

10K MARIN 2017

GRAN PREMIO ENCE

Pos.	Fem	Dor.	Licencia	Nombre	Club	Cat.	Pos.2	P1	P2	P3	P4	T. Oficial	T. Neto	T/Km.
1		16		Serrat Seoane, Antonio		ABSM	1	07:07	13:47	19:00	25:30	0:31:59	31:58	03:12
2		100	GA14652	Hurtado, Manuel	Sociedad Gimnastica Pontevedra	ABSM	2	07:06	13:44	19:01	25:30	0:32:06	32:05	03:13
3		15		Abal Chaves, Amadeo	Rteam	ABSM	3	07:07	13:55	19:16	26:10	0:33:02	33:01	03:18
4		272	GA764245	Pereira Cardalda, Ruben	Athletics Fisioterapia San Lazaro	VAM	1	07:08	13:55	19:17	26:28	0:33:25	33:24	03:20
5	1	611		Brea Abreu, Joselyn		ABSF	1	07:21	14:19	19:41	26:49	0:33:41	33:39	03:22
6		27	AG 2017012	Lorenzo Lopez, Manuel	Pinarium	SNM	1	07:13	14:13	19:41	26:51	0:33:51	33:50	03:23
7		125		Lojo Fernandez, Jose	San Miguel De Marin	SNM	2	07:11	14:11	19:49	26:52	0:34:02	34:01	03:24
8		297	2906123	Shore, Martin	Thames Hare & Hounds	VAM	2	07:22	14:16	19:44	27:00	0:34:14	34:12	03:25
9		200		Gonzalez Piñeiro, Gonzalo	Triatlon Rias Baixas	VBM	1	07:22	14:26	20:06	27:30	0:34:48	34:48	03:29
10		158		Lorenzo, Andres		VAM	3	07:20	14:27	20:05	27:31	0:34:49	34:49	03:29
11		30	AG 769214	Santiago Fernandez, Gustavo	Pinarium	SNM	3	07:33	14:48	20:29	27:53	0:34:50	34:47	03:29
12		195		Caballero Iglesias, Gustavo	San Miguel De Marin	VAM	4	07:11	14:11	20:01	27:35	0:35:10	35:08	03:31
13		361	AG 768895	Ferreira Gonzalez, Jose Carlos	S. A. Do Trega	VAM	5	07:22	14:37	20:25	27:50	0:35:16	35:11	03:32
14		50		Gutierrez Gonzalez, Carlos Enrique		SNM	4	07:45	15:07	20:50	28:13	0:35:27	35:23	03:33
15		432	6111970201	Sa, Luis	Boavista Fc	VBM	2	07:33	14:55	20:50	28:19	0:35:52	35:51	03:35
16		567		Vazquez Pesqueira, Santiago	Triatlon Rias Baixas	VAM	6	07:33	14:51	20:39	28:18	0:35:53	35:50	03:35
17		205		Cogolludo Agustin, Miguel Angel	Triatlon Rias Baixas	VAM	7	07:38	15:01	20:58	28:27	0:35:57	35:52	03:36
18		473		De La Torre Allariz, Daniel	San Miguel De Marin	VBM	3	08:00	15:18	20:59	28:26	0:36:02	36:00	03:36
19		275		Alonso Figueroa, Pablo		VAM	8	07:56	15:06	20:53	28:27	0:36:02	35:57	03:36
20		237		Piñeiro Graña, Santiago	Club Atletismo Samertolameu	VAM	9	07:51	15:08	20:54	28:29	0:36:03	35:58	03:36
21		154		Rodriguez Vidal, Ruben	C.D.Ria De Arousa	VAM	10	07:51	15:08	20:57	28:34	0:36:04	36:01	03:36
22	2	610		Brea Abreu, Edymar		ABSF	2	07:45	15:09	20:51	28:26	0:36:07	36:05	03:37
23		287	AG 2020625	Braña Besteiro, Oscar	Pinarium	VAM	11	07:51	15:15	21:05	28:41	0:36:10	36:08	03:37
24		24		Aboal Losada, Adrian		SNM	5	07:23	14:50	20:45	28:30	0:36:11	36:10	03:37
25		284		Gomez Soto, Jose Luis	Taninos Pontearreas	VAM	12	07:34	14:57	20:50	28:27	0:36:13	36:11	03:37
26		136	AG 768072	Sobral Gonzalez, Manuel	Pinarium	SNM	6	07:43	15:09	21:00	28:41	0:36:13	36:12	03:37
27		566		Bargiela Araujo, Daniel	Bikila	VAM	13	07:20	14:09	19:29	26:38	0:36:20	36:18	03:38
28		250		Rua Pena, Daniel	Club Atletismo Samertolameu	VAM	14	07:40	15:04	20:49	28:38	0:36:21	36:19	03:38
29		35		Martinez Mayo, Ruben	Club Atletismo Negreira	SNM	7	07:38	14:50	20:54	28:39	0:36:29	36:24	03:39
30		308	ag2016472	Pombal Cortegoso, Vicente		VAM	15	07:22	14:37	20:36	28:25	0:36:36	36:34	03:40
31		513		Chamosa Leira, Javier	Veteran@S De Galicia	VBM	4	07:55	15:26	21:31	29:06	0:36:39	36:37	03:40
32		296		Perez Soto, Laureano		VAM	16	07:53	15:23	21:28	29:06	0:36:39	36:36	03:40
33		404		Quinteiro Silva, Jose Luis		VAM	17	07:57	15:26	21:30	29:06	0:36:43	36:38	03:40
34		430		Amoedo Gimenez, Anton	Asociacion Deportiva C.A.R	VBM	5	07:54	15:19	21:06	29:06	0:36:50	36:44	03:41
35		168	AG 765338	Omil Iglesias, Jose Manuel	Pinarium	VAM	18	07:56	15:28	21:31	29:17	0:36:51	36:49	03:41
36		215		Soliño Lanzos, Juan		VAM	19	08:01	15:41	21:39	29:21	0:36:54	36:51	03:41
37		422		Peñas Cogolludo, Jaime	San Miguel De Marin	VBM	6	07:52	15:17	21:15	29:06	0:36:58	36:56	03:42
38		524		Neira, Lolo	Run Carballiño	VBM	7	07:42	15:16	21:19	29:10	0:37:01	37:00	03:42

39	329		Vales Mendez, Santiago	Athletics Aventura Xtrem	VAM	20	08:05	15:38	21:43	29:19	0:37:06	37:00	03:43
40	340		Fontan Ojea, Armando	Seguros Bilbao A Canuda	VAM	21	07:54	15:36	21:36	29:23	0:37:07	37:01	03:43
41	109		Troncoso Freire, Lucas		SNM	8	08:03	15:38	21:45	29:32	0:37:07	37:02	03:43
42	320		Pajariño Vilas, Antonio		VAM	22	07:53	15:19	21:37	29:26	0:37:24	37:21	03:44
43	290	AG 2014620	Santiago Bosch, Jose Antonio	Pinarium	VAM	23	08:01	15:38	21:38	29:29	0:37:25	37:21	03:45
44	423		Barcala Mora, Victor		VBM	8	07:51	15:31	21:37	29:25	0:37:25	37:22	03:45
45	374		Seoane Pombo, Jose Manuel	4 And Run By Pedro Nimo	VAM	24	07:38	15:02	21:17	29:19	0:37:32	37:30	03:45
46	370	"	Verde Piñeiro, Ricardo	Corredoiras Bueu	VAM	25	08:04	15:39	21:48	29:34	0:37:33	37:30	03:45
47	21	GA765987	Carreira Casais, Anxo	Verxel Nutricion Deportiva	XXPM	1	07:49	15:33	21:50	29:35	0:37:35	37:33	03:45
48	455	S.A. Val M	Vazquez Varela, Tito		VBM	9	08:21	16:03	22:09	29:51	0:37:37	37:31	03:46
49	171	AG 766535	Carballal Gonzalez, Antonio	Pinarium	VAM	26	08:07	15:44	21:56	29:41	0:37:38	37:35	03:46
50	194		Becerro Escribano, Luis Miguel	Corredoiras Bueu	VAM	27	08:03	15:40	21:48	29:38	0:37:40	37:37	03:46
51	713		Moreno Lira, Josue		SNM	9	08:01	15:41	21:54	29:39	0:37:41	37:39	03:46
52	315		Sotelino Rodriguez, Ricardo	Aletismo Baiona	VAM	28	08:22	16:03	22:10	29:56	0:37:47	37:38	03:47
53	172		Rey Silva, Javier	Atenas Running Vda	VAM	29	08:04	15:38	21:37	29:28	0:37:49	37:39	03:47
54	520		Vales Bahamonde, Manolo		VBM	10	08:23	15:58	22:03	29:55	0:37:53	37:42	03:47
55	121		Vazquez Pavon, Roberto	Peroxa Running	SNM	10	07:45	15:25	21:43	29:42	0:37:55	37:54	03:47
56	288		Rumbao Souto, Juan	San Miguel De Marin	VAM	30	08:41	17:11	24:11		0:37:57	37:45	03:48
57	206		Gonzalez Fernandez, Gonzalo		VAM	31	08:05	15:38	21:40	29:36	0:38:00	37:54	03:48
58	553		Perez Pereira, Ramiro		VCM	1	08:06	15:40	21:55	29:45	0:38:02	37:59	03:48
59	322	GA764399	Escribano Velez, Diego	Club Atletismo Santiago	VAM	32	08:10	15:53	22:08	30:01	0:38:04	38:02	03:48
60	34		Martinez Mayo, Carlos	Negreira	SNM	11	08:13	15:53	22:08	30:00	0:38:05	37:59	03:48
61	29	AG 2022307	Morenza Perez, Iago	Pinarium	SNM	12	07:13	14:40	20:54	29:14	0:38:06	38:04	03:49
62	124		Obilleiro, Ricardo		SNM	13	08:04	15:45	21:55	29:57	0:38:07	38:02	03:49
63	324		Ulla Rega, Manuel		VAM	33	08:17	16:06	22:16	30:00	0:38:08	38:03	03:49
64	68		Garcia Piñeiro, Oscar		SNM	14	08:10	15:58	22:20	30:02	0:38:11	38:07	03:49
65	186	AG 769006	Edreira Garcia, Jose Gavino	Pinarium	VAM	34	08:08	15:51	22:05	30:08	0:38:12	38:07	03:49
66	257	"	Estevez Estevez, Martin	Corredoiras Bueu	VAM	35	07:59	15:41	21:56	30:10	0:38:23	38:20	03:50
67	13		Martinez Martinez, Iñigo	Pinarium	XXPM	2	07:46	15:34	21:55	30:09	0:38:26	38:24	03:51
68	134		Malvido, Alejandro		SNM	15	07:56	15:48	22:07	30:08	0:38:26	38:21	03:51
69	271	M 6430	Taberero Castro, Jose Alberto	Corredores	VAM	36	08:16	15:53	22:10	30:15	0:38:30	38:24	03:51
70	501		Barros Monteagudo, Anxo	Veteran@S De Galicia	VBM	11	08:22	16:09	22:34	30:31	0:38:31	38:28	03:51
71	44		Gesteira Guedella, Cristian		SNM	16	08:25	16:16	22:26	30:27	0:38:33	38:22	03:51
72	43		Montero Bujan, Aitor		SNM	17	08:19	16:12	22:35	30:40	0:38:39	38:29	03:52
73	356		Reyes Pineda, Antonio		VAM	37	08:21	16:17	22:37	30:38	0:38:40	38:37	03:52
74	351		Rodriguez Pinal, Juan	Run Carballiño	VAM	38	08:37	16:21	22:41	30:36	0:38:40	38:27	03:52
75	228		Garcia Garcia, Oscar	Pinarium	VAM	39	08:33	16:20	22:39	30:35	0:38:42	38:32	03:52
76	111		Pires Santos, Martin	Corredoiras	SNM	18	08:24	16:17	22:36	30:34	0:38:43	38:37	03:52
77	575		Rodal Rodriguez, David		VAM	40	09:09	16:58	23:10	30:57	0:38:48	38:26	03:53
78	75	SR1498	Gonzalez Ruiz, Victor	Polanco	SNM	19	08:28	16:22	22:50	30:50	0:38:48	38:43	03:53
79	332		Casal Lage, Jose Miguel		VAM	41	08:25	16:17	22:33	30:38	0:38:50	38:45	03:53
80	331		Beltran Taboada, Jose Julian	Owl Runners	VAM	42	08:27	16:13	22:36	30:43	0:38:55	38:50	03:53
81	330		Miguez Perez, Manuel Jose		VAM	43	08:17	16:04	22:30	30:39	0:38:59	38:54	03:54
82	429	AG769742	Cao Garcia, Jose Manuel	Atletismo Fontes Do Sar	VBM	12	08:22	16:09	22:33	30:38	0:38:59	38:51	03:54
83	3		Alonso Aradas, Camila		ABSF	3	07:54	15:35	22:05	30:35	0:39:01	38:59	03:54

84	446		Dopazo Louzan, Javier	Owl Runners	VBM	13	08:25	16:16	22:38	30:44	0:39:03	38:57	03:54
85	267		Gonzalez Martinez, Jose Antonio	Ca Cambados Y Seguros Doval	VAM	44	08:30	16:27	22:56	30:50	0:39:03	38:59	03:54
86	12		Antelo Neira, Daniel	Universidad Santiago	XXPM	3	08:12	16:06	22:33	30:40	0:39:03	39:02	03:54
87	169		Carreira Oubiña, Manuel		VAM	45	08:06	16:05	22:40	30:48	0:39:03	39:00	03:54
88	577		Castrelo Conde, Francisco J.	Atenas Triatlon	VAM	46	08:29	16:24	22:49	30:55	0:39:04	38:55	03:54
89	243		Losada Perez, Jose		VAM	47	08:24	16:19	22:42	30:47	0:39:04	38:59	03:54
90	519		Morenza Doorno, German	Pinarium	VBM	14	08:20	16:15	22:42	30:49	0:39:05	39:02	03:54
91	122		Benavides Dacuña, Andres		SNM	20	08:55	16:56	23:22	31:27	0:39:13	39:03	03:55
92	163		Martinez Soage, Jose		VAM	48	08:29	16:23	23:02	31:13	0:39:27	39:20	03:57
93	372		Rey Carballeda, Antonio		VAM	49	08:44	16:41	23:09	31:20	0:39:32	39:21	03:57
94	110		Raña Recouso, Amancio		SNM	21	08:40	16:40	23:10	31:16	0:39:33	39:28	03:57
95	318		Cubillo Pastrana, Jose Luis		VAM	50	08:48	16:43	23:09	31:14	0:39:41	39:36	03:58
96	203		Rodriguez Fernandez, Iago	Triatlon Rias Baixas	VAM	51	08:52	16:50	23:15	31:24	0:39:45	39:32	03:58
97	425	AG 2021140	Fuentes Sayar, Jose A.	Pinarium	VBM	15	08:25	16:31	23:03	31:26	0:39:48	39:43	03:59
98	325		Paz Otero, Daniel	Veteran@S De Galicia	VAM	52	08:44	17:01	23:30	31:38	0:39:48	39:44	03:59
99	440		Ferreiro Herves, Emilio Jose		VBM	16	08:43	16:40	23:11	31:22	0:39:57	39:44	04:00
100	261	AG 2016619	Muiños Carballo, Bruno	C.A.R. Marisqueiro	VAM	53	08:39	16:47	23:20	31:33	0:39:59	39:54	04:00
101	417		Rey Jacome, Vicente		VBM	17	08:35	16:28	23:08	31:30	0:39:59	39:52	04:00
102	313		Ferreira Sanchez, Rogelio		VAM	54	08:47	16:46	23:11	31:21	0:40:00	39:49	04:00
103	367		Costa Martinez, Eugenio Alberto	Samertolameu	VAM	55	08:51	16:52	23:20	31:41	0:40:00	39:53	04:00
104	418		Capon, Javier	Miler	VBM	18	09:06	17:20	23:46	31:53	0:40:01	39:48	04:00
105	312	AG 2014703	Rodriguez Dominguez, Andres	Pinarium	VAM	56	09:12	17:22	23:48	31:56	0:40:01	39:51	04:00
106	132	AG 766859	Otero Rodriguez, Marcos	Atletismo A Estrada	SNM	22	09:05	17:04	23:30	31:45	0:40:02	39:48	04:00
107	2		Graña Alonso, Jose Carlos	Atletis Adventurextrem	VBM	19	08:52	16:57	23:31	31:42	0:40:02	39:54	04:00
108	52		Otero Salgueiro, Alejandro	Atletismo A Estrada	SNM	23	09:00	17:06	23:40	31:49	0:40:05	39:51	04:00
109	94		Fraguas Cadavid, Bruno		SNM	24	08:57	17:03	23:38	31:56	0:40:10	40:01	04:01
110	415		Gonzalez Casal, Francisco Javier		VBM	20	08:56	17:01	23:31	31:43	0:40:11	39:59	04:01
111	210		Taberero Vidal, Pablo	Veteran@S De Galicia	VAM	57	08:38	16:49	23:26	31:42	0:40:15	40:08	04:01
112	38		Veiga Ortiz, Breogan		SNM	25	08:32	16:37	23:13	31:39	0:40:17	40:07	04:02
113	209		Verde Paredes, Ricardo		VAM	58	08:07	16:08	22:51	31:19	0:40:22	40:17	04:02
114	184		Pereira Fariña, Alberto		VAM	59	09:00	17:08	23:37	31:54	0:40:26	40:12	04:03
115	113		Follana Perez, Miguel		SNM	26	09:00	17:08	23:43	32:02	0:40:31	40:17	04:03
116	107		Darriba Barba, Abel	Asociacion Deportiva C.A.R	SNM	27	08:39	16:38	23:12	32:03	0:40:32	40:25	04:03
117	442		Lorenzo Estevez, Lorenzo		VBM	21	08:56	17:05	23:40	32:01	0:40:36	40:23	04:04
118	226		Rial Vidal, Elias		VAM	60	08:30	16:26	22:59	31:37	0:40:38	40:32	04:04
119	371		Boo Grande, Marcos		VAM	61	09:02	17:02	23:38	32:07	0:40:40	40:28	04:04
120	45		Pazo Sequeiros, Anxo		SNM	28	08:58	17:10	23:58	32:11	0:40:40	40:30	04:04
121	516		Soto Otero, Francisco Xabier	Run Pontevedra	VBM	22	09:05	17:14	23:54	32:09	0:40:41	40:35	04:04
122	266		Miranda Vieito, Jose Manuel		VAM	62	08:58	17:11	23:51	32:10	0:40:42	40:31	04:04
123	474		Garcia Fariña, Amancio		VBM	23	08:12	16:26	23:10	31:41	0:40:44	40:40	04:04
124	300		Filgueira Ponce, Fernando		VAM	63	08:46	16:51	23:33	31:59	0:40:46	40:35	04:05
125	352	AG 2021141	Parada Pastoriza, Jose Antonio	Pinarium	VAM	64	08:23	16:57	23:52	32:18	0:40:48	40:45	04:05
126	427		Perez Alvarez, Jaime Alejandro	Run Pontevedra	VBM	24	09:04	17:13	23:57	32:21	0:40:50	40:37	04:05
127	201		Meis Veiga, Faustino	Triatlon Rias Baixas	VAM	65	08:51	16:49	23:25	31:55	0:40:50	40:40	04:05
128	212		Vidal Freijeiro, Marcos	Veteranos Galicia	VAM	66	08:51	17:09	23:53	32:11	0:40:52	40:49	04:05

129		62		Troncoso Gomez, Hector		SNM	29	08:59	17:17	24:07	32:26	0:40:53	40:40	04:05
130	4	609	GA 717230	Santos Dominguez, Laura	Femenino Celta	XXPF	1	08:51	17:15	24:02	32:21	0:40:53	40:47	04:05
131	5	621		Santos, Paula		SNF	1	08:58	17:18	24:03	32:22	0:40:54	40:51	04:05
132		295	AG 2021616	Gil Blanco, Francisco Jose	Pinarium	VAM	67	08:55	17:14	23:53	32:19	0:40:54	40:51	04:05
133		115		Vazquez Toucido, Jose Alberto		SNM	30	08:57	17:18	24:02	32:21	0:40:55	40:52	04:05
134		126		Vidal Juncal, Joaquin		SNM	31	08:56	17:17	24:02	32:19	0:40:57	40:54	04:06
135		536		Martinez Rodriguez, Antonio	Pinarium	VCM	2	08:36	16:56	23:41	32:13	0:40:58	40:53	04:06
136		407		Fernandez Blanco, Cesar	Asociacion Deportiva C.A.R	VAM	68	09:00	17:16	23:58	32:23	0:41:00	40:52	04:06
137		74		O Neill, Robert	Valerunners	SNM	32	08:50	17:04	23:46	32:15	0:41:00	40:52	04:06
138		280		Iglesias Blanco, Albino	Pinarium	VAM	69	08:48	17:11	23:59	32:26	0:41:01	40:58	04:06
139		511		Acuña Trabazo, Fernado	Pinarium	VBM	25	08:56	17:12	23:53	32:27	0:41:02	40:57	04:06
140		20		Vila Rodriguez, Adrian		XXPM	4	08:29	16:20	23:07	31:52	0:41:09	40:53	04:07
141		334		Santiago Pereira, Miguel A.	Pinarium	VAM	70	08:55	17:14	24:07	32:37	0:41:11	41:07	04:07
142		397		Gonzalez Rodriguez, Manuel	Adn Runners-Telmo Peluqueros	VAM	71	09:20	17:42	24:28	32:53	0:41:17	41:07	04:08
143		486		Carrera, Jose		VBM	26	08:57	17:08	23:48	32:22	0:41:18	41:10	04:08
144		32		Prieto Juncal, Manuel	Corredoiras Bueu	SNM	33	09:07	17:25	24:20	32:47	0:41:20	41:14	04:08
145		343		Lopez Villaverde, Jesus		VAM	72	09:01	17:17	24:03	32:32	0:41:21	41:07	04:08
146		40		Gallego Leal, Samuel	Corredoiras Bueu	SNM	34	09:07	17:33	24:21	32:45	0:41:21	41:16	04:08
147		224		Fernandez Landeiro, Juan Manuel		VAM	73	09:07	17:20	24:08	32:36	0:41:24	41:05	04:08
148		112		Baltar Gardon, Roberto		SNM	35	09:02	17:19	24:03	32:33	0:41:26	41:14	04:09
149		348		Gil Dopazo, Ricardo	Veteran@S De Galicia	VAM	74	08:42	17:04	23:51	32:29	0:41:26	41:24	04:09
150		707		Perez Costas, Alvaro	Beade	VAM	75	09:09	17:31	24:16	32:49	0:41:26	41:15	04:09
151		301		Rebanal, Roman		VAM	76	09:18	17:39	24:22	32:49	0:41:31	41:21	04:09
152		4		Juncal, Francisco		??????		08:20	16:24	23:22	32:11	0:41:32	41:25	04:09
153		457	AG2021345	Galan, Xoan	Club Atletismo Sada	VBM	27	09:12	17:21	24:16	32:47	0:41:34	41:28	04:09
154		22		Jimenez Martin, Alvaro		XXPM	5	09:23	17:25	23:53	32:30	0:41:37	41:32	04:10
155		607		Rodriguez Alvarez, Jose Antonio	Car Marisqueiro	VAM	77	09:37	17:56	24:35	32:56	0:41:39	41:09	04:10
156		444		Requejo Rodriguez, Jose Luis	Arenteiro	VBM	28	08:30	16:50	23:59	32:36	0:41:41	41:35	04:10
157		220		Pereiro Curras, Juan Salvador	Team Bipolar	VAM	78	08:54	17:13	24:07	32:38	0:41:44	41:38	04:10
158		363		Guiance Parada, Jose Maria	Veteran@S De Galicia	VAM	79	08:58	17:18	24:07	32:42	0:41:46	41:38	04:11
159		65		Boan Ovalle, Manoel		SNM	36	09:03	17:20	24:21	32:56	0:41:48	41:43	04:11
160		454		Campos Muras, Fernando		VBM	29	09:03	17:38	24:33	33:10	0:41:49	41:43	04:11
161		384		Suarez Costa, Juan Jesus	Usba General Morillo	VAM	80	09:05	17:38	24:35	33:16	0:41:49	41:44	04:11
162		458		Fernandez Rey, Chema		VBM	30	09:04	17:19	24:21	32:57	0:41:50	41:40	04:11
163		149		Sieiro Barrio, Pablo		VAM	81	09:25	17:51	24:40	33:11	0:41:50	41:38	04:11
164		437		Rey Costa, Miguel Angel	Beer Runners	VBM	31	09:28	17:45	24:31	33:01	0:41:54	41:33	04:11
165		299		Perez Moreno, Lucas		VAM	82	08:57	17:23	24:23	33:01	0:41:56	41:51	04:12
166		157		Alexander Cruz, Frank	Pinarium	VAM	83	09:42	17:57	24:37	33:02	0:41:57	41:41	04:12
167		179		Rubio Sanchez, Antonio		VAM	84	09:09	17:22	24:00	32:25	0:41:58	41:46	04:12
168		534		Rivas Posse, Xaime	C.A.Santiago	VCM	3	09:04	17:24	24:18	32:57	0:42:03	41:57	04:12
169		202		Otero Quintana, Ricardo	Triatlon Rias Baixas	VAM	85	09:06	17:23	24:22	33:02	0:42:07	42:01	04:13
170		59		Laiño Silva, Victor	San Miguel De Marin	SNM	37	08:26	16:34	23:41	32:37	0:42:07	42:03	04:13
171		14		Mata Castro, Arturo		XXPM	6	08:53	17:20	24:26	33:07	0:42:11	42:06	04:13
172		406		Pereira Iglesias, Javier	Pinarium	VAM	86	08:52	17:16	24:09	32:56	0:42:11	42:07	04:13
173		405		Rivas Gonzalez, Guillermo Jose		VAM	87	10:20	18:56	25:41	33:58	0:42:12	41:35	04:13

174	392		Garcia Miñan, Faustino	C.A.R.(Club Atletismo Redondela)	VAM	88	08:45	17:04	24:05	32:59	0:42:16	42:11	04:14
175	510	AG 765340	Rodal Vidal, Jorge Fermin	Pinarium	VBM	32	08:57	17:25	24:28	33:16	0:42:21	42:15	04:14
176	507		Reboreda Graña, Amador	Asociacion Deportiva C.A.R	VBM	33	09:38	18:05	25:01	33:34	0:42:25	42:11	04:14
177	497		Ruiz Garcia, Carlos		VBM	34	09:17	17:52	24:55	33:39	0:42:26	42:11	04:15
178	138	AG 2022576	Navia Iglesias, Ruben	Keltic Vigo	SNM	38	09:23	17:47	24:49	33:31	0:42:31	42:07	04:15
179	381		Mera Rodriguez, Jose Carlos		VAM	89	09:18	17:51	24:55	33:35	0:42:33	42:17	04:15
180	97	AG 2021549	Arosa Rouco, Guillermo	Pinarium	SNM	39	08:43	17:15	24:17	33:18	0:42:34	42:28	04:15
181	461		Vazquez Fernandez, Jose Antonio	A.D.Cerne	VBM	35	09:48	18:18	25:11	33:48	0:42:38	42:22	04:16
182	327		Pacheco Leins, Cesar		VAM	90	09:12	17:40	24:51	33:39	0:42:40	42:31	04:16
183	358		Lopez Santome, Marcos	Veteran@S De Galicia	VAM	91	08:58	17:37	24:45	33:34	0:42:42	42:37	04:16
184	535		Santiago Pazos, Isidoro		VCM	4	09:05	17:36	24:38	33:35	0:42:42	42:33	04:16
185	460		Santos Gonzalez, Javier	Veteran@S De Galicia	VBM	36	09:14	17:56	25:10	33:57	0:42:52	42:48	04:17
186	487		Iglesias Gonzalez, Raul	Pinarium	VBM	37	09:13	17:55	25:09	33:57	0:42:54	42:49	04:17
187	36		Pereira Pereira, Ivan		SNM	40	09:07	17:31	24:41	33:39	0:42:57	42:42	04:18
188	481	GA764400	Cabado Castro, Xose	Santiago	VBM	38	09:04	17:25	24:28	33:37	0:42:59	42:50	04:18
189	306		Casas Torres, Eduardo Jose	Atletismo Baiona	VAM	92	09:55	18:43	25:55	34:34	0:43:03	42:45	04:18
190	421		Gonzalez Chayan, Jose Manuel	Veteran@S De Galicia	VBM	39	09:14	17:37	24:40	33:37	0:43:03	42:55	04:18
191	512		Moreira Fuentes, Jose Manuel	Veteran@S De Galicia	VBM	40	09:28	18:11	25:16	34:03	0:43:04	42:55	04:18
192	93		Herves Blanco, Jose		SNM	41	08:54	17:20	24:37	33:41	0:43:04	42:56	04:18
193	217		Guerra Gutierrez, Jose Maria		VAM	93	09:02	17:44	25:02	33:51	0:43:05	42:57	04:18
194	314		Fernandez Perez, Oscar Manuel	C.A.R. Marisqueiro	VAM	94	09:38	18:08	25:09	33:46	0:43:05	42:40	04:18
195	88		Rios Oya, Alejandro	Club Atletismo Samertolameu	SNM	42	09:59	18:35	25:41	34:08	0:43:07	42:46	04:19
196	470		Mato Armas, Gonzalo	Cerne Melide	VBM	41	09:49	18:19	25:15	34:00	0:43:11	42:55	04:19
197	336		Barahona Martinez, Fernando Jose	Team Corbelo	VAM	95	09:22	18:00	25:11	34:01	0:43:12	43:07	04:19
198	55		Gento Miñarro, Pablo		SNM	43	09:23	17:56	25:08	34:01	0:43:13	43:01	04:19
199	394		Carracelas Costas, Oscar		VAM	96	09:48	18:25	25:23	34:10	0:43:18	42:59	04:20
200	246		Gonzalez Lopez-mosquera, Javier		VAM	97	09:33	18:13	25:25	34:12	0:43:20	43:05	04:20
201	408		Graña Santaclara, Jose Antonio		VBM	42	09:33	18:17	25:25	34:15	0:43:20	43:14	04:20
202	441		Capa Castiñeiras, Carlos	Pinarium	VBM	43	09:06	17:40	24:52	33:41	0:43:24	43:18	04:20
203	335		Taino, Andrea	Marathon Cremona	VAM	98	09:23	18:00	25:02	33:50	0:43:26	43:17	04:21
204	245		Lamoso Mendez, Enrique		VAM	99	09:21	17:56	25:02	33:56	0:43:28	43:16	04:21
205	443		Santome Santos, Jose Ramon		VBM	44	09:14	17:55	25:09	34:04	0:43:30	43:20	04:21
206	196		Soto Buceta, Sergio		VAM	100	09:49	18:28	25:37	34:26	0:43:32	43:24	04:21
207	515		Queizan Piñeiro, Joaquin		VBM	45	09:22	17:56	25:05	34:06	0:43:41	43:25	04:22
208	285		Garcia Freire, Pablo	Atletismo A Estrada	VAM	101	09:16	17:54	25:06	34:03	0:43:41	43:34	04:22
209	424		Rodal Diz, Angel	Pinarium	VBM	46	09:13	18:00	25:12	34:16	0:43:42	43:37	04:22
210	49		Rodriguez Gonzalez, Ivan		SNM	44	09:47	18:35	25:43	34:34	0:43:44	43:25	04:22
211	484		Perez Susavila, Angel		VBM	47	09:34	18:17	25:24	34:24	0:43:55	43:40	04:23
212	254	AG 769432	Rosales Pazos, Manuel	Pinarium	VAM	102	08:54	17:42	25:09	34:25	0:43:56	43:53	04:24
213	256		Millan, Rafael		VAM	103	09:41	18:23	25:34	34:33	0:43:57	43:46	04:24
214	471		Barreiro Lobato, Ramon	Atenas	VBM	48	09:57	18:56	26:23	35:08	0:43:58	43:53	04:24
215	185		Cid Longueira, Jose Manuel	Castrelos 20:30	VAM	104	08:46	17:19	24:50	34:11	0:44:00	43:57	04:24
216	268		Rivera rivera, Jose Antonio		VAM	105	09:47	18:16	25:21	34:22	0:44:02	43:31	04:24
217	276		Lemos Rodriguez, Manuel		VAM	106	10:04	18:48	25:57	34:45	0:44:04	43:47	04:24
218	137		Otero Crespo, David	Pinarium	SNM	45	09:16	18:09	25:36	34:51	0:44:08	44:03	04:25

219	231		Rodriguez Gonzalez, Matias		VAM	107	09:13	17:48	25:19	34:29	0:44:09	44:02	04:25
220	153		Ferrin Escariz, Jorge		VAM	108	09:41	18:33	26:03	34:54	0:44:13	44:01	04:25
221	552		Gallardo Francisco, Benito	Run Carballiño	VCM	5	09:32	18:17	25:40	34:50	0:44:17	44:03	04:26
222	283		Varela Gomez, Javier		VAM	109	10:01	18:57	26:18	35:05	0:44:18	43:57	04:26
223	573		García Paz, Luis D.		VAM	110	10:10	18:47	26:00	34:56	0:44:19	44:04	04:26
224	147		Frias Fernandez, Raul	Miler Vintage Running Club	SNM	46	10:24	19:05	26:15	35:12	0:44:20	43:54	04:26
225	175		Rodriguez Pol, Manu		VAM	111	09:09	17:59	25:41	34:55	0:44:23	44:15	04:26
226	190		Sanjorge Grandal, Juan Antonio	Pinarium	VAM	112	09:36	18:34	25:59	35:03	0:44:25	44:13	04:26
227	302		Blanco Garcia, Felipe		VAM	113	09:29	18:10	25:36	34:50	0:44:26	44:17	04:27
228	492		Martin Costas, Jorge	Atletismo Baiona	VBM	49	09:55	18:42	25:56	34:54	0:44:28	44:10	04:27
229	456		Cespon Outeda, Francisco Javier		VBM	50	09:31	18:18	25:37	34:40	0:44:28	44:13	04:27
230	401		Blazquez Garcia, David		VAM	114	09:53	18:46	26:04	34:55	0:44:28	44:17	04:27
231	25		Monteagudo Calviño, Juan		SNM	47	10:34	19:09	26:12	34:58	0:44:29	43:58	04:27
232	393		Seoane Vazquez, Oscar Jose	Ourenrunning	VAM	115	09:45	18:34	25:54	34:55	0:44:30	44:24	04:27
233	369		Blanco Blanco, Oscar		VAM	116	09:47	18:35	25:55	34:58	0:44:31	44:24	04:27
234	488		Calvo Lopez, Jose Antonio		VBM	51	09:47	18:25	25:52	34:54	0:44:31	44:13	04:27
235	514	AG 2022647	Barreiro Tato, Joaquin	Cai A Estrada	VBM	52	10:09	19:03	26:28	35:34	0:44:31	44:11	04:27
236	521		Varela Cachafeiro, Antonio	Club Pomasa	VBM	53	09:30	18:22	25:52	35:01	0:44:32	44:23	04:27
237	347		Dominguez Carbajal, Josemanuel		VAM	117	10:43	19:25	26:41	35:33	0:44:33	43:59	04:27
238	146		Cuntin Gomez, Anton		SNM	48	09:55	18:50	26:15	35:19	0:44:35	44:13	04:27
239	489		Porto Dios, Rogelio		VBM	54	09:28	18:13	25:36	34:58	0:44:37	44:31	04:28
240	230	AG 765294	Garcia Soage, Francisco Jose	Pinarium	VAM	118	10:01	18:48	26:15	35:30	0:44:37	44:23	04:28
241	123	AG 768938	Rivas Lopez, Javier	Pinarium	SNM	49	07:45	15:29	21:54	35:32	0:44:38	44:32	04:28
242	494		Lorenzo, Antonio		VBM	55	09:29	18:24	25:52	35:03	0:44:40	44:28	04:28
243	51		Buezas Argibai, Iago		SNM	50	09:18	18:20	26:02	35:16	0:44:40	44:31	04:28
244	240		Muñiz Gonzalez, Dionisio		VAM	119	09:56	18:59	26:26	35:17	0:44:41	44:26	04:28
245	307		Lopez Mosteirto, Marcos	Pinarium	VAM	120	09:46	18:36	26:00	35:21	0:44:41	44:22	04:28
246	399		Davila Estevez, Enrique	Atletics	VAM	121	09:39	18:18	25:36	34:49	0:44:42	44:29	04:28
247	400		Natera Sanchez, Antonio		VAM	122	09:40	18:33	26:03	35:13	0:44:46	44:33	04:29
248	548		Huelin Trillo, Fernando	Veteran@S De Galicia	VCM	6	09:44	18:42	26:12	35:18	0:44:46	44:45	04:29
249	506		Rodriguez Bacariza, Juan Antonio		VBM	56	09:38	18:40	26:09	35:18	0:44:48	44:39	04:29
250	95		Santiago Acuña, Jose Alberto		SNM	51	09:28	18:13	25:49	35:00	0:44:48	44:28	04:29
251	509		Anton Santiago, Jose Manuel	Pinarium	VBM	57	09:39	18:31	25:57	35:14	0:44:49	44:43	04:29
252	391		Garcia Cuevas, Angel		VAM	123	09:38	18:31	25:57	35:10	0:44:49	44:38	04:29
253	317		Calvar Lorenzo, Jesus		VAM	124	09:49	18:48	26:17	35:31	0:44:49	44:37	04:29
254	144		Martinez Ave, Agustin		SNM	52	09:53	18:46	26:07	35:21	0:44:50	44:41	04:29
255	377		Coladas-guzman Garcia, Alfonso	Club Atletismo Samertolameu	VAM	125	09:47	18:41	26:10	35:22	0:44:52	44:34	04:29
256	6	618	Aboy Pazos, Saleta		SNF	2	09:40	18:42	26:08	35:17	0:44:54	44:44	04:29
257	7	601	Garcia Gonzalez, Laura	Pinarium	SNF	3	09:43	18:42	26:13	35:18	0:44:56	44:46	04:30
258	568		Franke, Ron		VBM	58	09:55	18:55	26:24	35:29	0:44:59	44:50	04:30
259	71		Fernandez Nuñez, David		SNM	53	10:17	19:20	26:39	35:39	0:45:00	44:38	04:30
260	472		Villaverde Villanueva, Miguel Fernando		VBM	59	10:38	19:28	26:47	35:48	0:45:01	44:38	04:30
261	540		Chamorro Rodriguez, Eugenio		VCM	7	09:54	18:54	26:27	35:35	0:45:06	44:45	04:31
262	464		Brey Mato, Roberto	Cai A Estrada	VBM	60	09:55	18:46	26:09	35:24	0:45:06	44:46	04:31
263	503		Estevez Rodriguez, Daniel	Beer Runners Vigo	VBM	61	09:54	18:55	26:28	35:36	0:45:07	44:47	04:31

264	8	603	Quintana Miranda, Fatima	Pinarium	VAF	1	09:30	18:24	26:08	35:25	0:45:07	45:03	04:31
265		388	Lopez, Leonardo		VAM	126	10:19	19:16	26:49	35:55	0:45:09	44:51	04:31
266		6	Rivero Muiños, Pablo		XXPM	7	08:58	17:18	25:22	35:47	0:45:09	45:00	04:31
267		479	Caamaño Santiago, Salvador Luis		VBM	62	10:38	19:25	26:50	35:51	0:45:10	44:41	04:31
268		321	Castro Lago, Andres		VAM	127	10:37	19:23	26:41	35:49	0:45:10	44:40	04:31
269		546	GA16849 Iglesias Lopez, Camilo	Atletismo Milladoiro	VCM	8	09:44	18:46	26:13	35:22	0:45:11	45:05	04:31
270		89	Lorenzo Echeverria, Fernando	Pinarium	SNM	54	09:37	18:19	25:50	35:11	0:45:12	44:59	04:31
271		198	Andrade Padin, Damian	Club Atletismo Galaekia	VAM	128	09:49	18:58	26:28	35:43	0:45:13	45:08	04:31
272		37	Martinez Calvo, Salvador	Corredoiras Bueu	SNM	55	10:22	19:45	27:22	36:16	0:45:14	45:04	04:31
273		466	Jandra Gonzalez, Jesus		VBM	63	09:42	18:27	25:53	34:58	0:45:14	45:00	04:31
274		63	Videla Outeiral, Roberto	Miler Running Club	SNM	56	10:17	19:05	26:13	35:21	0:45:14	44:49	04:31
275		17	Martinez Barros, Hilario		XXPM	8	10:43	19:09	26:25	35:29	0:45:16	44:45	04:32
276		555	Gomez Bioque, Jose	C.A.Cambados-Seg.Noval	VCM	9	09:57	18:44	26:08	35:16	0:45:16	45:12	04:32
277		178	Sobrado Miguelez, Roberto		VAM	129	10:39	19:34	27:06	36:17	0:45:23	44:48	04:32
278		232	Pichel Rivas, Carlos		VAM	130	10:04	19:03	26:37	35:56	0:45:24	45:09	04:32
279		279	Garcia, Oscar		VAM	131	10:27	19:38	27:07	36:09	0:45:24	45:03	04:32
280		265	Garabatos Barciela, David	Asociacion Deportiva C.A.R	VAM	132	09:52	18:56	26:31	35:46	0:45:30	45:23	04:33
281		526	Pazos Gonzalez, Gonzalo	Ponte A Correr	VBM	64	10:16	19:14	26:49	35:54	0:45:31	45:11	04:33
282		249	Soto Parada, Juan Carlos	Pinarium	VAM	133	10:43	19:35	27:05	36:02	0:45:34	45:16	04:33
283		187	Martinez Santome, Miguel		VAM	134	10:34	19:36	27:12	36:24	0:45:35	45:07	04:33
284		304	AG 767950 Casais Burgos, David	Pinarium	SNM	57	10:47	19:45	27:07	36:19	0:45:35	45:16	04:33
285		580	Sanmartin Franco, Luis		VAM	135	10:15	19:30	27:07	36:20	0:45:38	45:32	04:34
286		120	Gil Martinez, Rafael		SNM	58	10:06	19:05	26:45	36:05	0:45:44	45:26	04:34
287		338	Martinez Besada, Juan Antonio		VAM	136	10:13	19:28	27:04	36:21	0:45:45	45:39	04:34
288		451	Iglesias, Jesus		VBM	65	10:27	19:34	27:05	36:12	0:45:47	45:24	04:35
289		18	Filgueira Diaz, Marcos		XXPM	9	08:33	17:25	25:32	35:35	0:45:47	45:36	04:35
290		482	Guimare Gonzalez, Daniel	Archienemigos Team	VBM	66	10:55	20:05	27:31	36:38	0:45:48	45:14	04:35
291		227	Cancela Pardo, Daniel		VAM	137	10:59	19:56	27:18	36:32	0:45:48	45:09	04:35
292		181	Mouriño Recaman, Marcos		VAM	138	09:58	19:01	26:36	36:00	0:45:49	45:36	04:35
293	9	641	Dominguez Ferreira, Tania		VAF	2	10:09	19:13	26:49	36:13	0:45:49	45:30	04:35
294		10	732 Pombal Portela, David	Samertolameu	XXPM	10	09:24	18:26	26:05	35:37	0:45:50	45:39	04:35
295		517	Rivas Romero, Juan Antonio		VBM	67	09:45	18:46	26:23	35:54	0:45:51	45:43	04:35
296		118	Vazquez Ramos, Diego		SNM	59	09:46	18:47	26:27	35:51	0:45:53	45:44	04:35
297		242	Gonzalez Villar, Javier		VAM	139	09:59	19:13	26:53	36:15	0:45:55	45:43	04:35
298		412	Bertolo Martinez, Juancho	Pinarium	VBM	68	10:13	19:31	27:07	36:19	0:45:56	45:49	04:36
299		269	Barreiro Pazos, Francisco Jose		VAM	140	10:31	19:46	27:18	36:31	0:45:58	45:37	04:36
300		90	Carballo Porto, Jesus		SNM	60	10:13	19:17	26:54	36:08	0:45:58	45:39	04:36
301		390	Rodriguez Gonzalez, Alvaro		VAM	141	10:11	19:22	27:03	36:14	0:46:00	45:38	04:36
302		500	Cos Blanco, Miguel Angel		VBM	69	09:15	18:02	25:55	35:44	0:46:01	45:54	04:36
303		345	Pisano, Giuseppe		VAM	142	10:16	19:07	26:43	36:07	0:46:04	45:36	04:36
304		222	Martinez Beis, Fernando	Pinarium	VAM	143	09:29	18:40	26:29	36:08	0:46:18	46:13	04:38
305		305	Ricoy Alonso, Juan		VAM	144	10:49	19:53	27:29	36:35	0:46:20	46:14	04:38
306	10	695	Iglesias Santiago, Angeles		VBF	1	09:54	18:53	26:39	36:10	0:46:30	46:22	04:39
307		9	Telleria Seoane, Aaron		XXPM	11	09:46	18:33	26:13	35:48	0:46:31	46:20	04:39
308		83	Romero Nuñez, Ivan		SNM	61	10:11	19:18	26:59	36:20	0:46:36	46:16	04:40

309		502	Lareu Gutierrez, Jose Manuel	C. A. Cambados	VBM	70	11:06	20:20	27:56	37:12	0:46:43	46:22	04:40
310		101	Vieites Mendez, Ruben		SNM	62	10:09	19:19	27:10	36:37	0:46:43	46:29	04:40
311		8	Serra Lopez, Roberto		XXPM	12	09:56	19:00	26:35	36:28	0:46:51	46:39	04:41
312	11	658	Alonso Parente, Patricia		VAF	3	10:25	19:36	27:25	36:56	0:46:54	46:26	04:41
313	12	660	Garcia Torrico, Dolly Darlen	Maisqueauga	VAF	4	10:15	19:38	27:23	36:58	0:46:57	46:51	04:42
314		67	Jimenez Fresco, Yago		SNM	63	10:17	19:32	27:23	37:02	0:46:58	46:39	04:42
315		544	Vicente Alvarez, Guillermo Jose		VCM	10	10:29	19:35	27:25	36:56	0:47:01	46:31	04:42
316		91	Garcia Lorigados, David		SNM	64	11:26	20:49	28:20	37:29	0:47:03	46:36	04:42
317		251	Porto Dios, Gerardo		VAM	145	10:28	19:49	27:34	36:57	0:47:03	46:53	04:42
318		142	Solla Augusto, Alexandre		SNM	65	10:42	19:50	27:30	37:06	0:47:06	46:26	04:43
319		465	Velasco, Pablo		VBM	71	10:30	19:46	27:34	36:58	0:47:07	46:43	04:43
320		402	Perez Torreira, Jose Manuel	Pinarium	VAM	146	10:28	19:50	27:36	36:59	0:47:08	46:58	04:43
321		229	Moldes Suarez, Valeriano		VAM	147	10:59	20:20	28:02	37:37	0:47:16	46:49	04:44
322		413	Parra Rodriguez, Roberto		VBM	72	10:04	19:21	27:17	36:55	0:47:17	47:03	04:44
323		350	Cabo Bujan, Jose Antonio		VAM	148	10:49	19:50	27:49	37:26	0:47:18	46:50	04:44
324		127	Omil Guimerans, Chema		SNM	66	10:20	19:22	27:09	36:55	0:47:18	46:45	04:44
325		559	Varela Garcia, Valentin		VDM	1	10:29	20:00	27:53	37:27	0:47:21	47:15	04:44
326		435	Centeno Mateos, Luis Miguel		VBM	73	10:46	19:59	27:52	37:12	0:47:22	46:52	04:44
327		26	Sanjorge Perez, Alvaro		SNM	67	10:10	19:18	27:11	37:01	0:47:23	46:52	04:44
328		161	Troitiño Limeres, Laureano		VAM	149	10:34	20:00	27:47	37:22	0:47:23	47:03	04:44
329		79	Serantes Fernandez, Andres		SNM	68	10:11	19:47	28:01	37:32	0:47:25	47:19	04:44
330	13	683	Lemos Soage, Ana	Corredoiras	VBF	2	09:52	19:22	27:32	37:18	0:47:26	47:19	04:45
331		309	Barreras Collazo, Francisco Daniel	Atletico Teis	VAM	150	10:51	20:05	27:59	37:24	0:47:28	46:47	04:45
332		557	Gonzalez Marquez, Manuel		VCM	11	10:38	19:56	27:43	37:25	0:47:31	47:03	04:45
333		47	Leiros Rodriguez, Carlos		SNM	69	10:34	20:01	28:00	37:32	0:47:34	47:11	04:45
334		19	Vicente Moure, Guillermo		XXPM	13	10:41	20:00	27:53	37:27	0:47:36	47:03	04:46
335		416	Morales Adan, Manuel		VBM	74	10:13	19:27	27:27	37:15	0:47:36	47:16	04:46
336		333	Lopez De Lerma Casas, Miguel Angel		VAM	151	10:30	20:01	27:55	37:35	0:47:37	47:18	04:46
337		495	Peleteiro Estevez, Jose Maria		VBM	75	11:18	20:49	28:29	37:42	0:47:37	47:02	04:46
338		56	Rego Laiño, Santiago		SNM	70	11:32	20:57	28:38	37:49	0:47:38	47:06	04:46
339		532	Gonzalez Gonzalez, Manuel		VCM	12	10:49	20:25	28:13	37:51	0:47:46	47:32	04:47
340		439	AG 2018997 Perez Meis, Francisco Jose	C.D. Ria De Arousa - O Grove	VBM	76	08:52	17:00	23:37	32:38	0:47:49	47:37	04:47
341		84	Villafruela, Victor		SNM	71	11:23	20:47	28:40	38:02	0:47:52	47:16	04:47
342		86	Pesado Gil, Javier		SNM	72	10:14	19:31	27:24	37:02	0:47:55	47:35	04:47
343		353	Gonzalez Sampedro, Omar		VAM	152	10:53	20:31	28:27	37:57	0:47:57	47:33	04:48
344		262	Amoedo Otero, Sergio		VAM	153	10:28	19:41	27:53	37:36	0:47:58	47:32	04:48
345		286	Dominguez Moreiras, Segundo		VAM	154	10:16	19:37	27:38	37:27	0:47:58	47:42	04:48
346		570	Almenar, Manuel		VBM	77	10:24	19:50	27:48	37:34	0:48:00	47:38	04:48
347		522	Aragon Seijo, Jose Luis		VBM	78	10:50	20:25	28:23	38:00	0:48:03	47:47	04:48
348	14	675	Astorga Somoza, Marise		VAF	5	10:12	19:20	27:16	37:13	0:48:05	47:46	04:48
349		410	Lopez Santiago, Carlos Eduardo		VBM	79	10:25	19:50	27:53	37:36	0:48:05	47:42	04:48
350		223	Piñeiro, Carlos		VAM	155	10:46	20:11	28:13	37:53	0:48:05	47:43	04:48
351		116	Barreiro Simon, Daniel	Pinarium	SNM	73	10:13	19:30	27:02	36:19	0:48:06	47:52	04:49
352		547	Losada Seara, Jose Luis		VCM	13	11:12	20:43	28:32	38:02	0:48:07	47:38	04:49
353		310	Barreiro Rodriguez, Severo		VAM	156	10:38	19:47	27:40	37:28	0:48:07	47:26	04:49

354	382		Alvarez Castro, Enrique		VAM	157	11:00	20:22	28:16	37:56	0:48:08	47:36	04:49
355	498		Santiago Suarez, Tone	Pinarium	VBM	80	11:11	20:43	28:35	38:10	0:48:13	47:47	04:49
356	173		Villalba Rodriguez, Xaime	Pinarium	VAM	158	11:02	20:34	28:36	38:09	0:48:14	47:42	04:49
357	467	AG 2020921	Fernandez Garcia, Manuel	Pinarium	VBM	81	10:25	19:43	27:51	38:00	0:48:17	48:12	04:50
358	189		Trelles Ferreño, Marcos		VAM	159	10:59	20:15	28:07	38:01	0:48:23	47:45	04:50
359	433		Gonzalez Jorquera, Juan Manuel	Mapoma	VBM	82	11:08	20:46	28:44	38:26	0:48:23	48:18	04:50
360	15	692	Garcia Abalo, Magdalena		VBF	3	10:26	19:56	28:02	37:52	0:48:25	48:12	04:50
361	493		Dapena Tenorio, Jose Luis		VBM	83	11:00	20:30	28:19	38:03	0:48:27	48:03	04:51
362	39		Esperon Bello, Daniel		SNM	74	10:43	19:38	27:36	37:33	0:48:28	47:55	04:51
363	57		Vidal Entenza, Manuel		SNM	75	11:47	21:38	29:21	38:53	0:48:28	47:55	04:51
364	541		Villaverde Cabaleiro, Jose Luis	Veteran@S De Galicia	VCM	14	11:07	20:55	29:07	38:51	0:48:29	48:17	04:51
365	233		Cruz Soage, Manuel Angel		VAM	160	11:53	21:53	30:24	39:41	0:48:33	48:11	04:51
366	525		Taboada Gonzalez, Ramiro	Running Lusekelo	VBM	84	10:50	20:12	28:09	38:04	0:48:36	48:05	04:52
367	16	655	Sequeiros Giraldez, Rosana	Liebres	VAF	6	10:32	20:04	28:12	38:07	0:48:42	48:31	04:52
368	174	AG 2019462	Martinez Sanjorge, Antonio J.	Pinarium	VAM	161	09:42	19:07	27:19	37:35	0:48:49	48:45	04:53
369	23		Pouseu Paz, Damian		SNM	76	11:21	21:11	29:30	38:45	0:48:50	48:20	04:53
370	436		Perez rubio, Alfonso		VBM	85	10:37	20:16	28:24	38:23	0:48:51	48:35	04:53
371	508		Vila Alonso, Eugenio		VBM	86	10:18	19:45	27:52	37:57	0:48:52	48:42	04:53
372	17	625	Puerta Alvarez, Rocio C		SNF	4	11:02	20:25	28:31	38:16	0:48:53	48:30	04:53
373	551		Vidal Villar, Fco.javier		VCM	15	11:17	21:09	29:09	38:43	0:48:56	48:42	04:54
374	560		Perez Villaverde, Francisco Javier	Veteran@S De Galicia	VDM	2	11:05	20:54	29:05	38:50	0:49:02	48:49	04:54
375	281	AG2020969	Flores Garcia, Suso	Atletismo A Estrada	VAM	162	11:28	21:25	30:31	39:49	0:49:03	48:58	04:54
376	368		Landeira Brage, Alberto		VAM	163	11:12	20:47	28:55	38:41	0:49:04	48:32	04:54
377	18	705	Lopez Fuentes, Monica	Pinarium	XXPF	2	10:22	19:54	28:17	38:12	0:49:04	48:54	04:54
378	19	635	Ares Yebra, Aitana		SNF	5	10:35	20:20	28:37	38:37	0:49:04	48:43	04:54
379	373		Rodriguez Mallo, Benjamin		VAM	164	10:52	20:18	28:23	38:22	0:49:05	48:42	04:54
380	20	670	Lemos Jorge, Monica		VAF	7	10:53	20:20	28:32	38:23	0:49:06	48:36	04:55
381	21	674	Castro Colorado, Julia	Bikila	VAF	8	11:03	20:35	28:45	38:38	0:49:10	48:43	04:55
382	219		Cruces Molina, Miguel	Miler	VAM	165	09:46	18:45	26:33	38:55	0:49:11	48:58	04:55
383	145		Hermelo Calvar, Andres		SNM	77	11:34	21:12	29:23	39:09	0:49:17	48:40	04:56
384	236		Carballo Estevez, Jose Armando		VAM	166	10:58	20:28	28:32	38:28	0:49:22	48:43	04:56
385	278		Veiga Garcia, Jeronimo		VAM	167	10:48	20:18	28:31	38:36	0:49:25	48:49	04:56
386	211		Garcia Villaverde, Jose Emilio		VAM	168	10:20	20:04	28:27	38:40	0:49:25	49:09	04:56
387	225		Vazquez, Pedro		VAM	169	11:06	20:46	29:02	38:44	0:49:26	49:03	04:57
388	130		Bahamonde Gonzalez, Ramon		SNM	78	10:49	19:59	27:53	38:20	0:49:28	48:53	04:57
389	420		Miguel Vazquez, Alvaro		VBM	87	11:21	21:02	29:13	39:03	0:49:28	48:53	04:57
390	188		Sueiro Carballedo, Damian		VAM	170	11:53	21:58	30:24	39:45	0:49:28	49:06	04:57
391	504	AG2016438	Barreiro Padin, Alfonso	Ria De Arousa	VBM	88	11:26	20:50	28:26	39:37	0:49:30	49:18	04:57
392	431		Castiñeira, Javier		VBM	89	10:36	19:41	27:52	38:03	0:49:30	49:25	04:57
393	22	620	1719297 Ferral Nogueira, Irene	Mc Nimes	SNF	6	10:55	20:30	28:49	38:56	0:49:31	49:06	04:57
394	234		Barreiro Piacquadio, Jorge		VAM	171	10:33	20:15	28:38	38:38	0:49:34	49:19	04:57
395	341		Carrera Gonzalez, Pedro		VAM	172	10:35	20:24	28:40	39:07	0:49:35	49:19	04:57
396	523		Rodilla Guerricagoitia, Santiago	Pontea Correr	VBM	90	11:13	21:03	29:19	39:12	0:49:44	49:13	04:58
397	303		Juncal Iglesias, Alberto	Club Atletismo Samertolameu	VAM	173	11:22	20:47	28:53	38:53	0:49:48	49:16	04:59
398	177		Obama, Kizito		VAM	174	11:12	20:43	29:10	39:30	0:49:48	49:08	04:59

399	23	661	Garcia Lago, Lorena		VAF	9	11:08	21:06	29:27	39:26	0:49:48	49:34	04:59
400		239	Costa Fernandez, Fernando		VAM	175	11:05	20:54	29:13	39:15	0:49:53	49:36	04:59
401		483	Alonso Anido, Roberto	Atletismo Samertolameu	VBM	91	11:12	21:05	29:25	39:21	0:49:54	49:26	04:59
402		96	Peiteado Asorey, Carlos	Pinarium	SNM	79	10:57	20:55	29:08	39:09	0:49:56	49:36	05:00
403		199	Saavedra Gonzalez, Jose Antonio		VAM	176	10:27	20:07	28:44	39:09	0:49:59	49:40	05:00
404		475	Rivas Alvarez, Francisco		VBM	92	10:38	20:30	28:54	39:05	0:50:02	49:52	05:00
405		362	Fabeiro, Ramon		VAM	177	11:35	21:17	29:38	39:31	0:50:05	49:25	05:00
406	24	699	Coelli, Francesca	5 And Run By Pedro Nimo	VBF	4	10:57	20:52	29:17	39:15	0:50:08	50:01	05:01
407		590	Novegil Rodriguez, Antonio		VAM	178	11:38	21:15	29:51	39:54	0:50:09	49:37	05:01
408		133	Rivadulla Pastor, David		SNM	80	11:45	21:43	29:54	39:53	0:50:12	49:36	05:01
409		64	Estevez Dominguez, David	Pinarium	SNM	81	11:28	21:21	29:39	39:34	0:50:12	49:45	05:01
410		270	Rodriguez De La Fuente, Ruben		VAM	179	11:35	21:21	29:39	39:35	0:50:13	49:45	05:01
411		46	Gonzalez Fontenla, Manuel		SNM	82	10:53	20:38	29:05	39:32	0:50:14	49:43	05:01
412		569	Rueda, Alfonso		VBM	93	10:48	20:41	29:07	39:19	0:50:15	49:49	05:01
413		253	Rodriguez, Jorge		VAM	180	11:35	21:16	29:25	39:15	0:50:18	49:42	05:02
414		213	Sanjorge Torres, Jose Maria	San Miguel De Marin	VAM	181	10:12	20:02	28:36	39:10	0:50:20	50:14	05:02
415		148	Seisdedos Arribas, Eduardo		VAM	182	10:51	20:35	29:18	39:39	0:50:20	49:47	05:02
416		260	Sobral Rosales, Jorge	C.D. Pinarium	VAM	183	12:30	22:37	30:30	40:01	0:50:24	49:47	05:02
417		426	Marquez Cortizo, Enrique		VBM	94	11:25	21:01	29:17	39:26	0:50:25	49:50	05:02
418		182	Dos Santos, Carlos	Pinarium	VAM	184	10:38	20:25	28:52	39:22	0:50:26	50:00	05:03
419		387	Villaverde Sanisidro, Jose Luis		VAM	185	11:42	21:38	30:00	39:57	0:50:26	50:21	05:03
420	25	694	Trabazo Garcia, Josefa		VBF	5	11:09	21:06	29:26	39:40	0:50:28	50:03	05:03
421		141	Alvarez Carril, David	Pinarium	SNM	83	11:44	21:35	30:03	40:06	0:50:36	49:59	05:04
422		277	Fontenla Silva, Ramon		VAM	186	10:31	20:28	29:05	39:23	0:50:41	50:14	05:04
423		156	Arias Diz, Paulino		VAM	187	11:35	21:04	29:15	39:23	0:50:43	50:12	05:04
424		395	Des Gonzalez, Angel	Atletismo Arenteiro	VAM	188	11:20	21:02	29:29	39:37	0:50:46	50:40	05:05
425		85	Guede Freire, Julian		SNM	84	10:20	19:58	28:36	39:18	0:50:49	50:40	05:05
426		445	Garcia Cuervo, Miguel		VBM	95	11:26	21:16	29:56	40:08	0:50:50	50:16	05:05
427		712	García Dopazo, David		XXPM	14	11:12	21:08	29:46	40:03	0:50:54	50:49	05:05
428	26	642	Del Carmen Lago, Mar		VAF	10	11:25	21:22	29:44	40:04	0:50:59	50:31	05:06
429	27	709	Goberna Perez, Saleta		SNF	7	10:51	20:23	28:56	39:38	0:51:11	50:48	05:07
430		398	Deza Gomez, Andres	Team Corbelo	VAM	189	11:10	21:09	29:52	40:09	0:51:17	50:58	05:08
431		571	*****, Dorsal 571		??????		11:52	22:30	31:14	41:10	0:51:25	51:19	05:08
432		152	Damian, Vidal Portela		VAM	190	11:42	21:40	30:06	40:27	0:51:28	50:55	05:09
433	28	680	Silva Fernandez, Montserrat	Archienemigos Team	VAF	11	12:14	22:23	30:57	41:09	0:51:28	50:49	05:09
434		81	Vidal Omil, Ivan		SNM	85	11:44	21:36	30:16	40:43	0:51:33	51:02	05:09
435		1	Nuñez Gonzalez, Guillermo		SNM	86	11:27	21:31	30:19	40:44	0:51:34	51:01	05:09
436		61	Nuñez Gonzalez, Rafael		SNM	87	11:34	21:39	30:34	40:51	0:51:36	51:02	05:10
437		78	Placette, Yoann		SNM	88	11:04	20:44	29:20	39:58	0:51:39	51:23	05:10
438		529	Santos Leites, Euloxio		VBM	96	11:39	21:59	30:36	40:59	0:51:41	51:09	05:10
439		576	Gonzalez Gonzalez, Antonio		VCM	16	11:01	20:52	29:35	40:09	0:51:41	51:30	05:10
440	29	663	Garcia Novas, Estibaliz		VAF	12	10:47	21:01	29:45	40:16	0:51:45	51:32	05:10
441		563	Martinez Garcia, Alfonso		VDM	3	11:19	21:19	30:01	40:26	0:51:52	51:40	05:11
442	30	711	Rosales Piñeiro, Manuela		VBF	6	11:02	21:06	29:48	40:23	0:51:57	51:47	05:12
443		162	Gonzalez Balboa, Alejandro		VAM	191	11:02	21:15	30:07	40:35	0:51:58	51:35	05:12

444	70		Perez Gonzalez, Gael		SNM	89	11:26	21:31	30:44	41:14	0:51:59	51:33	05:12	
445	298	AG 2019545	Nuñez Cousido, Antonio	Pinarium	VAM	192	11:10	21:29	30:22	41:00	0:51:59	51:39	05:12	
446	496		Sanchez Lucas, Juan		VBM	97	10:46	20:29	29:00	39:42	0:52:01	51:41	05:12	
447	291		Alex, Arduino	C.D. Vicus	VAM	193	12:01	22:00	30:56	41:15	0:52:06	51:31	05:13	
448	159		Solla Crespo, Santiago	Pinarium	VAM	194	11:25	21:41	30:30	41:02	0:52:09	51:54	05:13	
449	274		Agra, Felipe		VAM	195	11:06	21:04	29:52	40:29	0:52:09	51:46	05:13	
450	328		Moldes Moreira, Diego		VAM	196	11:26	21:15	29:50	40:30	0:52:11	51:43	05:13	
451	139		Viñas Martinez, Jose		SNM	90	11:51	22:00	30:54	41:16	0:52:12	51:43	05:13	
452	170		Sabaris Remiseiro, Jonathan		VAM	197	11:50	21:53	30:23	40:50	0:52:21	51:55	05:14	
453	104		Alvarez Barros, Adrian		SNM	91	11:26	21:36	30:52	41:10	0:52:21	51:50	05:14	
454	476		Garrido Moreira, Jose Mario		VBM	98	11:11	21:29	30:17	40:49	0:52:21	52:05	05:14	
455	357		Sobral Rosales, Javier	Pinarium	VAM	198	12:29	22:36	31:01	41:33	0:52:24	51:47	05:14	
456	167		Juncal Verde, Adrian		VAM	199	12:25	22:52	31:44	41:56	0:52:26	52:01	05:15	
457	258		Exposito Lopez, Juan Manuel		VAM	200	10:35	20:36	29:29	40:25	0:52:27	52:15	05:15	
458	166		Trabazo Martinez, Jose		VAM	201	11:27	21:25	30:58	42:09	0:52:29	52:11	05:15	
459	31	648	Castiñeira Lores, Beatriz		VAF	13	11:51	22:04	30:54	41:16	0:52:31	52:03	05:15	
460		527	Vela Donoso, Jose Luis		VBM	99	11:53	21:56	30:48	41:20	0:52:31	51:55	05:15	
461	32	678	Pousa Torres, Deborah		VAF	14	11:45	22:02	30:49	41:21	0:52:38	52:03	05:16	
462		414	Fraga Santiago, Roberto	Pinarium	VBM	100	10:53	20:58	29:52	40:39	0:52:44	52:29	05:16	
463		241	Martinez Fontenla, Fr. Javier		VAM	202	11:56	21:59	30:31	41:09	0:52:45	52:02	05:16	
464		326	Varela Rodriguez, Ricardo	Pinarium	VAM	203	10:54	21:02	29:50	40:39	0:52:45	52:28	05:16	
465	33	662	Rivas Iglesias, Maria		VAF	15	12:02	22:15	31:08	41:39	0:52:45	52:10	05:17	
466		294	Blanco Docampo, Roberto		VAM	204	11:52	21:57	30:46	41:18	0:52:49	52:20	05:17	
467		545	Balea Garcia, Francisco Javier		VCM	17	12:29	22:41	31:22	42:00	0:52:55	52:17	05:17	
468	34	614	Santoro Estevez, Cristina		SNF	8	11:44	21:48	30:41	41:27	0:52:58	52:15	05:18	
469		385	Fernandez Tejera, Patricio		VAM	205	11:53	22:01	30:46	41:31	0:52:59	52:16	05:18	
470	35	604	Alarcon Hernandez, Monica	Pinarium	VAF	16	12:23	22:52	31:42	42:06	0:52:59	52:22	05:18	
471		562	Iglesias Olivera, Serafin Manuel	Centolos	VDM	4	11:54	22:01	30:48	41:20	0:53:02	52:33	05:18	
472		143	Perez Vazquez, Santi		SNM	92	11:59	21:52	30:44	41:12	0:53:02	52:19	05:18	
473		462	Rodriguez Pena, Jorge		VBM	101	11:51	22:22	31:19	42:01	0:53:04	52:24	05:18	
474		339	Lorenzo Rivas, Angel		VAM	206	12:47	22:32	31:21	41:47	0:53:04	52:38	05:18	
475		58	Juncal Perez, Hector		SNM	93	11:46	21:39	30:25	41:24	0:53:06	52:33	05:19	
476		533	Dominguez Moreira, Luis	Cegub	VCM	18	10:29	20:44	29:45	40:45	0:53:06	52:58	05:19	
477	36	679	Serra Pomar, Nuria		VAF	17	12:24	22:52	31:44	42:00	0:53:08	52:42	05:19	
478		282	Marquez, Carlos		VAM	207	11:37	21:39	30:42	41:44	0:53:10	53:05	05:19	
479		263	Cabaleiro Bouzon, Marcos		VAM	208	11:54	22:08	31:02	41:49	0:53:12	52:38	05:19	
480		409	Rosales Perez, Juan Manuel		VBM	102	10:35	20:58	30:17	41:18	0:53:19	53:15	05:20	
481		380	Saavedra Santiago, Javier		VAM	209	12:00	22:04	30:55	41:20	0:53:23	52:54	05:20	
482	37	631	AG2020968	Nogueira Balseiros, Eva	Atletismo A Estrada	SNF	9	11:21	21:28	30:25	41:22	0:53:23	53:18	05:20
483		273	Carballo Penas, Maximino		VAM	210	11:17	21:33	30:43	41:39	0:53:25	52:54	05:20	
484		114	Perez Casas, Jose Ricardo		SNM	94	11:39	22:00	31:15	42:09	0:53:29	53:03	05:21	
485	38	652	Fernandez Campos, Alina		VAF	18	11:37	22:02	31:15	42:08	0:53:29	53:06	05:21	
486	39	651	Alonso-villaverde Iglesias, Virginia		VAF	19	12:34	23:11	32:14	42:35	0:53:33	53:02	05:21	
487	40	690	Mosquera Rodriguez, Ana Isabel	Maisquauga	VBF	7	12:11	22:40	31:36	42:20	0:53:38	53:03	05:22	
488		117	Souto Alende, Pedro		SNM	95	11:49	22:12	31:18	42:12	0:53:40	53:30	05:22	

489	41	636	Castrelos Rúa, Eva		SNF	10	11:50	22:13	31:20	42:14	0:53:41	53:29	05:22
490		208	Estevez Couto, Higinio		VAM	211	11:08	21:42	30:53	42:04	0:54:02	53:48	05:24
491		160	Panteon, Dani		VAM	212	11:55	22:05	31:07	42:07	0:54:03	53:26	05:24
492		98	Costas Fischer, Ramiro		SNM	96	11:27	21:25	30:56	42:11	0:54:18	54:00	05:26
493		102	Fernandez Bas, Jon		SNM	97	11:55	23:05	31:40	43:02	0:54:19	54:14	05:26
494		549	Daporta Fernandez, Ramon	Cac-Seg.Noval	VCM	19	11:07	21:04	30:15	41:31	0:54:20	53:59	05:26
495	42	689	Pazos Soage, Teresa	Liebres	VBF	8	12:17	23:04	32:08	42:56	0:54:22	54:06	05:26
496		42	Castellano, Hector		SNM	98	12:16	23:03	32:06	42:54	0:54:23	54:06	05:26
497		197	Garcia Garcia, Manuel	Athletics Fisioterapia San Lazaro	VAM	213	11:14	21:39	30:56	42:16	0:54:25	53:52	05:26
498	43	650	Zapata Rodriguez, Raquel		VAF	20	11:15	21:40	31:02	42:14	0:54:26	53:53	05:27
499		165	Perez Vazquez, Eduardo		VAM	214	12:07	22:00	30:56	41:45	0:54:27	53:44	05:27
500		31	Caderno Gonzalez, Daniel		SNM	99	11:18	21:31	30:43	42:08	0:54:32	54:02	05:27
501	44	673	Torrado Outeda, Celina	Ponte A Correr	VAF	21	11:33	21:17	29:55	42:27	0:54:36	54:02	05:28
502	45	702	Fernandez Cadaya, Olga	Vicus C.D.	VBF	9	12:08	22:45	32:08	43:06	0:54:37	54:02	05:28
503	46	700	Garcia Rivera, Maria Montserrat		VBF	10	12:29	23:14	32:24	43:10	0:54:38	54:13	05:28
504		105	Garcia Cordoba, Jesus		SNM	100	12:32	23:13	32:21	43:06	0:54:39	54:13	05:28
505		176	Salgado Fernandez, Francisco J.	Pinarium	VAM	215	12:24	22:51	31:40	41:56	0:54:40	54:15	05:28
506	47	677	Diaz Rodriguez, Marga		VAF	22	12:05	22:25	31:40	42:55	0:54:56	54:27	05:30
507	48	686	Goicoechea Castaño, Itziar		VBF	11	12:21	23:01	32:10	43:14	0:54:59	54:34	05:30
508	49	684	De La Torre Garel, Raquel		VBF	12	12:49	23:42	33:17	44:07	0:55:10	54:28	05:31
509		342	Bueno Hermida, Ivan		VAM	216	12:50	23:44	33:16	44:10	0:55:10	54:29	05:31
510	50	671	Perez Piñeiro, Maria Jose		VAF	23	12:30	23:04	32:28	43:17	0:55:11	54:36	05:31
511		76	Beascoechea Portas, Pablo		SNM	101	12:20	23:03	32:20	43:14	0:55:11	54:36	05:31
512		490	Adolfo, Mogrovejo	C.D. Vicus	VBM	103	11:42	21:55	31:03	42:21	0:55:12	54:38	05:31
513		80	Dorado, Oscar		SNM	102	11:59	22:39	32:06	43:20	0:55:15	54:44	05:31
514		539	Diz, Pedro		VCM	20	12:49	23:38	32:55	43:40	0:55:16	54:38	05:32
515	51	605	Casal Nantes, Maria	Pinarium	VAF	24	12:01	22:43	32:12	43:22	0:55:24	54:50	05:32
516	52	638	Galvis Higuera, Edilia		SNF	11	11:56	22:32	32:16	43:38	0:55:26	55:09	05:33
517	53	649	Pic Cos, Demelza		VAF	25	12:02	22:35	32:20	43:40	0:55:28	55:09	05:33
518		572	*****, Dorsal 572		??????		11:53	23:38	34:25	46:11	0:55:41	55:35	05:34
519		183	Torres Jaime, Juan Carlos		VAM	217	11:39	21:57	31:15	42:56	0:55:41	55:04	05:34
520		375	Mansilla, Roberto	C.D. Vicus	VAM	218	12:04	22:53	32:22	43:44	0:56:15	55:38	05:37
521		564	Pedreño Nieto, Enrique	Atletismo Samertolameu	VDM	5	12:03	22:57	32:35	43:49	0:56:21	55:54	05:38
522	54	633	Lopez Feijoo, Lorena		SNF	12	12:36	23:12	32:47	44:11	0:56:31	56:04	05:39
523		468	Sanchez Lopez, Arturo		VBM	104	12:48	23:43	32:42	43:59	0:56:38	56:06	05:40
524	55	672	Fernandez Paredes, Yolanda		VAF	26	13:13	24:21	33:45	45:06	0:56:59	56:15	05:42
525		386	Gomez Feijoo, Manuel Angel		VAM	219	13:12	24:17	33:43	45:03	0:57:00	56:16	05:42
526		469	Martins De Lima, Paulo Jorge		VBM	105	12:29	23:27	33:08	44:36	0:57:08	56:34	05:43
527		528	Anton Yague, Fco Javier		VBM	106	12:44	23:37	33:19	44:40	0:57:10	56:31	05:43
528		66	Martinez Perez, Alejandro		SNM	103	11:00	21:02	29:37	40:40	0:57:26	56:53	05:45
529		69	Rosales Nuñez, Aitor		SNM	104	11:21	22:06	32:03	43:38	0:57:27	57:04	05:45
530		207	Moreira Lorenzo, Guillermo		VAM	220	12:57	23:43	33:16	44:12	0:57:42	57:00	05:46
531		383	Mato Cachafeiro, Felix		VAM	221	12:27	23:48	34:14	46:11	0:57:56	57:36	05:48
532	56	666	Fernandez Almeda, Marta		VAF	27	14:03	25:44	35:25	46:28	0:57:57	57:34	05:48
533		218	Martinez Barros, Jose Antonio		VAM	222	11:03	20:32	35:28	46:28	0:57:59	57:35	05:48

534	579		Cainzos Calvo, Jose Manuel		VBM	107	12:14	23:07	32:57	44:45	0:58:01	57:29	05:48
535	57	664	Llauger, Maria		VAF	28	12:04	23:37	33:37	45:24	0:58:02	57:35	05:48
536	58	659	Iglesias Area, Maria		VAF	29	13:17	24:23	34:00	45:29	0:58:06	57:25	05:49
537		537	Bugallo Lopez, Angel Jose		VCM	21	12:51	23:49	33:36	45:20	0:58:08	57:29	05:49
538		518	Soto Caba, Miguel A.		VBM	108	12:24	23:09	32:49	44:52	0:58:09	57:34	05:49
539		364	Cabaleiro, David		VAM	223	12:21	23:38	33:41	45:44	0:58:16	57:49	05:50
540		292	Taboada Rodicio, Jose Luis		VAM	224	12:41	23:40	33:42	45:27	0:58:19	57:37	05:50
541		323	Garrido Perez, Juan Carlos		VAM	225	12:40	23:39	33:42	45:27	0:58:20	57:37	05:50
542	59	639	Cao Garcia, Lorena		SNF	13	12:02	22:42	32:36	44:32	0:58:26	58:04	05:51
543		558	Rodriguez Pego, Emilio		VCM	22	11:09	22:07	32:10	44:48	0:58:35	58:20	05:51
544	60	714	Bergmann, Sylke		VBF	13	12:54	24:07	33:56	45:37	0:58:36	58:00	05:52
545		192	Canitrot Marquez, Joaquin		VAM	226	12:51	23:49	33:53	45:56	0:58:40	58:05	05:52
546		480	Romero Otero, Santiago		VBM	109	12:38	24:25	34:49	46:22	0:59:06	58:36	05:55
547	61	619	Perez Casas, Lucia		SNF	14	12:39	23:47	33:48	45:47	0:59:17	58:50	05:56
548		463	Acuña Dios, Ignacio		VBM	110	12:42	24:07	34:28	46:32	0:59:20	58:57	05:56
549		48	Eiras Adan, Pedro		SNM	105	12:29	23:49	34:15	46:12	0:59:20	59:00	05:56
550	62	623	Gandara Alonso, Patricia		SNF	15	12:53	24:20	34:37	46:28	0:59:23	59:01	05:56
551		135	Acuña Fernandez, Unai		SNM	106	12:55	24:23	34:34	46:34	0:59:23	59:18	05:56
552	63	703	Varela garcia, Maria		VCF	1	13:12	24:43	35:04	47:01	0:59:34	59:16	05:57
553	64	668	Rodal diz, Olivia		VAF	30	13:11	24:32	34:55	46:52	0:59:41	59:07	05:58
554		428	Justo Prieto, Jose Salvador		VBM	111	14:21	26:43	36:25	48:20	1:01:07	1:00:26	06:07
555	65	646	Quintana Martinez, Noela		VAF	31	13:21	24:53	35:13	47:24	1:01:20	1:00:47	06:08
556		578	Calviño Pazos, Javier		VBM	112	13:53	25:38	35:15	48:59	1:01:49	1:01:17	06:11
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558	66	624	Ortiz Cidre, Andrea		SNF	16	14:17	26:26	37:15	49:30	1:02:28	1:01:48	06:15
559	67	627	Perez Vazquez, Xiana		SNF	17	14:22	26:25	37:19	49:30	1:02:29	1:01:48	06:15
560	68	682	Tenorio Rivas, Mercedes		VBF	14	14:18	26:42	37:09	49:44	1:03:00	1:02:19	06:18
561	69	669	Millan Buceta, Isabel		VAF	32	13:06	25:26	36:37	49:22	1:03:02	1:02:44	06:18
562	70	676	Aguilar Planas, Nuria		VAF	33	13:06	25:27	36:36	49:22	1:03:02	1:02:44	06:18
563		556	Hurtado, Manuel	Escuela Atletica Lucense	VCM	23	13:58	26:01	36:51	49:26	1:03:07	1:02:28	06:19
564	71	645	Rodriguez Torres, Nuria		VAF	34	13:17	25:23	36:20	49:12	1:03:21	1:02:51	06:20
565	72	640	Fariña Padin, Vanessa		VAF	35	14:04	26:22	37:27	50:18	1:04:20	1:03:44	06:26
566		204	Diaz, Ramon		VAM	227	13:07	25:24	36:48	50:07	1:05:11	1:04:28	06:31
567	73	615	Pumar Justo, Iria		SNF	18	13:59	26:04	37:26	50:46	1:05:15	1:04:53	06:31
568		247	Ogando Filgueira, Ignacio		VAM	228	13:36	26:17	37:56	50:47	1:05:18	1:04:39	06:32
569	74	688	Fernandez Castro, Milagros	C.D. Vicus	VBF	15	14:43	27:16	38:34	51:26	1:05:22	1:04:42	06:32
570	75	617	Perez Alvarez, Miriam		SNF	19	14:51	27:20	38:36	51:25	1:05:24	1:04:42	06:32
571	76	630	Vieito Araujo, Patricia	C.D. Vicus	SNF	20	14:44	27:18	38:36	51:30	1:05:24	1:04:44	06:32
572	77	606	Chub Savchenko, Lyudmyla	Pinarium	VBF	16	14:48	27:20	38:14	51:12	1:05:27	1:04:50	06:33
573	78	701	Sanchez Vazquez, Maria Luisa	Miller	VBF	17	14:10	26:36	38:17	51:36	1:05:29	1:05:03	06:33
574	79	634	Otero Cereijo, Maria		SNF	21	14:08	26:35	38:17	51:33	1:05:29	1:05:05	06:33
575		379	Gallego Carballo, Mario		VAM	229	14:06	26:52	38:10	51:30	1:05:29	1:05:05	06:33
576		103	Cidras Alfonso, Alberto	Pinarium	SNM	107	14:08	26:31	38:09	51:30	1:05:29	1:05:04	06:33
577		355	Gallego Carballo, Diego		VAM	230	14:08	26:31	38:16	51:31	1:05:29	1:05:06	06:33
578	80	657	Campos Gestido, Patricia		VAF	36	14:05	26:31	38:09	51:30	1:05:29	1:05:05	06:33

579	81	665	Robles Avila, Angelina		VAF	37	13:48	26:28	38:37	51:26	1:05:55	1:05:11	06:35
580		60	Rosales Couso, Hugo		SNM	108	13:45	26:03	37:32	51:15	1:06:09	1:05:30	06:37
581		447	Lopez Fernandez, Antonio	Atletismo Arenteiro	VBM	113	14:34	26:44	37:16	54:09	1:06:12	1:06:04	06:37
582		73	Davila Cortes, Manuel		SNM	109	13:50	26:14	37:41	51:18	1:06:52	1:06:36	06:41
583		554	Rodriguez Castro, Manuel		VCM	24	14:04	26:41	38:16	52:01	1:07:29	1:06:52	06:45
584	82	632	Lameiro Duran, Laura		SNF	22	14:03	28:31	41:22	54:43	1:08:37	1:08:07	06:52
585		33	Lameiro Duran, Manuel Enrique		SNM	110	14:06	28:26	41:17	54:32	1:08:42	1:08:12	06:52
586		538	Lopez Burguete, Francisco Jose		VCM	25	15:03	28:12	40:20	53:56	1:09:41	1:09:03	06:58
587	83	693	De La Calle Cuesta, Maria Henar		VBF	18	15:06	28:12	40:24	53:59	1:09:42	1:09:04	06:58
588	84	616	Lopez Rodriguez, Alba		SNF	23	15:24	28:30	40:35	54:43	1:10:34	1:10:00	07:03
589	85	667	Barbosa Alvarez, Carmen	C.D. Vicus	VAF	38	15:28	29:16	42:47	57:37	1:14:09	1:13:28	07:25
590	86	704	Santana, Maria Angeles	C.D. Vicus	VCF	2	15:26	29:10	42:41	57:39	1:14:09	1:13:27	07:25