

I MARATON A CORUÑA42, A Coruña 15/04/2012

PRUEBA POPULAR. Distancia: 42.195 m

CLASIFICACION POR CATEGORIAS

AM JUNIOF Inscritos:		2 Llegadi 1																								
PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaPec	Labañou	CasaAgu	Control	PuertoO:	PuertaRt	CasaPec	Labañou	CasaAgu	MedioMa	PuertoO:	PuertaRt	CasaPec	Labañou	CasaAgu	Control	PuertoO:	Licencia	Localida	Club	Nacionalidad
1	696	PABLO MOURELLE SANMARTIN	4:43:12	0:06:43	4:41:47	0:15:28	0:34:09	0:39:19	0:41:50	1:01:56	1:22:14	1:36:26	1:55:00	1:59:56	2:02:15	2:23:01	2:46:20	3:07:14	3:35:47	3:42:11	3:46:55	4:17:49		LUGO		
BM PROME Inscritos:		6 Llegadi 2																								
PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaPec	Labañou	CasaAgu	Control	PuertoO:	PuertaRt	CasaPec	Labañou	CasaAgu	MedioMa	PuertoO:	PuertaRt	CasaPec	Labañou	CasaAgu	Control	PuertoO:	Licencia	Localida	Club	Nacionalidad
1	443	INIGO FERNANDEZ LAGUNA	4:08:06	0:05:53	4:07:18	0:14:38	0:32:48	0:37:36	0:39:56	0:59:09	1:18:57	1:32:52	1:51:01	1:55:53	1:58:08	2:16:46	2:36:12	2:51:06	3:12:52	3:19:01	3:21:46	3:45:29		A CORUÑA		
2	651	SANTIAGO RUIZ AZAÑA	4:32:33	0:06:28	4:32:02	0:12:40	0:28:43	0:33:16	0:35:22	0:53:11	1:11:26	1:24:30	1:42:23	1:47:46	1:50:22	2:12:37	2:35:58	2:53:28	3:18:15	3:25:03	3:28:30	4:02:36		MADRID		
CM SENIOF Inscritos:		204 Llegadi 157																								
PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaPec	Labañou	CasaAgu	Control	PuertoO:	PuertaRt	CasaPec	Labañou	CasaAgu	MedioMa	PuertoO:	PuertaRt	CasaPec	Labañou	CasaAgu	Control	PuertoO:	Licencia	Localida	Club	Nacionalidad
1	683	TEWODROS ZEWDU ASFAW	2:19:47	0:03:19	2:19:47	0:08:09	0:18:40	0:21:36	0:22:55	0:33:52	0:45:40	0:54:09	1:05:03	1:08:05	1:09:30	1:20:49	1:32:34	1:41:07	1:51:57	1:54:57	1:56:21	2:07:47		ADIS ABEBA		
2	1040	JORGE CRESPO ARIAS	2:34:50	0:03:41	2:34:50	0:08:56	0:20:29	0:23:46	0:25:17	0:37:49	0:50:59	1:00:10	1:12:08	1:15:27	1:16:58	1:29:32	1:42:35	1:51:58	2:03:49	2:07:11	2:08:42	2:21:30	AG-7638	NEGREIF ATLETISMO SAR	A POUTADA	
3	1064	CESAR VAZQUEZ AGRA	2:41:31	0:03:50	2:41:29	0:09:35	0:22:03	0:25:32	0:27:10	0:40:20	0:53:44	1:03:13	1:15:28	1:18:49	1:20:23	1:33:16	1:46:25	1:55:55	2:08:34	2:12:04	2:13:42	2:27:21		A CORUI CLUB ATLETISMO MILLADOIRO		
4	1056	RUBEN PEREZ FONTAN	2:43:03	0:03:52	2:43:00	0:09:25	0:21:53	0:25:22	0:27:00	0:40:19	0:53:53	1:03:46	1:16:38	1:20:13	1:21:51	1:35:14	1:48:59	1:58:39	2:11:18	2:14:52	2:16:29	2:29:33		VIGO	CASTRELOS 20:30	
5	1043	LUIS ALFONSO NOVO VEIGA	2:46:12	0:03:57	2:46:11	0:09:35	0:22:03	0:25:32	0:27:10	0:40:12	0:53:43	1:03:09	1:15:28	1:18:49	1:20:24	1:33:16	1:46:28	1:56:19	2:09:00	2:12:40	2:14:23	2:29:26	AG-7172	A CORUI ATLETISMO BOIMORTO		
6	38	MIGUEL MARTINEZ LOPEZ	2:46:35	0:03:57	2:46:34	0:09:06	0:21:21	0:24:53	0:26:32	0:39:56	0:53:24	1:02:55	1:15:41	1:19:16	1:20:55	1:34:31	1:48:33	1:58:43	2:11:52	2:15:41	2:17:26	2:31:52		MADRID		
7	88	ALBERTO CAO PÉREZ	2:48:17	0:04:00	2:48:14	0:09:37	0:22:29	0:26:07	0:27:47	0:41:43	0:55:44	1:05:40	1:18:39	1:22:16	1:23:56	1:37:36	1:51:38	2:01:40	2:14:45	2:18:22	2:20:03	2:33:56		SANTA LUCÍA DE MORAÑA		
8	35	IVAN REGO POSE	2:49:07	0:04:01	2:49:04	0:09:47	0:22:51	0:26:30	0:28:13	0:42:25	0:56:41	1:06:30	1:19:33	1:23:11	1:24:49	1:38:54	1:53:08	2:03:09	2:16:19	2:19:57	2:21:34	2:35:10		SEGOVIA		
9	665	JOSE ANTONIO REQUEJO SANTOS	2:49:07	0:04:01	2:49:07	0:09:46	0:22:47	0:26:27	0:28:11	0:42:22	0:56:37	1:06:27	1:19:30	1:23:05	1:24:45	1:38:51	1:53:07	2:03:08	2:16:18	2:19:56	2:21:34	2:35:10	BU3536		C.A. MURCIA-TOVARSPORT	
10	64	GABRIEL CHUMILLAS FLECHER	2:49:39	0:04:02	2:49:39	0:09:26	0:22:00	0:25:31	0:27:10	0:40:24	0:54:04	1:04:11	1:17:11	1:20:49	1:22:31	1:36:32	1:51:05	2:01:22	2:15:02	2:18:52	2:20:40	2:35:08	MU14723	LORCA (I MOBEL SPORT LORCA		
11	1084	JOSE BERNARDO GINZO VEIGA	2:50:00	0:04:02	2:49:58	0:09:39	0:22:29	0:26:06	0:27:46	0:41:43	0:55:44	1:05:34	1:18:41	1:22:17	1:23:56	1:37:37	1:51:39	2:01:41	2:14:50	2:18:33	2:20:16	2:34:29	AG 7639	RIBADECOURENSE ATLETISMO ACADEMIA POSTAL		
12	1065	ALBERTO CAROU CARRIL	2:50:31	0:04:03	2:50:30	0:09:36	0:22:04	0:25:35	0:27:12	0:40:24	0:53:49	1:03:32	1:16:13	1:19:44	1:21:21	1:34:52	1:49:04	1:59:26	2:13:00	2:16:51	2:18:36	2:33:46	A-9739	BERTAM CLUB ATLETISMO MILLADOIRO		
13	1041	VICTOR JOSE SANCHEZ PEREZ	2:51:20	0:04:04	2:51:17	0:09:50	0:22:51	0:26:29	0:28:12	0:42:23	0:56:40	1:06:30	1:19:33	1:23:09	1:24:47	1:38:53	1:53:07	2:03:11	2:16:23	2:20:02	2:21:44	2:36:00		A CORUI ATLETISMO AS MARINAS-BETANZOS		
14	1492	DIEGO SOTO FEJOO	2:52:35	0:04:06	2:52:20	0:10:32	0:24:01	0:27:45	0:29:28	0:43:44	0:58:07	1:08:24	1:21:47	1:25:29	1:27:13	1:41:18	1:55:44	2:05:42	2:18:54	2:22:35	2:24:17	2:38:06		OURENSE		
15	54	LUIS BLANCO MARTINEZ	2:52:48	0:04:06	2:52:47	0:09:16	0:21:18	0:24:44	0:26:19	0:39:07	0:52:31	1:02:00	1:14:41	1:18:14	1:19:53	1:33:25	1:47:48	1:58:18	2:12:36	2:16:39	2:18:33	2:34:29	AG 8825	A CORUI CLUB ALEJANDRO GOMEZ		
16	1366	DIEGO RUIZ BREJOU	2:52:49	0:04:06	2:52:39	0:09:50	0:22:51	0:26:29	0:28:12	0:42:25	0:56:40	1:06:29	1:19:34	1:23:09	1:24:46	1:39:01	1:53:11	2:03:09	2:16:20	2:19:58	2:21:42	2:36:36		A CORUÑA		
17	1038	ROBERTO C. AGRELO GOMEZ	2:53:55	0:04:08	2:53:53	0:10:10	0:23:47	0:27:29	0:29:12	0:43:36	0:58:05	1:08:23	1:21:46	1:25:29	1:27:13	1:41:19	1:55:48	2:05:57	2:19:14	2:22:58	2:24:42	2:39:03	AG-7638	PADRÓN ATLETISMO SAR	A POUTADA	
18	62	SERGIO CARRIL BREA	2:55:45	0:04:10	2:55:36	0:10:28	0:24:07	0:27:54	0:29:37	0:44:30	0:59:29	1:09:55	1:23:46	1:27:34	1:29:22	1:44:16	1:58:42	2:08:40	2:21:55	2:25:33	2:27:15	2:41:22		A CORUI EGOVARROS VIVEIRO		
19	113	PEDRO LEITE REGUEIRAS	2:56:31	0:04:11	2:56:26	0:10:22	0:23:47	0:27:29	0:29:13	0:43:35	0:58:08	1:08:24	1:21:47	1:25:28	1:27:13	1:41:23	1:55:48	2:06:07	2:19:50	2:23:42	2:25:30	2:40:35		GUMIARRAES		
20	346	PABLO ANIDO COUCE	2:58:28	0:04:14	2:58:12	0:10:29	0:23:47	0:27:54	0:29:39	0:44:13	0:59:10	1:09:32	1:23:04	1:26:50	1:28:36	1:42:57	1:57:40	2:08:09	2:22:18	2:26:12	2:28:02	2:43:33		FERROL		
21	1082	MIGUEL ANXO NOGUEIRA PÉREZ	2:58:36	0:04:14	2:58:29	0:10:22	0:23:50	0:27:35	0:29:24	0:44:15	0:59:13	1:09:37	1:23:15	1:27:04	1:28:48	1:43:08	1:57:53	2:08:26	2:22:18	2:26:12	2:28:02	2:43:02	AG 9793	SANTIAÇO NOITEBRA F.C.		
22	130	MARTÍN LESTÓN AGULLEIRO	2:58:40	0:04:15	2:58:28	0:10:24	0:24:08	0:27:57	0:29:45	0:44:36	0:59:28	1:09:54	1:23:46	1:27:33	1:29:21	1:44:10	1:58:52	2:09:14	2:23:10	2:27:03	2:28:52	2:43:46		A CORUÑA		
23	1103	DAVID CALZAS INSUA	2:59:21	0:04:16	2:58:53	0:11:22	0:25:13	0:29:05	0:30:53	0:45:26	1:00:21	1:10:50	1:24:52	1:28:43	1:30:29	1:45:08	1:59:55	2:10:21	2:24:03	2:27:52	2:29:38	2:44:21		VIMIANZO		
24	1081	RAÚL IGLESIAS DURO	2:59:33	0:04:16	2:59:24	0:10:22	0:23:51	0:27:35	0:29:24	0:44:16	0:59:13	1:09:37	1:23:15	1:27:03	1:28:48	1:43:08	1:57:52	2:08:26	2:22:18	2:26:12	2:28:02	2:43:02	AG 7637	O PINO NOITEBRA F.C.		
25	1062	IVAN SEGADE CAROU	3:00:15	0:04:17	3:00:08	0:10:30	0:23:51	0:27:38	0:29:25	0:44:07	0:59:11	1:09:32	1:23:01	1:26:43	1:28:28	1:42:52	1:57:13	2:08:02	2:21:58	2:25:59	2:27:52	2:43:06		A CORUI CLUB ATLETISMO BOIMORTO		
26	1205	MIGUEL MARZOZA RUIZ	3:00:27	0:04:17	3:00:17	0:10:25	0:24:08	0:27:56	0:29:44	0:44:31	0:59:29	1:09:56	1:23:46	1:27:34	1:29:22	1:44:29	1:59:27	2:10:00	2:23:54	2:27:53	2:29:42	2:44:59	A6739	VIGO COMESAÑA SPORTIN CLUB		
27	127	MANUEL FREIRE GONZALEZ	3:01:07	0:04:18	3:00:13	0:12:05	0:25:26	0:29:14	0:31:03	0:45:54	1:01:11	1:11:44	1:26:03	1:29:57	1:31:47	1:46:38	2:02:16	2:12:55	2:26:44	2:30:33	2:32:17	2:46:32		BUEU		
28	1196	JUAN ROMERO FERNANDEZ	3:02:43	0:04:20	3:02:32	0:10:33	0:24:10	0:27:58	0:29:44	0:44:32	0:59:31	1:09:58	1:23:50	1:27:42	1:29:30	1:43:49	1:58:55	2:09:48	2:24:33	2:28:40	2:30:35	2:46:13	AG-7110	OURENS CLUB DEPORTIVO AURUM		
29	366	RUBÉN LESTON AGULLEIRO	3:06:47	0:04:26	3:06:35	0:10:24	0:24:01	0:27:49	0:29:38	0:44:28	0:59:28	1:09:52	1:23:33	1:27:19	1:29:04	1:43:26	1:58:17	2:09:27	2:24:48	2:29:14	2:31:22	2:49:09		A CORUÑA		
30	1251	EDUARDO FIGUEIRAS NÚÑEZ	3:07:06	0:04:27	3:06:56	0:10:26	0:24:10	0:27:58	0:29:45	0:44:32	0:59:35	1:09:58	1:23:50	1:27:37	1:29:24	1:44:23	1:59:30	2:10:39	2:25:38	2:29:57	2:32:03	2:50:03		ESTEIRO		
31	1563	ALBERTO LOPEZ PINO	3:08:49	0:04:29	3:08:18	0:11:04	0:25:13	0:29:11	0:31:03	0:46:16	1:01:49	1:12:48	1:27:10	1:31:10	1:33:01	1:48:22	2:03:57	2:15:09	2:30:06	2:34:15	2:36:13	2:52:28		VIGO		
32	495	CARLOS RODRIGUEZ SUAREZ	3:09:51	0:04:30	3:09:14	0:12:02	0:26:04	0:29:55	0:31:43	0:46:27	1:01:30	1:12:12	1:26:19	1:30:14	1:32:04											

68	467 ALEXANDRE PEDREIRA PENA	3:30:27	0:05:00	3:28:53	0:13:35	0:29:53	0:34:21	0:36:26	0:53:50	1:11:09	1:23:28	1:39:28	1:43:56	1:46:02	2:03:12	2:20:20	2:32:27	2:48:54	2:53:27	2:55:31	3:12:58	A CORUÑA
69	1562 ROI BARRIOS CORRAL	3:30:27	0:05:00	3:28:53	0:13:35	0:29:54	0:34:21	0:36:27	0:53:50	1:11:10	1:23:29	1:39:29	1:43:57	1:46:03	2:03:13	2:20:21	2:32:27	2:48:54	2:53:27	2:55:31	3:12:58	A CORUÑA
70	600 MANUEL CENDON SAMPEDRO	3:30:28	0:05:00	3:29:30	0:13:33	0:29:23	0:33:49	0:35:53	0:53:05	1:10:30	1:22:53	1:39:18	1:43:41	1:45:42	2:02:38	2:19:59	2:32:21	2:48:47	2:53:18	2:55:24	3:12:51	A CORUÑA
71	238 DAVID GIRONES ANDRADE	3:30:53	0:05:00	3:30:32	0:12:05	0:27:48	0:32:12	0:34:11	0:51:09	1:08:44	1:20:56	1:40:16	1:44:37	1:46:45	2:03:58	2:21:22	2:33:37	2:49:54	2:54:24	2:56:28	3:13:47	TARRAGONA
72	1364 ANTONIO PABLO CARBALLAN DENES	3:30:55	0:05:00	3:30:22	0:13:29	0:29:39	0:33:55	0:35:54	0:52:31	1:09:30	1:21:18	1:36:46	1:41:07	1:43:08	1:59:38	2:16:50	2:29:18	2:45:42	2:50:23	2:52:36	3:11:41	A CORUÑA
73	1307 MIGUEL SUIRO MENDEZ	3:31:04	0:05:01	3:29:53	0:13:24	0:29:26	0:33:59	0:36:04	0:53:25	1:10:53	1:23:09	1:39:23	1:43:50	1:45:55	2:03:14	2:20:28	2:33:04	2:49:36	2:54:09	2:56:18	3:14:05	DENA - MEAÑO
74	172 JAVIER LOPEZ FUSTES	3:33:39	0:05:04	3:32:31	0:13:55	0:29:49	0:34:15	0:36:21	0:53:44	1:11:21	1:23:43	1:40:12	1:44:41	1:46:45	2:03:58	2:21:21	2:33:37	2:50:06	2:54:48	2:56:58	3:14:43	A8722 ORTIGUI CLUB ALEJANDRO GOMEZ
75	1422 JESUS ALBERTO MORLAN OTERO	3:33:51	0:05:05	3:32:50	0:13:31	0:29:15	0:33:43	0:35:45	0:53:03	1:10:36	1:23:07	1:39:25	1:43:53	1:46:01	2:03:19	2:21:18	2:34:11	2:51:20	2:56:05	2:58:24	3:16:32	AG76423SADA CLUB ATLETISMO SADA
76	695 MANUEL DIAZ ALVAREZ	3:34:27	0:05:05	3:33:42	0:12:42	0:28:21	0:32:45	0:34:46	0:51:52	1:09:08	1:21:02	1:36:47	1:41:11	1:43:15	2:00:09	2:17:27	2:30:03	2:46:19	2:51:04	2:53:21	3:13:37	QUIROG FLUVIAL LUGO
77	280 IVAN SEAOANE DIAZ	3:34:31	0:05:06	3:33:11	0:14:26	0:31:00	0:35:24	0:37:32	0:55:25	1:13:17	1:25:46	1:42:11	1:46:46	1:48:55	2:06:37	2:24:02	2:36:01	2:52:26	2:57:03	2:59:12	3:16:34	A CORUÑA
78	570 JOSE MANUEL CAO OREIRO	3:34:48	0:05:06	3:34:36	0:12:11	0:28:12	0:32:36	0:34:40	0:51:54	1:09:16	1:21:19	1:37:23	1:41:51	1:43:56	2:01:27	2:18:57	2:31:20	2:48:04	2:52:49	2:55:03	3:15:32	PALMA DE MALLORCA
79	1351 MIGUEL RUIZ ALARCON	3:34:50	0:05:06	3:34:07	0:13:16	0:29:40		0:36:17	0:54:21	1:12:40	1:25:09	1:41:37	1:46:08	1:48:13	2:05:58	2:23:30	2:36:00	2:52:26	2:57:02	2:59:11	3:16:32	A CORUÑA
80	211 JUAN LUIS MARTINEZ GOMEZ	3:35:11	0:05:06	3:33:37	0:15:10	0:31:27	0:35:47	0:37:46	0:54:25	1:11:03	1:23:05	1:39:04	1:43:29	1:45:33	2:02:07	2:18:59	2:31:55	2:49:23	2:54:30	2:56:58	3:16:22	MADRID
81	1275 XAVIER VARIAS FERNANDEZ	3:35:31	0:05:07	3:34:42	0:14:14	0:31:21	0:35:57	0:38:12	0:56:17	1:14:41	1:27:38	1:44:22	1:48:59	1:51:10	2:08:20	2:25:24	2:37:35	2:53:53	2:58:29	3:00:37	3:18:25	SANT SADURN D'ANOIA
82	1320 FRANCESC FOS LLOPART	3:35:31	0:05:07	3:34:41	0:14:14	0:31:22	0:35:57	0:38:12	0:56:17	1:14:41	1:27:38	1:44:22	1:48:59	1:51:10	2:08:19	2:25:24	2:37:35	2:53:52	2:58:29	3:00:37	3:18:26	VILAFRANCA DEL PENEDES
83	515 FELIPE REY RIBEIRO	3:37:42	0:05:10	3:36:14	0:14:12	0:30:15	0:34:37	0:36:43	0:54:20	1:12:02	1:24:25	1:41:07	1:45:42	1:47:54	2:05:44	2:23:33	2:36:00	2:53:31	2:58:22	3:00:42	3:19:43	CATOIRA
84	588 JUAN FRANCISCO SOUTO RAMOS	3:38:18	0:05:11	3:37:12	0:13:39	0:29:29	0:33:51	0:35:56	0:52:41	1:09:47	1:21:58	1:38:29	1:43:02	1:45:08	2:02:34	2:20:35	2:33:39	2:51:26	2:56:39	2:59:03	3:18:27	A CORUÑA
85	632 PEDRO LOPEZ PEREZ	3:38:58	0:05:12	3:37:31	0:13:31	0:29:13	0:33:36	0:35:38	0:53:04	1:10:50	1:23:11	1:39:26	1:43:58	1:46:04	2:03:40	2:21:25	2:34:26	2:52:44	2:57:55	3:00:18	3:20:06	A CORUÑA
86	1282 GONZALO SILVA BRENLLA	3:39:05	0:05:12	3:38:09	0:14:07	0:30:52	0:35:20	0:37:31	0:55:13	1:13:24	1:25:48	1:42:21	1:46:48	1:48:55	2:06:19	2:23:58	2:36:32	2:53:18	2:58:11	3:00:29	3:20:01	SANTA COMBA
87	1500 ROBERTO LOPEZ PEREZ	3:39:13	0:05:12	3:38:56	0:12:36	0:28:42	0:33:11	0:35:16	0:52:44	1:10:25	1:22:53	1:39:25	1:43:59	1:46:09	2:03:39	2:21:50	2:35:01	2:52:30	2:57:23	2:59:37	3:18:30	MADRID
88	436 FERNANDO GARCIA LEMA	3:39:26	0:05:13	3:37:46	0:14:49	0:31:11	0:35:32	0:37:38	0:54:46	1:11:47	1:23:45	1:39:47	1:44:14	1:46:22	2:03:32	2:20:50	2:33:36	2:50:16	2:55:07	2:57:24	3:18:06	PONTECESO
89	1565 JOSE MANUEL PENA LAMAS	3:39:50	0:05:13	3:38:13	0:14:59	0:31:29	0:35:58	0:38:07	0:55:43	1:13:26	1:25:52	1:42:05	1:46:29	1:48:30	2:05:43	2:23:15	2:35:54	2:52:53	2:57:39	2:59:52	3:20:02	SANTIAGO
90	546 JACOBO REY CASTRO	3:39:54	0:05:13	3:38:14	0:15:13	0:31:27	0:37:01	0:39:19	0:57:54	1:16:29	1:29:31	1:46:50	1:51:28	1:53:39	2:11:32	2:29:25	2:41:49	2:58:24	3:03:02	3:05:12	3:22:42	CABANA BERGANTIÑOS
91	1224 IVAN RODRIGUEZ RUIZ	3:40:09	0:05:14	3:39:16	0:13:00	0:28:39	0:33:05	0:35:10	0:52:23	1:09:42	1:21:42	1:37:40	1:42:02	1:44:03	2:00:39	2:17:48	2:30:26	2:48:27	2:53:37	2:56:06	3:17:25	VIVEIRO MONTEPENARRUBIA RUNNIG
92	640 RAUL CABARCOS GARCIA	3:41:18	0:05:15	3:39:44	0:15:10	0:32:20	0:36:49	0:38:58	0:58:00	1:16:03	1:28:34	1:45:53	1:50:30	1:52:36	2:10:49	2:28:57	2:41:39	2:58:08	3:02:47	3:04:56	3:23:03	FENE
93	670 SIN DATOS DEL DORSAL 670	3:41:30	0:05:15	3:40:40	0:13:15	0:29:22	0:33:44	0:35:47	0:53:12	1:10:51	1:23:11	1:39:27	1:44:30	1:46:37	2:04:21	2:22:32	2:35:22	2:52:53	2:57:45	3:00:05	3:20:12	
94	385 NICOLAS FERNANDEZ PITA	3:42:38	0:05:17	3:41:44	0:13:19	0:28:46	0:33:11	0:35:14	0:52:10	1:09:46	1:22:07	1:38:29	1:43:02	1:45:08	2:02:33	2:20:26	2:33:38	2:52:08	2:57:55	3:00:05	3:20:44	FERROL
95	108 OSCAR CARBALLO IGLESIAS	3:43:02	0:05:18	3:42:50	0:11:55	0:27:19	0:31:36	0:33:35	0:50:43	1:08:17	1:20:12	1:35:43	1:40:06	1:42:08	1:59:00	2:16:07	2:28:23	2:46:39	2:52:29	2:55:05	3:18:24	OURENSE
96	275 HÉCTOR BARRIOS RUANO	3:43:15	0:05:18	3:42:25	0:13:08	0:28:33	0:32:53	0:34:50	0:51:17	1:08:09	1:20:02	1:35:44		1:42:08	1:59:00	2:16:07	2:28:42	2:47:06	2:52:21	2:55:44	3:18:59	AVILES
97	278 IVÁ PINYIROU GLESIAS	3:43:18	0:05:18	3:42:20	0:13:24	0:29:41	0:34:13	0:36:20	0:53:44	1:11:13	1:23:40	1:40:11	1:44:46	1:46:55	2:04:26	2:22:33	2:35:25	2:53:16	2:58:22	3:00:49	3:21:48	SANTIAGO
98	1309 ESTEBAN CASTROMIL SUAREZ	3:45:18	0:05:21	3:44:42	0:14:08	0:31:07	0:35:34	0:37:41	0:55:33	1:13:28	1:26:03	1:42:54	1:47:33	1:49:41	2:07:29	2:26:06	2:39:42	2:57:33	3:02:37	3:04:59	3:25:07	ORRO
99	1524 DANIEL CALVIÑO MORENO	3:45:50	0:05:22	3:45:21	0:13:25	0:30:21	0:35:02	0:37:14	0:55:09	1:13:25	1:26:12	1:43:05	1:47:43	1:49:51	2:07:30	2:25:36	2:38:49	2:56:45	3:01:50	3:04:12	3:24:03	A 10899 CULLEREDO
100	435 FRANCISCO JAVIER BERMÚDEZ CERQUEI	3:46:00	0:05:22	3:45:21	0:13:23	0:30:16	0:34:54	0:37:06	0:55:14	1:13:26	1:26:12	1:43:05	1:47:42	1:49:52	2:07:30	2:25:37	2:38:49	2:56:44	3:01:49	3:04:12	3:24:01	A CORUÑA
101	552 JESUS JOSE BLANCO MANIN	3:46:05	0:05:22	3:44:48	0:14:01	0:30:04	0:34:36	0:36:42	0:54:14	1:11:50	1:24:20	1:40:53	1:45:37	1:47:47	2:05:45	2:24:13	2:37:49	2:56:41	3:01:56	3:04:22	3:24:20	BURELA
102	1255 ISMAEL MANEIRO FERREIRO	3:46:07	0:05:22	3:45:50	0:11:17	0:25:33	0:29:35	0:31:27	0:46:57	1:02:45	1:14:08	1:28:59	1:33:16	1:35:14	1:51:57	2:10:42	2:25:32	2:46:47	2:53:33	2:56:17	3:21:01	A XUNQUEIRA
103	1546 JUAN PABLO FIGUEROA FERNANDEZ	3:47:19	0:05:24	3:45:33	0:15:07	0:31:14	0:35:35	0:37:39	0:55:16	1:13:50	1:26:47	1:44:17	1:48:57	1:51:36	2:09:00	2:27:04	2:40:18	2:58:39	3:03:47	3:06:13	3:26:36	REDONDELA
104	1106 ANTONIO INSUA RODRÍGUEZ-VILA	3:47:31	0:05:24	3:46:03	0:15:24	0:33:08	0:37:53	0:40:16	0:59:21	1:18:17	1:31:49	1:49:24	1:54:07	1:56:19	2:14:40	2:32:47	2:45:19	3:01:38	3:06:14	3:08:38	3:27:01	MILLADOIRO (AMES)
105	468 ALFONSO BRAVO RUIZ	3:48:01	0:05:25	3:46:48	0:15:06	0:32:50	0:37:40	0:39:58	0:58:43	1:17:44	1:31:23	1:49:06	1:54:01	1:56:19	2:16:00	2:35:14	2:48:11	3:05:29	3:10:10	3:12:23	3:30:42	BURGOS
106	122 JAVIER ESTÉVEZ RAMA	3:49:03	0:05:26	3:47:43	0:14:09	0:30:47	0:35:19	0:37:33	0:55:47	1:14:26	1:27:29	1:44:17	1:48:56	1:51:05	2:09:26	2:27:53	2:41:27	2:59:34	3:04:43	3:07:11	3:28:21	A CORUÑA
107	547 JAIME ÁLVAREZ DE LA TORRE	3:49:30	0:05:27	3:47:52	0:15:30	0:32:41	0:37:12	0:39:27	0:57:55	1:16:55	1:30:15	1:47:57	1:52:48	1:55:05	2:13:24	2:32:20	2:45:39	3:03:41	3:08:46	3:11:09	3:30:21	A CORUÑA
108	1355 ROBERTO DOLDAN CORRAL	3:51:26	0:05:30	3:49:42	0:15:52	0:33:17	0:37:53	0:40:03	0:57:26	1:15:49	1:28:01	1:44:24	1:48:54	1:50:58	2:08:05	2:26:38	2:40:14	2:58:08	3:04:38	3:07:22	3:28:34	A CORUÑA
109	1436 MARIO DANIEL VARELA CRESPO	3:52:40	0:05:31	3:51:57	0:13:29	0:30:05	0:34:35	0:36:43	0:54:41	1:12:54	1:25:31	1:41:57	1:46:29	1:48:30	2:05:52	2:23:48	2:36:45	2:56:16	3:02:10	3:04:24	3:26:38	AG-7636:O CARBA/ESPINTRES OURENSE
110	628 PABLO FRANCO YAÑEZ	3:53:32	0:05:33	3:52:11	0:14:59	0:31:51	0:36:31	0:38:41	0:56:34	1:17:34	1:30:06	1:46:51	1:51:24	1:53:33	2:11:31	2:30:01	2:43:23	3:02:45	3:07:52	3:12:09	3:32:17	A CORUÑA
111	623 OSCAR LÓPEZ TOBAR	3:53:46	0:05:33	3:52:27	0:14:29	0:31:42	0:36:25	0:38:43	0:57:24	1:16:11	1:29:22	1:46:44	1:51:30	1:53:44	2:12:19	2:31:21	2:45:17	3:04:17	3:09:34	3:12:02	3:32:46	BERTAMIRANS
112	398 SEBASTIAN MOLINA CRUZ	3:53:50	0:05:33	3:53:26	0:12:00	0																

152	457	CARLOS ARTECHE ANSEDES	4:45:51	0:06:47	4:44:01	0:16:56	0:37:01	0:42:36	0:45:15	1:06:35	1:28:27	1:44:26	2:04:32	2:10:13	2:12:49	2:34:24	2:56:42	3:13:37	3:37:58	3:44:43	3:47:46	4:16:53	FERROL
153	629	PEDRO CALDAS CASTRO	4:55:25	0:07:01	4:53:32	0:16:27	0:35:19	0:40:40	0:43:13	1:03:14	1:23:34	1:38:10	1:58:17	2:04:03	2:06:41	2:29:46	2:54:47	3:13:25	3:44:50	3:52:54	3:57:04	4:29:25	A CORUÑA
154	1491	GONZALO MARTIN BRANDON CASTRO	4:59:29	0:07:06	4:58:17	0:15:14	0:33:40	0:38:47	0:41:18	1:01:28	1:22:06	1:36:38	1:56:30	2:01:59	2:04:33	2:26:56	2:52:01	3:12:07	3:41:23	3:49:55	3:53:32	4:28:42	ARTEIXO
155	418	DIEGO OMAR RODRIGUEZ LOPEZ	4:59:58	0:07:07	4:58:21	0:15:50	0:34:13	0:39:21	0:41:49	1:01:56	1:23:13	1:38:07	1:58:45	2:04:27	2:07:13	2:30:24	2:56:07	3:17:23	3:53:37	4:00:29	4:03:42	4:33:01	A CORUÑA
156	1560	DAVID CONS COUSLEU	5:03:09	0:07:12	5:01:35	0:16:51	0:37:09	0:42:59	0:45:39	1:08:43	1:32:59	1:49:02	2:11:12	2:17:25	2:20:14	2:44:02	3:09:19	3:27:55	3:53:58	4:00:57	4:04:52	4:34:56	PONTEVEDRA
157	1475	OSCAR FRESNEDO ARIAS	5:24:50	0:07:42	5:23:00	0:17:38	0:38:58		0:47:35	1:10:22	1:33:47	1:50:52	2:13:11	2:19:24	2:22:18	2:46:01	3:12:48	3:34:54	4:03:34	4:11:44	4:15:08	4:48:35	A CORUÑA

CF SENIOF Inscritos: 11 Llegadi 7

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaPec	Labañou	CasaAgu	Control	PuertoO	PuertaR	CasaPec	Labañou	CasaAgu	MedioMa	PuertoO	PuertaR	CasaPec	Labañou	CasaAgu	Control	PuertoO	Licencia	Localida	Club	Nacionalidad
1	1013	ROCIO ALVITE FERREIRO	3:53:26	0:05:32	3:52:39	0:14:38	0:32:50	0:37:38	0:39:57	0:59:10	1:18:57	1:32:52	1:51:04	1:55:51	1:58:04	2:16:45	2:35:48	2:49:07	3:07:24	3:12:21	3:14:41	3:34:05	MAZARICOS			
2	1011	IRIA SOTO IGLESIAS	4:02:05	0:05:45	4:00:48	0:14:09	0:30:47	0:35:19	0:37:33	0:55:48	1:14:44	1:28:06	1:46:18	1:51:17	1:53:35	2:13:08	2:33:36	2:48:41	3:08:35	3:14:16	3:17:05	3:38:50	A CORUÑA		PORTUGAL	
3	9	CARMEN FAUNDEZ BERMÚDEZ	4:06:02	0:05:50	4:05:38	0:13:23	0:30:29	0:35:03	0:37:20	0:55:54	1:14:32	1:28:08	1:46:18	1:51:18	1:53:36	2:13:09	2:33:37	2:48:40	3:09:00	3:15:03	3:17:55	3:41:54	PALENCIA			
4	17	FRANCISSA CAMPOY CASAL	4:12:55	0:06:00	4:11:50	0:15:34	0:34:04	0:39:08	0:41:34	1:01:17	1:21:34	1:35:55	1:55:07	2:00:34	2:03:08	2:23:39	2:44:34	2:59:25	3:20:07	3:25:57	3:28:45	3:51:00	A CORUÑA			
5	1018	MARISA RUA PRIETO	4:15:26	0:06:04	4:14:21	0:15:22	0:33:53	0:38:58	0:41:23	1:01:06	1:21:32	1:36:09	1:55:07	2:00:32	2:02:59	2:23:31	2:44:27	3:00:06	3:20:43	3:26:35	3:29:12	3:51:43	AG 7642	SADA	CLUB ATLETISMO SADA	
6	1025	RAQUEL ZAPATA RODRIGUEZ	4:43:19	0:06:43	4:41:33	0:16:50	0:36:57	0:42:37	0:45:16	1:06:46	1:29:16	1:45:18	2:06:21	2:12:07	2:14:47	2:37:32	3:01:44	3:19:21	3:42:42	3:49:08	3:52:09	4:17:23	VIGO			
7	25	NANCY MARLENE GARAY MOULAND	5:10:57	0:07:23	5:10:27	0:17:46	0:40:11	0:46:21	0:49:18	1:14:10	1:39:23	1:57:50	2:21:43	2:28:12	2:31:10	2:55:58	3:22:28	3:41:45	4:06:50	4:14:38	4:17:45	4:44:30	BENALMADENA			

DM VETER Inscritos: 289 Llegadi 219

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaPec	Labañou	CasaAgu	Control	PuertoO	PuertaR	CasaPec	Labañou	CasaAgu	MedioMa	PuertoO	PuertaR	CasaPec	Labañou	CasaAgu	Control	PuertoO	Licencia	Localida	Club	Nacionalidad
1	1090	JOSE MANUEL CASADO MÉNDEZ	2:38:01	0:03:45	2:37:59	0:08:57	0:20:29	0:23:48	0:25:17	0:37:50	0:50:59	1:00:10	1:12:09	1:15:27	1:17:00	1:29:35	1:42:42	1:52:19	2:04:53	2:08:28	2:10:07	2:23:49	AG-1103	MACEDA VIA XVIII MACEDA		
2	1051	ABEL BARROS GONZALEZ	2:44:11	0:03:54	2:44:08	0:09:34	0:22:01	0:25:29	0:27:05	0:40:21	0:53:44	1:03:12	1:15:29	1:18:50	1:20:23	1:33:15	1:46:25	1:55:55	2:08:36	2:12:11	2:13:53	2:28:19	AG 6807	MORÁN	ATLETISMO RIA DE AROUSA O GROVE	
3	597	LUIS MIGUEL COSTAS CARVALHO	2:44:36	0:03:55	2:44:26	0:09:37	0:22:04	0:25:34	0:27:12	0:40:20	0:53:42	1:03:10	1:15:27	1:18:49	1:20:23	1:33:31	1:47:31	1:57:06	2:09:49	2:13:20	2:14:59	2:29:26	PORTUGAL		PORTUGAL	
4	93	DAVID TUDÓ SANDES	2:45:07	0:03:55	2:45:03	0:09:37	0:22:05	0:25:34	0:27:11	0:40:24	0:53:54	1:03:46	1:16:38	1:20:13	1:21:51	1:35:15	1:49:00	1:58:50	2:11:41	2:15:23	2:17:03	2:30:54			CASTELDEFELDES	
5	1074	JOSE ANTONIO RECOUSO CAAMAÑO	2:47:39	0:03:59	2:47:37	0:09:36	0:22:27	0:26:03	0:27:43	0:41:36	0:55:42	1:05:33	1:18:26	1:22:03	1:23:42	1:37:15	1:51:02	2:00:57	2:14:14	2:17:58	2:19:42	2:33:45	A9763	A CORUI	CORUÑA COMARCA	
6	1030	JUAN BAUTISTA SUAREZ CRUCES	2:48:27	0:04:00	2:48:26	0:09:37	0:22:29	0:26:07	0:27:46	0:41:44	0:55:42	1:05:39	1:18:39	1:22:17	1:23:56	1:37:37	1:51:38	2:01:40	2:14:45	2:18:22	2:20:03	2:33:51			PONTEAREAS	
7	1091	CESAR PEREZ NOVAS	2:49:07	0:04:01	2:49:04	0:09:48	0:22:49	0:26:27	0:28:12	0:42:23	0:56:39	1:06:28	1:19:31	1:23:06	1:24:45	1:38:52	1:53:07	2:03:08	2:16:19	2:19:56	2:21:34	2:35:10	O		PORRINO	
8	44	FERNANDO SIEIRA RIOS	2:50:01	0:04:02	2:50:00	0:09:36	0:22:04	0:25:34	0:27:12	0:40:23	0:53:49	1:03:31	1:16:11	1:19:43	1:21:21	1:34:53	1:49:04	1:59:25	2:13:00	2:16:52	2:18:40	2:33:52	GA 1942	A CORUI	ATLETICA BARBANZA	
9	1053	SANTIAGO GARCIA GONZALEZ	2:51:15	0:04:04	2:51:10	0:09:49	0:22:50	0:26:29	0:28:13	0:42:24	0:56:41	1:06:42	1:20:08	1:23:50	1:25:34	1:39:45	1:54:03	2:04:05	2:17:13	2:20:53	2:22:36	2:36:43	AG-7636	OURENSE		
10	1042	JOSÉ MANUEL GONZÁLEZ CHARLÓN	2:51:16	0:04:04	2:51:13	0:10:02	0:22:51	0:26:30	0:28:13	0:42:24	0:56:42	1:06:42	1:20:05	1:23:47	1:25:31	1:39:30	1:53:45	2:03:55	2:17:21	2:21:06	2:22:50	2:36:57	A-10270	BETANZI	ATLETISMO AS MARIÑAS-BETANZOS	
11	103	JOSE MANUEL LOPEZ VARELA	2:52:03	0:04:05	2:52:00	0:09:47	0:22:49	0:26:28	0:28:12	0:42:23	0:56:39	1:06:29	1:19:32	1:23:08	1:24:46	1:38:53	1:53:10	2:03:09	2:16:26	2:20:12	2:22:00	2:36:45			A CORUÑA	
12	687	JOSE PABLO CASAS NOGUEROL	2:54:30	0:04:09	2:54:22	0:10:11	0:23:30	0:27:08	0:28:52	0:43:07	0:57:37	1:07:46	1:21:03	1:24:43	1:26:27	1:40:39	1:55:03	2:05:19	2:18:51	2:22:43	2:24:29	2:39:12	A		CORUÑA	
13	100	JESUS MANUEL PASANDEZ GARCIA	2:54:30	0:04:09	2:54:23	0:10:10	0:23:30	0:27:08	0:28:52	0:43:07	0:57:37	1:07:46	1:21:03	1:24:43	1:26:26	1:40:38	1:55:02	2:05:18	2:18:50	2:22:42	2:24:29	2:39:11	A		CORUÑA	
14	1378	XOSÉ CARLOS GONZÁLEZ AVIÓN	2:55:16	0:04:10	2:55:01	0:10:23	0:23:17	0:26:54	0:28:35	0:42:40	0:56:40	1:06:29	1:19:33	1:23:09	1:24:48	1:38:54	1:53:10	2:03:31	2:17:34	2:21:36	2:23:27	2:38:48			MONDARIZ	
15	1102	JAVIER SEAOANE PUGA	2:55:38	0:04:10	2:55:35	0:09:48	0:22:48	0:26:27	0:28:11	0:42:23	0:56:37	1:06:27	1:19:31	1:23:07	1:24:45	1:38:52	1:53:10	2:03:47	2:18:03	2:22:05	2:23:56	2:39:20	A		CORUÑA	
16	1553	SAMUEL SABORIDO SONORA	2:56:05	0:04:11	2:55:44	0:10:38	0:23:48	0:27:29	0:29:13	0:43:36	0:58:07	1:08:23	1:21:47	1:25:30	1:27:13	1:41:21	1:55:48	2:05:59	2:19:18	2:23:09	2:25:02	2:40:07			DODRO	
17	1096	CARLOS DEZA RODRIGUEZ	2:57:33	0:04:13	2:57:26	0:10:28	0:24:10	0:27:57	0:29:45	0:44:30	0:59:21	1:09:36	1:23:00	1:26:42	1:28:27	1:42:51	1:57:08	2:07:26	2:21:16	2:25:06	2:26:50	2:41:33	A		CORUÑA	
18	29	CONSTANTE LORENZO SANTOS	2:57:44	0:04:13	2:57:36	0:10:24	0:24:07	0:27:56	0:29:43	0:44:29	0:59:30	1:09:56	1:23:46	1:27:35	1:29:23	1:44:16	1:58:59	2:09:25	2:23:05	2:26:44	2:28:26	2:42:41			MUXIA	
19	1098	EDUARDO SEAOANE SANTISO	2:57:50	0:04:13	2:57:42	0:10:26	0:24:06	0:27:54	0:29:42	0:44:30	0:59:29	1:09:55	1:23:45	1:27:33	1:29:22	1:44:17	1:59:09	2:09:40	2:23:33	2:27:26	2:29:11	2:43:23	A		CORUÑA	
20	1066	ARTURO RAMOS FERROL	2:58:01	0:04:14	2:57:54	0:10:10	0:23:31	0:27:09	0:28:53	0:43:07	0:57:38	1:07:46	1:21:20	1:25:06	1:26:51	1:41:09	1:56:09	2:06:57	2:21:15	2:25:08	2:26:56	2:42:26	A-9509	SANTA C CLUB	ATLETISMO MILLADOIRO	
21	137	JOSE ANTONIO RODRIGUEZ ALVAREZ	2:58:06	0:04:14	2:58:04	0:09:49	0:22:49	0:26:29	0:28:11	0:42:24	0:56:38	1:07:03	1:20:41	1:24:27	1:26:12	1:40:38	1:55:44	2:06:21	2:20:55	2:24:52	2:26:40	2:43:15	AG 7637	VIGO	ATHLETICS KRONOS TEAN	
22	1077	JULIO GARCÍA FACHAL	2:58:22	0:04:14	2:58:17	0:10:27	0:24:09	0:27:57	0:29:43	0:44:31	0:59:31	1:09:57	1:23:47	1:27:35	1:29:22	1:44:21	1:59:09	2:09:40	2:23:35	2:27:26	2:29:11	2:43:26	A9152	A CORUI	CORUÑA COMARCA	
23	69	JOSE MANUEL TEIJEIRO IGLESIAS	2:58:46	0:04:15	2:58:40	0:10:31	0:24:09	0:27:56	0:29:45	0:44:31	0:59:30	1:09:56	1:23:47	1:27:35	1:29:22	1:44:10	1:58:59	2:09:27	2:23:10	2:27:03	2:28:52	2:43:48	AG7638	NARÓN	RIA FERIPORTUGAL	
24	1195	BENIGNO MONTEAGUDO SÁNCHEZ	2:59:08	0:04:15	2:59:02	0:10:32	0:24:09	0:29:45	0:44:32	0:59:30	1:09:57	1:23:48	1:27:36	1:29:22	1:44:11	1:59:00	2:09:27	2:23:10	2:27:04	2:28:52	2:43:48	AG-7170	FERROL CLUB	DE ATLETISMO RIA DE FERROL		
25	1221	JOSE LUIS MARTÍNEZ VICENTE	2:59:09	0:04:15	2:59:00	0:10:28	0:24:10	0:29:46	0:44:40	0:59:32	1:09:57	1:23:49	1:27:38	1:29:24	1:44:17	1:58:54	2:09:20	2:23:24	2:27:45	2:29:32	2:43:59	AG7644	A CORUI	MARINEDA ATLETICO		
26	125	IVÁN FERNÁNDEZ TORRE	3:00:49	0:04:18	3:00:43	0:10:22	0:23:50	0:27:33	0:29:17	0:43:52	0:58:47	1:09:09	1:22:47	1:26:33	1:28:19	1:43:00	1:58:05	2:09:03	2:23:25	2:27:27	2:29:19	2:44:33	O-5844	GIJÓN	PILOÑA DEPORTE	
27	65	JORGE RIVERO HERNANDEZ	3:01:02	0:04:18	3:00:46	0:10:05	0:22:49	0:26:28	0:28:10	0:41:56	0:55:49	1:05:33	1:18:05	1:21:36	1:23:15	1:36:37	1:51:08	2:01:43	2:16:02	2:20:10	2:22:08	2:38:55	AG 1108	MILLAD	C ATLETISMO MILLADOIRO	
28	1034	M																								

66	215 ANTONIO POMBO CHAPELA	3:19:47	0:04:45	3:19:08	0:12:27	0:27:11	0:31:15	0:33:10	0:48:47	1:04:28	1:15:37	1:30:30	1:34:40	1:36:38	1:53:05	2:09:35	2:21:24	2:37:08	2:41:37	2:43:44	3:01:32	PONTEVEDRA
67	1297 HUGO BALSERA SANMIGUEL	3:19:59	0:04:45	3:18:50	0:11:51	0:25:47	0:29:39	0:31:26	0:46:23	1:01:36	1:12:33	1:27:08	1:31:08	1:32:59	1:48:41	2:05:21	2:17:39	2:34:30	2:39:17	2:41:31	3:00:32	VILLAGARCIA DE AROSA(PONTEVEDRA)
68	466 ALEJANDRO GARCIA DACOSTA	3:20:29	0:04:46	3:20:15	0:11:25	0:25:52	0:29:53	0:31:47	0:47:10	1:02:49	1:13:55	1:28:38	1:32:46	1:34:40	1:50:21	2:06:14	2:17:45	2:33:38	2:38:19	2:40:37	3:00:51	FERROL
69	248 ANTONIO ARMENTIA GALAN	3:20:31	0:04:46	3:19:32	0:13:10	0:28:50	0:33:10	0:35:09	0:51:34	1:08:09	1:19:56	1:35:10	1:39:22	1:41:18	1:57:44	2:14:41	2:26:35	2:41:59	2:46:17	2:48:17	3:04:21	A CORUÑA
70	141 EDUARDO AMEAL LORENZO	3:20:44	0:04:46	3:19:34	0:12:26	0:26:55	0:30:51	0:32:45	0:48:16	1:04:36	1:16:28	1:32:07	1:36:22	1:38:28	1:54:17	2:10:52	2:23:01	2:38:57	2:43:40	2:45:50	3:03:20	CATOIR/ALETISMO SAR A POUTADA
71	1367 MARCOS CASTRO SEGADE	3:20:49	0:04:46	3:20:07	0:12:45	0:28:12	0:32:26	0:34:23	0:51:10	1:07:41	1:19:10	1:34:29	1:38:44	1:40:44	1:57:24	2:13:52	2:25:19	2:40:55	2:45:13	2:47:16	3:03:47	A CORUÑA
72	647 RUBEN VERNET SOLLA	3:21:22	0:04:47	3:20:53	0:12:09	0:26:39	0:30:46	0:32:40	0:48:17	1:04:23	1:15:43	1:30:41	1:34:54	1:36:53	1:53:04	2:09:42	2:21:41	2:37:49	2:42:21	2:44:32	3:02:45	NIGRAN
73	109 OSCAR LAMAS VAZQUEZ	3:22:10	0:04:48	3:21:59	0:09:45	0:22:28	0:26:03	0:27:40	0:41:37	0:55:43	1:05:34	1:18:43	1:22:33	1:24:22	1:39:35	1:57:34	2:10:45	2:29:12	2:34:28	2:36:51	2:59:11	A CORUÑA
74	223 CARLOS VICENTE LOBO	3:22:12	0:04:48	3:21:47	0:12:20	0:28:06	0:32:26	0:34:29	0:51:30	1:08:30	1:20:03	1:35:36	1:39:51	1:41:53	1:58:35	2:15:19	2:26:54	2:42:14	2:46:31	2:48:32	3:05:14	A CORUÑA
75	1336 PABLO BARRIO VILAR	3:22:13	0:04:48	3:21:47	0:12:20	0:28:06	0:32:26	0:34:29	0:51:30	1:08:31	1:20:02	1:35:36	1:39:51	1:41:53	1:58:35	2:15:19	2:26:54	2:42:14	2:46:30	2:48:32	3:05:13	LUGO
76	328 MANUEL DOMINGUEZ DE LA FUENTE	3:22:16	0:04:48	3:21:56	0:11:38	0:26:53	0:31:09	0:33:11	0:49:37	1:06:13	1:17:44	1:32:46	1:36:57	1:38:53	1:55:09	2:11:51	2:23:31	2:39:13	2:43:30	2:45:29	3:03:16	OURENSE
77	1363 CARLOS QUIÑONES PIQUENUE	3:22:21	0:04:48	3:21:16	0:13:08	0:28:36	0:32:56	0:34:54	0:51:41	1:08:38	1:20:39	1:36:09	1:40:27	1:42:23	1:58:57	2:15:37	2:27:13	2:42:29	2:46:43	2:48:40	3:05:02	PONTEVEDRA
78	219 DANIEL LEDO NEIRA	3:22:23	0:04:48	3:21:54	0:12:03	0:26:30	0:30:31	0:32:23	0:47:59	1:04:08	1:15:28	1:30:21	1:34:38	1:36:36	1:52:52	2:09:32	2:21:21	2:37:24	2:42:04	2:44:15	3:03:08	A CORUÑA
79	213 JOSE LUIS SANTISO FREIRE	3:22:26	0:04:48	3:21:58	0:12:03	0:26:30	0:30:32	0:32:23	0:47:59	1:04:07	1:15:28	1:30:21	1:34:38	1:36:36	1:52:51	2:09:32	2:21:20	2:37:22	2:42:03	2:44:15	3:03:08	A CORUÑA
80	1332 MARCELO RODRIGUEZ FILGUEIRAS	3:23:06	0:04:49	3:22:51	0:11:08	0:25:25	0:29:24	0:31:16	0:46:29	1:02:03	1:12:55	1:27:17	1:31:18	1:33:12	1:48:46	2:05:02	2:17:20	2:34:05	2:38:58	2:41:11	3:01:24	A10661 A CORUÑA
81	1531 SERGIO MARTINEZ	3:23:09	0:04:49	3:22:12	0:13:24	0:28:58	0:33:17	0:35:17	0:51:44	1:07:55	1:19:25	1:34:41	1:38:58	1:40:57	1:57:09	2:13:35	2:25:19	2:40:57	2:45:21	2:47:24	3:04:17	LUGO
82	237 ENRIQUE FERNANDEZ LOPEZ	3:23:30	0:04:50	3:23:11	0:11:30	0:26:10	0:30:15	0:32:08	0:47:33	1:03:18	1:14:13	1:28:35	1:32:40	1:34:33	1:50:03	2:06:23	2:18:25	2:35:55	2:40:39	2:42:50	3:02:46	LUARCA
83	244 ALEJANDRO PEREZ DOPICO	3:23:31	0:04:50	3:22:23	0:13:54	0:29:46	0:34:07	0:36:09	0:53:21	1:11:01	1:23:10	1:39:21	1:43:47	1:45:51	2:02:36	2:19:22	2:31:17	2:46:50	2:51:02	2:52:55	3:08:13	A CORUÑA
84	487 BORJA MUÑOZ PLAZA	3:23:53	0:04:50	3:22:21	0:13:33	0:28:41	0:33:55	0:34:49	0:50:43	1:06:49	1:17:53	1:32:39	1:36:45	1:38:37	1:54:11	2:10:59	2:23:04	2:38:38	2:43:19	2:45:29	3:04:24	A CORUÑA PORTUGAL
85	1279 MIGUEL ANGEL VIDAL REIGOSA	3:24:04	0:04:51	3:23:40	0:12:25	0:28:02	0:32:23	0:34:22	0:50:56	1:07:36	1:19:12	1:35:41	1:39:48	1:41:43	1:57:56	2:14:41	2:26:36	2:42:22	2:46:46	2:48:51	3:06:01	IBADEO
86	1284 DAVID NOVO MARTINEZ	3:24:34	0:04:51	3:23:30	0:12:36	0:27:14	0:31:24	0:33:20	0:49:22	1:06:38	1:16:38	1:31:25	1:35:30	1:37:23	1:52:56	2:09:23	2:21:47	2:39:02	2:43:57	2:46:15	3:05:55	SANTA UXÍA DE RIBEIRA
87	254 AURELIO COUSO CAMBEIRO	3:24:37	0:04:51	3:24:04	0:12:41	0:28:04	0:32:14	0:34:09	0:50:20	1:06:50	1:18:22	1:33:45	1:38:03	1:40:02	1:56:41	2:13:35	2:25:40	2:41:55	2:46:31	2:48:38	3:06:31	BERTAMIRANS/AMES
88	178 JAVIER SANTA CLARA RODRIGUEZ	3:24:39	0:04:51	3:24:17	0:11:18	0:25:20	0:29:13	0:31:04	0:46:25	1:02:50	1:12:52	1:27:10	1:31:09	1:33:00	1:48:44	2:05:56	2:18:57	2:36:57	2:41:58	2:44:16	3:03:32	PONTE CORREDOIRAS
89	1228 OSCAR VALLE LOPEZ	3:25:15	0:04:52	3:24:30	0:11:58	0:26:13	0:30:12	0:32:01	0:47:00	1:02:37	1:13:44	1:28:26	1:32:35	1:34:32	1:50:30	2:07:40	2:20:38	2:37:21	2:42:19	2:44:30	3:04:45	AG 1131TCE NOITEBRA F.C.
90	158 PEDRO M. ARUFE MAYAN	3:26:05	0:04:54	3:25:18	0:12:40	0:28:04	0:32:24	0:34:27	0:51:20	1:08:43	1:20:42	1:36:45	1:41:10	1:43:15	2:00:17	2:17:20	2:29:18	2:45:21	2:49:52	2:52:03	3:09:32	AG 1131TCE NOIA - A IATLETISMO NOIA
91	169 SANTIAGO GARCIA GUTIERREZ	3:26:10	0:04:54	3:25:03	0:13:37	0:29:08	0:33:24	0:35:26	0:52:25	1:09:20	1:21:03	1:36:46	1:41:09	1:43:12	2:00:12	2:17:34	2:29:27	2:45:16	2:49:42	2:51:41	3:08:27	as3691 OVIEDO CENTRO ASTURIANO
92	1219 ROBERTO FEIJOO CANTARILLA	3:26:26	0:04:54	3:26:07	0:11:30	0:26:11	0:30:19	0:32:14	0:48:12	1:04:33	1:16:09	1:31:20	1:35:32	1:37:32	1:53:44	2:10:41	2:23:10	2:40:04	2:44:54	2:47:08	3:06:10	AG10155XINZO D LIMIATIVA
93	1267 FRANCISCO MARTINEZ NUNEZ	3:26:57	0:04:55	3:26:40	0:12:05	0:27:34	0:31:54	0:33:54	0:50:44	1:07:46	1:19:33	1:36:01	1:40:20	1:42:20	1:58:44	2:15:36	2:28:01	2:44:31	2:49:11	2:51:21	3:09:06	LUGO PORTUGAL
94	1291 JUAN JOSE GOMEZ CORTES	3:27:19	0:04:55	3:26:57	0:12:34	0:28:11	0:32:34	0:34:35	0:51:33	1:08:50	1:20:58	1:36:49	1:41:13	1:43:16	2:00:48	2:18:00	2:30:20	2:46:31	2:51:00	2:53:00	3:10:02	A CORUÑA
95	148 BARTOLOME SANMARTIN CAAMAÑO	3:27:25	0:04:55	3:26:37	0:12:40	0:28:04	0:32:22	0:34:24	0:51:09	1:08:12	1:20:04	1:35:59	1:40:21	1:42:23	1:59:13	2:16:19	2:28:23	2:44:48	2:49:22	2:51:31	3:09:21	AG 7601 NOIA - A IATLETISMO NOIA
96	1121 JESÚS CORA PENABAD	3:27:50	0:04:56	3:27:07	0:13:01	0:28:38	0:33:03	0:35:02	0:51:34	1:08:43	1:20:43	1:36:45	1:41:11	1:43:15	2:00:22	2:17:20	2:29:19	2:45:22	2:49:53	2:52:02	3:09:42	A CORUI A.D. SAN ROQUE - VIVEIRO
97	655 TIAGO MACHADO RODRIGUES	3:28:01	0:04:56	3:27:42	0:12:08	0:27:21	0:31:37	0:33:37	0:50:02	1:06:27	1:18:02	1:33:37	1:37:51	1:39:52	1:56:17	2:13:13	2:25:38	2:42:39	2:47:26	2:49:39	3:08:27	LISBOA
98	263 DAVID SOTELO ZAPATA	3:28:26	0:04:57	3:26:51	0:14:34	0:30:51	0:35:20	0:37:25	0:54:38	1:11:26	1:23:08	1:38:49	1:43:09	1:45:10	2:01:40	2:18:39	2:30:33	2:46:28	2:50:55	2:53:00	3:10:32	FERROL
99	1323 ABRUTO NORBERTO FONTAN PEREZ	3:28:30	0:04:57	3:27:21	0:13:13	0:28:53	0:33:15	0:35:14	0:52:01	1:09:09	1:21:03	1:36:50	1:41:14	1:43:17	2:00:08	2:17:22	2:29:28	2:45:40	2:50:15	2:52:23	3:10:03	A CORUÑA
100	1225 JUAN ALBERTO ARRANZ TAGARRO	3:28:33	0:04:57	3:27:45	0:12:09	0:27:00	0:31:07	0:33:03	0:49:04	1:05:25	1:17:04	1:32:19	1:36:39	1:38:38	1:55:13	2:12:31	2:25:21	2:42:30	2:47:28	2:49:40	3:08:46	AG 9972 MADRID NOITEBRA F.C.
101	171 ANGEL LOZANO NOVAS	3:28:51	0:04:57	3:27:44	0:13:38	0:29:45	0:34:09	0:36:10	0:53:20	1:11:01	1:23:10	1:39:22	1:43:47	1:45:52	2:02:36	2:19:18	2:30:52	2:46:25	2:50:53	2:52:55	3:10:17	A8723 ORTIGUI CLUB ALEJANDRO GOMEZ
102	583 JUAN SAAVEDRA ORTIZ	3:28:53	0:04:58	3:28:35	0:12:39	0:28:41	0:33:09	0:35:13	0:52:40	1:10:25	1:22:46	1:39:12	1:43:46	1:45:49	2:03:17	2:21:22	2:33:52	2:49:31	2:53:43	2:55:41	3:12:08	A CORUÑA FRANCIA
103	376 ALFONSO MARINO COTO	3:29:10	0:04:58	3:28:09	0:12:46	0:27:14	0:31:16	0:33:13	0:49:18	1:05:57	1:17:41	1:33:02	1:37:22	1:39:22	1:55:58	2:13:38	2:26:48	2:44:21	2:49:13	2:51:28	3:09:55	A CORUÑA
104	1550 RAMON EUGENIO MOSQUERA SILVA	3:29:45	0:04:59	3:28:38	0:12:11	0:26:21	0:30:23	0:32:15	0:47:42	1:03:28	1:14:38	1:29:46	1:34:00	1:36:05	1:52:29	2:09:56	2:22:45	2:40:18	2:45:19	2:47:52	3:08:23	A CORUÑA
105	1250 ISIDRO SILVEIRA REY	3:29:50	0:04:59	3:29:25	0:12:18	0:27:45	0:32:06	0:34:06	0:50:54	1:07:45	1:19:53	1:35:47	1:40:16	1:42:21	1:59:17	2:16:41	2:29:29	2:46:29	2:51:19	2:53:32	3:13:13	FERROL
106	1283 RICARDO VARELA PEGO	3:29:53	0:04:59	3:29:34	0:11:20	0:26:05	0:30:13	0:32:02	0:48:01	1:03:41	1:15:26	1:30:58	1:35:20	1:37:21	1:55:10	2:13:07	2:26:31	2:43:53	2:48:47	2:51:00	3:09:42	PONTEVEDRA
107	338 MIGUEL MARTINEZ MARTINEZ	3:30:23	0:05:00	3:29:48	0:12:49	0:28:44	0:33:08	0:35:05	0:51:44	1:09:13	1:21:02	1:36:52	1:41:11	1:43:11	2:00:18	2:17:29	2:30:04	2:46:54	2:51:39	2:53:49	3:11:52	A CORUÑA
108	619 MIGUEL ANGEL LOPEZ RODRIGUEZ	3:30:47	0:05:00	3:28:55	0:14:09	0:29:13	0:33:19	0:35:15	0:51:06	1:07:24	1:18:58	1:34:16	1:38:28	1:40:27	1:56:41	2:13:44	2:26:11	2:43:16	2:48:19	2:50:37	3:10:05	OURENSE
109	1574 LUIS JAVIER RAMOS ASENSIO	3:31:22	0:05:01	3:30:10	0:13:33	0:29:43	0:34:09	0:36:24	0:54:13	1:12:13	1:24:23	1:40:16	1:44:35	1:46:44	2:04:02	2:21:32	2:33:48	2:50:39	2:55:18	2:57:30	3:15:24	VALLADOLID
110	551 JESÚS VILLAVIERDE LOPEZ	3:31:26	0:05:01																			

150	1455	JORGE GARCIA LOSADA	3:47:54	0:05:25	3:47:03	0:13:42	0:30:56	0:35:36	0:37:50	0:56:32	1:15:22	1:28:35	1:46:06	1:50:55	1:53:10	2:11:54	2:31:00	2:44:19	3:01:46	3:06:39	3:08:58	3:28:15	A/20503	A	CORUI RIAZOR	CORUÑA
151	327	MANUEL BARCIA LOIRA	3:48:00	0:05:25	3:46:48	0:15:06	0:32:50	0:37:40	0:39:58	0:58:43	1:17:43	1:31:23	1:49:06	1:54:01	1:56:19	2:16:00	2:35:14	2:48:10	3:05:30	3:10:11	3:12:23	3:30:42				BUEU
152	1327	JOSE RUBEN CALVO FERNANDEZ	3:48:10	0:05:25	3:47:16	0:13:44	0:30:16	0:34:52	0:37:01	0:54:28	1:12:15	1:24:37	1:40:50	1:45:20	1:47:28	2:04:44	2:23:47	2:37:58	2:57:32	3:02:56	3:05:30	3:26:49				OURENSE
153	1362	JOSE LUIS NOVA CID	3:48:11	0:05:25	3:47:16	0:13:44	0:30:16	0:34:53	0:37:02	0:54:28	1:12:15	1:24:38	1:40:51	1:45:22	1:47:28	2:04:46	2:23:48	2:38:00	2:57:32	3:02:57	3:05:30	3:26:50				OURENSE
154	631	PEDRO FARO DE OLIVEIRA	3:48:58	0:05:26	3:48:21	0:13:23	0:30:13	0:34:31	0:37:01	0:54:59	1:13:25	1:26:13	1:43:06	1:47:45	1:49:53	2:07:46	2:28:56	2:42:22	3:00:33	3:05:45	3:08:12	3:28:33				PORTO
155	594	LUIS GONZALEZ ALONSO	3:49:30	0:05:27	3:48:33	0:14:11	0:31:23	0:36:04	0:38:21	0:57:53	1:16:45	1:29:43	1:47:19	1:52:14	1:54:32	2:13:27	2:32:20	2:45:21	3:03:34	3:08:37	3:11:02	3:30:20				LOUSAME
156	1499	MARCOS DAPOZA ALONSO	3:49:59	0:05:28	3:48:44	0:14:54	0:32:14	0:36:49	0:39:02	0:57:20	1:15:45	1:28:38	1:45:39	1:50:29	1:52:43	2:11:24	2:30:26	2:44:06	3:02:48	3:08:04	3:10:34	3:30:32				ESPAÑA
157	1263	XOSÉ MANUEL LAMAS POSE	3:50:32	0:05:28	3:49:52	0:12:34	0:28:34	0:33:04	0:35:05	0:52:22	1:10:11	1:22:29	1:39:07	1:43:49	1:46:02	2:04:34	2:23:36	2:37:11	2:56:22	3:01:51	3:04:27	3:26:52				BURELA
158	166	JORGE FELPEO RODRIGUEZ	3:50:55	0:05:29	3:49:23	0:16:20	0:35:52	0:41:10	0:43:38	1:03:37	1:24:17	1:37:28	1:54:33	1:59:13	2:01:21	2:19:12	2:36:47	2:49:00	3:05:33	3:10:13	3:12:23	3:31:06				NARON CASTRO DE LOBADIZ
159	531	FRANCISCO JAVIER GÓMEZ LEMOS	3:51:07	0:05:29	3:49:59	0:14:35	0:31:25	0:36:05	0:38:19	0:56:35	1:15:16	1:28:19	1:45:42	1:50:34	1:52:54	2:11:37	2:30:42	2:44:30	3:00:00	3:08:18	3:10:47	3:30:46				A CORUÑA
160	648	RUBÉN LÓPEZ POLVORINOS	3:51:14	0:05:29	3:50:10	0:14:07	0:30:50	0:35:27	0:37:35	0:56:01	1:14:45	1:28:13	1:46:05	1:51:01	1:53:17	2:12:21	2:32:14	2:46:08	3:04:21	3:09:27	3:11:49	3:31:09				PRAVIA
161	378	FRANCISCO JAVIER RODRIGUEZ MATO	3:51:52	0:05:30	3:50:53	0:13:41	0:30:19	0:34:49	0:36:57	0:54:44	1:13:02	1:25:51	1:42:58	1:47:42	1:49:54	2:08:04	2:27:51	2:40:53	2:59:43	3:05:08	3:07:43	3:30:05				A CORUÑA
162	1390	JOSE ANGEL GONZALEZ MIGUEZ	3:51:58	0:05:30	3:51:03	0:13:16	0:28:38	0:32:50	0:34:48	0:51:22	1:08:31	1:20:36	1:36:50	1:41:08	1:43:07	2:00:43	2:20:53	2:34:56	2:55:40	3:01:33	3:04:16	3:28:14				REDONDELA
163	537	GUILLERMO LIAÑO VIDAL	3:52:16	0:05:31	3:50:42	0:14:07	0:31:02	0:35:34	0:37:44	0:56:10	1:14:47	1:27:56	1:45:07	1:49:55	1:52:10	2:10:56	2:30:52	2:44:03	3:02:44	3:07:55	3:10:24	3:30:30				A CORUÑA
164	448	DOMINGO PRADO TEUJEIRO	3:53:01	0:05:32	3:51:19	0:14:07	0:30:38	0:35:08	0:37:15	0:54:46	1:13:15	1:26:13	1:43:06	1:47:43	1:49:52	2:07:33	2:27:37	2:41:32	3:00:13	3:05:37	3:08:09	3:29:41				A CORUÑA
165	478	ANTON GARCIA PEREZ	3:53:12	0:05:32	3:51:47	0:15:16	0:33:00	0:37:50	0:40:10	0:59:46	1:19:39	1:33:30	1:51:36	1:56:38	1:59:03	2:19:11	2:38:55	2:52:22	3:09:45	3:14:38	3:16:48	3:35:09				A CORUÑA
166	225	IAGO FONTELA SÁNCHEZ	3:53:19	0:05:32	3:52:03	0:14:57	0:33:13	0:38:13	0:40:38	1:00:29	1:20:02	1:33:33	1:51:32	1:56:28	1:58:46	2:18:06	2:37:05	2:50:24	3:08:03	3:12:53	3:15:13	3:34:07				A CORUÑA
167	469	ALFREDO LAGO OTERO	3:53:22	0:05:32	3:52:09	0:14:38	0:32:05	0:36:36	0:38:48	0:57:34	1:16:41	1:30:04	1:47:43	1:52:40	1:54:57	2:14:02	2:33:35	2:47:22	3:05:44	3:10:48	3:13:08	3:32:53				A CORUÑA
168	1555	JULIO MUÑOZ ESPASANDIN	3:53:26	0:05:32	3:52:38	0:14:38	0:32:49	0:37:36	0:39:56	0:59:09	1:18:56	1:32:51	1:50:57	1:55:52	1:58:04	2:16:45	2:35:47	2:49:06	3:07:22	3:12:18	3:14:40	3:34:05				SANTA COMBA
169	1227	DANIEL NOYA OTERO	3:55:08	0:05:35	3:53:51	0:14:10	0:30:47	0:35:18	0:37:30	0:55:10	1:13:16	1:26:52	1:42:27	1:47:04	1:49:12	2:06:44	2:24:52	2:39:08	2:59:07	3:05:03	3:07:27	3:32:16	AG11087	SANTICAGO	NOITEBRA F.C.	
170	434	JORGE DAVILA ABAL	3:55:16	0:05:35	3:53:51	0:15:15	0:33:00	0:37:51	0:40:10	0:59:46	1:21:00	1:34:49	1:52:48	1:57:43	1:59:59	2:19:24	2:38:55	2:52:22	3:09:46	3:14:40	3:16:57	3:35:36				A CORUÑA
171	1516	ALBERTO PEREIRO GONZALEZ	3:56:30	0:05:37	3:54:50	0:16:00	0:34:28	0:39:49	0:42:08	1:01:25	1:21:30	1:35:28	1:53:54	1:58:50	2:01:07	2:20:31	2:39:15	2:52:19	3:10:17	3:15:18	3:17:38	3:36:55				NEDA
172	1486	LUIS ALBERTO MARTINEZ ARES	3:57:03	0:05:38	3:55:52	0:14:12	0:31:36	0:36:19	0:38:38	0:57:32	1:16:54	1:30:34	1:48:46	1:53:44	1:56:05	2:15:15	2:35:05	2:48:44	3:07:19	3:12:34	3:15:06	3:36:36				VIGO
173	555	JORGE CARREGal FERNANDEZ	3:57:07	0:05:38	3:55:56	0:15:09	0:33:13	0:38:12	0:40:33	0:59:47	1:19:24	1:33:08	1:51:31	1:56:38	1:59:03	2:19:11	2:39:00	2:52:29	3:10:20	3:15:21	3:17:43	3:37:19				SANTIAGO
174	292	JOAQUIN DIBUJA BARREIROS	3:58:03	0:05:39	3:56:40	0:14:05	0:29:18	0:33:41	0:35:41	0:52:25	1:09:29	1:21:31	1:37:52	1:42:18	1:44:24	2:01:26	2:18:56	2:31:29	2:48:46	2:55:43	2:56:16	3:17:22				OURENSE
175	221	FRANCISCO JAVIER CALVO PILLO	3:58:10	0:05:39	3:57:37	0:14:05	0:31:21	0:36:02	0:38:17	0:57:47	1:16:46	1:30:07	1:48:13	1:53:11	1:55:32	2:14:56	2:34:46	2:48:59	3:08:20	3:13:46	3:16:19	3:37:14				A CORUÑA
176	1124	JAVIER SANTOS GONZALEZ	3:59:25	0:05:41	3:58:55	0:13:49	0:30:49	0:35:26	0:37:36	0:56:16	1:15:21	1:28:38	1:45:58	1:50:48	1:53:05	2:11:55	2:31:47	2:45:55	3:05:42	3:11:20	3:14:03	3:36:32	AG76429	VIGO	AFILADOS RUNNERS	
177	1358	ALBERTO IGLESIAS CABALEIRO	3:59:55	0:05:42	3:58:08	0:15:09	0:32:21	0:37:15	0:39:37	0:59:20	1:18:56	1:32:40	1:50:48	1:55:48	1:58:09	2:17:50	2:37:58	2:51:54	3:10:45	3:15:57	3:18:24	3:39:04				REDONDELA
178	1566	LUIS BALDO MACIA	4:00:10	0:05:42	3:59:15	0:13:03	0:28:39	0:33:05	0:35:04	0:51:40	1:08:48	1:20:57	1:37:27	1:42:01	1:44:12	2:03:08	2:24:10	2:40:22	3:03:05	3:09:43	3:12:52	3:37:22				A CORUÑA
179	494	CARLOS PARDO FARIÑA	4:00:21	0:05:42	3:58:14	0:15:23	0:32:35	0:37:24	0:39:40	0:58:29	1:19:05	1:32:40	1:50:59	1:56:02	1:58:23	2:17:57	2:37:52	2:52:06	3:11:17	3:16:38	3:19:09	3:39:41				A CORUÑA
180	473	ALVARO VILLARES DOPICO	4:00:41	0:05:43	3:58:55	0:15:56	0:33:49	0:38:42	0:41:01	1:00:34	1:19:54	1:33:35	1:51:50	1:56:41	1:59:00	2:18:10	2:37:57	2:52:01	3:11:01	3:16:23	3:18:53	3:39:51				CULLEREDO
181	325	LUIS SOLANO DIAZ DEL RIO	4:02:37	0:05:45	4:00:57	0:15:25	0:33:10	0:37:52	0:40:10	0:59:35	1:19:48	1:33:43	1:52:21	1:57:29	1:59:53	2:20:42	2:40:34	2:54:10	3:13:00	3:18:19	3:20:46	3:41:30				FERROL
182	143	JOSE CARLOS MARTIN RODRIGUEZ	4:02:41	0:05:46	4:01:18	0:15:16	0:32:59	0:38:01	0:40:23	0:59:51	1:19:28	1:33:25	1:52:00	1:57:19	2:00:17	2:21:57	2:42:18	2:56:34	3:15:30	3:20:45	3:23:12	3:43:26				VIGO ATLETISMO AS MARINAS-BETANZOS
183	302	JOSE ANTONIO SUAREZ SANCHEZ	4:03:24	0:05:47	4:02:36	0:13:30	0:29:50	0:34:18	0:36:27	0:54:38	1:12:53	1:25:36	1:42:24	1:47:05	1:49:15	2:07:14	2:26:00	2:39:24	2:57:44	3:03:12	3:05:57	3:35:10				A CORUÑA
184	1393	FERNANDO SINES CRESPO	4:03:24	0:05:47	4:02:29	0:14:12	0:31:36	0:36:19	0:38:38	0:57:32	1:16:54	1:30:34	1:48:46	1:53:43	1:56:05	2:15:15	2:35:06	2:49:14	3:09:04	3:14:43	3:17:21	3:39:43				A CORUÑA
185	1590	FRANCISCO JAVIER SUAREZ BERMUDEZ	4:03:54	0:05:47	4:03:14	0:13:21	0:29:50	0:34:23	0:36:31	0:54:30	1:12:49	1:25:53	1:43:22	1:48:11	1:50:30	2:09:47	2:29:42	2:44:31	3:05:33	3:11:39	3:14:31	3:39:12				SANTIAGO
186	542	IGNACIO LÓPEZ PRESEDO	4:04:01	0:05:47	4:02:39	0:14:16	0:31:32	0:36:16	0:38:34	0:56:53	1:15:38	1:29:04	1:46:48	1:51:41	1:54:00	2:13:56	2:34:41	2:49:47	3:10:13	3:15:45	3:18:20	3:40:16				ORDES
187	1490	JOSE MANUEL SEIJO PEREZ	4:04:54	0:05:49	4:03:02	0:16:15	0:34:52	0:40:06	0:42:35	1:02:45	1:23:06	1:37:34	1:56:17	2:01:26	2:03:50	2:23:10	2:43:14	2:57:36	3:15:56	3:21:01	3:23:27	3:43:41				A CORUÑA
188	1480	INAKI DE SANTIAGO MARÍN	4:05:20	0:05:49	4:03:48	0:15:24	0:33:51	0:38:56	0:41:23	1:01:06	1:21:31	1:36:08	1:55:04	2:00:31	2:02:58	2:23:29	2:44:08	2:58:17	3:17:19	3:22:39	3:25:09	3:44:39				A CORUÑA
189	1133	FERNANDO NUÑEZ POL	4:06:02	0:05:50	4:04:46	0:14:09	0:30:48	0:35:24	0:37:38	0:57:06	1:17:55	1:31:24	1:49:03	1:53:57	1:56:17	2:15:25	2:36:00	2:49:49	3:09:00	3:15:03	3:17:56	3:41:54	GA-1720:	A	CORUI ATLETISMO	CORUÑA COMARCA
190	76	FRANCISCO GONZÁLEZ SÁNCHEZ	4:06:18	0:05:51	4:04:32	0:16:23	0:35:00	0:40:14	0:42:46	1:02:42	1:23:00	1:37:03	1:55:33	2:00:46	2:03:14	2:23:36	2:44:04	2:58:22	3:17:22	3:22:41	3:25:10	3:46:37				SADA-A-CORUÑA
191	430	JUAN CARLOS COSTA REY	4:07:05	0:05:52	4:05:45	0:14:49	0:32:32	0:37:25	0:39:50	0:59:48	1:19:54	1:33:52	1:52:18													

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKn	T_Real	CasaPec	Labaiou	CasaAgu	Control	PuertoO:	PuertaRe	CasaPec	Labaiou	CasaAgu	MedioMa	PuertoO:	PuertaRe	CasaPec	Labaiou	CasaAgu	Control	PuertoO:	Licencia	Localida	Club	Nacionalidad
1	1063	MANUEL OLIVER PEREZ LOPEZ	2:39:09	0:03:47	2:39:09	0:08:56	0:20:29	0:23:47	0:25:17	0:37:49	0:50:59	1:00:09	1:12:08	1:15:27	1:16:59	1:29:33	1:42:35	1:51:59	2:04:27	2:07:58	2:09:35	2:23:50	GA-2050A	CORUI CLUB ATLETISMO	CORUÑA COMARCA	
2	1035	ROBERTO GRANADO SÁNCHEZ	2:42:30	0:03:52	2:42:28	0:09:16	0:21:38	0:25:06	0:26:44	0:39:56	0:53:24	1:02:53	1:15:29	1:18:57	1:20:33	1:33:53	1:47:31	1:57:06	2:09:49	2:13:20	2:14:59	2:28:42	S9170	LAREDO ATLETICO	COLINDRES NETTO	
3	1448	JOSE ANTONIO VELOSO MIRANDA	2:46:15	0:03:57	2:46:13	0:09:15	0:21:24	0:24:46	0:26:20	0:39:03	0:52:13	1:01:42	1:14:14	1:17:45	1:19:21	1:32:44	1:46:50	1:56:57	2:10:20	2:14:04	2:15:47	2:30:38	GA71694	OURENS OURENSE ATLETISMO	ACADEMIA POSTAL	
4	104	JUAN CARLOS FERNANDEZ RODRIGUEZ	2:48:28	0:04:00	2:48:23	0:09:49	0:22:48	0:26:28	0:28:12	0:42:17	0:56:14	1:06:00	1:18:40	1:22:15	1:23:54	1:37:27	1:51:08	2:00:47	2:13:36	2:17:16	2:19:02	2:33:29			PIEDRAS BLANCAS	
5	42	ERNESTO BUCETA POUSO	2:50:01	0:04:02	2:50:00	0:09:35	0:22:04	0:25:34	0:27:12	0:40:23	0:53:49	1:03:31	1:16:12	1:19:44	1:21:20	1:34:53	1:49:04	1:59:25	2:13:00	2:16:52	2:18:40	2:33:51	GA.2024	PUEBLA	ADDBARBANZA	
6	120	JOSE LUIS IGLESIAS PASCUAL	2:51:54	0:04:05	2:51:50	0:10:10	0:23:48	0:27:29	0:29:12	0:43:36	0:58:05	1:08:24	1:21:45	1:25:27	1:27:12	1:41:19	1:55:42	2:05:42	2:19:02	2:22:44	2:24:29	2:38:14	O 6488	POSADA CD 2007	LLANERA	
7	40	SERVANDO FERNANDEZ CARROCERA	2:53:13	0:04:07	2:53:09	0:10:09	0:23:46	0:27:27	0:29:12	0:43:36	0:58:04	1:08:20	1:21:45	1:25:28	1:27:12	1:41:18	1:55:42	2:05:43	2:19:02	2:22:45	2:24:29	2:38:46			ASTURIAS	
8	84	ISMAEL CAMPELO PENA	2:54:27	0:04:09	2:54:23	0:10:07	0:23:25	0:27:09	0:28:52	0:43:13	0:58:07	1:08:24	1:21:46	1:25:29	1:27:13	1:41:20	1:55:49	2:06:08	2:19:38	2:23:25	2:25:08	2:39:47			A CORUÑA	
9	32	EDUARDO ALVAREZ GONZALEZ	2:54:31	0:04:09	2:54:26	0:10:09	0:23:46	0:27:28	0:29:12	0:43:34	0:58:04	1:08:21	1:21:45	1:25:28	1:27:12	1:41:19	1:55:48	2:06:05	2:19:34	2:23:21	2:25:05	2:39:39			PIEDRAS BLANCAS	
10	90	AQUILINO ASENJO PACIOS	2:55:23	0:04:10	2:55:18	0:09:49	0:22:48		0:28:12	0:42:23	0:56:37	1:06:28	1:19:31	1:23:06	1:24:45	1:38:52	1:53:08	2:03:09	2:16:47	2:20:42	2:22:31	2:38:05			PONFERADA	
11	509	DOMINGO DURAN SILVA	2:55:52	0:04:11	2:55:25	0:10:57	0:24:02	0:27:45	0:29:29	0:43:44	0:58:06	1:08:23	1:21:46	1:25:29	1:27:13	1:41:20	1:55:44	2:06:09	2:19:40	2:23:28	2:25:14	2:40:08				
12	1072	JESUS ALVAREZ RODRIGUEZ	2:57:01	0:04:12	2:56:59	0:09:36	0:22:27	0:26:02	0:27:43	0:41:36	0:55:42	1:05:33	1:18:25	1:22:03	1:23:42	1:37:16	1:51:13	2:02:08	2:17:52	2:21:58	2:24:06	2:40:34	GA-1720A	CORUI CORUÑA	PORTUGAL	
13	131	OSCAR VELEZ ROLDAN	2:57:57	0:04:14	2:57:46	0:10:08	0:23:16	0:26:55	0:28:35	0:42:26	0:56:39	1:06:39	1:19:43	1:23:26	1:25:10	1:39:37	1:54:42	2:05:34	2:19:35	2:23:37	2:25:28	2:41:09			LUARCA TOSCAF-RECTA FINAL	
14	111	PANCHI LOPEZ RODRIGUEZ	2:58:10	0:04:14	2:58:03	0:10:56	0:24:36	0:28:20	0:30:04	0:44:06	0:58:34	1:08:34	1:21:36	1:25:15	1:26:55	1:40:43	1:55:00	2:05:12	2:18:40	2:22:32	2:24:21	2:40:26			VIVEIRO	
15	1135	JOSE FRANCISCO VAZQUEZ BRAÑAS	2:58:15	0:04:14	2:58:15	0:10:01	0:23:32	0:27:20	0:29:08	0:43:34	0:58:10	1:08:25	1:21:48	1:25:34	1:27:22	1:42:14	1:57:22	2:08:12	2:22:20	2:26:15	2:28:03	2:42:47	GA-1088A	CORUI ATLETISMO	CORUÑA COMARCA	
16	1101	MIGUEL MARTINEZ BASURKO	2:58:18	0:04:14	2:58:13	0:09:49	0:22:49	0:26:29	0:28:12	0:42:23	0:56:38	1:06:28	1:19:32	1:23:10	1:24:48	1:38:54	1:53:10	2:03:46	2:18:41	2:22:51	2:24:49	2:41:14			VILLAFRANCA DEL BIERZO	
17	1200	CESAR BARRIOS GONZALEZ	2:58:19	0:04:14	2:58:11	0:10:13	0:23:48	0:27:34	0:29:24	0:43:52	0:58:47	1:09:10	1:22:47	1:26:33	1:28:20	1:44:00	1:58:05	2:08:40	2:22:40	2:26:34	2:28:26	2:43:25			A CORUI CLUB RIALTO	CORUÑA
18	1086	MANUEL LEIRACHA VALENTIN	2:58:42	0:04:15	2:58:36	0:10:30	0:24:09	0:27:55	0:29:44	0:44:31	0:59:30	1:09:54	1:23:46	1:27:34	1:29:24	1:43:10	1:58:59	2:09:26	2:23:09	2:27:02	2:28:51	2:43:47	GA-9598	FERROL RIA	FERROL	
19	1382	GUILLERMO JOSE RIVAS GONZÁLEZ	2:59:10	0:04:15	2:58:47	0:10:58	0:24:21	0:28:04	0:29:48	0:44:11	0:59:10	1:09:31	1:23:05	1:26:50	1:28:35	1:44:53	1:57:41	2:08:24	2:22:25	2:26:23	2:28:12	2:43:27			PONTEVEDRA	
20	52	MANUEL LAVAYOS LOPEZ	3:01:17	0:04:18	3:01:12	0:10:09	0:23:47	0:27:29	0:29:12	0:43:36	0:58:06	1:08:22	1:21:47	1:25:29	1:27:13	1:41:20	1:55:53	2:06:22	2:20:30	2:24:35	2:28:22	2:43:10	AS-3669	LLANER/ C.D.	2007 LLANERA	
21	1076	PABLO XOAN MUINLEO PEDREIRA	3:01:25	0:04:18	3:01:21	0:10:31	0:24:16	0:28:09	0:30:00	0:44:58	1:00:11	1:10:51	1:24:53	1:28:47	1:30:37	1:45:38	2:00:52	2:11:44	2:25:22	2:29:19	2:31:09	2:45:51	A-7950	CAMBRE	CORUÑA COMARCA	
22	33	EDUARDO COLUNGA ABAD	3:01:50	0:04:19	3:01:46	0:10:10	0:23:47	0:27:28	0:29:12	0:43:35	0:58:07	1:08:23	1:21:48	1:25:31	1:27:16	1:41:52	1:57:13	2:08:15	2:22:44	2:26:50	2:28:43	2:44:38			OVIEDO	
23	220	JUAN LUIS RUIZ BUJAN	3:02:59	0:04:21	3:02:48	0:10:45	0:24:25	0:28:15	0:30:02	0:45:00	1:00:15	1:11:00	1:25:09	1:29:05	1:30:52	1:45:46	2:00:58	2:12:00	2:26:27	2:30:26	2:32:17	2:47:32			VEDRA	
24	1248	CARLOS ROCA RODRIGUEZ	3:03:05	0:04:21	3:03:03	0:10:56	0:25:04	0:28:57	0:30:46	0:45:54	1:01:26	1:12:14	1:26:19	1:30:15	1:32:05	1:47:05	2:02:24	2:13:24	2:27:15	2:31:07	2:32:55	2:47:50	A8658T	VIGO	VETERANOS DE SAMIL/MANUEL TOMAS	
25	1164	JOSE RAMON MAYO MARTINEZ	3:05:29	0:04:24	3:05:17	0:10:57	0:25:12	0:29:08	0:30:59	0:46:11	1:01:50	1:12:49	1:27:11	1:31:10	1:33:01	1:48:21	2:03:52	2:14:48	2:28:57	2:32:54	2:34:44	2:50:04	AG-7643	BRION (F.C. A. BOIMORTO		
26	105	JUSTO FERNÁNDEZ LLAMAZARES	3:05:41	0:04:25	3:05:33	0:10:50	0:25:01	0:29:01	0:30:54	0:46:15	1:01:34	1:12:17	1:26:48	1:30:44	1:32:34	1:47:39	2:03:04	2:14:14	2:28:57	2:33:04	2:34:58	2:50:12			VALENCIA DE DON JUAN	
27	110	ÓSCAR GARCÍA PORTILLO	3:05:41	0:04:25	3:05:33	0:10:50	0:25:02	0:29:01	0:31:12	0:46:13	1:01:36	1:12:18	1:26:48	1:30:45	1:32:34	1:47:39	2:03:05	2:14:14	2:28:58	2:33:05	2:35:00	2:50:13			SALAMANCA	
28	112	PEDRO CASADO SALAS	3:06:15	0:04:25	3:06:10	0:10:27	0:24:11	0:27:59	0:29:47	0:44:38	0:59:32	1:09:59	1:23:50	1:27:43	1:29:32	1:44:27	1:59:55	2:11:03	2:26:03	2:30:18	2:32:16	2:48:43			MADRID	
29	251	ANTÓNIO PEREIRA SILVA	3:06:22	0:04:25	3:06:08	0:11:10	0:24:34	0:28:17	0:30:01	0:44:07	0:58:49	1:09:07	1:22:48	1:26:34	1:28:20	1:43:34	1:59:33	2:10:52	2:25:51	2:30:09	2:32:10	2:48:55			GUIMARÃES	
30	1443	PABLO ANLLO RIVEIRO	3:06:37	0:04:26	3:06:30	0:10:26	0:24:06	0:27:53	0:29:42	0:44:29	0:59:30	1:09:54	1:23:35	1:27:33	1:29:21	1:44:16	1:59:14	2:10:10	2:25:03	2:29:21	2:31:22	2:48:19	AG11305A	CORUI MARINEDA	ATLÉTICO	
31	1166	MARCOS ANTONIO BLANCO FIGUEIRIDO	3:06:43	0:04:26	3:06:29	0:10:56	0:25:11	0:29:08	0:30:59	0:46:28	1:02:14	1:13:24	1:28:07	1:32:12	1:34:07	1:49:39	2:05:13	2:16:09	2:30:23	2:34:18	2:36:08	2:51:07	AG9519	SERRA E.C.A.	NOIA	
32	209	JUAN PEREZ GARGOLES	3:06:58	0:04:26	3:06:41	0:11:06	0:25:10	0:29:07	0:30:57	0:45:55	1:01:22	1:12:15	1:26:22	1:30:17	1:32:09	1:47:15	2:02:25	2:13:25	2:27:53	2:32:05	2:34:01	2:50:30			GUADALAJARA	
33	1325	ENRIQUE ROMÁN VÁZQUEZ	3:07:00	0:04:26	3:06:43	0:11:15	0:25:16	0:29:14	0:31:05	0:46:15	1:01:37	1:12:18	1:26:35	1:30:34	1:32:27	1:47:40	2:03:10	2:14:43	2:29:38	2:33:46	2:35:39	2:51:15			VIGO	
34	1277	EMILIO MARTINEZ NUÑEZ	3:07:28	0:04:27	3:07:19	0:10:51	0:25:01	0:29:02	0:30:52	0:46:00	1:01:30	1:12:16	1:26:22	1:30:18	1:32:09	1:47:14	2:02:25	2:13:25	2:28:04	2:32:19	2:34:18	2:50:43			SANTIAGO	
35	1189	JAVIER LÓPEZ PINEIRO	3:07:43	0:04:27	3:07:28	0:11:07	0:25:10	0:29:07	0:30:58	0:46:12	1:01:50	1:12:47	1:27:09	1:31:08	1:33:00	1:48:22	2:03:52	2:14:53	2:29:39	2:33:46	2:35:39	2:51:29	AG 7648A	CORUI CLUB ATLETISMO	RIAZOR CORUÑA	
36	1385	GONZALO RODRIGUEZ LOPEZ	3:08:04	0:04:28	3:07:12	0:10:56	0:24:08	0:27:52	0:29:37	0:44:14	0:59:14	1:09:38	1:23:17	1:27:05	1:28:48	1:43:09	1:57:53	2:08:36	2:25:32	2:30:05	2:32:11	2:49:23			REDONDELA	
37	51	BYRON OREJUELA REINO	3:08:12	0:04:28	3:08:09	0:10:00	0:23:12	0:26:56	0:28:38	0:43:10	0:58:28	1:09:25	1:23:35	1:27:31	1:29:17	1:44:18	1:59:59	2:11:45	2:27:23	2:31:47	2:33:46	2:50:40	AG 7173A	CORUI ATLETISMO	RIAZOR	
38	1303	ANTONIO PRIEQUE LEIS	3:08:23	0:04:28	3:08:																					

84	1326	EMILIO FERNANDEZ SORRIBAS	3:23:19	0:04:50	3:22:39	0:12:48	0:28:57	0:33:25	0:35:29	0:52:59	1:10:37	1:22:36	1:38:38	1:42:59	1:45:03	2:01:50	2:18:42	2:30:29	2:45:45	2:49:55	2:51:49	3:07:31	OURENSE
85	1238	MATIAS GARCIA-ANILLO REINOSO	3:23:25	0:04:50	3:23:10	0:11:20	0:25:15	0:29:08	0:30:54	0:45:06	1:00:08	1:10:41	1:24:41	1:28:34	1:30:22	1:45:31	2:01:24	2:15:14	2:34:32	2:39:53	2:42:17	3:02:33	A CORUI RIALTO
86	333	MANUEL MIYARES CES	3:23:59	0:04:51	3:23:14	0:12:41	0:28:04	0:32:23	0:34:21	0:50:35	1:06:47	1:17:57	1:32:59	1:37:06	1:39:03	1:55:00	2:11:07	2:22:56	2:38:58	2:43:40	2:45:50	3:05:39	PORTO DO SON
87	1359	JORGE LAMAS FERREIRA	3:24:19	0:04:51	3:24:08	0:10:54	0:25:17	0:29:20	0:31:15	0:46:46	1:02:42	1:13:38	1:27:58	1:32:03	1:33:55	1:49:41	2:06:08	2:18:17	2:35:12	2:40:12	2:42:39	3:02:55	VIGO
88	252	ANTONIO JOSE DIAS FRANCO	3:24:20	0:04:51	3:23:45	0:12:33	0:28:24	0:32:54	0:34:58	0:51:54	1:08:50	1:20:43	1:36:30	1:40:51	1:42:53	1:59:29	2:16:18	2:28:29	2:44:11	2:48:39	2:50:40	3:07:30	PORTO
89	1134	DANIEL RIVEIRA RUANOVA	3:24:29	0:04:51	3:23:55	0:12:23	0:27:42	0:31:54	0:33:50	0:49:55	1:06:20	1:17:48	1:33:01	1:37:16	1:39:16	1:55:51	2:12:48	2:25:09	2:41:23	2:46:06	2:48:16	3:06:04	A-10418 MILLADA ATLETISMO CORUÑA COMARCA
90	1274	MANUEL NAVEIRA MOLLON	3:25:25	0:04:53	3:24:55	0:12:23	0:27:53	0:32:17	0:34:17	0:50:58	1:07:58	1:19:54	1:35:46	1:40:13	1:42:21	1:59:15	2:16:10	2:28:23	2:44:33	2:49:03	2:51:08	3:08:08	A CORUÑA
91	1268	LUIS VALBUENA GARRIDO	3:26:01	0:04:53	3:25:00	0:13:07	0:28:48	0:33:09	0:35:09	0:51:44	1:08:32	1:20:35	1:36:31	1:40:57	1:42:59	2:00:03	2:16:57	2:28:59	2:45:07	2:49:39	2:51:43	3:08:53	OURENSE
92	1336	FERNANDO PÉREZ HERNÁNDEZ	3:26:17	0:04:54	3:25:25	0:13:43	0:29:47	0:34:14	0:36:20	0:53:43	1:11:21	1:23:43	1:40:12	1:44:41	1:46:45	2:04:02	2:21:24	2:32:39	2:48:00	2:52:09	2:54:02	3:10:25	A CORUÑA
93	142	DAVID GONZÁLEZ NOGUEROL	3:26:21	0:04:54	3:26:17	0:11:38	0:27:09	0:31:35	0:33:35	0:50:19	1:07:28	1:19:34	1:35:22	1:39:45	1:41:47	1:58:36	2:15:35	2:28:02	2:44:33	2:49:12	2:51:24	3:09:00	A CORUI ATLETISMO AS MARIÑAS-BETANZOS
94	491	CARLOS FERNANDEZ SANCHEZ	3:26:35	0:04:54	3:26:18	0:12:04	0:26:40	0:30:51	0:32:45	0:49:08	1:06:19	1:18:16	1:33:53	1:38:12	1:40:14	1:57:07	2:14:32	2:27:00	2:44:05	2:48:50	2:51:01	3:08:37	SANTIAGO
95	305	JOSE LUIS FERNANDEZ DE LA FUENTE	3:26:44	0:04:54	3:26:18	0:12:33	0:28:25	0:32:52	0:34:47	0:51:20	1:08:32	1:20:36	1:36:35	1:40:56	1:42:56	1:59:58	2:16:41	2:28:54	2:45:22	2:49:55	2:52:00	3:09:45	LEON
96	1215	JOSE MARIA LEVOSO TOUCEDA	3:26:54	0:04:55	3:26:01	0:12:54	0:28:39	0:33:02	0:35:01	0:51:47	1:09:02	1:21:02	1:36:46	1:41:08	1:43:09	1:59:46	2:16:49	2:29:02	2:45:09	2:49:39	2:51:43	3:08:53	AG-1102/A CORUI ESPRINTES OURENSE
97	681	JOSE ARMANDO TELLADO NOGUEIRA	3:26:58	0:04:55	3:26:35	0:12:05	0:27:19	0:31:35	0:33:37	0:50:20	1:07:30	1:19:34	1:35:33	1:39:52	1:41:54	1:58:45	2:15:52	2:28:04	2:44:33	2:49:07	2:51:17	3:09:07	OVIEDO
98	299	JOSE ANTONIO COSTA RODRIGUEZ	3:27:05	0:04:55	3:26:24	0:12:50	0:28:29	0:32:47	0:34:46	0:51:00	1:07:41	1:19:33	1:35:19	1:39:45	1:41:47	1:58:34	2:15:25	2:27:14	2:43:50	2:48:31	2:50:43	3:08:40	CAMBADOS
99	646	RODRIGO ANTONIO DA COSTA FERREIRA	3:27:21	0:04:55	3:27:14	0:11:36	0:27:10	0:31:33	0:33:32	0:50:20	1:07:31	1:19:33	1:35:28	1:39:46	1:41:54	1:58:37	2:15:36	2:27:40	2:43:46	2:48:21	2:50:30	3:08:30	PORTO PORTUGAL
100	228	ENRIQUE MARTINEZ DIAZ	3:27:34	0:04:56	3:27:14	0:12:02	0:27:34	0:31:53	0:33:53	0:50:38	1:07:21	1:19:04	1:34:47	1:39:07	1:41:05	1:57:44	2:14:42	2:27:02	2:43:35	2:48:21	2:50:32	3:08:39	AVILES
101	190	ALBERTO BOLIBAR MACIAS	3:27:46	0:04:56	3:27:20	0:12:24	0:28:07	0:32:27	0:34:29	0:51:31	1:08:44	1:20:44	1:36:47	1:41:10	1:43:16	2:00:27	2:17:21	2:29:19	2:45:22	2:49:54	2:52:03	3:09:43	VIGO
102	1183	ANGEL GARCIA MARTINEZ	3:28:02	0:04:56	3:27:34	0:12:42	0:28:23	0:32:45	0:34:47	0:51:53	1:09:08	1:21:02	1:36:47	1:41:11	1:43:14	2:00:29	2:17:27	2:30:04	2:46:14	2:50:50	2:52:55	3:10:29	A8869 A CORUI CLUB ALEJANDRO GOMEZ
103	1365	MARC PERRAMON BONIGO	3:28:07	0:04:56	3:27:21	0:12:30	0:27:17	0:31:29	0:33:27	0:49:40	1:06:24	1:18:18	1:34:07	1:38:23	1:40:28	1:57:56	2:15:22	2:28:02	2:45:08	2:49:57	2:52:11	3:10:05	A CORUÑA
104	1216	OSCAR ALBERTO DEL CAMPO RODRIGUEZ	3:28:15	0:04:57	3:27:35	0:12:48	0:28:57	0:33:26	0:35:29	0:52:59	1:10:36	1:22:36	1:38:38	1:43:00	1:45:02	2:01:50	2:18:42	2:30:32	2:46:31	2:51:06	2:53:13	3:10:31	AG-1100/OURENS ESPRINTES OURENSE
105	364	ROMAN CUESTA QUINTANA	3:28:19	0:04:57	3:28:01	0:12:28	0:28:25	0:32:53	0:34:53	0:52:05	1:09:11	1:21:45	1:37:40	1:42:06	1:44:11	2:01:18	2:18:31	2:30:52	2:47:04	2:51:37	2:53:40	3:10:52	AVILES
106	1108	EMILIO BOLAÑO PEREIRA	3:28:24	0:04:57	3:27:32	0:12:07	0:26:34	0:30:42	0:32:38	0:48:34	1:05:02	1:16:40	1:31:52	1:36:08	1:38:08	1:54:38	2:11:40	2:24:09	2:41:03	2:45:57	2:48:11	3:07:52	A CORUÑA
107	1536	JOSÉ MANUEL EDROSA FOLGUEIRA	3:29:39	0:04:59	3:29:02	0:12:58	0:29:26	0:33:56	0:36:01	0:53:35	1:11:30	1:23:53	1:40:21	1:44:54	1:47:00	2:04:28	2:21:59	2:34:15	2:49:59	2:54:16	2:56:13	3:13:00	LUGO
108	1509	JOSE MANUEL VAZQUEZ MARTINEZ	3:29:44	0:04:59	3:28:47	0:13:04	0:28:38	0:32:53	0:34:51	0:51:32	1:10:12	1:21:56	1:38:08	1:42:32	1:44:36	2:01:36	2:18:44	2:31:18	2:48:12	2:52:47	2:54:55	3:12:27	ALLARIZ
109	152	JOSE LUIS HERMIDA PESTONIT	3:30:35	0:05:00	3:29:49	0:12:41	0:28:05	0:32:24	0:34:27	0:51:19	1:08:43	1:20:42	1:36:45	1:41:10	1:43:15	2:00:17	2:17:12	2:29:19	2:46:33	2:51:27	2:53:39	3:11:58	A9927 NOIA-A ATLETISMO NOIA
110	334	MARCELINO DOPICO RODRIGUEZ	3:30:42	0:05:00	3:29:47	0:12:51	0:28:18	0:32:38	0:34:39	0:51:35	1:08:43	1:20:25	1:36:14	1:40:53	1:42:54	1:59:20	2:16:09	2:28:26	2:45:33	2:50:13	2:52:25	3:10:49	NARON
111	173	JAVIER ALCALA BONED	3:30:59	0:05:00	3:30:45	0:11:52	0:27:00	0:31:14	0:33:13	0:49:41	1:06:41	1:18:41	1:34:35	1:39:00	1:41:06	1:58:06	2:15:36	2:28:01	2:44:31	2:49:10	2:51:21	3:11:46	O 5423 MIERES CLUB ATLETISMO MIERES
112	281	JAIME FERNANDEZ BLA	3:31:09	0:05:01	3:30:18	0:12:55	0:28:40	0:33:00	0:35:03	0:52:00	1:09:10	1:21:01	1:36:45	1:41:09	1:43:12	2:00:45	2:19:57	2:32:06	2:48:28	2:53:06	2:55:14	3:12:59	AG 8668 VIGO
113	416	PAULO COSTA	3:31:11	0:05:01	3:30:34	0:13:16	0:29:03	0:33:20	0:35:15	0:51:54	1:08:50	1:20:43	1:36:29	1:40:51	1:42:53	1:59:29	2:16:18	2:28:29	2:45:10	2:50:01	2:52:16	3:11:32	PORTO TRIATLO PORTUGAL
114	261	CARLOS J ESCUDERO CASCON	3:31:16	0:05:01	3:30:41	0:12:19	0:27:56	0:32:17	0:34:17	0:51:03	1:08:20	1:20:19	1:36:15	1:40:41	1:42:47	2:00:06	2:17:29	2:29:56	2:46:41	2:51:21	2:53:32	3:12:14	A CORUÑA
115	630	PEDRO DE CASTRO GARCIA	3:31:22	0:05:01	3:30:10	0:13:32	0:29:43	0:34:16	0:36:24	0:54:14	1:12:13	1:24:23	1:40:16	1:44:36	1:46:45	2:04:03	2:21:33	2:33:49	2:50:40	2:55:19	2:57:30	3:15:24	A CORUÑA
116	1513	PABLO BECERRA LAGO	3:31:51	0:05:02	3:31:16	0:12:47	0:28:58	0:33:26	0:35:26	0:52:42	1:10:05	1:22:17	1:39:01	1:43:31	1:45:35	2:02:43	2:19:44	2:32:12	2:48:57	2:53:40	2:55:56	3:14:04	A CORUÑA
117	183	JOSE ANGEL LOPEZ PEREZ	3:32:33	0:05:03	3:32:23	0:10:54	0:25:03	0:29:07	0:31:00	0:46:24	1:02:25	1:14:08	1:29:14	1:33:39	1:35:42	1:52:34	2:12:46	2:26:57	2:45:07	2:50:14	2:52:37	3:12:24	A CORUI ELY RUNNERS
118	1474	JOSÉ CARLOS ARANDA SUS	3:32:46	0:05:03	3:31:50	0:13:45	0:30:11	0:34:38	0:36:41	0:53:51	1:11:18	1:23:24	1:39:11	1:43:37	1:45:39	2:02:27	2:19:43	2:32:09	2:48:43	2:53:29	2:55:43	3:13:58	BERTAMIRANS - AMES
119	269	FERNANDO GALLEGO MANDADO	3:32:57	0:05:03	3:32:31	0:12:02	0:27:12	0:31:17	0:33:13	0:49:07	1:05:43	1:17:19	1:32:57	1:37:18	1:39:19	1:56:40	2:14:28	2:27:24	2:45:09	2:50:15	2:52:32	3:12:13	CANGAS
120	298	JOSE ANTONIO ALFONSN LAREO	3:33:31	0:05:04	3:32:22	0:13:24	0:29:14	0:33:30	0:35:33	0:52:28	1:09:33	1:21:37	1:37:17	1:41:43	1:43:47	2:01:06	2:18:59	2:31:53	2:49:27	2:54:45	2:57:21	3:16:05	A CORUÑA
121	1329	ROBERTO FARINA CHARLIN	3:33:43	0:05:04	3:33:30	0:11:26	0:27:08	0:31:34	0:33:35	0:50:19	1:07:28	1:19:33	1:35:19	1:39:45	1:41:47	1:58:35	2:15:35	2:28:01	2:44:33	2:49:12	2:51:25	3:11:29	CAMBADOS
122	462	ADOLFO VILARES MACERIAS	3:33:49	0:05:05	3:33:21	0:12:03	0:27:14	0:31:27	0:33:26	0:49:42	1:06:14	1:17:50	1:33:29	1:37:52	1:39:53	1:56:44	2:14:24	2:27:21	2:45:08	2:50:15	2:52:34	3:12:55	A CORUÑA
123	686	RAFAEL SOLBES VILA	3:33:58	0:05:05	3:33:33	0:11:55	0:27:16	0:31:34	0:33:34	0:50:42	1:08:17	1:20:12	1:36:10	1:40:39	1:42:44	1:59:57	2:17:48	2:30:52	2:48:03	2:52:50	2:55:04	3:14:16	VIGO
124	347	PABLO BRUN PINTOR	3:33:59	0:05:05	3:33:18	0:13:02	0:28:48	0:33:17	0:35:21	0:52:41	1:10:20	1:22:30	1:38:40	1:43:10	1:45:16	2:02:23	2:20:43	2:33:17	2:50:02	2:54:45	2:56:56	3:15:04	A CORUÑA
125	295	JOSE RODRIGUEZ VILELA	3:34:00	0:05:05	3:33:03	0:13:20	0:29:11	0:33:29	0:35:32	0:52:55	1:10:23	1:22:15	1:38:31	1:42:55	1:44:57	2:02:17	2:20:21	2:33:19	2:50:41	2:55:30	2:57:46	3:15:58	A CORUÑA
126	693	JOSE CARLOS ALVAREZ DE LA IGLESIA	3:34:03	0:05:05	3:33:06	0:13:13	0:28:44	0:33:09	0:35:11	0:52:22	1:09:45	1:22:02	1:38:41	1:43:20	1:45:32	2:02:08	2:20:57	2:33:29	2:50:02	2:54:50	2:57:09	3:15:17	AG-7647/OURENS ESPRINTES OURENSE
127	362	ROBERTO SENRA ALVAREZ	3:34:06	0:05:05	3:																		

168	1439	LUIS RAMOS ALVAREZ	3:50:25	0:05:28	3:49:14	0:14:05	0:31:01	0:35:43	0:37:59	0:56:16	1:14:32	1:27:37	1:44:46	1:49:35	1:51:51	2:10:45	2:30:03	2:46:06	3:04:45	3:09:43	3:12:00	3:31:07	A-11036	OURENS LIMIACTIVA
169	159	LORENZO TOMO ALVAREZ	3:50:43	0:05:29	3:49:05	0:15:33	0:33:00	0:37:50	0:40:06	0:58:28	1:16:57	1:29:53	1:46:49	1:51:28	1:53:39	2:11:44	2:29:54	2:42:52	3:00:59	3:06:03	3:08:26	3:28:22		AVILÉS AVILÉS ATLETISMO
170	1239	ROBERTO TOMÉ MARCOTE	3:50:54	0:05:29	3:49:36	0:14:34	0:31:27	0:36:06	0:38:22	0:56:36	1:16:11	1:28:46	1:45:40	1:50:27	1:52:39	2:11:39	2:29:09	2:42:18	3:00:34	3:05:47	3:08:09	3:29:22		LUGO RIALTO
171	94	EMILIO FERNANDEZ FERNANDEZ	3:51:03	0:05:29	3:50:41	0:12:05	0:27:20	0:31:36	0:33:37	0:50:20	1:07:30	1:19:35	1:35:35	1:40:05	1:42:15	2:00:24	2:19:41	2:34:11	2:54:07	3:00:07	3:03:01	3:26:47		A CORUÑA PORTUGAL
172	208	FABRICIO FERRO FOLGAR	3:51:08	0:05:29	3:50:03	0:13:44	0:27:48	0:34:15	0:36:21	0:53:43	1:11:22	1:24:14	1:40:27	1:45:10	1:47:21	2:05:53	2:24:45	2:38:29	2:58:01	3:03:45	3:06:29	3:29:02		PONTEVEDRA
173	635	PELAYO NOVOA MINAMBRES	3:51:37	0:05:30	3:50:07	0:14:46	0:32:05	0:36:40	0:38:53	0:57:34	1:16:42	1:29:36	1:47:20	1:52:13	1:54:33	2:13:38	2:33:05	2:46:47	3:04:48	3:09:46	3:12:06	3:31:28		VIGO
174	217	JOSE MANUEL PEREZ ALVAREZ	3:51:56	0:05:30	3:51:03	0:13:47	0:30:19	0:34:53	0:37:02	0:54:30	1:12:09	1:24:35	1:40:50	1:45:20	1:47:27	2:04:45	2:22:45	2:36:12	2:55:50	3:01:47	3:04:31	3:26:45		FERROL
175	1582	JOSÉ MANUEL CANDALES DIAZ	3:52:02	0:05:30	3:50:39	0:15:07	0:32:52	0:37:41	0:40:01	0:58:59	1:17:52	1:31:25	1:49:07	1:53:59	1:56:19	2:15:09	2:33:26	2:49:19	3:08:04	3:12:53	3:15:11	3:34:28		A CORUÑA
176	1236	MIGUEL GONZALEZ-LLANOS RODRIGUEZ	3:52:10	0:05:31	3:51:48	0:13:28	0:31:00	0:35:49	0:38:13	0:57:18	1:16:15	1:29:34	1:47:20	1:52:13	1:54:33	2:13:39	2:33:05	2:46:47	3:04:48	3:09:44	3:11:59	3:31:03	A-10902	FERROL RÍA FERROL CONCEPCIÓN ARENAL
177	596	LUIS ANGEL DÍEZ MERINO	3:52:20	0:05:31	3:51:05	0:14:25	0:30:55	0:35:31	0:37:41	0:55:51	1:13:53	1:26:49	1:44:13	1:48:58	1:51:08	2:09:39	2:28:57	2:42:47	3:01:53	3:07:21	3:09:56	3:31:01		PONFERRADA
178	1468	JORGE CONCHADO DIAZ	3:52:30	0:05:31	3:51:44	0:13:32	0:30:59	0:35:45	0:38:03	0:57:18	1:16:36	1:29:35	1:47:20	1:52:14	1:54:33	2:13:49	2:33:05	2:46:48	3:04:49	3:09:45	3:11:59	3:31:20		OLEIROS
179	311	JUAN VIZCAINO GONZALEZ	3:52:54	0:05:32	3:51:06	0:15:41	0:33:18	0:38:07	0:40:24	0:58:52	1:17:20	1:30:17	1:47:33	1:52:17	1:54:29	2:12:37	2:31:37	2:45:10	3:03:09	3:08:21	3:10:48	3:31:15		OLEIROS
180	1177	EDUARDO REY QUINTELA	3:53:21	0:05:32	3:51:57	0:15:07	0:32:36	0:37:23	0:39:39	0:58:34	1:17:54	1:31:22	1:48:44	1:53:25	1:55:39	2:15:10	2:34:19	2:47:34	3:06:03	3:11:07	3:13:24	3:32:47	A8917	CULLURI CLUB ALEJANDRO GOMEZ
181	565	JOSE ANTONIO RIAL SANCHEZ	3:53:22	0:05:32	3:52:09	0:14:38	0:32:05	0:36:36	0:38:48	0:57:33	1:16:41	1:30:04	1:47:43	1:52:40	1:54:57	2:14:02	2:33:36	2:47:22	3:05:44	3:10:48	3:13:08	3:32:53		A CORUÑA
182	496	CÉSAR JULIO RODRIGUEZ ARES	3:53:26	0:05:32	3:51:55	0:14:17	0:31:13	0:35:51	0:38:05	0:56:35	1:18:37	1:31:02	1:48:08	1:52:49	1:54:58	2:16:11	2:34:25	2:47:22	3:05:21	3:10:22	3:12:45	3:33:32		BECERREA
183	458	ALBERTO CASAL ARANTES	3:54:05	0:05:33	3:53:09	0:13:42	0:30:10	0:34:52	0:37:06	0:55:05	1:13:22	1:26:17	1:43:47	1:48:36	1:50:52	2:09:19	2:28:37	2:42:48	3:02:33	3:08:03	3:10:38	3:32:14		VIGO
184	508	DIEGO SECO LAMAS	3:55:36	0:05:36	3:54:00	0:15:09	0:32:07	0:36:32	0:38:47	0:57:02	1:15:54	1:28:40	1:46:32	1:51:29	1:53:44	2:12:42	2:32:24	2:46:33	3:05:51	3:11:21	3:13:59	3:35:10		O BARCO DE VALDEORRAS
185	538	HECTOR GONZALEZ SANCHIS	3:56:21	0:05:37	3:55:03	0:15:38	0:34:35	0:39:32	0:41:53	1:01:18	1:21:31	1:35:07	1:52:51	1:57:44	1:59:59	2:18:39	2:38:59	2:52:17	3:10:07	3:15:09	3:17:31	3:37:15		NARON
186	618	MIGUEL ANGEL FLORES LOJO	3:56:49	0:05:37	3:55:44	0:12:43	0:27:28	0:31:43	0:33:39	0:50:03	1:07:09	1:19:26	1:36:02	1:40:38	1:42:49	2:01:00	2:21:04	2:36:29	2:59:09	3:05:24	3:07:49	3:32:47		A CORUÑA
187	1404	XOSÉ MANUEL MEIZOSO VILASOUS	3:57:33	0:05:38	3:56:40	0:13:20	0:29:46	0:34:08	0:36:09	0:53:22	1:10:51	1:23:11	1:39:23	1:43:55	1:46:01	2:03:11	2:21:29	2:34:57	2:54:06	2:59:39	3:02:18	3:29:44	A20548	AS PONTALETISMO OLYMPO
188	560	JORGE MANUEL ARAUJO SOUSA BASTO	3:57:57	0:05:39	3:57:51	0:12:49	0:30:16	0:35:02	0:37:20	0:56:30	1:15:55	1:29:29	1:47:24	1:52:24	1:54:45	2:14:19	2:34:46	2:49:09	3:08:30	3:13:53	3:16:25	3:37:23		PORTO PORTUGAL
189	216	JESUS JURADO FERNANDEZ	3:58:10	0:05:39	3:57:37	0:14:06	0:31:21	0:36:02	0:38:17	0:57:48	1:16:46	1:30:07	1:48:13	1:53:11	1:55:32	2:14:56	2:34:47	2:48:59	3:08:20	3:13:46	3:16:19	3:37:14		A CORUÑA
190	479	ANTONIO BARRIO VAZQUEZ	3:59:49	0:05:41	3:58:02	0:15:56	0:33:49	0:38:42	0:41:01	1:00:34	1:19:54	1:33:35	1:51:49	1:56:41	1:59:00	2:18:09	2:37:57	2:52:01	3:11:01	3:16:23	3:18:53	3:39:51		A CORUÑA
191	654	STEPHAN JEANDON	4:00:32	0:05:43	3:59:31	0:14:12	0:31:31	0:36:11	0:38:27	0:57:24	1:16:45	1:30:32	1:49:10	1:54:12	1:56:31	2:16:12	2:36:13	2:50:03	3:09:57	3:15:42	3:18:25	3:40:57		CARBALLO
192	587	JUAN EMILIO RIBEIRO RODRIGUEZ	4:01:23	0:05:44	3:59:50	0:15:09	0:32:17	0:37:04	0:39:21	0:57:59	1:16:53	1:30:18	1:48:18	1:53:21	1:55:43	2:15:06	2:35:06	2:49:23	3:09:01	3:14:54	3:17:38	3:39:27		A CORUÑA
193	1388	LUIS ENRIQUE MONTES PEREZ	4:01:31	0:05:44	4:00:19	0:15:36	0:33:05	0:37:57	0:40:18	0:59:22	1:19:15	1:33:22	1:51:58	1:57:16	2:00:02	2:19:57	2:40:50	2:55:33	3:14:42	3:21:35	3:24:01	3:43:25		LOS CORRALES DE BUELNA
194	421	FRANCISCO JOSE OTERO LOPEZ	4:01:39	0:05:44	4:00:23	0:14:38	0:31:32	0:36:12	0:38:23	0:57:05	1:15:33	1:28:39	1:46:32	1:51:31	1:53:49	2:13:08	2:33:05	2:47:48	3:08:13	3:14:21	3:17:08	3:39:34		MONFORTE DE LEMOS - LUGO
195	1533	ANTONIO DIAZ LÓPEZ	4:02:00	0:05:45	4:01:10	0:13:59	0:30:51	0:35:27	0:37:36	0:56:02	1:14:41	1:28:12	1:45:40	1:50:28	1:52:41	2:11:35	2:31:21	2:46:05	3:06:19	3:12:18	3:14:59	3:39:15		LUGO
196	1511	JOAQUIN SOTELO GALLEGO	4:02:04	0:05:45	4:01:41	0:13:32	0:30:55	0:35:35	0:37:54	0:56:57	1:16:57	1:30:51	1:49:08	1:54:04	1:56:23	2:16:02	2:36:06	2:51:02	3:10:57	3:16:25	3:18:56	3:40:26		CANGAS DO MORRAZO
197	1125	JOSE MANUEL LAGO COSTAS	4:02:17	0:05:45	4:00:50	0:15:29	0:33:04	0:37:47	0:40:00	0:57:54	1:16:40	1:29:44	1:48:06	1:53:14	1:55:36	2:15:15	2:35:05	2:49:15	3:09:58	3:15:42	3:18:24	3:40:27	AG 8717	VIGO AFILADOS RUNNERS
198	187	ANTONIO LUIS GONZALEZ FERNANDEZ	4:02:47	0:05:46	4:02:33	0:12:30	0:29:17	0:33:58	0:36:13	0:54:41	1:13:31	1:26:44	1:44:31	1:49:26	1:51:47	2:11:10	2:31:02	2:46:07	3:07:13	3:13:14	3:16:02	3:39:02	ag9808	A CORU/MARINEDA ATLÉTICO
199	499	DANIEL GAMBON POMBO	4:03:30	0:05:47	4:01:59	0:15:35	0:33:13	0:38:03	0:40:24	0:59:29	1:19:18	1:32:28	1:49:50	1:54:32	1:56:43	2:15:05	2:35:20	2:49:22	3:09:17	3:15:05	3:17:50	3:40:38		A CORUÑA
200	1591	VICTOR MANUEL SIXTO SANJOSÉ	4:03:37	0:05:47	4:02:55	0:13:38	0:30:21	0:35:02	0:37:16	0:55:16	1:13:37	1:26:46	1:44:28	1:49:29	1:51:51	2:13:02	2:33:55	2:49:02	3:10:02	3:15:45	3:18:58	3:40:59		FERROL
201	548	JAIME MULEIRO ROMERO	4:04:02	0:05:48	4:02:41	0:15:20	0:33:21	0:38:24	0:40:49	1:00:18	1:20:40	1:35:04	1:53:44	1:58:59	2:01:13	2:20:54	2:40:52	2:55:09	3:13:41	3:19:06	3:21:36	3:42:38		SANTIAGO
202	1510	MAXIMINO LAGARES CARRO	4:04:21	0:05:48	4:03:22	0:14:08	0:31:07	0:35:33	0:37:41	0:55:33	1:13:28	1:26:03	1:42:55	1:47:35	1:49:45	2:08:07	2:32:24	2:46:51	3:06:44	3:12:10	3:14:41	3:42:03		SIGÜEIRO
203	310	JUAN PATINO VARELA	4:04:48	0:05:49	4:04:04	0:13:29	0:30:38	0:35:14	0:37:26	0:56:24	1:17:21	1:30:32	1:51:10	1:56:11	1:58:33	2:18:17	2:38:11	2:54:23	3:13:35	3:19:18	3:21:52	3:43:31		A CORUÑA
204	81	JESUS ALBERTO BLAZQUEZ SUAREZ	4:05:14	0:05:49	4:05:13	0:10:54	0:26:00	0:30:14	0:32:13	0:48:54	1:06:15	1:18:59	1:36:20	1:41:16	1:43:33	2:03:35	2:25:10	2:41:46	3:05:25	3:11:42	3:14:58	3:40:51		A CORUÑA
205	475	ANDREA GRIFFINI	4:05:41	0:05:50	4:05:17	0:13:43	0:31:29	0:36:17	0:38:37	0:57:45	1:17:06	1:30:53	1:49:01	1:54:05	1:56:27	2:16:05	2:36:27	2:51:13	3:11:34	3:17:18	3:20:03	3:42:14		MILANO
206	1419	JOSE SAS GOLPE	4:06:52	0:05:52	4:05:29	0:15:16	0:33:01	0:38:01	0:40:23	0:59:52	1:19:28	1:33:26	1:52:01	1:57:19	1:59:45	2:19:30	2:39:30	2:53:39	3:13:12	3:18:24	3:20:51	3:43:35		BELTAN CLUB ATLETISMO AS MARIÑAS - BETANZOS
207	1430	JORGE VALDES PORTO	4:07:10	0:05:52	4:06:06	0:15:21	0:33:51	0:38:57	0:41:23	1:01:19	1:22:05	1:36:08	1:55:04	2:00:43	2:03:03	2:23:53	2:44:09	2:58:41	3:17:19	3:22:40	3:25:09	3:45:48	AG 7640	SADA CLUB ATLETISMO SADA
208	484	ARIEL AQUINO VAZQUEZ	4:07:11	0:05:52	4:06:36	0:13:37	0:30:14	0:34:43	0:36:53	0:53:40	1:11:04	1:23:19	1:39:27	1:44:06	1:46:18	2:05:09	2:26:15	2:41:43	3:04:58	3:11:52	3:14:59	3:40:27		A CORUÑA
209	567	JOSE LUIS PENEDO FERNANDEZ	4:07:25	0:05:52	4:06:15	0:14:34	0:32:16	0:37:08	0:39:31	0:59:09	1:19:24	1:33:45	1:52:54	1:58:06	2:00:30	2:21:43	2:42:50	2:57:46	3:17:35	3:23:11	3:25:40	3:45:45		A CORUÑA
210	372	VOLKER HENGESBACH	4:07:58	0:05:53	4:07:04	0:14:17	0:31:26	0:36:05	0:38:20	0:57:02	1:16:28	1:29:42												

1	1070	MANUEL BARREIRO RODRIGUEZ	2:47:20	0:03:58	2:47:19	0:09:26	0:21:54	0:25:22	0:26:59	0:40:20	0:53:52	1:03:46	1:16:38	1:20:13	1:21:51	1:35:15	1:48:59	1:58:50	2:11:42	2:15:26	2:17:08	2:31:40	AG 8434	VIGO	CLUB ATLETISMO VIGO
2	1079	CARLOS SILVA CÉSAR	2:48:24	0:04:00	2:48:15	0:10:10	0:23:16	0:26:53	0:28:34	0:42:15	0:56:14	1:06:00	1:18:40	1:22:15	1:23:54	1:37:27	1:51:07	2:00:47	2:13:36	2:17:12	2:18:54	2:33:03	GA 1027	SANTIAĞO GIMNÁSTICA DE PONTEVEDRA	
3	1036	FRANCISCO SANMARCO SANTOS	2:48:26	0:04:00	2:48:25	0:09:48	0:22:47	0:26:26	0:28:10	0:42:15	0:56:14	1:05:59	1:18:40	1:22:14	1:23:54	1:37:27	1:51:10	2:01:19	2:14:30	2:18:16	2:20:00	2:34:01	AG-7638	PONTEC ATLETISMO SAR A POUTADA	
4	1050	MODESTO BARRO ROCHELA	2:51:42	0:04:05	2:51:38	0:10:08	0:23:16	0:26:54	0:28:35	0:42:26	0:56:40	1:06:28	1:19:32	1:23:09	1:24:47	1:38:52	1:53:08	2:03:10	2:16:30	2:20:20	2:22:06	2:36:16	AG 1988	AS PONTI ATLETISMO OLYMPO	
5	66	CARLOS ROCHA	2:53:34	0:04:07	2:53:28	0:10:13	0:23:12	0:26:51	0:28:32	0:42:26	0:56:41	1:06:53	1:20:17	1:23:59	1:25:41	1:39:54	1:54:35	2:05:00	2:18:34	2:22:27	2:24:13	2:38:46		PORTO PORTO FPORTUGAL	
6	1214	JOSE VAZQUEZ ROJO	2:53:52	0:04:08	2:53:44	0:09:43	0:22:02	0:25:25	0:27:01	0:40:20	0:53:53	1:03:48	1:16:39	1:20:14	1:21:53	1:35:46	1:50:14	2:00:52	2:15:15	2:19:22	2:21:17	2:37:26	AG-8785	OURENS ESPRINTES OURENSE	
7	49	CARLOS GONZALEZ REINO	2:55:22	0:04:10	2:55:16	0:10:09	0:23:48	0:27:28	0:29:13	0:43:37	0:58:05	1:08:21	1:21:46	1:25:29	1:27:12	1:41:19	1:55:48	2:06:07	2:19:38	2:23:26	2:25:13	2:40:01	AG 6578	NOIA- A IATLETISMO NOIA	
8	291	JOÃO SILVA FONTÃO	2:55:49	0:04:10	2:55:37	0:10:33	0:24:04	0:27:46	0:29:30	0:43:53	0:58:34	1:08:39	1:22:03	1:25:45	1:27:27	1:41:23	1:55:43	2:06:06	2:19:43	2:23:35	2:25:22	2:40:12		GUIMARÃES	
9	1162	SANTIAGO VÁZQUEZ COLLAZO	2:56:07	0:04:11	2:55:54	0:10:24	0:24:01	0:27:49	0:29:38	0:44:28	0:59:28	1:09:51	1:23:33	1:27:19	1:29:04	1:43:26	1:57:52	2:08:09	2:21:31	2:25:16	2:26:59	2:41:20	GA-7171	VIA CORUI ATLETISMO RIAZOR CORUÑA	
10	1055	ERNESTO RODRÍGUEZ BOLÍBAR	2:57:27	0:04:13	2:57:24	0:09:25	0:21:53	0:25:22	0:27:00	0:40:19	0:53:54	1:03:46	1:16:51	1:20:30	1:22:12	1:36:18	1:51:28	2:02:42	2:17:26	2:21:38	2:23:34	2:39:51		UGO CASTRELOS 20:30	
11	89	ANTONIO OTERO UHIA	2:58:50	0:04:15	2:58:49	0:09:48	0:22:50	0:26:28	0:28:12	0:42:22	0:56:37	1:06:27	1:19:30	1:23:06	1:24:45	1:38:51	1:53:07	2:03:10	2:16:34	2:20:31	2:22:24	2:39:32		PORTONOVO	
12	1334	JOSE LUIS SANTOS SUAREZ	2:59:21	0:04:16	2:59:08	0:10:33	0:24:15	0:28:09	0:30:00	0:44:57	1:00:20	1:10:51	1:24:52	1:28:44	1:30:29	1:45:08	1:59:55	2:10:21	2:24:03	2:27:52	2:29:38	2:44:22		A CORUÑA	
13	57	JESUS MANUEL HEVIA PEREZ	2:59:42	0:04:16	2:59:38	0:09:46	0:22:48	0:26:27	0:28:11	0:42:23	0:56:39	1:06:39	1:20:06	1:23:50	1:25:34	1:40:09	1:55:22	2:06:22	2:21:15	2:25:27	2:27:22	2:43:21	O-5136	POLA DE CLUB ATLETISMO MIERES	
14	1192	JESUS ALVAREZ CHINCHILLA	2:59:50	0:04:16	2:59:31	0:10:47	0:24:21	0:28:10	0:29:58	0:44:59	1:00:10	1:10:48	1:24:41	1:28:33	1:30:22	1:44:55	1:59:38	2:10:08	2:24:14	2:28:12	2:29:58	2:44:54	AG 7642	SADA CLUB ATLETISMO SADA	
15	1440	BERNARDO GARCIA DE PAZ	3:01:04	0:04:18	3:00:55	0:10:28	0:24:07	0:27:54	0:29:42	0:44:29	0:59:29	1:09:55	1:23:45	1:27:33	1:29:22	1:44:17	1:59:09	2:09:40	2:23:34	2:27:27	2:29:16	2:44:34	GA16241	A CORUI/MARINEDA ATLETICO	
16	95	GUILHERME AREIZA ROMANO	3:01:36	0:04:19	3:01:33	0:10:27	0:24:01	0:27:44	0:29:29	0:43:43	0:58:08	1:08:25	1:21:55	1:25:40	1:27:26	1:41:50	1:56:33	2:07:05	2:21:22	2:25:22	2:27:15	2:43:06		GUIMARÃES	
17	308	JOSE LUIS TORRES GONZALEZ	3:02:36	0:04:20	3:02:24	0:10:11	0:23:48	0:27:31	0:29:14	0:43:37	0:58:24	1:09:09	1:23:07	1:27:03	1:28:53	1:43:53	1:59:03	2:10:10	2:24:50	2:28:59	2:30:52	2:46:44		OURENSE	
18	56	ELEUTERIO MANUEL GOUCEIRO EIRIS	3:03:20	0:04:21	3:03:19	0:09:36	0:22:28	0:26:08	0:27:50	0:41:44	0:55:58	1:06:08	1:19:35	1:23:26	1:25:10	1:40:04	1:55:55	2:07:18	2:22:32	2:26:49	2:28:49	2:45:45	GA-1940	CAMBRE CLUB ATLETISMO CORUÑA COMARCA	
19	690	MIGUEL ANGEL PRESNO LINERA	3:03:26	0:04:21	3:03:24	0:10:01	0:23:17	0:27:00	0:28:46	0:43:08	0:57:53	1:08:25	1:21:48	1:25:33	1:27:20	1:41:59	1:57:25	2:08:29	2:23:24	2:27:34	2:29:41	2:46:23	O 6100	OVBIEO MASTER SPORT	
20	50	ELEODORO AGUIN GONZALEZ	3:03:59	0:04:22	3:03:57	0:10:03	0:23:17	0:26:57	0:28:41	0:42:56	0:57:45	1:08:19	1:22:14	1:26:10	1:27:59	1:43:10	1:58:55	2:10:32	2:25:22	2:29:29	2:31:23	2:47:15	AG-7644	PORTON ATLETIS/PORTUGAL	
21	1343	EZEQUIEL FERNANDEZ GUINDA	3:04:26	0:04:23	3:03:59	0:10:55	0:24:28	0:28:13	0:29:59	0:44:41	0:59:35	1:10:05	1:23:50	1:27:39	1:29:31	1:44:18	1:59:10	2:10:14	2:25:04	2:29:17	2:31:14	2:47:33		GUION	
22	126	JUAN JOSE NÚÑEZ FERNANDEZ	3:07:22	0:04:27	3:07:01	0:11:03	0:25:11	0:29:06	0:30:57	0:45:55	1:01:25	1:12:15	1:26:22	1:30:16	1:32:09	1:47:14	2:02:25	2:13:39	2:28:20	2:32:27	2:34:23	2:50:31	SG 4042	EL ESPINAR (SEGOVIA)	
23	199	JESUS RODRIGUEZ FERNANDEZ	3:07:35	0:04:27	3:07:23	0:10:27	0:24:08	0:27:55	0:29:43	0:44:31	0:59:30	1:09:56	1:23:48	1:27:36	1:29:23	1:44:17	1:59:32	2:10:52	2:25:57	2:30:17	2:32:16	2:49:30		LUARCA TOSCAF-RECTA FINAL	
24	1222	MARIO GONZALEZ FREIRE	3:07:51	0:04:28	3:07:31	0:11:24	0:25:50	0:29:43	0:31:33	0:46:47	1:02:34	1:13:24	1:27:48	1:31:49	1:33:40	1:48:56	2:04:25	2:15:33	2:30:04	2:34:07	2:36:00	2:51:45	AG 7648	BRION MILLARADIO	
25	1242	MANUEL OTERO GOMEZ	3:08:41	0:04:29	3:08:26	0:11:09	0:25:15	0:29:12	0:31:03	0:46:26	1:02:01	1:12:52	1:27:11	1:31:10	1:33:00	1:48:20	2:03:56	2:15:09	2:29:58	2:34:13	2:36:09	2:52:21	A7954	CAMBRE RIAZOR CORUÑA	
26	1247	GERMÁN MORENZA DOFORNO	3:09:32	0:04:30	3:09:21	0:10:14	0:23:49	0:27:37	0:29:25	0:44:15	0:59:34	1:10:15	1:24:55	1:29:01	1:30:55	1:46:42	2:03:03	2:14:44	2:30:06	2:34:32	2:36:35	2:53:12	GA 1117	PONTEV VETERANOS PABELLÓN OURENSE	
27	1241	TOMÁS ABELODO PATIÑO	3:09:35	0:04:30	3:09:20	0:11:08	0:25:14	0:29:12	0:31:03	0:46:25	1:02:00	1:12:52	1:27:10	1:31:09	1:33:00	1:48:19	2:03:56	2:15:08	2:29:58	2:34:14	2:36:09	2:52:29	A6321	A CORUI RIAZOR CORUNA	
28	1310	JESÚS P. AGUILLEIRO DIAZ	3:11:06	0:04:32	3:11:07	0:10:53	0:24:37	0:28:25	0:30:13	0:45:05	1:00:18	1:11:03	1:25:20	1:29:23	1:31:16	1:46:20	2:02:56	2:14:45	2:30:05	2:34:32	2:36:44	2:53:37		AMES	
29	140	CARLOS BUSTO LOPEZ	3:11:30	0:04:33	3:11:26	0:12:07	0:26:02	0:29:52	0:31:37	0:46:25	1:01:35	1:12:13	1:26:19	1:30:13	1:32:05	1:47:06	2:02:25	2:13:25	2:27:54	2:32:08	2:34:06	2:51:26		CATAIR/ ATLETISMO SAR A POUTADA	
30	1374	ANGEL DE JESUS PEREZ LAGO	3:11:47	0:04:33	3:11:29	0:11:15	0:25:15	0:29:12	0:31:03	0:46:13	1:02:04	1:12:52	1:27:10	1:31:10	1:33:00	1:48:23	2:04:09	2:15:09	2:29:58	2:34:14	2:36:14	2:53:21		BUEU	
31	1157	JOSE LUIS TORRES LOPEZ	3:11:51	0:04:33	3:11:37	0:11:21	0:26:04	0:30:11	0:32:07	0:47:45	1:04:33	1:15:24	1:29:51	1:34:03	1:35:54	1:51:36	2:08:26	2:19:32	2:34:35	2:38:39	2:40:32	2:56:00		LUGO ATLETISMO MONTE SEGADE	
32	685	FRANCISCO MANUEL CABEZA PEREZ	3:13:15	0:04:35	3:13:05	0:10:48	0:24:41	0:28:33	0:30:21	0:45:26	1:00:48	1:11:47	1:26:28	1:30:34	1:32:29	1:48:23	2:04:45	2:17:00	2:33:10	2:37:36	2:39:39	2:56:29		ASTURIAS	
33	300	JOSE ANTONIO GARRIDO CAMPOS	3:14:21	0:04:37	3:14:10	0:11:09	0:25:28	0:29:27	0:31:20	0:46:39	1:02:16	1:13:26	1:27:49	1:31:50	1:33:42	1:49:11	2:05:23	2:17:24	2:33:13	2:37:42	2:39:47	2:57:07		OURENSE	
34	1075	MANUEL FONTENLA MUIÑO	3:14:46	0:04:37	3:14:33	0:10:55	0:25:19	0:29:13	0:31:05	0:46:27	1:02:16	1:13:41	1:28:20	1:32:25	1:34:15	1:49:57	2:06:32	2:18:03	2:33:12	2:37:27	2:39:23	2:55:48	AG7951	A CORUI/CORUÑA COMARCA	
35	1290	GUILHERMO CORTES FERNANDEZ	3:16:04	0:04:39	3:15:46	0:11:31	0:26:12	0:30:19	0:32:15	0:48:12	1:04:33	1:16:09	1:31:20	1:35:32	1:37:32	1:53:45	2:10:27	2:22:05	2:37:05	2:41:13	2:43:10	2:59:38		LUARCA	
36	1235	JOSE GONZALEZ BAMBRE	3:18:32	0:04:43	3:18:17	0:11:16	0:25:30	0:29:28	0:31:19	0:46:46	1:02:42	1:13:37	1:27:58	1:32:02	1:33:55	1:49:40	2:06:17	2:18:30	2:35:24	2:40:06	2:42:15	3:00:35	GA 7169	NEDA RÍA FERROL - CONCEPCIÓN ARENAL	
37	1349	JOSE ANTONIO FORMOSO GONZALEZ	3:18:54	0:04:43	3:18:16	0:12:25	0:27:18	0:31:30	0:33:28	0:49:23	1:05:28	1:16:39	1:31:32	1:35:41	1:37:37	1:53:38	2:09:58	2:21:46	2:37:37	2:42:06	2:44:15	3:01:48		OURENSE	
38	1331	ALFONSO CODON VEGA	3:18:58	0:04:43	3:18:38	0:11:30	0:26:16	0:30:22	0:32:17	0:48:13	1:04:35	1:16:04	1:31:11	1:35:25	1:37:22	1:53:30	2:10:09	2:22:15	2:38:04	2:42:28	2:44:32	3:01:28		VIGO	
39	197	LUIS MARIA TOJAL DEL CASERO	3:19:10	0:04:44	3:18:24	0:12:25	0:27:35	0:31:48	0:33:46	0:50:21	1:06:15	1:17:43	1:32:54	1:37:10	1:39:09	1:55:23	2:11:50	2:23:31	2:39:10	2:43:32	2:45:31	3:02:23	AG/6637	PONTEV SOCIEDAD GIMNÁSTICA DE PONTEVEDRA	
40	43	PEDRO ALEN MIJEZ	3:19:16	0:04:44	3:19:14	0:09:36	0:21:54	0:25:18	0:26:53	0:39:34	0:52:54	1:02:22	1:14:37	1:18:03	1:19:38	1:32:39	1:46:11	1:55:47	2:08:48	2:12:36	2:14:22	2:32:58	AG 7072	A CORUI ATLETICA A SILVA	
41	1175	JOSE ANTONIO TEMBRAS AMENEIRO	3:20:19	0:04:45	3:20:01	0:12:23	0:27:35	0:31:48	0:33:46	0:50:01	1:06:15	1:17:45	1:37:10	1:39:09	1:39:09	1:55:34	2:11:48	2:23:30	2:39:10	2:43:32	2:45:33	3:02:36		A CORUI CASTRO DE LOBARIZ	
42	405	JOSE VICENTE AGUIAR GIZ	3:20:51	0:04:46	3:19:44	0:13:22	0:28:52	0:33:07	0:35:03	0:51:26	1:08:05	1:19:42	1:35:18	1:39:28	1:41:26	1:57:57	2:14:41	2:26:34	2:41:57	2:46:12	2:48:10	3:04:13			

85	589	JUAN MANUEL IGLESIAS DIAZ	3:44:21	0:05:20	3:42:23	0:14:27	0:31:02	0:35:41	0:37:53	0:56:13	1:14:50	1:27:37	1:44:18	1:48:56	1:51:05	2:09:10	2:27:31	2:40:32	2:57:48	3:02:46	3:05:04	3:24:08	A	CORUÑA
86	1118	JESUS LOPEZ RAMA	3:44:42	0:05:20	3:43:59	0:13:13	0:29:23	0:33:50	0:35:54	0:53:16	1:10:42	1:23:21	1:40:21	1:45:07	1:47:18	2:05:36	2:23:40	2:37:04	2:55:40	3:01:02	3:03:30	3:24:32	A	CARNOTA
87	1493	JOSE ENRIQUE ALVAREZ PEREZ	3:44:42	0:05:20	3:43:40	0:13:40	0:29:48	0:34:16	0:36:18	0:53:39	1:10:56	1:23:06	1:39:24	1:43:58	1:46:10	2:05:28	2:24:36	2:37:42	2:55:45	3:01:00	3:03:26	3:23:27	A	CORUÑA
88	676	MARCELINO CASTRO PENA	3:45:47	0:05:22	3:45:23	0:12:37	0:28:42	0:33:10	0:35:14	0:52:28	1:10:14	1:22:38	1:38:57	1:43:35	1:45:38	2:03:39	2:22:13	2:36:05	2:54:33	2:59:49	3:02:16	3:23:35	O	CORG/FEFEME TRIATLON
89	1281	PABLO SÁNCHEZ VÁZQUEZ	3:46:18	0:05:22	3:46:06	0:11:47	0:27:18	0:31:36	0:33:37	0:50:21	1:07:06	1:19:00	1:34:58	1:39:30	1:41:34	1:59:04	2:17:30	2:31:23	2:51:30	2:56:52	2:59:22	3:24:11	L	UGO
90	1425	JOSE JAVIER FERNANDEZ RAMOS	3:46:24	0:05:22	3:45:20	0:13:32	0:29:20	0:33:45	0:35:47	0:53:03	1:10:37	1:23:08	1:40:09	1:45:00	1:47:19	2:05:37	2:24:29	2:38:00	2:56:03	3:01:19	3:03:51	3:24:41	AG 7642	SADA CLUB ATLETISMO SADA
91	1312	FERNANDO RASCADO DEL PRADO	3:47:34	0:05:24	3:45:50	0:15:28	0:33:10	0:38:02	0:40:24	0:59:29	1:19:17	1:32:28	1:49:50	1:54:32	1:56:42	2:14:57	2:34:03	2:46:58	3:04:14	3:09:08	3:11:24	3:29:52	V	UGO
92	1426	CARLOS REINLEN FARRE	3:47:53	0:05:25	3:46:49	0:13:31	0:29:20	0:33:44	0:35:47	0:53:04	1:10:36	1:23:08	1:40:08	1:44:59	1:47:20	2:05:38	2:24:29	2:38:00	2:56:19	3:01:34	3:04:09	3:25:38	AG 1127	SADA CLUB ATLETISMO SADA
93	1584	JUAN CARLOS BODELÓN ALFONSO	3:48:07	0:05:25	3:47:08	0:14:26	0:31:35	0:36:18	0:38:35	0:56:55	1:15:20	1:28:07	1:45:05	1:49:58	1:52:10	2:10:10	2:28:17	2:41:26	2:59:36	3:04:48	3:07:11	3:27:08	A	CORUÑA
94	414	MIGUEL ANGEL FERNANDEZ NOVOA	3:48:18	0:05:25	3:47:22	0:13:09	0:28:40	0:33:03	0:35:03	0:52:03	1:09:14	1:21:45	1:38:30	1:43:04	1:45:09	2:03:16	2:22:39	2:37:16	2:56:48	3:02:19	3:04:54	3:26:21	AG76545	PUEBLA MARINEDA ATLÉTICO
95	423	FRANCISCO JAVIER REY PEDREIRA	3:48:59	0:05:26	3:47:44	0:14:58	0:33:12	0:38:12	0:40:38	1:00:28	1:20:01	1:33:33	1:51:33	1:56:27	1:58:46	2:18:05	2:37:04	2:50:24	3:07:18	3:11:57	3:14:01	3:31:40	A	CORUÑA
96	1356	JUAN CARLOS CARCEDO FERNANDEZ	3:49:35	0:05:27	3:49:14	0:13:28	0:31:01	0:35:49	0:38:13	0:57:18	1:16:15	1:29:34	1:47:20	1:52:13	1:54:33	2:13:38	2:33:05	2:46:47	3:04:48	3:09:44	3:11:59	3:31:03	V	UGO
97	1416	HUMBERTO CORRAL BOVEDA	3:50:31	0:05:28	3:49:07	0:15:08	0:32:39	0:37:23	0:39:39	0:58:35	1:17:54	1:31:24	1:49:01	1:53:54	1:56:12	2:15:47	2:34:22	2:47:33	3:06:02	3:11:06	3:13:23	3:32:15	A8918	LUGO CLUB ALEJANDRO GOMEZ
98	605	MANUEL ANDRES GOMEZ LOPEZ	3:51:17	0:05:29	3:50:00	0:14:31	0:32:08	0:37:00	0:39:20	0:58:31	1:17:52	1:31:20	1:48:58	1:53:53	1:56:08	2:14:15	2:32:42	2:46:10	3:04:45	3:09:28	3:11:37	3:30:08	A	CORUÑA
99	1148	JOSE MANUEL GONZALEZ GRAÑA	3:52:21	0:05:31	3:51:37	0:13:48	0:30:37	0:35:19	0:37:32	0:55:51	1:14:38	1:27:59	1:45:20	1:50:10	1:52:23	2:10:52	2:29:53	2:43:48	3:02:05	3:07:11	3:09:32	3:29:59	A-9714	SANTIAG ATLETISMO FONTES DO SAR
100	273	GONZALO SANMARTIN AGUIAR	3:52:43	0:05:31	3:52:19	0:12:27	0:28:27	0:33:01	0:35:04	0:52:18	1:09:52	1:22:17	1:38:39	1:43:28	1:45:39	2:03:56	2:22:31	2:36:36	2:56:17	3:01:55	3:04:34	3:27:24	A	CORUÑA
101	612	MIGUEL DIAZ CARBALLO	3:53:26	0:05:32	3:52:01	0:14:33	0:31:01	0:35:30	0:37:35	0:55:04	1:12:56	1:25:33	1:42:17	1:47:01	1:49:11	2:07:21	2:26:16	2:40:35	3:00:16	3:05:57	3:08:26	3:31:07	M	MUROS DE SAN PEDRO
102	613	MIGUEL GIMENEZ MOOLHUYZEN	3:55:08	0:05:35	3:53:52	0:14:37	0:31:30	0:36:09	0:38:22	0:57:03	1:15:31	1:28:28	1:45:35	1:50:25	1:52:38	2:11:01	2:30:02	2:43:50	3:02:54	3:08:28	3:11:02	3:32:24	A	ALMERIA
103	564	JOSE ANTONIO PIÑEIRO LAGO	3:55:30	0:05:35	3:54:45	0:13:13	0:29:24	0:33:51	0:35:55	0:53:16	1:10:42	1:23:21	1:40:20	1:45:07	1:47:18	2:05:36	2:24:39	2:39:53	3:00:37	3:06:31	3:09:14	3:32:26	A	CORUÑA
104	643	RICARDO MASIÁN BESSARD	3:56:29	0:05:37	3:55:26	0:14:06	0:31:27	0:36:14	0:38:37	0:57:07	1:17:42	1:31:24	1:49:27	1:54:16	1:56:33	2:15:37	2:35:16	2:49:10	3:08:00	3:13:16	3:15:44	3:36:09	M	MADRID
105	586	JUAN ANTONIO QUINTAS GONZALEZ	3:58:40	0:05:40	3:57:37	0:14:00	0:30:39	0:35:06	0:37:11	0:55:02	1:13:17	1:25:53	1:42:28	1:47:06	1:49:16	2:07:43	2:27:04	2:41:22	3:01:44	3:07:38	3:10:22	3:33:13	A	CORUÑA
106	1442	JOSÉ RAMÓN AMADOR PARDO	3:58:46	0:05:40	3:57:48	0:14:10	0:30:14	0:34:46	0:36:54	0:55:12	1:13:01	1:25:32	1:42:25	1:47:37	1:49:49	2:08:29	2:27:37	2:42:08	3:02:49	3:08:51	3:11:36	3:34:47	A	CORUI RIALTO
107	1219	ANTONIO FERNANDEZ COSTA	3:59:35	0:05:41	3:58:37	0:13:28	0:29:35	0:34:00	0:36:04	0:53:16	1:10:47	1:23:12	1:39:50	1:44:23	1:46:33	2:05:25	2:25:16	2:39:32	3:00:23	3:06:44	3:10:35	3:36:13	AG76444	LALIN ESCOLA ATLETISMO DEZA
108	566	JOSÉ CÉSAR FERNÁNDEZ LÓPEZ	3:59:52	0:05:42	3:58:09	0:15:34	0:33:02	0:37:52	0:40:10	0:59:23	1:18:07	1:31:26	1:49:22	1:54:07	1:56:24	2:15:59	2:35:47	2:49:53	3:09:08	3:14:39	3:17:10	3:38:28	A	CORUÑA
109	501	DANIEL SANTAS IGLESIAS	3:59:57	0:05:42	3:58:44	0:15:21	0:32:30	0:38:07	0:40:25	0:59:59	1:19:29	1:33:25	1:51:59	1:57:16	1:59:45	2:19:29	2:39:30	2:53:07	3:11:55	3:17:11	3:19:38	3:40:32	A	CORUÑA
110	1583	CARLOS MARIA FERNANDEZ PITA	4:00:17	0:05:42	3:59:01	0:14:32	0:32:11	0:37:00	0:39:20	0:58:56	1:17:53	1:31:24	1:49:04	1:53:59	1:56:18	2:15:25	2:35:10	2:48:43	3:06:55	3:12:14	3:14:46	3:36:05	A	CORUÑA
111	582	JUAN PARDO CANOSA	4:00:20	0:05:42	3:59:00	0:14:41	0:32:20	0:37:09	0:39:30	0:58:54	1:18:49	1:32:48	1:51:00	1:56:02	1:58:23	2:17:57	2:37:55	2:52:07	3:11:18	3:16:37	3:19:07	3:39:42	A	CORUÑA BRITANICO
112	523	FRANCISCO FUENTES BERMEJO	4:00:20	0:05:42	3:59:01	0:14:31	0:32:18	0:37:08	0:39:30	0:58:54	1:18:49	1:32:40	1:50:59	1:56:02	1:58:23	2:17:57	2:37:52	2:52:08	3:11:20	3:16:40	3:19:10	3:39:41	A	CORUÑA
113	1548	JOSE ANTONIO SAAVEDRA PAZOS	4:00:38	0:05:43	3:58:51	0:15:56	0:34:02	0:39:04	0:41:28	1:00:31	1:20:02	1:33:31	1:51:38	1:56:33	1:58:50	2:17:33	2:37:25	2:51:58	3:10:52	3:16:22	3:18:51	3:39:27	A	CORUÑA
114	553	JESUS M. LOPEZ PALEO	4:02:16	0:05:45	4:01:15	0:14:01	0:30:27	0:35:09	0:37:19	0:55:06	1:13:05	1:25:43	1:43:16	1:48:06	1:50:19	2:08:47	2:28:05	2:42:37	3:04:39	3:10:46	3:13:42	3:38:18	C	CAMBRE
115	601	MANUEL PEREZ ALLEGUE	4:03:01	0:05:46	4:01:31	0:15:27	0:32:23	0:38:22	0:40:45	1:00:15	1:20:15	1:34:15	1:53:02	1:58:12	2:00:35	2:20:58	2:41:22	2:55:51	3:14:11	3:19:20	3:21:45	3:42:52	F	FERROL
116	285	JAVIER DEL VAL GOMEZ	4:04:24	0:05:48	4:03:12	0:14:34	0:32:03	0:36:55	0:39:12	0:58:09	1:18:18	1:32:11	1:50:49	1:56:31	1:58:54	2:18:09	2:38:16	2:54:47	3:14:33	3:20:20	3:22:59	3:43:47	B	BURGOS
117	413	JULIO REGO FERNANDEZ	4:04:35	0:05:48	4:03:58	0:13:51	0:31:35	0:36:29	0:38:54	0:58:42	1:18:36	1:32:38	1:51:04	1:56:11	1:58:33	2:18:16	2:38:11	2:52:24	3:12:01	3:17:27	3:20:02	3:42:01	AG11060	A CORUI MARINEDA ATLÉTICO
118	562	JOSE ALFONSO LOPEZ VAZQUEZ	4:06:28	0:05:51	4:04:57	0:15:27	0:33:22	0:38:23	0:40:45	1:00:16	1:20:15	1:34:15	1:53:01	1:58:13	2:00:35	2:21:00	2:41:22	2:56:04	3:16:08	3:21:47	3:24:27	3:45:49	C	CARIÑO
119	1321	ARTURO LOPEZ LAGO	4:07:57	0:05:53	4:06:50	0:13:27	0:29:07	0:33:35	0:35:39	0:52:43	1:09:59	1:22:14	1:38:42	1:43:26	1:45:38	2:04:02	2:24:33	2:42:20	3:07:21	3:14:25	3:18:08	3:43:33	O	OLEIROS
120	304	JOSE IGNACIO GONZALEZ HERRERO	4:08:09	0:05:53	4:06:58	0:15:06	0:32:56	0:37:39	0:39:58	0:58:40	1:17:43	1:31:23	1:49:06	1:54:01	1:56:19	2:16:00	2:35:36	2:50:19	3:10:35	3:16:24	3:19:06	3:42:35	A	CORUÑA
121	568	JOSE LUIS VAZQUEZ FERNANDEZ	4:08:47	0:05:54	4:07:11	0:16:01	0:34:16	0:39:23	0:41:49	1:01:22	1:21:12	1:35:10	1:53:37	1:58:42	2:01:07	2:21:23	2:41:26	2:55:25	3:14:21	3:19:46	3:22:18	3:43:58	A	CORUÑA
122	440	JOSE M ^º VILLARQUIDE VEGA	4:08:47	0:05:54	4:07:11	0:16:01	0:34:16	0:39:22	0:41:49	1:01:23	1:21:12	1:35:10	1:53:36	1:58:42	2:01:07	2:21:23	2:41:26	2:55:25	3:14:21	3:19:46	3:22:18	3:43:58	A	CORUÑA
123	1368	ENRIQUE RAMA RODRIGUEZ	4:08:48	0:05:54	4:07:40	0:15:25	0:34:05	0:39:14	0:41:44	1:03:03	1:23:51	1:38:29	1:57:26	2:02:39	2:05:05	2:26:02	2:46:18	3:00:37	3:19:49	3:25:17	3:27:49	3:48:34	A	CORUÑA
124	1190	PEDRO ABLEDO CORTIZAS	4:09:44	0:05:56	4:08:40	0:13:30	0:29:20	0:33:44	0:35:47	0:53:03	1:10:36	1:23:11	1:40:08	1:45:00	1:47:45	2:05:48	2:23:34	2:46:57	3:09:19	3:15:51	3:18:55	3:44:16	G17172	SADA CLUB ATLETISMO SADA
125	399	FRANCISCO JAVIER AREAL GREGORES	4:11:10	0:05:58	4:09:46	0:15:23	0:33:04	0:38:01	0:40:19	0:59:13	1:18:17	1:31:49	1:49:26	1:54:14	1:56:34	2:15:20	2:35:13	2:49:18	3:08:41	3:14:19	3:16:52	3:41:29	AG 7640	VIGO C.A.R. MARISQUEIRO
126	556	JORGE GARCÍA FERNÁNDEZ	4:12:11	0:05:59	4:10:25	0:16:11	0:34:47	0:39:52	0:42:14	1:01:58	1:22:20	1:36:47	1:55:24	2:00:48	2:03:21	2:23:19	2:43:57	2:58:32	3:18:17	3:23:59	3:26:31	3:48:36	A	CORUÑA
127	432	ANTONIO CAÑETE DEL CAMPO	4:12:27	0:05:59	4:10:44	0:16:53	0:36:04	0:41:24																

8	1296	JOSE MANUEL RODRIGUEZ TAJES	3:07:47	0:04:28	3:07:47	0:09:48	0:22:57	0:26:48	0:28:32	0:43:06	0:58:07	1:08:25	1:22:35	1:26:34	1:28:26	1:43:55	1:59:47	2:11:24	2:26:42	2:31:04	2:33:05	2:50:04	CAMARIÑAS	PORTUGAL	
9	1033	JOSE MANUEL PEREZ VAZQUEZ	3:12:02	0:04:34	3:11:56	0:10:32	0:24:10	0:28:00	0:29:46	0:44:38	0:59:58	1:10:49	1:24:54	1:28:55	1:30:43	1:45:48	2:01:35	2:13:32	2:29:37	2:34:16	2:36:24	2:54:47	A8151	VIGO	ATHLETICS AVENTURA
10	1129	RAMÓN MUÑOZ LÓPEZ	3:14:07	0:04:37	3:13:47	0:11:23	0:26:04	0:30:11	0:32:07	0:47:45	1:03:35	1:14:51	1:29:45	1:33:57	1:35:51	1:51:44	2:08:06	2:19:32	2:34:35	2:38:48	2:40:43	2:57:20	AG76392	SARRIA	ATLETISMO A GÁNDARA MONFORTE
11	326	LUIS ALBERTO PRIETO GUBELALDE	3:14:20	0:04:37	3:14:09	0:10:32	0:24:22	0:28:16	0:30:05	0:45:09	1:00:27	1:11:33	1:26:09	1:30:17	1:32:08	1:47:39	2:04:04	2:16:21	2:32:28	2:37:08	2:39:14	2:56:43	PONTEVEDRA		
12	1226	JOSÉ ANTONIO BERMÚDEZ TURNES	3:16:07	0:04:39	3:15:34	0:11:47	0:26:25	0:30:28	0:32:22	0:48:22	1:04:59	1:16:30	1:31:32	1:35:43	1:37:39	1:53:42	2:10:02	2:21:33	2:36:56	2:41:12	2:43:12	2:59:33	AG 9892	SANTIAACNOITEBRA F.C.	
13	240	AITOR MARIA BOLINAGA ASKASIBAR	3:18:09	0:04:42	3:17:30	0:12:26	0:27:35	0:31:48	0:33:46	0:50:01	1:06:17	1:17:44	1:32:54	1:37:12	1:39:10	1:55:31	2:11:50	2:23:31	2:38:49	2:43:05	2:45:04	3:01:25	EIBAR		
14	318	JUAN JOSE FERNANDEZ LEIRA	3:18:32	0:04:43	3:18:18	0:11:15	0:25:30	0:29:28	0:31:19	0:46:46	1:02:42	1:13:37	1:27:58	1:32:02	1:33:54	1:49:40	2:06:17	2:18:10	2:35:24	2:40:06	2:42:15	3:00:35	FERROL		
15	1318	FERNANDO JOSÉ GUERRA ÁLVAREZ	3:18:51	0:04:43	3:18:32	0:11:05	0:25:12	0:29:10	0:31:01	0:46:15	1:01:56	1:13:14	1:28:03	1:32:16	1:34:13	1:50:16	2:07:07	2:19:14	2:35:30	2:40:01	2:42:05	3:00:34	O CARBALLIÑO		
16	144	LUIS OTERO OTERO	3:20:24	0:04:45	3:19:09	0:13:24	0:28:16	0:32:21	0:34:13	0:50:18	1:07:09	1:18:52	1:34:08	1:38:21	1:40:19	1:56:19	2:12:56	2:24:43	2:40:13	2:44:35	2:46:36	3:03:12	OZA DE IATLETISMO AS MARIÑAS-BETANZOS		
17	1471	NATXO VASCOGALICO	3:21:27	0:04:47	3:20:46	0:12:56	0:28:09	0:32:25	0:34:23	0:50:27	1:06:48	1:17:58	1:33:00	1:37:08	1:39:03	1:54:59	2:11:04	2:22:38	2:38:20	2:42:51	2:44:53	3:02:28	PONTEVEDRA		
18	1171	BENIGNO SAAVEDRA GAYOSO	3:25:01	0:04:52	3:24:47	0:12:04	0:27:06	0:31:13	0:33:07	0:49:04	1:05:14	1:16:37	1:31:21	1:35:31	1:37:26	1:53:38	2:10:38	2:23:28	2:40:18	2:45:02	2:47:10	3:06:02	A10031	LUGO	C.D. VAL DE RABEDA
19	355	RAMON RIOS CALVO	3:25:15	0:04:52	3:24:28	0:12:41	0:28:05	0:32:24	0:34:26	0:51:14	1:08:19	1:20:04	1:36:01	1:40:21	1:42:21	1:58:36	2:14:59	2:26:34	2:42:19	2:46:47	2:48:54	3:06:30	A CORUÑA		
20	1154	PEDRO TEIXEIRO PEÑA	3:26:27	0:04:54	3:26:00	0:12:41	0:28:05	0:32:18	0:34:18	0:50:45	1:07:42	1:19:33	1:35:14	1:39:39	1:41:42	1:58:29	2:14:59	2:27:17	2:43:56	2:48:40	2:50:48	3:08:39	AG-7637	LUGO	ATLETISMO MONTE SEGADE
21	319	JUAN JOSE VALVERDE ALVAREZ	3:27:07	0:04:55	3:26:18	0:13:06	0:28:32	0:32:52	0:34:50	0:51:17	1:08:09	1:20:01	1:35:41	1:40:06	1:42:08	1:59:00	2:16:05	2:28:05	2:44:10	2:48:42	2:50:49	3:08:29	AVILES		
22	1258	ALFONSO CARREGAL RAÑO	3:27:31	0:04:56	3:27:04	0:11:55	0:27:17	0:31:34	0:33:34	0:50:43	1:08:16	1:20:03	1:35:43	1:40:05	1:42:08	1:58:59	2:16:05	2:28:22	2:45:02	2:49:35	2:51:43	3:09:35	VIÑA		
23	157	MARIO ARIUFE SANTAMARIA	3:28:10	0:04:56	3:27:24	0:12:40	0:28:04	0:32:24	0:34:26	0:51:19	1:08:43	1:20:42	1:36:45	1:41:10	1:43:15	2:00:17	2:17:20	2:29:19	2:45:22	2:49:53	2:52:03	3:09:42	A-6575	NOIA	A IATLETISMO NOIA
24	239	AGUSTIN LOPEZ MARTINEZ	3:29:57	0:04:59	3:28:52	0:13:19	0:28:36	0:32:52	0:34:50	0:51:10	1:07:50	1:19:35	1:35:11	1:39:31	1:41:31	1:58:32	2:15:29	2:27:59	2:44:47	2:49:28	2:51:40	3:10:06	AVILES		
25	153	JOSE SEGUNDO LOPEZ HERMO	3:31:25	0:05:01	3:30:41	0:12:40	0:28:10	0:32:32	0:34:32	0:51:25	1:08:47	1:21:01	1:37:06	1:41:31	1:43:33	2:00:32	2:17:56	2:30:27	2:47:18	2:52:01	2:54:09	3:12:33	A6580	NOIA	A IATLETISMO NOIA
26	1144	MODESTO GOMEZ GARCIA	3:31:27	0:05:01	3:30:43	0:12:57	0:29:02	0:33:28	0:35:32	0:52:47	1:10:07	1:22:02	1:38:09	1:42:36	1:44:41	2:01:46	2:19:09	2:31:19	2:47:51	2:52:27	2:54:36	3:12:53	A-9756	SANTIAAC	ATLETISMO FONTES DO SAR
27	1288	PABLO GONZALEZ GONZALEZ	3:31:58	0:05:02	3:30:48	0:13:30	0:29:08	0:33:26	0:35:23	0:52:23	1:09:20	1:21:03	1:36:50	1:41:12	1:43:11	2:00:12	2:17:34	2:29:29	2:45:55	2:50:39	2:52:47	3:11:30	A CORUÑA		
28	356	RAMON CASTRO CUERVO	3:33:04	0:05:03	3:32:29	0:12:57	0:29:01	0:33:27	0:35:30	0:52:30	1:09:29	1:21:39	1:37:25	1:41:50	1:43:52	2:00:44	2:18:15	2:31:01	2:47:53	2:52:37	2:54:52	3:13:39	CARBALLA	(A CORUÑA)	
29	578	JOSÉ MIGUEL ARADAS BALBÁS	3:34:17	0:05:05	3:33:19	0:13:01	0:28:37	0:33:07	0:35:13	0:52:43	1:10:11	1:22:17	1:38:32	1:42:59	1:45:03	2:02:17	2:19:41	2:31:59	2:49:08	2:54:23	2:56:40	3:15:09	A CORUÑA		
30	1532	FRANCISCO JOSE LOPEZ REY	3:34:55	0:05:06	3:34:00	0:13:09	0:28:38	0:32:58	0:34:55	0:51:20	1:07:56	1:19:55	1:35:46	1:40:15	1:42:18	1:59:02	2:16:31	2:29:32	2:47:31	2:52:41	2:55:05	3:14:53	LUGO		
31	572	JOSE MANUEL IGLESIAS SUAREZ	3:35:16	0:05:07	3:34:53	0:11:53	0:27:09	0:31:23	0:33:20	0:49:39	1:06:50	1:19:01	1:35:02	1:39:29	1:41:33	1:58:43	2:16:43	2:30:02	2:47:31	2:52:35	2:54:57	3:14:32	A CORUÑA		
32	176	JOSE LUIS DOMINGUEZ SPARTES	3:35:21	0:05:07	3:35:57	0:11:09	0:25:16	0:29:13	0:31:04	0:46:25	1:02:01	1:12:56	1:27:47	1:32:03	1:34:08	1:51:12	2:08:58	2:22:14	2:40:17	2:46:12	2:49:01	3:14:09	AG76379	MOAÑA	CLUB ATLETISMO SAMERTOLAMEU
33	412	RAÚL OSCAR GONZÁLEZ-PACHECO GARC	3:35:57	0:05:08	3:35:30	0:12:13	0:27:16	0:31:31	0:33:29	0:49:41	1:06:22	1:18:36	1:34:39	1:39:10	1:41:16	1:59:22	2:17:08	2:30:23	2:49:20	2:54:14	2:56:26	3:17:12	M 4901	MADRID	IBERIA
34	1104	GUILLERMO CONCHEIRO FERNANDEZ	3:36:42	0:05:09	3:35:06	0:14:33	0:30:45	0:35:09	0:37:15	0:55:00	1:13:02	1:25:51	1:42:25	1:47:06	1:49:18	2:07:23	2:25:20	2:37:56	2:54:40	2:59:16	3:01:24	3:18:55	A CORUÑA		
35	330	MANUEL LAGO RAMA	3:37:06	0:05:09	3:36:21	0:13:18	0:29:22	0:33:50	0:35:56	0:53:15	1:10:52	1:23:13	1:39:45	1:44:19	1:46:27	2:04:03	2:21:59	2:34:56	2:52:08	2:56:57	2:59:10	3:17:56	SANTIAGO		
36	638	RAFAEL GARCIA GRINDA	3:38:32	0:05:11	3:36:54	0:14:39	0:30:58	0:35:31	0:37:40	0:55:25	1:13:16	1:25:51	1:42:28	1:46:59	1:49:06	2:06:36	2:24:19	2:37:10	2:54:15	2:59:00	3:01:13	3:19:34	OVIEDO		
37	1442	ANTONIO J. LOIS PEREZ	3:38:39	0:05:11	3:37:15	0:15:00	0:31:56	0:36:31	0:38:47	0:56:58	1:14:58	1:27:38	1:44:20	1:48:59	1:51:10	2:09:20	2:27:31	2:40:32	2:57:33	3:02:11	3:04:22	3:21:44	AG76363	A CORUÑA	MARINEDA ATLÉTICO
38	1392	JAVIER LOPEZ MARTIN	3:41:22	0:05:15	3:39:35	0:14:38	0:30:54	0:35:23	0:37:33	0:55:11	1:13:14	1:25:52	1:42:28	1:47:06	1:49:14	2:06:44	2:24:51	2:38:01	2:55:38	3:00:31	3:02:45	3:21:30	A CORUÑA		
39	106	MANUEL TEIXEIRA	3:41:58	0:05:16	3:40:45	0:13:43	0:29:47	0:34:13	0:36:13	0:53:15	1:10:52	1:23:11	1:39:23	1:43:51	1:45:53	2:02:59	2:20:57	2:34:12	2:51:25	2:56:05	2:58:16	3:22:02	LOUSADA	PORTUGAL	
40	222	ALEJANDRO TELLERÍA MORENO	3:42:01	0:05:16	3:41:22	0:13:03	0:29:38	0:34:12	0:36:20	0:54:19	1:12:08	1:24:57	1:42:35	1:47:31	1:49:44	2:07:36	2:25:56	2:39:20	2:57:39	3:02:54	3:05:21	3:23:23	EIBAR		
41	1230	JOSE RAMON ABEL SUAREZ	3:42:04	0:05:16	3:40:17	0:15:43	0:32:18	0:36:46	0:38:52	0:56:33	1:14:39	1:27:09	1:43:31	1:47:58	1:50:06	2:07:34	2:25:16	2:37:54	2:55:31	3:00:28	3:02:51	3:23:17	AG-1113	TEO	NOITEBRA F.C.
42	451	ENRIQUE IGLESIAS GONZALEZ	3:42:19	0:05:17	3:41:44	0:13:35	0:30:02	0:34:28	0:37:05	0:54:33	1:11:48	1:23:45	1:40:22	1:45:00	1:47:12	2:05:39	2:23:54	2:37:15	2:55:42	3:00:45	3:03:06	3:22:44	A CORUÑA		
43	663	XOSÉ MANUEL SENLLE CONESA	3:42:48	0:05:17	3:41:26	0:14:43	0:31:24	0:35:55	0:38:06	0:56:10	1:14:33	1:27:45	1:44:51	1:49:37	1:51:47	2:09:37	2:28:14	2:41:29	2:58:38	3:03:28	3:05:41	3:24:19	A CORUÑA		
44	543	INACIO XESUS LÓPEZ DA OSA XIMÉNEZ	3:43:22	0:05:18	3:41:47	0:13:45	0:29:30	0:33:57	0:36:00	0:53:13	1:10:26	1:22:42	1:39:22	1:43:58	1:46:12	2:04:05	2:22:43	2:36:11	2:54:23	2:59:42	3:02:10	3:22:38	A CORUÑA		
45	1181	EUGENIO CHAMORRO RODRIGUEZ	3:44:26	0:05:20	3:43:57	0:13:40	0:31:09	0:35:54	0:38:12	0:57:25	1:16:43	1:30:06	1:47:53	1:52:29	1:54:32	2:11:29	2:28:46	2:41:31	2:57:56	3:02:34	3:04:44	3:23:36	A8837	VIGO	CLUB ALEJANDRO GOMEZ
46	317	JUAN JOSE BUENO AGUILAR	3:46:20	0:05:22	3:46:07	0:13:01	0:30:22	0:35:04	0:37:14	0:55:10	1:13:24	1:26:29	1:43:56	1:48:49	1:51:05	2:09:25	2:28:31	2:42:14	3:00:16	3:05:18	3:07:35	3:26:33	A CORUÑA		
47	1191	MANUEL FERREIRA VARELA	3:47:53	0:05:25	3:46:50	0:13:32	0:29:21	0:33:45	0:35:47	0:53:05	1:10:36	1:23:11	1:39:45	1:44:22	1:47:20	2:05:38	2:24:37	2:38:00	2:56:20	3:01:35	3:04:09	3:25:55	AG 7640	SADA	CLUB ATLETISMO SADA
48	1520	XOMA PEREZ RODRIGUEZ	3:48:00	0:05:25	3:46:14	0:15:34	0:33:02	0:37:47	0:40:00	0:58:32	1:16:59	1:30:07	1:47:24	1:52:12	1:54:25	2:13:02	2:31:34	2:44:36	3:02:08	3:07:07	3:09:25	3:28:42	OURENSE		
49	500	DANI MAIZ CAL	3:49:18	0:05:27	3:47:41	0:15:56	0:34:02	0:39:05	0:41:28	1:00:31	1:20:02	1:33:31	1:51:38	1:56:33	1:58:50	2:17:33	2:37:25	2:51							

5	1187 ANTONIO FERNANDEZ HERMIDA	3:06:08	0:04:25	3:05:54	0:10:56	0:25:01	0:29:00	0:30:50	0:45:45	1:00:57	1:11:33	1:25:25	1:29:20	1:31:07	1:46:07	2:01:06	2:12:07	2:26:27	2:30:42	2:32:41	2:49:07	GA-1941:NOIA	CLUB ATLETISMO NOIA
6	198 NARCISO RODRIGUEZ VARELA	3:07:31	0:04:27	3:06:45	0:12:15	0:26:32	0:30:31	0:32:22	0:47:28	1:03:00	1:13:51	1:28:19	1:32:21	1:34:12	1:49:37	2:05:14	2:16:17	2:30:56	2:35:00	2:36:51	2:52:11	AG/6636	PONTEV SOCIEDAD GIMNÁSTICA DE PONTEVEDRA
7	206 ANTONIO GOMES OLIVEIRA	3:09:28	0:04:30	3:08:35	0:12:15	0:26:33	0:30:29	0:32:21	0:47:46	1:03:16	1:14:08	1:28:29	1:32:27	1:34:17	1:49:37	2:05:14	2:16:25	2:31:07	2:35:19	2:37:14	2:53:09	PORTO	PORTUGAL
8	1262 JOSE PEDRO RILLO PENA	3:09:52	0:04:30	3:09:40	0:10:51	0:25:00	0:29:00	0:30:50	0:46:08	1:01:39	1:12:26	1:26:35	1:30:33	1:32:26	1:47:40	2:03:10	2:14:43	2:29:38	2:33:46	2:35:39	2:51:37	A CORUÑA	
9	82 JUAN BAUTISTA VALDUBIECO CENARRUZ	3:12:48	0:04:35	3:12:45	0:10:20	0:23:49	0:27:30	0:29:14	0:43:37	0:58:15	1:09:34	1:23:49	1:27:32	1:29:38	1:45:55	2:03:15	2:15:11	2:31:32	2:36:08	2:38:19	2:55:39	ERMUA	
10	1182 JESUS CARBALLEIRA FLOREZ	3:18:47	0:04:43	3:18:18	0:12:09	0:26:40	0:30:47	0:32:40	0:48:16	1:04:14	1:15:28	1:30:12	1:34:22	1:36:17	1:52:06	2:08:14	2:20:07	2:36:09	2:40:44	2:42:48	3:00:20	A8629	BAYONA CLUB ALEJANDRO GOMEZ
11	72 JACINTO FERNANDEZ PEREZ	3:19:20	0:04:44	3:18:55	0:11:42	0:26:27	0:30:29	0:32:23	0:48:07	1:04:14	1:15:42	1:30:57	1:35:12	1:37:10	1:53:22	2:10:15	2:22:25	2:38:29	2:43:02	2:45:08	3:02:22	L.3886	PONFER TORO CAJA RURAL
12	1152 RAMÓN SUAREZ GOMEZ	3:20:57	0:04:46	3:20:30	0:11:50	0:26:50	0:31:03	0:33:02	0:49:37	1:06:28	1:17:55	1:33:07	1:37:21	1:39:20	1:55:41	2:12:15	2:24:21	2:40:13	2:44:35	2:46:39	3:03:51	AG 2544	MILLADAC ATLETISMO MILLADOIRO
13	202 GONZALO ALBERTO VAZQUEZ FERREIRO	3:21:10	0:04:47	3:20:52	0:11:54	0:26:24	0:30:22	0:32:15	0:47:41	1:03:36	1:14:57	1:29:41	1:33:45	1:35:37	1:51:36	2:08:33	2:21:10	2:37:39	2:42:16	2:44:22	3:02:31	GA20392	OURENS VETERANOS PABELLON OURENSE
14	1444 JESUS VAZQUEZ RODRIGUEZ	3:22:39	0:04:49	3:22:30	0:12:22	0:28:06	0:32:25	0:34:25	0:50:55	1:07:36	1:19:11	1:35:09	1:39:33	1:41:33	1:57:56	2:14:41	2:26:34	2:42:15	2:46:40	2:48:42	3:05:35	AG 5804	A CORUI MILLADOIRO SANTIAGO
15	115 TONI MINDNICH	3:22:43	0:04:49	3:22:43	0:10:31	0:24:58	0:29:10	0:31:05	0:46:59	1:03:46	1:15:45	1:31:21	1:35:38	1:37:36	1:54:14	2:11:44	2:24:23	2:40:37	2:45:08	2:47:14	3:04:43	PALENCIA	ALEMÁN
16	63 ANTONIO OLIVEIRA	3:23:32	0:04:50	3:22:39	0:12:15	0:26:36	0:30:36	0:32:26	0:47:57	1:04:14	1:15:56	1:31:11	1:35:29	1:37:26	1:53:50	2:11:05	2:23:40	2:40:06	2:44:39	2:46:46	3:04:54	LOUSAD	PORTUGAL
17	231 EMILIO SEJO PENA	3:23:38	0:04:50	3:23:28	0:11:55	0:27:18	0:31:35	0:33:35	0:50:02	1:06:37	1:18:42	1:34:17	1:38:37	1:40:37	1:57:00	2:13:41	2:25:39	2:41:59	2:46:24	2:48:29	3:05:31	FERROL	
18	1109 ANGEL MARCOS DE LA MATA GARCIA	3:24:04	0:04:51	3:23:40	0:12:25	0:28:02	0:32:22	0:34:22	0:50:52	1:07:36	1:19:12	1:35:09	1:39:34	1:41:33	1:57:56	2:14:41	2:26:36	2:42:22	2:46:47	2:48:51	3:06:00	0-4184	LEON
19	1415 JOSE DANIEL GONZALEZ QUINTAIROS	3:25:12	0:04:52	3:23:58	0:13:35	0:28:58	0:33:09	0:35:04	0:51:23	1:08:08	1:19:53	1:35:12	1:39:27	1:41:25	1:58:06	2:15:08	2:27:16	2:43:32	2:48:03	2:50:07	3:07:26	AG76482	OURENS CD VAL DA RABEDA TABOADELA
20	1588 JOSE BLANCO REY	3:26:06	0:04:54	3:25:04	0:13:16	0:28:55	0:33:18	0:35:17	0:51:57	1:08:54	1:20:44	1:36:31	1:40:56	1:42:59	1:59:45	2:16:47	2:28:56	2:44:54	2:49:21	2:51:24	3:08:21	SANTIAGO	
21	227 JESUS CANCELA VARELA	3:26:42	0:04:54	3:26:19	0:12:52	0:28:42	0:33:06	0:35:11	0:51:50	1:08:36	1:20:16	1:35:55	1:40:19	1:42:19	1:58:41	2:15:25	2:27:42	2:44:10	2:48:46	2:50:56	3:08:53	AVILES	
22	1278 EMILIO CANAL BLANCO	3:29:12	0:04:58	3:28:26	0:14:18	0:30:39	0:35:07	0:37:13	0:54:16	1:11:13	1:23:12	1:39:28	1:43:55	1:45:56	2:02:56	2:19:56	2:32:00	2:48:04	2:52:31	2:54:35	3:11:55	OURENSE	
23	1174 ARTURO PARDO GOLPE	3:30:15	0:04:59	3:29:25	0:12:41	0:27:46	0:31:55	0:33:54	0:50:21	1:07:09	1:18:53	1:34:15	1:38:27	1:40:27	1:56:55	2:14:30	2:26:36	2:42:43	2:47:27	2:49:41	3:09:46	AG7019	A CORUI C.D.EGOVARROS-VIVEIRO
24	85 FERNANDO FACENDA AGUIRRE	3:30:27	0:05:00	3:30:17	0:11:20	0:26:18	0:30:34	0:32:37	0:49:19	1:06:13	1:18:10	1:33:52	1:38:19	1:40:21	1:57:20	2:14:47	2:27:20	2:44:27	2:49:13	2:51:26	3:09:51	SAN CRISTOBAL DE LA LAGUNA	
25	571 JOSE MANUEL DEL TORO MINGUEZ	3:30:57	0:05:00	3:30:40	0:12:24	0:27:41	0:31:56	0:33:55	0:50:26	1:07:11	1:19:00	1:34:31	1:38:52	1:40:51	1:57:41	2:14:50	2:27:21	2:45:06	2:50:03	2:52:16	3:11:33	FERROL	
26	1373 ANTONIO FOLGOSO ROCHA	3:31:38	0:05:01	3:29:54	0:14:10	0:29:58	0:34:17	0:36:18	0:53:01	1:10:17	1:21:57	1:37:12	1:41:30	1:43:28	2:00:14	2:17:20	2:29:19	2:45:41	2:50:20	2:52:32	3:11:12	AG-7636	OURENSE
27	1147 JOSE MANUEL MALVIDO CARRILLO	3:32:47	0:05:03	3:31:51	0:13:22	0:28:54	0:33:16	0:35:16	0:51:59	1:10:21	1:22:03	1:37:44	1:42:14	1:44:16	2:01:52	2:19:56	2:32:40	2:49:23	2:54:03	2:56:12	3:14:12	A9758	SANTIAE ATLETISMO FONTES DO SAR
28	425 JUAN JESUS PAZOS MANTIÑÁN	3:35:23	0:05:07	3:33:46	0:14:05	0:29:33	0:33:50	0:35:49	0:52:32	1:09:15	1:20:59	1:36:14	1:40:32	1:42:32	1:59:14	2:16:11	2:28:57	2:46:10	2:51:08	2:53:25	3:13:11	A CORUÑA	
29	201 ELOY PRIETO CRIADO	3:35:33	0:05:07	3:34:51	0:13:06	0:29:27	0:34:01	0:36:09	0:53:41	1:11:22	1:23:44	1:40:12	1:44:44	1:46:48	2:04:19	2:22:04	2:34:54	2:51:43	2:56:41	2:58:50	3:17:10	VIGO	VETERANOS DE SAMIL/MANUEL TOMAS
30	1213 MANUEL RODRIGUEZ RODRIGUEZ	3:36:53	0:05:09	3:36:37	0:12:21	0:28:37	0:33:09	0:35:15	0:52:59	1:10:39	1:23:08	1:39:25	1:43:56	1:46:02	2:03:51	2:22:00	2:34:55	2:51:54	2:56:40	2:58:54	3:18:07	AG76444	LALIN ESCOLA ATLETISMO DEZA
31	402 JOSE LUIS MEIZOSO BASTIDA	3:39:06	0:05:12	3:37:36	0:14:18	0:29:43	0:33:59	0:35:57	0:52:56	1:10:06	1:22:28	1:38:06	1:42:25	1:44:23	2:00:53	2:18:30	2:31:24	2:48:43	2:53:31	2:55:44	3:16:58	AG76358	NARON C.D.EGOVARROS-VIVEIRO
32	118 FRANCISCO FERNANDEZ CALAVIA	3:41:41	0:05:16	3:40:03	0:15:34	0:32:31	0:37:05	0:39:14	0:56:49	1:14:47	1:27:34	1:43:56	1:48:29	1:50:29	2:07:49	2:25:22	2:38:28	2:55:33	3:00:32	3:02:46	3:22:30	AVILES	
33	294 JOSE REY CAMIÑO	3:42:37	0:05:17	3:42:24	0:12:05	0:27:19	0:31:38	0:33:38	0:50:43	1:08:31	1:21:30	1:38:39	1:43:25	1:45:35	2:04:38	2:23:43	2:37:39	2:55:36	3:00:38	3:03:03	3:23:13	VIMIANZO	
34	1338 LUIS GAMUNDI MIRAZ	3:43:02	0:05:18	3:42:45	0:12:23	0:27:35	0:31:48	0:33:46	0:50:00	1:06:15	1:17:45	1:32:54	1:37:10	1:39:09	2:05:18	2:16:32	2:29:57	2:49:00	2:54:27	2:57:04	3:18:15	FERROL	
35	1176 JOSE ENRIQUE PUJALES MARTINEZ	3:43:10	0:05:18	3:42:50	0:12:29	0:28:11	0:32:42	0:34:49	0:52:21	1:10:22	1:23:07	1:39:34	1:44:09	1:46:19	2:04:01	2:22:07	2:35:18	2:52:47	2:57:42	3:00:01	3:22:09	A8791	A CORUI CLUB ALEJANDRO GOMEZ
36	530 FRANCISCO JAVIER GARCIA RUIZ	3:43:38	0:05:18	3:42:31	0:14:12	0:30:54	0:35:29	0:37:40	0:55:52	1:14:30	1:27:33	1:44:44	1:49:27	1:51:36	2:09:32	2:27:53	2:40:57	2:58:13	3:03:05	3:05:23	3:24:22	AVILES (ASTURIAS)	
37	250 ANTONIO HUERTA GARCIA	3:43:42	0:05:19	3:43:10	0:13:02	0:29:45	0:34:25	0:36:32	0:54:55	1:13:20	1:26:31	1:43:47	1:48:32	1:50:49	2:09:20	2:28:04	2:41:27	2:59:11	3:04:08	3:06:25	3:25:01	MADRID	
38	207 FCO.JAVIER SALAZAR FERNANDEZ	3:48:29	0:05:25	3:47:58	0:13:26	0:30:13	0:34:52	0:37:04	0:55:44	1:13:59	1:27:28	1:44:16	1:49:33	1:51:45	2:10:49	2:29:34	2:42:51	3:00:57	3:06:01	3:08:25	3:29:03	MADRID	
39	1481 JOSE LUIS REY RODRIGUEZ	3:49:29	0:05:27	3:48:53	0:13:24	0:29:57	0:34:31	0:36:42	0:54:53	1:13:18	1:26:06	1:42:53	1:47:40	1:49:55	2:08:06	2:26:41	2:40:55	2:59:29	3:04:47	3:07:12	3:27:12	LUGO	
40	477 ANGEL GARCIA OLIVEIRA	3:49:45	0:05:27	3:48:42	0:14:06	0:30:50	0:35:27	0:37:36	0:56:02	1:14:45	1:28:12	1:46:05	1:51:01	1:53:17	2:12:21	2:32:14	2:46:08	3:04:20	3:09:27	3:11:48	3:30:35	ASTURIAS	
41	1465 XAN CARLOS BARRERRO AMOR	3:53:12	0:05:32	3:51:54	0:14:31	0:32:08	0:37:01	0:39:20	0:58:28	1:17:53	1:31:24	1:49:01	1:53:57	1:56:15	2:15:03	2:34:24	2:47:36	3:05:19	3:10:21	3:12:44	3:32:49	A CORUÑA	
42	384 MIGUEL PASQUAL REIMUNDEZ MILÁN	3:55:41	0:05:36	3:54:16	0:13:42	0:29:41	0:34:16	0:36:24	0:54:27	1:13:19	1:26:42	1:44:29	1:49:32	1:51:52	2:11:16	2:31:35	2:46:11	3:05:48	3:11:20	3:13:54	3:35:13	SS 1891C	AZKOITA XEYE AKE
43	657 VICTOR PAZ ARES	3:56:42	0:05:37	3:55:04	0:15:26	0:32:32	0:37:15	0:39:30	0:58:23	1:17:42	1:31:09	1:48:59	1:53:53	1:56:08	2:15:04	2:34:19	2:47:38	3:05:21	3:10:22	3:12:46	3:33:48	A CORUÑA	
44	656 VICENTE GRAS PÉREZ	3:59:59	0:05:42	3:58:52	0:15:23	0:33:03	0:38:00	0:40:19	0:59:12	1:18:17	1:31:48	1:49:26	1:54:13	1:56:34	2:15:20	2:35:13	2:49:17	3:08:40	3:14:18	3:16:52	3:37:28	A CORUÑA	
45	1412 JOSE ANTONIO GOMEZ BOTANA	4:00:17	0:05:42	3:58:59	0:14:32	0:32:19	0:37:11	0:39:31	0:58:44	1:17:55	1:31:32	1:49:04	1:54:00	1:56:16	2:15:02	2:34:24	2:47:52	3:06:58	3:12:30	3:15:05	3:37:13	AG7440	A CORUI C.D.EGOVARROS-VIVEIRO
46	1379 FRANCISCO SOTO GARCÍA	4:02:05	0:05:45	4:00:49	0:14:09	0:30:46	0:35:19	0:37:32	0:55:47	1:14:44	1:28:06	1:46:17	1:51:16	1:53:35	2:13:07	2:33:37	2:48:39	3:08:33	3:14:15	3:17:04	3:38:48	A CORUÑA	
47	573 JOSE MANUEL VAZQUEZ ALVAREZ	4:06:58	0:05:52	4:06:47	0:11:55	0:28:14	0:32:57	0:35:03	0:53:13	1:12:07	1:25:35	1:43:39	1:48:43	1:51:04	2:10:51	2:31:00	2:46:01	3:06:21	3:12:21	3:15:15	3:40:32	O	

3	522 FRANCISCO CASAS GENDE	4:20:14	0:06:11	4:18:48	0:14:39	0:32:02	0:36:52	0:39:09	0:58:01	1:16:48	1:30:23	1:48:24	1:53:25	1:55:46	2:15:32	2:36:21	2:51:54	3:14:52	3:21:11	3:24:00	3:49:01	AMES
4	1209 JESUS BERNAL GOMEZ	4:55:53	0:07:01	4:55:08	0:15:58	0:36:53	0:42:49	0:45:34	1:08:43	1:32:30	1:49:03	2:11:12	2:17:28	2:20:23	2:44:43	3:09:52	3:27:56	3:53:32	4:00:28	4:03:41	4:30:06	GA-1933;FERROL EGOVARROS

KM VETER. Inscritos:

4 Llegada 3

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaPec	Labañou	CasaAgu	Control	PuertoO:	PuertaRc	CasaPec	Labañou	CasaAgu	MedioMa	PuertoO:	PuertaRc	CasaPec	Labañou	CasaAgu	Control	PuertoO:	Licencia	Localida	Club	Nacionalidad
1	1032	MANUEL GARCIA ALFONSO	3:52:14	0:05:31	3:51:24	0:13:50	0:30:38	0:35:11	0:37:24	0:55:46	1:14:38	1:27:58	1:45:13	1:50:28	1:52:34	2:11:07	2:29:53	2:43:41	3:02:04	3:07:26	3:09:54	3:30:59	GA-1548	ARCOS I ADAS	PROINOR	
2	1410	JOSE BENITO MARTINEZ VILA	4:07:12	0:05:52	4:06:35	0:13:48	0:30:59	0:36:13	0:38:28	0:57:35	1:17:05	1:31:15	1:50:10	1:55:26	1:57:50	2:17:55	2:38:35	2:54:04	3:14:29	3:20:16	3:22:56	3:45:21	A-10041	OURENS C.D.	VAL DE RABEDA	
3	400	ANTONIO CABANA OROSA	4:09:34	0:05:55	4:08:05	0:14:18	0:29:43	0:34:00	0:35:59	0:52:57	1:10:07	1:22:52	1:40:10	1:45:07	1:47:27	2:07:06	2:28:07	2:43:42	3:04:58	3:10:12	3:12:53	3:41:14	GA71692	FERROL C.D.	EGOVARROS-VIVEIRO	

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