

I CARMIÑA CARREIRA

CLASIFICACIÓN ABSOLUTA



| Pto | Dorsal | Nombre | Equipo | Sexo | T. Oficial | Ritmo | CAT | LOCAL |
|-----------|------------|-------------------------------------|------------------------------------|----------------|--------------|--------------------|--------------------|-------|
| 1 | 215 | LORENZO LÓPEZ, MANUEL | SOCIEDAD GIMNÁSTICA DE PONTEVEDRA | Mas (1) | 38:34 | 3:38 min/Km | 23-34_M (1) | 1 |
| 2 | 96 | FORTES MONTENEGRO, RICARDO | TANINOS RUNERS PONTEAREAS | Mas (2) | 42:31 | 4:00 min/Km | 35-44_M (1) | |
| 3 | 202 | SANTIAGO BOSCH, JOSE ANTONIO | C.D PINARIUM | Mas (3) | 43:12 | 4:04 min/Km | 45-54_M (1) | |
| 4 | 152 | SOBRAL GONZALEZ, MANUEL | C.D PINARIUM | Mas (4) | 43:36 | 4:06 min/Km | 35-44_M (2) | 2 |
| 5 | 107 | FONSECA FERRADANES, SERGIO | NINGUNO | Mas (5) | 44:00 | 4:09 min/Km | 35-44_M (3) | |
| 6 | 167 | ALONSO FIGUEROA, PABLO | TRIATLÓN MORRAZO | Mas (6) | 44:22 | 4:11 min/Km | 45-54_M (2) | |
| 7 | 85 | BRINGUE, ABRAHAM | TEAM ADOBE IBIZA | Mas (7) | 44:58 | 4:14 min/Km | 23-34_M (2) | |
| 8 | 229 | ROMERO VÁZQUEZ, NOLO | NINGUNO | Mas (8) | 45:07 | 4:15 min/Km | 35-44_M (4) | |
| 9 | 180 | RODAL VIDAL, JORGE FERMÍN | NINGUNO | Mas (9) | 45:12 | 4:15 min/Km | 55-64_M (1) | 3 |
| 10 | 232 | CONDE VALLADARES, ÁNGEL | KURAI | Mas (10) | 45:12 | 4:15 min/Km | 35-44_M (5) | |
| 11 | 105 | SANTOS NUÑEZ, ROBERTO | ATLETISMO CORREDOIRAS | Mas (11) | 46:43 | 4:24 min/Km | 35-44_M (6) | |
| 12 | 47 | RODRÍGUEZ FERREIRO, MIGUEL | LAMARGHA-AUTOTODO | Mas (12) | 46:49 | 4:24 min/Km | 23-34_M (3) | |
| 13 | 166 | GONZÁLEZ ÁLVAREZ, JOSÉ FELIPE | NINGUNO | Mas (13) | 46:59 | 4:25 min/Km | 35-44_M (7) | |
| 14 | 25 | DURAN ALVAREZ, HUGO | C.A. VETERANOS DE SAMIL | Mas (14) | 47:08 | 4:26 min/Km | 35-44_M (8) | |
| 15 | 113 | CASTRELO CONDE, FRANCISCO JAVIER | TRIATLÓN VILAGARCIA | Mas (15) | 47:16 | 4:27 min/Km | 35-44_M (9) | |
| 16 | 68 | LÓPEZ DE DIOS, FRANCISCO | LA CEREZAL TEAM | Mas (16) | 47:35 | 4:29 min/Km | 45-54_M (3) | |
| 17 | 134 | IGLESIAS PENELA, PABLO | NINGUNO | Mas (17) | 47:43 | 4:30 min/Km | 23-34_M (4) | 4 |
| 18 | 94 | MARTÍNEZ ALONSO, DALMA | TANINOS RUNERS PONTEAREAS | Mas (18) | 48:13 | 4:32 min/Km | 45-54_M (4) | |
| 19 | 102 | AMOEDO OUTEDA, JUAN JOSÉ | SAN MIGUEL DE MARÍN | Mas (19) | 48:19 | 4:33 min/Km | 35-44_M (10) | |
| 20 | 197 | GONZÁLEZ VÁZQUEZ, EMILIO | NINGUNO | Mas (20) | 48:35 | 4:34 min/Km | 35-44_M (11) | |
| 21 | 86 | FALCÓN PÉREZ, SANTIAGO | C.A. CAMBADOS-SEGUROS NOVAL | Mas (21) | 48:43 | 4:35 min/Km | 55-64_M (2) | |
| 22 | 146 | MATA CASTRO, ARTURO | CLUB ATLETISMO SANTIAGO | Mas (22) | 48:50 | 4:36 min/Km | 23-34_M (5) | |
| 23 | 243 | Andujar Mejuto, Gonzalo | NINGUNO | Mas (23) | 49:19 | 4:39 min/Km | 23-34_M (6) | |
| 24 | 60 | FERREIRO PEREZ, MARIA | GMTA&CHUVONERS | Fem (1) | 49:27 | 4:39 min/Km | 35-44_F (1) | |
| 25 | 161 | SOTO PARADA, JUAN CARLOS | C.D PINARIUM | Mas (24) | 49:52 | 4:42 min/Km | 35-44_M (12) | 5 |
| 26 | 176 | CALVO CASTRO, JORGE | NINGUNO | Mas (25) | 50:00 | 4:43 min/Km | 18-22_M (1) | |
| 27 | 66 | MATALOBOS BUSTELO, ANTONIO | NINGUNO | Mas (26) | 50:11 | 4:44 min/Km | 35-44_M (13) | |
| 28 | 217 | MORENZA DOFORNO, GERMÁN | C.D PINARIUM | Mas (27) | 50:11 | 4:44 min/Km | 55-64_M (3) | 6 |
| 29 | 149 | OMIL IGLESIAS, JOSE MANUEL | C.D PINARIUM | Mas (28) | 50:14 | 4:44 min/Km | 35-44_M (14) | 7 |
| 30 | 57 | ARMAS WALDOMAR, KEVIN | NINGUNO | Mas (29) | 50:35 | 4:46 min/Km | 23-34_M (7) | |
| 31 | 196 | FIGUEROA FIGUEROA, MARIA DEL | CLUB ATLETISMO SAMERTOLAMEU | Fem (2) | 50:39 | 4:46 min/Km | 35-44_F (2) | |

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| 32 | 224 | CAPÓN, JAVIER | NINGUNO | Mas (30) | 50:51 | 4:47 min/Km | 45-54_M (5) | |
| 33 | 227 | LÓPEZ MUÑIZ, MANUEL | RUNYTRI | Mas (31) | 51:12 | 4:49 min/Km | 23-34_M (8) | |
| 34 | 195 | CALVO CASTRO, HUGO | NINGUNO | Mas (32) | 51:14 | 4:49 min/Km | 18-22_M (2) | |
| 35 | 233 | VARELA RAMOS, FRAN | NINGUNO | Mas (33) | 51:16 | 4:50 min/Km | 23-34_M (9) | |
| 36 | 23 | VEIGA PAZOS, ALBERTO | MILER RUNNING CLUB | Mas (34) | 51:38 | 4:52 min/Km | 23-34_M (10) | |
| 37 | 108 | GARCIA GARCIA, OSCAR | NINGUNO | Mas (35) | 51:42 | 4:52 min/Km | 35-44_M (15) | |
| 38 | 124 | JUNCAL CARRAGAL, JOSE MANUEL | MILER RUNNING CLUB | Mas (36) | 51:45 | 4:52 min/Km | 35-44_M (16) | |
| 39 | 39 | MARTIÑO RODRIGUEZ, FERNANDO | NINGUNO | Mas (37) | 52:21 | 4:56 min/Km | 23-34_M (11) | |
| 40 | 165 | ROSALES ROSALES, PAULA | C.D PINARIUM | Fem (3) | 52:42 | 4:58 min/Km | 35-44_F (3) | 1 |
| 41 | 148 | CAPA CASTIÑEIRAS, CARLOS | C.D PINARIUM | Mas (38) | 52:50 | 4:58 min/Km | 45-54_M (6) | 8 |
| 42 | 144 | NOVO GONZÁLEZ, MARCOS | NINGUNO | Mas (39) | 52:55 | 4:59 min/Km | 23-34_M (12) | |
| 43 | 37 | YUBERO SOTO, IVAN | NINGUNO | Mas (40) | 52:57 | 4:59 min/Km | 35-44_M (17) | |
| 44 | 162 | CARBALLAL GONZÁLEZ, ANTONIO | C.D PINARIUM | Mas (41) | 52:57 | 4:59 min/Km | 35-44_M (18) | 9 |
| 45 | 54 | PÉREZ MEIS, FRANCISCO JOSÉ | CLUB DEPORTIVO RÍA DE AROUSA | Mas (42) | 53:00 | 4:59 min/Km | 45-54_M (7) | |
| 46 | 123 | MERA RODRIGUEZ, JOSE CARLOS | PONTE A CORRER | Mas (43) | 53:05 | 5:00 min/Km | 45-54_M (8) | |
| 47 | 99 | GONZÁLEZ PAZ, CESAR | NINGUNO | Mas (44) | 53:12 | 5:01 min/Km | 35-44_M (19) | |
| 48 | 184 | MIGUEZ LAGO, JESSICA | NINGUNO | Fem (4) | 53:16 | 5:01 min/Km | 35-44_F (4) | |
| 49 | 116 | MARTÍNEZ OUBIÑA, MIGUEL ANXO | NINGUNO | Mas (45) | 53:23 | 5:02 min/Km | 45-54_M (9) | |
| 50 | 182 | CASTRO OTERO, JACINTO | NINGUNO | Mas (46) | 53:32 | 5:02 min/Km | 45-54_M (10) | |
| 51 | 178 | HERNÁNDEZ SÁNCHEZ, CRISTIAN | NINGUNO | Mas (47) | 53:34 | 5:03 min/Km | 23-34_M (13) | 10 |
| 52 | 155 | FUENTES SAYAR, JOSE | C.D PINARIUM | Mas (48) | 53:36 | 5:03 min/Km | 45-54_M (11) | 11 |
| 53 | 221 | EDREIRA GARCÍA, JOSE GABINO | C.D PINARIUM | Mas (49) | 53:37 | 5:03 min/Km | 35-44_M (20) | 12 |
| 54 | 228 | PÉREZ CONDE, KIKE | NINGUNO | Mas (50) | 53:40 | 5:03 min/Km | 35-44_M (21) | |
| 55 | 127 | FERVENZA ENTENZA, PABLO | CLUBATLETISMOSAMERTOLAMEU@GMAIL.CO | Mas (51) | 54:01 | 5:05 min/Km | 65-74_M (1) | |
| 56 | 103 | MURUETA ALONSO, JON ANDONI | NINGUNO | Mas (52) | 54:30 | 5:08 min/Km | 45-54_M (12) | |
| 57 | 43 | GARCÍA OMIL, CARLOS | ICACTIVE | Mas (53) | 54:36 | 5:09 min/Km | 23-34_M (14) | 13 |
| 58 | 67 | POSES SOBRAL, EUGENIO | NINGUNO | Mas (54) | 54:52 | 5:10 min/Km | 45-54_M (13) | |
| 59 | 211 | GARCÍA DOPAZO, DAVID | NINGUNO | Mas (55) | 54:52 | 5:10 min/Km | 18-22_M (3) | |
| 60 | 30 | FRÍAS FERNÁNDEZ, RAUL | MILER RUNNING CLUB | Mas (56) | 54:54 | 5:10 min/Km | 35-44_M (22) | |
| 61 | 168 | MARTÍNEZ RIOBÓ, IGNACIO | CLUB ATLETISMO SAMERTOLAMEU | Mas (57) | 54:56 | 5:10 min/Km | 35-44_M (23) | |
| 62 | 171 | OTERO CRESPO, DAVID | C.D PINARIUM | Mas (58) | 54:57 | 5:11 min/Km | 35-44_M (24) | 14 |
| 63 | 174 | TARACIDO LOUREIRO, HUGO | NINGUNO | Mas (59) | 54:59 | 5:11 min/Km | 23-34_M (15) | |
| 64 | 122 | FONTAN GOMEZ, FERNANDO | NINGUNO | Mas (60) | 54:59 | 5:11 min/Km | 23-34_M (16) | |

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| 65 | 136 | LOPEZ GESTAL, MARTINA | SD COMPOSTELA ATLETISMO | Fem (5) | 55:13 | 5:12 min/Km | 35-44_F (5) | |
| 66 | 138 | VÁZQUEZ FERNÁNDEZ, FRANCISCO | TRIATLON MURALLA DE LUGO | Mas (61) | 55:16 | 5:12 min/Km | 45-54_M (14) | |
| 67 | 14 | NAVIA IGLESIAS, RUBEN | NINGUNO | Mas (62) | 55:20 | 5:13 min/Km | 35-44_M (25) | |
| 68 | 92 | CAMPOS RIVAS, YOLANDA | NINGUNO | Fem (6) | 55:22 | 5:13 min/Km | 45-54_F (1) | |
| 69 | 12 | SUAREZ RODRIGUEZ, MARCO | NINGUNO | Mas (63) | 55:31 | 5:14 min/Km | 45-54_M (15) | |
| 70 | 50 | RAMIRO GÓMEZ, JUAN LUIS | NINGUNO | Mas (64) | 55:36 | 5:14 min/Km | 35-44_M (26) | 15 |
| 71 | 71 | FREIRE GONZÁLEZ, MANUEL | NINGUNO | Mas (65) | 55:44 | 5:15 min/Km | 35-44_M (27) | |
| 72 | 1 | GALLEGO CANABAL, LAURA | CD DELIKIA | Fem (7) | 55:54 | 5:16 min/Km | 23-34_F (1) | |
| 73 | 62 | LÓPEZ DE LERMA CASAS, MIGUEL ÁNGEL | PONTE A CORRER | Mas (66) | 55:55 | 5:16 min/Km | 45-54_M (16) | |
| 74 | 141 | ALONSO POSADA, GONZALO | NINGUNO | Mas (67) | 55:56 | 5:16 min/Km | 45-54_M (17) | |
| 75 | 191 | PAZ VALLE, MERCEDES | NINGUNO | Fem (8) | 56:09 | 5:17 min/Km | 45-54_F (2) | |
| 76 | 207 | SOLLA GARCIA, MANUEL | NINGUNO | Mas (68) | 56:12 | 5:18 min/Km | 35-44_M (28) | 16 |
| 77 | 170 | SARDINERO GONZALEZ, ALAN | C.D PINARIUM | Mas (69) | 56:16 | 5:18 min/Km | 23-34_M (17) | 17 |
| 78 | 169 | GONZALEZ FERNANDEZ, MARÍA AURORA | C.D PINARIUM | Fem (9) | 56:17 | 5:18 min/Km | 45-54_F (3) | 2 |
| 79 | 24 | COS BLANCO, MIGUEL ÁNGEL | NINGUNO | Mas (70) | 56:17 | 5:18 min/Km | 55-64_M (4) | 18 |
| 80 | 159 | IGLESIAS AREA, MARIA | C.D PINARIUM | Fem (10) | 56:24 | 5:19 min/Km | 35-44_F (6) | 3 |
| 81 | 120 | TRABAZO GARCIA, JOSEFA | PONTE A CORRER | Fem (11) | 56:30 | 5:19 min/Km | 45-54_F (4) | |
| 82 | 125 | QUEIZÁN PIÑEIRO, JOAQUÍN | PONTE A CORRER | Mas (71) | 56:31 | 5:19 min/Km | 55-64_M (5) | |
| 83 | 56 | FIGUEIRO ALFONSO, ALBERTO | CLUBE DEPORTIVO RÍA DE AROUSA | Mas (72) | 56:34 | 5:20 min/Km | 45-54_M (18) | |
| 84 | 216 | SANTOS FERNÁNDEZ, TAMARA | CLUB ATLETISMO SAMERTOLAMEU | Fem (12) | 57:16 | 5:24 min/Km | 35-44_F (7) | |
| 85 | 200 | GIL FONTAN, RUBÉN | NINGUNO | Mas (73) | 57:23 | 5:24 min/Km | 23-34_M (18) | |
| 86 | 193 | MIRANDA VIEITO, JOSE MANUEL | ATHLETICS FISIOTERAPIA SAN LAZARO | Mas (74) | 57:26 | 5:25 min/Km | 35-44_M (29) | |
| 87 | 185 | TORRES TABOAS, MANUEL | NINGUNO | Mas (75) | 57:32 | 5:25 min/Km | 35-44_M (30) | |
| 88 | 231 | URBANO MARTÍNEZ, JORGE | CLUBE ATLETISMO BURELA | Mas (76) | 57:50 | 5:27 min/Km | 35-44_M (31) | |
| 89 | 172 | AGUETE MARTÍNEZ, ALVARO | PANACEA EXERCISE | Mas (77) | 58:02 | 5:28 min/Km | 35-44_M (32) | |
| 90 | 214 | RODRIGUEZ OVALLE, FERNANDO | NINGUNO | Mas (78) | 58:03 | 5:28 min/Km | 55-64_M (6) | |
| 91 | 44 | FERNÁNDEZ IGLESIAS, CARLOS | NINGUNO | Mas (79) | 58:03 | 5:28 min/Km | 55-64_M (7) | |
| 92 | 244 | Pardo Casal, Ariana | NINGUNO | Fem (13) | 58:03 | 5:28 min/Km | 23-34_F (2) | |
| 93 | 177 | CALVO BERNARDEZ, FERNANDO | NINGUNO | Mas (80) | 58:07 | 5:28 min/Km | 45-54_M (19) | |
| 94 | 139 | PONS BOILS, JOSE | NINGUNO | Mas (81) | 58:08 | 5:28 min/Km | 35-44_M (33) | |
| 95 | 45 | PEREZ PINTOS, HUGO | NINGUNO | Mas (82) | 58:10 | 5:29 min/Km | 23-34_M (19) | |
| 96 | 38 | GONZALEZ, HELENA | BURGAS OURENSE ATLETISMO | Fem (14) | 58:13 | 5:29 min/Km | 35-44_F (8) | |
| 97 | 112 | CAPELO RIOS, MANUEL | PONTEPICOSTRAIL | Mas (83) | 58:37 | 5:31 min/Km | 65-74_M (2) | |

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| 98 | 121 | DOMÍNGUEZ FERREIRA, TANIA | PONTE A CORRER | Fem (15) | 58:40 | 5:31 min/Km | 35-44_F (9) | |
| 99 | 153 | MARTÍNEZ BEIS, FERNANDO | C.D PINARIUM | Mas (84) | 58:46 | 5:32 min/Km | 35-44_M (34) | 19 |
| 100 | 183 | VIDAL FREIJEIRO, MARCOS | C.D PINARIUM | Mas (85) | 58:46 | 5:32 min/Km | 35-44_M (35) | 20 |
| 101 | 40 | IGLESIAS CIDRAS, ABEL | ICACTIVE | Mas (86) | 58:58 | 5:33 min/Km | 23-34_M (20) | 21 |
| 102 | 142 | ÁLVAREZ CASTRO, ENRIQUE | C.A.R MARISQUEIRO | Mas (87) | 58:59 | 5:33 min/Km | 45-54_M (20) | |
| 103 | 89 | GARCIA PUENTE, LUIS MANUEL | NINGUNO | Mas (88) | 59:00 | 5:33 min/Km | 35-44_M (36) | |
| 104 | 63 | ALONSO VÁZQUEZ, PEDRO | C.D PINARIUM | Mas (89) | 59:03 | 5:34 min/Km | 35-44_M (37) | |
| 105 | 16 | SOMOZA MUELLE, ANGEL RAMON | NINGUNO | Mas (90) | 59:08 | 5:34 min/Km | 45-54_M (21) | |
| 106 | 26 | LEIRO, XAVIER | C.A. VETERANOS DE SAMIL | Mas (91) | 59:09 | 5:34 min/Km | 35-44_M (38) | |
| 107 | 156 | IGLESIAS GONZALEZ, RAUL | NINGUNO | Mas (92) | 59:25 | 5:36 min/Km | 45-54_M (22) | 22 |
| 108 | 29 | JUNCAL VERDE, ADRIÁN | NINGUNO | Mas (93) | 59:28 | 5:36 min/Km | 35-44_M (39) | 23 |
| 109 | 52 | SANTURDE, ANDRES | NINGUNO | Mas (94) | 59:38 | 5:37 min/Km | 45-54_M (23) | |
| 110 | 69 | OTERO ALVAREZ, LETICIA | LA CEREZAL TEAM | Fem (16) | 59:39 | 5:37 min/Km | 45-54_F (5) | |
| 111 | 220 | CERVERA-MERCADILLO, JAVIER | NINGUNO | Mas (95) | 59:47 | 5:38 min/Km | 35-44_M (40) | |
| 112 | 192 | GARCIA LOSAS, ALEJANDRO | NINGUNO | Mas (96) | 59:59 | 5:39 min/Km | 23-34_M (21) | |
| 113 | 151 | SOLLA CRESPO, SANTIAGO | C.D PINARIUM | Mas (97) | 1:00:06 | 5:40 min/Km | 35-44_M (41) | 24 |
| 114 | 237 | VALES RAMALLO, PABLO | MILER RUNNING CLUB | Mas (98) | 1:00:18 | 5:41 min/Km | 23-34_M (22) | |
| 115 | 115 | PEÑA LÓPEZ, RUBÉN | CA O PINO | Mas (99) | 1:00:40 | 5:43 min/Km | 35-44_M (42) | |
| 116 | 21 | FRAGA SANTIAGO, ROBERTO | C.D PINARIUM | Mas (100) | 1:01:02 | 5:45 min/Km | 45-54_M (24) | |
| 117 | 129 | MENDEZ LOPEZ, VICTOR | NINGUNO | Mas (101) | 1:01:29 | 5:47 min/Km | 35-44_M (43) | 25 |
| 118 | 82 | OTERO MAYORAL, EMILIO | NINGUNO | Mas (102) | 1:01:29 | 5:47 min/Km | 35-44_M (44) | |
| 119 | 119 | LÓPEZ RIVEIRO, MARCOS | NINGUNO | Mas (103) | 1:01:32 | 5:48 min/Km | 45-54_M (25) | |
| 120 | 117 | PAZOS GONZALEZ, GONZALO | PONTE A CORRER | Mas (104) | 1:01:38 | 5:48 min/Km | 55-64_M (8) | |
| 121 | 101 | HERRERO, GONZALO | MILER RUNNING CLUB | Mas (105) | 1:01:41 | 5:49 min/Km | 55-64_M (9) | |
| 122 | 49 | JUNCAL VERDE, RUBEN | NINGUNO | Mas (106) | 1:01:41 | 5:49 min/Km | 23-34_M (23) | 26 |
| 123 | 164 | RIVAS LÓPEZ, JAVIER | C.D PINARIUM | Mas (107) | 1:01:54 | 5:50 min/Km | 35-44_M (45) | 27 |
| 124 | 186 | OGANDO ESPANTOSO, ALVARO | NINGUNO | Mas (108) | 1:01:57 | 5:50 min/Km | 55-64_M (10) | |
| 125 | 145 | PEREZ SABORIDO, MARTIN | NINGUNO | Mas (109) | 1:01:58 | 5:50 min/Km | 23-34_M (24) | |
| 126 | 175 | BLANCO DOCAMPO, ROBERTO | C.D PINARIUM | Mas (110) | 1:02:12 | 5:52 min/Km | 45-54_M (26) | 28 |
| 127 | 20 | RODRÍGUEZ FERNÁNDEZ, PABLO | NINGUNO | Mas (111) | 1:02:28 | 5:53 min/Km | 35-44_M (46) | |
| 128 | 154 | ESTÉVEZ DOMÍNGUEZ, DAVID | C.D PINARIUM | Mas (112) | 1:02:38 | 5:54 min/Km | 35-44_M (47) | 29 |
| 129 | 10 | MARTINEZ ZUÑIGA, MODESTO | NINGUNO | Mas (113) | 1:02:41 | 5:54 min/Km | 45-54_M (27) | |
| 130 | 147 | MARTINEZ SANJORGE, ANTONIO JESUS | C.D PINARIUM | Mas (114) | 1:02:58 | 5:56 min/Km | 35-44_M (48) | 30 |

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| 131 | 163 | RODRIGUEZ RODRIGUEZ, FRANCISCO | C.D PINARIUM | Mas (115) | 1:03:26 | 5:59 min/Km | 55-64_M (11) | 31 |
| 132 | 35 | PADIN COUSIDO, JOSÉ LUIS | CAC.CAMBADOS-NOVAL | Mas (116) | 1:03:31 | 5:59 min/Km | 65-74_M (3) | |
| 133 | 79 | PARGA, LUCIA | MILER RUNNING CLUB | Fem (17) | 1:03:39 | 6:00 min/Km | 23-34_F (3) | |
| 134 | 58 | HERNANDEZ RODRIGUEZ, RAFAEL | NINGUNO | Mas (117) | 1:04:12 | 6:03 min/Km | 45-54_M (28) | 32 |
| 135 | 226 | DOMÍNGUEZ PEDREIRA, JACOBO | NINGUNO | Mas (118) | 1:04:21 | 6:04 min/Km | 45-54_M (29) | |
| 136 | 223 | MÍLLARA BLANCO, MANUEL | COMESAÑA | Mas (119) | 1:04:31 | 6:05 min/Km | + de 75_M (1) | |
| 137 | 64 | PERANDONES OTERO, ANTONIO | LOS REBECOS | Mas (120) | 1:04:49 | 6:06 min/Km | 55-64_M (12) | |
| 138 | 65 | PERANDONES OTERO, ELOINA | LOS REBECOS | Fem (18) | 1:04:50 | 6:06 min/Km | 55-64_F (1) | |
| 139 | 225 | RAFAEL DARRIBA, JERÓNIMO | NINGUNO | Mas (121) | 1:04:55 | 6:07 min/Km | 35-44_M (49) | |
| 140 | 130 | RUIZ LEDESMA, JUAN LUIS | NINGUNO | Mas (122) | 1:05:01 | 6:07 min/Km | 35-44_M (50) | |
| 141 | 131 | GARCÍA SIERRA, DAVID | NINGUNO | Mas (123) | 1:05:01 | 6:07 min/Km | 45-54_M (30) | |
| 142 | 81 | CAMINO MARTÍNEZ, JOSÉ MANUEL | NINGUNO | Mas (124) | 1:05:03 | 6:08 min/Km | 45-54_M (31) | |
| 143 | 100 | ESTÉVEZ COSTA, RICARDO | NINGUNO | Mas (125) | 1:05:15 | 6:09 min/Km | 35-44_M (51) | |
| 144 | 204 | CASTRO TOBIO, EUGENIA | NINGUNO | Fem (19) | 1:05:19 | 6:09 min/Km | 45-54_F (6) | |
| 145 | 238 | NÚÑEZ GONZALEZ, JOSE AMABLE | NINGUNO | Mas (126) | 1:05:24 | 6:10 min/Km | 45-54_M (32) | |
| 146 | 4 | MARTINEZ GOMEZ, PAKINHO | GALLEUSKA KORRIKOLARI ELKARTEA | Mas (127) | 1:06:04 | 6:13 min/Km | 45-54_M (33) | |
| 147 | 230 | FRANCO SABORIDO, DAVID | NINGUNO | Mas (128) | 1:06:25 | 6:15 min/Km | 23-34_M (25) | |
| 148 | 32 | LÓPEZ LOIRA, ALBERTO | NINGUNO | Mas (129) | 1:07:10 | 6:20 min/Km | 35-44_M (52) | 33 |
| 149 | 150 | ACUÑA TRABAZO, FERNANDO | C.D PINARIUM | Mas (130) | 1:07:22 | 6:21 min/Km | 55-64_M (13) | 34 |
| 150 | 181 | SANTIAGO DOPAZO, Mª PILAR | C.D PINARIUM | Fem (20) | 1:07:22 | 6:21 min/Km | 55-64_F (2) | 4 |
| 151 | 137 | ROSADO CARABIAS, ROSARIO | NINGUNO | Fem (21) | 1:07:37 | 6:22 min/Km | 45-54_F (7) | |
| 152 | 135 | TORICES BENEITEZ, OLIVER | NINGUNO | Mas (131) | 1:07:37 | 6:22 min/Km | 45-54_M (34) | |
| 153 | 33 | OTERO CARBALLAL, ANDRÉS | NINGUNO | Mas (132) | 1:07:39 | 6:22 min/Km | 23-34_M (26) | 35 |
| 154 | 75 | CALVARRO RIVADULLA, RUBEN | NINGUNO | Mas (133) | 1:07:43 | 6:23 min/Km | 35-44_M (53) | 36 |
| 155 | 109 | PRIETO PERNAS, FRAN | SÍGUEME SI PUEDES | Mas (134) | 1:07:45 | 6:23 min/Km | 35-44_M (54) | |
| 156 | 55 | ALFONSO PÉREZ, MANUEL ANTONIO | CLUBE DEPORTIVO RÍA DE AROUSA | Mas (135) | 1:07:50 | 6:23 min/Km | 55-64_M (14) | |
| 157 | 110 | ALCALDE BALADO, TANIA | TRIATLÓN INFORHOUSE SANTIAGO | Fem (22) | 1:08:18 | 6:26 min/Km | 35-44_F (10) | |
| 158 | 241 | RODRIGUEZ GOMEZ, JUAN CARLOS | NINGUNO | Mas (136) | 1:08:21 | 6:26 min/Km | 45-54_M (35) | |
| 159 | 73 | PIÑEIRO PORTAS, ALVARO | NINGUNO | Mas (137) | 1:08:24 | 6:27 min/Km | 35-44_M (55) | |
| 160 | 34 | OTERO CARBALLAL, INÉS | NINGUNO | Fem (23) | 1:08:57 | 6:30 min/Km | 18-22_F (1) | 5 |
| 161 | 234 | ROCHA ALVAREZ, SERGIO | NINGUNO | Mas (138) | 1:09:11 | 6:31 min/Km | 23-34_M (27) | |
| 162 | 87 | ARIAS GARCIA, UXIA | NINGUNO | Fem (24) | 1:09:17 | 6:32 min/Km | 23-34_F (4) | 6 |
| 163 | 51 | ARCE FERNÁNDEZ, CARLOS | ICACTIVE | Mas (139) | 1:09:19 | 6:32 min/Km | 45-54_M (36) | 37 |

I CARMIÑA CARREIRA

CLASIFICACIÓN ABSOLUTA



| Pto | Dorsal | Nombre | Equipo | Sexo | T. Oficial | Ritmo | CAT | LOCAL |
|-----|--------|-------------------------------|---------------------------|-----------|------------|-------------|--------------|-------|
| 164 | 157 | ALDAO PINTOS, CELIA | C.D PINARIUM | Fem (25) | 1:09:27 | 6:33 min/Km | 45-54_F (8) | 7 |
| 165 | 158 | VEIGA GARCIA, JERONIMO | C.D PINARIUM | Mas (140) | 1:09:27 | 6:33 min/Km | 45-54_M (37) | 38 |
| 166 | 15 | MIGUEZ SAN ISIDRO, BENIGNO | NINGUNO | Mas (141) | 1:09:39 | 6:34 min/Km | 35-44_M (56) | |
| 167 | 31 | RODRÍGUEZ PEREIRA, BEGOÑA | MILER RUNNING CLUB | Fem (26) | 1:10:09 | 6:37 min/Km | 35-44_F (11) | |
| 168 | 91 | QUINTIANA REIMUNDE, ALBERTO | NINGUNO | Mas (142) | 1:10:11 | 6:37 min/Km | 45-54_M (38) | |
| 169 | 132 | TILVE GARCÍA, AMANDO | NINGUNO | Mas (143) | 1:10:12 | 6:37 min/Km | 35-44_M (57) | |
| 170 | 194 | OTERO DOMÍNGUEZ, DAVID | NINGUNO | Mas (144) | 1:10:16 | 6:37 min/Km | 23-34_M (28) | |
| 171 | 235 | RODRIGUEZ CID, JOSE MANUEL | CLUB ASALTAMONTES | Mas (145) | 1:10:19 | 6:37 min/Km | 45-54_M (39) | |
| 172 | 218 | GONZALEZ LOPEZ, WALTER | NINGUNO | Mas (146) | 1:10:28 | 6:38 min/Km | 45-54_M (40) | |
| 173 | 222 | SOAGE DOPAZO, NOELIA | ICACTIVE | Fem (27) | 1:11:05 | 6:42 min/Km | 23-34_F (5) | 8 |
| 174 | 48 | CARRERA GONZÁLEZ, PEDRO | NINGUNO | Mas (147) | 1:11:32 | 6:44 min/Km | 45-54_M (41) | |
| 175 | 13 | MENDEZ TRIGO, VICTOR | NINGUNO | Mas (148) | 1:11:36 | 6:45 min/Km | 45-54_M (42) | |
| 176 | 97 | GARCÍA VÁZQUEZ, LUCAS | NINGUNO | Mas (149) | 1:11:41 | 6:45 min/Km | 35-44_M (58) | |
| 177 | 98 | FERNÁNDEZ VÁZQUEZ, ANA | NINGUNO | Fem (28) | 1:11:46 | 6:46 min/Km | 23-34_F (6) | |
| 178 | 236 | SOLIÑO BASTOS, BORJA | NINGUNO | Mas (150) | 1:11:58 | 6:47 min/Km | 23-34_M (29) | |
| 179 | 206 | DURAN CERQUEIRA, ENRIQUE | NINGUNO | Mas (151) | 1:11:59 | 6:47 min/Km | 35-44_M (59) | |
| 180 | 128 | FERREIRÓS PIEDRAS, JOSÉ ÁNGEL | NINGUNO | Mas (152) | 1:12:53 | 6:52 min/Km | 55-64_M (15) | |
| 181 | 70 | ORTIZ BENITO, AARON | TRIATLÓN PC RÍAS BAIXAS | Mas (153) | 1:12:55 | 6:52 min/Km | 23-34_M (30) | 39 |
| 182 | 208 | FERNÁNDEZ CARDO, PAOLA | NINGUNO | Fem (29) | 1:12:57 | 6:52 min/Km | 35-44_F (12) | |
| 183 | 210 | HALL, BETH | TRIATLON MOTOBIKE GALAICO | Fem (30) | 1:12:57 | 6:52 min/Km | 35-44_F (13) | |
| 184 | 209 | LOPEZ MILLAN, JULIO JOSE | NINGUNO | Mas (154) | 1:12:58 | 6:52 min/Km | 35-44_M (60) | |
| 185 | 36 | TAVARES GULIAS, MARIBEL | NINGUNO | Fem (31) | 1:13:10 | 6:54 min/Km | 55-64_F (3) | |
| 186 | 6 | RODRIGUEZ SANCHEZ, YOLI | NINGUNO | Fem (32) | 1:13:17 | 6:54 min/Km | 45-54_F (9) | |
| 187 | 205 | AROSA PERALBA, JÚLIA | NINGUNO | Fem (33) | 1:13:42 | 6:57 min/Km | 45-54_F (10) | |
| 188 | 203 | SERRA POMAR, NURIA | NINGUNO | Fem (34) | 1:13:42 | 6:57 min/Km | 45-54_F (11) | |
| 189 | 95 | COUTO CORDO, DIANA | MILER RUNNING CLUB | Fem (35) | 1:13:45 | 6:57 min/Km | 35-44_F (14) | |
| 190 | 212 | GARCÍA RIVERA, MONSERRAT | NINGUNO | Fem (36) | 1:14:34 | 7:02 min/Km | 55-64_F (4) | 9 |
| 191 | 74 | ZAMAR TABOADA, LOURDES | NINGUNO | Fem (37) | 1:14:36 | 7:02 min/Km | 35-44_F (15) | |
| 192 | 53 | LOPEZ GOMEZ, JORGE | NINGUNO | Mas (155) | 1:14:36 | 7:02 min/Km | 35-44_M (61) | 40 |
| 193 | 88 | GONZÁLEZ LÓPEZ, ADRIÁN | NINGUNO | Mas (156) | 1:14:37 | 7:02 min/Km | 35-44_M (62) | |
| 194 | 93 | CAMPOS RIVAS, LAURA | NINGUNO | Fem (38) | 1:14:52 | 7:03 min/Km | 45-54_F (12) | |
| 195 | 104 | GUISANDE PEREIRA, LUCIA | NINGUNO | Fem (39) | 1:14:54 | 7:03 min/Km | 35-44_F (16) | |
| 196 | 5 | RODRIGUEZ GONZALEZ, PURI | NINGUNO | Fem (40) | 1:16:09 | 7:10 min/Km | 45-54_F (13) | |

I CARMIÑA CARREIRA

CLASIFICACIÓN ABSOLUTA



| Pto | Dorsal | Nombre | Equipo | Sexo | T. Oficial | Ritmo | CAT | LOCAL |
|-----|--------|--------------------------------|-------------------------------|-----------|------------|-------------|---------------|-------|
| 197 | 7 | NOGUEIRA FOS, CHUS | NINGUNO | Fem (41) | 1:16:09 | 7:10 min/Km | 45-54_F (14) | |
| 198 | 118 | DE LA TORRE VAZQUEZ, DAVID | NINGUNO | Mas (157) | 1:16:21 | 7:12 min/Km | 35-44_M (63) | |
| 199 | 189 | MUÑOZ PESQUEIRA, MANUEL | NINGUNO | Mas (158) | 1:16:54 | 7:15 min/Km | 55-64_M (16) | 41 |
| 200 | 114 | MÉNDEZ PÉREZ, SOLEDAD | NINGUNO | Fem (42) | 1:16:57 | 7:15 min/Km | 35-44_F (17) | |
| 201 | 8 | RUIZ SANCHEZ, AUXI | NINGUNO | Fem (43) | 1:17:54 | 7:20 min/Km | 45-54_F (15) | |
| 202 | 173 | MORGADAS GONZALEZ, CAMILO JOSE | NINGUNO | Mas (159) | 1:18:16 | 7:22 min/Km | 35-44_M (64) | |
| 203 | 22 | FETEIRA CARABELOS, ESTEBAN | NINGUNO | Mas (160) | 1:18:17 | 7:23 min/Km | 35-44_M (65) | |
| 204 | 111 | MOURE COBOS, ANA | TRIATLÓN VILAGARCIA | Fem (44) | 1:18:35 | 7:24 min/Km | 35-44_F (18) | |
| 205 | 27 | CARABELOS ACUÑA, HERMITAS | NINGUNO | Fem (45) | 1:18:42 | 7:25 min/Km | 55-64_F (5) | |
| 206 | 18 | OUTERELO PEREIRA, PACO | NINGUNO | Mas (161) | 1:18:54 | 7:26 min/Km | 35-44_M (66) | |
| 207 | 9 | PEDREÑO NIETO, ENRIQUE | CLUB ATLETISMO SAMERTOLAMEU | Mas (162) | 1:21:01 | 7:38 min/Km | + de 75_M (2) | |
| 208 | 77 | LÓPEZ MOSTEIRO, ANA ISABEL | C.D PINARIUM | Fem (46) | 1:22:06 | 7:44 min/Km | 45-54_F (16) | |
| 209 | 11 | GANDARA BOUZA, JOSE ALEJANDRO | CASTRELOS 20:30 | Mas (163) | 1:41:13 | 9:32 min/Km | 45-54_M (43) | |
| 210 | 84 | RODRIGUES GADELHA, JULIANA | NINGUNO | Fem (47) | 1:42:05 | 9:37 min/Km | 35-44_F (19) | |
| 211 | 61 | PENA SUÁREZ, BEGOÑA | NINGUNO | Fem (48) | 1:42:44 | 9:41 min/Km | 45-54_F (17) | |
| DNF | 2 | SANCHEZ ALONSO, ALEJANDRA | NINGUNO | Fem (-1) | | 0:00 min/Km | 23-34_F (-1) | |
| DNF | 3 | ROMERAL SANCHEZ, VICTOR MANUEL | NINGUNO | Mas (-1) | | 0:00 min/Km | 23-34_M (-1) | |
| DNF | 17 | RUIZ GARCÍA, CARLOS | PONTE A CORRER | Mas (-1) | | 0:00 min/Km | 55-64_M (-1) | |
| DNF | 19 | VIDELA OUTEIRAL, ROBER | SPIKES RC | Mas (-1) | | 0:00 min/Km | 35-44_M (-1) | |
| DNF | 28 | GASPAR FONTÁN, CARMEN | NINGUNO | Fem (-1) | | 0:00 min/Km | 23-34_F (-1) | |
| DNF | 41 | BOROBIA RUIZ, ALBA | ICACTIVE | Fem (-1) | | 0:00 min/Km | 23-34_F (-1) | -1 |
| DNF | 42 | MONTES CALVAR, PATRICIA | ICACTIVE | Fem (-1) | | 0:00 min/Km | 45-54_F (-1) | -1 |
| DNF | 46 | GALLEGO PIÑEIRO, SARA | NINGUNO | Fem (-1) | | 0:00 min/Km | 23-34_F (-1) | |
| DNF | 59 | FERNÁNDEZ MOSQUERA, RAQUEL | NINGUNO | Fem (-1) | | 0:00 min/Km | 35-44_F (-1) | |
| DNF | 72 | OTERO FAZANES, VICTOR | NINGUNO | Mas (-1) | | 0:00 min/Km | 35-44_M (-1) | |
| DNF | 76 | ESTÉVEZ MILLÁN, ALBA | NINGUNO | Fem (-1) | | 0:00 min/Km | 23-34_F (-1) | -1 |
| DNF | 78 | QUIÑONES VÁZQUEZ, PABLO | NINGUNO | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | |
| DNF | 80 | VEIGA SANTOS, PAULA | NINGUNO | Fem (-1) | | 0:00 min/Km | 45-54_F (-1) | -1 |
| DNF | 83 | CELA BOISA, JESÚS | CLUB DEPORTIVO BRIÓN HYUPERSA | Mas (-1) | | 0:00 min/Km | 23-34_M (-1) | |
| DNF | 90 | RODRÍGUEZ OUTÓN, SABELA | NINGUNO | Fem (-1) | | 0:00 min/Km | 23-34_F (-1) | |
| DNF | 106 | HUERTA DE UÑA, DIEGO LUIS | NINGUNO | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | |
| DNF | 126 | PELETEIRO ESTEVEZ, JOSE MARIA | PONTE A CORRER | Mas (-1) | | 0:00 min/Km | 55-64_M (-1) | |
| DNF | 133 | CALVIÑO IGLESIAS, AMALIA | NINGUNO | Fem (-1) | | 0:00 min/Km | 35-44_F (-1) | -1 |

I CARMIÑA CARREIRA

CLASIFICACIÓN ABSOLUTA



| Pto | Dorsal | Nombre | Equipo | Sexo | T. Oficial | Ritmo | CAT | LOCAL |
|-----|--------|--------------------------------------|-------------------------|-----------------|------------|--------------------|---------------------|-------|
| DNF | 140 | CORTEGOSO RODRIGUEZ, CRISTINA | NINGUNO | Fem (-1) | | 0:00 min/Km | 55-64_F (-1) | |
| DNF | 143 | RODRÍGUEZ ALONSO, JOSÉ EDUARDO | NINGUNO | Mas (-1) | | 0:00 min/Km | 35-44_M (-1) | |
| DNF | 160 | RODAL DIZ, ANGEL M. | C.D PINARIUM | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | -1 |
| DNF | 179 | VIVES REINO, ADRIÁN | NINGUNO | Mas (-1) | | 0:00 min/Km | 35-44_M (-1) | |
| DNF | 187 | GIL BLANCO, FRANCISCO JOSÉ | C.D PINARIUM | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | -1 |
| DNF | 188 | PONTEVEDRA RIVEIRO, AGUSTIN | ADN RIAS BAIXAS | Mas (-1) | | 0:00 min/Km | 35-44_M (-1) | |
| DNF | 190 | MORGAGE MUÑIZ, CARLOD | NINGUNO | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | |
| DNF | 198 | RIVAS FERNÁNDEZ, MIGUEL ÁNGEL | NINGUNO | Mas (-1) | | 0:00 min/Km | 23-34_M (-1) | |
| DNF | 199 | ALARCON SABARIS, GABRIEL | TRIPENTA TERRAS DE LUGO | Mas (-1) | | 0:00 min/Km | 35-44_M (-1) | |
| DNF | 201 | LIJÓ ARES, YAGO | CLUB TRIATLON RIANXO | Mas (-1) | | 0:00 min/Km | 23-34_M (-1) | |
| DNF | 213 | GARCIA AVILES, ELIZABETH | NINGUNO | Fem (-1) | | 0:00 min/Km | 45-54_F (-1) | |
| DNF | 219 | ALONSO ABALO, JOSÉ MANUEL | NINGUNO | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | |
| DNF | 239 | CESPÓN OUTEDA, FRANCISCO | PONTEVEDRUNNERS | Mas (-1) | | 0:00 min/Km | 45-54_M (-1) | |
| DNF | 240 | BLANCO PÉREZ, AGUEDA OFELIA | NINGUNO | Fem (-1) | | 0:00 min/Km | 35-44_F (-1) | |

Actualizado a las 12:44:24 del 12-06-2022