00:14:13	00:38:22
2077	2795	Daniel	Villadangos Iglesias	A Coruña	Home			Senior	422	00:55:28	00:54:10	00:00:00	00:38:15
2078	3392	FRANCISCO	LAGOA MARTINEZ	A CORUÑA	Home			Veterano 1	479	00:55:28	00:53:57	00:14:12	00:38:23
2079	1859	Iago	Rodríguez Lorente	Ourense	Home			Senior	423	00:55:29	00:53:51	00:14:12	00:38:41
2080	2714	Manuel	Becerra	A Coruña	Home			Veterano 3	217	00:55:29	00:54:23	00:12:59	00:37:38
2081	2713	David	Souto Vázquez	A Coruña	Home			Senior	424	00:55:29	00:54:17	00:12:38	00:37:19
2082	3178	Adrián	Iglesias Casal	Melide	Home			Senior	425	00:55:29	00:53:59	00:14:27	00:39:12

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2083	2039	Pablo	Montañés Fernández	A Coruña	Home			Veterano 1	480	00:55:30	00:54:30	00:12:42	00:38:04
2084	2118	DAVID	RASCADO DOPICO	Carral	Home			Promesa	61	00:55:30	00:55:02	00:11:30	00:37:08
2085	2633	Luis	Rodríguez Díaz	Vicedo, O	Home			Veterano 2	597	00:55:30	00:54:06	00:00:00	00:37:42
2086	3247	Jorge	Calo Noya	A Coruña	Home			Veterano 2	598	00:55:31	00:53:48	00:14:23	00:38:24
2087	2150	EMILIO J.	PONTE BARBEITO	A Coruña	Home			Veterano 2	599	00:55:32	00:54:49	00:12:13	00:37:01
2088	486	Angela	Souto Gonzalez	Cambre	Muller		ATLETAS DE ACEA DE AMA	Senior	71	00:55:32	00:54:26	00:13:08	00:37:41
2089	1625	agustín	toral garrido	A Coruña	Home			Veterano 3	218	00:55:33	00:55:03	00:11:38	00:37:11
2090	2420	Angeles	Sanjuan Espiñeira	A Coruña	Muller			Veterano 2	72	00:55:33	00:54:51	00:13:06	00:38:22
2091	3195	EFREN	GARCIA CASTRO	CULLEREDO	Home			Senior	426	00:55:34	00:53:48	00:14:00	00:38:23
2092	2512	SERENA	ALFONSO	CULLEREDO	Muller			Senior	72	00:55:34	00:53:48	00:14:00	00:38:23
2093	2138	Manuel	García García	A Coruña	Home			Veterano 4	45	00:55:34	00:54:57	00:12:27	00:37:47
2094	2686	Antonio	Aneiros Rey	Ferrol	Home		CORRECLUB	Veterano 4	46	00:55:35	00:54:10	00:14:45	00:39:03
2095	655	Alberto	Diaz Bergantiños	Ferrol	Home			Veterano 1	481	00:55:36	00:53:58	00:13:56	00:38:11
2096	2848	Miguel	López Álvarez	A Coruña	Home			Senior	427	00:55:36	00:53:58	00:13:56	00:38:11
2097	1635	Jose Clemente	Serrano Garcia	A Coruña	Home			Veterano 3	219	00:55:36	00:54:59	00:12:15	00:37:50
2098	2731	Borja	Bolos Fernandez	A Coruña	Home			Veterano 1	482	00:55:37	00:54:01	00:14:22	00:38:09
2099	2671	PEDRO ANGEL	PONCE GOMEZ	A CORUÑA	Home			Veterano 2	600	00:55:37	00:54:48	00:12:50	00:37:43
2100	480	Carmen América	Gómez Puente	coruña	Muller			Veterano 2	73	00:55:38	00:54:59	00:12:42	00:38:05
2101	1514	Miguel Angel	Castro de la Fuente	Sada	Home		CLUB ATLETISMO SADA	Veterano 1	483	00:55:38	00:55:00	00:12:46	00:38:07
2102	1709	Ruth	López Casais	Fisterra	Muller			Veterano 1	56	00:55:38	00:54:09	00:13:35	00:38:19
2103	2980	PABLO	CARBALLEIRA MARCOTE	A CORUÑA	Home			Veterano 1	484	00:55:38	00:54:51	00:13:48	00:38:20
2104	2981	ALBERTO	CARREIRA LAGOA	A CORUÑA	Home			Senior	428	00:55:38	00:54:51	00:13:48	00:38:17
2105	2837	Gonzalo	Vazquez Sabater	A Coruña	Home			Senior	429	00:55:39	00:53:59	00:14:13	00:38:31
2106	2971	jose manuel	gomez louro	Ordes	Home			Senior	430	00:55:39	00:54:26	00:13:59	00:38:34
2107	2147	José Manuel	Pérez Maside	A Coruña	Home			Veterano 2	601	00:55:40	00:54:15	00:14:27	00:39:54
2108	2499	Bárbara	González Vilaríño	A Coruña	Muller			Senior	73	00:55:40	00:54:37	00:13:30	00:38:34
2109	3387	Jose Luis	Rodríguez González	A Coruña	Home			Veterano 2	602	00:55:40	00:53:54	00:14:23	00:38:48

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2110	1907	JUAN	TROBAJO DE LAS MATAS	Oleiros	Home			Veterano 3	220	00:55:40	00:54:37	00:13:38	00:38:37
2111	2089	Borja	García Cuesta	A Coruña	Home			Veterano 3	221	00:55:41	00:54:52	00:12:45	00:38:14
2112	2505	maria teresa	martinez breijo	Ferrol	Muller		enerxica	Veterano 3	22	00:55:41	00:55:03	00:12:11	00:37:12
2113	1168	Susana	Somme Lopez	A Coruña	Muller	AG2016971	LA MOCHILA DEL DEPORTE	Veterano 2	74	00:55:42	00:55:11	00:11:46	00:37:23
2114	640	Alberto	Escourido Moar	A Coruña	Home		NOITEBRA	Senior	431	00:55:43	00:54:27	00:13:20	00:38:09
2115	2617	Antonio	Trillo Prego	Cambre	Home			Veterano 2	603	00:55:43	00:54:57	00:11:57	00:36:52
2116	2898	Alejandro	Velo Garcia	A Coruña	Home			Senior	432	00:55:43	00:54:27	00:13:23	00:38:03
2117	2951	Xoan Xose	Fernández Rilo	Miño	Home			Veterano 3	222	00:55:43	00:54:07	00:13:56	00:38:08
2118	3087	VICTOR MANUEL	GONZALEZ CHAS	A Coruña	Home			Veterano 1	485	00:55:44	00:54:22	00:14:18	00:39:06
2119	2558	patricia	barreira rodriguez	A Coruña	Muller		C.D. SAN PAIO A ESTRADA	Veterano 1	57	00:55:45	00:55:31	00:11:46	00:37:45
2120	3427	Manuel Ángel	Fernández Vázquez	A Coruña	Muller			Veterano 1	58	00:55:46	00:55:31	00:11:46	00:37:46
2121	2703	jacobo	Rodríguez Alvaríño	Santiago de Compostela	Home			Veterano 2	604	00:55:46	00:54:54	00:00:00	00:38:27
2122	2691	LOIS ANXO	RODRIGUEZ CALVO	Neda	Home			Veterano 2	605	00:55:46	00:54:54	00:00:00	00:38:30
2123	2583	ZELTIA	LANDEIRA PIQUÍN	Culleredo	Muller			Veterano 1	59	00:55:47	00:55:21	00:11:58	00:37:23
2124	1751	Ines	Valiño	Oleiros	Muller		TRIATL?N ARTEIXO	Veterano 1	60	00:55:48	00:54:53	00:13:08	00:38:18
2125	2153	José Manuel	Dacal Vázquez	A Coruña	Home			Veterano 3	223	00:55:49	00:54:05	00:14:07	00:38:31
2126	1175	CRISTINA	FERREIRO MUÑIZ	A Coruña	Muller			Veterano 2	75	00:55:49	00:55:03	00:12:36	00:38:17
2127	1245	EUSEBIO	LAGO SAMPEDRO	A Coruña	Home			Veterano 4	47	00:55:50	00:55:03	00:12:35	00:38:16
2128	2220	Maria	Gonzalez-Regalado Abel	Abegondo	Muller			Veterano 2	76	00:55:50	00:55:04	00:11:54	00:37:27
2129	2646	josé	Gil de Bernabé Sánchez	A Coruña	Home			Veterano 3	224	00:55:50	00:54:25	00:14:06	00:38:58
2130	3353	JOSÉ MARÍA	SUÁREZ MARIÑO	A Coruña	Home			Veterano 2	606	00:55:50	00:55:19	00:11:24	00:36:34
2131	1737	Alicia	Muiño Pose	Santiago de Compostela	Muller			Veterano 1	61	00:55:51	00:54:04	00:13:06	00:37:57
2132	2286	María Isabel	Depablos Ramírez	A Coruña	Muller		TEACHER CLUB	Veterano 1	62	00:55:52	00:54:39	00:12:56	00:37:48
2133	3369	ROBERTO	GARCIA MARTINEZ	CURTIS	Home			Veterano 1	486	00:55:53	00:54:27	00:13:32	00:37:37
2134	2925	Serafin	Afonso baña	A Coruña	Home			Veterano 3	225	00:55:54	00:54:31	00:13:03	00:38:05



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2135	604	Pablo	Seivane Vior	A Coruña	Home		RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 2	607	00:55:55	00:55:23	00:12:47	00:37:53
2136	1161	Cristina	Quintela Prado	Santiago de Compostela	Muller			Senior	74	00:55:55	00:54:43	00:13:17	00:38:22
2137	1638	MIGUEL	GARCIA VAZQUEZ	A CORUÑA	Home			Veterano 2	608	00:55:56	00:54:25	00:13:57	00:38:47
2138	1089	Elia	Rodríguez Gallego	Cambre	Muller		NOSPORTLIMIT	Veterano 2	77	00:55:56	00:54:28	00:14:23	00:39:08
2139	1566	JOSE MARIA	MEJUTO SOUTO	A CORUÑA	Home			Veterano 2	609	00:55:57	00:54:17	00:13:28	00:38:42
2140	999	Miguel	López Arias	A Coruña	Home	GA764894	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 3	226	00:55:57	00:55:24	00:12:43	00:37:57
2141	1755	BEGOÑA	DE ARRIBA BELLOGIN	OLEIROS	Muller		EGOVARROS DE VIVEIRO	Veterano 4	5	00:55:57	00:55:09	00:12:16	00:37:43
2142	2181	JOSE ANTONIO	BOCELO PRIETO	Cambre	Home			Veterano 3	227	00:55:58	00:54:28	00:13:28	00:37:27
2143	1189	Montserrat	Fraga Martínez	A Coruña	Muller			Veterano 2	78	00:55:58	00:55:42	00:11:19	00:37:35
2144	1156	Marta María	Díaz López	A Coruña	Muller	AG 2019033	PATUKOS TIM RANIN	Veterano 1	63	00:55:58	00:55:05	00:12:52	00:38:09
2145	1736	IRENE	PEREZ VALIÑA	A CORUÑA	Muller			Senior	75	00:55:59	00:55:32	00:11:44	00:37:23
2146	2609	Manuel	Iglesias Rial	A Coruña	Home			Veterano 4	48	00:55:59	00:54:24	00:15:00	00:39:25
2147	2485	Lucía	Vázquez Blanco	A Coruña	Muller			Senior	76	00:56:00	00:54:38	00:13:19	00:38:19
2148	1844	DANIEL	CRUCES ALVAREZ	A Coruña	Home			Veterano 2	610	00:56:00	00:54:47	00:13:25	00:38:03
2149	2782	Diego	Baratelli González	Culleredo	Home			Veterano 1	487	00:56:00	00:54:48	00:13:26	00:38:10
2150	2726	NICOLAS	SALGADO LOPEZ	A CORUÑA	Home			Senior	433	00:56:01	00:55:34	00:11:48	00:37:22
2151	2936	DAVID	VILARIÑO SUÁREZ	Ordes	Home		-	Senior	434	00:56:01	00:54:41	00:14:07	00:39:20
2152	1774	VANESSA	LOPEZ PEREZ	A Coruña	Muller			Senior	77	00:56:02	00:55:25	00:11:31	00:37:44
2153	2555	Lola	Castro	Abegondo	Muller			Veterano 2	79	00:56:02	00:54:46	00:12:59	00:38:00
2154	1865	Adrian	Dominguez Lopez	A Coruña	Home			Senior	435	00:56:04	00:54:26	00:14:09	00:38:16
2155	912	Manuel Ángel	calvo Rodriguez	A Coruña	Home			Veterano 2	611	00:56:05	00:55:28	00:11:32	00:37:49
2156	2169	Jose Manuel	Martinez Martinez	Vilanova de Arousa	Home		S2M	Veterano 2	612	00:56:05	00:55:17	00:12:07	00:37:19
2157	204	Daniel	Penas López	A Coruña	Home			Senior	436	00:56:05	00:55:02	00:00:00	00:38:26
2158	2833	Carlos	Suarez Pensado	A Coruña	Home			Veterano 2	613	00:56:05	00:54:26	00:14:09	00:38:15
2159	2073	LUIS	LOPEZ RAMOS	Vigo	Home			Veterano 4	49	00:56:05	00:55:02	00:00:00	00:38:28
2160	2429	Maria	Castro Candamio	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 2	80	00:56:05	00:55:17	00:12:48	00:38:13

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2161	1790	loreana	varela naveira	Cambre	Muller			Veterano 1	64	00:56:06	00:55:21	00:00:00	00:38:13
2162	2816	victor manuel	garcia rodriguez	Oleiros	Home			Veterano 2	614	00:56:06	00:55:20	00:00:00	00:38:16
2163	1557	FRANCISCO	BARCA DE LA FUENTE	A Coruña	Home		CCRIAZOR	Veterano 2	615	00:56:07	00:55:20	00:00:00	00:38:15
2164	1766	ALBA X	RODRIGUEZ MARTINEZ	Oleiros	Muller			Senior	78	00:56:08	00:54:54	00:13:41	00:38:48
2165	2755	José Ramón	Silveira Rodríguez	Oleiros	Home			Veterano 2	616	00:56:08	00:54:41	00:14:03	00:39:23
2166	2165	JOSE	CARVALLO CAVERO	A Coruña	Home			Veterano 2	617	00:56:09	00:54:43	00:14:08	00:38:54
2167	2238	Gabriela	Mena Rojas	A Coruña	Muller			Senior	79	00:56:09	00:54:48	00:14:10	00:39:01
2168	2776	Óscar	Mena Fernández	A Coruña	Home			Veterano 1	488	00:56:13	00:55:25	00:12:28	00:38:20
2169	2957	josé Julio	Iglesias Veiga	Ferrol	Home			Veterano 3	228	00:56:13	00:55:07	00:00:00	00:38:19
2170	1745	MARTA	MUÑOZ PÉREZ	A Coruña	Muller			Veterano 2	81	00:56:13	00:55:40	00:11:54	00:37:51
2171	3348	Benjamín	Sines Crespo	A Coruña	Home		SIN CLUB	Veterano 1	489	00:56:13	00:54:29	00:14:27	00:38:25
2172	2615	JUAN	FERNANDEZ ROJO	Oleiros	Home			Veterano 3	229	00:56:13	00:55:23	00:00:00	00:37:57
2173	3095	JESUS	SOUTO VERDES	A Coruña	Home			Veterano 2	618	00:56:13	00:55:38	00:12:39	00:37:50
2174	1681	Dario	Vega Silva	A Coruña	Home			Senior	437	00:56:14	00:55:33	00:13:25	00:38:56
2175	3041	CARLOS	GOMEZ GARCIA	A Coruña	Home			Veterano 2	619	00:56:14	00:54:52	00:00:00	00:38:19
2176	2303	Laura	García Naveira	A Coruña	Muller			Junior	5	00:56:14	00:55:50	00:12:38	00:38:18
2177	2638	José María	Pemán Seoane	A Coruña	Home			Veterano 2	620	00:56:17	00:54:51	00:14:26	00:38:53
2178	2383	Susana	Vieites alvite	A Coruña	Muller			Veterano 2	82	00:56:17	00:55:39	00:12:32	00:37:53
2179	1701	Eleonora	Bica	A Coruña	Muller			Senior	80	00:56:18	00:55:16	00:13:48	00:38:43
2180	2907	Alberto	Couselo Calviño	A Coruña	Home			Veterano 1	490	00:56:19	00:55:11	00:12:45	00:37:57
2181	2139	Oscar	Hernandez Acevedo	San Pablo	Home			Veterano 1	491	00:56:20	00:54:53	00:15:02	00:39:47
2182	1680	diego	vega silva	A Coruña	Home			Veterano 1	492	00:56:20	00:55:40	00:13:25	00:38:56
2183	2724	JORGE	BARRO MORENO	A CORUÑA	Home			Veterano 1	493	00:56:20	00:55:54	00:12:20	00:38:17
2184	2016	Alejandro	Santos Sánchez	Betanzos	Home			Veterano 1	494	00:56:21	00:55:07	00:14:06	00:39:28
2185	1977	JUAN CARLOS	IGLESIAS CASTAÑO	A Coruña	Home			Veterano 2	621	00:56:22	00:54:37	00:13:56	00:39:03
2186	2621	Roberto	Hernando Santalla	A Coruña	Home			Veterano 1	495	00:56:23	00:55:23	00:13:59	00:40:10
2187	2358	Guilly	García Iglesias	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 2	83	00:56:24	00:55:38	00:12:56	00:38:43
2188	1052	Juan	Ramos Diez	A Coruña	Home			Senior	438	00:56:24	00:55:24	00:14:26	00:41:14

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2189	2687	JULIO	BARRAL IGLESIAS	Cambre	Home			Veterano 3	230	00:56:24	00:55:29	00:12:34	00:38:06
2190	3238	Adrián	Gutiérrez Oviedo	Ourense	Home			Senior	439	00:56:24	00:54:53	00:14:14	00:39:02
2191	1915	Adrian	Marzoa Tarrío	Santiago de Compostela	Home		Synaptyca running club	Veterano 1	496	00:56:25	00:55:02	00:12:27	00:38:18
2192	2756	Diego	Chao Carracedo	Lugo	Home			Senior	440	00:56:25	00:54:45	00:14:30	00:38:57
2193	2911	Miguel	Gómez	A Coruña	Home			Veterano 1	497	00:56:27	00:55:45	00:13:41	00:39:16
2194	2123	PEDRO	BÉJAR RIVEIRO	A Coruña	Home			Veterano 3	231	00:56:29	00:54:57	00:14:01	00:39:13
2195	2753	JUAN SALVADOR	SEOANE PARDO	Arteixo	Home			Veterano 1	498	00:56:29	00:55:45	00:12:55	00:38:25
2196	2262	Victoria	López Permuy	A Coruña	Muller			Veterano 2	84	00:56:29	00:55:22	00:12:42	00:38:40
2197	2160	MIGUEL	FRAGA PERNAS	A Coruña	Home			Senior	441	00:56:31	00:55:31	00:12:55	00:38:32
2198	2021	Carlos	Sánchez Carretero	Cambre	Home		C.A. BROZA DO BOSQUE	Veterano 2	622	00:56:31	00:55:03	00:14:50	00:40:02
2199	1785	Berta	Antelo Romero	Bergondo	Muller		CLUB ATLETISMO SADA	Veterano 2	85	00:56:31	00:55:44	00:12:33	00:38:13
2200	3267	Enrique	Cid Doorno	A Coruña	Home			Senior	442	00:56:33	00:55:15	00:00:00	00:38:12
2201	2718	MICHAEL	CARRO NOYA	A CORUÑA	Home			Senior	443	00:56:34	00:56:05	00:11:42	00:38:01
2202	2719	GUSTAVO	PLAZA LOPEZ	A CORUÑA	Home			Veterano 3	232	00:56:35	00:56:06	00:11:42	00:38:01
2203	1715	SARA	ABAD LOPEZ	A CORUÑA	Muller			Senior	81	00:56:37	00:55:46	00:13:17	00:38:18
2204	1957	Bladimiro	Seoane	A Coruña	Home			Senior	444	00:56:37	00:55:33	00:14:07	00:39:33
2205	1095	Elena	Calviño	A Coruña	Muller			Veterano 1	65	00:56:38	00:55:33	00:14:05	00:39:33
2206	2679	Manuel	Piñeiro González	A Coruña	Home			Veterano 2	623	00:56:38	00:54:53	00:13:58	00:39:22
2207	2126	Juan	Fernández González	A Coruña	Home	AG 767350	PATUKOS TIM RANIN	Veterano 1	499	00:56:38	00:55:43	00:13:09	00:38:40
2208	2950	Oscar Benito	Portela Fernandez	Sada	Home		CLUB ATLETISMO SADA	Veterano 2	624	00:56:39	00:55:55	00:11:53	00:39:26
2209	3015	Carlos	Alonso Ruzo	Tomíño	Home			Promesa	62	00:56:39	00:55:12	00:13:55	00:39:30
2210	1020	Gonzalo	Alonso Vázquez	A Coruña	Home		GANTESPORT	Veterano 1	500	00:56:40	00:56:11	00:11:54	00:36:57
2211	1890	JUAN CARLOS	GANTES LESTA	A Coruña	Home		GANTESPORT	Veterano 1	501	00:56:40	00:55:04	00:14:23	00:38:52
2212	1703	Susana	Basterrechea Noya	Sada	Muller		CLUB ATLETISMO SADA	Veterano 2	86	00:56:41	00:55:55	00:12:47	00:38:41
2213	3070	Omar	Fernandez	Lugo	Home			Senior	445	00:56:41	00:55:32	00:12:49	00:38:26
2214	1469	Miguel	Peña Recalde	Culleredo	Home			Promesa	63	00:56:42	00:56:11	00:11:15	00:37:35
2215	3068	Fernando	Pazos Martínez	A Coruña	Home			Veterano 3	233	00:56:42	00:55:27	00:14:23	00:40:07
2216	2661	OLAYA	ALVAREZ VARELA	Lugo	Home		MONTEPENARUBIA	Senior	446	00:56:42	00:55:15	00:14:28	00:39:29

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2217	2906	NOE	VAAMONDE BLANCO	FRADES	Home			Veterano 1	502	00:56:44	00:54:53	00:14:14	00:39:27
2218	1375	Antonio	González Rodríguez	A Coruña	Home			Senior	447	00:56:44	00:55:24	00:00:00	00:38:19
2219	2920	Pablo	Puga García-Tizón	A Coruña	Home			Senior	448	00:56:45	00:55:25	00:13:57	00:39:13
2220	2176	Fernando	Carmona Elizalde	A Coruña	Home			Veterano 3	234	00:56:45	00:55:52	00:12:07	00:34:27
2221	1856	Oscar	Dominguez Villanueva	A Coruña	Home			Senior	449	00:56:48	00:55:26	00:14:03	00:39:58
2222	1722	MARYEM	SALI DUQUE	A Coruña	Muller			Veterano 1	66	00:56:48	00:55:35	00:14:05	00:39:27
2223	254	Carlos	Lema Porteiro	Carballo	Home		Run4One	Veterano 1	503	00:56:49	00:55:13	00:13:51	00:38:55
2224	2281	Monica	Abeledo Patiño	A Coruña	Muller			Veterano 2	87	00:56:49	00:55:55	00:12:56	00:39:01
2225	2923	Carlos	López Iglesias	Culleredo	Home			Veterano 2	625	00:56:49	00:55:19	00:14:36	00:39:48
2226	1147	antonia	deive rey	Narón	Muller			Veterano 3	23	00:56:51	00:56:13	00:12:42	00:38:31
2227	3232	Argimiro	Blanco malvarez	Santiago de Compostela	Home			Veterano 1	504	00:56:51	00:55:22	00:13:58	00:38:33
2228	2734	FRANCISCO	ORRO ARCAJ	A Coruña	Home			Veterano 3	235	00:56:51	00:55:02	00:14:28	00:39:20
2229	2723	JUAN CARLOS	MATO MORADO	A CORUÑA	Home			Senior	450	00:56:52	00:55:10	00:15:39	00:41:01
2230	1121	Violeta	Fernandez Diaz	A Coruña	Muller		ATLETISMO RIAZOR CORUÑA	Senior	82	00:56:52	00:56:17	00:12:35	00:38:14
2231	1096	Sofía	Canzobre Martínez	A Coruña	Muller		ATLETISMO RIAZOR CORUÑA	Senior	83	00:56:52	00:56:17	00:12:35	00:38:14
2232	2460	Lucia	García recarey	A Coruña	Muller			Senior	84	00:56:53	00:55:21	00:16:01	00:41:30
2233	1802	Nuria	Lago Fustes	Cariño	Muller			Senior	85	00:56:53	00:55:18	00:15:05	00:40:24
2234	2143	GABRIEL	CERQUEIRO POMBO	A Coruña	Home			Veterano 1	505	00:56:54	00:55:39	00:13:55	00:39:48
2235	3202	RUBEN	RUIBAL RAMOS	A CORUÑA	Home			Junior	29	00:56:54	00:56:34	00:10:51	00:36:59
2236	3303	Juan Manuel	Pasandin Peteiro	A Coruña	Home			Senior	451	00:56:55	00:56:08	00:13:50	00:39:21
2237	2927	xulian	brea sanchez	Betanzos	Home			Veterano 3	236	00:56:55	00:56:09	00:12:34	00:38:10
2238	2193	JOSE LUIS	VILLAR MORCILLO	A Coruña	Home			Veterano 2	626	00:56:55	00:56:02	00:12:54	00:38:40
2239	2657	LUIS	SERRANO NEIRA	Betanzos	Home			Senior	452	00:56:56	00:55:21	00:15:05	00:40:40
2240	2808	Rafael	Perez chans	A Coruña	Home			Senior	453	00:56:59	00:55:15	00:14:39	00:39:12
2241	1786	Luisa	Alvarez freitas	A Coruña	Muller			Senior	86	00:56:59	00:55:19	00:13:57	00:39:12
2242	2735	Javier	Aparicio Díaz	A Coruña	Home			Veterano 3	237	00:57:02	00:55:25	00:13:48	00:39:12
2243	1136	Maria	Corredoira Baleato	Ames	Muller		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 1	67	00:57:02	00:56:21	00:12:07	00:38:16

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2244	2794	Oscar	Martínez Serra	A Coruña	Home			Senior	454	00:57:03	00:55:21	00:14:29	00:39:28
2245	2199	José Santos	Fernández Vázquez	A Coruña	Home			Veterano 2	627	00:57:04	00:55:44	00:13:46	00:39:28
2246	2754	Mario S.	García González	Oleiros	Home		Trasnos Coru?a	Veterano 3	238	00:57:04	00:55:49	00:13:45	00:38:56
2247	1172	eIena	pereira bernardez	A Coruña	Muller		CLUB ATLETISMO SADA	Veterano 1	68	00:57:04	00:56:17	00:12:33	00:38:14
2248	2656	Jose	Fraga	Ribadeo	Home			Veterano 1	506	00:57:05	00:55:41	00:14:28	00:39:14
2249	1713	Sabrina	Álvarez	A Coruña	Muller			Veterano 2	88	00:57:05	00:55:40	00:14:28	00:39:11
2250	1849	Alberto	Perez Dominguez	Ourense	Home			Senior	455	00:57:06	00:55:28	00:14:12	00:39:09
2251	1962	Antón	Varela Magariños	A Coruña	Home			Senior	456	00:57:06	00:55:14	00:15:12	00:41:02
2252	2650	JOSE ANTONIO	LOPEZ LOPEZ	A Coruña	Home			Veterano 3	239	00:57:08	00:56:05	00:13:40	00:38:50
2253	2717	JESUS	CORBAL ALVAREZ	OLEIROS	Home			Veterano 3	240	00:57:08	00:55:19	00:14:25	00:39:02
2254	1716	MONICA	MEJUTO SOUTO	A CORUÑA	Muller			Veterano 1	69	00:57:08	00:55:28	00:00:00	00:39:28
2255	2274	INMACULADA	LOPEZ VIDAL	A CORUÑA	Muller			Veterano 2	89	00:57:09	00:56:37	00:12:45	00:38:50
2256	2226	MONTSE	OXINALDE RÍOS	A Coruña	Muller			Senior	87	00:57:10	00:55:35	00:14:29	00:39:24
2257	2572	María	Domínguez García	Cee	Muller		Triatlón Costa da Morte	Senior	88	00:57:10	00:55:35	00:14:16	00:39:25
2258	2482	María	Fraga Rivas	A Coruña	Muller			Senior	89	00:57:11	00:56:14	00:13:39	00:39:24
2259	2697	Francisco Jose	Boado Sanchez	Oza dos Ríos	Home			Veterano 1	507	00:57:12	00:56:03	00:14:19	00:40:06
2260	3031	ANGELES	AMOR GARCIA	Sada	Home			Veterano 2	628	00:57:12	00:56:50	00:11:59	00:38:34
2261	2486	LUCÍA	MEJUTO BERMEJO	Melide	Muller			Senior	90	00:57:12	00:56:15	00:13:40	00:39:25
2262	2764	PABLO	SEOANE CANCELO	OLEIROS	Home			Veterano 1	508	00:57:12	00:55:24	00:14:27	00:40:09
2263	3301	Francisco	Rodríguez Garrido	Cee	Home			Senior	457	00:57:12	00:55:37	00:14:17	00:39:24
2264	1752	IRIA	FERNANDEZ RODRIGUEZ	A Coruña	Muller		SARDI TEAM	Senior	91	00:57:14	00:56:31	00:12:10	00:38:34
2265	2249	YAILET	BADILLO GONZALEZ	A Coruña	Muller			Veterano 1	70	00:57:15	00:56:17	00:13:46	00:39:45
2266	1797	Olalla	Fernandez Rivas	Mondoñedo	Muller			Senior	92	00:57:15	00:56:33	00:13:37	00:39:32
2267	2877	DIEGO	LOPEZ REY	Oleiros	Home			Veterano 1	509	00:57:15	00:56:17	00:13:45	00:39:45
2268	2942	JAVIER	SARDIÑA AGRA	A CORUÑA	Home			Veterano 3	241	00:57:18	00:55:27	00:14:28	00:39:33
2269	2167	Valentín	Barral Vales	Betanzos	Home			Veterano 1	510	00:57:19	00:56:06	00:14:05	00:39:27
2270	2616	HAMADI	FUDILI MORENO	A Coruña	Home			Veterano 1	511	00:57:20	00:56:33	00:00:00	00:38:31

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2271	2690	Fran	Guillán García	A Coruña	Home		C.D. GAS NATURAL FENOSA	Veterano 1	512	00:57:20	00:56:32	00:12:56	00:38:35
2272	1421	Miguel Angel	toledano Gonzalez	Illa de Arousa, A	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 1	513	00:57:20	00:56:34	00:12:32	00:39:24
2273	2752	Lino alberto	Asensio gomez	A Coruña	Home			Veterano 2	629	00:57:21	00:55:36	00:14:41	00:40:27
2274	2993	Arturo	Pérez Gómez	A Coruña	Home			Veterano 1	514	00:57:21	00:55:36	00:14:41	00:40:21
2275	1372	Víctor	Novo Carballeira	Miño	Home			Veterano 2	630	00:57:22	00:56:16	00:14:06	00:39:28
2276	2253	Jessica	Fernández Pernas	A Coruña	Muller			Senior	93	00:57:22	00:56:44	00:12:57	00:39:02
2277	2292	Concepción	De León Del Río	Miño	Muller			Veterano 2	90	00:57:22	00:56:16	00:14:06	00:39:29
2278	2801	Segundo	Eiras Sánchez	A Coruña	Home			Veterano 2	631	00:57:26	00:56:05	00:13:27	00:38:57
2279	2771	Manuel	González Maceiras	A Coruña	Home			Promesa	64	00:57:27	00:56:47	00:12:16	00:37:34
2280	1838	JESÚS	GAREA VIDAL	A Coruña	Home			Veterano 3	242	00:57:27	00:56:30	00:13:02	00:39:00
2281	1791	Gloria	Clavijo Pelaez	A Coruña	Muller		ATLETAS DE ACEA DE AMA	Veterano 1	71	00:57:27	00:56:28	00:12:36	00:38:49
2282	1779	rosa maria	Ramudo Rivas	A Coruña	Muller			Veterano 3	24	00:57:27	00:56:33	00:13:09	00:39:13
2283	2010	Joaquin	Rodriguez Vazquez	A Coruña	Home		San Amaro Open Water	Veterano 2	632	00:57:28	00:56:38	00:12:29	00:38:43
2284	2859	ERO	SANTE GUEIMONDE	Narón	Home		CLUB ATLETISMO LOURENZA	Senior	458	00:57:28	00:56:23	00:12:33	00:37:53
2285	2970	José Manuel	Castelao Díaz	Nava	Home			Veterano 2	633	00:57:28	00:56:02	00:13:36	00:39:07
2286	2861	JOSÉ LUIS	GAVINO FERNÁNDEZ	Foz	Home			Senior	459	00:57:28	00:56:23	00:12:34	00:37:56
2287	2252	Susana	Caamaño Pereira	A Coruña	Muller			Veterano 1	72	00:57:29	00:56:51	00:12:55	00:39:04
2288	2149	Óscar	Olcina Salinas	A Coruña	Home			Veterano 2	634	00:57:29	00:56:08	00:14:28	00:40:08
2289	2219	Maria	Alvarez Torga	Nava	Muller			Veterano 2	91	00:57:29	00:56:02	00:13:35	00:39:08
2290	2028	Fernando	Vázquez Naveiras	A Coruña	Home			Veterano 2	635	00:57:29	00:56:13	00:13:24	00:39:27
2291	3341	Héctor	De Castro Fernández	Carracedelo	Home			Veterano 1	515	00:57:30	00:55:45	00:15:54	00:43:05
2292	2639	Manuel	Gonzalez Pereira	Arteixo	Home		INDEPENDIENTE	Veterano 4	50	00:57:31	00:55:36	00:14:35	00:39:58
2293	2626	ALBERTO	QUINTELA VILLAR	A Coruña	Home			Veterano 1	516	00:57:31	00:55:56	00:14:26	00:39:31
2294	3382	FRANCISCO JAVIER	RODRIGUEZ VERIAS	OLEIROS	Home			Veterano 1	517	00:57:31	00:56:01	00:13:49	00:39:23
2295	2863	CARLOS	RÍOS LÓPEZ	A Coruña	Home			Veterano 1	518	00:57:31	00:55:56	00:14:26	00:39:32
2296	2216	Sara	Salgado Martín	A Coruña	Muller			Senior	94	00:57:32	00:56:20	00:14:05	00:39:29
2297	2277	Sara	Mejide Botana	Oleiros	Muller			Senior	95	00:57:32	00:55:59	00:14:57	00:40:21
2298	3034	Olalla	Ares Caamaño	A Coruña	Home			Senior	460	00:57:33	00:55:50	00:14:52	00:40:43

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2299	3035	Francisco	Santiso Lopez	A Coruña	Home			Veterano 1	519	00:57:33	00:55:50	00:14:55	00:40:43
2300	2265	María	Vázquez - Gundín Paz	Oleiros	Muller		No Sport Limit	Senior	96	00:57:34	00:56:18	00:12:49	00:37:47
2301	3324	Miguel Angel	Barral Gantes	Culleredo	Home			Veterano 2	636	00:57:34	00:55:53	00:15:33	00:41:00
2302	2291	Almudena	Rey Domínguez	A Coruña	Muller			Senior	97	00:57:35	00:57:22	00:12:36	00:39:05
2303	2396	PAULA	TROITEIRO SEGADE	A Coruña	Muller			Senior	98	00:57:36	00:55:59	00:14:26	00:39:58
2304	3025	João Carlos	Pinto Da Cunha Pimenta	Oleiros	Home			Veterano 3	243	00:57:38	00:57:05	00:12:05	00:38:41
2305	3384	DAVID	VALIÑO RAMOS	OLEIROS	Home			Senior	461	00:57:38	00:56:30	00:11:47	00:38:06
2306	2604	NOELIA	FUENTES VARA	CARRAL	Muller		ATLETISMO SADA	Promesa	9	00:57:39	00:56:28	00:12:44	00:38:55
2307	1762	MARIA	VAZQUEZ AVILES	A Coruña	Muller			Veterano 1	73	00:57:40	00:57:13	00:12:50	00:39:16
2308	773	Pablo	Ramil Frean	A Coruña	Home		NOSPORTLIMIT TREK GALICIA	Veterano 1	520	00:57:41	00:57:14	00:12:50	00:39:16
2309	2475	Ana	Ferreiro-Rocha Pereira	A Coruña	Muller			Senior	99	00:57:43	00:57:07	00:14:18	00:40:20
2310	1528	Jorge	Gómez Sandomingo	A Coruña	Home		GRUPO LINCE	Veterano 1	521	00:57:46	00:56:25	00:14:02	00:39:46
2311	2600	Gaudis	Flores Flores	A Coruña	Muller			Veterano 2	92	00:57:46	00:56:25	00:14:01	00:39:49
2312	1765	VERONICA	MOSQUERA SILVA	A Coruña	Muller		NOSPORTLIMIT	Veterano 1	74	00:57:47	00:56:01	00:14:41	00:40:25
2313	2582	Rosario	Areosa Brandón	A Laracha	Muller			Veterano 1	75	00:57:47	00:55:56	00:14:32	00:40:11
2314	2786	BORJA	FERNÁNDEZ BERMÚDEZ	Oleiros	Home		NOSPORTLIMIT	Veterano 2	637	00:57:47	00:56:03	00:14:38	00:40:32
2315	2062	Guillermo	Maldonado Ávila	Culleredo	Home			Veterano 2	638	00:57:50	00:57:14	00:12:08	00:38:21
2316	3231	FELIX	VARELA MARTINEZ	A Coruña	Home			Veterano 1	522	00:57:50	00:56:47	00:13:42	00:40:01
2317	3050	Jesús	Souto Graíño	A Coruña	Home			Veterano 3	244	00:57:54	00:56:14	00:13:56	00:39:13
2318	2977	Sergio	Lorenzo Génova	Ferrol	Home			Senior	462	00:57:54	00:56:08	00:14:13	00:40:25
2319	1761	Carmen	Casas Pérez	Sada	Muller		CLUB ATLETISMO SADA	Veterano 3	25	00:57:55	00:57:12	00:12:48	00:39:02
2320	2835	Pablo	Cobas Sande	A Coruña	Home		Sieiro Running	Veterano 2	639	00:57:56	00:56:41	00:14:03	00:39:38
2321	2748	Pablo	Alvarez López	Villafranca del Bierzo	Home			Veterano 2	640	00:58:00	00:57:22	00:12:07	00:39:09
2322	1814	Chus	Rodríguez Louro	A Coruña	Muller			Veterano 3	26	00:58:02	00:57:07	00:13:41	00:39:34
2323	1835	Martín	Fernández García	Burela	Home		Fillos de Breog?n	Senior	463	00:58:03	00:57:09	00:00:00	00:39:14
2324	3344	Joaquin	Rey	A Coruña	Home			Veterano 1	523	00:58:04	00:56:47	00:13:18	00:38:25

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2325	98	Laura	Mejuto gonzalez	Lalín	Muller			Senior	100	00:58:04	00:57:39	00:11:42	00:39:06
2326	2354	Ruth	Villar López	A Coruña	Muller			Veterano 1	76	00:58:04	00:56:30	00:13:57	00:39:50
2327	2815	Héctor	Rozas Liñares	A Coruña	Home			Senior	464	00:58:04	00:56:31	00:13:57	00:39:50
2328	2474	Cristina	Nieto Mosquera	A Coruña	Muller			Senior	101	00:58:04	00:57:28	00:14:22	00:40:20
2329	1705	Erika	Fernández Reina	A Coruña	Muller		ATLETISMO RIAZOR CORUÑA	Veterano 1	77	00:58:06	00:57:05	00:14:23	00:40:30
2330	2003	MANUEL	MOLEDO NOYA	A CORUÑA	Home			Veterano 2	641	00:58:07	00:56:28	00:13:55	00:39:21
2331	3276	fernando	souto mata	Santiago de Compostela	Home			Veterano 2	642	00:58:08	00:56:40	00:12:55	00:38:33
2332	1960	Jose Luis	Lopez Carro	Betanzos	Home			Veterano 1	524	00:58:08	00:56:47	00:14:09	00:40:05
2333	1085	IRIA	MOUZO LESTON	Cambre	Muller			Veterano 1	78	00:58:08	00:57:23	00:13:05	00:39:46
2334	3274	Ruben	Freire Romani	Noia	Home			Senior	465	00:58:09	00:57:12	00:13:02	00:39:11
2335	2545	viviana	lopez pintor	A Coruña	Muller			Senior	102	00:58:10	00:56:55	00:13:43	00:40:03
2336	432	Simon	Calviño Calviño	A Coruña	Home		NOSPORTLIMIT	Senior	466	00:58:10	00:56:56	00:13:41	00:40:02
2337	2535	Matile	Llamas	A Coruña	Muller		AQUALIFE RUNNING	Veterano 2	93	00:58:10	00:56:47	00:14:05	00:39:57
2338	3061	JAVI	POMBAR	A Coruña	Home			Senior	467	00:58:10	00:57:20	00:13:32	00:39:56
2339	2231	María del Mar	Terceiro Delgado	A Coruña	Muller			Veterano 3	27	00:58:12	00:56:58	00:14:20	00:40:05
2340	3340	Javier	Caamaño Gonzalez	A Coruña	Home			Senior	468	00:58:12	00:57:21	00:13:34	00:39:56
2341	1180	Belén	Castelo Alvite	A Coruña	Muller			Veterano 2	94	00:58:13	00:56:49	00:13:49	00:39:55
2342	3314	David	Vázquez Bullón	A Coruña	Home			Senior	469	00:58:14	00:56:54	00:14:25	00:40:08
2343	2014	Luis	Gandica Farias	Arteixo	Home			Veterano 1	525	00:58:15	00:57:30	00:13:51	00:40:15
2344	4	Lourdes	García Vázquez	Santiago de Compostela	Muller	AG2016463	CLUB ATLETISMO MILLARAIO	Veterano 3	28	00:58:15	00:57:05	00:13:03	00:39:49
2345	2237	Nerea	Martinez Benavides	Arteixo	Muller			Veterano 1	79	00:58:16	00:57:31	00:13:56	00:40:13
2346	25	Marito	González Freire	Brión	Home	AG764806	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 3	245	00:58:17	00:57:06	00:13:24	00:39:54
2347	2551	Trinidad	Corral Ares	A Coruña	Muller			Veterano 2	95	00:58:17	00:57:46	00:13:07	00:39:49
2348	2733	Oscar	Fuentes	A Coruña	Home			Veterano 1	526	00:58:18	00:57:29	00:12:55	00:39:20
2349	2737	ANTONIO	BELLO DIAZ	A Coruña	Home			Veterano 2	643	00:58:19	00:56:24	00:14:12	00:40:01
2350	1735	ANA	BUGUEIRO FRANCOS	A CORUÑA	Muller			Senior	103	00:58:20	00:57:09	00:14:25	00:40:35
2351	1639	Fernando	Granell Abad	Oleiros	Home			Veterano 2	644	00:58:20	00:57:34	00:12:38	00:39:19
2352	1163	INÉS	GRANELL ABAD	Oleiros	Muller		Hércules Termaria	Veterano 2	96	00:58:20	00:57:35	00:12:37	00:39:19



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2353	1726	carmela	regueiro buenaga	Oleiros	Muller		club h?rcules	Veterano 2	97	00:58:22	00:57:36	00:12:37	00:39:18
2354	2824	Fernando	Perez San Vicente	A Coruña	Home			Veterano 2	645	00:58:23	00:56:53	00:14:44	00:40:18
2355	1655	pablo	Ferrant Rojo	A Coruña	Home		br	Veterano 2	646	00:58:26	00:56:38	00:14:37	00:40:12
2356	2137	Rodrigo Alfonso	Rodríguez Fernández	A Coruña	Home			Veterano 2	647	00:58:26	00:57:00	00:13:04	00:39:06
2357	2578	Paula	López Gómez	A Coruña	Muller			Veterano 3	29	00:58:27	00:57:20	00:13:49	00:39:44
2358	3001	DIEGO	QUEVEDO PEREZ	A Coruña	Home			Senior	470	00:58:28	00:56:43	00:14:25	00:39:55
2359	1717	NANCY SUSANA	ORDOÑEZ SALCEDO	A CORUÑA	Muller			Veterano 2	98	00:58:29	00:58:10	00:12:46	00:39:33
2360	3090	ANGEL	GRANELL BACELAR	A Coruña	Home			Junior	30	00:58:30	00:57:12	00:14:13	00:39:31
2361	2696	MIGUEL ANGEL	GONZALEZ ROCA	A Coruña	Home			Veterano 3	246	00:58:31	00:56:39	00:14:53	00:40:22
2362	3304	Eloy	Mahía Sánchez	A Coruña	Home			Veterano 4	51	00:58:32	00:56:41	00:14:52	00:40:25
2363	2961	NICOLÁS	MOLINA SANTIAGO	A Coruña	Home			Senior	471	00:58:33	00:57:33	00:00:00	00:40:15
2364	2826	Héctor	Lameiro Fraga	Cambre	Home			Veterano 2	648	00:58:35	00:56:34	00:14:48	00:40:26
2365	2644	Alexis	Chans Canto	Ponteceso	Home			Senior	472	00:58:36	00:57:07	00:14:43	00:40:26
2366	3109	René	Gómez Martínez	A Coruña	Home			Senior	473	00:58:37	00:57:07	00:14:42	00:40:24
2367	1564	Jesus Francisco	Gómez Santos	Ponteceso	Home		NOSPORTLIMIT	Senior	474	00:58:37	00:57:08	00:14:42	00:40:23
2368	2759	Vicente	Bañobre Martínez	Ferrol	Home			Veterano 4	52	00:58:37	00:57:19	00:14:43	00:41:10
2369	3213	JOTA	RODRIGUEZ RODRIGUEZ	A Coruña	Home			Veterano 2	649	00:58:39	00:57:23	00:14:10	00:40:27
2370	1700	Sonia María	Carro Ríos	A Coruña	Muller			Veterano 2	99	00:58:39	00:58:20	00:11:54	00:38:48
2371	2804	MIGUEL ANGEL	GONZALEZ TALAVERO	A Coruña	Home		ATLETAS DE ACEA DE AMA	Veterano 3	247	00:58:40	00:57:40	00:12:36	00:39:35
2372	1776	MARIA	GOMEZ FERNANDEZ	A Coruña	Muller			Veterano 2	100	00:58:41	00:57:31	00:14:25	00:40:42
2373	2597	Maria Isabel	Serrano Sanchez	A Coruña	Muller		PAPA O CAN E NOSO	Veterano 3	30	00:58:41	00:57:31	00:14:23	00:40:41
2374	3177	Oscar	Carro García	A Coruña	Home			Veterano 1	527	00:58:41	00:56:56	00:14:46	00:41:03
2375	365	José Antonio	Torrado Sobrido	A Coruña	Home		PAPA O CAN E NOSO	Veterano 3	248	00:58:42	00:57:31	00:14:20	00:40:41
2376	2531	Ana María	Pérez Romero	Ames	Muller			Veterano 2	101	00:58:42	00:58:05	00:12:22	00:39:18
2377	2459	Elibel	Lago Trillo	Cee	Muller		ASOCIACION DEPORTIVA OLIMPIA	Veterano 1	80	00:58:42	00:57:37	00:13:25	00:39:38
2378	1770	Karina	Vázquez Pedreira	Sada	Muller			Veterano 1	81	00:58:44	00:57:17	00:13:28	00:39:57

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2379	2430	VERÓNICA	IGLESIAS FUSTES	A Coruña	Muller			Veterano 1	82	00:58:44	00:57:45	00:14:02	00:40:17
2380	3437	Carlos	Gomez Nuñez	Ourense	Home		A.D. LIMIACTIVA	Veterano 2	650	00:58:45	00:57:46	00:14:02	00:40:17
2381	1773	Ana	Paz Perez	A Coruña	Muller		BEER RUNNERS	Veterano 2	102	00:58:45	00:57:44	00:13:38	00:40:00
2382	2093	Francisco	Vázquez Gil	Sada	Home		CLUB ATLETISMO SADA	Veterano 2	651	00:58:46	00:57:48	00:12:23	00:38:58
2383	1154	Susana	Fernández Ares	A Coruña	Muller			Veterano 2	103	00:58:47	00:57:22	00:14:26	00:40:44
2384	1800	Namibia	Sanluis Verdes	Malpica de Bergantiños	Muller			Senior	104	00:58:47	00:57:40	00:12:43	00:39:19
2385	3254	Justo	Real Iglesias	A Coruña	Home			Veterano 2	652	00:58:47	00:57:11	00:13:29	00:40:27
2386	2592	antia	muruzabal perez	A Coruña	Muller			Veterano 1	83	00:58:48	00:57:24	00:14:36	00:41:06
2387	3362	VICENTE LUIS	VILARELLE ALVAREZ	A CORUÑA	Home			Veterano 2	653	00:58:48	00:57:24	00:00:00	00:39:53
2388	1827	MARIA	ALVAREZ VEIGA	A CORUÑA	Muller			Veterano 1	84	00:58:49	00:57:57	00:13:27	00:39:44
2389	2749	Francisco	Vila Baleato	A Coruña	Home			Veterano 2	654	00:58:49	00:57:13	00:14:51	00:40:44
2390	3013	Manuel	Barral Armental	A Coruña	Home			Senior	475	00:58:49	00:57:24	00:14:43	00:41:08
2391	2571	Susana	Fernandez Redondo	Abegondo	Muller			Veterano 1	85	00:58:50	00:57:17	00:14:06	00:40:10
2392	1732	NURIA	LAGO PALMEIRO	A CORUÑA	Muller			Veterano 3	31	00:58:51	00:57:59	00:13:32	00:39:39
2393	2622	JULIO ALBERTO	SIMON BLANCO	A Coruña	Home			Veterano 3	249	00:58:51	00:57:24	00:13:46	00:40:30
2394	2732	Antonio	Ciudad Pereira	A Coruña	Home		PATUKOS TIM RANIN	Veterano 4	53	00:58:53	00:57:56	00:13:32	00:39:58
2395	2825	HUMBERTO	AYMERICH CANO	VIGO	Home			Veterano 2	655	00:58:53	00:57:53	00:13:37	00:40:18
2396	2269	CARMEN BELEN	PEREZ GRAÑA	A Laracha	Muller		ATLETICA A SILVA	Veterano 1	86	00:58:54	00:57:55	00:13:49	00:40:19
2397	2799	DANIEL ROBERTO	GARRIDO PAZOS	A Coruña	Home			Veterano 1	528	00:58:54	00:57:28	00:14:07	00:40:26
2398	1167	Cristina	Fachal Mosteiro	A Coruña	Muller			Veterano 2	104	00:58:56	00:58:00	00:14:21	00:41:57
2399	1794	Eider	Gogorza	A Coruña	Muller			Veterano 1	87	00:58:56	00:58:01	00:14:18	00:41:13
2400	1164	ELISA	PICHEL GARCIA DE SEAREZ	Carballo	Muller		A.D. FOGAR CARBALLO	Senior	105	00:58:58	00:58:08	00:14:00	00:40:52
2401	2450	NIEVES	VELO GARCIA DE SEÁREZ	Carballo	Muller			Senior	106	00:58:58	00:58:08	00:14:00	00:40:55
2402	3000	JOSE	NOVO BLANCO	A CORUÑA	Home			Veterano 3	250	00:59:01	00:58:04	00:13:57	00:40:54
2403	2542	Alicia	San Martin Alonso	A Coruña	Muller			Promesa	10	00:59:03	00:57:32	00:14:16	00:40:02
2404	3286	Jesús	García Silva	Oleiros	Home			Veterano 3	251	00:59:03	00:58:19	00:12:55	00:39:39

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2405	2630	KIKE	BARRAL ALVEDRO	A Coruña	Home			Veterano 2	656	00:59:04	00:57:19	00:14:27	00:40:11
2406	2701	Adrián	Pan Concheiro	Oleiros	Home			Senior	476	00:59:04	00:57:58	00:00:00	00:39:18
2407	1857	Martín	López Castro	A Coruña	Home			Veterano 2	657	00:59:05	00:57:58	00:14:26	00:40:30
2408	2817	Luis	Viña Domínguez	A Coruña	Home			Veterano 1	529	00:59:07	00:58:08	00:14:01	00:40:57
2409	2210	ARGENTINA	PAN FERNANDEZ	Padrón	Muller			Veterano 1	88	00:59:10	00:58:50	00:12:05	00:39:24
2410	3263	Marcos	Salgado Vázquez	A Coruña	Home			Senior	477	00:59:10	00:58:23	00:14:31	00:41:54
2411	2720	JOSE ANTONIO	ALONSO GARCIA	A CORUÑA	Home			Senior	478	00:59:11	00:57:57	00:14:15	00:40:29
2412	1472	Sergio	López Rey	A Coruña	Home		PATUKOS TIM RANIN	Veterano 1	530	00:59:11	00:58:14	00:13:39	00:41:00
2413	2938	Javier	Herrero Valle	Segovia	Home		Colectivo Veracruz	Veterano 1	531	00:59:11	00:57:44	00:14:29	00:40:13
2414	2591	estefania	paredes senande	Cambre	Muller			Veterano 1	89	00:59:12	00:57:42	00:14:08	00:40:29
2415	2500	Manuela	Filgueiras barro	Culleredo	Muller			Veterano 2	105	00:59:12	00:58:08	00:13:32	00:40:31
2416	2298	Ana	Cerviño Fernández	Carballo	Muller			Senior	107	00:59:13	00:59:00	00:12:34	00:39:35
2417	2423	Cristina	Vara Vázquez	A Coruña	Muller			Veterano 2	106	00:59:14	00:58:19	00:14:17	00:41:38
2418	3306	alfonso	chico	A Coruña	Home			Veterano 3	252	00:59:15	00:57:34	00:16:18	00:41:56
2419	1860	JESUS	SEOANE SEIJAS	A Coruña	Home			Veterano 1	532	00:59:16	00:58:06	00:12:50	00:39:09
2420	2095	Edgar Enrique	Alba Barrile	A Coruña	Home			Veterano 1	533	00:59:17	00:57:57	00:14:30	00:41:03
2421	2603	MARIA DEL CARMEN	SANTANA	OLEIROS	Muller			Veterano 3	32	00:59:18	00:58:14	00:13:32	00:40:31
2422	2806	LUIS ALBERTO	LÓPEZ VIDAL	A Coruña	Home			Veterano 2	658	00:59:19	00:58:45	00:12:36	00:39:43
2423	1784	SUSANA	IGLESIAS LÓPEZ	A Coruña	Muller			Veterano 2	107	00:59:19	00:58:46	00:12:35	00:39:35
2424	2706	Paco	Evangelista Toledo	Santiago de Compostela	Home			Veterano 2	659	00:59:21	00:58:08	00:14:03	00:40:28
2425	1781	Teresa	López de la Vega	Ferrol	Muller			Veterano 2	108	00:59:21	00:58:20	00:14:06	00:40:57
2426	2282	ROSANA	LOPEZ SILVEIRO	Santiago de Compostela	Muller		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 1	90	00:59:21	00:57:49	00:14:48	00:41:27
2427	2283	ANA BELEN	MUIÑO PEGO	Santiago de Compostela	Muller			Veterano 1	91	00:59:23	00:57:50	00:14:50	00:41:34
2428	1812	Belén	Camblor	A Coruña	Muller			Veterano 2	109	00:59:24	00:58:38	00:13:51	00:40:41
2429	2811	Alfonso	Pedreira Perez	A Coruña	Home			Veterano 4	54	00:59:24	00:57:39	00:00:00	00:41:41
2430	2612	JUAN CARLOS	VALEIRO VEIGA	Culleredo	Home		Club corredor	Veterano 3	253	00:59:25	00:57:35	00:14:36	00:40:50
2431	2842	JUAN PEDRO	BARCO SANCHEZ	A CORUÑA	Home			Veterano 1	534	00:59:26	00:58:37	00:12:59	00:40:10

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2432	2245	Victoria	Ares Sánchez	A Coruña	Muller		INDEPENDIENTE	Veterano 2	110	00:59:27	00:58:10	00:14:27	00:41:01
2433	3379	MANUEL	FIDALGO COUSO	LANGREO	Home			Veterano 2	660	00:59:27	00:57:52	00:00:00	00:39:39
2434	1926	Crisanto	Castro Pais	A Coruña	Home			Veterano 2	661	00:59:27	00:58:03	00:13:55	00:40:05
2435	2688	Alus	Ouro Rivas	A Coruña	Home		INDEPENDIENTE	Veterano 2	662	00:59:28	00:57:46	00:14:00	00:41:00
2436	2836	Alberto	Quiroga Cambón	Sada	Home			Veterano 1	535	00:59:30	00:58:50	00:13:02	00:39:49
2437	1142	María	Seijo Calaza	A Coruña	Muller			Veterano 2	111	00:59:31	00:58:35	00:14:22	00:41:41
2438	2975	Enrique	Fernández Rosado	A Coruña	Home			Veterano 2	663	00:59:31	00:57:49	00:14:07	00:39:56
2439	2369	Vanesa	Felpeto Babío	Sada	Muller			Senior	108	00:59:34	00:58:50	00:13:00	00:40:18
2440	3438	Angel	Lopez Fernandez	Sada	Home			Cadeira de Rodas	1	00:59:34	00:57:55	00:15:25	00:44:48
2441	2441	Noelia	Seoane Pardo	A Coruña	Muller			Veterano 1	92	00:59:35	00:58:51	00:12:41	00:39:42
2442	2280	iria	lopez fernandez	A Coruña	Muller			Veterano 1	93	00:59:38	00:58:54	00:13:24	00:40:35
2443	1178	Aroa	Ares Perez-Herrera	A Coruña	Muller			Veterano 1	94	00:59:38	00:58:55	00:13:25	00:40:42
2444	2549	ROSA	BLANCO GARCIA	Rúa, A	Muller		n	Veterano 3	33	00:59:39	00:58:55	00:13:38	00:40:20
2445	2548	MARIA CRISTINA	ALONSO FERNANDEZ	Rúa, A	Muller		AT. A RUA	Veterano 3	34	00:59:40	00:58:57	00:13:34	00:40:20
2446	3052	Pablo	Cabello Soto	Miño	Home			Veterano 1	536	00:59:41	00:58:07	00:14:39	00:40:40
2447	2768	Francisco	Contreras Martínón	A Coruña	Home			Veterano 1	537	00:59:42	00:58:50	00:12:58	00:40:02
2448	2243	JEANNE	TÁBOAS GARCÍA	A Coruña	Muller			Senior	109	00:59:43	00:58:18	00:14:44	00:41:06
2449	2177	Alejandro	Loureda Alvarez	A Coruña	Home			Veterano 1	538	00:59:43	00:58:52	00:14:08	00:41:36
2450	1902	Celestino	Ramos Rodriguez	A Coruña	Home			Veterano 1	539	00:59:43	00:58:17	00:14:45	00:41:08
2451	3126	Alejandro	Lorente Martínez	Oleiros	Home			Senior	479	00:59:44	00:59:07	00:14:26	00:40:48
2452	2257	Cristina	Villalobos	A Coruña	Muller			Veterano 1	95	00:59:45	00:59:01	00:13:27	00:41:19
2453	2895	Jose Andres	Mondelo Gonzalez	A Coruña	Home			Veterano 3	254	00:59:45	00:59:24	00:12:18	00:39:49
2454	3054	Roberto	Bermúdez García	A Coruña	Home			Veterano 2	664	00:59:46	00:58:39	00:14:24	00:41:03
2455	3389	OSCAR	TRELLES AYALA	A CORUÑA	Home			Veterano 2	665	00:59:46	00:59:29	00:12:47	00:40:24
2456	1816	MARIA CONCEPCION	OANES PEREZ	A CORUÑA	Muller			Veterano 2	112	00:59:46	00:58:13	00:14:32	00:40:59
2457	2406	Carla	Alba Álvarez	A Coruña	Muller			Senior	110	00:59:47	00:58:05	00:15:11	00:41:59
2458	2078	julio	escalante diego	Bergondo	Home		CLUB ATLETISMO SADA	Veterano 3	255	00:59:47	00:59:01	00:12:49	00:39:37

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2459	2917	Sergio	Rodríguez Mendieta	A Coruña	Home			Senior	480	00:59:48	00:58:06	00:15:11	00:41:59
2460	2360	Esther	Mourenza Fernández	Lugo	Muller	AG 768726	ATLETISMO FRIOL	Veterano 1	96	00:59:49	00:59:13	00:12:57	00:40:35
2461	1182	Marta	Viña rico	Monfero	Muller			Senior	111	00:59:50	00:58:48	00:13:36	00:40:34
2462	2987	Alvaro	González Villaceros	A Coruña	Home			Senior	481	00:59:50	00:58:08	00:15:12	00:41:59
2463	2045	José Luis	González Cardalda	A Coruña	Home	AG2019248	A.D. CERNE	Veterano 2	666	00:59:50	00:58:06	00:13:56	00:39:53
2464	3204	JAVIER	VARELA CARRO	A CORUÑA	Home			Veterano 3	256	00:59:51	00:58:51	00:13:57	00:40:41
2465	1746	Marta	Beiro González	Sanxenxo	Muller			Senior	112	00:59:51	00:59:00	00:12:55	00:40:08
2466	1822	SANDRA	VIÑA CASTIÑEIRAS	A LARACHA	Muller			Veterano 1	97	00:59:51	00:58:24	00:14:12	00:40:45
2467	2841	JOSE ELADIO	PARIENTE OJEA	A LARACHA	Home			Veterano 2	667	00:59:51	00:58:24	00:14:10	00:40:45
2468	2312	isabel	leon muiños	A Coruña	Muller			Veterano 2	113	00:59:51	00:58:52	00:13:18	00:40:34
2469	2319	Tatiana	Fernández García	Oleiros	Muller		NOSPORTLIMIT	Veterano 1	98	00:59:51	00:58:24	00:14:22	00:41:19
2470	1727	Rosaura	González Franco	Dumbría	Muller			Senior	113	00:59:52	00:59:01	00:12:55	00:40:10
2471	1825	LYDIA	MARTINEZ MOUTON	ARTEIXO	Muller			Veterano 2	114	00:59:52	00:59:02	00:13:38	00:40:39
2472	2516	ROSA MARIA	GESTOSO PAZO	A CORUÑA	Muller			Veterano 3	35	00:59:53	00:58:53	00:13:57	00:40:43
2473	1870	RODRIGO	LÓPEZ	A Coruña	Home		RUNNING OLEIROS	Cadeira de Rodas	2	00:59:54	00:58:52	00:13:21	00:40:09
2474	2202	Arantxa	Abad Pérez	A Coruña	Muller		NOSPORTLIMIT	Veterano 2	115	00:59:55	00:58:27	00:14:22	00:41:14
2475	1105	Bárbara	Carbajales León	Noia	Muller			Veterano 1	99	00:59:55	00:59:15	00:13:16	00:40:22
2476	3342	Rogelio	Vázquez Escuredo	A Coruña	Home			Veterano 1	540	00:59:55	00:58:10	00:15:55	00:43:08
2477	2478	dayana	romero castellanos	A Coruña	Muller			Senior	114	00:59:56	00:58:29	00:14:21	00:41:04
2478	3300	Marcos	Rodríguez Armada	Abegondo	Home			Veterano 1	541	00:59:57	00:58:22	00:14:00	00:40:47
2479	2960	Iván	Cotelo Rama	Carballo	Home		A.D.Mediaducia	Promesa	65	00:59:58	00:58:59	00:13:26	00:40:15
2480	2699	Ismael	Aguiar Amor	Culleredo	Home			Senior	482	00:59:59	00:58:07	00:14:43	00:41:07
2481	2698	Marcial	Miguez López	Cambre	Home			Senior	483	00:59:59	00:58:06	00:14:43	00:41:07
2482	2278	PAULA	VARELA GARROTE	Arteixo	Muller			Veterano 2	116	01:00:03	00:58:58	00:13:57	00:40:53
2483	2705	Keko	Fernandez Rodil	Barreiros	Home		Praias de Barreiros	Senior	484	01:00:03	00:58:21	00:00:00	00:42:22
2484	2323	CESSNA PAMELA	ORTA PONCE	POZA RICA	Muller			Senior	115	01:00:03	00:58:58	00:13:59	00:40:57

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2485	3084	carlos olegario	rodríguez veiras	Oleiros	Home			Veterano 3	257	01:00:05	00:58:35	00:13:25	00:39:17
2486	2919	jose antonio	pardo gomez	A Coruña	Home			Veterano 3	258	01:00:06	00:59:02	00:14:15	00:41:23
2487	1643	JOSE SANTIAGO	VEIGA IGLESIAS	A Coruña	Home			Veterano 3	259	01:00:08	00:59:04	00:14:12	00:41:24
2488	2337	María del Carmen	Picatoste Mateu	A Coruña	Muller			Veterano 3	36	01:00:08	00:59:03	00:14:00	00:40:59
2489	1820	maria del rosario	crespo merelas	A Coruña	Muller			Veterano 2	117	01:00:09	00:59:13	00:13:45	00:41:16
2490	3227	José Manuel	Fernández Rodríguez	A Coruña	Home			Veterano 2	668	01:00:09	00:59:07	00:14:34	00:41:29
2491	1821	sofia	crespo merelas	A Coruña	Muller			Veterano 1	100	01:00:09	00:59:13	00:13:45	00:41:08
2492	786	rogelio manuel	perez miñones	A Coruña	Home			Veterano 3	260	01:00:09	00:59:15	00:13:44	00:41:03
2493	1813	EVA MARIA	MOLTO ROIBAL	A Coruña	Muller			Veterano 2	118	01:00:10	00:58:37	00:14:20	00:40:58
2494	3245	Fernando	Grela Temprano	Oleiros	Home			Senior	485	01:00:10	00:58:36	00:14:38	00:40:40
2495	3246	Elias	Sande Baldomir	A Coruña	Home			Veterano 1	542	01:00:10	00:58:36	00:14:39	00:40:38
2496	2845	Rodrigo	Rivas Costa	A Coruña	Home			Veterano 1	543	01:00:11	00:59:15	00:00:00	00:40:49
2497	2306	rosa	gomez gomez	Santiago de Compostela	Muller			Veterano 2	119	01:00:11	00:58:43	00:15:08	00:42:39
2498	2047	DANIEL	GRANELL OTERO	Oleiros	Home			Veterano 2	669	01:00:12	00:58:56	00:14:29	00:41:06
2499	3188	Ismael	veiga Pérez	Paderne	Home		paderne	Senior	486	01:00:13	00:58:34	00:14:34	00:41:12
2500	2948	JOSE LUIS	VILARIÑO DIAZ	CAMBRE	Home			Veterano 2	670	01:00:13	00:58:32	00:15:33	00:41:24
2501	2807	JAVIER	LEJO SIERRA	A Coruña	Home			Senior	487	01:00:15	00:59:10	00:14:12	00:41:01
2502	3002	Pablo	Fernández espada	Ferrol	Home			Senior	488	01:00:15	00:59:11	00:14:12	00:41:01
2503	1170	BEATRIZ	COTROFE DEL RIO	A Coruña	Muller			Veterano 2	120	01:00:15	00:59:08	00:13:35	00:41:09
2504	2730	Roberto	Taboada Patiño	Cambre	Home			Veterano 2	671	01:00:23	00:58:35	00:14:59	00:41:56
2505	1923	MIGUEL ANGEL	BIURRUN GONZALEZ	A CORUÑA	Home			Veterano 2	672	01:00:23	00:59:53	00:13:26	00:41:54
2506	3045	JESUS	SOUTO FERNANDEZ	A Coruña	Home			Veterano 4	55	01:00:23	00:59:48	00:00:00	00:40:53
2507	2869	RAUL	GALAN CERVERO	A Coruña	Home			Veterano 3	261	01:00:24	00:59:24	00:13:55	00:41:01
2508	1769	IKERNE	YRIBARREN ABECIA	A CORUÑA	Muller			Veterano 1	101	01:00:25	00:58:36	00:14:57	00:41:27
2509	2397	ISABEL TERESA	FOLGOSO CRUZ	Culleredo	Muller			Veterano 2	121	01:00:26	00:59:30	00:14:37	00:41:57
2510	2979	Pablo	Cañas Couselo	A Coruña	Home			Veterano 2	673	01:00:27	00:59:19	00:14:21	00:41:33

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2511	2894	Alvaro	García Dieguez	Oleiros	Home		Panader?a Dosedo	Veterano 3	262	01:00:28	00:59:30	00:13:47	00:41:04
2512	1711	Rosa María	Viqueira Rivas	A Coruña	Muller		Doime Here	Veterano 3	37	01:00:30	00:58:59	00:14:50	00:41:33
2513	2544	Noemi	Leivas Mazou	Barreiros	Muller			Senior	116	01:00:30	00:58:49	00:00:00	00:42:19
2514	3240	Diego	Balsa Amor	Barreiros	Home			Senior	489	01:00:31	00:58:49	00:00:00	00:42:24
2515	1768	Ana	Varela Reguera	Carballo	Muller	79325990	ATLETISMO CARBALLO	Veterano 1	102	01:00:33	00:58:48	00:14:21	00:41:11
2516	3350	Antonio	Pena Fernandez	A Coruña	Home			Senior	490	01:00:33	00:59:17	00:13:18	00:40:15
2517	3294	ARTURO	GARCIA BASALO	Carballo	Home			Veterano 3	263	01:00:34	00:58:50	00:14:21	00:41:13
2518	2333	Cristina	Bustabad Pérez	Cedeira	Muller			Senior	117	01:00:35	00:59:58	00:13:19	00:41:19
2519	2284	ESTHER	MOSCOSO VIDAL	Abegondo	Muller			Veterano 2	122	01:00:36	00:59:32	00:13:38	00:40:56
2520	2634	Manuel	Cid Fernández	Culleredo	Home			Veterano 3	264	01:00:36	00:58:57	00:14:30	00:41:31
2521	2445	LIDIA	SUAREZ FERNANDEZ	A Coruña	Muller			Senior	118	01:00:36	00:59:59	00:12:40	00:40:10
2522	2261	Paula	García feijoo	A Coruña	Muller		BEER RUNNERS	Veterano 2	123	01:00:38	00:59:31	00:14:25	00:41:14
2523	1748	Brenda	Anidos Salas	A Coruña	Muller		SIN CLUB	Senior	119	01:00:38	00:59:31	00:14:25	00:41:16
2524	1807	Heliana	Martínez Alonso	Culleredo	Muller		BEER RUNNERS CORU?A	Veterano 1	103	01:00:38	00:59:31	00:14:26	00:41:16
2525	2313	Lara	Pallas Quintela	Carballo	Muller			Junior	6	01:00:38	00:59:59	00:13:17	00:40:33
2526	2496	Nieves	Pedreira Souto	Oleiros	Muller			Veterano 2	124	01:00:38	00:59:26	00:12:59	00:40:32
2527	2339	Arantxa	Gual Ruiz de Conejo	Oleiros	Muller			Veterano 2	125	01:00:39	01:00:05	00:13:35	00:41:12
2528	1758	LAURA	PAZOS	A Coruña	Muller			Senior	120	01:00:39	00:59:21	00:14:27	00:41:26
2529	2308	LUCIA	ADAN ARCAJ	A CORUÑA	Muller			Senior	121	01:00:39	00:59:32	00:13:59	00:40:58
2530	2340	Carmen	Vazquez de Prada Belascoain	Oleiros	Muller			Veterano 2	126	01:00:40	01:00:04	00:13:39	00:41:19
2531	2857	Abel	Saavedra Fernández	A Coruña	Home			Veterano 1	544	01:00:40	00:59:12	00:14:21	00:41:15
2532	2493	MARIA TERESA	CAMBÓN CUNDINS	A Coruña	Muller			Senior	122	01:00:40	00:59:21	00:14:26	00:41:26
2533	2728	José Luis	Penedo Fernnandez	A Coruña	Home			Veterano 2	674	01:00:40	00:59:43	00:14:27	00:41:11
2534	2341	Ana	Aguado ruiz	Oleiros	Muller			Veterano 2	127	01:00:41	01:00:07	00:13:38	00:41:19
2536	1494	Martín	Garaza Carneiro	A Coruña	Home			Veterano 1	545	01:00:42	00:59:45	00:14:34	00:41:08
2537	2986	MARTÍN	CABANAS AMOR	Ribadeo	Home			Veterano 1	546	01:00:43	00:59:00	00:00:00	00:42:19
2538	1796	Alicia	Santos queiruga	Ribeira	Muller			Senior	123	01:00:43	00:59:25	00:16:51	00:42:58
2539	3318	luis	Salgado Abelleira	Oleiros	Home		CLUB ATLETISMO SADA	Veterano 4	56	01:00:43	00:59:58	00:12:49	00:40:35

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2540	2965	edmundo	Garcia Gomez	Oleiros	Home			Veterano 3	266	01:00:44	01:00:08	00:13:00	00:41:11
2541	2386	LAURA	QUINTAS FERNANDEZ	A CORUÑA	Muller			Senior	124	01:00:45	00:59:52	00:14:50	00:42:09
2542	2594	Angeles	Roig Soler	Ourense	Muller			Veterano 1	104	01:00:47	00:59:26	00:15:14	00:42:14
2543	2403	Arantza	Infante López de Luzuriaga	Oleiros	Muller			Veterano 2	128	01:00:49	01:00:04	00:13:56	00:41:14
2544	1644	Jorge	Freire Sarandeses	A Coruña	Home			Veterano 1	547	01:00:51	00:59:37	00:14:31	00:41:45
2545	1808	Begoña	Taboada Macho	A Coruña	Muller			Veterano 2	129	01:00:52	00:59:49	00:14:03	00:41:25
2546	2455	Begoña	Sanchez García	Culleredo	Muller			Veterano 2	130	01:00:52	00:59:45	00:14:26	00:42:11
2547	2929	Fernando Carlos	Vazquez Rua	A Coruña	Home			Senior	491	01:00:52	00:59:38	00:14:37	00:42:52
2548	1704	Maria	Cortes Patiño	Oleiros	Muller		NOSPORTLIMIT	Veterano 1	105	01:00:53	00:59:36	00:14:34	00:41:43
2549	2209	Cristina	Vazquez Valiño	Oleiros	Muller		NOSPORTLIMIT	Veterano 2	131	01:00:53	00:59:36	00:14:34	00:41:43
2550	1707	Cristina	González Pintor	Sada	Muller			Veterano 1	106	01:00:55	00:59:44	00:14:06	00:41:30
2551	1799	MARTINA	CASARIN	Sada	Muller			Veterano 2	132	01:00:56	00:59:44	00:14:06	00:41:31
2552	2741	Eduardo	Novo Gomez	Arteixo	Home			Veterano 1	548	01:00:57	00:58:55	00:14:48	00:41:39
2553	2353	ANA MARÍA	FERNÁNDEZ COSTOYAS	Ames	Muller			Senior	125	01:00:57	01:00:12	00:12:59	00:40:55
2554	2232	Marta	Garcia Quijada	A Coruña	Muller			Veterano 2	133	01:00:57	00:59:43	00:14:24	00:41:30
2555	3076	Pablo	Mosquera Alamancos	Culleredo	Home			Veterano 2	675	01:00:57	00:59:34	00:13:18	00:40:46
2556	2154	ODILO	CORES OUBIÑA	A Coruña	Home			Veterano 1	549	01:00:59	00:59:21	00:14:58	00:41:47
2557	2655	Victor Manuel	Carneiro Diaz	A Coruña	Home		Doime Here	Veterano 2	676	01:00:59	00:59:17	00:14:57	00:41:51
2558	1113	Vanessa	Pereira Rodriguez	Oleiros	Muller		Atletismo Novo Mesoiro - A Coruña	Veterano 1	107	01:01:00	00:59:12	00:15:35	00:42:41
2559	2256	Isabel	Pereira Carpintero	Oleiros	Muller		RUNNING OLEIROS	Veterano 1	108	01:01:00	00:59:53	00:14:15	00:41:57
2560	2399	monica	andrade dubra	Ordes	Muller			Veterano 1	109	01:01:01	00:59:48	00:14:21	00:41:48
2561	1728	CHELO	NAYA CENDON	A Coruña	Muller			Veterano 2	134	01:01:03	01:00:16	00:13:38	00:41:05
2562	2872	JOSE ANGEL	RASCADO SEDES	Cambre	Home			Senior	492	01:01:03	00:59:40	00:15:07	00:42:39
2563	2066	IGNACIO	BORREGAN TARANILLA	A Coruña	Home			Veterano 2	677	01:01:03	01:00:16	00:13:38	00:41:05
2564	3186	Jorge José	rico rico	Paderne	Home		paderne	Veterano 2	678	01:01:05	00:59:22	00:16:12	00:42:42
2565	2930	Manuel	Vázquez Seoane	Gijón	Home			Senior	493	01:01:07	00:59:54	00:14:35	00:00:00
2566	1749	Beatriz	Benito Bañuelos	A Coruña	Muller			Veterano 2	135	01:01:09	01:00:14	00:14:21	00:41:59



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2567	3372	SANTIAGO	SOUTO SOUTO	A CORUÑA	Home			Veterano 3	267	01:01:11	01:00:13	00:14:04	00:41:23
2568	2214	Soraya	Varela Bao	A Coruña	Muller			Veterano 1	110	01:01:11	01:00:16	00:14:22	00:41:59
2569	1815	EVA	TEIJEIRO MARTORELL	Ferrol	Muller	ag 9683	ATLETISMO NARON	Veterano 1	111	01:01:13	00:59:50	00:14:44	00:42:06
2570	2187	julen	Bueno Ibarrondo	A Coruña	Home			Veterano 3	268	01:01:18	00:59:43	00:14:58	00:41:17
2571	2935	Santiago	Blazquez Huelamo	Culleredo	Home			Veterano 3	269	01:01:18	00:59:35	00:14:40	00:41:28
2572	1725	Noemi	Álvarez Álvarez	Ferrol	Muller		Triatlon Ferrol	Veterano 2	136	01:01:22	00:59:59	00:14:41	00:42:06
2573	2958	Mario Rafael	López Varela	A Coruña	Home			Veterano 2	679	01:01:23	00:59:30	00:14:49	00:42:32
2574	1801	SARA	Pensado Gude	A Coruña	Muller			Veterano 1	112	01:01:23	00:59:50	00:15:01	00:42:32
2575	3037	Luis	García Gacio	Mondoñedo	Home			Veterano 1	550	01:01:24	01:00:44	00:13:56	00:42:03
2576	2964	Iván	Prego García	A Coruña	Home			Veterano 2	680	01:01:26	01:00:17	00:15:15	00:42:53
2577	1803	Cristina	Sanchez Lopez	A Laracha	Muller			Veterano 2	137	01:01:30	01:00:52	00:13:18	00:41:12
2578	2367	Cristina	Varela Lamas	A Coruña	Muller			Veterano 1	113	01:01:31	01:00:51	00:13:06	00:41:18
2579	1187	Nuria	Seijo perez	A Coruña	Muller		AltaFit runners	Veterano 2	138	01:01:31	00:59:59	00:15:29	00:42:33
2580	1179	Lorena	Rouco baña	A Coruña	Muller			Veterano 1	114	01:01:31	00:59:59	00:16:01	00:42:35
2581	2196	Francisco José	De La Iglesia Vázquez	A Coruña	Home			Veterano 1	551	01:01:31	00:59:58	00:16:06	00:42:32
2582	2203	CAROLINA	FRAGA SECO	A Coruña	Muller		NOSPORTLIMIT	Veterano 1	115	01:01:32	01:00:46	00:14:05	00:42:30
2583	2812	ROI	PANTIN LÓPEZ	Ames	Home			Veterano 1	552	01:01:35	01:00:02	00:15:02	00:42:47
2584	3022	Adolfo	Macia Losada	Cambre	Home		C.A. BROZA DO BOSQUE	Veterano 2	681	01:01:36	01:00:07	00:14:53	00:42:26
2585	2635	Javier	Villas Pedruelo	A Coruña	Home		CLUB ATLETISMO BOIMORTO	Veterano 3	270	01:01:37	01:00:11	00:14:25	00:41:52
2586	2820	JAVIER	PELÁEZ RODRÍGUEZ- SEDANO	A Coruña	Home			Veterano 4	57	01:01:37	01:00:10	00:14:48	00:42:11
2587	2694	LUIS	DE CRUZ GIGIREY	A Coruña	Home			Veterano 2	682	01:01:38	00:59:44	00:14:47	00:41:27
2588	1775	ELENA	CASTRO SABIO	A Coruña	Muller		CLUB SOCIAL BANCO PASTOR	Veterano 2	139	01:01:40	01:01:27	00:13:00	00:41:21
2589	2909	Carlos	Candal Manteiga	A Coruña	Home			Veterano 2	683	01:01:41	01:00:39	00:14:31	00:42:02
2590	1817	BELEN	PARDO FARIÑA	A CORUÑA	Muller			Veterano 2	140	01:01:42	01:00:41	00:14:30	00:42:04
2591	2492	Alma	Trillo Fernández	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 2	141	01:01:42	01:00:06	00:14:46	00:41:50
2592	1789	Belen	Rodríguez Salas	Coruña	Muller			Veterano 2	142	01:01:44	01:00:36	00:00:00	00:41:32
2593	2289	Soraya	Alviárez Milano	Culleredo	Muller			Veterano 3	38	01:01:44	01:00:25	00:00:00	00:41:54

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2594	2295	REBECA	MARTINEZ GUERRERO	A Coruña	Muller			Veterano 1	116	01:01:44	01:01:03	00:13:43	00:41:35
2595	1090	Beatriz	Mandian blanco	A Coruña	Muller			Veterano 1	117	01:01:45	01:00:09	00:14:46	00:41:48
2596	2382	Monica	Cebral velo	A Coruña	Muller			Veterano 2	143	01:01:45	01:01:03	00:13:47	00:41:37
2597	2352	Laura	Delgado Represas	Baiona	Muller			Senior	126	01:01:45	01:00:35	00:13:47	00:41:21
2598	2503	Ana	Ferro Iglesias	A Coruña	Muller			Veterano 3	39	01:01:46	01:00:47	00:13:41	00:41:23
2599	2757	Jose Alberto	Lodeiro Sanchez	A Coruña	Home			Veterano 2	684	01:01:46	01:00:38	00:13:43	00:41:30
2600	3169	Pedro Domingo	Vázquez Jove	A Coruña	Home			Veterano 4	58	01:01:47	01:00:48	00:13:40	00:41:22
2601	575	JORGE	RIVERO CARNOTA	A Coruña	Home		NOITEBRA	Veterano 1	553	01:01:47	01:00:05	00:16:16	00:42:55
2602	2827	ANDRÉS	GARCÍA PERALBO	Madrid	Home			Veterano 2	685	01:01:48	01:01:02	00:13:51	00:41:29
2603	1741	Laura	Aguilera Quinteros	A Coruña	Muller			Senior	127	01:01:49	01:00:19	00:15:02	00:41:49
2604	2322	Silvia	Iglesias Samitier	A Coruña	Muller			Senior	128	01:01:49	01:01:07	00:13:51	00:41:56
2605	3063	David	Garcia Gacio	Mondoñedo	Home			Veterano 1	554	01:01:51	01:01:09	00:00:00	00:41:40
2606	2290	MARIA JESUS	ASOREY SESTO	A Coruña	Muller			Veterano 2	144	01:01:52	01:00:21	00:14:48	00:42:29
2607	2198	Samuel	Mendez Caabeiro	A Coruña	Home			Veterano 2	686	01:01:53	01:00:41	00:00:00	00:42:11
2608	3343	Valentin	Fernandez Garcia	Siero	Home		Picos de Asturias	Veterano 4	59	01:01:53	01:00:57	00:14:24	00:42:17
2609	2444	Ana	Aguar Enriquez	A Coruña	Muller			Veterano 3	40	01:01:54	01:01:09	00:14:19	00:41:33
2610	2275	SONIA	RIVERA DACAL	A CORUÑA	Muller			Veterano 1	118	01:01:54	01:01:10	00:14:19	00:41:36
2611	2509	Patricia	naveira espiñeira	Betanzos	Muller		paderne	Senior	129	01:01:55	01:00:13	00:15:45	00:43:04
2612	3422	Gonzalo	Anido Herránz	Carballo	Home			Senior	494	01:01:59	01:00:31	00:15:10	00:42:47
2613	3425	Pablo	Caridad Díaz	A Coruña	Home			Senior	495	01:01:59	01:00:31	00:15:10	00:42:46
2614	1740	Ana	Cortojan	A Coruña	Muller			Senior	130	01:02:01	01:01:00	00:13:47	00:41:50
2615	1739	Beatriz	Rodríguez de la fuente	Culleredo	Muller			Veterano 1	119	01:02:02	01:00:57	00:14:26	00:42:13
2616	3352	ÁNGEL	SUÁREZ DURÁN	A Coruña	Home			Junior	31	01:02:05	01:00:58	00:14:13	00:42:19
2617	3233	Jose Anguel	teijo López	Betanzos	Home			Veterano 1	555	01:02:07	01:00:24	00:15:48	00:43:32
2618	1087	CHARO	GARCIA CH	A Coruña	Muller			Veterano 2	145	01:02:10	01:01:37	00:14:18	00:42:06
2619	2330	Alejandra	Soto Suárez	A Coruña	Muller			Veterano 2	146	01:02:10	01:01:38	00:14:16	00:42:15
2620	2892	diana	arcay garcia	Cambre	Home		tiramillas	Veterano 2	687	01:02:12	01:01:18	00:14:39	00:42:42
2621	1764	Laura	Taboada Veiga	A Coruña	Muller			Senior	131	01:02:12	01:01:01	00:14:23	00:42:34

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2622	2926	Pablo	Neira Fernandez	A Coruña	Home			Senior	496	01:02:14	01:00:29	00:15:16	00:42:37
2623	2940	José Antonio	Vázquez Liste	A Coruña	Home			Senior	497	01:02:14	01:00:30	00:15:16	00:42:31
2624	3395	NOEMI	CASTRO POMBO	A CORUÑA	Muller			Veterano 1	120	01:02:17	01:00:45	00:15:09	00:42:42
2625	2112	Juan Ramón	García Regueira	A Coruña	Home			Veterano 2	688	01:02:18	01:00:30	00:16:16	00:44:34
2626	2934	Daniel	Lago Naveiras	A Coruña	Home			Senior	498	01:02:19	01:00:42	00:15:43	00:43:02
2627	1953	Alejandro	Romero Álvarez	A Coruña	Home			Senior	499	01:02:19	01:00:44	00:15:40	00:43:02
2628	3299	Jose casiano	Diaz bustelo	A Coruña	Home			Veterano 2	689	01:02:19	01:00:31	00:16:11	00:44:40
2629	1951	Elías	Martínez Rey - Rañal	A Coruña	Home			Senior	500	01:02:19	01:00:45	00:15:41	00:43:02
2630	1810	MARIA FRANCISCA	FERNANDEZ CARBALLAL	A CORUÑA	Muller			Veterano 3	41	01:02:21	01:01:29	00:14:17	00:42:20
2631	2550	BELEN	ANEIROS REY	Narón	Muller			Veterano 2	147	01:02:25	01:00:59	00:14:42	00:42:23
2632	3183	Angel	Hermida Otero	Culleredo	Home			Veterano 2	690	01:02:25	01:00:30	00:15:51	00:43:16
2633	2873	ROBERTO	VAZQUEZ MARTINEZ	Arteixo	Home			Veterano 4	60	01:02:27	01:00:52	00:14:53	00:43:10
2634	2348	María	Raso Etchevers	A Coruña	Muller			Veterano 2	148	01:02:28	01:01:33	00:14:00	00:42:10
2635	1782	Marta	López Morales	A Coruña	Muller			Senior	132	01:02:28	01:01:13	00:14:17	00:42:05
2636	2783	Fernando	Mitchell Esclusa	A Coruña	Home		RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 4	61	01:02:33	01:00:29	00:00:00	00:42:56
2637	2228	Ana	Castro	Narón	Muller			Veterano 1	121	01:02:33	01:01:22	00:14:06	00:42:19
2638	2763	RAMON	VALCARCEL LOPEZ	CERCEDA	Home			Veterano 2	691	01:02:36	01:01:26	00:13:20	00:41:30
2639	2504	maria luisa	alvarez lopez	Bergondo	Muller			Veterano 2	149	01:02:37	01:01:03	00:15:25	00:43:13
2640	2260	Begoña	Sánchez Zabala	A Coruña	Muller			Veterano 3	42	01:02:38	01:01:05	00:15:41	00:43:05
2641	2427	Soraya	Varela Fernández	Carballo	Muller		No Sport Limit (NSL)	Senior	133	01:02:39	01:01:55	00:13:31	00:42:33
2642	2858	David	Rey Boado	A Coruña	Home			Veterano 1	556	01:02:42	01:01:40	00:14:57	00:42:55
2643	2434	Carmen	Abella Rey	A Coruña	Muller			Veterano 2	150	01:02:43	01:01:41	00:14:53	00:43:01
2644	2910	miguel	pampin insua	Culleredo	Home			Senior	501	01:02:44	01:00:54	00:15:45	00:43:48
2645	2315	Rosa Maria	Hernández Reynaldo	Ferrol	Muller			Veterano 2	151	01:02:44	01:02:03	00:14:30	00:42:49
2646	2377	Eva	Rosende Castro	A Coruña	Muller			Senior	134	01:02:48	01:01:29	00:16:49	00:00:00
2647	3206	PABLO	VARELA MARTINEZ	A CORUÑA	Home			Veterano 2	692	01:02:48	01:01:11	00:15:45	00:44:06
2648	2791	Miguel Angel	Rodríguez Garzón	Barcelona	Home			Veterano 2	693	01:02:55	01:01:16	00:14:36	00:42:08
2649	2978	ANTONIO	LOPEZ CALVO	A Coruña	Home			Veterano 3	271	01:02:55	01:01:05	00:16:08	00:44:11

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2650	3319	Jose Manuel	Redondo Redondo	culleredo	Home			Veterano 2	694	01:02:58	01:01:43	00:15:19	00:44:00
2651	2601	ASUNCION	PAREDES VILLAMIL	A Coruña	Muller			Senior	135	01:03:00	01:01:19	00:15:25	00:43:44
2652	3182	Jose Manuel	Lago Varela	Arteixo	Home			Senior	502	01:03:00	01:01:18	00:15:29	00:43:46
2653	2553	Marina	Rodríguez Pérez	A Coruña	Muller			Veterano 4	6	01:03:00	01:01:20	00:15:45	00:44:01
2654	2314	MERCEDES	FAJARDO MORENO	Oleiros	Muller			Veterano 3	43	01:03:03	01:01:53	00:14:07	00:42:21
2655	2273	LIDIA	BERMUDEZ DAFONTE	OLEIROS	Muller			Senior	136	01:03:13	01:01:44	00:14:17	00:42:06
2656	2338	Mar	Calo blanco	Carral	Muller			Veterano 2	152	01:03:15	01:02:04	00:14:47	00:42:59
2657	1647	Antonio	Grela vilares	Carral	Home			Veterano 1	557	01:03:16	01:02:05	00:14:47	00:42:59
2658	2374	NOELIA	CAMOIRA VILLAMOR	Narón	Muller			Senior	137	01:03:17	01:01:53	00:14:59	00:43:09
2659	3017	JOSE ANTONIO	VAZQUEZ FREIRE	CULLEREDO	Home			Veterano 2	695	01:03:18	01:01:30	00:15:29	00:43:12
2660	2570	Sara	Barbeito Martínez	A Coruña	Muller			Promesa	11	01:03:19	01:01:55	00:17:18	00:00:00
2661	3253	José Juan	Lamas Seco	A Coruña	Home			Veterano 4	62	01:03:19	01:01:39	00:15:42	00:44:06
2662	2466	Julia	Vázquez-Gundín Paz	Oleiros	Muller			Senior	138	01:03:19	01:02:02	00:14:46	00:42:41
2663	3123	Javier	Losada Pita	Sada	Home			Senior	503	01:03:19	01:02:02	00:14:45	00:42:35
2664	2255	María del Mar	García Fernández	A Coruña	Muller			Veterano 1	122	01:03:19	01:02:36	00:13:59	00:43:04
2665	2381	Patricia	Míguez Fernández	A Coruña	Muller			Veterano 2	153	01:03:19	01:02:37	00:14:02	00:43:05
2666	2502	Laura	García González	A Coruña	Muller			Senior	139	01:03:20	01:02:32	00:15:11	00:44:09
2667	3171	Jose Ricardo	García García	A Coruña	Home			Veterano 3	272	01:03:20	01:02:32	00:00:00	00:44:09
2668	2229	alejandra	blanco	Narón	Muller		abanzadillas del senderismo	Veterano 2	154	01:03:20	01:02:10	00:14:07	00:42:19
2669	2134	xabier	rivas martinez	Sondika	Home		EDWARD ATHLETIC CLUB	Senior	504	01:03:21	01:01:59	00:14:23	00:43:03
2670	2244	CLAUDIA	AZAÑA GARCIA	LIMA	Muller			Veterano 1	123	01:03:22	01:02:00	00:14:24	00:43:07
2671	2543	puri	López Fidalgo	Culleredo	Muller		NOSPORTLIMIT	Veterano 3	44	01:03:26	01:01:57	00:14:32	00:42:47
2672	2048	MIGUEL	FRAGA SECO	A Coruña	Home			Veterano 1	558	01:03:27	01:02:39	00:12:32	00:42:33
2673	2362	Carmen	Pasandin Peteiro	A Coruña	Muller			Veterano 1	124	01:03:27	01:02:41	00:14:01	00:42:31
2674	2495	Maria Cristina	Mosquera Mareque	A Coruña	Muller			Veterano 2	155	01:03:28	01:02:21	00:15:12	00:43:59
2675	2376	RAQUEL	VÁZQUEZ SÁNCHEZ	MESOIRO	Muller			Veterano 1	125	01:03:28	01:02:21	00:15:15	00:44:00
2676	2259	Sara	Barreira Blanco	A Coruña	Muller			Veterano 4	7	01:03:28	01:02:21	00:15:14	00:44:02

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2677	3159	José Manuel	Rúa Freire	A Coruña	Home			Veterano 2	696	01:03:28	01:02:22	00:15:11	00:43:49
2678	2451	Montserrat	Balsa Canto	A Coruña	Muller			Veterano 1	126	01:03:30	01:02:08	00:14:55	00:43:16
2679	2235	vanessa	velo picallo	A Coruña	Muller			Veterano 1	127	01:03:30	01:02:08	00:14:54	00:43:16
2680	2871	Víctor	Bautista Hernández	A Coruña	Home			Veterano 2	697	01:03:33	01:02:18	00:14:28	00:43:59
2681	2449	Cristina	Foubelo Simón	A Coruña	Muller			Senior	140	01:03:34	01:01:49	00:15:49	00:44:27
2682	2031	Pablo	Taboada Duro	A Coruña	Home			Senior	505	01:03:35	01:01:49	00:15:47	00:44:28
2683	2349	Amelia Susana	Pedroza Pedroza	Sada	Muller		CLUB ATLETISMO SADA	Veterano 2	156	01:03:35	01:02:14	00:14:14	00:42:44
2684	2675	Carlos	Malleiro Zorzano	Arteixo	Home			Veterano 1	559	01:03:37	01:02:10	00:14:12	00:42:43
2685	2959	LUIS	SÁNCHEZ SANTOS	A Coruña	Home			Veterano 2	698	01:03:38	01:02:26	00:14:04	00:42:22
2686	1826	Noelia	Fernández vilaboa	Lugo	Muller		Club Montepenanubia	Senior	141	01:03:45	01:02:19	00:14:30	00:43:43
2687	2537	María	Valenzuela Cantón	Cambre	Muller			Senior	142	01:03:45	01:01:53	00:15:14	00:43:03
2688	3224	Alberto	González Pérez	A Coruña	Home			Senior	506	01:03:45	01:01:52	00:00:00	00:43:03
2689	2316	Andrea	Pérez Díaz	Mugardos	Muller			Promesa	12	01:03:46	01:02:21	00:14:07	00:42:35
2690	2946	ALBERTO	VAZQUEZ GOMEZ	A CORUÑA	Home			Veterano 2	699	01:03:48	01:02:40	00:12:49	00:42:55
2691	2681	Diego	Lema lema	A Coruña	Home			Veterano 1	560	01:03:51	01:02:47	00:14:32	00:42:57
2692	2963	David	Pardo Naya	A Coruña	Home			Veterano 2	700	01:03:51	01:03:03	00:13:29	00:42:19
2693	2435	María Elena	Vilanova Sánchez	A Coruña	Muller			Veterano 2	157	01:03:57	01:02:55	00:14:57	00:43:01
2694	2361	isabel	ARMAS RODRIGUEZ	Culleredo	Muller			Veterano 2	158	01:03:58	01:02:43	00:14:36	00:43:35
2695	2847	Emilio José	Añon Vega	Culleredo	Home			Veterano 1	561	01:03:59	01:02:03	00:15:52	00:44:10
2696	2225	Sabela	Caridad García	Sada	Muller			Senior	143	01:04:00	01:02:25	00:16:07	00:44:13
2697	516	Gerardo	Añón Vega	Cambre	Home		NOSPORTLIMITS	Senior	507	01:04:00	01:02:06	00:15:49	00:43:48
2698	3144	Ramon	Mosquera pan	Miño	Home			Veterano 3	273	01:04:01	01:02:26	00:14:50	00:43:19
2699	3011	Javier	Garrido Armas	A Coruña	Home			Veterano 1	562	01:04:02	01:02:36	00:17:03	00:46:41
2700	3196	JAIME	MATA MIGUEZ	A CORUÑA	Home			Veterano 1	563	01:04:03	01:03:00	00:13:59	00:42:07
2701	2442	Cruz	Rodríguez Suárez	A Coruña	Muller			Veterano 2	159	01:04:03	01:02:41	00:14:43	00:43:32
2703	2266	Marta	Freire Martínez	Oleiros	Muller			Veterano 1	128	01:04:11	01:02:56	00:16:13	00:44:44
2704	1160	Lidia	García Gil	A Coruña	Muller			Senior	144	01:04:12	01:02:57	00:16:17	00:44:44
2705	2206	M Teresa	Valcarce rodriguez	A Coruña	Muller			Veterano 2	160	01:04:13	01:03:49	00:14:14	00:43:06

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2706	2207	Silvia	López rodriguez	Ponferrada	Muller			Veterano 2	161	01:04:13	01:03:49	00:14:17	00:43:08
2707	1150	Maria Digna	Souto Amaro	A Coruña	Muller			Senior	145	01:04:16	01:03:09	00:14:52	00:44:18
2708	712	Alberto	Armas Pol	A Coruña	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Senior	508	01:04:16	01:03:10	00:14:53	00:44:16
2709	2758	CARLOS	CARRODEGUAS ABADIN	A Coruña	Home			Veterano 3	275	01:04:16	01:02:31	00:15:26	00:43:37
2710	2680	VICTOR MANUEL	LOPEZ FERNANDEZ	A Coruña	Home			Veterano 2	701	01:04:19	01:02:45	00:00:00	00:43:01
2711	3292	Jose Manuel	Abal Rosales	Marín	Home			Senior	509	01:04:22	01:02:52	00:14:51	00:42:12
2712	2566	Maria	Orona Naya	Culleredo	Muller			Senior	146	01:04:23	01:02:51	00:14:51	00:42:13
2713	2411	Yride Maylen	Rivera Rangel	A Coruña	Muller			Veterano 2	162	01:04:23	01:03:16	00:15:17	00:44:05
2714	2750	ROBERTO	ATALAYA SARDON	A CORUÑA	Home			Veterano 1	564	01:04:23	01:03:13	00:16:35	00:44:57
2715	2840	CARLOS	RODRIGUEZ SEIJAS	A CORUÑA	Home			Veterano 3	276	01:04:25	01:03:03	00:16:31	00:44:58
2716	3307	iñaki	López monasterio	Betanzos	Home		paderne	Veterano 1	565	01:04:25	01:02:41	00:16:16	00:45:24
2717	2532	NEREA	BREA MOCHALES	Vigo	Muller			Veterano 1	129	01:04:26	01:03:05	00:14:47	00:43:43
2718	2481	SANDRA	ROCO ROBLES	A Coruña	Muller			Veterano 1	130	01:04:31	01:02:58	00:16:09	00:45:24
2719	2294	SANDRA	LEMA OZON	Arteixo	Muller			Senior	147	01:04:32	01:04:05	00:14:16	00:43:48
2720	2317	Ana	Souto Teijeiro	Ponteceso	Muller			Veterano 1	131	01:04:33	01:04:06	00:14:14	00:43:55
2721	2366	Mercedes	Figueroa Suarez	A Coruña	Muller			Veterano 3	45	01:04:33	01:03:40	00:14:12	00:43:19
2722	2236	Ana Belén	Celeiro	A Coruña	Muller			Veterano 1	132	01:04:34	01:02:45	00:16:09	00:45:27
2723	2375	Anne	Hughes	Portland	Muller			Veterano 1	133	01:04:35	01:02:45	00:16:05	00:44:55
2724	2866	David	Pereiro	A Coruña	Home			Veterano 1	566	01:04:35	01:02:46	00:16:08	00:45:26
2725	1792	Elva	Vazquez Varela	A Coruña	Muller			Veterano 3	46	01:04:37	01:03:31	00:14:25	00:43:42
2726	3137	Víctor	López Pardo	A Coruña	Home			Junior	32	01:04:42	01:03:58	00:14:48	00:43:47
2727	3334	Antonio	Barreiros Garcia	Ourense	Home			Veterano 2	702	01:04:44	01:03:22	00:15:15	00:42:14
2728	2320	Raluca Mihaela	Poelar	Baia Mare	Muller			Senior	148	01:04:49	01:03:04	00:14:35	00:43:47
2729	3141	Juan Esteban	García Veiga	A Coruña	Home			Veterano 1	567	01:04:51	01:03:06	00:00:00	00:44:00
2730	2240	Neli	Formoso Noceda	A Coruña	Muller			Senior	149	01:04:52	01:03:20	00:15:39	00:44:48
2731	2402	Elena	Peña Rodriguez	A Coruña	Muller			Senior	150	01:04:56	01:03:31	00:14:38	00:42:55
2732	2335	Marina	Tejedor Gonzalez	A Coruña	Muller			Senior	151	01:04:56	01:04:06	00:00:00	00:43:19
2733	3012	Carlos	Cacharrón Armental	A Coruña	Home			Senior	510	01:04:56	01:03:31	00:14:40	00:42:49

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2734	2890	José Manuel	Caridad Freire	Oleiros	Home			Veterano 3	277	01:04:57	01:04:03	00:14:13	00:43:39
2735	2268	Marta M <sup>a</sup>	Fernández-Tafall Salgado	Oleiros	Muller			Veterano 2	163	01:04:57	01:04:03	00:14:09	00:43:41
2736	3005	FRANCISCO	RIOBOO SANTIAGO	A CORUÑA	Home			Veterano 3	278	01:04:59	01:03:30	00:15:42	00:44:51
2737	2471	Carlota	Otero Longueira	A Coruña	Muller			Senior	152	01:05:01	01:04:26	00:14:52	00:45:10
2738	2328	Anita	Méndez Castro	A Coruña	Muller			Veterano 2	164	01:05:02	01:04:20	00:13:57	00:43:48
2739	1311	Fran	Rodríguez López	Ponferrada	Home		CLUB ATLETISMO SADA	Veterano 2	703	01:05:06	01:04:22	00:11:34	00:43:38
2740	2293	Alma	Blanco Pita	A Coruña	Muller			Veterano 1	134	01:05:08	01:03:47	00:15:00	00:43:34
2741	2222	Elena	Cuenca Fito	A Coruña	Muller			Senior	153	01:05:08	01:04:18	00:13:57	00:43:36
2742	2862	Jose	Cuenca Castillo	A Coruña	Home			Veterano 3	279	01:05:09	01:04:19	00:13:57	00:43:36
2743	1185	M <sup>a</sup> Luisa	Rúa Prieto	A Coruña	Muller		CLUB ATLETISMO SADA	Senior	154	01:05:09	01:04:30	00:13:51	00:43:24
2744	3081	ABELARDO	OTERO PALMEIRO	Bergondo	Home			Veterano 3	280	01:05:11	01:03:11	00:16:21	00:45:32
2745	2523	AMPARO	TABOADA VILLARAVID	MELIDE	Muller			Veterano 3	47	01:05:12	01:04:11	00:15:08	00:44:38
2746	2017	ELADIO	CASAL VAZQUEZ	MELIDE	Home		A.D. CERNE	Veterano 3	281	01:05:14	01:04:13	00:15:06	00:44:39
2747	2299	Lola	Ramos Hermo	Santiago de Compostela	Muller			Veterano 2	165	01:05:15	01:04:04	00:14:48	00:44:16
2748	2480	Amelia	Mejide Martínez	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 3	48	01:05:18	01:04:32	00:13:57	00:44:06
2749	1824	PILAR	VAZQUEZ FEBRERO	A Coruña	Muller		CARPE RUNNING	Senior	155	01:05:21	01:04:16	00:14:38	00:44:08
2750	2378	Sofia	Fraga Galdo	A Coruña	Muller			Veterano 1	135	01:05:22	01:04:17	00:14:36	00:44:09
2751	2593	rebeca	polanco perez	A Coruña	Muller			Veterano 1	136	01:05:23	01:04:00	00:15:11	00:44:12
2752	1997	david	prada monje	A Coruña	Home		COMPA??A DE MAR??A CORU??A	Veterano 2	704	01:05:24	01:04:14	00:15:14	00:44:52
2753	451	JOSE	VARELA VERDES	A Coruña	Home		CARPE RUNNING	Veterano 1	568	01:05:24	01:04:25	00:14:35	00:44:18
2754	1733	ANGELA	GRELA DUBRA	TORDOIA	Muller			Senior	156	01:05:24	01:03:36	00:15:28	00:44:17
2755	2405	marina	maroño cal	A Coruña	Muller		COMPA??A DE MAR??A CORU??A	Veterano 2	166	01:05:25	01:04:15	00:15:15	00:44:52
2756	1972	FRANCISCO JAVIER	FERNANDEZ PEITEADO FERNANDEZ	A Coruña	Home		COMPA??A DE MAR??A CORU??A	Veterano 2	705	01:05:25	01:04:15	00:15:15	00:44:48
2757	2448	Raquel	Puente Díaz	Bergondo	Muller			Senior	157	01:05:25	01:04:40	00:13:41	00:43:32
2758	1805	ELENA	ECHEVERRIA GUERRERO	A Coruña	Muller		COMPA??A DE MAR??A CORU??A	Veterano 2	167	01:05:26	01:04:16	00:15:09	00:44:52
2759	2371	Teresa	Linares Avila	Oleiros	Muller		RUNNING OLEIROS	Veterano 2	168	01:05:26	01:04:35	00:14:27	00:44:05

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2760	3270	José Manuel	Rodríguez Bouza	Miño	Home			Veterano 3	282	01:05:30	01:03:59	00:15:43	00:44:43
2761	2327	Doris Carolina	Escalona Escalona	A Coruña	Muller			Veterano 1	137	01:05:33	01:04:07	00:13:56	00:43:13
2762	2387	EVA	LISTE RODRIGUEZ	Noia	Muller			Veterano 2	169	01:05:41	01:05:00	00:14:21	00:44:18
2763	674	Vicente	Amado González	Culleredo	Home		Club Ciclista Cambre-Caeiro	Veterano 2	706	01:05:41	01:03:43	00:16:17	00:45:33
2764	2916	Ignacio	Suárez Carnota	Noia	Home			Veterano 2	707	01:05:42	01:05:00	00:14:24	00:44:15
2765	2991	Miguel	Maneiro	A Coruña	Home			Veterano 1	569	01:05:42	01:03:43	00:16:18	00:45:34
2766	2823	JUAN MANUEL	SALVI VEGA	Ponferrada	Home		RUNNINGPARATODOS.COM	Veterano 2	708	01:05:42	01:04:20	00:15:04	00:44:33
2767	1811	Cristina	Tuero Gonzalez-Zabaleta	A Coruña	Muller			Senior	158	01:05:42	01:04:18	00:15:17	00:44:52
2768	1793	ANA MARIA	ANTA GONZALEZ	Ponferrada	Muller		RUNNINGPARATODOS.COM	Veterano 2	170	01:05:42	01:04:21	00:15:07	00:44:33
2769	2921	fernando	Fernández García	Oleiros	Home		club h?rcules	Veterano 2	709	01:05:43	01:04:58	00:14:21	00:44:28
2770	2359	cintia	Agulló quintela	A Coruña	Muller		TERMARIA RUNNING	Veterano 2	171	01:05:44	01:04:59	00:14:22	00:44:29
2771	2437	Maria Jose	Porta Varela	Miño	Muller			Veterano 2	172	01:05:44	01:05:21	00:14:14	00:44:28
2772	2784	JAVIER	FLOREZ ARIAS	Oleiros	Home			Veterano 3	283	01:05:45	01:04:40	00:14:42	00:44:42
2773	2966	ROBERTO	FREIRE FREIRE	A Coruña	Home			Veterano 2	710	01:05:45	01:04:30	00:14:57	00:44:30
2774	2476	Olalla	Dopico de Aguiar	A Coruña	Muller			Senior	159	01:05:45	01:04:26	00:14:58	00:44:35
2775	3018	IAGO	MUINELO SEGADE	A Coruña	Home			Senior	511	01:05:47	01:03:58	00:15:51	00:45:10
2776	2417	LAURA	GRELA DUBRA	Tordoia	Muller			Senior	160	01:05:47	01:03:58	00:15:48	00:45:10
2777	2487	Adriana	Otero Rodriguez	Culleredo	Muller			Veterano 1	138	01:05:49	01:04:31	00:15:34	00:45:47
2778	3148	Gustavo	Saavedra Andrade	Culleredo	Home			Veterano 1	570	01:05:51	01:04:32	00:15:34	00:45:49
2779	2562	noelia	negreira pose	A Coruña	Muller			Senior	161	01:05:53	01:04:26	00:15:26	00:44:53
2780	1335	Alejandro	Varela Fuentes	Carballo	Home	2019055	C.D. OS MUDITOS	Senior	512	01:05:53	01:04:26	00:15:26	00:44:54
2781	2379	ALEJANDRA	LÓPEZ CARRACEDO	A Coruña	Muller			Veterano 2	173	01:05:54	01:04:21	00:16:14	00:45:49
2782	2883	MARCOS	DIAZL LÓPEZ	A Coruña	Home			Veterano 2	711	01:05:54	01:04:22	00:16:06	00:45:42
2783	2828	MANUEL	SANTALLA VIVERO	Valdoviño	Home			Veterano 2	712	01:05:55	01:05:02	00:14:59	00:44:44
2784	2302	BLANCA	HERMIDA RODRIGUEZ	Valdoviño	Muller			Veterano 1	139	01:05:55	01:05:02	00:14:55	00:44:45
2785	3418	JOSE	VEGA BENITEZ	ARTEIXO	Home			Senior	513	01:05:56	01:04:05	00:15:54	00:45:18



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2786	3417	JOSE	VEIGA FERNANDEZ	BECERREA	Home			Veterano 3	284	01:05:57	01:04:05	00:15:59	00:45:21
2787	2800	Bernardo	Rodríguez Vázquez	A Coruña	Home			Veterano 3	285	01:06:00	01:04:58	00:13:55	00:44:02
2788	3235	JOSE MANUEL	PLATAS MANCHO	A Coruña	Home			Veterano 2	713	01:06:06	01:04:42	00:15:07	00:44:19
2789	1804	Sonia	Suarez-Noguerol Calvet	Oleiros	Muller			Veterano 2	174	01:06:10	01:04:44	00:14:30	00:44:33
2790	2321	Ana	Rovira Sueiro	Oleiros	Muller			Veterano 2	175	01:06:10	01:04:36	00:15:42	00:44:50
2791	2357	Carmen	Álvarez-Buylla Falces	A Coruña	Muller			Veterano 1	140	01:06:11	01:05:04	00:16:12	00:46:51
2792	3116	Juan Antonio	Diaz Dacoba	Culleredo	Home			Veterano 1	571	01:06:11	01:04:52	00:15:04	00:44:15
2793	2939	Gonçalo	Magalhães Queiroz Pinto de Magalhaes	A Coruña	Home			Veterano 1	572	01:06:11	01:05:04	00:16:11	00:46:54
2794	1181	María José	Miyares Ces	A Coruña	Muller			Veterano 1	141	01:06:12	01:04:47	00:15:06	00:44:51
2795	2567	Veronica	Casado Paredes	A Coruña	Muller			Senior	162	01:06:13	01:05:26	00:14:48	00:44:54
2796	3115	Oscar	Rodríguez Carreira	Culleredo	Home			Veterano 1	573	01:06:19	01:05:00	00:15:01	00:44:19
2797	3351	RUBÉN	SUÁREZ DURÁN	A Coruña	Home			Junior	33	01:06:20	01:05:13	00:14:13	00:44:57
2798	2251	ALBA	GOMEZ EDREIRA	A Coruña	Muller			Senior	163	01:06:21	01:04:59	00:15:19	00:45:11
2799	2250	Patricia	Losada López	Cambre	Muller			Senior	164	01:06:21	01:05:00	00:15:16	00:45:17
2800	2501	Elena	Piñeiro Alonso	A Coruña	Muller			Senior	165	01:06:21	01:05:00	00:15:15	00:45:15
2801	2324	Susana	Tena Reñones	A Coruña	Muller		NOSPORTLIMIT	Veterano 2	176	01:06:25	01:05:00	00:15:07	00:45:01
2802	1718	BEATRIZ	REQUENA VILELA	A CORUÑA	Muller			Senior	166	01:06:27	01:05:50	00:14:27	00:44:20
2803	2524	LAURA	VEIGUELA JUSTO	A CORUÑA	Muller			Senior	167	01:06:28	01:05:50	00:14:27	00:00:00
2804	1084	Raquel	Alen Ponte	A Coruña	Muller		Sieiro Running	Veterano 2	177	01:06:29	01:05:52	00:14:25	00:44:19
2805	2221	María jose	Pazos oviedo	Cambre	Muller			Veterano 2	178	01:06:31	01:05:26	00:15:09	00:44:34
2806	1204	Juan manuel	Herbon arias	Cambre	Home			Veterano 2	714	01:06:36	01:05:32	00:15:09	00:44:34
2807	2529	Elena Esperanza	Haz Gómez	A Coruña	Muller			Veterano 2	179	01:06:37	01:04:59	00:15:49	00:45:23
2808	3007	ENRIQUE	MARTORELL PASCUAL	Culleredo	Home			Veterano 2	715	01:06:38	01:05:42	00:14:38	00:43:51
2809	3008	MIGUEL ANGEL	MOSQUERA ABAD	A Coruña	Home			Veterano 4	63	01:06:38	01:05:43	00:14:38	00:43:49
2810	2365	SILVIA	CANDIA EXPÓSITO	A Coruña	Muller			Senior	168	01:06:46	01:04:59	00:00:00	00:45:21

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2811	3330	Fernando	De Rosende García	Ferrol	Home		CLUB CASTRO DE LOBADIZ	Veterano 3	286	01:06:47	01:05:45	00:14:42	00:44:59
2812	2972	Rafael	Fernández Sánchez	A Coruña	Home			Veterano 1	574	01:06:47	01:05:00	00:00:00	00:45:21
2813	3021	Cristian	Paradela Garaloces	A Coruña	Home			Senior	514	01:06:50	01:05:12	00:15:43	00:44:52
2814	2870	Carlos	Zambrano Gil	Arteixo	Home			Veterano 1	575	01:06:51	01:06:04	00:13:50	00:44:57
2815	2364	Cristina	Bernández Aradas	Culleredo	Muller		CLUB ATLETISMO SADA	Veterano 2	180	01:06:55	01:06:15	00:15:09	00:45:32
2816	2522	MARIA JESUS	SAN MARTIN CORREDOIRA	A CORUÑA	Muller			Veterano 2	181	01:07:02	01:05:45	00:16:13	00:47:00
2817	2514	MONICA	FERNANDEZ ARIAS	A CORUÑA	Muller			Veterano 3	49	01:07:03	01:05:44	00:16:23	00:47:03
2818	2332	PAULA	UGARTE FERNÁNDEZ	A Coruña	Muller			Veterano 3	50	01:07:03	01:06:21	00:14:36	00:45:11
2819	3157	Anton	Silvarrey Quijada	A Coruña	Home			Veterano 3	287	01:07:17	01:05:54	00:15:04	00:44:41
2820	2413	Maritza	Quispe Molleapaza	A Coruña	Muller			Senior	169	01:07:19	01:06:11	00:15:15	00:45:04
2821	2580	Elena	Fernandez Manteiga	A Coruña	Muller			Senior	170	01:07:19	01:05:38	00:15:57	00:45:47
2822	3316	Alejandro	Manteiga Casas	A Coruña	Home			Veterano 1	576	01:07:19	01:05:38	00:16:00	00:45:53
2823	2822	Santiago	Álvarez Martínez	A Coruña	Home			Senior	515	01:07:22	01:05:33	00:15:46	00:45:04
2824	2288	Karina	Lopez	Cerceda	Muller			Senior	171	01:07:22	01:06:33	00:14:38	00:45:04
2825	2565	Maria	López	Cerceda	Muller			Veterano 2	182	01:07:22	01:06:34	00:14:42	00:45:00
2826	2590	Maria	Fanjul	A Coruña	Muller			Senior	172	01:07:24	01:06:05	00:14:38	00:44:48
2827	3332	Arcadio	Puga García-Tizón	A Coruña	Home			Veterano 1	577	01:07:24	01:06:04	00:14:37	00:44:49
2828	3010	Andres	Canosa Quintero	A Coruña	Home			Senior	516	01:07:26	01:06:10	00:14:34	00:45:29
2829	3036	David	Vidal Monasterio	A Coruña	Home			Veterano 1	578	01:07:27	01:05:41	00:15:51	00:45:41
2830	3038	David	Lema Iglesias	A Coruña	Home			Veterano 1	579	01:07:27	01:05:41	00:15:56	00:45:41
2831	2439	Natalia	Souto Castelo	A Coruña	Muller			Senior	173	01:07:35	01:05:55	00:15:00	00:45:09
2832	2438	Marta	Souto Castelo	A Coruña	Muller			Promesa	13	01:07:35	01:05:56	00:14:58	00:45:09
2833	2868	PABLO	BARBEITO VILARIÑO	A Coruña	Home		KIROLBET GALICIA	Veterano 2	716	01:07:36	01:05:54	00:15:28	00:45:29
2834	2208	LOLA	VARELA GUITIAN	A Coruña	Muller			Veterano 2	183	01:07:36	01:05:54	00:15:29	00:45:47
2835	2636	DIEGO	FERNANDEZ LOSADA	A Coruña	Home			Veterano 2	717	01:07:38	01:06:06	00:16:07	00:45:50

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2836	2637	Franklin Alberto	González Riobo	A Coruña	Home			Senior	517	01:07:38	01:06:05	00:16:08	00:45:40
2837	2974	Rafael	Prieto Rodriguez	A Coruña	Home			Veterano 3	288	01:07:43	01:06:01	00:16:35	00:47:45
2838	2983	Gonzalo	Rey Abelaira	A Coruña	Home		No pertezco a ning?n club	Senior	518	01:07:47	01:06:57	00:16:07	00:47:58
2839	3423	Rubén	Barreira Lago	Culleredo	Home			Veterano 1	580	01:07:48	01:06:20	00:15:10	00:43:34
2840	2329	RAQUEL	BERMUDEZ VALDIVIA	A Coruña	Muller		One Training Club	Veterano 1	142	01:07:49	01:06:12	00:15:50	00:46:03
2841	2087	Fernando Alberto	Rey Míguez	A Coruña	Home		No pertezco a ning?n club	Veterano 3	289	01:07:51	01:07:02	00:16:06	00:47:54
2842	2331	Angeles	López Escudero	A Coruña	Muller			Veterano 2	184	01:07:54	01:06:05	00:15:02	00:45:57
2843	1600	JORGE J.	GOMEZ DIAZ	A Coruña	Home			Veterano 2	718	01:08:04	01:06:04	00:16:22	00:47:20
2844	3431	Enrique	Facal da Costa	A Coruña	Home			Veterano 3	290	01:08:14	01:07:05	00:15:56	00:46:48
2845	2390	Sandra	Iglesias	A Coruña	Muller		NO	Veterano 1	143	01:08:16	01:07:10	00:15:39	00:46:01
2846	2350	Teresa	Louzao Souto	Betanzos	Muller			Veterano 3	51	01:08:20	01:07:03	00:16:17	00:46:54
2847	2239	Purificación	Pérez Janeiro	Abegondo	Muller			Veterano 3	52	01:08:22	01:06:56	00:15:45	00:46:17
2848	2346	Magda Carolina	Lopez Cortes	La Coruña	Muller			Veterano 1	144	01:08:22	01:07:21	00:14:59	00:45:47
2849	3265	Jaime	Del río enriquez	A Coruña	Home			Veterano 2	719	01:08:23	01:07:08	00:15:37	00:46:22
2850	2334	Sara	Eiroa Garcia	A Coruña	Muller			Senior	174	01:08:26	01:07:26	00:16:04	00:47:49
2851	2233	Goreti	Pazos Gonzalez	A Coruña	Muller			Veterano 2	185	01:08:28	01:07:02	00:15:44	00:46:19
2852	2530	Benigna	Fernández iglesias	A Coruña	Muller			Veterano 2	186	01:08:30	01:07:03	00:15:43	00:46:18
2853	2213	MARILUZ	LORENZO SOUSA	A Coruña	Muller			Veterano 2	187	01:08:37	01:07:43	00:14:37	00:45:40
2854	2433	ISABEL	MATA FRAGA	Cambre	Muller			Veterano 1	145	01:08:37	01:07:42	00:14:35	00:45:40
2855	3014	Francisco	San Claudio Precedo	A Coruña	Home		Trasnos Coru?a	Veterano 2	720	01:08:43	01:07:13	00:15:34	00:46:08
2856	2497	patricia	chouciño rama	A Coruña	Muller			Senior	175	01:08:46	01:07:47	00:15:15	00:46:49
2857	1823	reyes	prieto martinez	Ares	Muller		CLUB ATLETISMO SADA	Veterano 2	188	01:08:47	01:06:51	00:16:18	00:45:46
2858	2068	jose luis	martinez pajon	Vicedo, O	Home		CLUB ATLETISMO SADA	Veterano 2	721	01:08:48	01:06:49	00:16:17	00:45:50
2859	2304	RAQUEL	RODRIGUEZ MARTINEZ	As Somozas	Muller		CLUB OLYMPO AS PONTES	Veterano 1	146	01:08:54	01:07:40	00:16:10	00:46:55
2860	3129	Adrián	Legaspi Freije	Oleiros	Home			Senior	519	01:09:01	01:07:41	00:15:34	00:46:29
2861	2564	Teresa	Mosquera Seoane	A Coruña	Muller			Senior	176	01:09:04	01:08:12	00:15:03	00:46:40
2862	2945	ANDRES	MOSQUERA LAMAS	A CORUÑA	Home			Veterano 4	64	01:09:04	01:08:12	00:15:29	00:46:38
2863	1777	Emma	López Mariño	A Coruña	Muller			Veterano 2	189	01:09:16	01:08:57	00:13:29	00:45:23

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2864	2156	Juan Antonio	Almarza Esparza	A Coruña	Home			Veterano 2	722	01:09:25	01:07:58	00:16:19	00:48:09
2865	2554	MARIA	FRAILE	A Coruña	Muller			Veterano 1	147	01:09:26	01:07:58	00:16:17	00:48:13
2866	2355	PATRICIA	CASTRO VILA	A Coruña	Muller			Senior	177	01:09:27	01:08:30	00:16:11	00:47:46
2867	2309	Ana	Vazquez Aviles	A Coruña	Muller			Veterano 1	148	01:09:29	01:09:02	00:14:29	00:46:44
2868	2453	Lorena	Fernández González	A Coruña	Muller			Senior	178	01:09:29	01:07:51	00:17:00	00:48:24
2869	3439	JOSE ENRIQUE	NUÑEZ SEIJAS	A Coruña	Home		GRUPO PACC	Veterano 3	291	01:09:40	01:08:03	00:15:32	00:45:55
2870	2867	JOSÉ	CARUNCHO PENA	A Coruña	Home			Veterano 4	65	01:09:42	01:08:46	00:14:40	00:46:18
2871	2552	Tamara	Soto Gerpe	A Coruña	Muller			Senior	179	01:09:42	01:07:56	00:16:53	00:48:23
2872	2985	Fernando	Navarro Vázquez	A Coruña	Home			Veterano 3	292	01:09:48	01:08:14	00:16:10	00:47:53
2873	1783	María Jesus	Expósito Abeledo	Lugo	Muller			Veterano 2	190	01:09:51	01:08:08	00:15:38	00:46:10
2874	3331	Sergio	Vispo Cayon	A Coruña	Home			Veterano 1	581	01:09:51	01:08:34	00:13:36	00:00:00
2875	2380	Gabriela	Casares Fanzeres	A Coruña	Muller			Senior	180	01:09:56	01:09:03	00:16:20	00:47:29
2876	2982	Daniel	Sobrino Domínguez	Culleredo	Home		NINGUNO	Veterano 2	723	01:10:08	01:08:09	00:15:59	00:47:20
2877	3279	Marcela patricia	Rinaldi Gonzalez	Arteixo	Muller			Veterano 2	191	01:10:21	01:09:06	00:15:14	00:47:15
2878	2998	JOSE JAVIER	MAYO FERNANDEZ	ARTEIXO	Home			Veterano 2	724	01:10:29	01:08:55	00:15:59	00:48:34
2879	2385	MARIA LUISA	MORANO LISTA	ARTEIXO	Muller			Veterano 2	192	01:10:29	01:08:55	00:16:02	00:48:35
2880	1466	Daniel	Meizoso Figueroa	A Coruña	Home		INDEPENDIENTE	Senior	520	01:10:33	01:10:33	00:00:00	00:00:00
2881	2561	susana	justo torrado	A Coruña	Muller			Veterano 2	193	01:10:43	01:09:28	00:15:16	00:00:00
2882	2394	SILVIA CRISTINA	RIBEIRO DE QUEIROZ	RIO DE JANEIRO	Muller			Veterano 2	194	01:10:43	01:09:31	00:14:43	00:46:11
2883	3290	ENRIQUE	LOPEZ LOPEZ	A Coruña	Home			Veterano 2	725	01:10:47	01:09:18	00:16:09	00:47:52
2884	2595	ESTÍBALIZ	LÓPEZ PITA	A Coruña	Muller			Veterano 1	149	01:10:52	01:09:38	00:16:10	00:47:17
2885	2952	Eduardo	Bouzas Suarez	A Coruña	Home			Veterano 4	66	01:10:56	01:09:32	00:00:00	00:46:42
2886	2568	Nancy Bibiana	Carrion Arboleda	A Coruña	Muller			Senior	181	01:10:56	01:09:42	00:16:10	00:47:17
2887	2370	Iria	Fernández Sánchez	A Coruña	Muller			Veterano 1	150	01:10:57	01:09:02	00:15:58	00:47:52
2888	2395	Nuria María	Fernández Hernández	Sada	Muller			Veterano 2	195	01:10:58	01:09:53	00:15:11	00:46:49
2889	2645	Julio	Freire Diaz	Sada	Home			Veterano 2	726	01:10:59	01:09:48	00:14:34	00:46:31
2890	2205	rosa	martinez isasi	A Coruña	Muller			Senior	182	01:11:10	01:09:31	00:17:25	00:49:41

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2891	2829	FRANCISCO	BAO ESTEVEZ	Barco de Valdeorras, O	Home	GA-10966	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Veterano 4	67	01:11:10	01:09:28	00:16:08	00:48:26
2892	3364	MIGUEL	CARRERAS BREA	A CORUÑA	Home			Veterano 2	727	01:11:10	01:09:23	00:16:16	00:48:32
2893	2851	alba	ramudo maseda	A Coruña	Home			Senior	521	01:11:11	01:09:32	00:17:27	00:49:31
2894	2345	Rosi	Riveira Román	Ordes	Muller			Veterano 2	196	01:11:28	01:10:36	00:16:06	00:48:53
2895	2247	JULIA MARÍA	CANDAÑEDO GAREA	A Coruña	Muller			Senior	183	01:11:32	01:10:46	00:14:49	00:47:55
2896	2234	Isabel	Torrente Perez	A Coruña	Muller			Veterano 3	53	01:11:33	01:10:33	00:15:02	00:47:05
2897	2400	María	Mera Estévez	Cañiza, A	Muller			Senior	184	01:11:39	01:10:04	00:16:27	00:47:59
2898	2425	Laura	Iglesias Fernández	Cambre	Muller			Veterano 1	151	01:11:46	01:10:00	00:16:18	00:48:01
2899	3027	Aitor	Losada García	Cambre	Home			Senior	522	01:11:46	01:10:00	00:16:32	00:48:01
2900	1958	Miguel	Iglesias Martínez	A Coruña	Home			Veterano 2	728	01:11:55	01:10:34	00:16:17	00:47:45
2901	2287	Julia	Conde Gonzalez	A Coruña	Muller			Veterano 2	197	01:11:55	01:10:34	00:16:12	00:47:42
2902	1772	LAURA	SANTOS SUÁREZ	Oleiros	Muller			Senior	185	01:11:56	01:11:00	00:16:06	00:49:33
2903	1487	JAVIER	SORDO FERREIRO	A Coruña	Home			Senior	523	01:11:57	01:11:00	00:16:07	00:49:28
2904	2392	Ana Isabel	Vidal Varela	Ames	Muller	AG 769598 VF	CLUB ATLETISMO MILLARAIO	Veterano 2	198	01:11:59	01:10:34	00:16:12	00:46:39
2905	2968	José Luis	Cruz Alvarez	A Coruña	Home			Veterano 2	729	01:12:04	01:10:38	00:15:48	00:48:12
2906	2414	Uxía	Baños Selas	A Coruña	Muller			Senior	186	01:12:14	01:10:40	00:16:28	00:48:23
2907	2540	ANTIA	CARNEIRO NIETO	A Coruña	Muller			Junior	7	01:12:22	01:11:49	00:14:28	00:48:26
2908	2588	ANDREA	AREVALO CONCHADO	Sada	Muller			Veterano 2	199	01:12:23	01:11:26	00:15:14	00:48:27
2909	2494	Gerly Vanessa	Dominguez Vilaríño	A Coruña	Muller			Senior	187	01:12:24	01:11:24	00:16:06	00:48:24
2910	3009	Javier	Pedreira García	A Coruña	Home			Veterano 2	730	01:12:33	01:10:48	00:16:44	00:49:28
2911	2398	Susana	Aldao Linares	A Coruña	Muller			Veterano 2	200	01:12:34	01:10:50	00:16:40	00:49:27
2912	2573	Susana	García Boquete	A Coruña	Muller			Veterano 2	201	01:12:35	01:11:44	00:14:23	00:48:01
2913	1798	Carmen	Fernandez Soto	A Coruña	Muller			Veterano 3	54	01:13:07	01:13:07	00:00:00	00:00:00
2914	2356	Mayte	Corbillón García	Culleredo	Muller			Veterano 2	202	01:13:12	01:12:20	00:15:32	00:48:43
2915	2525	MARTA	VIGUERA	OLEIROS	Muller			Veterano 2	203	01:13:25	01:12:06	00:16:11	00:49:29
2916	2279	MARIA JOSE	ALONSO CORRAL	Pontes de García Rodríguez, As	Muller		CLUB CASTRO DE LOBADIZ	Veterano 3	55	01:13:32	01:11:54	00:17:08	00:50:05

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2917	2517	PATRICIA	GOMEZ	OLEIROS	Muller			Veterano 3	56	01:13:43	01:12:23	00:16:29	00:49:50
2918	2368	ANA	VÁZQUEZ VILLARREAL	Pontevedra	Muller			Veterano 3	57	01:14:00	01:12:44	00:15:59	00:49:55
2919	2470	INMA	RODRIGUEZ REYES	Carballo	Muller			Veterano 2	204	01:14:01	01:12:11	00:16:26	00:50:36
2920	3125	Alberto	Vazquez Maceiras	A Coruña	Home			Veterano 2	731	01:14:01	01:12:12	00:16:27	00:50:31
2921	2995	JOSE MANUEL	GARCIA CACABELOS	A CORUÑA	Home			Veterano 3	293	01:14:18	01:12:23	00:16:26	00:50:23
2922	2301	Belén	Iglesias Area	Moaña	Muller		ATLETISMO SAMERTOLAMEU	Veterano 2	205	01:14:26	01:13:02	00:16:51	00:50:51
2923	2215	Lucía	vázquez alborés	A Coruña	Muller			Senior	188	01:14:36	01:12:56	00:17:21	00:50:06
2924	2556	NURIA	GOMEZ PEREIRA	Oleiros	Muller			Veterano 2	206	01:14:44	01:13:26	00:17:19	00:50:39
2925	2326	ANA	GARCIA MELGAR	Cambre	Muller			Veterano 2	207	01:14:44	01:13:26	00:17:17	00:50:39
2926	2483	Maribel	Vicente González	Miño	Muller			Veterano 3	58	01:14:50	01:13:12	00:17:02	00:49:56
2927	2270	Nuria	Pena Figueroelo	A Coruña	Muller		Termaria CASA DEL aGUA	Veterano 1	152	01:14:50	01:13:14	00:16:57	00:49:56
2928	2276	ARANTZA	JUNCO DOALLO	A CORUÑA	Muller		A.D. MEDIA-DUCIA TORSORE	Senior	189	01:15:16	01:13:27	00:16:10	00:51:04
2929	2581	Eva	Pita Fernandez	Culleredo	Muller			Veterano 2	208	01:15:19	01:14:05	00:17:08	00:51:25
2930	2415	Carlos	Seijas Permuy	A Coruña	Home		BEER RUNNERS	Senior	524	01:15:28	01:14:05	00:16:42	00:50:12
2931	3016	Carlos	Seijas Yáñez	A Coruña	Home			Promesa	66	01:15:28	01:14:05	00:16:39	00:50:12
2932	2412	Irene	Morilla Medina	Gijón	Muller			Senior	190	01:17:26	01:15:53	00:16:38	00:51:46
2933	2408	Lucía	Villasenín Vaamonde	A Coruña	Muller			Veterano 1	153	01:18:04	01:16:16	00:17:15	00:52:30
2934	2477	Tamara	Perez Sanmiguel	A Coruña	Muller			Veterano 1	154	01:18:07	01:16:53	00:16:31	00:51:26
2935	3249	MANUEL	BUSTABAD ALONOSO	Abegondo	Home			Veterano 2	732	01:18:09	01:17:05	00:00:00	00:49:06
2936	2547	Alba	Parra Iglesias	A Coruña	Muller			Senior	191	01:18:27	01:16:46	00:17:12	00:52:33
2937	107	Eva Maria	Fariñas López	Culleredo	Muller			Veterano 2	209	01:19:21	01:19:21	00:00:00	00:00:00
2938	2602	ISABEL	MUINELO CASTRO	A CORUÑA	Muller			Veterano 2	210	01:19:23	01:17:27	00:00:00	00:00:00
2939	2520	ANA Mª	MIGUEZ BARROSO	A CORUÑA	Muller			Veterano 2	211	01:19:23	01:17:27	00:00:00	00:00:00
2940	3161	Servio Tulio	Medina Alvarez	A Coruña	Home			Veterano 2	733	01:19:54	01:18:56	00:18:12	00:55:18
2941	2344	Roxana Alejandra	Vilariño Lorenzo	A Coruña	Muller			Veterano 1	155	01:19:55	01:18:57	00:18:11	00:55:16
2942	465	Chus	García Trabazo	A Coruña	Muller			Senior	192	01:20:48	01:20:48	00:00:00	00:00:00
2943	2336	milagros	hortas doncel	A Coruña	Muller		mi team	Senior	193	01:21:19	01:19:27	00:17:21	00:54:04

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2944	1343	tomas	coello pena-manso	A Coruña	Home			Veterano 1	582	01:21:20	01:19:28	00:17:50	00:53:57
2945	2418	Mª Belén	Solleiro Díaz	Oleiros	Muller			Veterano 2	212	01:22:07	01:20:16	00:17:17	00:56:19
2946	2608	VIOLETA	HERMIDA VILLARES	A CORUÑA	Muller			Veterano 2	213	01:24:36	01:23:26	00:19:41	00:59:32
2947	5	María Yolanda	Gutiérrez Robles	Boiro	Muller	GA19638	MAELOC WAY	Senior	194	00:00:00	00:00:00	00:00:00	00:00:00
2948	8	Barca	Toba Suárez	Muxía	Muller	GA765709	SOCIEDAD GIMNASTICA DE PONTEVEDRA	Senior	195	00:00:00	00:00:00	00:00:00	00:00:00
2949	13	esther	pedrosa carrete	Santiago de Compostela	Muller	ga15070	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 3	59	00:00:00	00:00:00	00:00:00	00:00:00
2950	18	Abdelmounin	Harroufi	Marruecos	Home			Veterano 1	583	00:00:00	00:00:00	00:00:00	00:00:00
2951	19	FERNANDO	MOLINA NIETO	A Coruña	Home		ESCUELA DE ATLETISMO PAULA MAYOBRE	Veterano 2	734	00:00:00	00:00:00	00:00:00	00:00:00
2952	20	Javier	García del Barrio	Alar del Rey	Home	3494PA	CA Bikila	Senior	525	00:30:42	00:00:00	00:00:00	00:00:00
2953	24	Marcial	Castro Seijas	Santiago de Compostela	Home		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Veterano 3	294	00:00:00	00:00:00	00:00:00	00:00:00
2954	26	Juan Luis	Botana Mosquera	Oroso	Home			Veterano 1	584	00:00:00	00:00:00	00:00:00	00:00:00
2955	29	Hassan	Lekhili Abbes	Ourense	Home	GA 764387	OURENRUNNING	Veterano 2	735	00:00:00	00:00:00	00:00:00	00:00:00
2956	31	abdelkader	bouguerroudj	Bechar	Home		CLUB ATLETISMO SADA	Veterano 1	585	00:00:00	00:00:00	00:00:00	00:00:00
2957	34	Abid	Ezazami	Dakhla	Home			Senior	526	00:00:00	00:00:00	00:00:00	00:00:00
2958	40	JESUS MARIA	ALVAREZ RODRIGUEZ	A Coruña	Home		CLUB ATLETISMO CORUÑA COMARCA	Veterano 2	736	00:00:00	00:00:00	00:07:39	00:00:00
2959	48	gustavo	rios sanchez	Santiago de Compostela	Home	AG2014559	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 1	586	00:00:00	00:00:00	00:00:00	00:00:00
2960	49	JOSE ALFREDO	AMADO GONZALEZ	ORDES	Home			Senior	527	00:00:00	00:00:00	00:08:17	00:00:00
2961	67	JUAN LUIS	RUIZ BUJAN	Vedra	Home			Veterano 2	737	00:00:00	00:00:00	00:00:00	00:00:00
2962	77	Carlos	Fernandez villaverde	Ordes	Home		CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 2	738	00:00:00	00:00:00	00:07:50	00:00:00
2963	89	eva	dominguez perez	Lugo	Muller		ESCOLA ATLETICA LUCENSE	Veterano 2	214	00:00:00	00:00:00	00:00:00	00:00:00
2964	95	Maria	Tarrio martinez	Ames	Muller		CLUB DEPORTIVO VAGALUME ENERGIA	Veterano 1	156	00:00:00	00:00:00	00:09:29	00:00:00
2965	108	Carla	Penabad García	Pontedeume	Muller			Junior	8	00:00:00	00:00:00	00:00:00	00:00:00
2966	110	Nuria	Graña Suárez	A Coruña	Muller			Veterano 2	215	00:00:00	00:00:00	00:00:00	00:00:00
2967	118	LUCIA	PEREZ LAGO	A CORUÑA	Muller			Veterano 1	157	00:00:00	00:00:00	00:11:00	00:00:00
2968	135	Jose	Suarez Leis	A Baña	Home	AG-766580	CLUB ATLETISMO BOIMORTO	Veterano 3	295	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2969	136	Agustin	Sousa Gonzalez	A Coruña	Home		No Sport Limit	Veterano 1	587	00:00:00	00:00:00	00:00:00	00:00:00
2970	145	Alfonso	Toimil Castro	Santiago de Compostela	Home	AG9549	ATLETISMO MILLADOIRO	Veterano 2	739	00:00:00	00:00:00	00:00:00	00:00:00
2971	150	JOSE ANTONIO	ABUIN TREUS	Cambre	Home	AG2014307	CLUB ATLETISMO SADA	Veterano 2	740	00:00:00	00:00:00	00:07:48	00:00:00
2972	151	José María	Sánchez San Luis	Culleredo	Home	AG2018856	ATLETAS DE ACEA DE AMA	Veterano 1	588	00:00:00	00:00:00	00:00:00	00:00:00
2973	152	JAVIER LUIS	LOPEZ HORTAS	Outeiro de Rei	Home		FLUVIAL	Veterano 1	589	00:00:00	00:00:00	00:00:00	00:00:00
2974	164	Jose Luis	Prado Montero	Culleredo	Home	ag 764436	MARINEDA ATLETICO	Veterano 2	741	00:00:00	00:00:00	00:00:00	00:00:00
2975	166	Lorenzo	Sánchez Marcos	A Coruña	Home	GA 765361	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 3	296	00:00:00	00:00:00	00:00:00	00:00:00
2976	169	Oscar	Dopazo	A Coruña	Home		MARINEDA ATLETICO	Veterano 2	742	00:00:00	00:00:00	00:00:00	00:00:00
2977	173	FERNANDO	MARTINEZ OBARRIO	Lugo	Home		FLUVIAL	Veterano 2	743	00:00:00	00:00:00	00:00:00	00:00:00
2978	179	Emilio	LLames Perez	A Coruña	Home			Veterano 2	744	00:00:00	00:00:00	00:00:00	00:00:00
2979	181	Hugo	Suárez Riesgo	Avilés	Home			Senior	528	00:00:00	00:00:00	00:00:00	00:00:00
2980	182	ALVARO	ZARAUZA BEIRAS	Ames	Home			Veterano 1	590	00:00:00	00:00:00	00:00:00	00:00:00
2981	185	JOSE MANUEL	RODRIGUEZ TAJES	Camariñas	Home			Veterano 3	297	00:00:00	00:00:00	00:00:00	00:00:00
2982	186	JOSE MANUEL	ALVAREZ PRIEGUE	Lugo	Home		FLUVIAL	Veterano 3	298	00:00:00	00:00:00	00:00:00	00:00:00
2983	194	JAVIER	TORO MONTERO	Lugo	Home		CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 4	68	00:00:00	00:00:00	00:00:00	00:00:00
2984	232	Diego	Cruz Pena	A Coruña	Home		CLUB TRIATLON CORUÑA	Veterano 1	591	00:00:00	00:00:00	00:00:00	00:00:00
2985	252	Carlos	Rodriguez Leal	Narón	Home		PASA OU ENTORNA	Senior	529	00:00:00	00:00:00	00:00:00	00:00:00
2986	255	Jorge	Gonta Novo	Santiago de Compostela	Home		ATLETISMO FONTES DO SAR	Veterano 1	592	00:00:00	00:00:00	00:00:00	00:00:00
2987	269	BORJA	SANCHEZ CAMPOS	ARTEIXO	Home		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Senior	530	00:00:00	00:00:00	00:07:38	00:00:00
2988	277	Damian	Araujo Perez	Barbadás	Home			Senior	531	00:00:00	00:00:00	00:00:00	00:00:00
2989	279	José Ramón	Lago Cives	Noia	Home		C.A. OUTES. JOHN-TURKEY	Veterano 1	593	00:00:00	00:00:00	00:00:00	00:00:00
2990	282	JOSE LUIS	ROIBAS FERNANDEZ	Cambre	Home		Trasnos Coruña	Veterano 2	745	00:00:00	00:00:00	00:00:00	00:00:00
2991	290	PABLO	MENENDEZ IGLESIAS	A Coruña	Home		CLUB SOCIAL BANCO PASTOR	Veterano 2	746	00:00:00	00:00:00	00:00:00	00:00:00
2992	296	David	Calvo Barca	A Coruña	Home			Senior	532	00:00:00	00:00:00	00:00:00	00:00:00
2993	299	Marcelino	Dopico Rodriguez	Narón	Home			Veterano 2	747	00:00:00	00:00:00	00:00:00	00:00:00



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
2994	307	FRANCISCO	COUCEIRO MAGAN	Estrada, A	Home			Veterano 3	299	00:00:00	00:00:00	00:00:00	00:00:00
2995	326	Juan Carlos	Recouso García	A Coruña	Home			Veterano 2	748	00:00:00	00:00:00	00:00:00	00:00:00
2996	335	Jose	Lestón Fernández	Muros	Home		Estrellados	Senior	533	00:00:00	00:00:00	00:00:00	00:00:00
2997	337	Marc	Perramon Bonigno	A Coruña	Home			Veterano 2	749	00:00:00	00:00:00	00:00:00	00:00:00
2998	349	Rubén	López Carnero	Monforte de Lemos	Home		A G?NDARA	Senior	534	00:00:00	00:00:00	00:00:00	00:00:00
2999	368	Juan	Méndez López	Sada	Home	AG 2017551	CLUB ATLETISMO SADA	Veterano 2	750	00:38:38	00:00:00	00:10:07	00:00:00
3000	369	Enrique Jose	Lopez Figueira	Ordes	Home		NOSPORTLIMIT	Senior	535	00:00:00	00:00:00	00:00:00	00:00:00
3001	374	Juan Carlos	Diéguez Teijeiro	Cambre	Home			Veterano 2	751	00:00:00	00:00:00	00:00:00	00:00:00
3002	391	Christian	Lois varela	A Coruña	Home		Runners Coru?a	Veterano 1	594	00:00:00	00:00:00	00:00:00	00:00:00
3003	413	ARMANDO	RODRÍGUEZ MARTÍNEZ	Lugo	Home			Veterano 3	300	00:00:00	00:00:00	00:00:00	00:00:00
3004	430	carlos	pita tocino	A Coruña	Home			Senior	536	00:00:00	00:00:00	00:08:38	00:00:00
3005	446	JOSÉ MANUEL	CANDALES DIAZ	A Coruña	Home		FUN 4 RUNNERS	Veterano 2	752	00:00:00	00:00:00	00:00:00	00:00:00
3006	458	PABLO	DIAZ GAY	Lugo	Home		FLUVIAL	Veterano 2	753	00:00:00	00:00:00	00:00:00	00:00:00
3007	474	Vanesa	Fernández López	Bilbao	Muller			Senior	196	00:00:00	00:00:00	00:00:00	00:00:00
3008	475	Reyes	Cuesta Udías	Lugo	Muller		Rabade corre con vos	Veterano 2	216	00:00:00	00:00:00	00:00:00	00:00:00
3009	481	Vanessa	Rama	A Coruña	Muller			Veterano 1	158	00:00:00	00:00:00	00:00:00	00:00:00
3010	493	Araceli	Grandío Vicente	A Coruña	Muller			Veterano 2	217	00:00:00	00:00:00	00:00:00	00:00:00
3011	496	MERCEDES	CODESAL BOLAÑO	A Coruña	Muller			Veterano 3	60	00:00:00	00:00:00	00:00:00	00:00:00
3012	535	CAMILO	FERNANDEZ BEMBRIBE	Arteixo	Home			Veterano 2	754	00:00:00	00:00:00	00:00:00	00:00:00
3013	541	Jacobo	Ponlla Encinas	A Coruña	Home			Senior	537	00:00:00	00:00:00	00:00:00	00:00:00
3014	543	Adrián	Pernas Cortegoso	A Coruña	Home			Veterano 1	595	00:00:00	00:00:00	00:00:00	00:00:00
3015	574	ALEJANDRO	VAZQUEZ QUIAN	Culleredo	Home		NOITEBRA	Veterano 1	596	00:00:00	00:00:00	00:00:00	00:00:00
3016	584	Francisco Javier	Lama Carballo	A Coruña	Home	ag2016793	ATLETISMO CARBALLO	Veterano 3	301	00:00:00	00:00:00	00:09:40	00:00:00
3017	598	Sergio	Martínez Alonso	Lugo	Home		ESCOLA ATLETICA LUCENSE	Veterano 2	755	00:00:00	00:00:00	00:00:00	00:00:00
3018	603	Josechu	Roel Vázquez	A Coruña	Home			Veterano 2	756	00:00:00	00:00:00	00:00:00	00:00:00
3019	606	Fernando	Tobio gomez	Estrada, A	Home			Veterano 1	597	00:00:00	00:00:00	00:00:00	00:00:00
3020	611	JOSÉ MANUEL	VÁZQUEZ LÓPEZ	Melide	Home			Veterano 3	302	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3021	613	MANUEL	CALO CANOSA	Cee	Home			Veterano 1	598	00:00:00	00:00:00	00:08:58	00:27:45
3022	615	enrique	pareja megia	Bormujos	Home			Veterano 2	757	00:00:00	00:00:00	00:00:00	00:00:00
3023	627	Ramón	Villar Ruibal	A Coruña	Home	GA766004	CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 3	303	00:00:00	00:00:00	00:09:18	00:00:00
3024	628	José Manuel	Dopico Soto	Neda	Home	GA 765 884	EGOVARROS DE VIVEIRO	Veterano 3	304	00:00:00	00:00:00	00:00:00	00:00:00
3025	635	MIGUEL ANGEL	OCAMPO REY	Monforte de Lemos	Home		A G?NDARA	Veterano 2	758	00:00:00	00:00:00	00:00:00	00:00:00
3026	641	Carlos	Máiz Manso	A Coruña	Home		UNIVERSIDADE SANTIAGO DE COMPOSTELA	Veterano 1	599	00:00:00	00:00:00	00:00:00	00:00:00
3027	656	Rafael	PAIS COMINO	Ames	Home		C.A. BERTAMIRANS	Veterano 2	759	00:00:00	00:00:00	00:00:00	00:00:00
3028	663	Javier	Martinez Valiño	Betanzos	Home			Senior	538	00:00:00	00:00:00	00:00:00	00:00:00
3029	669	Alejandro	Vazquez Rodríguez	Culleredo	Home			Veterano 1	600	00:00:00	00:00:00	00:00:00	00:00:00
3030	675	GIOVANI	GARCÍA ESTÉVEZ	Culleredo	Home		NOSPORTLIMIT	Senior	539	00:00:00	00:00:00	00:00:00	00:00:00
3031	3441	Pablo	García Vazquez	Oleiros	Home			Veterano 2	760	00:00:00	00:00:00	00:00:00	00:00:00
3032	711	JULIO	SUÁREZ VÁZQUEZ	A Coruña	Home			Veterano 4	69	00:00:00	00:00:00	00:00:00	00:00:00
3033	722	Francisco	Carabel Suárez	Ponteceso	Home			Senior	540	00:00:00	00:00:00	00:00:00	00:00:00
3034	743	JOSE EULOGIO	REBOLLO SANCHEZ	Ferrol	Home			Senior	541	00:00:00	00:00:00	00:00:00	00:00:00
3035	761	CARLOS	CASÁS FERNÁNDEZ	Oleiros	Home			Veterano 1	601	00:00:00	00:00:00	00:08:58	00:00:00
3036	781	Emilio jose	Fernandez medin	A Coruña	Home		NOSPORTLIMIT	Veterano 1	602	00:00:00	00:00:00	00:00:00	00:00:00
3037	784	Gonzalo	Pereiro Boquete	A Coruña	Home			Senior	542	00:00:00	00:00:00	00:00:00	00:00:00
3038	787	ruben	hurtado de castro	Lugo	Home		universidad santiago de compostela	Veterano 1	603	00:00:00	00:00:00	00:00:00	00:00:00
3039	789	David	Patiño grobas	A Coruña	Home			Veterano 1	604	00:00:00	00:00:00	00:00:00	00:00:00
3040	796	Ramon	Cayon	Burela	Home			Senior	543	00:00:00	00:00:00	00:00:00	00:00:00
3041	798	Manuel	Saz Cebrián	Madrid	Home			Veterano 2	761	00:00:00	00:00:00	00:00:00	00:00:00
3042	807	Roberto	Rey López	A Coruña	Home			Senior	544	00:00:00	00:00:00	00:00:00	00:00:00
3043	836	RODRIGO	GARCIA MERA	A CORUÑA	Home			Senior	545	00:00:00	00:00:00	00:00:00	00:00:00
3044	839	Francisco	García rial	Narón	Home			Veterano 1	605	00:00:00	00:00:00	00:00:00	00:00:00
3045	3433	ROCIO	Fernández Fernández	Oleiros	Muller		NOSPORTLIMIT	Veterano 2	218	00:00:00	00:00:00	00:00:00	00:00:00
3046	849	Fernando	Rodríguez Seoane	Culleredo	Home			Veterano 2	762	00:00:00	00:00:00	00:18:47	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3047	853	LUIS	CALZON DOPAZO	A CORUÑA	Home			Senior	546	00:00:00	00:00:00	00:00:00	00:00:00
3048	854	JAVIER	PEREZ PAZO	CULLEREDO	Home			Veterano 3	305	00:00:00	00:00:00	00:00:00	00:00:00
3049	860	Ismael	Perez	Sada	Home			Veterano 2	763	00:00:00	00:00:00	00:00:00	00:00:00
3050	888	EDUARDO	FRAGA LOPEZ	A Coruña	Home			Veterano 1	606	00:00:00	00:00:00	00:00:00	00:00:00
3051	890	Antón	De Andrés Ardá	Oleiros	Home			Senior	547	00:00:00	00:00:00	00:00:00	00:00:00
3052	905	ANDRES	PARIS PAZOS	SANTA COMBA	Home			Senior	548	00:00:00	00:00:00	00:00:00	00:00:00
3053	906	Daniel	García Fernández	A Coruña	Home			Senior	549	00:00:00	00:00:00	00:00:00	00:00:00
3054	939	Manuel Antonio	Lozano Rey	A Laracha	Home		AD Downhill	Veterano 2	764	00:00:00	00:00:00	00:00:00	00:00:00
3055	962	Yago	Rodríguez Saavedra	A Coruña	Home			Senior	550	00:00:00	00:00:00	00:00:00	00:00:00
3056	965	Leo	Méndez	A Coruña	Home			Veterano 2	765	00:00:00	00:00:00	00:00:00	00:00:00
3057	966	Daniel	Romero duran	Corcubiión	Home			Veterano 1	607	00:00:00	00:00:00	00:00:00	00:00:00
3058	970	Pablo	Rodríguez-Vellando	Albacete	Home		MAISTROTE	Veterano 2	766	00:00:00	00:00:00	00:00:00	00:00:00
3059	971	Martin	Gavin villar	A Laracha	Home		A.D. Downhill	Senior	551	00:00:00	00:00:00	00:00:00	00:00:00
3060	978	jorge luis	abelenda trigo	Malpica de Bergantiños	Home			Veterano 1	608	00:00:00	00:00:00	00:00:00	00:00:00
3061	990	Xesús	Astray Castro	A Coruña	Home		Trasnos Coru?a	Veterano 2	767	00:00:00	00:00:00	00:00:00	00:00:00
3062	1002	José Manuel	Cañizo Fraga	A Coruña	Home			Veterano 3	306	00:00:00	00:00:00	00:00:00	00:00:00
3063	1007	Jesús	Castro López	Lugo	Home		Academia JM Rivas	Veterano 3	307	00:00:00	00:00:00	00:00:00	00:00:00
3064	1010	Luis	VILELA VERGARA	CORUÑA	Home		Runner?s DaCosta	Veterano 2	768	00:00:00	00:00:00	00:00:00	00:00:00
3065	1016	David	Acevedo Edreira	A Coruña	Home			Senior	552	00:00:00	00:00:00	00:00:00	00:00:00
3066	1035	Vicente	Gras Pérez	A Coruña	Home			Veterano 3	308	00:00:00	00:00:00	00:00:00	00:00:00
3067	1042	Saturnino	López Callon	Oleiros	Home			Veterano 1	609	00:00:00	00:00:00	00:00:00	00:00:00
3068	1046	Daniel	Bembibre Belda	Sada	Home		CLUB ATLETISMO SADA	Veterano 1	610	00:00:00	00:00:00	00:00:00	00:00:00
3069	1073	sara	gonzalex gayoso	Pontes de García Rodríguez, As	Muller		CLUB OLYMPO AS PONTES	Senior	197	00:00:00	00:00:00	00:00:00	00:00:00
3070	1074	mercedes	fernandez rivera	Pontes de García Rodríguez, As	Muller		CLUB OLYMPO AS PONTES	Senior	198	00:00:00	00:00:00	00:00:00	00:00:00
3071	1075	Elena	Bermejo Sanz	Fuenlabrada	Muller			Senior	199	00:00:00	00:00:00	00:00:00	00:00:00
3072	1080	Sandra	Castro Boedo	A Coruña	Muller			Veterano 2	219	00:00:00	00:00:00	00:00:00	00:00:00
3073	1088	vanessa	gonzalez vilarifo	A Coruña	Muller			Veterano 1	159	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3074	1093	CRISTINA	SOUTO FERNANDEZ	A CORUÑA	Muller			Veterano 1	160	00:00:00	00:00:00	00:00:00	00:00:00
3075	1107	ana	gomez garcia	Oleiros	Muller		Trasnos Coru?a	Senior	200	00:00:00	00:00:00	00:00:00	00:00:00
3076	1114	Leticia	Cervinho orge	Vigo	Muller			Senior	201	00:00:00	00:00:00	00:00:00	00:00:00
3077	1115	SABELA	VIEITO SANCHEZ	Narón	Muller		SIGUEME SI PUEDES	Senior	202	00:00:00	00:00:00	00:00:00	00:00:00
3078	1117	Suraya	Djekki troconis	A Coruña	Muller			Veterano 2	220	00:00:00	00:00:00	00:00:00	00:00:00
3079	1120	Hilda	Díaz Gómez	Castropol	Muller			Senior	203	00:46:19	00:00:00	00:10:52	00:32:05
3080	1132	LORENA	MENDEZ COIRA	Oleiros	Muller		NOSPORTLIMIT	Senior	204	00:00:00	00:00:00	00:00:00	00:00:00
3081	1137	MARI CARMEN	FERREIRO DÍAZ	Lugo	Muller		CLUBE DE ATLETISMO RIBEIRA SACRA-VERXEL NUTRICION DEPORTIVA	Veterano 3	61	00:00:00	00:00:00	00:00:00	00:00:00
3082	1145	Cristina	Rodríguez García	Oleiros	Muller			Veterano 2	221	00:00:00	00:00:00	00:00:00	00:00:00
3083	1149	Marluci	Gomes dos Santos	Culleredo	Muller			Senior	205	00:00:00	00:00:00	00:00:00	00:00:00
3084	1162	Pastora	Vázquez Hernández	A Coruña	Muller			Veterano 2	222	00:00:00	00:00:00	00:10:54	00:00:00
3085	1169	Montse	Orjales lopez	A Coruña	Muller		NOSPORTLIMIT	Veterano 2	223	00:00:00	00:00:00	00:00:00	00:00:00
3086	1183	Fátima	Rodríguez Calvo	A Coruña	Muller			Veterano 1	161	00:00:00	00:00:00	00:00:00	00:00:00
3087	1210	Jairo	Creo Seoane	A Coruña	Home			Senior	553	00:00:00	00:00:00	00:00:00	00:00:00
3088	1212	Javier	Rodríguez Prada	A Coruña	Home			Senior	554	00:00:00	00:00:00	00:10:03	00:00:00
3089	1217	Miguel	Yáñez Cabanela	A Coruña	Home			Veterano 2	769	00:00:00	00:00:00	00:00:00	00:00:00
3090	1229	LUIS FELIPE	LLAMAS GÓMEZ	A Coruña	Home			Veterano 3	309	00:00:00	00:00:00	00:00:00	00:00:00
3091	1237	Aldo	Regueira Martínez	Ferrol	Home			Veterano 1	611	00:00:00	00:00:00	00:00:00	00:00:00
3092	1243	CHARLY	FERNANDEZ EXPOSITO	Culleredo	Home		C.C RIAZOR	Veterano 2	770	00:00:00	00:00:00	00:00:00	00:00:00
3093	1205	ANGEL	SOUTO FERREIRO	Cambre	Home			Veterano 2	771	00:00:00	00:00:00	00:00:00	00:00:00
3094	1283	Juan Diego	Cañas Santiso	A Coruña	Home			Veterano 2	772	00:00:00	00:00:00	00:10:44	00:00:00
3095	1286	Adrián	Pérez García	Carballo	Home			Senior	555	00:00:00	00:00:00	00:00:00	00:00:00
3096	1323	Javier	García cedeira	Arteixo	Home			Senior	556	00:00:00	00:00:00	00:09:33	00:00:00
3097	1333	ENRIQUE	GANDARA ULLOA	Cambre	Home		ATLETAS DE ACEA DE AMA	Veterano 3	310	00:00:00	00:00:00	00:00:00	00:00:00
3098	1337	Jesus	Prado Gomez	A Coruña	Home			Veterano 2	773	00:00:00	00:00:00	00:00:00	00:00:00
3099	1339	OSCAR	CORREA SAMBADE	Oleiros	Home			Veterano 1	612	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3100	1346	JOSE FRANCISCO	MOAR GARCIA	A Coruña	Home			Senior	557	00:00:00	00:00:00	00:00:00	00:00:00
3101	1350	Pablo	Castedo López	A Coruña	Home			Veterano 1	613	00:00:00	00:00:00	00:00:00	00:00:00
3102	1371	ALBERTO	VARELA COLLAZO	A Coruña	Home			Veterano 1	614	00:00:00	00:00:00	00:00:00	00:00:00
3103	1383	Manuel	Paz Carbon	A Coruña	Home			Veterano 2	774	00:00:00	00:00:00	00:10:10	00:00:00
3104	1384	José Antonio	Ramos Fernandez	Lugo	Home		Rabade corre con vos	Veterano 2	775	00:00:00	00:00:00	00:00:00	00:00:00
3105	1390	Roberto	Pardo López	Muras	Home		CLUB OLYMPO AS PONTES	Veterano 2	776	00:43:38	00:00:00	00:09:39	00:29:39
3106	1391	Borja	Pampin Ramos	A Coruña	Home			Senior	558	00:00:00	00:00:00	00:00:00	00:00:00
3107	1395	alvaro	calviño seoane	A Coruña	Home			Senior	559	00:00:00	00:00:00	00:00:00	00:00:00
3108	1396	Javier	López Uribarri	Oleiros	Home			Veterano 1	615	00:00:00	00:00:00	00:00:00	00:00:00
3109	1399	FERNANDO	SEARA SOTELO	A Coruña	Home			Veterano 2	777	00:00:00	00:00:00	00:00:00	00:00:00
3110	1400	Rubén Marcos	Suárez Gutiérrez	A Coruña	Home		RUNNER4LIFE	Senior	560	00:00:00	00:00:00	00:00:00	00:00:00
3111	1401	Ismael	García Yllera	A Coruña	Home			Veterano 2	778	00:00:00	00:00:00	00:00:00	00:00:00
3112	1407	Alvaro	Rodriguez Lopez	Muxía	Home			Veterano 2	779	00:00:00	00:00:00	00:00:00	00:00:00
3113	1408	jose antonio	vidal rodriguez	A Coruña	Home			Veterano 1	616	00:00:00	00:00:00	00:00:00	00:00:00
3114	1424	ALEJANDRO	MAHIA REY	A CORUÑA	Home			Promesa	67	00:00:00	00:00:00	00:00:00	00:00:00
3115	1426	Sergio	Rodríguez Martínez	Cambre	Home			Senior	561	00:00:00	00:00:00	00:00:00	00:00:00
3116	1429	ignacio	senin canosa	A Coruña	Home			Veterano 2	780	00:00:00	00:00:00	00:00:00	00:00:00
3117	1434	Daniel Borja	Durán Alonso	Lugo	Home			Veterano 2	781	00:00:00	00:00:00	00:00:00	00:00:00
3118	1452	Fernando	Agras Pita	Narón	Home		PASA OU ENTORNA	Senior	562	00:00:00	00:00:00	00:00:00	00:00:00
3119	1456	JOSE	TEDIN LOPEZ	A Coruña	Home	AG767022	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	Veterano 3	311	00:00:00	00:00:00	00:00:00	00:00:00
3120	1459	Antonio Jose	Milla teruel	Culleredo	Home			Veterano 2	782	00:00:00	00:00:00	00:00:00	00:00:00
3121	1486	GABRIEL	GONZALEZ BARBEITO	A Coruña	Home			Promesa	68	00:00:00	00:00:00	00:00:00	00:00:00
3122	1492	JORGE	MALLO LOSADA	A CORUÑA	Home			Veterano 2	783	00:00:00	00:00:00	00:00:00	00:00:00
3123	1506	ESTEBAN	GONZÁLEZ ALONSO	Culleredo	Home			Veterano 2	784	00:00:00	00:00:00	00:00:00	00:00:00
3124	1511	Daniel	Blanco Ayude	Melide	Home		Melide trail team	Senior	563	00:00:00	00:00:00	00:00:00	00:00:00
3125	1522	luis	pita andreu	A Coruña	Home			Veterano 2	785	00:00:00	00:00:00	00:00:00	00:00:00
3126	1537	Diego	García Villanueva	Cabana de Bergantiños	Home			Senior	564	00:00:00	00:00:00	00:00:00	00:00:00
3127	1540	pablo	domingo franco	A Coruña	Home			Senior	565	00:00:00	00:00:00	00:00:00	00:00:00

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3128	1572	Suso	Lamas	Cerceda	Home			Veterano 1	617	00:00:00	00:00:00	00:00:00	00:00:00
3129	1588	Xose Manuel	Cambón Arceo	A Coruña	Home		ADC BOMBEIROS A CORUÑA	Veterano 3	312	00:00:00	00:00:00	00:00:00	00:00:00
3130	1594	Javier	Río Rodríguez	Carballo	Home			Veterano 3	313	00:00:00	00:00:00	00:00:00	00:00:00
3131	1611	Jose Antonio	Montero Dominguez	A Coruña	Home			Veterano 2	786	00:00:00	00:00:00	00:00:00	00:00:00
3132	1622	Jorge	Castro Vazquez	Culleredo	Home			Veterano 2	787	00:00:00	00:00:00	00:00:00	00:41:57
3133	1624	Antonio	Álvarez Rodríguez	Vigo	Home			Senior	566	00:00:00	00:00:00	00:00:00	00:00:00
3134	1628	luis jose	ramos rodriguez	A Coruña	Home			Veterano 2	788	00:00:00	00:00:00	00:00:00	00:00:00
3135	1645	Fernando	Bouzon Otero	Sada	Home			Veterano 2	789	00:00:00	00:00:00	00:00:00	00:00:00
3136	1650	Jose Antonio	Sánchez Lopez	A Coruña	Home			Veterano 2	790	00:00:00	00:00:00	00:00:00	00:00:00
3137	1656	carlos	Vázquez Fernández	Lugo	Home			Veterano 2	791	00:00:00	00:00:00	00:00:00	00:00:00
3138	1660	DAVID	BARRAL CASTRO	A Coruña	Home			Veterano 1	618	00:00:00	00:00:00	00:00:00	00:00:00
3139	1666	Lucas	Oubiña yañez	A Coruña	Home			Veterano 1	619	00:00:00	00:00:00	00:00:00	00:00:00
3140	1667	Francisco Javier	Alvarez Barbeito	A Coruña	Home			Veterano 3	314	00:00:00	00:00:00	00:10:46	00:00:00
3141	1682	VICTOR	PENA SOUTO	Carballo	Home			Senior	567	00:00:00	00:00:00	00:00:00	00:00:00
3142	1684	Alberto	Mantiñán Pernas	A Coruña	Home			Veterano 2	792	00:00:00	00:00:00	00:00:00	00:00:00
3143	1691	Jorge	Villar Miranda	Santiago	Home			Veterano 1	620	00:00:00	00:00:00	00:00:00	00:00:00
3144	1710	Keer Ling	Foo	Kulai	Muller			Senior	206	00:00:00	00:00:00	00:00:00	00:00:00
3145	1712	MIRIAM	CANDAL VALEIRO	Culleredo	Muller			Senior	207	00:00:00	00:00:00	00:00:00	00:00:00
3146	1724	INES	MONTEAGUDO POUSA	Culleredo	Muller			Veterano 1	162	00:00:00	00:00:00	00:00:00	00:00:00
3147	1729	Maria jose	Vazquez santos	Culleredo	Muller		No Sport Limit	Senior	208	00:00:00	00:00:00	00:00:00	00:00:00
3148	1734	SILVIA	CASTRO EZARA	A CORUÑA	Muller			Veterano 1	163	00:00:00	00:00:00	00:00:00	00:00:00
3149	1738	MARTA	LAGO GARMA	Bergondo	Muller		CLUB ATLETISMO SADA	Junior	9	00:00:00	00:00:00	00:00:00	00:00:00
3150	1742	carmen	GARMA CASTRO	Bergondo	Muller			Veterano 3	62	00:00:00	00:00:00	00:00:00	00:00:00
3151	1743	Ana	Boedo Agraso	A Coruña	Muller			Senior	209	00:42:16	00:00:00	00:09:57	00:28:50
3152	1744	Mirian	Ruanova Jorquera	Santiago de Compostela	Muller			Promesa	14	00:00:00	00:00:00	00:00:00	00:00:00
3153	1747	Teresa	De La Cruz Rodríguez	A Coruña	Muller		Amigos de San Diego	Veterano 3	63	00:00:00	00:00:00	00:14:19	00:00:00
3154	1753	RAQUEL	PRIETO SOUTO	Cambre	Muller			Veterano 1	164	00:00:00	00:00:00	00:00:00	00:00:00
3155	1754	Mónica	Teijo Gómez	A Coruña	Muller			Veterano 2	224	00:00:00	00:00:00	00:00:00	00:00:00

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Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3156	1756	NOEMI	LOURIDO LOPEZ	CEDEIRA	Muller			Senior	210	00:00:00	00:00:00	00:00:00	00:00:00
3157	1767	AURORA	BUGALLO LOPE	Noia	Muller			Veterano 2	225	00:00:00	00:00:00	00:00:00	00:00:00
3158	1778	vanesa	portela barreiro	Pontevedra	Muller			Veterano 1	165	00:00:00	00:00:00	00:00:00	00:00:00
3159	1780	BLANCA	IGLESIAS AGUIAR	Melide	Muller			Veterano 2	226	00:00:00	00:00:00	00:00:00	00:00:00
3160	1788	María José	Díaz García	A Coruña	Muller			Veterano 4	8	00:00:00	00:00:00	00:00:00	00:00:00
3161	1795	Debora	Poisa Sande	Bergondo	Muller		CLUB ATLETISMO SADA	Veterano 1	166	00:00:00	00:00:00	00:00:00	00:00:00
3162	1819	MARISOL	GOMEZ CHAO	A Coruña	Muller	AG-2017426	ESPRINTES OURENSE	Veterano 2	227	00:00:00	00:00:00	00:00:00	00:00:00
3163	1839	Juan carlos	Folgueira val	Lugo	Home			Veterano 1	621	00:00:00	00:00:00	00:00:00	00:00:00
3164	1845	Iago	Cotelo Montaña	A Coruña	Home			Senior	568	00:00:00	00:00:00	00:00:00	00:00:00
3165	1854	Bernaldo	Penas Antelo	A Coruña	Home			Veterano 1	622	00:00:00	00:00:00	00:00:00	00:00:00
3166	1866	Alexandre	Blanco amoedo	A Coruña	Home			Senior	569	00:00:00	00:00:00	00:00:00	00:00:00
3167	1875	ENRIQUE	PONTE RUMBO	A Coruña	Home			Senior	570	00:00:00	00:00:00	00:00:00	00:00:00
3168	1885	DIEGO	FERNANDEZ MORAIS	Oleiros	Home			Veterano 1	623	00:00:00	00:00:00	00:00:00	00:00:00
3169	1886	JOSE	CALZAS SUAREZ	Vimianzo	Home			Veterano 1	624	00:00:00	00:00:00	00:00:00	00:00:00
3170	1900	Brian	Álvarez Edreira	A Coruña	Home			Junior	34	00:00:00	00:00:00	00:00:00	00:00:00
3171	1909	Daniel	Muñiz Torres	A Coruña	Home			Veterano 1	625	00:00:00	00:00:00	00:00:00	00:00:00
3172	1911	alberto	rey abelaira	A Coruña	Home			Promesa	69	00:00:00	00:00:00	00:00:00	00:00:00
3173	1913	Jesús Manuel	Iglesias Mariño	A Laracha	Home			Veterano 2	793	00:00:00	00:00:00	00:00:00	00:00:00
3174	1916	Manuel	Tojo Rodríguez	Culleredo	Home			Veterano 2	794	00:00:00	00:00:00	00:12:49	00:00:00
3175	1932	Fran	Rodríguez Barbeito	A Coruña	Home			Senior	571	00:00:00	00:00:00	00:00:00	00:00:00
3176	1937	carlos	seijo santaballa	A Coruña	Home			Senior	572	00:00:00	00:00:00	00:00:00	00:00:00
3177	1943	jose	LAGO GONZALEZ	Bergondo	Home		CLUB ATLETISMO SADA	Veterano 3	315	00:00:00	00:00:00	00:00:00	00:00:00
3178	1949	Elkin Andrés	Flórez Domínguez	A Coruña	Home			Senior	573	00:00:00	00:00:00	00:00:00	00:00:00
3179	1956	Santiago	Rico Iborra	Alicante/Alacant	Home			Senior	574	00:00:00	00:00:00	00:00:00	00:00:00
3180	1961	Carlos	Fernandez Rodríguez	A Coruña	Home			Veterano 3	316	00:00:00	00:00:00	00:00:00	00:00:00
3181	1971	MIGUEL	GONZALEZ BARBEITO	A Coruña	Home			Senior	575	00:00:00	00:00:00	00:00:00	00:00:00
3182	1979	Victor	Rodríguez Naya	A Coruña	Home			Veterano 2	795	00:00:00	00:00:00	00:00:00	00:00:00
3183	1991	Nicolas	Medina font	A Coruña	Home			Veterano 1	626	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3184	1993	Abraham	Fernández Fidalgo	coruña	Home			Senior	576	00:00:00	00:00:00	00:00:00	00:00:00
3185	2009	Paulo	Loiacono	Italia	Home			Veterano 2	796	00:00:00	00:00:00	00:00:00	00:00:00
3186	2013	Alvaro	Jorge Diaz	A Coruña	Home			Promesa	70	00:00:00	00:00:00	00:00:00	00:00:00
3187	2026	Jorge Miguel	González Sánchez	León	Home			Promesa	71	00:00:00	00:00:00	00:00:00	00:00:00
3188	2036	Diego	Conde García	A Coruña	Home			Veterano 2	797	00:00:00	00:00:00	00:00:00	00:00:00
3189	2046	Adrián	Castro Vázquez	A Coruña	Home			Senior	577	00:00:00	00:00:00	00:00:00	00:00:00
3190	2053	jesus	martinez soler	A Coruña	Home			Senior	578	00:00:00	00:00:00	00:00:00	00:00:00
3191	2054	Manuel Ángel	Linares Franco	A Coruña	Home			Veterano 2	798	00:00:00	00:00:00	00:00:00	00:00:00
3192	2055	Tarek	Ghannam Varela	A Coruña	Home			Senior	579	00:00:00	00:00:00	00:00:00	00:00:00
3193	2056	Alejandro	Cañada Muñoz	A Coruña	Home			Veterano 3	317	00:00:00	00:00:00	00:00:00	00:00:00
3194	2059	Ignacio	Martínez Varela	A Coruña	Home			Senior	580	00:00:00	00:00:00	00:00:00	00:00:00
3195	2060	Jose	Agra Ramos	A Coruña	Home		INDEPENDIENTE	Veterano 2	799	00:00:00	00:00:00	00:12:04	00:00:00
3196	2072	mateo	vazquez agra	Melide	Home		Melide trail team	Senior	581	00:00:00	00:00:00	00:00:00	00:00:00
3197	2074	Xene	Carreira Garcia	A Coruña	Home			Veterano 1	627	00:00:00	00:00:00	00:00:00	00:00:00
3198	2081	JESUS ALBERTO	RUA RUA	Melide	Home		AD CERNE	Veterano 2	800	00:00:00	00:00:00	00:00:00	00:00:00
3199	2085	Jose ángel	Marcos marcos	A Coruña	Home			Veterano 2	801	00:00:00	00:00:00	00:00:00	00:00:00
3200	2103	antonio jesus	ruiz silva	Puerto de Santa María, El	Home			Senior	582	00:00:00	00:00:00	00:00:00	00:00:00
3201	2107	ALVARO	GONZALEZ RODRIGUEZ	GIJON	Home			Senior	583	00:00:00	00:00:00	00:00:00	00:00:00
3202	2124	Fernando	Arnaiz Rubio	Oleiros	Home		CLUB ATLETISMO SADA	Veterano 3	318	00:00:00	00:00:00	00:00:00	00:00:00
3203	2129	ERIK	VILLAR VIDAL	A Coruña	Home			Promesa	72	00:00:00	00:00:00	00:00:00	00:00:00
3204	2135	ANTONIO	CORTIZAS PICALLO	Fene	Home			Veterano 3	319	00:00:00	00:00:00	00:00:00	00:00:00
3205	2152	PABLO	MIÑAMBRES FREIJEIRO	Bergondo	Home			Veterano 3	320	00:00:00	00:00:00	00:00:00	00:00:00
3206	2164	Virgilio	Calvo Martínez	A Coruña	Home		MIXMASTER RUNNING	Veterano 2	802	00:00:00	00:00:00	00:00:00	00:00:00
3207	2166	cristian	pineda rios	cali	Home			Senior	584	00:00:00	00:00:00	00:00:00	00:00:00
3208	2170	Martin	Castro Pazos	Pino, O	Home			Veterano 1	628	00:00:00	00:00:00	00:00:00	00:00:00
3209	2173	José Antonio	Villamisar Varela	Cambre	Home			Veterano 2	803	00:00:00	00:00:00	00:00:00	00:00:00
3210	2185	Andrés	Sánchez Iglesias	A Coruña	Home			Veterano 2	804	00:00:00	00:00:00	00:00:00	00:00:00
3211	2188	jordi	sanchez prades	A Coruña	Home			Veterano 2	805	00:00:00	00:00:00	00:00:00	00:00:00



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3212	2189	Manuel	Huerta Lejo	Meira	Home			Veterano 1	629	00:00:00	00:00:00	00:00:00	00:00:00
3213	2191	Jorge	Tojo Rodriguez	Ames	Home			Veterano 2	806	00:00:00	00:00:00	00:00:00	00:00:00
3214	2192	JAIME	MARTUL TORRES	A Coruña	Home			Senior	585	00:00:00	00:00:00	00:00:00	00:00:00
3215	2211	MARIA JESUS	PEDREIRA GARCIA	Cambre	Muller			Veterano 3	64	00:00:00	00:00:00	00:00:00	00:00:00
3216	2212	PATRICIA	COUTO GOMEZ	Cambre	Muller			Veterano 1	167	00:00:00	00:00:00	00:00:00	00:00:00
3217	2218	Esther	Couto lamigueiro	Cedeira	Muller		CLUB NATACION CEDEIRA MUEBLES GARCIA	Senior	211	00:00:00	00:00:00	00:00:00	00:00:00
3218	2223	Isabel	Fito García	A Coruña	Muller			Veterano 3	65	00:00:00	00:00:00	00:00:00	00:00:00
3219	2224	Laura	Cuenca Fito	A Coruña	Muller			Junior	10	00:00:00	00:00:00	00:00:00	00:00:00
3220	2227	elena	del alamo herrera	A Coruña	Muller			Senior	212	00:00:00	00:00:00	00:00:00	00:00:00
3221	2230	María Joao	Marques de Oliveira Chambel	Culleredo	Muller			Veterano 1	168	00:00:00	00:00:00	00:00:00	00:00:00
3222	2248	Cora	Díaz Aquino	A Coruña	Muller			Senior	213	00:00:00	00:00:00	00:00:00	00:00:00
3223	2258	Marjorie	Garrido Salazar	Culleredo	Muller			Veterano 2	228	00:00:00	00:00:00	00:00:00	00:00:00
3224	2263	MARIA JOSE	TORREIRA GERPE	Oleiros	Muller			Veterano 2	229	00:00:00	00:00:00	00:00:00	00:00:00
3225	2264	rocio	vazquez rodriguez	Arteixo	Muller			Senior	214	00:00:00	00:00:00	00:00:00	00:00:00
3226	2271	Teresa	González Martínez	Oleiros	Muller		Panader?a Dosedo	Veterano 3	66	00:00:00	00:00:00	00:00:00	00:00:00
3227	2305	Mónica	Montero Rodil	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 2	230	00:00:00	00:00:00	00:00:00	00:00:00
3228	2307	Eva	Teijeiro gonzalez	Oleiros	Muller			Veterano 2	231	00:00:00	00:00:00	00:00:00	00:00:00
3229	2310	Begoña	Rio Cotrofe	A Coruña	Muller		superate	Senior	215	00:00:00	00:00:00	00:00:00	00:00:00
3230	2311	Isolina	Castiñeira Vázquez	Cospeito	Muller			Veterano 3	67	00:00:00	00:00:00	00:00:00	00:00:00
3231	2325	BELEN	FERREIRO GAREA	A Coruña	Muller			Veterano 1	169	00:00:00	00:00:00	00:14:56	00:00:00
3232	2342	Maria del Carmen	Barreiro Gallart	A Coruña	Muller			Veterano 2	232	00:00:00	00:00:00	00:00:00	00:00:00
3233	2343	silvia patricia	fernandez rodriguez	Arteixo	Muller			Veterano 2	233	00:00:00	00:00:00	00:00:00	00:00:00
3234	2347	RAISA	ESTRADA MONTES	A Coruña	Muller			Veterano 1	170	00:00:00	00:00:00	00:00:00	00:00:00
3235	2351	MARIA TERESA	BARBEITO NUÑEZ	A Coruña	Muller			Veterano 3	68	00:00:00	00:00:00	00:00:00	00:00:00
3236	2363	Maholy	Diaz Carro	A Coruña	Muller		@maholydiaz	Senior	216	00:00:00	00:00:00	00:17:19	00:57:24

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3237	2372	maria	naya diaz	la courña	Muller			Veterano 2	234	00:00:00	00:00:00	00:00:00	00:00:00
3238	2373	Laura	Varela Silvestre	A Coruña	Muller		NOITEBRA	Senior	217	00:00:00	00:00:00	00:00:00	00:00:00
3239	2384	LORENA	BESADA MARTINEZ	REDONDELA	Muller			Senior	218	00:00:00	00:00:00	00:00:00	00:00:00
3240	2388	Alba	Vázquez Rodríguez	A Coruña	Muller			Senior	219	00:00:00	00:00:00	00:00:00	00:00:00
3241	2389	Rocio	Paredes Casas	A Coruña	Muller			Senior	220	00:00:00	00:00:00	00:00:00	00:00:00
3242	2391	BELEN	RODRIGUEZ TORRES	A CORUÑA	Muller			Veterano 2	235	00:00:00	00:00:00	00:00:00	00:00:00
3243	2393	Mayka	Pazó Pérez	Oleiros	Muller		RUNNING OLEIROS	Veterano 2	236	00:00:00	00:00:00	00:00:00	00:00:00
3244	2404	Carmen	Guimaraens Raso	A Coruña	Muller			Junior	11	00:00:00	00:00:00	00:17:23	00:00:00
3245	2409	Natalia	Senra Sanmiguel	Monforte de Lemos	Muller			Senior	221	00:00:00	00:00:00	00:00:00	00:00:00
3246	2410	CLAUDIA	RODRIGUEZ RODRIGUEZ	A Coruña	Muller			Senior	222	00:00:00	00:00:00	00:00:00	00:00:00
3247	2416	MARIA DEL MAR	NUÑO IGLESIAS	A Coruña	Muller			Veterano 2	237	00:00:00	00:00:00	00:18:56	00:58:55
3248	2419	LEILA CRISTINA	ELIAS DA SILVA	A CORUÑA	Muller			Senior	223	00:00:00	00:00:00	00:00:00	00:00:00
3249	2422	Lucia	Vazquez	A Coruña	Muller			Veterano 1	171	00:00:00	00:00:00	00:00:00	00:00:00
3250	2426	Raquel	Álvarez Alcaraz	A Coruña	Muller			Senior	224	00:00:00	00:00:00	00:00:00	00:00:00
3251	2428	Lorena	Bembibre Vázquez	A Coruña	Muller			Veterano 2	238	00:00:00	00:00:00	00:00:00	00:00:00
3252	2431	MONICA	RODRIGUEZ LAMAS	Sada	Muller			Senior	225	00:00:00	00:00:00	00:00:00	00:00:00
3253	2432	maria gabriela	gosen osuna	caracas	Muller			Veterano 1	172	00:00:00	00:00:00	00:00:00	00:00:00
3254	2440	margarita	fachado parada	Oleiros	Muller		CLUB ATLETISMO SADA	Veterano 3	69	00:00:00	00:00:00	00:00:00	00:00:00
3255	2443	MONTSERRAT	VENTOSO GARCIA	A Coruña	Muller			Veterano 2	239	00:00:00	00:00:00	00:00:00	00:00:00
3256	2446	Anna	Fedulova	A Coruña	Muller			Senior	226	00:00:00	00:00:00	00:00:00	00:00:00
3257	2447	Montse	García Coque	Sada	Muller			Veterano 2	240	00:00:00	00:00:00	00:00:00	00:00:00
3258	2452	ESTHER	VALDES CASTELO	CORUÑA	Muller			Senior	227	00:00:00	00:00:00	00:00:00	00:00:00
3259	2456	Xulia	Fidalgo Naveira	A Coruña	Muller			Senior	228	00:00:00	00:00:00	00:00:00	00:00:00
3260	2464	Lorena	Ríos trillo	A Coruña	Muller			Senior	229	00:00:00	00:00:00	00:00:00	00:00:00
3261	2465	Eloy	Tembrás Franco	A Coruña	Home			Senior	586	00:00:00	00:00:00	00:00:00	00:00:00
3262	2467	PAULA	ROMERO CAMPO	A Coruña	Muller			Senior	230	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3263	2484	mila	méndez otero	A Coruña	Muller			Senior	231	00:00:00	00:00:00	00:00:00	00:00:00
3264	2490	Francisca	Ares Sanmartin	Ferrol	Muller			Veterano 3	70	00:00:00	00:00:00	00:00:00	00:00:00
3265	2506	maria	rivas barcala	A Coruña	Muller			Senior	232	00:00:00	00:00:00	00:00:00	00:00:00
3266	2507	Maria Felisa	Alvarez Refojo	A Coruña	Muller			Veterano 3	71	00:00:00	00:00:00	00:00:00	00:00:00
3267	2513	MARIA DEL CARMEN	DIAZ TEIJO	CULLEREDO	Muller			Veterano 2	241	00:00:00	00:00:00	00:00:00	00:00:00
3268	2518	CARLA	MARTINEZ DIAZ	SADA	Muller			Veterano 1	173	00:00:00	00:00:00	00:00:00	00:00:00
3269	2519	SUSANA	MARTINEZ MARTINEZ	A CORUÑA	Muller			Veterano 2	242	00:00:00	00:00:00	00:00:00	00:00:00
3270	2521	CARMEN PILAR	RODRIGUEZ COUTO	A CORUÑA	Muller			Veterano 2	243	00:00:00	00:00:00	00:19:00	00:59:00
3271	2528	CONCHI	FERNANDEZ CARRACEDO	A CORUÑA	Muller			Senior	233	00:00:00	00:00:00	00:00:00	00:00:00
3272	2533	Beatriz	López Conde	A Coruña	Muller			Veterano 2	244	00:00:00	00:00:00	00:00:00	00:00:00
3273	2534	RAQUEL	FERNANDEZ MOSQUERA	A Coruña	Muller		Guapas de Cambre	Veterano 1	174	00:00:00	00:00:00	00:00:00	00:00:00
3274	2536	Cristina	Yáñez Lorenzo	A Coruña	Muller			Veterano 1	175	00:00:00	00:00:00	00:00:00	00:00:00
3275	2541	ROCIO	CARRAL SEIJAS	A Coruña	Muller			Senior	234	00:00:00	00:00:00	00:00:00	00:00:00
3276	2546	Cristina	Parra Gonzalez	Ferrol	Muller		Altabros Altafit	Senior	235	00:00:00	00:00:00	00:11:40	00:00:00
3277	2557	Aida	Caínzos Piñeiro	A Coruña	Muller			Senior	236	00:50:53	00:00:00	00:00:00	00:35:54
3278	2560	Lucía	Rey Lema	A Coruña	Muller			Promesa	15	00:00:00	00:00:00	00:16:57	00:00:00
3279	2569	Lucia	Trenor Lopez	A Coruña	Muller			Veterano 1	176	00:00:00	00:00:00	00:00:00	00:00:00
3280	2575	Montse	Martinez villar	Oleiros	Muller			Veterano 1	177	00:00:00	00:00:00	00:18:37	00:59:57
3281	2576	Pilar	Martínez Villar	Cambre	Muller			Veterano 2	245	00:00:00	00:00:00	00:18:52	00:00:00
3282	2577	Vero	Regó González	A Coruña	Muller			Veterano 1	178	00:00:00	00:00:00	00:18:35	01:00:49
3283	2584	Marta	Gómez Díaz	A Coruña	Muller			Senior	237	00:00:00	00:00:00	00:00:00	00:00:00
3284	2585	Eva	García Franco	A Coruña	Muller			Veterano 2	246	00:00:00	00:00:00	00:00:00	00:00:00
3285	2587	Laura	Yáñez Sousa	A Coruña	Muller			Junior	12	00:00:00	00:00:00	00:17:25	00:00:00
3286	2596	Maria José	Valiño Candal	A Coruña	Muller			Veterano 2	247	00:00:00	00:00:00	00:00:00	00:00:00
3287	2598	Blanca	Antela Costa	Oleiros	Muller			Promesa	16	00:00:00	00:00:00	00:00:00	00:00:00
3288	2599	Paula	Antela Costa	Oleiros	Muller			Promesa	17	00:00:00	00:00:00	00:00:00	00:00:00
3289	2606	ANDREA	TORRADO NOGUEIRA	A CORUÑA	Muller			Promesa	18	00:00:00	00:00:00	00:00:00	00:00:00
3290	2607	OLALLA	MARTINEZ BALSÁ	A CORUÑA	Muller			Senior	238	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3291	2611	Antonio Oscar	Constenla Junquera	Vedra	Home			Veterano 4	70	00:00:00	00:00:00	00:00:00	00:00:00
3292	2614	oscar	estraviz lorenzo	Culleredo	Home		ATLETISMO FRIOL	Veterano 1	630	00:00:00	00:00:00	00:00:00	00:00:00
3293	2623	octavio	susacasa noval	A Coruña	Home		leones running team	Veterano 2	807	00:00:00	00:00:00	00:00:00	00:00:00
3294	2625	Pedro	Sánchez Pardo	Culleredo	Home		INTROGAMES	Senior	587	00:00:00	00:00:00	00:00:00	00:00:00
3295	2632	Antonio	Martínez Fernandez	Culleredo	Home	AG-769969	ATLETISMO FONTES DO SAR	Veterano 1	631	00:00:00	00:00:00	00:00:00	00:00:00
3296	2648	andres	mahia cedeira	Santiago de Compostela	Home			Veterano 3	321	00:00:00	00:00:00	00:00:00	00:00:00
3297	2649	Enrique	Richard Nevado	A Coruña	Home			Veterano 3	322	00:00:00	00:00:00	00:00:00	00:00:00
3298	2658	Jordi	Curros Domenech	A Coruña	Home		A.D. CERNE	Veterano 1	632	00:00:00	00:00:00	00:00:00	00:00:00
3299	2662	Marcos	Nuñez Regueira	Oleiros	Home			Veterano 2	808	00:00:00	00:00:00	00:00:00	00:00:00
3300	2667	JOSE ANTONIO	BARCIA CASTRO	CAMBRE	Home		RUNNING OLEIROS	Veterano 2	809	00:00:00	00:00:00	00:00:00	00:00:00
3301	2669	MARCOS ANTONIO	MELICIO SILVA	A CORUÑA	Home			Senior	588	00:00:00	00:00:00	00:00:00	00:00:00
3302	2673	NICOLAU	TABOADA MEIJIDE	A CORUÑA	Home			Veterano 1	633	00:00:00	00:00:00	00:00:00	00:00:00
3303	2677	Alejandro	Pazos Sanchez	A Coruña	Home			Senior	589	00:00:00	00:00:00	00:00:00	00:00:00
3304	2692	Adrián	Eguizábal Caro	A Coruña	Home			Senior	590	00:00:00	00:00:00	00:00:00	00:00:00
3305	2695	xurxo duarte	Fernandez puentes	Oleiros	Home			Veterano 1	634	00:00:00	00:00:00	00:00:00	00:00:00
3306	2700	Javier	Álvarez Borque	A Coruña	Home			Senior	591	00:00:00	00:00:00	00:00:00	00:00:00
3307	2725	DAVID	SANDE MATO	A CORUÑA	Home			Senior	592	00:00:00	00:00:00	00:00:00	00:00:00
3308	2729	Oscar	García Maceiras	A Coruña	Home			Veterano 2	810	00:00:00	00:00:00	00:14:02	00:00:00
3309	2743	Víctor Manuel	Paradela Fernández	A Coruña	Home			Veterano 3	323	00:00:00	00:00:00	00:00:00	00:00:00
3310	2745	IÑIGO	FERNANDEZ PEREZ	A CORUÑA	Home			Veterano 2	811	00:00:00	00:00:00	00:00:00	00:00:00
3311	2767	MARCOS ANTONIO	DOPAZO BATALLA	Santiago de Compostela	Home			Veterano 2	812	00:00:00	00:00:00	00:00:00	00:00:00
3312	2778	IVAN	BARBEITO PREGO	A Coruña	Home			Veterano 1	635	00:00:00	00:00:00	00:00:00	00:00:00
3313	2785	Ernesto José	Martínez Lareo	A Coruña	Home		COLEGIO OBRADOIRO	Veterano 2	813	00:00:00	00:00:00	00:00:00	00:00:00
3314	2789	victor	alvarez otero	ceuta	Home			Veterano 2	814	00:00:00	00:00:00	00:00:00	00:00:00
3315	2798	GUILLERME	ESTEVEZ GIL	VILASOBRADO	Home			Senior	593	00:00:00	00:00:00	00:00:00	00:00:00
3316	2802	Alberto	Casanova Campos	A Coruña	Home			Senior	594	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3317	2803	Pablo	Naveira Álvarez	A Coruña	Home			Senior	595	00:00:00	00:00:00	00:00:00	00:00:00
3318	2805	Adrian	Perez Dieguez	A Coruña	Home			Senior	596	00:00:00	00:00:00	00:00:00	00:00:00
3319	2809	Miguel	Seoane Rodríguez	A Coruña	Home			Veterano 2	815	00:00:00	00:00:00	00:00:00	00:00:00
3320	2810	Fernando	Mourelle Maceiras	A Coruña	Home			Veterano 1	636	00:00:00	00:00:00	00:00:00	00:00:00
3321	2818	Jose Antonio	Alcalde Outeiral	Ames	Home			Veterano 3	324	00:00:00	00:00:00	00:00:00	00:00:00
3322	2831	Eloi	Maranon Oliva	A Coruña	Home			Veterano 1	637	00:00:00	00:00:00	00:00:00	00:00:00
3323	2838	José Javier	Andrade García	Carballo	Home			Veterano 2	816	00:00:00	00:00:00	00:00:00	00:00:00
3324	2844	Valentín	Soto Álvarez de Sotomayor	Oleiros	Home			Veterano 1	638	00:00:00	00:00:00	00:00:00	00:00:00
3325	2854	JAVIER LUIS	DIEZ SEOANE	A Coruña	Home			Veterano 2	817	00:00:00	00:00:00	00:00:00	00:00:00
3326	2855	JOSE LUIS	DIEZ CEDRON	A Coruña	Home			Veterano 4	71	00:00:00	00:00:00	00:00:00	00:00:00
3327	2856	JOSÉ FRANCISCO	FERNÁNDEZ BELLO	A Coruña	Home			Senior	597	00:00:00	00:00:00	00:00:00	00:00:00
3328	2864	jose manuel	varela vazquez	A Coruña	Home		trasnos	Veterano 2	818	00:00:00	00:00:00	00:00:00	00:00:00
3329	2875	MIGUEL	MURIANO RODRIGUEZ	A Coruña	Home			Veterano 3	325	00:00:00	00:00:00	00:00:00	00:00:00
3330	2876	CARLOS	EIRAS FRANCO	A Coruña	Home			Senior	598	00:00:00	00:00:00	00:00:00	00:00:00
3331	2881	JAVIER	PEDREIRAS PARDO	Fene	Home			Senior	599	00:51:14	00:00:00	00:12:13	00:34:55
3332	2882	Andres	Lopez Chao	Lugo	Home			Veterano 2	819	00:00:00	00:00:00	00:00:00	00:00:00
3333	2884	Alejandro	García Rodríguez	Oleiros	Home			Veterano 1	639	00:00:00	00:00:00	00:00:00	00:00:00
3334	2886	Roberto Juan	Aparicio Bielli	Cambre	Home		CLUB ATLETISMO SADA	Veterano 2	820	00:00:00	00:00:00	00:00:00	00:00:00
3335	2887	Ruben	Fiuza Canosa	Cee	Home		Fiuza Obxectivo Aplastar a Guille	Senior	600	00:00:00	00:00:00	00:00:00	00:00:00
3336	2889	Diego	Conde Santos	A Coruña	Home			Veterano 2	821	01:00:41	00:00:00	00:14:27	00:40:59
3337	2899	Javier	Amestoy	Oleiros	Home			Veterano 1	640	00:00:00	00:00:00	00:00:00	00:00:00
3338	2901	FERNANDO	MARTINEZ MONTERO	OLEIROS	Home			Veterano 2	822	00:00:00	00:00:00	00:00:00	00:00:00
3339	2902	JORGE LUIS	MOSQUERA RODRIGUEZ	CULLEREDO	Home			Veterano 2	823	00:00:00	00:00:00	00:00:00	00:00:00
3340	2903	REBECA	PEREZ FERNANDEZ	CULLEREDO	Home			Veterano 1	641	00:00:00	00:00:00	00:00:00	00:00:00
3341	2912	Adrián	Barca Riveira	Ordes	Home			Promesa	73	00:00:00	00:00:00	00:00:00	00:00:00
3342	2914	CESAR	Orgeira Maceiras	A Coruña	Home			Veterano 4	72	00:00:00	00:00:00	00:00:00	00:00:00
3343	2915	CARLOS	OGEIRA MACEIRAS	A Coruña	Home			Senior	601	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3344	2918	jonathan	yañez braña	A Coruña	Home			Senior	602	00:00:00	00:00:00	00:00:00	00:00:00
3345	2922	Alejandro	García Nicolás	A Coruña	Home			Senior	603	00:54:41	00:00:00	00:14:40	00:38:59
3346	2928	Carlos	Rodríguez Varela	A Coruña	Home			Senior	604	00:00:00	00:00:00	00:00:00	00:00:00
3347	2931	xose lois	lago leonardo	Cedeira	Home			Veterano 2	824	00:00:00	00:00:00	00:00:00	00:00:00
3348	2933	Alberto	Vence COrtón	A Coruña	Home			Veterano 2	825	00:00:00	00:00:00	00:00:00	00:00:00
3349	2941	miguel	dieguez dieguez	Verín	Home			Veterano 1	642	00:00:00	00:00:00	00:00:00	00:00:00
3350	2949	Ezequiel	Breijo Pita	A Coruña	Home			Senior	605	00:00:00	00:00:00	00:00:00	00:00:00
3351	2953	Rubén	Sánchez López	A Laracha	Home			Senior	606	00:00:00	00:00:00	00:00:00	00:00:00
3352	2954	jose miguel	dapena lopez	Pontes de García Rodríguez, As	Home		CLUB OLYMPO AS PONTES	Veterano 3	326	00:00:00	00:00:00	00:00:00	00:00:00
3353	2956	JOSE MANUEL	MENDEZ BASCOY	A CORUÑA	Home			Veterano 2	826	00:00:00	00:00:00	00:00:00	00:00:00
3354	2962	Miguel	Rodríguez Vázquez	Pontevedra	Home			Veterano 2	827	00:00:00	00:00:00	00:00:00	00:00:00
3355	2967	Juan José	Feliz lopez	Barco de Valdeorras, O	Home		ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Veterano 2	828	00:00:00	00:00:00	00:00:00	00:00:00
3356	2969	Roi	Fernandez Añón	A Coruña	Home			Veterano 1	643	00:00:00	00:00:00	00:00:00	00:00:00
3357	2976	Daniel	Moreno Leira	A Coruña	Home			Senior	607	00:00:00	00:00:00	00:00:00	00:00:00
3358	2988	Julio	Espasandín Fernández	Zas	Home			Senior	608	00:00:00	00:00:00	00:00:00	00:00:00
3359	2990	Gustavo	Turolla de Barros	A Coruña	Home			Senior	609	00:00:00	00:00:00	00:00:00	00:00:00
3360	2996	SERGIO	GARCIA COSTELA	VIGO	Home			Senior	610	00:00:00	00:00:00	00:00:00	00:00:00
3361	2997	CRISTOBAL	GARCIA GARCIA	VIGO	Home			Veterano 4	73	00:00:00	00:00:00	00:00:00	00:00:00
3362	3003	Jose-Antonio	MARTIN CAZORLA	Barco de Valdeorras, O	Home		ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Veterano 3	327	00:00:00	00:00:00	00:00:00	00:00:00
3363	3006	RUBÉN	LÓPEZ ROCA	A Coruña	Home			Veterano 3	328	00:00:00	00:00:00	00:00:00	00:00:00
3364	3026	HUGO FABIAN	SILVERA CARDEZO	MONTEVIDEO	Home			Senior	611	00:00:00	00:00:00	00:00:00	00:00:00
3365	3028	MAURO	VARELA PINTOS	LUGO	Home			Veterano 2	829	00:00:00	00:00:00	00:00:00	00:00:00
3366	3029	Miguel	Vazquez Carballal	A Coruña	Home			Senior	612	00:00:00	00:00:00	00:00:00	00:00:00
3367	3032	Juan Luis	Iglesias Aneiros	A Coruña	Home		Club H?rcules Termaria	Veterano 3	329	00:00:00	00:00:00	00:00:00	00:00:00
3368	3033	David	Álvarez Gay	A Coruña	Home			Senior	613	00:00:00	00:00:00	00:00:00	00:00:00
3369	3040	tomas enrique	moreno fernandez	baruta	Home			Veterano 1	644	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3370	3043	Pablo	Álvarez Gonzalez	Santiago de Compostela	Home			Senior	614	00:00:00	00:00:00	00:00:00	00:00:00
3371	3049	ALBINO	COUSIDO MARTIN	Cambre	Home			Veterano 2	830	00:00:00	00:00:00	00:00:00	00:00:00
3372	3051	Ignacio	Lorenzo Riveiros	A Coruña	Home			Veterano 1	645	00:00:00	00:00:00	00:00:00	00:00:00
3373	3055	Ramon	Lucero Iñiguez	A Coruña	Home			Senior	615	00:00:00	00:00:00	00:00:00	00:00:00
3374	3060	Mikhail	Artemev	A Coruña	Home			Senior	616	00:00:00	00:00:00	00:00:00	00:00:00
3375	3062	Marcos	Gómez Hortas	A Coruña	Home			Veterano 1	646	00:00:00	00:00:00	00:00:00	00:00:00
3376	3072	Eladio	Candia Bouso	A Coruña	Home			Veterano 2	831	00:00:00	00:00:00	00:00:00	00:00:00
3377	3077	JOSE IGNACIO	OURO VARELA	A Coruña	Home			Veterano 2	832	00:00:00	00:00:00	00:00:00	00:00:00
3378	3082	DANIEL	PASCUAL RODRIGUEZ	Ciudad Rodrigo	Home			Veterano 1	647	00:00:00	00:00:00	00:00:00	00:00:00
3379	3088	Alejandro	Suárez Rodríguez	Siero	Home			Senior	617	00:00:00	00:00:00	00:00:00	00:00:00
3380	3093	JOSE ENRIQUE	SOUTO FACAL	A Coruña	Home			Veterano 3	330	00:59:26	00:00:00	00:13:23	00:40:00
3381	3094	Jesus	Castaño Lopez	A Coruña	Home			Senior	618	00:00:00	00:00:00	00:13:44	00:00:00
3382	3097	MANUEL	BAENA ROJAS	Huelva	Home			Veterano 4	74	00:00:00	00:00:00	00:00:00	00:00:00
3383	3098	ÓSCAR	PEÑA MARCOTE	A Coruña	Home			Veterano 1	648	00:00:00	00:00:00	00:00:00	00:00:00
3384	3099	SANTIAGO	FORMOSO FERNANDEZ	A Coruña	Home			Veterano 2	833	00:00:00	00:00:00	00:00:00	00:00:00
3385	3103	Marcos	Gomez Rama	A Coruña	Home			Veterano 1	649	00:00:00	00:00:00	00:00:00	00:00:00
3386	3107	José	Crespo Riestra	A Coruña	Home			Veterano 3	331	00:00:00	00:00:00	00:00:00	00:00:00
3387	3120	Enrique	Díaz Sánchez	Oleiros	Home			Senior	619	00:00:00	00:00:00	00:00:00	00:00:00
3388	3121	tomas	sanchez seoane	Carballo	Home			Senior	620	00:00:00	00:00:00	00:00:00	00:00:00
3389	3138	Adrián	Freire Estraviz	A Coruña	Home			Senior	621	00:00:00	00:00:00	00:00:00	00:00:00
3390	3147	Manuel Ángel	Jove Santos	A Coruña	Home		ATLETISMO RIAZOR CORUÑA	Veterano 3	332	00:00:00	00:00:00	00:00:00	00:00:00
3391	3150	David	ROEL CARRO	Cambre	Home			Senior	622	00:00:00	00:00:00	00:00:00	00:00:00
3392	3156	ALVARO	ROMERO GIL-DELGADO	A Coruña	Home			Veterano 3	333	00:00:00	00:00:00	00:00:00	00:00:00
3393	3158	Alfonso Angel	Costa Perez	A Coruña	Home			Veterano 3	334	00:00:00	00:00:00	00:00:00	00:00:00
3394	3165	José Carlos	González Sarandeses	A Coruña	Home			Senior	623	00:00:00	00:00:00	00:00:00	00:00:00
3395	3166	Pablo	López Villanueva	A Coruña	Home			Veterano 1	650	00:00:00	00:00:00	00:00:00	00:00:00
3396	3170	Manuel	García Villaverde	A Coruña	Home			Veterano 1	651	00:00:00	00:00:00	00:00:00	00:00:00
3397	3175	Ricardo	Villar Ferrer	A Coruña	Home			Veterano 1	652	00:00:00	00:00:00	00:00:00	00:00:00

# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3398	3185	Manuel	Pérez Calvelo	Teo	Home			Veterano 1	653	00:00:00	00:00:00	00:00:00	00:00:00
3399	3189	Miguel	Roig Varela	Lugo	Home			Veterano 4	75	00:00:00	00:00:00	00:00:00	00:00:00
3400	3191	JUAN	BLANCO ANTA	A CORUÑA	Home			Senior	624	00:00:00	00:00:00	00:00:00	00:00:00
3401	3192	LUIS JACOBO	CARRACEDO LEIROS	A CORUÑA	Home			Veterano 1	654	00:00:00	00:00:00	00:00:00	00:00:00
3402	3193	HECTOR	CORDIDO VARELA	SADA	Home			Veterano 2	834	00:00:00	00:00:00	00:00:00	00:00:00
3403	3201	DIEGO	ROBLES VIQUEIRA	A CORUÑA	Home			Senior	625	00:00:00	00:00:00	00:00:00	00:00:00
3404	3205	JESUS	VARELA LODEIRO	LUGO	Home			Veterano 3	335	00:00:00	00:00:00	00:00:00	00:00:00
3405	3209	JAVIER	MASOLIVER SIGUENZA	A CORUÑA	Home			Veterano 4	76	00:00:00	00:00:00	00:00:00	00:00:00
3406	3217	Domingo Antonio	Rodríguez Siaba	A Coruña	Home			Veterano 3	336	00:00:00	00:00:00	00:00:00	00:00:00
3407	3250	Ernesto	Cruzado Martin	Ribadeo	Home			Promesa	74	00:00:00	00:00:00	00:00:00	00:00:00
3408	3256	Alvaro	Enriquez	A Laracha	Home			Senior	626	00:00:00	00:00:00	00:00:00	00:00:00
3409	3268	David	ADAN SEOANE	A Coruña	Home			Veterano 1	655	00:00:00	00:00:00	00:00:00	00:00:00
3410	3283	Iker	Mendez santamaria	Ferrol	Home			Senior	627	00:00:00	00:00:00	00:00:00	00:00:00
3411	3296	ANGEL	CARBALLO TRILLO	A Coruña	Home			Senior	628	00:00:00	00:00:00	00:00:00	00:00:00
3412	3298	Pablo	Rey Vázquez	A Coruña	Home			Senior	629	00:00:00	00:00:00	00:00:00	00:00:00
3413	3311	Jesús	Somorrostro Alonso	A Coruña	Home			Senior	630	00:00:00	00:00:00	00:00:00	00:00:00
3414	3321	Alexander	Pensado Guillín	Val do Dubra	Home			Senior	631	00:00:00	00:00:00	00:00:00	00:00:00
3415	3325	Jesús	Pampín Pena	A Coruña	Home			Veterano 1	656	00:00:00	00:00:00	00:00:00	00:00:00
3416	3326	Enrique	Díaz García	A Coruña	Home			Veterano 3	337	00:00:00	00:00:00	00:00:00	00:00:00
3417	3365	KNUT AXEL	AARNES	A CORUÑA	Home			Veterano 3	338	00:00:00	00:00:00	00:14:12	00:00:00
3418	3366	FRANCISCO MANUEL	AMADO CARBALLEIRA	A CORUÑA	Home			Veterano 1	657	00:00:00	00:00:00	00:15:00	00:00:00
3419	3367	JOSE MANUEL	AGRELO LOPEZ	A CORUÑA	Home			Veterano 2	835	00:00:00	00:00:00	00:14:55	00:00:00
3420	3376	JORGE	GUILLAMET FERNANDEZ	A CORUÑA	Home			Promesa	75	00:00:00	00:00:00	00:00:00	00:00:00
3421	3378	ANGEL	PALMEIRO FERNANDEZ	COSPEITO	Home			Veterano 1	658	00:00:00	00:00:00	00:00:00	00:00:00
3422	3380	RICARDO	POLANCO TORRES	TOMIÑO	Home			Promesa	76	00:00:00	00:00:00	00:00:00	00:00:00



# ABSOLUTA

Posto	Dorsal	Nome	Apelidos	Localidade	Sexo	Licenza	Clube	Categoría	Pos. Cat.	Tempo	Tempo Neto	P1	P2
3423	3381	SERGIO	CASTELO LOPEZ	A CORUÑA	Home			Senior	632	00:00:00	00:00:00	00:00:00	00:00:00
3424	3393	AINOHA	BARBEITO PARDIÑAS	A CORUÑA	Muller			Veterano 1	179	00:00:00	00:00:00	00:00:00	00:00:00
3425	3400	ALEJANDRO	ASTORGA IGLESIAS	A CORUÑA	Home			Junior	35	00:00:00	00:00:00	00:00:00	00:00:00
3426	3401	JOSE LUIS	Paulos Souto	A CORUÑA	Home			Veterano 2	836	00:00:00	00:00:00	00:00:00	00:00:00
3427	3407	ADRIAN	FONTELA VARELA	A CORUÑA	Home			Senior	633	00:00:00	00:00:00	00:11:42	00:00:00
3428	3408	PAULA	FRANCOS FIDALGO	A CORUÑA	Muller			Junior	13	00:00:00	00:00:00	00:17:30	00:00:00
3429	3421	Victoriano	Caamaño Vázquez	Outes	Home		C.A. OUTES. JOHN-TURKEY	Veterano 1	659	00:00:00	00:00:00	00:00:00	00:00:00
3430	3424	Alejandro	Canedo Liñares	Carballo	Home			Senior	634	00:00:00	00:00:00	00:00:00	00:00:00
3431	3426	Noelia	Carús Suárez	A Coruña	Muller			Veterano 1	180	00:00:00	00:00:00	00:00:00	00:00:00
3432	3430	Loly	González Barona	A Coruña	Muller			Veterano 3	72	00:00:00	00:00:00	00:00:00	00:00:00
3433	3434	José María	Borrego Arias	Arteixo	Home			Veterano 1	660	00:00:00	00:00:00	00:00:00	00:00:00
3434	3435	Demetrio	Inojosa Sánchez	A Coruña	Home			Veterano 2	837	00:00:00	00:00:00	00:00:00	00:00:00
3435	3440	Asunción	Fieira Busto	Carballo	Muller			Veterano 3	73	00:00:00	00:00:00	00:12:44	00:00:00