

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
UNICA_5k								
1	2	IVÁN ABELEDO VARELA	M(1)	00:15:41	3:08min/km	00:15:41	00:07:40(2)	00:08:02
2	173	SERGIO MOSTEIRO GARCÍA	M(2)	00:15:46	3:09min/km	00:15:46	00:07:40(1)	00:08:07
3	256	VICTOR MANUEL SEIJAS FOLGUEIRA	M(3)	00:15:50	3:09min/km	00:15:50	00:07:55(4)	00:07:55
4	168	LUIS MOSQUERA GONZÁLEZ	M(4)	00:16:02	3:12min/km	00:16:01	00:07:58(6)	00:08:04
5	121	ALBERTO GAVIEIRO PENA	M(5)	00:16:22	3:16min/km	00:16:22	00:07:52(3)	00:08:30
6	207	MANUEL RENDO PÉREZ	M(6)	00:16:23	3:16min/km	00:16:23	00:08:05(7)	00:08:18
7	33	MIGUEL CABO VILLAVERDE	M(7)	00:16:26	3:17min/km	00:16:26	00:07:56(5)	00:08:31
8	81	OSCAR DIEGUEZ PINTOR	M(8)	00:16:54	3:22min/km	00:16:54	00:08:28(10)	00:08:26
9	231	JOSE RODRÍGUEZ REY	M(9)	00:16:54	3:22min/km	00:16:54	00:08:28(11)	00:08:26
10	209	JESÚS ENRIQUE REY SOUTO	M(10)	00:16:58	3:23min/km	00:16:57	00:08:10(8)	00:08:48
11	280	JULIO VÁZQUEZ ENJAMIO	M(11)	00:16:59	3:23min/km	00:16:58	00:08:25(9)	00:08:35
12	114	JOSE MANUEL GARCIA IGLESIAS	M(12)	00:17:16	3:27min/km	00:17:15	00:08:36(13)	00:08:40
13	88	CARLOS FERNÁNDEZ ÁLVAREZ	M(13)	00:17:24	3:28min/km	00:17:24	00:08:36(12)	00:08:48
14	76	CRISTÓBAL DAFONTE DIEGUEZ	M(14)	00:17:42	3:32min/km	00:17:37	00:08:57(21)	00:08:45
15	255	IVAN SEGADE CAROU	M(15)	00:17:43	3:32min/km	00:17:41	00:08:47(16)	00:08:57
16	196	JOSE CARLOS PEREIRA REY	M(16)	00:17:43	3:32min/km	00:17:42	00:08:47(17)	00:08:57
17	122	JAVIER GENDRE FERNANDEZ	M(17)	00:17:46	3:33min/km	00:17:43	00:08:53(20)	00:08:54
18	96	FERNANDO FERNÁNDEZ MARTÍNEZ	M(18)	00:17:50	3:33min/km	00:17:48	00:08:53(19)	00:08:57
19	228	MARIO RODRÍGUEZ OTERO	M(19)	00:17:55	3:34min/km	00:17:53	00:08:47(15)	00:09:08
20	252	IVÁN PABLO SANMARTÍN CARREIRA	M(20)	00:17:57	3:35min/km	00:17:57	00:08:51(18)	00:09:06
21	237	JESÚS SAINZ TRESGUERRAS	M(21)	00:18:09	3:37min/km	00:18:06	00:09:14(27)	00:08:55
22	145	IVÁN LEÓN VÁZQUEZ	M(22)	00:18:10	3:37min/km	00:18:08	00:09:06(22)	00:09:04
23	132	ARIANA GONZÁLEZ VERDE	F(1)	00:18:13	3:38min/km	00:18:13	00:09:07(2)	00:09:07
24	265	CESAR TABOADA MILLAN	M(23)	00:18:14	3:38min/km	00:18:12	00:09:14(30)	00:09:00
25	148	JOSÉ ANTONIO MARQUE RUIBAL	M(24)	00:18:17	3:39min/km	00:18:15	00:09:14(28)	00:09:04
26	224	RUBÉN RODRÍGUEZ FERNÁNDEZ	M(25)	00:18:22	3:40min/km	00:18:19	00:09:16(31)	00:09:07
27	40	BORJA CARDESIN VILA	M(26)	00:18:23	3:40min/km	00:18:21	00:08:37(14)	00:09:47
28	50	JOSÉ MANUEL CASÁS CASÁS	M(27)	00:18:31	3:42min/km	00:18:28	00:09:18(32)	00:09:14
29	10	VICTOR ANSEDE TOJO	M(28)	00:18:47	3:45min/km	00:18:45	00:09:08(23)	00:09:39
30	187	CARLOS PARDO FARIÑA	M(29)	00:18:52	3:46min/km	00:18:49	00:09:12(26)	00:09:41
31	225	MARTIN EUGENIO RODRIGUEZ GOMEZ	M(30)	00:19:00	3:47min/km	00:18:58	00:09:14(29)	00:09:46
32	11	JUAN ANTAS RODRIGUEZ	M(31)	00:19:05	3:48min/km	00:19:05	00:09:08(24)	00:09:57
33	92	JOSÉ MANUEL FERNÁNDEZ CARRILLO	M(32)	00:19:28	3:53min/km	00:19:27	00:09:10(25)	00:10:18
34	1	JOSÉ RAMÓN ABEL SUÁREZ	M(33)	00:19:40	3:55min/km	00:19:37	00:09:40(34)	00:10:01

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
35	180	LUIS ALFONSO NOVO VEIGA	M(34)	00:19:47	3:57min/km	00:19:45	00:09:27(33)	00:10:20
36	174	IVAN MOSTEIRO GOMEZ	M(35)	00:19:55	3:58min/km	00:19:40	00:10:22(49)	00:09:34
37	198	MANUEL PÉREZ MOSQUERA	M(36)	00:19:56	3:59min/km	00:19:53	00:09:53(36)	00:10:04
38	251	RICARDO SANDE CEA	M(37)	00:19:56	3:59min/km	00:19:49	00:09:55(38)	00:10:02
39	146	BRUNO LOPEZ RIOS	M(38)	00:19:56	3:59min/km	00:19:49	00:09:55(39)	00:10:02
40	12	SERGIO ARES NOGUEIRA	M(39)	00:19:56	3:59min/km	00:19:54	00:09:53(37)	00:10:04
41	171	ESTEBAN MOSTEIRO FELIPEZ	M(40)	00:19:57	3:59min/km	00:19:40	00:10:22(50)	00:09:35
42	15	NATALIA ARGIBAY DOMÍNGUEZ	F(2)	00:20:02	4:00min/km	00:20:02	00:09:49(3)	00:10:13
43	51	ARMANDO CASCÓN RODRÍGUEZ	M(41)	00:20:04	4:00min/km	00:19:56	00:10:03(41)	00:10:01
44	14	ENMA ARGIBAY DOMÍNGUEZ	F(3)	00:20:21	4:04min/km	00:20:21	00:09:55(4)	00:10:27
45	100	MONCHO FERRACES VAZQUEZ	M(42)	00:20:25	4:04min/km	00:20:23	00:10:02(40)	00:10:23
46	13	ENRIQUE ARGIBAY	M(43)	00:20:27	4:05min/km	00:19:51	00:09:50(35)	00:10:38
47	59	MARCIAL CASTRO SEIJAS	M(44)	00:20:33	4:06min/km	00:20:30	00:10:21(48)	00:10:13
48	57	DANIEL CASTRO MOSCOSO	M(45)	00:20:40	4:07min/km	00:20:38	00:10:15(46)	00:10:26
49	182	LAURA NÚÑEZ NAVEIRA	F(4)	00:20:41	4:08min/km	00:20:40	00:10:17(6)	00:10:25
50	289	VÍCTOR VEIGA AGUIÓN	M(46)	00:20:46	4:09min/km	00:20:41	00:10:07(43)	00:10:40
51	202	BELÉN POSE GOMEZ	F(5)	00:20:50	4:09min/km	00:20:36	00:14:10(31)	00:06:41
52	287	ADRIÁN VÁZQUEZ VAAMONDE	M(47)	00:20:52	4:10min/km	00:20:47	00:10:06(42)	00:10:46
53	233	JAIME RODRIGUEZ VIDAL	M(48)	00:20:55	4:10min/km	00:20:48	00:10:13(45)	00:10:42
54	218	ANTONIO RIVEIRA MARTINEZ	M(49)	00:21:05	4:12min/km	00:21:02	00:10:15(47)	00:10:50
55	165	JOAQUÍN MONTERO VÁZQUEZ	M(50)	00:21:08	4:13min/km	00:20:55	00:10:11(44)	00:10:58
56	43	CRISTINA CARRIL BOO	F(6)	00:21:15	4:14min/km	00:21:12	00:10:14(5)	00:11:01
57	248	SERGIO SANCHEZ REY	M(51)	00:22:02	4:24min/km	00:22:00	00:11:14(56)	00:10:48
58	246	PABLO SANCHEZ MELLA	M(52)	00:22:04	4:24min/km	00:22:00	00:10:58(54)	00:11:06
59	199	ADRIAN PIMENTEL COUCEIRO	M(53)	00:22:05	4:24min/km	00:21:31	00:11:13(55)	00:10:52
60	241	OSCAR SANCHEZ CANEDA	M(54)	00:22:05	4:24min/km	00:22:01	00:10:58(53)	00:11:08
61	35	MARIA ISABEL CAMINO CREGO	F(7)	00:22:06	4:25min/km	00:22:02	00:10:39(7)	00:11:28
62	73	DIANA COTON VAZQUEZ	F(8)	00:22:37	4:31min/km	00:22:29	00:11:50(9)	00:10:48
63	175	ALICIA MUIÑO POSE	F(9)	00:22:48	4:33min/km	00:22:45	00:11:08(8)	00:11:41
64	70	ALVARO COSSTOYA RODRÍGUEZ	M(55)	00:23:29	4:41min/km	00:23:16	00:10:43(51)	00:12:47
65	25	ÓSCAR BENDAÑA REY	M(56)	00:23:29	4:41min/km	00:23:15	00:10:43(52)	00:12:47
66	288	MIGUEL ÁNGEL VÁZQUEZ VEIGA	M(57)	00:24:06	4:49min/km	00:24:00	00:12:04(59)	00:12:02
67	8	GONZALO ÁLVAREZ PRADO	M(58)	00:24:29	4:53min/km	00:24:17	00:12:24(62)	00:12:06
68	27	VICTOR BLANCO SANTOS	M(59)	00:24:38	4:55min/km	00:24:32	00:12:11(61)	00:12:27
69	89	MANUEL FERNÁNDEZ BEIS	M(60)	00:24:46	4:57min/km	00:24:40	00:12:05(60)	00:12:41
70	34	MARÍA BEGOÑA CAJADE BLANCO	F(10)	00:24:55	4:58min/km	00:24:49	00:12:12(11)	00:12:43

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
71	26	JESUS BERNAL GOMEZ	M(61)	00:25:28	5:05min/km	00:25:28	00:12:55(69)	00:12:33
72	113	MIGUEL GARCIA	M(62)	00:25:29	5:05min/km	00:25:10	00:12:47(67)	00:12:42
73	155	NURIA MEJUTO FERNÁNDEZ	F(11)	00:25:32	5:06min/km	00:25:13	00:12:47(16)	00:12:45
74	151	MARÍ CARMEN MARTÍNEZ LÓPEZ	F(12)	00:25:34	5:06min/km	00:25:28	00:12:33(14)	00:13:01
75	159	CAMILO MERA IGLESIAS	M(63)	00:25:40	5:07min/km	00:25:07	00:15:43(92)	00:09:58
76	167	VICTORIA MOSCOSO VILLAR	F(13)	00:25:41	5:08min/km	00:25:35	00:12:34(15)	00:13:08
77	186	JUAN CARLOS PAMPIN PAMPIN	M(64)	00:25:45	5:08min/km	00:25:30	00:13:14(74)	00:12:31
78	111	ANTIA FUENTES BARRAL	F(14)	00:25:50	5:09min/km	00:25:42	00:12:13(12)	00:13:38
79	99	ALEJANDRO FERNANDEZ REY	M(65)	00:25:58	5:11min/km	00:25:51	00:12:44(66)	00:13:15
80	131	ANDREA GONZALEZ NAVEIRO	F(15)	00:26:00	5:11min/km	00:25:52	00:12:13(13)	00:13:47
81	236	ISIS SAINZ TRESGUERRAS	F(16)	00:26:07	5:13min/km	00:26:03	00:12:54(17)	00:13:13
82	41	RAQUEL CARREGAL SALGUEIRO	F(17)	00:26:16	5:15min/km	00:26:05	00:05:53(1)	00:20:24
83	221	XOEL RODRÍGUEZ CAMINO	M(66)	00:26:16	5:15min/km	00:26:05	00:13:12(73)	00:13:04
84	232	NACHO RODRÍGUEZ SUAÑEZ	M(67)	00:26:16	5:15min/km	00:26:06	00:13:12(71)	00:13:05
85	220	BRAIS RODRÍGUEZ CAMINO	M(68)	00:26:16	5:15min/km	00:26:06	00:13:12(72)	00:13:05
86	37	RAQUEL CAMINO LEÓN	F(18)	00:26:16	5:15min/km	00:26:06	00:13:12(21)	00:13:05
87	170	CAROLINA MOSTEIRO FELIPEZ	F(19)	00:26:23	5:16min/km	00:26:07	00:11:51(10)	00:14:32
88	150	MARIA JESUS MARTINEZ BARBEITO	F(20)	00:26:29	5:17min/km	00:26:22	00:13:07(18)	00:13:23
89	227	ALVARO RODRIGUEZ MOSCOSO	M(69)	00:26:37	5:19min/km	00:26:18	00:13:56(81)	00:12:41
90	56	DAVID CASTRO LIÑARES	M(70)	00:26:37	5:19min/km	00:26:19	00:13:59(84)	00:12:39
91	282	RAMON VÁZQUEZ GAREA	M(71)	00:26:37	5:19min/km	00:26:18	00:13:57(82)	00:12:41
92	119	MARCOS GARCIA VARELA	M(72)	00:26:37	5:19min/km	00:26:18	00:13:59(85)	00:12:39
93	7	NOEL ALONSO RIAL	M(73)	00:26:37	5:19min/km	00:26:37	00:12:03(58)	00:14:35
94	258	MARTIN SEOANE	M(74)	00:26:37	5:19min/km	00:26:19	00:13:58(83)	00:12:39
95	105	ERIK FREIRE CARRIL	M(75)	00:26:38	5:19min/km	00:26:33	00:17:04(94)	00:09:34
96	3	FRANCISCO ABUIN GARCÍA	M(76)	00:26:38	5:19min/km	00:26:15	00:13:35(80)	00:13:04
97	130	MARIO GONZALEZ FREIRE	M(77)	00:27:03	5:24min/km	00:26:49	00:13:33(78)	00:13:30
98	194	FRANCISCO PENAS VARELA	M(78)	00:27:03	5:24min/km	00:26:49	00:13:33(79)	00:13:31
99	78	MERCEDES DE LA FUENTE IGLESIAS	F(21)	00:27:06	5:25min/km	00:27:01	00:13:23(22)	00:13:43
100	134	IRIA GUTIERREZ LOPEZ	F(22)	00:27:28	5:29min/km	00:27:02	00:13:56(24)	00:13:32
101	125	RAFA GOMES TAVARES	M(79)	00:27:33	5:30min/km	00:27:28	00:13:25(76)	00:14:08
102	28	TAMARA BLANCO SUAREZ	F(23)	00:27:33	5:30min/km	00:27:28	00:13:25(23)	00:14:08
103	135	ENRIQUE GUTIERREZ VÁZQUEZ	M(80)	00:27:33	5:30min/km	00:27:33	00:13:59(86)	00:13:34
104	23	FERNANDO BARCIA VÁZQUEZ	M(81)	00:27:36	5:31min/km	00:27:31	00:13:15(75)	00:14:22
105	203	ANA ISABEL QUINTÁS ARES	F(24)	00:27:38	5:31min/km	00:27:21	00:14:04(27)	00:13:34
106	20	SAMUEL BARALLOBRE MARTINEZ	M(82)	00:27:38	5:31min/km	00:27:23	00:14:04(88)	00:13:35

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
107	74	FANNY COTON VAZQUEZ	F(25)	00:27:38	5:31min/km	00:27:23	00:14:04(26)	00:13:34
108	206	DANIEL REGUEIRO VARELA	M(83)	00:27:45	5:32min/km	00:27:31	00:13:29(77)	00:14:17
109	54	RAUL CASTRO FERNANDEZ	M(84)	00:27:52	5:34min/km	00:27:49	00:12:39(65)	00:15:13
110	58	FERNANDO CASTRO SEBIO	M(85)	00:27:52	5:34min/km	00:27:42	00:13:03(70)	00:14:50
111	104	ALEXIS FREIRE CARRIL	M(86)	00:28:02	5:36min/km	00:27:53	00:12:36(64)	00:15:27
112	254	MARI CARMEN SANTOS PALMOU	F(26)	00:28:06	5:37min/km	00:27:59	00:14:05(29)	00:14:01
113	138	LAURA IGLESIAS FERNÁNDEZ	F(27)	00:28:06	5:37min/km	00:27:39	00:14:07(30)	00:14:00
114	263	MANUEL ANXO SUÁREZ COLLANTES	M(87)	00:28:17	5:39min/km	00:28:06	00:14:01(87)	00:14:17
115	160	DOLORES MIRAMONTES GARCÍA	F(28)	00:28:17	5:39min/km	00:28:06	00:14:01(25)	00:14:17
116	250	PAULA SANCHEZ VAZQUEZ	F(29)	00:28:36	5:43min/km	00:28:03	00:24:33(82)	00:04:03
117	249	DANIEL SANCHEZ VAZQUEZ	M(88)	00:29:04	5:48min/km	00:28:32	00:24:35(115)	00:04:30
118	278	JOSE LUIS VAZQUEZ BUJAN	M(89)	00:29:50	5:57min/km	00:29:40	00:16:16(93)	00:13:35
119	77	NOÉ DAFONTE SENANDE	M(90)	00:29:55	5:58min/km	00:29:49	00:11:16(57)	00:18:39
120	257	MARIA JOSE SENANDE MEIJOME	F(30)	00:29:55	5:58min/km	00:29:48	00:15:09(36)	00:14:47
121	286	SUSANA VÁZQUEZ RODRIGUEZ	F(31)	00:30:07	6:01min/km	00:29:44	00:15:01(34)	00:15:07
122	63	MARTA CEA SESAR	F(32)	00:30:29	6:05min/km	00:30:20	00:13:07(19)	00:17:22
123	17	ANDREA AUSINA ARROJO	F(33)	00:30:29	6:05min/km	00:30:21	00:13:08(20)	00:17:22
124	204	CRISTINA QUINTELA PRADO	F(34)	00:30:30	6:05min/km	00:30:18	00:14:45(32)	00:15:46
125	276	DIEGO VÁZQUEZ BENDAÑA	M(91)	00:30:31	6:06min/km	00:30:18	00:14:45(90)	00:15:46
126	267	FRANCISCO ASIER TATO RIAL	M(92)	00:30:31	6:06min/km	00:30:18	00:14:46(91)	00:15:46
127	161	NATALIA MIRAMONTES GARCÍA	F(35)	00:31:10	6:13min/km	00:30:48	00:16:06(38)	00:15:05
128	66	XIANA CHORÉN RIVAS	F(36)	00:31:22	6:16min/km	00:30:58	00:15:06(35)	00:16:17
129	271	CARMELA VALIÑO VÁZQUEZ	F(37)	00:32:15	6:26min/km	00:32:08	00:15:15(37)	00:17:01
130	272	ARKADI VALLO FERNÁNDEZ	M(93)	00:32:29	6:29min/km	00:32:29	00:12:26(63)	00:20:03
131	117	PABLO GARCIA SANCHEZ	M(94)	00:32:30	6:29min/km	00:32:28	00:12:52(68)	00:19:38
132	137	LETICIA HERRERO SOPENA	F(38)	00:32:41	6:32min/km	00:32:32	00:16:14(41)	00:16:27
133	90	CARMEN FERNANDEZ CALDERON	F(39)	00:33:06	6:37min/km	00:33:03	00:16:13(39)	00:16:54
134	21	SUSANA BARALLOBRE MARTINEZ	F(40)	00:34:26	6:53min/km	00:34:20	00:16:14(40)	00:18:12
135	261	SILVIA SESMONDE HIJOSA	F(41)	00:34:26	6:53min/km	00:34:20	00:16:15(42)	00:18:12
136	179	SANDRA NOVO CASTRO	F(42)	00:34:45	6:56min/km	00:34:36	00:14:56(33)	00:19:50
137	205	VANESA REGUEIRO ALONSO	F(43)	00:34:45	6:56min/km	00:34:31	00:14:04(28)	00:20:42
138	61	XULIA CASTRO SUÁREZ	F(44)	00:36:02	7:12min/km	00:35:37	00:17:20(46)	00:18:43
139	65	NOA CHORÉN RIVAS	F(45)	00:36:02	7:12min/km	00:35:38	00:17:20(47)	00:18:43
140	102	INES FORMOSO GARCIA	F(46)	00:36:03	7:12min/km	00:35:38	00:17:20(48)	00:18:43
141	230	RAQUEL RODRÍGUEZ RAMOS	F(47)	00:36:03	7:12min/km	00:35:38	00:16:55(43)	00:19:09
142	243	EVA SANCHEZ GOMEZ	F(48)	00:36:04	7:12min/km	00:35:39	00:16:56(44)	00:19:08

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
143	153	MARÍA JOSÉ MATO LOPEZ	F(49)	00:36:10	7:13min/km	00:35:52	00:17:29(50)	00:18:42
144	126	CRISTINA GÓMEZ	F(50)	00:36:10	7:13min/km	00:35:53	00:17:28(49)	00:18:43
145	68	MARTA CODESIDO VEIGA	F(51)	00:36:10	7:13min/km	00:35:52	00:17:33(51)	00:18:38
146	140	INES LAMAS TABOADA	F(52)	00:37:23	7:28min/km	00:37:11	00:18:33(55)	00:18:50
147	139	MARÍA ISABEL IGLESIAS MATO	F(53)	00:37:24	7:28min/km	00:37:02	00:18:20(52)	00:19:05
148	279	MONTSE VAZQUEZ DIEGUEZ	F(54)	00:37:44	7:32min/km	00:37:11	00:33:09(98)	00:04:36
149	108	JAVIER FREIRE CEA	M(95)	00:37:53	7:34min/km	00:37:46	00:19:32(100)	00:18:22
150	128	MARTA GÓMEZ GONZÁLEZ	F(55)	00:37:53	7:34min/km	00:37:44	00:22:08(72)	00:15:46
151	110	YAIZA FREIRE GÓMEZ	F(56)	00:37:54	7:34min/km	00:37:46	00:19:32(63)	00:18:22
152	109	DYLAN FREIRE GÓMEZ	M(96)	00:37:54	7:34min/km	00:37:45	00:22:07(111)	00:15:47
153	274	ROCIO VARELA SOUTO	F(57)	00:39:03	7:48min/km	00:38:51	00:19:20(61)	00:19:43
154	197	RAQUEL PEREZ FUENTES	F(58)	00:39:04	7:48min/km	00:38:49	00:18:33(53)	00:20:32
155	216	ANGELES RIVADULLA VARELA	F(59)	00:39:04	7:48min/km	00:38:49	00:19:20(60)	00:19:44
156	213	TAMARA RÍO MIGUÉLEZ	F(60)	00:39:37	7:55min/km	00:39:13	00:21:01(67)	00:18:36
157	176	LUIS MURILLO GARCÍA	M(97)	00:39:37	7:55min/km	00:39:13	00:21:02(106)	00:18:36
158	157	NATALIA MÉNDEZ REY	F(61)	00:39:39	7:55min/km	00:39:07	00:19:31(62)	00:20:09
159	264	MARIA TERESA TABOADA CASAL	F(62)	00:39:39	7:55min/km	00:39:07	00:19:33(64)	00:20:07
160	53	PAULA CASTRO FERNANDEZ	F(63)	00:39:50	7:57min/km	00:39:30	00:18:44(58)	00:21:06
161	93	LOLY FERNÁNDEZ DUARTE	F(64)	00:39:50	7:57min/km	00:39:29	00:18:45(59)	00:21:06
162	18	BEGOÑA BALADO	F(65)	00:39:52	7:58min/km	00:39:32	00:23:37(77)	00:16:15
163	266	AMPARO TABOADA RÚA	F(66)	00:39:52	7:58min/km	00:39:39	00:18:33(54)	00:21:19
164	48	ISABEL CARRILLO SOUTO	F(67)	00:41:27	8:17min/km	00:41:04	00:20:36(65)	00:20:51
165	94	JOSÉ FERNÁNDEZ LAMAS	M(98)	00:41:28	8:17min/km	00:41:05	00:20:36(101)	00:20:53
166	129	MATEO GOMEZ SANMIGUEL	M(99)	00:41:52	8:22min/km	00:41:31	00:19:18(96)	00:22:34
167	253	IAGO SANMIGUEL ALAMANCOS	M(100)	00:41:52	8:22min/km	00:41:32	00:19:18(97)	00:22:34
168	217	RAFAEL RIVADULLA VARELA	M(101)	00:41:53	8:22min/km	00:41:30	00:19:19(99)	00:22:34
169	127	JESUS GOMEZ CAMINO	M(102)	00:41:53	8:22min/km	00:41:33	00:19:19(98)	00:22:34
170	178	JOSÉ ANTONIO NOVO CASTRO	M(103)	00:42:32	8:30min/km	00:42:26	00:21:14(108)	00:21:18
171	67	MARÍA TERESA CODESIDO VEIGA	F(68)	00:43:37	8:43min/km	00:43:17	00:23:38(78)	00:20:00
172	22	FERNANDO BARCIA PAZOS	M(104)	00:44:08	8:49min/km	00:43:50	00:20:53(102)	00:23:15
173	75	MANUEL COUCEIRO MELLA	M(105)	00:44:08	8:49min/km	00:43:51	00:20:53(103)	00:23:16
174	82	MELI DURO BARRÁN	F(69)	00:49:03	9:48min/km	00:48:39	00:24:47(84)	00:24:16
175	123	CARMEN GERBOLES	F(70)	00:49:05	9:48min/km	00:48:32	00:25:51(93)	00:23:14
176	181	BELINDA NUNES MARTÍNEZ	F(71)	00:49:06	9:49min/km	00:48:33	00:25:51(92)	00:23:15
177	112	M. JESUS FUENTES VAAMONDE	F(72)	00:49:07	9:49min/km	00:48:34	00:25:51(91)	00:23:17
178	273	MARÍA DEL CARMEN VARELA GARCÍA	F(73)	00:49:22	9:52min/km	00:49:02	00:24:48(86)	00:24:35

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
179	143	MARÍA JOSÉ LEMA ESMORÍS	F(74)	00:49:23	9:52min/km	00:49:03	00:24:48(85)	00:24:36
180	177	JOSÉ MANUEL NOVO CARDENAS	M(106)	00:50:17	10:03min/km	00:50:07	00:25:07(120)	00:25:11
181	39	IVONNE CÁRDENAS REYES	F(75)	00:50:17	10:03min/km	00:50:06	00:25:07(87)	00:25:10
182	262	MARIA JOSE SOUTO VARELA	F(76)	00:50:26	10:05min/km	00:50:15	00:25:25(90)	00:25:02
183	247	EVA SANCHEZ REY	F(77)	00:50:28	10:05min/km	00:50:17	00:25:25(89)	00:25:04
184	283	ANA VÁZQUEZ MATO	F(78)	00:52:24	10:28min/km	00:52:08	00:18:44(57)	00:33:40
DNF	245	XOEL SÁNCHEZ MARTÍN	M(-1)		0:00min/km		00:14:42(89)	
DNF	47	SILVIA CARRIL VILLAR	F(-1)		0:00min/km		00:17:06(45)	
DNF	72	ADRIANA COSTOYA RODRÍGUEZ	F(-1)		0:00min/km		00:18:39(56)	
DNF	116	GUILHERME GARCIA NUNES	M(-1)		0:00min/km		00:18:45(95)	
DNF	269	PEDRO UZAL PENAS	M(-1)		0:00min/km		00:20:59(104)	
DNF	270	IAGO UZAL RIAL	M(-1)		0:00min/km		00:20:59(105)	
DNF	211	PATRICIA RIAL REGUEIRO	F(-1)		0:00min/km		00:20:59(66)	
DNF	162	JONATHAN MIRANDA	M(-1)		0:00min/km		00:21:08(107)	
DNF	91	MARÍA JOSÉ FERNANDEZ CALDERON	F(-1)		0:00min/km		00:21:09(68)	
DNF	277	NOA VÁZQUEZ BOTANA	F(-1)		0:00min/km		00:21:55(69)	
DNF	31	MARIBEL BOTANA RIAL	F(-1)		0:00min/km		00:21:58(70)	
DNF	106	ZAHARA FREIRE CARRIL	F(-1)		0:00min/km		00:22:01(71)	
DNF	107	ISRAEL FREIRE CEA	M(-1)		0:00min/km		00:22:01(109)	
DNF	158	PABLO MÉNDEZ REY	M(-1)		0:00min/km		00:22:04(110)	
DNF	284	SOFÍA VÁZQUEZ MEIJIDE	F(-1)		0:00min/km		00:22:10(73)	
DNF	80	JUAN DÍAZ VAZQUEZ	M(-1)		0:00min/km		00:22:10(112)	
DNF	154	VANESA MEIJIDE VÁZQUEZ	F(-1)		0:00min/km		00:22:12(74)	
DNF	222	JAIME RODRIGUEZ CARREGA	M(-1)		0:00min/km		00:22:27(113)	
DNF	223	ÁLVARO RODRIGUEZ CARREGAL	M(-1)		0:00min/km		00:22:28(114)	
DNF	97	TANIA FERNÁNDEZ MÉNDEZ	F(-1)		0:00min/km		00:23:13(75)	
DNF	156	MARÍA DEL CORO MÉNDEZ ASOREY	F(-1)		0:00min/km		00:23:13(76)	
DNF	147	LUCIA LOPEZ SOBRADO	F(-1)		0:00min/km		00:24:28(79)	
DNF	212	XULIA RIAL VILLAR	F(-1)		0:00min/km		00:24:29(80)	
DNF	296	NATALIA VILLAR VÁZQUEZ	F(-1)		0:00min/km		00:24:29(81)	
DNF	226	JESUS MARIA RODRIGUEZ MONTERO	M(-1)		0:00min/km		00:24:45(116)	
DNF	86	XABI ENJAMIO ROCA	M(-1)		0:00min/km		00:24:46(117)	
DNF	83	CRISTINA ENJAMIO CARRIL	F(-1)		0:00min/km		00:24:47(83)	
DNF	195	JOSE MANUEL PENAS VARELA	M(-1)		0:00min/km		00:24:48(118)	
DNF	4	DIEGO ALAMANCOS BOTANA	M(-1)		0:00min/km		00:24:57(119)	
DNF	85	ALEX ENJAMIO ROCA	M(-1)		0:00min/km		00:25:07(121)	

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
DNF	219	NOELIA ROCA LOPEZ	F(-1)		0:00min/km		00:25:07(88)	
DNF	84	FRANCISCO JAVIER ENJAMIO CARRIL	M(-1)		0:00min/km		00:25:20(122)	
DNF	19	ROBERTO BALADO GARCÍA	M(-1)		0:00min/km		00:25:22(123)	
DNF	149	OLIVA MARTINEZ	F(-1)		0:00min/km		00:25:53(94)	
DNF	69	LIDIA CORRAL LOPEZ	F(-1)		0:00min/km		00:26:15(95)	
DNF	49	CRISTINA CASAL ARES	F(-1)		0:00min/km		00:26:16(96)	
DNF	244	LUCAS SÁNCHEZ MARTÍN	M(-1)		0:00min/km		00:26:35(124)	
DNF	240	DIEGO SÁNCHEZ AGRA	M(-1)		0:00min/km		00:26:35(125)	
DNF	164	JOSÉ LUIS MIRANDA GAMALLO	M(-1)		0:00min/km		00:26:41(126)	
DNF	124	CLARA GOLMAR	F(-1)		0:00min/km		00:26:42(97)	
DNF	6	JOSÉ MANUEL ALAMANCOS PAMPÍN	M(-1)		0:00min/km		00:26:42(127)	
DNF	188	MARTÍN PARRADO MÉNDEZ	M(-1)		0:00min/km		00:30:40(128)	
DNS	5	FABIO ALAMANCOS BOTANA	M(-1)		0:00min/km		(-1)	
DNS	9	VÍTOR ANDRADE VÁZQUEZ	M(-1)		0:00min/km		(-1)	
DNS	16	SUSO ASCARIZ SÁNCHEZ	M(-1)		0:00min/km		(-1)	
DNS	24	ÁNGEL BARRAL VEIGA	M(-1)		0:00min/km		(-1)	
DNS	29	XOSÉ MANUEL BOQUETE CASAS	M(-1)		0:00min/km		(-1)	
DNS	30	LAURA BOTANA RIAL	F(-1)		0:00min/km		(-1)	
DNS	32	ELOI BRAVO LOPEZ	M(-1)		0:00min/km		(-1)	
DNS	36	BEGOÑA CAMINO LEON	F(-1)		0:00min/km		(-1)	
DNS	38	ALBERT CARBALLAL IGLESIAS	M(-1)		0:00min/km		(-1)	
DNS	42	JOSE LUIS CARREIRA BRUZOS	M(-1)		0:00min/km		(-1)	
DNS	44	LUIS CARRIL CAMINO	M(-1)		0:00min/km		(-1)	
DNS	45	NICOLÁS CARRIL FERNÁNDEZ	M(-1)		0:00min/km		(-1)	
DNS	46	SABELA CARRIL FERNÁNDEZ	F(-1)		0:00min/km		(-1)	
DNS	52	CARMEN CASTRO CORES	F(-1)		0:00min/km		(-1)	
DNS	55	BORJA CASTRO HERMIDA	M(-1)		0:00min/km		(-1)	
DNS	60	JUAN CARLOS CASTRO SUÁREZ	M(-1)		0:00min/km		(-1)	
DNS	62	MIRIAM CEA OTERO	F(-1)		0:00min/km		(-1)	
DNS	64	ARIANA CHORÉN	F(-1)		0:00min/km		(-1)	
DNS	71	ANDREA COSTOYA	F(-1)		0:00min/km		(-1)	
DNS	79	SILVIA DEIRA BARCALA	F(-1)		0:00min/km		(-1)	
DNS	87	DAVID ENJAMIO SALGUEIRO	M(-1)		0:00min/km		(-1)	
DNS	95	JOSÉ ANGEL FERNÁNDEZ LORENZO	M(-1)		0:00min/km		(-1)	
DNS	98	FÁTIMA FERNÁNDEZ MOSQUERA	F(-1)		0:00min/km		(-1)	
DNS	103	BREIXO FRAGIO RODRÍGUEZ	M(-1)		0:00min/km		(-1)	

PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
DNS	115	IVAN GARCIA LOPEZ	M(-1)		0:00min/km		(-1)	
DNS	118	DANIEL GARCIA SANMIGUEL	M(-1)		0:00min/km		(-1)	
DNS	120	EMILIO GARCIA VAZQUEZ	M(-1)		0:00min/km		(-1)	
DNS	133	MARÍA JOSÉ GROBAS GARABOA	F(-1)		0:00min/km		(-1)	
DNS	136	JUAN FRANCISCO HERMO SOMOZA	M(-1)		0:00min/km		(-1)	
DNS	141	CONCEPCION LAYA SANCHEZ	F(-1)		0:00min/km		(-1)	
DNS	142	MARGA LEDESMA	F(-1)		0:00min/km		(-1)	
DNS	144	FRANCISCO DE BORJA LEMOS CANEDA	M(-1)		0:00min/km		(-1)	
DNS	152	JUAN PEDRO MATAMOROS GONZÁLEZ DE MENDOZA	M(-1)		0:00min/km		(-1)	
DNS	163	OSCAR MIRANDA	M(-1)		0:00min/km		(-1)	
DNS	166	GONZALO MOSCOSO MONTETO	M(-1)		0:00min/km		(-1)	
DNS	169	ALFONSO MOSTEIRO	M(-1)		0:00min/km		(-1)	
DNS	172	BEGOÑA MOSTEIRO GARCÍA	F(-1)		0:00min/km		(-1)	
DNS	183	DAVID PÁJARO VARELA	M(-1)		0:00min/km		(-1)	
DNS	184	ALEJANDRO PAMPÍN CASTRO	M(-1)		0:00min/km		(-1)	
DNS	185	ERLANTZ PAMPIN GONZALEZ	M(-1)		0:00min/km		(-1)	
DNS	189	CARMEN PAZ TORREIRO	F(-1)		0:00min/km		(-1)	
DNS	190	DARIO PAZ TORREIRO	M(-1)		0:00min/km		(-1)	
DNS	191	GAEL PAZ TORREIRO	M(-1)		0:00min/km		(-1)	
DNS	192	ARARAT PAZOS MEIXÚS	F(-1)		0:00min/km		(-1)	
DNS	193	MARÍA CARMEN PENAS BLANCO	F(-1)		0:00min/km		(-1)	
DNS	200	PAULO PORTO ROIG	M(-1)		0:00min/km		(-1)	
DNS	201	PEDRO PORTO TABOADA	M(-1)		0:00min/km		(-1)	
DNS	208	AUREA RETAMAL MUÑIZ	F(-1)		0:00min/km		(-1)	
DNS	210	BENEDICTA RIAL GARCÍA	F(-1)		0:00min/km		(-1)	
DNS	214	YAGO DANIEL RÍO PEREIRA	M(-1)		0:00min/km		(-1)	
DNS	215	SARA RIVADULLA TABOADA	F(-1)		0:00min/km		(-1)	
DNS	229	MARIA RODRÍGUEZ PORTEIRO	F(-1)		0:00min/km		(-1)	
DNS	234	TAMARA RODRIGUEZ VILA	F(-1)		0:00min/km		(-1)	
DNS	235	CARLOS ROIBAS VÁZQUEZ	M(-1)		0:00min/km		(-1)	
DNS	238	ANGELES SALMONTE VARELA	F(-1)		0:00min/km		(-1)	
DNS	239	ADELA SÁNCHEZ ABRALDES	F(-1)		0:00min/km		(-1)	
DNS	242	JOSE MANUEL SANCHEZ ESPÍNEIRA	M(-1)		0:00min/km		(-1)	
DNS	259	RUBEN SEREN RODRIGUEZ	M(-1)		0:00min/km		(-1)	
DNS	260	LAURA SERVIN HERZ	F(-1)		0:00min/km		(-1)	
DNS	268	SEÑÉ TIZÓN PÁJARO	M(-1)		0:00min/km		(-1)	



PTO	DORSAL	NOMBRE	SEXO	T OFICIAL	RITMO	T NETO	VUELTA 1	VUELTA 2
DNS	275	MARIO VARELA VAZQUEZ	M(-1)		0:00min/km		(-1)	
DNS	281	ANTON VAZQUEZ FERNANDEZ	M(-1)		0:00min/km		(-1)	
DNS	285	JUAN VÁZQUEZ MOSCOSO	M(-1)		0:00min/km		(-1)	
DNS	290	JOSE ANTONIO VIDAL GONZALEZ	M(-1)		0:00min/km		(-1)	
DNS	291	PABLO VIDAL RODRÍGUEZ	M(-1)		0:00min/km		(-1)	
DNS	292	MANUEL ANTONIO VIGO NOYA	M(-1)		0:00min/km		(-1)	
<i>DNS</i>	<i>293</i>	<i>ANDREA VIGO QUINTAS</i>	<i>F(-1)</i>		<i>0:00min/km</i>		<i>(-1)</i>	
<i>DNS</i>	<i>294</i>	<i>NOAQ VILLANUEVA PERDIZ</i>	<i>F(-1)</i>		<i>0:00min/km</i>		<i>(-1)</i>	
DNS	295	ADRIAN VILLANUEVA TABOADA	M(-1)		0:00min/km		(-1)	

IMPRESO A LAS 12:37:18 DEL 28-12-2019