

Posto	Dorsal	Nome	Lic.	T. Oficial	T. Neto	Categoria	Pos. Cat.	Sexo	P. Sexo	Club	Localidade - CTO	CP1	CP2	CP3	CP4	CP5	CP6	MEDIA	CP8	CP9	CP10	CP11	CP12	Meta
1	65	Manuel Gustavo Cañar Sandoval		02:22:01	02:21:59	Senior	1	M	1		Quito	00:09:16	00:18:40	00:34:27	00:44:59	00:55:41	01:05:42	01:10:00	01:21:46	01:32:10	01:42:49	01:52:52	02:09:19	02:22:01
2	99	Angel Gerardo Chasi Toalombo		02:25:08	02:25:06	Senior	2	M	2		Quito	00:09:17	00:18:56	00:34:53	00:45:33	00:56:21	01:06:29	01:10:54	01:23:04	01:34:11	01:45:11	01:55:46	02:12:34	02:25:08
3	100	Marco Antonio Erazo Montero		02:26:03	02:26:01	Máster 1	1	M	3		Quito	00:09:15	00:18:40	00:34:28	00:45:02	00:55:41	01:05:43	01:09:59	01:21:45	01:32:27	01:43:20	01:53:48	02:11:26	02:26:03
4	101	Ramón Daniel Serantes Gomez	GA766086	02:35:28	02:35:27	Máster 3	1	M	4	MARINEDA ATLETICO	Campionato	00:10:14	00:20:49	00:38:01	00:49:21	01:00:46	01:11:47	01:16:29	01:29:34	01:41:19	01:53:06	02:04:11	02:22:00	02:35:28
5	103	Cayetana Garcia Blanco	GA768531	02:37:30	02:37:29	Senior	3	M	5	3RUN by PedroNimo	Campionato	00:10:39	00:21:37	00:39:27	00:51:10	01:02:57	01:14:00	01:18:42	01:31:45	01:43:26	01:55:14	02:06:16	02:23:59	02:37:30
6	72	Jose Ramon Sanchez Quintela		02:39:20	02:39:18	Máster 1	2	M	6		Guitiriz	00:10:45	00:21:45	00:40:01	00:51:59	01:03:50	01:14:53	01:19:47	01:32:55	01:44:39	01:56:28	02:07:44	02:25:59	02:39:20
7	192	Alberto Moris Viettes	AG2020653	02:39:31	02:39:29	Senior	4	M	7	MARINEDA ATLETICO	Campionato	00:10:46	00:21:54	00:40:01	00:52:00	01:03:52	01:15:00	01:19:48	01:32:54	01:44:41	01:56:29	02:07:46	02:26:05	02:39:31
8	102	Victor José González Horta	AG765828	02:41:37	02:41:36	Senior	5	M	8	COMESAÑA SPORTING CLUB	Campionato	00:10:14	00:20:52	00:38:50	00:50:53	01:02:49	01:14:18	01:19:11	01:32:44	01:44:54	01:57:10	02:09:05	02:27:49	02:41:37
9	105	Diego Gonzalez Martinez	AG9079	02:42:04	02:42:02	Máster 1	3	M	9	CLUB DEPORTIVO PINARIUM	Campionato	00:10:54	00:21:54	00:40:01	00:52:04	01:04:02	01:15:22	01:20:14	01:33:34	01:45:42	01:57:48	02:09:16	02:27:49	02:42:04
10	96	Carlos Jose Lorenzo Blanco		02:42:37	02:42:35	Máster 1	4	M	10	C.D. Portosin	Porto Do Son	00:10:51	00:21:54	00:40:01	00:52:04	01:04:01	01:15:20	01:20:13	01:33:33	01:45:39	01:57:47	02:09:14	02:27:49	02:42:37
11	108	Juan Carlos Rodriguez Torres	AG2021376	02:43:33	02:43:31	Máster 2	1	M	11	SOCIEDADE DEPORTIVA BARBANTA RODA	Campionato	00:10:54	00:21:47	00:40:01	00:52:03	01:04:01	01:15:20	01:20:13	01:33:34	01:45:41	01:57:47	02:09:15	02:28:28	02:43:33
12	199	Nemesio Lopez Fernandez	AG11126	02:44:16	02:44:13	Máster 2	2	M	12	ATLETISMO FONTES DO SAR	Campionato	00:11:15	00:22:36	00:41:21	00:53:46	01:06:09	01:17:41	01:22:40	01:36:24	01:48:39	02:00:36	02:12:01	02:30:47	02:44:16
13	107	Santiago Garcia Gonzalez	AG2020510	02:45:46	02:45:44	Máster 2	3	M	13	Burgas Orense	Campionato	00:11:05	00:22:28	00:40:59	00:53:20	01:05:45	01:17:26	01:22:25	01:36:15	01:48:38	02:01:04	02:12:51	02:31:37	02:45:46
14	790	Borja Sanchez Campos	AG2019631	02:45:56	02:45:54	Senior	6	M	14	MARINEDA ATLETICO	Campionato	00:10:47	00:21:46	00:40:00	00:51:56	01:03:51	01:14:54	01:19:47	01:33:23	01:45:39	01:58:55	02:11:10	02:30:50	02:45:56
15	91	Jonathan Fernández Rios		02:46:10	02:46:09	Senior	7	M	15	Pass ou Entorna	Neda	00:10:56	00:22:11	00:40:33	00:52:44	01:04:53	01:16:29	01:21:26	01:35:10	01:47:22	01:59:30	02:11:17	02:30:51	02:46:10
16	104	Luis Miguel Antelo Lema	AG2019278	02:47:03	02:47:02	Máster 1	5	M	16	TERRA DE SONEIRA	Campionato	00:10:15	00:20:50	00:38:02	00:49:20	01:00:46	01:11:45	01:16:29	01:29:34	01:41:19	01:53:12	02:04:23	02:22:40	02:47:03
17	69	Juan Luis Ruiz Bujan		02:47:14	02:47:12	Máster 3	2	M	17		Vedra	00:10:47	00:21:54	00:40:01	00:51:59	01:03:55	01:15:12	01:20:07	01:33:34	01:45:52	01:58:24	02:10:32	02:30:55	02:47:14
18	197	Jesus Alvarez Chinchilla	GA769057	02:48:41	02:48:38	Máster 4	1	M	18	CLUB ATLETISMO SADA	Campionato	00:11:15	00:22:54	00:42:00	00:54:28	01:06:55	01:18:31	01:23:36	01:37:44	01:50:08	02:02:38	02:14:37	02:33:53	02:48:41
19	191	Ruben Rodriguez Vidal	AG763825	02:49:22	02:49:19	Máster 1	6	M	19	At Ria de Arousa	Campionato	00:11:18	00:22:56	00:41:59	00:54:17	01:06:28	01:18:05	01:23:11	01:37:17	01:49:56	02:02:22	02:14:31	02:34:18	02:49:22
20	106	Ruben Caamaño Nieto	AG2014741	02:49:43	02:49:41	Senior	8	M	20	Club Atletismo SAR	Campionato	00:10:51	00:21:54	00:40:01	00:52:03	01:04:02	01:15:13	01:20:13	01:33:33	01:45:41	01:57:47	02:09:27	02:31:45	02:49:43
21	782	Alvaro Presedo Fraguio	AG2023232	02:49:51	02:49:48	Senior	9	M	21	MARINEDA ATLETICO	Campionato	00:10:56	00:22:11	00:40:33	00:52:40	01:04:53	01:16:29	01:21:27	01:35:30	01:47:53	02:00:31	02:12:46	02:33:15	02:49:51
22	195	Gorka Varela Martinez		02:50:00	02:49:56	Senior	10	M	22		Barakaldo	00:11:06	00:22:37	00:41:50	00:54:34	01:07:07	01:18:56	01:24:09	01:38:27	01:51:03	02:03:31	02:15:28	02:35:20	02:50:00
23	70	Juan Castro Rodríguez		02:50:02	02:50:00	Máster 4	2	M	23	KITROC RUNNER	Valladolid	00:10:55	00:22:11	00:40:34	00:52:45	01:04:53	01:16:29	01:21:29	01:35:31	01:48:17	02:01:24	02:13:53	02:34:19	02:50:02
24	203	Felipe Martinez Santos	AG2014290	02:50:05	02:50:03	Máster 2	4	M	24	MARINEDA ATLETICO	Campionato	00:11:08	00:22:34	00:41:20	00:53:46	01:06:15	01:18:03	01:23:06	01:37:15	01:49:59	02:02:56	02:15:13	02:35:13	02:50:05
25	89	Ramiro Chaves Mon		02:50:15	02:50:13	Senior	11	M	25	TOXIZA CLUBE DE MONTAÑA	Cervo	00:11:32	00:23:25	00:42:27	00:54:46	01:07:08	01:18:38	01:23:45	01:37:35	01:50:03	02:02:53	02:15:12	02:35:12	02:50:15
26	809	Iñaki Alvarez Losada		02:50:24	02:50:22	Senior	12	M	26			00:11:04	00:22:26	00:41:21	00:53:46	01:06:15	01:18:02	01:23:06	01:37:16	01:49:59	02:02:54	02:15:13	02:35:14	02:50:24
27	756	José Antonio Gontán Castro	AG2014913	02:50:24	02:50:22	Máster 3	3	M	27	ATLETISMO FONTES DO SAR	Campionato	00:11:31	00:23:05	00:42:28	00:55:04	01:07:25	01:19:02	01:24:11	01:38:14	01:50:44	02:03:21	02:15:22	02:35:15	02:50:24
28	202	Carlos Busto Lobato	AG766069	02:50:30	02:50:26	Máster 4	3	M	28	Club Atletismo SAR	Campionato	00:11:27	00:23:05	00:42:00	00:54:32	01:07:08	01:18:39	01:23:45	01:37:35	01:50:00	02:02:52	02:15:12	02:35:14	02:50:30
29	190	Jose Navarro Anton	AG2015070	02:51:21	02:51:19	Máster 2	5	M	29	SOCIEDADE DEPORTIVA BARBANTA RODA	Campionato	00:10:53	00:22:11	00:40:33	00:52:43	01:04:53	01:16:30	01:21:27	01:35:30	01:48:23	02:01:27	02:14:03	02:35:08	02:51:21
30	201	Manuel Sobral Gonzalez	AG768072	02:51:41	02:51:39	Máster 1	7	M	30	CLUB DEPORTIVO PINARIUM	Campionato	00:11:31	00:23:13	00:42:09	00:54:30	01:07:08	01:18:39	01:23:45	01:37:35	01:49:59	02:02:55	02:15:15	02:36:07	02:51:41
31	77	Jose Correia		02:52:54	02:52:52	Máster 3	4	M	31	Atletismo Baiona	Paredes De Coura	00:11:08	00:22:34	00:41:21	00:53:49	01:06:16	01:18:01	01:23:09	01:37:16	01:50:01	02:02:55	02:15:14	02:37:44	02:52:54
32	73	Rubén Linares Arán		02:53:31	02:53:28	Máster 2	6	M	32		A Coruña	00:11:16	00:23:03	00:41:58	00:54:14	01:06:26	01:18:04	01:23:08	01:37:15	01:49:58	02:02:54	02:15:14	02:35:47	02:53:31
33	128	Pablo Andrés Lema Pérez		02:54:28	02:54:24	Máster 4	4	M	33		Culleredo	00:11:38	00:23:29	00:42:32	00:55:12	01:07:48	01:19:35	01:24:43	01:39:08	01:52:07	02:05:31	02:18:13	02:38:59	02:54:28
34	209	Jorge Manuel García Rodríguez	AG767429	02:54:32	02:54:29	Máster 2	7	M	34	NOITEBRA	Campionato	00:11:53	00:24:03	00:43:36	00:56:34	01:09:43	01:21:47	01:27:03	01:41:30	01:54:37	02:07:17	02:19:38	02:39:33	02:54:32
35	125	Beltrán Suárez Sánchez-cuervo		02:55:02	02:54:57	Senior	13	M	35		Ourense	00:11:34	00:23:25	00:42:51	00:55:47	01:08:35	01:20:44	01:25:57	01:40:33	01:53:33	02:06:31	02:18:45	02:39:18	02:55:02
36	734	Marcos Blanco Fariñas	AG2022076	02:55:51	02:55:49	Senior	14	M	36	CORREDORES DO MIÑO	Campionato	00:11:06	00:22:35	00:41:21	00:53:45	01:06:15	01:17:58	01:23:08	01:37:34	01:51:08	02:05:15	02:18:22	02:40:03	02:55:51
37	83	Juan Soliño Lanzos		02:56:01	02:55:58	Máster 1	8	M	37		Cangas	00:11:44	00:23:38	00:43:18	00:55:22	01:08:41	01:20:32	01:25:55	01:40:20	02:06:32	02:19:15	02:40:23	02:56:01	
38	193	Xullo Cruz Couso	GA769047	02:56:15	02:56:12	Máster 4	5	M	38	Atmo. Samertolameu	Campionato	00:11:25	00:23:05	00:41:59	00:54:38	01:07:22	01:19:15	01:24:22	01:38:40	01:51:48	02:05:16	02:18:04	02:39:39	02:56:15
39	87	Martin Estévez Estévez		02:56:20	02:56:18	Máster 2	8	M	39	Corredoiros Bueu	Cangas	00:11:42	00:23:46	00:43:20	00:56:20	01:09:21	01:21:38	01:26:54	01:41:32	01:54:43	02:08:00	02:20:56	02:41:21	02:56:20
40	141	Xaquín Bugallo Del Puerto		02:56:28	02:56:22	Máster 1	9	M	40	RUNNING OLEIROS	Culleredo	00:12:07	00:24:19	00:44:33	00:57:44	01:10:43	01:23:01	01:28:19	01:42:48	01:55:55	02:08:54	02:21:22	02:41:14	02:56:28
41	311	Jose Antonio Santiago Bosch	AG2014620	02:56:40	02:56:38	Máster 2	9	M	41	CLUB DEPORTIVO PINARIUM	Campionato	00:11:37	00:23:34	00:43:20	00:56:24	01:09:28	01:21:49	01:27:06	01:41:42	01:55:05	02:08:08	02:20:39	02:41:08	02:56:40
42	773	Jose Manuel Omil Iglesias	AG765338	02:56:40	02:56:37	Máster 1	10	M	42	CLUB DEPORTIVO PINARIUM	Campionato	00:11:40	00:23:50	00:43:39	00:56:48	01:09:43	01:21:50	01:27:05	01:41:33	01:54:42	02:07:53	02:20:31	02:41:08	02:56:40
43	145	Juan Francisco Fernández Lijo		02:56:42	02:56:39	Máster 2	10	M	43	Club remo Náutico Riveira	Ribeira	00:11:54	00:23:53	00:43:35	00:56:37	01:09:42	01:21:45	01:27:02	01:41:30	01:54:40	02:07:52	02:20:28	02:41:08	02:56:42
44	110	Santiago Vazquez Collazo	GA717165	02:56:57	02:56:56	Máster 4	6	M	44	Riazor Coruña	Campionato	00:11:05	00:24:03	00:43:41	00:56:18	01:08:52	01:20:50	01:25:55	01:40:05	01:53:05	02:06:37	02:19:20	02:40:33	02:56:57

64	146	José Manuel Ponte Somoza		02:59:51	02:59:36	Máster 2	17	M	63	C.A. OUTES. JOHN-TURKEY	Outes	00:12:17	00:24:40	00:44:36	00:57:57	01:11:14	01:23:40	01:29:07	01:43:56	01:57:02	02:10:20	02:22:59	02:43:49	02:59:51
65	12	Sonia Teijeiro Ferro	AG2024427	03:00:19	03:00:17	Máster 3	1	F	2	Burgas Orense	Campionato	00:12:11	00:24:38	00:44:49	00:58:15	01:11:28	01:23:47	01:29:22	01:44:18	01:57:40	02:11:07	02:23:42	02:44:33	03:00:19
66	66	Juan Otero Rodriguez		03:00:19	03:00:18	Máster 3	8	M	64		Ourense	00:12:10	00:24:37	00:44:49	00:58:13	01:11:27	01:23:56	01:29:22	01:44:18	01:57:38	02:11:06	02:23:40	02:44:33	03:00:19
67	787	Miguel Anxo Rodriguez Varela	AG764809	03:00:19	03:00:16	Senior	19	M	65	CLUB DEPORTIVO AURUM	Campionato	00:12:13	00:24:37	00:44:49	00:58:14	01:11:27	01:23:48	01:29:22	01:44:17	01:57:40	02:11:07	02:23:38	02:44:33	03:00:19
68	811	Francisco Javier Osuna Prieto		03:00:26	03:00:22	Senior	20	M	66	Maratón Lucena		00:11:34	00:23:27	00:43:22	00:56:25	01:09:31	01:21:52	01:27:20	01:42:11	01:55:34	02:09:31	02:22:27	02:44:29	03:00:26
69	184	Daniel Bernudez Alvarez		03:00:39	03:00:30	Máster 1	15	M	67		A Coruña	00:12:35	00:25:18	00:45:49	00:59:16	01:12:37	01:24:58	01:30:12	01:45:01	01:58:31	02:11:58	02:24:50	02:45:18	03:00:39
70	165	Emilio José Pereira Gutiérrez		03:00:44	03:00:39	Máster 1	16	M	68		Ames	00:12:19	00:24:48	00:44:57	00:58:19	01:11:30	01:23:56	01:29:17	01:44:11	01:57:43	02:11:14	02:23:49	02:44:37	03:00:44
71	310	Jaime Álvarez De La Torre	AG2025146	03:00:50	03:00:44	Máster 1	17	M	69	HERCULES ATLETISMO	Campionato	00:12:04	00:24:24	00:44:35	00:57:55	01:11:08	01:23:41	01:29:04	01:43:57	01:57:19	02:10:47	02:23:37	02:44:35	03:00:50
72	167	Fernando Castro Paredes		03:00:56	03:00:51	Máster 2	18	M	70	Non estou en ningún club	Cee	00:11:57	00:24:03	00:44:06	00:57:10	01:10:15	01:22:39	01:28:07	01:43:02	01:56:29	02:10:06	02:22:51	02:44:05	03:00:56
73	171	Francisco Ladra Sanmartín		03:01:08	03:01:02	Máster 2	19	M	71		Viveiro	00:12:02	00:24:07	00:44:07	00:57:13	01:10:18	01:22:38	01:27:51	01:42:38	01:55:55	02:09:23	02:22:18	02:43:49	03:01:08
74	158	Francisco Javier Maseda Carballo		03:01:13	03:01:03	Máster 2	20	M	72	NO SPORT LIMIT	A Coruña	00:12:18	00:24:42	00:44:53	00:58:19	01:11:26	01:23:50	01:29:11	01:43:56	01:57:12	02:10:32	02:23:09	02:44:21	03:01:13
75	75	Luis Sa		03:02:14	03:02:12	Máster 3	9	M	73	Atletismo Baiona	Pardes De Coura	00:11:07	00:22:34	00:41:21	00:53:48	01:06:15	01:18:01	01:23:09	01:37:16	01:50:00	02:02:54	02:15:15	02:38:21	03:02:14
76	208	Xesús Manuel Mosteiro López	AG2016317	03:02:34	03:02:30	Máster 5	1	M	74	ASOCIACION DEPORTIVA CERNE	Campionato	00:12:19	00:24:34	00:44:43	00:58:05	01:11:29	01:23:55	01:29:14	01:44:09	01:57:37	02:11:08	02:23:43	02:45:04	03:02:34
77	153	Ivan Varela Barreiro		03:02:56	03:02:50	Máster 2	21	M	75		Culleredo	00:12:09	00:24:32	00:44:37	00:58:02	01:11:27	01:23:49	01:29:26	01:44:20	01:57:51	02:11:35	02:24:26	02:46:09	03:02:56
78	727	Ricardo Alonso Fernandez	AG2025535	03:03:02	03:02:56	Máster 1	18	M	76	MARINEDA ATLETICO	Campionato	00:12:19	00:24:36	00:44:55	00:58:19	01:11:29	01:23:55	01:29:18	01:44:10	01:57:40	02:11:08	02:24:09	02:47:35	03:03:02
79	178	Jose Manuel Vazquez Pose		03:03:13	03:03:06	Máster 2	22	M	77	RUNNING OLEIROS	Oleiros	00:12:24	00:24:45	00:44:56	00:58:19	01:11:33	01:24:00	01:29:24	01:44:14	01:57:41	02:11:25	02:24:32	02:46:27	03:03:13
80	136	Matías García-anilo Reinoso		03:03:31	03:03:23	Máster 3	10	M	78	Vilalba	Vilalba	00:12:07	00:24:29	00:44:32	00:57:39	01:10:50	01:23:14	01:28:36	01:43:33	01:57:18	02:11:07	02:24:21	02:46:39	03:03:31
81	151	Edelmiro Martínez Roca		03:03:32	03:03:23	Máster 2	23	M	79	Clube Atletismo Vilalba	Vilalba	00:12:47	00:25:39	00:46:45	01:00:29	01:14:04	01:26:55	01:32:31	01:47:53	02:01:26	02:14:53	02:27:39	02:48:19	03:03:32
82	774	Hernan Orejás Martínez	AG2022087	03:03:53	03:03:47	Máster 2	24	M	80	CAR Marisqueiro	Campionato	00:12:09	00:24:29	00:44:33	00:57:43	01:10:37	01:22:44	01:27:59	01:42:48	01:56:15	02:09:46	02:22:31	02:45:24	03:03:53
83	791	Claudio Sánchez Mourazos	AG2025549	03:04:06	03:03:59	Máster 2	25	M	81	ASOCIACION DEPORTIVA CERNE	Campionato	00:12:20	00:24:47	00:44:55	00:58:21	01:11:29	01:23:59	01:29:25	01:44:18	01:57:41	02:11:07	02:23:41	02:45:36	03:04:06
84	150	Hugo Nidáguila Remis		03:04:52	03:04:46	Máster 1	19	M	82		Ferrol	00:11:55	00:23:55	00:43:15	00:56:06	01:09:06	01:21:41	01:27:02	01:41:33	01:55:19	02:09:36	02:23:07	02:46:26	03:04:52
85	160	Ignacio Sánchez Mallén		03:05:03	03:05:00	Máster 1	20	M	83		Leganes	00:11:38	00:23:40	00:43:39	00:56:44	01:09:45	01:21:52	01:27:08	01:41:54	01:55:31	02:09:36	02:23:11	02:46:52	03:05:03
86	220	Miguel Angel Cozar Perez		03:05:06	03:05:00	Máster 2	26	M	84	BEGUIJAR RUNNER	Begijar	00:12:18	00:24:44	00:44:56	00:58:19	01:11:31	01:23:59	01:29:18	01:44:10	01:57:44	02:11:18	02:24:29	02:46:33	03:05:06
87	147	Joaquin Fernandez Cambados		03:05:11	03:05:06	Máster 2	27	M	85	c.d.ria de arousa	Grove, O	00:12:14	00:24:39	00:44:50	00:58:17	01:11:32	01:24:00	01:29:26	01:44:18	01:57:44	02:11:27	02:24:49	02:47:13	03:05:11
88	123	Jesús Ángel Freire García		03:05:32	03:05:27	Máster 3	11	M	86		Guitiriz	00:12:04	00:24:12	00:44:33	00:57:41	01:10:53	01:23:04	01:28:33	01:43:32	01:57:18	02:11:09	02:24:15	02:47:39	03:05:32
89	92	Adrián Eronimedes Gutiérrez Barba		03:05:34	03:05:32	Sub 23	1	M	87	ATLETISMO NUMANTINO	Sariego	00:10:58	00:22:14	00:41:05	00:53:45	01:06:37	01:18:46	01:24:04	01:39:38	01:55:41	02:10:20	02:24:16	02:47:34	03:05:34
90	148	Ramon Eugenio Mosquera Silva		03:05:41	03:05:34	Máster 2	28	M	88		A Coruña	00:11:41	00:23:34	00:42:59	00:55:59	01:09:09	01:21:45	01:27:16	01:42:43	01:58:41	02:12:55	02:26:23	02:48:32	03:05:41
91	216	Eduardo Rey Quintela	AG2018642	03:06:09	03:06:02	Máster 3	12	M	89	ATLETAS DE ACEA DE AMA	Campionato	00:12:07	00:24:30	00:44:36	00:57:58	01:11:28	01:23:58	01:29:25	01:44:20	01:57:50	02:11:44	02:24:54	02:47:38	03:06:09
92	138	Raul Barbeito Gestal		03:06:28	03:06:18	Máster 1	21	M	90	Barbeito	Arteixo	00:12:19	00:24:46	00:44:54	00:58:20	01:11:29	01:23:58	01:29:17	01:44:06	01:57:34	02:11:22	02:24:40	02:48:15	03:06:28
93	143	Jose Manuel Leston Fernandez		03:06:29	03:06:21	Senior	21	M	91	Estrellados	Muros	00:12:19	00:24:35	00:44:54	00:58:20	01:11:30	01:23:58	01:29:15	01:44:12	01:57:55	02:12:09	02:25:58	02:48:38	03:06:29
94	95	Oscar Vélez Roldán		03:06:32	03:06:28	Máster 4	8	M	92		Valdés	00:11:59	00:24:11	00:44:13	00:57:19	01:10:35	01:23:08	01:28:31	01:43:46	01:57:53	02:12:33	02:26:25	02:49:13	03:06:32
95	137	José Manuel López Varela		03:06:36	03:06:31	Máster 2	29	M	93		Carral	00:12:03	00:24:28	00:44:32	00:57:44	01:10:50	01:23:13	01:28:33	01:43:32	01:57:15	02:11:24	02:24:57	02:47:53	03:06:36
96	149	Emilio Rúa Vaamonde		03:06:41	03:06:36	Máster 3	13	M	94		Estrada, A	00:12:17	00:24:39	00:44:49	00:58:12	01:11:38	01:24:27	01:30:05	01:45:41	01:59:55	02:14:01	02:27:17	02:49:43	03:06:41
97	180	Miguel Gonzalez Rodriguez		03:06:47	03:06:36	Máster 1	22	M	95	Ourense	Ourense	00:12:37	00:25:09	00:45:00	00:58:13	01:11:19	01:23:39	01:28:58	01:43:39	01:57:00	02:10:48	02:24:07	02:47:35	03:06:47
98	144	Jose Manue Cachaldora Sanchez		03:07:16	03:07:13	Máster 3	14	M	96	BOX001 RUNMANIAK	Ourense	00:12:11	00:24:37	00:44:49	00:58:14	01:11:27	01:23:56	01:29:22	01:44:18	01:58:28	02:12:40	02:26:10	02:49:39	03:07:16
99	260	Daniel Fuentes Bardanca		03:07:23	03:07:16	Senior	22	M	97		A Coruña	00:12:32	00:25:30	00:46:45	01:00:29	01:14:04	01:26:55	01:32:30	01:47:53	02:01:40	02:15:33	02:28:51	02:51:04	03:07:23
100	129	Jose Nefali Hidalgo Benito		03:07:30	03:07:22	Máster 4	9	M	98	Ekiparte-Sportwear	Carbajosa De La Sagrada	00:12:26	00:25:01	00:45:33	00:59:12	01:12:56	01:25:54	01:31:34	01:47:16	02:01:33	02:15:42	02:29:08	02:51:07	03:07:30
101	776	Hugo Pacheco Martinez	GA768936	03:07:30	03:07:26	Máster 2	30	M	99	3RUN by PedroNimo	Campionato	00:12:02	00:24:24	00:44:46	00:57:54	01:10:49	01:22:57	01:28:18	01:43:00	01:56:16	02:09:43	02:23:05	02:47:07	03:07:30
102	90	Jose Buján González		03:07:31	03:07:16	Máster 2	31	M	100	C.A. OUTES. JOHN-TURKEY	Outes	00:12:19	00:24:40	00:44:36	00:59:38	01:12:34	01:24:58	01:30:13	01:45:38	01:59:10	02:12:50	02:26:11	02:48:33	03:07:31
103	218	Javier Perez Rodriguez	AG2023795	03:07:31	03:07:27	Máster 2	32	M	101	3RUN by PedroNimo	Campionato	00:12:03	00:24:16	00:44:36	00:57:55	01:10:50	01:23:00	01:28:18	01:43:00	01:56:15	02:09:46	02:23:08	02:47:08	03:07:31
104	177	Jose Enrique Antolín Alvarez		03:07:45	03:07:37	Máster 1	23	M	102	Ochobre	Langreo	00:12:57	00:25:53	00:46:44	01:00:30	01:14:03	01:26:53	01:32:29	01:47:52	02:01:39	02:15:29	02:28:46	02:51:05	03:07:45
105	320	Simon López Eiroa	AG2018911	03:07:55	03:07:49	Máster 2	33	M	103	ATLETAS DE ACEA DE AMA	Campionato	00:12:06	00:24:30	00:44:36	00:58:01	01:11:28	01:23:59	01:29:25	01:44:20	01:57:51	02:11:57	02:26:16	02:49:40	03:07:55
106	157	Edgar Franco Bouza		03:08:03	03:07:58	Sub 23	2	M	104		Pontes De Garcia Rodriguez, As	00:12:11	00:24:31	00:44:50	00:58:18	01:11:29	01:23:59	01:29:24	01:44:19	01:57:51	02:11:47	02:25:36	02:49:08	03:08:03
107	140	Borja Lage Sexto		03:08:09	03:08:02	Máster 1	24	M	105		A Coruña	00:12:33	00:25:37	00:46:43	01:00:29	01:14:04	01:26:52	01:32:31	01:47:52	02:01:39	02:15:30	02:28:47	02:51:07	03:08:09
108	119	Rafa Fontal Alonso		03:08:09	03:08:02	Máster 2	34	M	106		A Coruña	00:12:35	00:25:39	00:46:43	01:00:29	01:14:04	01:26:53	01:32:31	01:47:52	02:01:40	02:15:30	02:28		

128	739	Antonio Carballeda Gonzalez	AG766535	03:13:30	03:13:26	Máster 1	28	M	124	CLUB DEPORTIVO PINARIUM	Campionato	00:12:31	00:24:47	00:44:56	00:58:20	01:11:32	01:23:58	01:29:23	01:44:19	01:58:47	02:15:43	02:31:07	02:55:04	03:13:30
129	278	Enrique Santos Lorenzo		03:13:43	03:13:07	Máster 3	16	M	125	TERRA DE SONEIRA	Vimianzo	00:13:58	00:27:10	00:48:33	01:02:51	01:16:55	01:30:15	01:36:10	01:52:08	02:06:36	02:20:56	02:34:38	02:56:55	03:13:43
130	319	Roberto Fandiño Boubeta	AG2015609	03:13:55	03:13:45	Máster 2	41	M	126	Atmo. Samertolameu	Campionato	00:12:51	00:25:58	00:47:18	01:01:29	01:15:40	01:28:51	01:34:40	01:50:28	02:04:52	02:19:28	02:33:19	02:56:14	03:13:55
131	156	Andrés Gabriel Pizarro Varela		03:13:55	03:13:45	Máster 1	29	M	127	A Coruña	Campionato	00:13:12	00:26:37	00:48:16	01:02:42	01:16:55	01:30:15	01:36:11	01:52:07	02:06:36	02:20:58	02:34:36	02:56:56	03:13:55
132	259	Jesus Hevia Gomez		03:13:56	03:13:46	Máster 2	42	M	128	Nosportlimit	A Coruña	00:13:14	00:26:37	00:48:17	01:02:43	01:16:54	01:30:18	01:36:11	01:52:08	02:06:36	02:20:58	02:34:37	02:56:56	03:13:56
133	13	Ines Papin Estevez	GA765817	03:13:58	03:13:55	Máster 3	2	F	5	CLUB ATLETISMO SADA	Campionato	00:12:52	00:26:13	00:48:16	01:02:48	01:17:02	01:30:31	01:36:24	01:52:40	02:07:15	02:21:39	02:35:06	02:57:07	03:13:58
134	154	Jacobo González Morao		03:14:10	03:14:04	Máster 2	43	M	129	A Coruña	Campionato	00:13:05	00:26:45	00:48:31	01:02:59	01:17:18	01:30:42	01:36:31	01:52:35	02:07:05	02:21:35	02:35:24	02:57:55	03:14:10
135	321	Manuel A Carracedo Carbajal	AG2017624	03:14:26	03:14:19	Máster 2	44	M	130	CLUB ATLETISMO ESTRADA	Campionato	00:12:29	00:25:12	00:45:45	00:59:25	01:12:56	01:25:37	01:31:07	01:46:30	02:00:30	02:14:51	02:28:56	02:55:09	03:14:26
136	142	Manuel Azevedo		03:14:27	03:14:24	Máster 2	45	M	131		Porto	00:11:56	00:24:05	00:43:53	00:56:47	01:09:48	01:22:05	01:27:34	01:42:39	01:56:25	02:10:14	02:23:24	02:48:38	03:14:27
137	133	Cristian Dalama Alvarez		03:14:40	03:14:34	Senior	25	M	132	A.D. LIMIATIVA	Sandías	00:12:49	00:25:52	00:46:54	01:00:50	01:15:07	01:28:32	01:34:16	01:50:25	02:04:24	02:19:04	02:33:17	02:56:55	03:14:40
138	183	Miguel Ángel Alonso Sánchez		03:14:46	03:14:36	Máster 2	46	M	133		A Coruña	00:13:30	00:27:13	00:49:31	01:04:08	01:18:26	01:31:57	01:37:40	01:53:54	02:08:16	02:22:23	02:35:44	02:57:21	03:14:46
139	172	Eloy Rey Martinez		03:15:00	03:14:50	Máster 1	30	M	134		Boro	00:12:13	00:24:39	00:44:50	00:58:16	01:11:30	01:24:00	01:29:23	01:44:19	01:57:43	02:12:52	02:28:07	02:54:27	03:15:00
140	196	Francisco Sanmarco Santos	GA768590	03:15:25	03:15:21	Máster 4	14	M	135	Club Atletismo SAR	Campionato	00:12:51	00:26:00	00:47:19	01:01:30	01:15:39	01:28:54	01:34:40	01:50:29	02:04:53	02:19:31	02:33:11	02:56:47	03:15:25
141	456	Teodoro Martínez Alonso	AG2023819	03:16:07	03:15:51	Máster 4	15	M	136	AD Limiactiva	Campionato	00:13:41	00:26:56	00:48:32	01:02:54	01:17:17	01:30:43	01:36:29	01:52:33	02:07:03	02:21:56	02:35:51	03:16:07	
142	322	Javier Lopez Pileiro	AG2024036	03:16:31	03:16:19	Máster 3	17	M	137	CLUB ATLETISMO SADA	Campionato	00:13:05	00:26:45	00:48:45	01:03:28	01:17:49	01:31:15	01:37:08	01:53:36	02:07:53	02:22:19	02:36:09	02:59:02	03:16:31
143	227	Ivan Pose Costa		03:16:36	03:16:26	Máster 1	31	M	138		A Laracha	00:12:38	00:25:24	00:45:44	00:59:04	01:12:23	01:25:09	01:30:47	01:46:40	02:01:26	02:16:31	02:31:13	02:56:31	03:16:36
144	656	Bruno Fernández Espina		03:16:37	03:16:32	Senior	26	M	139		Vegadeo	00:14:10	00:27:42	00:49:28	01:04:03	01:18:27	01:31:43	01:37:14	01:53:15	02:07:29	02:22:04	02:35:57	02:59:02	03:16:37
145	120	German Moreza Doforno		03:16:37	03:16:33	Máster 5	3	M	140	CLUB DEPORTIVO PINARIUM	Marín	00:12:32	00:25:03	00:45:40	00:59:33	01:13:49	01:27:40	01:33:36	01:50:05	02:05:02	02:20:21	02:34:55	02:58:32	03:16:37
146	243	Héctor Cajaville Araújo		03:16:46	03:16:37	Máster 2	47	M	141		Santiago De Compostela	00:13:25	00:27:13	00:49:40	01:04:20	01:18:54	01:32:38	01:38:29	01:54:30	02:08:57	02:23:14	02:36:25	02:58:27	03:16:46
147	331	Luis Felipe Mariño Paracuellos		03:16:49	03:16:38	Máster 1	32	M	142		Carballo	00:13:13	00:26:05	00:46:51	01:00:50	01:14:47	01:28:03	01:33:44	01:49:35	02:04:16	02:19:23	02:33:25	02:56:38	03:16:49
148	323	Carlos Pavia Soto		03:16:53	03:16:41	Máster 3	18	M	143		Gijón	00:13:30	00:27:04	00:49:41	01:04:17	01:19:09	01:33:07	01:39:10	01:55:30	02:10:18	02:25:11	02:39:07	03:00:51	03:16:53
149	267	Jose Manuel López Bellas		03:17:02	03:16:55	Máster 3	19	M	144		Lugo	00:12:56	00:25:55	00:46:54	01:00:55	01:15:06	01:28:34	01:34:17	01:50:25	02:04:52	02:19:49	02:34:21	02:57:55	03:17:02
150	224	Antonio Baamonde Sande		03:17:06	03:16:50	Máster 2	48	M	145	Nosportlimit	A Coruña	00:13:30	00:26:36	00:48:15	01:02:47	01:17:09	01:30:33	01:36:30	01:52:36	02:07:13	02:22:14	02:36:40	03:00:22	03:17:06
151	131	Byron Reino		03:17:19	03:17:16	Máster 3	20	M	146		A Coruña	00:11:59	00:24:28	00:45:16	00:59:01	01:14:05	01:27:34	01:33:04	01:49:49	02:04:16	02:19:47	02:34:37	02:59:10	03:17:19
152	4	Mateo Rojo Garrido		03:17:40	03:17:35	Máster 3	3	F	6			00:12:26	00:25:22	00:46:41	01:00:57	01:15:31	01:29:02	01:34:30	01:50:18	02:04:58	02:20:06	02:34:36	02:59:27	03:17:40
153	78	Mauro Antonio Fernández Álvarez		03:17:57	03:17:51	Senior	27	M	147		Oleiros	00:11:24	00:23:05	00:42:25	00:55:44	01:08:56	01:21:38	01:27:03	01:42:39	01:57:29	02:12:31	02:29:18	02:56:59	03:17:57
154	302	Manuel Domínguez De La Fuente		03:18:15	03:17:54	Máster 2	49	M	148	GRUPOCUEVAS-NOGUEIRATRAIL	Ourense	00:13:34	00:27:12	00:49:15	01:03:50	01:18:19	01:31:55	01:37:46	01:53:52	02:08:25	02:22:53	02:36:54	03:00:19	03:18:15
155	740	Juan Jose Castedo Alonso	GA769174	03:18:20	03:18:04	Máster 2	50	M	149	Club Hercules Termaria	Campionato	00:13:21	00:26:40	00:48:19	01:03:04	01:17:22	01:30:52	01:36:35	01:52:57	02:07:32	02:22:42	02:37:19	03:00:37	03:18:20
156	233	Pedro Sanchez Ingelmo		03:18:38	03:18:30	Máster 2	51	M	150		Ponferrada	00:13:26	00:26:41	00:48:21	01:03:02	01:17:24	01:30:58	01:36:51	01:53:05	02:07:50	02:22:48	02:37:02	03:00:17	03:18:38
157	280	Fernando Vazquez Ares		03:18:45	03:18:38	Máster 2	52	M	151	ATLETAS DE ACE DE AMA	Cambre	00:12:07	00:24:31	00:44:37	00:58:02	01:11:29	01:24:00	01:29:26	01:45:27	02:00:56	02:16:42	02:33:51	02:59:24	03:18:45
158	748	Jose Javier Fernandez Ramos	AG2024035	03:18:54	03:18:39	Máster 4	16	M	152	CLUB ATLETISMO SADA	Campionato	00:13:27	00:27:09	00:49:25	01:04:00	01:18:27	01:31:45	01:37:54	01:54:29	02:09:28	02:24:53	02:39:07	03:01:45	03:18:54
159	258	Fabian Blanco Meréndez		03:19:03	03:18:50	Máster 2	53	M	153	C D ESPORTATE BIKILA	Avilés	00:13:32	00:27:08	00:49:39	01:04:22	01:19:08	01:33:12	01:39:12	01:55:28	02:10:21	02:25:12	02:38:46	03:01:16	03:19:03
160	726	Alejandro Fernández Ramos		03:19:10	03:18:55	Máster 2	54	M	154		Culleredo	00:13:28	00:27:11	00:49:36	01:04:20	01:19:08	01:33:10	01:39:09	01:55:27	02:10:15	02:25:09	02:39:27	03:02:25	03:19:10
161	283	Eusebio Iglesias Soler		03:19:11	03:18:59	Máster 3	21	M	155		Culleredo	00:13:48	00:27:15	00:49:28	01:04:06	01:18:18	01:31:43	01:37:30	01:53:26	02:07:43	02:22:12	02:36:17	03:00:30	03:19:11
162	252	Modesto Cid Perez		03:19:17	03:19:14	Máster 2	55	M	156	Espartanos Ourenseanos	Ourense	00:12:21	00:25:05	00:46:14	01:00:12	01:14:01	01:26:56	01:32:33	01:48:13	02:02:47	02:17:31	02:33:17	02:59:08	03:19:17
163	300	José Luis Espurios Espinosa		03:19:20	03:19:04	Máster 3	22	M	157	KITROCK RUNNER	Valladolid	00:13:18	00:26:45	00:48:46	01:03:29	01:17:53	01:31:24	01:37:19	01:53:37	02:08:33	02:23:40	02:37:58	03:01:28	03:19:20
164	324	Antonio Lois Perez	AG763632	03:19:22	03:19:11	Máster 5	4	M	158	MARINEDA ATLETICO	Campionato	00:13:35	00:27:16	00:49:40	01:04:24	01:19:08	01:33:15	01:39:14	01:55:29	02:10:19	02:25:11	02:39:09	03:02:22	03:19:22
165	231	Jose Luis Barrio Diaz		03:19:41	03:19:32	Máster 3	23	M	159	clube atletismo villalba	Vilalba	00:13:06	00:26:41	00:48:45	01:03:11	01:17:53	01:31:25	01:37:20	01:53:50	02:09:05	02:24:33	02:39:07	03:02:22	03:19:41
166	402	Jose Miguel Fernandez Cruz		03:20:00	03:19:47	Senior	28	M	160	ATLETISMO PORRIÑO	Salceda De Caselas	00:13:18	00:26:42	00:48:21	01:02:38	01:16:51	01:30:28	01:36:18	01:52:43	02:07:46	02:23:11	02:37:47	03:01:32	03:20:00
167	735	Roberto Blanco Fariñas	AG2024222	03:20:09	03:20:06	Sub 23	3	M	161	CORREDORES DO MIÑO	Campionato	00:13:00	00:25:59	00:47:15	01:01:24	01:15:38	01:28:50	01:34:39	01:50:29	02:05:19	02:21:02	02:36:42	03:02:15	03:20:09
168	261	David Rodriguez Campos		03:20:12	03:19:52	Máster 1	33	M	162	ATLETISMO RIAZOR CORUÑA	Betanzos	00:13:47	00:27:15	00:49:39	01:04:21	01:19:08	01:33:18	01:39:13	01:55:39	02:10:26	02:25:42	02:40:25	03:03:57	03:20:12
169	3	Elena Sánchez-barbudo Miranda		03:20:13	03:20:09	Máster 2	2	F	7	KITROC RUNNER	Valladolid	00:12:53	00:26:08	00:48:06	01:02:46	01:16:55	01:30:20	01:36:08	01:52:34	02:07:29	02:23:05	02:37:42	03:01:32	03:20:13
170	68	David Franco Antolin		03:20:13	03:20:09	Máster 3	24	M	163	KITROC RUNNER	Valoria La Buena	00:12:52	00:26:08	00:48:06	01:02:42	01:16:54	01:30:18	01:36:06	01:52:34	02:07:27	02:23:03	02:37:41	03:01:31	03:20:13
171	341	Juan Carlos Bergondo Brandariz		03:20:25	03:20:06	Máster 4	17	M	164	RUNNING OLEIROS	Oleiros	00:13:36	00:27:10	00:49:08	01:03:30	01:18:10	01:31:34	01:37:17	01:53:35	02:08:23	02:23:27	02:38:01	03:01:59	03:20:25
172	285	Eulogio Aldariz Quintela		03:20:35	03:20:17	Máster 1	34	M	165		Santiago De Compostela	00:13:31	00:27:14	00:49:41	01:04:18	01:19:09	01:33:17	0						

192	277	David Lopez Sanchez		03:22:56	03:22:39	Máster 2	62	M	184		Santiago De Compostela	00:13:29	00:27:13	00:49:38	01:04:10	01:18:37	01:32:05	01:37:48	01:53:52	02:08:32	02:23:27	02:37:35	03:02:04	03:22:56
193	225	Jose Luis Santoso Freire		03:23:10	03:22:44	Máster 2	63	M	185	Tranvías Coruña	Arteixo	00:13:59	00:26:52	00:48:10	01:02:18	01:16:36	01:29:51	01:35:31	01:51:43	02:06:52	02:22:40	02:37:34	03:02:30	03:23:10
194	175	Alberto Castro Sanchez		03:23:11	03:23:05	Máster 1	36	M	186	ATLETAS DE ACEA DE AMA	Culleredo	00:12:08	00:24:31	00:44:36	00:58:02	01:11:28	01:23:48	01:29:23	01:44:20	01:57:59	02:14:21	02:29:21	03:02:03	03:23:11
195	198	Jose Manuel Fernandez Mendez	AG2019156	03:23:12	03:23:08	Máster 2	64	M	187	CORREDORES DO MIÑO	Campionato	00:11:38	00:23:49	00:44:06	00:57:47	01:11:51	01:24:49	01:30:33	01:46:47	02:01:52	02:18:26	02:34:23	03:03:48	03:23:12
196	228	Carlos Gastrillon Crespo		03:23:22	03:23:10	Máster 3	28	M	188		A Coruña	00:13:37	00:27:29	00:50:07	01:05:04	01:19:53	01:34:02	01:40:12	01:57:01	02:12:16	02:27:38	02:42:10	03:05:59	03:23:22
197	303	Gonzalo Couceiro Sanchez		03:23:24	03:23:12	Máster 4	21	M	189		A Coruña	00:13:34	00:27:18	00:49:41	01:04:18	01:19:06	01:33:13	01:39:13	01:55:30	02:10:19	02:25:48	02:40:39	03:04:55	03:23:24
198	256	David Rodríguez Hierro		03:23:39	03:23:22	Senior	32	M	190		A Coruña	00:14:32	00:28:18	00:51:12	01:06:26	01:21:30	01:35:41	01:41:55	01:59:11	02:13:59	02:28:25	02:42:14	03:05:19	03:23:39
199	459	Jesús Enrique Rey Souto	AG764362	03:23:54	03:23:32	Máster 3	29	M	191	CLUBE ATLETISMO BOIMORTO	Campionato	00:14:37	00:28:35	00:51:01	01:05:58	01:20:41	01:34:30	01:40:37	01:57:24	02:12:24	02:27:31	02:42:07	03:06:02	03:23:54
200	332	José Manuel Peteiro Lozano	AG2021459	03:24:10	03:24:04	Máster 4	22	M	192	RUNNING OLEIROS	Campionato	00:13:00	00:26:11	00:48:19	01:02:52	01:17:18	01:30:40	01:36:23	01:52:42	02:07:25	02:23:09	02:39:15	03:03:48	03:24:10
201	336	Juan Loureiro		03:24:31	03:24:04	Máster 3	30	M	193	compañía de tranvías	A Coruña	00:14:09	00:27:20	00:48:42	01:02:37	01:16:36	01:29:42	01:35:36	01:51:43	02:06:48	02:23:10	02:38:57	03:07:02	03:24:31
202	376	Roberto Lopez Sierra		03:24:58	03:24:32	Máster 2	65	M	194		Bembibre	00:13:35	00:27:14	00:49:42	01:04:27	01:19:09	01:33:19	01:39:13	01:55:31	02:10:23	02:25:17	02:39:33	03:04:36	03:24:58
203	363	Roberto Rey López		03:25:24	03:25:00	Senior	33	M	195		A Coruña	00:14:49	00:29:10	00:52:57	01:08:22	01:23:37	01:37:51	01:44:03	02:00:51	02:15:51	02:30:46	02:44:58	03:08:00	03:25:24
204	797	Lino Vazquez Gonzalez	AG2025135	03:25:34	03:25:09	Máster 2	66	M	196	CORREDORES DO MIÑO	Campionato	00:13:06	00:26:00	00:47:16	01:01:25	01:15:38	01:28:50	01:34:40	01:50:37	02:06:15	02:22:24	02:38:01	03:04:48	03:25:34
205	223	Ramon Antonio Varela Miguez		03:25:36	03:25:19	Máster 5	6	M	197		A Coruña	00:14:24	00:28:08	00:51:02	01:06:17	01:21:25	01:35:39	01:41:47	01:58:49	02:13:59	02:29:23	02:43:52	03:07:59	03:25:36
206	466	Francisco Conde Cid	AG2018259	03:25:37	03:25:23	Máster 4	23	M	198	Atletismo Porrino	Campionato	00:13:31	00:27:01	00:48:57	01:03:38	01:18:10	01:32:09	01:38:12	01:55:08	02:10:52	02:26:34	02:41:45	03:06:22	03:25:37
207	245	Emilio Fernandez Sorribas		03:25:40	03:25:26	Máster 3	31	M	199		Ourense	00:14:28	00:28:38	00:52:08	01:07:26	01:22:48	01:36:59	01:43:26	02:00:22	02:15:38	02:30:43	02:44:52	03:08:26	03:25:40
208	255	Sinesio Novo Fernandez		03:25:41	03:25:31	Máster 2	67	M	200		Ourense	00:12:51	00:26:04	00:47:18	01:01:31	01:15:40	01:29:01	01:34:56	01:52:48	02:10:19	02:25:40	02:41:31	03:07:02	03:25:41
209	388	Fernando José Barahona Martínez		03:25:42	03:25:17	Máster 2	68	M	201	MILER RUNNING CLUB	Sanxenxo	00:14:49	00:29:10	00:53:00	01:08:38	01:23:50	01:38:13	01:44:18	02:01:23	02:16:37	02:31:20	02:45:13	03:08:00	03:25:42
210	164	Francisco Soto García		03:25:46	03:25:36	Máster 6	2	M	202		A Coruña	00:13:55	00:28:00	00:51:01	01:06:20	01:21:24	01:35:36	01:41:45	01:58:48	02:13:55	02:29:20	02:43:50	03:07:59	03:25:46
211	229	Javier Estévez Rama		03:25:47	03:25:28	Máster 1	37	M	203	Kurai	A Coruña	00:14:18	00:28:01	00:51:02	01:06:15	01:21:25	01:35:40	01:41:45	01:58:49	02:13:58	02:29:22	02:43:52	03:08:00	03:25:47
212	114	Alejandro Vicente Rodríguez		03:25:54	03:25:47	Senior	34	M	204		Segovia	00:12:03	00:24:28	00:44:32	00:57:44	01:11:06	01:24:06	01:29:44	01:45:58	02:01:22	02:18:04	02:35:11	03:04:01	03:25:54
213	299	Juan Manuel Tábara Rodríguez		03:25:57	03:25:49	Máster 5	7	M	205	ATLETAS DE ACEA DE AMA	A Coruña	00:13:29	00:27:08	00:49:37	01:04:20	01:19:07	01:33:14	01:39:09	01:55:28	02:10:17	02:26:03	02:41:33	03:07:03	03:25:57
214	329	Miguel Angel Fernandez Novoa	AG765456	03:26:07	03:25:57	Máster 4	24	M	206	MARINEDA ATLETICO	Campionato	00:13:05	00:26:09	00:48:08	01:02:50	01:17:39	01:31:46	01:37:52	01:55:01	02:10:15	02:25:19	02:40:07	03:06:19	03:26:07
215	287	Jorge Correa Cagiao		03:26:08	03:25:58	Máster 3	32	M	207	CLUB DEPORTIVO JIMBARAN	Lugo	00:14:01	00:27:58	00:50:50	01:05:55	01:21:17	01:35:43	01:41:52	01:58:46	02:13:59	02:29:27	02:44:05	03:07:45	03:26:08
216	335	Ricky Martinez Haynes		03:26:16	03:25:43	Máster 3	33	M	208		Ames	00:14:59	00:28:50	00:51:18	01:05:48	01:20:19	01:33:47	01:39:38	01:55:56	02:10:49	02:26:17	02:40:58	03:06:13	03:26:16
217	290	Juanma Cardaba Herquedas		03:26:27	03:26:00	Máster 2	69	M	209		Bahabón	00:14:26	00:28:30	00:51:54	01:07:12	01:22:23	01:36:29	01:42:57	02:00:14	02:15:36	02:30:54	02:45:23	03:09:22	03:26:27
218	294	José Luis Fernández Amaya		03:26:33	03:26:20	Senior	35	M	210		Cádiz	00:13:30	00:26:29	00:48:17	01:02:40	01:16:55	01:30:14	01:36:09	01:52:12	02:06:51	02:22:52	02:38:30	03:04:52	03:26:33
219	266	Angel Cabana Perez		03:26:48	03:26:35	Máster 2	70	M	211	INDEPENDIENTE	Oleiros	00:13:42	00:27:14	00:49:24	01:04:00	01:18:14	01:31:44	01:37:35	01:53:47	02:08:29	02:23:26	02:38:51	03:06:12	03:26:48
220	358	Iván Seoane Diaz		03:26:52	03:26:29	Máster 1	38	M	212		A Coruña	00:14:50	00:29:12	00:53:00	01:08:40	01:24:04	01:38:46	01:45:11	02:02:30	02:17:50	02:32:52	02:46:50	03:09:26	03:26:52
221	338	José Manuel Seoane Chas		03:26:59	03:26:36	Máster 5	8	M	213		Cambre	00:14:46	00:29:10	00:52:53	01:08:15	01:23:51	01:38:35	01:44:53	02:03:05			02:39:36	03:06:08	03:26:59
222	391	Ruben Sanchez Vazquez		03:27:05	03:26:47	Máster 1	39	M	214	Nosportlimit	Culleredo	00:14:47	00:29:08	00:52:57	01:08:33	01:23:59	01:38:26	01:44:50	02:02:10	02:17:24	02:32:37	02:46:54	03:10:13	03:27:05
223	356	Jesús Couso Garcia		03:27:14	03:26:57	Máster 1	40	M	215	CLUB ATLETISMO NEGREIRA	Negreira	00:14:04	00:28:19	00:51:33	01:06:59	01:22:06	01:36:27	01:42:36	01:59:57	02:15:17	02:30:25	02:44:53	03:08:16	03:27:14
224	401	Resstituto Simón Lago		03:27:17	03:27:01	Máster 1	41	M	216		Ferrol	00:14:23	00:28:45	00:51:25	01:06:39	01:21:46	01:35:58	01:42:06	01:58:49	02:13:55	02:29:33	02:44:32	03:08:52	03:27:17
225	265	Alberto Garcia González		03:27:18	03:27:07	Máster 2	71	M	217		Viveiro	00:13:48	00:27:58	00:50:47	01:05:51	01:20:44	01:34:47	01:40:52	01:57:29	02:12:28	02:27:36	02:42:18	03:07:17	03:27:18
226	237	Luis Vence		03:27:29	03:27:21	Máster 3	34	M	218		Pobra Do Brollón, A	00:12:44	00:25:44	00:46:42	01:00:29	01:14:37	01:28:10	01:34:05	01:50:59	02:07:13	02:22:40	02:39:06	03:05:47	03:27:29
227	462	Carlos Amor Gomez	AG2017673	03:27:31	03:27:20	Máster 3	35	M	219	CLUB ATLETISMO SADA	Campionato	00:13:02	00:26:29	00:48:20	01:02:49	01:17:28	01:31:13	01:37:04	01:53:36	02:08:38	02:24:17	02:39:30	03:06:11	03:27:31
228	127	Antonio Franco		03:27:35	03:27:20	Máster 3	36	M	220		Porto	00:13:59	00:27:30	00:49:42	01:04:17	01:19:08	01:33:19	01:39:11	01:55:50	02:11:24	02:27:38	02:43:23	03:08:05	03:27:35
229	186	Julio Rodríguez García		03:27:37	03:27:15	Máster 3	37	M	221	ATLETISMO FONTES DO SAR	Xinzo De Limia	00:14:41	00:29:07	00:53:01	01:08:42	01:24:02	01:38:49	01:45:15	02:02:29	02:17:52	02:33:24	02:47:58	03:11:32	03:27:37
230	268	Gonzalo Ortiz Alonso		03:27:45	03:27:29	Máster 2	72	M	222	Nosportlimit	A Coruña	00:14:34	00:28:40	00:52:28	01:07:42	01:22:57	01:37:16	01:43:27	02:00:18	02:15:54	02:31:36	02:46:22	03:10:13	03:27:45
231	728	Xosé Lois Alonso Vázquez	AG2021288	03:27:52	03:27:37	Máster 1	42	M	223	AD Limiactiva	Campionato	00:14:29	00:28:48	00:52:09	01:07:31	01:22:44	01:37:10	01:43:25	02:00:21	02:15:43	02:30:47	02:45:03	03:09:23	03:27:52
232	737	David Boleas Ramón	GA769001	03:27:57	03:27:31	Máster 4	25	M	224	CAR Marisqueiro	Campionato	00:14:54	00:29:10	00:52:58	01:08:33	01:24:01	01:38:33	01:44:53	02:02:21	02:17:54	02:33:03	02:47:19	03:10:30	03:27:57
233	393	Francisco Cespon Outada		03:28:12	03:27:48	Máster 3	38	M	225	pontevedrunners	Poio	00:14:30	00:28:42	00:51:59	01:07:15	01:22:19	01:36:14	01:42:19	01:59:46	02:14:39	02:29:54	02:44:43	03:09:25	03:28:12
234	365	Rafa Perez Cerda		03:28:21	03:27:58	Máster 3	39	M	226		Bilbao	00:14:16	00:28:03	00:50:49	01:05:50	01:20:44	01:34:46	01:40:52	01:57:30	02:12:38	02:28:28	02:43:52	03:09:12	03:28:21
235	182	Jose González Martínez		03:28:41	03:28:36	Máster 2	73	M	227	C.A. Cambados y seguros noval	Sanxenxo	00:12:30	00:25:29	00:47:00	01:01:31	01:15:42	01:29:16	01:35:17	01:52:05	02:07:27	02:23:38	02:39:10	03:05:14	03:28:41
236	497	Miguel Diaz Dominguez		03:28:48	03:28:24	Senior	36	M	228	CORREDORES DO MIÑO	Ourense	00:14:02	00:28:03	00:50:48	01:05:48	01:20:43	01:34:47	01:40:47	01:57:44	02:13:20	02:29:18	02:44:17	03:09:26	

256	448	David Nemiña Martínez		03:29:56	03:29:32	Máster 1	46	M	247		Oleiros	00:14:47	00:29:08	00:52:47	01:08:09	01:23:32	01:37:56	01:44:12	02:01:30	02:17:06	02:32:53	02:47:40	03:11:36	03:29:56
257	540	Alberto Sánchez Rodríguez		03:30:02	03:29:38	Senior	40	M	248		Pontes De Garcia Rodríguez, As	00:14:48	00:29:06	00:52:54	01:08:19	01:23:41	01:38:05	01:44:17	02:01:22	02:17:02	02:32:58	02:47:30	03:11:28	03:30:02
258	219	Diego Rojo Garrido	AG2021956	03:30:04	03:29:59	Máster 3	45	M	249		C.A. BERTAMIRANS	00:12:23	00:25:22	00:46:40	01:00:59	01:15:31	01:29:07	01:35:21	01:53:33	02:10:22	02:26:17	02:42:56	03:09:21	03:30:04
259	474	Francisco Xabier Rodriguez Campos	AG767290	03:30:06	03:29:46	Máster 1	47	M	250		CORUÑA COMARCA	00:14:46	00:29:03	00:52:56	01:08:35	01:24:01	01:38:41	01:45:08	02:02:27	02:17:46	02:33:25	02:47:54	03:11:32	03:30:06
260	473	Celso Blanco García		03:30:38	03:30:14	Máster 2	81	M	251		CLUB HERCULES	00:15:04	00:29:25	00:52:59	01:08:25	01:23:48	01:38:23	01:44:45	02:02:12	02:18:09	02:34:12	02:49:08	03:12:48	03:30:38
261	396	Stefano Peraldini		03:30:42	03:30:21	Máster 1	48	M	252		Esanatoglia	00:14:45	00:28:54	00:52:59	01:08:33	01:24:03	01:38:31	01:45:04	02:02:33	02:17:59	02:33:34	02:48:09	03:12:26	03:30:42
262	354	Juan Luces Fombona		03:30:47	03:30:26	Máster 3	46	M	253		Corre que te pillo	00:14:21	00:28:18	00:51:01	01:06:21	01:21:32	01:35:55	01:42:03	01:59:28	02:15:52	02:31:53	02:46:57	03:11:37	03:30:47
263	407	Miguel Angal Mosquera Rodriguez		03:31:00	03:30:49	Máster 1	49	M	254		Corvera De Asturias	00:13:40	00:27:30	00:50:18	01:05:21	01:20:20	01:34:31	01:40:43	01:57:49	02:13:18	02:28:44	02:43:46	03:09:22	03:31:00
264	381	Juan Patiño Varela		03:31:02	03:30:44	Máster 3	47	M	255		Nosportlimit	00:14:43	00:28:55	00:52:57	01:08:36	01:24:03	01:38:34	01:45:08	02:02:29	02:17:51	02:33:25	02:47:49	03:12:03	03:31:02
265	271	Hector Souto Perez		03:31:08	03:30:57	Máster 2	82	M	256		DT1 TEAM	00:14:00	00:28:03	00:51:05	01:06:16	01:21:27	01:35:44	01:41:56	01:59:03	02:14:33	02:30:26	02:45:43	03:11:38	03:31:08
266	744	Pablo Antonio Dopazo Reguerio	AG767894	03:31:10	03:30:43	Senior	41	M	257		MARINEDA ATLETICO	00:15:41	00:31:19	00:56:20	01:12:46	01:28:21	01:42:57	01:49:22	02:06:29	02:21:26	02:36:11	02:50:10	03:13:43	03:31:10
267	461	José Vazquez Fernandez	AG2020003	03:31:16	03:31:01	Máster 3	48	M	258		PATO BLANCO DE CELANOVA	00:14:29	00:28:48	00:52:08	01:07:30	01:22:49	01:37:07	01:43:28	02:00:22	02:15:40	02:31:09	02:46:15	03:11:31	03:31:16
268	738	Carlos Capa Castiñeiras	AG2025558	03:31:22	03:31:20	Máster 3	49	M	259		CLUB DEPORTIVO PINARIUM	00:12:04	00:24:54	00:46:27	01:01:03	01:16:09	01:31:01	01:37:26	01:55:33	02:11:35	02:28:22	02:44:08	03:11:08	03:31:22
269	717	Vicente Macian Morro		03:31:37	03:30:59	Máster 2	83	M	260		Zaragoza	00:14:51	00:28:37	00:51:57	01:07:22	01:22:40	01:37:02	01:43:29	02:00:51	02:16:37	02:32:30	02:47:33	03:12:24	03:31:37
270	475	Jesus Luis Ramos Rodriguez	AG2022293	03:31:40	03:31:18	Máster 4	26	M	261		A.D. DOWNHILL	00:14:47	00:29:04	00:52:54	01:08:16	01:23:51	01:38:39	01:44:57	02:02:29	02:17:53	02:33:49	02:48:51	03:13:19	03:31:40
271	59	Natalia Garcia Sanchez	GA769054	03:31:40	03:31:20	Máster 2	4	F	10		CLUB ATLETISMO SADA	00:14:44	00:29:03	00:52:55	01:08:34	01:24:01	01:38:31	01:44:59	02:02:27	02:17:51	02:33:25	02:47:59	03:12:27	03:31:40
272	585	Alejandro Verdes		03:31:45	03:31:21	Senior	42	M	262		A Coruña	00:14:58	00:29:32	00:53:01	01:08:32	01:24:00	01:38:30	01:45:06	02:02:30	02:17:55	02:33:21	02:47:59	03:12:32	03:31:45
273	374	Enrique Antonio Lago Neira		03:31:45	03:31:29	Máster 2	84	M	263		MARRANERS-EN BOAS MANS	00:14:37	00:29:01	00:52:55	01:08:41	01:24:04	01:38:46	01:45:13	02:02:32	02:18:02	02:33:27	02:48:01	03:12:10	03:31:45
274	418	Anton Garcia Perez		03:31:59	03:31:32	Máster 2	85	M	264		Tranvias de la Coruña	00:14:56	00:29:23	00:53:26	01:08:59	01:24:22	01:38:48	01:45:10	02:02:50	02:18:46	02:34:35	02:49:14	03:13:49	03:31:59
275	672	Adan Martinez Fernandez		03:32:16	03:31:55	Senior	43	M	265		ARTROGAL TRI-498	00:14:44	00:28:55	00:52:56	01:08:34	01:24:01	01:38:32	01:45:07	02:02:28	02:17:51	02:33:25	02:47:58	03:12:50	03:32:16
276	470	Dritan Hasani		03:32:45	03:32:26	Máster 2	86	M	266		8590 Romanshorn	00:14:15	00:28:29	00:51:12	01:06:19	01:21:28	01:35:32	01:41:36	01:58:37	02:14:15	02:30:32	02:46:25	03:12:02	03:32:45
277	494	Carlos Alvarez Paredes		03:32:52	03:32:27	Máster 2	87	M	267		sin club	00:14:31	00:28:03	00:50:08	01:04:27	01:19:09	01:33:12	01:39:11	01:55:26	02:10:20	02:25:10	02:39:48	03:09:22	03:32:52
278	67	Miguel Martinez Basurco		03:33:01	03:32:45	Máster 3	50	M	268		Villafranca Del Bierzo	00:13:31	00:27:00	00:49:38	01:04:22	01:19:08	01:33:05	01:39:11	01:55:32	02:10:15	02:26:01	02:42:15	03:10:51	03:33:01
279	344	Guillermo Concheiro Fernández		03:33:06	03:32:26	Máster 5	9	M	269		Carral	00:15:05	00:29:11	00:52:32	01:08:00	01:23:31	01:37:56	01:44:09	02:01:19	02:17:07	02:33:00	02:47:55	03:13:10	03:33:06
280	269	Iván Otero Cerveró		03:33:07	03:32:55	Máster 2	88	M	270		A Coruña	00:13:31	00:27:12	00:49:38	01:04:16	01:18:52	01:33:13	01:39:11	01:55:28	02:10:24	02:25:37	02:40:45	03:08:51	03:33:07
281	351	Claudio Fernández Miguélez		03:33:10	03:32:45	Máster 1	50	M	271		Bembibre	00:14:48	00:29:09	00:52:57	01:08:40	01:24:02	01:38:45	01:45:11	02:02:29	02:17:53	02:33:25	02:48:07	03:12:48	03:33:10
282	181	Alfredo Garcia Balboa		03:33:11	03:32:51	Senior	44	M	272		Corbelo Team	00:14:11	00:27:18	00:49:37	01:04:19	01:19:05	01:32:55	01:38:54	01:55:24	02:10:40	02:26:39	02:42:58	03:11:30	03:33:11
283	2	Begoña Feijoo Sanchez		03:33:14	03:33:05	Máster 2	5	F	11		A.D. ATLETISMO ARTUNDUAGA DE BASAURI	00:14:00	00:28:23	00:51:39	01:07:01	01:22:20	01:36:53	01:43:00	02:00:15	02:16:09	02:32:26	02:47:51	03:13:27	03:33:14
284	742	Fco. Javier Correa Piñeiro	AG2018913	03:33:14	03:33:04	Máster 4	27	M	273		ATLETAS DE ACEA DE AMA	00:14:03	00:28:24	00:51:38	01:07:00	01:22:20	01:36:50	01:43:00	02:00:15	02:16:08	02:32:26	02:47:52	03:13:26	03:33:14
285	346	Jose Luis Mujeriego Gomez		03:33:19	03:33:05	Máster 3	51	M	274		Vigo	00:13:32	00:26:43	00:48:18	01:02:54	01:17:34	01:31:27	01:37:30	01:54:27	02:11:23	02:27:00	02:44:23	03:13:35	03:33:19
286	395	Alberto Pérez Murado		03:33:20	03:33:04	Máster 1	51	M	275		Club Hércules Termaria	00:14:13	00:28:31	00:51:25	01:06:51	01:22:04	01:36:25	01:42:34	02:00:15	02:15:47	02:31:36	02:46:56	03:12:29	03:33:20
287	676	Santiago Calvo Vituro	AG2022549	03:33:27	03:33:22	Senior	45	M	276		SOCIEDADE DEPORTIVA BARBANTA RODA	00:12:05	00:24:30	00:44:37	00:58:02	01:11:17	01:23:46	01:29:19	01:45:20	02:00:50	02:26:29	02:42:04	03:11:19	03:33:27
288	377	David Acededo Edeira		03:33:28	03:33:17	Senior	46	M	277		A Coruña	00:13:33	00:27:24	00:50:10	01:05:46	01:21:01	01:35:15	01:41:22	01:58:25	02:13:44	02:30:00	02:46:13	03:13:38	03:33:28
289	80	Juan Carlos Gómez Edeira		03:33:28	03:33:23	Máster 1	52	M	278		3&RUN BY PEDRO NIMO CLUB DE CORREDORES	00:12:02	00:24:23	00:44:36	00:57:52	01:10:49	01:22:59	01:28:16	01:58:24	02:13:45	02:29:59	02:46:14	03:13:37	03:33:28
290	394	Manuel Puente Veiga		03:33:31	03:33:15	Máster 2	89	M	279		SOLORUNNERS CORUÑA	00:14:37	00:28:57	00:52:35	01:08:20	01:23:39	01:38:01	01:44:14	02:01:33	02:17:07	02:32:32	02:47:12	03:12:13	03:33:31
291	514	Ibán Mariño Villar		03:33:34	03:33:10	Máster 2	90	M	280		A Coruña	00:14:24	00:28:16	00:51:01	01:06:17	01:21:31	01:35:51	01:42:02	01:59:27	02:15:51	02:31:53	02:46:59	03:12:47	03:33:34
292	472	Ramiro Pérez Garcia		03:33:41	03:33:22	Máster 5	10	M	281		Colegio Virgen del Carmen de Toledo	00:14:49	00:29:33	00:54:11	01:10:40	01:26:59	01:42:01	01:48:27	02:06:51	02:22:57	02:39:07	02:54:05	03:17:15	03:33:41
293	415	Jose Manuel Santos Garcia		03:33:42	03:33:19	Máster 5	11	M	282		Ribeira	00:14:48	00:29:07	00:52:40	01:08:10	01:23:50	01:38:15	01:44:32	02:02:11	02:17:57	02:33:24	02:47:58	03:13:06	03:33:42
294	517	Jose Manuel Otero Lopez		03:33:46	03:33:27	Máster 4	28	M	283		Santiago De Compostela	00:14:40	00:29:10	00:52:42	01:08:23	01:24:04	01:38:42	01:45:01	02:02:24	02:17:57	02:33:41	02:48:26	03:13:43	03:33:46
295	478	Manuel Rafael Perez Gonzalez	AG764299	03:34:02	03:33:49	Máster 3	52	M	284		ESPRINTS OURENSE	00:14:01	00:28:03	00:51:05	01:06:23	01:21:26	01:35:44	01:41:55	01:59:09	02:14:57	02:31:17	02:47:00	03:13:17	03:34:02
296	226	Daniel Ledo Neira		03:34:02	03:33:36	Máster 2	91	M	285		A Coruña	00:14:08	00:27:28	00:48:41	01:02:33	01:16:36	01:29:50	01:35:32	01:51:41	02:06:44	02:23:10	02:39:05	03:07:01	03:34:02
297	301	Raul Hoyuelos		03:34:21	03:34:13	Máster 3	53	M	286		HERMANDAD RUNNER CLUB	00:12:45	00:25:57	00:47:21	01:01:27	01:16:04	01:30:25	01:36:43	01:55:00	02:11:31	02:28:45	02:45:22	03:13:36	03:34:21
298	479	Costoya Francisco Javier Seoane	AG2020291	03:34:24	03:33:58	Máster 2	92	M	287		CAR Marisqueiro	00:14:53	00:29:10	00:52:56	01:08:36	01:24:01	01:38:34	01:44:54	02:02:22	02:17:55	02:33:28	02:48:20	03:14:17	03:34:24
299	387	Xosé Mario Rey Molano		03:34:25	03:33:59	Senior	47	M	288		Estrada, A	00:14:49	00:29:10	00:53:07	01:08:43	01:24:48	01:39:42	01:45:49	02:03:19	02:19:16	02:35:16	02:50:29	03:15:32	03:34:25
300	246	Néstor Fernández Sainz-maza		03:34:46	03:34:35	Máster 1	53	M	289		C.A. BARAKALDO	00:13:32	00:27:12	00:49:25	01:03:56	01:18:57	01:33:36	01:39:54	01:57:54	02:14:32	02:31:45	02:4		

320	729	Iván Álvarez Pérez	AG2024181	03:36:38	03:36:22	Senior	50	M	307	AD Limíactiva	Campionato	00:14:32	00:28:49	00:52:09	01:07:30	01:22:52	01:37:21	01:43:35	02:01:11	02:18:03	02:34:07	02:49:15	03:15:04	03:36:38
321	528	Felipe Gómez Morgade		03:36:38	03:36:15	Máster 1	56	M	308		Castrelo Do Val	00:14:30	00:29:04	00:52:57	01:08:41	01:24:05	01:38:46	01:45:13	02:02:38	02:18:34	02:34:33	02:50:05	03:16:37	03:36:38
322	435	Julian Maria Caballero Torres		03:36:51	03:36:38	Máster 1	57	M	309		Batres	00:13:53	00:28:07	00:51:11	01:06:50	01:22:19	01:36:49	01:43:06	02:00:59	02:17:28	02:34:05	02:49:49	03:16:14	03:36:51
323	477	Oscar Ramos Del Alamo		03:36:55	03:36:32	Máster 3	58	M	310		Torrejón De Ardoz	00:14:22	00:28:41	00:51:54	01:07:18	01:22:45	01:37:24	01:43:55	02:01:30	02:17:55	02:34:01	02:49:32	03:15:44	03:36:55
324	234	Alberto García González		03:36:59	03:36:54	Senior	51	M	311	CHEMO CHALLENGE	Alcalá De Henares	00:12:52	00:25:44	00:47:00	01:00:59	01:15:05	01:28:33	01:34:19	01:50:36	02:06:09	02:24:50	02:43:54	03:13:13	03:36:59
325	14	Mate Santos Zapatero		03:37:03	03:36:58	Máster 4	1	F	14	Riberuero	Aranda De Duero	00:14:17	00:28:50	00:52:40	01:08:17	01:23:57	01:38:42	01:45:10	02:02:58	02:19:11	02:35:48	02:51:25	03:17:12	03:37:03
326	534	Chema Martín Vez		03:37:32	03:37:12	Senior	52	M	312		Cádiz	00:14:16	00:28:16	00:51:04	01:06:14	01:22:01	01:36:49	01:43:08	02:00:49	02:17:24	02:34:35	02:50:51	03:17:00	03:37:32
327	463	Carlos Aller Fernández	AG2018647	03:37:34	03:37:26	Máster 4	31	M	313	ATLETAS DE ACEA DE AMA	Campionato	00:13:35	00:27:09	00:49:39	01:04:18	01:19:10	01:33:18	01:39:13	01:56:19	02:11:55	02:30:33	02:46:17	03:14:38	03:37:34
328	276	Roberto Carlos Ramilo Carballido		03:37:42	03:37:35	Máster 2	97	M	314		A Coruña	00:14:32	00:29:16	00:53:52	01:09:59	01:26:13	01:41:07	01:47:49	02:05:50	02:22:47	02:39:07	02:54:28	03:19:07	03:37:42
329	523	Julio González López		03:37:42	03:37:08	Máster 7	2	M	315	MARZO SAUDE	Lugo	00:15:42	00:31:01	00:54:54	01:10:42	01:26:04	01:40:50	01:47:16	02:04:58	02:21:03	02:36:59	02:52:10	03:17:48	03:37:42
330	509	Oscar Cabarcos Comba		03:37:59	03:37:32	Máster 1	58	M	316		Xermade	00:14:48	00:29:08	00:52:59	01:08:42	01:24:03	01:38:45	01:45:11	02:02:32	02:18:00	02:34:07	02:49:58	03:17:04	03:37:59
331	621	Jacobo Caballero Alonso		03:38:04	03:37:38	Senior	53	M	317		Ourense	00:14:52	00:29:20	00:53:35	01:09:02	01:24:44	01:39:18	01:45:51	02:03:47	02:20:47	02:36:59	02:52:30	03:18:24	03:38:04
332	7	Victoria Mendoza Muñoz		03:38:28	03:38:04	Senior	2	F	15		Alcalá De Henares	00:14:18	00:28:41	00:51:55	01:07:15	01:22:45	01:37:28	01:43:54	02:01:32	02:17:53	02:34:50	02:51:05	03:17:35	03:38:28
333	383	João Reina		03:38:31	03:38:17	Máster 1	59	M	318		Póvoa De Varzim	00:13:58	00:28:26	00:53:25	01:10:14	01:26:38	01:42:04	01:48:41	02:07:28	02:24:40	02:40:49	02:55:57	03:20:02	03:38:31
334	349	Juan Antonio Rivas Romero		03:38:32	03:38:12	Máster 4	32	M	319		A Coruña	00:14:37	00:28:51	00:52:23	01:08:05	01:23:41	01:38:23	01:44:48	02:02:29	02:18:09	02:35:03	02:51:05	03:17:58	03:38:32
335	24	Ana Lemos Soago	AG2021793	03:38:33	03:38:26	Máster 3	4	F	16	ATLETISMO CORREDOIRAS	Campionato	00:14:56	00:30:03	00:54:42	01:11:15	01:27:22	01:42:39	01:49:11	02:07:11	02:23:30	02:39:49	02:56:24	03:20:52	03:38:33
336	513	Perfecto Vázquez Rivera		03:38:33	03:37:56	Máster 1	60	M	320		A Coruña	00:14:09	00:27:34	00:50:07	01:05:17	01:20:19	01:34:43	01:40:56	01:58:28	02:15:16	02:32:33	02:48:22	03:16:42	03:38:33
337	545	Héctor Díez Mardomingo		03:38:36	03:38:06	Máster 2	98	M	321		León	00:15:14	00:30:01	00:54:04	01:09:51	01:25:22	01:39:46	01:46:04	02:03:23	02:19:25	02:35:46	02:51:26	03:17:49	03:38:36
338	17	Paula Souto García		03:38:41	03:38:25	Senior	3	F	17		Oleiros	00:15:21	00:31:01	00:56:26	01:13:01	01:29:13	01:44:24	01:50:53	02:08:44	02:24:51	02:40:39	02:55:53	03:20:16	03:38:41
339	460	Jose Ignacio De Velasco Perez		03:38:43	03:37:59	Máster 5	13	M	322		Bilbao	00:15:22	00:29:32	00:52:58	01:08:15	01:23:48	01:38:31	01:44:47	02:02:20	02:18:30	02:35:17	02:51:21	03:17:30	03:38:43
340	412	Xosé Manuel Senlle Canosa		03:39:15	03:38:51	Máster 5	14	M	323		A Coruña	00:14:43	00:29:02	00:52:39	01:08:29	01:23:53	01:38:35	01:44:55	02:02:20	02:17:49	02:33:46	02:49:16	03:15:20	03:39:15
341	671	Roberto Anton Santiago	AG2014622	03:39:17	03:38:45	Máster 2	99	M	324	CLUB DEPORTIVO PINARIUM	Campionato	00:14:56	00:29:18	00:53:08	01:08:46	01:24:14	01:38:57	01:46:32	02:04:05	02:20:17	02:36:49	02:52:54	03:19:46	03:39:17
342	369	Fernando Gago González		03:39:31	03:39:10	Máster 1	61	M	325		Oleiros	00:14:33	00:28:53	00:51:46	01:06:51	01:22:05	01:36:13	01:42:18	01:59:28	02:15:41	02:32:00	02:47:48	03:14:37	03:39:31
343	506	Luis Pedroso		03:40:07	03:39:53	Máster 3	59	M	326		Porto	00:14:46	00:29:04	00:53:24	01:09:30	01:25:38	01:40:38	01:47:20	02:05:17	02:22:42	02:38:50	02:54:14	03:20:36	03:40:07
344	689	Jose Manuel Rios Gibello	AG2020962	03:40:10	03:39:52	Máster 5	15	M	327	RUNNING OLEIROS	Campionato	00:14:38	00:28:41	00:51:31	01:06:40	01:22:05	01:36:35	01:42:50	02:00:39	02:17:01	02:33:31	02:49:54	03:19:05	03:40:10
345	427	Jaime Carlos Martínez Losada		03:40:22	03:40:03	Máster 2	100	M	328	Running Lusekelo	Vigo	00:14:49	00:29:06	00:52:56	01:08:36	01:24:02	01:38:37	01:45:09	02:02:32	02:19:04	02:35:49	02:52:01	03:18:11	03:40:22
346	333	Oscar Souto Muñiz	AG2014306	03:40:56	03:40:41	Máster 3	60	M	329	CLUB ATLETISMO SADA	Campionato	00:13:32	00:27:05	00:49:20	01:04:03	01:18:55	01:33:07	01:39:06	01:55:43	02:11:46	02:28:56	02:45:31	03:15:44	03:40:56
347	429	Miguel Navarro Martínez		03:41:00	03:40:41	Máster 2	101	M	330	CLUB RUNNING LA GAVIA	Madrid	00:14:50	00:29:26	00:53:31	01:09:37	01:25:38	01:40:23	01:47:06	02:05:14	02:21:36	02:37:59	02:54:06	03:21:18	03:41:00
348	532	Gabriel Suarez Suarez		03:41:06	03:40:43	Máster 2	102	M	331		A Coruña	00:15:43	00:31:08	00:55:54	01:12:33	01:28:55	01:44:11	01:50:46	02:08:50	02:25:30	02:41:58	02:57:27	03:22:14	03:41:06
349	508	Martin Vilaríño López		03:41:12	03:40:44	Senior	54	M	332		Ferrol	00:15:08	00:30:13	00:55:07	01:11:22	01:27:34	01:42:39	01:49:08	02:06:43	02:22:56	02:39:32	02:55:30	03:21:42	03:41:12
350	721	Sergio Curra Moreira		03:41:29	03:41:06	Máster 2	103	M	333	pontevedrunners	Poio	00:15:33	00:30:47	00:55:34	01:11:42	01:27:50	01:43:06	01:49:37	02:07:24	02:23:32	02:39:56	02:55:33	03:20:31	03:41:29
351	465	Carlos Heredia Benito		03:41:36	03:41:12	Máster 1	62	M	334	chemochallenge	Alcalá De Henares	00:14:24	00:28:42	00:51:55	01:07:22	01:22:49	01:37:35	01:44:05	02:02:19	02:19:12	02:36:42	02:53:20	03:21:10	03:41:36
352	46	Maria Jose Bragaña Miguens		03:41:38	03:41:04	Máster 2	7	F	18	C.A. OUTES. JOHN-TURKEY	Brion	00:16:10	00:31:28	00:56:53	01:13:26	01:29:58	01:45:23	01:52:05	02:10:08	02:26:35	02:42:40	02:57:51	03:23:22	03:41:38
353	318	Jesus Lopez Villaverde	AG2020971	03:41:39	03:41:31	Máster 2	104	M	335	CLUB ATLETISMO ESTRADA	Campionato	00:12:28	00:25:12	00:45:46	00:59:27	01:13:00	01:27:16	01:33:21	01:51:17	02:08:52	02:27:41	02:47:33	03:20:49	03:41:39
354	428	Rogelio Manuel Pérez Miñones		03:41:40	03:41:11	Máster 4	33	M	336		A Coruña	00:15:15	00:30:27	00:55:09	01:11:19	01:27:33	01:42:38	01:49:08	02:06:40	02:22:25	02:38:22	02:53:51	03:20:02	03:41:40
355	484	Iván López Dococho		03:41:59	03:41:37	Máster 2	105	M	337		Tapia De Casariego	00:14:51	00:29:22	00:54:11	01:09:11	01:24:05	01:38:47	01:45:12	02:02:34	02:18:26	02:35:17	02:51:14	03:19:08	03:41:59
356	708	Iago Buezas Argibay		03:42:20	03:42:07	Senior	55	M	338		Pontevedra	00:13:30	00:26:55	00:48:34	01:03:06	01:17:37	01:31:38	01:37:40	01:55:27	02:12:23	02:29:35	02:46:19	03:19:15	03:42:20
357	430	Agustin Bardanca Ameijdez		03:42:31	03:42:13	Máster 6	4	M	339		A Coruña	00:15:07	00:30:10	00:54:52	01:11:06	01:27:30	01:43:14	01:50:04	02:08:47	02:25:51	02:42:41	02:57:52	03:23:02	03:42:31
358	31	Manuela Guisasola Escudero	GA768959	03:42:41	03:42:32	Máster 5	1	F	19	Egobarros Viveiro	Campionato	00:14:11	00:28:48	00:52:24	01:08:03	01:23:42	01:38:32	01:44:51	02:02:44	02:19:15	02:36:38	02:52:53	03:20:45	03:42:41
359	481	Emilio Toral Romero	GA768966	03:42:42	03:42:32	Máster 6	5	M	340	Egobarros Viveiro	Campionato	00:13:44	00:27:48	00:50:50	01:06:12	01:21:56	01:36:46	01:43:24	02:01:47	02:18:46	02:36:23	02:52:39	03:20:44	03:42:42
360	555	Paulo Alexandre Silva		03:42:56	03:42:19	Máster 3	61	M	341		Vila Nova De Gaia	00:16:06	00:31:40	00:56:59	01:13:05	01:29:13	01:44:15	01:50:41	02:08:36	02:24:51	02:41:14	02:56:43	03:23:02	03:42:56
361	206	Jose Carlos Ferreira Gonzalez	GA769003	03:42:56	03:42:53	Máster 2	106	M	342	CAR Marisqueiro	Campionato	00:10:53	00:22:02	00:40:33	00:52:43	01:04:52	01:16:29	01:21:29	01:35:43	01:49:01	02:03:30	02:21:40	03:00:16	03:42:56
362	522	Alfonso Rey Casal		03:43:06	03:42:46	Máster 2	107	M	343		Cedeira	00:15:00	00:29:40	00:53:52	01:10:01	01:25:56	01:41:17	01:47:50	02:06:04	02:22:25	02:38:34	02:54:42	03:22:06	03:43:06
363	304	Francisco José Calvete Gomez		03:43:10	03:42:52	Máster 3	62	M	344		A Coruña	00:14:51	00:29:10	00:52:52	01:08:25	01:23:59	01:38:39	01:45:06	02:02:41	02:18:34	02:34:52	02:50:40	03:20:29	03:43:10
364	347	Manuel Rodríguez Rodríguez		03:43:14	03:42:59	Máster 6	6	M	345	ESCOLA ATLETISMO DEZA	Lañín	00:14:45	00:29:11	00:52:58	01:08:38	01:24:11	01:38:42	01:45:12	02:03:15	02:20:17	02:37:35	02:53:59	0	

384	495	José Manuel Da Silva Soares		03:45:22	03:44:46	Máster 2	113	M	364		Vila Nova De Gaia	00:16:05	00:31:37	00:57:37	01:14:30	01:31:24	01:47:04	01:54:02	02:12:42	02:29:16	02:45:31	03:00:33	03:25:50	03:45:22
385	492	José López Vázquez		03:45:25	03:44:55	Senior	56	M	365		A Coruña	00:15:38	00:31:42	00:57:39	01:14:39	01:31:22	01:47:21	01:54:21	02:12:59	02:30:04	02:46:26	03:01:42	03:26:36	03:45:25
386	554	Alfredo Seijas		03:45:29	03:44:46	Máster 3	70	M	366		Lugo	00:16:35	00:32:23	00:57:39	01:14:42	01:31:22	01:47:25	01:54:21	02:12:56	02:29:40	02:45:51	03:00:55	03:26:04	03:45:29
387	501	Damian Andrade Padin		03:45:44	03:45:20	Máster 1	65	M	367		Poio	00:14:48	00:29:09	00:53:07	01:08:45	01:24:21	01:39:03	01:45:37	02:03:24	02:19:44	02:35:50	02:53:50	03:22:07	03:45:44
388	547	José Manuel Rúa Freire		03:45:52	03:45:20	Máster 3	71	M	368		A Coruña	00:15:44	00:31:33	00:56:40	01:12:57	01:29:12	01:44:25	01:50:54	02:08:43	02:24:55	02:40:39	02:55:55	03:23:45	03:45:52
389	411	Manuel Angel Dorado Vázquez		03:45:52	03:45:25	Máster 2	114	M	369		A.D. JARNACHAS	00:14:58	00:29:42	00:53:58	01:10:46	01:27:03	01:42:31	01:49:13	02:08:03	02:24:36	02:41:04	02:57:13	03:24:56	03:45:52
390	273	Juan Jose Alvarez Barreiro		03:45:57	03:45:45	Máster 1	66	M	370		Iria Running	00:15:13	00:30:37	00:55:50	01:13:24	01:30:31	01:46:23	01:53:06	02:11:56	02:29:20	02:46:37	03:02:50	03:28:29	03:45:57
391	781	Jose Vicente Piñeiro Vazquez	AG768763	03:46:00	03:45:31	Máster 2	115	M	371		ATLETISMO FONTES DO SAR	00:15:00	00:29:37	00:54:10	01:10:32	01:27:00	01:42:14	01:48:40	02:06:59	02:23:27	02:40:01	02:56:32	03:24:53	03:46:00
392	613	Julio Boo Lopez		03:46:03	03:45:51	Máster 5	16	M	372		A Coruña	00:14:39	00:29:25	00:53:37	01:10:02	01:26:05	01:41:08	01:47:39	02:05:56	02:22:53	02:39:59	02:56:25	03:24:11	03:46:03
393	499	Jacobo Garcia Pérez		03:46:09	03:45:39	Máster 3	72	M	373		A Coruña	00:15:42	00:31:33	00:57:40	01:14:41	01:31:20	01:47:25	01:54:26	02:12:52	02:29:30	02:45:54	03:01:27	03:27:04	03:46:09
394	562	Jorge Sanmartín Malissa		03:46:10	03:45:48	Máster 1	67	M	374		Sanxenxo	00:14:54	00:29:21	00:53:15	01:08:45	01:24:20	01:38:49	01:45:09	02:02:53	02:19:05	02:36:02	02:52:51	03:21:49	03:46:10
395	288	Francisco Javier Nigorra Caro		03:46:34	03:46:04	Máster 1	68	M	375		A Coruña	00:15:40	00:31:42	00:57:39	01:14:39	01:31:22	01:47:21	01:54:21	02:12:58	02:30:07	02:46:49	03:02:36	03:28:28	03:46:34
396	5	Eusebia Maldonado		03:47:01	03:46:52	Máster 1	4	F	21		A Coruña	00:13:49	00:28:00	00:51:09	01:06:38	01:22:37	01:38:11	01:44:48	02:05:01	02:23:11	02:41:14	02:58:50	03:26:49	03:47:01
397	771	David Miras Couseiro	AG2021995	03:47:08	03:46:39	Senior	57	M	376		ATLETISMO FONTES DO SAR	00:15:01	00:29:28	00:54:11	01:10:36	01:27:00	01:42:34	01:49:15	02:08:09	02:25:20	02:42:37	02:59:30	03:26:52	03:47:08
398	580	Nuno Fontes		03:47:09	03:46:47	Máster 1	69	M	377		São Félix Da Marinha	00:15:15	00:30:10	00:54:52	01:11:07	01:27:30	01:43:11	01:50:05	02:08:46	02:25:52	02:43:23	03:00:03	03:28:08	03:47:09
399	414	António Oliveira		03:47:21	03:47:06	Máster 3	73	M	378		Porto	00:14:42	00:29:04	00:53:24	01:09:21	01:25:39	01:40:53	01:47:45	02:06:11	02:23:15	02:40:51	02:57:51	03:25:51	03:47:21
400	533	Sérgio Amaro Bastos		03:47:21	03:46:50	Máster 2	116	M	379		Ponte De Lima	00:15:39	00:31:41	00:57:37	01:14:38	01:31:23	01:47:26	01:54:21	02:12:59	02:30:07	02:46:50	03:02:38	03:28:29	03:47:21
401	564	Xesús Anxo López Pintos		03:47:40	03:47:04	Máster 6	7	M	380		Pasa ou Entorna	00:16:39	00:32:14	00:57:57	01:14:53	01:31:35	01:47:27	01:54:18	02:12:52	02:29:47	02:46:51	03:02:39	03:28:30	03:47:40
402	489	Jose Luis Presas Naveira		03:47:41	03:47:11	Máster 5	17	M	381		Lugo	00:14:59	00:29:11	00:53:01	01:08:38	01:24:05	01:38:47	01:45:12	02:02:32	02:17:55	02:33:28	02:48:58	03:19:07	03:47:41
403	404	Bernardo Alonso Escaño		03:47:42	03:47:14	Máster 4	37	M	382		CLUB DEPORTIVO PINARIUM	00:15:09	00:30:07	00:54:40	01:11:15	01:27:22	01:42:42	01:49:13	02:07:17	02:24:07	02:41:18	02:58:04	03:26:19	03:47:42
404	30	Raquel Rocha Lapido		03:47:55	03:47:42	Máster 3	6	F	22		ASOCIACION DEPORTIVA ATLETICA DO SIL (ADASA)	00:15:16	00:30:39	00:56:03	01:13:05	01:30:08	01:45:59	01:52:48	02:11:38	02:29:06	02:46:28	03:02:43	03:28:33	03:47:55
405	25	Benit Sommerleit		03:47:56	03:47:41	Máster 1	5	F	23		A Coruña	00:14:50	00:29:36	00:54:29	01:11:09	01:27:46	01:43:20	01:50:02	02:08:28	02:26:04	02:43:12	02:59:47	03:27:26	03:47:56
406	519	Rubén Lorenzo Blanco		03:48:13	03:47:38	Máster 1	70	M	383		Borxo	00:15:31	00:30:21	00:54:48	01:10:37	01:26:10	01:40:24	01:46:44	02:04:12	02:20:19	02:37:37	02:55:10	03:24:52	03:48:13
407	491	Francisco Javier Villamizar Calviño		03:48:27	03:47:55	Máster 4	38	M	384		Club Hércules	00:15:40	00:31:10	00:56:26	01:13:08	01:29:39	01:45:09	01:51:49	02:10:21	02:27:18	02:44:12	03:00:30	03:28:18	03:48:27
408	560	Ivan Folla-cisneros Vidal		03:48:35	03:48:20	Máster 3	74	M	385		BEER&RUNNERS	00:15:14	00:30:34	00:55:53	01:12:51	01:29:39	01:45:05	01:51:51	02:10:33	02:27:24	02:44:33	03:01:06	03:28:10	03:48:35
409	397	Jorge Lopez Garcia		03:48:37	03:48:19	Senior	58	M	386		Bergondo	00:15:23	00:30:59	00:55:55	01:12:09	01:28:21	01:43:45	01:50:11	02:08:45	02:24:56	02:41:45	02:58:11	03:26:44	03:48:37
410	476	Felix Hernandez Lozano	AG2015524	03:48:44	03:48:09	Máster 4	39	M	387		CORUÑA COMARCA	00:16:03	00:31:35	00:57:12	01:14:15	01:30:31	01:45:43	01:52:42	02:10:34	02:27:33	02:44:48	03:01:11	03:28:00	03:48:44
411	581	Alvaro Lopez Alvarez		03:49:15	03:48:50	Máster 1	71	M	388		Correr es de cobardes	00:15:00	00:29:31	00:53:46	01:09:42	01:25:38	01:40:37	01:47:17	02:05:40	02:22:36	02:39:50	02:56:20	03:26:20	03:49:15
412	15	Lupe Bujan Rodriguez		03:49:18	03:49:05	Máster 3	7	F	24		Melide	00:14:52	00:29:45	00:54:18	01:10:53	01:27:35	01:43:22	01:50:11	02:09:07	02:26:29	02:44:17	03:01:22	03:28:35	03:49:18
413	32	Vanessa Rama Nuñez	GA769253	03:49:22	03:49:10	Máster 2	8	F	25		3RUN by PedroNimo	00:14:48	00:29:40	00:54:29	01:11:08	01:27:47	01:43:18	01:50:03	02:08:34	02:26:33	02:43:54	03:00:08	03:28:36	03:49:22
414	636	Rogelio Granja Mendez		03:49:25	03:48:55	Máster 6	8	M	389		A Coruña	00:16:20	00:31:56	00:57:04	01:13:41	01:30:17	01:46:00	01:52:45	02:11:32	02:29:01	02:46:19	03:02:27	03:28:31	03:49:25
415	631	Fernando Garcia Enero		03:49:49	03:49:11	Máster 3	75	M	390		Titanes	00:15:39	00:30:44	00:55:41	01:12:22	01:29:11	01:45:12	01:52:09	02:11:22	02:28:56	02:46:36	03:02:41	03:28:56	03:49:49
416	718	Lois Docampo Miguez		03:49:57	03:49:21	Máster 2	117	M	391		Estrada, A	00:15:47	00:31:01	00:56:17	01:13:13	01:30:03	01:45:42	01:52:26	02:11:04	02:28:01	02:45:17	03:01:39	03:28:42	03:49:57
417	558	Manuel Herbon Arias		03:49:57	03:49:28	Máster 4	40	M	392		Cambre	00:15:43	00:31:02	00:56:17	01:13:15	01:30:03	01:45:44	01:52:26	02:11:04	02:28:01	02:45:17	03:01:40	03:28:42	03:49:57
418	666	Domingo Tomas Porta Vales		03:50:05	03:49:46	Máster 4	41	M	393		A Coruña	00:14:51	00:29:12	00:53:09	01:09:19	01:25:12	01:40:46	01:47:23	02:06:17	02:24:26	02:42:20	02:59:55	03:28:27	03:50:05
419	469	Rainer Lutz		03:50:17	03:49:58	Máster 3	76	M	394		8856 Tuggen	00:14:15	00:28:45	00:52:33	01:08:33	01:24:49	01:40:07	01:46:54	02:06:17	02:23:44	02:41:46	02:59:03	03:28:14	03:50:17
420	530	Jose Manuel Bermudez Rico		03:50:23	03:50:01	Máster 4	42	M	395		A Coruña	00:15:03	00:29:28	00:53:57	01:10:29	01:27:11	01:43:09	01:50:14	02:09:55	02:27:53	02:45:59	03:02:29	03:29:45	03:50:23
421	372	Germán Garcia Ameijide		03:50:32	03:50:11	Senior	59	M	396		INDEPENDENTE	00:14:43	00:29:03	00:52:56	01:08:38	01:24:03	01:38:40	01:45:09	02:02:29	02:17:57	02:33:52	02:50:49	03:23:25	03:50:32
422	678	Daniel Calvo Rey	AG2021377	03:51:04	03:50:35	Máster 2	118	M	397		SOCIEDADE DEPORTIVA BARBANTA RODA	00:15:43	00:31:44	00:57:45	01:14:40	01:31:24	01:47:26	01:54:21	02:13:01	02:30:05	02:46:54	03:02:38	03:29:20	03:51:04
423	19	Ana Puime Miguez		03:51:20	03:51:03	Máster 2	9	F	26		Vigo	00:15:36	00:31:19	00:57:32	01:14:43	01:31:36	01:47:29	01:54:28	02:13:22	02:30:39	02:47:56	03:04:22	03:30:56	03:51:20
424	543	Antonio Buides Paz		03:51:21	03:51:03	Máster 3	77	M	398		Lugo	00:15:38	00:31:28	00:57:33	01:14:43	01:31:38	01:47:27	01:54:28	02:13:22	02:30:39	02:47:58	03:04:20	03:30:54	03:51:21
425	306	Inacio Xesús López Da Osa Ximénez		03:51:21	03:50:49	Máster 5	18	M	399		INDEPENDIENTE	00:14:55	00:29:18	00:53:10	01:08:56	01:25:07	01:40:35	01:47:12	02:05:13	02:22:28	02:39:52	02:56:56	03:28:38	03:51:21
426	439	Miguel Pascual Reimúndez Milán		03:51:30	03:50:54	Máster 6	9	M	400		CASTILLA-LEON-ERMUA	00:16:17	00:32:11	00:57:42	01:14:45	01:31:31	01:47:28	01:54:13	02:12:51	02:29:59	02:47:22	03:03:48	03:31:04	03:51:30
427	725	Javier Lñayo Chouza		03:51:31	03:50:55	Senior	60	M	401		A Coruña	00:15:02	00:28:27	00:50:46	01:05:33	01:20:29	01:34:37	01:40:57	01:59:05	02:16:23	02:34:28	02:54:07	03:26:47	03:51:31
428	498	Juan Carlos Landeira Brage		03:51:32	03:50:54	Máster 4	43	M	402		Fene	00:16:03	00:31:46	00:57:41	01:14:44	01:31:25	01:47:26	01:54:26	02:13:01	02:30:07	02:46:55	03:02:42	03:29:30	03:51:32
429	691	Javier Primo Franco		03:51:37	03:51:07	Máster 3	78	M																

448	745	Jorge Duarte Vázquez	AG764343	03:54:03	03:53:41	Máster 4	47	M	421	CLUBE ATLETISMO BOIMORTO	Campionato	00:14:50	00:29:09	00:53:01	01:08:55	01:24:04	01:38:43	01:45:11	02:03:03	02:20:45	02:39:05	02:57:55	03:30:17	03:54:03
449	611	Eduardo Alvarez Magalhaes		03:54:07	03:53:39	Máster 2	123	M	422		Monforte De Lemos	00:14:51	00:29:37	00:53:46	01:09:55	01:26:04	01:41:27	01:48:00	02:06:31	02:24:28	02:42:38	03:00:03	03:32:06	03:54:07
450	599	Gerardo Cardesin Abad		03:54:11	03:53:35	Máster 4	48	M	423		A Coruña	00:16:22	00:32:02	00:57:41	01:14:42	01:31:24	01:47:27	01:54:27	02:13:13	02:30:20	02:47:30	03:04:24	03:32:47	03:54:11
451	575	Iván Anguita García		03:54:12	03:53:40	Máster 2	124	M	424	chemochallenge	Alcalá De Henares	00:15:56	00:31:36	00:57:41	01:14:35	01:31:36	01:47:19	01:54:25	02:13:22	02:30:37	02:48:00	03:04:29	03:32:32	03:54:12
452	536	Filipe Leite		03:54:21	03:54:06	Senior	62	M	425		Lisboa	00:14:56	00:29:39	00:54:10	01:10:18	01:25:48	01:40:38	01:47:31	02:06:06	02:23:43	02:43:34	03:01:29	03:31:24	03:54:21
453	434	Alberto Martínez García		03:54:23	03:54:11	Máster 4	49	M	426		Batres	00:13:51	00:28:11	00:51:12	01:06:50	01:22:56	01:38:22	01:45:13	02:04:42	02:23:07	02:42:01	03:00:00	03:30:53	03:54:23
454	63	Maria Elisa Paz Souto	AG2024832	03:54:27	03:54:18	Máster 5	2	F	28	Egobarros Viveiro	Campionato	00:14:11	00:28:37	00:52:25	01:08:25	01:24:46	01:40:30	01:47:18	02:06:19	02:24:06	02:42:25	03:00:02	03:30:15	03:54:27
455	291	Daniel Tenreiro Souto		03:54:32	03:54:26	Senior	63	M	427		Narón	00:13:11	00:26:44	00:48:34	01:03:48	01:19:08	01:33:44	01:41:02	02:01:40	02:23:16	02:42:53	03:01:25	03:30:49	03:54:32
456	626	Xiomar M. Fernández González		03:54:34	03:54:09	Máster 2	125	M	428		Ponferrada	00:15:43	00:31:48	00:57:39	01:14:43	01:31:23	01:47:23	01:54:24	02:12:59	02:30:06	02:46:53	03:02:46	03:31:30	03:54:34
457	432	Alfonso Canosa Blanco		03:54:56	03:54:39	Máster 4	50	M	429	ASOCIACION DEPORTIVA OLIMPIA	Cee	00:14:49	00:29:16	00:53:14	01:08:48	01:24:12	01:38:53	01:45:14	02:02:45	02:18:55	02:36:24	02:54:20	03:25:57	03:54:56
458	410	Enrique Jorge Rama Rodríguez		03:55:02	03:54:43	Máster 4	51	M	430		A Coruña	00:14:47	00:29:10	00:52:58	01:08:37	01:24:03	01:38:47	01:45:11	02:02:52	02:20:37	02:39:36	02:57:15	03:29:08	03:55:02
459	357	Pablo Gonzalez		03:55:04	03:54:39	Máster 5	21	M	431		A Coruña	00:14:58	00:29:43	00:53:58	01:10:46	01:27:04	01:42:34	01:49:14	02:08:04	02:25:21	02:43:27	03:00:28	03:31:00	03:55:04
460	425	Avelino Yañez Coira		03:55:07	03:54:49	Máster 4	52	M	432	Running Lusekelo	Vigo	00:15:46	00:31:49	00:57:22	01:14:10	01:30:47	01:46:19	01:53:01	02:11:55	02:29:05	02:46:04	03:02:33	03:33:17	03:55:07
461	541	Pablo Gomez Esqueira		03:55:12	03:54:36	Senior	64	M	433		Lugo	00:16:21	00:32:10	00:58:18	01:15:11	01:32:20	01:47:58	01:54:45	02:13:19	02:32:02	02:49:13	03:05:23	03:33:12	03:55:12
462	596	Mario Outeiro Iglesias		03:55:12	03:54:36	Máster 1	77	M	434		Corgo, O	00:16:24	00:32:22	00:58:19	01:15:12	01:32:21	01:47:59	01:54:47	02:13:19	02:32:05	02:49:16	03:05:23	03:33:13	03:55:12
463	384	Mario González Campos		03:55:13	03:54:53	Máster 1	78	M	435		Narón	00:15:44	00:31:37	00:57:23	01:14:02	01:30:34	01:46:00	01:52:42	02:11:34	02:29:03	02:46:34	03:03:19	03:31:13	03:55:13
464	442	José Antonio Moreno García		03:55:15	03:55:00	Máster 2	126	M	436		Madrid	00:15:32	00:31:05	00:56:26	01:13:13	01:30:24	01:46:15	01:53:13	02:12:15	02:29:59	02:47:59	03:05:14	03:34:01	03:55:15
465	595	Alejandro E Gonzalez		03:55:18	03:54:37	Senior	65	M	437		Sada	00:16:59	00:32:58	00:59:35	01:17:06	01:34:09	01:50:07	01:57:18	02:16:15	02:33:54	02:51:24	03:07:17	03:34:24	03:55:18
466	355	Rodrigo Marino Tabo		03:55:32	03:55:16	Máster 1	79	M	438	KLOVER	A Coruña	00:15:10	00:30:33	00:56:34	01:13:49	01:31:00	01:47:10	01:54:16	02:13:34	02:31:00	02:48:37	03:05:22	03:34:03	03:55:32
467	696	Antonio Remuñán Sanchez	AG2020723	03:55:37	03:55:06	Máster 7	4	M	439	ATLETISMO CARBALLO	Campionato	00:15:43	00:31:12	00:56:15	01:13:04	01:29:45	01:45:06	01:52:00	02:10:45	02:27:09	02:45:09	03:04:27	03:32:49	03:55:37
468	22	Montserrat Cutrina I Mateos		03:55:41	03:55:28	Máster 3	8	F	29	CLUB ATLÉTIC MANRESA	Manresa	00:15:48	00:31:57	00:58:14	01:15:32	01:32:56	01:49:16	01:56:18	02:15:58	02:33:45	02:51:32	03:08:24	03:35:30	03:55:41
469	690	Xosé Lois Loureiro Bello		03:55:46	03:55:13	Máster 1	80	M	440		Mutzneg	00:16:12	00:31:49	00:57:12	01:13:32	01:29:45	01:45:04	01:51:49	02:10:26	02:28:34	02:46:15	03:03:51	03:32:48	03:55:46
470	500	Alberto Manuel Moscoso Cambre		03:55:50	03:55:19	Máster 3	81	M	441		A Coruña	00:15:50	00:31:52	00:57:42	01:14:52	01:31:27	01:47:27	01:54:25	02:13:00	02:30:10	02:47:11	03:03:56	03:32:44	03:55:50
471	577	Ramón Guitián Fernández		03:55:55	03:55:23	Máster 3	82	M	442		A Coruña	00:17:02	00:33:45	01:00:28	01:18:12	01:35:50	01:52:19	01:59:17	02:18:13	02:35:25	02:52:40	03:08:37	03:35:27	03:55:55
472	682	Simon Kienast		03:55:55	03:55:31	Máster 2	127	M	443		Ourense	00:15:02	00:29:29	00:54:10	01:10:36	01:27:25	01:43:00	01:50:06	02:09:08	02:26:34	02:44:47	03:02:29	03:31:57	03:55:55
473	366	Tiano Cima Trabanco		03:56:44	03:56:36	Máster 4	53	M	444	CLUB CORRER ASTURIAS	Gijón	00:14:51	00:30:21	00:55:56	01:12:53	01:29:40	01:45:49	01:52:47	02:12:04	02:29:20	02:46:29	03:03:09	03:32:59	03:56:44
474	593	Francisco Javier Alonso González		03:56:49	03:56:26	Máster 1	81	M	445		A Coruña	00:15:58	00:31:50	00:57:50	01:15:08	01:32:52	01:49:14	01:56:23	02:16:44	02:34:32	02:52:53	03:09:51	03:38:24	03:56:49
475	556	Fernando Veiga Dopico		03:57:06	03:56:27	Máster 4	54	M	446		Paderne	00:16:38	00:32:26	00:58:11	01:15:18	01:32:45	01:48:52	01:55:41	02:15:00	02:32:26	02:50:33	03:08:11	03:35:38	03:57:06
476	48	Alejandra Losada Nova		03:57:21	03:56:44	Senior	5	F	30	BEER RUNNERS CORUÑA	Monforte De Lemos	00:16:38	00:32:23	00:57:40	01:13:55	01:30:37	01:46:08	01:52:50	02:12:05	02:29:46	02:47:53	03:05:19	03:34:55	03:57:21
477	29	Deborah Pousa Pousa Torres		03:57:24	03:56:47	Máster 3	9	F	31		Pontevedra	00:17:11	00:33:52	01:00:44	01:18:12	01:35:36	01:51:38	01:58:35	02:17:43	02:35:14	02:53:06	03:09:49	03:36:22	03:57:24
478	61	Pilar Iglesias Gonzalez	AG2024838	03:57:33	03:57:05	Máster 3	10	F	32	CORREDORES DO MIÑO	Campionato	00:16:33	00:32:28	00:58:33	01:15:47	01:32:55	01:48:44	01:55:49	02:15:02	02:32:05	02:49:11	03:05:10	03:35:08	03:57:33
479	380	Pablo Armada Iglesias		03:57:33	03:57:05	Máster 4	55	M	447		Barbados	00:16:32	00:32:27	00:58:43	01:15:50	01:32:56	01:48:55	01:55:50	02:15:02	02:32:11	02:49:14	03:05:11	03:35:09	03:57:33
480	367	José Ignacio González Herrero		03:57:49	03:57:33	Máster 4	56	M	448		A Coruña	00:15:10	00:30:41	00:56:28	01:13:20	01:30:15	01:46:08	01:52:56	02:12:06	02:29:54	02:48:11	03:06:06		03:57:49
481	582	Victor Manuel Vilar Reina		03:58:07	03:57:49	Máster 2	128	M	449	AD NAUTICO NARON	Ferrol	00:14:45	00:29:07	00:52:37	01:08:29	01:24:55	01:40:25	01:47:01	02:06:57	02:26:14	02:45:45	03:03:36	03:34:34	03:58:07
482	601	Carlos Alvedro Garcia		03:58:15	03:57:44	Máster 3	83	M	450	INFERNO	A Coruña	00:16:11	00:31:44	00:57:41	01:15:18	01:32:37	01:49:26	01:56:42	02:16:37	02:34:46	02:52:25	03:09:36	03:37:55	03:58:15
483	606	Santiago Rodilla Guerricogotia		03:58:20	03:57:44	Máster 5	22	M	451	PONTE A CORRER	Pontevedra	00:16:15	00:32:08	00:58:12	01:15:40	01:33:00	01:49:26	01:56:38	02:16:08	02:34:05	02:52:14	03:09:28	03:37:18	03:58:20
484	516	Jesús Caruncho Álvarez		03:58:21	03:57:41	Senior	66	M	452		Ferrol	00:18:00	00:35:12	01:02:51	01:21:34	01:39:50	01:56:55	02:03:52	02:23:13	02:40:38	02:57:11	03:13:16	03:38:47	03:58:21
485	35	María Novo Lago		03:58:24	03:57:45	Senior	6	F	33	Nosportlimit	A Coruña	00:16:41	00:33:28	01:00:38	01:18:13	01:35:52	01:52:11	01:59:15	02:18:30	02:35:50	02:53:00	03:09:46	03:37:33	03:58:24
486	609	Jose Santiago Veiga Iglesias		03:58:28	03:57:56	Máster 4	57	M	453		A Coruña	00:15:48	00:30:50	00:55:15	01:11:25	01:27:26	01:42:55	01:49:23	02:07:56	02:25:26	02:43:20	03:00:46	03:33:20	03:58:28
487	451	Ricardo Silva		03:58:29	03:58:16	Máster 3	84	M	454		Matosinhos	00:14:51	00:30:46	00:57:24	01:14:19	01:31:27	01:47:43	01:54:39	02:13:47	02:30:55	02:48:31	03:05:32	03:34:53	03:58:29
488	546	Juan Carlos Costa Rey		03:58:32	03:58:01	Máster 2	129	M	455		A Coruña	00:15:43	00:31:45	00:57:39	01:14:42	01:31:24	01:47:28	01:54:24	02:12:59	02:30:08	02:46:53	03:05:04	03:37:11	03:58:32
489	805	José Ramón Piñón Casares		03:58:49	03:58:17	Máster 2	1	U	1	NO	A Coruña	00:16:20	00:32:19	00:57:56	01:14:49	01:32:19	01:49:21	01:56:34	02:17:24	02:35:16	02:52:52	03:09:47	03:38:01	03:58:49
490	802	Jorge Juan Barreiro González		03:58:50	03:58:16	Máster 2	2	U	2	NO	A Coruña	00:16:18	00:32:19	00:57:56	01:14:54	01:32:21	01:49:34	01:56:35	02:17:23	02:35:20	02:52:53	03:09:49	03:37:26	03:58:50
491	807	Xoan Carlos Nuñez Blanco		03:58:50	03:58:16	Senior	1	U	3	NO	A Coruña	00:16:20	00:32:19	00:57:56	01:14:55	01:32:19	01:49:30	01:56:35	02:17:24	02:35:20	02:52:51	03:09:49	03:37:32	03:58:50
492	364	Alberto Rodriguez Iglesias		03:59:17	03:59:04	Máster 2	130	M	456		Pereiro De Aguiar, O	00:14:16	00:29:04	00:52:39	01:08:14	01:23:55	01:38:31	01:44:59	02:02:28	02:19:09	02:37:59	02:57:36	03:32:34	03:59:17
493	537	Roberto Blanco Eiras		03:59:18	03:58:33	Máster 2	13																	

512	385	David Lado Gonzalez		04:00:51	04:00:26	Máster 1	90	M	476	HÉRCULES ATLETISMO	A Coruña	00:15:05	00:29:14	00:52:59	01:08:25	01:23:48	01:38:20	01:44:45	02:03:22	02:21:19	02:40:10	02:58:19	03:11:14	04:00:51
513	422	Carlos Rial Suárez		04:00:51	04:00:33	Máster 4	58	M	477	LUSEKELO	Vigo	00:14:47	00:29:20	00:54:47	01:11:23	01:27:50	01:43:37	01:50:29	02:09:50	02:28:33	02:48:12	03:06:42	03:37:51	04:00:51
514	587	Xosé Lois Vázquez Fernández		04:00:52	04:00:33	Máster 4	59	M	478	LUSEKELO	Vigo	00:14:51	00:29:19	00:54:48	01:11:25	01:27:47	01:43:36	01:50:30	02:09:50	02:28:33	02:48:13	03:06:43	03:37:51	04:00:52
515	588	Pablo Val Guerrero		04:00:52	04:00:33	Máster 4	60	M	479	yo	Ferrol	00:15:24	00:30:38	00:55:25	01:11:52	01:28:25	01:44:07	01:51:01	02:09:58	02:28:07	02:46:16	03:04:51	03:36:59	04:00:52
516	337	José Ramón Fernández López		04:00:53	04:00:14	Máster 2	137	M	480		A Coruña	00:16:39	00:33:19	01:00:39	01:18:11	01:35:59	01:52:51	02:00:31	02:20:14	02:37:54	02:55:55	03:12:48	03:39:28	04:00:53
517	563	Javier Bandín Marentes		04:01:08	04:00:37	Máster 2	138	M	481	ROBALIZA	A Coruña	00:16:09	00:32:04	00:58:10	01:15:25	01:32:30	01:48:50	01:55:48	02:15:27	02:33:54	02:52:30	03:09:56	03:38:55	04:01:08
518	438	Pablo Buceta Blanco		04:01:36	04:01:05	Máster 3	89	M	482		Culleredo	00:14:58	00:29:55	00:54:50	01:11:46	01:28:59	01:45:35	01:52:34	02:12:17	02:30:28	02:49:14	03:08:16	03:39:01	04:01:36
519	569	Rubén Fernández Rivas		04:02:10	04:01:44	Máster 3	90	M	483		Alcalá De Henares	00:14:42	00:28:42	00:52:16	01:07:50	01:23:40	01:38:30	01:45:01	02:03:01	02:21:09	02:41:51	03:01:00	03:34:25	04:02:10
520	646	Diego Bouzada Pombo		04:02:28	04:02:09	Máster 2	139	M	484	CLUB CICLISTA CORBELO (TEAM CORBELO)	Sanxenxo	00:15:01	00:30:23	00:55:46	01:12:43	01:29:40	01:46:14	01:53:12	02:12:59	02:31:33	02:51:38	03:10:08	03:40:05	04:02:28
521	653	Juan José Redondo Lago		04:02:35	04:01:56	Máster 6	10	M	485		A Coruña	00:16:45	00:33:47	01:00:39	01:18:21	01:35:58	01:53:50	02:00:32	02:20:16	02:37:56	02:55:22	03:12:06	03:40:07	04:02:35
522	571	Miguel Ángel López De Lerma Casas		04:02:41	04:02:05	Máster 2	140	M	486	PONTE A CORRER	Pontevedra	00:17:17	00:33:57	01:01:10	01:19:21	01:37:10	01:53:44	02:00:55	02:20:45	02:39:17	02:57:09	03:14:17	03:42:04	04:02:41
523	552	Victor Manuel Vázquez Mosteiro		04:02:42	04:02:03	Máster 5	23	M	487		Ourense	00:16:44	00:33:32	01:00:41	01:18:22	01:35:58	01:53:00	02:00:34	02:20:15	02:37:58	02:55:26	03:12:07	03:39:53	04:02:42
524	161	Fernando Núñez Pol		04:02:43	04:01:58	Máster 2	141	M	488		A Coruña	00:16:45	00:33:31	01:00:39	01:18:16	01:35:59	01:52:59	02:00:33	02:20:52	02:37:54	02:54:38	03:11:21	03:39:54	04:02:43
525	446	Daniel Vazquez Nieto		04:02:44	04:02:32	Máster 1	91	M	489	TRAN TRAN	Illa De Arousa, A	00:14:11	00:28:51	00:52:59	01:08:45	01:24:25	01:39:25	01:45:41	02:03:28	02:19:46	02:36:05	02:54:56	03:33:21	04:02:44
526	644	Miguel Angel Lopez Besada		04:02:44	04:02:02	Máster 4	61	M	490		Arteixo	00:16:48	00:33:35	01:00:42	01:18:25	01:36:00	01:52:57	02:00:10	02:19:52	02:37:37	02:55:16	03:12:05	03:39:53	04:02:44
527	386	Adrian Morales Enriquez		04:02:51	04:02:32	Senior	68	M	491	Nosportlimit	Cambre	00:14:42	00:28:56	00:52:57	01:08:30	01:24:25	01:40:44	01:47:09	02:06:55	02:27:33	02:47:59	03:07:08	03:38:37	04:02:51
528	538	Victor Hermedia Soto		04:03:17	04:02:49	Máster 2	142	M	492		Blanes	00:15:03	00:29:50	00:54:30	01:10:54	01:27:39	01:43:47	01:50:52	02:10:40	02:29:03	02:48:41	03:08:29	03:39:08	04:03:17
529	26	Patricia Joana Gonçalves Rodrigues		04:03:23	04:02:48	Máster 2	10	F	34		Porto	00:16:21	00:31:47	00:57:21	01:14:07	01:32:40	01:47:44	01:54:26	02:12:52	02:30:51	02:51:15	03:10:40	03:41:02	04:03:23
530	413	Domingo Prado Teijeiro		04:03:36	04:03:11	Máster 2	143	M	493		A Coruña	00:14:57	00:29:47	00:54:25	01:11:54	01:27:56	01:43:23	01:50:02	02:08:27	02:25:49	02:44:11	03:02:10	03:37:12	04:03:36
531	361	Ramiro Taboada González		04:03:41	04:03:23	Máster 5	24	M	494	Running Lusekelo	Vigo	00:14:49	00:29:02	00:52:55	01:08:52	01:25:24	01:41:00	01:47:46	02:06:56	02:40:10	02:57:42	03:14:41	03:41:19	04:03:41
532	400	Javier Gonzalez Lopez-mosquera		04:03:44	04:03:21	Máster 2	144	M	495	pontevedrunners	Pontevedra	00:15:36	00:31:22	00:57:11	01:14:06	01:30:40	01:46:12	01:53:06	02:11:42	02:28:43	02:45:32	03:02:06	03:34:02	04:03:44
533	406	Jose Antonio Graña Santaclara		04:03:45	04:03:22	Máster 3	91	M	496	pontevedrunners	Bueu	00:15:36	00:31:13	00:57:11	01:14:01	01:30:37	01:46:05	01:53:03	02:11:43	02:28:42	02:45:28	03:01:56	03:34:02	04:03:45
534	628	Fernando Vazquez Martinez		04:03:51	04:03:16	Máster 4	62	M	497		Arteixo	00:15:39	00:31:42	00:57:39	01:14:34	01:31:22	01:47:23	01:54:21	02:12:59	02:30:06	02:46:53	03:02:40	03:29:18	04:03:51
535	548	Javier Fernández Fraga		04:03:52	04:03:28	Máster 4	63	M	498	Running Arteixo	Arteixo	00:15:30	00:30:56	00:55:33	01:11:53	01:28:05	01:43:26	01:50:08	02:09:12	02:27:45	02:46:40	03:05:13	03:38:35	04:03:52
536	673	Manoel Anxo Gandón Estévez	AG2016523	04:03:54	04:03:42	Máster 4	64	M	499	Atmo. Samertolameu	Campionato	00:15:27	00:30:47	00:56:08	01:13:17	01:30:30	01:46:39	01:53:37	02:12:47	02:30:33	02:49:21	03:06:59	03:39:54	04:03:54
537	759	Luis Manuel Graña Gonzalez	AG2017710	04:03:57	04:03:38	Máster 2	145	M	500	CLUB ATLETISMO LOURENZA	Campionato	00:14:30	00:29:11	00:53:00	01:08:35	01:24:18	01:39:16	01:45:48	02:04:21	02:22:01	02:40:53	02:59:43	03:34:49	04:03:57
538	74	Lino Seoane Naranjo		04:04:25	04:03:46	Máster 3	92	M	501		A Coruña	00:16:46	00:33:20	01:00:41	01:18:19	01:35:59	01:52:55	02:00:36	02:20:16	02:37:56	02:56:00	03:14:45	03:48:56	04:04:25
539	549	Oscar Correa Sambade		04:05:00	04:04:29	Máster 1	92	M	502		Oleiros	00:15:42	00:31:41	00:57:38	01:14:40	01:31:20	01:47:11	01:54:24	02:12:58	02:30:10	02:49:17	03:08:14	03:40:13	04:05:00
540	531	Juan Jose Sánchez Cortes		04:05:16	04:04:42	Máster 5	25	M	503		Bergondo	00:16:15	00:32:18	00:58:15	01:15:35	01:33:04	01:49:36	01:56:50	02:16:55	02:35:05	02:53:49	03:11:50	03:42:34	04:05:16
541	668	Paulo Francisco Pinho		04:05:18	04:05:16	Máster 5	26	M	504		Av Parada Pinto, 3558	00:16:05	00:33:45	01:03:54	01:24:34	02:36:55	02:58:14	01:29:37	01:52:54	02:14:03	02:36:55	02:58:14	03:35:48	04:05:18
542	597	Fernando Coussel Barrio		04:05:31	04:04:54	Máster 4	65	M	505		Santiago De Compostela	00:16:30	00:32:25	00:58:13	01:15:35	01:32:31	01:48:43	01:55:34	02:15:01	02:32:51	02:51:02	03:08:49	03:39:56	04:05:31
543	566	Eduardo Loureiro Novo		04:05:43	04:05:02	Sub 23	4	M	506		Santiago De Compostela	00:16:44	00:33:33	01:00:38	01:18:15	01:35:52	01:52:19	01:59:19	02:19:01	02:36:52	02:54:54	03:12:19	03:40:46	04:05:43
544	437	Florentino Garcia Martín		04:06:18	04:06:01	Máster 7	5	M	507	ATLETISMO CORVERA	Avilés	00:16:15	00:32:08	00:58:16	01:15:39	01:33:06	01:49:32	01:56:39	02:16:25	02:34:32	02:53:14	03:11:31	03:42:39	04:06:18
545	695	Alfonso Remuñan Sanchez	AG2020726	04:06:51	04:06:20	Máster 4	66	M	508	ATLETISMO CARBALLO	Campionato	00:15:04	00:29:01	00:52:40	01:08:26	01:24:07	01:39:14	01:45:59	02:04:59	02:23:10	02:42:37	03:01:27	03:38:48	04:06:51
546	614	Manuel Lires Freire		04:06:57	04:06:30	Máster 2	146	M	509		A Coruña	00:15:40	00:31:35	00:57:36	01:14:33	01:31:20	01:47:19	01:54:18	02:13:23	02:31:06	02:49:42	03:08:53	03:40:52	04:06:57
547	447	Juan Jose Garcia Silva		04:07:26	04:07:16	Máster 1	93	M	510		Vimianzo	00:14:02	00:28:01	00:52:58	01:10:55	01:28:35	01:45:39	01:53:12	02:13:53	02:33:08	02:52:39	03:11:22	03:42:03	04:07:26
548	627	Emilio Fiiza Trilo		04:07:29	04:06:59	Máster 4	67	M	511	C.A. BERTAMIRANS	Arteixo	00:16:11	00:32:11	00:58:13	01:15:31	01:32:48	01:49:13	01:56:02	02:15:18	02:33:42	02:52:09	03:09:31	03:38:32	04:07:29
549	579	Ruben Izquierdo Moron		04:07:37	04:07:05	Máster 2	147	M	512	CLUB RUNNING LA GAVIA	Getafe	00:16:22	00:32:29	00:59:30	01:16:53	01:34:10	01:50:17	01:57:32	02:17:14	02:35:30	02:53:58	03:11:27	03:41:59	04:07:37
550	723	Balbino Martínez Gómez		04:07:59	04:07:19	Sub 23	5	M	513	A. C. E. D. O CARBALLO	Monterroso	00:16:59	00:33:26	01:01:39	01:20:23	01:37:10	01:53:38	02:01:01	02:20:56	02:38:42	02:56:15	03:12:27	03:42:24	04:07:59
551	520	Pablo Rodríguez Lopez		04:08:08	04:07:39	Máster 4	68	M	514		Oleiros	00:15:16	00:30:07	00:54:53	01:11:09	01:27:24	01:42:43	01:49:32	02:08:34	02:25:47	02:43:11	03:00:32	03:37:27	04:08:08
552	570	Oscar Duro Pazos		04:08:09	04:07:37	Máster 1	94	M	515	Club Hércules Termaria	A Coruña	00:17:01	00:33:50	01:00:43	01:19:12	01:36:38	01:53:31	02:00:33	02:19:42	02:38:27	02:56:38	03:14:37	03:43:09	04:08:09
553	763	José Luis Lombao Núñez	AG2021096	04:08:11	04:07:40	Máster 2	148	M	516	RUNNING OLEIROS	Campionato	00:16:40	00:33:27	01:00:38	01:18:12	01:36:00	01:53:04	02:00:36	02:20:21	02:38:05	02:56:01	03:13:10	03:42:59	04:08:11
554	643	Lucas Oubiña Yañez		04:08:15	04:07:43	Máster 1	95	M	517		A Coruña	00:17:13	00:34:28	01:02:56	01:21:50	01:39:49	01:56:55	02:04:11	02:24:05	02:41:53	02:59:53	03:17:06	03:45:53	04:08:15
555	730	Pablo Alvarez Soaz	AG2015517	04:08:19	04:07:45	Máster 3	93	M	518	CLUB ATLETISMO SADA	Campionato	00:15:21	00:30:31	00:55:42	01:12:28	01:29:19	01:45:29	01:52:26	02:11:46	02:29:54	02:48:49	03:08:10	03:42:41	04:08:19
556	23	Belen Lemat Cabral	AG2017332	04:08:40	04:08:34	Máster 4	2	F	35	At Vila de Cangas	Campionato	00:15:51	00:31:49	00:58:09	01:16:10	01:35:09	01:52:21	01:59:38	02:20:09	0				

576	711	Daniel Asensio		04:16:09	04:16:09	Máster 2	152	M	534		S. João Da Madeira	01:35:32	00:34:00	01:00:57	01:18:23	02:59:27	01:51:59	01:58:54	02:19:29	02:38:07		03:18:53	03:50:40	04:16:09
577	648	Gonzalo Rivas Rodríguez		04:16:20	04:15:37	Máster 2	153	M	535		A Coruña	00:17:16	00:33:43	01:01:09	01:18:10	01:35:51	01:52:14	01:59:26	02:19:33	02:37:54	02:56:52	03:16:32	03:49:24	04:16:20
578	583	Enrique Vázquez Peñamaría		04:16:25	04:15:54	Senior	69	M	536		A Baña	00:15:45	00:31:26	00:56:39	01:13:00	01:29:24	01:45:03	01:51:49	02:11:10	02:29:33	02:52:33	03:13:28	03:50:36	04:16:25
579	416	Francisco Javier Lopez Vila		04:16:33	04:15:59	Máster 4	72	M	537		A Coruña	00:16:16	00:32:34	00:59:59	01:18:17	01:35:55	01:53:03	02:00:33	02:20:54	02:40:42	03:00:20	03:19:26	03:50:38	04:16:33
580	603	Roberto Sanchez Novo		04:16:43	04:16:01	Máster 1	100	M	538		A Coruña	00:17:18	00:34:26	01:03:32	01:22:13	01:41:03	01:58:59	02:06:31	02:27:32	02:46:54	03:06:09	03:24:49	03:55:12	04:16:43
581	715	Carlos Belmonte Pose		04:17:01	04:16:27	Máster 3	95	M	539		Santiago De Compostela	00:16:16	00:32:19	00:58:37	01:16:16	01:34:13	01:51:27	01:58:51	02:19:41	02:40:09	03:00:47	03:20:08	03:52:21	04:17:01
582	598	Jose Martinez Zas		04:17:29	04:16:50	Máster 3	96	M	540		Arteixo	00:16:45	00:33:34	01:00:40	01:17:45	01:34:21	01:50:05	01:57:00	02:16:17	02:34:03	02:53:10	03:13:24	03:48:39	04:17:29
583	34	María Lagoa Pérez		04:17:33	04:17:10	Máster 3	12	F	40		Cangas	00:16:10	00:32:24	00:59:18	01:17:40	01:36:21	01:53:52	02:01:21	02:22:10	02:41:35	03:01:44	03:21:04	03:53:02	04:17:33
584	340	Jose Luis Camino Diaz		04:17:54	04:17:47	Máster 3	97	M	541		Siero	00:14:55	00:29:58	00:54:48	01:11:06	01:27:58	01:43:52	01:50:44	02:10:29	02:29:04	02:48:35	03:07:56	03:45:41	04:17:54
585	722	Cristobal Martínez Collado		04:17:55	04:17:27	Máster 5	29	M	542		Oviedo	00:16:08	00:31:57	00:57:42	01:14:42	01:31:24	01:47:26	01:54:23	02:12:59	02:30:09	02:48:39	03:08:48	03:45:41	04:17:55
586	40	María José Méndez García		04:18:00	04:17:27	Máster 4	3	F	41		A Coruña	00:17:59	00:34:59	01:02:55	01:21:37	01:40:15	01:57:41	02:05:30	02:26:44	02:46:14	03:06:09	03:24:46	03:55:11	04:18:00
587	565	Antonio Abal Beiro		04:18:32	04:17:57	Máster 4	73	M	543		Pontevedra	00:17:09	00:33:58	01:01:13	01:18:55	01:36:27	01:52:36	01:59:47	02:19:33	02:37:38	02:55:43	03:16:07	03:54:09	04:18:32
588	45	Isabel Brea Posse	AG2023399	04:18:36	04:18:03	Máster 7	1	F	42		Egobarros Viveiro	00:17:58	00:35:10	01:02:55	01:21:37	01:40:15	01:57:53	02:05:29	02:26:46	02:46:17	03:06:09	03:24:46	03:55:18	04:18:36
589	97	Martin Criado Rodríguez		04:19:42	04:19:09	Máster 4	74	M	544		Cambre	00:16:19	00:32:29	00:59:10	01:16:41	01:34:10	01:50:33	01:57:36	02:17:14	02:35:11	02:53:52	03:12:07	03:46:20	04:19:42
590	693	Duarte Martelo		04:19:42	04:19:14	Máster 2	154	M	545		Lisboa	00:16:49	00:33:35	01:00:43	01:18:37	01:36:05	01:51:57	01:58:38	02:17:53	02:37:04	02:57:58	03:18:50	03:53:02	04:19:42
591	810	Jose Antonio Lopez Beldron		04:20:39	04:20:16	Máster 4	75	M	546			00:17:22	00:33:34	01:00:28	01:18:35	01:36:07	01:52:54	02:00:04	02:20:57	02:39:44	02:59:36	03:20:22	03:56:27	04:20:39
592	624	Diego Vázquez Pérez		04:21:48	04:21:11	Senior	70	M	547		A Coruña	00:16:47	00:33:33	01:00:40	01:18:19	01:36:02	01:53:05	02:00:34	02:20:46	02:40:11	03:01:52	03:22:18	03:56:07	04:21:48
593	660	Fernando Usero Herculilla		04:22:02	04:21:27	Senior	71	M	548		Salamanca	00:16:21	00:31:38	00:57:34	01:14:27	01:31:17	01:47:23	01:54:39	02:15:14	02:35:01	02:54:51	03:13:54	03:50:29	04:22:02
594	619	Martin Gómez Bergondo		04:22:30	04:21:52	Senior	72	M	549		A Coruña	00:16:37	00:32:44	00:59:43	01:18:04	01:35:49	01:52:31	01:59:57	02:20:38	02:39:56	02:59:48	03:19:14	03:53:02	04:22:30
595	762	Francisco Javier Lema Perez	AG2022396	04:22:49	04:22:15	Máster 7	6	M	550		TERRA DE SONEIRA	00:15:05	00:29:27	00:53:53	01:10:21	01:27:10	01:43:13	01:50:12	02:10:11	02:29:11	02:49:03	03:09:13	03:46:00	04:22:49
596	94	Arturo Rabuñal Vazquez		04:23:02	04:22:26	Máster 6	13	M	551		Arteixo	00:16:43	00:33:32	01:00:41	01:18:24	01:36:00	01:53:05	02:00:36	02:20:17	02:38:29	02:58:51	03:19:20	03:54:22	04:23:02
597	635	Miguel Gato Pernas		04:23:02	04:22:26	Senior	73	M	552		A Coruña	00:18:15	00:36:01	01:04:06	01:23:18	01:41:46	01:58:40	02:05:50	02:26:42	02:46:16	03:04:55	03:23:55	03:57:12	04:23:02
598	607	Javier Figueroa Sanroman		04:24:10	04:23:33	Máster 3	98	M	553		SOCIEDAD ATLETICA VAL MIÑOR	00:17:24	00:34:23	01:02:19	01:20:35	01:38:40	01:55:51	02:03:02	02:24:10	02:43:45	03:03:41	03:22:41	03:57:16	04:24:10
599	574	Angel Garcia Santalices		04:25:12	04:24:32	Máster 3	99	M	554		Culleredo	00:16:46	00:33:33	01:00:42	01:18:23	01:35:58	01:53:08	02:00:37	02:20:17	02:37:59	02:56:02	03:14:54	03:55:03	04:25:12
600	36	Nuria Palacios Iban		04:25:46	04:25:07	Máster 3	13	F	43		León	00:16:46	00:33:32	01:00:40	01:18:17	01:36:00	01:53:03	02:00:35	02:20:17	02:38:04	02:57:00	03:17:03	03:54:11	04:25:46
601	586	Iván Roibás Blanco		04:25:46	04:25:08	Máster 3	100	M	555		Cambre	00:16:45	00:33:31	01:00:37	01:18:12	01:35:53	01:52:35	01:59:51	02:19:57	02:38:26	02:59:55	03:20:24	03:56:49	04:25:46
602	662	Jose Luis Dominguez Otero		04:26:06	04:25:28	Máster 2	155	M	556		Arteixo	00:16:45	00:33:34	01:00:39	01:18:22	01:36:01	01:53:06	02:00:37	02:20:23	02:39:58	03:01:48	03:25:14	04:00:36	04:26:06
603	675	Manu Anton Fer Bol		04:26:40	04:26:19	Máster 4	76	M	557		TROPA DO CARALLO	00:16:38	00:32:23	00:57:41	01:13:56	01:30:36	01:46:10	01:52:51	02:12:08	02:34:54	02:59:36	03:21:30	03:55:45	04:26:40
604	772	Joaquín Ángel Oliveira Cobelas	AG2023764	04:26:40	04:26:20	Máster 3	101	M	558		TROPA DO CARALLO	00:16:38	00:32:12	00:57:40	01:13:54	01:30:32	01:45:58	01:52:50	02:12:07	02:34:50	02:59:32	03:21:15	03:55:45	04:26:40
605	803	Santiago Couceiro Alvarño		04:26:49	04:26:15	Máster 2	3	U	4	NO	A Coruña	00:16:47	00:33:36	01:00:45	01:18:18	01:36:02	01:53:09	02:00:39	02:20:35	02:39:01	03:01:24	03:23:20	04:00:27	04:26:49
606	804	Juan Javier López López		04:26:49	04:26:16	Máster 2	4	U	5	NO	A Coruña	00:16:21	00:32:22	00:57:56	01:15:01	01:32:21	01:49:36	01:56:37	02:17:35	02:38:05	03:01:28	03:23:17	04:00:30	04:26:49
607	806	Antonio Daniel Lamas Bolón		04:26:49	04:26:15	Senior	2	U	6	NO	A Coruña	00:16:48	00:33:37	01:00:45	01:18:25	01:36:03	01:53:09	02:00:39	02:20:35	02:39:04	03:01:24	03:23:19	04:00:28	04:26:49
608	47	Lorena Cameán Bao		04:27:13	04:26:32	Máster 1	6	F	44		A Coruña	00:16:48	00:33:35	01:00:42	01:18:24	01:36:17	01:53:07	02:00:37	02:22:35	02:43:30	03:04:57	03:26:07	04:00:37	04:27:13
609	62	Ana Isabel Lopez Mosteiro	AG2025527	04:27:13	04:26:38	Máster 2	12	F	45		CLUB DEPORTIVO PINARIUM	00:17:18	00:33:47	01:01:12	01:19:20	01:37:37	01:55:21	02:02:52	02:24:21	02:45:54	03:06:34	03:26:31	04:00:38	04:27:13
610	419	Ricardo Antonio Neto		04:27:17	04:26:36	Máster 6	14	M	559		Porto	00:16:47	00:33:34	01:00:42	01:18:24	01:36:00	01:53:04	02:00:34	02:20:18	02:44:07	03:06:35	03:27:36	04:02:14	04:27:17
611	713	Diego Omar Rodríguez Lopez		04:27:31	04:27:00	Máster 1	101	M	560		A Laracha	00:15:44	00:31:45	00:58:02	01:15:20	01:32:25	01:49:20	01:56:57	02:18:27	02:41:32	03:04:33	03:25:01	03:59:02	04:27:31
612	610	Enrique Souto Facal		04:28:11	04:27:33	Máster 6	15	M	561		A Coruña	00:17:00	00:33:29	00:59:54	01:17:00	01:34:03	01:50:13	01:57:15	02:17:16	02:37:06	02:57:02	03:20:05	04:00:46	04:28:11
613	670	Jose Luis Meizoso Bastida	GA768961	04:28:23	04:28:05	Máster 6	16	M	562		Egobarros Viveiro	00:15:01	00:29:28	00:53:14	01:08:43	01:24:08	01:38:58	01:45:15	02:06:22	02:38:40	03:01:45	03:24:26	04:02:42	04:28:23
614	683	Antonio Cabana Orosa	GA716928	04:28:23	04:28:07	Máster 7	7	M	563		Egobarros Viveiro	00:15:55	00:31:41	00:57:38	01:14:37	01:32:30	01:49:21	01:56:42	02:18:42	02:38:45	03:01:49	03:24:25	04:02:15	04:28:23
615	638	Martin Brais Crespo Rodríguez		04:28:50	04:28:10	Máster 1	102	M	564		A Coruña	00:16:34	00:33:11	01:00:28	01:18:29	01:36:23	01:53:10	02:00:36	02:21:07	02:40:05	02:59:51	03:22:57	04:00:48	04:28:50
616	629	Juan Jose Verdes Gomez		04:29:22	04:28:44	Máster 2	156	M	565		Ames	00:16:48	00:32:37	00:59:29	01:16:59	01:34:27	01:51:20	01:58:54	02:19:51	02:40:09	03:03:26	03:25:49	04:01:47	04:29:22
617	279	Jorge Puga Gonzalez		04:29:58	04:29:25	Máster 5	30	M	566		cd val da rabadela taboadela ourensense	00:16:29	00:32:36	00:59:11	01:16:39	01:34:10	01:50:40	01:57:44	02:17:45	02:36:16	02:55:39	03:16:04	03:58:29	04:29:58
618	452	Mikolaj Gorski		04:30:12	04:27:08	Senior	74	M	567		Warsaw	00:19:07	00:36:16	01:04:15	01:23:12	01:41:54	01:59:43	02:07:11	02:27:56	02:47:30	03:07:37	03:26:40	04:04:57	04:30:12
619	436	Francisco Javier López Martin		04:30:46	04:30:27	Máster 5	31	M	568		HÉRCULES ATLETISMO	00:14:24	00:28:50	00:53:06	01:09:49	01:27:39	01:45:01	01:52:30	02:14:33	02:36:35	02:59:28	03:21:35	03:59:36	04:30:46
620	52	Fatima Gesto Trillo		04:33:32	04:32:57	Senior	9	F	46		Vimianzo	00:16:47	00:33:29	01:02:03	01:21:34	01:40:55	01:59:25	02:07:34	02:30:30	02:51:06	03:12:22	03:32:26	04:06:34	04:33:32
621	510	Benjamin Gorgullo Rivera		04:34:19	04:33:41	Máster 1	103	M	569		INDEPENDIENTE	00:16:46	00:33:											

640	663	Carlos Menendez Villalva		04:47:20	04:46:52	Máster 5	33	M	584		Manzanada	00:16:33	00:33:12	01:01:49	01:21:20	01:41:43	02:00:40	02:08:59	02:34:16	02:57:56	03:22:25	03:45:12	04:21:17	04:47:20
641	659	Miguel Pereira		04:49:10	04:48:33	Máster 2	159	M	585		Póvoa De Lanhoso	00:19:09	00:38:32	01:12:21	01:33:01	01:53:38	02:13:47	02:22:32	02:46:23	03:07:43	03:29:08	03:49:36	04:23:26	04:49:10
642	53	Beatriz Pazos Nimo		04:50:07	04:49:31	Máster 1	8	F	51		Vimianzo	00:16:48	00:33:27	01:02:06	01:22:21	01:43:38	02:03:31	02:12:12	02:36:16	02:59:56	03:22:39	03:44:10	04:24:20	04:50:07
643	661	José Antonio Pérez Fernández		04:51:36	04:51:14	Máster 6	17	M	586		Cuevas Nogueira Trail	00:16:25	00:33:20	01:01:35	01:21:19	01:41:56	02:01:15	02:09:51	02:35:19	02:58:30	03:23:05	03:46:10	04:23:54	04:51:36
644	651	Pedro Henriques		04:54:28	04:54:01	Máster 2	160	M	587		Lisboa	00:16:45	00:33:16	01:00:34	01:18:38	01:36:29	01:54:03	02:02:26	02:26:13	02:49:23	03:15:33	03:41:06	04:23:12	04:54:28
645	641	Fernando Martínez Fernandez		04:55:08	04:54:28	Senior	81	M	588		Vigo	00:18:59	00:37:40	01:08:18	01:28:09	01:47:52	02:06:03	02:14:02	02:35:39	02:57:10	03:21:03	03:43:55	04:23:21	04:55:08
646	49	Rocio Alfonso Pita		04:56:21	04:55:44	Máster 2	14	F	52		Sanxenxo	00:19:02	00:38:16	01:10:11	01:31:16	01:52:30	02:12:54	02:21:48	02:46:47	03:09:18	03:32:41	03:54:52	04:30:11	04:56:21
647	50	Elena Castro Sabio		04:56:21	04:55:44	Máster 4	4	F	53	CLUB SOCIAL BANCO PASTOR	A Coruña	00:19:03	00:38:18	01:10:11	01:31:16	01:52:31	02:12:55	02:21:49	02:46:51	03:09:19	03:32:48	03:54:52	04:30:12	04:56:21
648	714	Belmiro Aguiar		04:56:34	04:56:08	Máster 7	9	M	589		S. João Da Madeira	00:18:57	00:37:16	01:06:58	01:27:28	01:47:11	02:06:24	02:14:35	02:38:15	03:01:48	03:25:12	03:48:39	04:26:09	04:56:34
649	655	David Díaz Pérez		04:56:37	04:55:55	Máster 1	104	M	590		A Coruña	00:18:05	00:36:12	01:06:31	01:29:06	01:50:56	02:10:19	02:18:18	02:40:54	03:04:21	03:30:34	03:54:05	04:29:05	04:56:37
650	591	Alfonso Díaz Pérez		04:56:47	04:56:04	Máster 3	103	M	591		A Coruña	00:18:05	00:36:14	01:06:31	01:29:08	01:50:57	02:10:15	02:18:19	02:40:54	03:04:21	03:30:31	03:54:14	04:29:04	04:56:47
651	592	Jesus Campo Miguez		04:58:49	04:58:20	Máster 1	105	M	592		Poriño, O	00:16:48	00:33:39	01:01:44	01:20:21	01:38:55	01:56:58	02:04:54	02:27:55	02:51:57	03:16:44	03:43:54	04:29:27	04:58:49
652	51	Edna Queiros		05:05:07	05:04:31	Máster 3	15	F	54		Porto	00:17:26	00:35:46	01:07:19	01:29:44	01:52:30	02:13:39	02:23:17	02:54:39	03:20:20	03:42:40	04:03:52	04:40:27	05:05:07
653	640	Cándido Moreno Sirgo		05:05:39	05:04:59	Máster 3	104	M	593		Castroilón	00:18:07	00:36:03	01:06:23	01:26:47	01:47:08	02:06:44	02:14:57	02:39:04	03:02:39	03:28:42	03:53:01	04:33:31	05:05:39
654	658	Enrique Romero		05:06:14	05:05:30	Máster 2	161	M	594		A Coruña	00:19:13	00:38:40	01:10:23	01:31:44	01:53:11	02:13:56	02:24:16	02:48:55	03:12:23	03:36:27	04:01:12	04:39:48	05:06:14
655	600	Fernando Suarez Carril		05:15:19	05:14:34	Máster 4	80	M	595	as mariñas	Betanzos	00:18:53	00:37:01	01:06:57	01:28:06	01:50:14	02:10:41	02:19:07	02:44:26	03:11:16	03:38:15	04:02:38	04:42:01	05:15:19
10		María Del Rosario Figueroa Figueroa	AG2024113	DNF	DNF	Máster 1		F		Atmo. Samertolameu	Campionato	00:11:54	00:23:55	00:44:07	00:57:38	01:11:02	01:23:52							
18		Tamara Amigo Nuñez		DNF	DNF	Senior		F		Ponferrada		00:14:12	00:27:43	00:50:18	01:05:18	01:20:43	01:35:18	01:41:42	01:59:56					
33		Mª Luisa Barreiro Fuentes	AG763977	DNF	DNF	Máster 2		F		Riazor Coruña	Campionato	00:17:56	00:35:12	01:02:54	01:21:35	01:40:14	01:57:49	02:05:27	02:26:44	02:46:16				
58		Lina García Portas	GA769053	DNF	DNF	Máster 3		F		CLUB ATLETISMO SADA	Campionato	00:14:46	00:29:39	00:54:29	01:11:10	01:27:47	01:43:45	01:50:44						
71		Ricardo García Gestal		DNF	DNF	Máster 2		M		CORUÑA COMARCA	A Coruña	00:11:32	00:23:27	00:43:01	00:56:46	01:12:27				01:52:03				
84		Alberto Mariño Lameiro		DNF	DNF	Máster 1		M		SOCIEDADE DEPORTIVA BARBANTIA RODA	Rianxo	00:11:56	00:24:05	00:44:05	00:57:12	01:11:05								
93		Arnancio Raña Recouso	AG2023640	DNF	DNF	Senior		M		TAMBRE BIKE&RUNNING	Oroso	00:12:36	00:25:30	00:46:13	00:59:47									
109		Luis Alfonso Novo Veiga	AG764359	DNF	DNF	Máster 1		M		CLUBE ATLETISMO BOIMORTO	Campionato	00:14:35	00:29:05	00:51:57	01:05:39	01:19:09	01:31:52	01:37:09	01:53:31					
113		Vicente Ruben Jiménez Gurrea		DNF	DNF	Máster 1		M		Nosporlimit	Valencia	00:11:33	00:23:25	00:42:40	00:55:26	01:08:22	01:21:02	01:26:59						
118		Pablo Seoane Amor		DNF	DNF	Máster 1		M		CLUB ATLETISMO SADA	Betanzos	00:12:06	00:24:28	00:44:32	00:57:53	01:11:18	01:23:55	01:29:19	01:44:22					
155		Javier Fuentes Fábregas		DNF	DNF	Senior		M		C.A. OUTES. JOHN-TURKEY	Muros	00:14:40	00:28:44	00:51:34	01:06:51	01:22:24	01:37:03	01:43:28						
159		Xaquín Castro Iglesias		DNF	DNF	Máster 3		M		PORCOS BRAVOS	Lugo	00:12:04	00:24:03	00:44:18	00:59:39	01:13:01				03:19:09				
168		Antonio Pereiro Calviño		DNF	DNF	Máster 2		M		RUNNING OLEIROS	Culleredo	00:12:36	00:25:38	00:46:44	01:00:25	01:14:04	01:26:53	01:32:33	01:47:57			02:03:37		
170		Carlos Vázquez Vilar		DNF	DNF	Máster 2		M		ATLETISMO PORRIÑO	Tui	00:13:41	00:27:25	00:50:09	01:05:17	01:20:19	01:34:35	01:40:51	01:58:24					
174		Javier Cerdán Martínez		DNF	DNF	Máster 3		M		Clube Atletismo Vilaiba	Vilaiba	00:13:33	00:27:10	00:49:39	01:04:21	01:19:07	01:33:16							
176		Celestino Antunez Martínez		DNF	DNF	Máster 2		M		TANINOS RUNNERS PONTEAREAS	Ponteareas	00:12:07	00:24:31	00:44:38	00:57:57	01:11:22	01:23:53	01:29:16	01:44:16					
187		Alberto Candal Viqueira		DNF	DNF	Máster 1		M		Cerne melide	Ordes	00:12:20	00:24:47	00:45:16	00:59:20	01:13:17	01:26:38	01:32:32	01:48:00	02:05:09				
200		José Manuel Penas Varela	AG2016305	DNF	DNF	Senior		M		ASOCIACION DEPORTIVA CERNE	Campionato	00:11:07	00:22:36	00:41:49	00:54:33	01:07:08	01:18:59	01:24:11	01:38:48	01:52:53				
212		Roberto Collazo Suarez	AG2014090	DNF	DNF	Máster 1		M		Egvarros Viveiro	Campionato	00:11:54	00:24:05	00:44:04	00:57:12	01:10:15	01:22:37	01:27:59	01:42:58	01:57:28				
263		Juan Jose Gomez Cortes		DNF	DNF	Máster 3		M			Oleiros	00:12:53	00:25:40	00:46:36	01:00:18	01:14:01	01:26:58	01:32:34						
281		Iker Mansilla Gascón		DNF	DNF	Máster 2		M			A Coruña	00:12:44	00:25:26	00:45:58	00:59:33	01:12:58	01:25:40	01:31:12	01:46:52	02:01:17	02:16:53			
309		Juan Ramon Peña Barreiro	AG11064	DNF	DNF	Máster 4		M		Atletismo Noia	Campionato	01:23:33	01:37:50	02:01:20	02:16:51	02:32:32	02:47:45	01:44:10	03:12:51					
313		Segundo Dominguez Alsina	AG2022599	DNF	DNF	Máster 4		M		3RUN by PedroNimo	Campionato	00:13:22	00:26:52	00:48:34	01:03:07	01:17:40	01:31:26	01:37:29	01:53:49					
317		Oscar Diéguez Pintor	AG2016316	DNF	DNF	Senior		M		ASOCIACION DEPORTIVA CERNE	Campionato	00:13:14	00:26:30	00:48:19	01:02:44	01:16:59	01:30:13	01:36:10	01:52:08	02:06:12				
348		Jose Ramon Rodriguez Vilela		DNF	DNF	Máster 3		M			A Coruña	00:14:45	00:29:11	00:53:01	01:08:42	01:24:46	01:39:59	01:46:53	02:06:07					
362		Alberto Armas Pol		DNF	DNF	Senior		M		UNIVERSIDADE SANTIAGO DE COMPOSTELA	A Coruña	00:14:51	00:29:13	00:52:52	01:08:15	01:23:37	01:37:52	01:44:27	02:01:45	02:17:33	02:35:45			
368		Segio Castellanos Jiménez		DNF	DNF	Máster 3		M		CLUB HERCULES	A Coruña	00:15:04	00:29:21	00:52:59	01:08:24	01:23:48	01:38:20	01:44:43	02:02:21	02:18:08			03:12:49	
373		Fran Guarddon		DNF	DNF	Máster 3		M			A Coruña	00:14:48	00:29:05	00:52:56										
379		Jose Maria Fernandez Lopez		DNF	DNF	Máster 3		M		RUNNING OLEIROS	Cambre	00:13:38	00:27:14	00:49:36	01:04:18	01:19:08	01:33:03	01:39:08	01:55:28	02:10:23	02:25:11			
399		Enrique Cabana Picado		DNF	DNF	Máster 1		M		INDEPENDIENTE	A Coruña	00:15:45	00:31:49	00:57:39	01:14:33	01:31:27	01:47:24	01:54:23	02:14:18	02:36:53				
408		Juan Carlos Rivas Varela		DNF	DNF	Máster 5		M		MARZO SAUDE	Lugo	00:13:40	00:27:08	00:49:08	01:03:46	01:18:14	01:31:47	01:37:49	01:54:35	02:10:26	02:27:01	02:44:00		
409		Jose Enrique Alvarez Perez		DNF	DNF	Máster 4		M		CLUB DEPORTIVO JIMBARAN	A Coruña	00:16:26	00:31:46	00:56:30	01:13:04	01:29:45	01:45:11	01:51:49	02:12:20					
445		José Manuel García Sobrado		DNF	DNF	Máster 1		M			Arteixo	00:15:43	00:31:46	00:57:39	02:30:13	01:31:23	01:47:27	01:54:27	03:35:51		02:47:02	03:04:02		
449		Gabriel Santos Alonso		DNF	DNF	Máster 1		M			A Coruña	00:15:24	00:30:28	00:54:15										
458		Francisco Jose Gomez Castro	AG6577	DNF	DNF	Máster 4		M		Atletismo Noia	Campionato	01:16:04	01:28:52	01:50:29	02:04:25	02:18:29	02:31:39	01:34:42	02:53:17					
468		Manuel Martínez Fernandez	AG2021636	DNF	DNF	Máster 3		M		Atletismo Porrino	Campionato	00:14:11	00:28:44	00:52:03	01:07:43	01:23:07	01:37:46	01:44:07	02:01:42	02:18:00				
503		Carlos Torres López		DNF	DNF	Máster 2		M			Lugo	00:16:35	00:32:21	00:57:32	01:14:11	01:30:36	01:46:08	01:52:55	02:11:58	02:30:05				
524		Luis Matos		DNF	DNF	Máster 1		M			Maia	00:14:48	00:29:11	00:52:58	01:08:40	01:24:03	01:38:44	01:45:09	02:02:36	02:18:28				
529		Manuel Gonzalez Novoa	AG2024748	DNF	DNF	Máster 3		M		CLUB ATLETISMO BOIMORTO</														

