

RESULTADOS OFICIAIS

Absoluta

21:00

| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|-------------------------------|------|--------------|-------|----------|-------------------------------|------|-------------|
| 1 | 445 | IVÁN PUENTES BARCIA | 1999 | 16:16 | 03:15 | GA91 | ATLETISMO NARON | M-1 | Senior-1 |
| 2 | 448 | PEDRO OSORIO LÓPEZ | 2000 | 18:04 | 03:36 | GA765330 | RIA FERROL-CONCEPCION ARENAL | M-2 | Sub 23-1 |
| 3 | 380 | JONATHAN FERNÁNDEZ RÍOS | 1988 | 18:09 | 03:37 | GA744 | PASA OU ENTORNA | M-3 | Senior-2 |
| 4 | 341 | DIEGO RUIZ BREIJO | 1985 | 18:10 | 03:38 | | CLUB ATLETISMO CORUÑA COMAR | M-4 | Máster 1-1 |
| 5 | 461 | HUGO PRIDA LOBELOS | 2003 | 18:15 | 03:39 | | TRIATLÓN FERROL | M-5 | Sub 20-1 |
| 6 | 447 | DANIEL RÍOS GRAÑA | 2000 | 18:17 | 03:39 | | AD NÁUTICO NARÓN | M-6 | Sub 23-2 |
| 7 | 335 | ANTONINO MÉNDEZ SÁNCHEZ | 1984 | 18:19 | 03:39 | | DALLE GAS RUNNING TEAM | M-7 | Máster 1-2 |
| 8 | 501 | DIEGO CRESPO NAYA | 1978 | 18:26 | 03:41 | | MARINEDA ATLETICO | M-8 | Máster 2-1 |
| 9 | 396 | JUAN CARLOS CORTIZAS BAÑOBRE | 1990 | 18:29 | 03:41 | | CLUBE ATLETISMO FENE | M-9 | Senior-3 |
| 10 | 299 | PACOCO BRAÑAS DE LOS MOZOS | 1981 | 18:30 | 03:42 | | ATLETISMO NARON | M-10 | Máster 1-3 |
| 11 | 167 | MARCELO VASQUES CORTES | 1971 | 18:37 | 03:43 | GA765494 | EGOVARROS DE VIVEIRO | M-11 | Máster 3-1 |
| 12 | 327 | PABLO PIÑEIRO | 1984 | 18:40 | 03:44 | | | M-12 | Máster 1-4 |
| 13 | 342 | RAFA POUPARIÑA CASTRO | 1985 | 18:44 | 03:44 | | PASA OU ENTORNA | M-13 | Máster 1-5 |
| 14 | 290 | ALDO REGUEIRA MARTINEZ | 1980 | 18:46 | 03:45 | | PASA OU ENTORNA | M-14 | Máster 2-2 |
| 15 | 186 | JUAN CARLOS GONZÁLEZ OROZCO | 1972 | 18:49 | 03:45 | | TRIATLÓN FERROL | M-15 | Máster 2-3 |
| 16 | 243 | CARLOS RÍOS NÚÑEZ | 1977 | 18:51 | 03:46 | | DALLE GAS RUNNING TEAM | M-16 | Máster 2-4 |
| 17 | 413 | ALEJANDRO ROCA RIVERA | 1992 | 18:57 | 03:47 | | | M-17 | Senior-4 |
| 18 | 323 | IAGO MEDIN LEIRO | 1983 | 19:14 | 03:50 | | SIN CLUB | M-18 | Máster 1-6 |
| 19 | 254 | ALBERTO CANEIRO CANEIRO | 1978 | 19:21 | 03:52 | | TRIATLON FERROL | M-19 | Máster 2-5 |
| 20 | 207 | JOSE ANGEL LOPEZ VILLAR | 1974 | 19:26 | 03:53 | GA-19395 | EGOVARROS DE VIVEIRO | M-20 | Máster 2-6 |
| 21 | 518 | ALVARO GAMUNDI CASTELEIRO | 1993 | 19:31 | 03:54 | | CLUB CASTRO DE LOBADIZ | M-21 | Senior-5 |
| 22 | 224 | LUIS GOMEZ AGRAS | 1975 | 19:33 | 03:54 | | PASA OU ENTORNA | M-22 | Máster 2-7 |
| 23 | 512 | LUIS RILO GONZALEZ VALLES | 1983 | 19:43 | 03:56 | | TRIATLON FERROL | M-23 | Máster 1-7 |
| 24 | 172 | JOSE FRANCISCO SAIZ FERNANDEZ | 1971 | 19:48 | 03:57 | | OPA FERROL TEAM RUNNING | M-24 | Máster 3-2 |
| 25 | 171 | JULIÁN PÉREZ DURÁN | 1971 | 19:55 | 03:59 | | SIGUEME SI PUEDES | M-25 | Máster 3-3 |
| 26 | 229 | JAVIER TUIMIL CALVO | 1976 | 19:59 | 03:59 | GA769405 | ATLETISMO NARON | M-26 | Máster 2-8 |
| 27 | 452 | JORGE LONGARELA BARREIRO | 2001 | 20:01 | 04:00 | | PEÑA CICLISTA LEBOREIRA | M-27 | Sub 23-3 |
| 28 | 433 | DANIEL GONZÁLEZ DEVESA | 1996 | 20:03 | 04:00 | | | M-28 | Senior-6 |
| 29 | 302 | ANXO MEIZOSO PERMUI | 1981 | 20:08 | 04:01 | | TRIATLÓN ARTEIXO | M-29 | Máster 1-8 |
| 30 | 401 | MARCOS ALONSO FILGUEIRA | 1991 | 20:10 | 04:02 | | OS CORZOS DO ORTEGAL | M-30 | Senior-7 |
| 31 | 357 | ABEL MUÍÑO PIÑEIRO | 1986 | 20:11 | 04:02 | | | M-31 | Máster 1-9 |
| 32 | 418 | SERGIO RÍOS LÓPEZ | 1993 | 20:14 | 04:02 | | OBJETIVO MARATÓN | M-32 | Senior-8 |
| 33 | 289 | RUBÉN JOSÉ LÓPEZ FERNÁNDEZ | 1980 | 20:15 | 04:03 | | PASA OU ENTORNA | M-33 | Máster 2-9 |
| 34 | 250 | NOÉ TEIJEIRO FERNANDEZ | 1977 | 20:17 | 04:03 | TGAL272 | NOETRAINERS FERROL | M-34 | Máster 2-10 |
| 35 | 267 | AGUSTIN HERMIDA RODRÍGUEZ | 1978 | 20:18 | 04:03 | | | M-35 | Máster 2-11 |
| 36 | 492 | MIGUEL ANGEL LOPEZ CID | 1971 | 20:20 | 04:04 | | | M-36 | Máster 3-4 |
| 37 | 138 | JUAN ANTONIO BELLAS RODRÍGUEZ | 1966 | 20:21 | 04:04 | | JOSITO'S RUNNERS CLUB | M-37 | Máster 3-5 |
| 38 | 366 | IVÁN GAGO GÓMEZ | 1987 | 20:21 | 04:04 | | | M-38 | Senior-9 |
| 39 | 522 | VÍCTOR SIXTO COSTOYA | 1995 | 20:22 | 04:04 | | | M-39 | Senior-10 |
| 40 | 180 | CHEMA ERAÑA CABALLERO | 1972 | 20:23 | 04:04 | | OPA FERROL TEAM RUNNING | M-40 | Máster 2-12 |
| 41 | 379 | ALEJANDRO URÍA SANJURJO | 1988 | 20:25 | 04:05 | | DALLE GAS RUNNING TEAM | M-41 | Senior-11 |
| 42 | 386 | FRANCISCO LOIRA BECEIRO | 1989 | 20:27 | 04:05 | | | M-42 | Senior-12 |
| 43 | 330 | DIEGO GARRIDO | 1984 | 20:28 | 04:05 | | | M-43 | Máster 1-10 |
| 44 | 517 | ALEJANDRO ORGEIRA MARTÍNEZ | 1993 | 20:30 | 04:06 | | | M-44 | Senior-13 |
| 45 | 343 | JAVIER POUPARIÑA CASTRO | 1985 | 20:30 | 04:06 | | | M-45 | Máster 1-11 |
| 46 | 392 | HECTOR DUARTE BOUZAS | 1990 | 20:32 | 04:06 | | | M-46 | Senior-14 |
| 47 | 165 | ROBERTO VENTUREIRA DOPICO | 1970 | 20:33 | 04:06 | | CLUB CASTRO DE LOBADIZ | M-47 | Máster 3-6 |
| 48 | 503 | MANUEL ANGEL CASAL PENA | 1979 | 20:39 | 04:07 | | ESCOLA ATLETISMO PAULA MAYOBE | M-48 | Máster 2-13 |
| 49 | 412 | ANTONIO J. RODRÍGUEZ GONZÁLEZ | 1991 | 20:41 | 04:08 | | TRIATLÓN FERROL | M-49 | Senior-15 |
| 50 | 347 | EDUARDO MORALES BERMEO | 1985 | 20:42 | 04:08 | | | M-50 | Máster 1-12 |
| 51 | 199 | DAVID JOSÉ PENEDO DIAZ | 1974 | 20:44 | 04:08 | | OPA FERROL TEAM RUNING | M-51 | Máster 2-14 |
| 52 | 489 | JOSÉ GONZÁLEZ BAÑOBRE | 1966 | 20:45 | 04:09 | GA716922 | ATLETISMO NARON | M-52 | Máster 3-7 |
| 53 | 362 | BORJA PICO FEAL | 1986 | 20:49 | 04:09 | | CLUB CASTRO DE LOBADIZ | M-53 | Máster 1-13 |
| 54 | 502 | CÉSAR RAMIL FERREIRO | 1979 | 20:54 | 04:10 | | CLUB CASTRO DE LOBADIZ | M-54 | Máster 2-15 |
| 55 | 378 | MARCOS PEÑA BLANCO | 1988 | 20:57 | 04:11 | | REMO SAN FELIPE | M-55 | Senior-16 |
| 56 | 554 | | 1980 | 20:58 | 04:11 | | CORREDORES POPULARES ARMADA | -1 | SC-1 |
| 57 | 414 | HUGO IGLESIAS RODRÍGUEZ | 1992 | 20:59 | 04:11 | | | M-56 | Senior-17 |
| 58 | 273 | DANIEL JOVE MARTINEZ | 1979 | 21:00 | 04:12 | | | M-57 | Máster 2-16 |
| 59 | 278 | DAVID GÓMEZ AGRAS | 1979 | 21:06 | 04:13 | | TRIATLÓN FERROL | M-58 | Máster 2-17 |

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|-----|-----|--------------------------------|------|--------------|-------|----------|-------------------------------|-------|-------------|
| 60 | 135 | LUIS ÁNGEL ALVARIÑO VEIGA | 1965 | 21:14 | 04:14 | | | M-59 | Máster 3-8 |
| 61 | 143 | RAFAEL SABIOFERNÁNDEZ | 1966 | 21:16 | 04:15 | TGAL130 | OS CORZOS DO ORTEGAL | M-60 | Máster 3-9 |
| 62 | 287 | ALEXANDRE BLANCO VARELA | 1980 | 21:16 | 04:15 | | A.D.C. BOMBEIROS NARON | M-61 | Máster 2-18 |
| 63 | 308 | SERGIO RODRÍGUEZ JUSTO | 1982 | 21:19 | 04:15 | | | M-62 | Máster 1-14 |
| 64 | 259 | GONZALO PITA BARROS | 1978 | 21:21 | 04:16 | | | M-63 | Máster 2-19 |
| 65 | 383 | ALEJANDRO DOPICO RODRIGUEZ | 1989 | 21:22 | 04:16 | | NÁUTICO NARÓN | M-64 | Senior-18 |
| 66 | 214 | JOSE MANUEL TEIJEIRO IGLESIAS | 1975 | 21:22 | 04:16 | | | M-65 | Máster 2-20 |
| 67 | 220 | ROBERTO CID SANMARTÍN | 1975 | 21:26 | 04:17 | | CLUB TRIATLON CORUÑA | M-66 | Máster 2-21 |
| 68 | 444 | BRUNO MOURIZ SOTO | 1999 | 21:30 | 04:18 | | | M-67 | Senior-19 |
| 69 | 493 | DAVID JOVE CASTRO | 1971 | 21:31 | 04:18 | | CLUB CASTRO DE LOBADIZ | M-68 | Máster 3-10 |
| 70 | 233 | UBALDO BALSEIRO REIGOSA | 1976 | 21:31 | 04:18 | | ESCOLAS DEP. LOURENZA | M-69 | Máster 2-22 |
| 71 | 458 | GERMÁN ABRAHAM GARCÍA | 2002 | 21:42 | 04:20 | | | M-70 | Sub 23-4 |
| 72 | 262 | ESTEBAN RODRÍGUEZ VÁZQUEZ | 1978 | 21:43 | 04:20 | | CLUBE ATLETISMO FENE | M-71 | Máster 2-23 |
| 73 | 363 | DIEGO LORENZO MUÑOZ | 1986 | 21:44 | 04:20 | | OS KÁRAKOIS | M-72 | Máster 1-15 |
| 74 | 340 | MANEL ENCINAS BENITO | 1985 | 21:46 | 04:21 | | | M-73 | Máster 1-16 |
| 75 | 230 | CARLOS CANOSA CASTRO | 1976 | 21:49 | 04:21 | | | M-74 | Máster 2-24 |
| 76 | 531 | JAVIER BLAS CERNADAS | 2002 | 21:51 | 04:22 | GA769161 | ATLETISMO NARON | M-75 | Sub 23-5 |
| 77 | 282 | ALBERTO PRIETO PARDO | 1980 | 21:53 | 04:22 | | PASA OU ENTORNA | M-76 | Máster 2-25 |
| 78 | 128 | MIGUEL DÍAZ CARBALLO | 1964 | 21:54 | 04:22 | | | M-77 | Máster 3-11 |
| 79 | 320 | JOSE GARCÍA DE LOS REYES LUQUE | 1983 | 21:57 | 04:23 | | | M-78 | Máster 1-17 |
| 80 | 227 | JORGE SUÁREZ FERNÁNDEZ | 1975 | 21:59 | 04:23 | | PASA OU ENTORNA | M-79 | Máster 2-26 |
| 81 | 247 | MARCOS LEMA RODRIGUEZ | 1977 | 22:00 | 04:24 | | | M-80 | Máster 2-27 |
| 82 | 268 | LUIZ PEDRO DE SOUZA LEITE | 1979 | 22:01 | 04:24 | | TRIALLON FERROL | M-81 | Máster 2-28 |
| 83 | 371 | ANGEL PÉREZ VAZQUEZ | 1987 | 22:01 | 04:24 | | KARAKOIS | M-82 | Senior-20 |
| 84 | 276 | PASCUAL FERNÁNDEZ ALBORNOS | 1979 | 22:02 | 04:24 | | | M-83 | Máster 2-29 |
| 85 | 470 | REBECA SOTO VIÑAS | 1976 | 22:05 | 04:25 | | ATLETISMO NARON | F-1 | Máster 2-1 |
| 86 | 283 | ESTEBAN SANTIAGO ANEIROS | 1980 | 22:07 | 04:25 | | | M-84 | Máster 2-30 |
| 87 | 504 | RAMÓN LOUREIRO REDONDO | 1980 | 22:10 | 04:26 | | DALLE GAS RUNNING TEAM | M-85 | Máster 2-31 |
| 88 | 140 | ALFONSO GARCIA BELLO | 1966 | 22:13 | 04:26 | | INDEPENDIENTE | M-86 | Máster 3-12 |
| 89 | 218 | JUAN JOSE VIEITES PONTE | 1975 | 22:13 | 04:26 | | SIGUEME SI PUEDES | M-87 | Máster 2-32 |
| 90 | 154 | JUAN FRANCISCO PITA SERANTES | 1969 | 22:14 | 04:26 | | OPA FERROL TEAM RUNNING | M-88 | Máster 3-13 |
| 91 | 313 | JOSÉ LUIS PAZ CABADA | 1982 | 22:19 | 04:27 | | OS KARAKOIS | M-89 | Máster 1-18 |
| 92 | 255 | MARCO ANTONIO DOVAL IGLESIAS | 1978 | 22:22 | 04:28 | | PAPAROTAS TEAM | M-90 | Máster 2-33 |
| 93 | 231 | JOSE LUIS GARCIA RODRIGUEZ | 1976 | 22:24 | 04:28 | | CLUB ATLETISMO SADA | M-91 | Máster 2-34 |
| 94 | 174 | JUAN ALBERTO SÁNCHEZ RAMÓN | 1971 | 22:24 | 04:28 | | SIGUEME SI PUEDES | M-92 | Máster 3-14 |
| 95 | 519 | RUBEN REBORIDO RODRIGUEZ | 1994 | 22:33 | 04:30 | | | M-93 | Senior-21 |
| 96 | 200 | JOSE ANTONIO VIDAL MANSO | 1974 | 22:35 | 04:31 | | TRIATLON FERROL | M-94 | Máster 2-35 |
| 97 | 113 | XURXO GARCIA | 1955 | 22:35 | 04:31 | | | M-95 | Máster 4-1 |
| 98 | 423 | JUAN DIEGO HERNÁNDEZ GARCÍA | 1994 | 22:36 | 04:31 | | | M-96 | Senior-22 |
| 99 | 477 | CARLA IRLAS CASTRO | 1997 | 22:44 | 04:32 | | CASTRO DE LOBADIZ | F-2 | Senior-1 |
| 100 | 132 | MIGUEL ÁNGEL VARELA LÓPEZ | 1965 | 22:47 | 04:33 | | CLUB CASTRO DE LOBADIZ | M-97 | Máster 3-15 |
| 101 | 304 | RUBÉN FREIRE CASAS | 1982 | 22:49 | 04:33 | | PASA OU ENTORNA | M-98 | Máster 1-19 |
| 102 | 295 | ALBERTO CASTELEIRO | 1981 | 22:55 | 04:35 | | | M-99 | Máster 1-20 |
| 103 | 122 | DIONISIO JOSE BUENO GARCIA | 1960 | 23:00 | 04:36 | | | M-100 | Máster 4-2 |
| 104 | 311 | OSCAR CASTRO NAVEIRAS | 1982 | 23:04 | 04:36 | | PASA OU ENTORNA | M-101 | Máster 1-21 |
| 105 | 532 | FRANCISCO RODRÍGUEZ VEIGA | 2003 | 23:05 | 04:37 | | | M-102 | Sub 20-2 |
| 106 | 397 | ADRIAN AMADO ALVAREZ | 1990 | 23:06 | 04:37 | | SIN CLUB | M-103 | Senior-23 |
| 107 | 188 | EDUARDO GARCIA DACOSTA | 1973 | 23:14 | 04:38 | | | M-104 | Máster 2-36 |
| 108 | 249 | MANUEL PENNA VARELA | 1977 | 23:15 | 04:39 | | ESCUELA DE ATLETISMO PAULA MA | M-105 | Máster 2-37 |
| 109 | 368 | DIEGO NOVO FERREIRO | 1987 | 23:16 | 04:39 | | DALLE GAS RUNNING TEAM | M-106 | Senior-24 |
| 110 | 530 | LUIS GUERRERO MÉNDEZ | 1999 | 23:16 | 04:39 | | | M-107 | Senior-25 |
| 111 | 388 | JESUS SANCHEZ DE TOCA FREIRE | 1989 | 23:17 | 04:39 | | | M-108 | Senior-26 |
| 112 | 437 | ADRIÁN FERNANDEZ | 1997 | 23:17 | 04:39 | | | M-109 | Senior-27 |
| 113 | 520 | MIGUEL OTERO | 1995 | 23:19 | 04:39 | | | M-110 | Senior-28 |
| 114 | 345 | MIGUEL RICO TEIJEIRO | 1985 | 23:24 | 04:40 | | NOETRAINERS | M-111 | Máster 1-22 |
| 115 | 332 | DAVID RUA CAAVEIRO | 1984 | 23:25 | 04:41 | | | M-112 | Máster 1-23 |
| 116 | 183 | ANTONIO GRANDAL FERNÁNDEZ | 1972 | 23:28 | 04:41 | | OPA FERROL TEAM RUNNING | M-113 | Máster 2-38 |
| 117 | 312 | RAUL CELDRAN FERNÁNDEZ | 1982 | 23:30 | 04:42 | | | M-114 | Máster 1-24 |
| 118 | 275 | ALBERTO FERNÁNDEZ FERNÁNDEZ | 1979 | 23:30 | 04:42 | | | M-115 | Máster 2-39 |

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| 119 | 258 | BENIGNO SANCHEZ VALES | 1978 | 23:35 | 04:43 | | | M-116 | Máster 2-40 |
| 120 | 246 | CELES RUIZ-MATAS GARCÍA | 1977 | 23:35 | 04:43 | | ALTAFIT ODEON | M-117 | Máster 2-41 |
| 121 | 472 | LAURA NÚÑEZ NAVEIRA | 1977 | 23:35 | 04:43 | | | F-3 | Máster 2-2 |
| 122 | 252 | SAMUEL RAMÍREZ RODRÍGUEZ | 1977 | 23:36 | 04:43 | | CLUBE ATLETISMO FENE | M-118 | Máster 2-42 |
| 123 | 237 | JOSÉ MANUEL REYES RAMOS | 1976 | 23:36 | 04:43 | | SIGUEME SI PUEDES | M-119 | Máster 2-43 |
| 124 | 150 | MANUEL ÁNGEL MARTÍNEZ GAYOSO | 1969 | 23:37 | 04:43 | | | M-120 | Máster 3-16 |
| 125 | 382 | JAIME ANEIROS ARDAO | 1989 | 23:38 | 04:43 | | BENIGYM | M-121 | Senior-29 |
| 126 | 234 | JESÚS ARDAO RODEIRO | 1976 | 23:39 | 04:43 | | | M-122 | Máster 2-44 |
| 127 | 425 | DANIEL IGLESIAS GIAO | 1994 | 23:46 | 04:45 | | | M-123 | Senior-30 |
| 128 | 417 | SERGIO ALVARIÑO PENA | 1992 | 23:47 | 04:45 | | | M-124 | Senior-31 |
| 129 | 427 | ELOY PITA MARTÍNEZ | 1995 | 23:48 | 04:45 | | OPA FERROL RUNNING TEAM | M-125 | Senior-32 |
| 130 | 351 | SANTIAGO GATO DOCE | 1985 | 23:48 | 04:45 | | RUNNING ALTAFIT ODEON | M-126 | Máster 1-25 |
| 131 | 280 | MIGUEL GRUEIRO MENDEZ | 1980 | 23:49 | 04:45 | | | M-127 | Máster 2-45 |
| 132 | 189 | OSCAR DIAZ FORUNA | 1973 | 23:49 | 04:45 | | SIGUEME SI PUEDES | M-128 | Máster 2-46 |
| 133 | 257 | DIEGO MARTIN ARES | 1978 | 23:51 | 04:46 | | | M-129 | Máster 2-47 |
| 134 | 271 | CAMILO CANOSA CASTRO | 1979 | 23:52 | 04:46 | | | M-130 | Máster 2-48 |
| 135 | 451 | SAUL LOZANO SELVA | 2001 | 23:52 | 04:46 | | | M-131 | Sub 23-6 |
| 136 | 265 | RUBEN CAINZOS RODRIGUEZ | 1978 | 23:54 | 04:46 | | | M-132 | Máster 2-49 |
| 137 | 241 | JUAN CARLOS DE LA VIÑA PITA | 1976 | 23:57 | 04:47 | AG11296 | XABARÍS ÁRTABROS | M-133 | Máster 2-50 |
| 138 | 514 | FELIPE CASTRO FRAGA | 1984 | 23:57 | 04:47 | | CLUB MONTE PENA RUBIA | M-134 | Máster 1-26 |
| 139 | 193 | JESÚS GAREA ARES | 1973 | 24:02 | 04:48 | | | M-135 | Máster 2-51 |
| 140 | 223 | JUAN CARLOS HERVES RODRÍGUEZ | 1975 | 24:03 | 04:48 | | | M-136 | Máster 2-52 |
| 141 | 488 | CARLOS SICRE ROMERO | 1964 | 24:07 | 04:49 | | | M-137 | Máster 3-17 |
| 142 | 134 | CARLOS DÍAZ-PACHE MACKINLAY | 1965 | 24:07 | 04:49 | | | M-138 | Máster 3-18 |
| 143 | 166 | JUAN CARLOS HERMIDA MERA | 1971 | 24:08 | 04:49 | AG4297 | CLUB CASTRO DE LOBADIZ | M-139 | Máster 3-19 |
| 144 | 464 | YAGO DANIEL RÍO PEREIRA | 2004 | 24:10 | 04:50 | | | M-140 | Sub 20-3 |
| 145 | 204 | SUSO MARTINEZ CHEDAS | 1974 | 24:12 | 04:50 | TGAL298 | OPA FERROL TEAM RUNNING | M-141 | Máster 2-53 |
| 146 | 508 | MANUEL AYOSE MIRABAL HERNANDEZ | 1982 | 24:13 | 04:50 | | CORREDORES POPULARES ARMADA | M-142 | Máster 1-27 |
| 147 | 195 | JUANJO RAMOS BLANCO | 1973 | 24:21 | 04:52 | | ESCOLA DE ATLETISMO PAULA MARTÍNEZ | M-143 | Máster 2-54 |
| 148 | 232 | RAFAEL PENA FERNANDEZ | 1976 | 24:27 | 04:53 | | MARRANERS- EN BOAS MANS | M-144 | Máster 2-55 |
| 149 | 337 | SANTIAGO CASAL OTERO | 1985 | 24:33 | 04:54 | | | M-145 | Máster 1-28 |
| 150 | 148 | PABLO VAL GUERREIRO | 1968 | 24:35 | 04:55 | | YO | M-146 | Máster 3-20 |
| 151 | 443 | JORGE FELPETO EVIA | 1999 | 24:36 | 04:55 | | CLUB CASTRO DE LOBADIZ | M-147 | Senior-33 |
| 152 | 104 | ALBA MENDEZ DUMONT | 2002 | 24:37 | 04:55 | | | F-4 | Sub 23-1 |
| 153 | 361 | DAVID COUCE RÚA | 1986 | 24:41 | 04:56 | | DALLE GAS RUNNING TEAM | M-148 | Máster 1-29 |
| 154 | 155 | JUAN MENDEZ LOPEZ | 1969 | 24:42 | 04:56 | | | M-149 | Máster 3-21 |
| 155 | 460 | ALFONSO GARCIA MONTERO | 2002 | 24:42 | 04:56 | | INDEPENDIENTE | M-150 | Sub 23-7 |
| 156 | 454 | ALDO REY GÓMEZ | 2001 | 24:42 | 04:56 | | RIA FERROL | M-151 | Sub 23-8 |
| 157 | 221 | JESÚS MIGUEL LAMIGUEIRO FRANCO | 1975 | 24:48 | 04:57 | | NOETRAINERS | M-152 | Máster 2-56 |
| 158 | 110 | EMILIO TORAL ROMERO | 1955 | 24:52 | 04:58 | | EGOVARROS VIVEIRO | M-153 | Máster 4-3 |
| 159 | 407 | JORGE MARTINEZ-AVIAL | 1991 | 24:55 | 04:59 | | | M-154 | Senior-34 |
| 160 | 31 | LIDIA CARDAMAS FREIRE | 1975 | 24:56 | 04:59 | | OPA FERROL TEAM RUNNING | F-5 | Máster 2-3 |
| 161 | 169 | BERTO BAZ RODRIGUEZ | 1971 | 24:59 | 04:59 | | SIGUEME SI PUEDES | M-155 | Máster 3-22 |
| 162 | 225 | JOSÉ ÁNGEL VÁZQUEZ FREIRE | 1975 | 24:59 | 04:59 | | SIGUEME SI PUEDES | M-156 | Máster 2-57 |
| 163 | 339 | JAVIER PEDRE RAÑA | 1985 | 25:01 | 05:00 | | | M-157 | Máster 1-30 |
| 164 | 395 | IGNACIO GOMARIZ MEJUTO | 1990 | 25:02 | 05:00 | | | M-158 | Senior-35 |
| 165 | 513 | DAVID AHIJADO FERNANDEZ | 1984 | 25:02 | 05:00 | | | M-159 | Máster 1-31 |
| 166 | 96 | BEATRIZ MEDINA BURCIAGA | 1995 | 25:04 | 05:00 | | | F-6 | Senior-2 |
| 167 | 68 | SOFIA SANESTEBAN BECEIRO | 1988 | 25:06 | 05:01 | | | F-7 | Senior-3 |
| 168 | 391 | HUGO VAZQUEZ VARELA | 1990 | 25:08 | 05:01 | | | M-160 | Senior-36 |
| 169 | 325 | MANUEL BASOA RODRIGUEZ | 1983 | 25:11 | 05:02 | | ESCOLA DE ATLETISMO PAULA MARTÍNEZ | M-161 | Máster 1-32 |
| 170 | 430 | JORGE BELLÓN MÉNDEZ | 1995 | 25:11 | 05:02 | | | M-162 | Senior-37 |
| 171 | 285 | MARCOS SEOANE FERNANDEZ | 1980 | 25:15 | 05:03 | | | M-163 | Máster 2-58 |
| 172 | 509 | ARTURO MANEIRO VICH | 1982 | 25:15 | 05:03 | | | M-164 | Máster 1-33 |
| 173 | 13 | MARÍA VICTORIA GRUEIRO HERMIDA | 1969 | 25:17 | 05:03 | GA219 | ATLETISMO NARON | F-8 | Máster 3-1 |
| 174 | 367 | RODRIGO CAJAMARCA RIVERA | 1987 | 25:23 | 05:04 | | | M-165 | Senior-38 |
| 175 | 314 | JUAN ANTONIO LARIOS ZAPATA | 1982 | 25:23 | 05:04 | | | M-166 | Máster 1-34 |
| 176 | 170 | JAVIER GOTI RODRÍGUEZ | 1971 | 25:23 | 05:04 | | CLUB POR LIBRE. | M-167 | Máster 3-23 |
| 177 | 326 | EUGENIO PENA MILLÁN | 1983 | 25:24 | 05:04 | | REMO NARON | M-168 | Máster 1-35 |

RESULTADOS OFICIAIS

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| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------------|------|-------|-------|-----------|-------------------------|-------|-------------|
| 178 | 88 | LIA VARGAS VERA | 1992 | 25:24 | 05:04 | | | F-9 | Senior-4 |
| 179 | 272 | ANGEL DE LA HUERTA FERNANDEZ | 1979 | 25:26 | 05:05 | | | M-169 | Máster 2-59 |
| 180 | 360 | SERGIO GÓMEZ FREIRE | 1986 | 25:27 | 05:05 | | INDEPENDIENTE | M-170 | Máster 1-36 |
| 181 | 286 | RAFA MARTINEZ SANDE | 1980 | 25:33 | 05:06 | | | M-171 | Máster 2-60 |
| 182 | 377 | JOSÉ ROLDÁN ÁLVAREZ | 1988 | 25:35 | 05:07 | | | M-172 | Senior-39 |
| 183 | 182 | DIEGO ALBERTO PEREZ AMOR | 1972 | 25:36 | 05:07 | | | M-173 | Máster 2-61 |
| 184 | 293 | JOSÉ MANUEL PÉREZ VEIGA | 1981 | 25:37 | 05:07 | | | M-174 | Máster 1-37 |
| 185 | 47 | MARIA TERESA GOMEZ RODRIGUEZ | 1979 | 25:41 | 05:08 | | | F-10 | Máster 2-4 |
| 186 | 431 | IGNACIO JUAN VÁZQUEZ CARNEIRO | 1996 | 25:42 | 05:08 | | | M-175 | Senior-40 |
| 187 | 206 | PABLO CASAL LAMAS | 1974 | 25:43 | 05:08 | | | M-176 | Máster 2-62 |
| 188 | 4 | LOLI SEÑOR GONZÁLEZ | 1965 | 25:43 | 05:08 | | CLUB BENY GYM SPORT | F-11 | Máster 3-2 |
| 189 | 62 | TAMARA LOPEZ DIAZ | 1985 | 25:43 | 05:08 | | BENI GYM SPORT | F-12 | Máster 1-1 |
| 190 | 523 | GERSON VIDAL IZAGUIRRE | 1995 | 25:43 | 05:08 | GA549 | ATLETISMO NARON | M-177 | Senior-41 |
| 191 | 266 | ROMAN ABELLA BOUZA | 1978 | 25:45 | 05:09 | | PAP | M-178 | Máster 2-63 |
| 192 | 494 | RAFAEL LANDERAS VAZQUEZ | 1971 | 25:46 | 05:09 | | PASA OU ENTORNA | M-179 | Máster 3-24 |
| 193 | 292 | NICOLÁS VILLARINO BERA | 1981 | 25:49 | 05:09 | | | M-180 | Máster 1-38 |
| 194 | 149 | JOSÉ LUIS LÓPEZ BERGANTIÑOS | 1968 | 25:53 | 05:10 | | | M-181 | Máster 3-25 |
| 195 | 251 | PABLO RIVERA SOMORROSTRO | 1977 | 25:53 | 05:10 | | 2K TEAMS | M-182 | Máster 2-64 |
| 196 | 376 | FCO. JAVIER VILASANCHEZ SANJUAN | 1988 | 25:54 | 05:10 | | | M-183 | Senior-42 |
| 197 | 497 | DAVID RODRIGUEZ GOMEZ | 1974 | 25:57 | 05:11 | | | M-184 | Máster 2-65 |
| 198 | 153 | GUILLERMO LAGO BREIJO | 1969 | 26:00 | 05:12 | AG2027925 | CLUBE ATLETISMO FENE | M-185 | Máster 3-26 |
| 199 | 374 | DANNY MONCADA VILLALOBOS | 1988 | 26:05 | 05:13 | | | M-186 | Senior-43 |
| 200 | 228 | ROBERTO TENREIRO ANIDO | 1976 | 26:14 | 05:14 | | | M-187 | Máster 2-66 |
| 201 | 264 | IGNACIO FERREÑO MERLÁN | 1978 | 26:14 | 05:14 | | | M-188 | Máster 2-67 |
| 202 | 385 | ALEJANDRO VAZQUEZ DEIBE | 1989 | 26:18 | 05:15 | | | M-189 | Senior-44 |
| 203 | 381 | ANDRES DÍAZ RODRÍGUEZ | 1989 | 26:19 | 05:15 | | | M-190 | Senior-45 |
| 204 | 48 | MARILUZ VÁZQUEZ NÚÑEZ | 1979 | 26:19 | 05:15 | | | F-13 | Máster 2-5 |
| 205 | 453 | JAVIER ACCIÓN GARCÍA | 2001 | 26:20 | 05:16 | | | M-191 | Sub 23-9 |
| 206 | 455 | JAIME MACEIRAS BUENO | 2001 | 26:20 | 05:16 | | ALTAFIT | M-192 | Sub 23-10 |
| 207 | 331 | RAÚL SANGUIAO PAULO | 1984 | 26:27 | 05:17 | | | M-193 | Máster 1-39 |
| 208 | 507 | XOÁN GARCÍA ESPIÑEIRA | 1982 | 26:28 | 05:17 | | - | M-194 | Máster 1-40 |
| 209 | 291 | RESTITUTO SIMÓN LAGO | 1981 | 26:31 | 05:18 | | | M-195 | Máster 1-41 |
| 210 | 137 | ANTONIO FERNÁNDEZ CARREIRA | 1966 | 26:31 | 05:18 | | | M-196 | Máster 3-27 |
| 211 | 119 | JORGE REGO GÁRATE | 1958 | 26:32 | 05:18 | | | M-197 | Máster 4-4 |
| 212 | 260 | FRANCISCO LOSADA HERVA | 1978 | 26:34 | 05:18 | | RUNNING ALTAFIT ODEON | M-198 | Máster 2-68 |
| 213 | 145 | MANUEL JUAN BLANCO GABIN | 1967 | 26:37 | 05:19 | | | M-199 | Máster 3-28 |
| 214 | 100 | JISELE FUCHS FABERO | 1999 | 26:39 | 05:19 | | | F-14 | Senior-5 |
| 215 | 399 | ANTONIO FUSTER FAJARDO | 1991 | 26:39 | 05:19 | | | M-200 | Senior-46 |
| 216 | 133 | ALFONSO ÁLVAREZ DIAZ | 1965 | 26:39 | 05:19 | | PASA OU ENTORNA | M-201 | Máster 3-29 |
| 217 | 422 | ROBERTO CASTRO LÓPEZ | 1994 | 26:39 | 05:19 | | | M-202 | Senior-47 |
| 218 | 495 | ANGEL JUVIÑO PREGO | 1972 | 26:41 | 05:20 | | | M-203 | Máster 2-69 |
| 219 | 18 | SANDRA CAGIGAO MOREDA | 1971 | 26:42 | 05:20 | | OPA FERROL TEAM RUNNING | F-15 | Máster 3-3 |
| 220 | 419 | MIGUEL ÁNGEL BARBERO GARCÍA-VEI | 1993 | 26:47 | 05:21 | | | M-204 | Senior-48 |
| 221 | 23 | BELÉN SEDES MANTEIGA | 1972 | 26:47 | 05:21 | | SIGUEME SI PUEDES | F-16 | Máster 2-6 |
| 222 | 185 | FRANCISCO VIDAL PEREZ | 1972 | 26:48 | 05:21 | | | M-205 | Máster 2-70 |
| 223 | 177 | JOSE ANGEL LORENZO RIVEIRO | 1972 | 26:52 | 05:22 | | | M-206 | Máster 2-71 |
| 224 | 32 | VIRGINIA TORRES CARBALLAL | 1975 | 26:58 | 05:23 | | SEMOS OU NON?! | F-17 | Máster 2-7 |
| 225 | 109 | ALBERTO CALVO FERNÁNDEZ | 1950 | 26:58 | 05:23 | | CLUB CASTRO DE LOBADIZ | M-207 | Máster 4-5 |
| 226 | 358 | ALBERTO SERANTES | 1986 | 26:58 | 05:23 | | | M-208 | Máster 1-42 |
| 227 | 61 | LAURA MÉNDEZ BELLÓN | 1983 | 27:05 | 05:25 | | | F-18 | Máster 1-2 |
| 228 | 510 | FRANCISCO VILARIÑO PÉREZ | 1982 | 27:05 | 05:25 | | | M-209 | Máster 1-43 |
| 229 | 11 | ANA ROFU | 1968 | 27:05 | 05:25 | | | F-19 | Máster 3-4 |
| 230 | 92 | PAULA PARDO | 1994 | 27:05 | 05:25 | | | F-20 | Senior-6 |
| 231 | 75 | SARA FERNÁNDEZ BASANTA | 1990 | 27:07 | 05:25 | | DALLE GAS RUNNING TEAM | F-21 | Senior-7 |
| 232 | 318 | JUAN PABLO PIDAL LÓPEZ | 1983 | 27:10 | 05:26 | | | M-210 | Máster 1-44 |
| 233 | 406 | ALEJANDRO CARIDAD BOUZA | 1991 | 27:15 | 05:27 | | | M-211 | Senior-49 |
| 234 | 338 | JUAN ANTONIO ARVELO BASTERRA | 1985 | 27:16 | 05:27 | | | M-212 | Máster 1-45 |
| 235 | 364 | JOSE NICHEL MARICHAL BOLAÑOS | 1986 | 27:16 | 05:27 | | | M-213 | Máster 1-46 |
| 236 | 521 | ALEJANDRO PUÑAL FREIRE | 1995 | 27:18 | 05:27 | | | M-214 | Senior-50 |

RESULTADOS OFICIAIS

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|-----|-----|--------------------------------|------|-------|-------|----------|-------------------------|-------|-------------|
| 237 | 127 | JOSÉ ALFONSO LÓPEZ VÁZQUEZ | 1963 | 27:18 | 05:27 | | CLUB CASTRO DE LOBADIZ | M-215 | Máster 3-30 |
| 238 | 263 | CARLOS GONZALEZ CALVO | 1978 | 27:22 | 05:28 | | CAMALEONES NARONBIKE | M-216 | Máster 2-72 |
| 239 | 1 | MARIA MANUELA GUIASOLA ESCUD | 1960 | 27:25 | 05:29 | | | F-22 | Máster 4-1 |
| 240 | 436 | CARLOS VALBUENA BACHILLER | 1996 | 27:25 | 05:29 | | | M-217 | Senior-51 |
| 241 | 215 | PABLO SERANTES LÓPEZ | 1975 | 27:26 | 05:29 | | | M-218 | Máster 2-73 |
| 242 | 50 | SAILA CHAO LOPEZ | 1980 | 27:38 | 05:31 | | DALLE GAS RUNNING TEAM | F-23 | Máster 2-8 |
| 243 | 29 | MARINA PELETEIRO ALVAREZ | 1975 | 27:39 | 05:31 | | DALLE GAS RUNNING TEAM | F-24 | Máster 2-9 |
| 244 | 176 | FRANCISCO RODRÍGUEZ PEREIRA | 1972 | 27:40 | 05:32 | | | M-219 | Máster 2-74 |
| 245 | 328 | JESUS MANUEL COUSILLAS DOURAD | 1984 | 27:48 | 05:33 | | | M-220 | Máster 1-47 |
| 246 | 77 | MARÍA SANMARTIN MIRAMONTES | 1990 | 27:51 | 05:34 | | | F-25 | Senior-8 |
| 247 | 456 | FRANCICO DE LA IGLESIA LORENZO | 2001 | 27:54 | 05:34 | | | M-221 | Sub 23-11 |
| 248 | 334 | JAVIER PASTOR DÍAZ MOSQUERA | 1984 | 28:00 | 05:36 | 2022781 | NOITEBRA | M-222 | Máster 1-48 |
| 249 | 555 | LORENA CHEDA REY | 1988 | 28:01 | 05:36 | | | F-26 | Senior-9 |
| 250 | 394 | BRUNO PIÑEIRO | 1990 | 28:01 | 05:36 | | | M-223 | Senior-52 |
| 251 | 500 | FRANCISCO GALEGO VEIGA | 1978 | 28:03 | 05:36 | | | M-224 | Máster 2-75 |
| 252 | 201 | GUILLERMO VEIGA PENEDO | 1974 | 28:04 | 05:36 | | | M-225 | Máster 2-76 |
| 253 | 479 | PAULA LÓPEZ FERNÁNDEZ | 2001 | 28:06 | 05:37 | GA765786 | ATLETISMO NARON | F-27 | Sub 23-2 |
| 254 | 35 | BELÉN REIMONDO FERNANDEZ | 1976 | 28:11 | 05:38 | | | F-28 | Máster 2-10 |
| 255 | 441 | MIGUEL SOENGAS VÁZQUEZ | 1998 | 28:14 | 05:38 | | | M-226 | Senior-53 |
| 256 | 485 | JOSE LOPEZ ANEIROS | 1961 | 28:18 | 05:39 | | INDEPENDIENTE | M-227 | Máster 4-6 |
| 257 | 359 | PEDRO ÁLEX SANTIAGO MEDINA | 1986 | 28:20 | 05:40 | | | M-228 | Máster 1-49 |
| 258 | 365 | FERNANDO SOBRIDO VAZQUEZ | 1987 | 28:27 | 05:41 | | DALLE GAS RUNNING TEAM | M-229 | Senior-54 |
| 259 | 3 | BEGOÑA MARTINEZ PAZ | 1964 | 28:27 | 05:41 | | DALLE GAS RUNNING TEAM | F-29 | Máster 3-5 |
| 260 | 43 | EUGENIA MENDEZ DIAZ | 1978 | 28:28 | 05:41 | | | F-30 | Máster 2-11 |
| 261 | 298 | CARLOS BARRAL ROMEO | 1981 | 28:28 | 05:41 | | PASA OU ENTORNA | M-230 | Máster 1-50 |
| 262 | 467 | MONTSE FRANCISCO CREGO | 1967 | 28:30 | 05:42 | | | F-31 | Máster 3-6 |
| 263 | 484 | XOAN XOSE LOPEZ ESTRAVIZ | 1958 | 28:33 | 05:42 | | CLUB ATLETISMO FENE | M-231 | Máster 4-7 |
| 264 | 141 | EMILIO SANGIL DEL RIO | 1966 | 28:35 | 05:43 | | | M-232 | Máster 3-31 |
| 265 | 181 | JUAN CARLOS BEDIA VIDAL | 1972 | 28:46 | 05:45 | | | M-233 | Máster 2-77 |
| 266 | 25 | MARÍA DEL MAR NEIRO RODRIGUEZ | 1972 | 28:46 | 05:45 | | | F-32 | Máster 2-12 |
| 267 | 26 | ANA ISABEL LÓPEZ BUYO | 1974 | 28:51 | 05:46 | | | F-33 | Máster 2-13 |
| 268 | 123 | JOSE ÁNGEL GONZÁLEZ | 1961 | 28:55 | 05:47 | | | M-234 | Máster 4-8 |
| 269 | 315 | ALBERTO CINZA | 1982 | 29:04 | 05:48 | | DALLE GAS | M-235 | Máster 1-51 |
| 270 | 375 | DANIEL MORADO GARCIA | 1988 | 29:05 | 05:49 | | | M-236 | Senior-55 |
| 271 | 245 | IAGO COTOVAD CAMPO | 1977 | 29:06 | 05:49 | | XABARIS ARTABROS | M-237 | Máster 2-78 |
| 272 | 440 | JUAN GONZÁLEZ | 1998 | 29:09 | 05:49 | | | M-238 | Senior-56 |
| 273 | 355 | JESÚS BLANCO PÉREZ | 1986 | 29:19 | 05:51 | | | M-239 | Máster 1-52 |
| 274 | 372 | ADRIÁN BLANCO PÉREZ | 1988 | 29:19 | 05:51 | | | M-240 | Senior-57 |
| 275 | 131 | XOSÉ MANOEL BLANCO CHEDA | 1964 | 29:20 | 05:52 | | | M-241 | Máster 3-32 |
| 276 | 58 | LUCÍA FERNÁNDEZ ÁLVAREZ | 1982 | 29:20 | 05:52 | | | F-34 | Máster 1-3 |
| 277 | 515 | JAVIER MARTINEZ | 1985 | 29:24 | 05:52 | | | M-242 | Máster 1-53 |
| 278 | 53 | SILVIA LÓPEZ GARCÍA | 1981 | 29:26 | 05:53 | GA436 | ATLETISMO NARON | F-35 | Máster 1-4 |
| 279 | 41 | BEATRIZ SANTIAGO YÁÑEZ | 1978 | 29:26 | 05:53 | AG12480 | ATLETISMO NARON | F-36 | Máster 2-14 |
| 280 | 80 | ISABEL GRUEIRO ACCIÓN | 1991 | 29:28 | 05:53 | | PASA OU ENTORNA | F-37 | Senior-10 |
| 281 | 212 | ANTONIO FRANCISCO FERRERO REY | 1974 | 29:34 | 05:54 | | SEMOS OU NON?! | M-243 | Máster 2-79 |
| 282 | 487 | ANDRÉS GONZÁLEZ GARCÍA | 1961 | 29:36 | 05:55 | | CLUB CASTRO DE LOBADIZ | M-244 | Máster 4-9 |
| 283 | 51 | PAZ OTERO FUERTES | 1980 | 29:38 | 05:55 | | | F-38 | Máster 2-15 |
| 284 | 426 | RUBÉN LEGUEY RIQUELME | 1995 | 29:44 | 05:56 | | | M-245 | Senior-58 |
| 285 | 239 | ROBERTO ROMERO ANEIROS | 1976 | 29:52 | 05:58 | | | M-246 | Máster 2-80 |
| 286 | 121 | CARLOS VILACHÁ CARNEIRO | 1960 | 29:55 | 05:59 | | | M-247 | Máster 4-10 |
| 287 | 120 | SANTIAGO SIMÓN CUADRADO | 1960 | 29:55 | 05:59 | | | M-248 | Máster 4-11 |
| 288 | 468 | MARIA DOLORES LOZANO RODRIGUE | 1973 | 30:04 | 06:00 | | SENDERISTAS FERROLTERRA | F-39 | Máster 2-16 |
| 289 | 481 | BEATRIZ PIÑEIRO LOZANO | 2002 | 30:04 | 06:00 | | SENDERISTAS FERROLTERRA | F-40 | Sub 23-3 |
| 290 | 162 | ROLANDO MARTINEZ RODRIGUEZ | 1970 | 30:08 | 06:01 | | | M-249 | Máster 3-33 |
| 291 | 89 | ALBA SANMARTIN MIRAMONTES | 1993 | 30:08 | 06:01 | | | F-41 | Senior-11 |
| 292 | 349 | ADRIAN GOMEZ BUJIA | 1985 | 30:10 | 06:02 | | DALLE GAS RUNNING TEAM | M-250 | Máster 1-54 |
| 293 | 101 | CELIA GUTIÉRREZ ROMEU | 2000 | 30:11 | 06:02 | | | F-42 | Sub 23-4 |
| 294 | 471 | CRISTINA BOUZA BELLÓN | 1977 | 30:15 | 06:03 | | ATLETISMO NARON | F-43 | Máster 2-17 |
| 295 | 277 | CESAR BOUZA BELLÓN | 1979 | 30:15 | 06:03 | GA794 | ATLETISMO NARON | M-251 | Máster 2-81 |

RESULTADOS OFICIAIS

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| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------------|------|-------|-------|----------|------------------------------|-------|-------------|
| 296 | 116 | JOSÉ MANUEL DEL TORO MINGUEZ | 1957 | 30:16 | 06:03 | | CLUB CASTRO DE LOBADIZ | M-252 | Máster 4-12 |
| 297 | 7 | MALENA AMIGO FERREIRO | 1968 | 30:17 | 06:03 | AG14897 | SD COMPOSTELA ATLETISMO | F-44 | Máster 3-7 |
| 298 | 435 | JUAN PEDRO NEILA BERNABEU | 1996 | 30:18 | 06:03 | | | M-253 | Senior-59 |
| 299 | 235 | ANGEL VÁZQUEZ IZAGUIRRE | 1976 | 30:18 | 06:03 | | XABARÍS ÁRTABROS | M-254 | Máster 2-82 |
| 300 | 209 | FCO JAVIER SUÁREZ MÍGUEZ | 1974 | 30:24 | 06:04 | | CLUB ATLETISMO BETANZOS | M-255 | Máster 2-83 |
| 301 | 36 | ANA MOURON FRAGA | 1976 | 30:24 | 06:04 | | ATLETISMO BETANZOS | F-45 | Máster 2-18 |
| 302 | 142 | JOSE ADOLFO AGRAFOJO VILLASUSO | 1966 | 30:24 | 06:04 | | PASA OU ENTORNA | M-256 | Máster 3-34 |
| 303 | 5 | VIRGINIA VILA MARTÍNEZ | 1967 | 30:25 | 06:05 | | CLUB CASTRO DE LOBADIZ | F-46 | Máster 3-8 |
| 304 | 12 | TERESA REY RODRÍGUEZ | 1968 | 30:36 | 06:07 | | OS CORZOS DO ORTEGAL | F-47 | Máster 3-9 |
| 305 | 151 | LUIS MANUEL GRANDE CASADO | 1969 | 30:53 | 06:10 | | | M-257 | Máster 3-35 |
| 306 | 44 | SONIA CORRAL FRANCO | 1979 | 30:53 | 06:10 | | | F-48 | Máster 2-19 |
| 307 | 261 | DAVID TEMBRÁS ALONSO | 1978 | 30:53 | 06:10 | | CLUB CICLISTA TERRAS DO EUME | M-258 | Máster 2-84 |
| 308 | 446 | ALEJANDRO RODRIGUEZ FERNANDEZ | 2000 | 30:55 | 06:11 | | | M-259 | Sub 23-12 |
| 309 | 473 | ELENA DÍAZ BLANCO | 1979 | 30:59 | 06:11 | | XABARIS ARTABROS | F-49 | Máster 2-20 |
| 310 | 94 | GORETTI ARIAS FERREIRO | 1995 | 31:01 | 06:12 | | | M-259 | Senior-12 |
| 311 | 402 | CRISTIAN PENA LÓPEZ | 1991 | 31:04 | 06:12 | | | M-260 | Senior-60 |
| 312 | 42 | AURORA YENIL VARELA CABRERA | 1978 | 31:07 | 06:13 | | | F-51 | Máster 2-21 |
| 313 | 39 | ISABEL LEIRACHA GARCÍA | 1977 | 31:11 | 06:14 | | | F-52 | Máster 2-22 |
| 314 | 346 | JOSÉ GERMÁN FERNÁNDEZ ROLDÁN | 1985 | 31:11 | 06:14 | | | M-261 | Máster 1-55 |
| 315 | 83 | MIRIAM MORAGUES CAVA | 1991 | 31:11 | 06:14 | | | F-53 | Senior-13 |
| 316 | 146 | JAIME MACEIRAS BIDEGAIN | 1967 | 31:12 | 06:14 | | ALTAFIT | M-262 | Máster 3-36 |
| 317 | 410 | DAVID RODRÍGUEZ REYES | 1991 | 31:22 | 06:16 | | | M-263 | Senior-61 |
| 318 | 72 | CLARA COLMENERO DE MIGUEL | 1989 | 31:22 | 06:16 | | | F-54 | Senior-14 |
| 319 | 408 | JOSE ANTONIO POMARES GÓMEZ | 1991 | 31:24 | 06:16 | | | M-264 | Senior-62 |
| 320 | 434 | JOSE CRIADO MIGUEL | 1996 | 31:24 | 06:16 | | | M-265 | Senior-63 |
| 321 | 64 | ESTEFANÍA SÁNCHEZ DE LEÓN TEJAD | 1986 | 31:34 | 06:18 | | ATLETISMO MEMBRILLA | F-55 | Máster 1-5 |
| 322 | 144 | ELOY AMADO LOPEZ | 1967 | 31:37 | 06:19 | | | M-266 | Máster 3-37 |
| 323 | 219 | OSCAR GAREL PORTA | 1975 | 31:45 | 06:21 | | CLUB NÁUTICO DE NARÓN | M-267 | Máster 2-85 |
| 324 | 52 | SUSANA CARTELLE LOUREIRO | 1981 | 31:45 | 06:21 | | | F-56 | Máster 1-6 |
| 325 | 30 | SONIA MAURIZ PEREIRA | 1975 | 31:48 | 06:21 | | RUNNING ALTAFIT ODEON | F-57 | Máster 2-23 |
| 326 | 164 | MIGUEL VEJIGA GONZÁLEZ | 1970 | 31:50 | 06:22 | | MONTEFARO TRAIL | M-268 | Máster 3-38 |
| 327 | 106 | JOSÉ PANTÍN LÓPEZ | 1946 | 31:50 | 06:22 | GA-628 | ATLETISMO NARON | M-269 | Máster 4-13 |
| 328 | 82 | EVA SANMARTIN FERNANDEZ | 1991 | 31:55 | 06:23 | | | F-58 | Senior-15 |
| 329 | 491 | JOSE VICENTE DOPICO PRADO | 1969 | 32:00 | 06:24 | | | M-270 | Máster 3-39 |
| 330 | 478 | AIDA SLATER VARELA | 2001 | 32:05 | 06:25 | | | F-59 | Sub 23-5 |
| 331 | 475 | JESSICA LOUREIRO REDONDO | 1986 | 32:05 | 06:25 | | DALLE GAS RUNNING TEAM | F-60 | Máster 1-7 |
| 332 | 54 | ALICIA RAMIL AVENDAÑO | 1981 | 32:09 | 06:25 | | DALLE GAS RUNNING TEAM | F-61 | Máster 1-8 |
| 333 | 490 | JAVIER ALEJANDRO LOSA DUARTE | 1968 | 32:16 | 06:27 | | NO TENGO | M-271 | Máster 3-40 |
| 334 | 469 | NILDA HILDA CESAR NÚÑEZ | 1974 | 32:16 | 06:27 | | NO TENGO | F-62 | Máster 2-24 |
| 335 | 21 | CONCE NOYA MIRÁS | 1972 | 32:16 | 06:27 | | | F-63 | Máster 2-25 |
| 336 | 27 | ANA MARIA FREIRE CALVO | 1974 | 32:19 | 06:27 | | | F-64 | Máster 2-26 |
| 337 | 102 | MICHELLE GONZALEZ FREIRE | 2001 | 32:19 | 06:27 | 32737186 | AD NAUTICO NARON | F-65 | Sub 23-6 |
| 338 | 474 | REME GARCÍA | 1985 | 32:29 | 06:29 | | OS CORZOS DO ORTEGAL | F-66 | Máster 1-9 |
| 339 | 184 | FRANCISCO JAVIER TELLADO ARIAS | 1972 | 32:30 | 06:30 | | | M-272 | Máster 2-86 |
| 340 | 482 | VERA RODRÍGUEZ MONTERO | 2003 | 32:36 | 06:31 | | | F-67 | Sub 20-1 |
| 341 | 496 | ÁNGEL PEDREIRA FERNANDEZ | 1972 | 32:36 | 06:31 | | | M-273 | Máster 2-87 |
| 342 | 350 | RUBEN GONZALEZ FERNANDEZ | 1985 | 32:54 | 06:34 | | | M-274 | Máster 1-56 |
| 343 | 73 | PAULA AVENDAÑO PEREZ | 1989 | 32:54 | 06:34 | | TERMARIA | F-68 | Senior-16 |
| 344 | 505 | ANGEL JAVIER BOUZA FERNANDEZ | 1980 | 33:00 | 06:36 | | | M-275 | Máster 2-88 |
| 345 | 450 | DANIEL RÍOS LÓPEZ | 2001 | 33:11 | 06:38 | | | M-276 | Sub 23-13 |
| 346 | 90 | EVA ALEXANDRA FERNÁNDEZ CÁMAF | 1993 | 33:12 | 06:38 | | | F-69 | Senior-17 |
| 347 | 139 | MANUEL RÍOS ALEGRÍA | 1966 | 33:12 | 06:38 | | CANTINA ZAPATA | M-277 | Máster 3-41 |
| 348 | 99 | ANDREA COMESAÑA RIVADULLA | 1999 | 33:40 | 06:44 | | | F-70 | Senior-18 |
| 349 | 429 | DAVID REY FERNANDEZ | 1995 | 33:41 | 06:44 | | | M-278 | Senior-64 |
| 350 | 439 | DAMIÁN CAAMAÑO PAZOS | 1997 | 34:35 | 06:55 | | | M-279 | Senior-65 |
| 351 | 37 | CAROLINA LOPEZ MAIZTEGUI | 1977 | 34:42 | 06:56 | | | F-71 | Máster 2-27 |
| 352 | 38 | TERESA GONZÁLEZ-ACEVEDO GARCIA | 1977 | 34:46 | 06:57 | | | F-72 | Máster 2-28 |
| 353 | 240 | FERNANDO GONZÁLEZ-VALERIO FRA | 1976 | 34:47 | 06:57 | | | M-280 | Máster 2-89 |
| 354 | 63 | MONTSE GABRIELLE BREA SAN EMETE | 1986 | 34:51 | 06:58 | | TEIMA | F-73 | Máster 1-10 |

RESULTADOS OFICIAIS

Absoluta

21:00

| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------------|------|--------------|-------|---------|------------------------|-------|-------------|
| 355 | 86 | CAROLINA CALVELO CORES | 1992 | 34:51 | 06:58 | | NO SPORT LIMIT | F-74 | Senior-19 |
| 356 | 107 | JESUS BERNAL GOMEZ | 1947 | 35:02 | 07:00 | GA19332 | INDEPENDENTE | M-281 | Máster 4-14 |
| 357 | 33 | TANIA MARTÍNEZ RAMILO | 1976 | 35:04 | 07:00 | | | F-75 | Máster 2-29 |
| 358 | 91 | LORENA ARES ARZUAGA | 1993 | 35:10 | 07:02 | | | F-76 | Senior-20 |
| 359 | 393 | ELIESER LAGO CABRERA | 1990 | 35:14 | 07:02 | | | M-282 | Senior-66 |
| 360 | 10 | ANA MARÍA SABÍN VILARIÑO | 1968 | 35:20 | 07:04 | | CLUB CASTRO DE LOBADIZ | F-77 | Máster 3-10 |
| 361 | 84 | CARMEN LÓPEZ GRAÑA | 1992 | 35:23 | 07:04 | | | F-78 | Senior-21 |
| 362 | 421 | DIEGO GONZALEZ | 1993 | 35:33 | 07:06 | | | M-283 | Senior-67 |
| 363 | 525 | MARIA MILAGROS RODRIGUEZ GONZ | 1995 | 35:33 | 07:06 | | | M-284 | Senior-68 |
| 364 | 78 | MARÍA LÓPEZ MORADO | 1991 | 35:33 | 07:06 | | | F-79 | Senior-22 |
| 365 | 95 | RAQUEL LORENZO CASTRO | 1995 | 35:47 | 07:09 | | | F-80 | Senior-23 |
| 366 | 45 | PAZ CUERPO GARCÍA DE LOS REYES | 1979 | 35:54 | 07:10 | | | F-81 | Máster 2-30 |
| 367 | 59 | VANESA SANESTEBAN | 1983 | 35:54 | 07:10 | | | F-82 | Máster 1-11 |
| 368 | 40 | ANA PEREZ DIAZ | 1978 | 35:55 | 07:11 | | | F-83 | Máster 2-31 |
| 369 | 81 | ANGELES MERA ÁLVAREZ | 1991 | 36:21 | 07:16 | | | F-84 | Senior-24 |
| 370 | 336 | ADRIAN AMADO BARRENA | 1985 | 36:21 | 07:16 | | | M-285 | Máster 1-57 |
| 371 | 85 | ANTÍA FERREIRO POSSE | 1992 | 36:28 | 07:17 | | | F-85 | Senior-25 |
| 372 | 370 | DÁMASO FERREIRO POSSE | 1987 | 36:28 | 07:17 | | | M-286 | Senior-69 |
| 373 | 79 | LUCÍA ALONSO LÓPEZ | 1991 | 37:19 | 07:27 | | | F-86 | Senior-26 |
| 374 | 19 | EVA GARCÍA GONZÁLEZ | 1971 | 37:19 | 07:27 | | | F-87 | Máster 3-11 |
| 375 | 8 | EVA MARÍA CÁMARA DOPICO | 1968 | 37:20 | 07:28 | | | F-88 | Máster 3-12 |
| 376 | 528 | GABRIEL ALEJANDRO DEL ROSARIO M | 1998 | 37:32 | 07:30 | | | M-287 | Senior-70 |
| 377 | 476 | MONICA DE CASTRO PEREZ | 1997 | 37:33 | 07:30 | | | F-89 | Senior-27 |
| 378 | 93 | JIMENA FERNÁNDEZ | 1994 | 38:34 | 07:42 | | SONS OF POSEIDON | F-90 | Senior-28 |
| 379 | 390 | ADRIÁN LEDO | 1990 | 38:34 | 07:42 | | SONS OF POSEIDÓN | M-288 | Senior-71 |
| 380 | 117 | OSCAR MAÑÓN VAZQUEZ | 1958 | 38:42 | 07:44 | | | M-289 | Máster 4-15 |
| 381 | 22 | JANET FERNANDEZ FERNANDEZ | 1972 | 39:15 | 07:51 | | | F-91 | Máster 2-32 |
| 382 | 60 | CRISTINA PAZ ARZUAGA | 1983 | 44:10 | 08:50 | | | F-92 | Máster 1-12 |
| | 97 | SARA ROMÓN PÉREZ | 1996 | DNF | 00:00 | | | F | Senior |
| | 112 | XESÚS ANXO LÓPEZ PINTOS | 1955 | DNF | 00:00 | | PASA OU ENTORNA | M | Máster 4 |
| | 449 | ANTONIO ALLEGUE PASPATTY | 2000 | DNF | 00:00 | | INDEPENDIENTE | M | Sub 23 |
| | 222 | MIGUEL BOUZA FERNÁNDEZ | 1975 | DQ | 00:00 | | | M | Máster 2 |
| | 428 | FRANCISCO TOJEIRO LAGUNAS | 1995 | DQ | 00:00 | | | M | Senior |

RESULTADOS OFICIAIS

Sub 16- 18

20:40

| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|------------------------------|------|--------------|-------|-----------|-------------------------------|------|-----------|
| 1 | 605 | RICARDO NEGRETE BARRIOLUENGO | 2006 | 05:06 | 02:33 | GA2023478 | RIA FERROL-CONCEPCION ARENAL | M-1 | Sub 18-1 |
| 2 | 602 | MOHAMMED KASSIMI IDRISI | 2005 | 05:21 | 02:40 | | | M-2 | Sub 18-2 |
| 3 | 613 | MANUEL CAMPELLO CARBALLO | 2007 | 05:28 | 02:44 | | CLUB OLYMPO AS PONTES | M-3 | Sub 16-1 |
| 4 | 608 | JUAN LOZANO LUBIÁN | 2006 | 05:28 | 02:44 | | CLUB DE ATLETISMO PAULA MAYOI | M-4 | Sub 18-3 |
| 5 | 615 | GAEL VARELA MORENO | 2008 | 05:31 | 02:45 | AG2022206 | ATLETISMO NARON | M-5 | Sub 16-2 |
| 6 | 604 | JOEL NOVOA GAYOSO | 2006 | 05:45 | 02:52 | GA6 | RIA FERROL-CONCEPCION ARENAL | M-6 | Sub 18-4 |
| 7 | 607 | DIEGO SÁNCHEZ ANEIROS | 2006 | 05:48 | 02:54 | AG55 | RIA FERROL-CONCEPCION ARENAL | M-7 | Sub 18-5 |
| 8 | 617 | IVÁN LÓPEZ PAZOS | 2008 | 06:13 | 03:06 | AG2028939 | ATLETISMO NARON | M-8 | Sub 16-3 |
| 9 | 620 | DIEGO TUIMIL LÓPEZ | 2008 | 06:13 | 03:06 | AG2023538 | ATLETISMO NARON | M-9 | Sub 16-4 |
| 10 | 611 | HUGO TEIJEIRO SEVILLA | 2007 | 06:14 | 03:07 | | NOETRAINERS FERROL | M-10 | Sub 16-5 |
| 11 | 623 | IRENE PAZ PAZOS | 2008 | 07:30 | 03:45 | | ATLETISMO NARON | F-1 | Sub 16-1 |
| 12 | 624 | XABIER BOUZA SANTIAGO | 2008 | 07:39 | 03:49 | AG-9285 | ATLETISMO NARON | M-11 | Sub 16-6 |
| 13 | 619 | SANTIAGO MANUEL LOSA CESAR | 2008 | 07:40 | 03:50 | | NO TENGO | M-12 | Sub 16-7 |
| 14 | 603 | LAURA CASAL MONTES | 2005 | 07:43 | 03:51 | | | F-2 | Sub 18-1 |

RESULTADOS OFICIAIS

Sub 12- 14

20:20

| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|--------------------------------|------|--------------|-------|-----------|------------------------------|------|-----------|
| 1 | 730 | ENRIQUE GARCÍA LÓPEZ | 2011 | 03:08 | 03:08 | AG2026024 | ATLETISMO NARON | M-1 | Sub 12-1 |
| 2 | 729 | SAMUEL TALLÓN BLANCO | 2011 | 03:11 | 03:11 | AG558 | CLUBE ATLETISMO FENE | M-2 | Sub 12-2 |
| 3 | 720 | MARTÍN BARREDO RODRÍGUEZ | 2011 | 03:11 | 03:11 | | ATLETISMO NARON | M-3 | Sub 12-3 |
| 4 | 705 | TANIA LÓPEZ PAZOS | 2009 | 03:17 | 03:17 | GA438 | ATLETISMO NARON | F-1 | Sub 14-1 |
| 5 | 737 | SERGIO GONZÁLEZ GANDOY | 2012 | 03:19 | 03:19 | AG9278 | ATLETISMO NARON | M-4 | Sub 12-4 |
| 6 | 727 | LARA FERNÁNDEZ LÓPEZ | 2011 | 03:21 | 03:21 | | | F-2 | Sub 12-1 |
| 7 | 711 | HECTOR BERMUDEZ NOVO | 2010 | 03:23 | 03:23 | | | M-5 | Sub 14-1 |
| 8 | 723 | NOA SEOANE RUBIÑOS | 2011 | 03:26 | 03:26 | AG2025850 | RIA FERROL-CONCEPCION ARENAL | F-3 | Sub 12-2 |
| 9 | 741 | JAIME GAREA DORRIO | 2012 | 03:29 | 03:29 | | | M-6 | Sub 12-5 |
| 10 | 708 | XABI CAMBA VÁZQUEZ | 2010 | 03:32 | 03:32 | GA778 | CLUB ATLETISMO CORUÑA COMAR | M-7 | Sub 14-2 |
| 11 | 726 | JOSE GARCÍA DE LOS REYES RUBIO | 2011 | 03:40 | 03:40 | | | M-8 | Sub 12-6 |
| 12 | 736 | ARSENIO ROMERO LOPEZ | 2012 | 03:43 | 03:43 | | RIA FERROL-CONCEPCION ARENAL | M-9 | Sub 12-7 |
| 13 | 733 | RUTH LAGE FUENTES | 2011 | 03:44 | 03:44 | AG9279 | ATLETISMO NARON | F-4 | Sub 12-3 |
| 14 | 712 | LUCAS BARRERO BLANDIN | 2010 | 03:57 | 03:57 | | | M-10 | Sub 14-3 |
| 15 | 752 | ANTÓN DE SOUZA FERNÁNDEZ | 2012 | 03:57 | 03:57 | | TRIALLON FERROL | M-11 | Sub 12-8 |
| 16 | 717 | BRUNO RIVERA MONTERO | 2011 | 04:00 | 04:00 | | | M-12 | Sub 12-9 |
| 17 | 732 | CLAUDIA GARRIDO GIMENO | 2011 | 04:01 | 04:01 | | | F-5 | Sub 12-4 |
| 18 | 739 | MANUEL CELA RODRIGUEZ | 2012 | 04:05 | 04:05 | | | M-13 | Sub 12-10 |
| 19 | 715 | ALICIA PERY DE ANTONIO | 2010 | 04:12 | 04:12 | | | F-6 | Sub 14-2 |
| 20 | 748 | CANDELA SERANTES BOUZA | 2012 | 04:16 | 04:16 | | ATLETISMO NARON | F-7 | Sub 12-5 |
| 21 | 746 | JAVIER CASAL FUCIÑOS | 2012 | 04:17 | 04:17 | | | M-14 | Sub 12-11 |
| 22 | 728 | IVÁN FERNÁNDEZ LEIRACHÀ | 2011 | 04:28 | 04:28 | | | M-15 | Sub 12-12 |
| 23 | 751 | ITZIAR FERNÁNDEZ RIVAS | 2012 | 04:35 | 04:35 | | AD NÁUTICO NARON | F-8 | Sub 12-6 |
| 24 | 740 | TEO DÍAZ MUÑIZ | 2012 | 04:37 | 04:37 | | | M-16 | Sub 12-13 |
| 25 | 709 | ALEX PAZOS PRIETO | 2010 | 04:48 | 04:48 | | | M-17 | Sub 14-4 |
| 26 | 743 | MARCELO FREIRE COSTA | 2012 | 04:48 | 04:48 | | NINGUNO | M-18 | Sub 12-14 |
| 27 | 742 | MARTÍN CID REBOLLO | 2012 | 05:02 | 05:02 | AG 11893 | A.D. FOGAR OLEIROS | M-19 | Sub 12-15 |
| 28 | 735 | SHEILA URÍA MARTICORENA | 2012 | 05:12 | 05:12 | | DALLE GAS RUNNING TEAM | F-9 | Sub 12-7 |
| 29 | 724 | MANUEL GOMEZ CASTRO | 2011 | 05:40 | 05:40 | | | M-20 | Sub 12-16 |
| 30 | 753 | LUCAS DOCAMPO TORRALBA | 2012 | 05:41 | 05:41 | | | M-21 | Sub 12-17 |
| 31 | 749 | ERIK RIVERA CABRERA | 2012 | 05:44 | 05:44 | | | M-22 | Sub 12-18 |
| 32 | 750 | YAGO ALONSO ALONSO | 2012 | 05:48 | 05:48 | | | M-23 | Sub 12-19 |
| | 744 | PABLO VILAR MÉNDEZ | 2012 | DNF | 00:00 | | | M | Sub 12 |

RESULTADOS OFICIAIS

Sub 10

20:10

| PTO | DOR | NOME | ANO | TEMPO | RITMO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|------------------------------|------|--------------|-------|---------|------------------------------|------|-----------|
| 1 | 810 | LUCAS GONZÁLEZ GARCÍA | 2013 | 01:21 | 02:42 | AG9270 | ATLETISMO NARON | M-1 | Sub 10-1 |
| 2 | 805 | MATEO BERMUDEZ NOVO | 2013 | 01:22 | 02:44 | | ATLETISMO NARON | M-2 | Sub 10-2 |
| 3 | 804 | CELIA ORTIGUEIRA RIVERA | 2013 | 01:25 | 02:50 | | | F-1 | Sub 10-1 |
| 4 | 831 | ADRIAN LOPEZ ANDRADE | 2014 | 01:28 | 02:56 | | | M-3 | Sub 10-3 |
| 5 | 813 | LAURA FERNANDEZ PEREZ | 2013 | 01:29 | 02:58 | AG7361 | RIA FERROL-CONCEPCION ARENAL | F-2 | Sub 10-2 |
| 6 | 801 | NOA AMADO SOUTO | 2013 | 01:31 | 03:02 | | TEAM AMADO | F-3 | Sub 10-3 |
| 7 | 808 | IRENE RIOSECO CUERPO | 2013 | 01:34 | 03:08 | | | F-4 | Sub 10-4 |
| 8 | 816 | PEDRO ROMERO LOPEZ | 2013 | 01:35 | 03:10 | | | M-4 | Sub 10-4 |
| 9 | 803 | AMELIA PERY DE ANTONIO | 2013 | 01:35 | 03:10 | | | F-5 | Sub 10-5 |
| 10 | 825 | LAURA RIVERA MONTERO | 2014 | 01:35 | 03:10 | | | F-6 | Sub 10-6 |
| 11 | 809 | SARAH LEMA GOSSET | 2013 | 01:41 | 03:22 | | | F-7 | Sub 10-7 |
| 12 | 832 | YARETZY JULIETH LOAIZA ERAZO | 2014 | 01:42 | 03:24 | AG15315 | ATLETISMO NARON | F-8 | Sub 10-8 |
| 13 | 818 | ÁFRICA URÍA MARTICORENA | 2014 | 01:43 | 03:26 | | | F-9 | Sub 10-9 |
| 14 | 826 | MATEO VARELA PARDO | 2014 | 01:45 | 03:30 | | | M-5 | Sub 10-5 |
| 15 | 812 | RODRIGO MENÉNDEZ POZO | 2013 | 01:46 | 03:32 | | | M-6 | Sub 10-6 |
| 16 | 828 | ROQUE CASTRO CASTRO | 2014 | 01:48 | 03:36 | | | M-7 | Sub 10-7 |
| 17 | 821 | ROQUE DÍAZ MUÑIZ | 2014 | 01:49 | 03:38 | | | M-8 | Sub 10-8 |
| 18 | 814 | NOA FERNÁNDEZ GARCÍA | 2013 | 01:54 | 03:48 | | | F-10 | Sub 10-10 |

RESULTADOS POR CATEGORÍA (21 primeiros)

Sub 8

20:00

Sub 8

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE |
|-----------------|-----|------------------------|------|-------|-------|--------|---------|------------------------------|
| Femenino | | | | | | | | |
| 1 | 904 | LUNA SEOANE RUBIÑOS | 2015 | 00:00 | 00:00 | 00:00 | AG9399 | RIA FERROL-CONCEPCION ARENAL |
| 2 | 930 | SOFIA GARRIDO GIMENO | 2016 | 00:00 | 00:00 | 00:00 | | |
| 3 | 929 | ENMA BLANCO CAPELÁN | 2016 | 00:00 | 00:00 | 00:00 | | |
| 4 | 903 | GALA FERNÁNDEZ GARCÍA | 2015 | 00:00 | 00:00 | 00:00 | | |
| 5 | 918 | ANTIA CAMPOS SANMARTÍN | 2015 | 00:00 | 00:00 | 00:00 | | |
| 6 | 937 | MARÍA MENÉNDEZ POZO | 2016 | 00:00 | 00:00 | 00:00 | | |
| 7 | 934 | MARTA MOURIZ CEREIJO | 2016 | 00:00 | 00:00 | 00:00 | | |
| 8 | 935 | OLIVIA LEMA GOSSET | 2016 | 00:00 | 00:00 | 00:00 | | |

Masculino

| | | | | | | | | |
|----|-----|-----------------------------|------|-------|-------|-------|---------|------------------------------|
| 1 | 913 | XAVIER DEIBE REY | 2015 | 00:00 | 00:00 | 00:00 | | |
| 2 | 916 | MANUEL GERARD MIRABAL MUÑOZ | 2015 | 00:00 | 00:00 | 00:00 | | |
| 3 | 917 | MIGUEL CUERPO RIOSECO | 2015 | 00:00 | 00:00 | 00:00 | | |
| 4 | 910 | ALVARO PERY DE ANTONIO | 2015 | 00:00 | 00:00 | 00:00 | | |
| 5 | 925 | DANIEL HERMIDA RODRÍGUEZ | 2016 | 00:00 | 00:00 | 00:00 | | |
| 6 | 923 | MANUEL MARTÍNEZ SUÁREZ | 2015 | 00:00 | 00:00 | 00:00 | | |
| 7 | 907 | MATEO FERNÁNDEZ MAROÑAS | 2015 | 00:00 | 00:00 | 00:00 | | |
| 8 | 921 | HUGO BOUZA LOPEZ | 2015 | 00:00 | 00:00 | 00:00 | | |
| 9 | 940 | DIEGO PAZ VÁZQUEZ | 2016 | 00:00 | 00:00 | 00:00 | | OS KARAKOIS |
| 10 | 933 | ANGEL MOURIZ CEREIJO | 2016 | 00:00 | 00:00 | 00:00 | | |
| 11 | 938 | ADRIÁN CARBALLEIRA SIXTO | 2016 | 00:00 | 00:00 | 00:00 | | |
| 12 | 924 | HUGO CAJAMARCA DIAZ | 2015 | 00:00 | 00:00 | 00:00 | AG9499 | RIA FERROL-CONCEPCION ARENAL |
| 13 | 906 | MATEO DARRIBA COUCE | 2015 | 00:00 | 00:00 | 00:00 | | |
| 14 | 926 | LUCAS GALEGO ABIA | 2016 | 00:00 | 00:00 | 00:00 | | |
| 15 | 919 | JULIÁN DEURLOO DOPICO | 2015 | 00:00 | 00:00 | 00:00 | | |
| 16 | 905 | OLIVER MOSQUERA SILVA | 2015 | 00:00 | 00:00 | 00:00 | | |
| 17 | 936 | ANDRÉ OLIVARES VELLON | 2016 | 00:00 | 00:00 | 00:00 | | |
| 18 | 922 | SAÚL GOMEZ VAZQUEZ | 2015 | 00:00 | 00:00 | 00:00 | | |
| 19 | 928 | JAVIER DÍAZ NUÑEZ | 2016 | 00:00 | 00:00 | 00:00 | 2022781 | NOITEBRA |
| 20 | 931 | LUKA GAGO NOGUEIRO | 2016 | 00:00 | 00:00 | 00:00 | | |