

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|----------------------------------|-----------------------------------|----------------|--------|------|-------|------------|---------|
| MASTER 1 | | | | | | | | | |
| FEMENINO | | | | | | | | | |
| MASTER 1 F (1) | 416 | FERNÁNDEZ OTERO, MARTA | COMESAÑA SPORTING CLUB | 00:38:57 (159) | -- | 3:53 | 38:50 | 20:03 (2) | F (6) |
| MASTER 1 F (2) | 217 | IGLESIAS CARBALLIDO, ANDREA | ATHLETICS FISIOTERAPIA SAN LÁZARO | 00:39:13 (164) | +16 | 3:55 | 39:04 | 19:47 (1) | F (8) |
| MASTER 1 F (3) | 1674 | GARCÍA LORENZO, SILVIA | | 00:40:40 (217) | +1:43 | 4:03 | 40:33 | 20:29 (3) | F (9) |
| MASTER 1 F (4) | 418 | GONZÁLEZ MARTÍNEZ, MARIA | | 00:41:22 (241) | +2:25 | 4:08 | 41:11 | 20:58 (4) | F (10) |
| MASTER 1 F (5) | 515 | CASAL GARCÍA, MARÍA | | 00:43:47 (343) | +4:50 | 4:22 | 43:34 | 22:18 (5) | F (19) |
| MASTER 1 F (6) | 639 | BOULLOSA BERNARDEZ, ELISA | MASQUENTRENOS | 00:44:18 (371) | +5:21 | 4:25 | 44:04 | 22:28 (7) | F (22) |
| MASTER 1 F (7) | 461 | LIÑARES BARREIRO, CARLA CAROLINA | | 00:44:29 (379) | +5:32 | 4:26 | 44:10 | 22:22 (6) | F (24) |
| MASTER 1 F (8) | 586 | SOUTO GARCÍA, PAULA | GLOBAL SPORT CLUB | 00:44:40 (391) | +5:43 | 4:27 | 44:21 | 23:10 (9) | F (26) |
| MASTER 1 F (9) | 479 | ATÁN RODRIGUEZ, BANESA | SERRES RUNNERS | 00:45:29 (431) | +6:32 | 4:32 | 45:20 | 22:53 (8) | F (29) |
| MASTER 1 F (10) | 513 | GARCIA PENA, CHUS | CLUB ATLETISMO TAMBRE | 00:46:24 (473) | +7:27 | 4:38 | 45:56 | 23:49 (10) | F (34) |
| MASTER 1 F (11) | 1338 | MELLA BARBEITO, VANESA | BRUTANZOS TEAM | 00:47:08 (518) | +8:11 | 4:42 | 46:28 | 24:18 (15) | F (40) |
| MASTER 1 F (12) | 825 | MONTOTO VÁZQUEZ, PATRICIA | | 00:47:25 (530) | +8:28 | 4:44 | 47:05 | 24:05 (11) | F (43) |
| MASTER 1 F (13) | 641 | SIMÓN MARTÍNEZ, AMIRA | SD COMPOSTELA ATLETISMO | 00:48:36 (598) | +9:39 | 4:51 | 48:19 | 24:16 (14) | F (60) |
| MASTER 1 F (14) | 663 | VAZQUEZ FEBRERO, CRISTINA | TRAILEROS TOXOS & BIRRAS | 00:48:55 (620) | +9:58 | 4:53 | 48:39 | 24:14 (12) | F (66) |
| MASTER 1 F (15) | 469 | SEOANE RIAL, ALEJANDRA | MARATHON RUNNINGSHOP | 00:48:55 (621) | +9:58 | 4:53 | 48:38 | 24:14 (13) | F (67) |
| MASTER 1 F (16) | 1603 | LÓPEZ SANMARTIN, ALBA | BRUTANZOS TEAM | 00:49:15 (642) | +10:18 | 4:55 | 48:35 | 25:19 (18) | F (72) |
| MASTER 1 F (17) | 1055 | MONTOIRO SALVADO, MARIA | | 00:49:22 (647) | +10:25 | 4:56 | 48:54 | 25:02 (16) | F (73) |
| MASTER 1 F (18) | 1045 | ANTONIO MARTINEZ, OLALLA | | 00:50:05 (676) | +11:08 | 5:00 | 49:22 | 25:07 (17) | F (80) |
| MASTER 1 F (19) | 1669 | ABEIJON OTERO, INES | | 00:50:31 (702) | +11:34 | 5:03 | 50:11 | 25:39 (20) | F (85) |
| MASTER 1 F (20) | 1038 | CERNADAS LAGO, PAULA | SERRES RUNNERS | 00:50:36 (708) | +11:39 | 5:03 | 50:10 | 25:58 (21) | F (87) |
| MASTER 1 F (21) | 793 | RIVEIRO GAGO, PATRICIA | FLOW PILATES & TRAINING | 00:50:49 (721) | +11:52 | 5:04 | 50:36 | 25:38 (19) | F (91) |
| MASTER 1 F (22) | 1087 | MARCOS LORENZO, CARLOTA | CLUB TRIATLON CERVECERIA O COTON | 00:51:33 (761) | +12:36 | 5:09 | 50:44 | 26:27 (24) | F (97) |
| MASTER 1 F (23) | 1031 | FERNANDEZ BLANCO, SILVIA | SD COMPOSTELA ATLETISMO | 00:51:48 (774) | +12:51 | 5:10 | 51:16 | 26:10 (22) | F (100) |
| MASTER 1 F (24) | 787 | LORENZO VILLAR, ALMA | CLUB TRIATLON COMPOSTELA | 00:52:17 (792) | +13:20 | 5:13 | 51:56 | 26:27 (23) | F (107) |
| MASTER 1 F (25) | 1737 | PANTIN LOPEZ, PAULA | | 00:53:22 (842) | +14:25 | 5:20 | 52:37 | 28:03 (29) | F (120) |
| MASTER 1 F (26) | 1677 | PÉREZ ALONSO, CRISTINA | ATLETISMO +9 MORAÑA | 00:53:50 (857) | +14:53 | 5:22 | 53:13 | 27:04 (25) | F (129) |
| MASTER 1 F (27) | 986 | GÓMEZ MOURE, SANDRA | | 00:54:17 (877) | +15:20 | 5:25 | 53:44 | 27:49 (27) | F (136) |
| MASTER 1 F (28) | 946 | RAMOS OLVEIRA, ESTEFANIA | SLAP TRAINING | 00:54:26 (883) | +15:29 | 5:26 | 53:41 | 27:55 (28) | F (139) |
| MASTER 1 F (29) | 938 | ESPIÑA GARRIDO, MARÍA | CDM XESTEIRAS | 00:55:00 (910) | +16:03 | 5:29 | 54:09 | 28:09 (30) | F (147) |
| MASTER 1 F (30) | 927 | MELÉNDREZ VILA, DÁNAE | NOSPORTLIMIT | 00:55:14 (920) | +16:17 | 5:31 | 54:40 | 28:15 (31) | F (149) |
| MASTER 1 F (31) | 973 | PIÑEIRO BEN, LUCÍA | SD COMPOSTELA ATLETISMO | 00:55:22 (928) | +16:25 | 5:32 | 54:49 | 27:05 (26) | F (152) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|-----------------------------|-------------------------------|-----------------|--------|------|---------|------------|---------|
| MASTER 1 F (32) | 823 | BARREIRO MARTÍNEZ, MYRIAM | | 00:56:00 (944) | +17:03 | 5:35 | 54:57 | 29:51 (39) | F (157) |
| MASTER 1 F (33) | 1678 | SÁNCHEZ MARTÍNEZ, LORENA | | 00:56:01 (945) | +17:04 | 5:36 | 54:58 | 29:50 (38) | F (158) |
| MASTER 1 F (34) | 1282 | CASTRO ALONSO, SONIA | | 00:56:28 (968) | +17:31 | 5:38 | 55:38 | 29:14 (32) | F (169) |
| MASTER 1 F (35) | 959 | CABADO MIGUELEZ, ROSA | | 00:57:19 (1015) | +18:22 | 5:43 | 56:11 | 29:22 (36) | F (185) |
| MASTER 1 F (36) | 1470 | BALADO GÓMEZ, PILAR | | 00:57:24 (1024) | +18:27 | 5:44 | 56:37 | 29:22 (37) | F (190) |
| MASTER 1 F (37) | 1147 | SUÁREZ RECOUSO, ESTELA | | 00:57:25 (1025) | +18:28 | 5:44 | 56:38 | 29:16 (34) | F (191) |
| MASTER 1 F (38) | 1359 | VILA OLVEIRA, CRISTINA | | 00:57:48 (1038) | +18:51 | 5:46 | 57:23 | 29:18 (35) | F (194) |
| MASTER 1 F (39) | 1475 | HERMO MARTÍNEZ, MARÍA | | 00:58:01 (1047) | +19:04 | 5:48 | 57:11 | 29:15 (33) | F (198) |
| MASTER 1 F (40) | 1531 | MAGDALENA GARCÍA, GORETTI | | 00:58:40 (1073) | +19:43 | 5:51 | 57:27 | 30:07 (40) | F (209) |
| MASTER 1 F (41) | 1362 | SANTANA MORA, MARIA | | 01:00:48 (1144) | +21:51 | 6:04 | 59:39 | 31:24 (42) | F (252) |
| MASTER 1 F (42) | 1146 | RIAL GARCÍA, ROSANA | CLUB ATLETISMO OUTES-MARISCOS | 01:01:48 (1168) | +22:51 | 6:10 | 1:00:33 | 32:10 (46) | F (265) |
| MASTER 1 F (43) | 1080 | BLANCO AMEIJERAS, SONIA | | 01:01:49 (1173) | +22:52 | 6:10 | 1:01:10 | 30:54 (41) | F (268) |
| MASTER 1 F (44) | 1258 | MIGUÉNS, MELISA | | 01:01:50 (1176) | +22:53 | 6:10 | 1:00:43 | 31:48 (45) | F (270) |
| MASTER 1 F (45) | 1465 | PUENTE ANTELO, MARTA | CORREXALLAS | 01:03:08 (1200) | +24:11 | 6:18 | 1:02:09 | 31:24 (43) | F (282) |
| MASTER 1 F (46) | 1309 | IGLESIAS CAAMAÑO, NURIA | | 01:03:12 (1204) | +24:15 | 6:19 | 1:02:16 | 31:42 (44) | F (285) |
| MASTER 1 F (47) | 1467 | CAPELO VILAR, KARINA | CORREXALLAS | 01:03:29 (1208) | +24:32 | 6:20 | 1:02:30 | 33:05 (49) | F (287) |
| MASTER 1 F (48) | 1332 | ABUIN YAÑEZ, MARÍA JOSÉ | | 01:03:58 (1220) | +25:01 | 6:23 | 1:03:12 | 32:23 (48) | F (292) |
| MASTER 1 F (49) | 948 | LOSADA VÁZQUEZ, LAURA | | 01:05:47 (1246) | +26:50 | 6:34 | 1:05:13 | 32:10 (47) | F (308) |
| MASTER 1 F (50) | 1190 | REGO LAIÑO, ISA | | 01:06:43 (1264) | +27:46 | 6:40 | 1:05:29 | 34:06 (50) | F (321) |
| MASTER 1 F (51) | 1601 | MIRANTES BARBEITO, CRISTINA | | 01:10:00 (1279) | +31:03 | 6:59 | 1:09:25 | 34:23 (52) | F (331) |
| MASTER 1 F (52) | 1409 | ÁLVAREZ VÁZQUEZ, LUCÍA | | 01:12:08 (1291) | +33:11 | 7:12 | 1:11:36 | 34:16 (51) | F (338) |
| MASTER 1 F (53) | 1663 | CAROLI, BARBARA | | 01:12:28 (1292) | +33:31 | 7:14 | 1:11:41 | 35:52 (53) | F (339) |
| MASCULINO | | | | | | | | | |
| MASTER 1 M (1) | 258 | CAAMAÑO NIETO, RUBEN | CLUB ATLETISMO SAR | 00:33:14 (13) | -- | 3:19 | 33:12 | 16:26 (1) | M (13) |
| MASTER 1 M (2) | 105 | RODRÍGUEZ LARIÑO, JORGE | ASOCIACIÓN DEPORTIVA OLIMPIA | 00:34:52 (33) | +1:38 | 3:29 | 34:49 | 17:37 (2) | M (31) |
| MASTER 1 M (3) | 17 | BÚA GARCÍA, FABIAN | CD TRAILRUNNER STORE | 00:35:19 (38) | +2:05 | 3:31 | 35:17 | 17:38 (3) | M (36) |
| MASTER 1 M (4) | 112 | FOLGUEIRA DÍAZ, MANUEL | MADERAS BARCIA LOURENZA CERVO | 00:36:05 (57) | +2:51 | 3:36 | 36:00 | 18:37 (8) | M (55) |
| MASTER 1 M (5) | 250 | PÉREZ GARCÍA, CÉSAR | | 00:36:34 (63) | +3:20 | 3:39 | 36:32 | 18:32 (5) | M (61) |
| MASTER 1 M (6) | 145 | QUINTÁNS VÁZQUEZ, ALFONSO | CLUB TRIATLON COMPOSTELA | 00:36:49 (77) | +3:35 | 3:40 | 36:46 | 18:42 (9) | M (75) |
| MASTER 1 M (7) | 35 | DEL RÍO MARTÍNEZ, JUAN JOSÉ | | 00:36:53 (80) | +3:39 | 3:41 | 36:50 | 18:27 (4) | M (78) |
| MASTER 1 M (8) | 1679 | CASTROAGUDIN GÓMEZ, ADRIÁN | MORAÑA EN RUTA | 00:37:04 (84) | +3:50 | 3:42 | 37:01 | 18:32 (6) | M (82) |
| MASTER 1 M (9) | 31 | GARCÍA MARTÍNEZ, JOSE | EL CANARIO | 00:37:10 (88) | +3:56 | 3:42 | 37:05 | 18:57 (10) | M (86) |
| MASTER 1 M (10) | 1274 | BOUZAS REY, ISMAEL | | 00:37:17 (91) | +4:03 | 3:43 | 37:12 | 18:37 (7) | M (88) |
| MASTER 1 M (11) | 164 | RODRIGUEZ LIAS, ALEX | | 00:37:50 (109) | +4:36 | 3:46 | 37:46 | 19:00 (11) | M (105) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|---------------------------------|----------------------------------|-----------------------|-------|------|-------|------------|---------|
| MASTER 1 M (12) | 209 | MOURE VÁZQUEZ, MANUEL | CLUB TRIATLON CERVECERIA O COTON | 00:37:50 (110) | +4:36 | 3:46 | 37:43 | 19:16 (13) | M (106) |
| MASTER 1 M (13) | 165 | BLANCO LESTÓN, JOSÉ MANUEL | O JERREIRO CARNOTA | 00:37:59 (115) | +4:45 | 3:47 | 37:56 | 19:11 (12) | M (111) |
| MASTER 1 M (14) | 177 | TRILLO BLANCO, RUBEN | CLUB ATLETISMO NOIA | 00:38:08 (120) | +4:54 | 3:48 | 38:01 | 19:17 (15) | M (116) |
| MASTER 1 M (15) | 185 | GARCÍA SOÑORA, MARCOS | CLUB ATLETISMO NOIA | 00:38:12 (123) | +4:58 | 3:49 | 38:04 | 19:20 (16) | M (119) |
| MASTER 1 M (16) | 110 | IGLESIAS DURO, RAUL | | 00:38:29 (133) | +5:15 | 3:50 | 38:26 | 19:16 (14) | M (129) |
| MASTER 1 M (17) | 689 | DOBARRO, ADRIAN | ATLETISMO FONTES DO SAR | 00:38:30 (134) | +5:16 | 3:50 | 37:46 | 20:13 (26) | M (130) |
| MASTER 1 M (18) | 1675 | SUAREZ RIESGO, HUGO | | 00:38:34 (138) | +5:20 | 3:51 | 38:22 | 19:37 (17) | M (134) |
| MASTER 1 M (19) | 97 | GARCIA BLANCO, CAYETANO | SAUDE SPORT | 00:38:35 (139) | +5:21 | 3:51 | 38:30 | 19:41 (20) | M (135) |
| MASTER 1 M (20) | 205 | RIAL RODRIGUEZ, UXIO | SPEEDCROSS TEAM | 00:38:39 (142) | +5:25 | 3:51 | 38:30 | 19:56 (23) | M (138) |
| MASTER 1 M (21) | 252 | CAMIÑA UCHA, BASILIO | CLUB ATLETISMO CAMBADOS | 00:38:47 (147) | +5:33 | 3:52 | 38:37 | 19:37 (18) | M (143) |
| MASTER 1 M (22) | 32 | GEY MARTÍNEZ, RAMÓN | CLUB ATLETISMO NOIA | 00:39:20 (168) | +6:06 | 3:55 | 39:14 | 19:54 (22) | M (160) |
| MASTER 1 M (23) | 137 | FERNANDEZ GOMEZ, ANTONIO | | 00:39:22 (169) | +6:08 | 3:56 | 39:18 | 19:44 (21) | M (161) |
| MASTER 1 M (24) | 414 | MÉNDEZ MOSQUERA, ÁNGEL | CERNE | 00:39:23 (170) | +6:09 | 3:56 | 39:17 | 19:38 (19) | M (162) |
| MASTER 1 M (25) | 1023 | GONZÁLEZ PARGA, RUBÉN | | 00:39:42 (181) | +6:28 | 3:58 | 39:27 | 20:18 (28) | M (173) |
| MASTER 1 M (26) | 1483 | AGRAFOJO MANTEIGA, DOMINGO | UNIVERSIDAD SANTIAGO | 00:39:46 (184) | +6:32 | 3:58 | 39:41 | 20:01 (24) | M (176) |
| MASTER 1 M (27) | 255 | ROMAY RODRIGUEZ, RICARDO | CLUB ATLETISMO SAR | 00:39:53 (188) | +6:39 | 3:59 | 39:41 | 20:29 (29) | M (180) |
| MASTER 1 M (28) | 564 | VARELA ÁLVAREZ, MIGUEL | | 00:39:58 (191) | +6:44 | 3:59 | 39:50 | 20:14 (27) | M (183) |
| MASTER 1 M (29) | 581 | RAMIRO GÓMEZ, JUAN LUIS | | 00:39:59 (193) | +6:45 | 3:59 | 39:51 | 20:36 (32) | M (185) |
| MASTER 1 M (30) | 60 | FERNÁNDEZ CARRILLO, JOSÉ MANUEL | | 00:40:01 (195) | +6:47 | 4:00 | 39:55 | 20:04 (25) | M (187) |
| MASTER 1 M (31) | 235 | RODRÍGUEZ FERNÁNDEZ, MARTÍN | CLUB DEPORTIVO DEPORTES EL 21 | 00:40:17 (201) | +7:03 | 4:01 | 39:55 | 20:45 (35) | M (193) |
| MASTER 1 M (32) | 406 | DE LA TORRE MOSTEIRO, PABLO | | 00:40:21 (203) | +7:07 | 4:02 | 40:14 | 20:31 (30) | M (195) |
| MASTER 1 M (33) | 576 | SUÁREZ TABOADA, MANUEL | | 00:40:36 (211) | +7:22 | 4:03 | 40:26 | 20:38 (33) | M (203) |
| MASTER 1 M (34) | 834 | PAZ MONTERO, JAVIER | | 00:41:12 (235) | +7:58 | 4:07 | 40:55 | 20:39 (34) | M (226) |
| MASTER 1 M (35) | 621 | ESCALANTE PÉREZ, DAVID | NOITEBRA FC | 00:41:19 (236) | +8:05 | 4:07 | 41:05 | 20:48 (36) | M (227) |
| MASTER 1 M (36) | 628 | PÉREZ GONZÁLEZ, MARCOS | NOSPORTLIMIT | 00:41:19 (237) | +8:05 | 4:07 | 41:05 | 21:10 (44) | M (228) |
| MASTER 1 M (37) | 634 | VERDES FARALDO, ALEX | BRUTANZOS TEAM | 00:41:21 (240) | +8:07 | 4:08 | 41:01 | 21:09 (43) | M (231) |
| MASTER 1 M (38) | 403 | FERNÁNDEZ NIMO, IVAN | SERRES RUNNERS | 00:41:24 (244) | +8:10 | 4:08 | 41:14 | 21:08 (40) | M (234) |
| MASTER 1 M (39) | 582 | RIVAS DE JESUS, SERGIO | | 00:41:25 (245) | +8:11 | 4:08 | 41:05 | 21:08 (41) | M (235) |
| MASTER 1 M (40) | 402 | CAMPO REGUEIRO, FERNANDO | MURUM ATLETICA | 00:41:36 (253) | +8:22 | 4:09 | 41:28 | 20:35 (31) | M (243) |
| MASTER 1 M (41) | 197 | NOAL SANLÉS, DANIEL | SAUDESORT | 00:41:45 (258) | +8:31 | 4:10 | 41:40 | 21:04 (37) | M (248) |
| MASTER 1 M (42) | 610 | IGLESIAS VIGO, JAVIER | TRIBU TRAIL | 00:41:50 (262) | +8:36 | 4:10 | 41:30 | 21:56 (51) | M (252) |
| MASTER 1 M (43) | 646 | ABALO PARDAL, JUAN JOSÉ | | 00:41:59 (273) | +8:45 | 4:11 | 41:37 | 21:08 (42) | M (263) |
| MASTER 1 M (44) | 1514 | ANDRADE, DANI | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:41:59 (274) | +8:45 | 4:11 | 41:37 | 21:17 (45) | M (264) |
| MASTER 1 M (45) | 201 | RODRÍGUEZ PIMENTEL, PATRICK | | 00:42:14 (284) | +9:00 | 4:13 | 41:38 | 22:29 (56) | M (273) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|---------------------------------|-------------------------|-----------------------|--------|------|-------|------------|---------|
| MASTER 1 M (46) | 821 | PEREZ PETISCO, PABLO | | 00:42:25 (296) | +9:11 | 4:14 | 42:16 | 21:05 (38) | M (284) |
| MASTER 1 M (47) | 42 | ZAERA MAYO, MARCOS | GLOBAL SPORT CLUB | 00:42:25 (297) | +9:11 | 4:14 | 42:19 | 21:52 (50) | M (285) |
| MASTER 1 M (48) | 560 | AGRASAR CES, MARTIN | C.P.C TOXO | 00:42:33 (307) | +9:19 | 4:15 | 42:13 | 21:43 (47) | M (293) |
| MASTER 1 M (49) | 728 | GUTIÉRREZ PRIETO, FERNANDO | | 00:42:42 (310) | +9:28 | 4:16 | 42:30 | 21:36 (46) | M (296) |
| MASTER 1 M (50) | 770 | VILLAR MARTINEZ, PAULINO | CMD VERTICE | 00:42:45 (312) | +9:31 | 4:16 | 42:20 | 22:17 (53) | M (298) |
| MASTER 1 M (51) | 1473 | CABANAS SANCHEZ, FRANCISCO | NOSPORTLIMIT | 00:42:53 (317) | +9:39 | 4:17 | 42:18 | 22:07 (52) | M (302) |
| MASTER 1 M (52) | 47 | VILA PORTO, YONATAN | RUNNERS PONTAKAS VIGO | 00:42:56 (319) | +9:42 | 4:17 | 42:43 | 21:44 (48) | M (304) |
| MASTER 1 M (53) | 815 | BARGO PEREZ, JOSÉ MANUEL | CLUB ATLETISMO LOUSAME | 00:43:26 (333) | +10:12 | 4:20 | 43:15 | 21:07 (39) | M (315) |
| MASTER 1 M (54) | 555 | FERNÁNDEZ VIDAL, PORFIRIO | CLUB ATLETISMO CAMBADOS | 00:43:47 (344) | +10:33 | 4:22 | 43:34 | 22:17 (54) | M (325) |
| MASTER 1 M (55) | 65 | SOLIS POSE, IVAN | SD COMPOSTELA ATLETISMO | 00:43:49 (345) | +10:35 | 4:22 | 43:40 | 21:45 (49) | M (326) |
| MASTER 1 M (56) | 809 | POSE PEREZ, JALI | | 00:44:08 (365) | +10:54 | 4:24 | 43:43 | 23:06 (61) | M (344) |
| MASTER 1 M (57) | 1382 | SANTOS ALONSO, JOSÉ | | 00:44:36 (386) | +11:22 | 4:27 | 43:53 | 23:12 (62) | M (361) |
| MASTER 1 M (58) | 498 | TEIJEIRO ENRIQUE, MARTIN | | 00:44:41 (392) | +11:27 | 4:28 | 44:22 | 22:36 (57) | M (366) |
| MASTER 1 M (59) | 431 | ABEIJÓN ROMERO, PABLO | | 00:44:52 (403) | +11:38 | 4:29 | 44:41 | 22:28 (55) | M (377) |
| MASTER 1 M (60) | 447 | MARTÍNEZ SAYAR, MANUEL | MORAÑA EN RUTA | 00:45:08 (414) | +11:54 | 4:30 | 44:51 | 22:56 (58) | M (387) |
| MASTER 1 M (61) | 818 | LESTAYO GARCIA, ALAIN | | 00:45:14 (417) | +12:00 | 4:31 | 44:57 | 23:06 (60) | M (390) |
| MASTER 1 M (62) | 801 | EIRIS ALVAREZ, DIEGO | | 00:45:15 (418) | +12:01 | 4:31 | 44:55 | 23:04 (59) | M (391) |
| MASTER 1 M (63) | 694 | BIELSA GARCÍA, RAFAEL | | 00:45:16 (419) | +12:02 | 4:31 | 44:39 | 23:21 (63) | M (392) |
| MASTER 1 M (64) | 730 | VILLAR FERNÁNDEZ, ADRIÁN CARLOS | | 00:46:14 (460) | +13:00 | 4:37 | 45:46 | 23:51 (66) | M (428) |
| MASTER 1 M (65) | 642 | GOYANES SOUTO, ADRIÁN | CLUB ATLETISMO TAMBRE | 00:46:15 (461) | +13:01 | 4:37 | 45:47 | 23:49 (65) | M (429) |
| MASTER 1 M (66) | 1053 | BARÓ ANDIÓN, MARC | | 00:46:18 (465) | +13:04 | 4:37 | 46:05 | 23:52 (67) | M (433) |
| MASTER 1 M (67) | 1032 | LÓPEZ VILLARMEA, XOSÉ | CDM VERTICE | 00:46:18 (466) | +13:04 | 4:37 | 45:52 | 24:47 (75) | M (434) |
| MASTER 1 M (68) | 1380 | PAZ AYASO, JUAN MANUEL | | 00:46:19 (467) | +13:05 | 4:37 | 45:30 | 24:55 (77) | M (435) |
| MASTER 1 M (69) | 495 | NOVOA MARTIN, DANIEL | | 00:46:28 (478) | +13:14 | 4:38 | 46:12 | 23:41 (64) | M (443) |
| MASTER 1 M (70) | 26 | MIGUEL CALVO, ALFREDO | ASTURPRO | 00:46:47 (496) | +13:33 | 4:40 | 45:30 | 26:21 (91) | M (459) |
| MASTER 1 M (71) | 1142 | CRESPO GARCÍA, CRISTIAN JESÚS | | 00:46:55 (505) | +13:41 | 4:41 | 46:23 | 24:37 (74) | M (468) |
| MASTER 1 M (72) | 485 | RODRIGUEZ BLANCO, IVAN | | 00:46:59 (508) | +13:45 | 4:41 | 46:34 | 24:13 (69) | M (471) |
| MASTER 1 M (73) | 1234 | GONZÁLEZ VIDAL, DAVID | | 00:47:21 (526) | +14:07 | 4:44 | 46:40 | 24:02 (68) | M (484) |
| MASTER 1 M (74) | 810 | VILA SARANDESES, JUAN | ESPRINTES OURENSE | 00:47:30 (533) | +14:16 | 4:44 | 47:00 | 24:23 (71) | M (490) |
| MASTER 1 M (75) | 510 | LÓPEZ SANMARTÍN, SERGIO | BRUTANZOS TEAM | 00:47:59 (556) | +14:45 | 4:47 | 47:19 | 25:17 (79) | M (509) |
| MASTER 1 M (76) | 707 | PAZ NOVO, MANUEL | | 00:48:11 (568) | +14:57 | 4:49 | 47:48 | 24:55 (78) | M (519) |
| MASTER 1 M (77) | 919 | GOMEZ PARRADO, ALEJANDRO | | 00:48:47 (614) | +15:33 | 4:52 | 48:07 | 25:30 (82) | M (550) |
| MASTER 1 M (78) | 544 | TATO MANEIRO, RAÚL | AMEIXIDA | 00:49:01 (627) | +15:47 | 4:54 | 48:42 | 25:32 (83) | M (560) |
| MASTER 1 M (79) | 917 | SESTAYO BALSÁ, MANUEL | | 00:49:08 (634) | +15:54 | 4:54 | 48:19 | 26:11 (88) | M (565) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|-----------------------------------|-------------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 1 M (80) | 992 | BLANCO TASENDE, DAVID | | 00:49:32 (651) | +16:18 | 4:57 | 48:53 | 24:34 (73) | M (577) |
| MASTER 1 M (81) | 1433 | FIUZA DEL RIO, ALFREDO | SERRES RUNNERS | 00:49:46 (660) | +16:32 | 4:58 | 48:55 | 26:56 (103) | M (583) |
| MASTER 1 M (82) | 937 | BELLO BELLO, IAGO | | 00:49:57 (667) | +16:43 | 4:59 | 49:22 | 26:03 (87) | M (588) |
| MASTER 1 M (83) | 1644 | GONZALEZ LAMAS, ALEJANDRO | | 00:50:08 (677) | +16:54 | 5:00 | 49:27 | 26:43 (97) | M (597) |
| MASTER 1 M (84) | 790 | MARIÑO PEREIRAS, RAÚL | NOITEBRA FC | 00:50:11 (683) | +16:57 | 5:01 | 49:50 | 24:49 (76) | M (602) |
| MASTER 1 M (85) | 1505 | GARCIA CODESIDO, MIGUEL | CLUBE ATLETISMO ARZUA | 00:50:14 (685) | +17:00 | 5:01 | 49:23 | 26:16 (89) | M (604) |
| MASTER 1 M (86) | 1182 | GÓMEZ LORENO, ADRIÁN FRANCISCO | | 00:50:22 (693) | +17:08 | 5:02 | 49:29 | 26:43 (98) | M (611) |
| MASTER 1 M (87) | 41 | MÍGUEZ VÁZQUEZ, RUBÉN | | 00:50:22 (695) | +17:08 | 5:02 | 49:34 | 26:27 (94) | M (612) |
| MASTER 1 M (88) | 1548 | VARELA ÁLVAREZ, XACOB | | 00:50:27 (697) | +17:13 | 5:02 | 49:34 | 26:20 (90) | M (614) |
| MASTER 1 M (89) | 597 | TEIRA OTERO, LUÍS MANUEL | PRÓLOGO! PROJECT | 00:50:29 (699) | +17:15 | 5:02 | 50:13 | 25:18 (80) | M (616) |
| MASTER 1 M (90) | 1089 | ROIG VÁZQUEZ, IGNACIO | | 00:50:31 (701) | +17:17 | 5:03 | 49:21 | 26:44 (101) | M (617) |
| MASTER 1 M (91) | 781 | OLVEIRA SUÁREZ, JUAN JESÚS | SAUDE SPORT | 00:50:34 (705) | +17:20 | 5:03 | 50:08 | 25:44 (85) | M (619) |
| MASTER 1 M (92) | 1316 | VARELA PAZOS, ADRIAN | SERRES RUNNERS | 00:50:36 (707) | +17:22 | 5:03 | 50:10 | 25:58 (86) | M (621) |
| MASTER 1 M (93) | 1219 | RIOS, MIGUEL | | 00:50:42 (712) | +17:28 | 5:04 | 49:54 | 26:26 (93) | M (624) |
| MASTER 1 M (94) | 723 | VIDAL RODRÍGUEZ, JOSÉ | AMEIXIDA | 00:50:53 (725) | +17:39 | 5:05 | 50:34 | 25:32 (84) | M (633) |
| MASTER 1 M (95) | 1399 | MARTINEZ MARIÑO, JOSE ANTONIO | | 00:51:03 (734) | +17:49 | 5:06 | 50:13 | 27:15 (107) | M (641) |
| MASTER 1 M (96) | 952 | PRIEGUE CHAO, PABLO | | 00:51:06 (740) | +17:52 | 5:06 | 50:32 | 28:59 (121) | M (647) |
| MASTER 1 M (97) | 1590 | CASTRO VAZQUEZ, JAVIER | | 00:51:09 (746) | +17:55 | 5:06 | 50:43 | 26:25 (92) | M (651) |
| MASTER 1 M (98) | 1233 | CASTRO ROMERO, GABRIEL | | 00:51:11 (749) | +17:57 | 5:07 | 50:43 | 24:25 (72) | M (654) |
| MASTER 1 M (99) | 517 | LESTON, MARTIN | | 00:51:15 (750) | +18:01 | 5:07 | 51:03 | 25:24 (81) | M (655) |
| MASTER 1 M (100) | 1543 | LOJO ALONSO, DAVID | | 00:51:19 (753) | +18:05 | 5:07 | 50:26 | 26:37 (96) | M (658) |
| MASTER 1 M (101) | 1064 | BLANCO, OSCAR | DUBRA TEAM | 00:51:35 (762) | +18:21 | 5:09 | 50:56 | 26:59 (104) | M (665) |
| MASTER 1 M (102) | 1299 | SANTAMARIA OLIVEIRA, JUAN ANTONIO | | 00:51:36 (764) | +18:22 | 5:09 | 50:44 | 27:53 (112) | M (667) |
| MASTER 1 M (103) | 802 | ROO MAROÑAS, PABLO | CAL | 00:52:04 (783) | +18:50 | 5:12 | 51:32 | 26:43 (99) | M (681) |
| MASTER 1 M (104) | 1604 | LORENZO VILOUTA, MARTÍN | | 00:52:16 (790) | +19:02 | 5:13 | 51:11 | 26:44 (100) | M (684) |
| MASTER 1 M (105) | 1085 | MARTINEZ BARCA, JORGE | | 00:52:19 (793) | +19:05 | 5:13 | 52:18 | 28:40 (119) | M (686) |
| MASTER 1 M (106) | 1300 | GIL MARIÑO, JAVIER AUGUSTO | | 00:52:45 (814) | +19:31 | 5:16 | 51:46 | 27:38 (109) | M (702) |
| MASTER 1 M (107) | 669 | CANCELO ALFONSO, JUAN JOSE | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:52:46 (815) | +19:32 | 5:16 | 51:53 | 28:30 (117) | M (703) |
| MASTER 1 M (108) | 705 | GARCIA LIAS, CRISTIAN | | 00:52:49 (817) | +19:35 | 5:16 | 52:13 | 26:30 (95) | M (705) |
| MASTER 1 M (109) | 1532 | TANOIRA CARBALLO, PEDRO | | 00:52:55 (822) | +19:41 | 5:17 | 52:06 | 27:31 (108) | M (709) |
| MASTER 1 M (110) | 1478 | QUILES NOGUÉS, RUBÉN | | 00:52:57 (823) | +19:43 | 5:17 | 51:50 | 28:10 (115) | M (710) |
| MASTER 1 M (111) | 1585 | ESTEVEZ SERANTES, JONATHAN | | 00:53:02 (828) | +19:48 | 5:18 | 51:50 | 27:39 (110) | M (713) |
| MASTER 1 M (112) | 1088 | SILVEIRA GARCIA, ALEJANDRO | | 00:53:04 (831) | +19:50 | 5:18 | 52:23 | 26:53 (102) | M (714) |
| MASTER 1 M (113) | 1036 | LÓPEZ TEMES, MANUEL | CORREXALLAS | 00:53:21 (840) | +20:07 | 5:20 | 52:21 | 28:21 (116) | M (721) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|--------------------------------------|-------------------------------------|------------------------|--------|------|---------|-------------|---------|
| MASTER 1 M (114) | 1095 | FERNANDEZ VAZQUEZ, FRANCISCO GABRIEL | | 00:54:10 (872) | +20:56 | 5:24 | 53:21 | 27:50 (111) | M (739) |
| MASTER 1 M (115) | 699 | BARRO SANCHEZ, IAGO | PEÑA LAR VIVEIRO | 00:54:23 (880) | +21:09 | 5:26 | 53:47 | 28:01 (113) | M (743) |
| MASTER 1 M (116) | 1633 | ROMERO CALO, VICTOR | | 00:54:27 (884) | +21:13 | 5:26 | 53:58 | 27:13 (105) | M (745) |
| MASTER 1 M (117) | 1542 | CREO SANCHEZ, JOSÉ MANUEL | | 00:54:45 (894) | +21:31 | 5:28 | 54:04 | 24:18 (70) | M (752) |
| MASTER 1 M (118) | 1385 | MOSQUERA VILLAVERDE, VALENTÍN | CDM XESTEIRAS | 00:55:01 (912) | +21:47 | 5:30 | 54:10 | 28:09 (114) | M (765) |
| MASTER 1 M (119) | 1326 | TABOADA PÉREZ, JOSE | | 00:55:02 (913) | +21:48 | 5:30 | 54:00 | 30:00 (124) | M (766) |
| MASTER 1 M (120) | 1093 | DEL RIO MACEIRA, ALEJANDRO | | 00:55:18 (925) | +22:04 | 5:31 | 54:31 | 28:50 (120) | M (775) |
| MASTER 1 M (121) | 1595 | PINTOS VILLAR, JACOBO | | 00:55:43 (936) | +22:29 | 5:34 | 54:39 | 27:14 (106) | M (782) |
| MASTER 1 M (122) | 1647 | RODRÍGUEZ GONZÁLEZ, PABLO | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 00:56:08 (953) | +22:54 | 5:36 | 55:09 | 28:33 (118) | M (792) |
| MASTER 1 M (123) | 1410 | GONZÁLEZ PRIETO, MANUEL | | 00:56:24 (964) | +23:10 | 5:38 | 55:51 | 29:50 (123) | M (797) |
| MASTER 1 M (124) | 1348 | PENA LIJÓ, ÁLVARO | | 00:57:47 (1036) | +24:33 | 5:46 | 57:23 | 29:17 (122) | M (843) |
| MASTER 1 M (125) | 901 | VERDALLES GUZMÁN, LUIS | | 00:57:55 (1040) | +24:41 | 5:47 | 56:57 | 30:19 (126) | M (846) |
| MASTER 1 M (126) | 1340 | BOUZAS COBOS, BORJA | | 00:57:56 (1041) | +24:42 | 5:47 | 56:57 | 30:18 (125) | M (847) |
| MASTER 1 M (127) | 1366 | NÚÑEZ LÓPEZ, ALEJANDRO | | 00:58:08 (1057) | +24:54 | 5:48 | 57:05 | 31:07 (131) | M (856) |
| MASTER 1 M (128) | 439 | CANGAS COSTA, BRAIS | TRASDEZA TRAIL & RUN | 00:58:37 (1069) | +25:23 | 5:51 | 57:26 | 30:44 (129) | M (863) |
| MASTER 1 M (129) | 1075 | FERREIRO CARBALLEIRA, DANIEL | | 00:58:43 (1075) | +25:29 | 5:52 | 57:34 | 30:31 (128) | M (866) |
| MASTER 1 M (130) | 1517 | CABRERA CRESPO, ESTEFANO ELIAS | | 00:58:48 (1077) | +25:34 | 5:52 | 58:07 | 30:30 (127) | M (867) |
| MASTER 1 M (131) | 1012 | RIVAS ASOREY, VÍCTOR RAMÓN | | 00:58:52 (1082) | +25:38 | 5:53 | 57:46 | 30:45 (130) | M (869) |
| MASTER 1 M (132) | 1613 | PEDROSA PEDROSA, VICTORINO | | 01:00:47 (1141) | +27:33 | 6:04 | 59:39 | 31:24 (132) | M (891) |
| MASTER 1 M (133) | 1476 | AGUADO LAGO, PABLO | | 01:00:47 (1143) | +27:33 | 6:04 | 59:43 | 31:38 (133) | M (892) |
| MASTER 1 M (134) | 1259 | NÚÑEZ SANTIAGO, ÁLVARO | | 01:01:50 (1175) | +28:36 | 6:10 | 1:00:43 | 31:48 (134) | M (906) |
| MASTER 1 M (135) | 1453 | BELLO BUGALLO, NICOLÁS | SAUDE SPORT BARBANZA | 01:02:07 (1181) | +28:53 | 6:12 | 1:02:06 | (-1) | M (909) |
| MASTER 1 M (136) | 1372 | SERANS QUEIRUGA, JUAN JOSE | | 01:02:59 (1197) | +29:45 | 6:17 | 1:02:22 | 32:22 (135) | M (917) |
| MASTER 1 M (137) | 1554 | PINTOS RUIZ, JORGE | | 01:06:28 (1258) | +33:14 | 6:38 | 1:05:59 | 32:49 (136) | M (943) |
| MASTER 1 M (138) | 1010 | NÚÑEZ VARELA, GONZALO | | 01:11:30 (1284) | +38:16 | 7:08 | 1:11:29 | (-1) | M (951) |
| MASTER 1 M (139) | 3009 | LOPEZ FERNANDEZ, ANGEL | ENKI | 01:19:41 (1300) | +46:27 | 7:58 | 1:19:40 | 37:07 (137) | M (960) |

MASTER 2

FEMENINO

| | | | | | | | | | |
|----------------|-----|------------------------------|-------------------------|-----------------------|-------|------|-------|-----------|--------|
| MASTER 2 F (1) | 132 | MC DERMOT, DEIRDRE | DUBLIN CITY HARRIERS | 00:37:33 (99) | -- | 3:45 | 37:31 | 19:10 (1) | F (4) |
| MASTER 2 F (2) | 430 | RIBEIRO DIAS, MARIA CRISTINA | | 00:42:20 (291) | +4:47 | 4:13 | 42:03 | 21:59 (5) | F (12) |
| MASTER 2 F (3) | 243 | BLANCO REY, VANESA | CLUB ATLETISMO NOIA | 00:42:28 (302) | +4:55 | 4:14 | 42:19 | 21:43 (3) | F (14) |
| MASTER 2 F (4) | 454 | RAMOS LEIS, ANDREIA | ATLETISMO FONTES DO SAR | 00:43:05 (327) | +5:32 | 4:18 | 42:47 | 21:56 (4) | F (18) |
| MASTER 2 F (5) | 229 | LORENZO FIGUEIRAS, LORENA | | 00:45:35 (434) | +8:02 | 4:33 | 45:25 | 23:13 (6) | F (30) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|-----------------------------------|------------------------------------|----------------|--------|------|-------|------------|---------|
| MASTER 2 F (6) | 1052 | GONZÁLEZ RODRÍGUEZ, MARÍA | | 00:46:23 (469) | +8:50 | 4:38 | 45:46 | 24:17 (13) | F (33) |
| MASTER 2 F (7) | 504 | FEIJOÓ SÁNCHEZ, SUSANA | ATLETAS DE ACEA DE AMA | 00:46:28 (477) | +8:55 | 4:38 | 46:11 | 23:42 (9) | F (35) |
| MASTER 2 F (8) | 475 | DIESTE, TERE | TRAILEROS TOXOS & BIRRAS | 00:46:32 (483) | +8:59 | 4:39 | 46:21 | 23:20 (7) | F (36) |
| MASTER 2 F (9) | 1393 | MARTÍNEZ MARTÍNEZ, ANA | SERRES RUNNERS | 00:47:03 (514) | +9:30 | 4:42 | 46:39 | 24:32 (14) | F (38) |
| MASTER 2 F (10) | 735 | MARIÑO PAZ, LUCIA | | 00:47:18 (523) | +9:45 | 4:43 | 46:59 | 23:35 (8) | F (41) |
| MASTER 2 F (11) | 744 | DAVILA IBÁÑEZ, ANA BELÉN | | 00:47:19 (524) | +9:46 | 4:43 | 47:08 | 23:53 (11) | F (42) |
| MASTER 2 F (12) | 537 | BAZARRA CAROU, RAQUEL | | 00:47:45 (546) | +10:12 | 4:46 | 46:57 | 24:50 (16) | F (46) |
| MASTER 2 F (13) | 734 | FIGUEIRA DOMÍNGUEZ, LETICIA | BRUTANZOS TEAM | 00:48:10 (564) | +10:37 | 4:48 | 47:30 | 25:19 (19) | F (48) |
| MASTER 2 F (14) | 737 | CAAMAÑO PÉREZ, VANESA | TERRA DE SONEIRA C.D. | 00:48:14 (575) | +10:41 | 4:49 | 47:17 | 25:40 (21) | F (51) |
| MASTER 2 F (15) | 1387 | MATOSIAN CARRERA, MARÍA ALEJANDRA | SD BARBANTIA RODA | 00:48:24 (583) | +10:51 | 4:50 | 48:04 | 24:33 (15) | F (53) |
| MASTER 2 F (16) | 780 | LOPEZ RODRIGUEZ, ANA | CLUB ATLETISMO TUI | 00:48:25 (585) | +10:52 | 4:50 | 48:07 | 23:48 (10) | F (55) |
| MASTER 2 F (17) | 1498 | FORMOSO NOCEDA, TINA | TRIBU TRAIL | 00:48:40 (606) | +11:07 | 4:51 | 48:19 | 24:12 (12) | F (63) |
| MASTER 2 F (18) | 720 | SAMBADE LESTÓN, LORETO | TRIKI TEAM | 00:48:45 (613) | +11:12 | 4:52 | 48:22 | 24:59 (17) | F (64) |
| MASTER 2 F (19) | 1098 | MEDAL RENDAL, DIANA | CLUBE DEPORTIVO ARZÚA | 00:50:20 (692) | +12:47 | 5:01 | 49:49 | 25:45 (22) | F (82) |
| MASTER 2 F (20) | 534 | SANTOS LAMPON, LUPE | FLOW PILATES & TRAINING | 00:50:30 (700) | +12:57 | 5:02 | 50:15 | 25:39 (20) | F (84) |
| MASTER 2 F (21) | 1228 | MUÑIZ POSE, SANDRA | | 00:50:34 (704) | +13:01 | 5:03 | 49:29 | 26:47 (27) | F (86) |
| MASTER 2 F (22) | 788 | PORTO GARCÍA, NOE | TRAILEROS TOXOS & BIRRAS | 00:50:45 (714) | +13:12 | 5:04 | 50:23 | 25:13 (18) | F (89) |
| MASTER 2 F (23) | 529 | TOBÍO DÓNEGA, MARÍA LUISA | | 00:50:46 (715) | +13:13 | 5:04 | 50:25 | 25:53 (23) | F (90) |
| MASTER 2 F (24) | 947 | AGRELO COUSELO, MARÍA | ATLETISMO +9 MORAÑA | 00:52:00 (780) | +14:27 | 5:11 | 51:46 | 26:04 (25) | F (102) |
| MASTER 2 F (25) | 1232 | MOLEDO GONZÁLEZ, YOLANDA | ASOCIACIÓN DEPORTIVA OLIMPIA | 00:52:06 (785) | +14:33 | 5:12 | 51:27 | 27:47 (36) | F (103) |
| MASTER 2 F (26) | 506 | NIETO PAZOS, SUSY | | 00:52:08 (787) | +14:35 | 5:12 | 52:03 | 26:29 (26) | F (104) |
| MASTER 2 F (27) | 956 | CARA ES VILA, NOA | SOCIEDADE DEPORTIVA BARBANTIA RODA | 00:52:21 (796) | +14:48 | 5:14 | 52:01 | 26:02 (24) | F (109) |
| MASTER 2 F (28) | 916 | PAZOS TOBA, ROCIO | | 00:52:30 (802) | +14:57 | 5:14 | 51:48 | 27:20 (30) | F (110) |
| MASTER 2 F (29) | 512 | ROMERO ONS, LUCIA | CLUB ATLETISMO LOUSAME | 00:53:02 (827) | +15:29 | 5:18 | 52:36 | 27:07 (28) | F (115) |
| MASTER 2 F (30) | 933 | LEÓN VIÑAS, ANGELES | CLUB ATLETISMO NOIA | 00:53:04 (830) | +15:31 | 5:18 | 52:19 | 27:30 (33) | F (117) |
| MASTER 2 F (31) | 1114 | CONDE SUÁREZ, PLACERES | CLUB ATLETISMO O PINO | 00:53:37 (852) | +16:04 | 5:21 | 53:08 | 27:09 (29) | F (125) |
| MASTER 2 F (32) | 1148 | VIA, TAMARA | ATLETISMO FONTES DO SAR | 00:53:39 (854) | +16:06 | 5:21 | 53:05 | 27:29 (32) | F (126) |
| MASTER 2 F (33) | 1111 | VARELA VARELA, SABELA | CORRIDA DAS CABRAS | 00:54:14 (874) | +16:41 | 5:25 | 53:34 | 27:42 (34) | F (134) |
| MASTER 2 F (34) | 1550 | CAMPOS EIRÍN, MERCEDES | ATLETISMO +9 MORAÑA | 00:54:39 (891) | +17:06 | 5:27 | 54:26 | 27:23 (31) | F (140) |
| MASTER 2 F (35) | 1323 | MARTÍNEZ PARCERO, VERÓNICA | CLUB ATLETISMO O PINO | 00:54:58 (908) | +17:25 | 5:29 | 54:33 | 27:46 (35) | F (146) |
| MASTER 2 F (36) | 1092 | LAREO RODRÍGUEZ, RAQUEL | | 00:55:10 (916) | +17:37 | 5:30 | 54:09 | 29:19 (43) | F (148) |
| MASTER 2 F (37) | 1500 | CÓRDOBA OTERO, MARÍA | | 00:55:20 (926) | +17:47 | 5:31 | 54:06 | 29:49 (50) | F (151) |
| MASTER 2 F (38) | 935 | SANMARTÍN RODRÍGUEZ, NOEMI | CLUB ATLETISMO O PINO | 00:55:55 (942) | +18:22 | 5:35 | 54:57 | 29:41 (46) | F (156) |
| MASTER 2 F (39) | 1577 | REY TUBIO, BEA | FLOW PILATES & TRAINING | 00:56:05 (948) | +18:32 | 5:36 | 55:03 | 29:26 (44) | F (160) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|---|--------------------------|-----------------|--------|------|---------|------------|---------|
| MASTER 2 F (40) | 979 | OTERO FERNÁNDEZ, INMA | BRUTANZOS | 00:56:16 (958) | +18:43 | 5:37 | 55:33 | 29:09 (40) | F (163) |
| MASTER 2 F (41) | 841 | MEJUTO SOTO, MAYTE | BRUTANZOS | 00:56:22 (963) | +18:49 | 5:38 | 55:47 | 28:31 (38) | F (167) |
| MASTER 2 F (42) | 1623 | FERREIRO SESAR, LORENA | BRUTANZOS | 00:56:29 (970) | +18:56 | 5:38 | 55:26 | 28:23 (37) | F (170) |
| MASTER 2 F (43) | 1553 | BARREIRO FABREGAS, ISABEL | BRUTANZOS | 00:56:48 (986) | +19:15 | 5:40 | 55:43 | 29:46 (47) | F (174) |
| MASTER 2 F (44) | 1120 | ALVAREZ BECERRA, SUSANA | BRUTANZOS | 00:56:52 (987) | +19:19 | 5:41 | 55:53 | 30:06 (54) | F (175) |
| MASTER 2 F (45) | 924 | CALO VAZQUEZ, ROSA | BRUTANZOS | 00:56:56 (998) | +19:23 | 5:41 | 56:12 | 28:53 (39) | F (179) |
| MASTER 2 F (46) | 1157 | GARCÍA CASTELO, MARÍA | CLUB ATLETISMO LOUSAME | 00:56:57 (1001) | +19:24 | 5:41 | 55:52 | 29:48 (49) | F (181) |
| MASTER 2 F (47) | 499 | DURO LIÑARES, OLALLA | PONTE TRAIL | 00:56:58 (1002) | +19:25 | 5:41 | 55:53 | 29:48 (48) | F (182) |
| MASTER 2 F (48) | 1129 | PARRALES FARIAS, YAJAIRA | PONTE TRAIL | 00:57:27 (1026) | +19:54 | 5:44 | 56:45 | 29:12 (42) | F (192) |
| MASTER 2 F (49) | 1130 | TELLA REY, BELEN | PONTE TRAIL | 00:57:27 (1027) | +19:54 | 5:44 | 56:45 | 29:12 (41) | F (193) |
| MASTER 2 F (50) | 1218 | HUERTA, ÁNGELES | PONTE TRAIL | 00:57:57 (1044) | +20:24 | 5:47 | 57:25 | 29:33 (45) | F (196) |
| MASTER 2 F (51) | 1265 | PIÑEIRO IGLESIAS, MARIA ISABEL | PONTE TRAIL | 00:58:01 (1046) | +20:28 | 5:48 | 56:52 | 31:04 (60) | F (197) |
| MASTER 2 F (52) | 960 | FERNÁNDEZ PÉREZ, ALBA | PONTE TRAIL | 00:58:03 (1049) | +20:30 | 5:48 | 57:14 | 29:51 (51) | F (200) |
| MASTER 2 F (53) | 1118 | PEREZ GONZALEZ, BEATRIZ | PONTE TRAIL | 00:58:20 (1060) | +20:47 | 5:49 | 57:25 | 30:02 (52) | F (202) |
| MASTER 2 F (54) | 1173 | GONZÁLEZ SANJUÁN, IRIA | BRUTANZOS TEAM | 00:58:27 (1064) | +20:54 | 5:50 | 57:42 | 30:03 (53) | F (204) |
| MASTER 2 F (55) | 1294 | FERNÁNDEZ RODICIO, ALINA | BRUTANZOS TEAM | 00:58:48 (1076) | +21:15 | 5:52 | 58:06 | 30:29 (57) | F (210) |
| MASTER 2 F (56) | 1207 | IGLESIAS GOMEZ, TAMARA | BRUTANZOS TEAM | 00:58:48 (1078) | +21:15 | 5:52 | 58:07 | 30:31 (58) | F (211) |
| MASTER 2 F (57) | 1172 | SEÑORANS TOURIÑO, BEATRIZ | BRUTANZOS TEAM | 00:58:57 (1089) | +21:24 | 5:53 | 57:41 | 30:28 (56) | F (219) |
| MASTER 2 F (58) | 1459 | GOMEZ OTERO, PILAR | SD COMPOSTELA ATLETISMO | 00:59:21 (1105) | +21:48 | 5:56 | 58:28 | 30:50 (59) | F (232) |
| MASTER 2 F (59) | 1565 | ACEÑA MATARRANZ, SARA | SD COMPOSTELA ATLETISMO | 00:59:21 (1106) | +21:48 | 5:56 | 58:17 | 31:15 (61) | F (233) |
| MASTER 2 F (60) | 1469 | TORRADO ARES, DORES | SD BARBANTIA RODA | 00:59:44 (1118) | +22:11 | 5:58 | 58:48 | 30:10 (55) | F (239) |
| MASTER 2 F (61) | 1402 | MAROÑAS ALLO, MARÍA | SD COMPOSTELA ATLETISMO | 01:00:20 (1125) | +22:47 | 6:01 | 59:26 | 31:47 (68) | F (243) |
| MASTER 2 F (62) | 1004 | GONZÁLEZ GARCÍA, CAROLINA | CLUB ATLETISMO SAR | 01:00:32 (1134) | +22:59 | 6:03 | 59:26 | 31:37 (65) | F (247) |
| MASTER 2 F (63) | 988 | BLANCO CES, ANA MARÍA | CLUB ATLETISMO SAR | 01:00:49 (1147) | +23:16 | 6:04 | 59:40 | 31:24 (62) | F (253) |
| MASTER 2 F (64) | 1285 | FERNANDEZ DE CORDOBA ALONSO, INÉS MARÍA | SINSON | 01:01:09 (1152) | +23:36 | 6:06 | 59:59 | 31:55 (69) | F (257) |
| MASTER 2 F (65) | 1418 | SOLA ANANÍN, BELÉN | SINSON | 01:01:22 (1159) | +23:49 | 6:08 | 1:00:08 | 31:38 (66) | F (261) |
| MASTER 2 F (66) | 1680 | NIETO GARCÍA, OLAIA | SINSON | 01:01:24 (1164) | +23:51 | 6:08 | 1:00:12 | 31:56 (70) | F (263) |
| MASTER 2 F (67) | 981 | COSTOYA, ANDREA | CLUBE ATLETISMO BOIMORTO | 01:01:42 (1166) | +24:09 | 6:10 | 1:00:48 | 31:34 (64) | F (264) |
| MASTER 2 F (68) | 1452 | CALVEIRO HERMO, MARTA | CLUBE ATLETISMO BOIMORTO | 01:01:54 (1177) | +24:21 | 6:11 | 1:01:04 | 31:40 (67) | F (271) |
| MASTER 2 F (69) | 1154 | CASTELO ALVITE, BELÉN | CLUBE ATLETISMO BOIMORTO | 01:02:43 (1190) | +25:10 | 6:16 | 1:01:53 | 31:57 (71) | F (278) |
| MASTER 2 F (70) | 1198 | BADA MOREIRA, SILVIA | ENTRENARUNNING | 01:03:02 (1198) | +25:29 | 6:18 | 1:02:01 | 32:03 (72) | F (281) |
| MASTER 2 F (71) | 685 | NEIRA ROZAS, VERÓNICA | ENTRENARUNNING | 01:03:11 (1201) | +25:38 | 6:19 | 1:02:05 | 32:36 (73) | F (283) |
| MASTER 2 F (72) | 1149 | DOVAL SANCHEZ, LUCÍA | ATLETICA ASILVA | 01:04:04 (1222) | +26:31 | 6:24 | 1:03:25 | 32:42 (74) | F (293) |
| MASTER 2 F (73) | 1524 | VAZQYEZ GONZALEZ, LUCIA | ATLETICA ASILVA | 01:04:16 (1223) | +26:43 | 6:25 | 1:04:01 | 31:33 (63) | F (294) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|----------------------------|----------------------------|-----------------|--------|------|---------|------------|---------|
| MASTER 2 F (74) | 1579 | GARCÍA QUEIRUGA, SANDRA | BAJANDODE40.COM | 01:04:24 (1226) | +26:51 | 6:26 | 1:03:05 | 32:55 (76) | F (295) |
| MASTER 2 F (75) | 1122 | RODRIGUEZ PEREIRO, LORENA | | 01:04:54 (1234) | +27:21 | 6:29 | 1:03:57 | 32:51 (75) | F (300) |
| MASTER 2 F (76) | 1230 | LÓPEZ TEMES, ROCÍO | CORREXALLAS | 01:05:00 (1235) | +27:27 | 6:29 | 1:04:03 | 33:18 (78) | F (301) |
| MASTER 2 F (77) | 1436 | NÚÑEZ CASTRO, MARÍA VANESA | | 01:05:08 (1237) | +27:35 | 6:30 | 1:04:25 | 33:00 (77) | F (302) |
| MASTER 2 F (78) | 1482 | ALONSO BOUZADA, EVA | | 01:05:24 (1243) | +27:51 | 6:32 | 1:04:24 | 34:26 (81) | F (306) |
| MASTER 2 F (79) | 1201 | RODRÍGUEZ SARMIENTO, LELE | ASOCIACIÓN BJ RUNNING TEAM | 01:07:18 (1271) | +29:45 | 6:43 | 1:06:16 | 34:38 (82) | F (324) |
| MASTER 2 F (80) | 1451 | MIYARES CES, MARÍA JOSÉ | | 01:07:24 (1273) | +29:51 | 6:44 | 1:06:38 | 33:30 (79) | F (326) |
| MASTER 2 F (81) | 1196 | CANAVERI, PATRICIA | FLOW PILATES & TRAINING | 01:11:41 (1285) | +34:08 | 7:10 | 1:10:37 | 35:38 (83) | F (334) |
| MASTER 2 F (82) | 1414 | GONZÁLEZ REY, BEGOÑA | | 01:12:07 (1289) | +34:34 | 7:12 | 1:11:35 | 34:16 (80) | F (337) |
| MASTER 2 F (83) | 3006 | POSE SANTOS, MARIA JOSE | ENKI | 01:19:40 (1299) | +42:07 | 7:57 | 1:19:39 | 37:12 (84) | F (340) |

MASCULINO

| | | | | | | | | | |
|-----------------|------|--------------------------------|--------------------------------|---------------|-------|------|-------|------------|--------|
| MASTER 2 M (1) | 85 | FERNÁNDEZ SOENGAS, JESÚS | CLUB DEPORTIVO DELIKIA | 00:33:29 (15) | -- | 3:20 | 33:28 | 17:05 (1) | M (15) |
| MASTER 2 M (2) | 261 | MELLO, JACI | | 00:33:58 (22) | +29 | 3:23 | 33:56 | 17:09 (3) | M (21) |
| MASTER 2 M (3) | 90 | LIÑARES ARAN, RUBEN | | 00:33:58 (23) | +29 | 3:23 | 33:56 | 17:09 (2) | M (22) |
| MASTER 2 M (4) | 106 | FERNANDEZ LIJÓ, JUAN FRANCISCO | POR AMOR AL ARTE | 00:34:13 (27) | +44 | 3:25 | 34:11 | 17:20 (5) | M (26) |
| MASTER 2 M (5) | 93 | CREGO, XACOBO | TRIATLON INFORHOUSE SANTIAGO | 00:34:55 (34) | +1:26 | 3:29 | 34:53 | 17:12 (4) | M (32) |
| MASTER 2 M (6) | 259 | AGRELO GÓMEZ, ROBERTO C. | CLUB ATLETISMO SAR | 00:35:02 (36) | +1:33 | 3:30 | 35:00 | 17:36 (6) | M (34) |
| MASTER 2 M (7) | 249 | CAAMAÑO NIETO, AVELINO | PONTE TRAIL | 00:35:40 (41) | +2:11 | 3:33 | 35:36 | 17:57 (7) | M (39) |
| MASTER 2 M (8) | 1445 | GOMEZ RIOS, JOSÉ ANTONIO | CLUB ATLETISMO SAR | 00:35:47 (46) | +2:18 | 3:34 | 35:41 | 18:30 (16) | M (44) |
| MASTER 2 M (9) | 119 | GONZÁLEZ REY, BONI | O JERREIRO CARNOTA | 00:35:56 (52) | +2:27 | 3:35 | 35:52 | 18:26 (13) | M (50) |
| MASTER 2 M (10) | 118 | GONZÁLEZ REY, JOSECHO | O JERREIRO CARNOTA | 00:36:01 (55) | +2:32 | 3:36 | 35:57 | 18:26 (14) | M (53) |
| MASTER 2 M (11) | 100 | FERNANDEZ GUZMAN, FRANCISCO | CLUB RUNNING SANTANDER GALICIA | 00:36:04 (56) | +2:35 | 3:36 | 36:00 | 18:30 (18) | M (54) |
| MASTER 2 M (12) | 10 | PÉREZ FERNÁNDEZ, FERNANDO | | 00:36:06 (58) | +2:37 | 3:36 | 36:03 | 18:04 (8) | M (56) |
| MASTER 2 M (13) | 21 | OTERO LÓPEZ DE REGO, JORGE | ATLETISMO FONTES DO SAR | 00:36:37 (65) | +3:08 | 3:39 | 36:30 | 18:26 (12) | M (63) |
| MASTER 2 M (14) | 1439 | LÓPEZ-RIOBOO SALINAS, LUIS | | 00:36:39 (67) | +3:10 | 3:39 | 36:31 | 18:47 (25) | M (65) |
| MASTER 2 M (15) | 29 | MANEIRO FREIRE, VICTOR | CDM VERTICE | 00:36:39 (69) | +3:10 | 3:39 | 36:36 | 18:20 (10) | M (67) |
| MASTER 2 M (16) | 1545 | LADO PÉREZ, MARCOS | CLUB ATLETISMO NOIA | 00:36:40 (70) | +3:11 | 3:39 | 36:34 | 18:30 (17) | M (68) |
| MASTER 2 M (17) | 123 | CALERO FERNANDEZ, JOSÉ MANUEL | CLUB ATLETISMO SAR | 00:36:42 (71) | +3:13 | 3:40 | 36:37 | 18:19 (9) | M (69) |
| MASTER 2 M (18) | 12 | MARIÑO RIAL, ALBERTO | SD COMPOSTELA ATLETISMO | 00:36:43 (72) | +3:14 | 3:40 | 36:39 | 18:51 (28) | M (70) |
| MASTER 2 M (19) | 176 | JOSE, JOSE | SD COMPOSTELA ATLETISMO | 00:36:43 (73) | +3:14 | 3:40 | 36:39 | 18:51 (29) | M (71) |
| MASTER 2 M (20) | 158 | RODRIGUEZ FERNANDEZ, XOSEMARIA | SD COMPOSTELA ATLETISMO | 00:36:44 (74) | +3:15 | 3:40 | 36:40 | 18:29 (15) | M (72) |
| MASTER 2 M (21) | 128 | GARCIA, JUAN | | 00:36:45 (75) | +3:16 | 3:40 | 36:42 | 18:40 (21) | M (73) |
| MASTER 2 M (22) | 115 | FRAGA DÍAZ, MANUEL | CLUB TRIATLON COMPOSTELA | 00:36:45 (76) | +3:16 | 3:40 | 36:42 | 18:40 (22) | M (74) |
| MASTER 2 M (23) | 138 | PEREIRA GUTIÉRREZ, EMILIO JOSÉ | TRIBU TRAIL | 00:36:53 (79) | +3:24 | 3:41 | 36:49 | 18:38 (19) | M (77) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|--------------------------------|-----------------------------------|-----------------------|-------|------|-------|------------|---------|
| MASTER 2 M (24) | 155 | DEVESA PEQUENO, IGNACIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:36:57 (81) | +3:28 | 3:41 | 36:54 | 18:21 (11) | M (79) |
| MASTER 2 M (25) | 156 | MARTÍNEZ MELLADO, DAVID | SD COMPOSTELA ATLETISMO | 00:37:04 (83) | +3:35 | 3:42 | 36:59 | 18:51 (30) | M (81) |
| MASTER 2 M (26) | 50 | CALVO ROO, PEDRO | CLUB ATLETISMO NOIA | 00:37:06 (85) | +3:37 | 3:42 | 37:00 | 18:51 (31) | M (83) |
| MASTER 2 M (27) | 207 | COSTA CASTRO, MANUEL | CLUB ATLETISMO TAMBRE | 00:37:08 (87) | +3:39 | 3:42 | 37:04 | 18:49 (27) | M (85) |
| MASTER 2 M (28) | 117 | MONTES SANCHEZ, CESAR | BRUTANZOS TEAM | 00:37:14 (90) | +3:45 | 3:43 | 37:11 | 18:42 (23) | M (87) |
| MASTER 2 M (29) | 49 | ROSENDE FUENTES, LUIS | CLUB ATLETISMO TAMBRE | 00:37:24 (93) | +3:55 | 3:44 | 37:21 | 18:39 (20) | M (90) |
| MASTER 2 M (30) | 553 | ÁLVAREZ OTERO, JOSÉ ANTONIO | | 00:37:26 (94) | +3:57 | 3:44 | 37:19 | 18:49 (26) | M (91) |
| MASTER 2 M (31) | 43 | BENITEZ SOMOZA, ISRAEL | EL CANARIO | 00:37:30 (97) | +4:01 | 3:44 | 37:28 | 19:10 (36) | M (94) |
| MASTER 2 M (32) | 1567 | FERNÁNDEZ MARTÍNEZ, FERNANDO | | 00:37:31 (98) | +4:02 | 3:45 | 37:28 | 19:13 (37) | M (95) |
| MASTER 2 M (33) | 125 | BUGALLO DEL PUERTO, XAQUIN | RUNNING OLEIROS | 00:37:37 (101) | +4:08 | 3:45 | 37:32 | 19:21 (45) | M (97) |
| MASTER 2 M (34) | 79 | MARCOTE, JOSÉ | | 00:37:39 (103) | +4:10 | 3:45 | 37:26 | 19:19 (42) | M (99) |
| MASTER 2 M (35) | 192 | SESA R SEGADE, FERNANDO | SD COMPOSTELA ATLETISMO | 00:37:40 (104) | +4:11 | 3:45 | 37:37 | 19:09 (35) | M (100) |
| MASTER 2 M (36) | 121 | REGUEIRA VEIGA, MIGUEL | RUNNING OLEIROS | 00:37:41 (105) | +4:12 | 3:46 | 37:36 | 19:21 (43) | M (101) |
| MASTER 2 M (37) | 191 | ZARAUZA BEIRAS, ALVARO | CLUBDEPORTIVOBRIONHYUPERSASANTIAG | 00:37:52 (111) | +4:23 | 3:47 | 37:48 | 19:08 (34) | M (107) |
| MASTER 2 M (38) | 133 | VÁZQUEZ MATO, JOSÉ MANUEL | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:37:57 (113) | +4:28 | 3:47 | 37:55 | 18:45 (24) | M (109) |
| MASTER 2 M (39) | 152 | QUERENTES SANTOS, JORGE | CLUB ATLETISMO NOIA | 00:38:01 (117) | +4:32 | 3:48 | 37:57 | 18:54 (32) | M (113) |
| MASTER 2 M (40) | 150 | SENDON RODRIGUEZ, JOSE DOMINGO | ATLETISMO FONTES DO SAR | 00:38:06 (119) | +4:37 | 3:48 | 37:59 | 19:21 (44) | M (115) |
| MASTER 2 M (41) | 120 | SEOANE AMOR, PABLO | BRUTANZOS TEAM | 00:38:09 (121) | +4:40 | 3:48 | 38:03 | 19:15 (38) | M (117) |
| MASTER 2 M (42) | 1502 | OVIEDO BOUZAS, FRAN | CLUB ATLETISMO NOIA | 00:38:09 (122) | +4:40 | 3:48 | 38:02 | 19:15 (39) | M (118) |
| MASTER 2 M (43) | 45 | GARCÍA ANTELO, JOSÉ MANUEL | | 00:38:16 (124) | +4:47 | 3:49 | 38:14 | 19:01 (33) | M (120) |
| MASTER 2 M (44) | 33 | PINO PORTO, EDUARDO | RUNNERS PONTAKAS VIGO | 00:38:21 (126) | +4:52 | 3:50 | 38:11 | 19:37 (51) | M (122) |
| MASTER 2 M (45) | 190 | AYASO ROMERO, JOSE LUIS | SANTA UXIA ATLETISMO | 00:38:26 (128) | +4:57 | 3:50 | 38:20 | 19:24 (46) | M (124) |
| MASTER 2 M (46) | 196 | MOURE ANDRADE, ALBERTO | | 00:38:29 (132) | +5:00 | 3:50 | 38:26 | 19:16 (40) | M (128) |
| MASTER 2 M (47) | 211 | VÁZQUEZ REIRIZ, LUIS | TRIBU TRAIL | 00:38:31 (135) | +5:02 | 3:51 | 38:21 | 19:30 (48) | M (131) |
| MASTER 2 M (48) | 224 | VÁZQUEZ FIGUEIRAS, JAVIER | | 00:38:33 (136) | +5:04 | 3:51 | 38:25 | 19:50 (55) | M (132) |
| MASTER 2 M (49) | 163 | PENAS GARCÍA, RUBÉN | CLUB ATLETISMO TAMBRE | 00:38:36 (140) | +5:07 | 3:51 | 38:31 | 19:18 (41) | M (136) |
| MASTER 2 M (50) | 169 | NOGUEIRA MIÑAN, SERGIO | | 00:38:41 (144) | +5:12 | 3:52 | 38:36 | 19:37 (50) | M (140) |
| MASTER 2 M (51) | 1658 | LOPEZ BALEIRON, EDGAR MANUEL | | 00:38:45 (145) | +5:16 | 3:52 | 38:41 | 19:39 (52) | M (141) |
| MASTER 2 M (52) | 181 | DOSIL RIVAS, JAVI | ATLETISMO FONTES DO SAR | 00:38:46 (146) | +5:17 | 3:52 | 38:39 | 19:49 (54) | M (142) |
| MASTER 2 M (53) | 183 | GARCIA GARCIA, OSCAR | CD PINARIUM | 00:38:48 (148) | +5:19 | 3:52 | 38:42 | 19:39 (53) | M (144) |
| MASTER 2 M (54) | 240 | TRIÑANES, JAVIER | SERRES RUNNERS | 00:38:50 (151) | +5:21 | 3:52 | 38:44 | 19:33 (49) | M (147) |
| MASTER 2 M (55) | 1685 | VÁZQUEZ SÁNCHEZ, PABLO | BRUTANZOS TEAM | 00:38:56 (157) | +5:27 | 3:53 | 38:50 | 19:52 (57) | M (152) |
| MASTER 2 M (56) | 73 | NÚÑEZ MUÑIZ, TONY | CERVECERIA O COTÓN NEGREIRA | 00:38:57 (158) | +5:28 | 3:53 | 38:50 | 19:56 (60) | M (153) |
| MASTER 2 M (57) | 1275 | CARREIRA RAMOS, SERGIO | | 00:39:02 (160) | +5:33 | 3:54 | 38:56 | 19:27 (47) | M (154) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|-----------------------------------|-------------------------------------|----------------|-------|------|-------|-------------|---------|
| MASTER 2 M (58) | 55 | AMADO, OSCAR | | 00:39:24 (171) | +5:55 | 3:56 | 39:16 | 19:51 (56) | M (163) |
| MASTER 2 M (59) | 206 | MALLO NIETO, JULIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:39:28 (173) | +5:59 | 3:56 | 39:20 | 20:19 (65) | M (165) |
| MASTER 2 M (60) | 147 | PARRADO LOUZAO, JAVIER | CERNE | 00:39:28 (174) | +5:59 | 3:56 | 39:23 | 19:55 (59) | M (166) |
| MASTER 2 M (61) | 627 | PANIAGUA FERNANDEZ, JOSÉ LUIS | ATLETISMO FONTES DO SAR | 00:39:29 (175) | +6:00 | 3:56 | 39:22 | 20:02 (62) | M (167) |
| MASTER 2 M (62) | 1571 | MAYO BALDERRABANO, JUAN | CLUB ATLETISMO NOIA | 00:39:34 (178) | +6:05 | 3:57 | 39:27 | 19:53 (58) | M (170) |
| MASTER 2 M (63) | 1619 | RODRIGUEZ MARTIN, ISAAC | ATLETAS DE ACEA DE AMA | 00:39:53 (187) | +6:24 | 3:59 | 39:40 | 20:11 (63) | M (179) |
| MASTER 2 M (64) | 184 | CUENCA GARCIA, FRANCISCO JOSE | CLUB ATLETISMO O PINO | 00:39:54 (190) | +6:25 | 3:59 | 39:49 | 20:02 (61) | M (182) |
| MASTER 2 M (65) | 214 | FERNANDEZ CASAL, MARCOS | CLUB ATLETISMO SAR | 00:40:15 (200) | +6:46 | 4:01 | 40:04 | 20:36 (73) | M (192) |
| MASTER 2 M (66) | 180 | PICÓN ESPÍÑO, ROBERTO | CLUB TRIATLON CERVECERIA O COTON | 00:40:25 (204) | +6:56 | 4:02 | 40:18 | 20:25 (68) | M (196) |
| MASTER 2 M (67) | 811 | LADO TORRES, JOSÉ CARLOS | INCOR AUTOVIDRIO | 00:40:26 (205) | +6:57 | 4:02 | 40:16 | 20:24 (67) | M (197) |
| MASTER 2 M (68) | 199 | CAMEAN CAMEAN, ROBERTO | INCOR AUTOVIDRIO | 00:40:32 (209) | +7:03 | 4:03 | 40:21 | 20:12 (64) | M (201) |
| MASTER 2 M (69) | 189 | RODRÍGUEZ FERNÁNDEZ, JESÚS | NOITEBRA FC | 00:40:36 (210) | +7:07 | 4:03 | 40:31 | 20:37 (76) | M (202) |
| MASTER 2 M (70) | 232 | QUINTELA VÁZQUEZ, SUSO | NOITEBRA FC | 00:40:36 (212) | +7:07 | 4:03 | 40:31 | 20:37 (77) | M (204) |
| MASTER 2 M (71) | 599 | LIJO CRUJEIRAS, ANDRES MANUEL | | 00:40:37 (213) | +7:08 | 4:03 | 40:17 | 21:12 (96) | M (205) |
| MASTER 2 M (72) | 146 | CASTIÑEIRAS PORTOS, MANUEL | SD COMPOSTELA ATLETISMO | 00:40:38 (214) | +7:09 | 4:03 | 40:29 | 20:49 (82) | M (206) |
| MASTER 2 M (73) | 1682 | HERMO VILLAR, PABLO | | 00:40:39 (215) | +7:10 | 4:03 | 40:32 | 20:29 (69) | M (207) |
| MASTER 2 M (74) | 198 | LAMAS PÉREZ, ALEJANDRO | ENTRENARUNNING | 00:40:39 (216) | +7:10 | 4:03 | 40:34 | 20:32 (70) | M (208) |
| MASTER 2 M (75) | 1404 | ARES RIAL, MIGUEL | | 00:40:40 (218) | +7:11 | 4:03 | 40:17 | 21:10 (95) | M (209) |
| MASTER 2 M (76) | 567 | DURAN ALVAREZ, HUGO | C.A. VETERANOS DE SAMIL | 00:40:41 (219) | +7:12 | 4:04 | 40:32 | 20:53 (83) | M (210) |
| MASTER 2 M (77) | 608 | NOYA ORDÓÑEZ, RAMÓN | | 00:40:48 (222) | +7:19 | 4:04 | 40:27 | 20:34 (71) | M (213) |
| MASTER 2 M (78) | 221 | COUSO GARCÍA, JESÚS | CLUB ATLETISMO NEGREIRA | 00:40:53 (224) | +7:24 | 4:05 | 40:45 | 20:35 (72) | M (215) |
| MASTER 2 M (79) | 220 | TRILLO CAAMAÑO, JUAN CARLOS | | 00:40:57 (226) | +7:28 | 4:05 | 40:48 | 20:37 (78) | M (217) |
| MASTER 2 M (80) | 213 | MIRANDA VIEITO, JOSE MANUEL | ATHLETICS FISIOTERAPIA SAN LÁZARO | 00:41:00 (227) | +7:31 | 4:05 | 40:55 | 20:20 (66) | M (218) |
| MASTER 2 M (81) | 231 | BUJÁN GONZÁLEZ, JOSÉ | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 00:41:02 (230) | +7:33 | 4:06 | 40:50 | 20:37 (75) | M (221) |
| MASTER 2 M (82) | 575 | CERQUEIRO BARREIRO, VICTOR MANUEL | | 00:41:04 (231) | +7:35 | 4:06 | 40:52 | 21:10 (94) | M (222) |
| MASTER 2 M (83) | 1512 | CORRAL LÓPEZ, ANTONIO | | 00:41:04 (232) | +7:35 | 4:06 | 40:51 | 21:09 (93) | M (223) |
| MASTER 2 M (84) | 840 | BARANGA ARES, PEDRO | | 00:41:10 (234) | +7:41 | 4:06 | 40:57 | 21:03 (84) | M (225) |
| MASTER 2 M (85) | 606 | LUCAS PÉREZ, LUCIANO | | 00:41:25 (246) | +7:56 | 4:08 | 41:09 | 21:18 (98) | M (236) |
| MASTER 2 M (86) | 405 | LUNA DOMINGUEZ, JUAN | TRIBU TRAIL | 00:41:28 (248) | +7:59 | 4:08 | 41:17 | 20:44 (80) | M (238) |
| MASTER 2 M (87) | 268 | PIÑEIRO LAMAS, RAMÓN | SD BARBANTIA RODA | 00:41:30 (249) | +8:01 | 4:08 | 41:26 | 20:49 (81) | M (239) |
| MASTER 2 M (88) | 24 | SEGADE SUAREZ, CANDIDO | | 00:41:33 (251) | +8:04 | 4:09 | 41:17 | 20:36 (74) | M (241) |
| MASTER 2 M (89) | 239 | CARBIA MENDEZ, JUAN LUIS | | 00:41:35 (252) | +8:06 | 4:09 | 41:24 | 21:09 (92) | M (242) |
| MASTER 2 M (90) | 143 | FERNANDEZ GOMEZ, RAIMUNDO | | 00:41:49 (261) | +8:20 | 4:10 | 41:44 | 20:42 (79) | M (251) |
| MASTER 2 M (91) | 37 | RODRÍGUEZ FERNANDEZ, MANUEL | KURAI | 00:41:51 (264) | +8:22 | 4:11 | 41:42 | 21:55 (112) | M (254) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|--------------------------------|--------------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 2 M (92) | 1144 | PIÑEIRO ABEIJON, BENITO | | 00:41:53 (266) | +8:24 | 4:11 | 41:40 | 21:16 (97) | M (256) |
| MASTER 2 M (93) | 706 | BARCA TAIBO, IVÁN | C.D. BIOSBARDO | 00:41:54 (269) | +8:25 | 4:11 | 41:35 | 21:19 (100) | M (259) |
| MASTER 2 M (94) | 587 | EMPRESA, GV SPORTS | | 00:41:56 (271) | +8:27 | 4:11 | 41:47 | 21:19 (101) | M (261) |
| MASTER 2 M (95) | 417 | SARABANDO GAFANHA, MIGUEL | | 00:41:58 (272) | +8:29 | 4:11 | 41:49 | 21:05 (87) | M (262) |
| MASTER 2 M (96) | 1557 | GONZALEZ REDONDO, ENRIQUE | | 00:42:01 (275) | +8:32 | 4:12 | 41:52 | 21:06 (90) | M (265) |
| MASTER 2 M (97) | 423 | GÓMEZ RAPOSO, EDUARDO | | 00:42:03 (276) | +8:34 | 4:12 | 41:55 | 21:05 (88) | M (266) |
| MASTER 2 M (98) | 208 | RODRÍGUEZ FERNÁNDEZ, JULIO | CLUB TRIBU TRAIL | 00:42:04 (277) | +8:35 | 4:12 | 41:53 | 21:08 (91) | M (267) |
| MASTER 2 M (99) | 230 | TRIÑANES VIDAL, QUIQUE | | 00:42:06 (278) | +8:37 | 4:12 | 41:56 | 21:04 (85) | M (268) |
| MASTER 2 M (100) | 683 | LÓPEZ ABRAIRA, CARLOS | | 00:42:14 (283) | +8:45 | 4:13 | 42:00 | 21:18 (99) | M (272) |
| MASTER 2 M (101) | 407 | GÓMEZ GÓMEZ, PABLO | CLUB ATLETISMO NOIA | 00:42:23 (293) | +8:54 | 4:14 | 42:15 | 21:04 (86) | M (281) |
| MASTER 2 M (102) | 620 | NEGREIRA FERNÁNDEZ, DENIS | | 00:42:24 (295) | +8:55 | 4:14 | 42:15 | 22:08 (116) | M (283) |
| MASTER 2 M (103) | 563 | PAZ CALO, JORGE | | 00:42:30 (303) | +9:01 | 4:14 | 42:12 | 21:26 (105) | M (289) |
| MASTER 2 M (104) | 440 | DOVAL SANCHEZ, RAUL | K2 ORDES | 00:42:30 (304) | +9:01 | 4:14 | 42:22 | 21:05 (89) | M (290) |
| MASTER 2 M (105) | 817 | RICOY ALONSO, JUAN | RUNNING LUSEKELO | 00:42:39 (309) | +9:10 | 4:15 | 42:16 | 22:01 (113) | M (295) |
| MASTER 2 M (106) | 233 | MONTANÉ LÓPEZ, JAVIER | S. D. BARBANTIA RODA | 00:42:48 (314) | +9:19 | 4:16 | 42:39 | 21:26 (104) | M (299) |
| MASTER 2 M (107) | 1582 | QUEIRUGA TORRES, ALBERTO | INCOR AUTOVIDRIO | 00:42:51 (315) | +9:22 | 4:17 | 42:30 | 21:36 (109) | M (300) |
| MASTER 2 M (108) | 275 | VARELA ALVAREZ, LAUREANO | SD COMPOSTELA ATLETISMO | 00:42:58 (323) | +9:29 | 4:17 | 42:41 | 21:44 (110) | M (307) |
| MASTER 2 M (109) | 643 | FERNANDEZ DOMINGUEZ, ALFONSO | | 00:43:04 (326) | +9:35 | 4:18 | 42:58 | 21:46 (111) | M (309) |
| MASTER 2 M (110) | 584 | MIGUEZ MIGUEZ, LUIS | SD COMPOSTELA ATLETISMO | 00:43:12 (329) | +9:43 | 4:19 | 43:03 | 21:32 (107) | M (311) |
| MASTER 2 M (111) | 630 | PARADA MINIÑO, JESUS | ÑU DA RIA | 00:43:21 (330) | +9:52 | 4:20 | 43:00 | 22:38 (124) | M (312) |
| MASTER 2 M (112) | 413 | IGLESIAS VAZQUEZ, MANUEL | | 00:43:23 (331) | +9:54 | 4:20 | 43:12 | 21:23 (103) | M (313) |
| MASTER 2 M (113) | 704 | FONTANS SEBE, MARCOS | ATLETISMO CUNTIS | 00:43:29 (335) | +10:00 | 4:20 | 43:17 | 22:42 (126) | M (317) |
| MASTER 2 M (114) | 509 | FREIRE GONZALEZ, MANUEL | | 00:43:42 (338) | +10:13 | 4:22 | 43:26 | 21:30 (106) | M (320) |
| MASTER 2 M (115) | 648 | MONTES TEIJIDO, ROBERTO | C.A. OUTES | 00:43:44 (342) | +10:15 | 4:22 | 43:23 | 22:04 (114) | M (324) |
| MASTER 2 M (116) | 1398 | ROGET PEREZ, FELIX | | 00:43:50 (346) | +10:21 | 4:22 | 43:03 | 22:34 (122) | M (327) |
| MASTER 2 M (117) | 473 | REY AGRELO, JOSÉ RAMIRO | CLUB ATLETISMO LOUSAME | 00:43:51 (347) | +10:22 | 4:23 | 43:15 | 22:38 (123) | M (328) |
| MASTER 2 M (118) | 666 | DOMÍNGUEZ OTERO, JOSE | ATLETISMO FONTES DO SAR | 00:43:52 (349) | +10:23 | 4:23 | 43:35 | 22:43 (128) | M (330) |
| MASTER 2 M (119) | 1688 | RODRIGUEZ POUSO, LITO | SINSON CD | 00:43:58 (351) | +10:29 | 4:23 | 43:48 | 21:20 (102) | M (332) |
| MASTER 2 M (120) | 433 | LAREO CREO, DANIEL | CLUB ATLETISMO NOIA | 00:43:58 (352) | +10:29 | 4:23 | 43:43 | 22:06 (115) | M (333) |
| MASTER 2 M (121) | 632 | VIAÑO LORENZO, PABLO | | 00:44:00 (356) | +10:31 | 4:23 | 43:41 | 22:27 (118) | M (337) |
| MASTER 2 M (122) | 1653 | SILVA GARCIA, FERNANDO | CLUBE ATLETISMO SERRES RUNNERS | 00:44:01 (357) | +10:32 | 4:24 | 43:34 | 23:14 (138) | M (338) |
| MASTER 2 M (123) | 680 | FERNÁNDEZ MEIRAMA, DAVID | CLUB ATLETISMO SADA | 00:44:16 (367) | +10:47 | 4:25 | 43:54 | 22:58 (131) | M (346) |
| MASTER 2 M (124) | 271 | CIGÜENZA GESTOSO, JOSÉ IGNACIO | | 00:44:17 (368) | +10:48 | 4:25 | 44:11 | 21:34 (108) | M (347) |
| MASTER 2 M (125) | 640 | BUSTELO CATOIRA, CARLOS | MASQUENTRENOS | 00:44:18 (372) | +10:49 | 4:25 | 44:05 | 22:28 (119) | M (350) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|--------------------------------|-------------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 2 M (126) | 1561 | AGEITOS SANLES, FERNANDO | INCOR AUTOVIDRIO | 00:44:20 (373) | +10:51 | 4:25 | 44:00 | 22:33 (121) | M (351) |
| MASTER 2 M (127) | 30 | BUJAN SANTOS, EDUARDO | | 00:44:21 (374) | +10:52 | 4:26 | 44:08 | 22:17 (117) | M (352) |
| MASTER 2 M (128) | 1354 | CARBALLAS REBOREDO, DAVID | | 00:44:31 (380) | +11:02 | 4:27 | 43:53 | 23:08 (136) | M (356) |
| MASTER 2 M (129) | 795 | MAYO AGRAFOJO, MARCOS | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:44:38 (387) | +11:09 | 4:27 | 44:11 | 23:03 (132) | M (362) |
| MASTER 2 M (130) | 1501 | CAMINO MARTÍNEZ, PABLO | | 00:44:40 (389) | +11:11 | 4:27 | 43:26 | 23:53 (156) | M (364) |
| MASTER 2 M (131) | 422 | BUGALLO DEL PUERTO, IVÁN | CLUB ATLETISMO LOUSAME | 00:44:41 (393) | +11:12 | 4:28 | 44:28 | 22:41 (125) | M (367) |
| MASTER 2 M (132) | 995 | PORTALS CAAMAÑO, JOSE HIGINIO | PORTOPIOLLO | 00:44:44 (394) | +11:15 | 4:28 | 44:30 | 22:42 (127) | M (368) |
| MASTER 2 M (133) | 1598 | SANGUIAO MIGUELEZ, RUBEN | | 00:44:50 (400) | +11:21 | 4:28 | 44:18 | 22:58 (130) | M (374) |
| MASTER 2 M (134) | 540 | GARCIA IGLESIAS, DAVID | BJ RUNNING | 00:44:51 (401) | +11:22 | 4:29 | 44:28 | 22:30 (120) | M (375) |
| MASTER 2 M (135) | 592 | GARCÍA ALONSO, ADOLFO | CLUB DEPORTIVO INCLUSIVO ENKI | 00:44:58 (406) | +11:29 | 4:29 | 44:32 | 23:25 (141) | M (380) |
| MASTER 2 M (136) | 458 | CASTRO CASTRO, ANGEL LUIS | | 00:45:10 (415) | +11:41 | 4:30 | 44:53 | 22:47 (129) | M (388) |
| MASTER 2 M (137) | 796 | LAGO FERNÁNDEZ, ROBERTO CARLOS | | 00:45:17 (420) | +11:48 | 4:31 | 44:48 | 23:51 (152) | M (393) |
| MASTER 2 M (138) | 204 | LOPEZ SANCHEZ, DAVID | TARTARUGAS | 00:45:27 (426) | +11:58 | 4:32 | 44:58 | 24:06 (165) | M (398) |
| MASTER 2 M (139) | 692 | BLANCO VÁZQUEZ, ÁNGEL | | 00:45:35 (433) | +12:06 | 4:33 | 45:12 | 23:37 (147) | M (404) |
| MASTER 2 M (140) | 114 | VIDAL GONZÁLEZ, JOSÉ ANTONIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:45:48 (442) | +12:19 | 4:34 | 45:22 | 24:00 (162) | M (410) |
| MASTER 2 M (141) | 605 | RODRIGUEZ FRAMIL, ALFONSO | NOITEBRA FC | 00:45:50 (443) | +12:21 | 4:34 | 45:32 | 23:11 (137) | M (411) |
| MASTER 2 M (142) | 490 | SUEIRO TRIGO, PABLO | | 00:45:56 (444) | +12:27 | 4:35 | 45:28 | 23:53 (154) | M (412) |
| MASTER 2 M (143) | 702 | TAJES CANOSA, LUIS | | 00:46:00 (447) | +12:31 | 4:35 | 44:41 | 24:12 (169) | M (415) |
| MASTER 2 M (144) | 719 | SOBRINO BRAVO, PABLO | BRUTANZOS TEAM | 00:46:06 (450) | +12:37 | 4:36 | 45:35 | 23:36 (145) | M (418) |
| MASTER 2 M (145) | 1262 | CASAL SANTOS, MARCOS | | 00:46:08 (452) | +12:39 | 4:36 | 45:38 | 23:58 (160) | M (420) |
| MASTER 2 M (146) | 1244 | ROMERO GACIÑO, CARLOS | | 00:46:09 (453) | +12:40 | 4:36 | 45:20 | 24:18 (172) | M (421) |
| MASTER 2 M (147) | 487 | FOLGAR BREA, ESTEBAN | CHORIMA | 00:46:10 (454) | +12:41 | 4:36 | 45:49 | 23:16 (139) | M (422) |
| MASTER 2 M (148) | 637 | GARCÍA PENA, JESUS (ZUBI) | CLUB ATLETISMO TAMBRE | 00:46:11 (457) | +12:42 | 4:37 | 45:57 | 23:06 (133) | M (425) |
| MASTER 2 M (149) | 1231 | ATÁN AGULLEIRO, JOSÉ MIGUEL | ASOCIACIÓN DEPORTIVA OLIMPIA | 00:46:12 (458) | +12:43 | 4:37 | 45:35 | 23:36 (146) | M (426) |
| MASTER 2 M (150) | 624 | SANTOS SANTAMARIA, JOSÉ RAMÓN | CHORIMA | 00:46:13 (459) | +12:44 | 4:37 | 45:51 | 23:07 (134) | M (427) |
| MASTER 2 M (151) | 218 | VARELA GOMEZ, JAVIER | SD COMPOSTELA ATLETISMO | 00:46:18 (464) | +12:49 | 4:37 | 46:07 | 23:26 (142) | M (432) |
| MASTER 2 M (152) | 474 | VARELA QUIÑOY, RÚBEN | | 00:46:26 (475) | +12:57 | 4:38 | 45:08 | 24:55 (194) | M (441) |
| MASTER 2 M (153) | 806 | RIAL LORENZO, MIGUEL | S.D. BARBANTIA RODA | 00:46:27 (476) | +12:58 | 4:38 | 46:05 | 23:51 (151) | M (442) |
| MASTER 2 M (154) | 429 | SUÁREZ GIADÁS, JAVIER | ATLETISMO ARENTEIRO | 00:46:28 (479) | +12:59 | 4:38 | 46:12 | 23:55 (159) | M (444) |
| MASTER 2 M (155) | 779 | ROEL BARBEITO, FABIÁN | | 00:46:28 (480) | +12:59 | 4:38 | 46:05 | 24:13 (170) | M (445) |
| MASTER 2 M (156) | 212 | MARTINEZ MANEIRO, ALBERTO | INCOR AUTOVIDRIO | 00:46:32 (482) | +13:03 | 4:39 | 46:21 | 23:20 (140) | M (447) |
| MASTER 2 M (157) | 657 | MORANDEIRA REYES, RAMÓN | ATLETISMO FONTES DO SAR | 00:46:32 (484) | +13:03 | 4:39 | 46:20 | 23:29 (144) | M (448) |
| MASTER 2 M (158) | 496 | CAO ESPIDO, GONZALO | TRIATLON INFORHOUSE SANTIAGO | 00:46:34 (487) | +13:05 | 4:39 | 46:33 | 23:50 (150) | M (451) |
| MASTER 2 M (159) | 502 | PEREIRO SANESTEBAN, RAFAEL | | 00:46:35 (488) | +13:06 | 4:39 | 46:14 | 23:54 (158) | M (452) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|---------------------------------|-------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 2 M (160) | 1037 | VÁZQUEZ PENA, DAVID | | 00:46:36 (489) | +13:07 | 4:39 | 45:50 | 24:00 (161) | M (453) |
| MASTER 2 M (161) | 708 | PRADOS SANDE, JORGE | | 00:46:48 (497) | +13:19 | 4:40 | 46:34 | 24:11 (168) | M (460) |
| MASTER 2 M (162) | 912 | VIDAL VILA, JUAN RAMÓN | | 00:46:48 (499) | +13:19 | 4:40 | 46:16 | 24:24 (174) | M (462) |
| MASTER 2 M (163) | 682 | TORRADO RIAL, RICARDO | | 00:46:51 (503) | +13:22 | 4:41 | 46:29 | 23:46 (148) | M (466) |
| MASTER 2 M (164) | 501 | FERNÁNDEZ VILLAMARÍN, PABLO | SD COMPOSTELA ATLETISMO | 00:46:56 (506) | +13:27 | 4:41 | 46:32 | 23:26 (143) | M (469) |
| MASTER 2 M (165) | 486 | ROMAY SIEIRA, JUAN FRANCISCO | | 00:47:00 (509) | +13:31 | 4:41 | 46:30 | 24:02 (163) | M (472) |
| MASTER 2 M (166) | 401 | ALONSO, FRAN | | 00:47:11 (519) | +13:42 | 4:43 | 46:47 | 26:05 (215) | M (479) |
| MASTER 2 M (167) | 676 | MÉNDEZ SANTOS, ALEX | | 00:47:13 (520) | +13:44 | 4:43 | 46:59 | 23:07 (135) | M (480) |
| MASTER 2 M (168) | 541 | RODRÍGUEZ, SERGIO | | 00:47:22 (527) | +13:53 | 4:44 | 47:02 | 23:53 (153) | M (485) |
| MASTER 2 M (169) | 1054 | JAMARDO DOMINGUEZ, RAMON | | 00:47:27 (531) | +13:58 | 4:44 | 46:58 | 24:28 (175) | M (488) |
| MASTER 2 M (170) | 1063 | GARCÍA PUMAR, JAVIER | | 00:47:28 (532) | +13:59 | 4:44 | 46:42 | 24:34 (180) | M (489) |
| MASTER 2 M (171) | 1686 | FRAGUA, DAVID | | 00:47:39 (540) | +14:10 | 4:45 | 47:06 | 24:45 (185) | M (496) |
| MASTER 2 M (172) | 755 | CREGO GIL, PABLO | | 00:47:40 (541) | +14:11 | 4:45 | 47:39 | 24:33 (178) | M (497) |
| MASTER 2 M (173) | 711 | BREA FLORIANI, JOSÉ MANUEL | | 00:47:43 (543) | +14:14 | 4:46 | 47:19 | 24:11 (167) | M (498) |
| MASTER 2 M (174) | 727 | BAHAMONDE SUAREZ, FRANCISCO | CLUB ATLETISMO TAMBRE | 00:47:44 (545) | +14:15 | 4:46 | 47:17 | 23:54 (157) | M (500) |
| MASTER 2 M (175) | 590 | QUEIRUGA TRIÑANES, SUSO | | 00:47:45 (547) | +14:16 | 4:46 | 46:57 | 24:54 (192) | M (501) |
| MASTER 2 M (176) | 570 | AGEITOS GUDE, HUMBERTO | BRIONLETEAM | 00:47:49 (548) | +14:20 | 4:46 | 46:51 | 26:05 (214) | M (502) |
| MASTER 2 M (177) | 687 | RAMOS ALONSO, GABRIEL JOSÉ | TRAIL MENS | 00:47:49 (549) | +14:20 | 4:46 | 47:26 | 24:04 (164) | M (503) |
| MASTER 2 M (178) | 671 | GARCÍA GIL, JAVIER | | 00:47:51 (550) | +14:22 | 4:47 | 47:16 | 24:19 (173) | M (504) |
| MASTER 2 M (179) | 661 | MALLO NIEVES, JOSE MANUEL | ENTRENARUNNING | 00:47:51 (551) | +14:22 | 4:47 | 47:27 | 24:33 (179) | M (505) |
| MASTER 2 M (180) | 1468 | FERNÁNDEZ PEQUENO, XAN | | 00:47:56 (553) | +14:27 | 4:47 | 47:09 | 24:10 (166) | M (507) |
| MASTER 2 M (181) | 1337 | DÍAZ MONTERO, JOSE MANUEL | BRUTANZOS TEAM | 00:47:59 (557) | +14:30 | 4:47 | 47:19 | 25:20 (203) | M (510) |
| MASTER 2 M (182) | 459 | FERNÁNDEZ VARGA, ALBERTO | | 00:48:07 (560) | +14:38 | 4:48 | 47:44 | 24:54 (193) | M (513) |
| MASTER 2 M (183) | 684 | CAMPOS SUEIRO, ALBERTO | GT-R | 00:48:10 (566) | +14:41 | 4:48 | 47:55 | 23:53 (155) | M (518) |
| MASTER 2 M (184) | 76 | VICENTE GARCIA, DANIEL | | 00:48:13 (572) | +14:44 | 4:49 | 47:22 | 25:15 (202) | M (522) |
| MASTER 2 M (185) | 746 | CARBALLEIRA PUÑAL, ADRIÁN | | 00:48:16 (578) | +14:47 | 4:49 | 47:50 | 24:30 (177) | M (527) |
| MASTER 2 M (186) | 805 | PRESAS VENCE, MANUEL | | 00:48:24 (582) | +14:55 | 4:50 | 47:54 | 24:13 (171) | M (530) |
| MASTER 2 M (187) | 539 | SANGUINETTI RODRÍGUEZ, SANTIAGO | | 00:48:40 (602) | +15:11 | 4:51 | 48:20 | 24:36 (181) | M (540) |
| MASTER 2 M (188) | 675 | SEIJAS BUA, DAVID | SERRES RUNNERS | 00:48:40 (604) | +15:11 | 4:51 | 48:15 | 24:59 (195) | M (542) |
| MASTER 2 M (189) | 751 | VILA BALEATO, LITO | | 00:48:41 (607) | +15:12 | 4:52 | 48:24 | 23:47 (149) | M (544) |
| MASTER 2 M (190) | 1028 | SONEIRA REBOREDO, OSCAR | | 00:48:41 (608) | +15:12 | 4:52 | 48:24 | 25:03 (196) | M (545) |
| MASTER 2 M (191) | 530 | SANTOS VICENS, SANTIAGO | | 00:48:42 (609) | +15:13 | 4:52 | 48:07 | 25:08 (198) | M (546) |
| MASTER 2 M (192) | 747 | GUILLÍN GÓMEZ, GUSTAVO | CLUB ATLETISMO SAR | 00:48:43 (611) | +15:14 | 4:52 | 48:29 | 24:29 (176) | M (548) |
| MASTER 2 M (193) | 783 | PIÑEIRO GARCÍA, HÉCTOR | CLUB ATLETISMO LOUSAME | 00:48:45 (612) | +15:16 | 4:52 | 48:19 | 24:53 (191) | M (549) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|-------------------------------|-------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 2 M (194) | 987 | CAMIÑA MARTINEZ, RAI | CLUB ATLETISMO CAMBADOS | 00:48:59 (626) | +15:30 | 4:53 | 48:31 | 24:46 (186) | M (559) |
| MASTER 2 M (195) | 1471 | SUAREZ LOJO, JOSE MANUEL | | 00:49:02 (628) | +15:33 | 4:54 | 47:50 | 26:29 (224) | M (561) |
| MASTER 2 M (196) | 1328 | ALENDE QUIÑOY, JORGE | | 00:49:03 (629) | +15:34 | 4:54 | 48:23 | 24:40 (183) | M (562) |
| MASTER 2 M (197) | 1056 | TERCEIRO VILLASECA, RICARDO | C.A.I. A ESTRADA | 00:49:06 (633) | +15:37 | 4:54 | 48:45 | 24:36 (182) | M (564) |
| MASTER 2 M (198) | 508 | FONTAN MIRON, JOSE MANUEL | | 00:49:11 (638) | +15:42 | 4:55 | 48:51 | 24:49 (188) | M (567) |
| MASTER 2 M (199) | 1443 | DIEGUEZ CARRIL, JOSE ANTONIO | | 00:49:12 (639) | +15:43 | 4:55 | 48:46 | 25:40 (207) | M (568) |
| MASTER 2 M (200) | 1220 | NÚÑEZ QUEIRUGA, ZALO | MONTEMUIÑO | 00:49:13 (640) | +15:44 | 4:55 | 48:38 | 25:52 (211) | M (569) |
| MASTER 2 M (201) | 491 | PAMPIN PAMPIN, JUAN CARLOS | CLUBE ATLETISMO ARZUA | 00:49:18 (644) | +15:49 | 4:55 | 48:42 | 25:12 (201) | M (572) |
| MASTER 2 M (202) | 785 | PÉREZ BOULLÓN, SERGIO | SLAP TRAINING | 00:49:21 (646) | +15:52 | 4:56 | 49:00 | 25:29 (204) | M (574) |
| MASTER 2 M (203) | 1108 | REGUEIRO BARREIRO, JUAN RAMON | | 00:49:32 (652) | +16:03 | 4:57 | 48:48 | 26:15 (218) | M (578) |
| MASTER 2 M (204) | 1097 | DE LA FUENTE MURIAS, EDUARDO | | 00:49:33 (653) | +16:04 | 4:57 | 48:21 | 26:34 (227) | M (579) |
| MASTER 2 M (205) | 1461 | ROCA VAZQUEZ, JOSÉ ANGEL | | 00:49:40 (658) | +16:11 | 4:57 | 49:02 | 25:57 (212) | M (582) |
| MASTER 2 M (206) | 1428 | CALVO, DANI | | 00:49:47 (661) | +16:18 | 4:58 | 48:37 | 25:44 (208) | M (584) |
| MASTER 2 M (207) | 523 | MORAÑA CABO, JACOB | PONY TEAM | 00:49:48 (662) | +16:19 | 4:58 | 49:15 | 25:04 (197) | M (585) |
| MASTER 2 M (208) | 686 | MARTÍN ARES, DIEGO | | 00:50:01 (671) | +16:32 | 5:00 | 49:43 | 24:50 (189) | M (592) |
| MASTER 2 M (209) | 626 | RIVAS POMBO, MARCELINO | CORREXALLAS | 00:50:08 (679) | +16:39 | 5:00 | 49:30 | 25:49 (209) | M (599) |
| MASTER 2 M (210) | 1072 | PIÑEIRO PIÑEIRO, PABLO | | 00:50:13 (684) | +16:44 | 5:01 | 49:17 | 26:19 (220) | M (603) |
| MASTER 2 M (211) | 794 | FRESCO RAMIL, JOSE MANUEL | | 00:50:18 (689) | +16:49 | 5:01 | 49:53 | 25:36 (206) | M (608) |
| MASTER 2 M (212) | 1568 | DE MIGUEL BANDÍN, ÓSCAR | | 00:50:19 (690) | +16:50 | 5:01 | 49:30 | 25:51 (210) | M (609) |
| MASTER 2 M (213) | 1599 | GARCÍA INSUA, ANTONIO | | 00:50:20 (691) | +16:51 | 5:01 | 49:09 | 26:34 (226) | M (610) |
| MASTER 2 M (214) | 545 | DIEZ RICO, EMILIO JOSÉ | | 00:50:28 (698) | +16:59 | 5:02 | 49:50 | 26:01 (213) | M (615) |
| MASTER 2 M (215) | 542 | BERNÁRDEZ VARELA, ROBERTO | | 00:50:35 (706) | +17:06 | 5:03 | 50:04 | 26:19 (219) | M (620) |
| MASTER 2 M (216) | 830 | FERREIROS JAMARDO, ALEX | | 00:50:47 (718) | +17:18 | 5:04 | 49:46 | 26:48 (236) | M (628) |
| MASTER 2 M (217) | 1050 | CARRO SANCHEZ, SANDRO | | 00:50:49 (719) | +17:20 | 5:04 | 49:59 | 26:47 (235) | M (629) |
| MASTER 2 M (218) | 1261 | CAO PRADA, SANTIAGO | | 00:50:51 (724) | +17:22 | 5:05 | 50:10 | 26:46 (234) | M (632) |
| MASTER 2 M (219) | 483 | PEÑA LÓPEZ, RUBEN | CLUB ATLETISMO O PINO | 00:50:53 (726) | +17:24 | 5:05 | 50:25 | 25:11 (199) | M (634) |
| MASTER 2 M (220) | 732 | LIÑARES, ALBERTO | | 00:50:53 (727) | +17:24 | 5:05 | 50:34 | 24:52 (190) | M (635) |
| MASTER 2 M (221) | 1107 | DIÉGUEZ FERNÁNDEZ, DAVID | | 00:51:04 (736) | +17:35 | 5:06 | 50:53 | 24:45 (184) | M (643) |
| MASTER 2 M (222) | 716 | DOMÍNGUEZ GAGO, RICARDO | FLOW PILATES & TRAINING | 00:51:06 (741) | +17:37 | 5:06 | 50:52 | 26:10 (216) | M (648) |
| MASTER 2 M (223) | 1472 | LEON LOPEZ, M RAMON | | 00:51:09 (745) | +17:40 | 5:06 | 49:57 | 26:33 (225) | M (650) |
| MASTER 2 M (224) | 782 | TEDIN MOUZO, MARCOS | | 00:51:10 (747) | +17:41 | 5:06 | 50:43 | 26:10 (217) | M (652) |
| MASTER 2 M (225) | 756 | IZQUIERDO LOPEZ, ANGEL CARLOS | | 00:51:21 (754) | +17:52 | 5:08 | 50:55 | 26:25 (223) | M (659) |
| MASTER 2 M (226) | 803 | GARCÍA REA, FERNANDO | | 00:51:23 (756) | +17:54 | 5:08 | 51:05 | 24:46 (187) | M (660) |
| MASTER 2 M (227) | 1665 | LÓPEZ ALVAREZ, JOSÉ LUIS | ATLETISMO BAIONA | 00:51:38 (765) | +18:09 | 5:09 | 50:38 | 26:22 (221) | M (668) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|--------------------------------------|--------------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 2 M (228) | 1076 | MIRA LLOPIS, MANUEL | ASOCIACIÓN DEPORTIVA OLIMPIA | 00:51:40 (767) | +18:11 | 5:09 | 51:03 | 26:34 (228) | M (670) |
| MASTER 2 M (229) | 733 | PENA VARELA, MANUEL | RAMBLER RUNNER | 00:51:47 (773) | +18:18 | 5:10 | 51:24 | 25:11 (200) | M (674) |
| MASTER 2 M (230) | 829 | FARIÑA MARTINEZ, JUAN CARLOS | | 00:51:58 (779) | +18:29 | 5:11 | 50:57 | 26:22 (222) | M (678) |
| MASTER 2 M (231) | 595 | PESTONIT FREIRE, NOE | TRIBU TRAIL | 00:52:01 (781) | +18:32 | 5:12 | 50:52 | 27:48 (252) | M (679) |
| MASTER 2 M (232) | 488 | GARCÍA FREIRE, PABLO | CHORIMA | 00:52:03 (782) | +18:34 | 5:12 | 51:41 | 25:30 (205) | M (680) |
| MASTER 2 M (233) | 761 | CALVIÑO BAUTIS, JOSE | | 00:52:07 (786) | +18:38 | 5:12 | 51:37 | 26:36 (230) | M (683) |
| MASTER 2 M (234) | 1105 | OITAVÉN FERNÁNDEZ, MARCELO | CLUB ATLETISMO USC | 00:52:23 (797) | +18:54 | 5:14 | 51:30 | 27:08 (243) | M (688) |
| MASTER 2 M (235) | 1073 | FERNÁNDEZ MARTÍNEZ, TOMAS | | 00:52:28 (800) | +18:59 | 5:14 | 51:31 | 27:02 (238) | M (691) |
| MASTER 2 M (236) | 1255 | FARALDO FIGUEIRA, EFRÉN | CLUB RUNNING SANTANDER GALICIA | 00:52:30 (801) | +19:01 | 5:14 | 51:48 | 27:20 (244) | M (692) |
| MASTER 2 M (237) | 1373 | ROMERO GACIÑO, IAGO | | 00:52:32 (805) | +19:03 | 5:15 | 51:43 | 26:51 (237) | M (695) |
| MASTER 2 M (238) | 1458 | GIL PEREIRA, JAVIET | TARTARUGAS | 00:52:35 (808) | +19:06 | 5:15 | 51:44 | 27:40 (251) | M (697) |
| MASTER 2 M (239) | 1648 | MANEIRO LIÑARES, ALBERTO | SD COMPOSTELA ATLETISMO | 00:52:53 (820) | +19:24 | 5:17 | 52:05 | 27:35 (248) | M (707) |
| MASTER 2 M (240) | 1143 | SUÁREZ CARBAJALES, EDU | | 00:53:01 (825) | +19:32 | 5:18 | 51:57 | 27:06 (241) | M (712) |
| MASTER 2 M (241) | 1416 | CASTAÑO BRIONES, JUAN RAMON | | 00:53:08 (832) | +19:39 | 5:18 | 52:38 | 27:51 (253) | M (715) |
| MASTER 2 M (242) | 166 | PALMERO DOSIL, MIGUEL ÁNGEL | | 00:53:17 (836) | +19:48 | 5:19 | 53:08 | 26:35 (229) | M (718) |
| MASTER 2 M (243) | 1588 | CARNEIRO NOGUEIRAS, FRANCISCO JAVIER | SD COMPOSTELA ATLETISMO | 00:53:18 (838) | +19:49 | 5:19 | 52:29 | 27:37 (250) | M (719) |
| MASTER 2 M (244) | 1466 | CAPELO VILAR, FABIO | CORREXALLAS | 00:53:21 (839) | +19:52 | 5:20 | 52:25 | 28:21 (260) | M (720) |
| MASTER 2 M (245) | 1001 | FIGUEIRAS ZARAUZA, IVAN LUIS | | 00:53:30 (845) | +20:01 | 5:20 | 52:13 | 28:42 (268) | M (723) |
| MASTER 2 M (246) | 1039 | VILAR VÁZQUEZ, RUBÉN | ENTRENARUNNING | 00:53:30 (846) | +20:01 | 5:20 | 52:55 | 27:03 (240) | M (724) |
| MASTER 2 M (247) | 1734 | GALIÑANES, MANE | | 00:53:36 (851) | +20:07 | 5:21 | 52:23 | 28:16 (259) | M (727) |
| MASTER 2 M (248) | 1489 | BOADO SÁNCHEZ, IVÁN | | 00:53:51 (858) | +20:22 | 5:23 | 53:07 | 27:32 (247) | M (729) |
| MASTER 2 M (249) | 1666 | BARREIRO GONZÁLEZ, JORGE | | 00:53:55 (863) | +20:26 | 5:23 | 52:49 | 28:11 (258) | M (732) |
| MASTER 2 M (250) | 1513 | VIÉITEZ FERRADÁNS, JOSÉ | | 00:54:06 (869) | +20:37 | 5:24 | 53:22 | 26:40 (231) | M (736) |
| MASTER 2 M (251) | 1735 | GOMEZ ROMAN, MARCOS | | 00:54:20 (879) | +20:51 | 5:25 | 53:08 | 29:24 (274) | M (742) |
| MASTER 2 M (252) | 1690 | MARTINEZ CERNADAS, JUAN MNUEL | | 00:54:24 (882) | +20:55 | 5:26 | 53:30 | 27:29 (246) | M (744) |
| MASTER 2 M (253) | 1602 | ANDRADE VÁZQUEZ, MIGUEL | | 00:54:33 (887) | +21:04 | 5:27 | 53:18 | 28:36 (265) | M (748) |
| MASTER 2 M (254) | 1551 | BARROS GONZÁLEZ, ABEL | ATLETISMO +9 MORAÑA | 00:54:45 (896) | +21:16 | 5:28 | 54:31 | 27:23 (245) | M (753) |
| MASTER 2 M (255) | 1509 | PIÑEIRO NIETO, TOMAS | | 00:54:46 (898) | +21:17 | 5:28 | 53:31 | 30:43 (290) | M (755) |
| MASTER 2 M (256) | 909 | GONZALEZ MIRAS, KIKO | | 00:54:46 (899) | +21:17 | 5:28 | 53:45 | 28:41 (267) | M (756) |
| MASTER 2 M (257) | 1454 | CASTRO ALVAREZ, OSCAR | | 00:54:49 (902) | +21:20 | 5:28 | 54:06 | 27:02 (239) | M (758) |
| MASTER 2 M (258) | 688 | PARDAL GARCÍA, ROMÁN | | 00:54:51 (905) | +21:22 | 5:29 | 54:00 | 28:00 (254) | M (760) |
| MASTER 2 M (259) | 980 | MIGUEL PÉREZ, ISIDORO | CATASTROTTERS | 00:55:09 (914) | +21:40 | 5:30 | 54:18 | 28:10 (257) | M (767) |
| MASTER 2 M (260) | 1589 | CABO SOUTO, JESÚS | SD COMPOSTELA ATLETISMO | 00:55:11 (917) | +21:42 | 5:31 | 54:22 | 26:44 (233) | M (769) |
| MASTER 2 M (261) | 494 | LORENZO BLANCO, RUBÉN | TRIATLON RIANXO | 00:55:13 (918) | +21:44 | 5:31 | 54:06 | 28:32 (264) | M (770) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|--|-------------------------------------|------------------------|--------|------|-------|-------------|---------|
| MASTER 2 M (262) | 1488 | MOURIÑO CAGIDE, CESAR | | 00:55:14 (922) | +21:45 | 5:31 | 54:30 | 27:35 (249) | M (773) |
| MASTER 2 M (263) | 1733 | FERNANDEZ, PABLO | | 00:55:14 (923) | +21:45 | 5:31 | 54:02 | 28:48 (269) | M (774) |
| MASTER 2 M (264) | 1263 | VILARIÑO ABEIJON, LOIS | ASOCIACIÓN BJ RUNNING TEAM | 00:55:30 (931) | +22:01 | 5:32 | 54:28 | 29:12 (271) | M (779) |
| MASTER 2 M (265) | 1345 | GONZALEZ MIGUENS, JOSE BENJAMIN GONZALEZ | | 00:55:44 (937) | +22:15 | 5:34 | 54:40 | 29:29 (276) | M (783) |
| MASTER 2 M (266) | 1140 | SUÁREZ GAREA, JORGE ALBERTO | | 00:56:07 (951) | +22:38 | 5:36 | 55:42 | 27:06 (242) | M (791) |
| MASTER 2 M (267) | 1630 | FERREIRA RODRÍGUEZ, ALBERTO | | 00:56:10 (956) | +22:41 | 5:36 | 55:15 | 29:30 (277) | M (794) |
| MASTER 2 M (268) | 1566 | MOSQUERA RAMOS, MANUEL | | 00:56:10 (957) | +22:41 | 5:36 | 54:53 | 29:21 (273) | M (795) |
| MASTER 2 M (269) | 1490 | BOADO PEREIRA, TOÑO | | 00:56:17 (959) | +22:48 | 5:37 | 55:31 | 28:37 (266) | M (796) |
| MASTER 2 M (270) | 1185 | MANEIRO MOREIRA, JUAN CARLOS | | 00:56:26 (966) | +22:57 | 5:38 | 55:31 | 29:30 (278) | M (799) |
| MASTER 2 M (271) | 1102 | GONZALEZ TUBIO, CESAR | CLUB REMO RIANXO | 00:56:45 (976) | +23:16 | 5:40 | 56:08 | 28:28 (262) | M (805) |
| MASTER 2 M (272) | 1015 | PEREZ RIVEIRO, CONSTANTINO | | 00:56:45 (977) | +23:16 | 5:40 | 56:08 | 28:29 (263) | M (806) |
| MASTER 2 M (273) | 1446 | MATÓ PEON, CELESTINO | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 00:56:47 (981) | +23:18 | 5:40 | 55:30 | 30:26 (287) | M (808) |
| MASTER 2 M (274) | 1133 | MARTÍNEZ RIVADENEIRA, RODOLFO | | 00:56:53 (988) | +23:24 | 5:41 | 55:42 | 29:04 (270) | M (813) |
| MASTER 2 M (275) | 1434 | MUÑIZ VILAR, JOSE BENITO | CLUB NATACION RIBEIRA | 00:56:53 (990) | +23:24 | 5:41 | 55:53 | 30:01 (286) | M (815) |
| MASTER 2 M (276) | 996 | DE LIMA, DAVID | | 00:56:55 (995) | +23:26 | 5:41 | 56:06 | 29:28 (275) | M (817) |
| MASTER 2 M (277) | 1670 | MARTIS MIRANDA, MANUEL | | 00:56:57 (999) | +23:28 | 5:41 | 56:01 | 29:54 (284) | M (820) |
| MASTER 2 M (278) | 1738 | PANTIN LOPEZ, ROI | | 00:57:00 (1003) | +23:31 | 5:41 | 56:16 | 28:06 (256) | M (821) |
| MASTER 2 M (279) | 1552 | GONZALEZ SISO, MANUEL | | 00:57:01 (1004) | +23:32 | 5:42 | 55:56 | 29:47 (281) | M (822) |
| MASTER 2 M (280) | 1636 | MARIÑO SUAREZ, ANTONIO | | 00:57:08 (1007) | +23:39 | 5:42 | 56:03 | 30:44 (291) | M (825) |
| MASTER 2 M (281) | 1171 | BAÑA MOLEDO, JOSÉ | CLUB ATLETISMO LOUSAME | 00:57:13 (1008) | +23:44 | 5:43 | 56:07 | 29:48 (282) | M (826) |
| MASTER 2 M (282) | 1681 | LOPEZ CAMPOS, JOSÉ | | 00:57:16 (1013) | +23:47 | 5:43 | 56:04 | 29:40 (279) | M (830) |
| MASTER 2 M (283) | 1002 | TORRES ESPÍÑO, DANIEL | | 00:57:20 (1016) | +23:51 | 5:43 | 56:04 | 30:27 (288) | M (831) |
| MASTER 2 M (284) | 1637 | FERNÁNDEZ PADERNE, ALBERTO | | 00:57:23 (1020) | +23:54 | 5:44 | 57:02 | 29:50 (283) | M (833) |
| MASTER 2 M (285) | 424 | ABEIJON OLVEIRA, JUAN | | 00:57:47 (1037) | +24:18 | 5:46 | 57:23 | 29:17 (272) | M (844) |
| MASTER 2 M (286) | 1609 | CAMPOS FERRO, RUBÉN | ATLETISMO +9 MORAÑA | 00:57:48 (1039) | +24:19 | 5:46 | 57:35 | 26:44 (232) | M (845) |
| MASTER 2 M (287) | 1049 | ARCA PEDRIDO, MANUEL | | 00:57:56 (1042) | +24:27 | 5:47 | 56:48 | 30:30 (289) | M (848) |
| MASTER 2 M (288) | 1074 | PAZ GARCÍA, JUAN RAMÓN | | 00:58:05 (1054) | +24:36 | 5:48 | 57:49 | 28:26 (261) | M (854) |
| MASTER 2 M (289) | 963 | CARRACEDO POSE, RUBÉN JOSÉ | CHORIMA | 00:58:07 (1056) | +24:38 | 5:48 | 56:58 | 31:04 (296) | M (855) |
| MASTER 2 M (290) | 617 | ALVARELLOS BARREIRO, JUAN JOSE | SD COMPOSTELA ATLETISMO | 00:58:38 (1071) | +25:09 | 5:51 | 58:21 | 28:01 (255) | M (864) |
| MASTER 2 M (291) | 677 | SUAREZ BERMUDEZ, FRANCISCO | | 00:58:40 (1074) | +25:11 | 5:51 | 57:45 | 29:45 (280) | M (865) |
| MASTER 2 M (292) | 1564 | SANTIAGO HERMO, ANDRÉS | BRION | 00:59:21 (1107) | +25:52 | 5:56 | 58:18 | 31:15 (298) | M (874) |
| MASTER 2 M (293) | 1175 | RIAL TABOADA, MARCOS | | 00:59:38 (1114) | +26:09 | 5:57 | 58:51 | 29:59 (285) | M (878) |
| MASTER 2 M (294) | 961 | MONTEAGUDO FERNÁNDEZ, JUAN JOSÉ | SERRES RUNNERS | 00:59:39 (1116) | +26:10 | 5:57 | 58:32 | 30:52 (295) | M (879) |
| MASTER 2 M (295) | 1617 | DOPAZO ESTEVEZ, MOISES | | 00:59:53 (1121) | +26:24 | 5:59 | 58:33 | 31:20 (299) | M (880) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|-------------------------------|-------------------------|-----------------|--------|------|---------|-------------|---------|
| MASTER 2 M (296) | 1625 | NERI ARUFE, SANTI | | 00:59:53 (1122) | +26:24 | 5:59 | 58:33 | 30:50 (292) | M (881) |
| MASTER 2 M (297) | 39 | MÉNDEZ FROJAN, XAIÑO | CLUB ATLETISMO SAR | 01:00:06 (1124) | +26:37 | 6:00 | 58:58 | 31:12 (297) | M (882) |
| MASTER 2 M (298) | 789 | REY ALBARELLOS, FERNANDO | SD COMPOSTELA ATLETISMO | 01:00:20 (1126) | +26:51 | 6:01 | 59:27 | 31:47 (304) | M (883) |
| MASTER 2 M (299) | 1361 | OGANDO MIRANDA, DAMIAN | | 01:00:48 (1145) | +27:19 | 6:04 | 59:40 | 31:22 (300) | M (893) |
| MASTER 2 M (300) | 965 | CARREÑO OTERO, ISMAEL | | 01:00:48 (1146) | +27:19 | 6:04 | 59:40 | 31:24 (301) | M (894) |
| MASTER 2 M (301) | 1539 | PIÑEIRO GARCIA, SERGIO | | 01:01:21 (1157) | +27:52 | 6:08 | 1:00:11 | 30:52 (293) | M (897) |
| MASTER 2 M (302) | 969 | PIÑEIRO GARCIA, DANIEL | | 01:01:21 (1158) | +27:52 | 6:08 | 1:00:11 | 30:52 (294) | M (898) |
| MASTER 2 M (303) | 1421 | PAZ PÉREZ, ANDRÉS | | 01:01:23 (1162) | +27:54 | 6:08 | 1:00:09 | 31:33 (302) | M (900) |
| MASTER 2 M (304) | 1684 | BERGUEIRO ÁLVAREZ, JULIAN | | 01:01:24 (1163) | +27:55 | 6:08 | 1:00:13 | 31:56 (306) | M (901) |
| MASTER 2 M (305) | 1183 | CASTRO HERMIDA, JUAN JOSÉ | SINSON | 01:01:24 (1165) | +27:55 | 6:08 | 1:00:14 | 31:55 (305) | M (902) |
| MASTER 2 M (306) | 1268 | MARTINEZ PAZ, JOSE MANUEL | | 01:02:58 (1194) | +29:29 | 6:17 | 1:01:39 | 32:46 (309) | M (914) |
| MASTER 2 M (307) | 1270 | PENA MANEIRO, MANUEL ANTONIO | | 01:02:58 (1195) | +29:29 | 6:17 | 1:01:39 | 32:48 (310) | M (915) |
| MASTER 2 M (308) | 1269 | PAZ SANTOS, SERGIO | | 01:02:58 (1196) | +29:29 | 6:17 | 1:01:39 | 32:46 (308) | M (916) |
| MASTER 2 M (309) | 1308 | IGLESIAS MOARES, DANIEL | | 01:03:12 (1203) | +29:43 | 6:19 | 1:02:15 | 31:41 (303) | M (919) |
| MASTER 2 M (310) | 832 | VILARIÑO ALONSO, JOSE ANTONIO | | 01:03:57 (1218) | +30:28 | 6:23 | 1:03:28 | 32:29 (307) | M (927) |
| MASTER 2 M (311) | 1061 | TOUZÓN LIJÓ, IGNACIO | BAJANDODE40.COM | 01:04:22 (1225) | +30:53 | 6:26 | 1:03:04 | 32:55 (311) | M (931) |
| MASTER 2 M (312) | 1166 | SILVARIÑO TORRADO, FERNANDO | | 01:04:51 (1233) | +31:22 | 6:29 | 1:04:08 | 33:24 (314) | M (934) |
| MASTER 2 M (313) | 1432 | CAROU FERNÁNDEZ, JOSÉ RAMÓN | | 01:05:16 (1240) | +31:47 | 6:31 | 1:04:09 | 33:17 (313) | M (937) |
| MASTER 2 M (314) | 950 | COSTA GONZÁLEZ, MARCOS | | 01:05:56 (1249) | +32:27 | 6:35 | 1:04:46 | 33:12 (312) | M (939) |
| MASTER 2 M (315) | 966 | SIERRA FERREIRO, VÍCTOR | CHORIMA | 01:11:57 (1288) | +38:28 | 7:11 | 1:11:36 | 34:55 (315) | M (952) |
| MASTER 2 M (316) | 1424 | VALLADARES LOPEZ, CARLOS | | 01:12:08 (1290) | +38:39 | 7:12 | 1:11:17 | 35:07 (316) | M (953) |
| MASTER 2 M (317) | 3007 | FERNANDEZ PERNAS, ALEJANDO | ENKI | 01:17:19 (1298) | +43:50 | 7:43 | 1:17:18 | 35:24 (317) | M (959) |
| MASTER 2 M (318) | 3008 | PRADA GARCIA, DANIEL | ENKI | 01:19:42 (1301) | +46:13 | 7:58 | 1:19:41 | 37:13 (318) | M (961) |

MASTER 3

FEMENINO

| | | | | | | | | | |
|----------------|------|----------------------------------|-------------------------|----------------|-------|------|-------|-----------|---------|
| MASTER 3 F (1) | 1386 | CAMBADOS MÁRQUEZ, MARÍA LUISA | | 00:48:38 (600) | -- | 4:51 | 48:32 | 24:54 (2) | F (62) |
| MASTER 3 F (2) | 831 | TARELA MIRAMONTES, MARIA DOLORES | | 00:48:47 (615) | +09 | 4:52 | 48:38 | 24:27 (1) | F (65) |
| MASTER 3 F (3) | 907 | TOREA TOREA, ELENA | CLUB ATLETISMO LOUSAME | 00:49:09 (636) | +31 | 4:54 | 48:38 | 25:02 (3) | F (71) |
| MASTER 3 F (4) | 1043 | GARCIA FERNANDEZ, ISABEL | ATLETISMO FONTES DO SAR | 00:51:45 (771) | +3:07 | 5:10 | 51:12 | 26:20 (4) | F (98) |
| MASTER 3 F (5) | 1569 | BRAGAÑA MIGUENS, MARÍA JOSÉ | CLUB ATLETISMO OUTES | 00:52:14 (788) | +3:36 | 5:13 | 51:16 | 27:40 (6) | F (105) |
| MASTER 3 F (6) | 910 | FERRACES VAZQUEZ, MONTSERRAT | | 00:53:14 (834) | +4:36 | 5:19 | 52:35 | 26:54 (5) | F (118) |
| MASTER 3 F (7) | 758 | GÓMEZ LODEIROS, SUSANA | TARTARUGAS | 00:53:23 (843) | +4:45 | 5:20 | 52:32 | 27:53 (8) | F (121) |
| MASTER 3 F (8) | 1691 | MAROÑAS SOÑORA, MARÍA | | 00:53:54 (861) | +5:16 | 5:23 | 53:10 | 27:51 (7) | F (130) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|-----------------------------------|------------------------------|-----------------|--------|------|---------|------------|---------|
| MASTER 3 F (9) | 1138 | SANCHEZ VAZQUEZ, MARIA JOSE | BRUTANZOS TEAM | 00:54:45 (895) | +6:07 | 5:28 | 54:00 | 28:36 (9) | F (143) |
| MASTER 3 F (10) | 976 | BEN GAREA, EVA | | 00:56:02 (946) | +7:24 | 5:36 | 55:06 | 29:35 (15) | F (159) |
| MASTER 3 F (11) | 972 | BLANCO SANMARTÍN, ANA | CORREYCAÑA | 00:56:27 (967) | +7:49 | 5:38 | 55:47 | 28:52 (11) | F (168) |
| MASTER 3 F (12) | 1115 | PEREIRO GÓMEZ, EVA MARÍA | CLUB ATLETISMO O PINO | 00:56:54 (991) | +8:16 | 5:41 | 55:58 | 29:36 (16) | F (176) |
| MASTER 3 F (13) | 985 | FERNÁNDEZ PIÑEIRO, MARÍA | | 00:56:55 (994) | +8:17 | 5:41 | 56:11 | 28:51 (10) | F (178) |
| MASTER 3 F (14) | 1401 | LÓPEZ, AMÉRICA | CLUB ATLETISMO FONTES DO SAR | 00:57:17 (1014) | +8:39 | 5:43 | 56:43 | 29:21 (13) | F (184) |
| MASTER 3 F (15) | 953 | LOPEZ BRAÑA FREIJE, INMACULADA | | 00:57:23 (1021) | +8:45 | 5:44 | 56:31 | 29:26 (14) | F (188) |
| MASTER 3 F (16) | 1610 | GARCIA PEREIRA, ROSA MARIA | COIRA | 00:57:24 (1023) | +8:46 | 5:44 | 56:59 | 29:11 (12) | F (189) |
| MASTER 3 F (17) | 1273 | FERNANDEZ BELLO, BEGOÑA | | 00:58:06 (1055) | +9:28 | 5:48 | 56:57 | 31:04 (19) | F (201) |
| MASTER 3 F (18) | 984 | AMIGO FERREIRO, MALENA | SD COMPOSTELA ATLETISMO | 00:58:22 (1062) | +9:44 | 5:50 | 57:31 | 29:55 (17) | F (203) |
| MASTER 3 F (19) | 1426 | VÁZQUEZ GONZÁLEZ, RUT | | 00:58:38 (1070) | +10:00 | 5:51 | 58:04 | 30:07 (18) | F (207) |
| MASTER 3 F (20) | 982 | MONTENEGRO OROL, MARIA JOSE | LUCUS CAIXA RURAL | 01:01:16 (1156) | +12:38 | 6:07 | 1:00:23 | 31:34 (20) | F (260) |
| MASTER 3 F (21) | 1495 | RAMAS CASTRO, ALBA | | 01:01:49 (1174) | +13:11 | 6:10 | 1:00:34 | 32:48 (27) | F (269) |
| MASTER 3 F (22) | 1195 | SEMPERE SERRANO, ISABEL | | 01:02:09 (1182) | +13:31 | 6:12 | 1:01:26 | 32:13 (23) | F (273) |
| MASTER 3 F (23) | 1395 | LEMA RIVADAS, MARISA | | 01:02:16 (1185) | +13:38 | 6:13 | 1:01:32 | 32:13 (22) | F (275) |
| MASTER 3 F (24) | 1020 | VÁZQUEZ FERNÁNDEZ, ANA | CLUB ATLETISMO O PINO | 01:02:33 (1186) | +13:55 | 6:15 | 1:01:25 | 32:47 (26) | F (276) |
| MASTER 3 F (25) | 1013 | MELLA OTERO, INES | | 01:03:11 (1202) | +14:33 | 6:19 | 1:02:05 | 32:37 (24) | F (284) |
| MASTER 3 F (26) | 1003 | NOYA MIRÁS, CONCE | SD COMPOSTELA ATLETISMO | 01:04:50 (1231) | +16:12 | 6:28 | 1:03:45 | 33:33 (29) | F (298) |
| MASTER 3 F (27) | 1192 | GÓMEZ PRIETO, ROSI | | 01:04:51 (1232) | +16:13 | 6:29 | 1:04:09 | 33:24 (28) | F (299) |
| MASTER 3 F (28) | 1019 | LÓPEZ GIAO, ANA | | 01:05:20 (1241) | +16:42 | 6:31 | 1:05:19 | 32:40 (25) | F (304) |
| MASTER 3 F (29) | 1538 | LOPEZ BRAÑA FREIJE, CAMPO | | 01:05:23 (1242) | +16:45 | 6:32 | 1:04:32 | 32:12 (21) | F (305) |
| MASTER 3 F (30) | 1487 | QUEIRO CREO, CARMEN | CLUB ATLETISMO OUTES | 01:05:50 (1248) | +17:12 | 6:34 | 1:04:32 | 33:56 (30) | F (310) |
| MASTER 3 F (31) | 1181 | FERNÁNDEZ GONZÁLEZ, ANA | ARCA DE NOE | 01:06:09 (1251) | +17:31 | 6:36 | 1:05:05 | 34:37 (33) | F (312) |
| MASTER 3 F (32) | 1021 | GARCÍA GÓMEZ, M. FE | CLUB ATLETISMO MILLARAIO | 01:07:01 (1269) | +18:23 | 6:42 | 1:05:54 | 34:37 (34) | F (323) |
| MASTER 3 F (33) | 1223 | MARTINEZ YAÑEZ, JOSEFA | CHICHO Y SUS TERREMOTOS | 01:08:08 (1275) | +19:30 | 6:48 | 1:07:07 | 34:25 (31) | F (328) |
| MASTER 3 F (34) | 1266 | PARDO MONTAÑA, MARÍA JOSEFINA | CLUB ATLETISMO MILLARAIO | 01:08:36 (1277) | +19:58 | 6:51 | 1:07:29 | 34:45 (36) | F (329) |
| MASTER 3 F (35) | 1277 | GONZÁLEZ RODRÍGUEZ, MARIA DOLORES | | 01:08:36 (1278) | +19:58 | 6:51 | 1:07:31 | 34:44 (35) | F (330) |
| MASTER 3 F (36) | 1101 | DEL RÍO MOSQUERA, ESTHER | | 01:11:04 (1282) | +22:26 | 7:06 | 1:09:49 | 35:14 (37) | F (332) |
| MASTER 3 F (37) | 766 | DEL RÍO MOSQUERA DE, JULIA | | 01:11:04 (1283) | +22:26 | 7:06 | 1:09:49 | 35:14 (38) | F (333) |
| MASTER 3 F (38) | 1206 | FANDIÑO VILACIDE, ANA MARÍA | | 01:11:51 (1286) | +23:13 | 7:11 | 1:10:48 | 34:35 (32) | F (335) |
| MASTER 3 F (39) | 1208 | FANDIÑO VILACIDE, ANGELES | | 01:11:52 (1287) | +23:14 | 7:11 | 1:10:51 | 35:42 (39) | F (336) |
| MASCULINO | | | | | | | | | |
| MASTER 3 M (1) | 96 | GARCIA CERDEIRAS, BRUNO | ATLETAS DE ACEA DE AMA | 00:35:43 (43) | -- | 3:34 | 35:39 | 18:03 (2) | M (41) |
| MASTER 3 M (2) | 136 | NIETO GONZÁLEZ, JOSE MANUEL | CLUB ATLETISMO SAR | 00:35:54 (51) | +11 | 3:35 | 35:51 | 18:00 (1) | M (49) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|---------------------------------|----------------------------|-----------------------|-------|------|-------|------------|---------|
| MASTER 3 M (3) | 247 | BUJAN OTERO, JOSÉ CARLOS | NOITEBRA FC | 00:36:21 (60) | +38 | 3:38 | 36:17 | 18:19 (3) | M (58) |
| MASTER 3 M (4) | 142 | FALCÓN PÉREZ, SANTIAGO | CLUB ATLETISMO CAMBADOS | 00:36:52 (78) | +1:09 | 3:41 | 36:48 | 18:27 (4) | M (76) |
| MASTER 3 M (5) | 116 | IGLESIAS CARRERA, PIO | CLUB TRIATLON COMPOSTELA | 00:37:07 (86) | +1:24 | 3:42 | 37:04 | 18:41 (5) | M (84) |
| MASTER 3 M (6) | 80 | SEIJO BUJIA, MARCOS ANTONIO | | 00:37:33 (100) | +1:50 | 3:45 | 37:31 | 19:10 (9) | M (96) |
| MASTER 3 M (7) | 159 | CÉSAR VILA, ÁLVARO | CLUB ATLETISMO TAMBRE | 00:37:38 (102) | +1:55 | 3:45 | 37:32 | 19:03 (6) | M (98) |
| MASTER 3 M (8) | 130 | LEMA PÉREZ, PABLO ANDRÉS | RUNNING OLEIROS | 00:37:43 (106) | +2:00 | 3:46 | 37:38 | 19:22 (11) | M (102) |
| MASTER 3 M (9) | 1394 | FERNÁNDEZ LAGO, JUAN CARLOS | SERRES RUNNERS | 00:37:49 (108) | +2:06 | 3:46 | 37:44 | 19:18 (10) | M (104) |
| MASTER 3 M (10) | 122 | RAMOS FERROL, ARTURO | CLUB TRIATLON COMPOSTELA | 00:37:56 (112) | +2:13 | 3:47 | 37:52 | 19:03 (7) | M (108) |
| MASTER 3 M (11) | 81 | SENRA ALVAREZ, ROBERTO | CLUB ATLETISMO TAMBRE | 00:38:40 (143) | +2:57 | 3:51 | 38:35 | 19:37 (12) | M (139) |
| MASTER 3 M (12) | 135 | LOPEZ EIROA, SIMON | ATLETAS DE ACEA DE AMA | 00:38:49 (149) | +3:06 | 3:52 | 38:44 | 19:48 (16) | M (145) |
| MASTER 3 M (13) | 170 | VILLA VIEIRO, FERNANDO | CLUB TRIATLON COMPOSTELA | 00:38:49 (150) | +3:06 | 3:52 | 38:42 | 19:42 (13) | M (146) |
| MASTER 3 M (14) | 27 | SEOANE POMBO, JOSE MANUEL | CLUB ATLETISMO NEGREIRA | 00:38:51 (153) | +3:08 | 3:53 | 38:46 | 19:08 (8) | M (149) |
| MASTER 3 M (15) | 1696 | GÓMEZ GÓMEZ, MANUEL | | 00:38:56 (156) | +3:13 | 3:53 | 38:44 | 19:48 (17) | M (151) |
| MASTER 3 M (16) | 77 | GONZÁLEZ VÁZQUEZ, SUSO | GALAICO TRAIL-RUN | 00:39:11 (163) | +3:28 | 3:55 | 39:03 | 19:47 (15) | M (156) |
| MASTER 3 M (17) | 203 | PARADA GARCÍA, LUIS MIGUEL | EL CANARIO | 00:39:26 (172) | +3:43 | 3:56 | 39:20 | 19:47 (14) | M (164) |
| MASTER 3 M (18) | 828 | BOO FARIÑA, SALVADOR | | 00:39:30 (176) | +3:47 | 3:56 | 39:19 | 20:01 (18) | M (168) |
| MASTER 3 M (19) | 276 | JUANATEY PÉREZ, JOSÉ ANTONIO | ATLETISMO FONTES DO SAR | 00:39:31 (177) | +3:48 | 3:57 | 39:25 | 20:03 (19) | M (169) |
| MASTER 3 M (20) | 168 | PÉREZ ÁLVAREZ, JAIME | RUN PONTEVEDRA | 00:39:38 (179) | +3:55 | 3:57 | 39:29 | 20:30 (26) | M (171) |
| MASTER 3 M (21) | 814 | BARREIRO CORDEIRO, JAVI | SERRES RUNNERS | 00:39:42 (183) | +3:59 | 3:58 | 39:33 | 20:32 (27) | M (175) |
| MASTER 3 M (22) | 172 | MARTÍNEZ VALVERDE, CARLOS | CLUB ATLETISMO O PINO | 00:39:47 (185) | +4:04 | 3:58 | 39:37 | 20:06 (20) | M (177) |
| MASTER 3 M (23) | 238 | CABO BLANCO, CARLOS | | 00:39:52 (186) | +4:09 | 3:59 | 39:44 | 20:18 (22) | M (178) |
| MASTER 3 M (24) | 256 | IGLESIAS CRISTOBO, ELOY | CLUB ATLETISMO SAR | 00:39:53 (189) | +4:10 | 3:59 | 39:41 | 20:29 (25) | M (181) |
| MASTER 3 M (25) | 241 | TAJES MAYO, JUAN JESÚS | ATLETISMO FONTES DO SAR | 00:39:59 (192) | +4:16 | 3:59 | 39:51 | 20:10 (21) | M (184) |
| MASTER 3 M (26) | 253 | PEREZ SANTAMARIA, DAVID | CLUB ATLETISMO SAR | 00:40:12 (199) | +4:29 | 4:01 | 40:00 | 20:26 (24) | M (191) |
| MASTER 3 M (27) | 59 | MOREIRA MARTÍNEZ, LUIS | ATLETISMO A ESTRADA | 00:40:46 (221) | +5:03 | 4:04 | 40:41 | 20:24 (23) | M (212) |
| MASTER 3 M (28) | 56 | GARCÍA COSTA, ANXO | ASOCIACIÓN DEPORTIVA CERNE | 00:41:02 (228) | +5:19 | 4:06 | 40:55 | 20:49 (28) | M (219) |
| MASTER 3 M (29) | 557 | PAJARO SALAGRE, JOSE MANUEL | | 00:41:20 (238) | +5:37 | 4:07 | 41:11 | 21:12 (32) | M (229) |
| MASTER 3 M (30) | 1193 | LAGO MOLEDO, MANUEL | CAO | 00:41:20 (239) | +5:37 | 4:07 | 40:46 | 22:09 (44) | M (230) |
| MASTER 3 M (31) | 623 | CASAL BARREIRO, MIGUEL ANGEL | | 00:41:25 (247) | +5:42 | 4:08 | 41:11 | 21:00 (30) | M (237) |
| MASTER 3 M (32) | 578 | MATA TORREIRA, JUANMA | ATLETISMO FONTES DO SAR | 00:41:44 (257) | +6:01 | 4:10 | 41:27 | 21:32 (35) | M (247) |
| MASTER 3 M (33) | 195 | DE LA TORRE GARCIA, PACO | | 00:41:46 (259) | +6:03 | 4:10 | 41:37 | 21:05 (31) | M (249) |
| MASTER 3 M (34) | 500 | VARELA MARZOA, JOSÉ ANTIO | | 00:41:51 (263) | +6:08 | 4:11 | 41:32 | 21:35 (36) | M (253) |
| MASTER 3 M (35) | 58 | FERNÁNDEZ EIRAS, ERNESTO MANUEL | C.A. OUTES | 00:41:53 (265) | +6:10 | 4:11 | 41:44 | 20:57 (29) | M (255) |
| MASTER 3 M (36) | 1742 | COSTA GONZALEZ, ALEJANDRO | | 00:41:53 (268) | +6:10 | 4:11 | 41:38 | 21:38 (37) | M (258) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|-----------------------------------|-------------------------------------|-----------------------|--------|------|-------|------------|---------|
| MASTER 3 M (37) | 40 | DOPAZO LOUZAN, JAVIER | RUN PONTEVEDRA | 00:42:12 (282) | +6:29 | 4:13 | 42:02 | 21:23 (34) | M (271) |
| MASTER 3 M (38) | 432 | RIVEIRO MOLEDO, SEGUNDO MANUEL | CLUB ATLETISMO NOIA | 00:42:16 (286) | +6:33 | 4:13 | 42:00 | 21:41 (38) | M (275) |
| MASTER 3 M (39) | 812 | FERREIRO LÓPEZ, JUAN | CLUB ATLETISMO TAMBRE | 00:42:19 (289) | +6:36 | 4:13 | 42:04 | 21:21 (33) | M (278) |
| MASTER 3 M (40) | 615 | FERNANDEZ TOME, JUAN | | 00:42:23 (294) | +6:40 | 4:14 | 42:11 | 21:42 (39) | M (282) |
| MASTER 3 M (41) | 435 | OUJO POUZO, LUCHO | | 00:42:55 (318) | +7:12 | 4:17 | 42:28 | 22:33 (51) | M (303) |
| MASTER 3 M (42) | 593 | PAZ TORRES, FERNANDO | SD COMPOSTELA ATLETISMO | 00:42:58 (320) | +7:15 | 4:17 | 42:41 | 22:25 (48) | M (305) |
| MASTER 3 M (43) | 574 | PARDO LÓPEZ, XOSÉ MANUEL | CLUB ATLETISMO OUTES | 00:43:02 (325) | +7:19 | 4:18 | 42:35 | 22:25 (49) | M (308) |
| MASTER 3 M (44) | 556 | MAYO CAAMAÑO, JOSÉ ANTONIO | CLUB ATLETISMO OUTES | 00:43:25 (332) | +7:42 | 4:20 | 43:06 | 22:13 (45) | M (314) |
| MASTER 3 M (45) | 69 | RODRÍGUEZ GIL, XIL | | 00:43:27 (334) | +7:44 | 4:20 | 43:26 | 21:50 (40) | M (316) |
| MASTER 3 M (46) | 404 | PEREIRA REDONDO, JUAN CARLOS | | 00:43:39 (336) | +7:56 | 4:21 | 43:30 | 21:57 (41) | M (318) |
| MASTER 3 M (47) | 654 | COLLAZO LORENZO, FRANC | AMES ATLETISMO SAVANTE | 00:43:42 (339) | +7:59 | 4:22 | 43:31 | 22:01 (43) | M (321) |
| MASTER 3 M (48) | 75 | BUIDE, ROBERTO | MONTE SEGADE | 00:43:43 (340) | +8:00 | 4:22 | 43:39 | 22:01 (42) | M (322) |
| MASTER 3 M (49) | 441 | MARTINEZ GAGO, ENRIQUE | ATLETISMO +9 MORAÑA | 00:43:59 (354) | +8:16 | 4:23 | 43:44 | 22:31 (50) | M (335) |
| MASTER 3 M (50) | 562 | VIDAL CASTRO, ERNESTO | RUNNING LUSEKELO | 00:44:06 (363) | +8:23 | 4:24 | 43:43 | 22:37 (52) | M (343) |
| MASTER 3 M (51) | 1581 | PIÑEIRO REY, ARTURO | SD BARBANTIA RODA | 00:44:17 (370) | +8:34 | 4:25 | 43:14 | 23:24 (67) | M (349) |
| MASTER 3 M (52) | 467 | BLANCO FIGUEIRIDO, MARCOS ANTONIO | C.A. OUTES | 00:44:26 (377) | +8:43 | 4:26 | 44:04 | 22:56 (58) | M (354) |
| MASTER 3 M (53) | 839 | DA SILVA LIMA, ANTONIO LUIS | | 00:44:34 (384) | +8:51 | 4:27 | 44:20 | 22:24 (46) | M (359) |
| MASTER 3 M (54) | 254 | LÓPEZ FERNÁNDEZ, JOSÉ ANTONIO | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 00:44:40 (390) | +8:57 | 4:27 | 44:06 | 22:40 (53) | M (365) |
| MASTER 3 M (55) | 580 | SOLETO CEREIJO, SANTIAGO | CLUB TRIATLON COMPOSTELA | 00:44:46 (397) | +9:03 | 4:28 | 44:30 | 22:52 (55) | M (371) |
| MASTER 3 M (56) | 609 | DEL RÍO NOYA, JOSÉ MANUEL | | 00:44:48 (399) | +9:05 | 4:28 | 44:26 | 22:51 (54) | M (373) |
| MASTER 3 M (57) | 667 | MOURIÑO ROMANÍ, MANUEL | CLUB ATLETISMO OUTES | 00:44:57 (405) | +9:14 | 4:29 | 44:26 | 23:14 (63) | M (379) |
| MASTER 3 M (58) | 482 | RODRIGUEZ GONZALEZ, ALVARO | SD COMPOSTELA ATLETISMO | 00:45:01 (410) | +9:18 | 4:30 | 44:51 | 22:24 (47) | M (383) |
| MASTER 3 M (59) | 618 | BALADO MOSQUERA, SERGIO ANGEL | CLUB ATLETISMO SAR | 00:45:07 (413) | +9:24 | 4:30 | 44:54 | 23:07 (59) | M (386) |
| MASTER 3 M (60) | 679 | VARELA PAJARO, JOSE | RUNNERS CRUCES | 00:45:12 (416) | +9:29 | 4:31 | 44:37 | 23:21 (65) | M (389) |
| MASTER 3 M (61) | 714 | ABEIJÓN COSTA, FRANCISCO | | 00:45:19 (421) | +9:36 | 4:31 | 44:54 | 23:31 (72) | M (394) |
| MASTER 3 M (62) | 427 | ARGIBAY PEREZ, MANUEL | ESCOLA ATLETISMO DEZA | 00:45:19 (422) | +9:36 | 4:31 | 45:00 | 23:29 (70) | M (395) |
| MASTER 3 M (63) | 2356 | OCAMPO REY, MIGUEL ANGEL | | 00:45:22 (423) | +9:39 | 4:32 | 44:34 | 24:19 (84) | M (396) |
| MASTER 3 M (64) | 572 | SILVA CÉSAR, CARLOS | CLUB ATLETISMO USC | 00:45:27 (428) | +9:44 | 4:32 | 45:00 | 23:07 (60) | M (400) |
| MASTER 3 M (65) | 536 | VARELA PEREZ, MIGUEL ANGEL | | 00:45:27 (429) | +9:44 | 4:32 | 45:01 | 23:08 (61) | M (401) |
| MASTER 3 M (66) | 633 | TRIGO BAO, MANUEL | CDM VERTICE | 00:45:36 (435) | +9:53 | 4:33 | 45:24 | 22:55 (56) | M (405) |
| MASTER 3 M (67) | 1051 | BARRAL VARELA, JUAN JESUS | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:45:48 (441) | +10:05 | 4:34 | 45:23 | 24:00 (78) | M (409) |
| MASTER 3 M (68) | 478 | LOJO, JUAN | | 00:45:57 (446) | +10:14 | 4:35 | 45:32 | 23:13 (62) | M (414) |
| MASTER 3 M (69) | 668 | LEYVA IGLESIAS, MANUEL | RAMBLER RUNNER | 00:46:01 (448) | +10:18 | 4:36 | 45:39 | 23:25 (68) | M (416) |
| MASTER 3 M (70) | 611 | CONDE PEREIRA, ANGEL | | 00:46:10 (455) | +10:27 | 4:36 | 45:55 | 23:37 (74) | M (423) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|-------------------------------|------------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 3 M (71) | 460 | LAGO FERNANDEZ, CHUS | SERRES RUNNERS | 00:46:15 (462) | +10:32 | 4:37 | 46:05 | 23:27 (69) | M (430) |
| MASTER 3 M (72) | 236 | BREA LOPEZ, MIGUEL ANGEL | | 00:46:17 (463) | +10:34 | 4:37 | 45:42 | 23:24 (66) | M (431) |
| MASTER 3 M (73) | 409 | SEIJO FERNÁNDEZ, JOSE CARLOS | ATLETISMO +9 MORAÑA | 00:46:23 (471) | +10:40 | 4:38 | 46:09 | 22:56 (57) | M (438) |
| MASTER 3 M (74) | 36 | LORENZO QUEIRUGA, MANUEL | SAUDE SPORT | 00:46:24 (474) | +10:41 | 4:38 | 46:12 | 23:18 (64) | M (440) |
| MASTER 3 M (75) | 1392 | REY BREA, MARCOS | | 00:46:41 (492) | +10:58 | 4:40 | 45:38 | 24:20 (86) | M (456) |
| MASTER 3 M (76) | 526 | PAIS COMINO, RAFA | | 00:46:46 (495) | +11:03 | 4:40 | 46:22 | 23:44 (75) | M (458) |
| MASTER 3 M (77) | 736 | CADAVID NÚÑEZ, JOSÉ | | 00:46:50 (501) | +11:07 | 4:40 | 46:33 | 23:37 (73) | M (464) |
| MASTER 3 M (78) | 1310 | LAGO FERNÁNDEZ, FERNANDO | | 00:46:51 (502) | +11:08 | 4:41 | 46:13 | 24:15 (83) | M (465) |
| MASTER 3 M (79) | 653 | PORTABALES DOBAÑO, RICARDO | | 00:47:03 (513) | +11:20 | 4:42 | 46:34 | 23:59 (76) | M (476) |
| MASTER 3 M (80) | 468 | VALIÑO CEREIJO, JOSE MANUEL | | 00:47:04 (516) | +11:21 | 4:42 | 46:48 | 24:01 (79) | M (478) |
| MASTER 3 M (81) | 465 | FERNANDEZ TORRES, JOSE MANUEL | ADC ARNELA | 00:47:21 (525) | +11:38 | 4:44 | 46:33 | 24:35 (88) | M (483) |
| MASTER 3 M (82) | 750 | LÓPEZ PUGA, VÍCTOR M. | | 00:47:35 (537) | +11:52 | 4:45 | 47:10 | 24:19 (85) | M (494) |
| MASTER 3 M (83) | 670 | ESTEVEZ ULLOA, EDU | ATLETISMOARENTEIRO | 00:47:36 (538) | +11:53 | 4:45 | 47:16 | 24:07 (80) | M (495) |
| MASTER 3 M (84) | 434 | CAMIÑO, MARTIÑÁN | ATLETISMO +9 MORAÑA | 00:47:44 (544) | +12:01 | 4:46 | 47:30 | 24:10 (81) | M (499) |
| MASTER 3 M (85) | 824 | LUAÑA LOUZAO, PEDRO | ENTRENARUNNING | 00:47:59 (555) | +12:16 | 4:47 | 47:34 | 24:46 (91) | M (508) |
| MASTER 3 M (86) | 1541 | MAGAN DOPAZO, GENO | | 00:48:04 (558) | +12:21 | 4:48 | 47:54 | 24:00 (77) | M (511) |
| MASTER 3 M (87) | 1216 | FERNÁNDEZ, CAS | SERRES RUNNERS | 00:48:09 (563) | +12:26 | 4:48 | 47:45 | 24:32 (87) | M (516) |
| MASTER 3 M (88) | 538 | GONZALEZ PEREZ, JOSE LUIS | | 00:48:12 (570) | +12:29 | 4:49 | 47:43 | 25:06 (97) | M (521) |
| MASTER 3 M (89) | 1455 | CASTRO VILANOVA, PLÁCIDO | | 00:48:14 (576) | +12:31 | 4:49 | 48:03 | 23:31 (71) | M (525) |
| MASTER 3 M (90) | 66 | SANTOS LORENZO, ENRIQUE | TERRA DE SONEIRA C.D. | 00:48:17 (579) | +12:34 | 4:49 | 47:19 | 25:36 (100) | M (528) |
| MASTER 3 M (91) | 740 | FERNANDEZ RODRÍGUEZ, EMILIO | CLUB ATLETISMO RIBADEO | 00:48:27 (589) | +12:44 | 4:50 | 48:14 | 24:51 (92) | M (533) |
| MASTER 3 M (92) | 450 | GARCÍA GALDO, JAVIER | CLUB ATLETISMO O PINO | 00:48:38 (601) | +12:55 | 4:51 | 48:11 | 24:58 (95) | M (539) |
| MASTER 3 M (93) | 528 | FERNANDEZ MARTÍNEZ, JOAQUIN | SERRES RUNNERS | 00:48:40 (603) | +12:57 | 4:51 | 48:14 | 25:01 (96) | M (541) |
| MASTER 3 M (94) | 656 | FERNANDEZ ANDRADE, OSCAR | | 00:48:40 (605) | +12:57 | 4:51 | 48:22 | 24:11 (82) | M (543) |
| MASTER 3 M (95) | 771 | GOMEZ VIAÑO, JOSE | | 00:48:53 (617) | +13:10 | 4:53 | 48:30 | 24:56 (94) | M (552) |
| MASTER 4 M (96) | 1057 | CERNADAS LADO, FRANCISCO JOSÉ | SERRES RUNNERS | 00:48:55 (619) | +10:17 | 4:53 | 48:30 | 25:01 (17) | M (554) |
| MASTER 3 M (97) | 1716 | OTERO MARTÍNEZ, JOSÉ MANUEL | | 00:48:55 (622) | +13:12 | 4:53 | 48:17 | 24:53 (93) | M (555) |
| MASTER 3 M (98) | 1237 | TRIUNFO DELGADO, GONZALO | ARTROGAL TRI 498 | 00:48:57 (625) | +13:14 | 4:53 | 48:09 | 24:41 (90) | M (558) |
| MASTER 3 M (99) | 464 | CIMADEVILA GARCÍA, ANTÓN | | 00:49:05 (632) | +13:22 | 4:54 | 48:47 | 24:39 (89) | M (563) |
| MASTER 3 M (100) | 1081 | CALVIÑO CALVO, JAVIER | | 00:49:37 (655) | +13:54 | 4:57 | 48:49 | 25:19 (99) | M (580) |
| MASTER 3 M (101) | 516 | MOURE CAÑETE, FRANCISCO | NOITEBRA FC | 00:49:53 (666) | +14:10 | 4:59 | 49:31 | 25:13 (98) | M (587) |
| MASTER 3 M (102) | 920 | SERANTES MANEIRO, CAMILO | ADC ARNELA | 00:49:58 (668) | +14:15 | 4:59 | 49:14 | 26:10 (112) | M (589) |
| MASTER 3 M (103) | 1104 | VAZQUEZ FERREIRO, MANUEL | ASOCIACIÓN DEPORTIVA OLIMPIA | 00:50:02 (672) | +14:19 | 5:00 | 49:23 | 25:49 (102) | M (593) |
| MASTER 3 M (104) | 1096 | GARCIA LOUREIRO, ANTONIO | | 00:50:03 (673) | +14:20 | 5:00 | 49:38 | 25:53 (108) | M (594) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|----------------------------------|------------------------------|-----------------------|--------|------|-------|-------------|---------|
| MASTER 3 M (105) | 22 | HERMIDA RODRÍGUEZ, CARLOS RAFAEL | | 00:50:03 (674) | +14:20 | 5:00 | 49:38 | 25:53 (109) | M (595) |
| MASTER 3 M (106) | 1029 | CALVO BERNARDEZ, FERNANDO | | 00:50:15 (686) | +14:32 | 5:01 | 49:42 | 26:01 (110) | M (605) |
| MASTER 3 M (107) | 568 | GIL BREA, JOSE ANTONIO | NOITEBRA FC | 00:50:38 (709) | +14:55 | 5:03 | 50:17 | 25:41 (101) | M (622) |
| MASTER 3 M (108) | 1695 | VILLARES BERMUDEZ, ALFONSO | | 00:50:54 (728) | +15:11 | 5:05 | 49:40 | 27:53 (130) | M (636) |
| MASTER 3 M (109) | 1047 | VARELA VAL, JOSÉ FRANCISCO | | 00:50:56 (730) | +15:13 | 5:05 | 50:20 | 25:51 (106) | M (637) |
| MASTER 3 M (110) | 596 | GALLEGO PRIEGO, MANUEL | ATLETICO BERTAMIRANS | 00:51:02 (733) | +15:19 | 5:06 | 50:36 | 26:14 (114) | M (640) |
| MASTER 3 M (111) | 505 | FERNÁNDEZ PIÑEIRO, TONO | | 00:51:05 (738) | +15:22 | 5:06 | 50:13 | 27:24 (123) | M (645) |
| MASTER 3 M (112) | 497 | NUÑEZ GONZÁLEZ, JOSÉ AMABLE | ATLETISMO +9 MORAÑA | 00:51:05 (739) | +15:22 | 5:06 | 50:38 | 25:51 (104) | M (646) |
| MASTER 3 M (113) | 939 | VERDE LEBORANS, JOSE | | 00:51:16 (751) | +15:33 | 5:07 | 50:39 | 26:32 (117) | M (656) |
| MASTER 3 M (114) | 1697 | SOMOZA LÓPEZ, CARLOS | | 00:51:19 (752) | +15:36 | 5:07 | 50:36 | 26:28 (115) | M (657) |
| MASTER 3 M (115) | 786 | PARDAVILA IGLESIAS, MIGUEL ÁNGEL | CORRIDA DAS CABRAS | 00:51:25 (757) | +15:42 | 5:08 | 50:43 | 26:30 (116) | M (661) |
| MASTER 3 M (116) | 741 | VARELA MAZAS, JAVIER | | 00:51:27 (758) | +15:44 | 5:08 | 50:52 | 25:51 (105) | M (662) |
| MASTER 3 M (117) | 1694 | MILLAN GUZMAN, JUAN CARLOS | | 00:51:32 (759) | +15:49 | 5:09 | 51:00 | 26:11 (113) | M (663) |
| MASTER 3 M (118) | 1100 | BANET PAEZ, ALEJANDRO | | 00:51:32 (760) | +15:49 | 5:09 | 50:53 | 25:49 (103) | M (664) |
| MASTER 3 M (119) | 476 | MÉNDEZ RODRÍGUEZ, JOSÉ LUIS | | 00:51:42 (769) | +15:59 | 5:10 | 51:10 | 26:50 (119) | M (672) |
| MASTER 3 M (120) | 437 | OUJO CASTELO, SANTIAGO | ADC ARNELAÑ | 00:51:45 (770) | +16:02 | 5:10 | 50:59 | 25:52 (107) | M (673) |
| MASTER 3 M (121) | 1034 | SUEIRAS FIEIRO, LUIS CARLOS | | 00:51:51 (776) | +16:08 | 5:11 | 51:07 | 27:25 (124) | M (675) |
| MASTER 3 M (122) | 546 | BLANCO NOVO, JOSÉ MANUEL | ASOCIACIÓN DEPORTIVA OLIMPIA | 00:52:04 (784) | +16:21 | 5:12 | 51:30 | 26:10 (111) | M (682) |
| MASTER 3 M (123) | 1084 | RIAL OTERO, JOSE LUIS | TARTARUGAS | 00:52:24 (798) | +16:41 | 5:14 | 51:34 | 27:39 (126) | M (689) |
| MASTER 3 M (124) | 1334 | PÉREZ GONZALEZ, JOAQUÍN | TRABANDAINAS | 00:52:30 (803) | +16:47 | 5:14 | 51:50 | 26:59 (122) | M (693) |
| MASTER 3 M (125) | 455 | MANEIRO SAMPEDRO, JULIO | | 00:52:31 (804) | +16:48 | 5:15 | 51:51 | 26:59 (121) | M (694) |
| MASTER 3 M (126) | 521 | CAO BRAÑA, ROBERTO | | 00:52:34 (807) | +16:51 | 5:15 | 51:16 | 27:36 (125) | M (696) |
| MASTER 3 M (127) | 724 | PEREZ SUSAVILA, ANGEL | | 00:52:43 (810) | +17:00 | 5:16 | 51:42 | 29:09 (148) | M (699) |
| MASTER 3 M (128) | 804 | CALVO CALVO, LUIS | | 00:52:43 (812) | +17:00 | 5:16 | 51:42 | 29:09 (147) | M (700) |
| MASTER 3 M (129) | 759 | FERREIRÓS, JOSE | TARTARUGAS | 00:52:58 (824) | +17:15 | 5:17 | 52:07 | 27:54 (131) | M (711) |
| MASTER 3 M (130) | 773 | REBORDA GRAÑA, AMADOR | CLUB DEPORTIVO PINARIUM | 00:53:31 (847) | +17:48 | 5:21 | 52:28 | 28:15 (136) | M (725) |
| MASTER 3 M (131) | 798 | AMADO BOUZA, JOSÉ MARÍA | ATLÉTAS DE ACEA DE AMA | 00:53:34 (850) | +17:51 | 5:21 | 52:58 | 26:50 (120) | M (726) |
| MASTER 3 M (132) | 748 | LORENZO RIVEIRO, JOSE ANGEL | | 00:53:52 (859) | +18:09 | 5:23 | 53:28 | 27:57 (133) | M (730) |
| MASTER 3 M (133) | 1176 | DIEZ POSSE, PANCHO | | 00:53:58 (865) | +18:15 | 5:23 | 53:15 | 28:35 (138) | M (734) |
| MASTER 3 M (134) | 1315 | AGULLEIRO DÍAZ, JESÚS P. | | 00:54:16 (876) | +18:33 | 5:25 | 53:24 | 28:24 (137) | M (741) |
| MASTER 3 M (135) | 816 | MARTINEZ OVIEDO, ANGEL | | 00:54:45 (897) | +19:02 | 5:28 | 54:31 | 27:49 (129) | M (754) |
| MASTER 3 M (136) | 1286 | ARMENTAL GODON, MARCOS | | 00:54:49 (904) | +19:06 | 5:28 | 53:45 | 30:08 (160) | M (759) |
| MASTER 3 M (137) | 1477 | MANEIRO OTERO, GUILLERMO | CLUB ATLETISMO CAMBADOS | 00:54:54 (906) | +19:11 | 5:29 | 54:26 | 26:33 (118) | M (761) |
| MASTER 3 M (138) | 1162 | SUEIRAS FIEIRO, JOSE IGNACIO | | 00:54:57 (907) | +19:14 | 5:29 | 54:13 | 27:55 (132) | M (762) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|------------------------------------|-------------------------------------|------------------------|--------|------|---------|-------------|---------|
| MASTER 3 M (139) | 1324 | CARRASCO ITURRA, CARLOS | CLUB ATLETISMO O PINO | 00:54:58 (909) | +19:15 | 5:29 | 54:33 | 27:46 (128) | M (763) |
| MASTER 3 M (140) | 1091 | BREA LÓPEZ, GONZALO | | 00:55:09 (915) | +19:26 | 5:30 | 54:08 | 29:19 (149) | M (768) |
| MASTER 3 M (141) | 1692 | RUEDA VALENZUELA, ALFONSO | | 00:55:14 (919) | +19:31 | 5:31 | 54:03 | 28:48 (139) | M (771) |
| MASTER 3 M (142) | 1485 | LAGARES CARRO, MAXI | ESPRINTES OURENSE | 00:55:21 (927) | +19:38 | 5:32 | 54:08 | 29:03 (146) | M (776) |
| MASTER 3 M (143) | 1113 | MARIÑO RODRÍGUEZ, JOSÉ MANUEL | | 00:55:50 (941) | +20:07 | 5:34 | 54:48 | 28:58 (144) | M (786) |
| MASTER 3 M (144) | 1576 | RESUA RESUA, MIGUEL | FLOW PILATES & TRAINING | 00:56:05 (947) | +20:22 | 5:36 | 55:03 | 29:26 (152) | M (788) |
| MASTER 3 M (145) | 1103 | ALDAO PEREIRA, MARCOS | | 00:56:05 (949) | +20:22 | 5:36 | 54:48 | 30:03 (158) | M (789) |
| MASTER 3 M (146) | 1447 | NUÑEZ, SANTIAGO | | 00:56:25 (965) | +20:42 | 5:38 | 55:30 | 27:40 (127) | M (798) |
| MASTER 3 M (147) | 1136 | IGLESIAS PAYO, RUBÉN | | 00:56:28 (969) | +20:45 | 5:38 | 55:43 | 29:32 (153) | M (800) |
| MASTER 3 M (148) | 964 | RIAL PEREZ, CARLOS | | 00:56:32 (974) | +20:49 | 5:39 | 55:35 | 29:02 (145) | M (803) |
| MASTER 3 M (149) | 971 | PAZ SILVA, ADÁN | | 00:56:46 (980) | +21:03 | 5:40 | 55:51 | 30:02 (157) | M (807) |
| MASTER 3 M (150) | 951 | MARTINEZ MARTINEZ, JOSE MANUEL | | 00:56:47 (982) | +21:04 | 5:40 | 56:03 | 28:11 (135) | M (809) |
| MASTER 3 M (151) | 1124 | VIAÑO RODRÍGUEZ, LUIS | | 00:56:48 (983) | +21:05 | 5:40 | 55:47 | 29:24 (151) | M (810) |
| MASTER 3 M (152) | 1717 | FERNÁNDEZ RODRÍGUEZ, HUMBERTO | | 00:56:48 (984) | +21:05 | 5:40 | 55:31 | 30:26 (164) | M (811) |
| MASTER 3 M (153) | 1435 | SAMPEDRO PEREZ, JOSE MANUEL | CLUB NATACION RIBEIRA | 00:56:53 (989) | +21:10 | 5:41 | 55:53 | 30:06 (159) | M (814) |
| MASTER 3 M (154) | 1406 | GARCÍA NUÑEZ, SECHU | CLUB ATLETISMO NOIA | 00:56:55 (992) | +21:12 | 5:41 | 56:00 | 28:50 (142) | M (816) |
| MASTER 3 M (155) | 925 | MARTINEZ CALO, ANGEL | | 00:56:56 (996) | +21:13 | 5:41 | 56:12 | 28:53 (143) | M (818) |
| MASTER 3 M (156) | 44 | GONZÁLEZ REINO, CARLOS | | 00:56:56 (997) | +21:13 | 5:41 | 56:13 | 28:50 (141) | M (819) |
| MASTER 3 M (157) | 1456 | CASTELO MOSQUERA, JAVIER | | 00:57:14 (1010) | +21:31 | 5:43 | 56:29 | 28:10 (134) | M (827) |
| MASTER 3 M (158) | 962 | DIEZ GARCIA, BERNARDO | AEROCLUB SANTIAGO DE COMPOSTELA | 00:57:38 (1029) | +21:55 | 5:45 | 56:48 | 28:49 (140) | M (836) |
| MASTER 3 M (159) | 1290 | VALCÁRCEL DIAZ, MANUEL | | 00:57:40 (1032) | +21:57 | 5:45 | 56:51 | 29:20 (150) | M (839) |
| MASTER 3 M (160) | 1123 | FANEGO RIOBOO, FRANCISCO JAVIER | | 00:58:00 (1045) | +22:17 | 5:47 | 57:29 | 29:50 (155) | M (849) |
| MASTER 3 M (161) | 1241 | MAYO CAAMAÑO, JOSÉ MANUEL | VENDAVAL ESTEIRO | 00:58:03 (1050) | +22:20 | 5:48 | 56:42 | 30:40 (166) | M (850) |
| MASTER 3 M (162) | 1693 | OUJO POUSO, LUIS | | 00:58:03 (1051) | +22:20 | 5:48 | 56:51 | 30:52 (168) | M (851) |
| MASTER 3 M (163) | 1226 | MÍGUEZ CERQUEIRO, AVELINO | | 00:58:10 (1058) | +22:27 | 5:48 | 57:32 | 30:45 (167) | M (857) |
| MASTER 3 M (164) | 484 | GARCÍA GONZÁLEZ, ÁNGEL | | 00:58:22 (1061) | +22:39 | 5:50 | 57:30 | 29:47 (154) | M (859) |
| MASTER 3 M (165) | 1560 | GONZÁLEZ MIGUÉNS, ROBERTO | CLUB ATLETISMO NOIA | 00:58:32 (1066) | +22:49 | 5:51 | 57:36 | 30:23 (162) | M (861) |
| MASTER 3 M (166) | 1239 | HERMIDA PESTONIT, JOSÉ LUÍS | | 00:58:32 (1067) | +22:49 | 5:51 | 57:36 | 30:24 (163) | M (862) |
| MASTER 3 M (167) | 904 | ARES FONTENLA, RAFAEL | CLUB ATLETISMO CAMBADOS | 00:59:10 (1097) | +23:27 | 5:54 | 58:42 | 29:57 (156) | M (871) |
| MASTER 3 M (168) | 1580 | GÓMEZ CASTRO, FRANCISCO JOSÉ | | 00:59:19 (1103) | +23:36 | 5:55 | 58:26 | 30:23 (161) | M (873) |
| MASTER 3 M (169) | 1289 | VEIGA LAGE, RICARDO | | 01:00:22 (1129) | +24:39 | 6:02 | 59:45 | 32:45 (173) | M (886) |
| MASTER 3 M (170) | 1586 | LÓPEZ OUTEIRAL, JESÚS | | 01:00:34 (1135) | +24:51 | 6:03 | 59:21 | 30:31 (165) | M (888) |
| MASTER 3 M (171) | 1177 | RODRÍGUEZ FERNÁNDEZ, RICARDO JULIO | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 01:01:49 (1171) | +26:06 | 6:10 | 1:00:33 | 32:03 (172) | M (905) |
| MASTER 3 M (172) | 1153 | ESPASANDIN GESTODO, JOSÉ | FLOW PILATES & TRAINING | 01:02:39 (1188) | +26:56 | 6:15 | 1:01:34 | 33:10 (176) | M (911) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|------------------|------|---------------------------------|-------------------------|------------------------|--------|------|---------|-------------|---------|
| MASTER 3 M (173) | 1267 | BRION BLANCO, JOSE LUIS | | 01:02:58 (1193) | +27:15 | 6:17 | 1:01:39 | 32:46 (174) | M (913) |
| MASTER 3 M (174) | 1224 | PEREZ MONTESDEOCA, LUIS | CHICHO Y SUS TERREMOTOS | 01:03:30 (1209) | +27:47 | 6:20 | 1:02:28 | 33:45 (179) | M (922) |
| MASTER 3 M (175) | 1525 | FERNANDEZ-COUTO GOMEZ, LUIS | | 01:03:52 (1212) | +28:09 | 6:23 | 1:02:54 | 31:48 (171) | M (924) |
| MASTER 3 M (176) | 1293 | DE LA IGLESIA BARRIENTOS, JESUS | | 01:04:01 (1221) | +28:18 | 6:24 | 1:03:31 | 31:38 (170) | M (929) |
| MASTER 3 M (177) | 588 | PÉREZ VIDAL, GERMÁN | CLUB ATLETISMO NOIA | 01:05:16 (1239) | +29:33 | 6:31 | 1:04:09 | 33:16 (177) | M (936) |
| MASTER 3 M (178) | 1186 | LIÑARES MARTÍNEZ, JOSÉ IGNACIO | | 01:05:29 (1244) | +29:46 | 6:32 | 1:04:14 | 33:22 (178) | M (938) |
| MASTER 3 M (179) | 1329 | MAYO LAGE, FRANCISCO | | 01:06:11 (1253) | +30:28 | 6:37 | 1:05:20 | 32:53 (175) | M (940) |
| MASTER 3 M (180) | 835 | MONCHO | | 01:08:13 (1276) | +32:30 | 6:49 | 1:07:04 | 34:13 (180) | M (948) |
| MASTER 3 M (181) | 949 | AGRASO SANTOS, MANUEL | | 01:15:20 (1297) | +39:37 | 7:31 | 1:14:17 | 36:44 (181) | M (958) |

MASTER 4

FEMENINO

| | | | | | | | | | |
|----------------|------|------------------------------|-------------------------|------------------------|--------|------|---------|-----------|---------|
| MASTER 4 F (1) | 1090 | BALADO LÓPEZ, CAROLINA | | 00:51:07 (742) | -- | 5:06 | 50:06 | 26:23 (1) | F (94) |
| MASTER 4 F (2) | 932 | SÁNCHEZ BASCOY, SILVIA | | 00:53:01 (826) | +1:54 | 5:18 | 52:46 | 26:28 (2) | F (114) |
| MASTER 4 F (3) | 978 | FERNÁNDEZ MOSQUERA, PILAR | | 00:56:22 (962) | +5:15 | 5:38 | 55:38 | 29:09 (4) | F (166) |
| MASTER 4 F (4) | 1235 | RODRÍGUEZ SOBRINO, CELINA | MORAÑA EN RUTA | 00:56:55 (993) | +5:48 | 5:41 | 56:36 | 28:13 (3) | F (177) |
| MASTER 4 F (5) | 1504 | VILAR SEREN, GUADALUPE | CLUB ATLETISMO CAMBADOS | 00:59:06 (1095) | +7:59 | 5:54 | 58:39 | 29:57 (5) | F (225) |
| MASTER 4 F (6) | 1672 | TRESGUERRAS GONZÁLEZ, ELVIRA | CLUB ATLETISMO SAR | 01:06:09 (1250) | +15:02 | 6:36 | 1:05:30 | 33:28 (6) | F (311) |

MASCULINO

| | | | | | | | | | |
|-----------------|------|--------------------------------|-------------------------|-----------------------|-------|------|-------|------------|---------|
| MASTER 4 M (1) | 175 | LOPEZ TORRES, ANDRES | TRIATLON VILAGARCIA | 00:38:38 (141) | -- | 3:51 | 38:35 | 19:10 (1) | M (137) |
| MASTER 4 M (2) | 242 | PÉREZ PEREIRA, RAMIRO | CLUB ATLETISMO SAR | 00:40:05 (196) | +1:27 | 4:00 | 39:54 | 20:24 (2) | M (188) |
| MASTER 4 M (3) | 1431 | FERNÁNDEZ FRAGA, FEDERICO | | 00:40:52 (223) | +2:14 | 4:05 | 40:41 | 20:40 (3) | M (214) |
| MASTER 4 M (4) | 216 | CEPEDA GACIO, FRANCISCO JAVIER | SD COMPOSTELA ATLETISMO | 00:41:47 (260) | +3:09 | 4:10 | 41:39 | 21:18 (4) | M (250) |
| MASTER 4 M (5) | 1383 | SEOANE CHAS, JOSE MANUEL | CA BETANZOS | 00:42:58 (321) | +4:20 | 4:17 | 42:42 | 22:12 (5) | M (306) |
| MASTER 4 M (6) | 650 | REY PAULOS, MANUEL JOSE | | 00:45:01 (409) | +6:23 | 4:30 | 44:50 | 23:00 (6) | M (382) |
| MASTER 4 M (7) | 466 | ALBORES DIAZ, JOSE MANUEL | C.A. OUTES | 00:46:03 (449) | +7:25 | 4:36 | 45:41 | 23:14 (7) | M (417) |
| MASTER 4 M (8) | 799 | SAINZ GARCÍA, FERNANDO | CLUB ATLETISMO SAR | 00:46:11 (456) | +7:33 | 4:37 | 46:01 | 23:32 (8) | M (424) |
| MASTER 4 M (9) | 710 | ÁLVAREZ AYUSO, CLAUDIO | ATMOS HOTEL | 00:46:33 (485) | +7:55 | 4:39 | 46:06 | 23:40 (9) | M (449) |
| MASTER 4 M (10) | 658 | TABOADA GONZÁLEZ, RAMIRO | RUNNING LUSEKELO | 00:46:57 (507) | +8:19 | 4:41 | 46:34 | 24:10 (10) | M (470) |
| MASTER 4 M (11) | 1578 | BLANCO BARREIRO, JOSE ANTONIO | | 00:47:35 (536) | +8:57 | 4:45 | 46:56 | 24:19 (12) | M (493) |
| MASTER 4 M (12) | 703 | VIDAL FERREÑO, PABLO | BRUTANZOS TEAM | 00:47:54 (552) | +9:16 | 4:47 | 47:22 | 24:51 (13) | M (506) |
| MASTER 4 M (13) | 776 | DE MARTÍN VÁZQUEZ, MARCIAL | | 00:48:05 (559) | +9:27 | 4:48 | 47:42 | 24:16 (11) | M (512) |
| MASTER 4 M (14) | 565 | RIAL SANCHIÑO, CAMILO | | 00:48:09 (562) | +9:31 | 4:48 | 47:47 | 24:53 (15) | M (515) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|-----------------------------------|-------------------------------------|------------------------|--------|------|---------|------------|---------|
| MASTER 4 M (15) | 462 | PARDIÑAS ALVITE, JOSE | | 00:48:26 (586) | +9:48 | 4:50 | 47:56 | 25:26 (20) | M (531) |
| MASTER 4 M (16) | 1655 | PÉREZ GARCÍA, JESÚS | CLUB ATLETISMO CAMBADOS | 00:50:16 (687) | +11:38 | 5:01 | 49:49 | 26:12 (24) | M (606) |
| MASTER 4 M (17) | 1243 | REGUEIRA BOO, JOSE MATIAS | | 00:50:41 (711) | +12:03 | 5:04 | 50:31 | 24:57 (16) | M (623) |
| MASTER 4 M (18) | 792 | ROCA AVILA, JAIME | | 00:50:47 (716) | +12:09 | 5:04 | 50:05 | 26:07 (23) | M (626) |
| MASTER 4 M (19) | 772 | VIDEIRA CORREA, ALBERTO | RUNNING LUSEKELO | 00:50:47 (717) | +12:09 | 5:04 | 50:23 | 25:15 (18) | M (627) |
| MASTER 4 M (20) | 1048 | BETANZOS REGO, TOBÍAS | S.D. BARBANTIA RODA | 00:50:50 (722) | +12:12 | 5:04 | 50:20 | 25:46 (21) | M (631) |
| MASTER 4 M (21) | 662 | GARCIA CURROS, DAVID | ATLETISMO DEZA | 00:50:57 (731) | +12:19 | 5:05 | 50:38 | 25:18 (19) | M (638) |
| MASTER 4 M (22) | 446 | CALVO GERARDI, MANUEL | CLUB ATLETISMO SAR | 00:51:11 (748) | +12:33 | 5:07 | 51:02 | 24:53 (14) | M (653) |
| MASTER 4 M (23) | 533 | GONZÁLEZ VARELA, BENITO | CLUB ATLETISMO TAMBRE | 00:51:56 (778) | +13:18 | 5:11 | 50:46 | 27:06 (27) | M (677) |
| MASTER 4 M (24) | 753 | VILAR CAAMAÑO, FELIX | | 00:52:19 (794) | +13:41 | 5:13 | 51:50 | 25:56 (22) | M (687) |
| MASTER 4 M (25) | 1522 | LÓPEZ RODRÍGUEZ, ANDRÉS | | 00:52:26 (799) | +13:48 | 5:14 | 51:50 | 26:56 (26) | M (690) |
| MASTER 4 M (26) | 1530 | PAIS FERNANDEZ, MANUEL | SERRES RUNNERS | 00:53:15 (835) | +14:37 | 5:19 | 52:50 | 26:54 (25) | M (717) |
| MASTER 4 M (27) | 1411 | HERMO MARIÑO, SANTIAGO | | 00:53:38 (853) | +15:00 | 5:21 | 53:04 | 28:01 (28) | M (728) |
| MASTER 4 M (28) | 1698 | SIMOES FERNANDEZ, JOSÉ LUIS | | 00:54:36 (888) | +15:58 | 5:27 | 53:13 | 29:59 (42) | M (749) |
| MASTER 4 M (29) | 681 | ARGIBAY PEREZ, JUAN ANTONIO | | 00:54:48 (900) | +16:10 | 5:28 | 53:47 | 30:01 (43) | M (757) |
| MASTER 4 M (30) | 1720 | CONSTENLA FONTÁN, JULIO CESAR | | 00:55:00 (911) | +16:22 | 5:29 | 54:36 | 28:16 (29) | M (764) |
| MASTER 4 M (31) | 1135 | VIDAL FERNÁNDEZ, JUAN MANUEL | | 00:55:40 (934) | +17:02 | 5:33 | 54:36 | 29:11 (34) | M (780) |
| MASTER 4 M (32) | 1668 | RODRÍGUEZ TRINIDAD, JOSÉ ANTONIO | | 00:55:55 (943) | +17:17 | 5:35 | 54:59 | 29:28 (36) | M (787) |
| MASTER 4 M (33) | 1132 | PAINCEIRA FERRACES, ALVARO | | 00:56:06 (950) | +17:28 | 5:36 | 54:52 | 29:43 (40) | M (790) |
| MASTER 4 M (34) | 1159 | LUCES TAJES, MANUEL | SERRES RUNNERS | 00:57:01 (1005) | +18:23 | 5:42 | 55:56 | 29:37 (39) | M (823) |
| MASTER 4 M (35) | 954 | CAAMAÑO RIVEIRO, HERMINIO | CLUB ATLETISMO OUTES | 00:57:06 (1006) | +18:28 | 5:42 | 56:07 | 28:48 (31) | M (824) |
| MASTER 4 M (36) | 1442 | PENA FRANCO, JOSE | | 00:57:16 (1012) | +18:38 | 5:43 | 55:58 | 28:52 (32) | M (829) |
| MASTER 4 M (37) | 930 | MUÑIZ CANEDA, ANDRÉS | | 00:57:22 (1018) | +18:44 | 5:44 | 56:35 | 29:28 (35) | M (832) |
| MASTER 4 M (38) | 1611 | POUSO MANEIRO, JOSE | COIRA | 00:57:24 (1022) | +18:46 | 5:44 | 56:58 | 29:06 (33) | M (834) |
| MASTER 4 M (39) | 664 | TEIRA PIÑEIRO, MANUEL MARÍA | PRÓLOGO! PROJECT | 00:57:36 (1028) | +18:58 | 5:45 | 57:19 | 28:24 (30) | M (835) |
| MASTER 4 M (40) | 1125 | RIAL GALLEGO, JUAN | ATLETISMO FONTES DO SAR | 00:58:27 (1063) | +19:49 | 5:50 | 57:30 | 29:30 (37) | M (860) |
| MASTER 4 M (41) | 1699 | DIESTE FERNANDEZ, TOMAS | FLOW PILATES | 00:58:57 (1088) | +20:19 | 5:53 | 57:51 | 29:48 (41) | M (870) |
| MASTER 4 M (42) | 645 | FERRACES VÁZQUEZ, MONCHO | CLUBE ATLETISMO BOIMORTO | 00:59:13 (1099) | +20:35 | 5:55 | 58:33 | 30:08 (44) | M (872) |
| MASTER 4 M (43) | 1030 | BOTANA FERREIRO, JUAN LUIS | SD COMPOSTELA ATLETISMO | 01:00:20 (1127) | +21:42 | 6:01 | 59:25 | 31:47 (48) | M (884) |
| MASTER 4 M (44) | 1400 | FERNÁNDEZ INSUA, TALAO | HAI QUE SER LEGALES | 01:00:21 (1128) | +21:43 | 6:02 | 59:34 | 31:08 (45) | M (885) |
| MASTER 4 M (45) | 808 | CONSTENLA JUNQUERA, ANTONIO ÓSCAR | CLUB ATLETISMO FONTES DO SAR | 01:01:05 (1150) | +22:27 | 6:06 | 1:00:47 | 29:33 (38) | M (895) |
| MASTER 4 M (46) | 1419 | ANANÍN FERNÁNDEZ, SERGIO | | 01:01:23 (1161) | +22:45 | 6:08 | 1:00:09 | 31:33 (46) | M (899) |
| MASTER 4 M (47) | 1145 | RIAL PAIS, JOSÉ | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 01:01:48 (1169) | +23:10 | 6:10 | 1:00:31 | 32:10 (49) | M (904) |
| MASTER 4 M (48) | 1700 | LORENZO SANTAMARIA, SEVERIANO | | 01:04:17 (1224) | +25:39 | 6:25 | 1:04:01 | 31:33 (47) | M (930) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|-----------------|------|-------------------------|--------------------------|-----------------|--------|------|---------|------------|---------|
| MASTER 4 M (49) | 1163 | RAÑA PREGO, MANUEL | | 01:04:42 (1230) | +26:04 | 6:28 | 1:03:45 | 33:13 (50) | M (933) |
| MASTER 4 M (50) | 1719 | PEREZ CASTRO, CARMELO | | 01:06:56 (1268) | +28:18 | 6:41 | 1:06:16 | 33:14 (51) | M (946) |
| MASTER 4 M (51) | 1236 | SÁNCHEZ ALDREY, CASIANO | TRABANDAINAS | 01:10:34 (1281) | +31:56 | 7:03 | 1:09:20 | 35:23 (52) | M (950) |
| MASTER 4 M (52) | 1110 | BERNAL GOMEZ, JESUS | | 01:14:07 (1293) | +35:29 | 7:24 | 1:13:48 | 37:12 (54) | M (954) |
| MASTER 4 M (53) | 1457 | REY, MANUEL | CLUB TRIATLON COMPOSTELA | 01:15:04 (1295) | +36:26 | 7:30 | 1:13:49 | 37:10 (53) | M (956) |

SÉNIOR

FEMENINO

| | | | | | | | | | |
|---------------|------|----------------------------------|------------------------------|----------------|--------|------|-------|------------|--------|
| SENIOR F (NA) | 1712 | BREA ABREU, EDYMAR | | 00:33:54 (19) | -- | 3:23 | 33:53 | 17:06 (1) | F (1) |
| SENIOR F (NA) | 2 | SANTOS, LAURA | | 00:34:30 (30) | +36 | 3:26 | 34:29 | 17:14 (2) | F (2) |
| SENIOR F (NA) | 1701 | MOSQUERA LOSADA, SANDRA | | 00:37:11 (89) | +3:17 | 3:43 | 37:08 | 18:54 (3) | F (3) |
| SENIOR F (1) | 263 | HIMO, LAMYAE | ATLETISMO NARON | 00:38:53 (155) | +4:59 | 3:53 | 38:50 | 19:24 (4) | F (5) |
| SENIOR F (2) | 188 | YEVTUSHENKO, KARYNA | ATLETAS DE ACEA DE AMA | 00:39:06 (162) | +5:12 | 3:54 | 39:01 | 19:47 (5) | F (7) |
| SENIOR F (3) | 600 | VILA SANTOS, LAURA | SAUDE SPORT BARBANZA | 00:42:26 (299) | +8:32 | 4:14 | 42:10 | 21:34 (6) | F (13) |
| SENIOR F (4) | 1484 | SENRA MARTINEZ, IRIA | CLUB ATLETISMO TAMBRE | 00:42:46 (313) | +8:52 | 4:16 | 42:33 | 21:43 (8) | F (15) |
| SENIOR F (5) | 629 | MEJUTO FERNANDEZ, NURIA | SD COMPOSTELA ATLETISMO | 00:42:58 (322) | +9:04 | 4:17 | 42:41 | 21:45 (9) | F (16) |
| SENIOR F (6) | 1527 | FERNANDEZ-COUTO ALVAREZ, CLAUDIA | | 00:42:59 (324) | +9:05 | 4:17 | 42:38 | 21:40 (7) | F (17) |
| SENIOR F (7) | 426 | LÓPEZ REBOLLIDO, JULIA | KURAI | 00:44:02 (359) | +10:08 | 4:24 | 43:53 | 22:01 (10) | F (20) |
| SENIOR F (8) | 456 | MODIA CARIDAD, ADRIANA | ATLETISMO RIAZOR | 00:44:08 (364) | +10:14 | 4:24 | 43:55 | 22:05 (11) | F (21) |
| SENIOR F (9) | 713 | AMADO FERNÁNDEZ, LAURA | | 00:44:33 (381) | +10:39 | 4:27 | 44:18 | 22:40 (13) | F (25) |
| SENIOR F (10) | 607 | NÚÑEZ AMADO, ALEJANDRA | CLUB ATLETISMO TAMBRE | 00:44:59 (407) | +11:05 | 4:29 | 44:44 | 22:19 (12) | F (27) |
| SENIOR F (11) | 1642 | VÁZQUEZ GONZÁLEZ, MARTA | | 00:45:24 (424) | +11:30 | 4:32 | 44:57 | 23:35 (14) | F (28) |
| SENIOR F (12) | 922 | SOBRIDO OUTEIRAL, REBECA | | 00:46:44 (493) | +12:50 | 4:40 | 45:49 | 25:08 (25) | F (37) |
| SENIOR F (13) | 1313 | AGULLEIRO BERAZA, AMAIA | | 00:47:37 (539) | +13:43 | 4:45 | 46:53 | 24:28 (17) | F (44) |
| SENIOR F (14) | 659 | BETANZOS FREIRE, ALDARA | S.D. BARBANTIA RODA | 00:47:43 (542) | +13:49 | 4:46 | 47:07 | 24:36 (20) | F (45) |
| SENIOR F (15) | 452 | COUSELO MIRA, ALEXIA | TRIATLON INFORHOUSE SANTIAGO | 00:47:58 (554) | +14:04 | 4:47 | 47:43 | 24:05 (15) | F (47) |
| SENIOR F (16) | 1616 | FERNÁNDEZ MELCÓN, LUCÍA | | 00:48:11 (567) | +14:17 | 4:49 | 47:30 | 25:53 (32) | F (49) |
| SENIOR F (17) | 1652 | ACOSTA BORRAS, ALICIA | GLOBAL SPORT CLUB | 00:48:12 (571) | +14:18 | 4:49 | 47:39 | 25:10 (26) | F (50) |
| SENIOR F (18) | 742 | LOJO LÓPEZ, NOELIA | S.D. BARBANTIA RODA | 00:48:24 (584) | +14:30 | 4:50 | 48:05 | 24:32 (19) | F (54) |
| SENIOR F (19) | 1634 | FERNÁNDEZ DÍAZ, MARTA | SD COMPOSTELA ATLETISMO | 00:48:27 (587) | +14:33 | 4:50 | 48:14 | 24:52 (22) | F (56) |
| SENIOR F (20) | 1042 | TUBIO TUBIO, VANESA | CLUB ATLETISMO LOUSAME | 00:48:30 (591) | +14:36 | 4:50 | 47:59 | 25:02 (24) | F (57) |
| SENIOR F (21) | 1724 | PEREZ LOPEZ, SHARA | | 00:48:33 (592) | +14:39 | 4:51 | 47:34 | 26:19 (37) | F (58) |
| SENIOR F (22) | 763 | COSTA FAYA, SARA | | 00:48:34 (593) | +14:40 | 4:51 | 48:06 | 24:54 (23) | F (59) |
| SENIOR F (23) | 583 | GOMEZ GONZALEZ, CANDELA | CLUB ATLETISMO TAMBRE | 00:48:37 (599) | +14:43 | 4:51 | 48:36 | 24:15 (16) | F (61) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|-------------------------------|------------------------------------|----------------|--------|------|-------|------------|---------|
| SENIOR F (24) | 1311 | SANROMAN, CARLOTA | CDM VERTICE | 00:49:04 (630) | +15:10 | 4:54 | 48:37 | 25:21 (28) | F (68) |
| SENIOR F (25) | 1099 | MARTÍNEZ HERMO, MARINA | EQUILÁTERO | 00:49:09 (635) | +15:15 | 4:54 | 48:36 | 24:48 (21) | F (70) |
| SENIOR F (26) | 921 | REY MONTALBÁN, ADRIANA | | 00:49:27 (648) | +15:33 | 4:56 | 48:39 | 26:04 (33) | F (74) |
| SENIOR F (27) | 944 | VEIGA ALVAREZ, SARAI | | 00:49:37 (654) | +15:43 | 4:57 | 49:00 | 25:20 (27) | F (75) |
| SENIOR F (28) | 1127 | HERMIDA CALVEIRO, TERESA | | 00:49:42 (659) | +15:48 | 4:58 | 48:53 | 25:46 (31) | F (77) |
| SENIOR F (29) | 743 | VÁZQUEZ CASTROMÁN, NOEMI | NOITEBRA FC | 00:49:53 (665) | +15:59 | 4:59 | 49:32 | 24:29 (18) | F (79) |
| SENIOR F (30) | 1460 | PEREIRA ALONSO, IRIA | | 00:50:22 (694) | +16:28 | 5:02 | 49:34 | 26:27 (38) | F (83) |
| SENIOR F (31) | 701 | GIL OTERO, LIDIA | | 00:50:38 (710) | +16:44 | 5:03 | 50:16 | 25:41 (29) | F (88) |
| SENIOR F (32) | 1079 | BETANZOS FREIRE, SARELA | SOCIEDADE DEPORTIVA BARBANTIA RODA | 00:50:50 (723) | +16:56 | 5:04 | 50:20 | 25:45 (30) | F (92) |
| SENIOR F (33) | 1078 | BESADA ESPERÓN, PATRICIA | S.D. BARBANTIA RODA | 00:50:54 (729) | +17:00 | 5:05 | 50:16 | 26:04 (34) | F (93) |
| SENIOR F (34) | 955 | PINTOS, MARINA | | 00:51:07 (743) | +17:13 | 5:06 | 50:03 | 26:12 (36) | F (95) |
| SENIOR F (35) | 1660 | ROO MAROÑAS, GEMA | | 00:51:22 (755) | +17:28 | 5:08 | 50:50 | 26:42 (40) | F (96) |
| SENIOR F (36) | 1378 | MESTRE RIBOT, MARIA MARGALIDA | | 00:51:46 (772) | +17:52 | 5:10 | 51:15 | 26:37 (39) | F (99) |
| SENIOR F (37) | 665 | CORES CANCELA, ANDREA | SD COMPOSTELA ATLETISMO | 00:51:48 (775) | +17:54 | 5:10 | 51:17 | 26:09 (35) | F (101) |
| SENIOR F (38) | 1547 | NIETO MARTÍNEZ, SARA | | 00:52:20 (795) | +18:26 | 5:13 | 51:50 | 27:09 (43) | F (108) |
| SENIOR F (39) | 1094 | LLOVES, ALBA | | 00:52:43 (811) | +18:49 | 5:16 | 52:14 | 26:59 (41) | F (112) |
| SENIOR F (40) | 1536 | FILGUEIRA SANTOS, SOFÍA | | 00:52:53 (819) | +18:59 | 5:17 | 52:06 | 27:48 (51) | F (113) |
| SENIOR F (41) | 200 | DURÁN GARCÍA, IRIS | | 00:53:03 (829) | +19:09 | 5:18 | 52:06 | 27:07 (42) | F (116) |
| SENIOR F (42) | 1537 | FERNÁNDEZ BOUVIER, EMMA | | 00:53:18 (837) | +19:24 | 5:19 | 52:31 | 28:24 (60) | F (119) |
| SENIOR F (43) | 1516 | PEDROSA, PAMELA | | 00:53:27 (844) | +19:33 | 5:20 | 52:47 | 27:13 (45) | F (122) |
| SENIOR F (44) | 1284 | DÍAZ MARÍN, ALDARA | | 00:53:32 (848) | +19:38 | 5:21 | 52:50 | 27:39 (49) | F (123) |
| SENIOR F (45) | 1370 | GONZÁLEZ BRANTUAS, ESTELA | | 00:53:32 (849) | +19:38 | 5:21 | 52:50 | 27:38 (48) | F (124) |
| SENIOR F (46) | 1523 | BAULDE SUMAY, ANGELA | | 00:53:40 (855) | +19:46 | 5:21 | 52:42 | 27:12 (44) | F (127) |
| SENIOR F (47) | 1152 | TABOADA ASOREY, PAULA | GLOBAL SPORT CLUB | 00:53:43 (856) | +19:49 | 5:22 | 53:10 | 27:14 (46) | F (128) |
| SENIOR F (48) | 1521 | RIAL VÁZQUEZ, JESSICA | | 00:53:55 (862) | +20:01 | 5:23 | 53:03 | 27:56 (54) | F (131) |
| SENIOR F (49) | 1009 | BOUZAS TOREA, SOFÍA | | 00:54:02 (868) | +20:08 | 5:24 | 53:28 | 28:25 (61) | F (133) |
| SENIOR F (50) | 1314 | AGULLEIRO BERAZA, AINHOA | | 00:54:16 (875) | +20:22 | 5:25 | 53:24 | 28:24 (59) | F (135) |
| SENIOR F (51) | 1082 | RODRÍGUEZ SALCEDO, MARÍA | | 00:54:18 (878) | +20:24 | 5:25 | 53:47 | 28:00 (56) | F (137) |
| SENIOR F (52) | 1573 | COTELO REY, PILAR | | 00:54:23 (881) | +20:29 | 5:26 | 53:46 | 28:01 (57) | F (138) |
| SENIOR F (53) | 1659 | CASTRO GONZÁLEZ, ISABEL | CLUB DEPORTIVO DELIKIA | 00:54:40 (892) | +20:46 | 5:27 | 54:00 | 27:59 (55) | F (141) |
| SENIOR F (54) | 695 | FERNANDEZ HERMO, ANDREA | | 00:54:41 (893) | +20:47 | 5:28 | 54:27 | 27:49 (52) | F (142) |
| SENIOR F (55) | 902 | ARUFE JAUDENES, SARA | | 00:54:49 (901) | +20:55 | 5:28 | 53:54 | 29:52 (75) | F (144) |
| SENIOR F (56) | 1707 | PEREZ, MARTINA | | 00:54:49 (903) | +20:55 | 5:28 | 53:53 | 29:52 (74) | F (145) |
| SENIOR F (57) | 1131 | DE LA FUENTE REY, ANTÍA | | 00:55:17 (924) | +21:23 | 5:31 | 54:37 | 28:54 (63) | F (150) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|------------------------------|------------------------------|-----------------|--------|------|-------|-------------|---------|
| SENIOR F (58) | 777 | ROJO RODRÍGUEZ, ANDREA | | 00:55:35 (932) | +21:41 | 5:33 | 54:30 | 27:30 (47) | F (153) |
| SENIOR F (59) | 975 | PEREZ PAZ, ALBA | CLUB TRIATLON COMPOSTELA | 00:55:40 (933) | +21:46 | 5:33 | 54:48 | 28:35 (62) | F (154) |
| SENIOR F (60) | 1621 | VÁZQUEZ PAIS, MARTA | | 00:55:47 (940) | +21:53 | 5:34 | 55:05 | 27:46 (50) | F (155) |
| SENIOR F (61) | 1302 | BERMUDEZ DELGADO, CELTIA | | 00:56:08 (952) | +22:14 | 5:36 | 55:33 | 29:45 (70) | F (161) |
| SENIOR F (62) | 1199 | NAVARRO MARTÍNEZ, MARÍA | TRIATLON INFORHOUSE SANTIAGO | 00:56:10 (955) | +22:16 | 5:36 | 55:20 | 29:06 (64) | F (162) |
| SENIOR F (63) | 1189 | FERRADÁS RODRÍGUEZ, MARINA | | 00:56:19 (960) | +22:25 | 5:37 | 55:21 | 29:46 (71) | F (164) |
| SENIOR F (64) | 1572 | SALGADO SÁEZ, ANDREA | | 00:56:20 (961) | +22:26 | 5:37 | 55:26 | 29:52 (76) | F (165) |
| SENIOR F (65) | 957 | TRIÑANES LÓPEZ, SANDRA | | 00:56:29 (971) | +22:35 | 5:38 | 56:00 | 27:52 (53) | F (171) |
| SENIOR F (66) | 1238 | HERMIDA VÁZQUEZ, SOFÍA | | 00:56:45 (978) | +22:51 | 5:40 | 55:49 | 30:23 (90) | F (172) |
| SENIOR F (67) | 993 | YEPES RAMIREZ, CATALINA | | 00:56:46 (979) | +22:52 | 5:40 | 55:33 | 30:16 (88) | F (173) |
| SENIOR F (68) | 990 | CASTRO GARCIA, PATRICIA | | 00:56:57 (1000) | +23:03 | 5:41 | 56:03 | 29:07 (65) | F (180) |
| SENIOR F (69) | 941 | LORENZO BRANTUAS, BLANCA | EQUILÁTERO | 00:57:14 (1009) | +23:20 | 5:43 | 56:20 | 29:51 (73) | F (183) |
| SENIOR F (70) | 1339 | LOPEZ VILLASENIN, ANA ISABEL | BRUTANZOS TEAM | 00:57:21 (1017) | +23:27 | 5:44 | 56:37 | 29:16 (66) | F (186) |
| SENIOR F (71) | 1005 | SEOANE CASTAÑO, CYNTHIA | | 00:57:22 (1019) | +23:28 | 5:44 | 57:01 | 29:50 (72) | F (187) |
| SENIOR F (72) | 1187 | BLANCO REY, ANTÍA | | 00:57:57 (1043) | +24:03 | 5:47 | 57:07 | 29:44 (69) | F (195) |
| SENIOR F (73) | 1369 | MOAS ROMERO, CARLA | | 00:58:02 (1048) | +24:08 | 5:48 | 57:19 | 29:59 (79) | F (199) |
| SENIOR F (74) | 998 | FERNANDEZ GARCIA, PILAR | | 00:58:32 (1065) | +24:38 | 5:51 | 57:46 | 29:52 (77) | F (205) |
| SENIOR F (75) | 514 | OTERO FERNANDEZ, CARMEN | SD COMPOSTELA ATLETISMO | 00:58:37 (1068) | +24:43 | 5:51 | 58:20 | 28:02 (58) | F (206) |
| SENIOR F (76) | 1279 | PEREIRAS VILLAMAYOR, ANTIA | TRASDEZA TRAIL& RUN | 00:58:38 (1072) | +24:44 | 5:51 | 57:26 | 30:44 (100) | F (208) |
| SENIOR F (77) | 1139 | LÓPEZ FERNÁNDEZ, MERY | SAUDESPORT | 00:58:48 (1079) | +24:54 | 5:52 | 57:40 | 31:39 (119) | F (212) |
| SENIOR F (78) | 999 | BLANCO CASAIS, TANIA | SAUDE SPORT BARBANZA | 00:58:49 (1080) | +24:55 | 5:52 | 57:41 | 31:39 (118) | F (213) |
| SENIOR F (79) | 1412 | BEIS SILVA, SANDRA | | 00:58:53 (1083) | +24:59 | 5:53 | 57:46 | 30:45 (101) | F (214) |
| SENIOR F (80) | 1355 | DIOS OUJO, YOLANDA | | 00:58:54 (1084) | +25:00 | 5:53 | 57:55 | 30:38 (98) | F (215) |
| SENIOR F (81) | 991 | GARCIA CARBIA, NOEMI | | 00:58:54 (1085) | +25:00 | 5:53 | 58:21 | 29:55 (78) | F (216) |
| SENIOR F (82) | 1555 | DIOS SUAREZ, MARA | | 00:58:56 (1086) | +25:02 | 5:53 | 58:34 | 30:14 (87) | F (217) |
| SENIOR F (83) | 1627 | PEREZ LUSTRES, ANABEL | | 00:58:57 (1087) | +25:03 | 5:53 | 57:58 | 30:37 (97) | F (218) |
| SENIOR F (84) | 1251 | MÍGUEZ IGLESIAS, AINOA | CLUB ATLETISMO A ESTRADA | 00:58:57 (1090) | +25:03 | 5:53 | 58:23 | 30:01 (80) | F (220) |
| SENIOR F (85) | 1423 | ARIAS MATO, ANDREA | ATLETISMO A ESTRADA | 00:58:58 (1091) | +25:04 | 5:53 | 58:23 | 30:01 (82) | F (221) |
| SENIOR F (86) | 997 | REBOIRAS FAYA, NOELIA | | 00:59:03 (1092) | +25:09 | 5:54 | 57:57 | 30:35 (96) | F (222) |
| SENIOR F (87) | 970 | CASTIÑEIRA DOMÍNGUEZ, IRIA | | 00:59:05 (1093) | +25:11 | 5:54 | 58:10 | 30:12 (85) | F (223) |
| SENIOR F (88) | 1306 | ROMEU DOMINGUEZ, CLAUDIA | | 00:59:06 (1094) | +25:12 | 5:54 | 58:36 | 29:21 (67) | F (224) |
| SENIOR F (89) | 1229 | FERNÁNDEZ TORO, MARIÑA | | 00:59:08 (1096) | +25:14 | 5:54 | 58:17 | 31:05 (105) | F (226) |
| SENIOR F (90) | 1496 | CERECEDO BRETAL, ROCÍO | | 00:59:11 (1098) | +25:17 | 5:55 | 58:18 | 31:18 (110) | F (227) |
| SENIOR F (91) | 1342 | BARRA ASENJI, LUCIA | | 00:59:18 (1100) | +25:24 | 5:55 | 58:47 | 30:27 (92) | F (228) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|----------------|------|---------------------------------|-------------------------------|-----------------|--------|------|---------|-------------|---------|
| SENIOR F (92) | 1614 | ARCA SUAREZ, JULIA | | 00:59:18 (1101) | +25:24 | 5:55 | 58:49 | 30:29 (94) | F (229) |
| SENIOR F (93) | 1607 | MADARRO PENA, CARLA | | 00:59:18 (1102) | +25:24 | 5:55 | 58:49 | 30:29 (93) | F (230) |
| SENIOR F (94) | 1583 | GÓMEZ CES, IRENE | | 00:59:19 (1104) | +25:25 | 5:55 | 58:25 | 30:23 (91) | F (231) |
| SENIOR F (95) | 1194 | JIMÉNEZ ESCUDERO, LAURA | | 00:59:22 (1109) | +25:28 | 5:56 | 58:51 | 31:05 (104) | F (234) |
| SENIOR F (96) | 1014 | ROBLES ORTEGA, RAQUEL | | 00:59:35 (1111) | +25:41 | 5:57 | 58:55 | 29:43 (68) | F (235) |
| SENIOR F (97) | 837 | Perez-Lafuente Rey, Julia | | 00:59:37 (1113) | +25:43 | 5:57 | 58:52 | 30:05 (83) | F (236) |
| SENIOR F (98) | 1026 | CANDAMO-LOURIDO, MARIA | SERRES RUNNERS | 00:59:39 (1115) | +25:45 | 5:57 | 58:32 | 30:52 (102) | F (237) |
| SENIOR F (99) | 1375 | RIVEIRO TENORIO, MARTA | | 00:59:42 (1117) | +25:48 | 5:58 | 58:56 | 30:05 (84) | F (238) |
| SENIOR F (100) | 1151 | CASAL BALDOMIR, UXÍA | | 00:59:48 (1119) | +25:54 | 5:58 | 59:04 | 30:23 (89) | F (240) |
| SENIOR F (101) | 1197 | SAMPEDRO GARCIA, SARAI | | 00:59:51 (1120) | +25:57 | 5:59 | 58:49 | 31:20 (112) | F (241) |
| SENIOR F (102) | 1624 | MURCIA DELGADO, DARLING DAYANNA | | 01:00:26 (1130) | +26:32 | 6:02 | 59:48 | 31:15 (108) | F (244) |
| SENIOR F (103) | 1213 | NAVEIRA PIÑEIRO, ALBA | | 01:00:26 (1131) | +26:32 | 6:02 | 59:48 | 31:16 (109) | F (245) |
| SENIOR F (104) | 1205 | CASTRO ÁLVAREZ, RAQUEL | | 01:00:28 (1132) | +26:34 | 6:02 | 59:57 | 31:19 (111) | F (246) |
| SENIOR F (105) | 1164 | LOURIDO GACIÑO, ANDREA | | 01:00:35 (1136) | +26:41 | 6:03 | 59:53 | 30:13 (86) | F (248) |
| SENIOR F (106) | 1303 | PAMPIN PAMPIN, VERONICA | | 01:00:36 (1137) | +26:42 | 6:03 | 1:00:02 | 30:01 (81) | F (249) |
| SENIOR F (107) | 1046 | LESTIDO CARDAMA, ANTIA | CLUB DEPORTIVO BRIÓN HYUPERSA | 01:00:42 (1139) | +26:48 | 6:04 | 59:48 | 31:13 (107) | F (250) |
| SENIOR F (108) | 1430 | HOURIHAN, MADISON | | 01:00:47 (1142) | +26:53 | 6:04 | 59:44 | 31:38 (117) | F (251) |
| SENIOR F (109) | 1391 | ABEIJÓN CASTRO, PAULA | | 01:00:49 (1148) | +26:55 | 6:04 | 1:00:15 | 31:10 (106) | F (254) |
| SENIOR F (110) | 1327 | AROSA FILGUEIRA, SONIA | | 01:00:51 (1149) | +26:57 | 6:05 | 59:38 | 30:42 (99) | F (255) |
| SENIOR F (111) | 2351 | OUTEIRAL MARTINEZ, ALEJANDRA | | 01:01:07 (1151) | +27:13 | 6:06 | 1:00:12 | 31:22 (113) | F (256) |
| SENIOR F (112) | 1420 | ANANÍN VÁZQUEZ, MARTA | | 01:01:23 (1160) | +27:29 | 6:08 | 1:00:09 | 31:38 (116) | F (262) |
| SENIOR F (113) | 1008 | JAMARDO TEIRA, OLAYA | | 01:01:49 (1170) | +27:55 | 6:10 | 1:00:33 | 32:10 (122) | F (266) |
| SENIOR F (114) | 1178 | RODRÍGUEZ TORRES, BLANCA | CLUB ATLETISMO OUTES-MARISCOS | 01:01:49 (1172) | +27:55 | 6:10 | 1:00:33 | 32:04 (121) | F (267) |
| SENIOR F (115) | 1112 | VÁZQUEZ SESAR, LUCÍA | | 01:02:02 (1179) | +28:08 | 6:12 | 1:01:35 | 30:30 (95) | F (272) |
| SENIOR F (116) | 1203 | MOCIÑO GONZÁLEZ, MARÍA JOSÉ | | 01:02:12 (1184) | +28:18 | 6:13 | 1:01:36 | 31:05 (103) | F (274) |
| SENIOR F (117) | 1628 | FONTAO OLVEIRA, INMA | SLAP TRAINING | 01:02:35 (1187) | +28:41 | 6:15 | 1:01:49 | 32:22 (125) | F (277) |
| SENIOR F (118) | 1626 | CHOUZA, ANTÍA | | 01:02:54 (1191) | +29:00 | 6:17 | 1:01:58 | 32:17 (124) | F (279) |
| SENIOR F (119) | 1033 | RAMOS REY, FATIMA | ARCA DE NOE | 01:02:56 (1192) | +29:02 | 6:17 | 1:01:39 | 32:48 (128) | F (280) |
| SENIOR F (120) | 1463 | DARRIBA AMOR, FÁTIMA | | 01:03:24 (1206) | +29:30 | 6:20 | 1:02:37 | 32:11 (123) | F (286) |
| SENIOR F (121) | 1526 | FERNANDEZ-COUTO ALVAREZ, PAULA | | 01:03:52 (1213) | +29:58 | 6:23 | 1:02:54 | 31:47 (120) | F (289) |
| SENIOR F (122) | 1006 | BOSCH, CHRISTINA | | 01:03:54 (1214) | +30:00 | 6:23 | 1:03:10 | 31:22 (114) | F (290) |
| SENIOR F (123) | 1643 | DEÁN, VERO | | 01:03:56 (1217) | +30:02 | 6:23 | 1:03:28 | 32:30 (126) | F (291) |
| SENIOR F (124) | 1307 | VÁZQUEZ SANTOS, ALBA | | 01:04:39 (1229) | +30:45 | 6:27 | 1:03:48 | 31:23 (115) | F (297) |
| SENIOR F (125) | 1596 | VERNET LEYENDA, EVA | | 01:05:08 (1238) | +31:14 | 6:30 | 1:04:30 | 32:42 (127) | F (303) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|----------------|------|-------------------------|------------|-----------------|--------|------|---------|-------------|---------|
| SENIOR F (126) | 1264 | BARROS GERMIÑAS, SARA | | 01:05:38 (1245) | +31:44 | 6:33 | 1:04:31 | 33:32 (135) | F (307) |
| SENIOR F (127) | 1217 | LIÑAYO VICENTE, XEILA | | 01:05:50 (1247) | +31:56 | 6:34 | 1:04:32 | 33:56 (136) | F (309) |
| SENIOR F (128) | 1497 | TORRES, CECILIA | | 01:06:11 (1254) | +32:17 | 6:37 | 1:05:34 | 33:20 (134) | F (314) |
| SENIOR F (129) | 1662 | CAMBEIRO LEMA, ISABEL | | 01:06:16 (1255) | +32:22 | 6:37 | 1:05:21 | 33:57 (137) | F (315) |
| SENIOR F (130) | 1331 | MÍGUEZ CANOSA, CARMEN | | 01:06:29 (1259) | +32:35 | 6:38 | 1:05:51 | 33:07 (132) | F (316) |
| SENIOR F (131) | 1645 | ROURA BLANCO, MARTA | | 01:06:31 (1260) | +32:37 | 6:39 | 1:05:50 | 32:54 (131) | F (317) |
| SENIOR F (132) | 1211 | SIEIRA FERNANDEZ, MARIA | | 01:06:37 (1261) | +32:43 | 6:39 | 1:06:05 | 32:51 (130) | F (318) |
| SENIOR F (133) | 1165 | GARCÍA DOCAMPO, LAURA | | 01:06:40 (1262) | +32:46 | 6:39 | 1:06:04 | 32:51 (129) | F (319) |
| SENIOR F (134) | 1494 | LARIOS LÓPEZ, MARTA | | 01:06:43 (1263) | +32:49 | 6:40 | 1:05:40 | 33:19 (133) | F (320) |
| SENIOR F (135) | 1247 | OUJO MÍGUEZ, NURIA | ADC ARNELA | 01:06:53 (1267) | +32:59 | 6:41 | 1:05:53 | 34:40 (138) | F (322) |

MASCULINO

| | | | | | | | | | |
|---------------|------|---------------------------|-----------------------------------|---------------|-------|------|-------|------------|--------|
| SENIOR M (NA) | 1 | BEN MONTENEGRO, ADRIAN | C.A.ADIDAS | 00:29:37 (1) | -- | 2:57 | 29:36 | 15:06 (1) | M (1) |
| SENIOR M (NA) | 1713 | DE LA FUENTE GOMEZ, DAVID | SOCIEDAD GIMNÁSTICA DE PONTEVEDRA | 00:30:13 (2) | +36 | 3:01 | 30:12 | 15:20 (2) | M (2) |
| SENIOR M (NA) | 1714 | PUIG MALVAR, JORGE | INDEPENDIENTE | 00:31:07 (3) | +1:30 | 3:06 | 31:05 | 15:21 (3) | M (3) |
| SENIOR M (1) | 1702 | MEDARD, FACUNDO | | 00:32:07 (6) | +2:30 | 3:12 | 32:06 | 16:26 (5) | M (6) |
| SENIOR M (2) | 5 | LESTIDO REY, MARTÍN | CLUB ATLETISMO SAR | 00:32:38 (8) | +3:01 | 3:15 | 32:37 | 16:26 (6) | M (8) |
| SENIOR M (3) | 82 | GOMEZ GONZALEZ, ANTON | REAL CLUB CELTA ATLETISMO | 00:32:47 (10) | +3:10 | 3:16 | 32:46 | 16:21 (4) | M (10) |
| SENIOR M (4) | 91 | HERMELO GOMEZ, SERGIO | TRIATLON RIAS BAIXAS | 00:32:54 (11) | +3:17 | 3:17 | 32:52 | 16:32 (8) | M (11) |
| SENIOR M (5) | 95 | VICENTE RÍOS, RUBÉN | AD CERNE | 00:32:57 (12) | +3:20 | 3:17 | 32:55 | 16:33 (9) | M (12) |
| SENIOR M (6) | 102 | LIJÓ ARES, YAGO | TRIATLON RIANXO | 00:33:32 (16) | +3:55 | 3:21 | 33:30 | 17:01 (11) | M (16) |
| SENIOR M (7) | 4 | GARCIA GACIÑO, ALBERTO | CYT | 00:33:36 (17) | +3:59 | 3:21 | 33:33 | 16:32 (7) | M (17) |
| SENIOR M (8) | 107 | GONZALEZ CASTRO, DAMIAN | | 00:33:44 (18) | +4:07 | 3:22 | 33:41 | 17:07 (15) | M (18) |
| SENIOR M (9) | 88 | GARCÍA CARBALLO, ISMAEL | CLUB ATLETISMO LOUSAME | 00:33:55 (20) | +4:18 | 3:23 | 33:54 | 16:51 (10) | M (19) |
| SENIOR M (10) | 257 | PÉREZ VARELA, ALEJANDRO | ATLETAS DE ACEA DE AMA | 00:33:56 (21) | +4:19 | 3:23 | 33:54 | 17:07 (14) | M (20) |
| SENIOR M (11) | 113 | RIVEIRO LAMPON, ALBERTO | CLUB ATLETISMO SANTIAGO | 00:34:09 (26) | +4:32 | 3:24 | 34:06 | 17:22 (18) | M (25) |
| SENIOR M (12) | 99 | ALONSO NOGUEIRA, DAVID | CLUB ATLETISMO BETANZOS | 00:34:17 (28) | +4:40 | 3:25 | 34:14 | 17:07 (13) | M (27) |
| SENIOR M (13) | 111 | AGRASO ALONSO, XABI | EL CANARIO | 00:34:19 (29) | +4:42 | 3:25 | 34:16 | 17:21 (17) | M (28) |
| SENIOR M (14) | 94 | FONTÁN MARTÍNEZ, XACOBE | CLUB ATLETISMO SAR | 00:34:33 (31) | +4:56 | 3:27 | 34:31 | 17:19 (16) | M (29) |
| SENIOR M (15) | 87 | OCERIN, MIKEL | ACEADAMA | 00:34:34 (32) | +4:57 | 3:27 | 34:32 | 17:05 (12) | M (30) |
| SENIOR M (16) | 16 | MARTÍNEZ SÁNCHEZ, DAMIÁN | CLUB ATLETISMO TAMBRE | 00:35:14 (37) | +5:37 | 3:31 | 35:13 | 17:44 (19) | M (35) |
| SENIOR M (17) | 101 | FERNÁNDEZ GARCÍA, MICHEL | S.D. BARBANTIA RODA | 00:35:21 (39) | +5:44 | 3:32 | 35:19 | 17:50 (20) | M (37) |
| SENIOR M (18) | 103 | OTERO LESTÓN, BRAIS | CLUB ATLETISMO TAMBRE | 00:35:41 (42) | +6:04 | 3:34 | 35:39 | 18:04 (26) | M (40) |
| SENIOR M (19) | 108 | MATA CASTRO, ARTURO | CLUB ATLETISMO SANTIAGO | 00:35:45 (44) | +6:08 | 3:34 | 35:43 | 17:56 (21) | M (42) |
| SENIOR M (20) | 126 | CAPELO VIEITES, EFRÉN | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:35:45 (45) | +6:08 | 3:34 | 35:43 | 17:56 (22) | M (43) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|------------------------------|---------------------------------|-----------------------|--------|------|-------|------------|---------|
| SENIOR M (21) | 1705 | CASTAÑEIRA PAIS, MARCO | | 00:35:48 (48) | +6:11 | 3:34 | 35:45 | 18:02 (25) | M (46) |
| SENIOR M (22) | 6 | OTERO LESTÓN, JESÚS | TRIATLON INFORHOUSE SANTIAGO | 00:35:50 (49) | +6:13 | 3:34 | 35:48 | 18:01 (24) | M (47) |
| SENIOR M (23) | 262 | DAVID DOMÍNGUEZ, DAVID | | 00:35:51 (50) | +6:14 | 3:35 | 35:47 | 18:32 (30) | M (48) |
| SENIOR M (24) | 104 | FERNÁNDEZ TOJO, ALEXANDRE | CLUB ATLETISMO TAMBRE | 00:36:06 (59) | +6:29 | 3:36 | 36:04 | 18:00 (23) | M (57) |
| SENIOR M (25) | 3 | CASAL MOURELOS, MARTÍN | CLUB ATLETISMO TAMBRE | 00:36:21 (61) | +6:44 | 3:38 | 36:19 | 18:26 (28) | M (59) |
| SENIOR M (26) | 46 | LEÓN NOVOA, ÁLVARO | | 00:36:22 (62) | +6:45 | 3:38 | 36:19 | 18:28 (29) | M (60) |
| SENIOR M (27) | 248 | GARABATO LAGARES, ADRIAN | CLUB ATLETISMO SANTIAGO | 00:36:35 (64) | +6:58 | 3:39 | 36:33 | 18:10 (27) | M (62) |
| SENIOR M (28) | 1225 | DE BERNARDO IGLESIAS, SERGIO | BRUTANZOS TEAM | 00:36:39 (66) | +7:02 | 3:39 | 36:32 | 18:38 (31) | M (64) |
| SENIOR M (29) | 202 | MONTERO NOYA, MIGUEL | ATLETISMO PULIDOS SUSO | 00:37:21 (92) | +7:44 | 3:44 | 37:18 | 18:40 (32) | M (89) |
| SENIOR M (30) | 245 | FERNANDEZ FUERTES, MARCOS | | 00:37:28 (95) | +7:51 | 3:44 | 37:22 | 19:19 (40) | M (92) |
| SENIOR M (31) | 1408 | HERMIDA PRADO, ADRIAN | | 00:37:29 (96) | +7:52 | 3:44 | 37:22 | 19:09 (35) | M (93) |
| SENIOR M (32) | 7 | CHAVES CAMINO, ALBERTO | FISIOTERAPIA REHAB | 00:37:48 (107) | +8:11 | 3:46 | 37:43 | 18:58 (33) | M (103) |
| SENIOR M (33) | 266 | OTERO DOSIL, RUBÉN | CLUB ATLETISMO NOIA | 00:37:58 (114) | +8:21 | 3:47 | 37:51 | 19:16 (39) | M (110) |
| SENIOR M (34) | 38 | ABEAL, ALBERTO | BRUTANZOS TEAM | 00:38:02 (118) | +8:25 | 3:48 | 37:56 | 19:22 (41) | M (114) |
| SENIOR M (35) | 68 | FERNANDEZ FREIRE, JULIO | NOSPORTLIMIT | 00:38:18 (125) | +8:41 | 3:49 | 38:14 | 19:16 (38) | M (121) |
| SENIOR M (36) | 25 | RAMOS, BRUNO | ASOCIACIÓN DEPORTIVA CERNE | 00:38:27 (129) | +8:50 | 3:50 | 38:20 | 19:25 (42) | M (125) |
| SENIOR M (37) | 28 | QUINTIÁN AGRAFOJO, CHEMA | SERRES RUNNERS | 00:38:28 (130) | +8:51 | 3:50 | 38:23 | 19:10 (36) | M (126) |
| SENIOR M (38) | 573 | LÓPEZ PARDO, ALEJANDRO | A.D.FOGAR | 00:38:28 (131) | +8:51 | 3:50 | 38:22 | 19:49 (48) | M (127) |
| SENIOR M (39) | 193 | FEIJOO VILANOVA, PABLO | CLUB PIRAGÜISMO FLUVIAL ALLARIZ | 00:38:34 (137) | +8:57 | 3:51 | 38:31 | 19:05 (34) | M (133) |
| SENIOR M (40) | 74 | MOSQUERA EDREIRA, ADRI | ASOCIACIÓN DEPORTIVA CERNE | 00:38:51 (152) | +9:14 | 3:53 | 38:45 | 19:11 (37) | M (148) |
| SENIOR M (41) | 579 | SUÁREZ SÁNCHEZ, MANUEL | | 00:39:04 (161) | +9:27 | 3:54 | 38:58 | 19:48 (46) | M (155) |
| SENIOR M (42) | 227 | BOULLÓN PÉREZ, JAVIER | | 00:39:16 (165) | +9:39 | 3:55 | 39:09 | 19:41 (43) | M (157) |
| SENIOR M (43) | 1499 | BALADO, ROBERTO | TRAILEROS TOXOS & BIRRAS | 00:39:18 (166) | +9:41 | 3:55 | 38:59 | 19:45 (45) | M (158) |
| SENIOR M (44) | 194 | BARBA MONTERO, ANTON | | 00:39:41 (180) | +10:04 | 3:58 | 39:35 | 20:18 (50) | M (172) |
| SENIOR M (45) | 1464 | PAMPIN RIOS, PABLO | BJ RUNNING TEAM | 00:40:01 (194) | +10:24 | 4:00 | 39:23 | 20:59 (58) | M (186) |
| SENIOR M (46) | 15 | FRANCO BOUZA, EDGAR | TRIEUME AS PONTES | 00:40:05 (197) | +10:28 | 4:00 | 39:59 | 19:48 (47) | M (189) |
| SENIOR M (47) | 631 | CARLEOS MAYÁN, FRANCISCO | CORRIDA DAS CABRAS | 00:40:18 (202) | +10:41 | 4:01 | 40:10 | 20:14 (49) | M (194) |
| SENIOR M (48) | 636 | DOMÍNGUEZ NEGREIRA, JAVIER | | 00:40:29 (206) | +10:52 | 4:02 | 40:15 | 20:58 (56) | M (198) |
| SENIOR M (49) | 174 | CALVO CASTRO, JORGE | TRIATLON RIAS BAIXAS | 00:40:31 (208) | +10:54 | 4:03 | 40:24 | 20:22 (51) | M (200) |
| SENIOR M (50) | 566 | ALONSO GARRIDO, ÁLVARO | | 00:40:42 (220) | +11:05 | 4:04 | 40:31 | 20:38 (54) | M (211) |
| SENIOR M (51) | 493 | BLANCO GOMEZ, SAUL | CLUB ATLETISMO OUTES | 00:41:02 (229) | +11:25 | 4:06 | 40:36 | 21:33 (71) | M (220) |
| SENIOR M (52) | 569 | MACEIRAS INSUA, DANIEL | | 00:41:05 (233) | +11:28 | 4:06 | 40:57 | 21:02 (60) | M (224) |
| SENIOR M (53) | 419 | CASTRO MUNICIO, JAVIER | | 00:41:22 (242) | +11:45 | 4:08 | 41:10 | 20:58 (57) | M (232) |
| SENIOR M (54) | 61 | ROMERO, DAVID | | 00:41:23 (243) | +11:46 | 4:08 | 41:12 | 20:46 (55) | M (233) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|-----------------------------------|--------------------------|-----------------------|--------|------|-------|-------------|---------|
| SENIOR M (55) | 18 | VILA PORTO, JAVIER | RUNNERS PONTAKAS VIGO | 00:41:31 (250) | +11:54 | 4:09 | 41:23 | 21:01 (59) | M (240) |
| SENIOR M (56) | 244 | BOUZAS FERNÁNDEZ, MIGUEL | | 00:41:39 (254) | +12:02 | 4:09 | 41:33 | 20:31 (52) | M (244) |
| SENIOR M (57) | 1540 | ACUÑA VIEITES, IAGO | CD PINARIUM | 00:41:40 (255) | +12:03 | 4:09 | 41:27 | 21:26 (68) | M (245) |
| SENIOR M (58) | 589 | MARTINÓN MARTÍNEZ, JESÚS | | 00:41:53 (267) | +12:16 | 4:11 | 41:35 | 21:09 (62) | M (257) |
| SENIOR M (59) | 438 | ALVES SEIJAS, JOSE GALDINO | | 00:41:55 (270) | +12:18 | 4:11 | 41:39 | 21:20 (67) | M (260) |
| SENIOR M (60) | 598 | LÓPEZ EIROA, ALDÁN | | 00:42:08 (279) | +12:31 | 4:12 | 41:56 | 21:16 (63) | M (269) |
| SENIOR M (61) | 187 | SUSO SÁNCHEZ, DANIEL | SONS OF POSEIDON | 00:42:10 (280) | +12:33 | 4:12 | 41:58 | 21:20 (65) | M (270) |
| SENIOR M (62) | 57 | BRIÓN SAMPEDRO, CARLOS | BRIONLETEAM | 00:42:14 (285) | +12:37 | 4:13 | 42:00 | 21:17 (64) | M (274) |
| SENIOR M (63) | 718 | DIÉGUEZ GONZÁLEZ, BRUNO | | 00:42:16 (287) | +12:39 | 4:13 | 42:01 | 22:07 (79) | M (276) |
| SENIOR M (64) | 520 | JUNCAL, GUILLERMO | | 00:42:20 (292) | +12:43 | 4:13 | 42:07 | 21:26 (69) | M (280) |
| SENIOR M (65) | 420 | RAMOS VALE, LUIS | OS CORZOS DO ORTEGAL | 00:42:26 (298) | +12:49 | 4:14 | 42:06 | 22:01 (77) | M (286) |
| SENIOR M (66) | 226 | GONZALEZ MUIÑOS, ALEJANDRO | GLOBAL SPORT CLUB | 00:42:27 (300) | +12:50 | 4:14 | 42:20 | 21:51 (74) | M (287) |
| SENIOR M (67) | 1249 | PÉREZ DIOS, IAGO | CD OLD PEAK | 00:42:27 (301) | +12:50 | 4:14 | 42:04 | 21:38 (72) | M (288) |
| SENIOR M (68) | 225 | FIGUEIRAS LORENZO, EDUARDO | EL CANARIO | 00:42:32 (305) | +12:55 | 4:15 | 42:27 | 20:32 (53) | M (291) |
| SENIOR M (69) | 223 | IGLESIAS RODRÍGUEZ, HUGO | | 00:42:44 (311) | +13:07 | 4:16 | 42:33 | 21:20 (66) | M (297) |
| SENIOR M (70) | 129 | SENRA MARTINEZ, DAVID | CLUB ATLETISMO TAMBRE | 00:42:51 (316) | +13:14 | 4:17 | 42:46 | 19:42 (44) | M (301) |
| SENIOR M (71) | 1388 | GONZALEZ CASTRO, LUIS MANUEL | | 00:43:11 (328) | +13:34 | 4:19 | 41:49 | 22:48 (90) | M (310) |
| SENIOR M (72) | 649 | BOUZÁN CUMPLIDO, FERNÁN | | 00:43:40 (337) | +14:03 | 4:21 | 43:06 | 21:50 (73) | M (319) |
| SENIOR M (73) | 270 | PRESNO GARCÍA, ANDRÉS | CLUB TRIATLON COMPOSTELA | 00:43:44 (341) | +14:07 | 4:22 | 43:27 | 21:32 (70) | M (323) |
| SENIOR M (74) | 585 | QUEIRO BLANCO, MANUEL | | 00:43:51 (348) | +14:14 | 4:23 | 43:34 | 22:21 (83) | M (329) |
| SENIOR M (75) | 554 | MARTINON, JOSE | | 00:43:56 (350) | +14:19 | 4:23 | 43:37 | 23:03 (94) | M (331) |
| SENIOR M (76) | 739 | VENTOSO TORRES, AARÓN | | 00:43:59 (355) | +14:22 | 4:23 | 43:48 | 21:57 (75) | M (336) |
| SENIOR M (77) | 445 | RAMIL RODRÍGUEZ, SEBASTIÁN | OS CORZOS DO ORTEGAL | 00:44:01 (358) | +14:24 | 4:24 | 43:47 | 22:17 (81) | M (339) |
| SENIOR M (78) | 591 | LATA RIOS, DAVID | | 00:44:02 (360) | +14:25 | 4:24 | 43:47 | 21:57 (76) | M (340) |
| SENIOR M (79) | 693 | MOURE, CARLOS | | 00:44:03 (361) | +14:26 | 4:24 | 43:39 | 22:58 (91) | M (341) |
| SENIOR M (80) | 594 | CAMPAÑA, ADRIÁN | | 00:44:06 (362) | +14:29 | 4:24 | 44:05 | 22:20 (82) | M (342) |
| SENIOR M (81) | 614 | SEOANE TORREIRO, CRISTÓBAL DAMIÁN | | 00:44:15 (366) | +14:38 | 4:25 | 43:59 | 21:05 (61) | M (345) |
| SENIOR M (82) | 731 | GALBÁN CES, ALEJANDRO | | 00:44:17 (369) | +14:40 | 4:25 | 43:57 | 23:03 (93) | M (348) |
| SENIOR M (83) | 749 | MARTÍNEZ MERA, ANDRÉS | | 00:44:23 (376) | +14:46 | 4:26 | 43:58 | 22:37 (89) | M (353) |
| SENIOR M (84) | 577 | FERNÁNDEZ ROSALES, JUAN | POR AMOR AL ARTE | 00:44:27 (378) | +14:50 | 4:26 | 44:10 | 22:04 (78) | M (355) |
| SENIOR M (85) | 709 | PÉREZ SABORIDO, MARTIN | S.D. BARBANTIA RODA | 00:44:33 (382) | +14:56 | 4:27 | 44:12 | 22:32 (87) | M (357) |
| SENIOR M (86) | 726 | LIJO VIDAL, PEPE | | 00:44:33 (383) | +14:56 | 4:27 | 44:14 | 23:28 (100) | M (358) |
| SENIOR M (87) | 1559 | DÍAZ ARES, MIGUEL | | 00:44:35 (385) | +14:58 | 4:27 | 44:11 | 22:58 (92) | M (360) |
| SENIOR M (88) | 481 | GOMEZ CHAS, MARTÍN | GLOBAL SPORT CLUB | 00:44:40 (388) | +15:03 | 4:27 | 44:21 | 23:10 (97) | M (363) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|----------------|------|--------------------------------|-------------------------|-----------------------|--------|------|-------|-------------|---------|
| SENIOR M (89) | 411 | GARCIA ROMERO, JOSE MANUEL | | 00:44:46 (395) | +15:09 | 4:28 | 44:30 | 22:24 (85) | M (369) |
| SENIOR M (90) | 480 | CEBEY LAMAS, SERGIO | | 00:44:46 (396) | +15:09 | 4:28 | 44:31 | 22:24 (84) | M (370) |
| SENIOR M (91) | 625 | BOUZAS TOREA, FRANCISCO | | 00:44:48 (398) | +15:11 | 4:28 | 44:24 | 23:36 (104) | M (372) |
| SENIOR M (92) | 48 | GÓMEZ CAAMAÑO, ELADIO | | 00:44:51 (402) | +15:14 | 4:29 | 44:43 | 22:14 (80) | M (376) |
| SENIOR M (93) | 638 | LIMA MOYA, LUIS | | 00:45:01 (408) | +15:24 | 4:30 | 44:49 | 22:32 (86) | M (381) |
| SENIOR M (94) | 715 | GARCÍA VENTOSO, DANIEL | | 00:45:06 (411) | +15:29 | 4:30 | 44:54 | 22:33 (88) | M (384) |
| SENIOR M (95) | 1708 | MARTINEZ ORDOÑEZ, MARIO | | 00:45:06 (412) | +15:29 | 4:30 | 44:10 | 23:12 (98) | M (385) |
| SENIOR M (96) | 1301 | AGRA RAMOS, DAVID | | 00:45:25 (425) | +15:48 | 4:32 | 44:50 | 23:31 (102) | M (397) |
| SENIOR M (97) | 1351 | FACAL MOLINA, FERNANDO | | 00:45:27 (427) | +15:50 | 4:32 | 44:56 | 23:17 (99) | M (399) |
| SENIOR M (98) | 968 | ADARRAGA GÓMEZ, JAVIER | | 00:45:31 (432) | +15:54 | 4:33 | 44:51 | 23:58 (107) | M (403) |
| SENIOR M (99) | 503 | DOVAL IGLESIAS, IAGO | | 00:45:38 (437) | +16:01 | 4:33 | 45:26 | 23:04 (95) | M (406) |
| SENIOR M (100) | 1353 | GARCIA PEREZ, ALEJANDRO | | 00:45:40 (438) | +16:03 | 4:33 | 45:01 | 23:10 (96) | M (407) |
| SENIOR M (101) | 1376 | PEDROSA PEDROSA, RUBÉN | | 00:45:42 (439) | +16:05 | 4:34 | 45:06 | 24:12 (110) | M (408) |
| SENIOR M (102) | 1508 | BUÑUEL, ARNAU | | 00:46:08 (451) | +16:31 | 4:36 | 45:15 | 24:40 (123) | M (419) |
| SENIOR M (103) | 760 | MAGARIÑOS DE BLAS, ÁLVARO | | 00:46:21 (468) | +16:44 | 4:38 | 46:01 | 23:50 (106) | M (436) |
| SENIOR M (104) | 1062 | GARCÍA FERNÁNDEZ, LUIS ALBERTO | CLUB ATLETISMO O PINO | 00:46:23 (470) | +16:46 | 4:38 | 45:21 | 24:05 (108) | M (437) |
| SENIOR M (105) | 1253 | MAYO GIRAUT, RUBÉN | | 00:46:24 (472) | +16:47 | 4:38 | 45:00 | 24:28 (116) | M (439) |
| SENIOR M (106) | 1556 | DACISTA DIOS, DANII | | 00:46:29 (481) | +16:52 | 4:38 | 46:07 | 24:07 (109) | M (446) |
| SENIOR M (107) | 470 | LEIS MONTEMUIÑO, AITOR | | 00:46:34 (486) | +16:57 | 4:39 | 45:57 | 24:21 (114) | M (450) |
| SENIOR M (108) | 1591 | BEIS SILVA, DAVID | | 00:46:39 (490) | +17:02 | 4:39 | 46:08 | 24:38 (122) | M (454) |
| SENIOR M (109) | 923 | MANEIRO POUSO, DIEGO | | 00:46:44 (494) | +17:07 | 4:40 | 45:49 | 25:08 (127) | M (457) |
| SENIOR M (110) | 762 | GARCIA RENDO, DARIO | | 00:46:48 (500) | +17:11 | 4:40 | 46:16 | 24:38 (121) | M (463) |
| SENIOR M (111) | 767 | MOREIRA FAJARDO, MANI | | 00:46:54 (504) | +17:17 | 4:41 | 46:35 | 23:50 (105) | M (467) |
| SENIOR M (112) | 691 | BARRAL AGRASO, ALBERTO | | 00:47:02 (512) | +17:25 | 4:42 | 46:25 | 24:20 (113) | M (475) |
| SENIOR M (113) | 1358 | VICTORERO DOMÍNGUEZ, ALEJANDRO | ADC ARNELA | 00:47:14 (521) | +17:37 | 4:43 | 46:28 | 25:12 (131) | M (481) |
| SENIOR M (114) | 1563 | SANTIAGO FERNÁNDEZ, ANDRÉS | | 00:47:22 (528) | +17:45 | 4:44 | 46:27 | 24:26 (115) | M (486) |
| SENIOR M (115) | 1437 | REINO LEMA, PABLO | | 00:47:24 (529) | +17:47 | 4:44 | 46:37 | 25:21 (133) | M (487) |
| SENIOR M (116) | 914 | SUÁREZ PAULOS, SAMUEL | | 00:47:32 (534) | +17:55 | 4:45 | 46:59 | 24:32 (117) | M (491) |
| SENIOR M (117) | 800 | BARREIRO RODRÍGUEZ, PABLO | | 00:47:34 (535) | +17:57 | 4:45 | 47:13 | 23:32 (103) | M (492) |
| SENIOR M (118) | 139 | SANGIOVANNI LORENZO, JOAQUIN | SD COMPOSTELA ATLETISMO | 00:48:08 (561) | +18:31 | 4:48 | 47:21 | 26:11 (144) | M (514) |
| SENIOR M (119) | 1381 | QUEIRO LAMAS, BRAIS | | 00:48:10 (565) | +18:33 | 4:48 | 47:32 | 24:35 (118) | M (517) |
| SENIOR M (120) | 1704 | MILLAN HERMO, MIGUEL | | 00:48:12 (569) | +18:35 | 4:49 | 47:40 | 25:10 (129) | M (520) |
| SENIOR M (121) | 519 | PENSADO ANTELO, IVÁN | | 00:48:13 (573) | +18:36 | 4:49 | 47:08 | 25:11 (130) | M (523) |
| SENIOR M (122) | 1544 | OUBIÑA MOUGÁN, JOEL | | 00:48:13 (574) | +18:36 | 4:49 | 47:25 | 26:11 (145) | M (524) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|----------------|------|-------------------------------|-------------------------|-----------------------|--------|------|-------|-------------|---------|
| SENIOR M (123) | 1341 | ALVARIÑO ARIAS, IVÁN | | 00:48:19 (581) | +18:42 | 4:49 | 47:50 | 24:35 (119) | M (529) |
| SENIOR M (124) | 651 | HERMO ESTÉVEZ, JORGE | AMEIXIDA | 00:48:27 (588) | +18:50 | 4:50 | 48:08 | 24:59 (124) | M (532) |
| SENIOR M (125) | 1325 | GARCÍA LIJÓ, ALBERTO | | 00:48:34 (594) | +18:57 | 4:51 | 47:43 | 27:15 (159) | M (535) |
| SENIOR M (126) | 1725 | VILLAVERDE, FRAN | | 00:48:35 (595) | +18:58 | 4:51 | 47:33 | 26:18 (146) | M (536) |
| SENIOR M (127) | 1723 | VELASCO FERREIROS, HECTOR | | 00:48:35 (596) | +18:58 | 4:51 | 47:33 | 26:18 (147) | M (537) |
| SENIOR M (128) | 1722 | DARRIBA GESTAL, OSCAR | | 00:48:36 (597) | +18:59 | 4:51 | 48:03 | 24:36 (120) | M (538) |
| SENIOR M (129) | 237 | PLACER GARCÍA-RODEJA, MARTIÑO | SD COMPOSTELA ATLETISMO | 00:48:43 (610) | +19:06 | 4:52 | 47:56 | 25:39 (136) | M (547) |
| SENIOR M (130) | 1060 | BLANCO GARCIA, ADRIAN | | 00:48:55 (618) | +19:18 | 4:53 | 48:23 | 25:40 (137) | M (553) |
| SENIOR M (131) | 745 | BLANCO QUEIJO, DENIS | | 00:48:56 (623) | +19:19 | 4:53 | 48:38 | 23:29 (101) | M (556) |
| SENIOR M (132) | 186 | CASTRO TIELES, ELOY | SERRES RUNNERS | 00:49:11 (637) | +19:34 | 4:55 | 48:44 | 25:48 (138) | M (566) |
| SENIOR M (133) | 1706 | FROJAN TUBIO, JORGE | | 00:49:14 (641) | +19:37 | 4:55 | 48:44 | 24:14 (111) | M (570) |
| SENIOR M (134) | 535 | MIRANTES, ÁNGEL | NOSPORTLIMIT | 00:49:28 (649) | +19:51 | 4:56 | 48:53 | 25:02 (125) | M (575) |
| SENIOR M (135) | 757 | MÍGUEZ BLANCO, RAÚL | | 00:49:31 (650) | +19:54 | 4:57 | 49:14 | 24:19 (112) | M (576) |
| SENIOR M (136) | 1077 | CAROLLO VARELA, ADRIÁN | CLUB ATLETISMO TAMBRE | 00:49:37 (656) | +20:00 | 4:57 | 48:28 | 26:02 (142) | M (581) |
| SENIOR M (137) | 1597 | SOPEÑA CANO, HUGO | | 00:49:49 (664) | +20:12 | 4:58 | 49:17 | 25:03 (126) | M (586) |
| SENIOR M (138) | 1511 | GARCÍA AGRA, DIEGO | | 00:49:58 (669) | +20:21 | 4:59 | 49:18 | 26:26 (148) | M (590) |
| SENIOR M (139) | 1141 | GRILLE OTERO, BERNABÉ | | 00:50:03 (675) | +20:26 | 5:00 | 49:24 | 27:12 (158) | M (596) |
| SENIOR M (140) | 1291 | MIRAZO INSUA, PEDRO | | 00:50:08 (678) | +20:31 | 5:00 | 49:28 | 26:27 (149) | M (598) |
| SENIOR M (141) | 791 | BRENLLA MARIÑO, IAGO | | 00:50:08 (680) | +20:31 | 5:00 | 49:46 | 25:26 (134) | M (600) |
| SENIOR M (142) | 1347 | CADABAL GAGO, JUAN JOSÉ | | 00:50:10 (682) | +20:33 | 5:00 | 49:20 | 26:04 (143) | M (601) |
| SENIOR M (143) | 531 | RUZ, OSCAR | | 00:50:26 (696) | +20:49 | 5:02 | 49:57 | 25:09 (128) | M (613) |
| SENIOR M (144) | 1065 | ÁLVAREZ CASTRO, CARLOS | CLUB ATLETISMO O PINO | 00:50:33 (703) | +20:56 | 5:03 | 50:05 | 25:33 (135) | M (618) |
| SENIOR M (145) | 1574 | FRAGA SANTOME, ANTONIO | | 00:50:43 (713) | +21:06 | 5:04 | 50:07 | 27:01 (154) | M (625) |
| SENIOR M (146) | 1390 | PÉREZ ABEIJÓN, ÁLVARO | | 00:51:02 (732) | +21:25 | 5:06 | 50:28 | 26:39 (151) | M (639) |
| SENIOR M (147) | 1343 | TOME GONZALEZ, CARLOS | | 00:51:04 (735) | +21:27 | 5:06 | 50:07 | 25:13 (132) | M (642) |
| SENIOR M (148) | 700 | GARCÍA CASTRO, MARTÍN | | 00:51:04 (737) | +21:27 | 5:06 | 50:41 | 25:49 (139) | M (644) |
| SENIOR M (149) | 571 | LEON LOPEZ, MOISES | | 00:51:08 (744) | +21:31 | 5:06 | 49:57 | 26:32 (150) | M (649) |
| SENIOR M (150) | 1150 | LAREU CRESPO, DIEGO | | 00:51:36 (763) | +21:59 | 5:09 | 51:03 | 25:50 (140) | M (666) |
| SENIOR M (151) | 1709 | MARTINEZ ORDOÑEZ, ANXO | | 00:51:38 (766) | +22:01 | 5:09 | 50:42 | 26:51 (153) | M (669) |
| SENIOR M (152) | 1622 | DIOS SANTOS, DIEGO | | 00:52:17 (791) | +22:40 | 5:13 | 51:47 | 27:09 (157) | M (685) |
| SENIOR M (153) | 1086 | PITA DOPICO, JUAN JOSE | | 00:52:39 (809) | +23:02 | 5:15 | 52:01 | 28:12 (169) | M (698) |
| SENIOR M (154) | 1546 | RODRIGUEZ DEAN, JUAN LUIS | | 00:52:44 (813) | +23:07 | 5:16 | 52:02 | 27:26 (162) | M (701) |
| SENIOR M (155) | 1518 | CORNADO GONZÁLEZ, DAVID | | 00:52:50 (818) | +23:13 | 5:16 | 51:52 | 27:04 (156) | M (706) |
| SENIOR M (156) | 1117 | RIVEIRO FORJÁN, PABLO | | 00:52:54 (821) | +23:17 | 5:17 | 51:51 | 27:50 (166) | M (708) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|----------------|------|---------------------------------|-------------------------------|------------------------|--------|------|---------|-------------|---------|
| SENIOR M (157) | 1656 | AMOEDO TABOAS, ANDRES | | 00:53:09 (833) | +23:32 | 5:18 | 52:12 | 27:04 (155) | M (716) |
| SENIOR M (158) | 1620 | VÁZQUEZ PAIS, BORJA | | 00:53:21 (841) | +23:44 | 5:20 | 52:39 | 27:46 (164) | M (722) |
| SENIOR M (159) | 1379 | GONZALEZ IGLESIAS, XOAN | | 00:53:58 (864) | +24:21 | 5:23 | 53:08 | 27:49 (165) | M (733) |
| SENIOR M (160) | 1044 | PÉREZ BAÑA, DAVID | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:54:00 (866) | +24:23 | 5:23 | 53:07 | 28:30 (173) | M (735) |
| SENIOR M (161) | 1272 | ALONSO PARDAL, SANTIAGO | | 00:54:10 (871) | +24:33 | 5:24 | 53:20 | 28:25 (172) | M (738) |
| SENIOR M (162) | 1344 | POSES BLANCO, ARTAI | | 00:54:29 (885) | +24:52 | 5:26 | 53:33 | 26:42 (152) | M (746) |
| SENIOR M (163) | 1657 | CASTRO LAGO, MIGUEL ANGEL | | 00:54:31 (886) | +24:54 | 5:27 | 53:37 | 28:06 (167) | M (747) |
| SENIOR M (164) | 1667 | MARTÍNEZ IGLESIAS, ADRIÁN | | 00:54:37 (889) | +25:00 | 5:27 | 53:57 | 28:10 (168) | M (750) |
| SENIOR M (165) | 1629 | FERNÁNDEZ AYASO, RUBÉN | SLAP TRAINING | 00:54:39 (890) | +25:02 | 5:27 | 53:40 | 30:17 (182) | M (751) |
| SENIOR M (166) | 1128 | GARCIA VELASCO, PABLO | | 00:55:42 (935) | +26:05 | 5:34 | 55:00 | 27:19 (160) | M (781) |
| SENIOR M (167) | 1222 | BUJAN SANCHEZ, ALEJANDRO MANUEL | | 00:55:47 (938) | +26:10 | 5:34 | 54:59 | 27:22 (161) | M (784) |
| SENIOR M (168) | 738 | BLANCO AMEIJERAS, JOSE MANUEL | | 00:55:47 (939) | +26:10 | 5:34 | 55:08 | 26:01 (141) | M (785) |
| SENIOR M (169) | 974 | MARTÍNEZ NÚÑEZ, JAVIER | | 00:56:08 (954) | +26:31 | 5:36 | 55:23 | 29:51 (177) | M (793) |
| SENIOR M (170) | 690 | PEREIRA MARZOA, MARTIN | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:56:48 (985) | +27:11 | 5:40 | 55:55 | 29:18 (175) | M (812) |
| SENIOR M (171) | 1059 | SENILLE SAEZ, RAMON | | 00:57:38 (1030) | +28:01 | 5:45 | 56:23 | 30:02 (180) | M (837) |
| SENIOR M (172) | 1058 | RIOS SAEZ, AVELINO | | 00:57:38 (1031) | +28:01 | 5:45 | 56:23 | 30:02 (179) | M (838) |
| SENIOR M (173) | 827 | GONZALEZ CES, ANTONIO | | 00:57:43 (1034) | +28:06 | 5:46 | 57:18 | 28:24 (170) | M (841) |
| SENIOR M (174) | 1350 | PAZOS GARCIA, ALEXANDRE | | 00:57:43 (1035) | +28:06 | 5:46 | 57:18 | 28:24 (171) | M (842) |
| SENIOR M (175) | 1486 | LÓPEZ VIDAL, CIBRÁN | | 00:58:04 (1052) | +28:27 | 5:48 | 57:20 | 29:59 (178) | M (852) |
| SENIOR M (176) | 1318 | CONDE MOSQUERA, EDGAR | | 00:59:22 (1108) | +29:45 | 5:56 | 58:51 | 31:05 (184) | M (875) |
| SENIOR M (177) | 1257 | MOREIRA FAJARDO, LUIS | | 00:59:29 (1110) | +29:52 | 5:56 | 58:39 | 28:50 (174) | M (876) |
| SENIOR M (178) | 911 | GÓMEZ GONZÁLEZ, CRISTIAN | | 00:59:35 (1112) | +29:58 | 5:57 | 58:55 | 29:43 (176) | M (877) |
| SENIOR M (179) | 1608 | PÉREZ CELADA, CARLOS | | 01:00:28 (1133) | +30:51 | 6:02 | 59:59 | 31:26 (189) | M (887) |
| SENIOR M (180) | 527 | CARNÉS MARIÑO, JUAN | | 01:00:42 (1138) | +31:05 | 6:04 | 1:00:21 | 27:29 (163) | M (889) |
| SENIOR M (181) | 222 | CELA BOISA, JESUS | CLUB DEPORTIVO BRIÓN HYUPERSA | 01:00:42 (1140) | +31:05 | 6:04 | 59:49 | 31:13 (186) | M (890) |
| SENIOR M (182) | 559 | BARREIRO LIJÓ, SIMÓN | | 01:01:10 (1153) | +31:33 | 6:06 | 59:59 | 31:55 (191) | M (896) |
| SENIOR M (183) | 1638 | PÉREZ MANEIRO, ADRIÁN | | 01:01:46 (1167) | +32:09 | 6:10 | 1:01:17 | 30:13 (181) | M (903) |
| SENIOR M (184) | 1493 | FERNÁNDEZ VÁZQUEZ, ALFONSO | | 01:01:58 (1178) | +32:21 | 6:11 | 1:00:55 | 31:20 (188) | M (907) |
| SENIOR M (185) | 1519 | RIVADULLA VARELA, CLAUDIO | | 01:02:06 (1180) | +32:29 | 6:12 | 1:02:05 | (-1) | M (908) |
| SENIOR M (186) | 1292 | LOSADA ARES, MIGUEL | FLOW PILATES & TRAINING | 01:02:11 (1183) | +32:34 | 6:13 | 1:01:05 | 33:11 (197) | M (910) |
| SENIOR M (187) | 1492 | FERNANDEZ VAZQUEZ, JORGE | | 01:02:42 (1189) | +33:05 | 6:16 | 1:01:41 | 30:51 (183) | M (912) |
| SENIOR M (188) | 1721 | LOJO FERNÁNDEZ, JOSE ANDRÉS | | 01:03:05 (1199) | +33:28 | 6:18 | 1:02:14 | 31:15 (187) | M (918) |
| SENIOR M (189) | 1462 | ÁLVAREZ LÓPEZ, PEDRO ALBERTO | | 01:03:24 (1205) | +33:47 | 6:20 | 1:02:36 | 32:11 (192) | M (920) |
| SENIOR M (190) | 778 | CURROS CALVO, JACOBO | | 01:03:29 (1207) | +33:52 | 6:20 | 1:02:21 | 31:50 (190) | M (921) |

| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|----------------|------|--------------------------|----------------|-----------------|--------|------|---------|-------------|---------|
| SENIOR M (191) | 934 | GARCÍA DOPAZO, CARLOS | | 01:03:48 (1210) | +34:11 | 6:22 | 1:03:05 | 31:11 (185) | M (923) |
| SENIOR M (192) | 1641 | RIVEIRO, IVÁN | | 01:03:55 (1215) | +34:18 | 6:23 | 1:03:27 | 32:29 (194) | M (925) |
| SENIOR M (193) | 833 | AYASO RIVEIRO, PABLO | | 01:03:55 (1216) | +34:18 | 6:23 | 1:03:27 | 32:29 (195) | M (926) |
| SENIOR M (194) | 1367 | GARCÍA POUSO, DANIEL | | 01:03:57 (1219) | +34:20 | 6:23 | 1:03:28 | 32:30 (196) | M (928) |
| SENIOR M (195) | 1155 | CALO ROMEU, CARLOS | | 01:05:06 (1236) | +35:29 | 6:30 | 1:04:14 | 32:14 (193) | M (935) |
| SENIOR M (196) | 1671 | CALVIÑO, BRUNO | | 01:06:16 (1256) | +36:39 | 6:37 | 1:05:21 | 33:57 (200) | M (941) |
| SENIOR M (197) | 1210 | SANTISO SEOANE, IAGO | BRUTANZOS TEAM | 01:06:21 (1257) | +36:44 | 6:38 | 1:05:32 | 33:31 (199) | M (942) |
| SENIOR M (198) | 1116 | LAGOS CARRERA, JULIO | ADC ARNELA | 01:06:53 (1266) | +37:16 | 6:41 | 1:05:52 | 34:40 (201) | M (945) |
| SENIOR M (199) | 1731 | CALVO VITURRO, MOISES | | 01:10:20 (1280) | +40:43 | 7:01 | 1:10:04 | 33:21 (198) | M (949) |
| SENIOR M (200) | 1209 | RAMIREZ RAMIREZ, NICOLÁS | | 01:14:12 (1294) | +44:35 | 7:25 | 1:12:58 | 36:39 (202) | M (955) |

SUB 18

FEMENINO

| | | | | | | | | | |
|--------------|------|----------------------------|-----------------------|-----------------|--------|------|---------|-----------|---------|
| SUB 18 F (1) | 448 | GARCÍA FOJO, AIALA | ATLETISMO +9 MORAÑA | 00:45:47 (440) | -- | 4:34 | 45:35 | 22:14 (1) | F (32) |
| SUB 18 F (2) | 444 | FORMOSO RECAREY, EVA | TRIKI TEAM | 00:47:04 (517) | +1:17 | 4:42 | 47:00 | 23:37 (2) | F (39) |
| SUB 18 F (3) | 942 | RIVERA GARABAL, PAULA | CLUB ATLETISMO TAMBRE | 00:52:32 (806) | +6:45 | 5:15 | 51:23 | 28:09 (3) | F (111) |
| SUB 18 F (4) | 945 | PEREZ GARRIDO, MACARENA | | 00:54:01 (867) | +8:14 | 5:24 | 53:02 | 29:32 (4) | F (132) |
| SUB 18 F (5) | 936 | MÉNDEZ GONZÁLEZ, XOANA | ADAS CUPA | 01:00:00 (1123) | +14:13 | 5:59 | 58:52 | 31:12 (5) | F (242) |
| SUB 18 F (6) | 1450 | RODRÍGUEZ MIYARES, CLAUDIA | | 01:07:24 (1274) | +21:37 | 6:44 | 1:06:38 | 33:30 (6) | F (327) |

MASCULINO

| | | | | | | | | | |
|---------------|------|------------------------------|-------------------------------------|----------------|--------|------|-------|------------|---------|
| SUB 18 M (1) | 92 | VILA MARIÑO, ABEL | CLUB ATLETISMO NOIA | 00:32:41 (9) | -- | 3:16 | 32:40 | 16:26 (1) | M (9) |
| SUB 18 M (2) | 98 | MANEIRO TEIRA, DANIEL | CLUB ATLETISMO O PINO | 00:35:01 (35) | +2:20 | 3:30 | 35:00 | 17:08 (2) | M (33) |
| SUB 18 M (3) | 179 | COUSELO FERNANDEZ, ALEJANDRO | CLUB ATLETISMO TAMBRE | 00:35:38 (40) | +2:57 | 3:33 | 35:35 | 18:00 (4) | M (38) |
| SUB 18 M (4) | 148 | SESA Miguez, ADRIÁN | CLUB ATLETISMO MILLARAIO | 00:35:59 (54) | +3:18 | 3:35 | 35:56 | 18:00 (3) | M (52) |
| SUB 18 M (5) | 160 | MATEOS CALVIÑO, IAGO | SD COMPOSTELA ATLETISMO | 00:36:39 (68) | +3:58 | 3:39 | 36:36 | 18:01 (5) | M (66) |
| SUB 18 M (6) | 178 | CASAS FERNÁNDEZ, IVAN | CLUB ATLETISMO TAMBRE | 00:42:19 (288) | +9:38 | 4:13 | 42:14 | 20:33 (6) | M (277) |
| SUB 18 M (7) | 64 | ALCALDE RIAL, MARIO | | 00:44:56 (404) | +12:15 | 4:29 | 44:48 | 22:13 (7) | M (378) |
| SUB 18 M (8) | 1246 | SEGADE BATALLA, ADRIÁN | | 00:47:02 (511) | +14:21 | 4:42 | 46:36 | 25:00 (10) | M (474) |
| SUB 18 M (9) | 1126 | ALONSO, DANI | | 00:47:03 (515) | +14:22 | 4:42 | 46:06 | 26:05 (13) | M (477) |
| SUB 18 M (10) | 549 | BLANCO PIÑEIRO, SAMUEL | INCOR AUTOVIDRIO | 00:47:16 (522) | +14:35 | 4:43 | 46:51 | 24:26 (9) | M (482) |
| SUB 18 M (11) | 652 | MARTÍNEZ BAZARRA, PEDRO | CLUB ATLETISMO OUTES-MARISCOS ANTÓN | 00:48:29 (590) | +15:48 | 4:50 | 48:14 | 23:17 (8) | M (534) |
| SUB 18 M (12) | 551 | VARELA CERNADAS, MANUEL | INCOR AUTOVIDRIO | 00:48:47 (616) | +16:06 | 4:52 | 48:22 | 25:04 (11) | M (551) |
| SUB 18 M (13) | 768 | TRILLO CASTELO, JOSE | | 00:49:18 (643) | +16:37 | 4:55 | 48:33 | 25:14 (12) | M (571) |

SIN SON 10K 2024

CLASIFICACIÓN CATEGORÍAS - ADULTOS



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|-----------------------------|------------------|------------------------|--------|------|---------|------------|---------|
| SUB 18 M (14) | 1415 | CARREÑO MANEIRO, ANDRÉS | | 00:54:12 (873) | +21:31 | 5:25 | 53:38 | 26:57 (15) | M (740) |
| SUB 18 M (15) | 931 | DÍAZ RODENAS, SERGIO | MUSHO BETIS | 00:55:14 (921) | +22:33 | 5:31 | 54:29 | 28:48 (17) | M (772) |
| SUB 18 M (16) | 1515 | SEXTO LAMAS, PABLO JAVIER | | 00:56:30 (972) | +23:49 | 5:38 | 55:44 | 28:22 (16) | M (801) |
| SUB 18 M (17) | 550 | LADO QUEIRUGA, FABIAN | INCOR-AUTOVIDRIO | 00:56:41 (975) | +24:00 | 5:40 | 56:16 | 26:53 (14) | M (804) |
| SUB 18 M (18) | 1335 | AGRASO VAZQUEZ, JOSE MANUEL | | 01:15:19 (1296) | +42:38 | 7:31 | 1:14:17 | 36:44 (18) | M (957) |

SUB 20

FEMENINO

| | | | | | | | | | |
|--------------|------|-----------------------------|------------------------------|------------------------|--------|------|---------|-----------|---------|
| SUB 20 F (1) | 425 | FORMOSO RE CAREY, ALEJANDRA | TRIKI TEAM | 00:42:11 (281) | -- | 4:13 | 42:07 | 21:13 (1) | F (11) |
| SUB 20 F (2) | 1726 | GÓMEZ TUBÍO, ANDREA | | 00:48:17 (580) | +6:06 | 4:49 | 48:05 | 23:47 (2) | F (52) |
| SUB 20 F (3) | 1254 | GONZÁLEZ VILAS, SABELA | TRIATLON INFORHOUSE SANTIAGO | 00:49:05 (631) | +6:54 | 4:54 | 48:25 | 24:53 (3) | F (69) |
| SUB 20 F (4) | 1506 | SANTOS TARELA, LEILA | | 00:50:10 (681) | +7:59 | 5:00 | 49:22 | 25:54 (4) | F (81) |
| SUB 20 F (5) | 1449 | BRAGAÑA PARDO, XIANA | CLUB ATLETISMO OUTES | 00:52:14 (789) | +10:03 | 5:13 | 51:15 | 27:40 (5) | F (106) |
| SUB 20 F (6) | 1403 | BEN MONTENEGRO, ANA | CAS | 01:01:16 (1155) | +19:05 | 6:07 | 1:00:22 | 31:34 (6) | F (259) |

MASCULINO

| | | | | | | | | | |
|---------------|------|-----------------------------|------------------------------|------------------------|--------|------|-------|------------|---------|
| SUB 20 M (1) | 83 | RAMOS SAMBADE, VICTOR | TRIKI TEAM | 00:31:35 (5) | -- | 3:09 | 31:34 | 15:53 (1) | M (5) |
| SUB 20 M (2) | 8 | CAO BLANCO, GONZALO | ATLETISMO SANTIAGO | 00:33:28 (14) | +1:53 | 3:20 | 33:26 | 17:06 (3) | M (14) |
| SUB 20 M (3) | 19 | BENÍTEZ PÉREZ, SAÚL | EL CANARIO | 00:34:01 (24) | +2:26 | 3:24 | 34:00 | 17:04 (2) | M (23) |
| SUB 20 M (4) | 13 | LOUREIRO MOSQUERA, DANIEL | ATLETISMO SANTIAGO | 00:34:09 (25) | +2:34 | 3:24 | 34:06 | 17:12 (4) | M (24) |
| SUB 20 M (5) | 14 | OTERO LADO, FERNANDO | TRIKI TEAM | 00:35:48 (47) | +4:13 | 3:34 | 35:46 | 17:44 (5) | M (45) |
| SUB 20 M (6) | 819 | DIALLO, MAMADOU | | 00:39:18 (167) | +7:43 | 3:55 | 39:17 | 19:03 (6) | M (159) |
| SUB 20 M (7) | 70 | PENA SUAREZ, BRAIS | | 00:40:30 (207) | +8:55 | 4:02 | 40:23 | 19:58 (7) | M (199) |
| SUB 20 M (8) | 1278 | BEN LOPEZ, MARCOS | TARTARUGAS | 00:45:28 (430) | +13:53 | 4:32 | 44:58 | 24:06 (9) | M (402) |
| SUB 20 M (9) | 1377 | CAMBEIRO VILAS, ROBERTO | | 00:47:01 (510) | +15:26 | 4:42 | 46:35 | 24:27 (10) | M (473) |
| SUB 20 M (10) | 673 | MILLÁN, CHOLO | CLUB ATLETISMO FONTES DO SAR | 00:48:16 (577) | +16:41 | 4:49 | 48:09 | 22:29 (8) | M (526) |
| SUB 20 M (11) | 1214 | TUÑAS AÑON, MANUEL | | 00:49:20 (645) | +17:45 | 4:55 | 48:46 | 26:15 (12) | M (573) |
| SUB 20 M (12) | 908 | GONZALEZ PEREZ, JUAN | | 00:49:59 (670) | +18:24 | 4:59 | 48:58 | 26:31 (14) | M (591) |
| SUB 20 M (13) | 1649 | QUINTÁNS FERNÁNDEZ, FABIAN | | 00:50:49 (720) | +19:14 | 5:04 | 50:22 | 25:05 (11) | M (630) |
| SUB 20 M (14) | 524 | PAIS MOSQUERA, NICOLAS | | 00:51:41 (768) | +20:06 | 5:10 | 51:18 | 27:00 (16) | M (671) |
| SUB 20 M (15) | 1727 | GARCIA ORDOÑEZ, MARTIN | | 00:51:54 (777) | +20:19 | 5:11 | 50:57 | 26:19 (13) | M (676) |
| SUB 20 M (16) | 1256 | CERNADAS AGEITOS, ALEJANDRO | | 00:52:47 (816) | +21:12 | 5:16 | 52:13 | 26:57 (15) | M (704) |
| SUB 20 M (17) | 1417 | TORRES SANTAMARÍA, CARLOS | | 00:56:31 (973) | +24:56 | 5:39 | 55:57 | 28:25 (17) | M (802) |
| SUB 20 M (18) | 1041 | PESTONIT MORA, MARCO | | 00:57:42 (1033) | +26:07 | 5:46 | 56:33 | 30:26 (19) | M (840) |



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|----------------------------|------|------------------------|--------|------|---------|------------|---------|
| SUB 20 M (19) | 1068 | PAZ SANTAMARÍA, JUAN | | 00:58:04 (1053) | +26:29 | 5:48 | 57:49 | 28:26 (18) | M (853) |
| SUB 20 M (20) | 1407 | GONZÁLEZ SANLÉS, ALEXANDER | | 01:04:37 (1228) | +33:02 | 6:27 | 1:04:04 | 32:27 (20) | M (932) |
| SUB 20 M (21) | 1260 | DA SILVA VIDAL, RAUL | | 01:06:45 (1265) | +35:10 | 6:40 | 1:05:30 | 33:22 (21) | M (944) |

SUB 23

FEMENINO

| | | | | | | | | | |
|--------------|------|--------------------------|--------------------------|------------------------|--------|------|---------|-----------|---------|
| SUB 23 F (1) | 635 | MUÑIZ LESTA, ALBA | CLUB ATLETISMO TAMBRE | 00:44:22 (375) | -- | 4:26 | 44:06 | 22:12 (1) | F (23) |
| SUB 23 F (2) | 717 | VILLAR GONZÁLEZ, SARA | | 00:45:37 (436) | +1:15 | 4:33 | 45:26 | 23:04 (2) | F (31) |
| SUB 23 F (3) | 532 | VAZQUEZ DÍAZ, PAULA | AD CERNE | 00:49:38 (657) | +5:16 | 4:57 | 49:10 | 25:27 (3) | F (76) |
| SUB 23 F (4) | 660 | COUSELO, NOEMI | CLUB TRIATLON COMPOSTELA | 00:49:48 (663) | +5:26 | 4:58 | 49:34 | 25:34 (4) | F (78) |
| SUB 23 F (5) | 1319 | SERANTES OTERO, VIRGINIA | | 01:01:13 (1154) | +16:51 | 6:07 | 1:00:15 | 32:15 (8) | F (258) |
| SUB 23 F (6) | 1204 | BRETAL LORENZO, IRIA | | 01:03:51 (1211) | +19:29 | 6:23 | 1:03:09 | 30:13 (5) | F (288) |
| SUB 23 F (7) | 1227 | MÍGUEZ CANOSA, MARTA | | 01:04:32 (1227) | +20:10 | 6:27 | 1:03:54 | 31:16 (6) | F (296) |
| SUB 23 F (8) | 1305 | MACHADO PUGA, CLAUDIA | | 01:06:11 (1252) | +21:49 | 6:37 | 1:06:10 | 31:26 (7) | F (313) |
| SUB 23 F (9) | 1304 | RAÑA RODRÍGUEZ, UXÍA | | 01:07:20 (1272) | +22:58 | 6:43 | 1:07:19 | 35:03 (9) | F (325) |

MASCULINO

| | | | | | | | | | |
|---------------|------|---------------------------------|------------------------------|-----------------------|--------|------|-------|------------|---------|
| SUB 23 M (1) | 1730 | GARCIA SOUTO, HUGO | ATLETISMO PORTUGALETE | 00:31:31 (4) | -- | 3:09 | 31:30 | 15:53 (1) | M (4) |
| SUB 23 M (2) | 86 | DIAZ OIZA, PABLO | CLUB ATLETISMO SANTIAGO | 00:32:16 (7) | +45 | 3:13 | 32:14 | 16:25 (2) | M (7) |
| SUB 23 M (3) | 134 | TAIBO GARCIA, HUGO | TRIATLON INFORHOUSE SANTIAGO | 00:35:58 (53) | +4:27 | 3:35 | 35:55 | 18:01 (3) | M (51) |
| SUB 23 M (4) | 173 | CALVO CASTRO, HUGO | | 00:37:00 (82) | +5:29 | 3:41 | 36:53 | 18:42 (4) | M (80) |
| SUB 23 M (5) | 797 | PÉREZ LOVACO, PABLO | | 00:38:00 (116) | +6:29 | 3:47 | 37:55 | 19:03 (5) | M (112) |
| SUB 23 M (6) | 602 | ALONSO REY, SEMAHEGN | | 00:38:25 (127) | +6:54 | 3:50 | 38:16 | 19:52 (7) | M (123) |
| SUB 23 M (7) | 67 | LUACES PAZ, ANTONIO | CLUB ATLETISMO SAR | 00:38:52 (154) | +7:21 | 3:53 | 38:45 | 19:56 (8) | M (150) |
| SUB 23 M (8) | 1635 | FERNÁNDEZ DÍAZ, PABLO | CLUD ATLETISMO RIBADEO | 00:39:42 (182) | +8:11 | 3:58 | 39:29 | 19:51 (6) | M (174) |
| SUB 23 M (9) | 1729 | LIRES SABORIDO, ANDRES | | 00:40:09 (198) | +8:38 | 4:00 | 40:03 | 20:03 (9) | M (190) |
| SUB 23 M (10) | 89 | RIO PEREIRA, YAGO DANIEL | | 00:40:55 (225) | +9:24 | 4:05 | 40:50 | 20:27 (11) | M (216) |
| SUB 23 M (11) | 1528 | FERNANDEZ-COUTO ALVAREZ, MIGUEL | | 00:41:42 (256) | +10:11 | 4:10 | 41:20 | 20:45 (12) | M (246) |
| SUB 23 M (12) | 23 | PÉREZ FERNÁNDEZ, BRAIS | CLUB ATLETISMO TAMBRE | 00:42:19 (290) | +10:48 | 4:13 | 42:17 | 20:13 (10) | M (279) |
| SUB 23 M (13) | 1283 | CASALDERREY ESPERÓN, RAÚL | | 00:42:33 (306) | +11:02 | 4:15 | 41:52 | 22:47 (14) | M (292) |
| SUB 23 M (14) | 775 | CARREÑO GONZÁLEZ, MARTÍN | | 00:42:38 (308) | +11:07 | 4:15 | 42:22 | 22:10 (13) | M (294) |
| SUB 23 M (15) | 644 | TUBÍO AGEITOS, ALBERTO | | 00:43:59 (353) | +12:28 | 4:23 | 43:23 | 23:14 (16) | M (334) |
| SUB 23 M (16) | 477 | LOJO, MIGUEL | | 00:45:57 (445) | +14:26 | 4:35 | 45:32 | 23:13 (15) | M (413) |
| SUB 23 M (17) | 1728 | POUSO LORENZO, NOEL | | 00:46:40 (491) | +15:09 | 4:39 | 46:05 | 24:33 (18) | M (455) |

SIN SON 10K 2024

CLASIFICACIÓN CATEGORÍAS - ADULTOS



| P. CAT | DOR | NOMBRE | CLUB | T.OFICIAL | DIF | RITM | NETO | P1.CAT | SEXO |
|---------------|------|----------------------------|------------|------------------------|--------|------|---------|------------|---------|
| SUB 23 M (18) | 647 | PRADOS NIETO, DIEGO | | 00:46:48 (498) | +15:17 | 4:40 | 46:34 | 24:12 (17) | M (461) |
| SUB 23 M (19) | 1507 | GRELA OUTEIRAL, DAVID | | 00:48:57 (624) | +17:26 | 4:53 | 48:27 | 25:56 (20) | M (557) |
| SUB 23 M (20) | 1280 | DI NATALE DOVAL, SERGIO | | 00:50:18 (688) | +18:47 | 5:01 | 49:33 | 25:33 (19) | M (607) |
| SUB 23 M (21) | 525 | SERANTES ABAL, ELOI | ADC ARNELA | 00:53:53 (860) | +22:22 | 5:23 | 53:08 | 26:10 (21) | M (731) |
| SUB 23 M (22) | 1384 | RODRÍGUEZ SALCEDO, ALFONSO | | 00:54:07 (870) | +22:36 | 5:24 | 53:36 | 27:59 (24) | M (737) |
| SUB 23 M (23) | 1371 | BORRAJO MERA, JORGE | | 00:55:26 (929) | +23:55 | 5:32 | 55:25 | 27:19 (23) | M (777) |
| SUB 23 M (24) | 943 | BORRAJO MERA, ANDRÉS | | 00:55:26 (930) | +23:55 | 5:32 | 54:40 | 27:18 (22) | M (778) |
| SUB 23 M (25) | 1533 | SAMPEDRO ROMAN, KRISTIAN | | 00:57:15 (1011) | +25:44 | 5:43 | 56:10 | 30:44 (25) | M (828) |
| SUB 23 M (26) | 1562 | SANTIAGO FERNÁNDEZ, MARCOS | | 00:58:17 (1059) | +26:46 | 5:49 | 57:13 | 31:15 (26) | M (858) |
| SUB 23 M (27) | 1594 | GARCÍA FERNÁNDEZ, ALFREDO | | 00:58:49 (1081) | +27:18 | 5:52 | 58:20 | 31:26 (27) | M (868) |
| SUB 23 M (28) | 1479 | MARTÍNEZ BELLO, ANDRÉS | | 01:07:18 (1270) | +35:47 | 6:43 | 1:07:17 | 35:03 (28) | M (947) |

Total: 1301