

POS.	P.CAT.	NUMBER	PARTICIPANT	CAT	CLUB	META	DIF 1º	RITMO
1	1	143	TOUCEDO SANTOS , ESTEBAN	SACHO-M	SAN MIGUEL DE MARÍN	01:15:28		05:38 min/Km
2	1	18	BRION BRION , ÓSCAR	FOUSA-M	MAXIKO MASAXES KIKO	01:15:29	+00:00:01	05:38 min/Km
3	2	61	GUERRA MAGAN , OSCAR	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:17:38	+00:02:10	05:48 min/Km
4	3	46	FERNÁNDEZ VIDAL , PORFIRIO	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:17:55	+00:02:27	05:49 min/Km
5	4	117	POUSO VIDAL , LUCAS	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:18:45	+00:03:17	05:53 min/Km
6	2	222	GONZALEZ HORTA , ELOY	SACHO-M	LODEIROS TRAIL	01:18:51	+00:03:23	05:54 min/Km
7	5	101	OUBIÑA FALCÓN , MAXI	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:19:38	+00:04:10	05:57 min/Km
8	1	9	BARRAL VARELA , JUAN JESUS	MACHADO-M	TRIBU TRAIL	01:20:38	+00:05:10	06:02 min/Km
9	2	234	LORENZO FORMIGO , PABLO	MACHADO-M	ATLETISMO FONTES DO SAR	01:20:46	+00:05:18	06:02 min/Km
10	6	100	OUBIÑA DIOS , FRANCISCO RAMON	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:20:48	+00:05:20	06:02 min/Km
11	7	111	PEREZ PRIETO , GERARDO	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:21:33	+00:06:05	06:06 min/Km
12	3	29	CASTRO SAMPEDRO , JAVI	SACHO-M	INDEPENDIENTE	01:21:34	+00:06:06	06:06 min/Km
13	8	30	CES CRISTOBO , MANUEL	FOUSA-M	TRIBU TRAIL	01:21:36	+00:06:08	06:06 min/Km
14	3	130	RODRÍGUEZ GONZÁLEZ , RAMÓN	MACHADO-M	KORPOREARENTEIRO TRAIL	01:21:41	+00:06:13	06:06 min/Km
15	4	268	SUAREZ LEIS , JOSE	MACHADO-M	SAR_VERMU PETRONI	01:22:25	+00:06:57	06:10 min/Km
16	9	55	GENDRE FERNANDEZ , JAVIER	FOUSA-M	TARTARUGAS	01:22:28	+00:07:00	06:10 min/Km
17	5	221	GOMZALEZ SANTAMARÍA , JOSE MANUEL	MACHADO-M	S.D.BARBANTIA RODA	01:22:33	+00:07:05	06:10 min/Km
18	4	16	BRALO NIMO , ISMAEL	SACHO-M	TRIBU TRAIL	01:23:29	+00:08:01	06:14 min/Km
19	10	260	RUSO NIETO , JOSÉ MANUEL	FOUSA-M	CLUB ATLETISMO NEGREIRA	01:23:58	+00:08:30	06:16 min/Km
20	6	51	GARCÍA ABALO , KIKO	MACHADO-M	MAXIKO MASAXES KIKO	01:24:05	+00:08:37	06:17 min/Km
21	11	212	FREIRE OTERO , DAVID	FOUSA-M		01:24:25	+00:08:57	06:18 min/Km
22	7	19	BROCOS MAREQUE , EDUARDO	MACHADO-M		01:24:38	+00:09:10	06:19 min/Km
23	12	3	AGEITOS SANLES , FERNANDO	FOUSA-M	INCOR AUTOVIDRIO	01:24:40	+00:09:12	06:20 min/Km
24	13	81	MARTINEZ , ALBERTO	FOUSA-M	INCOR AUTOVIDRIO	01:24:56	+00:09:28	06:21 min/Km
25	14	27	CAMEAN CAMEAN , ROBERTO	FOUSA-M	INCOR AUTOVIDRIO	01:25:41	+00:10:13	06:24 min/Km
26	5	115	PIÑEIRO FIEL , MANUEL	SACHO-M	TRIATLÓN PEÑA CICLISTA RÍAS BAIXAS	01:26:16	+00:10:48	06:27 min/Km
27	15	75	LORES MEIS , JOSE MANUEL	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:26:35	+00:11:07	06:28 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	CAT	CLUB	META	DIF 1º	RITMO
28	16	1	ABALO CHOUZA , NARCISO	FOUSA-M	CDM VÉRTICE	01:26:53	+00:11:25	06:30 min/Km
29	17	275	VÁZQUEZ REIRIZ , LUIS	FOUSA-M	TRIBU TRAIL	01:27:01	+00:11:33	06:30 min/Km
30	18	76	LUNA DOMINGUEZ , JUAN	FOUSA-M	TRIBU TRAIL	01:27:12	+00:11:44	06:31 min/Km
31	19	120	QUEIRUGA TORRES , OSCAR	FOUSA-M	INCOR AUTOVIDRIO	01:27:24	+00:11:56	06:32 min/Km
32	20	134	SANTIAGO POUSO , ROBERTO	FOUSA-M	INCOR AUTOVIDRIO	01:27:46	+00:12:18	06:33 min/Km
33	21	162	ABALDE VILA , JAVIER	FOUSA-M		01:27:46	+00:12:18	06:33 min/Km
34	22	202	DUARTE , RAFA	FOUSA-M	PIRATES DE LA MUNTANYA	01:28:44	+00:13:16	06:38 min/Km
35	6	79	MARQUE RUIBAL , JOSÉ ANTONIO	SACHO-M	CDM VÉRTICE	01:28:53	+00:13:25	06:38 min/Km
36	23	57	GONZÁLEZ MARTÍNEZ , JOSÉ ANTONIO	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:29:23	+00:13:55	06:41 min/Km
37	7	139	SPESSARD , PAXTON	SACHO-M	.C.A. CAMBADOS - SEGUROS NOVAL	01:29:23	+00:13:55	06:41 min/Km
38	8	258	ROSENDE BREA , JOSE	MACHADO-M	CAI ESTRADA	01:29:30	+00:14:02	06:41 min/Km
39	24	271	SUAREZ RODRIGUEZ , ANTONIO	FOUSA-M	CASTROSUA TRAIL RUNNING	01:29:30	+00:14:02	06:41 min/Km
40	25	28	CASAL SANTOS , MARCOS	FOUSA-M	INDEPENDIENTE	01:29:38	+00:14:10	06:42 min/Km
41	1	25	CALVO DOPAZO , VERÓNICA	FOUSA-F	CDM VÉRTICE	01:29:50	+00:14:22	06:43 min/Km
42	9	22	BURES MIGUENS , XOSÉ MANUEL	MACHADO-M	TRIBU TRAIL	01:29:50	+00:14:22	06:43 min/Km
43	26	88	MELEIRO FERNÁNDEZ , EMILIO	FOUSA-M	TARTARUGAS	01:29:59	+00:14:31	06:43 min/Km
44	27	145	TRIÑANES SANCHEZ , CARLOS	FOUSA-M	INDEPENDIENTE	01:30:17	+00:14:49	06:45 min/Km
45	28	90	MOLINERO RECIO , HUGO	FOUSA-M		01:31:46	+00:16:18	06:51 min/Km
46	10	178	BOO FARIÑA , SALVADOR	MACHADO-M	TRIBU TRAIL	01:31:55	+00:16:27	06:52 min/Km
47	8	53	GARCIA MARTINEZ , HUGO	SACHO-M	CAO (CLUB ATLETISMO OUTES)	01:31:57	+00:16:29	06:52 min/Km
48	29	21	BUJÁN GONZÁLEZ , JOSÉ	FOUSA-M	CAO (CLUB ATLETISMO OUTES)	01:31:57	+00:16:29	06:52 min/Km
49	9	228	IGLESIAS AMORES , MIGUEL	SACHO-M	ATLETISMOARENTEIRO	01:32:04	+00:16:36	06:53 min/Km
50	11	148	VIDAL RODRÍGUEZ , GUILLERMO	MACHADO-M	ATLETAS DE ACEA DE AMA	01:32:05	+00:16:37	06:53 min/Km
51	10	92	MUIÑO GENDE , SERGIO	SACHO-M	INDEPENDIENTE	01:32:07	+00:16:39	06:53 min/Km
52	12	20	BUGALLO , GONZALO	MACHADO-M	C.A. CAMBADOS - SEGUROS NOVAL	01:32:16	+00:16:48	06:54 min/Km
53	30	208	FERNÁNDEZ PAZ , OSCAR	FOUSA-M		01:32:20	+00:16:52	06:54 min/Km
54	2	172	BARROSO PÉREZ , BEATRIZ	FOUSA-F	TRIBU TRAIL	01:32:31	+00:17:03	06:55 min/Km

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55	31	44	FERNANDEZ TORRES , RAMON	FOUSA-M	ADC ARNELA	01:32:48	+00:17:20	06:56 min/Km
56	32	205	FERNANDEZ LANDEIRO , JUAN MANUEL	FOUSA-M	TRIATLON MOTOBIKE POIO GALAICO	01:32:49	+00:17:21	06:56 min/Km
57	3	86	MATALOBOS REDONDO , ELENA	FOUSA-F	SD BARBANTIA RODA	01:32:51	+00:17:23	06:56 min/Km
58	33	231	LAREO CREO , DANIEL	FOUSA-M	TRIBU TRAIL	01:32:52	+00:17:24	06:56 min/Km
59	34	4	ALONSO CABALEIRO , OSCAR	FOUSA-M	INDEPENDIENTE	01:33:01	+00:17:33	06:57 min/Km
60	35	140	TAJES PÉREZ , JESÚS MANUEL	FOUSA-M	TRIBU TRAIL	01:34:13	+00:18:45	07:02 min/Km
61	13	238	MARIÑO CASAS , MODESTO	MACHADO-M	INDEPENDIENTE	01:34:26	+00:18:58	07:03 min/Km
62	14	193	COSTAS FERNANDEZ , ALFONSO	MACHADO-M	C.A.R.MARISQUEIRO	01:34:56	+00:19:28	07:06 min/Km
63	36	198	DIESTE REGADES , SERGIO	FOUSA-M	TRIBU TRAIL	01:34:56	+00:19:28	07:06 min/Km
64	37	251	RIVAS BEIS , JAVIER	FOUSA-M		01:35:23	+00:19:55	07:08 min/Km
65	11	96	NÚÑEZ QUEIRUGA , ESTEBAN	SACHO-M	MONTEMUÍÑO	01:35:24	+00:19:56	07:08 min/Km
66	12	257	ROSELL HURTADO , DANIEL	SACHO-M	ASESOU	01:35:27	+00:19:59	07:08 min/Km
67	15	197	DIAZ PORTAS , ALBERTO	MACHADO-M	INDEPENDIENTE	01:35:49	+00:20:21	07:10 min/Km
68	38	63	IGLESIAS PARDO , TINO	FOUSA-M	FONTES DO SAR	01:36:20	+00:20:52	07:12 min/Km
69	39	163	ABALO VILAS , ANGEL	FOUSA-M		01:36:22	+00:20:54	07:12 min/Km
70	16	180	BREY MATO , ROBERTO	MACHADO-M	CAI ESTRADA	01:36:34	+00:21:06	07:13 min/Km
71	40	219	GÓMEZ SIEIRA , DAVID	FOUSA-M	CLUB ATLETISMO LOUSAME	01:36:45	+00:21:17	07:14 min/Km
72	41	215	GARCÍA GARCÍA , DANIEL	FOUSA-M	INDEPENDIENTE	01:37:02	+00:21:34	07:15 min/Km
73	13	246	PÉPERZ CANTELAR , MARCOS	SACHO-M	INDEPENDIENTE	01:37:10	+00:21:42	07:16 min/Km
74	17	35	DOMINGUEZ PIÑEIRO , CHEMA	MACHADO-M	SD BARBANTIA RODA	01:37:12	+00:21:44	07:16 min/Km
75	42	91	MONTEAGUDO ARUFE , MANOLO	FOUSA-M	TRIBU TRAIL	01:37:19	+00:21:51	07:16 min/Km
76	14	37	FARIÑA PRADO , JAVIER	SACHO-M	C.A. CAMBADOS - SEGUROS NOVAL	01:37:26	+00:21:58	07:17 min/Km
77	43	103	PAZ CALO , JORGE	FOUSA-M		01:37:29	+00:22:01	07:17 min/Km
78	44	7	ASTRAY LÓPEZ , PABLO	FOUSA-M	INDEPENDIENTE	01:37:52	+00:22:24	07:19 min/Km
79	15	40	FERNÁNDEZ GONZÁLEZ , XOÁN	SACHO-M	INDEPENDIENTE	01:37:54	+00:22:26	07:19 min/Km
80	45	23	CABEZAL , ALEJANDRO	FOUSA-M	SACHACAMIÑOS - VIRXIJANOS TRAIL	01:38:16	+00:22:48	07:20 min/Km
81	46	236	LUACES SENDON , LALO	FOUSA-M	INDEPENDIENTE	01:38:18	+00:22:50	07:21 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	CAT	CLUB	META	DIF 1º	RITMO
82	47	122	REY AGRELO , RAMIRO	FOUSA-M	CLUB ATLETISMO LOUSAME	01:38:19	+00:22:51	07:21 min/Km
83	48	264	SENDÍN RAÑA , PABLO	FOUSA-M	INDEPENDIENTE	01:38:24	+00:22:56	07:21 min/Km
84	49	114	PESTONIT FREIRE , NOE	FOUSA-M	TRIBU TRAIL	01:38:50	+00:23:22	07:23 min/Km
85	16	138	SOUTO PADERNE , DANIEL	SACHO-M	INDEPENDIENTE	01:38:54	+00:23:26	07:23 min/Km
86	50	135	SANTÓRUM GONZÁLEZ , JORGE	FOUSA-M	C.A. CAMBADOS - SEGUROS NOVAL	01:39:13	+00:23:45	07:25 min/Km
87	51	276	VIEITES , RUBEN	FOUSA-M		01:39:20	+00:23:52	07:25 min/Km
88	52	196	DÍAZ FERNÁNDEZ , FRANCISCO	FOUSA-M	CC VILALBA-AS PONTES	01:39:26	+00:23:58	07:26 min/Km
89	53	112	PEREZ QUEIRO , ANTONIO	FOUSA-M	ADC ARNELA	01:39:36	+00:24:08	07:26 min/Km
90	17	66	JIMENEZ MICOLA , ROBERTO JOSE	SACHO-M	INDEPENDIENTE	01:40:09	+00:24:41	07:29 min/Km
91	54	181	BUGALLO DEL PUERTO , IVÁN	FOUSA-M	RUNNING OLEIROS	01:40:31	+00:25:03	07:31 min/Km
92	55	273	TROITIÑO LIMERES , LAUREANO	FOUSA-M		01:40:31	+00:25:03	07:31 min/Km
93	56	42	FERNÁNDEZ SANTAMARÍA , JOAQUÍN	FOUSA-M	SACHACAMIÑOS - VIRXIJIANOS TRAIL	01:40:39	+00:25:11	07:31 min/Km
94	18	217	GEY MARTINEZ , RAMON	SACHO-M	MGM ACTIVIDADES DIRIXIDAS	01:40:54	+00:25:26	07:32 min/Km
95	19	244	PAZ CASTRO , ADRIAN	SACHO-M	BTT LAGOA DE COSPEITO	01:41:31	+00:26:03	07:35 min/Km
96	18	45	FERNÁNDEZ VALENCIA , PABLO	MACHADO-M	ATHLOS	01:41:38	+00:26:10	07:36 min/Km
97	57	106	PEREIRAS COUTO , ALVARO	FOUSA-M		01:41:40	+00:26:12	07:36 min/Km
98	4	252	RIVAS RIO , CRIS	FOUSA-F		01:41:55	+00:26:27	07:37 min/Km
99	20	47	FIGUEIRO RESUA , FRANCISCO JAVIER	SACHO-M	MAXIKO MASAXES KIKO	01:42:06	+00:26:38	07:38 min/Km
100	21	242	PARADA BREA , DANIEL	SACHO-M		01:42:11	+00:26:43	07:38 min/Km
101	22	60	GOYANES SOUTO , ADRIÁN	SACHO-M	INDEPENDIENTE	01:42:28	+00:27:00	07:39 min/Km
102	58	13	BLANCO SANTOS , ESTEBAN	FOUSA-M	TRIBU TRAIL	01:42:46	+00:27:18	07:41 min/Km
103	59	121	QUINTELA MARTÍNEZ , IBÁN	FOUSA-M	TARTARUGAS	01:42:49	+00:27:21	07:41 min/Km
104	19	5	ALVAREZ NORES , RAMIRO	MACHADO-M	C.A.R. MARISQUEIRO	01:44:03	+00:28:35	07:46 min/Km
105	20	161	ABAL MORRAZO , EMILIO	MACHADO-M	INDEPENDIENTE	01:44:32	+00:29:04	07:49 min/Km
106	21	54	GARCÍA RODRÍGUEZ , JUAN	MACHADO-M	SACHACAMIÑOS - VIRXIJIANOS TRAIL	01:44:33	+00:29:05	07:49 min/Km
107	23	17	BRENLLA FAJIN , SATIRO	SACHO-M	TARTARUGAS	01:45:06	+00:29:38	07:51 min/Km
108	60	263	SANTOS DIOS , JOSE RAMON	FOUSA-M		01:46:05	+00:30:37	07:55 min/Km

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109	5	49	FRANCO RESUA , PILI	FOUSA-F	SACHACAMIÑOS - VIRXIJANOS TRAIL	01:46:44	+00:31:16	07:58 min/Km
110	61	223	GONZALEZ MARIÑO , ADOLFO	FOUSA-M		01:46:47	+00:31:19	07:59 min/Km
111	22	214	GALLARDO FRANCISCO , BENITO	MACHADO-M	RUN CARBALLIÑO	01:47:11	+00:31:43	07:60 min/Km
112	23	67	JUNCAL COSTA , ANTON	MACHADO-M	ATLETISMO TAMBRE	01:47:22	+00:31:54	08:01 min/Km
113	24	266	SOMAVILLA GUTIÉRREZ , JAVIER	MACHADO-M	CXM VALENCIA	01:47:24	+00:31:56	08:01 min/Km
114	6	12	BLANCO PÉREZ , ANA	FOUSA-F	CDM VÉRTICE	01:47:32	+00:32:04	08:02 min/Km
115	62	184	CALERO FERNANDEZ , JOSÉ MANUEL	FOUSA-M		01:47:54	+00:32:26	08:04 min/Km
116	63	105	PENA MANEIRO , MANUEL ANTONIO	FOUSA-M	SALTAMONTES	01:47:55	+00:32:27	08:04 min/Km
117	24	166	ALONSO , ÓSCAR	SACHO-M	INDEPENDIENTE	01:48:19	+00:32:51	08:05 min/Km
118	64	207	FERNÁNDEZ OLIVEIRA , JUAN CARLOS	FOUSA-M	INDEPENDIENTE	01:48:22	+00:32:54	08:06 min/Km
119	65	14	BOO REIRIZ , JOSÉ MARÍA	FOUSA-M	SACHACAMIÑOS - VIRXIJANOS TRAIL	01:48:56	+00:33:28	08:08 min/Km
120	66	151	VILASOA SILVA , JOSE FRANCISCO	FOUSA-M	S.D. BARBANTIA RODA	01:49:05	+00:33:37	08:09 min/Km
121	67	167	ALONSO REFOJO , MARCOS	FOUSA-M		01:49:18	+00:33:50	08:10 min/Km
122	68	97	NÚÑEZ QUEIRUGA , ZALO	FOUSA-M	MONTEMUÍÑO	01:49:21	+00:33:53	08:10 min/Km
123	25	229	IGLESIAS IGLESIAS , ISIDRO	MACHADO-M	C.D RIA DE AROUSA	01:49:25	+00:33:57	08:10 min/Km
124	1	52	GARCÍA ABALO , MADA	MACHADO-F	CAO (CLUB ATLETISMO OUTES)	01:49:25	+00:33:57	08:10 min/Km
125	25	201	DOMÍNGUEZ SÁNCHEZ , EMILIO	SACHO-M	INDEPENDIENTE	01:49:37	+00:34:09	08:11 min/Km
126	2	188	CANABAL VILLAVERDE , ESTRELLA	MACHADO-F	OBJETIVO TRAIL	01:50:07	+00:34:39	08:14 min/Km
127	69	147	VICENTE GARCIA , JOSE DANIEL	FOUSA-M	INDEPENDIENTE	01:50:11	+00:34:43	08:14 min/Km
128	26	248	PEREZ TRILLO , JESUS	MACHADO-M	PRAIA DE CARNOTA RUNNERS	01:51:10	+00:35:42	08:18 min/Km
129	3	237	MARCOS LÓPEZ , PAZ	MACHADO-F	INDEPENDIENTE	01:51:11	+00:35:43	08:18 min/Km
130	7	77	MANEIRO CAAMAÑO , VANESSA	FOUSA-F	MAXIKO MASAXES KIKO	01:51:41	+00:36:13	08:21 min/Km
131	70	93	MUÑIZ GONZALEZ , DIONISIO	FOUSA-M		01:52:44	+00:37:16	08:25 min/Km
132	26	194	CREO SABORIDO , ALEJANDRO	SACHO-M	BAR XUNTANZA FS	01:53:28	+00:38:00	08:29 min/Km
133	4	233	LORENZO BUCETA , ESTHER	MACHADO-F	INDEPENDIENTE	01:53:43	+00:38:15	08:30 min/Km
134	27	176	BLANCO LAIÑO , FRAN	MACHADO-M	INDEPENDIENTE	01:53:43	+00:38:15	08:30 min/Km
135	71	48	FOLGAR ROMAY , JAVIER	FOUSA-M	SACHACAMIÑOS - VIRXIJANOS TRAIL	01:53:59	+00:38:31	08:31 min/Km

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136	28	72	LÓPEZ SÁNCHEZ , JAIME	MACHADO-M	SACHACAMIÑOS - VIRXIJIANOS TRAIL	01:54:00	+00:38:32	08:31 min/Km
137	72	225	GONZALEZ NOVOA , JOSE LUIS	FOUSA-M	INDEPENDIENTE	01:54:18	+00:38:50	08:32 min/Km
138	29	116	PINTADO COSTA , JUAN MANUEL	MACHADO-M	C.A. CAMBADOS - SEGUROS NOVAL	01:54:37	+00:39:09	08:34 min/Km
139	5	36	ESTÉVEZ VÁZQUEZ , ROSI	MACHADO-F	C.A. CAMBADOS - SEGUROS NOVAL	01:54:37	+00:39:09	08:34 min/Km
140	27	83	MARTINEZ FANDIÑO , DIEGO	SACHO-M	C.A. CAMBADOS - SEGUROS NOVAL	01:54:38	+00:39:10	08:34 min/Km
141	8	99	OTERO GÓMEZ , MAICA	FOUSA-F	INDEPENDIENTE	01:54:48	+00:39:20	08:35 min/Km
142	28	220	GÓMEZ SOTO , JOSEP	SACHO-M	CLUB ATLETISMO CAMBADOS	01:54:48	+00:39:20	08:35 min/Km
143	6	59	GONZÁLEZ VAZQUEZ , PILI	MACHADO-F	KORPOREARENTEIRO TRAIL	01:54:59	+00:39:31	08:35 min/Km
144	30	141	TATO SOTO , VICTOR MANUEL	MACHADO-M	KORPOREARENTEIRO TRAIL	01:55:00	+00:39:32	08:35 min/Km
145	73	218	GOMEZ RAPOSO , EDUARDO	FOUSA-M	ARTROGAL TRI 498	01:56:02	+00:40:34	08:40 min/Km
146	29	68	LAGOS PEREIRO , ANTONIO	SACHO-M	CDM VÉRTICE	01:56:34	+00:41:06	08:42 min/Km
147	74	206	FERNÁNDEZ NIMO , MANUEL	FOUSA-M	SERRES RUNNERS	01:56:54	+00:41:26	08:44 min/Km
148	1	6	ANDRÉS SANTIAGO , SARA	SACHO-F		01:57:13	+00:41:45	08:45 min/Km
149	75	109	PÉREZ LIJÓ , JOSÉ ANTONIO	FOUSA-M	INDEPENDIENTE	01:57:29	+00:42:01	08:47 min/Km
150	7	56	GÓMEZ LODEIROS , SUSANA	MACHADO-F	TARTARUGAS	01:57:39	+00:42:11	08:47 min/Km
151	76	256	ROMERO OLVEIRA , JESÚS ANTONIO	FOUSA-M	INDEPENDIENTE	01:57:40	+00:42:12	08:47 min/Km
152	77	226	GONZALEZ SENRA , MODESTO	FOUSA-M		01:57:47	+00:42:19	08:48 min/Km
153	78	183	CAJARAVILLE DAPENA , PABLO	FOUSA-M	INDEPENDIENTE	01:57:59	+00:42:31	08:49 min/Km
154	30	65	INSUA FERNÁNDEZ , ANDRÉS	SACHO-M	INDEPENDIENTE	01:58:15	+00:42:47	08:50 min/Km
155	31	94	NEGREIRA POUSO , JOSÉ RAMÓN	SACHO-M	INDEPENDIENTE	01:58:16	+00:42:48	08:50 min/Km
156	79	182	CACERES GIL , FERNANDO	FOUSA-M	INDEPENDIENTE	01:58:36	+00:43:08	08:52 min/Km
157	80	170	ATTEMS , MAXIMILIAN	FOUSA-M	UNIVERSIDAD DE SANTIAGO DE COMPOSTELA	01:58:48	+00:43:20	08:52 min/Km
158	81	26	CALVO LÓPEZ , RICARDO	FOUSA-M	ATLETAS DE ACEA DE AMA	01:59:24	+00:43:56	08:55 min/Km
159	82	39	FERNANDEZ GONZALEZ , SANTIAGO	FOUSA-M	CAMBADOS GAELICO	02:00:34	+00:45:06	08:60 min/Km
160	2	192	COSTA FAYA , SARA	SACHO-F	CLUB ATLETISMO O PINO	02:01:08	+00:45:40	09:03 min/Km
161	31	169	ARMESTO PÉREZ , NÉSTOR	MACHADO-M	INDEPENDIENTE	02:01:37	+00:46:09	09:05 min/Km
162	8	203	FERNANDEZ VALENCIA , MERCEDES	MACHADO-F		02:01:47	+00:46:19	09:06 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	CAT	CLUB	META	DIF 1º	RITMO
163	9	11	BELLO NINE , ANA	FOUSA-F	INCOR AUTOVIDRIO	02:01:58	+00:46:30	09:07 min/Km
164	83	243	PARADA FIGUEIRAS , JUAN JOSE	FOUSA-M	INDEPENDIENTE	02:02:18	+00:46:50	09:08 min/Km
165	10	241	OTERO SANTOS , VERONICA	FOUSA-F		02:02:29	+00:47:01	09:09 min/Km
166	32	34	DAPORTA , RAMON	MACHADO-M	C.A. CAMBADOS - SEGUROS NOVAL	02:03:17	+00:47:49	09:13 min/Km
167	9	146	VEIGA BLANCO , MONTSE	MACHADO-F	ATLETISMO FONTES DO SAR	02:03:21	+00:47:53	09:13 min/Km
168	84	191	CARTER , BENJAMIN	FOUSA-M	CDM DESAFÍO VÉRTICE	02:03:53	+00:48:25	09:15 min/Km
169	32	126	RIVEIRO POSSE , ANXO	SACHO-M	A.C A ESTORNELA	02:04:51	+00:49:23	09:20 min/Km
170	85	10	BATALLA RIVEIRO , MIGUEL	FOUSA-M	A.C A ESTORNELA	02:04:51	+00:49:23	09:20 min/Km
171	10	239	MÍGUEZ SAMPEDRO , SUSANA	MACHADO-F		02:04:58	+00:49:30	09:20 min/Km
172	33	87	MAYÁN MARTÍNEZ , MIGUEL	SACHO-M	TRIBU TRAIL	02:05:04	+00:49:36	09:20 min/Km
173	33	113	PEREZ SUSAVILA , ANGEL	MACHADO-M	INDEPENDIENTE	02:05:09	+00:49:41	09:21 min/Km
174	34	274	VÁZQUEZ FORMOSO , FABIÁN	SACHO-M	SERRES RUNNERS	02:05:10	+00:49:42	09:21 min/Km
175	86	132	ROMERO VAZQUEZ , MANUEL ANGEL	FOUSA-M	INDEPENDIENTE	02:05:49	+00:50:21	09:24 min/Km
176	11	69	LAMELAS PRIETO , SILVIA	FOUSA-F	C.A. CAMBADOS - SEGUROS NOVAL	02:06:11	+00:50:43	09:25 min/Km
177	3	240	NOVOA PÉREZ , MINERVA	SACHO-F	GMTA & CHUVONERS	02:06:12	+00:50:44	09:26 min/Km
178	34	82	MARTINEZ CALO , ANGEL	MACHADO-M	SACHACAMIÑOS - VIRXIJANOS TRAIL	02:06:13	+00:50:45	09:26 min/Km
179	87	165	AGEITOS , IGNACIO MANUEL	FOUSA-M	INDEPENDIENTE	02:06:33	+00:51:05	09:27 min/Km
180	88	127	RODRIGUEZ CID , JOSE MANUEL	FOUSA-M	ASALTAMONTES	02:07:02	+00:51:34	09:29 min/Km
181	89	224	GONZÁLEZ MAUREL , SERGIO	FOUSA-M	PEÑA GUARA	02:07:30	+00:52:02	09:31 min/Km
182	12	102	PARADA ABEIJON , LUCIA	FOUSA-F	SACHACAMIÑOS - VIRXIJANOS TRAIL	02:08:06	+00:52:38	09:34 min/Km
183	11	185	CALVELO , MAR	MACHADO-F		02:08:06	+00:52:38	09:34 min/Km
184	13	177	BLANCO TORRADO , IRENE	FOUSA-F	BARBANTIA RODA	02:08:28	+00:53:00	09:36 min/Km
185	14	175	BLANCO FIGUEIRAS , PAULA	FOUSA-F	TARTARUGAS	02:09:57	+00:54:29	09:42 min/Km
186	15	31	CIERTO DEL PUERTO , ROMINA	FOUSA-F	MGM ORIXINAL TEAM	02:10:19	+00:54:51	09:44 min/Km
187	90	245	PEÑA LÓPEZ , RUBÉN	FOUSA-M		02:11:00	+00:55:32	09:47 min/Km
188	91	267	SUÁREZ BERMÚDEZ , FRANCISCO JAVIER	FOUSA-M	INDEPENDIENTE	02:11:51	+00:56:23	09:51 min/Km
189	92	200	DIOS MARTINEZ , JUAN CARLOS	FOUSA-M		02:13:31	+00:58:03	09:58 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	CAT	CLUB	META	DIF 1º	RITMO
190	93	199	DIOS MARTINEZ , JOSE JOAQUIN	FOUSA-M	NATURAL	02:13:33	+00:58:05	09:58 min/Km
191	94	261	SANJURJO LUEIRO , ALBERTO	FOUSA-M	INDEPENDIENTE	02:13:37	+00:58:09	09:59 min/Km
192	35	249	PIDRE CARBALLA , OSCAR	SACHO-M	INDEPENDIENTE	02:14:30	+00:59:02	10:03 min/Km
193	36	277	VIGO RIVERA , ANTONIO	SACHO-M	INDEPENDIENTE	02:14:31	+00:59:03	10:03 min/Km
194	16	204	FERNÁNDEZ BLANCO , SILVIA	FOUSA-F	SOCIEDAD DEPORTIVA COMPOSTELA ATLETISMO	02:14:53	+00:59:25	10:04 min/Km
195	95	118	QUEIRUGA FERNÁNDEZ , CARLOS	FOUSA-M	INCOR-AUTOVIDRIO	02:15:03	+00:59:35	10:05 min/Km
196	96	190	CARREIRA NODAR , JORGE	FOUSA-M	CLUB DEPORTIVO SAN PAIO	02:15:26	+00:59:58	10:07 min/Km
197	12	174	BLANCO DIEGUEZ , MARGARITA	MACHADO-F	GTR GALAICO TRÁIL RUN	02:15:47	+01:00:19	10:08 min/Km
198	4	255	RODRÍGUEZ ROMERO , CAMILA	SACHO-F	SERRES RUNNERS	02:16:49	+01:01:21	10:13 min/Km
199	35	173	BERMEJO RUBIO , ARTURO	MACHADO-M		02:16:51	+01:01:23	10:13 min/Km
200	17	84	MARTÍNEZ LOJO , TAMARA	FOUSA-F	MGM TEAM	02:18:37	+01:03:09	10:21 min/Km
201	97	43	FERNANDEZ SIEIRA , ERNESTO	FOUSA-M	INDEPENDIENTE	02:19:02	+01:03:34	10:23 min/Km
202	36	211	FRANCO MARTÍNEZ , ALEJANDRO	MACHADO-M		02:19:36	+01:04:08	10:26 min/Km
203	98	272	TRIGO BAO , MANUEL	FOUSA-M	INDEPENDIENTE	02:20:23	+01:04:55	10:29 min/Km
204	99	104	PEDREIRA , CESAR	FOUSA-M	CDM VÉRTICE	02:21:53	+01:06:25	10:36 min/Km
205	37	152	VILLANUSTRE ABUIN , GERMÁN	MACHADO-M	SD BARBANTIA RODA	02:23:15	+01:07:47	10:42 min/Km
206	100	50	FREIJEIRO OTERO , JOSE RAMON	FOUSA-M	INDEPENDIENTE	02:24:41	+01:09:13	10:48 min/Km
207	38	128	RODRÍGUEZ FERNÁNDEZ , RICARDO JULIO	MACHADO-M	CAO (CLUB ATLETISMO OUTES)	02:25:33	+01:10:05	10:52 min/Km
208	13	24	CAJUSO BARBAZÁN , CHEFA	MACHADO-F	CLUB ATLETISMO NEGREIRA	02:25:35	+01:10:07	10:52 min/Km
209	18	216	GARCIA LUEIRO , CRISTINA	FOUSA-F	CLUB CERVECERÍA O COTÓN	02:25:36	+01:10:08	10:52 min/Km
210	39	124	RIAL PAIS , JOSÉ	MACHADO-M	CAO (CLUB ATLETISMO OUTES)	02:25:36	+01:10:08	10:52 min/Km
211	19	123	RIAL GARCÍA , ROSANA	FOUSA-F	CAO (CLUB ATLETISMO OUTES)	02:25:36	+01:10:08	10:52 min/Km
212	14	107	PÉREZ GARCÍA , MARIA DEL MAR	MACHADO-F	C.A. CAMBADOS - SEGUROS NOVAL	02:25:37	+01:10:09	10:53 min/Km
213	20	262	SANTÁS SALGADO , NURIA	FOUSA-F		02:26:05	+01:10:37	10:55 min/Km
214	101	269	SUÁREZ LIÑERO , DAVID	FOUSA-M	INDEPENDIENTE	02:26:06	+01:10:38	10:55 min/Km
215	15	164	ACEBAL SUÁREZ , IVETTE	MACHADO-F	INDEPENDIENTE	02:26:06	+01:10:38	10:55 min/Km
216	102	168	ALVAREZ COSTA , CARLOS	FOUSA-M		02:26:07	+01:10:39	10:55 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	CAT	CLUB	META	DIF 1º	RITMO
217	16	150	VIGO LIÑARES , ANA	MACHADO-F	ATLETISMO FONTES DO SAR	02:26:55	+01:11:27	10:58 min/Km
218	17	187	CANABAL VILLAVEVERDE , ANA	MACHADO-F	INDEPENDIENTE	02:35:39	+01:20:11	11:37 min/Km