



+10 MARIN, Manuel Rosales

GRAN PREMIO: CONCELLO DE MARIN

27/07/2019, 22:00 en Marín

+10 MARÍN MANUEL ROSALES, GRAN PREMIO CONCELLO DE

Carrera principal

Localidade MARIN

ORGANIZA: Concello de Marín e Dsport Event AD

Data 27/07/2019

Cronometra: CRONOTEC

Hora 9:00 PM

Sistema: CRONOMACH

Clasificación xeral

Distancia 10 Km

Clasificacions: WWW.CRONOTEC.ES



Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
1		344	Romarc FORQUES	SAN MIGUEL DE MARÍN	SUB23M - 1	00:00	0:06:55	0:12:52	0:18:21	0:24:12	0:29:37	0:30:43	0:30:44	03:04	
2		417	Esteban IGLESIA VILA		SNM - 1	00:00	0:06:59	0:12:52	0:18:28	0:25:04	0:30:53	0:32:06	0:32:07	03:12	0:01:23
3		603	Manuel LORENZO LOPEZ	GIMNASTICA	SNM - 2	00:00	0:07:19	0:13:32	0:19:22	0:25:40	0:31:36	0:32:42	0:32:42	03:16	0:01:58
4		348	José Manuel LOJO FERNÁNDEZ	SAN MIGUEL DE MARÍN	MAS-AM - 1	00:00	0:07:15	0:13:34	0:19:34	0:26:12	0:32:14	0:33:35	0:33:35	03:21	0:02:51
5		75	Antonio TEIJIDO LÓPEZ	VERXEL N.D.	SNM - 3	00:00	0:07:21	0:13:46	0:19:59	0:26:37	0:32:58	0:34:11	0:34:12	03:25	0:03:28
6		350	Vicente POMBAL CORTEGOSO	SAN MIGUEL DE MARÍN	MAS-AM - 2	00:01	0:07:32	0:14:04	0:20:06	0:26:48	0:33:02	0:34:24	0:34:26	03:26	0:03:42
7		130	Jorge TORRES TORRES		MAS-AM - 3	00:01	0:07:45	0:14:12	0:20:21	0:27:05	0:33:20	0:34:34	0:34:35	03:27	0:03:51
8		17	Jesus CORRAL MATO		SUB23M - 2	00:01	0:07:21	0:13:46	0:20:19	0:27:04	0:33:30	0:34:46	0:34:48	03:28	0:04:04
9		33	Faris ALZAABI		SNM - 4	00:00	0:07:54	0:14:31	0:20:47	0:27:33	0:33:47	0:35:05	0:35:06	03:30	0:04:22
10		164	Alexis BUIG FERNÁNDEZ	CLUB ATLETISMO BARBANZA	MAS-AM - 4	00:02	0:07:49	0:14:32	0:20:47	0:27:33	0:33:47	0:35:05	0:35:07	03:30	0:04:23
11		229	Manuel PRIETO DE LA IGLESIA	ATHLETICS	MAS-BM - 1	00:02	0:07:40	0:14:24	0:20:41	0:27:33	0:33:53	0:35:13	0:35:15	03:31	0:04:31
12		39	Javier ROMERO FERRERA		SNM - 5	00:02	0:07:52	0:14:32	0:21:00	0:27:51	0:34:19	0:35:30	0:35:33	03:33	0:04:49
13		221	Jordi CARRASCO NUÑEZ	RUNGALICIA INTERSPORT	MAS-BM - 2	00:01	0:07:57	0:14:39	0:21:08	0:27:58	0:34:20	0:35:33	0:35:34	03:33	0:04:50
14		197	Antonio PAJARIÑO VILAS		MAS-AM - 5	00:02	0:07:57	0:14:35	0:20:58	0:27:52	0:34:15	0:35:33	0:35:35	03:33	0:04:51
15		601	Samuel VEIGA IGLESIAS	MILLADOIRO	MAS-BM - 3	00:01	0:07:53	0:14:33	0:20:56	0:27:51	0:34:25	0:35:34	0:35:36	03:33	0:04:52
16		64	Victor ESPARIS GARCIA	CLUB ATLETISMO NEGREIRA	SNM - 6	00:02	0:07:49	0:14:39	0:21:09	0:28:03	0:34:16	0:35:37	0:35:40	03:34	0:04:56
17		73	Fabien GUERINEAU		SNM - 7	00:03	0:07:34	0:14:08	0:20:41	0:27:36	0:34:17	0:35:37	0:35:40	03:34	0:04:56
18		351	Daniel DE LA TORRE ALLARIZ	SAN MIGUEL DE MARÍN	MAS-BM - 4	00:00	0:07:52	0:14:33	0:20:54	0:27:49	0:34:25	0:35:42	0:35:43	03:34	0:04:59
19		418	Gonzalo GONZALEZ PIÑEIRO	MILLER RUNNING	MAS-BM - 5	00:00	0:07:43	0:14:33	0:20:56	0:27:52	0:34:18	0:35:44	0:35:44	03:34	0:05:00

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
20		230	Javier SEOANE PUGA		MAS-BM - 6	00:01	0:07:53	0:14:32	0:20:50	0:27:49	0:34:24	0:35:45	0:35:47	03:34	0:05:03
21		29	Cristian PENAS OTERO	TRIATLON ARCADE INFORHOU	SNM - 8	00:01	0:07:41	0:14:17	0:20:41	0:27:50	0:34:31	0:35:52	0:35:53	03:35	0:05:09
22		52	Pablo BEIRO		SNM - 9	00:05	0:07:55	0:14:33	0:20:59	0:27:51	0:34:37	0:35:54	0:36:00	03:36	0:05:16
23		349	Óscar PÉREZ LORENZO	SAN MIGUEL DE MARÍN	MAS-AM - 6	00:10	0:07:54	0:14:32	0:20:56	0:28:07	0:34:42	0:35:50	0:36:00	03:36	0:05:16
24		121	Carlos IGLESIAS AREA	CLUB SAN MIGUEL DE MARIN	MAS-AM - 7	00:02	0:08:17	0:15:04	0:21:29	0:28:21	0:34:44	0:36:03	0:36:06	03:36	0:05:22
25		26	Adrián ABOAL LOSADA	TRIATLON RÍAS BAIXAS	SNM - 10	00:01	0:07:53	0:14:41	0:21:10	0:28:11	0:34:44	0:36:09	0:36:10	03:37	0:05:26
26		98	Maxi OUBIÑA FALCÓN	C. A. CAMBADOS - SEGUROS N	MAS-AM - 8	00:01	0:07:52	0:14:38	0:21:07	0:28:13	0:34:48	0:36:16	0:36:17	03:37	0:05:33
27		118	Luis QUINTEIRO SILVA	CLUB CICLISMO TRÍATLON POI	MAS-AM - 9	00:04	0:08:09	0:15:02	0:21:30	0:28:29	0:34:59	0:36:15	0:36:19	03:37	0:05:35
28		59	Pablo GARCÍA QUEROL		SNM - 11	00:04	0:08:09	0:15:03	0:21:30	0:28:29	0:35:04	0:36:18	0:36:22	03:38	0:05:38
29	1	573	Joselyn BREA ABREU	GIMNASTICA	SNF - 1	00:01	0:08:11	0:15:04	0:21:30	0:28:20	0:34:54	0:36:26	0:36:27	03:38	0:05:43
30		67	Germán RODAL CARAMÉS		SNM - 12	00:05	0:08:15	0:15:13	0:21:45	0:28:47	0:35:18	0:36:38	0:36:44	03:40	0:06:00
31		178	Laureano PEREZ SOTO		MAS-AM - 10	00:03	0:08:15	0:15:12	0:21:44	0:28:46	0:35:23	0:36:40	0:36:44	03:40	0:06:00
32		222	Cristóbal CACHEDA CHOUZA	TEAM CORBELO	MAS-BM - 7	00:02	0:08:11	0:15:12	0:21:46	0:28:49	0:35:24	0:36:43	0:36:45	03:40	0:06:01
33		195	Francisco Javier GONZÁLEZ PAS	CLUB ATLETISMO MACEDA	MAS-AM - 11	00:05	0:08:21	0:15:11	0:21:49	0:28:47	0:35:26	0:36:40	0:36:45	03:40	0:06:01
34		316	Jose SUAREZ LEIS	SAR-VERMU PETRONI	MAS-CM - 1	00:01	0:08:01	0:14:56	0:21:32	0:28:40	0:35:26	0:36:48	0:36:50	03:41	0:06:06
35		37	Adrián ESCUDERO RIVAS	CLUB CICLISMO TRÍATLON POI	SNM - 13	00:03	0:08:11	0:15:04	0:21:34	0:28:37	0:35:25	0:36:46	0:36:50	03:41	0:06:06
36		55	Marcos ALMOZARA MAYO	3&RUN BY PEDRO NIMO	SNM - 14	00:02	0:07:52	0:14:44	0:21:34	0:28:43	0:35:31	0:36:50	0:36:52	03:41	0:06:08
37		62	Marcos RODRIGUEZ VAZQUEZ	ATLETISMO ARENTEIRO	SNM - 15	00:10	0:08:17	0:15:11	0:21:45	0:28:47	0:35:27	0:36:44	0:36:55	03:41	0:06:11
38		287	Juan Carlos SANDE PRESA	MILER RUNNING CLUB	MAS-BM - 8	00:01	0:08:02	0:14:56	0:21:38	0:28:46	0:35:33	0:36:54	0:36:55	03:41	0:06:11
39		103	Carlos SEÑORANS TOBIO	CAMBADOS	MAS-AM - 12	00:02	0:08:18	0:15:23	0:22:07	0:29:10	0:35:47	0:36:58	0:37:01	03:42	0:06:17
40		203	José Julián BELTRÁN TABOADA	RUN PONTEVEDRA	MAS-AM - 13	00:04	0:08:21	0:15:12	0:21:50	0:28:49	0:35:36	0:36:56	0:37:01	03:42	0:06:17
41		143	Boni GONZÁLEZ REY	PRAIA DE CARNOTA RUNNERS	MAS-AM - 14	00:02	0:08:23	0:15:22	0:22:00	0:28:59	0:35:40	0:37:00	0:37:02	03:42	0:06:18
42		359	Roberto MARTINEZ CASTRO	PINARIUM	MAS-AM - 15	00:01	0:08:01	0:14:59	0:21:47	0:28:56	0:35:46	0:37:03	0:37:05	03:42	0:06:21
43		269	Victor BARCALA MORA	PONTEVEDRA	MAS-BM - 9	00:02	0:07:58	0:14:46	0:21:36	0:28:49	0:35:40	0:37:03	0:37:05	03:42	0:06:21
44		434	Javier CHAMOSA LEIRA	VETERAN@S DE GALICIA	MAS-CM - 2	00:10	0:08:25	0:15:25	0:22:09	0:29:09	0:35:43	0:36:58	0:37:08	03:42	0:06:24
45		102	Roberto VÁZQUEZ PAVÓN	TANINOS RUNNERS PONTEAR	MAS-AM - 16	00:03	0:07:53	0:14:51	0:21:35	0:28:53	0:35:42	0:37:06	0:37:09	03:42	0:06:25
46		265	Manuel RENDO PÉREZ	ECOPREVE	MAS-BM - 10	00:00	0:08:07	0:15:05	0:21:53	0:29:07	0:35:55	0:37:17	0:37:18	03:43	0:06:34
47		16	Brais OTERO LESTÓN	TRIATLON ARCADE INFORHOU	SUB23M - 3	00:00	0:07:53	0:14:50	0:21:40	0:29:06	0:36:02	0:37:25	0:37:26	03:44	0:06:42
48		92	Diego SANTOS BLANCO	CLUB ATLETISMO SAR VERMU	MAS-AM - 17	00:03	0:08:18	0:15:21	0:22:02	0:29:15	0:36:04	0:37:23	0:37:27	03:44	0:06:43
49		174	Juan Francisco FERNANDEZ LIJO		MAS-AM - 18	00:03	0:08:04	0:15:12	0:22:07	0:29:28	0:36:07	0:37:28	0:37:31	03:45	0:06:47
50		28	Eduardo BARREIRO IGLESIAS	ATLETISMO BAIONA	SNM - 16	00:01	0:08:03	0:15:02	0:21:41	0:29:05	0:35:59	0:37:30	0:37:31	03:45	0:06:47

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
51		44	Darío COMESAÑA CHAVERT	LÓSTREGOS COIA	SNM - 17	00:03	0:08:10	0:15:12	0:21:54	0:29:10	0:36:07	0:37:31	0:37:34	03:45	0:06:50
52		255	Ismael CAMPELO PENA		MAS-BM - 11	00:03	0:08:19	0:15:23	0:22:05	0:29:15	0:36:14	0:37:34	0:37:37	03:45	0:06:53
53		387	Andres RODRIGUEZ DOMINGUEZ	PINARIUM	MAS-AM - 19	00:01	0:08:12	0:15:13	0:22:05	0:29:21	0:36:15	0:37:39	0:37:41	03:46	0:06:57
54		22	Pablo CARNERO RODRÍGUEZ		SNM - 18	00:04	0:08:17	0:15:23	0:22:10	0:29:35	0:36:29	0:37:49	0:37:53	03:47	0:07:09
55		219	Marcos FERNÁNDEZ MONZÓN	CSCR BEADE	MAS-BM - 12	00:06	0:08:12	0:15:24	0:22:16	0:29:36	0:36:30	0:37:52	0:37:58	03:47	0:07:14
56		155	Jose Antonio VILLAR PEREZ	VII LEGIO GEMINA	MAS-AM - 20	00:04	0:08:22	0:15:12	0:21:54	0:29:15	0:36:31	0:37:54	0:37:58	03:47	0:07:14
57		378	Juan Carlos SOTO PARADA	PINARIUM	MAS-AM - 21	00:04	0:08:18	0:15:29	0:22:21	0:29:48	0:36:41	0:37:56	0:38:00	03:48	0:07:16
58		364	Jose Manuel OMIL IGLESIAS	PINARIUM	MAS-AM - 22	00:03	0:08:25	0:15:46	0:22:33	0:30:00	0:36:42	0:38:01	0:38:04	03:48	0:07:20
59		105	Feliciano GARCIA SANMAMED	OURENSE ATLETISMO	MAS-AM - 23	00:10	0:08:15	0:15:23	0:22:23	0:29:49	0:36:48	0:37:57	0:38:08	03:48	0:07:24
60		189	Miguel Angel ALONSO ABALDE		MAS-AM - 24	00:03	0:08:25	0:15:27	0:22:20	0:29:52	0:36:46	0:38:04	0:38:08	03:48	0:07:24
61		65	José Luis LÓPEZ DE IGNACIO		SNM - 19	00:04	0:08:26	0:15:25	0:22:19	0:29:48	0:36:46	0:38:10	0:38:15	03:49	0:07:31
62		427	Frank BAEZ BARCIA		MAS-AM - 25	00:10	0:08:49	0:15:57	0:22:45	0:30:01	0:36:54	0:38:09	0:38:19	03:49	0:07:35
63		140	Rubén BREGUA CHAS	3&RUN BY PEDRO NIMO	MAS-AM - 26	00:05	0:08:33	0:15:50	0:22:38	0:29:59	0:36:53	0:38:16	0:38:22	03:50	0:07:38
64		173	Alberto MALVIDO GARCIA		MAS-AM - 27	00:04	0:08:32	0:15:54	0:22:46	0:30:11	0:37:00	0:38:18	0:38:22	03:50	0:07:38
65		153	Fernando GONZALEZ LANZOS		MAS-AM - 28	00:04	0:08:38	0:15:54	0:22:52	0:30:11	0:37:02	0:38:19	0:38:24	03:50	0:07:40
66		63	Oscar GARCÍA PIÑEIRO		SNM - 20	00:03	0:08:25	0:15:46	0:22:42	0:29:59	0:36:58	0:38:21	0:38:24	03:50	0:07:40
67		175	Fernando VILAR RODRIGUEZ	USC	MAS-AM - 29	00:04	0:08:25	0:15:25	0:22:23	0:29:52	0:37:03	0:38:25	0:38:29	03:50	0:07:45
68		120	Jose Manuel JUNCAL CARRAGA	MILER RUNNING CLUB	MAS-AM - 30	00:02	0:08:39	0:16:01	0:22:59	0:30:17	0:37:08	0:38:29	0:38:31	03:51	0:07:47
69		35	Sergio VÁZQUEZ OTERO	TRIATLON ARCADE INFORHOU	SNM - 21	00:04	0:08:28	0:15:40	0:22:36	0:30:00	0:37:10	0:38:27	0:38:32	03:51	0:07:48
70		58	Alberto VAZQUEZ OTERO	TRIATLON ARCADE INFORHOU	SNM - 22	00:05	0:08:21	0:15:37	0:22:33	0:29:59	0:37:03	0:38:26	0:38:32	03:51	0:07:48
71		2	Pablo RIVERO MUIÑOS	CDM VÉRTICE	SUB23M - 4	00:06	0:08:53	0:16:20	0:23:13	0:30:35	0:37:14	0:38:27	0:38:34	03:51	0:07:50
72		380	Jose Antonio SANTIAGO BOSCH	PINARIUM	MAS-AM - 31	00:03	0:08:43	0:16:08	0:22:58	0:30:17	0:37:12	0:38:32	0:38:36	03:51	0:07:52
73		141	Santiago RAMOS IGLESIAS	USC	MAS-AM - 32	00:01	0:08:20	0:15:47	0:22:53	0:30:17	0:37:17	0:38:36	0:38:38	03:51	0:07:54
74		11	Jesús OTERO LESTÓN	TRIATLON ARCADE INFORHOU	SUB23M - 5	00:10	0:08:16	0:15:25	0:22:31	0:29:58	0:37:12	0:38:28	0:38:38	03:51	0:07:54
75		69	Jesús PARDO JORGE	TRINORTH	SNM - 23	00:02	0:08:39	0:15:54	0:23:12	0:30:29	0:37:17	0:38:37	0:38:40	03:52	0:07:56
76		50	Carlos Manuel IGLESIAS CARBAL	CLUB ATLETISMO SANTIAGO	SNM - 24	00:10	0:08:59	0:16:20	0:23:17	0:30:35	0:37:23	0:38:30	0:38:41	03:52	0:07:57
77		191	Marcos RODRÍGUEZ DURAN		MAS-AM - 33	00:04	0:08:32	0:15:50	0:22:43	0:30:12	0:37:16	0:38:38	0:38:43	03:52	0:07:59
78		54	Javier VILLARREAL ALARCON	TRIATLON GALAICO MOTOBK	SNM - 25	00:09	0:08:45	0:16:07	0:23:06	0:30:22	0:37:17	0:38:38	0:38:48	03:52	0:08:04
79		160	Martin ESTEVEZ ESTEVEZ	CORREDOIRAS BUEU	MAS-AM - 34	00:03	0:08:30	0:15:53	0:22:46	0:30:10	0:37:13	0:38:46	0:38:49	03:52	0:08:05
80		41	Gonzalo LÓPEZ DE GUEREÑU NO	TRIATLON GALAICO MOTOBK	SNM - 26	00:10	0:08:50	0:16:10	0:23:11	0:30:32	0:37:22	0:38:39	0:38:49	03:52	0:08:05
81		168	Alberto PENA LOMBA	ATLETISMO TUI	MAS-AM - 35	00:01	0:08:20	0:15:41	0:22:29	0:30:07	0:37:17	0:38:50	0:38:51	03:53	0:08:07

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
82		76	Diego GODOY BARROS	C. D. SAN PAIO	SNM - 27	00:06	0:08:55	0:16:21	0:23:13	0:30:35	0:37:25	0:38:46	0:38:52	03:53	0:08:08
83		60	Javier MIRANDA ACUÑA		SNM - 28	00:02	0:08:57	0:16:20	0:23:18	0:30:36	0:37:24	0:38:52	0:38:55	03:53	0:08:11
84		126	Jose MARTINEZ SOAGE		MAS-AM - 36	00:04	0:08:27	0:15:47	0:22:44	0:30:21	0:37:24	0:38:50	0:38:55	03:53	0:08:11
85		294	Pedro PAZOS CARBÓN	3&RUN BY PEDRO NIMO	MAS-BM - 13	00:02	0:08:44	0:16:12	0:23:13	0:30:40	0:37:40	0:39:02	0:39:05	03:54	0:08:21
86		5	Samuel VALEIJE COVELO	ASOCIACION DEPORTIVA C.A.	SUB23M - 6	00:04	0:08:27	0:15:39	0:22:43	0:30:28	0:37:36	0:39:00	0:39:05	03:54	0:08:21
87		281	Emilio RÚA VAAMONDE		MAS-BM - 14	00:06	0:08:50	0:16:13	0:23:11	0:30:41	0:37:40	0:39:00	0:39:07	03:54	0:08:23
88		277	Lorenzo Juan LORENZO ESTEVE		MAS-BM - 15	00:06	0:08:36	0:15:55	0:22:59	0:30:33	0:37:41	0:39:07	0:39:14	03:55	0:08:30
89		82	Jose Manuel MORAISDE LA IGLE		SNM - 29	00:04	0:08:46	0:16:16	0:23:16	0:30:51	0:37:48	0:39:10	0:39:14	03:55	0:08:30
90		407	German MORENZA DOFORNO	PINARIUM	MAS-CM - 3	00:02	0:08:28	0:15:51	0:22:59	0:30:36	0:37:52	0:39:15	0:39:17	03:55	0:08:33
91		217	Juan RODRÍGUEZ PINAL	RUN CARBALLIÑO	MAS-BM - 16	00:04	0:08:38	0:15:55	0:23:01	0:30:36	0:37:52	0:39:19	0:39:23	03:56	0:08:39
92		70	Adrian REGUEIRO LOPEZ		SNM - 30	00:06	0:08:42	0:16:20	0:23:19	0:30:55	0:38:00	0:39:20	0:39:26	03:56	0:08:42
93		420	Juan Carlos RAVIÑA FURELOS		MAS-BM - 17	00:09	0:08:59	0:16:24	0:23:25	0:30:55	0:37:56	0:39:18	0:39:27	03:56	0:08:43
94		276	Francisco Javier FERNANDEZ GA	CLUB ATLETISMO NOIA	MAS-BM - 18	00:03	0:09:02	0:16:28	0:23:30	0:30:59	0:38:00	0:39:25	0:39:28	03:56	0:08:44
95		90	Suso GARCÍA CÓRDOBA	RUN PONTEVEDRA	MAS-AM - 37	00:04	0:08:46	0:16:19	0:23:25	0:31:00	0:37:58	0:39:24	0:39:29	03:56	0:08:45
96		211	Francisco JUNCAL		MAS-AM - 38	00:08	0:08:47	0:16:14	0:23:19	0:30:54	0:38:03	0:39:21	0:39:29	03:56	0:08:45
97		19	Alberto REBOREDO DURÁN	ATLETISMO SAR- VERMU PETR	SNM - 31	00:05	0:09:02	0:16:21	0:23:24	0:30:51	0:37:57	0:39:30	0:39:36	03:57	0:08:52
98		14	Germán YUBERO PAZOS		SUB23M - 7	00:03	0:08:30	0:15:54	0:22:54	0:30:45	0:38:02	0:39:35	0:39:38	03:57	0:08:54
99		212	José Antonio RODRÍGUEZ ÁLVA	C.A.R MARISQUEIRO	MAS-AM - 39	00:08	0:09:00	0:16:31	0:23:29	0:31:00	0:38:07	0:39:30	0:39:39	03:57	0:08:55
100		273	Juan IGLESIAS OTERO	ATLETISMO VILA DE CANGAS	MAS-BM - 19	00:19	0:09:05	0:16:25	0:23:33	0:31:05	0:38:11	0:39:21	0:39:40	03:58	0:08:56
101		352	Iñigo MARTINEZ MARTINEZ	PINARIUM	SUB23M - 8	00:01	0:08:08	0:15:21	0:22:44	0:31:02	0:38:20	0:39:41	0:39:43	03:58	0:08:59
102		114	Daniel PÉREZ DIÉGUEZ		MAS-AM - 40	00:04	0:08:31	0:16:02	0:23:16	0:31:07	0:38:18	0:39:39	0:39:44	03:58	0:09:00
103		85	Jose COSTAS FERNANDEZ	ASOCIACION DEPORTIVA C.A.	SNM - 32	00:07	0:08:47	0:16:08	0:23:10	0:30:58	0:38:24	0:39:38	0:39:45	03:58	0:09:01
104		12	David POMBAL PORTELA	CLUB ATLETISMO SAMERTOLA	SUB23M - 9	00:07	0:08:52	0:16:27	0:23:44	0:31:17	0:38:18	0:39:41	0:39:48	03:58	0:09:04
105		24	Álvaro RODRÍGUEZ BURGO		SNM - 33	00:08	0:09:03	0:16:44	0:23:55	0:31:35	0:38:24	0:39:41	0:39:49	03:58	0:09:05
106		326	Xesus Manuel MOSTEIRO LÓPEZ	ASOCIACIÓN DEPORTIVA CER	MAS-CM - 4	00:06	0:08:55	0:16:24	0:23:26	0:31:04	0:38:17	0:39:44	0:39:50	03:59	0:09:06
107		372	Diego GONZALEZ MARTINEZ	PINARIUM	MAS-AM - 41	00:02	0:08:56	0:16:31	0:23:41	0:31:16	0:38:20	0:39:49	0:39:52	03:59	0:09:08
108		267	Vicente REY JÁCOME		MAS-BM - 20	00:08	0:08:56	0:16:27	0:23:41	0:31:20	0:38:32	0:39:54	0:40:03	04:00	0:09:19
109	2	537	Maria Del Rosario FIGUEROA FIG	CLUB ATLETISMO SAMERTOLA	MAS-AF - 1	00:02	0:08:44	0:16:09	0:23:23	0:31:06	0:38:30	0:40:02	0:40:05	04:00	0:09:21
110		318	Francisco Xabier SOTO OTERO	RUN PONTEVEDRA	MAS-CM - 5	00:04	0:08:58	0:16:32	0:23:42	0:31:21	0:38:27	0:40:02	0:40:06	04:00	0:09:22
111		137	Rodrigo MANEIRO SÁNCHEZ	CLUB ATLETISMO BARBANZA	MAS-AM - 42	00:03	0:08:51	0:16:14	0:23:17	0:31:02	0:38:18	0:40:04	0:40:07	04:00	0:09:23
112		45	Rafael FRANCO PÉREZ		SNM - 34	00:10	0:09:27	0:17:02	0:24:13	0:31:40	0:38:36	0:39:57	0:40:08	04:00	0:09:24

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
113		204	Tomas SEOANE MUÑIZ	C A RIA DE AROSA	MAS-AM - 43	00:03	0:08:42	0:16:27	0:23:43	0:31:34	0:38:30	0:40:07	0:40:10	04:01	0:09:26
114		127	Juan Carlos LÓPEZ FERNÁNDEZ		MAS-AM - 44	00:12	0:09:09	0:16:38	0:23:47	0:31:26	0:38:56	0:40:18	0:40:31	04:03	0:09:47
115		605	Alejandro MALVIDO SANCHEZ		MAS-AM - 45	00:19	0:09:07	0:16:40	0:23:57	0:31:50	0:38:58	0:40:15	0:40:35	04:03	0:09:51
116		432	Daniel PAZ OTERO	VETERAN@S DE GALICIA	MAS-AM - 46	00:08	0:09:11	0:16:52	0:24:09	0:31:55	0:39:03	0:40:32	0:40:40	04:04	0:09:56
117		23	Cristian VALENCIA RODRIGUEZ	C.A.R MARISQUEIRO	SNM - 35	00:08	0:09:19	0:16:51	0:24:05	0:31:44	0:39:09	0:40:33	0:40:41	04:04	0:09:57
118		289	Cesar TABOADA MILLAN	CLUB ATLETISMO SAR VERMU	MAS-BM - 21	00:04	0:09:19	0:17:09	0:24:27	0:32:06	0:39:15	0:40:38	0:40:42	04:04	0:09:58
119		354	Alan SARDINERO GONZALEZ	PINARIUM	SUB23M - 10	00:07	0:09:02	0:16:44	0:23:58	0:31:49	0:39:15	0:40:38	0:40:45	04:04	0:10:01
120		123	Ricardo BRU VÁZQUEZ	LÓSTREGOS COIA	MAS-AM - 47	00:09	0:08:59	0:16:35	0:23:54	0:31:43	0:39:06	0:40:37	0:40:46	04:04	0:10:02
121		182	Fernando FILGUEIRA PONCE		MAS-AM - 48	00:07	0:08:38	0:16:34	0:23:57	0:31:57	0:39:10	0:40:39	0:40:46	04:04	0:10:02
122		408	Antonio MARTINEZ RODRIGUEZ	PINARIUM	MAS-CM - 6	00:06	0:08:50	0:16:26	0:23:43	0:31:42	0:39:10	0:40:41	0:40:48	04:04	0:10:04
123		25	Aaron MARCOS PIÑEIRO		SNM - 36	00:04	0:08:37	0:16:02	0:23:28	0:31:29	0:39:12	0:40:44	0:40:49	04:04	0:10:05
124		369	J. Gavino EDREIRA GARCIA	PINARIUM	MAS-AM - 49	00:06	0:09:02	0:16:44	0:23:56	0:31:50	0:39:14	0:40:46	0:40:52	04:05	0:10:08
125	3	535	Angeles CASTRO ROSALES	MILER	MAS-AF - 2	00:02	0:09:31	0:17:22	0:24:44	0:32:23	0:39:36	0:40:58	0:41:00	04:06	0:10:16
126	4	533	Tania SILVELO PALLIN	UNIVERSIDAD SANTIAGO	MAS-AF - 3	00:11	0:09:12	0:16:53	0:24:19	0:32:05	0:39:27	0:40:51	0:41:03	04:06	0:10:19
127		433	Jose Alfredo SÁNCHEZ MURCIA	VETERAN@S DE GALICIA	MAS-CM - 7	00:04	0:09:12	0:16:52	0:24:12	0:32:05	0:39:32	0:41:04	0:41:08	04:06	0:10:24
128		190	Martín MURADO GOYOS		MAS-AM - 50	00:03	0:08:31	0:16:05	0:23:28	0:31:34	0:39:19	0:41:08	0:41:12	04:07	0:10:28
129		389	Miguel SANTIAGO PEREIRA	PINARIUM	MAS-AM - 51	00:07	0:09:13	0:17:05	0:24:34	0:32:25	0:39:44	0:41:04	0:41:12	04:07	0:10:28
130		71	Pablo LORENZO MIRÓN		SNM - 37	00:18	0:09:54	0:17:35	0:24:55	0:32:30	0:39:48	0:40:57	0:41:15	04:07	0:10:31
131		271	Jaime PEREZ ALVAREZ	RUN PONTEVEDRA	MAS-BM - 22	00:04	0:09:03	0:16:36	0:24:11	0:32:06	0:39:42	0:41:11	0:41:16	04:07	0:10:32
132		397	Jose A. FUENTES SAYAR	PINARIUM	MAS-BM - 23	00:06	0:09:09	0:16:51	0:24:18	0:32:11	0:39:46	0:41:14	0:41:20	04:08	0:10:36
133		106	Antonio PUENTE ESPÍÑA	RUNNERS AMIO	MAS-AM - 52	00:09	0:09:11	0:16:53	0:24:13	0:32:11	0:39:41	0:41:14	0:41:24	04:08	0:10:40
134		100	Manel REDONDO SOL	VERXEL N.D.	MAS-AM - 53	00:08	0:09:20	0:17:10	0:24:43	0:32:34	0:39:44	0:41:18	0:41:26	04:08	0:10:42
135		88	Diego TRIGO CASTEDO	ATLETIAMO FRIOL	MAS-AM - 54	00:04	0:08:21	0:15:24	0:22:10	0:29:37	0:39:43	0:41:22	0:41:27	04:08	0:10:43
136		194	Rogelio FERREIRA SÁNCHEZ		MAS-AM - 55	00:09	0:09:11	0:16:52	0:24:10	0:32:02	0:39:37	0:41:18	0:41:27	04:08	0:10:43
137		21	Hugo GENDRA SALVADO	TRIATLON ARCADE INFORHOU	SNM - 38	00:17	0:09:40	0:17:19	0:24:46	0:32:30	0:40:01	0:41:14	0:41:31	04:09	0:10:47
138		72	Adrián CASTROAGUDÍN GÓMEZ		SNM - 39	00:10	0:08:59	0:16:43	0:24:11	0:32:18	0:39:57	0:41:22	0:41:33	04:09	0:10:49
139		139	Ricardo VERDE PAREDES		MAS-AM - 56	00:07	0:09:32	0:17:22	0:24:45	0:32:31	0:40:00	0:41:26	0:41:34	04:09	0:10:50
140		57	Hector TRONCOSO GOMEZ		SNM - 40	00:10	0:09:07	0:17:01	0:24:31	0:32:27	0:40:01	0:41:24	0:41:35	04:09	0:10:51
141		339	Pablo FERVENZA ENTENZA		MAS-DM - 1	00:03	0:08:58	0:16:52	0:24:22	0:32:25	0:39:59	0:41:32	0:41:35	04:09	0:10:51
142		315	Francisco SANMARCO SANTOS	ATLETISMO SAR- VERMU PETR	MAS-CM - 8	00:10	0:09:24	0:17:13	0:24:40	0:32:35	0:40:08	0:41:30	0:41:41	04:10	0:10:57
143		243	Manuel BARROS BARCALA		MAS-BM - 24	00:12	0:09:38	0:17:23	0:24:45	0:32:34	0:40:06	0:41:30	0:41:42	04:10	0:10:58

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
144		129	Angel REY PINTOS		MAS-AM - 57	00:21	0:09:34	0:17:20	0:24:50	0:32:39	0:40:10	0:41:24	0:41:46	04:10	0:11:02
145	5	518	Ana CARREIRA CASAIS	UNIVERSIDAD SANTIAGO	SUB23F - 1	00:02	0:09:17	0:17:15	0:24:48	0:32:41	0:40:06	0:41:44	0:41:47	04:10	0:11:03
146		362	David OTERO CRESPO	PINARIUM	MAS-AM - 58	00:06	0:09:08	0:17:02	0:24:32	0:32:43	0:40:11	0:41:43	0:41:50	04:11	0:11:06
147		437	Jose Maria GUIANCE PARADA	VETERAN@S DE GALICIA	MAS-BM - 25	00:08	0:09:23	0:17:10	0:24:37	0:32:36	0:40:11	0:41:44	0:41:53	04:11	0:11:09
148		108	Jesus ACUÑA MARTINEZ		MAS-AM - 59	00:10	0:09:22	0:17:08	0:24:38	0:32:34	0:40:10	0:41:44	0:41:55	04:11	0:11:11
149		309	Ramon VILLAR RUIBAL	VERXEL N.D.	MAS-BM - 26	00:24	0:09:57	0:17:38	0:25:02	0:32:49	0:40:20	0:41:33	0:41:57	04:11	0:11:13
150		145	Jose PIÑEIRO TERZADO	ATLETISMO A ESTRADA	MAS-AM - 60	00:14	0:09:28	0:17:12	0:24:44	0:32:32	0:40:16	0:41:44	0:41:58	04:11	0:11:14
151		95	Marcos OTERO RODRÍGUEZ	CLUB ATLETISMO A ESTRADA	MAS-AM - 61	00:05	0:08:31	0:16:02	0:23:16	0:30:51	0:40:16	0:41:53	0:41:59	04:11	0:11:15
152	6	539	Ana ABUIN RODRIGUEZ	VERXEL N.D.	MAS-AF - 4	00:04	0:09:24	0:17:10	0:24:43	0:32:38	0:40:25	0:42:00	0:42:05	04:12	0:11:21
153		13	Aarón RODRÍGUEZ PEDROSO	CLUB TRIATLÓN MAR DE VIGO	SUB23M - 11	00:15	0:09:51	0:17:44	0:25:25	0:33:15	0:40:37	0:41:49	0:42:05	04:12	0:11:21
154		237	Jose Carlos MERA RODRIGUEZ	PONTE A CORRER	MAS-BM - 27	00:11	0:09:37	0:17:25	0:24:48	0:32:50	0:40:28	0:41:54	0:42:05	04:12	0:11:21
155		192	Casiano LEMOS FERNANDEZ		MAS-AM - 62	00:04	0:09:32	0:17:23	0:24:56	0:32:59	0:40:24	0:42:03	0:42:07	04:12	0:11:23
156		419	Ramón COLLAZO MOSQUERA		MAS-CM - 9	00:05	0:09:14	0:17:06	0:24:42	0:32:44	0:40:27	0:42:03	0:42:09	04:12	0:11:25
157		396	Angel RODAL DIZ	PINARIUM	MAS-BM - 28	00:04	0:09:20	0:17:24	0:25:04	0:33:14	0:40:38	0:42:15	0:42:20	04:14	0:11:36
158		431	Ricardo GIL DOPAZO	VETERAN@S DE GALICIA	MAS-BM - 29	00:07	0:09:45	0:17:39	0:25:19	0:33:18	0:40:46	0:42:16	0:42:23	04:14	0:11:39
159		356	Alberto ALDAO ALDAO	PINARIUM	SNM - 41	00:07	0:09:23	0:17:24	0:25:04	0:33:14	0:40:47	0:42:17	0:42:25	04:14	0:11:41
160	7	524	Angela RODRIGUEZ CORTEGOS		SNF - 2	00:08	0:09:50	0:17:50	0:25:23	0:33:24	0:40:45	0:42:17	0:42:25	04:14	0:11:41
161		331	Manuel PÉREZ PASCUAL	CSCR BEADE	MAS-CM - 10	00:10	0:09:11	0:16:45	0:24:24	0:32:39	0:40:47	0:42:18	0:42:29	04:14	0:11:45
162		302	Segundo DOMINGUEZ ALSINA	3&RUN BY PEDRO NIMO	MAS-BM - 30	00:12	0:09:20	0:17:14	0:24:48	0:33:01	0:40:43	0:42:17	0:42:29	04:14	0:11:45
163		3	Jaime CRESPO FUENTES		SUB23M - 12	00:15	0:09:21	0:16:54	0:24:22	0:32:35	0:40:38	0:42:16	0:42:31	04:15	0:11:47
164		68	Jose Antonio ROMERO BARREIR	CLUBE ATLETISMO BOIMORTO	SNM - 42	00:09	0:09:35	0:17:32	0:25:05	0:33:10	0:40:49	0:42:25	0:42:35	04:15	0:11:51
165		51	Diego FERNÁNDEZ BARREIRO	PINARIUM	SNM - 43	00:10	0:09:21	0:17:05	0:24:36	0:32:57	0:40:59	0:42:30	0:42:40	04:16	0:11:56
166		413	Raul IGLESIAS GONZALEZ	PINARIUM	MAS-BM - 31	00:08	0:09:28	0:17:25	0:25:10	0:33:14	0:40:58	0:42:32	0:42:41	04:16	0:11:57
167	8	509	Raquel CARRAGAL DA COSTA	PINARIUM	MAS-AF - 5	00:29	0:15:26	0:27:29	0:39:47			0:42:11	0:42:41	04:16	0:11:57
168	9	541	Noemi FERNANDEZ TEIJEIRO		MAS-AF - 6	00:17	0:14:04	0:27:02	0:39:57			0:42:25	0:42:42	04:16	0:11:58
169	10	508	Mar CARBALLAL GONZALEZ	PINARIUM	MAS-AF - 7	00:30	0:15:25	0:27:29	0:39:48			0:42:12	0:42:43	04:16	0:11:59
170		429	Juan Jose REY IGLESIAS	3&RUN BY PEDRO NIMO	MAS-AM - 63	00:18	0:10:00	0:17:59	0:25:22	0:33:40	0:41:07	0:42:25	0:42:43	04:16	0:11:59
171		232	Julio ÁLVAREZ-BUYLLA DE LA U	CLUB TRIATLÓN MAR DE VIGO	MAS-BM - 32	00:07	0:09:33	0:17:32	0:25:08	0:33:13	0:41:02	0:42:36	0:42:44	04:16	0:12:00
172		258	José Manuel MARTÍNEZ SILVA		MAS-BM - 33	00:21	0:10:02	0:17:59	0:25:29	0:33:34	0:41:08	0:42:25	0:42:46	04:16	0:12:02
173	11	515	Mariam FERRÁN FRAGA	CLUB ATLETISMO SANTIAGO	SUB23F - 2	00:11	0:09:51	0:17:55	0:25:30	0:33:33	0:41:08	0:42:37	0:42:48	04:16	0:12:04
174		49	Camilo FRAMIÑÁN LAMAZARES		SNM - 44	00:23	0:09:29	0:17:18	0:24:57	0:32:55	0:40:51	0:42:26	0:42:49	04:16	0:12:05

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
175		134	Jose Manuel CID LONGUEIRA	CASTRELOS 20:30	MAS-AM - 64	00:03	0:09:12	0:17:12	0:24:51	0:33:13	0:41:07	0:42:48	0:42:51	04:17	0:12:07
176		15	Juan FERNANDEZ ROSALES		SUB23M - 13	00:07	0:09:19	0:17:23	0:25:04	0:33:15	0:41:13	0:42:50	0:42:58	04:17	0:12:14
177		93	Abel D ARRIBA BARB	ASOCIACION DEPORTIVA C.A.	MAS-AM - 65	00:15	0:09:45	0:17:43	0:25:18	0:33:31	0:41:23	0:42:46	0:43:02	04:18	0:12:18
178		414	Javier RIVERO VEIGA	PINARIUM	MAS-BM - 34	00:30	0:15:26	0:27:27	0:39:09			0:42:42	0:43:12	04:19	0:12:28
179		177	Sergio DEL ARCO MARQUIZ	TRIATHLON VILAGARCIA	MAS-AM - 66	00:16	0:09:29	0:17:19	0:25:01	0:33:27	0:41:24	0:42:55	0:43:12	04:19	0:12:28
180		272	Nacho RUEDA MARTINEZ	TRIÓN-CLINICA DENTAL OSCA	MAS-BM - 35	00:09	0:09:19	0:17:25	0:25:16	0:33:47	0:41:47	0:43:18	0:43:28	04:20	0:12:44
181		236	Manuel ÁLVAREZ VÁZQUEZ		MAS-BM - 36	00:24	0:09:43	0:17:39	0:25:33	0:33:58	0:41:45	0:43:04	0:43:28	04:20	0:12:44
182		370	Marcos VIDAL FREIJEIRO	PINARIUM	MAS-AM - 67	00:09	0:09:40	0:17:45	0:25:29	0:33:55	0:41:50	0:43:25	0:43:34	04:21	0:12:50
183		405	Jorge Fermin RODAL VIDAL	PINARIUM	MAS-CM - 11	00:07	0:09:40	0:17:45	0:25:41	0:34:00	0:41:56	0:43:28	0:43:36	04:21	0:12:52
184		321	Antonio VARELA CACHAFEIRO	POMASA	MAS-CM - 12	00:12	0:09:50	0:17:55	0:25:46	0:34:05	0:41:59	0:43:26	0:43:38	04:21	0:12:54
185		172	Suso FLORES GARCIA	CLUB ATLETISMO A ESTRADA	MAS-AM - 68	00:13	0:09:54	0:17:59	0:25:57	0:34:21	0:41:58	0:43:27	0:43:40	04:22	0:12:56
186		231	Oscar BLANCO		MAS-BM - 37	00:12	0:09:46	0:17:56	0:25:46	0:34:06	0:41:57	0:43:28	0:43:41	04:22	0:12:57
187		34	Miguel MATO		SNM - 45	00:06	0:09:20	0:17:26	0:25:17	0:33:42	0:41:54	0:43:39	0:43:45	04:22	0:13:01
188	12	531	Andrea ALONSO NÚÑEZ	LÓSTREGOS COIA	MAS-AF - 8	00:08	0:09:42	0:17:48	0:25:44	0:34:07	0:42:07	0:43:41	0:43:50	04:23	0:13:06
189		338	Juan CAMEÁN LAMPÓN		MAS-DM - 2	00:06	0:09:40	0:17:46	0:25:34	0:34:00	0:41:56	0:43:51	0:43:57	04:23	0:13:13
190		146	Carlos OSMA MOYANO		MAS-AM - 69	00:13	0:10:06	0:18:17	0:26:13	0:34:29	0:42:19	0:43:44	0:43:57	04:23	0:13:13
191		226	David CABALEIRO	MÁIS QUE AUGA	MAS-BM - 38	00:21	0:10:23	0:18:44	0:26:32	0:34:56	0:42:25	0:43:37	0:43:58	04:23	0:13:14
192		20	Marcos FILGUEIRA DÍAZ		SNM - 46	00:23	0:09:48	0:17:52	0:25:57	0:34:23	0:42:30	0:43:38	0:44:02	04:24	0:13:18
193		288	Roberto BREY MATO	CAI A ESTRADA	MAS-BM - 39	00:17	0:10:00	0:18:07	0:25:57	0:34:26	0:42:15	0:43:48	0:44:05	04:24	0:13:21
194	13	568	Angeles IGLESIAS SANTIAGO	+9MORAÑA	MAS-BF - 1	00:07	0:09:37	0:17:50	0:25:44	0:34:22	0:42:22	0:44:02	0:44:09	04:24	0:13:25
195		335	Benito GALLARDO FRANCISCO	RUN CARBALLIÑO	MAS-CM - 13	00:14	0:10:01	0:18:16	0:26:13	0:34:36	0:42:36	0:43:58	0:44:12	04:25	0:13:28
196		200	Cesar PACHECO LEINS		MAS-AM - 70	00:07	0:09:42	0:17:51	0:25:55	0:34:30	0:42:27	0:44:09	0:44:17	04:25	0:13:33
197		386	Severo BARREIRO RODRIGUEZ	PINARIUM	MAS-AM - 71	00:08	0:09:53	0:18:11	0:26:12	0:34:36	0:42:38	0:44:14	0:44:22	04:26	0:13:38
198		149	Valerio MOLDES SUAREZ		MAS-AM - 72	00:14	0:10:18	0:18:47	0:26:49	0:34:56	0:42:47	0:44:10	0:44:25	04:26	0:13:41
199		179	Cristian LORENZO AÑEL		MAS-AM - 73	00:12	0:09:46	0:17:58	0:25:47	0:34:21	0:42:38	0:44:14	0:44:27	04:26	0:13:43
200		310	Juan Antonio RODRIGUEZ BACA		MAS-BM - 40	00:07	0:09:37	0:17:51	0:25:44	0:34:29	0:42:37	0:44:21	0:44:28	04:26	0:13:44
201		280	Javier DOPAZO LOUZAN	RUN PONTEVEDRA	MAS-BM - 41	00:09	0:10:35	0:20:28	0:27:56	0:35:41	0:42:52	0:44:21	0:44:31	04:27	0:13:47
202		390	Jose Jaime TROITIÑO POUSADA	PINARIUM	MAS-BM - 42	00:09	0:09:57	0:18:23	0:26:21	0:34:57	0:42:55	0:44:23	0:44:33	04:27	0:13:49
203		403	Amador REBORED A GRAÑA	PINARIUM	MAS-BM - 43	00:25	0:10:43	0:18:53	0:26:38	0:34:59	0:42:50	0:44:11	0:44:37	04:27	0:13:53
204		442	Jose Manuel GONZÁLEZ CHAYA	VETERAN@S DE GALICIA	MAS-BM - 44	00:17	0:10:16	0:18:35	0:26:27	0:34:58	0:42:56	0:44:26	0:44:44	04:28	0:14:00
205		31	Adrián CASTRO MATILLA		SNM - 47	00:18	0:10:27	0:18:48	0:26:43	0:35:19	0:43:11	0:44:27	0:44:46	04:28	0:14:02

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
206		259	José Antonio GRANA SANTACLA		MAS-BM - 45	00:10	0:10:17	0:18:37	0:26:45	0:35:06	0:43:00	0:44:38	0:44:48	04:28	0:14:04
207		144	Alberto GARCÍA MOSTEIRO		MAS-AM - 74	00:20	0:10:25	0:18:45	0:26:43	0:35:18	0:43:07	0:44:30	0:44:50	04:29	0:14:06
208		193	Víctor ANGUEIRA MENE		MAS-AM - 75	00:16	0:09:52	0:18:11	0:26:23	0:34:52	0:43:10	0:44:37	0:44:53	04:29	0:14:09
209	14	578	Guadalupe LODEIRO NÚÑEZ	CLUB ATLETISMO SAR VERMU	MAS-AF - 9	00:11	0:09:45	0:18:12	0:26:16	0:35:00	0:43:06	0:44:45	0:44:56	04:29	0:14:12
210		199	Manuel ULLA REGA	ASOCIACION DEPORTIVA C.A.	MAS-AM - 76	00:14	0:10:09	0:18:29	0:26:31	0:35:10	0:43:11	0:44:43	0:44:58	04:29	0:14:14
211		162	David GARABATOS BARCIELA	ASOCIACION DEPORTIVA C.A.	MAS-AM - 77	00:14	0:10:03	0:18:32	0:26:31	0:35:10	0:43:13	0:44:44	0:44:58	04:29	0:14:14
212	15	563	Ana LEMOS SOAGE	CLUB CORREDOIRAS BUEU	MAS-BF - 2	00:11	0:10:08	0:18:25	0:26:31	0:35:01	0:43:16	0:44:48	0:44:59	04:29	0:14:15
213		132	Santiago BARREIRO PIÑEIRO	CORREDOIRAS BUEU	MAS-AM - 78	00:20	0:10:07	0:18:25	0:26:25	0:35:01	0:43:11	0:44:39	0:45:00	04:30	0:14:16
214		304	Jose Luis DAPENA TENORIO	CAZAFANTASMAS TEAM	MAS-BM - 46	00:16	0:10:09	0:18:32	0:26:30	0:35:09	0:43:16	0:44:50	0:45:06	04:30	0:14:22
215		251	Carlos PARRA PEREZ	PONTE A CORRER	MAS-BM - 47	00:11	0:10:13	0:18:36	0:26:48	0:35:23	0:43:21	0:44:56	0:45:07	04:30	0:14:23
216		400	Manuel FERNANDEZ GARCIA	PINARIUM	MAS-BM - 48	00:10	0:10:19	0:18:47	0:26:36	0:35:08	0:43:11	0:44:57	0:45:07	04:30	0:14:23
217	16	522	Micaela SANTILLÁN NANIN	TRIATLON RÍAS BAIXAS	SNF - 3	00:08	0:09:52	0:18:22	0:26:36	0:35:18	0:43:25	0:45:05	0:45:13	04:31	0:14:29
218		38	Aarón ORTIZ BENITO	TRIATLÓN MERCANTIL PONTE	SNM - 48	00:14	0:09:47	0:17:51	0:26:11	0:34:55	0:43:32	0:44:58	0:45:13	04:31	0:14:29
219		284	Francisco CESPÓN OUTEDA	PONTEVEDRUNNERS	MAS-BM - 49	00:19	0:10:39	0:19:02	0:26:51	0:35:25	0:43:26	0:44:54	0:45:13	04:31	0:14:29
220		112	Ruben NAVIA IGLESIAS		MAS-AM - 79	00:34	0:10:37	0:18:55	0:26:55	0:35:21	0:43:26	0:44:43	0:45:17	04:31	0:14:33
221		240	Santiago ABOAL ABOAL		MAS-BM - 50	00:16	0:10:08	0:18:31	0:26:40	0:35:22	0:43:31	0:45:05	0:45:21	04:32	0:14:37
222		402	Bernardo ALONSO ESCAÑO	PINARIUM	MAS-BM - 51	00:10	0:09:54	0:18:20	0:26:27	0:35:18	0:43:32	0:45:12	0:45:22	04:32	0:14:38
223		97	Ricardo DEBÉN CARBALLO		MAS-AM - 80	00:23	0:10:20	0:18:31	0:26:49	0:35:26	0:43:41	0:45:02	0:45:25	04:32	0:14:41
224		312	Mario PEREZ LOSADA	VETERANOS DE SAMIL	MAS-CM - 14	00:06	0:09:51	0:18:20	0:26:33	0:35:21	0:43:35	0:45:19	0:45:26	04:32	0:14:42
225		435	Jose Manuel MOREIRA FUENTES	VETERAN@S DE GALICIA	MAS-CM - 15	00:17	0:10:28	0:18:58	0:27:09	0:35:53	0:43:52	0:45:09	0:45:27	04:32	0:14:43
226		161	Francisco David CHAPELA DOCI		MAS-AM - 81	00:19	0:10:15	0:18:37	0:26:47	0:35:16	0:43:35	0:45:07	0:45:27	04:32	0:14:43
227		306	Carlos RUIZ GARCÍA	PONTE A CORRER	MAS-BM - 52	00:11	0:10:01	0:18:31	0:26:43	0:35:22	0:43:37	0:45:15	0:45:27	04:32	0:14:43
228		411	Daniel BARREIRO SIMON	PINARIUM	MAS-AM - 82	00:17	0:10:47	0:19:25	0:27:44	0:36:09	0:43:57	0:45:12	0:45:29	04:32	0:14:45
229		242	Eugenio POSES SOBRAL		MAS-BM - 53	00:29	0:11:14	0:19:39	0:27:34	0:35:53	0:43:42	0:45:01	0:45:31	04:33	0:14:47
230		111	Iago RODRÍGUEZ FERNÁNDEZ		MAS-AM - 83	00:27	0:10:15	0:18:35	0:26:42	0:35:37	0:43:48	0:45:05	0:45:33	04:33	0:14:49
231	17	614	Noelia Fernandez Sueiro		MAS-AF - 10	00:09	0:10:10	0:18:33	0:26:41	0:35:27	0:43:43	0:45:25	0:45:34	04:33	0:14:50
232		215	Alberto LORES RODRIGUEZ	RUNNING TEAM PONTEVEDRA	MAS-AM - 84	00:12	0:10:00	0:18:24	0:26:46	0:35:35	0:44:00	0:45:25	0:45:37	04:33	0:14:53
233		320	Alberto TORRES GARCÍA		MAS-CM - 16	00:13	0:10:05	0:18:34	0:26:46	0:35:37	0:43:47	0:45:26	0:45:40	04:34	0:14:56
234		436	José Luis VILLAVARDE CABALEI	VETERAN@S DE GALICIA	MAS-CM - 17	00:18	0:10:46	0:19:34	0:27:43	0:36:08	0:43:57	0:45:23	0:45:41	04:34	0:14:57
235		252	Marcos A. LÓPEZ SUÁREZ		MAS-BM - 54	00:25	0:10:22	0:18:52	0:27:00	0:35:39	0:43:51	0:45:17	0:45:43	04:34	0:14:59
236		214	Enrique VERA		MAS-AM - 85	00:23	0:10:26	0:18:46	0:26:49	0:35:23	0:43:46	0:45:20	0:45:43	04:34	0:14:59

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
237		180	David CARMUEGA NERGA		MAS-AM - 86	00:21	0:10:42	0:19:17	0:27:32	0:36:06	0:43:55	0:45:22	0:45:43	04:34	0:14:59
238		136	Marcos LÓPEZ MOSTEIRO		MAS-AM - 87	00:20	0:10:26	0:18:47	0:26:53	0:35:50	0:44:00	0:45:24	0:45:44	04:34	0:15:00
239		158	Javier GONZALEZ LOPEZ-MOSQ		MAS-AM - 88	00:19	0:10:40	0:19:15	0:27:28	0:36:05	0:44:05	0:45:25	0:45:45	04:34	0:15:01
240		239	Jose POCEIRO		MAS-BM - 55	00:24	0:10:26	0:18:46	0:26:55	0:35:24	0:43:53	0:45:21	0:45:45	04:34	0:15:01
241	18	557	Pily VÁZQUEZ DOPAZO		MAS-BF - 3	00:15	0:10:37	0:19:13	0:27:23	0:35:55	0:44:00	0:45:33	0:45:48	04:34	0:15:04
242		314	Antonio Federico SERRAT SOTO		MAS-CM - 18	00:18	0:10:14	0:18:46	0:27:09	0:35:51	0:43:54	0:45:29	0:45:48	04:34	0:15:04
243		342	Agapito CORREDOIRA		MAS-DM - 3	00:09	0:10:20	0:19:07	0:27:22	0:36:06	0:44:07	0:45:42	0:45:52	04:35	0:15:08
244		91	Iván YUBERO SOTO		MAS-AM - 89	00:19	0:10:31	0:18:57	0:27:06	0:35:46	0:44:01	0:45:33	0:45:53	04:35	0:15:09
245		301	Angel PEREZ SUSAVILA		MAS-BM - 56	00:16	0:10:21	0:18:50	0:26:58	0:35:47	0:44:00	0:45:37	0:45:53	04:35	0:15:09
246		327	Manuel GONZÁLEZ GONZÁLEZ		MAS-CM - 19	00:14	0:10:23	0:18:54	0:27:16	0:35:57	0:44:12	0:45:41	0:45:55	04:35	0:15:11
247	19	559	Marisé ASTORGA SOMOZA	PONTE A CORRER	MAS-BF - 4	00:13	0:10:10	0:18:37	0:26:56	0:35:45	0:44:11	0:45:43	0:45:57	04:35	0:15:13
248	20	536	Tania DOMÍNGUEZ FERREIRA	PONTE A CORRER	MAS-AF - 11	00:11	0:10:00	0:18:36	0:26:53	0:35:54	0:44:19	0:45:53	0:46:05	04:36	0:15:21
249		185	David RIVAS BALIÑO		MAS-AM - 90	00:06	0:10:02	0:18:34	0:26:53	0:35:45	0:44:14	0:46:00	0:46:06	04:36	0:15:22
250	21	525	Alba LÓPEZ BOLÁS	ATHLETICS	SNF - 4	00:24	0:10:36	0:19:18	0:27:37	0:36:19	0:44:22	0:45:42	0:46:07	04:36	0:15:23
251		371	Marcos FANDIÑO REISSMANN	PINARIUM	MAS-AM - 91	00:18	0:10:54	0:19:26	0:27:43	0:36:10	0:44:16	0:45:49	0:46:07	04:36	0:15:23
252		311	José Manuel ÁLVAREZ VARELA	BIKILA	MAS-BM - 57	00:15	0:10:48	0:19:31	0:27:55	0:36:21	0:44:27	0:45:55	0:46:10	04:37	0:15:26
253		323	José Luis SIMORS FERNÁNDEZ		MAS-CM - 20	00:26	0:10:42	0:19:19	0:27:36	0:36:07	0:44:22	0:45:44	0:46:10	04:37	0:15:26
254		147	Daniel CANCELA PARDO		MAS-AM - 92	00:20	0:10:38	0:19:07	0:27:22	0:36:07	0:44:27	0:45:51	0:46:12	04:37	0:15:28
255		210	Leonardo Martin LANCELLOTTI VI		MAS-AM - 93	00:17	0:10:38	0:19:12	0:27:24	0:36:07	0:44:16	0:45:56	0:46:14	04:37	0:15:30
256		186	José Manuel POCEIRO HERMIDA		MAS-AM - 94	00:12	0:10:13	0:18:44	0:26:57	0:35:56	0:44:19	0:46:04	0:46:16	04:37	0:15:32
257		207	Eduardo BLANCO FARIÑA		MAS-AM - 95	00:20	0:10:31	0:19:07	0:27:16	0:36:08	0:44:21	0:45:56	0:46:17	04:37	0:15:33
258		152	Antonio GIL BLANCO		MAS-AM - 96	00:23	0:10:40	0:19:16	0:27:32	0:36:17	0:44:26	0:45:53	0:46:17	04:37	0:15:33
259		263	Jorge BRIONES MEIJIDE	RUNGALICIA INTERSPORT	MAS-BM - 58	00:20	0:10:46	0:19:01	0:27:05	0:35:54	0:44:28	0:46:01	0:46:21	04:38	0:15:37
260		300	David BOLEAS RAMÓN	C.A.R MARISQUEIRO	MAS-BM - 59	00:12	0:10:40	0:19:20	0:27:45	0:36:21	0:44:40	0:46:17	0:46:29	04:38	0:15:45
261		330	Eugenio CHAMORRO RODRIGUE		MAS-CM - 21	00:24	0:10:36	0:19:19	0:27:36	0:36:18	0:44:37	0:46:10	0:46:35	04:39	0:15:51
262		196	Jose Antonio RODRIGUEZ LAMO		MAS-AM - 97	00:17	0:10:36	0:19:00	0:27:18	0:36:21	0:44:50	0:46:18	0:46:36	04:39	0:15:52
263		375	Pedro ALONSO VAZQUEZ	PINARIUM	MAS-AM - 98	00:10	0:09:41	0:18:21	0:26:58	0:35:54	0:44:41	0:46:26	0:46:37	04:39	0:15:53
264		10	Aarón TELLERÍA SEOANE		SUB23M - 14	00:07	0:09:23	0:17:58	0:26:22	0:35:56	0:44:45	0:46:30	0:46:38	04:39	0:15:54
265		233	Jose Manuel PAZO PEREIRA	CLUB CICLISMO TRIATLON POI	MAS-BM - 60	00:19	0:11:03	0:19:54	0:28:16	0:37:14	0:45:11	0:46:20	0:46:39	04:39	0:15:55
266	22	569	Josefa TRABAZO GARCIA	PONTE A CORRER	MAS-BF - 5	00:09	0:10:16	0:19:04	0:27:35	0:36:27	0:44:50	0:46:30	0:46:40	04:40	0:15:56
267		293	Miguel Fernando VILLAVERDE VI	PONTE A CORRER	MAS-BM - 61	00:13	0:10:16	0:19:02	0:27:28	0:36:27	0:44:55	0:46:30	0:46:43	04:40	0:15:59

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
268		66	Daniel RICHARTE CARBALLO	MÁIS QUE AUGA	SNM - 49	00:16	0:10:46	0:19:29	0:27:52	0:36:46	0:45:03	0:46:29	0:46:46	04:40	0:16:02
269		297	Javier GONZÁLEZ MÉNDEZ		MAS-BM - 62	00:17	0:10:27	0:19:03	0:27:38	0:36:34	0:45:06	0:46:28	0:46:46	04:40	0:16:02
270		275	Fernando OTERO RAMIREZ		MAS-BM - 63	00:25	0:10:48	0:19:29	0:27:57	0:36:44	0:45:06	0:46:23	0:46:48	04:40	0:16:04
271		198	Andres CASTRO LAGO		MAS-AM - 99	00:26	0:11:00	0:19:27	0:27:49	0:36:44	0:45:13	0:46:24	0:46:51	04:41	0:16:07
272		296	Salvador Luis CAAMAÑO SANTIA		MAS-BM - 64	00:26	0:10:59	0:19:27	0:27:50	0:36:44	0:45:08	0:46:27	0:46:54	04:41	0:16:10
273		360	Javier RIVAS LOPEZ	PINARIUM	MAS-AM - 100	00:09	0:10:14	0:19:21	0:27:45	0:36:43	0:45:14	0:46:49	0:46:59	04:41	0:16:15
274		56	Simon CORDO LAGE	A. D. FORNELOS DE MONTES	SNM - 50	00:25	0:10:39	0:19:15	0:27:35	0:36:39	0:45:03	0:46:34	0:47:00	04:42	0:16:16
275		325	Gonzalo PAZOS GONZALEZ	PONTE A CORRER	MAS-CM - 22	00:12	0:10:17	0:18:47	0:27:16	0:36:22	0:45:07	0:46:48	0:47:01	04:42	0:16:17
276		334	Carlos FERNÁNDEZ IGLESIAS		MAS-CM - 23	00:13	0:10:11	0:19:05	0:27:30	0:36:35	0:45:01	0:46:47	0:47:01	04:42	0:16:17
277		238	Enrique ÁLVAREZ CASTRO	C.A.R MARISQUEIRO	MAS-BM - 65	00:09	0:10:28	0:19:14	0:27:42	0:36:39	0:45:10	0:46:55	0:47:04	04:42	0:16:20
278		368	Antonio J. MARTINEZ SANJORGE	PINARIUM	MAS-AM - 101	00:10	0:10:06	0:18:55	0:27:24	0:36:33	0:45:06	0:46:56	0:47:07	04:42	0:16:23
279		116	Victor VEIGA AGUION		MAS-AM - 102	00:22	0:10:42	0:19:21	0:27:38	0:36:35	0:45:08	0:46:44	0:47:07	04:42	0:16:23
280		115	Jesus LIJO OMIL		MAS-AM - 103	00:19	0:10:25	0:19:11	0:27:48	0:36:44	0:45:11	0:46:48	0:47:08	04:42	0:16:24
281		299	José NUÑEZ CARBALLO	OURENSE ATLETISMO	MAS-BM - 66	00:14	0:10:20	0:19:06	0:27:38	0:36:35	0:45:20	0:46:56	0:47:10	04:43	0:16:26
282		257	Manuel LIGERO ABILLEIRA	CLUB CICLISMO TRIATLON POI	MAS-BM - 67	00:18	0:11:04	0:19:55	0:28:17	0:37:14	0:45:24	0:47:00	0:47:18	04:43	0:16:34
283		262	Roberto PARRA RODRÍGUEZ		MAS-BM - 68	00:20	0:10:33	0:19:22	0:27:50	0:36:54	0:45:27	0:47:02	0:47:23	04:44	0:16:39
284		159	Rafael MILLAN GOMEZ	RUNNING TEAM	MAS-AM - 104	00:21	0:10:52	0:19:28	0:27:58	0:37:09	0:45:37	0:47:11	0:47:32	04:45	0:16:48
285	23	517	Maria LOIS ABAL	TRIATLON ARCADE INFORHOU	SUB23F - 3	00:12	0:10:05	0:18:44	0:27:25	0:36:47	0:45:35	0:47:20	0:47:33	04:45	0:16:49
286		246	Leonardo LOPEZ PAZOS	PONTE A CORRER	MAS-BM - 69	00:11	0:10:06	0:18:37	0:27:07	0:36:32	0:45:28	0:47:26	0:47:37	04:45	0:16:53
287		151	Carlos PICHEL RIVAS		MAS-AM - 105	00:22	0:10:49	0:19:30	0:28:06	0:37:04	0:45:55	0:47:20	0:47:42	04:46	0:16:58
288		336	Jose BIOQUE	CLUB ATLETISMO CAMBADOS-	MAS-CM - 24	00:13	0:11:11	0:20:16	0:28:47	0:37:47	0:46:02	0:47:30	0:47:43	04:46	0:16:59
289		353	Xaime VILLALBA RODRIGUEZ	PINARIUM	MAS-AM - 106	00:08	0:10:21	0:19:09	0:27:37	0:36:52	0:45:40	0:47:35	0:47:44	04:46	0:17:00
290	24	545	Patricia ALONSO PARENTE	BIKILA	MAS-AF - 12	00:15	0:10:41	0:19:30	0:28:00	0:37:12	0:45:48	0:47:30	0:47:46	04:46	0:17:02
291		340	Jose Luis PADIN COUSIDO		MAS-DM - 4	00:16	0:11:11	0:20:16	0:28:48	0:37:47	0:46:02	0:47:33	0:47:50	04:47	0:17:06
292		270	Basilio COELLO GONZÁLEZ		MAS-BM - 70	00:31	0:11:22	0:20:19	0:28:48	0:37:48	0:46:06	0:47:25	0:47:56	04:47	0:17:12
293		101	Manuel SOLLA GARCÍA		MAS-AM - 107	00:15	0:11:12	0:20:13	0:29:08	0:38:12	0:46:14	0:47:41	0:47:57	04:47	0:17:13
294		274	Julio CORRAL COLLAZOS		MAS-BM - 71	00:15	0:10:54	0:20:02	0:28:42	0:37:53	0:46:16	0:47:45	0:48:01	04:48	0:17:17
295	25	567	Maria Aurora GONZÁLEZ FERNÁ		MAS-BF - 6	00:22	0:11:22	0:20:12	0:28:44	0:37:47	0:46:07	0:47:40	0:48:02	04:48	0:17:18
296		142	Oscar MIRANDA	CLUB ATLETISMO BOIMORTO	MAS-AM - 108	00:24	0:10:35	0:19:35	0:28:13	0:37:28	0:46:05	0:47:39	0:48:04	04:48	0:17:20
297		128	Adrián JUNCAL VERDE		MAS-AM - 109	00:12	0:11:05	0:20:14	0:28:52	0:37:47	0:46:24	0:48:00	0:48:13	04:49	0:17:29
298		205	Javier GONZALEZ PAZ		MAS-AM - 110	00:20	0:11:10	0:20:11	0:28:48	0:37:55	0:46:25	0:47:52	0:48:13	04:49	0:17:29

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
299		412	Carlos CAPA CASTIÑEIRAS	PINARIUM	MAS-BM - 72	00:01	0:09:49	0:18:44	0:27:28	0:37:01	0:46:10	0:48:13	0:48:14	04:49	0:17:30
300		404	Jose Manuel ANTON SANTIAGO	PINARIUM	MAS-CM - 25	00:04	0:09:56	0:18:49	0:27:30	0:36:58	0:46:13	0:48:12	0:48:16	04:49	0:17:32
301		248	Manuel TRIGO BAO		MAS-BM - 73	00:17	0:10:31	0:19:26	0:27:59	0:37:21	0:46:14	0:48:00	0:48:18	04:49	0:17:34
302	26	527	Lorena COLLAZO FERNÁNDEZ	LÓSTREGOS COIA	SNF - 5	00:11	0:10:57	0:20:06	0:28:52	0:38:04	0:46:31	0:48:08	0:48:20	04:50	0:17:36
303		341	Antonio RIERA CACHERO	CLUBE ATLETISMO DEZA	MAS-DM - 5	00:19	0:10:43	0:19:45	0:28:29	0:37:48	0:46:31	0:48:02	0:48:21	04:50	0:17:37
304		384	Francisco SOBRAL ROSALES	PINARIUM	MAS-AM - 111	00:25	0:10:53	0:19:57	0:28:41	0:38:00	0:46:41	0:47:59	0:48:24	04:50	0:17:40
305		438	Antonio MERLOS MINIÑO	VETERAN@S DE GALICIA	MAS-BM - 74	00:19	0:10:57	0:19:58	0:28:43	0:38:02	0:46:40	0:48:10	0:48:30	04:51	0:17:46
306		104	Álvaro AGUETE MARTÍNEZ		MAS-AM - 112	00:16	0:10:49	0:19:46	0:28:38	0:37:55	0:46:38	0:48:17	0:48:34	04:51	0:17:50
307		367	David GARCÍA SOAGE	PINARIUM	MAS-AM - 113	00:09	0:10:22	0:19:22	0:28:12	0:37:40	0:46:41	0:48:25	0:48:35	04:51	0:17:51
308		208	Jesús MEDRAÑO SANTACLARA		MAS-AM - 114	00:20	0:11:02	0:20:00	0:28:36	0:37:48	0:46:37	0:48:15	0:48:35	04:51	0:17:51
309		376	Oscar GARCIA GARCIA	PINARIUM	MAS-AM - 115	00:09	0:10:27	0:19:46	0:28:27	0:37:39	0:46:32	0:48:26	0:48:36	04:51	0:17:52
310	27	501	Monica LOPEZ FUENTES	PINARIUM	SNF - 6	00:16	0:10:55	0:19:43	0:28:28	0:37:42	0:46:36	0:48:19	0:48:36	04:51	0:17:52
311		133	Manuel RAMOS FERRO	RUN PONTEVEDRA	MAS-AM - 116	00:26	0:11:32	0:20:29	0:29:06	0:38:18	0:46:45	0:48:12	0:48:38	04:51	0:17:54
312		165	Nacho MORAO BLANCO	ATLETISMO O PINO	MAS-AM - 117	00:17	0:10:40	0:19:23	0:28:05	0:37:26	0:46:38	0:48:25	0:48:43	04:52	0:17:59
313	28	532	Paola FERNÁNDEZ CARDO		MAS-AF - 13	00:08	0:10:45	0:20:04	0:28:53	0:38:03	0:46:48	0:48:37	0:48:45	04:52	0:18:01
314		268	Jose Amable NUÑEZ GONZALEZ		MAS-BM - 75	00:12	0:10:37	0:19:38	0:28:31	0:37:58	0:47:01	0:48:35	0:48:47	04:52	0:18:03
315		261	Alberto CAMPOS COUSELO		MAS-BM - 76	00:20	0:11:28	0:20:31	0:29:20	0:38:18	0:47:01	0:48:27	0:48:48	04:52	0:18:04
316		166	Suso CARREIRA CAROLLO	RUNNERS AMIO	MAS-AM - 118	00:11	0:10:30	0:19:12	0:27:57	0:37:02	0:46:50	0:48:42	0:48:54	04:53	0:18:10
317		171	Juan Carlos REDONDO CORES		MAS-AM - 119	00:09	0:10:22	0:19:28	0:28:11	0:37:53	0:46:57	0:48:45	0:48:54	04:53	0:18:10
318		79	Miguel DOPAZO		SNM - 51	00:15	0:11:05	0:20:13	0:29:01	0:38:15	0:47:01	0:48:40	0:48:56	04:53	0:18:12
319		220	Jose Antonio CAMUÑAS		MAS-BM - 77	00:13	0:10:22	0:19:12	0:27:59	0:37:46	0:46:59	0:48:58	0:49:11	04:55	0:18:27
320		61	David DE LA TORRE VÁZQUEZ		SNM - 52	00:29	0:11:34	0:20:44	0:29:33	0:38:40	0:47:28	0:48:43	0:49:13	04:55	0:18:29
321	29	529	Tania ALCALDE BALADO	TRIATLON ARCADE INFORHOU	SNF - 7	00:13	0:10:44	0:19:45	0:28:41	0:38:03	0:47:15	0:49:05	0:49:18	04:55	0:18:34
322		154	Victor Manuel VILAR REINA		MAS-AM - 120	00:09	0:09:41	0:18:50	0:27:53	0:37:42	0:47:22	0:49:11	0:49:20	04:56	0:18:36
323		328	Fernando GONZALEZ GRAÑA	CAI A ESTRADA	MAS-CM - 26	00:19	0:10:35	0:19:18	0:27:56	0:37:41	0:47:13	0:49:04	0:49:23	04:56	0:18:39
324		181	Guillermo FUENTES	GV SPORTS	MAS-AM - 121	00:27	0:11:24	0:20:42	0:29:49	0:39:07	0:47:38	0:48:56	0:49:23	04:56	0:18:39
325		374	Carlos PIÑEIRO PASTORIZA	PINARIUM	MAS-AM - 122	00:12	0:11:14	0:20:28	0:29:15	0:38:36	0:47:28	0:49:13	0:49:25	04:56	0:18:41
326		209	Miguel Ángel LÓPEZ DE LERMA	PONTE A CORRER	MAS-AM - 123	00:13	0:11:12	0:20:26	0:29:20	0:38:46	0:47:41	0:49:12	0:49:26	04:56	0:18:42
327		393	Benjamin RODRIGUEZ MALLO	PINARIUM	MAS-BM - 78	00:11	0:11:21	0:20:28	0:29:22	0:38:37	0:47:35	0:49:15	0:49:27	04:56	0:18:43
328		156	Enrique LAMOSO MÉNDEZ		MAS-AM - 124	00:24	0:10:26	0:19:00	0:27:39	0:37:33	0:47:23	0:49:03	0:49:28	04:56	0:18:44
329	30	506	Maria IGLESIAS AREA	PINARIUM	MAS-AF - 14	00:11	0:10:51	0:20:08	0:28:53	0:38:31	0:47:36	0:49:18	0:49:29	04:56	0:18:45

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
330	31	502	Paula ROSALES ROSALES	PINARIUM	MAS-AF - 15	00:10	0:10:52	0:20:08	0:28:52	0:38:32	0:47:36	0:49:24	0:49:34	04:57	0:18:50
331		423	Diego COSTA		MAS-BM - 79	00:22	0:11:22	0:20:37	0:29:30	0:38:51	0:47:42	0:49:13	0:49:36	04:57	0:18:52
332		176	Juan Jose RODRIGUEZ ESPAÑOL		MAS-AM - 125	00:30	0:11:22	0:20:25	0:29:16	0:38:47	0:47:44	0:49:07	0:49:37	04:57	0:18:53
333		170	Jerónimo VEIGA GARCÍA		MAS-AM - 126	00:23	0:11:19	0:20:35	0:29:30	0:39:03	0:47:41	0:49:15	0:49:38	04:57	0:18:54
334		373	Fernando MARTINEZ BEIS	PINARIUM	MAS-AM - 127	00:11	0:11:00	0:20:08	0:29:01	0:38:31	0:47:44	0:49:29	0:49:41	04:58	0:18:57
335		430	Ángel RAMOS MATILLA		MAS-CM - 27	00:20	0:11:33	0:20:49	0:29:54	0:39:29	0:48:08	0:49:33	0:49:54	04:59	0:19:10
336		213	Pedro CARRERA GONZÁLEZ		MAS-AM - 128	00:15	0:11:29	0:20:49	0:29:54	0:39:28	0:48:09	0:49:40	0:49:55	04:59	0:19:11
337		77	Benigno MÍGUEZ SAN ISIDRO	KELTIC VIGO	SNM - 53	00:34	0:11:14	0:20:30	0:29:30	0:38:59	0:48:07	0:49:26	0:50:00	05:00	0:19:16
338		298	Juan José TRASHORRAS GARCÍ		MAS-BM - 80	00:26	0:11:29	0:20:57	0:29:54	0:39:28	0:48:12	0:49:39	0:50:05	05:00	0:19:21
339		307	Emilio SANGIL DEL RIO		MAS-BM - 81	00:32	0:11:18	0:20:15	0:29:05	0:38:50	0:48:15	0:49:36	0:50:09	05:00	0:19:25
340		228	Joaquín FERNÁNDEZ DE HEREDI	MILER RUNNING CLUB	MAS-BM - 82	00:30	0:12:30	0:22:05	0:31:08	0:40:11	0:48:38	0:49:39	0:50:10	05:01	0:19:26
341		89	Adrián ÁLVAREZ BARROS		MAS-AM - 129	00:27	0:11:19	0:20:40	0:29:42	0:39:06	0:48:17	0:49:44	0:50:11	05:01	0:19:27
342	32	507	Maria RIVAS IGLESIAS	PINARIUM	MAS-AF - 16	00:11	0:11:05	0:20:08	0:29:05	0:38:57	0:48:13	0:50:01	0:50:13	05:01	0:19:29
343		313	Luis ARMADA CASÁS		MAS-CM - 28	00:19	0:11:05	0:20:30	0:29:41	0:39:13	0:48:22	0:49:57	0:50:16	05:01	0:19:32
344		99	Pablo Guillermo CASTRO MACEI		MAS-AM - 130	00:23	0:11:41	0:21:03	0:30:15	0:39:37	0:48:33	0:49:57	0:50:20	05:02	0:19:36
345		440	Mario Ramon HERAS CARMONA	VETERAN@S DE GALICIA	MAS-BM - 83	00:32	0:11:38	0:21:07	0:30:07	0:39:36	0:48:25	0:49:49	0:50:21	05:02	0:19:37
346		256	Antonio Natera NATERA		MAS-BM - 84	00:21	0:11:46	0:21:07	0:29:58	0:39:29	0:48:22	0:50:02	0:50:24	05:02	0:19:40
347		74	Francisco Jose QUINTAS SUÁRE		SNM - 54	00:22	0:10:44	0:19:46	0:28:54	0:38:56	0:48:27	0:50:03	0:50:25	05:02	0:19:41
348		94	Jose GARCIA VILLANUEVA		MAS-AM - 131	00:13	0:11:00	0:20:38	0:29:54	0:39:28	0:48:26	0:50:12	0:50:25	05:02	0:19:41
349		184	Javier ARELLANO		MAS-AM - 132	00:27	0:12:03	0:21:05	0:29:55	0:39:23	0:48:29	0:50:01	0:50:28	05:02	0:19:44
350		32	Gabriel VILAS ABALDE		SNM - 55	00:22	0:11:23	0:20:50	0:30:02	0:39:28	0:48:28	0:50:05	0:50:28	05:02	0:19:44
351		398	Enrique MARQUEZ CORTIZO	PINARIUM	MAS-BM - 85	00:21	0:11:17	0:20:38	0:29:35	0:39:19	0:48:27	0:50:09	0:50:30	05:03	0:19:46
352	33	523	Noemí PENA CARBÓN	3&RUN BY PEDRO NIMO	SNF - 8	00:18	0:11:23	0:20:50	0:30:00	0:39:28	0:48:35	0:50:13	0:50:32	05:03	0:19:48
353		8	Anxo VIDAL RODRÍGUEZ		SUB23M - 15	00:31	0:12:59	0:23:11	0:31:28	0:40:35	0:48:50	0:50:09	0:50:41	05:04	0:19:57
354		167	Maximino CARBALLO PENAS		MAS-AM - 133	00:28	0:11:12	0:20:43	0:29:52	0:39:24	0:48:36	0:50:13	0:50:41	05:04	0:19:57
355		264	Manuel MORALES ADÁN	PONTE A CORRER	MAS-BM - 86	00:14	0:10:40	0:20:02	0:29:05	0:39:18	0:48:41	0:50:33	0:50:47	05:04	0:20:03
356		381	Roberto BLANCO DOCAMPO	PINARIUM	MAS-AM - 134	00:19	0:11:24	0:20:41	0:29:46	0:39:30	0:48:51	0:50:35	0:50:55	05:05	0:20:11
357		110	Jose VIÑAS MARTINEZ		MAS-AM - 135	00:19	0:11:18	0:20:41	0:29:46	0:39:29	0:48:29	0:50:36	0:50:56	05:05	0:20:12
358		40	Manuel GONZALEZ FONTENLA		SNM - 56	00:05	0:10:27	0:19:55	0:29:15	0:39:28	0:48:52	0:50:58	0:51:04	05:06	0:20:20
359		358	Jon FERNANDEZ BAS	PINARIUM	MAS-AM - 136	00:15	0:11:30	0:21:06	0:30:18	0:40:06	0:49:17	0:50:55	0:51:10	05:07	0:20:26
360		218	Manuel FERNÁNDEZ RODIÑO		MAS-BM - 87	00:24	0:11:41	0:21:13	0:30:24	0:40:02	0:49:18	0:50:45	0:51:10	05:07	0:20:26

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
361	34	555	Beatriz HERBELLO MILLÁN	CORREDOIRAS BUEU	MAS-BF - 7	00:19	0:11:27	0:20:48	0:29:59	0:39:55	0:49:15	0:50:54	0:51:13	05:07	0:20:29
362		421	Miguel Angel MOREIRA TRABAZ		SNM - 57	00:26	0:12:02	0:21:20	0:30:37	0:40:09	0:49:25	0:50:47	0:51:14	05:07	0:20:30
363		46	Adrián REY FALCÓN		SNM - 58	00:26	0:11:55	0:21:21	0:30:30	0:40:10	0:49:19	0:50:48	0:51:14	05:07	0:20:30
364		244	Jose Antonio LÓPEZ TAMARIT		MAS-BM - 88	00:26	0:11:56	0:21:06	0:29:56	0:39:48	0:49:17	0:51:02	0:51:29	05:08	0:20:45
365	35	571	María Del Carmen ÁLVAREZ SIER	TROPA DO CARALLO OURENS	MAS-BF - 8	00:12	0:11:36	0:21:08	0:30:17	0:40:06	0:49:23	0:51:24	0:51:36	05:09	0:20:52
366		206	Óscar PEREZ LOPEZ		MAS-AM - 137	00:16	0:11:13	0:20:49	0:30:01	0:40:16	0:49:46	0:51:20	0:51:36	05:09	0:20:52
367		148	Mikel ARRIETA	MILER RUNNING CLUB	MAS-AM - 138	00:23	0:11:42	0:21:16	0:30:31	0:40:24	0:49:36	0:51:16	0:51:40	05:10	0:20:56
368		150	José María BERGANTIÑOS LOPE		MAS-AM - 139	00:19	0:10:54	0:20:05	0:29:16	0:39:34	0:49:35	0:51:37	0:51:56	05:11	0:21:12
369		227	Alex PORTELA		MAS-BM - 89	00:26	0:12:04	0:21:09	0:30:22	0:40:06	0:49:49	0:51:31	0:51:58	05:11	0:21:14
370	36	538	Fatima FERNÁNDEZ CARRO	CLUB ATLETISMO MACEDA	MAS-AF - 17	00:22	0:11:38	0:21:15	0:30:30	0:40:33	0:49:53	0:51:42	0:52:04	05:12	0:21:20
371		317	Francisco SOLLA POUSADA		MAS-CM - 29	00:19	0:11:27	0:20:46	0:30:17	0:40:17	0:50:03	0:51:47	0:52:07	05:12	0:21:23
372		224	Xaime ROZAS ABELLA	TEAM CORBELO	MAS-BM - 90	00:31	0:11:33	0:21:07	0:30:34	0:40:41	0:50:14	0:51:37	0:52:08	05:12	0:21:24
373		295	Fran RIVAS ÁLVAREZ		MAS-BM - 91	00:13	0:10:52	0:19:49	0:30:34	0:40:48	0:50:22	0:51:59	0:52:13	05:13	0:21:29
374		202	Diego MOLDES MOREIRA		MAS-AM - 140	00:32	0:12:45	0:22:39	0:31:32	0:41:14	0:50:21	0:51:42	0:52:14	05:13	0:21:30
375		278	Miguel GARCIA CUERVO	PONTE A CORRER	MAS-BM - 92	00:10	0:11:06	0:20:42	0:30:14	0:40:18	0:50:05	0:52:06	0:52:17	05:13	0:21:33
376		308	Ricardo GARRIDO INSUA		MAS-BM - 93	00:27	0:11:17	0:20:49	0:30:16	0:40:33	0:50:15	0:52:00	0:52:28	05:14	0:21:44
377		117	Rubén PEÑA LÓPEZ		MAS-AM - 141	00:29	0:11:31	0:20:50	0:30:08	0:40:22	0:50:30	0:52:01	0:52:31	05:15	0:21:47
378		87	Carlos PEITEADO ASOREY	GV PORTS	MAS-AM - 142	00:28	0:12:15	0:21:34	0:30:31	0:40:19	0:50:19	0:52:06	0:52:34	05:15	0:21:50
379	37	570	Estela MOLERO GÁLVEZ		MAS-BF - 9	00:04	0:11:37	0:21:22	0:30:53	0:40:54	0:50:25	0:52:36	0:52:40	05:16	0:21:56
380		113	Jesus MAQUIEIRA PAZÓ		MAS-AM - 143	00:30	0:11:57	0:21:24	0:30:53	0:40:52	0:50:37	0:52:09	0:52:40	05:16	0:21:56
381		383	Antonio NUÑEZ COUSIDO	PINARIUM	MAS-AM - 144	00:14	0:11:33	0:21:11	0:30:46	0:40:58	0:50:52	0:52:36	0:52:51	05:17	0:22:07
382		611	Anxo ROSALES MONLEON		MAS-AM - 145	00:33	0:12:24	0:21:41	0:30:50	0:41:10	0:50:55	0:52:19	0:52:52	05:17	0:22:08
383		135	Manuel GRAÑA CARBALLO		MAS-AM - 146	00:36	0:12:44	0:22:21	0:31:46	0:41:42	0:51:01	0:52:30	0:53:06	05:18	0:22:22
384		223	Ramon FABEIRO MARTINEZ		MAS-BM - 94	00:22	0:11:40	0:21:19	0:30:53	0:41:23	0:51:01	0:52:47	0:53:09	05:18	0:22:25
385	38	566	Lina MENDEZ PENA		MAS-BF - 10	00:26	0:12:21	0:22:20	0:31:47	0:41:47	0:51:02	0:52:44	0:53:10	05:19	0:22:26
386	39	510	Marta FERNANDEZ ALMEDA	PINARIUM	MAS-AF - 18	00:12	0:11:09	0:21:08	0:30:50	0:41:16	0:51:05	0:52:58	0:53:10	05:19	0:22:26
387	40	511	Ana Isabel LOPEZ MOSTEIRO	PINARIUM	MAS-BF - 11	00:17	0:11:09	0:21:07	0:30:50	0:41:16	0:51:05	0:52:54	0:53:11	05:19	0:22:27
388		392	Javier SOBRAL ROSALES	PINARIUM	MAS-BM - 95	00:25	0:11:32	0:21:09	0:30:37	0:41:10	0:51:07	0:52:48	0:53:13	05:19	0:22:29
389		441	Xose DO PAZO DÍAZ	VETERAN@S DE GALICIA	MAS-DM - 6	00:25	0:12:07	0:22:08	0:31:44	0:41:43	0:51:11	0:52:48	0:53:14	05:19	0:22:30
390	41	550	Celia ALDAO PINTOS		MAS-AF - 19	00:23	0:11:30	0:21:18	0:30:58	0:41:19	0:51:06	0:52:58	0:53:22	05:20	0:22:38
391		343	Alfonso MARTINEZ GARCIA		MAS-DM - 7	00:19	0:11:46	0:21:27	0:31:07	0:41:22	0:51:30	0:53:23	0:53:43	05:22	0:22:59

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Neto	T.Oficial	T/Km.	Difer.
392	42	504	Marta FERRO NIETO	PINARIUM	MAS-AF - 20	00:19	0:12:06	0:22:04	0:31:36	0:41:53	0:51:36	0:53:23	0:53:43	05:22	0:22:59
393		612	Santiago LOUZAO MARTÍNEZ		MAS-AM - 147	00:19	0:12:06	0:22:07	0:31:35	0:41:53	0:51:36	0:53:26	0:53:46	05:22	0:23:02
394	43	572	Montserrat GARCÍA RIVERA		MAS-BF - 12	00:22	0:12:13	0:22:14	0:31:53	0:42:09	0:51:50	0:53:41	0:54:03	05:24	0:23:19
395	44	561	Nuria SERRA POMAR	PONTE A CORRER	MAS-BF - 13	00:22	0:12:21	0:22:15	0:32:02	0:42:08	0:51:57	0:53:42	0:54:04	05:24	0:23:20
396		379	Manuel ROSALES PAZOS	PINARIUM	MAS-AM - 148	00:05						0:53:58	0:54:04	05:24	0:23:20
397		245	Jesus AMADO PÉREZ		MAS-BM - 96	00:28	0:12:09	0:21:36	0:31:31	0:41:43	0:51:48	0:53:37	0:54:06	05:24	0:23:22
398		250	Antonio AROSA RODIÑO		MAS-BM - 97	00:27	0:12:02	0:21:43	0:31:32	0:41:42	0:51:48	0:53:39	0:54:06	05:24	0:23:22
399		131	César FRANCISCO GUILLADE		MAS-AM - 149	00:07	0:11:34	0:21:31	0:31:32	0:42:05	0:51:58	0:54:03	0:54:10	05:25	0:23:26
400	45	547	María Begoña CAJADE BLANCO	MANDEO MULTISPORT AS VEL	MAS-AF - 21	00:23	0:11:44	0:21:50	0:31:38	0:42:06	0:51:58	0:53:47	0:54:10	05:25	0:23:26
401	46	552	Isis SAINZ TRESGUERRAS	CLUB ATLETISMO SAR VERMU	MAS-AF - 22	00:11	0:11:30	0:21:40	0:31:51	0:41:57	0:52:02	0:54:22	0:54:33	05:27	0:23:49
402		6	José Manuel SOTO DIOS		SUB23M - 16	00:31	0:12:59	0:23:32	0:33:55	0:43:55	0:52:45	0:54:08	0:54:40	05:28	0:23:56
403		428	Martin FONTÁN CONDE		MAS-AM - 150	00:34	0:12:49	0:22:54	0:32:56	0:43:17	0:52:46	0:54:08	0:54:42	05:28	0:23:58
404	47	560	Marga DIAZ RODRÍGUEZ		MAS-BF - 14	00:22	0:11:54	0:22:05	0:31:53	0:42:10	0:52:20	0:54:21	0:54:43	05:28	0:23:59
405		292	Francisco ABUIN GARCÍA		MAS-BM - 98	00:30	0:12:27	0:22:33	0:32:18	0:42:46	0:52:47	0:54:13	0:54:44	05:28	0:24:00
406		606	Javier SARANDESES PEDROUSO	VETERAN@S DE GALICIA	MAS-BM - 99	00:32	0:12:59	0:23:31	0:34:04	0:43:55	0:52:44	0:54:14	0:54:47	05:28	0:24:03
407		260	Abel BOVEDA GAY		MAS-BM - 100	00:24	0:11:53	0:21:58	0:32:04	0:43:03	0:52:50	0:54:25	0:54:49	05:28	0:24:05
408		377	Francisco Jose GARCÍA SOAGE	PINARIUM	MAS-AM - 151	00:32	0:13:09	0:23:40	0:34:03	0:44:05	0:53:16	0:54:30	0:55:03	05:30	0:24:19
409		241	Francisco Javier NUÑEZ CASANO		MAS-BM - 101	00:34	0:12:16	0:22:24	0:32:26	0:42:51	0:53:01	0:54:29	0:55:04	05:30	0:24:20
410		416	Ignacio CUARTERO LORENZO		MAS-BM - 102	00:28	0:11:21	0:21:04	0:31:10	0:42:00	0:52:35	0:54:35	0:55:04	05:30	0:24:20
411		305	Juan SÁNCHEZ LUCAS		MAS-BM - 103	00:31	0:11:24	0:21:12	0:31:19	0:42:00	0:52:44	0:54:34	0:55:05	05:30	0:24:21
412	48	534	Gertrudis MARTINEZ		MAS-AF - 23	00:30	0:12:39	0:22:59	0:32:54	0:43:16	0:53:01	0:54:39	0:55:09	05:30	0:24:25
413		322	Jose Luis ARAGÓN SEIJO		MAS-CM - 30	00:32	0:12:46	0:22:40	0:32:28	0:42:54	0:52:57	0:54:38	0:55:10	05:31	0:24:26
414	49	516	Lydia NUÑEZ PRIETO	ZAMORA ATLETISMO	SUB23F - 4	00:21	0:12:16	0:22:20	0:32:23	0:42:53	0:53:10	0:55:00	0:55:22	05:32	0:24:38
415		394	Juan B. DOMINGUEZ PEREZ	PINARIUM	MAS-BM - 104	00:16	0:11:46	0:21:59	0:31:46	0:42:37	0:53:13	0:55:17	0:55:34	05:33	0:24:50
416		188	Eloy IGLESIAS GARCIA		MAS-AM - 152	00:28	0:12:03	0:21:35	0:31:28	0:42:28	0:53:32	0:55:15	0:55:44	05:34	0:25:00
417		9	Alexandre ROSALES SOTO		SUB23M - 17	00:15	0:11:28	0:21:36	0:31:32	0:42:36	0:53:39	0:55:38	0:55:54	05:35	0:25:10
418		266	Juan Manuel ROSALES PEREZ		MAS-BM - 105	00:16	0:11:28	0:21:34	0:31:27	0:42:35	0:53:38	0:55:44	0:56:01	05:36	0:25:17
419	50	521	Mercedes VIDAL RODIÑO		SUB23F - 5	00:23	0:11:38	0:21:47	0:32:04	0:43:07	0:53:41	0:55:44	0:56:08	05:36	0:25:24
420		138	José Antonio SAAVEDRA		MAS-AM - 153	00:31	0:12:19	0:22:49	0:32:54	0:43:56	0:54:04	0:55:40	0:56:12	05:37	0:25:28
421		225	José Carlos LOSADA DÍAZ		MAS-BM - 106	00:26	0:12:38	0:22:39	0:32:44	0:43:34	0:54:08	0:55:50	0:56:16	05:37	0:25:32
422		285	Jorge RODRIGUEZ PENA		MAS-BM - 107	00:35	0:12:10	0:22:06	0:32:19	0:43:13	0:54:14	0:55:50	0:56:25	05:38	0:25:41

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
423	51	549	María Dorinda CARBALLO BARR		MAS-AF - 24	00:23	0:12:29	0:22:57	0:33:03	0:43:55	0:54:12	0:56:04	0:56:28	05:38	0:25:44
424		409	Evaristo PIDRE FERRADAS	PINARIUM	MAS-CM - 31	00:42	0:14:37	0:25:51	0:34:59	0:45:11	0:54:27	0:55:46	0:56:29	05:38	0:25:45
425		319	Miguel Ángel SOTO CABA	CLUB DE LOS POETAS MUERT	MAS-CM - 32	00:10	0:12:06	0:22:36	0:33:15	0:44:18	0:54:27	0:56:21	0:56:31	05:39	0:25:47
426		610	Esteban OTERO CALVO		MAS-AM - 154	00:34	0:12:14	0:22:24	0:32:41	0:43:59	0:54:38	0:56:20	0:56:55	05:41	0:26:11
427		346	Esteban TOUCEDO SANTOS	SAN MIGUEL DE MARÍN	SNM - 59							0:57:00	0:57:00	05:42	0:26:16
428	52	565	María ABOAL RAMOS		MAS-BF - 15	00:14	0:12:52	0:23:41	0:34:02	0:44:57	0:55:10	0:57:14	0:57:28	05:44	0:26:44
429	53	564	Pilar MUÑIZ RIAL		MAS-BF - 16	00:15	0:12:53	0:23:41	0:34:05	0:45:11	0:55:14	0:57:16	0:57:32	05:45	0:26:48
430	54	554	Pilar VÁZQUEZ BOUZAS		MAS-AF - 25	00:32	0:12:59	0:23:32	0:33:56	0:44:55	0:55:33	0:57:20	0:57:53	05:47	0:27:09
431		4	Ian VÁZQUEZ ROSALES		SUB23M - 18	00:30	0:12:58	0:23:32	0:33:56	0:44:55	0:55:33	0:57:22	0:57:53	05:47	0:27:09
432		183	José Ramón GARCÍA GONZÁLEZ		MAS-AM - 155	00:31	0:13:08	0:23:32	0:34:06	0:44:55	0:55:43	0:57:28	0:57:59	05:47	0:27:15
433	55	505	Irene PINTOS ROSALES	PINARIUM	MAS-AF - 26	00:32	0:13:03	0:23:40	0:34:02	0:45:04	0:55:44	0:57:30	0:58:02	05:48	0:27:18
434		329	Angel Jose BUGALLO LOPEZ		MAS-CM - 33	00:32	0:13:02	0:23:25	0:34:12	0:45:17	0:55:46	0:57:34	0:58:07	05:48	0:27:23
435		81	Daniel PARDAVILA PASTOR		SNM - 60	00:31	0:12:29	0:22:37	0:33:10	0:45:00	0:55:54	0:57:39	0:58:10	05:49	0:27:26
436	56	577	Susana LAGÜELA LÓPEZ	JACQUELINE RUNNERS	SNF - 9	00:07	0:09:36	0:17:52	0:25:50	0:34:30		0:58:03	0:58:11	05:49	0:27:27
437	57	579	Carmen SOTO FUENTES		MAS-BF - 17	00:21	0:12:57	0:23:30	0:34:06	0:45:03	0:55:57	0:57:50	0:58:12	05:49	0:27:28
438	58	528	Sheila GONZALEZ MOURE		SNF - 10	00:31	0:12:29	0:22:37	0:33:10	0:45:01	0:55:54	0:57:40	0:58:12	05:49	0:27:28
439	59	553	Silvia TORRES BARROSO		MAS-AF - 27	00:24	0:12:44	0:23:06	0:33:47	0:45:05	0:56:03	0:57:58	0:58:22	05:50	0:27:38
440	60	551	Monica TESOIRO TABOADA	RUNGALICIA INTERSPORT	MAS-AF - 28	00:30	0:13:15	0:23:58	0:34:39	0:45:44	0:56:16	0:58:04	0:58:34	05:51	0:27:50
441	61	544	Ana OCA GONZALEZ	CAI A ESTRADA	MAS-AF - 29	00:17	0:12:15	0:22:40	0:33:11	0:44:45	0:56:28	0:58:55	0:59:13	05:55	0:28:29
442	62	512	Mª Pilar SANTIAGO DOPAZO	PINARIUM	MAS-BF - 18	00:12	0:13:11	0:24:01	0:34:33	0:45:56	0:56:55	0:59:02	0:59:14	05:55	0:28:30
443		83	Javier SANCHEZ SANTIAGO		SNM - 61	00:35	0:13:22	0:24:05	0:34:55	0:46:09	0:57:05	0:59:00	0:59:36	05:57	0:28:52
444	63	576	Alicia SUÁREZ OTERO		MAS-AF - 30	00:22	0:13:04	0:24:00	0:34:36	0:46:10	0:57:22	0:59:23	0:59:46	05:58	0:29:02
445		109	Iago ANTELO CASTIÑEIRA		MAS-AM - 156	00:27	0:13:04	0:23:50	0:35:02	0:46:42	0:57:39	0:59:43	1:00:11	06:01	0:29:27
446		48	Jaime GARCÍA IGLESIAS		SNM - 62	00:27	0:13:05	0:23:50	0:34:51	0:46:42	0:57:40	0:59:44	1:00:11	06:01	0:29:27
447	64	575	Jessica SANJORGE CASTILLA		SNF - 11	00:29	0:13:42	0:24:50	0:35:35	0:47:11	0:58:20	1:00:21	1:00:50	06:05	0:30:06
448		291	Francisco FERRADAS SOAGE		MAS-BM - 108	00:28	0:13:49	0:24:48	0:35:34	0:47:12	0:58:27	1:00:21	1:00:50	06:05	0:30:06
449		604	Guillermo MALVIDO FREIRE		MAS-DM - 8	00:04	0:12:23	0:23:39	0:35:02	0:47:10	0:58:27	1:00:57	1:01:02	06:06	0:30:18
450		7	Gabriel GONZALEZ FONTENLA		SUB23M - 19	00:05	0:10:44	0:22:11	0:34:31	0:47:33	0:59:14	1:01:46	1:01:52	06:11	0:31:08
451		30	Ivan GONZALEZ FONTENLA		SNM - 63	00:05	0:12:04	0:24:01	0:35:34	0:47:32	0:59:13	1:01:48	1:01:54	06:11	0:31:10
452		249	Diego GONZALEZ VICENTE		MAS-BM - 109	00:23	0:12:36	0:23:22	0:34:14	0:45:40	0:59:26	1:01:44	1:02:07	06:12	0:31:23
453		86	Braulio GONZÁLEZ CURRO		SNM - 64	00:21	0:12:18	0:23:23	0:35:15	0:47:51	0:59:56	1:01:59	1:02:20	06:14	0:31:36

Pos.	Fem.	Dor.	Nome	Clube	Categ-Pos.	T-Sai.	Ctrl-1	Ctrl-2	Ctrl-3	Ctrl-4	Ctrl-5	T.Net	T.Oficial	T/Km.	Difer.
454	65	558	Fatima María MOYANO DE BEÇA		MAS-BF - 19	00:17	0:13:58	0:25:40	0:37:05	0:48:49	1:00:13	1:02:25	1:02:43	06:16	0:31:59
455	66	542	Andrea COSTOYA	CLUB ATLETISMO BOIMORTO	MAS-AF - 31	00:25	0:14:00	0:25:28	0:36:56	0:48:53	1:00:40	1:02:44	1:03:10	06:19	0:32:26
456		235	José Maria FERNÁNDEZ CRUZ		MAS-BM - 110	00:27	0:13:30	0:24:53	0:36:47	0:49:19	1:00:53	1:03:05	1:03:32	06:21	0:32:48
457		253	Pedro PAZOS MANEIRO		MAS-BM - 111	00:26	0:13:24	0:23:36	0:33:43	0:46:56	1:01:01	1:03:49	1:04:16	06:25	0:33:32
458	67	540	Vanessa RODRÍGUEZ CAJARAVI		MAS-AF - 32	00:29	0:15:25	0:27:27	0:38:59	0:50:51	1:02:27	1:04:26	1:04:56	06:29	0:34:12
459		410	Manuel CRUCES PRADO	PINARIUM	MAS-DM - 9	00:37	0:15:28	0:27:30	0:39:07	0:51:16	1:02:29	1:04:24	1:05:01	06:30	0:34:17
460		279	Manuel Angel GONZALEZ PIÑEIR		MAS-BM - 112	00:06	0:13:24	0:25:33	0:37:59	0:50:50	1:02:51	1:05:09	1:05:15	06:31	0:34:31
461	68	546	Maria Del Carmen SANTIAGO CA		MAS-AF - 33	00:30	0:15:26	0:27:27	0:39:03	0:51:30	1:02:57	1:04:49	1:05:19	06:31	0:34:35
462		424	Ramon DIAZ MARTINEZ		MAS-AM - 157	00:24	0:13:24	0:25:17	0:37:12	0:49:58	1:02:47	1:05:19	1:05:44	06:34	0:35:00
463		247	Miguel GARCIA BARROS		MAS-BM - 113	00:33	0:13:55	0:26:01	0:38:28	0:51:34	1:03:57	1:06:11	1:06:45	06:40	0:36:01
464		27	Sergio Alejandro FERNÁNDEZ CR		SNM - 65	00:03	0:12:49	0:26:44	0:39:47	0:53:27	1:06:31	1:09:30	1:09:34	06:57	0:38:50
465		399	Xulio DE SANTIAGO FERNANDEZ	PINARIUM	MAS-BM - 114	00:33	0:15:37	0:27:30	0:39:56	0:53:28	1:06:43	1:09:04	1:09:37	06:57	0:38:53
DQ.		602	Alvaro PRIETO FERVENZA	MILER RUNNING CLUB	MAS-AM										163.2 obstaculacion