

CLASIFICACIÓN 10K

PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
1	6	KIPKURGAT KIRWA, MESHACK		00:28:50	00:14:28 (1)	M (1)	SÉNIOR M (1)		
2	4	SAITOT MUNKE, NICHOLAS		00:29:25	00:14:33 (2)	M (2)	SÉNIOR M (2)		
3	2	DE LA FUENTE GOMEZ, DAVID	PLAYAS DE CASTELLON	00:30:15	00:14:59 (3)	M (3)	SÉNIOR M (3)		
4	9	OLIVEIRA FERNANDES, HELIO		00:30:48	00:15:17 (5)	M (4)	MASTER 2 M (1)		
5	10	ABAL CHAVES, AMADEO	SURCO LUCENA	00:30:51	00:15:17 (4)	M (5)	SÉNIOR M (4)		
6	1	ELNABAOUI, MEHDI	FENT CAMI MISLATA	00:31:19	00:15:18 (6)	M (6)	SÉNIOR M (5)		
7	447	RIOLA DELGADO, LUCAS	CLUB NATACIÓN CEDEIRA	00:31:38	00:15:31 (7)	M (7)	SUB-20 M (1)		M (1)
8	448	PENA CARRACEDO, LUCAS	SOCIEDAD GIMNASTICA DE	00:32:05	00:15:45 (8)	M (8)	SUB-20 M (2)		M (2)
9	14	BARREIRO DURÁN, MARTÍN	ATLETISMO NARÓN	00:32:19	00:15:46 (10)	M (9)	SÉNIOR M (6)		M (3)
10	13	QUINTÁNS SÁNCHEZ, MIGUEL	ATLETISMO CORUÑA COMARCA	00:32:37	00:16:32 (13)	M (10)	SUB-23 M (1)		M (4)
11	24	LOUTFI EL GHAZALI, SALAMA		00:33:06	00:15:51 (11)	M (11)	SÉNIOR M (7)		M (5)
12	444	REGUEIRA RELLAN, MARTIN		00:33:36	00:16:33 (14)	M (12)	SÉNIOR M (8)		M (6)
13	12	BILBAO PEREZ, GONTZAL	ATLETISMO SANTURTZI	00:33:39	00:16:43 (17)	M (13)	MASTER 2 M (2)		
14	**8**	**ESHETU DIDA, SISAY**		**00:33:40**	**00:16:43 (18)**	**F (1)**	**SÉNIOR F (1)**		
15	17	VICENTE RÍOS, RUBÉN	ATLETISMO ANTAS DE ULLA	00:33:41	00:16:39 (16)	M (14)	SÉNIOR M (9)		M (7)
16	16	MANSO PEDROSA GARCIA, IVAN	LUGO RUNNING CLUB	00:33:42	00:16:52 (20)	M (15)	SÉNIOR M (10)		M (8)
17	443	SANTOS GARCÍA, MARIO	ATLETISMO RÍAS BAIXAS	00:33:58	00:15:57 (12)	M (16)	SÉNIOR M (11)		M (9)
18	21	GARCÍA CARBALLO, ISMAEL	CLUB ATLETISMO LOUSAME	00:34:09	00:16:35 (15)	M (17)	MASTER 1 M (1)		M (10)
19	19	CAAMAÑO NIETO, RUBEN	CLUB ATLETISMO SAR	00:34:25	00:16:49 (19)	M (18)	MASTER 2 M (3)		M (11)
20	**5**	**LOPES DA SILVA, MONICA R.**	**MACEDO DE CAVALEIROS**	**00:34:53**	**00:17:28 (22)**	**F (2)**	**MASTER 2 F (1)**		
21	23	WHITE, DAVID	CLUB ATLETICO LAREDO- CAMPING	00:34:57	00:17:28 (21)	M (19)	MASTER 3 M (1)		
22	27	CASTRO GIL, BRUNO	CORREXALLAS	00:35:00	00:17:28 (23)	M (20)	MASTER 2 M (4)		M (12)
23	**29**	**CASTILLO OÑATE, SARA**	**CLUB ATLETISMO FEMENINO CELTA**	**00:35:19**	**00:17:34 (24)**	**F (3)**	**MASTER 1 F (1)**		
24	26	AGRELO GOMEZ, ROBERTO CARLOS	CLUB ATLETISMO SAR	00:35:27	00:17:34 (25)	M (21)	MASTER 2 M (5)		M (13)
25	32	GEY MARTINEZ, RAMON	CLUB ATLETISMO LOUSAME	00:35:46	00:17:39 (27)	M (22)	MASTER 2 M (6)		M (14)
26	39	GARCIA MARTIN, MIGUEL		00:35:50	00:17:51 (30)	M (23)	SÉNIOR M (12)		M (15)
27	46	TRABA CAAMAÑO, PEDRO	CLUB ATLETISMO OUTES- MARISCOS	00:36:07	00:17:49 (29)	M (24)	MASTER 2 M (7)		M (16)
28	38	GARABATO LAGARES, ADRIAN	CLUB TRIATLÓN COMPOSTELA	00:36:16	00:18:00 (32)	M (25)	SÉNIOR M (13)		M (17)
29	22	CREGO FERNANDEZ, XACOBO	TRIATLÓN INFORHOUSE SANTIAGO	00:36:25	00:17:38 (26)	M (26)	MASTER 2 M (8)		M (18)
30	494	ABOAL, MANUEL	TRIATLÓN INFORHOUSE SANTIAGO	00:36:47	00:18:52 (55)	M (27)	SUB-20 M (3)		M (19)

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31	445	MONTERO NOYA, MIGUEL	ATLETISMO PULIDOS SUSO	00:36:49	00:17:40 (28)	M (28)	SÉNIOR M (14)		M (20)
32	57	GESTO VILAS, ALEXIS	CLUB TRIATLÓN COMPOSTELA	00:36:52	00:18:20 (36)	M (29)	SÉNIOR M (15)		M (21)
33	432	VÁZQUEZ ARES, FERNANDO	CLUB ATLETISMO SAR	00:36:52	00:17:56 (31)	M (30)	MASTER 2 M (9)		M (22)
34	477	CALVO CASTRO, LUIS		00:36:53	00:18:33 (40)	M (31)	MASTER 2 M (10)	M (1)	M (23)
35	87	CALVO, HUGO	CLUB ATLETISMO NEGREIRA	00:36:53	00:18:35 (41)	M (32)	SUB-23 M (2)	M (2)	M (24)
36	33	MACEIRAS LAGO, RAMON	CLUB ATLETISMO SAR	00:36:54	00:18:01 (33)	M (33)	MASTER 2 M (11)		M (25)
37	30	PARDIÑAS MALLÓN, TOÑITO	SD COMPOSTELA ATLETISMO	00:36:59	00:18:35 (42)	M (34)	MASTER 1 M (2)		M (26)
38	**441**	**MOSQUERA LOSADA, SANDRA**	**COMESAÑA**	**00:37:00**	**00:18:24 (37)**	**F (4)**	**MASTER 1 F (2)**		**F (1)**
39	287	LOURIDO RIAL, LORENZO	CLUB ATLETISMO NEGREIRA	00:37:08	00:18:14 (35)	M (35)	MASTER 2 M (12)	M (3)	
40	37	GONZÁLEZ REY, JOSECHO	O JERREIRO	00:37:12	00:18:48 (54)	M (36)	MASTER 2 M (13)		M (27)
41	313	RODRÍGUEZ LEAL, CARLOS	CLUB FERROL ATLETISMO	00:37:15	00:18:44 (45)	M (37)	MASTER 1 M (3)		M (28)
42	45	CARRACEDO PORTO, XOSÉ CARLOS	SD COMPOSTELA ATLETISMO	00:37:32	00:18:31 (39)	M (38)	MASTER 1 M (4)		M (29)
43	52	DOPAZO MIGUEZ, ALBERTO	CLUB TRIATLÓN COMPOSTELA	00:37:36	00:19:11 (60)	M (39)	MASTER 2 M (14)		M (30)
44	44	PAMPIN RIOS, PABLO	CLUB ATLETISMO TAMBRE	00:37:37	00:18:45 (47)	M (40)	SÉNIOR M (16)		
45	439	QUINTELA PAIS, FÉLIX	TRIATLÓN FISIONICRA NEGREIRA	00:37:40	00:18:45 (48)	M (41)	MASTER 2 M (15)		M (31)
46	65	ROJO AMIGO, DIEGO		00:37:40	00:18:27 (38)	M (42)	MASTER 1 M (5)		M (32)
47	267	MACEIRAS LAGO, ANGEL	CLUB ATLETISMO SAR	00:37:42	00:18:42 (43)	M (43)	MASTER 3 M (2)		M (33)
48	**41**	**SICRE MASIDE, LUCIA**	**RIA FERROL**	**00:37:44**	**00:18:45 (49)**	**F (5)**	**SÉNIOR F (2)**		**F (2)**
49	61	PICO FEAL, BORJA		00:37:45	00:18:45 (46)	M (44)	MASTER 1 M (6)		M (34)
50	56	BOTANA PRINI, NICOLAS	CLUB TRIATLÓN COMPOSTELA	00:37:45	00:18:56 (59)	M (45)	SÉNIOR M (17)		M (35)
51	48	GONZÁLEZ REY, BONI	O JERREIRO	00:37:48	00:19:13 (63)	M (46)	MASTER 2 M (16)		M (36)
52	51	VEIGA ÁLVAREZ, SAMUEL J.	CLUB TRIATLÓN COMPOSTELA	00:37:50	00:18:56 (58)	M (47)	MASTER 3 M (3)		M (37)
53	50	RODRIGUEZ LIAS, ALEX		00:37:58	00:18:45 (50)	M (48)	MASTER 1 M (7)		M (38)
54	62	BARREIRO PEREIRA, XOSÉ ANTÓN	ATLETISMO OBRADOIRO	00:37:59	00:18:47 (52)	M (49)	MASTER 3 M (4)		M (39)
55	794	NIETO GONZÁLEZ, JOSE MANUEL	CLUB ATLETISMO SAR	00:38:00	00:18:54 (56)	M (50)	MASTER 3 M (5)		M (40)
56	58	CORRAL SERTAL, JAVIER	CLUB TRIATLÓN COMPOSTELA	00:38:02	00:19:16 (64)	M (51)	SÉNIOR M (18)		M (41)
57	72	ZAMORANO CASILLAS, BITTOR	ATLETISMO GETXO	00:38:20	00:19:17 (65)	M (52)	MASTER 2 M (17)		
58	15	CARRASCAL MORALES, JUAN	ATLETISMO SANTURTZI	00:38:43	00:20:07 (87)	M (53)	MASTER 2 M (18)		
59	433	PEON LADO, ANGEL M		00:38:47	00:18:47 (53)	M (54)	MASTER 3 M (6)	M (4)	M (42)
60	64	VÁZQUEZ AGRA, CÉSAR		00:38:47	00:18:55 (57)	M (55)	MASTER 2 M (19)		M (43)

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61	297	NIETO LÓPEZ, IVÁN	TRIATLÓN FISIONICRA NEGREIRA	00:38:53	00:19:11 (61)	M (56)	MASTER 1 M (8)	M (5)	
62	84	GÓMEZ GÓMEZ, MANUEL	PONTE TRAIL	00:39:05	00:19:25 (67)	M (57)	MASTER 3 M (7)		M (44)
63	68	GUTIÉRREZ PRIETO, FERNANDO	CLUB ATLETISMO TAMBRE	00:39:07	00:19:19 (66)	M (58)	MASTER 1 M (9)		
64	97	RIOBO ESTEVEZ, ROBERTO	CORREDOIRAS	00:39:14	00:19:30 (72)	M (59)	MASTER 3 M (8)		M (45)
65	91	MOSQUERA DE VALDIVIELSO, JAVIER		00:39:16	00:19:27 (69)	M (60)	MASTER 2 M (20)		
66	25	RUEDA MARTÍNEZ, JAVIER	INFICANT VILLANOJA	00:39:20	00:18:12 (34)	M (61)	MASTER 3 M (9)		
67	20	BUCETA POUSO, ERNESTO	EL CANARIO	00:39:20	00:19:11 (62)	M (62)	MASTER 3 M (10)		M (46)
68	69	LAGO SANTIAGO, KIKO	A. D. OLIMPIA	00:39:26	00:19:33 (73)	M (63)	MASTER 2 M (21)		M (47)
69	35	SANDE CHARLON, VICTOR IGNACIO		00:39:29	00:19:28 (70)	M (64)	MASTER 4 M (1)		M (48)
70	83	PEREZ PORTELA, MARCOS		00:39:33	00:19:34 (75)	M (65)	MASTER 2 M (22)		M (49)
71	76	QUINTÁNS VÁZQUEZ, ALFONSO	CLUB TRIATLÓN COMPOSTELA	00:39:37	00:19:34 (74)	M (66)	MASTER 2 M (23)		M (50)
72	310	MOURE VÁZQUEZ, MANUEL	TRIATLÓN FISIONICRA NEGREIRA	00:39:37	00:20:17 (99)	M (67)	MASTER 1 M (10)		
73	110	RÍOS SANTOS, RUBÉN		00:39:44	00:19:36 (77)	M (68)	SÉNIOR M (19)		M (51)
74	101	AROSA GONZÁLEZ, TOMÁS		00:39:47	00:19:43 (80)	M (69)	MASTER 2 M (24)		M (52)
75	108	FROJÁN TUBIO, JORGE		00:39:51	00:19:35 (76)	M (70)	SÉNIOR M (20)		M (53)
76	28	ARAZURI ECHEVERRIA, ARITZ	ATLETISMO SANTURTZI	00:40:00	00:20:19 (101)	M (71)	MASTER 2 M (25)		
77	288	MUIÑOS REYES, ENRIQUE	NIN RÁPIDOS NIN FURIOSOS	00:40:01	00:20:11 (94)	M (72)	MASTER 2 M (26)		M (54)
78	71	IGLESIAS BARREIRA, DAVID	TRIATLÓN INFORHOUSE SANTIAGO	00:40:07	00:20:01 (84)	M (73)	MASTER 2 M (27)		M (55)
79	40	VÁZQUEZ TUBIO, ALBERTO	S.D. BARBANTIA RODA	00:40:12	00:20:13 (96)	M (74)	MASTER 2 M (28)		M (56)
80	463	RODRIGUEZ COTO, ALEJANDRO		00:40:12	00:20:24 (108)	M (75)	SÉNIOR M (21)		M (57)
81	74	PEREZ SOTO, DIEGO		00:40:13	00:19:38 (79)	M (76)	MASTER 2 M (29)		M (58)
82	124	CES, MARTIN		00:40:17	00:20:34 (117)	M (77)	MASTER 1 M (11)		M (59)
83	73	VILLA VIEIRO, FERNANDO	CLUB TRIATLÓN COMPOSTELA	00:40:27	00:20:08 (89)	M (78)	MASTER 3 M (11)		M (60)
84	89	PLACER GARCÍA-RODEJA, MARTIÑO	SD COMPOSTELA ATLETISMO	00:40:28	00:19:48 (82)	M (79)	MASTER 1 M (12)		M (61)
85	90	BUSTO RIAL, JOSE	CLUB ATLETISMO SAR	00:40:31	00:20:10 (92)	M (80)	SÉNIOR M (22)		M (62)
86	93	MARTÍNEZ NIETO, MICHEL	CAO (CLUB ATLETISMO OUTES)	00:40:36	00:19:59 (83)	M (81)	MASTER 3 M (12)		M (63)
87	105	TRILLO CAAMAÑO, JUAN CARLOS	A. D. OLIMPIA	00:40:39	00:20:18 (100)	M (82)	MASTER 2 M (30)		M (64)
88	31	GARCIA PICON, LUCAS	CLUB TRIATLÓN COMPOSTELA	00:40:39	00:20:08 (90)	M (83)	SUB-20 M (4)		M (65)
89	85	GONZÁLEZ NÚÑEZ, JOSE LUIS		00:40:40	00:19:48 (81)	M (84)	MASTER 2 M (31)		
90	123	RODRIGUEZ REY, ALEJANDRO		00:40:42	00:20:15 (97)	M (85)	MASTER 1 M (13)		M (66)

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91	339	SUAREZ CASTRO, ADRIAN		00:40:42	00:20:08 (88)	M (86)	SÉNIOR M (23)		M (67)
92	**133**	**PAREDES LOPEZ, PAULA**		**00:40:42**	**00:20:09 (91)**	**F (6)**	**SÉNIOR F (3)**		**F (3)**
93	352	CAMBEIRO VIGO, ISMAEL		00:40:46	00:20:22 (107)	M (87)	SÉNIOR M (24)		
94	104	PEREZ SANTAMARIA, DAVID	CLUB ATLETISMO SAR	00:40:50	00:20:20 (102)	M (88)	MASTER 3 M (13)		M (68)
95	117	GARCIA CANCELA, JESUS		00:40:55	00:19:36 (78)	M (89)	MASTER 2 M (32)		M (69)
96	135	MOSQUERA FILGUEIRA, GERMÁN	ARTROGAL TRI498	00:40:56	00:20:25 (109)	M (90)	MASTER 1 M (14)		M (70)
97	138	LOIS DELGADO, ALVARO DANIEL		00:40:59	00:20:15 (98)	M (91)	MASTER 2 M (33)		M (71)
98	111	FIGUEIRA PÉREZ, MANUEL	CLUB ATLETISMO SAR	00:41:00	00:20:48 (122)	M (92)	MASTER 3 M (14)		M (72)
99	94	BUJÁN GONZÁLEZ, JOSÉ	CLUB ATLETISMO OUTES- MARISCOS	00:41:02	00:20:07 (85)	M (93)	MASTER 3 M (15)		M (73)
100	434	PÉREZ PEREIRA, RAMIRO	CLUB ATLETISMO SAR	00:41:05	00:20:32 (112)	M (94)	MASTER 4 M (2)		M (74)
101	11	GOMEZ GONZALEZ, ANTON	REAL CLUB CELTA DE ATLETISMO	00:41:07	00:20:31 (111)	M (95)	MASTER 1 M (15)		M (75)
102	**128**	**GOMEZ GONZALEZ, CANDELA**	**CLUB ATLETISMO RIAZOR**	**00:41:07**	**00:20:32 (116)**	**F (7)**	**SÉNIOR F (4)**		**F (4)**
103	130	MARTÍNEZ GIGIRÍN, FÉLIX		00:41:12	00:20:22 (105)	M (96)	MASTER 2 M (34)		
104	**81**	**GARCÍA RODRÍGUEZ, TAMARA**	**C.D. BIOSBARDO**	**00:41:18**	**00:20:22 (106)**	**F (8)**	**SÉNIOR F (5)**		**F (5)**
105	191	CASTRO MARTÍ, AARÓN		00:41:20	00:20:21 (103)	M (97)	SÉNIOR M (25)		M (76)
106	148	VÁZQUEZ FORJAN, ADRIÁN		00:41:22	00:20:32 (114)	M (98)	MASTER 2 M (35)	M (6)	M (77)
107	436	MARTINEZ DOPAZO, JOSE	TRAILEROS TOXOS & BIRRAS	00:41:23	00:20:10 (93)	M (99)	MASTER 2 M (36)		M (78)
108	106	LÓPEZ PLATAS, CARLOS		00:41:25	00:20:32 (113)	M (100)	MASTER 2 M (37)		M (79)
109	113	SEOANE MUÑIZ, THOMAS		00:41:25	00:20:21 (104)	M (101)	MASTER 3 M (16)		
110	166	PEREZ ABEIJON, ALVARO	D LUX MOTOR	00:41:29	00:20:48 (123)	M (102)	SÉNIOR M (26)		M (80)
111	144	LÓPEZ GARCÍA, IAGO		00:41:32	00:21:04 (136)	M (103)	SUB-23 M (3)		M (81)
112	99	FERNÁNDEZ CASAL, MARCOS	CLUB ATLETISMO SAR	00:41:32	00:20:41 (120)	M (104)	MASTER 2 M (38)		M (82)
113	440	CERNADAS CREO, SALVADOR	ESCOLA TRIATLÓN OUTES	00:41:36	00:20:30 (110)	M (105)	MASTER 2 M (39)		M (83)
114	103	SILVA BRENLLA, GONZALO	NOITEBRA F.C.	00:41:42	00:20:32 (115)	M (106)	MASTER 2 M (40)		M (84)
115	278	DEL PALACIO SAN MIGUEL, RAÚL	CLUB ATLETISMO CAMBADOS	00:41:50	00:20:12 (95)	M (107)	MASTER 3 M (17)		
116	160	BELLO GRAIÑO, DIEGO		00:41:54	00:20:55 (129)	M (108)	MASTER 2 M (41)		M (85)
117	114	TABOADA MILLÁN, CESAR	CLUB ATLETISMO SAR	00:41:57	00:20:57 (131)	M (109)	MASTER 3 M (18)		M (86)
118	286	CANOURA ABEIJÓN, MANUEL	TRIATLÓN FISIONICRA NEGREIRA	00:42:00	00:21:27 (155)	M (110)	MASTER 2 M (42)		
119	172	DÍAZ CARBALLO, MIGUEL		00:42:04	00:21:03 (135)	M (111)	MASTER 4 M (3)		
120	175	ANTELO CAAMAÑO, MARTÍN		00:42:08	00:21:05 (137)	M (112)	SUB-23 M (4)		M (87)

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121	100	CASÁS CASÁS, JOSÉ MANUEL		00:42:08	00:20:54 (127)	M (113)	MASTER 2 M (43)		M (88)
122	**446**	**FERNANDEZ MARTINEZ, ROSANA**	**SD COMPOSTELA ATLETISMO**	**00:42:08**	**00:20:58 (133)**	**F (9)**	**SUB-23 F (1)**		**F (6)**
123	134	CALLE VELLÉS, JESÚS		00:42:11	00:20:49 (125)	M (114)	MASTER 2 M (44)		M (89)
124	**691**	**PAMPIN LEIRO, SOFÍA**		**00:42:13**	**00:21:25 (154)**	**F (10)**	**SUB-23 F (2)**		
125	60	GARCIA VAZQUEZ, EMILIO	SD COMPOSTELA ATLETISMO	00:42:13	00:21:25 (152)	M (115)	MASTER 3 M (19)		M (90)
126	149	BERGONDO BRANDARIZ, JUAN	RUNNING OLEIROS	00:42:17	00:20:59 (134)	M (116)	MASTER 4 M (4)		M (91)
127	**80**	**LEIRO LOPEZ, SOLEDAD**	**SD COMPOSTELA ATLETISMO**	**00:42:21**	**00:21:25 (153)**	**F (11)**	**MASTER 3 F (1)**		**F (7)**
128	493	PÉREZ RIVEIRO, ALVARO		00:42:25	00:20:57 (130)	M (117)	SUB-23 M (5)	M (7)	
129	96	PALACIOS LADO, SERGIO	SD COMPOSTELA ATLETISMO	00:42:26	00:20:07 (86)	M (118)	MASTER 1 M (16)		M (92)
130	53	GARCIA RODRIGUEZ, JORGE MANUEL	NOITEBRA F.C.	00:42:31	00:20:54 (128)	M (119)	MASTER 3 M (20)		M (93)
131	205	FLORES AVILA, JOSE		00:42:32	00:21:13 (143)	M (120)	MASTER 1 M (17)		
132	109	TAJES MAYO, JUAN JESÚS	ATLETISMO FONTES DO SAR	00:42:34	00:21:13 (142)	M (121)	MASTER 3 M (21)		M (94)
133	285	NÚÑEZ, ANTONIO	TRIATLÓN FISIONICRA NEGREIRA	00:42:39	00:20:38 (118)	M (122)	MASTER 2 M (45)		
134	324	VÁZQUEZ TEIGA, DAVID	TRIATLÓN FISIONICRA NEGREIRA	00:42:40	00:20:38 (119)	M (123)	SÉNIOR M (27)		
135	468	VILLAVERDE BALIÑAS, ANDRÉS	TRIATLÓN INFORHOUSE SANTIAGO	00:42:42	00:21:10 (139)	M (124)	SUB-20 M (5)		M (95)
136	120	PÉREZ GARCÍA, JUAN MANUEL		00:42:44	00:20:57 (132)	M (125)	MASTER 2 M (46)		M (96)
137	270	FERRO CRUZ, HENRIQUE		00:42:45	00:21:23 (149)	M (126)	MASTER 2 M (47)		M (97)
138	112	DURO AGRAFOJO, JOSE CARLOS	OS ESFOLA ARRÓS	00:42:51	00:21:05 (138)	M (127)	MASTER 3 M (22)		M (98)
139	151	RIVEIRO MOLEDO, SEGUNDO	CLUB ATLETISMO NOIA	00:42:56	00:21:24 (150)	M (128)	MASTER 3 M (23)		M (99)
140	**132**	**LEIRO BELTRÁN, FÁTIMA**	**RUN PONTEVEDRA**	**00:42:57**	**00:21:32 (160)**	**F (12)**	**SUB-20 F (1)**		**F (8)**
141	43	BELTRÁN TABOADA, JOSÉ JULIÁN	RUN PONTEVEDRA	00:42:57	00:21:29 (157)	M (129)	MASTER 3 M (24)		M (100)
142	145	LOPEZ MIRAGAYA, FELIX		00:43:01	00:21:10 (140)	M (130)	SÉNIOR M (28)		M (101)
143	142	RODRÍGUEZ MATEOS, ANTONIO		00:43:02	00:20:42 (121)	M (131)	MASTER 2 M (48)	M (8)	
144	266	VIDAL RODRÍGUEZ, JOSÉ ÁNGEL	TRIATLÓN FISIONICRA NEGREIRA	00:43:02	00:21:16 (144)	M (132)	MASTER 3 M (25)		
145	**174**	**MARCELLO, SOFIA**		**00:43:10**	**00:21:34 (162)**	**F (13)**	**SUB-23 F (3)**		
146	156	MARTÍNEZ LEMA, JOSÉ MANUEL		00:43:14	00:21:29 (158)	M (133)	MASTER 2 M (49)		M (102)
147	150	VILLAMOR RIAL, NOEL		00:43:16	00:22:02 (180)	M (134)	MASTER 1 M (18)		M (103)
148	158	GOYANES SOUTO, ADRIÁN	CLUB ATLETISMO TAMBRE	00:43:22	00:21:25 (151)	M (135)	MASTER 1 M (19)		M (104)
149	**79**	**IGLESIAS CARBALLIDO, ANDREA**	**ATHLETICS FISIOTERAPIA SAN LÁZARO**	**00:43:30**	**00:21:27 (156)**	**F (14)**	**MASTER 1 F (3)**		**F (9)**
150	162	FIGUEIRA IGLESIAS, LUCAS		00:43:30	00:22:10 (184)	M (136)	MASTER 1 M (20)		M (105)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
151	119	SEOANE CELA, PABLO	ENTRENARUNNING	00:43:31	00:21:34 (161)	M (137)	MASTER 2 M (50)		M (106)
152	121	STOREY, ALEXANDER IAN		00:43:35	00:21:20 (147)	M (138)	MASTER 1 M (21)		
153	164	VARELA DOCAMPO, ADRIÁN		00:43:39	00:21:12 (141)	M (139)	SÉNIOR M (29)		
154	157	ATÁN AGULLEIRO, JOSÉ MIGUEL	A. D. OLIMPIA	00:43:40	00:21:37 (165)	M (140)	MASTER 2 M (51)		M (107)
155	**192**	**PAZOS VILAR, CLARA**		**00:43:44**	**00:21:17 (145)**	**F (15)**	**SÉNIOR F (6)**		**F (10)**
156	152	ÁLVAREZ LODEIRO, SANTI	ENTRENARUNNING	00:43:49	00:21:53 (169)	M (141)	MASTER 4 M (5)		
157	92	FERNÁNDEZ DOMÍNGUEZ, ALFONSO		00:43:59	00:22:19 (194)	M (142)	MASTER 3 M (26)		M (108)
158	187	NOVÁS VARELA, ESTEBAN		00:44:02	00:21:54 (171)	M (143)	SÉNIOR M (30)		M (109)
159	**186**	**MUÑIZ LESTA, ALBA**	**ASOCIACIÓN BJ SPORT TEAM**	**00:44:03**	**00:21:40 (166)**	**F (16)**	**SÉNIOR F (7)**		**F (11)**
160	167	DOMÍNGUEZ VÁZQUEZ, MIGUEL		00:44:03	00:21:35 (163)	M (144)	MASTER 2 M (52)		M (110)
161	279	PASANTES VIDAL, ARTURO		00:44:05	00:21:36 (164)	M (145)	MASTER 3 M (27)		
162	340	PIMENTEL DA SILVA, LUCAS		00:44:13	00:21:21 (148)	M (146)	SÉNIOR M (31)		
163	435	MARIÑO RIAL, ALBERTO	SD COMPOSTELA ATLETISMO	00:44:16	00:21:41 (167)	M (147)	MASTER 2 M (53)		M (111)
164	116	CASTIÑEIRAS PORTOS, MANUEL	SD COMPOSTELA ATLETISMO	00:44:16	00:21:41 (168)	M (148)	MASTER 2 M (54)		M (112)
165	75	SÁEZ SUÁREZ, JOSÉ RAMÓN		00:44:19	00:22:03 (181)	M (149)	MASTER 2 M (55)		M (113)
166	102	SOLETO CEREIJO, SANTIAGO	CLUB TRIATLÓN COMPOSTELA	00:44:27	00:22:36 (203)	M (150)	MASTER 3 M (28)		M (114)
167	206	HERNÁNDEZ, DANIEL ALBERTO		00:44:31	00:22:14 (188)	M (151)	MASTER 1 M (22)		
168	59	GONZÁLEZ PAIS, RAMÓN	CLUB ATLETISMO SAR	00:44:32	00:20:49 (126)	M (152)	SUB-23 M (6)		M (115)
169	329	ESQUEDA, DANIEL		00:44:32	00:21:55 (172)	M (153)	SÉNIOR M (32)		
170	449	IGLESIAS CRISTOBO, ELOY	CLUB ATLETISMO SAR	00:44:32	00:20:49 (124)	M (154)	MASTER 4 M (6)		M (116)
171	**465**	**RP, LAADY**		**00:44:32**	**00:21:55 (173)**	**F (17)**	**SÉNIOR F (8)**	**F (1)**	
172	143	MIRON CARNES, BRAIS	D LUX MOTOR	00:44:32	00:22:01 (178)	M (155)	SÉNIOR M (33)		
173	139	PÉREZ VIDAL, GERMÁN	CLUB ATLETISMO NOIA	00:44:32	00:22:01 (177)	M (156)	MASTER 3 M (29)		M (117)
174	107	ALVAREZ BOUZAS, ALBERTO		00:44:39	00:21:58 (175)	M (157)	SÉNIOR M (34)		M (118)
175	177	CASTRO ARES, CARLOS	A. D. OLIMPIA	00:44:39	00:22:14 (189)	M (158)	MASTER 4 M (7)		M (119)
176	321	MANDL, CHRISTIAN		00:44:41	00:22:41 (205)	M (159)	MASTER 1 M (23)		
177	147	PAREDES PARAJO, MARCOS	CORREXALLAS	00:44:44	00:21:53 (170)	M (160)	MASTER 2 M (56)		M (120)
178	190	FABIAN GONZALEZ, DIONISIO	A. D. OLIMPIA	00:44:47	00:22:14 (191)	M (161)	MASTER 3 M (30)		
179	**171**	**MRIMICHE MRIMICHE, NADIA**	**CLUB ATLETISMO SAR**	**00:44:48**	**00:22:27 (200)**	**F (18)**	**MASTER 2 F (2)**		
180	**183**	**DURO LIÑARES, OLALLA**	**PONTE TRAIL**	**00:44:50**	**00:22:11 (185)**	**F (19)**	**MASTER 2 F (3)**		**F (12)**

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
181	234	VILARIÑO DA SILVA DAVID, DAVID	CAO (CLUB ATLETISMO OUTES)	00:44:59	00:22:26 (199)	M (162)	SÉNIOR M (35)		M (121)
182	217	QUINDIMIL GARCÍA, JUAN ANTONIO	CLUB ATLETISMO TAMBRE	00:45:00	00:21:19 (146)	M (163)	MASTER 2 M (57)		M (122)
183	118	ROGET PEREZ, FELIX	C.D. TERRA DE SONEIRA	00:45:02	00:22:16 (193)	M (164)	MASTER 2 M (58)		M (123)
184	467	FERRIN RIVEIRO, ISMAEL		00:45:02	00:21:31 (159)	M (165)	SUB-23 M (7)	M (9)	M (124)
185	218	RIVERO DE AGUILAR, ALFONSO		00:45:02	00:22:06 (182)	M (166)	MASTER 2 M (59)		M (125)
186	182	DOMINGUEZ GONDAR, JUAN CARLOS	C.D. BIOSBARDO	00:45:04	00:22:00 (176)	M (167)	MASTER 3 M (31)		M (126)
187	194	CAMBA RODRÍGUEZ, JAVIER		00:45:04	00:22:20 (195)	M (168)	MASTER 3 M (32)		M (127)
188	342	VIDAL GÓMEZ, DIEGO		00:45:04	00:22:11 (186)	M (169)	SÉNIOR M (36)	M (10)	
189	459	SUÁREZ SUÁREZ, CÉSAR	ASOCIACIÓN BJ SPORT TEAM	00:45:06	00:22:47 (210)	M (170)	MASTER 2 M (60)	M (11)	M (128)
190	295	VALIÑA BLANCO, JOSÉ ANTONIO		00:45:06	00:22:14 (190)	M (171)	MASTER 2 M (61)		
191	36	CAAMAÑO NIETO, AVELINO	PONTE TRAIL	00:45:09	00:18:42 (44)	M (172)	MASTER 2 M (62)		M (129)
192	**195**	**CAAMAÑO PEREZ, VANESA**	**C.D. TERRA DE SONEIRA**	**00:45:17**	**00:22:48 (213)**	**F (20)**	**MASTER 2 F (4)**		**F (13)**
193	221	RODRÍGUEZ GONZÁLEZ, PABLO	CAO (CLUB ATLETISMO OUTES)	00:45:21	00:22:22 (197)	M (173)	MASTER 1 M (24)		M (130)
194	155	REY PAULOS, MANUEL JOSE	EGOVARROS	00:45:21	00:22:29 (201)	M (174)	MASTER 4 M (8)		M (131)
195	95	NOGUEIRA MONTERO, GABRIEL	CLUB TRIATLÓN COMPOSTELA	00:45:24	00:22:46 (208)	M (175)	MASTER 2 M (63)		M (132)
196	225	MOREIRA FAJARDO, LUIS		00:45:27	00:22:01 (179)	M (176)	SÉNIOR M (37)		M (133)
197	181	DE LA TORRE, PACO		00:45:27	00:22:23 (198)	M (177)	MASTER 3 M (33)		
198	317	CALVO, ADRIAN		00:45:28	00:22:12 (187)	M (178)	MASTER 1 M (25)		M (134)
199	122	FIGUEIRA RODRIGUEZ, SERGIO	LEIRO E TI QUE?	00:45:32	00:22:57 (217)	M (179)	MASTER 1 M (26)		M (135)
200	437	CASTRO FERNÀNDEZ, XABIER	CLUB ATLETISMO TAMBRE	00:45:34	00:22:14 (192)	M (180)	MASTER 2 M (64)		M (136)
201	165	ESPERANTE LLAGO, IVAN	D LUX MOTOR	00:45:35	00:22:06 (183)	M (181)	SÉNIOR M (38)	M (12)	M (137)
202	170	GONZÁLEZ BUJAN, VICTOR		00:45:35	00:21:58 (174)	M (182)	MASTER 2 M (65)		M (138)
203	141	COSTOYA PRADO, CESAR	CLUB TRIATLÓN COMPOSTELA	00:45:38	00:22:47 (209)	M (183)	MASTER 2 M (66)		M (139)
204	422	VELOSO GUIMAREY, BREOGAN		00:45:44	00:22:42 (207)	M (184)	MASTER 2 M (67)		M (140)
205	189	SANMARCO SANTOS, FRANCISCO	CLUB ATLETISMO SAR	00:45:49	00:23:12 (229)	M (185)	MASTER 4 M (9)		
206	235	MARTINEZ BARCA, JORGE		00:45:50	00:23:28 (244)	M (186)	MASTER 1 M (27)		M (141)
207	343	SOLIS GOMEZ, JACOBO		00:45:52	00:23:09 (227)	M (187)	SÉNIOR M (39)		M (142)
208	185	PENA CEBEY, ADRIAN		00:45:53	00:22:36 (204)	M (188)	MASTER 1 M (28)		
209	482	FRANCO SIEIRA, DIEGO		00:45:56	00:22:57 (216)	M (189)	MASTER 1 M (29)		M (143)
210	451	VIAÑO LORENZO, PABLO		00:45:57	00:22:22 (196)	M (190)	MASTER 2 M (68)		M (144)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
211	403	PIÑEIRO ABEIJON, BENITO		00:45:58	00:23:46 (261)	M (191)	MASTER 3 M (34)		M (145)
212	196	BLANCO VÁZQUEZ, ÁNGEL	C.D. TERRA DE SONEIRA	00:46:03	00:23:05 (226)	M (192)	MASTER 2 M (69)		M (146)
213	3	CRUZ NIMO, DIEGO	MIRÓN CARS	00:46:03	00:22:56 (215)	M (193)	SÉNIOR M (40)		
214	**211**	**MANEIRO CAAMAÑO, VANESSA**		**00:46:05**	**00:22:56 (214)**	**F (21)**	**MASTER 2 F (5)**		**F (14)**
215	**209**	**LOURO RAMA, MARIA NEREA**	**SERRES RUNNERS**	**00:46:06**	**00:22:57 (218)**	**F (22)**	**SÉNIOR F (9)**		
216	464	ALONSO ALONSO, ADRIAN		00:46:07	00:22:57 (219)	M (194)	SÉNIOR M (41)		M (147)
217	252	GOMEZ REY, ADRIAN	TOXOS E BIRRAS	00:46:12	00:23:00 (222)	M (195)	SÉNIOR M (42)		M (148)
218	356	RODRIGEZ, ANTÓN		00:46:16	00:23:11 (228)	M (196)	SUB-20 M (6)		
219	215	CASTRO ROMÁN, ALEJANDRO JOSÉ	O JERREIRO	00:46:19	00:22:48 (212)	M (197)	MASTER 2 M (70)		M (149)
220	229	MANTEIGA QUIZA, FERNANDO		00:46:22	00:23:13 (236)	M (198)	MASTER 3 M (35)		
221	454	FONTENLA MUIÑO, MANUEL	ACEA DE AMA TRIARTEIXO	00:46:24	00:23:12 (231)	M (199)	MASTER 4 M (10)		M (150)
222	176	FERRERAS FERROL, HÉCTOR	CORREXALLAS	00:46:26	00:22:30 (202)	M (200)	MASTER 1 M (30)		M (151)
223	412	LUAÑA, PEDRO	ENTRENARUNNING	00:46:30	00:23:15 (237)	M (201)	MASTER 3 M (36)		M (152)
224	237	FREIRE GIL, ADRIAN		00:46:31	00:23:01 (224)	M (202)	SÉNIOR M (43)	M (13)	M (153)
225	248	FANDIÑO RODRÍGUEZ, MANUEL		00:46:31	00:22:47 (211)	M (203)	MASTER 2 M (71)		M (154)
226	**223**	**SANMARCO MARTINEZ, ANTIA**	**CLUB ATLETISMO SAR**	**00:46:45**	**00:23:13 (233)**	**F (23)**	**SÉNIOR F (10)**		**F (15)**
227	461	DIAZ GONZALEZ, JOSE ANTONIO		00:46:47	00:23:29 (247)	M (204)	MASTER 1 M (31)		M (155)
228	179	JUNCAL SANTOS, JOSE MANUEL		00:46:51	00:23:31 (249)	M (205)	MASTER 3 M (37)		M (156)
229	453	VILLAVERDE VIAÑO, ANDRÉS	OS ESFOLA ARRÓS	00:46:55	00:23:20 (239)	M (206)	MASTER 3 M (38)		M (157)
230	262	FERNÁNDEZ PÉREZ, RAÚL		00:46:55	00:23:38 (256)	M (207)	MASTER 3 M (39)		
231	336	SENIN BARBEITO, ABEL		00:46:56	00:23:32 (252)	M (208)	SÉNIOR M (44)		M (158)
232	188	CORTÉS CORTÉS, JUAN MANUEL	SAN PEDRO ATLETISMO	00:46:59	00:23:27 (243)	M (209)	MASTER 3 M (40)		
233	232	PENSADO ANTELO, IVÁN		00:47:00	00:23:02 (225)	M (210)	MASTER 1 M (32)		M (159)
234	214	GUILLÍN GÓMEZ, GUSTAVO	CLUB ATLETISMO SAR	00:47:06	00:23:13 (234)	M (211)	MASTER 2 M (72)		M (160)
235	**263**	**BOQUETE, TANIA**		**00:47:10**	**00:23:12 (232)**	**F (24)**	**MASTER 2 F (6)**	**F (2)**	**F (16)**
236	380	MOLEDO MARTINEZ, JOSE MANUEL	CAO (CLUB ATLETISMO OUTES)	00:47:15	00:23:01 (223)	M (212)	SÉNIOR M (45)		M (161)
237	**129**	**MEJUTO FERNANDEZ, NURIA**	**SD COMPOSTELA ATLETISMO**	**00:47:18**	**00:22:57 (220)**	**F (25)**	**MASTER 1 F (4)**		**F (17)**
238	**126**	**FACHAL QUINTELA, ARACELI**	**CLUB TRIATLÓN COMPOSTELA**	**00:47:19**	**00:22:58 (221)**	**F (26)**	**SÉNIOR F (11)**		**F (18)**
239	159	RODILES RIOS, ALBERTO		00:47:20	00:23:12 (230)	M (213)	MASTER 3 M (41)		M (162)
240	137	RODRÍGUEZ TAJES, JOSÉ MANUEL		00:47:23	00:23:26 (242)	M (214)	MASTER 4 M (11)		

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
241	**481**	**CARREGAL FERNANDEZ, CRISTINA**	**SERRES RUNNERS**	**00:47:23**	**00:23:40 (258)**	**F (27)**	**MASTER 2 F (7)**		**F (19)**
242	271	SERRANO REMUIÑÁN, JOSÉ ANTONIO		00:47:24	00:23:21 (240)	M (215)	MASTER 3 M (42)		M (163)
243	**249**	**PAILOS PASANDIN, ALEJANDRA**		**00:47:34**	**00:23:28 (246)**	**F (28)**	**MASTER 2 F (8)**		**F (20)**
244	250	BLANCO REY, BORJA		00:47:34	00:23:28 (245)	M (216)	MASTER 2 M (73)		M (164)
245	**230**	**VARELA GARROTE, PAULA**		**00:47:37**	**00:23:40 (257)**	**F (29)**	**MASTER 3 F (2)**		
246	269	ROMERO OLVEIRA, JOSE MANUEL		00:47:38	00:23:33 (253)	M (217)	MASTER 4 M (12)		M (165)
247	240	PÉREZ SUSAVILA, ÁNGEL		00:47:41	00:23:32 (251)	M (218)	MASTER 3 M (43)		M (166)
248	379	GRILLE OTERO, BERNABÉ		00:47:43	00:24:49 (298)	M (219)	SÉNIOR M (46)		M (167)
249	376	MAYO TOUCEDA, DIEGO		00:47:44	00:24:02 (263)	M (220)	SÉNIOR M (47)	M (14)	M (168)
250	407	ENJAMIO REGUEIRO, DIEGO		00:47:47	00:24:22 (282)	M (221)	SÉNIOR M (48)		M (169)
251	199	TOME LEIS, JUAN R		00:47:50	00:23:41 (259)	M (222)	MASTER 2 M (74)	M (15)	
252	220	CERNADAS MENDEZ, JUAN MANUEL		00:47:57	00:23:31 (250)	M (223)	MASTER 3 M (44)		M (170)
253	154	BUCETA QUEIRUGA, JAVIER		00:47:59	00:22:41 (206)	M (224)	SÉNIOR M (49)		M (171)
254	238	DOMINGUEZ LOURIDO, CARLOS		00:48:01	00:23:52 (262)	M (225)	MASTER 2 M (75)	M (16)	
255	344	NOGUEIRA, JUAN		00:48:05	00:24:49 (299)	M (226)	SÉNIOR M (50)		
256	**290**	**SUAREZ CASAL, SONIA**		**00:48:06**	**00:24:15 (274)**	**F (30)**	**MASTER 2 F (9)**	**F (3)**	**F (21)**
257	360	DE LA TORRE GARCÍA, ALFONSO		00:48:06	00:24:15 (273)	M (227)	MASTER 3 M (45)		M (172)
258	193	CANCELA CALVELO, JESÚS		00:48:13	00:23:34 (254)	M (228)	MASTER 3 M (46)		
259	226	CALVO FERNANDEZ, JOSÉ IGNACIO		00:48:20	00:23:25 (241)	M (229)	MASTER 2 M (76)		M (173)
260	207	REY AMARELLE, MIGUEL		00:48:23	00:23:16 (238)	M (230)	SÉNIOR M (51)		M (174)
261	173	TRIGO BAO, MANUEL		00:48:24	00:23:37 (255)	M (231)	MASTER 3 M (47)		
262	227	PEREIRA SUAREZ, ALBERTO		00:48:28	00:23:13 (235)	M (232)	SÉNIOR M (52)		M (175)
263	265	RAÑA VÁZQUEZ, MARTÍN		00:48:31	00:24:23 (283)	M (233)	MASTER 2 M (77)		M (176)
264	328	SUÁREZ VILAS, PELAYO		00:48:31	00:24:21 (279)	M (234)	SÉNIOR M (53)	M (17)	M (177)
265	382	VALIÑO CEREIJO, JOSE MANUEL		00:48:33	00:24:25 (286)	M (235)	MASTER 3 M (48)		M (178)
266	274	SUÁREZ CARBALLO, RUBÉN		00:48:37	00:24:21 (280)	M (236)	MASTER 3 M (49)	M (18)	
267	359	TOUCEDA ABELLEIRA, XOSE		00:48:44	00:24:28 (287)	M (237)	MASTER 3 M (50)		M (179)
268	326	PÉREZ AGRA, FABIÁN		00:48:46	00:23:46 (260)	M (238)	SÉNIOR M (54)		M (180)
269	241	IGLESIAS ANDRADE, BRAIS	A. D. OLIMPIA	00:48:48	00:24:11 (270)	M (239)	SÉNIOR M (55)		M (181)
270	253	FERNANDEZ LOPEZ, ALBERTO		00:48:53	00:24:04 (266)	M (240)	MASTER 2 M (78)		M (182)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
271	136	TABOADA GARCÍA, JAVIER		00:48:54	00:24:03 (265)	M (241)	MASTER 3 M (51)		M (183)
272	222	ANDRADE LAAGO, ALBERTO	A. D. OLIMPIA	00:48:55	00:24:11 (271)	M (242)	MASTER 4 M (13)		M (184)
273	365	CASAL SANTOS, MARCOS		00:48:57	00:24:20 (276)	M (243)	MASTER 2 M (79)		M (185)
274	**383**	**PAZ SANTAMARIA, LIDIA**	**CLUB ATLETISMO TAMBRE**	**00:48:58**	**00:24:43 (292)**	**F (31)**	**MASTER 2 F (10)**		**F (22)**
275	**203**	**GARCIA PENA, CHUS**	**CLUB ATLETISMO TAMBRE**	**00:48:59**	**00:24:43 (291)**	**F (32)**	**MASTER 2 F (11)**		**F (23)**
276	312	GONZÁLEZ FERNÁNDEZ, NOEL		00:49:02	00:24:04 (267)	M (244)	MASTER 1 M (33)		M (186)
277	**254**	**PUIGGRÒS, LAIA**	**RUN SLOW CLUB**	**00:49:02**	**00:24:20 (277)**	**F (33)**	**SÉNIOR F (12)**		
278	180	FERNANDEZ OLIVEIRA, JUAN CARLOS		00:49:03	00:24:25 (285)	M (245)	MASTER 3 M (52)		M (187)
279	452	PEREIRAS COUTO, ALVARO		00:49:03	00:24:25 (284)	M (246)	MASTER 3 M (53)		M (188)
280	362	LAMAS CANOSA, JESÚS		00:49:05	00:24:21 (278)	M (247)	MASTER 3 M (54)		M (189)
281	251	BARROSO PULIDO, FERNANDO JOSÉ	NORDÉS ANCÍN	00:49:17	00:23:30 (248)	M (248)	SÉNIOR M (56)		
282	354	CABELLOS BERNAL, NUÑO		00:49:17	00:24:59 (305)	M (249)	SUB-23 M (8)		
283	**228**	**BRAGAÑA MIGUENS, MARIA JOSÉ**	**CAO (CLUB ATLETISMO OUTES)**	**00:49:21**	**00:24:30 (289)**	**F (34)**	**MASTER 3 F (3)**		**F (24)**
284	**231**	**FIGUEIRAS FIGUEIRAS, LUCÍA**		**00:49:21**	**00:24:20 (275)**	**F (35)**	**MASTER 2 F (12)**		**F (25)**
285	198	ALBORÉS DIAZ, JOSÉ MANUEL	CLUB ATLETISMO OUTES- MARISCOS	00:49:21	00:24:10 (269)	M (250)	MASTER 4 M (14)		M (190)
286	200	JUVIÑO, ANGEL		00:49:22	00:24:57 (303)	M (251)	MASTER 2 M (80)		M (191)
287	244	RIOS GIBELLO, JOSÉ MANUEL	RUNNING OLEIROS	00:49:24	00:24:02 (264)	M (252)	MASTER 4 M (15)		M (192)
288	239	CALVO CALVO, LUIS		00:49:35	00:24:14 (272)	M (253)	MASTER 3 M (55)		M (193)
289	247	POUSO MANEIRO, JOSÉ		00:49:49	00:24:38 (290)	M (254)	MASTER 4 M (16)		M (194)
290	318	REY RIAL, DAVID		00:49:50	00:24:58 (304)	M (255)	MASTER 1 M (34)	M (19)	
291	161	CASTRO CABEZA, MARCOS	AD MONTE BRONDO	00:49:50	00:25:23 (319)	M (256)	MASTER 2 M (81)		M (195)
292	**213**	**GÓMEZ TUBIO, ANDREA**	**ASESOU**	**00:49:51**	**00:24:06 (268)**	**F (36)**	**SUB-23 F (4)**		**F (26)**
293	357	RODRIGUEZ, LOIS		00:49:52	00:24:22 (281)	M (257)	SUB-20 M (7)		
294	364	BARBOSA PÉREZ, ADOLFO		00:49:52	00:24:29 (288)	M (258)	MASTER 4 M (17)	M (20)	M (196)
295	303	MOSQUERA GÓMEZ, DIEGO		00:49:57	00:25:02 (310)	M (259)	MASTER 2 M (82)		M (197)
296	299	PERNAS COUTINHO, MARCOS		00:49:58	00:25:02 (309)	M (260)	MASTER 2 M (83)		M (198)
297	256	RUBIO ALAMEDA, RICARDO		00:50:00	00:24:43 (294)	M (261)	MASTER 4 M (18)		M (199)
298	**212**	**SANCHEZ ROJAS, PAULA**		**00:50:04**	**00:25:04 (312)**	**F (37)**	**MASTER 2 F (13)**		
299	259	OTERO DÍAZ, MARIO	C.D. RÍA DE AROUSA	00:50:04	00:24:55 (302)	M (262)	MASTER 3 M (56)		M (200)
300	255	BARBEIRA RODRIGUEZ, JOSE MANUEL		00:50:12	00:25:05 (313)	M (263)	MASTER 2 M (84)		M (201)

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
301	372	CAMBA AÑON, JUANKA		00:50:19	00:25:00 (306)	M (264)	MASTER 1 M (35)		M (202)
302	369	SARANDESES PAZOS, AGA		00:50:24	00:25:04 (311)	M (265)	MASTER 2 M (85)		M (203)
303	311	COSTOYA RODRIGUEZ, SERGIO	CLUB ATLETISMO PINO	00:50:32	00:25:17 (317)	M (266)	MASTER 1 M (36)		M (204)
304	473	QUINTÁNS SUÁREZ, ROBERTO		00:50:42	00:25:19 (318)	M (267)	MASTER 3 M (57)	M (21)	M (205)
305	487	LÓPEZ FIGUEIRA, MARCOS	CAO (CLUB ATLETISMO OUTES)	00:50:51	00:24:50 (301)	M (268)	SÉNIOR M (57)		M (206)
306	470	LÓPEZ FERNÁNDEZ, JOSÉ ANTONIO	CAO (CLUB ATLETISMO OUTES)	00:50:51	00:24:49 (300)	M (269)	MASTER 3 M (58)		M (207)
307	373	RAMOS GARCIA, ROBER		00:51:05	00:25:13 (314)	M (270)	MASTER 2 M (86)		
308	**257**	**DURÁN SUÁREZ, CECILIA**		**00:51:08**	**00:25:24 (321)**	**F (38)**	**SÉNIOR F (13)**		
309	**475**	**LEÓN VIÑAS, ANGELES**	**CLUB ATLETISMO NOIA**	**00:51:12**	**00:25:24 (320)**	**F (39)**	**MASTER 3 F (4)**		**F (27)**
310	480	CAPELO RIVEIRO, MANUEL		00:51:25	00:24:49 (297)	M (271)	MASTER 2 M (87)	M (22)	M (208)
311	**472**	**SEÑOR GONZÁLEZ, LOLI**	**CLUB BENI GYM SPORT**	**00:51:33**	**00:24:43 (293)**	**F (40)**	**MASTER 4 F (1)**		
312	377	CRUZ MARTINEZ, MIGUEL		00:51:37	00:26:04 (339)	M (272)	SÉNIOR M (58)		M (209)
313	466	LAMAS, ANTONIO		00:51:49	00:24:44 (295)	M (273)	SÉNIOR M (59)		
314	368	VAZQUEZ GONZALEZ, JOSÉ MIGUEL		00:51:49	00:25:55 (332)	M (274)	MASTER 2 M (88)		M (210)
315	335	BARREIRO VÁZQUEZ, RAMÓN		00:51:51	00:25:54 (328)	M (275)	SÉNIOR M (60)		M (211)
316	301	GARCÍA LÓPEZ, MANUEL		00:51:57	00:25:14 (315)	M (276)	MASTER 1 M (37)		M (212)
317	**462**	**LOPEZ SANMARTIN, ALBA**	**BRUTANZOS TEAM**	**00:52:06**	**00:25:02 (308)**	**F (41)**	**MASTER 1 F (5)**		**F (28)**
318	55	SAINZ TRESGUERRAS, JESÚS	CLUB ATLETISMO SAR	00:52:07	00:25:01 (307)	M (277)	MASTER 1 M (38)		M (213)
319	308	MUÑOZ LOPEZ, FRANCISCO JAVIER		00:52:08	00:25:57 (333)	M (278)	MASTER 2 M (89)	M (23)	
320	450	GONZALEZ ALVAREZ, MANUEL		00:52:10	00:25:59 (338)	M (279)	MASTER 4 M (19)		M (214)
321	476	GARCÍA DOSIL, MINGOTE		00:52:15	00:25:52 (326)	M (280)	MASTER 2 M (90)		M (215)
322	282	IGLESIAS VIGO, JESUS	B J RUNNING	00:52:19	00:25:59 (336)	M (281)	MASTER 3 M (59)		M (216)
323	**400**	**DOPAZO GOMEZ, LAURA**		**00:52:21**	**00:25:59 (337)**	**F (42)**	**MASTER 1 F (6)**	**F (4)**	**F (29)**
324	**216**	**LORENZO VILLAR, ALMA**	**CLUB TRIATLÓN COMPOSTELA**	**00:52:23**	**00:25:52 (325)**	**F (43)**	**MASTER 2 F (14)**		**F (30)**
325	277	LAMAS POSE, JOSÉ MANUEL		00:52:28	00:25:57 (334)	M (282)	MASTER 3 M (60)		M (217)
326	258	RIVAS GARCÍA, ELOY		00:52:30	00:25:53 (327)	M (283)	SUB-23 M (9)		M (218)
327	330	ALMENDROS VARO, JOSE MIGUEL		00:52:47	00:25:15 (316)	M (284)	SÉNIOR M (61)		
328	243	LISTE BARREIRO, JOSÉ MANUEL		00:52:57	00:26:15 (342)	M (285)	MASTER 4 M (20)		M (219)
329	309	NOVO NÚÑEZ, DIEGO		00:52:59	00:25:54 (330)	M (286)	MASTER 2 M (91)		
330	**320**	**ROZAS MÉNDEZ, ALBA**		**00:52:59**	**00:25:54 (331)**	**F (44)**	**MASTER 1 F (7)**		

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
331	345	ROMERO CONDE, CRISTIAN		00:52:59	00:27:02 (362)	M (287)	SÉNIOR M (62)		
332	421	PESADO DEL RÍO, JUAN JESÚS	AGRUPACIÓN ATLÉTICA MAZI	00:53:06	00:26:29 (344)	M (288)	MASTER 4 M (21)		M (220)
333	280	VÁZQUEZ FERREIRO, MANUEL	A. D. OLIMPIA	00:53:16	00:26:06 (340)	M (289)	MASTER 3 M (61)		M (221)
334	**402**	**GONZÁLEZ, NIDIA**	**ADC MONTE BREAMO**	**00:53:29**	**00:26:41 (349)**	**F (45)**	**MASTER 2 F (15)**		
335	491	ARDIÓNS GÓMEZ, DAVID	CLUB ATLETISMO NEGREIRA	00:53:30	00:25:32 (323)	M (290)	SÉNIOR M (63)	M (24)	M (222)
336	424	FORJÁN LEMA, RUBEN		00:53:31	00:25:30 (322)	M (291)	MASTER 2 M (92)		M (223)
337	478	GIANCE, LUIS		00:53:37	00:25:32 (324)	M (292)	MASTER 2 M (93)		M (224)
338	276	NOYA FERREIRO, PEDRO		00:53:39	00:27:06 (366)	M (293)	MASTER 3 M (62)		M (225)
339	**351**	**CRESPO VÁZQUEZ, ENMA**		**00:53:43**	**00:26:48 (353)**	**F (46)**	**SÉNIOR F (14)**		**F (31)**
340	**264**	**MOLEDO GONZÁLEZ, YOLANDA**	**A. D. OLIMPIA**	**00:53:45**	**00:26:12 (341)**	**F (47)**	**MASTER 2 F (16)**		**F (32)**
341	**337**	**CALVO ÉZARA, MARÍA**		**00:53:46**	**00:25:58 (335)**	**F (48)**	**SÉNIOR F (15)**		**F (33)**
342	**304**	**DOCE CEBEY, VERÓNICA**		**00:53:47**	**00:25:54 (329)**	**F (49)**	**MASTER 2 F (17)**		
343	**300**	**ARES RODRÍGUEZ, ANA BELEN**		**00:53:53**	**00:26:28 (343)**	**F (50)**	**MASTER 2 F (18)**		
344	471	COSTOYA CASTELO, CHEMA	CLUBE ATLETISMO BOIMORTO	00:54:03	00:26:32 (346)	M (294)	MASTER 3 M (63)		M (226)
345	460	OZALLA CALZADA, ROBERTO		00:54:08	00:27:28 (369)	M (295)	MASTER 2 M (94)		
346	**302**	**PELAYO COGOLLUDO, MIRIAM**	**ATLETISMO CARCOBA RIBAMONTÁN AL**	**00:54:08**	**00:27:28 (370)**	**F (51)**	**MASTER 2 F (19)**		
347	411	RODRIGUEZ, JOSE		00:54:27	00:26:32 (347)	M (296)	MASTER 3 M (64)	M (25)	M (227)
348	479	AGRA LIÑARES, ALBERTO		00:54:50	00:26:56 (356)	M (297)	MASTER 2 M (95)	M (26)	M (228)
349	**492**	**STAFYLA, CHIONATI KONSTANTINA**		**00:54:56**	**00:26:48 (352)**	**F (52)**	**SUB-23 F (5)**		
350	**416**	**RODRÍGUEZ NIETO, SANDRA**		**00:55:02**	**00:26:55 (355)**	**F (53)**	**MASTER 2 F (20)**		
351	413	GONZÁLEZ GONZÁLEZ, JORGE		00:55:18	00:26:58 (359)	M (298)	MASTER 2 M (96)		M (229)
352	389	BLANCO CASTRO, MANUEL ANGEL		00:55:18	00:26:58 (358)	M (299)	MASTER 2 M (97)		
353	**366**	**POSE CHOUCIÑO, OLGA**	**CLUB DEPORTIVO INCLUSIVO ENKI**	**00:55:18**	**00:26:59 (360)**	**F (54)**	**MASTER 2 F (21)**		**F (34)**
354	168	MÉNDEZ SUÁREZ, SUSO	CLUB DEPORTIVO INCLUSIVO ENKI	00:55:18	00:26:58 (357)	M (300)	MASTER 3 M (65)		M (230)
355	795	LAGO MOLEDO, MANUEL	CAO	00:55:19	00:26:59 (361)	M (301)	MASTER 3 M (66)	M (27)	
356	375	FERREIRO CARBALLEIRA, DANIEL		00:55:20	00:27:22 (367)	M (302)	MASTER 1 M (39)		M (231)
357	292	FERNÁNDEZ CALVO, JAVIER		00:55:20	00:28:17 (380)	M (303)	MASTER 2 M (98)		M (232)
358	245	VILAR CAAMAÑO, FELIX		00:55:30	00:26:31 (345)	M (304)	MASTER 4 M (22)		M (233)
359	398	FREIRE LISTA, JOSE MIGUEL		00:55:32	00:26:32 (348)	M (305)	MASTER 2 M (99)	M (28)	M (234)
360	**457**	**LEÓN VIÑAS, MARIA VANESSA**	**CLUB ATLETISMO SAR**	**00:55:37**	**00:26:47 (351)**	**F (55)**	**MASTER 2 F (22)**		**F (35)**

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
361	**401**	**DÍAZ LÓPEZ, CARLA**		**00:55:38**	**00:27:30 (372)**	**F (56)**	**MASTER 1 F (8)**		
362	**334**	**DE OLIVEIRA FUNADA, NATY**		**00:55:47**	**00:27:33 (373)**	**F (57)**	**SÉNIOR F (16)**		**F (36)**
363	315	SUAREZ, MANUEL		00:55:47	00:27:33 (374)	M (306)	MASTER 1 M (40)		M (235)
364	331	SANTIAGO PARRA, GABRIEL	RTC	00:55:51	00:27:27 (368)	M (307)	SÉNIOR M (64)		
365	**417**	**RODRIGUEZ PEREIRO, TAMARA**		**00:55:52**	**00:26:51 (354)**	**F (58)**	**MASTER 1 F (9)**		**F (37)**
366	**423**	**VÁZQUEZ GÓMEZ, MARTA**		**00:55:53**	**00:27:03 (364)**	**F (59)**	**MASTER 1 F (10)**		**F (38)**
367	306	SIABA LARIÑO, JOSE		00:55:53	00:27:02 (363)	M (308)	MASTER 2 M (100)		M (236)
368	**384**	**RAMOS SUÁREZ, BEGOÑA**	**ENTRENARUNNING**	**00:56:12**	**00:27:38 (375)**	**F (60)**	**MASTER 4 F (2)**		**F (39)**
369	275	NIETO FIGUEIRAS, XOSÉ		00:56:12	00:28:53 (392)	M (309)	MASTER 3 M (67)		
370	**410**	**VIQUEIRA IGLESIAS, MARIA DEL**		**00:56:22**	**00:27:51 (376)**	**F (61)**	**MASTER 2 F (23)**		**F (40)**
371	391	PEREZ CASAIS, JESUS		00:56:35	00:28:35 (384)	M (310)	MASTER 4 M (23)		M (237)
372	**399**	**OURO SOUTO, SONIA**		**00:56:48**	**00:27:51 (377)**	**F (62)**	**MASTER 2 F (24)**	**F (5)**	**F (41)**
373	469	FANDIÑO ARES, ALFREDO		00:57:11	00:28:14 (379)	M (311)	MASTER 3 M (68)		M (238)
374	483	TRILLO VÁZQUEZ, ESTEBAN		00:57:25	00:28:21 (381)	M (312)	MASTER 1 M (41)		M (239)
375	396	SUEIRAS FIEIRO, LUIS		00:57:38	00:26:45 (350)	M (313)	MASTER 3 M (69)		M (240)
376	390	CAÑADA MUÑOZ, ALEJANDRO		00:57:41	00:28:43 (388)	M (314)	MASTER 3 M (70)		
377	489	VALIÑO LÓPEZ, VICTOR	ATLETISMO ANTAS DE ULLA	00:57:48	00:28:39 (386)	M (315)	SÉNIOR M (65)		M (241)
378	408	BARGE CARRETE, PABLO		00:57:54	00:28:09 (378)	M (316)	MASTER 3 M (71)		
379	409	PAMPÍN BOADO, CARLOS	CLUB DEPORTIVO PINARIUM	00:57:55	00:29:04 (393)	M (317)	MASTER 4 M (24)		M (242)
380	**307**	**PALENZUELA LOPEZ, SURINE**		**00:58:10**	**00:28:43 (387)**	**F (63)**	**MASTER 2 F (25)**	**F (6)**	**F (42)**
381	**415**	**RIOPA, LAURA**	**RUN SLOW CLUB**	**00:58:23**	**00:28:44 (389)**	**F (64)**	**SÉNIOR F (17)**		
382	395	VIDAL FERNÁNDEZ, JUAN MANUEL		00:58:50	00:29:08 (394)	M (318)	MASTER 4 M (25)		M (243)
383	327	CARNEIRO PINTO, ANDRES FELIPE		00:59:02	00:28:25 (382)	M (319)	SÉNIOR M (66)		M (244)
384	**350**	**LEIS PIÑEIRO, NEREA**		**00:59:02**	**00:28:33 (383)**	**F (65)**	**SÉNIOR F (18)**	**F (7)**	**F (43)**
385	367	BESADA PIÑEIRO, DAVID		00:59:10	00:29:21 (397)	M (320)	MASTER 2 M (101)		M (245)
386	393	FERNÁNDEZ PÉREZ, ABEL		00:59:27	00:28:47 (391)	M (321)	MASTER 2 M (102)		M (246)
387	392	CONSTENLA JUNQUERA, ANTONIO	ATLETISMO FONTES DO SAR	00:59:38	00:28:38 (385)	M (322)	MASTER 4 M (26)		M (247)
388	397	CARNEIRO NOGUEIRAS, FRANCISCO	SD COMPOSTELA ATLETISMO	00:59:42	00:29:39 (399)	M (323)	MASTER 2 M (103)		M (248)
389	**406**	**ESPIÑO FUENTES, BEA**	**RUN SLOW CLUB**	**00:59:49**	**00:29:21 (398)**	**F (66)**	**SÉNIOR F (19)**		**F (44)**
390	305	GENDE GOMEZ, JAIME ANTONIO		00:59:54	00:27:04 (365)	M (324)	MASTER 2 M (104)		

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PTO	DOR	NOMBRE	CLUB	T.OFICIAL	T5K	SEXO	CATEGORÍA	LOCA	GALEG
391	**418**	**ANDRADE LAGO, AMELIA**	**A. D. OLIMPIA**	**01:00:02**	**00:30:39 (404)**	**F (67)**	**MASTER 4 F (3)**		**F (45)**
392	420	LAMAS DAVIÑA, RAMON		01:00:34	00:29:14 (396)	M (325)	MASTER 3 M (72)		M (249)
393	414	COSTA BAYON, ANTON	BRUNCH RUN CLUB	01:01:30	00:29:59 (402)	M (326)	SÉNIOR M (67)		M (250)
394	**428**	**QUINTÁNS SUÁREZ, PATRICIA**		**01:01:48**	**00:29:42 (400)**	**F (68)**	**MASTER 2 F (26)**	**F (8)**	**F (46)**
395	204	TORREALBA, GILBERTO		01:02:51	00:29:13 (395)	M (327)	MASTER 1 M (42)		
396	419	VARELA DE LA TORRE, GONZALO	ATLETISMO GUITIRIZ	01:04:03	00:30:38 (403)	M (328)	MASTER 3 M (73)		M (251)
397	**429**	**CANOSA GARCÍA, ALEJANDRA**		**01:04:43**	**00:31:00 (405)**	**F (69)**	**SUB-23 F (6)**		
398	**485**	**PASSARELLO, MARIANA**		**01:07:15**	**00:32:17 (406)**	**F (70)**	**MASTER 1 F (11)**		
399	283	LÓPEZ COTON, AMADOR ANTONIO		01:07:15	00:32:18 (407)	M (329)	MASTER 3 M (74)		M (252)
400	**484**	**POVEDA, FERNANDA**		**01:11:58**	**00:35:02 (408)**	**F (71)**	**MASTER 1 F (12)**		

Total: 400

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