



CLASIFICACIÓN CARREIRA ABSOLUTA

PTO	DOR	NOMBRE	CLUB	SEXO	T.OFICIAL	T.NETO	RITMO	LOCAL	JNTUA EQUIP	CATEGORÍA	P. SEX	P.CAT	P.CONTROL1	P.CONTROL2
1	174	MANUEL ANGEL PENAS BLANCO	CLUB ATLETISMO O PINO	m	25:28.29	25:28.29	3:08	NO	SI - M	MASTER 2	1	-1	08:03.83	20:51.31
2	4	JORGE PUIG MALVAR	CLUB ATLETISMO SANTIAGO	m	26:03.35	26:03.35	3:13	NO	NO	SUB 23	2	-1	08:03.15	21:13.60
3	88	AMADOR PENA TORREIRA	CLUB ATLETISMO O PINO	m	27:47.56	27:46.81	3:25	NO	SI - M	MASTER 1	3	-1	08:30.22	22:37.93
4	36	CRISTIAN MUÑO VARELA	CLUB ATLETISMO O PINO	m	27:50.54	27:49.53	3:26	NO	SI - M	SENIOR	4	1	08:30.29	22:38.38
5	63	ALBERTO CAROU CARRIL	CLUB ATLETISMO O PINO	m	28:21.39	28:19.60	3:30	NO	SI - M	MASTER 1	5	1	08:35.96	23:08.19
6	178	MANUEL OLIVER PÉREZ LÓPEZ	ATLETISMO SAR VERMÚ-PETRONI	m	28:27.67	28:27.67	3:30	NO	SI - M	MASTER 2	6	1	08:47.94	23:13.30
7	28	RICARDO LEON VIÑAS	ATLETISMO SAR VERMÚ PETRONI	m	28:29.72	28:28.71	3:31	NO	SI - M	SENIOR	7	2	08:37.11	23:11.78
8	27	RUBEN INSUA DIAZ	ATLETISMO SAR VERMÚ PETRONI	m	28:35.50	28:33.81	3:31	NO	SI - M	SENIOR	8	3	08:38.42	23:14.19
9	155	ANGEL MACEIRAS LAGO	ATLETISMO SAR VERMÚ-PETRONI	m	28:45.95	28:44.74	3:33	NO	SI - M	MASTER 2	9	2	08:50.00	23:25.54
10	144	JOSÉ MIGUEL GÓMEZ SÁNCHEZ	CLUB ATLETISMO O PINO	m	28:48.81	28:48.81	3:33	NO	SI - M	MASTER 2	10	3	08:32.21	23:33.50
11	80	CARLOS JUANATEY GARCIA	ATLETISMO SAR VERMÚ-PETRONI	m	28:49.56	28:48.35	3:33	NO	SI - M	MASTER 1	11	2	08:51.15	23:28.56
12	202	DANIEL VILA COMBARROS	ATLETISMO SAR VERMÚ PETRONI	m	28:51.48	28:51.48	3:33	NO	SI - M	MASTER 2	12	4	09:03.06	23:40.65
13	143	JOSÉ ANTONIO GÓMEZ RÍOS	ATLETISMO SAR VERMÚ-PETRONI	m	29:04.20	29:03.37	3:35	NO	SI - M	MASTER 2	13	5	08:58.77	23:47.66
14	18	ALEXANDRE FERNÁNDEZ TOJO	TAMBRE BIKE & RUNNING	m	29:36.07	29:36.07	3:39	NO	SI - M	SENIOR	14	4	09:15.03	24:13.42
15	94	MIGUEL REGUEIRA VEIGA	RUNNING OLEIROS	m	29:46.07	29:43.77	3:40	NO	NO	MASTER 1	15	3	09:04.20	24:13.04
16	32	PAULA MAYOBRE GONZALEZ	CLINICA DENTAL SEOANE PAMPIN	f	29:47.68	29:47.68	3:40	NO	NO	SENIOR	1	-1	09:02.70	24:13.63
17	216	CARLOS BUSTO LOBATO	ATLETISMO SAR VERMÚ-PETRONI	m	30:01.70	29:59.80	3:42	NO	SI - M	MASTER 3	16	1	09:13.37	24:25.37
18	184	ALBERTO RODRÍGUEZ PÉREZ	ATLETISMO SAR VERMÚ PETRONI	m	30:06.10	30:04.23	3:42	NO	SI - M	MASTER 2	17	6	09:14.26	24:31.91
19	95	ANXO RUANOVA FERNANDEZ	ATLETISMO SAR VERMÚ-PETRONI	m	30:13.13	30:12.30	3:43	NO	SI - M	MASTER 1	18	4	09:19.04	24:38.52
20	35	SANDRA MOSQUERA LOSADA	ADAS PROINOR	f	30:17.31	30:17.31	3:44	NO	NO	SENIOR	2	-1	09:18.53	24:47.19
21	2	BORJA CASTRO HERMIDA	CLUB ATLETISMO SANTIAGO	m	30:17.37	30:16.44	3:44	SI	NO	SUB 23	19	1	09:04.93	24:39.48
22	13	XAN COLLAZO	CLUB ATLETISMO O PINO	m	30:22.80	30:20.51	3:45	NO	SI - M	SENIOR	20	5	09:18.20	24:53.71
23	150	JOSÉ ANTONIO JUANATEY PÉREZ	ATLETISMO FONTES DO SAR	m	30:27.50	30:24.03	3:45	NO	NO	MASTER 2	21	7	09:27.60	24:54.18
24	56	ALBERTO ALVAREZ BENDAÑA	ATLETISMO SAR VERMÚ PETRONI	m	30:29.32	30:28.12	3:45	NO	SI - M	MASTER 1	22	5	09:03.97	24:45.15
25	100	DIEGO SANTOS BLANCO	ATLETISMO SAR VERMÚ-PETRONI	m	30:31.65	30:28.68	3:46	NO	SI - M	MASTER 1	23	6	09:29.82	25:00.65
26	82	JULIO MALLO NIETO	NOITEBRA FC	m	30:37.40	30:34.81	3:46	NO	SI - M	MASTER 1	24	7	09:29.45	25:01.72
27	287	Pablo Lema Pérez	RUNNING OLEIROS	m	30:42.16	30:39.88	3:47	NO	NO	MASTER 3	25	2	09:21.29	25:08.29
28	117	JAVIER CAMPOS SUAREZ	CLUB ATLETISMO SANTIAGO	m	30:47.09	30:47.09	3:48	NO	NO	MASTER 2	26	8	09:10.24	24:49.54
29	256	JOSE SUAREZ LEIS	ATLETISMO SAR VERMÚ-PETRONI	m	30:47.47	30:45.40	3:48	NO	SI - M	MASTER 3	27	3	09:23.82	25:14.19
30	50	DAVID SENRA MARTINEZ	TAMBRE BIKE & RUNNING	m	30:48.70	30:47.22	3:48	NO	SI - M	SENIOR	28	6	09:31.74	25:15.48
31	210	JESUS BARRAL SÁNCHEZ		m	30:49.15	30:46.88	3:48	NO	NO	MASTER 3	29	4	09:30.48	25:14.90
32	141	EMILIO GARCÍA VÁZQUEZ		m	30:49.98	30:49.05	3:48	NO	NO	MASTER 2	30	9	09:19.11	25:13.19
33	206	JESUS ÁLVAREZ CHINCHILLA		m	30:50.44	30:49.03	3:48	NO	NO	MASTER 3	31	5	09:32.45	25:06.20
34	307	Brais Perez Fernández	TAMBRE BIKE & RUNNING	m	30:51.34	30:49.28	3:48	NO	SI - M	SUB 18(NC)	32	0	09:31.63	25:15.67
35	139	JORGE MANUEL GARCIA RODRIGUEZ	NOITEBRA FC	m	30:53.29	30:49.06	3:48	NO	SI - M	MASTER 2	33	10	09:24.52	25:10.02
36	85	PABLO MOSQUERA DONO	TAMBRE BIKE & RUNNING	m	30:57.98	30:57.15	3:49	NO	SI - M	MASTER 1	34	8	09:28.92	25:16.33
37	160	JUAN CARLOS MARTINEZ VALVERDE	CLUB DE ATLETISMO O PINO	m	31:00.07	30:58.48	3:49	NO	SI - M	MASTER 2	35	11	09:30.92	25:18.79
38	116	MIGUEL CABO VILLAVERDE	CLUB ATLETISMO MILLADOIRO	m	31:01.15	31:00.02	3:49	NO	SI - M	MASTER 2	36	12	09:28.46	25:24.64
39	173	JOSE PARDO MIRA		m	31:02.90	30:59.64	3:49	NO	NO	MASTER 2	37	13	09:32.12	25:19.44
40	131	JUAN ELOSUA CAPELLAN	CLUB ATLETISMO O PINO	m	31:04.72	31:02.05	3:50	NO	SI - M	MASTER 2	38	14	09:30.48	25:22.70
41	7	GERARDO CACHAFEIRO GARCÍA		m	31:06.41	31:04.54	3:50	NO	NO	SENIOR	39	7	09:28.30	25:19.07
42	34	LUIS MOSQUERA GONZALEZ		m	31:14.90	31:13.63	3:51	NO	NO	SENIOR	40	8	09:38.02	25:32.48
43	37	RICHARD DANIEL OLIVA DENIS	CLUB DE ATLETISMO O PINO	m	31:19.00	31:17.21	3:51	NO	SI - M	SENIOR	41	9	09:10.67	24:59.62
44	70	OSCAR DIEGUEZ PINTOR	ASOCIACION DEPORTIVA CERNE	m	31:24.82	31:20.08	3:52	NO	NO	MASTER 1	42	9	10:06.39	25:51.98
45	73	JOSE MANUEL GARCIA	CUB DEPORTIVO ARZUA	m	31:25.06	31:19.84	3:52	NO	NO	MASTER 1	43	10	10:06.27	25:51.53
46	60	SAÚL CACHARRÓN CARRIL	CLUB ATLETISMO O PINO	m	31:26.70	31:25.82	3:52	NO	SI - M	MASTER 1	44	11	09:29.38	25:26.87
47	225	JUAN RAMÓN FERREIRO LÓPEZ	TAMBRE BIKE & RUNNING	m	31:28.28	31:26.37	3:53	NO	SI - M	MASTER 3	45	6	09:33.59	25:40.89
48	115	AVELINO CAAMAÑO NIETO	ATLETISMO SAR VERMÚ PETRONI	m	31:31.42	31:28.66	3:53	NO	SI - M	MASTER 2	46	15	09:45.24	25:43.14
49	127	MANUEL COSTA CASTRO		m	31:32.80	31:23.98	3:53	NO	NO	MASTER 2	47	16	09:59.61	25:51.23
50	10	EFREN CAPELO VIEITES	NOITEBRA FC	m	31:37.54	31:36.61	3:54	NO	SI - M	SENIOR	48	10	09:31.37	25:49.47
51	189	MIGUEL SANTOMIL LAPIDO	ATLETISMO SAR VERMÚ-PETRONI	m	31:39.65	31:36.46	3:54	NO	SI - M	MASTER 2	49	17	09:52.88	25:50.26
52	72	TINA FERNANDEZ BARREIROS	ATLETISMO SAR VERMÚ-PETRONI	f	31:39.73	31:37.25	3:54	NO	SI - F	MASTER 1	3	-1	09:53.31	25:50.73
53	31	ARTURO MATA CASTRO	CLUB ATLETISMO SANTIAGO	m	31:50.50	31:48.44	3:55	NO	NO	SENIOR	50	11	10:07.67	26:07.14
54	145	MIGUEL ANGEL GÓMEZ SENÍN	RUNNING OLEIROS	m	31:51.36	31:48.67	3:55	NO	NO	MASTER 2	51	18	10:00.65	26:11.99
55	204	JUAN MANUEL VILLAVERDE MUÑOZ	CLUB ATLETISMO NOIA	m	31:51.92	31:48.24	3:56	NO	NO	MASTER 2	52	19	09:55.89	26:12.39
56	149	ROBERTO IGLESIAS RODRIGUEZ	CLUB ATLETISMO MILLADOIRO	m	32:00.29	31:58.42	3:57	NO	SI - M	MASTER 2	53	20	09:42.22	26:04.52
57	255	ROBERTO SENRA ALVAREZ	TAMBRE BIKE & RUNNING	m	32:07.17	32:02.91	3:57	NO	SI - M	MASTER 3	54	7	10:07.23	26:18.86
59	193	MARCOS TARRIO MARTINEZ	CLUB ATLETISMO MILLADOIRO	m	32:17.30	32:14.45	3:59	NO	SI - M	MASTER 2	56	21	09:49.67	26:21.20
58	217	RAFA CABO	NOITEBRA FC	m	32:17.30	32:13.73	3:59	NO	SI - M	MASTER 3	55	8	09:17.77	26:00.95



CLASIFICACIÓN CARREIRA ABSOLUTA

PTO	DOR	NOMBRE	CLUB	SEXO	T.OFICIAL	T.NETO	RITMO	LOCAL	JNTUA EQUIP	CATEGORÍA	P. SEX	P.CAT	P.CONTROL1	P.CONTROL2
60	147	JAVIER GUIMAREY SENIN	ATLETISMO SAR VERMÚ-PETRONI	m	32:21.64	32:18.45	3:59	NO	SI - M	MASTER 2	57	22	09:46.23	26:22.28
61	258	CESAR TABOADA MILLAN	ATLETISMO SAR VERMÚ-PETRONI	m	32:24.82	32:21.98	4:00	NO	SI - M	MASTER 3	58	9	10:12.85	26:36.98
62	171	JOSE MANUEL PAJARO SALAGRE	CLUB ATLETISMO MILLADOIRO	m	32:30.04	32:26.93	4:00	NO	SI - M	MASTER 2	59	23	09:55.82	26:28.85
63	198	JOSÉ MANUEL VÁZQUEZ MATO	INDEPENDIENTE	m	32:43.88	32:41.21	4:02	NO	NO	MASTER 2	60	24	09:56.85	26:40.75
64	275	ANDRES DOMINGUEZ CASTRO		m	32:53.20	32:43.51	4:03	NO	NO	MASTER 4	61	1	10:09.43	26:36.65
65	39	ALEJANDRO PAMPIN		m	32:59.86	32:55.45	4:04	NO	NO	SENIOR	62	12	09:59.80	26:54.11
66	87	MIGUEL ANXO NOGUEIRA PÉREZ	BTT NOITEBRA	m	33:00.90	32:53.46	4:04	NO	NO	MASTER 1	63	12	10:30.13	27:13.54
67	156	VICTOR MANEIRO FREIRE	CLUB ATLETISMO O PINO	m	33:05.48	33:04.35	4:05	NO	SI - M	MASTER 2	64	25	09:47.38	26:41.62
68	57	ROCIO ALVITE FERREIRO	ATLETISMO SAR VERMÚ-PETRONI	f	33:08.81	33:05.04	4:05	NO	SI - F	MASTER 1	4	1	10:05.49	26:55.99
69	203	FERNANDO VILAR RODRÍGUEZ		m	33:10.51	33:09.00	4:05	NO	NO	MASTER 2	65	26	09:44.33	27:02.92
70	248	ANGEL JOSE RODRIGUEZ LOPEZ	CLUB ATLETISMO MILLADOIRO	m	33:15.30	33:04.21	4:06	NO	SI - M	MASTER 3	66	10	10:36.93	27:13.75
71	20	UXIA GARCIA DIAZ	MARINEDA ATLETICO	f	33:20.97	33:19.38	4:07	NO	NO	SENIOR	5	1	10:05.75	27:12.72
72	9	JOSE MANUEL CANEDA BARREIRO		m	33:23.56	33:18.04	4:07	SI	NO	SENIOR	67	13	10:02.54	27:10.97
73	124	ÁLVARO CÉSAR VILA	TAMBRE BIKE & RUNNING	m	33:23.94	33:13.60	4:07	NO	NO	MASTER 2	68	27	10:34.28	27:11.69
74	153	CRISTINA LOEDA SOTO		f	33:29.66	33:26.89	4:08	NO	NO	MASTER 2	6	1	10:15.06	27:20.74
75	92	DAVID PONTE IGLESIAS	MARRANERS - EN BOAS MANS	m	33:30.30	33:21.31	4:08	NO	NO	MASTER 1	69	13	10:24.55	27:18.79
76	245	JOSÉ LUIS RÍO SILVA	RUNNING OLEIROS	m	33:30.36	33:26.87	4:08	NO	NO	MASTER 3	70	11	10:23.07	27:28.68
77	214	EDUARDO BROCCOS MAREQUE		m	33:52.40	33:41.99	4:10	NO	NO	MASTER 3	71	12	10:27.36	27:43.47
78	29	PABLO LORENZO MIRÓN		m	33:52.42	33:46.98	4:10	NO	NO	SENIOR	72	14	10:29.00	27:40.82
79	135	MIGUEL GAFANHA	INDEPENDIENTE	m	33:57.66	33:52.55	4:11	NO	NO	MASTER 2	73	28	10:10.51	27:38.18
80	24	IVÁN GONTÁN BARREIRO	INDEPENDIENTE	m	34:05.55	34:00.72	4:12	SI	NO	SENIOR	74	15	10:15.95	27:46.12
81	98	JOSE SANDA ARES	CASTROSUA TRAIL RUNNING	m	34:18.74	34:04.73	4:14	NO	NO	MASTER 1	75	14	10:36.92	27:52.26
82	197	JOSE VARELA PAJARO	INDEPENDIENTE	m	34:22.07	34:13.44	4:14	NO	NO	MASTER 2	76	29	10:22.79	27:57.58
83	243	JUAN PLATAS MARTÍNEZ		m	34:25.52	34:20.92	4:15	NO	NO	MASTER 3	77	13	10:12.13	27:56.86
84	79	PABLO IGLESIAS DOMINGUEZ	F.C.NOITEBRA	m	34:28.02	34:22.00	4:15	NO	NO	MASTER 1	78	15	10:44.82	28:13.00
85	109	JAPI BAAMONDE ARUFE	ATLETISMO SAR VERMÚ-PETRONI	m	34:31.81	34:28.24	4:15	NO	SI - M	MASTER 2	79	30	09:45.97	28:09.56
86	252	FRANCISCO SANMARCO SANTOS	ATLETISMO SAR VERMÚ-PETRONI	m	34:31.87	34:29.02	4:15	NO	SI - M	MASTER 3	80	14	10:43.11	28:09.63
87	110	FELIPE BARATA VILLAPOL	ATLETISMO FRIOL	m	34:37.32	34:33.43	4:16	NO	NO	MASTER 2	81	31	10:38.28	28:22.22
88	161	JOSE MANUEL MARTÍNEZ OTERO	CLUB ATLETISMO MILLADOIRO	m	34:39.88	34:35.93	4:16	NO	SI - M	MASTER 2	82	32	10:58.28	28:38.53
89	142	JUANJO GÓMEZ CORTÉS		m	34:46.18	34:33.33	4:17	NO	NO	MASTER 2	83	33	11:03.64	28:38.93
90	12	FERNANDO CASTRO PRADO		m	34:51.48	34:46.76	4:18	NO	NO	SENIOR	84	16	10:16.82	28:19.83
91	19	CARLOS FRAGA ADRIO	CLUB ATLETISMO O PINO	m	34:58.90	34:57.31	4:19	NO	SI - M	SENIOR	85	17	10:56.99	28:52.12
92	114	JUAN LUIS BOTANA MOSQUERA	CLUB ATLETISMO O PINO	m	34:59.10	34:50.75	4:19	NO	SI - M	MASTER 2	86	34	10:58.91	28:46.03
93	159	MANUEL MARTINEZ SESTAYO	TARTARUGAS	m	35:01.73	34:57.70	4:19	NO	NO	MASTER 2	87	35	10:44.40	28:44.27
94	126	MIGUEL CONDE MOSTEIRO	RUNNING OLEIROS	m	35:04.26	35:00.19	4:19	NO	NO	MASTER 2	88	36	10:42.20	28:44.74
95	40	IVÁN PARDAL COCA	CLUB ATLETISMO O PINO	m	35:05.30	34:59.54	4:19	NO	SI - M	SENIOR	89	18	10:56.87	28:52.73
96	74	ADRIÁN GÓMEZ FERNÁNDEZ	CLUB ATLETISMO O PINO	m	35:10.72	35:04.70	4:20	NO	SI - M	MASTER 1	90	16	11:40.23	29:27.96
97	53	MARTÍN ABELENDA LÓPEZ	CLUB ATLETISMO O PINO	m	35:10.92	35:09.91	4:20	NO	SI - M	MASTER 1	91	17	10:57.46	28:52.40
98	261	MANUEL VARELA VILA	CORREDORES POPULARES ARMADA FERROL	m	35:12.98	35:03.73	4:20	NO	NO	MASTER 3	92	15	11:17.61	29:04.45
99	183	JESÚS ENRIQUE REY SÓUTO	CLUBE ATLETISMO BOIMORTO	m	35:20.10	35:00.15	4:21	NO	NO	MASTER 2	93	37	11:43.68	29:18.37
100	272	FRANCISCO JAVIER CEPEDA GACIO	NOITEBRA FC	m	35:26.68	35:23.57	4:22	NO	SI - M	MASTER 4	94	2	10:40.65	29:03.54
101	23	SANTIAGO MANUEL GEY SEGADE	S.D. BARBANTIA RODA	m	35:28.92	35:19.41	4:22	NO	NO	SENIOR	95	19	11:03.01	29:05.02
102	254	IGNACIO SEJO VAZQUEZ		m	35:34.36	35:29.44	4:23	NO	NO	MASTER 3	96	16	10:54.18	28:56.11
103	276	XOAN RAMON FERNANDEZ GARRIDO	CLUB ATLETISMO MILLADOIRO	m	35:35.54	35:20.83	4:23	NO	SI - M	MASTER 4	97	3	11:23.36	29:04.08
104	227	MANUEL FONTENLA MUIÑO	INDEPENDIENTE	m	35:43.22	35:38.79	4:24	NO	NO	MASTER 3	98	17	10:49.79	29:11.32
105	152	MANUEL LEAL GOMEZ		m	35:45.68	35:35.42	4:24	NO	NO	MASTER 2	99	38	11:00.69	29:17.81
106	140	NATI GARCÍA SANCHEZ	CLUB ATLETISMO SADA	f	35:46.13	35:44.13	4:24	NO	NO	MASTER 2	7	2	11:06.22	29:10.78
107	65	ÓSCAR CASAS COUSELO	TAMBRE BIKE & RUNNING	m	35:48.39	35:38.53	4:25	NO	SI - M	MASTER 1	100	18	11:09.93	29:19.52
108	55	JUAN JOSE ALVARELLOS BARREIRO	CLUB ATLETISMO O PINO	m	35:49.46	35:45.99	4:25	NO	SI - M	MASTER 1	101	19	11:30.08	29:38.37
109	249	JOSÉ MANUEL ROMERO OLVEIRA	VETERANOS DE SAMIL	m	35:51.38	35:41.82	4:25	NO	NO	MASTER 3	102	18	11:06.62	29:18.89
110	21	JONATAN GARCÍA SUAREZ	TINEO ATLETISMO	m	35:51.84	35:38.87	4:25	NO	NO	SENIOR	103	20	10:28.25	29:20.60
111	279	JESUS MANUEL LODEIRO MÉNDEZ	CLUB ATLETISMO MILLADOIRO	m	35:55.39	35:40.50	4:26	NO	SI - M	MASTER 4	104	4	11:23.17	29:30.31
112	194	MARIA TARRIO MARTÍNEZ	NOITEBRA FC	f	35:56.33	35:48.77	4:26	NO	NO	MASTER 2	8	3	11:21.51	29:29.79
113	181	BENITO PIÑEIRO ABEIJON	INDEPENDIENTE	m	36:02.29	35:42.16	4:26	NO	NO	MASTER 2	105	39	12:04.44	29:46.15
114	238	FERNANDO MARTINEZ HERVÉS	CLUB ATLETISMO CUNTIS	m	36:05.80	35:57.27	4:27	NO	NO	MASTER 3	106	19	11:33.27	29:41.49
115	44	RUBÉN RARÍS CASTRO	CROSSFIT BERKANA	m	36:06.26	35:56.03	4:27	NO	NO	SENIOR	107	21	11:08.65	29:36.51
116	232	JUAN CARLOS GONZÁLEZ RÍOS	INDEPENDIENTE	m	36:08.85	36:02.97	4:27	NO	NO	MASTER 3	108	20	11:29.64	29:43.69
117	89	MARÍA CARMEN PENAS BLANCO	CLUB ATLETISMO O PINO	f	36:09.66	36:05.06	4:27	NO	SI - F	MASTER 1	9	2	11:06.83	29:29.06
118	215	EMILIO BRUN VAZQUEZ	CLUB ATLETISMO O PINO	m	36:10.13	36:05.76	4:27	NO	SI - M	MASTER 3	109	21	11:07.70	29:39.09



CLASIFICACIÓN CARREIRA ABSOLUTA

PTO	DOR	NOMBRE	CLUB	SEXO	T.OFICIAL	T.NETO	RITMO	LOCAL	JNTUA EQUIP	CATEGORÍA	P. SEX	P.CAT	P.CONTROL1	P.CONTROL2
119	48	MIGUEL SANCHEZ REMESEIRO	INDEPENDIENTE	m	36:11.86	35:56.67	4:28	NO	NO	SENIOR	110	22	11:08.73	29:40.50
120	170	LAURA NUÑEZ NAVEIRA		f	36:13.04	35:59.89	4:28	NO	NO	MASTER 2	10	4	11:10.68	29:39.33
121	270	MANUEL CALVO GERARDI	ATLETISMO +9 MORAÑA	m	36:17.38	36:14.11	4:28	NO	NO	MASTER 4	111	5	11:03.36	29:38.65
122	196	ROBERTO CARLOS VALES LÓPEZ	CORUÑA COMARCA	m	36:34.00	36:29.00	4:30	NO	NO	MASTER 2	112	40	10:45.60	29:52.48
123	54	JUANKY AGEITOS SAMPEDRO	INDEPENDIENTE	m	36:51.42	36:35.57	4:33	NO	NO	MASTER 1	113	20	11:58.23	30:34.03
124	132	JOSÉ LUIS FERNÁNDEZ CARBAJALES	CLUBE ATLETISMO BOIMORTO	m	36:54.01	36:48.38	4:33	NO	NO	MASTER 2	114	41	11:24.60	30:20.32
125	157	SILVIA MARINO REY	ATLETISMO SAR VERMÚ-PETRONI	f	36:54.80	36:48.26	4:33	NO	SI - F	MASTER 2	11	5	11:32.57	30:27.85
126	105	PERFECTO VÁZQUEZ RIVERA		m	36:56.43	36:49.39	4:33	NO	NO	MASTER 1	115	21	10:52.37	30:05.74
127	96	OSCAR SANCHEZ CANEDA	CLUB ATLETISMO O PINO	m	36:57.58	36:52.46	4:33	SI	SI - M	MASTER 1	116	22	11:07.49	30:06.33
128	122	JORGE CASTRO MARONÓ	INDEPENDIENTE	m	36:58.12	36:50.03	4:33	NO	NO	MASTER 2	117	42	11:43.09	30:25.13
129	134	MANUEL FIGUEIRA PEREZ	ATLETISMO SAR VERMÚ PETRONI	m	37:02.36	36:56.48	4:34	NO	SI - M	MASTER 2	118	43	10:45.08	30:12.56
130	26	ADRIÁN GOYANES SOUTO		m	37:05.74	36:58.03	4:34	NO	NO	SENIOR	119	23	11:22.35	30:22.31
131	120	ALVARO CASTEDO GONZALEZ		m	37:06.98	36:55.66	4:34	NO	NO	MASTER 2	120	44	11:07.84	30:07.48
132	133	XABIER FERRO GARCIA		m	37:17.44	37:08.71	4:36	NO	NO	MASTER 2	121	45	11:14.94	30:21.35
133	260	JOSE MANUEL VALIÑO CERELJO		m	37:24.00	37:14.30	4:37	SI	NO	MASTER 3	122	22	11:14.19	30:24.65
134	259	JESÚS VAAMONDE RÚA	CORUÑA COMARCA	m	37:29.83	37:20.72	4:37	NO	NO	MASTER 3	123	23	11:18.83	30:28.88
135	137	JAVIER GARCIA GALDO	CLUB ATLETISMO MILLARAIO	m	37:35.14	37:25.12	4:38	NO	NO	MASTER 2	124	46	11:14.64	30:28.60
136	162	CELESTINO MATO PEÓN	CLUB ATLETISMO OUTES	m	37:41.99	37:30.55	4:39	NO	NO	MASTER 2	125	47	11:28.26	30:48.19
137	68	VÍCTOR COIRA DURÁN	INDEPENDIENTE	m	37:44.74	37:34.50	4:39	NO	NO	MASTER 1	126	23	11:40.84	30:53.21
138	277	MONCHO FERRACES VÁZQUEZ	CLUBE ATLETISMO BOIMORTO	m	37:45.97	37:29.68	4:39	NO	NO	MASTER 4	127	6	11:32.21	30:51.00
139	253	CARLOS SANTOS FERRADAS		m	37:47.92	37:38.36	4:39	NO	NO	MASTER 3	128	24	11:16.18	30:38.81
140	200	ANTONIO VEEA GONTAN		m	37:50.12	37:30.52	4:40	NO	NO	MASTER 2	129	48	11:44.65	30:52.53
141	76	JORGE GÓMEZ CEBEY	TAMBRE BIKE & RUNNING	m	37:58.26	37:51.48	4:41	NO	SI - M	MASTER 1	130	24	11:46.19	30:58.34
142	111	JUAN MANUEL BAUTIS OTERO		m	38:02.35	37:57.35	4:41	NO	NO	MASTER 2	131	49	11:43.86	31:15.43
143	62	BORJA CARDESIN VILA	CLUBE DEPORTIVO ARZUA	m	38:04.81	37:58.22	4:42	NO	NO	MASTER 1	132	25	10:52.96	31:04.32
144	59	PABLO BAÑA SANDA	CLUB DE ATLETISMO O PINO	m	38:07.22	38:00.36	4:42	NO	SI - M	MASTER 1	133	26	11:40.68	31:09.96
145	51	ADRIÁN VÁZQUEZ VAAMONDE		m	38:13.64	38:05.81	4:43	SI	NO	SENIOR	134	24	11:12.79	30:59.18
146	86	JESÚS ANDRÉS MUNIZ FERNÁNDEZ	TRIBU TRAIL	m	38:26.46	38:20.94	4:44	NO	NO	MASTER 1	135	27	11:15.01	31:09.17
147	218	JUAN CARLOS CASTRO SUAREZ	CLUB ATLETISMO O PINO	m	38:28.45	38:18.79	4:44	SI	SI - M	MASTER 3	136	25	11:39.25	31:22.97
148	182	AGUSTÍN JOSÉ PORRO CORREIRA	K2ORDES	m	38:34.17	38:15.60	4:45	NO	NO	MASTER 2	137	50	12:16.56	31:41.04
149	266	RAFAEL VILLARABIDE PRADO	ATLETISMO FRIOL	m	38:35.74	38:33.93	4:45	NO	NO	MASTER 3	138	26	11:37.40	31:42.47
150	288	Cesar Ferrín Novo	ATLETISMO +9 MORAÑA	m	38:36.92	38:24.76	4:46	NO	NO	MASTER 2	139	51	12:55.94	31:44.07
151	163	XAIÑO MÉNDEZ FROJAN	ATLETISMO SAR VERMÚ-PETRONI	m	38:41.64	38:35.24	4:46	NO	SI - M	MASTER 2	140	52	11:33.13	31:18.26
152	130	EVA DE LA FUENTE IGLESIAS	CLUB ATLETISMO O PINO	f	38:43.59	38:37.13	4:46	NO	SI - F	MASTER 2	12	6	11:42.95	31:31.48
153	205	MIGUEL ABEL SOUTO	CLUB ATLETISMO MILLADOIRO	m	38:49.86	38:48.93	4:47	NO	SI - M	MASTER 3	141	27	12:18.62	32:12.59
154	84	MARY MIRAS CASTRO	CLUB ATLETISMO O PINO	f	38:51.00	38:33.35	4:47	SI	SI - F	MASTER 1	13	3	11:52.33	31:40.18
155	138	JOSE BENITO GARCIA PEREIRA		m	38:56.60	38:38.65	4:48	SI	NO	MASTER 2	142	53	11:52.54	31:40.25
156	69	CESAR COSTOYA PRADO		m	38:57.18	38:34.95	4:48	NO	NO	MASTER 1	143	28	13:20.90	32:22.39
157	58	ALFONSO ARIAS GARCIA	FONTES DO SAR	m	39:09.88	38:51.27	4:50	NO	NO	MASTER 1	144	29	12:17.24	32:18.12
158	212	BELARMINO BOO ACUÑA	INDEPENDIENTE	m	39:16.26	39:05.62	4:50	NO	NO	MASTER 3	145	28	12:28.23	32:13.20
159	195	NESTOR TOREA MOLEDO		m	39:17.86	38:58.07	4:51	NO	NO	MASTER 2	146	54	12:07.14	31:49.27
160	273	CARLOS CIVES DURO	INDEPENDIENTE	m	39:21.06	39:15.18	4:51	NO	NO	MASTER 4	147	7	12:06.58	32:06.61
161	230	LUIS GARCIA LLORENS	INDEPENDIENTE	m	39:23.59	39:18.55	4:51	NO	NO	MASTER 3	148	29	12:01.11	31:55.41
162	263	ENRIQUE VAZQUEZ VAZQUEZ	ASOCIACION DEPORTIVA CERNE	m	39:32.64	39:23.65	4:52	NO	NO	MASTER 3	149	30	12:13.77	32:09.01
163	154	ANGEL LOPEZ LORENZO		m	39:32.76	39:24.72	4:52	NO	NO	MASTER 2	150	55	12:18.86	32:12.52
164	282	MARÍA DEL CARMEN RODRÍGUEZ DEL RÍO	CLUB ATLETISMO MILLADOIRO	f	39:33.12	39:24.99	4:52	NO	NO	MASTER 4	14	1	12:19.42	32:12.65
165	269	JUAN LUIS BOTANA FERREIRO	CLUB ATLETISMO O PINO	m	39:44.16	39:35.43	4:54	NO	SI - M	MASTER 4	151	8	12:43.77	32:47.00
166	172	JOSE MANUEL PARDAL ROMERO		m	39:57.62	39:45.14	4:56	NO	NO	MASTER 2	152	56	12:18.34	32:48.80
167	107	FRANCISCO ABEJÓN COSTA	CLUB ATLETISMO OUTES	m	39:57.74	39:45.38	4:56	NO	NO	MASTER 2	153	57	12:17.94	32:48.29
168	102	OSCAR TORRES REGO	ATLETISMO +9 MORAÑA	m	40:03.18	39:52.72	4:56	NO	NO	MASTER 1	154	30	12:07.56	32:34.04
169	264	MONTSE VEIGA BLANCO	ATLETISMO FONTES DO SAR	f	40:05.96	39:54.56	4:57	NO	NO	MASTER 3	15	1	12:19.23	32:49.04
170	246	ANTONIO RIVEIRA MARTINEZ	CLUB ATLETISMO O PINO	m	40:11.30	40:07.62	4:57	SI	SI - M	MASTER 3	155	31	11:56.03	32:45.41
171	165	LUIS MIGUEZ MIGUEZ	CASTROSUA TRAIL RUNNING	m	40:11.46	39:57.83	4:57	NO	NO	MASTER 2	156	58	11:45.90	32:30.17
172	108	SONIA AGRASAR BARRAL	ATLETISMO SAR VERMÚ-PETRONI	f	40:13.62	40:06.84	4:57	NO	SI - F	MASTER 2	16	7	12:22.35	32:53.24
173	164	MARIA ELENA MIGUENS OTERO	ATLETISMO SAR VERMÚ-PETRONI	f	40:13.70	40:06.74	4:57	NO	SI - F	MASTER 2	17	8	12:21.81	32:52.95
174	64	CRISTINA CARRIL BOO	CLUB ATLETISMO O PINO	f	40:18.95	40:12.77	4:58	SI	SI - F	MASTER 1	18	4	11:50.80	32:41.75
175	136	MONICA GARCIA ASOREY	RUNNER CRUCES	f	40:29.68	40:19.14	4:59	NO	NO	MASTER 2	19	9	12:39.34	33:11.73
176	278	BENITO GONZÁLEZ VARELA	TAMBRE BIKE & RUNNING	m	40:49.73	40:43.38	5:02	NO	NO	MASTER 4	157	9	12:11.92	33:11.49
177	180	PEDRO PETEIRO ROSENDE	RUNNING OLEIROS	m	40:56.02	40:41.89	5:03	NO	NO	MASTER 2	158	59	13:06.65	34:04.70



CLASIFICACIÓN CARREIRA ABSOLUTA

PTO	DOR	NOMBRE	CLUB	SEXO	T.OFICIAL	T.NETO	RITMO	LOCAL	JNTUA EQUIP	CATEGORÍA	P. SEX	P.CAT	P.CONTROL1	P.CONTROL2
178	93	MIGUEL PRADO CEA		m	40:57.31	40:43.30	5:03	NO	NO	MASTER 1	159	31	12:58.77	34:03.27
179	3	RUBÉN FERREIRO RIAL	CLUB ATLETISMO O PINO	m	40:57.90	40:56.31	5:03	SI	SI - M	SUB 23	160	2	11:26.97	34:35.85
180	5	CRISTINA BLANCO SUAREZ	INDEPENDIENTE	f	40:58.12	40:50.17	5:03	SI	NO	SENIOR	20	2	12:37.16	33:51.34
181	103	JUAN CARLOS VÁZQUEZ GAREA	INDEPENDIENTE	m	41:01.72	40:47.83	5:03	NO	NO	MASTER 1	161	32	12:58.98	33:53.66
182	257	FERNANDO SUÁREZ SANDOMINGO		m	41:04.80	40:57.23	5:04	NO	NO	MASTER 3	162	32	11:40.47	32:52.79
183	52	MATÍAS VÁZQUEZ VILARIÑO	INDEPENDIENTE	m	41:06.40	41:01.40	5:04	SI	NO	SENIOR	163	25	11:38.05	34:36.03
184	46	RODRIGO RICO OTERO		m	41:06.69	40:50.32	5:04	NO	NO	SENIOR	164	26	12:22.42	33:57.55
185	240	MARÍA DOLORES MUÑÍN GARCÍA		f	41:08.13	41:00.18	5:04	NO	NO	MASTER 3	21	2	12:13.77	33:25.53
186	236	JUAN CARLOS LUEIRO VILLAVERDE	INDEPENDIENTE	m	41:10.78	40:58.05	5:05	NO	NO	MASTER 3	165	33	12:59.62	34:03.43
187	77	ALBERTO GÓMEZ SANCHEZ	INDEPENDIENTE	m	41:10.78	40:57.87	5:05	NO	NO	MASTER 1	166	33	12:59.62	34:03.43
188	11	RICARDO CASTRO OTERO		m	41:12.75	40:56.78	5:05	NO	NO	SENIOR	167	27	12:43.70	33:42.45
189	280	JOSE ANTONIO MENDEZ PAMPIN		m	41:14.85	41:09.40	5:05	NO	NO	MASTER 4	168	10	12:28.94	33:36.03
190	237	JUAN CARLOS MALLO BALUJA	NOITEBRA FC	m	41:35.04	41:27.41	5:08	NO	SI - M	MASTER 3	169	34	12:43.23	34:01.16
191	42	PABLO PORTO SÁNCHEZ	ARCA DE NOE	m	41:36.61	41:19.41	5:08	NO	NO	SENIOR	170	28	13:00.41	34:22.42
192	16	PAOLO DESTITO	ARCA DE NOE	m	41:36.82	41:20.13	5:08	NO	NO	SENIOR	171	29	13:00.31	34:22.25
193	14	SARA COSTA FAYA	CLUB ATLETISMO O PINO	f	41:53.01	41:43.76	5:10	NO	SI - F	SENIOR	22	3	13:12.04	34:33.46
194	71	MANUEL FANDIÑO RODRÍGUEZ		m	41:54.67	41:40.54	5:10	SI	NO	MASTER 1	172	34	12:15.69	34:32.80
195	8	PABLO CACHEDA SARMIENTO	RUNNER CRUCES	m	42:00.60	41:50.44	5:11	NO	NO	SENIOR	173	30	12:38.45	34:21.15
196	90	RUBÉN PEÑA LÓPEZ	INDEPENDIENTE	m	42:05.07	41:48.03	5:11	NO	NO	MASTER 1	174	35	13:01.09	34:29.78
197	175	MONTSERRAT PEREIRA PENA	ATLETISMO SAR VERMÚ-PETRONI	f	42:25.81	42:17.60	5:14	NO	SI - F	MASTER 2	23	10	13:04.94	34:35.38
198	247	XESUS M. RODRÍGUEZ CARRIL	ATLETISMO SAR VERMÚ-PETRONI	m	42:26.26	42:10.68	5:14	NO	SI - M	MASTER 3	175	35	13:04.37	34:34.86
199	190	PATRICIA SIMÓN FERRO	ATLETISMO +9 MORANA	f	42:38.73	42:26.83	5:15	NO	NO	MASTER 2	24	11	13:08.76	34:37.84
200	125	JOSÉ CHAVES PEREIRA	ATLETISMO +9 MORANA	m	42:38.73	42:27.55	5:15	NO	NO	MASTER 2	176	60	13:08.50	34:37.84
201	43	LAURA RAMOS BOO	CLUB ATLETISMO MILLADOIRO	f	42:43.55	42:31.46	5:16	NO	NO	SENIOR	25	4	13:49.91	35:25.49
202	22	DAVID GASPARD PICON		m	42:52.42	42:37.88	5:17	SI	NO	SENIOR	177	31	12:15.60	34:33.81
203	113	NOTORIOUS BIG	INDEPENDIENTE	m	42:58.01	42:44.44	5:18	NO	NO	MASTER 2	178	61	12:48.06	34:55.30
204	168	ALICIA MUÑO POSE	CLUB ATLETISMO O PINO	f	43:04.16	43:00.13	5:19	NO	SI - F	MASTER 2	26	12	12:31.05	35:05.05
205	15	SERGIO COSTOYA RODRÍGUEZ	CLUB ATLETISMO O PINO	m	43:13.64	43:06.40	5:20	NO	SI - M	SENIOR	179	32	13:32.85	35:56.47
206	38	CRISTINA OTERO CASTRO	INDEPENDIENTE	f	43:17.45	43:08.64	5:20	NO	NO	SENIOR	27	5	13:03.77	35:14.29
207	191	FRANCISCO JAVIER SUÁREZ BERMÚDEZ	INDEPENDIENTE	m	43:31.31	43:15.72	5:22	NO	NO	MASTER 2	180	62	13:14.27	35:31.77
208	6	MANUEL CABANAS ALFONSO		m	43:38.24	43:17.44	5:23	NO	NO	SENIOR	181	33	13:41.08	36:06.51
209	67	DANIEL CASTRO MOSCOSO	CLUB ATLETISMO O PINO	m	44:09.74	44:02.30	5:27	SI	SI - M	MASTER 1	182	36	12:47.34	35:58.82
210	81	MARIA VANESSA LEON VIÑAS	ATLETISMO SAR VERMÚ-PETRONI	f	44:10.71	43:59.98	5:27	NO	SI - F	MASTER 1	28	5	13:12.74	36:04.94
211	281	MANUEL MOURE SANDE	NOITEBRA FC	m	44:21.54	44:18.77	5:28	NO	SI - M	MASTER 4	183	11	13:52.63	36:30.46
212	235	MARGA LEDESMA	CLUB ATLETISMO O PINO	f	44:23.55	44:17.01	5:28	NO	SI - F	MASTER 3	29	3	13:54.81	36:14.59
213	104	JOSÉ ANTONIO VÁZQUEZ LISTE	INDEPENDIENTE	m	44:24.53	44:06.22	5:28	NO	NO	MASTER 1	184	37	13:54.20	36:24.18
214	118	JORGE CARREIRA NODAR	CLUB DEPORTIVO SAN PAO	m	44:25.31	44:06.04	5:29	NO	NO	MASTER 2	185	63	14:07.63	36:55.09
215	192	ESTEBAN SUEIRO IGLESIAS	CLUB ATLETISMO O PINO	m	44:28.97	44:21.65	5:29	NO	SI - M	MASTER 2	186	64	13:48.16	36:12.72
216	251	SILVIA SÁNCHEZ BASCOY		f	44:30.94	44:18.95	5:29	NO	NO	MASTER 3	30	4	13:30.23	36:15.58
217	177	LUCÍA PEREZ DIEGUEZ	CLUB ATLETISMO O PINO	f	44:37.57	44:28.89	5:30	NO	SI - F	MASTER 2	31	13	13:46.21	36:14.94
218	99	NOEMI SANMARTÍN RODRÍGUEZ	CLUB ATLETISMO O PINO	f	44:38.13	44:20.62	5:30	NO	SI - F	MASTER 1	32	6	14:06.77	36:43.80
219	148	ROBERTO HERNANDO SANTALLA	BEER RUNNERS CORUÑA	m	44:43.07	44:31.75	5:31	NO	NO	MASTER 2	187	65	13:59.34	37:12.91
220	47	ALBERTO SÁNCHEZ INÍGUEZ	CLUBE ATLETISMO BOIMORTO	m	44:48.63	44:31.10	5:31	NO	NO	SENIOR	188	34	14:32.60	36:39.74
221	30	RAMÓN MANEIRO ROIS		m	45:04.29	44:47.44	5:33	NO	NO	SENIOR	189	35	12:21.81	36:03.60
222	211	VICTOR BLANCO SANTOS	INDEPENDIENTE	m	45:06.37	44:56.60	5:34	SI	NO	MASTER 3	190	36	13:30.44	36:45.53
223	229	CARMEN GARCÍA GARCÍA	INDEPENDIENTE	f	45:09.83	44:52.42	5:34	NO	NO	MASTER 3	33	5	13:32.43	36:34.73
224	121	CARMEN CASTRO CORES	CLUB ATLETISMO O PINO	f	45:30.85	45:22.05	5:37	SI	SI - F	MASTER 2	34	14	13:51.77	37:03.93
225	75	LILIANA GÓMEZ ALMEIDA	INDEPENDIENTE	f	45:36.13	45:23.84	5:37	NO	NO	MASTER 1	35	7	13:55.07	37:01.31
226	119	IRIA CASETE FERNÁNDEZ		f	45:52.69	45:41.51	5:39	NO	NO	MASTER 2	36	15	13:59.74	37:13.35
227	41	TERE PARRADO PINAQUE	CLUB ATLETISMO O PINO	f	46:14.98	46:08.80	5:42	NO	SI - F	SENIOR	37	6	13:49.07	37:31.24
228	222	MANUEL FERNANDEZ BEIS	INDEPENDIENTE	m	46:15.15	46:06.08	5:42	NO	NO	MASTER 3	191	37	13:34.33	37:26.90
229	166	OSCAR JESUS MIRA MARTINEZ		m	46:25.19	46:05.02	5:43	NO	NO	MASTER 2	192	66	14:33.84	37:55.19
230	268	LOLECHA ASOREY SALGUEIRO	RUNNERCRUCES	f	47:08.97	46:57.56	5:49	NO	NO	MASTER 4	38	2	13:45.70	37:53.81
231	274	RAMON ANGEL CONDE BERMUDEZ	VETREANOS DE OURENSE	m	47:13.95	46:53.90	5:49	NO	NO	MASTER 4	193	12	14:41.55	38:31.82
232	66	DAVID CASASNOVAS FERNÁNDEZ	INDEPENDIENTE	m	47:21.61	47:04.10	5:50	NO	NO	MASTER 1	194	38	14:57.93	39:02.41
233	250	ÁNGELES SALMONTE VARELA	CLUB DE ATLETISMO O PINO	f	47:38.97	47:30.50	5:52	SI	SI - F	MASTER 3	39	6	14:39.37	39:06.91
234	176	EVA MARÍA PEREIRO GÓMEZ	CLUB ATLETISMO MILLARAIO	f	47:52.53	47:39.42	5:54	NO	SI - F	MASTER 2	40	16	14:43.52	39:27.84
235	169	BELÉN NOYA PÉREZ	ATLETISMO FONTES DO SAR	f	48:07.32	47:55.88	5:56	NO	NO	MASTER 2	41	17	13:20.62	39:08.95
236	146	CAROLINA GONZÁLEZ GARCÍA	ATLETISMO SAR VERMÚ-PETRONI	f	48:18.93	48:07.81	5:57	NO	SI - F	MASTER 2	42	18	15:05.86	39:44.34



CLASIFICACIÓN CARREIRA ABSOLUTA

PTO	DOR	NOMBRE	CLUB	SEXO	T.OFICIAL	T.NETO	RITMO	LOCAL	JNTUA EQUIP	CATEGORÍA	P. SEX	P.CAT	P.CONTROL1	P.CONTROL2
237	226	BERNICE FINN KIERAN	CLUB ATLETISMO MILLARAIO	f	48:25.89	48:11.35	5:58	NO	SI - F	MASTER 3	43	7	14:40.00	39:24.56
238	239	MANUEL MÉNDEZ CASAL		m	49:03.43	48:45.10	6:03	NO	NO	MASTER 3	195	38	15:42.33	40:34.08
239	244	MARIA ISABEL QUIREZA RAMOS	CLUB DE ATLETISMO FONTES DO SAR	f	49:20.66	49:04.61	6:05	NO	NO	MASTER 3	44	8	15:23.62	40:25.27
240	158	CAROLINA MARTÍNEZ LAMAS	CLUB ATLETISMO MILLARAIO	f	49:23.55	49:10.40	6:05	NO	SI - F	MASTER 2	45	19	14:43.35	40:01.78
241	201	CHELO VIGO LIÑARES	ATLETISMO FONTES DO SAR	f	49:41.28	49:25.24	6:08	NO	NO	MASTER 2	46	20	14:37.47	40:13.45
242	187	MARCOS SÁNCHEZ LÓPEZ		m	50:12.98	49:59.83	6:11	NO	NO	MASTER 2	196	67	13:40.26	40:17.91
243	220	MERCEDES DE LA FUENTE IGLESIAS	CLUB ATLETISMO O PINO	f	50:19.91	50:09.09	6:12	NO	SI - F	MASTER 3	47	9	14:55.66	40:50.53
244	17	SILVIA FERNÁNDEZ BLANCO	INDEPENDIENTE	f	50:31.29	50:12.40	6:14	NO	NO	SENIOR	48	7	14:57.09	41:11.39
245	223	ANA FERNÁNDEZ GONZÁLEZ	CLUB ATLETISMO MILLARAIO	f	50:31.41	50:17.02	6:14	NO	SI - F	MASTER 3	49	10	15:40.65	41:15.52
246	271	XOSÉ MANUEL CARBALLEIRA HORTAS	INDEPENDIENTE	m	50:46.96	50:27.57	6:16	NO	NO	MASTER 4	197	13	15:53.48	41:33.10
247	186	ISIS SAINZ TRESGUERRAS	ATLETISMO SAR VERMÚ-PETRONI	f	51:22.31	51:11.47	6:20	NO	SI - F	MASTER 2	50	21	15:57.61	41:45.57
248	231	ISA GIL BALSA	INDEPENDIENTE	f	52:53.55	52:35.90	6:31	NO	NO	MASTER 3	51	11	15:16.17	42:16.76
249	128	ANDREA COSTOYA	CLUB ATLETISMO BOIMORTO	f	52:53.55	52:38.52	6:31	NO	NO	MASTER 2	52	22	15:53.74	42:37.39
250	234	INMA HERMIDA BALLESTEROS	CLUB ATLETISMO MILLARAIO	f	52:53.67	52:40.44	6:31	NO	SI - F	MASTER 3	53	12	15:41.60	42:43.29
251	233	M. DOLORES GONZÁLEZ RODRÍGUEZ	CLUB ATLETISMO MILLARAIO	f	53:54.02	53:39.96	6:39	NO	SI - F	MASTER 3	54	13	16:08.72	43:48.48
252	242	MARIA JOSEFINA PARDO MONTAÑA	CLUB ATLETISMO MILLARAIO	f	53:54.33	53:39.78	6:39	NO	SI - F	MASTER 3	55	14	16:08.36	43:48.48
253	262	ANA VÁZQUEZ FERNÁNDEZ		f	54:31.57	54:17.18	6:43	NO	NO	MASTER 3	56	15	15:41.11	43:39.15
254	45	TANYA RECOUSO	MAIS QUE AUGA	f	56:14.22	55:56.19	6:56	NO	NO	SENIOR	57	8	16:05.27	45:19.00
255	284	ELVIRA TRESGUERRAS GONZÁLEZ	ATLETISMO SAR VERMÚ PETRONI	f	1:08:51.00	1:08:34.05	8:30	NO	SI - F	MASTER 4	58	3	21:41.02	56:28.05
256	112	JESUS BEIS CABANAS	CLUB ATLETISMO O PINO	m	1:08:51.10	1:08:28.34	8:30	SI	SI - M	MASTER 2	198	68	21:41.28	56:28.38