

III CARREIRA SOLIDARIA SAN SILVESTRE ARZUA

CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtmo | T Neto | VUELTA 1 | VUELTA 2 |
|-----------------|--------|--------------------------------|-----------|------------|----------|--------------|----------|
| UNICA_5k | | | | | | | |
| Fem | | | | | | | |
| 1 | 132 | ARIANA GONZÁLEZ VERDE | 00:18:13 | 3:38min/km | 00:18:13 | 00:09:07(2) | 00:09:07 |
| 2 | 15 | NATALIA ARGIBAY DOMÍNGUEZ | 00:20:02 | 4:00min/km | 00:20:02 | 00:09:49(3) | 00:10:13 |
| 3 | 14 | ENMA ARGIBAY DOMÍNGUEZ | 00:20:21 | 4:04min/km | 00:20:21 | 00:09:55(4) | 00:10:27 |
| 4 | 182 | LAURA NÚÑEZ NAVEIRA | 00:20:41 | 4:08min/km | 00:20:40 | 00:10:17(6) | 00:10:25 |
| 5 | 202 | BELÉN POSE GOMEZ | 00:20:50 | 4:09min/km | 00:20:36 | 00:14:10(31) | 00:06:41 |
| 6 | 43 | CRISTINA CARRIL BOO | 00:21:15 | 4:14min/km | 00:21:12 | 00:10:14(5) | 00:11:01 |
| 7 | 35 | MARIA ISABEL CAMINO CREGO | 00:22:06 | 4:25min/km | 00:22:02 | 00:10:39(7) | 00:11:28 |
| 8 | 73 | DIANA COTON VAZQUEZ | 00:22:37 | 4:31min/km | 00:22:29 | 00:11:50(9) | 00:10:48 |
| 9 | 175 | ALICIA MUIÑO POSE | 00:22:48 | 4:33min/km | 00:22:45 | 00:11:08(8) | 00:11:41 |
| 10 | 34 | MARÍA BEGOÑA CAJADE BLANCO | 00:24:55 | 4:58min/km | 00:24:49 | 00:12:12(11) | 00:12:43 |
| 11 | 155 | NURIA MEJUTO FERNÁNDEZ | 00:25:32 | 5:06min/km | 00:25:13 | 00:12:47(16) | 00:12:45 |
| 12 | 151 | MARÍ CARMEN MARTÍNEZ LÓPEZ | 00:25:34 | 5:06min/km | 00:25:28 | 00:12:33(14) | 00:13:01 |
| 13 | 167 | VICTORIA MOSCOSO VILLAR | 00:25:41 | 5:08min/km | 00:25:35 | 00:12:34(15) | 00:13:08 |
| 14 | 111 | ANTIA FUENTES BARRAL | 00:25:50 | 5:09min/km | 00:25:42 | 00:12:13(12) | 00:13:38 |
| 15 | 131 | ANDREA GONZALEZ NAVEIRO | 00:26:00 | 5:11min/km | 00:25:52 | 00:12:13(13) | 00:13:47 |
| 16 | 236 | ISIS SAINZ TRESGUERRAS | 00:26:07 | 5:13min/km | 00:26:03 | 00:12:54(17) | 00:13:13 |
| 17 | 41 | RAQUEL CARREGAL SALGUEIRO | 00:26:16 | 5:15min/km | 00:26:05 | 00:05:53(1) | 00:20:24 |
| 18 | 37 | RAQUEL CAMINO LEÓN | 00:26:16 | 5:15min/km | 00:26:06 | 00:13:12(21) | 00:13:05 |
| 19 | 170 | CAROLINA MOSTEIRO FELIPEZ | 00:26:23 | 5:16min/km | 00:26:07 | 00:11:51(10) | 00:14:32 |
| 20 | 150 | MARIA JESUS MARTINEZ BARBEITO | 00:26:29 | 5:17min/km | 00:26:22 | 00:13:07(18) | 00:13:23 |
| 21 | 78 | MERCEDES DE LA FUENTE IGLESIAS | 00:27:06 | 5:25min/km | 00:27:01 | 00:13:23(22) | 00:13:43 |
| 22 | 134 | IRIA GUTIERREZ LOPEZ | 00:27:28 | 5:29min/km | 00:27:02 | 00:13:56(24) | 00:13:32 |
| 23 | 28 | TAMARA BLANCO SUAREZ | 00:27:33 | 5:30min/km | 00:27:28 | 00:13:25(23) | 00:14:08 |
| 24 | 203 | ANA ISABEL QUINTÁS ARES | 00:27:38 | 5:31min/km | 00:27:21 | 00:14:04(27) | 00:13:34 |
| 25 | 74 | FANNY COTON VAZQUEZ | 00:27:38 | 5:31min/km | 00:27:23 | 00:14:04(26) | 00:13:34 |
| 26 | 254 | MARI CARMEN SANTOS PALMOU | 00:28:06 | 5:37min/km | 00:27:59 | 00:14:05(29) | 00:14:01 |
| 27 | 138 | LAURA IGLESIAS FERNÁNDEZ | 00:28:06 | 5:37min/km | 00:27:39 | 00:14:07(30) | 00:14:00 |
| 28 | 160 | DOLORES MIRAMONTES GARCÍA | 00:28:17 | 5:39min/km | 00:28:06 | 00:14:01(25) | 00:14:17 |
| 29 | 250 | PAULA SANCHEZ VAZQUEZ | 00:28:36 | 5:43min/km | 00:28:03 | 00:24:33(82) | 00:04:03 |
| 30 | 257 | MARIA JOSE SENANDE MEIJOME | 00:29:55 | 5:58min/km | 00:29:48 | 00:15:09(36) | 00:14:47 |
| 31 | 286 | SUSANA VÁZQUEZ RODRIGUEZ | 00:30:07 | 6:01min/km | 00:29:44 | 00:15:01(34) | 00:15:07 |

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CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|----------------------------|-----------|------------|----------|--------------|----------|
| 32 | 63 | MARTA CEA SESAR | 00:30:29 | 6:05min/km | 00:30:20 | 00:13:07(19) | 00:17:22 |
| 33 | 17 | ANDREA AUSINA ARROJO | 00:30:29 | 6:05min/km | 00:30:21 | 00:13:08(20) | 00:17:22 |
| 34 | 204 | CRISTINA QUINTELA PRADO | 00:30:30 | 6:05min/km | 00:30:18 | 00:14:45(32) | 00:15:46 |
| 35 | 161 | NATALIA MIRAMONTES GARCÍA | 00:31:10 | 6:13min/km | 00:30:48 | 00:16:06(38) | 00:15:05 |
| 36 | 66 | XIANA CHORÉN RIVAS | 00:31:22 | 6:16min/km | 00:30:58 | 00:15:06(35) | 00:16:17 |
| 37 | 271 | CARMELA VALIÑO VÁZQUEZ | 00:32:15 | 6:26min/km | 00:32:08 | 00:15:15(37) | 00:17:01 |
| 38 | 137 | LETICIA HERRERO SOPENA | 00:32:41 | 6:32min/km | 00:32:32 | 00:16:14(41) | 00:16:27 |
| 39 | 90 | CARMEN FERNANDEZ CALDERON | 00:33:06 | 6:37min/km | 00:33:03 | 00:16:13(39) | 00:16:54 |
| 40 | 21 | SUSANA BARALLOBRE MARTINEZ | 00:34:26 | 6:53min/km | 00:34:20 | 00:16:14(40) | 00:18:12 |
| 41 | 261 | SILVIA SESMONDE HIJOSA | 00:34:26 | 6:53min/km | 00:34:20 | 00:16:15(42) | 00:18:12 |
| 42 | 179 | SANDRA NOVO CASTRO | 00:34:45 | 6:56min/km | 00:34:36 | 00:14:56(33) | 00:19:50 |
| 43 | 205 | VANESA REGUEIRO ALONSO | 00:34:45 | 6:56min/km | 00:34:31 | 00:14:04(28) | 00:20:42 |
| 44 | 61 | XULIA CASTRO SUÁREZ | 00:36:02 | 7:12min/km | 00:35:37 | 00:17:20(46) | 00:18:43 |
| 45 | 65 | NOA CHORÉN RIVAS | 00:36:02 | 7:12min/km | 00:35:38 | 00:17:20(47) | 00:18:43 |
| 46 | 102 | INES FORMOSO GARCIA | 00:36:03 | 7:12min/km | 00:35:38 | 00:17:20(48) | 00:18:43 |
| 47 | 230 | RAQUEL RODRÍGUEZ RAMOS | 00:36:03 | 7:12min/km | 00:35:38 | 00:16:55(43) | 00:19:09 |
| 48 | 243 | EVA SANCHEZ GOMEZ | 00:36:04 | 7:12min/km | 00:35:39 | 00:16:56(44) | 00:19:08 |
| 49 | 153 | MARÍA JOSÉ MATO LOPEZ | 00:36:10 | 7:13min/km | 00:35:52 | 00:17:29(50) | 00:18:42 |
| 50 | 126 | CRISTINA GÓMEZ | 00:36:10 | 7:13min/km | 00:35:53 | 00:17:28(49) | 00:18:43 |
| 51 | 68 | MARTA CODESIDO VEIGA | 00:36:10 | 7:13min/km | 00:35:52 | 00:17:33(51) | 00:18:38 |
| 52 | 140 | INES LAMAS TABOADA | 00:37:23 | 7:28min/km | 00:37:11 | 00:18:33(55) | 00:18:50 |
| 53 | 139 | MARÍA ISABEL IGLESIAS MATO | 00:37:24 | 7:28min/km | 00:37:02 | 00:18:20(52) | 00:19:05 |
| 54 | 279 | MONTSE VAZQUEZ DIEGUEZ | 00:37:44 | 7:32min/km | 00:37:11 | 00:33:09(98) | 00:04:36 |
| 55 | 128 | MARTA GÓMEZ GONZÁLEZ | 00:37:53 | 7:34min/km | 00:37:44 | 00:22:08(72) | 00:15:46 |
| 56 | 110 | YAIZA FREIRE GÓMEZ | 00:37:54 | 7:34min/km | 00:37:46 | 00:19:32(63) | 00:18:22 |
| 57 | 274 | ROCIO VARELA SOUTO | 00:39:03 | 7:48min/km | 00:38:51 | 00:19:20(61) | 00:19:43 |
| 58 | 197 | RAQUEL PEREZ FUENTES | 00:39:04 | 7:48min/km | 00:38:49 | 00:18:33(53) | 00:20:32 |
| 59 | 216 | ANGELES RIVADULLA VARELA | 00:39:04 | 7:48min/km | 00:38:49 | 00:19:20(60) | 00:19:44 |
| 60 | 213 | TAMARA RÍO MIGUÉLEZ | 00:39:37 | 7:55min/km | 00:39:13 | 00:21:01(67) | 00:18:36 |
| 61 | 157 | NATALIA MÉNDEZ REY | 00:39:39 | 7:55min/km | 00:39:07 | 00:19:31(62) | 00:20:09 |
| 62 | 264 | MARIA TERESA TABOADA CASAL | 00:39:39 | 7:55min/km | 00:39:07 | 00:19:33(64) | 00:20:07 |
| 63 | 53 | PAULA CASTRO FERNANDEZ | 00:39:50 | 7:57min/km | 00:39:30 | 00:18:44(58) | 00:21:06 |
| 64 | 93 | LOLY FERNÁNDEZ DUARTE | 00:39:50 | 7:57min/km | 00:39:29 | 00:18:45(59) | 00:21:06 |
| 65 | 18 | BEGOÑA BALADO | 00:39:52 | 7:58min/km | 00:39:32 | 00:23:37(77) | 00:16:15 |
| 66 | 266 | AMPARO TABOADA RÚA | 00:39:52 | 7:58min/km | 00:39:39 | 00:18:33(54) | 00:21:19 |
| 67 | 48 | ISABEL CARRILLO SOUTO | 00:41:27 | 8:17min/km | 00:41:04 | 00:20:36(65) | 00:20:51 |

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CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|--------------------------------|-----------|-------------|----------|--------------|----------|
| 68 | 67 | MARÍA TERESA CODESIDO VEIGA | 00:43:37 | 8:43min/km | 00:43:17 | 00:23:38(78) | 00:20:00 |
| 69 | 82 | MELI DURO BARRÁN | 00:49:03 | 9:48min/km | 00:48:39 | 00:24:47(84) | 00:24:16 |
| 70 | 123 | CARMEN GERBOLES | 00:49:05 | 9:48min/km | 00:48:32 | 00:25:51(93) | 00:23:14 |
| 71 | 181 | BELINDA NUNES MARTÍNEZ | 00:49:06 | 9:49min/km | 00:48:33 | 00:25:51(92) | 00:23:15 |
| 72 | 112 | M. JESUS FUENTES VAAMONDE | 00:49:07 | 9:49min/km | 00:48:34 | 00:25:51(91) | 00:23:17 |
| 73 | 273 | MARÍA DEL CARMEN VARELA GARCÍA | 00:49:22 | 9:52min/km | 00:49:02 | 00:24:48(86) | 00:24:35 |
| 74 | 143 | MARÍA JOSÉ LEMA ESMORÍS | 00:49:23 | 9:52min/km | 00:49:03 | 00:24:48(85) | 00:24:36 |
| 75 | 39 | IVONNE CÁRDENAS REYES | 00:50:17 | 10:03min/km | 00:50:06 | 00:25:07(87) | 00:25:10 |
| 76 | 262 | MARIA JOSE SOUTO VARELA | 00:50:26 | 10:05min/km | 00:50:15 | 00:25:25(90) | 00:25:02 |
| 77 | 247 | EVA SANCHEZ REY | 00:50:28 | 10:05min/km | 00:50:17 | 00:25:25(89) | 00:25:04 |
| 78 | 283 | ANA VÁZQUEZ MATO | 00:52:24 | 10:28min/km | 00:52:08 | 00:18:44(57) | 00:33:40 |
| DNF | 47 | SILVIA CARRIL VILLAR | | 0:00min/km | | 00:17:06(45) | |
| DNF | 72 | ADRIANA COSTOYA RODRÍGUEZ | | 0:00min/km | | 00:18:39(56) | |
| DNF | 211 | PATRICIA RIAL REGUEIRO | | 0:00min/km | | 00:20:59(66) | |
| DNF | 91 | MARÍA JOSÉ FERNANDEZ CALDERON | | 0:00min/km | | 00:21:09(68) | |
| DNF | 277 | NOA VÁZQUEZ BOTANA | | 0:00min/km | | 00:21:55(69) | |
| DNF | 31 | MARIBEL BOTANA RIAL | | 0:00min/km | | 00:21:58(70) | |
| DNF | 106 | ZAHARA FREIRE CARRIL | | 0:00min/km | | 00:22:01(71) | |
| DNF | 284 | SOFÍA VÁZQUEZ MEIJIDE | | 0:00min/km | | 00:22:10(73) | |
| DNF | 154 | VANESA MEIJIDE VÁZQUEZ | | 0:00min/km | | 00:22:12(74) | |
| DNF | 97 | TANIA FERNÁNDEZ MÉNDEZ | | 0:00min/km | | 00:23:13(75) | |
| DNF | 156 | MARÍA DEL CORO MÉNDEZ ASOREY | | 0:00min/km | | 00:23:13(76) | |
| DNF | 147 | LUCIA LOPEZ SOBRADO | | 0:00min/km | | 00:24:28(79) | |
| DNF | 212 | XULIA RIAL VILLAR | | 0:00min/km | | 00:24:29(80) | |
| DNF | 296 | NATALIA VILLAR VÁZQUEZ | | 0:00min/km | | 00:24:29(81) | |
| DNF | 83 | CRISTINA ENJAMIO CARRIL | | 0:00min/km | | 00:24:47(83) | |
| DNF | 219 | NOELIA ROCA LOPEZ | | 0:00min/km | | 00:25:07(88) | |
| DNF | 149 | OLIVA MARTINEZ | | 0:00min/km | | 00:25:53(94) | |
| DNF | 69 | LIDIA CORRAL LOPEZ | | 0:00min/km | | 00:26:15(95) | |
| DNF | 49 | CRISTINA CASAL ARES | | 0:00min/km | | 00:26:16(96) | |
| DNF | 124 | CLARA GOLMAR | | 0:00min/km | | 00:26:42(97) | |
| DNS | 30 | LAURA BOTANA RIAL | | 0:00min/km | | (-1) | |
| DNS | 36 | BEGOÑA CAMINO LEON | | 0:00min/km | | (-1) | |
| DNS | 46 | SABELA CARRIL FERNÁNDEZ | | 0:00min/km | | (-1) | |
| DNS | 52 | CARMEN CASTRO CORES | | 0:00min/km | | (-1) | |
| DNS | 62 | MIRIAM CEA OTERO | | 0:00min/km | | (-1) | |

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CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|---------------------------|-----------|------------|--------|----------|----------|
| DNS | 64 | ARIANA CHORÉN | | 0:00min/km | | (-1) | |
| DNS | 71 | ANDREA COSTOYA | | 0:00min/km | | (-1) | |
| DNS | 79 | SILVIA DEIRA BARCALA | | 0:00min/km | | (-1) | |
| DNS | 98 | FÁTIMA FERNÁNDEZ MOSQUERA | | 0:00min/km | | (-1) | |
| DNS | 133 | MARÍA JOSÉ GROBAS GARABOA | | 0:00min/km | | (-1) | |
| DNS | 141 | CONCEPCION LAYA SANCHEZ | | 0:00min/km | | (-1) | |
| DNS | 142 | MARGA LEDESMA | | 0:00min/km | | (-1) | |
| DNS | 172 | BEGOÑA MOSTEIRO GARCÍA | | 0:00min/km | | (-1) | |
| DNS | 189 | CARMEN PAZ TORREIRO | | 0:00min/km | | (-1) | |
| DNS | 192 | ARARAT PAZOS MEIXÚS | | 0:00min/km | | (-1) | |
| DNS | 193 | MARÍA CARMEN PENAS BLANCO | | 0:00min/km | | (-1) | |
| DNS | 208 | AUREA RETAMAL MUÑIZ | | 0:00min/km | | (-1) | |
| DNS | 210 | BENEDICTA RIAL GARCÍA | | 0:00min/km | | (-1) | |
| DNS | 215 | SARA RIVADULLA TABOADA | | 0:00min/km | | (-1) | |
| DNS | 229 | MARIA RODRÍGUEZ PORTEIRO | | 0:00min/km | | (-1) | |
| DNS | 234 | TAMARA RODRIGUEZ VILA | | 0:00min/km | | (-1) | |
| DNS | 238 | ANGELES SALMONTE VARELA | | 0:00min/km | | (-1) | |
| DNS | 239 | ADELA SÁNCHEZ ABRALDES | | 0:00min/km | | (-1) | |
| DNS | 260 | LAURA SERVIN HERZ | | 0:00min/km | | (-1) | |
| DNS | 293 | ANDREA VIGO QUINTAS | | 0:00min/km | | (-1) | |
| DNS | 294 | NOAQ VILLANUEVA PERDIZ | | 0:00min/km | | (-1) | |

Mas

| | | | | | | | |
|----|-----|--------------------------------|----------|------------|----------|--------------|----------|
| 1 | 2 | IVÁN ABELEDO VARELA | 00:15:41 | 3:08min/km | 00:15:41 | 00:07:40(2) | 00:08:02 |
| 2 | 173 | SERGIO MOSTEIRO GARCÍA | 00:15:46 | 3:09min/km | 00:15:46 | 00:07:40(1) | 00:08:07 |
| 3 | 256 | VICTOR MANUEL SEIJAS FOLGUEIRA | 00:15:50 | 3:09min/km | 00:15:50 | 00:07:55(4) | 00:07:55 |
| 4 | 168 | LUIS MOSQUERA GONZÁLEZ | 00:16:02 | 3:12min/km | 00:16:01 | 00:07:58(6) | 00:08:04 |
| 5 | 121 | ALBERTO GAVIEIRO PENA | 00:16:22 | 3:16min/km | 00:16:22 | 00:07:52(3) | 00:08:30 |
| 6 | 207 | MANUEL RENDO PÉREZ | 00:16:23 | 3:16min/km | 00:16:23 | 00:08:05(7) | 00:08:18 |
| 7 | 33 | MIGUEL CABO VILLAVERDE | 00:16:26 | 3:17min/km | 00:16:26 | 00:07:56(5) | 00:08:31 |
| 8 | 81 | OSCAR DIEGUEZ PINTOR | 00:16:54 | 3:22min/km | 00:16:54 | 00:08:28(10) | 00:08:26 |
| 9 | 231 | JOSE RODRÍGUEZ REY | 00:16:54 | 3:22min/km | 00:16:54 | 00:08:28(11) | 00:08:26 |
| 10 | 209 | JESÚS ENRIQUE REY SOUTO | 00:16:58 | 3:23min/km | 00:16:57 | 00:08:10(8) | 00:08:48 |
| 11 | 280 | JULIO VÁZQUEZ ENJAMIO | 00:16:59 | 3:23min/km | 00:16:58 | 00:08:25(9) | 00:08:35 |
| 12 | 114 | JOSE MANUEL GARCIA IGLESIAS | 00:17:16 | 3:27min/km | 00:17:15 | 00:08:36(13) | 00:08:40 |
| 13 | 88 | CARLOS FERNÁNDEZ ÁLVAREZ | 00:17:24 | 3:28min/km | 00:17:24 | 00:08:36(12) | 00:08:48 |

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| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|--------------------------------|-----------|------------|----------|--------------|----------|
| 14 | 76 | CRISTÓBAL DAFONTE DIEGUEZ | 00:17:42 | 3:32min/km | 00:17:37 | 00:08:57(21) | 00:08:45 |
| 15 | 255 | IVAN SEGADE CAROU | 00:17:43 | 3:32min/km | 00:17:41 | 00:08:47(16) | 00:08:57 |
| 16 | 196 | JOSE CARLOS PEREIRA REY | 00:17:43 | 3:32min/km | 00:17:42 | 00:08:47(17) | 00:08:57 |
| 17 | 122 | JAVIER GENDRE FERNANDEZ | 00:17:46 | 3:33min/km | 00:17:43 | 00:08:53(20) | 00:08:54 |
| 18 | 96 | FERNANDO FERNÁNDEZ MARTÍNEZ | 00:17:50 | 3:33min/km | 00:17:48 | 00:08:53(19) | 00:08:57 |
| 19 | 228 | MARIO RODRÍGUEZ OTERO | 00:17:55 | 3:34min/km | 00:17:53 | 00:08:47(15) | 00:09:08 |
| 20 | 252 | IVÁN PABLO SANMARTÍN CARREIRA | 00:17:57 | 3:35min/km | 00:17:57 | 00:08:51(18) | 00:09:06 |
| 21 | 237 | JESÚS SAINZ TRESGUERRAS | 00:18:09 | 3:37min/km | 00:18:06 | 00:09:14(27) | 00:08:55 |
| 22 | 145 | IVÁN LEÓN VÁZQUEZ | 00:18:10 | 3:37min/km | 00:18:08 | 00:09:06(22) | 00:09:04 |
| 23 | 265 | CESAR TABOADA MILLAN | 00:18:14 | 3:38min/km | 00:18:12 | 00:09:14(30) | 00:09:00 |
| 24 | 148 | JOSÉ ANTONIO MARQUE RUIBAL | 00:18:17 | 3:39min/km | 00:18:15 | 00:09:14(28) | 00:09:04 |
| 25 | 224 | RUBÉN RODRÍGUEZ FERNÁNDEZ | 00:18:22 | 3:40min/km | 00:18:19 | 00:09:16(31) | 00:09:07 |
| 26 | 40 | BORJA CARDESIN VILA | 00:18:23 | 3:40min/km | 00:18:21 | 00:08:37(14) | 00:09:47 |
| 27 | 50 | JOSÉ MANUEL CASÁS CASÁS | 00:18:31 | 3:42min/km | 00:18:28 | 00:09:18(32) | 00:09:14 |
| 28 | 10 | VICTOR ANSEDE TOJO | 00:18:47 | 3:45min/km | 00:18:45 | 00:09:08(23) | 00:09:39 |
| 29 | 187 | CARLOS PARDO FARIÑA | 00:18:52 | 3:46min/km | 00:18:49 | 00:09:12(26) | 00:09:41 |
| 30 | 225 | MARTIN EUGENIO RODRIGUEZ GOMEZ | 00:19:00 | 3:47min/km | 00:18:58 | 00:09:14(29) | 00:09:46 |
| 31 | 11 | JUAN ANTAS RODRIGUEZ | 00:19:05 | 3:48min/km | 00:19:05 | 00:09:08(24) | 00:09:57 |
| 32 | 92 | JOSÉ MANUEL FERNÁNDEZ CARRILLO | 00:19:28 | 3:53min/km | 00:19:27 | 00:09:10(25) | 00:10:18 |
| 33 | 1 | JOSÉ RAMÓN ABEL SUÁREZ | 00:19:40 | 3:55min/km | 00:19:37 | 00:09:40(34) | 00:10:01 |
| 34 | 180 | LUIS ALFONSO NOVO VEIGA | 00:19:47 | 3:57min/km | 00:19:45 | 00:09:27(33) | 00:10:20 |
| 35 | 174 | IVAN MOSTEIRO GOMEZ | 00:19:55 | 3:58min/km | 00:19:40 | 00:10:22(49) | 00:09:34 |
| 36 | 198 | MANUEL PÉREZ MOSQUERA | 00:19:56 | 3:59min/km | 00:19:53 | 00:09:53(36) | 00:10:04 |
| 37 | 251 | RICARDO SANDE CEA | 00:19:56 | 3:59min/km | 00:19:49 | 00:09:55(38) | 00:10:02 |
| 38 | 146 | BRUNO LOPEZ RIOS | 00:19:56 | 3:59min/km | 00:19:49 | 00:09:55(39) | 00:10:02 |
| 39 | 12 | SERGIO ARES NOGUEIRA | 00:19:56 | 3:59min/km | 00:19:54 | 00:09:53(37) | 00:10:04 |
| 40 | 171 | ESTEBAN MOSTEIRO FELIPEZ | 00:19:57 | 3:59min/km | 00:19:40 | 00:10:22(50) | 00:09:35 |
| 41 | 51 | ARMANDO CASCÓN RODRÍGUEZ | 00:20:04 | 4:00min/km | 00:19:56 | 00:10:03(41) | 00:10:01 |
| 42 | 100 | MONCHO FERRACES VAZQUEZ | 00:20:25 | 4:04min/km | 00:20:23 | 00:10:02(40) | 00:10:23 |
| 43 | 13 | ENRIQUE ARGIBAY | 00:20:27 | 4:05min/km | 00:19:51 | 00:09:50(35) | 00:10:38 |
| 44 | 59 | MARCIAL CASTRO SEIJAS | 00:20:33 | 4:06min/km | 00:20:30 | 00:10:21(48) | 00:10:13 |
| 45 | 57 | DANIEL CASTRO MOSCOSO | 00:20:40 | 4:07min/km | 00:20:38 | 00:10:15(46) | 00:10:26 |
| 46 | 289 | VÍCTOR VEIGA AGUIÓN | 00:20:46 | 4:09min/km | 00:20:41 | 00:10:07(43) | 00:10:40 |
| 47 | 287 | ADRIÁN VÁZQUEZ VAAMONDE | 00:20:52 | 4:10min/km | 00:20:47 | 00:10:06(42) | 00:10:46 |
| 48 | 233 | JAIME RODRIGUEZ VIDAL | 00:20:55 | 4:10min/km | 00:20:48 | 00:10:13(45) | 00:10:42 |
| 49 | 218 | ANTONIO RIVEIRA MARTINEZ | 00:21:05 | 4:12min/km | 00:21:02 | 00:10:15(47) | 00:10:50 |

III CARREIRA SOLIDARIA SAN SILVESTRE ARZUA

CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|----------------------------|-----------|------------|----------|--------------|----------|
| 50 | 165 | JOAQUÍN MONTERO VÁZQUEZ | 00:21:08 | 4:13min/km | 00:20:55 | 00:10:11(44) | 00:10:58 |
| 51 | 248 | SERGIO SANCHEZ REY | 00:22:02 | 4:24min/km | 00:22:00 | 00:11:14(56) | 00:10:48 |
| 52 | 246 | PABLO SANCHEZ MELLA | 00:22:04 | 4:24min/km | 00:22:00 | 00:10:58(54) | 00:11:06 |
| 53 | 199 | ADRIAN PIMENTEL COUCEIRO | 00:22:05 | 4:24min/km | 00:21:31 | 00:11:13(55) | 00:10:52 |
| 54 | 241 | OSCAR SANCHEZ CANEDA | 00:22:05 | 4:24min/km | 00:22:01 | 00:10:58(53) | 00:11:08 |
| 55 | 70 | ALVARO COSSTOYA RODRÍGUEZ | 00:23:29 | 4:41min/km | 00:23:16 | 00:10:43(51) | 00:12:47 |
| 56 | 25 | ÓSCAR BENDAÑA REY | 00:23:29 | 4:41min/km | 00:23:15 | 00:10:43(52) | 00:12:47 |
| 57 | 288 | MIGUEL ÁNGEL VÁZQUEZ VEIGA | 00:24:06 | 4:49min/km | 00:24:00 | 00:12:04(59) | 00:12:02 |
| 58 | 8 | GONZALO ÁLVAREZ PRADO | 00:24:29 | 4:53min/km | 00:24:17 | 00:12:24(62) | 00:12:06 |
| 59 | 27 | VICTOR BLANCO SANTOS | 00:24:38 | 4:55min/km | 00:24:32 | 00:12:11(61) | 00:12:27 |
| 60 | 89 | MANUEL FERNÁNDEZ BEIS | 00:24:46 | 4:57min/km | 00:24:40 | 00:12:05(60) | 00:12:41 |
| 61 | 26 | JESUS BERNAL GOMEZ | 00:25:28 | 5:05min/km | 00:25:28 | 00:12:55(69) | 00:12:33 |
| 62 | 113 | MIGUEL GARCIA | 00:25:29 | 5:05min/km | 00:25:10 | 00:12:47(67) | 00:12:42 |
| 63 | 159 | CAMILO MERA IGLESIAS | 00:25:40 | 5:07min/km | 00:25:07 | 00:15:43(92) | 00:09:58 |
| 64 | 186 | JUAN CARLOS PAMPIN PAMPIN | 00:25:45 | 5:08min/km | 00:25:30 | 00:13:14(74) | 00:12:31 |
| 65 | 99 | ALEJANDRO FERNANDEZ REY | 00:25:58 | 5:11min/km | 00:25:51 | 00:12:44(66) | 00:13:15 |
| 66 | 221 | XOEL RODRÍGUEZ CAMINO | 00:26:16 | 5:15min/km | 00:26:05 | 00:13:12(73) | 00:13:04 |
| 67 | 232 | NACHO RODRÍGUEZ SUÁÑEZ | 00:26:16 | 5:15min/km | 00:26:06 | 00:13:12(71) | 00:13:05 |
| 68 | 220 | BRAIS RODRÍGUEZ CAMINO | 00:26:16 | 5:15min/km | 00:26:06 | 00:13:12(72) | 00:13:05 |
| 69 | 227 | ALVARO RODRIGUEZ MOSCOSO | 00:26:37 | 5:19min/km | 00:26:18 | 00:13:56(81) | 00:12:41 |
| 70 | 56 | DAVID CASTRO LIÑARES | 00:26:37 | 5:19min/km | 00:26:19 | 00:13:59(84) | 00:12:39 |
| 71 | 282 | RAMON VÁZQUEZ GAREA | 00:26:37 | 5:19min/km | 00:26:18 | 00:13:57(82) | 00:12:41 |
| 72 | 119 | MARCOS GARCIA VARELA | 00:26:37 | 5:19min/km | 00:26:18 | 00:13:59(85) | 00:12:39 |
| 73 | 7 | NOEL ALONSO RIAL | 00:26:37 | 5:19min/km | 00:26:37 | 00:12:03(58) | 00:14:35 |
| 74 | 258 | MARTIN SEOANE | 00:26:37 | 5:19min/km | 00:26:19 | 00:13:58(83) | 00:12:39 |
| 75 | 105 | ERIK FREIRE CARRIL | 00:26:38 | 5:19min/km | 00:26:33 | 00:17:04(94) | 00:09:34 |
| 76 | 3 | FRANCISCO ABUIN GARCÍA | 00:26:38 | 5:19min/km | 00:26:15 | 00:13:35(80) | 00:13:04 |
| 77 | 130 | MARIO GONZALEZ FREIRE | 00:27:03 | 5:24min/km | 00:26:49 | 00:13:33(78) | 00:13:30 |
| 78 | 194 | FRANCISCO PENAS VARELA | 00:27:03 | 5:24min/km | 00:26:49 | 00:13:33(79) | 00:13:31 |
| 79 | 125 | RAFA GOMES TAVARES | 00:27:33 | 5:30min/km | 00:27:28 | 00:13:25(76) | 00:14:08 |
| 80 | 135 | ENRIQUE GUTIERREZ VÁZQUEZ | 00:27:33 | 5:30min/km | 00:27:33 | 00:13:59(86) | 00:13:34 |
| 81 | 23 | FERNANDO BARCIA VÁZQUEZ | 00:27:36 | 5:31min/km | 00:27:31 | 00:13:15(75) | 00:14:22 |
| 82 | 20 | SAMUEL BARALLOBRE MARTINEZ | 00:27:38 | 5:31min/km | 00:27:23 | 00:14:04(88) | 00:13:35 |
| 83 | 206 | DANIEL REGUEIRO VARELA | 00:27:45 | 5:32min/km | 00:27:31 | 00:13:29(77) | 00:14:17 |
| 84 | 54 | RAUL CASTRO FERNANDEZ | 00:27:52 | 5:34min/km | 00:27:49 | 00:12:39(65) | 00:15:13 |
| 85 | 58 | FERNANDO CASTRO SEBIO | 00:27:52 | 5:34min/km | 00:27:42 | 00:13:03(70) | 00:14:50 |

III CARREIRA SOLIDARIA SAN SILVESTRE ARZUA

CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|-------------------------------|-----------|-------------|----------|---------------|----------|
| 86 | 104 | ALEXIS FREIRE CARRIL | 00:28:02 | 5:36min/km | 00:27:53 | 00:12:36(64) | 00:15:27 |
| 87 | 263 | MANUEL ANXO SUÁREZ COLLANTES | 00:28:17 | 5:39min/km | 00:28:06 | 00:14:01(87) | 00:14:17 |
| 88 | 249 | DANIEL SANCHEZ VAZQUEZ | 00:29:04 | 5:48min/km | 00:28:32 | 00:24:35(115) | 00:04:30 |
| 89 | 278 | JOSE LUIS VAZQUEZ BUJAN | 00:29:50 | 5:57min/km | 00:29:40 | 00:16:16(93) | 00:13:35 |
| 90 | 77 | NOÉ DAFONTE SENANDE | 00:29:55 | 5:58min/km | 00:29:49 | 00:11:16(57) | 00:18:39 |
| 91 | 276 | DIEGO VÁZQUEZ BENDAÑA | 00:30:31 | 6:06min/km | 00:30:18 | 00:14:45(90) | 00:15:46 |
| 92 | 267 | FRANCISCO ASIER TATO RIAL | 00:30:31 | 6:06min/km | 00:30:18 | 00:14:46(91) | 00:15:46 |
| 93 | 272 | ARKADI VALLO FERNÁNDEZ | 00:32:29 | 6:29min/km | 00:32:29 | 00:12:26(63) | 00:20:03 |
| 94 | 117 | PABLO GARCIA SANCHEZ | 00:32:30 | 6:29min/km | 00:32:28 | 00:12:52(68) | 00:19:38 |
| 95 | 108 | JAVIER FREIRE CEA | 00:37:53 | 7:34min/km | 00:37:46 | 00:19:32(100) | 00:18:22 |
| 96 | 109 | DYLAN FREIRE GÓMEZ | 00:37:54 | 7:34min/km | 00:37:45 | 00:22:07(111) | 00:15:47 |
| 97 | 176 | LUIS MURILLO GARCÍA | 00:39:37 | 7:55min/km | 00:39:13 | 00:21:02(106) | 00:18:36 |
| 98 | 94 | JOSÉ FERNÁNDEZ LAMAS | 00:41:28 | 8:17min/km | 00:41:05 | 00:20:36(101) | 00:20:53 |
| 99 | 129 | MATEO GOMEZ SANMIGUEL | 00:41:52 | 8:22min/km | 00:41:31 | 00:19:18(96) | 00:22:34 |
| 100 | 253 | IAGO SANMIGUEL ALAMANCOS | 00:41:52 | 8:22min/km | 00:41:32 | 00:19:18(97) | 00:22:34 |
| 101 | 217 | RAFAEL RIVADULLA VARELA | 00:41:53 | 8:22min/km | 00:41:30 | 00:19:19(99) | 00:22:34 |
| 102 | 127 | JESUS GOMEZ CAMINO | 00:41:53 | 8:22min/km | 00:41:33 | 00:19:19(98) | 00:22:34 |
| 103 | 178 | JOSÉ ANTONIO NOVO CASTRO | 00:42:32 | 8:30min/km | 00:42:26 | 00:21:14(108) | 00:21:18 |
| 104 | 22 | FERNANDO BARCIA PAZOS | 00:44:08 | 8:49min/km | 00:43:50 | 00:20:53(102) | 00:23:15 |
| 105 | 75 | MANUEL COUCEIRO MELLA | 00:44:08 | 8:49min/km | 00:43:51 | 00:20:53(103) | 00:23:16 |
| 106 | 177 | JOSÉ MANUEL NOVO CARDENAS | 00:50:17 | 10:03min/km | 00:50:07 | 00:25:07(120) | 00:25:11 |
| DNF | 245 | XOEL SÁNCHEZ MARTÍN | | 0:00min/km | | 00:14:42(89) | |
| DNF | 116 | GUILHERME GARCIA NUNES | | 0:00min/km | | 00:18:45(95) | |
| DNF | 269 | PEDRO UZAL PENAS | | 0:00min/km | | 00:20:59(104) | |
| DNF | 270 | IAGO UZAL RIAL | | 0:00min/km | | 00:20:59(105) | |
| DNF | 162 | JONATHAN MIRANDA | | 0:00min/km | | 00:21:08(107) | |
| DNF | 107 | ISRAEL FREIRE CEA | | 0:00min/km | | 00:22:01(109) | |
| DNF | 158 | PABLO MÉNDEZ REY | | 0:00min/km | | 00:22:04(110) | |
| DNF | 80 | JUAN DÍAZ VAZQUEZ | | 0:00min/km | | 00:22:10(112) | |
| DNF | 222 | JAIME RODRIGUEZ CARREGA | | 0:00min/km | | 00:22:27(113) | |
| DNF | 223 | ÁLVARO RODRIGUEZ CARREGAL | | 0:00min/km | | 00:22:28(114) | |
| DNF | 226 | JESUS MARIA RODRIGUEZ MONTERO | | 0:00min/km | | 00:24:45(116) | |
| DNF | 86 | XABI ENJAMIO ROCA | | 0:00min/km | | 00:24:46(117) | |
| DNF | 195 | JOSE MANUEL PENAS VARELA | | 0:00min/km | | 00:24:48(118) | |
| DNF | 4 | DIEGO ALAMANCOS BOTANA | | 0:00min/km | | 00:24:57(119) | |
| DNF | 85 | ALEX ENJAMIO ROCA | | 0:00min/km | | 00:25:07(121) | |

III CARREIRA SOLIDARIA SAN SILVESTRE ARZUA

CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtimo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|--|-----------|------------|--------|---------------|----------|
| DNF | 84 | FRANCISCO JAVIER ENJAMIO CARRIL | | 0:00min/km | | 00:25:20(122) | |
| DNF | 19 | ROBERTO BALADO GARCÍA | | 0:00min/km | | 00:25:22(123) | |
| DNF | 244 | LUCAS SÁNCHEZ MARTÍN | | 0:00min/km | | 00:26:35(124) | |
| DNF | 240 | DIEGO SÁNCHEZ AGRA | | 0:00min/km | | 00:26:35(125) | |
| DNF | 164 | JOSÉ LUIS MIRANDA GAMALLO | | 0:00min/km | | 00:26:41(126) | |
| DNF | 6 | JOSÉ MANUEL ALAMANCOS PAMPÍN | | 0:00min/km | | 00:26:42(127) | |
| DNF | 188 | MARTÍN PARRADO MÉNDEZ | | 0:00min/km | | 00:30:40(128) | |
| DNS | 5 | FABIO ALAMANCOS BOTANA | | 0:00min/km | | (-1) | |
| DNS | 9 | VÍTOR ANDRADE VÁZQUEZ | | 0:00min/km | | (-1) | |
| DNS | 16 | SUSO ASCARIZ SÁNCHEZ | | 0:00min/km | | (-1) | |
| DNS | 24 | ÁNGEL BARRAL VEIGA | | 0:00min/km | | (-1) | |
| DNS | 29 | XOSÉ MANUEL BOQUETE CASAS | | 0:00min/km | | (-1) | |
| DNS | 32 | ELOI BRAVO LOPEZ | | 0:00min/km | | (-1) | |
| DNS | 38 | ALBERT CARBALLAL IGLESIAS | | 0:00min/km | | (-1) | |
| DNS | 42 | JOSE LUIS CARREIRA BRUZOS | | 0:00min/km | | (-1) | |
| DNS | 44 | LUIS CARRIL CAMINO | | 0:00min/km | | (-1) | |
| DNS | 45 | NICOLÁS CARRIL FERNÁNDEZ | | 0:00min/km | | (-1) | |
| DNS | 55 | BORJA CASTRO HERMIDA | | 0:00min/km | | (-1) | |
| DNS | 60 | JUAN CARLOS CASTRO SUÁREZ | | 0:00min/km | | (-1) | |
| DNS | 87 | DAVID ENJAMIO SALGUEIRO | | 0:00min/km | | (-1) | |
| DNS | 95 | JOSÉ ANGEL FERNÁNDEZ LORENZO | | 0:00min/km | | (-1) | |
| DNS | 103 | BREIXO FRAGIO RODRÍGUEZ | | 0:00min/km | | (-1) | |
| DNS | 115 | IVAN GARCIA LOPEZ | | 0:00min/km | | (-1) | |
| DNS | 118 | DANIEL GARCIA SANMIGUEL | | 0:00min/km | | (-1) | |
| DNS | 120 | EMILIO GARCIA VAZQUEZ | | 0:00min/km | | (-1) | |
| DNS | 136 | JUAN FRANCISCO HERMO SOMOZA | | 0:00min/km | | (-1) | |
| DNS | 144 | FRANCISCO DE BORJA LEMOS CANEDA | | 0:00min/km | | (-1) | |
| DNS | 152 | JUAN PEDRO MATAMOROS GONZÁLEZ DE MENDOZA | | 0:00min/km | | (-1) | |
| DNS | 163 | OSCAR MIRANDA | | 0:00min/km | | (-1) | |
| DNS | 166 | GONZALO MOSCOSO MONTETO | | 0:00min/km | | (-1) | |
| DNS | 169 | ALFONSO MOSTEIRO | | 0:00min/km | | (-1) | |
| DNS | 183 | DAVID PÁJARO VARELA | | 0:00min/km | | (-1) | |
| DNS | 184 | ALEJANDRO PAMPÍN CASTRO | | 0:00min/km | | (-1) | |
| DNS | 185 | ERLANTZ PAMPIN GONZALEZ | | 0:00min/km | | (-1) | |
| DNS | 190 | DARIO PAZ TORREIRO | | 0:00min/km | | (-1) | |
| DNS | 191 | GAEL PAZ TORREIRO | | 0:00min/km | | (-1) | |

III CARREIRA SOLIDARIA SAN SILVESTRE ARZUA

CLASIFICACIÓN POR CATEGORIAS

| PTO | DORSAL | NOMBRE | T Oficial | Rtmo | T Neto | VUELTA 1 | VUELTA 2 |
|-----|--------|-------------------------------|-----------|------------|--------|----------|----------|
| DNS | 200 | PAULO PORTO ROIG | | 0:00min/km | | (-1) | |
| DNS | 201 | PEDRO PORTO TABOADA | | 0:00min/km | | (-1) | |
| DNS | 214 | YAGO DANIEL RÍO PEREIRA | | 0:00min/km | | (-1) | |
| DNS | 235 | CARLOS ROIBAS VÁZQUEZ | | 0:00min/km | | (-1) | |
| DNS | 242 | JOSE MANUEL SANCHEZ ESPÍÑEIRA | | 0:00min/km | | (-1) | |
| DNS | 259 | RUBEN SEREN RODRIGUEZ | | 0:00min/km | | (-1) | |
| DNS | 268 | SEÑÉ TIZÓN PÁJARO | | 0:00min/km | | (-1) | |
| DNS | 275 | MARIO VARELA VAZQUEZ | | 0:00min/km | | (-1) | |
| DNS | 281 | ANTON VAZQUEZ FERNANDEZ | | 0:00min/km | | (-1) | |
| DNS | 285 | JUAN VÁZQUEZ MOSCOSO | | 0:00min/km | | (-1) | |
| DNS | 290 | JOSE ANTONIO VIDAL GONZALEZ | | 0:00min/km | | (-1) | |
| DNS | 291 | PABLO VIDAL RODRÍGUEZ | | 0:00min/km | | (-1) | |
| DNS | 292 | MANUEL ANTONIO VIGO NOYA | | 0:00min/km | | (-1) | |
| DNS | 295 | ADRIAN VILLANUEVA TABOADA | | 0:00min/km | | (-1) | |

IMPRESO A LAS 12:39:49 DEL 28-12-2019