

RESULTADOS OFICIAIS

Absoluta

18:00

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------------|------|--------------|-------|--------|-----------|--------------------------|------|-------------|
| 1 | 123 | ESTEBAN DÍAZ PÉREZ | 1981 | 37:11 | 03:22 | 37:11 | GA34 | ATLETISMO NARON | M-1 | Máster 1-1 |
| 2 | 175 | SAAD SLIMANI TLEMCANI | 1995 | 37:21 | 03:23 | 37:21 | GA711 | VICKY FOODS ATHLETICS | M-2 | Senior-1 |
| 3 | 167 | ALEJANDRO PÉREZ VARELA | 1994 | 39:05 | 03:33 | 39:05 | 47387199T | TRIARTEIXO | M-3 | Senior-2 |
| 4 | 97 | FERNANDO VÁZQUEZ ARES | 1976 | 39:16 | 03:34 | 39:16 | | ATLETAS DE ACEA DE AMA | M-4 | Máster 2-1 |
| 5 | 148 | TOÑITO PARDIÑAS MALLÓN | 1987 | 39:30 | 03:35 | 39:30 | | | M-5 | Máster 1-2 |
| 6 | 174 | ADRIAN GARABATO LAGARES | 1995 | 39:42 | 03:36 | 39:42 | AG17911 | CLUB ATLETISMO SANTIAGO | M-6 | Senior-3 |
| 7 | 116 | ALEJANDRO SÁNCHEZ RAMOS | 1979 | 41:46 | 03:47 | 41:46 | | | M-7 | Máster 1-3 |
| 8 | 177 | VÍCTOR ANDRÉS ALMENDÁRIZ | 1996 | 41:58 | 03:48 | 41:58 | | NOSPORTLIMIT | M-8 | Senior-4 |
| 9 | 136 | JUAN CARLOS VAZQUEZ GRELA | 1983 | 41:59 | 03:49 | 41:59 | | NOSPORTLIMIT | M-9 | Máster 1-4 |
| 10 | 143 | FERNANDO CASAS BELLO | 1985 | 42:15 | 03:50 | 42:15 | | | M-10 | Máster 1-5 |
| 11 | 115 | JOSE ANTONIO FERNÁNDEZ RODRÍG | 1979 | 42:28 | 03:51 | 42:28 | AG765 | CLUB ATLETISMO BOIMORTO | M-11 | Máster 1-6 |
| 12 | 158 | ANTONIO DOMÍNGUEZ BERMÚDEZ | 1990 | 42:37 | 03:52 | 42:37 | | | M-12 | Senior-5 |
| 13 | 134 | JUNIOR JAVIER VAZQUEZ GRELA | 1982 | 42:39 | 03:52 | 42:39 | 47356990 | TOXOS E BIRRAS | M-13 | Máster 1-7 |
| 14 | 96 | ISRAEL BENÍTEZ SOMOZA | 1976 | 42:41 | 03:52 | 42:41 | AG11742 | EL CANARIO | M-14 | Máster 2-2 |
| 15 | 124 | JOSÉ PARÍS LÓPEZ | 1981 | 42:50 | 03:53 | 42:50 | | | M-15 | Máster 1-8 |
| 16 | 168 | MANUEL GONZÁLEZ NÓVOA | 1994 | 43:20 | 03:56 | 43:20 | | TRAILEROS TOXOS E BIRRAS | M-16 | Senior-6 |
| 17 | 122 | SERGIO MONTEAGUDO | 1980 | 43:39 | 03:58 | 43:39 | | SARDIÑEIRA | M-17 | Máster 1-9 |
| 18 | 84 | F JAVIER BARREIRO CORDEIRO | 1972 | 43:47 | 03:58 | 43:47 | | NOSPORTLIMIT | M-18 | Máster 2-3 |
| 19 | 181 | CARLOS RIVAS BARCALA | 1988 | 44:27 | 04:02 | 44:27 | | A.D. FOGAR CARBALLO | M-19 | Máster 1-10 |
| 20 | 80 | JAVIER ARIAS DE LA VEGA | 1971 | 44:29 | 04:02 | 44:29 | | | M-20 | Máster 2-4 |
| 21 | 110 | XESÚS REGUEIRO FRAGA | 1978 | 44:37 | 04:03 | 44:37 | TGAL424 | INDEPENDIENTE | M-21 | Máster 1-11 |
| 22 | 157 | SUSITO TASENDE VIAÑO | 1990 | 44:53 | 04:04 | 44:53 | | ARTABROS | M-22 | Senior-7 |
| 23 | 61 | ALFONSO GARCÍA BELLO | 1966 | 44:58 | 04:05 | 44:58 | | INDEPENDIENTE | M-23 | Máster 3-1 |
| 24 | 70 | FERNANDO PÉREZ HERNÁNDEZ | 1969 | 45:07 | 04:06 | 45:07 | | | M-24 | Máster 2-5 |
| 25 | 176 | GABRIEL GONZALEZ BARBEITO | 1996 | 45:15 | 04:06 | 45:15 | | | M-25 | Senior-8 |
| 26 | 23 | ROCIO ALVITE FERREIRO | 1980 | 45:27 | 04:07 | 45:27 | AG2026561 | CLUB ATLETISMO SAR | F-1 | Máster 1-1 |
| 27 | 105 | OSCAR AMADO FONSECA | 1978 | 45:39 | 04:09 | 45:39 | | OPA FERROL TEAM RUNNING | M-26 | Máster 2-6 |
| 28 | 182 | JUAN LUIS VÁZQUEZ LÓPEZ | 1988 | 45:50 | 04:10 | 45:50 | | | M-27 | Senior-9 |
| 29 | 45 | RAMIRO PÉREZ PEREIRA | 1956 | 45:52 | 04:10 | 45:52 | 2015888AG | CLUB ATLETISMO SAR | M-28 | Máster 4-1 |
| 30 | 92 | HERNÁN BONACORSI | 1974 | 45:57 | 04:10 | 45:57 | | | M-29 | Máster 2-7 |
| 31 | 153 | SERGIO MUIÑO GENDE | 1988 | 45:59 | 04:10 | 45:59 | 47365240 | | M-30 | Senior-10 |
| 32 | 66 | SANTIAGO GARCÍA BELLO | 1967 | 46:25 | 04:13 | 46:25 | | INDEPENDIENTE | M-31 | Máster 3-2 |
| 33 | 90 | JOSE LUIS SANTISO FREIRE | 1973 | 46:47 | 04:15 | 46:47 | | TRANVÍAS CORUÑA | M-32 | Máster 2-8 |
| 34 | 87 | SANTIAGO FERNANDEZ RIAL | 1973 | 47:06 | 04:16 | 47:06 | | MARISCOS RECIO | M-33 | Máster 2-9 |
| 35 | 114 | JOSE MARTINEZ DOPAZO | 1978 | 47:07 | 04:17 | 47:07 | | | M-34 | Máster 1-12 |
| 36 | 79 | JUAN CARLOS MARTINEZ VALVERDE | 1971 | 47:22 | 04:18 | 47:22 | GA8581 | CLUB ATLETISMO O PINO | M-35 | Máster 2-10 |
| 37 | 127 | IVAN SEGADÉ CAROU | 1981 | 48:11 | 04:22 | 48:11 | AG766602 | CLUB ATLETISMO BOIMORTO | M-36 | Máster 1-13 |
| 38 | 58 | JOSE CARLOS PEREIRA REY | 1965 | 48:11 | 04:22 | 48:11 | AG12231 | CLUB ATLETISMO BOIMORTO | M-37 | Máster 3-3 |
| 39 | 54 | MIGUEL DÍAZ CARBALLO | 1964 | 48:12 | 04:22 | 48:12 | | | M-38 | Máster 3-4 |
| 40 | 180 | ANTÓN CONCHEIRO MARTINEZ | 1999 | 48:14 | 04:23 | 48:14 | | | M-39 | Senior-11 |
| 41 | 173 | VICTOR SUAREZ IGLESIAS | 1995 | 48:21 | 04:23 | 48:21 | | | M-40 | Senior-12 |
| 42 | 131 | JACOBO PONLLA ENCINAS | 1982 | 48:44 | 04:25 | 48:44 | | | M-41 | Máster 1-14 |
| 43 | 172 | ELOY PITA MARTÍNEZ | 1995 | 48:44 | 04:25 | 48:44 | | OPA FERROL TEAM RUNNING | M-42 | Senior-13 |
| 44 | 149 | RUBEN LOPEZ TEIJEIRO | 1987 | 49:18 | 04:28 | 49:18 | 33347471R | | M-43 | Máster 1-15 |
| 45 | 86 | JUAN JOSÉ GÓMEZ CORTÉS | 1973 | 49:18 | 04:28 | 49:18 | | | M-44 | Máster 2-11 |
| 46 | 129 | JOSÉ LUIS RODRÍGUEZ GARCÍA | 1982 | 49:38 | 04:30 | 49:38 | | | M-45 | Máster 1-16 |
| 47 | 77 | CARLOS FERNÁNDEZ EXPÓSITO | 1971 | 49:46 | 04:31 | 49:46 | | ATLETAS DE ACEA DE AMA | M-46 | Máster 2-12 |
| 48 | 18 | NADIA MRIMICHE MRIMICHE | 1978 | 50:02 | 04:32 | 50:02 | | ATLETAS DE ACEA DE AMA | F-2 | Máster 1-2 |
| 49 | 144 | ALFONSO JAVIER CASTRO SOUTO | 1985 | 50:04 | 04:33 | 50:04 | | GMTA&CHUVONERS | M-47 | Máster 1-17 |
| 50 | 162 | MIGUEL PARDO VALIER | 1992 | 50:05 | 04:33 | 50:05 | | | M-48 | Senior-14 |
| 51 | 14 | FINA BLANCO PENA | 1976 | 50:13 | 04:33 | 50:13 | | C.D. 21 LEGUAS | F-3 | Máster 2-1 |
| 52 | 120 | JAVIER BERMÚDEZ POMBO | 1980 | 50:22 | 04:34 | 50:22 | | TRAILEROS TOXOS E BIRRAS | M-49 | Máster 1-18 |
| 53 | 85 | MANUEL TRIGO BAO | 1972 | 50:31 | 04:35 | 50:31 | | NINGUNO | M-50 | Máster 2-13 |
| 54 | 165 | IVAN FUENTES REGUEIRO | 1993 | 50:36 | 04:36 | 50:36 | | | M-51 | Senior-15 |
| 55 | 125 | ÓSCAR MARTÍNEZ IGLESIAS | 1981 | 50:37 | 04:36 | 50:37 | | | M-52 | Máster 1-19 |
| 56 | 71 | FRANCISCO JAVIER MARTÍNEZ SANTO | 1969 | 50:42 | 04:36 | 50:42 | | | M-53 | Máster 2-14 |
| 57 | 76 | RUBÉN MARTÍNEZ DEL RIO | 1970 | 50:43 | 04:36 | 50:43 | | DREAM TEAM | M-54 | Máster 2-15 |
| 58 | 99 | XURXO SALGADO | 1976 | 50:43 | 04:36 | 50:43 | | | M-55 | Máster 2-16 |
| 59 | 93 | ÁNGEL LUIS CASTRO CASTRO | 1975 | 50:58 | 04:38 | 50:58 | | | M-56 | Máster 2-17 |

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Absoluta

18:00

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|-------------------------------|------|----------|-------|----------|-----------|----------------------------|-------|-------------|
| 60 | 40 | VALERIA BATIRE GURIDI DIÉGUEZ | 2005 | 51:11 | 04:39 | 51:11 | GA769297 | SD COMPOSTELA ATLETISMO | F-4 | Sub 20-1 |
| 61 | 602 | ABEL BARREIRO FERREIRO | 1973 | 51:12 | 04:39 | 51:12 | | | M-57 | Máster 2-18 |
| 62 | 51 | ANTONIO GARCÍA BELLO | 1959 | 51:14 | 04:39 | 51:14 | | ATLETAS DE ACEA DE AMA | M-58 | Máster 3-5 |
| 63 | 94 | JOSÉ MANUEL ROCA RODRÍGUEZ | 1975 | 51:43 | 04:42 | 51:43 | | | M-59 | Máster 2-19 |
| 64 | 126 | JOAQUÍN DOCAMPO GARCÍA | 1981 | 51:50 | 04:42 | 51:50 | | CLUB ATLETICO BERGONDO | M-60 | Máster 1-20 |
| 65 | 102 | RAFAEL GARCIA PENA | 1977 | 51:51 | 04:42 | 51:51 | | | M-61 | Máster 2-20 |
| 66 | 154 | ESTEBAN LADO CASTIÑEIRA | 1989 | 52:03 | 04:43 | 52:03 | | | M-62 | Senior-16 |
| 67 | 68 | JOSE MANUEL CORBAL DEBÉN | 1968 | 52:12 | 04:44 | 52:12 | | CCRIAZOR | M-63 | Máster 3-6 |
| 68 | 159 | FÉLIX LÓPEZ GRAÑA | 1990 | 52:13 | 04:44 | 52:13 | | NOSPORTLIMIT | M-64 | Senior-17 |
| 69 | 601 | RUBÉN JOSÉ CARRACEDO POSE | 1981 | 52:35 | 04:46 | 52:35 | | | M-65 | Máster 1-21 |
| 70 | 155 | DAVID LOPEZ GENDE | 1989 | 53:05 | 04:49 | 53:05 | | | M-66 | Senior-18 |
| 71 | 140 | MANUEL BASOA RODRIGUEZ | 1983 | 53:09 | 04:49 | 53:09 | | ESCOLA DE ATLETISMO PAULA | M-67 | Máster 1-22 |
| 72 | 67 | JOSE MARIA LEVOSO TOUCEDA | 1968 | 53:12 | 04:50 | 53:12 | AG2026339 | ESPRINTES OURENSE | M-68 | Máster 3-7 |
| 73 | 121 | PEDRO LOUREIRO LEMA | 1980 | 53:20 | 04:50 | 53:20 | | | M-69 | Máster 1-23 |
| 74 | 55 | JOSE MANUEL PETEIRO LOZANO | 1965 | 53:23 | 04:51 | 53:23 | | RUNNING OLEIROS | M-70 | Máster 3-8 |
| 75 | 17 | MAITE SALGADO | 1978 | 53:25 | 04:51 | 53:25 | | TRAILEROS TOXOSE BIRRAS | F-5 | Máster 2-2 |
| 76 | 112 | ALFONSO RODRIGUEZ FRAMIL | 1978 | 53:28 | 04:51 | 53:28 | AG2020368 | | M-71 | Máster 1-24 |
| 77 | 74 | JOSE BERMUDEZ VARELA | 1969 | 53:28 | 04:51 | 53:28 | | ADMEDIADUCIA | M-72 | Máster 2-21 |
| 78 | 81 | ANTONIO LUIS GONZÁLEZ FERNÁND | 1972 | 53:42 | 04:52 | 53:42 | AG2021667 | LA MOCHILA DEL DEPORTE | M-73 | Máster 2-22 |
| 79 | 107 | DAVID RAMOS BANEIRA | 1978 | 53:43 | 04:53 | 53:43 | | | M-74 | Máster 2-23 |
| 80 | 57 | ENRIQUE JORGE RAMA RODRÍGUEZ | 1965 | 53:55 | 04:54 | 53:55 | | | M-75 | Máster 3-9 |
| 81 | 103 | JOSE LUIS ROEL MIRANDA | 1977 | 54:58 | 04:59 | 54:58 | | | M-76 | Máster 2-24 |
| 82 | 184 | FÉLIX QUINTÁNS MELÉNDEZ | 1972 | 55:18 | 05:01 | 55:18 | | | M-77 | Máster 2-25 |
| 83 | 63 | FRANCISCO MOURE CAÑETE | 1966 | 55:22 | 05:02 | 55:22 | AG2020367 | NOITEBRA | M-78 | Máster 3-10 |
| 84 | 60 | SERVANDO OTERO PUENTE | 1966 | 55:26 | 05:02 | 55:26 | | CLUB ATLETISMO SADA | M-79 | Máster 3-11 |
| 85 | 72 | CARLOS CARRASCO ITURRA | 1969 | 55:27 | 05:02 | 55:27 | AG2024716 | CLUB ATLETISMO O PINO | M-80 | Máster 2-26 |
| 86 | 43 | MANUEL JOSE REY PAULOS | 1956 | 56:03 | 05:05 | 56:03 | | NINGUNO | M-81 | Máster 4-2 |
| 87 | 47 | JOSE ANTONIO BLANCO BARREIRO | 1958 | 56:23 | 05:07 | 56:23 | | | M-82 | Máster 4-3 |
| 88 | 151 | DIEGO FERNÁNDEZ GARCÍA | 1988 | 56:59 | 05:10 | 56:59 | | | M-83 | Senior-19 |
| 89 | 133 | JUAN CARLOS DOMATO VERDÍA | 1982 | 57:22 | 05:12 | 57:22 | | | M-84 | Máster 1-25 |
| 90 | 20 | VERÓNICA MARTÍNEZ PARCERO | 1979 | 57:27 | 05:13 | 57:27 | AG2024717 | CLUB ATLETISMO O PINO | F-6 | Máster 1-3 |
| 91 | 5 | Mª DOLORES GONZÁLEZ FERNÁNDEZ | 1969 | 57:48 | 05:15 | 57:48 | AG2017741 | LA MOCHILA DEL DEPORTE | F-7 | Máster 2-3 |
| 92 | 8 | MARIA JOSE LOPEZ SILVA | 1971 | 58:34 | 05:19 | 58:34 | | VIKINGOS | F-8 | Máster 2-4 |
| 93 | 83 | JAVIER ARNOSO DIAZ | 1972 | 58:34 | 05:19 | 58:34 | | VIKINGOS | M-85 | Máster 2-27 |
| 94 | 24 | LIZA CABALLERO | 1983 | 58:52 | 05:21 | 58:52 | | ADC MONTE BREAMO | F-9 | Máster 1-4 |
| 95 | 28 | LAURA FELISA LÓPEZ LÓPEZ | 1986 | 58:53 | 05:21 | 58:53 | | | F-10 | Máster 1-5 |
| 96 | 141 | MAIKEL ALLO GOMEZ | 1984 | 58:55 | 05:21 | 58:55 | | | M-86 | Máster 1-26 |
| 97 | 135 | EDU SUÁREZ CARBAJALES | 1983 | 59:10 | 05:22 | 59:10 | | | M-87 | Máster 1-27 |
| 98 | 39 | VANESA FUENTES REGUEIRO | 2000 | 59:15 | 05:23 | 59:15 | | | F-11 | Senior-1 |
| 99 | 59 | TON CONCHEIRO RIANDE | 1965 | 59:34 | 05:24 | 59:34 | | | M-88 | Máster 3-12 |
| 100 | 26 | MARTA LÓPEZ SÁNCHEZ | 1985 | 59:36 | 05:25 | 59:36 | | NOSPORTLIMIT | F-12 | Máster 1-6 |
| 101 | 53 | JOSÉ JUAN VIDELA RODRÍGUEZ | 1963 | 59:52 | 05:26 | 59:52 | | | M-89 | Máster 3-13 |
| 102 | 35 | ALEXANDRA PAZOS DOMINGUEZ | 1992 | 59:56 | 05:26 | 59:56 | AG14437 | LA MOCHILA DEL DEPORTE | F-13 | Senior-2 |
| 103 | 137 | JUAN RAMON MARTA BORRAZAS | 1983 | 01:00:08 | 05:28 | 01:00:08 | | | M-90 | Máster 1-28 |
| 104 | 171 | ADRIAN LANDEIRA SABEL | 1995 | 01:00:19 | 05:29 | 01:00:19 | | ADN RUNNING CLUB | M-91 | Senior-20 |
| 105 | 38 | NOELIA BARREIRO FRANCO | 1995 | 01:00:22 | 05:29 | 01:00:22 | AG16989 | CORREXALLAS | F-14 | Senior-3 |
| 106 | 169 | DANIEL PAIS ROMERO | 1994 | 01:00:22 | 05:29 | 01:00:22 | AG16990 | CORREXALLAS | M-92 | Senior-21 |
| 107 | 62 | MANEL ABRUÑEDO FERNANDEZ | 1966 | 01:00:31 | 05:30 | 01:00:31 | | | M-93 | Máster 3-14 |
| 108 | 2 | SILVIA SANCHEZ BASCOY | 1960 | 01:00:36 | 05:30 | 01:00:36 | | | F-15 | Máster 3-1 |
| 109 | 78 | FERNANDO SOUTO MATA | 1971 | 01:00:46 | 05:31 | 01:00:46 | | FERNANDO SOUTO MATA | M-94 | Máster 2-28 |
| 110 | 25 | MARÍA CARPENTE BOSCH | 1984 | 01:00:50 | 05:31 | 01:00:50 | | ESCOLA DE ATLETISMO DE PAU | F-16 | Máster 1-7 |
| 111 | 89 | JUAN JOSE TATO MAHIA | 1973 | 01:01:00 | 05:32 | 01:01:00 | | KAOS KRAV MAGA | M-95 | Máster 2-29 |
| 112 | 31 | YESICA BARREIRO BECERRA | 1987 | 01:01:10 | 05:33 | 01:01:10 | | | F-17 | Máster 1-8 |
| 113 | 22 | ANA REGUEIRO | 1980 | 01:01:12 | 05:33 | 01:01:12 | | | F-18 | Máster 1-9 |
| 114 | 130 | ANXO MENA | 1982 | 01:01:20 | 05:34 | 01:01:20 | | SPUTNIKS | M-96 | Máster 1-29 |
| 115 | 604 | JORDI URIACH MASGORET | 1986 | 01:01:50 | 05:37 | 01:01:50 | | | M-97 | Máster 1-30 |
| 116 | 111 | DIEGO TORRES PEIRO | 1978 | 01:01:55 | 05:37 | 01:01:55 | | | M-98 | Máster 1-31 |
| 117 | 52 | BENIGNO FUENTES VÁZQUEZ | 1963 | 01:01:56 | 05:37 | 01:01:56 | | | M-99 | Máster 3-15 |
| 118 | 152 | PABLO ROEL MIRANDA | 1988 | 01:02:02 | 05:38 | 01:02:02 | | | M-100 | Senior-22 |

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Absoluta

18:00

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------------|------|----------|-------|----------|---------------------------|-------------------------|-------|-------------|
| 119 | 109 | ALEJANDRO LLORENTE MONTES | 1978 | 01:02:03 | 05:38 | 01:02:03 | | | M-101 | Máster 1-32 |
| 120 | 117 | JAIRO ASCARIZ SOUSA | 1980 | 01:02:35 | 05:41 | 01:02:35 | | | M-102 | Máster 1-33 |
| 121 | 147 | BLAS MIGUEL GARCÍA GARCÍA | 1987 | 01:02:56 | 05:43 | 01:02:56 | | NOSPORTLIMIT | M-103 | Máster 1-34 |
| 122 | 32 | DANEL DE VRIES LOUREIRO | 1988 | 01:03:24 | 05:45 | 01:03:24 | | | F-19 | Máster 1-10 |
| 123 | 64 | JOSÉ MARÍA AMADO BOUZA | 1967 | 01:03:29 | 05:46 | 01:03:29 | | ATLETAS DE ACEA DE AMA | M-104 | Máster 3-16 |
| 124 | 166 | JOSE MANUEL RODRÍGUEZ TORREIRA | 1994 | 01:03:31 | 05:46 | 01:03:31 | | TERRA DE SONEIRA | M-105 | Senior-23 |
| 125 | 34 | MÓNICA BERMUDEZ POSE | 1991 | 01:04:05 | 05:49 | 01:04:05 | | | F-20 | Senior-4 |
| 126 | 75 | JOSE MARIA RIVAS MOAR | 1970 | 01:04:06 | 05:49 | 01:04:06 | | | M-106 | Máster 2-30 |
| 127 | 48 | XOAN LOPEZ ESTRAVIZ | 1958 | 01:04:10 | 05:50 | 01:04:10 | | CLUBE ATLETISMO FENE | M-107 | Máster 4-4 |
| 128 | 82 | JOSE GANDARELA RODRIGUEZ | 1972 | 01:04:38 | 05:52 | 01:04:38 | | | M-108 | Máster 2-31 |
| 129 | 163 | FELIPE BELLO SANTOS | 1992 | 01:04:38 | 05:52 | 01:04:38 | | | M-109 | Senior-24 |
| 130 | 113 | EDUARDO GÓMEZ RAMOS | 1978 | 01:04:50 | 05:53 | 01:04:50 | | CLUB ATLETISMO SADA | M-110 | Máster 1-35 |
| 131 | 50 | GUMERSINDO CANDIDO LEMA MOU | 1959 | 01:05:02 | 05:54 | 01:05:02 | | | M-111 | Máster 3-17 |
| 132 | 49 | JOSE GRELA RODRIGUEZ | 1958 | 01:05:26 | 05:56 | 01:05:26 | | | M-112 | Máster 4-5 |
| 133 | 98 | FRAN GUILLÁN | 1976 | 01:05:30 | 05:57 | 01:05:30 | | C.D. GAS NATURAL FENOSA | M-113 | Máster 2-32 |
| 134 | 156 | SERGIO GIGIREY AMADO | 1989 | 01:05:34 | 05:57 | 01:05:34 | | | M-114 | Senior-25 |
| 135 | 30 | PAULA GONZÁLEZ NIEVES | 1987 | 01:05:34 | 05:57 | 01:05:34 | | | F-21 | Máster 1-11 |
| 136 | 4 | MONTSE HERNÁNDEZ GARCÍA | 1968 | 01:06:19 | 06:01 | 01:06:19 | | CCRIAZOR | F-22 | Máster 3-2 |
| 137 | 69 | JOSE FRANCISO BARCA DE LA FUENT | 1968 | 01:06:20 | 06:01 | 01:06:20 | | CCRIAZOR | M-115 | Máster 2-33 |
| 138 | 41 | MANUEL RAÑA PREGO | 1950 | 01:06:22 | 06:02 | 01:06:22 | | TEAM RAÑA | M-116 | Máster 4-6 |
| 139 | 7 | MARCELA RINALDI GONZALEZ | 1970 | 01:06:43 | 06:03 | 01:06:43 | | | F-23 | Máster 2-5 |
| 140 | 65 | CARLOS QUINTAS VILA | 1967 | 01:08:50 | 06:15 | 01:08:50 | | NOSPORTLIMIT | M-117 | Máster 3-18 |
| 141 | 106 | CÉSAR THEMUDO | 1978 | 01:09:10 | 06:17 | 01:09:10 | | NA | M-118 | Máster 2-34 |
| 142 | 119 | ESTEBAN CASTROMIL SUÁREZ | 1980 | 01:09:21 | 06:18 | 01:09:21 | | | M-119 | Máster 1-36 |
| 143 | 101 | MARTÍN REY CUBERO | 1977 | 01:09:39 | 06:19 | 01:09:39 | | | M-120 | Máster 2-35 |
| 144 | 178 | BRAIS BECERRA BERMÚDEZ | 1996 | 01:10:21 | 06:23 | 01:10:21 | | | M-121 | Senior-26 |
| 145 | 44 | JOSE PEDRO RODRIGUEZ BARBA | 1956 | 01:10:51 | 06:26 | 01:10:51 | AG15615 | CLUB ATLETISMO BOIMORTO | M-122 | Máster 4-7 |
| 146 | 56 | XULIAN BREA SÁNCHEZ | 1965 | 01:11:17 | 06:28 | 01:11:17 | | | M-123 | Máster 3-19 |
| 147 | 1 | SORAYA ALVIAREZ | 1959 | 01:11:24 | 06:29 | 01:11:24 | | | F-24 | Máster 3-3 |
| 148 | 91 | ROBERTO PICOS FONTICOBIA | 1974 | 01:11:30 | 06:30 | 01:11:30 | | CLUB TRIATLÓN CORUÑA | M-124 | Máster 2-36 |
| 149 | 12 | ANA CASTRILLÓN REINALDO | 1974 | 01:11:30 | 06:30 | 01:11:30 | | | F-25 | Máster 2-6 |
| 150 | 16 | CRISTINA PRIETO SOUTO | 1977 | 01:11:57 | 06:32 | 01:11:57 | AG17005 | CLUB ATLETICO BERGONDO | F-26 | Máster 2-7 |
| 151 | 19 | SUSANA MONTERO FACAL | 1978 | 01:11:58 | 06:32 | 01:11:58 | AG10114 | CLUB ATLETICO BERGONDO | F-27 | Máster 1-12 |
| 152 | 100 | JAVIER LÓPEZ FRANCO | 1977 | 01:14:08 | 06:44 | 01:14:08 | | | M-125 | Máster 2-37 |
| 153 | 9 | BELEN POSE | 1972 | 01:14:44 | 06:47 | 01:14:44 | AG2028229 | CLUB ATLETISMO BOIMORTO | F-28 | Máster 2-8 |
| 154 | 183 | MIGUEL ALONSO BIDEGAIN | 1970 | 01:15:30 | 06:51 | 01:15:30 | | | M-126 | Máster 2-38 |
| 155 | 179 | MONICA MARTÍNEZ LEMA | 1972 | 01:15:30 | 06:51 | 01:15:30 | | | F-29 | Máster 2-9 |
| 156 | 11 | INÉS IGLESIAS FRAGA | 1974 | 01:18:12 | 07:06 | 01:18:12 | | CLUB ATLETISMO SADA | F-30 | Máster 2-10 |
| 157 | 10 | ANA MARÍA FANDIÑO VILACIDE | 1972 | 01:18:56 | 07:10 | 01:18:56 | | | F-31 | Máster 2-11 |
| 158 | 6 | ANGELES FANDIÑO VILACIDE | 1969 | 01:18:56 | 07:10 | 01:18:56 | | | F-32 | Máster 2-12 |
| 159 | 88 | LUIS VIAÑO RODRÍGUEZ | 1973 | 01:18:56 | 07:10 | 01:18:56 | | | M-127 | Máster 2-39 |
| 160 | 3 | SUSANA JUSTO TORRADO | 1967 | 01:28:45 | 08:04 | 01:28:45 | | | F-33 | Máster 3-4 |
| DNS | 13 | NOELIA VÁZQUEZ CALVO | 1975 | | | | AG10425 | CLUB ATLETICO BERGONDO | F | Máster 2 |
| DNS | 15 | MARI ESPASANDIN | 1976 | | | | | | F | Máster 2 |
| DNS | 21 | SONIA CORRAL FRANCO | 1979 | | | | | DALLE GAS RUNNING TEAM | F | Máster 1 |
| DNS | 27 | ALBA PUENTE FERNANDEZ | 1985 | | | | | | F | Máster 1 |
| DNS | 29 | ISABEL ASENSIO SÁNCHEZ | 1987 | | | | | | F | Máster 1 |
| DNS | 33 | RALUCA MIHAELA POENAR | 1990 | | | | | NOSPORTLIMIT | F | Senior |
| DNS | 36 | VANESA RODRÍGUEZ DIAZ | 1993 | | | | | | F | Senior |
| DNS | 37 | ANA DOMÍNGUEZ BERMÚDEZ | 1993 | | | | | | F | Senior |
| DNS | 42 | MANUEL GONZÁLEZ PEREIRA | 1952 | | | | MANUEL GA7RUNNING ARTEIXO | | M | Máster 4 |
| DNS | 46 | MARK JOHNSON | 1958 | | | | | | M | Máster 4 |
| DNS | 73 | INDALECIO TEJEIRO MÉNDEZ | 1969 | | | | | CLUB ATLETISMO SADA | M | Máster 2 |
| DNS | 95 | ISMAEL MENÉNDEZ FERNÁNDEZ | 1976 | | | | | | M | Máster 2 |
| DNS | 104 | RUBEN PENAS GARCÍA | 1977 | | | | AG2028379 | CLUB ATLETISMO TAMBRE | M | Máster 2 |
| DNS | 108 | DAVID TEMBRÁS ALONSO | 1978 | | | | | DALLE GAS RUNNING TEAM | M | Máster 1 |
| DNS | 118 | JOSÉ RIAL CASALDERREY | 1980 | | | | | | M | Máster 1 |
| DNS | 128 | DAMIÁN VÁZQUEZ RODRÍGUEZ | 1981 | | | | | | M | Máster 1 |
| DNS | 132 | MIGUEL SÁNCHEZ LÓPEZ | 1982 | | | | | NADA | M | Máster 1 |

RESULTADOS OFICIAIS

Absoluta

18:00

| PTO | DOR | NOME | ANO | TEMPO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------|------|-------|--------|---------|--------------------------|------|-----------|
| DNS | 138 | LUCIANO CARRETERO | 1983 | | | | TRAILEROS TOXOS & BIRRAS | M | Máster 1 |
| DNS | 139 | GONZALO REGUEIRO VILARIÑO | 1983 | | | | | M | Máster 1 |
| DNS | 142 | ALVARO FRAGA | 1985 | | | | | M | Máster 1 |
| DNS | 145 | MANUEL GAREA SÚAREZ | 1986 | | | | NOSPORTLIMIT | M | Máster 1 |
| DNS | 146 | ADRIAN MORALES ENRIQUEZ | 1987 | | | | NOSPORTLIMIT | M | Máster 1 |
| DNS | 150 | MARCOS REY CAMPELO | 1988 | | | | | M | Máster 1 |
| DNS | 160 | MARCOS NAYA BADALLO | 1991 | | | | | M | Senior |
| DNS | 161 | RUBÉN GONZÁLEZ BARRAL | 1992 | | | | | M | Senior |
| DNS | 164 | DANIEL CANOSA BLANCO | 1992 | | | | | M | Senior |
| DNS | 170 | ADRIAN SUAREZ CASTRO | 1994 | | | AG16991 | CORREXALLAS | M | Senior |

RESULTADOS OFICIAIS

Sub 18-16

17:00

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------|------|--------------|-------|--------|---------|---------------------------|------|-----------|
| 1 | 207 | MANUEL CAMPELLO CARBALLO | 2007 | 09:08 | 03:39 | 09:08 | AG15628 | | M-1 | Sub 18-1 |
| 2 | 209 | BRUNO PICOS CASTRILLÓN | 2008 | 11:31 | 04:36 | 11:31 | | | M-2 | Sub 16-1 |
| 3 | 211 | MARTÍN RAÑA IGLESIAS | 2009 | 11:39 | 04:39 | 11:39 | | | M-3 | Sub 16-2 |
| 4 | 201 | IRIA QUEIJO COUSELO | 2009 | 15:53 | 06:21 | 15:53 | | | F-1 | Sub 16-1 |
| 5 | 203 | CAROLINA GÓMEZ MALLÓN | 2009 | 17:33 | 07:01 | 17:33 | | | F-2 | Sub 16-2 |
| 6 | 204 | LAURA ORGUEIRA MARTÍNEZ | 2008 | 20:56 | 08:22 | 20:56 | | | F-3 | Sub 16-3 |
| DNS | 202 | RODRIGO MUIÑO | 2008 | | | | | | M | Sub 16 |
| DNS | 205 | ADRIANA PUCEIRO DIAZ | 2009 | | | | | | F | Sub 16 |
| DNS | 206 | IKER LAVANDEIRA RODRIGUEZ | 2008 | | | | | CLUB ATLETISMO CORUÑA COM | M | Sub 16 |
| DNS | 208 | DIANA MOSQUERA SUAREZ | 2006 | | | | | ATLETICA A SILVA | F | Sub 18 |
| DNS | 210 | IAGO MATEOS CALVIÑO | 2008 | | | | AG15967 | SD COMPOSTELA ATLETISMO | M | Sub 16 |

Sub 14

17:15

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|------------------------|------|--------------|-------|--------|-----------|-----------------------|------|-----------|
| 1 | 301 | MARCOS BARCALA LÓPEZ | 2011 | 06:28 | 04:18 | 06:28 | AG 6921 | CLUB ATLETISMO TAMBRE | M-1 | Sub 14-1 |
| 2 | 306 | MATEO RAMOS OLVEIRA | 2010 | 06:47 | 04:31 | 06:47 | | | M-2 | Sub 14-2 |
| 3 | 307 | MANUEL LOSADA | 2010 | 07:04 | 04:42 | 07:04 | | SARDIÑEIRA | M-3 | Sub 14-3 |
| 4 | 309 | MARTIN SOUTO CARRERA | 2011 | 07:13 | 04:48 | 07:13 | | | M-4 | Sub 14-4 |
| 5 | 302 | ÁLVARO CANDAL COUSELO | 2011 | 07:21 | 04:54 | 07:21 | | | M-5 | Sub 14-5 |
| 6 | 308 | RUI RODRÍGUEZ GONZALES | 2010 | 07:24 | 04:56 | 07:24 | | | M-6 | Sub 14-6 |
| 7 | 310 | RITA TUBIO SUEIRO | 2011 | 07:44 | 05:09 | 07:44 | | | F-1 | Sub 14-1 |
| 8 | 305 | BRUNO RIVERA MONTERO | 2011 | 08:20 | 05:33 | 08:20 | | | M-7 | Sub 14-7 |
| DNS | 303 | IMRANE ELKADERI | 2011 | | | | | EDM CURTIS | M | Sub 14 |
| DNS | 304 | CARMEN PAZ SANTAMARÍA | 2010 | | | | AG2025487 | CLUB ATLETISMO NOIA | F | Sub 14 |
| DNS | 311 | NUNO TATO AGRA | 2011 | | | | | | M | Sub 14 |

Sub 12

17:25

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|-------------------------------|------|--------------|-------|--------|----------|-----------------------|------|-----------|
| 1 | 406 | GUILLERMO LLORENTE EIZAGUIRRE | 2012 | 03:09 | 03:09 | 03:09 | AG12949 | | M-1 | Sub 12-1 |
| 2 | 402 | VALENTINA SANTISO CATOIRA | 2012 | 03:29 | 03:29 | 03:29 | | | F-1 | Sub 12-1 |
| 3 | 405 | NOA GONZALEZ | 2013 | 04:09 | 04:09 | 04:09 | AG7771 | ATLETICA A SILVA | F-2 | Sub 12-2 |
| DNS | 401 | DANIEL BERMÚDEZ GARCÍA | 2013 | | | | | | M | Sub 12 |
| DNS | 403 | PABLO RAMOS OLVEIRA | 2012 | | | | | | M | Sub 12 |
| DNS | 404 | MANUEL RAMA PENA | 2013 | | | | | | M | Sub 12 |
| DNS | 407 | ADRIÁN RENDAL CAMBA | 2012 | | | | | | M | Sub 12 |
| DNS | 408 | CHANEL PENAS GARCÍA | 2013 | | | | AG 12927 | CLUB ATLETISMO TAMBRE | F | Sub 12 |

Sub 10

17:35

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|---------------------------|------|--------------|-------|--------|---------|-------------------------|------|------------|
| 1 | 417 | NICOLAS AMADO PREGO | 2014 | 02:48 | 02:48 | 02:48 | | CLUB ATLETISMO SADA | M-1 | Sub 10-1 |
| 2 | 424 | LEO VILARIÑO RÍOS | 2014 | 02:55 | 02:55 | 02:55 | | | M-2 | Sub 10-2 |
| 3 | 426 | ALEXANDRE VEGA MARTINEZ | 2015 | 02:57 | 02:57 | 02:57 | AG15999 | MARINEDA ATLETICO | M-3 | Sub 10-3 |
| 4 | 416 | ADRIÁN SOUTO CARRERA | 2014 | 03:02 | 03:02 | 03:02 | | | M-4 | Sub 10-4 |
| 5 | 409 | MIGUEL GARCÍA PENEDO | 2015 | 03:07 | 03:07 | 03:07 | | PIRINGALLA | M-5 | Sub 10-5 |
| 6 | 413 | LAURA RIVERA MONTERO | 2014 | 03:11 | 03:11 | 03:11 | | A.D. NAUTICO NARÓN | F-1 | Sub 10-1 |
| 7 | 415 | DIEGO RODRIGUEZ LIÑARES | 2014 | 03:20 | 03:20 | 03:20 | AG16352 | ATLETISMO FONTES DO SAR | M-6 | Sub 10-6 |
| 8 | 420 | ALEIX DELLA-CASA LOUREIRO | 2015 | 03:20 | 03:20 | 03:20 | AG12180 | ATLETICA A SILVA | M-7 | Sub 10-7 |
| 9 | 421 | HUGO INSUA BARBEITO | 2015 | 03:27 | 03:27 | 03:27 | | | M-8 | Sub 10-8 |
| 10 | 418 | LAURA SALGADO RODRIGUEZ | 2015 | 03:31 | 03:31 | 03:31 | | | F-2 | Sub 10-2 |
| 11 | 419 | MATEO GARCIA LORENZO | 2014 | 03:34 | 03:34 | 03:34 | | | M-9 | Sub 10-9 |
| 12 | 410 | PAULA CANDAL COUSELO | 2015 | 03:49 | 03:49 | 03:49 | | | F-3 | Sub 10-3 |
| 13 | 422 | BRAIS FERREIRA CARRO | 2015 | 03:55 | 03:55 | 03:55 | | | M-10 | Sub 10-10 |
| 14 | 412 | NOA QUEIJO COUSELO | 2014 | 03:56 | 03:56 | 03:56 | | | F-4 | Sub 10-4 |
| 15 | 603 | HAIZEA BARREIRO VILLAR | 2015 | 04:11 | 04:11 | 04:11 | | | F-5 | * Sub 10-5 |

RESULTADOS OFICIAIS

Sub 10

17:35

| PTO | DOR | NOME | ANO | TEMPO | RITMO | T.NETO | LICENZA | CLUBE | SEXO | CATEGORÍA |
|-----|-----|------------------------------|------|-------|-------|--------|---------|------------|------|-----------|
| 16 | 427 | GABRIELHY GONZÁLEZ VERA | 2014 | 05:03 | 05:03 | 05:03 | | | F-6 | Sub 10-6 |
| DNS | 411 | MALAK ELKADERI | 2015 | | | | | EDM CURTIS | F | Sub 10 |
| DNS | 414 | AMINA EL BAHLOULI SANTAMARÍA | 2014 | | | | | | F | Sub 10 |
| DNS | 423 | HUGO BARREIRO BELLO | 2015 | | | | | | M | Sub 10 |
| DNS | 425 | MARTIÑO GOMEZ ORTEGA | 2014 | | | | | | M | Sub 10 |
| DNS | 428 | MARÍA MENÉNDEZ ÁLVAREZ | 2015 | | | | | | F | Sub 10 |