

## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
1	116	El Hassan Oubadi	00:09:40,00	00:15:05,00	00:24:41,00	00:29:45,00	29:45,00	2:56	Sénior	1	1	Real Sociedad	-1	-1
2	110	David Kiplomo Cheboswony	00:09:41,00	00:15:05,00	00:24:41,00	00:29:49,00	29:49,00	2:56	Sénior	2	2	Independiente	-1	-1
3	244	Mohamed Blab	00:09:40,00	00:15:05,00	00:24:57,00	00:30:34,00	00:30:34	3:05	M - F 35	1	3	Artyneon	-1	-1
4	127	Alejandro Fernández Rivera	00:09:42,00	00:15:07,00	00:25:16,00	00:30:45,00	00:30:45	3:07	Sénior	3	4	Alejandro Fernández Rivera	-1	1
5	111	Philemon Kemboi	00:09:40,00	00:15:12,00	00:25:16,00	00:30:49,00	30:49,00	3:07	Sénior	4	5	Independiente	-1	-1
6	113	Naibei Titus Ndwin	00:09:40,00	00:15:12,00	00:25:43,00	00:31:39,00	31:38,00	3:17	Sénior	5	6	Independiente	-1	-1
7	372	Philip Biwott	00:10:13,00	00:16:22,00	00:26:41,00	00:32:14,00	32:13,00	3:10	M - F 40	1	7	Independiente	-1	-1
8	88	Jose Manuel Vieito Vilacoba	00:10:12,00	00:16:01,00	00:26:38,00	00:32:16,00	32:16,00	3:15	Sénior	6	8	Club Atletismo Sar Vermú Petroni	-1	2
9	245	James Manyur	00:10:04,00	00:16:03,00	00:26:38,00	00:32:33,00	00:32:33	3:18	M - F 35	2	9	Independiente	-1	-1
10	112	Brian Kipyego Ndiema	00:09:51,00	00:15:46,00	00:26:48,00	00:32:37,00	00:32:37	3:22	Sénior	7	10	Independiente	-1	-1
11	160	Jorge Crespo Arias	00:10:13,00	00:16:11,00	00:26:47,00	00:32:55,00	32:54,00	3:20	M - F 35	3	11	Club Atletismo Sar Vermú Petroni	1	3
12	54	Jose Canda Louzao	00:10:33,00	00:16:35,00	00:27:26,00	00:33:31,00	33:30,00	3:23	Sénior	8	12	Atletismo Arenteiro	-1	4
13	203	Juan Pablo Fernandez Rodrigues	00:10:45,00	00:16:51,00	00:27:48,00	00:33:38,00	33:36,00	3:21	M - F 35	4	13	Club Atletismo Santiago	-1	5
14	193	Amador Pena Torreira	00:10:46,00	00:16:50,00	00:27:40,00	00:33:40,00	33:40,00	3:22	M - F 35	5	14	Club Atletismo O Pino	-1	6
15	176	Luis Iglesias Raña	00:10:44,00	00:16:50,00	00:27:47,00	00:33:42,00	33:40,00	3:22	M - F 35	6	15	Atletismo Arenteiro	-1	7
16	90	Cristian Muño Varela	00:10:45,00	00:16:50,00	00:27:47,00	00:33:53,00	33:51,00	3:24	Sénior	9	16	Club Atletismo O Pino	-1	8
17	123	Anton Gomez Gonzalez	00:10:46,00	00:16:51,00	00:27:50,00	00:33:55,00	33:53,00	3:24	Sénior	10	17	Cd San Paio A Estrada	-1	9
18	21	Borja Castro Hermida	00:10:45,00	00:16:50,00	00:27:47,00	00:33:58,00	33:56,00	3:25	SUB-23 Promesa	1	18	Club Atletismo Santiago	-1	10
19	114	Rebecah Jeruto Cherop	00:10:44,00	00:16:49,00	00:27:49,00	00:34:01,00	34:00,00	3:26	Sénior	1	1	Independiente	-1	-1
20	151	Jose Manuel Corral Justo	00:10:45,00	00:16:51,00	00:27:49,00	00:34:04,00	34:03,00	3:26	M - F 35	7	19	Atletismo Arenteiro	-1	11
21	55	Pelayo Fernández Álvarez	00:10:47,00	00:16:51,00	00:28:00,00	00:34:21,00	00:34:21	3:29	Sénior	11	20	Club Oriente Atletismo	-1	-1
22	101	Alberto Chaves Camino	00:10:57,00	00:17:16,00	00:28:33,00	00:34:39,00	34:39,00	3:28	Sénior	12	21	Club Atletismo Santiago	-1	12
23	104	Juan Carlos Mosquera Dopazo	00:10:55,00	00:17:04,00	00:28:29,00	00:34:41,00	34:40,00	3:31	Sénior	13	22	Club Atletismo Sar Vermú Petroni	-1	13
24	326	Roberto C. Agrelo Gómez	00:10:59,00	00:17:16,00	00:28:33,00	00:34:45,00	34:44,00	3:29	M - F 40	2	23	Club Atletismo Sar Vermú Petroni	-1	14
25	225	Luis Calvo Castro	00:10:46,00	00:16:57,00	00:28:33,00	00:34:48,00	34:47,00	3:34	M - F 35	8	24	Atletismo Arenteiro	2	15
26	304	Rubén Liñares Aran	00:10:56,00	00:17:16,00	00:28:35,00	00:34:49,00	34:49,00	3:30	M - F 40	3	25	Atletismo Arenteiro	-1	16
27	103	Fernando Vales Ferreira	00:29:00,00	00:17:15,00	00:29:00,00	00:34:49,00	00:34:49	3:30	Sénior	14	26	Club Atletismo Santiago	-1	17
28	53	Sergio Requeijo Requeijo	00:11:00,00	00:17:18,00	00:28:36,00	00:34:55,00	34:53,00	3:31	Sénior	15	27	Atletismo Arenteiro	-1	18
29	361	Daniel Vila Combarros	00:11:01,00	00:17:18,00	00:28:37,00	00:34:59,00	34:58,00	3:32	M - F 40	4	28	Club Atletismo Sar Vermú Petroni	-1	19
30	181	Julio Novoa Gutierrez	00:11:01,00	00:17:18,00	00:28:45,00	00:35:02,00	35:01,00	3:32	M - F 35	9	29	Atletismo Arenteiro	-1	20
31	448	José Carlos Buján Otero	00:10:59,00	00:17:17,00	00:28:44,00	00:35:05,00	35:03,00	3:33	M - F 45	1	30	Noitebra F.c.	-1	21
32	318	Juan Jose Alvarez Cures	00:11:01,00	00:17:19,00	00:28:46,00	00:35:07,00	35:06,00	3:33	M - F 40	5	31	Club Atletismo O Pino	-1	22
33	38	Alexandre Fernández Tojo	00:11:02,00	00:17:19,00	00:28:49,00	00:35:10,00	35:09,00	3:34	Sénior	16	32	Tambre Bike & Running	-1	23
34	137	Paula Mayobre González	00:11:14,00	00:17:39,00	00:28:56,00	00:35:11,00	00:35:11	3:30	Sénior	2	2	Clinica Dental Seoane Pampin	-1	1
35	432	Felipe Miguens Gasamanes	00:11:00,00	00:17:17,00	00:28:50,00	00:35:14,00	00:35:14	3:35	M - F 45	2	33	Club Atletismo O Pino	-1	24
36	247	Alberto Carou Carril	00:11:00,00	00:17:19,00	00:28:50,00	00:35:18,00	35:16,00	3:35	M - F 35	10	34	Club Atletismo O Pino	-1	25
37	170	Marisa Barros	00:11:07,00	00:17:28,00	00:29:03,00	00:35:30,00	35:29,00	3:36	M - F 35	1	3	Sport Comercio Salgueiros Portugal	-1	-1
38	22	Edymar Daniely Brea Abreu	00:11:08,00	00:17:31,00	00:29:02,00	00:35:31,00	35:29,00	3:36	SUB-23 Promesa	1	4	Independiente	-1	-1
39	89	Martin Regueira Rellan	00:10:51,00	00:17:15,00	00:29:23,00	00:35:33,00	35:31,00	3:39	Sénior	17	35	Club Atletismo O Pino	-1	26
40	23	Sarah Chepwmoi Naibei	00:10:48,00	00:17:16,00	00:29:06,00	00:35:33,00	35:32,00	3:39	SUB-23 Promesa	2	5	Independiente	-1	-1
41	312	José Miguel Gómez Sánchez	00:11:06,00	00:17:31,00	00:29:03,00	00:35:34,00	35:34,00	3:36	M - F 40	6	36	Club Atletismo O Pino	-1	27
42	100	Ricardo León Viñas	00:11:05,00	00:17:29,00	00:29:11,00	00:35:38,00	35:36,00	3:37	Sénior	18	37	Club Atletismo Sar Vermú Petroni	-1	28
43	24	Sheila Chebet	00:11:08,00	00:17:34,00	00:29:08,00	00:35:42,00	00:35:42	3:37	SUB-23 Promesa	3	6	Independiente	-1	-1
44	188	Carlos Juanatey Garcia	00:11:15,00	00:17:42,00	00:29:17,00	00:35:44,00	35:42,00	3:36	M - F 35	11	38	Club Atletismo Sar Vermú Petroni	-1	29
45	77	Adrian Limia Quintas	00:11:16,00	00:17:43,00	00:29:23,00	00:35:51,00	35:49,00	3:37	Sénior	19	39	Atletismo Arenteiro	-1	30
46	47	Xan Collazo Areosa	00:11:08,00	00:17:34,00	00:29:24,00	00:35:52,00	35:49,00	3:39	Sénior	20	40	Club Atletismo O Pino	-1	31
47	8	Diego Alonso Campo	00:11:21,00	00:17:52,00	00:29:36,00	00:35:56,00	35:55,00	3:36	SUB-20 Xunior	1	41	Club Atletismo Santiago	-1	32
48	440	Javier Campos Suarez	00:11:25,00	00:17:59,00	00:29:35,00	00:35:58,00	35:57,00	3:35	M - F 45	3	42	Club Atletismo Santiago	-1	33
49	397	Ernesto Buceta Pouso	00:11:05,00	00:17:35,00	00:29:24,00	00:36:01,00	36:00,00	3:41	M - F 45	4	43	No	-1	34
50	74	Ruben Martinez Mayo	00:10:48,00	00:17:20,00	00:29:35,00	00:36:12,00	36:10,00	3:46	Sénior	21	44	Club Atletismo Negreira	3	35
51	70	Carlos Fraga Adrio	00:11:27,00	00:17:58,00	00:29:47,00	00:36:14,00	36:13,00	3:39	Sénior	22	45	Club Atletismo O Pino	-1	36
52	430	Jose Antonio Gontan Castro	00:11:41,00	00:18:14,00	00:29:55,00	00:36:17,00	36:14,00	3:36	M - F 45	5	46	Club Atletismo Fontes Do Sar	-1	37
53	306	Alberto Rodríguez Pérez	00:11:26,00	00:17:58,00	00:29:49,00	00:36:18,00	36:15,00	3:39	M - F 40	6	47	Club Atletismo Sar Vermú Petroni	-1	38
54	45	Ruben Insua Diaz	00:11:30,00	00:18:01,00	00:29:47,00	00:36:21,00	36:19,00	3:40	Sénior	23	48	Club Atletismo Sar Vermú Petroni	-1	39
55	135	Francisco Noguero Rodríguez	00:11:43,00	00:18:12,00	00:29:55,00	00:36:26,00	36:23,00	3:38	Sénior	24	49	Atletismo Arenteiro	-1	40

## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
56	333	Jose Antonio Gomez Rios	00:11:29,00	00:18:04,00	00:29:56,00	00:36:29,00	36:27.00	3:40	M - F 40	7	50	Club Atletismo Sar Vermú Petroni	-1	41
57	158	Fernando Pérez Reboredo	00:11:42,00	00:18:15,00	00:30:02,00	00:36:32,00	36:29.00	3:39	M - F 35	12	51	Atletismo Arenteiro	-1	42
58	7	Jacobo Dopazo Ferreiro	00:11:21,00	00:17:52,00	00:29:55,00	00:36:34,00	36:33.00	3:44	SUB-20 Xunior	2	52	Club Atletismo Santiago	-1	43
59	460	Jose Suarez Leis	00:11:22,00	00:17:58,00	00:29:57,00	00:36:36,00	36:35.00	3:43	M - F 50	1	53	Club Atletismo Sar Vermú Petroni	-1	44
60	340	Iván García Rechou	00:11:41,00	00:18:13,00	00:30:06,00	00:36:40,00	36:34.00	3:41	M - F 40	8	54	Club Atletismo Noia	-1	45
61	167	Santiago Cid García	00:11:33,00	00:18:14,00	00:30:13,00	00:36:44,00	36:40.00	3:42	M - F 35	13	55	Noitebra F.c.	-1	46
62	79	Brais Otero Baameiro	00:11:36,00	00:18:16,00	00:30:17,00	00:36:49,00	36:47.00	3:42	Sénior	25	56	X-One Vigo	-1	47
63	436	Miguel Cabo Villaverde	00:11:50,00	00:18:28,00	00:30:25,00	00:36:50,00	00:36:50	3:40	M - F 45	7	57	Atletismo Milladoiro	-1	48
64	87	Anxo Ruanova Fernandez	00:11:33,00	00:18:14,00	00:30:14,00	00:36:51,00	36:49.00	3:43	Sénior	26	58	Club Atletismo Sar Vermú Petroni	-1	49
65	478	Ramón Rodríguez González	00:11:37,00	00:18:14,00	00:30:16,00	00:36:53,00	36:50.00	3:43	M - F 50	2	59	Atletismo Arenteiro	-1	50
66	82	Miguel Iglesias Amores	00:11:55,00	00:18:29,00	00:30:25,00	00:36:54,00	36:49.00	3:41	Sénior	27	60	Club Deportivo Pinarium	-1	51
67	122	Gerardo Cachafeiro García	00:11:33,00	00:18:14,00	00:30:16,00	00:36:56,00	36:54.00	3:44	Sénior	28	61		-1	52
68	389	Jorge Garcia Rodriguez	00:11:50,00	00:18:29,00	00:30:26,00	00:37:00,00	36:58.00	3:42	M - F 45	8	62	Noitebra F.c.	-1	53
69	199	Jordi Silva Luna	00:11:43,00	00:18:21,00	00:30:21,00	00:37:01,00	36:57.00	3:43	M - F 35	14	63	Atletismo Arenteiro	-1	54
70	86	Ivan Rego Pose	00:11:37,00	00:18:24,00	00:30:28,00	00:37:07,00	37:05.00	3:44	Sénior	29	64	Atletismo Milladoiro	-1	55
71	102	Ruben Estevez Pereira	00:11:43,00	00:18:24,00	00:30:26,00	00:37:11,00	37:07.00	3:45	Sénior	30	65	Atletismo Arenteiro	-1	56
72	494	Julio Andrade Garcia	00:11:46,00	00:18:31,00	00:30:38,00	00:37:17,00	37:14.00	3:45	M - F 50	3	66	Noitebra F.c.	-1	57
73	431	Antonio Vázquez Tourón	00:11:37,00	00:18:16,00	00:30:30,00	00:37:18,00	37:13.00	3:48	M - F 45	9	67	Club Atletismo O Pino	-1	58
74	316	Arturo Ramos Ferrol	00:11:50,00	00:18:33,00	00:30:43,00	00:37:27,00	37:24.00	3:46	M - F 40	10	68	Atletismo Milladoiro	-1	59
75	449	Victor Barcala Mora	00:11:51,00	00:18:33,00	00:30:46,00	00:37:34,00	37:31.00	3:48	M - F 45	11	69	Pontevedra	-1	60
76	451	Ricardo Villar Rodriguez	00:11:45,00	00:18:30,00	00:30:41,00	00:37:36,00	37:34.00	3:49	M - F 45	12	70	Noitebra F.c.	-1	61
77	194	Martín Abelenda López	00:11:40,00	00:18:26,00	00:30:47,00	00:37:37,00	37:32.00	3:50	M - F 35	15	71	Club Atletismo O Pino	-1	62
78	99	Eloy Gonzalez Horta	00:11:35,00	00:18:27,00	00:31:03,00	00:37:52,00	37:49.00	3:52	Sénior	31	72	Artragal Tri-498	-1	63
79	224	Jose Luis González Núñez	00:11:40,00	00:18:31,00	00:30:59,00	00:37:52,00	37:50.00	3:52	M - F 35	16	73		-1	64
80	46	Gonzalo Silva Brenlla	00:12:11,00	00:19:01,00	00:31:27,00	00:38:05,00	37:57.00	3:48	Sénior	32	74	Noitebra F.c.	-1	65
81	386	María Jesús Gestido Rodríguez	00:11:54,00	00:18:43,00	00:31:15,00	00:38:06,00	38:05.00	3:52	M - F 40	1	7		-1	2
82	143	Abelardo Manuel Soler Rivas	00:12:10,00	00:19:02,00	00:31:22,00	00:38:13,00	38:10.00	3:50	M - F 35	17	75	Club Atletismo Negreira	4	66
83	350	Avelino Caamaño Nieto	00:12:10,00	00:19:02,00	00:31:22,00	00:38:14,00	38:11.00	3:50	M - F 40	9	76	Club Atletismo Sar Vermú Petroni	-1	67
84	428	José Manuel Cao García	00:12:22,00	00:19:12,00	00:31:32,00	00:38:14,00	38:10.00	3:48	M - F 45	13	77	José Manuel Cao García	-1	68
85	509	Victor Pérez Villamarín	00:12:06,00	00:18:59,00	00:31:28,00	00:38:15,00	38:12.00	3:51	Superveteranos	1	78	Atletismo Arenteiro	-1	69
86	73	Efrén Capelo Vieites	00:12:01,00	00:18:53,00	00:31:26,00	00:38:17,00	38:15.00	3:52	Sénior	33	79	Noitebra F.c.	-1	70
87	235	Antom Santos Pérez	00:11:55,00	00:18:49,00	00:31:25,00	00:38:18,00	38:16.00	3:53	M - F 35	18	80	A.c.e.d. O Carballo	-1	71
88	120	Marcos Rodríguez Vazquez	00:11:42,00	00:18:24,00	00:30:56,00	00:38:28,00	38:25.00	4:00	Sénior	34	81	Atletismo Arenteiro	-1	72
89	94	Adrián Sánchez Vázquez	00:12:27,00	00:19:24,00	00:31:47,00	00:38:29,00	38:22.00	3:48	Sénior	35	82		-1	73
90	324	Roberto Iglesias Rodríguez	00:12:14,00	00:19:12,00	00:31:40,00	00:38:36,00	38:33.00	3:52	M - F 40	10	83	Atletismo Milladoiro	-1	74
91	121	Hugo Suárez Riesgo	00:12:09,00	00:19:12,00	00:31:45,00	00:38:39,00	38:36.00	3:53	Sénior	36	84	Family Pádel Los Tilos	-1	75
92	331	Kiko Lago Santiago	00:12:22,00	00:19:17,00	00:31:48,00	00:38:44,00	38:39.00	3:53	M - F 40	11	85	A. D. Olimpia	-1	76
93	344	Héctor Cajaraville Aratújo	00:12:16,00	00:19:12,00	00:31:48,00	00:38:44,00	38:38.00	3:54	M - F 40	12	86		-1	77
94	421	Alfonso Toimil Castro	00:12:16,00	00:19:18,00	00:31:51,00	00:38:46,00	38:43.00	3:53	M - F 45	14	87	Atletismo Milladoiro	-1	78
95	282	Japí Baamonde Arufe	00:12:07,00	00:19:03,00	00:31:48,00	00:38:49,00	38:48.00	3:57	M - F 40	13	88	Club Atletismo Sar Vermú Petroni	-1	79
96	144	Alberto Gonzalez Suarez	00:12:17,00	00:19:19,00	00:31:55,00	00:38:54,00	38:49.00	3:55	M - F 35	19	89		-1	80
97	784	Pedro Traba Camaño	00:12:31,00	00:19:22,00	00:31:55,00	00:38:54,00	00:38:54	3:54	M - F 40	14	90	Club Atletismo Outes	-1	81
98	227	Alberto Alvarez Bendaña	00:12:42,00	00:19:41,00	00:32:07,00	00:38:57,00	38:50.00	3:51	M - F 35	20	91	Club Atletismo Sar Vermú Petroni	-1	82
99	471	Daniel Becerra Rodríguez	00:12:23,00	00:19:23,00	00:31:57,00	00:38:57,00	38:53.00	3:54	M - F 50	4	92	Noitebra F.c.	-1	83
100	411	Juan Carlos Martínez Valverde	00:12:13,00	00:19:18,00	00:32:02,00	00:38:58,00	38:55.00	3:55	M - F 45	15	93	Club Atletismo O Pino	-1	84
101	345	José Ramón Rodríguez González	00:12:03,00	00:19:13,00	00:32:02,00	00:39:05,00	39:02.00	3:58	M - F 40	16	94	Atletismo Arenteiro	-1	85
102	301	Alberto Rodríguez González	00:12:11,00	00:19:10,00	00:31:59,00	00:39:05,00	39:02.00	3:59	M - F 40	15	95	Atletismo Arenteiro	-1	86
103	202	José Montoto Domínguez	00:12:39,00	00:19:45,00	00:32:18,00	00:39:07,00	39:03.00	3:52	M - F 35	21	96	Atletismo Arenteiro	-1	87
104	72	Diego Santos Blanco	00:12:17,00	00:19:21,00	00:32:08,00	00:39:08,00	39:04.00	3:57	Sénior	37	97	Club Atletismo Sar Vermú Petroni	-1	88
105	337	Fernando Fernández Martínez	00:12:15,00	00:19:19,00	00:32:01,00	00:39:08,00	39:05.00	3:57	M - F 40	16	98		-1	89
106	437	Jose Manuel Troitiño Bouza	00:12:31,00	00:19:35,00	00:32:13,00	00:39:13,00	39:11.00	3:55	M - F 45	17	99	Jose Manuel Troitiño Bouza	-1	90
107	439	Jose Antonio Costa Rodriguez	00:12:06,00	00:19:17,00	00:32:14,00	00:39:14,00	39:13.00	3:59	M - F 45	18	100	Agrupación Atlética Mazí	-1	91
108	445	Luis Mendez Torres	00:12:29,00	00:19:33,00	00:32:28,00	00:39:15,00	39:13.00	3:56	M - F 45	19	101		-1	92
109	97	Arturo Mata Castro	00:12:04,00	00:19:13,00	00:32:09,00	00:39:16,00	39:15.00	4:00	Sénior	38	102	Club Atletismo Santiago	-1	93
110	551	Jose Luis Bouza Freire	00:12:31,00	00:19:36,00	00:32:13,00	00:39:18,00	39:15.00	3:56	Superveteranos	2	103	Atletismo Naron	-1	94

## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
111	187	Marcos Campos Lueiro	00:12:20,00	00:19:24,00	00:32:14,00	00:39:18,00	39:13.00	3:58	M - F 35	22	104	Club Atletismo Santiago	5	95
112	56	Alex Rodríguez Lias	00:12:42,00	00:19:44,00	00:32:18,00	00:39:18,00	39:13.00	3:54	Sénior	39	105		-1	96
113	348	Tomas Seoane Muñiz	00:12:12,00	00:19:23,00	00:32:22,00	00:39:26,00	39:23.00	4:00	M - F 40	17	106	Seoane Muñiz	-1	97
114	124	Uxio Rial Rodriguez	00:12:36,00	00:19:43,00	00:32:29,00	00:39:26,00	39:21.00	3:56	Sénior	40	107	Os Bombardinos	-1	98
115	43	Rafael Senén Gómez García	00:12:32,00	00:19:37,00	00:32:31,00	00:39:28,00	39:25.00	3:58	Sénior	41	108	Club Atletismo Outes	-1	99
116	263	Marcos Tarrío Martínez	00:12:37,00	00:19:45,00	00:32:32,00	00:39:36,00	39:30.00	3:58	M - F 40	18	109	Atletismo Milladoiro	-1	100
117	321	Javier Pérez Rodríguez	00:12:32,00	00:19:38,00	00:32:39,00	00:39:44,00	39:39.00	4:01	M - F 40	19	110	3&run By Pedro Nimo	-1	101
118	231	Manuel Rodríguez Fernandez	00:12:27,00	00:19:38,00	00:32:37,00	00:39:49,00	39:44.00	4:02	M - F 35	23	111	Kurai	-1	102
119	41	Jorge Arceiz Baquero	00:12:06,00	00:19:12,00	00:32:57,00	00:39:51,00	39:47.00	4:07	Sénior	42	112	Atletismo Arenteiro	-1	103
120	268	Javier Guimarey Senin	00:12:36,00	00:19:46,00	00:32:48,00	00:39:55,00	39:51.00	4:01	M - F 40	20	113	Club Atletismo Sar Vermú Petroni	-1	104
121	197	David Ponte Iglesias	00:12:44,00	00:19:54,00	00:32:45,00	00:39:56,00	39:47.00	4:00	M - F 35	24	114	Marraners - En Boas Mans	-1	105
122	429	Juan Carlos De La Iglesia Souto	00:12:35,00	00:19:42,00	00:32:45,00	00:40:01,00	39:56.00	4:03	M - F 45	20	115		-1	106
123	2	Nicolas Manuel Botana Prini	00:12:52,00	00:20:15,00	00:33:07,00	00:40:04,00	39:58.00	3:57	SUB-20 Xunior	3	116	Club Triatlón Compostela	-1	107
124	239	Roberto Vieito Raña	00:12:29,00	00:19:44,00	00:32:51,00	00:40:06,00	40:02.00	4:04	M - F 35	25	117		-1	108
125	394	Francisco Javier Fernandez Garcia	00:12:55,00	00:20:13,00	00:33:06,00	00:40:09,00	40:00.00	3:59	M - F 45	21	118	Club Ciclista Muros	-1	109
126	382	José Buján González	00:12:23,00	00:19:34,00	00:32:44,00	00:40:09,00	40:05.00	4:06	M - F 40	21	119	Club Atletismo Outes-John Turkey	-1	110
127	52	Alberto Reboredo Durán	00:12:51,00	00:20:06,00	00:33:14,00	00:40:12,00	40:07.00	4:01	Sénior	43	120	Club Atletismo Sar Vermú Petroni	-1	111
128	105	Fernando Martínez Sôfiora	00:12:34,00	00:19:47,00	00:33:01,00	00:40:20,00	40:11.00	4:06	Sénior	44	121		-1	112
129	183	Francisco Jose Cuenca Garcia	00:12:37,00	00:19:53,00	00:33:12,00	00:40:22,00	40:16.00	4:05	M - F 35	26	122	Atletismo Milladoiro	-1	113
130	37	Álvaro Prada Vega	00:12:45,00	00:20:06,00	00:33:14,00	00:40:23,00	40:20.00	4:03	Sénior	45	123		-1	-1
131	182	Benjamin Costa Fernández	00:12:35,00	00:19:46,00	00:33:04,00	00:40:28,00	40:23.00	4:08	M - F 35	27	124	Club Atletismo Sar Vermú Petroni	-1	114
132	186	Marcial Anibal Barca España	00:12:45,00	00:20:14,00	00:33:33,00	00:40:32,00	40:26.00	4:03	M - F 35	28	125	Os Muditos	-1	115
133	259	Iván Pablo Sanmartín Carreira	00:12:57,00	00:20:17,00	00:33:29,00	00:40:35,00	40:32.00	4:03	M - F 40	22	126	Club Atletismo O Pino	-1	116
134	130	Juan Bello Garcia	00:12:55,00	00:20:07,00	00:33:21,00	00:40:35,00	40:30.00	4:05	Sénior	46	127	Club Cerveceria O Coton Negreira	6	117
135	423	Jose Manuel Pajaro Salagre	00:12:43,00	00:20:01,00	00:33:27,00	00:40:36,00	00:40:36	4:06	M - F 45	22	128	Atletismo Milladoiro	-1	118
136	356	Igor Pereda Garcia	00:12:40,00	00:20:02,00	00:33:26,00	00:40:42,00	40:38.00	4:08	M - F 40	23	129	Enkarterri Triatloi	-1	119
137	444	José Manuel Del Rio Noya	00:12:53,00	00:20:10,00	00:33:28,00	00:40:45,00	40:37.00	4:07	M - F 45	23	130		-1	120
138	165	Marcos Mayo Agrafojo	00:12:48,00	00:20:07,00	00:33:27,00	00:40:47,00	40:43.00	4:07	M - F 35	29	131		-1	121
139	320	Carlos Becerra Do Eijo	00:12:52,00	00:20:12,00	00:33:37,00	00:40:49,00	40:44.00	4:07	M - F 40	24	132	Club Atletismo Fontes Do Sar	-1	122
140	192	Cesar Costoya Prado	00:13:02,00	00:20:24,00	00:33:35,00	00:40:51,00	40:44.00	4:05	M - F 35	30	133	Talleres David Triatlón Compostela	-1	123
141	226	Angel Campos Santiago	00:12:51,00	00:20:16,00	00:33:34,00	00:40:53,00	40:48.00	4:07	M - F 35	31	134	Club Atletismo Sar Vermú Petroni	-1	124
142	48	Andres Tubio Del Rio	00:12:56,00	00:20:12,00	00:33:41,00	00:40:55,00	40:47.00	4:08	Sénior	47	135		-1	125
143	406	Javier Cupeiro Frade	00:12:48,00	00:20:05,00	00:33:31,00	00:40:58,00	40:52.00	4:10	M - F 45	24	136		-1	126
144	517	Francisco Javier Cepeda Gacio	00:12:54,00	00:20:15,00	00:33:48,00	00:40:59,00	40:53.00	4:08	Superveteranos	3	137	Noitebra F.c.	-1	127
145	468	Teresa Castro Villaverde	00:13:11,00	00:20:34,00	00:33:47,00	00:41:00,00	40:55.00	4:05	M - F 50	1	8	Club Atletismo Noia	-1	3
146	359	Vicente Sanmartin Vigo	00:12:59,00	00:20:17,00	00:33:38,00	00:41:03,00	40:54.00	4:09	M - F 40	25	138	Verxel Nutrición Deportiva	-1	128
147	18	Pedro Cantelar Ces	00:13:03,00	00:20:21,00	00:33:49,00	00:41:06,00	40:58.00	4:08	SUB-23 Promesa	2	139	Ribeiras Do Tambre	-1	129
148	783	Marcos Perez Cantelar	00:13:03,00	00:20:21,00	00:33:50,00	00:41:06,00	40:58.00	4:09	SUB-23 Promesa	3	140	RIBEIRAS DO TAMBRE	-1	130
149	16	Carlos Balsa Bello	00:13:02,00	00:20:21,00	00:33:49,00	00:41:06,00	40:59.00	4:09	SUB-23 Promesa	4	141	Ribeiras Do Timbre	-1	131
150	157	Gonzalo Sanmartin	00:12:55,00	00:20:13,00	00:33:40,00	00:41:14,00	41:09.00	4:12	M - F 35	32	142	Gonzalo Sanmartin	-1	132
151	409	Jose Antonio Serrano Remuñán	00:13:11,00	00:20:35,00	00:34:08,00	00:41:31,00	41:25.00	4:11	M - F 45	25	143		-1	133
152	366	Gustavo Rios Sanchez	00:12:51,00	00:20:16,00	00:34:03,00	00:41:36,00	41:30.00	4:15	M - F 40	26	144	Club Atletismo O Pino	-1	134
153	534	Nemesio Gutiérrez González	00:13:10,00	00:20:36,00	00:34:09,00	00:41:43,00	41:38.00	4:13	Superveteranos	4	145	Atletismo Frial	-1	135
154	71	Pablo Feijoo Vilanova	00:12:40,00	00:20:18,00	00:34:08,00	00:41:45,00	41:41.00	4:17	Sénior	48	146	Club Piragüismo Fluvial Allariz	-1	136
155	216	José Ramón Antelo Martínez	00:13:13,00	00:20:43,00	00:34:18,00	00:41:46,00	00:41:46	4:12	M - F 35	33	147	Ponte Trail	-1	137
156	450	Javier Taboada Garcia	00:13:33,00	00:21:03,00	00:34:32,00	00:41:46,00	41:36.00	4:08	M - F 45	26	148		-1	138
157	60	Daniel Rivera Sánchez	00:12:51,00	00:20:26,00	00:34:20,00	00:41:46,00	41:44.00	4:16	Sénior	49	149		-1	139
158	413	Francisco Jose Oliveira Martinez	00:13:13,00	00:20:43,00	00:34:17,00	00:41:49,00	41:41.00	4:13	M - F 45	27	150	Club Atletismo Sar Vermú Petroni	-1	140
159	129	Marco Gundín Martín	00:13:25,00	00:21:02,00	00:34:40,00	00:42:06,00	41:58.00	4:12	Sénior	50	151		-1	141
160	131	Fernando Pensado Rivas	00:12:50,00	00:20:18,00	00:34:37,00	00:42:12,00	42:08.00	4:22	Sénior	51	152	Independiente	-1	142
161	260	Juan José Noya Rodríguez	00:13:28,00	00:20:53,00	00:34:46,00	00:42:14,00	42:02.00	4:16	M - F 40	27	153		7	143
162	491	Francisco Xosé Suárez Benito	00:13:24,00	00:20:55,00	00:34:45,00	00:42:15,00	42:13.00	4:16	M - F 50	5	154	Rungalicia.com	-1	144
163	161	Fernando Froján Canle	00:13:17,00	00:20:49,00	00:34:47,00	00:42:17,00	42:07.00	4:17	M - F 35	34	155	Fernando Froján Canle	-1	145
164	234	Juan Carlos Vazquez Grela	00:13:37,00	00:21:14,00	00:34:52,00	00:42:18,00	42:02.00	4:12	M - F 35	35	156	Nosportlimit	-1	146
165	6	Iago Pereira Seijo	00:12:52,00	00:20:17,00	00:34:23,00	00:42:19,00	00:42:19	4:24	SUB-20 Xunior	4	157	Club Atletismo Santiago	-1	147

### CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
166	311	Juan Luis Botana Mosquera	00:13:30,00	00:21:06,00	00:34:49,00	00:42:20,00	42:12,00	4:14	M - F 40	28	158	Club Atletismo O Pino	-1	148
167	295	Cristina Loeda Soto	00:13:21,00	00:20:58,00	00:34:41,00	00:42:25,00	42:21,00	4:17	M - F 40	2	9	Cristina Loeda Soto	-1	4
168	400	Jose Manuel Juncal Santos	00:13:41,00	00:21:18,00	00:35:06,00	00:42:27,00	42:13,00	4:13	M - F 45	28	159		-1	149
169	128	Santiago Manuel Gey Segade	00:13:35,00	00:21:13,00	00:35:08,00	00:42:32,00	42:20,00	4:15	Sénior	52	160	S.d. Barbantia Roda	-1	150
170	486	Evaristo Periscal	00:13:57,00	00:21:37,00	00:35:19,00	00:42:38,00	42:25,00	4:12	M - F 50	6	161		-1	151
171	149	Pablo Casais Lopez	00:13:30,00	00:21:05,00	00:35:03,00	00:42:41,00	42:34,00	4:19	M - F 35	36	162		-1	152
172	177	Marcelino Rivas Pombo	00:13:56,00	00:21:37,00	00:35:23,00	00:42:47,00	42:38,00	4:13	M - F 35	37	163	Nosportlimit	-1	153
173	175	Mario Queiruga Santiago	00:13:22,00	00:21:04,00	00:35:18,00	00:42:48,00	42:44,00	4:20	M - F 35	38	164	Mario Queiruga	-1	154
174	305	David E. Losada Carril	00:13:22,00	00:21:07,00	00:35:25,00	00:42:49,00	42:48,00	4:20	M - F 40	29	165	Atletismo Milladoiro	-1	155
175	496	Manuel Torres Bautis	00:13:34,00	00:21:06,00	00:35:14,00	00:42:51,00	42:41,00	4:20	M - F 50	7	166		-1	156
176	364	Julio Lamela Castro	00:13:38,00	00:21:14,00	00:35:17,00	00:42:52,00	42:45,00	4:19	M - F 40	30	167	Hoxe Queixos	-1	157
177	401	Antonio Barreiro Cordeiro	00:13:52,00	00:21:37,00	00:35:23,00	00:42:56,00	42:43,00	4:15	M - F 45	29	168		-1	158
178	172	José Manuel Turnes Cordeiro	00:13:52,00	00:21:37,00	00:35:23,00	00:42:56,00	42:43,00	4:15	M - F 35	39	169	Nosportlimit	-1	159
179	222	Pablo Iglesias Domínguez	00:13:28,00	00:21:04,00	00:35:14,00	00:43:03,00	42:52,00	4:23	M - F 35	40	170	Noitebra F.c.	-1	160
180	422	Jesús A. Beis Cabanas	00:13:31,00	00:21:21,00	00:35:26,00	00:43:05,00	42:57,00	4:20	M - F 45	30	171	Club Atletismo O Pino	-1	161
181	9	María Carballido Castro	00:13:43,00	00:21:31,00	00:35:33,00	00:43:06,00	43:00,00	4:19	SUB-20 Xunior	1	10	Atletismo Friol	-1	5
182	184	Javier Rico Díaz	00:13:43,00	00:21:31,00	00:35:33,00	00:43:07,00	00:43:07	4:19	M - F 35	41	172		-1	162
183	438	Felipe Barata Villapol	00:13:42,00	00:21:31,00	00:35:33,00	00:43:08,00	43:03,00	4:19	M - F 45	31	173	Atletismo Friol	-1	163
184	32	Leandro Eiras Lueiro	00:13:00,00	00:20:49,00	00:35:18,00	00:43:11,00	43:06,00	4:28	Sénior	53	174	Leandro Eiras Lueiro	-1	164
185	155	Mario Daniel Varela Crespo	00:13:44,00	00:21:31,00	00:35:34,00	00:43:12,00	42:58,00	4:20	M - F 35	42	175	Atletismo Arenteiro	-1	165
186	294	Jose Ramon Cuns Santos	00:14:13,00	00:21:57,00	00:35:47,00	00:43:15,00	42:57,00	4:15	M - F 40	31	176		-1	166
187	62	Asier Souto Santos	00:14:13,00	00:21:57,00	00:35:47,00	00:43:15,00	42:57,00	4:15	Sénior	54	177		-1	-1
188	522	Jesús Manuel Lodeiro Méndez	00:13:56,00	00:21:36,00	00:35:34,00	00:43:15,00	43:03,00	4:19	Superveteranos	5	178	Atletismo Milladoiro	-1	167
189	381	Daniel Lareo Creo	00:13:43,00	00:21:32,00	00:35:37,00	00:43:21,00	43:11,00	4:21	M - F 40	32	179	Tribu Trail	-1	168
190	424	Alberto Varela Nuñez	00:13:46,00	00:21:34,00	00:35:44,00	00:43:29,00	43:20,00	4:22	M - F 45	32	180	Atletismo Milladoiro	-1	169
191	40	Samuel Fernández Redondo	00:14:15,00	00:21:51,00	00:35:52,00	00:43:30,00	00:43:30	4:19	Sénior	55	181	Club Cerveceria O Coton Negreira	8	170
192	266	Miguel Santomil Lapido	00:14:10,00	00:22:07,00	00:36:13,00	00:43:31,00	43:26,00	4:16	M - F 40	33	182	Club Atletismo Sar Vermú Petroni	-1	171
193	262	Juan Enrique Rodríguez	00:13:26,00	00:21:37,00	00:35:52,00	00:43:35,00	43:28,00	4:23	M - F 40	34	183	No	-1	172
194	452	Álvaro César Vila	00:14:03,00	00:21:48,00	00:35:51,00	00:43:38,00	43:28,00	4:22	M - F 45	33	184	Tambre Bike&running	-1	173
195	446	Jose Luis Requejo Rodriguez	00:14:11,00	00:22:03,00	00:35:58,00	00:43:41,00	43:28,00	4:19	M - F 45	34	185	Atletismo Arenteiro	-1	174
196	329	Jose María Garcia Ferro	00:14:14,00	00:22:00,00	00:36:06,00	00:44:01,00	43:43,00	4:24	M - F 40	35	186		-1	175
197	309	Bruno Bermudez Tajés	00:13:45,00	00:21:41,00	00:36:04,00	00:44:04,00	43:56,00	4:28	M - F 40	36	187		-1	176
198	142	Fernando Casal Couto	00:14:05,00	00:21:58,00	00:36:19,00	00:44:04,00	43:57,00	4:25	M - F 35	43	188		-1	177
199	415	Alberto Rodriguez Garcia	00:14:06,00	00:21:58,00	00:36:08,00	00:44:05,00	43:51,00	4:25	M - F 45	35	189		-1	178
200	180	Juan Carlos Trillo Caamaño	00:13:49,00	00:21:41,00	00:36:06,00	00:44:05,00	43:56,00	4:28	M - F 35	44	190		-1	179
201	287	Jorge Castro Maroño	00:13:37,00	00:21:25,00	00:36:00,00	00:44:07,00	43:58,00	4:32	M - F 40	37	191		-1	180
202	540	José Pardiñas Alvite	00:14:42,00	00:22:19,00	00:36:40,00	00:44:09,00	43:49,00	4:21	Superveteranos	6	192		-1	181
203	255	Benito Piñeiro Abeijon	00:14:59,00	00:22:47,00	00:36:42,00	00:44:11,00	43:44,00	4:16	M - F 40	38	193		-1	182
204	106	Javier Boullón Pérez	00:14:11,00	00:22:01,00	00:36:27,00	00:44:12,00	44:02,00	4:26	Sénior	56	194		-1	183
205	298	Mario Ledo Fariñas	00:14:07,00	00:22:04,00	00:36:33,00	00:44:17,00	44:04,00	4:26	M - F 40	39	195	Mario	-1	184
206	51	Ivan Romero Lema	00:14:32,00	00:22:27,00	00:36:43,00	00:44:22,00	44:09,00	4:22	Sénior	57	196		-1	185
207	289	Marcos Casal Santos	00:13:10,00	00:20:50,00	00:35:42,00	00:44:26,00	44:21,00	4:43	M - F 40	40	197		-1	186
208	384	Vicente García García	00:13:46,00	00:21:50,00	00:36:20,00	00:44:27,00	44:13,00	4:31	M - F 40	41	198		-1	187
209	441	Francisco Manuel Domínguez Recarey	00:13:57,00	00:21:57,00	00:36:30,00	00:44:30,00	44:19,00	4:30	M - F 45	36	199	Ponte Trail	-1	188
210	552	Ramón Barreiro Cernadas	00:14:31,00	00:22:27,00	00:36:42,00	00:44:31,00	44:18,00	4:24	Superveteranos	7	200		-1	189
211	217	Perfecto Vázquez Rivera	00:13:58,00	00:21:57,00	00:36:36,00	00:44:33,00	44:24,00	4:31	M - F 35	45	201		-1	190
212	264	Juan Gacío González	00:14:30,00	00:22:23,00	00:36:44,00	00:44:38,00	44:21,00	4:26	M - F 40	42	202		-1	191
213	296	Pablo González Montero	00:13:57,00	00:21:57,00	00:36:32,00	00:44:40,00	44:33,00	4:32	M - F 40	43	203		-1	192
214	483	Emilio Brun Vazquez	00:14:36,00	00:22:34,00	00:37:00,00	00:44:42,00	44:21,00	4:25	M - F 50	8	204	Club Atletismo O Pino	-1	193
215	63	Miguel López Noya	00:14:10,00	00:22:16,00	00:37:00,00	00:44:43,00	44:35,00	4:29	Sénior	58	205		-1	194
216	11	Juan Alfredo Martínez Pereiro	00:14:41,00	00:22:54,00	00:37:02,00	00:44:44,00	44:38,00	4:22	SUB-20 Xunior	5	206	RIBEIRAS DO TAMBRE	-1	195
217	10	David Otero Romero	00:14:41,00	00:22:54,00	00:37:02,00	00:44:45,00	44:38,00	4:22	SUB-20 Xunior	6	207	RIBEIRAS DO TAMBRE	-1	196
218	407	Julio Barbazan Caamaño	00:14:13,00	00:22:08,00	00:36:46,00	00:44:47,00	44:38,00	4:31	M - F 45	37	208		-1	197
219	339	Beatriz Barroso Perez	00:14:12,00	00:22:14,00	00:36:46,00	00:44:49,00	44:39,00	4:31	M - F 40	3	11	Tribu Trail	-1	6
220	76	Pablo Roo Maroñas	00:14:14,00	00:22:11,00	00:36:56,00	00:44:50,00	44:39,00	4:31	Sénior	59	209	Atletismo Lousame	-1	198

## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
221	284	Juan Manuel Bautis Otero	00:14:20,00	00:22:29,00	00:37:13,00	00:44:55,00	44:45.00	4:29	M - F 40	38	210		-1	199
222	319	Jose Varela Verdes	00:14:08,00	00:22:16,00	00:37:04,00	00:44:56,00	44:48.00	4:31	M - F 40	44	211	Beer Runners Coruña	-1	200
223	65	Diego Oca Lema	00:14:08,00	00:22:14,00	00:37:03,00	00:44:56,00	44:49.00	4:32	Sénior	60	212		-1	201
224	232	Paula Esteiro Ramos	00:14:01,00	00:22:19,00	00:37:06,00	00:44:57,00	44:51.00	4:31	M - F 35	2	12	Dafit	-1	7
225	435	Rubén Suárez Carballo	00:14:02,00	00:22:19,00	00:37:12,00	00:44:59,00	44:48.00	4:32	M - F 45	39	213		9	202
226	317	Francisco Pais Trigo	00:14:23,00	00:22:26,00	00:37:07,00	00:45:00,00	44:48.00	4:30	M - F 40	45	214		10	203
227	529	Ramón Suárez Gomez	00:14:32,00	00:22:34,00	00:37:05,00	00:45:02,00	44:55.00	4:29	Superveteranos	8	215	Atletismo Milladoiro	-1	204
228	528	Manuel Vigo Mourullo	00:14:11,00	00:22:19,00	00:37:06,00	00:45:02,00	44:56.00	4:32	Superveteranos	9	216	Atletismo Milladoiro	-1	205
229	530	Tobías Betanzos Rego	00:14:37,00	00:22:45,00	00:37:11,00	00:45:05,00	44:43.00	4:27	Superveteranos	10	217		-1	206
230	418	Fernando Bernal Lopez	00:14:14,00	00:22:18,00	00:37:14,00	00:45:10,00	44:59.00	4:34	M - F 45	40	218		-1	207
231	510	Manuel Insua Insua	00:14:46,00	00:22:49,00	00:37:22,00	00:45:13,00	44:56.00	4:28	Superveteranos	11	219		-1	208
232	240	Javier Ponte Pintor	00:14:43,00	00:22:52,00	00:37:16,00	00:45:14,00	44:58.00	4:28	M - F 35	46	220		-1	209
233	185	Pablo Baña Sanda	00:14:39,00	00:22:51,00	00:37:28,00	00:45:16,00	45:06.00	4:28	M - F 35	47	221	Club Atletismo O Pino	-1	210
234	542	Ramón Campos Costa	00:13:57,00	00:22:04,00	00:37:00,00	00:45:17,00	45:04.00	4:38	Superveteranos	12	222		-1	211
235	57	Iván Lopez Romero	00:14:48,00	00:23:00,00	00:37:36,00	00:45:17,00	45:05.00	4:27	Sénior	61	223	Baionrunners	-1	212
236	254	Marcos Fontans Sebe	00:14:50,00	00:22:51,00	00:37:16,00	00:45:21,00	45:02.00	4:29	M - F 40	46	224		-1	213
237	168	Marcos Vitorro Gómez	00:14:26,00	00:22:24,00	00:37:21,00	00:45:24,00	45:11.00	4:35	M - F 35	48	225		-1	214
238	20	Adrián Ponte Aponte	00:14:15,00	00:22:29,00	00:37:10,00	00:45:25,00	45:12.00	4:35	SUB-23 Promesa	5	226		-1	215
239	420	Carlos De Novoa Gómez	00:14:54,00	00:23:03,00	00:37:35,00	00:45:25,00	45:06.00	4:28	M - F 45	41	227		-1	216
240	209	Juan Rivas Alende	00:15:07,00	00:23:12,00	00:37:45,00	00:45:26,00	45:16.00	4:26	M - F 35	49	228	Noitebra F.c.	-1	217
241	174	Javier Suárez Giadas	00:14:07,00	00:22:19,00	00:37:15,00	00:45:28,00	45:20.00	4:37	M - F 35	50	229		-1	218
242	472	Jose Manuel Valiño Cerejeiro	00:14:25,00	00:22:32,00	00:37:20,00	00:45:28,00	45:14.00	4:35	M - F 50	9	230		-1	219
243	30	David Muñoz Navarro	00:14:15,00	00:22:28,00	00:37:30,00	00:45:30,00	45:18.00	4:36	Sénior	62	231		-1	-1
244	380	Alvaro Pereiras Couto	00:14:43,00	00:22:53,00	00:37:35,00	00:45:33,00	45:21.00	4:31	M - F 40	47	232		-1	220
245	416	Juan Carlos Fernández Oliveira	00:14:43,00	00:22:53,00	00:37:36,00	00:45:33,00	45:21.00	4:31	M - F 45	42	233		-1	221
246	28	Jose Manuel Gómez Mora	00:14:46,00	00:22:52,00	00:37:34,00	00:45:36,00	45:19.00	4:32	Sénior	63	234		-1	-1
247	487	Dositeo Toba Quintans	00:14:50,00	00:23:01,00	00:37:42,00	00:45:37,00	00:45:37	4:31	M - F 50	10	235		-1	222
248	463	Angel Perez Susavila	00:14:33,00	00:22:43,00	00:37:33,00	00:45:54,00	45:42.00	4:38	M - F 50	11	236		-1	223
249	456	Luis Calvo Calvo	00:14:15,00	00:22:25,00	00:37:29,00	00:45:55,00	45:51.00	4:41	M - F 45	43	237		-1	224
250	461	Francisco Sanmarco Santos	00:14:14,00	00:22:33,00	00:38:05,00	00:45:57,00	45:51.00	4:40	M - F 50	12	238	Club Atletismo Sar Vermú Petroni	-1	225
251	92	Iván Pardal Coca	00:14:49,00	00:23:10,00	00:38:11,00	00:45:59,00	45:51.00	4:33	Sénior	64	239	Club Atletismo O Pino	-1	226
252	278	Manuel Sanmartín Malvarez	00:15:00,00	00:23:26,00	00:38:06,00	00:45:59,00	45:43.00	4:30	M - F 40	48	240	Club Cerveceria O Coton Negreira	11	227
253	215	Alvaro Fernández Ferro	00:14:42,00	00:23:00,00	00:37:59,00	00:46:00,00	45:54.00	4:36	M - F 35	51	241	Montaevai O Pino	-1	228
254	211	Miguel Vidal Moreiras	00:14:42,00	00:22:59,00	00:37:58,00	00:46:00,00	45:54.00	4:36	M - F 35	52	242	Montaevai O Pino	-1	229
255	81	Jesús Cela Boisa	00:14:49,00	00:23:11,00	00:38:28,00	00:46:02,00	45:52.00	4:34	Sénior	65	243		-1	230
256	338	Jesús Palacios Martín	00:14:21,00	00:22:40,00	00:37:51,00	00:46:15,00	46:06.00	4:43	M - F 40	49	244	Club Atletismo Pravia	-1	231
257	276	Xosé Manuel Lamas Pose	00:15:25,00	00:23:36,00	00:38:21,00	00:46:18,00	45:52.00	4:32	M - F 40	50	245		-1	232
258	473	José Gómez Viaño	00:15:05,00	00:23:27,00	00:38:15,00	00:46:29,00	46:14.00	4:36	M - F 50	13	246		-1	233
259	518	Moncho Ferraces Vazquez	00:14:19,00	00:22:35,00	00:38:10,00	00:46:30,00	46:15.00	4:47	Superveteranos	13	247	Clube Atletismo Boimorto	-1	234
260	443	Mada García Abalo	00:14:30,00	00:22:50,00	00:38:08,00	00:46:33,00	46:25.00	4:44	M - F 45	1	13		-1	8
261	302	Pablo Romero Lema	00:14:58,00	00:23:31,00	00:38:36,00	00:46:34,00	46:21.00	4:36	M - F 40	51	248	Independiente	-1	235
262	61	Apolonia Bermúdez Canosa	00:14:58,00	00:23:31,00	00:38:37,00	00:46:34,00	46:21.00	4:36	Sénior	3	14		-1	9
263	297	Manuel García Rodríguez	00:14:44,00	00:23:07,00	00:38:13,00	00:46:35,00	46:22.00	4:41	M - F 40	52	249	Atletismo Arenteiro	-1	236
264	269	Luciano Lucas Perez	00:14:52,00	00:23:14,00	00:38:22,00	00:46:45,00	46:31.00	4:42	M - F 40	53	250		-1	237
265	392	Vitor Manuel Rodriguez Jurjo	00:15:19,00	00:23:35,00	00:38:35,00	00:46:49,00	46:30.00	4:38	M - F 45	44	251	Vitor Manuel Rodriguez Jurjo	-1	238
266	83	Martín Pereira Marzoa	00:14:49,00	00:23:10,00	00:38:41,00	00:46:52,00	46:42.00	4:44	Sénior	66	252		-1	239
267	136	Davud Lamego Nodar	00:15:08,00	00:23:29,00	00:38:48,00	00:46:54,00	46:37.00	4:40	Sénior	67	253		-1	240
268	59	Ramón Cabo Hombre	00:14:54,00	00:23:15,00	00:38:47,00	00:46:58,00	46:40.00	4:44	Sénior	68	254		-1	241
269	537	Jose Antonio Bermudes Turnes	00:15:07,00	00:23:36,00	00:38:40,00	00:46:59,00	46:48.00	4:40	Superveteranos	14	255	Noitebra F.c.	-1	242
270	190	Daniel Castro Moscoso	00:14:55,00	00:23:25,00	00:38:44,00	00:47:04,00	46:49.00	4:43	M - F 35	53	256	Club Atletismo O Pino	-1	243
271	545	Alberto Torres Garcia	00:15:11,00	00:23:31,00	00:38:46,00	00:47:07,00	00:47:07	4:43	Superveteranos	15	257		-1	244
272	535	Benito González Varela	00:14:57,00	00:23:21,00	00:38:45,00	00:47:08,00	47:01.00	4:45	Superveteranos	16	258	Tambre Bike	-1	245
273	447	María Jose Bragaña Miguens	00:15:04,00	00:23:23,00	00:38:42,00	00:47:10,00	46:53.00	4:45	M - F 45	2	15	Club Atletismo Outes Jonh Turkey	-1	10
274	69	Javier García Varela	00:15:44,00	00:24:10,00	00:39:04,00	00:47:10,00	46:47.00	4:36	Sénior	69	259		-1	246
275	230	José Manuel García Antelo	00:14:51,00	00:23:21,00	00:39:07,00	00:47:11,00	47:05.00	4:46	M - F 35	54	260		13	247

## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
276	251	Oscar Sanchez Caneda	00:14:36,00	00:23:06,00	00:38:45,00	00:47:11,00	47:05,00	4:49	M - F 35	55	261	Club Atletismo O Pino	-1	248
277	261	Beatriz Oliveira Traba	00:14:52,00	00:23:34,00	00:38:47,00	00:47:12,00	47:04,00	4:43	M - F 40	4	16	A. D. Olimpia	-1	11
278	476	Alfonso Canosa Blanco	00:14:23,00	00:22:59,00	00:38:36,00	00:47:15,00	47:13,00	4:51	M - F 50	14	262	A. D. Olimpia	-1	249
279	91	Adrián Goyanes Souto	00:14:28,00	00:22:54,00	00:38:49,00	00:47:18,00	47:09,00	4:52	Sénior	70	263	Adrián Goyanes Souto	-1	250
280	532	José Manuel Albores Díaz	00:15:06,00	00:23:37,00	00:38:54,00	00:47:21,00	46:56,00	4:44	Superveteranos	17	264	Club Atletismo Noia	-1	251
281	347	Johana Torres Torres	00:14:13,00	00:23:04,00	00:38:54,00	00:47:26,00	47:21,00	4:52	M - F 40	5	17	Club Atletismo Sar Vermú Petroni	-1	12
282	257	Víctor Hugo Conde López	00:14:48,00	00:23:26,00	00:39:02,00	00:47:36,00	47:35,00	4:50	M - F 40	54	265	Terra De Soneira Cd	-1	252
283	214	María Fernández González	00:14:51,00	00:23:27,00	00:39:07,00	00:47:37,00	47:28,00	4:49	M - F 35	3	18	Club Atletismo Pravia	-1	13
284	189	Lucía Peon Santome	00:15:11,00	00:23:40,00	00:39:16,00	00:47:40,00	47:25,00	4:48	M - F 35	4	19	Atletismo Deza	-1	14
285	221	César Suárez Suárez	00:16:30,00	00:24:53,00	00:39:45,00	00:47:47,00	47:19,00	4:34	M - F 35	56	266	César Suárez Suárez	12	253
286	265	Sonia Agrasar Barral	00:15:10,00	00:23:42,00	00:39:17,00	00:47:50,00	47:35,00	4:49	M - F 40	6	20	Club Atletismo Sar Vermú Petroni	-1	15
287	402	Evaristo Garcia Martínez	00:15:03,00	00:23:25,00	00:39:13,00	00:47:50,00	47:42,00	4:52	M - F 45	45	267	Club Atletismo Sar Vermú Petroni	-1	254
288	336	Jose Manuel Pérez Cibeira	00:15:13,00	00:23:57,00	00:39:25,00	00:47:52,00	47:38,00	4:47	M - F 40	55	268		-1	255
289	465	Jesus Iglesias Vigo	00:16:30,00	00:24:53,00	00:39:46,00	00:47:53,00	47:25,00	4:35	M - F 50	15	269	Veteranos Negreira	-1	256
290	417	Carlos Carrasco Iturra	00:14:52,00	00:23:30,00	00:39:12,00	00:47:55,00	47:48,00	4:52	M - F 45	46	270	Club Atletismo O Pino	-1	257
291	156	Martín Eugenio Rodríguez Gomez	00:15:06,00	00:23:36,00	00:39:34,00	00:48:04,00	47:54,00	4:53	M - F 35	57	271	Noitebra F.c.	-1	258
292	507	Jose Antonio Blanco Barreiro	00:15:16,00	00:23:56,00	00:39:47,00	00:48:10,00	47:57,00	4:50	Superveteranos	18	272		-1	259
293	218	Sebas Munin Fraga	00:15:36,00	00:24:01,00	00:39:26,00	00:48:12,00	47:56,00	4:50	M - F 35	58	273		-1	260
294	299	Alicia García Cruz	00:14:40,00	00:23:29,00	00:39:38,00	00:48:14,00	00:48:14	4:57	M - F 40	7	21	A. D. Olimpia	-1	16
295	303	Leonardo Fernández	00:15:19,00	00:24:06,00	00:39:54,00	00:48:14,00	47:57,00	4:49	M - F 40	56	274	Leonardo Fernández	-1	261
296	283	Belen Perez Martínez	00:15:30,00	00:24:12,00	00:39:57,00	00:48:15,00	48:03,00	4:48	M - F 40	8	22	A. D. Olimpia	-1	17
297	274	Ignacio Touzón Lijó	00:15:31,00	00:24:12,00	00:40:01,00	00:48:16,00	48:05,00	4:48	M - F 40	57	275	Bajandode40.com	-1	262
298	228	Manuel Presas Vence	00:15:13,00	00:23:48,00	00:39:51,00	00:48:18,00	48:02,00	4:53	M - F 35	59	276	Atletismo Deza	-1	263
299	353	Miguel Ángel Castiñeiras Perez	00:14:12,00	00:22:47,00	00:39:28,00	00:48:20,00	48:14,00	5:06	M - F 40	58	277		-1	264
300	286	Gabriel Álvarez Castro	00:15:28,00	00:24:05,00	00:39:48,00	00:48:22,00	48:14,00	4:51	M - F 40	59	278		-1	265
301	474	Carlos Diaz Corral	00:15:24,00	00:24:07,00	00:39:50,00	00:48:25,00	48:03,00	4:51	M - F 50	16	279		-1	266
302	354	Jorge Mella Calvo	00:16:00,00	00:24:36,00	00:39:58,00	00:48:30,00	48:13,00	4:46	M - F 40	60	280		-1	267
303	332	Jose Manuel Busto Gallardo	00:15:42,00	00:24:30,00	00:40:09,00	00:48:43,00	48:22,00	4:50	M - F 40	61	281	Club Atletismo Lousame - Deportes Hermida	-1	268
304	346	José Antonio Salvado Castro	00:15:30,00	00:24:03,00	00:39:59,00	00:48:50,00	48:30,00	4:57	M - F 40	62	282		-1	269
305	459	Jesus Perez Balirac	00:15:55,00	00:24:47,00	00:40:30,00	00:48:54,00	48:39,00	4:49	M - F 50	17	283	Noitebra F.c.	-1	270
306	375	Andrés Pampin Tato	00:15:12,00	00:24:01,00	00:40:12,00	00:48:55,00	48:49,00	4:58	M - F 40	63	284		-1	271
307	516	Manuel Outes Paz	00:15:20,00	00:24:04,00	00:40:11,00	00:48:56,00	48:45,00	4:58	Superveteranos	19	285		-1	272
308	511	Manuel Jose Rey Paulos	00:15:36,00	00:24:20,00	00:40:26,00	00:48:57,00	48:37,00	4:55	Superveteranos	20	286		-1	273
309	208	Moises Garcia Garcia	00:15:12,00	00:23:57,00	00:40:11,00	00:48:58,00	48:38,00	5:00	M - F 35	60	287		-1	274
310	358	Ruben Diaz Valcarcel	00:15:09,00	00:24:05,00	00:40:39,00	00:48:58,00	48:49,00	4:58	M - F 40	64	288	Club Atletismo Fontes Do Sar	-1	275
311	75	Gonzalo Díaz	00:15:40,00	00:24:28,00	00:40:29,00	00:48:59,00	48:48,00	4:54	Sénior	71	289		-1	276
312	490	Juan Carlos Martínez Álvarez	00:15:28,00	00:24:07,00	00:40:06,00	00:49:00,00	48:44,00	4:58	M - F 50	18	290		-1	277
313	242	Miguel Ángel Candal Padin	00:16:09,00	00:25:00,00	00:40:48,00	00:49:01,00	48:40,00	4:48	M - F 35	61	291		-1	278
314	514	Carlos Pampin Boado	00:16:21,00	00:25:00,00	00:40:37,00	00:49:02,00	48:46,00	4:48	Superveteranos	21	292	Club Deportivo Pinarium	-1	279
315	139	Patricia Álvarez Rey	00:16:17,00	00:25:05,00	00:40:44,00	00:49:02,00	48:44,00	4:47	Sénior	4	23	Patricia Alvarez Rey	-1	18
316	369	Angel M Peon Lado	00:16:17,00	00:25:05,00	00:40:43,00	00:49:03,00	48:45,00	4:47	M - F 40	65	293	Club Cervecería O Coton Negreira	14	280
317	466	Enrique Vazquez Vazquez	00:15:57,00	00:24:45,00	00:40:33,00	00:49:11,00	48:56,00	4:53	M - F 50	19	294	A.d.cerne	-1	281
318	29	Rubén Forján Lema	00:15:55,00	00:24:30,00	00:40:37,00	00:49:17,00	48:56,00	4:57	Sénior	72	295		16	282
319	396	Francisco Gonzalez Martínez	00:15:55,00	00:24:30,00	00:40:37,00	00:49:19,00	48:58,00	4:57	M - F 45	47	296		17	283
320	4	Corinne Alsina Forjan	00:15:10,00	00:23:57,00	00:40:20,00	00:49:22,00	49:16,00	5:04	SUB-20 Xunior	2	24	Club Atletismo Negreira	1	19
321	270	Jose Manuel Alvite Antelo	00:16:45,00	00:25:46,00	00:41:22,00	00:49:30,00	49:13,00	4:44	M - F 40	66	297		-1	284
322	506	Luis Alama Ruiz	00:15:33,00	00:24:22,00	00:40:23,00	00:49:37,00	49:28,00	5:03	Superveteranos	22	298	The Kenyan Urban Way	-1	-1
323	480	Joaquin Fernández Martinez	00:15:43,00	00:24:28,00	00:40:47,00	00:49:40,00	49:20,00	5:02	M - F 50	20	299		-1	285
324	307	Diego Ocampo Sánchez	00:16:05,00	00:25:03,00	00:41:03,00	00:49:40,00	49:21,00	4:55	M - F 40	67	300		-1	286
325	368	Jesús Manuel López Fandiño	00:15:40,00	00:24:33,00	00:40:49,00	00:49:42,00	49:27,00	5:01	M - F 40	68	301		-1	287
326	280	Rafael Senén Gómez Reiris	00:15:44,00	00:24:27,00	00:40:47,00	00:49:46,00	49:26,00	5:03	M - F 40	69	302	Club Atletismo Outes	-1	288
327	470	Xosé Nieto Figueiras	00:16:48,00	00:25:36,00	00:41:23,00	00:49:46,00	49:22,00	4:49	M - F 50	21	303		-1	289
328	536	Javier Nieto Figueiras	00:16:47,00	00:25:37,00	00:41:23,00	00:49:46,00	00:49:46	4:49	Superveteranos	23	304		-1	290
329	442	Angel Munin Otero	00:16:39,00	00:25:28,00	00:41:21,00	00:49:48,00	49:26,00	4:51	M - F 45	48	305	Noitebra F.c.	-1	291
330	49	María Gonzalez Martinez	00:15:21,00	00:24:22,00	00:40:45,00	00:49:51,00	49:40,00	5:05	Sénior	5	25	Orixinal Mgm Team	-1	20

## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
331	503	Javier Guimaraens Judel	00:15:52,00	00:24:41,00	00:40:53,00	00:49:54,00	49:45,00	5:02	Superveteranos	24	306		-1	292
332	27	Sergio Gómez Cabrerizo	00:15:17,00	00:24:17,00	00:40:50,00	00:49:56,00	49:39,00	5:07	Sénior	73	307		-1	-1
333	477	Jose Rodriguez Gonzalez	00:16:09,00	00:25:05,00	00:41:16,00	00:49:58,00	49:41,00	4:58	M - F 50	22	308	Atletismo Arenteiro	-1	293
334	405	Juan Jesús Tajés Mayo	00:15:38,00	00:24:28,00	00:40:57,00	00:50:00,00	49:39,00	5:06	M - F 45	49	309	Club Atletismo Fontes Do Sar	-1	294
335	527	Belarmino Boo Acuña	00:16:10,00	00:25:01,00	00:41:15,00	00:50:04,00	49:39,00	5:00	Superveteranos	25	310		-1	295
336	34	Daniel Ferreiro Carballeira	00:16:02,00	00:25:04,00	00:41:29,00	00:50:07,00	49:46,00	5:00	Sénior	74	311		-1	296
337	493	Luis Jimenez	00:15:02,00	00:23:53,00	00:40:43,00	00:50:11,00	49:58,00	5:15	M - F 50	23	312		-1	297
338	31	Alberto Calvelo Lorenzo	00:16:22,00	00:25:05,00	00:41:22,00	00:50:12,00	49:45,00	5:01	Sénior	75	313		-1	298
339	205	José Baña Moledo	00:16:08,00	00:25:04,00	00:41:24,00	00:50:14,00	49:53,00	5:01	M - F 35	62	314	Club Atletismo Lousame - Deportes Hermida	-1	299
340	258	Lisardo Núñez Pardo De Vera	00:15:54,00	00:24:48,00	00:41:25,00	00:50:15,00	49:55,00	5:05	M - F 40	70	315		-1	300
341	310	Natalia Lorenzo Perez	00:15:11,00	00:23:59,00	00:40:19,00	00:50:17,00	50:07,00	5:15	M - F 40	9	26	Atletismo Milladoiro	-1	21
342	500	Alfredo Fandiño Ares	00:16:06,00	00:24:51,00	00:41:20,00	00:50:18,00	50:06,00	5:05	M - F 50	24	316		-1	301
343	147	Iñigo Esparis Barba	00:15:26,00	00:24:22,00	00:41:11,00	00:50:20,00	50:15,00	5:11	M - F 35	63	317		15	302
344	14	Manuel Reyes Iglesias	00:16:05,00	00:24:57,00	00:41:46,00	00:50:23,00	50:06,00	5:05	SUB-23 Promesa	6	318		-1	303
345	334	Manuel Otero Bargas	00:15:57,00	00:24:56,00	00:41:37,00	00:50:30,00	50:13,00	5:06	M - F 40	71	319		-1	304
346	248	Rocio Garcia Felpeto	00:16:12,00	00:25:08,00	00:41:22,00	00:50:34,00	50:08,00	5:05	M - F 35	5	27	Atletismo Olympo Matojoma	-1	22
347	173	Adrián Carballeira Puñal	00:16:12,00	00:25:04,00	00:41:35,00	00:50:45,00	50:27,00	5:08	M - F 35	64	320		-1	305
348	256	Jesus Alonso Vieito	00:16:20,00	00:25:06,00	00:41:38,00	00:50:46,00	50:22,00	5:08	M - F 40	72	321		19	306
349	501	Ricardo Rubio Alameda	00:15:41,00	00:24:46,00	00:41:49,00	00:50:51,00	50:40,00	5:13	M - F 50	25	322		-1	307
350	365	Javier Urberuaga Diaz	00:16:47,00	00:25:57,00	00:42:00,00	00:50:53,00	50:27,00	4:59	M - F 40	73	323		-1	308
351	497	Victor Ferreiro Lamas	00:15:53,00	00:25:02,00	00:41:53,00	00:50:58,00	50:43,00	5:11	M - F 50	26	324	Club Atletismo Negreira	18	309
352	554	Alberto Castro Vilar	00:15:38,00	00:24:44,00	00:41:44,00	00:51:00,00	50:48,00	5:15	Superveteranos	26	325		-1	310
353	370	Ángel Pardo De Vera Sánchez	00:15:53,00	00:25:10,00	00:41:58,00	00:51:01,00	50:52,00	5:10	M - F 40	74	326		-1	311
354	3	Fabian Liñares Noya	00:16:25,00	00:28:18,00	00:43:39,00	00:51:05,00	50:57,00	4:33	SUB-20 Xunior	7	327	Club Cervecera O Coton Negreira	-1	312
355	475	Javier Rio Rodriguez	00:15:48,00	00:24:52,00	00:41:49,00	00:51:09,00	50:59,00	5:15	M - F 50	27	328		-1	313
356	223	Xurxo Barreiro González	00:16:37,00	00:25:43,00	00:42:15,00	00:51:12,00	50:50,00	5:05	M - F 35	65	329	Beer Runners Coruña	-1	314
357	519	María Rodríguez Lobagueira	00:16:39,00	00:25:28,00	00:42:04,00	00:51:18,00	50:53,00	5:09	Superveteranos	1	28		-1	23
358	523	Carlos Civesduro	00:16:34,00	00:25:38,00	00:42:33,00	00:51:24,00	51:12,00	5:09	Superveteranos	27	330	Independiente	-1	315
359	377	Javier Lires Calo	00:16:46,00	00:25:39,00	00:42:30,00	00:51:32,00	51:07,00	5:10	M - F 40	75	331		-1	316
360	482	Cándido Jesús Miguez García	00:16:53,00	00:26:34,00	00:42:52,00	00:51:43,00	51:27,00	5:01	M - F 50	28	332	Independiente	-1	317
361	395	Jose Manuel Mayo Caamaño	00:16:15,00	00:25:19,00	00:42:50,00	00:51:50,00	51:31,00	5:18	M - F 45	50	333	Vendaval Esteiro	-1	318
362	212	David Santomil	00:17:00,00	00:26:08,00	00:43:04,00	00:51:54,00	51:32,00	5:09	M - F 35	66	334		-1	319
363	543	Pepe Rial Pais	00:16:18,00	00:25:34,00	00:42:35,00	00:51:56,00	51:41,00	5:16	Superveteranos	29	335	Club Atletismo Outes	-1	320
364	488	Juan Castro Suárez	00:16:16,00	00:25:19,00	00:42:34,00	00:52:01,00	51:42,00	5:20	M - F 50	28	336	Club Atletismo O Pino	-1	321
365	300	Javier Varela Romero	00:16:38,00	00:25:55,00	00:43:01,00	00:52:03,00	51:48,00	5:13	M - F 40	76	337		-1	322
366	107	Néstor Fidalgo Blanco	00:16:30,00	00:25:39,00	00:42:51,00	00:52:10,00	51:42,00	5:18	Sénior	76	338	Néstor	-1	323
367	538	Jose Pouso Maneiro	00:17:02,00	00:26:18,00	00:43:02,00	00:52:17,00	51:55,00	5:11	Superveteranos	30	339		-1	324
368	520	Ramon Angel Conde Bermudez	00:16:21,00	00:25:35,00	00:42:55,00	00:52:26,00	52:07,00	5:22	Superveteranos	31	340	Atletas Veteranos De Ourense	-1	325
369	179	Verónica Martínez Parceró	00:16:19,00	00:25:40,00	00:42:58,00	00:52:28,00	52:13,00	5:21	M - F 35	6	29	Club Atletismo O Pino	-1	24
370	325	Marcos Tedín Mouzo	00:16:22,00	00:26:00,00	00:43:05,00	00:52:30,00	52:14,00	5:17	M - F 40	77	341		-1	326
371	152	Carlos Dominguez Lourido	00:16:43,00	00:26:06,00	00:43:23,00	00:53:01,00	52:47,00	5:22	M - F 35	67	342		20	327
372	169	Alberto Agra Liñares	00:17:28,00	00:26:44,00	00:44:10,00	00:53:11,00	52:43,00	5:17	M - F 35	68	343		21	328
373	191	Begoña Gil Otero	00:16:44,00	00:26:20,00	00:43:46,00	00:53:13,00	52:58,00	5:22	M - F 35	7	30	Atletismo Deza	-1	25
374	357	Álvaro Ferreira Pérez	00:16:41,00	00:26:11,00	00:43:41,00	00:53:14,00	52:56,00	5:24	M - F 40	78	344		-1	329
375	531	Jesús Illade Cerdeiras	00:16:40,00	00:26:21,00	00:43:47,00	00:53:15,00	53:00,00	5:22	Superveteranos	32	345	Jesús Illade Cerdeiras	-1	330
376	343	Aure Canle Reino	00:17:50,00	00:27:03,00	00:44:12,00	00:53:17,00	53:00,00	5:14	M - F 40	79	346		-1	331
377	399	María Jose Traba Lopez	00:16:26,00	00:25:55,00	00:43:39,00	00:53:23,00	53:12,00	5:29	M - F 45	3	31	A. D. Olimpia	-1	26
378	178	Cristina Carril Boo	00:17:00,00	00:26:32,00	00:43:56,00	00:53:37,00	53:16,00	5:24	M - F 35	8	32	Club Atletismo O Pino	-1	27
379	425	Francisco Javier Fanego Rioboo	00:17:05,00	00:26:36,00	00:44:29,00	00:53:51,00	53:27,00	5:27	M - F 45	51	347		-1	332
380	544	Antonio Oscar Constenla Junquera	00:16:58,00	00:26:43,00	00:44:41,00	00:54:29,00	54:02,00	5:33	Superveteranos	33	348		-1	333
381	526	María Isabel Chorén Maroño	00:17:04,00	00:26:51,00	00:44:41,00	00:54:41,00	54:17,00	5:33	Superveteranos	2	33	Club Atletismo O Pino	-1	28
382	15	Antía Vieiro Fernández	00:17:01,00	00:26:56,00	00:45:08,00	00:54:58,00	54:48,00	5:36	SUB-23 Promesa	4	34		-1	29
383	132	Jose Angel Parada Cadillo	00:16:18,00	00:26:21,00	00:45:04,00	00:55:00,00	54:55,00	5:43	Sénior	77	349		-1	334
384	315	Laureano Varela Álvarez	00:19:25,00	00:29:25,00	00:45:57,00	00:55:01,00	54:39,00	5:07	M - F 40	80	350		-1	335
385	250	María Vanessa Leon Viñas	00:16:42,00	00:26:45,00	00:45:09,00	00:55:06,00	54:52,00	5:40	M - F 35	9	35	Club Atletismo Sar Vermú Petroni	-1	30

### CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORIA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
386	383	Montserrat Pereira Pena	00:16:41,00	00:26:45,00	00:45:08,00	00:55:07,00	54:52,00	5:40	M - F 40	10	36	Club Atletismo Sar Vermú Petroni	-1	31
387	204	María García Castelo	00:18:06,00	00:27:52,00	00:45:39,00	00:55:08,00	54:46,00	5:27	M - F 35	10	37	Club Atletismo Lousame Deportes Hermida	-1	32
388	485	Lydia Martínez Moutón	00:17:34,00	00:27:33,00	00:45:49,00	00:55:45,00	55:25,00	5:38	M - F 50	2	38		-1	33
389	547	German Villanustre Abuín	00:17:21,00	00:27:23,00	00:45:48,00	00:55:51,00	55:39,00	5:41	Superveteranos	34	351	Sd Barbantía Roda	-1	336
390	541	Manuel Moure Sande	00:17:39,00	00:27:23,00	00:45:48,00	00:55:51,00	55:41,00	5:41	Superveteranos	35	352	Noitebra F.c.	-1	337
391	398	Francisco Abuín García	00:18:06,00	00:27:51,00	00:46:12,00	00:55:52,00	55:25,00	5:36	M - F 45	52	353		-1	338
392	351	Gabriel Cao Sánchez	00:18:28,00	00:28:32,00	00:46:33,00	00:56:17,00	55:55,00	5:33	M - F 40	81	354		-1	339
393	419	Carmen Castro Cores	00:17:54,00	00:27:45,00	00:46:28,00	00:56:18,00	55:59,00	5:42	M - F 45	4	39	Club Atletismo O Pino	-1	34
394	426	Eva De La Fuente Iglesias	00:17:54,00	00:27:45,00	00:46:27,00	00:56:18,00	55:59,00	5:42	M - F 45	5	40	Club Atletismo O Pino	-1	35
395	96	Alberto Pereira Suárez	00:18:10,00	00:28:16,00	00:46:51,00	00:56:24,00	56:13,00	5:37	Sénior	78	355		-1	340
396	388	Manuel Trigo Bao	00:17:02,00	00:26:54,00	00:46:23,00	00:56:32,00	56:17,00	5:55	M - F 45	53	356	Ninguno	-1	341
397	548	Daniel Angel Otero Cepeda	00:17:38,00	00:27:53,00	00:46:48,00	00:56:40,00	56:22,00	5:45	Superveteranos	36	357		-1	342
398	292	Hernán García Amelio	00:17:01,00	00:26:57,00	00:46:26,00	00:56:40,00	56:25,00	5:56	M - F 40	82	358	Atletismo Deza	-1	343
399	457	Sonia Fernández Conde	00:18:01,00	00:28:15,00	00:46:40,00	00:56:43,00	56:21,00	5:41	M - F 45	6	41		-1	36
400	328	Yolanda González Villar	00:18:03,00	00:27:50,00	00:46:39,00	00:56:45,00	56:20,00	5:47	M - F 40	11	42	John Turkey De Outes	-1	37
401	484	Ricardo Julio Rodríguez Fernández	00:18:03,00	00:27:50,00	00:46:39,00	00:56:45,00	56:21,00	5:46	M - F 50	29	359	Club Atletismo Outes	-1	344
402	119	María Ruso Gundin	00:18:09,00	00:28:23,00	00:46:49,00	00:56:49,00	56:29,00	5:41	Sénior	6	43		-1	38
403	362	Bartolome Balsa Freire	00:17:49,00	00:27:56,00	00:46:52,00	00:56:54,00	56:25,00	5:47	M - F 40	83	360	Peña Pulpeiros	-1	345
404	469	Antonio Balboa Salgado	00:18:25,00	00:28:43,00	00:47:08,00	00:57:06,00	56:45,00	5:40	M - F 50	30	361	Antonio Balboa Salgado	-1	346
405	17	Laura Dopazo Gomez	00:18:29,00	00:28:28,00	00:47:19,00	00:57:25,00	57:04,00	5:47	SUB-23 Promesa	5	44	Club Atletismo Negreira	2	39
406	145	Albert C. Carballal Iglesias	00:18:06,00	00:28:16,00	00:47:42,00	00:57:49,00	57:32,00	5:54	M - F 35	69	362		-1	347
407	458	Antonio González Franco	00:18:05,00	00:28:15,00	00:47:42,00	00:57:49,00	57:30,00	5:54	M - F 50	37	363	Team Dafit	-1	348
408	277	Rafael Iglesias Bello	00:16:34,00	00:27:04,00	00:47:13,00	00:57:59,00	57:46,00	6:11	M - F 40	84	364		-1	349
409	498	Josefa Cajuso Barbazan	00:18:58,00	00:29:04,00	00:48:23,00	00:58:41,00	58:21,00	5:55	M - F 50	3	45	Club Atletismo Negreira	3	40
410	539	Manuel García García	00:18:20,00	00:28:56,00	00:48:14,00	00:58:53,00	58:39,00	5:59	Superveteranos	38	365	Manuel García García	-1	350
411	50	Adán Pérez Fidalgo	00:18:14,00	00:28:43,00	00:48:57,00	00:59:06,00	58:40,00	6:04	Sénior	79	366	Adán Pérez Fidalgo	-1	351
412	58	Vanesa Felpeto Babío	00:18:32,00	00:29:16,00	00:48:29,00	00:59:11,00	58:47,00	5:58	Sénior	7	46		-1	41
413	229	David Casasnovas Fernández	00:19:07,00	00:29:32,00	00:48:56,00	00:59:13,00	58:51,00	5:56	M - F 35	70	367	Synaptyca Running	-1	352
414	249	Manuel Alejandro Suárez Garea	00:16:59,00	00:27:10,00	00:47:44,00	00:59:15,00	58:48,00	6:24	M - F 35	71	368		-1	353
415	352	Antonio Adolfo Fernandez Casasnovas	00:19:07,00	00:29:32,00	00:48:56,00	00:59:15,00	58:53,00	5:56	M - F 40	85	369		-1	354
416	330	Marcos Núñez Iglesias	00:16:35,00	00:27:10,00	00:47:44,00	00:59:15,00	58:48,00	6:24	M - F 40	86	370		-1	355
417	492	José Luis Collazo Mariño	00:19:25,00	00:30:15,00	00:49:09,00	00:59:23,00	59:04,00	5:49	M - F 50	31	371		-1	356
418	533	Benito Dasilva Boullosa	00:18:02,00	00:28:40,00	00:48:39,00	00:59:23,00	59:10,00	6:08	Superveteranos	39	372		-1	357
419	360	Susana Buján Otero	00:17:52,00	00:28:21,00	00:48:41,00	00:59:23,00	59:17,00	6:12	M - F 40	12	47	Noitebra F.c.	-1	42
420	95	Liliana Gómez Almeida	00:18:48,00	00:29:39,00	00:49:22,00	00:59:41,00	59:34,00	6:00	Sénior	8	48		-1	43
421	200	Pilar Vazquez Febrero	00:19:46,00	00:30:44,00	00:49:48,00	00:59:57,00	59:33,00	5:50	M - F 35	11	49		-1	44
422	403	Chelo Vigo Liñares	00:18:16,00	00:28:54,00	00:49:23,00	01:00:07,00	59:49,00	6:14	M - F 45	7	50	Club Atletismo Fontes Do Sar	-1	45
423	404	Ana Vigo Liñares	00:18:17,00	00:28:55,00	00:49:24,00	01:00:07,00	59:49,00	6:14	M - F 45	8	51	Club Atletismo Fontes Do Sar	-1	46
424	219	Salomé Miramontes Mirás	00:20:04,00	00:30:22,00	00:50:13,00	01:00:26,00	1:00:03,00	6:00	M - F 35	12	52		-1	47
425	387	Patricia Quintans Suarez	00:18:58,00	00:29:25,00	00:49:28,00	01:00:26,00	1:00:03,00	6:12	M - F 40	13	53		-1	48
426	322	Guillermo Fernandez	00:19:51,00	00:30:40,00	00:50:04,00	01:00:36,00	1:00:09,00	5:59	M - F 40	87	373		-1	358
427	13	Iria Lago Andrade	00:18:58,00	00:29:46,00	00:50:09,00	01:00:41,00	1:00:29,00	6:10	SUB-23 Promesa	6	54	A. D. Olimpia	-1	49
428	68	Verónica Iglesias Fernández	00:19:30,00	00:30:26,00	00:50:00,00	01:00:44,00	1:00:21,00	6:03	Sénior	9	55		-1	50
429	550	Miguel Angel Ferreiro Campos	00:18:08,00	00:28:58,00	00:49:07,00	01:00:50,00	1:00:34,00	6:22	Superveteranos	40	374		-1	359
430	335	Arantxa Abad Pérez	00:19:47,00	00:30:45,00	00:50:23,00	01:00:51,00	1:00:34,00	6:01	M - F 40	14	56		-1	51
431	210	Ana María Fernández Bello	00:19:47,00	00:30:45,00	00:50:23,00	01:00:51,00	1:00:34,00	6:01	M - F 35	13	57	Nosportlimit	-1	52
432	505	Xosé Manuel Carballeira Hortas	00:19:40,00	00:30:31,00	00:50:28,00	01:01:17,00	1:00:50,00	6:09	Superveteranos	41	375		-1	360
433	66	Carlos Sande Manteiga	00:18:25,00	00:29:10,00	00:51:52,00	01:04:38,00	1:04:13,00	7:05	Sénior	80	376		-1	361
434	171	María Lucía Freire Cabo	00:20:01,00	00:31:22,00	00:53:36,00	01:05:16,00	1:04:52,00	6:46	M - F 35	14	58		-1	53
435	341	María Cortés Patiño	00:20:18,00	00:31:59,00	00:53:40,00	01:05:37,00	1:05:21,00	6:43	M - F 40	15	59	Nosportlimit	-1	54
436	342	Mila Gonzalez Lopez	00:20:18,00	00:31:58,00	00:53:38,00	01:05:37,00	1:05:21,00	6:43	M - F 40	16	60	Nsl	-1	55
437	502	Francisco Bao Estevez	00:21:00,00	00:32:45,00	00:54:41,00	01:06:22,00	1:05:59,00	6:43	Superveteranos	42	377	Adas - Barco	-1	362
438	521	Jesus Rua Perez	00:21:06,00	00:32:57,00	00:54:48,00	01:06:23,00	1:06:11,00	6:41	Superveteranos	43	378	Independiente	-1	363
439	236	Ruben Fiuza Canosa	00:19:55,00	00:31:51,00	00:54:42,00	01:06:41,00	1:06:13,00	6:58	M - F 35	72	379	Mirons Da Costa Da Morte	-1	364
440	512	Elvira Tresguerras González							Superveteranos	-1		Club Atletismo Sar Vermú Petroni		



## CLASIFICACIÓN CARRERA 10K

PTO	DOR	NOMBRE	PCONTROL1	VUELTA 1	PCONTROL2	T.OFICIAL	T.NETO	RITMO	CATEGORÍA	P. CAT	P. SEX	CLUB	PTO LOCAL	PTO GALLEGO
DSQ - Art.13	39	Pablo Riveiro Forján	00:15:08,00	00:23:32,00	00:38:35,00	00:46:47,00	46:32.00	4:38	Sénior	-1	-1	Clube De Amigos De Rubén Mayo	-1	-1
DSQ - Art.13	42	Jose Mansilla Barreiro	00:15:08,00	00:23:32,00	00:38:35,00	00:46:47,00	46:32.00	4:39	Sénior	-1	-1	Clube De Amigos De Rubén Mayo	-1	-1
DSQ - Art.13	140	Fermin López Agra	00:15:51,00	00:24:55,00	00:41:19,00	00:50:14,00	50:01.00	5:03	Sénior	-1	-1		-1	-1
DSQ - Art.13	196	Manuel Mouzo Doval	00:15:51,00	00:24:55,00	00:41:18,00	00:50:14,00	50:01.00	5:03	M - F 35	-1	-1		-1	-1
DSQ - Art.13	166	Maria Perianes Barreiro	00:18:47,00	00:29:13,00	00:43:40,00	00:51:26,00	51:01.00	4:26	M - F 35	-1	-1		-1	-1
DSQ - Art.13	285	Carlos Varela Garcia	00:18:47,00	00:29:13,00	00:43:40,00	00:51:26,00	51:01.00	4:26	M - F 40	-1	-1	Carlos Varela Garcia	-1	-1