



10k XORNADAS MARISQUEIRAS

Vigo, 6/09/2015

Organiza: Club ADN Runners

Cronometra: CRONOTECH

Sistema: CRONOMACH

Clasificacions: www.cronotec.es

Distancia:10km

| Poç. | Dor. | Nome | Club | Cat. | Poç. | Paso 1 | Paso2 | T. Ofic. | T/Km | Dif. |
|------|------|----------------------------------|-----------------------|------|------|--------|-------|-----------------|-------|---------|
| 1 | 627 | Nieves Campello, Gustavo | Athletics Smooy Team | ABSM | 1 | 00:29 | 16:21 | 32:12.05 | 03:13 | |
| 2 | 559 | Rodriguez Iglesias, Gustavo | | ABSM | 2 | 00:29 | 16:36 | 32:57.89 | 03:18 | 0:00:46 |
| 3 | 332 | Prieto Fervenza, Alvaro | Afflelou Naron | ABSM | 3 | 00:28 | 16:38 | 33:14.97 | 03:19 | 0:01:03 |
| 4 | 502 | Dominguez Cabral, Elias Salvador | New Balance Team | VAM | 1 | 00:31 | 16:57 | 33:21.22 | 03:20 | 0:01:09 |
| 5 | 326 | Bargiela Araujo, Daniel | Corredores do Condado | VAM | 2 | 00:30 | 17:01 | 33:32.41 | 03:21 | 0:01:20 |
| 6 | 219 | Martinez Argeitos, Manuel | | SNM | 1 | 00:31 | 16:58 | 33:38.20 | 03:22 | 0:01:26 |
| 7 | 184 | Bastos, Alberto | | SNM | 2 | 00:32 | 17:16 | 33:39.55 | 03:22 | 0:01:28 |
| 8 | 210 | Alvarez Otero, Jose Antonio | | VAM | 3 | 00:30 | 16:57 | 33:49.81 | 03:23 | 0:01:38 |
| 9 | 634 | Martinez Martinez, Enrique | Comesaña Sporting C. | SNM | 3 | 00:31 | 17:16 | 34:17.51 | 03:26 | 0:02:06 |
| 10 | 279 | Fernandez Pereira, Miguel | R.C.Celta Atl. | VBM | 1 | 00:34 | 17:37 | 34:33.73 | 03:27 | 0:02:22 |
| 11 | 62 | Carrera Blanco, Pablo | C.A. Carnicas Serrano | SNM | 4 | 00:34 | 17:59 | 35:11.72 | 03:31 | 0:03:00 |
| 12 | 134 | Pombal Cortegoso, Vicente | | VAM | 4 | 00:28 | 17:20 | 35:12.47 | 03:31 | 0:03:00 |
| 13 | 357 | Cameselle Alves, Alberto | Castrelos 20:30 | VAM | 5 | 00:32 | 17:42 | 35:13.83 | 03:31 | 0:03:02 |
| 14 | 213 | Pereira Cardalda, Ruben | | SNM | 5 | 00:32 | 17:52 | 35:27.03 | 03:33 | 0:03:15 |
| 15 | 410 | Valverde Vilar, Marco Antonio | S.A. Val Miñor | SNM | 6 | 00:30 | 17:38 | 35:34.85 | 03:33 | 0:03:23 |
| 16 | 107 | Dieguez Dominguez, Raul | | VAM | 6 | 00:38 | 17:59 | 35:36.79 | 03:34 | 0:03:25 |
| 17 | 156 | Zuñiga Rodriguez, Saul | Corredores do Condado | SNM | 7 | 00:32 | 17:57 | 35:38.66 | 03:34 | 0:03:27 |
| 18 | 416 | Buig Fernandez, Manuel Alexis | S.D. Barbantia Roda | SNM | 8 | 00:40 | 18:06 | 35:42.70 | 03:34 | 0:03:31 |
| 19 | 102 | Costas Alvarez, Cesar | Comesaña Sporting C. | SNM | 9 | 00:32 | 18:05 | 35:44.51 | 03:34 | 0:03:33 |
| 20 | 540 | Prieto De La Iglesia, Manuel | Athletics Smooy Team | VAM | 7 | 00:34 | 35:49 | 35:50.05 | 03:35 | 0:03:38 |
| 21 | 552 | Pedrero Lopez, Guillermo | As. Deportiva C.A.R. | SNM | 10 | 00:33 | 18:27 | 36:07.60 | 03:37 | 0:03:56 |
| 22 | 127 | Alonso Fernandez, Alexandre | Athletics Smooy Team | SNM | 11 | 00:37 | 18:27 | 36:09.25 | 03:37 | 0:03:57 |

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|----|-----|--------------------------------|------------------------|------|----|-------|-------|-----------------|-------|---------|
| 23 | 349 | Alonso Figueroa, Pablo | | SNM | 12 | 00:34 | 18:26 | 36:09.66 | 03:37 | 0:03:58 |
| 24 | 385 | Mendez Estevez, Juan | | VBM | 2 | 00:37 | 18:25 | 36:18.38 | 03:38 | 0:04:06 |
| 25 | 285 | Bernardez Carballo, Oscar | Athletics Smooy Team | SNM | 13 | 00:31 | 17:46 | 36:48.23 | 03:41 | 0:04:36 |
| 26 | 368 | Rodriguez Lopez, Gonzalo | As. Deportiva C.A.R. | VAM | 8 | 00:34 | 18:28 | 36:52.82 | 03:41 | 0:04:41 |
| 27 | 449 | Navarrete Santana, Ester | C. Atl. Femenino Celta | ABSF | 1 | 00:32 | 18:30 | 36:55.56 | 03:42 | 0:04:44 |
| 28 | 390 | Rodriguez Freitas, Antonio | | SNM | 14 | 00:42 | 18:56 | 36:55.89 | 03:42 | 0:04:44 |
| 29 | 404 | Suarez Rodriguez, Jose Manuel | Athletics Smooy Team | SNM | 15 | 00:39 | 18:55 | 36:57.95 | 03:42 | 0:04:46 |
| 30 | 168 | Meno, Carlos | | SNM | 16 | 00:32 | 18:31 | 37:01.54 | 03:42 | 0:04:50 |
| 31 | 277 | Otero Ramirez, Alejandro | | SNM | 17 | 00:39 | 18:46 | 37:03.22 | 03:42 | 0:04:51 |
| 32 | 151 | Rodriguez Rodriguez, Francisco | R.C.Celta Atl. | SNM | 18 | 00:31 | 18:30 | 37:04.56 | 03:42 | 0:04:53 |
| 33 | 93 | Groba Bargiela, Marcos | Corredores do Condado | SNM | 19 | 00:36 | 18:51 | 37:08.60 | 03:43 | 0:04:57 |
| 34 | 1 | Fuertes Saavedra, Antonio | R.C.Celta Atl. | VBM | 3 | 00:35 | 18:49 | 37:12.54 | 03:43 | 0:05:01 |
| 35 | 53 | Estevez Alonso, Carlos Javier | | VBM | 4 | 00:34 | 18:54 | 37:13.36 | 03:43 | 0:05:01 |
| 36 | 299 | Gonzalez Martinez, Alberto | Athletics Smooy Team | SNM | 20 | 00:36 | 18:55 | 37:16.73 | 03:44 | 0:05:05 |
| 37 | 307 | Santos Olavarrieta, Benito | | VAM | 9 | 00:36 | 18:54 | 37:17.44 | 03:44 | 0:05:05 |
| 38 | 175 | Fernandez Fernandez, Alejo | C.A.R. Marisqueiro | SNM | 21 | 00:36 | 18:46 | 37:18.38 | 03:44 | 0:05:06 |
| 39 | 249 | Beiro Fernandez, Raul | S.A. Val Miñor | SNM | 22 | 00:34 | 18:28 | 37:24.85 | 03:44 | 0:05:13 |
| 40 | 264 | Bernardez Macia, Santiago | | VAM | 10 | 00:33 | 18:34 | 37:30.70 | 03:45 | 0:05:19 |
| 41 | 592 | Gestido Rodriguez, Maria Jesus | Vila de Cangas | ABSF | 2 | 00:35 | 18:47 | 37:33.90 | 03:45 | 0:05:22 |
| 42 | 116 | Acuña Fernandez, Candido | Comesaña Sporting C. | VAM | 11 | 00:39 | 18:56 | 37:35.60 | 03:46 | 0:05:24 |
| 43 | 238 | Tapia Garcia, Eloy | | VBM | 5 | 00:36 | 18:50 | 37:36.75 | 03:46 | 0:05:25 |
| 44 | 16 | Suarez Martinez, Manuel | | VBM | 6 | 00:34 | 18:57 | 37:42.12 | 03:46 | 0:05:30 |
| 45 | 14 | Muiños Carballo, Bruno | C.A.R. Marisqueiro | SNM | 23 | 00:38 | 18:56 | 37:43.84 | 03:46 | 0:05:32 |
| 46 | 512 | Garrido Pereira, Roberto | | SNM | 24 | 00:36 | 18:57 | 37:44.74 | 03:46 | 0:05:33 |
| 47 | 193 | Lago Goberna, Francisco Javier | Carmen Sio | VAM | 12 | 00:40 | 18:57 | 37:46.96 | 03:47 | 0:05:35 |
| 48 | 75 | Alen Castelain, Eusebio | Castrelos 20:30 | VBM | 7 | 00:36 | 19:10 | 37:52.55 | 03:47 | 0:05:41 |
| 49 | 286 | Costas Torres, David | Comesaña Sporting C. | SNM | 25 | 00:37 | 19:09 | 37:58.06 | 03:48 | 0:05:46 |
| 50 | 267 | Carreira Oubiña, Manuel | C.D. Pinarium | SNM | 26 | 00:30 | 18:56 | 38:02.50 | 03:48 | 0:05:50 |
| 51 | 334 | Sobral Gonzalez, Manuel | C.D. Pinarium | SNM | 27 | 00:35 | 19:05 | 38:05.04 | 03:49 | 0:05:53 |
| 52 | 65 | Valverde Villar, Martin | S.A. Val Miñor | VAM | 13 | 00:38 | 19:11 | 38:06.33 | 03:49 | 0:05:54 |
| 53 | 284 | Corbacho Rodriguez, Adrian | Athletics Smooy Team | SNM | 28 | 00:32 | 18:54 | 38:07.19 | 03:49 | 0:05:55 |
| 54 | 164 | Alvarez Rodriguez, Jose Angel | | SNM | 29 | 00:37 | 19:24 | 38:15.24 | 03:50 | 0:06:03 |
| 55 | 523 | Fernandez Fernandez, Oscar | CeG | SNM | 30 | 00:37 | 19:10 | 38:19.75 | 03:50 | 0:06:08 |
| 56 | 89 | Cuopos Costa, Christian | | SNM | 31 | 00:38 | 19:10 | 38:21.66 | 03:50 | 0:06:10 |
| 57 | 370 | Giraldez Camesella, David | Atl. Baiona | SNM | 32 | 00:37 | 19:02 | 38:22.97 | 03:50 | 0:06:11 |
| 58 | 41 | Paz Gonzalez, Juan Carlos | C.A.R. Marisqueiro | VAM | 14 | 00:37 | 19:21 | 38:28.91 | 03:51 | 0:06:17 |
| 59 | 566 | Martinez Miguez, Francisco | Val Miñor | SNM | 33 | 00:35 | 19:28 | 38:34.89 | 03:51 | 0:06:23 |

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|----|-----|---------------------------------|-----------------------|------|----|-------|-------|-----------------|-------|---------|
| 60 | 8 | Casal Mariño, Ismael | Corredores do Condado | SNM | 34 | 00:38 | 19:25 | 38:39.55 | 03:52 | 0:06:28 |
| 61 | 352 | Perez Mayan, David | | SNM | 35 | 00:44 | 19:46 | 38:42.60 | 03:52 | 0:06:31 |
| 62 | 638 | Estevez, Francisco | | SNM | 36 | 00:39 | 19:45 | 38:43.38 | 03:52 | 0:06:31 |
| 63 | 551 | Iglesias Cabaleiro, Alberto | As. Deportiva C.A.R. | VAM | 15 | 00:52 | 19:37 | 38:43.61 | 03:52 | 0:06:32 |
| 64 | 373 | Fernandez, Martin | | SNM | 37 | 00:41 | 19:23 | 38:45.33 | 03:53 | 0:06:33 |
| 65 | 240 | Fernandez Vazquez, Jose Manuel | | SNM | 38 | 00:38 | 19:58 | 38:47.12 | 03:53 | 0:06:35 |
| 66 | 261 | Perez Rodas, Daniel | | SNM | 39 | 00:48 | 19:33 | 38:48.78 | 03:53 | 0:06:37 |
| 67 | 241 | Santos Varela, Alejandro | | SNM | 40 | 00:42 | 19:59 | 38:50.94 | 03:53 | 0:06:39 |
| 68 | 190 | Rivas Cid, Victor | C.A.R. Marisqueiro | VAM | 16 | 00:39 | 19:41 | 38:53.36 | 03:53 | 0:06:41 |
| 69 | 28 | Gil Conde, Alfonso | As. Deportiva C.A.R. | SNM | 41 | 00:49 | 20:07 | 38:53.80 | 03:53 | 0:06:42 |
| 70 | 282 | Ros Borrell, Xavier | C. Atl. Tarragona | XVM | 1 | 00:32 | 18:54 | 39:06.27 | 03:55 | 0:06:54 |
| 71 | 52 | Lopez Alonso, Carlos | Colectivo NoS | SNM | 42 | 00:47 | 20:06 | 39:07.12 | 03:55 | 0:06:55 |
| 72 | 233 | Ferreira Laredo, David | | SNM | 43 | 00:51 | 20:07 | 39:08.59 | 03:55 | 0:06:57 |
| 73 | 39 | Perez Blanco, Pablo | Vigoentrena | VAM | 17 | 00:50 | 20:07 | 39:10.69 | 03:55 | 0:06:59 |
| 74 | 25 | Carnero Diaz, Luis Alberto | Comesaña Sporting C. | VAM | 18 | 00:37 | 19:41 | 39:12.80 | 03:55 | 0:07:01 |
| 75 | 51 | Ares Carrera, Ivan | Comesaña Sporting C. | SNM | 44 | 00:43 | 20:08 | 39:13.38 | 03:55 | 0:07:01 |
| 76 | 150 | Bosque Martinez, Jose Ignacio | | SNM | 45 | 00:48 | 20:01 | 39:15.91 | 03:56 | 0:07:04 |
| 77 | 262 | Alonso, Ruben | | SNM | 46 | 00:40 | 20:08 | 39:16.56 | 03:56 | 0:07:05 |
| 78 | 423 | Estevez Tobio, Pablo Emilio | Castrelos 20:30 | SNM | 47 | 00:37 | 20:08 | 39:17.58 | 03:56 | 0:07:06 |
| 79 | 409 | Miranda Vieito, Jose Manuel | | SNM | 48 | 00:33 | 19:24 | 39:19.96 | 03:56 | 0:07:08 |
| 80 | 408 | Alvarez Alfonso, Jose | Comesaña Sporting C. | VBM | 8 | 00:36 | 19:48 | 39:23.62 | 03:56 | 0:07:12 |
| 81 | 232 | Beltran Taboada, Jose Julian | Miler Running C. | VAM | 19 | 00:43 | 20:07 | 39:30.25 | 03:57 | 0:07:18 |
| 82 | 96 | Goy, Eduardo | As. Deportiva C.A.R. | VAM | 20 | 00:53 | 20:15 | 39:35.60 | 03:58 | 0:07:24 |
| 83 | 271 | Paz Rodriguez, Juan J. | | VBM | 9 | 00:41 | 19:44 | 39:36.94 | 03:58 | 0:07:25 |
| 84 | 569 | Santome Santos, Jose Ramon | | VAM | 21 | 00:45 | 19:53 | 39:37.82 | 03:58 | 0:07:26 |
| 85 | 381 | Sotelino Rodriguez, Ricardo | Atl. Baiona | VAM | 22 | 00:48 | 19:52 | 39:38.36 | 03:58 | 0:07:26 |
| 86 | 402 | Gonzalez Coucheiro, Jose Amoedo | | SNM | 49 | 01:28 | 21:21 | 39:39.56 | 03:58 | 0:07:28 |
| 87 | 333 | Pires Santos, Martin | Corredoiras | SNM | 50 | 00:50 | 20:08 | 39:39.97 | 03:58 | 0:07:28 |
| 88 | 570 | Perez Rodriguez, Sara | Comesaña Sporting C. | ABSF | 3 | 00:39 | 20:08 | 39:41.21 | 03:58 | 0:07:29 |
| 89 | 260 | Vazquez Pavon, Roberto | Peroxa Running | SNM | 51 | 00:42 | 39:46 | 39:46.29 | 03:59 | 0:07:34 |
| 90 | 226 | Losada Perez, Jose | | SNM | 52 | 00:42 | 20:05 | 39:48.36 | 03:59 | 0:07:36 |
| 91 | 403 | Patino Aniceto, Maikel | | SNM | 53 | 00:41 | 20:07 | 39:57.48 | 04:00 | 0:07:45 |
| 92 | 417 | Alcalde Resua, Oscar | S.D. Barbantia Roda | SNM | 54 | 00:41 | 20:00 | 40:09.91 | 04:01 | 0:07:58 |
| 93 | 29 | Gil Conde, Alvaro | | SNM | 55 | 00:51 | 20:10 | 40:13.70 | 04:01 | 0:08:02 |
| 94 | 348 | Pereira Otero, Diego | | SNM | 56 | 00:34 | 20:07 | 40:18.24 | 04:02 | 0:08:06 |
| 95 | 518 | Seoane Muñiz, Tomas | Ria de Arousa | VAM | 23 | 00:41 | 20:35 | 40:20.72 | 04:02 | 0:08:09 |
| 96 | 330 | Camino Martinez, Pablo | | SNM | 57 | 01:22 | 20:51 | 40:30.93 | 04:03 | 0:08:19 |

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| 97 | 57 | Aramburu Garcia-pintos, Alberto | Miler Running C. | VAM | 24 | 00:47 | 20:50 | 40:43.14 | 04:04 | 0:08:31 |
| 98 | 318 | Saborido Vilar, Alberto | | VAM | 25 | 00:57 | 21:11 | 40:43.58 | 04:04 | 0:08:32 |
| 99 | 188 | Dopazo Louzan, Javier | Miler Running C. | VAM | 26 | 00:46 | 20:49 | 40:44.39 | 04:04 | 0:08:32 |
| 100 | 557 | Valiño Gomez, Aida | | SNF | 1 | 00:39 | 20:50 | 40:44.71 | 04:04 | 0:08:33 |
| 101 | 200 | Gomez Lopez, David | Castrelos 20:30 | SNM | 58 | 00:38 | 19:43 | 40:45.55 | 04:05 | 0:08:34 |
| 102 | 328 | Troncoso Freire, Lucas | | SNM | 59 | 00:49 | 20:17 | 40:45.85 | 04:05 | 0:08:34 |
| 103 | 221 | Hernandez Medina, Carlos | | SNM | 60 | 00:46 | 20:59 | 40:51.99 | 04:05 | 0:08:40 |
| 104 | 596 | Macias Garcia, Frank Roman | | SNM | 61 | 00:37 | 19:46 | 40:56.86 | 04:06 | 0:08:45 |
| 105 | 37 | Piñeiro Martinez, Juan Jose | | VAM | 27 | 01:08 | 21:00 | 40:57.20 | 04:06 | 0:08:45 |
| 106 | 222 | Fernandez Troncoso, Francisco Jose | | VAM | 28 | 00:50 | 21:10 | 40:57.76 | 04:06 | 0:08:46 |
| 107 | 211 | Rodriguez Alvarez, Jose Antonio | | VAM | 29 | 00:35 | 19:37 | 40:58.32 | 04:06 | 0:08:46 |
| 108 | 123 | Nuñez Martin, Alejandro | Athletics Smooy Team | SNM | 62 | 00:40 | 20:44 | 40:58.62 | 04:06 | 0:08:47 |
| 109 | 78 | Rey Gonzalez, Roberto | Castrelos 20:30 | VCM | 1 | 00:36 | 20:27 | 40:59.51 | 04:06 | 0:08:48 |
| 110 | 105 | Pereira Pinto, Jorge | | VAM | 30 | 00:41 | 20:26 | 41:06.65 | 04:07 | 0:08:55 |
| 111 | 275 | Trincado Martinez, Juan Carlos | | VAM | 31 | 00:42 | 21:04 | 41:10.34 | 04:07 | 0:08:58 |
| 112 | 207 | Iglesias Freire, Javier | | VAM | 32 | 00:40 | 20:45 | 41:11.45 | 04:07 | 0:08:59 |
| 113 | 351 | Souto Perez, Hector | DT1 TEAM | SNM | 63 | 01:03 | 21:05 | 41:13.10 | 04:07 | 0:09:01 |
| 114 | 236 | Rodriguez Casqueiro, Esteban | | SNM | 64 | 00:42 | 20:59 | 41:22.28 | 04:08 | 0:09:10 |
| 115 | 535 | Buig Fernandez, Lara | S.D. Barbantia Roda | SNF | 2 | 00:42 | 20:53 | 41:25.28 | 04:09 | 0:09:13 |
| 116 | 176 | Camean Lampon, Juan | Vet. de Samil/Manuel Tomas | VCM | 2 | 00:38 | 20:53 | 41:29.38 | 04:09 | 0:09:17 |
| 117 | 380 | Conde, Fernando | | VAM | 33 | 00:42 | 21:06 | 41:38.72 | 04:10 | 0:09:27 |
| 118 | 104 | Rodriguez Meiriño, Ramon | | VCM | 3 | 00:45 | 20:56 | 41:40.13 | 04:10 | 0:09:28 |
| 119 | 289 | Perez Rial, Bernardo | Carmen Sio | VAM | 34 | 00:50 | 21:18 | 41:40.79 | 04:10 | 0:09:29 |
| 120 | 142 | Lopez Alvarez, Jose Luis | | VAM | 35 | 00:42 | 21:02 | 41:48.08 | 04:11 | 0:09:36 |
| 121 | 292 | Perez Rial, Jose Ramon | Carmen Sio | VAM | 36 | 00:51 | 21:18 | 41:49.26 | 04:11 | 0:09:37 |
| 122 | 553 | Piñeiro Rodriguez, Carlos | | VAM | 37 | 01:13 | 21:58 | 41:51.29 | 04:11 | 0:09:39 |
| 123 | 585 | Gonzalez Gandara, Daniel | Comesaña Sporting C. | VCM | 4 | 00:46 | 21:24 | 41:53.44 | 04:11 | 0:09:41 |
| 124 | 94 | Porto Sobral, Carlos | | SNM | 65 | 00:49 | 21:10 | 42:00.59 | 04:12 | 0:09:49 |
| 125 | 414 | Alonso Parada, Jose | | VAM | 38 | 00:56 | 21:26 | 42:02.89 | 04:12 | 0:09:51 |
| 126 | 655 | Gonzalez Campos, David | | SNM | 66 | 00:39 | 20:57 | 42:07.54 | 04:13 | 0:09:56 |
| 127 | 362 | Rodriguez Meiriño, Alberto | Carmen Sio | VAM | 39 | 00:52 | 21:18 | 42:08.90 | 04:13 | 0:09:57 |
| 128 | 280 | Garcia Yañez, Jose Antonio | | SNM | 67 | 01:07 | 21:25 | 42:10.48 | 04:13 | 0:09:58 |
| 129 | 124 | Mujeriego Gomez, Jose Luis | | VAM | 40 | 00:50 | 21:31 | 42:12.27 | 04:13 | 0:10:00 |
| 130 | 296 | Freire Riveira, Miguel Angel | | VAM | 41 | 01:25 | 42:17 | 42:17.04 | 04:14 | 0:10:05 |
| 131 | 524 | Taboada Pampin, Alberto | | VAM | 42 | 00:43 | 21:19 | 42:18.38 | 04:14 | 0:10:06 |
| 132 | 154 | Cid Cid, Yago | | SNM | 68 | 00:48 | 21:43 | 42:21.02 | 04:14 | 0:10:09 |
| 133 | 500 | Casal, Silvia | A Canuda | SNF | 3 | 00:43 | 42:28 | 42:27.93 | 04:15 | 0:10:16 |

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| 134 | 648 | Darriba Barba, Abel | As. Deportiva C.A.R. | SNM | 69 | 00:48 | 21:55 | 42:29.55 | 04:15 | 0:10:18 |
| 135 | 419 | Buig Fernandez, Borja | S.D. Barbantia Roda | SNM | 70 | 00:45 | 21:22 | 42:30.03 | 04:15 | 0:10:18 |
| 136 | 32 | Ferreira, Victor | Miler Running C. | VAM | 43 | 00:52 | 21:40 | 42:30.80 | 04:15 | 0:10:19 |
| 137 | 64 | Reboreda Graña, Amador | As. Deportiva C.A.R. | VBM | 10 | 01:11 | 22:21 | 42:31.23 | 04:15 | 0:10:19 |
| 138 | 376 | Pereiro Gomez, Luis | | VBM | 11 | 00:42 | 22:03 | 42:36.16 | 04:16 | 0:10:24 |
| 139 | 141 | Leis Mouriño, Oscar | | VAM | 44 | 00:54 | 21:23 | 42:38.35 | 04:16 | 0:10:26 |
| 140 | 599 | Perez Vaz, Victor Manuel | | VAM | 45 | 00:42 | 20:59 | 42:38.94 | 04:16 | 0:10:27 |
| 141 | 588 | Fernandez Sobrino, Javier | Castrelos 20:30 | VBM | 12 | 00:48 | 21:25 | 42:40.09 | 04:16 | 0:10:28 |
| 142 | 69 | Rodriguez Rodriguez, Luciano | | VAM | 46 | 00:49 | 42:41 | 42:41.10 | 04:16 | 0:10:29 |
| 143 | 132 | Araujo Castro, Carlos | Taninos Runners | SNM | 71 | 00:48 | 21:49 | 42:45.48 | 04:17 | 0:10:33 |
| 144 | 179 | Fernandez Roman, Ruben | | VAM | 47 | 00:41 | 21:19 | 42:47.16 | 04:17 | 0:10:35 |
| 145 | 145 | Ulla Rega, Manuel Angel | As. Deportiva C.A.R. | VAM | 48 | 01:11 | 42:49 | 42:49.43 | 04:17 | 0:10:37 |
| 146 | 573 | Fernandez Blanco, Cesar | As. Deportiva C.A.R. | VAM | 49 | 01:11 | 22:20 | 42:51.48 | 04:17 | 0:10:39 |
| 147 | 273 | Paz Rodriguez, Saul | | SNM | 72 | 00:52 | 22:02 | 42:51.86 | 04:17 | 0:10:40 |
| 148 | 91 | Blanco Plaza, Miguel Angel | Carmen Sio | VAM | 50 | 00:53 | 21:53 | 42:52.17 | 04:17 | 0:10:40 |
| 149 | 607 | Davila Boveda, Pablo | | SNM | 73 | 00:51 | 22:00 | 42:52.38 | 04:17 | 0:10:40 |
| 150 | 146 | Fernandez Perez, Antonio A | | SNM | 74 | 00:42 | 21:47 | 42:57.05 | 04:18 | 0:10:45 |
| 151 | 61 | Miranda Gonzalez, Francisco | Universidade de Vigo | VAM | 51 | 00:42 | 21:29 | 43:00.72 | 04:18 | 0:10:49 |
| 152 | 322 | Valverde Alvarez, Alberto | S.D.A.San Miguel de Oia | SNM | 75 | 00:51 | 21:49 | 43:02.59 | 04:18 | 0:10:51 |
| 153 | 15 | De Lima Carvallo, Santiago | | SNM | 76 | 01:08 | 22:01 | 43:02.75 | 04:18 | 0:10:51 |
| 154 | 422 | Bru Vazquez, Ricardo | | SNM | 77 | 00:50 | 21:33 | 43:03.75 | 04:18 | 0:10:52 |
| 155 | 165 | Navia Iglesias, Ruben | C.D.Vicus | SNM | 78 | 00:54 | 21:43 | 43:05.38 | 04:19 | 0:10:53 |
| 156 | 591 | Alonso Gomez, Ivan | | SNM | 79 | 00:58 | 23:02 | 43:05.44 | 04:19 | 0:10:53 |
| 157 | 125 | Rodriguez Moro, Alfonso | Atl. Vigo | VCM | 5 | 00:59 | 22:03 | 43:07.14 | 04:19 | 0:10:55 |
| 158 | 436 | Gomez Garcia, Isabel | Comesaña Sporting C. | VAF | 1 | 00:46 | 21:52 | 43:08.66 | 04:19 | 0:10:57 |
| 159 | 571 | Novoa Sio, Jose | Carmen Sio | VAM | 52 | 00:52 | 22:28 | 43:12.94 | 04:19 | 0:11:01 |
| 160 | 341 | Codon Vega, Alfonso | | VAM | 53 | 00:42 | 21:43 | 43:14.58 | 04:19 | 0:11:03 |
| 161 | 398 | Paz Alvarez, Marcos | | SNM | 80 | 00:40 | 20:59 | 43:14.94 | 04:19 | 0:11:03 |
| 162 | 70 | Schwemmer, Jurgen | Mais que Auga | VAM | 54 | 00:54 | 43:15 | 43:15.64 | 04:20 | 0:11:04 |
| 163 | 641 | Tizon Veiga, Jose | | SNM | 81 | 01:08 | 21:44 | 43:15.73 | 04:20 | 0:11:04 |
| 164 | 87 | Lorenzo Uz, Alberto | | VAM | 55 | 00:49 | 21:57 | 43:16.09 | 04:20 | 0:11:04 |
| 165 | 501 | Castro Rodriguez, Marcos | Comesaña Sporting C. | VAM | 56 | 01:09 | 22:19 | 43:18.33 | 04:20 | 0:11:06 |
| 166 | 180 | Vazquez Vidal, Antonio | | VBM | 13 | 00:54 | 21:45 | 43:18.77 | 04:20 | 0:11:07 |
| 167 | 281 | Coello Gonzalez, Basilio | | VAM | 57 | 01:01 | 22:36 | 43:20.04 | 04:20 | 0:11:08 |
| 168 | 382 | Gonzalez Hernandez, Nestor | | SNM | 82 | 00:53 | 21:56 | 43:21.25 | 04:20 | 0:11:09 |
| 169 | 647 | Millan Faro, Ivan | | SNM | 83 | 00:59 | 22:26 | 43:24.18 | 04:20 | 0:11:12 |
| 170 | 505 | Arce Conde, Javier | | VAM | 58 | 00:59 | 22:47 | 43:25.82 | 04:21 | 0:11:14 |

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|-----|-----|----------------------------------|-----------------------|-----|-----|-------|-------|-----------------|-------|---------|
| 171 | 148 | Calvo Marques, Miguel | | SNM | 84 | 01:13 | 43:27 | 43:27.96 | 04:21 | 0:11:16 |
| 172 | 536 | Vituro Gonzalez, Jose Manuel | S.D. Barbantia Roda | VAM | 59 | 00:45 | 21:21 | 43:28.24 | 04:21 | 0:11:16 |
| 173 | 30 | Gaspar Fernandez, Roberto | | VAM | 60 | 01:03 | 22:59 | 43:30.70 | 04:21 | 0:11:19 |
| 174 | 329 | Pastoriza Pazos, Carlos | | SNM | 85 | 00:52 | 21:41 | 43:34.60 | 04:21 | 0:11:23 |
| 175 | 629 | Troncoso Sobrino, Ramon | | SNM | 86 | 00:51 | 21:52 | 43:35.98 | 04:22 | 0:11:24 |
| 176 | 183 | Barros Perez, Francisco | | VBM | 14 | 01:02 | 22:58 | 43:37.95 | 04:22 | 0:11:26 |
| 177 | 616 | Fernandez Nuñez, Pedro | C. Maraton Caceres | VAM | 61 | 01:01 | 22:02 | 43:38.05 | 04:22 | 0:11:26 |
| 178 | 45 | Conde Lago, Jesus | | SNM | 87 | 00:54 | 22:21 | 43:41.54 | 04:22 | 0:11:30 |
| 179 | 546 | Perez Gonzalez, David | | SNM | 88 | 00:50 | 21:56 | 43:42.83 | 04:22 | 0:11:31 |
| 180 | 135 | Aljan Molinos, Francisco Javier | | VAM | 62 | 01:01 | 22:46 | 43:43.85 | 04:22 | 0:11:32 |
| 181 | 48 | Porto Suarez, Fran | Xhuzas Team | SNM | 89 | 01:03 | 22:30 | 43:45.03 | 04:23 | 0:11:33 |
| 182 | 388 | Viña Verisimo, Diego | | SNM | 90 | 00:59 | 21:11 | 43:47.92 | 04:23 | 0:11:36 |
| 183 | 263 | Alvarez Lorenzo, Jose | Running Lusekelo | VAM | 63 | 01:09 | 23:00 | 43:48.16 | 04:23 | 0:11:36 |
| 184 | 216 | Chamorro Rodriguez, Eugenio | | VBM | 15 | 00:59 | 22:33 | 43:50.06 | 04:23 | 0:11:38 |
| 185 | 9 | Soto Alvarez, Pablo Jacobo | | VAM | 64 | 00:40 | 21:16 | 43:52.76 | 04:23 | 0:11:41 |
| 186 | 189 | Malfaz Filgueira, Angel | | SNM | 91 | 00:43 | 21:44 | 43:54.10 | 04:23 | 0:11:42 |
| 187 | 577 | Rodriguez Carames, Manuel | C.A.R. Marisqueiro | VCM | 6 | 00:37 | 21:43 | 43:58.44 | 04:24 | 0:11:46 |
| 188 | 130 | Arca Rodriguez, Isaac | | SNM | 92 | 00:55 | 22:25 | 43:59.87 | 04:24 | 0:11:48 |
| 189 | 38 | Rivera rivera, Jose Antonio | | SNM | 93 | 01:02 | 22:58 | 44:02.34 | 04:24 | 0:11:50 |
| 190 | 511 | Duran Presa, Candido | | VBM | 16 | 00:53 | 22:24 | 44:03.51 | 04:24 | 0:11:52 |
| 191 | 342 | Varela Cachafeiro, Antonio | C. Pomasa | VBM | 17 | 00:49 | 22:02 | 44:05.59 | 04:25 | 0:11:54 |
| 192 | 339 | Nuñez Lopez, Pablo | | SNM | 94 | 00:44 | 22:01 | 44:06.41 | 04:25 | 0:11:54 |
| 193 | 319 | Casanova Sola, Jordi | | SNM | 95 | 01:00 | 21:41 | 44:06.60 | 04:25 | 0:11:55 |
| 194 | 291 | Dominguez Fernandez, Simon | | SNM | 96 | 00:45 | 22:06 | 44:06.86 | 04:25 | 0:11:55 |
| 195 | 530 | Villar Zamuz, Mar | | SNF | 4 | 00:42 | 22:15 | 44:11.96 | 04:25 | 0:12:00 |
| 196 | 155 | Alvarez-buylla De La Uz, Julio | C.A.R. Marisqueiro | VAM | 65 | 00:44 | 22:18 | 44:13.13 | 04:25 | 0:12:01 |
| 197 | 100 | Cao Perez, Carlos | Mais que Auga | VAM | 66 | 00:57 | 22:24 | 44:13.74 | 04:25 | 0:12:02 |
| 198 | 598 | Dieguez Muñoz, Carlos | | VBM | 18 | 00:55 | 22:24 | 44:15.46 | 04:26 | 0:12:03 |
| 199 | 76 | Gallego Martin-esperanza, Andres | Castrelos 20:30 | VBM | 19 | 00:48 | 21:57 | 44:17.40 | 04:26 | 0:12:05 |
| 200 | 272 | Gonzalez Estevez, Jose Manuel | | SNM | 97 | 01:05 | 23:00 | 44:18.94 | 04:26 | 0:12:07 |
| 201 | 528 | Chamorro Martin, Miguel | | VAM | 67 | 00:51 | 22:21 | 44:21.33 | 04:26 | 0:12:09 |
| 202 | 425 | Dominguez Faro, Juan | | SNM | 98 | 00:37 | 22:04 | 44:22.59 | 04:26 | 0:12:11 |
| 203 | 237 | Sotelo Garcia, Jose Maria | | SNM | 99 | 01:09 | 23:13 | 44:23.24 | 04:26 | 0:12:11 |
| 204 | 66 | Gesteiro Remon, Carlos | Runners Pontakas Vigo | SNM | 100 | 00:45 | 22:30 | 44:23.77 | 04:26 | 0:12:12 |
| 205 | 33 | Rodilla, Ivan | | VAM | 68 | 00:56 | 22:16 | 44:27.07 | 04:27 | 0:12:15 |
| 206 | 646 | Gonzalez Feroso, Marta | | SNF | 5 | 00:57 | 22:46 | 44:28.18 | 04:27 | 0:12:16 |
| 207 | 209 | Anton Rey, Jose | | VCM | 7 | 00:51 | 22:50 | 44:29.88 | 04:27 | 0:12:18 |

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|-----|-----|-----------------------------------|---------------------|-----|-----|-------|-------|----------|-------|---------|
| 208 | 59 | Fernandez Perez, Oscar Manuel | | VAM | 69 | 00:56 | 44:30 | 44:30.06 | 04:27 | 0:12:18 |
| 209 | 215 | Conde Rodriguez, Francisco Javier | | SNM | 101 | 00:51 | 22:46 | 44:35.36 | 04:28 | 0:12:23 |
| 210 | 58 | Mayo Rodriguez, Marcos | | SNM | 102 | 01:14 | 22:59 | 44:35.80 | 04:28 | 0:12:24 |
| 211 | 560 | Carreiro Ferreira, Ivan Lucas | | SNM | 103 | 00:43 | 22:18 | 44:37.62 | 04:28 | 0:12:26 |
| 212 | 36 | Rio Mosquera, Luis | | VAM | 70 | 01:01 | 23:05 | 44:37.69 | 04:28 | 0:12:26 |
| 213 | 633 | Raña Rey, Marta | Atletics Smooy Team | VAF | 2 | 01:00 | 22:45 | 44:37.84 | 04:28 | 0:12:26 |
| 214 | 581 | Lopez Rey, Gerardo | Mais que Auga | VBM | 20 | 00:57 | 22:41 | 44:40.61 | 04:28 | 0:12:29 |
| 215 | 197 | Perez Gago, Pedro | | VAM | 71 | 00:57 | 23:24 | 44:42.11 | 04:28 | 0:12:30 |
| 216 | 358 | Martinez Moreira, Ruben | Castrelos 20:30 | SNM | 104 | 01:05 | 22:50 | 44:44.36 | 04:28 | 0:12:32 |
| 217 | 527 | Lorenzo, Aaron | | SNM | 105 | 00:48 | 22:54 | 44:44.70 | 04:28 | 0:12:33 |
| 218 | 171 | Taboada Gonzalez, Ramiro | Running Lusekelo | VBM | 21 | 01:02 | 22:40 | 44:45.39 | 04:29 | 0:12:33 |
| 219 | 60 | Hasmi Mohata, Adan | | VAM | 72 | 00:50 | 22:32 | 44:48.30 | 04:29 | 0:12:36 |
| 220 | 187 | Vilar Fernandez, Jose Carlos | Chorons | VCM | 8 | 00:51 | 22:50 | 44:50.99 | 04:29 | 0:12:39 |
| 221 | 276 | Cordal Barreiro, Ivan | C. Atl. Cambados | SNM | 106 | 00:56 | 44:53 | 44:53.39 | 04:29 | 0:12:41 |
| 222 | 120 | Caride Mendez, Jose Luis | | VAM | 73 | 01:14 | 23:03 | 44:55.54 | 04:30 | 0:12:44 |
| 223 | 160 | Perez Vazquez, Julio Cesar | Musko | VAM | 74 | 00:49 | 22:56 | 44:57.72 | 04:30 | 0:12:46 |
| 224 | 574 | Neira Lorenzo, Andres | | VAM | 75 | 00:58 | 22:59 | 44:59.03 | 04:30 | 0:12:47 |
| 225 | 49 | Rodriguez Cid, Fernando | Xhuzas Team | VAM | 76 | 01:00 | 23:00 | 44:59.86 | 04:30 | 0:12:48 |
| 226 | 269 | Molares Rivas, Bernardo | Atl. Vigo | VBM | 22 | 01:01 | 23:22 | 45:00.05 | 04:30 | 0:12:48 |
| 227 | 354 | Garcia Otero, Alberto | | VAM | 77 | 01:03 | 22:45 | 45:00.21 | 04:30 | 0:12:48 |
| 228 | 86 | Aldaniz Santos, Francisco Jose | | SNM | 107 | 01:03 | 23:22 | 45:00.69 | 04:30 | 0:12:49 |
| 229 | 167 | Gonzalez Maciel, Jose Luis | Running Lusekelo | VAM | 78 | 01:02 | 22:41 | 45:01.45 | 04:30 | 0:12:49 |
| 230 | 347 | Chan Sada, Ruben | | SNM | 108 | 01:00 | 22:49 | 45:01.66 | 04:30 | 0:12:50 |
| 231 | 19 | Fernandez Iglesias, Jose Manuel | | VAM | 79 | 00:52 | 22:31 | 45:03.56 | 04:30 | 0:12:52 |
| 232 | 401 | Hermida Prado, Adrian | | SNM | 109 | 01:27 | 23:39 | 45:05.59 | 04:31 | 0:12:54 |
| 233 | 143 | Peixoto Sanchez, Arturo | | XVM | 2 | 00:55 | 22:36 | 45:10.13 | 04:31 | 0:12:58 |
| 234 | 115 | Fernandez Troncosos, Raul | | VAM | 80 | 01:05 | 23:04 | 45:10.75 | 04:31 | 0:12:59 |
| 235 | 258 | Rodriguez Creo, Jorge | | SNM | 110 | 00:56 | 22:58 | 45:11.99 | 04:31 | 0:13:00 |
| 236 | 412 | Garcia Fragueiro, Roberto | | SNM | 111 | 01:09 | 23:12 | 45:15.18 | 04:32 | 0:13:03 |
| 237 | 114 | Pereira Carrera, Diego | | VAM | 81 | 01:10 | 23:11 | 45:17.68 | 04:32 | 0:13:06 |
| 238 | 578 | Requejo Gonzalez, Diego | | SNM | 112 | 00:56 | 45:17 | 45:17.69 | 04:32 | 0:13:06 |
| 239 | 639 | Diaz Longa, Anton | | SNM | 113 | 00:49 | 22:36 | 45:17.85 | 04:32 | 0:13:06 |
| 240 | 173 | Dapena Mariño, Jose Luis | | VAM | 82 | 01:10 | 23:11 | 45:18.52 | 04:32 | 0:13:07 |
| 241 | 576 | Perez Baron, Ignacio | | SNM | 114 | 00:47 | 22:36 | 45:19.42 | 04:32 | 0:13:07 |
| 242 | 163 | Ledo Novoa, Jose Eugenio | | VAM | 83 | 01:11 | 23:11 | 45:22.21 | 04:32 | 0:13:10 |
| 243 | 572 | Novoa Sio, Juan | Carmen Sio | VAM | 84 | 00:58 | 23:23 | 45:25.91 | 04:33 | 0:13:14 |
| 244 | 534 | Martinez Costas, Diego | Carmen Sio | VAM | 85 | 00:54 | 23:23 | 45:26.80 | 04:33 | 0:13:15 |

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|-----|-----|----------------------------------|--------------------------|-----|-----|-------|-------|----------|-------|---------|
| 245 | 55 | Carrera, Jose | VigoRunners | VAM | 86 | 00:55 | 22:57 | 45:27.52 | 04:33 | 0:13:16 |
| 246 | 80 | Pereira Perez, Celso Emilio | Running Lusekelo | VAM | 87 | 01:08 | 23:00 | 45:27.72 | 04:33 | 0:13:16 |
| 247 | 74 | Lopez Fuentes, Guillermo | | SNM | 115 | 00:56 | 23:06 | 45:28.13 | 04:33 | 0:13:16 |
| 248 | 131 | Canto Iglesias, Jorge | | VAM | 88 | 00:57 | 23:23 | 45:28.34 | 04:33 | 0:13:16 |
| 249 | 462 | Cotovad Malvar, Maria Del Carmen | Miler Running C. | VAF | 3 | 00:54 | 23:04 | 45:30.96 | 04:33 | 0:13:19 |
| 250 | 470 | Lamas Ferreira, Jorge | Athletics Smooy Team | VAM | 89 | 00:44 | 22:34 | 45:31.04 | 04:33 | 0:13:19 |
| 251 | 214 | Alonso Carrera, Jose Manuel | | SNM | 116 | 01:03 | 22:59 | 45:31.24 | 04:33 | 0:13:19 |
| 252 | 418 | Navia, Javier | | VAM | 90 | 00:58 | 23:00 | 45:32.43 | 04:33 | 0:13:20 |
| 253 | 268 | Rodiño Rey, Joaquin | C. Atl. Cambados | VAM | 91 | 01:11 | 22:45 | 45:36.69 | 04:34 | 0:13:25 |
| 254 | 480 | Vazquez Dopazo, Pily | Athletics Aventura Xtrem | VAF | 4 | 01:00 | 23:18 | 45:38.16 | 04:34 | 0:13:26 |
| 255 | 18 | Lorenzo Acevedo, David | | SNM | 117 | 01:14 | 24:02 | 45:39.31 | 04:34 | 0:13:27 |
| 256 | 259 | Fernandez Garcia, Manuel | | VAM | 92 | 01:10 | 23:23 | 45:40.59 | 04:34 | 0:13:29 |
| 257 | 498 | Carballeira, Camino | | SNF | 6 | 00:56 | 23:05 | 45:44.57 | 04:34 | 0:13:33 |
| 258 | 295 | Dominguez Ferreira, Luis Rene | | SNM | 118 | 00:48 | 22:54 | 45:47.59 | 04:35 | 0:13:36 |
| 259 | 278 | Vazquez Gestal, Marcos | | VAM | 93 | 00:47 | 23:03 | 45:47.91 | 04:35 | 0:13:36 |
| 260 | 406 | Castro Alonso, Juan Carlos | Os Corre Camiños | VAM | 94 | 01:04 | 22:58 | 45:49.75 | 04:35 | 0:13:38 |
| 261 | 397 | Yañez Coira, Avelino | Running Lusekelo | VAM | 95 | 01:06 | 23:36 | 45:54.72 | 04:35 | 0:13:43 |
| 262 | 593 | Rodriguez Barril, Yago | | SNM | 119 | 01:10 | 45:54 | 45:54.83 | 04:35 | 0:13:43 |
| 263 | 177 | Prieto Yañez, Angel | | VAM | 96 | 00:57 | 23:02 | 45:58.05 | 04:36 | 0:13:46 |
| 264 | 433 | Vazquez Fernandez, Almudena | Athletics Smooy Team | SNF | 7 | 00:41 | 22:33 | 45:59.79 | 04:36 | 0:13:48 |
| 265 | 395 | Garcia Garcia, Manuel | Athletics Smooy Team | SNM | 120 | 00:40 | 46:00 | 45:59.79 | 04:36 | 0:13:48 |
| 266 | 31 | Carbajal Fernandez, Pelayo | | VAM | 97 | 01:16 | 23:21 | 46:01.11 | 04:36 | 0:13:49 |
| 267 | 133 | Barreiro Pazos, Francisco Jose | | SNM | 121 | 01:09 | 22:48 | 46:01.83 | 04:36 | 0:13:50 |
| 268 | 6 | Gregorio Rodriguez, Manuel | | SNM | 122 | 01:12 | 24:30 | 46:03.54 | 04:36 | 0:13:52 |
| 269 | 311 | Martinez Losada, Jaime Carlos | Running Lusekelo | VAM | 98 | 01:07 | 23:49 | 46:04.24 | 04:36 | 0:13:52 |
| 270 | 40 | Fernandez Abalde, Felix | | VAM | 99 | 01:31 | 23:14 | 46:05.78 | 04:37 | 0:13:54 |
| 271 | 446 | Arranz Gonzalez, Begoña | | SNF | 8 | 00:45 | 23:18 | 46:09.47 | 04:37 | 0:13:57 |
| 272 | 421 | Ferreira Charrasquiel, Marcial | | VAM | 100 | 00:57 | 22:45 | 46:11.35 | 04:37 | 0:13:59 |
| 273 | 609 | Rodriguez Vazquez, Emilio | | SNM | 123 | 01:24 | 24:23 | 46:12.94 | 04:37 | 0:14:01 |
| 274 | 24 | Fernandez Vazquez, Rafael | | VAM | 101 | 00:48 | 22:56 | 46:14.20 | 04:37 | 0:14:02 |
| 275 | 602 | Eiras Rodriguez, Iñaki | | SNM | 124 | 01:04 | 23:00 | 46:17.02 | 04:38 | 0:14:05 |
| 276 | 5 | Pires Covelo, Jose Antonio | | SNM | 125 | 01:14 | 24:30 | 46:17.14 | 04:38 | 0:14:05 |
| 277 | 626 | Perez Abril, Roberto | | XVM | 3 | 01:04 | 23:51 | 46:18.53 | 04:38 | 0:14:07 |
| 278 | 27 | Lago Iglesias, Arsenio | | VBM | 23 | 01:15 | 23:53 | 46:19.86 | 04:38 | 0:14:08 |
| 279 | 181 | Fernandez Neira, Aitor | | SNM | 126 | 01:08 | 23:39 | 46:22.27 | 04:38 | 0:14:10 |
| 280 | 444 | Vazquez Lopez, Mª Teresa | Athletics Smooy Team | VAF | 5 | 00:42 | 22:57 | 46:22.96 | 04:38 | 0:14:11 |
| 281 | 384 | Rodriguez Folgar, Cesar | Currelas Team R. | VAM | 102 | 01:10 | 23:17 | 46:24.11 | 04:38 | 0:14:12 |

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|------------|-----|---------------------------------------|----------------------|-----|-----|-------|-------|-----------------|-------|---------|
| 282 | 191 | Sampaio Barbosa, Nuno Miguel | | SNM | 127 | 00:49 | 23:44 | 46:33.05 | 04:39 | 0:14:21 |
| 283 | 140 | Barreiro Cabaleiro, Javier | | SNM | 128 | 01:23 | 24:00 | 46:33.08 | 04:39 | 0:14:21 |
| 284 | 510 | Castiñeira Gonzalez, Francisco Javier | | VAM | 103 | 01:21 | 23:29 | 46:34.34 | 04:39 | 0:14:22 |
| 285 | 245 | Beloso Gonzalez, Carlos | | VAM | 104 | 01:19 | 23:36 | 46:36.13 | 04:40 | 0:14:24 |
| 286 | 455 | Martinez Leyenda, Sonia | | VAF | 6 | 01:09 | 24:03 | 46:37.20 | 04:40 | 0:14:25 |
| 287 | 519 | Ahmed Mohamed, Hassan | Metropolitan | VAM | 105 | 01:15 | 23:57 | 46:38.36 | 04:40 | 0:14:26 |
| 288 | 336 | Bastero Campos, Roberto | | VAM | 106 | 01:30 | 24:03 | 46:38.57 | 04:40 | 0:14:27 |
| 289 | 522 | Lopez Barreira, Jose Ramon | | SNM | 129 | 01:04 | 23:13 | 46:42.47 | 04:40 | 0:14:30 |
| 290 | 625 | Valencia Rodriguez, Cristian | | SNM | 130 | 01:04 | 46:42 | 46:42.91 | 04:40 | 0:14:31 |
| 291 | 12 | Estevez Rodriguez, Daniel | | VBM | 24 | 01:00 | 22:57 | 46:43.23 | 04:40 | 0:14:31 |
| 292 | 266 | Videira Correa, Alberto | | VBM | 25 | 00:54 | 23:17 | 46:44.00 | 04:40 | 0:14:32 |
| 293 | 632 | Martins Outeiro, Guilherme | | VCM | 9 | 00:50 | 23:35 | 46:46.67 | 04:41 | 0:14:35 |
| 294 | 364 | Del Olmo Del Rio, Miguel | Running Lusekelo | VBM | 26 | 01:09 | 23:50 | 46:49.11 | 04:41 | 0:14:37 |
| 295 | 81 | Riveiro Martinez, Jose Manuel | Running Lusekelo | VBM | 27 | 01:07 | 23:50 | 46:49.44 | 04:41 | 0:14:37 |
| 296 | 217 | Blanco Vazquez, Lisardo | | VBM | 28 | 01:18 | 24:39 | 46:54.12 | 04:41 | 0:14:42 |
| 297 | 111 | Yebra-pimentel Alvarez, Joaquin | | SNM | 131 | 00:58 | 23:27 | 46:54.97 | 04:41 | 0:14:43 |
| 298 | 494 | Saborido Gil, Olalla | | SNF | 9 | 01:04 | 23:43 | 46:56.50 | 04:42 | 0:14:45 |
| 299 | 106 | Arias, Eduardo | | VAM | 107 | 01:17 | 23:40 | 47:01.14 | 04:42 | 0:14:49 |
| 300 | 23 | Torras, Sergio | | SNM | 132 | 01:17 | 23:21 | 47:05.54 | 04:43 | 0:14:54 |
| 301 | 361 | Alonso Rodriguez, Jose M. | Precisgal | SNM | 133 | 01:30 | 24:33 | 47:05.62 | 04:43 | 0:14:54 |
| 302 | 645 | Simoos Fernandez, Jose L. | C.Alejandro Gomez | VBM | 29 | 01:31 | 24:26 | 47:06.75 | 04:43 | 0:14:55 |
| 303 | 166 | De La Peña Estevez, Jesus | | SNM | 134 | 01:06 | 23:33 | 47:09.33 | 04:43 | 0:14:57 |
| 304 | 67 | Barreiro Docampo, Pablo | | SNM | 135 | 01:14 | 24:19 | 47:12.44 | 04:43 | 0:15:00 |
| 305 | 353 | Sanchez Vega, Daniel | | SNM | 136 | 01:11 | 24:31 | 47:12.58 | 04:43 | 0:15:01 |
| 306 | 532 | Vicente Rodriguez, Modesto W. | | VAM | 108 | 00:55 | 23:50 | 47:14.01 | 04:43 | 0:15:02 |
| 307 | 568 | Perez Gonzalez, Manuel | Comesaña Sporting C. | VBM | 30 | 00:43 | 23:50 | 47:15.23 | 04:44 | 0:15:03 |
| 308 | 550 | Rodriguez Rodriguez, Yago | | SNM | 137 | 00:58 | 23:45 | 47:17.95 | 04:44 | 0:15:06 |
| 309 | 391 | Perez Martins, Pablo Jose | | SNM | 138 | 01:07 | 24:19 | 47:18.13 | 04:44 | 0:15:06 |
| 310 | 251 | Perez Gonzalez, Enrique | | SNM | 139 | 01:16 | 24:55 | 47:19.76 | 04:44 | 0:15:08 |
| 311 | 628 | Piñeiro Costas, Gabriel | | SNM | 140 | 00:58 | 24:25 | 47:20.65 | 04:44 | 0:15:09 |
| 312 | 471 | Alonso Garcia, Ana | Saunier Duval | VAF | 7 | 01:08 | 24:03 | 47:20.82 | 04:44 | 0:15:09 |
| 313 | 110 | Garcia Barreiro, Alejandro | Athletics Smooy Team | VAM | 109 | 01:23 | 24:39 | 47:20.91 | 04:44 | 0:15:09 |
| 314 | 126 | Campos Abalde, Antonio | Saunier Duval | VAM | 110 | 01:08 | 24:03 | 47:21.52 | 04:44 | 0:15:10 |
| 315 | 306 | Pereira Viso, Marco Antonio | | SNM | 141 | 01:24 | 24:42 | 47:22.29 | 04:44 | 0:15:10 |
| 316 | 118 | Vilar Rey, Jose Carlos | Athletics Smooy Team | VAM | 111 | 01:23 | 24:39 | 47:25.15 | 04:45 | 0:15:13 |
| 317 | 538 | Rodriguez Roman, Jacob | | SNM | 142 | 01:12 | 24:40 | 47:26.37 | 04:45 | 0:15:14 |
| 318 | 434 | Vidal Lorenzo, Emilia | | SNF | 10 | 00:59 | 24:08 | 47:27.57 | 04:45 | 0:15:16 |

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|-----|-----|-------------------------------------|--------------------------|-----|-----|-------|-------|-----------------|-------|---------|
| 319 | 246 | Naz Fernandez, Xose Alfredo | | VAM | 112 | 01:21 | 24:41 | 47:30.58 | 04:45 | 0:15:19 |
| 320 | 265 | Vega Garcia, Antonio Manuel | | SNM | 143 | 01:11 | 47:30 | 47:30.68 | 04:45 | 0:15:19 |
| 321 | 335 | Ferreiroa Gonzalez, Jorge | Athletics Aventura Xtrem | VCM | 10 | 01:01 | 24:10 | 47:32.10 | 04:45 | 0:15:20 |
| 322 | 642 | Rodriguez De Oliveira, Juan Antonio | | VAM | 113 | 01:18 | 24:29 | 47:33.94 | 04:45 | 0:15:22 |
| 323 | 312 | Carrera Rafael, Jaime | | SNM | 144 | 01:27 | 24:44 | 47:34.25 | 04:45 | 0:15:22 |
| 324 | 195 | Landeira Brage, Juan Carlos | | VBM | 31 | 01:25 | 24:25 | 47:34.44 | 04:45 | 0:15:22 |
| 325 | 543 | Costas Fernandez, Jose Luis | | SNM | 145 | 01:27 | 24:44 | 47:35.06 | 04:46 | 0:15:23 |
| 326 | 604 | Alvarez Verisimo, Javier | | VBM | 32 | 01:08 | 24:08 | 47:36.77 | 04:46 | 0:15:25 |
| 327 | 389 | Perez Roca, Juan Carlos | | VAM | 114 | 01:10 | 24:28 | 47:36.80 | 04:46 | 0:15:25 |
| 328 | 461 | Garcia Coya, Vanesa | | SNF | 11 | 00:57 | 24:16 | 47:40.43 | 04:46 | 0:15:28 |
| 329 | 643 | Lago Neira, Enrique Antonio | Marraners | SNM | 146 | 01:11 | 23:38 | 47:42.16 | 04:46 | 0:15:30 |
| 330 | 579 | Fernandez Da Silva, Marcial | | SNM | 147 | 00:56 | 24:42 | 47:42.50 | 04:46 | 0:15:31 |
| 331 | 254 | Tenorio Fernandez, Ivan | | SNM | 148 | 01:14 | 24:23 | 47:43.85 | 04:46 | 0:15:32 |
| 332 | 515 | Garrido Pereira, Jesus Manuel | | SNM | 149 | 00:48 | 23:37 | 47:45.82 | 04:47 | 0:15:34 |
| 333 | 365 | Garcia Rivera, Matias | Universidade de Vigo | VAM | 115 | 01:09 | 24:05 | 47:49.92 | 04:47 | 0:15:38 |
| 334 | 50 | Perez Suarez, Carlos | Xhuzas Team | VAM | 116 | 01:12 | 24:57 | 47:53.89 | 04:47 | 0:15:42 |
| 335 | 356 | Freijo Mariño, Jose Maria | | VAM | 117 | 01:06 | 24:21 | 47:55.83 | 04:48 | 0:15:44 |
| 336 | 26 | Fernandez Rodriguez, Alberto | | VAM | 118 | 01:22 | 24:19 | 47:56.78 | 04:48 | 0:15:45 |
| 337 | 21 | Cid Cid, Marcos | | SNM | 150 | 00:49 | 22:53 | 47:56.83 | 04:48 | 0:15:45 |
| 338 | 204 | Feijoo Vazquez, Alfonso | | VAM | 119 | 01:06 | 48:00 | 48:00.78 | 04:48 | 0:15:49 |
| 339 | 346 | Calderon Fernandez, Eloy | | VBM | 33 | 00:47 | 23:58 | 48:02.32 | 04:48 | 0:15:50 |
| 340 | 157 | Caserio Alvarez, Luis | | SNM | 151 | 00:55 | 24:09 | 48:11.71 | 04:49 | 0:16:00 |
| 341 | 199 | Bragado Rodriguez, Alberto | | VAM | 120 | 01:03 | 24:05 | 48:14.21 | 04:49 | 0:16:02 |
| 342 | 542 | Abalde Barros, Daniel | | SNM | 152 | 00:52 | 24:17 | 48:14.67 | 04:49 | 0:16:03 |
| 343 | 270 | Pastoriza Pallares, Iago | | SNM | 153 | 01:07 | 25:08 | 48:17.57 | 04:50 | 0:16:06 |
| 344 | 644 | Sanchez Pereira, Miguel | | SNM | 154 | 01:13 | 24:12 | 48:19.05 | 04:50 | 0:16:07 |
| 345 | 103 | Lourido Cebreiro, David | | SNM | 155 | 01:02 | 48:20 | 48:19.88 | 04:50 | 0:16:08 |
| 346 | 182 | Ortiz Pallares, Juan | | SNM | 156 | 01:13 | 24:41 | 48:20.73 | 04:50 | 0:16:09 |
| 347 | 424 | Fernandez Rodriguez, Juan Luis | | SNM | 157 | 01:22 | 26:20 | 48:20.92 | 04:50 | 0:16:09 |
| 348 | 545 | Cadilla Pena, Pilar | | SNF | 12 | 01:05 | 24:15 | 48:21.02 | 04:50 | 0:16:09 |
| 349 | 432 | Cid, Eva | Miler Running C. | SNF | 13 | 01:15 | 25:10 | 48:22.12 | 04:50 | 0:16:10 |
| 350 | 363 | Goyanes Vazquez, Marcos | | SNM | 158 | 01:13 | 24:08 | 48:23.47 | 04:50 | 0:16:11 |
| 351 | 374 | Fernandez Carrera, Victor Gabriel | | VAM | 121 | 00:56 | 24:06 | 48:27.84 | 04:51 | 0:16:16 |
| 352 | 468 | Otero Ramirez, Maria | | VAF | 8 | 01:03 | 24:37 | 48:28.12 | 04:51 | 0:16:16 |
| 353 | 287 | Besada Montenegro, Roberto | Athletics Smooy Team | VAM | 122 | 01:07 | 48:28 | 48:28.77 | 04:51 | 0:16:17 |
| 354 | 479 | Zapata Rodriguez, Raquel | | SNF | 14 | 01:00 | 24:27 | 48:30.74 | 04:51 | 0:16:19 |
| 355 | 121 | Muñiz Noya, Marcos | | VAM | 123 | 01:12 | 24:27 | 48:31.14 | 04:51 | 0:16:19 |

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|------------|-----|-----------------------------|----------------------------|-----|-----|-------|-------|-----------------|-------|---------|
| 356 | 484 | Andres De La Iglesia, Ana | Castrelos 20:30 | VAF | 9 | 01:10 | 24:42 | 48:31.79 | 04:51 | 0:16:20 |
| 357 | 206 | Prada Arias, Marcos | | VAM | 124 | 01:14 | 24:36 | 48:40.09 | 04:52 | 0:16:28 |
| 358 | 194 | Rojas Alonso, Jose Luis | | SNM | 159 | 01:04 | 24:05 | 48:43.15 | 04:52 | 0:16:31 |
| 359 | 294 | Quiroga Censtenla, Manuel | | VAM | 125 | 01:28 | 25:39 | 48:44.00 | 04:52 | 0:16:32 |
| 360 | 235 | Casal Lage, Jose Miguel | | VAM | 126 | 01:01 | 25:39 | 48:45.53 | 04:53 | 0:16:34 |
| 361 | 244 | Sanchez Gestido, Ceferino | Vet. de Samil/Manuel Tomas | VCM | 11 | 00:55 | 24:35 | 48:46.01 | 04:53 | 0:16:34 |
| 362 | 228 | Garcia, Pablo | | SNM | 160 | 01:04 | 24:02 | 48:50.80 | 04:53 | 0:16:39 |
| 363 | 97 | Fraile Lopez, David | As. Deportiva C.A.R. | SNM | 161 | 01:25 | 25:39 | 48:54.80 | 04:53 | 0:16:43 |
| 364 | 239 | Martinez Dobalo, David | | VAM | 127 | 01:19 | 24:53 | 49:00.78 | 04:54 | 0:16:49 |
| 365 | 231 | Alvarez Sobrado, Javier | | SNM | 162 | 00:56 | 25:32 | 49:02.85 | 04:54 | 0:16:51 |
| 366 | 220 | Dorado Fuente, Iban | | SNM | 163 | 01:16 | 24:42 | 49:03.20 | 04:54 | 0:16:51 |
| 367 | 481 | Perez Ponte, Ruth | | SNF | 15 | 01:00 | 24:40 | 49:03.47 | 04:54 | 0:16:51 |
| 368 | 606 | Martin Anton, Angeles | | SNF | 16 | 01:16 | 25:38 | 49:09.65 | 04:55 | 0:16:58 |
| 369 | 153 | Miguez Garcia, David | | VAM | 128 | 01:18 | 25:39 | 49:10.96 | 04:55 | 0:16:59 |
| 370 | 541 | Cabaleiro Hernandez, Jesus | Pernas Celtas | VBM | 34 | 01:01 | 24:40 | 49:16.12 | 04:56 | 0:17:04 |
| 371 | 46 | Rivera Canicoba, Alberto | | SNM | 164 | 01:06 | 25:19 | 49:17.34 | 04:56 | 0:17:05 |
| 372 | 488 | Garcia Lago, Lorena | | SNF | 17 | 01:10 | 25:23 | 49:18.96 | 04:56 | 0:17:07 |
| 373 | 586 | Fesno Pereira, Marcos | Queimando KMS | SNM | 165 | 01:11 | 26:04 | 49:22.07 | 04:56 | 0:17:10 |
| 374 | 394 | Tejero Moure, Ruben | | SNM | 166 | 01:17 | 25:21 | 49:22.47 | 04:56 | 0:17:10 |
| 375 | 608 | Penas Lopez, Alfonso | | VAM | 129 | 01:27 | 25:28 | 49:24.62 | 04:56 | 0:17:13 |
| 376 | 544 | Gallero Fernandez, Mar | Pernas Celtas | VBF | 1 | 01:05 | 25:08 | 49:28.11 | 04:57 | 0:17:16 |
| 377 | 469 | Schwarz Ares, Emma | | SNF | 18 | 01:04 | 25:08 | 49:28.34 | 04:57 | 0:17:16 |
| 378 | 383 | Muñoz Raña, Javier | | SNM | 167 | 01:09 | 27:28 | 49:29.21 | 04:57 | 0:17:17 |
| 379 | 162 | Estevez Vorkauf, Jorge Juan | | VAM | 130 | 01:18 | 25:38 | 49:30.42 | 04:57 | 0:17:18 |
| 380 | 234 | Pazos, David | | SNM | 168 | 01:35 | 26:57 | 49:31.64 | 04:57 | 0:17:20 |
| 381 | 582 | De La Campa Carrera, Diana | C.D. Vicus | SNF | 19 | 00:57 | 24:35 | 49:36.48 | 04:58 | 0:17:24 |
| 382 | 623 | Milego Fernandez, Juan Jose | C.A.R. Marisqueiro | VAM | 131 | 00:58 | 24:36 | 49:37.97 | 04:58 | 0:17:26 |
| 383 | 161 | Pereira Fernandez, Daniel | | SNM | 169 | 01:35 | 26:57 | 49:42.86 | 04:58 | 0:17:31 |
| 384 | 325 | Toribio Gomez, Andres | | VAM | 132 | 01:18 | 25:24 | 49:44.88 | 04:58 | 0:17:33 |
| 385 | 208 | Iglesias Molares, Adolfo | | VCM | 12 | 00:45 | 24:42 | 49:48.00 | 04:59 | 0:17:36 |
| 386 | 509 | Lopez Blanco, Carlos | | VAM | 133 | 01:26 | 26:16 | 49:48.88 | 04:59 | 0:17:37 |
| 387 | 467 | Alonso Parente, Patricia | | SNF | 20 | 00:48 | 24:47 | 49:49.15 | 04:59 | 0:17:37 |
| 388 | 253 | Alfonso Bellagona, Alexis | | SNM | 170 | 01:15 | 24:55 | 49:49.45 | 04:59 | 0:17:37 |
| 389 | 517 | Silva Fernandez, Montserrat | Archienemigos Team | VAF | 10 | 01:30 | 26:16 | 49:49.79 | 04:59 | 0:17:38 |
| 390 | 451 | Fernandez Campo, Elena | | SNF | 21 | 01:09 | 25:23 | 49:50.01 | 04:59 | 0:17:38 |
| 391 | 465 | Comesaña Souto, Beatriz | | VAF | 11 | 00:50 | 24:42 | 49:52.53 | 04:59 | 0:17:41 |
| 392 | 617 | Larreategui, Jorge | | VAM | 134 | 01:24 | 26:36 | 49:52.76 | 04:59 | 0:17:41 |

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|-----|-----|--------------------------------|----------------------------|-----|-----|-------|-------|----------|-------|---------|
| 393 | 309 | Quintiana Reimunde, Alberto | | VAM | 135 | 01:08 | 25:18 | 49:55.87 | 05:00 | 0:17:44 |
| 394 | 595 | Cuerdo Martinez, Silvia | | SNF | 22 | 01:15 | 25:39 | 49:56.44 | 05:00 | 0:17:44 |
| 395 | 405 | Alonso Alvarez, David | Os Corre Camiños | SNM | 171 | 01:07 | 24:58 | 49:57.39 | 05:00 | 0:17:45 |
| 396 | 601 | Perez Brandon, Tania | | SNF | 23 | 01:08 | 24:57 | 49:59.63 | 05:00 | 0:17:48 |
| 397 | 73 | Penedo Perez, Jose Humberto | | VBM | 35 | 01:33 | 26:09 | 50:00.27 | 05:00 | 0:17:48 |
| 398 | 303 | Lago Larran, Santiago | Os Chorons | VBM | 36 | 01:34 | 26:10 | 50:00.72 | 05:00 | 0:17:49 |
| 399 | 531 | Fondevila Garcia, Julio | Running Lusekelo | VBM | 37 | 01:09 | 25:25 | 50:04.27 | 05:00 | 0:17:52 |
| 400 | 42 | Campos Dominguez, Jose Martin | | VAM | 136 | 01:32 | 25:40 | 50:10.61 | 05:01 | 0:17:59 |
| 401 | 533 | Costas Rodriguez, Carmen | Atl. Baiona | VBF | 2 | 00:51 | 25:22 | 50:13.91 | 05:01 | 0:18:02 |
| 402 | 108 | Barros Martinez, Pablo Jose | | SNM | 172 | 01:05 | 26:20 | 50:19.16 | 05:02 | 0:18:07 |
| 403 | 186 | Garrido Pumar, Jose Manuel | Os Afiadores | VAM | 137 | 01:12 | 25:42 | 50:19.80 | 05:02 | 0:18:08 |
| 404 | 170 | Hermelo Vilas, Cesar | | VAM | 138 | 01:09 | 25:54 | 50:22.01 | 05:02 | 0:18:10 |
| 405 | 99 | Lameiro Flores, Miguel Angel | | SNM | 173 | 01:06 | 25:47 | 50:22.72 | 05:02 | 0:18:11 |
| 406 | 620 | Torres Herves, Cristina | | XVF | 1 | 01:00 | 24:43 | 50:24.61 | 05:02 | 0:18:13 |
| 407 | 92 | Garrandes, Miguel | | VAM | 139 | 01:29 | 26:00 | 50:24.91 | 05:02 | 0:18:13 |
| 408 | 360 | Lopez Nieto, Antonio | | SNM | 174 | 01:25 | 26:26 | 50:28.02 | 05:03 | 0:18:16 |
| 409 | 377 | Lomba Vicente, Javier | | SNM | 175 | 01:25 | 26:26 | 50:29.36 | 05:03 | 0:18:17 |
| 410 | 350 | Portela Gonzalez, Antonio | | SNM | 176 | 00:59 | 25:42 | 50:32.36 | 05:03 | 0:18:20 |
| 411 | 117 | Burgos Delgado, Luis | | VAM | 140 | 01:07 | 25:46 | 50:33.19 | 05:03 | 0:18:21 |
| 412 | 338 | Ojea Rodriguez, Gonzalo | | VBM | 38 | 01:08 | 25:41 | 50:37.10 | 05:04 | 0:18:25 |
| 413 | 393 | Alvarez Martinez, Brais | | SNM | 177 | 01:10 | 25:58 | 50:40.56 | 05:04 | 0:18:29 |
| 414 | 20 | Gonzalez Garcia, Andres | | VBM | 39 | 01:00 | 25:25 | 50:42.72 | 05:04 | 0:18:31 |
| 415 | 529 | Goiriz Escanciano, Daniel | | SNM | 178 | 01:26 | 25:41 | 50:43.58 | 05:04 | 0:18:32 |
| 416 | 589 | Varela Nogueiras, Jose Ramon | | VBM | 40 | 01:34 | 27:16 | 50:48.12 | 05:05 | 0:18:36 |
| 417 | 466 | Calvo Serrano, Marta | | SNF | 24 | 01:18 | 25:32 | 50:50.52 | 05:05 | 0:18:39 |
| 418 | 547 | Garcia Villaverde, Jose Emilio | | SNM | 179 | 01:17 | 25:44 | 50:53.53 | 05:05 | 0:18:42 |
| 419 | 257 | Garcia, Jorge | | VAM | 141 | 01:21 | 26:21 | 50:54.21 | 05:05 | 0:18:42 |
| 420 | 375 | Piñeiro Besada, Jose Manuel | | SNM | 180 | 01:09 | 25:46 | 50:54.47 | 05:05 | 0:18:42 |
| 421 | 137 | Molinero Malvido, Ruben | | SNM | 181 | 01:23 | 26:13 | 50:58.35 | 05:06 | 0:18:46 |
| 422 | 378 | Diaz Iglesias, Adolfo | Vet. de Samil/Manuel Tomas | VCM | 13 | 00:55 | 25:32 | 50:59.75 | 05:06 | 0:18:48 |
| 423 | 344 | Gonzalez Perez, Javier | | SNM | 182 | 01:03 | 25:34 | 51:00.64 | 05:06 | 0:18:49 |
| 424 | 340 | Verdeal Gonzalez, Basilio | Currelas Team R. | VBM | 41 | 01:13 | 25:40 | 51:00.75 | 05:06 | 0:18:49 |
| 425 | 555 | Collazo Fernandez, Lorena | Mais que Auga | SNF | 25 | 01:05 | 25:30 | 51:00.97 | 05:06 | 0:18:49 |
| 426 | 274 | Mendez Rodriguez, Gori | | VBM | 42 | 01:09 | 24:56 | 51:04.59 | 05:06 | 0:18:53 |
| 427 | 43 | Miguez San Isidro, Benigno | | SNM | 183 | 00:59 | 25:05 | 51:06.87 | 05:07 | 0:18:55 |
| 428 | 218 | Asensio Martin, Raul | | SNM | 184 | 01:22 | 26:33 | 51:07.57 | 05:07 | 0:18:56 |
| 429 | 367 | Duran Lago, Fernando | | VBM | 43 | 01:34 | 25:53 | 51:07.58 | 05:07 | 0:18:56 |

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|------------|-----|-----------------------------------|-----------------|-----|-----|-------|-------|-----------------|-------|---------|
| 430 | 474 | Pereira Alonso, Alexandra | STEP | SNF | 26 | 01:12 | 26:17 | 51:08.76 | 05:07 | 0:18:57 |
| 431 | 526 | Fernandez Fernandez, Carmen | Atl. Baiona | VAF | 12 | 00:52 | 25:39 | 51:08.79 | 05:07 | 0:18:57 |
| 432 | 624 | Tejero Gomez, Jose Esteban | | VAM | 142 | 01:19 | 26:40 | 51:13.89 | 05:07 | 0:19:02 |
| 433 | 420 | Iglesias Grobas, Ignacio | Carmen Sio | VAM | 143 | 01:26 | 26:21 | 51:20.46 | 05:08 | 0:19:08 |
| 434 | 635 | Gonzalez Rial, Carlos | | SNM | 185 | 01:12 | 25:57 | 51:20.62 | 05:08 | 0:19:09 |
| 435 | 290 | Braña Vidal, Carlos | Carmen Sio | VAM | 144 | 01:25 | 26:21 | 51:20.63 | 05:08 | 0:19:09 |
| 436 | 521 | Santos, Mario | | VAM | 145 | 01:34 | 28:53 | 51:22.04 | 05:08 | 0:19:10 |
| 437 | 201 | Brandao Rodriguez, Leonardo | | SNM | 186 | 00:44 | 22:59 | 51:22.77 | 05:08 | 0:19:11 |
| 438 | 248 | Rodriguez Vazquez, Jose Ramon | | VAM | 146 | 00:56 | 25:46 | 51:22.95 | 05:08 | 0:19:11 |
| 439 | 407 | Milego Fernandez, Luis | | VBM | 44 | 00:59 | 25:27 | 51:24.43 | 05:08 | 0:19:12 |
| 440 | 178 | Costas Carrera, Ivan | | VAM | 147 | 01:03 | 25:26 | 51:25.19 | 05:09 | 0:19:13 |
| 441 | 387 | Martinez Villegas, Jorge | | SNM | 187 | 01:15 | 26:09 | 51:26.95 | 05:09 | 0:19:15 |
| 442 | 473 | Ferrerira Alvarez, Macarena | | VAF | 13 | 01:29 | 26:02 | 51:30.08 | 05:09 | 0:19:18 |
| 443 | 122 | Reigada Quintela, Fernando | | VAM | 148 | 01:13 | 25:22 | 51:34.89 | 05:09 | 0:19:23 |
| 444 | 565 | Burlido Borrego, Jose Isaias | C. Atl. Porriño | VBM | 45 | 01:30 | 26:53 | 51:36.76 | 05:10 | 0:19:25 |
| 445 | 441 | Gonzalez Peteiro, Andrea | | SNF | 27 | 01:16 | 26:41 | 51:36.85 | 05:10 | 0:19:25 |
| 446 | 429 | Fonseca Garcia, Lucia | | SNF | 28 | 00:58 | 25:11 | 51:38.63 | 05:10 | 0:19:27 |
| 447 | 640 | Charvin, Jean Paul Claude | | VBM | 46 | 01:23 | 27:01 | 51:40.40 | 05:10 | 0:19:28 |
| 448 | 343 | Traba Miñones, Javier | | SNM | 188 | 01:02 | 25:34 | 51:42.19 | 05:10 | 0:19:30 |
| 449 | 139 | Besada Alvarez, Francisco Javier | | VAM | 149 | 01:25 | 25:53 | 51:46.14 | 05:11 | 0:19:34 |
| 450 | 35 | Dominguez Villaverde, Juan Carlos | | SNM | 189 | 01:09 | 25:24 | 51:48.71 | 05:11 | 0:19:37 |
| 451 | 320 | Dominguez, Carlos | | VCM | 14 | 01:09 | 25:24 | 51:49.20 | 05:11 | 0:19:37 |
| 452 | 255 | Gonzalez Abeijon, Miguel | | VAM | 150 | 01:23 | 26:34 | 51:51.35 | 05:11 | 0:19:39 |
| 453 | 563 | Lopez Pensado, Juan Carlos | | VAM | 151 | 01:25 | 26:58 | 51:51.78 | 05:11 | 0:19:40 |
| 454 | 84 | Touriño Teixeira, Carlos | | VBM | 47 | 01:37 | 27:25 | 51:51.86 | 05:11 | 0:19:40 |
| 455 | 636 | Blanco Perez, Agueda Ofelia | | SNF | 29 | 00:47 | 25:37 | 51:52.30 | 05:11 | 0:19:40 |
| 456 | 554 | Carballeda, Francisco Javier | | VAM | 152 | 01:32 | 27:28 | 51:53.01 | 05:11 | 0:19:41 |
| 457 | 392 | Barros Caballero, Denis | | SNM | 190 | 01:10 | 25:58 | 51:56.92 | 05:12 | 0:19:45 |
| 458 | 400 | Santos Prado, Enrique | | SNM | 191 | 01:28 | 26:41 | 51:58.80 | 05:12 | 0:19:47 |
| 459 | 371 | Perez Neiva, Enrique Javier | Mais que Auga | VAM | 153 | 01:28 | 26:22 | 52:00.48 | 05:12 | 0:19:48 |
| 460 | 337 | Barreras Garcia, Rafa | | SNM | 192 | 01:20 | 28:59 | 52:12.43 | 05:13 | 0:20:00 |
| 461 | 321 | Alfaya Masso, David | | VAM | 154 | 01:13 | 24:51 | 52:17.72 | 05:14 | 0:20:06 |
| 462 | 252 | Fernandez Garcia, Andres | | SNM | 193 | 01:12 | 26:28 | 52:19.09 | 05:14 | 0:20:07 |
| 463 | 323 | Noblesse, Thierry | | VAM | 155 | 01:26 | 26:45 | 52:20.18 | 05:14 | 0:20:08 |
| 464 | 3 | Cendon, Marcos | Metropolitan | SNM | 194 | 01:05 | 52:21 | 52:21.50 | 05:14 | 0:20:10 |
| 465 | 584 | Collazo Lago, Francisco | | VAM | 156 | 01:05 | 26:34 | 52:22.30 | 05:14 | 0:20:10 |
| 466 | 503 | Correa Garcia, Juan Carlos | | VAM | 157 | 01:16 | 26:45 | 52:48.98 | 05:17 | 0:20:37 |

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|-----|-----|--------------------------------|--------------------------|-----|-----|-------|-------|-----------------|-------|---------|
| 467 | 324 | Torres Sequeiros, Jose Carlos | | VAM | 158 | 01:26 | 27:06 | 52:51.77 | 05:17 | 0:20:40 |
| 468 | 288 | Adan Arias, Senen | | VBM | 48 | 01:11 | 27:26 | 52:56.73 | 05:18 | 0:20:45 |
| 469 | 491 | Rivera Dobao, Pilar | | VAF | 14 | 01:28 | 27:37 | 53:16.36 | 05:20 | 0:21:04 |
| 470 | 611 | Costas Rodes, Yago Ray | | XVM | 4 | 00:55 | 25:45 | 53:20.43 | 05:20 | 0:21:08 |
| 471 | 475 | Costas Vila, Margarita | Os Chorons | VBF | 3 | 01:35 | 27:40 | 53:21.97 | 05:20 | 0:21:10 |
| 472 | 304 | Rivas Miranda, Jose Carlos | Os Chorons | VBM | 49 | 01:35 | 27:40 | 53:22.20 | 05:20 | 0:21:10 |
| 473 | 298 | Tamame Gonzalez, Javier | | VAM | 159 | 01:07 | 26:49 | 53:24.15 | 05:20 | 0:21:12 |
| 474 | 637 | Lopez Ruiz, Carlos | | VAM | 160 | 01:21 | 27:15 | 53:29.59 | 05:21 | 0:21:18 |
| 475 | 562 | Ferreras, Jairo | | VAM | 161 | 01:25 | 27:12 | 53:36.87 | 05:22 | 0:21:25 |
| 476 | 243 | Señaris Boo, Jose Ramon | | SNM | 195 | 01:25 | 27:15 | 53:39.91 | 05:22 | 0:21:28 |
| 477 | 399 | Collazo Lago, Jose Guillermo | | VAM | 162 | 01:12 | 26:04 | 53:41.32 | 05:22 | 0:21:29 |
| 478 | 17 | Fernandez Galego, Ruben | | SNM | 196 | 01:22 | 26:27 | 53:45.15 | 05:23 | 0:21:33 |
| 479 | 548 | Pardo Porto, Daniel | | VAM | 163 | 01:24 | 26:59 | 53:47.13 | 05:23 | 0:21:35 |
| 480 | 597 | Rodriguez Cid, Jose Carlos | | VAM | 164 | 01:12 | 26:40 | 53:50.75 | 05:23 | 0:21:39 |
| 481 | 516 | Guimare Gonzalez, Daniel | Archienemigos Team | VAM | 165 | 01:31 | 27:55 | 53:53.57 | 05:23 | 0:21:42 |
| 482 | 369 | Bao Costas, Jose | | VAM | 166 | 00:53 | 27:27 | 53:57.15 | 05:24 | 0:21:45 |
| 483 | 302 | Fernandez Bouzada, Alfonso | Os Chorons | VCM | 15 | 01:35 | 27:38 | 53:57.75 | 05:24 | 0:21:46 |
| 484 | 615 | Docampo Barrueco, Antonio | | VBM | 50 | 01:24 | 27:41 | 54:01.14 | 05:24 | 0:21:49 |
| 485 | 447 | Garcia Couñago, Eva | Athletics Aventura Xtrem | SNF | 30 | 01:16 | 26:53 | 54:09.99 | 05:25 | 0:21:58 |
| 486 | 372 | Cid Coello, Carlos | C.A.R. Marisqueiro | VAM | 167 | 01:19 | 26:52 | 54:10.05 | 05:25 | 0:21:58 |
| 487 | 293 | Tabarca Fidalgo, Fernando | Carmen Sio | VBM | 51 | 01:28 | 28:04 | 54:11.08 | 05:25 | 0:21:59 |
| 488 | 109 | Raña Gregorio, Juan Carlos | C.A.R. Marisqueiro | VAM | 168 | 01:19 | 26:53 | 54:11.19 | 05:25 | 0:21:59 |
| 489 | 458 | Mena Piñeiro, Patricia | | VAF | 15 | 01:18 | 27:25 | 54:12.59 | 05:25 | 0:22:01 |
| 490 | 450 | Troncoso, Yolanda | | SNF | 31 | 01:11 | 26:50 | 54:20.32 | 05:26 | 0:22:08 |
| 491 | 490 | Vazquez Mayo, Monica | Mais que Auga | VAF | 16 | 01:23 | 27:38 | 54:24.93 | 05:26 | 0:22:13 |
| 492 | 152 | Barreiro Garrido, Ruben Dario | | SNM | 197 | 01:09 | 28:20 | 54:28.50 | 05:27 | 0:22:17 |
| 493 | 493 | Mosquera Rodriguez, Ana Isabel | Mais que Auga | VAF | 17 | 01:22 | 27:32 | 54:31.45 | 05:27 | 0:22:19 |
| 494 | 476 | Rosas Sanchez, Evelyn | | SNF | 32 | 00:56 | 26:53 | 54:32.14 | 05:27 | 0:22:20 |
| 495 | 301 | Fraga Perez, Xose Manuel | Os Chorons | VCM | 16 | 01:34 | 28:16 | 54:32.74 | 05:27 | 0:22:21 |
| 496 | 44 | Fernandez Abalde, Jose Antonio | | VBM | 52 | 01:32 | 28:19 | 54:33.30 | 05:27 | 0:22:21 |
| 497 | 583 | Rodriguez Iglesias, Roberto | Carmen Sio | VAM | 169 | 01:03 | 27:32 | 54:35.27 | 05:28 | 0:22:23 |
| 498 | 185 | Alfonsin Soliño, Gonzalo | | VBM | 53 | 01:25 | 28:23 | 54:38.94 | 05:28 | 0:22:27 |
| 499 | 113 | Regal Rodriguez, Diego | | SNM | 198 | 01:27 | 29:38 | 54:42.90 | 05:28 | 0:22:31 |
| 500 | 483 | Sainz, Nuria | | SNF | 33 | 01:17 | 27:52 | 54:45.77 | 05:29 | 0:22:34 |
| 501 | 442 | Alvarez Larran, Maria | | SNF | 34 | 01:17 | 27:52 | 54:45.85 | 05:29 | 0:22:34 |
| 502 | 497 | Alonso Teijeira, Isabel | Taninos Runners | SNF | 35 | 01:15 | 27:49 | 54:54.23 | 05:29 | 0:22:42 |
| 503 | 95 | Regueiro Estevez, David | | SNM | 199 | 01:21 | 55:02 | 55:01.86 | 05:30 | 0:22:50 |

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|------------|-----|---------------------------------|--------------------|-----|-----|-------|-------|-----------------|-------|---------|
| 504 | 229 | Alonso Casal, Francisco Jose | | VAM | 170 | 01:30 | 27:58 | 55:02.05 | 05:30 | 0:22:50 |
| 505 | 202 | Chao Lopez, Antonio | | SNM | 200 | 00:56 | 27:08 | 55:21.85 | 05:32 | 0:23:10 |
| 506 | 448 | Beltran Lago, Irene | | XVF | 2 | 01:11 | 27:16 | 55:23.91 | 05:32 | 0:23:12 |
| 507 | 314 | Sainz Alonso, Angel | | SNM | 201 | 01:19 | 28:59 | 55:27.71 | 05:33 | 0:23:16 |
| 508 | 90 | Gonzalez Pardiñas, Aleixandre | | SNM | 202 | 01:34 | 28:30 | 55:28.74 | 05:33 | 0:23:17 |
| 509 | 71 | Lorenzo Alemany, Pablo | | SNM | 203 | 01:34 | 28:30 | 55:29.25 | 05:33 | 0:23:17 |
| 510 | 85 | Collazo Garcia, Carlos | | VAM | 171 | 01:38 | 28:25 | 55:30.20 | 05:33 | 0:23:18 |
| 511 | 313 | Fernandez Victoria, Vicente | | SNM | 204 | 01:20 | 28:59 | 55:32.73 | 05:33 | 0:23:21 |
| 512 | 477 | Martinez Barbero, Veronica | | SNF | 36 | 01:21 | 28:59 | 55:33.32 | 05:33 | 0:23:21 |
| 513 | 612 | Mendez Molares, Carlos | | VAM | 172 | 01:30 | 29:12 | 55:36.48 | 05:34 | 0:23:24 |
| 514 | 317 | Alonso Cuevas, Francisco | C.A.R. Marisqueiro | VAM | 173 | 01:30 | 28:01 | 55:39.62 | 05:34 | 0:23:28 |
| 515 | 172 | Lago Jorge, Alejandro | | VAM | 174 | 01:09 | 28:21 | 55:40.17 | 05:34 | 0:23:28 |
| 516 | 513 | Castro Da Rocha, Iria | | SNF | 37 | 01:15 | 28:46 | 55:41.61 | 05:34 | 0:23:30 |
| 517 | 223 | Garcia Dominguez, Jorge | | SNM | 205 | 01:24 | 28:21 | 55:44.52 | 05:34 | 0:23:33 |
| 518 | 327 | Soutullo Vazquez, Daniel Rafael | | VCM | 17 | 01:33 | 28:49 | 55:45.53 | 05:35 | 0:23:34 |
| 519 | 431 | Pereira Oya, Maika | Mais que Auga | SNF | 38 | 01:23 | 28:04 | 55:48.20 | 05:35 | 0:23:36 |
| 520 | 203 | Vilar Alonso, Walter | Faneca Brava | SNM | 206 | 00:57 | 27:30 | 55:57.05 | 05:36 | 0:23:45 |
| 521 | 460 | Perez Gonzalez, Patricia | | SNF | 39 | 01:24 | 28:38 | 56:12.64 | 05:37 | 0:24:01 |
| 522 | 230 | Perez Vazquez, Miguel | | VBM | 54 | 01:24 | 28:38 | 56:13.56 | 05:37 | 0:24:02 |
| 523 | 631 | Bugarin Varela, Manuel | | VCM | 18 | 00:52 | 28:28 | 56:13.65 | 05:37 | 0:24:02 |
| 524 | 68 | Andres Silva, Jesus | | VAM | 175 | 01:14 | 27:51 | 56:14.46 | 05:37 | 0:24:02 |
| 525 | 144 | Lima Suarez, Jose | | VBM | 55 | 01:35 | 29:12 | 56:15.58 | 05:38 | 0:24:04 |
| 526 | 129 | Rocha Orge, Marcos Manuel | | VAM | 176 | 01:15 | 28:33 | 56:16.12 | 05:38 | 0:24:04 |
| 527 | 618 | Salinas Martinez, Ruben | | SNM | 207 | 01:31 | 33:09 | 56:22.31 | 05:38 | 0:24:10 |
| 528 | 83 | Porteiro Fernandez, Cesar | | VBM | 56 | 01:33 | 28:23 | 56:46.41 | 05:41 | 0:24:34 |
| 529 | 198 | Otero Cerviño, Humberto | | VBM | 57 | 01:28 | 28:36 | 56:48.07 | 05:41 | 0:24:36 |
| 530 | 453 | Lago Preciado, Maria | | SNF | 40 | 01:14 | 27:44 | 56:53.50 | 05:41 | 0:24:42 |
| 531 | 192 | Simo Cardalda, Gonzalo | | VAM | 177 | 01:38 | 30:01 | 56:55.80 | 05:42 | 0:24:44 |
| 532 | 621 | Gonzalez mera, Regina | | VBF | 4 | 01:21 | 28:02 | 56:56.12 | 05:42 | 0:24:44 |
| 533 | 549 | Rodriguez Docampo, Debora | | SNF | 41 | 01:19 | 28:46 | 56:58.10 | 05:42 | 0:24:46 |
| 534 | 98 | Vazquez Abab, Tomas | | VBM | 58 | 01:33 | 28:55 | 57:03.55 | 05:42 | 0:24:52 |
| 535 | 435 | Rey Grandal, Maria | | SNF | 42 | 01:20 | 27:35 | 57:05.74 | 05:43 | 0:24:54 |
| 536 | 34 | Perez Davila, Alejandro | | SNM | 208 | 01:20 | 29:23 | 57:06.12 | 05:43 | 0:24:54 |
| 537 | 590 | Viñas Romero, Silvia | | VAF | 18 | 01:17 | 28:39 | 57:07.04 | 05:43 | 0:24:55 |
| 538 | 463 | Gonzalez rodr, Alba Maria | | VAF | 19 | 01:30 | 29:44 | 57:19.72 | 05:44 | 0:25:08 |
| 539 | 72 | Sarabia Rodriguez, Daniel | | VAM | 178 | 01:13 | 29:42 | 57:21.94 | 05:44 | 0:25:10 |
| 540 | 331 | Jordan Cedeño, David | | SNM | 209 | 01:05 | 27:30 | 57:29.88 | 05:45 | 0:25:18 |

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|-----|-----|--------------------------------|----------------------------|-----|-----|-------|-------|-------------------|-------|---------|
| 541 | 656 | Sabogal, beatriz | | VBF | 5 | 00:58 | 28:36 | 57:29.90 | 05:45 | 0:25:18 |
| 542 | 464 | Goicoechea Castaño, Itziar | | VAF | 20 | 00:57 | 28:55 | 57:39.28 | 05:46 | 0:25:27 |
| 543 | 158 | Palacio Puertas, Armando Jose | | VAM | 179 | 01:19 | 29:06 | 57:41.05 | 05:46 | 0:25:29 |
| 544 | 426 | Fonseca Garcia, Socorro | | VAF | 21 | 00:55 | 27:56 | 57:44.91 | 05:46 | 0:25:33 |
| 545 | 300 | Taveira Alvarez, Vicente | | VCM | 19 | 00:52 | 28:11 | 57:55.71 | 05:48 | 0:25:44 |
| 546 | 514 | Perez Balirac, Jesus | | VAM | 180 | 01:31 | 29:22 | 58:13.32 | 05:49 | 0:26:01 |
| 547 | 379 | Sanmartin Gonzalez, Victoriano | Mais que Auga | SNM | 210 | 01:26 | 28:36 | 58:16.62 | 05:50 | 0:26:05 |
| 548 | 603 | Uriz Corrales, Emilio Manuel | | VAM | 181 | 00:55 | 27:33 | 58:19.99 | 05:50 | 0:26:08 |
| 549 | 457 | Chao Lopez, Mar | | VAF | 22 | 01:09 | 28:51 | 58:39.13 | 05:52 | 0:26:27 |
| 550 | 600 | Muiño Miron, Manu | Sada | VAM | 182 | 01:11 | 30:01 | 58:41.52 | 05:52 | 0:26:30 |
| 551 | 610 | Collazo Barreras, German | Vig Bay | VCM | 20 | 01:06 | 29:59 | 59:19.19 | 05:56 | 0:27:07 |
| 552 | 247 | Barros Garcia, Jorge | | SNM | 211 | 01:02 | 30:14 | 59:21.15 | 05:56 | 0:27:09 |
| 553 | 472 | Silva Gambino, Sheila | Athletics Smooy Team | SNF | 43 | 01:14 | 29:00 | 59:51.00 | 05:59 | 0:27:39 |
| 554 | 439 | Fernandez Rodriguez, Noelia | | SNF | 44 | 01:33 | 29:59 | 59:51.87 | 05:59 | 0:27:40 |
| 555 | 454 | Dominguez Mouriño, Natividad | | VAF | 23 | 01:30 | 30:25 | 59:58.62 | 06:00 | 0:27:47 |
| 556 | 456 | Ramos Pedrosa, Noa | | SNF | 45 | 01:31 | 30:25 | 59:58.99 | 06:00 | 0:27:47 |
| 557 | 556 | Amoedo Collazo, Moises | | SNM | 212 | 01:32 | 30:25 | 59:59.39 | 06:00 | 0:27:47 |
| 558 | 437 | Abreu Piñeiro, Elisa | | VAF | 24 | 01:36 | 30:25 | 1:00:21.21 | 06:02 | 0:28:09 |
| 559 | 22 | Cerradelo Vazquez, Carlos | | VAM | 183 | 01:04 | 30:26 | 1:00:27.97 | 06:03 | 0:28:16 |
| 560 | 487 | Lopez goce, Maria teresa | | SNF | 46 | 01:27 | 30:20 | 1:00:37.75 | 06:04 | 0:28:26 |
| 561 | 443 | Guzman Barredo, Maria | | SNF | 47 | 01:27 | 29:38 | 1:00:47.47 | 06:05 | 0:28:35 |
| 562 | 112 | Alvarez Pernas, Pablo | | SNM | 213 | 01:26 | 29:38 | 1:00:47.66 | 06:05 | 0:28:36 |
| 563 | 567 | Gonzalez Alves, Jose Maria | | VAM | 184 | 01:22 | 29:53 | 1:00:51.00 | 06:05 | 0:28:39 |
| 564 | 430 | Fonseca Garcia, Beatriz | | VAF | 25 | 01:02 | 30:49 | 1:01:25.25 | 06:09 | 0:29:13 |
| 565 | 561 | Martinez Martinez, Juan Jose | | VBM | 59 | 01:22 | 31:46 | 1:01:34.47 | 06:09 | 0:29:22 |
| 566 | 594 | Vilaboa Martinez, Juan Manuel | | VBM | 60 | 01:07 | 30:25 | 1:01:42.38 | 06:10 | 0:29:30 |
| 567 | 520 | Domingues, Paula | | VAF | 26 | 01:31 | 30:27 | 1:01:49.55 | 06:11 | 0:29:38 |
| 568 | 489 | Gonçalves, Ines | | XVF | 3 | 01:34 | 30:27 | 1:01:51.85 | 06:11 | 0:29:40 |
| 569 | 504 | Sanmartin Castro, Sofia | | SNF | 48 | 01:34 | 30:52 | 1:01:56.40 | 06:12 | 0:29:44 |
| 570 | 316 | Rodriguez Gomez, Antolin | Vet. de Samil/Manuel Tomas | VCM | 21 | 01:23 | 31:54 | 1:02:23.91 | 06:14 | 0:30:12 |
| 571 | 205 | Martin Miguel, Mariano | | VCM | 22 | 00:52 | 30:57 | 1:03:26.49 | 06:21 | 0:31:14 |
| 572 | 297 | Marin Xousa, Jacinto | STEP | SNM | 214 | 01:14 | 30:09 | 1:03:28.20 | 06:21 | 0:31:16 |
| 573 | 149 | Goineau, Vivien | | SNM | 215 | 01:36 | 32:26 | 1:04:22.84 | 06:26 | 0:32:11 |
| 574 | 495 | Salgado Gallego, Silvia | | SNF | 49 | 01:07 | 31:48 | 1:04:26.30 | 06:27 | 0:32:14 |
| 575 | 587 | Garcia Dominguez, Natalia | | SNF | 50 | 01:23 | 30:51 | 1:05:52.86 | 06:35 | 0:33:41 |
| 576 | 305 | Del Rio Polo, Pablo | | SNM | 216 | 01:23 | 30:52 | 1:05:53.69 | 06:35 | 0:33:42 |
| 577 | 482 | Presa Castro, Paula | Xhuzas Team | VAF | 27 | 01:28 | 33:02 | 1:06:32.23 | 06:39 | 0:34:20 |

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|------------|-----|-------------------------------|--------------------|-----|-----|-------|-------|-------------------|-------|---------|
| 578 | 345 | Landeira Brage, Alberto | | VAM | 185 | 01:25 | 32:48 | 1:06:38.28 | 06:40 | 0:34:26 |
| 579 | 558 | Moure Cortiñas, Maria Dolores | | VAF | 28 | 01:40 | 33:17 | 1:06:52.66 | 06:41 | 0:34:41 |
| 580 | 485 | Endress, Eva | Castrelos 20:30 | VAF | 29 | 01:12 | 33:16 | 1:07:58.47 | 06:48 | 0:35:46 |
| 581 | 174 | Perez Ferrin, Ignacio | | SNM | 217 | 01:05 | 29:54 | 1:08:15.72 | 06:50 | 0:36:04 |
| 582 | 619 | Pereira Troncoso, Belen | | SNF | 51 | 01:30 | 33:08 | 1:08:28.48 | 06:51 | 0:36:16 |
| 583 | 613 | Silva Iglesias, Raul | | XVM | 5 | 01:04 | 31:51 | 1:08:49.48 | 06:53 | 0:36:37 |
| 584 | 386 | Sanmartin Gonzalez, Jaime | | VAM | 186 | 01:41 | 36:13 | 1:10:02.88 | 07:00 | 0:37:51 |
| 585 | 366 | Painceira Maciñeiras, Jorge | | VBM | 61 | 01:39 | 36:15 | 1:12:00.66 | 07:12 | 0:39:49 |
| 586 | 499 | Comesaña Piñeiro, Noelia | | SNF | 52 | 01:26 | 36:11 | 1:13:10.59 | 07:19 | 0:40:59 |
| 587 | 445 | Lopez Pita, Maria Adela | | VBF | 6 | 01:00 | 36:32 | 1:14:07.36 | 07:25 | 0:41:55 |
| 588 | 119 | Alonso Insua, Alberto | C. Alejandro Gomez | SNM | 218 | 01:40 | 37:42 | 1:15:17.49 | 07:32 | 0:43:05 |
| 589 | 428 | Graña Somoza, Iria | | XVF | 4 | 01:07 | 37:10 | 1:18:13.40 | 07:49 | 0:46:01 |
| 590 | 492 | Alvarez Rodriguez, Ruth | Mais que Auga | VAF | 30 | 01:40 | 39:08 | 1:19:30.18 | 07:57 | 0:47:18 |