

15ª Carreira Popular CORUÑA 10

A Coruña.
Domingo, 3 de outubro de 2021



Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto					Ritmo		Ano Club	Cat	S
					Salida	PC1	PC2	PC3	km					
1	83	NA 14315	Nassim Hassaous Garcia	29:13	29:12	12:15	6:59	12:23	19:28	2:55	1994 FC Barcelona	1 SrM	1 M	
2	86		Shamack Kiproop Cherruyiot	29:18	29:16	12:15	6:59	12:23	19:26	2:56	1999	1 S23M	2 M	
3	85	IB 471	Hicham Sigueni	29:29	29:28	12:15	6:59	12:23	19:36	2:57	1993 ADA Calvia	2 SrM	3 M	
4	1	AR14	Antonio Abadía Beci	29:31	29:29	12:15	7:00	12:34	19:46	2:57	1990 C.A. ADIDAS	3 SrM	4 M	
5	11	GA765858	Nuno Filipe Riveira Pinto Da Costa	29:50	29:49	12:15	7:00	12:34	19:46	2:59	1986 SD COMPOSTELA ATLETISMO	4 SrM	5 M	
6	10	GA765765	Alejandro Fernandez Rivera	30:03	30:01	12:15	7:00	12:34	19:50	3:00	1985 CLUB OURENSE ATLETISMO	1 M1M	6 M	
7	19		Anxo Castro Varela	30:22	30:21	12:15	7:15	12:55	20:19	3:02	1988 ASOCIACIÓN DEPORTIVA CERNE	5 SrM	7 M	
8	13	Ar801	Victor Puyuelo Pardo	30:23	30:22	12:15	7:17	12:56	20:18	3:02	1992 ATLETICO OROEL	6 SrM	8 M	
9	16	GA 19434	David Santos	31:12	31:11	12:15	7:20	13:09	20:38	3:07	1994 CLUBE DE ATLETISMO VERXEL NU	7 SrM	9 M	
10	24	GA2023380	Simon Gonzalez Rio	31:26	31:24	12:15	7:41	13:34	21:05	3:09	1986 CCA ATLETISMO RIA DE FOZ	8 SrM	10 M	
11	18		Alberto Castiñeira Figueroa	31:29	31:28	12:15	7:15	13:02	20:41	3:09	1996	9 SrM	11 M	
12	14	GA766117	Alvaro Prieto Fervenza	31:33	31:31	12:15	7:34	13:23	20:59	3:09	1980 ATLETISMO NARON	1 M2M	12 M	
13	26	GA17489	Carlos Porto Pazos	31:44	31:42	12:15	7:19	13:10	20:53	3:10	1993 SOCIEDAD GIMNASTICA DE PONTE	10 SrM	13 M	
14	27		Jonathan Fernández Ríos	32:20	32:19	12:15	7:37	13:40	21:27	3:14	1988 Pasa Ou entorna	11 SrM	14 M	
15	88	AG8906	Adrián Lago Tizón	32:28	32:25	12:15	7:48	13:55	21:42	3:15	1997 SOCIEDAD GIMNASTICA DE PONTE	12 SrM	15 M	
16	38		Cristian Muíño Varela	32:30	32:28	12:15	7:42	13:40	21:27	3:15	1991 S.D.Compostela	13 SrM	16 M	
17	62		Selah Busienei	32:33	32:30	12:15	7:48	13:52	21:41	3:15	1991	1 SrF	1 F	
18	29	AG4100	Anton Gomez Gonzalez	32:38	32:37	12:15	7:22	13:31	21:35	3:16	1991	14 SrM	17 M	
19	21		Facundo Medard	32:46	32:44	12:15	7:16	13:11	21:23	3:17	1995 Triatlón Arteixo	15 SrM	18 M	
20	37	GA57	Juan Jose Alvarez Cures	33:03	33:01	12:15	7:49	13:55	21:45	3:18	1977 CLUB ATLETISMO O PINO	2 M2M	19 M	
21	32	GA 764825	Pablo Monteagudo Lago	33:07	33:05	12:15	7:53	14:06	22:09	3:19	1999 CLUB ATLETISMO NOIA	2 S23M	20 M	
22	64	AV123	Likina Amebaw Ayel	33:09	33:08	12:15	7:51	13:55	21:42	3:19	1997 Playas de Castellon	2 SrF	2 F	
23	66	GA765594	Joselyn Daniely Brea Abreu	33:30	33:29	12:15	7:48	13:55	21:51	3:21	1994 CLUB ATLETISMO PLAYAS DE CAS	3 SrF	3 F	
24	28	M-14121	Álvaro Marin Pérez	33:31	33:28	12:15	8:14	14:37	22:36	3:21	1989 CANGURO A.A.C.	16 SrM	21 M	
25	68	Ga2023569	Edymar Brea Abreu	33:36	33:34	12:15	7:50	13:56	22:11	3:22	1997 CLUB OURENSE ATLETISMO	4 SrF	4 F	
26	84	VI 5834	Majida Maayouf	33:40	33:38	12:15	7:49	14:03	22:12	3:22	1989 Bilbao Atletismo	5 SrF	5 F	
27	1492		Fernando Sierra García	33:40	33:38	11:10	7:55	14:12	22:11	3:22	1982 NOITEBRA	2 M1M	22 M	
28	45		Alvaro Presedo Fraguio	33:45	33:43	12:15	8:03	14:22	22:29	3:23	1985 MARINEDA ATLETICO	3 M1M	23 M	
29	36	GA34	Esteban Díaz Pérez	34:06	34:04	12:15	8:03	14:22	22:30	3:25	1981 ATLETISMO NARON	3 M2M	24 M	
30	39	AG2017542	Ricardo León Viñas	34:12	34:10	12:15	7:57	14:13	22:28	3:25	1989	17 SrM	25 M	
31	44		Francisco Pais Fondo	34:13	34:10	12:15	8:07	14:31	22:42	3:25	1994	18 SrM	26 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	Ritmo			Ano Club	Cat	S	
							PC1	PC2	PC3				
32	1490		Rodrigo Pintado Del Campo	34:34	34:32	11:10	8:27	14:56	23:11	3:27	1983 Nosportlimit	4 M1M	27 M
33	22		Abdelaziz Chhima	34:41	34:40	12:15	7:36	13:48	22:10	3:28	1992 La leonesas	19 SrM	28 M
34	1465	AG2016316	Oscar Dieguez Pintor	34:45	34:43	11:10	8:27	14:56	23:09	3:29	1983 ASOCIACIÓN DEPORTIVA CERNE	5 M1M	29 M
35	50	AG2015548	Carlos Iglesias Area	34:46	34:44	12:15	8:05	14:31	22:42	3:29	1981 SAN MIGUEL DE MARIN	6 M1M	30 M
36	43	GA202339	Manuel Eiras Rodriguez	34:49	34:46	12:15	8:04	14:36	23:00	3:29	1992 CCA ATLETISMO RIA DE FOZ	20 SrM	31 M
37	46	AG255	Antón Gómez López	34:54	34:52	12:15	8:06	14:36	22:59	3:29	2000 CLUB ATLETISMO SANTIAGO	3 S23M	32 M
38	89	Ag2024952	Yago Ignacio García Sainz	34:58	34:56	12:15	8:18	14:50	23:12	3:30	2003 UNIVERSIDADE SANTIAGO DE COM	1 S20M	33 M
39	33	GA769185	Amador Pena Torreira	35:07	35:04	12:15	7:56	14:05	22:14	3:31	1981 SD COMPOSTELA ATLETISMO	4 M2M	34 M
40	54	78803110	Adrian Rojo Luaces	35:20	35:16	12:15	8:15	14:49	23:19	3:32	1989 CLUB ATLETISMO SAR VERMÚ PET	21 SrM	35 M
41	1362	GA524	Marcelo Lanza Ben	35:21	35:20	11:00	8:44	15:32	23:58	3:32	1973 ESCOLA ATLETICA LUCENSE	1 M3M	36 M
42	53		Brais Cupeiro Pérez	35:36	35:33	12:15	8:08	14:48	23:26	3:34	1988 AD. NÁUTICO NARÓN	22 SrM	37 M
43	1476		Pacho García Pérez	35:37	35:32	11:10	8:46	15:23	23:48	3:34	1973 ASOCIACION DEPORTIVA ATLETIC	2 M3M	38 M
44	1482		Juan Jesus Barral Varela	35:40	35:35	11:10	8:45	15:26	23:53	3:34	1970 Club Deportivo Brión Hyupersa S	1 M4M	39 M
45	1374		Adrián Conde Fraga	35:41	35:35	11:00	8:41	15:31	23:57	3:34	1983	7 M1M	40 M
46	1450	AG2023071	Víctor García Gómez	35:41	35:40	11:10	8:41	15:27	23:53	3:34	1986 VII LEGIO QUERQUENNIS	8 M1M	41 M
47	1428	AG3568	Jose Sanda Ares	35:42	35:38	11:10	8:46	15:26	23:55	3:34	1981 Sd compostela atletismo	5 M2M	42 M
48	1479	AG 2025924	Roberto Martinez Castro	35:43	35:39	11:10	8:28	15:18	23:52	3:34	1983 CLUB DEPORTIVO PINARIUM	9 M1M	43 M
49	31	AG767513	Jorge Sieira Hermida	35:45	35:41	12:15	8:06	14:49	23:32	3:35	1999 CORUÑA COMARCA	4 S23M	44 M
50	1469		Manuel Folgueira Diaz	35:47	35:44	11:10	8:30	15:08	23:49	3:35	1986	10 M1M	45 M
51	1475	GA71	Nicolás Fernando Bast Roth	35:49	35:48	11:10	8:33	15:18	23:50	3:35	1985 CLUB ATLETISMO SADA	11 M1M	46 M
52	1460		Ivan Fernández Pousada	35:52	35:51	11:10	8:40	15:29	23:58	3:35	1994	23 SrM	47 M
53	1461		Esteban Martín Álvarez	35:55	00:00	11:10	8:32	15:17	23:53	3:36	1993 ATLETAS DE ACEA DE AMA	24 SrM	48 M
54	1440	AG2026265	Mateo Torres Neira	35:55	35:53	11:10	8:46	15:28	23:58	3:36	1979 MARINEDA ATLETICO	6 M2M	49 M
55	1431		Manuel Tato Espiño	35:56	35:51	11:10	8:47	15:27	23:52	3:36	1979 GTR-Galaico Trail Run	7 M2M	50 M
56	1442	GA206	Ruben Bregua Chas	36:00	35:58	11:10	8:46	15:27	23:56	3:36	1979 MARINEDA ATLETICO	8 M2M	51 M
57	1483	GA205	Francisco Javier Maseda Carballo	36:02	36:00	11:10	8:38	15:21	23:52	3:36	1976 Nosportlimit	3 M3M	52 M
58	1425	T AG 2026627	José María Díaz Díaz	36:06	36:04	11:10	8:40	15:17	23:50	3:37	1996 LUGO RUNNING CLUB	25 SrM	53 M
59	1452		Eloy González Horta	36:06	36:04	11:10	8:33	15:18	23:53	3:37	1985 Jealsa Triatlón Boiro	12 M1M	54 M
60	67		Ester Navarrete Santana	36:09	36:06	12:15	8:38	15:22	24:07	3:37	1990 FUTBOL CLUB BARCELONA	6 SrF	6 F
61	57		Sergio Carril Brea	36:11	36:08	12:15	8:39	15:23	24:06	3:37	1981	9 M2M	55 M
62	1424		Edgar Castelo Rodríguez	36:16	36:13	11:10	8:51	15:39	24:05	3:38	1992 NoSportLimit	26 SrM	56 M
63	1477	Ga768916	Jose Luis Prado	36:24	36:22	11:10	8:47	15:27	23:59	3:38	1968 MARINEDA ATLETICO	2 M4M	57 M
64	1468		Javier Veiga Arrojo	36:26	36:24	11:10	8:43	15:33	24:10	3:39	1987	27 SrM	58 M
65	1368		Fernando Fernández Domínguez	36:26	36:24	11:00	8:46	15:38	24:17	3:39	1979	10 M2M	59 M
66	1376		Marcos Del Rio Regueira	36:29	00:00	11:00	8:42	15:31	23:57	3:39	1993 CN LICEO	28 SrM	60 M
67	69	GA764306	Uxia Perez Bugarin	36:34	36:31	12:15	8:38	15:22	24:11	3:39	1997 CLUB ATLETISMO PLAYAS DE CAS	7 SrF	7 F
68	1402	AG-11764	Marcelo Vasquez Cortes	36:41	36:39	11:10	8:54	15:44	24:30	3:40	1971 C.D.EGOVARROS-VIVEIRO	3 M4M	61 M
69	1396		Luis Gomez Agras	36:47	36:45	11:00	8:41	15:33	24:20	3:41	1975 PASA OU ENTORNA	4 M3M	62 M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
70	1487	AG2027135	David Pájaro Varela	36:51	36:48	11:10	8:31	15:18	24:05	3:41	1985 ASOCIACIÓN DEPORTIVA CERNE	13 M1M	63 M	
71	1219		Bruno Salido Jove	37:01	37:00	10:50	8:58	15:58	24:46	3:42	2002	2 S20M	64 M	
72	1435		Gustavo Villar Pérez	37:03	37:01	11:10	8:47	15:35	24:17	3:42	1976	11 M2M	65 M	
73	1420	AG3561	Manuel Castiñeiras Portos	37:05	37:01	11:10	8:47	15:38	24:24	3:43	1979 SOCIEDAD DEPORTIVA COMPOSTE	12 M2M	66 M	
74	1361		Giovani Garcia Estevez	37:05	37:02	11:00	9:10	16:11	24:55	3:43	1985 NOSPORTLIMIT	14 M1M	67 M	
75	1485	GA17624	Iván Somoza Argibay	37:07	37:04	11:10	8:47	15:47	24:39	3:43	1974 CLUB ATLETISMO SADA	5 M3M	68 M	
76	1429	AG2026734	Martín Abelenda López	37:08	37:04	11:10	9:03	16:00	24:44	3:43	1981 sd compostela atletismo	13 M2M	69 M	
77	1462		Jorge Carballeira Amarelo	37:18	37:16	11:10	8:43	15:41	24:39	3:44	1989 CLUB TRIEUME AS PONTES	29 SrM	70 M	
78	1437		Iago Del Pozo Sánchez	37:20	37:14	11:10	9:12	16:16	25:03	3:44	1977	14 M2M	71 M	
79	1275	AG2027502	Roberto Tuñas González	37:21	37:17	10:50	9:13	16:17	25:05	3:44	1983 CLUB ATLETISMO NEGREIRA	15 M1M	72 M	
80	1426	44090696	Carlos Rivas Barcala	37:23	37:18	11:10	8:48	15:45	24:39	3:44	1988 A.D. FOGAR CARBALLO	30 SrM	73 M	
81	1231		Roberto Lopez Sobrado	37:23	37:18	10:50	9:11	16:19	25:10	3:44	1976 COLEGIO OBRADOIRO	6 M3M	74 M	
82	1448		Juan Luis Garcia Meniño	37:28	37:24	11:10	8:48	15:43	24:38	3:45	1998 Cambados-Noval	31 SrM	75 M	
83	1314		Jorge Veleiro	37:28	37:27	11:00	9:06	16:10	25:02	3:45	1963 BURGAS ATLETISMO OURENSE	1 M5M	76 M	
84	1405		Antonio Armentia Galan	37:29	37:23	11:10	9:09	16:12	25:10	3:45	1973	7 M3M	77 M	
85	1432		Bonifacio González Rey	37:30	37:24	11:10	9:13	16:18	25:08	3:45	1978 Carnota runners	15 M2M	78 M	
86	1131		Carlos Alvarez Paredes	37:35	37:32	10:40	9:08	16:10	25:04	3:46	1973 NOSPORTLIMIT	8 M3M	79 M	
87	1250		Ruben Sanchez Vazquez	37:39	37:34	10:50	9:11	16:19	25:09	3:46	1982 Nosportlimit	16 M1M	80 M	
88	1439		Abel Lado Figueiras	37:39	37:37	11:10	8:55	15:59	25:03	3:46	1978	16 M2M	81 M	
89	1377		Ruben Del Rio Regueira	37:39	00:00	11:00	8:41	15:32	24:27	3:46	1993 CN LICEO	32 SrM	82 M	
90	1302		Martín Mosquera	37:42	37:39	11:00	8:54	16:03	24:57	3:46	1999 Nosportlimit	5 S23M	83 M	
91	1430	AG2026769	Arturo Mata Castro	37:42	37:41	11:10	8:49	15:48	24:45	3:46	1996 CLUB ATLETISMO SANTIAGO	33 SrM	84 M	
92	72	GA37	Tina Fernández Barreiros	37:42	37:39	12:15	8:55	15:53	25:03	3:46	1983 CLUB ATLETISMO SAR VERMÚ PET	1 M1F	8 F	
93	1269		Diego Sierra Castro	37:46	37:40	10:50	9:18	16:27	25:22	3:47	1993 RECTA FINAL-TOSCAF	34 SrM	85 M	
94	55	GA358	Manuel Alexis Buig Fernández	37:46	37:43	12:15	8:58	16:03	25:07	3:47	1977 CLUB ATLETISMO O PINO	17 M2M	86 M	
95	1434		Damian Alvarez Tajas	37:52	00:00	11:10	9:00	15:59	24:55	3:47	1992 TERRA DE SONEIRA	35 SrM	87 M	
96	1414	O7801	Marcos Vélez Cáceres	37:54	37:50	11:10	8:40	15:37	24:50	3:47	2002 CLUB ATLETISMO CORUÑA COMAF	3 S20M	88 M	
97	1319		Juan Carlos Monteagudo Ferreira	37:55	37:53	11:00	9:06	16:12	25:15	3:48	1980	18 M2M	89 M	
98	1271	AG2023538	Javier Tuimil Calvo	37:56	37:53	10:50	9:11	16:18	25:13	3:48	1976 ATLETISMO NARON	9 M3M	90 M	
99	1393		Jose Luis Martínez Vicente	37:59	37:56	11:00	9:21	16:32	25:29	3:48	1976	10 M3M	91 M	
100	1263	Ga461	Miguel Parra Ameijide	38:00	37:57	10:50	9:13	16:17	25:09	3:48	1982	17 M1M	92 M	
101	1451	AG-2024018	Jose Luis Roibas Fernandez	38:01	37:58	11:10	8:51	15:54	25:04	3:48	1971 CLUB ATLETISMO SADA	4 M4M	93 M	
102	1186		Marcos Barreiro Castiñeira	38:01	38:00	10:40	9:05	16:16	25:16	3:48	1990	36 SrM	94 M	
103	1251		Juan Luis Ruiz Bujan	38:02	38:00	10:50	9:01	16:05	25:08	3:48	1969	5 M4M	95 M	
104	1453		Julio Vázquez Enjamio	38:03	37:59	11:10	8:57	16:05	25:12	3:48	1985 CLUB ATLETISMO BOIMORTO	18 M1M	96 M	
105	1323	AG2721	Ivan Leon Vazquez	38:03	00:00	11:00	9:21	16:30	25:24	3:48	1991 CLUB ATLETISMO BOIMORTO	37 SrM	97 M	
106	1417		Ivan Varela Barreiro	38:05	38:02	11:10	9:00	16:05	25:12	3:49	1973	11 M3M	98 M	
107	1438		Francisco Javier González Pascual	38:07	00:00	11:10	9:15	16:32	25:33	3:49	1975 ATLETISMO ARENTEIRO	12 M3M	99 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
108	1433		Cristian Dalama Alvarez	38:11	38:07	11:10	9:03	16:09	25:19	3:49	1988 A.D. LIMIACTIVA	38 SrM	100 M
109	1474		Miguel Angel Fernández Rivera	38:15	38:13	11:10	9:01	16:03	25:10	3:50	1982	19 M1M	101 M
110	71 GA16506		Sandra Mosquera Losada	38:17	38:14	12:15	8:56	16:07	25:20	3:50	1990 COMESAÑA SPORTING CLUB	8 SrF	9 F
111	1379 GA25438		Antonio Alvarez Costas	38:21	00:00	11:00	9:17	16:32	25:33	3:50	1983 COMESAÑA SPORTING CLUB	20 M1M	102 M
112	1355		Adrián Viaño Iglesias	38:22	38:19	11:00	9:22	16:31	25:32	3:50	1987 NoSportLimit	39 SrM	103 M
113	156		José Manuel Marcote Perez	38:24	38:21	9:00	9:15	16:35	25:44	3:50	1979	19 M2M	104 M
114	1464		Ricardo Alonso Fernández	38:26	38:20	11:10	9:13	16:16	25:25	3:51	1978 Running Arteixo	20 M2M	105 M
115	87 VA 8502		Maria Lopez Sanz	38:26	38:24	12:15	8:56	15:58	25:20	3:51	1993 Oviedo At.	9 SrF	10 F
116	1325		Jose Ramon Pardo Galdo	38:29	38:26	11:00	9:20	16:39	25:48	3:51	1982	21 M1M	106 M
117	1365 AG10941		Félix Quintela Pais	38:29	38:26	11:00	9:22	16:35	25:47	3:51	1985 Club Deportivo Brión Hyupersa S	22 M1M	107 M
118	1346		David Rodríguez Hierro	38:32	38:27	11:00	9:12	16:23	25:39	3:51	1983 KURAI	23 M1M	108 M
119	1470		Alejandro Scuro Rossi	38:34	38:30	11:10	8:41	15:45	25:08	3:51	1987	40 SrM	109 M
120	1349		Domingo Presas Faraldo	38:34	38:30	11:00	9:20	16:32	25:32	3:51	1983 Club Triatlón Coruña	24 M1M	110 M
121	1274		Ramón Carnota Méndez	38:37	38:34	10:50	9:25	16:43	25:46	3:52	1977 Nosportlimit	21 M2M	111 M
122	1484 32840700N		Borja Costa Rojo	38:38	38:33	11:10	9:03	15:50	24:53	3:52	1984 Triatlón arteixo	25 M1M	112 M
123	1270		Alberto López Crespo	38:40	38:35	10:50	9:32	16:50	25:56	3:52	1982	26 M1M	113 M
124	76 GA768569		Karina Callon Treus	38:41	38:37	12:15	8:59	16:14	25:43	3:52	1980 CLUB ATLETISMO SADA	1 M2F	11 F
125	1459 AG2022541		David Senra Martinez	38:41	38:38	11:10	8:49	15:53	25:07	3:52	1992 TAMBRE BIKE&RUNNING	41 SrM	114 M
126	1422		Oscar Fresnedo Arias	38:43	38:39	11:10	9:29	16:43	25:51	3:52	1983	27 M1M	115 M
127	1265		Diego Soto Viñas	38:45	38:42	10:50	9:23	16:41	25:46	3:53	1977 CLUB TRIATLON CORUÑA	22 M2M	116 M
128	1421		Gonzalo Balay Losada	38:45	38:40	11:10	9:01	16:03	25:17	3:53	1992 NOSPORTLIMIT	42 SrM	117 M
129	543		Pedro Miguéns	38:46	00:00	9:40	8:55	16:16	25:43	3:53	1991	43 SrM	118 M
130	1386		Jesús Ascariz Sánchez	38:53	38:45	11:00	9:11	16:19	25:38	3:53	1981 AD CERNE	23 M2M	119 M
131	1309		José París López	38:54	38:47	11:00	9:28	16:41	25:45	3:53	1981	24 M2M	120 M
132	830		Santiago Vázquez Collazo	38:54	38:52	10:10	9:28	16:46	25:57	3:53	1965 Atletismo Riazor Coruña	2 M5M	121 M
133	1326		Antonio Fernandez Conde	38:57	38:55	11:00	9:10	16:19	25:19	3:54	1965	3 M5M	122 M
134	1312		Roberto Carlos González Cinza	38:57	38:51	11:00	9:26	16:44	25:54	3:54	1975 CLUB CASTRO DE LOBADIZ	13 M3M	123 M
135	1415		Fernando Casas Bello	39:01	38:58	11:10	9:17	16:35	25:56	3:54	1985	28 M1M	124 M
136	1259		Manuel Sánchez Cao	39:01	38:54	10:50	9:35	17:03	26:15	3:54	1991 Nosportlimit	44 SrM	125 M
137	1229		Fernando Muiña Fuentes	39:03	38:58	10:50	9:29	16:45	26:04	3:54	1978 triatlón coruña	25 M2M	126 M
138	1335		Antonio Baamonde Sande	39:04	39:00	11:00	9:18	16:42	26:05	3:54	1973 Nosportlimit	14 M3M	127 M
139	1366	2020489	Eliseo Fabello Cid	39:04	39:02	11:00	9:07	16:13	25:30	3:54	1977 CLUB OURENSE ATLETISMO	26 M2M	128 M
140	1392		Juan Chao Martinez	39:05	38:56	11:00	9:30	16:49	26:06	3:55	1989	45 SrM	129 M
141	1345 AG768910		Jose Antonio Romero Barreiro	39:06	00:00	11:00	9:35	17:00	26:11	3:55	1986 CLUB ATLETISMO BOIMORTO	46 SrM	130 M
142	1228		Diego Fernandez Salgueiro	39:08	39:06	10:50	9:29	16:49	26:03	3:55	1981	27 M2M	131 M
143	48 Ag2019057		Juan Collazo Areosa	39:11	39:07	12:15	7:55	14:26	23:40	3:55	1992 CLUB ATLETISMO O PINO	47 SrM	132 M
144	762		Antonio García Maceiras	39:11	00:00	10:00	9:51	17:19	26:24	3:55	2002 Atletismo Riazor Coruña	4 S20M	133 M
145	1336 AG2020673		Rubén Sesar Vázquez	39:11	39:06	11:00	9:24	16:37	25:54	3:55	1990 CLUB ATLETISMO BOIMORTO	48 SrM	134 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S	
					Neto	Salida	PC1	PC2	PC3	km				
146	1308		Simón Calviño Calviño	39:11	39:02	11:00	9:29	16:47	26:04	3:55	1982	traileros toxos e birras	29 M1M	135 M
147	1246		Juan Carlos Vazquez Grela	39:12	39:08	10:50	9:26	16:46	26:04	3:55	1983	NOSPORTLIMIT	30 M1M	136 M
148	1181		Xesús Astray Castro	39:16	39:13	10:40	9:27	16:56	26:14	3:56	1969		6 M4M	137 M
149	1370		Oscar Costas Otero	39:23	39:17	11:00	9:30	16:42	25:57	3:56	1976	C.A. OUTES. JOHN-TURKEY	15 M3M	138 M
150	1264	AG2021591	Jose Luis Rio Silva	39:24	39:21	10:50	9:31	16:52	26:05	3:56	1966	RUNNING OLEIROS	4 M5M	139 M
151	1348		Fernando Bouzón Otero	39:26	39:18	11:00	9:35	17:04	26:26	3:57	1973		16 M3M	140 M
152	1305		Pablo Ramil Frean	39:30	39:27	11:00	9:19	16:42	26:08	3:57	1979	NOSPORTLIMIT TREK GALICIA	28 M2M	141 M
153	1245		Ignacio Castillo Reguera	39:33	39:29	10:50	9:42	16:58	26:14	3:57	1989		49 SrM	142 M
154	808	AG2025248	Esteban Rodriguez Vazquez	39:33	39:31	10:10	9:40	17:06	26:24	3:57	1978	CLUBE ATLETISMO FENE	29 M2M	143 M
155	1387	A10165	Roberto Feijoo Cantarilla	39:35	39:31	11:00	9:22	16:38	26:07	3:58	1975	A.D. LIMIACTIVA	17 M3M	144 M
156	78	GA20	Elena Ledo Lopez	39:36	39:32	12:15	9:13	16:34	26:09	3:58	1979	Cenador Rua Nova Running	2 M2F	12 F
157	1217	AG2021345	Juan Luis Galán Presas	39:37	39:35	10:50	9:33	17:03	26:28	3:58	1969	CLUB ATLETISMO SADA	7 M4M	145 M
158	1371	46909935	Andrés Gabriel Pizarro Varela	39:41	39:35	11:00	9:21	16:46	26:13	3:58	1982	Nosportlimit	31 M1M	146 M
159	1247		Eloy Bravo Cereijo	39:41	39:38	10:50	9:33	17:02	26:26	3:58	1991	Club Hércules Termaria	50 SrM	147 M
160	1273		Francisco Dopico López	39:42	39:39	10:50	9:33	17:04	26:28	3:58	1983		32 M1M	148 M
161	1340		Ricardo Amenedo González	39:45	39:42	11:00	9:24	16:50	26:19	3:59	1976	PASA OU ENTORNA	30 M2M	149 M
162	1235		Francisco Gomez Sueiras	39:46	00:00	10:50	9:28	16:43	26:07	3:59	1967		8 M4M	150 M
163	152		Rubén Freire Casas	39:47	00:00	9:00	9:31	17:03	26:32	3:59	1981	PASA OU ENTORNA	31 M2M	151 M
164	1216		Domingo Alvarez Rodriguez	39:47	39:45	10:50	9:29	17:02	26:31	3:59	1956	BURGAS ATLETISMO OURENSE	1 M7M	152 M
165	1489		Fernando Pérez Hernández	39:48	39:45	11:10	9:22	16:45	26:18	3:59	1969		9 M4M	153 M
166	1260		José Antonio Aragunde Dieste	39:48	39:44	10:50	9:30	16:53	26:14	3:59	1974	TRIATLÓN VILAGARCÍA	18 M3M	154 M
167	80	GA765817	Ines Papin Estevez	39:53	39:49	12:15	9:26	16:50	26:30	3:59	1969	CLUB ATLETISMO SADA	1 M4F	13 F
168	1412	AG2024183	Francisco Javier González Ledo	39:55	00:00	11:10	9:19	16:44	26:19	4:00	1971	INDEPENDIENTE	10 M4M	155 M
169	1267		Daniel Dominguez Cancela	39:57	39:53	10:50	9:17	16:45	26:26	4:00	1994		51 SrM	156 M
170	1183	AG20206490	Jose Maria Fernandez Lopez	39:58	39:55	10:40	9:46	17:27	26:50	4:00	1969	RUNNING OLEIROS	11 M4M	157 M
171	1395		Eduardo Rey Quintela	39:58	39:56	11:00	9:24	16:50	26:19	4:00	1971	ATLETAS DE ACEA DE AMA	19 M3M	158 M
172	1341		José Manuel Blanco Lestón	40:02	39:56	11:00	9:44	17:11	26:37	4:00	1985	OLIMPIA	33 M1M	159 M
173	945		Pablo Grandío Noche	40:03	39:54	10:20	9:29	16:45	26:18	4:00	1985		34 M1M	160 M
174	1324	ag2027200	Xabier Varela López	40:04	39:56	11:00	9:37	17:06	26:32	4:00	1974	ASOCIACIÓN DEPORTIVA CERNE	20 M3M	161 M
175	1206	TGAL135	José Antonio García Méndez	40:05	40:03	10:50	9:33	17:03	26:27	4:01	1976	ASOCIACIÓN DEPORTIVA CERNE	21 M3M	162 M
176	1195	AG2022359	Vicente Sanmartin Vigo	40:05	40:04	10:40	9:11	16:39	26:23	4:01	1975	CLUBE DE ATLETISMO VERXEL NU	22 M3M	163 M
177	1318	AG2014300	Juan Carlos Bardanca Sanjurjo	40:06	40:01	11:00	9:41	17:04	26:33	4:01	1970	CLUB ATLETISMO SADA	12 M4M	164 M
178	1241		Segundo Navia Giraldez	40:09	40:05	10:50	9:32	17:03	26:30	4:01	1979	Triatlón Villagarcia	32 M2M	165 M
179	1389		Julian Gesto Casbdiro	40:10	00:00	11:00	9:18	16:42	26:19	4:01	1960	RUNNING OLEIROS	1 M6M	166 M
180	1407		Antonio Illobre Jiménez	40:10	40:05	11:10	9:35	17:07	26:43	4:01	1975	CLUB ATLETISMO SADA	23 M3M	167 M
181	1385		Rubén González Hoyos	40:10	40:04	11:00	9:32	17:03	26:32	4:01	1986	Triatlón Bierzo	35 M1M	168 M
182	131		Iago Barro Sánchez	40:11	40:07	9:00	9:59	17:34	27:03	4:01	1988		52 SrM	169 M
183	129	TGAL140	Manuel Mato Couso	40:17	40:15	9:00	9:41	17:23	26:57	4:02	1989	ASOCIACIÓN DEPORTIVA CERNE	53 SrM	170 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
184	1404		David Gómez Agras	40:18	40:13	11:10	9:37	17:08	26:42	4:02	1979	Triatlon Ferrol	33 M2M	171 M
185	1200		Diego Tenreiro Prado	40:19	40:14	10:50	9:55	17:27	26:59	4:02	1976		24 M3M	172 M
186	1372	GA765361	Lorenzo Sánchez Marcos	40:20	40:18	11:00	9:33	17:08	26:52	4:02	1964	RUNAWAYS (RUNNING CLUB FOR	5 M5M	173 M
187	1343		Diego Sanchez Rojo	40:20	00:00	11:00	9:49	17:32	27:11	4:02	1992	O Silbato	54 SrM	174 M
188	1332		Javier Alonso Rey	40:28	40:24	11:00	9:25	16:50	26:28	4:03	1981		36 M1M	175 M
189	1499	AG2604	Patricia Varela Santiso	40:28	40:23	11:10	9:31	16:59	26:45	4:03	1992	ATLETISMO ARENTEIRO	10 SrF	14 F
190	1159		Héctor Souto Pérez	40:29	40:21	10:40	9:47	17:20	26:54	4:03	1977	DT1 TEAM	34 M2M	176 M
191	154		Teo Vicente Vicente	40:29	40:27	9:00	9:26	17:06	26:53	4:03	1979		35 M2M	177 M
192	1359	2025150AG	Julio José Souto Diz	40:30	40:26	11:00	9:38	17:05	26:44	4:03	1964	CLUB ATLETISMO SADA	6 M5M	178 M
193	1122		Ruben Menendez Fernandez	40:30	40:25	10:40	9:37	17:15	26:51	4:03	1972	CD GAS NATURAL FENOSA	25 M3M	179 M
194	1136	AG10109	Francisco Jose Rocha Garcia	40:30	40:25	10:40	9:11	16:38	26:27	4:03	1980	CLUBE ATLETISMO BOIMORTO	36 M2M	180 M
195	1177		Jose Antonio Martinez Rodriguez	40:30	40:24	10:40	9:46	17:22	26:57	4:03	1982	NOSPORLIMIT	37 M1M	181 M
196	1427		Renato R. Fernández García	40:30	40:25	11:10	9:34	17:00	26:46	4:03	1974	GTR-Galaico Trail Run	26 M3M	182 M
197	1191		Jorge Méndez Rodríguez	40:32	40:29	10:40	9:45	17:22	26:53	4:03	1989		55 SrM	183 M
198	1268		Alexandre Fidalgo Pérez	40:33	40:29	10:50	9:22	16:51	26:31	4:03	1988		56 SrM	184 M
199	1163		Pablo Fernández Otero	40:38	40:30	10:40	9:35	17:11	26:51	4:04	1982		38 M1M	185 M
200	1170		Víctor Castro Segade	40:40	40:38	10:40	9:41	17:14	26:55	4:04	1978	A.D.Cerne	37 M2M	186 M
201	1390		Álvaro López Yanguas	40:41	40:35	11:00	9:38	17:12	26:55	4:04	1995		57 SrM	187 M
202	1077	AG2026757	José Luis Rósende Fuentes	40:43	40:40	10:30	9:49	17:26	27:02	4:04	1981	TAMBRE BIKE&RUNNING	38 M2M	188 M
203	1248	AG9348	Noé Teijeiro Fernandez	40:43	40:36	10:50	9:35	17:07	26:58	4:04	1977	NOETRAINERS FERROL	39 M2M	189 M
204	1049		Edgar Sánchez García	40:47	00:00	10:30	9:55	17:29	27:06	4:05	1968		13 M4M	190 M
205	1467		Daniel Ríos Graña	40:49	00:00	11:10	8:50	15:56	26:42	4:05	2000	AD Náutico Naron	6 S23M	191 M
206	1142		Adrián Fernández García	40:50	40:48	10:40	9:44	17:22	26:55	4:05	1992	CLUB ATLETISMO SADA	58 SrM	192 M
207	1244		Adrián González Calvo	40:50	40:42	10:50	10:03	17:45	27:20	4:05	1988		59 SrM	193 M
208	1190		David Mosquera García	40:54	00:00	10:40	9:44	17:19	26:52	4:05	1993		60 SrM	194 M
209	1380	GA252	Rodrigo Maneiro Sánchez	40:57	00:00	11:00	9:46	17:23	27:16	4:06	1979	CLUB ATLETISMO O PINO	40 M2M	195 M
210	1108		David Rial Regueiro	40:58	40:56	10:40	9:54	17:31	27:14	4:06	1983		39 M1M	196 M
211	1120		Jesús Alonso Prego	40:58	40:54	10:40	9:48	17:28	27:02	4:06	1976		27 M3M	197 M
212	1303		Jorge Garcia Arroyo	40:59	40:51	11:00	9:21	16:51	26:50	4:06	1999		7 S23M	198 M
213	1391		Alejandro Sánchez Ramos	41:01	40:58	11:00	9:41	17:13	26:52	4:06	1979	Club ciclista cambre	41 M2M	199 M
214	1363	AG 2014557	Luis Fornos Gallego	41:02	40:54	11:00	9:56	17:42	27:28	4:06	1975	ESPRINTES OURENSE	28 M3M	200 M
215	1347		Manuel Rodríguez Fernández	41:02	40:55	11:00	10:00	17:46	27:29	4:06	1983	KURAI	40 M1M	201 M
216	1165		Fernando Sines Crespo	41:04	40:59	10:40	9:54	17:36	27:18	4:06	1973	CLUB SOCIAL BANCO PASTOR	29 M3M	202 M
217	1101		Alberto Santamarina Nogueiras	41:05	41:00	10:40	9:49	17:29	27:20	4:07	1996		61 SrM	203 M
218	743		David Ferrero Quiñoy	41:05	40:59	10:00	10:02	17:44	27:20	4:07	1978	RUNNERS AMIO	42 M2M	204 M
219	1098		Cora Saburido Represa	41:10	41:03	10:30	10:04	17:45	27:29	4:07	1993		11 SrF	15 F
220	1352		Daniel Paz Otero	41:13	41:11	11:00	9:23	16:58	27:07	4:07	1975	Veter@nos de Galicia	30 M3M	205 M
221	1317		Carlos Amor	41:17	41:11	11:00	9:41	17:14	27:10	4:08	1970	CLUB ATLETISMO SADA	14 M4M	206 M

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
222	1350		Ramón Eugenio Mosquera Silva	41:18	41:10	11:00	9:38	17:16	27:11	4:08	1975	31 M3M	207 M
223	1307		Manuel Garea Suárez	41:19	00:00	11:00	9:48	17:44	27:39	4:08	1986 NOSPORTLIMIT	41 M1M	208 M
224	1262	AG11371	Alberto Alvarez Bouzas	41:20	41:14	10:50	9:37	17:16	27:19	4:08	1992 Club Atletismo Tambre	62 SrM	209 M
225	1254		Marcos Ordoñez Rodriguez	41:22	41:16	10:50	10:12	17:57	27:39	4:08	1975	32 M3M	210 M
226	1221	AG2022510	Mario Gonzalez Freire	41:25	41:20	10:50	10:10	17:56	27:37	4:09	1964 CLUB ATLETISMO BRION-HYUPER'	7 M5M	211 M
227	1119		Axel Varela Martínez	41:30	41:29	10:40	9:33	17:10	27:13	4:09	2001	8 S23M	212 M
228	1375		José Manuel Cereijo Garea	41:32	41:26	11:00	9:52	17:32	27:32	4:09	1971	15 M4M	213 M
229	1313		Marcos Méndez Bouza	41:34	41:31	11:00	10:04	17:53	27:48	4:09	1981	43 M2M	214 M
230	1117		Juan Manuel Fiorelli Dieguez	41:34	41:32	10:40	9:42	17:30	27:24	4:09	1974	33 M3M	215 M
231	1154	AG2024033	Cristóbal Balseiro Pita	41:34	41:28	10:40	9:54	17:31	27:22	4:09	1970 CLUB ATLETISMO SADA	16 M4M	216 M
232	1043		Ramon Rios Calvo	41:35	41:31	10:30	10:04	17:42	27:30	4:10	1958	2 M6M	217 M
233	1373		Claudio Sánchez Mourazos	41:37	41:30	11:00	10:04	17:51	27:46	4:10	1977 Asociación Deportiva Cerne	44 M2M	218 M
234	1129	AG 8975	Rafael Perez Rego	41:38	41:36	10:40	9:55	17:56	27:53	4:10	1958 CLUB ATLETISMO TUI ACTIVAMOS	3 M6M	219 M
235	1138		Ignacio Norniella Fernandez	41:40	41:34	10:40	10:09	18:00	28:00	4:10	1983	42 M1M	220 M
236	791		Cristian Romero Rodriguez	41:46	41:42	10:00	10:00	17:42	27:37	4:11	1992	63 SrM	221 M
237	1114		Esteban Fernández Alvarez	41:54	41:48	10:40	10:07	18:03	27:53	4:11	1975 RUNMANIAK BOX001 OURENSE	34 M3M	222 M
238	1044		Jorge Busto Mariño	41:55	41:44	10:30	10:03	17:47	27:38	4:12	1981	45 M2M	223 M
239	1164		Manuel Regueira Ferro	41:55	41:46	10:40	9:42	17:32	27:43	4:12	1970	17 M4M	224 M
240	1356		Ramon Antonio Varela Miguez	41:56	41:53	11:00	10:02	17:55	27:54	4:12	1958	4 M6M	225 M
241	77		Vanessa Lafuente Varela	41:58	41:55	12:15	9:28	17:21	27:35	4:12	1986 Vane LV	12 SrF	16 F
242	1062		Pablo Castedo López	41:59	00:00	10:30	9:50	17:32	27:30	4:12	1980	46 M2M	226 M
243	1223		Alejandro Abel Prado	41:59	41:51	10:50	10:06	17:52	27:44	4:12	1988	64 SrM	227 M
244	75	AG2027063	Uxía García Díaz	41:59	41:55	12:15	9:37	17:24	27:37	4:12	1992 Marineda Atlético	13 SrF	17 F
245	1400		Alfonso Penas López	42:00	41:54	11:10	10:05	17:52	27:57	4:12	1979	47 M2M	228 M
246	128		Fran García Esmoris	42:00	41:55	9:00	10:13	18:22	28:13	4:12	1989	65 SrM	229 M
247	1047		Ignacio Lorenzo Ramos	42:01	41:51	10:30	10:04	17:51	27:50	4:12	1982 Parga Rules	43 M1M	230 M
248	1187		Daniel Sánchez Romero	42:04	41:58	10:40	9:52	17:38	27:41	4:12	1975	35 M3M	231 M
249	116		Joel Sanchez Piñero	42:06	00:00	9:00	10:13	18:22	28:13	4:13	1993	66 SrM	232 M
250	1416		Juan Gabriel Rios Fuquez	42:06	42:00	11:10	9:36	17:15	27:33	4:13	1980	48 M2M	233 M
251	1023		Ruben Pose Garcia	42:07	42:05	10:30	9:42	17:39	27:43	4:13	1985 CLUB MONTE PENA RUBIA	44 M1M	234 M
252	1185	AG11885	Brais Gómez López	42:08	42:07	10:40	9:44	17:25	27:31	4:13	2002 UNIVERSIDADE SANTIAGO DE COM	5 S20M	235 M
253	1193		Adrián López Villaverde	42:10	42:02	10:40	10:11	18:00	27:58	4:13	1985	45 M1M	236 M
254	1388		Jose Luis Orgeira	42:11	42:02	11:00	9:55	17:48	27:50	4:13	1968 NOSPORTLIMIT	18 M4M	237 M
255	1413	AG2026210	José Antonio Martínez García	42:11	42:06	11:10	10:04	18:01	28:07	4:13	1961 CLUB ATLETISMO SADA	5 M6M	238 M
256	1150	GA769220	Andrés García Barreiro	42:11	42:09	10:40	9:39	17:25	27:40	4:13	1976 ATLETISMO NARON	36 M3M	239 M
257	1222		Víctor López Fernández	42:12	42:11	10:50	9:25	16:49	26:19	4:13	1990	67 SrM	240 M
258	118		Nahuel Vázquez Naya	42:12	00:00	9:00	10:48	18:37	28:20	4:13	1993	68 SrM	241 M
259	1212		Marcos Naveira Fandiño	42:13	42:08	10:50	9:38	17:32	27:42	4:13	1985	46 M1M	242 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
260	1234		Jose Manuel Fernandez Marquez	42:13	42:11	10:50	9:25	16:49	26:19	4:13	1968	19 M4M	243 M	
261	980		Jose Freire Castro	42:14	42:07	10:20	9:51	17:48	28:02	4:13	1975	37 M3M	244 M	
262	1238		Iago Castro Varela	42:15	42:08	10:50	10:28	18:29	28:32	4:14	1991	69 SrM	245 M	
263	978		Miguel Marrozos López	42:16	42:09	10:20	10:23	18:20	28:22	4:14	1978	49 M2M	246 M	
264	1149		Marcos Amenado Lago	42:17	42:15	10:40	9:51	17:47	27:57	4:14	1978	50 M2M	247 M	
265	864		Santiago Cotos Castro	42:17	42:13	10:10	10:23	18:16	28:14	4:14	1985	47 M1M	248 M	
266	1243		Saul Gomez Arrojo	42:18	42:15	10:50	9:32	17:21	27:27	4:14	1959 RUNNING OLEIROS	6 M6M	249 M	
267	924 AG11370		Iván Mera García	42:19	42:15	10:20	10:03	17:55	28:04	4:14	1980 La Mochila del Deporte	51 M2M	250 M	
268	1169		Luis Manuel García Taboada	42:22	42:14	10:40	10:12	18:04	28:03	4:14	1980	52 M2M	251 M	
269	1021		Julio Rodríguez Valez	42:22	42:16	10:30	10:00	17:53	28:04	4:14	1961	7 M6M	252 M	
270	1204		Miguel Díaz Carballo	42:24	42:20	10:50	9:53	17:53	28:04	4:14	1964	8 M5M	253 M	
271	1205 32701706F		Manuel Salgado Filgueira	42:25	42:22	10:50	10:04	17:51	27:57	4:15	1985 PASA OU ENTORNA	48 M1M	254 M	
272	1035		Carlos Rodriguez Rodriguez	42:29	42:23	10:30	10:26	18:28	28:25	4:15	1980 NOSPORTLIMIT	53 M2M	255 M	
273	1091		Nerea Sanchez Rocha	42:29	42:23	10:30	10:34	18:31	28:27	4:15	1988	14 SrF	18 F	
274	1220		Damian Martínez López	42:30	42:23	10:50	10:31	18:31	28:32	4:15	1986 CLUB MONTE PENA RUBIA	49 M1M	256 M	
275	1266 AG2024036		Javier López Piñeiro	42:30	42:23	10:50	10:29	18:28	28:34	4:15	1971 CLUB ATLETISMO SADA	20 M4M	257 M	
276	1239		Jorge Carlos González García	42:31	42:25	10:50	10:00	17:46	28:01	4:15	1983 MESOIRO RUNNING	50 M1M	258 M	
277	1224		Hector Fernandez Rabanal	42:31	42:27	10:50	10:02	18:00	28:11	4:15	1986 Nsl	70 SrM	259 M	
278	843		Daniel Pérez Castrillón	42:31	42:26	10:10	10:49	18:58	29:02	4:15	1990 A Caridá Atletismo	71 SrM	260 M	
279	1100		Antonio Luaces Paz	42:32	00:00	10:40	10:21	18:32	28:46	4:15	2003 CLUB ATLETISMO SAR VERMÚ PET	6 S20M	261 M	
280	1364		Pablo Marcos Pazos	42:38	42:29	11:00	10:09	18:22	28:25	4:16	1991 Triatlon Arteixo	72 SrM	262 M	
281	555		Antonio Puente Espiña	42:40	42:31	9:40	10:34	18:43	28:52	4:16	1982 RUNNERS AMIO	51 M1M	263 M	
282	60		Brais Velo Garcia	42:40	42:35	12:15	9:39	17:27	27:58	4:16	1993	73 SrM	264 M	
283	654		David Estévez Vázquez	42:41	42:37	9:50	10:22	18:27	28:32	4:16	1993 NoSportLimit	74 SrM	265 M	
284	859		Camilo Framiñán Lamazares	42:42	00:00	10:10	10:20	18:20	28:21	4:16	1989 GTR	75 SrM	266 M	
285	1055		Joaquín Carrero Díaz	42:42	42:37	10:30	10:31	18:29	28:26	4:16	1971	21 M4M	267 M	
286	104		Marcos Castro Ibáñez	42:46	42:39	9:00	10:41	18:53	28:58	4:17	2002	7 S20M	268 M	
287	1455 AG2023227		Alberto Manuel Castedo Pernas	42:47	42:43	11:10	8:52	16:00	25:54	4:17	1995 La Mochila del Deporte	76 SrM	269 M	
288	1056		Gabriel Santos Alonso	42:47	42:39	10:30	10:46	19:05	29:12	4:17	1980	54 M2M	270 M	
289	1130		Fernando Rodriguez Seoane	42:50	42:41	10:40	10:24	18:27	28:33	4:17	1971	22 M4M	271 M	
290	1252		Segundo Dominguez Alsina	42:52	42:48	10:50	10:13	18:07	28:16	4:17	1967	23 M4M	272 M	
291	1175 AG2022697		Samuel Ramírez Rodríguez	42:53	42:46	10:40	10:24	18:30	28:41	4:17	1977 CLUBE ATLETISMO FENE	55 M2M	273 M	
292	956		César Fernández Gómez	43:00	42:56	10:20	10:39	19:01	29:11	4:18	1972	38 M3M	274 M	
293	1134		Alejandro Pérez Giannetto	43:00	42:55	10:40	10:13	18:12	28:27	4:18	1977	56 M2M	275 M	
294	1048		Pablo Delgado González	43:01	42:54	10:30	10:30	18:34	28:36	4:18	1985	52 M1M	276 M	
295	1495		Leonor Ezpeleta Pinto	43:02	42:57	11:10	10:32	18:33	28:44	4:18	1985	2 M1F	19 F	
296	1240		Fernando Suarez Valderrey	43:02	42:54	10:50	9:57	17:44	27:56	4:18	1980 CLUB CICLISTA RIAZOR	57 M2M	277 M	
297	567		Antonio Carneiro Garcia	43:03	42:54	9:40	10:36	18:43	28:55	4:18	1979 RUNNERS AMIO	58 M2M	278 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
298	1306		Miguel Angel Fernandez Novoa	43:03	42:58	11:00	10:14	18:22	28:38	4:18	1967	24 M4M	279 M	
299	134		Brian Insua Asorey	43:06	42:59	9:00	10:29	18:36	28:54	4:19	1987	77 SrM	280 M	
300	985		Alberto Del Rio Otero	43:07	42:59	10:20	10:49	19:07	29:17	4:19	1992	78 SrM	281 M	
301	546		Fernando Jose Varela Castro	43:08	43:05	9:40	9:58	18:04	28:30	4:19	1990	79 SrM	282 M	
302	1037		Fernando Seara Sotelo	43:08	42:59	10:30	10:32	18:30	28:30	4:19	1973	39 M3M	283 M	
303	940		Alejandro Salgado López	43:08	43:07	10:20	9:59	18:11	28:36	4:19	1991	80 SrM	284 M	
304	1160		Óscar Casas Couselo	43:10	43:00	10:40	10:26	18:29	28:40	4:19	1979 TBR OROSO	59 M2M	285 M	
305	135		Samuel Presedo Rega	43:10	43:03	9:00	10:27	18:34	28:42	4:19	1986	53 M1M	286 M	
306	823		David Enjamio Salgueiro	43:11	43:06	10:10	10:24	18:20	28:35	4:19	1984	54 M1M	287 M	
307	1052		Diego Roca Cancio	43:15	43:12	10:30	10:34	18:48	29:13	4:20	1981 Erika Pilates	55 M1M	288 M	
308	1215		Emilio Jose Jove Castro	43:16	43:13	10:50	10:16	18:21	28:35	4:20	1969 CLUB CASTRO DE LOBADIZ	25 M4M	289 M	
309	1073		Santiago Gómez Cuervo	43:17	00:00	10:30	10:34	18:41	28:55	4:20	1985	56 M1M	290 M	
310	1208		Roberto Vázquez Alvite	43:17	43:09	10:50	10:12	17:57	28:25	4:20	1977	60 M2M	291 M	
311	1071	Ag2028252	Jesus (zubi) Garcia Pena	43:24	43:13	10:30	10:32	18:30	28:35	4:20	1976 TAMBRE BIKE&RUNNING	40 M3M	292 M	
312	1162	AG2026339	Jose Maria Levoso Touceda	43:24	43:19	10:40	10:17	18:26	28:43	4:20	1968 ESPRINTES OURENSE	26 M4M	293 M	
313	1069		Juan José Gómez Cortés	43:24	43:21	10:30	10:39	18:55	29:11	4:20	1973	41 M3M	294 M	
314	1139		Iván Seoane Díaz	43:27	43:19	10:40	10:08	18:03	28:30	4:21	1981	61 M2M	295 M	
315	211		Carlos Diaz Sanz	43:28	43:23	9:10	10:15	18:17	28:33	4:21	1974	42 M3M	296 M	
316	1105		Miguel Pérez Rego	43:28	43:21	10:40	10:54	19:17	29:31	4:21	1993 -	81 SrM	297 M	
317	324		Diego Fernandez Torres	43:29	00:00	9:20	11:12	19:23	29:25	4:21	1972	43 M3M	298 M	
318	1082		Francisco Jose González Fernández	43:29	43:26	10:30	10:33	18:47	29:01	4:21	1970	27 M4M	299 M	
319	1065	AG9694	Rogelio Manuel Pérez Miñones	43:33	43:28	10:30	10:28	18:33	28:54	4:21	1965	9 M5M	300 M	
320	102		Antonio Barredo Gómez	43:35	00:00	9:00	9:11	16:52	29:07	4:22	2003 MARINEDA ATLETICO	8 S20M	301 M	
321	932	79320836	Oscar Fondo Suarez	43:35	43:27	10:20	10:45	19:05	29:22	4:22	1982 NOSPORTLIMIT	57 M1M	302 M	
322	563		Octavio Ruiz Diaz	43:35	43:28	9:40	10:31	18:41	29:12	4:22	1981	62 M2M	303 M	
323	1358	AG3311	Jesús Hevia Gomez	43:35	43:27	11:00	10:07	18:23	28:58	4:22	1975 CLUB ATLETISMO SADA	44 M3M	304 M	
324	1019	AG2022098	Domingo Alvarez Iglesias	43:37	43:32	10:30	10:27	18:31	28:59	4:22	1951 EGOVARROS DE VIVEIRO	2 M7M	305 M	
325	948		Yago Perez Barbeito	43:38	43:32	10:20	10:16	18:19	28:39	4:22	1980 Nosportlimit	63 M2M	306 M	
326	1498	GA769054	Nati Garcia Sánchez	43:39	43:33	11:10	10:06	18:05	28:36	4:22	1977 CLUB ATLETISMO SADA	3 M2F	20 F	
327	897		Iván Priegue Requena	43:42	00:00	10:10	10:21	18:24	28:52	4:22	1979	64 M2M	307 M	
328	1132		Sergio Patiño Riveiro	43:43	43:37	10:40	10:06	18:01	28:28	4:22	1993	82 SrM	308 M	
329	1172		Javier Accion	43:45	43:43	10:40	10:17	18:26	28:49	4:23	1983 LA NIETA DEL FARERO	58 M1M	309 M	
330	883		Xomel Pérez Pérez	43:45	43:43	10:10	10:11	18:16	28:36	4:23	1967	28 M4M	310 M	
331	930		Fran Vázquez Seoane	43:45	43:41	10:20	10:46	19:08	29:32	4:23	1978	65 M2M	311 M	
332	1199		Marcos Antonio López Suárez	43:46	43:39	10:40	10:02	18:20	28:56	4:23	1972	45 M3M	312 M	
333	885		Alfonso Javier Castro Souto	43:46	43:41	10:10	10:42	18:51	29:14	4:23	1985 GMTA&CHUVONERS	59 M1M	313 M	
334	1497	GA769219	Rebeca Soto Viñas	43:48	43:43	11:10	10:07	18:09	28:42	4:23	1976 ATLETISMO NARON	1 M3F	21 F	
335	1001		Marcos Méndez Vázquez	43:49	43:46	10:30	10:33	18:41	29:12	4:23	1978 No sport limit	66 M2M	314 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
336	983		Bruno López Ferro	43:49	43:41	10:20	10:48	19:09	29:30	4:23	1987	83 SrM	315 M	
337	1115		Miguel Gómez C	43:51	43:44	10:40	10:44	18:54	29:18	4:23	1969	29 M4M	316 M	
338	1210		José Antonio Vázquez Fernández	43:52	43:45	10:50	10:38	19:06	29:23	4:23	1969 ASOCIACIÓN DEPORTIVA CERNE	30 M4M	317 M	
339	1145		Javier Herva Míguez	43:54	43:49	10:40	10:07	18:12	28:53	4:23	1978	67 M2M	318 M	
340	1118	AG3566	Jose Ignacio Zas Sande	43:54	43:45	10:40	10:24	18:27	28:33	4:23	1992 Club Atletismo Tambre	84 SrM	319 M	
341	647		Gonzalo Mato Armas	43:55	43:43	9:50	11:15	19:37	29:43	4:24	1968 A.D.Cerne	31 M4M	320 M	
342	239		Felix Roget Perez	43:58	43:54	9:10	10:41	18:52	29:15	4:24	1981 TERRA DE SONEIRA	60 M1M	321 M	
343	1197		Enrique Rivas Pulpeiro	43:59	43:53	10:40	10:46	19:08	29:25	4:24	1983 Nosportlimit	61 M1M	322 M	
344	1315		Ramon Alba Dominguez	44:00	43:51	11:00	10:13	18:12	28:48	4:24	1977	68 M2M	323 M	
345	1141		Nicolas González Feroso	44:00	43:53	10:40	10:36	18:38	29:03	4:24	1970 Bicichancleta	32 M4M	324 M	
346	1202		Sergio Santos Concheiro	44:02	44:01	10:50	9:56	18:17	28:52	4:24	1985	62 M1M	325 M	
347	1192		Marcos Pérez Lourido	44:03	43:56	10:40	10:15	18:31	29:08	4:24	1974	46 M3M	326 M	
348	609		Alejandro Carril Brea	44:05	43:59	9:50	10:29	18:47	29:21	4:25	1975	47 M3M	327 M	
349	1124		Felipe Iglesias Mira	44:06	44:01	10:40	10:42	18:59	29:26	4:25	1974 ESPRINTES OURENSE	48 M3M	328 M	
350	1253		Alfonso Vilar Crego	44:07	44:05	10:50	9:46	18:07	28:51	4:25	1973 Acade	49 M3M	329 M	
351	1494		Pilar Cainzos Pan	44:07	44:01	11:10	10:18	18:28	29:04	4:25	1964	1 M5F	22 F	
352	1094		Vanessa Rama Nuñez	44:08	44:04	10:30	10:29	18:33	29:03	4:25	1977 MARINEDA ATLETICO	4 M2F	23 F	
353	926		Sergio Ares Nogueira	44:09	00:00	10:20	10:11	18:15	29:02	4:25	1993 CLUB ATLETISMO BOIMORTO	85 SrM	330 M	
354	1179		Gonzalo Couceiro Sanchez	44:09	44:06	10:40	10:47	19:15	29:44	4:25	1966	10 M5M	331 M	
355	858		Amalio Framiñán Lamazares	44:09	44:02	10:10	10:24	18:36	29:19	4:25	1993 GTR	86 SrM	332 M	
356	954		Carlos Alvarez Fernández	44:10	44:06	10:20	10:47	19:08	29:30	4:25	1974 NSL	50 M3M	333 M	
357	132	LIC000304	Ramón Wirz	44:11	00:00	9:00	10:28	18:53	29:36	4:25	1988 HÉRCULES ATLETISMO	87 SrM	334 M	
358	188		María Rodríguez Gómez	44:14	00:00	9:00	10:51	19:11	29:33	4:25	1984 LUGO RUNNING CLUB	3 M1F	24 F	
359	1080		Martina Tasende Andrade	44:14	44:10	10:30	10:28	18:34	29:11	4:25	1980 CLUB ATLETISMO O PINO	5 M2F	25 F	
360	920		Ana Bernárdez Rodríguez	44:14	44:10	10:20	10:41	19:01	29:27	4:25	1989	15 SrF	26 F	
361	1203		Diego Guimarey Espiño	44:15	44:09	10:50	10:09	18:16	28:54	4:26	1980 Nosportlimit	69 M2M	335 M	
362	1096		Tania García Novo	44:19	44:16	10:30	10:32	18:48	29:13	4:26	1984 CLUB MONTE PENA RUBIA	4 M1F	27 F	
363	971		Jorge Taboada Villa	44:19	44:14	10:20	10:46	19:01	29:28	4:26	1993	88 SrM	336 M	
364	146		Oscar Lamas Rubio	44:19	44:13	9:00	10:28	18:53	29:30	4:26	1982	63 M1M	337 M	
365	1255		Carlos Javier Pérez Martinez	44:20	44:18	10:50	10:23	18:36	29:07	4:26	1974 CLUB CASTRO DE LOBADIZ	51 M3M	338 M	
366	1064		Jose Antonio Fernandez Vazquez	44:22	44:12	10:30	11:10	19:30	29:55	4:26	1976	52 M3M	339 M	
367	1097		Monse Solis Caamaño	44:24	44:20	10:30	10:38	18:59	29:27	4:26	1987 Ad montebrondo	16 SrF	28 F	
368	1036		Juan Carlos Rey Estrada	44:25	44:21	10:30	10:42	18:56	29:28	4:27	1977 HÉRCULES ATLETISMO	70 M2M	340 M	
369	519		Rullar Garrido Pose	44:26	44:22	9:40	10:29	18:41	29:16	4:27	1972	53 M3M	341 M	
370	1018		Andres Caaveiro De Vega	44:28	44:22	10:30	11:06	19:39	30:18	4:27	1979	71 M2M	342 M	
371	893		Rodrigo Domínguez Bouzo	44:29	44:22	10:10	10:56	19:17	29:54	4:27	1981	72 M2M	343 M	
372	103		Adrián Piñeiro Armental	44:32	44:30	9:00	11:11	19:45	30:11	4:27	2003	9 S20M	344 M	
373	1357	AG 2017650	Ramón Andres Pérez Rodríguez	44:33	44:31	11:00	9:05	17:35	28:44	4:27	1995	1 DIM	345 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo					Ano Club	Cat	S	
					Neto	Salida	PC1	PC2	PC3				km
374	1038		Joaquín Piñol Chas	44:36	44:31	10:30	10:44	19:09	29:41	4:28	1973 Nosportlimit	54 M3M	346 M
375	113		Francisco Romario Pérez Quiroga	44:37	00:00	9:00	11:09	19:45	30:10	4:28	1994	89 SrM	347 M
376	868		Iago González Feroso	44:38	44:31	10:10	10:51	19:15	29:59	4:28	1977	73 M2M	348 M
377	315		Urko Asua Almeida	44:40	44:36	9:20	11:10	19:20	29:18	4:28	1982	64 M1M	349 M
378	1496		Paula Souto García	44:40	44:36	11:10	10:41	19:03	29:41	4:28	1984 Global Sport Club	5 M1F	29 F
379	874		Raúl Barbeito Gestal	44:40	00:00	10:10	10:25	18:41	29:36	4:28	1979 BARBERÍA BARBEITO	74 M2M	350 M
380	1005		José Carlos Freire Salorio	44:47	44:41	10:30	10:56	19:24	29:57	4:29	1980	75 M2M	351 M
381	910	AG9432	Elena Veres Ojea	44:50	44:45	10:20	10:37	18:53	29:23	4:29	1992 SD Compostela Atletismo	17 SrF	30 F
382	1176		Francisco Javier Fernández Pérez	44:50	44:45	10:40	10:47	19:08	29:50	4:29	1982 Nosportlimit	65 M1M	352 M
383	1090	AG2017736	Elena González Fernández	44:53	44:51	10:30	11:09	19:26	30:01	4:29	1974 LA MOCHILA DEL DEPORTE	2 M3F	31 F
384	1144		Ignacio Ramil Freán	44:56	44:49	10:40	10:15	18:23	29:09	4:30	1984 CLUB CICLISTA RIAZOR	66 M1M	353 M
385	1025		Manuel Redonda Insua	44:56	44:53	10:30	10:29	18:34	29:19	4:30	1974 CLUBE ATLETISMO FENE	55 M3M	354 M
386	656		Daniel Gómez Brañas	44:56	00:00	9:50	10:58	19:22	29:52	4:30	1999	9 S23M	355 M
387	1211		José Manuel Pampin Fuciños	44:57	44:50	10:50	10:38	19:07	29:52	4:30	1962 ASOCIACIÓN DEPORTIVA CERNE	11 M5M	356 M
388	975		Antón Rodilla	44:58	44:49	10:20	10:53	19:14	29:54	4:30	1984	67 M1M	357 M
389	1010		Lino Espiñeira Castro	45:00	44:55	10:30	10:44	19:15	29:46	4:30	1974	56 M3M	358 M
390	223		Juan Carlos Fernández Lago	45:00	00:00	9:10	10:58	19:16	30:02	4:30	1967	33 M4M	359 M
391	763		Jorge Tábara Rodríguez	45:02	44:55	10:00	11:17	19:56	30:39	4:30	2000 ATLETAS DE ACEA DE AMA	10 S23M	360 M
392	1227		Martín Iglesias Dorta	45:03	44:59	10:50	10:55	19:24	29:59	4:30	1983	68 M1M	361 M
393	200		Iván Clavel San Emeterio	45:04	44:58	9:10	11:04	19:37	30:20	4:30	1978 FGA	76 M2M	362 M
394	1046	AG12478	Manuel Pérez Mosquera	45:05	00:00	10:30	11:04	19:32	30:09	4:31	2000 Clube Deportivo de Arzúa	11 S23M	363 M
395	1104		Sergio Rodriguez Martinez	45:05	00:00	10:40	10:48	19:14	29:54	4:31	1983	69 M1M	364 M
396	1147		Alejandro Núñez Martín	45:05	45:01	10:40	10:51	19:19	29:56	4:31	1980 ATHLETICS FISIOTERAPIA SAN LÁ	77 M2M	365 M
397	642		Jose Gonzalez Salgado	45:07	44:54	9:50	11:14	19:37	30:07	4:31	1974 ASOCIACIÓN DEPORTIVA CERNE	57 M3M	366 M
398	1161		Carlos Aller Fernandez	45:09	45:04	10:40	10:41	19:13	30:07	4:31	1965	12 M5M	367 M
399	752		Jose Hermindo Prieto García	45:10	45:06	10:00	10:38	19:07	29:51	4:31	1980 NOSPORTLIMIT	78 M2M	368 M
400	1057		Roberto Francos Vázquez	45:13	45:08	10:30	10:40	19:12	29:59	4:31	1980	79 M2M	369 M
401	130		Francisco Dominguez Rodriguez	45:13	45:08	9:00	10:57	19:30	30:29	4:31	1989	90 SrM	370 M
402	1182		José Enrique Gómez López	45:14	45:04	10:40	11:02	19:20	30:22	4:31	1960	8 M6M	371 M
403	1123		Óscar Cabana Picado	45:15	45:06	10:40	10:54	19:22	30:13	4:32	1980 INDEPENDIENTE	80 M2M	372 M
404	117		Pablo Etchevers Rodríguez	45:16	45:13	9:00	10:37	19:21	30:29	4:32	1993	91 SrM	373 M
405	1107	Ga74	Miguel Lameiro Nieto	45:18	45:12	10:40	10:46	19:15	30:06	4:32	1976 CLUB ATLETISMO SADA	58 M3M	374 M
406	1061		Alfonso Castelo	45:20	45:12	10:30	10:57	19:25	30:03	4:32	1972 ATLETAS DE ACEA DE AMA	59 M3M	375 M
407	764		Diego Lago Lopez	45:21	45:13	10:00	11:30	19:59	30:41	4:32	1991	92 SrM	376 M
408	984		Juan Carlos Rodriguez Piñon	45:21	45:16	10:20	11:12	19:44	30:30	4:32	1969	34 M4M	377 M
409	1081		Pablo Pereda Fernandez	45:22	45:14	10:30	10:56	19:29	30:15	4:32	1975	60 M3M	378 M
410	790	44832904	Maria Mareque Martinez	45:22	45:17	10:00	11:13	19:42	30:24	4:32	1981 CLUB HERCULES TERMARIA	6 M2F	32 F
411	658		Francisco Lorenzo Alonso	45:27	45:22	9:50	10:56	19:19	30:00	4:33	1993	93 SrM	379 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
412	1153		Daniel Cao Labora	45:29	45:26	10:40	9:50	18:10	29:30	4:33	1993	94 SrM	380 M
413	955		Antonio Maceiras Suarez	45:29	45:23	10:20	11:00	19:29	30:20	4:33	1973	61 M3M	381 M
414	951		Gerardo Pérez López	45:31	45:23	10:20	10:46	19:09	29:50	4:33	1978	81 M2M	382 M
415	899		Jorge Díaz Villalba	45:32	45:28	10:10	10:49	19:18	30:14	4:33	1979	82 M2M	383 M
416	936 T AG 763632		Antonio Lois Perez	45:34	45:29	10:20	11:14	19:47	30:32	4:33	1961 MARINEDA ATLETICO	9 M6M	384 M
417	1076		Fernando Caride	45:36	45:30	10:30	10:28	18:48	29:40	4:34	1986	70 M1M	385 M
418	872		Martín Crespo Rodríguez	45:36	45:31	10:10	10:50	19:24	30:14	4:34	1980 Club Triatlón Coruña	83 M2M	386 M
419	1168		Angel Blanco Vazquez	45:38	45:28	10:40	11:14	19:45	30:34	4:34	1982	71 M1M	387 M
420	541		Nicolas Lois Canda	45:40	45:30	9:40	10:43	19:23	30:16	4:34	1992	95 SrM	388 M
421	1086		Jose Manuel Peteiro Lozano	45:45	45:41	10:30	10:55	19:25	29:54	4:35	1965 RUNNING OLEIROS	13 M5M	389 M
422	845		Jose Suarez Nuñez	45:46	45:44	10:10	10:45	19:14	30:10	4:35	1969 NOSPORTLIMIT	35 M4M	390 M
423	814		Jesus Ángel Santiuste Insua	45:47	45:43	10:10	10:50	19:15	29:59	4:35	1960	10 M6M	391 M
424	842		Pablo Rodríguez Baleirón	45:47	45:43	10:10	11:19	20:00	30:55	4:35	1991	96 SrM	392 M
425	137		Francisco Santiago Vázquez Vila	45:47	45:40	9:00	10:46	19:27	30:33	4:35	1985	72 M1M	393 M
426	944		Jesus Blanco Pérez	45:47	45:43	10:20	10:46	19:13	29:50	4:35	1986	73 M1M	394 M
427	634		Daniel Pérez Gonzalez	45:49	45:43	9:50	11:04	19:24	30:12	4:35	1977	84 M2M	395 M
428	1017		Alexandre Veira Rodríguez	45:50	45:41	10:30	11:03	19:33	30:19	4:35	1979	85 M2M	396 M
429	869		Martín Gómez Bergondo	45:50	45:46	10:10	11:04	19:51	30:40	4:35	1984 RANNASS	74 M1M	397 M
430	856		Ivan Castiñeira Restrebada	45:51	45:44	10:10	10:55	19:41	30:41	4:35	1984	75 M1M	398 M
431	1058		Benito Blanco Pequeño	45:53	45:46	10:30	11:07	19:40	30:34	4:35	1972 PATUKOS TIM RANIN	62 M3M	399 M
432	1095 GA182		Elisa Cobelo Romero	45:54	45:50	10:30	11:08	19:39	30:33	4:35	1974 LA MOCHILA DEL DEPORTE	3 M3F	33 F
433	1054		Luis Valdés López	45:54	45:50	10:30	11:16	20:00	30:49	4:35	1968 RUNNING OLEIROS	36 M4M	400 M
434	1070		Francisco Javier Martinez Santos	45:59	45:51	10:30	10:39	19:11	30:19	4:36	1969	37 M4M	401 M
435	761		Alejandro Lamas Pérez	46:00	00:00	10:00	11:17	19:57	30:41	4:36	1976	86 M2M	402 M
436	865		Tomás Pérez Garcia	46:00	45:52	10:10	10:52	19:15	30:11	4:36	1978	87 M2M	403 M
437	800		Vicente Fernandez Bermudez	46:00	45:52	10:10	10:45	19:16	30:14	4:36	1976	63 M3M	404 M
438	1112		Alejandro Fortes Lopes	46:01	45:56	10:40	11:32	20:19	31:09	4:36	1991 NoSportLimit	97 SrM	405 M
439	1148		Adolfo García Alonso	46:05	46:02	10:40	10:49	19:30	30:37	4:37	1979 Beer Runners Coruña	88 M2M	406 M
440	1146		Juan Diaz Ramudo	46:05	46:02	10:40	10:51	19:33	30:43	4:37	1990 KURAI	98 SrM	407 M
441	744		José Manuel Martínez Lema	46:05	46:01	10:00	10:40	19:12	30:16	4:37	1978	89 M2M	408 M
442	1031		Jairo Devesa Platero	46:06	46:04	10:30	10:51	19:31	30:22	4:37	1990	99 SrM	409 M
443	1041		Ramon Devesa	46:07	46:04	10:30	10:57	19:32	30:23	4:37	1970	38 M4M	410 M
444	1033		David Bolon Figueiras	46:08	45:59	10:30	11:03	19:36	30:26	4:37	1989	100 SrM	411 M
445	1137		Luis Lozano Coira	46:08	46:03	10:40	11:29	20:18	31:08	4:37	1988	101 SrM	412 M
446	529		Alfonso González García	46:08	46:05	9:40	11:07	19:57	30:56	4:37	1974	64 M3M	413 M
447	561	46894751	Luis Manuel Campos Martín	46:08	46:03	9:40	11:19	20:02	30:50	4:37	1981 ATLETAS DE ACEA DE AMA	90 M2M	414 M
448	568		David Dubra Cabeza	46:10	46:00	9:40	11:33	20:28	31:20	4:37	1979	91 M2M	415 M
449	821		Rafael Fernández Gómez	46:11	46:04	10:10	10:46	19:18	30:28	4:37	1976 RUNNING OLEIROS	65 M3M	416 M

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
450	1408		Fernando Núñez Pol	46:13	46:06	11:10	10:43	19:08	30:15	4:37	1975	66 M3M	417 M	
451	1409		Alfonso García Bello	46:13	46:11	11:10	10:20	18:50	30:17	4:37	1966	14 M5M	418 M	
452	870		Julio Traveso Neira	46:14	46:08	10:10	10:26	18:32	0:00	4:37	1974	67 M3M	419 M	
453	959		Ruben Martinez Del Rio	46:16	46:08	10:20	11:25	20:10	31:01	4:38	1970	39 M4M	420 M	
454	826		Arturo Norberto Fontán Pérez	46:16	46:13	10:10	11:10	19:59	30:56	4:38	1975	68 M3M	421 M	
455	958		Roberto Castro-thome	46:16	46:05	10:20	11:29	20:04	31:02	4:38	1970 ESADE Alumni	40 M4M	422 M	
456	1178		Enrique Cabana Picado	46:17	46:08	10:40	11:15	19:58	30:53	4:38	1982 INDEPENDIENTE	76 M1M	423 M	
457	912	AG5428	Sofía Castro Domínguez	46:18	46:15	10:20	11:11	19:51	31:02	4:38	1999 LA MOCHILA DEL DEPORTE	1 S23F	34 F	
458	976		Liam Groarke	46:19	46:11	10:20	10:56	19:35	30:45	4:38	1983 Fillos de Breogan	77 M1M	424 M	
459	448		Ignacio Paz Melero	46:19	00:00	9:30	11:35	20:17	31:08	4:38	1989	102 SrM	425 M	
460	436		Raul Teruel Rosales	46:20	46:12	9:30	11:38	20:27	31:23	4:38	1980	92 M2M	426 M	
461	203		Javier Abruña Martin	46:22	46:19	9:10	11:06	19:46	30:43	4:38	1976	93 M2M	427 M	
462	729		Suso Méndez Suárez	46:24	46:16	10:00	11:24	19:39	30:17	4:38	1970 PonteRiders	41 M4M	428 M	
463	1329		Daniel López García	46:24	46:18	11:00	11:04	19:51	30:54	4:38	1989 Kurai	103 SrM	429 M	
464	1201		Manuel Bouzas Espasandin	46:24	46:19	10:50	11:32	20:22	31:12	4:38	1978 Club runnig MESOIRO	94 M2M	430 M	
465	1039		Daniel Ciudad Cendán	46:26	46:17	10:30	11:04	19:41	30:40	4:39	1972 PATUKOS TIM RANIN	69 M3M	431 M	
466	931		Juan Carlos Ferro Fernandez	46:26	46:19	10:20	10:51	19:07	29:55	4:39	1972 CLUB MONTE PENA RUBIA	70 M3M	432 M	
467	946		Víctor Pollán No	46:26	46:20	10:20	11:25	20:20	31:26	4:39	1984	78 M1M	433 M	
468	941		Julio Fernández Freire	46:27	46:25	10:20	10:13	19:05	30:09	4:39	1990	104 SrM	434 M	
469	571	32836073	David Rodriguez Blanco	46:28	00:00	9:40	11:27	20:25	31:22	4:39	1978 NOSPORTLIMIT	95 M2M	435 M	
470	1242		Javier Mon	46:30	46:26	10:50	11:11	20:01	31:14	4:39	1976 Triatlón Arteixo	71 M3M	436 M	
471	839		Alberto Brage	46:31	46:25	10:10	11:30	20:15	31:15	4:39	1990	105 SrM	437 M	
472	1053	TGAL22	Suso Ramos Rodriguez	46:33	46:24	10:30	11:02	19:42	30:41	4:39	1968 A.D. DOWNHILL	42 M4M	438 M	
473	829		Emilio Alcala-zamora Canel	46:33	46:24	10:10	11:22	19:57	30:55	4:39	1967	43 M4M	439 M	
474	661		Santiago Santos Vicens	46:33	46:26	9:50	11:25	20:16	31:16	4:39	1982 INDEPENDIENTE	79 M1M	440 M	
475	1218		David Souto Sanchez	46:35	46:27	10:50	11:59	20:44	31:30	4:40	1974	72 M3M	441 M	
476	964	32675706	José Luis Garrote Ramil	46:36	46:25	10:20	11:15	19:48	30:35	4:40	1975 Triatlón Ferrol	73 M3M	442 M	
477	758		Francisco Javier Saavedra Pita	46:37	00:00	10:00	11:12	19:56	30:56	4:40	1977 Global sport club	96 M2M	443 M	
478	832	AG9756	Javier Bermúdez Pombo	46:37	46:33	10:10	10:55	19:31	30:31	4:40	1980 ATLETAS DE ACEA DE AMA	97 M2M	444 M	
479	631		Pepe Mansilla Barreiro	46:38	46:31	9:50	11:23	20:17	31:19	4:40	1988 BEERRUNNERS CORUÑA	106 SrM	445 M	
480	550		Daniel Vázquez Rodríguez	46:40	46:33	9:40	10:59	19:23	30:23	4:40	1985 Fillosdebreogan	80 M1M	446 M	
481	835		Javier Acción García	46:40	00:00	10:10	11:33	20:37	31:47	4:40	2001	12 S23M	447 M	
482	1135		Luis Ramil Hermida	46:41	46:33	10:40	11:18	19:59	31:04	4:40	1955	3 M7M	448 M	
483	427		Jorge Domínguez Almao	46:42	46:36	9:30	11:46	20:37	31:34	4:40	1981	98 M2M	449 M	
484	414		Juan Breijo Sanjurjo	46:42	46:34	9:30	11:42	20:21	31:09	4:40	1993	107 SrM	450 M	
485	992		Lorena Ponte Saavedra	46:44	46:41	10:20	10:46	19:14	30:26	4:40	1978 LA MOCHILA DEL DEPORTE	7 M2F	35 F	
486	1272		Federico Porto Arias	46:44	46:39	10:50	11:02	19:43	31:05	4:40	1967 CLUB TRIATLON CORUÑA	44 M4M	451 M	
487	1060		Ricardo Blanco Chao	46:45	46:39	10:30	11:00	19:35	30:49	4:41	1985 Fagerhult	81 M1M	452 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
488	840		Pablo Fraga Neiro	46:48	00:00	10:10	11:49	20:42	31:47	4:41	1982	Nosportlimit	82 M1M	453 M
489	919		Sonia Maria Roca Canzobre	46:48	46:42	10:20	11:23	20:07	31:08	4:41	1976	NoSportLimit	8 M2F	36 F
490	890		Juan Carlos Menéndez Dominguez	46:50	46:44	10:10	11:25	20:00	31:09	4:41	1960		11 M6M	454 M
491	1180		David González París	46:51	46:43	10:40	11:29	20:18	31:22	4:41	1978	A.D. JARNACHAS.	99 M2M	455 M
492	817		Nicolás Jorge García Marc	46:52	00:00	10:10	10:38	19:17	30:48	4:41	1982		83 M1M	456 M
493	749		Daniel Longo Pazos	46:54	46:52	10:00	11:01	19:46	31:10	4:41	1979		100 M2M	457 M
494	1304	GA766004	Ramon Villar Ruibal	46:58	46:48	11:00	10:26	19:07	30:33	4:42	1966	CLUBE DE ATLETISMO VERXEL NU	15 M5M	458 M
495	1092	GA840	Luz María Domínguez Román	46:59	46:57	10:30	11:09	19:58	31:18	4:42	1962	BURGAS ATLETISMO OURENSE	2 M5F	37 F
496	952	GA184	Miguel Angel Vazquez Gonzalez	47:00	46:56	10:20	11:11	19:48	31:01	4:42	1977	LA MOCHILA DEL DEPORTE	101 M2M	459 M
497	824		Eugenio Carbajales Taboada	47:01	46:53	10:10	11:26	20:10	31:23	4:42	1978		102 M2M	460 M
498	953		José Manuel López Ínsua	47:02	46:58	10:20	10:53	19:43	31:00	4:42	1975		74 M3M	461 M
499	549		Diego Fernández García	47:02	46:56	9:40	11:38	20:35	31:48	4:42	1988		108 SrM	462 M
500	981		Oscar Garrido Rodriguez	47:04	46:57	10:20	11:42	20:37	31:42	4:42	1973		75 M3M	463 M
501	1109	AG769105	Jacinto Parga Fernández	47:04	46:55	10:40	11:29	20:19	31:23	4:42	1969	CLUB ATLETISMO SADA	45 M4M	464 M
502	1007		Manuel Angel Dorado Vázquez	47:09	47:02	10:30	11:44	20:50	32:11	4:43	1973	Toxos y birras	76 M3M	465 M
503	837		Jesús Manuel. Gómez Fernández	47:11	47:08	10:10	11:33	20:17	31:24	4:43	1958	CD GAS NATURAL FENOSA	12 M6M	466 M
504	886		Luis Manuel Pena Cañizares	47:15	47:05	10:10	11:26	20:11	31:38	4:44	1996		109 SrM	467 M
505	140		Sergio Lamas Villaverde	47:16	47:09	9:00	11:26	20:13	31:17	4:44	1983		84 M1M	468 M
506	990	AG3583	Ana Bort Respino	47:17	47:14	10:20	10:49	19:19	30:53	4:44	2000	LA MOCHILA DEL DEPORTE	2 S23F	38 F
507	1140		Ricardo Pereira Vara	47:17	47:13	10:40	10:47	19:37	30:57	4:44	1981		103 M2M	469 M
508	638		Jose Manuel Carreira Carollo	47:18	00:00	9:50	11:08	20:01	31:27	4:44	1976	runners amio	77 M3M	470 M
509	1230		Jesus Pereda Fernandez	47:20	47:13	10:50	11:13	20:02	31:20	4:44	1976		78 M3M	471 M
510	860		Raúl Beiroa Raposo	47:22	47:13	10:10	11:20	20:07	31:41	4:44	1985		85 M1M	472 M
511	210		Eduardo Mera Rico	47:23	47:20	9:10	11:14	20:16	31:28	4:44	1975	CLUB ATLETISMO SADA	79 M3M	473 M
512	1012		Ivan López Novo	47:24	47:18	10:30	11:10	19:42	30:58	4:44	1987	NoSportLimit	110 SrM	474 M
513	540		Christian Souto Meghazi	47:28	47:23	9:40	11:37	20:42	31:47	4:45	1994	Ninguno	111 SrM	475 M
514	1116		Jose Juan López Becerra	47:29	47:20	10:40	10:31	18:54	31:58	4:45	1976		80 M3M	476 M
515	877		Gerardo Diego Parrado Regueira	47:29	47:22	10:10	11:00	19:58	31:05	4:45	1979		104 M2M	477 M
516	612		Fernando Vigo Sanchez	47:29	47:22	9:50	11:28	20:24	31:37	4:45	1980		105 M2M	478 M
517	1194		Roberto Rey López	47:32	47:28	10:40	11:24	20:18	31:42	4:45	1983		86 M1M	479 M
518	1133		José Antonio Saavedra Pazos	47:34	47:30	10:40	11:30	20:23	31:28	4:45	1966	RUNAWAYS (RUNNING CLUB FOR	16 M5M	480 M
519	1022		Rafa Pena Fernandez	47:37	47:28	10:30	11:22	20:19	31:35	4:46	1976	Marraners- En boas Mans	81 M3M	481 M
520	1189		Rodrigo Marino Taibo	47:38	47:31	10:40	11:33	20:24	31:34	4:46	1980	MESOIRO RUNNING	106 M2M	482 M
521	530		Hugo Cociña Fernández	47:38	47:30	9:40	11:17	20:00	31:18	4:46	1987		112 SrM	483 M
522	1024		Ramon Miguel Garcia Barba	47:39	47:35	10:30	11:03	19:47	31:13	4:46	1964		17 M5M	484 M
523	513		John Vazquez Blanco	47:39	00:00	9:40	11:34	20:26	31:39	4:46	1973		82 M3M	485 M
524	1063		Ángel Jose Turrion Pereiro	47:40	47:35	10:30	11:23	20:14	31:33	4:46	1966		18 M5M	486 M
525	923		Berit Sommerfelt	47:40	47:38	10:20	11:53	20:50	32:09	4:46	1980		9 M2F	39 F

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CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
526	1128	AG2021667	Antonio Luis González Fernández	47:41	47:35	10:40	11:19	20:16	31:31	4:46	1972 LA MOCHILA DEL DEPORTE	83 M3M	487 M
527	834		Marcos Rodríguez Suárez	47:41	47:38	10:10	11:32	20:29	31:42	4:46	1976	84 M3M	488 M
528	187		Elena Suárez Gesto	47:42	47:36	9:00	11:19	20:21	31:53	4:46	1984 ATLETAS DE ACEA DE AMA	6 M1F	40 F
529	915		Olga Paz Señorans	47:45	47:37	10:20	11:18	20:05	31:31	4:47	1981	10 M2F	41 F
530	1331		Diego Varela Espasandín	47:48	47:45	11:00	10:09	18:45	30:57	4:47	1982	87 M1M	489 M
531	1032		Alfonso Remuñán Sánchez	47:48	47:39	10:30	11:08	19:47	31:19	4:47	1967 A.D. FOGAR CARBALLO	46 M4M	490 M
532	1015		Ricardo Calvo Lopez	47:49	47:43	10:30	11:40	20:46	32:07	4:47	1971 ATLETAS DE ACEA DE AMA	47 M4M	491 M
533	225		Fernando Pazos Martínez	47:53	47:49	9:10	12:05	21:10	32:30	4:47	1966	19 M5M	492 M
534	590		Lorena Franqueira Losada	47:53	47:46	9:40	11:49	20:45	31:53	4:47	1981 Club Hércules Termaria	11 M2F	42 F
535	1152		Agostiño Reigosa	47:54	47:45	10:40	11:26	20:16	31:31	4:47	1990	113 SrM	493 M
536	602		Borja Dominguez Gonzalez	47:55	47:44	9:50	12:13	21:03	32:15	4:48	1983 Club del Mar	88 M1M	494 M
537	801		Manuel Díaz-merry López-acevedo	47:55	47:45	10:10	11:42	20:39	32:03	4:48	1974 Ría del Eo	85 M3M	495 M
538	902		Rosalía Lopez Lopez	47:56	00:00	10:20	11:44	20:52	32:11	4:48	1987 LUGO RUNNING CLUB	18 SrF	43 F
539	754		Alejandro Luis Novoa	47:57	47:52	10:00	11:28	20:17	31:38	4:48	1992	114 SrM	496 M
540	149		Roberto Pardo Villar	47:59	47:53	9:00	11:03	20:14	31:45	4:48	1981	107 M2M	497 M
541	686		Miren Vicente Escalona	48:00	00:00	9:50	11:41	20:37	31:53	4:48	1990	19 SrF	44 F
542	635		Jesus Carreira Carollo	48:01	00:00	9:50	11:47	20:59	32:24	4:48	1977 RUNNERS AMIO	108 M2M	498 M
543	979		Anton Xose Garcia Perez	48:02	47:54	10:20	11:16	19:52	31:22	4:48	1977 Tranvias de La Coruña	109 M2M	499 M
544	765		Alejandro García Piñeiro	48:02	47:56	10:00	11:13	20:20	31:57	4:48	1988 Gimnasio JK	115 SrM	500 M
545	880		Luis Viña Dominguez	48:03	47:54	10:10	11:23	20:11	31:33	4:48	1979 Beer Runners Coruña	110 M2M	501 M
546	535		Jose Angel Lamas Castro	48:03	00:00	9:40	11:48	20:45	31:54	4:48	1972	86 M3M	502 M
547	1067	AG2022428	Moncho Ferraces Vazquez	48:06	47:58	10:30	11:50	20:55	32:05	4:49	1959 CLUB ATLETISMO BOIMORTO	13 M6M	503 M
548	862	35449881G	Giillermo Maneiro Otero	48:09	48:06	10:10	11:30	20:29	31:50	4:49	1968 Triatlon vilagarcia	48 M4M	504 M
549	974	DPL65180	David Perez Lopez	48:10	48:01	10:20	11:42	20:35	31:45	4:49	1986 CLUB ATLETISMO SADA	116 SrM	505 M
550	822		Yago Maceiras	48:11	48:05	10:10	11:56	21:06	32:29	4:49	1976	87 M3M	506 M
551	866		Eduardo Álvarez Magalhaes	48:11	48:07	10:10	10:53	19:53	31:35	4:49	1978	111 M2M	507 M
552	1050		Adrian Collazo Varela	48:13	48:05	10:30	11:12	19:56	31:26	4:49	1988	117 SrM	508 M
553	629		Guillermo Sandino Leira	48:18	48:06	9:50	12:11	21:06	32:15	4:50	1986	89 M1M	509 M
554	847	AG2026153	José Santos Fernández Vázquez	48:18	00:00	10:10	11:49	21:00	32:24	4:50	1974 ESCOLA ATLETICA PEREIRO DE AC	88 M3M	510 M
555	947		Raul Garcia Blanes	48:18	48:07	10:20	11:45	20:37	31:52	4:50	1982 55 MINUTOS	90 M1M	511 M
556	723		Jose Pedreira García	48:21	48:16	10:00	11:17	20:21	32:02	4:50	1975	89 M3M	512 M
557	204		Antonio Doldán Sánchez	48:22	00:00	9:10	11:49	20:48	32:21	4:50	1976	112 M2M	513 M
558	895		Manuel Outes Paz	48:23	48:15	10:10	11:32	20:32	31:58	4:50	1956	14 M6M	514 M
559	751		Rodrigo García Pinilla	48:23	48:18	10:00	11:46	20:46	32:03	4:50	1982	91 M1M	515 M
560	509		Jose Parra Ameijide	48:25	00:00	9:40	10:46	19:37	31:22	4:51	1978	113 M2M	516 M
561	340		Oscar Fernandez Andrade	48:26	48:18	9:20	12:26	21:36	32:58	4:51	1972	90 M3M	517 M
562	996		Isabel Cabanas Campelo	48:26	48:22	10:20	11:27	20:16	31:48	4:51	1979	12 M2F	45 F
563	531		Francisco Gulín Rivera	48:27	48:23	9:40	11:13	20:01	31:33	4:51	1970	49 M4M	518 M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
564	891		Manuel Jose Rey Paulos	48:27	48:18	10:10	12:09	21:09	32:29	4:51	1956	4 M7M	519 M	
565	431		Iago Temprano Varela	48:28	48:25	9:30	12:00	20:56	32:09	4:51	1980	114 M2M	520 M	
566	547		David Lopez Pertega	48:30	48:26	9:40	11:40	20:46	32:02	4:51	1989	118 SrM	521 M	
567	849		Francisco Javier Varela Mazás	48:30	48:23	10:10	11:29	20:36	32:02	4:51	1967 CLUB SOCIAL BANCO PASTOR	50 M4M	522 M	
568	505		Iago Lopez Posse	48:31	48:25	9:40	11:44	20:56	32:28	4:51	1981 CLUB ATLETISMO SADA	115 M2M	523 M	
569	696		Rita Calviño	48:32	48:29	9:50	11:33	20:38	32:06	4:51	1995	20 SrF	46 F	
570	1051	Ag-2028310	David Escalante Pérez	48:34	48:26	10:30	11:08	20:08	31:53	4:51	1986 NOITEBRA	119 SrM	524 M	
571	1083		Roberto Ponte Noya	48:37	48:30	10:30	11:09	20:19	32:14	4:52	1977	116 M2M	525 M	
572	741		Marcelo Caamaño De Almeida	48:37	00:00	10:00	11:56	20:58	32:20	4:52	1970	51 M4M	526 M	
573	585	123456	Airín Gálvez Devesa	48:37	48:36	9:40	11:38	20:45	32:12	4:52	1983 A.D. FOGAR CARBALLO	7 M1F	47 F	
574	502		Javier Fernández	48:38	48:33	9:40	11:39	20:48	32:21	4:52	1983	92 M1M	527 M	
575	445		Diego A. López Rodríguez	48:38	48:30	9:30	11:50	20:50	32:32	4:52	1974	91 M3M	528 M	
576	233		José Luis Mancebo Iglesias	48:42	48:35	9:10	12:09	21:10	32:31	4:52	1959 CLUB CASTRO DE LOBADIZ	15 M6M	529 M	
577	730		Francisco Javier Iglesias Alonso	48:42	48:38	10:00	11:41	20:43	32:21	4:52	1964 As Vellas Non Paramos	20 M5M	530 M	
578	722		Ruben Dario Darriba Montecelo	48:45	48:38	10:00	11:51	21:00	32:34	4:53	1976	92 M3M	531 M	
579	322		Fernando Santiago Martinez Lopez	48:46	48:35	9:20	11:41	20:52	32:27	4:53	1974	93 M3M	532 M	
580	312		Jairo Vaca Pagador	48:46	00:00	9:20	12:21	21:24	32:46	4:53	1989	120 SrM	533 M	
581	657		Alejandro Mejuto Blanco	48:48	48:40	9:50	11:51	21:05	32:59	4:53	1994	121 SrM	534 M	
582	697	AG9427	Nuria Mejuto Fernández	48:49	00:00	9:50	11:17	20:34	32:25	4:53	1990	21 SrF	48 F	
583	559		Jose María Guerrero Moreno	48:50	48:37	9:40	11:33	20:43	32:30	4:53	1981 55 minutos	93 M1M	535 M	
584	957	AG4297	Juan Carlos Hermida Mera	48:51	48:41	10:20	11:52	20:59	32:27	4:53	1971 CLUB CASTRO DE LOBADIZ	52 M4M	536 M	
585	643		Ángel Carlos Izquierdo López	48:53	48:50	9:50	11:45	20:58	32:36	4:53	1974	94 M3M	537 M	
586	718	AG201432	Eliseo Garcia Cristobal	48:53	48:45	10:00	11:53	20:58	32:28	4:53	1968 CLUB ATLETISMO SADA	53 M4M	538 M	
587	526		Benigno Villar Couto	48:54	48:46	9:40	12:13	21:31	33:01	4:53	1980	117 M2M	539 M	
588	921		Conchy Prada Hernández	49:00	48:50	10:20	12:18	21:31	32:57	4:54	1976	4 M3F	49 F	
589	916		María Guadalupe Buján Rodríguez	49:00	48:53	10:20	11:46	21:02	32:46	4:54	1972 ASOCIACIÓN DEPORTIVA CERNE	5 M3F	50 F	
590	394		Lola Moreno Gonzalez	49:01	48:57	9:20	12:23	21:32	32:58	4:54	1987	22 SrF	51 F	
591	828		Juan Manuel Álvaro Francés	49:02	48:56	10:10	11:26	20:38	32:28	4:54	1971	95 M3M	540 M	
592	726		Miguel Ángel Díaz Varela	49:02	48:53	10:00	11:18	20:20	32:19	4:54	1973	96 M3M	541 M	
593	536		Jordi Uriach Masgoret	49:03	48:56	9:40	11:46	20:46	32:01	4:54	1986 Ningun	94 M1M	542 M	
594	105		Miguel Rodriguez Fernandez	49:03	48:59	9:00	11:04	20:55	32:51	4:54	2002	10 S20M	543 M	
595	639		Antonio López Fernández	49:03	48:54	9:50	11:45	20:49	32:24	4:54	1975	97 M3M	544 M	
596	1121		Jaime López Cainzos	49:05	48:56	10:40	11:30	20:22	32:02	4:55	1974	98 M3M	545 M	
597	655		Carlos Dubert Castro	49:06	48:58	9:50	12:11	21:27	33:02	4:55	1981	118 M2M	546 M	
598	928		Javier Rodríguez Torres	49:06	49:03	10:20	10:59	20:25	32:45	4:55	1983	95 M1M	547 M	
599	702		Ángel López Fernández	49:10	48:55	10:00	12:00	20:49	32:53	4:55	1984 Club Deportivo Inclusivo ENKI	1 CRM	548 M	
600	755		Manuel Dubert Castro	49:10	49:01	10:00	12:01	21:17	32:49	4:55	1980	119 M2M	549 M	
601	532		José Francisco Pérez García	49:11	49:08	9:40	11:39	20:45	32:16	4:55	1965	21 M5M	550 M	

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
602	633		Antonio García Prado	49:11	49:01	9:50	11:51	20:46	32:26	4:55	1978 A.d.cerne	120 M2M	551 M
603	632		Diego Sánchez Gonzalez	49:11	49:00	9:50	11:51	20:45	32:27	4:55	1978 Asociación deportiva Cerne	121 M2M	552 M
604	503		Edgar López Bravo	49:11	48:59	9:40	12:23	21:42	33:11	4:55	1982	96 M1M	553 M
605	126		Esteban Rodríguez Freijeiro	49:15	49:08	9:00	11:13	20:16	32:12	4:56	1990	122 SrM	554 M
606	533		Xene Carreira Garcia	49:16	00:00	9:40	11:31	20:29	32:10	4:56	1978	122 M2M	555 M
607	760		Eloy Calderón Fernández	49:17	49:08	10:00	11:58	21:17	33:03	4:56	1965	22 M5M	556 M
608	753		Jose Rodríguez	49:18	49:13	10:00	12:05	21:30	33:14	4:56	1995	123 SrM	557 M
609	562		Julio Jose Teixeira Fernandez	49:20	49:08	9:40	12:25	21:38	33:00	4:56	1981	123 M2M	558 M
610	1334		Juan Méndez López	49:23	49:15	11:00	12:00	21:21	33:03	4:56	1969 CLUB ATLETISMO SADA	54 M4M	559 M
611	548		Javier Tello Suárez	49:24	49:14	9:40	12:04	21:21	32:55	4:56	1988	124 SrM	560 M
612	988	54152623	Noelia Gómez López	49:24	49:17	10:20	11:46	21:12	32:54	4:56	1997	23 SrF	52 F
613	878		Jose Maria Reigosa Martinez	49:25	49:16	10:10	11:50	21:04	32:30	4:57	1967 HÉRCULES ATLETISMO	55 M4M	561 M
614	757		Martín Naveira Carro	49:25	49:17	10:00	12:02	21:15	32:50	4:57	1991 CLUB ATLETISMO SADA	125 SrM	562 M
615	815		Hector Fuentes	49:26	49:12	10:10	12:00	21:16	32:58	4:57	1966	23 M5M	563 M
616	704		Victor García Carro	49:26	49:24	10:00	12:20	21:41	33:18	4:57	1981	1 DVM	564 M
617	961		Jesús Vaamonde Rúa	49:30	49:25	10:20	11:35	20:48	32:36	4:57	1962	24 M5M	565 M
618	556		Borja Blanco Rey	49:30	49:25	9:40	11:49	20:47	32:17	4:57	1982	97 M1M	566 M
619	818	TGAL121	Maxi Lagares Carro	49:30	49:24	10:10	11:30	20:30	32:18	4:57	1970 ESPRINTES OURENSE	56 M4M	567 M
620	599		Patricia García Gómez	49:31	49:25	9:40	12:08	21:22	32:57	4:57	1978	13 M2F	53 F
621	595	7743070	Gaelle Guillet	49:31	49:24	9:40	12:05	21:22	33:00	4:57	1983 Club Triatlón No Sport Limit	8 M1F	54 F
622	853		Javier Lopez Martin	49:31	49:22	10:10	11:43	20:54	32:47	4:57	1959	16 M6M	568 M
623	1002		Alfonso Rodriguez Framil	49:32	49:29	10:30	11:19	20:36	32:26	4:57	1978 NOITEBRA	124 M2M	569 M
624	876		Alejandro Álvarez Rodríguez	49:32	00:00	10:10	11:31	20:41	32:28	4:57	1984 Club Hércules Termaria	98 M1M	570 M
625	500		Antonio Jose Leiras Martinez	49:33	49:28	9:40	12:09	21:32	33:15	4:57	1985	99 M1M	571 M
626	637	34990086	Felipe Iglesias De La Torre	49:34	00:00	9:50	12:10	21:18	33:01	4:57	1976 Club hercules termaria	99 M3M	572 M
627	727		Fernando Valerio Barrio	49:36	49:30	10:00	11:44	21:02	32:55	4:58	1972	100 M3M	573 M
628	495		Paula Remuiñán Ferreiro	49:38	49:31	9:30	12:01	21:07	32:49	4:58	1997 A.D. FOGAR CARBALLO	24 SrF	55 F
629	1156		Julio Suárez Vázquez	49:40	49:34	10:40	11:38	20:38	32:13	4:58	1950	5 M7M	574 M
630	805		Manuel Gonzalez Muñoz	49:40	49:38	10:10	11:08	20:20	32:25	4:58	1975	101 M3M	575 M
631	918		Patricia Suso Sánchez	49:41	49:31	10:20	12:20	21:45	33:38	4:58	1998	25 SrF	56 F
632	507		Angel López Bravo	49:44	49:32	9:40	12:40	21:52	33:18	4:58	1979	125 M2M	576 M
633	901	Ga84	Maria Carregal Sömme	49:46	00:00	10:20	12:17	21:44	33:39	4:59	2000 LA MOCHILA DEL DEPORTE	3 S23F	57 F
634	617		Bruno Camblor Fernandez	49:46	49:35	9:50	12:07	21:27	33:04	4:59	1978	126 M2M	577 M
635	911	AG 11763	Susana Parguiña Fernandez	49:48	49:46	10:20	11:46	21:00	32:49	4:59	1966 ESCOLAS DEP. LOURENZA	3 M5F	58 F
636	786	GA778824	Mirian Ripoll Pernas	49:49	49:44	10:00	11:26	20:41	32:39	4:59	1959 CLUB ATLETISMO SADA	1 M6F	59 F
637	434		Jesús Manuel Cousillas Dourado	49:50	49:47	9:30	11:31	21:12	33:26	4:59	1984	100 M1M	578 M
638	966		Javier De La Viuda Iglesias	49:51	49:45	10:20	12:10	21:42	33:38	4:59	1976 HÉRCULES ATLETISMO	102 M3M	579 M
639	424		Ruben Cebreiros Fernández	49:51	49:43	9:30	12:22	21:44	33:36	4:59	1978	127 M2M	580 M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
640	995	GA154	Elisa Paz Souto	49:54	49:49	10:20	11:53	21:04	32:53	4:59	1959 CLUB ATLETISMO SADA	2 M6F	60 F
641	251		Jorge Aquino Acuña	49:54	49:45	9:10	11:48	21:02	32:53	4:59	1971	57 M4M	581 M
642	875	AG2022434	Antonio Guerreiro Pantaleón	49:55	49:45	10:10	12:23	21:47	33:31	5:00	1973 ATLETAS DE ACEA DE AMA	103 M3M	582 M
643	803		Pablo Otero Fernández	49:55	49:51	10:10	12:02	21:32	33:38	5:00	1995	126 SrM	583 M
644	977		Miguel Álvarez	49:58	49:48	10:20	12:27	22:02	33:59	5:00	1981 Hércules Termaria	128 M2M	584 M
645	904	AG 2021343	Maria Angeles Castro Fernández	49:59	49:57	10:20	12:30	22:00	33:39	5:00	1972 CLUB ATLETISMO SADA	6 M3F	61 F
646	819		Eduardo Daniel Fernández Sanchez	50:02	49:56	10:10	11:32	20:59	33:08	5:00	1962	25 M5M	585 M
647	604		Denis Seijas Rodríguez	50:02	49:59	9:50	12:34	22:00	33:35	5:00	1990	127 SrM	586 M
648	619		Pablo Palomares López	50:02	49:56	9:50	11:48	21:10	33:10	5:00	1992	128 SrM	587 M
649	873		Juan Jose Redondo Lago	50:03	49:58	10:10	12:10	21:28	33:15	5:00	1957	17 M6M	588 M
650	898		David Villar	50:03	49:57	10:10	12:22	21:47	33:30	5:00	1979	129 M2M	589 M
651	1040		Roberto Pico Pouso	50:03	50:01	10:30	11:15	20:55	32:37	5:00	1971 Egovarros Viveiro	58 M4M	590 M
652	689	123456	Ana Varela Reguera	50:04	49:54	9:50	12:33	22:02	33:42	5:00	1978 A.D. FOGAR CARBALLO	14 M2F	62 F
653	608		Fernando Trillo Carlin	50:04	49:53	9:50	12:31	22:02	33:42	5:00	1968 A.D. FOGAR CARBALLO	59 M4M	591 M
654	1099		Maria Luisa Lopez Garcia	50:04	50:02	10:30	11:34	20:55	33:04	5:00	1971 www.robortopico.com	7 M3F	63 F
655	301		Daniel Portilla Heras	50:07	50:05	9:20	11:36	21:12	33:27	5:01	1976	104 M3M	592 M
656	125		Javier Llinares Barral	50:07	49:59	9:00	12:29	22:13	33:55	5:01	1990	129 SrM	593 M
657	735		Alejandro Avila Alvarez	50:11	50:05	10:00	13:21	23:17	34:44	5:01	1981	130 M2M	594 M
658	166		Alba Méndez Dumont	50:13	50:12	9:00	11:33	21:06	33:18	5:01	2002	1 S20F	64 F
659	644		Santiago Bort Couceiro	50:14	50:10	9:50	12:12	21:27	33:06	5:01	1970	60 M4M	595 M
660	736		Jose Manuel Martinez Martinez	50:17	50:12	10:00	11:34	20:57	33:06	5:02	1968 S2M	61 M4M	596 M
661	963		Enrique Souto Facal	50:18	50:13	10:20	11:37	20:50	33:03	5:02	1957	18 M6M	597 M
662	625	2022781	Javier Pastor Diaz Mosquera	50:18	50:15	9:50	11:22	21:03	33:04	5:02	1984 NOITEBRA	101 M1M	598 M
663	841		Eduardo Paredes	50:18	50:15	10:10	11:50	21:06	33:09	5:02	1968	62 M4M	599 M
664	155		José Luis Rodríguez Taibo	50:18	00:00	9:00	11:29	20:50	32:55	5:02	1979	131 M2M	600 M
665	347		Mateo Pan Rodríguez	50:19	50:15	9:20	12:28	22:06	34:05	5:02	2002	11 S20M	601 M
666	404		José Carlos Saa Ramos	50:19	50:10	9:30	12:36	22:02	33:52	5:02	1972	105 M3M	602 M
667	176		Estefanía Pabst Fernández	50:20	50:13	9:00	11:25	20:52	32:53	5:02	1992	26 SrF	65 F
668	861		Luis Villar Queiruga	50:21	50:16	10:10	12:33	22:09	34:06	5:02	1984	102 M1M	603 M
669	693		Begoña Rodríguez Cabrera	50:21	00:00	9:50	12:16	21:47	33:39	5:02	1970	2 M4F	66 F
670	435		Restituto Simon Lago	50:23	50:12	9:30	12:33	21:55	33:56	5:02	1981	132 M2M	604 M
671	438		Antonio Fernandez Carreira	50:23	00:00	9:30	12:31	21:55	33:55	5:02	1966	26 M5M	605 M
672	554		Xurxo Barreiro González	50:25	50:18	9:40	11:52	21:10	33:00	5:03	1983 BEER RUNNERS CORUÑA	103 M1M	606 M
673	756		Juan Carlos Vazquez Gómez	50:25	00:00	10:00	11:42	20:57	32:44	5:03	1972	106 M3M	607 M
674	807		José Antonio Méndez Pampin	50:26	50:23	10:10	12:05	21:23	33:10	5:03	1955 club atletismo ARZUA	6 M7M	608 M
675	493		Natalia Novo Quiza	50:30	50:19	9:30	12:23	21:42	33:39	5:03	1994 os corzos do ortegal	27 SrF	67 F
676	575		Catuxa Torres Vigo	50:33	50:27	9:40	12:08	21:37	33:29	5:03	1977	15 M2F	68 F
677	725		Pablo Cobas Sande	50:33	50:31	10:00	11:31	20:57	33:18	5:03	1974 SIEIRO RUNNING	107 M3M	609 M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	Ritmo				Ano Club	Cat	S
							PC1	PC2	PC3	km			
678	108		Javier Rubio Lopez	50:34	50:31	9:00	10:56	20:30	32:59	5:03	1997	130 SrM	610 M
679	169		Maria Zhuk	50:34	50:25	9:00	12:21	22:07	34:08	5:03	1995	28 SrF	69 F
680	524		Denís Hermida Saborido	50:35	00:00	9:40	12:09	21:30	33:12	5:04	1989	131 SrM	611 M
681	123		José Carlos Fernández Augello	50:37	50:35	9:00	11:32	21:09	33:22	5:04	1990	132 SrM	612 M
682	441		Iñigo Garcia Garcia	50:37	50:26	9:30	12:18	21:41	33:25	5:04	1973	108 M3M	613 M
683	1068		José Enrique Alvarez Perez	50:40	50:32	10:30	12:22	21:53	33:48	5:04	1967 LEONES RUNNING TEAM	63 M4M	614 M
684	586 AG2024834		Ines Ferradans Rendo	50:40	50:37	9:40	12:23	21:58	33:50	5:04	1994 Club Deportivo Brion Hyupersa Sr	29 SrF	70 F
685	499		Marta Ferreiro Opazo	50:41	00:00	9:30	12:42	22:11	34:09	5:04	1991 A.D. LIMIACTIVA	30 SrF	71 F
686	871		Ramón Gómez	50:41	50:36	10:10	12:33	22:12	34:07	5:04	1975	109 M3M	615 M
687	626		Alejandro Loureda Alvarez	50:42	50:40	9:50	12:03	21:32	33:38	5:04	1977	133 M2M	616 M
688	622		Daniel Cruces Álvarez	50:42	50:28	9:50	12:56	22:39	34:17	5:04	1972	110 M3M	617 M
689	598		Monica Vázquez Aira	50:43	50:36	9:40	12:35	21:51	33:36	5:04	1980	16 M2F	72 F
690	820		Miguel Mato	50:43	50:36	10:10	11:55	21:40	33:46	5:04	1984 Mesoiro running	104 M1M	618 M
691	1209		Hermes Arnoso Gíao	50:46	50:39	10:50	12:03	21:42	33:51	5:05	1991 NOSPORTLIMIT	133 SrM	619 M
692	1020		Oscar Duro Pazos	50:48	50:38	10:30	11:48	21:12	33:24	5:05	1981	134 M2M	620 M
693	610		José Ángel Veiga Dopico	50:50	50:40	9:50	12:37	22:16	34:13	5:05	1970	64 M4M	621 M
694	884		Jesús Del Pozo Losada	50:50	50:44	10:10	11:56	21:18	33:15	5:05	1965	27 M5M	622 M
695	439		Manuel Vázquez Alvedro	50:50	50:45	9:30	12:00	21:37	33:47	5:05	1954 ATLETAS ACEA DE AMA	7 M7M	623 M
696	816		Álvaro Fernández Gómez	50:51	50:49	10:10	11:06	20:23	32:59	5:05	1996	134 SrM	624 M
697	395		Angela Rodriguez Trillo	50:51	50:46	9:20	12:18	21:50	33:46	5:05	1987 Superperrunos	31 SrF	73 F
698	810		Rubén Pereira Álvarez	50:52	50:40	10:10	12:18	21:39	33:45	5:05	1989	135 SrM	625 M
699	662		Jesús Olano Espinosa	50:53	50:49	9:50	11:51	21:26	33:34	5:05	1982	105 M1M	626 M
700	748		Fran Fernandez-peiteado Fernandez	50:54	00:00	10:00	12:28	22:03	34:03	5:05	1974 CLUB HERCULES TERMARIA	111 M3M	627 M
701	224		Jose Luis Carbajales Taboada	50:54	50:46	9:10	12:38	22:09	34:00	5:05	1967	65 M4M	628 M
702	699		Paula González Pazos	50:55	50:48	9:50	12:00	21:31	33:36	5:06	1980 CLUBE ATLETISMO FENE	17 M2F	74 F
703	681		María Rodríguez Souto	50:55	50:53	9:50	11:54	21:23	33:33	5:06	1978	18 M2F	75 F
704	231		Carlos R. Ouro Núñez	50:57	00:00	9:10	12:22	21:56	34:07	5:06	1962	28 M5M	629 M
705	319		Oscar Gonzalez Barreiro	51:02	50:58	9:20	12:25	21:47	33:45	5:06	1977	135 M2M	630 M
706	443		Fernando Veiga Dopico	51:03	50:56	9:30	12:04	21:38	33:40	5:06	1968	66 M4M	631 M
707	219		Victor Manuel Gende Boquete	51:04	50:58	9:10	12:30	22:01	34:03	5:06	1971	67 M4M	632 M
708	111		Carlos Fernández Carreira	51:08	51:04	9:00	11:34	20:59	33:18	5:07	1994	136 SrM	633 M
709	1256		Pablo Gonzalez Gonzalez	51:12	51:03	10:50	12:15	21:51	34:12	5:07	1961	19 M6M	634 M
710	271		Maria Dolores Briones Torres	51:13	51:09	9:10	12:04	21:45	34:03	5:07	1968	3 M4F	76 F
711	157		Javier Fernandez Travieso	51:28	51:20	9:00	12:14	22:11	34:12	5:09	1978	136 M2M	635 M
712	695		Nerea Alvite Bergara	51:32	00:00	9:50	12:00	21:33	33:36	5:09	1999	4 S23F	77 F
713	792		Gabriel Cao Sanchez	51:32	51:28	10:00	12:08	21:41	34:01	5:09	1975 Independiente	112 M3M	636 M
714	185		Rocio Hermida Fontenla	51:36	51:28	9:00	12:26	22:09	34:15	5:10	1986	9 M1F	78 F
715	144		Martin Arques Vilariño	51:37	00:00	9:00	12:14	22:12	34:57	5:10	1982	106 M1M	637 M

Carreira Absoluta (10 km)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
716	345		Carlos Pérez Ponce	51:41	51:37	9:20	13:07	23:07	35:31	5:10	1984	107 M1M	638 M
717	601		Iván Giner García	51:47	51:38	9:50	11:04	20:39	33:19	5:11	1988	137 SrM	639 M
718	733		Marco Navarro Mateo	51:47	51:45	10:00	12:23	21:52	34:08	5:11	1972	113 M3M	640 M
719	492		Iria Prol Taboada	51:48	51:36	9:30	12:58	22:36	34:52	5:11	1995	32 SrF	79 F
720	836		Jose Angel Lorenzo Riveiro	51:51	51:40	10:10	12:46	22:32	34:43	5:11	1972	114 M3M	641 M
721	672		Derly Fernanda Osorio Aguilar	51:54	51:41	9:50	13:13	22:37	34:44	5:11	1991	33 SrF	80 F
722	732		Marcelino De Juan Barquin	51:54	51:47	10:00	11:47	21:25	34:00	5:11	1957	20 M6M	642 M
723	551		David Ruiz Diaz	51:54	51:47	9:40	12:33	21:59	34:59	5:11	1984	108 M1M	643 M
724	151		Alejandro Larrañaga Álvarez	51:54	51:47	9:00	12:23	22:03	34:15	5:11	1981	137 M2M	644 M
725	299		Sandra Novo Fernández	51:54	51:50	9:10	12:01	21:43	34:13	5:11	1984 nosportlimit trek galicia	10 M1F	81 F
726	447 AG2027925		Guillermo Lago Breijo	52:04	51:59	9:30	12:23	21:58	34:19	5:12	1969 CLUBE ATLETISMO FENE	68 M4M	645 M
727	330		Eyvind Sommerfelt	52:06	52:02	9:20	12:59	22:59	35:21	5:13	1955	8 M7M	646 M
728	1351		Sergio Ares Chao	52:08	51:58	11:00	11:59	21:18	33:19	5:13	1979	138 M2M	647 M
729	228		Andrés Casares Gallego	52:11	52:06	9:10	12:11	22:03	34:35	5:13	1964	29 M5M	648 M
730	1085		Miguel Méndez Vecin	52:11	52:01	10:30	12:23	22:24	34:38	5:13	1979	139 M2M	649 M
731	1089 AG-763977		María Luisa Barreiro Fuentes	52:11	52:05	10:30	12:39	22:25	34:38	5:13	1974 ATLETISMO RIAZOR CORUÑA	8 M3F	82 F
732	618		Alejandro Pazos Sánchez	52:11	52:01	9:50	12:53	22:41	34:57	5:13	1984	109 M1M	650 M
733	318		Kilian Pujó Romero	52:13	52:03	9:20	12:31	22:13	34:32	5:13	1977 Noetrainers Ferrol	140 M2M	651 M
734	487		Cristina Moran Monzo	52:16	52:05	9:30	12:35	22:17	34:28	5:14	1975 CLUB ATLETISMO SADA	9 M3F	83 F
735	491		Olalla Fernández Rivas	52:17	52:11	9:30	12:47	22:29	34:54	5:14	1984 Toxiza Clube de Montaña	11 M1F	84 F
736	589 32799561c		Dolores Pazos Mallo	52:17	52:15	9:40	12:53	22:53	35:17	5:14	1969 CLUB ATLETISMO SADA	4 M4F	85 F
737	307		Juan José López Blanco	52:19	52:09	9:20	12:39	21:55	34:19	5:14	1995	138 SrM	652 M
738	514		José Manuel Castelao Díaz	52:21	52:10	9:40	12:44	22:30	35:01	5:14	1967	69 M4M	653 M
739	466		Vanesa Naveira Lopez	52:22	52:18	9:30	12:39	22:23	34:46	5:14	1977	19 M2F	86 F
740	580		Ines Aguilar Del Moral	52:22	52:12	9:40	12:36	22:36	35:00	5:14	1987	34 SrF	87 F
741	370		Beatriz Rodríguez Romero	52:24	52:19	9:20	12:53	22:53	35:19	5:14	1972 Club del Mar San Amaro	10 M3F	88 F
742	620		Pablo Casal Vazquez	52:31	00:00	9:50	12:42	22:27	34:51	5:15	1979	141 M2M	654 M
743	572		Maria Gabriela Bascuas Gonçalves	52:31	52:23	9:40	12:37	22:35	35:00	5:15	1988	35 SrF	89 F
744	398		Marta Juega Rivera	52:32	00:00	9:20	12:32	22:28	34:59	5:15	1981 HÉRCULES ATLETISMO	20 M2F	90 F
745	552		Carlos Lopez Portela	52:32	00:00	9:40	12:45	22:55	35:18	5:15	1984	110 M1M	655 M
746	473		Paula Fraga Pino	52:32	52:28	9:30	12:35	22:18	34:43	5:15	1994	36 SrF	91 F
747	323		Manuel Pena Korndörfer	52:34	52:29	9:20	12:32	22:18	34:43	5:15	1973	115 M3M	656 M
748	1125		Federico López Ferreiro	52:36	52:29	10:40	11:58	21:41	34:17	5:16	1976 No Sport Limit	116 M3M	657 M
749	579		Amparo Taboada Villaravid	52:37	52:32	9:40	12:15	22:01	34:30	5:16	1963 ASOCIACIÓN DEPORTIVA CERNE	4 M5F	92 F
750	993		Elena Ponte Rodríguez	52:38	52:34	10:20	12:47	22:48	35:21	5:16	1976	11 M3F	93 F
751	522		Pablo Barca García	52:38	52:26	9:40	13:12	23:08	35:28	5:16	1971 CLUB DEPORTIVO EL TRASTERO	70 M4M	658 M
752	523		Eladio Casal Vázquez	52:38	52:33	9:40	12:12	22:00	34:28	5:16	1960 ASOCIACIÓN DEPORTIVA CERNE	21 M6M	659 M
753	997 Ag2017741		Mª Dolores González Fernández	52:39	52:35	10:20	12:15	21:44	33:54	5:16	1969 LA MOCHILA DEL DEPORTE	5 M4F	94 F

Carreira Absoluta (10 km)

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Ritmo					Ano Club	Cat	S	
						Salida	PC1	PC2	PC3	km				
754	804		Fabián Valcárcel Martínez	52:39	52:34	10:10	12:17	22:15	35:04	5:16	1983	111 M1M	660 M	
755	738		Brais Vicente Pardal	52:40	52:33	10:00	12:04	22:05	34:51	5:16	1993	139 SrM	661 M	
756	833		Alain Fernández Lopez	52:42	52:31	10:10	12:36	22:11	35:02	5:16	1976	142 M2M	662 M	
757	311		Javier Yépez Arámbulo	52:46	52:42	9:20	12:54	23:07	35:37	5:17	1989	140 SrM	663 M	
758	566		Fran Prieto Pernas	52:46	52:37	9:40	12:23	22:08	34:49	5:17	1980	Sígueme si puedes	143 M2M	664 M
759	739		Roberto Picos Fonticoba	52:47	52:39	10:00	13:12	23:26	35:52	5:17	1974	Club triatlón Coruña	117 M3M	665 M
760	143		Ignacio Portela Parga	52:47	52:42	9:00	12:15	22:16	35:03	5:17	1983		112 M1M	666 M
761	1016		Borja Loureda Abuela	52:52	52:44	10:30	11:47	22:09	34:39	5:17	1989		141 SrM	667 M
762	472		Inés Valiño	52:52	52:45	9:30	13:00	22:59	35:32	5:17	1981	Triatlón Arteixo	21 M2F	95 F
763	305		Luis García Gacio	52:52	52:45	9:20	12:42	22:39	35:12	5:17	1980		144 M2M	668 M
764	623		Víctor Manuel Freire Salorio	52:54	52:45	9:50	12:38	22:30	35:06	5:17	1969		71 M4M	669 M
765	653		Óscar Vidal Rodríguez	52:58	52:47	9:50	13:02	22:46	35:20	5:18	1979		145 M2M	670 M
766	478		Sheila Blanco Garcia	52:59	52:51	9:30	13:31	23:28	35:44	5:18	1987		37 SrF	96 F
767	1344		Bruno Bello Lafuente	53:00	52:53	11:00	11:52	21:28	34:02	5:18	1992	TRIATLÓN ARTEIXO	142 SrM	671 M
768	645		Rafael Pena Pérez	53:05	52:54	9:50	13:10	23:20	35:58	5:19	1970		72 M4M	672 M
769	484		Arantxa Abad Pérez	53:05	52:57	9:30	12:41	22:27	34:58	5:19	1975	Nosportlimit	12 M3F	97 F
770	582		Carmen Seoane Dopico	53:05	53:00	9:40	12:40	22:49	35:22	5:19	1975	Casino	13 M3F	98 F
771	346		Francisco Javier Villamisar Calviño	53:06	53:03	9:20	12:59	23:09	35:39	5:19	1964		30 M5M	673 M
772	511		Miguel Angel Vilariño Nuñez	53:13	53:02	9:40	12:56	22:55	35:24	5:19	1975		118 M3M	674 M
773	831		Ramón Guillermo Mosquera Pan	53:13	00:00	10:10	12:51	22:40	35:17	5:19	1959	Atletismo Riazor Coruña	22 M6M	675 M
774	430		Roi Alonso Padín	53:16	53:10	9:30	12:27	22:21	35:00	5:20	1979		146 M2M	676 M
775	384		Alejandra Pailos Pasandin	53:16	00:00	9:20	14:10	24:19	36:30	5:20	1985		12 M1F	99 F
776	692		Nuria Benito Gutierrez	53:17	00:00	9:50	12:00	21:30	34:13	5:20	1975		14 M3F	100 F
777	611		Pedro Luis Fernández Suárez	53:18	53:08	9:50	12:39	22:33	35:32	5:20	1963		31 M5M	677 M
778	100		Adrián Blanco Pallares	53:18	53:13	9:00	13:05	23:30	36:15	5:20	2003		12 S20M	678 M
779	906		Montserrat Fernández Saburido	53:21	53:13	10:20	12:43	22:31	35:18	5:20	1974	Atletismo Riazor Coruña	15 M3F	101 F
780	574		Lucía Vázquez	53:21	53:19	9:40	12:52	22:53	35:21	5:20	1979		22 M2F	102 F
781	385		Silvia Fernández Blanco	53:22	53:15	9:20	12:35	22:31	35:17	5:20	1985	SD Compostela Atletismo	13 M1F	103 F
782	594 AG2023639		Chus Garcia Pena	53:24	53:14	9:40	12:41	22:31	35:07	5:20	1984	TAMBRE BIKE&RUNNING	14 M1F	104 F
783	587		Marcela Parga Fernandez	53:25	53:22	9:40	12:54	22:54	35:26	5:21	1972	CLUB ATLETISMO SADA	16 M3F	105 F
784	364		Anabel Caamaño Bermudez	53:27	53:22	9:20	13:05	23:02	35:28	5:21	1982		15 M1F	106 F
785	259		María Santana Martínez Guerrero	53:27	53:20	9:10	14:36	24:26	36:30	5:21	1977		23 M2F	107 F
786	456		Olga Pose Chouciño	53:28	53:18	9:30	12:51	22:46	35:28	5:21	1978	PonteRiders	24 M2F	108 F
787	510		Alberto López Bravo	53:28	53:18	9:40	13:16	23:28	36:04	5:21	1976		119 M3M	679 M
788	687 AG 2026252		Paula Carregal Sömme	53:31	53:25	9:50	12:31	22:34	35:34	5:21	1998	LA MOCHILA DEL DEPORTE	38 SrF	109 F
789	325		Manuel Berea Ruiz	53:31	53:20	9:20	13:32	23:47	36:14	5:21	1964	Hércules Termaria	32 M5M	680 M
790	328		Carlos Calviño	53:31	53:20	9:20	12:57	23:04	35:22	5:21	1996	ATLETAS DE ACEA DE AMA	143 SrM	681 M
791	425		Jose Luis Fernandez Trisac	53:32	53:30	9:30	12:14	22:15	35:08	5:21	1969		73 M4M	682 M

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Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Neto	Salida	Ritmo			Ano Club	Cat	S	
							PC1	PC2	PC3				
792	917		Sandra Lopez Cambeiro	53:37	53:34	10:20	12:57	23:10	35:51	5:22	1976 INDEPENDIENTE	17 M3F	110 F
793	110		Antonio Sobral Arosa	53:38	53:32	9:00	13:42	23:45	36:16	5:22	1994	144 SrM	683 M
794	413		Miguel Angel Lopez Besada	53:38	00:00	9:30	13:58	24:27	36:48	5:22	1963	33 M5M	684 M
795	667		Marta Muñoz	53:39	53:28	9:50	13:08	23:18	35:57	5:22	1970	6 M4F	111 F
796	292		Luciana Satelle Perez	53:39	53:37	9:10	12:50	23:00	35:48	5:22	1991 Casa del agua	39 SrF	112 F
797	194		Sonia Otero Gabian	53:40	53:37	9:00	12:53	22:54	35:31	5:22	1979	25 M2F	113 F
798	428		Luis Alvarez Camara	53:42	53:31	9:30	13:01	23:04	35:51	5:22	1956	9 M7M	685 M
799	250		Sergio Caridad Fariña	53:43	53:36	9:10	12:40	22:41	35:32	5:22	1994	145 SrM	686 M
800	451	AG9429	Sonia Rodriguez Villar	53:43	53:33	9:30	13:35	23:45	36:41	5:22	1973 Sd Compostela Atletismo	18 M3F	114 F
801	411		Manuel Javier Muñoz Seijas	53:44	00:00	9:30	13:07	23:12	35:47	5:22	1963	34 M5M	687 M
802	539		Alfonso Cruz Morales	53:46	53:42	9:40	12:07	22:13	35:06	5:23	1998	146 SrM	688 M
803	742		Alberto Fernández Doldán	53:46	53:43	10:00	12:07	22:21	35:26	5:23	1986	113 M1M	689 M
804	583		Silvia Sánchez Bascoy	53:47	53:44	9:40	12:39	22:46	35:22	5:23	1960	3 M6F	115 F
805	794		Francisco De La Iglesia Lorenzo	53:47	00:00	10:00	13:19	23:43	36:30	5:23	2001	13 S23M	690 M
806	659		Rosendo Iglesias González	53:48	53:44	9:50	14:10	24:22	37:09	5:23	1993 SD Outeiro de Rei	147 SrM	691 M
807	646		Jose Luis Gonzalez Cardalda	53:51	53:38	9:50	12:44	22:38	35:22	5:23	1969	74 M4M	692 M
808	121		Ignacio Fraga Ruso	53:54	53:51	9:00	11:51	21:55	34:55	5:23	1991	148 SrM	693 M
809	603		Agustin Purriños Romero	53:55	53:44	9:50	13:43	24:05	36:46	5:24	1987	149 SrM	694 M
810	426		Alejandro Bernardo Díaz	53:56	53:45	9:30	13:36	23:49	36:53	5:24	1994	150 SrM	695 M
811	934		Hugo Iglesias Vigil	53:58	53:48	10:20	13:09	23:12	35:54	5:24	1986	114 M1M	696 M
812	494		Alexandra Pazos Domínguez	54:00	53:58	9:30	12:58	23:08	35:55	5:24	1992 LA MOCHILA DEL DEPORTE	40 SrF	116 F
813	197		Concepcion Garcia Dabrio	54:05	54:00	9:00	13:56	24:48	37:33	5:25	1978	26 M2F	117 F
814	887		Alvaro Xosé Carreira Manso	54:07	53:58	10:10	12:06	22:30	35:57	5:25	1993	151 SrM	697 M
815	406		Adrian Iglesias Gomez	54:08	00:00	9:30	13:01	23:15	36:19	5:25	1989	152 SrM	698 M
816	670		Pury Campos Regueiro	54:09	54:04	9:50	12:31	22:34	35:32	5:25	1968	7 M4F	118 F
817	640		Carlos Muñoz Lagarón	54:10	53:57	9:50	12:39	22:35	35:36	5:25	1974 NoSportLimit	120 M3M	699 M
818	474		Ana Rodríguez Rodríguez	54:12	54:08	9:30	12:45	22:49	35:35	5:25	1993	41 SrF	119 F
819	407		Miguel Facal Vázquez	54:13	54:09	9:30	13:04	23:32	36:44	5:25	1983 A.D.MEDIADUCIA	115 M1M	700 M
820	857		Lucas Oubiña Yañez	54:15	54:05	10:10	13:23	23:51	36:58	5:26	1981	147 M2M	701 M
821	333		Jose Lagos Vázquez	54:19	54:14	9:20	12:53	23:03	35:59	5:26	1986	116 M1M	702 M
822	382		María Ron Arroyo	54:19	54:14	9:20	12:55	22:59	36:00	5:26	1991	42 SrF	120 F
823	479		Soraya Varela Bao	54:22	54:17	9:30	13:04	23:15	36:08	5:26	1980 CLUB HERCULES TERMARIA	27 M2F	121 F
824	109		Brais Loira Moar	54:23	54:15	9:00	12:49	22:43	35:35	5:26	1996	153 SrM	703 M
825	246		Alfonso Castro Sánchez	54:24	54:17	9:10	13:09	23:23	36:12	5:26	1994	154 SrM	704 M
826	192		Gema Barrientos Seoane	54:28	54:24	9:00	13:07	23:10	36:17	5:27	1981 CLUB ATLETISMO SADA	28 M2F	122 F
827	721		Jose Manuel Suarez Bravo	54:31	54:25	10:00	13:25	23:20	36:13	5:27	1977	148 M2M	705 M
828	335		Angel Contreras Pazos	54:33	54:23	9:20	13:42	23:34	36:03	5:27	1975	121 M3M	706 M
829	198		Patricia Martinez Pita	54:33	00:00	9:00	13:24	23:36	36:24	5:27	1978	29 M2F	123 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
830	433		Alonso Álvarez Ventoso	54:35	54:29	9:30	12:30	22:32	35:55	5:28	1964	35 M5M	707 M	
831	650		Santiago José Eiris López	54:35	54:26	9:50	12:35	22:30	35:40	5:28	1966	36 M5M	708 M	
832	422		Alberto Rivera Rey	54:35	54:28	9:30	12:58	23:10	36:21	5:28	1992	155 SrM	709 M	
833	377		Iria María Suárez Díaz	54:37	54:26	9:20	13:37	23:53	36:35	5:28	1979	30 M2F	124 F	
834	310		David Cortes Tojeiro	54:38	00:00	9:20	13:48	24:26	37:40	5:28	1991 os corzos do ortegal	156 SrM	710 M	
835	262		Betina Faraldo Calvo	54:42	54:34	9:10	14:24	24:57	37:15	5:28	1975 CLUB ATLETISMO SADA	19 M3F	125 F	
836	258		Tania Insua Lopez	54:44	54:40	9:10	13:22	23:32	36:27	5:28	1977 Nospportlimitit	31 M2F	126 F	
837	569		Maria Vázquez Avilés	54:45	54:40	9:40	13:40	24:01	37:06	5:29	1979	32 M2F	127 F	
838	410		Xavier Alba	54:45	00:00	9:30	13:05	23:30	36:44	5:29	1966 A.D. MEDIA DUCIA	75 M4M	711 M	
839	366		Raquel Fernández Mosquera	54:47	54:39	9:20	13:17	23:35	36:31	5:29	1979	33 M2F	128 F	
840	257		Beatriz Castellanos Jimenez	54:47	54:37	9:10	13:50	23:55	36:40	5:29	1978	34 M2F	129 F	
841	383		Marta Pérez Corral	54:48	00:00	9:20	12:49	22:56	36:15	5:29	1988	43 SrF	130 F	
842	734		José David Ríos Lesta	54:50	00:00	10:00	13:11	23:19	36:17	5:29	1988 Nosportlimit	157 SrM	712 M	
843	671		Maria Carmen Lema Devesa	54:51	54:46	9:50	12:38	22:35	35:48	5:29	1965	5 M5F	131 F	
844	218		Fernando Pampin Bascoy	54:51	54:46	9:10	13:18	23:42	36:41	5:29	1971	76 M4M	713 M	
845	215		Diego Paz Martínez	54:55	00:00	9:10	13:22	23:40	36:42	5:30	1972 FGA	122 M3M	714 M	
846	173		Amara Santos Pérez	54:57	54:54	9:00	12:17	22:27	36:05	5:30	1993	44 SrF	132 F	
847	321		Carlos Armenteros León	54:58	54:51	9:20	13:02	23:19	36:24	5:30	1974	123 M3M	715 M	
848	195		Maika Pan Pena	55:02	54:55	9:00	13:41	24:05	36:59	5:30	1979 NOSPORTLIMIT	35 M2F	133 F	
849	665	AG11746	Beatriz Benito Bañuelos	55:07	55:02	9:50	13:12	23:26	36:30	5:31	1972 CLUB HÉRCULES TERMARIA	20 M3F	134 F	
850	691	32810508	Cristina Vara Vázquez	55:07	55:03	9:50	13:11	23:27	36:39	5:31	1971 Club Hércules Termaria	8 M4F	135 F	
851	746		Eduardo Carro Rey	55:08	55:00	10:00	13:15	23:33	36:38	5:31	1977	149 M2M	716 M	
852	907		Victoria Lopez Permuy	55:08	54:56	10:20	13:09	23:12	36:11	5:31	1973 CLUB HERCULES TERMARIA	21 M3F	136 F	
853	334		Fernando Campos Mayo	55:10	55:07	9:20	12:52	23:15	36:18	5:31	1979	150 M2M	717 M	
854	649		Wilson José Camilo Nieto	55:11	54:59	9:50	13:33	23:53	36:35	5:31	1966 PEÑA CICLISTA QUINTENA	77 M4M	718 M	
855	888		Indalecio Tejeiro Méndez	55:11	55:03	10:10	13:22	23:51	37:02	5:31	1969 CLUB ATLETISMO SADA	78 M4M	719 M	
856	313		Pablo Perez Muñoz	55:21	55:16	9:20	13:24	24:08	37:30	5:32	1987	158 SrM	720 M	
857	463		Maria Garaboa Mosquera	55:24	55:12	9:30	13:17	23:27	36:29	5:32	1989	45 SrF	137 F	
858	269		Simone Carro Erias	55:26	55:22	9:10	12:55	23:27	36:22	5:33	1970	9 M4F	138 F	
859	442		Andres Gonzalez Garcia	55:30	55:22	9:30	13:22	24:08	37:29	5:33	1961 Castro de Lobadiz (Ferrol)	23 M6M	721 M	
860	684		María Virginia Vila Martínez	55:37	55:28	9:50	13:24	23:45	36:54	5:34	1967 Castro de Lobadiz	10 M4F	139 F	
861	461		Andrea Otero Arias	55:38	00:00	9:30	13:39	24:13	37:23	5:34	1988 CLUB MONTE PENA RUBIA	46 SrF	140 F	
862	848		Federico Romero Yuste	55:41	55:33	10:10	13:20	23:50	37:03	5:34	1964	37 M5M	722 M	
863	432		Carlos Ares	55:42	55:32	9:30	13:54	24:35	37:29	5:34	1966	38 M5M	723 M	
864	939	AG2023502	Ignacio Beltrá García	55:42	55:37	10:20	12:48	23:00	36:24	5:34	1993 NOITEBRA	159 SrM	724 M	
865	440		Jaime Trigo Cambón	55:43	00:00	9:30	13:14	23:25	36:34	5:34	1959 A.D. Media Ducia	24 M6M	725 M	
866	306		Ruben Ruibal Ramos	55:44	55:32	9:20	14:18	24:58	38:11	5:34	1997	160 SrM	726 M	
867	120		Iago Velo Serantes	55:44	00:00	9:00	13:59	24:44	38:01	5:34	1991	161 SrM	727 M	

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S	
					Neto	Salida	PC1	PC2	PC3	km				
868	537		Fernando López Touriñan	55:48	55:39	9:40	13:39	24:01	37:10	5:35	1969	Nosportlimit	79 M4M	728 M
869	558		Eladio Salgueiro Garcia	55:48	55:39	9:40	13:39	24:00	37:09	5:35	1981	ccMesoiro	117 M1M	729 M
870	400		Jose Ramon Baña Caamaño	55:50	00:00	9:30	12:36	22:44	36:20	5:35	1980		151 M2M	730 M
871	168		María Garcia Martínez	55:51	00:00	9:00	13:14	23:35	37:00	5:35	1996		47 SrF	141 F
872	284		Irene Mandiá Muñoiz	55:53	55:47	9:10	13:16	23:27	36:38	5:35	1968		11 M4F	142 F
873	444		Martin Fernandez Garcia	55:54	55:44	9:30	12:58	23:23	36:47	5:35	1982	FILLOS DE BREOGAN	118 M1M	731 M
874	266		Concepción Perez Dopico	55:54	55:46	9:10	14:24	24:56	37:51	5:35	1973	CLUB ATLETISMO SADA	22 M3F	143 F
875	660		Pablo Alonso Rodríguez	55:59	55:56	9:50	11:56	22:12	35:58	5:36	1993		162 SrM	732 M
876	501		Alberto Fojo	56:04	55:54	9:40	13:15	23:50	37:09	5:36	1983		119 M1M	733 M
877	446		Fernando Vázquez Naveiras	56:07	55:59	9:30	14:15	24:59	38:10	5:37	1973		124 M3M	734 M
878	573		María Teresa Romero Ramos	56:14	56:10	9:40	13:41	24:14	37:25	5:37	1986		48 SrF	144 F
879	614		Enrique Rodriguez Lista	56:17	56:11	9:50	13:16	23:47	37:20	5:38	1964	INDEPENDIENTE	39 M5M	735 M
880	320		Marcos Velo Garcia	56:18	56:07	9:20	14:00	24:15	37:01	5:38	1975		125 M3M	736 M
881	666		Pilar Mugica Elorza	56:20	56:16	9:50	13:09	23:28	36:46	5:38	1972	HÉRCULES ATLETISMO	23 M3F	145 F
882	488		Sara Barreira Blanco	56:23	00:00	9:30	13:36	24:08	37:19	5:38	1952	RUNNING OLEIROS	1 M7F	146 F
883	298		Mariló García Rubio	56:25	56:17	9:10	13:40	24:31	38:14	5:39	1985		16 M1F	147 F
884	373		Rosa Moldes	56:25	00:00	9:20	13:32	24:11	37:33	5:39	1969		12 M4F	148 F
885	374		Ángeles Area	56:25	56:16	9:20	13:31	24:10	37:27	5:39	1965		6 M5F	149 F
886	371		Pilar Plaza Fabrega	56:29	56:25	9:20	13:18	23:50	37:20	5:39	1972		24 M3F	150 F
887	362		Cora Diaz Aquino	56:30	56:21	9:20	13:28	24:09	37:28	5:39	1992		49 SrF	151 F
888	230		Angel Rubio Rodriguez	56:32	56:25	9:10	13:20	23:56	37:33	5:39	1963		40 M5M	737 M
889	922		Iria Aldao Prada	56:34	56:26	10:20	13:22	23:35	36:55	5:39	1979		36 M2F	152 F
890	927		Alejandro Rodríguez Lorenzo	56:36	56:25	10:20	12:43	22:57	36:54	5:40	1976	NOSPORTLIMIT	126 M3M	738 M
891	379		Alba Puente Fernandez	56:41	56:29	9:20	13:48	24:47	38:09	5:40	1985		17 M1F	153 F
892	812		Marcos Alvarez Patiño	56:42	56:33	10:10	12:58	23:20	37:11	5:40	1975		127 M3M	739 M
893	475		Marina Mazaira Méndez	56:46	56:42	9:30	13:25	23:51	37:30	5:41	2003		2 S20F	154 F
894	449		Vanessa Velo Picallo	56:47	56:36	9:30	13:46	24:12	37:32	5:41	1977	No Sport Limit	37 M2F	155 F
895	302		Giorgio Filardi	56:50	56:47	9:20	12:53	23:41	37:42	5:41	1977		152 M2M	740 M
896	624		Juan José Paules Montaos	56:51	56:43	9:50	12:07	22:07	35:46	5:41	1968		80 M4M	741 M
897	314		Esteban Otero Calvo	56:52	56:44	9:20	13:04	23:33	37:07	5:41	1982	RUNNERS AMIO CD	120 M1M	742 M
898	412		Aarón Ángel Salas Sánchez	56:53	56:46	9:30	13:09	23:44	37:27	5:41	1988		163 SrM	743 M
899	372		Bego Manteiga	56:53	56:50	9:20	13:22	24:06	37:38	5:41	1971	CLUB ATLETISMO SADA	13 M4F	156 F
900	359 AG9411		Amelia Meijide Martinez	56:53	56:50	9:20	13:23	24:07	37:36	5:41	1963	CLUB ATLETISMO SADA	7 M5F	157 F
901	905		Cristina Fernández Cid	56:59	56:53	10:20	13:20	23:50	37:17	5:42	1970	NOSPORTLIMIT	14 M4F	158 F
902	900		Beatriz Romero Roel	56:59	56:52	10:20	13:22	23:50	37:16	5:42	1975	Nosportlimit	25 M3F	159 F
903	469		Belen Rodriguez Salas	57:05	57:01	9:30	13:36	24:22	38:07	5:43	1968		15 M4F	160 F
904	677 AG2017792		Yolanda González Fernández	57:11	57:04	9:50	14:08	25:04	38:31	5:43	1973	LA MOCHILA DEL DEPORTE	26 M3F	161 F
905	679 GA179		Maria Del Mar Barcón Sánchez	57:11	57:04	9:50	14:06	25:00	38:30	5:43	1963	LA MOCHILA DEL DEPORTE	8 M5F	162 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo							Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km				
906	674	AG2016960	Ana Belen Hermida Carballo	57:11	57:04	9:50	14:05	25:02	38:30	5:43	1977	LA MOCHILA DEL DEPORTE	38 M2F	163 F
907	745	AG2026208	Fernando Arnaiz Rubio	57:13	57:07	10:00	13:18	23:59	37:40	5:43	1966	CLUB ATLETISMO SADA	41 M5M	744 M
908	675	AG10425	Noelia Vázquez Calvo	57:13	57:06	9:50	14:08	25:01	38:30	5:43	1975	CLUB ATLETICO BERGONDO	27 M3F	164 F
909	418		Fernando Pérez San Vicente	57:15	57:05	9:30	13:40	24:07	37:41	5:44	1967		81 M4M	745 M
910	688	AG2016971	Susana Sömme Lopez	57:17	57:11	9:50	14:08	25:05	38:33	5:44	1972	LA MOCHILA DEL DEPORTE	28 M3F	165 F
911	207		Pedro Manuel Regueiro Moure	57:18	57:15	9:10	14:09	24:48	38:06	5:44	1976		128 M3M	746 M
912	806		Gonzalo Lopez Martin	57:19	57:12	10:10	13:37	24:19	38:03	5:44	1966		42 M5M	747 M
913	481		Iria Casete Fernandez	57:19	57:14	9:30	13:33	24:22	38:08	5:44	1975		29 M3F	166 F
914	423		Roberto Hernando Santalla	57:19	57:13	9:30	13:32	24:23	38:10	5:44	1976	Beer Runners Coruña	153 M2M	748 M
915	520		Ignacio Carmona Pérez	57:21	57:11	9:40	13:46	24:32	38:13	5:44	1994	Crackmona	164 SrM	749 M
916	854		Manuel Ramon Rios Suarez	57:22	57:15	10:10	13:04	23:46	37:40	5:44	1975		129 M3M	750 M
917	668	AG2028373	Adriana Otero Rodríguez	57:24	57:17	9:50	14:11	25:05	38:32	5:44	1978	LA MOCHILA DEL DEPORTE	39 M2F	167 F
918	350		Sonia Molero Estrella	57:26	57:20	9:20	13:46	24:34	38:13	5:45	1979	CLUB ATLETISMO SADA	40 M2F	168 F
919	273		Amalia Bermúdez Vázquez	57:28	57:23	9:10	14:55	25:40	38:49	5:45	1994		50 SrF	169 F
920	416		Manuel González Devesa	57:30	57:27	9:30	13:49	24:42	38:26	5:45	1982		121 M1M	751 M
921	467		María Cortés Patiño	57:34	00:00	9:30	14:04	25:14	39:24	5:45	1975	NOSPORTLIMIT	30 M3F	170 F
922	390	055-19802827	Belen Tella Rey	57:37	57:31	9:20	14:07	24:50	38:32	5:46	1974	LA MOCHILA DEL DEPORTE	31 M3F	171 F
923	344		Jose Antonio Alonso García	57:40	57:29	9:20	13:37	23:57	37:35	5:46	1991		165 SrM	752 M
924	148		Jose Ramon Gonzalez Paleo	57:41	57:37	9:00	13:04	23:59	37:58	5:46	1982		122 M1M	753 M
925	361		Silvia López Videla	57:41	57:30	9:20	13:44	24:32	38:12	5:46	1993		51 SrF	172 F
926	498		Jenny Muiño Ordoñez	57:43	57:30	9:30	13:44	24:42	38:28	5:46	1978	TERMARIA	41 M2F	173 F
927	212		Rafael Rodriguez Veiga	57:43	00:00	9:10	13:49	24:43	38:29	5:46	1974		130 M3M	754 M
928	521		Fernando Carmona Pérez	57:47	57:36	9:40	14:00	24:53	38:37	5:47	1991		166 SrM	755 M
929	391	AG2018885	Natalia García Feijoó De Sotomayor	57:47	57:40	9:20	14:07	24:52	38:32	5:47	1969	LA MOCHILA DEL DEPORTE	16 M4F	174 F
930	387		Yajaira Parrales Farias	57:47	57:40	9:20	14:06	24:53	38:34	5:47	1980	LA MOCHILA DEL DEPORTE	42 M2F	175 F
931	253		Alberto Escourido	57:50	57:42	9:10	15:17	26:21	39:53	5:47	1984	NOSPORTLIMIT	123 M1M	756 M
932	255		Ivan Iglesias Sangil	57:50	57:41	9:10	15:13	26:23	39:50	5:47	1988		167 SrM	757 M
933	256		Alejandro Velo Garcia	57:50	57:41	9:10	15:18	26:23	39:52	5:47	1985		124 M1M	758 M
934	341		Alfonso Díaz Pérez	57:53	57:48	9:20	13:30	24:17	38:14	5:47	1971		131 M3M	759 M
935	489		Carolina Papin Estevez	57:58	57:56	9:30	13:47	24:35	38:20	5:48	1978	CLUB ATLETISMO SADA	43 M2F	176 F
936	588		Pilar Fernandez Romero	57:58	57:56	9:40	12:44	23:11	37:07	5:48	1959	Independiente	4 M6F	177 F
937	698		Antia Alvarez Costas	58:04	57:59	9:50	13:29	24:23	38:22	5:48	1988		52 SrF	178 F
938	389		Maria Teresa Mejuto Soto	58:05	58:03	9:20	13:48	24:40	38:23	5:49	1978	ATLETAS DE ACEA DE AMA	44 M2F	179 F
939	747		Miguel Pereira Fernandez	58:05	57:58	10:00	13:43	24:42	38:36	5:49	1979	Nosportlimit	154 M2M	760 M
940	119		Sergio Enrique González Álvarez	58:12	58:07	9:00	13:59	24:49	38:31	5:49	1992	S2M	168 SrM	761 M
941	234		Placido Arias Fernandez	58:17	58:11	9:10	13:16	23:41	37:20	5:50	1982		125 M1M	762 M
942	1028		Manuel Muiño Miron	58:18	58:13	10:30	13:26	24:21	38:21	5:50	1968	Club Hércules Termaria	82 M4M	763 M
943	450		Ana Barreiro Núñez	58:18	58:16	9:30	13:55	24:54	38:45	5:50	1973	LA MOCHILA DEL DEPORTE	32 M3F	180 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Ritmo						Ano Club	Cat	S
					Neto	Salida	PC1	PC2	PC3	km			
944	480		Teresa Fernández Caamaño	58:19	58:13	9:30	14:19	25:27	39:13	5:50	1984 NOSPORTLIMIT	18 M1F	181 F
945	275		María Gómez Rey	58:21	58:18	9:10	13:09	23:52	38:14	5:50	1996	53 SrF	182 F
946	962		José Luis Álvarez Vidal	58:24	58:14	10:20	13:38	24:23	38:07	5:50	1960	25 M6M	764 M
947	287		Maria Jose Montenegro Orol	58:41	58:37	9:10	13:57	24:45	38:41	5:52	1965 INDEPENDIENTE	9 M5F	183 F
948	281		Monica Bermudez Pose	58:43	58:37	9:10	14:39	25:54	39:48	5:52	1991	54 SrF	184 F
949	459	AG2016976	Maria Hermida Carballo	58:45	58:43	9:30	13:57	24:57	38:47	5:53	1975 LA MOCHILA DEL DEPORTE	33 M3F	185 F
950	288		Berta Vázquez Gómez	58:51	58:40	9:10	13:36	24:37	38:53	5:53	1983	19 M1F	186 F
951	485		Lydia Martinez Mouton	58:51	58:45	9:30	13:45	24:43	38:30	5:53	1967	17 M4F	187 F
952	673		María Romo Gonzalez	59:01	58:48	9:50	13:50	24:40	38:38	5:54	1983	20 M1F	188 F
953	272	AG1478	Ana Blanco Sanmartín	59:02	00:00	9:10	13:25	24:35	38:51	5:54	1966 LA MOCHILA DEL DEPORTE	10 M5F	189 F
954	678		Ana Isabel Lopez Suárez	59:03	58:52	9:50	14:12	25:01	39:22	5:54	1968	18 M4F	190 F
955	460		Carmen Pasandin Peteiro	59:13	59:04	9:30	14:06	25:27	40:12	5:55	1979 No Sport Limit	45 M2F	191 F
956	421		Oscar García Maceiras	59:18	59:14	9:30	14:27	25:35	39:35	5:56	1975	132 M3M	765 M
957	464	AG2016979	Ana María Lopez Giao	59:19	00:00	9:30	13:56	25:03	39:20	5:56	1969 LA MOCHILA DEL DEPORTE	19 M4F	192 F
958	267		Mercedes Galdo Rodríguez	59:23	59:18	9:10	14:34	25:36	39:31	5:56	1972	34 M3F	193 F
959	216		Alberto Barros Raño	59:23	59:18	9:10	14:33	25:34	39:30	5:56	1972	133 M3M	766 M
960	337		Borja Fernandez Bermudez	59:23	59:21	9:20	13:43	24:48	39:29	5:56	1974 NOSPORTLIMIT	134 M3M	767 M
961	779		Carmen America Gomez Puente	59:30	59:27	10:00	13:37	24:45	38:34	5:57	1967 CLUB ATLETISMO SADA	1 DVF	194 F
962	245		David Díaz Pérez	59:39	59:33	9:10	13:50	25:08	39:33	5:58	1978	155 M2M	768 M
963	396		Ana Maria Fernandez Bello	59:39	59:28	9:20	13:58	25:05	39:35	5:58	1980 nosportlimit	46 M2F	195 F
964	851		Ivan Folla-cisneros Vidal	59:44	49:39	10:10	22:22	31:42	43:42	5:58	1971 Beer Runners Coruña	83 M4M	769 M
965	392		Silvia Rodriguez Brea	59:48	59:42	9:20	13:54	25:21	40:02	5:59	1990	55 SrF	196 F
966	343		Jose Manuel Caride Rodriguez	59:48	59:43	9:20	13:55	25:23	40:04	5:59	1978	156 M2M	770 M
967	793		Luis Rodriguez	59:51	59:40	10:00	14:22	25:25	38:59	5:59	1975 Traileros Toxos&Birras	135 M3M	771 M
968	788		Ines Iglesias Fraga	59:53	59:36	10:00	14:32	25:24	39:00	5:59	1974 CLUB ATLETISMO SADA	35 M3F	197 F
969	838		Jose Grela Rodríguez	59:57	59:54	10:10	13:55	25:02	39:17	6:00	1958	26 M6M	772 M
970	719		Félix Suárez Riestra	59:57	59:41	10:00	14:25	25:20	39:00	6:00	1967	84 M4M	773 M
971	712		José Luis Fernández Gallego	1:00:01	59:45	10:00	14:32	25:20	39:01	6:00	1975 MarinesEnki	136 M3M	774 M
972	775		Silvia Gestal Golán	1:00:01	59:46	10:00	14:28	25:23	39:01	6:00	1975 CLUB ATLETISMO SADA	36 M3F	198 F
973	703		Jaime Arias López	1:00:01	59:46	10:00	14:34	25:27	39:05	6:00	1982 A CASIÑA	126 M1M	775 M
974	710		Angel Hermida Otero	1:00:02	59:49	10:00	14:27	25:29	39:09	6:00	1975	137 M3M	776 M
975	774		Rocío Alfonso Pita	1:00:03	59:49	10:00	14:35	25:23	39:05	6:00	1975	37 M3F	199 F
976	437		Juan Alvarez Rodríguez	1:00:03	59:58	9:30	13:01	23:36	37:35	6:00	1979	157 M2M	777 M
977	778		Beatriz Santos Garrido	1:00:04	59:50	10:00	14:34	25:27	39:12	6:00	1968 RUNNING OLEIROS	20 M4F	200 F
978	705		Diego Lozano Sánchez	1:00:04	59:49	10:00	14:32	25:24	39:01	6:00	1980 Marines Enki	158 M2M	778 M
979	715		Miguel Alonso Bidegain	1:00:05	59:51	10:00	14:34	25:25	39:05	6:01	1971 FGA	85 M4M	779 M
980	706		Antonio Garrote García	1:00:05	59:49	10:00	14:34	26:16	39:05	6:01	1979	159 M2M	780 M
981	777	31257470X	Susana Goyanes Martinez	1:00:05	59:50	10:00	14:33	25:26	39:08	6:01	1969 RUNNING OLEIROS	21 M4F	201 F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	Ritmo				Ano Club	Cat	S
							PC1	PC2	PC3	km			
982	713		José Luis López Rodríguez	1:00:05	59:51	10:00	14:32	25:24	39:05	6:01	1974	138 M3M	781 M
983	338	Ag3995	Rafael Belisario Peraza	1:00:05	59:53	9:20	14:07	25:16	39:39	6:01	1972 A.D. FOGAR CARBALLO	139 M3M	782 M
984	701		Ismael Gende Vilas	1:00:06	59:49	10:00	14:41	25:33	39:13	6:01	1992 CLUB DEPORTIVO INCLUSIVO ENK	169 SrM	783 M
985	714		Santiago Zapata Vazquez	1:00:06	59:53	10:00	14:32	25:26	39:08	6:01	1972 Toxos & Birras	140 M3M	784 M
986	767		Pilar Vazquez Febrero	1:00:07	59:49	10:00	14:36	25:26	39:07	6:01	1982 BEER RUNNERS CORUÑA	21 M1F	202 F
987	711		Javier Bandin Marentes	1:00:08	59:54	10:00	14:35	25:28	39:07	6:01	1975 MarInes ENKI	141 M3M	785 M
988	709		Alberto Maceiras Vilarino	1:00:08	59:51	10:00	14:37	25:32	39:13	6:01	1975 CLUB DEPORTIVO INCLUSIVO ENK	142 M3M	786 M
989	496		Andrea Cabaleiro Varela	1:00:21	1:00:18	9:30	13:40	24:15	38:16	6:02	1991	56 SrF	203 F
990	241		Ruben Cabanas Lopez	1:00:24	1:00:21	9:10	14:53	26:41	41:16	6:02	1980	160 M2M	787 M
991	240		Miguel Feal Rodríguez	1:00:24	1:00:20	9:10	14:55	26:43	41:18	6:02	1976	143 M3M	788 M
992	685		Eliane Cristina Estevam	1:00:32	1:00:30	9:50	14:22	25:46	40:24	6:03	1981	22 M1F	204 F
993	465		Eva Alexandra Fernández Cámara	1:00:36	1:00:25	9:30	14:34	26:00	40:16	6:04	1993	57 SrF	205 F
994	486		Rocío Fernández Larrañaga	1:00:48	1:00:37	9:30	14:28	25:59	40:13	6:05	1997	58 SrF	206 F
995	282		María De Los Angeles García Sousa	1:00:51	1:00:46	9:10	14:35	25:38	39:52	6:05	1972 Nosportlimite	38 M3F	207 F
996	294		Bea Figueroa Núñez	1:00:51	1:00:47	9:10	14:33	25:40	39:56	6:05	1976 NO SPORT LIMIT	47 M2F	208 F
997	515		Miguel González Talavero	1:01:20	0:00:00	9:40	13:53	24:54	39:44	6:08	1962	43 M5M	789 M
998	238		Carlos Fernandez Breijo	1:01:50	1:01:41	9:10	14:37	25:46	40:04	6:11	1973	144 M3M	790 M
999	471		Mila Gonzalez Lopez	1:02:07	0:00:00	9:30	14:07	25:27	40:22	6:13	1978 Nosport Limit	48 M2F	209 F
1000	327		Jose Maria Brea Sanchez	1:02:17	1:02:03	9:20	15:42	27:16	41:44	6:14	1958 CA BOIMORTO	27 M6M	791 M
1001	584		Oritza Herrera Salas	1:02:27	0:00:00	9:40	22:51	32:40	44:55	6:15	1975	39 M3F	210 F
1002	289		Celia González-elipe Lechuga	1:02:41	1:02:36	9:10	15:01	26:48	41:31	6:16	1969	22 M4F	211 F
1003	363		Angela Triana Seoane	1:02:57	1:02:53	9:20	14:56	26:37	41:40	6:18	1984	23 M1F	212 F
1004	296		Ana Palomares López	1:03:17	1:03:13	9:10	15:09	26:55	42:04	6:20	1994	59 SrF	213 F
1005	202		Juan José Rey Vidal	1:03:31	1:03:25	9:10	15:14	26:53	41:45	6:21	1977	161 M2M	792 M
1006	454		Camino Fernández Robledo	1:03:49	1:03:46	9:30	14:43	26:51	41:47	6:23	1993	60 SrF	214 F
1007	308		Roi Xerminal López Sánchez	1:03:54	1:03:45	9:20	14:10	25:24	42:03	6:23	1993	170 SrM	793 M
1008	368		Paula Vázquez Hiebra	1:04:01	1:03:55	9:20	16:21	28:48	43:37	6:24	1977	49 M2F	215 F
1009	348		Ivan Cambre Losada	1:04:05	1:03:56	9:20	15:22	27:21	42:35	6:25	1980	162 M2M	794 M
1010	399		Iria Quintana Castro	1:04:06	1:03:57	9:20	15:21	27:22	42:37	6:25	1982	24 M1F	216 F
1011	517	GA19332	Jesús Bernal Gómez	1:04:08	1:04:05	9:40	14:41	26:59	42:26	6:25	1947 Independente	10 M7M	795 M
1012	476		Ana Paz Perez	1:04:15	0:00:00	9:30	15:50	27:33	42:23	6:26	1971 MarInes	23 M4F	217 F
1013	177		Silvia Pazos Montero	1:04:15	1:04:08	9:00	14:28	26:11	41:38	6:26	1991 S2M	61 SrF	218 F
1014	769		María Suárez Taboada	1:04:17	1:04:02	10:00	15:07	26:57	42:22	6:26	1980 CLUB DEPORTIVO INCLUSIVO ENK	50 M2F	219 F
1015	772		Paula Fernandez Amboage	1:04:18	1:04:02	10:00	15:07	26:57	42:22	6:26	1976 Marines Enki	40 M3F	220 F
1016	600		Manuel Becerra López	1:04:23	0:54:14	9:50	22:40	32:32	45:40	6:26	1957	28 M6M	796 M
1017	358		Belén Carreira	1:04:32	1:04:23	9:20	15:24	27:25	42:54	6:27	1971 NO SPORT LIMIT	24 M4F	221 F
1018	360		Isabel Pereiro Portos	1:04:52	1:04:45	9:20	14:34	26:46	42:30	6:29	1978	51 M2F	222 F
1019	291		Sara Arias Chao	1:05:10	1:05:02	9:10	15:01	27:12	42:44	6:31	1991	62 SrF	223 F

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	Ritmo				Ano Club	Cat	S
							PC1	PC2	PC3	km			
1020	285		Maribel Vicente Gonzalez	1:05:15	1:05:11	9:10	15:32	27:52	43:15	6:32	1961 Hércules Termaria	5 M6F	224 F
1021	356		Alma Blanco Pita	1:05:16	1:05:13	9:20	15:19	27:20	42:59	6:32	1976	41 M3F	225 F
1022	381		Clara Caamaño Magalhaes	1:05:21	0:00:00	9:20	16:32	29:45	45:19	6:32	1998	63 SrF	226 F
1023	295		Esther Garcia Garcia	1:05:26	1:05:20	9:10	15:10	27:14	42:53	6:33	1975	42 M3F	227 F
1024	351		Raquel Victoria Fernandez Roger	1:05:36	1:05:31	9:20	15:54	28:06	43:36	6:34	1974	43 M3F	228 F
1025	270		Raquel Gutierrez Arévalo	1:06:27	1:06:24	9:10	15:39	28:22	44:10	6:39	1968 LA MOCHILA DEL DEPORTE	25 M4F	229 F
1026	208		Santiago Pardo Naveira	1:06:35	1:06:25	9:10	14:39	26:27	41:44	6:40	1976	145 M3M	797 M
1027	293		Teresa Chouciño	1:08:23	1:08:21	9:10	15:28	27:45	43:51	6:50	1979	52 M2F	230 F
1028	248		Fernando Suarez Carril	1:08:25	1:08:14	9:10	15:23	27:01	41:17	6:51	1965 as mariñas	44 M5M	798 M
1029	483		Marisa Rúa Prieto	1:09:24	1:09:16	9:30	16:10	29:02	45:20	6:56	1982	25 M1F	231 F
1030	165		Antonio Ripamonti Mondelo	1:09:30	1:09:21	9:00	15:28	28:45	46:06	6:57	1978	163 M2M	799 M
1031	249		Adrian Quevedo Perez	1:09:39	1:09:26	9:10	20:47	35:04	49:34	6:58	1982 NOSPORTLIMIT	127 M1M	800 M
1032	700		Jorge Villanueva Martínez-puga	1:09:55	1:09:53	10:00	14:43	27:56	46:04	7:00	1998 CLUB ATLETISMO SADA	2 DIM	801 M
1033	278		M. Carmen Seoane Alonso-ablanedo	1:10:09	0:59:59	9:10	24:21	35:25	49:45	7:01	1972	44 M3F	232 F
1034	329		Rodrigo Rodriguez Fernández	1:10:40	1:10:31	9:20	15:41	29:14	46:40	7:04	1972	146 M3M	802 M
1035	196 AG10114		Susana Montero Facal	1:11:24	1:11:19	9:00	16:42	30:06	47:05	7:08	1978 CLUB ATLETICO BERGONDO	53 M2F	233 F
1036	776		Mónica Martínez Lema	1:11:44	0:00:00	10:00	16:37	30:02	47:41	7:10	1972 FGA	45 M3F	234 F
1037	768		Luciana Peixoto Da Silva	1:11:45	1:11:40	10:00	16:36	30:00	47:36	7:11	1982	26 M1F	235 F
1038	209		Juan Diego Perez Freire	1:12:25	1:12:16	9:10	16:30	30:08	47:42	7:15	1975	147 M3M	803 M
1039	354		Almudena Rodríguez Fernández	1:12:38	1:12:30	9:20	16:36	30:18	47:48	7:16	1975	46 M3F	236 F
1040	914		Zaira López Longueira	1:13:04	1:12:54	10:20	16:33	29:27	47:27	7:18	1983	27 M1F	237 F
1041	153		Sergio Anton Río	1:16:09	0:45:58	9:00	41:43	50:18	61:01	7:37	1979 CorrerXcorrer	164 M2M	804 M
1042	290		Raquel Seijas Lamelas	1:18:33	1:18:31	9:10	17:07	31:37	50:18	7:51	1978	54 M2F	238 F
1043	186		Fatima Sanmartin Nieto	1:22:25	1:12:18	9:00	26:28	40:08	57:42	8:15	1985	28 M1F	239 F
1044	190		Esther Corral Da Silva	1:24:51	0:54:40	9:00	43:15	53:27	66:20	8:29	1982 CorrerXcorrer	29 M1F	240 F
1045	247		Joaquín Diaz Redondo	1:28:38	1:28:33	9:10	20:45	36:16	58:18	8:52	1961 Nosportlimit	29 M6M	805 M
	136		Eloy Tome Gonzalez	DQ art. 5 RP	9:00						1986	M1M	M
	708		Javier Gonzalez Lopez	DQ art. 5 RP	10:00						1977 CLUB DEPORTIVO INCLUSIVO ENKI	M2M	M
	189		Lilien Garay	DQ art. 5 RP	9:00						1984	M1F	F
	260		Edita Anido Costa	DQ RT 6.3.1	9:10						1976 CLUB ATLETISMO SADA	M3F	F
	707		Jose Varela Verdes	DQ art. 6 RP	10:00						1978 BEER RUNNERS CORUÑA	M2M	M
	717		Miguel Vázquez Precedo	DQ art. 6 RP	10:00						1971	M4M	M
	770		Carmen Touza	DQ art. 5 RP	10:00						1980 CLUB DEPORTIVO INCLUSIVO ENKI	M2F	F
	773		Eva Ramil Nuñez	DQ art. 5 RP	10:00						1975 CLUB DEPORTIVO INCLUSIVO ENKI	M3F	F
	894		Jose Manuel Ourens Pardo	DQ art.14 RP	10:10						1977 CLUB ATLETISMO SADA	M2M	M
	1042		Miguel Mirantes Mirantes	DQ RT 55.10	10:30						1969 AFIN	M4M	M
	5 AV123		Alberto Garcia Perez	DNF	12:15						1991 At. Intec-Zoiti	SrM	M
	17 GA768907		Pablo Bocelo Bellas	DNF	12:15						1993 CLUB ATLETISMO CORUÑA COMAF	SrM	M

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	34		Alberto Moris Vieites	DNF		12:15						1986 MARINEDA ATLETICO	SrM	M
	35	GA 766247	Iago Alonso Jopia Astray	DNF		12:15						2002	S20M	M
	40		Francisco Rodríguez Rodríguez	DNF		12:15						1978 REAL CLUB CELTA DE ATLETISMO	M2M	M
	41	AG2026630	Marcos Cintrón Bellver	DNF		12:15						1996 LUGO RUNNING CLUB	SrM	M
	49	Ag3529	Daniel Paz Pardo	DNF		12:15						1978 Club Deportivo Brión Hyupersa S	M2M	M
	52		Luis Pinedo Armesto	DNF		12:15						1982 CLUB ATLETISMO SADA	M1M	M
	56		Víctor Andrés Almendáriz	DNF		12:15						1996 NoSportLimit	SrM	M
	680		Estefania Mendoza Contreras	DNF		9:50						1974 FGA	M3F	F
	813		Carlos López Dominguez	DNF		10:10						1966	M4M	M
	960		Roberto Boga Sande	DNF		10:20						1969	M4M	M
	1157		Oscar Souto Muiño	DNF		10:40						1971 CLUB ATLETISMO SADA	M3M	M
	1213		Jose Luis Gonzalez Fernandez	DNF		10:50						1979 ESPRINTES OURENSE	M2M	M
	1225		Borja Pico Feal	DNF		10:50						1986 CLUB CASTRO DE LOBADIZ	M1M	M
	1236		Adrian Morales Enriquez	DNF		10:50						1987 NOSPORTLIMIT	SrM	M
	1328		Carlos Caneda Prieto	DNF		11:00						1990	SrM	M
	1381		Jaime Caamaño Villar	DNF		11:00						1980 Noetrainers ferrol	M2M	M
	1445	AG2026832	Pablo Andrés Lema Pérez	DNF		11:10						1967 RUNNING OLEIROS	M4M	M
	3		Taghrfet Abdellah	DNS		12:15						1985	M1M	M
	4	O191	Ruben Castrillo Gonzalez	DNS		12:15						1990 Universidad Oviedo	SrM	M
	6		El Janati Hamid	DNS		12:15						1996	SrM	M
	7		Atanam Ayele Dejen	DNS		12:15						1996 ATLETISMO NARON	SrM	M
	8		Abdellah Latam	DNS		12:15						2000	S23M	M
	9	L4266	Jorge Blanco Álvarez	DNS		12:15						1993 CLUB ATLETISMO PLAYAS DE CAS	SrM	M
	12	GA14652	Manuel Hurtado Sanjurjo	DNS		12:15						1984 SOCIEDAD GIMNASTICA DE PONTE	M1M	M
	15	AR800	Alberto Puyuelo Pardo	DNS		12:15						1986 ATLETICO OROEL	M1M	M
	20		Victor Alonso Ares	DNS		12:15						1988 ASOCIACION DEPORTIVA ATLETIC.	SrM	M
	23	GA552	Abdessamad Ait Rahou	DNS		12:15						2000 CLUB ATLETISMO CORUÑA COMAF	S23M	M
	25		Pablo Dopazo Regueiro	DNS		12:15						1987 CLUB MARINEDA ATLÉTICO	SrM	M
	30		Victor Hugo Pacheco Martinez	DNS		12:15						1978	M2M	M
	42	AG-2027751	Jose Maria Sanchez San Luis	DNS		12:15						1980	M2M	M
	47		Juan Carlos Gómez Edreira	DNS		12:15						1981 CLUB MARINEDA ATLÉTICO	M2M	M
	51		Santiago Garcia Gonzalez	DNS		12:15						1974 BURGAS ATLETISMO OURENSE	M3M	M
	58		Antonino Mendez Sánchez	DNS		12:15						1984 DALLE GAS	M1M	M
	59	GA202353	Javier Tourís Fornos	DNS		12:15						1975 MARINEDA ATLETICO	M3M	M
	61		Nancy Chepngetich Kimaiyo	DNS		12:15						1984	M1F	F
	63		Asmid Fatiha	DNS		12:15						1992	SrF	F
	65		Youssra Hennou	DNS		12:15						2000	S23F	F
	70	GA 202331	Laura Santos Domínguez	DNS		12:15						1998	SrF	F

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Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	73		Tamara Pacios Rodríguez	DNS	12:15							1991	SrF	F
	74	GA10706	Maria Esther Pedrosa Carrete	DNS	12:15							1961 CLUB ATLETISMO PLAYAS DE CAS	M6F	F
	79		Ines Iglesias Hervella	DNS	12:15							1979	M2F	F
	81		Mónica Mezquita Vázquez	DNS	12:15							1990 NOSPORTLIMIT	SrF	F
	82	M 1564	Azucena Diaz Calvo	DNS	12:15							1982 Bilbao Atletismo	M1F	F
	101		Pedro Vázquez Ramil	DNS	9:00							2003 CLUB DEPORTIVO INCLUSIVO ENK	S20M	M
	106		Julio Almoyna Freire	DNS	9:00							2002	S20M	M
	107		Jorge Roel Gomez	DNS	9:00							2000	S23M	M
	112		Angel Rubio Lopez	DNS	9:00							1994	SrM	M
	114		Daniel Méndez Busto	DNS	9:00							1994	SrM	M
	115		Alejandro De Souza Otero	DNS	9:00							1993	SrM	M
	122		Félix López	DNS	9:00							1990	SrM	M
	124	47402219	Tomas Sanchez Seoane	DNS	9:00							1990 ASOCIACIÓN DEPORTIVA MEDIA D	SrM	M
	127		Miguel Vila Rivera	DNS	9:00							1989	SrM	M
	133		Javier Riádigos Presas	DNS	9:00							1988	SrM	M
	138		José Luis Prieto Montero	DNS	9:00							1985	M1M	M
	139		Stefano Biemmi	DNS	9:00							1984	M1M	M
	141		Ángel Manuel Goldar Blanco	DNS	9:00							1983	M1M	M
	142		Luis Manuel Vidal Carneiro	DNS	9:00							1983	M1M	M
	145		Marino Santiago Diaz	DNS	9:00							1982	M1M	M
	147	46913608	Oliver Lema Peniza	DNS	9:00							1982 NOSPORTLIMIT	M1M	M
	150		Iago García Patiño	DNS	9:00							1981	M2M	M
	158		Héctor Andrés Paz	DNS	9:00							1978 FGA	M2M	M
	159		Alexandro Vázquez García	DNS	9:00							1978 FGA	M2M	M
	160		Alberto Melchor Fernández	DNS	9:00							1978 FGA	M2M	M
	161		Sergio Melchor Fernández	DNS	9:00							1978 FGA	M2M	M
	162		Antonio Vázquez Pérez	DNS	9:00							1978 FGA	M2M	M
	163		Alejandro Estévez De Prado	DNS	9:00							1978 FGA	M2M	M
	164		Javier Iglesias Gomez	DNS	9:00							1978	M2M	M
	167		Ainhoa Guerra Vazquez	DNS	9:00							2000	S23F	F
	170		Laura García González	DNS	9:00							1995	SrF	F
	171		Lara Marcos Iglesias	DNS	9:00							1993	SrF	F
	172		Montserrat Canosa Bermúdez	DNS	9:00							1993	SrF	F
	174		Lorena Maya	DNS	9:00							1993 No Sport Limit	SrF	F
	175		Cristina Carballo Rodriguez	DNS	9:00							1993	SrF	F
	178		Ana María Pardo Villar	DNS	9:00							1991	SrF	F
	179		Andrea Miguens Cordo	DNS	9:00							1989	SrF	F
	180		Carla Garcia Rodriguez	DNS	9:00							1988	SrF	F

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano	Club	Cat	S
										km					
	181		Yaiza Facal Bendaña	DNS	9:00							1988		SrF	F
	182		Cristina Mariño Iglesias	DNS	9:00							1987		SrF	F
	183		Cristina Lijó Carballeda	DNS	9:00							1986		M1F	F
	184		Maria Cean Veiga	DNS	9:00							1986		M1F	F
	191		Sheyla Garcia Rodriguez	DNS	9:00							1981		M2F	F
	193		Ana Goas Fernández	DNS	9:00							1980	San rosendo	M2F	F
	199		Sabela Romar Pais	DNS	9:00							1978		M2F	F
	201		Diego Blanco Gomez	DNS	9:10							1978		M2M	M
	205		Francisco J. Rodríguez Mato	DNS	9:10							1976		M2M	M
	206		Antonio Ferreño Ferreiro	DNS	9:10							1976	CROSS AGRA	M3M	M
	213		Javier Vilas Pérez	DNS	9:10							1973		M3M	M
	214		Agustín López Otero	DNS	9:10							1972		M3M	M
	217		Rafael Cuiña Aparicio	DNS	9:10							1972		M3M	M
	220		Matias Nuñez Arrojo	DNS	9:10							1971		M4M	M
	221		David García Deber	DNS	9:10							1971		M4M	M
	222		Albino Iglesias Varela	DNS	9:10							1970		M4M	M
	226		Juan Rodríguez Paz	DNS	9:10							1965		M5M	M
	227		Enrique Domingo Saúca Rodriguez	DNS	9:10							1965		M5M	M
	229		Manuel Ramiro Rodríguez Rodríguez	DNS	9:10							1964	JM RIVAS	M5M	M
	232		Manuel Mosquera Collazo	DNS	9:10							1960		M6M	M
	235		Brais Rabade Mosteiro	DNS	9:10							1985		M1M	M
	236		Manuel Moscoso Ramos	DNS	9:10							1982		M1M	M
	237			DNS	9:10							1899		#N/A	###
	242		Fernando Borrzasas Zas	DNS	9:10							1971		M3M	M
	243		Jesus Manuel Rey Varela	DNS	9:10							1980	A.D Media Ducia	M2M	M
	244		Daniel Veira Ferrín	DNS	9:10							1990		SrM	M
	252	AG2024025	Luis Salgado Abelleira	DNS	9:10							1953	CLUB ATLETISMO SADA	M7M	M
	254		Manuel Maneiro Vidal	DNS	9:10							1973		M3M	M
	261		Victoria Eugenia Castro Baamonde	DNS	9:10							1976		M3F	F
	263		Sandra Vazquez Otero	DNS	9:10							1975		M3F	F
	264		Berta González Casares	DNS	9:10							1974		M3F	F
	265		Julia Piñeiro Herrero	DNS	9:10							1973		M3F	F
	268		Emma Souto Fernandez	DNS	9:10							1971		M4F	F
	274		Jacqueline Lampey	DNS	9:10							1994		SrF	F
	276		Nerea Mouriño Castro	DNS	9:10							1990		SrF	F
	277		Laura González-elipe Lechuga	DNS	9:10							1971		M4F	F
	279		Barca Sar Marcote	DNS	9:10							1980		M2F	F
	280		Mara Rey Benlloch	DNS	9:10							1980		M2F	F

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano	Club	Cat	S
										km					
	283		Majo Hurtado Iglesias	DNS	9:10							1978		M2F	F
	286		Maria Maroño Lopez	DNS	9:10							1980	Noetrainers Ferrol	M2F	F
	297		Ana Salanguera Busto	DNS	9:10							1973		M3F	F
	300		Mario Cernadas Leis	DNS	9:20							1973	MarInes	M3M	M
	303		Jose Manuel Mouriño Piñeiro	DNS	9:20							1971		M4M	M
	304		Javier Rio Rodriguez	DNS	9:20							1964		M5M	M
	309		Santiago Pena Cañizares	DNS	9:20							1992		SrM	M
	316		Jorge Chacon Souto	DNS	9:20							1981		M1M	M
	317		Miguel Trashorras Lamela	DNS	9:20							1980		M2M	M
	326		Francisco Javier López Vila	DNS	9:20							1963		M5M	M
	331		Jose Alberto Lodeiro Sanchez	DNS	9:20							1967		M4M	M
	332		Blas Miguel Garcia Garcia	DNS	9:20							1987	No Sport Limit	SrM	M
	336		Loreto Sambade Lestón	DNS	9:20							1975	TRIKI TEAM	M3M	M
	339		Iván Castiñeira Alvarez	DNS	9:20							1972	Global	M3M	M
	342		Magín López Freire	DNS	9:20							1969	Academia J. M. Rivas	M4M	M
	349		Eva Lopez Vidal	DNS	9:20							1984	-	M1F	F
	352		Maria Teresa Nieves Munin	DNS	9:20							1981		M1F	F
	353		Cristina Castro Alvarez	DNS	9:20							1980	NOSPORTLIMIT	M2F	F
	355		Carmen Belen Perez Graña	DNS	9:20							1977		M2F	F
	357		Cristina Amenedo Gonzalez	DNS	9:20							1978		M2F	F
	365		Rebeca Domínguez Domínguez	DNS	9:20							1981		M1F	F
	367		Carolina Fraga Seco	DNS	9:20							1979	NOSPORTLIMIT	M2F	F
	369		Nieves Rua Peinó	DNS	9:20							1973		M3F	F
	375		Maria Isabel Domínguez Garcia	DNS	9:20							1965		M5F	F
	376	460	Elva Fernández Rodríguez	DNS	9:20							1960	CLUB ATLETISMO SADA	M6F	F
	378		Noelia Camoira Villamor	DNS	9:20							1986		SrF	F
	380		Maria Luz Rodriguez Garcia	DNS	9:20							1971		M4F	F
	386		Luciana Martinez Lado	DNS	9:20							1980		M2F	F
	388		Ana Guerra Garcia	DNS	9:20							1978		M2F	F
	393		Maria Cruz Fernandez Mato	DNS	9:20							1972		M3F	F
	397		Maria Figueroa Naveira	DNS	9:20							1982	RUNNING OLEIROS	M1F	F
	401		Marcelino Gutierrez Muiña	DNS	9:30							1974		M3M	M
	402		Antonio Ciudad Pereira	DNS	9:30							1945	PATUKOS TIM RANIN	M7M	M
	403		David Fernández López	DNS	9:30							1993		SrM	M
	405		Adrian Gomez Bujia	DNS	9:30							1985	DALLE GAS TEAM	M1M	M
	408		Manuel Sánchez Rodríguez	DNS	9:30							1988		SrM	M
	409	AG12548	César Bouza Bellón	DNS	9:30							1979	ATLETISMO NARON	M2M	M
	415		Rodrigo Lamas González	DNS	9:30							1983		M1M	M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	417		Jesús Barreiro Varela	DNS	9:30							1981	M2M	M
	419		Manuel Alejandro Fandiño Campos	DNS	9:30							1982	M1M	M
	420		José Manuel Vigo Fernández	DNS	9:30							1980	M2M	M
	429		Miguel Maneiro	DNS	9:30							1978	M2M	M
	452	AG2026246	Rosi Gómez Prieto	DNS	9:30							1972 LA MOCHILA DEL DEPORTE	M3F	F
	453		María Irene Graña Perez	DNS	9:30							1965	M5F	F
	455	123456	Arancha Sierra Ferran	DNS	9:30							1981 A.D. FOGAR CARBALLO	M2F	F
	457	123456	María José Soriano García	DNS	9:30							1973 A.D. FOGAR CARBALLO	M3F	F
	458		Cristina Jimeno Riguera	DNS	9:30							1973	M3F	F
	462		Rebeca Muiña Fuentes	DNS	9:30							1981	M2F	F
	468		Cristina Sanchez Lopez	DNS	9:30							1972 Club Biscachons Running	M3F	F
	470		Sonia Candamio Folgar	DNS	9:30							1966 Sporting Club Casino	M5F	F
	477		Iria Fernández Baz	DNS	9:30							1986	M1F	F
	482		Candela Gomez Gonzalez	DNS	9:30							1994	SrF	F
	490		Maria Del Rosario Crespo Merelas	DNS	9:30							1967	M4F	F
	497		Mirta Flores Cuesta	DNS	9:30							1985 TRINAT GALICIA	M1F	F
	504		Maximo Del Campo Garcia	DNS	9:40							1982	M1M	M
	506		Victor González Chas	DNS	9:40							1979 Ninguno	M2M	M
	508		Gonzalo Martín Gómez Sprovieri	DNS	9:40							1979	M2M	M
	512		Angel Ouro Rivas	DNS	9:40							1974 INDEPENDIENTE	M3M	M
	516		Jose Gil Garcia Diaz	DNS	9:40							1951	M7M	M
	518		Juan Antonio Cañizo Fraga	DNS	9:40							1971 Coru@ames	M4M	M
	525		Javier Anta Alvarez	DNS	9:40							1983	M1M	M
	527		Javier Prado Calvo	DNS	9:40							1980 Sd compostela	M2M	M
	528		Ramon Pombo Manteiga	DNS	9:40							1961	M6M	M
	534		Juan Pedro Vigo Sanz	DNS	9:40							1967	M4M	M
	538		Alberto Martínez Millan	DNS	9:40							1981 HERCULES TERMARIA	M1M	M
	542		Luis Tassara F De Cordova	DNS	9:40							1992 NOSPORTLIMIT	SrM	M
	544		Diego Díaz Díaz	DNS	9:40							1991	SrM	M
	545		Adrián Vila Paz	DNS	9:40							1990	SrM	M
	553		José Ramón Franco Fojo	DNS	9:40							1983	M1M	M
	557		Jaime Morado Paredes	DNS	9:40							1982 Antiveganox	M1M	M
	560		Ruben Paz Amado	DNS	9:40							1981	M1M	M
	564		Alexandre Ares Villamor	DNS	9:40							1981	M2M	M
	565		Fernando Reimundez Rodríguez	DNS	9:40							1980	M2M	M
	570		Rubén Torres Gómez	DNS	9:40							1979 Sigueme si puedes	M2M	M
	576		Gema Martinez Carrera	DNS	9:40							1973	M3F	F
	577		Araceli Veiga Bermejo	DNS	9:40							1956	M7F	F

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	578		Lorena Fernández Rivera	DNS	9:40							1991	SrF	F
	581		Rebeca Rodríguez Negro	DNS	9:40							1982	M1F	F
	591		Cristina Tejera Pérez	DNS	9:40							1985	M1F	F
	592		Lucia Garcia Carnero	DNS	9:40							1985	M1F	F
	593		Aldara Díaz Pedrouzo	DNS	9:40							1985	M1F	F
	596		Reyes Mosquera Trigo	DNS	9:40							1981	M1F	F
	597		Maria Crespo Noya	DNS	9:40							1981	M2F	F
	605		Miguel Vázquez Carreira	DNS	9:50							1988	SrM	M
	606		Carlos Alfonso Rodriguez	DNS	9:50							1978 CLUB HERCULES TERMARIA	M2M	M
	607		Marcos Castro Sanchez	DNS	9:50							1978 Media ducia	M2M	M
	613		Daniel Vázquez Bruña	DNS	9:50							1970 RUNNING OLEIROS	M4M	M
	615		Angel Luis Fernández Castellanos	DNS	9:50							1963	M5M	M
	616		David Couce Rúa	DNS	9:50							1986 DALLE GAS TEAM	M1M	M
	621		Jacobo López López	DNS	9:50							1973	M3M	M
	627		Ramón Ferrer Lojo	DNS	9:50							1968	M4M	M
	628		Ángel Juvino Prego	DNS	9:50							1972	M3M	M
	630		Marcelino Fernández Mallo	DNS	9:50							1961	M6M	M
	636	32822791	J Carlos Felipe	DNS	9:50							1976 Club Triatlón Coruña	M3M	M
	641		Jose Manuel López Caamaño	DNS	9:50							1974 CLUB DEL MAR	M3M	M
	648		Miguel Carballada Rodriguez	DNS	9:50							1968 JM RIVAS	M4M	M
	651		Angel Ramon Martinez Cambon	DNS	9:50							1966	M5M	M
	652		Antonio Galán González	DNS	9:50							1974 Nosportlimit	M3M	M
	663		David Iglesias Pena	DNS	9:50							1981 Club del Mar de San Amaro	M2M	M
	664		Julio Pedreira Garcia	DNS	9:50							1980	M2M	M
	669		Angeles Amor García	DNS	9:50							1975 CLUB ATLETISMO SADA	M3F	F
	676		Ames Atletismo Fernández Santos	DNS	9:50							1973	M3F	F
	682		Elena Pereira Bernardez	DNS	9:50							1976 CLUB ATLETISMO SADA	M2F	F
	683		Maricarmen Rodriguez Golan	DNS	9:50							1970	M4F	F
	690		Laura Núñez Naveira	DNS	9:50							1977	M2F	F
	694		Begoña Martinez Lorenzo	DNS	9:50							1970	M4F	F
	716		Felipe López Pérez	DNS	10:00							1971 CLUB ATLETISMO SADA	M4M	M
	720		Diego Fernandez Amboage	DNS	10:00							1979 Marines Enki	M2M	M
	724		Raul Muñoz Maestre	DNS	10:00							1974	M3M	M
	728		Agustin Ferrán Anegón	DNS	10:00							1972 Nosportlimit	M3M	M
	731	AG2020962	José Manuel Rios Gibello	DNS	10:00							1961 RUNNING OLEIROS	M6M	M
	737		Diego Diaz	DNS	10:00							1978	M2M	M
	740		Alvaro Meilan Pacio	DNS	10:00							1985 Trinat Galicia	M1M	M
	750		Oscar Casal Taracido	DNS	10:00							1979 Pasa ou Entorna	M2M	M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S	
										km					
	759		Jose Francisco Ferreres Gayoso	DNS		10:00						1976	M3M	M	
	766	AG 2022 664	Fabián Santos Pose	DNS		10:00						1982	Independente	M1M	M
	771		Sara Castro Solis	DNS		10:00						1979	Marines Enki	M2F	F
	780		Luz Cachafeiro Garcia	DNS		10:00						1978		M2F	F
	781		Mirian Ruanova Jorquera	DNS		10:00						1995		SrF	F
	782		María José Vázquez Santos	DNS		10:00						1983	CLUB TRIATLÓN CORUÑA	M1F	F
	783		Ana Puime Miguez	DNS		10:00						1977	Global Sport Club	M2F	F
	784		Paloma Garnica De Juan	DNS		10:00						1992		SrF	F
	785		Ana Amigo González	DNS		10:00						1976		M3F	F
	787		Raluca Mihaela Poenar	DNS		10:00						1990	NOSPORTLIMIT	SrF	F
	789		María Teresa Martinez Breijo	DNS		10:00						1966	castro de lobadiz	M5F	F
	795		Lucía Salcines Fontán	DNS		10:00						1999		S23F	F
	809		Alfonso Lopez Vazquez	DNS		10:10						1963	CASTRO DE LOBADIZ	M5M	M
	811		Luis Cereijo Blanco	DNS		10:10						1980		M2M	M
	825		Jose Rodilla	DNS		10:10						1977		M2M	M
	827		Javier Cuiña Balado	DNS		10:10						1974		M3M	M
	844		Nestor Arias Paz	DNS		10:10						1972	CLUB MONTE PENA RUBIA	M3M	M
	846		Manuel Dopico Nouche	DNS		10:10						1966	INDEPENDIENTE	M5M	M
	850		Gabriel González Barbeito	DNS		10:10						1996		SrM	M
	852		Jose Manuel Ces Varela	DNS		10:10						1967		M4M	M
	855		Albert Carballal Iglesias	DNS		10:10						1981	CLUB LOUSAME DEPORTE	M2M	M
	863		José Fco. Varela Val	DNS		10:10						1968	CLUB SOCIAL BANCO PASTOR	M4M	M
	867		Manuel Paz Carbon	DNS		10:10						1969		M4M	M
	879		Fernando Sines Castro	DNS		10:10						1980	ARTROGAL TRI498	M2M	M
	881		Marcos Seoane Vilariño	DNS		10:10						1970	NoSportLimit	M4M	M
	882		Julen Mayor Balvis	DNS		10:10						1969	ASOCIACIÓN DEPORTIVA CERNE	M4M	M
	889		Marcos Antonio Blanco Figueirido	DNS		10:10						1970		M4M	M
	892		Jose Manuel Gonzalez Blanco	DNS		10:10						1984		M1M	M
	896		Suso Vila Rey	DNS		10:10						1977	Marraners-En boas mans	M2M	M
	903		Diana Morales Rodriguez	DNS		10:20						1981	BURGAS ATLETISMO OURENSE	M2F	F
	908		Iria Rancaño Otero	DNS		10:20						1982	camisetaslugo.com	M1F	F
	909		Purificación López Mahía	DNS		10:20						1963		M5F	F
	913		Laura Felipez Rodriguez	DNS		10:20						1978	RUNNING ARTEIXO	M2F	F
	925	AG2016168	Pedro Peteiro Rosende	DNS		10:20						1970	RUNNING OLEIROS	M4M	M
	929		Jose Ángel Suarez Lopez	DNS		10:20						1991		SrM	M
	933		Agustin Ces Martinez	DNS		10:20						1971		M3M	M
	935		Felipe Rivera Álvarez	DNS		10:20						1975		M3M	M
	937		Mohamed Maous Maous	DNS		10:20						1987		SrM	M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	938	32790780w	Manuel Otero Gomez	DNS	10:20							1967 NOSPORTLIMIT	M4M	M
	942		Alex Fresco Cabarcos	DNS	10:20							1988	SrM	M
	943		Daniel Penas Lopez	DNS	10:20							1987	SrM	M
	949		Juan Mejuto Taboada	DNS	10:20							1980	M2M	M
	950		Manuel Jose Vazquez Sanjurjo	DNS	10:20							1978 RUNNING ARTEIXO	M2M	M
	965		Juan Manuel Lamas Bello	DNS	10:20							1976	M3M	M
	967		Juan Sánchez Ramón	DNS	10:20							1971 SÍGUEME SI PUEDES	M3M	M
	968		Daniel Bembibre Belda	DNS	10:20							1976 CLUB ATLETISMO SADA	M3M	M
	969		Javier Pena Cañizares	DNS	10:20							1999	S23M	M
	970		Javier Marcote Vázquez	DNS	10:20							1993	SrM	M
	972		Alejandro Roca Rivera	DNS	10:20							1992	SrM	M
	973		Francisco Ares Díaz	DNS	10:20							1989	SrM	M
	982		Roberto Perez Osuna	DNS	10:20							1971 NO SPORT LIMIT	M4M	M
	986		Juan Cruz Carretero Sánchez	DNS	10:20							1987	SrM	M
	987		Marcos Antelo Piñeiro	DNS	10:20							1983 Hércules termaria	M1M	M
	989	47385097	María Fraga Rivas	DNS	10:20							1990 Triatlón Coruña	SrF	F
	991		Laura Caamaño Martinez	DNS	10:20							1985	M1F	F
	994		Gely López Vilas	DNS	10:20							1967 Runnig arteixo	M4F	F
	998		Carolina García González	DNS	10:20							1982 Nosportlimit	M1F	F
	999		Amira Simón Martínez	DNS	10:20							1989 club triatlón coruña	SrF	F
	1000	34898434M	Diego Villar Santiso	DNS	10:30							1979 NSL	M2M	M
	1003		Carlos Alvarez Fernández	DNS	10:30							1974 NSL	M3M	M
	1004		Santiago Simón Cuadrado	DNS	10:30							1960	M6M	M
	1006		Manuel Libres Freire	DNS	10:30							1977 traileros toxos e birras	M2M	M
	1008		Enrique Griñan Torrado	DNS	10:30							1972 NOSPORTLIMIT	M3M	M
	1009		David Garcia De La Fuente	DNS	10:30							1972	M3M	M
	1011		Fernando Aldao Sánchez	DNS	10:30							1985 CORUÑASPORTCENTRE	M1M	M
	1013	AG 2017938	Juan Manuel Taboada Barreiro	DNS	10:30							1973 CLUB ATLETISMO BOIMORTO	M3M	M
	1014		Rubén Rodríguez Negro	DNS	10:30							1978	M2M	M
	1026		Carlos Lodeiro López	DNS	10:30							1973	M3M	M
	1027		Enrique Jorge Rama Rodríguez	DNS	10:30							1965	M5M	M
	1029		Ivan Tenreiro Recouso	DNS	10:30							1987	SrM	M
	1030		Francisco Peteiro Graña	DNS	10:30							1971 CLUB SOCIAL BANCO PASTOR	M4M	M
	1034		Rubén Mallo Pérez	DNS	10:30							1986	M1M	M
	1045		Berto Baz Rodríguez	DNS	10:30							1971 SÍGUEME SI PUEDES	M4M	M
	1059		Enrique Peña González	DNS	10:30							1972 PATUKOS TIM RANIN	M3M	M
	1066		José Carlos Rodríguez Nóvoa	DNS	10:30							1957 ESPRINTES OURENSE	M6M	M
	1072		Victor Manuel Alvarez Taboada	DNS	10:30							1978	M2M	M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	1074		Federico Alejandro Otlet Martínez	DNS		10:30						1985	M1M	M
	1075		Antonio Saúca Guerrero	DNS		10:30						1990 RUNNING OLEIROS	SrM	M
	1078		Celso Blanco Garcia	DNS		10:30						1977 Club Hércules Termaria	M2M	M
	1079		Francisco Seoane Garcia	DNS		10:30						1977 Artrogal Tri 498	M2M	M
	1084		Alejandro Nuñez Alonso	DNS		10:30						1982 NoSportLimit-Trek Galicia	M1M	M
	1087		Adrián Pérez Diéguez	DNS		10:30						1990 UNIVERSIDADE SANTIAGO DE COM	SrM	M
	1088	GA493	Ubaldo Balseiro Reigosa	DNS		10:30						1976 ESCOLAS DEP. LOURENZA	M3M	M
	1102	AG2017552	Jose Luis García Rodriguez	DNS		10:40						1976 CLUB ATLETISMO SADA	M3M	M
	1103		Juan Fernandez Lopez	DNS		10:40						1973 NOSPORTLIMIT	M3M	M
	1106		Ivan Romero Nuñez	DNS		10:40						1986 Triatlon Vilagarcia	M1M	M
	1110		Carlos Suarez Ares	DNS		10:40						1976 Nosportlimit	M3M	M
	1111		Javier Alama Constancio	DNS		10:40						1985	M1M	M
	1113		Perfecto Vázquez Rivera	DNS		10:40						1983	M1M	M
	1126		Javier Fernández Martínez	DNS		10:40						1973	M3M	M
	1127		Jose Luis Lombao Núñez	DNS		10:40						1973 Mesoiro	M3M	M
	1143		David Ponte Iglesias	DNS		10:40						1979	M2M	M
	1151		Jorge Suárez Fernández	DNS		10:40						1975 PASA OU ENTORNA	M3M	M
	1155		Javier Vilar Martínez	DNS		10:40						1979 Escola de Atletismo Paula Mayob	M2M	M
	1158		Gilberto Gonzalez Grueiro	DNS		10:40						1977 CLUB ATLETISMO SADA	M2M	M
	1166		Jose Martinez Rodriguez	DNS		10:40						1977	M2M	M
	1167		Adrián Barrera González	DNS		10:40						1989 CLUB MONTE PENA RUBIA	SrM	M
	1171		Isidro Veira Villaverde	DNS		10:40						1974	M3M	M
	1173		Francisco Collado Pampin	DNS		10:40						1971	M4M	M
	1174		Iván Bugallo Del Puerto	DNS		10:40						1975 RUNNING OLEIROS	M3M	M
	1184		Ángel Castañeda	DNS		10:40						1993	SrM	M
	1188		Jose Ricardo García García	DNS		10:40						1971	M4M	M
	1196		José Manuel Roca Rodriguez	DNS		10:40						1975	M3M	M
	1198		Samuel Ramos Mallo	DNS		10:40						1977 NOSPORTLIMIT	M2M	M
	1207		Juan Borrego Varela	DNS		10:50						1965 Academia JM Rivas	M5M	M
	1214		Francisco Santiso Lopez	DNS		10:50						1978	M2M	M
	1226		Emmanuel Garcia	DNS		10:50						1986	M1M	M
	1232		Oscar Díaz Fortuna	DNS		10:50						1973 SÍGUEME SI PUEDES	M3M	M
	1233		Sergio Castellanos Jimenez	DNS		10:50						1972 Club Hércules Termaria	M3M	M
	1237		José Antonio Fernández Rodríguez	DNS		10:50						1979 Running Arteixo	M2M	M
	1249		Xoán Villaverde Vieites	DNS		10:50						1982 Global Sport Club	M1M	M
	1257		David Acevedo Edreira	DNS		10:50						1986	M1M	M
	1258		Antonio Garcia Bello	DNS		10:50						1959	M6M	M
	1261		Alberto Pérez Murado	DNS		10:50						1981	M2M	M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apelidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo		Ano Club	Cat	S
										km				
	1300		Marcos Mato Armas	DNS	11:00							1962 ASOCIACIÓN DEPORTIVA CERNE	M5M	M
	1301		José Luis Fontao Garcia	DNS	11:00							1978 Camisetaslugo.com	M2M	M
	1310		Juan Jose Vieites Ponte	DNS	11:00							1975 Sígueme si puedes	M3M	M
	1311		Santiago Garcia Bello	DNS	11:00							1967	M4M	M
	1316		David Rodríguez Campos	DNS	11:00							1982 ATLETISMO RIAZOR CORUÑA	M1M	M
	1320	AG763614	Alan Andrés Fidalgo	DNS	11:00							1975 ESPRINTES OURENSE	M3M	M
	1321		Victor Egoavil	DNS	11:00							1986	M1M	M
	1322		Marcelo Bello Gomez	DNS	11:00							1967	M4M	M
	1327		Arturo Paz Gomez	DNS	11:00							1990 ATLETAS DE ACEA DE AMA	SrM	M
	1330		Carlos Otero Varela	DNS	11:00							1983	M1M	M
	1333		David Prada Monje	DNS	11:00							1973 CLUB HERCULES TERMARIA	M3M	M
	1337		Xabier Rodríguez Campos	DNS	11:00							1979 SAUNIER DUVAL	M2M	M
	1338		Sergio Martinez Gomez	DNS	11:00							1979	M2M	M
	1339		Ramon Barral Perez	DNS	11:00							1971 Club Triarlon Coruña	M4M	M
	1342	Ag 10721	Martin Vidal Lorenzo	DNS	11:00							1991 CLUB ATLETISMO NOIA	SrM	M
	1353		Eric Villar Vidal	DNS	11:00							1996	SrM	M
	1354		Alberto Fernández Muñiz	DNS	11:00							1973 nosportlimit	M3M	M
	1360		German Garcia Ameijide	DNS	11:00							1985 NO SPORT LIMIT	M1M	M
	1367		José Rilo López	DNS	11:00							1960 Nosportlimit	M6M	M
	1369	GA769242	Xandre Obelleiro	DNS	11:00							1989 COMESAÑA SPORTING CLUB	SrM	M
	1378		Jorge Pouso Toja	DNS	11:00							1988	SrM	M
	1382		Álvaro Zarauza Beiras	DNS	11:00							1978 Club Deportivo Brión Hyupersa S	M2M	M
	1383		Javier Oubiña Abuin	DNS	11:00							1978	M2M	M
	1384		Jesus Pardo Jorge	DNS	11:00							1986 Trinorth	M1M	M
	1394		Javier Arias De La Vega	DNS	11:00							1971	M3M	M
	1397		Carlos Lema Porteiro	DNS	11:00							1976 Ad janarchas	M3M	M
	1398	GA364	Juan Sicilia Barci	DNS	11:00							1970 RANING CLUB	M4M	M
	1399	AG10857	Ruben Reborido Reboredo	DNS	11:00							1980 AD JARNACHAS	M2M	M
	1401		Manuel Carpente Vazquez	DNS	11:10							1977 Marraners-En Boas Mans	M2M	M
	1403		Borja Lage Sexto	DNS	11:10							1982	M1M	M
	1406	AG11851	Luis Castro Cupeiro	DNS	11:10							1977 LUGO RUNNING CLUB	M2M	M
	1410	3364	Marcos Loureiro Díaz	DNS	11:10							1987 CCA RÍA DE FOZ	SrM	M
	1411		Marcos Velez Cáceres	DNS	11:10							2002 CLUB ATLETISMO CORUÑA COMAF	S20M	M
	1418		Julián Pérez Durán	DNS	11:10							1971 SÍGUEME SI PUEDES	M4M	M
	1419		Alvaro Cimarras	DNS	11:10							1980 Nosportlimit	M2M	M
	1423		Alejandro Aldao Lopez	DNS	11:10							1977 Peisaco	M2M	M
	1441		Rafael Fontal Alonso	DNS	11:10							1977	M2M	M
	1443	AG10859	Xaquin Bugallo Del Puerto	DNS	11:10							1979 RUNNING OLEIROS	M2M	M

Carreira Absoluta (10 km)

CLASIFICACIÓN XERAL

Posto	Dorsal	Licenza	Nome e Apellidos	Tempo	Neto	Salida	PC1	PC2	PC3	Ritmo	Ano Club	Cat	S
										km			
	1444		Carlos Cacharrón Armental	DNS	11:10						1982 Netspace runeando	M1M	M
	1446		Txomin Sirera Ibarluzea	DNS	11:10						1991	SrM	M
	1447		Jesús Manuel Gandoy Vilar	DNS	11:10						1962 ATLETISMO MONTE SEGADE	M5M	M
	1449		José Losada Pérez	DNS	11:10						1978 DREAM TEAM	M2M	M
	1454	44832558	David Cutrín López	DNS	11:10						1983 CLUB TRIATHLON SANTIAGO	M1M	M
	1456		Arturo Ramos Ferrol	DNS	11:10						1973 ATLETISMO MILLADOIRO	M3M	M
	1457	AG3525	Francisco Jose Besada Filgueiras	DNS	11:10						1977 Club Deportivo Brión Hyupersa S:	M2M	M
	1458		Dani Andrade Rama	DNS	11:10						1987 Club Deportivo Brión Hyupersa S:	SrM	M
	1463		Jorge Martínez Gómez	DNS	11:10						1988	SrM	M
	1466	G-17268	Andrés Flórez Pérez	DNS	11:10						1982 CLUB ATLETISMO CORUÑA COMAF	M1M	M
	1471		Manuel Fernández Sánchez	DNS	11:10						1988	SrM	M
	1472		David Herrera García	DNS	11:10						1980 3&RUN BY PEDRO NIMO CLUB DE	M2M	M
	1473	AG2016188	Miguel Iglesias Amores	DNS	11:10						1991 ATLETISMO ARENTEIRO	SrM	M
	1478		Javier Álvarez Varela	DNS	11:10						1979	M2M	M
	1480		Javier Novo Bujeiro	DNS	11:10						1981 TERRA DE SONEIRA	M2M	M
	1481		Pedro Pablo Outerelo Cousiño	DNS	11:10						1968 TRIATLON VILAGARCIA	M4M	M
	1486		Roi Barros Corral	DNS	11:10						1988 MARINEDA ATLETICO	SrM	M
	1488		Arturo Ramos Rey	DNS	11:10						2000 CLUB ATLETISMO SANTIAGO	S23M	M
	1491	AG2024188	Miguel Regueira Veiga	DNS	11:10						1981 RUNNING OLEIROS	M2M	M
	1493	AG768081	Maria Corredoira Baleato	DNS	11:10						1974 CLUB ATLETISMO SAR VERMÚ PET	M3F	F