

# CRONOTEC

## ANDAINA PORTO DO SON 2026 25K

<b>Carrera principal</b>	<b>Localidade</b> PORTO DO SON	ORGANIZA: TRABANDAINAS
<b>Clasificación xeral</b>	<b>Data</b> 07/06/2026	CRONTROLA: CRONOTEC
<b>Distancias parciais: 5.55 + 7.8 + 4.85 + 5.85</b>	<b>Hora</b> 9:00 AM	SISTEMA: CRONOMACH
	<b>Distancia</b> 24,05 Km	CLASIFICACIÓNS: 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	1	123	FAJARDO Sofia		FEM (1)	1:09:37 4,783	1:36:29 4,851	1:02:25 4,662	1:14:30 4,711	5:03:02 4,762	0,065
2	2	105	DEL RIO Eva		FEM (2)	1:09:36 4,784	1:36:21 4,857	1:02:33 4,652	1:14:24 4,718	5:02:56 4,763	0,068
3	3	243	MARTÍNEZ SILVA María Del Carm		FEM (3)	1:12:14 4,610	1:38:27 4,754	1:04:00 4,547	1:14:25 4,717	5:09:08 4,668	0,079
4		156	GARCÍA FERNÁNDEZ Víctor Luis		MAS (1)	1:12:22 4,602	1:38:19 4,760	1:04:03 4,543	1:14:23 4,719	5:09:08 4,668	0,084
5	4	144	FOLGAR CASAIS Andrea		FEM (4)	1:10:31 4,722	1:33:45 4,992	1:01:38 4,721	1:12:47 4,823	4:58:42 4,831	0,097
6	5	145	FOLGAR DIOS Silvia		FEM (5)	1:10:32 4,721	1:33:43 4,994	1:01:38 4,721	1:12:47 4,823	4:58:42 4,831	0,098
7	6	312	PORTABALES DOBAÑO Amparo	VIA LACTEA SENDERISMO	FEM (6)	1:14:17 4,483	1:41:56 4,591	1:06:37 4,368	1:14:52 4,688	5:17:44 4,542	0,107
8	7	435	DEL RIO MOSQUERA Pilar		FEM (7)	1:08:31 4,860	1:31:25 5,119	1:00:55 4,777	1:11:20 4,921	4:52:12 4,938	0,110
9	8	286	PAZOS RODRIGUEZ Melisa		FEM (8)	1:08:35 4,855	1:31:23 5,121	1:00:51 4,782	1:11:26 4,914	4:52:16 4,937	0,111
10	9	313	PORTABALES DOBAÑO Julia	CLUB VÍA LÁCTEA	FEM (9)	1:14:17 4,483	1:41:57 4,590	1:06:40 4,365	1:14:38 4,703	5:17:34 4,544	0,111
11		143	FOJÓN PITA Antonio		MAS (2)	1:18:48 4,226	1:40:28 4,658	1:05:16 4,459	1:18:18 4,483	5:22:52 4,469	0,114
12	10	89	COSTA RODRÍGUEZ Sandra		FEM (10)	1:18:42 4,231	1:40:34 4,654	1:05:23 4,451	1:18:16 4,485	5:22:57 4,468	0,114
13		42	BLANCO SOTO Pablo		MAS (3)	1:18:51 4,223	1:40:33 4,654	1:05:18 4,456	1:18:10 4,490	5:22:54 4,469	0,116
14		439	LORENZO Carlos		MAS (4)	1:08:07 4,889	1:31:08 5,135	1:01:25 4,738	1:11:32 4,907	4:52:14 4,938	0,120
15		248	MAYÁN DIOS Antonio		MAS (5)	1:07:48 4,912	1:28:09 5,309	0:57:31 5,059	1:08:01 5,160	4:41:30 5,126	0,125
16	11	157	GARCÍA LÓPEZ Raquel		FEM (11)	1:14:11 4,489	1:45:02 4,456	1:09:05 4,212	1:15:00 4,680	5:23:20 4,463	0,125
17		35	BASO AMORÍN José María	VÍA LACTEA	MAS (6)	1:11:42 4,644	1:33:50 4,988	1:02:01 4,692	1:14:46 4,695	5:02:20 4,773	0,126
18		428	VILLANUEVA DOBARRO Antonio	MONTAÑA O CAXADO	MAS (7)	1:16:00 4,382	1:47:56 4,336	1:03:46 4,564	1:15:17 4,662	5:23:00 4,467	0,127
19		146	FORÉS MAYÁN Luis M.		MAS (8)	1:07:48 4,912	1:28:05 5,313	0:57:35 5,054	1:07:57 5,166	4:41:27 5,127	0,129
20	12	52	CAAMAÑO GARCÍA Lidia		FEM (12)	1:14:00 4,500	1:45:13 4,448	1:09:03 4,214	1:15:01 4,679	5:23:18 4,463	0,129
21		9	AGUETE LOIRA Jose		MAS (9)	1:01:57 5,375	1:23:58 5,574	0:55:13 5,270	1:08:01 5,160	4:29:11 5,361	0,130
22	13	296	PÉREZ PEREIRA Ángeles	TRABANDAINAS	FEM (13)	1:17:32 4,295	1:46:37 4,390	1:06:26 4,380	1:14:20 4,722	5:24:56 4,441	0,135
23		344	RODRÍGUEZ HOLGUIN German	LA PURISIMA	MAS (10)	1:09:04 4,821	1:29:21 5,238	0:58:38 4,963	1:08:57 5,091	4:46:02 5,045	0,136

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	14	345	RODRÍGUEZ LÓPEZ Maria Berta	CLUB VÍA LÁCTEA	FEM (14)	1:09:51	4,767	1:33:44	4,993	1:03:08	4,609	1:11:12	4,930	4:57:58	4,843	<b>0,137</b>
25		423	VILA VINAGRE Joaquín Manuel	TRABANDAINAS	MAS (11)	1:03:59	5,204	1:23:26	5,609	0:55:26	5,250	1:05:42	5,342	4:28:34	5,373	<b>0,140</b>
26		51	CAAMAÑO CREO Jose Maria		MAS (12)	1:07:53	4,905	1:28:01	5,317	0:57:57	5,022	1:07:54	5,169	4:41:47	5,121	<b>0,140</b>
27	15	322	RAMOS VALIÑO María Do Carme	CLUB DEPORTIVO LA PURÍSIM	FEM (15)	1:00:27	5,509	1:24:48	5,519	0:52:17	5,566	1:08:08	5,152	4:25:41	5,431	<b>0,144</b>
28	16	180	GONZÁLEZ NÚÑEZ Sara	C. DE SENDERISMO TRABAND	FEM (16)	1:18:54	4,221	1:44:57	4,459	1:06:30	4,376	1:14:28	4,714	5:24:51	4,442	<b>0,144</b>
29		71	CASAS AGUIÑO Francisco J.	CLUB DEPORTIVO LA PURÍSIM	MAS (13)	1:00:23	5,515	1:24:49	5,518	0:52:12	5,575	1:08:09	5,150	4:25:34	5,434	<b>0,147</b>
30		358	RUA ITURBURO Diego Fabián		MAS (14)	1:09:38	4,782	1:31:26	5,118	1:00:49	4,785	1:14:49	4,691	4:56:44	4,863	<b>0,147</b>
31	17	161	GARCÍA REY Ana María	TRABANDAINAS	FEM (17)	1:18:54	4,221	1:44:58	4,459	1:06:35	4,370	1:14:21	4,721	5:24:49	4,443	<b>0,147</b>
32		234	MARTÍNEZ BLANCO Juan Carlos	LIBREJUA	MAS (15)	1:09:13	4,811	1:30:44	5,158	0:54:47	5,312	1:08:22	5,134	4:43:08	5,097	<b>0,149</b>
33	18	381	SEOANE CAJARAVILLE Sara		FEM (18)	1:05:40	5,071	1:24:57	5,509	0:56:28	5,153	1:08:01	5,160	4:35:07	5,245	<b>0,153</b>
34		352	ROMANO CRUJEIRAS Moncho	TRABANDAINAS	MAS (16)	1:04:17	5,180	1:21:55	5,713	0:52:24	5,553	1:02:58	5,574	4:21:36	5,516	<b>0,157</b>
35		39	BERDULLAS MIRAMONTES Lino		MAS (17)	1:04:21	5,175	1:21:29	5,744	0:52:50	5,508	1:04:27	5,446	4:23:09	5,484	<b>0,158</b>
36	19	392	TARRIO RIVAS Matilde	CLUB VÍA LÁCTEA	FEM (19)	1:09:50	4,768	1:33:36	5,000	1:03:47	4,562	1:10:44	4,962	4:57:58	4,843	<b>0,158</b>
37	20	246	MARZOA REY María Jesús	CLUB SENDERISMO TRABAND	FEM (20)	1:13:11	4,550	1:34:52	4,933	1:01:23	4,741	1:10:14	4,998	4:59:41	4,815	<b>0,160</b>
38	21	274	OTERO GONZALEZ Amalia		FEM (21)	1:10:49	4,702	1:30:17	5,184	0:57:35	5,054	1:07:41	5,186	4:46:23	5,039	<b>0,161</b>
39	22	207	LAURA FERNÁNDEZ Laura		FEM (22)	1:14:12	4,488	1:33:32	5,004	0:58:58	4,935	1:13:01	4,807	4:59:44	4,814	<b>0,161</b>
40		253	MÉNDEZ CREO Juan Carlos	TRABANDAINAS	MAS (18)	1:15:29	4,412	1:46:20	4,401	1:01:13	4,754	1:14:21	4,721	5:17:25	4,546	<b>0,165</b>
41		369	SÁNCHEZ BALADO Salvador	VÍA LACTEA	MAS (19)	1:09:11	4,813	1:26:39	5,401	0:57:30	5,061	1:08:15	5,143	4:41:37	5,124	<b>0,167</b>
42	23	242	MARTÍNEZ SÁNCHEZ Dolores	LA PURISIMA	FEM (23)	1:08:15	4,879	1:30:07	5,193	0:58:37	4,964	1:05:56	5,324	4:42:57	5,100	<b>0,169</b>
43	24	335	RIVAS MOSCOSO María Jesús	VÍA LÁCTEA	FEM (24)	1:02:43	5,310	1:21:12	5,764	0:52:43	5,520	1:01:04	5,748	4:17:43	5,599	<b>0,171</b>
44		88	CORRAL BELLAS Antonio	CAXADO	MAS (20)	1:11:18	4,670	1:28:47	5,271	0:58:59	4,934	1:11:15	4,926	4:50:20	4,970	<b>0,171</b>
45	25	95	DA COSTA CERZÓN Susana	CLUB SENDERISMO TRABAND	FEM (25)	1:12:45	4,577	1:30:17	5,184	0:58:55	4,939	1:09:59	5,015	4:51:58	4,942	<b>0,171</b>
46	26	309	PLATA BLANCO Marina	TRABANDAINAS	FEM (26)	1:17:04	4,321	1:44:44	4,468	1:01:09	4,759	1:14:26	4,716	5:17:25	4,546	<b>0,171</b>
47	27	129	FERNÁNDEZ CONDE Dolores		FEM (27)	1:12:46	4,576	1:30:18	5,183	0:58:59	4,934	1:09:54	5,021	4:51:58	4,942	<b>0,174</b>
48		96	DA SILVA MARIÑO Enrique	TRABANDAINAS	MAS (21)	1:12:50	4,572	1:30:13	5,188	0:58:58	4,935	1:09:57	5,018	4:52:00	4,942	<b>0,175</b>
49		368	SÁNCHEZ ALDREY Casiano	TRABANDAINAS	MAS (22)	1:08:32	4,859	1:30:43	5,159	1:03:06	4,612	1:14:32	4,709	4:56:55	4,860	<b>0,175</b>
50	28	110	DÍAZ SIXTO Eva María	TRABANDAINAS	FEM (28)	0:59:31	5,595	1:19:20	5,899	0:55:10	5,275	1:03:36	5,519	4:17:39	5,601	<b>0,178</b>
51	29	245	MARTONEZBLANCO Maria Teres	TRABANDAINAS	FEM (29)	1:13:51	4,509	1:31:47	5,099	1:01:38	4,721	1:12:30	4,841	4:59:48	4,813	<b>0,178</b>
52		258	MONTERO ÁLVAREZ Javier		MAS (23)	1:12:52	4,570	1:30:11	5,189	0:59:05	4,925	1:09:52	5,024	4:52:01	4,941	<b>0,179</b>
53	30	283	PAZ VARELA Paula		FEM (30)	1:20:16	4,149	1:46:26	4,397	1:06:58	4,345	1:13:20	4,786	5:27:02	4,412	<b>0,180</b>
54	31	284	PAZ VARELA Paula		FEM (31)	1:20:11	4,153	1:46:30	4,394	1:07:00	4,343	1:13:19	4,787	5:27:02	4,412	<b>0,181</b>
55	32	280	PAIS FORJAN Olga		FEM (32)	1:09:07	4,818	1:26:02	5,440	0:56:02	5,193	1:08:59	5,088	4:40:12	5,150	<b>0,182</b>
56	33	402	TORRADO ARES Dores	AS BARBANTIA RODA	FEM (33)	1:14:02	4,498	1:40:01	4,679	1:11:09	4,090	1:20:32	4,358	5:25:46	4,430	<b>0,182</b>
57		332	REY VAZQUEZ Juan Carlos		MAS (24)	1:08:52	4,835	1:28:03	5,315	0:54:49	5,309	1:05:38	5,348	4:37:23	5,202	<b>0,183</b>
58	34	162	GARCÍA RIVAS Natalia	VÍA LÁCTEA	FEM (34)	1:09:38	4,782	1:26:09	5,432	0:57:34	5,055	1:08:20	5,137	4:41:42	5,122	<b>0,183</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		394	TELLADO ARIAS Francisco Javier		MAS (25)	1:08:35	4,855	1:27:06	5,373	0:56:54	5,114	1:05:41	5,344	4:38:17	5,185	<b>0,187</b>
60		214	LÓPEZ BERMUDEZ Raimundo An	CLUB VÍA LACTEA	MAS (26)	1:09:18	4,805	1:28:42	5,276	0:57:20	5,076	1:05:31	5,357	4:40:52	5,138	<b>0,188</b>
61		165	GESTOSO PAZO Juan Francisco	PEÑA TREVINCA BARCO	MAS (27)	0:56:23	5,906	1:14:53	6,250	0:47:39	6,107	1:01:39	5,693	4:00:35	5,998	<b>0,189</b>
62		114	DO PAZO DIAZ Xose	MONTAÑA XISTRA	MAS (28)	1:02:39	5,315	1:21:14	5,761	0:51:00	5,706	0:58:32	5,997	4:13:27	5,693	<b>0,190</b>
63	35	223	LOURIDO PENSADO Maria Del Ca	TRABANDAINAS	FEM (35)	1:17:15	4,311	1:46:56	4,377	1:09:54	4,163	1:13:15	4,792	5:27:21	4,408	<b>0,190</b>
64		124	FANDIÑO PÉREZ Evaristo	MONTAÑEIROS CELTAS	MAS (29)	0:59:35	5,589	1:24:52	5,515	0:55:06	5,281	1:09:28	5,053	4:29:03	5,363	<b>0,192</b>
65		111	DIESTE FERNÁNDEZ Gonzalo		MAS (30)	1:15:51	4,390	1:38:20	4,759	1:08:21	4,257	1:24:11	4,169	5:26:45	4,416	<b>0,194</b>
66		305	PIÑEIRO OUTEIRAL Ruben David		MAS (31)	1:14:03	4,497	1:40:06	4,675	1:11:46	4,055	1:20:50	4,342	5:26:47	4,416	<b>0,194</b>
67	36	339	RODRÍGUEZ CASARES Cris	PEÑA TREVINCA O BARCO	FEM (36)	1:16:18	4,364	1:37:44	4,789	1:07:39	4,302	1:15:21	4,658	5:17:04	4,551	<b>0,195</b>
68		353	ROMERO AGRA Jose Manuel	C. DE SENDERISMO TRABAND	MAS (32)	1:09:25	4,797	1:27:30	5,349	0:55:54	5,206	1:04:35	5,435	4:37:26	5,201	<b>0,197</b>
69		230	MARTÍN CORBELLE Pedro Const	TRABANDAINAS	MAS (33)	1:00:37	5,494	1:16:01	6,157	0:48:43	5,973	0:58:37	5,988	4:03:58	5,915	<b>0,199</b>
70		421	VIGO EIRAS Manuel		MAS (34)	1:06:41	4,994	1:24:54	5,512	0:59:21	4,903	1:07:44	5,182	4:38:41	5,178	<b>0,199</b>
71		418	VIDAL SANCHEZ Anton		MAS (35)	1:07:29	4,935	1:23:08	5,630	0:54:30	5,339	1:04:25	5,449	4:29:34	5,353	<b>0,201</b>
72	37	68	CARREGAL DA COSTA Maria Lui		FEM (37)	1:07:38	4,924	1:23:57	5,575	0:57:16	5,081	1:07:03	5,235	4:35:55	5,230	<b>0,201</b>
73	38	235	MARTINEZ FERNÁNDEZ Maria Co	CLUB DE MONTAÑA XISTRA	FEM (38)	0:58:22	5,705	1:14:39	6,269	0:48:11	6,039	1:00:34	5,795	4:01:48	5,968	<b>0,202</b>
74		414	VIAÑO ILLODO Maximino		MAS (36)	1:05:12	5,107	1:23:39	5,595	0:56:37	5,140	1:09:54	5,021	4:35:24	5,240	<b>0,202</b>
75		228	MARCOS DIAZ Julian		MAS (37)	1:07:37	4,925	1:23:57	5,575	0:57:16	5,081	1:06:59	5,240	4:35:50	5,231	<b>0,202</b>
76	39	420	VIGO BALEIRON Patricia		FEM (39)	1:06:43	4,991	1:24:56	5,510	0:59:17	4,909	1:07:32	5,197	4:38:28	5,182	<b>0,202</b>
77		66	CARDAMA CALVO Carlos		MAS (38)	1:06:50	4,983	1:24:49	5,518	0:59:13	4,914	1:07:40	5,187	4:38:34	5,180	<b>0,202</b>
78	40	419	VIGO BALEIRON Mirian		FEM (40)	1:06:51	4,981	1:24:52	5,515	0:59:14	4,913	1:07:39	5,188	4:38:36	5,179	<b>0,202</b>
79		102	DE LA CAL GONZALEZ Jose Migu	CLUB PEÑA TREVINCA BARCO	MAS (39)	1:16:18	4,364	1:37:46	4,787	1:07:49	4,291	1:15:05	4,675	5:16:59	4,552	<b>0,202</b>
80		58	CALO RODRIGUEZ Hector	TRABANDAINAS	MAS (40)	0:53:34	6,217	1:19:57	5,854	0:47:56	6,071	1:02:36	5,607	4:04:04	5,912	<b>0,206</b>
81	41	2	ABALO OSORIO Clara		FEM (41)	1:08:58	4,828	1:29:14	5,245	0:55:03	5,286	1:03:03	5,567	4:36:21	5,222	<b>0,206</b>
82	42	27	BALO GARCÍA Elena	TRABANDAINAS	FEM (42)	1:09:41	4,779	1:27:15	5,364	0:55:05	5,283	1:05:25	5,366	4:37:27	5,201	<b>0,208</b>
83		259	MONTERO HERNÁNDEZ Julian	NORDIC WALKING LUGO	MAS (41)	1:07:44	4,916	1:33:23	5,012	1:05:41	4,430	1:15:22	4,657	5:02:11	4,775	<b>0,210</b>
84		103	DE LA IGLESIA CAMPAÑA Luis		MAS (42)	1:05:50	5,058	1:21:44	5,726	0:51:42	5,629	1:03:06	5,563	4:22:23	5,500	<b>0,215</b>
85		80	CASTRO VISOS Francisco Manuel		MAS (43)	1:05:40	5,071	1:24:13	5,557	0:56:31	5,149	1:03:31	5,526	4:29:57	5,345	<b>0,216</b>
86		385	SOTO AMIL Dionisio	XISTRA	MAS (44)	0:59:46	5,572	1:16:24	6,126	0:46:49	6,216	0:59:30	5,899	4:02:31	5,950	<b>0,217</b>
87		78	CASTRO RODRÍGUEZ Javier		MAS (45)	0:56:16	5,918	1:14:29	6,283	0:51:11	5,685	1:02:20	5,631	4:04:17	5,907	<b>0,221</b>
88		299	PEREZ TABOADA Manuel		MAS (46)	1:03:07	5,276	1:17:05	6,071	0:50:32	5,759	1:00:12	5,831	4:10:58	5,750	<b>0,221</b>
89	43	163	GARCIA RODRIGUEZ Uxia		FEM (43)	1:05:40	5,071	1:24:13	5,557	0:56:31	5,149	1:03:15	5,549	4:29:41	5,351	<b>0,221</b>
90	44	314	POUSO BLANCO Rebeca	CLUB TRABANDAINAS	FEM (44)	1:19:01	4,214	1:45:00	4,457	1:10:08	4,149	1:13:15	4,792	5:27:24	4,407	<b>0,221</b>
91		186	GUERRA RODRIGUEZ Marcos		MAS (47)	0:56:15	5,920	1:14:27	6,286	0:51:15	5,678	1:02:14	5,640	4:04:12	5,909	<b>0,222</b>
92		406	URIO NAPAL Pelayo	CLUB MONTAÑA DE CALAHOR	MAS (48)	1:01:07	5,449	1:16:07	6,148	0:50:24	5,774	1:02:52	5,583	4:10:32	5,760	<b>0,223</b>
93	45	232	MARTINEZ ARIAS Natalia	+DMONTE	FEM (45)	1:09:08	4,817	1:25:59	5,443	0:58:19	4,990	1:06:46	5,257	4:40:14	5,149	<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.
94	46	390	SUÁREZ CASAL Sonia		FEM (46)	1:02:28	5,331	1:21:06	5,771	0:53:47	5,411	1:10:51	4,954	4:28:15	5,379	<b>0,224</b>
95		426	VILAS AÑON Jesús	CLUB DEPORTIVO MONTE DO	MAS (49)	1:08:41	4,848	1:46:23	4,399	1:05:55	4,415	1:12:08	4,866	5:13:09	4,608	<b>0,225</b>
96		170	GONZÁLEZ DAVILA Tomas		MAS (50)	1:05:00	5,123	1:21:09	5,767	0:56:36	5,141	1:04:53	5,410	4:27:39	5,391	<b>0,228</b>
97		176	GONZÁLEZ LOPEZ Ruben		MAS (51)	1:08:32	4,859	1:46:32	4,393	1:05:55	4,415	1:12:12	4,861	5:13:13	4,607	<b>0,228</b>
98		329	REY CAMPOS Rogelio	CLUB PEÑA TREVINCA O BARC	MAS (52)	0:59:49	5,567	1:16:29	6,119	0:46:18	6,285	0:57:36	6,094	4:00:14	6,007	<b>0,229</b>
99	47	221	LOURIDO GACIÑO Andrea		FEM (47)	1:08:15	4,879	1:28:34	5,284	1:04:30	4,512	1:13:49	4,755	4:55:10	4,889	<b>0,229</b>
100		340	RODRÍGUEZ FERRER Vicente	PEÑA TREVINCA	MAS (53)	1:10:30	4,723	1:29:36	5,223	1:02:51	4,630	1:09:18	5,065	4:52:16	4,937	<b>0,233</b>
101		175	GONZÁLEZ LOJO Francisco	TRABANDAINAS	MAS (54)	1:05:15	5,103	1:20:55	5,784	0:56:27	5,155	1:05:49	5,333	4:28:28	5,375	<b>0,236</b>
102	48	222	LOURIDO GACIÑO Elena	ADC ARNELA	FEM (48)	1:08:25	4,867	1:28:24	5,294	1:04:32	4,509	1:14:01	4,742	4:55:24	4,885	<b>0,237</b>
103		422	VILA RODRÍGUEZ Ángel Custodio		MAS (55)	1:08:22	4,871	1:22:25	5,678	0:52:57	5,496	1:05:19	5,374	4:29:04	5,363	<b>0,238</b>
104		239	MARTINEZ NUÑEZ Manuel	XISTRA	MAS (56)	1:01:04	5,453	1:16:01	6,157	0:48:03	6,056	0:57:38	6,090	4:02:48	5,943	<b>0,240</b>
105		10	ALBACETE GARCIA Luís Miguel		MAS (57)	1:08:02	4,895	1:47:03	4,372	1:05:49	4,421	1:12:09	4,865	5:13:04	4,609	<b>0,242</b>
106		115	DOMÍNGUEZ DOMÍNGUEZ Ángel		MAS (58)	1:01:03	5,455	1:15:49	6,173	0:48:08	6,046	0:57:17	6,127	4:02:19	5,955	<b>0,245</b>
107	49	211	LEÓN LAGO Estefanía		FEM (49)	1:02:20	5,342	1:17:50	6,013	0:50:38	5,747	1:04:32	5,439	4:15:21	5,651	<b>0,245</b>
108		128	FERNÁNDEZ ÁLVAREZ Juan Jos	TRABANDAINAS	MAS (59)	1:10:29	4,725	1:23:54	5,578	0:54:52	5,304	1:06:00	5,318	4:35:17	5,242	<b>0,247</b>
109	50	45	BOUZAS COLLAZO Francisco Jav	VINTEDOUSPES	FEM (50)	1:17:18	4,308	1:31:02	5,141	0:59:53	4,859	1:14:41	4,700	5:02:55	4,764	<b>0,248</b>
110		386	SOTO AMIL José Florencio	CLUBE DE MONTAÑA XISTRA	MAS (60)	1:01:15	5,437	1:15:49	6,173	0:47:57	6,069	0:57:41	6,085	4:02:43	5,945	<b>0,250</b>
111		31	BARCIA LOPEZ Oscar		MAS (61)	1:19:59	4,163	1:34:35	4,948	1:04:21	4,522	1:14:08	4,735	5:13:05	4,609	<b>0,250</b>
112	51	149	FREIRE MATO Ana		FEM (51)	1:05:22	5,094	1:20:39	5,803	0:53:18	5,460	1:00:50	5,770	4:20:10	5,546	<b>0,255</b>
113		316	PRIETO OTERO Juan Ramón		MAS (62)	1:06:15	5,026	1:21:26	5,747	0:50:56	5,713	1:02:02	5,658	4:20:40	5,536	<b>0,255</b>
114		178	GONZÁLEZ LORENZO Jose	O CAXADO	MAS (63)	0:59:39	5,583	1:18:00	6,000	0:50:07	5,806	1:07:30	5,200	4:15:18	5,652	<b>0,256</b>
115		32	BARCIA LOPEZ Antonio		MAS (64)	1:15:21	4,419	1:27:03	5,376	0:58:38	4,963	1:11:45	4,892	4:52:49	4,928	<b>0,257</b>
116	52	408	VARELA PEREIRA Isabel	PASA OU ENTORNA	FEM (52)	1:20:10	4,154	1:46:25	4,398	1:06:42	4,363	1:09:54	5,021	5:23:12	4,465	<b>0,259</b>
117		215	LÓPEZ CASAL José Manuel	O CAXADO	MAS (65)	1:03:59	5,204	1:17:17	6,056	0:49:25	5,889	1:00:45	5,778	4:11:28	5,738	<b>0,260</b>
118		278	PADÍN CORES Carlos		MAS (66)	1:11:51	4,635	1:26:20	5,421	0:56:51	5,119	1:12:17	4,856	4:47:21	5,022	<b>0,262</b>
119		238	MARTINEZ MUÑIZ Jose Manuel		MAS (67)	1:14:14	4,486	1:32:06	5,081	0:55:03	5,286	1:12:35	4,836	4:54:00	4,908	<b>0,262</b>
120		206	LARANJEIRA LORENZO Raúl	PASA OU ENTORNA	MAS (68)	1:20:06	4,157	1:46:35	4,391	1:06:37	4,368	1:09:45	5,032	5:23:04	4,467	<b>0,262</b>
121		50	CAAMAÑO CERNADAS Enrique		MAS (69)	1:12:03	4,622	1:25:29	5,475	0:54:51	5,305	1:08:47	5,103	4:41:11	5,132	<b>0,263</b>
122	53	75	CASTRO ARAGUNDE Lorena		FEM (53)	1:06:33	5,004	1:21:08	5,768	0:51:27	5,656	1:01:29	5,709	4:20:39	5,536	<b>0,264</b>
123	54	405	URGAL GONZALEZ Maria		FEM (54)	1:16:51	4,333	1:29:28	5,231	1:00:04	4,845	1:10:05	5,008	4:56:31	4,867	<b>0,265</b>
124		268	NÚÑEZ QUEIRUGA Esteban	MONTEMUÍÑO	MAS (70)	1:10:20	4,735	1:23:56	5,576	0:54:35	5,331	1:04:16	5,462	4:33:07	5,283	<b>0,267</b>
125		277	PADÍN CORES Alberto		MAS (71)	1:11:57	4,628	1:26:15	5,426	0:56:50	5,120	1:12:22	4,850	4:47:24	5,021	<b>0,267</b>
126	55	384	SOTELO CORBACHO Eva		FEM (55)	1:11:57	4,628	1:26:22	5,419	0:56:42	5,132	1:12:22	4,850	4:47:24	5,021	<b>0,268</b>
127	56	91	COTELO PUEYO Estela		FEM (56)	1:12:02	4,623	1:26:18	5,423	0:56:35	5,143	1:12:24	4,848	4:47:21	5,022	<b>0,274</b>
128		229	MARIÑO MARIÑO Antonio	INTERNATIONAL TREKETS SAR	MAS (72)	1:10:14	4,741	1:20:50	5,790	0:55:15	5,267	1:05:59	5,320	4:32:19	5,299	<b>0,275</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	57	225	<b>MALVAR BERNÁRDEZ Natalia</b>		FEM (57)	1:17:14	4,312	1:29:04	5,254	0:59:39	4,878	1:09:44	5,033	4:55:41	4,880	<b>0,275</b>
130		293	<b>PÉREZ GARCÍA Salvador Manuel</b>	C. DE SENDERISMO TRABAND	MAS (73)	1:22:45	4,024	1:40:07	4,675	1:04:53	4,485	1:11:08	4,934	5:18:54	4,525	<b>0,275</b>
131		147	<b>FORNOS CORRAL Rosendo</b>	CLUB DE MONTAÑA Ó CAXADO	MAS (74)	1:01:00	5,459	1:15:18	6,215	0:46:47	6,220	0:57:10	6,140	4:00:17	6,005	<b>0,276</b>
132		202	<b>LAGO MOURIÑO Raul</b>	XISTRA	MAS (75)	0:59:42	5,578	1:14:22	6,293	0:46:38	6,240	0:59:59	5,852	4:00:43	5,995	<b>0,276</b>
133	58	130	<b>FERNANDEZ ESTEVEZ Almudena</b>	CLUB CORNELIOS	FEM (58)	1:01:48	5,388	1:15:06	6,232	0:48:05	6,052	0:57:23	6,117	4:02:24	5,953	<b>0,276</b>
134		356	<b>ROUCO VÁZQUEZ Carlos</b>		MAS (76)	1:19:11	4,205	1:35:24	4,906	1:00:20	4,823	1:09:13	5,071	5:04:09	4,744	<b>0,276</b>
135	59	219	<b>LOSADA MORAL Elvira</b>	PEÑA TREVINCA BARCO	FEM (59)	1:01:14	5,438	1:14:59	6,241	0:46:49	6,216	0:59:26	5,906	4:02:30	5,951	<b>0,278</b>
136		224	<b>MAGAN PEREZ Francisco</b>		MAS (77)	1:03:42	5,228	1:15:12	6,223	0:50:55	5,715	1:00:11	5,832	4:10:02	5,771	<b>0,278</b>
137		371	<b>SANDOVAL PÉREZ Ramón</b>	AVIVA SPORT CLUB	MAS (78)	1:19:14	4,203	1:40:11	4,671	1:13:25	3,964	1:16:11	4,607	5:29:03	4,385	<b>0,278</b>
138	60	367	<b>SABUGUEIRO AVILÉS Iris</b>	MONTEMUIÑO	FEM (60)	1:10:43	4,709	1:23:28	5,607	0:54:40	5,323	1:04:17	5,460	4:33:09	5,283	<b>0,279</b>
139	61	125	<b>FDEZ GLEZ Ana</b>		FEM (61)	1:09:19	4,804	1:22:37	5,665	0:53:30	5,439	1:02:39	5,603	4:28:06	5,382	<b>0,284</b>
140		255	<b>MERA David</b>		MAS (79)	1:03:57	5,207	1:19:38	5,877	0:53:53	5,401	1:11:09	4,933	4:28:38	5,372	<b>0,284</b>
141		54	<b>CABO PÉREZ Xoán M.</b>		MAS (80)	1:03:53	5,213	1:16:28	6,120	0:49:03	5,933	0:59:02	5,946	4:08:28	5,808	<b>0,292</b>
142		108	<b>DEL RIO VIÑAS Jacob</b>	TRABANDAINAS	MAS (81)	1:06:14	5,028	1:19:38	5,877	0:49:21	5,897	1:02:16	5,637	4:17:31	5,604	<b>0,294</b>
143		132	<b>FERNÁNDEZ OITABEN Julio</b>	XISTRA	MAS (82)	0:59:41	5,579	1:14:24	6,290	0:46:36	6,245	1:00:50	5,770	4:01:33	5,974	<b>0,296</b>
144	62	411	<b>VÁZQUEZ DIÉGUEZ Marta</b>		FEM (62)	1:16:05	4,377	1:29:57	5,203	1:01:13	4,754	1:08:32	5,122	4:55:49	4,878	<b>0,298</b>
145		195	<b>IGLESIAS NÚÑEZ Gonzalo</b>	TRABANDAINAS	MAS (83)	1:01:11	5,443	1:15:54	6,166	0:45:24	6,410	0:57:43	6,081	4:00:13	6,007	<b>0,300</b>
146	63	173	<b>GONZÁLEZ GARCÍA Carolina</b>	ITBS	FEM (63)	1:04:21	5,175	1:15:49	6,173	0:49:34	5,871	0:59:15	5,924	4:09:01	5,795	<b>0,300</b>
147	64	210	<b>LEIS RAMA Maria Oliva</b>	TRABANDAINAS	FEM (64)	1:08:22	4,871	1:19:12	5,909	0:52:34	5,536	1:02:10	5,646	4:22:20	5,501	<b>0,304</b>
148	65	209	<b>LEIS Adriana</b>		FEM (65)	1:08:22	4,871	1:19:12	5,909	0:52:34	5,536	1:02:10	5,646	4:22:20	5,501	<b>0,304</b>
149	66	285	<b>PAZOS GONZALEZ María Gorety</b>	ARTABROS	FEM (66)	1:02:37	5,318	1:14:49	6,255	0:47:54	6,075	0:57:39	6,088	4:03:00	5,938	<b>0,306</b>
150		74	<b>CASTRO Alvaro</b>		MAS (84)	1:08:21	4,872	1:19:16	5,904	0:51:21	5,667	1:03:18	5,545	4:22:18	5,501	<b>0,310</b>
151	67	84	<b>CHOUZA SANTAMARÍA María</b>	ARCA DO BARBANZA	FEM (67)	1:01:57	5,375	1:18:14	5,982	0:53:13	5,468	0:57:19	6,124	4:10:44	5,755	<b>0,315</b>
152		306	<b>PIÑEIRO PIÑEIRO Pablo</b>		MAS (85)	1:14:20	4,480	1:25:50	5,452	0:56:15	5,173	1:05:25	5,366	4:41:52	5,119	<b>0,318</b>
153	68	295	<b>PÉREZ GONZÁLEZ Eugenia</b>	TRABANDAINAS	FEM (68)	1:09:26	4,796	1:33:21	5,013	1:11:09	4,090	1:09:10	5,075	5:03:07	4,761	<b>0,318</b>
154	69	189	<b>HERNANDEZ FERNANDEZ Laura</b>		FEM (69)	1:10:05	4,751	1:23:24	5,612	0:52:36	5,532	1:02:04	5,655	4:28:11	5,381	<b>0,321</b>
155		236	<b>MARTÍNEZ FERNÁNDEZ Luis Man</b>	22PÉS	MAS (86)	1:03:45	5,224	1:14:52	6,251	0:51:57	5,602	1:04:15	5,463	4:14:51	5,662	<b>0,322</b>
156		348	<b>RODRIGUEZ ORDOÑEZ Marcos</b>		MAS (87)	1:14:37	4,463	1:27:35	5,343	0:54:45	5,315	1:06:29	5,280	4:43:28	5,091	<b>0,323</b>
157	70	216	<b>LOPEZ CASTRO Concepcion</b>		FEM (70)	1:26:44	3,839	1:43:28	4,523	1:04:10	4,535	1:10:58	4,946	5:25:21	4,435	<b>0,323</b>
158	71	415	<b>VIDAL GOMEZ Jessica</b>	CLUB DEPORTIVO BRIÓN HYU	FEM (71)	1:08:31	4,860	1:25:40	5,463	1:07:03	4,340	1:14:00	4,743	4:55:15	4,887	<b>0,324</b>
159		218	<b>LORENZO VARELA Santiago</b>	TRABANDAINAS	MAS (88)	1:09:22	4,801	1:33:29	5,006	1:11:18	4,081	1:08:54	5,094	5:03:04	4,761	<b>0,324</b>
160		62	<b>CANDAL GOMEZ Arturo</b>	CENTRO ONCOLOGICO DE GA	MAS (89)	1:15:23	4,417	1:30:46	5,156	0:55:26	5,250	1:05:24	5,367	4:47:01	5,028	<b>0,325</b>
161		389	<b>SUÁREZ BLANCO Antonio</b>		MAS (90)	1:15:59	4,383	1:27:23	5,356	0:55:55	5,204	1:07:30	5,200	4:46:49	5,031	<b>0,328</b>
162		205	<b>LANDÍN Román</b>		MAS (91)	1:03:53	5,213	1:14:43	6,264	0:52:04	5,589	1:04:10	5,470	4:14:52	5,662	<b>0,329</b>
163	72	14	<b>ALVAREZ BALADO Mercedes</b>	TRABANDAINAS	FEM (72)	1:26:58	3,829	1:43:13	4,534	1:04:10	4,535	1:10:59	4,945	5:25:20	4,435	<b>0,329</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		404	<b>TOURIÑO LADO Luis Ángel</b>		MAS (92)	1:07:27	4,937	1:16:26	6,123	0:50:49	5,726	1:02:52	5,583	4:17:36	5,602	<b>0,332</b>
165		5	<b>ABOY GARRIDO Jose Antonio</b>	TRABAANDAINAS	MAS (93)	1:02:37	5,318	1:13:34	6,362	0:47:10	6,170	0:57:18	6,126	4:00:41	5,995	<b>0,336</b>
166		154	<b>GARCIA CASAL Jose. Manuel</b>		MAS (94)	1:14:59	4,441	1:30:12	5,188	0:59:48	4,866	1:04:00	5,484	4:49:01	4,993	<b>0,341</b>
167	73	370	<b>SÁNCHEZ BLANCO María José</b>	TRABANDAINAS	FEM (73)	1:08:09	4,886	1:22:29	5,674	0:48:51	5,957	1:02:02	5,658	4:21:33	5,517	<b>0,342</b>
168		438	<b>OUJO Luis</b>		MAS (95)	0:58:13	5,720	1:12:32	6,452	0:52:07	5,584	1:04:36	5,433	4:07:29	5,831	<b>0,344</b>
169	74	112	<b>DIESTE REGADES Isabel</b>		FEM (74)	1:02:58	5,289	1:17:12	6,062	0:53:10	5,473	0:57:42	6,083	4:11:04	5,747	<b>0,346</b>
170	75	182	<b>GOSENDE VIDAL Berta</b>	VINTEDOUSPÉS	FEM (75)	1:15:09	4,431	1:23:04	5,634	0:59:41	4,876	1:09:21	5,061	4:47:16	5,023	<b>0,347</b>
171		396	<b>TILVES CARBALLO Javier</b>		MAS (96)	1:19:43	4,177	1:30:38	5,164	0:58:08	5,006	1:08:42	5,109	4:57:12	4,855	<b>0,347</b>
172		429	<b>VILLANUSTRE ABUIN German</b>	TRABANDAINAS	MAS (97)	1:15:16	4,424	1:27:58	5,320	0:56:03	5,192	1:03:48	5,502	4:43:06	5,097	<b>0,348</b>
173		317	<b>QUEIRUGA GARCIA Javier</b>		MAS (98)	1:08:05	4,891	1:22:33	5,669	0:48:53	5,953	1:01:09	5,740	4:20:41	5,535	<b>0,350</b>
174	76	400	<b>TIRADOS PRIETO María Dolores</b>	CLUBE DE MONTANA XISTRA	FEM (76)	1:28:30	3,763	1:42:11	4,580	1:05:38	4,434	1:10:31	4,978	5:26:50	4,415	<b>0,350</b>
175	77	302	<b>PÉREZ VILAVEDRA Rosa María</b>		FEM (77)	1:19:51	4,170	1:30:30	5,171	0:58:01	5,016	1:08:48	5,102	4:57:11	4,856	<b>0,352</b>
176	78	349	<b>RODRÍGUEZ RODRÍGUEZ Gracia</b>	NORDIC WALKING LUGO	FEM (78)	1:08:32	4,859	1:27:33	5,346	1:10:51	4,107	1:15:14	4,665	5:02:11	4,775	<b>0,358</b>
177	79	437	<b>NIETO Beatriz</b>		FEM (79)	0:58:14	5,718	1:12:14	6,479	0:52:29	5,545	1:04:29	5,443	4:07:28	5,831	<b>0,359</b>
178		171	<b>GONZALEZ FERNANDEZ Antonio</b>	TRABANDAINAS	MAS (99)	1:08:25	4,867	1:18:19	5,976	0:50:20	5,781	1:01:30	5,707	4:18:36	5,580	<b>0,359</b>
179		33	<b>BARRAL ROMEO José Alberto</b>	PASA OU ENTORNA	MAS (100)	1:16:42	4,342	1:49:52	4,260	1:01:23	4,741	1:06:12	5,302	5:14:12	4,593	<b>0,360</b>
180		177	<b>GONZÁLEZ LÓPEZ Luis</b>	PEÑA TREVINCA VIGO	MAS (101)	1:05:35	5,078	1:38:11	4,767	1:11:18	4,081	1:07:18	5,215	5:02:23	4,772	<b>0,361</b>
181	80	436	<b>MARONA Maria</b>		FEM (80)	0:58:11	5,723	1:12:10	6,485	0:52:32	5,539	1:04:36	5,433	4:07:31	5,830	<b>0,363</b>
182		441	<b>BASCOY PRESEDO Miguel A.</b>		MAS (102)	1:06:22	5,018	1:19:29	5,888	0:49:29	5,881	0:57:01	6,156	4:12:23	5,717	<b>0,367</b>
183		79	<b>CASTRO SILVA Javier</b>		MAS (103)	1:12:23	4,601	1:22:11	5,695	0:52:50	5,508	1:03:26	5,533	4:30:52	5,327	<b>0,370</b>
184	81	82	<b>CERVIÑO PEREIRA Rosario</b>	INDEPENDIENTE	FEM (81)	1:12:22	4,602	1:22:16	5,689	0:52:44	5,518	1:03:31	5,526	4:30:55	5,326	<b>0,370</b>
185		363	<b>RUIZ CANO Manuel</b>		MAS (104)	1:12:53	4,569	1:22:14	5,691	0:53:42	5,419	1:03:10	5,557	4:32:01	5,305	<b>0,372</b>
186	82	49	<b>C.NUÑEZ Lourdes</b>		FEM (82)	1:12:54	4,568	1:24:25	5,544	0:51:37	5,638	1:04:08	5,473	4:33:07	5,283	<b>0,379</b>
187	83	56	<b>CALLE MORALES Ana Cristina</b>	GALEGO DE SENDERISMO	FEM (83)	1:26:42	3,841	1:40:08	4,674	1:00:39	4,798	1:10:55	4,949	5:18:27	4,531	<b>0,379</b>
188		140	<b>FERRER ARAMBARRI Jose Franc</b>		MAS (105)	0:58:00	5,741	1:10:36	6,629	0:47:32	6,122	1:04:04	5,479	4:00:14	6,007	<b>0,383</b>
189	84	107	<b>DEL RÍO OTERO Antía</b>		FEM (84)	1:03:48	5,219	1:12:34	6,449	0:46:32	6,254	0:57:46	6,076	4:00:42	5,995	<b>0,392</b>
190	85	297	<b>PÉREZ PÉREZ Maria Do Carmen</b>		FEM (85)	1:13:36	4,524	1:38:57	4,730	1:20:51	3,599	1:14:05	4,738	5:27:31	4,406	<b>0,395</b>
191	86	263	<b>COSTA BERMUDEZ Tere</b>		FEM (86)	1:18:36	4,237	1:28:40	5,278	0:54:52	5,304	1:06:44	5,260	4:48:53	4,995	<b>0,404</b>
192	87	47	<b>BUENDIA PEREZ M Elena</b>	XIABRE	FEM (87)	1:29:31	3,720	1:39:35	4,700	1:01:02	4,768	1:12:49	4,820	5:22:58	4,468	<b>0,408</b>
193		355	<b>ROMERO PEREZ Gerardo</b>	CLUB SENDEIRISMO TRABAND	MAS (106)	1:19:50	4,171	1:27:47	5,331	0:54:22	5,353	1:09:52	5,024	4:51:53	4,944	<b>0,412</b>
194	88	43	<b>BLANCO VILARIÑO Laura</b>	K2 ORDES	FEM (88)	1:23:00	4,012	1:52:01	4,178	1:02:07	4,685	1:07:57	5,166	5:25:06	4,439	<b>0,415</b>
195	89	119	<b>DOVAL SÁNCHEZ Lucía</b>	K2 ORDES	FEM (89)	1:22:58	4,014	1:52:02	4,177	1:01:55	4,700	1:07:33	5,196	5:24:30	4,447	<b>0,426</b>
196		133	<b>FERNÁNDEZ PECIÑA José Vicent</b>	K2ORDESP	MAS (107)	1:23:08	4,006	1:51:55	4,182	1:01:52	4,704	1:07:38	5,190	5:24:34	4,446	<b>0,426</b>
197		380	<b>SENOVILLA SANZ José Carlos</b>	XISTRA	MAS (108)	1:18:53	4,221	1:27:16	5,363	0:55:06	5,281	1:05:10	5,386	4:46:27	5,038	<b>0,433</b>
198		148	<b>FRAGA GUTIÉRREZ Anxo Rubén</b>	CLUBE DE MONTAÑA O CAXAD	MAS (109)	1:03:56	5,209	1:13:43	6,349	0:50:11	5,799	1:07:30	5,200	4:15:21	5,651	<b>0,435</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		269	<b>NÚÑEZ TOMÉ Francisco</b>	TRABANDAINAS	MAS (110)	1:17:49	4,279	1:25:03	5,503	0:57:10	5,090	1:02:32	5,613	4:42:36	5,106	<b>0,436</b>
200	90	101	<b>DE DIEGO DE DIEGO Henar</b>	XISTRA	FEM (90)	1:19:17	4,200	1:26:30	5,410	0:55:28	5,246	1:05:12	5,383	4:46:28	5,037	<b>0,441</b>
201		338	<b>RODRÍGUEZ BARCON Alberto</b>		MAS (111)	1:27:33	3,804	1:35:41	4,891	0:58:48	4,949	1:10:39	4,968	5:12:43	4,614	<b>0,444</b>
202		383	<b>SIMAL RAMOS Jose Fermin</b>	CLUB VIA LACTEA	MAS (112)	1:09:14	4,810	1:15:54	6,166	0:49:01	5,937	1:03:40	5,513	4:17:50	5,597	<b>0,445</b>
203		19	<b>ALVAREZ RODRIGUEZ Jose</b>	CLUBE DE MONTAÑA XISTRA	MAS (113)	1:18:28	4,244	1:24:49	5,518	0:53:41	5,421	1:06:03	5,314	4:43:02	5,098	<b>0,453</b>
204	91	4	<b>ABELLAS ALVAREZ Ramona</b>	MONTAÑEIROS A ROELO	FEM (91)	1:04:19	5,178	1:33:41	4,996	1:08:13	4,266	1:25:42	4,096	5:11:56	4,626	<b>0,453</b>
205	92	434	<b>MOURIÑO PERELRA Maria Jose</b>		FEM (92)	1:24:04	3,961	1:26:19	5,422	0:59:14	4,913	1:07:34	5,195	4:57:13	4,855	<b>0,464</b>
206		29	<b>BAÑA ESPERANTE Manuel</b>	TRABANDAINAS	MAS (114)	1:03:29	5,245	1:08:04	6,876	0:48:08	6,046	1:00:30	5,802	4:00:12	6,007	<b>0,469</b>
207	93	360	<b>RUEDA ÁLVAREZ Marcela</b>		FEM (93)	1:21:10	4,103	1:26:41	5,399	0:57:27	5,065	1:03:38	5,516	4:48:57	4,994	<b>0,472</b>
208		318	<b>QUEREJETA AMOEDO Segundo</b>	MONTAÑEIROS A ROELO	MAS (115)	1:03:11	5,270	1:34:22	4,959	1:08:18	4,261	1:26:05	4,077	5:11:57	4,626	<b>0,473</b>
209	94	377	<b>SASTRE NATAL Raquel</b>		FEM (94)	1:20:01	4,162	1:31:28	5,117	1:11:17	4,082	1:09:53	5,023	5:12:40	4,615	<b>0,474</b>
210		194	<b>IGLESIAS GALDO Moncho</b>		MAS (116)	1:28:22	3,768	1:35:10	4,918	0:56:15	5,173	1:13:12	4,795	5:13:01	4,610	<b>0,474</b>
211		197	<b>IGLESIAS TUBIO Angel</b>	CARTO CUMES CYCLING TEAM	MAS (117)	1:01:06	5,450	1:09:24	6,744	0:52:15	5,569	1:03:51	5,497	4:06:39	5,850	<b>0,482</b>
212		417	<b>VIDAL PEREZ José Vicente</b>		MAS (118)	1:21:14	4,099	1:25:08	5,497	0:54:49	5,309	1:05:41	5,344	4:46:55	5,029	<b>0,497</b>
213		138	<b>FERREIRO CARRIL Gonzalo</b>	SENDERISMO GALEGO CLUB	MAS (119)	1:13:06	4,555	1:16:48	6,094	0:49:24	5,891	1:00:40	5,786	4:19:59	5,550	<b>0,528</b>
214		275	<b>OTERO SOTO Ignacio</b>	TRABANDAINAS	MAS (120)	1:31:47	3,628	1:32:12	5,076	0:59:25	4,898	1:08:52	5,097	5:12:16	4,621	<b>0,550</b>
215	95	354	<b>ROMERO JIMENEZ Beatriz</b>		FEM (95)	1:24:41	3,932	1:27:58	5,320	0:53:55	5,397	1:06:26	5,283	4:53:02	4,924	<b>0,555</b>
216		152	<b>GALLEGO SANCHEZ Jesus Manu</b>		MAS (121)	1:11:36	4,651	1:16:05	6,151	0:46:32	6,254	0:59:33	5,894	4:13:47	5,686	<b>0,569</b>
217	96	185	<b>GUEDE FIDALGO Belén</b>	TRABANDAINAS	FEM (96)	1:25:31	3,894	1:25:11	5,494	0:56:07	5,186	1:04:20	5,456	4:51:11	4,956	<b>0,582</b>
218		77	<b>CASTRO RODRÍGUEZ Aurelio</b>	TRABANDAINAS	MAS (122)	1:01:01	5,458	1:07:32	6,930	0:46:50	6,214	1:05:52	5,329	4:01:17	5,981	<b>0,589</b>
219		333	<b>RIAL GONZÁLEZ Antonio</b>	BJ RUNNING TEAM	MAS (123)	1:21:10	4,103	1:26:22	5,419	0:51:10	5,687	1:01:43	5,687	4:40:27	5,145	<b>0,600</b>
220		70	<b>CARTELLE TRABAZOS Manuel</b>	CLUB SENDERISMO TRABAND	MAS (124)	1:11:28	4,660	1:12:38	6,443	0:46:44	6,227	0:57:27	6,110	4:08:19	5,811	<b>0,624</b>
221		432	<b>VILLAR IGLESIAS Rubén</b>		MAS (125)	0:58:36	5,683	1:06:01	7,089	0:46:59	6,194	1:08:51	5,098	4:00:28	6,001	<b>0,625</b>
222		298	<b>PEREZ SOUTO Manuel</b>	TRABALDAINAS	MAS (126)	1:36:15	3,460	1:33:53	4,985	0:58:18	4,991	1:08:12	5,147	5:16:39	4,557	<b>0,637</b>
223	97	196	<b>IGLESIAS SOUSA Alexandra Mari</b>		FEM (97)	0:58:53	5,655	1:05:43	7,121	0:47:00	6,191	1:08:51	5,098	4:00:28	6,001	<b>0,640</b>
224		166	<b>GIGIREY Javier</b>	VÍA LÁCTEA	MAS (127)	1:22:27	4,039	1:25:04	5,502	0:50:56	5,713	1:01:42	5,689	4:40:10	5,151	<b>0,641</b>
225		267	<b>NÚÑEZ QUEIRUGA Zalo</b>	MONTEMUIÑO	MAS (128)	1:10:04	4,753	1:15:00	6,240	0:44:55	6,479	0:54:51	6,399	4:04:52	5,893	<b>0,644</b>
226		276	<b>OUTEIRAL FONTAN Alberto</b>		MAS (129)	0:54:25	6,119	1:06:56	6,992	0:45:48	6,354	1:13:02	4,806	4:00:12	6,007	<b>0,661</b>
227		121	<b>EIRAS PEREZ Isaac</b>	C. DE SENDERISMO TRABAND	MAS (130)	1:02:23	5,338	1:03:18	7,393	0:49:29	5,881	1:05:11	5,385	4:00:22	6,003	<b>0,699</b>
228		336	<b>ROCHA PALMAS Darío</b>		MAS (131)	1:16:48	4,336	1:16:01	6,157	0:46:49	6,216	0:59:13	5,927	4:18:53	5,574	<b>0,703</b>
229		38	<b>BELLO NEGREIRA Ismael</b>	C. DE SENDERISMO TRABAND	MAS (132)	0:54:20	6,129	1:10:06	6,676	0:42:14	6,890	1:13:34	4,771	4:00:15	6,006	<b>0,728</b>
230		331	<b>REY PRADO Víctor Manuel</b>	TRABANDAINAS	MAS (133)	0:54:17	6,134	1:10:03	6,681	0:42:16	6,885	1:13:38	4,767	4:00:15	6,006	<b>0,730</b>
231		12	<b>ALONSO LIJÓ Jose Manuel</b>		MAS (134)	1:13:49	4,511	1:09:46	6,708	0:45:57	6,333	0:58:00	6,052	4:07:33	5,829	<b>0,731</b>
232		85	<b>CIMADEVILLA CRUGEIRAS Juan</b>		MAS (135)	0:54:16	6,136	1:10:06	6,676	0:42:15	6,888	1:13:42	4,763	4:00:21	6,004	<b>0,732</b>
233	98	73	<b>CASTIÑEIRA POSE Margarita</b>	AD MONTEBRONDO	FEM (98)	0:57:12	5,822	1:08:08	6,869	0:46:50	6,214	1:18:50	4,452	4:11:03	5,748	<b>0,738</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		117	<b>DOMÍNGUEZ REGUEIRA Manuel</b>	AD MONTEBRONDO	MAS (136)	0:57:09	5,827	1:08:21	6,847	0:46:42	6,231	1:18:54	4,449	4:11:07	5,746	<b>0,741</b>
235	99	372	<b>SANISIDRO GONZÁLEZ Ana Isab</b>	TRABANDAINAS	FEM (99)	0:59:53	5,561	1:04:43	7,232	0:45:57	6,333	1:09:45	5,032	4:00:19	6,005	<b>0,742</b>
236		134	<b>FERNANDEZ PIÑEIRO Pablo</b>		MAS (137)	1:13:56	4,504	1:10:32	6,635	0:45:06	6,452	0:58:08	6,038	4:07:43	5,825	<b>0,743</b>
237		213	<b>LOMBARDERO Senen</b>		MAS (138)	1:21:20	4,094	1:15:46	6,177	0:48:27	6,006	1:01:04	5,748	4:26:38	5,412	<b>0,753</b>
238		288	<b>PENA BRAVO Pedro Antonio</b>		MAS (139)	1:18:06	4,264	1:56:21	4,022	1:09:49	4,168	1:23:27	4,206	5:47:45	4,150	<b>0,789</b>
239		294	<b>PÉREZ GONZÁLEZ Joaquin</b>	TRABANDAINAS	MAS (140)	0:55:41	5,980	1:05:46	7,116	0:43:34	6,679	1:16:51	4,567	4:01:54	5,965	<b>0,819</b>
240		113	<b>DIOS MARTINEZ Jose Joaquin</b>		MAS (141)	1:01:42	5,397	1:16:51	6,090	0:39:56	7,287	1:16:18	4,600	4:14:50	5,663	<b>0,845</b>
241		328	<b>REGUEIRO GÓMEZ Victor Manuel</b>	CLUB DE MONTAÑA O CAXADO	MAS (142)	0:54:28	6,114	1:01:26	7,618	0:46:47	6,220	1:17:34	4,525	4:00:15	6,006	<b>0,854</b>
242		37	<b>BEIS CABANAS Jesus</b>	THE LOST	MAS (143)	0:56:36	5,883	1:14:05	6,317	0:49:54	5,832	1:30:40	3,871	4:31:17	5,319	<b>0,880</b>
243	100	388	<b>SOUTO BARREIRO Alba</b>		FEM (100)	1:20:27	4,139	1:44:16	4,488	1:06:12	4,396	1:19:43	4,403	5:30:40	4,364	<b>1,046</b>
244		431	<b>VILLAR CAAMAÑO Marcos</b>		MAS (144)	1:20:28	4,138	1:44:19	4,486	1:06:14	4,394	1:19:34	4,411	5:30:36	4,365	<b>1,057</b>
245	101	379	<b>SEIJO MARTINEZ Jacqueline</b>	SENDEIRISMO GALEGO	FEM (101)	1:20:03	4,160	1:49:08	4,288	1:14:06	3,927	1:25:49	4,090	5:49:07	4,133	<b>1,079</b>
246		94	<b>CUBREIRO DIOS Cesar</b>	TRABANDAINAS	MAS (145)	0:57:23	5,803	1:07:09	6,969	0:45:31	6,393	1:33:27	3,756	4:23:31	5,476	<b>1,114</b>
247		60	<b>CAMINO GARCÍA Javier</b>		MAS (146)	1:18:00	4,269	1:49:31	4,273	1:10:19	4,138	1:29:04	3,941	5:46:56	4,159	<b>1,158</b>
248		393	<b>TELLADO AMOEDO Adrian</b>	CLUB SENDERISMO TRABAND	MAS (147)	0:57:59	5,743	0:53:31	8,745	0:47:19	6,150	1:21:24	4,312	4:00:14	6,007	<b>1,210</b>
249		61	<b>CAMINO SANCHEZ Javier</b>		MAS (148)	1:20:53	4,117	1:49:14	4,284	1:14:39	3,898	1:23:09	4,221	5:47:56	4,147	<b>1,226</b>
250	102	155	<b>GARCIA CASTRO Fina</b>		FEM (102)	1:20:53	4,117	1:49:18	4,282	1:14:45	3,893	1:23:10	4,220	5:48:08	4,145	<b>1,230</b>
251		20	<b>ALVITE TUÑAS Jesus Fernando</b>		MAS (149)	1:16:41	4,343	1:50:53	4,221	1:10:18	4,139	1:29:21	3,928	5:47:15	4,156	<b>1,240</b>
252	103	231	<b>MARTÍNEZ ARES María Isabel</b>		FEM (103)	1:25:52	3,878	1:52:05	4,175	1:08:11	4,268	1:22:32	4,253	5:48:41	4,138	<b>1,352</b>
253		190	<b>HUELIN TRILLO Fernando</b>	AVIVA SPORT	MAS (150)					1:00:31	4,809	1:10:23	4,987	4:45:21	5,057	<b>1,851</b>
254		346	<b>RODRÍGUEZ MOLEDO Jorge</b>		MAS (151)	1:09:59	4,758	1:54:44	4,079	1:06:07	4,401	1:19:44	4,402	5:30:35	4,365	<b>1,879</b>
255		158	<b>GARCÍA MARTÍNEZ Eloy</b>		MAS (152)	1:09:59	4,758	1:54:50	4,075	1:06:05	4,404	1:19:33	4,412	5:30:28	4,367	<b>1,910</b>
256	104	273	<b>OTERO GONDAR Teresa</b>		FEM (104)	1:20:16	4,149	1:46:19	4,402	1:09:42	4,175	1:14:21	4,721	5:30:40	4,364	<b>1,998</b>
257		179	<b>GONZÁLEZ MARTÍNEZ Mon</b>	TRABANDAINAS	MAS (153)	1:19:05	4,211	1:41:53	4,593	1:05:03	4,473	1:26:58	4,036	5:33:00	4,333	<b>2,051</b>
258	105	416	<b>VIDAL LÓPEZ Rosi</b>	TRABANDAINAS	FEM (105)	1:19:01	4,214	1:41:57	4,590	1:04:54	4,484	1:27:07	4,029	5:33:00	4,333	<b>2,075</b>
259	106	227	<b>MANEIRO LIJO Lidia</b>		FEM (106)	1:31:14	3,650					1:18:51	4,451	5:28:26	4,394	<b>2,106</b>
260		199	<b>INSUA VALIÑO Rubén</b>		MAS (154)	1:31:14	3,650					1:18:44	4,458	5:28:18	4,395	<b>2,108</b>
261	107	57	<b>CALO GONZALEZ Melisa</b>		FEM (107)	1:31:15	3,649					1:18:44	4,458	5:28:21	4,395	<b>2,108</b>
262	108	240	<b>MARTÍNEZ PATIÑO Tania</b>		FEM (108)	1:31:25	3,643					1:18:43	4,459	5:28:23	4,394	<b>2,110</b>
263		440	<b>NIETO VILARIÑO Gabriel</b>		MAS (155)	1:29:37	3,716					1:11:16	4,925	5:15:45	4,570	<b>2,290</b>
264	109	122	<b>EXPÓSITO SEGADE Adelina</b>		FEM (109)	1:26:00	3,872	1:45:20	4,443	1:14:46	3,892	1:22:37	4,249	5:48:45	4,138	<b>2,321</b>
265	110	208	<b>LAVILLA ALICART M De La Flor</b>		FEM (110)	1:29:20	3,728	1:48:35	4,310	1:13:10	3,977	1:21:05	4,329	5:52:12	4,097	<b>2,337</b>
266		97	<b>DACAL DACAL José Benito</b>		MAS (156)	1:19:41	4,179	1:43:01	4,543	1:16:39	3,796	1:20:08	4,380	5:39:30	4,250	<b>2,369</b>
267		364	<b>SAAVEDRA ROBLEDO Ernesto</b>		MAS (157)	1:25:59	3,873	1:44:58	4,459	1:15:10	3,871	1:22:44	4,243	5:48:51	4,136	<b>2,393</b>
268	111	351	<b>RODRÍGUEZ VICENTE Pilar</b>		FEM (111)	1:19:55	4,167	1:42:47	4,553	1:16:45	3,792	1:20:04	4,384	5:39:33	4,250	<b>2,448</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	112	212	LOIS PASTORIZA Isabel	TRABANDAINAS	FEM (112)	1:23:35	3,984	1:39:21	4,711	1:05:11	4,464	1:24:47	4,140	5:32:56	4,334	<b>2,628</b>
270	113	403	TORRADO SANTOS María Dolore	TRABANDAINAS	FEM (113)	1:23:33	3,986	1:39:23	4,709	1:04:49	4,490	1:25:10	4,121	5:32:56	4,334	<b>2,729</b>
271	114	63	CARBALLIDO FERREIRA Uxía		FEM (114)	1:26:21	3,856	1:52:47	4,150	1:12:24	4,019	1:12:51	4,818	5:44:25	4,190	<b>2,934</b>
272		407	VARELA CANZANI Martin		MAS (158)	1:26:14	3,862	1:52:55	4,145	1:12:33	4,011	1:12:42	4,828	5:44:25	4,190	<b>2,976</b>
273		100	DACOSTA CEA Jonathan		MAS (159)	1:33:17	3,570	1:48:22	4,319	1:08:50	4,228	1:17:53	4,507	5:48:24	4,142	<b>2,997</b>
274		64	CARBALLIDO VÁZQUEZ José Ant		MAS (160)	1:32:57	3,583	1:51:27	4,199	1:11:59	4,043	1:15:54	4,625	5:52:18	4,096	<b>2,997</b>
275	115	136	FERREIRA COUTO María Beatriz		FEM (115)	1:33:05	3,577	1:51:16	4,206	1:12:05	4,037	1:16:07	4,611	5:52:34	4,093	<b>3,006</b>
276	116	99	DACOSTA CEA Vanesa		FEM (116)	1:29:19	3,728	1:39:46	4,691	1:09:01	4,216	1:18:17	4,484	5:36:25	4,289	<b>3,075</b>
277	117	272	OTERO CRUZ Carme		FEM (117)	1:31:25	3,643	1:52:48	4,149	1:13:40	3,950	1:14:52	4,688	5:52:46	4,091	<b>3,111</b>
278	118	433	VILLARONGA SEOANE Olalla		FEM (118)	1:31:31	3,639	1:52:42	4,153	1:13:43	3,948	1:14:31	4,710	5:52:29	4,094	<b>3,192</b>
279		256	MIGUEL Gustavo		MAS (161)	1:29:20	3,728	1:41:17	4,621	1:06:09	4,399	1:14:53	4,687	5:31:40	4,351	<b>3,195</b>
280	119	399	TIRADOS BELDA Diana		FEM (119)	1:29:22	3,726	1:41:25	4,615	1:05:59	4,410	1:14:56	4,684	5:31:43	4,350	<b>3,204</b>
281		260	MOURELLE LÓPEZ Simón	TRABANDAINAS	MAS (162)	1:22:51	4,019	1:38:57	4,730	1:02:36	4,649	1:28:21	3,973	5:32:47	4,336	<b>3,466</b>
282		204	LAMELA ARIAS Alejandro		MAS (163)	1:31:36	3,635	1:37:29	4,801	1:09:06	4,211	1:18:14	4,487	5:36:26	4,289	<b>3,604</b>
283	120	289	PÉREZ ÁLVAREZ Mónica	CLUB VÍA LÁCTEA	FEM (120)	1:37:25	3,418	1:46:35	4,391	1:11:28	4,072	1:17:12	4,547	5:52:41	4,091	<b>3,619</b>
284		28	BANGO PRADAS Héctor	BJ RUNNING TEAM	MAS (164)	1:32:08	3,614	1:37:07	4,819	1:04:24	4,519	1:16:23	4,595	5:30:04	4,372	<b>3,933</b>
285	121	365	SAAVEDRA RODRIGUEZ Veronic		FEM (121)	1:30:44	3,670	1:57:41	3,977	1:08:11	4,268	1:10:11	5,001	5:46:49	4,161	<b>4,056</b>
286	122	3	ABEIJÓN VILA Sesé		FEM (122)	1:30:58	3,661	1:57:44	3,975	1:08:20	4,259	1:09:51	5,025	5:46:54	4,160	<b>4,117</b>
287	123	343	RODRÍGUEZ GOMEZ Ana Belen		FEM (123)	1:30:44	3,670	1:58:03	3,964	1:07:55	4,285	1:10:15	4,996	5:46:58	4,159	<b>4,117</b>
288		40	BERNARDO GARCIA Alejandro		MAS (165)	1:30:48	3,667	1:57:50	3,972	1:08:00	4,279	1:09:51	5,025	5:46:30	4,165	<b>4,164</b>
289	124	261	MOURELLE TORRADO Lucía	TRABANDAINAS	FEM (124)					1:02:09	4,682	1:28:22	3,972	5:32:51	4,335	<b>17,032</b>
FT.		11	ALCALDE GARCÍA Concha	VINTEDOUSPES	FEM	0:57:59	5,743	1:13:15	6,389	0:47:29	6,128	0:57:43	6,081	3:56:28	6,102	
FT.		22	ANTELO CASTRO Oliver		MAS	0:58:09	5,727	1:07:12	6,964	0:42:39	6,823	0:53:09	6,604	3:41:09	6,525	
FT.		25	BAAMONDE BECERRA Andrés		MAS	0:52:36	6,331	1:08:41	6,814	0:43:08	6,747	0:50:06	7,006	3:34:33	6,726	
FT.		36	BATALLA FILGUEIRA Natalia		FEM	1:30:58	3,661	1:56:43	4,010	1:11:20	4,079	1:22:15	4,267	6:01:18	3,994	
FT.		48	BUSTELO Julio		MAS	0:49:08	6,777	0:51:46	9,041	0:39:05	7,446	0:34:31	10,169	2:54:31	8,269	
FT.		59	CALO VÁZQUEZ Rosa		FEM	0:53:47	6,192	0:56:06	8,342	0:44:24	6,554	0:45:39	7,689	3:19:59	7,216	
FT.		67	CARRACEDO POSE Rubén José	CHORIMA	MAS	0:56:34	5,887	1:04:51	7,217	0:43:57	6,621	0:51:34	6,807	3:36:57	6,651	
FT.		72	CASTAÑO BASCOY Raimundo	ITBS	MAS	1:01:14	5,438	1:09:34	6,727	0:48:08	6,046	0:57:36	6,094	3:56:33	6,100	
FT.		86	COMESAÑA RIAL Manuel	XISTRA	MAS	0:59:20	5,612	1:11:58	6,503	0:44:06	6,599	0:52:57	6,629	3:48:23	6,318	
FT.		92	COUSO FRAIZ Mina	PEÑA TREVINCA BARCO	FEM	0:57:59	5,743	1:01:37	7,595	0:44:55	6,479	0:51:34	6,807	3:36:07	6,677	
FT.		98	DACAL RODRIGUEZ Sergio		MAS	0:47:06	7,070	0:50:37	9,246	0:42:15	6,888	0:56:41	6,192	3:16:41	7,337	
FT.		104	DE LA TORRE GARCÍA Alfonso		MAS	0:57:51	5,756	0:55:29	8,435	0:41:44	6,973	0:44:45	7,844	3:19:51	7,220	
FT.		109	DEVESA RARIS Lorena		FEM	1:33:51	3,548	1:59:02	3,932	1:17:35	3,751	1:15:15	4,664	6:05:44	3,945	
FT.		135	FERNANDEZ SANTAMARIA Joaq	SACHACAMIÑOS	MAS	0:54:50	6,073	1:00:33	7,729	0:43:38	6,669	0:49:37	7,074	3:28:39	6,916	

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.		137	<b>FERREIRO CAMPOS Miguel Ange</b>	XISTRA DE VIGO	MAS	0:57:15	5,817	1:03:01	7,427	0:43:54	6,629	0:48:44	7,202	3:32:55	6,777	
FT.		139	<b>FERREIRO LÓPEZ María Dolores</b>		FEM	0:52:48	6,307	1:08:23	6,844	0:44:02	6,609	0:54:33	6,434	3:39:47	6,566	
FT.		142	<b>FIGUEIRAS BLANCO Secho</b>		MAS	0:45:46	7,276	0:48:59	9,554	0:45:14	6,433	0:25:55	13,543	2:45:55	8,697	
FT.		150	<b>FREIXEIRO CAMESELLE Xose He</b>	CLUBE DE MONTAÑA XISTRA	MAS	1:39:51	3,335	1:44:19	4,486	1:12:48	3,997	1:30:10	3,893	6:07:10	3,930	
FT.		151	<b>FREIXEIRO LOPEZ Xose Lois</b>	CLUBE DE MONTAÑA XISTRA	MAS	1:39:49	3,336	1:44:27	4,481	1:12:36	4,008	1:30:02	3,899	6:06:56	3,933	
FT.		159	<b>GARCÍA NÚÑEZ Jesús</b>		MAS	0:40:00	8,325	0:42:31	11,007	0:57:28	5,064	0:18:19	19,163	2:38:19	9,115	
FT.		168	<b>GÓMEZ REBOREDO Oscar</b>	CDM XESTEIRAS	MAS	0:45:19	7,348	0:49:26	9,467	0:45:14	6,433	0:38:51	9,035	2:58:51	8,068	
FT.		174	<b>GONZÁLEZ GONZÁLEZ Noelia</b>		FEM	0:58:01	5,740	1:06:41	7,018	0:43:24	6,705	0:53:05	6,612	3:41:12	6,524	
FT.		187	<b>GUTIÉRREZ DIEZ José Manuel</b>	CLUB DE MONTAÑA CALAHOR	MAS	1:09:56	4,762	0:43:45	10,697	0:26:18	11,065	0:36:40	9,573	2:56:40	8,168	
FT.		191	<b>IBÁÑEZ PEREIRO Aitor</b>		MAS	0:47:35	6,998	0:55:19	8,460	0:37:04	7,851	0:31:20	11,202	2:51:20	8,422	
FT.		198	<b>IGLESIAS VALE Vicente José</b>		MAS	1:33:54	3,546	1:53:38	4,119	1:11:55	4,046	1:32:53	3,779	6:12:22	3,875	
FT.		200	<b>LADO TORRES Jose</b>	INCOR-AUTOVIDRIO	MAS	0:53:47	6,192	0:56:07	8,340	0:44:24	6,554	0:45:35	7,700	3:19:54	7,219	
FT.		201	<b>LAGO LEIRÓS Jose Angel</b>		MAS	1:36:11	3,462	1:55:55	4,037	1:25:54	3,388	1:19:59	4,388	6:18:01	3,817	
FT.		226	<b>MANEIRO BEIRO Iván</b>		MAS	1:03:28	5,247	1:01:41	7,587	0:46:39	6,238	0:49:15	7,127	3:41:04	6,527	
FT.		237	<b>MARTÍNEZ MANEIRO Alberto</b>	INCOR AUTOVIDRIO	MAS	0:53:41	6,203	0:56:08	8,337	0:44:29	6,542	0:45:13	7,763	3:19:32	7,232	
FT.		241	<b>MARTÍNEZ RAMA Daniel</b>		MAS	0:55:59	5,948	1:06:53	6,997	0:42:07	6,909	0:54:24	6,452	3:39:25	6,577	
FT.		247	<b>MATO LAGO Jose Ramon</b>		MAS	0:58:27	5,697	1:04:31	7,254	0:44:25	6,552	0:56:54	6,169	3:44:18	6,433	
FT.		264	<b>MUÑIZ POSE Sandra</b>	SD BARBANTIA RODA	FEM	0:52:00	6,404	0:57:44	8,106	0:30:14	9,625	0:38:20	9,157	2:58:20	8,092	
FT.		271	<b>OTERO Marta</b>		FEM	1:33:50	3,549	1:59:08	3,928	1:17:29	3,756	1:15:18	4,661	6:05:46	3,945	
FT.		281	<b>PAREDES RODRIGUEZ Beatriz</b>		FEM	1:54:53	2,899	1:40:05	4,676	1:13:45	3,946	1:20:12	4,377	6:08:56	3,911	
FT.		290	<b>PÉREZ BURGOS Ángel</b>		MAS	0:52:38	6,327	1:08:34	6,825	0:43:51	6,636	0:54:18	6,464	3:39:23	6,578	
FT.		301	<b>PÉREZ VILAS Alba</b>		FEM	1:03:34	5,239	1:01:28	7,614	0:46:43	6,229	0:49:15	7,127	3:41:01	6,529	
FT.		304	<b>PINTOR MARTINEZ Mercedes</b>		FEM	1:54:50	2,900	1:39:58	4,682	1:13:53	3,939	1:20:26	4,364	6:09:09	3,909	
FT.		307	<b>PIÑEIRO RODRÍGUEZ Ramón</b>	VINTEDOUSPES	MAS	0:56:53	5,854	1:09:35	6,726	0:46:36	6,245	0:55:00	6,382	3:48:06	6,326	
FT.		308	<b>PIÑEIRO VILAR María</b>		FEM	1:02:58	5,289	0:59:40	7,844	0:41:26	7,023	0:47:58	7,318	3:32:05	6,804	
FT.		310	<b>POMBO BOUZON Fatima</b>		FEM	1:32:31	3,599	2:00:25	3,887	1:17:28	3,756	1:15:17	4,662	6:05:42	3,946	
FT.		315	<b>POUSO MANEIRO José</b>		MAS	0:47:06	7,070	0:51:20	9,117	0:41:33	7,004	0:32:19	10,861	2:52:19	8,374	
FT.		323	<b>REBOREDA PUMAR María Laura</b>	XIABRE	FEM	1:36:05	3,466	1:56:03	4,033	1:25:45	3,394	1:20:10	4,378	6:18:05	3,817	
FT.		324	<b>REBOYRAS Arturo</b>	I.T.B.S.	MAS	0:57:42	5,771	1:06:37	7,025	0:43:35	6,677	0:56:27	6,218	3:44:23	6,431	
FT.		326	<b>REDONDO SOBRAL David</b>		MAS	0:53:24	6,236	0:56:30	8,283	0:43:42	6,659	0:51:01	6,880	3:24:39	7,051	
FT.		327	<b>REGO GONZÁLEZ Jose</b>	INTERNATIONAL TREKKERS BA	MAS	0:58:49	5,662	1:11:18	6,564	0:46:09	6,306	0:57:14	6,133	3:53:31	6,179	
FT.		334	<b>RIAÑO Noelia</b>	SACHACAMIÑOS	FEM	0:54:58	6,058	1:00:35	7,725	0:44:01	6,611	0:49:02	7,158	3:28:37	6,917	
FT.		347	<b>RODRIGUEZ NUÑEZ Pablo</b>		MAS	1:02:07	5,361	1:07:38	6,920	0:44:37	6,522	0:58:51	5,964	3:53:15	6,186	
FT.		359	<b>RÚA NÚÑEZ Ramón</b>		MAS	0:55:55	5,955	1:06:53	6,997	0:42:11	6,898	0:54:23	6,454	3:39:24	6,577	
FT.		361	<b>RUIBAL ARGIBAY Alberto</b>		MAS	0:57:44	5,768	0:55:26	8,443	0:43:50	6,639	0:54:50	6,401	3:31:51	6,811	

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.		362	<b>RUIBAL GARCIA Alberto</b>	CLUB PEÑA TREVINCA MONTA	MAS	0:57:44	5,768	1:06:35	7,029	0:43:41	6,662	0:52:28	6,690	3:40:29	6,545	
FT.		375	<b>SANTOS GARCÍA Juan José</b>		MAS	0:52:16	6,371	0:53:29	8,750	0:34:14	8,500	1:01:57	5,666	3:21:57	7,145	
FT.		382	<b>SERANTES MANEIRO Camilo</b>	ADC ARNELA	MAS	0:47:04	7,075	0:51:21	9,114	0:41:34	7,001	0:32:11	10,906	2:52:11	8,381	
FT.		410	<b>VÁZQUEZ DIAZ David</b>		MAS	1:40:34	3,311	1:53:42	4,116	1:14:50	3,889	1:20:35	4,356	6:09:43	3,903	
FT.		412	<b>VÁZQUEZ RODEIRO Sandra</b>		FEM	0:57:02	5,839	1:12:39	6,442	0:48:04	6,054	0:58:15	6,026	3:56:01	6,114	
FT.		425	<b>VILARIÑO RODRÍGUEZ Ana M.</b>	TRABANDAINAS	FEM	1:30:37	3,675	1:57:41	3,977	1:24:17	3,453	1:16:12	4,606	6:08:48	3,913	
DNF		1	<b>ABAL GARCÍA Nefalí José</b>	TRABANDAINAS	MAS	1:06:00	5,045									
DNF		17	<b>ALVAREZ MONTESERIN Severino</b>	TRABANDAINAS	MAS	1:08:58	4,828	1:25:13	5,492	0:55:47	5,217					
DNF		23	<b>AÑON CASTRO Roberto</b>		MAS	1:28:46	3,751									
DNF		41	<b>BLANCO GARCÍA Marcos</b>	TRABANDAINAS	MAS											
DNF		69	<b>CARRO RIOBOO Alfonso</b>		MAS	1:03:01	5,284									
DNF		81	<b>CERQUEIRO LANDÍN María Marga</b>	SENDERISMO GALEGO	FEM											
DNF		106	<b>DEL RÍO GÓMEZ Marta</b>		FEM	1:55:53	2,874	2:01:26	3,854							
DNF		120	<b>DURÁN DURÁN Fran</b>	CLUB CORNELIOS	MAS	1:01:48	5,388	1:15:02	6,237							
DNF		193	<b>IGLESIAS DE LA IGLESIA Noa</b>		FEM											
DNF		203	<b>LAJOS RODRÍGUEZ Fernando</b>		MAS											
DNF		220	<b>LOSADA RUBIO Manuel</b>	INTERNATIONAL TRECKKERS	MAS											
DNF		251	<b>MEIZOSO CARRO Francisco Javi</b>		MAS	1:04:11	5,188									
DNF		254	<b>MÉNDEZ PATIÑO Angel</b>	CLUB SENDERISMO TRABAND	MAS	1:32:52	3,586									
DNF		270	<b>OMIL CORTEGOSO Ramon</b>	TRABANDAINAS	MAS	1:49:18	3,047	1:40:23	4,662							
DNF		300	<b>PEREZ VAZQUEZ Enrique</b>	TRABANDAINAS	MAS											
DNF		319	<b>RAMA SONEIRA Vanesa</b>		FEM	1:29:44	3,711									
DNF		357	<b>ROZADOS GARCÍA Beatriz</b>		FEM	1:18:52	4,222	1:56:06	4,031	1:09:43	4,174					
DNF		397	<b>TIMMER Robert</b>		MAS	1:31:17	3,648	1:57:32	3,982	1:15:53	3,835					
DNF		398	<b>TIMMER HERNANDO Laura</b>		FEM	1:31:19	3,647	1:57:34	3,981	1:15:53	3,835					
DNF		409	<b>VAZQUEZ Jackie</b>		FEM	1:55:21	2,887	2:01:58	3,837							
DNF		413	<b>VÁZQUEZ VAL Tania</b>	TRABANDAINAS	FEM											
DNF		424	<b>VILARIÑO BARREIRO María Del C</b>		FEM	1:29:42	3,712									
DNF		430	<b>VILLANUSTRE FERNÁNDEZ José</b>	CLUB TRABANDAINAS	MAS	0:47:06	7,070	0:47:49	9,787							