

III MARATON ATLÁNTICA CORUÑA42, A Coruña 27/04/2014

MARATON POPULAR Y CAMPEONATO. Distancia: 42.195 m

CLASIFICACION POR CATEGORIAS

PRM		PROMI		9 Llegados: 8																
PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	2063	AARÓN CABADO VÁZQUEZ	03:01:20	00:04:18	03:01:10	00:08:04	00:29:51	00:41:34	00:58:22	01:07:26	01:29:25	01:41:15	01:57:45	02:06:46	02:28:48	02:41:13	03:00:09		LUGO	INDEPENDIENTE
2	681	MIGUEL ÁNGEL SÁNCHEZ TORRES	03:06:42	00:04:26	03:06:25	00:08:35	00:31:01	00:43:16	01:00:43	01:10:09	01:32:50	01:45:17	02:02:42	02:11:55	02:35:15	02:48:26	03:05:45		A CORUÑA	
3	2084	SUSO CONDE LAGO	03:13:25	00:04:36	03:13:14	00:08:29	00:30:59	00:43:10	01:00:16	01:09:25	01:31:39	01:43:44	02:00:45	02:10:06	02:34:39	02:50:02	03:12:16		VIGO	
4	990	PASTOR ADRIÁN POSE REGUEIRO	03:27:51	00:04:56	03:26:45	00:10:17	00:35:00	00:48:30	01:07:08	01:17:32	01:42:32	01:56:09	02:15:31	02:26:02	02:53:01	03:07:25	03:26:49		A CORUÑA	
5	911	DANIEL PEREZ REY	03:44:37	00:05:20	03:43:24	00:10:31	00:35:48	00:49:25	01:09:10	01:19:34	01:45:20	01:59:05	02:18:59	02:30:07	03:01:05	03:19:54	03:43:42		OLEIROS	
6	731	JUAN PAZOS EIROA	03:46:14	00:05:22	03:45:40	00:10:31	00:37:17	00:51:50	01:13:08	01:24:35	01:52:07	02:06:55	02:28:11	02:39:46	03:07:17	03:22:17	03:45:14		PONTEVEDRA	
7	2200	ADRIÁN FERNÁNDEZ GARCÍA	03:49:06	00:05:26	03:48:21	00:09:53	00:35:37	00:49:20	01:09:15	01:19:59	01:45:35	01:59:00	02:19:28	02:31:21	03:03:08	03:20:48	03:47:37		SADA	CLUB ATLETISMO SADA
8	1043	CRISTOBAL RODRIGUEZ MATA	04:02:28	00:05:45	04:01:20	00:10:45	00:36:43	00:50:22	01:09:50	01:20:29	01:46:49	02:01:33	02:23:23	02:35:18	03:08:04	03:28:42	04:01:18		LA CORUÑA	

PRF		PROMI		2 Llegados: 2																
PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	507	IRIA PAZ LOPEZ	03:57:32	00:05:38	03:56:13	00:11:36	00:37:53	00:52:00	01:12:20	01:23:38	01:50:57	02:06:12	02:28:09	02:40:30	03:12:16	03:31:00	03:56:11		NARON	
2	2006	CORA DÍAZ AQUINO	04:11:19	00:05:58	04:10:31	00:11:20	00:40:09	00:55:48	01:17:54	01:29:56	01:58:54	02:14:35	02:37:21	02:50:09	03:21:47	03:41:52	04:09:34		A CORUÑA	

SNM		SENIOR		244 Llegados: 186																
PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	528	RAFAEL IGLESIAS BORREGO	02:15:58	00:03:14	02:15:58	00:05:59	00:22:07	00:30:51	00:43:20	00:50:08	01:06:29	01:15:21	01:28:00	01:34:52	01:51:38	02:01:05	02:15:05	SA4069	SALAMANCA	C.A. ADIDAS
2	530	ALEJANDRO MARTÍNEZ FERNÁNDEZ	02:24:51	00:03:26	02:24:51	00:06:13	00:23:13	00:32:24	00:45:28	00:52:40	01:09:38	01:18:55	01:32:34	01:40:05	01:58:47	02:09:05	02:23:55	42181	PONFERRADA	C.D. CORREDORES DE FABERO
3	547	DANIEL SILVA PEIOTO	02:25:17	00:03:27	02:25:17	00:06:30	00:23:52	00:33:12	00:46:25	00:53:38	01:11:06	01:20:40	01:34:24	01:41:58	02:00:25	02:10:28	02:24:29		SÃO JOÃO DA MADEIRA	
4	48	CAYETANO GARCÍA BLANCO	02:35:29	00:03:42	02:35:29	00:07:03	00:26:14	00:36:26	00:51:14	00:59:19	01:18:39	01:28:51	01:43:13	01:50:57	02:09:54	02:20:16	02:34:42	GA 764720		PORTO DO SON
5	6	LUIS ALFONSO NOVO VEIGA	02:42:40	00:03:52	02:42:39	00:07:11	00:26:14	00:36:25	00:51:14	00:59:19	01:18:40	01:29:09	01:44:15	01:52:35	02:13:09	02:24:55	02:41:40		AG 764359	CLUB ATLETISMO BOIMORTO
6	2031	MAMUEL NODAR JIMÉNEZ	02:44:22	00:03:54	02:44:20	00:07:28	00:27:31	00:38:16	00:53:45	01:01:59	01:22:09	01:32:54	01:48:17	01:56:40	02:16:54	02:28:04	02:43:31			SANTIAGO DE COMPOSTELA
7	25	GUILLERMO PEDRERO LOPEZ	02:44:49	00:03:55	02:44:47	00:07:15	00:27:12	00:37:53	00:53:11	01:01:30	01:21:15	01:31:55	01:47:14	01:55:33	02:16:09	02:27:29	02:43:53	AG 766356	A CORUÑA	ASOCIACION DEPORTIVA CAR
8	549	ALBERTO SAN EMIERIO FERNÁNDEZ	02:44:49	00:03:55	02:44:48	00:07:29	00:27:32	00:38:17	00:53:45	01:02:01	01:22:11	01:32:55	01:48:18	01:56:41	02:16:54	02:28:05	02:43:54			A CORUÑA
9	1065	JOSE ANTONIO REQUEJO SANTOS	02:45:06	00:03:55	02:45:05	00:07:28	00:27:31	00:38:15	00:53:43	01:01:58	01:22:09	01:32:54	01:48:16	01:56:40	02:16:53	02:28:03	02:44:10		OURENSE	BEN CHO SHEY
10	51	IVÁN REGO POSE	02:46:00	00:03:57	02:45:59	00:07:25	00:27:12	00:37:53	00:53:11	01:01:31	01:21:18	01:32:00	01:47:25	01:55:47	02:16:36	02:28:23	02:45:06	AG 769886		ATLETISMO MILLADIRO
11	2470	DAVID LANDEIRA CASTRO	02:48:59	00:04:01	02:48:55	00:07:30	00:27:55	00:38:45	00:54:46	01:03:23	01:24:02	01:35:00	01:50:52	01:59:36	02:20:18	02:31:48	02:47:59			CARBALLO
12	1010	JOSE MARIA AGUIETE LEMA	02:48:59	00:04:01	02:48:55	00:07:30	00:27:55	00:38:55	00:54:46	01:03:23	01:24:01	01:35:00	01:50:52	01:59:36	02:20:18	02:31:49	02:47:59			A CORUÑA
13	541	YAGO BELLO GONZALEZ	02:50:37	00:04:03	02:50:34	00:07:29	00:27:31	00:38:16	00:53:44	01:02:00	01:22:09	01:32:56	01:48:47	01:57:44	02:19:48	02:31:58	02:49:38		PONFERRADA	INDEPENDIENTE
14	2054	LUIS PÉREZ VARELA	02:51:28	00:04:04	02:51:21	00:07:31	00:27:32	00:38:16	00:53:56	01:02:05	01:22:11	01:32:57	01:48:50	01:57:48	02:20:34	02:33:21	02:50:33			PONTEDEUME
15	2026	JOSE BERNARDO GINZO VEIGA	02:52:38	00:04:06	02:52:38	00:07:11	00:26:48	00:37:38	00:52:52	01:01:09	01:21:10	01:32:25	01:48:51	01:57:52	02:20:29	02:33:32	02:51:38	O6934	RIBADEA	ATLETISMO OCCIDENTE-NAVIA
16	4	IVÁN SEGADÉ CAROU	02:52:51	00:04:06	02:52:47	00:07:36	00:27:56	00:39:11	00:54:58	01:03:37	01:24:19	01:35:32	01:51:27	02:00:03	02:20:53	02:32:49	02:51:46	AG 766602		CLUB ATLETISMO BOIMORTO
17	557	RUBÉN MARTÍNEZ RODRÍGUEZ	02:53:05	00:04:07	02:52:57	00:07:37	00:28:16	00:39:20	00:55:08	01:03:48	01:24:40	01:35:56	01:51:55	02:00:43	02:21:59	02:34:40	02:52:07	AS 3861	GIJÓN	C.D. 2007 LLANERA
18	2486	ADRIÁN FERNÁNDEZ GARCÍA	02:53:15	00:04:07	02:53:08	00:07:51	00:28:49	00:40:09	00:55:58	01:04:44	01:25:42	01:37:11	01:53:21	02:02:12	02:23:43	02:35:36	02:52:16	AG769189	A VALENZÁ	MARATÓN NATTEX BARBADAS
19	2034	JOSE LUIS GONZALEZ NUÑEZ	02:55:37	00:04:10	02:55:34	00:07:11	00:26:15	00:36:37	00:51:35	00:59:44	01:20:02	01:31:12	01:47:35	01:56:23	02:18:45	02:32:29	02:54:14		TEO	
20	2080	ALVARO GÓMEZ CARDÉSIN	02:55:39	00:04:10	02:55:22	00:08:03	00:29:34	00:41:08	00:57:07	01:05:53	01:26:40	01:37:52	01:53:42	02:02:26	02:24:18	02:37:18	02:54:45			A CORUÑA
21	539	JUAN CARLOS RODRÍGUEZ FRANCISCO	02:56:02	00:04:11	02:56:02	00:07:36	00:28:34	00:39:58	00:55:58	01:04:41	01:25:41	01:37:08	01:53:21	02:02:13	02:24:09	02:36:43	02:54:54	AV 100634	ÁVILA	ECOSPORT
22	2476	RUBEN RODRIGUEZ VIDAL	02:57:26	00:04:13	02:57:21	00:07:40	00:28:34	00:39:59	00:55:57	01:04:43	01:25:41	01:37:19	01:54:02	02:03:13	02:25:57	02:38:43	02:56:25	AG763825	GROVE, O	ATLETISMO RIA DE AROUSA
23	43	MIGUEL MARCOA RUIZ	02:59:18	00:04:15	02:59:16	00:07:52	00:29:22	00:40:55	00:57:18	01:06:17	01:28:01	01:39:46	01:56:24	02:00:30	02:27:45	02:40:22	02:58:13	AG 768923	VIGO	CAR MARISQUEIRO
24	583	SEBASTIÁN VILLALÓN RIVAS	02:59:26	00:04:16	02:59:26	00:07:19	00:27:59	00:39:12	00:55:09	01:03:49	01:24:52	01:36:12	01:52:40	02:01:33	02:23:47	02:37:13	02:58:17		AMPUERO	
25	2076	JORGE SABUGO SOUSA	02:59:51	00:04:16	02:59:41	00:08:17	00:30:12	00:42:02	00:58:29	01:07:27	01:29:25	01:41:17	01:58:01	02:07:21	02:29:49	02:41:54	02:58:55			LEÓN
26	2057	DOMINGO AGRIFOJO MANTEIGA	03:00:21	00:04:17	03:00:10	00:08:38	00:31:24	00:43:40	01:01:05	01:10:33	01:33:14	01:45:05	02:01:46	02:10:47	02:32:07	02:43:35	02:59:29			CLUB DAREZB CLUB CORREDORES PEDRO NIMO
27	2067	RAÚL IGLESIAS DURO	03:00:28	00:04:17	03:00:25	00:08:02	00:29:49	00:41:33	00:58:22	01:07:27	01:29:25	01:41:15	01:57:44	02:06:46	02:28:46	02:41:26	02:59:21		O PINO	NOITEBRA F.C.
28	568	ORLANDO VAZQUEZ ÁLVAREZ	03:00:48	00:04:18	03:00:37	00:08:04	00:29:49	00:41:34	00:58:23	01:07:28	01:29:26	01:41:16	01:58:00	02:07:22	02:29:52	02:42:02	02:59:49			GIJÓN
29	656	ISAAC PINO GARCÍA	03:00:49	00:04:18	03:00:32	00:08:04	00:29:49	00:41:33	00:58:24	01:07:27	01:29:26	01:41:16	01:57:45	02:06:46	02:28:59	02:41:42	02:59:48			VIGO
30	524	FABIÁN PÉREZ SUÁREZ	03:03:05	00:04:21	03:03:01	00:08:02	00:29:49	00:41:32	00:58:21	01:07:26	01:29:25	01:41:16	01:58:01	02:07:22	02:30:28	02:43:34	03:02:02		LA OROTAVA	ATLETAS 97
31	660	ADRIAN PALLEIRO MIRAZ	03:04:07	00:04:22	03:03:55	00:08:20	00:30:22	00:42:18	00:59:21	01:08:37	01:30:56	01:42:56	02:00:17	02:09:50	02:32:45	02:45:14	03:03:09			A CORUÑA
32	565																			

61	2213	SERGIO ARES CHAO	03:19:10	00:04:44	03:18:38	00:09:15	00:33:39	00:46:54	01:05:52	01:16:03	01:40:08	01:52:59	02:11:05	02:20:59	02:45:27	02:58:52	03:18:03	A CORUÑA	INDEPENDIENTE
62	2079	EDUARDO SAAVEDRA LAGARES	03:19:34	00:04:44	03:19:28	00:08:00	00:29:47	00:41:31	00:58:20	01:07:25	01:29:27	01:41:21	01:59:08	02:09:28	02:36:42	02:52:50	03:18:05	NARÓN	
63	949	JAVIER SANCHEZ ALVAREZ	03:19:37	00:04:44	03:18:20	00:10:26	00:35:32	00:49:16	01:08:18	01:18:32	01:41:45	01:54:15	02:11:11	02:20:28	02:44:45	02:58:01	03:18:21	A CORUÑA	
64	2141	DAVID BROULLON PIÑEIRO	03:19:50	00:04:45	03:19:21	00:09:01	00:33:10	00:46:13	01:04:48	01:14:55	01:38:53	01:51:57	02:10:30	02:20:33	02:45:05	02:59:03	03:18:40	CANGAS	TRIATLON MORRAZO
65	607	NÉSTOR RODRIGUEZ SAINZ-MAZA	03:19:51	00:04:45	03:19:32	00:08:51	00:32:02	00:44:34	01:02:14	01:11:52	01:35:20	01:48:11	02:06:34	02:17:08	02:44:21	02:59:31	03:18:46	BARAKALDO	C.A. BARAKALDO
66	645	JAIRO DIEZ GONZALEZ	03:20:27	00:04:46	03:20:01	00:08:59	00:32:46	00:45:33	01:03:34	01:13:16	01:36:56	01:49:35	02:07:52	02:17:48	02:42:23	02:57:14	03:19:12	LEÓN	TRILEON
67	999	SERGIO CARRIL BREA	03:20:37	00:04:46	03:20:16	00:08:14	00:30:22	00:42:36	00:59:51	01:09:22	01:32:52	01:45:51	02:04:33	02:14:56	02:42:04	02:57:50	03:19:35	A CORUÑA	
68	553	ADRIAN BRAVO CABAL	03:20:39	00:04:46	03:20:19	00:08:12	00:29:52	00:41:37	00:58:26	01:07:35	01:29:45	01:41:50	01:58:56	02:09:43	02:38:06	02:55:24	03:19:21	OVIEDO	A. D. XENTE CORRENDERA
69	727	FRANCISCO XABIER RODRIGUEZ CAMPO	03:21:20	00:04:47	03:20:50	00:09:41	00:34:59	00:48:24	01:07:26	01:17:54	01:42:49	01:55:52	02:14:33	02:24:32	02:48:47	03:01:54	03:20:14	BETANZOS	SAUNIER DUVAL
70	2186	FÉLIX MARTÍNEZ GIGIRÍN	03:21:26	00:04:47	03:20:41	00:09:19	00:32:18	00:45:05	01:03:19	01:13:16	01:37:17	01:50:34	02:09:34	02:19:54	02:45:29	02:59:56	03:20:20	SANTIAGO DE COMPOSTELA	
71	996	RODRIGO REVUELTA ROCA	03:22:19	00:04:48	03:21:33	00:09:31	00:33:46	00:46:47	01:05:06	01:15:06	01:39:04	01:51:56	02:10:29	02:20:33	02:45:13	02:59:48	03:21:05	A CORUÑA	
72	1027	JAIMÉ ALVAREZ DE LA TORRE	03:23:22	00:04:50	03:22:46	00:09:23	00:33:50	00:47:06	01:05:55	01:16:08	01:40:42	01:53:58	02:12:29	02:22:31	02:47:40	03:02:11	03:22:19	A CORUÑA	
73	648	DAVID GARCÍA GULLÉN	03:24:13	00:04:51	03:22:55	00:10:12	00:34:10	00:47:17	01:05:50	01:16:00	01:40:33	01:54:03	02:13:11	02:23:27	02:48:37	03:02:49	03:23:05	A CORUÑA	
74	595	ALBERTO GARCÍA SEDOANE	03:25:34	00:04:53	03:25:30	00:07:28	00:28:45	00:40:44	00:57:35	01:07:13	01:30:26	01:43:57	02:03:04	02:14:23	02:44:00	03:01:09	03:24:30	FERROL	
75	2247	XURXO SEJO SAAVEDRA	03:26:23	00:04:54	03:25:35	00:10:02	00:34:44	00:48:02	01:07:07	01:17:25	01:42:15	01:55:17	02:14:11	02:24:27	02:50:02	03:04:12	03:25:06	FENE	
76	1020	CARLOS XAVIER MARTÍNEZ LOURO	03:26:25	00:04:54	03:26:01	00:09:32	00:33:52	00:47:07	01:05:51	01:16:00	01:40:33	01:54:04	02:13:09	02:23:19	02:48:01	03:03:07	03:25:13	FERROL	
77	737	ROBERTO GARRIDO PEREIRA	03:26:44	00:04:54	03:26:14	00:09:38	00:35:30	00:49:16	01:09:11	01:19:56	01:45:34	01:58:57	02:18:09	02:28:32	02:53:01	03:06:44	03:25:38	NIGRÁN	
78	2265	IVAN SEDOANE DIAZ	03:26:48	00:04:55	03:25:55	00:10:05	00:35:40	00:49:24	01:09:17	01:20:08	01:45:41	01:58:59	02:18:12	02:28:38	02:54:07	03:07:24	03:25:44	A CORUÑA	
79	1028	ANTONIO GIRÁLDEZ LÓPEZ	03:27:38	00:04:56	03:27:02	00:09:50	00:35:38	00:49:18	01:08:32	01:19:00	01:43:57	01:57:38	02:16:51	02:27:23	02:53:05	03:07:14	03:26:39	LUGO	
80	741	ADRIÁN BARREIRA VARELA	03:27:52	00:04:56	03:27:25	00:09:33	00:35:00	00:48:28	01:08:12	01:18:37	01:44:05	01:57:51	02:17:34	02:28:07	02:54:10	03:07:58	03:26:52	MÁLPCA DE BERGANTIÑOS	
81	658	RICARDO MOURINO HERMIDA	03:28:08	00:04:56	03:27:50	00:08:58	00:32:17	00:44:44	01:03:04	01:13:02	01:36:58	01:49:37	02:08:01	02:18:19	02:45:46	03:02:16	03:26:58	VILANOVA DE AROUSA	
82	1068	ALEX SANMARTÍN GÓMEZ	03:28:14	00:04:57	03:27:49	00:09:29	00:34:09	00:47:21	01:05:53	01:16:03	01:40:31	01:53:47	02:12:59	02:23:20	02:50:47	03:05:46	03:27:06	FORCAREI	
83	2160	CRISTÓBAL SOMOZA BELLO	03:28:19	00:04:57	03:27:54	00:09:31	00:35:30	00:49:16	01:09:12	01:19:56	01:45:33	01:58:55	02:18:09	02:28:36	02:54:09	03:07:56	03:27:11	A CORUÑA	
84	522	ANTONIO JOSÉ PRIETO MEJÍAS	03:28:54	00:04:58	03:28:31	00:09:43	00:35:39	00:49:22	01:09:13	01:19:59	01:45:38	01:58:57	02:18:11	02:28:37	02:54:09	03:07:56	03:27:45	PONFERRADA	INDEPENDIENTE
85	2489	ESTEBAN FERNANDEZ DIAZ	03:29:45	00:04:59	03:28:12	00:10:34	00:35:39	00:49:32	01:09:24	01:20:21	01:46:24	01:59:59	02:18:10	02:28:33	02:54:01	03:07:42	03:28:35	A CORUÑA	RIAZOR CORUÑA
86	2099	JUAN SUÁREZ GARCÍA	03:30:30	00:05:00	03:30:15	00:08:19	00:35:35	00:42:31	00:59:40	01:08:18	01:30:05	01:41:58	02:00:19	02:11:10	02:39:13	02:58:05	03:29:18	VILAGARCÍA DE AROUSA	ATENAS RUNNING VDA
87	2216	PABLO FRANCO YAÑEZ	03:31:17	00:05:01	03:30:35	00:10:02	00:34:46	00:48:02	01:07:04	01:17:31	01:42:19	01:55:53	02:15:30	02:26:23	02:53:38	03:08:24	03:30:03	A CORUÑA	INDEPENDIENTE DE 1 DIA
88	42	SALVADOR CERNADES CREO	03:32:40	00:05:03	03:32:25	00:08:43	00:33:19	00:46:58	01:06:17	01:16:51	01:41:44	01:55:24	02:14:43	02:25:19	02:53:13	03:09:15	03:31:26	AG 767916 ESTEIRO-MUROS	VERXEL NUTRICION DEP
89	1501	IVAN PAN MATA	03:33:35	00:05:04	03:32:02	00:10:52	00:36:02	00:49:40	01:09:16	01:19:49	01:45:00	01:58:46	02:18:13	02:28:53	02:55:46	03:11:10	03:32:21	CULLEREDO	
90	2234	SERGIO MARTÍNEZ GÓMEZ	03:33:56	00:05:05	03:33:14	00:09:38	00:35:32	00:49:18	01:09:13	01:19:57	01:45:36	01:58:56	02:18:09	02:28:37	02:54:11	03:09:48	03:32:56	A CORUÑA	
91	2188	JORGE VICENTE DIAZ	03:35:38	00:05:07	03:34:00	00:11:33	00:36:14	00:49:26	01:09:09	01:19:47	01:45:12	01:58:49	02:18:09	02:28:40	02:55:41	03:11:48	03:34:22	SANTIAGO	
92	725	DAVID RODRÍGUEZ MARTINEZ	03:35:39	00:05:07	03:34:50	00:09:32	00:35:30	00:49:16	01:09:12	01:19:56	01:45:35	01:58:56	02:18:10	02:28:38	02:54:35	03:10:19	03:34:10	VILAGARCÍA DE AROUSA	MOBU-BASE RUNNING
93	2341	XAVIER BONET BELMONTE	03:36:01	00:05:08	03:35:05	00:10:25	00:36:12	00:50:16	01:10:25	01:21:20	01:47:44	02:01:51	02:22:05	02:33:11	03:00:16	03:14:29	03:34:56	BALAGUER	ROQUETES ATHLETIC CLUB
94	2417	CARLOS MARTÍNEZ FRONTERA	03:36:02	00:05:08	03:35:05	00:10:26	00:36:13	00:50:17	01:10:25	01:21:19	01:47:23	02:01:23	02:21:15	02:33:09	03:00:22	03:14:29	03:34:56	BALAGUER	
95	639	CARLOS RODRÍGUEZ LEAL	03:36:32	00:05:08	03:35:46	00:09:47	00:34:12	00:47:16	01:05:50	01:15:59	01:40:33	01:54:04	02:13:24	02:24:12	02:52:45	03:10:51	03:35:14	NARÓN	NAÚTICO NARÓN
96	2459	MIKEL PEREZ BRAÑAÑOVA	03:36:41	00:05:09	03:35:53	00:09:50	00:35:36	00:49:25	01:09:16	01:19:58	01:45:32	01:59:06	02:18:34	02:29:28	02:57:19	03:13:09	03:35:29	CARTES	
97	2116	LUIS ALBERTO MAZÓY FERNANDEZ	03:38:03	00:05:11	03:37:43	00:09:48	00:36:23	00:50:58	01:11:26	01:22:26	01:48:55	02:03:21	02:23:51	02:34:53	03:02:30	03:17:16	03:37:01	MEIRA	CLUB CICLISTA MEIRA
98	2167	CARLOS DE LA VEGA SIERRA	03:38:31	00:05:11	03:38:08	00:09:16	00:33:39	00:46:54	01:05:47	01:16:08	01:41:13	01:55:11	02:15:27	02:26:38	02:55:29	03:12:26	03:37:08	OLEIROS	
99	836	CARLOS CARREIRA	03:39:02	00:05:12	03:37:58	00:10:32	00:36:59	00:51:08	01:11:27	01:22:24	01:48:58	02:03:27	02:24:03	02:35:15	03:02:05	03:16:47	03:37:43	PORTO	PEZINHOS DE LÁ
100	2537	JUAN ROMERO FERNÁNDEZ	03:40:40	00:05:14	03:39:49	00:09:23	00:32:20	00:44:35	01:01:33	01:10:54	01:34:14	01:47:17	02:06:52	02:18:40	02:48:02	03:07:42	03:39:12	AG-7110 OURENSE	CLUB DEPORTIVO AURUM
101	2337	LUCAS GONZÁLEZ ROCHA	03:40:47	00:05:14	03:39:42	00:10:31	00:37:01	00:51:13	01:11:09	01:22:04	01:48:36	02:03:20	02:24:03	02:35:21	03:03:17	03:18:39	03:39:45	A CORUÑA	NOSPORTLIMIT-TREK GALICIA
102	704	RAFAEL SANZ SIERRA	03:42:27	00:05:17	03:41:45	00:09:54	00:35:30	00:49:21	01:09:17	01:19:59	01:45:45	01:59:24	02:19:14	02:30:28	02:58:54	03:15:34	03:40:59	MADRID	CANDAS
103	745	PEDRO FERREIRA	03:42:34	00:05:17	03:41:30	00:10:32	00:36:59	00:51:09	01:11:30	01:22:38	01:49:10	02:03:28	02:24:03	02:35:16	03:02:15	03:17:40	03:41:21	MATOSINHOS	
104	2358	DAVID PONTE IGLESIAS	03:42:49	00:05:17	03:41:38	00:11:09	00:37:18	00:51:20	01:11:29	01:22:31	01:48:59	02:03:20	02:23:50	02:35:03	03:03:17	03:19:19	03:41:28	TRAZO	
105	831	TIAGO CADETE	03:42:59	00:05:18	03:42:10	00:10:41	00:37:32	00:52:10	01:13:00	01:24:06	01:51:34	02:06:10	02:26:40	02:38:23	03:05:52	03:21:12	03:41:43	ESPINHO	LIVING - TIAGO CADETE
106	913	FELIX PARRA RODRIGUEZ	03:43:00	00:05:18	03:42:42	00:08:35	00:32:08	00:45:13	01:03:03	01:12:47	01:37:19	01:51:13	02:11:48	02:23:17	02:58:25	03:16:50	03:41:39	VILORIA	
107	1029	PEDRO PINTO DE SOUSA	03:43:07	00:05:18	03:42:33	00:10:20	00:36:35	00:50:35	01:10:39	01:21:36	01:47:30	02:01:22	02:20:35	02:31:12	02:58:15	03:15:28	03:41:40	PORTO	
108	2236	JAVIER MOYANO SANCHEZ	03:43:30	00:05:18	03:42:58	00:09:15	00:33:38	00:46:53	01:05:52	01:16:03	01:40:08	01:53:00	02:12:41	02:23:26	02:53:07	03:13:51	03:42:00	CHANTADA	
109	718	SERGIO VILASO FERNÁNDEZ	03:44:04	00:05:19	03:43:42	00:08:46	00:33:07	00:46:41	01:05:57	01:16:31	01:42:41	01:57:27	02:18:34	02:30:48	03:01:28	03:18:31	03:42:48	BOIRO	INDEPENDIENTE
110	873	CARLOS OLIVEIRA	03:44:27	00:05:20	03:43:32	00:10:48	00:38:02	00:52:34	01:13:03	01:24:00	01:50:33	02:06:12	02:26:53	02:38:21	03:07:11	03:22:35	03:43:20	S. PAIO DE OLEIROS	
111	1048	JORGE GONZÁLEZ RUBIO	03:44:43	00:05:20	03:43:31	00:10:49	00:												

144	2495	DIEGO GARCIA LORENZO	04:00:40	00:05:43	03:59:48	00:10:44	00:37:23	00:51:18	01:10:38	01:21:23	01:47:26	02:01:39	02:22:49	02:34:38	03:11:01	03:30:28	03:59:28	A-11132	RIANXO	ATLETISMO FONTES DO SAR
145	2202	RAUL MARTINEZ LIJO	04:00:58	00:05:43	04:00:35	00:10:03	00:37:23	00:51:57	01:13:01	01:24:35	01:52:08	02:06:56	02:28:11	02:39:47	03:10:23	03:31:57	03:59:38		SADA	CLUB DE ATLETISMO SADA
146	870	LUIS CASERIO ALVAREZ	04:01:01	00:05:43	04:00:01	00:11:18	00:39:46	00:55:03	01:16:42	01:28:27	01:56:45	02:12:13	02:34:08	02:46:14	03:15:47	03:34:46	03:59:37		GONDOMAR	
147	896	RODRIGO MARINO TAIBO	04:01:07	00:05:43	04:00:15	00:10:35	00:37:27	00:52:04	01:13:09	01:24:41	01:52:30	02:08:12	02:30:59	02:44:01	03:16:13	03:34:30	03:59:42		MESOIRO	
148	723	MARCOS ANTONIO MUIÑO	04:01:15	00:05:44	04:00:53	00:12:27	00:41:54	00:57:52	01:20:47	01:33:16	02:02:16	02:18:24	02:40:00	02:51:40	03:20:53	03:38:00	04:00:11		CAMBRE	INDEPENDIENTE
149	2300	ADÁN A. ROQUE	04:03:22	00:05:47	04:02:08	00:11:11	00:38:42	00:53:36	01:14:25	01:26:03	01:53:41	02:08:43	02:30:44	02:43:27	03:16:17	03:35:04	04:02:08		LA CORUÑA	DESERTORES DEL CRONO
150	2372	MIGUEL ANGEL GARCIA LOPEZ	04:03:36	00:05:47	04:02:27	00:10:59	00:38:15	00:53:11	01:14:30	01:25:53	01:53:27	02:08:49	02:31:04	02:43:11	03:14:28	03:36:04	04:02:20		BURELA	
151	862	FRANCISCO ARAGÓN	04:06:29	00:05:51	04:05:33	00:10:29	00:36:45	00:50:46	01:10:22	01:21:08	01:47:52	02:02:16	02:24:48	02:37:31	03:13:38	03:36:07	04:05:20		PAÇOS DE BRANDÃO	
152	898	ROBERTO VIDELA OUTEIRAL	04:07:12	00:05:52	04:05:37	00:12:13	00:41:10	00:56:42	01:19:21	01:31:02	02:02:09	02:19:12	02:43:00	02:54:49	03:25:48	03:42:46	04:05:52		BOIRO	
153	1049	PABLO ALVAREZ RAMOS	04:07:19	00:05:52	04:06:46	00:09:55	00:36:42	00:51:12	01:11:47	01:23:03	01:50:03	02:04:52	02:26:48	02:38:43	03:17:16	03:37:12	04:05:51		A CORUÑA	
154	2411	ROBERTO MACEIRAS SEOANE	04:08:43	00:05:54	04:07:06	00:12:31	00:43:12	00:59:46	01:23:35	01:36:33	02:07:14	02:23:23	02:47:03	02:59:50	03:29:25	03:45:33	04:07:29		LUGO	
155	2398	DANIEL VAZQUEZ PACHECO	04:09:06	00:05:55	04:07:34	00:12:11	00:40:54	00:56:19	01:18:19	01:30:14	01:58:37	02:14:10	02:36:21	02:48:27	03:21:54	03:42:03	04:07:51		A CORUÑA	
156	807	ANTONIO SANMARTIN GULIÁS	04:10:40	00:05:57	04:09:15	00:11:34	00:39:08	00:54:01	01:15:32	01:27:14	01:55:45	02:11:33	02:34:44	02:47:52	03:21:09	03:40:26	04:09:13		PONTEVEDRA	INDEPENDIENTE
157	2404	BORIA DIAZ CARRO	04:11:01	00:05:57	04:09:23	00:12:27	00:42:00	00:58:04	01:20:51	01:33:21	02:03:14	02:19:32	02:42:23	02:54:49	03:27:33	03:44:22	04:09:40		A CORUÑA	
158	787	ALEJANDRO GARCIA CAMPELO	04:11:19	00:05:58	04:10:16	00:11:29	00:40:09	00:55:41	01:17:48	01:29:51	01:58:41	02:14:11	02:36:22	02:48:58	03:21:47	03:41:52	04:09:35		AVILES	CHANWAS
159	2182	EDUARDO NÚÑEZ IGLESIAS	04:12:23	00:05:59	04:11:29	00:10:30	00:36:45	00:50:23	01:10:00	01:21:55	01:49:16	02:05:42	02:30:05	02:44:56	03:22:45	03:42:27	04:11:11		A CORUÑA	
160	950	JESÚS BARREIRO VARELA	04:13:59	00:06:02	04:12:42	00:11:11	00:38:29	00:53:13	01:13:53	01:25:16	01:53:10	02:08:35	02:31:36	02:45:07	03:20:43	03:43:30	04:12:22		SANTIAGO DE COMPOSTELA	
161	2370	MARIO LÓPEZ PAZ	04:14:01	00:06:02	04:13:32	00:09:33	00:35:38	00:49:25	01:09:18	01:20:00	01:45:40	02:00:17	02:22:07	02:34:44	03:11:37	03:37:26	04:12:34		ARES	
162	930	CAMILLO RODRIGUEZ VAZQUEZ	04:14:23	00:06:02	04:12:53	00:11:21	00:37:03	00:50:49	01:10:31	01:21:55	01:50:31	02:11:45	02:35:24	02:49:34	03:26:00	03:47:29	04:13:12		VEVEY	
163	2357	MIGUEL LOPEZ CASTELO	04:16:29	00:06:05	04:15:08	00:11:04	00:38:43	00:53:38	01:14:41	01:26:24	01:55:17	02:11:18	02:34:49	02:49:28	03:25:22	03:47:06	04:15:10		A CORUÑA	
164	2378	MARCOS GUSTAVO ALVAREZ LÓPEZ	04:16:38	00:06:05	04:15:04	00:12:52	00:42:54	00:58:47	01:21:43	01:34:24	02:04:41	02:21:55	02:46:37	02:58:51	03:31:19	03:49:55	04:15:29		A CORUÑA	
165	944	FERNANDO LAGO LÓPEZ	04:17:20	00:06:06	04:15:39	00:12:25	00:41:05	00:56:21	01:18:34	01:30:52	01:59:32	02:14:27	02:35:37	02:47:45	03:19:09	03:40:21	04:15:27		VILAGARCÍA DE AROUSA	
166	772	MÁRCIO SACRAMENTO DE CASTRO	04:18:30	00:06:08	04:16:57	00:12:50	00:42:55	00:58:52	01:20:49	01:32:50	02:01:09	02:17:12	02:40:20	02:52:47	03:29:16	03:51:39	04:17:19		VN GAIA	
167	863	DAVID LAGO GONZALEZ	04:19:21	00:06:09	04:18:23	00:10:31	00:37:05	00:52:10	01:13:16	01:25:19	01:55:15	02:12:23	02:36:31	02:50:33	03:27:58	03:50:03	04:17:52		A CORUÑA	
168	887	DIEGO PORTO MARGARIDE	04:19:49	00:06:10	04:18:37	00:13:12	00:44:28	01:01:38	01:25:49	01:38:44	02:09:37	02:26:05	02:49:50	03:02:56	03:35:13	03:53:02	04:18:24		FERROL	
169	984	MATEO AREA AREA	04:19:49	00:06:10	04:18:11	00:12:39	00:41:19	00:56:43	01:18:28	01:30:19	01:58:53	02:14:11	02:36:26	02:48:32	03:19:21	03:40:29	04:15:15		MARÍN	
170	1059	VICTOR MANUEL REYES TASENDE	04:20:47	00:06:11	04:19:41	00:12:14	00:41:28	00:57:33	01:20:46	01:40:23	02:10:53	02:27:33	02:51:41	03:04:27	03:36:45	03:54:33	04:19:20		A CORUÑA	WHERE IS THE LIMIT
171	2291	JOSÉ MIGUEL GONZÁLEZ CARBALLAL	04:21:46	00:06:13	04:20:38	00:11:47	00:41:34	00:58:18	01:21:05	01:33:39	02:03:56	02:20:12	02:43:39	02:56:44	03:30:27	03:50:09	04:19:59		OVIEDO	CENTRO ASTURIANO DE OVIEDO
172	883	JORGE LUIS ABELÉNDA TRIGO	04:23:16	00:06:15	04:21:49	00:11:38	00:39:04	00:53:40	01:14:57	01:26:54	01:55:27	02:11:22	02:35:50	02:50:31	03:31:04	03:54:11	04:21:53		MALPIÇA DE BERGANTIÑOS	
173	2316	DAVID IGLESIAS RIGUEIRA	04:25:23	00:06:18	04:24:05	00:11:50	00:42:16	00:59:26	01:23:16	01:37:00	02:07:55	02:23:44	02:46:35	02:58:18	03:29:53	03:50:51	04:23:57		A CORUÑA	INDEPENDIENTE
174	935	DIEGO OMAR RODRIGUEZ LOPEZ	04:26:18	00:06:19	04:24:50	00:11:28	00:39:17	00:54:30	01:16:20	01:28:36	01:58:08	02:14:43	02:39:06	02:52:57	03:33:56	03:56:28	04:24:45		PAIOSACO - LARACHA - A CORUÑA	
175	941	FERNANDO LENS REY	04:27:30	00:06:21	04:25:47	00:12:52	00:42:42	00:58:47	01:22:00	01:34:17	02:04:01	02:21:12	02:45:22	02:58:45	03:34:04	03:57:43	04:26:13		A CORUÑA	
176	1040	JACOBO GARCIA CHAS	04:28:42	00:06:23	04:26:59	00:12:25	00:41:57	00:58:11	01:20:51	01:33:24	02:03:47	02:20:45	02:46:49	03:01:05	03:37:30	03:58:05	04:27:21		Q BURGO (CULLEREDO)	
177	892	ANDRÉS GARCÍA FIGUEROA	04:28:42	00:06:23	04:26:59	00:12:25	00:41:56	00:58:11	01:20:50	01:33:23	02:03:47	02:20:44	02:46:50	03:01:05	03:37:30	03:58:07	04:27:21		A CORUÑA	
178	2210	MANUEL ESCALANTE SIXTO	04:32:46	00:06:28	04:31:11	00:11:45	00:37:23	00:51:07	01:10:39	01:21:49	01:49:24	02:05:52	02:31:32	02:48:06	03:32:06	03:57:45	04:31:19		NARÓN	INDEPENDIENTE
179	2405	IVÁN FERNÁNDEZ FERNÁNDEZ	04:35:40	00:06:32	04:34:13	00:11:52	00:40:23	00:55:51	01:17:49	01:29:52	01:58:42	02:14:45	02:39:46	02:54:52	03:38:19	04:01:57	04:33:52		A CORUÑA	
180	2401	ADRIAN FERNANDEZ CASAL	04:36:37	00:06:34	04:35:20	00:11:45	00:40:29	00:56:10	01:20:06	01:35:00	02:06:09	02:23:09	02:48:32	03:03:49	03:43:08	04:05:56	04:35:15		FERROL	
181	2325	DANIEL LÓPEZ GARCÍA	04:36:37	00:06:34	04:35:20	00:11:46	00:40:29	00:56:09	01:20:06	01:35:00	02:06:09	02:23:09	02:48:32	03:03:49	03:43:08	04:05:56	04:35:15		PERILLO	INDRA RUNNERS
182	2410	DAVID IGLESIAS PENA	04:40:21	00:06:39	04:38:49	00:13:22	00:46:35	01:04:36	01:29:49	01:43:15	02:15:45	02:33:51	03:00:28	03:15:32	03:51:07	04:11:34	04:39:02		A CORUÑA	
183	819	JOSÉ RAMÓN BAÑA SUÁREZ	04:40:57	00:06:40	04:39:21	00:12:12	00:41:10	00:56:42	01:19:22	01:31:50	02:02:10	02:19:13	02:46:07	03:01:01	03:41:43	04:07:10	04:39:25		BOIRO	INDEPENDIENTE
184	2322	ANTONIO JOAQUÍN RODRÍGUEZ GONZÁL	04:52:52	00:06:57	04:51:25	00:12:55	00:44:27	01:01:56	01:26:50	01:40:22	02:13:01	02:33:56	03:03:53	03:19:22	04:00:03	04:22:28	04:51:23		FERROL	INDEPENDIENTE
185	927	ANTONIO MARTINEZ PENA	05:22:50	00:07:40	05:21:19	00:13:22	00:46:35	01:04:36	01:29:49	01:43:15	02:15:45	02:33:51	03:00:29	03:16:17	04:09:49	04:42:03	05:21:27		REDHILL	
186	2389	PABLO RODRÍGUEZ TORRES	05:22:51	00:07:40	05:21:17	00:12:52	00:42:54	00:58:48	01:21:43	01:34:24	02:04:41	02:21:55	02:50:45	03:12:25	04:09:49	04:42:02	05:21:27		A CORUÑA	
DQ.Art.	2314	ANTONIO SAUCA GUERRERO	03:02:25	00:04:20	03:00:42	00:12:45	00:42:19	00:58:46	01:23:10	01:38:39	02:15:28		03:00:45						EL TEMPLE	INDEPENDIENTE
DQ.Art.	1041	DANIEL AGUAS	01:23:07	00:01:59	01:22:22	00:10:19	00:39:04	00:56:20	01:21:29				01:55:28						A CORUÑA	
DQ.Art.	2077	VICTOR LOPEZ BELLO	03:36:48	00:05:09	03:36:05	00:09:35	00:35:33	00:49:21	01:09:12	01:19:58	01:45:42	01:59:05	02:18:12	02:28:39	02:56:57	03:12:35	03:35:42		GUITIRIZ	ZEPPELIN TORGUESA FINFLOOR
DQ.Art.	586	ROBERTO COLLAZO SUAREZ	02:58:03	00:04:14	02:57:59	00:07:39	00:28:34	00:39:59	00:55:57	01:04:43	01:25:41	01:37:19	01:54:02	02:03:13	02:25:56	02:38:43	02:56:25		BOIRO	

SNF SENIO/Inscritos:
11 Llegados: 5

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	1006	MARIA SAIZ SAIZ	03:37:29	00:05:10	03:36:16	00:10:31	00:36:00	00:49:38	01:09:18	01:20:01	01:45:52	01:59:42	02:19:33	02:30:42	02:58:39	03:14:23	03:36:29		NARON	
2	2018	BERIT SORENSEN	03:55:12	00:05:35	03:54:35	00:10:02	00:35:43	00:49:47	01:10:09	01:21:34	01:49:37	02:05:07	02:27:11	02:39:27	03:					

26	1009 JAVIER LOZANO VELASCO	02:59:36	00:04:16	02:59:35	00:08:01	00:29:48	00:41:32	00:58:21	01:07:25	01:29:24	01:41:15	01:57:44	02:06:45	02:28:41	02:40:56	02:58:31	VA8611	ALCOSSEBRE	CLUB ATLETISMO ARROYO
27	2028 JOSE MANUEL GONZALEZ CHARLON	02:59:36	00:04:16	02:59:34	00:07:44	00:28:42	00:39:58	00:55:41	01:04:14	01:24:40	01:35:51	01:51:48	02:00:32	02:22:58	02:36:07	02:58:26		BETANZOS	C. A. AS MARIÑAS BETANZOS
28	2112 JUAN GARCIA FANDIÑO	02:59:43	00:04:16	02:59:34	00:08:34	00:30:38	00:42:30	00:59:07	01:08:15	01:30:03	02:42:11	01:58:52	02:08:02	02:30:20		02:58:49		SANTIAGO	CLUB ATLETISMO FONTES DO SAR
29	563 DIEGO LÓPEZ HERNÁNDEZ	03:00:26	00:04:17	03:00:20	00:08:02	00:29:48	00:41:33	00:58:24	01:07:26	01:29:26	01:41:16	01:58:01	02:07:21	02:30:04	02:42:27	02:59:31		ZAMORA	CORRECAMINOS DEL DUERO
30	2477 EMILIO VÁZQUEZ CASARES	03:01:44	00:04:19	03:01:34	00:08:18	00:30:00	00:41:35	00:58:24	01:07:26	01:29:26	01:41:19	01:58:00	02:07:06	02:29:35	02:42:12	03:00:34	AG768756	OURENSE	BURGAS ATLETISMO OURENSE
31	2105 DAVID CARNERO LEDO	03:01:51	00:04:19	03:01:37	00:08:18	00:30:00	00:41:35	00:58:23	01:07:28	01:29:27	01:41:18	01:58:04	02:07:24	02:30:06	02:42:58	03:00:49		XUNQUEIRA DE AMBIA	BURGAS ATLETISMO OURENSE
32	2044 CLAUDIO SÁNCHEZ MOURAZOS	03:01:57	00:04:19	03:01:50	00:08:04	00:29:50	00:41:34	00:58:23	01:07:28	01:29:26	01:41:17	01:57:49	02:06:58	02:29:51	02:42:38	03:00:45		MELIDE	ASOCIACIÓN DEPORTIVA CERNE
33	2154 JAVIER ESTÉVEZ RAMA	03:02:43	00:04:20	03:02:35	00:08:04	00:29:55	00:41:42	00:58:30	01:07:37	01:29:46	01:41:52	01:58:54	02:08:14	02:31:08	02:43:53	03:01:44		A CORUÑA	
34	2159 JOSE ANTONIO SANTIAGO BOSCH	03:02:48	00:04:20	03:02:27	00:08:39	00:30:43	00:42:31	00:59:01	01:07:59	01:30:03	01:41:55	01:58:54	02:08:05	02:30:42	02:43:27	03:01:45		PONTEVEDRA	CLUB PINARIUM
35	2097 CÉSAR BUJÁN BARRAL	03:03:07	00:04:21	03:02:55	00:08:05	00:29:51	00:41:34	00:58:24	01:07:28	01:29:27	01:41:20	01:58:01	02:07:21	02:29:56	02:42:39	03:01:58		O PINO	ATENAS RUNNING VDA
36	585 RAFA FONTAL ALONSO	03:03:15	00:04:21	03:03:08	00:07:53	00:29:28	00:41:16	00:57:55	01:07:03	01:28:46	01:40:15	01:56:47	02:05:50	02:27:47	02:40:11	03:02:07		A CORUÑA	
37	2484 ALÁN ANDRÉS FIDALGO	03:03:25	00:04:21	03:03:17	00:08:04	00:29:50	00:41:34	00:58:23	01:07:28	01:29:27	01:41:20	01:58:02	02:07:21	02:30:28	02:43:34	03:02:16	AG763614	OURENSE	ESPRINTES OURENSE
38	640 NUNO RIBEIRO	03:03:42	00:04:22	03:03:35	00:08:02	00:29:50	00:41:33	00:58:24	01:07:27	01:29:25	01:41:16	01:57:48	02:06:58	02:30:29	02:43:50	03:02:37		PORTO	PORTO RUNNERS
39	538 RUBÉN ALONSO BORGE	03:04:26	00:04:23	03:04:13	00:08:34	00:31:23	00:43:39	01:01:05	01:10:32	01:33:14	01:45:27	02:02:54	02:12:20	02:34:11	02:46:11	03:03:23		LEÓN	CT TRILEON
40	2035 JOSE MANUEL GOMEZ PASANTES	03:05:35	00:04:24	03:05:30	00:07:41	00:28:33	00:39:55	00:55:45	01:04:14	01:24:40	01:35:51	01:51:48	02:00:41	02:25:17	02:44:15	03:04:22		A CORUÑA	
41	2065 RAMON EUGENIO MOSQUERA SILVA	03:06:07	00:04:25	03:05:59	00:07:28	00:27:35	00:38:45	00:54:45	01:03:30	01:25:25	01:37:46	01:55:54	02:06:28	02:31:44	02:45:49	03:05:03		LA CORUÑA	INDEPENDIENTE
42	2085 HERNÁN OREJAS MARTÍNEZ	03:06:11	00:04:25	03:06:01	00:08:32	00:31:15	00:43:17	01:00:14	01:09:19	01:31:12	01:43:14	02:00:30	02:09:58	02:33:12	02:46:11	03:05:05		VIGO	
43	620 DANIEL MIGUÉLEZ GONZÁLEZ	03:06:24	00:04:26	03:06:11	00:08:35	00:31:23	00:43:40	01:01:06	01:10:32	01:33:15	01:45:28	02:02:54	02:12:21	02:34:37	02:47:12	03:05:15		LEÓN	GRUPO DEPORTIVO S. MARCELO
44	2098 FRANCISCO J. REY PADIN	03:06:39	00:04:26	03:06:24	00:08:19	00:30:35	00:42:31	00:59:09	01:08:18	01:30:04	01:41:55	02:00:29	02:10:01	02:33:34	02:46:44	03:05:33		VILAGARCIA DE AROUSA	ATENAS RUNNING VDA
45	1070 ISMAEL CASAL MARIÑO	03:08:40	00:04:29	03:08:32	00:08:24	00:30:23	00:42:16	00:59:18	01:08:31	01:30:43	01:42:45	02:00:16	02:09:49	02:33:31	02:47:41	03:07:36		PONTEAREAS	TANINOS RUNNERS
46	2240 JAVIER TORRALBA DE LA FUENTE	03:09:20	00:04:30	03:08:56	00:08:38	00:31:21	00:43:35	01:00:42	01:10:04	01:32:45	01:45:16	02:02:48	02:12:24	02:36:37	02:50:04	03:08:23		A CORUÑA	
47	2060 JOSE LUIS ABELLA ALVAREZ	03:09:21	00:04:30	03:09:09	00:08:34	00:31:22	00:43:39	01:01:05	01:10:32	01:33:14	01:45:28	02:02:54	02:12:22	02:35:20	02:48:32	03:08:08		LEÓN	GRUPO DEPORTIVO SAN MARCELO
48	934 DIEGO ABRIL GULDIRS	03:09:53	00:04:30	03:09:21	00:09:21	00:33:20	00:46:15	01:04:23	01:14:11	01:37:26	01:50:07	02:07:42	02:16:57	02:39:20	02:51:43	03:08:52		BEADE-VIGO	
49	597 IVAN BENITO GARCIA	03:09:56	00:04:31	03:09:35	00:08:46	00:31:03	00:43:08	01:00:04	01:09:15	01:31:27	01:43:43	02:00:39	02:10:03	02:34:32	02:48:36	03:08:42		MADRID	
50	588 RAÚL SANTIAGO LÓPEZ	03:10:03	00:04:31	03:09:49	00:08:04	00:29:55	00:41:50	00:58:46	01:08:03	01:30:19	01:42:32	02:00:30	02:10:26	02:34:59	02:49:05	03:08:52		COSLADA	
51	1015 ALBERTO ANTELO CAO	03:11:22	00:04:33	03:11:02	00:09:07	00:32:51	00:45:47	01:03:51	01:13:51	01:37:52	01:50:45	02:09:00	02:18:33	02:41:20	02:53:36		AG766447	A CORUÑA	ADC BOMBEIROS A CORUÑA
52	2119 LUIS VILASUSO PITA	03:11:35	00:04:33	03:11:25	00:08:28	00:30:59	00:43:14	01:00:54	01:10:27	01:33:40	01:46:21	02:04:27	02:14:14	02:38:23	02:51:48	03:10:29		XERMADE	CLUB OLYMPO AS PONTES
53	2429 ALVARO LÓPEZ JACOME	03:11:41	00:04:33	03:11:26	00:08:39	00:31:14	00:43:24	01:00:37	01:09:52	01:32:23	01:44:36	02:01:58	02:11:50	02:36:56	02:50:31	03:10:29		A CORUÑA	
54	2134 RAÚL BARBITO GESTAL	03:11:43	00:04:33	03:11:31	00:08:38	00:31:29	00:44:02	01:01:53	01:11:23	01:34:13	01:46:49	02:04:44	02:14:38	02:38:44	02:52:02	03:10:40			LICENCIA DE 1 DIA
55	651 JESUS BLANCO MANIN	03:12:01	00:04:34	03:11:48	00:08:04	00:29:49	00:41:33	00:58:23	01:07:27	01:29:26	01:41:21	01:58:52	02:08:44	02:34:31	02:49:33	03:10:46		BURELA	
56	1021 JOSE RAMÓN LAGO CIVES	03:12:07	00:04:34	03:11:41	00:08:48	00:31:22	00:43:30	01:00:32	01:09:48	01:32:29	01:44:55	02:02:22	02:12:09	02:36:48	02:50:37	03:11:01		NOIA	
57	604 JOSE ANTONIO ABRIL CAÑO	03:12:30	00:04:34	03:12:12	00:08:52	00:32:12	00:44:46	01:03:04	01:13:03	01:37:02	01:49:38	02:07:52	02:17:51	02:42:02	02:54:34	03:11:34		TORDESILLAS	C.A. CAJA RURAL TORDESILLAS
58	2041 ALBERTO IGLESIAS CABAILEIRO	03:12:39	00:04:34	03:12:28	00:08:02	00:29:49	00:41:32	00:58:21	01:07:27	01:29:25	01:41:18	01:58:16	02:08:15	02:33:40	02:49:00	03:11:21		REDONDELA	ASOCIACION DEPORTIVA C.A.R
59	2045 TONI GARCIA PRADO	03:13:32	00:04:36	03:13:08	00:08:45	00:31:58	00:45:50	01:02:10	01:11:51	01:35:01	01:47:39	02:05:36	02:15:28	02:39:19	02:52:49	03:12:19		MELIDE	ASOCIACION DEPORTIVA CERNE
60	2042 GERARDO PAZO DEL NOZAL	03:13:33	00:04:36	03:13:08	00:08:45	00:31:58	00:44:25	01:02:09	01:11:51	01:35:01	01:47:38	02:05:36	02:15:28	02:39:19	02:52:49	03:12:19		MELIDE	ASOCIACION DEPORTIVA CERNE
61	2248 XAVIER VILATERA FLIX	03:13:39	00:04:36	03:13:05	00:09:11	00:32:58	00:45:50	01:04:03	01:13:59	01:37:26	01:50:08	02:08:19	02:18:09	02:42:05	02:54:58	03:12:41		BARCELONA	
62	2066 FRANCISCO M. MENDEZ QUINTELA	03:13:54	00:04:36	03:13:44	00:08:39	00:31:55	00:44:27	01:02:10	01:11:52	01:34:48	01:47:39	02:05:45	02:15:30	02:40:06	02:53:42	03:12:51		BERTAMIRANS (AMES)	NOITEBRA
63	580 CARLOS ALBERTO CURRAS RIOS	03:13:57	00:04:36	03:13:45	00:08:58	00:33:05	00:46:07	01:04:38	01:14:53	01:38:49	01:51:46	02:10:05	02:19:57	02:43:17	02:55:34	03:12:55		MOAÑA	TEAM BIPOLOAR
64	643 JESUS MARIA SANROMÁN MARCOTE	03:13:57	00:04:36	03:13:39	00:08:57	00:33:05	00:46:07	01:04:38	01:14:53	01:38:49	01:51:46	02:10:05	02:19:57	02:43:17	02:55:34	03:12:54		MOAÑA	TEAM BIPOLOAR
65	939 ENRIQUE BRALO GONZÁLEZ	03:14:05	00:04:36	03:13:12	00:09:27	00:30:42	00:41:56	00:57:47	01:06:17	01:26:55	01:38:11	01:54:29	02:05:26	02:31:35	02:46:52	03:12:57		PONTEVEDRA	CLUB PINARIUM
66	2113 FRANCISCO FERNANDEZ DE LA PRADILLA	03:14:24	00:04:37	03:14:08	00:08:05	00:29:56	00:42:05	00:59:10	01:08:37	01:32:09	01:45:09	02:03:27	02:13:33	02:38:57	02:53:20	03:13:20		SADA	CLUB ATLETISMO SADA
67	2471 ALAN PENEDO RODRIGUEZ	03:14:24	00:04:37	03:14:10	00:08:02	00:29:51	00:41:34	00:58:23	01:07:26	01:29:24	01:41:19	01:58:41	02:08:29	02:35:28	02:51:46	03:13:04	AG766246	OURENSE	ATLETAS VETERANOS OURENSE
68	550 PEDRO CALVO RODA	03:14:26	00:04:37	03:14:19	00:07:58	00:29:25	00:40:54	00:57:06	01:05:53	01:31:42	01:42:54	01:59:27	02:08:48	02:33:48	02:51:01	03:13:03		LOUSAME	
69	2488 MARCOS LOSADA GARCIA	03:14:39	00:04:37	03:14:33	00:08:37	00:32:16	00:44:45	01:03:02	01:13:01	01:36:57	01:49:35	02:07:52	02:17:48	02:42:13	02:55:25	03:13:42	LIC.: AG 76	SANTIAGO DE COMPOSTELA	NOITEBRA
70	2145 JOSE ANTONIO VÁZQUEZ GALEGO	03:14:54	00:04:38	03:13:52	00:09:41	00:33:21	00:45:48	01:03:29	01:13:09	01:36:27	01:48:59	02:06:58	02:16:42	02:40:41	02:55:25	03:13:54		LUGO	
71	1018 RUBEN BUENACHE FERNANDEZ	03:15:04	00:04:38	03:14:28	00:09:21	00:33:13	00:46:13	01:04:40	01:14:51	01:39:03	01:51:55	02:10:17	02:20:06	02:43:34	02:56:06	03:13:58		RIVAS-VACIAMADRID	
72	2122 DAVID LOSADA CARRIL	03:15:09	00:04:38	03:14:43	00:09:16	00:32:56	00:45:20	01:03:03	01:13:01	01:36:57	01:49:37	02:07:52	02:17:49	02:42:13	02:55:25	03:14:06		SANTIAGO DE COMPOSTELA	CLUBE ATLETISMO MILLADOIRO
73	2125 ELIAS RIAL VIDAL	03:15:12	00:04:38	03:14:54	00:08:52	00:32:15	00:44:44	01:03:01	01:13:01	01:36:57	01:49:35	02:07:52	02:17:52	02:42:13	02:55:24	03:14:05		CANGAS	INDEPENDIENTE
74	2149 JOSE ANGEL GONZALEZ MIGUEZ	03:15:12	00:04:38	03:14:51	00:09:52	00:32:42	00:44:31	01:01:52	01:11:18	01:33:55	01:46:13	02:04:11	02:14:15	02:39:26	02:53:45	03:14:05		REDONDELA	
75	2039 ROBERTO FEIJOO CANTARILLA	03:15:13	00:04:38	03:15:01	00:08:48	00:32:14	00:44:44	01:03:01	01:13:00	01:36:56	01:49:34	02:07:51	02:17:48	02:42:12	02:55:24	03:14:08		XINZO DE LIMIA	A. D

109	838	CELSO BLANCO GARCIA	03:27:18	00:04:55	03:26:21	00:10:20	00:35:51	00:49:31	01:09:16	01:20:01	01:45:17	01:58:44	02:17:35	02:27:54	02:53:06	03:06:52	03:26:09	BARCELONA	TERMARIA RUNNING
110	2501	ROBERTO GARCÍA COLLAZO	03:27:20	00:04:55	03:27:06	00:09:25	00:34:53	00:48:20	01:07:19	01:17:26	01:41:32	01:54:32	02:13:09	02:23:21	02:48:12	03:04:20	03:26:10	AG 764086 VÍGO	C.A.R. MARISQUEIRO
111	979	MANUEL ANGEL GARCIA MENENDEZ	03:27:26	00:04:55	03:26:46	00:10:02	00:34:54	00:48:19	01:07:08	01:17:29	01:41:40	01:54:56	02:13:49	02:24:13	02:49:47	03:04:39	03:26:09	AVILÉS	VIGÓ
112	2221	OSCAR FREIRE CORDERO	03:27:27	00:04:55	03:27:04	00:09:25	00:34:43	00:48:04	01:07:07	01:17:27	01:41:51	01:55:22	02:14:18	02:24:49	02:50:58	03:05:29	03:26:12	CASTROVERDE	MARZO SAUDE S.L.
113	2244	JOAQUÍN L. MATEOS FUENTES	03:27:29	00:04:56	03:26:38	00:09:51	00:35:43	00:49:20	01:09:05	01:19:59	01:45:35	01:58:58	02:18:10	02:28:37	02:54:10	03:07:57	03:26:33	TORDESILLAS	C.D.ATLETISMO VILLA DEL TRATADO
114	702	SAMUEL PEREZ BENITO	03:27:37	00:04:56	03:27:09	00:09:42	00:35:02	00:48:19	01:07:19	01:17:36	01:41:45	01:55:04	02:14:12	02:24:30	02:49:44	03:04:49	03:26:22	TORDESILLAS	PONTE LIMA
115	763	SÉRGIO AMARO BASTOS	03:28:00	00:04:56	03:27:33	00:09:31	00:35:24	00:49:17	01:09:13	01:19:57	01:45:39	01:58:57	02:18:11	02:28:37	02:54:12	03:07:57	03:26:58	PONTE LIMA	C.D.ATLETISMO VILLA DEL TRATADO
116	1016	JOSÉ RAMÓN LAGO QUINTEIRO	03:28:05	00:04:56	03:27:11	00:10:12	00:34:29	00:47:22	01:04:29	01:14:04	01:37:12	01:50:21	02:09:09	02:20:04	02:47:52	03:05:18	03:26:54	AG 768907 SANTIAGO DE COMPOSTELA	ATLETISMO FONTES DO SAR
117	619	FRANCISCO RUIZ MOLINA	03:28:15	00:04:57	03:27:53	00:09:31	00:35:29	00:49:16	01:09:11	01:19:56	01:45:33	01:58:56	02:18:09	02:28:36	02:54:10	03:07:56	03:27:09	HUÉTOR VEGA	FJRM COACH
118	2191	JOSÉ MANUEL ROCA RODRIGUEZ	03:28:29	00:04:57	03:27:54	00:09:53	00:35:19	00:48:54	01:08:08	01:18:32	01:43:16	01:56:31	02:15:25	02:25:48	02:50:57	03:05:43	03:27:12	ARANGA	A FUME DE CAROZO-ALFA FISIO
119	717	MANUEL RODRIGUEZ CASAL	03:28:39	00:04:57	03:28:05	00:09:33	00:33:48	00:46:57	01:05:53	01:16:26	01:41:26	01:54:45	02:13:53	02:24:42	02:50:07	03:07:43	03:27:27	A CORUÑA	INDEPENDIENTE
120	764	RUBEN BRÉGUJA CHAS	03:28:43	00:04:57	03:27:51	00:09:51	00:35:34	00:49:20	01:09:15	01:19:59	01:45:36	01:58:58	02:18:10	02:28:37	02:54:10	03:07:57	03:27:28	CULLEREDO	
121	2541	FELIPE IGLESIAS MIRA	03:29:17	00:04:58	03:28:21	00:10:11	00:35:29	00:49:04	01:08:35	01:19:12	01:44:34	01:58:07	02:17:11	02:27:43	02:53:08	03:07:14	03:27:59	AG11001	OURENSE
122	2251	DANIEL PEREZ LOMBA	03:29:31	00:04:58	03:29:06	00:09:28	00:34:38	00:48:14	01:07:22	01:17:43	01:42:42	01:56:29	02:16:08	02:26:44	02:53:03	03:07:23	03:28:16	A CORUÑA	
123	2241	MATEO TORRES NEIRA	03:29:43	00:04:59	03:29:20	00:09:48	00:35:35	00:49:19	01:08:37	01:19:05	01:44:03	01:57:37	02:17:04	02:27:29	02:53:07	03:07:24	03:28:26	A CORUÑA	
124	708	FILIPE NASCIMENTO	03:30:12	00:04:59	03:29:35	00:09:32	00:34:06	00:47:44	01:07:33	01:18:22	01:44:35	01:58:58	02:18:42	02:29:20	02:55:38	03:09:48	03:29:10	PORTO	COMPANHIA BAZÓFIAS
125	864	JOSÉ MANUEL PONTE SOMOZA	03:30:30	00:05:00	03:29:35	00:09:49	00:33:58	00:46:56	01:05:34	01:15:38	01:39:56	01:53:15	02:12:41	02:23:38	02:51:28	03:07:13	03:29:14	OUTES	
126	2232	GUSTAVO SEJO GARCIA	03:30:53	00:05:00	03:30:22	00:09:35	00:35:35	00:49:22	01:09:14	01:19:58	01:45:39	01:58:59	02:18:10	02:28:37	02:54:11	03:08:17	03:29:35	A CORUÑA	
127	2103	LORENZO GRAÑA MURADO	03:30:56	00:05:00	03:30:37	00:08:52	00:32:14	00:44:44	01:03:00	01:13:01	01:36:56	01:49:40	02:08:03	02:19:46	02:48:45	03:05:59	03:29:45	AS PONTES	ATLETISMO OLYMPO
128	2099	JUAN PUENTE RAPELA	03:31:13	00:05:01	03:30:16	00:10:16	00:35:32	00:49:16	01:07:59	01:18:06	01:42:19	01:55:35	02:14:43	02:25:09	02:52:24	03:07:55	03:30:02	A CORUÑA	
129	2100	JOSÉ ANGEL RAPOSO IBAÑEZ	03:31:19	00:05:01	03:30:48	00:09:44	00:35:32	00:49:13	01:08:41	01:19:20	01:44:47	01:58:19	02:17:26	02:28:00	02:53:38	03:08:21	03:30:06	VILAGARCÍA DE AROUSA	ATENAS RUNNING VDA
130	2264	ANTONIO JAVIER HIDALGO FERNANDEZ	03:31:37	00:05:01	03:31:05	00:09:27	00:33:58	00:47:15	01:06:19	01:16:41	01:41:44	01:55:26	02:14:51	02:25:28	02:52:08	03:07:58	03:30:19	VÍGO	
131	760	JOSÉ MANUEL FERNANDEZ GRANDA	03:31:57	00:05:02	03:31:42	00:09:33	00:35:25	00:49:17	01:09:13	01:19:56	01:45:36	01:58:56	02:18:09	02:28:45	02:54:13	03:08:30	03:30:38	OVIEDO	
132	2391	LUIS FERNANDEZ GALLEGO	03:33:03	00:05:03	03:32:07	00:10:20	00:35:51	00:49:30	01:09:15	01:20:01	01:45:17	01:58:53	02:18:02	02:28:32	02:55:02	03:09:47	03:31:53	SANTIAGO DE COMPOSTELA	BARBADAS
133	2233	JOSÉ MANUEL MALLO NIEVES	03:33:21	00:05:04	03:32:31	00:10:09	00:36:09	00:50:13	01:09:49	01:20:23	01:46:15	02:00:18	02:19:45	02:30:25	02:56:50	03:11:50	03:32:21	SANTIAGO DE COMPOSTELA	NOITEIRA F.C.
134	2120	ROBERTO CID SANMARTIN	03:33:22	00:05:04	03:33:02	00:09:33	00:35:33	00:49:18	01:09:14	01:19:58	01:45:39	01:58:58	02:18:09	02:28:38	02:54:09	03:09:14	03:32:05	PERILLÓ-OLEIROS	CLUB TRIATLÓN CORUÑA
135	2520	EDUARDO CERNADAS VÁSQUEZ	03:34:09	00:05:05	03:33:50	00:09:16	00:33:39	00:46:55	01:06:00	01:16:16	01:41:09	01:54:38	02:14:09	02:25:51	02:54:27	03:10:34	03:32:56	VALDOVIÑO	CLUB DAREZB CLUB CORREDORES PEDRO NIMO
136	1506	PABLO CARNOTA	03:34:23	00:05:05	03:33:07	00:10:01	00:33:46	00:46:47	01:05:01	01:14:58	01:38:47	01:51:43	02:10:10	02:20:29	02:47:33	03:04:54	03:32:32	A CORUÑA	
137	2437	FELIPE PEREZ RIOS	03:35:47	00:05:07	03:34:53	00:10:32	00:36:51	00:51:32	01:12:11	01:23:30	01:51:02	02:06:02	02:25:52	02:36:20	03:01:48	03:15:12	03:34:31	VÍGO	
138	589	ROBERTO IGLESIAS RODRÍGUEZ	03:35:57	00:05:08	03:35:30	00:09:30	00:34:03	00:47:05	01:05:54	01:16:12	01:40:26	01:53:58	02:13:32	02:23:58	02:53:00	03:09:09	03:34:29	AMES	
139	654	PABLO CORDERO RODRIGUEZ	03:36:07	00:05:08	03:35:26	00:09:33	00:33:37	00:46:46	01:05:06	01:15:05	01:39:03	01:51:57	02:10:29	02:20:46	02:51:04	03:10:09	03:34:50	CANGAS DE MORRAZO	
140	1510	MARCOS ORDÓÑEZ RODRIGUEZ	03:36:13	00:05:08	03:35:43	00:09:32	00:35:31	00:49:19	01:09:15	01:19:59	01:45:37	01:58:59	02:18:11	02:28:41	02:55:13	03:11:08	03:34:59	SAUNIER DUVAL	
141	2249	JUAN DÍAZ PARDO	03:36:58	00:05:09	03:36:22	00:09:33	00:35:31	00:49:18	01:09:19	01:19:57	01:45:32	01:58:56	02:18:30	02:28:58	02:56:25	03:12:28	03:35:42	MIÑO	
142	556	MANUEL DOMINGUEZ DE LA FUENTE	03:37:57	00:05:10	03:37:36	00:09:24	00:34:54	00:48:48	01:08:31	01:19:25	01:45:19	01:59:09	02:19:32	02:30:31	02:58:25	03:13:54	03:36:51	OURENSE	ASALTAMONTES-RUN04
143	2129	IESUS EDUARDO PEREZ RODRIGUEZ	03:38:09	00:05:11	03:36:59	00:11:24	00:39:43	00:54:58	01:16:29	01:28:13	01:55:52	02:09:36	02:28:46	02:38:32	03:03:03	03:17:07	03:37:06	PORRIÑO	INDEPENDIENTE
144	778	JOSÉ ANGEL FERNANDEZ IGLESIAS	03:39:17	00:05:12	03:38:51	00:09:30	00:34:09	00:47:22	01:05:54	01:16:02	01:40:26	01:53:39	02:12:58	02:24:09	02:53:41	03:11:54	03:37:54	CULLEREDO	AMIGOS DE SAN DIEGO
145	699	DANIEL CORRIPIO LOPEZ	03:39:23	00:05:12	03:38:39	00:10:13	00:36:21	00:50:34	01:10:24	01:21:09	01:47:47	02:02:12	02:22:27	02:33:37	03:01:21	03:16:23	03:38:12	GIJÓN	AVIENTU CENTENO
146	2331	RUBÉN GARRIDO RIVERO	03:39:40	00:05:13	03:38:53	00:10:23	00:36:00	00:49:48	01:09:31	01:20:22	01:46:12	02:00:08	02:20:09	02:31:10	02:58:23	03:14:19	03:38:12	OURENSE	LICENCIA DE 1 DIA
147	2311	MANUEL FIDALGO BORRAJO	03:39:41	00:05:13	03:38:54	00:10:22	00:36:00	00:49:48	01:09:29	01:20:22	01:46:12	02:00:08	02:20:08	02:31:08	02:58:17	03:14:07	03:38:09	OURENSE	INDEPENDIENTE
148	2440	FRANCISCO VILLACAMPA CAAMAÑO	03:39:57	00:05:13	03:38:36	00:10:37	00:36:23	00:49:13	01:09:20	01:19:57	01:45:45	01:58:59	02:18:12	02:28:38	02:55:36	03:12:47	03:38:20	SADA	
149	931	CÉSAR PEREZ REYES	03:40:09	00:05:14	03:39:15	00:10:03	00:34:33	00:47:47	01:06:36	01:16:54	01:41:44	01:56:03	02:16:34	02:27:55	02:57:03	03:13:52	03:38:44	OVIEDO	
150	954	JORGE MENDEZ ABONJO	03:40:16	00:05:14	03:39:47	00:09:32	00:35:39	00:49:30	01:09:23	01:20:14	01:45:58	02:00:10	02:21:13	02:32:51	03:01:20	03:16:58	03:39:00	VÍGO	
151	2233	JOSÉ CARLOS TABOADA CALVO	03:40:36	00:05:14	03:39:13	00:10:07	00:33:15	00:45:49	01:03:58	01:14:00	01:38:02	01:51:27	02:10:39	02:21:14	02:52:02	03:10:30	03:39:06	LALIN	
152	2227	ÓSCAR DÍAZ PRADO	03:40:44	00:05:14	03:40:07	00:09:35	00:35:11	00:49:02	01:09:03	01:19:50	01:45:29	01:58:55	02:17:48	02:28:41	02:57:18	03:15:21	03:39:34	A CORUÑA	TRIATLÓN MAR DE VIGO
153	773	JUAN JOSÉ GONZALEZ GONZALEZ	03:40:52	00:05:15	03:39:58	00:10:31	00:37:35	00:52:13	01:13:03	01:24:21	01:51:05	02:05:30	02:25:53	02:37:08	03:03:50	03:18:26	03:39:40	GIJÓN	
154	825	FRANCISCO JAVIER GARRIDO BUSTO	03:40:56	00:05:15	03:39:54	00:10:05	00:35:33	00:49:17	01:09:15	01:19:56	01:45:37	01:59:38	02:19:00	02:30:34	02:58:34	03:15:45	03:39:28	A CORUÑA	INDEPENDIENTE
155	754	AURELIO COUSO CAMBEIRO	03:41:27	00:05:15	03:40:26	00:09:55	00:33:59	00:46:49	01:05:05	01:15:06	01:39:04	01:52:28	02:12:46	02:25:38	03:00:48	03:17:34	03:40:12	SANTIAGO	
156	2380	ANTON GARCIA PEREZ	03:41:28	00:05:15	03:40:22	00:10:48	00:37:24	00:51:44	01:12:11	01:23:20	01:50:11	02:04:38	02:25:24	02:36:35	03:04:21	03:19:29	03:40:21	CORUÑA	
157	669	PAULO LIMA	03:41:38	00:05:16	03:41:03	00:10:04	00:35:58	00:50:05	01:10:34	01:21:38	01:48:21	02:03:06	02:24:24	02:36:00	03:03:55	03:19:03	03:40:22	VILA NOVA DE GAIA	
158	2434	DAVID GONZALEZ PARIS	03:41:41	00:05:16	03:40:35	00:10:47	00:37:24	00:51:44	01:12:11	01:23:19	01:50:11	02:04:38	02:25:23	02:36:03	03:03:36	03:19:28	03:40:21	CORU	

192	789	RUBÉN LONGO ÁLVAREZ	03:55:01	00:05:35	03:54:20	00:10:05	00:35:42	00:49:21	01:09:16	01:20:09	01:46:44	02:01:43	02:23:23	02:35:42	03:08:44	03:27:57	03:53:44	OVIEDO	CHICKEN RUNNERS
193	2517	DIEGO SANCHEZ GONZALEZ	03:55:04	00:05:35	03:54:00	00:10:55	00:38:24	00:53:13	01:14:00	01:25:16	01:52:12	02:07:08	02:28:29	02:40:34	03:10:32	03:28:25	03:53:44	MELIDE	CERNE MELIDE
194	905	RUI RIBEIRO	03:55:22	00:05:35	03:54:21	00:10:57	00:38:08	00:53:01	01:14:29	01:26:25	01:54:06	02:09:13	02:30:46	02:42:36	03:12:37	03:29:06	03:54:00	MATOSINHOS	
195	845	RAÚL ALCONADA GARCÍA	03:55:24	00:05:35	03:54:13	00:11:38	00:40:10	00:55:39	01:17:29	01:29:24	01:57:56	02:13:17	02:35:22	02:47:30	03:16:34	03:32:49	03:54:17	VIGO	
196	2400	LUIS ANTONIO GARCIA LINARES	03:55:32	00:05:35	03:54:05	00:11:53	00:40:23	00:55:51	01:17:49	01:29:52	01:58:37	02:14:10	02:36:19	02:48:27	03:17:24	03:33:03	03:54:25	CHANTADA	
197	921	OSCAR FREIXEDO QUINTELA	03:56:51	00:05:37	03:55:31	00:11:36	00:40:20	00:55:40	01:17:29	01:29:14	01:57:14	02:12:34	02:34:29	02:46:23	03:15:52	03:32:15	03:55:30	OURENSE	
198	2268	CÉSAR LAMAS SOTO	03:57:14	00:05:38	03:55:55	00:11:17	00:38:22	00:52:54	01:12:52	01:23:41	01:49:54	02:04:50	02:26:31	02:38:36	03:09:52	03:28:24	03:55:37	A CORUÑA	
199	2419	CHRISTIAN PAIS LIMA	03:57:30	00:05:38	03:56:05	00:11:53	00:40:42	00:56:22	01:18:26	01:30:23	01:59:16	02:15:03	02:36:54	02:48:57	03:18:07	03:33:58	03:56:08	A CORUÑA	
200	2315	BENJAMIN GORGULLO RIVERA	03:57:32	00:05:38	03:56:18	00:10:19	00:35:28	00:49:18	01:09:29	01:20:34	01:47:56	02:03:20	02:25:27	02:39:18	03:11:31	03:30:04	03:56:04	ARES	INDEPENDIENTE
201	2197	MIGUEL LAMEIRO NIETO	03:57:35	00:05:38	03:56:42	00:09:44	00:34:29	00:48:01	01:07:06	01:17:29	01:44:58	01:59:04	02:21:20	02:33:19	03:10:21	03:29:46	03:56:15	SANTA CRUZ- OLEIROS	CASTRO DE LOBADIZ
202	858	GERARDO MAYO LAGE	03:58:01	00:05:39	03:56:50	00:11:39	00:40:10	00:55:39	01:17:29	01:29:25	01:57:56	02:13:17	02:35:21	02:47:30	03:16:34	03:32:49	03:56:36	SANTIAGO DE COMPOSTELA	
203	909	JUAN CABADO POU	03:58:08	00:05:39	03:56:59	00:10:59	00:37:52	00:52:39	01:13:58	01:25:41	01:53:53	02:09:06	02:31:05	02:43:09	03:13:40	03:31:11	03:56:38	OLEIROS	
204	680	RAUL DIEGUEZ DOMINGUEZ	03:58:09	00:05:39	03:57:50	00:09:25	00:34:55	00:48:42	01:08:26	01:19:14	01:47:03	02:02:36	02:24:54	02:37:36	03:10:33	03:29:18	03:56:42	PONTEAREAS	
205	876	GUSTAVO RIOS SANCHEZ	03:58:11	00:05:39	03:56:35	00:11:33	00:39:46	00:55:07	01:17:01	01:29:16	01:58:20	02:13:52	02:36:19	02:48:36	03:18:02	03:34:04	03:56:51	SANTIAGO DE COMPOSTELA	
206	948	JAVIER BLANCO CONDE	03:59:08	00:05:41	03:57:47	00:11:34	00:39:10	00:54:02	01:15:18	01:26:53	01:54:58	02:10:16	02:32:09	02:44:22	03:14:41	03:32:02	03:57:27	A CORUÑA	
207	1056	IGNACIO ESPINOSA VIEITES	04:00:25	00:05:42	03:59:54	00:09:42	00:35:44	00:50:13	01:10:43	01:22:12	01:51:07	02:06:57	02:30:04	02:42:44	03:15:14	03:32:44	03:59:10	A CORUÑA	
208	853	MARCOS CARRERA TABOAS	04:00:30	00:05:42	03:59:26	00:10:23	00:36:10	00:50:11	01:10:14	01:21:07	01:47:22	02:02:08	02:25:02	02:38:15	03:13:58	03:32:54	03:58:55	VIGO	
209	2137	MANUEL RODRIGUEZ COSTA	04:00:46	00:05:43	03:59:52	00:10:35	00:37:10	00:51:40	01:12:43	01:24:20	01:52:25	02:07:36	02:29:45	02:41:46	03:13:35	03:32:23	03:59:31	VILAGARCÍA DE AROUSA	MOBU-BASE RUNNING
210	2110	OSCAR ANDRÉS SILVA	04:04:03	00:05:48	04:03:43	00:09:17	00:34:19	00:47:53	01:07:06	01:17:28	01:42:44	01:57:28	02:19:35	02:34:15	03:10:29	03:31:35	04:02:27	VIGO	CLUB ALEJANDRO GÓMEZ
211	2509	YAGO GARCÍA-RODES MACÍAS	04:05:02	00:05:49	04:03:30	00:11:15	00:37:34	00:51:48	01:11:27	01:22:10	01:47:59	02:02:14	02:22:21	02:34:20	03:09:40	03:31:21	04:03:25	A CORUÑA	INDEPENDIENTE
212	2427	XENE CARREIRA MACÍAS	04:05:32	00:05:50	04:04:05	00:11:35	00:39:09	00:53:47	01:14:56	01:27:10	01:56:31	02:12:18	02:35:51	02:48:38	03:20:21	03:38:34	04:04:03	A CORUÑA	
213	2390	ENRIQUE GARCÍA HERRERO	04:05:42	00:05:50	04:04:09	00:12:09	00:40:42	00:57:00	01:18:59	01:31:02	01:59:52	02:15:28	02:37:34	02:49:54	03:21:13	03:38:11	04:04:15	VIGO	
214	907	JOSÉ LUIS PUENTE FERNÁNDEZ	04:06:54	00:05:52	04:05:40	00:12:20	00:42:01	00:58:19	01:21:20	01:34:04	02:04:57	02:21:46	02:45:59	02:59:02	03:28:19	03:44:00	04:05:42	VALDEFRESNO	
215	2259	HÉCTOR CAJARRILLES ARAJÚO	04:07:20	00:05:52	04:06:28	00:10:35	00:37:15	00:51:48	01:12:12	01:23:16	01:50:03	02:04:40	02:25:53	02:38:33	03:14:23	03:37:00	04:05:55	SANTIAGO DE COMPOSTELA	
216	946	J. ANTONIO CAMPESINO GONZÁLEZ	04:07:50	00:05:53	04:06:45	00:11:02	00:38:28	00:53:27	01:14:52	01:27:58	01:56:26	02:12:22	02:35:29	02:49:02	03:20:25	03:39:16	04:06:22	PIEDROLO-CARREÑO	
217	2124	XOSE MANUEL LAMAS POSE	04:08:18	00:05:54	04:06:52	00:11:32	00:39:02	00:54:02	01:15:35	01:27:12	01:55:54	02:12:00	02:35:46	02:49:28	03:23:12	03:41:52	04:06:53	PORTOMOURO-VAL DO DUBRA	INDEPENDIENTE
218	2359	JÓRGE VENTURA REGO	04:08:42	00:05:54	04:07:51	00:10:51	00:37:01	00:51:47	01:11:47	01:23:07	01:50:03	02:04:49	02:26:24	02:38:15	03:16:37	03:38:12	04:07:09		
219	879	JAVIER MARTI DELGADO	04:09:25	00:05:55	04:08:03	00:11:32	00:40:08	00:55:43	01:17:51	01:29:55	01:58:40	02:14:12	02:36:23	02:48:29	03:17:27	03:36:18	04:07:59	A CORUÑA	
220	1042	IVAN DEL RIO GONZÁLEZ	04:10:59	00:05:57	04:09:50	00:11:22	00:40:08	00:56:06	01:19:01	01:31:35	02:01:48	02:18:18	02:41:42	02:54:48	03:27:34	03:45:00	04:09:33	PEDREZUELA	
221	915	ANTONIO FUENTES SEOANE	04:16:21	00:06:05	04:14:49	00:12:18	00:41:39	00:57:49	01:21:05	01:33:44	01:44:41	02:22:11	02:45:24	02:58:09	03:31:12	03:49:30	04:14:55	CULLEREDO	
222	811	HANSEL ALVAREZ LOPEZ	04:16:37	00:06:05	04:15:22	00:11:25	00:39:26	00:54:31	01:16:04	01:27:54	01:56:54	02:13:00	02:36:39	02:49:51	03:24:09	03:44:53	04:14:58	LEON	INDEPENDIENTE
223	709	ARTUR COSTA	04:20:10	00:06:10	04:19:32	00:10:42	00:38:57	00:54:30	01:16:37	01:28:32	01:57:18	02:13:08	02:37:19	02:51:25	03:29:03	03:49:55	04:18:33	PORTO	COMPANHIA BAZÓFIAS
224	920	ALBERTO CAO PENA	04:21:50	00:06:13	04:20:28	00:13:11	00:44:56	01:01:57	01:26:51	01:40:22	02:13:00	02:31:09	02:55:02	03:08:33	03:41:18	03:58:27	04:20:34	339979331BURELA	
225	808	PABLO OTERO DIAZ	04:22:01	00:06:13	04:21:09	00:10:04	00:35:40	00:49:44	01:10:04	01:21:14	01:49:29	02:06:14	02:33:18	02:47:37	03:27:06	03:50:02	04:20:36	SANTIAGO DE COMPOSTELA	INDEPENDIENTE
226	2548	MIJAIL MORIATOV YAKIMICHEVA	04:24:39	00:06:17	04:24:37	00:08:34	00:33:08	00:46:15	01:05:59	01:16:52	01:44:11	01:59:28	02:22:42	02:35:45	03:37:00	03:55:35	04:23:12	VILARODÍAS- ARTEIXO	
227	2424	JOSÉ MARÍA LAMELA BARCIA	04:25:33	00:06:18	04:24:23	00:10:30	00:36:14	00:50:16	01:09:49	01:20:35	01:47:07	02:02:55	02:26:40	02:45:12	03:28:30	03:53:50	04:24:22	LUGO	
228	2453	JOSÉ MANUEL CASÁS CASÁS	04:26:56	00:06:20	04:25:57	00:11:28	00:40:21	00:56:23	01:19:38	01:32:19	02:03:53	02:20:43	02:45:07	02:58:33	03:32:05	03:52:34	04:25:30	A CORUÑA	
229	1504	HUMBERTO AGEITOS GUDE	04:27:58	00:06:22	04:26:32	00:11:42	00:40:08	00:55:48	01:17:53	01:29:56	01:58:53	02:13:41	02:35:54	02:50:51	03:28:06	03:53:14	04:26:23	RIVEIRA	INDEPENDIENTE
230	2095	FELIPE PÉREZ LÓPEZ	04:29:40	00:06:24	04:28:00	00:11:45	00:39:18	00:54:09	01:15:39	01:27:54	01:56:14	02:12:16	02:34:57	02:48:30	03:29:39	03:54:02	04:28:27	LUGO	ACADEMIA JMIRIVAS
231	809	JAVIER OUBIÑA AUBIN	04:49:28	00:06:52	04:47:44	00:14:26	00:51:15	01:10:22	01:37:18	01:52:06	02:26:58	02:45:37	03:12:15	03:26:12	04:02:25	04:22:13	04:48:13	A CORUÑA	INDEPENDIENTE
232	995	RODRIGO RUBIAL LEMUS	04:54:26	00:06:59	04:52:41	00:14:26	00:51:15	01:10:22	01:37:18	01:52:06	02:26:57	02:45:36	03:12:15	03:26:12	04:02:25	04:23:52	04:53:09	A CORUÑA	
233	812	ALVARO PÉREZ BALMORI	04:56:02	00:07:01	04:54:28	00:13:12	00:44:57	01:01:58	01:26:51	01:40:22	02:13:01	02:31:46	02:58:56	03:14:45	03:56:07	04:23:03	04:54:32	GIJÓN	INDEPENDIENTE
DQ.Art.	1060	ALBERTO POUSADA DUARTE	03:20:06	00:04:45	03:20:06	01:17:13	00:34:08	01:55:05	03:19:04		02:48:24							A CORUÑA	NOSPORTLIMIT-TREK GALICIA
DQ.Art.	813	JUAN PEDRO BESCANS ALONSO	03:55:50	00:05:36	03:54:28	00:12:15	03:14:41	03:30:53	03:54:26									LA CORUÑA	INDEPENDIENTE
DQ.Art.	701	ERNESTO CODESIDO GARCIA	03:35:45	00:05:07	03:35:10	00:09:31	00:35:33	00:49:17	01:09:13	01:19:58	01:45:35	01:58:57	02:18:14	02:29:16	02:57:02	03:12:21	03:34:17	MARCHAMALO	C.A.MARCHAMALO
DQ.Art.	960	JOSE MANUEL SOUTO BARREIRO	04:01:56	00:05:45	04:01:56	02:34:51	03:16:23	03:34:58	04:00:33									OVIEDO	
DQ.Art.	955	JÓRGE ANTONIO BEJAR RAIZOS	01:21:46	00:01:57	01:20:19	00:11:57	00:41:42	00:57:47	01:20:16	01:34:16	02:06:52	02:27:22	03:08:13					A CORUÑA	
DQ.Art.	2310	FRANCISCO ESTEVEZ CID	03:58:44	00:05:40	03:57:08	00:11:54	00:39:59	00:55:07	01:16:44	01:28:26	01:56:40	02:12:05	02:34:34	02:46:38	03:17:26	03:33:04	03:57:15	OLEIROS	INDEPENDIENTE
DQ.Art.	2072	CARLOS SANTOS MARTÍNEZ		00:05:40		00:09:10	00:33:50	00:47:07	01:05:55	01:16:09	01:40:42	01:54:05						A CORUÑA	SIEIRO RUNNING

V1F VETER/Inscritos:

12 Llegados: 11

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	501	SONIA PRIETO GARCIA	03:08:29	00:04:29	03:08:25	00:07:51	00:29:28	00:41:17	00:58:10	01:07:26	01:29:24	01:41:24	01:59:29	02:09:29	02:34:04	02:48:00	03:07:20	TF8622	PUERTO DE LA CRUZ	CLUB ATLETAS97
2	1004	BEGOÑA FEIJOO																		

17	535 DAVID BRUN PINTOR	02:59:34	00:04:16	02:59:31	00:08:01	00:29:48	00:41:33	00:58:22	01:07:26	01:29:24	01:41:15	01:57:45	02:06:46	02:28:41	02:40:56	02:58:31	CAMBRE	CLUB RIALTO	
18	578 VITALIANO SUAREZ GONZALEZ	03:00:20	00:04:17	03:00:08	00:08:07	00:29:57	00:41:51	00:58:33	01:07:37	01:29:32	01:41:17	01:58:00	02:07:10	02:29:20	02:41:32	02:59:21	AS3912	RIBADESELLA	S.C.D. RIBADESELLA
19	584 MIGUEL ANGEL ZAS MANEIRO	03:00:51	00:04:18	03:00:40	00:07:55	00:28:51	00:40:25	00:56:42	01:05:36	01:27:03	01:38:53	01:55:50	02:05:18	02:28:58	02:42:08	02:59:56		SANTIAGO DE COMPOSTELA	
20	2030 PAULO MUIÑO PEDREIRA	03:01:09	00:04:18	03:01:06	00:07:51	00:29:31	00:41:20	00:58:10	01:07:21	01:29:13	01:41:15	01:58:01	02:07:21	02:30:05	02:42:46	03:00:13		CAMBRE	CLUB ATLETISMO CORUÑA COMARCA
21	2529 RICARDO ARAÚJO PÉREZ	03:01:12	00:04:18	03:00:59	00:07:52	00:29:23	00:40:56	00:57:17	01:06:18	01:28:02	01:39:47	01:56:35	02:05:44	02:28:13	02:41:22	03:00:14	AG769161	VERÍN	ATLETISMO AREITEIRO
22	2545 PABLO RODRÍGUEZ-LORASQUE VÁZQUEZ	03:01:48	00:04:19	03:00:12	00:09:57	00:31:26	00:43:10	00:59:55	01:09:07	01:30:34	01:42:17	01:59:06	02:08:15	02:30:49	02:43:06	03:00:47	ag 766884	A CORUÑA	NOSPORTLIMIT
23	2496 JOSE ANTONIO JUANETEY PÉREZ	03:03:40	00:04:22	03:03:30	00:08:33	00:30:38	00:42:30	00:59:07	01:08:15	01:30:04	01:41:55	01:58:52	02:08:01	02:30:27	02:43:36	03:02:36	A-9873	SANTIAGO DE COMPOSTELA	ATLETISMO FONTES DO SAR
24	533 AQUILINO ASEÑO PACIOS	03:03:58	00:04:22	03:03:53	00:08:03	00:29:51	00:41:34	00:58:24	01:07:27	01:29:27	01:41:17	01:58:02	02:07:27	02:30:25	02:43:38	03:02:51		PONFERRADA	CDE ATLETISMO ULTRAFONDO CANTABRIA
25	2037 JOSE LUIS CALO GONZALEZ	03:04:12	00:04:22	03:04:04	00:08:29	00:30:59	00:42:30	01:00:16	01:09:25	01:31:29	01:43:44	02:00:45	02:10:06	02:32:43	02:45:15	03:03:10		AMES	
26	2158 EMILIO FERNANDEZ SORRIBAS	03:04:13	00:04:22	03:03:57	00:08:34	00:30:39	00:42:31	00:59:10	01:08:16	01:30:04	01:41:54	01:58:53	02:08:03	02:31:02	02:44:15	03:03:08		OURENSE	
27	2096 JOSE LUIS NOVOA CID	03:05:18	00:04:24	03:05:18	00:08:35	00:30:38	00:42:30	00:59:09	01:08:16	01:30:04	01:41:53	01:58:52	02:08:02	02:31:06	02:44:33	03:04:07		OURENSE	AFIADORES OURENSE
28	2036 LUIS MENDEZ TORRES	03:05:32	00:04:24	03:05:29	00:07:27	00:27:31	00:38:24	00:54:15	01:03:04	01:25:07	01:37:21	01:54:57	02:04:54	02:30:32	02:45:29	03:04:36		POBRA DO CARAMIÑAL, A	
29	598 MANUEL BARRIOS VIDAL	03:05:35	00:04:24	03:05:26	00:08:13	00:30:12	00:42:01	00:58:29	01:07:27	01:29:26	01:41:18	01:58:11	02:07:38	02:31:39	02:45:17	03:04:34		ZAMORA	
30	2487 JORGE MANUEL GARCÍA RODRIGUEZ	03:05:50	00:04:25	03:05:47	00:07:52	00:29:25	00:40:56	00:57:20	01:06:18	01:28:02	01:39:47	01:56:43	02:06:19	02:29:46	02:43:41	03:04:50	AG 767429	SANTIAGO DE COMPOSTELA	NOITEBRA
31	2155 SIMON LOPEZ EIROA	03:05:55	00:04:25	03:05:49	00:08:05	00:29:52	00:41:34	00:58:24	01:07:35	01:29:28	01:41:19	01:58:02	02:07:26	02:31:15	02:45:05	03:04:52		PERILLO OLEIROS	
32	2482 MARCOS GONZÁLEZ TALAVERO	03:06:03	00:04:25	03:05:58	00:08:05	00:29:43	00:41:34	00:58:22	01:07:27	01:29:25	01:41:16	01:58:01	02:07:26	02:31:14	02:45:21	03:04:53		ORRO CULLEREDO	CLUB RIALTO
33	555 TOMAS GOMEZ OCEJO	03:06:23	00:04:26	03:06:15	00:08:02	00:29:49	00:41:33	00:58:21	01:07:26	01:29:25	01:41:16	01:58:07	02:08:05	02:32:24	02:46:00	03:05:19		RAMALES DE LA VICTORIA	AD EMPORIUM
34	2043 IVAN LUGRIS BETETA	03:06:59	00:04:26	03:06:51	00:08:05	00:29:51	00:41:36	00:58:25	01:07:31	01:29:26	01:41:22	01:58:57	02:09:01	02:32:58	02:46:50	03:05:53		MELIDE	ASOCIACION DEPORTIVA CERNE
35	687 JULIO JOSE GIL VÓCES	03:07:34	00:04:27	03:07:21	00:08:35	00:31:23	00:43:00	01:01:06	01:10:33	01:33:15	01:45:27	02:02:53	02:12:21	02:35:32	02:48:53	03:06:36		FERROL	
36	9 JOSE SANTOS PROL CAMBADOS	03:07:49	00:04:28	03:07:45	00:08:00	00:29:51	00:41:43	00:58:53	01:08:36	01:31:03	01:43:23	02:01:05	02:10:50	02:34:40	02:48:08	03:06:39	AG 766891		AT RIA DE AROUSA
37	2090 IVAN LAMELA MARTINEZ	03:08:30	00:04:29	03:08:19	00:08:05	00:29:50	00:41:34	00:58:23	01:07:27	01:29:26	01:41:25	01:58:39	02:08:07	02:32:09	02:46:20	03:07:19		MUROS	
38	655 DAVID ALCANTARA TENNEIRO	03:08:31	00:04:29	03:07:25	00:09:37	00:31:54	00:44:01	01:01:11	01:10:25	01:32:46	01:45:09	02:02:41	02:11:55	02:35:15	02:48:27	03:07:23		A CORUÑA	
39	2175 CESAR ANTONIO RIVERA CORRAL	03:08:33	00:04:29	03:08:18	00:08:28	00:30:35	00:42:32	00:59:19	01:08:32	01:30:43	01:42:46	02:00:22	02:09:51	02:33:31	02:47:14	03:07:21		CARBALLIÑO	
40	2132 MARIAS GARCIA-ANLLO REINOSO	03:09:34	00:04:30	03:08:56	00:08:55	00:31:08	00:43:05	00:59:45	01:08:50	01:31:04	01:43:20	02:00:45	02:10:07	02:33:56	02:48:25	03:08:22		VILALBA	JIMBARAM
41	554 JOSE SOUSA	03:10:40	00:04:32	03:10:35	00:07:50	00:29:28	00:41:16	00:58:10	01:07:57	01:32:09	01:45:26	02:04:06	02:14:13	02:38:05	02:51:30	03:09:41		QUELIZ	A.A. LEBRES DO SADO
42	661 ANTONIO FRANCO	03:10:58	00:04:32	03:10:44	00:08:44	00:31:47	00:44:19	01:02:03	01:11:38	01:34:33	01:46:58	02:04:37	02:14:13	02:37:53	02:51:19	03:09:51		PORTO	
43	590 ALBERTO GÓMEZ GARCÍA	03:11:45	00:04:33	03:11:34	00:08:13	00:30:11	00:42:01	00:58:52	01:08:03	01:30:13	01:41:56	01:58:53	02:08:04	02:32:07	02:48:15	03:10:19		FERROL	
44	940 FELIPE ANDRÉS MUÑOZ	03:11:51	00:04:33	03:11:38	00:08:38	00:31:41	00:44:18	01:02:08	01:11:45	01:35:02	01:47:47	02:05:43	02:15:20	02:38:43	02:51:41	03:10:41		COŚLADA	
45	2142 PEDRO MARCELO TOMÉ HERNANDO	03:12:36	00:04:34	03:12:02	00:08:53	00:32:04	00:44:32	01:01:50	01:11:20	01:33:56	01:46:15	02:04:09	02:14:00	02:38:17	02:52:05	03:11:35	35316884	MARIN	TRIATLON MOTOBIKE PONTEVEDRA
46	589 JOSE MANUEL BOTAS DOMINGUEZ	03:13:04	00:04:35	03:12:50	00:08:41	00:31:33	00:43:52	01:01:06	01:10:30	01:33:14	01:45:27	02:02:53	02:12:22	02:36:14	02:51:07	03:11:52		LEON	
47	7 JUAN CARLOS MARTINEZ VALVERDE	03:13:14	00:04:35	03:13:13	00:06:48	00:26:58	00:38:11	00:54:26	01:03:32	01:25:43	01:38:11	01:56:11	02:06:29	02:33:48	02:50:04	03:11:58	AG 764753		VERXEL MUNICION DEP
48	606 ALEJANDRO FERNÁNDEZ HURTADO	03:13:38	00:04:36	03:13:24	00:08:34	00:31:01	00:43:15	01:00:45	01:10:15	01:33:12	01:45:38	02:03:34	02:13:20	02:37:40	02:51:35	03:12:21		ESPINAR, EL	C.A. A GATAS
49	630 ARTURO CASTRO PADIN	03:13:39	00:04:36	03:13:19	00:08:53	00:32:16	00:44:45	01:03:02	01:13:01	01:36:57	01:49:35	02:07:51	02:17:48	02:42:12	02:55:25	03:12:41		VILAGARCIA DE AROUSA	INDEPENDIENTE
50	756 RAFAEL COBOS QUESADA	03:15:06	00:04:38	03:14:20	00:09:57	00:34:17	00:47:23	01:05:58	01:15:59	01:39:45	01:52:28	02:10:24	02:20:00	02:43:27	02:56:15	03:14:11		FUENLABRADA	
51	657 JOSE ALBERTO LOPEZ FERNANDEZ	03:15:07	00:04:38	03:14:44	00:09:08	00:32:36	00:45:22	01:03:18	01:13:14	01:36:58	01:49:36	02:07:53	02:17:51	02:42:21	02:55:59	03:14:05		PONFERRADA	
52	2184 DIEGO ROJO GARRIDO	03:15:11	00:04:38	03:14:56	00:08:47	00:32:16	00:44:45	01:03:03	01:13:02	01:36:57	01:49:36	02:07:52	02:17:50	02:42:12	02:55:26	03:14:04		Q MILLADOIRO - AMES	
53	618 JUAN ANTONIO VALENZUELA LOPEZ	03:15:44	00:04:39	03:15:21	00:08:55	00:32:22	00:45:05	01:03:18	01:13:04	01:36:58	01:49:37	02:07:53	02:17:49	02:42:14	02:55:27	03:14:37		BÉJAR	ECOSPORT
54	2498 JAVIER LÓPEZ PIÑEIRO	03:15:58	00:04:39	03:15:44	00:08:39	00:31:14	00:43:39	01:01:06	01:10:33	01:33:19	01:46:02	02:04:39	02:14:58	02:40:25	02:55:20	03:14:52	AG 764880	A CORUÑA	ATLETISMO RIAZOR CORUÑA
55	794 JUAN LOUREIRO	03:16:43	00:04:40	03:15:37	00:09:46	00:33:50	00:46:57	01:05:42	01:15:31	01:38:48	01:51:34	02:09:33	02:19:23	02:43:20	02:56:37	03:15:48		A COTUÑA	COMPAÑIA DE TRANVIAS
56	663 RAUL ALVAREZ MORAN	03:17:29	00:04:41	03:16:56	00:09:30	00:33:37	00:46:46	01:05:06	01:15:05	01:39:02	01:51:55	02:10:29	02:20:32	02:44:38	02:57:42	03:16:23		LUANCO	
57	2115 ANTONIO GARCÍA PARDO	03:17:42	00:04:42	03:17:21	00:08:47	00:32:03	00:44:33	01:02:15	01:12:02	01:35:14	01:47:46	02:05:43	02:15:20	02:38:48	02:52:47	03:16:33		LUGO	CLUB CICLISTA CORRECAMIÑOS LUGO
58	705 JOSE ANTONIO NAVARRO BRAGA	03:17:54	00:04:42	03:17:22	00:09:30	00:33:38	00:46:47	01:05:05	01:15:05	01:39:02	01:51:56	02:10:29	02:20:32	02:44:44	02:58:17	03:16:51		AVILÉS	CHANWAS
59	1502 RAUL HOYUELOS ARANDA	03:18:16	00:04:42	03:17:45	00:08:50	00:32:14	00:44:43	01:03:00	01:13:05	01:36:56	01:49:35	02:07:50	02:17:51	02:42:13	02:55:49	03:17:01		OLEIROS	
60	665 ÁLVARO BARRÓS ARAÚJO	03:19:09	00:04:44	03:18:45	00:09:00	00:32:37	00:45:29	01:03:31	01:13:30	01:38:04	01:50:52	02:08:41	02:18:19	02:43:02	02:57:12	03:18:04		VIGO	
61	1053 MANUEL PERIÁÑEZ ROMERO	03:19:12	00:04:44	03:18:47	00:08:51	00:32:03	00:44:22	01:02:12	01:12:09	01:36:05	01:49:00	02:06:58	02:16:49	02:42:50	02:57:36	03:18:04		SEVILLA	AMIGOS DEL PARQUE DE MARIA LUISA
62	929 ARIEL AQUINO VÁZQUEZ	03:19:16	00:04:44	03:18:35	00:09:27	00:32:32	00:45:03	01:03:04	01:13:05	01:36:59	01:49:47	02:07:58	02:17:55	02:43:05	02:57:16	03:17:58		LA CORUÑA	
63	2104 LUIS SANTIAGO COSTA	03:20:57	00:04:46	03:20:39	00:08:51	00:32:15	00:44:49	01:03:03	01:13:04	01:36:58	01:49:57	02:08:45	02:19:00	02:44:28	02:59:04	03:19:45		VIGO	ATLETISMO VIGO
64	2061 GUILLERMO JOSE RIVAS GONZÁLEZ	03:21:08	00:04:46	03:20:59	00:08:01	00:29:47	00:41:32	00:58:20	01:07:26	01:29:25	01:42:16	02:02:51	02:14:30	02:42:02	02:58:06	03:19:59		PONTEVEDRA	INDEPENDIENTE
65	2243 MIGUEL ANGEL GARCÍA GONZÁLEZ	03:22:08	00:04:48	03:21:28	00:09:46	00:34:52	00:48:27	01:07:32	01:17:53	01:42:38	01:55:52	02:14:25	02:24:24	02:48:46	03:01:51	03:21:00		A CORUÑA	
66	2444 FRANCISCO JAVIER GONZÁLEZ LEDO	03:22:21	00:04:48	03:21:32	00:09:26	00:32:04	00:44:34	01:02:16	01:12:03	01:35:30	01:48:18	02:06:49	02:17:03	02:42:44	02:57:59	03:21:14		CULLEREDO	

100	670	PABLO RODRIGUEZ GONZALEZ	03:31:30	00:05:01	03:30:40	00:09:52	00:35:35	00:49:18	01:09:16	01:19:58	01:45:40	01:59:04	02:18:11	02:28:40	02:54:13	03:08:39	03:30:10	ABLES-LLANERA	
101	2225	ALBERTO BOLIBAR MACIAS	03:31:33	00:05:01	03:31:00	00:09:36	00:35:37	00:49:26	01:09:20	01:20:07	01:45:44	01:59:09	02:18:13	02:28:41	02:54:15	03:08:58	03:30:18	A CORUÑA	RIALTO
102	2355	MANUEL VAZQUEZ RAMOS	03:31:56	00:05:02	03:31:27	00:09:53	00:35:19	00:48:55	01:08:08	01:18:33	01:43:16	01:56:32	02:15:25	02:25:49	02:52:40	03:08:00	03:30:35	ARANGA	
103	16	LUIS MANUEL BUSIÈRES FERREIRA	03:32:37	00:05:03	03:32:13	00:09:23	00:33:59	00:47:21	01:06:22	01:16:48	01:41:46	01:55:24	02:14:56	02:25:47	02:52:52	03:07:55	03:30:56	AG 768909 A CORUÑA	CLUBE ATLETISMO BOIMORTO
104	2111	FRANCISCO BUESO	03:33:01	00:05:03	03:32:15	00:10:10	00:35:56	00:49:30	01:09:19	01:19:13	01:46:12	02:00:09	02:19:39	02:30:27	02:56:50	03:12:24	03:31:57	BAZA	CLUB ATLETISMO BAZA
105	2256	PABLO BUCETA BLANCO	03:33:46	00:05:04	03:33:12	00:09:29	00:33:47	00:47:21	01:06:42	01:17:22	01:43:12	01:57:32	02:17:32	02:28:27	02:54:53	03:10:15	03:32:32	CULLEREDO	
106	2219	Diego Seco Lamas	03:33:51	00:05:05	03:33:09	00:10:04	00:36:04	00:50:07	01:09:49	01:20:33	01:46:21	02:00:29	02:20:21	02:31:07	02:57:26	03:11:49	03:32:29	O BARCO DE VALDEORRAS	LICENCIA DE 1 DIA
107	40	Ricardo Cela Fernandez	03:33:52	00:05:05	03:33:10	00:10:03	00:36:04	00:50:07	01:09:49	01:20:33	01:46:21	02:00:29	02:20:21	02:31:07	02:57:27	03:11:50	03:32:29	AG 767308 O BARCO DE VALDEORRAS	A.D.A.S.
108	855	PABLO GARCÍA DEUS	03:34:16	00:05:05	03:32:58	00:11:24	00:37:02	00:50:57	01:10:17	01:21:02	01:46:44	02:00:43	02:20:09	02:31:11	02:57:14	03:11:39	03:32:54	VILAGARCÍA DE AROUSA	
109	2266	MANUEL CABARCOS MIRAGAYA	03:35:20	00:05:07	03:34:42	00:09:30	00:34:35	00:48:16	01:07:19	01:18:01	01:43:42	01:57:51	02:17:13	02:28:10	02:56:09	03:12:26	03:34:14	VILALBA	
110	759	DAVID ANTON ARIAS GARCIA	03:35:24	00:05:07	03:35:09	00:09:32	00:35:25	00:49:18	01:09:13	01:19:57	01:45:42	01:58:57	02:18:09	02:28:45	02:55:49	03:11:34	03:34:08	MADRID	
111	2307	JAVIER DOPAZO LOUZAN	03:35:43	00:05:07	03:34:43	00:10:16	00:35:34	00:48:58	01:08:19	01:18:47	01:43:52	01:57:31	02:17:39	02:28:32	02:54:30	03:11:08	03:34:26	PONTEVEDRA	GASTASUELAS TEAM
112	902	EUGENIO DE MIGUEL MIRO	03:35:53	00:05:07	03:35:01	00:10:06	00:35:36	00:49:17	01:09:12	01:19:56	01:45:38	01:58:59	02:18:18	02:29:23	02:57:05	03:13:06	03:34:40	A CORUÑA	
113	2456	MANUEL MIYARES CES	03:36:55	00:05:09	03:36:09	00:09:15	00:32:14	00:44:44	01:03:00	01:13:00	01:36:56	01:49:39	02:08:36	02:19:37	02:52:00	03:11:54	03:35:39	PORTO DO SON	
114	2363	ISAAC MARTINEZ CHOUZA	03:37:10	00:05:09	03:36:31	00:10:29	00:36:25	00:50:29	01:10:27	01:21:45	01:48:03	02:02:28	02:22:02	02:33:00	02:59:44	03:15:01	03:36:17	GONDOMAR	
115	2230	FRANCISCO XOSÉ CANDIA DURÁN	03:37:39	00:05:10	03:37:06	00:09:24	00:32:50	00:45:23	01:03:27	01:14:07	01:39:03	01:53:11	02:14:44	02:27:36	02:57:07	03:13:49	03:36:28	LUGO	UNIVERSIDADE SANTIAGO DE COMPOSTELA
116	2423	FABRICIO FERRO FOLGAR	03:38:13	00:05:11	03:37:22	00:10:31	00:36:45	00:50:24	01:10:22	01:21:08	01:47:46	02:02:12	02:22:27	02:33:37	03:01:21	03:16:23	03:37:06	CUNTIS	
117	2330	DELI SOLSONA ORTIZ	03:39:05	00:05:12	03:38:09	00:10:25	00:36:12	00:50:16	01:10:25	01:21:20	01:47:44	02:01:51	02:22:04	02:33:11	03:01:55	03:16:36	03:37:49	BALAGUER	LES ROQUETES ATHLETIC CLUB
118	2361	JOSÉ MANUEL MONTORO VILAR	03:39:06	00:05:12	03:38:18	00:10:09	00:35:38	00:49:27	01:09:19	01:20:18	01:45:58	01:59:49	02:20:03	02:33:22	02:59:24	03:15:21	03:37:50	BERTAMIRANS-AMES	
119	2360	LUIS FERNANDEZ ESPADA	03:39:36	00:05:13	03:38:09	00:11:25	00:38:13	00:52:29	01:12:55	01:24:07	01:50:41	02:05:17	02:25:45	02:36:51	03:03:42	03:18:09	03:38:21	DORNEA (OLEIROS)	
120	711	JOSÉ ÁNGEL LOPEZ PEREZ	03:39:53	00:05:13	03:39:30	00:09:31	00:35:29	00:49:16	01:09:11	01:19:55	01:45:33	01:58:56	02:18:01	02:28:18	02:54:14	03:10:42	03:38:30	A CORUÑA	Ely RUNNERS
121	928	ANTONIO OLIVEIRA	03:39:55	00:05:13	03:39:40	00:09:24	00:35:11	00:49:11	01:09:10	01:19:55	01:45:37	02:00:07	02:21:12	02:32:53	03:01:37	03:17:13	03:38:40	PORTO	
122	692	MANUEL ANTONIO RAMOS SILVA	03:40:07	00:05:13	03:39:47	00:09:36	00:35:40	00:49:40	01:09:59	01:20:59	01:47:43	02:02:06	02:22:45	02:34:03	03:01:41	03:16:40	03:38:45	PORTO	
123	667	CARLOS SALOTREGUI DARRIBA	03:40:51	00:05:15	03:40:07	00:09:37	00:33:30	00:46:13	01:04:31	01:14:25	01:38:34	01:52:15	02:12:47	02:24:54	02:54:22	03:11:32	03:39:19	FERROL	
124	2214	JOSÉ VIDAL RODRIGUEZ	03:41:33	00:05:16	03:40:45	00:10:08	00:35:38	00:49:27	01:09:23	01:21:15	01:47:00	02:00:55	02:21:09	02:32:14	03:00:58	03:16:55	03:40:15	BERTAMIRANS	INDEPENDIENTE
125	2203	PEDRO MIGUEL ALONSO	03:42:03	00:05:16	03:41:52	00:09:23	00:35:14	00:49:12	01:08:49	01:19:42	01:45:34	01:58:57	02:18:22	02:29:18	02:57:49	03:15:28	03:40:42	ESPAÑOL	CLUB TRIATLON MAR DE VIGO
126	2306	ALBERTO ARAMBURU GARCÍA-PINTOS	03:43:09	00:05:18	03:42:09	00:10:16	00:35:35	00:48:58	01:08:19	01:18:48	01:43:52	01:57:31	02:17:39	02:28:32	02:57:27	03:14:23	03:41:18	PONTEVEDRA	GASTASUELAS TEAM
127	957	JOSÉ LUIS GONZALEZ FRANCO	03:43:44	00:05:19	03:42:56	00:09:49	00:35:37	00:49:30	01:09:20	01:20:08	01:45:45	01:59:39	02:19:18	02:30:29	02:58:55	03:16:21	03:42:31	VILAGARCIA DE AROUSA	
128	2303	MIGUEL SEÑORIS BARGO	03:44:08	00:05:19	03:43:04	00:10:53	00:37:58	00:52:31	01:12:53	01:23:59	01:50:50	02:05:31	02:25:57	02:37:20	03:06:50	03:22:16	03:42:56	A CORUÑA	ESPRINTES OURENSE
129	605	MIGUEL ANGELO OLIVEIRA RODRIGUEZ	03:44:40	00:05:20	03:44:14	00:09:42	00:35:02	00:48:19	01:07:19	01:17:36	01:41:45	01:55:04	02:14:16	02:26:38	03:00:11	03:18:49	03:43:27	TORDESILLAS	C.A CAJA RURAL TORDESILLAS
130	721	PABLO JAVIER GARCÍA MARTÍNEZ	03:44:46	00:05:20	03:43:56	00:10:31	00:37:02	00:50:55	01:10:47	01:21:49	01:48:21	02:03:03	02:24:06	02:35:23	03:03:41	03:19:58	03:43:27	A CORUÑA	INDEPENDIENTE
131	1052	JUAN ANTONIO BALLESTEROS GARCIA	03:45:01	00:05:20	03:44:09	00:10:29	00:37:27	00:51:50	01:13:08	01:24:34	01:52:07	02:06:55	02:28:11	02:39:45	03:07:17	03:22:16	03:43:42	PADUL	OTERO
132	767	RICARDO CASTRO GARCIA	03:45:31	00:05:21	03:44:40	00:10:51	00:37:01	00:51:14	01:11:46	01:23:07	01:50:03	02:04:49	02:26:23	02:38:14	03:06:30	03:22:15	03:44:15	VIGO	
133	2534	MARIO OTERO DÍAZ	03:46:30	00:05:23	03:45:36	00:10:27	00:37:09	00:51:39	01:12:14	01:23:26	01:50:35	02:05:25	02:26:33	02:38:10	03:06:52	03:22:17	03:44:59	AG-76682 SANTIAGO DE COMPOSTELA	C. ATLETISMO RIA DE AROUSA
134	922	MIGUEL CARNEIRO	03:46:37	00:05:23	03:45:37	00:11:11	00:38:52	00:53:39	01:14:32	01:26:04	01:53:41	02:08:32	02:29:50	02:41:36	03:09:25	03:24:20	03:45:28	PÓVOA DE VARZIM	
135	1019	JAIMÉ MARTINEZ SABIO	03:46:38	00:05:23	03:46:07	00:09:54	00:36:41	00:50:48	01:10:56	01:22:11	01:48:52	02:03:24	02:24:41	02:36:31	03:05:44	03:22:23	03:45:27	CAMBRE	
136	1051	DANIEL CASTELO GUERRERO	03:47:07	00:05:23	03:45:31	00:11:55	00:38:10	00:51:58	01:11:28	01:21:57	01:47:27	02:01:27	02:21:21	02:32:33	03:01:28	03:19:04	03:45:29	VIGO	
137	743	PABLO GARCIA VAZQUEZ	03:47:29	00:05:24	03:46:38	00:10:30	00:37:27	00:51:43	01:12:40	01:24:16	01:51:32	02:05:41	02:25:58	02:36:59	03:04:35	03:22:07	03:45:59	OLEIROS	
138	976	MANUEL PINTO NEVES	03:48:04	00:05:25	03:46:54	00:10:58	00:38:09	00:52:50	01:13:54	01:25:10	01:52:09	02:06:56	02:28:12	02:39:46	03:08:04	03:24:09	03:46:49	PORTO	
139	2364	JOSE LUIS LOPEZ ALVAREZ	03:48:38	00:05:26	03:47:46	00:10:30	00:36:25	00:50:19	01:10:21	01:21:05	01:46:33	02:00:43	02:21:48	02:33:38	03:02:04	03:20:17	03:47:27	LEIRADO	
140	2274	FERNANDO OTERO RAMIREZ	03:48:43	00:05:26	03:48:02	00:10:27	00:37:05	00:51:45	01:12:38	01:23:57	01:51:10	02:06:02	02:27:15	02:38:55	03:08:07	03:24:42	03:47:28	VIGO	A BOUZA SPRINT
141	776	NELSON MOTA	03:48:47	00:05:26	03:47:27	00:11:46	00:41:43	00:56:38	01:17:34	01:28:52	01:56:18	02:11:06	02:31:17	02:42:37	03:10:37	03:26:15	03:47:32	TORRES VEDRAS	ACOREANA CLUB BANIF
142	781	JOSÉ MIGUEL DIEGO FERNANDEZ	03:49:43	00:05:27	03:49:00	00:10:03	00:34:57	00:48:16	01:07:41	01:18:07	01:43:19	01:56:33	02:15:26	02:25:49	02:51:26	03:10:18	03:47:47	POLA DE SIERO	ATL BASE SIERO (CALEYERU)
143	953	JOAQUIN CAÑIZARES FERRANDO	03:49:57	00:05:27	03:48:47	00:10:55	00:37:16	00:51:42	01:12:20	01:23:48	01:50:57	02:05:49	02:27:20	02:39:06	03:09:44	03:26:19	03:48:35	VILLAKUILAMBRE	
144	805	CARLOS PARRA PEREZ	03:50:03	00:05:28	03:48:38	00:11:42	00:39:30	00:54:28	01:15:39	01:27:12	01:54:53	02:09:45	02:31:01	02:42:38	03:11:07	03:26:46	03:48:42	PONTEVEDRA	INDEPENDIENTE
145	822	LEONARDO LOPEZ PAZOS	03:50:03	00:05:28	03:48:38	00:11:42	00:39:29	00:54:28	01:15:38	01:27:12	01:54:53	02:09:45	02:31:01	02:42:38	03:11:07	03:26:45	03:48:43	PONTEVEDRA	INDEPENDIENTE
146	2366	ROBERTO BANDE RAMUDO	03:50:16	00:05:28	03:49:17	00:11:03	00:37:06	00:51:08	01:11:27	01:22:33	01:49:22	02:04:19	02:25:45	02:37:35	03:08:32	03:24:52	03:49:03	LUGO	
147	2377	MANUEL ALCAZAR	03:50:45	00:05:29	03:49:14	00:11:33	00:38:48	00:53:40	01:14:30	01:26:07	01:53:52	02:09:05	02:30:59	02:42:36	03:10:38	03:26:55	03:49:20	A CORUÑA	
148	2531	ANTONIO GUERRERO PANTALEÓN	03:51:09	00:05:29	03:50:14	00:11:01	00:38:26	00:53:14	01:14:02	01:25:23	01:53:16	02:08:25	02:29:55	02:41:37	03:10:28	03:26:45	03:49:49	AG764613 A CORUÑA	ATLETISMO RIAZOR CORUÑA
149	881	RAÚL SÁNCHEZ DELGADO	03:51:26	00:05:30	03:50:48	00:09:41	00:35:36	00:49:23	01:09:16	01:20:01	01:45:42	01:59:28	02:19:14	02:30:30	03:04:22	03:23:26	03:49:56	VIGO	
150	2397																		

183	2334	OSCAR SABUCEDO BLANCO	04:09:50	00:05:56	04:08:23	00:11:48	00:41:35	00:58:11	01:21:05	01:33:40	02:03:51	02:20:25	02:43:46	02:56:24	03:26:56	03:44:03	04:08:31	BARBADAS	MERCA RUNNING	
184	882	JOSE ABELARDO CUREL SUAREZ	04:10:34	00:05:57	04:09:30	00:11:01	00:38:28	00:53:27	01:14:52	01:27:59	01:56:25	02:12:23	02:36:29	02:49:02	03:24:12	03:42:10	04:09:08	OVIEDO		
185	783	CARMELO FERNANDEZ PASTOR	04:10:38	00:05:57	04:09:19	00:11:28	00:40:08	00:55:51	01:18:05	01:29:40	01:59:29	02:16:24	02:39:58	02:52:57	03:25:28	03:43:58	04:09:10	GORDONCILLO	BENE CURRIS	
186	965	JUAN JOSE PITA FRAGOSO	04:11:32	00:05:58	04:10:31	00:10:57	00:38:17	00:52:56	01:14:03	01:26:24	01:54:46	02:10:50	02:34:30	02:47:57	03:19:35	03:39:18	04:09:42	VALDOVIÑO		
187	2301	RUBEN MARTINEZ DEL RIO	04:11:54	00:05:59	04:10:38	00:11:11	00:38:42	00:53:36	01:14:25	01:26:05	01:54:36	02:10:24	02:32:38	02:45:05	03:19:34	03:40:38	04:10:19	O TEMPLE - CAMBRE	DREAM TEAM	
188	878	ENRIQUE FERNANDO PENA CARRIL	04:12:57	00:06:00	04:11:54	00:11:20	00:40:05	00:55:39	01:17:47	01:29:51	01:58:35	02:14:15	02:36:19	02:48:28	03:17:33	03:42:29	04:11:31	MILLADROIRO		
189	861	NOTORIOUS B.I.G.	04:13:37	00:06:01	04:12:26	00:11:22	00:39:35	00:54:59	01:16:51	01:28:43	01:57:22	02:13:08	02:35:35	02:48:04	03:20:28	03:42:38	04:12:08	BROOKLYN		
190	2425	FRANCISCO JAVIER RODRIGUEZ COSTA	04:13:42	00:06:01	04:12:18	00:11:21	00:40:06	00:55:41	01:17:48	01:29:52	01:58:43	02:14:46	02:39:10	02:52:48	03:26:05	03:45:07	04:12:29	OLEIROS		
191	1058	NICOLAS HERNANDEZ ROMERO	04:15:08	00:06:03	04:13:54	00:12:20	00:42:01	00:58:19	01:21:20	01:34:04	02:04:58	02:21:46	02:46:01	02:59:03	03:30:53	03:48:42	04:13:50	SEVILLA	AMIGOS DEL PARQUE DE MARIA LUISA	
192	2521	CARLOS MOSTEIRO MATO	04:15:32	00:06:04	04:14:53	00:09:52	00:35:43	00:49:45	01:09:47	01:21:54	01:49:57	02:06:34	02:30:54	02:45:51	03:23:44	03:44:31	04:13:57	A10658	VILLALBA	CLUB RIALTO
193	985	MIGUEL ÁNGEL MENÉNDEZ GONZÁLEZ	04:16:17	00:06:05	04:14:43	00:11:06	00:37:16	00:51:25	01:11:49	01:23:04	01:50:45	02:06:34	02:30:00	02:44:47	03:22:19	03:45:14	04:14:57	VALDÉS		
194	981	MANUEL JOSÉ ROMERO GARCÍA	04:21:00	00:06:12	04:19:45	00:11:58	00:41:23	00:56:57	01:19:25	01:33:43	02:03:46	02:26:10	02:49:55	03:04:10	03:35:32	03:53:04	04:19:16	NARÓN		
195	2538	MIGUEL GONZÁLEZ-LLANOS RODRÍGUEZ	04:22:52	00:06:14	04:21:42	00:11:23	00:39:25	00:54:31	01:16:11	01:28:12	01:59:02	02:17:33	02:43:08	02:57:43	03:32:56	03:53:31	04:21:15	AG 769109	CABAÑAS	CLUBE ATLETISMO SADA
196	839	JAIMÉ SÁNCHEZ FERNÁNDEZ	04:23:27	00:06:15	04:22:21	00:11:36	00:40:05	00:55:35	01:17:47	01:29:53	01:58:48	02:14:44	02:38:00	02:51:01	03:29:54	03:51:45	04:21:54	A CORUÑA		
197	978	MANUEL GARCÍA GARRIDO	04:29:54	00:06:24	04:28:26	00:12:10	00:41:14	00:56:40	01:17:57	01:30:15	02:00:07	02:16:31	02:40:59	02:55:16	03:32:47	03:56:34	04:27:55	SANTIAGO DE COMPOSTELA		
198	2318	JUAN MANUEL CAÑO ACEVEDO	04:31:15	00:06:26	04:29:40	00:12:52	00:44:02	01:00:48	01:24:30	01:37:25	02:07:34	02:24:13	02:47:53	03:01:07	03:37:32	04:00:10	04:29:45	EL TEMPLE (CAMBRE)	INDEPENDIENTE	
199	2457	MANUEL ÁNGEL POSE CASTINEIRA	04:35:34	00:06:32	04:34:13	00:11:52	00:41:19	00:57:25	01:20:38	01:33:17	02:03:59	02:20:48	02:45:18	02:59:21	03:40:51	04:05:05	04:34:19	A CORUÑA		
200	793	PEDRO MELO	04:35:41	00:06:32	04:35:01	00:10:49	00:39:31	00:55:28	01:18:35	01:31:41	02:03:40	02:21:25	02:46:51	03:01:45	03:38:19	04:01:56	04:33:52	PORTO	COMPANHIA BOZÓFIAS	
201	2413	MANU GONZÁLEZ MARTÍNEZ	04:36:19	00:06:33	04:34:39	00:13:11	00:45:06	01:01:54	01:26:16	01:40:01	02:12:24	02:29:45	02:54:42	03:08:56	03:44:42	04:06:28	04:34:58	A CORUÑA		
202	2420	SERGIO CAÑIZARES RIVAS	04:42:20	00:06:42	04:40:59	00:11:16	00:37:49	00:52:10	01:12:39	01:24:51	01:56:23	02:14:50	02:42:04	02:57:40	03:42:28	04:06:51	04:40:54	CULLEREDO		
203	2409	MIGUEL MOSQUERA MONTERO	04:55:48	00:07:01	04:54:25	00:12:51	00:44:26	01:01:56	01:26:50	01:40:21	02:13:00	02:31:18	02:57:59	03:12:55	03:50:35	04:15:47	04:53:59	A CORUÑA		
DQ Art.	2130	MAURICIO VILLADONIGA MARTIN	02:59:45	00:04:16	02:59:34	00:08:05	00:29:37	00:41:25	00:58:11	01:07:22	01:29:28	01:41:45	01:59:49	02:39:33	02:58:42			A CORUNA	INDEPENDIENTE	

V2F VETER/Inscritos:

14 Llegados:

13

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	55	SONIA UJERREIRO FERRO	03:05:56	00:04:25	03:05:51	00:08:03	00:29:50	00:41:34	00:58:23	01:07:26	01:29:24	01:41:20	01:58:41	02:08:23	02:32:24	02:45:48	03:04:53	GA 764819		OURENRUNNING
2	2005	BEGONJA GAY VÁZQUEZ	03:26:45	00:04:54	03:26:36	00:09:24	00:35:26	00:49:15	01:09:11	01:19:52	01:45:32	01:58:56	02:18:02	02:28:26	02:53:11	03:06:44	03:25:38		LUGO	MTCY HERMANOS LOURES
3	2004	MENCHU LLAMAZARES ALVAREZ	03:34:38	00:05:06	03:34:33	00:09:16	00:34:18	00:47:54	01:07:15	01:18:01	01:43:53	01:58:33	02:18:39	02:29:37	02:57:03	03:13:00	03:33:41		LEON	INTELLIGENT-INTERVAL-RUNNERS
4	2002	MARIA BELEN FIDALGO CAÑÓN	03:39:14	00:05:12	03:39:14	00:09:16	00:34:18	00:47:54	01:07:14	01:18:01	01:43:54	01:58:34	02:19:24	02:31:00	02:59:20	03:15:25	03:37:58		TROBAJO DE CAMINO	DEPORTES CHORCO
5	508	MARIA SANTOS	03:42:08	00:05:16	03:41:48	00:09:33	00:35:36	00:49:34	01:09:23	01:20:19	01:46:56	02:01:33	02:22:23	02:33:47	03:02:16	03:18:20	03:40:48		A CORUÑA	
6	506	MARIA ARMINDA VALE FERREIRA MORE	03:48:00	00:05:25	03:47:32	00:10:29	00:37:25	00:51:35	01:12:08	01:23:16	01:50:06	02:04:57	02:26:34	02:38:20	03:07:32	03:23:45	03:46:43		LOUSADA	
7	2467	NATALIA GRAN CASTAN	03:48:55	00:05:26	03:48:13	00:10:47	00:38:32	00:53:31	01:14:38	01:26:10	01:53:12	02:08:44	02:29:56	02:41:31	03:10:05	03:25:51	03:47:39	AG765675	MONFORTE DE LEMOS	ATLETISMO A GANDARA
8	504	YOLANDA VELADO LAZAGABASTER	03:54:42	00:05:34	03:53:48	00:10:32	00:35:40	00:49:15	01:08:51	01:19:28	01:44:56	01:59:06	02:18:13	02:29:14	03:03:28	03:24:24	03:53:16		PALENCIA	
9	519	RAQUEL RUCHA LAPIDO	04:08:48	00:05:54	04:07:40	00:12:54	00:42:47	00:59:02	01:22:09	01:34:37	02:04:15	02:20:07	02:43:08	02:55:34	03:26:27	03:43:43	04:07:23		VILAGARCIA DE AROUSA	
10	2013	ELIA RODRÍGUEZ GALLEGO	04:11:23	00:05:58	04:10:20	00:11:28	00:41:07	00:57:26	01:20:33	01:33:15	02:03:49	02:20:30	02:43:46	02:56:27	03:28:38	03:45:51	04:09:58		O TEMPLE, CAMBRE	TRASNOS CORUÑA
11	516	Mª JOSÉ GONZÁLEZ ESPAÑÓN	04:15:43	00:06:04	04:14:27	00:11:33	00:40:07	00:55:42	01:17:49	01:29:53	01:58:52	02:15:27	02:39:31	02:52:51	03:26:17	03:44:56	04:14:07		CULLEREDO	
12	57	INES PAPIRIN ESTEVEZ	04:24:22	00:06:16	04:23:45	00:12:03	00:42:25	00:59:26	01:23:53	01:37:06	02:08:29	02:25:15	02:49:03	03:02:05	03:35:47	03:55:13	04:22:52	AG 765854	CAMBRE	CLUB ATLETISMO SADA
13	520	VICTORIA FIELD	04:25:24	00:06:18	04:24:12	00:11:29	00:40:21	00:56:24	01:19:38	01:32:20	02:01:38	02:20:24	02:45:58	03:01:23	03:37:31	03:57:11	04:24:05		PANTÓN	
DQ Art.	511	MONTERRAT LOPEZ-VAUTHEY	04:16:51	00:06:06	04:15:52	00:12:07	00:42:58	00:59:17	01:22:45	01:35:54	02:07:27	02:24:36	02:49:02	03:02:26	03:35:00	03:52:32	04:15:31		SAINT-LÉGIER	CARE VEVEY

V3M VETER/Inscritos:

187 Llegados:

149

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	529	JOSÉ ANTONIO MAGADÁN MARCOS	02:42:08	00:03:51	02:42:08	00:07:10	00:26:48	00:37:37	00:52:53	01:01:07	01:20:33	01:31:05	01:46:12	01:54:21	02:15:04	02:25:53	02:41:14		SARIEGOS	C.A. FISIORAMA
2	537	FRANCISCO MUÑOZ SUÁREZ	02:44:05	00:03:54	02:44:04	00:06:58	00:26:14	00:36:27	00:51:15	00:59:20	01:18:40	01:29:10	01:44:16	01:52:34	02:13:25	02:25:16	02:42:58		SIERO	CORRESIERO ATL
3	548	JUAN LUIS RUIZ BUJAN	02:45:20	00:03:56	02:45:19	00:07:26	00:27:18	00:37:58	00:53:14	01:01:33	01:21:26	01:32:12	01:47:45	01:56:21	02:17:01	02:28:27	02:44:26		VEDRA	
4	28	SANTIAGO VAZQUEZ COLLAZO	02:46:45	00:03:58	02:46:43	00:07:26	00:27:39	00:38:34	00:54:14	01:02:53	01:23:28	01:34:31	01:50:16	01:58:34	02:18:43	02:29:51	02:45:49	GA 717165		RIAZOR CORUÑA
5	2	JOSÉ ANTONIO VELOSO MIRANDA	02:48:20	00:04:00	02:48:20	00:07:02	00:26:27	00:37:21	00:52:38	01:01:01	01:21:06	01:31:59	01:47:42	01:56:15	02:17:43	02:29:53	02:47:21	AG 766020		OURENRUNNING
6	552	EULEUTERIO MANUEL COUCEIRO EIRÍS	02:52:07	00:04:05	02:52:06	00:07:16	00:27:12	00:37:54	00:53:11	01:01:33	01:22:01	01:33:31	01:49:55	01:58:59	02:21:17	02:33:41	02:51:07		CAMBRE	
7	53	XULIO CRUZ COUSO	02:53:00	00:04:06	02:52:57	00:07:36	00:28:18	00:39:23	00:55:09	01:03:49	01:24:25	01:35:32	01:51:49	02:00:41	02:22:11	02:34:27	02:51:55	GA 764743		ATMO. SAMERTOLAMEU
8	784	MANUEL ABRIL ANTON	02:54:33	00:04:09	02:54:15	00:07:37	00:27:31	00:38:19	00:54:01	01:02:44	01:24:02	01:35:41	01:52:14	02:01:22	02:23:50	02:36:28	02:53:31		TORDESILLAS	C.A. CAJA RURAL TORDESILLAS
9	575	JOSÉ LUIS PRADO MONTERO	02:56:28	00:04:11	02:56:19	00:08:06	00:29:27	00:40:11	00:57:57	01:07:03	01:28:46	01:40:15	01:56:46	02:05:38	02:27:11	02:38:58	02:55:27	AG 769801		MARINEDA ATLETICO
10	13	JOSE MANUEL RODRIGUEZ MOURE	02:57:28	00:04:13	02:57:26	00:07:30	00:28:19	00:39:50	00:55:50	01:04:33	01:25:34	01:37:05	01:53:23	02:02:19	02:24:54	02:37:49	02:56:33	GA 19820		CIMANSCORUÑA COMARCA
11	49	AZIZ ZIRANI GATTARI	02:57:32	00:04:13	02:57:32	00:07:03	00:26:15	00:36:46	00:52:07</											

42	2480	JOSÉ ANTONIO TEMBRÁS AMENEIRO	03:17:08	00:04:41	03:16:57	00:08:33	00:30:38	00:42:31	00:59:10	01:08:17	01:31:17	01:44:26	02:03:32	02:14:18	02:40:21	02:55:25	03:16:01	ag-765704	PONTES DE GARCÍA RODRÍGUEZ	CLUB CASTRO DE LOBADIZ
43	2333	VICENTE FRANCISCO LOPEZ VILANOVA	03:17:32	00:04:41	03:17:09	00:09:01	00:32:56	00:45:50	01:04:03	01:13:56	01:37:54	01:50:56	02:09:19	02:19:24	02:44:01	02:57:37	03:16:24		LUGO	MARZO SAUDE S.L.
44	2126	JOSE CARRERA	03:17:37	00:04:41	03:17:21	00:09:03	00:32:51	00:45:46	01:04:21	01:14:15	01:38:08	01:51:08	02:09:46	02:19:31	02:43:38	02:57:34	03:16:35		VIGO	INDEPENDIENTE
45	2056	FRANCISCO MANUEL CABEZA PEREZ	03:17:54	00:04:42	03:17:46	00:09:30	00:33:37	00:46:46	01:05:05	01:15:05	01:39:02	01:51:55	02:10:28	02:20:32	02:44:44	02:58:12	03:16:51		GOZON	CHANWAS
46	2106	ANTONIO VAZQUEZ IGLESIAS	03:18:22	00:04:43	03:18:07	00:08:45	00:31:38	00:44:09	01:02:08	01:12:54	01:35:24	01:48:17	02:06:42	02:16:46	02:41:46	02:58:12	03:17:05		OURENSE	BURGAS ATLETISMO OURENSE
47	615	JESUS LOPEZ PALEO	03:19:28	00:04:44	03:18:51	00:09:36	00:33:59	00:46:57	01:05:28	01:15:42	01:39:42	01:52:35	02:10:48	02:20:55	02:45:34	02:59:09	03:18:22		CAMBRE	CLUB CICLISTA CAMBRE-CAEIRO
48	2502	JOSE MANUEL NUÑEZ FARIÑAS	03:19:55	00:04:45	03:19:36	00:09:18	00:33:23	00:46:31	01:04:53	01:14:48	01:38:40	01:51:30	02:09:42	02:19:39	02:44:28	02:58:43	03:18:46	A7442	LUGO	C.D.EGOVARRÓS-VIVEIRO
49	2138	XAQUÍN CASTRO IGLESIAS	03:21:31	00:04:47	03:21:09	00:09:08	00:32:47	00:45:30	01:03:33	01:13:23	01:36:59	01:49:44	02:07:59	02:18:23	02:44:42	02:59:28	03:20:27		LUGO	PORCOSBRAVOSRUNNING BY C.B. KARLOS
50	801	FRANCISCO ALIAS TURUEÑO	03:22:58	00:04:49	03:22:02	00:10:11	00:35:12	00:48:00	01:07:20	01:17:26	01:41:32	01:54:34	02:13:29	02:23:42	02:48:41	03:02:22	03:21:51		GIJON	GIMNASIO SHOTKAN
51	41	LUIS NAYA ORGEIRA	03:23:23	00:04:50	03:23:17	00:08:51	00:33:00	00:46:03	01:04:42	01:14:53	01:39:38	01:53:13	02:12:23	02:22:55	02:48:33	03:02:28	03:22:16	AG 767018		RUNAWAYS RC GENTLEMENS
52	757	ANGEL VAZQUEZ RODRIGUEZ	03:23:35	00:04:50	03:23:20	00:08:18	00:30:37	00:43:07	01:00:53	01:10:53	01:35:18	01:48:46	02:08:08	02:19:01	02:46:04	03:01:06	03:22:22		NIGRAN	
53	641	VICTOR MANUEL CARBALLIDO ARAUJO	03:23:36	00:04:50	03:22:52	00:09:20	00:32:12	00:44:34	01:02:10	01:11:52	01:35:15	01:47:58	02:06:39	02:17:01	02:43:56	02:59:17	03:22:12		PONTEAREAS	TANINOS RUNNERS PONTEAREAS
54	634	ANTONIO CORUCHO	03:24:10	00:04:51	03:23:26	00:09:46	00:34:44	00:48:03	01:07:06	01:17:24	01:41:39	01:54:41	02:13:32	02:23:49	02:48:11	03:02:35	03:22:56		BRAGA	INDIVIDUAL
55	2235	CARLOS PINTOS RECAREY	03:25:15	00:04:52	03:24:32	00:10:16	00:35:49	00:49:34	01:09:23	01:20:12	01:45:38	01:59:14	02:18:20	02:28:39	02:52:50	03:05:52	03:24:14		OURENSE	
56	977	MANUEL MARQUEZ JIMENEZ	03:25:43	00:04:53	03:25:02	00:09:17	00:33:11	00:46:13	01:04:40	01:14:48	01:38:51	01:51:56	02:10:28	02:20:43	02:46:49	03:01:41	03:24:29		OVIEDO	
57	2273	JESUS JANDRA GONZALEZ	03:26:21	00:04:54	03:25:40	00:10:11	00:35:34	00:49:18	01:09:13	01:19:57	01:45:35	01:58:55	02:17:57	02:28:16	02:52:43	03:05:53	03:25:12		VIGO	A BOUZA SPRINT
58	2252	FERNANDO BAENA OZORES	03:27:06	00:04:55	03:25:57	00:10:19	00:35:00	00:48:25	01:07:24	01:17:50	01:42:43	01:56:02	02:15:14	02:25:47	02:51:36	03:05:47	03:26:02		PONTEVEDRA	
59	686	GREGORIO MARTINEZ DE PRADO	03:27:11	00:04:55	03:26:40		00:35:30	00:49:16	01:08:52	01:19:21	01:44:32	01:58:04	02:17:01	02:27:14	02:52:30	03:06:24	03:26:04		LEON	
60	997	ROGELIO BARREIRO BARREIRO	03:27:55	00:04:56	03:27:15	00:10:07	00:35:25	00:49:07	01:08:29	01:19:00	01:44:55	01:58:43	02:17:58	02:28:26	02:54:07	03:07:51	03:26:54		OVIEDO	
61	694	PEDRO PARDO PEREZ	03:28:02	00:04:56	03:27:33	00:09:36	00:35:37	00:49:22	01:09:14	01:19:59	01:45:41	01:59:24	02:18:10	02:28:37	02:54:11	03:07:57	03:26:57		A CORUÑA	A NINGUN CLUB
62	2345	ANTONIO HERNANDEZ QUILES	03:28:04	00:04:56	03:27:26	00:09:54	00:35:41	00:49:24	01:09:17	01:19:51	01:45:29	01:58:56	02:18:12	02:28:35	02:53:58	03:07:43	03:26:56		ORIHUELA	TRAGAMILLAS ORIHUELA
63	662	EVARISTO LEMA MARIÑO	03:28:15	00:04:57	03:27:46	00:09:35	00:35:35	00:49:21	01:09:14	01:19:55	01:45:35	01:59:13	02:18:09	02:28:37	02:54:09	03:07:56	03:27:09		A CORUÑA	
64	2257	JUAN CARLOS BODELON ALFONSO	03:28:31	00:04:57	03:27:37	00:10:06	00:35:36	00:49:13	01:08:24	01:18:47	01:43:54	01:57:38	02:17:04	02:27:30	02:53:20	03:07:39	03:27:18		NOS-OLEIROS	
65	738	WILSON JONES ROMERO	03:28:43	00:04:57	03:28:03	00:09:53	00:34:39	00:48:01	01:06:58	01:17:15	01:41:40	01:54:55	02:14:00	02:24:18	02:49:36	03:04:46	03:27:24		OURENSE	
66	795	JUAN IGNACIO LUCES FOMBONA	03:28:59	00:04:58	03:28:13	00:10:22	00:35:49	00:49:31	01:09:09	01:19:48	01:45:09	01:58:47	02:16:49	02:28:46	02:54:14	03:08:16	03:27:54		INDEPEND ARGUELLES-SIERO	CORRE QUETE PILLO
67	2193	JUAN CARLOS BREU LOZANO	03:29:01	00:04:58	03:28:15	00:10:29	00:36:02	00:49:46	01:09:38	01:19:57	01:45:34	01:58:58	02:18:10	02:28:39	02:54:11	03:08:05	03:27:53		POBIA DO CARAMIÑAL	BARBANZA
68	675	JESÚS LEANDRO VELASCO VICENTE	03:29:06	00:04:58	03:28:24	00:09:38	00:34:11	00:47:41	01:06:44	01:17:05	01:42:07	01:55:57	02:15:35	02:26:11	02:53:23	03:07:56	03:28:01		VALLADOLID	
69	17	JORGE DUARTE VÁZQUEZ	03:29:06	00:04:58	03:28:40	00:09:35	00:35:31	00:49:15	01:08:42	01:19:22	01:44:57	01:58:40	02:17:47	02:27:40	02:52:29	03:06:50	03:27:56	AG 764343	SANTIAGO DE COMPOSTELA	CLUBE ATLETISMO BOIMORTO
70	732	JOÃO PAULO CORREIA	03:29:37	00:04:59	03:29:10	00:09:24	00:34:13	00:47:53	01:07:24	01:18:04	01:43:31	01:57:24	02:16:58	02:27:39	02:53:56	03:08:06	03:28:30		PARÉDES	
71	2500	MANUEL GALLEGO PRIEGO	03:29:38	00:04:59	03:29:14	00:09:24	00:34:16	00:47:40	01:06:45	01:17:07	01:42:20	01:56:18	02:15:46	02:26:22	02:52:56	03:07:37	03:28:26	AG 11108	AMES	C.A. BERTAMIRANS
72	740	JOSE MARIA PEREZ VARELA	03:29:56	00:04:59	03:29:32	00:09:37	00:35:35	00:49:14	01:08:39	01:19:20	01:44:56	01:58:38	02:17:41	02:28:20	02:54:07	03:08:14	03:28:47		MUGARDOS	
73	1002	VÍCTOR BALTAR ESTÉVEZ	03:30:59	00:05:00	03:30:05	00:10:15	00:36:05	00:49:56	01:09:50	01:20:24	01:46:04	01:59:40	02:18:44	02:29:05	02:54:54	03:09:34	03:29:50		A CORUÑA	
74	714	TIAGO MENDES	03:31:27	00:05:01	03:31:06	00:09:14	00:32:25	00:44:49	01:02:31	01:12:29	01:36:43	01:49:57	02:09:51	02:21:17	02:50:15	03:07:20	03:30:09		FELGUERAS	GMR - PORTO
75	695	PALLUO GUTIERREZ GONZALEZ	03:31:41	00:05:01	03:31:05	00:09:33	00:35:34	00:48:25	01:09:12	01:19:56	01:45:35	01:58:56	02:18:10	02:28:36	02:54:19	03:08:58	03:30:15		EL ENTREGO	AL TROTE RUNNING SOTRONDIO
76	2546	JOSE ANTONIO SAAVEDRA PAZOS	03:32:13	00:05:02	03:31:48	00:09:55	00:36:15	00:50:22	01:10:19	01:21:02	01:46:51	02:00:42	02:20:16	02:30:47	02:56:58	03:11:18	03:31:10	AG767357	A CORUÑA	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)
77	664	TOMÁS FERNÁNDEZ GARCÍA	03:32:43	00:05:03	03:32:11	00:09:31	00:33:37	00:46:46	01:05:05	01:15:05	01:39:02	01:51:56	02:10:30	02:21:18	02:50:22	03:08:01	03:31:17		AVILÉS	
78	2094	MANUEL LUIS FERNANDEZ PENA	03:33:47	00:05:04	03:33:03	00:10:26	00:35:56	00:49:40	01:09:19	01:20:02	01:45:39	01:59:15	02:18:56	02:30:04	02:56:21	03:10:53	03:32:31		NARÓN	6 PES PA UN BANCO
79	758	CARLOS RIAL CASTAÑEDA	03:33:53	00:05:05	03:33:22	00:09:22	00:33:09	00:46:04	01:04:45	01:15:08	01:40:14	01:53:58	02:13:50	02:25:22	02:53:36	03:09:05	03:32:35		VALENCIA	
80	19	FRANCISCO DUARTE VÁZQUEZ	03:33:57	00:05:05	03:33:32	00:09:35	00:35:31	00:49:14	01:08:26	01:19:06	01:44:13	01:58:04	02:17:23	02:28:05	02:55:11	03:10:36	03:32:43	AG 764342	A CORUÑA	CLUBE ATLETISMO BOIMORTO
81	746	JOSE TEVA PRADO	03:34:30	00:05:06	03:33:43	00:10:22	00:35:49	00:49:31	01:09:09	01:19:59	01:45:09	01:58:47	02:18:16	02:29:11	02:56:42	03:12:03	03:33:15		NOREÑA	
82	2543	JUAN MANUEL SUÁREZ FEIJOO	03:34:53	00:05:06	03:34:08	00:09:56	00:35:30	00:49:17	01:09:11	01:19:56	01:45:34	01:58:57	02:18:12	02:28:48	02:55:19	03:11:07	03:33:37	AG769187	OURENSE	MARATÓN NATTEX BARBADÁS
83	2527	JOSÉ MANUEL CANDALES DÍAZ	03:35:29	00:05:07	03:34:49	00:10:18	00:36:05	00:50:03	01:09:50	01:20:35	01:47:15	02:01:11	02:20:40	02:31:29	02:58:24	03:13:30	03:34:28		A CORUÑA	
84	2536	JOSE JAVIER FERNANDEZ RAMOS	03:36:23	00:05:08	03:35:53	00:09:32	00:35:31	00:49:17	01:09:12	01:19:57	01:45:35	01:58:58	02:18:11	02:28:38	02:55:40	03:11:57	03:35:14	AG-764218	BERTAMIRANS - AMES	CLUB ATLETISMO SADA
85	2245	JOSE MANUEL PETEIRO LOZANO	03:36:25	00:05:08	03:35:48	00:09:33	00:35:35	00:49:17	01:08:51	01:19:38	01:44:44	01:58:15	02:17:13	02:27:43	02:53:36	03:09:28	03:34:53		A CORUÑA	
86	797	PAULINO JAVIER CUESTA MENEZDE	03:36:46	00:05:09	03:36:03	00:10:17	00:36:41	00:50:59	01:10:48	01:21:31	01:47:20	02:01:24	02:21:17	02:34:04	03:00:08	03:14:43	03:35:31		POLA DE SIERO	CUELEBRE CALLELLERU
87	752	MANUEL CARRERA	03:36:50	00:05:09	03:36:13	00:09:39	00:35:39	00:49:29	01:09:18	01:19:57	01:45:48	02:00:00	02:19:50	02:30:50	02:58:35	03:13:01	03:35:34		FUENLABRADA	
88	2522	JOSE MARIA LEVOSO TOUCEDA	03:37:30	00:05:10	03:36:28	00:10:49	00:37:57	00:52:31	01:12:54	01:23:57	01:50:50	02:05:28	02:25:52	02:37:11	03:04:16	03:17:44	03:36:26	GA-11025	A CORUÑA	ESPRINTES OURENSE
89	638	ALBERTO DOMINGUEZ GARCIA	03:38:26	00:05:11	03:38:06	00:09:23	00:34:47	00:48:44	01:08:19	01:18:56	01:44:59	01:58:46	02:18:50	02:29:50	02:57:43	03:13:50	03:37:00		ZAMORA	MESA DE VALORIO DE ZAMORA
90	2365	MIGUEL DIAZ CARBALLO	03:38:38	00:05:11	03:38:16	00:08:52	00:32:57	00:46:13	01:04:59	01:15:29	01:41:19	01:55:25	02:15:36	02:26:45	02:55:11	03:12:04	03:37:31		BETANZOS	

125	2368	MIGUEL LUIS SALGADO PAZOS	03:56:26	00:05:37	03:54:58	00:12:11	00:40:57	00:56:21	01:18:34	01:30:30	01:58:53	02:14:18	02:36:21	02:48:23	03:17:25	03:33:06	03:55:11	A CORUÑA	
126	2428	JUAN JOSE GOMEZ NEGREIRA	03:57:11	00:05:38	03:56:26	00:10:12	00:35:47	00:49:42	01:09:25	01:20:22	01:47:32	02:03:02	02:25:43	02:38:15	03:09:56	03:28:48	03:55:39	A CORUÑA	
127	532	JOSE PALLARES COLEMINA	03:57:18	00:05:38	03:56:23	00:11:20	00:40:06	00:55:40	01:17:47	01:29:50	01:58:36	02:14:14	02:36:19	02:48:26	03:17:25	03:33:04	03:55:56	BINEFAR	CANGAS DE ONIS ATLETISMO
128	2272	DOMINGO TOMÁS PORTA VALES	03:58:43	00:05:40	03:57:06	00:11:54	00:39:59	00:55:09	01:16:44	01:28:26	01:56:41	02:12:05	02:34:35	02:46:39	03:17:26	03:33:04	03:57:15	A CORUÑA	
129	2550	MARCELINO CASTRO PENA	03:59:12	00:05:41	03:57:33	00:11:44	00:38:06	00:52:04	01:13:03	01:24:12	01:51:24	02:06:15	02:27:38	02:41:06	03:12:34	03:30:39	03:57:49	CORGO, O	
130	785	JOSE ABELLA ARCOS	04:00:51	00:05:43	03:59:17	00:12:24	00:41:36	00:57:18	01:19:41	01:31:52	02:01:06	02:16:49	02:39:32	02:52:48	03:21:57	03:37:43	03:59:33	A CORUÑA	CARIÑO
131	2528	JOSÉ ANTONIO LÓPEZ BELDRÓN	04:05:02	00:05:49	04:03:36	00:13:25	00:44:00	00:59:03	01:21:09	01:33:58	02:02:45	02:17:51	02:40:39	02:53:45	03:22:51	03:40:18	04:03:31	AG766647 OURENSE	ATLETAS VETERANOS OURENSE
132	2283	PEDRO LOPEZ PEREZ	04:08:53	00:05:54	04:08:42	00:09:50	00:36:59	00:51:30	01:12:03	01:23:24	01:51:18	02:06:42	02:29:24	02:42:38	03:17:40	03:38:43	04:07:24	BOAL	ATLETISMO RIBADEO
133	750	PABLO VAL GUERREIRO	04:10:23	00:05:57	04:09:40	00:10:04	00:36:01	00:50:11	01:10:33	01:21:42	01:49:37	02:05:18	02:30:59	02:44:23	03:19:13	03:39:37	04:08:52	FERROL	
134	987	OSCAR ARES BOTANA	04:15:43	00:06:04	04:14:27	00:11:33	00:40:07	00:55:42	01:17:49	01:29:53	01:58:51	02:15:27	02:39:31	02:52:51	03:26:17	03:44:56	04:14:08	A CORUÑA	
135	2284	JOSE RODRIGUEZ GONZÁLEZ	04:16:30	00:06:05	04:15:11	00:11:40	00:39:58	00:55:24	01:17:14	01:29:02	01:59:50	02:16:25	02:39:56	02:53:38	03:28:20	03:47:52	04:15:13	O CARBALLIÑO	AUTOTODO CARBALLIÑO
136	800	JESÚS ANDRÉS SILVA	04:18:29	00:06:08	04:17:32	00:11:08	00:38:00	00:52:59	01:14:11	01:26:25	01:56:14	02:13:13	02:38:25	02:54:02	03:29:36	03:49:20	04:17:02	A CORUÑA	FARRUCO
137	1509	IGNACIO FERNANDEZ-TAFALL SALGADO	04:18:35	00:06:08	04:17:27	00:11:00	00:39:28	00:55:08	01:17:15	01:29:10	01:57:57	02:13:20	02:35:40	02:49:10	03:25:26	03:47:33	04:17:09	OURENSE	
138	2455	JUSTO REAL IGLESIAS	04:19:14	00:06:09	04:17:36	00:11:30	00:39:32	00:54:20	01:15:10	01:26:39	01:55:46	02:12:46	02:38:30	02:54:02	03:30:36	03:52:38	04:17:54	A CORUÑA	
139	779	FERNANDO SUAREZ CARRIL	04:19:33	00:06:10	04:17:42	00:12:44	00:41:47	00:57:25	01:20:32	01:33:15	02:03:49	02:20:29	02:43:46	02:56:33	03:29:58	03:49:25	04:17:59	BETANZOS	AS MARIÑAS
140	2393	JOSE LUIS GARCÍA SANTOS	04:19:44	00:06:10	04:18:15	00:12:50	00:43:16	00:59:43	01:22:55	01:35:33	02:06:05	02:23:03	02:47:49	03:03:14	03:36:38	03:53:58	04:18:18	A CORUÑA	
141	2388	ALFONSO REMUJAN SANCHEZ	04:20:18	00:06:11	04:19:18	00:11:02	00:39:00	00:54:30	01:16:43	01:29:08	01:56:16	02:15:56	02:41:13	02:55:40	03:30:35	03:50:29	04:18:38	A CORUÑA	
142	829	SANTILLANA FORMOSO POU	04:22:55	00:06:14	04:21:45	00:10:58	00:37:52	00:52:39	01:13:58	01:25:41	01:54:05	02:09:54	02:33:57	02:47:54	03:25:05	03:49:11	04:21:15	LA CORUÑA	LA CORUÑA CENTRO
143	816	LUIS FERNANDO CORTIZO GONZÁLEZ	04:22:58	00:06:14	04:21:32	00:12:21	00:41:06	00:56:50	01:19:31	01:32:05	02:02:11	02:19:04	02:44:01	02:57:51	03:34:13	03:54:01	04:21:27	VILLARRODRIGO DE LAS REGUE	INDEPENDIENTE
144	2305	JOSE MANUEL PAZ CARREIRA	04:23:06	00:06:15	04:21:37	00:12:32	00:43:01	00:59:27	01:23:21	01:36:12	02:07:07	02:24:11	02:48:18	03:01:28	03:35:52	03:55:38	04:21:50	LA CORUÑA	GAÉS PERSIGUE TUS SUEÑOS
145	2320	JESUS PEREZ BALIRAC	04:26:15	00:06:19	04:24:41	00:12:41	00:41:32	00:56:49	01:18:30	01:32:42	02:00:05	02:16:52	02:40:56	02:55:07	03:32:57	03:57:17	04:24:39	SANTIAGO DE COMPOSTELA	INDEPENDIENTE
146	1047	RAMIRO FERNANDEZ PINTOS	04:32:43	00:06:28	04:31:20	00:11:40	00:39:50	00:55:20	01:17:16	01:29:15	01:59:35	02:17:15	02:42:58	02:57:56	03:37:44	04:01:29	04:31:05	AMES	
147	2297	JOSE DANIEL GONZALEZ CASTRO	04:46:58	00:06:49	04:45:43	00:11:25	00:39:36	00:55:13	01:17:01	01:29:02	01:58:04	02:14:12	02:39:16	02:56:02	03:39:58	04:06:50	04:44:45	LA CORUÑA	CLUB RIALTO
148	2290	JAVIER MARTINEZ RIVAS	04:50:03	00:06:53	04:48:30	00:12:51	00:44:26	01:01:56	01:26:50	01:40:21	02:12:45	02:29:49	02:54:33	03:08:03	03:47:25	04:13:42	04:48:17	LUGO	C.N.PORTAMIÑA
149	900	JUAN SALVADOR ZARAGOZA ROMERO	05:36:04	00:07:58	05:35:37	00:13:56	00:51:14	01:11:40	01:42:25	01:59:03	02:39:39	03:02:44	03:35:27	03:52:50	04:36:52	05:01:21	05:34:13	BENALMÁDENA	
DQ Art.	1054	JESUS ROQUETE CASTRO	03:17:16	00:04:41	03:17:16		01:36:06											SEVILLA	AMIGOS DEL PARQUE DE MARIA LUISA

V3F VETER/Inscritos:

12 Llegados:

9

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	60	MARIA SILVIA RODRIGUEZ FERRO	03:16:44	00:04:40	03:16:40	00:08:34	00:31:42	00:44:19	01:02:15	01:12:03	01:35:18	01:48:10	02:06:23	02:16:29	02:41:57	02:56:06	03:15:36	AG 767736	LUGO	OURENRUNNING
2	66	TERRESA CORRAL MARCOS	03:19:56	00:04:45	03:19:53	00:08:34	00:31:41	00:44:19	01:02:14	01:12:07	01:36:11	01:49:36	02:08:03	02:18:25	02:44:27	02:58:43	03:18:47	GA 764232	LUGO	AT MONTE SEGADE
3	56	PURIFICACION BERMUDEZ TURNES	03:34:48	00:05:06	03:34:00	00:09:39	00:35:26	00:49:14	01:08:17	01:18:48	01:44:29	01:58:05	02:17:19	02:28:10	02:54:02	03:12:10	03:33:41	AG 763762	SANTIAGO DE COMPOSTELA	NOITEBRA
4	63	MONTSERRAT FERNANDEZ RAMOS	03:45:01	00:05:20	03:44:55	00:10:03	00:37:23	00:51:57	01:13:02	01:24:36	01:52:07	02:06:56	02:28:12	02:39:46	03:07:17	03:22:15	03:43:53	AG 11336	SADA	CLUB ATLETISMO SADA
5	59	BEATRIZ GONZALEZ SENIN	03:45:01	00:05:20	03:44:55	00:10:03	00:37:23	00:51:57	01:13:02	01:24:35	01:52:07	02:06:56	02:28:11	02:39:45	03:07:17	03:22:14	03:43:53	AG 764316	SADA	CLUB ATLETISMO SADA
6	502	LOLI TARELA MIRAMONTES	03:46:10	00:05:22	03:46:09	00:08:20	00:32:15	00:46:04	01:05:58	01:17:07	01:43:57	01:59:16	02:21:23	02:33:47	03:04:24	03:21:33	03:44:51	NOIA	CLUB ATLETISMO NOIA	
7	2016	CARMEN UZAL JAINEIRO	04:23:06	00:06:15	04:21:48	00:11:51	00:42:16	00:59:26	01:23:34	01:37:00	02:09:25	02:25:14	02:48:18	03:01:28	03:35:51	03:55:38	04:21:50	A CORUÑA	CLUB ATLETISMO SADA	
8	2022	MARIA ELENA CASTRO SABIO	04:35:56	00:06:33	04:34:25	00:12:50	00:44:27	01:02:05	01:27:30	01:41:11	02:14:26	02:33:02	02:59:20	03:13:16	03:47:51	04:07:36	04:34:38	A CORUÑA		
9	2466	DOLORES FERREIRO PENA	04:45:20	00:06:46	04:43:56	00:12:40	00:42:51	00:59:11	01:23:17	01:36:45	02:09:44	02:27:39	02:53:48	03:09:49	03:48:06	04:11:10	04:43:29	A7436	LUGO	EGOVARROS DE VIVEIRO

V4M VETER/Inscritos:

84 Llegados:

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PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	23	EMILIO MARTINEZ ANTA	02:44:13	00:03:54	02:44:12	00:07:11	00:26:16	00:36:40	00:51:35	00:59:45	01:19:37	01:30:35	01:46:06	01:54:31	02:15:24	02:26:57	02:43:18	GA 20450	LUGO	EGOVARROS VIVEIRO
2	569	MIGUEL ALVAREZ PÉREZ	02:50:43	00:04:03	02:50:40	00:07:28	00:27:32	00:38:16	00:53:44	01:02:00	01:22:11	01:33:07	01:49:28	01:58:31	02:20:13	02:32:26	02:49:39		GIJÓN	INDEPENDIENTE
3	613	LUIS FERNANDEZ MENDEZ	02:55:13	00:04:10	02:55:05	00:07:37	00:27:56	00:39:11	00:54:58	01:03:37	01:24:19	01:35:34	01:52:21	02:01:26	02:23:50	02:36:32	02:54:16	06536	NAVIA	CAO NAVIA
4	2047	JUAN BRANDON	02:59:20	00:04:15	02:59:11	00:08:33	00:30:38	00:42:30	00:59:07	01:08:15	01:30:03	01:41:54	01:58:53	02:08:01	02:30:20	02:42:11	02:58:25		SANTIAGO	ATLETISMO FONTES DO SAR
5	577	VICTOR IGLESIAS GONZALEZ	03:03:32	00:04:21	03:03:18	00:08:40	00:30:56	00:42:55	01:00:05	01:09:19	01:31:40	01:43:46	02:00:57	02:10:10	02:32:43	02:45:09	03:02:27	0-7001	SIERO	MASTER SPORT
6	1013	XESÚS MANUEL MOSTEIRO LÓPEZ	03:05:57	00:04:25	03:05:49	00:08:23	00:30:49	00:42:43	00:59:39	01:08:45	01:31:23	01:43:41	02:00:42	02:10:07	02:32:49	02:45:53	03:04:53		MELIDE	
7	38	XOAN CARLOS FEIXOO MIRON	03:07:13	00:04:27	03:07:11	00:08:04	00:29:52	00:41:42	00:58:37	01:07:52	01:30:10	01:42:25	02:00:03	02:09:42	02:32:20	02:46:42	03:06:05	AG 763670	OURENSE	ATLETAS VETERANOS OURENSE
8	2460	RAMON COLLAZO MOSQUERA	03:09:42	00:04:30	03:09:32	00:08:33	00:30:04	00:41:29	00:57:48	01:06:37	01:28:03	01:39:46	01:56:36	02:05:56	02:30:19	02:44:49	03:08:26		SANTIAGO DE COMPOSTELA	
9	2485	JOSE LUIS TORRES GONZÁLEZ	03:10:20	00:04:31	03:10:13	00:08:04	00:29:53	00:41:50	00:58:52	01:08:13	01:30:36	01:42:57	02:00:38	02:10:34	02:34:56	02:49:14	03:09:09	AG769190	OURENSE	MARATÓN NATTEX BARBADÁS
10	2059	JUAN SOROETA LICERAS	03:13:58	00:04:36	03:13:49	00:08:41	00:32:37	00:45:29	01:03:20	01:13:01	01:36:58	01:49:37	02:07:52	02:17:48	02:42:12	02:55:24	03:13:00		DONOSTIA/SAN SEBASTIÁN	DONOSTIARRAK
11	2449	JOSE RILO LOPEZ	03:14:07	00:04:37	03:13:13	00:09:30	00:32:33	00:45:03	01:02:57	01:12:36	01:36:05	01:48:50	02:07:01	02:16:51	02:40:41	02:54:09	03:13:05		A CORUÑA	
12	2183	JUAN MANUEL TABARA RODRIGUEZ	03:14:13	00:04:37	03:13:44	00:08:51	00:32:04	00:44:34	01:02:16	01:11:59	01:35:18	01:48:10	02:06:24							

43	715	PAULO RODRIGUES	03:56:02	00:05:36	03:55:25	00:11:20	00:39:18	00:54:27	01:16:08	01:27:58	01:55:39	02:10:43	02:32:11	02:43:56	03:12:37	03:30:00	03:54:37	PORTO	GRUPO DESPORTIVO LEÕES DO VENEZA
44	908	JOSÉ Mª VILLARQUIE VEGA	03:56:07	00:05:36	03:54:51	00:11:08	00:38:43	00:53:37	01:14:57	01:26:27	01:54:27	02:09:33	02:30:32	02:43:46	03:14:10	03:30:09	03:54:45	A CORUÑA	
45	1062	RAFA COMILL PUIG	03:57:07	00:05:38	03:56:10	00:11:20	00:40:06	00:55:40	01:17:46	01:29:50	01:58:35	02:14:10	02:36:19	02:48:28	03:17:23	03:33:05	03:55:55	SITGES	CORREDORS.CAT
46	906	ALPHONSE OCAMPO	03:57:10	00:05:38	03:56:14	00:11:20	00:38:59	00:53:40	01:14:19	01:25:38	01:52:48	02:07:55	02:29:26	02:41:36	03:12:54	03:30:23	03:55:27	POISOY	
47	2276	ANGEL LÓPEZ DÍAZ	04:01:03	00:05:43	03:59:23	00:11:43	00:39:18	00:54:10	01:15:39	01:27:26	01:56:14	02:12:17	02:35:05	02:47:44	03:18:25	03:35:38	03:59:50	LUGO	ACADEMIA JMRIVAS
48	966	JUAN MANUEL LONGUEIRA MARINEZ	04:07:01	00:05:52	04:05:38	00:11:25	00:39:23	00:54:21	01:15:10	01:26:35	01:54:58	02:10:36	02:33:30	02:46:34	03:20:21	03:39:11	04:05:43	BILBAO	
49	1026	JOSE MARIA FREIRE	04:13:19	00:06:01	04:11:51	00:11:28	00:39:17	00:54:30	01:16:20	01:28:36	01:58:08	02:14:42	02:39:06	02:52:56	03:27:15	03:45:56	04:12:05	A CORUÑA	
50	2430	ANTONIO CARNEROS MATEO	04:15:23	00:06:04	04:13:53	00:12:23	00:42:34	00:58:57	01:22:01	01:34:36	02:04:58	02:21:47	02:45:18	02:58:13	03:29:53	03:48:23	04:14:02	BARCELONA	
51	2071	RAFAEL BOSCH FIGUERAS	04:15:51	00:06:04	04:14:14	00:12:06	00:40:17	00:55:32	01:17:47	01:32:03	02:02:23	02:19:52	02:44:53	02:58:48	03:32:20	03:49:27	04:14:30	IGUALADA	PENYA 100 KM. DOMINGO CATALAN
52	1045	JULIO BOO LOPEZ	04:17:24	00:06:07	04:16:00	00:12:26	00:41:55	00:57:46	01:20:23	01:33:41	02:03:24	02:19:42	02:42:23	02:54:50	03:28:19	03:48:19	04:15:57	A CORUÑA	
53	1046	JOSE MARIA CAÑAMARES CANTERO	04:17:25	00:06:07	04:16:00	00:12:26	00:41:55	00:57:46	01:20:22	01:32:25	02:01:48	02:18:18	02:41:42	02:54:48	03:28:18	03:48:19	04:15:57		
54	614	JESÚS MANUEL FERNÁNDEZ ANTUÑA	04:21:46	00:06:13	04:20:37	00:11:47	00:41:35	00:58:18	01:21:05	01:33:39	02:03:55	02:20:07	02:42:27	02:55:16	03:30:45	03:50:10	04:20:01	OVIEDO	CENTRO ASTURIANO DE OVIEDO
55	4859	JOSÉ LUÍS VILLAR MOREIRA	04:22:04	00:06:13	04:20:23	00:11:58	00:40:59	00:56:15	01:18:35	01:30:49	02:00:36	02:16:13	02:39:49	02:53:11	03:30:07	03:51:05	04:20:36	OLEIROS	
56	796	JAVIER VICENTE GONZALEZ	04:25:48	00:06:18	04:24:52	00:11:22	00:40:55	00:56:32	01:19:16	01:31:49	02:02:50	02:19:48	02:44:26	02:59:32	03:37:33	03:58:32	04:24:39	PALENCIA	CORRIENDO POR PALENCIA
57	1024	JOSE MANUEL SANCHEZ LOUREDA	04:30:20	00:06:25	04:28:52	00:12:26	00:41:47	00:57:49	01:20:36	01:33:01	02:02:59	02:19:16	02:42:28	02:55:18	03:30:55	03:54:58	04:28:48	ARTEIXO	
58	2392	ANDRÉS GONZÁLEZ GARCÍA	04:37:12	00:06:35	04:36:01	00:11:09	00:39:00	00:54:45	01:17:26	01:30:07	02:01:06	02:18:21	02:44:26	03:00:01	03:40:17	04:05:39	04:35:39	FERROL	
59	2282	RICARDO BRANDÓN VENEZA	04:40:46	00:06:40	04:39:05	00:12:58	00:44:15	01:00:56	01:24:32	01:37:42	02:07:38	02:24:15	02:48:19	03:00:27	03:41:42	04:04:38	04:39:07	A CORUÑA	ATLETISMO RIAZOR CORUÑA
60	2406	JOSE LUIS ALVAREZ VIDAL	04:43:00	00:06:43	04:41:47	00:11:20	00:40:01	00:55:41	01:17:48	01:29:52	01:59:24	02:17:41	02:45:04	03:02:13	03:45:53	04:10:08	04:41:27		
61	2323	ADOLFO CRESPO MEJUTO	04:50:41	00:06:54	04:49:11	00:12:50	00:43:16	00:59:43	01:22:55	01:35:33	02:06:05	02:23:03	02:47:49	03:03:14	03:50:36	04:11:08	04:48:55	A CORUÑA	INDEPENDIENTE
62	874	MIGUEL COUCE SEIJAS	04:51:30	00:06:55	04:49:52	00:12:53	00:43:46	01:00:44	01:24:02	01:37:31	02:10:28	02:29:46	02:56:44	03:13:43	03:55:16	04:17:42	04:49:53	VALDOVIÑO	
63	963	JUAN CRESPO FERNÁNDEZ	04:51:44	00:06:55	04:50:05	00:13:11	00:45:06	01:01:54	01:26:17	01:39:49	02:12:24	02:29:45	02:54:42	03:08:26	03:47:23	04:14:52	04:50:23	SIERO	
64	2321	JAVIER VILLAS PEDREUO	05:03:11	00:07:12	05:01:45	00:12:05	00:43:33	00:59:59	01:23:13	01:36:36	02:10:35	02:30:46	03:00:56	03:17:40	04:03:28	04:27:39	05:01:43	LA CORUÑA	INDEPENDIENTE
DQ Art.	2281	JOSE ISAIAS BURIDO BORRERO	01:15:33	00:01:48	01:14:24	00:11:13	00:38:34	00:53:33	01:14:15	01:27:31	01:54:33	02:09:20	02:30:53	02:42:54	03:12:04	03:28:15	03:53:21	PORRIÑO	ATLETISMO PORRIÑO
DQ Art.	1055	MANUEL JESUS MARCHENA GOMEZ	03:17:17	00:04:41	03:17:17		02:43:00	02:56:43	03:16:06									SEVILLA	AMIGOS DEL PARQUE DE MARIA LUISA

V4F VETER/Inscritos:

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club	
1	503	Mª TERESA SANTOS ZAPATERO	03:39:01	00:05:12	03:38:46	00:10:06	00:36:58	00:51:14	01:11:25	01:22:17	01:48:56	02:03:27	02:24:03	02:35:16	03:02:05	03:16:47	03:37:43		ARANDA DE DUERO	C.R.A RIBERDUERO	
2	62	MANUELA GUISSOLA ESCUDERO	03:47:51	00:05:24	03:47:31	00:09:54	00:36:37	00:50:48	01:10:54	01:21:58	01:48:36	02:03:23	02:24:43	02:36:36	03:06:04	03:22:48	03:46:33	GA 20432		SANTIAGO DE COMPOSTELA	EGOVARROS VIVEIRO
3	514	TERESA VARELA ARJOU	03:56:53	00:05:37	03:55:55	00:11:19	00:40:06	00:55:39	01:17:47	01:29:50	01:58:36	02:14:10	02:36:19	02:48:29	03:17:25	03:33:06	03:55:34				
4	69	AURORA GARCIA EMILIO	04:07:21	00:05:52	04:06:13	00:12:54	00:42:47	00:59:02	01:22:09	01:34:36	02:04:15	02:19:57	02:42:19	02:54:29	03:24:55	03:41:30	04:05:54	GA 20328	BARRO	A.D.A.S.	
5	2015	ROSALÍA MARIA OÑATE MOLINA	04:07:54	00:05:53	04:06:27	00:12:13	00:40:57	00:56:33	01:18:46	01:30:43	02:00:49	02:16:44	02:39:48	02:52:10	03:24:28	03:42:20	04:06:35		HELLÍN	CLUB ATLETISMO HELLÍN	
6	2019	ANA MARÍA FERRADAS BARRERA	04:08:53	00:05:54	04:08:43	00:09:50	00:36:59	00:51:30	01:12:03	01:23:25	01:51:18	02:06:42	02:29:24	02:42:39	03:17:39	03:38:41	04:07:24		RIBADEO	ATLETISMO RIBADEO	
7	2020	ISOLINA BERNARDEZ PAJARO	04:24:55	00:06:17	04:23:21	00:12:56	00:44:26	01:01:57	01:26:50	01:40:21	02:12:46	02:29:50	02:54:34	03:08:03	03:41:38	04:00:11	04:23:35		LALIN	ESCOLA ATLETISMO DEZA	

V5M VETER/Inscritos:

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Control_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	994	RAMÓN RÍOS CALVO	03:12:07	00:04:34	03:11:42	00:08:37	00:30:58	00:43:03	01:00:09	01:09:25	01:31:46	01:44:07	02:02:07	02:12:02	02:36:56	02:50:30	03:10:57		A CORUÑA	
2	2027	JOSE JARDON LOPEZ	03:17:12	00:04:41	03:17:12	00:08:00	00:30:11	00:42:02	00:58:52	01:08:07	01:30:24	01:42:42	02:00:31	02:10:53	02:38:51	02:54:19	03:15:57		VIGO	ATLETISMO VIGO
3	2196	JAVIER FERNÁNDEZ SOBRINO	03:24:01	00:04:51	03:23:24	00:09:25	00:33:15	00:46:07	01:04:13	01:14:07	01:37:53	01:50:49	02:09:33	02:20:05	02:46:09	03:01:44	03:22:53		VIGO	CATRELOS 20:30
4	788	MANUEL ANGEL MARTINEZ RODILLO	03:25:02	00:04:52	03:24:28	00:09:57	00:35:15	00:48:50	01:07:48	01:18:10	01:43:20	01:57:15	02:16:01	02:26:15	02:51:17	03:04:48	03:23:57		AVILES	CHANWAS
5	2205	MANUEL RODRIGUEZ RODRIGUEZ	03:25:32	00:04:53	03:25:08	00:09:11	00:33:10	00:46:12	01:04:47	01:15:42	01:39:02	01:51:56	02:10:30	02:21:08	02:47:53	03:02:51	03:24:21		LALIN	ESCOLA ATLETISMO DEZA
6	2441	FRANCISCO SOTO GARCÍA	03:29:18	00:04:58	03:28:54	00:09:29	00:34:08	00:47:20	01:05:52	01:16:02	01:40:25	01:53:37	02:12:35	02:23:02	02:49:59	03:06:24	03:28:01		A CORUÑA	
7	2261	MIGUEL PASCUAL REIMUNDEZ MILAN	03:29:30	00:04:58	03:29:03	00:09:17	00:34:42	00:48:26	01:07:30	01:17:58	01:43:14	01:57:16	02:17:03	02:27:54	02:53:39	03:08:11	03:28:24	SS18910	ZUMARRAGA	
8	2172	JOSE PEDRO RÍO PEÑA	03:30:30	00:05:00	03:29:46	00:09:42	00:34:08	00:47:17	01:05:52	01:16:02	01:40:31	01:54:04	02:13:17	02:25:39	02:52:24	03:07:35	03:29:18		A CORUÑA	
9	747	JOSE MARIA POLO BERTOS	03:31:50	00:05:02	03:31:01	00:10:12	00:35:23	00:48:47	01:07:34	01:17:52	01:42:16	01:55:38	02:14:40	02:25:08	02:51:26	03:06:36	03:30:22		OURENSE	
10	828	MAURO AHEDO COBO	03:37:32	00:05:10	03:36:42	00:10:33	00:37:26	00:51:48	01:12:14	01:23:21	01:50:20	02:04:49	02:25:25	02:36:29	03:02:45	03:17:05	03:36:26		OVIEDO	INDEPENDIENTE
11	706	JESUS CANCELA VARELA	03:38:17	00:05:11	03:37:45	00:10:33	00:36:42	00:50:32	01:10:04	01:20:37	01:46:02	01:59:51	02:20:03	02:31:24	02:59:23	03:14:47	03:37:02		AVILES	CHANWAS
12	2267	RAMON ANTONIO VARELA MIGUEZ	03:38:48	00:05:12	03:38:21	00:08:54	00:32:17	00:44:50	01:03:04	01:13:02	01:37:00	01:49:55	02:08:51	02:20:05	02:51:46	03:11:54	03:37:19		A CORUÑA	
13	970	LUIS SOUSA PIRES	03:39:48	00:05:13	03:39:42	00:09:44	00:36:27	00:50:49	01:11:00	01:22:00	01:48:56	02:03:25	02:24:24	02:35:54	03:03:18	03:18:08	03:38:39		PORTUGAL	
14	961	JOSE MANUEL GONZALEZ GARCÍA	03:40:01	00:05:13	03:39:12	00:10:04	00:35:41	00:49:21	01:09:09	01:19:48	01:45:09	01:58:49	02:18:11	02:29:24	02:58:53	03:15:24	03:38:42		OVIEDO	
15	32	EMILIO TORAL ROMERO	03:40:26	00:05:14	03:40:06	00:09:18	00:33:40	00:46:53	01:05:40	01:16:08	01:42:06	01:56:44	02:18:03	02:29:16	02:58:08	03:14:58	03:39:16	GA 20431		EGOVARROS VIVEIRO
16	601	SABINO ARMANDO ROCHA CASAS	03:45:31	00:05:21	03:44:57	00:09:27	00:33:39	00:46:54	01:05:20	01:15:31	01:40:22	01:54:10	02:13:38	02:24:23	02:51:21	03:08:52	03:43:33		OVIEDO	A.D. XENTE CORENDERA
17	2088	JAVIER SANZ MONTERO	03:46:33	00:05:23	03:45:57	00:10:20	00:35:46	00:49:33	01:09:23	01:20:04	01:46:00	02:00:37	02:21:25	02:33:10						

8	2351	SANTIAGO LOSADA PEREZ	03:54:45	00:05:34	03:53:43	00:11:03	00:38:24	00:53:13	01:14:00	01:25:16	01:52:12	02:07:09	02:28:30	02:40:36	03:11:49	03:29:52	03:53:35	FERROL	
9	901	TOMÁS LÓPEZ PINAL	03:55:53	00:05:36	03:54:58	00:10:32	00:36:58	00:51:14	01:11:25	01:22:18	01:48:57	02:04:10	02:26:18	02:38:38	03:09:28	03:28:10	03:54:32	SANTIAGO DE COMPOSTELA	
10	942	FERNANDO RIBEIRO	03:56:02	00:05:36	03:54:38	00:11:28	00:39:18	00:54:25	01:16:07	01:27:57	01:55:39	02:10:47	02:32:09	02:43:57	03:13:18	03:30:16	03:54:37	VILA DO CONDE	
11	1050	ANGEL GARCIA OLIVEIRA	03:56:55	00:05:37	03:55:22	00:12:05	00:40:16	00:55:40	01:16:47	01:28:44	01:56:54	02:12:25	02:34:35	02:46:51	03:16:08	03:32:36	03:55:37	PRAVIA	
12	924	ALFONSO MARTINEZ ROMERO	04:01:12	00:05:43	04:00:10	00:11:28	00:39:29	00:54:20	01:15:07	01:26:16	01:53:36	02:08:44	02:30:00	02:42:07	03:13:10	03:31:49	03:59:35	A CORUÑA	
13	1064	ANTONIO AMARO CAAMAÑO	04:05:05	00:05:49	04:04:07	00:12:21	00:42:30	00:58:51	01:21:59	01:34:24	02:03:47	02:19:38	02:41:43	02:53:37	03:22:13	03:38:26	04:03:41	VIGO	
14	2279	ANTONIO REMUIÑAN SANCHEZ	04:17:27	00:06:07	04:16:28	00:11:02	00:39:00	00:54:30	01:16:43	01:29:08	01:59:17	02:15:57	02:41:13	02:55:40	03:30:35	03:49:31	04:15:57	CARBALLO	ATLETISMO CARBALLO
15	2448	JESUS PEREZ LEIS	04:22:56	00:06:14	04:21:55	00:10:20	00:35:32	00:49:42	01:09:56	01:21:33	01:50:16	02:06:14	02:28:57	02:42:07	03:18:47	03:55:49	04:21:36	CEE	
16	33	ELISEO LOPEZ RIO	04:26:41	00:06:20	04:26:39	00:10:36	00:39:35	00:55:42	01:18:05	01:29:57	01:59:45	02:18:02	02:43:45	02:58:23	03:35:03	03:57:38	04:25:01	GA 19958	EGOVARROS VIVEIRO
DQ.Art.	992	PEDRO ROLAN ARAUJO	04:01:29	00:05:44	04:01:29	01:19:15	01:47:58	02:04:00	02:27:07	02:40:01	03:12:56	03:31:42	04:00:09					MONTERREI	

V6F VETER/Inscritos:

2 Llegados:

1

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Comtrol_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	68	ISABEL BREA POSSE	04:26:40	00:06:20	04:25:15	00:13:21	00:45:05	01:01:55	01:26:16	01:39:50	02:12:31	02:30:18	02:54:42	03:08:11	03:41:37	04:00:15	04:25:22	AG 765593A	CORUÑA	EGOVARROS VIVEIRO

V7M VETER/Inscritos:

6 Llegados:

4

PtoCat	Dorsal	Nombre	T_Oficial	RitmoKm	T_Real	CasaDelMar_1	Comtrol_1	TorreHercules_1	PasoSalida_1	CasaDelMar_2	MedioMaraton	TorreHercules_2	PasoSalida_2	CasaDelMar_3	Control_3	TorreHercules_3	PasoSalida_3	Licencia	Localidad	Club
1	967	JUAN RAMÓN IGLESIAS FERNÁNDEZ	03:56:22	00:05:37	03:55:25	00:11:19	00:40:05	00:55:39	01:17:47	01:29:49	01:58:35	02:14:09	02:36:15	02:48:25	03:16:50	03:32:36	03:55:01		SANTIAGO DE COMPOSTELA	
2	36	MANUEL GARCIA ALFONSO	04:01:41	00:05:44	04:00:31	00:11:41	00:40:07	00:55:17	01:16:40	01:28:20	01:56:45	02:12:36	02:34:31	02:46:22	03:17:26	03:35:20	04:00:13	GA 15465	ARCOS DE SAN LORENZO	A.D.A.S.
3	958	JOSE LUIS FEIJOO VILARCHAO	04:11:35	00:05:58	04:10:20	00:12:00	00:40:09	00:55:24	01:17:05	01:28:57	01:57:57	02:13:46	02:37:03	02:49:57	03:21:47	03:42:50	04:10:02		VITORIA	
4	2288	ÁNGEL BARRIO RODRÍGUEZ	04:16:08	00:06:05	04:15:10	00:12:26	00:43:16	00:59:58	01:23:44	01:37:06	02:08:04	02:24:42	02:48:26	03:01:43	03:34:04	03:51:16	04:14:42		FERROL	C.A. EL PROGRESO

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