

XXXIX Gran Fondo - XXVI Medio Maratón - II 10K Pontevedra 2021, Pontevedra 17/10/2021
MEDIO MARATÓN. Distancia: 21.097 m


Pto	Dorsal	Nome	Sx	PtoCat	Tempo	RitmoKm	Km 3,52	Km 8,79	Km 10,17	Km 13,72	Km 18,99	Licenza	Club	Localidade
1	4	MANUEL HURTADO SANJURJO			01:07:33	00:03:13	00:11:22	00:28:07	00:32:33	00:43:42	01:00:42	GA14652	SOCIEDAD GIMNASTICA DE PONTEVEDRA	PONTEVEDRA
2	5	CARLOS VILLAMOR CASTIÑEIRA			01:09:37	00:03:18	00:11:21	00:28:15	00:32:48	00:44:27	01:02:26	GA 764895	LUCUS CAIXA RURAL GALEGA	LUGO
3	2	ÁLVARO PRIETO FERVENZA		M40M- 1	01:09:51	00:03:19	00:11:23	00:28:41	00:33:17	00:45:01	01:02:57	GA-766117	MILER RUNNING CLUB	CANGAS
4	6	MANUEL LORENZO LOPEZ			01:10:51	00:03:22	00:11:23	00:28:32	00:33:16	00:45:18	01:03:37	AG 2017012	CLUB DEPORTIVO PINARIUM	MARIN
5	50	JOSE LOJO			01:11:51	00:03:25	00:11:31	00:29:12	00:33:56	00:46:04	01:04:35		CLUB SAN MIGUEL DE MARÍN	PUEBLA DEL CARAMIÑAL
6	66	ANTÓN GÓMEZ GONZÁLEZ			01:12:47	00:03:27	00:11:37	00:29:50	00:34:40	00:47:03	01:05:34		CLUB DEPORTIVO SAN PAIO	VIGO
7	7	JORDI CARRASCO NUÑEZ		M40M- 2	01:13:17	00:03:29	00:12:06	00:30:16	00:35:05	00:47:23	01:06:00	GA83	SD COMPOSTELA ATLETISMO	MORAÑA
8	8	JUAN MANUEL OUTÓN RODIÑO			01:15:04	00:03:34	00:12:27	00:31:22	00:36:18	00:48:49	01:07:44			SANXENXO
9	17	SERGIO HERMELO GOMEZ			01:15:34	00:03:35	00:12:21	00:30:57	00:35:53	00:48:32	01:07:49			SANXENXO
10	15	JUAN FRANCISCO FERNÁNDEZ LUJÓ		M40M- 3	01:16:47	00:03:39	00:12:26	00:31:23	00:36:32	00:49:37	01:09:23		ESCUELA DE BOXEO EL CANARIO	RIBEIRA
11	84	NAVA GONZÁLEZ ARIAS			01:16:49	00:03:39	00:12:49	00:31:55	00:36:55	00:49:45	01:09:13		TRIATLÓN ARTEIXO	ARTEIXO
12	69	JAVIER CONDE GONZALVO		M40M- 4	01:16:58	00:03:39	00:12:50	00:31:56	00:36:56	00:49:46	01:09:14		C.A.R. MARISQUEIRO	VIGO
13	53	ALBERTO DOPAZO MIGUEZ		M40M- 5	01:17:01	00:03:40	00:12:56	00:32:26	00:37:33	00:50:22	01:09:37		CLUB TRIATLÓN COMPOSTELA	SANTIAGO
14	68	PABLO CARRERA BLANCO		M40M- 6	01:17:19	00:03:40	00:12:28	00:31:40	00:36:46	00:49:46	01:09:25	AG2015012	C.A. CÁRNICAS SERRANO	VIGO
15	13	FRANCISCO RAMON OUBIÑA DIOS		M40M- 7	01:17:34	00:03:41	00:12:28	00:31:39	00:36:44	00:49:51	01:09:48		CLUB ATLETISMO CAMBADOS	ILLA DE AROUSA
16	70	PABLO GARCIA QUEROL			01:17:35	00:03:41	00:12:36	00:31:54	00:36:54	00:49:45	01:09:34			VIGO
17	24	JAVIER ROMERO FERRERA			01:17:36	00:03:41	00:12:38	00:31:55	00:36:56	00:49:45	01:09:36		CLUB ATLETISMO SANTIAGO	SANTIAGO DE COMPOSTELA
18	1	EDYMAR DANIELY BREA ABREU	F- 1		01:17:48	00:03:42	00:12:56	00:32:27	00:37:35	00:50:24	01:10:12		CLUB OURENSE ATLETISMO	OURENSE
19	78	FACUNDO MEDARD			01:17:57	00:03:42	00:12:03	00:30:56	00:35:56	00:49:12	01:09:58		TRIATLON ARTEIXO	CULLEREDO
20	22	PABLO SANTOS NUÑEZ		M40M- 8	01:18:19	00:03:43	00:12:27	00:31:52	00:37:05	00:50:22	01:10:34	NO	CLUB ATLETISMO CAMBADOS	VILANOVA DE AROUSA
21	20	PABLO ALONSO FIGUEROA		M40M- 9	01:18:20	00:03:43	00:12:55	00:32:26	00:37:33	00:50:23	01:10:34		TRIDIOTAS	SANXENXO
22	21	FRANCISCO FERNÁNDEZ GUZMÁN		M40M- 10	01:18:41	00:03:44	00:12:58	00:32:25	00:37:33	00:50:22	01:10:29		GALAICO	PONTEVEDRA
23	62	DAVID CUTRÍN LÓPEZ			01:19:00	00:03:45	00:12:56	00:32:27	00:37:34	00:50:24	01:10:36		CLUB TRIATLÓN COMPOSTELA	SANTIAGO DE COMPOSTELA
24	55	JORGE MANUEL GARCIA RODRIGUEZ		M40M- 11	01:19:13	00:03:46	00:12:42	00:32:09	00:37:29	00:50:29	01:11:09	AG 767429	NOITEBRA FC	STGO COMPOSTELA
25	54	SERGIO REQUEIJO REQUEIJO			01:19:18	00:03:46	00:12:30	00:31:43	00:36:59	00:50:35	01:11:15		ATLETISMO ARENTEIRO	SILLEDA
26	51	FRANCISCO JOSÉ SÁNCHEZ LÓPEZ		M40M- 12	01:19:21	00:03:46	00:12:55	00:32:25	00:37:32	00:50:33	01:11:10			SANTIAGO DE COMPOSTELA
27	87	SANTIAGO GARCIA GONZALEZ		M40M- 13	01:19:30	00:03:47	00:12:59	00:32:59	00:38:17	00:51:30	01:11:35		BURGAS ATLETISMO OURENSE	A SAINZA
28	25	ROBERTO SANTOS NUÑEZ			01:19:33	00:03:47	00:13:10	00:32:56	00:38:09	00:51:31	01:11:47		CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	BUEU
29	94	MARCELO LANZA BEN		M40M- 14	01:19:49	00:03:47	00:13:17	00:33:20	00:38:40	00:52:10	01:12:01	GA524	ESCOLA ATLÉTICA LUCENSE	LUGO
30	32	OSCAR GUERRA MAGAN		M40M- 15	01:19:55	00:03:48	00:12:27	00:31:55	00:37:10	00:50:39	01:11:38		CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	CAMBADOS
31	23	YAGO LÓPEZ REY			01:20:02	00:03:48	00:13:16	00:33:18	00:38:40	00:52:09	01:12:11			MARIN
32	58	QUECO ARIAS FRANCÉS		M40M- 16	01:20:03	00:03:48	00:12:55	00:32:25	00:37:33	00:50:54	01:11:45			SANTIAGO
33	36	LUCAS TRONCOSO FREIRE			01:20:51	00:03:50	00:13:11	00:32:56	00:38:10	00:51:41	01:12:35		CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	BUEU
34	60	DIEGO SANTOS BLANCO			01:20:53	00:03:51	00:13:10	00:33:20	00:38:43	00:52:13	01:12:49		SAR VERMÚ PETRONI	A CORUÑA
35	31	LAUREANO PÉREZ SOTO		M40M- 17	01:20:57	00:03:51	00:13:11	00:33:20	00:38:43	00:52:25	01:13:02		RUN PONTEVEDRA	PONTEVEDRA
36	79	DANIEL FUENTES BARDANCA			01:20:58	00:03:51	00:13:11	00:33:20	00:38:41	00:52:12	01:12:55			A CORUÑA
37	11	MIGUEL ANGEL COGOLLUDO AGUSTIN		M40M- 18	01:21:17	00:03:52	00:12:50	00:32:27	00:37:44	00:51:44	01:13:08	TRIATLON	TRIATLON PC RIAS BAIXAS	PONTEVEDRA
38	27	JOSÉ JULIÁN BELTRÁN TABOADA		M40M- 19	01:21:17	00:03:52	00:13:09	00:33:21	00:38:39	00:52:12	01:13:14		RUN PONTEVEDRA	PONTEVEDRA
39	88	DIEGO MARTINEZ RIBAO			01:21:18	00:03:52	00:13:12	00:33:20	00:38:43	00:52:26	01:13:09		BURGAS ATLETISMO OURENSE	OURENSE
40	30	JESÚS GARCÍA CÓRDOBA			01:21:22	00:03:52	00:13:11	00:33:20	00:38:42	00:52:25	01:13:10		RUN PONTEVEDRA	MARÍN
41	57	MARTÍN ABELENDA LÓPEZ		M40M- 20	01:21:30	00:03:52	00:13:16	00:33:20	00:38:41	00:52:13	01:13:03	AG2026734	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
42	90	ADRIAN LIMIA QUINTAS			01:21:32	00:03:52	00:13:18	00:33:19	00:38:41	00:52:13	01:13:08		ATLETISMO ARENTEIRO	OURENSE
43	43	SANTIAGO FALCÓN PÉREZ		M50M- 1	01:21:50	00:03:53	00:13:18	00:33:31	00:38:54	00:52:34	01:13:32	AG 2018451	C. D. RIA DE AROUSA	O GROVE
44	29	CARLOS SEÑORANS TOBIO			01:21:54	00:03:53	00:13:17	00:33:20	00:38:42	00:52:17	01:13:18		CAMBADOS	PORTONOVO
45	95	MANUEL MARTINEZ FERNANDEZ		M40M- 21	01:22:02	00:03:54	00:13:45	00:34:33	00:39:54	00:53:26	01:14:06		CORRE POR BEGONTE	RABADE
46	192	LUIS OUTEIRIÑO FERNANDEZ		M50M- 2	01:22:04	00:03:54	00:13:34	00:33:50	00:39:08	00:52:48	01:13:49		TRIATLON MOTOBike-GALAICO PONTEVEDRA	PONTEVEDRA
47	33	JOSÉ ANTONIO SANTIAGO BOSCH		M40M- 22	01:22:07	00:03:54	00:13:18	00:33:40	00:39:09	00:53:10	01:14:05		CLUB DEPORTIVO PINARIUM	PONTEVEDRA
48	34	KIKO LAGO SANTIAGO		M40M- 23	01:22:09	00:03:54	00:13:58	00:34:30	00:39:50	00:53:22	01:14:03		A. D. OLIMPIA	BRENS CEE
49	18	ADRIAN ABOAL LOSADA			01:22:10	00:03:54	00:13:13	00:33:22	00:38:45	00:52:38	01:13:57	AG3854	MILER RUNNING CLUB	PONTEVEDRA
50	282	DANIEL CHAMOSA DACASA			01:22:27	00:03:55	00:14:19	00:35:23	00:40:50	00:54:31	01:14:44		CLUB ATLETISMO PLAYAS DE CASTELLÓN	PONTEVEDRA
51	37	FERNANDO GALLEGO MANDADO		M50M- 3	01:22:34	00:03:55	00:13:27	00:33:56	00:39:31	00:53:23	01:14:25			PONTEVEDRA
52	38	JOSÉ MANUEL LAGO CES		M40M- 24	01:22:35	00:03:55	00:13:59	00:34:29	00:39:51	00:53:23	01:14:10	AG 763847	SAR-VERMU PETRONI	CEE
53	103	LUIS CAMILO FERNANDEZ ALVAREZ		M50M- 4	01:22:37	00:03:55	00:13:55	00:35:19	00:41:08	00:49:38	01:13:19			VILABOIA
54	122	JAVIER IGLESIAS GOMEZ		M40M- 25	01:22:43	00:03:56	00:13:56	00:34:40	00:40:09	00:53:57	01:14:37			OURENSE
55	125	GIOVANI GARCÍA ESTÉVEZ			01:22:49	00:03:56	00:13:58	00:34:41	00:40:14	00:54:09	01:14:47		NOSPORTLIMIT	A CORUÑA
56	64	JORGE FERRADANS VALDES			01:22:52	00:03:56	00:12:56	00:33:10	00:38:43	00:52:39	01:14:18	GA935	CLUB ATLETISMO BRIÓN - HYUPERSA SANTIAGO	SANTIAGO DE COMPOSTELA
57	28	FRANCISCO JAVIER MOSTEIRO RODRÍGUEZ		M50M- 5	01:22:57	00:03:56	00:13:24	00:33:54	00:39:23	00:53:19	01:14:34		TRIATLON VILAGARCÍA	VILLAGARCIA DE AROUSA

58	112	RUBÉN BUGLIOT FERNÁNDEZ		01:22:58	00:03:56	00:14:30	00:35:28	00:41:02	00:54:49	01:15:08		OS CORZOS DO ORTEGAL	CARIÑO
59	74	JOSÉ RAMÓN BALLESTEROS REFOJOS	M40M- 26	01:23:03	00:03:57	00:13:22	00:33:38	00:39:01	00:52:57	01:14:35			VIGO
60	10	AGUSTÍN RÍOS FERRADÁS	M40M- 27	01:23:15	00:03:57	00:12:45	00:32:59	00:38:27	00:52:26	01:14:24		TRIATLÓN RÍAS BAIXAS	BUEU
61	104	FRANCISCO CASÁS SABARIS	M40M- 28	01:23:27	00:03:58	00:13:48	00:34:25	00:39:53	00:53:45	01:14:58			SANTIAGO
62	19	DIEGO NEGRO RODRÍGUEZ		01:23:29	00:03:58	00:13:19	00:33:36	00:39:04	00:53:11	01:14:54			VILAGARCÍA DE AROUSA
63	77	JORGE ALBORES MIGUEZ	M40M- 29	01:23:32	00:03:58	00:13:39	00:34:20	00:39:48	00:53:48	01:15:21			GONDOMAR
64	123	JAVIER DE DIOS RODRIGUEZ		01:23:32	00:03:58	00:13:55	00:34:41	00:40:11	00:54:02	01:15:12		SD COMPOSTELA ATLETISMO	NIÑODAGUIA
65	39	RAMÓN CANOSA CASTIÑEIRA	M40M- 30	01:23:38	00:03:58	00:14:00	00:34:30	00:39:51	00:53:39	01:15:05	AG-765438	SAR-VERMU PETRONI	CÉE
66	108	MARTIN ESPÍÑEIRA MOSQUERA		01:23:44	00:03:59	00:13:57	00:34:41	00:40:12	00:54:08	01:15:20		NOSPORTLIMIT	A CORUÑA
67	120	ANTONIO VAZQUEZ BALADO		01:23:46	00:03:59	00:13:55	00:34:38	00:40:04	00:54:05	01:15:35			OURENSE
68	44	DANIEL ESTÉVEZ PÉREZ		01:23:48	00:03:59	00:14:29	00:35:38	00:41:08	00:54:53	01:15:34			BUEU
69	165	ALEJANDRO ANDÚJAR DE LA CRUZ		01:23:54	00:03:59	00:14:03	00:34:46	00:40:15	00:54:07	01:15:14		TRIATLÓN MAR DE VIGO	VIGO
70	72	DIEGO GUERRA HERBELLO		01:23:58	00:03:59	00:13:22	00:33:55	00:39:29	00:53:37	01:15:34		C.A.R. MARISQUEIRO	VIGO
71	40	SANTIAGO SANCHEZ ROCHA	M40M- 31	01:24:27	00:04:01	00:13:56	00:34:30	00:40:01	00:54:17	01:15:57			COVELO
72	102	LUIS MIGUEL PARADA GARCÍA	M40M- 32	01:24:40	00:04:01	00:14:02	00:35:19	00:40:55	00:55:09	01:16:28		ESCUELA DE BOXEO EL CANARIO	RIBEIRA
73	113	RUBÉN SÁNCHEZ VÁZQUEZ		01:24:41	00:04:01	00:13:56	00:34:41	00:40:12	00:54:07	01:16:17		TRIATLON ARTEIXO	OLEIROS
74	80	RODRIGO PINTADO DEL CAMPO		01:24:42	00:04:01	00:15:49	00:36:33	00:42:05	00:56:00	01:16:38		NOSPORTLIMIT	HOYALES DE ROA
75	119	MODESTO CID PEREZ	M40M- 33	01:24:51	00:04:02	00:13:59	00:34:47	00:40:25	00:54:46	01:16:28		ESPARTANOS OURENSANOS	OURENSE
76	160	MANUEL CONDE PEREIRA	M50M- 6	01:24:52	00:04:02	00:14:05	00:35:05	00:40:43	00:55:01	01:16:25		GTR GALAICO TRAIL RUN	LALIN
77	61	VICTOR LAIÑO SILVA		01:24:55	00:04:02	00:13:23	00:34:06	00:39:40	00:53:55	01:16:09		CLUB SAN MIGUEL DE MARÍN	PALMEIRA
78	98	XUSTO GONZALEZ	M40M- 34	01:25:10	00:04:03	00:13:15	00:33:48	00:39:24	00:54:00	01:16:25			MONDOÑEDO
79	206	JUAN SEBASTIÁN SALAMANCA ROMERO		01:25:11	00:04:03	00:13:59	00:34:59	00:40:42	00:54:37	01:16:49			MADRID
80	35	OSCAR BRAÑA BESTEIRO	M40M- 35	01:25:23	00:04:03	00:13:10	00:33:20	00:38:44	00:52:51	01:15:53		CLUB DEPORTIVO PINARIUM	PONTEVEDRA
81	73	MARTIN ESTEVEZ ESTEVEZ	M40M- 36	01:25:32	00:04:04	00:13:53	00:34:46	00:40:22	00:54:50	01:16:50		CLUBE DE ATLETISMO "CORREDOIRAS BUEU"	CANGAS DEL MORRAZO
82	162	PABLO OTERO PIÑEIRO	M40M- 37	01:26:26	00:04:06	00:14:01	00:35:08	00:40:50	00:55:19	01:17:43		TRIATLON MORRAZO	BUEU
83	56	ARTURO RAMOS FERROL	M40M- 38	01:26:30	00:04:06	00:13:12	00:33:23	00:39:22	00:54:16	01:17:25	A-9509	CLUB ATLETISMO MILLADOIRO	SANTA COMBA
84	49	JAVIER L. CAPÓN	M50M- 7	01:26:33	00:04:07	00:14:06	00:35:28	00:41:10	00:55:38	01:17:39	AG2800	MILER RUNNING CLUB	PONTEVEDRA
85	158	MATEO CABODEVILA PIVIDAL		01:26:41	00:04:07	00:13:56	00:34:43	00:40:15	00:54:37	01:17:41		SOCIEDADE DEPORTIVA ALBIONS	A PONTENOVA
86	145	FRANCISCO JOSE CUENCA GARCIA		01:26:47	00:04:07	00:14:12	00:35:44	00:41:21	00:55:42	01:17:56			TEO
87	105	ADRIÁN PICALLO MATO		01:26:47	00:04:07	00:13:47	00:34:47	00:40:29	00:55:47	01:18:16		CLUB DEPORTIVO SAN PAIO	A ESTRADA
88	236	SIMON CALVIÑO CALVIÑO		01:26:50	00:04:07	00:14:00	00:35:10	00:40:55	00:55:22	01:17:57		NOSPORTLIMIT	A CORUÑA
89	63	JOSE RAMON LAGO QUINTEIRO	M40M- 39	01:26:50	00:04:07	00:13:57	00:34:52	00:40:35	00:55:10	01:17:46	AG 768907	ATLETISMO FONTES DO SAR	SANTIAGO DE COMPOSTELA
90	65	MARCOS OTERO RODRIGUEZ		01:26:52	00:04:08	00:14:08	00:35:37	00:41:22	00:56:07	01:18:30	GA 766859	CLUB ATLETISMO A ESTRADA	A ESTRADA
91	222	BORJA CARDESIN VILA	M40M- 40	01:27:02	00:04:08	00:14:03	00:35:18	00:40:57	00:55:31	01:17:59		S.D. COMPOSTELA ATLETISMO	ARZÚA
92	75	IAGO VARA ADRIO	M40M- 41	01:27:06	00:04:08	00:13:45	00:35:13	00:40:57	00:55:29	01:18:06		SIRENO TRIATLÓN CLUB	NIGRÁN
93	124	IVAN POSE COSTA	M40M- 42	01:27:07	00:04:08	00:14:31	00:35:53	00:41:39	00:56:22	01:18:36			A LARACHA
94	129	ALBERTO HERRILLO MURILLO	M40M- 43	01:27:10	00:04:08	00:14:08	00:35:36	00:41:18	00:55:48	01:18:15		CRM	PONTEVEDRA
95	195	HIPÓLITO PIEDRAS PUIG		01:27:11	00:04:08	00:14:38	00:36:15	00:42:00	00:56:38	01:18:46			PONTEVEDRA
96	237	MANUEL ÁNGEL DOMINGUEZ ESPEJO		01:27:15	00:04:09	00:14:00	00:35:21	00:41:02	00:55:42	01:18:19			OURENSE
97	169	JUAN CARLOS VAZQUEZ GRELA		01:27:15	00:04:09	00:14:12	00:35:39	00:41:22	00:56:06	01:18:45		NOSPORTLIMIT	LA CORUÑA
98	159	GONZALO ORTIZ ALONSO	M40M- 44	01:27:20	00:04:09	00:14:12	00:35:40	00:41:23	00:56:16	01:18:50		NOSPORTLIMIT	LA CORUÑA
99	209	JAVIER LÓPEZ FERRER		01:27:39	00:04:10	00:13:49	00:35:33	00:41:15	00:55:54	01:18:29			MARÍN
100	42	JAVIER LOPEZ ROMERO	M40M- 45	01:27:51	00:04:10	00:14:07	00:35:27	00:41:15	00:55:39	01:18:47		MILER RUNNING CLUB	PONTEVEDRA
101	136	ELISEO FABELLO CID	M40M- 46	01:27:53	00:04:10	00:14:01	00:35:17	00:41:04	00:55:48	01:18:48		CLUB OURENSE ATLETISMO	OURENSE
102	131	ANTONIO ANDIÑO RIVADULLA	M40M- 47	01:27:55	00:04:11	00:14:43	00:36:37	00:42:22	00:56:57	01:19:08			VIGO
103	149	HÉCTOR OUTEDA GARRIDO		01:27:57	00:04:11	00:14:31	00:36:20	00:42:03	00:56:47	01:19:18			O GROVE
104	232	JOSE ANTONIO DACAL BORRAJO	M40M- 48	01:28:03	00:04:11	00:14:46	00:36:57	00:42:46	00:57:30	01:19:32			OURENSE
105	239	LUIS LÓPEZ-RIOBOO SALINAS	M40M- 49	01:28:03	00:04:11	00:14:21	00:36:09	00:41:55	00:56:41	01:19:12		CLUBE ATLETISMO BOIMORTO	A CORUÑA
106	115	MANUEL SOBRAL GONZALEZ		01:28:08	00:04:11	00:13:58	00:35:52	00:41:41	00:56:36	01:19:30	AG 768072	CLUB DEPORTIVO PINARIUM	MARIN
107	142	ERNESTO FERNÁNDEZ EIRAS	M40M- 50	01:28:10	00:04:11	00:15:01	00:37:13	00:43:04	00:57:54	01:19:57			LESTROVE
108	203	ALEJANDRO ARTHAUD ALVAREZ		01:28:11	00:04:11	00:14:34	00:36:17	00:42:06	00:56:59	01:19:19		BASE GENERAL MORILLO	PONTEVEDRA
109	128	FERNANDO VILLA VIEIRO	M40M- 51	01:28:13	00:04:11	00:14:32	00:36:10	00:41:52	00:56:33	01:19:08		ARTROGAL-TRI498	SANTIAGO
110	137	JOSE MANUEL JUNCAL CARRAGAL		01:28:26	00:04:12	00:15:28	00:37:34	00:43:20	00:57:51	01:19:57		MILER RUNNING CLUB	PONTEVEDRA
111	146	EMILIO RÚA VAAMONDE	M50M- 8	01:28:38	00:04:13	00:14:50	00:37:00	00:42:53	00:57:49	01:20:05			A ESTRADA
112	133	PABLO FERNANDEZ LOSADA	M40M- 52	01:28:40	00:04:13	00:14:17	00:35:55	00:41:42	00:56:39	01:19:40			PORTOMARIN
113	107	JOSE BENITO GÓMEZ LOPEZ	M60M- 1	01:28:44	00:04:13	00:14:42	00:36:57	00:42:47	00:57:28	01:19:56	GA 765008	CLUB OURENSE ATLETISMO	OURENSE
114	272	ALFONSO FERNÁNDEZ BLANCO		01:28:47	00:04:13	00:14:18	00:36:04	00:41:57	00:57:02	01:19:45			LEÓN
115	163	GERMÁN A. TIZÓN FREIRÍA	M40M- 53	01:28:50	00:04:13	00:14:46	00:36:58	00:42:46	00:57:41	01:20:05			VIGO
116	121	CHANEL OUTERELO BACA		01:28:52	00:04:13	00:14:42	00:36:55	00:42:49	00:57:43	01:20:05		CORREDORES DO MIÑO	PUNXÍN
117	204	JAIRO FERNÁNDEZ OTERO		01:28:55	00:04:13	00:14:20	00:36:07	00:41:55	00:56:58	01:19:40			VIVEIRO
118	164	HUGO RODRIGUEZ SANTISO		01:29:00	00:04:14	00:14:48	00:37:12	00:43:05	00:58:03	01:20:23		RUNNERS PV	PONTEAREAS
119	226	FRANCISCO M. MENDEZ QUINTELA	M40M- 54	01:29:08	00:04:14	00:14:19	00:35:57	00:41:55	00:56:57	01:20:01	AG - 11085	SD COMPOSTELA ATLETISMO	BERTAMIRANS (AMES)

120	251	JESÚS CARBALLIDO MÉNDEZ		01:29:16	00:04:14	00:14:37	00:36:59	00:42:51	00:57:44	01:20:31	RPV	PONTEAREAS		
121	193	MANUEL PEREIRAS GARCIA	M40M- 55	01:29:26	00:04:15	00:14:42	00:36:43	00:42:39	00:57:41	01:20:21		PONTEVEDRA		
122	194	VICENTE REY JÁCOME	M50M- 9	01:29:48	00:04:16	00:14:50	00:37:18	00:43:14	00:58:07	01:20:45		POIO		
123	96	MANUEL CASTIÑEIRAS PORTOS	M40M- 56	01:29:51	00:04:16	00:13:16	00:33:49	00:39:24	00:54:30	01:19:23	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA		
124	224	MARCOS DOPAZO	M40M- 57	01:29:59	00:04:16	00:14:37	00:37:01	00:42:53	00:57:48	01:20:34	CLUBE ATLETISMO OUTES - JOHN TURKEY	SANTIAGO DE COMPOSTELA		
125	46	FRANCISCO JAVIER CASTRELO CONDE	M40M- 58	01:30:01	00:04:16	00:14:53	00:37:24	00:43:28	00:58:41	01:21:17	TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA		
126	281	ÁNGELA RODRIGUEZ CORTEGOSO	F- 2	01:30:20	00:04:17	00:15:25	00:38:13	00:44:12	00:59:31	01:21:44		PONTEVEDRA		
127	223	DAVID LÓPEZ SANCHEZ	M40M- 59	01:30:21	00:04:17	00:14:27	00:37:02	00:42:58	00:58:07	01:21:17	TARTARUGAS-ENTRARUNNING	SANTIAGO DE COMPOSTELA		
128	196	JOSE CARLOS MERA RODRÍGUEZ	M40M- 60	01:30:22	00:04:17	00:14:47	00:37:01	00:42:58	00:58:04	01:21:19	PONTE A CORRER	PONTEVEDRA		
129	97	ROBERTO IGLESIAS RODRÍGUEZ	M40M- 61	01:30:25	00:04:18	00:14:27	00:36:45	00:42:38	00:57:49	01:21:07		AMES		
130	143	SONIA TEJEIRO FERRO	F- 3	M40F- 1	01:30:27	00:04:18	00:14:43	00:37:07	00:42:59	00:58:02	01:21:25	GA764819 CLUB OURENSE ATLETISMO	OURENSE	
131	47	JOSÉ ÁNGEL GARCÍA EXPÓSITO			01:30:28	00:04:18	00:14:32	00:36:46	00:42:41	00:57:57	01:21:24		MONTERROSO	
132	213	JOSE ANTONIO VÁZQUEZ FERNÁNDEZ			01:30:29	00:04:18	00:14:21	00:36:08	00:41:57	00:57:08	01:20:44	AG 768899 SOCIEDADE ATLÉTICA DO TREGA	CAMPOSANCOS- A GUARDA	
133	134	RUBEN SEIJO VAL	M40M- 62	01:30:31	00:04:18	00:14:39	00:36:13	00:41:59	00:56:44	01:20:15	CLUB ATLETISMO RIANOIA	NOIA		
134	168	YAGO LÓPEZ DECABO			01:30:41	00:04:18	00:14:04	00:36:23	00:42:28	00:58:08	01:21:38		OURENSE	
135	286	ARTURO MAGÁN ESCARIZ			01:30:44	00:04:19	00:15:01	00:37:37	00:43:46	00:59:05	01:21:54		SANTIAGO DE COMPOSTELA	
136	161	DAVID SANTOS TEJEIRO			01:30:46	00:04:19	00:15:05	00:37:49	00:43:45	00:58:54	01:22:01	VGARUNNERS	VILAGARCIA DE AROUSA	
137	184	SEGUNDO NAVIA GIRALDEZ	M40M- 63	01:30:48	00:04:19	00:14:52	00:37:24	00:43:27	00:58:40	01:21:36		TRIATLON VILLAGARCÍA	VILAGARCIA DE AROUSA	
138	141	JOSÉ CARLOS GONZÁLEZ GONZÁLEZ	M40M- 64	01:31:04	00:04:19	00:15:04	00:37:59	00:44:03	00:59:22	01:22:28	AG768791 ATLETISMO FONTES DO SAR	MARROZOS		
139	153	JOSE MANUEL CAO GARCÍA	M50M- 10	01:31:05	00:04:20	00:15:01	00:37:39	00:43:45	00:59:08	01:22:18	AG769742 ATLETISMO FONTES DO SAR	SANTIAGO		
140	117	JOSE ANTONIO VALIÑO CES	M40M- 65	01:31:05	00:04:20	00:15:05	00:38:00	00:44:04	00:59:23	01:22:28	AG2019377 ATLETISMO FONTES DO SAR	SANTIAGO DE COMPOSTELA		
141	253	PATRICIA VARELA SANTISO	F- 4	01:31:05	00:04:20	00:14:48	00:37:17	00:43:16	00:58:51	01:21:57	AG2604 ATLETISMO ARENTEIRO	VILA DE CRUCES		
142	1601	CÁNDIDO ACUÑA FERNÁNDEZ	M50M- 11	01:31:14	00:04:20	00:14:21	00:35:56	00:41:54	00:56:55	01:21:11		COMESAÑA SPORTING CLUB	VIGO	
143	144	JOSE LUIS RIO SILVA	M50M- 12	01:31:14	00:04:20	00:14:29	00:36:33	00:42:35	00:57:51	01:21:49	AG 2021591 RUNNING OLEIROS	OLEIROS		
144	210	JUAN JESÚS GÓMEZ GONZÁLEZ			01:31:20	00:04:20	00:15:07	00:37:57	00:44:01	00:59:23	01:22:14		PONTEVEDRA	
145	359	PABLO TEIJO LÓPEZ	M40M- 66	01:31:23	00:04:20	00:15:01	00:37:34	00:43:38	00:59:04	01:22:17		MANDEO MULTISPORT (AS VELLAS NON PARAMOS)	BETANZOS	
146	246	HECTOR SOUTO PEREZ	M40M- 67	01:31:24	00:04:20	00:14:20	00:36:15	00:42:21	00:57:47	01:21:54		DT1 TEAM	OURENSE	
147	116	JOSÉ CARLOS GRAÑA ALONSO	M50M- 13	01:31:30	00:04:21	00:14:44	00:37:07	00:43:00	00:58:20	01:21:54		LODEIROS TRAIL	MOS	
148	172	SENE ALONSO RODRÍGUEZ			01:31:30	00:04:21	00:14:47	00:37:13	00:43:06	00:58:19	01:22:09	RUNNERS PV	PONTEAREAS	
149	267	ÁLVARO SALVADOR LÓPEZ			01:31:39	00:04:21	00:15:07	00:37:58	00:44:01	00:59:23	01:22:28		MARÍN	
150	295	FELIPE SEOANE FERREIRO	M40M- 68	01:31:58	00:04:22	00:15:14	00:37:35	00:43:47	00:59:15	01:22:49			PONTEVEDRA	
151	202	JULIO FERNANDEZ DEVESA			01:32:09	00:04:23	00:14:20	00:36:08	00:42:04	00:57:33	01:22:07	C.D. RIA DE AROUSA O GROVE	O GROVE	
152	321	JAVIER AHUJA			01:32:12	00:04:23	00:14:43	00:37:37	00:43:43	00:59:15	01:22:48		PONTEVEDRA	
153	221	JOSE ANTONIO QUINTANS VAZQUEZ	M40M- 69	01:32:13	00:04:23	00:14:48	00:36:59	00:42:53	00:58:09	01:22:20		CLUB TRIATLÓN COMPOSTELA	SANTIAGO	
154	240	CÉSAR PACHECO LEINS	M40M- 70	01:32:19	00:04:23	00:15:23	00:38:15	00:44:19	00:59:54	01:23:21			POIO	
155	111	GUILLELMO SOTELO JUNCAL	M40M- 71	01:32:24	00:04:23	00:14:24	00:36:36	00:43:35	00:59:56	01:23:35			CANGAS	
156	171	JOSÉ ANTONIO ARAGUNDE DIESTE	M40M- 72	01:32:27	00:04:23	00:14:51	00:37:25	00:43:28	00:58:56	01:22:59		TRIATLON VILAGARCÍA/ATENAS RUNNING VDA	VILAGARCIA DE AROUSA	
157	12	PEDRO PABLO OUTERELO COUSIÑO	M50M- 14	01:32:28	00:04:23	00:14:51	00:37:25	00:43:27	00:58:56	01:22:58		CLUB TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA	
158	139	JAIIME VAZQUEZ MEIJIDE	M40M- 73	01:32:28	00:04:23	00:14:52	00:37:25	00:43:28	00:58:55	01:22:57		TRAN-TRAN	VILAGARCIA	
159	188	JAVIER DOPAZO LOUZAN	M50M- 15	01:32:29	00:04:23	00:15:29	00:38:16	00:44:17	00:59:38	01:23:17	GA488	RUN PONTEVEDRA	PONTEVEDRA	
160	225	DANIEL NEIRA	M40M- 74	01:32:36	00:04:24	00:15:18	00:38:19	00:44:26	01:00:10	01:23:18			SANTIAGO	
161	430	CÉSAR FERNÁNDEZ GÓMEZ	M40M- 75	01:32:37	00:04:24	00:15:12	00:38:26	00:44:41	01:00:27	01:23:43			CAMBRE	
162	114	JAVIER BOULLOSA DAPENA			01:32:49	00:04:24	00:14:52	00:37:33	00:43:35	00:59:08	01:22:59		PONTEVEDRA	
163	244	LAUREANO TROITIÑO LIMERES	M40M- 76	01:32:58	00:04:25	00:15:18	00:38:31	00:44:43	01:00:11	01:23:47			PONTEVEDRA	
164	416	MARIO GONZALEZ FREIRE	M50M- 16	01:33:03	00:04:25	00:15:15	00:38:16	00:44:23	00:59:56	01:23:42	AG 2022510	.CLUB DEPORTIVO BRION HYPERSA SANTIAGO	BRION	
165	175	FRANCISCO JAVIER GONZÁLEZ CASAL	M50M- 17	01:33:10	00:04:25	00:15:07	00:38:10	00:44:19	00:59:53	01:23:43		GE RUNNERS	A CORUÑA	
166	385	CAMILO FRAMIÑÁN LAMAZARES			01:33:11	00:04:26	00:15:24	00:38:59	00:45:27	01:00:33	01:23:47	GTR GALAICO TRAIL RUN	LALIN	
167	342	DAVID RIAL REGUEIRO			01:33:14	00:04:26	00:16:14	00:40:02	00:46:18	01:01:59	01:24:44		ARZUA	
168	166	MANUEL ANGEL CARRACEDO CARBAJAL	M40M- 77	01:33:17	00:04:26	00:14:44	00:37:13	00:43:17	00:58:59	01:23:26		ATLETISMO A ESTRADA	A ESTRADA	
169	167	SENE RODRIGO VILLARINO PAZ	M40M- 78	01:33:18	00:04:26	00:14:36	00:37:25	00:43:30	00:59:10	01:23:42		CLUBE ATLETISMO VILALBA	VILALBA	
170	198	DAVID FONTELA IGLESIA			01:33:20	00:04:26	00:15:04	00:38:07	00:44:14	00:59:57	01:24:06		PONTEVEDRA	
171	312	ROMÁN REBANAL ALFAYA	M40M- 79	01:33:21	00:04:26	00:15:15	00:38:22	00:44:30	01:00:02	01:23:56			PONTEVEDRA	
172	174	ÁLVARO CAROU GARCÍA	M40M- 80	01:33:24	00:04:26	00:15:05	00:38:09	00:44:15	00:59:59	01:24:07	77004414T	MOTOBKE-GALAICO	VILAGARCIA DE AROUSA	
173	109	RAMON EUGENIO MOSQUERA SILVA	M40M- 81	01:33:25	00:04:26	00:14:32	00:37:30	00:43:50	00:59:47	01:24:03		C.A.C. CLUB ATLETISMO CAMBADOS SEGUROS NOVAL	LA CORUÑA	
174	362	RUBÉN LÓPEZ CASTRO			01:33:27	00:04:26	00:16:11	00:38:47	00:44:55	01:00:33	01:23:53		CALDAS DE REIS	
175	325	SANTIAGO PIÑEIRO ARIAS			01:33:46	00:04:27	00:16:07	00:39:56	00:46:15	01:02:12	01:25:32		MARIN	
176	248	FRANCISCO SANMARCO SANTOS	M50M- 18	01:33:50	00:04:27	00:14:53	00:38:15	00:44:35	01:00:13	01:24:17	GA-768550	SAR-VERMU PETRONI	PONTECESURES	
177	173	SANTIAGO GOMEZ BEIRO	M40M- 82	01:33:50	00:04:27	00:15:36	00:38:46	00:44:53	01:00:44	01:24:23	AG768761	ATLETISMO FONTES DO SAR	MILLADOIRO	
178	106	JOSE ANTONIO VILLAR PEREZ	M40M- 83	01:33:59	00:04:28	00:14:44	00:37:07	00:42:58	00:58:20	01:23:40		VII LEGIO GEMINA	SEIXADELAS	
179	356	NACHO MOREIRA SILVA			01:34:07	00:04:28	00:15:10	00:38:36	00:44:54	01:00:56	01:25:24		TRIATLON ARTEIXO	A CORUÑA
180	319	PABLO BERNAL AGULLA			01:34:10	00:04:28	00:16:14	00:39:35	00:45:45	01:01:41	01:25:05		PONTEVEDRA	
181	317	JOSE ANTONIO ALVAREZ LUIS	M40M- 84	01:34:19	00:04:29	00:15:46	00:38:48	00:44:56	01:00:34	01:24:44			PONTEVEDRA	

182	242	AGUSTIN P. HERMIDA RODRIGUEZ	M40M- 85	01:34:23	00:04:29	00:14:47	00:37:01	00:42:56	00:58:45	01:23:56		FERROL	
183	247	FRAN GARCIA AGRELO	M40M- 86	01:34:24	00:04:29	00:15:17	00:38:08	00:44:09	01:00:06	01:25:14	52934169Z	CLUB ATLETISMO RIANOIA	NOIA
184	170	JOSE COSTAS FERNÁNDEZ		01:34:26	00:04:29	00:14:38	00:36:39	00:42:51	00:58:55	01:24:35		ASOCIACION DEPORTIVA C.A.R REDONDELA	A CAÑIZA
185	227	JOSÉ ANTONIO LÓPEZ FERNÁNDEZ	M40M- 87	01:34:31	00:04:29	00:14:17	00:36:59	00:43:10	00:59:24	01:24:12		ARTROGAL-TRI498	NOIA
186	208	FRANCISCO JUNCAL SANTOS	M40M- 88	01:34:33	00:04:29	00:15:33	00:38:45	00:45:03	01:00:53	01:24:51		MOTOBIKE	PONTEVEDRA
187	181	DIONISIO MUÑIZ GONZALEZ	M40M- 89	01:34:33	00:04:29	00:14:01	00:35:59	00:42:13	00:58:20	01:23:31	AG11197	CAMBADOS SEGUROS NOVAL	CAMBADOS
188	197	MANUEL BARROS BARCALA	M40M- 90	01:34:40	00:04:30	00:15:05	00:38:09	00:44:17	01:00:05	01:24:44		ATLETISMO +9 MORAÑA	PONTEVEDRA
189	425	MARTÍN RODRÍGUEZ FERNÁNDEZ		01:34:42	00:04:30	00:15:50	00:39:25	00:45:30	01:01:07	01:25:03	44454092Z	DEPORTES EL 21	OURENSE
190	358	ANTONIO SÁNCHEZ OTERO	M40M- 91	01:34:55	00:04:30	00:15:27	00:39:09	00:45:28	01:01:52	01:25:43	ESP19741111	MANDEO MULTISPORT (AS VELLAS NON PARAMOS)	BETANZOS
191	333	GONZALO CRIADO		01:34:58	00:04:31	00:15:34	00:39:07	00:45:11	01:01:12	01:25:24			A CORUÑA
192	271	DAVID FERRERO	M40M- 92	01:35:07	00:04:31	00:14:43	00:37:06	00:43:18	00:59:22	01:24:58		CAR MEDORRA	SANTIAGO
193	260	MIGUEL ÁNGEL SANTIAGO PEREIRA	M40M- 93	01:35:09	00:04:31	00:15:20	00:38:28	00:44:40	01:00:40	01:25:11		CLUB DEPORTIVO PINARIUM	MARIN
194	293	JUAN GARCIA DIOS	M40M- 94	01:35:17	00:04:31	00:15:24	00:38:45	00:44:59	01:01:03	01:25:30			PONTEVEDRA
195	313	ESTEBAN MIGUEZ REGUERA	M40M- 95	01:35:20	00:04:32	00:15:20	00:38:57	00:45:15	01:01:18	01:25:41			PONTEVEDRA
196	567	CARLOS VAZQUEZ BRUZOS		01:35:27	00:04:32	00:15:46	00:38:53	00:45:04	01:01:00	01:25:50		CLUB MONTEPENARUBIA LUGO	LUGO
197	350	ANGEL BELLO CID		01:35:29	00:04:32	00:15:06	00:39:04	00:45:31	01:01:53	01:26:01			OURENSE
198	259	FERNANDO MARINHO		01:35:32	00:04:32	00:15:28	00:39:10	00:45:22	01:01:30	01:26:02		TEAM FÊFÊ	PORTO
199	400	FAUSTINO PIÑEIRO ARIAS		01:35:34	00:04:32	00:16:06	00:39:56	00:46:16	01:02:12	01:26:11			POIO
200	367	DIEGO RODRÍGUEZ LÓPEZ	M40M- 96	01:35:35	00:04:32	00:15:44	00:39:10	00:45:19	01:01:14	01:25:43			PERILLO
201	152	XOSÉ MANUEL PARDO LÓPEZ	M50M- 19	01:35:41	00:04:33	00:15:01	00:38:02	00:44:15	01:00:17	01:25:25		CLUBE ATLETISMO OUTES - JOHN TURKEY	BRION
202	268	LUIS PEDRE CARRODEGUAS	M40M- 97	01:35:47	00:04:33	00:15:01	00:38:20	00:44:41	01:00:55	01:26:02			MOS
203	355	OSCAR VAZQUEZ MONTES	M40M- 98	01:35:48	00:04:33	00:15:24	00:38:45	00:45:09	01:01:16	01:25:45			PRAVIO (CAMBRE)
204	460	EUGENIO POSES SOBRAL	M40M- 99	01:36:03	00:04:34	00:16:15	00:39:59	00:46:15	01:02:11	01:26:36			PONTEVEDRA
205	414	SAMUEL ROMERO FERNÁNDEZ		01:36:06	00:04:34	00:16:25	00:40:54	00:47:32	01:03:55	01:27:34			PONTEAREAS
206	1201	FELIX WONG	M40M- 100	01:36:09	00:04:34	00:15:12	00:38:19	00:44:40	01:01:23	01:26:43		FORT COLLINS RUNNING CLUB	PONTEVEDRA
207	316	FRANCISCO CESPÓN	M50M- 20	01:36:09	00:04:34	00:15:54	00:39:44	00:45:58	01:02:06	01:26:41			PONTEVEDRA
208	130	JOAQUIN CAMBADOS	M40M- 101	01:36:09	00:04:34	00:14:14	00:36:04	00:42:04	00:58:41	01:25:51		C. D. RIA DE AROUSA	O GROVE
209	127	HECTOR FERNANDEZ RABANAL		01:36:30	00:04:35	00:14:57	00:38:13	00:44:37	01:01:07	01:26:07		C.D. HORIZONTE GIJÓN	A CORUÑA
210	360	BERNARDO PICADO RIVEIRA	M50M- 21	01:36:31	00:04:35	00:15:22	00:38:51	00:45:11	01:01:20	01:26:15		CORRECAMIÑOS BETANZOS	BETANZOS
211	386	DANIEL MUIÑOS BARROS		01:36:40	00:04:35	00:16:58	00:42:05	00:48:43	01:04:44	01:28:03			PONTEVEDRA
212	150	PABLO ARGIBAY LOPEZ	M40M- 102	01:36:41	00:04:35	00:16:02	00:39:22	00:45:54	01:01:31	01:26:48		CASTRELOS 20:30	MOS
213	266	FELIX ARCILA PÉREZ		01:36:47	00:04:36	00:15:21	00:38:30	00:44:44	01:00:57	01:26:22			MARIN
214	278	RAMÓN VILLAR RUIBAL	M50M- 22	01:36:56	00:04:36	00:15:18	00:38:23	00:44:38	01:00:55	01:26:35	GA766004	VERXEL NUTRICIÓN DEPORTIVA	A CORUÑA
215	332	JOSE FERNANDO PEREIRA IGLESIAS		01:37:01	00:04:36	00:15:16	00:38:53	00:45:10	01:01:43	01:27:13			BAIONA
216	205	ÓSCAR VÁZQUEZ MAYÁN		01:37:04	00:04:37	00:14:33	00:37:19	00:43:47	01:00:28	01:26:24			PONTEVEDRA
217	238	ADRIAN GONZALEZ CALVO		01:37:11	00:04:37	00:15:43	00:39:07	00:45:17	01:01:24	01:26:40		CORREDORES DO MIÑO	OURENSE
218	304	AITOR IBÁÑEZ PEREIRO	M40M- 103	01:37:13	00:04:37	00:16:16	00:41:05	00:47:46	01:03:53	01:27:49		NATACIIN RIBEIRA	RIBEIRA
219	384	AMALIO FRAMIÑÁN LAMAZARES		01:37:22	00:04:37	00:15:23	00:39:14	00:45:43	01:02:25	01:27:25		GTR GALAICO TRAIL RUN	LALÍN
220	347	LINO VÁZQUEZ GONZALEZ	M40M- 104	01:37:26	00:04:38	00:15:42	00:39:48	00:46:18	01:02:46	01:27:28		CORREDORES DO MIÑO	OURENSE
221	229	MIGUEL ANGEL VIDAL REIGOSA	M40M- 105	01:37:35	00:04:38	00:15:32	00:39:29	00:45:55	01:02:30	01:27:46	FEDME	CLUBE ATLETISMO LOURENZÁ	RIBADEO
222	528	RUBEN RUIBAL QUINTANS		01:37:45	00:04:38	00:15:52	00:39:57	00:46:30	01:03:11	01:28:04			SANTIAGO DE COMPOSTELA
223	338	JOSÉ RAMÓN SANTOS LAMPÓN		01:37:54	00:04:39	00:15:36	00:38:43	00:45:05	01:01:12	01:26:57		FLOW PILATES & TRAINING	A POBRA DO CARAMIÑAL
224	422	ANTÍA CHAMOSA DACASA	F- 5	01:38:01	00:04:39	00:16:43	00:41:43	00:48:16	01:04:43	01:28:47		CLUB ATLETISMO VALLADOLID-UNIVERSIDAD	PONTEVEDRA
225	361	JORGE JUAN TÁBARA RODRÍGUEZ		01:38:01	00:04:39	00:15:35	00:39:38	00:46:07	01:02:43	01:27:59		ATLETAS DE ACEA DE AMA	A CORUÑA
226	280	JOSE MANUEL AIRA LINDOSO	M40M- 106	01:38:01	00:04:39	00:17:19	00:40:40	00:47:04	01:03:16	01:28:19			LA CORUÑA
227	264	CARLOS COUSO CELARD		01:38:10	00:04:40	00:15:16	00:38:22	00:44:27	01:00:28	01:26:40			PONTEVEDRA
228	231	IVÁN RAMÍREZ SÁNCHEZ		01:38:14	00:04:40	00:14:23	00:37:57	00:44:10	01:00:53	01:27:37		TRAIL RUNNING CONIL	CÁDIZ
229	353	MANUEL DIZ GARCIA	M40M- 107	01:38:16	00:04:40	00:14:36	00:37:49	00:44:13	01:01:02	01:28:35			O CARBALLIÑO
230	302	OSCAR FONDO SUAREZ		01:38:18	00:04:40	00:16:02	00:40:07	00:46:28	01:02:52	01:28:18			A CORUÑA
231	435	MANUEL FRANCISCO RODRIGUEZ FERNANDEZ		01:38:21	00:04:40	00:15:54	00:40:42	00:47:30	01:03:56	01:28:32		KURAI	CEA
232	285	OSCAR GARCÍA BLANCO	M40M- 108	01:38:23	00:04:40	00:16:10	00:41:02	00:47:37	01:04:16	01:28:58			PONTEVEDRA
233	485	MARCOS FONTANS SEBE	M40M- 109	01:38:24	00:04:40	00:15:49	00:39:32	00:46:02	01:02:49	01:28:14			VALGA
234	465	ALBERTO PAZOS VILLAR		01:38:36	00:04:41	00:16:04	00:39:56	00:46:18	01:02:59	01:28:24			PONTEVEDRA
235	327	JOSE MARIA FERNANDEZ REY	M50M- 23	01:38:39	00:04:41	00:15:11	00:38:44	00:45:09	01:01:46	01:28:04			VILAGARCÍA DE AROUSA
236	343	DAVID ENJAMIO SALGUEIRO		01:38:51	00:04:42	00:16:15	00:40:08	00:46:26	01:02:42	01:28:44			ARZUA
237	406	ALBERTO LORCA TOBALINA		01:38:54	00:04:42	00:15:30	00:38:31	00:44:46	01:01:18	01:27:50			MARÍN
238	151	JORGE POUSO TOJA		01:38:57	00:04:42	00:15:27	00:39:23	00:45:51	01:02:31	01:28:35			VIMIANZO
239	324	HECTOR RODRIGUEZ GARCIA		01:39:01	00:04:42	00:16:25	00:40:32	00:47:02	01:04:02	01:29:05			SARRIA
240	277	ADRIÁN GARCÍA		01:39:02	00:04:42	00:15:42	00:39:21	00:45:52	01:02:36	01:28:35		CLUB ATLETISMO SADA	SADA
241	138	ANTONIO REY CARBALLEDA	M40M- 110	01:39:07	00:04:42	00:14:49	00:37:32	00:43:43	01:00:32	01:28:39		MOTOBIKE	PONTEVEDRA
242	294	TOMÁS GARCÍA SILVA		01:39:16	00:04:43	00:14:46	00:38:17	00:44:38	01:01:28	01:28:29			OURENSE
243	230	JOSE LUIS GRAÑA SOUTO		01:39:21	00:04:43	00:15:30	00:39:41	00:46:09	01:02:55	01:28:50		CLUBE ATLETISMO VILALBA	LUGO

244	270	FERNANDO TOBÍO GÓMEZ		M40M- 111	01:39:24	00:04:43	00:15:45	00:39:48	00:46:19	01:03:11	01:29:15	AG2025414	ATLETISMO FONTES DO SAR	VEDRA
245	212	EDUARDO VIDAL ALFARO		M40M- 112	01:39:25	00:04:43	00:15:48	00:39:58	00:46:21	01:02:51	01:28:34			PONTEVEDRA
246	322	AYTHAMI RODRIGUEZ RODRIGUES			01:39:33	00:04:44	00:15:11	00:38:49	00:45:15	01:01:41	01:28:33			PONTEVEDRA
247	370	PEPE RODRÍGUEZ NOVO		M50M- 24	01:39:39	00:04:44	00:15:34	00:39:38	00:46:08	01:02:44	01:28:59			LUGO
248	228	IVAN RUBAL DIAZ		M40M- 113	01:39:50	00:04:44	00:14:30	00:38:47	00:45:21	01:02:21	01:28:57		T.C.M	BURELA
249	215	FERNANDO SOUTO CARRACEDO			01:39:52	00:04:44	00:16:30	00:41:09	00:47:49	01:04:36	01:29:55		RUNNERS PV	PONTEAREAS
250	488	RUBÉN POSE			01:39:56	00:04:45	00:16:24	00:41:13	00:47:52	01:04:47	01:30:05		CLUB MONTEPENARUBIA LUGO	LUGO
251	346	MANUEL ÁNGEL CASAL PENA		M40M- 114	01:39:58	00:04:45	00:16:57	00:42:01	00:48:39	01:05:20	01:30:16			MUGARDOS
252	420	DIEGO ROCA CANCIO			01:40:16	00:04:46	00:16:29	00:41:17	00:47:57	01:04:48	01:30:23		ERIKA PILATES TEAM	LUGO
253	480	SANTIAGO PORTO NOVO		M40M- 115	01:40:24	00:04:46	00:16:08	00:40:50	00:47:30	01:04:18	01:30:09		CC OS ESFOLAARROS	SANTIAGO DE COMPOSTELA
254	365	MARTIN SANTOS SUAREZ			01:40:28	00:04:46	00:16:02	00:40:12	00:46:35	01:02:55	01:29:02			LAXE
255	245	FERNANDO MARTÍNEZ RODRÍGUEZ		M40M- 116	01:40:30	00:04:46	00:14:20	00:36:50	00:43:12	01:00:18	01:28:26		VELOSO TEAM	VIGO
256	265	BERNA PIÑEIRO ABALO		M40M- 117	01:40:36	00:04:47	00:15:39	00:39:07	00:45:17	01:02:08	01:30:01	TRIATLON	TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA
257	262	RUBÉN FRAGA RIVERA			01:40:40	00:04:47	00:15:34	00:39:20	00:45:40	01:02:42	01:30:25			PONTEVEDRA
258	187	MANUEL RAMOS FERRO		M40M- 118	01:40:42	00:04:47	00:16:43	00:41:35	00:48:11	01:04:53	01:30:27		RUN PONTEVEDRA	PONTEVEDRA
259	399	IGNACIO SALCEDO BLANCO		M40M- 119	01:40:43	00:04:47	00:16:37	00:41:43	00:48:28	01:05:32	01:31:13		TRIATLON PC RIAS BAIXAS	PONTEVEDRA
260	298	ROBERTO PORTELA RODRÍGUEZ			01:40:49	00:04:47	00:15:49	00:40:55	00:47:37	01:04:50	01:30:39			CATOIRA
261	318	RUBÉN ALFAYA BLANCO			01:40:54	00:04:47	00:16:48	00:41:57	00:48:29	01:05:01	01:30:29			MONDARIZ
262	291	ROBERTO CID SANMARTIN		M40M- 120	01:40:55	00:04:48	00:14:45	00:38:55	00:45:28	01:02:46	01:30:24		CLUB TRIATLON CORUÑA	PERILLO-OLEIROS
263	308	VICTORIANO SANLUIS LAGO		M40M- 121	01:40:56	00:04:48	00:16:50	00:41:58	00:48:37	01:05:27	01:30:37			VIGO
264	288	JAVIER SÁNCHEZ SÁNCHEZ			01:40:56	00:04:48	00:16:01	00:40:48	00:47:26	01:04:21	01:30:29		IVECO TURIA TRIATLÓN TERUEL	CELLA
265	155	FRANCISCO JAVIER DOMINGUEZ ZUFIAURRE		M40M- 122	01:40:59	00:04:48	00:15:55	00:40:18	00:46:48	01:03:44	01:30:00			O,CARBALLIÑO
266	521	DANIEL REBOREDO LALÍN			01:41:09	00:04:48	00:15:47	00:40:22	00:46:56	01:03:59	01:30:26			POIO
267	388	RAUL FRIAS FERNANDEZ			01:41:16	00:04:48	00:17:42	00:43:16	00:49:52	01:06:28	01:31:34		MILER RUNNING CLUB	LEGANES
268	177	MANUEL DIAZ NOVO			01:41:20	00:04:49	00:16:48	00:41:25	00:47:53	01:04:32	01:30:38		OS CORZOS DO ORTEGAL	CARIÑO
269	233	JUAN MANUEL CAMPOS MIGUEZ		M40M- 123	01:41:23	00:04:49	00:15:51	00:40:20	00:46:47	01:03:49	01:30:59			A ESTRADA
270	48	EDGAR BALBOA BESADA			01:41:24	00:04:49	00:14:34	00:37:16	00:43:21	00:59:07	01:29:17		TRIATLON VILAGARCIA/ATENAS RUNNING	PORTONOVO - SANXENXO
271	216	MIGUEL IGLESIAS MARTÍNEZ			01:41:29	00:04:49	00:15:19	00:39:17	00:45:52	01:02:55	01:30:06		NOTTINGHAM PRISA	VIGO
272	185	MANUEL FREIRE GONZÁLEZ		M40M- 124	01:41:32	00:04:49	00:15:06	00:38:42	00:45:18	01:02:54	01:30:47		ATLETISMO CLUB SOCIAL BANCO PASTOR	BUEU
273	301	FERNANDO MARTÍNEZ RODRÍGUEZ		M40M- 125	01:41:33	00:04:49	00:16:23	00:41:37	00:48:09	01:05:24	01:31:25			MONFORTE DE LEMOS
274	492	TANIA GARCIA NOVO	F- 6		01:41:33	00:04:49	00:16:22	00:41:14	00:47:53	01:04:51	01:31:02		CLUB MONTEPENARUBIA LUGO	LUGO
275	489	DAMIAN MARTÍNEZ LÓPEZ			01:41:33	00:04:49	00:16:23	00:41:14	00:47:53	01:04:49	01:30:59		CLUB MONTEPENARUBIA LUGO	LUGO
276	470	BLANCA NUÑEZ CARRASCO	F- 7		01:41:36	00:04:49	00:15:51	00:40:00	00:46:31	01:03:38	01:30:09		ESCUELA NAVAL MILITAR	MARIN
277	331	DANIEL QUIÑÓY MÉNDEZ			01:41:42	00:04:50	00:16:53	00:42:02	00:48:39	01:05:43	01:31:26			VIGO
278	497	DANIEL BARRIENTOS			01:41:49	00:04:50	00:16:36	00:41:41	00:48:16	01:04:45	01:31:13			FERROL
279	378	DAVID CUETO		M40M- 126	01:41:50	00:04:50	00:17:57	00:43:51	00:50:46	01:07:42	01:32:22			VIGO
280	468	MERCEDES PAZ VALLE	F- 8	M40F- 2	01:41:55	00:04:50	00:16:54	00:41:56	00:48:34	01:05:38	01:31:41			PONTEVEDRA
281	269	SEGUNDO DOMINGUEZ ALSINA		M50M- 25	01:41:56	00:04:50	00:15:42	00:39:58	00:46:31	01:03:25	01:31:02	AG 2022599	SD COMPOSTELA ATLETISMO	OROSO
282	182	EMILIO ABAL MORRAZO		M50M- 26	01:42:01	00:04:51	00:16:03	00:41:13	00:47:55	01:05:13	01:31:33			CAMBADOS
283	249	MÓNICA MEZQUITA VÁZQUEZ	F- 9		01:42:01	00:04:51	00:16:37	00:41:25	00:47:59	01:04:53	01:31:23		NOSPORTLIMIT	A CORUÑA
284	290	JOSE CARLOS FREIRE SALORIO		M40M- 127	01:42:02	00:04:51	00:16:37	00:41:26	00:48:00	01:04:55	01:31:33		NOSPORTLIMIT-TREK GALICIA	A CORUÑA
285	340	MIGUEL ÁNGEL BREA LÓPEZ		M50M- 27	01:42:12	00:04:51	00:15:59	00:41:06	00:47:52	01:05:14	01:31:59			VILA DE CRUCES
286	354	RODRIGO DOMÍNGUEZ BOUZO		M40M- 128	01:42:32	00:04:52	00:16:12	00:41:08	00:47:52	01:05:09	01:31:59			A CORUÑA
287	191	PABLO GARCÍA SOUTO			01:42:34	00:04:52	00:15:36	00:40:35	00:47:28	01:05:13	01:32:37			MARÍN
288	379	JOSÉ ANTONIO CARNERO GARCÍA		M40M- 129	01:42:36	00:04:52	00:15:11	00:39:20	00:46:20	01:04:46	01:32:03		RUNNERS AMIO	SANTIAGO DE COMPOSTELA
289	569	JUAN ESCRIBANO CONTRERAS			01:42:49	00:04:53	00:15:43	00:40:35	00:47:21	01:05:15	01:32:06			SAN FERNANDO
290	413	SEBAS GODA		M60M- 2	01:42:56	00:04:53	00:16:26	00:41:42	00:48:29	01:06:00	01:32:38			VIGO
291	393	JOSE LUIS RAMIREZ MATOS		M50M- 28	01:43:00	00:04:53	00:16:59	00:42:14	00:48:56	01:05:50	01:32:25			PONTEVEDRA
292	475	ABEL DARRIBA BARBA			01:43:04	00:04:54	00:17:04	00:42:20	00:49:02	01:06:23	01:33:00	AG 2025879	ASOCIACIÓN DEPORTIVA C.A.R	REDONDELA
293	484	DAVID LOSADA MARTINEZ			01:43:06	00:04:54	00:18:26	00:44:06	00:50:46	01:07:35	01:32:46			OURENSE
294	323	GONZALO FERNÁNDEZ CONDE			01:43:08	00:04:54	00:14:44	00:40:17	00:47:35	01:05:40	01:32:11		ESCUELA NAVAL MILITAR	COLMENAR VIEJO
295	554	PABLO REDONDO AMEIJERAS			01:43:11	00:04:54	00:17:43	00:43:06	00:49:39	01:06:37	01:32:29			SALCEDO
296	544	ENRIQUE MARTINEZ HAYNES		M40M- 130	01:43:12	00:04:54	00:16:55	00:42:22	00:49:10	01:06:09	01:32:26			BERTAMIRANS
297	375	ADRIÁN CASTRO MATILLA			01:43:16	00:04:54	00:17:07	00:42:19	00:48:56	01:05:56	01:32:29			PONTEVEDRA
298	256	ÁLVARO RODIÑO TOMÉ			01:43:19	00:04:54	00:15:38	00:39:50	00:46:27	01:03:59	01:31:51			PONTEVEDRA
299	407	JESUS SUEIRO TORRES		M50M- 29	01:43:31	00:04:55	00:16:40	00:41:41	00:48:22	01:06:01	01:32:56			PONTEVEDRA
300	292	MARCOS VIDAL FREJUEIRO		M40M- 131	01:43:34	00:04:55	00:15:22	00:39:26	00:46:05	01:04:48	01:32:31		CLUB DEPORTIVO PINARIUM	PONTEVEDRA
301	363	CLARA MARÍA MILLARES SIEIRA	F- 10		01:43:43	00:04:55	00:16:09	00:41:17	00:48:05	01:06:10	01:33:10		ESCUELA DE BOXEO EL CANARIO	RIBEIRA
302	1401	ANDREA GARCÍA SOAGE	F- 11		01:43:55	00:04:56	00:15:52	00:39:30	00:45:48	01:02:34	01:31:17			BUEU
303	428	ARTURO NORBERTO FONTÁN PÉREZ		M40M- 132	01:43:56	00:04:56	00:17:08	00:42:48	00:49:38	01:07:16	01:33:40			PORTAS
304	189	ANDRÉS GONZÁLEZ TILVE			01:44:07	00:04:57	00:16:06	00:40:50	00:47:21	01:04:08	01:31:21		RUN PONTEVEDRA	PONTEVEDRA
305	183	ALBERTO ARAMBURU GARCÍA-PINTOS		M50M- 30	01:44:07	00:04:57	00:16:08	00:40:51	00:47:22	01:04:08	01:31:17		RUN PONTEVEDRA	PONTEVEDRA

306	250	CARLOS CAPA CASTIÑEIRAS		M50M- 31	01:44:11	00:04:57	00:15:40	00:40:45	00:47:47	01:05:45	01:33:23	AG 2025558	CLUB DEPORTIVO PINARIUM	MARIN
307	411	PABLO MENCÍA COMESAÑA		M40M- 133	01:44:17	00:04:57	00:15:54	00:40:43	00:47:32	01:05:32	01:33:42		ADN RUNNERS-TELMO PELUQUEROS F.C.	VIGO
308	337	MANUEL PONTE LORENZO		M40M- 134	01:44:27	00:04:58	00:15:23	00:39:46	00:46:22	01:03:35	01:32:32			SANTIAGO
309	397	DANIEL DIAZ JIMENEZ		M40M- 135	01:44:36	00:04:58	00:16:58	00:42:01	00:48:39	01:06:22	01:33:42			PONTEVEDRA
310	443	ISMAEL PENA FERVENZA			01:44:39	00:04:58	00:17:55	00:44:55	00:52:13	01:10:46	01:35:28		I HAVE A DREAM - MQA	MOAÑA
311	303	HUMBERTO AGEITOS GUDE		M40M- 136	01:44:43	00:04:58	00:16:15	00:41:05	00:47:48	01:05:44	01:33:27			RIBEIRA
312	348	JULIO MANUEL LAMANA SORIA		M50M- 32	01:44:51	00:04:59	00:17:42	00:43:52	00:50:46	01:08:05	01:34:31		CORREDORES DO MIÑO	BARBADAS
313	315	DAVID BOLEAS RAMÓN		M50M- 33	01:44:51	00:04:59	00:17:14	00:42:58	00:49:49	01:07:15	01:34:06		C.A.R. MARISQUEIRO	PONTEVEDRA
314	287	JONATAN JORGE GUILLE			01:44:54	00:04:59	00:16:59	00:42:41	00:49:30	01:06:54	01:34:01		C.D. BIOSBARDO	VIGO
315	352	MANUELA RODRÍGUEZ RODRÍGUEZ	F- 12	M50F- 1	01:44:54	00:04:59	00:16:24	00:41:51	00:48:43	01:06:20	01:33:54		CD LA PURÍSIMA	OURENSE
316	276	DAVID ESTEVEZ VAZQUEZ			01:44:54	00:04:59	00:15:50	00:41:01	00:47:50	01:05:12	01:33:19		NOSPORTLIMIT	A CORUÑA
317	538	LUANA HORN MARTÍNEZ	F- 13		01:44:55	00:04:59	00:17:37	00:43:31	00:50:39	01:08:29	01:34:37			PONTEVEDRA
318	279	DANIEL LÓPEZ REY			01:44:56	00:04:59	00:16:18	00:41:52	00:48:42	01:05:52	01:33:31			LA CORUÑA
319	274	OSCAR RODRÍGUEZ FERNÁNDEZ		M50M- 34	01:45:00	00:04:59	00:15:51	00:40:56	00:47:52	01:05:38	01:33:42			GUITIRIZ
320	451	SANTIAGO MENDEZ BREA		M50M- 35	01:45:04	00:04:59	00:17:26	00:43:32	00:50:32	01:08:21	01:35:09		PONTE A CORRER	PONTEVEDRA
321	376	TANIA DOMINGUEZ FERREIRA	F- 14	M40F- 3	01:45:05	00:04:59	00:16:04	00:41:50	00:48:52	01:06:48	01:34:28		PONTE A CORRER	PONTEVEDRA
322	432	MARCOS LODEIRO LOPEZ		M40M- 137	01:45:22	00:05:00	00:17:38	00:44:11	00:51:37	01:09:03	01:35:08			A CORUÑA
323	1502	LORENA COLLAZO FERNÁNDEZ	F- 15		01:45:29	00:05:00	00:17:40	00:44:02	00:50:57	01:08:26	01:35:06		VETERANOS DE SAMIL	VIGO
324	275	LUIS LOPEZ IGLESIAS		M50M- 36	01:45:33	00:05:01	00:16:27	00:41:45	00:48:40	01:06:34	01:34:28			OURENSE
325	507	JUAN VIDAL PEREZ ALVAREZ		M40M- 138	01:45:58	00:05:02	00:16:59	00:42:47	00:49:32	01:06:52	01:34:40		POWERADE	PONTEDEUME
326	305	AVELINO FERNANDEZ RIVERA		M50M- 37	01:46:03	00:05:02	00:16:06	00:42:05	00:49:14	01:07:09	01:34:46		CLUB TREVINCA	ENTOMA
327	453	XULIO GLEZ COSTAS		M40M- 139	01:46:03	00:05:02	00:17:11	00:42:50	00:49:32	01:06:28	01:33:32			OURENSE
328	553	FERNANDO GONZALEZ GARCIA		M40M- 140	01:46:08	00:05:02	00:17:43	00:44:09	00:51:10	01:08:59	01:35:49			SANXENXO
329	401	ALBERTO MARTICORENA RODRÍGUEZ			01:46:11	00:05:02	00:17:28	00:43:48	00:50:53	01:08:44	01:35:22			PONTEVEDRA
330	543	CARLOS COBAS REBOIRAS		M40M- 141	01:46:17	00:05:03	00:16:55	00:42:23	00:49:11	01:06:39	01:35:05			AMES
331	457	AITOR GALLEGO PAJARO			01:46:25	00:05:03	00:16:08	00:42:39	00:49:46	01:07:45	01:35:10			PONTEVEDRA
332	440	JOSE RAMON RODRIGUEZ VILELA		M50M- 38	01:46:30	00:05:03	00:16:49	00:42:22	00:49:20	01:07:18	01:35:21			A CORUÑA
333	190	JULIO FONTAN			01:46:37	00:05:04	00:15:37	00:40:36	00:47:29	01:05:54	01:35:16			POIO
334	289	JOSE LUIS NOVOA CID		M40M- 142	01:46:48	00:05:04	00:18:17	00:43:44	00:50:34	01:08:11	01:35:47	AG-767306	CD LA PURISIMA	OURENSE
335	402	JORGE CALVO CASTRO			01:46:48	00:05:04	00:19:20	00:47:36	00:54:40	01:11:45	01:37:13		TRIATLON ARCADE INFORHOUSE SANTIAGO	SANTIAGO DE COMPOSTELA
336	314	MANUEL TRIGO VAZQUEZ		M40M- 143	01:46:55	00:05:05	00:17:06	00:43:04	00:50:25	01:08:56	01:36:25		MOTOBIKE	PONTEVEDRA
337	381	JUAN MANUEL PINTADO COSTA		M50M- 39	01:47:06	00:05:05	00:18:19	00:43:01	00:49:54	01:06:39	01:35:03		C.A.CAMBADOS-SEG.NOVAL	CAMBADOS
338	454	DIEGO FERNÁNDEZ GARCÍA			01:47:08	00:05:05	00:17:32	00:43:52	00:50:57	01:08:55	01:36:23			SADA
339	439	PEDRO ALONSO VÁZQUEZ		M40M- 144	01:47:24	00:05:06	00:16:00	00:40:59	00:47:47	01:05:45	01:34:58		CLUB DEPORTIVO PINARIUM	PONTEVEDRA
340	552	ALVARO AGUETE MARTÍNEZ			01:47:26	00:05:06	00:17:07	00:43:22	00:50:22	01:08:14	01:35:26			PONTEVEDRA
341	328	FEDERICO ANGUITA			01:47:27	00:05:06	00:16:18	00:41:56	00:48:57	01:07:02	01:35:47		CAZAFANTASMAS TEAM	VIGO
342	423	GONZALO ALBERTO VAZQUEZ FERREIRO		M60M- 3	01:47:29	00:05:06	00:17:31	00:43:35	00:50:32	01:08:26	01:36:14		ESPRINTES OURENSE	OURENSE
343	527	HÉCTOR PIÑEIRO GARCÍA		M40M- 145	01:47:31	00:05:06	00:17:32	00:43:27	00:50:35	01:08:36	01:36:44		CLUB ATLETISMO LOUSAME - DEPORTES HERMIDA	NOIA
344	555	PABLO DOMINGUEZ SEOANE			01:47:40	00:05:07	00:17:46	00:44:01	00:50:59	01:07:54	01:35:32			PONTEVEDRA
345	557	JOSÉ MIGUEL BEA CANO			01:47:45	00:05:07	00:16:28	00:42:17	00:49:21	01:07:28	01:35:54			O GROVE
346	101	ISRAEL BENÍTEZ SOMOZA		M40M- 146	01:47:45	00:05:07	00:14:01	00:45:19	00:52:07	01:10:10	01:37:11		ESCUELA DE BOXEO EL CANARIO	RIBEIRA
347	444	GONZALO PAZOS GONZALEZ		M50M- 40	01:47:52	00:05:07	00:17:20	00:43:28	00:50:29	01:08:22	01:36:10		PONTE A CORRER	PONTEVEDRA
348	434	ANTÓN CORDAL BARREIRO		M40M- 147	01:47:53	00:05:07	00:16:11	00:41:06	00:47:59	01:06:03	01:35:55		CLUB ATLETISMO CAMBADOS	CAMBADOS
349	474	BRAIS CALVO			01:47:53	00:05:07	00:17:54	00:44:57	00:52:01	01:10:00	01:37:05			VIGO
350	427	DAVID IGLESIAS RIGUEIRA			01:47:54	00:05:07	00:16:52	00:42:46	00:49:49	01:07:43	01:36:53		--	A CORUÑA
351	368	MARIA DEL CARMEN COTOVAD MALVAR	F- 16	M40F- 4	01:47:54	00:05:07	00:16:52	00:43:13	00:50:15	01:08:25	01:36:40		RUN PONTEVEDRA	PONTEVEDRA
352	571	ANXO VALCARCEL		M40M- 148	01:47:58	00:05:08	00:17:56	00:44:47	00:51:57	01:10:21	01:37:13		CD LA PURISIMA	OURENSE
353	307	JAVIER LÓPEZ PINO		M40M- 149	01:47:59	00:05:08	00:16:49	00:41:57	00:48:38	01:06:14	01:36:10			VIGO
354	550	MOISES CASALMORTO PEREZ		M40M- 150	01:48:18	00:05:08	00:17:12	00:43:29	00:50:31	01:08:53	01:37:02		GIN TRAIL	PONTEVEDRA
355	366	JORGE VEGA LEAL			01:48:18	00:05:08	00:18:02	00:44:31	00:51:38	01:09:38	01:37:02			CAMPO LAMEIRO
356	524	ELENA ALBALADEJO POZO	F- 17		01:48:19	00:05:09	00:16:40	00:42:03	00:49:04	01:07:25	01:35:52			MARÍN
357	392	CARLOS FERNÁNDEZ IGLESIAS		M60M- 4	01:48:30	00:05:09	00:16:13	00:41:51	00:48:51	01:07:22	01:36:31			PONTEVEDRA
358	588	FLORENTINA FERNANDEZ CASTRO	F- 18		01:48:54	00:05:10	00:17:58	00:45:13	00:52:20	01:10:23	01:38:00			LUGO
359	364	MARÍA TERESA CIMADEVILLA CRUJEIRAS	F- 19	M40F- 5	01:48:58	00:05:10	00:16:16	00:42:10	00:49:35	01:08:28	01:37:30		ESCUELA DE BOXEO EL CANARIO	RIBEIRA
360	403	JUAN CARLOS AMADO RODRÍGUEZ		M40M- 151	01:49:18	00:05:11	00:17:12	00:43:24	00:50:24	01:08:46	01:37:02		AMADO	PONTEVEDRA
361	405	JUAN CARLOS PEREIRA MOLEDO		M40M- 152	01:49:18	00:05:11	00:17:12	00:43:25	00:50:24	01:08:44	01:37:06			MARIN
362	329	ISAAC MARTÍNEZ CHOUZA		M50M- 41	01:49:23	00:05:12	00:18:19	00:45:36	00:52:42	01:11:01	01:38:45			GONDOMAR
363	498	PILAR IGLESIAS GONZÁLEZ	F- 20	M40F- 6	01:49:29	00:05:12	00:17:24	00:43:33	00:50:43	01:09:19	01:38:20		CORREDORES DO MIÑO	OURENSE
364	499	PABLO ARMADA IGLESIAS		M50M- 42	01:49:29	00:05:12	00:17:25	00:43:34	00:50:44	01:09:21	01:38:20			A VALENZÁ
365	452	JUAN CARLOS RAVIÑA FURELOS		M40M- 153	01:49:29	00:05:12	00:17:23	00:44:58	00:53:59	01:12:39	01:39:02			SANTIAGO DE COMPOSTELA
366	349	JULIO ALBERTO GÁNDARA DOMÍNGUEZ			01:49:30	00:05:12	00:18:11	00:45:36	00:52:40	01:10:57	01:38:54		TRI OURENSE / AFJ RUNNING / CIE GALFOR	SAN CIBRAO DAS VIÑAS
367	412	JOSÉ EDUARDO RODRÍGUEZ ALONSO			01:49:38	00:05:12	00:16:31	00:41:53	00:48:48	01:07:20	01:37:18			VIGO

430	509	JESÚS ABRUÑEDO DEBER		M40M- 177	01:56:33	00:05:32	00:18:05	00:46:02	00:53:35	01:13:10	01:43:48		CAMBRE
431	560	SERGIO LIMIA PRADO		M40M- 178	01:56:36	00:05:32	00:17:07	00:44:30	00:52:01	01:12:01	01:43:11		VIGO
432	477	JAVIER VILLATORO GLESIAS		M40M- 179	01:57:18	00:05:34	00:18:05	00:45:41	00:53:07	01:12:40	01:43:43		VIGO
433	309	ANDREA ELIZABETH SAAVEDRA NOVOA	F- 29		01:57:19	00:05:34	00:17:33	00:46:20	00:54:19	01:14:26	01:45:00	GTR GALAICO TRAIL RUN	LALIN
434	523	EUGENIA CASTRO TOBÍO	F- 30	M40F- 13	01:57:25	00:05:34	00:17:53	00:45:50	00:53:42	01:13:43	01:44:51		PONTEVEDRA
435	546	JUAN FELIPE GARCIA ORDOÑEZ			01:57:28	00:05:35	00:18:43	00:46:54	00:54:26	01:13:35	01:44:24		LUGO
436	539	LUIS PITA ANDREU		M50M- 57	01:57:57	00:05:36	00:18:34	00:47:33	00:55:12	01:15:15	01:45:55		A CORUÑA
437	536	PATRICIA CASAR DÍAZ	F- 31		01:57:59	00:05:36	00:19:06	00:47:48	00:55:37	01:15:24	01:45:36	AG 2028206 ESCOLA ATLÉTICA LUCENSE	MONFORTE DE LEMOS
438	576	ROBERTO FRANCOS VÁZQUEZ		M40M- 180	01:58:14	00:05:37	00:20:10	00:50:58	00:58:57	01:19:34	01:47:51		A CORUÑA
439	263	VICTOR PEREZ BUGALLO		M40M- 181	01:58:18	00:05:37	00:15:16	00:39:32	00:46:44	01:07:16	01:44:42		PONTEVEDRA
440	534	PABLO NÚÑEZ LÓPEZ			01:58:21	00:05:37	00:18:56	00:47:30	00:55:02	01:14:44	01:45:07		MARÍN
441	585	RAMÓN ALONSO ALONSO		M40M- 182	01:58:32	00:05:38	00:18:50	00:47:45	00:55:30	01:15:25	01:46:15	CALDELAO	BOBORAS
442	551	RODRIGO MARTÍNEZ SANZ		M40M- 183	01:58:42	00:05:38	00:19:16	00:49:24	00:57:15	01:17:10	01:47:00		PONTEVEDRA
443	570	VÍCTOR MANUEL VILAR REINA		M40M- 184	01:58:57	00:05:39	00:16:22	00:44:11	00:51:57	01:11:31	01:46:13	AD NAUTICO NARON	FERROL
444	578	JACINTO CRESPO GONZALEZ			01:59:20	00:05:40	00:18:31	00:46:46	00:54:24	01:14:08	01:46:12		REDONDELA
445	508	JOSÉ FRANCISCO VARELA VAL		M50M- 58	01:59:24	00:05:40	00:18:12	00:45:51	00:53:30	01:13:15	01:46:08	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
446	387	PEDRO CARRERA GONZALEZ		M40M- 185	01:59:27	00:05:40	00:18:13	00:46:48	00:54:41	01:15:19	01:47:05		PONTEVEDRA
447	584	LUIS REINALDO MONTEZUMA SEMECO		M40M- 186	02:00:24	00:05:43	00:18:31	00:47:43	00:55:33	01:16:11	01:47:51		LUGO
448	542	JOSÉ LUIS PADIN COUSIDO		M70M- 1	02:00:36	00:05:43	00:18:56	00:48:08	00:55:39	01:16:09	01:47:52	CAC.CAMBADOS-NOVAL	SANXENXO
449	424	ANTONIO FOLGOSO ROCHA		M60M- 8	02:00:42	00:05:44	00:19:22	00:48:36	00:56:32	01:17:04	01:48:34	BURGAS ATLETISMO OURENSE	OURENSE
450	568	BELÉN FILGUEIRA GARCÍA	F- 32	M50F- 2	02:01:31	00:05:46	00:18:39	00:47:57	00:55:53	01:16:54	01:48:54		FERROL
451	577	BEATRIZ FERRO SOTO	F- 33	M50F- 3	02:01:31	00:05:46	00:19:02	00:48:12	00:55:41	01:16:13	01:48:42		PONTEVEDRA
452	579	JUAN CARLOS FERRO FERNÁNDEZ		M40M- 187	02:01:35	00:05:46	00:16:15	00:42:50	00:50:15	01:10:04	01:47:33	CLUB MONTEPENARUBIA LUGO	LUGO
453	335	SANTIAGO LEDO MARTINEZ		M50M- 59	02:02:14	00:05:48	00:17:00	00:44:46	00:52:38	01:13:01	01:47:19		GONDOMAR
454	431	ALBERTO FERNANDEZ PEREZ		M40M- 188	02:02:47	00:05:50	00:17:24	00:45:28	00:53:24	01:13:57	01:47:15		A CORUÑA
455	561	JUAN TIZÓN			02:02:56	00:05:50	00:18:36	00:46:47	00:54:25	01:14:19	01:48:24		VIGO
456	483	GONZALO ALFONSIN SOLIÑO		M50M- 60	02:03:05	00:05:51	00:20:13	00:51:12	00:59:21	01:19:39	01:51:14	TARTARUGAS	SANTIAGO DE COMPOSTELA
457	462	DANIEL TOMÁS LÓPEZ		M40M- 189	02:03:23	00:05:51	00:17:40	00:45:21	00:52:54	01:13:02	01:48:35		PONTEVEDRA
458	330	JAVIER CASTIÑEIRA		M50M- 61	02:03:47	00:05:53	00:16:46	00:44:24	00:52:28	01:14:22	01:50:44	ADN RUNNERS-TELMO PELUQUEROS F.C.	VIGO
459	467	JORGE VILAN FERNANDEZ		M40M- 190	02:03:59	00:05:53	00:18:25	00:47:37	00:55:27	01:16:38	01:49:37		MONTEPORREIRO
460	503	PABLO GONZALEZ BECEIRO		M40M- 191	02:04:00	00:05:53	00:19:13	00:47:44	00:55:24	01:15:15	01:48:18		A ESTRADA
461	419	PAZ PEÑA VILLAMIDE	F- 34	M50F- 4	02:04:05	00:05:53	00:20:13	00:51:12	00:59:21	01:19:36	01:51:13	TARTARUGAS	SANTIAGO DE COMPOSTELA
462	518	MIGUEL GARCIA CUERVO		M50M- 62	02:04:10	00:05:54	00:18:36	00:47:54	00:56:05	01:17:01	01:50:45	PONTE A CORRER	PONTEVEDRA
463	575	MARÍA ROSA FERNANDEZ VARELA	F- 35	M50F- 5	02:04:15	00:05:54	00:19:24	00:49:48	00:58:04	01:19:12	01:51:26	ROSA	PONTEVEDRA
464	459	BRAULIO GONZALEZ CURRO			02:05:17	00:05:57	00:17:40	00:45:53	00:54:00	01:16:28	01:51:23		VILABOA
465	582	ALBERTO MARTÍN MÉNDEZ		M50M- 63	02:05:21	00:05:57	00:19:38	00:50:05	00:58:14	01:19:22	01:52:13		PONTEVEDRA
466	493	FRANCISCO LUIS ROMERO ROJAS		M40M- 192	02:05:39	00:05:58	00:19:17	00:48:32	00:56:27	01:16:43	01:51:13		LUGO
467	593	AGUSTÍN JAMARDO			02:05:47	00:05:58	00:19:57	00:50:30	00:58:38	01:20:19	01:52:44		PONTE CALDELAS
468	442	RUBÉN GIL BLANCO			02:06:54	00:06:01	00:18:23	00:47:17	00:55:26	01:16:48	01:51:58	BUEU RUNNING	BUEU
469	429	FRANCISCO SOLLA POUSADA		M50M- 64	02:07:02	00:06:02	00:18:25	00:47:51	00:56:08	01:18:02	01:53:10		LA CORUÑA
470	336	ALBERTO ROCHA GUISANDE		M50M- 65	02:07:34	00:06:03	00:17:01	00:45:17	00:53:24	01:14:57	01:51:08		VIGO
471	478	JOSÉ LUIS ALVAREZ		M40M- 193	02:07:50	00:06:04	00:18:05	00:48:17	00:56:37	01:18:06	01:53:13	AG2015701	LEIRADO
472	199	MIGUEL ÁNGEL RIVAS FERNÁNDEZ			02:07:57	00:06:04	00:17:23	00:45:26	00:53:21	01:15:04	01:53:15		PONTEVEDRA
DNF	522	JÚLIA AROSA PERALBA	F-DNF	M50F-DNF			00:18:56	00:49:44					PONTEVEDRA
DNF	505	SANTIAGO SANTOS VICENS					00:17:37	00:44:14	00:51:21	01:09:51			A CORUÑA
DNF	592	ANXO QUINTAIROS VELOSO					00:14:39	00:37:20	00:43:23	00:59:17		DEPORTES EL 21	XINZO DE LIMIA
DNF	558	ESTEBAN LEMOS PORTILLO					00:18:16	00:49:15	00:57:25				MOAÑA
DNF	438	RICARDO DOMÍNGUEZ GAGO		M40M-DNF			00:18:34					ARTROGAL-TRI498	POBRA DO CARAMIÑAL
DNF	445	AURELIO ALVAREZ VIDAL		M50M-DNF									PONTEVEDRA
DNF	396	DIEGO BOUZON COUÑAGO		M40M-DNF			00:16:36	00:42:36	00:49:25	01:07:26	01:35:59		PONTEVEDRA
DNF	382	IRIA CAMPOS TRABAZO	F-DNF				00:20:23	00:47:04	00:54:13	01:12:30	01:41:18		LALÍN
DNF	344	SERGIO MAYO ZUBIELA		M40M-DNF			00:17:07	00:43:52				ESCOLA ATLÉTICA LUCENSE	LUGO
DNF	390	ANTONIO MONTEAGUDO PAZO		M40M-DNF			00:16:06						PONTEVEDRA
DNF	371	SERGIO PEREZ ALVAREZ		M40M-DNF			00:21:03		00:55:25				OURENSE
DNF	257	HUGO DOVAL BARREIRO					00:15:38	00:39:07	00:45:17			TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA
DNF	296	PABLO RODRIGUEZ ALONSO		M40M-DNF			00:15:36	00:40:27	00:47:10				PONTEVEDRA
DNF	243	FRANCISCO JAVIER FERNÁNDEZ FERNÁNDEZ		M40M-DNF			00:14:34	00:37:03	00:43:07	00:58:31			BAÑOS DE MOLGAS
DNF	261	SERGIO SOTO BUCETA		M40M-DNF			00:15:17						RIBADUMIA
DNF	207	BRANCA FERNANDEZ LAGO	F-DNF				00:15:35	00:39:25	00:45:55			CLUB SAN MIGUEL DE MARÍN	VILABOA
DNF	1301	SAMUEL MAS					00:14:19	00:36:07					SANTIAGO
DNF	148	FCO. XABIER SOTO OTERO		M50M-DNF			00:15:28	00:38:16	00:44:18			RUN PONTEVEDRA	PONTEVEDRA
DNF	389	HUGO TARACIDO LOUREIRO					00:17:23						MADRID

DNF	140	MANUEL ULLA REGA	M40M-DNF	00:14:38	00:36:15	00:42:00	00:56:47		ASOCIACION DEPORTIVA CAR	CESANTES-REDONDELA	
DNF	154	JUAN JOSE NUÑEZ CASAS	M40M-DNF	00:14:30						LUGO	
DNF	86	MATIAS GARCIA-ANLLO REINOSO	M50M-DNF	00:14:35	00:37:24	00:43:30			CLUBE ATLETISMO VILALBA	VILLALBA	
DNF	156	CARLOS ALVAREZ PAREDES	M40M-DNF	00:13:57	00:34:41	00:40:13	00:54:10	01:15:34	NOSPORTLIMIT	CORUÑA	
DNF	110	VÍCTOR ANDRÉS ALMENDÁRIZ		00:13:56	00:34:40	00:40:12			NOSPORTLIMIT	OLEIROS	
DNF	126	RAMÓN CARNOTA MÉNDEZ	M40M-DNF	00:14:12	00:35:49	00:41:34	00:56:06		NOSPORTLIMIT	A CORUÑA	
DNF	179	LUÍS PEREIRO GÓMEZ	M60M-DNF			00:39:24		AG2019262T	ASOCIACIÓN DEPORTIVA CERNE	PONTEVEDRA	
DNF	92	JOSE JAVIER GOMEZ IGLESIAS	M50M-DNF	00:13:53					BURGAS ATLETISMO OURENSE	OURENSE	
DNF	91	JORDI SILVA LUNA	M40M-DNF	00:13:17	00:33:20	00:38:53		AG2023104	ATLETISMO ARENTEIRO	OURENSE	
DNF	52	RICARDO LEÓN VIÑAS		00:12:55	00:32:27	00:37:34	00:50:49	AG-2017542	SAR-VERMU PETRONI	NOIA	
DNF	26	RAUL CORRALES MARCOS	M40M-DNF	00:12:28	00:31:54	00:37:03	00:50:23		SAMERTOLOMEU	CANGAS	
DNF	67	JOSÉ CARLOS FERREIRA GONZALEZ	M40M-DNF	00:12:28	00:31:39	00:36:48		AG2014229	VETERANOS DE SAMIL	A GUARDA	
DSQ Art. 11 RC	591	LUIS ALBERTO MONTEZUMA	M70M-DSQ	00:23:38	01:05:12	01:17:33	01:50:17			LUGO	
DSQ Art. 11 RC	466	ALBERT GARCIA PORTAL	M40M-DSQ	01:22:38	00:03:56	00:15:59	00:39:49	00:46:12	01:02:55	PONTEVEDRA	
DSQ Art. 11 RC	473	SERAFÍN MANUEL IGLESIAS OLIVERA	M70M-DSQ	01:23:42	00:03:59	00:22:43	00:57:36	01:07:40		CANGAS DEL MORRAZO	
DSQ Art. 11 RC	583	JAIRO VACA PAGADOR		01:29:55	00:04:16	00:17:27	00:44:14	00:50:58	01:09:31	LUGO	
DSQ Art. 11 RC	326	AARÓN ORTIZ BENITO		01:30:35	00:04:18	00:16:05	00:43:09	00:50:24	01:09:24	MARÍN	
DSQ Art. 11 RC	311	GUILLERMO MANEIRO OTERO	M50M-DSQ	01:31:12	00:04:20	00:17:37	00:44:29	00:51:45	01:10:24	VILAGARCIA DE AROUSA	
DSQ Art. 11 RC	369	DANIEL BARREIRO LAMAS	M40M-DSQ	01:31:53	00:04:22	00:16:37	00:42:41	00:49:53	01:08:55	VIGO	
DSQ Art. 11 RC	1501	JOSÉ MANUEL TORREIRO MOURE	M40M-DSQ	01:35:00	00:04:31	00:17:41	00:45:03	00:52:41	01:11:03	ANTAS DE ULLA	
DSQ Art. 11 RC	559	IVAN COELLO CAMIÑA		01:51:32	00:05:18	00:20:37	00:52:39	01:01:08	01:23:25	TUI	
DSQ Art. 11 RC	580	GONZALO VARELA DE LA TORRE	M40M-DSQ	01:58:01	00:05:36	00:20:02	00:53:08	01:02:38	01:28:22	TRIATLÓN VILLALBA	
DSQ Art. 11 RC	566	ALEJANDRO IGLESIAS GARCÍA		02:10:22	00:06:11	00:19:14	00:49:28	00:57:41	01:19:10	01:54:51	A CORUÑA
DSQ Art. 11 RC	596	DANIEL BUCETA FERNANDEZ		02:10:26	00:06:11	00:19:14	00:49:28	00:57:40	01:19:07	01:54:49	SANTIAGO DE COMPOSTELA
DSQ Art. 11 RC	595	MICKAEL NEVES		02:10:44	00:06:12	00:19:57	00:50:28	00:58:38	01:20:16	01:56:03	FARO
DSQ Art. 11 RC	415	JOSE LUIS ARCAJ DI VENERE		02:10:46	00:06:12	00:17:31	00:47:11	00:55:43	01:18:53	01:55:15	VIGO
DSQ Art. 11 RC	502	JACOBO CHAO VIEITES	M40M-DSQ	02:11:42	00:06:15	00:19:28	00:49:37	00:57:44	01:18:56	01:55:57	FERROL
DSQ Art. 11 RC	526	VICTOR MANUEL FREIRE SALORIO	M50M-DSQ	02:12:36	00:06:18	00:18:26	00:48:27	00:56:49	01:19:27	01:57:14	MONDARIZ
DSQ Art. 11 RC	572	JOAQUIN MONTES	M40M-DSQ	02:13:39	00:06:21	00:20:12	00:51:15	00:59:36	01:22:02	01:58:14	A CORUÑA
DSQ Art. 11 RC	540	TXUS SAEZ VARELA	M40M-DSQ	02:13:52	00:06:21	00:20:24	00:51:26	00:59:48	01:22:13	01:58:27	A CORUÑA
DSQ Art. 11 RC	297	JUAN ANTONIO RODRÍGUEZ BACARIZA	M50M-DSQ	02:15:47	00:06:27	00:15:33	00:41:04	00:48:02	01:20:06	02:01:39	PONTEVEDRA
DSQ Art. 11 RC	563	ANTONIO OSCAR CONSTENLA JUNQUERA	M60M-DSQ	02:17:13	00:06:31	00:20:14	00:53:36	01:02:38	01:26:06	02:02:33	ATLETISMO FONTES DO SAR
DSQ Art. 11 RC	587	MARIA TERESA CONSTENLA GARABOA	F-DSQ A M40F-DSQ	02:17:15	00:06:31	00:20:14	00:53:35	01:02:40	01:26:06	02:02:34	CLUBNSL
DSQ Art. 11 RC	597	FERNANDO SUAREZ CARRIL	M50M-DSQ	02:22:44	00:06:46	00:20:43	00:55:30	01:05:02	01:29:13	02:06:28	CENTURION
DSQ Art. 11 RC	598	ALEJANDRO GARCIA TRONCOSO		02:23:29	00:06:49	00:18:25	00:52:28	01:02:28	01:28:40	02:09:05	SANXENXO
DSQ Art. 11 RC	599	ELSA FERVENZA CHAPELA	F-DSQ Art. 11 RC	02:24:12	00:06:51	00:22:35	00:56:19	01:05:45	01:30:50	02:09:04	MOAÑA
DSQ Art. 11 RC	600	IRIA FERVENZA CHAPELA	F-DSQ Art. 11 RC	02:24:16	00:06:51	00:22:36	00:56:20	01:05:45	01:30:50	02:09:05	MOAÑA
DSQ Art. 11 RC	549	DIEGO BOUZADA POMBO	M40M-DSQ	02:29:57	00:07:07	00:20:53	00:55:38	01:05:08	01:31:24	02:13:52	SANXENXO

XXXIX Gran Fondo - XXVI Medio Maratón - II 10K Pontevedra 2021, Pontevedra 17/10/2021

10K. Distancia: 10.000 m



Pto	Dorsal	Nome	Sx	Tempo	RitmoKm	Km 3,52	Licenza	Club	Localidade
1	601	CARLOS PORTO PAZOS		00:31:44	00:03:11	00:11:21		SOCIEDAD GIMNASTICA DE PONTEVEDRA	VIGO
2	603	ADRIÁN LAGO TIZÓN		00:32:27	00:03:15	00:11:28		SOCIEDAD GIMNASTICA DE PONTEVEDRA	VIGO
3	604	VICTOR HUGO PACHECO MARTINEZ		00:33:41	00:03:23	00:11:40		3&RUN CLUB DE CORREDORES BY PEDRO NIMO	MOAÑA
4	612	ALBERTO FERNÁNDEZ ENCINA		00:34:20	00:03:26	00:11:43		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	PONFERRADA
5	608	ROBERTO TRIGO LORES		00:34:30	00:03:27	00:11:51		CLUB ATLETISMO SANTIAGO	MEAÑO
6	692	FERNANDO VIDAL MORENO		00:35:29	00:03:33	00:12:30	AG 2016530	CLUB TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA
7	606	LUIS PINEDO ARMESTO		00:35:32	00:03:34	00:12:15		CLUB ATLETISMO SADA	OLEIROS
8	614	XACOBÉ FONTÁN MARTÍNEZ		00:35:50	00:03:35	00:12:19		SD BARBANTIA RODA	POBRA DO CARAMIÑAL
9	640	IVAN SOLIS POSE		00:36:07	00:03:37	00:12:39		CLUB TRIATLON O COTON	SANTA COMBA
10	618	ADRIÁN VIJANDE LÓPEZ		00:36:15	00:03:38	00:12:52			BARREIROS
11	619	ALBERTO GARCIA GACIÑO		00:36:22	00:03:39	00:12:34			PORTO DO SON
12	607	DIEGO PÉREZ VIEITES		00:36:26	00:03:39	00:12:29			O PORRIÑO
13	652	NICOLAS MARIN MOLLINEDO		00:36:28	00:03:39	00:12:30		TRIATLON VILAGARCIA	VILAGARCIA DE AROUSA
14	629	RAFAEL PIÑEIRO LESTON		00:36:31	00:03:40	00:12:35			ESTEIRO MUROS
15	617	SANTIAGO PIÑEIRO GRAÑA		00:36:35	00:03:40	00:12:55		CLUB ATLETISMO SAMERTOLAMEU	MOAÑA
16	610	DANIEL FIGUEROA GARCIA		00:36:38	00:03:40	00:12:37		CASTRELOS KM.0	VIGO
17	633	LUIS ALBERTO VILLAVERDE VÁZQUEZ		00:36:58	00:03:42	00:12:54	AG2019232	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	SANTIAGO DE COMPOSTELA
18	627	ROBERTO TUÑAS GONZÁLEZ		00:37:03	00:03:43	00:13:10		CLUB ATLETISMO NEGREIRA	NEGREIRA
19	621	JOSECHO GONZÁLEZ REY		00:37:03	00:03:43	00:13:13		PRAIA DE CARNOTA RUNNERS	CARNOTA
20	622	BONI GONZÁLEZ REY		00:37:13	00:03:44	00:13:14		PRAIA DE CARNOTA RUNNERS	CARNOTA
21	620	LUIS MIGUEL FEITO MIRÁS		00:37:15	00:03:44	00:12:57		ATLETISMO FONTES DO SAR	VAL DO DUBRA
22	632	DAVID PÉREZ SANTAMARÍA		00:37:16	00:03:44	00:12:53	AG2014735	SAR-VERMU PETRONI	PADRÓN
23	693	GUILLELME DENÍS CASTILLO CARBALLA		00:37:18	00:03:44	00:12:41			OURENSE
24	623	IVÁN ABELEDO VARELA		00:37:20	00:03:44	00:12:54	AG 2025097	SD COMPOSTELA ATLETISMO	MELIDE
25	657	RAMÓN GEY MARTÍNEZ		00:37:22	00:03:45	00:13:14		MGM	NOIA
26	631	SERAFÍN RODRÍGUEZ RODRÍGUEZ		00:37:26	00:03:45	00:13:29		CORREDORES DO MIÑO	OURENSE
27	626	GERARDO CACHAFEIRO GARCÍA		00:37:28	00:03:45	00:12:54	GA16846	SD COMPOSTELA ATLETISMO	SANTIAGO DE COMPOSTELA
28	639	MANUEL COSTA CASTRO		00:37:32	00:03:46	00:12:51	AG2028397	CLUB ATLETISMO TAMBRE	SANTIAGO DE COMPOSTELA
29	615	ARTURO MATA CASTRO		00:37:32	00:03:46	00:12:53		CLUB ATLETISMO SANTIAGO	SANTIAGO
30	609	DANI GARCÍA PADÍN		00:37:50	00:03:47	00:13:27			O GROVE
31	628	DAVID GARCIA PADIN		00:37:50	00:03:47	00:13:27			O GROVE
32	637	FRANCISCO ESTÉVEZ PEREIRA		00:38:01	00:03:49	00:12:56		CLUBE CORREDOIREAS BUEU	BUEU
33	613	DAVID FELIP ROIG		00:38:07	00:03:49	00:12:42		A. D. MAESTRAZGO	SOLLANA
34	625	RAMÓN PEÓN PEREA		00:38:09	00:03:49	00:13:19	GA-20036	ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	PONTEVEDRA
35	654	ROI SURRIBAS PORTO		00:38:10	00:03:49	00:12:55		SOCIEDAD GIMNASTICA DE PONTEVEDRA	PONTEVEDRA
36	650	DIEGO BELLO YAÑEZ		00:38:17	00:03:50	00:12:53			VILALBA
37	634	MIGUEL RODRIGUEZ FERREIRO		00:38:29	00:03:51	00:13:23		LAMARGHA-AUTOTODO	OURENSE
38	624	DAVID LÓPEZ GARRIDO		00:38:29	00:03:51	00:13:19			VIGO
39	638	ANTONIO ÁLVAREZ COSTAS		00:38:40	00:03:52	00:13:42	GA 25438	COMESAÑA SPORTING CLUB	VIGO
40	679	MARTIN GONZÁLEZ		00:38:47	00:03:53	00:13:13			MOAÑA
41	651	VÍCTOR LÓPEZ FERNÁNDEZ		00:38:50	00:03:53	00:13:46			OURENSE
42	658	JULIO ABREU GARCÍA		00:38:51	00:03:54	00:13:43		ADN RUNNERS-TELMO PELUQUEROS F.C.	VIGO

43	647	FERNANDO BOUZÓN OTERO		00:38:52	00:03:54	00:13:32		CLUB ATLETISMO SADA	CARNOEDO - SADA
44	635	ISAAC IGNACIO RODRÍGUEZ		00:39:00	00:03:54	00:13:32			PONTEVEDRA
45	659	BALTASAR FIGUEIRAS MARTINEZ		00:39:22	00:03:57	00:13:49	AG769568	SAR-VERMU PETRONI	TEO
46	771	ANDRÉS CUSTODIO ARES		00:40:00	00:04:00	00:14:36			PONTECALDELAS
47	695	RAFAEL ANTAS CANNAS		00:40:01	00:04:01	00:13:59		CLUB NATACION PABELLON OURENSE	OURENSE
48	680	ADRIÁN AIRA		00:40:12	00:04:02	00:14:16			VIGO
49	661	ANTONIO RODRÍGUEZ FERNÁNDEZ		00:40:18	00:04:02	00:14:11		KURAI	CEA
50	669	HECTOR TRONCOSO GOMEZ		00:40:19	00:04:02	00:14:10			SALCEDA DE CASELAS
51	668	EDU ARGIBAY		00:40:23	00:04:03	00:13:37			VILAGARCÍA DE AROUSA
52	656	BRUNO FRAGUAS CADAVID		00:40:26	00:04:03	00:14:10			COTOBADE
53	642	DANIEL PAZ OTERO		00:40:59	00:04:06	00:13:59		VETERAN@S DE GALICIA	PONTEVEDRA
54	663	JOSE MANUEL OMIL IGLESIAS		00:41:00	00:04:06	00:14:41		CLUB DEPORTIVO PINARIUM	MARIN
55	653	MARIA ANGELES CASTRO ROSALES	F- 1	00:41:02	00:04:07	00:15:00		MILER RUNNING CLUB	BUEU
56	686	CORA SABURIDO REPRESA	F- 2	00:41:07	00:04:07	00:15:01			OURENSE
57	645	ANDREA IGLESIAS CARBALLIDO	F- 3	00:41:07	00:04:07	00:14:22		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	GONDOMAR
58	667	JOSÉ CARLOS TENORIO MACIÁ		00:41:11	00:04:08	00:13:52			VIGO
59	646	ANTONIO MATALOBOS BUSTELO		00:41:12	00:04:08	00:13:51	GA9051	CLUB DEPORTIVO BRION HYPERSA SANTIAGO	A ESTRADA
60	662	LEONARDO FERNANDES REI		00:41:12	00:04:08	00:14:22		ATHLETICS FISIOTERAPIA SAN LAZARO TEAM	VIGO
61	660	JOAQUÍN MACEIRA GRADIN		00:41:17	00:04:08	00:13:35		SERVICIO	FORNELOS DE MONTES
62	643	IVÁN PALLEIRO PÉREZ		00:41:21	00:04:09	00:13:54		GARRAPUCHO	A CORUÑA
63	676	DAMIAN AGUIN LOSADA		00:41:29	00:04:09	00:14:10		CLUB PIRAGUISMO PORTONOVO	PORTONOVO
64	611	JOSÉ GARCÍA ALVARIÑO		00:41:37	00:04:10	00:13:29		ESCOLA ATLÉTICA LUCENSE	LUGO
65	697	RUBEN VAZQUEZ MAGARIÑOS		00:41:38	00:04:10	00:14:53			PONTEVEDRA
66	673	MANUEL LÓPEZ MUÑIZ		00:41:46	00:04:11	00:14:11			COSPEITO
67	694	SANTIAGO RAMOS IGLESIAS		00:41:54	00:04:12	00:14:48			SANTIAGO
68	725	MARCOS BLANCO FARIÑAS		00:41:57	00:04:12	00:15:12		CORREDORES DO MIÑO	OURENSE
69	716	FELIPE DOSIL CASTRO		00:41:59	00:04:12	00:15:08			SANTIAGO DE COMPOSTELA
70	718	MARCOS ANTELO PIÑEIRO		00:41:59	00:04:12			CLUB HERCULES TERMARIA	A CORUÑA
71	641	HUGO DURAN ALVAREZ		00:42:01	00:04:13	00:13:56			PONTEVEDRA
72	666	YAGO JIMENEZ FRESCO		00:42:09	00:04:13	00:14:08			VILAGARCÍA DE AROUSA
73	722	BENITO RIBADOMAR GARCÍA		00:42:20	00:04:14	00:14:47			CAMBADOS
74	688	ANTONIO PUENTE ESPIÑA		00:42:39	00:04:16	00:14:09		CD RUNNERS AMIO	SANTIAGO
75	745	HUGO LÓPEZ FERNÁNDEZ		00:42:40	00:04:16	00:15:12		CORREDORES DO MIÑO	OURENSE
76	698	RICARDO VERDE PAREDES		00:42:53	00:04:18	00:14:59			BUEU
77	681	GERMÁN REZA MIRANDA		00:42:53	00:04:18	00:14:56			BARBADÁS (A VALENZÁ)
78	664	ADRIÁN LÓPEZ VILLAVERDE		00:43:02	00:04:19	00:14:49			A CORUÑA
79	910	XOANA REGUEIRO FERNANDEZ	F- 4	00:43:03	00:04:19	00:20:51			VIGO
80	707	ÁLVARO PIÑEIRO MAYO		00:43:06	00:04:19	00:14:47		CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
81	946	PAULA MARTÍNEZ LOURO	F- 5	00:43:13	00:04:20	00:19:51			CANGAS
82	803	MARTÍN RODRÍGUEZ PROL		00:43:14	00:04:20	00:15:06			O GROVE
83	917	RUBÉN GARCÍA GARCÍA		00:43:18	00:04:20	00:20:02			A CORUÑA
84	672	JAVIER ACCION		00:43:21	00:04:21	00:15:24			A CORUNA
85	665	JUAN OROZCO		00:43:27	00:04:21	00:14:33	AG768333	ATLETISMO RIAZOR CORUÑA	A CORUÑA
86	928	ISAÍAS CALVO DE LA UZ		00:43:38	00:04:22	00:19:51			TEO
87	937	JOSE LUIS LÓPEZ COUSILLAS		00:43:38	00:04:22	00:19:51			A CORUÑA
88	732	JOAQUIN DÍAZ FERNÁNDEZ		00:43:54	00:04:24	00:15:46		RENBUKAN	FERROL

89	723	MARIO JIMENEZ LOPEZ		00:43:58	00:04:24	00:15:31		CATOIRA
90	674	ANGEL GARCIA CUEVAS		00:44:01	00:04:25	00:15:34		PONTEVEDRA
91	701	CELIA PÉREZ DÍAZ	F- 6	00:44:01	00:04:25	00:15:19		VIGO
92	690	ANGEL MANUEL RODAL DIZ		00:44:05	00:04:25	00:15:13	CLUB DEPORTIVO PINARIUM	MARIN
93	720	JOAQUIN P. QUEIZÁN PIÑEIRO		00:44:10	00:04:25	00:15:38	PONTE A CORRER	PONTEVEDRA
94	780	DANIEL MESA MARTIN		00:44:18	00:04:26	00:15:47		FERROL
95	816	JULIO MOSQUERA GONZÁLEZ		00:44:20	00:04:26	00:15:36		CELANOVA
96	729	ANDRÉS SERANTES FERNÁNDEZ		00:44:30	00:04:27	00:15:39		POIO
97	706	DARÍO PAMIES		00:44:41	00:04:29	00:15:50		ORIHUELA
98	696	GUILLERMO FEJOO REDONDO		00:44:46	00:04:29	00:14:10		OURENSE
99	727	JAVIER SUÁREZ GIADAS		00:44:49	00:04:29	00:15:35		TOURO
100	742	JUAN CARLOS BOUZA PIÑEIRO		00:44:51	00:04:30	00:16:08		PONTEDEUME
101	744	ELENA PEREZ GONZALEZ	F- 7	00:44:53	00:04:30	00:15:42	BURGAS ATLETISMO OURENSE	CASTRO CALDELAS
102	730	MARÍA IGLESIAS AREA	F- 8	00:44:56	00:04:30	00:16:12	CLUB DEPORTIVO PINARIUM	PONTEVEDRA
103	702	FRANCISCO JOSÉ GIL BLANCO		00:44:56	00:04:30	00:16:11	C. D. PINARIUM	MARÍN
104	703	PAULA ROSALES ROSALES	F- 9	00:44:58	00:04:30	00:16:12	CLUB DEPORTIVO PINARIUM	MARÍN
105	761	MARÍA SOLEDAD AURORA LEIRO LÓPEZ	F- 10	00:44:59	00:04:30	00:16:13		SANXENXO
106	705	JAVIER RIVAS LÓPEZ		00:45:08	00:04:31	00:16:12	AG 768938 CLUB DEPORTIVO PINARIUM	MARIN
107	710	ANTONIO CARBALLAL GONZALEZ		00:45:08	00:04:31	00:16:12	CLUB DEPORTIVO PINARIUM	MARIN
108	704	DAVID OTERO CRESPO		00:45:09	00:04:31	00:16:12	CLUB DEPORTIVO PINARIUM	MARÍN
109	711	JOSEFA TRABAZO GARCIA	F- 11	00:45:11	00:04:32	00:15:39	PONTE A CORRER	PONTEVEDRA
110	685	LAURA GARCÍA GÓNZALEZ	F- 12	00:45:15	00:04:32	00:15:16		PONTEVEDRA
111	728	JOSÉ MANUEL NÚÑEZ NÚÑEZ		00:45:15	00:04:32	00:15:37	ESCOLA ATLÉTICA LUCENSE	SANTA MARÍA ALTA
112	935	VANESSA GOMEZ	F- 13	00:45:21	00:04:33	00:21:10		PORTO
113	678	JOSE MANUEL PATIÑO ABEIJON		00:45:21	00:04:33	00:15:27	NOSPORTLIMIT	A CORUÑA
114	864	RAFAEL RODRIGUEZ LLEVOT		00:45:23	00:04:33	00:16:28		PONTEVEDRA
115	724	NOELIA NOGUEIRA VIÑAS	F- 14	00:45:34	00:04:34	00:16:02		VILANOVA DE AROUSA
116	684	JUAN ANTONIO FERNANDEZ		00:45:37	00:04:34	00:15:33		VIGO
117	739	ANTONIO MANUEL VEGA GARCÍA		00:46:09	00:04:37	00:16:24		PONTEAREAS
118	820	ANTONIO CAMPELO GONZÁLEZ		00:46:09	00:04:37	00:15:48		VIGO
119	823	FERNANDO SANGUINETTI RODRÍGUEZ		00:46:12	00:04:38	00:16:48		PONTEVEDRA
120	738	ELENA VERES OJEA	F- 15	00:46:12	00:04:38	00:15:23		SANTIAGO DE COMPOSTELA
121	808	MANUEL MORALES ADÁN		00:46:18	00:04:38	00:15:33	PONTE A CORRER	PONTEVEDRA
122	737	NOEMÍ PENA CARBÓN	F- 16	00:46:29	00:04:39	00:16:10	ARTROGAL-TRI498	A ESTRADA
123	756	ÁLVARO CASTIÑEIRA SOTO		00:46:30	00:04:39	00:16:00		MARÍN
124	734	ROBERTO SÓÑORA JURADO		00:46:30	00:04:39	00:16:33	CC ARCADE	ARCADE
125	906	DANIEL DACAL DEZA		00:46:40	00:04:40	00:16:12		VIGO
126	714	GONZALO HERRERO MENA		00:46:41	00:04:41	00:15:56		VIGO
127	719	JUAN MÉNDEZ LÓPEZ		00:46:42	00:04:41	00:16:34	AG11270 TRISADA	SADA
128	733	CARLOS PICHEL RIVAS		00:46:46	00:04:41	00:16:13		PONTEVEDRA
129	942	ALEXANDRE OTERO PAZ		00:46:49	00:04:41	00:16:05		PONTEVEDRA
130	747	ALEJANDRO HERMIDA RODRIGUEZ		00:46:51	00:04:42	00:16:44		VIGO
131	960	JOSÉ ANTONIO GÓMEZ VILLAVERDE		00:46:52	00:04:42	00:20:45		A ESTRADA
132	683	MANUEL VALES BAHAMONDE		00:47:05	00:04:43	00:16:35	MOTOBIKE-GALAICO	PONTEVEDRA
133	713	CATALINA ROMERO LEMA	F- 17	00:47:07	00:04:43	00:21:37		ZAS
134	855	MANUEL FERNANDEZ BALBOA		00:47:08	00:04:43	00:15:43	PONTE A CORRER	POIO

135	874	MANUEL MALDONADO		00:47:17	00:04:44	00:16:29		LAS PALMAS DE GRAN CANARIA
136	802	MACARENA BARRERA FORNELL	F- 18	00:47:18	00:04:44	00:16:29		FERROL
137	687	PAOLA FERNÁNDEZ CARDO	F- 19	00:47:28	00:04:45	00:16:35	PAOLA	BARCELONA
138	760	DAVID ESCALANTE PÉREZ		00:47:31	00:04:46	00:16:05	AG-2028310 NOITEBRA FC	A CORUÑA
139	735	MARGA VILLAVERTDE ROSALES	F- 20	00:47:38	00:04:46	00:16:10	GV SPORTS	COMBARRO
140	853	PABLO FERNÁNDEZ MON		00:47:50	00:04:47	00:16:32	CLUB DE ATLETISMO DE BURELA	BURELA
141	655	MANUEL FUENTES MARTÍNEZ		00:47:51	00:04:48	00:16:30	INDALSU	PORTAS
142	819	CRISTIAN GOMEZ MARIÑO		00:47:58	00:04:48	00:15:48		LA CAÑIZA
143	821	JORGE ARIAS RIAL		00:47:59	00:04:48	00:16:56		PONTEVEDRA
144	807	JAVIER SALÓ BENITO		00:48:00	00:04:48	00:17:17		VIGO
145	768	RAÚL TAJES CERNADAS		00:48:05	00:04:49	00:16:21	CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
146	825	FRANCISCO VÁZQUEZ RICO		00:48:07	00:04:49	00:17:19		PONTEDEUME
147	856	JOSE MARIA PELETEIRO ESTEVEZ		00:48:09	00:04:49	00:16:59	PONTE A CORRER	PONTEVEDRA
148	841	JUAN CARLOS ALFARO CEBRIÁN		00:48:15	00:04:50	00:16:56		PONTEVEDRA
149	671	PACO SUÁREZ BENITO		00:48:16	00:04:50	00:15:42	GA-133 SOCIEDAD GIMNASTICA DE PONTEVEDRA	PONTEVEDRA
150	749	MARÍA LIMERES	F- 21	00:48:18	00:04:50	00:16:32	SD COMPOSTELA ATLETISMO	CARBALLO
151	741	JUAN LUIS BOTANA FERREIRO		00:48:33	00:04:52	00:17:03	AG2025691 CLUB ATLETISMO O PINO	SANTIAGO DE COMPOSTELA
152	951	JOSÉ BENITO CASANOVA CAAMAÑO		00:48:36	00:04:52	00:16:35		PONTEVEDRA
153	689	ROBERTO BLANCO DOCAMPO		00:48:47	00:04:53	00:16:38	CLUB DEPORTIVO PINARIUM	MARIN
154	880	SANTIAGO SANGUINETTI RODRÍGUEZ		00:48:50	00:04:53	00:17:03	ATLETISMO CLUB SOCIAL BANCO PASTOR	PONTEVEDRA
155	869	GONZALO ALONSO BAHAMONDE		00:48:54	00:04:54	00:17:11		PONTEVEDRA
156	870	ANTONIO LÓPEZ PÉREZ		00:48:56	00:04:54	00:17:11		PONTEVEDRA
157	746	GUILLERMO PEITEADO RUIZ		00:48:57	00:04:54	00:17:03		VIGO
158	743	SANTI QUINTÁS VÁZQUEZ		00:49:03	00:04:55	00:16:56		PONTEVEDRA
159	752	DIANA MORALES RODRIGUEZ	F- 22	00:49:05	00:04:55	00:17:04	BURGAS ATLETISMO OURENSE	OURENSE
160	775	DAVID CARNERO LEDO		00:49:05	00:04:55	00:17:04	BURGAS ATLETISMO OURENSE	XUNQUEIRA DE AMBIA
161	740	ALVARO OGANDO ESPANTOSO		00:49:07	00:04:55	00:16:58	TRIATLON PC RIAS BAIXAS	PONTEVEDRA
162	830	DIEGO NUÑEZ		00:49:09	00:04:55	00:17:00		VIGO
163	885	JOSE RAMON GARCÍA LOPEZ		00:49:15	00:04:56	00:17:44		PONTEVEDRA
164	858	ROBERTO VILELA PEREIRA		00:49:20	00:04:56	00:17:28		PONTEVEDRA
165	815	JAVIER RIÁDIGOS PRESAS		00:49:20	00:04:56	00:17:30		SANTIAGO DE COMPOSTELA
166	785	DAVID OTERO DOMÍNGUEZ		00:49:31	00:04:58	00:16:47		SANXENXO
167	878	JOSÉ MARÍA PALOMEQUE TORRAS		00:49:34	00:04:58	00:16:57		VIGO
168	801	JAVIER GONZÁLEZ PAZ		00:49:45	00:04:59	00:17:39		POIO
169	758	ELISA BOULLOSA	F- 23	00:49:51	00:05:00	00:17:34		PADRÓN
170	757	CARLOS BUSTELO CATOIRA		00:49:52	00:05:00	00:17:35	TRIATLON VILAGARCÍA	IMO - DODRO
171	822	ALFONSO LIJÓ CARBALLEDA		00:49:57	00:05:00	00:17:30		PONTEVEDRA
172	753	SORAYA VALVERDE COSTAS	F- 24	00:49:59	00:05:00	00:17:21		VIGO
173	776	MANUEL GARCÍA SALAZAR		00:50:10	00:05:01	00:16:36		PONTEVEDRA
174	755	OSCARL ALONSO COSTAS		00:50:30	00:05:03	00:18:00		VIGO
175	766	JUAN CARLOS ABEIGON VIDAL		00:50:33	00:05:04	00:17:49	SOCIEDAD GIMNASTICA DE PONTEVEDRA	PONTEVEDRA
176	832	MERCEDES VIDAL RODIÑO	F- 25	00:50:34	00:05:04	00:18:18		POIO
177	873	EMMA FERNÁNDEZ FREIRE	F- 26	00:50:35	00:05:04	00:16:54	TRINAT GALICIA	LUGO
178	908	M GUADALUPE SANTOS LAMPON	F- 27	00:50:36	00:05:04	00:18:33	FLOW PILATES & TRAINING	POBRA DO CARAMIÑAL
179	846	GUILLERMO JOSE VICENTE ALVAREZ		00:50:39	00:05:04	00:18:32		VIGO
180	736	AITANA ARES YEBRA	F- 28	00:50:42	00:05:05	00:17:41		BETANZOS

181	762	JORGE VAZQUEZ FONDEVILA		00:50:42	00:05:05	00:16:55			A CORUÑA
182	854	ANTÍA GOBERNA PRIETO	F- 29	00:50:42	00:05:05	00:18:04			OURENSE
183	849	NURIA MEJUTO	F- 30	00:50:49	00:05:05	00:16:58	AG9427	SD COMPOSTELA ATLETISMO	SANTIAGO
184	809	JOSE RAMÓN CORREDOIRA VAZQUEZ		00:50:58	00:05:06	00:17:43			POIO
185	838	EDGAR MARTÍN		00:50:59	00:05:06	00:18:26			PONTESAMPAIO
186	844	JAVIER CORRAL ARES		00:51:00	00:05:06	00:17:36			LA CORUÑA
187	779	NEMESIO GOMEZ MANGANA		00:51:01	00:05:07	00:18:08		ATLETAS VETERANOS OURENSE	OURENSE
188	837	ANGELES MARTÍN	F- 31	00:51:01	00:05:07	00:18:27			VIGO
189	772	JERONIMO VEIGA		00:51:12	00:05:08	00:17:52			MARÍN
190	842	GABRIEL CAMACHO CASCAJO		00:51:18	00:05:08	00:17:57			O PORRIÑO
191	827	LUIS GARCIA IGLESIAS		00:51:19	00:05:08	00:17:54			A CORUÑA
192	863	OSCAR PÉREZ LÓPEZ		00:51:19	00:05:08	00:17:58			O PORRIÑO
193	857	ALBERTO RÍOS VILELA		00:51:20	00:05:08	00:18:28			PONTEVEDRA
194	759	JOSE BARROS FERNÁNDEZ		00:51:24	00:05:09	00:18:10			CALDAS DE REIS
195	826	JUAN LUIS ROMASANTA PUGA		00:51:26	00:05:09	00:18:54	AG 3655	CD LA PURISIMA	OURENSE
196	817	ENRIQUE SALGUEIRO ALONSO		00:51:30	00:05:09	00:18:06			VIGO
197	767	LETICIA PENA SANDE	F- 32	00:51:30	00:05:09	00:17:57		CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
198	850	MIGUEL ANGEL VIDAL ARAUJO		00:51:31	00:05:10	00:18:14			PONTEVEDRA
199	868	MANUEL SUAREZ SUAREZ		00:51:34	00:05:10	00:18:16			PONTEVEDRA
200	866	EDUARDO RECUERO GONZÁLEZ		00:51:35	00:05:10	00:18:06			PONTEVEDRA
201	769	MANUEL GÁNDARA GARRIDO		00:51:40	00:05:10	00:18:05		GIN TRAIL	PONTEVEDRA
202	806	JAZMÍN NEIRA AGUIRRE	F- 33	00:51:41	00:05:11	00:17:33			PONTEVEDRA
203	955	JOSE ALEJANDRO GANDARA BOUZA		00:51:41	00:05:11	00:24:13		CASTRELOS 20:30	REDONDELA
204	777	ALEX GONZÁLEZ MÁRQUEZ		00:51:42	00:05:11	00:17:45			VIGO
205	972	GONZALO ÁLVAREZ PRADO		00:51:45	00:05:11	00:23:16		K2 ORDES	ORDES
206	954	YOLANDA HERRERA VEGA	F- 34	00:51:52	00:05:12	00:18:05			PONTEVEDRA
207	778	ANTÍA VIEIRO FERNÁNDEZ	F- 35	00:51:58	00:05:12	00:17:55			SANTIAGO
208	848	SONIA OUTOMURO MORALES	F- 36	00:52:10	00:05:13	00:18:20			VIGO
209	751	BENITO CASTRO ESTEVEZ		00:52:10	00:05:13	00:18:44		SOCIEDAD GIMNASTICA DE PONTEVEDRA	PONTEVEDRA
210	923	LORENA ALONSO	F- 37	00:52:11	00:05:14	00:18:34			PONTEVEDRA
211	924	JUANCHO BÉRTOLO MARTÍNEZ		00:52:15	00:05:14	00:18:35		CLUB DEPORTIVO PINARIUM	PONTEVEDRA
212	836	FERNANDO LAFUENTE LESTON		00:52:17	00:05:14	00:18:46			PONTEVEDRA
213	813	IRIA LAGO ANDRADE	F- 38	00:52:18	00:05:14	00:17:36		ASOCIACIÓN DEPORTIVA OLIMPIA	BRENS. CEE
214	920	BEGOÑA RODRÍGUEZ PEREIRA	F- 39	00:52:24	00:05:15	00:18:46		MILER RUNNING CLUB	PORTONOVO
215	712	JOSÉ ÁNGEL TORRES GONZÁLEZ		00:52:26	00:05:15	00:17:46			PONTEVEDRA
216	971	JORGE RIVERA DODERO		00:52:31	00:05:16	00:18:18			PONTEVEDRA
217	970	RAFAEL HERNANDEZ RODRIGUEZ		00:52:31	00:05:16	00:18:18			PONTEVEDRA
218	952	ESTELA MÉNDEZ MARTÍNEZ	F- 40	00:52:32	00:05:16	00:18:01			VILANUEVA DE AROUSA
219	831	JORDAN ROMERO SOBRAL		00:52:35	00:05:16	00:18:45			VIGO
220	913	FRANCISCO BAO ESTEVEZ		00:52:36	00:05:16	00:24:24	AG-10966	ADAS-PROINOR	O BARCO DE VALDEORRAS
221	962	MÓNICA GARCÍA VEA	F- 41	00:52:41	00:05:17	00:18:44		MONI	PONTEVEDRA
222	765	MARIA JESUS CORUJO DIAZ	F- 42	00:52:50	00:05:17	00:18:18			LUGO
223	805	ANA MARIA MUÑOZ PATIÑO	F- 43	00:52:50	00:05:17	00:18:40			SANTIAGO COMPOSTELA
224	804	ALVARO RODRIGUEZ GONZALEZ		00:52:51	00:05:18	00:18:41	GA-768931	3&RUN BY PEDRO NIMO	SANTIAGO
225	865	MARÍA MONTSERRAT GARCÍA RIVERA	F- 44	00:52:54	00:05:18	00:18:46			MARÍN
226	933	ISMAEL CONDE IGLESIAS		00:53:01	00:05:19	00:19:04		CORREDORES DO MIÑO	OURENSE

227	872	MARIA DEL MAR PÉREZ GARCÍA	F- 45	00:53:04	00:05:19	00:18:37	CLUB ATLETISMO CAMBADOS	CAMBADOS
228	944	MARCOS ESTEVEZ MARTINEZ		00:53:16	00:05:20	00:19:51		VIGO
229	845	MARIA CARMEN LEMA DEVESA	F- 46	00:53:21	00:05:21	00:18:19		A CORUÑA
230	909	ANA BERMEJO MONTERO	F- 47	00:53:37	00:05:22	00:18:56	AG2016017	OURENSE
231	867	NURIA SERRA POMAR	F- 48	00:53:40	00:05:22	00:18:24	PONTE A CORRER	PONTEVEDRA
232	925	BETHAN AMI HALL	F- 49	00:53:52	00:05:24	00:19:20	MOTOBIKE GALAICO PONTEVEDRA	PONTEVEDRA
233	974	ANDRÉS RODRÍGUEZ DORNA		00:53:53	00:05:24	00:19:49		TOMIÑO
234	829	FÉLIX REBOLLIDO FERNÁNDEZ		00:53:54	00:05:24	00:17:57	CLUBE DE ATLETISMO SERRES RUNNERS	MUROS
235	911	GABRIEL VILAS ABALDE		00:53:55	00:05:24	00:18:55		PONTEVEDRA
236	787	CELINA TORRADO OUTEDA	F- 50	00:54:06	00:05:25	00:18:19	PONTE A CORRER	PONTEVEDRA
237	919	SARA SANTALLA IGLESIAS	F- 51	00:54:17	00:05:26	00:19:00		SANTIAGO DE COMPOSTELA
238	916	PABLO PARDIÑAS REY		00:54:19	00:05:26	00:19:36		PONTEVEDRA
239	978	RAÚL LIÑARES DOMÍNGUEZ		00:54:33	00:05:28	00:18:50		AMES
240	861	ANA MARIA OTERO GARCÍA	F- 52	00:54:44	00:05:29	00:19:03		POIO
241	948	PEDRO GARCÍA ALONSO		00:54:44	00:05:29	00:19:26		PONTEVEDRA
242	814	OMAR GONZÁLEZ SAMPEDRO		00:54:44	00:05:29	00:19:25		PONTEVEDRA
243	961	SILVIA TORRES BARROSO	F- 53	00:54:48	00:05:29	00:19:20		CANGAS DE MORRAZO
244	871	ALFREDO IRIXOA NEIRA		00:54:56	00:05:30	00:18:08		CARRIL
245	940	CRISTINA CARRO FUENTES	F- 54	00:54:58	00:05:30	00:19:13	CABANAS KDM	PONTEDEUME
246	947	ENRIQUE DIZ DIOS		00:55:11	00:05:32	00:19:22		VIGO
247	835	LAUREANO PEREIRA PEÓN		00:55:15	00:05:32	00:19:03	SERVICIO	PONTEVEDRA
248	834	LOLA SANGUINETTI RODRIGUEZ	F- 55	00:55:16	00:05:32	00:19:03		PONTEVEDRA
249	918	GUILLERMO ROSALES GONZÁLEZ		00:55:18	00:05:32	00:19:01		PONTEVEDRA
250	881	ALBERTO PÉREZ DOMÍNGUEZ		00:55:19	00:05:32	00:19:16		OURENSE
251	884	ELOY ARTIME MARTINEZ		00:55:19	00:05:32	00:19:15		VIGO
252	943	PEDRO DIZ		00:55:20	00:05:32	00:19:29		CANGAS
253	914	MARTA ARIAS BARROS	F- 56	00:55:28	00:05:33	00:19:08		PONTEVEDRA
254	811	OSCAR RAMOS TROITIÑO		00:55:32	00:05:34	00:19:17		PONTEVEDRA
255	877	DAVID DIAZ DEL RIO NÚÑEZ-TORRÓN		00:55:32	00:05:34	00:16:59		VIGO
256	902	HUMBERTO LEDE		00:55:37	00:05:34	00:19:53	REBELDEX	VIGO
257	763	ADOLFO CORDERO RIVERA		00:55:45	00:05:35	00:17:27		PONTEVEDRA
258	949	ENRIQUE NIETO PASTORIZA		00:55:45	00:05:35	00:19:31		VIGO
259	875	LAURA IGLESIAS	F- 57	00:55:48	00:05:35	00:18:55	AHORACORROYO	OURENSE
260	945	BEATRIZ CORTIZO DIZ	F- 58	00:55:58	00:05:36	00:19:21	BUEU RUNNING TEAM	NIGRÁN
261	926	ESTEBAN OTERO CALVO		00:56:10	00:05:37	00:19:05	RUNNERS AMIO	SAN MARCOS, 3
262	936	PATRICIA RIVEIRO GAGO	F- 59	00:56:12	00:05:38	00:19:45	FLOW PILATES & TRAINING	A POBRA DO CARAMIÑAL
263	907	MYRIAM RODRIGUEZ ALONSO	F- 60	00:56:13	00:05:38	00:19:25	RUNNING SPORT TRAIL	OURENSE
264	862	CELIA ALDAO PINTOS	F- 61	00:56:14	00:05:38	00:18:44		MARÍN
265	973	LORENA DAVILA	F- 62	00:56:29	00:05:39	00:19:29		BUEU
266	979	FAUSTINO GOMEZ MORGADÉ		00:56:53	00:05:42	00:18:12		PONTEVEDRA
267	941	MILAGROS CORDAL MARTINEZ	F- 63	00:57:00	00:05:42	00:19:23		PONTEVEDRA
268	847	IAGO ORGE VALVERDE		00:57:02	00:05:43	00:19:35		VIGO
269	957	PALOMA TORRES VICENTE	F- 64	00:57:03	00:05:43	00:19:38		VIGO
270	969	ROSARIO CARBALLO RÚA	F- 65	00:57:14	00:05:44	00:19:27		MARÍN
271	939	RICARDO FERNÁNDEZ GUERRA		00:57:39	00:05:46	00:19:59		PONTEVEDRA
272	905	ALBERTO FERNÁNDEZ RIVELA		00:57:39	00:05:46	00:19:06		A CORUÑA

273	976	ENRIQUE DE LA TORRE RODRÍGUEZ		00:58:02	00:05:49	00:20:37		PONTEVEDRA
274	810	ANITA RAMOS TROITIÑO	F- 66	00:58:19	00:05:50	00:19:16		PONTEVEDRA
275	922	DIANA COUTO CORDA	F- 67	00:58:28	00:05:51	00:21:23	MILER RUNNING CLUB	PONTEVEDRA
276	953	ANDREA FRAGUAS REBOREDO	F- 68	00:58:43	00:05:53	00:19:48		PONTEVEDRA
277	965	CARMEN GASPAR FONTAN	F- 69	00:58:47	00:05:53	00:19:24		CATOIRA
278	921	RAFAEL RODRÍGUEZ VEIGA		00:58:49	00:05:53	00:20:13	CLUB MONTEPENARUBIA LUGO	LUGO
279	764	PATRICIA FRAGUEIRO BARROS	F- 70	00:58:50	00:05:53	00:21:27		PONTEVEDRA
280	812	ROCIO BLANCO GASPAR	F- 71	00:58:52	00:05:54	00:19:16		PONTEVEDRA
281	934	ANA SAYÁNS TORRES	F- 72	01:00:53	00:06:06	00:20:36		PONTEVEDRA
282	963	QINGQING WU	F- 73	01:01:06	00:06:07	00:20:01		PONTEVEDRA
283	950	LINO FERNANDEZ VIDAL		01:01:28	00:06:09	00:20:09		A CAÑIZA
284	958	Yaeli BERMELLO PÉREZ	F- 74	01:02:34	00:06:16	00:21:34		PONTEVEDRA
285	956	RAQUEL RIAL SEGADE	F- 75	01:03:50	00:06:23	00:21:29		PONTEVEDRA
286	959	SARA MARIA SUAREZ GAGO	F- 76	01:03:51	00:06:24	00:21:35		A CORUÑA
287	931	ALEJANDRO FRANCO MARTÍNEZ		01:04:02	00:06:25	00:20:37		SANTIAGO
288	930	MARCOS CONSTANTINO BOO TORRES		01:04:03	00:06:25	00:20:42		VILAGARCIA
289	929	JOSÉ RAMÓN FREIJEIRO OTERO		01:04:07	00:06:25	00:20:43		SANTIAGO
290	938	NOEMÍ FERNÁNDEZ TEIJEIRO	F- 77	01:05:16	00:06:32	00:21:16		O PORRIÑO
291	967	NOEMÍ VILLAMARÍN BARREIRO	F- 78	01:06:03	00:06:37	00:21:38		VIGO
292	968	SARAY VILLAMARIN BARREIRO	F- 79	01:06:03	00:06:37	00:21:39		VIGO
293	883	JESÚS BERNAL GÓMEZ		01:07:52	00:06:48	00:23:18		FERROL
DNF	648	AMANCIO RAÑA RECOUSO				00:14:53	TAMBRE	OROSO