

# CRONOTEC

## ANADAINA REGULARIDADE 25K

<b>Carrera principal</b>	<b>Localidade</b> NOIA	ORGANIZA: CLUB SENDERISMO TRABANDAINAS
<b>Clasificación xeral</b>	<b>Data</b> 23/02/2025	CRONOMETRA: CRONOTEC
<b>Distancias parciais: 6.6 + 6.15 + 6.75 + 6.5</b>	<b>Hora</b> 9:00 AM	SISTEMA: CRONOMACH
	<b>Distancia</b> 26 Km	CLASIFICACIONES: CRONOTEC.ES

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
1		158	FANDIÑO Evaristo	Montañeiros Celtas	MAS (1)	1:21:48	4,841	1:14:09	4,976	1:22:22	4,917	1:19:07	4,929	5:17:27	4,914	<b>0,038</b>
2		220	GONZALEZ FIUZA Antonio	Running Sport Trail	MAS (2)	1:03:25	6,244	1:00:10	6,133	1:07:01	6,043	1:02:47	6,212	4:13:25	6,156	<b>0,070</b>
3		108	CATOIRA MARIÑO Ricardo	Cdm Xesteiras	MAS (3)	1:10:07	5,648	1:06:19	5,564	1:13:33	5,506	1:07:49	5,751	4:37:50	5,615	<b>0,082</b>
4		419	RIVEIRO POSSE Pablo	No	MAS (4)	1:11:04	5,572	1:04:28	5,724	1:14:57	5,404	1:09:03	5,648	4:39:34	5,580	<b>0,099</b>
5		93	CASAL Eloy	No Federado	MAS (5)	1:11:02	5,575	1:04:29	5,722	1:15:11	5,387	1:08:51	5,664	4:39:33	5,580	<b>0,106</b>
6	1	110	CES Mari	International Trekkers Barbanza S	FEM (1)	1:05:30	6,046	1:00:52	6,062	1:09:27	5,832	1:01:24	6,352	4:17:15	6,064	<b>0,135</b>
7		59	BOULLÓN Xabier	International Trekkers Barbanza S	MAS (6)	1:05:25	6,054	1:00:33	6,094	1:09:39	5,815	1:01:39	6,326	4:17:16	6,064	<b>0,138</b>
8		500	VILAS MARTINEZ Jose Manuel	Trabandainas	MAS (7)	1:01:00	6,492	0:55:07	6,695	1:05:06	6,221	0:58:54	6,621	4:00:09	6,496	<b>0,151</b>
9		411	RIAL GERPE Carlos	Trabandainas	MAS (8)	1:04:37	6,128	1:00:14	6,126	1:10:05	5,779	1:02:20	6,257	4:17:17	6,063	<b>0,151</b>
10		200	GARCÍA GOMEZ Cesar Manuel	Aventura-T	MAS (9)	1:03:55	6,196	0:56:52	6,489	1:05:49	6,153	0:59:49	6,520	4:06:27	6,330	<b>0,165</b>
11	2	69	C NÚÑEZ Lourdes	No	FEM (2)	1:11:45	5,519	1:03:45	5,788	1:14:11	5,459	1:06:31	5,863	4:36:14	5,647	<b>0,168</b>
12		213	GOMEZ REBOREDO Oscar	Cdm Xesteiras	MAS (10)	1:00:20	6,564	0:58:23	6,320	1:07:53	5,966	1:01:40	6,324	4:08:17	6,283	<b>0,169</b>
13		71	CABALEIRO SACO Gonzalo	Ningún	MAS (11)	1:03:48	6,207	0:57:50	6,380	1:05:35	6,175	0:58:10	6,705	4:05:25	6,357	<b>0,176</b>
14	3	457	SIEIRO GONZÁLEZ Verónica	Aromon, Trabandainas	FEM (3)	1:22:47	4,784	1:15:00	4,920	1:31:25	4,430	1:18:47	4,950	5:28:01	4,756	<b>0,178</b>
15	4	415	RÍOS LOIBA María		FEM (4)	1:10:08	5,646	1:05:37	5,624	1:18:26	5,164	1:09:31	5,610	4:43:45	5,498	<b>0,180</b>
16	5	350	PENA LAGE Maria Jose	Nordic Walking Lugo	FEM (5)	1:19:58	4,952	1:13:33	5,017	1:27:48	4,613	1:14:03	5,267	5:15:23	4,946	<b>0,182</b>
17		335	OTERO SOTO Ignacio	No	MAS (12)	1:24:10	4,705	1:14:18	4,966	1:31:00	4,451	1:19:13	4,923	5:28:42	4,746	<b>0,183</b>
18		406	REY PRADO Víctor Manuel	Trabandainas	MAS (13)	1:00:05	6,591	0:54:22	6,787	1:04:03	6,323	1:01:44	6,317	4:00:16	6,493	<b>0,184</b>
19		41	BARRIO BAYO Moises	Club Peña Trevinca Barco	MAS (14)	1:09:02	5,736	1:04:12	5,748	1:17:28	5,228	1:10:40	5,519	4:41:24	5,544	<b>0,184</b>
20		208	GESTOSO PAZO Juan Francisco	Peña Trevina	MAS (15)	1:00:21	6,562	0:57:31	6,416	1:06:05	6,129	0:58:02	6,720	4:02:00	6,446	<b>0,185</b>
21		170	FERNANDEZ OLIVEIRA Juan Carl	Independiente	MAS (16)	1:03:22	6,249	1:00:32	6,096	1:07:49	5,972	0:59:19	6,575	4:11:03	6,214	<b>0,189</b>
22		46	BERMÚDEZ PENA Luis	Ferrol	MAS (17)	1:19:01	5,012	1:12:18	5,104	1:27:59	4,603	1:15:11	5,187	5:14:30	4,960	<b>0,195</b>
23	6	234	GRUEIRO ROCA Cristina	Ferrol	FEM (6)	1:18:44	5,030	1:12:34	5,085	1:28:01	4,601	1:15:10	5,188	5:14:30	4,960	<b>0,195</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
24		53	<b>BLANCO PIAS Francisco Javier</b>	Club Atletismo Lousame	MAS (18)	0:59:59	6,602	0:54:15	6,802	1:04:15	6,304	1:01:45	6,316	4:00:15	6,493	<b>0,196</b>
25		240	<b>HERNÁNDEZ ROSALES Jeremy</b>	Trabandainas	MAS (19)	1:03:23	6,248	0:57:35	6,408	1:08:04	5,950	0:59:18	6,577	4:08:22	6,281	<b>0,196</b>
26		201	<b>GARCIA LOPEZ Pedro</b>	Club Peña Trevinca Barco	MAS (20)	1:09:03	5,735	1:03:54	5,775	1:17:49	5,205	1:10:42	5,516	4:41:30	5,542	<b>0,197</b>
27		214	<b>GONZÁLEZ Gonzalo</b>	Azimut	MAS (21)	1:15:23	5,253	1:16:29	4,825	1:27:23	4,635	1:17:55	5,005	5:17:11	4,918	<b>0,200</b>
28	7	359	<b>PEREZ FERNANDEZ Ceferina</b>	Club Peña Trevinca Barco	FEM (7)	1:01:21	6,455	0:57:30	6,417	1:08:19	5,928	1:00:16	6,471	4:07:27	6,304	<b>0,201</b>
29	8	381	<b>PONTE MAYAN María Teresa</b>	-	FEM (8)	1:07:37	5,857	1:02:32	5,901	1:15:44	5,348	1:06:35	5,857	4:32:29	5,725	<b>0,204</b>
30		274	<b>LORENZO PÉREZ Vicente</b>	Club Trabandainas	MAS (22)	1:15:36	5,238	1:10:10	5,259	1:20:24	5,037	1:07:56	5,741	4:54:07	5,304	<b>0,204</b>
31	9	131	<b>DASILVA CASTRO Ana Maria</b>	Cdm Xesteiras	FEM (9)	1:02:17	6,358	0:57:14	6,447	1:09:22	5,839	1:03:28	6,145	4:12:23	6,181	<b>0,206</b>
32		321	<b>MOURELLE LOPEZ Simon</b>	Trabandainas	MAS (23)	1:21:41	4,848	1:12:56	5,059	1:31:05	4,446	1:17:57	5,003	5:23:40	4,820	<b>0,206</b>
33	10	423	<b>RODRÍGUEZ CASARES Cristina</b>	Peña Trevinca O Barco	FEM (10)	1:00:39	6,529	0:58:06	6,351	1:07:29	6,001	0:58:39	6,650	4:04:55	6,370	<b>0,207</b>
34		31	<b>AYASO VIDAL Alejandro</b>	Sin Club	MAS (24)	1:09:36	5,690	1:02:00	5,952	1:14:13	5,457	1:04:45	6,023	4:30:36	5,765	<b>0,207</b>
35	11	217	<b>GONZALEZ CARRACELAS Pilar</b>	O	FEM (11)	1:23:56	4,718	1:14:14	4,971	1:31:10	4,442	1:17:44	5,017	5:27:06	4,769	<b>0,207</b>
36		499	<b>VILAS AÑON Jesús</b>		MAS (25)	1:07:32	5,864	1:01:45	5,976	1:11:55	5,632	1:01:24	6,352	4:22:37	5,940	<b>0,208</b>
37	12	345	<b>PAZ GONZÁLEZ Irene</b>	Sin Club	FEM (12)	1:14:47	5,295	1:13:54	4,993	1:29:00	4,551	1:19:28	4,908	5:17:11	4,918	<b>0,208</b>
38	13	276	<b>LOSADA MORAL Elvira</b>	Peña Trevinca	FEM (13)	1:00:44	6,520	0:58:14	6,337	1:07:22	6,012	0:58:32	6,663	4:04:54	6,370	<b>0,209</b>
39		396	<b>REBOYRAS VILLAVERDE Arturo</b>	I.T.B.S.	MAS (26)	1:10:46	5,596	0:58:43	6,284	1:06:29	6,092	1:04:44	6,025	4:20:43	5,984	<b>0,209</b>
40		147	<b>DOMÍNGUEZ DOMÍNGUEZ Ángel</b>	No Club	MAS (27)	1:01:58	6,391	0:59:09	6,238	1:07:49	5,972	0:58:32	6,663	4:07:30	6,303	<b>0,210</b>
41		346	<b>PAZOS CAMPOS Xose Lois</b>	Cdm Xesteiras	MAS (28)	1:02:24	6,346	0:57:01	6,472	1:09:45	5,806	1:03:14	6,168	4:12:26	6,180	<b>0,210</b>
42	14	45	<b>BERINI PITA DA VEIGA María</b>	Sociedad Montaña Artabros	FEM (14)	1:11:54	5,508	1:09:53	5,280	1:23:50	4,831	1:13:10	5,330	4:58:49	5,221	<b>0,211</b>
43		404	<b>REY CAMPOS Rogelio</b>	Club Peña Trevinca O Barco	MAS (29)	1:02:25	6,344	0:57:37	6,404	1:08:46	5,889	0:59:31	6,553	4:08:20	6,282	<b>0,212</b>
44		132	<b>DE CASTRO MARTÍNEZ Santiago</b>	Trevinca	MAS (30)	1:19:44	4,967	1:13:55	4,992	1:31:10	4,442	1:23:37	4,664	5:28:28	4,749	<b>0,213</b>
45	15	433	<b>RODRÍGUEZ MARTÍNEZ Inka</b>	Independiente	FEM (15)	1:24:27	4,689	1:10:37	5,225	1:30:36	4,470	1:22:48	4,710	5:28:30	4,749	<b>0,213</b>
46		223	<b>GONZÁLEZ GOMEZ Ángel Manuel</b>	No	MAS (31)	1:13:58	5,354	1:05:06	5,668	1:22:11	4,928	1:12:07	5,408	4:53:24	5,317	<b>0,217</b>
47		437	<b>RODRIGUEZ SUAREZ Alvaro</b>	Xxx	MAS (32)	1:16:36	5,170	1:06:46	5,527	1:19:05	5,121	1:09:11	5,637	4:51:40	5,349	<b>0,218</b>
48		252	<b>LADO BLANCO Máximo</b>	Ningún	MAS (33)	1:21:23	4,866	1:11:38	5,151	1:32:04	4,399	1:22:09	4,747	5:27:14	4,767	<b>0,218</b>
49		315	<b>MORA MARTÍNEZ Manuel R.</b>	Club Montaña O Caxado	MAS (34)	1:16:43	5,162	1:11:58	5,127	1:28:51	4,558	1:16:57	5,068	5:14:31	4,960	<b>0,219</b>
50		73	<b>CAJARAVILLE DAPENA Pablo</b>	No	MAS (35)	0:59:14	6,685	0:57:08	6,459	1:08:13	5,937	1:01:39	6,326	4:06:16	6,335	<b>0,220</b>
51		368	<b>PEREZ TABOADA Manuel</b>	No	MAS (36)	1:10:49	5,592	1:02:48	5,876	1:18:52	5,135	1:11:35	5,448	4:44:06	5,491	<b>0,221</b>
52	16	306	<b>MASEDA MARTÍNEZ Lorena</b>	Clube De Montaña Pena Tallada	FEM (16)	1:24:52	4,666	1:16:19	4,835	1:30:56	4,454	1:15:28	5,168	5:27:36	4,762	<b>0,221</b>
53		453	<b>SARANDESES PEDROUSO Javier</b>	Cdm Xesteiras	MAS (37)	1:16:31	5,175	1:06:32	5,546	1:25:41	4,727	1:16:23	5,106	5:05:08	5,113	<b>0,222</b>
54		373	<b>PINAL FERNÁNDEZ Diego</b>		MAS (38)	1:26:16	4,590	1:14:52	4,929	1:30:39	4,468	1:17:42	5,019	5:29:32	4,734	<b>0,222</b>
55		326	<b>NIETO GONZALEZ Angel</b>	O	MAS (39)	1:16:35	5,171	1:06:47	5,525	1:19:15	5,110	1:09:02	5,649	4:51:40	5,349	<b>0,223</b>
56	17	416	<b>RIVADULLA SALGUEIRO Merced</b>	Ninguno	FEM (17)	1:22:02	4,827	1:10:52	5,207	1:32:13	4,392	1:22:07	4,749	5:27:16	4,767	<b>0,223</b>
57	18	204	<b>GARCÍA PEREZ M.Dolores</b>	Arca Do Barbanza	FEM (18)	1:22:14	4,816	1:14:50	4,931	1:33:09	4,348	1:17:58	5,002	5:28:13	4,753	<b>0,223</b>
58	19	304	<b>MARTINEZ VISPO Carmela</b>		FEM (19)	1:26:15	4,591	1:14:53	4,928	1:30:40	4,467	1:17:40	5,021	5:29:30	4,734	<b>0,223</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
59	20	482	<b>URGAL GONZALEZ Maria</b>	Non Estou Federada	FEM (20)	1:21:18	4,871	1:14:40	4,942	1:33:09	4,348	1:18:55	4,942	5:28:04	4,755	<b>0,224</b>
60		317	<b>MOREIRA FUENTES Jose Manuel</b>	Cm Xesteiras	MAS (40)	1:15:07	5,272	1:07:42	5,451	1:25:56	4,713	1:16:19	5,110	5:05:06	5,113	<b>0,225</b>
61		466	<b>TABOADA CALVO David</b>	Sen Club	MAS (41)	1:05:43	6,026	0:56:53	6,487	1:08:46	5,889	1:01:37	6,329	4:13:00	6,166	<b>0,226</b>
62		127	<b>CRUÑA PIÑEIRO Elias</b>	Clube De Montaña Pena Tallada	MAS (42)	1:25:07	4,652	1:16:02	4,853	1:30:54	4,455	1:15:32	5,163	5:27:36	4,762	<b>0,227</b>
63	21	422	<b>RODRIGUEZ ARIAS M. Carmen</b>	Peña Trevinca O Barco	FEM (21)	1:16:16	5,192	1:09:50	5,284	1:25:05	4,760	1:10:18	5,548	5:01:31	5,174	<b>0,229</b>
64		370	<b>PÍA CAO Damián</b>	No	MAS (43)	1:05:54	6,009	0:56:47	6,498	1:08:41	5,897	1:01:38	6,328	4:13:02	6,165	<b>0,230</b>
65		7	<b>ABUIN IGLESIAS Javier</b>	Vintedouspes	MAS (44)	1:12:32	5,460	1:03:11	5,840	1:21:19	4,981	1:12:23	5,388	4:49:27	5,390	<b>0,232</b>
66	22	382	<b>PORTELA GONZALEZ Ana Isabel</b>	Cm Xesteiras	FEM (22)	1:15:01	5,279	1:08:01	5,425	1:26:14	4,697	1:15:45	5,149	5:05:04	5,114	<b>0,232</b>
67	23	475	<b>TOURIÑO GUERRA Cristina</b>	Sin Club	FEM (23)	1:19:32	4,979	1:12:24	5,097	1:30:21	4,483	1:15:53	5,139	5:18:12	4,903	<b>0,232</b>
68		82	<b>CAO MANUEL Lucio</b>	Peña Trevinca O Barco	MAS (45)	1:00:20	6,564	0:58:23	6,320	1:06:05	6,129	0:57:11	6,820	4:02:00	6,446	<b>0,233</b>
69	24	47	<b>BERNARDEZ ALONSO Maria Jose</b>	Senderismo Galego	FEM (24)	1:17:37	5,102	1:12:42	5,076	1:31:39	4,419	1:20:25	4,850	5:22:26	4,838	<b>0,233</b>
70	25	124	<b>CREO Maria</b>	Cdm Xesteiras	FEM (25)	1:13:25	5,394	1:06:30	5,549	1:22:42	4,897	1:10:22	5,542	4:53:01	5,324	<b>0,235</b>
71		398	<b>REGUEIRO GÓMEZ Víctor M.</b>	Club De Montaña O Caxado	MAS (46)	1:16:02	5,208	1:06:06	5,582	1:25:40	4,728	1:15:31	5,164	5:03:20	5,143	<b>0,235</b>
72	26	88	<b>CARREGAL DA COSTA Marisa</b>	.	FEM (26)	1:15:36	5,238	1:10:04	5,266	1:27:27	4,631	1:15:11	5,187	5:08:20	5,059	<b>0,235</b>
73		287	<b>MARCOS DIAZ Julian</b>	.	MAS (47)	1:15:35	5,239	1:10:04	5,266	1:27:27	4,631	1:15:15	5,183	5:08:23	5,059	<b>0,235</b>
74		104	<b>CASTRO RODRIGUEZ Aurelio</b>	Peña Trevinca Barco	MAS (48)	1:03:00	6,286	0:57:26	6,425	1:05:47	6,157	0:56:11	6,942	4:02:26	6,435	<b>0,236</b>
75		289	<b>BLANCO CADAVEIRA Josea Anto</b>	.	MAS (49)	1:12:03	5,496	1:03:36	5,802	1:18:14	5,177	1:15:20	5,177	4:49:16	5,393	<b>0,236</b>
76	27	224	<b>GONZÁLEZ GONZÁLEZ Noelia</b>	Non Federado	FEM (27)	1:16:53	5,151	1:11:18	5,175	1:28:23	4,582	1:14:34	5,230	5:11:08	5,014	<b>0,236</b>
77		64	<b>BUDIÑO PEREIRA Jose Francisco</b>	Senderismo Galego	MAS (50)	1:17:15	5,126	1:12:55	5,061	1:31:49	4,411	1:20:28	4,847	5:22:29	4,837	<b>0,237</b>
78		212	<b>GÓMEZ GOSENDE Raúl</b>	Cmb Vintedouspes	MAS (51)	1:23:41	4,732	1:12:31	5,088	1:33:25	4,335	1:19:09	4,927	5:28:48	4,745	<b>0,237</b>
79	28	318	<b>MOREIRAS PAVÓN Rocio</b>	Os Afiadores	FEM (28)	1:03:37	6,225	1:00:02	6,147	1:11:09	5,692	0:59:41	6,534	4:14:31	6,129	<b>0,238</b>
80		21	<b>ANTELO CASTRO Oliver</b>	Non Federado	MAS (52)	1:16:08	5,201	1:11:57	5,129	1:28:29	4,577	1:14:34	5,230	5:11:08	5,014	<b>0,239</b>
81	29	418	<b>RIVAS MOSCOSO Maria Jesús</b>	Via Lactea	FEM (29)	1:21:56	4,833	1:09:28	5,312	1:27:16	4,641	1:16:13	5,117	5:14:55	4,954	<b>0,239</b>
82		374	<b>PINAL OTERO David Eladio</b>	Clube De Montaña Xistra	MAS (53)	1:27:06	4,546	1:14:43	4,939	1:27:45	4,615	1:15:17	5,180	5:24:53	4,802	<b>0,239</b>
83		498	<b>VILARELLE LÓPEZ Pablo</b>	Camiñatas	MAS (54)	1:05:28	6,049	1:01:18	6,020	1:14:29	5,437	1:04:01	6,092	4:25:17	5,881	<b>0,240</b>
84	30	397	<b>REGUEIRO CARBALLEIRA Ana</b>	Club De Montaña O Caxado	FEM (30)	1:16:25	5,182	1:05:59	5,592	1:25:49	4,719	1:15:06	5,193	5:03:20	5,143	<b>0,240</b>
85	31	233	<b>GOSENDE VIDAL Berta</b>	Cmb Vintedouspes	FEM (31)	1:23:51	4,723	1:12:21	5,100	1:33:22	4,338	1:19:15	4,921	5:28:51	4,744	<b>0,240</b>
86		148	<b>DOMÍNGUEZ REGUEIRA Manuel</b>	Adtl A Pedrosa	MAS (55)	1:03:09	6,271	0:57:26	6,425	1:10:56	5,710	1:04:45	6,023	4:16:18	6,087	<b>0,241</b>
87	32	166	<b>FERNÁNDEZ GONZÁLEZ Ana</b>	Non Federada	FEM (32)	1:12:53	5,433	1:06:11	5,575	1:16:54	5,267	1:04:01	6,092	4:40:01	5,571	<b>0,242</b>
88	33	61	<b>BOUZA MACEIRA Ana Isabel</b>	Montaña O Caxado	FEM (33)	1:17:24	5,116	1:12:56	5,059	1:29:38	4,518	1:14:31	5,234	5:14:30	4,960	<b>0,243</b>
89	34	259	<b>LEON NUÑEZ Beatriz</b>	Club Peña Trevinca Barco	FEM (34)	1:19:45	4,966	1:12:53	5,063	1:32:07	4,397	1:23:44	4,658	5:28:30	4,749	<b>0,243</b>
90		225	<b>GONZÁLEZ LOJO Francisco</b>	Trabandainas	MAS (56)	1:20:08	4,942	1:06:42	5,532	1:22:13	4,926	1:13:27	5,310	5:02:32	5,156	<b>0,244</b>
91		313	<b>MILLARENGO GIL Cesareo</b>	Club Montaña Ferrol	MAS (57)	1:13:43	5,372	1:11:37	5,152	1:28:01	4,601	1:15:45	5,149	5:09:07	5,047	<b>0,244</b>
92		309	<b>MÉNDEZ CREO Juan Carlos</b>	No	MAS (58)	1:20:24	4,925	1:08:03	5,422	1:25:43	4,725	1:14:56	5,205	5:09:08	5,046	<b>0,244</b>
93		421	<b>RODRIGUEZ ARIAS Tiberio</b>	Peña Trevinca O Barco	MAS (59)	1:15:07	5,272	1:03:57	5,770	1:14:54	5,407	1:06:12	5,891	4:40:12	5,567	<b>0,245</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
94		14	<b>ALMEIDA OTERO Gil</b>	O Caxado	MAS (60)	1:16:35	5,171	1:11:34	5,156	1:29:04	4,547	1:14:54	5,207	5:12:08	4,998	<b>0,247</b>
95	35	96	<b>CASTIÑEIRA POSE Margarita</b>	Adtl A Pedrosa	FEM (35)	1:03:03	6,281	0:57:20	6,436	1:11:18	5,680	1:04:33	6,042	4:16:15	6,088	<b>0,249</b>
96	36	133	<b>DE DIEGO DE DIEGO Henar</b>	Xistra	FEM (36)	1:21:50	4,839	1:14:03	4,983	1:26:23	4,688	1:10:23	5,541	5:12:40	4,989	<b>0,252</b>
97		336	<b>OZORES HERMO Joaquín</b>	Itbs	MAS (61)	1:20:30	4,919	1:06:23	5,559	1:22:07	4,932	1:13:31	5,305	5:02:33	5,156	<b>0,253</b>
98		44	<b>BASO AMIRIN José Maria</b>	Seccion De Montaña C.A.R Maris	MAS (62)	1:12:44	5,445	1:09:03	5,344	1:26:27	4,685	1:15:02	5,198	5:03:17	5,144	<b>0,253</b>
99		426	<b>RODRÍGUEZ FERRER Vicente</b>	Peña Trevinca	MAS (63)	1:13:39	5,377	1:11:39	5,150	1:25:55	4,714	1:10:51	5,505	5:02:06	5,164	<b>0,254</b>
100		312	<b>MILLARENGO GIL Ramón Luis</b>	Club Montaña Ferrol	MAS (64)	1:14:10	5,339	1:11:08	5,187	1:28:04	4,599	1:19:27	4,909	5:12:51	4,986	<b>0,255</b>
101		481	<b>ULLOA TABOADA Francisco Javi</b>	No Federado	MAS (65)	1:21:17	4,872	1:10:44	5,217	1:24:40	4,783	1:11:22	5,465	5:08:06	5,063	<b>0,256</b>
102		184	<b>FRAGA GUTIÉRREZ Anxo Rubén</b>	Clube De Montaña O Caxado	MAS (66)	1:17:17	5,124	1:10:47	5,213	1:29:35	4,521	1:15:17	5,180	5:12:58	4,985	<b>0,256</b>
103		414	<b>RIOS Paco</b>	Xesteiras	MAS (67)	1:22:16	4,814	1:10:31	5,233	1:25:30	4,737	1:31:01	4,285	5:29:20	4,737	<b>0,256</b>
104		112	<b>CISNERO POLO Claudio Alejandr</b>	Cdm Xesteiras	MAS (68)	1:00:35	6,536	0:58:51	6,270	1:09:35	5,820	0:59:16	6,580	4:08:18	6,283	<b>0,257</b>
105		474	<b>TORRES TOBIO Jose Maria</b>	No Federado	MAS (69)	1:21:13	4,876	1:10:42	5,219	1:24:50	4,774	1:11:25	5,461	5:08:11	5,062	<b>0,257</b>
106		134	<b>DE LA CAL GONZALEZ Jose Migu</b>	Club Peña Trevinca Barco	MAS (70)	1:10:54	5,585	1:04:36	5,712	1:20:27	5,034	1:07:29	5,779	4:43:28	5,503	<b>0,258</b>
107	37	310	<b>MÉNDEZ GONZÁLEZ Xoana</b>	Non	FEM (37)	1:20:07	4,943	1:06:44	5,529	1:22:14	4,925	1:12:38	5,369	5:01:44	5,170	<b>0,258</b>
108		18	<b>ALVAREZ NOYA Carlos</b>	Trabandainas	MAS (71)	1:24:33	4,684	1:11:19	5,174	1:32:30	4,378	1:19:17	4,919	5:27:41	4,761	<b>0,258</b>
109	38	15	<b>ALONSO NUÑEZ Cristina</b>	Seccion De Montaña C.A.R. Maris	FEM (38)	1:23:19	4,753	1:11:20	5,173	1:33:58	4,310	1:19:15	4,921	5:27:53	4,758	<b>0,258</b>
110	39	230	<b>GONZÁLEZ NÚÑEZ Sara</b>	Trabandainas	FEM (39)	1:26:21	4,586	1:15:31	4,886	1:30:56	4,454	1:15:13	5,185	5:28:03	4,755	<b>0,258</b>
111		256	<b>LANDÍN Román</b>	No	MAS (72)	1:07:07	5,900	1:02:35	5,896	1:16:56	5,264	1:05:12	5,982	4:31:51	5,738	<b>0,259</b>
112	40	146	<b>DOMINGUEZ ALVAREZ Ana Isabe</b>	Os Torakka	FEM (40)	1:15:59	5,212	1:03:28	5,814	1:19:05	5,121	1:10:11	5,557	4:48:45	5,403	<b>0,260</b>
113		471	<b>TOREA CERNADAS Salvador</b>	Clubtrabandainas	MAS (73)	1:13:22	5,398	1:08:53	5,357	1:23:54	4,827	1:08:18	5,710	4:54:28	5,298	<b>0,260</b>
114		354	<b>PÉREZ ABALDE Abel</b>	Club Deportivo Fontiñas	MAS (74)	1:19:07	5,005	1:07:04	5,502	1:23:07	4,873	1:11:59	5,418	5:01:19	5,177	<b>0,260</b>
115	41	387	<b>PUENTE ANTELO Marta</b>	Trabandainas	FEM (41)	1:23:45	4,728	1:11:04	5,192	1:33:25	4,335	1:19:25	4,911	5:27:40	4,761	<b>0,260</b>
116		231	<b>GONZALEZ RODRIGUEZ Francisc</b>	Os Torakka	MAS (75)	1:15:47	5,225	1:03:26	5,817	1:19:21	5,104	1:10:09	5,560	4:48:45	5,403	<b>0,262</b>
117	42	360	<b>PEREZ FERNANDEZ Pilar</b>	Club Peña Trevinca Barco	FEM (42)	1:14:10	5,339	1:04:54	5,686	1:21:10	4,990	1:08:29	5,695	4:48:45	5,403	<b>0,263</b>
118	43	446	<b>SANCHEZ BLANCO María José</b>	Trabandainas	FEM (43)	1:07:40	5,852	1:07:46	5,445	1:22:20	4,919	1:11:25	5,461	4:49:13	5,394	<b>0,263</b>
119		142	<b>DIOS MARTINEZ José Joaquín</b>	No	MAS (76)	1:07:14	5,890	1:02:10	5,936	1:17:04	5,255	1:05:22	5,966	4:31:50	5,739	<b>0,265</b>
120	44	52	<b>BLANCO MOREIRA Mónica</b>	Trabandainas	FEM (44)	1:08:25	5,788	1:07:05	5,501	1:22:28	4,911	1:11:18	5,470	4:49:18	5,392	<b>0,265</b>
121		478	<b>TRILLO BLANCO Arturo Ramon</b>	Cdm Xesteiras	MAS (77)	1:13:17	5,404	1:08:57	5,352	1:26:57	4,658	1:14:25	5,241	5:03:38	5,138	<b>0,265</b>
122	45	380	<b>PLATA BLANCO Marina</b>	Trabandainas	FEM (45)	1:26:31	4,577	1:15:21	4,897	1:31:01	4,450	1:15:09	5,190	5:28:04	4,755	<b>0,265</b>
123	46	160	<b>FERNÁNDEZ Andrea</b>	Independente	FEM (46)	1:23:35	4,738	1:13:55	4,992	1:34:37	4,280	1:16:41	5,086	5:28:49	4,744	<b>0,265</b>
124	47	149	<b>DOMINGUEZ SUAREZ Sara</b>	Non Teño	FEM (47)	1:11:09	5,566	1:03:24	5,820	1:16:05	5,323	1:03:35	6,134	4:34:14	5,689	<b>0,266</b>
125		28	<b>ARTEAGA AYERZA Jesús</b>	Trabandainas	MAS (78)	1:08:22	5,792	1:07:05	5,501	1:22:27	4,912	1:11:16	5,472	4:49:11	5,395	<b>0,266</b>
126		412	<b>RICO FERREIRO Francisco Javier</b>	Trabandainas	MAS (79)	1:14:10	5,339	1:07:51	5,438	1:24:21	4,801	1:09:02	5,649	4:55:26	5,280	<b>0,266</b>
127		413	<b>RICO FERREIRO Agustin</b>	Melide	MAS (80)	1:14:10	5,339	1:07:51	5,438	1:24:22	4,800	1:09:01	5,651	4:55:27	5,280	<b>0,266</b>
128		344	<b>PAZ CABANAS Armando</b>	Sin Club	MAS (81)	1:16:47	5,157	1:06:15	5,570	1:25:59	4,710	1:12:40	5,367	5:01:43	5,170	<b>0,267</b>



Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
129	48	280	<b>BOUZON GONZÁLEZ Sonia</b>	Congostra	FEM (48)	1:12:33	5,458	1:09:15	5,329	1:26:26	4,686	1:13:31	5,305	5:01:46	5,170	<b>0,267</b>
130		342	<b>PAN MOLEDO Rubén</b>	Independente	MAS (82)	1:23:31	4,742	1:14:00	4,986	1:34:45	4,274	1:16:32	5,096	5:28:49	4,744	<b>0,267</b>
131		445	<b>SANCHEZ ALDREY Casiano</b>	Trabandainas	MAS (83)	1:25:40	4,623	1:12:59	5,056	1:28:44	4,564	1:14:58	5,202	5:22:23	4,839	<b>0,268</b>
132	49	483	<b>VAL GORGAL Ana Maria</b>	No	FEM (49)	1:02:49	6,304	1:00:02	6,147	1:12:12	5,609	1:00:33	6,441	4:15:38	6,102	<b>0,269</b>
133	50	125	<b>CREO ABEIJÓN Lucila Milagros</b>	Club Trabandainas	FEM (50)	1:13:18	5,402	1:08:31	5,386	1:24:08	4,814	1:08:23	5,703	4:54:21	5,300	<b>0,269</b>
134		151	<b>DOURAL ARES Miguel Ángel</b>	Toxiza Clube De Montaña	MAS (84)	1:16:50	5,154	1:06:04	5,585	1:25:59	4,710	1:12:47	5,358	5:01:42	5,171	<b>0,269</b>
135	51	137	<b>DIEGUEZ MACIA Maria Angeles</b>	Cabreira Racing	FEM (51)	1:26:02	4,603	1:12:09	5,114	1:31:12	4,441	1:17:54	5,006	5:27:18	4,766	<b>0,269</b>
136		253	<b>LAGO MOURIÑO Raul</b>	Xistra	MAS (85)	1:06:15	5,977	0:58:44	6,283	1:13:10	5,535	1:01:47	6,312	4:19:58	6,001	<b>0,270</b>
137		56	<b>BORDONABA URRIES Joaquin</b>	Os Andarines D'aragon	MAS (86)	1:14:07	5,343	1:11:49	5,138	1:30:28	4,477	1:18:02	4,998	5:14:27	4,961	<b>0,270</b>
138	52	417	<b>RIVAS DA SILVA Ana</b>	Cornelios Marqués De Vizhoja	FEM (52)	1:22:49	4,782	1:12:11	5,112	1:29:16	4,537	1:13:48	5,285	5:18:05	4,904	<b>0,270</b>
139	53	261	<b>LOIS PASTORIZA Isabel</b>	Trabandainas	FEM (53)	1:23:48	4,726	1:10:49	5,211	1:33:23	4,337	1:19:04	4,933	5:27:06	4,769	<b>0,270</b>
140	54	443	<b>SABORIDO FERNANDEZ Maria Je</b>	Trabandainas	FEM (54)	1:15:45	5,228	1:09:21	5,321	1:28:06	4,597	1:13:27	5,310	5:06:40	5,087	<b>0,272</b>
141		232	<b>GORGAL GONZÁLEZ Sergio</b>	No	MAS (87)	1:02:42	6,316	1:00:09	6,135	1:12:19	5,600	1:00:30	6,446	4:15:41	6,101	<b>0,273</b>
142	55	431	<b>RODRÍGUEZ LÓPEZ Berta</b>	Club Via Láctea	FEM (55)	1:10:30	5,617	1:06:42	5,532	1:22:59	4,880	1:09:55	5,578	4:50:08	5,377	<b>0,273</b>
143		355	<b>PÉREZ ABEIJÓN Álvaro</b>	Libre	MAS (88)	1:23:11	4,761	1:13:53	4,994	1:35:04	4,260	1:16:38	5,089	5:28:48	4,745	<b>0,273</b>
144		297	<b>MARTÍNEZ FERNÁNDEZ Luis Man</b>	22pes	MAS (89)	1:07:29	5,868	1:02:03	5,947	1:17:17	5,240	1:05:01	5,998	4:31:52	5,738	<b>0,274</b>
145		57	<b>BOTANA FERREIRO Victor Manue</b>	Trabandainas	MAS (90)	1:15:35	5,239	1:07:14	5,488	1:23:15	4,865	1:08:16	5,713	4:54:21	5,300	<b>0,274</b>
146	56	2	<b>ABEIJÓN CASTRO Paula</b>	Libre	FEM (56)	1:23:28	4,744	1:13:37	5,012	1:35:04	4,260	1:16:40	5,087	5:28:51	4,744	<b>0,274</b>
147		86	<b>CARDAMA CALVO Carlos</b>	Sen Club	MAS (91)	1:15:45	5,228	1:05:27	5,638	1:16:50	5,271	1:05:24	5,963	4:43:28	5,503	<b>0,275</b>
148		43	<b>BAS FERNANDEZ David</b>	Cornelios Marqués De Vizhoja	MAS (92)	1:23:00	4,771	1:12:04	5,120	1:29:15	4,538	1:13:45	5,288	5:18:05	4,904	<b>0,275</b>
149		63	<b>BOUZAS COLLAZO Javier</b>	Vintedouspes	MAS (93)	1:23:57	4,717	1:14:13	4,972	1:33:58	4,310	1:15:34	5,161	5:27:45	4,760	<b>0,276</b>
150	57	9	<b>AGRAFOJO MANTEIGA Monica</b>	Trabandainas	FEM (57)	1:03:22	6,249	0:57:25	6,427	1:08:25	5,920	0:56:55	6,852	4:06:09	6,338	<b>0,277</b>
151		454	<b>SENOVILLA SANZ José Carlos</b>	Xistra	MAS (94)	1:22:48	4,783	1:13:18	5,034	1:26:18	4,693	1:10:14	5,553	5:12:40	4,989	<b>0,277</b>
152		211	<b>GOMEZ CHAN Jose</b>	Aviva Sport Club	MAS (95)	1:23:28	4,744	1:11:11	5,184	1:34:29	4,286	1:18:43	4,954	5:27:52	4,758	<b>0,277</b>
153		72	<b>CABO PÉREZ Xoán M.</b>	Ningún	MAS (96)	1:10:01	5,656	0:59:22	6,216	1:10:15	5,765	1:01:44	6,317	4:21:23	5,968	<b>0,278</b>
154		245	<b>IGLESIAS NÚÑEZ Gonzalo</b>	Xistra	MAS (97)	1:11:37	5,529	1:03:50	5,781	1:09:37	5,818	1:00:12	6,478	4:25:17	5,881	<b>0,278</b>
155		76	<b>CALVO DUARTE Juan Manuel</b>	Club Deportivo La Purísima	MAS (98)	1:06:16	5,976	1:01:53	5,963	1:17:26	5,230	1:06:16	5,885	4:31:53	5,738	<b>0,279</b>
156	58	186	<b>FRANCO CASTRO Josefa</b>	Montaña O Caxado	FEM (58)	1:18:43	5,031	1:11:37	5,152	1:30:47	4,461	1:13:22	5,316	5:14:30	4,960	<b>0,279</b>
157	59	305	<b>MARZOA REY María Jesús</b>	Trabandainas	FEM (59)	1:25:31	4,631	1:16:25	4,829	1:32:34	4,375	1:13:39	5,295	5:28:09	4,754	<b>0,280</b>
158		492	<b>VIDAL SANCHEZ Antonio</b>	Arca Do Barbanza	MAS (99)	1:22:17	4,813	1:13:44	5,005	1:35:11	4,255	1:16:59	5,066	5:28:12	4,753	<b>0,280</b>
159		162	<b>FERNÁNDEZ ÁLVAREZ Juan Jos</b>	Trabandainas	MAS (100)	1:25:19	4,642	1:16:33	4,820	1:32:51	4,362	1:13:26	5,311	5:28:11	4,753	<b>0,282</b>
160	60	172	<b>FERNÁNDEZ RAMOS Ana</b>	Trabandainas	FEM (60)	1:21:27	4,862	1:09:54	5,279	1:21:44	4,955	1:08:47	5,670	5:01:53	5,168	<b>0,283</b>
161		121	<b>COSTAS ESTÉVEZ Juan José</b>	Club Senderismo Trabandainas	MAS (101)	1:01:58	6,391	0:59:03	6,249	1:09:57	5,790	0:57:27	6,789	4:08:27	6,279	<b>0,284</b>
162	61	243	<b>IGLESIAS CES María Del Mar</b>	Trabandainas	FEM (61)	1:16:06	5,204	1:09:00	5,348	1:28:28	4,578	1:13:05	5,336	5:06:40	5,087	<b>0,284</b>
163	62	495	<b>VIGO BALEIRON Mirian</b>	Sen Club	FEM (62)	1:15:56	5,215	1:05:15	5,655	1:16:57	5,263	1:05:17	5,974	4:43:27	5,504	<b>0,287</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
164		327	<b>NÚÑEZ AGUADO Óscar</b>	Ponte Boleira	MAS (102)	1:20:29	4,920	1:16:16	4,838	1:36:05	4,215	1:16:55	5,070	5:29:46	4,731	<b>0,288</b>
165		333	<b>OTERO MARTÍNEZ Jorge</b>	S.D. Barbantia Roda	MAS (103)	1:20:26	4,923	1:05:33	5,629	1:22:47	4,892	1:12:59	5,344	5:01:47	5,169	<b>0,289</b>
166		75	<b>CALO RODRÍGUEZ Héctor</b>	Trabandainas	MAS (104)	1:04:05	6,179	0:57:17	6,442	1:09:15	5,848	0:57:46	6,751	4:08:25	6,280	<b>0,291</b>
167		489	<b>VIDAL GUDE Juan Andres</b>	Non	MAS (105)	1:08:56	5,745	1:02:31	5,902	1:19:09	5,117	1:12:42	5,365	4:43:20	5,506	<b>0,291</b>
168		281	<b>LUSTRES OTERO José Manuel</b>	Club De Montaña Xistra	MAS (106)	1:03:58	6,191	0:54:50	6,729	1:07:39	5,987	0:58:57	6,616	4:05:25	6,357	<b>0,293</b>
169	63	366	<b>PÉREZ PÉREZ Mª Do Carme</b>	Libre	FEM (63)	1:25:14	4,646	1:15:03	4,917	1:28:20	4,585	1:11:04	5,488	5:19:43	4,879	<b>0,293</b>
170		343	<b>PATRICIO REY Fernando</b>	Cdm Xesteiras	MAS (107)	1:09:14	5,720	0:59:05	6,245	1:15:12	5,386	1:04:34	6,040	4:28:07	5,818	<b>0,295</b>
171		74	<b>CALO GOMEZ José Luis</b>	No	MAS (108)	1:20:18	4,932	1:16:04	4,851	1:36:27	4,199	1:17:01	5,064	5:29:51	4,729	<b>0,297</b>
172	64	115	<b>CONDE ABELLEIRA María Teresa</b>	Rutas A Pie	FEM (64)	1:20:23	4,926	1:16:08	4,847	1:36:26	4,200	1:16:47	5,079	5:29:45	4,731	<b>0,298</b>
173	65	469	<b>TIRADOS PRIETO María Dolores</b>	Clube De Montaña Xistra	FEM (65)	1:28:17	4,486	1:13:37	5,012	1:30:01	4,499	1:15:26	5,170	5:27:24	4,765	<b>0,299</b>
174		130	<b>DA SILVA MARIÑO Enrique</b>	Trabandainas	MAS (109)	1:07:58	5,826	0:58:28	6,311	1:09:01	5,868	0:59:14	6,584	4:14:42	6,125	<b>0,300</b>
175		11	<b>ALAMANCOS SOBRIDO Miguel</b>	Demacrados Trail Running	MAS (110)	1:20:39	4,910	1:05:20	5,648	1:22:51	4,888	1:12:54	5,350	5:01:46	5,170	<b>0,300</b>
176		178	<b>FIGUEIRAS BLANCO Secho</b>	Ningún	MAS (111)	1:08:37	5,771	1:06:53	5,517	1:22:07	4,932	1:07:12	5,804	4:44:51	5,477	<b>0,301</b>
177	66	371	<b>PICO TEMBRAS María José</b>	Club Montaña O Caxado	FEM (66)	1:17:15	5,126	1:17:31	4,760	1:30:18	4,485	1:13:11	5,329	5:18:16	4,902	<b>0,302</b>
178		438	<b>RODRÍGUEZ VILLAR Diego</b>	Vertice	MAS (112)	1:20:39	4,910	1:10:16	5,251	1:18:12	5,179	1:05:25	5,962	4:54:33	5,296	<b>0,304</b>
179	67	187	<b>FREIRE MATO Ana</b>	Bj Trainers	FEM (67)	1:19:09	5,003	1:12:29	5,091	1:29:02	4,549	1:08:41	5,678	5:09:22	5,043	<b>0,304</b>
180	68	62	<b>BOUZA TOJEIRO María Teresa</b>	Club Montaña O Caxado	FEM (68)	1:17:15	5,126	1:17:35	4,756	1:30:19	4,484	1:13:08	5,333	5:18:18	4,901	<b>0,304</b>
181		4	<b>ABOAL RAMOS Jose Luis</b>	Cdm Xesteiras	MAS (113)	1:12:30	5,462	1:11:22	5,170	1:22:22	4,917	1:06:43	5,846	4:52:59	5,325	<b>0,305</b>
182		227	<b>GONZÁLEZ LÓPEZ Luis</b>	Peña Trevinca - Montañeiros De	MAS (114)	1:16:25	5,182	1:05:54	5,599	1:29:03	4,548	1:15:41	5,153	5:07:05	5,080	<b>0,306</b>
183	69	1	<b>ABALO OSORIO Clara Isabel</b>	No	FEM (69)	1:08:32	5,778	1:02:37	5,893	1:18:34	5,155	1:03:37	6,130	4:33:22	5,707	<b>0,308</b>
184	70	385	<b>PRESAS GARCÍA María Luisa</b>	Club Montaña Ferrol	FEM (70)	1:12:11	5,486	1:07:36	5,459	1:25:11	4,754	1:08:40	5,680	4:53:39	5,312	<b>0,311</b>
185	71	129	<b>DA COSTA CERZÓN Susana</b>	Trabandainas	FEM (71)	1:08:05	5,816	0:58:17	6,331	1:09:09	5,857	0:59:12	6,588	4:14:45	6,124	<b>0,312</b>
186		324	<b>NAVARRO GALLEGO Daniel Tom</b>	Club Peña Trevinca Barco	MAS (115)	1:02:41	6,317	0:58:06	6,351	1:14:24	5,444	1:04:42	6,028	4:19:54	6,002	<b>0,312</b>
187		286	<b>MARCHANTE CAMACHO José Ma</b>	Ninguno	MAS (116)	1:19:17	4,995	1:07:08	5,497	1:17:50	5,203	1:05:33	5,950	4:49:50	5,382	<b>0,312</b>
188		262	<b>LÓPEZ BERMÚDEZ Raimundo Án</b>	Vía Lactea	MAS (117)	1:08:20	5,795	1:08:40	5,374	1:23:14	4,866	1:08:28	5,696	4:48:43	5,403	<b>0,313</b>
189		402	<b>REVALDERÍA DÍAZ Rubén</b>	Nordic Walking Lugo	MAS (118)	1:09:12	5,723	1:06:15	5,570	1:24:58	4,767	1:12:25	5,386	4:52:52	5,327	<b>0,314</b>
190		229	<b>GONZÁLEZ MARTÍN Rafael</b>	Independiente	MAS (119)	1:19:21	4,991	1:07:04	5,502	1:17:52	5,201	1:05:34	5,948	4:49:52	5,382	<b>0,315</b>
191	72	143	<b>OTERO GONZALEZ Amalia</b>	Montaña Xistra	FEM (72)	1:16:23	5,184	1:09:15	5,329	1:29:02	4,549	1:22:54	4,704	5:17:34	4,912	<b>0,315</b>
192		164	<b>FERNÁNDEZ DE LA IGLESIA Anx</b>	Ningún	MAS (120)	1:23:15	4,757	1:11:40	5,149	1:29:50	4,508	1:12:30	5,379	5:17:16	4,917	<b>0,316</b>
193		241	<b>HUELIN TRILLO Fernando</b>	Aviva Sport	MAS (121)	1:07:39	5,854	1:00:23	6,111	1:17:22	5,235	1:03:28	6,145	4:28:53	5,802	<b>0,317</b>
194	73	296	<b>MARTINEZ FERNÁNDEZ Maria Co</b>	Xistra	FEM (73)	1:25:28	4,633	1:15:45	4,871	1:33:15	4,343	1:12:35	5,373	5:27:05	4,769	<b>0,317</b>
195		282	<b>MAGAN PEREZ Francisco</b>	No	MAS (122)	1:08:34	5,775	0:58:12	6,340	1:15:17	5,380	1:11:23	5,463	4:33:27	5,705	<b>0,318</b>
196		292	<b>MARTÍN CORBELLE Pedro Const</b>	Trabandainas	MAS (123)	1:05:27	6,050	1:02:35	5,896	1:18:56	5,131	1:06:31	5,863	4:33:32	5,703	<b>0,318</b>
197	74	456	<b>SESMA JIMENO Maria Antonia</b>	Trotarioja	FEM (74)	1:15:24	5,252	1:10:47	5,213	1:32:09	4,395	1:16:05	5,126	5:14:27	4,961	<b>0,318</b>
198	75	105	<b>CASTRO RODRIGUEZ Maria Del C</b>	No Club	FEM (75)	1:19:07	5,005	1:12:44	5,073	1:36:47	4,185	1:19:58	4,877	5:28:37	4,747	<b>0,319</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
199	76	293	MARTINEZ ARIAS Natalia	+dmonte	FEM (76)	1:11:53	5,509	1:07:46	5,445	1:26:38	4,675	1:10:50	5,506	4:57:09	5,250	<b>0,321</b>
200	77	180	FORJÁN Olga	Mais De Monte	FEM (77)	1:12:33	5,458	1:07:05	5,501	1:26:38	4,675	1:10:50	5,506	4:57:07	5,250	<b>0,322</b>
201	78	268	LÓPEZ MÉNDEZ Andrea	Ninguno	FEM (78)	1:23:19	4,753	1:11:35	5,155	1:29:56	4,503	1:12:23	5,388	5:17:15	4,917	<b>0,322</b>
202	79	122	COTELO PUEYO Estela	.	FEM (79)	1:21:45	4,844	1:10:53	5,206	1:29:23	4,531	1:11:25	5,461	5:13:27	4,977	<b>0,323</b>
203	80	301	MARTINEZ RAMILO María Luisa	Independiente	FEM (80)	1:25:31	4,631	1:15:37	4,880	1:33:25	4,335	1:12:31	5,378	5:27:06	4,769	<b>0,323</b>
204	81	25	ARGIBAY GARCÍA Encarna	Trabandainas	FEM (81)	1:15:46	5,227	1:06:02	5,588	1:24:18	4,804	1:07:58	5,738	4:54:06	5,304	<b>0,324</b>
205	82	472	TORRADO SANTOS Maria Dolore	Trabandainas	FEM (82)	1:23:45	4,728	1:11:01	5,196	1:33:24	4,336	1:15:27	5,169	5:23:39	4,820	<b>0,325</b>
206	83	248	IGLESIAS VILLANUEVA Luisa	Ningún	FEM (83)	1:09:38	5,687	1:05:53	5,601	1:22:16	4,923	1:05:32	5,951	4:43:21	5,506	<b>0,326</b>
207		5	ABOY GARRIDO José Antonio	Trabandainas	MAS (124)	1:02:59	6,287	0:55:48	6,613	1:07:40	5,985	0:55:57	6,971	4:02:25	6,435	<b>0,328</b>
208		192	FUENTES PIÑEIRO Francisco Jos	No Club	MAS (125)	1:19:10	5,002	1:12:11	5,112	1:37:03	4,173	1:20:08	4,867	5:28:34	4,748	<b>0,328</b>
209	84	12	ALCALDE GARCÍA Concha	Vintedouspe	FEM (84)	1:02:47	6,307	0:56:00	6,589	1:07:29	6,001	0:55:26	7,035	4:01:43	6,454	<b>0,329</b>
210		367	PEREZ SOUTO Manuel	Xx	MAS (126)	1:23:54	4,720	1:11:58	5,127	1:29:38	4,518	1:11:49	5,430	5:17:22	4,915	<b>0,330</b>
211		328	NÚÑEZ TOMÉ Francisco	Trabandainas	MAS (127)	1:24:00	4,714	1:10:37	5,225	1:33:19	4,340	1:15:46	5,147	5:23:43	4,819	<b>0,330</b>
212	85	176	FERRO PEREZ Estefania	No	FEM (85)	1:12:39	5,451	0:59:51	6,165	1:11:39	5,652	1:02:16	6,263	4:26:27	5,855	<b>0,331</b>
213	86	325	NIETO GONZALEZ Vanessa	Trabndainas	FEM (86)	1:09:20	5,712	0:58:43	6,284	1:12:17	5,603	1:01:19	6,360	4:21:39	5,962	<b>0,332</b>
214	87	196	GARCÍA BLANCO Ana M	Vintedouspes	FEM (87)	1:23:41	4,732	1:12:16	5,106	1:28:58	4,552	1:10:49	5,507	5:15:45	4,941	<b>0,332</b>
215	88	34	BARBÉ MARTIN Elena	Trabandainas	FEM (88)	1:19:51	4,959	1:07:01	5,506	1:24:20	4,802	1:09:49	5,586	5:01:03	5,182	<b>0,333</b>
216	89	394	REBOREDO GARCIA María Jesus	Ningun	FEM (89)	1:24:28	4,688	1:11:46	5,142	1:29:10	4,542	1:11:56	5,422	5:17:22	4,915	<b>0,333</b>
217		485	VAZQUEZ BECERRA Miguel Ange	Internacional Trekkers	MAS (128)	1:10:43	5,600	0:58:51	6,270	1:10:22	5,756	1:00:45	6,420	4:20:43	5,984	<b>0,334</b>
218		439	ROMANO CRUJEIRAS Moncho	Trabandainas	MAS (129)	1:04:44	6,117	1:01:38	5,987	1:17:42	5,212	1:04:14	6,072	4:28:19	5,814	<b>0,334</b>
219		97	CASTIÑEIRAS ABAL Jose Alfons	Car Marisqueiro	MAS (130)	1:20:24	4,925	1:01:23	6,011	1:15:40	5,352	1:09:36	5,603	4:47:05	5,434	<b>0,334</b>
220		13	ALCALDE GARCÍA Francisco	ltrekkers	MAS (131)	1:10:29	5,618	1:06:47	5,525	1:25:46	4,722	1:10:14	5,553	4:53:18	5,319	<b>0,334</b>
221		408	REY ROMERO José Antonio	Ninguno	MAS (132)	1:14:57	5,284	1:00:41	6,081	1:11:59	5,626	1:03:13	6,169	4:30:51	5,760	<b>0,335</b>
222		139	DIESTE FERNANDEZ Gonzalo	Arca Do Barbanza	MAS (133)	1:17:48	5,090	1:11:14	5,180	1:32:50	4,363	1:12:58	5,345	5:14:51	4,955	<b>0,336</b>
223	90	221	GONZÁLEZ GARCÍA Carolina	ltbs	FEM (90)	1:08:11	5,808	0:58:15	6,335	1:08:51	5,882	0:58:05	6,714	4:13:23	6,157	<b>0,340</b>
224		19	ALVAREZ RODRIGUEZ Jose	Xistra	MAS (134)	1:15:24	5,252	1:04:30	5,721	1:23:02	4,878	1:07:34	5,772	4:50:31	5,370	<b>0,341</b>
225		504	YAÑEZ GONZALEZ Aladino Manu	Club De Montaña Ferrol	MAS (135)	1:25:02	4,657	1:06:43	5,531	1:17:10	5,248	1:07:53	5,745	4:56:50	5,255	<b>0,343</b>
226	91	58	BOTANA GARCÍA Rocío	No	FEM (91)	1:22:57	4,774	1:08:44	5,369	1:19:06	5,120	1:05:59	5,911	4:56:47	5,256	<b>0,346</b>
227		218	GONZÁLEZ DAVILA Tomas	ltvs	MAS (136)	1:19:20	4,992	1:07:33	5,463	1:21:57	4,942	1:06:32	5,862	4:55:23	5,281	<b>0,348</b>
228	92	353	PEREIRO RIBEIRO Antonia	Cabreira Racing	FEM (92)	1:25:57	4,607	1:11:33	5,157	1:31:52	4,409	1:14:18	5,249	5:23:41	4,820	<b>0,348</b>
229		90	CARTELLE TRABAZOS Manuel	No	MAS (137)	1:27:43	4,515	1:14:28	4,955	1:25:48	4,720	1:08:43	5,675	5:16:43	4,926	<b>0,349</b>
230		384	POUSO MANEIRO José	Coira Team	MAS (138)	1:00:46	6,517	0:57:12	6,451	1:08:24	5,921	0:53:45	7,256	4:00:09	6,496	<b>0,350</b>
231		171	FERNANDEZ PRIETO Francisco	Xistra	MAS (139)	1:28:03	4,497	1:14:10	4,975	1:32:32	4,377	1:13:32	5,304	5:28:18	4,752	<b>0,351</b>
232	93	54	BLANCO VILARIÑO Laura	K2 Ordes	FEM (93)	1:22:23	4,807	1:07:42	5,451	1:19:56	5,067	1:06:46	5,841	4:56:47	5,256	<b>0,354</b>
233		249	INSUA VARELA Juan Severino	Trabandainas	MAS (140)	1:06:11	5,983	0:59:54	6,160	1:17:41	5,213	1:11:00	5,493	4:34:47	5,677	<b>0,359</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
234		95	<b>CASTAÑO BASCOY Raimundo</b>	Itbs	MAS (141)	1:10:53	5,587	0:55:34	6,641	1:06:37	6,080	1:00:19	6,466	4:13:23	6,157	<b>0,360</b>
235		168	<b>FERNÁNDEZ HERMIDA J. Manuel</b>	La Purísima	MAS (142)	0:56:48	6,972	0:54:06	6,821	1:09:06	5,861	1:00:09	6,484	4:00:11	6,495	<b>0,362</b>
236		264	<b>LÓPEZ CASAL José Manuel</b>	O Caxado	MAS (143)	1:06:34	5,949	1:00:49	6,067	1:17:46	5,208	1:01:29	6,343	4:26:40	5,850	<b>0,362</b>
237	94	486	<b>VÁZQUEZ COTO Auri</b>	Ninguno	FEM (94)	1:12:18	5,477	1:00:13	6,128	1:12:58	5,550	1:01:26	6,348	4:26:55	5,845	<b>0,362</b>
238		494	<b>VIDAL VILLAR Mario</b>	No	MAS (144)	1:08:52	5,750	0:59:11	6,235	1:11:14	5,686	0:58:38	6,652	4:17:56	6,048	<b>0,363</b>
239		300	<b>MARTINEZ NUÑEZ Manuel</b>	Xistra	MAS (145)	1:09:43	5,680	0:58:29	6,309	1:09:46	5,805	0:58:48	6,633	4:16:47	6,075	<b>0,365</b>
240		332	<b>DO PAZO DIAZ Xose</b>	Montaña Xistra	MAS (146)	1:09:37	5,688	1:02:54	5,866	1:16:05	5,323	0:59:03	6,605	4:27:39	5,829	<b>0,365</b>
241		288	<b>MARCOS BELLO Manuel Antonio</b>	Ares	MAS (147)	1:10:03	5,653	1:07:01	5,506	1:28:54	4,556	1:15:50	5,143	5:01:49	5,169	<b>0,365</b>
242		181	<b>FORMOSO VARELA Sergio</b>	Non Hay	MAS (148)	1:23:22	4,750	1:01:58	5,955	1:14:45	5,418	1:09:10	5,639	4:49:17	5,393	<b>0,369</b>
243		462	<b>SOTO AMIL José F.</b>	Xistra	MAS (149)	1:09:53	5,667	0:58:17	6,331	1:09:44	5,808	0:58:50	6,629	4:16:44	6,076	<b>0,371</b>
244		352	<b>PEREIRA GARCÍA Mario</b>		MAS (150)	1:22:32	4,798	1:07:48	5,442	1:24:20	4,802	1:08:57	5,656	5:03:38	5,138	<b>0,375</b>
245		207	<b>GARCÍA SUÁREZ Jose Antonio</b>	Non Federado	MAS (151)	1:05:40	6,030	1:04:29	5,722	1:23:02	4,878	1:08:15	5,714	4:41:27	5,543	<b>0,376</b>
246		182	<b>FORNOS CORRAL Rosendo</b>	Club De Montaña O Caxado	MAS (152)	1:06:33	5,950	1:00:39	6,084	1:18:08	5,183	1:01:20	6,359	4:26:40	5,850	<b>0,377</b>
247	95	459	<b>SOENGAS THIERY Sophie</b>	Nordic Walking Lugo	FEM (95)	1:09:20	5,712	1:06:07	5,581	1:24:46	4,778	1:06:14	5,888	4:46:29	5,445	<b>0,378</b>
248		409	<b>REY SAA Guillermo</b>	Club De Montaña Ferrol	MAS (153)	1:25:13	4,647	1:06:33	5,545	1:19:30	5,094	1:08:20	5,707	4:59:38	5,206	<b>0,378</b>
249		490	<b>VIDAL PEREZ José Vicente</b>	Sin Club	MAS (154)	1:10:07	5,648	1:06:30	5,549	1:26:54	4,661	1:17:41	5,020	5:01:14	5,179	<b>0,379</b>
250	96	99	<b>CASTRO ARAGUNDE Lorena</b>	No	FEM (96)	1:09:40	5,684	0:56:11	6,568	1:10:14	5,766	1:00:47	6,416	4:16:53	6,073	<b>0,383</b>
251		479	<b>TRIÑANES FERNANDEZ José Ger</b>	Itbs	MAS (155)	1:20:18	4,932	1:06:34	5,543	1:22:04	4,935	1:06:34	5,859	4:55:31	5,279	<b>0,384</b>
252		338	<b>PADÍN CORES Carlos</b>	.	MAS (156)	1:20:44	4,905	1:10:39	5,223	1:24:56	4,768	1:05:02	5,997	5:01:24	5,176	<b>0,386</b>
253		339	<b>PADÍN RIVEIRO Marcos</b>	.	MAS (157)	1:20:41	4,908	1:10:41	5,220	1:24:59	4,766	1:05:00	6,000	5:01:21	5,177	<b>0,387</b>
254		386	<b>PRIETO OTERO Juan Ramón</b>	Nada	MAS (158)	1:09:43	5,680	0:56:08	6,574	1:10:23	5,754	1:00:40	6,429	4:16:55	6,072	<b>0,392</b>
255	97	79	<b>CANALES CRIADO Almudena</b>	Arom Pontevedra Montañeiros A	FEM (97)	1:05:28	6,049	1:05:41	5,618	1:21:55	4,944	1:15:43	5,151	4:48:48	5,402	<b>0,393</b>
256		257	<b>LEIRACHÁ GRAÑA Antonio</b>	O Caxado	MAS (159)	1:14:24	5,323	1:12:40	5,078	1:39:02	4,090	1:22:32	4,725	5:28:40	4,746	<b>0,396</b>
257	98	206	<b>GARCIA RODRIGUEZ Uxia</b>	No Tengo	FEM (98)	1:16:41	5,164	1:05:57	5,595	1:23:06	4,874	1:04:41	6,029	4:50:26	5,371	<b>0,397</b>
258	99	65	<b>BUENDIA PEREZ Maria Elena</b>	C.A.R,marisqueiro	FEM (99)	1:23:18	4,754	1:11:19	5,174	1:33:58	4,310	1:11:08	5,483	5:19:44	4,879	<b>0,398</b>
259		441	<b>ROMERO PEREZ Gerardo</b>	Trabandainas	MAS (160)	1:06:48	5,928	1:08:53	5,357	1:21:01	4,999	1:04:44	6,025	4:41:29	5,542	<b>0,399</b>
260		30	<b>AYASO SAINZ Daniel</b>	Ninguno	MAS (161)	1:06:39	5,941	0:53:24	6,910	1:04:02	6,325	0:56:02	6,960	4:00:09	6,496	<b>0,401</b>
261	100	400	<b>REQUEJO FERNÁNDEZ Luisa</b>	Peña Trevinca Montañeiros De G	FEM (100)	1:23:42	4,731	1:11:01	5,196	1:27:13	4,644	1:07:27	5,782	5:09:24	5,042	<b>0,401</b>
262		399	<b>REQUEJO FERNÁNDEZ Demetrio</b>	Club Peña Trevinca O Barco	MAS (162)	1:23:54	4,720	1:11:08	5,187	1:27:03	4,652	1:07:22	5,789	5:09:29	5,041	<b>0,401</b>
263	101	320	<b>MOSQUERA NOYA Maite</b>	Cdm Vértice	FEM (101)	1:24:38	4,679	1:12:26	5,094	1:31:37	4,421	1:09:31	5,610	5:18:14	4,902	<b>0,401</b>
264	102	401	<b>REQUEJO FERNÁNDEZ Marga</b>	Libre	FEM (102)	1:23:43	4,730	1:11:10	5,185	1:27:15	4,642	1:07:16	5,798	5:09:26	5,041	<b>0,402</b>
265		410	<b>REY VAZQUEZ Juan Carlos</b>	.	MAS (163)	1:20:39	4,910	1:04:59	5,678	1:18:36	5,153	1:05:02	5,997	4:49:17	5,393	<b>0,403</b>
266	103	167	<b>FERNÁNDEZ GONZÁLEZ Mercedes</b>	Ninguno	FEM (103)	1:20:39	4,910	1:04:59	5,678	1:18:36	5,153	1:05:00	6,000	4:49:16	5,393	<b>0,404</b>
267		55	<b>BONOME CARREIRA Daniel</b>	Club Montaña Ferrol	MAS (164)	1:20:57	4,892	1:05:47	5,609	1:18:40	5,148	1:04:26	6,053	4:49:52	5,382	<b>0,405</b>
268		448	<b>SANCHEZ MATO Arturo</b>	Cabreira Racing	MAS (165)	1:25:06	4,653	1:12:16	5,106	1:32:26	4,382	1:09:59	5,573	5:19:48	4,878	<b>0,411</b>



Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
269		37	<b>BARCIA PAVON Víctor</b>	Independiente	MAS (166)	1:14:35 5,309	1:02:23 5,915	1:12:19 5,600	0:58:41 6,646	4:28:00 5,821	<b>0,413</b>
270		36	<b>BARCIA CERQUEIRO David</b>	Independiente	MAS (167)	1:14:36 5,308	1:02:23 5,915	1:12:21 5,598	0:58:38 6,652	4:27:59 5,821	<b>0,415</b>
271	104	32	<b>BALAYO CAAMAÑO Andrea</b>	Trabandainas	FEM (104)	1:28:52 4,456	1:11:31 5,160	1:27:22 4,636	1:09:45 5,591	5:17:31 4,913	<b>0,415</b>
272	105	24	<b>ARES ROMERO Inés</b>	Trabandainas	FEM (105)	1:21:27 4,862	1:05:40 5,619	1:18:51 5,136	1:04:27 6,051	4:50:26 5,371	<b>0,418</b>
273		337	<b>PADÍN CORES Alberto</b>	.	MAS (168)	1:21:42 4,847	1:09:37 5,300	1:24:55 4,769	1:05:07 5,989	5:01:21 5,177	<b>0,418</b>
274		272	<b>BOUZAS PORTAS Julian</b>	Sachacamiños	MAS (169)	1:23:55 4,719	1:13:27 5,024	1:33:51 4,315	1:08:36 5,685	5:19:51 4,877	<b>0,418</b>
275	106	460	<b>SOTELO CORBACHO Eva</b>	.	FEM (106)	1:21:44 4,845	1:09:34 5,304	1:24:55 4,769	1:05:07 5,989	5:01:21 5,177	<b>0,420</b>
276		33	<b>BAÑA ESPERANTE Manuel</b>	Trabandainas	MAS (170)	1:11:57 5,504	0:58:03 6,357	1:08:04 5,950	0:57:18 6,806	4:15:24 6,108	<b>0,427</b>
277		114	<b>COMESAÑA TIAL Manuel</b>	Xistra	MAS (171)	1:08:36 5,773	1:00:40 6,082	1:12:44 5,568	0:55:59 6,966	4:18:00 6,047	<b>0,427</b>
278		216	<b>GONZALEZ CAMBEIRO Jose</b>	Trabandainas	MAS (172)	1:10:52 5,588	1:00:20 6,116	1:12:41 5,572	0:57:46 6,751	4:21:40 5,962	<b>0,427</b>
279		169	<b>FERNÁNDEZ OITABEN Julio</b>	Xistra	MAS (173)	1:09:12 5,723	1:00:04 6,143	1:13:32 5,508	0:57:21 6,800	4:20:11 5,996	<b>0,428</b>
280	107	83	<b>CAO NOYA Dalia</b>	Canaltec Racing	FEM (107)	1:05:43 6,026	0:58:03 6,357	1:10:17 5,762	1:18:23 4,976	4:32:27 5,726	<b>0,429</b>
281		447	<b>SANCHEZ DEL VALLE Pablo</b>	Nordic Walking Lugo	MAS (174)	0:59:28 6,659	0:54:46 6,738	1:07:13 6,025	1:08:59 5,654	4:10:28 6,228	<b>0,430</b>
282		205	<b>GARCIA RIAL Fernando Esteban</b>	Ninguno	MAS (175)	1:05:37 6,035	1:01:09 6,034	1:24:06 4,816	1:10:35 5,525	4:41:29 5,542	<b>0,432</b>
283		390	<b>QUEREJETA AMOEDO Segundo</b>	Aromon	MAS (176)	1:06:18 5,973	1:02:58 5,860	1:23:46 4,835	1:14:04 5,266	4:47:07 5,433	<b>0,433</b>
284		50	<b>BLANCO GABANCHO Borja</b>	Individual	MAS (177)	1:20:27 4,922	1:06:00 5,591	1:19:52 5,071	1:03:29 6,143	4:49:50 5,382	<b>0,435</b>
285	108	3	<b>ABELLÁS ALVAREZ Ramona</b>	Aromon Montañeiros A Roelo	FEM (108)	1:06:20 5,970	1:04:49 5,693	1:22:58 4,881	1:17:35 5,027	4:51:43 5,348	<b>0,438</b>
286		153	<b>EIRAS PEREZ Isaac</b>	Club De Sendeirismo Trabandain	MAS (178)	1:18:47 5,026	1:01:00 6,049	1:14:14 5,456	1:02:56 6,197	4:36:58 5,632	<b>0,441</b>
287		273	<b>LORENZO BARCALA Ramón</b>	No	MAS (179)	1:10:17 5,634	0:56:25 6,541	1:08:08 5,944	0:57:13 6,816	4:12:04 6,189	<b>0,444</b>
288	109	140	<b>DIESTE REGADES Isabel</b>	Arca Do Barbanza	FEM (109)	1:10:49 5,592	0:55:52 6,605	1:08:23 5,922	0:58:20 6,686	4:13:26 6,155	<b>0,444</b>
289	110	263	<b>LÓPEZ CAMPOS Sabela</b>	Individual	FEM (110)	1:20:52 4,897	1:05:46 5,611	1:19:42 5,082	1:03:27 6,147	4:49:48 5,383	<b>0,445</b>
290		470	<b>TOJO MOLEDO Alberto</b>	No	MAS (180)	1:11:03 5,574	1:02:11 5,934	1:16:29 5,295	0:58:00 6,724	4:27:45 5,826	<b>0,447</b>
291		334	<b>OTERO MOSQUERA Fernando</b>	Ninguno	MAS (181)	1:12:55 5,431	1:00:20 6,116	1:17:31 5,225	1:01:22 6,355	4:32:09 5,732	<b>0,454</b>
292	111	84	<b>CARAMES GONZALEZ Silvia</b>	Trabandainas	FEM (111)	1:09:06 5,731	1:04:31 5,719	1:22:17 4,922	0:58:31 6,665	4:34:27 5,684	<b>0,456</b>
293		444	<b>SAIZ RUIZ Norberto</b>	Running Sport Trail	MAS (182)	1:25:50 4,614	1:11:59 5,126	1:28:04 4,599	1:05:49 5,926	5:11:45 5,004	<b>0,460</b>
294		10	<b>AGUIÓN BOUZAS Luís</b>	Arom Pontevedra Montañeiros A	MAS (183)	1:06:02 5,997	1:03:13 5,837	1:23:57 4,824	1:15:36 5,159	4:48:50 5,401	<b>0,462</b>
295		111	<b>CHAO LOMBARDEIRO Senen</b>	Mondoñedo	MAS (184)	1:24:34 4,683	1:07:32 5,464	1:33:12 4,345	1:12:02 5,414	5:17:22 4,915	<b>0,462</b>
296		154	<b>ESTEVEZ MARTINEZ Jairo</b>	Independiente	MAS (185)	1:25:32 4,630	1:15:37 4,880	1:33:08 4,349	1:05:30 5,954	5:19:48 4,878	<b>0,464</b>
297	112	452	<b>SANTOS MORALES Susan</b>	Pulpeiros Mugar dos	FEM (112)	1:25:43 4,620	1:11:39 5,150	1:28:30 4,576	1:05:52 5,921	5:11:44 5,004	<b>0,469</b>
298		40	<b>BARREIRO GOMEZ Juan Jose</b>	Sociedad De Montaña Artabros	MAS (186)	1:24:15 4,700	1:07:37 5,457	1:17:18 5,239	1:01:14 6,369	4:50:26 5,371	<b>0,471</b>
299		487	<b>VIAÑO LISTE Carlos</b>	K2ordes	MAS (187)	1:19:11 5,001	1:01:27 6,005	1:30:04 4,497	1:12:33 5,376	5:03:17 5,144	<b>0,471</b>
300		39	<b>BARREIRO FABREGAS Isabel</b>	Ningun	MAS (188)	1:12:54 5,432	0:58:25 6,317	1:10:38 5,734	0:57:52 6,740	4:19:50 6,004	<b>0,472</b>
301		440	<b>ROMAY GOMEZ Cesar</b>	Cornelios	MAS (189)	1:25:54 4,610	1:11:34 5,156	1:28:29 4,577	1:05:51 5,923	5:11:50 5,003	<b>0,473</b>
302	113	92	<b>CASAIS RODRÍGUEZ Maria</b>	No	FEM (113)	1:24:10 4,705	1:07:40 5,453	1:25:15 4,751	1:06:00 5,909	5:03:07 5,147	<b>0,477</b>
303		365	<b>PÉREZ PÉREZ Juan Andrés</b>	Excursionistas	MAS (190)	1:25:58 4,606	1:11:24 5,168	1:28:31 4,575	1:05:52 5,921	5:11:46 5,004	<b>0,477</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
304	114	284	MANEIRO CAAMAÑO Vanessa	Ningún	FEM (114)	1:12:52	5,435	0:58:17	6,331	1:10:46	5,723	0:57:52	6,740	4:19:49	6,004	<b>0,478</b>
305		107	CASTRO SILVA Fco. Javier	Jcs	MAS (191)	1:20:52	4,897	1:01:57	5,956	1:14:32	5,434	1:01:55	6,299	4:39:18	5,585	<b>0,481</b>
306		464	SUÁREZ BLANCO Antonio	Independiente	MAS (192)	1:25:06	4,653	1:14:03	4,983	1:40:53	4,015	1:09:09	5,640	5:29:13	4,739	<b>0,489</b>
307	115	109	CERVIÑO PEREIRA Rosario	Libre	FEM (115)	1:20:55	4,894	1:01:43	5,979	1:14:44	5,419	1:01:55	6,299	4:39:18	5,585	<b>0,491</b>
308		369	PEREZ VAZQUEZ Enrique	Trabandainas	MAS (193)	1:20:33	4,916	1:06:30	5,549	1:24:10	4,812	1:03:14	6,168	4:54:28	5,298	<b>0,497</b>
309		476	TOURIÑO LADO Luis Angel	Car Marisqueiro	MAS (194)	1:17:45	5,093	0:59:18	6,223	1:12:52	5,558	1:00:26	6,453	4:30:22	5,770	<b>0,506</b>
310		250	JALLAS RODRÍGUEZ José Antoni	Independiente	MAS (195)	1:12:48	5,440	1:00:25	6,108	1:18:05	5,187	0:59:32	6,551	4:30:52	5,759	<b>0,508</b>
311	116	141	DÍEZ BERMÚDEZ Silvia	Egovarros De Viveiro	FEM (116)	1:11:47	5,517	0:57:29	6,419	1:09:25	5,834	0:55:50	6,985	4:14:32	6,129	<b>0,514</b>
312	117	251	JUNCAL Ana	K2 Ordes	FEM (117)	1:21:14	4,875	1:03:39	5,797	1:25:09	4,756	1:05:26	5,960	4:55:29	5,279	<b>0,531</b>
313		17	ÁLVAREZ MARIÑO Ramón	Andainas	MAS (196)	1:06:35	5,947	1:01:28	6,003	1:12:24	5,594	0:52:45	7,393	4:13:14	6,160	<b>0,542</b>
314		60	BOULLON AGRELO Carlos	International Trekkers Barbanza S	MAS (197)	1:22:15	4,815	1:07:55	5,433	1:26:19	4,692	1:01:57	6,295	4:58:28	5,227	<b>0,555</b>
315	118	451	SANTOS MIRANDA Eva	No	FEM (118)	0:57:20	6,907	0:50:08	7,360	1:03:03	6,423	1:09:30	5,612	4:00:03	6,499	<b>0,558</b>
316	119	144	DOMÍNGUEZ Elena	Aviva Sport	FEM (119)	1:08:55	5,746	1:02:14	5,929	1:31:15	4,438	1:07:41	5,762	4:50:06	5,377	<b>0,561</b>
317	120	330	ORTEGA NAVAS Beatriz	Non	FEM (120)	1:12:42	5,447	1:04:16	5,742	1:17:28	5,228	0:54:37	7,141	4:29:04	5,798	<b>0,580</b>
318		226	GONZÁLEZ LOPEZ Ruben	Ninguno	MAS (198)	1:03:39	6,222	1:05:11	5,661	1:31:38	4,420	1:09:16	5,630	4:49:46	5,384	<b>0,581</b>
319	121	66	BUJÁN GONZÁLEZ Ana María	International Trekkers Barbanza S	FEM (121)	1:22:09	4,820	1:07:55	5,433	1:27:02	4,653	1:01:15	6,367	4:58:23	5,228	<b>0,581</b>
320		242	IBARRA Fernando	Aviva Sport	MAS (199)	1:08:52	5,750	1:01:35	5,992	1:31:57	4,405	1:07:41	5,762	4:50:06	5,377	<b>0,586</b>
321		434	RODRIGUEZ RODRIGUEZ Rodrig	Corme	MAS (200)	1:23:10	4,762	1:08:24	5,395	1:27:09	4,647	0:59:55	6,509	4:58:39	5,224	<b>0,623</b>
322		424	RODRIGUEZ CASTRO Jose Manu	Corme	MAS (201)	1:23:07	4,764	1:08:26	5,392	1:27:16	4,641	0:59:47	6,524	4:58:38	5,224	<b>0,627</b>
323		51	BLANCO GARCÍA Marcos	No	MAS (202)	1:12:02	5,497	1:07:25	5,473	1:20:34	5,027	0:53:58	7,227	4:34:00	5,693	<b>0,654</b>
324		35	BARCALA SANDE Marcos	Ningún	MAS (203)	1:12:02	5,497	1:07:26	5,472	1:20:33	5,028	0:53:56	7,231	4:33:58	5,694	<b>0,655</b>
325		477	TRIGO BAO Manuel	Cdm Vertice	MAS (204)	0:55:57	7,078	0:51:36	7,151	1:12:05	5,618	1:08:42	5,677	4:08:20	6,282	<b>0,733</b>
326		20	ALVAREZ TRINCADO Juan	Atletismo Rua	MAS (205)	0:55:57	7,078	0:51:35	7,153	1:12:13	5,608	1:08:34	5,688	4:08:20	6,282	<b>0,734</b>
327		501	VILLANUSTRE FERNÁNDEZ José	Club De Senderismo Trabandaina	MAS (206)	0:51:44	7,655	0:51:48	7,124	1:03:30	6,378	1:13:19	5,319	4:00:23	6,490	<b>0,770</b>
328		362	PÉREZ GONZÁLEZ Joaquín	Trabandainas	MAS (207)	0:52:57	7,479	0:49:17	7,487	1:01:23	6,598	1:16:38	5,089	4:00:17	6,492	<b>0,872</b>
329		375	PINO ALMOFREY Isidoro	No	MAS (208)	1:22:45	4,785	0:59:22	6,216	1:04:05	6,320	0:48:25	8,055	4:14:39	6,126	<b>0,888</b>
330		128	CUBREIRO DIOS Cesar	Trabandainas	MAS (209)	0:50:57	7,772	0:49:35	7,442	1:03:44	6,355	1:16:00	5,132	4:00:18	6,492	<b>0,932</b>
331		392	RAMOS GARCIA Juan Carlos	No	MAS (210)	1:08:10	5,809	0:57:54	6,373	1:43:02	3,931	1:00:04	6,493	4:49:12	5,394	<b>0,988</b>
332		291	MARIÑO MARIÑO Antonio	Itbs	MAS (211)	1:10:41	5,602	1:06:25	5,556	1:48:12	3,743	0:45:31	8,568	4:50:52	5,363	<b>1,313</b>
333	122	16	ALVAREZ BALADO Mercedes	No	FEM (122)	1:28:13	4,489	1:21:08	4,548	1:36:17	4,206	1:21:48	4,768	5:47:28	4,490	<b>1,551</b>
334		98	CASTIÑEIRAS AYASO Manuel Ra	Sachacamiños	MAS (212)	1:30:49	4,360	1:30:10	4,092	1:29:39	4,518	1:24:49	4,598	5:55:29	4,388	<b>1,657</b>
335	123	383	POSE LOPEZ Ana	Ningún	FEM (123)	1:29:09	4,442	1:19:25	4,646	1:41:11	4,003	1:29:20	4,366	5:59:06	4,344	<b>1,905</b>
336	124	458	SIXTO RODRÍGUEZ Laura	No	FEM (124)	1:29:08	4,443	1:19:25	4,646	1:41:13	4,001	1:29:16	4,369	5:59:04	4,345	<b>1,917</b>
337	125	265	LOPEZ CASTRO Concepcion	No	FEM (125)	1:30:01	4,399	1:19:19	4,652	1:36:20	4,204	1:21:45	4,771	5:47:26	4,490	<b>2,045</b>
338	126	236	GUEDA FIDALGO Belén	Independiente	FEM (126)	1:28:17	4,486	1:19:47	4,625	1:32:42	4,369	1:16:53	5,073	5:37:40	4,620	<b>2,107</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
339		496	<b>VIGO DOMÍNGUEZ Eduardo</b>	Non	MAS (213)	1:26:14 4,592	1:20:19 4,594	1:38:18 4,120	1:21:29 4,786	5:46:21 4,504	<b>2,109</b>
340	127	341	<b>PALOMANES FERNANDEZ Conch</b>	Independiente	FEM (127)	1:27:23 4,532	1:20:42 4,572	1:32:43 4,368	1:16:49 5,077	5:37:38 4,620	<b>2,115</b>
341	128	116	<b>CONDE RODRÍGUEZ Noelia</b>	Non	FEM (128)	1:26:13 4,593	1:20:21 4,592	1:38:20 4,119	1:21:23 4,792	5:46:17 4,505	<b>2,123</b>
342	129	497	<b>VILAR FERNÁNDEZ Sara</b>	Ninguno	FEM (129)	1:24:15 4,700	1:15:54 4,862	1:34:12 4,299	1:16:17 5,113	5:30:40 4,718	<b>2,435</b>
343		238	<b>HERMIDA VAZQUEZ Miguel</b>	Cabreira Racing	MAS (214)	1:24:43 4,674	1:14:49 4,932	1:37:08 4,170	1:21:48 4,768	5:38:30 4,609	<b>2,466</b>
344	130	222	<b>GONZALEZ GIL Isabel</b>	Ninguno	FEM (130)	1:24:16 4,699	1:14:12 4,973	1:37:03 4,173	1:22:49 4,709	5:38:21 4,611	<b>2,468</b>
345	131	442	<b>ROO MAROÑAS Gema</b>	Ningun	FEM (131)	1:24:11 4,704	1:15:58 4,857	1:34:09 4,302	1:15:50 5,143	5:30:10 4,725	<b>2,487</b>
346		314	<b>MONTERO HERNÁNDEZ Julian</b>	Nordic Walking Lugo	MAS (215)	1:23:43 4,730	1:20:51 4,564	1:36:37 4,192	1:17:40 5,021	5:38:53 4,603	<b>2,489</b>
347	132	138	<b>DIEGUEZ MACIA Genoveva</b>	Cabreira Racing	FEM (132)	1:25:58 4,606	1:13:35 5,015	1:37:08 4,170	1:21:46 4,770	5:38:28 4,609	<b>2,520</b>
348	133	349	<b>PEDROSA TRILLO Ana</b>	Trabandainas	FEM (133)	1:21:17 4,872	1:16:17 4,837	1:37:20 4,161	1:26:06 4,530	5:41:02 4,574	<b>2,545</b>
349		29	<b>AVILA GARCIA Pablo</b>	Noia	MAS (216)	1:24:34 4,683	1:17:24 4,767	1:37:56 4,135	1:18:53 4,944	5:38:48 4,604	<b>2,622</b>
350		311	<b>MESA LÓPEZ Óscar</b>	Independiente	MAS (217)	1:23:50 4,724	1:19:20 4,651	1:38:00 4,133	1:17:42 5,019	5:38:54 4,603	<b>2,637</b>
351		91	<b>CASADO PIÑEIRO Luciano</b>	Ninguno	MAS (218)	1:25:39 4,623	1:20:09 4,604	1:43:10 3,926	1:25:21 4,569	5:54:20 4,403	<b>2,663</b>
352	134	237	<b>GUTIÉRREZ VARA Laura</b>	Ninguno	FEM (134)	1:25:26 4,635	1:20:22 4,591	1:43:13 3,924	1:25:20 4,570	5:54:22 4,402	<b>2,671</b>
353	135	210	<b>GOAS DIAZ Raquel</b>	Noia	FEM (135)	1:24:36 4,681	1:17:16 4,776	1:38:09 4,126	1:18:44 4,953	5:38:47 4,605	<b>2,681</b>
354		420	<b>ROCHA GONZÁLEZ Marcos</b>	Metas Imposibles Trail Team	MAS (219)	1:22:19 4,811	1:16:20 4,834	1:35:51 4,225	1:16:11 5,119	5:30:42 4,717	<b>2,757</b>
355	136	136	<b>DÍAZ ESTÉVEZ Sonia</b>	Metas Imposibles Trail Team	FEM (136)	1:22:55 4,776	1:15:45 4,871	1:35:47 4,228	1:16:02 5,129	5:30:29 4,720	<b>2,769</b>
356	137	351	<b>PENA PAZ Mª Dolores</b>	Sachacamiños	FEM (137)	1:26:13 4,593	1:19:01 4,670	1:37:40 4,147	1:15:01 5,199	5:37:57 4,616	<b>2,824</b>
357	138	308	<b>MEIZOSO PERMUY Maria Elena</b>	Club Montaña O Caxado	FEM (138)	1:23:15 4,757	1:15:13 4,906	1:38:00 4,133	1:18:20 4,979	5:34:48 4,659	<b>2,973</b>
358		118	<b>CORRAL BELLAS Antonio</b>	Club Montaña O Caxado	MAS (220)	1:23:14 4,758	1:15:24 4,894	1:38:08 4,127	1:17:59 5,001	5:34:48 4,659	<b>3,012</b>
359		340	<b>PAJÓN LÓPEZ Jose Manuel</b>	Club Montaña Ferrol	MAS (221)	1:28:55 4,454	1:21:38 4,520	1:46:32 3,802	1:22:46 4,712	5:59:53 4,335	<b>3,035</b>
360		179	<b>FONTÁN GARCÍA Alberto</b>	No	MAS (222)	1:23:21 4,751	1:17:02 4,790	1:39:28 4,072	1:18:21 4,978	5:38:13 4,612	<b>3,053</b>
361	139	503	<b>VIQUEIRA REGUEIRO Yolanda</b>	No	FEM (139)	1:24:02 4,712	1:16:11 4,844	1:39:29 4,071	1:18:28 4,970	5:38:12 4,613	<b>3,070</b>
362	140	23	<b>AREA FERNÁNDEZ Pilar</b>	Club Montaña Ferrol	FEM (140)	1:28:46 4,461	1:21:47 4,512	1:46:37 3,799	1:22:22 4,735	5:59:34 4,339	<b>3,078</b>
363		271	<b>LÓPEZ SÁNCHEZ José Daniel</b>	Sachacamiños	MAS (223)	1:23:36 4,737	1:21:39 4,519	1:45:24 3,843	1:24:48 4,599	5:55:28 4,389	<b>3,087</b>
364	141	279	<b>LOURIDO ROMERO Rita</b>	Sachacamiños	FEM (141)	1:23:34 4,739	1:21:40 4,518	1:45:31 3,838	1:24:40 4,606	5:55:27 4,389	<b>3,114</b>
365	142	94	<b>CASAL LÓPEZ María Ángeles</b>	Club De Montaña Ferrol	FEM (142)	1:28:52 4,456	1:19:41 4,631	1:46:56 3,787	1:24:05 4,638	5:59:35 4,338	<b>3,151</b>
366	143	393	<b>RANCAÑO ULLA Marisol</b>	Independiente	FEM (143)	1:23:50 4,724	1:20:38 4,576	1:39:22 4,076	1:15:07 5,192	5:38:58 4,602	<b>3,155</b>
367	144	436	<b>RODRÍGUEZ RODRÍGUEZ Gracia</b>	Nordic Walking Lugo	FEM (144)	1:23:51 4,723	1:19:58 4,614	1:40:00 4,050	1:15:07 5,192	5:38:57 4,602	<b>3,183</b>
368	145	432	<b>RODRÍGUEZ MARTÍNEZ Maricruz</b>	Xesteiras	FEM (145)	1:28:48 4,459	1:13:07 5,047	1:39:24 4,074	1:21:52 4,764	5:43:12 4,545	<b>3,190</b>
369		70	<b>CAAMAÑO CERNADAS Enrique</b>	Trabandainas	MAS (224)	1:18:44 5,030	1:18:20 4,711	1:40:16 4,039	1:21:05 4,810	5:38:27 4,609	<b>3,229</b>
370	146	331	<b>OTERO CASTRO Ana María</b>	Club De Montaña Ferrol	FEM (146)	1:28:54 4,454	1:19:10 4,661	1:47:24 3,771	1:24:08 4,635	5:59:37 4,338	<b>3,259</b>
371		123	<b>COUCEIRO DORELLE José Luis</b>	Xesteiras	MAS (225)	1:28:33 4,472	1:12:27 5,093	1:39:15 4,081	1:21:50 4,766	5:42:06 4,560	<b>3,267</b>
372	147	267	<b>LÓPEZ FERNÁNDEZ Inés</b>	Club De Montaña Ferrol	FEM (147)	1:29:02 4,448	1:19:01 4,670	1:47:24 3,771	1:24:04 4,639	5:59:33 4,339	<b>3,268</b>
373	148	102	<b>CASTRO MAESTRE María Del Mar</b>	Nordic Walking Lugo	FEM (148)	1:24:00 4,714	1:20:28 4,586	1:46:16 3,811	1:24:21 4,624	5:55:07 4,393	<b>3,314</b>

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
374	149	372	<b>PIEDRAS DE JESUS Eva María</b>	Congostra	FEM (149)	1:21:00	4,889	1:19:13	4,658	1:40:36	4,026	1:17:33	5,029	5:38:24	4,610	<b>3,321</b>
375		467	<b>TAIBO PÉREZ Juan David</b>	Sen Clube	MAS (226)	1:22:47	4,784	1:10:43	5,218	1:32:47	4,365	1:30:35	4,305	5:36:54	4,630	<b>3,325</b>
376		294	<b>MARTÍNEZ BARRAL Luis</b>	Trabandainas	MAS (227)	1:20:27	4,922	1:15:29	4,888	1:41:47	3,979	1:27:26	4,461	5:45:10	4,520	<b>3,428</b>
377		285	<b>MANSO DÍAZ Alfonso</b>	Club De Montaña Ferrol	MAS (228)	1:25:12	4,648	1:21:52	4,507	1:48:30	3,733	1:24:14	4,630	5:59:50	4,335	<b>3,452</b>
378		449	<b>SANDOVAL PÉREZ Ramón</b>	Aviva Sport Club	MAS (229)	1:29:07	4,444	1:16:42	4,811	1:34:21	4,293	1:12:56	5,347	5:33:07	4,683	<b>3,554</b>
379		152	<b>DURO BOGA Angel Andres</b>	Sin Club	MAS (230)	1:24:59	4,660	1:17:02	4,790	1:37:58	4,134	1:11:30	5,455	5:31:30	4,706	<b>3,625</b>
380		38	<b>BARONA ROEL Rubén</b>	No	MAS (231)	1:24:58	4,661	1:16:55	4,797	1:38:07	4,128	1:11:26	5,460	5:31:28	4,706	<b>3,672</b>
381	150	488	<b>VIDAL GOMEZ Jessica</b>	Deshauciados	FEM (150)	1:24:59	4,660	1:16:53	4,799	1:38:14	4,123	1:11:28	5,457	5:31:36	4,704	<b>3,684</b>
382	151	191	<b>FRESCO OTERO Susana</b>	Senderismo Galego	FEM (151)	1:22:10	4,819	1:18:14	4,717	1:45:11	3,850	1:20:44	4,831	5:46:19	4,505	<b>3,768</b>
383	152	106	<b>CASTRO SERANTES María De Lo</b>	O Caxado	FEM (152)	1:19:38	4,973	1:10:42	5,219	1:40:03	4,048	1:24:25	4,620	5:34:49	4,659	<b>3,810</b>
384		429	<b>RODRÍGUEZ HOLGUIN German</b>	La Purisima	MAS (232)	1:24:09	4,706	1:16:59	4,793	1:39:43	4,062	1:10:43	5,515	5:31:35	4,705	<b>3,856</b>
385	153	302	<b>MARTÍNEZ SÁNCHEZ Dolores</b>	La Purisima	FEM (153)	1:24:09	4,706	1:16:59	4,793	1:39:50	4,057	1:10:32	5,529	5:31:32	4,705	<b>3,898</b>
386		298	<b>MARTÍNEZ MARTÍNEZ José Joaqa</b>	Sachacamiños	MAS (233)	1:19:59	4,951	1:22:15	4,486	1:40:21	4,036	1:15:21	5,176	5:37:57	4,616	<b>4,014</b>
387	154	126	<b>CRUGEIRAS ROMANO Victoria</b>	Sachacamiños	FEM (154)	1:19:53	4,957	1:22:34	4,469	1:40:18	4,038	1:15:08	5,191	5:37:56	4,616	<b>4,101</b>
388		195	<b>GARCIA ANDRADE Jose</b>	.	MAS (234)	1:28:54	4,454	1:13:15	5,038	1:35:12	4,254	1:13:02	5,340	5:30:25	4,721	<b>4,172</b>
389		283	<b>MAJADAS MOURE Alejandro</b>	.	MAS (235)	1:29:00	4,449	1:13:06	5,048	1:35:26	4,244	1:12:53	5,351	5:30:27	4,721	<b>4,261</b>
390		87	<b>CAROU REY Joaquin</b>	Trabandainas	MAS (236)	1:14:04	5,347	1:18:34	4,697	1:44:41	3,869	1:21:10	4,805	5:38:31	4,608	<b>4,404</b>
391	155	450	<b>SANJURJO GAYOSO Remedios</b>	Nordic Walking Lugo	FEM (155)	1:20:51	4,898	1:15:05	4,915	1:45:12	3,850	1:16:37	5,090	5:37:46	4,619	<b>4,537</b>
392	156	100	<b>CASTRO GONZÁLEZ Ángela</b>	Nordic Ealking Lugo	FEM (156)	1:20:52	4,897	1:15:01	4,919	1:45:17	3,847	1:16:34	5,094	5:37:45	4,619	<b>4,561</b>
393		329	<b>OREJUELA Byron</b>	No	MAS (237)	1:27:50	4,509	1:20:14	4,599	1:43:56	3,897	1:05:12	5,982	5:37:13	4,626	<b>5,575</b>
394		258	<b>LEON NUÑEZ Ricardo</b>	Club Peña Trevinca Barco	MAS (238)	1:09:04	5,734	1:03:27	5,816	1:18:21	5,169	2:06:48	3,076	5:37:41	4,620	<b>11,003</b>
395	157	364	<b>PÉREZ PEREIRA Ángeles</b>	Trabaldainas	FEM (157)	1:32:38	4,275	1:27:45	4,205	1:47:34	3,765	0:51:15	7,610	5:39:14	4,599	<b>11,401</b>
396	158	277	<b>LOURIDO PENSADO Mari Carme</b>	Trabandainas	FEM (158)	1:33:05	4,254	1:27:18	4,227	1:47:36	3,764	0:51:12	7,617	5:39:13	4,599	<b>11,422</b>
FT.		6	<b>ABRALDES AMIL José</b>	No	MAS	1:22:44	4,786	1:13:29	5,022	1:33:28	4,333	1:55:15	3,384	6:04:57	4,275	
FT.		8	<b>ADRAN SUAREZ Irene</b>	Sen Club	FEM	1:28:27	4,477	1:31:01	4,054	1:48:35	3,730	1:28:57	4,384	6:17:01	4,138	
FT.		26	<b>ARIAS REY María</b>	.	FEM	1:30:40	4,368	1:26:33	4,263	1:51:03	3,647	1:30:16	4,321	6:18:33	4,121	
FT.		67	<b>BUJAN SANTOS Eduardo</b>	Raposos	MAS	0:55:05	7,189	0:49:34	7,445	0:59:08	6,849	0:51:26	7,583	3:35:14	7,248	
FT.		68	<b>BUSTELO Julio</b>	Agrodosouto.Com Tourist Sport Vi	MAS	0:47:21	8,363					0:42:45	9,123	3:03:39	8,494	
FT.		77	<b>CAMINO Javier</b>	Aficionado	MAS	1:28:36	4,470	1:20:44	4,571	1:46:09	3,815	1:29:09	4,375	6:04:39	4,278	
FT.		78	<b>CAMPOS SAMPEDRO Raquel Ana</b>	Independiente	FEM	0:59:28	6,659	0:54:50	6,729	1:05:19	6,201	0:54:03	7,216	3:53:41	6,676	
FT.		85	<b>CARBALLEIRA COIRA María Ros</b>	Club De Montaña Ferrol	FEM	1:34:27	4,193	1:37:52	3,770	1:53:09	3,579	1:24:28	4,617	6:29:58	4,000	
FT.		101	<b>CASTRO HERMIDA Bruno</b>	Sin Club	MAS	1:03:46	6,210	0:57:05	6,464	1:03:33	6,373	0:54:14	7,191	3:58:40	6,536	
FT.		103	<b>CASTRO NIETO Peregrina</b>	Trabandainas	FEM									3:06:02	8,386	
FT.		117	<b>CORDAL RODRÍGUEZ Miguel</b>	No	MAS	0:50:08	7,899	0:48:05	7,674	1:00:25	6,703	1:03:58	6,097	3:42:37	7,008	
FT.		119	<b>CORREDOIRA RIFON Jose</b>	Independiente	MAS	0:55:19	7,159	0:42:27	8,693	0:52:58	7,646	0:44:25	8,780	3:15:10	7,993	



Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1	Km/h	Par-2	Km/h	Par-3	Km/h	Par-4	Km/h	T.Final	Km/h	Desv.
FT.		145	<b>DOMÍNGUEZ DOMINGUEZ Raul</b>	Cornelios	MAS									3:15:47	7,968	
FT.		163	<b>FERNANDEZ BLANCO Zoe</b>	Ninguno	FEM	1:28:37	4,469	1:31:03	4,053	1:48:21	3,738	1:28:59	4,383	6:17:02	4,138	
FT.		165	<b>FERNÁNDEZ GARCIA Luis Miguel</b>	No	MAS	1:30:49	4,360	1:26:24	4,271	1:50:56	3,651	1:30:24	4,314	6:18:35	4,121	
FT.		173	<b>FERNÁNDEZ TRONCOSO Manuel</b>	No	MAS	1:25:32	4,630	1:18:09	4,722	1:46:05	3,818	1:35:36	4,079	6:05:23	4,269	
FT.		174	<b>FERNANDEZ-COUTO TORANZO C</b>		FEM									3:25:21	7,597	
FT.		175	<b>FERREIRO CAMPOS Miguel Ange</b>	No Pertenezco A Ninguno	MAS	0:56:03	7,065	0:51:22	7,184	1:07:54	5,965	0:56:20	6,923	3:51:40	6,734	
FT.		188	<b>FREIXEIRO CAMESELLE Xose He</b>	Clube De Montaña Xistra	MAS	1:35:11	4,160	1:25:19	4,325	1:59:00	3,403	1:25:47	4,546	6:25:18	4,049	
FT.		189	<b>FREIXEIRO LOPEZ Xose Lois</b>	Clube De Montaña Xistra	MAS	1:34:56	4,171	1:25:57	4,293	1:58:34	3,416	1:25:52	4,542	6:25:21	4,048	
FT.		190	<b>FREIXEIRO LOPEZ Alexandre</b>	Clube De Montaña Xistra	MAS	1:34:37	4,185	1:25:53	4,297	1:58:58	3,404	1:25:53	4,541	6:25:23	4,048	
FT.		197	<b>GARCIA CASTRO Fina</b>	Aficionada	FEM	1:28:20	4,483	1:21:00	4,556	1:46:19	3,809	1:29:13	4,371	6:04:54	4,275	
FT.		198	<b>GARCÍA FERNANDEZ José Anton</b>	Sen Club	MAS	1:03:53	6,199	0:52:49	6,986	1:01:47	6,555	0:52:02	7,495	3:50:32	6,767	
FT.		199	<b>GARCIA GARCIA Maria Pilar</b>	Vertice	FEM									3:13:17	8,071	
FT.		202	<b>GARCIA NÚÑEZ Alberto</b>	No	MAS	0:50:09	7,896	0:47:38	7,747	1:00:49	6,659	1:03:58	6,097	3:42:36	7,008	
FT.		203	<b>GARCÍA NÚÑEZ Jesús</b>	Toxos & Birras	MAS	0:49:40	7,973	0:48:09	7,664	0:44:59	9,003	0:39:24	9,898	3:02:13	8,561	
FT.		209	<b>GIL DOPAZO Jose Francisco</b>	Aviva Sport	MAS	1:28:03	4,497	1:22:30	4,473	1:46:37	3,799	1:48:45	3,586	6:25:57	4,042	
FT.		239	<b>HERMIDA VAZQUEZ Enrique</b>	Cabreira Racing	MAS									3:40:27	7,076	
FT.		269	<b>LOPEZ REBOIRO Antonio</b>	Ninguno	MAS	1:28:46	4,461	1:30:42	4,068	1:48:36	3,729	1:28:56	4,385	6:17:01	4,138	
FT.		270	<b>LOPEZ RODRIGUEZ Beatriz</b>	Cabreira Racing	FEM									3:40:05	7,088	
FT.		290	<b>MARIÑO DIESTE Juan Jose</b>	Os Aforcados Mtb	MAS	0:55:55	7,082	0:43:54	8,405	0:55:31	7,295	0:41:46	9,338	3:17:07	7,914	
FT.		295	<b>MARTÍNEZ BLANCO Maria Teresa</b>	Trabandainas	FEM	1:27:59	4,501	1:27:52	4,200					3:36:27	7,207	
FT.		299	<b>MARTÍNEZ MILLARES Andrés</b>		MAS	1:03:17	6,258	0:52:50	6,984	1:03:50	6,345	0:57:55	6,734	3:57:54	6,557	
FT.		307	<b>MAYAN QUINTANS María José</b>	Club De Montaña Sachacamiños	FEM									3:42:09	7,022	
FT.		316	<b>MORAÑA VARELA Carlos</b>	Club De Montaña Sachacamiños	MAS									3:42:12	7,021	
FT.		323	<b>MUÑIZ POSE Sandra</b>	Sd Barbantia Roda	FEM	1:04:37	6,128	0:52:23	7,044	1:01:30	6,585	0:52:01	7,498	3:50:33	6,766	
FT.		348	<b>PAZOS GROBA Maria Del Carmen</b>	No	FEM									3:26:37	7,550	
FT.		356	<b>PÉREZ ÁLVAREZ Mónica</b>	Club Vía Láctea	FEM	1:35:38	4,141	1:27:09	4,234	1:45:35	3,836	1:15:52	5,141	6:04:15	4,283	
FT.		358	<b>PEREZ CASTELO Angel</b>	Sen Club	MAS	1:28:43	4,464	1:30:45	4,066	1:48:32	3,732	1:29:31	4,357	6:17:32	4,132	
FT.		376	<b>PINTOR PEREZ Mar</b>	Ninguno	FEM	1:34:21	4,197	1:29:03	4,144	2:01:32	3,332	1:20:58	4,817	6:25:55	4,042	
FT.		377	<b>PINTOR PÉREZ Reyes</b>	Ninguno	FEM	1:34:27	4,193	1:28:56	4,149	2:01:40	3,329	1:20:51	4,824	6:25:57	4,042	
FT.		378	<b>PIÑEIRO RODRÍGUEZ Ramón</b>	Vintedouspe	MAS	1:03:10	6,269	0:53:36	6,884	1:04:24	6,289	0:56:06	6,952	3:57:18	6,574	
FT.		395	<b>REBOYRAS MARTÍNEZ Iago</b>	Itbs	MAS	0:53:06	7,458	0:47:54	7,704	1:01:10	6,621	0:44:24	8,784	3:26:36	7,551	
FT.		403	<b>REY AGRELO José Ramiro</b>	Atletismo Lousame	MAS	1:00:55	6,501	0:53:31	6,895	1:04:11	6,310	0:56:31	6,901	3:55:09	6,634	
FT.		407	<b>REY RIVAS Andrés</b>	Club De Montaña Ferrol	MAS	1:32:03	4,302	1:40:17	3,680	1:53:09	3,579	1:24:36	4,610	6:30:06	3,999	
FT.		430	<b>RODRÍGUEZ LAGO Daniel</b>	Trabandainas	MAS									3:55:56	6,612	
FT.		435	<b>RODRÍGUEZ RODRÍGUEZ Paula</b>	Cabreira Racing	FEM									3:39:52	7,095	

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
FT.	461		<b>SOTELO GONZALEZ Gonzalo</b>	Cabreira Racing	MAS					3:40:02	7,090
FT.	473		<b>TORRES TOBIO Carmen Valentin</b>	No Federado	FEM					3:49:17	6,804
FT.	480		<b>TUDOLI ROSTRO Monica</b>	No Federado	FEM					3:49:15	6,805
FT.	491		<b>VIDAL PÉREZ José Manuel</b>	Sin Nome	MAS	1:03:15 6,261	0:52:53 6,978	1:03:43 6,356	0:57:59 6,726	3:57:51	6,559
FT.	493		<b>VIDAL TOME Javier</b>	Sin Club	MAS	0:55:49 7,095	0:38:42 9,535			2:58:45	8,727
DSQ	120		<b>CORTOJAN Ana</b>	X	FEM						