

CORRE POR FERROL - MEMORIAL LOLETE

14 Setembro 2013

| Puesto | <u>Nom.</u> | <u>Apell.</u> | <u>T.Oficial</u> | <u>Club</u> | <u>Localidad</u> |
|--------|---------------------------------|-------------------------------------|------------------|----------------------------------|------------------|
| 1 | SERGIO | PIÑÓN PAZ | 0:26:34 | CLUB ATLETISMO AFFLELOU NARÓN | A CORUÑA |
| 2 | ERO | DOCE GONZÁLEZ | 0:26:42 | RIA DE FERROL CONCEPCION ARENAL | |
| 3 | ALEJANDRO | LLAMAZARES SIXTO | 0:27:04 | | NARÓN |
| 4 | JORGE | PENABAD CALVO | 0:27:09 | ATLETISMO OLYMPO | AS PONTES |
| 5 | RICARDO | ALVAREZ AMOR | 0:27:27 | VERXEL NUTRICIÓN DEPORTIVA | VALDOVIÑO |
| 6 | VICTOR IGNACIO | SANDE CHARLON | 0:27:41 | C.D.EGOVARROS-VIVEIRO | NARON |
| 7 | JOSE MARIA | RODRIGUEZ PENA | 0:27:44 | TRINITY | NEDA |
| 8 | ÁNGEL | VEIGUELA PEDRE | 0:27:59 | | MUGARDOS |
| 9 | SERGIO | GONZÁLEZ SALUTREGUI | 0:28:07 | RIA DE FERROL CONCEPCION ARENAL | FERROL |
| 10 | NICOLAS | FERNANDEZ MAURIZ | 0:28:09 | | NARON |
| 11 | MAURICIO | MARTIN NUNES | 0:28:11 | WILD WOLF CIDADE DE LUGO FLUVIAL | NARON |
| 12 | PAULA | MAYOBRE GONZALEZ | 0:28:12 | BIKILA | ARES |
| 13 | AMADOR | PENA TORREIRA | 0:28:19 | NOITEBRA FC | COMPOSTELA |
| 14 | JOSE MANUEL | RODRIGUEZ MOURE | 0:28:20 | CORUÑA COMARCA | CULLEREDO |
| 15 | JOSE ANTONIO | ABUIN TREUS | 0:28:24 | CLUB ATLETISMO SADA | CAMBRE |
| 16 | JOSE MANUEL | TEIJEIRO IGLESIAS | 0:28:27 | RIA DE FERROL CONCEPCION ARENAL | NARON |
| 17 | MANUEL | LEIRACHA VALENTIN | 0:28:32 | CLUB CASTRO DE LOBADIZ | FERROL |
| 18 | DAVID | CANO CONESA | 0:28:42 | RIA DE FERROL CONCEPCION ARENAL | NARON |
| 19 | FERNANDO MANUEL | LÓPEZ DE LAS HERAS | 0:28:56 | | CULLEREDO |
| 20 | JOSE LUIS | BOUZA FREIRE | 0:28:59 | ATLETISMO AFFLELOU NARON | FERROL |
| 21 | MIGUEL | VILABOY FILGUEIRAS | 0:29:13 | ATLETISMO OLYMPO | AS PONTES |
| 22 | JOSE | GONZALEZ BAÑOBRE | 0:29:18 | RIA DE FERROL CONCEPCION ARENAL | NEDA |
| 23 | FERNANDO | HOYOS SILVA | 0:29:22 | | FERROL |
| 24 | ROBERTO | GARCÍA PAZOS | 0:29:24 | CLUB ATLETISMO SADA | SADA |
| 25 | JOSÉ ÁNGEL | PITA TORRES | 0:29:27 | | CEDEIRA |
| 26 | JORGE | BARCIA RODRIGUEZ | 0:29:29 | | FERROL |
| 27 | ROBERTO | GONZALEZ BARGAS | 0:29:34 | RIA DE FERROL CONCEPCION ARENAL | NARON |
| 28 | JAVIER | PALOMO CAMPOS | 0:29:36 | CLUB ATLETISMO SADA | PERILLO |
| 29 | JOSÉ ANTONIO | MARTÍNEZ GARCÍA | 0:29:47 | CLUB ATLETISMO SADA | OLEIROS |
| 30 | JUAN | BLANCO MAROÑO | 0:29:53 | | FENE |
| 31 | JOSÉ MARÍA | FERNÁNDEZ BLANCO | 0:29:56 | ATLETISMO RIAZOR CORUÑA | A CORUÑA |
| 32 | MIGUEL | REY LOPEZ | 0:30:01 | | NARON |
| 33 | JAVIER | GONZÁLEZ PEREIRA | 0:30:02 | | FERROL |
| 34 | ANGEL | DEL RIO CORREA | 0:30:06 | | PONTEDEUME |
| 35 | NACHETE | RODRIGO ALVAREZ | 0:30:11 | O'PARRULO | FERROL |

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| 36 | NELSON | GAVILANEZ HILVAY | 0:30:13 | | |
| 37 | JULIAN | PEREZ DURAN | 0:30:13 | CORREDORES POPULARES ARMADA | FERROL |
| 38 | ALEJANDRO | GARCÍA DACOSTA | 0:30:15 | | FERROL |
| 39 | GABRIEL | GACIAS FONT | 0:30:17 | A.D. FOGAR | SANTA CRUZ / OLEIROS |
| 40 | CARLOS | GONZÁLEZ VÁZQUEZ | 0:30:19 | | FERROL |
| 41 | FERNANDO | MIGUEZ CARRO | 0:30:30 | A.D. FOGAR | LA CORUÑA |
| 42 | JULIAN JOSE | GESTO CAABEIRO | 0:30:34 | | OLEIROS |
| 43 | BENIGNO | MONTEAGUDO SÁNCHEZ | 0:30:34 | CLUB CASTRO DE LOBADIZ | FERROL |
| 44 | DIEGO | VARELA BARREIRO | 0:30:40 | | CULLERDO |
| 45 | MANUEL PASCUAL | RAMÍREZ PIÑEIRO | 0:30:45 | | SOMOZAS |
| 46 | JORGE | ARTEAGA LUACES | 0:30:45 | TRIATLON FERROL | FERROL |
| 47 | DIEGO | ALVAREZ SOTO | 0:30:46 | LIDL | NARÓN |
| 48 | CARLOS FRANCISCO | SALVADOR RODRIGUEZ | 0:30:47 | | CULLEREDO |
| 49 | DANIEL | LOPEZ CANTO | 0:30:48 | CATEDRATICOS DO ASFALTO | LUGO |
| 50 | JAVIER | ÁLVAREZ VARELA | 0:30:50 | | O TEMPLE. CAMBRE |
| 51 | MARCELINO | DOPICO RODRIGUEZ | 0:30:52 | | NARON |
| 52 | JOSE MANUEL | GARCIA PAZ | 0:30:56 | C. A. AS MARIÑAS BETANZOS | BETANZOS |
| 53 | ALBERTO | GÓMEZ GARCÍA | 0:30:58 | | FERROL |
| 54 | CARLOS | SALUTREGUI DARRIBA | 0:31:01 | | FERROL |
| 55 | ISAAC | MORALES GARCIA | 0:31:01 | ESCAÑO | ROTA |
| 56 | JAVIER | ARIAS DE LA VEGA | 0:31:02 | | MONFORTE DE LEMOS |
| 57 | JESÚS | GARRIDO GUIMAREY | 0:31:07 | | FERROL |
| 58 | BORJA MANUEL | LAMAS LAGE | 0:31:09 | | NARON |
| 59 | FERNANDO | PÉREZ HERNÁNDEZ | 0:31:09 | | A CORUÑA |
| 60 | SANTIAGO | RODRÍGUEZ DÍAZ | 0:31:15 | | NEDA |
| 61 | ANGEL | GARCIA GARCIA | 0:31:16 | VERXEL NUTRICIÓN DEPORTIVA | ARANGA |
| 62 | IVAN | VARELA BARREIRO | 0:31:16 | | CULLEREDO |
| 63 | CARLOS | BOUZA CANOSA | 0:31:17 | | NARÓN |
| 64 | LUIS | PEREZ VARELA | 0:31:17 | | PONTEDEUME |
| 65 | JORGE | FELPETO RODRIGUEZ | 0:31:27 | CLUB CASTRO DE LOBADIZ | NARON |
| 66 | LUIS | VILASUSO PITA | 0:31:28 | ATLETISMO OLYMPO | XERMADE |
| 67 | CARLOS | CASTRILLON CRESPO | 0:31:29 | | A CORUÑA |
| 68 | DAVID | LÓPEZ FERNÁNDEZ | 0:31:30 | | NARÓN |
| 69 | FRANCISCO JAVIER | JIMENEZ CIUDAD | 0:31:32 | | FERROL |
| 70 | JUAN CARLOS | SALGADO VEGA | 0:31:37 | | NARÓN |
| 71 | ROBERTO | PARDAVILA PONCE | 0:31:43 | | FERROL |
| 72 | JOSE ANTONIO | TEMBRAS AMENEIRO | 0:31:45 | CLUB CASTRO DE LOBADIZ | AS PONTES |
| 73 | FRANCISCO | DELGADO AMOR | 0:31:48 | | FERROL |

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| 74 | JULIO JOSE | GIL VOCES | 0:31:55 | | FERROL |
| 75 | ADRIAN | DOBARRO LANDEIRA | 0:31:56 | AD REMEDIOS | COMPOSTELA |
| 76 | ALBERTO | CHAMORRO DIAZ | 0:31:57 | | FERROL |
| 77 | IÑIGO | FRANCO MOREU | 0:32:01 | | FERROL |
| 78 | FERNANDO | PERMUY BUSTABAD | 0:32:02 | | FERROL |
| 79 | DANIEL | PIÑEIRO | 0:32:04 | | FERROL |
| 80 | MANUEL | MOSQUERA ESTEVEZ | 0:32:06 | PINAR DE DONIÑOS | FERROL |
| 81 | ÁNGEL | VELO RODRÍGUEZ | 0:32:07 | | FERROL |
| 82 | MANUEL | PÉREZ CABO | 0:32:10 | | PONTEVEDRA |
| 83 | LORENZO | GRAÑA MURADO | 0:32:17 | ATLETISMO OLYMPO | AS PONTES |
| 84 | FRANCISCO JAVIER | GONZÁLEZ LEDO | 0:32:17 | | CULLEREDO |
| 85 | EDU | PINEDO ARMESTO | 0:32:18 | | OLEIROS |
| 86 | JOSÉ R. | SÁEZ SUÁREZ | 0:32:22 | CLUB CASTRO DE LOBADIZ | NARÓN |
| 87 | DIEGO | GARCIA DIAZ | 0:32:23 | | NARON |
| 88 | JOSE CARLOS | BELDA MENARQUEZ | 0:32:23 | | |
| 89 | ÁLVARO | COSTA RIVAS | 0:32:27 | | LUGO |
| 90 | JAVIER | GUIZAN CASTRO | 0:32:27 | | VILALBA |
| 91 | JOSE | PEREZ LEIRA | 0:32:31 | | FERROL |
| 92 | VICTOR | PARDO CASTRO | 0:32:35 | | FERROL |
| 93 | JOSÉ A. | CHAO | 0:32:36 | | NARÓN |
| 94 | ROBERTO | PICON ESPÍÑO | 0:32:37 | | BERTAMIRANS |
| 95 | ANTONIO | ANDRADE MUGICA | 0:32:37 | ESENGRA | SAN FERNANDO |
| 96 | PABLO | MONTENEGRO REY | 0:32:37 | | FERROL |
| 97 | DIEGO | FRAGA SISO | 0:32:38 | | A CORUÑA |
| 98 | CARLOS | JURADO SÁNCHEZ | 0:32:41 | ESCAÑO (CAES 75) | NARON |
| 99 | DANIEL | LÓPEZ REY | 0:32:47 | C. AT. INFARTO NO Q | CORUXOU |
| 100 | XURXO | GONZÁLEZ TENREIRO | 0:32:48 | | FERROL |
| 101 | MIGUEL ANGEL | VILABOY ROMERO | 0:32:52 | ATLETISMO OLYMPO | AS PONTES |
| 102 | NOÉ | TEIJEIRO FERNÁNDEZ | 0:32:53 | | FERROL |
| 103 | ROBERTO | VENTUREIRA DOPICO | 0:32:58 | | FERROL |
| 104 | JOSE MANUEL | DOPICO SOTO | 0:32:59 | | NEDA |
| 105 | JOSE LUIS | RENDAL AMENEIROS | 0:33:02 | | NARON |
| 106 | JUAN JOSÉ | GÓMEZ CORTÉS | 0:33:03 | | A CORUÑA |
| 107 | RUBÉN | FREIRE CASAS | 0:33:07 | | NARÓN |
| 108 | RAFAEL | SANDOVAL MORA | 0:33:08 | ESENGRA | FERROL |
| 109 | CÉSAR | RAMIL FERREIRO | 0:33:16 | ATLETISMO OLYMPO | AS PONTES |
| 110 | MANUEL | SANCHEZ IZQUIERDO | 0:33:16 | ESCAÑO | |
| 111 | JOSE MANUEL | PETEIRO LOZANO | 0:33:16 | P.C. OLIMPO | OLEIROS |

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| 112 | ÁNGEL | BASTIDA DOPICO | 0:33:18 | | FENE |
| 113 | MANUEL LUIS | FERNANDEZ PENA | 0:33:19 | | NARÓN |
| 114 | JOSE MARÍA | VARELA TELECHEA | 0:33:19 | | |
| 115 | MANUEL | CUOCEIRO MARTINEZ | 0:33:20 | | |
| 116 | HECTOR | MERA PIÑON | 0:33:20 | | FERROL |
| 117 | JULIO | VÁZQUEZ PEDREIRA | 0:33:24 | C.A. AS MARIÑAS | BETANZOS |
| 118 | ISMAEL | PICALLO RAMONDE | 0:33:26 | | FERROL |
| 119 | RUBEN | HERRERO EVIA | 0:33:29 | | FERROL |
| 120 | MANUEL | ESCALANTE SIXTO | 0:33:30 | AD NAUTICO DE NARON | VIGO |
| 121 | ALEJANDRO | GESTO LAGO | 0:33:31 | GESTO TEAM | OLEIROS |
| 122 | ROMÁN | RUIZ ALARCÓN | 0:33:32 | | A CORUÑA |
| 123 | DANIEL | NAVEIRAS OREONA | 0:33:32 | TRIATLON FERROL | NARON |
| 124 | ALBERTO | DIAZ BERGANTIÑOS | 0:33:34 | SERVICIO FERROL | FERROL |
| 125 | JOSE ANTONIO | PIÑEIRO SEJIDO | 0:33:35 | | NARON |
| 126 | JOSE MANUEL | PIÑERO ALVAREZ | 0:33:36 | | FERROL |
| 127 | JOSE M. | FERNANDEZ PEREZ | 0:33:38 | | |
| 128 | ADAN | GARCIA FABREGAS | 0:33:38 | | LKJ |
| 129 | ALFONSO | PEREZ SANFIZ | 0:33:39 | | OUTEIRO DE REI |
| 130 | CARLOS JAVIER | SANTANA LOBO | 0:33:40 | ESENGRA | CANARIA |
| 131 | IGNACIO | GARCIA RODRIGUEZ | 0:33:41 | | FENE |
| 132 | JULIO | SUAREZ DA SILVA | 0:33:41 | | |
| 133 | SAUL | FARIÑA MARTINEZ | 0:33:43 | INFANTERIA DE MARINA | A CORUÑA |
| 134 | JUAN ANTONIO | RIVAS ROMERO | 0:33:44 | | A CORUÑA |
| 135 | JOSÉ LUIS | ROJAS ROJAS | 0:33:45 | | NARÓN |
| 136 | ALEJANDRO | NÚÑEZ ALONSO | 0:33:47 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 137 | MARCOS MANUEL | GARCÍA MARTÍNEZ | 0:33:47 | | FERROL |
| 138 | JOSE MANUEL | SEOANE CHAS | 0:33:49 | | CECEBRE/CAMBRE |
| 139 | DAVID | ALVAREZ CARBALLEIRA | 0:33:54 | | |
| 140 | DOMINGO | ALVAREZ IGLESIAS | 0:33:56 | | LA CORUÑA |
| 141 | MARIANO | AGUILAR LORENZO | 0:33:58 | | FERROL |
| 142 | JAVIER ANGEL | VAZQUEZ OREJAS | 0:33:58 | RABADE CORRE CON VOS | LUGO |
| 143 | RICARDO | PRIETO GÓMEZ | 0:33:59 | | NARÓN |
| 144 | JOSÉ MANUEL | LANDROVE RAMOS | 0:34:05 | | KJH |
| 145 | JUAN JOSÉ | FERNÁNDEZ LEIRA | 0:34:07 | | FERROL |
| 146 | EUSEBIA | MALDONADO | 0:34:08 | | A CORUÑA |
| 147 | CARLOS | MÁIZ MANSO | 0:34:09 | | A CORUÑA |
| 148 | FRANCISCO EFREN | SANCHEZ RODRIGUEZ | 0:34:11 | | |
| 149 | HECTOR | TADEO YANEZ | 0:34:11 | | LAS PALMAS |

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| 150 | ANTONIO | RODRÍGUEZ GARCÍA | 0:34:14 | RIA DE FERROL CONCEPCION ARENAL | FENE |
| 151 | JORGE | CRIADO PRIETO | 0:34:19 | PEÑA CILCISTA LEBOREIRA | FERROL |
| 152 | ANGEL | LORENZO SILVA | 0:34:19 | | PADRON |
| 153 | AMABLE | RIVAS FONTENLA | 0:34:20 | | FERROL |
| 154 | CARLOS | RODRIGUEZ LEAL | 0:34:26 | | NARON |
| 155 | OSCAR | LORENZO PEREZ | 0:34:27 | ATLETISMO AFFLELOU NARON | DFG |
| 156 | JESUS | PEREDA FERNANDEZ | 0:34:31 | | A CORUÑA |
| 157 | JOSE LUIS | RODILLA GÓMEZ | 0:34:32 | | OLEIROS |
| 158 | JOSE LUIS | DIAZ DIAZ | 0:34:36 | GIMNASIO GALAICO | LUGO |
| 159 | DANIEL | JOVE MARTINEZ | 0:34:36 | | FERROL |
| 160 | MARTA | BARBEITO DOMINGUEZ | 0:34:37 | A.D. FOGAR | OLEIROS |
| 161 | MIGUEL | DIAZ CARBALLO | 0:34:38 | | BETANZOS |
| 162 | NOELIA | GONZALEZ RODRIGUEZ | 0:34:40 | CLUB CICLISTA FERROL | FERROL |
| 163 | WILLIAM RAFAEL | MARTINEZ HERNANDEZ | 0:34:46 | | SDF |
| 164 | DIEGO ALBERTO | PÉREZ AMOR | 0:34:46 | | NARÓN |
| 165 | IAGO | VEIGA LÓPEZ | 0:34:54 | O SILBATO | A CORUÑA |
| 166 | MANUEL | VAZQUEZ RAMOS | 0:34:57 | | ARANGA |
| 167 | JOSE RAMON | SOUTO LOPEZ | 0:34:58 | | FERROL |
| 168 | LUIS | GAMUNDI MIRAZ | 0:35:01 | | FERROL |
| 169 | JUAN | FERNANDEZ MARTINEZ | 0:35:02 | | JHG |
| 170 | JOAQUIN | PIÑOL CHAS | 0:35:03 | | CARRAL |
| 171 | LUIS ANDRÉS | CASTRO ALMADA | 0:35:05 | | PERILLO |
| 172 | MANUEL | VAZQUEZ LOBEIRAS | 0:35:05 | | FENE |
| 173 | MANUEL | VARELA VILA | 0:35:05 | | PONTEDEUME |
| 174 | JESUS | SANCHEZ LOPEZ | 0:35:06 | | |
| 175 | PABLO | SANJOSÉ GATO | 0:35:07 | | ASF |
| 176 | IVAN | GOMEZ SENRA | 0:35:07 | | CARRAL |
| 177 | JOSÉ LUIS | MANCEBO IGLESIAS | 0:35:08 | | A CORUÑA |
| 178 | ROBERTO | CARRACEDO FERNANDEZ | 0:35:09 | CATEDRATICOS DO ASFALTO | LUGO |
| 179 | KARINA | CALLON TREUS | 0:35:10 | CLUB ATLETISMO SADA | CAMBRE |
| 180 | INES | PAPIN ESTEVEZ | 0:35:10 | CLUB ATLETISMO SADA | CAMBRE |
| 181 | IAGO | FERNÁNDEZ TRABA | 0:35:11 | | FERROL |
| 182 | JESUS | GAREA ARES | 0:35:12 | | FERROL |
| 183 | MARCIAL | CALVO BELLO | 0:35:14 | BESTARRUZA TRINITY TRAIL | NEDA |
| 184 | FÉLIX | QUINTÁNS MELÉNDEZ | 0:35:15 | COMESAÑA SPORTING CLUB | OLEIROS (SANTA CRUZ) |
| 185 | ALBERTO | CINZA | 0:35:17 | | FERROL |
| 186 | CESAR | CENDAN NEIRA | 0:35:17 | | FERROL |
| 187 | JOSÉ ANTONIO | GARCÍA FANDIÑO | 0:35:20 | | FERROL |

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| 188 | IVAN | BELLAS FORMOSO | 0:35:24 | OLYMPO ATLETISMO | AS PONTES |
| 189 | PEDRO | FERNANDEZ SANCHEZ-ROLDAN | 0:35:26 | | FERROL |
| 190 | MANUEL | REDONDA INSUA | 0:35:26 | BESTARRUZA TRINITY TRAIL | FENE |
| 191 | JULIO | PERNAS URRUTIA | 0:35:27 | | FERROL |
| 192 | RAFAEL | LOPEZ LACAMARA | 0:35:29 | | |
| 193 | RUBÉN | SERANTES LÓPEZ | 0:35:30 | | FERROL |
| 194 | SANTIAGO | LOSADA PEREZ | 0:35:32 | | FERROL |
| 195 | ESTEBAN | RODRIGUEZ VAZQUEZ | 0:35:40 | | SDFG |
| 196 | SUSANA | BELLAS BERMÚDEZ | 0:35:41 | ATLETISMO OLYMPO | AS PONTES |
| 197 | BENIGNO | CASAL PRIETO | 0:35:42 | | |
| 198 | JAVIER | VEIGA GONZALEZ | 0:35:43 | | FERROL |
| 199 | SUSO | IGLESIAS LOPEZ | 0:35:44 | | BURELA |
| 200 | JORGE | SILVEIRA | 0:35:46 | | FERROL |
| 201 | PABLO | VAL GUERREIRO | 0:35:46 | SERVICIO FERROL | FERROL |
| 202 | CARLOS JOSE | CANDANO BELLO | 0:35:47 | | NARON |
| 203 | ANTONIO | NIETO SOTO | 0:35:50 | | |
| 204 | HANNAH KATHLEEN | KITTS | 0:35:52 | | FERROL |
| 205 | SANTIAGO | MUIÑOS MAURIZ | 0:35:52 | | FERROL |
| 206 | JOSE MANUEL | CAEIRO LOPEZ | 0:35:53 | | FERROL |
| 207 | PEDRO LOIS | SUAREZ GARCIA | 0:35:54 | | PONTEAREAS |
| 208 | CARLOS | ANTON VICENTE | 0:35:56 | | FERROL |
| 209 | JOSE MANUEL | VILAR ARCOS | 0:35:57 | | A CORUÑA |
| 210 | MIGUEL | LAMEIRO NIETO | 0:35:58 | | SANTA CRUZ- OLEIROS |
| 211 | MARCOS | GAREA QUINTELA | 0:35:59 | | FENE |
| 212 | CARLOS | SEGUÍN LOZANO | 0:35:59 | | A CORUÑA |
| 213 | BRUNO | AMOR GÓMEZ | 0:35:59 | NOSPORTLIMIT-TREK GALICIA | ACORUÑA |
| 214 | MATEO | MONTERO VARELA | 0:35:59 | | FERROL |
| 215 | FERNANDO | GAREA QUINTELA | 0:36:02 | | FENE |
| 216 | VICTOR MANUEL | PEÑA MARCHENA | 0:36:02 | | SDFG |
| 217 | XOAN | LOPEZ ESTRAVIZ | 0:36:04 | | FENE |
| 218 | LUIS | SOLANO DIAZ DEL RIO | 0:36:06 | | FERROL |
| 219 | JOSE MARÍA | CARNERO GARCÍA | 0:36:06 | | |
| 220 | PABLO | MARCOS PAZOS | 0:36:09 | NOSPORTLIMIT-TREK GALICIA | LA CORUÑA |
| 221 | ALEJANDRO | MÉNDEZ BOUZA | 0:36:10 | | FERROL |
| 222 | CARLOS ANDRES | VERDES ARES | 0:36:14 | | NARON |
| 223 | MIGUEL | GRUEIRO MENDEZ | 0:36:14 | | FERROL |
| 224 | FELIX | RICO DA COSTA | 0:36:14 | | FERROL |
| 225 | ANTONIO | CARBALLINI DENES | 0:36:15 | ATLETISMO RIAZOR CORUÑA | A CORUÑA |

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| 226 | JORGE | BLANCO FERNANDEZ | 0:36:15 | | A CORUÑA |
| 227 | ALFONSO | TAJUELO GIL | 0:36:20 | | FERROL |
| 228 | MARTIN | VILARIÑO | 0:36:22 | | FERROL |
| 229 | MARIA | SAIZ SAIZ | 0:36:22 | | NARON |
| 230 | XOSÉ ENRIQUE | PUJALES MARTÍNEZ | 0:36:23 | CLUB ALEJANDRO GOMEZ | A CORUÑA |
| 231 | FELIX | MARTINEZ YAÑEZ | 0:36:24 | | FERROL |
| 232 | OSCAR | MIRANDA GOLMAR | 0:36:25 | C.A BOIMORTO | ARZUA |
| 233 | FERNANDO | RODRIGUEZ VAZQUEZ | 0:36:27 | A FUME DE CAROZO | ARANGA |
| 234 | DAVID | IGLESIAS RIGUEIRA | 0:36:27 | | A CORUÑA |
| 235 | ANTONIO | CABANA OROSA | 0:36:29 | C.D.EGOVARROS-VIVEIRO | FERROL |
| 236 | ALEJANDRO | REY SEOANE | 0:36:30 | | FERROL |
| 237 | LUIS | GARCIA IGLESIAS | 0:36:31 | | A CORUÑA |
| 238 | JOSE MANUEL | CASAL PRIETO | 0:36:32 | | NARON |
| 239 | AMANCIO | PÉREZ CORRAL | 0:36:33 | | AS PONTES |
| 240 | HUGO | FERNANDEZ JUIZ | 0:36:34 | C.C. ARTEIXO-MB3 | A CORUÑA |
| 241 | JUAN | DIAZ SANJURJO | 0:36:36 | | FERRROL |
| 242 | PABLO | SANJURJO POVEDA | 0:36:36 | | NARON |
| 243 | TELMO RICARDO | PILLA VELOZ | 0:36:36 | | ALICANTE |
| 244 | ANDRÉS | CUPEIRO RICO | 0:36:36 | TRIATLON FERROL | FERROL |
| 245 | MONTSE | FERNÁNDEZ RAMOS | 0:36:37 | CLUB ATLETISMO SADA | SADA |
| 246 | FERNANDO | MÍGUEZ SÁNCHEZ | 0:36:37 | CLUB ATLETISMO SADA | SADA |
| 247 | RAMÓN | TENREIRO MONTERO | 0:36:37 | | CORUÑA |
| 248 | NEIL | MCPAHON | 0:36:37 | CLUB CASTRO DE LOBADIZ | FERROL |
| 249 | DIEGO | MONTOUTO REQUEIJO | 0:36:38 | | SILLEDADA |
| 250 | RAMÓN | CERNADAS VEIGA | 0:36:40 | | FERROL |
| 251 | ALEJANDRO | ALARCÓN GIRALDO | 0:36:41 | ATLETISMO OLYMPO | AS PONTES |
| 252 | BENIGNO | GARCIA BARREIRO | 0:36:42 | | FERROL |
| 253 | MARCOS | MORGADE MERINO | 0:36:43 | | FERROL |
| 254 | JUAN VIDAL | PEREZ ALVAREZ | 0:36:46 | | OURENSE |
| 255 | JUAN PEDRO | CASERO REBÉ | 0:36:49 | | FERROL |
| 256 | JESUS | SANCHEZ DE TOCA | 0:36:49 | | |
| 257 | JOSE A. | BREA PERALBA | 0:36:52 | | ----- |
| 258 | JOSÉ IGNACIO | VILLANUEVA GÓMEZ | 0:36:53 | | NARÓN |
| 259 | ANTONIO | SALINAS MONJE | 0:36:53 | | VIGO |
| 260 | FRANCISCO JAVIER | FERNÁNDEZ PÉREZ | 0:36:55 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 261 | QUICO | GALEGO VEIGA | 0:36:56 | | FERROL |
| 262 | GUSTAVO | ROIG SOLER | 0:36:57 | | |
| 263 | JOSE MIGUEL | VELA VIGO | 0:37:00 | | NARON |

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|-----|--------------------------------|---------------------------------------------|---------|------------------------------|-------------------|
| 264 | JOSE | LOPEZ ANEIROS | 0:37:01 | | FERROL |
| 265 | EMILIO JOSÉ | DIEZ RICO | 0:37:05 | | COMPOSTELA |
| 266 | PABLO | CARCELLER FERNANDEZ | 0:37:07 | | |
| 267 | BENJAMIN | GORGULLO RIVERA | 0:37:08 | | ARES |
| 268 | QUIQUE | PEÑA GONZÁLEZ | 0:37:10 | PATUKOS TIM RANIN | CAMBRE |
| 269 | DAVID | LÓPEZ VILARIÑO | 0:37:14 | ARCADE INFORHOUSE SANTIAGO | MILLADOIRO (AMES) |
| 270 | RAQUEL | ZAPATA RODRIGUEZ | 0:37:14 | | VIGO |
| 271 | ADÁN | ALMENDÁREZ ROQUE | 0:37:16 | | LA CORUÑA |
| 272 | RAÚL | MARTÍNEZ | 0:37:16 | | FERROL |
| 273 | ALBERTO | OTERO PERNAS | 0:37:18 | | NARON |
| 274 | SARA | GUERRERO MANSO | 0:37:27 | NAUTICO DE NARON-VISTAOPTICA | NARÓN |
| 275 | MIGUEL | PAZ LEIRAS | 0:37:27 | | BURELA |
| 276 | ENRIQUE | FELIPE GARCIA | 0:37:30 | | FERROL |
| 277 | DAVID | LOPEZ RODRIGUEZ | 0:37:31 | | FERROL |
| 278 | CESAR | SAAVEDRA LÓPEZ | 0:37:31 | | |
| 279 | DANIEL | MARTÍNEZ GALDÓS | 0:37:31 | C.C. RIAZOR | CULLEREDO |
| 280 | FRANCISCO | COBAS ROBLES | 0:37:31 | | FERROL |
| 281 | JOSE ENRIQUE | GOMEZ LOPEZ | 0:37:33 | | PONTEVEDRA |
| 282 | SANTIAGO | GONZÁLEZ LEAL | 0:37:34 | | FERROL |
| 283 | RAMON | RODILLA GOMEZ | 0:37:34 | | A CORUÑA |
| 284 | JAVIER | CRUZ RODRIGUEZ | 0:37:38 | | |
| 285 | ENRIQUE | AMBRÓS IGLESIA | 0:37:39 | | DFGH |
| 286 | SANTIAGO | BORES BERMEJO | 0:37:40 | SERVICIO | FERROL |
| 287 | EMILIO JOSÉ | PIÑÓN FREIRE | 0:37:40 | | DF |
| 288 | ALBERTO | IGUÑA LOPEZ | 0:37:41 | | |
| 289 | JOSÉ ANTONIO | SAAVEDRA PAZOS | 0:37:41 | RUNAWAYS | A CORUÑA |
| 290 | PEDRO JAVIER | PIÑEIRO VARELA | 0:37:42 | GALLAECIA RAID | PONTEDEUME |
| 291 | CAMILO | CANOSA CASTRO | 0:37:43 | | FERROL |
| 292 | JUAN | LAMAS BELLO | 0:37:44 | CLUB ATLÉTICA A SILVA | A LARACHA |
| 293 | JOSÉ LUIS | FERNÁNDEZ BERINI | 0:37:46 | | FERROL |
| 294 | JUAN M | CORTEJOSA LARA | 0:37:47 | | |
| 295 | LUIS | GONZÁLEZ PEREIRA | 0:37:50 | | FERROL |
| 296 | IVAN | FORTUNA GALANTE | 0:37:50 | | |
| 297 | ALBERTO | CALVO FERNANDEZ | 0:37:51 | CLUB CASTRO DE LOBADIZ | FERROL |
| 298 | JAVIER | MANRIQUE DE LARA SANZ | 0:37:52 | | ROTA |
| 299 | FRANCISCO JOSE | BARREIRO GABEIRAS | 0:37:53 | | FERROL |
| 300 | ROBERTO | FRAGA | 0:37:56 | | FERROL |
| 301 | JOSÉ | RODRÍGUEZ-VILLASANTE DAVIÑA | 0:37:57 | | FERROL |

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|-----|--------------------------------|-------------------------------------|---------|------------------------|-----------------------|
| 302 | MANUEL A. | RODRÍGUEZ PRADA | 0:38:00 | | NARÓN |
| 303 | NURIA | SENRA VIDAL | 0:38:00 | | |
| 304 | JUAN JOSE | GALDO CAO | 0:38:01 | | |
| 305 | JAVIER | GALLEGO RUIZ | 0:38:03 | | |
| 306 | PABLO | TEJADA NUÑEZ | 0:38:05 | | FERROL |
| 307 | RAQUEL | GUIZÁN CASTRO | 0:38:08 | | LUGO |
| 308 | MªBEATRIZ | GONZÁLEZ SENÍN | 0:38:08 | CLUB ATLETISMO SADA | SADA |
| 309 | RAQUEL | ARRESTO PINEDO | 0:38:10 | CLUB ATLETISMO SADA | OLEIROS |
| 310 | ARTURO | MANEIROS VICH | 0:38:10 | | FERROL |
| 311 | AZUR | GONZÁLEZ ALONSO | 0:38:16 | | A CORUÑA |
| 312 | ANGEL | JUVIÑO PREGO | 0:38:20 | | ARTEIXO |
| 313 | FRANCISCO | ESTEVEZ CID | 0:38:21 | | OLEIROS |
| 314 | BEGO | PACIO LOPEZ | 0:38:25 | | NARON |
| 315 | VIRGINIA | POLO CAMPELLO | 0:38:25 | ATLETISMO OLYMPO | AS PONTES |
| 316 | IGNACIO | ARROYO CUNHA | 0:38:29 | | FERROL |
| 317 | MAXIMINO | LAGARES CARRO | 0:38:29 | ESPRINTES OURENSE | SIGÜEIRO |
| 318 | MARIA LUISA | ARRESTO MIGUEL | 0:38:31 | | OLEIROS |
| 319 | JORGE JUAN | REGO GÁRATE | 0:38:31 | | NARÓN |
| 320 | JORGE | REGO CASAS | 0:38:31 | | A CORUÑA |
| 321 | MARIA | SICRE ROMERO | 0:38:33 | | FERROL |
| 322 | MIGUEL | DEZA RODRÍGUEZ | 0:38:34 | PATUKOS TIM RANIN | A CORUÑA |
| 323 | RUBÉN | VIÑAS MAYO | 0:38:38 | | |
| 324 | PEDRO | DEUS GÓMEZ | 0:38:38 | | FERROL |
| 325 | ROBERTO | RODRIGUEZ RODRIGUEZ | 0:38:40 | | FERROL |
| 326 | JUAN | HERRERO EVIA | 0:38:40 | | FERROL |
| 327 | JOSÉ MANUEL | LÓPEZ FERNÁNDEZ | 0:38:45 | | NARÓN |
| 328 | MANUEL | LORENZO DIAZ | 0:38:47 | | FERROL |
| 329 | JUAN JOSE | DEVESA LEIRA | 0:38:50 | CLUB CASTRO DE LOBADIZ | FERROL |
| 330 | JAVIER | ASTILLERO SANTIAGO | 0:38:51 | | |
| 331 | JULIO | VAZQUEZ CABIDO | 0:38:55 | | FERROL |
| 332 | OMAR | PÉREZ RODRÍGUEZ | 0:38:58 | | FERROL |
| 333 | DAVID | BOUZA FACHAL | 0:39:04 | | FERROL |
| 334 | MANUEL | ROMERO GARCIA | 0:39:08 | | VALDOVIÑO |
| 335 | MARIO | LÓPEZ PAZ | 0:39:10 | | ARES |
| 336 | DANIEL | ROMEU VILAR | 0:39:10 | C. AT. INFARTO NO Q | BERTAMIRÁNS AMES |
| 337 | RICARDO | CALVO LÓPEZ | 0:39:14 | | Fonteculler-Culleredo |
| 338 | ROGELIO MANUEL | PEREZ MIÑONES | 0:39:14 | | A CORUÑA |
| 339 | FRANCISCO | RODRÍGUEZ PEREIRA | 0:39:15 | | FERROL |

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|-----|----------------------------------|-----------------------------------------------------|---------|---------------------------------|----------------------|
| 340 | ADRIAN | FERNANDEZ CASAL | 0:39:20 | | FERROL |
| 341 | BORJA | BUENO CAL | 0:39:20 | | FERROL |
| 342 | PABLO | ARGÜESO ALEJANDRO | 0:39:21 | | FERROL |
| 343 | ANDRÉS | GONZÁLEZ GARCÍA | 0:39:24 | | FERROL |
| 344 | JOSE MANUEL | MOLLE TORNÉ | 0:39:26 | ESCUELA SAN ANTONIO ESCAÑO | FERROL |
| 345 | ANDRÉS | NARANJO PÉREZ | 0:39:27 | | |
| 346 | JOSE DAMIÁN | BORREGO PIÑEIRO | 0:39:27 | | |
| 347 | MANUEL | APARICIO NARVÁEZ | 0:39:27 | | |
| 348 | JUAN DANIEL | ROMERO PÉREZ | 0:39:27 | | FERROL |
| 349 | JOSE ANTONIO | PENA ROS | 0:39:27 | | FERROL |
| 350 | FERNANDO | GARCIA TRINCADO | 0:39:31 | | VALDEORRAS |
| 351 | FRANCISCO JAVIER | SOMAZA SAUDA | 0:39:32 | ESENGRA | ASDF |
| 352 | JULIAN | ANEIROS REY | 0:39:35 | | FERROL |
| 353 | ANTONIO JOAQUÍN | RODRÍGUEZ GONZÁLEZ | 0:39:37 | | FERROL |
| 354 | ESTEBAN | LÓPEZ PEGO | 0:39:41 | | FERROL |
| 355 | DAVID | SEDES DOCE | 0:39:43 | | VALDOVIÑO |
| 356 | LEOPOLDO | SEQUEIRO BECEIRO | 0:39:46 | | |
| 357 | IGNACIO | VALEA GONZÁLEZ | 0:39:52 | | |
| 358 | LINA | GARCÍA PORTAS | 0:39:53 | CLUB ATLETISMO SADA | SADA |
| 359 | BENI | VILLAR | 0:39:53 | | XOVE |
| 360 | EDUARDO JOSE | CASADO LEANDRO | 0:39:58 | | NARON |
| 361 | ALEJANDRO | OCAMPOS VEIGA | 0:40:01 | | ARTEIXO - VILLARODIS |
| 362 | RAFAEL | BLANCO GALÁN | 0:40:05 | | EL FERROL |
| 363 | MIGUEL | GONZÁLEZ-LLANOS RODRÍGUEZ DE RIVERA | 0:40:06 | RIA DE FERROL CONCEPCION ARENAL | CABANAS |
| 364 | MANUEL | ARROYO ALVES | 0:40:09 | RENBUKAN | FERROL |
| 365 | MANUEL | VAZQUEZ SEOANE | 0:40:10 | RENBUKAN | FERROL |
| 366 | MANUEL | ROBLES CABANILLAS | 0:40:10 | MARATHON CARTAGENA | MONDOÑEDO |
| 367 | JORGE | GARCIA GONZALEZ | 0:40:12 | | FERROL |
| 368 | RUBEN | RODRIGUEZ PICALLO | 0:40:14 | | PONTEVEDRA |
| 369 | CARLOS RAMON | VAZQUEZ ESTEVEZ | 0:40:15 | RENBUKAN | NARON |
| 370 | CRISTINA | CASAL LAMAS | 0:40:16 | | FERROL |
| 371 | DAVID | LOPEZ GALAN | 0:40:17 | RENBUKAN | FERROL |
| 372 | CARLOS | FERNÁNDEZ REIGOSA | 0:40:21 | | FERROL |
| 373 | IVAN | GOMEZ RIVERA | 0:40:25 | | AS PONTES |
| 374 | MARCOS | SEOANE FERNÁNDEZ | 0:40:27 | SELECT... | FERROL |
| 375 | CARLOS | ARMENTEROS LEÓN | 0:40:30 | NO SPORT LIMIT | A CORUÑA |
| 376 | MONICA | VEIGA GOMEZ | 0:40:30 | | A CORUÑA |
| 377 | JOSE ANGEL | TOVAR QUINTERO | 0:40:31 | ESENGRA | NARON |

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| 378 | AITOR ROSALES NUÑEZ | ROSALES NUÑEZ | 0:40:34 | | SD |
| 379 | ISMAEL | REGO BESTILLEIRO | 0:40:34 | | FERROL |
| 380 | IVAN | GUAYERBAS FERNANDEZ | 0:40:36 | ESENGRA | TALAVERA DE LA REINA |
| 381 | CARLOS | VIGUERA SAS | 0:40:38 | CLUB CICLISTA FERROL | FERROL |
| 382 | DANIEL | GÓMEZ FERNÁNDEZ | 0:40:40 | | FERROL |
| 383 | ÁNGEL | ORTIZ DE LEJARAZU SÁNCHEZ | 0:40:40 | | FERROL |
| 384 | MIGUEL | CABANILLAS GONZALEZ | 0:40:43 | | FERROL |
| 385 | PAOLA | BEMPOSTA TIOLINA | 0:40:48 | | |
| 386 | DAVID | LOAIZA CABELLO | 0:41:00 | | |
| 387 | JOSE MARIA | VALDÉS DE ELIZALDE | 0:41:00 | | FERROL |
| 388 | JOSE MANUEL | GÓMEZ COLLANTES | 0:41:08 | | |
| 389 | ROBERTO | SEOANE GARCIA | 0:41:09 | | NARON |
| 390 | FRANCISCO | LAFONT GANCEDO | 0:41:25 | | LA CORUÑA |
| 391 | TATIANA | LÓPEZ NAVEIRAS | 0:41:27 | | PERLIO-FENE |
| 392 | MARIA | AZOGUE GARCIA | 0:41:28 | ESENGRA | |
| 393 | BRUNO | VAZQUEZ PAZ | 0:41:31 | | FERROL |
| 394 | VICTOR | RIVERA JOVE | 0:41:32 | | FERROL |
| 395 | CRISTINA | GUIZAN CASTRO | 0:41:34 | GIMNASIO GALAICO | LUGO |
| 396 | CARLOS AFONSO | RUBIO PITA | 0:41:37 | | FERROL |
| 397 | JESÚS | BERNAL GÓMEZ | 0:41:39 | | FERROL |
| 398 | NESS | PEREIRA | 0:41:40 | | A CORUÑA |
| 399 | JUAN PABLO | PIDAL LÓPEZ | 0:41:48 | | FERROL |
| 400 | CONSUELO | AMADO RODRIGUEZ | 0:41:50 | NOE TRAINERS STUDIO | FERROL |
| 401 | ANDRÉS | DÍAZ FERNÁNDEZ | 0:41:55 | | FERROL |
| 402 | DAVID | COUCE RÚA | 0:41:56 | | FERROL |
| 403 | MARCO ANTONIO | CANDAL QUIROGA | 0:42:00 | CLUB ATLETISMO MONUMENTAL DE LUGO | LUGO |
| 404 | CARLOS | SUAREZ BECERRA | 0:42:12 | | SADA |
| 405 | JOAQUÍN VICENTE | PINTO BLANCO | 0:42:15 | | BERGONDO |
| 406 | JOSE TOMÁS | BUJÁN DOSIL | 0:42:17 | | BERGONDO |
| 407 | GUSTAVO | ROMERO ALLEGUE | 0:42:18 | | |
| 408 | ANA | FERNANDEZ BERINI | 0:42:20 | | FERROL |
| 409 | CARLOS | RIVERA SUEIRAS | 0:42:31 | | FERROL |
| 410 | ANDREA | PRADO ESPIÑEIRA | 0:42:36 | | A CORUÑA |
| 411 | ALEJANDRO | MARTINEZ PÉREZ | 0:42:37 | | VIGO |
| 412 | ANTONIO | ANEIROS REY | 0:42:38 | | FERROL |
| 413 | ADRIÁN | GÓMEZ BUJÍA | 0:42:48 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 414 | JUAN MANUEL | DOPORTO VEIGA | 0:42:49 | DIATLETICS | BETANZOS |
| 415 | VICTOR | BAUTISTA HERNANDEZ | 0:42:50 | | A CORUÑA |

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| 416 | ADRIÁN | VIDAL FERNANDEZ | 0:42:52 | | NARÓN |
| 417 | ELISABET | HERRAEZ CRUZ | 0:42:54 | ESENGRA | FERROL |
| 418 | LUIS | FRAGA PENABAD | 0:42:57 | | DFG |
| 419 | FRANCISCO JAVIER | CAVERO FUERTES | 0:42:59 | | FENE |
| 420 | MONICA | CASAS | 0:43:01 | | SADA |
| 421 | RAUL | PAYÁ MORALES | 0:43:12 | ESCUELA SAN ANTONIO ESCAÑO | FERROL |
| 422 | ANTONIO | GUTIÉRREZ ALBERT | 0:43:13 | | FERROL |
| 423 | ANGEL | LOZANO GALVEZ | 0:43:14 | | |
| 424 | Mª CONCEPCIÓN | CANTO DOPICO | 0:43:14 | CLUB CASTRO DE LOBADIZ | FERROL |
| 425 | RAQUEL | ARES BAO | 0:43:17 | | FENE |
| 426 | JOSE MANUEL | DEL TORO MINGUEZ | 0:43:17 | | FERROL |
| 427 | RICARDO | VAZQUEZ ALLEGUE | 0:43:22 | | FERROL |
| 428 | DAVID | GRUEIRO MENDEZ | 0:43:28 | | FERROL |
| 429 | RAFAEL | FERNANDE BUYO | 0:43:33 | | FERROL |
| 430 | VANESA | GARCÍA REY | 0:43:34 | | |
| 431 | MANUEL | GONZALEZ DE CANALES | 0:43:34 | | |
| 432 | FERNANDO | GONZALEZ DE CANALES | 0:43:36 | | |
| 433 | MANUEL | GONZALEZ DE CANALES | 0:43:37 | | |
| 434 | CARLOTA | MENDIGUCHIA DOPICO | 0:43:38 | | FERROL |
| 435 | Mª ANA | CERDIDO FACHAL | 0:43:41 | | |
| 436 | JUAN CARLOS | RODRIGUEZ PENA | 0:43:43 | | KJH |
| 437 | LEONARDO | GABRIEL DEFACIO | 0:43:45 | | SADA |
| 438 | GEMA | VIDAL SERRANO | 0:43:46 | | OLEIROS |
| 439 | FRANCISCO | SOBRINO MOSQUERA | 0:43:49 | | OLEIROS |
| 440 | JAMES | SALAÑO REGALDIE | 0:43:59 | | NARON |
| 441 | ISABEL | CAMPO FERNANDEZ | 0:44:00 | | FERROL |
| 442 | BRUNO | SANTIAGO ANEIROS | 0:44:05 | | NARÓN |
| 443 | EVA MARIA | PEREZ | 0:44:06 | | FERROL |
| 444 | BERNARDO | RODRIGUEZ VAZQUEZ | 0:44:08 | | A CORUÑA |
| 445 | BEATRIZ | CARBALLO DOPAZO | 0:44:08 | | |
| 446 | DAVID | VIDAL LORENZO | 0:44:09 | | FERROL |
| 447 | EMMA | MARTINEZ CABARCOS | 0:44:11 | | RODRIGUEZ |
| 448 | TANIA | BELLAS FORMOSO | 0:44:11 | ATLETISMO OLYMPO | AS PONTES |
| 449 | PAULA | RUIBAL PANTÍN | 0:44:13 | | FERROL |
| 450 | CRISTINA | FERNÁNDEZ ALVAREZ | 0:44:13 | | VIGO |
| 451 | SEGUNDO | EIRAS SÁNCHEZ | 0:44:14 | | LA CORUÑA |
| 452 | MATILDE | LLAMAS | 0:44:35 | | A CORUÑA |
| 453 | ABELARDO JOSE | OTERO PALMEIRO | 0:44:37 | | LUGAR ESPIRITU SANTO |

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| 454 | GABRIEL | RODRIGUEZ SEGURA | 0:44:42 | | |
| 455 | PATRICIA | RODRÍGUEZ SANTANA | 0:44:42 | ESENGRA | LAS PALMAS |
| 456 | ANGEL MANUEL | GARCIA PAZOS | 0:44:52 | | FERROL |
| 457 | IVÁN | LÓPEZ FERNÁNDEZ | 0:44:53 | | FERROL |
| 458 | BENIGNA | VILLASUSO CORES | 0:45:10 | | NARON |
| 459 | JAVIER | QUINTEIRO BLANCO | 0:45:11 | | NARÓN |
| 460 | CHRISTINE | CAMBEIRO LOPEZ | 0:45:21 | | SADA |
| 461 | MARIA PILAR | RODRIGUEZ GONZALEZ | 0:45:27 | | FERROL |
| 462 | JAVIER | SAL PÉREZ | 0:45:31 | | A CORUÑA |
| 463 | VIRGINIA | VILA MARTÍNEZ | 0:45:39 | | FERROL |
| 464 | ESTEFANÍA | GALLARDO LEBREIRO | 0:45:43 | ESENGRA | |
| 465 | LUIS | PORTO MARTÍNEZ | 0:46:07 | | FERROL |
| 466 | BORJA | FERNÁNDEZ BERMÚDEZ | 0:46:12 | | NARÓN |
| 467 | VÍCTOR MANUEL | LÓPEZ DÍAZ | 0:46:32 | | FERROL |
| 468 | ROMINA VANESA | FARETTA TORRILLA | 0:46:39 | ESENGRA | FENE |
| 469 | JUAN LUIS | PAVÓN PALACIO | 0:46:39 | ESENGRA | |
| 470 | ELENA | PEREIRA BERNARDEZ | 0:47:03 | | OLEIROS |
| 471 | SUSANA | PEDROZA | 0:47:05 | | A CORUÑA |
| 472 | EDUARDO | PINEDO IGLESIAS | 0:47:07 | | OLEIROS |
| 473 | ALFONSO | VILLAR LOPEZ | 0:47:18 | | |
| 474 | LAURA | PEREZ RODIL | 0:47:20 | | A CORUÑA |
| 475 | VICTOR JOSE | AFONSO GUARATE | 0:47:25 | | FERROL-A CORUÑA |
| 476 | BEATRIZ | BOLAÑO BELLAS | 0:47:34 | | NARÓN |
| 477 | ANA ISABEL | GONZALEZ FERNANDEZ | 0:47:36 | | FERROL |
| 478 | ALMUDENA | FERNANDEZ RAMOS | 0:47:47 | | SADA |
| 479 | CONCEPCIÓN | CARRO YAÑEZ | 0:48:29 | C. A. AS MARIÑAS BETANZOS | BETANZOS |
| 480 | JOSE MANUEL | LÓPEZ LODEIRO | 0:48:31 | C.A. AS MARIÑAS BETANZOS | BETANZOS |
| 481 | CÁNDIDO | FERREIRO LEGIDE | 0:48:36 | DIR BARCELONA | BARCELONA |
| 482 | ANA | ALVAREZ PAZ | 0:48:57 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 483 | SILVIA LEONOR | POSE VARELA | 0:49:27 | ATLETISMO OLYMPO | AS PONTES |
| 484 | BELEN | MOURIÑO CARBALLIDO | 0:49:36 | | FERROL |
| 485 | JOSE Mª | CRIADO LABAJO | 0:49:36 | | |
| 486 | TERESA | LÓPEZ DE LA VEGA | 0:50:59 | | FERROL |
| 487 | Mª MERCEDES | RODRÍGUEZ SILVAR | 0:52:15 | KOMANDO KARAKOLAS | MUGARDOS |
| 488 | JOSÉ | CARTELLE ROZAS | 0:52:15 | CLUB DEL MAR MUGARDOS | MUGARDOS |
| 489 | MARÍA | ULLOA GRANDAL | 0:52:43 | | FERROL |
| 490 | PABLO | ALVAREZ JUSTO | 0:52:43 | CLUB CICLISTA FERROL | FERROL |
| 491 | EDUARDO | MARTINEZ AMOR | 0:53:55 | | SADA |

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| 492 | MARÍA JESÚS | CASTRO ABELLA | 0:53:56 | | AS PONTES |
| 493 | NOELIA | MATEUS FRAGA | 0:54:38 | | NARÓN |
| 494 | AMPARO | LAGE PITA | 0:54:39 | | NARON |
| 495 | JAVIER | BOUZA SERANTES | 0:54:39 | | NARON |
| 496 | ANDREA | COSTOYA | 0:55:10 | C.A BOIMORTO | ARZUA |

CLASIFICACION MASCULINA

| | | | | | |
|----|---------------------------------|-------------------------------------|---------|----------------------------------|------------------------|
| 1 | SERGIO | PIÑÓN PAZ | 0:26:34 | CLUB ATLETISMO AFFLELOU NARÓN | A CORUÑA |
| 2 | ERO | DOCE GONZÁLEZ | 0:26:42 | RIA DE FERROL CONCEPCION ARENAL | |
| 3 | ALEJANDRO | LLAMAZARES SIXTO | 0:27:04 | | NARÓN |
| 4 | JORGE | PENABAD CALVO | 0:27:09 | ATLETISMO OLYMPO | AS PONTES |
| 5 | RICARDO | ALVAREZ AMOR | 0:27:27 | VERXEL NUTRICIÓN DEPORTIVA | VALDOVIÑO |
| 6 | VICTOR IGNACIO | SANDE CHARLON | 0:27:41 | C.D.EGOVARROS-VIVEIRO | NARON |
| 7 | JOSE MARIA | RODRIGUEZ PENA | 0:27:44 | TRINITY | NEDA |
| 8 | ÁNGEL | VEIGUELA PEDRE | 0:27:59 | | MUGARDOS |
| 9 | SERGIO | GONZÁLEZ SALUTREGUI | 0:28:07 | RIA DE FERROL CONCEPCION ARENAL | FERROL |
| 10 | NICOLAS | FERNANDEZ MAURIZ | 0:28:09 | | NARON |
| 11 | MAURICIO | MARTIN NUNES | 0:28:11 | WILD WOLF CIDADE DE LUGO FLUVIAL | NARON |
| 12 | AMADOR | PENA TORREIRA | 0:28:19 | NOITEBRA FC | SANTIAGO DE COMPOSTELA |
| 13 | JOSE MANUEL | RODRIGUEZ MOURE | 0:28:20 | CORUÑA COMARCA | CULLEREDO |
| 14 | JOSE ANTONIO | ABUIN TREUS | 0:28:24 | CLUB ATLETISMO SADA | CAMBRE |
| 15 | JOSE MANUEL | TEIJEIRO IGLESIAS | 0:28:27 | RIA DE FERROL CONCEPCION ARENAL | NARON |
| 16 | MANUEL | LEIRACHA VALENTIN | 0:28:32 | CLUB CASTRO DE LOBADIZ | FERROL |
| 17 | DAVID | CANO CONESA | 0:28:42 | RIA DE FERROL CONCEPCION ARENAL | NARON |
| 18 | FERNANDO MANUEL | LÓPEZ DE LAS HERAS | 0:28:56 | | CULLEREDO |
| 19 | JOSE LUIS | BOUZA FREIRE | 0:28:59 | ATLETISMO AFFLELOU NARON | FERROL |
| 20 | MIGUEL | VILABOY FILGUEIRAS | 0:29:13 | ATLETISMO OLYMPO | AS PONTES |
| 21 | JOSE | GONZALEZ BAÑOBRE | 0:29:18 | RIA DE FERROL CONCEPCION ARENAL | NEDA |
| 22 | FERNANDO | HOYOS SILVA | 0:29:22 | | FERROL |
| 23 | ROBERTO | GARCÍA PAZOS | 0:29:24 | CLUB ATLETISMO SADA | SADA |
| 24 | JOSÉ ÁNGEL | PITA TORRES | 0:29:27 | | CEDEIRA |
| 25 | JORGE | BARCIA RODRIGUEZ | 0:29:29 | | FERROL |
| 26 | ROBERTO | GONZALEZ BARGAS | 0:29:34 | RIA DE FERROL CONCEPCION ARENAL | NARON |
| 27 | JAVIER | PALOMO CAMPOS | 0:29:36 | CLUB ATLETISMO SADA | PERILLO |
| 28 | JOSÉ ANTONIO | MARTÍNEZ GARCÍA | 0:29:47 | CLUB ATLETISMO SADA | OLEIROS |
| 29 | JUAN | BLANCO MAROÑO | 0:29:53 | | FENE |
| 30 | JOSÉ MARÍA | FERNÁNDEZ BLANCO | 0:29:56 | ATLETISMO RIAZOR CORUÑA | A CORUÑA |
| 31 | MIGUEL | REY LOPEZ | 0:30:01 | | NARON |

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| 32 | JAVIER | GONZÁLEZ PEREIRA | 0:30:02 | | FERROL |
| 33 | ANGEL | DEL RIO CORREA | 0:30:06 | | PONTEDEUME |
| 34 | NACHETE | RODRIGO ALVAREZ | 0:30:11 | O'PARRULO | FERROL |
| 35 | NELSON | GAVILANEZ HILVAY | 0:30:13 | | |
| 36 | JULIAN | PEREZ DURAN | 0:30:13 | CORREDORES POPULARES ARMADA | FERROL |
| 37 | ALEJANDRO | GARCÍA DACOSTA | 0:30:15 | | FERROL |
| 38 | GABRIEL | GACIAS FONT | 0:30:17 | A.D. FOGAR | SANTA CRUZ / OLEIROS |
| 39 | CARLOS | GONZÁLEZ VÁZQUEZ | 0:30:19 | | FERROL |
| 40 | FERNANDO | MIGUEZ CARRO | 0:30:30 | A.D. FOGAR | LA CORUÑA |
| 41 | JULIAN JOSE | GESTO CAABEIRO | 0:30:34 | | OLEIROS |
| 42 | BENIGNO | MONTEAGUDO SÁNCHEZ | 0:30:34 | CLUB CASTRO DE LOBADIZ | FERROL |
| 43 | DIEGO | VARELA BARREIRO | 0:30:40 | | CULLERDO |
| 44 | MANUEL PASCUAL | RAMÍREZ PIÑEIRO | 0:30:45 | | SOMOZAS |
| 45 | JORGE | ARTEAGA LUACES | 0:30:45 | TRIATLON FERROL | FERROL |
| 46 | DIEGO | ALVAREZ SOTO | 0:30:46 | LIDL | NARÓN |
| 47 | CARLOS FRANCISCO | SALVADOR RODRIGUEZ | 0:30:47 | | CULLEREDO |
| 48 | DANIEL | LOPEZ CANTO | 0:30:48 | CATEDRATICOS DO ASFALTO | LUGO |
| 49 | JAVIER | ÁLVAREZ VARELA | 0:30:50 | | O TEMPLE. CAMBRE |
| 50 | MARCELINO | DOPICO RODRIGUEZ | 0:30:52 | | NARON |
| 51 | JOSE MANUEL | GARCIA PAZ | 0:30:56 | C. A. AS MARIÑAS BETANZOS | BETANZOS |
| 52 | ALBERTO | GÓMEZ GARCÍA | 0:30:58 | | FERROL |
| 53 | CARLOS | SALUTREGUI DARRIBA | 0:31:01 | | FERROL |
| 54 | ISAAC | MORALES GARCIA | 0:31:01 | ESCAÑO | ROTA |
| 55 | JAVIER | ARIAS DE LA VEGA | 0:31:02 | | MONFORTE DE LEMOS |
| 56 | JESÚS | GARRIDO GUIMAREY | 0:31:07 | | FERROL |
| 57 | BORJA MANUEL | LAMAS LAGE | 0:31:09 | | NARON |
| 58 | FERNANDO | PÉREZ HERNÁNDEZ | 0:31:09 | | A CORUÑA |
| 59 | SANTIAGO | RODRÍGUEZ DÍAZ | 0:31:15 | | NEDA |
| 60 | ANGEL | GARCIA GARCIA | 0:31:16 | VERXEL NUTRICIÓN DEPORTIVA | ARANGA |
| 61 | IVAN | VARELA BARREIRO | 0:31:16 | | CULLEREDO |
| 62 | CARLOS | BOUZA CANOSA | 0:31:17 | | NARÓN |
| 63 | LUIS | PEREZ VARELA | 0:31:17 | | PONTEDEUME |
| 64 | JORGE | FELPETO RODRIGUEZ | 0:31:27 | CLUB CASTRO DE LOBADIZ | NARON |
| 65 | LUIS | VILASUSO PITA | 0:31:28 | ATLETISMO OLYMPO | XERMADE |
| 66 | CARLOS | CASTRILLON CRESPO | 0:31:29 | | A CORUÑA |
| 67 | DAVID | LÓPEZ FERNÁNDEZ | 0:31:30 | | NARÓN |
| 68 | FRANCISCO JAVIER | JIMENEZ CIUDAD | 0:31:32 | | FERROL |
| 69 | JUAN CARLOS | SALGADO VEGA | 0:31:37 | | NARÓN |

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| 70 | ROBERTO | PARDAVILA PONCE | 0:31:43 | | FERROL |
| 71 | JOSE ANTONIO | TEMBRAS AMENEIRO | 0:31:45 | CLUB CASTRO DE LOBADIZ | AS PONTES |
| 72 | FRANCISCO | DELGADO AMOR | 0:31:48 | | FERROL |
| 73 | JULIO JOSE | GIL VOCES | 0:31:55 | | FERROL |
| 74 | ADRIAN | DOBARRO LANDEIRA | 0:31:56 | AD REMEDIOS | SANTIAGO DE COMPOSTELA |
| 75 | ALBERTO | CHAMORRO DIAZ | 0:31:57 | | FERROL |
| 76 | IÑIGO | FRANCO MOREU | 0:32:01 | | FERROL |
| 77 | FERNANDO | PERMUJ BUSTABAD | 0:32:02 | | FERROL |
| 78 | DANIEL | PIÑEIRO | 0:32:04 | | FERROL |
| 79 | MANUEL | MOSQUERA ESTEVEZ | 0:32:06 | PINAR DE DONIÑOS | FERROL |
| 80 | ÁNGEL | VELO RODRÍGUEZ | 0:32:07 | | FERROL |
| 81 | MANUEL | PÉREZ CABO | 0:32:10 | | PONTEVEDRA |
| 82 | LORENZO | GRAÑA MURADO | 0:32:17 | ATLETISMO OLYMPO | AS PONTES |
| 83 | FRANCISCO JAVIER | GONZÁLEZ LEDO | 0:32:17 | | CULLEREDO |
| 84 | EDU | PINEDO ARMESTO | 0:32:18 | | OLEIROS |
| 85 | JOSÉ R. | SÁEZ SUÁREZ | 0:32:22 | CLUB CASTRO DE LOBADIZ | NARÓN |
| 86 | DIEGO | GARCIA DIAZ | 0:32:23 | | NARON |
| 87 | JOSE CARLOS | BELDA MENARQUEZ | 0:32:23 | | |
| 88 | ÁLVARO | COSTA RIVAS | 0:32:27 | | LUGO |
| 89 | JAVIER | GUIZAN CASTRO | 0:32:27 | | VILALBA |
| 90 | JOSE | PEREZ LEIRA | 0:32:31 | | FERROL |
| 91 | VICTOR | PARDO CASTRO | 0:32:35 | | FERROL |
| 92 | JOSÉ A. | CHAO | 0:32:36 | | NARÓN |
| 93 | ROBERTO | PICON ESPINO | 0:32:37 | | BERTAMIRANS |
| 94 | ANTONIO | ANDRADE MUGICA | 0:32:37 | ESENGRA | SAN FERNANDO |
| 95 | PABLO | MONTENEGRO REY | 0:32:37 | | FERROL |
| 96 | DIEGO | FRAGA SISO | 0:32:38 | | A CORUÑA |
| 97 | CARLOS | JURADO SÁNCHEZ | 0:32:41 | ESCAÑO (CAES 75) | NARON |
| 98 | DANIEL | LÓPEZ REY | 0:32:47 | C. AT. INFARTO NO Q | CORUXOU |
| 99 | XURXO | GONZÁLEZ TENREIRO | 0:32:48 | | FERROL |
| 100 | MIGUEL ANGEL | VILABOY ROMERO | 0:32:52 | ATLETISMO OLYMPO | AS PONTES |
| 101 | NOÉ | TEIJEIRO FERNÁNDEZ | 0:32:53 | | FERROL |
| 102 | ROBERTO | VENTUREIRA DOPICO | 0:32:58 | | FERROL |
| 103 | JOSE MANUEL | DOPICO SOTO | 0:32:59 | | NEDA |
| 104 | JOSE LUIS | RENDAL AMENEIROS | 0:33:02 | | NARON |
| 105 | JUAN JOSÉ | GÓMEZ CORTÉS | 0:33:03 | | A CORUÑA |
| 106 | RUBÉN | FREIRE CASAS | 0:33:07 | | NARÓN |
| 107 | RAFAEL | SANDOVAL MORA | 0:33:08 | ESENGRA | FERROL |

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| 108 | CÉSAR | RAMIL FERREIRO | 0:33:16 | ATLETISMO OLYMPO | AS PONTES |
| 109 | MANUEL | SANCHEZ IZQUIERDO | 0:33:16 | ESCAÑO | |
| 110 | JOSE MANUEL | PETEIRO LOZANO | 0:33:16 | P.C. OLIMPO | OLEIROS |
| 111 | ÁNGEL | BASTIDA DOPICO | 0:33:18 | | FENE |
| 112 | MANUEL LUIS | FERNANDEZ PENA | 0:33:19 | | NARÓN |
| 113 | JOSE MARÍA | VARELA TELECHEA | 0:33:19 | | |
| 114 | MANUEL | CUOCEIRO MARTINEZ | 0:33:20 | | |
| 115 | HECTOR | MERA PIÑON | 0:33:20 | | FERROL |
| 116 | JULIO | VÁZQUEZ PEDREIRA | 0:33:24 | C.A. AS MARIÑAS | BETANZOS |
| 117 | ISMAEL | PICALLO RAMONDE | 0:33:26 | | FERROL |
| 118 | RUBEN | HERRERO EVIA | 0:33:29 | | FERROL |
| 119 | MANUEL | ESCALANTE SIXTO | 0:33:30 | AD NAUTICO DE NARON | VIGO |
| 120 | ALEJANDRO | GESTO LAGO | 0:33:31 | GESTO TEAM | OLEIROS |
| 121 | ROMÁN | RUIZ ALARCÓN | 0:33:32 | | A CORUÑA |
| 122 | DANIEL | NAVEIRAS OREONA | 0:33:32 | TRIATLON FERROL | NARON |
| 123 | ALBERTO | DIAZ BERGANTIÑOS | 0:33:34 | SERVICIO FERROL | FERROL |
| 124 | JOSE ANTONIO | PIÑEIRO SEJIDO | 0:33:35 | | NARON |
| 125 | JOSE MANUEL | PIÑERO ALVAREZ | 0:33:36 | | FERROL |
| 126 | JOSE M. | FERNANDEZ PEREZ | 0:33:38 | | |
| 127 | ADAN | GARCIA FABREGAS | 0:33:38 | | LKJ |
| 128 | ALFONSO | PEREZ SANFIZ | 0:33:39 | | OUTEIRO DE REI |
| 129 | CARLOS JAVIER | SANTANA LOBO | 0:33:40 | ESENGRA | CANARIA |
| 130 | IGNACIO | GARCIA RODRIGUEZ | 0:33:41 | | FENE |
| 131 | JULIO | SUAREZ DA SILVA | 0:33:41 | | |
| 132 | SAUL | FARIÑA MARTINEZ | 0:33:43 | INFANTERIA DE MARINA | A CORUÑA |
| 133 | JUAN ANTONIO | RIVAS ROMERO | 0:33:44 | | A CORUÑA |
| 134 | JOSÉ LUIS | ROJAS ROJAS | 0:33:45 | | NARÓN |
| 135 | ALEJANDRO | NÚÑEZ ALONSO | 0:33:47 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 136 | MARCOS MANUEL | GARCÍA MARTÍNEZ | 0:33:47 | | FERROL |
| 137 | JOSE MANUEL | SEOANE CHAS | 0:33:49 | | CECEBRE/CAMBRE |
| 138 | DAVID | ALVAREZ CARBALLEIRA | 0:33:54 | | |
| 139 | DOMINGO | ALVAREZ IGLESIAS | 0:33:56 | | LA CORUÑA |
| 140 | MARIANO | AGUILAR LORENZO | 0:33:58 | | FERROL |
| 141 | JAVIER ANGEL | VAZQUEZ OREJAS | 0:33:58 | RABADE CORRE CON VOS | LUGO |
| 142 | RICARDO | PRIETO GÓMEZ | 0:33:59 | | NARÓN |
| 143 | JOSÉ MANUEL | LANDROVE RAMOS | 0:34:05 | | KJH |
| 144 | JUAN JOSÉ | FERNÁNDEZ LEIRA | 0:34:07 | | FERROL |
| 145 | CARLOS | MÁIZ MANSO | 0:34:09 | | A CORUÑA |

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| 146 | FRANCISCO EFREN | SANCHEZ RODRIGUEZ | 0:34:11 | | |
| 147 | HECTOR | TADEO YANEZ | 0:34:11 | | LAS PALMAS |
| 148 | ANTONIO | RODRÍGUEZ GARCÍA | 0:34:14 | RIA DE FERROL CONCEPCION ARENAL | FENE |
| 149 | JORGE | CRIADO PRIETO | 0:34:19 | PEÑA CILCISTA LEBOREIRA | FERROL |
| 150 | ANGEL | LORENZO SILVA | 0:34:19 | | PADRON |
| 151 | AMABLE | RIVAS FONTENLA | 0:34:20 | | FERROL |
| 152 | CARLOS | RODRIGUEZ LEAL | 0:34:26 | | NARON |
| 153 | OSCAR | LORENZO PEREZ | 0:34:27 | ATLETISMO AFFLELOU NARON | DFG |
| 154 | JESUS | PEREDA FERNANDEZ | 0:34:31 | | A CORUÑA |
| 155 | JOSE LUIS | RODILLA GÓMEZ | 0:34:32 | | OLEIROS |
| 156 | JOSE LUIS | DIAZ DIAZ | 0:34:36 | GIMNASIO GALAICO | LUGO |
| 157 | DANIEL | JOVE MARTINEZ | 0:34:36 | | FERROL |
| 158 | MIGUEL | DIAZ CARBALLO | 0:34:38 | | BETANZOS |
| 159 | WILLIAM RAFAEL | MARTINEZ HERNANDEZ | 0:34:46 | | SDF |
| 160 | DIEGO ALBERTO | PÉREZ AMOR | 0:34:46 | | NARÓN |
| 161 | IAGO | VEIGA LÓPEZ | 0:34:54 | O SILBATO | A CORUÑA |
| 162 | MANUEL | VAZQUEZ RAMOS | 0:34:57 | | ARANGA |
| 163 | JOSE RAMON | SOUTO LOPEZ | 0:34:58 | | FERROL |
| 164 | LUIS | GAMUNDI MIRAZ | 0:35:01 | | FERROL |
| 165 | JUAN | FERNANDEZ MARTINEZ | 0:35:02 | | JHG |
| 166 | JOAQUIN | PIÑOL CHAS | 0:35:03 | | CARRAL |
| 167 | LUIS ANDRÉS | CASTRO ALMADA | 0:35:05 | | PERILLO |
| 168 | MANUEL | VAZQUEZ LOBEIRAS | 0:35:05 | | FENE |
| 169 | MANUEL | VARELA VILA | 0:35:05 | | PONTEDEUME |
| 170 | JESUS | SANCHEZ LOPEZ | 0:35:06 | | |
| 171 | PABLO | SANJOSÉ GATO | 0:35:07 | | ASF |
| 172 | IVAN | GOMEZ SENRA | 0:35:07 | | CARRAL |
| 173 | JOSÉ LUIS | MANCEBO IGLESIAS | 0:35:08 | | A CORUÑA |
| 174 | ROBERTO | CARRACEDO FERNANDEZ | 0:35:09 | CATEDRATICOS DO ASFALTO | LUGO |
| 175 | IAGO | FERNÁNDEZ TRABA | 0:35:11 | | FERROL |
| 176 | JESUS | GAREA ARES | 0:35:12 | | FERROL |
| 177 | MARCIAL | CALVO BELLO | 0:35:14 | BESTARRUZA TRINITY TRAIL | NEDA |
| 178 | FÉLIX | QUINTÁNS MELÉNDEZ | 0:35:15 | COMESAÑA SPORTING CLUB | OLEIROS (SANTA CRUZ) |
| 179 | ALBERTO | CINZA | 0:35:17 | | FERROL |
| 180 | CESAR | CENDAN NEIRA | 0:35:17 | | FERROL |
| 181 | JOSÉ ANTONIO | GARCÍA FANDIÑO | 0:35:20 | | FERROL |
| 182 | IVAN | BELLAS FORMOSO | 0:35:24 | OLYMPO ATLETISMO | AS PONTES |
| 183 | PEDRO | FERNANDEZ SANCHEZ-ROLDAN | 0:35:26 | | FERROL |

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| 184 | MANUEL | REDONDA INSUA | 0:35:26 | BESTARRUZA TRINITY TRAIL | FENE |
| 185 | JULIO | PERNAS URRUTIA | 0:35:27 | | FERROL |
| 186 | RAFAEL | LOPEZ LACAMARA | 0:35:29 | | |
| 187 | RUBÉN | SERANTES LÓPEZ | 0:35:30 | | FERROL |
| 188 | SANTIAGO | LOSADA PEREZ | 0:35:32 | | FERROL |
| 189 | ESTEBAN | RODRIGUEZ VAZQUEZ | 0:35:40 | | SDFG |
| 190 | BENIGNO | CASAL PRIETO | 0:35:42 | | |
| 191 | JAVIER | VEIGA GONZALEZ | 0:35:43 | | FERROL |
| 192 | SUSO | IGLESIAS LOPEZ | 0:35:44 | | BURELA |
| 193 | JORGE | SILVEIRA | 0:35:46 | | FERROL |
| 194 | PABLO | VAL GUERREIRO | 0:35:46 | SERVICIO FERROL | FERROL |
| 195 | CARLOS JOSE | CANDANO BELLO | 0:35:47 | | NARON |
| 196 | ANTONIO | NIETO SOTO | 0:35:50 | | |
| 197 | SANTIAGO | MUIÑOS MAURIZ | 0:35:52 | | FERROL |
| 198 | JOSE MANUEL | CAEIRO LOPEZ | 0:35:53 | | FERROL |
| 199 | PEDRO LOIS | SUAREZ GARCIA | 0:35:54 | | PONTEAREAS |
| 200 | CARLOS | ANTON VICENTE | 0:35:56 | | FERROL |
| 201 | JOSE MANUEL | VILAR ARCOS | 0:35:57 | | A CORUÑA |
| 202 | MIGUEL | LAMEIRO NIETO | 0:35:58 | | SANTA CRUZ- OLEIROS |
| 203 | MARCOS | GAREA QUINTELA | 0:35:59 | | FENE |
| 204 | CARLOS | SEGUÍN LOZANO | 0:35:59 | | A CORUÑA |
| 205 | BRUNO | AMOR GÓMEZ | 0:35:59 | NOSPORTLIMIT-TREK GALICIA | ACORUÑA |
| 206 | MATEO | MONTERO VARELA | 0:35:59 | | FERROL |
| 207 | FERNANDO | GAREA QUINTELA | 0:36:02 | | FENE |
| 208 | VICTOR MANUEL | PEÑA MARCHENA | 0:36:02 | | SDFG |
| 209 | XOAN | LOPEZ ESTRAVIZ | 0:36:04 | | FENE |
| 210 | LUIS | SOLANO DIAZ DEL RIO | 0:36:06 | | FERROL |
| 211 | JOSE MARÍA | CARNERO GARCÍA | 0:36:06 | | |
| 212 | PABLO | MARCOS PAZOS | 0:36:09 | NOSPORTLIMIT-TREK GALICIA | LA CORUÑA |
| 213 | ALEJANDRO | MÉNDEZ BOUZA | 0:36:10 | | FERROL |
| 214 | CARLOS ANDRES | VERDES ARES | 0:36:14 | | NARON |
| 215 | MIGUEL | GRUEIRO MENDEZ | 0:36:14 | | FERROL |
| 216 | FELIX | RICO DA COSTA | 0:36:14 | | FERROL |
| 217 | ANTONIO | CARBALLINI DENES | 0:36:15 | ATLETISMO RIAZOR CORUÑA | A CORUÑA |
| 218 | JORGE | BLANCO FERNANDEZ | 0:36:15 | | A CORUÑA |
| 219 | ALFONSO | TAJUELO GIL | 0:36:20 | | FERROL |
| 220 | MARTIN | VILARIÑO | 0:36:22 | | FERROL |
| 221 | XOSÉ ENRIQUE | PUJALES MARTÍNEZ | 0:36:23 | CLUB ALEJANDRO GOMEZ | A CORUÑA |

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| 222 | FELIX | MARTINEZ YAÑEZ | 0:36:24 | | FERROL |
| 223 | OSCAR | MIRANDA GOLMAR | 0:36:25 | C.A BOIMORTO | ARZUA |
| 224 | FERNANDO | RODRIGUEZ VAZQUEZ | 0:36:27 | A FUME DE CAROZO | ARANGA |
| 225 | DAVID | IGLESIAS RIGUEIRA | 0:36:27 | | A CORUÑA |
| 226 | ANTONIO | CABANA OROSA | 0:36:29 | C.D.EGOVARROS-VIVEIRO | FERROL |
| 227 | ALEJANDRO | REY SEOANE | 0:36:30 | | FERROL |
| 228 | LUIS | GARCIA IGLESIAS | 0:36:31 | | A CORUÑA |
| 229 | JOSE MANUEL | CASAL PRIETO | 0:36:32 | | NARON |
| 230 | AMANCIO | PÉREZ CORRAL | 0:36:33 | | AS PONTES |
| 231 | HUGO | FERNANDEZ JUIZ | 0:36:34 | C.C. ARTEIXO-MB3 | A CORUÑA |
| 232 | JUAN | DIAZ SANJURJO | 0:36:36 | | FERRROL |
| 233 | PABLO | SANJURJO POVEDA | 0:36:36 | | NARON |
| 234 | TELMO RICARDO | PILLA VELOZ | 0:36:36 | | ALICANTE |
| 235 | ANDRÉS | CUPEIRO RICO | 0:36:36 | TRIATLON FERROL | FERROL |
| 236 | FERNANDO | MÍGUEZ SÁNCHEZ | 0:36:37 | CLUB ATLETISMO SADA | SADA |
| 237 | RAMÓN | TENREIRO MONTERO | 0:36:37 | | CORUÑA |
| 238 | NEIL | MCMAHON | 0:36:37 | CLUB CASTRO DE LOBADIZ | FERROL |
| 239 | DIEGO | MONTOUTO REQUEIJO | 0:36:38 | | SILLEDA |
| 240 | RAMÓN | CERNADAS VEIGA | 0:36:40 | | FERROL |
| 241 | ALEJANDRO | ALARCÓN GIRALDO | 0:36:41 | ATLETISMO OLYMPO | AS PONTES |
| 242 | BENIGNO | GARCIA BARREIRO | 0:36:42 | | FERROL |
| 243 | MARCOS | MORGADE MERINO | 0:36:43 | | FERROL |
| 244 | JUAN VIDAL | PEREZ ALVAREZ | 0:36:46 | | OURENSE |
| 245 | JUAN PEDRO | CASERO REBÉ | 0:36:49 | | FERROL |
| 246 | JESUS | SANCHEZ DE TOCA | 0:36:49 | | |
| 247 | JOSE A. | BREA PERALBA | 0:36:52 | | ----- |
| 248 | JOSÉ IGNACIO | VILLANUEVA GÓMEZ | 0:36:53 | | NARÓN |
| 249 | ANTONIO | SALINAS MONJE | 0:36:53 | | VIGO |
| 250 | FRANCISCO JAVIER | FERNÁNDEZ PÉREZ | 0:36:55 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 251 | QUICO | GALEGO VEIGA | 0:36:56 | | FERROL |
| 252 | GUSTAVO | ROIG SOLER | 0:36:57 | | |
| 253 | JOSE MIGUEL | VELA VIGO | 0:37:00 | | NARON |
| 254 | JOSE | LOPEZ ANEIROS | 0:37:01 | | FERROL |
| 255 | EMILIO JOSÉ | DIEZ RICO | 0:37:05 | | SANTIAGO DE COMPOSTELA |
| 256 | PABLO | CARCELLER FERNANDEZ | 0:37:07 | | |
| 257 | BENJAMIN | GORGULLO RIVERA | 0:37:08 | | ARES |
| 258 | QUIQUE | PEÑA GONZÁLEZ | 0:37:10 | PATUKOS TIM RANIN | CAMBRE |
| 259 | DAVID | LÓPEZ VILARIÑO | 0:37:14 | ARCADE INFORHOUSE SANTIAGO | MILLADOIRO (AMES) |

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| 260 | ADÁN | ALMENDÁREZ ROQUE | 0:37:16 | | LA CORUÑA |
| 261 | RAÚL | MARTÍNEZ | 0:37:16 | | FERROL |
| 262 | ALBERTO | OTERO PERNAS | 0:37:18 | | NARON |
| 263 | MIGUEL | PAZ LEIRAS | 0:37:27 | | BURELA |
| 264 | ENRIQUE | FELIPE GARCIA | 0:37:30 | | FERROL |
| 265 | DAVID | LOPEZ RODRIGUEZ | 0:37:31 | | FERROL |
| 266 | CESAR | SAAVEDRA LÓPEZ | 0:37:31 | | |
| 267 | DANIEL | MARTÍNEZ GALDÓS | 0:37:31 | C.C. RIAZOR | CULLEREDO |
| 268 | FRANCISCO | COBAS ROBLES | 0:37:31 | | FERROL |
| 269 | JOSE ENRIQUE | GOMEZ LOPEZ | 0:37:33 | | PONTEVEDRA |
| 270 | SANTIAGO | GONZÁLEZ LEAL | 0:37:34 | | FERROL |
| 271 | RAMON | RODILLA GOMEZ | 0:37:34 | | A CORUÑA |
| 272 | JAVIER | CRUZ RODRIGUEZ | 0:37:38 | | |
| 273 | ENRIQUE | AMBRÓS IGLESIA | 0:37:39 | | DFGH |
| 274 | SANTIAGO | BORES BERMEJO | 0:37:40 | SERVICIO | FERROL |
| 275 | EMILIO JOSÉ | PIÑÓN FREIRE | 0:37:40 | | DF |
| 276 | ALBERTO | IGUÑA LOPEZ | 0:37:41 | | |
| 277 | JOSÉ ANTONIO | SAAVEDRA PAZOS | 0:37:41 | RUNAWAYS | A CORUÑA |
| 278 | PEDRO JAVIER | PIÑEIRO VARELA | 0:37:42 | GALLAECIA RAID | PONTEDEUME |
| 279 | CAMILO | CANOSA CASTRO | 0:37:43 | | FERROL |
| 280 | JUAN | LAMAS BELLO | 0:37:44 | CLUB ATLÉTICA A SILVA | A LARACHA |
| 281 | JOSÉ LUIS | FERNÁNDEZ BERINI | 0:37:46 | | FERROL |
| 282 | JUAN M | CORTEJOSA LARA | 0:37:47 | | |
| 283 | LUIS | GONZÁLEZ PEREIRA | 0:37:50 | | FERROL |
| 284 | IVAN | FORTUNA GALANTE | 0:37:50 | | |
| 285 | ALBERTO | CALVO FERNANDEZ | 0:37:51 | CLUB CASTRO DE LOBADIZ | FERROL |
| 286 | JAVIER | MANRIQUE DE LARA SANZ | 0:37:52 | | ROTA |
| 287 | FRANCISCO JOSE | BARREIRO GABEIRAS | 0:37:53 | | FERROL |
| 288 | ROBERTO | FRAGA | 0:37:56 | | FERROL |
| 289 | JOSÉ | RODRÍGUEZ-VILLASANTE DAVIÑA | 0:37:57 | | FERROL |
| 290 | MANUEL A. | RODRÍGUEZ PRADA | 0:38:00 | | NARÓN |
| 291 | JUAN JOSE | GALDO CAO | 0:38:01 | | |
| 292 | JAVIER | GALLEGO RUIZ | 0:38:03 | | |
| 293 | PABLO | TEJADA NUÑEZ | 0:38:05 | | FERROL |
| 294 | ARTURO | MANEIROS VICH | 0:38:10 | | FERROL |
| 295 | AZUR | GONZÁLEZ ALONSO | 0:38:16 | | A CORUÑA |
| 296 | ANGEL | JUVIÑO PREGO | 0:38:20 | | ARTEIXO |
| 297 | FRANCISCO | ESTEVEZ CID | 0:38:21 | | OLEIROS |

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| 298 | IGNACIO | ARROYO CUNHA | 0:38:29 | | FERROL |
| 299 | MAXIMINO | LAGARES CARRO | 0:38:29 | ESPRINTES OURENSE | SIGÜEIRO |
| 300 | JORGE JUAN | REGO GÁRATE | 0:38:31 | | NARÓN |
| 301 | JORGE | REGO CASAS | 0:38:31 | | A CORUÑA |
| 302 | MIGUEL | DEZA RODRÍGUEZ | 0:38:34 | PATUKOS TIM RANIN | A CORUÑA |
| 303 | RUBÉN | VIÑAS MAYO | 0:38:38 | | |
| 304 | PEDRO | DEUS GÓMEZ | 0:38:38 | | FERROL |
| 305 | ROBERTO | RODRIGUEZ RODRIGUEZ | 0:38:40 | | FERROL |
| 306 | JUAN | HERRERO EVIA | 0:38:40 | | FERROL |
| 307 | JOSÉ MANUEL | LÓPEZ FERNÁNDEZ | 0:38:45 | | NARÓN |
| 308 | MANUEL | LORENZO DIAZ | 0:38:47 | | FERROL |
| 309 | JUAN JOSE | DEVESA LEIRA | 0:38:50 | CLUB CASTRO DE LOBADIZ | FERROL |
| 310 | JAVIER | ASTILLERO SANTIAGO | 0:38:51 | | |
| 311 | JULIO | VAZQUEZ CABIDO | 0:38:55 | | FERROL |
| 312 | OMAR | PÉREZ RODRÍGUEZ | 0:38:58 | | FERROL |
| 313 | DAVID | BOUZA FACHAL | 0:39:04 | | FERROL |
| 314 | MANUEL | ROMERO GARCIA | 0:39:08 | | VALDOVIÑO |
| 315 | MARIO | LÓPEZ PAZ | 0:39:10 | | ARES |
| 316 | DANIEL | ROMEU VILAR | 0:39:10 | C. AT. INFARTO NO Q | BERTAMIRÁNS AMES |
| 317 | RICARDO | CALVO LÓPEZ | 0:39:14 | | Fonteculler-Culleredo |
| 318 | ROGELIO MANUEL | PEREZ MIÑONES | 0:39:14 | | A CORUÑA |
| 319 | FRANCISCO | RODRÍGUEZ PEREIRA | 0:39:15 | | FERROL |
| 320 | ADRIAN | FERNANDEZ CASAL | 0:39:20 | | FERROL |
| 321 | BORJA | BUENO CAL | 0:39:20 | | FERROL |
| 322 | PABLO | ARGÜESO ALEJANDRO | 0:39:21 | | FERROL |
| 323 | ANDRÉS | GONZÁLEZ GARCÍA | 0:39:24 | | FERROL |
| 324 | JOSE MANUEL | MOLLE TORNÉ | 0:39:26 | ESCUELA SAN ANTONIO ESCAÑO | FERROL |
| 325 | ANDRÉS | NARANJO PÉREZ | 0:39:27 | | |
| 326 | JOSE DAMIÁN | BORREGO PIÑEIRO | 0:39:27 | | |
| 327 | MANUEL | APARICIO NARVÁEZ | 0:39:27 | | |
| 328 | JUAN DANIEL | ROMERO PÉREZ | 0:39:27 | | FERROL |
| 329 | JOSE ANTONIO | PENA ROS | 0:39:27 | | FERROL |
| 330 | FERNANDO | GARCIA TRINCADO | 0:39:31 | | VALDEORRAS |
| 331 | FRANCISCO JAVIER | SOMAZA SAUDA | 0:39:32 | ESENGRA | ASDF |
| 332 | JULIAN | ANEIROS REY | 0:39:35 | | FERROL |
| 333 | ANTONIO JOAQUÍN | RODRÍGUEZ GONZÁLEZ | 0:39:37 | | FERROL |
| 334 | ESTEBAN | LÓPEZ PEGO | 0:39:41 | | FERROL |
| 335 | DAVID | SEDES DOCE | 0:39:43 | | VALDOVIÑO |

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| 336 | LEOPOLDO | SEQUEIRO BECEIRO | 0:39:46 | | |
| 337 | IGNACIO | VALEA GONZÁLEZ | 0:39:52 | | |
| 338 | BENI | VILLAR | 0:39:53 | | XOVE |
| 339 | EDUARDO JOSE | CASADO LEANDRO | 0:39:58 | | NARON |
| 340 | ALEJANDRO | OCAMPOS VEIGA | 0:40:01 | | ARTEIXO - VILLARODIS |
| 341 | RAFAEL | BLANCO GALÁN | 0:40:05 | | EL FERROL |
| 342 | MIGUEL | GONZÁLEZ-LLANOS RODRÍGUEZ DE RIVERA | 0:40:06 | RIA DE FERROL CONCEPCION ARENAL | CABANAS |
| 343 | MANUEL | ARROYO ALVES | 0:40:09 | RENBUKAN | FERROL |
| 344 | MANUEL | VAZQUEZ SEOANE | 0:40:10 | RENBUKAN | FERROL |
| 345 | MANUEL | ROBLES CABANILLAS | 0:40:10 | MARATHON CARTAGENA | MONDOÑEDO |
| 346 | JORGE | GARCIA GONZALEZ | 0:40:12 | | FERROL |
| 347 | RUBEN | RODRIGUEZ PICALLO | 0:40:14 | | PONTEVEDRA |
| 348 | CARLOS RAMON | VAZQUEZ ESTEVEZ | 0:40:15 | RENBUKAN | NARON |
| 349 | DAVID | LOPEZ GALAN | 0:40:17 | RENBUKAN | FERROL |
| 350 | CARLOS | FERNÁNDEZ REIGOSA | 0:40:21 | | FERROL |
| 351 | IVAN | GÓMEZ RIVERA | 0:40:25 | | AS PONTES |
| 352 | MARCOS | SEOANE FERNÁNDEZ | 0:40:27 | SELECT... | FERROL |
| 353 | CARLOS | ARMENTEROS LEÓN | 0:40:30 | NO SPORT LIMIT | A CORUÑA |
| 354 | JOSE ANGEL | TOVAR QUINTERO | 0:40:31 | ESENGRA | NARON |
| 355 | AITOR ROSALES NUÑEZ | ROSALES NUÑEZ | 0:40:34 | | SD |
| 356 | ISMAEL | REGO BESTILLEIRO | 0:40:34 | | FERROL |
| 357 | IVAN | GUAYERBAS FERNANDEZ | 0:40:36 | ESENGRA | TALAVERA DE LA REINA |
| 358 | CARLOS | VIGUERA SAS | 0:40:38 | CLUB CICLISTA FERROL | FERROL |
| 359 | DANIEL | GÓMEZ FERNÁNDEZ | 0:40:40 | | FERROL |
| 360 | ÁNGEL | ORTIZ DE LEJARAZU SÁNCHEZ | 0:40:40 | | FERROL |
| 361 | MIGUEL | CABANILLAS GONZALEZ | 0:40:43 | | FERROL |
| 362 | DAVID | LOAIZA CABELLO | 0:41:00 | | |
| 363 | JOSE MARIA | VALDÉS DE ELIZALDE | 0:41:00 | | FERROL |
| 364 | JOSE MANUEL | GÓMEZ COLLANTES | 0:41:08 | | |
| 365 | ROBERTO | SEOANE GARCIA | 0:41:09 | | NARON |
| 366 | FRANCISCO | LAFONT GANCEDO | 0:41:25 | | LA CORUÑA |
| 367 | BRUNO | VAZQUEZ PAZ | 0:41:31 | | FERROL |
| 368 | VICTOR | RIVERA JOVE | 0:41:32 | | FERROL |
| 369 | CARLOS AFONSO | RUBIO PITA | 0:41:37 | | FERROL |
| 370 | JESÚS | BERNAL GÓMEZ | 0:41:39 | | FERROL |
| 371 | JUAN PABLO | PIDAL LÓPEZ | 0:41:48 | | FERROL |
| 372 | ANDRÉS | DÍAZ FERNÁNDEZ | 0:41:55 | | FERROL |
| 373 | DAVID | COUCE RÚA | 0:41:56 | | FERROL |

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|-----|----------------------------------|-------------------------------------|---------|-----------------------------------|----------------------|
| 374 | MARCO ANTONIO | CANDAL QUIROGA | 0:42:00 | CLUB ATLETISMO MONUMENTAL DE LUGO | LUGO |
| 375 | CARLOS | SUAREZ BECERRA | 0:42:12 | | SADA |
| 376 | JOAQUÍN VICENTE | PINTO BLANCO | 0:42:15 | | BERGONDO |
| 377 | JOSE TOMÁS | BUJÁN DOSIL | 0:42:17 | | BERGONDO |
| 378 | GUSTAVO | ROMERO ALLEGUE | 0:42:18 | | |
| 379 | CARLOS | RIVERA SUEIRAS | 0:42:31 | | FERROL |
| 380 | ALEJANDRO | MARTINEZ PÉREZ | 0:42:37 | | VIGO |
| 381 | ANTONIO | ANEIROS REY | 0:42:38 | | FERROL |
| 382 | ADRIÁN | GÓMEZ BUJÍA | 0:42:48 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 383 | JUAN MANUEL | DOPORTO VEIGA | 0:42:49 | DIATLETICS | BETANZOS |
| 384 | VICTOR | BAUTISTA HERNANDEZ | 0:42:50 | | A CORUÑA |
| 385 | ADRIÁN | VIDAL FERNANDEZ | 0:42:52 | | NARÓN |
| 386 | LUIS | FRAGA PENABAD | 0:42:57 | | DFG |
| 387 | FRANCISCO JAVIER | CAVERO FUERTES | 0:42:59 | | FENE |
| 388 | RAUL | PAYÁ MORALES | 0:43:12 | ESCUELA SAN ANTONIO ESCAÑO | FERROL |
| 389 | ANTONIO | GUTIÉRREZ ALBERT | 0:43:13 | | FERROL |
| 390 | ANGEL | LOZANO GALVEZ | 0:43:14 | | |
| 391 | JOSE MANUEL | DEL TORO MINGUEZ | 0:43:17 | | FERROL |
| 392 | RICARDO | VAZQUEZ ALLEGUE | 0:43:22 | | FERROL |
| 393 | DAVID | GRUEIRO MENDEZ | 0:43:28 | | FERROL |
| 394 | RAFAEL | FERNANDE BUYO | 0:43:33 | | FERROL |
| 395 | MANUEL | GONZALEZ DE CANALES | 0:43:34 | | |
| 396 | FERNANDO | GONZALEZ DE CANALES | 0:43:36 | | |
| 397 | MANUEL | GONZALEZ DE CANALES | 0:43:37 | | |
| 398 | JUAN CARLOS | RODRIGUEZ PENA | 0:43:43 | | KJH |
| 399 | LEONARDO | GABRIEL DEFACIO | 0:43:45 | | SADA |
| 400 | FRANCISCO | SOBRINO MOSQUERA | 0:43:49 | | OLEIROS |
| 401 | JAMES | SALAÑO REGALDIE | 0:43:59 | | NARON |
| 402 | BRUNO | SANTIAGO ANEIROS | 0:44:05 | | NARÓN |
| 403 | BERNARDO | RODRIGUEZ VAZQUEZ | 0:44:08 | | A CORUÑA |
| 404 | DAVID | VIDAL LORENZO | 0:44:09 | | FERROL |
| 405 | SEGUNDO | EIRAS SÁNCHEZ | 0:44:14 | | LA CORUÑA |
| 406 | ABELARDO JOSE | OTERO PALMEIRO | 0:44:37 | | LUGAR ESPIRITU SANTO |
| 407 | GABRIEL | RODRIGUEZ SEGURA | 0:44:42 | | |
| 408 | ANGEL MANUEL | GARCIA PAZOS | 0:44:52 | | FERROL |
| 409 | IVÁN | LÓPEZ FERNÁNDEZ | 0:44:53 | | FERROL |
| 410 | JAVIER | QUINTEIRO BLANCO | 0:45:11 | | NARÓN |
| 411 | JAVIER | SAL PÉREZ | 0:45:31 | | A CORUÑA |

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| 412 | LUIS | PORTO MARTÍNEZ | 0:46:07 | | FERROL |
| 413 | BORJA | FERNÁNDEZ BERMÚDEZ | 0:46:12 | | NARÓN |
| 414 | VÍCTOR MANUEL | LÓPEZ DÍAZ | 0:46:32 | | FERROL |
| 415 | JUAN LUIS | PAVÓN PALACIO | 0:46:39 | ESENGRA | |
| 416 | EDUARDO | PINEDO IGLESIAS | 0:47:07 | | OLEIROS |
| 417 | ALFONSO | VILLAR LOPEZ | 0:47:18 | | |
| 418 | VICTOR JOSE | AFONSO GUARATE | 0:47:25 | | FERROL-A CORUÑA |
| 419 | JOSE MANUEL | LÓPEZ LODEIRO | 0:48:31 | C.A. AS MARIÑAS BETANZOS | BETANZOS |
| 420 | CÁNDIDO | FERREIRO LEGIDE | 0:48:36 | DIR BARCELONA | BARCELONA |
| 421 | JOSE Mª | CRIADO LABAJO | 0:49:36 | | |
| 422 | JOSÉ | CARTELLE ROZAS | 0:52:15 | CLUB DEL MAR MUGARDOS | MUGARDOS |
| 423 | PABLO | ALVAREZ JUSTO | 0:52:43 | CLUB CICLISTA FERROL | FERROL |
| 424 | EDUARDO | MARTINEZ AMOR | 0:53:55 | | SADA |
| 425 | JAVIER | BOUZA SERANTES | 0:54:39 | | NARON |

CLASIFICACION FEMENINA

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|----|---------------------------------|------------------------------------|---------|------------------------------|-----------|
| 1 | PAULA | MAYOBRE GONZALEZ | 0:28:12 | BIKILA | ARES |
| 2 | EUSEBIA | MALDONADO | 0:34:08 | | A CORUÑA |
| 3 | MARTA | BARBEITO DOMINGUEZ | 0:34:37 | A.D. FOGAR | OLEIROS |
| 4 | NOELIA | GONZALEZ RODRIGUEZ | 0:34:40 | CLUB CICLISTA FERROL | FERROL |
| 5 | KARINA | CALLON TREUS | 0:35:10 | CLUB ATLETISMO SADA | CAMBRE |
| 6 | INES | PAPIN ESTEVEZ | 0:35:10 | CLUB ATLETISMO SADA | CAMBRE |
| 7 | SUSANA | BELLAS BERMÚDEZ | 0:35:41 | ATLETISMO OLYMPO | AS PONTES |
| 8 | HANNAH KATHLEEN | KITTS | 0:35:52 | | FERROL |
| 9 | MARIA | SAIZ SAIZ | 0:36:22 | | NARON |
| 10 | MONTSE | FERNÁNDEZ RAMOS | 0:36:37 | CLUB ATLETISMO SADA | SADA |
| 11 | RAQUEL | ZAPATA RODRIGUEZ | 0:37:14 | | VIGO |
| 12 | SARA | GUERRERO MANSO | 0:37:27 | NAUTICO DE NARON-VISTAOPTICA | NARÓN |
| 13 | NURIA | SENRA VIDAL | 0:38:00 | | |
| 14 | RAQUEL | GUIZÁN CASTRO | 0:38:08 | | LUGO |
| 15 | MªBEATRIZ | GONZÁLEZ SENÍN | 0:38:08 | CLUB ATLETISMO SADA | SADA |
| 16 | RAQUEL | ARMESTO PINEDO | 0:38:10 | CLUB ATLETISMO SADA | OLEIROS |
| 17 | BEGO | PACIO LOPEZ | 0:38:25 | | NARON |
| 18 | VIRGINIA | POLO CAMPELLO | 0:38:25 | ATLETISMO OLYMPO | AS PONTES |
| 19 | MARIA LUISA | ARMESTO MIGUEL | 0:38:31 | | OLEIROS |
| 20 | MARIA | SICRE ROMERO | 0:38:33 | | FERROL |
| 21 | LINA | GARCÍA PORTAS | 0:39:53 | CLUB ATLETISMO SADA | SADA |
| 22 | CRISTINA | CASAL LAMAS | 0:40:16 | | FERROL |

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|----|-------------------------------|------------------------------------|---------|------------------------|-------------|
| 23 | MONICA | VEIGA GOMEZ | 0:40:30 | | A CORUÑA |
| 24 | PAOLA | BEMPOSTA TIOLINA | 0:40:48 | | |
| 25 | TATIANA | LÓPEZ NAVEIRAS | 0:41:27 | | PERLIO-FENE |
| 26 | MARIA | AZOGUE GARCIA | 0:41:28 | ESENGRA | |
| 27 | CRISTINA | GUIZAN CASTRO | 0:41:34 | GIMNASIO GALAICO | LUGO |
| 28 | NESS | PEREIRA | 0:41:40 | | A CORUÑA |
| 29 | CONSUELO | AMADO RODRIGUEZ | 0:41:50 | NOE TRAINERS STUDIO | FERROL |
| 30 | ANA | FERNANDEZ BERINI | 0:42:20 | | FERROL |
| 31 | ANDREA | PRADO ESPÍÑEIRA | 0:42:36 | | A CORUÑA |
| 32 | ELISABET | HERRAEZ CRUZ | 0:42:54 | ESENGRA | FERROL |
| 33 | MONICA | CASAS | 0:43:01 | | SADA |
| 34 | Mª CONCEPCIÓN | CANTO DOPICO | 0:43:14 | CLUB CASTRO DE LOBADIZ | FERROL |
| 35 | RAQUEL | ARES BAO | 0:43:17 | | FENE |
| 36 | VANESA | GARCÍA REY | 0:43:34 | | |
| 37 | CARLOTA | MENDIGUCHIA DOPICO | 0:43:38 | | FERROL |
| 38 | Mª ANA | CERDIDO FACHAL | 0:43:41 | | |
| 39 | GEMA | VIDAL SERRANO | 0:43:46 | | OLEIROS |
| 40 | ISABEL | CAMPO FERNANDEZ | 0:44:00 | | FERROL |
| 41 | EVA MARIA | PEREZ | 0:44:06 | | FERROL |
| 42 | BEATRIZ | CARBALLO DOPAZO | 0:44:08 | | |
| 43 | EMMA | MARTINEZ CABARCOS | 0:44:11 | | RODRIGUEZ |
| 44 | TANIA | BELLAS FORMOSO | 0:44:11 | ATLETISMO OLYMPO | AS PONTES |
| 45 | PAULA | RUIBAL PANTÍN | 0:44:13 | | FERROL |
| 46 | CRISTINA | FERNÁNDEZ ALVAREZ | 0:44:13 | | VIGO |
| 47 | MATILDE | LLAMAS | 0:44:35 | | A CORUÑA |
| 48 | PATRICIA | RODRÍGUEZ SANTANA | 0:44:42 | ESENGRA | LAS PALMAS |
| 49 | BENIGNA | VILLASUSO CORES | 0:45:10 | | NARON |
| 50 | CHRISTINE | CAMBEIRO LOPEZ | 0:45:21 | | SADA |
| 51 | MARIA PILAR | RODRIGUEZ GONZALEZ | 0:45:27 | | FERROL |
| 52 | VIRGINIA | VILA MARTÍNEZ | 0:45:39 | | FERROL |
| 53 | ESTEFANÍA | GALLARDO LEBREIRO | 0:45:43 | ESENGRA | |
| 54 | ROMINA VANESA | FARETTA TORRILLA | 0:46:39 | ESENGRA | FENE |
| 55 | ELENA | PEREIRA BERNARDEZ | 0:47:03 | | OLEIROS |
| 56 | SUSANA | PEDROZA | 0:47:05 | | A CORUÑA |
| 57 | LAURA | PEREZ RODIL | 0:47:20 | | A CORUÑA |
| 58 | BEATRIZ | BOLAÑO BELLAS | 0:47:34 | | NARÓN |
| 59 | ANA ISABEL | GONZALEZ FERNANDEZ | 0:47:36 | | FERROL |
| 60 | ALMUDENA | FERNANDEZ RAMOS | 0:47:47 | | SADA |

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| 61 | CONCEPCIÓN | CARRO YAÑEZ | 0:48:29 | C. A. AS MARIÑAS BETANZOS | BETANZOS |
| 62 | ANA | ALVAREZ PAZ | 0:48:57 | NOSPORTLIMIT-TREK GALICIA | A CORUÑA |
| 63 | SILVIA LEONOR | POSE VARELA | 0:49:27 | ATLETISMO OLYMPO | AS PONTES |
| 64 | BELEN | MOURIÑO CARBALLIDO | 0:49:36 | | FERROL |
| 65 | TERESA | LÓPEZ DE LA VEGA | 0:50:59 | | FERROL |
| 66 | Mª MERCEDES | RODRÍGUEZ SILVAR | 0:52:15 | KOMANDO KARAKOLAS | MUGARDOS |
| 67 | MARÍA | ULLOA GRANDAL | 0:52:43 | | FERROL |
| 68 | MARÍA JESÚS | CASTRO ABELLA | 0:53:56 | | AS PONTES |
| 69 | NOELIA | MATEUS FRAGA | 0:54:38 | | NARÓN |
| 70 | AMPARO | LAGE PITA | 0:54:39 | | NARON |
| 71 | ANDREA | COSTOYA | 0:55:10 | C.A BOIMORTO | ARZUA |

II CARRERA NOCTURNA "Corre por Ferrol"

FERROL, 14 de Septiembre de 2013

Mañana

Ruta conxunta BN/Alv.

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| Pto. | Dorsal | Licencia | Apellidos e nome / Clube | Ano | Marca | |
|------|--------|-----------|------------------------------------------------------------------------------|---------|-------------|----------|
| 1 | 11 | PFG021202 | PABLO FREIRE GARCIA <i>NARO - ATLETISMO AFFELIOU NARON</i> | AL 2002 | 2.41 | <i>0</i> |
| 2 | 33 | AG-9637 | ANDRES PICALLO GARCIA <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | AL 2003 | 2.46 | <i>0</i> |
| 3 | 4 | AG-10909 | JAVIER BLAS CERNADAS <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | AL 2002 | 2.51 | <i>0</i> |
| 4 | 61 | - | ALEJANDRO RODRIGUEZ RIO <i>IND - INDEPENDIENTE</i> | BN 2004 | 2.53 | <i>0</i> |
| 5 | 3 | - | PABLO BARRAN FRANCO <i>IND - INDEPENDIENTE</i> | BN 2004 | 2.54 | <i>0</i> |
| 6 | 59 | - | JOEL LOPEZ FERNANDEZ <i>IND - INDEPENDIENTE</i> | BN 2005 | 2.57 | <i>0</i> |
| 7 | 57 | - | DANIEL ALVAREZ CANEIRO <i>IND - INDEPENDIENTE</i> | AL 2003 | 2.58 | <i>0</i> |
| 8 | 35 | - | BRAIS PICON MONTERO <i>IND - INDEPENDIENTE</i> | BN 2005 | 2.59 | <i>0</i> |
| 9 | 8 | AG765893 | ROI DIAZ FONTICOBIA <i>NARO - ATLETISMO AFFELIOU NARON</i> | BN 2005 | 3.00 | <i>0</i> |
| 10 | 16 | - | ANDRES GARCIA VAZQUEZ <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.02 | <i>0</i> |
| 11 | 58 | - | DANIEL LOPEZ FERNANDEZ <i>IND - INDEPENDIENTE</i> | AL 2002 | 3.02 | <i>0</i> |
| 12 | 20 | - | CARMEN JIMENEZ EZQUERRA <i>TRIF - TRIATLON FERROL</i> | AL 2003 | 3.03 | <i>0</i> |
| 13 | 62 | AG765628 | RAUL GIL GUNDIN <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | BN 2005 | 3.03 | <i>0</i> |
| 14 | 14 | - | MARIO GARCIA PAPIN <i>CAS - C.A. SADA</i> | AL 2003 | 3.04 | <i>0</i> |
| 15 | 23 | AG-9635 | NATALIA LOPEZ FERNANDEZ <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | AL 2003 | 3.05 | <i>0</i> |
| 16 | 63 | - | NORDES VENTUREIRA FERNANDEZ <i>TRIF - TRIATLON FERROL</i> | AL 2002 | 3.08 | <i>0</i> |
| 17 | 66 | - | JOSE BRAVO DE PAZ <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.11 | <i>0</i> |
| 18 | 32 | - | PAULA PEREZ FABREGAS <i>CMF - COMPAÑIA DE MARIA FERROL</i> | BN 2004 | 3.13 | <i>0</i> |
| 19 | 19 | AG765629 | MARTIN HOYOS TRABA <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | BN 2005 | 3.14 | <i>0</i> |
| 20 | 50 | - | PABLO TELLADO LUACES <i>IND - INDEPENDIENTE</i> | AL 2003 | 3.16 | <i>0</i> |

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|----|----|-----------|--------------------------------------------------------------------------------|---------|-------------|----------|
| 21 | 1 | AG-9632 | ICIA BARCIA COUTO <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | AL 2003 | 3.17 | <i>0</i> |
| 22 | 26 | - | ALBA MIGUEZ FERNANDEZ <i>CAS - C.A. SADA</i> | AL 2003 | 3.21 | <i>0</i> |
| 23 | 38 | - | MARTA PORTO CUARTERO <i>IND - INDEPENDIENTE</i> | AL 2002 | 3.24 | <i>0</i> |
| 24 | 44 | - | LAURA RODRIGUEZ PAZ <i>TRIF - TRIATLON FERROL</i> | BN 2004 | 3.25 | <i>0</i> |
| 25 | 60 | - | DANIEL MARTINEZ SENRA <i>IND - INDEPENDIENTE</i> | AL 2003 | 3.26 | <i>0</i> |
| 26 | 18 | AG-9627 | LUCAS GONZALEZ SALUTREGUI <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | AL 2003 | 3.27 | <i>0</i> |
| 27 | 55 | - | DIMA APARICIO PEREIRA <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.27 | <i>0</i> |
| 28 | 48 | - | CARLOTA TEIJEIRO ALVAREZ <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.32 | <i>0</i> |
| 29 | 56 | - | ALEX APARICIO PEREIRA <i>IND - INDEPENDIENTE</i> | BN 2005 | 3.33 | <i>0</i> |
| 30 | 29 | MPC020905 | MARIA PENA CIBEIRA <i>MERF - MERCEDARIAS HOTEL SUIZO</i> | BN 2005 | 3.37 | <i>0</i> |
| 31 | 39 | - | BRAIS RAJO PEREZ <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.37 | <i>0</i> |
| 32 | 30 | - | MIGUEL PEÑA VILLALBA <i>IND - INDEPENDIENTE</i> | BN 2005 | 3.38 | <i>0</i> |
| 33 | 65 | - | LARA MARIA CHAO REJO <i>IND - INDEPENDIENTE</i> | BN 2005 | 3.52 | <i>0</i> |
| 34 | 31 | - | ANTIA PEÑA VILLALBA <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.55 | <i>0</i> |
| 35 | 43 | IRP280804 | ICIA RODRIGUEZ PAZ <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.57 | <i>0</i> |
| 36 | 53 | - | PAULA MARTINEZ RIVERA <i>IND - INDEPENDIENTE</i> | BN 2005 | 3.57 | <i>0</i> |
| 37 | 37 | - | ROCIO PORTO CUARTERO <i>IND - INDEPENDIENTE</i> | BN 2004 | 3.57 | <i>0</i> |

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Ruta conxunta INF/CD

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| Pto. | Dorsal | Licencia | Apellidos e nome / Clube | Ano | Marca | |
|------|--------|-----------|-------------------------------------------------------------------------------|---------|-------------|----------|
| 1 | 40 | - | DANIEL RIOS GRAÑA <i>TRIF - TRIATLON FERROL</i> | IN 2000 | 5.50 | <i>0</i> |
| 2 | 25 | AG765159 | DIEGO MARTINEZ RIVAS <i>COCO - CLUB CIMANS CORUÑA COMARCA</i> | IN 2001 | 5.58 | <i>0</i> |
| 3 | 52 | - | MARCOS BARJA RIVAS <i>TNNA - TRIATLON NAUTICO NARON</i> | CD 1999 | 6.01 | <i>0</i> |
| 4 | 10 | AG127681 | ERMIAS FERNANDEZ CASABELLA <i>COCO - CLUB CIMANS CORUÑA COMARCA</i> | IN 2001 | 6.04 | <i>0</i> |
| 5 | 28 | - | HECTOR PADIN TORRENTE <i>TNNA - TRIATLON NAUTICO NARON</i> | IN 2000 | 6.17 | <i>0</i> |
| 6 | 9 | AG128037 | XOAN DIAZ FONTICOBIA <i>NARO - ATLETISMO AFFELIOU NARON</i> | IN 2000 | 6.20 | <i>0</i> |
| 7 | 13 | GA764372 | JUDITH GARCIA FABREGAS <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | CD 1999 | 6.20 | <i>0</i> |
| 8 | 17 | - | ANA GARCIA VAZQUEZ <i>IND - INDEPENDIENTE</i> | IN 2001 | 6.37 | <i>0</i> |
| 9 | 7 | GA716929 | RAMON COSTOYA MANEIROS <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | CD 1998 | 6.40 | <i>0</i> |
| 10 | 49 | AG-9639 | CARLOTA TELLA GRANDA <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | IN 2000 | 6.41 | <i>0</i> |
| 11 | 64 | - | DIEGO PEREZ NAVEIRAS <i>TRIF - TRIATLON FERROL</i> | IN 2001 | 6.41 | <i>0</i> |
| 12 | 6 | AG-10900 | MARIA COSTOYA MANEIROS <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | IN 2000 | 6.46 | <i>0</i> |
| 13 | 54 | - | PABLO MARTINEZ FERRO <i>IND - INDEPENDIENTE</i> | IN 2001 | 6.46 | <i>0</i> |
| 14 | 27 | DMF020200 | DIEGO MIGUEZ FERNANDEZ <i>CAS - C.A. SADA</i> | IN 2000 | 6.48 | <i>0</i> |
| 15 | 24 | AG-9613 | PAULA LOPEZ FERNANDEZ <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | IN 2001 | 6.55 | <i>0</i> |
| 16 | 34 | AG-9638 | CANDELA PICALLO GARCIA <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | IN 2001 | 6.58 | <i>0</i> |
| 17 | 22 | GA764374 | IRENE LOPEZ ALVAREZ <i>RIAC - RIA FERROL-CONCEPCION ARENAL</i> | CD 1999 | 7.19 | <i>0</i> |
| 18 | 21 | - | ANGEL LAGARES VAZQUEZ <i>IND - INDEPENDIENTE</i> | CD 1999 | 8.15 | <i>0</i> |
| 19 | 15 | - | SARA GARCIA PAPIN <i>CAS - C.A. SADA</i> | CD 1999 | 8.25 | <i>0</i> |
| 20 | 51 | - | ANA B. VAZQUEZ VALENCIA <i>TNNA - TRIATLON NAUTICO NARON</i> | CD 1998 | 8.30 | <i>0</i> |

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