

CRONOTEC

Andaina de Porto do Son 25KM

Carrera principal	Localidade Porto do Son	ORGANIZA: CLUB DE SENDERISMO TRABANDAINAS
Clasificación xeral	Data 16/04/2023	CRONOMETRA: CRONOTEC
Distancias parciais: 6.9 + 7.0 + 5.8 + 5.06	Hora 9:00 AM	SISTEMA: CRONOMACH
	Distancia 24,76 Km	CLASIFICACIÓN: www.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	251		María RÍOS LOIRA	Xesteiras	AND25 (1)	1:15:03 5,516	1:15:57 5,530	1:04:28 5,398	0:52:57 5,734	4:28:26 5,534	0,090
2	157		Josefina MAESTU ALMEIDA	Club de Montaña Coruña	AND25 (2)	1:23:52 4,936	1:27:51 4,781	1:07:03 5,190	1:01:48 4,913	5:00:36 4,942	0,111
3	62		César CUBREIRO DIOS	Trabandainas	AND25 (3)	1:18:31 5,273	1:18:48 5,330	1:04:25 5,402	0:53:16 5,700	4:35:03 5,401	0,125
4	187		Francisco NÚÑEZ TOMÉ	Trabandainas	AND25 (4)	1:16:44 5,395	1:20:04 5,246	1:09:59 4,973	0:57:22 5,292	4:44:10 5,228	0,126
5	319		Carlos RIAL GERPE	Trabandainas	AND25 (5)	1:16:31 5,411	1:20:14 5,235	1:10:01 4,970	0:57:21 5,294	4:44:09 5,228	0,128
6	154		María Del Carmen LORENZO PRA		AND25 (6)	1:20:28 5,145	1:19:53 5,258	1:10:58 4,904	0:56:59 5,328	4:48:20 5,152	0,134
7	177		José Miguel MERINO ENCINAS	Clube de Montaña Xistra	AND25 (7)	1:05:19 6,338	1:08:53 6,097	0:55:32 6,267	0:51:03 5,947	4:00:49 6,169	0,140
8	116		Antonio GONZALEZ FERNANDEZ	ITBS	AND25 (8)	1:08:27 6,048	1:09:24 6,052	1:01:33 5,654	0:50:37 5,998	4:10:01 5,942	0,140
9	108		Jorge GARCIA GOMEZ	A.D.T.L. A PERDOSA	AND25 (9)	1:31:23 4,530	1:29:38 4,686	1:19:15 4,391	1:03:05 4,813	5:23:22 4,594	0,144
10	66		Jose Miguel DE LA CAL GONZAL	CLUB PEÑA TREVINCA BARCO	AND25 (10)	1:18:31 5,273	1:18:50 5,328	1:06:57 5,198	0:53:27 5,680	4:37:47 5,348	0,145
11	72		Xose DO PAZO DIAZ	XISTRA	AND25 (11)	1:07:52 6,100	1:09:58 6,003	0:53:29 6,507	0:49:05 6,185	4:00:26 6,179	0,147
12	243		María Jesús REY DOMÍNGUEZ		AND25 (12)	1:25:00 4,871	1:27:01 4,827	1:11:20 4,879	0:57:20 5,295	5:00:42 4,940	0,150
13	45		Alberto CASÁS CANOURA		AND25 (13)	1:25:05 4,866	1:26:57 4,830	1:11:19 4,880	0:57:20 5,295	5:00:42 4,940	0,150
14	293		Jimena TOLEDO IGLESIAS	PEÑA TREVINCA	AND25 (14)	1:24:36 4,894	1:28:18 4,757	1:19:10 4,396	1:04:00 4,744	5:16:06 4,700	0,150
15	44		Francisco CASAS AGUIÑO		AND25 (15)	1:18:48 5,254	1:16:33 5,487	1:08:07 5,109	0:55:20 5,487	4:38:49 5,328	0,152
16	288		Antonio SUÁREZ BLANCO		AND25 (16)	1:25:06 4,865	1:25:24 4,918	1:18:29 4,434	1:04:03 4,740	5:13:03 4,746	0,152
17	135		Juan Manuel LAGO CES		AND25 (17)	1:10:16 5,892	1:08:21 6,145	1:01:54 5,622	0:50:40 5,992	4:11:12 5,914	0,156
18	303		Antonio VARELA NIEVES	PEÑA TREVINCA	AND25 (18)	1:24:43 4,887	1:28:15 4,759	1:19:04 4,401	1:02:56 4,824	5:14:58 4,717	0,159
19	67		David DE LA IGLESIA IGLESIAS	A.D.T.L. A PEDROSA	AND25 (19)	1:31:58 4,502	1:29:05 4,715	1:19:07 4,399	1:02:58 4,822	5:23:09 4,597	0,159
20	41		Susana CARREIRA FERNANDEZ	club montaña o caxado	AND25 (20)	1:19:01 5,239	1:17:35 5,414	1:07:19 5,170	0:53:51 5,638	4:37:48 5,348	0,161
21	79		Manuel DORCA ARMENTAL		AND25 (21)	1:22:08 5,041	1:23:20 5,040	1:11:03 4,898	0:55:37 5,459	4:52:09 5,085	0,162
22	125		Fernando HUELIN TRILLO		AND25 (22)	1:16:57 5,380	1:17:35 5,414	0:59:50 5,816	0:53:55 5,631	4:28:20 5,536	0,163
23	289		Ana TAJES	Trabandainas	AND25 (23)	1:10:20 5,886	1:06:42 6,297	0:55:16 6,297	0:48:07 6,310	4:00:26 6,179	0,164

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		236	Mari Carme RAMOS VALIÑO		AND25 (24)	1:18:48	5,254	1:16:08	5,517	1:08:31	5,079	0:55:28	5,474	4:38:56	5,326	0,164
25		32	José Luis CALO GOMEZ		AND25 (25)	1:22:06	5,043	1:23:19	5,041	1:11:06	4,895	0:55:34	5,464	4:52:07	5,086	0,164
26		52	Divina CATOIRA MARIÑO	C.D.M Xesteiras	AND25 (26)	1:07:54	6,097	1:10:02	5,997	1:00:30	5,752	0:48:00	6,325	4:06:28	6,028	0,168
27		266	Cesar ROMAY GOMEZ	C.D.M Xesteiras	AND25 (27)	1:08:03	6,084	1:10:00	6,000	1:02:34	5,562	0:50:41	5,990	4:11:19	5,911	0,172
28		28	Francisco Javier BOUZAS COLL	vintedouspes	AND25 (28)	1:29:31	4,625	1:27:28	4,802	1:17:24	4,496	1:00:33	5,014	5:14:58	4,717	0,173
29		244	Javier REY FERNANDEZ	club montaña o caxado	AND25 (29)	1:19:36	5,201	1:17:01	5,453	1:07:19	5,170	0:54:02	5,619	4:37:59	5,344	0,175
30		189	Manuel Jesus OLIVEIRA FERNAN	A.D.T.L. A PEDROSA	AND25 (30)	1:32:40	4,468	1:28:24	4,751	1:19:07	4,399	1:03:04	4,814	5:23:17	4,595	0,175
31		246	José Antonio REY ROMERO		AND25 (31)	1:10:19	5,888	1:08:54	6,096	0:56:32	6,156	0:46:28	6,534	4:02:15	6,133	0,176
32		260	Marcos RODRÍGUEZ GILDA		AND25 (32)	1:22:22	5,026	1:23:10	5,050	1:10:58	4,904	0:55:08	5,507	4:51:39	5,094	0,179
33		206	Marcos PEREIRA RODRÍGUEZ		AND25 (33)	1:22:22	5,026	1:23:14	5,046	1:10:56	4,906	0:55:04	5,513	4:51:38	5,094	0,181
34		26	Victor Manuel BOTANA FERREIR	Trabandainas	AND25 (34)	1:24:16	4,913	1:28:41	4,736	1:10:07	4,963	0:56:07	5,410	4:59:12	4,965	0,182
35		186	Óscar NÚÑEZ AGUADO		AND25 (35)	1:23:47	4,941	1:21:55	5,127	1:10:49	4,914	0:55:32	5,467	4:52:06	5,086	0,184
36		211	Francisco M. PÈREZ GÒMEZ	Trabandainas	AND25 (36)	1:18:08	5,299	1:21:10	5,175	1:06:49	5,208	0:52:29	5,785	4:38:37	5,332	0,192
37		39	Silvia CARAMES GONZALEZ	CLUBE DEPORTIVO FONTIÑAS	AND25 (37)	1:21:37	5,072	1:20:18	5,230	1:08:38	5,070	0:53:27	5,680	4:44:02	5,230	0,192
38		146	Carlos LODEIRO FERNÁNDEZ	C.D.M Xesteiras	AND25 (38)	1:09:38	5,945	1:08:22	6,143	1:00:22	5,765	0:47:52	6,343	4:06:16	6,032	0,194
39		254	María Jesús RIVAS MOSCOSO	Club Vía Láctea	AND25 (39)	1:13:35	5,626	1:15:53	5,535	1:09:05	5,037	0:54:53	5,532	4:33:28	5,432	0,198
40		142	Ricardo LEON NUÑEZ	CLUB PEÑA TREVINCA BARCO	AND25 (40)	1:18:48	5,254	1:17:03	5,451	1:08:25	5,086	0:53:26	5,682	4:37:44	5,349	0,198
41		279	José Carlos SENOVILLA SANZ	XISTRA	AND25 (41)	1:20:15	5,159	1:19:20	5,294	1:04:58	5,357	0:51:44	5,869	4:36:20	5,376	0,203
42		269	Alberto RUIBAL ARGIBAY		AND25 (42)	1:08:27	6,048	1:12:57	5,757	0:56:32	6,156	0:46:53	6,476	4:04:50	6,068	0,206
43		65	Henar DE DIEGO DE DIEGO	XISTRA	AND25 (43)	1:19:14	5,225	1:20:19	5,229	1:05:05	5,347	0:51:36	5,884	4:36:15	5,378	0,209
44		156	Jose Manuel LUSTRES OTERO	XISTRA	???????	1:10:32	5,870	1:07:35	6,215	0:57:38	6,038	0:46:28	6,534	4:02:15	6,133	0,210
45		215	Juan Carlos PÉREZ MARTÍNEZ		AND25 (44)	1:23:05	4,983	1:19:12	5,303	1:10:04	4,967	0:55:04	5,513	4:47:27	5,168	0,217
46		294	Arturo Ramón TRILLO BLANCO	C.D.M Xesteiras	AND25 (45)	1:19:49	5,187	1:21:46	5,137	1:10:11	4,958	0:53:02	5,725	4:44:50	5,216	0,219
47		91	Tamara FERNÁNDEZ VALLE		AND25 (46)	1:25:40	4,833	1:26:58	4,829	1:14:56	4,644	0:56:00	5,421	5:03:36	4,893	0,226
48		300	Cristina VALENZUELA LÓPEZ		AND25 (47)	1:23:28	4,960	1:18:49	5,329	1:10:05	4,966	0:55:08	5,507	4:47:31	5,167	0,227
49		13	José ALVAREZ RODRIGUEZ	XISTRA	AND25 (48)	1:18:27	5,277	1:21:08	5,177	1:05:02	5,351	0:51:06	5,941	4:35:45	5,387	0,228
50		176	Juan Carlos MEAÑOS CASTRO	Trabandainas	AND25 (49)	1:18:09	5,298	1:21:14	5,170	1:07:36	5,148	0:51:45	5,867	4:38:46	5,329	0,228
51		29	Aurora BUGALLO LOPE		AND25 (50)	1:25:42	4,831	1:26:57	4,830	1:14:56	4,644	0:55:56	5,428	5:03:32	4,894	0,228
52		207	Patricia PEREZ ALONSO	Cornelios	AND25 (51)	1:31:42	4,515	1:29:47	4,678	1:13:25	4,740	0:57:03	5,322	5:11:59	4,762	0,229
53		259	Jose Luis RODRIGUEZ GARCIA	Trabandainas	AND25 (52)	1:16:14	5,431	1:15:34	5,558	1:00:08	5,787	0:49:36	6,121	4:21:33	5,680	0,230
54		167	Beatriz Romina MARTÍNEZ MIRAN	XISTRA	AND25 (53)	1:13:37	5,624	1:14:04	5,671	1:01:18	5,677	0:47:56	6,334	4:16:57	5,782	0,232
55		221	Maria Del Pilar PIÑEIRO REY	Abrakdabra	AND25 (54)	1:20:11	5,163	1:29:23	4,699	1:13:46	4,718	0:58:35	5,182	5:01:56	4,920	0,232
56		183	Olalla MUIÑO RODRÍGUEZ		AND25 (55)	1:25:39	4,834	1:26:57	4,830	1:14:57	4,643	0:55:48	5,441	5:03:23	4,897	0,232
57		90	Diego FERNÁNDEZ SÁNCHEZ	Cornelios	AND25 (56)	1:33:39	4,421	1:27:53	4,779	1:13:24	4,741	0:57:04	5,320	5:12:02	4,761	0,234
58		178	José Manuel MOLEDO OLVEIRA	Trabandainas	AND25 (57)	1:16:15	5,430	1:15:35	5,557	1:00:05	5,792	0:49:25	6,144	4:21:21	5,684	0,237

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		310	Joaquin Manuel VILA VINAGRE	Club de Montañismo Abrakadabra	AND25 (58)	1:16:37	5,404	1:17:19	5,432	1:04:12	5,421	0:49:28	6,137	4:27:37	5,551	0,246
60		130	Jessica IGLESIAS NOVAS	Os de Budiño	AND25 (59)	1:30:32	4,573	1:37:27	4,310	1:17:01	4,519	0:58:23	5,200	5:23:25	4,593	0,247
61		318	Beatriz BRAVO GONZÁLEZ	Budiño	AND25 (60)	1:30:29	4,575	1:37:30	4,308	1:17:01	4,519	0:58:23	5,200	5:23:25	4,593	0,247
62		308	Xose Ramon VIEIRO NOGUEIRA		AND25 (61)	1:17:16	5,358	1:16:35	5,484	1:01:24	5,668	0:49:12	6,171	4:24:29	5,617	0,249
63		103	Paula FUENTES HERMO		AND25 (62)	1:17:55	5,313	1:21:52	5,130	1:08:13	5,101	0:51:23	5,909	4:39:24	5,317	0,250
64		278	Andrés SEÑARÍS CERQUEIRO	Vía Láctea	AND25 (63)	1:29:52	4,607	1:29:29	4,694	1:14:36	4,665	0:56:19	5,391	5:10:18	4,788	0,250
65		250	Francisco Javier RICO FERREIRO	Trabandainas	AND25 (64)	1:24:07	4,922	1:18:35	5,345	1:03:14	5,503	0:52:59	5,730	4:38:57	5,326	0,251
66		123	María HERMO MÍGUEZ		AND25 (65)	1:17:56	5,312	1:21:50	5,132	1:08:14	5,100	0:51:21	5,912	4:39:22	5,318	0,251
67		249	Agustin RICO FERREIRO	Melide	AND25 (66)	1:24:16	4,913	1:18:25	5,356	1:03:14	5,503	0:53:05	5,719	4:39:02	5,324	0,254
68		115	Oscar GOMEZ REBOREDO	Club de montaña Xesteiras	AND25 (67)	1:05:23	6,332	1:04:23	6,523	0:59:59	5,802	0:50:21	6,030	4:00:07	6,187	0,256
69		111	Isa GARCÍA VIÑA		AND25 (68)	1:28:59	4,653	1:24:15	4,985	1:10:07	4,963	0:53:50	5,640	4:57:13	4,998	0,259
70		73	Ana Isabel DOMINGUEZ ALVARE	OS TORAKKA	AND25 (69)	1:11:01	5,830	1:16:50	5,466	0:59:44	5,826	0:46:50	6,483	4:14:27	5,838	0,260
71		149	María Soledad LOPEZ ALVAREZ	CLUB PEÑA TREVINCA BARCO	AND25 (70)	1:19:35	5,202	1:19:35	5,277	1:04:48	5,370	0:50:10	6,052	4:34:10	5,419	0,260
72		212	Gena PEREZ GONZALEZ	Trabandainas	AND25 (71)	1:18:27	5,277	1:20:10	5,239	1:05:42	5,297	0:50:19	6,034	4:34:40	5,409	0,260
73		216	Carne PÉREZ PÉREZ		AND25 (72)	1:28:36	4,673	1:37:34	4,305	1:08:43	5,064	1:01:17	4,954	5:16:11	4,699	0,260
74		50	Aurelio CASTRO RODRIGUEZ	CLUB PEÑA TREVINCA BACO	AND25 (73)	1:06:24	6,235	1:03:34	6,607	1:00:37	5,741	0:50:11	6,050	4:00:48	6,169	0,263
75		263	Manuel RODRÍGUEZ PENA	Sachacamiños	AND25 (74)	1:23:46	4,942	1:18:19	5,363	1:05:28	5,316	0:51:04	5,945	4:38:39	5,331	0,263
76		180	Gumersindo MONTEAGUDO DOM		AND25 (75)	1:21:50	5,059	1:29:22	4,700	1:13:33	4,731	0:55:58	5,425	5:00:44	4,940	0,263
77		27	Xabier BOULLÓN AGRELO	International Trekkers Barbanza S	AND25 (76)	1:12:08	5,739	1:09:46	6,020	0:57:30	6,052	0:45:11	6,719	4:04:36	6,074	0,264
78		102	Ramón FRESCO ROMA		AND25 (77)	1:20:28	5,145	1:21:26	5,158	1:05:00	5,354	0:50:34	6,004	4:37:29	5,354	0,264
79		78	Alfonso DOMINGUEZ VIDAL		AND25 (78)	1:28:59	4,653	1:24:23	4,977	1:10:08	4,962	0:53:43	5,652	4:57:14	4,998	0,264
80		9	José Manuel ALONSO ORTIZ	Trabandainas	AND25 (79)	1:25:25	4,847	1:27:46	4,785	1:10:10	4,960	0:53:43	5,652	4:57:06	5,000	0,265
81		314	Germán VILLANUSTRE ABUIN	Sd Barbantia Roda	AND25 (80)	1:09:51	5,927	1:11:47	5,851	0:58:57	5,903	0:45:28	6,677	4:06:05	6,037	0,268
82		120	Francisco Daniel GONZALEZ ROD	OS TORAKKA	AND25 (81)	1:13:11	5,657	1:14:40	5,625	0:59:45	5,824	0:46:44	6,496	4:14:22	5,840	0,268
83		223	Noé PINILLAS GARCÍA		AND25 (82)	1:05:12	6,350	1:06:23	6,327	1:01:28	5,662	0:47:02	6,455	4:00:07	6,187	0,273
84		268	Eli ROMERO SABORIDO		AND25 (83)	1:18:24	5,281	1:20:09	5,240	1:05:46	5,291	0:50:00	6,072	4:34:20	5,415	0,273
85		321	Luis Alejandro LAGO MUIÑOS	C.D.M Xesteiras	AND25 (84)	1:14:22	5,567	1:25:58	4,886	1:11:00	4,901	0:57:05	5,319	4:48:27	5,150	0,274
86		292	María Dolores TIRADOS PRIETO		AND25 (85)	1:33:24	4,433	1:31:46	4,577	1:14:34	4,667	0:56:27	5,378	5:16:14	4,698	0,275
87		190	Ramón OMIL CORTEGOSO		AND25 (86)	1:23:29	4,959	1:25:53	4,890	1:08:13	5,101	0:52:16	5,809	4:49:53	5,125	0,277
88		202	Xose Lois PAZOS CAMPOS	CM XESTEIRAS	AND25 (87)	1:18:33	5,271	1:15:03	5,596	1:01:53	5,623	0:47:56	6,334	4:23:27	5,639	0,281
89		143	José A. LISTA GONZÁLEZ		AND25 (88)	1:18:32	5,272	1:15:19	5,576	1:09:18	5,022	1:04:42	4,692	4:47:53	5,160	0,283
90		173	Carmela MARTÍNEZ VISPO		AND25 (89)	1:31:02	4,548	1:22:47	5,073	1:16:12	4,567	0:58:42	5,172	5:08:45	4,812	0,283
91		225	Ana Isabel PORTELA GONZALEZ	CM XESTEIRAS	AND25 (90)	1:22:05	5,044	1:24:03	4,997	1:11:01	4,900	0:52:14	5,812	4:49:24	5,133	0,284
92		144	Rubén LISTA GONZALEZ	ABEGONDO	AND25 (91)	1:18:58	5,243	1:14:54	5,607	1:09:23	5,016	1:04:39	4,696	4:47:55	5,160	0,285
93		217	Pilar PEREZ RODRIGUEZ	CLUB PEÑA TREVINCA BARCO	AND25 (92)	1:19:36	5,201	1:17:01	5,453	1:07:24	5,163	0:50:08	6,056	4:34:10	5,419	0,286

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		297	Victor Manuel TUÑEZ AGUIN		AND25 (93)	1:21:43	5,066	1:26:21	4,864	1:07:46	5,135	0:51:39	5,878	4:47:31	5,167	0,287
95		170	María Luisa MARTÍNEZ RAMILO	Os de budiño	AND25 (94)	1:23:15	4,973	1:24:05	4,995	1:08:24	5,088	0:51:42	5,872	4:47:27	5,168	0,288
96		182	Santiago MOROÑO ARENAS	XISTRA	AND25 (95)	1:22:27	5,021	1:19:35	5,277	1:02:18	5,586	0:51:37	5,882	4:35:59	5,383	0,292
97		82	Jose Manuel ESTEVEZ MARTINEZ	Os de budiño	AND25 (96)	1:25:01	4,870	1:22:27	5,094	1:08:21	5,091	0:51:28	5,899	4:47:19	5,171	0,296
98		316	Maria Carmen VITURRO SANCHE		AND25 (97)	1:24:21	4,908	1:31:18	4,600	1:12:07	4,826	0:53:38	5,661	5:01:25	4,929	0,296
99		209	Ceferina PEREZ FERNANDEZ	CLUB PEÑA TREVINCA BARCO	AND25 (98)	1:09:12	5,983	1:11:26	5,880	0:50:41	6,866	0:49:03	6,190	4:00:23	6,180	0,298
100		51	Ricardo CATOIRA MARIÑO	C.D.M Xesteiras	AND25 (99)	1:20:05	5,170	1:25:35	4,907	1:11:28	4,869	0:52:14	5,812	4:49:24	5,133	0,301
101		124	Isidoro HORNILLOS BAZ	CLUB DE MONTAÑA CORUÑA	AND25 (100)	1:10:23	5,882	1:10:16	5,977	0:51:12	6,797	0:48:24	6,273	4:00:15	6,184	0,303
102		24	David BAS FERMANDEZ	Cornelios Marqués de Vizhoja	AND25 (101)	1:30:31	4,574	1:34:52	4,427	1:12:16	4,815	0:56:12	5,402	5:13:53	4,733	0,304
103		106	Ana María GARCÍA BLANCO	vintedouspes	AND25 (102)	1:24:21	4,908	1:29:47	4,678	1:13:38	4,726	0:53:32	5,671	5:01:19	4,930	0,305
104		136	Dorsal sin registrar		???????	1:14:22	5,567	1:19:53	5,258	1:01:15	5,682	0:47:39	6,371	4:23:11	5,645	0,307
105		101	Xose Lois FREIXEIRO LOPEZ	CLUBE DE MONTAÑA XISTRA	AND25 (103)	1:28:32	4,676	1:37:05	4,326	1:15:03	4,637	0:55:31	5,469	5:16:13	4,698	0,307
106		274	Ramón SANDOVAL PÉREZ	AVIVA SPORT CLUB	AND25 (104)	1:30:58	4,551	1:35:14	4,410	1:14:29	4,672	0:55:32	5,467	5:16:14	4,698	0,307
107		64	Ana Maria DASILVA CASTRO	Xesteiras	AND25 (105)	1:18:48	5,254	1:15:20	5,575	1:01:18	5,677	0:47:31	6,389	4:22:58	5,649	0,309
108		172	Carmen María MARTÍNEZ TRIGO	International Treckers Barbanza S	AND25 (106)	1:12:05	5,743	1:13:40	5,701	0:58:29	5,950	0:45:10	6,722	4:09:26	5,956	0,310
109		277	Javier SARANDESES PEDROUSO	C.D.M Xesteiras	AND25 (107)	1:18:58	5,243	1:15:47	5,542	1:02:48	5,541	0:47:40	6,369	4:25:14	5,601	0,311
110		228	Felix POSE		AND25 (108)	1:22:57	4,991	1:18:38	5,341	1:02:58	5,527	0:50:07	6,058	4:34:41	5,408	0,313
111		104	Francisco José FUENTES PIÑEIR		AND25 (109)	1:25:20	4,852	1:31:58	4,567	1:20:15	4,336	0:57:13	5,306	5:14:47	4,719	0,313
112		19	Carlos Benito ASENSIO LLAMOS	CLUB PEÑA TREVINCA BARCO	AND25 (110)	1:19:35	5,202	1:24:03	4,997	1:07:49	5,131	0:50:15	6,042	4:41:44	5,273	0,315
113		159	Angel MALVESADA TATO	CLUB PEÑA TREVINCA BARCO	AND25 (111)	1:02:03	6,672	1:06:34	6,309	1:00:49	5,722	0:50:38	5,996	4:00:06	6,187	0,316
114		265	Moncho ROMANO CRUJEIRAS	Sachacamiños	AND25 (112)	1:25:11	4,860	1:16:50	5,466	1:05:36	5,305	0:50:53	5,967	4:38:31	5,334	0,317
115		93	Jesus FERRO MAGARIÑOS	C.D.M Xesteiras	AND25 (113)	1:18:32	5,272	1:17:20	5,431	1:11:01	4,900	0:50:29	6,014	4:37:24	5,355	0,318
116		219	Diego PINAL FERNANDEZ		AND25 (114)	1:32:18	4,485	1:21:32	5,151	1:16:16	4,563	0:58:44	5,169	5:08:51	4,810	0,318
117		49	María Del Carmen CASTRO RODR		AND25 (115)	1:25:05	4,866	1:32:20	4,549	1:20:13	4,338	0:57:17	5,300	5:14:56	4,717	0,320
118		14	Cristian ALVAREZ TATO	CLUB PEÑA TREVINCA BARCO	AND25 (116)	1:04:17	6,440	1:04:19	6,530	0:59:07	5,887	0:52:20	5,801	4:00:04	6,188	0,321
119		38	Lucio CAO MANUEL	CLUB PEÑA TREVINCA BARCO	AND25 (117)	1:02:04	6,670	1:06:29	6,317	1:00:52	5,717	0:50:47	5,978	4:00:14	6,184	0,323
120		84	Alejandra ESTÉVEZ RODRÍGUEZ	XISTRA	AND25 (118)	1:27:21	4,740	1:36:03	4,373	1:17:33	4,487	0:56:03	5,417	5:17:02	4,686	0,324
121		22	Moises BARRIO BAYO	CLUB PEÑA TREVINCA BARCO	AND25 (119)	1:21:16	5,094	1:22:15	5,106	1:07:49	5,131	0:49:57	6,078	4:41:18	5,281	0,327
122		34	Dina CAMPAZAS GARCIA	CLUB PEÑA TREVINCA BARCO	AND25 (120)	1:19:35	5,202	1:23:18	5,042	1:08:27	5,084	0:49:56	6,080	4:41:18	5,281	0,329
123		100	Xose Henrique FREIXEIRO CAME	CLUBE DE MONTAÑA XISTRA	AND25 (121)	1:28:32	4,676	1:36:53	4,335	1:12:13	4,819	0:55:07	5,508	5:12:47	4,750	0,329
124		188	Mercedes Giselle OCAMPO CÁCE	Metas Imposible Trail Team	AND25 (122)	1:19:23	5,215	1:18:08	5,375	1:03:39	5,467	0:47:52	6,343	4:29:03	5,522	0,332
125		83	Jairo ESTEVEZ MARTINEZ	Metas Imposible Trail Team	AND25 (123)	1:18:33	5,271	1:18:53	5,324	1:03:43	5,462	0:47:49	6,349	4:29:00	5,523	0,335
126		63	Susana DA COSTA CERZON	Metas Imposible Trail Team	AND25 (124)	1:18:48	5,254	1:18:37	5,342	1:03:51	5,450	0:47:45	6,358	4:29:03	5,522	0,339
127		71	Gonzalo DIESTE REGADES	Arca do Barbanza	AND25 (125)	1:23:15	4,973	1:19:18	5,296	1:02:06	5,604	0:50:23	6,026	4:35:03	5,401	0,340
128		110	Uxia GARCIA RODRIGUEZ		AND25 (126)	1:20:51	5,121	1:16:55	5,460	1:03:22	5,492	0:47:29	6,394	4:28:38	5,530	0,345

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	25		Jose Felix BOLAÑO CARRERA	Trabandainas	AND25 (127)	1:29:14 4,640	1:28:19 4,756	1:08:48 5,058	0:53:06 5,718	4:59:27 4,961	0,345
130	195		Alberto OTERO RODRÍGUEZ	XISTRA	AND25 (128)	1:27:07 4,752	1:36:16 4,363	1:18:01 4,461	0:55:41 5,452	5:17:07 4,685	0,345
131	276		Susan SANTOS MORALES	Pulpeiros Mugarodos	AND25 (129)	1:14:57 5,524	1:12:44 5,775	0:58:20 5,966	0:45:11 6,719	4:11:13 5,914	0,346
132	147		Natalia LOJO BLANCO	vintedouspes	AND25 (130)	1:22:24 5,024	1:31:42 4,580	1:13:39 4,725	0:53:36 5,664	5:01:23 4,929	0,346
133	140		Roberto LEIS BLANCO		AND25 (131)	1:08:30 6,044	1:11:40 5,860	0:56:54 6,116	0:43:06 7,044	4:00:12 6,185	0,349
134	1		Jose Luis ABOAL RAMOS		AND25 (132)	1:16:20 5,424	1:18:12 5,371	1:00:56 5,711	0:46:51 6,480	4:22:20 5,663	0,349
135	152		Carlos LOPEZ GUDIÑA	CLUB PEÑA TREVINCA BARCO	AND25 (133)	1:03:57 6,474	1:04:06 6,552	0:56:53 6,118	0:55:10 5,503	4:00:08 6,187	0,351
136	261		German RODRÍGUEZ HOLGUIN		AND25 (134)	1:21:16 5,094	1:23:40 5,020	1:07:25 5,162	0:49:27 6,140	4:41:50 5,271	0,351
137	57		Cibeles CONDE REY		AND25 (135)	1:17:07 5,368	1:17:31 5,418	1:03:29 5,482	0:46:57 6,466	4:25:06 5,604	0,352
138	208		Mónica PÉREZ ÁLVAREZ	Club Vía Láctea	AND25 (136)	1:30:17 4,586	1:37:26 4,311	1:14:13 4,689	0:54:16 5,595	5:16:13 4,698	0,352
139	171		Dolores MARTÍNEZ SÁNCHEZ		AND25 (137)	1:21:15 5,095	1:23:36 5,024	1:07:31 5,154	0:49:26 6,142	4:41:49 5,272	0,353
140	69		Diana DETLEFSEN E		AND25 (138)	1:29:13 4,640	1:25:24 4,918	1:07:38 5,145	0:52:06 5,827	4:54:23 5,046	0,353
141	198		Germán PAINECURA SAADE		AND25 (139)	1:29:29 4,627	1:25:12 4,930	1:07:33 5,152	0:52:08 5,824	4:54:24 5,046	0,355
142	196		Nacho OTERO SOTO		AND25 (140)	1:21:16 5,094	1:24:10 4,990	1:07:35 5,149	0:49:14 6,167	4:42:17 5,263	0,365
143	258		Ricardo RODRIGUEZ FERRER	CLUB PEÑA TREVINCA BARCO	AND25 (141)	1:23:21 4,967	1:20:17 5,231	1:09:08 5,034	0:49:08 6,179	4:41:56 5,269	0,371
144	109		Pedro GARCIA LOPEZ	CLUB PEÑA TREVINCA BARCO	AND25 (142)	1:06:21 6,240	1:10:41 5,942	0:50:12 6,932	0:52:56 5,736	4:00:12 6,185	0,373
145	76		Manuel DOMÍNGUEZ REGUEIRA	Equilibrium arteixo	AND25 (143)	1:08:18 6,061	1:14:43 5,621	1:01:13 5,685	0:45:02 6,742	4:09:17 5,959	0,374
146	59		Carmen COUSO FRAIZ	CLUB PEÑA TREVINCA BARCO	AND25 (144)	1:21:45 5,064	1:21:47 5,136	1:09:13 5,028	0:49:06 6,183	4:41:52 5,271	0,374
147	46		Margarita CASTIÑEIRA POSE	Equilibrium arteixo	AND25 (145)	1:08:17 6,063	1:14:43 5,621	1:01:14 5,683	0:45:02 6,742	4:09:18 5,959	0,375
148	77		Pablo DOMÍNGUEZ REY		AND25 (146)	1:18:28 5,276	1:20:20 5,228	1:03:28 5,483	0:47:02 6,455	4:29:20 5,516	0,375
149	312		Purificación VILASÓ MILLÁN		AND25 (147)	1:24:16 4,913	1:18:05 5,379	1:01:58 5,616	0:49:06 6,183	4:33:26 5,433	0,377
150	197		Alberto PADÍN CORES		AND25 (148)	1:27:23 4,738	1:15:02 5,598	1:04:42 5,379	0:50:59 5,955	4:38:08 5,341	0,377
151	163		Lucia MARIÑO PAZ		AND25 (149)	1:24:49 4,881	1:17:21 5,430	1:06:19 5,248	0:48:53 6,211	4:37:23 5,356	0,378
152	30		Enrique CAAMAÑO CERNADAS	Club Trabandainas	AND25 (150)	1:21:35 5,075	1:29:26 4,696	1:06:29 5,234	0:50:12 6,048	4:47:43 5,163	0,378
153	42		Oscar CARRIL NOGUEIRAS		AND25 (151)	1:24:57 4,873	1:17:19 5,432	1:06:13 5,255	0:48:50 6,217	4:37:20 5,357	0,380
154	285		Jose Florencio SOTO AMIL	XISTRA	AND25 (152)	1:19:09 5,231	1:24:41 4,960	1:02:57 5,528	0:49:03 6,190	4:35:50 5,386	0,382
155	179		Javier MONTANÉ LÓPEZ		AND25 (153)	1:25:00 4,871	1:17:30 5,419	1:02:03 5,608	0:48:51 6,215	4:33:27 5,433	0,383
156	284		Eva SOTELO CORBACHO		AND25 (154)	1:27:36 4,726	1:14:44 5,620	1:04:43 5,377	0:51:04 5,945	4:38:09 5,341	0,383
157	18		Pablo ARUFE LIRES		AND25 (155)	1:25:18 4,853	1:23:31 5,029	1:05:42 5,297	0:49:25 6,144	4:43:57 5,232	0,389
158	181		Carlos MORAÑA VARELA	Club de Montaña Abrakadabra	AND25 (156)	1:22:21 5,027	1:27:24 4,805	1:25:42 4,061	0:57:30 5,280	5:12:58 4,747	0,389
159	133		Elena JAUREGUI CORTIZO	Club Corredoiras Bueu	AND25 (157)	1:20:28 5,145	1:22:52 5,068	1:06:32 5,230	0:48:03 6,318	4:37:56 5,345	0,391
160	141		Samuel LEÓN MEIRA		AND25 (158)	1:23:21 4,967	1:25:31 4,911	1:05:39 5,301	0:49:26 6,142	4:43:58 5,232	0,391
161	95		Andrea FOLGAR		AND25 (159)	1:13:35 5,626	1:19:58 5,252	1:03:33 5,476	0:45:44 6,638	4:22:51 5,652	0,397
162	96		Silvia FOLGAR DIOS		AND25 (160)	1:13:35 5,626	1:19:56 5,254	1:03:35 5,473	0:45:42 6,643	4:22:50 5,652	0,398
163	262		Marcos RODRIGUEZ ORDOÑEZ		AND25 (161)	1:22:41 5,007	1:16:21 5,501	1:03:02 5,521	0:46:15 6,564	4:28:21 5,536	0,402

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		138	Cesar Manuel LAIÑO BLANCO		AND25 (162)	1:35:32	4,334	1:29:50	4,675	1:09:29	5,008	0:54:00	5,622	5:08:52	4,810	0,405
165		271	Cristina SAAVEDRA LOJO		AND25 (163)	1:35:33	4,333	1:29:52	4,674	1:09:25	5,013	0:54:02	5,619	5:08:54	4,809	0,406
166		220	David Eladio PINAL OTERO		AND25 (164)	1:33:25	4,432	1:35:43	4,388	1:14:12	4,690	0:52:55	5,737	5:16:17	4,697	0,406
167		320	Eva Maria SAAVEDRA LOJO		AND25 (165)	1:35:32	4,334	1:29:56	4,670	1:09:25	5,013	0:53:59	5,624	5:08:53	4,810	0,408
168		21	Alba BARBEITO GREGORES	Cornelios Marqués de Vizhoja	AND25 (166)	1:30:29	4,575	1:35:02	4,420	1:15:04	4,636	0:52:28	5,787	5:13:05	4,745	0,412
169		137	Artur LAGO SANTOS	Trabandainas	AND25 (167)	1:25:39	4,834	1:25:26	4,916	1:04:38	5,384	0:50:25	6,022	4:46:10	5,191	0,414
170		253	Ana RIVAS DA SILVA	Cornelios Marqués de Vizhoja	AND25 (168)	1:30:30	4,575	1:35:02	4,420	1:15:08	4,632	0:52:25	5,792	5:13:05	4,745	0,414
171		185	Manuel Angel NOVAS CASAL	Club Corredoiras Bueu	AND25 (169)	1:20:28	5,145	1:22:52	5,068	1:07:00	5,194	0:47:34	6,383	4:37:55	5,345	0,416
172		6	Miguel Angel ALLO CANEDA		AND25 (170)	1:27:07	4,752	1:26:16	4,869	1:09:10	5,031	0:49:26	6,142	4:52:01	5,087	0,416
173		74	Ana DOMINGUEZ BESADA		AND25 (171)	1:27:20	4,740	1:26:06	4,878	1:09:07	5,035	0:49:22	6,150	4:51:57	5,089	0,418
174		11	María Esperanza ÁLVAREZ MAYÁ	Club de Montaña Sachacamiños	AND25 (172)	1:18:33	5,271	1:27:47	4,785	1:06:58	5,197	0:47:45	6,358	4:41:05	5,285	0,419
175		105	Luis GAGO IGLESIAS		AND25 (173)	1:29:44	4,614	1:36:39	4,346	1:11:59	4,834	0:52:14	5,812	5:10:38	4,782	0,422
176		240	Rosario RENDO CANEDA		AND25 (174)	1:35:34	4,332	1:30:50	4,624	1:11:59	4,834	0:52:14	5,812	5:10:38	4,782	0,422
177		75	Raul DOMINGUEZ DOMINGUEZ	XISTRA	AND25 (175)	1:32:09	4,493	1:28:49	4,729	1:19:38	4,370	0:52:22	5,798	5:12:58	4,747	0,425
178		201	Serafin PAZ SANTOS		AND25 (176)	1:23:15	4,973	1:28:04	4,769	1:05:14	5,335	0:49:40	6,113	4:46:15	5,190	0,426
179		304	Marisol VÁZQUEZ	Trabandainas	AND25 (177)	1:10:40	5,858	1:17:06	5,447	0:58:32	5,945	0:43:05	7,047	4:09:24	5,957	0,427
180		291	Isauro TESOURO FRANQUEIRA		AND25 (178)	1:26:16	4,799	1:25:00	4,941	1:05:15	5,333	0:49:35	6,123	4:46:07	5,192	0,429
181		15	Francisco Javier ANTAS PEREZ		AND25 (179)	1:27:22	4,739	1:23:55	5,005	1:05:20	5,327	0:49:28	6,137	4:46:07	5,192	0,430
182		210	Salvador Manuel PEREZ GARCIA	Trabandainas	AND25 (180)	1:25:25	4,847	1:24:57	4,944	1:07:38	5,145	0:48:07	6,310	4:46:08	5,192	0,440
183		287	Manuel SOUTULLO RENDO		AND25 (181)	1:36:49	4,276	1:30:07	4,661	1:11:28	4,869	0:51:55	5,848	5:10:21	4,787	0,445
184		87	Juan José FERNÁNDEZ ÁLVARE	Club Trabandainas	AND25 (182)	1:32:11	4,491	1:19:03	5,313	1:06:16	5,252	0:50:16	6,040	4:47:48	5,162	0,447
185		118	Carolina GONZÁLEZ GARCÍA	ITBS	AND25 (183)	1:12:36	5,702	1:13:16	5,732	0:56:04	6,207	0:43:15	7,020	4:05:12	6,059	0,448
186		68	Jacob DEL RIO VIÑAS		AND25 (184)	1:21:42	5,067	1:19:25	5,289	0:59:57	5,805	0:47:52	6,343	4:28:57	5,524	0,448
187		191	Yaiza OTERO FUNGUEIRIÑO		AND25 (185)	1:29:32	4,624	1:38:58	4,244	1:19:23	4,384	0:52:35	5,774	5:20:29	4,635	0,448
188		286	Dionisio SOTO ANIL	XISTRA	AND25 (186)	1:08:55	6,007	1:13:52	5,686	0:54:19	6,407	0:42:53	7,080	4:00:00	6,190	0,449
189		33	Hector CALO RODRIGUEZ	Club senderismo Trabandainas	AND25 (187)	1:16:24	5,419	1:11:27	5,878	0:56:23	6,172	0:43:45	6,939	4:08:01	5,990	0,453
190		3	Jacobo AGRELO TUBÍO	International Trekkers Barbanza S	AND25 (188)	1:12:10	5,737	1:13:56	5,681	0:54:21	6,403	0:44:14	6,864	4:04:43	6,071	0,462
191		175	Maria Jose MAYAN QUINTANS	Club de Montaña Abrakadabra	AND25 (189)	1:18:48	5,254	1:30:46	4,627	1:25:53	4,052	0:57:23	5,291	5:12:51	4,749	0,466
192		92	Santiago FERRO LOJO		AND25 (190)	1:28:07	4,698	1:40:16	4,189	1:19:11	4,395	0:52:49	5,748	5:20:24	4,637	0,466
193		35	Angel Santiago CAMPOS PENA	vintedouspes	AND25 (191)	1:30:37	4,569	1:36:07	4,370	1:17:59	4,462	0:51:38	5,880	5:16:24	4,695	0,467
194		305	Miguel Ángel VÁZQUEZ BECERR	Club Internacional Trekkers Barba	AND25 (192)	1:12:33	5,706	1:13:43	5,697	0:54:14	6,417	0:44:14	6,864	4:04:46	6,069	0,468
195		231	Juan Ramón PRIETO OTERO		AND25 (193)	1:20:15	5,159	1:11:43	5,856	0:57:15	6,079	0:44:24	6,838	4:13:40	5,857	0,475
196		81	Yaiza EIRAS POUSO		AND25 (194)	1:28:03	4,702	1:35:07	4,416	1:24:24	4,123	0:52:46	5,754	5:20:22	4,637	0,479
197		199	Veronica PAMPILLON SEIJO		AND25 (195)	1:13:37	5,624	1:20:07	5,242	1:04:28	5,398	0:44:05	6,887	4:22:18	5,664	0,487
198		162	Antonio MARIÑO MARIÑO	ITBS	AND25 (196)	1:12:32	5,708	1:16:34	5,485	0:57:29	6,054	0:42:49	7,091	4:09:26	5,956	0,488

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	192		Amalia OTERO GONZALEZ	XISTRA	AND25 (197)	1:18:48 5,254	1:15:48 5,541	1:00:07 5,789	0:43:33 6,971	4:18:17 5,752	0,491
200	55		Mari CES VIDAL	International Trekkers Barbanza S	AND25 (198)	1:13:14 5,653	1:21:35 5,148	1:03:23 5,490	0:43:47 6,934	4:22:00 5,670	0,496
201	94		Gonzalo FILGUEIRA IGLESIAS		AND25 (199)	1:17:59 5,309	1:20:49 5,197	1:02:14 5,592	0:44:09 6,877	4:25:12 5,602	0,496
202	31		Xoán M. CABO PÉREZ		AND25 (200)	1:16:57 5,380	1:15:25 5,569	0:56:52 6,120	0:44:29 6,825	4:13:44 5,855	0,499
203	193		Jorge OTERO MARTÍNEZ	Demacrad@s Trail Runners	AND25 (201)	1:18:24 5,281	1:08:31 6,130	0:54:30 6,385	0:43:21 7,003	4:04:48 6,069	0,525
204	257		Sandra RODRIGUEZ DEAN		AND25 (202)	1:18:48 5,254	1:32:07 4,559	1:03:10 5,509	0:47:08 6,441	4:41:14 5,282	0,535
205	117		Sagrario GONZÁLEZ FERNÁNDEZ	Trabandainas	AND25 (203)	1:20:03 5,172	1:32:42 4,531	1:07:54 5,125	0:45:54 6,614	4:46:35 5,184	0,538
206	23		Juan Carlos BARROS AMOSA		AND25 (204)	1:29:52 4,607	1:23:45 5,015	1:24:45 4,106	0:51:52 5,853	5:10:15 4,788	0,539
207	160		Juan Carlos MANEIRO RODRIGU		AND25 (205)	1:18:58 5,243	1:32:11 4,556	1:03:00 5,524	0:47:04 6,450	4:41:14 5,282	0,544
208	213		Joaquín PÉREZ GONZÁLEZ	Trabandainas	AND25 (206)	1:12:23 5,720	1:12:31 5,792	0:51:05 6,812	0:43:59 6,903	4:00:00 6,190	0,551
209	99		Manuel FRAGA PEREIRO	K2 ORDES	AND25 (207)	1:25:17 4,854	1:08:44 6,111	0:56:21 6,176	0:48:04 6,316	4:18:28 5,748	0,562
210	224		Maite PONTE MAYAN		AND25 (208)	1:18:59 5,242	1:20:53 5,193	1:03:43 5,462	0:43:06 7,044	4:26:42 5,570	0,572
211	145		Eva LISTE RODRIGUEZ	MANIOTAS	AND25 (209)	1:19:00 5,241	1:20:51 5,195	1:03:46 5,457	0:43:02 7,055	4:26:40 5,571	0,576
212	169		Manuel MARTÍNEZ NUÑEZ	XISTRA	AND25 (210)	1:12:32 5,708	1:13:04 5,748	0:51:28 6,762	0:43:21 7,003	4:00:27 6,178	0,577
213	16		Marcos ARES LOVELLE		AND25 (211)	1:31:53 4,506	1:21:42 5,141	1:24:46 4,105	0:52:05 5,829	5:10:28 4,785	0,590
214	139		Fernando LAJOS		AND25 (212)	1:24:36 4,894	1:12:56 5,759	0:55:57 6,220	0:44:42 6,792	4:18:12 5,754	0,592
215	214		Rosa María PÉREZ GRADAÍLLE	Trabandainas	AND25 (213)	1:17:07 5,368	1:16:38 5,481	1:00:52 5,717	0:41:11 7,372	4:15:50 5,807	0,605
216	275		Juan Francisco SANTOS DIOS		AND25 (214)	1:16:43 5,396	1:17:01 5,453	1:00:59 5,706	0:41:03 7,396	4:15:48 5,808	0,614
217	4		Miguel ALAMÁNCOS SOBRIDO	Demacrad@s Trail Runners	AND25 (215)	1:18:32 5,272	1:08:23 6,142	0:52:40 6,608	0:41:40 7,286	4:01:17 6,157	0,620
218	17		Aitor ARREGUI LARRAÑAGA	Demacrad@s Trail Runners	AND25 (216)	1:17:56 5,312	1:08:58 6,090	0:52:41 6,606	0:41:40 7,286	4:01:16 6,158	0,622
219	252		Jose Manuel RIOS NOYA	K2Ordes	AND25 (217)	1:25:18 4,853	1:08:44 6,111	0:56:28 6,163	0:45:21 6,695	4:15:51 5,807	0,625
220	61		Maria CREO BEIRO	C.D.M Xesteiras	AND25 (218)	1:20:09 5,165	1:22:01 5,121	1:10:52 4,911	0:43:36 6,963	4:36:39 5,370	0,627
221	296		Samuel TUBIO DAVILA		AND25 (219)	1:17:57 5,311	1:14:02 5,673	0:52:15 6,660	0:43:45 6,939	4:08:01 5,990	0,654
222	119		Francisco GONZALEZ LOJO	Trabandainas	AND25 (220)	1:20:51 5,121	1:12:13 5,816	0:53:30 6,505	0:42:55 7,074	4:09:30 5,954	0,661
223	112		Borja GENDRE MIRÁS	K2Ordes	AND25 (221)	1:11:21 5,802	1:18:08 5,375	1:28:01 3,954	1:06:57 4,535	5:04:28 4,879	0,672
224	8		Victor Manuel ALMEIDA FERREIR	AROMON	AND25 (222)	1:22:17 5,031	1:24:35 4,966	1:02:59 5,525	0:41:21 7,342	4:31:13 5,478	0,718
225	47		Lorena CASTRO ARAGUNDE		AND25 (223)	1:35:31 4,334	1:37:59 4,286	1:07:54 5,125	0:47:05 6,448	5:08:30 4,816	0,738
226	88		Marina FERNANDEZ CASALDERR	AROMON	AND25 (224)	1:16:17 5,427	1:18:24 5,357	0:51:50 6,714	0:42:52 7,082	4:09:25 5,956	0,753
227	295		José Gerardo TRIÑANES FERNÁN	ITBS	AND25 (225)	1:23:47 4,941	1:19:54 5,257	0:59:29 5,850	0:41:12 7,369	4:24:22 5,619	0,755
228	20		Elena BARBÉ MARTIN	Trabandainas	AND25 (226)	1:21:15 5,095	1:31:54 4,570	1:00:57 5,710	0:42:43 7,107	4:36:51 5,366	0,787
229	229		Diego POUSADA OUTEDA		AND25 (227)	1:26:00 4,814	1:26:49 4,838	1:00:40 5,736	0:40:57 7,414	4:34:27 5,413	0,875
230	239		Jose Matias REGUEIRA BOO	ARCA DO BARBANZA	AND25 (228)	1:30:10 4,591	1:16:54 5,462	0:57:13 6,082	0:38:07 7,965	4:22:24 5,662	0,998
231	129		Teresa IGLESIAS GONZÁLEZ		AND25 (229)	1:37:22 4,252	1:44:32 4,018	1:27:32 3,976	1:02:01 4,895	5:51:29 4,227	2,883
232	85		Irene FAJARDO GONZÁLEZ		AND25 (230)	1:37:21 4,253	1:44:31 4,018	1:27:34 3,974	1:02:00 4,897	5:51:27 4,227	2,891
233	290		Fco Javier TELLADO ARIAS	club de montaña ferrol	AND25 (231)	1:38:05 4,221	1:41:34 4,135	1:19:14 4,392	0:59:09 5,133	5:38:03 4,395	2,934

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	264		Amparo RODRIGUEZ SANTAELL	AVIVA SPORT CLUB	AND25 (232)	1:38:06	4,220	1:41:30	4,138	1:19:17	4,389	0:59:05	5,139	5:37:59	4,395	2,955
235	227		Manuel PÓRTELA SIEIRO		AND25 (233)	1:35:06	4,353	1:51:47	3,757	1:23:12	4,183	1:02:48	4,834	5:52:55	4,209	3,118
236	283		Tamara SINEIRO LONGO		AND25 (234)	1:35:06	4,353	1:46:48	3,933	1:27:38	3,971	1:03:01	4,818	5:52:34	4,214	3,169
237	148		María Mercedes LONGO SUAREZ		AND25 (235)	1:37:20	4,253	1:47:51	3,894	1:26:21	4,030	1:01:21	4,949	5:52:54	4,210	3,196
238	151		Gerardo LÓPEZ FERNÁNDEZ	Via Lactea	AND25 (236)	1:36:18	4,299	1:48:53	3,857	1:26:21	4,030	1:00:18	5,035	5:51:51	4,222	3,616
239	230		Ana Teresa PRIETO OTERO		AND25 (237)	1:38:07	4,219	1:44:03	4,037	1:17:29	4,491	0:56:31	5,372	5:36:11	4,419	4,017
240	150		Concepcion LOPEZ CASTRO		AND25 (238)	1:42:34	4,036	1:39:36	4,217	1:20:50	4,305	0:54:54	5,530	5:37:56	4,396	4,410
241	10		Mercedes ALVAREZ BALADO		AND25 (239)	1:42:03	4,057	1:39:50	4,207	1:21:07	4,290	0:54:44	5,547	5:37:47	4,398	4,473