

CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
SUB 18 H									
S18H (1)	319	FERREIRA VAZQUEZ, DIEGO	SD COMPOSTELA ATLETISMO	**00:39:03 (58)**	--	12:05 (36)	25:17 (46)	3:54	H (55)
S18H (2)	312	GRACIANO TOREA, OSCAR	CLUB ATLETISMO NOIA	**00:39:37 (67)**	+34	13:00 (70)	26:30 (68)	3:57	H (64)
S18H (3)	315	CRUJEIRAS VIDAL, LUCAS	EL CANARIO	**00:43:06 (122)**	+4:03	13:37 (99)	28:05 (111)	4:18	H (118)
S18H (4)	313	CES VÁZQUEZ, LUCAS		**00:43:41 (130)**	+4:38	12:01 (33)	28:34 (119)	4:22	H (125)
S18H (5)	314	GARCÍA RENDO, IVÁN		**00:49:27 (209)**	+10:24	16:32 (231)	33:06 (215)	4:56	H (189)
S18H (6)	316	FERREIRA CAROU, ARMANDO		**00:51:59 (240)**	+12:56	17:10 (260)	34:07 (243)	5:11	H (207)
S18H (7)	317	AMBITE SANTANA, DIEGO		**00:53:55 (268)**	+14:52	16:23 (218)	36:09 (275)	5:23	H (222)
SUB 18 M									
S18M (1)	**318**	**FERNÁNDEZ ORDÓÑEZ, SABELA**	**CLUB PIRAGÜISMO RIANXO**	**00:59:15 (300)**	**--**	**19:11 (301)**	**39:48 (300)**	**5:55**	**M (60)**
S18M (2)	**320**	**PARDAL LORENZO, DANIELA**		**00:59:16 (301)**	**+01**	**19:11 (302)**	**39:48 (301)**	**5:55**	**M (61)**
SUB 20 H									
S20H (1)	323	NUÑEZ FREIRE, JUAN ANTONIO	EL CANARIO	**00:41:41 (99)**	--	13:24 (87)	27:47 (105)	4:10	H (96)
S20H (2)	328	ALCALDE RIAL, MARIO	S.D. BARBANTIA RODA	**00:42:23 (116)**	+42	13:47 (110)	27:44 (101)	4:14	H (112)
S20H (3)	322	CESPON BREA, CRISTIAN	CLUB ATLETISMO MORAÑA EN RUTA	**00:46:10 (167)**	+4:29	14:32 (149)	30:22 (163)	4:36	H (156)
S20H (4)	321	LOSADA BRAVO, ABEL	CLUB DE REMO RIANXO	**00:48:22 (194)**	+6:41	13:58 (119)	30:36 (169)	4:50	H (177)
S20H (5)	327	POTEL MARIÑO, MARCOS	CB RIO ULLA PONTECESURES	**00:48:37 (199)**	+6:56	17:01 (253)	32:58 (212)	4:51	H (180)
S20H (6)	326	AMBITE SANTANA, DANIEL		**00:53:44 (267)**	+12:03	16:23 (219)	35:12 (262)	5:22	H (221)
S20H (7)	325	SUAREZ DURO, XIAN		**01:12:39 (313)**	+30:58	21:20 (317)	46:54 (315)	7:15	H (243)
S20H (8)	324	RESUA ORDOÑEZ, ROI		**01:12:39 (314)**	+30:58	21:20 (318)	47:18 (316)	7:15	H (244)

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SUB 23 H									
S23H (1)	335	MARIÑO GALBÁN, MANUEL	CLUB DE REMO CABO DA CRUZ	**00:37:25 (38)**	--	12:28 (49)	25:11 (43)	3:44	H (36)
S23H (2)	345	CREO FERNÁNDEZ, CÉSAR	TRIATLON RIANXO	**00:39:18 (62)**	+1:53	12:56 (66)	26:08 (65)	3:55	H (59)
S23H (3)	337	BOUZAS VILACOBA, DIEGO		**00:39:23 (65)**	+1:58	13:47 (108)	26:45 (76)	3:56	H (62)
S23H (4)	349	DOMÍNGUEZ FIGUEIRA, MAURO	CLUB PIRAGÜISMO VERDUCIDO-PONTILLÓN	**00:39:57 (70)**	+2:32	12:08 (38)	25:59 (60)	3:59	H (67)
S23H (5)	338	CALVO MUÑIZ, RAÚL		**00:41:16 (91)**	+3:51	13:01 (71)	27:13 (87)	4:07	H (88)
S23H (6)	350	CES CAAMAÑO, DIEGO		**00:41:27 (95)**	+4:02	13:39 (102)	27:35 (93)	4:08	H (92)
S23H (7)	336	PEREZ RIVEIRO, ALVARO		**00:42:49 (121)**	+5:24	13:47 (109)	27:42 (96)	4:16	H (117)
S23H (8)	333	FERRIN RIVEIRO, ISMAEL		**00:45:06 (153)**	+7:41	14:02 (122)	29:25 (141)	4:30	H (144)
S23H (9)	340	PIÑEIRO YÁÑEZ, RAÚL		**00:46:25 (170)**	+9:00	14:45 (156)	30:23 (164)	4:38	H (158)
S23H (10)	329	OTERO MOARES, MANUEL		**00:47:57 (188)**	+10:32	15:33 (188)	31:32 (186)	4:47	H (172)
S23H (11)	343	AMBITE SANTANA, DARIO		**00:50:26 (223)**	+13:01	15:10 (172)	32:43 (202)	5:02	H (200)
S23H (12)	347	GONTÁN PIMENTEL, BERNARDO		**00:50:46 (229)**	+13:21	16:57 (250)	33:12 (219)	5:04	H (203)
S23H (13)	332	RIAL FERNÁNDEZ, ÓSCAR		**00:51:28 (236)**	+14:03	16:31 (227)	34:04 (240)	5:08	H (205)
S23H (14)	351	MANEIRO SANISIDRO, JEYKO	BNZ RUN CLUB	**00:51:57 (239)**	+14:32	17:27 (267)	34:50 (256)	5:11	H (206)
S23H (15)	334	MOARES GARCÍA, MANUEL		**00:52:19 (250)**	+14:54	16:57 (249)	33:13 (220)	5:13	H (213)
S23H (16)	352	DA SILVA VIDAL, RAÚL	S.D. BARBANTIA RODA	**00:53:03 (256)**	+15:38	16:25 (221)	34:48 (255)	5:18	H (217)
S23H (17)	331	LORENZO PÉREZ, ALEX		**00:53:06 (258)**	+15:41	15:54 (201)	34:11 (244)	5:18	H (218)
S23H (18)	353	SAMPEDRO DAVILA, CIBRÁN	BNZ RUN CLUB	**00:54:50 (274)**	+17:25	17:47 (274)	36:30 (280)	5:28	H (226)
S23H (19)	348	RODRIGUEZ TUBIO, IKER	CLUB VOLEI RIANXO	**00:56:06 (289)**	+18:41	18:25 (286)	37:24 (293)	5:36	H (235)

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SUB 23 M									
S23M (1)	346	PAMPIN LEIRO, SOFIA		00:44:52 (150)	--	14:17 (137)	28:51 (129)	4:29	M (9)
S23M (2)	344	GÓMEZ TUBIO, ANDREA	ASESOU	00:50:30 (226)	+5:38	16:01 (204)	33:18 (225)	5:02	M (25)
S23M (3)	342	TUBÍO CADABAL, NURIA		00:51:41 (237)	+6:49	16:25 (222)	33:46 (237)	5:10	M (32)
S23M (4)	341	FERNÁNDEZ CASAIS, LUCÍA	BNZ RUN CLUB	00:55:07 (282)	+10:15	17:17 (261)	35:54 (270)	5:30	M (51)
S23M (5)	339	RIAL TUBÍO, UXÍA		01:02:47 (305)	+17:55	18:42 (296)	40:45 (305)	6:16	M (65)
S23M (6)	330	CANOSA GARCÍA, ALEJANDRA		01:05:17 (310)	+20:25	20:26 (313)	42:49 (311)	6:31	M (69)

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SENIOR H									
SNH (1)	287	BOCELO BELLAS, PABLO	VICKYFOODS	**00:32:08 (1)**	--	10:27 (2)	21:32 (2)	3:12	H (1)
SNH (2)	242	GARCIA SOUTO, HUGO	ATLETISMO PORTUGALETE	**00:32:15 (2)**	+07	10:27 (1)	21:32 (1)	3:13	H (2)
SNH (3)	354	PUYUELO PARDO, VICTOR	ATLETICO OROEL	**00:32:25 (3)**	+17	10:28 (3)	21:32 (3)	3:14	H (3)
SNH (4)	284	LIJÓ ARES, YAGO	CLUB ATLETISMO ANTAS DE ULLA	**00:32:50 (4)**	+42	10:34 (4)	21:39 (4)	3:16	H (4)
SNH (5)	261	GONZALEZ CASTRO, DAMIAN	TRIATLON RIANXO	**00:33:38 (5)**	+1:30	11:08 (6)	22:20 (5)	3:21	H (5)
SNH (6)	247	PIÑEIRO CAAMAÑO, PABLO	BNZ RUN CLUB	**00:35:24 (15)**	+3:16	11:45 (27)	23:37 (18)	3:32	H (14)
SNH (7)	291	BRAVO, MARCOS	SD ARAÑO	**00:35:35 (18)**	+3:27	11:40 (19)	23:37 (16)	3:33	H (17)
SNH (8)	271	VIDAL VÁZQUEZ, MATEO	TRIBU TRAIL	**00:36:06 (24)**	+3:58	11:39 (12)	23:47 (23)	3:36	H (23)
SNH (9)	243	GARABATO LAGARES, ADRIAN	CLUB TRIATLÓN COMPOSTELA	**00:36:24 (28)**	+4:16	11:40 (15)	24:05 (28)	3:38	H (27)
SNH (10)	290	MARTÍNEZ IGLESIAS, ERIC	S.D. BARBANTIA RODA	**00:36:51 (33)**	+4:43	12:19 (46)	24:36 (32)	3:41	H (32)
SNH (11)	299	GONZÁLEZ LOJO, JUAN	CLUB DE REMO CABO DA CRUZ	**00:37:32 (40)**	+5:24	12:27 (48)	25:12 (45)	3:45	H (38)
SNH (12)	237	FREIRE LAMAS, ADRIÁN		**00:38:49 (53)**	+6:41	12:41 (54)	25:48 (57)	3:52	H (50)
SNH (13)	244	GUDE RIVEIRO, ANTONIO	EL CANARIO	**00:40:22 (77)**	+8:14	13:24 (88)	26:47 (77)	4:02	H (74)
SNH (14)	241	RODRIGUEZ COTO, ALEJANDRO		**00:40:45 (83)**	+8:37	13:36 (96)	27:21 (89)	4:04	H (80)
SNH (15)	246	GUDE RIVEIRO, ALBERTO	EL CANARIO	**00:41:13 (89)**	+9:05	13:27 (89)	27:10 (86)	4:07	H (86)
SNH (16)	283	SOBRADELO SEGADE, MATEO		**00:41:15 (90)**	+9:07	13:34 (92)	27:38 (95)	4:07	H (87)
SNH (17)	276	FERNÁNDEZ GARCÍA, ADRIÁN		**00:41:39 (98)**	+9:31	13:36 (95)	27:30 (92)	4:09	H (95)
SNH (18)	289	LÓPEZ BLANCO, XABIER		**00:41:44 (101)**	+9:36	13:52 (114)	28:05 (110)	4:10	H (97)
SNH (19)	249	BLANCO CALO, PABLO	BNZ RUN CLUB	**00:42:23 (115)**	+10:15	13:44 (106)	28:08 (113)	4:14	H (111)
SNH (20)	260	EITOR SUMAY, ÁLVARO		**00:43:21 (125)**	+11:13	14:51 (160)	29:29 (144)	4:20	H (120)
SNH (21)	257	BRIÓN TOUCEDO, MARIO	CLUB DE REMO CABO DA CRUZ	**00:43:24 (127)**	+11:16	14:08 (127)	28:41 (123)	4:20	H (122)
SNH (22)	303	BARREIRO RODRIGUEZ, PABLO		**00:43:25 (128)**	+11:17	13:52 (115)	28:41 (121)	4:20	H (123)
SNH (23)	239	ABALO ROMERO, ANXO	BNZ RUN CLUB	**00:43:50 (131)**	+11:42	14:29 (145)	29:25 (142)	4:22	H (126)
SNH (24)	236	TOUZA LONDOÑO, SANTIAGO		**00:44:27 (140)**	+12:19	13:46 (107)	28:06 (112)	4:26	H (132)
SNH (25)	280	VIÑAS VICENTE, MARIO		**00:44:31 (141)**	+12:23	14:38 (153)	29:48 (148)	4:27	H (133)
SNH (26)	293	SUÁREZ BARCA, IVÁN	CLUB DEPORTIVO BRIÓN HYUPERSA	**00:44:33 (143)**	+12:25	14:48 (158)	29:51 (150)	4:27	H (135)

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SNH (27)	273	GARCÍA OTERO, PABLO	CLUB ATLETISMO SANTIAGO	**00:44:45 (148)**	+12:37	14:16 (134)	29:28 (143)	4:28	H (140)
SNH (28)	298	VALDERAS GALLARDO, CHEMA		**00:46:27 (171)**	+14:19	17:22 (263)	32:00 (196)	4:38	H (159)
SNH (29)	286	FRANCO ECHEVERRI, ALEJANDRO		**00:46:30 (172)**	+14:22	15:29 (184)	31:06 (174)	4:38	H (160)
SNH (30)	266	PEREIRA SUAREZ, ALBERTO		**00:47:29 (183)**	+15:21	15:09 (171)	31:08 (176)	4:44	H (168)
SNH (31)	285	BLANCO AMOEIRO, JORGE		**00:47:31 (185)**	+15:23	15:50 (196)	31:48 (190)	4:45	H (170)
SNH (32)	233	BOQUETE OTERO, SERGIO		**00:47:58 (189)**	+15:50	15:38 (191)	32:06 (198)	4:47	H (173)
SNH (33)	232	FUENTES OTERO, ANDRÉS		**00:47:59 (190)**	+15:51	15:33 (189)	31:51 (192)	4:47	H (174)
SNH (34)	305	MERINO FERNANDEZ, CRISTIAN		**00:48:04 (192)**	+15:56	14:51 (159)	31:21 (178)	4:48	H (176)
SNH (35)	307	COSTAS LEÒN, SERGIO		**00:49:23 (208)**	+17:15	16:17 (214)	32:58 (213)	4:56	H (188)
SNH (36)	263	GARCÍA RENDO, DARÍO		**00:49:38 (213)**	+17:30	16:32 (230)	33:06 (214)	4:57	H (192)
SNH (37)	274	SEGADE FUNGUEIRIÑO, ALEJANDRO	CLUB ATLETISMO MORAÑA EN RUTA	**00:49:42 (214)**	+17:34	16:48 (238)	33:16 (223)	4:58	H (193)
SNH (38)	251	OTERO LEMA, ENRIQUE	BNZ RUN CLUB	**00:49:43 (215)**	+17:35	16:32 (229)	33:17 (224)	4:58	H (194)
SNH (39)	302	GONZÁLEZ LÓPEZ, ADRIÁN		**00:50:27 (224)**	+18:19	17:07 (256)	34:02 (239)	5:02	H (201)
SNH (40)	300	REY GARCIA, IGNACIO		**00:52:04 (243)**	+19:56	17:50 (279)	35:16 (265)	5:12	H (208)
SNH (41)	262	RODRÍGUEZ DOMÍNGUEZ, ALBERTO		**00:52:12 (247)**	+20:04	16:19 (215)	33:36 (232)	5:13	H (211)
SNH (42)	256	RODRÍGUEZ SOBRADELO, ANXO		**00:52:16 (248)**	+20:08	16:44 (234)	34:20 (248)	5:13	H (212)
SNH (43)	248	GONZÁLEZ FERNÁNDEZ, KEVIN	BNZ RUN CLUB	**00:53:17 (262)**	+21:09	17:24 (265)	35:35 (267)	5:19	H (219)
SNH (44)	297	GARCÍA AGRASAR, ROBERTO	CDM VÉRTICE	**00:53:35 (265)**	+21:27	18:34 (293)	36:31 (281)	5:21	H (220)
SNH (45)	267	LIJÓ ROMAY, ISMAEL		**00:54:59 (278)**	+22:51	17:28 (268)	35:58 (271)	5:29	H (230)
SNH (46)	288	CONDE COMOJO, ZORAN		**00:56:06 (288)**	+23:58	18:25 (287)	37:24 (292)	5:36	H (234)
SNH (47)	296	CREO SABORIDO, GONZALO		**00:57:52 (295)**	+25:44	20:25 (310)	40:45 (307)	5:47	H (238)
SNH (48)	311	PARADA BREA, RAMON	BNZ RUN CLUB	**00:59:09 (299)**	+27:01	18:52 (298)	38:51 (298)	5:54	H (240)
SNH (49)	292	SANCHEZ, ALFONSO		**01:07:02 (312)**	+34:54	21:11 (316)	45:05 (314)	6:42	H (242)

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SENIOR M									
SNM (1)	238	FACHAL QUINTELA, ARACELI	CLUB TRIATLÓN COMPOSTELA	00:43:50 (132)	--	14:24 (140)	29:14 (137)	4:22	M (6)
SNM (2)	269	GONZALEZ BARGO, CARLA	CLUB ATLETISMO OUTES-MARISCOS ANTON	00:44:14 (137)	+24	14:24 (139)	29:16 (139)	4:25	M (8)
SNM (3)	265	LOJO LÓPEZ, NOELIA	BNZ RUN CLUB	00:45:38 (161)	+1:48	14:26 (142)	29:59 (153)	4:33	M (10)
SNM (4)	264	LOJO TUBÍO, KATIA	BNZ RUN CLUB	00:46:58 (176)	+3:08	15:23 (181)	31:25 (179)	4:41	M (14)
SNM (5)	252	OLVEIRA FERNÁNDEZ, CRISTINA	BNZ RUN CLUB	00:49:43 (216)	+5:53	16:30 (226)	33:15 (221)	4:58	M (22)
SNM (6)	277	DOMINGUEZ TRIÑANES, ALBA	BNZ RUN CLUB	00:50:50 (230)	+7:00	16:47 (236)	33:30 (230)	5:04	M (27)
SNM (7)	258	VÁZQUEZ CASTROMÁN, NOEMI	NOITEBRA FC	00:50:58 (231)	+7:08	17:04 (255)	34:05 (241)	5:05	M (28)
SNM (8)	309	BETANZOS FREIRE, ALDARA	S.D. BARBANTIA RODA	00:51:10 (233)	+7:20	14:27 (144)	31:30 (183)	5:06	M (30)
SNM (9)	308	LORENZO BLANCO, LARA	BNZ RUN CLUB	00:51:50 (238)	+8:00	16:47 (235)	34:19 (246)	5:10	M (33)
SNM (10)	301	MARTINEZ VELLON, LUCIA		00:52:04 (244)	+8:14	17:50 (278)	35:15 (264)	5:12	M (36)
SNM (11)	259	FRANCISCO FERNANDES, MARÍA		00:53:04 (257)	+9:14	16:47 (237)	34:44 (254)	5:18	M (40)
SNM (12)	240	PAZ AYASO, MARÍA	BNZ RUN CLUB	00:55:01 (279)	+11:11	18:38 (294)	37:01 (286)	5:30	M (49)
SNM (13)	254	ECHEVARRIETA LAÍÑO, ESTEFANÍA	BNZ RUN CLUB	00:55:02 (280)	+11:12	18:38 (295)	37:02 (287)	5:30	M (50)
SNM (14)	278	CHAVES GARCÍA, BELÉN		00:57:28 (291)	+13:38	19:24 (304)	38:37 (296)	5:44	M (56)
SNM (15)	250	AGRELO FERNÁNDEZ, FAYNA	BNZ RUN CLUB	01:00:23 (303)	+16:33	20:25 (309)	40:31 (304)	6:02	M (63)
SNM (16)	295	BETANZOS FREIRE, SARELA	S.D. BARBANTIA RODA	01:02:49 (306)	+18:59	20:25 (312)	40:46 (308)	6:16	M (66)
SNM (17)	268	LAREO PENA, LUCÍA		01:06:42 (311)	+22:52	20:26 (314)	43:44 (312)	6:40	M (70)
SNM (18)	306	TORRES SUÁREZ, ELVIRA		01:14:36 (315)	+30:46	23:26 (319)	48:30 (317)	7:27	M (71)
SNM (19)	279	BOUZADA SOBRINO, SANDRA		01:18:59 (316)	+35:09	24:21 (320)	51:14 (318)	7:53	M (72)

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MASTER 1 H									
M1H (1)	6	AGRASO ALONSO, XABI	BNZ RUN CLUB	**00:34:27 (8)**	--	11:11 (7)	22:49 (8)	3:26	H (8)
M1H (2)	17	FERNÁNDEZ GARCÍA, MICHEL	BNZ RUN CLUB	**00:34:56 (9)**	+29	11:19 (9)	23:15 (10)	3:29	H (9)
M1H (3)	37	CREO SABORIDO, ALEJANDRO	TRIATLON RIANXO	**00:34:58 (10)**	+31	11:40 (21)	23:29 (11)	3:29	H (10)
M1H (4)	2	TORRESCUSA MOURIÑO, RICARDO	CLUB ATLETISMO CAMBADOS	**00:36:13 (26)**	+1:46	11:49 (30)	24:02 (27)	3:37	H (25)
M1H (5)	60	RODRÍGUEZ PIMENTEL, PATRICK		**00:36:18 (27)**	+1:51	12:06 (37)	24:12 (29)	3:37	H (26)
M1H (6)	23	BOUZAS REY, PABLO		**00:36:26 (29)**	+1:59	11:49 (29)	24:02 (25)	3:38	H (28)
M1H (7)	33	LAIÑO SILVA, VICTOR	SAN MIGUEL DE MARIN	**00:37:15 (36)**	+2:48	12:12 (41)	24:39 (35)	3:43	H (34)
M1H (8)	55	PÉREZ REGO, JORGE	BNZ RUN CLUB	**00:38:20 (48)**	+3:53	12:32 (50)	25:33 (49)	3:49	H (46)
M1H (9)	30	GUTIÉRREZ PRIETO, FERNANDO	CLUB ATLETISMO TAMBRE	**00:38:51 (54)**	+4:24	12:43 (56)	25:39 (53)	3:53	H (51)
M1H (10)	13	SEOANE CEA, BRAIS		**00:39:28 (66)**	+5:01	13:06 (74)	26:15 (66)	3:56	H (63)
M1H (11)	59	LUSTRES, MANUEL	BNZ RUN CLUB	**00:39:56 (69)**	+5:29	13:06 (73)	26:35 (72)	3:59	H (66)
M1H (12)	35	RODRIGUEZ FLORES, MARCO ANTONIO	SANYSEC- CLUB OURENSE ATLETISMO	**00:41:05 (86)**	+6:38	14:04 (123)	27:54 (107)	4:06	H (83)
M1H (13)	54	FERNÁNDEZ BUCETA, PABLO	BNZ RUN CLUB	**00:41:26 (94)**	+6:59	13:50 (113)	27:43 (99)	4:08	H (91)
M1H (14)	57	ROMERO ABALO, RODRIGO		**00:42:17 (110)**	+7:50	14:07 (126)	28:12 (115)	4:13	H (106)
M1H (15)	48	FIGUEIRA IGLESIAS, LUCAS	RUN&DRINK	**00:42:18 (112)**	+7:51	14:39 (154)	28:49 (127)	4:13	H (108)
M1H (16)	5	DOMINGUEZ SÁNCHEZ, EMILIO		**00:42:19 (113)**	+7:52	14:29 (147)	28:41 (122)	4:13	H (109)
M1H (17)	19	DÍAZ GONZÁLEZ, ÁLVARO		**00:42:20 (114)**	+7:53	14:41 (155)	28:50 (128)	4:13	H (110)
M1H (18)	12	RODRÍGUEZ GONZÁLEZ, PABLO	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:44:05 (135)**	+9:38	14:16 (133)	29:10 (135)	4:24	H (128)
M1H (19)	18	DEL RIO GONZALEZ, JORGE	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:44:14 (136)**	+9:47	14:23 (138)	29:15 (138)	4:25	H (129)
M1H (20)	29	FERNÁNDEZ GARCÍA, DIEGO		**00:44:36 (146)**	+10:09	14:17 (136)	29:05 (133)	4:27	H (138)
M1H (21)	25	FIGUEIRA RODRIGUEZ, SERGIO	LEIRO E TI QUE?	**00:45:03 (151)**	+10:36	14:46 (157)	29:56 (152)	4:30	H (142)
M1H (22)	38	MORA LOJO, BRUNO	BNZ RUN CLUB	**00:45:28 (159)**	+11:01	14:58 (166)	30:08 (158)	4:32	H (150)
M1H (23)	15	MELLA BLANCO, MANUEL		**00:45:51 (163)**	+11:24	15:10 (174)	30:35 (167)	4:35	H (153)
M1H (24)	34	BONDAD QUINTELA, ALEXANDRE YERAL		**00:45:53 (164)**	+11:26	15:19 (178)	30:36 (168)	4:35	H (154)
M1H (25)	7	ABALO LAFUENTE, SEVERINO		**00:46:06 (165)**	+11:39	14:51 (161)	30:10 (160)	4:36	H (155)
M1H (26)	27	RAMOS MAGARIÑOS, MANUEL	CLUB ATLETISMO MORAÑA EN RUTA	**00:46:57 (175)**	+12:30	15:36 (190)	31:29 (182)	4:41	H (162)

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P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
M1H (27)	43	PARADA BREA, DANIEL	BNZ RUN CLUB	**00:47:26 (181)**	+12:59	15:31 (186)	31:28 (181)	4:44	H (166)
M1H (28)	11	GARCÍA CUESTA, FERNANDO		**00:47:31 (184)**	+13:04	15:43 (193)	31:32 (185)	4:45	H (169)
M1H (29)	47	TAYLAKOV, SERGEY		**00:48:50 (200)**	+14:23	16:04 (206)	32:43 (203)	4:52	H (181)
M1H (30)	51	ROMERO LÓPEZ, SERGIO		**00:49:03 (203)**	+14:36	15:54 (199)	32:36 (200)	4:54	H (184)
M1H (31)	10	BLANCO MIGUÉNS, PABLO		**00:50:12 (221)**	+15:45	17:01 (254)	33:46 (236)	5:01	H (198)
M1H (32)	3	GARCÍA FRESCO, CRISTIAN		**00:52:12 (246)**	+17:45	16:09 (210)	33:35 (231)	5:13	H (210)
M1H (33)	49	VÁZQUEZ PÉREZ, PABLO		**00:54:00 (270)**	+19:33	18:06 (283)	36:18 (278)	5:23	H (223)
M1H (34)	4	FIGUEIRA RODRÍGUEZ, ABEL		**00:54:53 (275)**	+20:26	18:06 (282)	36:19 (279)	5:29	H (227)
M1H (35)	46	ROMERO HERMO, JUAN		**00:54:54 (276)**	+20:27	18:32 (292)	36:54 (284)	5:29	H (228)
M1H (36)	39	FERREIRO CARBALLEIRA, DANIEL		**00:55:18 (285)**	+20:51	18:07 (284)	36:59 (285)	5:31	H (233)

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CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
MASTER 1 M									
M1M (1)	8	CASTILLO OÑATE, SARA	CLUB ATLETISMO FEMENINO CELTA	00:35:02 (12)	--	11:40 (22)	23:29 (12)	3:30	M (1)
M1M (2)	1	MOSQUERA LOSADA, SANDRA	COMESAÑA SPORTING CLUB	00:37:07 (34)	+2:05	12:12 (39)	24:39 (34)	3:42	M (2)
M1M (3)	21	MEJUTO FERNANDEZ, NURIA	SD COMPOSTELA ATLETISMO	00:43:18 (124)	+8:16	14:16 (135)	28:47 (125)	4:19	M (5)
M1M (4)	32	BUSTO SANTALLA, ANA	CLUB ATLETISMO SAR	00:46:11 (169)	+11:09	14:57 (163)	30:33 (166)	4:37	M (12)
M1M (5)	58	TORRES FERNANDEZ, VIRGINIA	RUN&DRINK	00:48:33 (196)	+13:31	15:16 (177)	31:48 (189)	4:51	M (19)
M1M (6)	28	ALENDE GARCÍA, MARTA	DALLE PEDAL	00:49:18 (206)	+14:16	16:29 (224)	32:54 (209)	4:55	M (20)
M1M (7)	50	GOMEZ CHOUZA, GRETA	BNZ RUN CLUB	00:51:14 (235)	+16:12	17:24 (264)	34:36 (252)	5:07	M (31)
M1M (8)	14	RODRÍGUEZ BERMÚDEZ, TAMARA		00:53:07 (259)	+18:05	16:51 (244)	34:36 (251)	5:18	M (41)
M1M (9)	22	IGLESIAS MOSCONI, MARÍA		00:53:14 (260)	+18:12	17:10 (258)	35:03 (259)	5:19	M (42)
M1M (10)	56	CESPÓN GONZÁLEZ, CRISTINA	BNZ RUN CLUB	00:54:32 (271)	+19:30	18:09 (285)	36:13 (277)	5:27	M (48)
M1M (11)	41	PÉREZ ABALO, ESTEFANÍA		00:55:18 (283)	+20:16	18:58 (300)	37:11 (289)	5:31	M (52)
M1M (12)	36	RODRÍGUEZ FERREIRÓS, ESTHER		00:56:05 (287)	+21:03	17:48 (275)	37:11 (288)	5:36	M (54)
M1M (13)	24	CES COMOJO, CRISTINA	RUN&DRINK	00:56:13 (290)	+21:11	18:42 (297)	37:16 (291)	5:37	M (55)
M1M (14)	44	DIZ LOJO, MARIA JOSE		00:57:36 (292)	+22:34	18:28 (290)	37:49 (295)	5:45	M (57)
M1M (15)	42	JAMARDO REDONDO, MIRIAM	RUN&DRINK	00:58:57 (297)	+23:55	19:53 (306)	39:37 (299)	5:53	M (59)
M1M (16)	45	SESLYUKOVA, ELENA		00:59:35 (302)	+24:33	19:39 (305)	39:56 (302)	5:57	M (62)
M1M (17)	31	BARREIRO ABALO, PATRICIA		01:00:29 (304)	+25:27	19:14 (303)	39:57 (303)	6:02	M (64)
M1M (18)	53	TEODORCZYK, ANNA		01:04:05 (308)	+29:03	20:09 (307)	42:03 (310)	6:24	M (67)
M1M (19)	52	LIRIANO CUESTA, DARLENYS		01:04:05 (309)	+29:03	20:10 (308)	42:03 (309)	6:24	M (68)

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CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
MASTER 2 H									
M2H (1)	71	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	**00:33:56 (6)**	--	10:57 (5)	22:26 (6)	3:23	H (6)
M2H (2)	80	MELLO, JACI	SD COMPOSTELA ATLETISMO	**00:34:02 (7)**	+06	11:11 (8)	22:39 (7)	3:24	H (7)
M2H (3)	88	SABORIDO SÓÑORA, SAMUEL	CLUB ATLETISMO SAR	**00:34:59 (11)**	+1:03	11:35 (10)	23:14 (9)	3:29	H (11)
M2H (4)	126	FERNANDEZ LIJO, JUAN FRANCISCO	EL CANARIO	**00:35:19 (13)**	+1:23	11:41 (23)	23:38 (19)	3:31	H (12)
M2H (5)	92	OVIEDO BOUZAS, FRAN	CLUB ATLETISMO NOIA	**00:35:27 (16)**	+1:31	11:39 (11)	23:34 (14)	3:32	H (15)
M2H (6)	83	AGRELO GOMEZ, ROBERTO CARLOS	CLUB ATLETISMO SAR	**00:35:30 (17)**	+1:34	11:40 (17)	23:34 (15)	3:32	H (16)
M2H (7)	87	LADO PÉREZ, MARCOS	CLUB ATLETISMO NOIA	**00:35:55 (19)**	+1:59	11:40 (16)	23:37 (17)	3:35	H (18)
M2H (8)	70	CALVO CES, ARMANDO	CLUB ATLETISMO SAR	**00:35:59 (20)**	+2:03	11:41 (24)	23:48 (24)	3:35	H (19)
M2H (9)	97	MACEIRAS LAGO, RAMON	CLUB ATLETISMO SAR	**00:36:01 (22)**	+2:05	11:40 (18)	23:42 (20)	3:36	H (21)
M2H (10)	66	CIGÜENZA GESTOSO, JOSÉ IGNACIO	CLUB DEPORTIVO BRIÓN HYUPERSA	**00:36:04 (23)**	+2:08	11:44 (25)	23:45 (22)	3:36	H (22)
M2H (11)	76	POSE PEREZ, AGUS	S.D. BARBANTIA RODA	**00:36:32 (30)**	+2:36	12:14 (42)	24:36 (33)	3:39	H (29)
M2H (12)	102	MELLA SUAREZ, ALEX	ATLETISMO OBRADOIRO	**00:36:36 (31)**	+2:40	12:04 (34)	24:22 (30)	3:39	H (30)
M2H (13)	124	GONZALEZ, ALFONSO	VETERANOS REMO RIANXO	**00:37:10 (35)**	+3:14	12:15 (43)	24:41 (37)	3:42	H (33)
M2H (14)	96	CAAMAÑO, AVELINO	PONTE TRAIL	**00:37:17 (37)**	+3:21	11:57 (32)	24:40 (36)	3:43	H (35)
M2H (15)	77	QUINTELA PAIS, FÉLIX	CLUB TRIATLÓN FISIONICRA NEGREIRA	**00:37:30 (39)**	+3:34	12:12 (39)	24:48 (39)	3:44	H (37)
M2H (16)	133	MARTINEZ MELLADO, DAVID	SD COMPOSTELA ATLETISMO	**00:37:39 (41)**	+3:43	12:27 (47)	25:11 (44)	3:45	H (39)
M2H (17)	147	GARCÍA SÓÑORA, MARCOS	CLUB ATLETISMO NOIA	**00:37:43 (42)**	+3:47	12:17 (45)	25:05 (42)	3:46	H (40)
M2H (18)	110	CREGO FERNANDEZ, XACOBO	TRIATLON INFORHOUSE SANTIAGO	**00:38:04 (44)**	+4:08	11:45 (26)	25:04 (40)	3:48	H (42)
M2H (19)	121	GONZALEZ HORTA, VICTOR	COMESAÑA SPORTING CLUB	**00:38:10 (45)**	+4:14	11:56 (31)	24:46 (38)	3:48	H (43)
M2H (20)	113	GUIMAREY SENIN, JAVIER	CLUB ATLETISMO SAR	**00:38:11 (46)**	+4:15	12:38 (52)	25:23 (48)	3:49	H (44)
M2H (21)	117	BENITEZ SOMOZA, ISRAEL	EL CANARIO	**00:38:14 (47)**	+4:18	12:47 (60)	25:22 (47)	3:49	H (45)
M2H (22)	89	MUIÑOS REYES, ENRIQUE		**00:38:36 (51)**	+4:40	12:55 (64)	25:44 (55)	3:51	H (48)
M2H (23)	82	MIRANDA VIEITO, JOSE MANUEL	ATHLETICS FISIOTERAPIA SAN LAZARO	**00:38:41 (52)**	+4:45	12:38 (53)	25:38 (52)	3:52	H (49)
M2H (24)	111	BUSTELO CATOIRA, CARLOS	SD COMPOSTELA ATLETISMO	**00:38:53 (56)**	+4:57	12:48 (61)	25:49 (58)	3:53	H (53)
M2H (25)	84	FERREIROS PATIÑO, SEVERIANO		**00:39:13 (60)**	+5:17	12:59 (68)	26:00 (62)	3:55	H (57)
M2H (26)	146	GONŹALEZ PARGA, RUBEN	BNZ RUN CLUB	**00:39:19 (63)**	+5:23	12:52 (63)	26:00 (61)	3:55	H (60)

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P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
M2H (27)	112	DOSIL, JAVI	ATLETISMO FONTES DO SAR	**00:39:21 (64)**	+5:25	12:52 (62)	26:06 (64)	3:56	H (61)
M2H (28)	135	NOYA ORDÓÑEZ, RAMÓN		**00:40:05 (73)**	+6:09	13:20 (84)	26:38 (75)	4:00	H (70)
M2H (29)	106	CEBREIRO GALBAN, MIGUEL ÁNGEL		**00:40:06 (74)**	+6:10	13:21 (85)	27:09 (83)	4:00	H (71)
M2H (30)	68	FERNÁNDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	**00:41:10 (88)**	+7:14	13:15 (80)	27:03 (81)	4:06	H (85)
M2H (31)	103	VAZQUEZ FORJAN, ADRIAN		**00:41:18 (92)**	+7:22	13:36 (97)	27:29 (90)	4:07	H (89)
M2H (32)	140	GARCIA GONZALEZ, RUBEN	TRIATLON RIANXO	**00:41:20 (93)**	+7:24	13:43 (104)	27:38 (94)	4:07	H (90)
M2H (33)	69	FERNÁNDEZ RIVEIRO, JUAN MANUEL		**00:41:46 (102)**	+7:50	14:08 (128)	28:09 (114)	4:10	H (98)
M2H (34)	115	REY AGRELO, JOSÉ RAMIRO	CLUB ATLETISMO LOUSAME	**00:41:54 (103)**	+7:58	13:35 (93)	27:42 (97)	4:11	H (99)
M2H (35)	74	ROMERO GONZÁLEZ, JUAN JOSÉ		**00:41:59 (105)**	+8:03	13:38 (101)	27:45 (103)	4:11	H (101)
M2H (36)	136	SOTO BUCETA, SERGIO	CLUB ATLETISMO CAMBADOS	**00:42:08 (107)**	+8:12	14:02 (121)	27:58 (108)	4:12	H (103)
M2H (37)	73	LAREO CREO, DANIEL	CLUB ATLETISMO NOIA	**00:42:13 (109)**	+8:17	13:54 (117)	28:12 (116)	4:13	H (105)
M2H (38)	61	BELLO GRAIÑO, DIEGO		**00:42:18 (111)**	+8:22	14:12 (130)	28:15 (117)	4:13	H (107)
M2H (39)	127	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	**00:42:48 (120)**	+8:52	13:36 (98)	27:43 (100)	4:16	H (116)
M2H (40)	150	GARCIA LORENZO, DIEGO	S.D. BARBANTIA RODA	**00:43:15 (123)**	+9:19	14:13 (131)	28:40 (120)	4:19	H (119)
M2H (41)	93	VIAÑO LORENZO, PABLO		**00:43:23 (126)**	+9:27	14:10 (129)	28:49 (126)	4:20	H (121)
M2H (42)	104	SOBRADELO RIAL, RAMON		**00:43:55 (133)**	+9:59	13:58 (118)	28:52 (130)	4:23	H (127)
M2H (43)	101	BARREIRO BLANCO, MIGUEL		**00:44:19 (138)**	+10:23	14:07 (125)	29:01 (131)	4:25	H (130)
M2H (44)	138	FONTANS SEBE, MARCOS	SD COMPOSTELA ATLETISMO	**00:44:23 (139)**	+10:27	15:08 (170)	30:05 (157)	4:26	H (131)
M2H (45)	145	GONZÁLEZ QUEIRUGA, PABLO	NOELIA LASHES	**00:44:33 (144)**	+10:37	14:35 (151)	29:38 (145)	4:27	H (136)
M2H (46)	129	CAROU CARRIL, MIGUEL		**00:44:36 (147)**	+10:40	15:12 (175)	30:04 (156)	4:27	H (139)
M2H (47)	114	MONTERO, GABRIEL	CLUB TRIATLÓN COMPOSTELA	**00:45:04 (152)**	+11:08	14:26 (141)	29:39 (146)	4:30	H (143)
M2H (48)	62	SUÁREZ GIADÁS, JAVIER	CLUB DEPORTIVO BRIÓN HYUPERSA	**00:45:14 (154)**	+11:18	14:57 (164)	30:10 (161)	4:31	H (145)
M2H (49)	64	FANDIÑO, MANUEL		**00:45:16 (155)**	+11:20	14:27 (143)	29:44 (147)	4:31	H (146)
M2H (50)	120	ESTÉVEZ POMAR, HÉCTOR		**00:45:22 (156)**	+11:26	15:29 (183)	30:32 (165)	4:32	H (147)
M2H (51)	148	MONTANÉ LÓPEZ, JAVIER	S.D. BARBANTIA RODA	**00:45:27 (158)**	+11:31	14:58 (165)	30:09 (159)	4:32	H (149)
M2H (52)	79	TUBÍO MARIÑO, DANIEL		**00:47:07 (177)**	+13:11	15:32 (187)	31:32 (187)	4:42	H (163)
M2H (53)	81	DA SILVA DIEZ, JESÚS	NIN RAPID@S NIN FURIOS@S	**00:47:19 (179)**	+13:23	15:42 (192)	31:33 (188)	4:43	H (164)
M2H (54)	94	MONTOUTO REQUEIJO, DIEGO		**00:48:02 (191)**	+14:06	14:35 (152)	30:39 (171)	4:48	H (175)

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P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
M2H (55)	119	GERMIÑAS RODRIGUEZ, JORGE		**00:48:37 (198)**	+14:41	16:56 (247)	33:12 (217)	4:51	H (179)
M2H (56)	142	LAIÑO ODOÑEZ, ALBERTO		**00:49:03 (202)**	+15:07	15:54 (199)	32:35 (199)	4:54	H (183)
M2H (57)	151	CASTAÑO BRIONES, JUAN RAMON		**00:49:18 (207)**	+15:22	16:43 (233)	32:56 (210)	4:55	H (187)
M2H (58)	99	CONDE FERNÁNDEZ, GERMÁN JOSÉ		**00:49:29 (210)**	+15:33	16:12 (211)	32:47 (205)	4:56	H (190)
M2H (59)	67	ALONSO BARGIELA, DANIEL		**00:49:30 (211)**	+15:34	16:50 (242)	33:24 (229)	4:56	H (191)
M2H (60)	75	SEÑARÍS BOO, JOSÉ RAMÓN		**00:49:56 (218)**	+16:00	16:07 (208)	32:53 (207)	4:59	H (195)
M2H (61)	86	SANCHEZ ESTEVEZ, EDUARDO		**00:50:03 (219)**	+16:07	16:26 (223)	33:12 (218)	5:00	H (196)
M2H (62)	109	MONTEAGUDO FERNANDEZ, RUBEN	CLUB ATLETISMO MORAÑA EN RUTA	**00:51:11 (234)**	+17:15	16:57 (248)	34:20 (247)	5:07	H (204)
M2H (63)	123	CAJARAVILLE CATOIRA, SERGIO		**00:54:34 (272)**	+20:38	18:04 (281)	36:07 (273)	5:27	H (224)
M2H (64)	100	PRADO CONDE, ARMANDO		**00:55:06 (281)**	+21:10	16:55 (246)	36:06 (272)	5:30	H (231)
M2H (65)	98	PÉREZ GÓMEZ, MIGUEL ÁNGEL		**00:57:39 (293)**	+23:43	17:19 (262)	37:12 (290)	5:45	H (236)
M2H (66)	108	VICENTE COMOJO, ANGEL		**00:59:02 (298)**	+25:06	18:57 (299)	38:42 (297)	5:54	H (239)

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CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
MASTER 2 M									
M2M (1)	72	GONZÁLEZ VERDE, ARIANA		00:41:41 (100)	--	13:48 (111)	27:44 (102)	4:10	M (4)
M2M (2)	65	GARCIA CAINZOS, IRMA	CLUB TRIATLÓN COMPOSTELA	00:43:56 (134)	+2:15	14:15 (132)	29:08 (134)	4:23	M (7)
M2M (3)	139	ROSA, ROSA	OBRADOIRO	00:46:08 (166)	+4:27	15:20 (179)	30:39 (172)	4:36	M (11)
M2M (4)	63	NIETO PAZOS, SUSANA		00:46:42 (173)	+5:01	15:02 (167)	31:11 (177)	4:40	M (13)
M2M (5)	91	MARTINEZ RIVADEMAR, ARACELI	ATLETISMO FONTES DO SAR	00:47:18 (178)	+5:37	16:02 (205)	31:57 (195)	4:43	M (15)
M2M (6)	144	GONZÁLEZ GARCÍA, MARGARITA	ATLETISMO OBRADOIRO	00:47:47 (186)	+6:06	15:52 (197)	31:53 (193)	4:46	M (16)
M2M (7)	131	AGRASAR BARRAL, SONIA		00:48:17 (193)	+6:36	15:49 (195)	32:05 (197)	4:49	M (17)
M2M (8)	118	PAZ SANTAMARÍA, LIDIA	CLUB ATLETISMO TAMBRE	00:48:29 (195)	+6:48	15:23 (180)	31:49 (191)	4:50	M (18)
M2M (9)	95	DURO LIÑARES, OLALLA	PONTE TRAIL	00:50:30 (225)	+8:49	15:59 (202)	33:16 (222)	5:02	M (24)
M2M (10)	85	MILLARES SIEIRA, CLARA MARÍA	EL CANARIO	00:52:03 (241)	+10:22	16:21 (217)	34:36 (250)	5:12	M (34)
M2M (11)	90	POSE ALMALLO, MARIA	DESGUACES FERREIRO	00:52:18 (249)	+10:37	16:31 (228)	34:06 (242)	5:13	M (37)
M2M (12)	125	OTERO GÓMEZ, MAICA		00:53:14 (261)	+11:33	17:10 (259)	35:03 (258)	5:19	M (43)
M2M (13)	116	MILLARES SIEIRA, MARIA DEL CARMEN	EL CANARIO	00:53:20 (263)	+11:39	17:07 (257)	35:22 (266)	5:19	M (44)
M2M (14)	132	LOSADA, ELENA	BNZ RUN CLUB	00:53:40 (266)	+11:59	17:42 (273)	35:41 (268)	5:21	M (46)
M2M (15)	107	AGRELO COUSELO, MARÍA	ATLETISMO +9 MORAÑA	00:53:58 (269)	+12:17	17:36 (269)	35:43 (269)	5:23	M (47)

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CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
MASTER 3 H									
M3H (1)	165	TRAB CAAMAÑO, PEDRO	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:35:22 (14)**	--	11:40 (14)	23:34 (13)	3:32	H (13)
M3H (2)	160	PESADO FERNÁNDEZ, ALEJANDRO		**00:36:01 (21)**	+39	11:40 (20)	23:42 (21)	3:36	H (20)
M3H (3)	170	RODRÍGUEZ TORRES, JUAN CARLOS	S.D. BARBANTIA RODA	**00:36:12 (25)**	+50	11:49 (28)	24:02 (26)	3:37	H (24)
M3H (4)	177	BARROS GONZÁLEZ, ABEL	ATLETISMO +9 MORAÑA	**00:36:36 (32)**	+1:14	12:04 (35)	24:22 (31)	3:39	H (31)
M3H (5)	187	BARREIRO PEREIRA, XOSÉ ANTÓN	ATLETISMO OBRADOIRO	**00:38:03 (43)**	+2:41	12:17 (44)	25:04 (41)	3:48	H (41)
M3H (6)	195	GARCIA VAZQUEZ, EMILIO	SD COMPOSTELA ATLETISMO	**00:38:35 (50)**	+3:13	12:47 (58)	25:37 (50)	3:51	H (47)
M3H (7)	194	FALCÓN PÉREZ, SANTIAGO	CLUB ATLETISMO CAMBADOS	**00:38:51 (55)**	+3:29	12:38 (51)	25:42 (54)	3:53	H (52)
M3H (8)	167	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES-MARISCOS ANTON	**00:38:56 (57)**	+3:34	12:42 (55)	25:53 (59)	3:53	H (54)
M3H (9)	155	BUSTO LOBATO, CARLOS	CLUB ATLETISMO SAR	**00:39:07 (59)**	+3:45	12:44 (57)	25:48 (56)	3:54	H (56)
M3H (10)	185	GÓMEZ GÓMEZ, MANUEL	PONTETRAIL	**00:39:16 (61)**	+3:54	13:01 (72)	26:02 (63)	3:55	H (58)
M3H (11)	159	NOYA PÉREZ, JOSÉ ANTONIO	ATLETISMO FONTES DO SAR	**00:39:49 (68)**	+4:27	12:59 (69)	26:19 (67)	3:58	H (65)
M3H (12)	183	PARADA GARCÍA, LUIS MIGUEL	EL CANARIO	**00:39:57 (71)**	+4:35	13:10 (78)	26:34 (69)	3:59	H (68)
M3H (13)	199	VILA SIEIRA, RUBEN	EGOVARROS DE VIVEIRO	**00:40:01 (72)**	+4:39	13:09 (76)	26:35 (70)	4:00	H (69)
M3H (14)	182	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	**00:40:24 (78)**	+5:02	13:08 (75)	26:35 (71)	4:02	H (75)
M3H (15)	192	COSTA RODRÍGUEZ, JOSE ANTONIO	AGRUPACIÓN ATLÉTICA MAZÍ	**00:40:27 (79)**	+5:05	13:15 (81)	26:48 (78)	4:02	H (76)
M3H (16)	186	JUNCAL IGLESIAS, ALBERTO	CLUB ATLETISMO SAMERTOLAMEU	**00:40:32 (81)**	+5:10	13:09 (77)	26:54 (79)	4:03	H (78)
M3H (17)	201	SIEIRA RIOS, FERNANDO	TRIATLON RIANXO	**00:40:36 (82)**	+5:14	13:34 (91)	27:10 (85)	4:03	H (79)
M3H (18)	169	CESAR VILA, ALVARO	CLUB ATLETISMO TAMBRE	**00:40:58 (84)**	+5:36	13:40 (103)	27:09 (84)	4:05	H (81)
M3H (19)	157	MARTINEZ MANEIRO, ALBERTO	INCOR AUTOVIDRIO	**00:41:04 (85)**	+5:42	13:17 (82)	27:09 (82)	4:06	H (82)
M3H (20)	153	FERNANDEZ ALVAREZ, CARLOS		**00:41:06 (87)**	+5:44	13:24 (86)	27:17 (88)	4:06	H (84)
M3H (21)	152	GONZÁLEZ AVIÓN, XOSÉ CARLOS	TRIATLÓN VILAGARCÍA	**00:41:31 (96)**	+6:09	13:37 (100)	27:30 (91)	4:09	H (93)
M3H (22)	171	SEOANE MUÑIZ, THOMAS		**00:41:37 (97)**	+6:15	13:18 (83)	27:43 (98)	4:09	H (94)
M3H (23)	202	BRIÓN LEMA, JUAN CARLOS	BRIONLETEAM	**00:42:00 (106)**	+6:38	13:43 (105)	27:45 (104)	4:11	H (102)
M3H (24)	184	SICILIA BARCI, JUAN	ATLÉTIC RANIN CLUB	**00:42:11 (108)**	+6:49	14:07 (124)	28:21 (118)	4:13	H (104)
M3H (25)	198	SENDON RODRIGUEZ, JOSE DOMINGO	ATLETISMO FONTES DO SAR	**00:42:39 (117)**	+7:17	15:13 (176)	29:49 (149)	4:15	H (113)
M3H (26)	164	COSTA CASTRO, MANUEL	SD COMPOSTELA ATLETISMO	**00:42:39 (118)**	+7:17	13:36 (94)	28:42 (124)	4:15	H (114)

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P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
M3H (27)	205	PARDAVILA IGLESIAS, MIGUEL ANGEL	CORRIDA DAS CABRAS	**00:44:33 (145)**	+9:11	15:04 (168)	29:59 (154)	4:27	H (137)
M3H (28)	197	VILLAR CONDE, ALBERTO ALEJANDRO		**00:44:49 (149)**	+9:27	14:01 (120)	29:11 (136)	4:28	H (141)
M3H (29)	166	QUEIRUGA TRIÑANES, SUSO		**00:45:24 (157)**	+10:02	15:10 (173)	30:20 (162)	4:32	H (148)
M3H (30)	189	CES ROMERO, JORI	ENTRENARUNNING	**00:45:46 (162)**	+10:24	14:34 (150)	30:01 (155)	4:34	H (152)
M3H (31)	176	PÉREZ SUSAVILA, ÁNGEL		**00:47:21 (180)**	+11:59	15:45 (194)	31:27 (180)	4:44	H (165)
M3H (32)	203	MORONO ARENAS, SANTIAGO	VETERANOS REMO RIANXO	**00:47:29 (182)**	+12:07	15:28 (182)	31:31 (184)	4:44	H (167)
M3H (33)	188	LÓPEZ FONTAN, JOSÉ MANUEL		**00:47:56 (187)**	+12:34	15:59 (203)	31:55 (194)	4:47	H (171)
M3H (34)	181	PIÑEIRO ABEIJON, BENITO		**00:48:35 (197)**	+13:13	16:49 (241)	32:45 (204)	4:51	H (178)
M3H (35)	193	MUÑIZ ABUIN, JUAN CARLOS		**00:49:07 (204)**	+13:45	16:12 (212)	32:36 (201)	4:54	H (185)
M3H (36)	158	BALADO MOSQUERA, SERGIO ANGEL	CLUB ATLETISMO SAR	**00:49:16 (205)**	+13:54	16:43 (232)	33:11 (216)	4:55	H (186)
M3H (37)	154	SUÁREZ FUENTES, BORJA	ATLETISMO FONTES DO SAR	**00:50:22 (222)**	+15:00	16:24 (220)	33:23 (227)	5:02	H (199)
M3H (38)	204	GONZÁLEZ TUBIO, CÉSAR		**00:52:43 (253)**	+17:21	17:38 (271)	35:11 (260)	5:16	H (214)
M3H (39)	172	LAREO MONTOTO, GONZALO		**00:52:45 (254)**	+17:23	17:27 (266)	35:02 (257)	5:16	H (215)
M3H (40)	175	SEIJO PEREIRA, MANUEL		**00:52:46 (255)**	+17:24	15:52 (198)	33:23 (226)	5:16	H (216)
M3H (41)	191	PÉREZ CALVO, JUAN CARLOS		**00:55:18 (284)**	+19:56	18:30 (291)	36:08 (274)	5:31	H (232)
M3H (42)	179	VARELA GAGO, JOSÉ		**00:57:43 (294)**	+22:21	18:26 (288)	36:44 (283)	5:46	H (237)

MASTER 3 M

M3M (1)	**196**	**LEIRO LOPEZ, SOLEDAD**	**SD COMPOSTELA ATLETISMO**	**00:38:34 (49)**	**--**	**12:47 (59)**	**25:38 (51)**	**3:51**	**M (3)**
M3M (2)	**163**	**YEBRA FUENTES, SOLE**	**TELENO CECINAS PABLO**	**00:49:48 (217)**	**+11:14**	**16:05 (207)**	**32:49 (206)**	**4:58**	**M (23)**
M3M (3)	**174**	**VIA, TAMARA**	**ATLETISMO FONTES DO SAR**	**00:50:33 (228)**	**+11:59**	**16:51 (243)**	**33:39 (233)**	**5:03**	**M (26)**
M3M (4)	**162**	**TOREA TOREA, ELENA**	**CLUB ATLETISMO LOUSAME**	**00:51:07 (232)**	**+12:33**	**16:49 (240)**	**33:42 (235)**	**5:06**	**M (29)**
M3M (5)	**178**	**ROMAY RODRÍGUEZ, GLORIA**		**00:52:22 (251)**	**+13:48**	**17:49 (277)**	**35:12 (263)**	**5:14**	**M (38)**
M3M (6)	**190**	**CASTRO BLANCO, MONCHA**	**ENTRENARUNNING**	**00:52:41 (252)**	**+14:07**	**16:20 (216)**	**34:18 (245)**	**5:16**	**M (39)**
M3M (7)	**168**	**OTEROAGRELO, MARIA SALOME**		**00:57:58 (296)**	**+19:24**	**17:49 (276)**	**37:38 (294)**	**5:47**	**M (58)**

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CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
MASTER 4 H									
M4H (1)	216	CEPEDA GACIO, FRANCISCO JAVIER	SD COMPOSTELA ATLETISMO	**00:40:11 (75)**	--	12:56 (67)	26:36 (74)	4:01	H (72)
M4H (2)	219	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	**00:40:16 (76)**	+05	12:55 (65)	26:36 (73)	4:01	H (73)
M4H (3)	215	SANTOS BOO, JESUS	SD COMPOSTELA ATLETISMO	**00:40:30 (80)**	+19	13:14 (79)	26:57 (80)	4:02	H (77)
M4H (4)	212	ÁLVAREZ LODEIRO, SANTI	ENTRENARUNNING	**00:41:59 (104)**	+1:48	13:49 (112)	28:04 (109)	4:11	H (100)
M4H (5)	218	BERGONDO BRANDARIZ, JUAN CARLOS	RUNNING OLEIROS	**00:42:44 (119)**	+2:33	13:33 (90)	27:52 (106)	4:16	H (115)
M4H (6)	207	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO SAR	**00:43:38 (129)**	+3:27	14:29 (146)	29:04 (132)	4:21	H (124)
M4H (7)	217	OTERO CEPEDA, XOSE LUIS	CLUB ATLETISMO SANTIAGO	**00:44:32 (142)**	+4:21	14:30 (148)	29:21 (140)	4:27	H (134)
M4H (8)	231	FERNANDEZ TOME, JUAN		**00:45:37 (160)**	+5:26	15:30 (185)	30:40 (173)	4:33	H (151)
M4H (9)	206	RODRIGUEZ CARAMES, JOSE MANUEL	ATLETISMO PORRIÑO	**00:46:10 (168)**	+5:59	14:53 (162)	30:38 (170)	4:36	H (157)
M4H (10)	211	FONTENLA MUIÑO, MANUEL	ATLETAS ACEA DE AMA	**00:46:46 (174)**	+6:35	15:05 (169)	31:07 (175)	4:40	H (161)
M4H (11)	227	CASTRO CUERVO, RAMÓN		**00:49:01 (201)**	+8:50	16:29 (225)	32:53 (208)	4:54	H (182)
M4H (12)	229	GÓMEZ GARCÍA, GONZALO		**00:50:05 (220)**	+9:54	16:58 (251)	33:23 (228)	5:00	H (197)
M4H (13)	223	REBOREDA GRAÑA, AMADOR	CLUB DEPORTIVO PINARIUM	**00:50:32 (227)**	+10:21	16:54 (245)	33:49 (238)	5:03	H (202)
M4H (14)	228	PENA FRANCO, JOSE		**00:52:05 (245)**	+11:54	16:48 (239)	34:24 (249)	5:12	H (209)
M4H (15)	224	CHAVES BOULLOSA, BENIGNO	AGRUPACIÓN ATLÉTICA MAZÍ	**00:54:43 (273)**	+14:32	18:26 (289)	36:33 (282)	5:28	H (225)
M4H (16)	220	SAINZ GARCÍA, FERNANDO	CLUB ATLETISMO SAR	**00:54:56 (277)**	+14:45	16:14 (213)	33:40 (234)	5:29	H (229)
M4H (17)	226	BETANZOS REGO, TOBÍAS	S.D. BARBANTIA RODA	**01:02:50 (307)**	+22:39	20:25 (311)	40:45 (306)	6:16	H (241)
MASTER 4 M									
M4M (1)	**209**	**RODRÍGUEZ DEL RÍO, MARÍA DEL CARMEN**	**SD COMPOSTELA ATLETISMO**	**00:49:31 (212)**	**--**	**16:08 (209)**	**32:56 (211)**	**4:57**	**M (21)**
M4M (2)	**213**	**RAMOS SUÁREZ, BEGOÑA**	**ENTRENARUNNING**	**00:52:04 (242)**	**+2:33**	**16:58 (252)**	**34:37 (253)**	**5:12**	**M (35)**
M4M (3)	**222**	**SOMOZA GARCIA, FINA**		**00:53:23 (264)**	**+3:52**	**17:36 (269)**	**35:12 (261)**	**5:20**	**M (45)**
M4M (4)	**230**	**LAGO VIDAL, MARÍA VICTORIA**	**TRABANDAINAS**	**00:55:18 (286)**	**+5:47**	**17:38 (272)**	**36:12 (276)**	**5:31**	**M (53)**
M4M (5)	**221**	**TRESGUERRAS GONZÁLEZ, ELVIRA**	**CLUB ATLETISMO SAR**	**01:24:08 (317)**	**+34:37**	**26:55 (321)**	**54:43 (319)**	**8:24**	**M (73)**
SENIOR M									
SNM (-1)	**310**	**REY RODRÍGUEZ, LAURA**		**(321)**		**21:11 (315)**	**45:04 (313)**		**M (-1)**

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CLASIFICACION 10K CATEGORIAS

P.CAT	DOR	NOMBRE	CLUB	T.OFICIAL	DIF	P1	P2	RITMO	SEXO
MASTER 2 H									
M2H (-1)	128	CALVETE CARBALLA, DIEGO		**(318)**		11:40 (13)	(-1)		H (-1)
M2H (-1)	134	ALVAREZ, SANTIAGO		**(319)**		17:54 (280)	(-1)		H (-1)
MASTER 3 H									
M3H (-1)	180	BARREIRO BLANCO, PEPE		**(320)**		13:54 (116)	29:52 (151)		H (-1)

Total: 321

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