

SIN SON 2023 - 10K

CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL T5K | RITM | SEXO | CATEGORÍA |
|----------|---------|--------------------------------|---------------------------|---------------|----------|------|-------------------------|
| MASTER 1 | | | | | | | |
| f | | | | | | | |
| 1 | 188 | 2006 VALIÑO GOMEZ, AIDA | ATLETISMO TUI | 00:39:12 | 00:19:59 | 3:55 | F (6) MASTER 1 F (1) |
| 2 | 199 | 2012 GARCIA LORENZO, SILVIA | CLUB ATLETISMO SAR | 00:39:23 | 00:20:03 | 3:56 | F (9) MASTER 1 F (2) |
| 3 | 210 | 2015 MARIÑO TORRADO, REBECA | BESTE IRUÑA | 00:39:41 | 00:20:05 | 3:58 | F (10) MASTER 1 F (3) |
| 4 | 234 | 2208 FARIÑA DÍAZ, LUCÍA | GLOBAL SPORT CLUB | 00:40:27 | 00:20:48 | 4:02 | F (11) MASTER 1 F (4) |
| 5 | 243 | 2014 LORZA LEINENA, IRATI | MARINEDA ATLÉTICO | 00:40:38 | 00:20:39 | 4:03 | F (12) MASTER 1 F (5) |
| 6 | 250 | 2180 SOUTO GARCÍA, PAULA | GLOBAL SPORT CLUB | 00:40:52 | 00:20:52 | 4:05 | F (13) MASTER 1 F (6) |
| 7 | 279 | 2026 LOPEZ GESTAL, MARTINA | SD COMPOSTELA ATLETISMO | 00:41:35 | 00:20:59 | 4:09 | F (15) MASTER 1 F (7) |
| 8 | 392 | 2036 LOJO ABANQUEIRO, ZORAIDA | S D BARBANTIA RODA | 00:44:17 | 00:22:21 | 4:25 | F (27) MASTER 1 F (8) |
| 9 | 445 | 2041 DURO LIÑARES, OLALLA | PONTE TRAIL | 00:45:39 | 00:23:05 | 4:33 | F (31) MASTER 1 F (9) |
| 10 | 565 | 2056 GARCIA PENA, CHUS | CLUB ATLETISMO TAMBRE | 00:47:57 | 00:24:17 | 4:47 | F (43) MASTER 1 F (10) |
| 11 | 685 | 2055 DAVILA IBÁÑEZ, ANA BELEN | NINGUNO | 00:50:12 | 00:25:21 | 5:01 | F (63) MASTER 1 F (11) |
| 12 | 699 | 2096 RIVEIRO GAGO, PATRICIA | FLOW PILATES & TRAINING | 00:50:37 | 00:25:41 | 5:03 | F (67) MASTER 1 F (12) |
| 13 | 720 | 2098 POSE ALMALLO, MARIA | DESGUACES FERREIRO | 00:51:06 | 00:26:44 | 5:06 | F (72) MASTER 1 F (13) |
| 14 | 740 | 2108 CERNADAS LAGO, PAULA | SERRES RUNNERS | 00:51:42 | 00:26:08 | 5:10 | F (77) MASTER 1 F (14) |
| 15 | 754 | 2047 MOREIRA, ESTRELLA | ENTRENARUNNING | 00:52:03 | 00:25:54 | 5:12 | F (79) MASTER 1 F (15) |
| 16 | 803 | 2271 RIVADENEIRA PÉREZ, PAULA | CLUB ATLETISMO NOIA | 00:53:31 | 00:27:13 | 5:21 | F (94) MASTER 1 F (16) |
| 17 | 808 | 2289 SOMOZA LOPEZ, YANIRA | CLUB ATLETISMO NOIA | 00:53:43 | 00:27:13 | 5:22 | F (96) MASTER 1 F (17) |
| 18 | 809 | 2237 MELÉNDREZ VILA, DÁNAE | NO SPORT LIMIT | 00:53:44 | 00:27:02 | 5:22 | F (97) MASTER 1 F (18) |
| 19 | 814 | 2079 COMESAÑA, OLALLA | NINGUNO | 00:53:48 | 00:27:14 | 5:22 | F (99) MASTER 1 F (19) |
| 20 | 825 | 2139 SAAVEDRA DELGADO, LAURA | NINGUNO | 00:54:12 | 00:28:50 | 5:25 | F (103) MASTER 1 F (20) |
| 21 | 832 | 2188 RAMOS BARRIONUEVO, TAMARA | NINGUNO | 00:54:31 | 00:27:54 | 5:27 | F (107) MASTER 1 F (21) |
| 22 | 869 | 2261 CALVO SALAS, MACARENA | CLUB ATLETISMO O PINO | 00:55:37 | 00:27:58 | 5:33 | F (120) MASTER 1 F (22) |
| 23 | 911 | 2179 GONZÁLEZ NIEVES, PAULA | NINGUNO | 00:56:48 | 00:29:28 | 5:40 | F (136) MASTER 1 F (23) |
| 24 | 951 | 2265 RIAL GARCÍA, ROSANA | CAO CLUBE ATLETISMO OUTES | 00:57:53 | 00:29:28 | 5:47 | F (150) MASTER 1 F (24) |
| 25 | 963 | 2222 ESPÍÑA, MARÍA | NINGUNO | 00:58:17 | 00:28:54 | 5:49 | F (157) MASTER 1 F (25) |
| 26 | 977 | 2058 PUENTE ANTELO, MARTA | CORREXALLAS | 00:59:01 | 00:29:57 | 5:54 | F (164) MASTER 1 F (26) |
| 27 | 993 | 2119 TOMÉ CAO, VANESA | NINGUNO | 01:00:23 | 00:29:38 | 6:02 | F (173) MASTER 1 F (27) |
| 28 | 1003 | 2201 PEREZ NIEVES, PATRICIA | NINGUNO | 01:01:07 | 00:30:39 | 6:06 | F (181) MASTER 1 F (28) |

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|-----|---------|--------|--------------------------------|----------------------------------|----------|----------|-----------|-------------------------|
| 29 | 1073 | 2173 | ASTRAY BARCA, MINIA | NINGUNO | 01:07:25 | 00:32:47 | 6:44 | F (225) MASTER 1 F (29) |
| 30 | 1085 | 2266 | CAROLI TREZZA, BARBARA FIORINA | NINGUNO | 01:10:57 | 00:33:45 | 7:05 | F (234) MASTER 1 F (30) |
| m | | | | | | | | |
| 1 | 11 | 1 | DAPENA GONZÁLEZ, PABLO | NINGUNO | 00:32:14 | 00:16:21 | 3:13 | M (11) MASTER 1 M (1) |
| 2 | 12 | 12 | CAAMAÑO NIETO, RUBEN | CLUB ATLETISMO SAR | 00:32:34 | 00:16:25 | 3:15 | M (12) MASTER 1 M (2) |
| 3 | 33 | 782 | LÓPEZ GONZÁLEZ, ISMAEL | NINGUNO | 00:34:36 | 00:17:37 | 3:27 | M (31) MASTER 1 M (3) |
| 4 | 35 | 49 | GARCÍA BLANCO, CAYETANO | SAUDE SPORT | 00:34:40 | 00:17:43 | 3:27 | M (33) MASTER 1 M (4) |
| 5 | 39 | 33 | RODRIGUEZ GARCIA, DANIEL | TRIATLON RIAS BAIXAS | 00:34:51 | 00:17:45 | 3:29 | M (37) MASTER 1 M (5) |
| 6 | 47 | 803 | GOMEZ PEREZ, ISMAEL | ATLETISMO TUI | 00:35:16 | 00:17:58 | 3:31 | M (44) MASTER 1 M (6) |
| 7 | 49 | 32 | SANTOS LOIS, SERGIO | C.A. CAMBADOS- SEG. NOVAL | 00:35:20 | 00:17:57 | 3:31 | M (46) MASTER 1 M (7) |
| 8 | 52 | 808 | RAIL CASTAÑO, SALVA | TRIBU TRAIL | 00:35:25 | 00:18:08 | 3:32 | M (49) MASTER 1 M (8) |
| 9 | 59 | 732 | RODRÍGUEZ LEAL, CARLOS | CLUB FERROL ATLETISMO | 00:35:45 | 00:18:23 | 3:34 | M (56) MASTER 1 M (9) |
| 10 | 69 | 42 | FERNANDEZ FERNANDEZ, CHRISTIAN | NINGUNO | 00:36:04 | 00:18:43 | 3:36 | M (66) MASTER 1 M (10) |
| 11 | 74 | 656 | BELLO GARCÍA, JUAN JOSÉ | CLUB CERVECERÍA O COTON NEGREIRA | 00:36:15 | 00:18:21 | 3:37 | M (71) MASTER 1 M (11) |
| 12 | 76 | 88 | CASTROAGUDIN GOMEZ, ADRIÁN | MORAÑA EN RUTA | 00:36:16 | 00:18:35 | 3:37 | M (73) MASTER 1 M (12) |
| 13 | 85 | 53 | OVIEDO BOUZAS, FRAN | CLUB ATLETISMO LOUSAME | 00:36:42 | 00:18:47 | 3:40 | M (82) MASTER 1 M (13) |
| 14 | 89 | 910 | MATA VIDAL, RUBÉN ISRAEL | NINGUNO | 00:36:58 | 00:18:50 | 3:41 | M (86) MASTER 1 M (14) |
| 15 | 99 | 781 | GARCIA VUELTA, JOSE MANUEL | NO SPORT LIMIT | 00:37:14 | 00:19:18 | 3:43 | M (96) MASTER 1 M (15) |
| 16 | 100 | 92 | QUERENTES SANTOS, JORGE | TRIBU TRAIL | 00:37:15 | 00:18:58 | 3:43 | M (97) MASTER 1 M (16) |
| 17 | 107 | 862 | GIL GÓMEZ, FRANCISCO | ESCUELA NAVAL MILITAR | 00:37:23 | 00:18:58 | 3:44 | M (104) MASTER 1 M (17) |
| 18 | 112 | 780 | DOBARRO, ADRIAN | CLUB ATLETISMO FONTES DO SAR | 00:37:28 | 00:19:29 | 3:44 | M (108) MASTER 1 M (18) |
| 19 | 114 | 96 | BLANCO LESTÓN, JOSÉ MANUEL | CLUB DEPORTIVO O JERREIRO | 00:37:35 | 00:19:18 | 3:45 | M (110) MASTER 1 M (19) |
| 20 | 129 | 660 | GEY MARTÍNEZ, MON | CLUB ATLETISMO NOIA | 00:37:58 | 00:19:10 | 3:47 | M (125) MASTER 1 M (20) |
| 21 | 132 | 76 | TRILLO BLANCO, RUBEN | CLUB ATLETISMO NOIA | 00:38:00 | 00:19:25 | 3:47 | M (128) MASTER 1 M (21) |
| 22 | 142 | 549 | PÉREZ VILAS, RAFAEL | CDM VERTICE | 00:38:12 | 00:19:40 | 3:49 | M (137) MASTER 1 M (22) |
| 23 | 144 | 41 | BEIRO FORMOSO, JOSE MARIA | CLUB CICLISTA MUROS | 00:38:14 | 00:19:57 | 3:49 | M (139) MASTER 1 M (23) |
| 24 | 149 | 651 | GARCÍA, FRAN | GLOBAL SPORT CLUB | 00:38:17 | 00:19:42 | 3:49 | M (144) MASTER 1 M (24) |
| 25 | 151 | 137 | CUENCA GARCIA, FRANCISCO JOSE | CLUB ATLETISMO O PINO | 00:38:20 | 00:19:35 | 3:49 | M (146) MASTER 1 M (25) |
| 26 | 153 | 106 | GARCÍA SÓÑORA, MARCOS | CLUB ATLETISMO NOIA | 00:38:22 | 00:19:42 | 3:50 | M (148) MASTER 1 M (26) |
| 27 | 154 | 30 | DURAN ALVAREZ, HUGO | C.A. VETERANOS DE SAMIL | 00:38:25 | 00:19:36 | 3:50 | M (149) MASTER 1 M (27) |
| 28 | 155 | 174 | MOURE SANLES, BASILIO | NINGUNO | 00:38:27 | 00:19:41 | 3:50 | M (150) MASTER 1 M (28) |

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|-----|---------|---------------------------------|-------------------------------|-----------|----------|------|---------|-----------------|
| 29 | 166 | 761 ZAERA MAYO, MARCOS | GLOBAL SPORT CLUB | 00:38:40 | 00:19:54 | 3:51 | M (161) | MASTER 1 M (29) |
| 30 | 170 | 73 PÉREZ MUROS, SEBASTIÁN | SERRES RUNNERS | 00:38:47 | 00:19:53 | 3:52 | M (165) | MASTER 1 M (30) |
| 31 | 172 | 215 FERNANDEZ PEREZ, DIEGO | NINGUNO | 00:38:48 | 00:19:56 | 3:52 | M (167) | MASTER 1 M (31) |
| 32 | 179 | 820 FERNÁNDEZ VÁZQUEZ, ÓSCAR | NINGUNO | 00:38:59 | 00:19:47 | 3:53 | M (174) | MASTER 1 M (32) |
| 33 | 181 | 43 FERNÁNDEZ CARRILLO, JOSÉ | NINGUNO | 00:39:03 | 00:19:50 | 3:54 | M (176) | MASTER 1 M (33) |
| 34 | 190 | 26 ALARCON SABARIS, GABRIEL | NINGUNO | 00:39:13 | 00:19:49 | 3:55 | M (184) | MASTER 1 M (34) |
| 35 | 202 | 135 RODRIGUEZ LIAS, ALEX | NINGUNO | 00:39:30 | 00:20:31 | 3:56 | M (193) | MASTER 1 M (35) |
| 36 | 214 | 36 FERNÁNDEZ, ANTONIO | NINGUNO | 00:39:54 | 00:20:22 | 3:59 | M (204) | MASTER 1 M (36) |
| 37 | 218 | 99 AGRASAR CES, MARTÍN | ARTROGAL | 00:39:58 | 00:20:25 | 3:59 | M (208) | MASTER 1 M (37) |
| 38 | 223 | 894 ROMAY RODRÍGUEZ, RICARDO | CLUB ATLETISMO SAR | 00:40:12 | 00:20:39 | 4:01 | M (213) | MASTER 1 M (38) |
| 39 | 239 | 735 PEREIRA UCHA, IVÁN | FENDE-PERNAS TEAM | 00:40:35 | 00:20:39 | 4:03 | M (228) | MASTER 1 M (39) |
| 40 | 244 | 701 AGRAFOJO MANTEIGA, DOMINGO | NINGUNO | 00:40:39 | 00:20:39 | 4:03 | M (232) | MASTER 1 M (40) |
| 41 | 247 | 154 MARQUE RUIBAL, JOSÉ ANTONIO | CDM VERTICE | 00:40:48 | 00:20:30 | 4:04 | M (235) | MASTER 1 M (41) |
| 42 | 253 | 129 BELLO BUGALLO, NICOLÁS | SAUDESPORT | 00:40:55 | 00:20:27 | 4:05 | M (240) | MASTER 1 M (42) |
| 43 | 257 | 389 SUÁREZ TABOADA, MANUEL | NINGUNO | 00:41:00 | 00:20:49 | 4:05 | M (243) | MASTER 1 M (43) |
| 44 | 263 | 269 RODRÍGUEZ FERNÁNDEZ, MARTÍN | CLUB DEPORTIVO DEPORTES EL 21 | 00:41:18 | 00:20:58 | 4:07 | M (249) | MASTER 1 M (44) |
| 45 | 290 | 653 ESCALANTE PÉREZ, DAVID | NOITEBRA FC | 00:41:48 | 00:21:58 | 4:10 | M (272) | MASTER 1 M (45) |
| 46 | 291 | 293 FERNANDEZ BREA, PABLO | NINGUNO | 00:41:50 | 00:21:24 | 4:10 | M (273) | MASTER 1 M (46) |
| 47 | 295 | 474 ABEIJÓN ROMERO, PABLO | NINGUNO | 00:41:57 | 00:21:07 | 4:11 | M (276) | MASTER 1 M (47) |
| 48 | 308 | 101 GÓMEZ GÓMEZ, PABLO | CLUB ATLETISMO NOIA | 00:42:16 | 00:21:10 | 4:13 | M (288) | MASTER 1 M (48) |
| 49 | 319 | 844 FREIRE ROMANI, RUBEN | NINGUNO | 00:42:32 | 00:21:58 | 4:15 | M (298) | MASTER 1 M (49) |
| 50 | 324 | 228 GÓMEZ SIEIRA, DAVID | CLUB ATLETISMO LOUSAME | 00:42:42 | 00:22:00 | 4:16 | M (303) | MASTER 1 M (50) |
| 51 | 359 | 856 PINTOR CARRIL, ANTÓN | NINGUNO | 00:43:31 | 00:22:29 | 4:21 | M (335) | MASTER 1 M (51) |
| 52 | 364 | 192 PÉREZ GONZALEZ, MARCOS | NO SPORT LIMIT | 00:43:40 | 00:22:11 | 4:21 | M (340) | MASTER 1 M (52) |
| 53 | 368 | 342 GOYANES SOUTO, ADRIÁN | CLUB ATLETISMO TAMBRE | 00:43:43 | 00:22:18 | 4:22 | M (344) | MASTER 1 M (53) |
| 54 | 369 | 364 MARTÍNEZ FERRACES, JORGE | NINGUNO | 00:43:44 | 00:22:13 | 4:22 | M (345) | MASTER 1 M (54) |
| 55 | 371 | 235 LESTAYO GARCIA, ALAIN | NINGUNO | 00:43:45 | 00:22:13 | 4:22 | M (347) | MASTER 1 M (55) |
| 56 | 389 | 578 SIXTO MONTERO, SERGIO | NINGUNO | 00:44:13 | 00:22:59 | 4:25 | M (364) | MASTER 1 M (56) |
| 57 | 393 | 196 MARIÑO MALLO, DAVID | LARACHA 2 RODAS | 00:44:21 | 00:22:21 | 4:26 | M (366) | MASTER 1 M (57) |
| 58 | 398 | 350 PAZ MONTERO, JAVIER | NINGUNO | 00:44:30 | 00:22:23 | 4:26 | M (371) | MASTER 1 M (58) |
| 59 | 399 | 888 CASTRO CABEZA, MARCOS | ATLETAS DE ACEA DE AMA | 00:44:33 | 00:22:15 | 4:27 | M (372) | MASTER 1 M (59) |

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|-----|---------|--------|-------------------------------|-----------------------------------|----------|----------|------|-------------------------|
| 60 | 401 | 860 | BASOA RODRIGUEZ, MANUEL | ESCOLA DE ATLETISMO PAULA MAYOBRE | 00:44:35 | 00:22:41 | 4:27 | M (374) MASTER 1 M (60) |
| 61 | 408 | 414 | SEOANE CEE, BRAIS | NINGUNO | 00:44:40 | 00:23:06 | 4:27 | M (381) MASTER 1 M (61) |
| 62 | 413 | 532 | FERNANDEZ SANTAMARIA, JOAQUIN | SACHACAMIÑOS | 00:44:45 | 00:23:16 | 4:28 | M (386) MASTER 1 M (62) |
| 63 | 417 | 234 | SANTOS LAMPÓN, JOSÉ | FLOW PILATES & TRAINING | 00:44:51 | 00:23:27 | 4:29 | M (390) MASTER 1 M (63) |
| 64 | 426 | 1015 | CASTRO GÓMEZ, FERNANDO | NINGUNO | 00:45:12 | 00:23:18 | 4:31 | M (398) MASTER 1 M (64) |
| 65 | 440 | 344 | MORANDEIRA REYES, RAMÓN | CLUB ATLETISMO FONTES DO SAR | 00:45:31 | 00:22:57 | 4:33 | M (411) MASTER 1 M (65) |
| 66 | 454 | 285 | GARCÍA REA, FERNANDO | NINGUNO | 00:45:51 | 00:23:14 | 4:35 | M (423) MASTER 1 M (66) |
| 67 | 456 | 908 | MELGAR SÁNCHEZ, JAIME | NINGUNO | 00:45:51 | 00:23:19 | 4:35 | M (425) MASTER 1 M (67) |
| 68 | 457 | 206 | NAVIA GIRALDEZ, ADRIAN | NINGUNO | 00:45:53 | 00:23:23 | 4:35 | M (426) MASTER 1 M (68) |
| 69 | 461 | 243 | PRESAS VENCE, MANUEL | NINGUNO | 00:45:55 | 00:23:06 | 4:35 | M (430) MASTER 1 M (69) |
| 70 | 475 | 373 | ROMERO ROMERO, JUAN | NINGUNO | 00:46:15 | 00:23:49 | 4:37 | M (441) MASTER 1 M (70) |
| 71 | 493 | 200 | LÓPEZ IGREXAS, MACÍAS | NO SPORT LIMIT | 00:46:26 | 00:23:43 | 4:38 | M (458) MASTER 1 M (71) |
| 72 | 503 | 212 | GIL SUAREZ, CARLOS ALBERTO | NINGUNO | 00:46:38 | 00:23:57 | 4:39 | M (467) MASTER 1 M (72) |
| 73 | 504 | 411 | BALSA DA TORRE, JUAN LUIS | NINGUNO | 00:46:39 | 00:22:57 | 4:39 | M (468) MASTER 1 M (73) |
| 74 | 506 | 769 | PALACIOS LADO, SERGIO | CLUB ATLETISMO O PINO | 00:46:39 | 00:23:22 | 4:39 | M (470) MASTER 1 M (74) |
| 75 | 513 | 636 | CASTRO VÁZQUEZ, JAVIER | NINGUNO | 00:46:48 | 00:24:26 | 4:40 | M (477) MASTER 1 M (75) |
| 76 | 514 | 980 | MARTÍNEZ SAYAR, MANUEL | MORAÑA EN RUTA | 00:46:50 | 00:24:26 | 4:40 | M (478) MASTER 1 M (76) |
| 77 | 515 | 668 | BARGO PEREZ, JOSE MANUEL | CLUB ATLETISMO LOUSAME | 00:46:52 | 00:21:06 | 4:41 | M (479) MASTER 1 M (77) |
| 78 | 521 | 465 | CASTAÑO BRIONES, JUAN RAMON | NINGUNO | 00:47:03 | 00:23:38 | 4:42 | M (485) MASTER 1 M (78) |
| 79 | 524 | 890 | CANCELO ALFONSO, JUAN JOSE | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:47:05 | 00:23:33 | 4:42 | M (488) MASTER 1 M (79) |
| 80 | 540 | 681 | LOPEZ ARAUJO, ALBERTO | NINGUNO | 00:47:22 | 00:24:01 | 4:44 | M (501) MASTER 1 M (80) |
| 81 | 543 | 584 | CAEIRO SANDE, ROBERTO | NINGUNO | 00:47:25 | 00:24:14 | 4:44 | M (504) MASTER 1 M (81) |
| 82 | 547 | 258 | OLVEIRA SUÁREZ, JUAN JESÚS | SAUDESPORT | 00:47:32 | 00:24:14 | 4:45 | M (508) MASTER 1 M (82) |
| 83 | 548 | 579 | MATOS ZAS, JOSÉ | NINGUNO | 00:47:36 | 00:24:08 | 4:45 | M (509) MASTER 1 M (83) |
| 84 | 578 | 837 | CASTELO CAAMAÑO, LUIS | NINGUNO | 00:48:10 | 00:24:03 | 4:48 | M (535) MASTER 1 M (84) |
| 85 | 587 | 409 | CAMBEIRO CAMBEIRO, FERMÍN | NINGUNO | 00:48:29 | 00:23:37 | 4:50 | M (542) MASTER 1 M (85) |
| 86 | 593 | 583 | ROMERO VÁZQUEZ, MANUEL ÁNGEL | VELAÍ BIKE | 00:48:35 | 00:24:21 | 4:51 | M (546) MASTER 1 M (86) |
| 87 | 626 | 484 | CALO GOMEZ, JOSÉ LUIS | NINGUNO | 00:49:05 | 00:24:40 | 4:54 | M (571) MASTER 1 M (87) |
| 88 | 638 | 415 | ABADES CARAMÉS, DAVID | NINGUNO | 00:49:24 | 00:24:52 | 4:56 | M (583) MASTER 1 M (88) |
| 89 | 639 | 576 | VÁZQUEZ BENDAÑA, DIEGO LUIS | CLUBE DEPORTIVO ARZÚA | 00:49:24 | 00:24:53 | 4:56 | M (584) MASTER 1 M (89) |
| 90 | 649 | 931 | LÓPEZ ROMERO, IVÁN | TABEIRÓN DEPORTIVO | 00:49:31 | 00:25:55 | 4:57 | M (592) MASTER 1 M (90) |

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| 91 | 658 | 190 | RÚA NÚÑEZ, RAMÓN | CACA RUNNERS | 00:49:40 | 00:25:05 | 4:57 | M (600) | MASTER 1 M (91) |
| 92 | 659 | 90 | RÚA NÚÑEZ, MANUEL | CACA RUNNERS | 00:49:40 | 00:25:06 | 4:57 | M (601) | MASTER 1 M (92) |
| 93 | 686 | 330 | TEIRA OTERO, LUÍS MANUEL | PRÓLOGO! PROJECT | 00:50:15 | 00:24:42 | 5:01 | M (623) | MASTER 1 M (93) |
| 94 | 722 | 545 | LORENZO VILOUTA, MARTÍN | NINGUNO | 00:51:09 | 00:25:53 | 5:06 | M (650) | MASTER 1 M (94) |
| 95 | 723 | 506 | GARCÍA CODESIDO, MIGUEL | CLUBE DEPORTIVO ARZÚA | 00:51:11 | 00:25:11 | 5:07 | M (651) | MASTER 1 M (95) |
| 96 | 729 | 984 | ROEL MIRANDA, PABLO | NINGUNO | 00:51:28 | 00:25:43 | 5:08 | M (654) | MASTER 1 M (96) |
| 97 | 742 | 699 | GÓMEZ MARTÍNEZ, SERGIO | NINGUNO | 00:51:45 | 00:26:56 | 5:10 | M (665) | MASTER 1 M (97) |
| 98 | 756 | 912 | RODRÍGUEZ, SERGIO | NINGUNO | 00:52:04 | 00:25:41 | 5:12 | M (677) | MASTER 1 M (98) |
| 99 | 784 | 282 | GARCIA BLANCO, DANIEL | SAUDESPORT | 00:52:51 | 00:25:53 | 5:17 | M (697) | MASTER 1 M (99) |
| 100 | 807 | 502 | REQUEJO FERNANDEZ, ANGEL | CLUB ATLETISMO NOIA | 00:53:43 | 00:27:14 | 5:22 | M (712) | MASTER 1 M (100) |
| 101 | 821 | 368 | BELLÓN NEGREIRA, ÓLIVER | NINGUNO | 00:54:07 | 00:27:46 | 5:24 | M (720) | MASTER 1 M (101) |
| 102 | 827 | 480 | NÚÑEZ VARELA, GONZALO | NINGUNO | 00:54:16 | 00:26:58 | 5:25 | M (724) | MASTER 1 M (102) |
| 103 | 834 | 680 | EXPOSITO JUSTO, HECTOR | NINGUNO | 00:54:31 | 00:27:53 | 5:27 | M (727) | MASTER 1 M (103) |
| 104 | 840 | 433 | LÓPEZ TEMES, MANUEL | CORREXALLAS | 00:54:34 | 00:27:39 | 5:27 | M (732) | MASTER 1 M (104) |
| 105 | 848 | 1011 | USÓN PÉREZ, MIGUEL | NINGUNO | 00:54:54 | 00:29:19 | 5:29 | M (736) | MASTER 1 M (105) |
| 106 | 866 | 945 | FERNÁNDEZ SANTIAGO, RUBÉN | NO SPORT LIMIT | 00:55:33 | 00:28:09 | 5:33 | M (748) | MASTER 1 M (106) |
| 107 | 890 | 633 | MARIÑO PEREIRAS, RAÚL | NINGUNO | 00:56:16 | 00:27:56 | 5:37 | M (764) | MASTER 1 M (107) |
| 108 | 891 | 712 | RODRIGUEZ GOMEZ, MARTIN | NOITEBRA FC | 00:56:16 | 00:27:57 | 5:37 | M (765) | MASTER 1 M (108) |
| 109 | 921 | 499 | CASTRO SAMPEDRO, JAVIER | NINGUNO | 00:57:07 | 00:28:39 | 5:42 | M (782) | MASTER 1 M (109) |
| 110 | 944 | 489 | GOMEZ ROMERO, RUBEN | NINGUNO | 00:57:45 | 00:29:17 | 5:46 | M (797) | MASTER 1 M (110) |
| 111 | 962 | 814 | MOSQUERA, VALENTIN | CDM XESTEIRAS | 00:58:15 | 00:28:52 | 5:49 | M (806) | MASTER 1 M (111) |
| 112 | 966 | 590 | REY SOUTO, LORENZO | NINGUNO | 00:58:22 | 00:28:59 | 5:50 | M (807) | MASTER 1 M (112) |
| 113 | 975 | 1003 | DOCE DURÁN, JUAN | NINGUNO | 00:58:49 | 00:29:19 | 5:52 | M (813) | MASTER 1 M (113) |
| 114 | 1004 | 628 | VIDAL GATO, ANDRES | NINGUNO | 01:01:07 | 00:30:39 | 6:06 | M (823) | MASTER 1 M (114) |

MASTER 2

f

| | | | | | | | | | |
|---|-----|------|------------------------|-------------------------|----------|----------|------|--------|----------------|
| 1 | 108 | 2017 | RODRÍGUEZ DíEZ, ESTHER | ADAS CUPA | 00:37:25 | 00:19:00 | 3:44 | F (4) | MASTER 2 F (1) |
| 2 | 292 | 2031 | BLANCO REY, VANESA | CLUB ATLETISMO SAR | 00:41:52 | 00:21:30 | 4:11 | F (19) | MASTER 2 F (2) |
| 3 | 331 | 2043 | TARRÍO MARTÍNEZ, MARIA | SD COMPOSTELA ATLETISMO | 00:42:51 | 00:21:39 | 4:17 | F (23) | MASTER 2 F (3) |
| 4 | 352 | 2204 | ESTEIRO RAMOS, PAULA | SD COMPOSTELA ATLETISMO | 00:43:21 | 00:22:09 | 4:20 | F (24) | MASTER 2 F (4) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-----------------------------|------------------------------|----------|----------|------|-------------------------|
| 5 | 381 | 2194 | RAMOS LEIS, ANDREIA | CLUB ATLETISMO FONTES DO SAR | 00:43:51 | 00:22:33 | 4:23 | F (25) MASTER 2 F (5) |
| 6 | 418 | 2037 | BLANCO PENA, FINA | CD 21 LEGUAS | 00:44:56 | 00:22:52 | 4:29 | F (28) MASTER 2 F (6) |
| 7 | 443 | 2038 | BAZARRA CAROU, RAQUEL | NINGUNO | 00:45:35 | 00:23:04 | 4:33 | F (30) MASTER 2 F (7) |
| 8 | 468 | 2040 | MARIÑO PAZ, LUCIA | NINGUNO | 00:46:03 | 00:23:23 | 4:36 | F (32) MASTER 2 F (8) |
| 9 | 471 | 2217 | FEIJOO SANCHEZ, SUSANA | ATLETAS DE ACEA DE AMA | 00:46:07 | 00:23:34 | 4:36 | F (33) MASTER 2 F (9) |
| 10 | 476 | 2018 | LORENZO FIGUEIRAS, LORENA | NINGUNO | 00:46:15 | 00:23:18 | 4:37 | F (35) MASTER 2 F (10) |
| 11 | 539 | 2021 | DÍEZ BERMÚDEZ, SILVIA | EGOVARROS DE VIVEIRO | 00:47:20 | 00:24:05 | 4:43 | F (39) MASTER 2 F (11) |
| 12 | 551 | 2212 | VAL DEL RÍO, ÁNGELES | CLUB ATLETISMO MILLARAIO | 00:47:39 | 00:23:58 | 4:45 | F (41) MASTER 2 F (12) |
| 13 | 579 | 2234 | MARIÑO REY, SILVIA | CLUB ATLETISMO SAR | 00:48:11 | 00:24:23 | 4:49 | F (44) MASTER 2 F (13) |
| 14 | 580 | 2284 | MARIÑO REY, MARINA | NINGUNO | 00:48:11 | 00:24:24 | 4:49 | F (45) MASTER 2 F (14) |
| 15 | 588 | 2207 | CAAMAÑO PÉREZ, VANESA | TERRA DE SONEIRA | 00:48:30 | 00:25:15 | 4:50 | F (46) MASTER 2 F (15) |
| 16 | 590 | 2048 | FIGUEIRA DOMÍNGUEZ, LETICIA | CLUB ATLETISMO BETANZOS | 00:48:31 | 00:24:48 | 4:51 | F (47) MASTER 2 F (16) |
| 17 | 601 | 2106 | TOREA TOREA, ELENA | CLUB ATLETISMO LOUSAME | 00:48:40 | 00:24:39 | 4:51 | F (48) MASTER 2 F (17) |
| 18 | 611 | 2023 | TOBÍO DÓNEGA, MARÍA | NINGUNO | 00:48:46 | 00:24:56 | 4:52 | F (53) MASTER 2 F (18) |
| 19 | 622 | 2210 | MANEIRO ROIG, CHICHA | NINGUNO | 00:49:00 | 00:24:27 | 4:53 | F (55) MASTER 2 F (19) |
| 20 | 671 | 2231 | LOPEZ RODRIGUEZ, ANA | ATLETISMO TUI | 00:49:54 | 00:25:11 | 4:59 | F (59) MASTER 2 F (20) |
| 21 | 679 | 2141 | SILVA SOMOZA, SANDRA | NINGUNO | 00:49:58 | 00:25:11 | 4:59 | F (62) MASTER 2 F (21) |
| 22 | 689 | 2035 | RIBER RUEDA, JOSEFINA | SD COMPOSTELA ATLETISMO | 00:50:20 | 00:24:55 | 5:01 | F (64) MASTER 2 F (22) |
| 23 | 697 | 2029 | SANTOS LAMPÓN, GUADALUPE | FLOW PILATES & TRAINING | 00:50:34 | 00:25:01 | 5:03 | F (66) MASTER 2 F (23) |
| 24 | 724 | 2238 | GONZALEZ FERNANDEZ, LUCIA | GTR GALAICO TRAIL RUN | 00:51:23 | 00:25:13 | 5:08 | F (73) MASTER 2 F (24) |
| 25 | 726 | 2075 | ESTÉVEZ VÁZQUEZ, ROSA | C.A. CAMBADOS- SEG. NOVAL | 00:51:27 | 00:26:23 | 5:08 | F (75) MASTER 2 F (25) |
| 26 | 736 | 2067 | ALDAO, IRIA | HERCULES TERMARIA | 00:51:38 | 00:26:46 | 5:09 | F (76) MASTER 2 F (26) |
| 27 | 749 | 2214 | LAREO RODRIGUEZ, RAQUEL | GTR GALAICO TRAIL RUN | 00:51:52 | 00:26:51 | 5:11 | F (78) MASTER 2 F (27) |
| 28 | 766 | 2228 | BLANCO DIEGUEZ, MARGARITA | GTR GALAICO TRAIL RUN | 00:52:29 | 00:26:34 | 5:14 | F (84) MASTER 2 F (28) |
| 29 | 788 | 2259 | MAROÑAS, MARÍA | SD COMPOSTELA ATLETISMO | 00:52:54 | 00:26:27 | 5:17 | F (89) MASTER 2 F (29) |
| 30 | 790 | 2045 | REY DA SILVA, DOLORES | CLUB ATLETISMO O PINO | 00:52:57 | 00:27:32 | 5:17 | F (90) MASTER 2 F (30) |
| 31 | 829 | 2233 | LESTÓN VARA, MANUELA | TRIKI TEAM | 00:54:22 | 00:26:41 | 5:26 | F (105) MASTER 2 F (31) |
| 32 | 831 | 2279 | MARTÍNEZ PARCERO, VERÓNICA | CLUB ATLETISMO O PINO | 00:54:25 | 00:27:06 | 5:26 | F (106) MASTER 2 F (32) |
| 33 | 835 | 2148 | ROMERO ROMERO, MARI | CLUB CICLISTA MUROS | 00:54:31 | 00:27:34 | 5:27 | F (108) MASTER 2 F (33) |
| 34 | 842 | 2249 | FARO TELLADO, VANESA | NINGUNO | 00:54:39 | 00:27:36 | 5:27 | F (109) MASTER 2 F (34) |
| 35 | 844 | 2199 | MUIÑO BALSAL, MARTA | CLUB ATLETISMO TAMBRE | 00:54:47 | 00:27:36 | 5:28 | F (110) MASTER 2 F (35) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|------------------------------|------------------------------|----------|----------|------|-------------------------|
| 36 | 845 | 2195 | ALDREY FERREIRO, BEATRIZ | CLUB ATLETISMO FONTES DO SAR | 00:54:48 | 00:28:02 | 5:28 | F (111) MASTER 2 F (36) |
| 37 | 858 | 2110 | VARELA VARELA, SABELA | NINGUNO | 00:55:23 | 00:27:57 | 5:32 | F (115) MASTER 2 F (37) |
| 38 | 865 | 2187 | CONDE SUÁREZ, PLACERES | NINGUNO | 00:55:32 | 00:28:52 | 5:33 | F (118) MASTER 2 F (38) |
| 39 | 867 | 2236 | DOMÍNGUEZ LOPEZ, ANA | NINGUNO | 00:55:33 | 00:28:11 | 5:33 | F (119) MASTER 2 F (39) |
| 40 | 872 | 2181 | REY ARÁN, MARÍA ISABEL | NINGUNO | 00:55:39 | 00:27:44 | 5:33 | F (121) MASTER 2 F (40) |
| 41 | 887 | 2183 | TELLA REY, BELEN | NINGUNO | 00:56:09 | 00:28:19 | 5:36 | F (124) MASTER 2 F (41) |
| 42 | 889 | 2114 | FERNÁNDEZ PÉREZ, ALBA | NINGUNO | 00:56:14 | 00:28:07 | 5:37 | F (126) MASTER 2 F (42) |
| 43 | 894 | 2245 | SANCHEZ PÑAOS, MARIA | NINGUNO | 00:56:18 | 00:28:23 | 5:37 | F (128) MASTER 2 F (43) |
| 44 | 895 | 2182 | PARRALES FARIAS, YAJAIRA | NINGUNO | 00:56:19 | 00:28:00 | 5:37 | F (129) MASTER 2 F (44) |
| 45 | 896 | 2084 | CARAMÉS VILA, NOA | S D BARBANTIA RODA | 00:56:19 | 00:28:30 | 5:37 | F (130) MASTER 2 F (45) |
| 46 | 908 | 2272 | CALVIÑO CARREÑO, ROSANA | NINGUNO | 00:56:45 | 00:29:16 | 5:40 | F (135) MASTER 2 F (46) |
| 47 | 927 | 2278 | BARREIRO FÁBREGAS, BELI | NINGUNO | 00:57:19 | 00:28:42 | 5:43 | F (140) MASTER 2 F (47) |
| 48 | 941 | 2107 | CALO VAZQUEZ, ROSA | SACHACAMIÑOS | 00:57:44 | 00:28:55 | 5:46 | F (146) MASTER 2 F (48) |
| 49 | 952 | 2138 | RODRIGUEZ CASARES, CRISTINA | NINGUNO | 00:57:53 | 00:29:41 | 5:47 | F (151) MASTER 2 F (49) |
| 50 | 960 | 2123 | REY, BEATRIZ | NINGUNO | 00:58:12 | 00:29:19 | 5:49 | F (156) MASTER 2 F (50) |
| 51 | 964 | 2273 | CASTELO ALVITE, BELEN | VICLAUMAIA | 00:58:18 | 00:29:47 | 5:49 | F (158) MASTER 2 F (51) |
| 52 | 968 | 2291 | Nieto, Beatriz | | 00:58:24 | 00:28:46 | 5:50 | F (160) MASTER 2 F (52) |
| 53 | 994 | 2097 | DEL RÍO MOSQUERA, ESTHER | NINGUNO | 01:00:23 | 00:29:38 | 6:02 | F (174) MASTER 2 F (53) |
| 54 | 995 | 2070 | MCKEEVER MISA, CAROLINA | NINGUNO | 01:00:25 | 00:29:52 | 6:02 | F (175) MASTER 2 F (54) |
| 55 | 996 | 2069 | PAZOS TOBA, ROCIO | NINGUNO | 01:00:25 | 00:29:52 | 6:02 | F (176) MASTER 2 F (55) |
| 56 | 997 | 2253 | REIGOSA RIVAS, REBECA | NINGUNO | 01:00:42 | 00:29:36 | 6:04 | F (177) MASTER 2 F (56) |
| 57 | 1002 | 2200 | BADA MOREIRA, SILVIA | NINGUNO | 01:01:07 | 00:31:16 | 6:06 | F (180) MASTER 2 F (57) |
| 58 | 1005 | 2197 | MARTINEZ FERNANDEZ, PILAR | NINGUNO | 01:01:07 | 00:30:40 | 6:06 | F (182) MASTER 2 F (58) |
| 59 | 1010 | 2220 | GARCÍA QUEIRUGA, SANDRA | BAJANDODE40.COM | 01:01:19 | 00:30:59 | 6:07 | F (185) MASTER 2 F (59) |
| 60 | 1015 | 2127 | SANMARTÍN RODRÍGUEZ, NOEMI | CLUB ATLETISMO O PINO | 01:01:27 | 00:31:09 | 6:08 | F (188) MASTER 2 F (60) |
| 61 | 1016 | 2113 | FERREIRO MARTINEZ, MARIA | NINGUNO | 01:01:30 | 00:30:26 | 6:08 | F (189) MASTER 2 F (61) |
| 62 | 1020 | 2169 | ORTEGA IGLESIAS, DIANA | NINGUNO | 01:01:45 | 00:31:30 | 6:10 | F (192) MASTER 2 F (62) |
| 63 | 1022 | 2128 | JAQUET SANTAMARINA, MARTA | NINGUNO | 01:01:45 | 00:31:31 | 6:10 | F (193) MASTER 2 F (63) |
| 64 | 1033 | 2060 | LOPEZ TEMES, ROCÍO | CORREXALLAS | 01:02:21 | 00:30:55 | 6:14 | F (200) MASTER 2 F (64) |
| 65 | 1040 | 2255 | COSTOYA, ANDREA | CLUBE ATLETISMO BOIMORTO | 01:03:02 | 00:31:04 | 6:18 | F (205) MASTER 2 F (65) |
| 66 | 1043 | 2240 | PÉREZ PÉREZ, BEATRIZ BETSABÉ | NINGUNO | 01:03:24 | 00:31:46 | 6:20 | F (207) MASTER 2 F (66) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA | |
|-----|---------|--------|--------------------------------|----------------------------------|----------|----------|------|-----------|-----------------|
| 67 | 1048 | 2118 | CIMADEVILLA CRUJEIRAS, TERESA | ESCUELA DE BOXEO EL CANARIO | 01:03:53 | 00:32:04 | 6:23 | F (211) | MASTER 2 F (67) |
| 68 | 1055 | 2178 | VILLAR GARCIA, PATRICIA | NINGUNO | 01:04:20 | 00:31:09 | 6:25 | F (213) | MASTER 2 F (68) |
| 69 | 1059 | 2104 | CANAVERI GUEVARA, PATRICIA | FLOW PILATES & TRAINING | 01:05:46 | 00:32:20 | 6:34 | F (216) | MASTER 2 F (69) |
| 70 | 1061 | 2066 | MERIN TEJEDOR, SILVIA | NINGUNO | 01:05:57 | 00:31:54 | 6:35 | F (218) | MASTER 2 F (70) |
| 71 | 1064 | 2099 | BAZARRA AGULLA, MARI | CAO CLUBE ATLETISMO OUTES | 01:06:21 | 00:32:18 | 6:38 | F (219) | MASTER 2 F (71) |
| 72 | 1065 | 2192 | GARCÍA LUEIRO, CRISTINA | NINGUNO | 01:06:21 | 00:32:15 | 6:38 | F (220) | MASTER 2 F (72) |
| 73 | 1067 | 2163 | GONZÁLEZ VILLAR, YOLANDA | CAO CLUBE ATLETISMO OUTES | 01:06:21 | 00:32:15 | 6:38 | F (221) | MASTER 2 F (73) |
| 74 | 1072 | 2276 | MIYARES CES, MARIA JOSE | VICLAUMAIA | 01:06:56 | 00:32:28 | 6:41 | F (224) | MASTER 2 F (74) |
| 75 | 1076 | 2171 | VÁZQUEZ SUÁREZ, MARTA | NINGUNO | 01:08:00 | 00:33:10 | 6:47 | F (227) | MASTER 2 F (75) |
| 76 | 1077 | 2239 | GONZÁLEZ REY, BEGOÑA | NINGUNO | 01:08:00 | 00:33:10 | 6:47 | F (228) | MASTER 2 F (76) |
| 77 | 1078 | 2230 | DORES, MARÍA | NINGUNO | 01:08:12 | 00:32:39 | 6:49 | F (229) | MASTER 2 F (77) |
| 78 | 1088 | 2105 | REGUEIRO CRUZ, SUSANA | PELUQUERÍA TESOIRAS | 01:20:48 | 00:39:21 | 8:04 | F (237) | MASTER 2 F (78) |
| m | | | | | | | | | |
| 1 | 22 | 745 | JUANATEY GARCIA, CARLOS | CLUB ATLETISMO NOIA | 00:33:25 | 00:16:56 | 3:20 | M (22) | MASTER 2 M (1) |
| 2 | 25 | 114 | CREGO FERNANDEZ, XACOBO | TRIATLON INFORHOUSE SANTIAGO | 00:33:38 | 00:16:58 | 3:21 | M (24) | MASTER 2 M (2) |
| 3 | 32 | 787 | FERNANDEZ LIJÓ, JUAN FRANCISCO | POR AMOR AL ARTE | 00:34:33 | 00:17:37 | 3:27 | M (30) | MASTER 2 M (3) |
| 4 | 40 | 743 | TRABA CAAMAÑO, PEDRO | CAO CLUBE ATLETISMO OUTES | 00:34:52 | 00:17:53 | 3:29 | M (38) | MASTER 2 M (4) |
| 5 | 43 | 155 | FERNÁNDEZ GUTIÉRREZ, MANUEL | NINGUNO | 00:35:02 | 00:17:55 | 3:30 | M (41) | MASTER 2 M (5) |
| 6 | 48 | 798 | RODRÍGUEZ IGLESIAS, GUSTAVO | ATLETISMO TUI | 00:35:16 | 00:17:59 | 3:31 | M (45) | MASTER 2 M (6) |
| 7 | 50 | 93 | LADO PÉREZ, MARCOS | CLUB ATLETISMO SAR | 00:35:21 | 00:18:07 | 3:32 | M (47) | MASTER 2 M (7) |
| 8 | 54 | 56 | GONZÁLEZ REY, JOSECHO | CLUB DEPORTIVO O JERREIRO | 00:35:33 | 00:18:28 | 3:33 | M (51) | MASTER 2 M (8) |
| 9 | 55 | 28 | SANTOS NUÑEZ, PABLO | C.A. CAMBADOS- SEG. NOVAL | 00:35:37 | 00:18:04 | 3:33 | M (52) | MASTER 2 M (9) |
| 10 | 57 | 786 | ABELENDIA LÓPEZ, MARTÍN | SD COMPOSTELA ATLETISMO | 00:35:40 | 00:18:09 | 3:33 | M (54) | MASTER 2 M (10) |
| 11 | 58 | 60 | CALERO FERNANDEZ, JOSÉ MANUEL | CLUB ATLETISMO LOUSAME | 00:35:42 | 00:18:10 | 3:34 | M (55) | MASTER 2 M (11) |
| 12 | 61 | 57 | GONZÁLEZ REY, BONI | CLUB DEPORTIVO O JERREIRO | 00:35:49 | 00:18:34 | 3:34 | M (58) | MASTER 2 M (12) |
| 13 | 64 | 756 | LAGO CIVES, JOSE RAMON | NOIA | 00:35:56 | 00:18:07 | 3:35 | M (61) | MASTER 2 M (13) |
| 14 | 65 | 51 | MORÁN GONZÁLEZ, ENRIQUE | CLUB ATLETISMO LOUSAME | 00:35:58 | 00:18:14 | 3:35 | M (62) | MASTER 2 M (14) |
| 15 | 67 | 792 | LIÑARES ARAN, RUBEN | NINGUNO | 00:36:02 | 00:18:27 | 3:36 | M (64) | MASTER 2 M (15) |
| 16 | 70 | 777 | RODRIGUEZ POUOSO, LITO | CLUB ATLETISMO NOIA | 00:36:05 | 00:18:12 | 3:36 | M (67) | MASTER 2 M (16) |
| 17 | 75 | 87 | DOMÍNGUEZ SILVA, ANDRÉS | CLUB CERVECERÍA O COTON NEGREIRA | 00:36:15 | 00:18:22 | 3:37 | M (72) | MASTER 2 M (17) |
| 18 | 79 | 754 | BUJAN OTERO, JOSÉ CARLOS | NOITEBRA FC | 00:36:27 | 00:18:35 | 3:38 | M (76) | MASTER 2 M (18) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL T5K | RITM | SEXO | CATEGORÍA | |
|-----|---------|--------|--------------------------------|-------------------------------|----------|----------|-----------|-------------------------|
| 19 | 80 | 111 | SEOANE POMBO, JOSE MANUEL | CLUB ATLETISMO NEGREIRA | 00:36:28 | 00:18:33 | 3:38 | M (77) MASTER 2 M (19) |
| 20 | 82 | 21 | FERNÁNDEZ RODRÍGUEZ, JOSE | CLUBE ATLETISMO BOIMORTO | 00:36:35 | 00:18:51 | 3:39 | M (79) MASTER 2 M (20) |
| 21 | 84 | 17 | LÓPEZ-RIOBOO SALINAS, LUIS | TRAILEROS TOXOS E BIRRAS | 00:36:39 | 00:18:50 | 3:39 | M (81) MASTER 2 M (21) |
| 22 | 86 | 750 | MARTINEZ MELLADO, DAVID | CLUBE DEPORTIVO ARZÚA | 00:36:49 | 00:18:50 | 3:40 | M (83) MASTER 2 M (22) |
| 23 | 87 | 744 | CARBALLO MORÁN, RUBEN | CLUB ATLETISMO TAMBRE | 00:36:49 | 00:18:50 | 3:40 | M (84) MASTER 2 M (23) |
| 24 | 88 | 142 | SESAZ SEGADE, FERNANDO | SD COMPOSTELA ATLETISMO | 00:36:55 | 00:18:54 | 3:41 | M (85) MASTER 2 M (24) |
| 25 | 90 | 794 | RODRÍGUEZ DE OLIVEIRA, UBALDO | NINGUNO | 00:36:59 | 00:18:58 | 3:41 | M (87) MASTER 2 M (25) |
| 26 | 95 | 39 | CARBALLO GARCÍA, MARCOS | NINGUNO | 00:37:07 | 00:19:08 | 3:42 | M (92) MASTER 2 M (26) |
| 27 | 96 | 165 | MANEIRO FREIRE, VICTOR | CDM VERTICE | 00:37:09 | 00:18:46 | 3:42 | M (93) MASTER 2 M (27) |
| 28 | 98 | 736 | VÁZQUEZ AGRA, CESAR | NINGUNO | 00:37:12 | 00:19:13 | 3:43 | M (95) MASTER 2 M (28) |
| 29 | 101 | 788 | RODRÍGUEZ FERNANDEZ, | SD COMPOSTELA ATLETISMO | 00:37:17 | 00:19:12 | 3:43 | M (98) MASTER 2 M (29) |
| 30 | 105 | 741 | GONZÁLEZ NÚÑEZ, JOSÉ LUIS | NINGUNO | 00:37:21 | 00:18:59 | 3:44 | M (102) MASTER 2 M (30) |
| 31 | 106 | 59 | HERMO, PABLO | CLUB ATLETISMO SAR | 00:37:21 | 00:18:57 | 3:44 | M (103) MASTER 2 M (31) |
| 32 | 109 | 1043 | ZARAUZA BEIRAS, ALVARO | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:37:26 | 00:19:05 | 3:44 | M (105) MASTER 2 M (32) |
| 33 | 110 | 126 | VÁZQUEZ MATO, JOSÉ MANUEL | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:37:26 | 00:18:54 | 3:44 | M (106) MASTER 2 M (33) |
| 34 | 111 | 719 | GONZÁLEZ FRANCO, RAMIRO | TRIATLON COSTA DA MORTE | 00:37:28 | 00:19:15 | 3:44 | M (107) MASTER 2 M (34) |
| 35 | 117 | 772 | GARCIA RODRIGUEZ, JORGE MANUEL | NOITEBRA FC | 00:37:40 | 00:18:58 | 3:45 | M (113) MASTER 2 M (35) |
| 36 | 120 | 795 | SENDON CAAMAÑO, DAVID | CAO CLUBE ATLETISMO OUTES | 00:37:47 | 00:19:17 | 3:46 | M (116) MASTER 2 M (36) |
| 37 | 121 | 733 | PIÑERO LAMAS, RAMÓN | S D BARBANTIA RODA | 00:37:48 | 00:19:10 | 3:46 | M (117) MASTER 2 M (37) |
| 38 | 122 | 66 | PENAS GARCÍA, RUBÉN | CLUB ATLETISMO TAMBRE | 00:37:48 | 00:19:19 | 3:46 | M (118) MASTER 2 M (38) |
| 39 | 124 | 63 | FERNÁNDEZ COSTA, SANTIAGO | NINGUNO | 00:37:51 | 00:19:23 | 3:47 | M (120) MASTER 2 M (39) |
| 40 | 125 | 317 | ROMERO SABORIDO, ISMAEL | CLUB DE REMO CABO DE CRUZ | 00:37:52 | 00:19:38 | 3:47 | M (121) MASTER 2 M (40) |
| 41 | 126 | 133 | COSTA CASTRO, MANUEL | CLUB ATLETISMO TAMBRE | 00:37:53 | 00:19:23 | 3:47 | M (122) MASTER 2 M (41) |
| 42 | 130 | 138 | DEVESA PEQUENO, IGNACIO | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:37:58 | 00:19:26 | 3:47 | M (126) MASTER 2 M (42) |
| 43 | 133 | 95 | GARCÍA ANTELO, JOSÉ MANUEL | NINGUNO | 00:38:01 | 00:19:27 | 3:48 | M (129) MASTER 2 M (43) |
| 44 | 137 | 70 | DOSIL RIVAS, JAVI | CLUB ATLETISMO FONTES DO SAR | 00:38:06 | 00:19:38 | 3:48 | M (133) MASTER 2 M (44) |
| 45 | 139 | 774 | CARREIRA RAMOS, SERGIO | NINGUNO | 00:38:06 | 00:19:17 | 3:48 | M (134) MASTER 2 M (45) |
| 46 | 140 | 764 | TARELA MIRAMONTES, DANIEL | O TREITO | 00:38:09 | 00:18:46 | 3:48 | M (135) MASTER 2 M (46) |
| 47 | 141 | 152 | LOPEZ SANCHEZ, DAVID | ENTRENARUNNING | 00:38:09 | 00:19:32 | 3:48 | M (136) MASTER 2 M (47) |
| 48 | 143 | 68 | MANEIRO TORRES, DAVID | SAUDE SPORT | 00:38:14 | 00:19:38 | 3:49 | M (138) MASTER 2 M (48) |
| 49 | 145 | 909 | RODRIGUEZ MARTIN, ISAAC | TRIATLON ARTEIXO | 00:38:14 | 00:19:37 | 3:49 | M (140) MASTER 2 M (49) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|------------------------------------|-----------------------------------|---------------|----------|------|-------------------------|
| 50 | 148 | 759 CASTRELO CONDE, FRANCISCO | TRIATLÓN VILAGARCIA | 00:38:16 | 00:19:34 | 3:49 | M (143) MASTER 2 M (50) |
| 51 | 156 | 58 GARCIA, JUAN | NINGUNO | 00:38:29 | 00:19:37 | 3:50 | M (151) MASTER 2 M (51) |
| 52 | 157 | 120 IGLESIAS CARRERA, PIO | CLUB ATLETISMO SAR | 00:38:29 | 00:19:43 | 3:50 | M (152) MASTER 2 M (52) |
| 53 | 158 | 81 DOSIL DIAZ, JOAQUÍN | CLUB ATLETISMO SAR | 00:38:29 | 00:19:37 | 3:50 | M (153) MASTER 2 M (53) |
| 54 | 162 | 804 DIZ CHAVES, MANUEL | TRIATLÓN VILAGARCIA | 00:38:33 | 00:19:46 | 3:51 | M (157) MASTER 2 M (54) |
| 55 | 163 | 161 VALIÑO CES, JOSE ANTONIO | CLUB ATLETISMO FONTES DO SAR | 00:38:35 | 00:19:38 | 3:51 | M (158) MASTER 2 M (55) |
| 56 | 164 | 71 LÓPEZ BALEIRÓN, EDGAR MANUEL | S D BARBANTIA RODA | 00:38:38 | 00:19:36 | 3:51 | M (159) MASTER 2 M (56) |
| 57 | 165 | 105 IGLESIAS COMOJO, PABLO | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:38:38 | 00:19:42 | 3:51 | M (160) MASTER 2 M (57) |
| 58 | 173 | 730 VÁZQUEZ TUBIO, ALBERTO | S D BARBANTIA RODA | 00:38:50 | 00:20:30 | 3:52 | M (168) MASTER 2 M (58) |
| 59 | 174 | 799 SEOANE MUÑIZ, THOMAS | NINGUNO | 00:38:51 | 00:19:52 | 3:53 | M (169) MASTER 2 M (59) |
| 60 | 176 | 167 ROSENDE FUENTES, J.LUIS | CLUB ATLETISMO TAMBRE | 00:38:52 | 00:19:55 | 3:53 | M (171) MASTER 2 M (60) |
| 61 | 178 | 768 PEREZ SOTO, DIEGO | NINGUNO | 00:38:55 | 00:19:43 | 3:53 | M (173) MASTER 2 M (61) |
| 62 | 182 | 219 CAMEAN CAMEAN, ROBERTO | INCOR AUTOVIDRIO | 00:39:04 | 00:19:51 | 3:54 | M (177) MASTER 2 M (62) |
| 63 | 185 | 69 ROMERO VÁZQUEZ, MANUEL | NINGUNO | 00:39:06 | 00:20:13 | 3:54 | M (180) MASTER 2 M (63) |
| 64 | 186 | 840 LUNA DOMINGUEZ, JUAN | TRIBU TRAIL | 00:39:08 | 00:19:49 | 3:54 | M (181) MASTER 2 M (64) |
| 65 | 192 | 143 FERNÁNDEZ EIRAS, ERNESTO | CAO CLUBE ATLETISMO OUTES | 00:39:14 | 00:20:08 | 3:55 | M (186) MASTER 2 M (65) |
| 66 | 193 | 104 CAMINO NOVO, ROBERTO | OS NOVOS | 00:39:14 | 00:19:45 | 3:55 | M (187) MASTER 2 M (66) |
| 67 | 196 | 220 MARTINEZ MANEIRO, ALBERTO | INCOR AUTOVIDRIO | 00:39:20 | 00:19:57 | 3:55 | M (189) MASTER 2 M (67) |
| 68 | 197 | 726 MIRANDA VIEITO, JOSÉ MANUEL | ATHLETICS FISIOTERAPIA SAN LÁZARO | 00:39:21 | 00:19:49 | 3:56 | M (190) MASTER 2 M (68) |
| 69 | 201 | 130 CASTIÑEIRAS PORTOS, MANUEL | SD COMPOSTELA ATLETISMO | 00:39:27 | 00:20:15 | 3:56 | M (192) MASTER 2 M (69) |
| 70 | 204 | 168 MARTÍNEZ RICO, ALBERTO | CDM VERTICE | 00:39:33 | 00:20:14 | 3:57 | M (195) MASTER 2 M (70) |
| 71 | 206 | 132 PICÓN ESPIÑO, ROBERTO | CLUB TRIATLÓN NEGREIRA | 00:39:35 | 00:20:10 | 3:57 | M (197) MASTER 2 M (71) |
| 72 | 207 | 319 CIGÜENZA GESTOSO, JOSE IGNACIO | NINGUNO | 00:39:35 | 00:20:01 | 3:57 | M (198) MASTER 2 M (72) |
| 73 | 211 | 610 IBÁÑEZ PEREIRO, AITOR | CLUB NATACIÓN RIBEIRA | 00:39:42 | 00:20:07 | 3:58 | M (201) MASTER 2 M (73) |
| 74 | 215 | 742 PÉREZ SOBRIDO, DAVID | NINGUNO | 00:39:55 | 00:20:21 | 3:59 | M (205) MASTER 2 M (74) |
| 75 | 216 | 109 GARCÍA SOBRIDO, JOSÉ RAMÓN | TRIBU TRAIL | 00:39:56 | 00:20:19 | 3:59 | M (206) MASTER 2 M (75) |
| 76 | 217 | 387 TIZÓN DAVILA, JAIME | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:39:57 | 00:20:16 | 3:59 | M (207) MASTER 2 M (76) |
| 77 | 221 | 395 VARELA ALVAREZ, LAUREANO | SD COMPOSTELA ATLETISMO | 00:40:04 | 00:20:26 | 4:00 | M (211) MASTER 2 M (77) |
| 78 | 222 | 864 PEÑ, CARLOS | NINGUNO | 00:40:05 | 00:20:49 | 4:00 | M (212) MASTER 2 M (78) |
| 79 | 226 | 328 TOJO MOLEDO, ALBERTO | NINGUNO | 00:40:15 | 00:20:24 | 4:01 | M (216) MASTER 2 M (79) |
| 80 | 227 | 145 COUSO GARCÍA, JESÚS | CLUB ATLETISMO NEGREIRA | 00:40:17 | 00:20:25 | 4:01 | M (217) MASTER 2 M (80) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|---------------------------------|------------------------------|----------|----------|------|--------------------------|
| 81 | 229 | 868 | ÁLVAREZ CALVO, URBANO | NINGUNO | 00:40:20 | 00:20:30 | 4:01 | M (219) MASTER 2 M (81) |
| 82 | 233 | 326 | FERNANDEZ RIAL, SANTIAGO | MARISCOS RECIO | 00:40:25 | 00:20:26 | 4:02 | M (223) MASTER 2 M (82) |
| 83 | 235 | 821 | AYASO ROMERO, JOSE LUIS | SANTA UXIA ATLETISMO | 00:40:29 | 00:20:40 | 4:02 | M (224) MASTER 2 M (83) |
| 84 | 237 | 175 | BARANGA ARES, PEDRO | ATLETAS DE ACEA DE AMA | 00:40:34 | 00:20:41 | 4:03 | M (226) MASTER 2 M (84) |
| 85 | 242 | 383 | NOYA ORDÓÑEZ, RAMÓN | NINGUNO | 00:40:37 | 00:20:31 | 4:03 | M (231) MASTER 2 M (85) |
| 86 | 245 | 270 | INSUA, PABLO | ASOCIACION DEPORTIVA OLIMPIA | 00:40:42 | 00:20:40 | 4:04 | M (233) MASTER 2 M (86) |
| 87 | 246 | 854 | TEIJO LÓPEZ, PABLO | CLUB ATLETISMO BETANZOS | 00:40:44 | 00:20:31 | 4:04 | M (234) MASTER 2 M (87) |
| 88 | 249 | 35 | FERNÁNDEZ GÓMEZ, RAIMUNDO | NINGUNO | 00:40:50 | 00:20:35 | 4:04 | M (237) MASTER 2 M (88) |
| 89 | 252 | 193 | AMADO FONSECA, OSCAR | OPA FERROL TEAM RUNNING | 00:40:54 | 00:20:42 | 4:05 | M (239) MASTER 2 M (89) |
| 90 | 260 | 102 | ROGET PEREZ, FELIX | TERRA DE SONEIRA | 00:41:13 | 00:20:54 | 4:07 | M (246) MASTER 2 M (90) |
| 91 | 262 | 675 | TRILLO CAAMAÑO, JUAN CARLOS | NINGUNO | 00:41:18 | 00:20:58 | 4:07 | M (248) MASTER 2 M (91) |
| 92 | 267 | 322 | MOSQUERA DÉ VALDIVIELSO, JAVIER | NINGUNO | 00:41:25 | 00:20:52 | 4:08 | M (253) MASTER 2 M (92) |
| 93 | 268 | 815 | LUCAS PEREZ, LUCIANO | NINGUNO | 00:41:27 | 00:21:13 | 4:08 | M (254) MASTER 2 M (93) |
| 94 | 275 | 722 | SÁNCHEZ, MARQUITOS | SEO | 00:41:32 | 00:21:22 | 4:09 | M (261) MASTER 2 M (94) |
| 95 | 276 | 663 | LORES, FRANCISCO | USC | 00:41:33 | 00:20:50 | 4:09 | M (262) MASTER 2 M (95) |
| 96 | 277 | 224 | SABORIDO FERNÁNDEZ, EMILIO | S D BARBANTIA RODA | 00:41:34 | 00:21:06 | 4:09 | M (263) MASTER 2 M (96) |
| 97 | 278 | 276 | ABEIJON OLVEIRA, JUAN | NINGUNO | 00:41:34 | 00:20:43 | 4:09 | M (264) MASTER 2 M (97) |
| 98 | 280 | 514 | PIÑEIRO ABEIJON, BENITO | NINGUNO | 00:41:36 | 00:20:59 | 4:09 | M (265) MASTER 2 M (98) |
| 99 | 281 | 140 | RODRÍGUEZ FERNÁNDEZ, JULIO | TRIBU TRAIL | 00:41:37 | 00:20:41 | 4:09 | M (266) MASTER 2 M (99) |
| 100 | 282 | 671 | ARES RIAL, MIGUEL | NINGUNO | 00:41:38 | 00:21:20 | 4:09 | M (267) MASTER 2 M (100) |
| 101 | 283 | 550 | TRIÑANES LÓPEZ, JAVIER | NINGUNO | 00:41:38 | 00:20:56 | 4:09 | M (268) MASTER 2 M (101) |
| 102 | 293 | 386 | GÓMEZ RAPOSO, EDUARDO | NINGUNO | 00:41:54 | 00:21:21 | 4:11 | M (274) MASTER 2 M (102) |
| 103 | 294 | 232 | LAREO CREO, DANIEL | CLUB ATLETISMO NOIA | 00:41:55 | 00:21:08 | 4:11 | M (275) MASTER 2 M (103) |
| 104 | 299 | 323 | MIGUEZ MIGUEZ, LUIS | CASTROSUA TRAIL RUNNING | 00:42:04 | 00:21:01 | 4:12 | M (279) MASTER 2 M (104) |
| 105 | 303 | 324 | HERNÁNDEZ NAVEIRO, RAFAEL | S D BARBANTIA RODA | 00:42:09 | 00:21:06 | 4:12 | M (283) MASTER 2 M (105) |
| 106 | 304 | 345 | LIJO CRUJEIRAS, ANDRES MANUEL | NINGUNO | 00:42:09 | 00:22:16 | 4:12 | M (284) MASTER 2 M (106) |
| 107 | 309 | 100 | MAYO BALDERRABANO, JUAN | CLUB ATLETISMO NOIA | 00:42:17 | 00:21:10 | 4:13 | M (289) MASTER 2 M (107) |
| 108 | 310 | 541 | QUEIRUGA TORRED, ALBERTO | INCOR AUTOVIDRIO | 00:42:20 | 00:21:12 | 4:13 | M (290) MASTER 2 M (108) |
| 109 | 311 | 267 | OUJO POUSO, LUCHO | ADC ARNELA | 00:42:21 | 00:21:58 | 4:14 | M (291) MASTER 2 M (109) |
| 110 | 312 | 343 | OTERO GARCÍA, DIEGO | NINGUNO | 00:42:23 | 00:21:14 | 4:14 | M (292) MASTER 2 M (110) |
| 111 | 313 | 366 | BOQUETE CORNES, JOSÉ MANUEL | NINGUNO | 00:42:27 | 00:21:47 | 4:14 | M (293) MASTER 2 M (111) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-------------------------------|-------------------------------|----------|----------|-------------------------------|
| 112 | 315 | 400 | MONTES TEIJIDO, ROBERTO | CAO CLUBE ATLETISMO OUTES | 00:42:29 | 00:21:21 | 4:14 M (295) MASTER 2 M (112) |
| 113 | 316 | 314 | BUJÁN GONZÁLEZ, JOSÉ | CAO CLUBE ATLETISMO OUTES | 00:42:29 | 00:21:45 | 4:14 M (296) MASTER 2 M (113) |
| 114 | 323 | 849 | CHUECOS, JOSE | PASA OU ENTORNA | 00:42:40 | 00:21:23 | 4:15 M (302) MASTER 2 M (114) |
| 115 | 325 | 216 | NEGREIRA FERNÁNDEZ, DENIS | NINGUNO | 00:42:43 | 00:22:11 | 4:16 M (304) MASTER 2 M (115) |
| 116 | 328 | 817 | RODRIGUEZ FRAMIL, ALFONSO | NOITEBRA FC | 00:42:48 | 00:21:36 | 4:16 M (307) MASTER 2 M (116) |
| 117 | 329 | 335 | VIAÑO LORENZO, PABLO | NINGUNO | 00:42:49 | 00:21:49 | 4:16 M (308) MASTER 2 M (117) |
| 118 | 337 | 871 | ALONSO HERMIDA, JOAQUÍN | NOELA P.C. | 00:43:03 | 00:21:44 | 4:18 M (314) MASTER 2 M (118) |
| 119 | 338 | 250 | PARADA MINIÑO, JESÚS MANUEL | NINGUNO | 00:43:07 | 00:22:21 | 4:18 M (315) MASTER 2 M (119) |
| 120 | 340 | 1004 | FERNANDEZ DOMINGUEZ, ALFONSO | NINGUNO | 00:43:11 | 00:22:06 | 4:19 M (317) MASTER 2 M (120) |
| 121 | 342 | 203 | LOPEZ RODRIGUEZ, CARLOS | RUN PONTEVEDRA | 00:43:14 | 00:22:18 | 4:19 M (319) MASTER 2 M (121) |
| 122 | 343 | 247 | LAMEIRO POUFARIÑA, MONTXO | TOUCIÑO TEAM | 00:43:18 | 00:21:59 | 4:19 M (320) MASTER 2 M (122) |
| 123 | 344 | 264 | AGEITOS SANLES, FERNANDO | INCOR AUTOVIDRIO | 00:43:20 | 00:21:32 | 4:19 M (321) MASTER 2 M (123) |
| 124 | 345 | 222 | TRIÑANES VIDAL, QUIQUE | NINGUNO | 00:43:20 | 00:21:51 | 4:19 M (322) MASTER 2 M (124) |
| 125 | 346 | 121 | RAMOS FERROL, ARTURO | ATLETISMO MILLADOIRO | 00:43:20 | 00:22:30 | 4:19 M (323) MASTER 2 M (125) |
| 126 | 347 | 252 | ALONSO, FRAN | ÑUS DA RÍA | 00:43:20 | 00:21:56 | 4:19 M (324) MASTER 2 M (126) |
| 127 | 356 | 359 | PANIAGUA FERNÁNDEZ, JOSÉ LUIS | CLUB ATLETISMO FONTES DO SAR | 00:43:26 | 00:22:33 | 4:20 M (332) MASTER 2 M (127) |
| 128 | 358 | 893 | PESTONIT FREIRE, NOE | TRIBU TRAIL | 00:43:30 | 00:22:10 | 4:20 M (334) MASTER 2 M (128) |
| 129 | 360 | 231 | IGLESIAS PARDAL, EDUARDO | NINGUNO | 00:43:34 | 00:22:23 | 4:21 M (336) MASTER 2 M (129) |
| 130 | 361 | 110 | CARBIA MENDEZ, JUAN LUIS | NINGUNO | 00:43:34 | 00:22:22 | 4:21 M (337) MASTER 2 M (130) |
| 131 | 363 | 398 | BLANCO SANTOS, ESTEBAN | TRIBU TRAIL | 00:43:40 | 00:22:29 | 4:21 M (339) MASTER 2 M (131) |
| 132 | 366 | 404 | ROMAY SIEIRA, JUAN FRANCISCO | NINGUNO | 00:43:43 | 00:22:15 | 4:22 M (342) MASTER 2 M (132) |
| 133 | 367 | 848 | SEOANE GARCÍA, PABLO | NINGUNO | 00:43:43 | 00:22:17 | 4:22 M (343) MASTER 2 M (133) |
| 134 | 370 | 866 | ALONSO BARGIELA, DANIEL | NINGUNO | 00:43:45 | 00:22:06 | 4:22 M (346) MASTER 2 M (134) |
| 135 | 375 | 753 | FIGUEIRAS NÚÑEZ, EDUARDO | CLUB TRIATLÓN NEGREIRA | 00:43:48 | 00:23:06 | 4:22 M (351) MASTER 2 M (135) |
| 136 | 376 | 393 | TAIBO RIVERA, JOSE CARLOS | TRIATLON INFORHOUSE SANTIAGO | 00:43:48 | 00:22:58 | 4:22 M (352) MASTER 2 M (136) |
| 137 | 378 | 294 | CASAL SANTOS, MARCOS | NINGUNO | 00:43:50 | 00:22:14 | 4:22 M (354) MASTER 2 M (137) |
| 138 | 382 | 356 | RAMA GARCÍA, DANIEL | NINGUNO | 00:43:53 | 00:22:28 | 4:23 M (357) MASTER 2 M (138) |
| 139 | 384 | 178 | GARCÍA ALONSO, ADOLFO | CLUB DEPORTIVO INCLUSIVO ENKI | 00:43:54 | 00:22:27 | 4:23 M (359) MASTER 2 M (139) |
| 140 | 386 | 378 | SANTOS SANTAMARIA, JOSÉ RAMÓN | CHORIMA | 00:44:04 | 00:21:52 | 4:24 M (361) MASTER 2 M (140) |
| 141 | 388 | 695 | TAJES CANOSA, LUIS | NINGUNO | 00:44:09 | 00:22:01 | 4:24 M (363) MASTER 2 M (141) |
| 142 | 390 | 907 | PONTE PINTOR, JAVIER | NINGUNO | 00:44:14 | 00:22:33 | 4:25 M (365) MASTER 2 M (142) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-------------------------------|------------------------------|----------|----------|------|--------------------------|
| 143 | 395 | 677 | CASTRO HERMIDA, JUAN JOSE | NINGUNO | 00:44:29 | 00:23:32 | 4:26 | M (368) MASTER 2 M (143) |
| 144 | 396 | 563 | ROMERO GONZÁLEZ, JUAN JOSÉ | NINGUNO | 00:44:30 | 00:22:45 | 4:26 | M (369) MASTER 2 M (144) |
| 145 | 404 | 360 | DOMINGUEZ OTERO, JOSE | CLUB ATLETISMO FONTES DO SAR | 00:44:38 | 00:22:37 | 4:27 | M (377) MASTER 2 M (145) |
| 146 | 405 | 669 | QUINTELA LOUREIRO, RAMON | NINGUNO | 00:44:38 | 00:22:20 | 4:27 | M (378) MASTER 2 M (146) |
| 147 | 409 | 818 | MARTINEZ GAGO, ENRIQUE | ATLETISMO +9 MORAÑA | 00:44:41 | 00:22:59 | 4:28 | M (382) MASTER 2 M (147) |
| 148 | 411 | 838 | CORDAL BARREIRO, ANTÓN | CLUBE ATLETISMO CAMBADOS | 00:44:43 | 00:22:49 | 4:28 | M (384) MASTER 2 M (148) |
| 149 | 416 | 349 | LÓPEZ ABRAIRA, CARLOS | NINGUNO | 00:44:50 | 00:23:04 | 4:28 | M (389) MASTER 2 M (149) |
| 150 | 420 | 218 | DIAZ FIGUEIRAS, JESUS | NINGUNO | 00:44:59 | 00:22:40 | 4:29 | M (392) MASTER 2 M (150) |
| 151 | 422 | 354 | SEIJAS BUA, DAVID | SERRES RUNNERS | 00:45:01 | 00:23:00 | 4:30 | M (394) MASTER 2 M (151) |
| 152 | 424 | 822 | OLIVEIRA CASAIS, SUSO | S D BARBANTIA RODA | 00:45:04 | 00:22:38 | 4:30 | M (396) MASTER 2 M (152) |
| 153 | 425 | 832 | AREVALILLO ROMERO, SERGIO | NINGUNO | 00:45:07 | 00:22:29 | 4:30 | M (397) MASTER 2 M (153) |
| 154 | 427 | 813 | CALVO LÓPEZ, GERARDO | NINGUNO | 00:45:15 | 00:22:39 | 4:31 | M (399) MASTER 2 M (154) |
| 155 | 431 | 645 | FOLGAR BREA, ESTEBAN | CHORIMA | 00:45:22 | 00:22:48 | 4:32 | M (403) MASTER 2 M (155) |
| 156 | 433 | 853 | SANTIAGO HERMO, ANDRÉS | BRIONLETEAM | 00:45:23 | 00:23:00 | 4:32 | M (404) MASTER 2 M (156) |
| 157 | 434 | 352 | FONTANS, MARCOS | ATLETISMO CUNTIS | 00:45:24 | 00:23:34 | 4:32 | M (405) MASTER 2 M (157) |
| 158 | 439 | 963 | LEYVA IGLESIAS, MANUEL | RAMBLER RUNNER | 00:45:31 | 00:23:30 | 4:33 | M (410) MASTER 2 M (158) |
| 159 | 441 | 309 | RODILES RÍOS, ALBERTO | NINGUNO | 00:45:33 | 00:23:02 | 4:33 | M (412) MASTER 2 M (159) |
| 160 | 444 | 391 | MIRA MAYO, JOSE MANUEL | NINGUNO | 00:45:38 | 00:23:46 | 4:33 | M (414) MASTER 2 M (160) |
| 161 | 446 | 199 | RÁDEKE FARIÑA, EDUARDO | NINGUNO | 00:45:41 | 00:23:17 | 4:34 | M (415) MASTER 2 M (161) |
| 162 | 450 | 221 | VILAR REINA, VÍCTOR MANUEL | OPA FERROL TEAM RUNNING | 00:45:46 | 00:22:56 | 4:34 | M (419) MASTER 2 M (162) |
| 163 | 455 | 7 | GONZALEZ SAMPEDRO, OMAR | NINGUNO | 00:45:51 | 00:23:37 | 4:35 | M (424) MASTER 2 M (163) |
| 164 | 458 | 241 | RAMOS ALONSO, GABRIEL JOSÉ | BRIONLE TEAM | 00:45:53 | 00:24:08 | 4:35 | M (427) MASTER 2 M (164) |
| 165 | 462 | 315 | LUEIRO ABUIN, JOSÉ MANUEL | NINGUNO | 00:45:56 | 00:23:31 | 4:35 | M (431) MASTER 2 M (165) |
| 166 | 467 | 287 | CAROU FERNÁNDEZ, JOSÉ RAMÓN | O TREITO | 00:46:02 | 00:23:28 | 4:36 | M (436) MASTER 2 M (166) |
| 167 | 470 | 181 | BLANCO VÁZQUEZ, ÁNGEL | NINGUNO | 00:46:07 | 00:23:38 | 4:36 | M (438) MASTER 2 M (167) |
| 168 | 473 | 705 | QUINTANS VARELA, MANUEL ANGEL | NINGUNO | 00:46:12 | 00:23:33 | 4:37 | M (439) MASTER 2 M (168) |
| 169 | 479 | 887 | CASTRO ROMÁN, ALEJANDRO JOSÉ | NINGUNO | 00:46:17 | 00:23:33 | 4:37 | M (444) MASTER 2 M (169) |
| 170 | 480 | 1014 | PUÑAL ETCHEVERS, JOSE | NINGUNO | 00:46:18 | 00:22:46 | 4:37 | M (445) MASTER 2 M (170) |
| 171 | 481 | 1025 | CERNADAS CREO, SALVADOR | NINGUNO | 00:46:18 | 00:23:32 | 4:37 | M (446) MASTER 2 M (171) |
| 172 | 482 | 879 | CERNADAS CREO, OSCAR | NINGUNO | 00:46:18 | 00:23:31 | 4:37 | M (447) MASTER 2 M (172) |
| 173 | 483 | 332 | PAZ CALO, JORGE | CHORIMA | 00:46:18 | 00:23:13 | 4:37 | M (448) MASTER 2 M (173) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-------------------------------|-----------------------------------|----------|----------|------|--------------------------|
| 174 | 484 | 209 | RAMOS FERRO, MANUEL | RUN PONTEVEDRA | 00:46:18 | 00:23:08 | 4:37 | M (449) MASTER 2 M (174) |
| 175 | 486 | 183 | VIDAL RODRÍGUEZ, OSCAR | NINGUNO | 00:46:20 | 00:23:50 | 4:37 | M (451) MASTER 2 M (175) |
| 176 | 488 | 303 | LIÑARES ARÁN, ALBERTO | NINGUNO | 00:46:22 | 00:22:58 | 4:38 | M (453) MASTER 2 M (176) |
| 177 | 494 | 561 | CALLE VELLÉS, JESÚS MANUEL | NINGUNO | 00:46:27 | 00:23:01 | 4:38 | M (459) MASTER 2 M (177) |
| 178 | 495 | 957 | ROMERO GACIÑO, CARLOS | NINGUNO | 00:46:29 | 00:24:10 | 4:38 | M (460) MASTER 2 M (178) |
| 179 | 496 | 789 | FERNÁNDEZ LANDEIRO, JUAN | CLUB TRIATLON POIO | 00:46:30 | 00:23:17 | 4:38 | M (461) MASTER 2 M (179) |
| 180 | 500 | 301 | FONTAN MIRON, JOSE MANUEL | NINGUNO | 00:46:33 | 00:23:40 | 4:39 | M (464) MASTER 2 M (180) |
| 181 | 501 | 262 | SANTOS CALO, JOSÉ RAMÓN | NINGUNO | 00:46:33 | 00:23:45 | 4:39 | M (465) MASTER 2 M (181) |
| 182 | 507 | 413 | CAO ESPIDO, GONZALO | O PINO | 00:46:40 | 00:23:36 | 4:39 | M (471) MASTER 2 M (182) |
| 183 | 508 | 347 | CARRACEDO POSE, RUBÉN JOSÉ | CHORIMA | 00:46:41 | 00:23:46 | 4:40 | M (472) MASTER 2 M (183) |
| 184 | 512 | 479 | NÚÑEZ QUEIRUGA, ZALO | MONTEMUIÑO | 00:46:45 | 00:23:30 | 4:40 | M (476) MASTER 2 M (184) |
| 185 | 516 | 297 | RODRÍGUEZ GARCÍA, ANTONIO | CAO CLUBE ATLETISMO OUTES | 00:46:54 | 00:24:18 | 4:41 | M (480) MASTER 2 M (185) |
| 186 | 519 | 690 | COBAS REBOIRAS, CARLOS | NINGUNO | 00:47:03 | 00:23:48 | 4:42 | M (483) MASTER 2 M (186) |
| 187 | 520 | 797 | PÉREZ LORENZO, ÓSCAR | SAN MIGUEL DE MARÍN | 00:47:03 | 00:23:38 | 4:42 | M (484) MASTER 2 M (187) |
| 188 | 522 | 504 | BRETAL BAZARRA, VENTURA | SON A TUA ACUDA/AUTOESCOLA MIGUEL | 00:47:04 | 00:23:08 | 4:42 | M (486) MASTER 2 M (188) |
| 189 | 526 | 388 | VAZQUEZ FEIJOO, OSCAR IGNACIO | MOTOCULBE ENDURO LUCENSE | 00:47:06 | 00:23:52 | 4:42 | M (489) MASTER 2 M (189) |
| 190 | 527 | 346 | CREGO GIL, PABLO | CHORIMA | 00:47:07 | 00:23:53 | 4:42 | M (490) MASTER 2 M (190) |
| 191 | 528 | 869 | MIRANDA, OSCAR | CLUBE ATLETISMO BOIMORTO | 00:47:08 | 00:23:36 | 4:42 | M (491) MASTER 2 M (191) |
| 192 | 532 | 867 | PENA VARELA, MANUEL | RAMBLER RUNNER | 00:47:13 | 00:23:57 | 4:43 | M (495) MASTER 2 M (192) |
| 193 | 535 | 355 | SALVADO VARA, FABIO | COLEGIO LA SALLE | 00:47:15 | 00:24:12 | 4:43 | M (497) MASTER 2 M (193) |
| 194 | 537 | 855 | CAIÑO VIGO, DAVID | NINGUNO | 00:47:19 | 00:23:45 | 4:43 | M (499) MASTER 2 M (194) |
| 195 | 546 | 372 | CARBALLEIRA PUÑAL, ADRIÁN | NINGUNO | 00:47:31 | 00:24:03 | 4:45 | M (507) MASTER 2 M (195) |
| 196 | 555 | 327 | FIGUEIRAS TOREA, OSCAR | CAO CLUBE ATLETISMO OUTES | 00:47:42 | 00:24:00 | 4:46 | M (514) MASTER 2 M (196) |
| 197 | 558 | 960 | FANDIÑO RODRÍGUEZ, MANUEL | NINGUNO | 00:47:44 | 00:24:09 | 4:46 | M (517) MASTER 2 M (197) |
| 198 | 560 | 440 | VÁZQUEZ RODRÍGUEZ, DAMIÁN | NINGUNO | 00:47:48 | 00:25:12 | 4:46 | M (519) MASTER 2 M (198) |
| 199 | 569 | 311 | GARCIA IGLESIAS, DAVID | BJ RUNNING | 00:48:00 | 00:24:06 | 4:47 | M (526) MASTER 2 M (199) |
| 200 | 572 | 358 | BREA FLORIANI, JOSÉ MANUEL | NINGUNO | 00:48:05 | 00:24:20 | 4:48 | M (529) MASTER 2 M (200) |
| 201 | 573 | 254 | PIÑEIRO GARCÍA, HÉCTOR | CLUB ATLETISMO LOUSAME | 00:48:06 | 00:24:44 | 4:48 | M (530) MASTER 2 M (201) |
| 202 | 574 | 880 | OUTEIRAL DAVILA, RAUL | NINGUNO | 00:48:06 | 00:25:03 | 4:48 | M (531) MASTER 2 M (202) |
| 203 | 575 | 577 | MARTARELLI FERNÁNDEZ, LEANDRO | NINGUNO | 00:48:06 | 00:24:08 | 4:48 | M (532) MASTER 2 M (203) |
| 204 | 577 | 1024 | DOMÍNGUEZ CABRAL, DIEGO | NINGUNO | 00:48:09 | 00:25:59 | 4:48 | M (534) MASTER 2 M (204) |

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|-----|---------|--------|-------------------------------|----------------------------|----------|----------|------|--------------------------|
| 205 | 581 | 533 | PIÑEIRO, BERNABÉ | NINGUNO | 00:48:12 | 00:24:56 | 4:49 | M (536) MASTER 2 M (205) |
| 206 | 584 | 510 | RODRÍGUEZ PÉREZ, JAVIER | NINGUNO | 00:48:22 | 00:26:18 | 4:50 | M (539) MASTER 2 M (206) |
| 207 | 585 | 493 | VIÑAS RODRIGUEZ, CARLOS | NINGUNO | 00:48:23 | 00:26:18 | 4:50 | M (540) MASTER 2 M (207) |
| 208 | 586 | 452 | ROMERO GACIÑO, IAGO | NINGUNO | 00:48:27 | 00:24:38 | 4:50 | M (541) MASTER 2 M (208) |
| 209 | 603 | 885 | LÓPEZ DIÉGUEZ, LUIS | NINGUNO | 00:48:42 | 00:24:59 | 4:52 | M (554) MASTER 2 M (209) |
| 210 | 610 | 978 | PIÑEIRO, JUAN | NINGUNO | 00:48:44 | 00:24:33 | 4:52 | M (558) MASTER 2 M (210) |
| 211 | 619 | 614 | GARCÍA BORRAZÁS, ANTONIO | CORRECÁN | 00:48:54 | 00:24:53 | 4:53 | M (566) MASTER 2 M (211) |
| 212 | 623 | 644 | GARCÍA FREIRE, PABLO | CHORIMA | 00:49:01 | 00:24:39 | 4:54 | M (568) MASTER 2 M (212) |
| 213 | 627 | 858 | MARTÍNEZ GODOY, JOSE MANUEL | ARTROGAL | 00:49:05 | 00:24:37 | 4:54 | M (572) MASTER 2 M (213) |
| 214 | 628 | 752 | LÓPEZ FERNÁNDEZ, JOSÉ ANTONIO | CAO CLUBE ATLETISMO OUTES | 00:49:05 | 00:24:36 | 4:54 | M (573) MASTER 2 M (214) |
| 215 | 630 | 674 | PALMERO DOSIL, MIGUEL ÁNGEL | NINGUNO | 00:49:11 | 00:25:10 | 4:55 | M (575) MASTER 2 M (215) |
| 216 | 631 | 434 | LUCAS PARDO, MIGUEL ANGEL | NINGUNO | 00:49:11 | 00:24:58 | 4:55 | M (576) MASTER 2 M (216) |
| 217 | 642 | 706 | GONZÁLEZ QUINTELA, JUAN | NINGUNO | 00:49:27 | 00:24:34 | 4:56 | M (586) MASTER 2 M (217) |
| 218 | 645 | 709 | GARCÍA GALDO, JAVIER | NINGUNO | 00:49:28 | 00:25:07 | 4:56 | M (589) MASTER 2 M (218) |
| 219 | 646 | 475 | MUÑIZ VILAR, JOSE BENITO | CLUB NATACIÓN RIBEIRA | 00:49:30 | 00:24:42 | 4:56 | M (590) MASTER 2 M (219) |
| 220 | 648 | 930 | MARTÍNEZ CAAMAÑO, JOSE | TABEIRÓN DEPORTIVO | 00:49:31 | 00:25:54 | 4:57 | M (591) MASTER 2 M (220) |
| 221 | 651 | 999 | CASTIÑEIRAS GIL, ROBERTO | NINGUNO | 00:49:32 | 00:25:19 | 4:57 | M (594) MASTER 2 M (221) |
| 222 | 652 | 530 | MOSQUERA BARGO, MARCOS | NINGUNO | 00:49:32 | 00:25:44 | 4:57 | M (595) MASTER 2 M (222) |
| 223 | 654 | 619 | CALVIÑO BAUTÍS, JOSÉ | NINGUNO | 00:49:34 | 00:25:18 | 4:57 | M (597) MASTER 2 M (223) |
| 224 | 655 | 649 | RAMOS GARCIA, JUAN CARLOS | NINGUNO | 00:49:34 | 00:26:50 | 4:57 | M (598) MASTER 2 M (224) |
| 225 | 657 | 998 | REY ALBARELLOS, FERNANDO | NINGUNO | 00:49:39 | 00:25:01 | 4:57 | M (599) MASTER 2 M (225) |
| 226 | 660 | 620 | PORTAS TATO, MANUEL ÁNGEL | NINGUNO | 00:49:40 | 00:25:16 | 4:57 | M (602) MASTER 2 M (226) |
| 227 | 664 | 1013 | PUÑAL, FERNANDO | NINGUNO | 00:49:44 | 00:24:39 | 4:58 | M (606) MASTER 2 M (227) |
| 228 | 665 | 658 | MAYÁN DIOS, MIGUEL | NINGUNO | 00:49:46 | 00:24:58 | 4:58 | M (607) MASTER 2 M (228) |
| 229 | 668 | 44 | MAYÁN DIOS, ANTONIO | NINGUNO | 00:49:46 | 00:24:57 | 4:58 | M (610) MASTER 2 M (229) |
| 230 | 670 | 412 | GONZALEZ PRADO, SANTI | NINGUNO | 00:49:53 | 00:25:14 | 4:59 | M (612) MASTER 2 M (230) |
| 231 | 673 | 151 | VARELA GOMEZ, JAVIER | NINGUNO | 00:49:55 | 00:24:50 | 4:59 | M (613) MASTER 2 M (231) |
| 232 | 676 | 255 | GARCÍA, HERNÁN | ETP ENCUENTRA TU POTENCIAL | 00:49:56 | 00:25:12 | 4:59 | M (615) MASTER 2 M (232) |
| 233 | 682 | 973 | COMESAÑA FIGUEROA, ENRIQUE | NINGUNO | 00:50:04 | 00:25:45 | 5:00 | M (620) MASTER 2 M (233) |
| 234 | 688 | 251 | BERNÁRDEZ VARELA, ROBERTO | NINGUNO | 00:50:16 | 00:25:39 | 5:01 | M (625) MASTER 2 M (234) |
| 235 | 694 | 426 | PIÑEIRO PIÑEIRO, PABLO | NINGUNO | 00:50:30 | 00:25:24 | 5:02 | M (629) MASTER 2 M (235) |

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|-----|---------|--------|-------------------------------|---------------------------------|----------|----------|------|--------------------------|
| 236 | 696 | 710 | TERCEIRO VILLASECA, RICARDO | NINGUNO | 00:50:34 | 00:26:25 | 5:03 | M (631) MASTER 2 M (236) |
| 237 | 698 | 993 | FRESCO RAMIL, JOSE MANUEL | NINGUNO | 00:50:36 | 00:25:55 | 5:03 | M (632) MASTER 2 M (237) |
| 238 | 700 | 505 | PARDAVILA IGLESIAS, MIGUEL | NINGUNO | 00:50:37 | 00:25:59 | 5:03 | M (633) MASTER 2 M (238) |
| 239 | 703 | 961 | SHANKS, PATRICK | NINGUNO | 00:50:40 | 00:26:00 | 5:03 | M (635) MASTER 2 M (239) |
| 240 | 709 | 402 | ROZAS RAMOS, MARTIN | NOITEBRA FC | 00:50:45 | 00:25:59 | 5:04 | M (639) MASTER 2 M (240) |
| 241 | 710 | 304 | TEDIN MOUZO, MARCOS | NINGUNO | 00:50:47 | 00:25:53 | 5:04 | M (640) MASTER 2 M (241) |
| 242 | 711 | 202 | IZQUIERDO LOPEZ, ANGEL CARLOS | NINGUNO | 00:50:47 | 00:25:53 | 5:04 | M (641) MASTER 2 M (242) |
| 243 | 712 | 935 | OTERO MARTÍNEZ, JORGE | DEMACRADOS TRAIL RUNNERS | 00:50:48 | 00:26:07 | 5:04 | M (642) MASTER 2 M (243) |
| 244 | 713 | 422 | PAZ ALÉN, DANIEL | NINGUNO | 00:50:48 | 00:26:04 | 5:04 | M (643) MASTER 2 M (244) |
| 245 | 716 | 1008 | ROCHA ROMERO, MARCOS | CLUB DEPORTIVO METAS IMPOSIBLES | 00:50:55 | 00:25:27 | 5:05 | M (646) MASTER 2 M (245) |
| 246 | 730 | 983 | CASTRO CASTRO, ÁNGEL LUIS | NINGUNO | 00:51:29 | 00:25:41 | 5:08 | M (655) MASTER 2 M (246) |
| 247 | 732 | 1016 | BAHAMONDE SUÁREZ, FRANCISCO | NINGUNO | 00:51:35 | 00:26:47 | 5:09 | M (657) MASTER 2 M (247) |
| 248 | 733 | 913 | DOMÍNGUEZ CABRAL, ENRIQUE | NINGUNO | 00:51:35 | 00:26:19 | 5:09 | M (658) MASTER 2 M (248) |
| 249 | 738 | 959 | CARTER, BENJAMIN | CDM VERTICE | 00:51:41 | 00:25:27 | 5:10 | M (662) MASTER 2 M (249) |
| 250 | 741 | 509 | SANTOS MARIÑO, VÍCTOR | NINGUNO | 00:51:44 | 00:26:18 | 5:10 | M (664) MASTER 2 M (250) |
| 251 | 747 | 842 | UCHA SOLLA, JUAN | FENDE-PERNAS TEAM | 00:51:51 | 00:26:31 | 5:11 | M (670) MASTER 2 M (251) |
| 252 | 752 | 696 | FERNANDEZ TORRES, RAMON | ADC ARNELA | 00:51:57 | 00:28:45 | 5:11 | M (674) MASTER 2 M (252) |
| 253 | 757 | 689 | TORRADO RIAL, RICARDO | NINGUNO | 00:52:05 | 00:26:59 | 5:12 | M (678) MASTER 2 M (253) |
| 254 | 760 | 635 | SANMARTIN, GONZALO | NINGUNO | 00:52:17 | 00:25:49 | 5:13 | M (679) MASTER 2 M (254) |
| 255 | 761 | 437 | AREOSA NOVO, VÍCTOR | NINGUNO | 00:52:17 | 00:26:18 | 5:13 | M (680) MASTER 2 M (255) |
| 256 | 764 | 348 | FERNÁNDEZ LÓPEZ, ALBERTO | NINGUNO | 00:52:27 | 00:26:57 | 5:14 | M (682) MASTER 2 M (256) |
| 257 | 767 | 886 | ARIAS GARCIA, ALFONSO | CLUB ATLETISMO FONTES DO SAR | 00:52:31 | 00:26:43 | 5:15 | M (683) MASTER 2 M (257) |
| 258 | 769 | 585 | JÁCOME GALVÁN, JOSÉ MANUEL | NINGUNO | 00:52:33 | 00:26:38 | 5:15 | M (685) MASTER 2 M (258) |
| 259 | 771 | 559 | GARABAL RIVADULLA, GUSTAVO | NINGUNO | 00:52:35 | 00:26:57 | 5:15 | M (687) MASTER 2 M (259) |
| 260 | 776 | 941 | PENA TORREIRA, FRAN | NINGUNO | 00:52:42 | 00:26:21 | 5:16 | M (691) MASTER 2 M (260) |
| 261 | 786 | 979 | VÁZQUEZ FERREIRO, MANUEL | ASOCIACION DEPORTIVA OLIMPIA | 00:52:53 | 00:26:40 | 5:17 | M (699) MASTER 2 M (261) |
| 262 | 789 | 428 | GONZALEZ BASADRE, IAGO | NINGUNO | 00:52:56 | 00:27:17 | 5:17 | M (700) MASTER 2 M (262) |
| 263 | 798 | 498 | ROMERO HERMO, JOSE MANUEL | NINGUNO | 00:53:13 | 00:26:47 | 5:19 | M (705) MASTER 2 M (263) |
| 264 | 802 | 445 | CAPELO VILAR, FABIO | CORREXALLAS | 00:53:31 | 00:27:37 | 5:21 | M (709) MASTER 2 M (264) |
| 265 | 805 | 589 | FERREIRÓS JAMARDO, ÁLEX | NINGUNO | 00:53:32 | 00:27:10 | 5:21 | M (710) MASTER 2 M (265) |
| 266 | 817 | 968 | PORTALS CAAMAÑO, JOSE HIGINIO | NINGUNO | 00:53:55 | 00:26:57 | 5:23 | M (717) MASTER 2 M (266) |

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|-----|---------|--------|------------------------------|-----------------------------|----------|----------|------|--------------------------|
| 267 | 833 | 714 | BERGUEIRO ALVAREZ, JULIAN | NINGUNO | 00:54:31 | 00:27:33 | 5:27 | M (726) MASTER 2 M (267) |
| 268 | 837 | 593 | GARCIA DOSIL, JOSE DOMINGO | CLUB CICLISTA MUROS | 00:54:33 | 00:27:33 | 5:27 | M (729) MASTER 2 M (268) |
| 269 | 849 | 466 | PIÑEIRO LADO, JOSE ANTONIO | NINGUNO | 00:54:56 | 00:27:39 | 5:29 | M (737) MASTER 2 M (269) |
| 270 | 850 | 478 | DEL RÍO RODRÍGUEZ, JUAN LUIS | NINGUNO | 00:55:03 | 00:27:08 | 5:30 | M (738) MASTER 2 M (270) |
| 271 | 852 | 180 | COUTO BLANCO, DAVID | TARTARUGAS | 00:55:10 | 00:27:21 | 5:30 | M (739) MASTER 2 M (271) |
| 272 | 861 | 436 | RAÑA VÁZQUEZ, MARTÍN | NINGUNO | 00:55:28 | 00:28:12 | 5:32 | M (745) MASTER 2 M (272) |
| 273 | 862 | 439 | SIABA LARIÑO, JOSE | NINGUNO | 00:55:28 | 00:28:13 | 5:32 | M (746) MASTER 2 M (273) |
| 274 | 870 | 652 | MOREIRA VEIGA, JOSÉ ANTONIO | NINGUNO | 00:55:38 | 00:27:44 | 5:33 | M (750) MASTER 2 M (274) |
| 275 | 879 | 611 | LOJO PATIÑO, JUAN | NINGUNO | 00:55:54 | 00:27:59 | 5:35 | M (757) MASTER 2 M (275) |
| 276 | 885 | 605 | NERI ARUFE, SANTI | NINGUNO | 00:56:08 | 00:28:00 | 5:36 | M (762) MASTER 2 M (276) |
| 277 | 886 | 641 | DOPAZO ESTÉVEZ, MOISÉS | NINGUNO | 00:56:08 | 00:28:01 | 5:36 | M (763) MASTER 2 M (277) |
| 278 | 898 | 597 | RÍOS VAL, DANIEL | NINGUNO | 00:56:22 | 00:28:09 | 5:38 | M (767) MASTER 2 M (278) |
| 279 | 901 | 924 | OSORIO DIÉGUEZ, CÉSAR | BEKELE-PODOLOXIA SANTA UXIA | 00:56:29 | 00:28:34 | 5:38 | M (769) MASTER 2 M (279) |
| 280 | 903 | 970 | MARTINEZ LEGASPI, VICENTE | NINGUNO | 00:56:33 | 00:27:12 | 5:39 | M (771) MASTER 2 M (280) |
| 281 | 905 | 582 | VAZQUEZ LAGO, JUAN | NINGUNO | 00:56:34 | 00:27:23 | 5:39 | M (772) MASTER 2 M (281) |
| 282 | 914 | 995 | GONZALEZ CAAMAÑO, JUAN RAMON | NINGUNO | 00:56:53 | 00:29:16 | 5:41 | M (776) MASTER 2 M (282) |
| 283 | 920 | 500 | GUDE PAZ, JESÚS MANUEL | INTER DE MILLAN | 00:57:07 | 00:28:39 | 5:42 | M (781) MASTER 2 M (283) |
| 284 | 922 | 1022 | FERRARA, MAURO EMILIANO | NINGUNO | 00:57:10 | 00:28:22 | 5:42 | M (783) MASTER 2 M (284) |
| 285 | 925 | 643 | SIERRA FERREIRO, VÍCTOR | CHORIMA | 00:57:18 | 00:28:10 | 5:43 | M (786) MASTER 2 M (285) |
| 286 | 926 | 501 | GONZALEZ SISO, MANUEL | NINGUNO | 00:57:19 | 00:28:44 | 5:43 | M (787) MASTER 2 M (286) |
| 287 | 937 | 557 | PRIETO, SAMUEL | NINGUNO | 00:57:39 | 00:29:39 | 5:45 | M (793) MASTER 2 M (287) |
| 288 | 954 | 272 | PEDROSA MAYO, JOSE MANUEL | PONTE TRAIL | 00:57:55 | 00:30:07 | 5:47 | M (802) MASTER 2 M (288) |
| 289 | 957 | 536 | PORTELA PASTORIZA, FRANCISCO | NINGUNO | 00:57:59 | 00:28:58 | 5:47 | M (804) MASTER 2 M (289) |
| 290 | 961 | 534 | RESUA, MIGUEL | FLOW PILATES & TRAINING | 00:58:12 | 00:29:20 | 5:49 | M (805) MASTER 2 M (290) |
| 291 | 971 | 606 | SUAREZ GAREA, JORGE ALBERTO | NINGUNO | 00:58:31 | 00:29:01 | 5:51 | M (810) MASTER 2 M (291) |
| 292 | 979 | 953 | AGEITOS GARCIA, IGNACIO | +DE MONTE | 00:59:08 | 00:28:23 | 5:54 | M (814) MASTER 2 M (292) |
| 293 | 984 | 523 | NUÑEZ NUÑEZ, SANTIAGO | NINGUNO | 00:59:38 | 00:28:59 | 5:57 | M (817) MASTER 2 M (293) |
| 294 | 999 | 617 | CARREIRA NODAR, JORGE | CLUB DEPORTIVO SAN PAIO | 01:00:52 | 00:30:25 | 6:05 | M (822) MASTER 2 M (294) |
| 295 | 1008 | 522 | MARTÍNEZ CERNADAS, JUAN | NINGUNO | 01:01:15 | 00:29:40 | 6:07 | M (824) MASTER 2 M (295) |
| 296 | 1011 | 922 | TOUZÓN LIJÓ, IGNACIO | BAJANDODE40.COM | 01:01:20 | 00:30:58 | 6:07 | M (826) MASTER 2 M (296) |
| 297 | 1023 | 958 | GEORGE, CHRISTOPHER | NINGUNO | 01:01:54 | 00:31:25 | 6:11 | M (830) MASTER 2 M (297) |

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|-----|----------|--------------------------------|-----------------------------|-----------|----------|------|---------|------------------|
| 298 | 1028 943 | TEIJO LOPEZ, JOSE ANGEL | CLUB ATLETISMO BETANZOS | 01:02:03 | 00:29:43 | 6:12 | M (832) | MASTER 2 M (298) |
| 299 | 1029 553 | DÍAZ REY, ROBERTO | NINGUNO | 01:02:04 | 00:30:55 | 6:12 | M (833) | MASTER 2 M (299) |
| 300 | 1049 516 | PEREZ HERMO, ALEJANDRO | ESCUELA DE BOXEO EL CANARIO | 01:03:53 | 00:32:04 | 6:23 | M (838) | MASTER 2 M (300) |
| 301 | 1050 512 | CIMADEVILLA, JUANJO | CLUB DE BOXEO EL CANARIO | 01:03:53 | 00:32:18 | 6:23 | M (839) | MASTER 2 M (301) |
| 302 | 1052 711 | VARELA CALVELO, CARLOS | DUBRA TEAM | 01:04:00 | 00:31:31 | 6:23 | M (841) | MASTER 2 M (302) |
| 303 | 1054 487 | ESPASANDÍN GESTOSO, JOSÉ ÁNGEL | FLOW PILATES & TRAINING | 01:04:11 | 00:32:19 | 6:25 | M (842) | MASTER 2 M (303) |
| 304 | 1062 435 | VÁZQUEZ CASAL, ANTONIO | NINGUNO | 01:05:57 | 00:31:53 | 6:35 | M (844) | MASTER 2 M (304) |

MASTER 3

f

| | | | | | | | | |
|----|----------|------------------------------|------------------------------|----------|----------|------|---------|-----------------|
| 1 | 533 2054 | DIAZ MESA, ROCIO | CLUB ATLETISMO RIBADEO | 00:47:15 | 00:23:57 | 4:43 | F (38) | MASTER 3 F (1) |
| 2 | 564 2206 | TRIÑANES CASTRO, MARÍA | NINGUNO | 00:47:56 | 00:24:16 | 4:47 | F (42) | MASTER 3 F (2) |
| 3 | 620 2027 | GARCÍA ABALO, MADA | CAO CLUBE ATLETISMO OUTES | 00:48:56 | 00:24:45 | 4:53 | F (54) | MASTER 3 F (3) |
| 4 | 647 2022 | RODRÍGUEZ CABRERA, BEGOÑA | NO SPORT LIMIT | 00:49:30 | 00:25:04 | 4:56 | F (57) | MASTER 3 F (4) |
| 5 | 656 2282 | RODRÍGUEZ ESTÉVEZ, MAICA | ATLETISMO TUI | 00:49:35 | 00:25:12 | 4:57 | F (58) | MASTER 3 F (5) |
| 6 | 672 2215 | BALADO LOPEZ, CAROLINA | NINGUNO | 00:49:55 | 00:24:55 | 4:59 | F (60) | MASTER 3 F (6) |
| 7 | 702 2162 | GARCIA FERNANDEZ, ISABEL | CLUB ATLETISMO FONTES DO SAR | 00:50:39 | 00:25:23 | 5:03 | F (68) | MASTER 3 F (7) |
| 8 | 719 2053 | GOMEZ GOMEZ, ROSA | NINGUNO | 00:51:05 | 00:26:04 | 5:06 | F (71) | MASTER 3 F (8) |
| 9 | 783 2224 | AGUIN TRELLES, MARGA | CLUB RÍA DE AROUSA | 00:52:50 | 00:26:38 | 5:16 | F (87) | MASTER 3 F (9) |
| 10 | 793 2287 | FERRACES VAZQUEZ, MONTSERRAT | NINGUNO | 00:53:04 | 00:26:28 | 5:18 | F (91) | MASTER 3 F (10) |
| 11 | 794 2008 | MAROÑAS SÓÑORA, MARÍA JOSÉ | NINGUNO | 00:53:04 | 00:27:01 | 5:18 | F (92) | MASTER 3 F (11) |
| 12 | 816 2225 | LÓPEZ BRAÑA, INMACULADA | NINGUNO | 00:53:49 | 00:27:06 | 5:22 | F (100) | MASTER 3 F (12) |
| 13 | 824 2247 | MOURAZOS OTERO, ROSA | NINGUNO | 00:54:12 | 00:28:09 | 5:25 | F (102) | MASTER 3 F (13) |
| 14 | 828 2146 | LOPEZ, AMERICA | CLUB ATLETISMO FONTES DO SAR | 00:54:19 | 00:28:02 | 5:25 | F (104) | MASTER 3 F (14) |
| 15 | 864 2152 | PEREIRO GÓMEZ, EVA MARIA | CLUB ATLETISMO O PINO | 00:55:31 | 00:28:55 | 5:33 | F (117) | MASTER 3 F (15) |
| 16 | 878 2172 | GARCÍA GONZÁLEZ, HELENA | MILLARAIO | 00:55:53 | 00:28:50 | 5:35 | F (122) | MASTER 3 F (16) |
| 17 | 888 2071 | BLANCO SANMARTIN, ANA | NINGUNO | 00:56:10 | 00:28:19 | 5:36 | F (125) | MASTER 3 F (17) |
| 18 | 893 2235 | BEN GAREA, EVA MARÍA | NINGUNO | 00:56:17 | 00:28:53 | 5:37 | F (127) | MASTER 3 F (18) |
| 19 | 900 2090 | ROMERO RODRIGUEZ, AGUEDA | NINGUNO | 00:56:26 | 00:28:37 | 5:38 | F (132) | MASTER 3 F (19) |
| 20 | 928 2093 | GARCÍA PEREIRA, ROSA MARÍA | NINGUNO | 00:57:22 | 00:28:39 | 5:44 | F (141) | MASTER 3 F (20) |
| 21 | 930 2081 | FERNÁNDEZ PIÑEIRO, MARÍA | NINGUNO | 00:57:28 | 00:28:02 | 5:44 | F (143) | MASTER 3 F (21) |

SIN SON 2023 - 10K

CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|--------------------------------|------------------------------|----------|----------|------|-------------------------|
| 22 | 947 | 2256 | SANTOS MORALES, SUSAN | NINGUNO | 00:57:49 | 00:28:50 | 5:46 | F (148) MASTER 3 F (22) |
| 23 | 948 | 2232 | GONZALEZ ROCHA, RITA MARIA | NINGUNO | 00:57:49 | 00:28:18 | 5:46 | F (149) MASTER 3 F (23) |
| 24 | 959 | 2277 | GÓMEZ A, MARIA E | ESCOLA ALLÉTICA LUCENSE | 00:58:11 | 00:29:06 | 5:49 | F (155) MASTER 3 F (24) |
| 25 | 965 | 2111 | LABANDEIRA VILLOT, PALOMA | NINGUNO | 00:58:18 | 00:29:00 | 5:49 | F (159) MASTER 3 F (25) |
| 26 | 976 | 2166 | CASTRO BLANCO, MONCHA | NINGUNO | 00:58:51 | 00:29:05 | 5:53 | F (163) MASTER 3 F (26) |
| 27 | 978 | 2285 | AMIGO FERREIRO, MALENA | SD COMPOSTELA ATLETISMO | 00:59:04 | 00:29:24 | 5:54 | F (165) MASTER 3 F (27) |
| 28 | 982 | 2165 | PEREZ GUTIERREZ, MARIAN | CLUB ATLETISMO FONTES DO SAR | 00:59:20 | 00:29:52 | 5:55 | F (167) MASTER 3 F (28) |
| 29 | 989 | 2155 | VÁZQUEZ FERNÁNDEZ, ANA | CLUB ATLETISMO O PINO | 01:00:12 | 00:30:48 | 6:01 | F (170) MASTER 3 F (29) |
| 30 | 1018 | 2161 | SAINZ DE LA VILALTA, ANA | NINGUNO | 01:01:40 | 00:31:17 | 6:09 | F (191) MASTER 3 F (30) |
| 31 | 1032 | 2174 | CASTRO SUAREZ, LUZ | NINGUNO | 01:02:13 | 00:31:42 | 6:13 | F (199) MASTER 3 F (31) |
| 32 | 1034 | 2158 | GARCÍA GÓMEZ, M. FE | CLUB ATLETISMO MILLARAIO | 01:02:24 | 00:31:26 | 6:14 | F (201) MASTER 3 F (32) |
| 33 | 1035 | 2073 | POSE GOMEZ, BELEN | CLUBE ATLETISMO BOIMORTO | 01:02:40 | 00:30:59 | 6:15 | F (202) MASTER 3 F (33) |
| 34 | 1036 | 2226 | LÓPEZ BRAÑA, CAMPO | NINGUNO | 01:02:50 | 00:30:09 | 6:16 | F (203) MASTER 3 F (34) |
| 35 | 1045 | 2131 | PARDO MONTAÑA, MARIA JOSEFINA | CLUB ATLETISMO MILLARAIO | 01:03:41 | 00:31:48 | 6:22 | F (209) MASTER 3 F (35) |
| 36 | 1046 | 2136 | GONZÁLEZ RODRÍGUEZ, M. DOLORES | NINGUNO | 01:03:42 | 00:31:48 | 6:22 | F (210) MASTER 3 F (36) |
| 37 | 1053 | 2184 | GÓMEZ PRIETO, ROSI | NINGUNO | 01:04:00 | 00:31:38 | 6:23 | F (212) MASTER 3 F (37) |
| 38 | 1081 | 2254 | MANEIRO VÁZQUEZ, PILI | NINGUNO | 01:09:04 | 00:33:29 | 6:54 | F (231) MASTER 3 F (38) |
| m | | | | | | | | |
| 1 | 60 | 34 | FALCÓN PÉREZ, SANTIAGO | C.A. CAMBADOS- SEG. NOVAL | 00:35:47 | 00:18:17 | 3:34 | M (57) MASTER 3 M (1) |
| 2 | 62 | 91 | NIETO GONZALEZ, JOSE MANUEL | CLUB ATLETISMO SAR | 00:35:50 | 00:18:12 | 3:34 | M (59) MASTER 3 M (2) |
| 3 | 71 | 717 | BUCETA POUZO, ERNESTO | NINGUNO | 00:36:05 | 00:18:20 | 3:36 | M (68) MASTER 3 M (3) |
| 4 | 102 | 650 | LEMA PÉREZ, PABLO | RUNNING OLEIROS | 00:37:17 | 00:19:20 | 3:43 | M (99) MASTER 3 M (4) |
| 5 | 115 | 723 | VÁZQUEZ TOURÓN, ANTONIO | SD COMPOSTELA ATLETISMO | 00:37:36 | 00:19:28 | 3:45 | M (111) MASTER 3 M (5) |
| 6 | 118 | 141 | CÉSAR VILA, ÁLVARO | CLUB ATLETISMO TAMBRE | 00:37:42 | 00:19:25 | 3:46 | M (114) MASTER 3 M (6) |
| 7 | 123 | 748 | BARRAL RUBIROSA, ALVARO MANUEL | NINGUNO | 00:37:51 | 00:19:24 | 3:47 | M (119) MASTER 3 M (7) |
| 8 | 127 | 156 | GONTAN CASTRO, JOSE ANTONIO | SD COMPOSTELA ATLETISMO | 00:37:53 | 00:19:27 | 3:47 | M (123) MASTER 3 M (8) |
| 9 | 134 | 65 | MARTÍNEZ NIETO, MICHEL | CAO CLUBE ATLETISMO OUTES | 00:38:02 | 00:19:22 | 3:48 | M (130) MASTER 3 M (9) |
| 10 | 135 | 666 | LOPEZ TORRES, ANDRES | TRIATLÓN VILAGARCIA | 00:38:05 | 00:19:14 | 3:48 | M (131) MASTER 3 M (10) |
| 11 | 150 | 164 | VILLA VIEIRO, FERNANDO | ENTRENARUNNING | 00:38:18 | 00:19:33 | 3:49 | M (145) MASTER 3 M (11) |
| 12 | 152 | 718 | BARREIRO CORDEIRO, JAVIER | SERRES RUNNERS | 00:38:21 | 00:19:42 | 3:50 | M (147) MASTER 3 M (12) |
| 13 | 161 | 46 | GONZALEZ POUZA, FERNANDO | SD COMPOSTELA ATLETISMO | 00:38:33 | 00:19:18 | 3:51 | M (156) MASTER 3 M (13) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-------------------------------|------------------------------|----------|----------|------------------------------|
| 14 | 167 | 72 | SENRA ALVAREZ, ROBERTO | CLUB ATLETISMO TAMBRE | 00:38:43 | 00:19:53 | 3:52 M (162) MASTER 3 M (14) |
| 15 | 168 | 757 | FERNÁNDEZ LAGO, JUAN CARLOS | SERRES RUNNERS | 00:38:44 | 00:19:58 | 3:52 M (163) MASTER 3 M (15) |
| 16 | 169 | 1041 | Boo Fariña, Salvador | | 00:38:47 | 00:19:44 | 3:52 M (164) MASTER 3 M (16) |
| 17 | 180 | 136 | GARCIA IGLESIAS, JESUS | NINGUNO | 00:39:00 | 00:19:42 | 3:53 M (175) MASTER 3 M (17) |
| 18 | 183 | 321 | MOREIRA, LUIS | CLUB ATLETISMO A ESTRADA | 00:39:05 | 00:20:07 | 3:54 M (178) MASTER 3 M (18) |
| 19 | 194 | 805 | BRIÓN LEMA, JUAN CARLOS | BRIONLETEAM | 00:39:16 | 00:20:07 | 3:55 M (188) MASTER 3 M (19) |
| 20 | 213 | 728 | MENDEZ TORRES, LUIS | NINGUNO | 00:39:50 | 00:20:01 | 3:58 M (203) MASTER 3 M (20) |
| 21 | 219 | 97 | DE LA TORRE GARCIA, FRANCISCO | NINGUNO | 00:40:00 | 00:20:13 | 3:59 M (209) MASTER 3 M (21) |
| 22 | 224 | 801 | IGLESIA CRISTOBO, ELOY | CLUB ATLETISMO SAR | 00:40:12 | 00:20:39 | 4:01 M (214) MASTER 3 M (22) |
| 23 | 225 | 384 | DEL RÍO NOYA, JOSÉ MANUEL | NINGUNO | 00:40:14 | 00:20:31 | 4:01 M (215) MASTER 3 M (23) |
| 24 | 231 | 80 | TAJES MAYO, JUAN JESÚS | CLUB ATLETISMO FONTES DO SAR | 00:40:24 | 00:20:50 | 4:02 M (221) MASTER 3 M (24) |
| 25 | 232 | 724 | CAO GARCÍA, JOSÉ MANUEL | CLUB ATLETISMO FONTES DO SAR | 00:40:24 | 00:20:48 | 4:02 M (222) MASTER 3 M (25) |
| 26 | 251 | 667 | BUIDE VAZQUEZ, ROBERTO | MONTE SEGADE FLUVIAL | 00:40:53 | 00:20:45 | 4:05 M (238) MASTER 3 M (26) |
| 27 | 255 | 310 | MATA TORREIRA, JUANMA | CLUB ATLETISMO FONTES DO SAR | 00:40:57 | 00:20:37 | 4:05 M (242) MASTER 3 M (27) |
| 28 | 269 | 823 | CABO BLANCO, CARLOS | NINGUNO | 00:41:27 | 00:21:22 | 4:08 M (255) MASTER 3 M (28) |
| 29 | 273 | 852 | MARIÑO CASAIS, MODESTO | NINGUNO | 00:41:31 | 00:21:00 | 4:09 M (259) MASTER 3 M (29) |
| 30 | 332 | 896 | AMIGO FERREIRO, JUAN | SD COMPOSTELA ATLETISMO | 00:42:51 | 00:21:41 | 4:17 M (309) MASTER 3 M (30) |
| 31 | 333 | 884 | BARROS BARCALA, JOSÉ MANUEL | ATLETISMO +9 MORAÑA | 00:42:54 | 00:22:04 | 4:17 M (310) MASTER 3 M (31) |
| 32 | 335 | 873 | FERNANDEZ REY, CHEMA | TRIATLÓN VILAGARCIA | 00:42:59 | 00:21:35 | 4:17 M (312) MASTER 3 M (32) |
| 33 | 336 | 194 | DÍAZ CARBALLO, MIGUEL | NINGUNO | 00:43:00 | 00:21:58 | 4:17 M (313) MASTER 3 M (33) |
| 34 | 339 | 37 | DOPAZO LOUZAN, JAVIER | RUN PONTEVEDRA | 00:43:09 | 00:22:36 | 4:18 M (316) MASTER 3 M (34) |
| 35 | 341 | 872 | RIVEIRO MOLEDO, SEGUNDO | NINGUNO | 00:43:12 | 00:21:47 | 4:19 M (318) MASTER 3 M (35) |
| 36 | 350 | 833 | FABIAN GONZALEZ, DIONISIO | ASOCIACION DEPORTIVA OLIMPIA | 00:43:21 | 00:21:51 | 4:20 M (327) MASTER 3 M (36) |
| 37 | 351 | 859 | VIDAL CASTRO, ERNESTO | RUNNING LUSEKELO | 00:43:21 | 00:22:03 | 4:20 M (328) MASTER 3 M (37) |
| 38 | 354 | 903 | ROMASANTA BLANCO, JOSE | NINGUNO | 00:43:23 | 00:21:53 | 4:20 M (330) MASTER 3 M (38) |
| 39 | 355 | 831 | FONTENLA MUIÑO, MANUEL | ATLETAS DE ACEA DE AMA | 00:43:25 | 00:22:01 | 4:20 M (331) MASTER 3 M (39) |
| 40 | 357 | 863 | BLANCO PIAS, FRANCISCO JAVIER | NINGUNO | 00:43:29 | 00:21:58 | 4:20 M (333) MASTER 3 M (40) |
| 41 | 362 | 802 | SANMARCO SANTOS, FRANCISCO | CLUB ATLETISMO SAR | 00:43:34 | 00:22:33 | 4:21 M (338) MASTER 3 M (41) |
| 42 | 372 | 878 | OCAMPO REY, MIGUEL ANGEL | NINGUNO | 00:43:47 | 00:22:13 | 4:22 M (348) MASTER 3 M (42) |
| 43 | 373 | 38 | FIGUEIRO ALFONSO, ALBERTO | CLUB RÍA DE AROUSA | 00:43:47 | 00:22:21 | 4:22 M (349) MASTER 3 M (43) |
| 44 | 374 | 829 | VÁZQUEZ GARCÍA, JESÚS | ATLETAS DE ACEA DE AMA | 00:43:48 | 00:22:23 | 4:22 M (350) MASTER 3 M (44) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-------------------------------|------------------------------|----------|----------|------|-------------------------|
| 45 | 380 | 147 | JUANATEY PEREZ, JOSE ANTONIO | CLUB ATLETISMO FONTES DO SAR | 00:43:51 | 00:22:33 | 4:23 | M (356) MASTER 3 M (45) |
| 46 | 397 | 916 | PARDIÑAS ALVITE, JOSÉ | NINGUNO | 00:44:30 | 00:23:12 | 4:26 | M (370) MASTER 3 M (46) |
| 47 | 402 | 280 | CAMIÑO, MARTIÑÁN | ATLETISMO +9 MORAÑA | 00:44:36 | 00:22:42 | 4:27 | M (375) MASTER 3 M (47) |
| 48 | 403 | 654 | FERNANDEZ ANDRADE, JOSE OSCAR | NINGUNO | 00:44:37 | 00:23:34 | 4:27 | M (376) MASTER 3 M (48) |
| 49 | 414 | 417 | CIMADEVILA GARCÍA, ANTÓN | NINGUNO | 00:44:47 | 00:22:49 | 4:28 | M (387) MASTER 3 M (49) |
| 50 | 415 | 876 | PICADO RIVEIRA, BERNARDO | CLUB ATLETISMO BETANZOS | 00:44:49 | 00:22:42 | 4:28 | M (388) MASTER 3 M (50) |
| 51 | 421 | 211 | RODRÍGUEZ BACARIZA, JUAN | NINGUNO | 00:45:01 | 00:23:02 | 4:30 | M (393) MASTER 3 M (51) |
| 52 | 429 | 291 | BARREIRO PADIN, ALFONSO | C. D. RIA DE AROUSA | 00:45:17 | 00:23:07 | 4:31 | M (401) MASTER 3 M (52) |
| 53 | 430 | 816 | BARREIRO LOBATO, RAMÓN | NINGUNO | 00:45:21 | 00:23:04 | 4:32 | M (402) MASTER 3 M (53) |
| 54 | 436 | 851 | PICALLO GARCIA, JOSE CARLOS | NINGUNO | 00:45:26 | 00:23:00 | 4:32 | M (407) MASTER 3 M (54) |
| 55 | 448 | 277 | PEREIRA REDONDO, JUAN CARLOS | NINGUNO | 00:45:42 | 00:22:48 | 4:34 | M (417) MASTER 3 M (55) |
| 56 | 459 | 380 | LEIS MOURIÑO, OSCAR | NINGUNO | 00:45:53 | 00:23:17 | 4:35 | M (428) MASTER 3 M (56) |
| 57 | 460 | 336 | TRIGO BAO, MANUEL | NINGUNO | 00:45:53 | 00:22:52 | 4:35 | M (429) MASTER 3 M (57) |
| 58 | 463 | 857 | SAAVEDRA PAZOS, JOSÉ ANTONIO | NINGUNO | 00:45:56 | 00:23:50 | 4:35 | M (432) MASTER 3 M (58) |
| 59 | 464 | 940 | PIÑEIRO PÉREZ, ARMANDO | GTR GALAICO TRAIL RUN | 00:45:57 | 00:23:17 | 4:35 | M (433) MASTER 3 M (59) |
| 60 | 465 | 703 | PÉREZ PAZ, VALENTIN | NINGUNO | 00:45:59 | 00:23:28 | 4:35 | M (434) MASTER 3 M (60) |
| 61 | 466 | 298 | ÁLVAREZ AYUSO, CLAUDIO | ATMOS HOTEL | 00:46:00 | 00:22:55 | 4:35 | M (435) MASTER 3 M (61) |
| 62 | 477 | 249 | PEREZ SUSAVILA, ANGEL | NINGUNO | 00:46:15 | 00:23:16 | 4:37 | M (442) MASTER 3 M (62) |
| 63 | 485 | 845 | LAREU RODRÍGUEZ, ANDRES | ETP ENCUENTRA TU POTENCIAL | 00:46:19 | 00:23:47 | 4:37 | M (450) MASTER 3 M (63) |
| 64 | 502 | 526 | GOMEZ IGLESIAS, JESUS | ATLETISMO TUI | 00:46:36 | 00:23:15 | 4:39 | M (466) MASTER 3 M (64) |
| 65 | 510 | 949 | FERNÁNDEZ CIDRE, EMILIO | NINGUNO | 00:46:43 | 00:23:45 | 4:40 | M (474) MASTER 3 M (65) |
| 66 | 511 | 382 | RIAL SANCHIÑO, CAMILO | NINGUNO | 00:46:43 | 00:23:44 | 4:40 | M (475) MASTER 3 M (66) |
| 67 | 517 | 281 | OUJO CASTELO, SANTIAGO | ADC ARNELA | 00:46:58 | 00:23:38 | 4:41 | M (481) MASTER 3 M (67) |
| 68 | 518 | 942 | SANTIAGO POTEL, JAVIER | ENTRENARUNNING | 00:46:59 | 00:24:00 | 4:41 | M (482) MASTER 3 M (68) |
| 69 | 523 | 904 | LEMA RIVADAS, XOSÉ FRANCISCO | NINGUNO | 00:47:04 | 00:23:57 | 4:42 | M (487) MASTER 3 M (69) |
| 70 | 534 | 408 | FERNANDEZ RODRIGUEZ, EMILIO | CLUB ATLETISMO RIBADEO | 00:47:15 | 00:24:05 | 4:43 | M (496) MASTER 3 M (70) |
| 71 | 541 | 379 | VALIÑO CEREIJO, JOSE MANUEL | NINGUNO | 00:47:24 | 00:23:55 | 4:44 | M (502) MASTER 3 M (71) |
| 72 | 542 | 830 | VILLANUEVA AREAL, DITO | RUNNING LUSEKELO | 00:47:24 | 00:23:52 | 4:44 | M (503) MASTER 3 M (72) |
| 73 | 545 | 456 | FERNÁNDEZ PIÑEIRO, TONO | NINGUNO | 00:47:30 | 00:24:35 | 4:44 | M (506) MASTER 3 M (73) |
| 74 | 556 | 843 | UCHA SOLLA, JAVIER | FENDE-PERNAS TEAM | 00:47:43 | 00:24:47 | 4:46 | M (515) MASTER 3 M (74) |
| 75 | 559 | 312 | GÓMEZ VIAÑO, JOSÉ | NINGUNO | 00:47:46 | 00:24:05 | 4:46 | M (518) MASTER 3 M (75) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|--------------------------------|---------------------------|----------|----------|------|--------------------------|
| 76 | 561 | 688 | MARTÍNEZ HAYNES, ENRIQUE | NINGUNO | 00:47:52 | | 4:47 | M (520) MASTER 3 M (76) |
| 77 | 562 | 537 | PÉREZ LAGES, CARLOS | NINGUNO | 00:47:53 | 00:24:30 | 4:47 | M (521) MASTER 3 M (77) |
| 78 | 570 | 1017 | DUTFIELD, NICHOLAS | NINGUNO | 00:48:02 | 00:24:50 | 4:48 | M (527) MASTER 3 M (78) |
| 79 | 582 | 288 | CAO BRAÑA, ROBERTO | NINGUNO | 00:48:13 | 00:24:25 | 4:49 | M (537) MASTER 3 M (79) |
| 80 | 591 | 261 | DIAZ CORRAL, CARLOS | NINGUNO | 00:48:33 | 00:24:00 | 4:51 | M (544) MASTER 3 M (80) |
| 81 | 596 | 891 | RODRIGUEZ GONZALEZ, ALVARO | NINGUNO | 00:48:37 | 00:24:16 | 4:51 | M (549) MASTER 3 M (81) |
| 82 | 606 | 186 | CIUDAD CENDAN, DANIEL | NINGUNO | 00:48:43 | 00:24:50 | 4:52 | M (556) MASTER 3 M (82) |
| 83 | 612 | 946 | GUIMARÉ GONZÁLEZ, DANIEL | ARCHIENEMIGOS TEAM | 00:48:47 | 00:26:00 | 4:52 | M (559) MASTER 3 M (83) |
| 84 | 614 | 546 | PALLARES LEAL, XOSÉ RAMÓN | COLEGIO LA SALLE | 00:48:49 | 00:24:44 | 4:52 | M (561) MASTER 3 M (84) |
| 85 | 615 | 385 | GIL BREA, JOSE ANTONIO | NOITEBRA FC | 00:48:51 | 00:24:44 | 4:53 | M (562) MASTER 3 M (85) |
| 86 | 617 | 476 | SAMPEDRO PEREZ, JOSE MANUEL | CLUB NATACIÓN RIBEIRA | 00:48:54 | 00:24:39 | 4:53 | M (564) MASTER 3 M (86) |
| 87 | 618 | 997 | LÓPEZ RODRIGUEZ, VÍCTOR MANUEL | NINGUNO | 00:48:54 | 00:24:53 | 4:53 | M (565) MASTER 3 M (87) |
| 88 | 629 | 580 | ABALDE MORIN, EDUARDO | CLUB TRIATLON SANTIAGO DE | 00:49:07 | 00:25:15 | 4:54 | M (574) MASTER 3 M (88) |
| 89 | 634 | 405 | SUÁREZ VÁZQUEZ, HUGO | COLEGIO LA SALLE | 00:49:18 | 00:24:44 | 4:55 | M (579) MASTER 3 M (89) |
| 90 | 637 | 207 | MORGADE MUÑIZ, CARLOS | NINGUNO | 00:49:22 | 00:25:40 | 4:56 | M (582) MASTER 3 M (90) |
| 91 | 643 | 210 | NÚÑEZ GONZALEZ, JOSÉ AMABLE | NINGUNO | 00:49:27 | 00:24:55 | 4:56 | M (587) MASTER 3 M (91) |
| 92 | 644 | 316 | GIL PERISCAL, EVARISTO | NINGUNO | 00:49:27 | 00:24:43 | 4:56 | M (588) MASTER 3 M (92) |
| 93 | 653 | 302 | FERNANDEZ, JOAQUIN | SERRES RUNNERS | 00:49:33 | 00:25:13 | 4:57 | M (596) MASTER 3 M (93) |
| 94 | 661 | 622 | RODRÍGUEZ FERNÁNDEZ, | NINGUNO | 00:49:41 | 00:24:51 | 4:58 | M (603) MASTER 3 M (94) |
| 95 | 662 | 1042 | Cano Dequidt, Juan L | | 00:49:42 | 00:25:10 | 4:58 | M (604) MASTER 3 M (95) |
| 96 | 666 | 170 | MAYÁN DIOS, ALBI | ACADE | 00:49:46 | 00:24:58 | 4:58 | M (608) MASTER 3 M (96) |
| 97 | 667 | 74 | MAYÁN DIOS, FERNANDO | NINGUNO | 00:49:46 | 00:24:57 | 4:58 | M (609) MASTER 3 M (97) |
| 98 | 677 | 340 | LABELLA LOZANO, TORCUATO | CLUB ATLETISMO MILLARAIO | 00:49:56 | 00:24:58 | 4:59 | M (616) MASTER 3 M (98) |
| 99 | 680 | 418 | CES ROMERO, JORI | ENTRENARUNNING | 00:50:01 | 00:26:17 | 5:00 | M (618) MASTER 3 M (99) |
| 100 | 684 | 205 | MANEIRO OTERO, GUILLERMO | C.A. CAMBADOS- SEG. NOVAL | 00:50:08 | 00:25:21 | 5:00 | M (622) MASTER 3 M (100) |
| 101 | 687 | 410 | CASAL PERNAS, JUAN ANTONIO | NINGUNO | 00:50:15 | 00:25:46 | 5:01 | M (624) MASTER 3 M (101) |
| 102 | 691 | 424 | ALONSO CUEVAS, FRANCISCO | C.A.R. MARISQUEIRO | 00:50:24 | 00:24:35 | 5:02 | M (627) MASTER 3 M (102) |
| 103 | 701 | 572 | LAGO MOLEDO, MANUEL | CAO CLUBE ATLETISMO OUTES | 00:50:39 | 00:25:46 | 5:03 | M (634) MASTER 3 M (103) |
| 104 | 708 | 227 | CONDE PEREIRA, ANGEL | NINGUNO | 00:50:45 | 00:24:32 | 5:04 | M (638) MASTER 3 M (104) |
| 105 | 714 | 684 | FERNÁNDEZ INSUA, TALAO | HAI QUE SER LEGALES | 00:50:53 | 00:25:54 | 5:05 | M (644) MASTER 3 M (105) |
| 106 | 715 | 773 | VILLARES BERMÚDEZ, ALFONSO | NINGUNO | 00:50:54 | 00:26:08 | 5:05 | M (645) MASTER 3 M (106) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|--------------------------------|---------------------------------|----------|----------|------|--------------------------|
| 107 | 717 | 305 | SERANTES MANEIRO, CAMILO | ADC ARNELA | 00:51:00 | 00:25:45 | 5:05 | M (647) MASTER 3 M (107) |
| 108 | 721 | 486 | SENRA IGLESIAS, ANIBAL MANUEL | NINGUNO | 00:51:06 | 00:25:59 | 5:06 | M (649) MASTER 3 M (108) |
| 109 | 735 | 361 | MOURE CAÑETE, FRANCISCO | NOITEBRA FC | 00:51:38 | 00:26:25 | 5:09 | M (660) MASTER 3 M (109) |
| 110 | 739 | 477 | CERNADAS LADO, FRANCISCO JOSÉ | SERRES RUNNERS | 00:51:42 | 00:26:08 | 5:10 | M (663) MASTER 3 M (110) |
| 111 | 744 | 647 | MÉNDEZ RODRÍGUEZ, JOSÉ LUIS | NINGUNO | 00:51:47 | 00:27:31 | 5:10 | M (667) MASTER 3 M (111) |
| 112 | 746 | 376 | RAMOS ARCOS, JULIAN | TRIKI TEAM | 00:51:50 | 00:25:53 | 5:10 | M (669) MASTER 3 M (112) |
| 113 | 748 | 897 | BREA LÓPEZ, GONZALO | NINGUNO | 00:51:52 | 00:26:49 | 5:11 | M (671) MASTER 3 M (113) |
| 114 | 750 | 613 | GARCIA LOUREIRO, ANTONIO | NINGUNO | 00:51:52 | 00:25:51 | 5:11 | M (672) MASTER 3 M (114) |
| 115 | 753 | 528 | LAGO FERNÁNDEZ, CHUS (MANUEL | SERRES RUNNERS | 00:51:59 | 00:26:17 | 5:11 | M (675) MASTER 3 M (115) |
| 116 | 755 | 1007 | CARRASCO ITURRA, CARLOS | CLUB ATLETISMO O PINO | 00:52:04 | 00:27:01 | 5:12 | M (676) MASTER 3 M (116) |
| 117 | 770 | 233 | LÓPEZ SÁNCHEZ, JAIME | SACHACAMIÑOS | 00:52:33 | 00:26:42 | 5:15 | M (686) MASTER 3 M (117) |
| 118 | 780 | 179 | PEREZ MIÑONES, ROGELIO MANUEL | NINGUNO | 00:52:44 | 00:26:34 | 5:16 | M (694) MASTER 3 M (118) |
| 119 | 781 | 423 | MARTINEZ MARTINEZ, JOSE MANUEL | NINGUNO | 00:52:47 | 00:26:32 | 5:16 | M (695) MASTER 3 M (119) |
| 120 | 796 | 678 | GARCIA NUÑEZ, SECHU | CLUB ATLETISMO NOIA | 00:53:11 | 00:27:12 | 5:19 | M (703) MASTER 3 M (120) |
| 121 | 797 | 987 | HERMIDA PESTONIT, JOSE LUIS | NINGUNO | 00:53:11 | 00:27:27 | 5:19 | M (704) MASTER 3 M (121) |
| 122 | 801 | 1019 | BANET PAEZ, ALEJANDRO | NINGUNO | 00:53:29 | 00:26:42 | 5:20 | M (708) MASTER 3 M (122) |
| 123 | 812 | 213 | MARTINEZ GOMEZ, PAKINHO | GALLAECIA JASTANDOSAPATILLA | 00:53:47 | 00:27:19 | 5:22 | M (714) MASTER 3 M (123) |
| 124 | 819 | 587 | DIEZ GARCIA, BERNARDO | AEROCLUB SANTIAGO DE COMPOSTELA | 00:54:05 | 00:27:11 | 5:24 | M (718) MASTER 3 M (124) |
| 125 | 820 | 905 | MARTINEZ OVIEDO, ANGEL | NINGUNO | 00:54:06 | 00:27:43 | 5:24 | M (719) MASTER 3 M (125) |
| 126 | 822 | 1021 | MIYARES CES, MANUEL | VICLAUMAIA | 00:54:07 | 00:26:34 | 5:24 | M (721) MASTER 3 M (126) |
| 127 | 830 | 982 | VILLANUEVA RODRÍGUEZ, ULPIANO | NINGUNO | 00:54:24 | 00:27:43 | 5:26 | M (725) MASTER 3 M (127) |
| 128 | 838 | 188 | LORENZO RIVEIRO, JOSE ANGEL | NINGUNO | 00:54:33 | 00:27:23 | 5:27 | M (730) MASTER 3 M (128) |
| 129 | 839 | 236 | FERNÁNDEZ FRAGA, JAVIER | NINGUNO | 00:54:34 | 00:27:22 | 5:27 | M (731) MASTER 3 M (129) |
| 130 | 843 | 529 | MAYO CAAMAÑO, JOSÉ MANUEL | VENDAVAL ESTEIRO | 00:54:40 | 00:26:46 | 5:27 | M (734) MASTER 3 M (130) |
| 131 | 854 | 588 | GONZALEZ GRAÑA, JOSE MANUEL | CLUB ATLETISMO FONTES DO SAR | 00:55:14 | 00:27:53 | 5:31 | M (740) MASTER 3 M (131) |
| 132 | 855 | 513 | MARTINEZ ROMERO, JOSE LUIS | NINGUNO | 00:55:16 | 00:26:51 | 5:31 | M (741) MASTER 3 M (132) |
| 133 | 863 | 985 | PEREZ VAZQUEZ, ENRIQUE | NINGUNO | 00:55:29 | 00:27:37 | 5:32 | M (747) MASTER 3 M (133) |
| 134 | 868 | 1040 | Gomez Martinez, Carlos | | 00:55:33 | 00:27:13 | 5:33 | M (749) MASTER 3 M (134) |
| 135 | 875 | 629 | INSUA LOURO, JUAN JOSE | DUBRA TEAM | 00:55:50 | 00:28:23 | 5:34 | M (754) MASTER 3 M (135) |
| 136 | 876 | 609 | LAREO MOUGAN, JAVIER | EOLO SON | 00:55:51 | 00:28:05 | 5:35 | M (755) MASTER 3 M (136) |
| 137 | 880 | 715 | RUEDA VALENZUELA, ALFONSO | NINGUNO | 00:55:55 | 00:28:00 | 5:35 | M (758) MASTER 3 M (137) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|--------------------------------|------------------------------|----------|----------|------|--------------------------|
| 138 | 882 | 870 | AMADO BOUZA, JOSÉ MARÍA | ATLETAS DE ACEA DE AMA | 00:55:57 | 00:27:22 | 5:35 | M (759) MASTER 3 M (138) |
| 139 | 884 | 625 | RIAL GALLEGO, JUAN | CLUB ATLETISMO FONTES DO SAR | 00:56:07 | 00:27:27 | 5:36 | M (761) MASTER 3 M (139) |
| 140 | 899 | 470 | ROMERO RAMOS, JOSE JOAQUIN | NINGUNO | 00:56:26 | 00:28:37 | 5:38 | M (768) MASTER 3 M (140) |
| 141 | 916 | 707 | PANIAGUA MATEOS, ROGELIO | NINGUNO | 00:56:57 | 00:29:35 | 5:41 | M (777) MASTER 3 M (141) |
| 142 | 918 | 575 | GARCIA MARIN, JORGE | CLUB ATLETISMO FONTES DO SAR | 00:56:59 | 00:29:35 | 5:41 | M (779) MASTER 3 M (142) |
| 143 | 919 | 458 | LÓPEZ OUTEIRAL, JESÚS | NINGUNO | 00:57:03 | 00:28:46 | 5:42 | M (780) MASTER 3 M (143) |
| 144 | 931 | 455 | GONZÁLEZ REINO, CARLOS | NINGUNO | 00:57:29 | 00:28:01 | 5:44 | M (788) MASTER 3 M (144) |
| 145 | 940 | 507 | MARTINEZ CALO, ANGEL | SACHACAMIÑOS | 00:57:44 | 00:28:55 | 5:46 | M (795) MASTER 3 M (145) |
| 146 | 943 | 488 | ROMERO CAROU, JUAN MANUEL | NINGUNO | 00:57:44 | 00:29:58 | 5:46 | M (796) MASTER 3 M (146) |
| 147 | 949 | 962 | PAMPÍN SOUTO, RAMIRO | NINGUNO | 00:57:53 | 00:28:49 | 5:47 | M (800) MASTER 3 M (147) |
| 148 | 967 | 716 | OUJO POUZO, JOSÉ LUIS | NINGUNO | 00:58:24 | 00:28:46 | 5:50 | M (808) MASTER 3 M (148) |
| 149 | 983 | 687 | PONTE LORENZO, ARTURO | NINGUNO | 00:59:37 | 00:30:32 | 5:57 | M (816) MASTER 3 M (149) |
| 150 | 992 | 592 | FERREIROS ANDRADE, DAVID | NINGUNO | 01:00:16 | 00:29:35 | 6:01 | M (820) MASTER 3 M (150) |
| 151 | 1019 | 955 | BASCOY, ANDRÉ | NINGUNO | 01:01:44 | 00:30:05 | 6:10 | M (828) MASTER 3 M (151) |
| 152 | 1021 | 944 | FERNÁNDEZ ANDÓN, JUAN CARLOS | NINGUNO | 01:01:45 | 00:31:31 | 6:10 | M (829) MASTER 3 M (152) |
| 153 | 1038 | 548 | MAYO LAGE, FRANCISCO | NINGUNO | 01:02:56 | 00:32:10 | 6:17 | M (834) MASTER 3 M (153) |
| 154 | 1039 | 694 | FERNANDEZ PINTOS, RAMIRO | NINGUNO | 01:03:01 | 00:30:42 | 6:18 | M (835) MASTER 3 M (154) |
| 155 | 1047 | 515 | LOIS LEMA, JULIAN ISAIAS | ESCUELA DE BOXEO EL CANARIO | 01:03:53 | 00:32:16 | 6:23 | M (837) MASTER 3 M (155) |
| 156 | 1051 | 923 | BREA SÁNCHEZ, XULIÁN CARLOS | NINGUNO | 01:03:54 | 00:31:09 | 6:23 | M (840) MASTER 3 M (156) |
| 157 | 1057 | 691 | LIÑARES MARTÍNEZ, JOSÉ IGNACIO | NINGUNO | 01:04:53 | 00:32:25 | 6:29 | M (843) MASTER 3 M (157) |
| 158 | 1066 | 517 | RODRÍGUEZ FERNÁNDEZ, RICARDO | CAO CLUBE ATLETISMO OUTES | 01:06:21 | 00:32:17 | 6:38 | M (846) MASTER 3 M (158) |
| 159 | 1069 | 503 | CASA VADILLO, JOSE ANTONIO | NINGUNO | 01:06:41 | 00:33:02 | 6:40 | M (848) MASTER 3 M (159) |
| 160 | 1089 | 511 | VARELA DE LA TORRE, GONZALO | NINGUNO | 01:20:48 | 00:39:20 | 8:04 | M (852) MASTER 3 M (160) |

MASTER 4

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|---|------|------|---------------------------|---------------------------|----------|----------|------|------------------------|
| 1 | 846 | 2062 | SÁNCHEZ BASCOY, SILVIA | NINGUNO | 00:54:52 | 00:27:11 | 5:29 | F (112) MASTER 4 F (1) |
| 2 | 851 | 2260 | RODRÍGUEZ SOBRINO, CELINA | MORAÑA EN RUTA | 00:55:09 | 00:27:31 | 5:30 | F (113) MASTER 4 F (2) |
| 3 | 929 | 2076 | VILAR SERÉN, LUPE | C.A. CAMBADOS- SEG. NOVAL | 00:57:24 | 00:28:53 | 5:44 | F (142) MASTER 4 F (3) |
| 4 | 1007 | 2065 | ROMERO BARREIRO, ROSA | NINGUNO | 01:01:15 | 00:30:42 | 6:07 | F (184) MASTER 4 F (4) |
| 5 | 1030 | 2134 | RAÑÓ ESPASANDIN, MARIA | NINGUNO | 01:02:13 | 00:31:42 | 6:13 | F (197) MASTER 4 F (5) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|--------------------------------|------------------------------|----------|----------|------|-------------------------|
| 6 | 1058 | 2283 | TRESGUERRAS GONZÁLEZ, ELVIRA | CLUB ATLETISMO SAR | 01:05:16 | 00:32:59 | 6:31 | F (215) MASTER 4 F (6) |
| m | | | | | | | | |
| 1 | 205 | 148 | BRANDON RODRIGUEZ, JUAN | CLUB ATLETISMO FONTES DO SAR | 00:39:34 | 00:20:10 | 3:57 | M (196) MASTER 4 M (1) |
| 2 | 212 | 112 | PÉREZ. PEREIRA, RAMIRO | CLUB ATLETISMO SAR | 00:39:43 | 00:20:25 | 3:58 | M (202) MASTER 4 M (2) |
| 3 | 248 | 320 | SANTOS BOO, JESÚS | NINGUNO | 00:40:49 | 00:20:44 | 4:04 | M (236) MASTER 4 M (3) |
| 4 | 271 | 700 | CEPEDA GACIO, FRANCISCO JAVIER | NOITEBRA FC | 00:41:29 | 00:20:55 | 4:08 | M (257) MASTER 4 M (4) |
| 5 | 321 | 642 | ÁLVAREZ LODEIRO, SANTIAGO | NINGUNO | 00:42:35 | 00:21:35 | 4:15 | M (300) MASTER 4 M (5) |
| 6 | 379 | 836 | GARCÍA BELLO, ANTONIO | ATLETAS DE ACEA DE AMA | 00:43:50 | 00:22:34 | 4:22 | M (355) MASTER 4 M (6) |
| 7 | 383 | 877 | CALVO GERARDI, MANUEL | CLUB ATLETISMO SAR | 00:43:54 | 00:22:17 | 4:23 | M (358) MASTER 4 M (7) |
| 8 | 406 | 184 | REY PAULOS, MANUEL JOSE | NINGUNO | 00:44:40 | 00:22:36 | 4:27 | M (379) MASTER 4 M (8) |
| 9 | 410 | 900 | OTERO RAVIÑA, FERNANDO | CICLOS SPORT | 00:44:42 | 00:22:47 | 4:28 | M (383) MASTER 4 M (9) |
| 10 | 437 | 274 | LIMÉNS PRADO, MAXIMINO | CLUB ATLETISMO NEGREIRA | 00:45:26 | 00:23:19 | 4:32 | M (408) MASTER 4 M (10) |
| 11 | 452 | 1038 | Alborés Díaz, Jose Manuel | CLUB ATLETISMO NOIA | 00:45:49 | 00:23:07 | 4:34 | M (421) MASTER 4 M (11) |
| 12 | 469 | 329 | TEIRA PIÑEIRO, MANUEL MARÍA | PRÓLOGO! PROJECT | 00:46:03 | 00:24:06 | 4:36 | M (437) MASTER 4 M (12) |
| 13 | 505 | 299 | RIOS VAZQUEZ, JOSE | NINGUNO | 00:46:39 | 00:23:58 | 4:39 | M (469) MASTER 4 M (13) |
| 14 | 529 | 1039 | Dominguez, Jose | | 00:47:11 | 00:23:28 | 4:43 | M (492) MASTER 4 M (14) |
| 15 | 530 | 363 | GONZÁLEZ VARELA, BENITO | NINGUNO | 00:47:12 | 00:23:55 | 4:43 | M (493) MASTER 4 M (15) |
| 16 | 536 | 217 | TABOADA GONZÁLEZ, RAMIRO | RUNNING LUSEKELO | 00:47:17 | 00:23:53 | 4:43 | M (498) MASTER 4 M (16) |
| 17 | 552 | 260 | POUSO MANEIRO, JOSÉ | NINGUNO | 00:47:40 | 00:24:30 | 4:45 | M (511) MASTER 4 M (17) |
| 18 | 563 | 246 | BETANZOS REGO, TOBIAS | BARBANTIA | 00:47:53 | 00:24:23 | 4:47 | M (522) MASTER 4 M (18) |
| 19 | 576 | 889 | SIMOES FERNÁNDEZ, JOSÉ LUIS | C.A.R. MARISQUEIRO | 00:48:07 | 00:25:25 | 4:48 | M (533) MASTER 4 M (19) |
| 20 | 592 | 256 | REGUEIRA BOO, JOSÉ MATIAS | NINGUNO | 00:48:34 | 00:24:11 | 4:51 | M (545) MASTER 4 M (20) |
| 21 | 605 | 191 | FERNÁNDEZ ARUFE, FRANCISCO | CLUB ATLETISMO NOIA | 00:48:42 | 00:25:11 | 4:52 | M (555) MASTER 4 M (21) |
| 22 | 625 | 914 | VILAR CAAMAÑO, FELIX | NINGUNO | 00:49:04 | 00:24:12 | 4:54 | M (570) MASTER 4 M (22) |
| 23 | 636 | 899 | PENA FRANCO, JOSE | NINGUNO | 00:49:20 | 00:25:18 | 4:55 | M (581) MASTER 4 M (23) |
| 24 | 674 | 882 | BOTANA FERREIRO, JUAN LUIS | SD COMPOSTELA ATLETISMO | 00:49:55 | 00:25:59 | 4:59 | M (614) MASTER 4 M (24) |
| 25 | 678 | 491 | HERMO MARIÑO, SANTIAGO | NINGUNO | 00:49:57 | 00:25:33 | 4:59 | M (617) MASTER 4 M (25) |
| 26 | 681 | 892 | LISTE BARREIRO, JOSE MANUEL | NINGUNO | 00:50:01 | 00:25:08 | 5:00 | M (619) MASTER 4 M (26) |
| 27 | 718 | 483 | PAIS FERNANDEZ, MANUEL | SERRES RUNNERS | 00:51:04 | 00:25:53 | 5:06 | M (648) MASTER 4 M (27) |
| 28 | 743 | 292 | FERNANDEZ HERMIDA, ANTONIO | CLUB ATLETISMO NOIA | 00:51:47 | 00:26:29 | 5:10 | M (666) MASTER 4 M (28) |
| 29 | 772 | 936 | PENA GONZÁLEZ, FRANCISCO | SD COMPOSTELA ATLETISMO | 00:52:38 | 00:26:21 | 5:15 | M (688) MASTER 4 M (29) |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA |
|-----|---------|--------|-------------------------------|-----------------------------|----------|----------|------|-------------------------|
| 30 | 778 | 988 | CEBEY CANCELA, JESÚS VÍCTOR | NINGUNO | 00:52:43 | 00:26:22 | 5:16 | M (692) MASTER 4 M (30) |
| 31 | 779 | 429 | ROCA AVILA, JAIME | NINGUNO | 00:52:43 | 00:26:26 | 5:16 | M (693) MASTER 4 M (31) |
| 32 | 782 | 1023 | PÉREZ LEIS, JESÚS | NINGUNO | 00:52:48 | 00:26:14 | 5:16 | M (696) MASTER 4 M (32) |
| 33 | 785 | 449 | ALFONSO PÉREZ, MANUEL ANTONIO | CLUB RÍA DE AROUSA | 00:52:51 | 00:27:11 | 5:17 | M (698) MASTER 4 M (33) |
| 34 | 791 | 972 | MENDEZ CASAL, ELADIO | NINGUNO | 00:53:02 | 00:27:11 | 5:18 | M (701) MASTER 4 M (34) |
| 35 | 792 | 895 | FERRACES VÁZQUEZ, MONCHO | CLUBE ATLETISMO BOIMORTO | 00:53:03 | 00:27:17 | 5:18 | M (702) MASTER 4 M (35) |
| 36 | 799 | 482 | DE MARTIN VÁZQUEZ, MARCIAL | NINGUNO | 00:53:22 | 00:26:10 | 5:20 | M (706) MASTER 4 M (36) |
| 37 | 813 | 450 | BOLÁS CABALEIRO, XOSÉ MANUEL | GALLAECIA JASTANDOSAPATILLA | 00:53:47 | 00:27:18 | 5:22 | M (715) MASTER 4 M (37) |
| 38 | 826 | 153 | MARQUE MILLÁN, RAMÓN GUNDIÁN | CDM VERTICE | 00:54:14 | 00:26:56 | 5:25 | M (723) MASTER 4 M (38) |
| 39 | 836 | 457 | MUÑIZ CANEDA, ANDRÉS | NINGUNO | 00:54:33 | 00:27:12 | 5:27 | M (728) MASTER 4 M (39) |
| 40 | 860 | 596 | CASAL GARCÍA, EMILIO | NINGUNO | 00:55:26 | 00:28:35 | 5:32 | M (744) MASTER 4 M (40) |
| 41 | 873 | 599 | LUCES TAJES, MANUEL | SERRES RUNNERS | 00:55:43 | 00:27:52 | 5:34 | M (752) MASTER 4 M (41) |
| 42 | 874 | 778 | LORENZO SANTAMARÍA, SEVERIANO | NINGUNO | 00:55:47 | 00:27:44 | 5:34 | M (753) MASTER 4 M (42) |
| 43 | 892 | 686 | GROBA NUÑEZ, CARLOS | NINGUNO | 00:56:17 | 00:27:53 | 5:37 | M (766) MASTER 4 M (43) |
| 44 | 923 | 990 | PAINCEIRA FERRACES, ALVARO | NINGUNO | 00:57:17 | 00:28:43 | 5:43 | M (784) MASTER 4 M (44) |
| 45 | 924 | 883 | MENÉNDEZ DOMÍNGUEZ, JUAN | NINGUNO | 00:57:17 | 00:29:25 | 5:43 | M (785) MASTER 4 M (45) |
| 46 | 950 | 986 | RIAL PAIS, JOSÉ | CAO CLUBE ATLETISMO OUTES | 00:57:53 | 00:29:28 | 5:47 | M (801) MASTER 4 M (46) |
| 47 | 974 | 646 | PORTO PORTO, JUAN MANUEL | NINGUNO | 00:58:46 | 00:29:18 | 5:52 | M (812) MASTER 4 M (47) |
| 48 | 986 | 566 | ALBORÉS DÍAZ, LUIS | NINGUNO | 00:59:54 | 00:29:22 | 5:59 | M (818) MASTER 4 M (48) |
| 49 | 998 | 948 | BURLIDO BORREGO, JOSE ISAÍAS | NINGUNO | 01:00:46 | 00:31:15 | 6:04 | M (821) MASTER 4 M (49) |
| 50 | 1024 | 976 | PALACIOS MARTINEZ, IGNACIO M. | NINGUNO | 01:01:55 | 00:30:13 | 6:11 | M (831) MASTER 4 M (50) |
| 51 | 1068 | 496 | MARTÍNEZ LEIS, JOSE | REVOLTAS | 01:06:21 | 00:32:15 | 6:38 | M (847) MASTER 4 M (51) |
| 52 | 1075 | 427 | GARCIA GARCIA, MANUEL | NINGUNO | 01:07:45 | 00:33:10 | 6:46 | M (849) MASTER 4 M (52) |

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|---|-----|------|-----------------------------|-----------------------------------|----------|----------|------|---------------------|
| 1 | 195 | 2042 | VERES OJEA, ELENA | SD COMPOSTELA ATLETISMO | 00:39:17 | 00:20:15 | 3:55 | F (7) SÉNIOR F (1) |
| 2 | 256 | 2203 | GARCÍA RODRÍGUEZ, TAMARA | BIOSBARDO | 00:40:58 | 00:20:43 | 4:05 | F (14) SÉNIOR F (2) |
| 3 | 284 | 2020 | GOMEZ GONZALEZ, CANDELA | CLUB ATLETISMO TAMBRE | 00:41:41 | 00:21:18 | 4:10 | F (16) SÉNIOR F (3) |
| 4 | 286 | 2016 | IGLESIAS CARBALLIDO, ANDREA | ATHLETICS FISIOTERAPIA SAN LÁZARO | 00:41:42 | 00:21:18 | 4:10 | F (17) SÉNIOR F (4) |
| 5 | 287 | 2007 | VILA SANTOS, LAURA | SAUDE SPORT | 00:41:42 | 00:21:25 | 4:10 | F (18) SÉNIOR F (5) |

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CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA | | |
|-----|---------|--------|----------------------------|----------------|------------|----------|----------|-----------|---------------|---------------|
| 6 | 330 | 2051 | MEJUTO FERNÁNDEZ, NURIA | SD COMPOSTELA | ATLETISMO | 00:42:51 | 00:21:41 | 4:17 | F (22) | SÉNIOR F (6) |
| 7 | 391 | 2057 | LIÑARES BARREIRO, CARLA | NINGUNO | 00:44:17 | 00:22:24 | 4:25 | F (26) | SÉNIOR F (7) | |
| 8 | 432 | 2044 | NÚÑEZ AMADO, ALEJANDRA | CLUB ATLETISMO | TAMBRE | 00:45:23 | 00:22:32 | 4:32 | F (29) | SÉNIOR F (8) |
| 9 | 472 | 2034 | PENA CARBÓN, NOEMÍ | CLUB ATLETISMO | A ESTRADA | 00:46:11 | 00:23:23 | 4:37 | F (34) | SÉNIOR F (9) |
| 10 | 497 | 2219 | SALGADO SANTOS, LARA | SD COMPOSTELA | ATLETISMO | 00:46:31 | 00:23:53 | 4:39 | F (36) | SÉNIOR F (10) |
| 11 | 525 | 2052 | FERNANDEZ DIAZ, MARTA | CLUB ATLETISMO | RIBADEO | 00:47:05 | 00:24:13 | 4:42 | F (37) | SÉNIOR F (11) |
| 12 | 549 | 2202 | MACEIRA PENA, MIRIAM | TRIATLÓN | VILAGARCIA | 00:47:38 | 00:24:11 | 4:45 | F (40) | SÉNIOR F (12) |
| 13 | 609 | 2213 | FILGUEIRA CONDE, REBECA | POIO | 00:48:43 | 00:24:08 | 4:52 | F (52) | SÉNIOR F (13) | |
| 14 | 641 | 2061 | COTOS DÍAZ, MARÍA | NINGUNO | 00:49:26 | 00:24:38 | 4:56 | F (56) | SÉNIOR F (14) | |
| 15 | 675 | 2046 | LIMERES SUÁREZ, MARÍA | SD COMPOSTELA | ATLETISMO | 00:49:55 | 00:24:49 | 4:59 | F (61) | SÉNIOR F (15) |
| 16 | 692 | 2144 | VÁZQUEZ CASTROMÁN, NOEMI | NINGUNO | 00:50:25 | 00:25:59 | 5:02 | F (65) | SÉNIOR F (16) | |
| 17 | 704 | 2050 | LOJO LÓPEZ, NOELIA | S D BARBANTIA | RODA | 00:50:42 | 00:25:20 | 5:04 | F (69) | SÉNIOR F (17) |
| 18 | 705 | 2033 | TRILLO CALO, PAULA | NINGUNO | 00:50:44 | 00:25:39 | 5:04 | F (70) | SÉNIOR F (18) | |
| 19 | 725 | 2068 | ABELENDA GARCIA, PATRICIA | NINGUNO | 00:51:27 | 00:26:08 | 5:08 | F (74) | SÉNIOR F (19) | |
| 20 | 758 | 2205 | BARRAL TRIÑANES, CLAUDIA | NINGUNO | 00:52:10 | 00:27:12 | 5:12 | F (80) | SÉNIOR F (20) | |
| 21 | 759 | 2246 | MELLA MONTOUTO, MARTINA | NINGUNO | 00:52:14 | 00:26:12 | 5:13 | F (81) | SÉNIOR F (21) | |
| 22 | 762 | 2100 | TUBIO TUBIO, VANESA | CLUB ATLETISMO | LOUSAME | 00:52:18 | 00:26:10 | 5:13 | F (82) | SÉNIOR F (22) |
| 23 | 765 | 2167 | RODRÍGUEZ BERMÚDEZ, TAMARA | NINGUNO | 00:52:29 | 00:26:34 | 5:14 | F (83) | SÉNIOR F (23) | |
| 24 | 775 | 2154 | CORES CANCELA, ANDREA | SD COMPOSTELA | ATLETISMO | 00:52:42 | 00:27:24 | 5:16 | F (85) | SÉNIOR F (24) |
| 25 | 777 | 2013 | TOLCHARD, SOPHIE LAUREN | NINGUNO | 00:52:42 | 00:27:15 | 5:16 | F (86) | SÉNIOR F (25) | |
| 26 | 787 | 2121 | MARTÍNEZ HERMO, MARINA | NINGUNO | 00:52:54 | 00:26:13 | 5:17 | F (88) | SÉNIOR F (26) | |
| 27 | 804 | 2251 | FERREIRÓS BLANCO, JESSICA | NINGUNO | 00:53:31 | 00:27:23 | 5:21 | F (95) | SÉNIOR F (27) | |
| 28 | 818 | 2101 | BETANZOS FREIRE, SARELA | NINGUNO | 00:53:57 | 00:27:30 | 5:23 | F (101) | SÉNIOR F (28) | |
| 29 | 853 | 2242 | PIÑEIRO, LUCÍA | SD COMPOSTELA | ATLETISMO | 00:55:11 | 00:27:15 | 5:31 | F (114) | SÉNIOR F (29) |
| 30 | 881 | 2262 | SAAVEDRA NOVOA, ANDREA | GTR GALAICO | TRAIL RUN | 00:55:56 | 00:26:47 | 5:35 | F (123) | SÉNIOR F (30) |
| 31 | 897 | 2189 | VÁZQUEZ HERRERO, PAULA | NINGUNO | 00:56:20 | 00:28:00 | 5:37 | F (131) | SÉNIOR F (31) | |
| 32 | 904 | 2086 | DÍAZ MOSQUEIRA, SARA | NINGUNO | 00:56:34 | 00:29:20 | 5:39 | F (133) | SÉNIOR F (32) | |
| 33 | 907 | 2221 | BOUZAS TOREA, SOFÍA | NINGUNO | 00:56:42 | 00:29:05 | 5:40 | F (134) | SÉNIOR F (33) | |
| 34 | 912 | 2223 | GARCIA GUILLIN, NURIA | NINGUNO | 00:56:52 | 00:28:55 | 5:41 | F (137) | SÉNIOR F (34) | |
| 35 | 913 | 2122 | MOLEDO MOLEDO, REBECA | NINGUNO | 00:56:53 | 00:29:22 | 5:41 | F (138) | SÉNIOR F (35) | |
| 36 | 915 | 2072 | PAZ FERNANDEZ, ESTEFANIA | NINGUNO | 00:56:53 | 00:29:22 | 5:41 | F (139) | SÉNIOR F (36) | |

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| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL | T5K | RITM | SEXO | CATEGORÍA | |
|-----|---------|--------|------------------------------|------------------------------|----------|----------|---------|---------------|---------------|
| 37 | 935 | 2292 | de Nogales Ortega, Blanca | | | | | | |
| | | | | 00:57:39 | 00:28:51 | 5:45 | F (144) | SÉNIOR F (37) | |
| 38 | 938 | 2288 | RODRÍGUEZ LAGO, ALBA | NINGUNO | 00:57:41 | 00:28:55 | 5:46 | F (145) | SÉNIOR F (38) |
| 39 | 942 | 2102 | GOMEZ ROMERO, LORENA | NINGUNO | 00:57:44 | 00:29:18 | 5:46 | F (147) | SÉNIOR F (39) |
| 40 | 953 | 2176 | JAMARDO TEIRA, OLAYA | NINGUNO | 00:57:54 | 00:29:29 | 5:47 | F (152) | SÉNIOR F (40) |
| 41 | 955 | 2248 | AGRASO PEDROSA, MIRIAM | NINGUNO | 00:57:56 | 00:28:59 | 5:47 | F (153) | SÉNIOR F (41) |
| 42 | 958 | 2257 | OTERO LINARES, LUCIA | NINGUNO | 00:58:05 | 00:27:51 | 5:48 | F (154) | SÉNIOR F (42) |
| 43 | 969 | 2064 | CASAL BALDOMIR, UXÍA | NINGUNO | 00:58:24 | 00:28:45 | 5:50 | F (161) | SÉNIOR F (43) |
| 44 | 972 | 2168 | GARCÍA LUIS, UXÍA | NINGUNO | 00:58:40 | 00:29:05 | 5:51 | F (162) | SÉNIOR F (44) |
| 45 | 980 | 2087 | SABORIDO SANTIAGO, UXÍA | CACA RUNNERS | 00:59:10 | 00:29:57 | 5:54 | F (166) | SÉNIOR F (45) |
| 46 | 985 | 2115 | PINTOR, LEOPOLDINE | NINGUNO | 00:59:50 | 00:30:26 | 5:58 | F (168) | SÉNIOR F (46) |
| 47 | 987 | 2159 | ALBORÉS PÉREZ, SARA | NINGUNO | 00:59:54 | 00:29:23 | 5:59 | F (169) | SÉNIOR F (47) |
| 48 | 990 | 2091 | FORJÁN OLIVEIRA, YRIA | NINGUNO | 01:00:15 | 00:32:10 | 6:01 | F (171) | SÉNIOR F (48) |
| 49 | 991 | 2089 | SÁNCHEZ BÓVEDA, TERESA | NINGUNO | 01:00:16 | 00:32:09 | 6:01 | F (172) | SÉNIOR F (49) |
| 50 | 1000 | 2085 | FERNÁNDEZ LÓPEZ, SARAI | NINGUNO | 01:01:00 | 00:30:05 | 6:05 | F (178) | SÉNIOR F (50) |
| 51 | 1001 | 2059 | QUIROGA RODRÍGUEZ, LAURA | NINGUNO | 01:01:01 | 00:30:04 | 6:06 | F (179) | SÉNIOR F (51) |
| 52 | 1006 | 2120 | MARTINEZ HERMO, JULIA | NINGUNO | 01:01:07 | 00:29:52 | 6:06 | F (183) | SÉNIOR F (52) |
| 53 | 1013 | 2078 | BARREIRO MARTÍNEZ, MYRIAM | NINGUNO | 01:01:25 | 00:31:19 | 6:08 | F (186) | SÉNIOR F (53) |
| 54 | 1014 | 2258 | HOURIHAN, MADISON ANN | NINGUNO | 01:01:25 | 00:31:19 | 6:08 | F (187) | SÉNIOR F (54) |
| 55 | 1017 | 2263 | IZQUIERDO PARDIÑAS, SONIA | NINGUNO | 01:01:34 | 00:30:19 | 6:09 | F (190) | SÉNIOR F (55) |
| 56 | 1025 | 2286 | SÁNCHEZ VARÓ, BÁRBARA | ETP ENCUENTRA TU POTENCIAL | 01:01:58 | 00:30:14 | 6:11 | F (194) | SÉNIOR F (56) |
| 57 | 1026 | 2156 | GONZALEZ LAREU, ISABEL | NINGUNO | 01:01:58 | 00:30:15 | 6:11 | F (195) | SÉNIOR F (57) |
| 58 | 1031 | 2142 | RAMOS REY, FATIMA | NINGUNO | 01:02:13 | 00:31:42 | 6:13 | F (198) | SÉNIOR F (58) |
| 59 | 1037 | 2157 | SANGIOVANNI LORENZO, CAMILA | NINGUNO | 01:02:55 | 00:31:29 | 6:17 | F (204) | SÉNIOR F (59) |
| 60 | 1041 | 2186 | EIRANOVA OGANDO, NOEMÍ | NINGUNO | 01:03:04 | 00:32:04 | 6:18 | F (206) | SÉNIOR F (60) |
| 61 | 1044 | 2133 | NAVARRO MARTÍNEZ, MARÍA | TRIATLON INFORHOUSE SANTIAGO | 01:03:41 | 00:32:08 | 6:22 | F (208) | SÉNIOR F (61) |
| 62 | 1060 | 2160 | GALÁN GÓMEZ, MARÍA | BOXPLORER | 01:05:48 | 00:31:58 | 6:34 | F (217) | SÉNIOR F (62) |
| 63 | 1070 | 2116 | CASA FRANCO, RAQUEL | NINGUNO | 01:06:45 | 00:33:03 | 6:40 | F (222) | SÉNIOR F (63) |
| 64 | 1074 | 2177 | CEBEY GARCÍA, LAURA | NINGUNO | 01:07:25 | 00:32:21 | 6:44 | F (226) | SÉNIOR F (64) |
| 65 | 1079 | 2083 | NICOLI GODON, MURIEL | NINGUNO | 01:08:18 | 00:35:05 | 6:49 | F (230) | SÉNIOR F (65) |
| 66 | 1082 | 2130 | OUTEIRAL MARTINEZ, ALEJANDRA | NINGUNO | 01:09:57 | 00:35:13 | 6:59 | F (232) | SÉNIOR F (66) |
| 67 | 1084 | 2252 | ROO REY, SARA | NINGUNO | 01:10:22 | 00:34:26 | 7:02 | F (233) | SÉNIOR F (67) |

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|-----|-----------|-----------------------------|-------------------------------|---------------|---------------|---------|---------------|
| 68 | 1086 2140 | PEREZ PAZ, ALBA | NINGUNO | 01:12:35 | 00:35:00 7:15 | F (235) | SÉNIOR F (68) |
| 69 | 1087 2088 | SANTOS ALONSO, NOELIA | NINGUNO | 01:12:35 | 00:35:00 7:15 | F (236) | SÉNIOR F (69) |
| m | | | | | | | |
| 1 | 4 765 | NASR, BOUCHAIB | CLUBE DEPORTIVO ARZÚA | 00:31:10 | 00:15:45 3:06 | M (4) | SÉNIOR M (1) |
| 2 | 6 40 | GOMEZ GONZALEZ, ANTON | CLUB ATLETISMO TAMBRE | 00:31:43 | 00:15:44 3:10 | M (6) | SÉNIOR M (2) |
| 3 | 10 113 | CARNERO RODRIGUEZ, PABLO | UNIÓN ATLÉTICA TERRASSA | 00:32:04 | 00:16:21 3:12 | M (10) | SÉNIOR M (3) |
| 4 | 15 13 | MUIÑO VARELA, CRISTIAN | SD COMPOSTELA ATLETISMO | 00:32:51 | 00:16:45 3:17 | M (15) | SÉNIOR M (4) |
| 5 | 17 50 | GARCÍA CARBALLO, ISMAEL | CLUB ATLETISMO LOUSAME | 00:32:57 | 00:16:52 3:17 | M (17) | SÉNIOR M (5) |
| 6 | 19 25 | HERMELO GÓMEZ, SERGIO | TRIATLON RIAS BAIXAS | 00:33:10 | 00:16:46 3:18 | M (19) | SÉNIOR M (6) |
| 7 | 21 83 | GARCIA GACIÑO, ALBERTO | SAUDE SPORT | 00:33:16 | 00:16:53 3:19 | M (21) | SÉNIOR M (7) |
| 8 | 27 84 | FONTÁN MARTÍNEZ, XACOB | S D BARBANTIA RODA | 00:33:49 | 00:17:09 3:22 | M (25) | SÉNIOR M (8) |
| 9 | 31 47 | LEÓN VIÑAS, RICARDO | CLUB ATLETISMO SAR | 00:34:30 | 00:16:56 3:26 | M (29) | SÉNIOR M (9) |
| 10 | 36 15 | MARTÍN ÁLVAREZ, ESTEBAN | ATLETAS DE ACEA DE AMA | 00:34:44 | 00:17:55 3:28 | M (34) | SÉNIOR M (10) |
| 11 | 37 725 | ROJO LUACES, ADRIAN | CLUB ATLETISMO SAR | 00:34:47 | 00:17:56 3:28 | M (35) | SÉNIOR M (11) |
| 12 | 38 119 | OTERO LESTÓN, BRAIS | CLUB ATLETISMO TAMBRE | 00:34:50 | 00:17:55 3:28 | M (36) | SÉNIOR M (12) |
| 13 | 41 125 | MATA CASTRO, ARTURO | CLUB ATLETISMO SANTIAGO | 00:34:54 | 00:17:58 3:29 | M (39) | SÉNIOR M (13) |
| 14 | 42 116 | FERNÁNDEZ TOJO, ALEXANDRE | CLUB ATLETISMO TAMBRE | 00:35:00 | 00:17:44 3:29 | M (40) | SÉNIOR M (14) |
| 15 | 44 806 | CAPELO VIEITES, EFRÉN | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:35:08 | 00:17:47 3:30 | M (42) | SÉNIOR M (15) |
| 16 | 51 775 | AFONSO LÓPEZ, THOMAS | CLUB ATLETISMO TAMBRE | 00:35:24 | 00:17:50 3:32 | M (48) | SÉNIOR M (16) |
| 17 | 53 657 | GARABATO LAGARES, ADRIAN | CLUB ATLETISMO SANTIAGO | 00:35:29 | 00:17:59 3:32 | M (50) | SÉNIOR M (17) |
| 18 | 56 420 | MORENO COUTO, AARÓN | TOXIZA CLUBE DE MONTAÑA | 00:35:37 | 00:18:23 3:33 | M (53) | SÉNIOR M (18) |
| 19 | 66 89 | AGRASO ALONSO, XABI | SAUDE SPORT | 00:36:01 | 00:18:22 3:36 | M (63) | SÉNIOR M (19) |
| 20 | 72 67 | TRIÑANES MARTINEZ, ERNESTO | S D BARBANTIA RODA | 00:36:07 | 00:18:34 3:36 | M (69) | SÉNIOR M (20) |
| 21 | 73 731 | VARELA RAMOS, FRANCISCO | NINGUNO | 00:36:10 | 00:18:17 3:36 | M (70) | SÉNIOR M (21) |
| 22 | 77 118 | MARTÍNEZ SÁNCHEZ, DAMIAN | CLUB ATLETISMO TAMBRE | 00:36:20 | 00:18:09 3:37 | M (74) | SÉNIOR M (22) |
| 23 | 78 127 | BARREIRO CASTIÑEIRA, MARCOS | CLUB TRIATLÓN COMPOSTELA | 00:36:22 | 00:18:43 3:38 | M (75) | SÉNIOR M (23) |
| 24 | 83 770 | CARRACEDO PORTO, CARLOS | CLUBE DEPORTIVO ARZÚA | 00:36:36 | 00:18:45 3:39 | M (80) | SÉNIOR M (24) |
| 25 | 92 661 | FRANCO BOUZA, EDGAR | TRIEUME AS PONTES | 00:37:05 | 00:18:44 3:42 | M (89) | SÉNIOR M (25) |
| 26 | 94 766 | SÁNCHEZ PÉREZ, ROBERTO | NINGUNO | 00:37:06 | 00:19:07 3:42 | M (91) | SÉNIOR M (26) |
| 27 | 97 61 | FEIJOO REDONDO, GUILLERMO | NINGUNO | 00:37:11 | 00:19:17 3:43 | M (94) | SÉNIOR M (27) |
| 28 | 103 86 | FERNÁNDEZ GARCÍA, MÍCHEL | S D BARBANTIA RODA | 00:37:19 | 00:18:51 3:43 | M (100) | SÉNIOR M (28) |

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|-----|---------|--------|------------------------------|---------------------------|----------|----------|-----------|-----------------------|
| 29 | 104 | 763 | GARCÍA MARTÍNEZ, JOSE | EL CANARIO | 00:37:20 | 00:19:42 | 3:43 | M (101) SÉNIOR M (29) |
| 30 | 113 | 1026 | Del Cuvillo Velez, Ignacio | | 00:37:30 | 00:19:00 | 3:44 | M (109) SÉNIOR M (30) |
| 31 | 128 | 779 | PULIDO SOTELO, MIGUEL | NINGUNO | 00:37:54 | 00:19:21 | 3:47 | M (124) SÉNIOR M (31) |
| 32 | 146 | 670 | ALVAREZ GARCIA, CIRO | NINGUNO | 00:38:15 | 00:19:50 | 3:49 | M (141) SÉNIOR M (32) |
| 33 | 159 | 78 | OTERO DOSIL, RUBÉN | CLUB ATLETISMO NOIA | 00:38:29 | 00:19:38 | 3:50 | M (154) SÉNIOR M (33) |
| 34 | 160 | 727 | VIDAL VÁZQUEZ, MARTÍN | NINGUNO | 00:38:31 | 00:19:50 | 3:51 | M (155) SÉNIOR M (34) |
| 35 | 171 | 62 | MOSQUERA GARCÍA, DAVID | NINGUNO | 00:38:48 | 00:19:50 | 3:52 | M (166) SÉNIOR M (35) |
| 36 | 189 | 861 | GONZALEZ LOPEZ, JORGE | S D BARBANTIA RODA | 00:39:13 | 00:20:16 | 3:55 | M (183) SÉNIOR M (36) |
| 37 | 191 | 146 | DIOS VICENTE, ADRIÁN | NINGUNO | 00:39:13 | 00:20:13 | 3:55 | M (185) SÉNIOR M (37) |
| 38 | 209 | 659 | MARTIN MORENO, MARIO | ESCUELA NAVAL MILITAR | 00:39:36 | 00:20:44 | 3:57 | M (200) SÉNIOR M (38) |
| 39 | 220 | 171 | RODRIGUEZ GONZALEZ, IVAN | SAUDE SPORT | 00:40:01 | 00:20:28 | 4:00 | M (210) SÉNIOR M (39) |
| 40 | 230 | 176 | SUÁREZ SÁNCHEZ, MANUEL | SPEEDY PARRILLADA | 00:40:23 | 00:20:32 | 4:02 | M (220) SÉNIOR M (40) |
| 41 | 236 | 23 | SUSO SÁNCHEZ, DANIEL | SONS OF POSEIDON | 00:40:33 | 00:20:31 | 4:03 | M (225) SÉNIOR M (41) |
| 42 | 238 | 947 | UCHA BOUZADA, JAVIER | NINGUNO | 00:40:35 | 00:20:40 | 4:03 | M (227) SÉNIOR M (42) |
| 43 | 240 | 692 | LEÓN NOVOA, ÁLVARO | NINGUNO | 00:40:35 | 00:21:34 | 4:03 | M (229) SÉNIOR M (43) |
| 44 | 241 | 77 | MOSQUERA GARCÍA, PABLO | NINGUNO | 00:40:36 | 00:20:03 | 4:03 | M (230) SÉNIOR M (44) |
| 45 | 254 | 103 | NOAL SANLÉS, DANIEL | SAUDESSPORT | 00:40:55 | 00:20:28 | 4:05 | M (241) SÉNIOR M (45) |
| 46 | 258 | 295 | BOULLÓN PEREZ, JAVIER | NINGUNO | 00:41:09 | 00:21:07 | 4:06 | M (244) SÉNIOR M (46) |
| 47 | 261 | 31 | BALBOA BESADA, EDGAR | C.A. CAMBADOS- SEG. NOVAL | 00:41:16 | 00:20:31 | 4:07 | M (247) SÉNIOR M (47) |
| 48 | 264 | 263 | FERNÁNDEZ NIMO, IVAN | SERRES RUNNERS | 00:41:18 | 00:21:15 | 4:07 | M (250) SÉNIOR M (48) |
| 49 | 265 | 173 | SANGIOVANNI LORENZO, JOAQUIN | SD COMPOSTELA ATLETISMO | 00:41:19 | 00:20:40 | 4:07 | M (251) SÉNIOR M (49) |
| 50 | 266 | 333 | CAMPAÑA BARROS, ADRIÁN | NINGUNO | 00:41:20 | 00:20:46 | 4:07 | M (252) SÉNIOR M (50) |
| 51 | 270 | 229 | MACEIRAS INSUA, DANIEL | NINGUNO | 00:41:29 | 00:21:12 | 4:08 | M (256) SÉNIOR M (51) |
| 52 | 272 | 318 | ALVAREZ BOUZAS, ALBERTO | CLUB ATLETISMO TAMBRE | 00:41:31 | 00:20:48 | 4:09 | M (258) SÉNIOR M (52) |
| 53 | 274 | 257 | LIÑAYO FILGUEIRA, PABLO | NINGUNO | 00:41:32 | 00:22:27 | 4:09 | M (260) SÉNIOR M (53) |
| 54 | 288 | 874 | LÓPEZ PARDO, ALEJANDRO | AD FOGAR | 00:41:44 | 00:21:30 | 4:10 | M (270) SÉNIOR M (54) |
| 55 | 289 | 807 | IGLESIAS RODRÍGUEZ, HUGO | NINGUNO | 00:41:45 | 00:20:57 | 4:10 | M (271) SÉNIOR M (55) |
| 56 | 296 | 1045 | Olaya Gomez, Alfonso | | 00:41:59 | 00:20:59 | 4:11 | M (277) SÉNIOR M (56) |
| 57 | 298 | 847 | MARTINÓN MARTÍNEZ, JESÚS | NINGUNO | 00:42:03 | 00:21:26 | 4:12 | M (278) SÉNIOR M (57) |
| 58 | 301 | 673 | FIGUERAS LORENZO, EDUARDO | EL CANARIO | 00:42:08 | 00:21:32 | 4:12 | M (281) SÉNIOR M (58) |
| 59 | 302 | 381 | SANTIAGO SARASQUETE, CARLOS | NINGUNO | 00:42:09 | 00:21:44 | 4:12 | M (282) SÉNIOR M (59) |

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|-----|---------|-----------------------------------|-------------------------------|-----------|----------|------|---------|---------------|
| 60 | 305 | 747 PAZ PISOS, MIGUEL ANGEL | CDM XESTEIRAS | 00:42:11 | 00:21:54 | 4:13 | M (285) | SÉNIOR M (60) |
| 61 | 307 | 331 PLACER GARCÍA-RODEJA, MARTIÑO | NINGUNO | 00:42:12 | 00:21:00 | 4:13 | M (287) | SÉNIOR M (61) |
| 62 | 314 | 371 SANCHIS ORTOLÁ, SERGIO | CLUB TRIATLON SANTIAGO DE | 00:42:27 | 00:21:43 | 4:14 | M (294) | SÉNIOR M (62) |
| 63 | 318 | 875 BUA GONTAD, SERGIO | NINGUNO | 00:42:31 | 00:22:19 | 4:15 | M (297) | SÉNIOR M (63) |
| 64 | 320 | 266 ROMERO, DAVID | NINGUNO | 00:42:34 | 00:21:35 | 4:15 | M (299) | SÉNIOR M (64) |
| 65 | 322 | 543 LATA, DAVID | NINGUNO | 00:42:37 | 00:21:51 | 4:15 | M (301) | SÉNIOR M (65) |
| 66 | 334 | 337 GÓMEZ CES, FABIÁN | BOXPLORER | 00:42:56 | 00:21:50 | 4:17 | M (311) | SÉNIOR M (66) |
| 67 | 348 | 313 MARTINON, JOSE | NINGUNO | 00:43:20 | 00:22:30 | 4:19 | M (325) | SÉNIOR M (67) |
| 68 | 349 | 239 ÁLVAREZ MARTÍNEZ, ADRIÁN | ATMOS HOTEL | 00:43:21 | 00:22:17 | 4:20 | M (326) | SÉNIOR M (68) |
| 69 | 353 | 812 GARCÍA TÚÑEZ, CHRISTIAN | NINGUNO | 00:43:21 | 00:21:30 | 4:20 | M (329) | SÉNIOR M (69) |
| 70 | 365 | 290 GÓMEZ VILA, ALBERTO | NINGUNO | 00:43:42 | 00:22:09 | 4:22 | M (341) | SÉNIOR M (70) |
| 71 | 385 | 1044 DEL RÍO OTERO, ALBERTO | NINGUNO | 00:44:03 | 00:22:42 | 4:24 | M (360) | SÉNIOR M (71) |
| 72 | 387 | 901 MAGALHAES CANELAS, ANDRÉS | NINGUNO | 00:44:04 | 00:22:15 | 4:24 | M (362) | SÉNIOR M (72) |
| 73 | 394 | 569 BOUZÁN CUMPLIDO, FERNÁN | NINGUNO | 00:44:25 | 00:22:16 | 4:26 | M (367) | SÉNIOR M (73) |
| 74 | 400 | 128 RIOBÓ PORTO, JORGE | ATLETISMO CORREDOIRAS BUEU | 00:44:34 | 00:22:22 | 4:27 | M (373) | SÉNIOR M (74) |
| 75 | 407 | 713 VALLE MONTEAGUDO, SANTIAGO | NINGUNO | 00:44:40 | 00:22:57 | 4:27 | M (380) | SÉNIOR M (75) |
| 76 | 412 | 284 PÉREZ PETISCO, PABLO | NINGUNO | 00:44:43 | 00:22:19 | 4:28 | M (385) | SÉNIOR M (76) |
| 77 | 419 | 704 BOUZAS, MIGUEL | NINGUNO | 00:44:59 | 00:23:06 | 4:29 | M (391) | SÉNIOR M (77) |
| 78 | 423 | 245 ROMERO SENDÓN, IAGO | SERRES RUNNERS | 00:45:02 | 00:22:57 | 4:30 | M (395) | SÉNIOR M (78) |
| 79 | 438 | 185 BARREIRO, DAVID | NINGUNO | 00:45:29 | 00:23:32 | 4:32 | M (409) | SÉNIOR M (79) |
| 80 | 447 | 1020 DOMÍNGUEZ QUEIRUGA, MANUEL | NINGUNO | 00:45:42 | 00:23:06 | 4:34 | M (416) | SÉNIOR M (80) |
| 81 | 449 | 369 PEREIRA MARTÍNEZ, ISMAEL | RAGNAROK OCR | 00:45:43 | 00:23:11 | 4:34 | M (418) | SÉNIOR M (81) |
| 82 | 451 | 996 ESPASANDIN VAZQUEZ, VICTOR | CLUB DEPORTIVO BRIÓN HYUPERSA | 00:45:47 | 00:23:21 | 4:34 | M (420) | SÉNIOR M (82) |
| 83 | 453 | 419 SABROJO SANTOS, ALEJANDRO | NINGUNO | 00:45:50 | 00:23:55 | 4:34 | M (422) | SÉNIOR M (83) |
| 84 | 474 | 602 IGLESIAS SUEIRO, SANTIAGO | NINGUNO | 00:46:13 | 00:23:54 | 4:37 | M (440) | SÉNIOR M (84) |
| 85 | 478 | 785 RIVEIRO LAMPON, ALBERTO | NINGUNO | 00:46:17 | 00:23:55 | 4:37 | M (443) | SÉNIOR M (85) |
| 86 | 489 | 662 QUINTAS CRESPO, ALEJANDRO | NINGUNO | 00:46:22 | 00:23:54 | 4:38 | M (454) | SÉNIOR M (86) |
| 87 | 490 | 937 GÓMEZ RODRÍGUEZ, MIGUEL | NINGUNO | 00:46:23 | 00:23:53 | 4:38 | M (455) | SÉNIOR M (87) |
| 88 | 491 | 551 NIETO RODRÍGUEZ, RUBÉN | NINGUNO | 00:46:23 | 00:24:01 | 4:38 | M (456) | SÉNIOR M (88) |
| 89 | 498 | 964 RAMOS ANTELA, ANTÓN | TRIATLON INFORHOUSE SANTIAGO | 00:46:31 | 00:22:56 | 4:39 | M (462) | SÉNIOR M (89) |
| 90 | 531 | 286 ROO MAROÑAS, PABLO | CLUB ATLETISMO LOUSAME | 00:47:12 | 00:23:16 | 4:43 | M (494) | SÉNIOR M (90) |

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|-----|---------|--------|----------------------------|-------------------|----------|----------|------|------------------------|
| 91 | 538 | 676 | CORREA LORENZO, ALBERTO | NINGUNO | 00:47:19 | 00:24:00 | 4:43 | M (500) SÉNIOR M (91) |
| 92 | 544 | 370 | MÍGUEZ BLANCO, RAÚL | NINGUNO | 00:47:25 | 00:23:59 | 4:44 | M (505) SÉNIOR M (92) |
| 93 | 553 | 648 | BLANCO GOMEZ, SAUL | NINGUNO | 00:47:41 | 00:24:34 | 4:46 | M (512) SÉNIOR M (93) |
| 94 | 554 | 538 | MAGARIÑOS DE BLAS, ÁLVARO | NINGUNO | 00:47:41 | 00:23:56 | 4:46 | M (513) SÉNIOR M (94) |
| 95 | 557 | 835 | UCHA OMIL, MIGUEL | FENDE-PERNAS TEAM | 00:47:44 | 00:24:43 | 4:46 | M (516) SÉNIOR M (95) |
| 96 | 566 | 881 | MIRANTES BARBEITO, ANGEL | NO SPORT LIMIT | 00:47:58 | 00:24:20 | 4:47 | M (523) SÉNIOR M (96) |
| 97 | 567 | 279 | LEIS MONTEMUIÑO, AITOR | NINGUNO | 00:47:59 | 00:24:31 | 4:47 | M (524) SÉNIOR M (97) |
| 98 | 568 | 399 | BARRAL AGRASO, ALBERTO | NINGUNO | 00:47:59 | 00:24:27 | 4:47 | M (525) SÉNIOR M (98) |
| 99 | 571 | 991 | IGLESIAS, CARLOS | NINGUNO | 00:48:03 | 00:24:30 | 4:48 | M (528) SÉNIOR M (99) |
| 100 | 583 | 994 | FIGUEIRIDO BLANCO, PABLO | NINGUNO | 00:48:17 | 00:24:16 | 4:49 | M (538) SÉNIOR M (100) |
| 101 | 589 | 24 | MARIN CASTRO, ELOY | SONS OF POSEIDON | 00:48:30 | 00:24:23 | 4:50 | M (543) SÉNIOR M (101) |
| 102 | 595 | 338 | DOMÍNGUEZ NEGREIRA, JAVIER | NINGUNO | 00:48:37 | 00:26:19 | 4:51 | M (548) SÉNIOR M (102) |
| 103 | 600 | 214 | DOVAL IGLESIAS, IAGO | NINGUNO | 00:48:40 | 00:24:06 | 4:51 | M (553) SÉNIOR M (103) |
| 104 | 613 | 967 | FERNÁNDEZ BUCETA, PABLO | NINGUNO | 00:48:48 | 00:24:50 | 4:52 | M (560) SÉNIOR M (104) |
| 105 | 616 | 535 | MOREIRA FAJARDO, MANI | NINGUNO | 00:48:51 | 00:24:08 | 4:53 | M (563) SÉNIOR M (105) |
| 106 | 621 | 357 | ÁLVAREZ CASTRO, CARLOS | NINGUNO | 00:48:58 | 00:25:14 | 4:53 | M (567) SÉNIOR M (106) |
| 107 | 624 | 520 | CARLEOS MAYAN, FRANCISCO | NINGUNO | 00:49:01 | 00:24:22 | 4:54 | M (569) SÉNIOR M (107) |
| 108 | 633 | 230 | BARREIRO HERMIDA, ALBERTO | NINGUNO | 00:49:16 | 00:25:29 | 4:55 | M (578) SÉNIOR M (108) |
| 109 | 640 | 679 | FERNANDEZ LOPEZ, XABIER | NINGUNO | 00:49:26 | 00:25:28 | 4:56 | M (585) SÉNIOR M (109) |
| 110 | 663 | 697 | GÓMEZ CAAMAÑO, ELADIO | NINGUNO | 00:49:43 | 00:24:59 | 4:58 | M (605) SÉNIOR M (110) |
| 111 | 669 | 446 | VILLAVERDE PATIÑO, YAGO | NINGUNO | 00:49:50 | 00:26:28 | 4:58 | M (611) SÉNIOR M (111) |
| 112 | 683 | 565 | VIDAL LAMELA, MANUEL | NINGUNO | 00:50:07 | 00:25:02 | 5:00 | M (621) SÉNIOR M (112) |
| 113 | 693 | 552 | GONZALEZ COBAS, CARLOS | CHORIMA | 00:50:26 | 00:26:34 | 5:02 | M (628) SÉNIOR M (113) |
| 114 | 695 | 481 | QUEIRO LAMAS, BRAIS | NINGUNO | 00:50:32 | 00:26:00 | 5:03 | M (630) SÉNIOR M (114) |
| 115 | 706 | 508 | MANEIRO POUZO, DIEGO | NINGUNO | 00:50:44 | 00:25:39 | 5:04 | M (636) SÉNIOR M (115) |
| 116 | 727 | 438 | BOUZAS ABELENDIA, RUBEN | NINGUNO | 00:51:28 | 00:26:07 | 5:08 | M (652) SÉNIOR M (116) |
| 117 | 728 | 198 | POMBO MOREIRA, RENE | NINGUNO | 00:51:28 | 00:26:08 | 5:08 | M (653) SÉNIOR M (117) |
| 118 | 731 | 925 | CRESPO FERNÁNDEZ, MANUEL | NINGUNO | 00:51:34 | 00:27:40 | 5:09 | M (656) SÉNIOR M (118) |
| 119 | 737 | 1027 | Hellman, Lars Erik | | 00:51:39 | 00:25:24 | 5:09 | M (661) SÉNIOR M (119) |
| 120 | 745 | 524 | FARIÑA GÓMEZ, JONATAN | NINGUNO | 00:51:50 | 00:24:22 | 5:10 | M (668) SÉNIOR M (120) |
| 121 | 751 | 928 | NESPEREIRA VALE, MARIO | NINGUNO | 00:51:54 | 00:26:25 | 5:11 | M (673) SÉNIOR M (121) |

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|-----|---------|--------|-------------------------------|-----------------------|----------|----------|------|------------------------|
| 122 | 763 | 253 | HERMO GARCÍA, SAMUEL | NINGUNO | 00:52:26 | 00:24:31 | 5:14 | M (681) SÉNIOR M (122) |
| 123 | 768 | 989 | CEBEY LOPEZ, VICTOR | NINGUNO | 00:52:32 | 00:26:08 | 5:15 | M (684) SÉNIOR M (123) |
| 124 | 773 | 1012 | OTERO PAZ, MIGUEL | NINGUNO | 00:52:38 | 00:27:34 | 5:15 | M (689) SÉNIOR M (124) |
| 125 | 774 | 1018 | PREGO PRADO, YAGO | NINGUNO | 00:52:39 | 00:27:34 | 5:15 | M (690) SÉNIOR M (125) |
| 126 | 800 | 683 | VALE LÓPEZ, ABEL | NINGUNO | 00:53:24 | 00:26:38 | 5:20 | M (707) SÉNIOR M (126) |
| 127 | 806 | 825 | DOVAL BARREIRO, HUGO | TRIATLÓN VILAGARCIA | 00:53:34 | 00:25:34 | 5:21 | M (711) SÉNIOR M (127) |
| 128 | 811 | 762 | SENRA MARTINEZ, DAVID | CLUB ATLETISMO TAMBRE | 00:53:46 | 00:27:37 | 5:22 | M (713) SÉNIOR M (128) |
| 129 | 815 | 453 | COMESAÑA, LUIS | NINGUNO | 00:53:48 | 00:27:14 | 5:22 | M (716) SÉNIOR M (129) |
| 130 | 823 | 615 | FERNANDEZ VAZQUEZ, FRANCISCO | NINGUNO | 00:54:12 | 00:27:12 | 5:25 | M (722) SÉNIOR M (130) |
| 131 | 841 | 485 | FERNÁNDEZ PÉREZ, HUGO | NINGUNO | 00:54:36 | 00:27:19 | 5:27 | M (733) SÉNIOR M (131) |
| 132 | 847 | 952 | PRIEGUE, PABLO | NINGUNO | 00:54:53 | 00:27:15 | 5:29 | M (735) SÉNIOR M (132) |
| 133 | 856 | 950 | BOENTE GARCÍA, OSCAR | BOXPLORER | 00:55:17 | 00:28:10 | 5:31 | M (742) SÉNIOR M (133) |
| 134 | 857 | 933 | FERRO, JAVIER | NINGUNO | 00:55:20 | 00:27:31 | 5:31 | M (743) SÉNIOR M (134) |
| 135 | 877 | 927 | CRESPO GARCÍA, CRISTIAN JESÚS | NINGUNO | 00:55:52 | 00:27:40 | 5:35 | M (756) SÉNIOR M (135) |
| 136 | 902 | 467 | MANEIRO VILA, DAVID | NINGUNO | 00:56:33 | 00:28:43 | 5:39 | M (770) SÉNIOR M (136) |
| 137 | 909 | 926 | LAREU CRESPO, DIEGO | NINGUNO | 00:56:47 | 00:27:55 | 5:40 | M (774) SÉNIOR M (137) |
| 138 | 910 | 573 | GIGIREY AMADO, SERGIO | NINGUNO | 00:56:47 | 00:29:28 | 5:40 | M (775) SÉNIOR M (138) |
| 139 | 933 | 616 | GARCIA CASTRO, MARTIN | NINGUNO | 00:57:36 | 00:27:44 | 5:45 | M (790) SÉNIOR M (139) |
| 140 | 936 | 1046 | Silva Bandin, Daniel | | 00:57:39 | 00:28:51 | 5:45 | M (792) SÉNIOR M (140) |
| 141 | 939 | 425 | GONZALEZ ALVAREZ, SERGIO | NINGUNO | 00:57:42 | 00:27:52 | 5:46 | M (794) SÉNIOR M (141) |
| 142 | 946 | 598 | CASTRO CASAL, JACOBO | NINGUNO | 00:57:48 | 00:29:01 | 5:46 | M (799) SÉNIOR M (142) |
| 143 | 956 | 954 | GARCÍA MUÑIZ, SAMUEL | NINGUNO | 00:57:56 | 00:28:59 | 5:47 | M (803) SÉNIOR M (143) |
| 144 | 970 | 525 | LOPEZ SABIDO, XANDRE | NINGUNO | 00:58:27 | 00:29:51 | 5:50 | M (809) SÉNIOR M (144) |
| 145 | 973 | 586 | RIOS SAEZ, AVELINO | NINGUNO | 00:58:40 | 00:29:05 | 5:51 | M (811) SÉNIOR M (145) |
| 146 | 981 | 468 | ROMERO VITURRO, CARLOS | CACA RUNNERS | 00:59:10 | 00:29:59 | 5:54 | M (815) SÉNIOR M (146) |
| 147 | 988 | 630 | RIEIRO GARCIA, MANUEL | CORREXALLAS | 00:59:57 | 00:30:25 | 5:59 | M (819) SÉNIOR M (147) |
| 148 | 1009 | 490 | CALO ROMEU, CARLOS | NINGUNO | 01:01:18 | 00:28:30 | 6:07 | M (825) SÉNIOR M (148) |
| 149 | 1012 | 975 | AGUADO LAGO, PABLO | NINGUNO | 01:01:25 | 00:31:20 | 6:08 | M (827) SÉNIOR M (149) |
| 150 | 1042 | 655 | BLANCO ÁLVAREZ, ANTONIO | NINGUNO | 01:03:04 | 00:32:03 | 6:18 | M (836) SÉNIOR M (150) |
| 151 | 1063 | 607 | BERMUDEZ ROZAS, IVAN | NINGUNO | 01:06:17 | 00:32:54 | 6:37 | M (845) SÉNIOR M (151) |
| 152 | 1083 | 932 | SANCHEZ VIDAL, FERNANDO | NINGUNO | 01:09:57 | 00:35:12 | 6:59 | M (851) SÉNIOR M (152) |

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|--------|---------|--------|----------------------------|----------------------------|----------|----------|------|-----------------------|
| SUB 18 | | | | | | | | |
| f | | | | | | | | |
| 1 | 198 | 2290 | Novo Dios, Marta | | 00:39:21 | 00:19:57 | 3:56 | F (8) SUB 18 F (1) |
| 2 | 810 | 2170 | RIVERA GARABAL, PAULA | CLUB ATLETISMO TAMBRE | 00:53:45 | 00:27:36 | 5:22 | F (98) SUB 18 F (2) |
| 3 | 1027 | 2164 | PINEDA GONZÁLEZ, CAROLINA | CAO CLUBE ATLETISMO OUTES | 01:02:00 | 00:30:55 | 6:11 | F (196) SUB 18 F (3) |
| 4 | 1071 | 2275 | RODRIGUEZ MIYARES, CLAUDIA | VICLAUMAIA | 01:06:56 | 00:32:27 | 6:41 | F (223) SUB 18 F (4) |
| m | | | | | | | | |
| 1 | 8 | 6 | GARCÍA PICON, LUCAS | RIA DE FOZ | 00:31:51 | 00:16:20 | 3:11 | M (8) SUB 18 M (1) |
| 2 | 14 | 442 | MOURE FERNÁNDEZ, NUNO | AD FOGAR | 00:32:44 | 00:16:44 | 3:16 | M (14) SUB 18 M (2) |
| 3 | 18 | 738 | BELLO RODRÍGUEZ, ANXO | AD FOGAR | 00:33:00 | 00:16:26 | 3:17 | M (18) SUB 18 M (3) |
| 4 | 20 | 776 | PRADA MAROÑO, IAGO | AD FOGAR | 00:33:15 | 00:16:57 | 3:19 | M (20) SUB 18 M (4) |
| 5 | 23 | 469 | VILA MARIÑO, ABEL | CLUB ATLETISMO NOIA | 00:33:25 | 00:16:56 | 3:20 | M (23) SUB 18 M (5) |
| 6 | 29 | 131 | MANEIRO TEIRA, DANIEL | CLUB ATLETISMO O PINO | 00:34:12 | 00:17:05 | 3:25 | M (27) SUB 18 M (6) |
| 7 | 30 | 729 | MARTÍNEZ SUÁREZ, HUGO | AD FOGAR | 00:34:15 | 00:17:11 | 3:25 | M (28) SUB 18 M (7) |
| 8 | 63 | 740 | PONTE ALVAREZ, ARTURO | CLUB ATLETISMO SANTIAGO | 00:35:50 | 00:18:23 | 3:34 | M (60) SUB 18 M (8) |
| 9 | 93 | 144 | SESA MÍGUEZ, ADRIÁN | CLUB ATLETISMO MILLARAIO | 00:37:05 | 00:18:53 | 3:42 | M (90) SUB 18 M (9) |
| 10 | 119 | 737 | RIBÓ MIGUEL, LUCAS | CLUB ATLETISMO SANTIAGO | 00:37:45 | 00:19:03 | 3:46 | M (115) SUB 18 M (10) |
| 11 | 177 | 226 | ALCALDE SIEIRA, SAUL | NINGUNO | 00:38:52 | 00:19:24 | 3:53 | M (172) SUB 18 M (11) |
| 12 | 259 | 865 | LESMES DEVESA, LUCAS | CLUB ATLETISMO MILLARAIO | 00:41:09 | 00:20:25 | 4:06 | M (245) SUB 18 M (12) |
| 13 | 442 | 846 | GUERREIROLAREU, JACOBO | ETP ENCUENTRA TU POTENCIAL | 00:45:34 | 00:23:07 | 4:33 | M (413) SUB 18 M (13) |
| 14 | 499 | 965 | RESÚA LEMA, FRAN | NINGUNO | 00:46:32 | 00:23:48 | 4:39 | M (463) SUB 18 M (14) |
| 15 | 509 | 992 | ALCALDE RIAL, MARIO | NINGUNO | 00:46:41 | 00:22:57 | 4:40 | M (473) SUB 18 M (15) |
| 16 | 632 | 1005 | TRILLO CASTELO, JOSE | VICLAUMAIA | 00:49:14 | 00:25:46 | 4:55 | M (577) SUB 18 M (16) |
| 17 | 635 | 472 | GONZÁLEZ VÁZQUEZ, DAVID | NINGUNO | 00:49:18 | 00:24:57 | 4:55 | M (580) SUB 18 M (17) |
| 18 | 707 | 542 | PAZ SANTAMARÍA, JUAN | NINGUNO | 00:50:45 | 00:24:31 | 5:04 | M (637) SUB 18 M (18) |
| 19 | 883 | 685 | ROMERO CASTRO, HUGO | NINGUNO | 00:56:04 | 00:27:56 | 5:36 | M (760) SUB 18 M (19) |
| 20 | 906 | 459 | GONZALEZ PIÑEIRO, PABLO | NINGUNO | 00:56:40 | 00:28:57 | 5:39 | M (773) SUB 18 M (20) |
| SUB 20 | | | | | | | | |
| f | | | | | | | | |
| 1 | 138 | 2019 | GONTAN IGLESIAS, AINOA | SD COMPOSTELA ATLETISMO | 00:38:06 | 00:19:24 | 3:48 | F (5) SUB 20 F (1) |

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|-----|---------|-----------------------------------|---------------------------|-----------|----------|------|---------|---------------|
| 2 | 297 | 2009 FORMOSO RE CAREY, ALEJANDRA | TRIKI TEAM | 00:41:59 | 00:21:19 | 4:11 | F (20) | SUB 20 F (2) |
| 3 | 604 | 2227 DE GREGORIO ESTÚÑIGA, ANA | NINGUNO | 00:48:42 | 00:25:25 | 4:52 | F (50) | SUB 20 F (3) |
| 4 | 608 | 2294 Medina Torres, Lucila Fatima | | 00:48:43 | 00:24:35 | 4:52 | F (51) | SUB 20 F (4) |
| 5 | 859 | 2124 FERNÁNDEZ RODAL, INDIRA | NINGUNO | 00:55:24 | 00:28:46 | 5:32 | F (116) | SUB 20 F (5) |
| 6 | 1056 | 2274 ÁVILA CASTRO, LEA | NINGUNO | 01:04:23 | 00:32:01 | 6:26 | F (214) | SUB 20 F (6) |
| m | | | | | | | | |
| 1 | 7 | 11 RAMOS SAMBADE, VICTOR | TRIKI TEAM | 00:31:45 | 00:16:20 | 3:10 | M (7) | SUB 20 M (1) |
| 2 | 13 | 82 REGO VEIGAS, IVÁN | LUCUS CAIXA RURAL | 00:32:37 | 00:16:15 | 3:15 | M (13) | SUB 20 M (2) |
| 3 | 28 | 157 CAO BLANCO, GONZALO | SD COMPOSTELA ATLETISMO | 00:33:58 | 00:17:42 | 3:23 | M (26) | SUB 20 M (3) |
| 4 | 34 | 162 LOUREIRO MOSQUERA, DANIEL | ATLÉTICA A SILVA | 00:34:39 | 00:17:42 | 3:27 | M (32) | SUB 20 M (4) |
| 5 | 46 | 169 RIGUEIRO VÁZQUEZ, PABLO | NINGUNO | 00:35:15 | 00:17:46 | 3:31 | M (43) | SUB 20 M (5) |
| 6 | 68 | 158 OTERO LADO, FERNANDO | TRIKI TEAM | 00:36:04 | 00:18:27 | 3:36 | M (65) | SUB 20 M (6) |
| 7 | 91 | 98 GONZÁLEZ PAIS, RAMÓN | CLUB ATLETISMO SAR | 00:37:03 | 00:18:25 | 3:42 | M (88) | SUB 20 M (7) |
| 8 | 116 | 115 PICÓN MONTERO, BRAIS | ATLETISMO NARÓN | 00:37:38 | 00:18:07 | 3:45 | M (112) | SUB 20 M (8) |
| 9 | 131 | 721 NAVARRETE ROBLEDILLO, LUIS | CLUB DE MONTAÑA ALMA GAIA | 00:38:00 | 00:19:27 | 3:47 | M (127) | SUB 20 M (9) |
| 10 | 203 | 826 SÁNCHEZ CUADROS, JORGE | ESCUELA NAVAL MILITAR | 00:39:31 | 00:20:20 | 3:57 | M (194) | SUB 20 M (10) |
| 11 | 285 | 672 ARES NIETO, SAMUEL | NINGUNO | 00:41:41 | 00:21:44 | 4:10 | M (269) | SUB 20 M (11) |
| 12 | 306 | 819 LÓPEZ PEÑA, PABLO | NINGUNO | 00:42:11 | 00:21:29 | 4:13 | M (286) | SUB 20 M (12) |
| 13 | 326 | 1028 García Coello, Gonzalo | | 00:42:48 | 00:22:16 | 4:16 | M (305) | SUB 20 M (13) |
| 14 | 327 | 1036 Ramos Gomez-Aguado, Ignacio | | 00:42:48 | 00:22:50 | 4:16 | M (306) | SUB 20 M (14) |
| 15 | 428 | 1029 Álvarez Fernández, Ignacio | | 00:45:16 | 00:24:33 | 4:31 | M (400) | SUB 20 M (15) |
| 16 | 435 | 1031 López Rodríguez, Manuel | | 00:45:25 | 00:24:29 | 4:32 | M (406) | SUB 20 M (16) |
| 17 | 550 | 640 MARTINEZ MARCOTE, IVAN | NINGUNO | 00:47:38 | 00:24:51 | 4:45 | M (510) | SUB 20 M (17) |
| 18 | 597 | 1030 Cerdan Gilabert, Ramon | | 00:48:38 | 00:24:35 | 4:51 | M (550) | SUB 20 M (18) |
| 19 | 598 | 1032 Vaquero López, Pedro | | 00:48:38 | 00:24:32 | 4:51 | M (551) | SUB 20 M (19) |
| 20 | 599 | 1035 Díaz Garcia, Jaime | | 00:48:38 | 00:24:32 | 4:51 | M (552) | SUB 20 M (20) |
| 21 | 607 | 421 CIUDAD SEGOVIA, IAGO | NINGUNO | 00:48:43 | 00:24:50 | 4:52 | M (557) | SUB 20 M (21) |
| 22 | 650 | 531 MOSQUERA ROMERO, RODRIGO | NINGUNO | 00:49:32 | 00:25:44 | 4:57 | M (593) | SUB 20 M (22) |
| 23 | 690 | 562 REY SEOANE, DIEGO | NINGUNO | 00:50:21 | 00:26:04 | 5:02 | M (626) | SUB 20 M (23) |
| 24 | 917 | 1002 PESTONIT MORA, MARCO | NINGUNO | 00:56:57 | 00:28:23 | 5:41 | M (778) | SUB 20 M (24) |

SIN SON 2023 - 10K

CLASIFICACIÓN CATEGORÍAS 10K



| PTO | PTO DOR | NOMBRE | CLUB | T.OFICIAL T5K | RITM | SEXO | CATEGORÍA |
|--------|---------|--------|-------------------------------|------------------------------|----------|---------------|-----------------------|
| SUB 23 | | | | | | | |
| f | | | | | | | |
| 1 | 317 | 2135 | MUÑOZ LESTA, ALBA | TRIATLON INFORHOUSE SANTIAGO | 00:42:31 | 00:21:43 4:15 | F (21) SUB 23 F (1) |
| 2 | 602 | 2024 | VILLAR GONZALEZ, SARA | NINGUNO | 00:48:41 | 00:24:05 4:52 | F (49) SUB 23 F (2) |
| 3 | 795 | 2264 | HERMIDA VAZQUEZ, SOFIA | NINGUNO | 00:53:07 | 00:27:11 5:18 | F (93) SUB 23 F (3) |
| m | | | | | | | |
| 1 | 5 | 5 | GARCÍA SOUTO, HUGO | RC CELTA DE ATLETISMO | 00:31:29 | 00:16:17 3:08 | M (5) SUB 23 M (1) |
| 2 | 9 | 760 | LISTE MONTEAGUDO, PEDRO | CLUB ATLETISMO TAMBRE | 00:32:01 | 00:16:20 3:12 | M (9) SUB 23 M (2) |
| 3 | 16 | 758 | DIAZ OIZA, PABLO | CLUB ATLETISMO SANTIAGO | 00:32:55 | 00:16:54 3:17 | M (16) SUB 23 M (3) |
| 4 | 81 | 166 | TAIBO GARCIA, HUGO | TRIATLON INFORHOUSE SANTIAGO | 00:36:35 | 00:18:47 3:39 | M (78) SUB 23 M (4) |
| 5 | 136 | 22 | GONZÁLEZ MARTÍNEZ, CRISTIAN | TRIATLON ARTEIXO | 00:38:05 | 00:19:02 3:48 | M (132) SUB 23 M (5) |
| 6 | 147 | 906 | MUÑOZ YÉBENES, DAVID | NINGUNO | 00:38:16 | 00:19:32 3:49 | M (142) SUB 23 M (6) |
| 7 | 175 | 159 | PÉREZ FERNÁNDEZ, BRAIS | CLUB ATLETISMO TAMBRE | 00:38:52 | 00:19:34 3:53 | M (170) SUB 23 M (7) |
| 8 | 184 | 827 | NOGUÉS GARCÍA, RODRIGO | NINGUNO | 00:39:05 | 00:19:46 3:54 | M (179) SUB 23 M (8) |
| 9 | 187 | 824 | ROSANO CEREZO, CARLOS | ESCUELA NAVAL MILITAR | 00:39:08 | 00:20:01 3:54 | M (182) SUB 23 M (9) |
| 10 | 200 | 1033 | Salagre Simon, Enrique | | 00:39:23 | 00:20:40 3:56 | M (191) SUB 23 M (10) |
| 11 | 208 | 800 | DIAZ SANCHEZ-BRUNETE, GONZALO | NINGUNO | 00:39:36 | 00:20:43 3:57 | M (199) SUB 23 M (11) |
| 12 | 228 | 929 | GESTOSO RODRÍGUEZ, PABLO | ESCUELA NAVAL MILITAR | 00:40:18 | 00:20:29 4:01 | M (218) SUB 23 M (12) |
| 13 | 300 | 828 | MONTOJO GARCÍA, JUAN | ESCUELA NAVAL MILITAR | 00:42:07 | 00:21:46 4:12 | M (280) SUB 23 M (13) |
| 14 | 377 | 300 | FREIRE RUIBAL, DANIEL | NINGUNO | 00:43:50 | 00:22:36 4:22 | M (353) SUB 23 M (14) |
| 15 | 487 | 558 | OTERO LESTON, MARTIN | NINGUNO | 00:46:21 | 00:23:15 4:38 | M (452) SUB 23 M (15) |
| 16 | 492 | 353 | PRADOS NIETO, DIEGO | NINGUNO | 00:46:24 | 00:24:08 4:38 | M (457) SUB 23 M (16) |
| 17 | 594 | 244 | SERANTES ABAL, ELOI | ADC ARNELA | 00:48:37 | 00:24:35 4:51 | M (547) SUB 23 M (17) |
| 18 | 734 | 939 | BLANCO PIÑEIRO, ISAAC | NINGUNO | 00:51:37 | 00:25:42 5:09 | M (659) SUB 23 M (18) |
| 19 | 871 | 462 | TOME GONZALEZ, CARLOS | NINGUNO | 00:55:39 | 00:28:40 5:33 | M (751) SUB 23 M (19) |
| 20 | 932 | 969 | MARTINEZ ENRIQUEZ, ROI | NINGUNO | 00:57:33 | 00:27:12 5:45 | M (789) SUB 23 M (20) |
| 21 | 934 | 951 | FAJARDO SÁNCHEZ, ROI | NINGUNO | 00:57:37 | 00:28:42 5:45 | M (791) SUB 23 M (21) |
| 22 | 945 | 556 | ESCOURIDO GARCÍA, MATEO | NINGUNO | 00:57:45 | 00:29:38 5:46 | M (798) SUB 23 M (22) |
| 23 | 1080 | 971 | VIÑAS CORES, ROI | NINGUNO | 01:09:03 | 00:33:29 6:54 | M (850) SUB 23 M (23) |

Total: 1083