

# CRONOTEC

## IV CLÁSICA GANDEIRA SANTA COMBA 2024

10K ABSOLUTA

Clasificación xeral

(Con tempos intermedios) (1)

Localidade SANTA COMBA

Data 24/03/2024

Hora 11:40 AM

Distancia 10 Km

ORGANIZA: CONCELLO DE SANTA COMBA

CRONOMETRA: CRONOTEC

SISTEMA: CRONOMACH

CLASIFICACIONES: CRONOTEC.ES

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Neto	T.Oficial	T/Km.
1		107	CANDA LOUZAO JOSE	Atletismo Arenteiro	MAS2M (1)	00:00	0:15:10	0:32:12	<b>0:32:12</b>	03:13
2		26	LÓPEZ BALTAR ADRIÁN	Atletismo Friol	SNM (1)	00:02	0:15:55	0:33:41	<b>0:33:44</b>	03:22
3		138	PENA TORREIRA AMADOR	SD Compostela Atletismo	MAS2M (2)	00:16	0:16:10	0:33:47	<b>0:34:04</b>	03:24
4		31	PAIS FONDO FRANCISCO	SD Compostela Atletismo	SNM (2)	00:00	0:16:10	0:34:07	<b>0:34:07</b>	03:24
5		140	DÍAZ PÉREZ ESTEBAN	Club Atletismo Naron	MAS2M (3)	00:02	0:16:10	0:34:13	<b>0:34:15</b>	03:25
6		61	GARCÍA CARBALLO ISMAEL		SNM (3)	00:07	0:16:11	0:34:10	<b>0:34:17</b>	03:25
7		110	CUTRÍN LÓPEZ DAVID	Triatlon Compostela	MAS2M (4)	00:01	0:16:10	0:34:24	<b>0:34:25</b>	03:26
8		104	VIEITO VILACOBA JOSE	Club Atletismo SAR	MAS1M (1)	00:00	0:16:10	0:34:38	<b>0:34:38</b>	03:27
9		193	BARROS GONZÁLEZ ABEL	Atletismo +9 Moraña	MAS2M (5)	00:00	0:16:20	0:34:39	<b>0:34:39</b>	03:27
10		427	LEÓN VIÑAS RICARDO	Club Atletismo SAR	MAS1M (2)	00:01	0:16:20	0:35:28	<b>0:35:29</b>	03:32
11		45	RODRIGUEZ TRUJILLO ALEJAND	Triatlon Compostela	SNM (4)	00:00	0:16:47	0:35:42	<b>0:35:42</b>	03:34
12		95	REQUEIJO REQUEIJO SERGIO	Atletismo Arenteiro	MAS1M (3)	00:00	0:16:32	0:35:42	<b>0:35:43</b>	03:34
13		401	FOLGUEIRA DÍAZ MANUEL	Maderas Barcia Lourenza Cervo	MAS1M (4)	00:00	0:16:56	0:35:54	<b>0:35:54</b>	03:35
14		7	MANEIRO TEIRA DANIEL	CA Pino	S18M (1)	00:00	0:16:11	0:36:03	<b>0:36:03</b>	03:36
15		52	CREO SABORIDO ALEJANDRO		SNM (5)	00:02	0:16:46	0:36:14	<b>0:36:16</b>	03:37
16		41	SANTIAGO REY DIEGO	Triatlon Compostela	SNM (6)	00:00	0:17:09	0:36:20	<b>0:36:20</b>	03:38
17		66	ROJO LUACES ADRIAN	Club Atletismo SAR	MAS1M (5)	00:12	0:17:18	0:36:08	<b>0:36:21</b>	03:38
18		212	BUJAN OTERO JOSÉ CARLOS	NOITEBRA	MAS3M (1)	00:16	0:17:14	0:36:05	<b>0:36:21</b>	03:38
19		175	FRAGA DÍAZ MANUEL	Triatlon Compostela	MAS2M (6)	00:11	0:17:24	0:36:16	<b>0:36:28</b>	03:38

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
20		62	<b>FERNÁNDEZ GARCÍA MÍCHEL</b>	SD Barbantia Roda	SNM (7)	00:00	0:17:14	0:36:30	<b>0:36:30</b>	03:39
21		78	<b>PARDIÑAS MALLÓN TOÑITO</b>	SD Compostela Atletismo	MAS1M (6)	00:09	0:17:15	0:36:25	<b>0:36:34</b>	03:39
22		24	<b>CENDAN LLORENS FRANCISCO</b>	Triatlon Compostela	SNM (8)	00:12	0:17:16	0:36:35	<b>0:36:47</b>	03:40
23		35	<b>REGUEIRA RELLAN MARTIN</b>	Coruña Comarca	SNM (9)	00:00	0:17:18	0:36:49	<b>0:36:49</b>	03:40
24		248	<b>SUAREZ LEIS JOSE</b>	SD Compostela Atletismo	MAS4M (1)	00:15	0:17:09	0:36:38	<b>0:36:53</b>	03:41
25		51	<b>MARTINEZ MAYO CARLOS</b>	Club Atletismo Negreira	SNM (10)	00:14	0:16:54	0:36:49	<b>0:37:03</b>	03:42
26		183	<b>DOPAZO MIGUEZ ALBERTO</b>	Triatlon Compostela	MAS2M (7)	00:01	0:17:27	0:37:07	<b>0:37:08</b>	03:42
27		116	<b>FERRADANS VALDES JORGE</b>	Triatlon Compostela	MAS2M (8)	00:09	0:17:26	0:37:04	<b>0:37:14</b>	03:43
28		417	<b>PARDO MONTERO ALBERTO</b>		MAS1M (7)	00:15	0:17:37	0:37:23	<b>0:37:39</b>	03:45
29		22	<b>GARABATO LAGARES ADRIAN</b>	CA Santiago	SNM (11)	00:00	0:17:14	0:37:39	<b>0:37:40</b>	03:46
30		213	<b>NIETO GONZÁLEZ JOSÉ MANUE</b>	Club Atletismo SAR	MAS3M (2)	00:12	0:17:56	0:37:31	<b>0:37:44</b>	03:46
31		208	<b>MACEIRAS LAGO ANGEL</b>	Club Atletismo SAR	MAS3M (3)	00:00	0:17:21	0:37:45	<b>0:37:46</b>	03:46
32		63	<b>TRIÑANES MARTINEZ ERNESTO</b>	SD Barbantia Roda	SNM (12)	00:17	0:17:47	0:37:37	<b>0:37:54</b>	03:47
33		134	<b>RODRIGUEZ POUSO LITO</b>	Atletismo Noia	MAS2M (9)	00:22	0:17:55	0:37:32	<b>0:37:55</b>	03:47
34		86	<b>GONZÁLEZ VILLAR ALBERTO</b>	Entrenarunning	MAS1M (8)	00:16	0:18:02	0:37:38	<b>0:37:55</b>	03:47
35		162	<b>TARELA MIRAMONTES DANI</b>		MAS2M (10)	00:15	0:18:02	0:37:42	<b>0:37:57</b>	03:47
36		148	<b>GONZALEZ CASTRO SINDO</b>	SD Compostela Atletismo	MAS2M (11)	00:16	0:17:49	0:37:42	<b>0:37:58</b>	03:47
37		30	<b>AGEITOS PASANTES JOSE</b>		SNM (13)	00:12	0:18:20	0:37:46	<b>0:37:59</b>	03:47
38		59	<b>TORRESCUSA MOURIÑO RICARD</b>		SNM (14)	00:01	0:17:57	0:37:59	<b>0:38:01</b>	03:48
39		129	<b>CALERO FERNANDEZ JOSÉ MAN</b>	Club Atletismo SAR	MAS2M (12)	00:16	0:17:40	0:37:46	<b>0:38:02</b>	03:48
40		204	<b>IGLESIAS CARRERA PIO</b>	Triatlon Compostela	MAS3M (4)	00:12	0:17:54	0:37:56	<b>0:38:08</b>	03:48
41		424	<b>HERMO VILLAR PABLO</b>	Atletismo Noia	MAS2M (13)	00:10	0:17:56	0:37:59	<b>0:38:10</b>	03:49
42		167	<b>ALONSO FERNÁNDEZ RICARDO</b>	Running Arteixo	MAS2M (14)	00:15	0:18:12	0:37:55	<b>0:38:10</b>	03:49
43		91	<b>CASTROAGUDIN GOMEZ ADRIÁN</b>	Moraña en Ruta	MAS1M (9)	00:16	0:17:54	0:38:04	<b>0:38:21</b>	03:50
44		135	<b>GONZÁLEZ NÚÑEZ JOSÉ LUIS</b>		MAS2M (15)	00:15	0:18:00	0:38:11	<b>0:38:26</b>	03:50
45		145	<b>ABALO CHOUZA NARCISO</b>	SD Barbantia Roda	MAS2M (16)	00:18	0:18:20	0:38:12	<b>0:38:30</b>	03:51
46		113	<b>OVIEDO BOUZAS FRAN</b>	Atletismo Noia	MAS2M (17)	00:12	0:18:04	0:38:19	<b>0:38:31</b>	03:51
47		165	<b>VÁZQUEZ AGRA CÉSAR</b>	Atletismo Milladoiro	MAS2M (18)	00:15	0:17:49	0:38:20	<b>0:38:35</b>	03:51
48		96	<b>CASAS BELLO FERNANDO</b>		MAS1M (10)	00:16	0:18:28	0:38:30	<b>0:38:47</b>	03:52
49		405	<b>COSTA CASTRO MANUEL</b>	Atletismo Tambre	MAS2M (19)	00:21	0:18:19	0:38:31	<b>0:38:52</b>	03:53
50		73	<b>PÉREZ CASTRO DAVID</b>	NOITEBRA	MAS1M (11)	00:17	0:18:14	0:38:35	<b>0:38:52</b>	03:53

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
51		130	<b>SANDÁ ARES JOSÉ</b>	SD Compostela Atletismo	MAS2M (20)	00:12	0:18:20	0:38:43	<b>0:38:55</b>	03:53
52		205	<b>NAVARRO ANTON JOSE</b>	SD Barbantia Roda	MAS3M (5)	00:15	0:18:08	0:38:40	<b>0:38:56</b>	03:53
53		174	<b>LAGO SANTIAGO KIKO</b>	ASOCIACION DEPORTIVA OLIMP	MAS2M (21)	00:12	0:18:26	0:38:46	<b>0:38:58</b>	03:53
54		202	<b>RAMOS FERROL ARTURO</b>	Triatlon Compostela	MAS3M (6)	00:10	0:18:13	0:38:49	<b>0:38:59</b>	03:53
55		161	<b>FERNÁNDEZ RODRÍGUEZ JOSE</b>	CLUBE ATLETISMO BOIMORTO	MAS2M (22)	00:11	0:18:07	0:38:50	<b>0:39:02</b>	03:54
56		10	<b>HERNÁNDEZ LÓPEZ FÉLIX</b>		S23M (1)	00:14	0:18:48	0:38:48	<b>0:39:03</b>	03:54
57	1	335	<b>FERNÁNDEZ BARREIROS TINA</b>	SD Compostela Atletismo	MAS2F (1)	00:15	0:18:22	0:38:49	<b>0:39:05</b>	03:54
58		33	<b>FERNÁNDEZ TOJO ALEXANDRE</b>	Atletismo Tambre	SNM (15)	00:14	0:18:20	0:38:51	<b>0:39:06</b>	03:54
59		46	<b>CAPELO VIEITES EFRÉN</b>	CA Brion-Hyupersa Stgo.	SNM (16)	00:15	0:18:22	0:38:51	<b>0:39:06</b>	03:54
60		122	<b>GONZÁLEZ FRANCO RAMIRO</b>		MAS2M (23)	00:18	0:18:33	0:38:49	<b>0:39:07</b>	03:54
61		5	<b>MATEOS CALVIÑO IAGO</b>	SD Compostela Atletismo	S18M (2)	00:08	0:18:12	0:38:59	<b>0:39:08</b>	03:54
62		423	<b>GOMEZ RIOS JOSÉ ANTONIO</b>	Club Atletismo SAR	MAS2M (24)	00:16	0:19:07	0:38:51	<b>0:39:08</b>	03:54
63		186	<b>LOPEZ SANCHEZ DAVID</b>	Entrenarunning	MAS2M (25)	00:13	0:18:19	0:38:55	<b>0:39:08</b>	03:54
64		201	<b>REMIGIO LORENZO MÍCHEL</b>		MAS2M (26)	00:17	0:18:30	0:38:54	<b>0:39:12</b>	03:55
65		17	<b>GONZALEZ LOEZ JORGE</b>		SNM (17)	00:17	0:18:35	0:39:00	<b>0:39:17</b>	03:55
66		151	<b>LOURIDO RIAL LORENZO</b>	Club Atletismo Negreira	MAS2M (27)	00:14	0:17:58	0:39:05	<b>0:39:20</b>	03:56
67		187	<b>BAAMONDE ARUFE JAPI</b>	Club Atletismo SAR	MAS2M (28)	00:08	0:19:08	0:39:37	<b>0:39:45</b>	03:58
68		32	<b>PIÑEIRO CAAMAÑO PABLO</b>		SNM (18)	00:06	0:18:40	0:39:47	<b>0:39:54</b>	03:59
69		103	<b>SILVA BRENLLA GONZALO</b>	NOITEBRA	MAS1M (12)	00:06	0:18:54	0:39:50	<b>0:39:57</b>	03:59
70		217	<b>BARREIRO CORDEIRO JAVIER</b>	CA Serres Runners	MAS3M (7)	00:16	0:18:47	0:39:41	<b>0:39:58</b>	03:59
71		21	<b>OTERO DOSIL RUBÉN</b>	Atletismo Noia	SNM (19)	00:11	0:19:02	0:39:49	<b>0:40:00</b>	04:00
72		155	<b>MARTINEZ MELLADO DAVID</b>	INDEPENDIENTE	MAS2M (29)	00:17	0:18:36	0:39:47	<b>0:40:05</b>	04:00
73		141	<b>DEVESA PEQUENO IGNACIO</b>	CA Brion-Hyupersa Stgo.	MAS2M (30)	00:26	0:19:09	0:39:43	<b>0:40:09</b>	04:00
74		109	<b>VIDAL CASTAÑO IVÁN</b>	Entrenarunning	MAS2M (31)	00:16	0:18:20	0:39:56	<b>0:40:13</b>	04:01
75		100	<b>GARCÍA SÓÑORA MARCOS</b>	Atletismo Noia	MAS1M (13)	00:10	0:19:08	0:40:02	<b>0:40:13</b>	04:01
76		216	<b>MARTÍNEZ NIETO MICHEL</b>		MAS3M (8)	00:21	0:19:00	0:39:52	<b>0:40:14</b>	04:01
77	2	336	<b>MARIÑO TORRADO REBECA</b>	SD Barbantia Roda	MAS2F (2)	00:14	0:18:52	0:40:01	<b>0:40:15</b>	04:01
78		223	<b>MARTINEZ VALVERDE JUAN CA</b>	CA Pino	MAS3M (9)	00:16	0:19:01	0:40:03	<b>0:40:20</b>	04:02
79		220	<b>LAGO CES JOSÉ MANUEL</b>	Club Atletismo SAR	MAS3M (10)	00:18	0:19:07	0:40:06	<b>0:40:25</b>	04:02
80		92	<b>ROMAY RODRÍGUEZ RICARDO</b>	Club Atletismo SAR	MAS1M (14)	00:11	0:19:22	0:40:20	<b>0:40:32</b>	04:03
81		164	<b>MARTINEZ DOPAZO JOSÉ</b>		MAS2M (32)	00:15	0:18:45	0:40:19	<b>0:40:35</b>	04:03

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
82		157	<b>SESAR SEGADE FERNANDO</b>	SD Compostela Atletismo	MAS2M (33)	00:17	0:18:45	0:40:19	<b>0:40:37</b>	04:03
83		79	<b>TRILLO BLANCO RUBEN</b>	Atletismo Noia	MAS1M (15)	00:11	0:18:47	0:40:29	<b>0:40:40</b>	04:04
84		29	<b>SUAREZ CASTRO ADRIAN</b>		SNM (20)	00:08	0:19:12	0:40:32	<b>0:40:40</b>	04:04
85		422	<b>RODRIGUEZ ANTONIO</b>		MAS1M (16)	00:24	0:19:43	0:40:19	<b>0:40:43</b>	04:04
86		158	<b>CASTIÑEIRAS PORTOS MANUEL</b>	SD Compostela Atletismo	MAS2M (34)	00:11	0:18:38	0:40:33	<b>0:40:45</b>	04:04
87		114	<b>CUENCA GARCIA FRANCISCO J</b>	CA Pino	MAS2M (35)	00:18	0:18:50	0:40:29	<b>0:40:48</b>	04:04
88		16	<b>LÓPEZ DOPICO MIGUEL</b>	Ferrol Atletismo	SNM (21)	00:12	0:18:59	0:40:37	<b>0:40:50</b>	04:05
89		234	<b>RODRÍGUEZ GONZALEZ RAMON</b>	Atletismo Arenteiro	MAS3M (11)	00:18	0:19:13	0:40:38	<b>0:40:56</b>	04:05
90		263	<b>PÉREZ PEREIRA RAMIRO</b>	Club Atletismo SAR	MAS4M (2)	00:11	0:19:26	0:41:01	<b>0:41:13</b>	04:07
91		154	<b>LÓPEZ BALEIRÓN EDGAR MANU</b>	SD Barbantia Roda	MAS2M (36)	00:17	0:19:17	0:41:05	<b>0:41:22</b>	04:08
92		170	<b>BARBEIRA GARCÍA DAVID</b>	Correxallas	MAS2M (37)	00:22	0:19:46	0:41:00	<b>0:41:23</b>	04:08
93		53	<b>CABANAS BOCIJA DAVID</b>		SNM (22)	00:26	0:19:46	0:40:57	<b>0:41:23</b>	04:08
94		11	<b>PEREZ FERNANDEZ BRAIS</b>	Atletismo Tambre	S23M (2)	00:20	0:19:28	0:41:14	<b>0:41:35</b>	04:09
95		196	<b>BUJÁN GONZÁLEZ JOSÉ</b>		MAS2M (38)	00:20	0:19:22	0:41:22	<b>0:41:42</b>	04:10
96		43	<b>VÁZQUEZ TEIRA DAVID</b>		SNM (23)	00:30	0:20:03	0:41:19	<b>0:41:49</b>	04:10
97		94	<b>EIRAS LUEIRO LEANDRO</b>		MAS1M (17)	00:16	0:19:14	0:41:40	<b>0:41:56</b>	04:11
98		152	<b>VARELA CRESPO MARIO DANIEL</b>	Atletismo Arenteiro	MAS2M (39)	00:23	0:20:01	0:41:36	<b>0:41:59</b>	04:11
99		117	<b>TRILLO CAAMAÑO JUAN CARLO</b>		MAS2M (40)	00:18	0:19:45	0:41:41	<b>0:41:59</b>	04:11
100		125	<b>ROGET PEREZ FELIX</b>		MAS2M (41)	00:21	0:19:57	0:41:55	<b>0:42:17</b>	04:13
101		163	<b>NOGUEIRA PÉREZ MIGUEL ANX</b>	NOITEBRA	MAS2M (42)	00:24	0:20:12	0:41:55	<b>0:42:19</b>	04:13
102		189	<b>CANICOPA SANTI</b>	Entrenarunning	MAS2M (43)	00:18	0:19:49	0:42:03	<b>0:42:22</b>	04:14
103		169	<b>COUSO GARCÍA JESÚS</b>	Club Atletismo Negreira	MAS2M (44)	00:17	0:19:26	0:42:11	<b>0:42:28</b>	04:14
104		70	<b>SOLIS POSE IVAN</b>	SD Compostela Atletismo	MAS1M (18)	00:23	0:20:35	0:42:06	<b>0:42:30</b>	04:15
105		231	<b>AMIGO FERREIRO JUAN</b>	SD Compostela Atletismo	MAS3M (12)	00:22	0:20:12	0:42:08	<b>0:42:31</b>	04:15
106		194	<b>VARELA ALVAREZ LAUREANO</b>	SD Compostela Atletismo	MAS2M (45)	00:23	0:20:04	0:42:07	<b>0:42:31</b>	04:15
107		403	<b>BELLO GRAIÑO DIEGO</b>		MAS2M (46)	00:43	0:20:24	0:41:50	<b>0:42:33</b>	04:15
108		176	<b>PENAS GARCÍA RUBÉN</b>	Atletismo Tambre	MAS2M (47)	00:19	0:19:48	0:42:19	<b>0:42:39</b>	04:15
109	3	302	<b>ISORNA FELPETO ALBA</b>	SD Compostela Atletismo	S18F (1)	00:19	0:19:38	0:42:25	<b>0:42:44</b>	04:16
110		131	<b>NOGUEIRA MONTERO GABRIEL</b>	Triatlon Compostela	MAS2M (48)	00:19	0:20:13	0:42:43	<b>0:43:02</b>	04:18
111		12	<b>MARTINEZ POSE ALBERTO</b>		SNM (24)	00:20	0:20:15	0:42:50	<b>0:43:10</b>	04:19
112		19	<b>SENDÓN RODRÍGUEZ ESTEBAN</b>		SNM (25)	00:24	0:19:35	0:42:48	<b>0:43:12</b>	04:19

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
113		426	<b>CEPEDA GACIO FRANCISCO JAV</b>	SD Compostela Atletismo	MAS4M (3)	00:13	0:19:54	0:42:58	<b>0:43:12</b>	04:19
114		182	<b>LAMAS ALEJANDRO</b>	Entrenarunning	MAS2M (49)	00:17	0:20:12	0:43:00	<b>0:43:17</b>	04:19
115	4	349	<b>BLANCO REY VANESA</b>	Atletismo Noia	MAS2F (3)	00:17	0:20:25	0:43:02	<b>0:43:20</b>	04:20
116		75	<b>BÚA SAR DIMAS</b>		MAS1M (19)	00:25	0:20:28	0:42:57	<b>0:43:22</b>	04:20
117		224	<b>RIVEIRO LEON SEGUNDO</b>	Atletismo Noia	MAS3M (13)	00:23	0:20:16	0:42:59	<b>0:43:23</b>	04:20
118		407	<b>PÉREZ VIDAL GERMÁN</b>	Atletismo Noia	MAS3M (14)	00:21	0:20:30	0:43:03	<b>0:43:24</b>	04:20
119		181	<b>LAREO CREO DANIEL</b>	Atletismo Noia	MAS2M (50)	00:22	0:20:28	0:43:02	<b>0:43:25</b>	04:20
120		83	<b>FERNANDEZ BREA PABLO</b>		MAS1M (20)	00:37	0:20:45	0:42:50	<b>0:43:28</b>	04:20
121		414	<b>RAÑA RECOUSO AMANCIO</b>	Atletismo Tambre	MAS2M (51)	00:19	0:20:40	0:43:10	<b>0:43:29</b>	04:20
122		173	<b>BOQUETE CORNES JOSÉ MANU</b>		MAS2M (52)	00:22	0:19:59	0:43:08	<b>0:43:31</b>	04:21
123		237	<b>TORRES BAUTÍS MANUEL</b>	Triatlon Compostela	MAS3M (15)	00:19	0:20:31	0:43:15	<b>0:43:35</b>	04:21
124		251	<b>RIVAS POSSE XAIME</b>		MAS4M (4)	00:21	0:20:54	0:43:23	<b>0:43:45</b>	04:22
125		236	<b>DOMINGUEZ ALSINA SEGUNDO</b>	SD Compostela Atletismo	MAS3M (16)	00:13	0:20:29	0:43:34	<b>0:43:48</b>	04:22
126		203	<b>RODRÍGUEZ GONZÁLEZ JOSÉ R</b>	Atletismo Arenteiro	MAS3M (17)	00:21	0:20:23	0:43:32	<b>0:43:54</b>	04:23
127		197	<b>BLANCO PAN FRANCISCO RAMO</b>		MAS2M (53)	00:20	0:20:32	0:43:38	<b>0:43:59</b>	04:23
128		37	<b>RODRÍGUEZ REY CRISTIAN</b>		SNM (26)	00:21	0:20:00	0:43:37	<b>0:43:59</b>	04:23
129		9	<b>RIO PEREIRA YAGO DANIEL</b>		S23M (3)	00:00	0:19:40	0:44:04	<b>0:44:04</b>	04:24
130		259	<b>ÁLVAREZ LODEIRO SANTI</b>	Entrenarunning	MAS4M (5)	00:19	0:20:37	0:43:47	<b>0:44:07</b>	04:24
131		172	<b>INSUA PEDROSA JUAN PABLO</b>	ASOCIACION DEPORTIVA OLIMP	MAS2M (54)	00:22	0:20:30	0:43:47	<b>0:44:10</b>	04:25
132	5	360	<b>RAMOS SUÁREZ RAQUEL</b>	ASOCIACION DEPORTIVA OLIMP	MAS2F (4)	00:22	0:20:45	0:43:55	<b>0:44:18</b>	04:25
133		144	<b>LOUREIRO LEMA PEDRO</b>	Running Arteixo	MAS2M (55)	00:24	0:20:43	0:43:54	<b>0:44:19</b>	04:25
134		179	<b>PEREZ FORMIGO MARCOS</b>		MAS2M (56)	00:35	0:21:09	0:43:44	<b>0:44:20</b>	04:26
135		47	<b>BLANCO PENSADO JONATAN</b>		SNM (27)	00:19	0:20:06	0:44:03	<b>0:44:23</b>	04:26
136		136	<b>NEGREIRA FERNÁNDEZ DENIS</b>		MAS2M (57)	00:24	0:21:41	0:44:03	<b>0:44:27</b>	04:26
137		200	<b>MONTES TEIJIDO ROBERTO</b>		MAS2M (58)	00:21	0:20:26	0:44:11	<b>0:44:32</b>	04:27
138	6	355	<b>TARRIO MARTÍNEZ MARÍA</b>	SD Compostela Atletismo	MAS2F (5)	00:18	0:21:35	0:44:20	<b>0:44:38</b>	04:27
139	7	334	<b>FERNÁNDEZ CAO LAURA</b>		MAS1F (1)	00:09	0:21:28	0:44:33	<b>0:44:43</b>	04:28
140		36	<b>BUSTO RIAL JOSE</b>		SNM (28)	00:23	0:21:10	0:44:24	<b>0:44:47</b>	04:28
141		241	<b>FABIAN GONZALEZ DIONISIO</b>	ASOCIACION DEPORTIVA OLIMP	MAS3M (18)	00:18	0:20:46	0:44:29	<b>0:44:48</b>	04:28
142		198	<b>PIÑEIRO ABEIJON BENITO</b>		MAS2M (59)	00:43	0:22:02	0:44:05	<b>0:44:48</b>	04:28
143		76	<b>MARIÑO MALLO DAVID</b>		MAS1M (21)	00:22	0:20:36	0:44:31	<b>0:44:53</b>	04:29

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
144		190	SUÁREZ FUENTES BORJA	Atletismo Fontes do Sar	MAS2M (60)	00:25	0:20:46	0:44:29	<b>0:44:54</b>	04:29
145		171	MIGUEZ MIGUEZ LUIS	SD Compostela Atletismo	MAS2M (61)	00:20	0:20:35	0:44:48	<b>0:45:08</b>	04:30
146		230	SOLETO CEREIJO SANTIAGO	Triatlon Compostela	MAS3M (19)	00:19	0:21:14	0:44:52	<b>0:45:11</b>	04:31
147		249	FONTENLA MUIÑO MANUEL		MAS4M (6)	00:24	0:21:18	0:44:55	<b>0:45:19</b>	04:31
148		48	GARCÍA LOSAS ALEJANDRO		SNM (29)	00:22	0:21:05	0:44:59	<b>0:45:22</b>	04:32
149		226	BARREIRO CORDEIRO ANTONIO		MAS3M (20)	00:33	0:21:56	0:44:52	<b>0:45:25</b>	04:32
150		74	BOUZAS TOMÉ JORGE MANUEL		MAS1M (22)	00:20	0:21:23	0:45:08	<b>0:45:28</b>	04:32
151		20	REDONDO BARREIRO DANIEL		SNM (30)	00:21	0:21:20	0:45:17	<b>0:45:38</b>	04:33
152		42	CASÁIS MARTÍNEZ RUBÉN		SNM (31)	00:34	0:21:07	0:45:12	<b>0:45:47</b>	04:34
153		219	CANOSA CASTIÑEIRA SPIBY(MO	Club Atletismo SAR	MAS3M (21)	00:22	0:21:23	0:45:25	<b>0:45:48</b>	04:34
154	8	341	QUIÑOY BALUJA INÉS	Triatlon Compostela	MAS2F (6)	00:26	0:27:57	0:45:22	<b>0:45:49</b>	04:34
155	9	344	ESTEIRO RAMOS PAULA	SD Compostela Atletismo	MAS2F (7)	00:13	0:21:16	0:45:35	<b>0:45:49</b>	04:34
156		228	SERRANO REMUIÑÁN JOSÉ ANT		MAS3M (22)	00:36	0:21:39	0:45:14	<b>0:45:50</b>	04:35
157		266	REY PAULOS MANUEL JOSE		MAS4M (7)	00:24	0:21:56	0:45:26	<b>0:45:50</b>	04:35
158		178	FONTANS SEBE MARCOS	Atletismo Cuntis	MAS2M (62)	00:27	0:21:52	0:45:23	<b>0:45:51</b>	04:35
159	10	368	RODRIGUEZ GOLÁN MARICARM		MAS3F (1)	00:34	0:21:54	0:45:20	<b>0:45:55</b>	04:35
160		221	PENSADO FIGUEIRAS SUSO		MAS3M (23)	00:35	0:21:55	0:45:24	<b>0:46:00</b>	04:36
161	11	325	LIÑARES BARREIRO CARLA CAR		MAS1F (2)	00:18	0:21:31	0:45:52	<b>0:46:11</b>	04:37
162		123	RIVAS ALENDE JUAN	NOITEBRA	MAS2M (63)	00:27	0:22:03	0:45:45	<b>0:46:13</b>	04:37
163		229	BLANCO FIGUEIRIDO MARCOS		MAS3M (24)	00:31	0:22:26	0:45:46	<b>0:46:18</b>	04:37
164		89	SESTAYO GARCIA GONZALO		MAS1M (23)	00:23	0:22:04	0:45:58	<b>0:46:21</b>	04:38
165	12	323	SIMÓN MARTÍNEZ AMIRA	SD Compostela Atletismo	MAS1F (3)	00:17	0:21:45	0:46:05	<b>0:46:22</b>	04:38
166		180	CALO CANOSA MANUEL		MAS2M (64)	00:22	0:21:32	0:46:03	<b>0:46:25</b>	04:38
167		166	BAEZ VIDAL PABLO		MAS2M (65)	00:26	0:21:41	0:46:04	<b>0:46:31</b>	04:39
168		244	SANMARCO SANTOS FRANCISC	Club Atletismo SAR	MAS3M (25)	00:21	0:22:06	0:46:15	<b>0:46:37</b>	04:39
169		209	FERNANDEZ RIAL SANTIAGO		MAS3M (26)	00:18	0:22:04	0:46:21	<b>0:46:40</b>	04:40
170		250	ABEL SUÁREZ JOSÉ RAMÓN	NOITEBRA	MAS4M (8)	00:28	0:22:06	0:46:13	<b>0:46:41</b>	04:40
171		247	FERNANDEZ TOME JUAN		MAS3M (27)	00:39	0:22:52	0:46:05	<b>0:46:44</b>	04:40
172	13	350	SAMBADE CAAMAÑO BEGO	CA Serres Runners	MAS2F (8)	00:16	0:21:30	0:46:30	<b>0:46:47</b>	04:40
173		68	ACONCHA RUBEN		MAS1M (24)	00:23	0:21:40	0:46:29	<b>0:46:53</b>	04:41
174		153	SANTOS SANTAMARIA JOSÉ RA		MAS2M (66)	00:22	0:22:01	0:46:32	<b>0:46:55</b>	04:41

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
175		188	VILAR RODRIGUEZ FERNANDO		MAS2M (67)	00:15	0:22:08	0:46:44	<b>0:47:00</b>	04:42
176		93	SESTAYO BALSA MANUEL		MAS1M (25)	00:20	0:22:14	0:46:42	<b>0:47:03</b>	04:42
177		57	ABALO LAFUENTE SEVERINO		SNM (32)	00:29	0:21:25	0:46:39	<b>0:47:08</b>	04:42
178		139	CASTRO ROMÁN ALEJANDRO J		MAS2M (68)	00:25	0:21:44	0:46:46	<b>0:47:12</b>	04:43
179		124	BENITO ARRIBAS MATIAS	SD Compostela Atletismo	MAS2M (69)	00:20	0:22:03	0:47:01	<b>0:47:22</b>	04:44
180		428	AREOSA BRANDÓN ALBERTO		MAS3M (28)	00:27	0:22:33	0:46:55	<b>0:47:22</b>	04:44
181		252	RIOS VAZQUEZ XOSE		MAS4M (9)	00:30	0:22:37	0:47:00	<b>0:47:30</b>	04:45
182		60	VÁZQUEZ CARRAL ALEX	Atletismo Arenteiro	SNM (33)	00:22	0:22:37	0:47:13	<b>0:47:35</b>	04:45
183		120	BLANCO VÁZQUEZ ÁNGEL		MAS2M (70)	00:28	0:22:29	0:47:14	<b>0:47:42</b>	04:46
184	14	310	BETANZOS FREIRE ALDARA	SD Barbantia Roda	SNF (1)	00:24	0:22:18	0:47:18	<b>0:47:43</b>	04:46
185	15	321	MEJUTO FERNANDEZ NURIA	SD Compostela Atletismo	SNF (2)	00:22	0:22:36	0:47:23	<b>0:47:45</b>	04:46
186	16	331	FERNÁNDEZ PÉREZ ALIA	Atletismo Arenteiro	MAS1F (4)	00:22	0:22:35	0:47:22	<b>0:47:45</b>	04:46
187		84	SENDÓN LAGO BRAIS		MAS1M (26)	00:29	0:22:41	0:47:17	<b>0:47:46</b>	04:46
188	17	420	SANZ SANZ MARTA	ASOCIACION DEPORTIVA OLIMP	MAS2F (9)	00:22		0:47:28	<b>0:47:50</b>	04:47
189	18	327	GARCÍA BEIRO CRISTINA		MAS1F (5)	00:22	0:22:42	0:47:39	<b>0:48:02</b>	04:48
190		258	LIMÉNS PRADO MAXIMINO	Club Atletismo Negreira	MAS4M (10)	00:17	0:22:46	0:47:45	<b>0:48:02</b>	04:48
191		81	FERRERAS FERROL HECTOR	Correxallas	MAS1M (27)	00:27	0:22:38	0:47:44	<b>0:48:12</b>	04:49
192		177	ATÁN AGULLEIRO JOSÉ MIGUEL		MAS2M (71)	00:29	0:22:20	0:47:44	<b>0:48:13</b>	04:49
193		115	CAMBEIRO CAMBEIRO FERMÍN		MAS2M (72)	00:22	0:22:05	0:47:54	<b>0:48:16</b>	04:49
194		55	VALLE SEOANE LUIS		SNM (34)	00:20	0:22:15	0:47:58	<b>0:48:18</b>	04:49
195	19	339	MATOSIAN CARRERA MARÍA AL		MAS2F (10)	00:25	0:22:05	0:48:03	<b>0:48:28</b>	04:50
196		80	BRENLLA FAJIN SATIRO		MAS1M (28)	00:27	0:22:59	0:48:09	<b>0:48:37</b>	04:51
197		233	CES ROMERO JORI	Entrenarunning	MAS3M (29)	00:31	0:23:08	0:48:09	<b>0:48:40</b>	04:52
198		261	GONZÁLEZ VARELA BENITO	Atletismo Tambre	MAS4M (11)	00:20	0:22:34	0:48:22	<b>0:48:43</b>	04:52
199	20	373	BLANCO AMBOAGE MERCEDES	Club Atletismo SAR	MAS4F (1)	00:16	0:22:44	0:48:37	<b>0:48:54</b>	04:53
200		210	BALADO MOSQUERA SERGIO A	Club Atletismo SAR	MAS3M (30)	00:16	0:22:43	0:48:37	<b>0:48:54</b>	04:53
201		147	BERMÚDEZ POMBO JAVIER		MAS2M (73)	00:31	0:23:25	0:48:35	<b>0:49:06</b>	04:54
202		112	PRESAS VENCE MANUEL		MAS2M (74)	00:35	0:23:22	0:48:36	<b>0:49:12</b>	04:55
203	21	332	HERNÁNDEZ GARCÍA ESTEFANÍ		MAS1F (6)	00:28	0:23:53	0:48:45	<b>0:49:13</b>	04:55
204	22	322	URÍA ÁLVAREZ MARÍA		SNF (3)	00:28	0:23:53	0:48:45	<b>0:49:13</b>	04:55
205	23	330	LOPEZ LOPEZ LAURA FELISA		MAS1F (7)	00:22	0:23:04	0:48:58	<b>0:49:21</b>	04:56

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
206		85	<b>CASTRO CARREGAL DANIEL</b>		MAS1M (29)	00:33	0:22:41	0:48:53	<b>0:49:27</b>	04:56
207		160	<b>GUILLÍN GÓMEZ GUSTAVO</b>	Club Atletismo SAR	MAS2M (75)	00:26	0:23:22	0:49:12	<b>0:49:39</b>	04:57
208		242	<b>GÓMEZ VIAÑO JOSÉ</b>		MAS3M (31)	00:27	0:23:03	0:49:17	<b>0:49:44</b>	04:58
209		34	<b>ANDREA VIDAL BRYAN</b>		SNM (35)	00:19	0:22:42	0:49:25	<b>0:49:44</b>	04:58
210		245	<b>SAAVEDRA CEPEDA ROGELIO</b>	Entrenarunning	MAS3M (32)	00:19	0:23:05	0:49:28	<b>0:49:48</b>	04:58
211	24	354	<b>MARIÑO REY MARINA</b>	Club Atletismo SAR	MAS2F (11)	00:20	0:23:07	0:49:29	<b>0:49:50</b>	04:59
212		8	<b>DAMIANI ROSSITO LUCIANO</b>		S20M (1)	00:10	0:22:18	0:49:42	<b>0:49:52</b>	04:59
213	25	320	<b>LOJO LÓPEZ NOELIA</b>	SD Barbantia Roda	SNF (4)	00:20	0:23:16	0:49:41	<b>0:50:01</b>	05:00
214		255	<b>BARREIRO CERNADAS RAMÓN</b>		MAS4M (12)	00:31	0:23:25	0:49:37	<b>0:50:08</b>	05:00
215		137	<b>CARRACESO POSE RUBÉN JOSÉ</b>		MAS2M (76)	00:37	0:23:51	0:49:31	<b>0:50:09</b>	05:00
216		121	<b>IGLESIAS REY RAMÓN</b>		MAS2M (77)	00:22	0:23:11	0:49:48	<b>0:50:11</b>	05:01
217		156	<b>BAHAMONDE SUÁREZ FRANCIS</b>		MAS2M (78)	00:28	0:24:01	0:49:49	<b>0:50:17</b>	05:01
218		77	<b>RODRÍGUEZ GONZÁLEZ ALBERT</b>		MAS1M (30)	00:25	0:22:47	0:49:56	<b>0:50:21</b>	05:02
219		419	<b>LÓPEZ PUGA VÍCTOR M</b>		MAS3M (33)	00:25	0:23:58	0:50:00	<b>0:50:26</b>	05:02
220		27	<b>ARES CANCELA ALEJANDRO</b>		SNM (36)	00:21	0:22:24	0:50:05	<b>0:50:27</b>	05:02
221		127	<b>ESPASANDIN CASTRO JAIME</b>		MAS2M (79)	00:34	0:24:06	0:49:53	<b>0:50:27</b>	05:02
222		69	<b>ROMERO ROMERO JUAN</b>	CA Brion-Hyupersa Stgo.	MAS1M (31)	00:40	0:24:01	0:49:47	<b>0:50:27</b>	05:02
223		410	<b>MÉNDEZ GÓMEZ JAVIER</b>		MAS2M (80)	00:21	0:23:57	0:50:07	<b>0:50:29</b>	05:02
224		132	<b>CARBALLEIRA PUÑAL ADRIÁN</b>		MAS2M (81)	00:34	0:23:01	0:49:56	<b>0:50:30</b>	05:03
225		243	<b>ANDRADE LAGO ALBERTO</b>		MAS3M (34)	00:29	0:23:27	0:50:05	<b>0:50:35</b>	05:03
226	26	319	<b>TRILLO CALO PAULA</b>		SNF (5)	00:28	0:24:13	0:50:07	<b>0:50:35</b>	05:03
227		253	<b>BETANZOS REGO TOBÍAS</b>		MAS4M (13)	00:25	0:22:59	0:50:10	<b>0:50:35</b>	05:03
228		260	<b>BLANCO BARREIRO JOSE ANTO</b>		MAS4M (14)	00:34	0:23:50	0:50:03	<b>0:50:37</b>	05:03
229		49	<b>LANDEIRA BLANCO ANTONIO</b>		SNM (37)	00:32	0:24:05	0:50:19	<b>0:50:51</b>	05:05
230	27	402	<b>RODRÍGUEZ DEL RIO MARÍA DEL</b>	SD Compostela Atletismo	MAS4F (2)	00:19	0:23:41	0:50:35	<b>0:50:55</b>	05:05
231		58	<b>DIAZ GONZALEZ JOSÉ ANTONIO</b>		SNM (38)	00:22	0:23:27	0:50:36	<b>0:50:59</b>	05:05
232		99	<b>ALLO GOMEZ MAIKEL</b>		MAS1M (32)	00:39	0:24:14	0:50:24	<b>0:51:04</b>	05:06
233		14	<b>CANTO RUBEN</b>		SNM (39)	00:15	0:23:57	0:50:52	<b>0:51:08</b>	05:06
234		409	<b>PÉREZ LADO JOSE LUIS</b>		MAS1M (33)	00:23	0:24:00	0:50:54	<b>0:51:18</b>	05:07
235	28	359	<b>DEIRA BARCALA SILVIA</b>	Entrenarunning	MAS2F (12)	00:20	0:24:00	0:50:59	<b>0:51:19</b>	05:07
236		416	<b>CASAS COUSELO ÓSCAR</b>	Atletismo Tambre	MAS2M (82)	00:25	0:24:02	0:50:54	<b>0:51:19</b>	05:07



Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
237		159	<b>CABANAS BOCIJA JOSÉ FRANCI</b>		MAS2M (83)	00:22	0:24:16	0:50:58	<b>0:51:20</b>	05:08
238		128	<b>CALVO MAROÑAS LUIS</b>		MAS2M (84)	00:28	0:24:39	0:50:53	<b>0:51:21</b>	05:08
239	29	308	<b>MATO CAAMAÑO LARA</b>		SNF (6)	00:22	0:23:57	0:51:03	<b>0:51:26</b>	05:08
240		25	<b>TOMÉ CANCELA SANTIAGO</b>		SNM (40)	00:23	0:23:56	0:51:06	<b>0:51:30</b>	05:09
241		3	<b>OTERO RIAL HUGO</b>	Atletismo Tambre	S18M (3)	00:20	0:23:21	0:51:10	<b>0:51:31</b>	05:09
242	30	369	<b>ASOREY NIEVES CARMEN</b>	Entrenarunning	MAS3F (2)	00:19	0:24:06	0:51:14	<b>0:51:33</b>	05:09
243		235	<b>FERREIRO LAMAS VICTOR</b>		MAS3M (35)	00:26	0:24:22	0:51:10	<b>0:51:36</b>	05:09
244	31	316	<b>TUBIO TUBIO VANESA</b>		SNF (7)	00:35	0:24:20	0:51:00	<b>0:51:36</b>	05:09
245		195	<b>VILLAR ÁLVAREZ ALBERTO</b>	Atletismo Arenteiro	MAS2M (85)	00:24	0:23:27	0:51:15	<b>0:51:40</b>	05:10
246		192	<b>RODRIGUEZ RODRIGUEZ ANTON</b>		MAS2M (86)	00:24	0:23:08	0:51:20	<b>0:51:45</b>	05:10
247		39	<b>VIEITES PARDO JOSE RUBEN</b>		SNM (41)	00:16	0:23:43	0:51:34	<b>0:51:50</b>	05:11
248		111	<b>DIÉGUEZ CARRIL JOSÉ ANTONI</b>		MAS2M (87)	00:33	0:24:19	0:51:19	<b>0:51:52</b>	05:11
249		146	<b>CAPELO VILAR FABIO</b>		MAS2M (88)	00:32	0:23:45	0:51:24	<b>0:51:56</b>	05:11
250		199	<b>FIGUEIRAS TOREA OSCAR</b>		MAS2M (89)	00:30	0:24:58	0:51:34	<b>0:52:04</b>	05:12
251		218	<b>JUVIÑO PREGO ÁNGEL</b>		MAS3M (36)	00:27	0:24:31	0:51:48	<b>0:52:15</b>	05:13
252	32	347	<b>CARRIL BOO CRISTINA</b>	CA Pino	MAS2F (13)	00:38	0:25:01	0:51:37	<b>0:52:15</b>	05:13
253		429	<b>CES RODRÍGUEZ XOÁN VICENZO</b>		MAS3M (37)	00:35	0:24:47	0:51:43	<b>0:52:19</b>	05:13
254		232	<b>CARRASCO ITURRA CARLOS</b>	CA Pino	MAS3M (38)	00:38	0:25:08	0:51:44	<b>0:52:23</b>	05:14
255		133	<b>PIÑEIRO PABLO</b>		MAS2M (90)	00:35	0:24:25	0:51:52	<b>0:52:28</b>	05:14
256		72	<b>GARCÍA CODESIDO MIGUEL</b>		MAS1M (34)	00:27	0:24:33	0:52:01	<b>0:52:28</b>	05:14
257	33	309	<b>PENA TAIBO ANGELA</b>	Correxallas	SNF (8)	00:21	0:24:19	0:52:11	<b>0:52:32</b>	05:15
258		184	<b>SANCHEZ DURO JESUS</b>	CA Pino	MAS2M (91)	00:38	0:24:59	0:51:55	<b>0:52:34</b>	05:15
259		97	<b>LOPEZ TEMES MANUEL</b>	Correxallas	MAS1M (35)	00:28	0:23:44	0:52:07	<b>0:52:36</b>	05:15
260		4	<b>VARELA BLANCO ÁNGEL</b>		S18M (4)	00:14	0:23:22	0:52:35	<b>0:52:50</b>	05:17
261		15	<b>REY VILA ALEXANDER</b>		SNM (42)	00:29	0:24:36	0:52:22	<b>0:52:52</b>	05:17
262		421	<b>VARELA ROMERO JAVIER</b>		MAS2M (92)	00:37	0:24:58	0:52:15	<b>0:52:53</b>	05:17
263	34	301	<b>NOGUEIRA RODRÍGUEZ SOFÍA</b>		S18F (2)	00:22	0:24:38	0:52:35	<b>0:52:57</b>	05:17
264		108	<b>SOUTO GARCIA MARCOS</b>		MAS2M (93)	00:38	0:24:34	0:52:23	<b>0:53:01</b>	05:18
265	35	306	<b>BETANZOS FREIRE SARELA</b>		SNF (9)	00:25	0:24:39	0:52:42	<b>0:53:08</b>	05:18
266		38	<b>TRIGO IVAN</b>		SNM (43)	00:32	0:25:53	0:52:41	<b>0:53:13</b>	05:19
267		88	<b>SOUTO GARCIA ABEL</b>		MAS1M (36)	00:38	0:24:36	0:52:35	<b>0:53:14</b>	05:19

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
268	36	358	LEON VIÑAS GELY	Atletismo Noia	MAS2F (14)	00:30	0:24:57	0:52:52	<b>0:53:22</b>	05:20
269	37	338	CABALLERO LIZA		MAS2F (15)	00:20	0:24:09	0:53:04	<b>0:53:25</b>	05:20
270	38	415	GARCÍA GARCÍA CARMEN		MAS3F (3)	00:31	0:24:30	0:52:55	<b>0:53:27</b>	05:20
271		40	AMIGO CAAMAÑO MARTÍN		SNM (44)	00:31	0:25:54	0:53:00	<b>0:53:32</b>	05:21
272		222	BLANCO NOVO JOSÉ MANUEL	ASOCIACION DEPORTIVA OLIMP	MAS3M (39)	00:24	0:24:08	0:53:10	<b>0:53:34</b>	05:21
273		211	VÁZQUEZ FERREIRO MANUEL	ASOCIACION DEPORTIVA OLIMP	MAS3M (40)	00:29	0:24:18	0:53:22	<b>0:53:51</b>	05:23
274		67	RODRÍGUEZ GONZÁLEZ PABLO		MAS1M (37)	00:30	0:25:12	0:53:25	<b>0:53:56</b>	05:23
275		207	VIAÑO RODRIGUEZ LUIS		MAS3M (41)	00:29	0:25:10	0:53:27	<b>0:53:56</b>	05:23
276		215	RODRIGUEZ GONZALEZ ALVARO		MAS3M (42)	00:37	0:26:37	0:53:36	<b>0:54:13</b>	05:25
277		240	PALOMERO ALBA FRANCISCO J		MAS3M (43)	00:33	0:25:50	0:53:43	<b>0:54:16</b>	05:25
278	39	352	MARTÍNEZ PARCERO VERÓNICA	CA Pino	MAS2F (16)	00:37	0:25:09	0:53:47	<b>0:54:25</b>	05:26
279	40	329	ESPIÑA GARRIDO MARÍA		MAS1F (8)	00:37	0:25:39	0:53:49	<b>0:54:26</b>	05:26
280		257	LEMA MOUZO GUMERSINDO CA		MAS4M (15)	00:28	0:25:53	0:54:01	<b>0:54:30</b>	05:27
281		50	AMADO CAAMAÑO ESTEBAN		SNM (45)	00:32	0:25:29	0:53:59	<b>0:54:31</b>	05:27
282		225	PEGITO POMBO MANUEL	CA Pino	MAS3M (44)	00:38	0:25:03	0:53:57	<b>0:54:36</b>	05:27
283		143	LOPEZ GARCIA FABIAN		SNM (46)	00:37	0:25:32	0:54:03	<b>0:54:40</b>	05:28
284	41	313	FERNÁNDEZ GONZÁLEZ PAOLA	Atletismo Arenteiro	SNF (10)	00:18	0:25:07	0:54:24	<b>0:54:42</b>	05:28
285		23	RICO OTERO RODRIGO		SNM (47)	00:40	0:25:51	0:54:03	<b>0:54:43</b>	05:28
286		126	FERNÁNDEZ MARTÍNEZ TOMÁS		MAS2M (94)	00:41	0:24:58	0:54:14	<b>0:54:56</b>	05:29
287		64	GIL COSTA DANIEL		SNM (48)	00:22	0:25:11	0:54:35	<b>0:54:57</b>	05:29
288		118	VARGAS DOPICO DAVID		MAS2M (95)	00:33	0:25:14	0:54:33	<b>0:55:06</b>	05:30
289	42	345	CASTRO LEMA CARMEN		MAS2F (17)	00:24	0:24:52	0:55:15	<b>0:55:40</b>	05:34
290	43	312	CASTRO GARCÍA PATRICIA		SNF (11)	00:22	0:25:52	0:55:32	<b>0:55:55</b>	05:35
291		239	PEREZ BALIRAC JESUS	NOITEBRA	MAS3M (45)	00:37	0:25:35	0:55:21	<b>0:55:59</b>	05:35
292		262	PAMPÍN BOADO CARLOS		MAS4M (16)	00:32	0:27:06	0:55:34	<b>0:56:06</b>	05:36
293		227	PILÑEIRO VARELA PEDRO J		MAS3M (46)	00:34	0:27:08	0:55:33	<b>0:56:08</b>	05:36
294	44	372	PIÑEIRO ESPERANTE MARI		MAS3F (4)	00:31	0:25:46	0:55:37	<b>0:56:09</b>	05:36
295		18	IGLESIAS ANDRADE BRAIS	ASOCIACION DEPORTIVA OLIMP	SNM (49)	00:31	0:25:41	0:55:44	<b>0:56:15</b>	05:37
296	45	353	MARTÍNEZ PARCERO MELINA		MAS2F (18)	00:32	0:26:10	0:55:44	<b>0:56:17</b>	05:37
297		13	CABEZA SIEIRA SEBASTIAN		SNM (50)	00:24	0:25:07	0:55:55	<b>0:56:20</b>	05:38
298	46	333	GARCÍA REBOREDO PAULA		MAS1F (9)	00:35	0:26:39	0:55:49	<b>0:56:25</b>	05:38

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
299		102	<b>PAZOS TRONCEDA ANDRES</b>		MAS1M (38)	00:35	0:26:40	0:56:31	<b>0:57:06</b>	05:42
300		168	<b>SUAREZ VARELA RICARDO</b>		MAS2M (96)	00:42	0:26:59	0:56:47	<b>0:57:30</b>	05:45
301	47	346	<b>AGRELO COUSELO MARÍA</b>	Atletismo +9 Moraña	MAS2F (19)	00:26	0:26:31	0:57:14	<b>0:57:40</b>	05:46
302	48	370	<b>VIGO LIÑARES CHELO</b>	Entrenarunning	MAS3F (5)	00:26	0:26:39	0:57:39	<b>0:58:05</b>	05:48
303	49	340	<b>DUARTE ARAUJO EVA</b>		MAS2F (20)	00:31	0:27:51	0:57:40	<b>0:58:12</b>	05:49
304	50	406	<b>BOQUETE GARCIA TANIA</b>		MAS2F (21)	00:41	0:27:09	0:57:42	<b>0:58:23</b>	05:50
305	51	348	<b>CARAMÉS VILA NOA</b>	SD Barbantia Roda	MAS2F (22)	00:25	0:26:51	0:58:05	<b>0:58:31</b>	05:51
306		191	<b>RIOLA POSE DAVID</b>		MAS2M (97)	00:39	0:27:15	0:57:55	<b>0:58:34</b>	05:51
307	52	342	<b>GONZÁLEZ ESTER</b>		MAS2F (23)	00:22	0:27:11	0:58:33	<b>0:58:56</b>	05:53
308		265	<b>GÓMEZ GARCÍA GONZALO</b>		MAS4M (17)	00:40	0:26:32	0:58:19	<b>0:59:00</b>	05:54
309		214	<b>RAMOS ARCOS JULIÁN</b>		MAS3M (47)	00:29	0:26:47	0:58:46	<b>0:59:16</b>	05:55
310		105	<b>VAZQUEZ RAMOS ABEL</b>		MAS1M (39)	00:28	0:27:01	0:58:51	<b>0:59:19</b>	05:55
311	53	324	<b>CAAMAÑO RODRÍGUEZ VIVIEN</b>		MAS1F (10)	00:33	0:27:00	0:58:47	<b>0:59:20</b>	05:56
312		142	<b>IGLESIAS VIGO XOSE RAMON</b>		MAS2M (98)	00:41	0:27:29	0:58:45	<b>0:59:26</b>	05:56
313		90	<b>BLANCO BELLÓN JESÚS</b>		MAS1M (40)	00:31	0:27:57	0:58:57	<b>0:59:29</b>	05:56
314		256	<b>OTERO CEPEDA DANIEL ANGEL</b>		MAS4M (18)	00:33	0:28:14	0:59:17	<b>0:59:50</b>	05:59
315	54	351	<b>GARCIA CAINZOS IRMA</b>	Triatlon Compostela	MAS2F (24)	00:26	0:27:58	0:59:43	<b>1:00:10</b>	06:01
316	55	374	<b>RAMOS SUÁREZ BEGOÑA</b>	Entrenarunning	MAS4F (3)	00:20	0:28:00	1:00:51	<b>1:01:12</b>	06:07
317	56	366	<b>CASTRO BLANCO MONCHA</b>	Entrenarunning	MAS3F (6)	00:31	0:28:01	1:01:03	<b>1:01:34</b>	06:09
318		412	<b>ALONSO IGLESIAS ROBERTO</b>		MAS3M (48)	00:40	0:29:12	1:00:57	<b>1:01:38</b>	06:09
319	57	314	<b>EIRANOVA OGANDO NOEMI</b>		SNF (12)	00:33	0:29:27	1:01:13	<b>1:01:47</b>	06:10
320		28	<b>CERNADAS AMEJEIRAS IVAN</b>		SNM (51)	00:31	0:29:27	1:01:15	<b>1:01:47</b>	06:10
321		56	<b>BLANCO ALVAREZ ANTONIO</b>		SNM (52)	00:32	0:29:24	1:01:14	<b>1:01:47</b>	06:10
322	58	363	<b>SANCHEZ LOPEZ CRISTINA</b>		MAS3F (7)	00:29	0:28:05	1:01:27	<b>1:01:56</b>	06:11
323	59	307	<b>FERREIRÓS BLANCO JESSICA</b>		SNF (13)	00:18	0:27:44	1:02:05	<b>1:02:23</b>	06:14
324	60	305	<b>ROO REY SARA</b>		SNF (14)	00:13	0:27:45	1:02:10	<b>1:02:23</b>	06:14
325	61	362	<b>ORJALES LOPEZ MONTSE</b>		MAS3F (8)	00:36	0:28:15	1:01:49	<b>1:02:25</b>	06:14
326	62	375	<b>ANDRADE LAGO AMELIA</b>		MAS4F (4)	00:21	0:28:58	1:03:07	<b>1:03:29</b>	06:20
327	63	418	<b>CAJUSO BARBAZAN CHEFA</b>	Club Atletismo Negreira	MAS3F (9)	00:36	0:29:42	1:03:14	<b>1:03:51</b>	06:23
328	64	404	<b>CAAMAÑO GARCÍA LIDIA</b>		MAS1F (11)	00:36	0:29:47	1:03:33	<b>1:04:09</b>	06:24
329	65	432	<b>VAZQUEZ FERNANDEZ ANA</b>		MAS3F (10)	00:39	0:29:11	1:03:31	<b>1:04:11</b>	06:25

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	T-Sai.	Ctrl-1	T.Netto	T.Oficial	T/Km.
330		2	<b>ROJO ANTELO HUGO</b>		S18M (5)	00:15	0:27:47	1:04:29	<b>1:04:44</b>	06:28
331	66	365	<b>NOYA MIRÁS CONCE</b>	SD Compostela Atletismo	MAS3F (11)	00:36	0:29:38	1:04:13	<b>1:04:50</b>	06:29
332		238	<b>GARCIA SANTIAGO EDUARDO</b>		MAS3M (49)	00:35	0:29:15	1:04:37	<b>1:05:13</b>	06:31
333	67	326	<b>PUENTE ANTELO MARTA</b>	Correxallas	MAS1F (12)	00:29	0:30:09	1:06:36	<b>1:07:06</b>	06:42
334	68	408	<b>CAAMAÑO CEBRO MARIA</b>		SNF (15)	00:26	0:29:58	1:06:39	<b>1:07:06</b>	06:42
335	69	343	<b>LOPEZ TEMES ROCIO</b>	Correxallas	MAS2F (25)	00:34	0:30:14	1:06:31	<b>1:07:06</b>	06:42
336	70	371	<b>FANDIÑO VILACIDE ANGELES</b>		MAS3F (12)	00:29	0:31:16	1:07:11	<b>1:07:41</b>	06:46
337	71	364	<b>FANDIÑO VILACIDE ANA MARÍA</b>		MAS3F (13)	00:28	0:31:13	1:07:12	<b>1:07:41</b>	06:46
338		264	<b>RODRIGUEZ BARBA JOSE PEDR</b>	CLUBE ATLETISMO BOIMORTO	MAS4M (19)	00:36	0:30:00	1:07:30	<b>1:08:07</b>	06:48
339		357	<b>BREA SANCHEZ XULIAN</b>		MAS4M (20)	00:35	0:31:02	1:07:38	<b>1:08:13</b>	06:49
340	72	376	<b>TRESGUERRAS GONZÁLEZ ELVI</b>	Club Atletismo SAR	MAS4F (5)	00:20	0:31:11	1:08:04	<b>1:08:25</b>	06:50
341	73	303	<b>MUÑOZ LARRAZABAL ITZEL ORI</b>	Atletismo Arenteiro	S20F (1)	00:18	0:32:02	1:08:10	<b>1:08:29</b>	06:50
342		430	<b>ÁLVAREZ PRADO GONZALO</b>		MAS4M (21)	00:37	0:31:03	1:08:24	<b>1:09:01</b>	06:54
343	74	304	<b>CASTIÑEIRAS RAMOS LUCÍA</b>		SNF (16)	00:27	0:32:03	1:10:41	<b>1:11:08</b>	07:06
344	75	367	<b>POSE GOMEZ BELEN</b>	CLUBE ATLETISMO BOIMORTO	MAS3F (14)	00:35	0:31:35	1:10:37	<b>1:11:12</b>	07:07
345		268	<b>BERNAL GOMEZ JESUS</b>		MAS4M (22)	00:17	0:34:39	1:14:07	<b>1:14:25</b>	07:26