

Pos. Xeral	Dorsal	Nome	Tempo	Tempo Neto	Categoría	Pos Cat.	Sexo	Pos Sexo	Club	Cidade	O/Pos	CP1	O/Pos	CP2	O/Pos	Meta
1	1005	Abdelaziz Fathi Chhima	00:32:52	00:32:52	Senior	1	M	1	MARINEDA ATLETICO	A Coruña	4	00:03:27	5	00:20:40	1	00:32:52
2	1003	Juan Bueno Losada	00:33:05	00:33:05	Senior	2	M	2	ATLETISMO MACOTERA	Macotera	17	00:03:27	4	00:20:40	2	00:33:05
3	1029	Luis Pérez Varela	00:33:57	00:33:55	Senior	3	M	3	LA MOCHILA DEL DEPORTE	Ponteume	48	00:03:29	14	00:21:18	3	00:33:57
4	1007	Jonathan Fernández Rios	00:34:14	00:34:13	Senior	4	M	4	PASA OU ENTORNA	Neda	32	00:03:29	12	00:21:23	5	00:34:14
5	1011	Javier Touris Fornos	00:34:19	00:34:18	Veterano 2	1	M	5	CLUB ATLETISMO SADA	A Coruña	16	00:03:26	1	00:21:23	4	00:34:19
6	1729	Alvaro Rodriguez Gonzalez	00:34:28	00:34:27	Veterano 2	2	M	6		Santiago De Compostela	34	00:03:26	2	00:21:44	7	00:34:28
7	1072	Luis Pinedo Armesto	00:34:38	00:34:37	Senior	5	M	7	CLUB ATLETISMO SADA	A Coruña	29	00:03:28	10	00:21:33	6	00:34:38
8	1073	Alvaro Presedo Fraguio	00:34:49	00:34:48	Senior	6	M	8		A Laracha	6	00:03:35	18	00:22:07	12	00:34:49
9	1020	Manuel Lorenzo Lopez	00:34:52	00:34:51	Senior	7	M	9	CLUB DEPORTIVO PINARIUM	Marín	8	00:03:27	6	00:21:46	8	00:34:52
10	1023	Antón Gómez González	00:35:00	00:34:59	Senior	8	M	10		Fonsagrada, A	7	00:03:28	11	00:22:01	9	00:35:00
11	1010	José Ángel Sánchez Redondo	00:35:02	00:35:01	Veterano 2	3	M	11	CLUB ATLETISMO MONTE SEGADE	Lugo	15	00:03:32	16	00:22:07	13	00:35:02
12	1024	Jesús Beceiro Novo	00:35:04	00:35:03	Veterano 1	1	M	12	Massalud	Ferrol	31	00:03:37	21	00:22:18	15	00:35:04
13	1070	Rubén Martínez Mayo	00:35:06	00:35:05	Senior	9	M	13	CLUB ATLETISMO NEGREIRA	Negreira	26	00:03:38	27	00:22:06	11	00:35:06
14	1028	Jose Suarez Leis	00:35:12	00:35:12	Veterano 3	1	M	14	CLUB ATLETISMO SAR VERMÚ PETRONI	A Baña	1	00:03:27	7	00:22:06	10	00:35:12
15	1025	Miguel Ángel Acosta Alcoba	00:35:13	00:35:13	Veterano 1	2	M	15	Cidade de Lugo Fluvial	A Coruña	11	00:03:28	9	00:22:07	14	00:35:13
16	1030	Jose Antonio Gontan Castro	00:35:56	00:35:55	Veterano 2	4	M	16	ATLETISMO FONTES DO SAR	Santiago De Compostela	14	00:03:42	41	00:22:45	23	00:35:56
17	1066	Alberto San Emeterio Fernández	00:35:59	00:35:58	Veterano 1	3	M	17	CLUB ATLETISMO CORUÑA COMARCA	A Coruña	30	00:03:37	22	00:22:30	16	00:35:59
18	1087	Javier Oubiña Abuín	00:36:02	00:36:00	Veterano 1	4	M	18		A Coruña	39	00:03:34	17	00:22:35	19	00:36:02
19	1074	Pedro Pablo Outerelo Cousiño	00:36:02	00:36:00	Veterano 2	5	M	19	ATENAS RUNNING VDA	Vilagarcía De Arousa	54	00:03:41	39	00:22:45	22	00:36:02
20	1080	Jose Antonio Vidal Gonzalez	00:36:03	00:36:02	Veterano 1	5	M	20	CLUB ATLETISMO NEGREIRA	Brión	25	00:03:30	15	00:22:33	17	00:36:03
21	1018	Higinio Rodríguez Souto	00:36:10	00:36:09	Veterano 3	2	M	21	CLUB ATLETISMO MONTE SEGADE	Lugo	23	00:03:37	23	00:22:45	21	00:36:10
22	1085	Jose Luis Seoane Uzal	00:36:13	00:36:11	Veterano 1	6	M	22	Gando Taldea	A Coruña	42	00:03:40	30	00:22:46	24	00:36:13
23	1071	David Cano Conesa	00:36:18	00:36:16	Veterano 1	7	M	23	CORREDORES POPULARES ARMADA FERROL	Narón	59	00:03:40	32	00:22:44	20	00:36:18
24	1016	Mikel Ocerin Vazquez	00:36:43	00:36:42	Senior	10	M	24		Sada	10	00:03:36	19	00:22:34	18	00:36:43
25	1067	Fernando Manuel López De Las Heras	00:36:48	00:36:47	Veterano 2	6	M	25	CLUB ATLETISMO CORUÑA COMARCA	Culleredo	36	00:03:36	20	00:22:57	26	00:36:48
26	1095	Francisco Martínez Núñez	00:36:53	00:36:51	Veterano 2	7	M	26	CLUB ATLETISMO MONUMENTAL DE LUGO	Lugo	50	00:03:49	56	00:23:22	34	00:36:53
27	1062	Luis Alberto Villaverde Vázquez	00:36:54	00:36:53	Veterano 1	8	M	27	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Santiago De Compostela	12	00:03:37	25	00:23:19	33	00:36:54
28	1075	Lorenzo Sánchez Marcos	00:36:54	00:36:53	Veterano 3	3	M	28	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	A Coruña	27	00:03:41	38	00:23:14	30	00:36:54
29	1008	Jesus Maria Álvarez Rodríguez	00:37:00	00:36:59	Veterano 2	8	M	29	CLUB ATLETISMO CORUÑA COMARCA	A Coruña	19	00:03:37	24	00:23:13	29	00:37:00
30	1081	Jose Manuel Teijeiro Iglesias	00:37:03	00:37:02	Veterano 2	9	M	30	CLUB CASTRO DE LOBADIZ	Narón	38	00:03:42	40	00:23:18	32	00:37:03
31	1086	Tomás Caamaño Sendón	00:37:05	00:37:03	Veterano 2	10	M	31		Muros	41	00:03:41	37	00:23:12	28	00:37:05
32	1089	Juan Carlos Raviña Furelos	00:37:06	00:37:05	Veterano 2	11	M	32	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Santiago De Compostela	51	00:03:44	44	00:23:17	31	00:37:06
33	1027	Jose Manuel Seoane Pombo	00:37:24	00:37:23	Veterano 2	12	M	33	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Ames	22	00:03:29	13	00:22:55	25	00:37:24
34	1100	Alberto Castro Sanchez	00:37:24	00:37:22	Veterano 1	9	M	34	ATLETAS DE ACEA DE AMA	Culleredo	64	00:03:50	62	00:23:36	38	00:37:24
35	1077	Marcos Almozara Mayo	00:37:26	00:37:25	Senior	11	M	35	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Baña	20	00:03:39	28	00:23:23	35	00:37:26
36	1115	Jose Luis Roibas Fernandez	00:37:28	00:37:27	Veterano 2	13	M	36	CLUB ATLETISMO SADA	Cambre	35	00:03:41	35	00:23:29	36	00:37:28
37	1068	Xosé Manuel Penas Varela	00:37:35	00:37:11	Senior	12	M	37	Asociación Deportiva Cerne	Santiso	572	00:04:30	219	00:23:59	56	00:37:35
38	1200	Diego Collazo Varela	00:37:40	00:37:36	Senior	13	M	38	NOSPORTLIMIT	Culleredo	104	00:03:48	53	00:23:41	41	00:37:40
39	1105	Gustavo Graña Meijide	00:37:40	00:37:37	Senior	14	M	39	NOSPORTLIMIT	Carral	85	00:03:48	54	00:23:40	40	00:37:40
40	1079	Oscar Pena Rivera	00:37:43	00:37:39	Senior	15	M	40	CLUB OLYMPO AS PONTES	Monfero	112	00:03:52	67	00:23:49	45	00:37:43
41	1078	Roberto Vale Garcia	00:37:44	00:37:37	Veterano 2	14	M	41	FLUVIAL	Lugo	170	00:03:51	63	00:23:34	37	00:37:44
42	1061	Fran Moya Alcaína	00:37:48	00:37:46	Veterano 2	15	M	42	PEÑA DEPORTIVA SAN JOAQUIN	Bigastro	24	00:03:42	43	00:23:39	39	00:37:48
43	1109	Jose Antonio Juanatey Pérez	00:37:50	00:37:47	Veterano 2	16	M	43	ATLETISMO FONTES DO SAR	Santiago De Compostela	73	00:03:52	65	00:23:58	53	00:37:50
44	1163	Fernando Sierra Garcia	00:37:54	00:37:47	Veterano 1	10	M	44	NOSPORTLIMIT	A Coruña	203	00:03:57	86	00:23:59	55	00:37:54
45	1131	José Manuel Cao García	00:37:55	00:37:52	Veterano 2	17	M	45	ATLETISMO FONTES DO SAR	Santiago De Compostela	79	00:03:53	68	00:23:58	54	00:37:55
46	1133	Abel Lado Figueiras	00:37:55	00:37:54	Veterano 1	11	M	46	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Coruña	47	00:03:44	45	00:23:44	43	00:37:55

47	1096	Daniel Penas López	00:37:56	00:37:52	Senior	16	M	47		A Coruña	107	00:03:55	75	00:23:57	52	00:37:56
48	1012	Mauricio Loaiza Jaramillo	00:38:02	00:38:00	Veterano 1	12	M	48	CORREDORES POPULARES ARMADA FERROL	Narón	63	00:03:59	95	00:24:33	81	00:38:02
49	1120	Carlos Candano Bello	00:38:04	00:38:02	Senior	17	M	49	CLUB DEPORTIVO PINARIUM	Narón	61	00:03:42	42	00:23:56	49	00:38:04
50	1113	Francisco Javier Fernández García	00:38:09	00:38:06	Veterano 2	18	M	50		Muros	65	00:03:49	57	00:23:57	51	00:38:09
51	1125	Pablo Barreira Varela	00:38:11	00:38:10	Promesa	1	M	51	ATLETISMO RIAZOR CORUÑA	Malpica De Bergantiños	18	00:03:41	34	00:23:44	42	00:38:11
52	1108	Roberto Martínez Castro	00:38:11	00:38:07	Senior	18	M	52		Ferrol	111	00:03:46	48	00:23:56	50	00:38:11
53	1148	Kiko Calzas Suarez	00:38:12	00:38:08	Veterano 2	19	M	53	TERRA DE SONEIRA	Vimianzo	113	00:03:55	73	00:24:10	62	00:38:12
54	1144	José Losada Pérez	00:38:13	00:38:10	Veterano 1	13	M	54		A Coruña	75	00:03:47	52	00:24:00	57	00:38:13
55	1117	Jorge Carballeira Amarelo	00:38:14	00:38:11	Senior	19	M	55	CLUB CASTRO DE LOBADIZ	Pontes De García Rodríguez, As	98	00:03:58	90	00:24:09	61	00:38:14
56	1076	Emilio Martínez Núñez	00:38:14	00:38:12	Veterano 2	20	M	56	UNIVERSIDADE SANTIAGO DE COMPOSTELA	Santiago De Compostela	68	00:03:52	66	00:24:12	65	00:38:14
57	1114	Javier Paradelo Martico	00:38:19	00:38:17	Veterano 1	14	M	57	no tengo	Arteixo	55	00:03:47	50	00:24:03	59	00:38:19
58	1171	Diego Yañez Lamas	00:38:23	00:38:20	Senior	20	M	58		Cospito	60	00:03:45	47	00:24:27	77	00:38:23
59	1147	Jorge Sabio Fidalgo	00:38:24	00:38:22	Senior	21	M	59		Cambre	56	00:03:37	26	00:23:53	47	00:38:24
60	1069	Alfons Esquius Miquel	00:38:25	00:38:24	Veterano 3	4	M	60	CLUB ATLÉTIC MANRESA	Súria	45	00:03:40	31	00:23:53	46	00:38:25
61	1015	Manuel Corbelle Castro	00:38:27	00:38:26	Veterano 2	21	M	61		Lugo	21	00:03:41	36	00:24:02	58	00:38:27
62	1101	Angel Bello Ferreiros	00:38:29	00:38:29	Veterano 1	15	M	62	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Padrón	13	00:03:39	29	00:23:46	44	00:38:29
63	1107	Alfonso Garcia Bello	00:38:30	00:38:28	Veterano 3	5	M	63	CLUB ATLETISMO CORUÑA COMARCA	Cambre	44	00:03:56	81	00:24:24	74	00:38:30
64	1102	Angel García García	00:38:30	00:38:27	Veterano 2	22	M	64	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Aranga	84	00:03:49	59	00:24:11	64	00:38:30
65	1311	Alejandro Rodríguez Fragueta	00:38:32	00:38:29	Senior	22	M	65	Club Natación Liceo	A Coruña	62	00:03:47	51	00:24:19	71	00:38:32
66	1137	Ramón García Teira	00:38:34	00:38:31	Veterano 2	23	M	66	ATLETISMO FONTES DO SAR	Santiago De Compostela	105	00:03:57	84	00:24:27	76	00:38:34
67	1182	José Noya Pérez	00:38:34	00:38:31	Veterano 2	24	M	67	ATLETISMO FONTES DO SAR	Santiago De Compostela	97	00:03:57	87	00:24:26	75	00:38:34
68	1084	Jose Luis Martínez Vicente	00:38:35	00:38:33	Veterano 2	25	M	68	PATUKOS TIM RANIN	A Coruña	70	00:03:56	80	00:24:19	70	00:38:35
69	1151	Miguel Budiño Vázquez	00:38:37	00:38:32	Senior	23	M	69		A Coruña	140	00:03:54	70	00:24:16	68	00:38:37
70	1488	Jorge Lara Rodríguez	00:38:41	00:38:36	Senior	24	M	70		Oleiros	131	00:03:57	83	00:23:54	48	00:38:41
71	1138	Miguel Ángel Fernández Casal	00:38:43	00:38:41	Veterano 3	6	M	71	ATLETAS VETERANOS OURENSE	Ourense	67	00:03:50	60	00:24:24	73	00:38:43
72	1112	David Herrera Garcia	00:38:44	00:38:42	Veterano 1	16	M	72	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	A Coruña	43	00:03:55	79	00:24:10	63	00:38:44
73	1196	Euniciano Lopes Sousa	00:38:51	00:38:49	Senior	25	M	73	Clube Atletismo Vilaiba	Vilaiba	40	00:04:00	100	00:25:10	110	00:38:51
74	1127	Angel Cañazares Sánchez	00:38:51	00:38:47	Senior	26	M	74	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	108	00:03:57	85	00:24:15	66	00:38:51
75	1188	Carlos Becerra Do Ejo	00:38:52	00:38:48	Veterano 2	26	M	75	ATLETISMO FONTES DO SAR	Teo	106	00:04:08	135	00:24:50	92	00:38:52
76	1121	Borja Lastres	00:38:54	00:38:54	Senior	27	M	76		Oleiros	9	00:03:47	49	00:24:16	67	00:38:54
77	1297	Fran Garcia	00:38:55	00:38:50	Senior	28	M	77	Finisher Oleiros	Oleiros	132	00:04:08	133	00:24:54	96	00:38:55
78	1128	Juan Carlos Rodríguez Abruñedo	00:38:57	00:38:54	Veterano 2	27	M	78		Ares	90	00:03:54	72	00:24:30	79	00:38:57
79	1139	Iago Del Pozo Sanchez	00:38:59	00:38:56	Veterano 1	17	M	79		A Coruña	74	00:03:55	78	00:24:30	78	00:38:59
80	1119	Ricardo Alonso Fernandez	00:38:59	00:38:55	Veterano 1	18	M	80	C.D.V. TROTAPINARES	Arteixo	126	00:04:02	110	00:24:18	69	00:38:59
81	1176	Jose Luis Temprano Casal	00:38:59	00:38:56	Veterano 3	7	M	81	CLUB ATLETISMO SADA	Sada	103	00:03:48	55	00:24:21	72	00:38:59
82	1135	Gerardo Raposo Bujan	00:39:01	00:38:54	Veterano 2	28	M	82	CLUB ATLETISMO LUCUS CAIXA RURAL GALEGA	Lugo	175	00:04:06	124	00:24:48	89	00:39:01
83	1090	Antonio Carballal Gonzalez	00:39:02	00:38:59	Veterano 1	19	M	83	CLUB DEPORTIVO PINARIUM	Marín	76	00:03:59	92	00:24:37	83	00:39:02
84	1134	Juan Carlos Brandón Rodríguez	00:39:03	00:38:59	Veterano 3	8	M	84	ATLETISMO FONTES DO SAR	Santiago De Compostela	86	00:03:53	69	00:24:30	80	00:39:03
85	1186	Jose Manuel Vazquez Pose	00:39:03	00:38:58	Veterano 2	29	M	85	RUNNING OLEIROS	Oleiros	153	00:04:11	141	00:24:44	87	00:39:03
86	1352	David Esteban Ferreiro	00:39:06	00:39:01	Senior	29	M	86		Carral	142	00:04:05	121	00:24:47	88	00:39:06
87	1158	Mario Rodríguez Otero	00:39:11	00:39:07	Veterano 1	20	M	87	ATLETISMO FONTES DO SAR	Ames	89	00:03:58	89	00:24:36	82	00:39:11
88	1143	Jaime Cartelle Cudilleiro	00:39:11	00:39:04	Veterano 2	30	M	88	BESTARRUZA TRINITY TRAIL	Mugardos	195	00:04:11	143	00:24:58	101	00:39:11
89	1106	Antonio Priegue Leis	00:39:16	00:39:13	Veterano 2	31	M	89		Muros	93	00:03:58	91	00:24:38	84	00:39:16
90	1403	Roberto García Parga	00:39:18	00:39:09	Senior	30	M	90		Lugo	253	00:04:12	150	00:25:08	107	00:39:18
91	1124	David Jove Castro	00:39:20	00:39:18	Veterano 2	32	M	91	CLUB CASTRO DE LOBADIZ	Ferrol	58	00:04:04	115	00:25:03	104	00:39:20
92	1170	Alvaro Cimarras Iglesias	00:39:22	00:39:19	Veterano 1	21	M	92	Trinity triathlon	A Coruña	100	00:04:01	105	00:24:55	98	00:39:22
93	1149	Borja Lage Sexto	00:39:24	00:39:21	Senior	31	M	93		A Coruña	78	00:03:55	76	00:24:43	86	00:39:24

94	1155	Ignacio Prieto García	00:39:26	00:39:20	Senior	32	M	94		Barjeza, La	178	00:04:09	137	00:24:53	95	00:39:26
95	2541	David Pelaez Alvarez	00:39:30	00:39:19	Veterano 1	22	M	95	ASOCIACION DEPORTIVA ATLETICA DO SIL (ADAS)	Barco De Valdeorras, O	285	00:04:19	165	00:25:11	112	00:39:30
96	1082	Byron Orejuela	00:39:31	00:39:29	Veterano 2	33	M	96	ATLETISMO RIAZOR CORUÑA	A Coruña	46	00:03:49	58	00:24:49	91	00:39:31
97	1333	Oscar Gonzalez Estevez	00:39:32	00:39:24	Senior	33	M	97	NOSPORTLIMIT	Culleredo	205	00:04:08	131	00:25:14	114	00:39:32
98	1093	Gonzalo Muño Codesido	00:39:33	00:39:29	Veterano 2	34	M	98	ATLETAS DE ACEA DE AMA	Cambre	121	00:03:58	88	00:24:41	85	00:39:33
99	1088	Roberto García Pazos	00:39:34	00:39:31	Senior	34	M	99	CLUB ATLETISMO SADA	Sada	92	00:03:44	46	00:24:09	60	00:39:34
100	1156	Julio J. Souto Diz	00:39:35	00:39:33	Veterano 3	9	M	100		Oleiros	71	00:03:54	71	00:24:49	90	00:39:35
101	1132	Juan José Fernández Leira	00:39:37	00:39:34	Veterano 3	10	M	101	CLUB CASTRO DE LOBADIZ	Ferrol	80	00:04:00	102	00:24:59	103	00:39:37
102	1300	Bruno Bello La Fuente	00:39:38	00:39:33	Senior	35	M	102	TERRA DE SONEIRA	A Coruña	130	00:04:04	116	00:25:16	116	00:39:38
103	1331	Héctor Simón Martínez	00:39:39	00:39:33	Senior	36	M	103	NOSPORTLIMIT	A Coruña	139	00:04:04	117	00:25:16	117	00:39:39
104	1145	Javier Villamizar Vázquez	00:39:41	00:39:35	Senior	37	M	104	Club Hércules Termaria	A Coruña	158	00:04:06	123	00:24:52	93	00:39:41
105	1166	Carlos Caneda Prieto	00:39:44	00:39:40	Senior	38	M	105		A Coruña	95	00:03:56	82	00:24:57	100	00:39:44
106	1197	Juan Carlos Castro Fernandez	00:39:44	00:39:42	Senior	39	M	106	RUNNING OLEIROS	Oleiros	57	00:03:52	64	00:25:05	105	00:39:44
107	1179	José Manuel Guerrero Castillo	00:39:47	00:39:44	Veterano 2	35	M	107	Atletismo Novo Mesoiro - A Coruña	A Coruña	96	00:04:01	107	00:24:53	94	00:39:47
108	1177	Jose Antonio Romero Barreiro	00:39:49	00:39:45	Senior	40	M	108	CLUB ATLETISMO BOIMORTO	Mesía	99	00:03:59	94	00:24:57	99	00:39:49
109	2625	Manuel Lorenzo Méjuto	00:39:49	00:39:45	Veterano 2	36	M	109	FLUVIAL	A Coruña	115	00:03:55	77	00:24:55	97	00:39:49
110	1189	Carlos Alvedro Fernandez	00:39:51	00:39:47	Veterano 2	37	M	110	FRANCISCANOS	A Coruña	122	00:04:07	126	00:25:12	113	00:39:51
111	1129	Miguel Gómez Senín	00:39:53	00:39:51	Veterano 1	23	M	111	RUNNING OLEIROS	Cambre	72	00:04:01	103	00:25:10	109	00:39:53
112	1083	Oscar Dopazo Penin	00:39:53	00:39:48	Veterano 2	38	M	112	MARINEDA ATLETICO	A Coruña	146	00:04:13	153	00:25:25	125	00:39:53
113	1226	Quique Jené Izquierdo	00:39:56	00:39:52	Veterano 3	11	M	113		Barcelona	109	00:04:04	114	00:25:15	115	00:39:56
114	1343	Alberto Garcia Golan	00:39:57	00:39:43	Senior	41	M	114		Negreira	353	00:04:16	159	00:25:21	121	00:39:57
115	1192	Giovani García Estévez	00:39:59	00:39:55	Senior	42	M	115	NOSPORTLIMIT	Culleredo	118	00:04:06	122	00:25:17	119	00:39:59
116	2543	Martín González Vázquez	00:40:01	00:39:53	Senior	43	M	116	NOSPORTLIMIT	Betanzos	206	00:04:08	132	00:25:09	108	00:40:01
117	1395	Alberto Fraga Suarez	00:40:02	00:39:53	Senior	44	M	117		A Coruña	259	00:04:23	181	00:25:31	130	00:40:02
118	1116	Óscar Fresnedo	00:40:02	00:39:52	Senior	45	M	118		Culleredo	277	00:04:22	176	00:25:26	126	00:40:02
119	1159	Miguel Ángel González Cal	00:40:05	00:40:02	Veterano 1	24	M	119		A Coruña	82	00:04:00	96	00:25:21	122	00:40:05
120	1165	Saul Gomez Arrojo	00:40:06	00:40:04	Veterano 3	12	M	120	RUNNING OLEIROS	A Coruña	53	00:04:02	108	00:24:58	102	00:40:06
121	1322	Juan Carlos Bardanca Sanjurjo	00:40:07	00:40:00	Veterano 2	39	M	121	CLUB ATLETISMO SADA	Bergondo	183	00:04:02	109	00:25:07	106	00:40:07
122	1141	Javi Bregua Dalmeda	00:40:11	00:40:05	Veterano 1	25	M	122	Run4one	A Coruña	163	00:04:03	113	00:25:23	124	00:40:11
123	1371	Javier Fernández Padin	00:40:13	00:40:05	Veterano 2	40	M	123	TIRAMILLAS	Cambre	214	00:04:24	189	00:25:51	142	00:40:13
124	1160	Alexandre Garcia Lopez	00:40:16	00:40:14	Veterano 1	26	M	124	ESCOLA DE ATLETISMO PAULA MAYOBRE	Fene	33	00:03:50	61	00:25:11	111	00:40:16
125	1216	Eloy Diaz Lopez	00:40:17	00:40:08	Veterano 1	27	M	125		Baralla	250	00:04:27	202	00:25:46	137	00:40:17
126	1111	Pablo Menendez Iglesias	00:40:18	00:40:15	Veterano 2	41	M	126	CLUB SOCIAL BANCO PASTOR	A Coruña	88	00:04:03	111	00:25:18	120	00:40:18
127	1205	Alejandro Núñez Martín	00:40:20	00:40:17	Veterano 1	28	M	127	ATHLETICS SMOOY TEAM	Vigo	66	00:04:10	140	00:25:44	136	00:40:20
128	1201	Javier Blanco Blanco	00:40:27	00:40:21	Veterano 2	42	M	128		Santiago De Compostela	168	00:04:07	125	00:25:30	129	00:40:27
129	1002	Teresa Castro Villaverde	00:40:34	00:40:33	Veterano 2	1	F	1	CLUB ATLETISMO NOIA	Vimianzo	28	00:04:01	106	00:25:26	127	00:40:34
130	1091	Javier Novo Bujero	00:40:35	00:40:31	Veterano 1	29	M	129	C.D. OS MUDITOS	Vimianzo	94	00:04:00	97	00:25:22	123	00:40:35
131	1325	Jose Antonio Chuecos Escalona	00:40:37	00:40:32	Veterano 1	30	M	130	CLUB CASTRO DE LOBADIZ	Narón	124	00:04:03	112	00:25:34	132	00:40:37
132	1185	Santiago Garcia Bello	00:40:43	00:40:41	Veterano 2	43	M	131	Trasnos coruña	Cambre	49	00:04:00	101	00:25:28	128	00:40:43
133	1308	Manuel Bouzas Espasandín	00:40:49	00:40:44	Veterano 1	31	M	132	ATLETISMO RIAZOR CORUÑA	A Coruña	127	00:04:14	157	00:25:49	141	00:40:49
134	1375	Luis Martinez Freire	00:40:55	00:40:43	Veterano 1	32	M	133		Narón	302	00:04:30	218	00:26:11	157	00:40:55
135	1161	Jose Saez Suarez	00:40:55	00:40:51	Veterano 1	33	M	134	CLUB CASTRO DE LOBADIZ	Narón	114	00:04:07	127	00:25:33	131	00:40:55
136	1301	Carlos Garcia Amigo	00:40:59	00:40:54	Veterano 2	44	M	135	C.A.R. MARISQUEIRO	Santiago De Compostela	137	00:04:10	139	00:25:35	133	00:40:59
137	1199	Remigio Rioboo Gutiérrez	00:41:00	00:40:54	Veterano 2	45	M	136	MARINEDA ATLETICO	A Coruña	165	00:04:13	154	00:25:36	135	00:41:00
138	1332	Iker Mansilla Gascón	00:41:03	00:40:48	Veterano 1	34	M	137		A Coruña	388	00:04:27	206	00:26:04	150	00:41:03
139	1315	Luis Enrique Fernandez Rodriguez	00:41:04	00:40:59	Veterano 3	13	M	138		A Coruña	133	00:04:07	130	00:25:35	134	00:41:04
140	1162	Ramon Lopez Roman	00:41:05	00:40:59	Veterano 3	14	M	139		A Coruña	145	00:04:09	138	00:26:02	149	00:41:05

141	1207	Alvaro Seara Perez	00:41:06	00:41:01	Veterano 1	35	M	140	ATLETISMO FONTES DO SAR	Teo	144	00:04:22	180	00:26:07	153	00:41:06
142	1202	Ignacio Lorenzo Ramos	00:41:09	00:40:28	Senior	46	M	141	Parga Rules	Guitiriz	870	00:05:01	389	00:26:23	165	00:41:09
143	1198	Francisco Basalo Vazquez	00:41:12	00:41:04	Veterano 2	46	M	142	TIRAMILLAS	Cambre	216	00:04:24	188	00:25:53	143	00:41:12
144	1103	Jose Manuel Garcia Estevez	00:41:18	00:41:13	Veterano 2	47	M	143	ATLETISMO MILLADOIRO	Negreira	148	00:04:09	136	00:25:17	118	00:41:18
145	1838	Alejandro Carreira Villaverde	00:41:21	00:41:14	Veterano 1	36	M	144		Oleiros	185	00:04:12	146	00:25:55	146	00:41:21
146	1031	Noemi Moral Navazo	00:41:23	00:41:20	Veterano 1	1	F	2	CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA	Oleiros	87	00:04:05	120	00:25:54	145	00:41:23
147	1183	Alberto Fernandez Muñiz	00:41:24	00:41:21	Veterano 2	48	M	145	NOSPORTLIMIT	A Coruña	77	00:04:00	99	00:25:57	147	00:41:24
148	1178	Pablo Franco Yáñez	00:41:27	00:41:22	Senior	47	M	146	Club Triatlón Coruña	A Coruña	147	00:04:22	174	00:26:10	155	00:41:27
149	1146	Rafael Suarez Fernandez	00:41:28	00:41:21	Veterano 2	49	M	147	MARINEDA ATLETICO	A Coruña	177	00:04:13	156	00:26:05	152	00:41:28
150	1361	Manuel Puente Veiga	00:41:29	00:41:20	Veterano 2	50	M	148	SOLORUNNERS CORUÑA	A Coruña	249	00:04:34	238	00:26:30	171	00:41:29
151	1099	Roberto Cid Sanmartín	00:41:31	00:41:29	Veterano 2	51	M	149	TRIATLON CORUÑA	Oleiros	52	00:04:00	98	00:25:49	140	00:41:31
152	1032	Raquel Vázquez	00:41:34	00:41:32	Senior	1	F	3	CLUB ATLETISMO SADA	Betanzos	69	00:04:01	104	00:25:53	144	00:41:34
153	1225	Javier Cupeiro Frade	00:41:36	00:41:30	Veterano 2	52	M	150		A Coruña	156	00:04:07	129	00:26:11	156	00:41:36
154	1142	Antonio Rivas Feal	00:41:38	00:41:34	Veterano 3	15	M	151	A.D. FOGAR CARBALLO	Oleiros	110	00:04:08	134	00:26:07	154	00:41:38
155	1208	Tomás García Gallego	00:41:41	00:41:32	Veterano 2	53	M	152	Zapatilla Veloz	A Coruña	263	00:04:25	194	00:26:19	164	00:41:41
156	1214	Gonzalo Ortiz Alonso	00:41:43	00:41:37	Veterano 2	54	M	153		A Coruña	171	00:04:12	149	00:26:04	151	00:41:43
157	1211	Enrique Santos Lorenzo	00:41:50	00:41:32	Veterano 2	55	M	154	TERRA DE SONEIRA	Vimianzo	437	00:04:40	270	00:26:44	177	00:41:50
158	1446	Brais Barreiros Dapena	00:41:50	00:41:44	Senior	48	M	155	TROPA DO CARALLO	Ourense	173	00:04:13	152	00:26:27	167	00:41:50
159	1377	Daniel Rivera Suarez	00:41:52	00:41:34	Senior	49	M	156		A Coruña	453	00:04:41	280	00:26:46	179	00:41:52
160	1359	Fernando Vazquez Ares	00:41:53	00:41:45	Veterano 1	37	M	157		Cambre	196	00:04:23	184	00:26:29	170	00:41:53
161	1319	Fernando Garcia-carpintero Díaz	00:41:54	00:41:51	Veterano 1	38	M	158	Club Triatlón Coruña	Cambre	83	00:03:59	93	00:26:15	160	00:41:54
162	1317	Miguel Ángel Varela López	00:41:56	00:41:51	Veterano 3	16	M	159	CLUB CASTRO DE LOBADIZ	Ferrol	135	00:04:13	151	00:26:28	169	00:41:56
163	1386	Juan Galán Presas	00:41:58	00:41:51	Veterano 2	56	M	160	CLUB ATLETISMO SADA	A Coruña	186	00:04:18	163	00:26:17	162	00:41:58
164	1191	Adrián Víaño Iglesias	00:41:59	00:41:54	Senior	50	M	161	NOSPORTLIMIT	Santiago De Compostela	119	00:04:05	118	00:25:47	138	00:41:59
165	1022	Manuel Freire Gonzalez	00:42:00	00:41:56	Veterano 1	39	M	162	CLUB SOCIAL BANCO PASTOR	Bueu	117	00:03:55	74	00:25:48	139	00:42:00
166	1164	Fco Javier Perez Cascudo	00:42:03	00:41:55	Veterano 2	57	M	163	CLUB DEPORTIVO JIMBARAN	Lugo	201	00:04:05	119	00:26:00	148	00:42:03
167	1478	Jorge Busto Mariño	00:42:03	00:41:21	Veterano 1	40	M	164		A Coruña	880	00:05:04	408	00:26:33	172	00:42:03
168	1034	Emma Iglesias Penelas	00:42:05	00:41:59	Veterano 2	2	F	4	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Lugo	174	00:04:26	200	00:26:39	174	00:42:05
169	1376	Jose Reiré Castro	00:42:05	00:41:56	Veterano 2	58	M	165		A Coruña	251	00:04:16	160	00:26:16	161	00:42:05
170	1193	Manuel Sánchez Castedo	00:42:07	00:42:00	Veterano 3	17	M	166	3&RUN BY PEDRO NIMO CLUB DE CORREDORES	Lugo	189	00:04:25	196	00:26:39	173	00:42:07
171	1393	Germán Barbeito Rey	00:42:10	00:41:56	Veterano 2	59	M	167	C.A. OUTES. JOHN-TURKEY	Culleredo	360	00:04:22	172	00:26:28	168	00:42:10
172	1454	Eduardo Pinedo Iglesias	00:42:12	00:42:06	Veterano 4	1	M	168	CLUB ATLETISMO SADA	Oleiros	187	00:04:20	167	00:26:17	163	00:42:12
173	1173	Ángel Juvíño Prego	00:42:13	00:42:08	Veterano 2	60	M	169		A Coruña	141	00:04:22	178	00:26:45	178	00:42:13
174	1416	Pablito Teijo Lopez	00:42:19	00:41:48	Veterano 1	41	M	170		Betanzos	680	00:04:51	338	00:26:50	185	00:42:19
175	1689	Jesus Fondevila	00:42:20	00:42:04	Veterano 2	61	M	171		A Coruña	406	00:04:49	323	00:27:27	227	00:42:20
176	1544	Manuel Angel González Brañas	00:42:21	00:42:10	Veterano 2	62	M	172		Lugo	300	00:04:26	199	00:26:48	182	00:42:21
177	1224	Hugo Cascudo Fojo	00:42:22	00:42:17	Senior	51	M	173		A Coruña	128	00:04:07	128	00:26:26	166	00:42:22
178	1059	Elena Gonzalez Fernandez	00:42:23	00:42:16	Veterano 2	3	F	5	LA MOCHILA DEL DEPORTE	A Coruña	184	00:04:27	203	00:27:00	190	00:42:23
179	1335	David Acevedo Edreira	00:42:24	00:42:18	Senior	52	M	174		A Coruña	164	00:04:11	144	00:26:42	176	00:42:24
180	1418	Álvaro Barca Buyo	00:42:26	00:42:20	Veterano 2	63	M	175		A Coruña	179	00:04:22	175	00:26:53	188	00:42:26
181	1309	Jesus Vazquez Rodríguez	00:42:28	00:42:22	Veterano 4	2	M	176	ATLETISMO MILLADOIRO	A Coruña	157	00:04:22	177	00:26:47	181	00:42:28
182	1168	Roberto Andrade Villar	00:42:29	00:42:23	Senior	53	M	177	TERRA DE SONEIRA	Arteixo	143	00:04:12	147	00:26:12	158	00:42:29
183	1434	Jose Antonio Valiño Ces	00:42:31	00:42:26	Veterano 1	42	M	178	ATLETISMO FONTES DO SAR	Santiago De Compostela	129	00:04:24	187	00:26:52	186	00:42:31
184	1451	Fernando Varela Castro	00:42:32	00:42:22	Senior	54	M	179		A Coruña	266	00:04:31	221	00:26:53	187	00:42:32
185	1387	Alberto Dopazo Holgado	00:42:33	00:42:24	Veterano 2	64	M	180	CLUB ATLETISMO SADA	Sada	218	00:04:19	166	00:26:40	175	00:42:33
186	1452	Carlos López Domínguez	00:42:36	00:42:27	Veterano 3	18	M	181		Carballo	255	00:04:22	179	00:27:00	191	00:42:36
187	1511	Daniel Nogueira Carro	00:42:39	00:42:28	Senior	55	M	182		A Coruña	279	00:04:34	236	00:27:06	197	00:42:39

188	1353	Lino Espiñeira Castro	00:42:40	00:42:28	Veterano 2	65	M	183			Frades	306	00:04:32	229	00:27:10	202	00:42:40
189	1404	Alfonso Javier Castro Souto	00:42:42	00:42:28	Senior	56	M	184	MARINEDA ATLETICO		A Coruña	378	00:04:34	239	00:27:04	194	00:42:42
190	1221	Borja Blanco Rey	00:42:45	00:42:07	Senior	57	M	185			A Coruña	827	00:05:14	453	00:27:34	237	00:42:45
191	1344	José Enrique Gómez López	00:42:49	00:42:41	Veterano 3	19	M	186			A Coruña	230	00:04:31	225	00:27:05	195	00:42:49
192	2371	Julio Alberto Simón Blanco	00:42:51	00:42:24	Veterano 3	20	M	187			A Coruña	635	00:04:57	365	00:27:28	230	00:42:51
193	1324	José Manuel Dopico Soto	00:42:51	00:42:47	Veterano 3	21	M	188	EGOVARROS DE VIVEIRO		Neda	116	00:04:21	171	00:27:09	201	00:42:51
194	1419	Javier Fernández Martínez	00:42:51	00:42:41	Veterano 2	66	M	189			Cambre	282	00:04:31	223	00:26:58	189	00:42:51
195	1401	Francisco Del Busto González	00:42:52	00:42:41	Veterano 2	67	M	190			Cambre	294	00:04:33	232	00:27:17	206	00:42:52
196	1152	Oscar Dieguez Pintor	00:42:52	00:42:38	Senior	58	M	191	Cerne		Arzúa	367	00:04:50	333	00:27:53	261	00:42:52
197	1154	Fco. Javier Garcia Palleiro	00:42:53	00:42:48	Veterano 2	68	M	192			Culleredo	123	00:04:21	169	00:27:08	199	00:42:53
198	1338	Pedro Prada Rodríguez	00:42:55	00:42:47	Veterano 2	69	M	193			Culleredo	219	00:04:12	148	00:26:47	180	00:42:55
199	1169	César Ramil Ferreiro	00:42:57	00:42:49	Veterano 1	43	M	194	Triume		Pontes De García Rodríguez, As	223	00:04:33	234	00:27:22	217	00:42:57
200	1466	Jose Antonio Fernandez Vazquez	00:42:58	00:42:44	Veterano 2	70	M	195			A Coruña	366	00:04:54	352	00:27:26	226	00:42:58
201	1423	Jose Luis Bergondo Vazquez	00:43:00	00:42:47	Veterano 1	44	M	196			A Coruña	327	00:04:31	224	00:27:11	203	00:43:00
202	1358	Jorge González Fernández	00:43:00	00:42:45	Senior	59	M	197	ESPRINTES OURENSE		Ourense	389	00:04:25	195	00:27:03	193	00:43:00
203	1890	Jesús Méndez Lamas	00:43:00	00:42:43	Veterano 1	45	M	198			Baralla	443	00:05:00	377	00:27:32	232	00:43:00
204	1363	Jorge Vilarño Mozo	00:43:02	00:42:51	Veterano 4	3	M	199			Ferrol	287	00:04:41	275	00:27:23	221	00:43:02
205	1098	Felix Quintans Melendez	00:43:02	00:42:18	Veterano 2	71	M	200	C.D. SAN PAIO A ESTRADA		Oleiros	907	00:05:03	404	00:27:30	231	00:43:02
206	1485	Alberto Varela Collazo	00:43:02	00:42:55	Veterano 1	46	M	201			A Coruña	198	00:04:30	220	00:27:25	224	00:43:02
207	1187	Xabier Varela López	00:43:02	00:42:46	Veterano 2	72	M	202	A.D.CERNE		Melide	411	00:04:52	343	00:27:54	263	00:43:02
208	1306	Javier Portas Lemus	00:43:03	00:42:37	Veterano 2	73	M	203			A Coruña	606	99:99:99	999999	00:27:23	220	00:43:03
209	1318	Xosé Manuel Pampín Fuciños	00:43:04	00:42:47	Veterano 3	22	M	204	A.D.Cerne		Melide	412	00:04:51	339	00:27:54	262	00:43:04
210	1411	Antonio Garcia Belo	00:43:04	00:42:53	Veterano 3	23	M	205	ATLETAS DE ACEA DE AMA		Culleredo	295	00:04:29	213	00:27:19	209	00:43:04
211	1473	Jesus Francisco Gómez Santos	00:43:05	00:42:59	Senior	60	M	206	NOSPORTLIMIT		Pontececo	150	00:04:37	254	00:27:37	243	00:43:05
212	1465	Ignacio García González	00:43:06	00:42:53	Senior	61	M	207	NOSPORTLIMIT		A Coruña	355	00:04:43	291	00:27:32	233	00:43:06
213	1528	Perfecto Vázquez Rivera	00:43:07	00:42:52	Senior	62	M	208			A Coruña	384	00:04:34	242	00:27:20	212	00:43:07
214	1437	José Mª Rubio Jiménez De Llano	00:43:10	00:42:56	Veterano 2	74	M	209			A Coruña	369	00:04:31	222	00:27:09	200	00:43:10
215	1303	Iván López González	00:43:10	00:43:03	Veterano 1	47	M	210	ATLETAS DE ACEA DE AMA		Bergondo	199	00:04:18	164	00:27:06	196	00:43:10
216	1477	Gustavo Rodríguez Pérez	00:43:11	00:43:07	Veterano 2	75	M	211			Oleiros	101	00:04:18	161	00:27:19	208	00:43:11
217	1355	Jorge Diaz Villalba	00:43:14	00:43:04	Veterano 1	48	M	212	ATLETAS DE ACEA DE AMA		Culleredo	260	00:04:30	216	00:27:20	211	00:43:14
218	2630	David Viña	00:43:14	00:43:05	Veterano 1	49	M	213			Carballo	234	00:04:27	205	00:27:21	215	00:43:14
219	1320	Luis Manuel Hernández Crespo	00:43:16	00:42:49	Veterano 2	76	M	214			Miño	634	00:04:53	349	00:27:24	223	00:43:16
220	1392	Miguel Gomez C.	00:43:17	00:43:09	Veterano 2	77	M	215			Curtis	229	00:04:40	268	00:27:40	250	00:43:17
221	1424	Alvaro Gago Fernandez	00:43:18	00:43:06	Veterano 2	78	M	216			A Coruña	325	00:04:36	247	00:27:13	204	00:43:18
222	1505	Carlos Ojea Castro	00:43:20	00:43:12	Veterano 2	79	M	217	NOSPORTLIMIT		A Coruña	233	00:04:24	190	00:27:16	205	00:43:20
223	1381	Manuel Ayose Miraba Hemanadez	00:43:22	00:43:06	Senior	63	M	218	CORREDORES POPULARES ARMADA FERROL		Palmas De Gran Canaria, Las	395	00:04:36	248	00:27:23	219	00:43:22
224	1405	Iago Crespo Taboada	00:43:22	00:43:14	Senior	64	M	219	CD GAS NATURAL FENOSA		A Coruña	241	00:04:26	201	00:27:00	192	00:43:22
225	1542	Alejandro Iglesias García	00:43:24	00:43:14	Senior	65	M	220			Teo	274	00:04:28	207	00:27:32	234	00:43:24
226	1541	Javier Vazquez Pereiro	00:43:25	00:43:14	Veterano 1	50	M	221			Culleredo	290	00:04:29	214	00:27:34	236	00:43:25
227	1167	Iván Palleiro Pérez	00:43:25	00:43:21	Senior	66	M	222	Garrapucho		A Coruña	120	00:04:11	142	00:26:50	184	00:43:25
228	1321	Jose Luis Prieto Souto	00:43:27	00:43:18	Veterano 3	24	M	223			A Coruña	228	00:04:36	244	00:27:21	216	00:43:27
229	1438	Manuel Garea Suárez	00:43:27	00:43:06	Senior	67	M	224	NOSPORTLIMIT		Frades	510	00:04:37	249	00:27:20	210	00:43:27
230	1373	Victor Hugo Torrado Muñiz	00:43:29	00:42:33	Senior	68	M	225			Arteixo	1091	00:05:47	648	00:28:03	277	00:43:29
231	1346	Enrique Rivas Pulpeiro	00:43:30	00:43:23	Senior	69	M	226	RUNNING OLEIROS		Cambre	180	00:04:37	251	00:27:38	247	00:43:30
232	1368	Enrique Griñan Torrado	00:43:30	00:43:11	Veterano 2	80	M	227	NOSPORTLIMIT		Oleiros	447	00:04:39	258	00:27:25	225	00:43:30
233	1498	Jesús Angel Santiuste Insua	00:43:30	00:43:18	Veterano 3	25	M	228			A Coruña	311	00:04:46	309	00:27:57	267	00:43:30
234	1043	Mónica Mezquita Vázquez	00:43:31	00:43:26	Senior	2	F	6	NOSPORTLIMIT		A Coruña	149	00:04:37	255	00:27:38	245	00:43:31

235	1184	Jose Luis Lopez Valcarcel	00:43:34	00:43:34	Veterano 3	26	M	229	RUNAWAYS (RUNNING CLUB FOR GENTLEMEN)	A Coruña	999999	99:99:99	999999	00:28:00	273	00:43:34
236	2512	Miguel Rodríguez Rodríguez	00:43:35	00:42:58	Senior	70	M	230		Bergondo	793	00:05:13	448	00:27:49	258	00:43:35
237	1657	Jesus Vaamonde Rúa	00:43:36	00:43:28	Veterano 3	27	M	231		La Coruña	217	00:04:21	170	00:27:22	218	00:43:36
238	1194	Giovanni Quintans Melendez	00:43:36	00:43:30	Veterano 2	81	M	232	C.D. SAN PAIO A ESTRADA	A Coruña	169	00:04:26	198	00:27:21	214	00:43:36
239	1347	Ruben Buceta Seijas	00:43:40	00:43:34	Promesa	2	M	233	ATLETISMO RIAZOR CORUÑA	Culleredo	160	00:04:24	193	00:27:37	242	00:43:40
240	1441	Adrián Barreiro Afón	00:43:42	00:43:33	Veterano 1	51	M	234		A Laracha	231	00:04:24	186	00:27:18	207	00:43:42
241	1415	Juan José Ortega Ortega	00:43:43	00:43:35	Veterano 2	82	M	235	CLUB MONTE PENA RUBIA	Lugo	240	00:04:23	182	00:27:39	248	00:43:43
242	1448	Marcos Garcia Garcia	00:43:45	00:43:34	Veterano 2	83	M	236	NOSPORTLIMIT	Cambre	291	00:04:29	212	00:27:27	229	00:43:45
243	1402	Fernando Miguez Sánchez	00:43:45	00:43:38	Veterano 2	84	M	237	CLUB ATLETISMO SADA	Sada	211	00:04:29	210	00:27:45	254	00:43:45
244	1174	Marcelo Bello Gómez	00:43:46	00:43:40	Veterano 2	85	M	238	ATLETAS DE ACEA DE AMA	Culleredo	159	00:04:23	185	00:27:20	213	00:43:46
245	1475	Pachi Dopico	00:43:47	00:43:41	Veterano 2	86	M	239	metalúrgica herculina	A Coruña	176	00:04:16	158	00:27:08	198	00:43:47
246	1462	Esteban Gomez Rodríguez	00:43:48	00:43:34	Veterano 2	87	M	240	Porcos Bravos Lugo	Lugo	357	00:04:41	281	00:27:35	239	00:43:48
247	1313	Alfonso Perez Sanfiz	00:43:50	00:43:37	Veterano 2	88	M	241	PORCOS BRAVOS	Outeiro De Rei	356	00:04:40	274	00:27:35	238	00:43:50
248	2565	Dani Insua	00:43:55	00:43:35	Senior	71	M	242		Culleredo	490	00:04:59	375	00:28:50	337	00:43:55
249	1399	Alejandro Castro Román	00:43:55	00:43:37	Veterano 1	52	M	243		A Coruña	456	00:04:39	261	00:27:47	256	00:43:55
250	1555	José Andrés Freire Gato	00:43:56	00:43:40	Veterano 3	28	M	244	CORREDORES POPULARES ARMADA FERROL	Fene	407	00:04:44	292	00:27:42	252	00:43:56
251	2645	Jose Manuel Gonzalez Durán	00:43:57	00:43:51	Senior	72	M	245		A Coruña	166	00:04:24	192	00:27:37	244	00:43:57
252	1033	Feli López Arnau	00:43:59	00:43:54	Veterano 1	2	F	7	PATUKOS TIM RANIN	A Coruña	154	00:04:38	256	00:27:57	266	00:43:59
253	1740	David Ulloa Sobrino	00:44:00	00:43:39	Senior	73	M	246		A Coruña	513	00:04:44	296	00:27:41	251	00:44:00
254	1049	Tina Formoso Noceda	00:44:02	00:43:56	Veterano 1	3	F	8		A Coruña	155	00:04:11	145	00:27:27	228	00:44:02
255	1409	Tomás González Vidal	00:44:02	00:43:56	Promesa	3	M	247		A Coruña	182	00:04:31	227	00:27:43	253	00:44:02
256	1421	Jorge Paz Amado	00:44:04	00:43:53	Veterano 1	53	M	248		A Coruña	313	00:04:44	298	00:28:07	282	00:44:04
257	1692	Martin Suarez Peleteiro	00:44:06	00:43:50	Veterano 2	89	M	249		A Coruña	396	00:04:40	272	00:27:58	271	00:44:06
258	1039	Teresa Corral Marcos	00:44:09	00:44:06	Veterano 3	1	F	9	INDEPENDIENTE	Lugo	81	00:04:28	208	00:27:40	249	00:44:09
259	1364	Julio Suarez Vazquez	00:44:10	00:44:05	Veterano 4	4	M	250		A Coruña	136	00:04:28	209	00:27:33	235	00:44:10
260	1439	Jose María Fernandez Lopez	00:44:12	00:43:56	Veterano 2	90	M	251	RUNNING OLEIROS	Cambre	398	00:04:48	320	00:28:11	290	00:44:12
261	1123	Ricardo Rey Rodríguez	00:44:13	00:44:04	Senior	74	M	252		Ferrol	262	00:04:40	265	00:27:58	270	00:44:13
262	1238	Vanessa Lodeiro Corral	00:44:13	00:44:04	Veterano 1	4	F	10		Oleiros	261	00:04:40	267	00:27:58	269	00:44:13
263	1688	Ivan Estévez Lamas	00:44:14	00:43:38	Senior	75	M	253		Ourense	784	00:05:16	463	00:28:32	313	00:44:14
264	1831	Marcos Gallego Handford	00:44:16	00:43:52	Senior	76	M	254		A Coruña	558	00:04:53	350	00:27:51	259	00:44:16
265	1512	Pedro García Moreno	00:44:17	00:44:04	Senior	77	M	255		Ferrol	342	00:04:46	306	00:27:59	272	00:44:17
266	1220	Daniel López García	00:44:21	00:44:05	Senior	78	M	256	Kurai	Oleiros	394	00:04:55	359	00:28:14	294	00:44:21
267	1561	Santiago García González	00:44:27	00:44:20	Veterano 2	91	M	257	NOSPORTLIMIT	A Coruña	181	00:04:41	282	00:27:56	265	00:44:27
268	1521	Adrian Morales Enríquez	00:44:27	00:44:16	Senior	79	M	258	NOSPORTLIMIT	Cambre	297	00:04:39	260	00:28:12	291	00:44:27
269	1891	Juan Cayuela Miguel	00:44:28	00:44:10	Veterano 1	54	M	259		A Coruña	442	00:04:59	373	00:28:01	274	00:44:28
270	1351	Ángel Blanco Vázquez	00:44:28	00:44:17	Senior	80	M	260		A Coruña	308	00:04:44	301	00:28:30	311	00:44:28
271	1535	Javier Varela Garcia	00:44:30	00:44:21	Veterano 1	55	M	261	Koes running	Arteixo	237	00:04:23	183	00:27:23	222	00:44:30
272	1804	Francisco Ramón Pampín Huerta	00:44:32	00:44:09	Veterano 1	56	M	262		A Coruña	547	00:04:51	337	00:28:11	289	00:44:32
273	2643	Laura Nuñez Naveira	00:44:32	00:44:25	Veterano 1	5	F	11	CLUB ATLETISMO SADA	A Coruña	207	00:04:22	173	00:27:52	260	00:44:32
274	1493	Rafael Carrasco Del Pozo	00:44:32	00:44:20	Veterano 1	57	M	263		A Coruña	321	00:04:33	233	00:27:55	264	00:44:32
275	1350	Miguel Angel Carreira Garcia	00:44:34	00:44:23	Veterano 2	92	M	264		Aranga	312	00:04:42	287	00:28:29	308	00:44:34
276	1327	Rodrigo Marino Taibo	00:44:35	00:44:18	Veterano 1	58	M	265	KLØVER	A Coruña	434	99:99:99	999999	00:28:41	328	00:44:35
277	1660	Sergio Vázquez Crespo	00:44:36	00:44:26	Veterano 2	93	M	266		Betanzos	268	00:04:32	231	00:27:58	268	00:44:36
278	1310	Daniel Cernadas Campos	00:44:37	00:44:23	Veterano 1	59	M	267		A Coruña	368	00:04:37	252	00:28:03	276	00:44:37
279	1349	Juan Carlos Rivas Varela	00:44:37	00:44:23	Veterano 3	29	M	268	MARZO SAUDE	Lugo	363	00:04:44	300	00:28:05	278	00:44:37
280	1430	Sergio Garcia Acon	00:44:38	00:44:23	Veterano 2	94	M	269		A Coruña	376	00:04:46	310	00:28:17	297	00:44:38
281	1210	Jacobo Pontla Encinas	00:44:40	00:44:25	Veterano 1	60	M	270		A Coruña	375	00:04:48	316	00:28:16	296	00:44:40

282	1456	Agustín Caamaño Salgado	00:44:42	00:44:34	Senior	81	M	271		A Coruña	215	00:04:30	217	00:28:13	292	00:44:42
283	1889	Marcos Antelo Piñeiro	00:44:42	00:44:26	Senior	82	M	272	Os fillos do vento	A Coruña	413	00:04:50	329	00:28:21	301	00:44:42
284	1664	Evaristo Gonzalez Jorge	00:44:43	00:44:26	Veterano 2	95	M	273		Oleiros	399	00:04:57	366	00:28:41	329	00:44:43
285	1481	José Luis Lombao Núñez	00:44:47	00:44:31	Veterano 2	96	M	274	RUNNING OLEIROS	Cambre	391	00:04:45	305	00:28:14	295	00:44:47
286	1461	Cesar Castro Caamaño	00:44:48	00:44:36	Veterano 2	97	M	275	CLUB ATLETISMO SADA	Ames	326	00:04:42	285	00:28:11	288	00:44:48
287	1694	Antonio Pachón Moreno	00:44:48	00:44:30	Senior	83	M	276		A Coruña	438	00:04:43	290	00:28:43	332	00:44:48
288	1396	Diego Calveche Barranco	00:44:50	00:44:38	Senior	84	M	277		Burela	305	00:04:45	303	00:28:36	319	00:44:50
289	1357	Fernando Leal Irimia	00:44:50	00:44:40	Veterano 1	61	M	278		A Coruña	270	00:04:41	283	00:28:08	285	00:44:50
290	1499	Fernando Sales Agra	00:44:50	00:44:34	Veterano 1	62	M	279		Cambre	400	00:05:00	378	00:28:31	312	00:44:50
291	1050	Natalia Garcia Sanchez	00:44:52	00:44:44	Veterano 1	6	F	12	CLUB ATLETISMO SADA	Oleiros	224	00:04:37	253	00:28:06	280	00:44:52
292	1678	Cristóbal Balseiro Pita	00:44:53	00:44:44	Veterano 2	98	M	280	CLUB ATLETISMO SADA	Burela	238	00:04:34	240	00:28:07	283	00:44:53
293	1763	Manuel Rodríguez Rodríguez	00:44:54	00:44:17	Senior	85	M	281		Sada	798	00:05:13	449	00:28:18	299	00:44:54
294	2534	Marcos Méndez Bouza	00:44:55	00:44:20	Veterano 1	63	M	282		Mondoñedo	763	00:05:20	489	00:28:36	323	00:44:55
295	1195	Pablo Rodriguez Alvarez	00:44:56	00:44:46	Veterano 2	99	M	283		Sada	265	00:04:50	328	00:28:44	334	00:44:56
296	1037	Marlen Trucios	00:44:56	00:44:50	Veterano 1	7	F	13		A Coruña	152	00:04:18	162	00:28:05	279	00:44:56
297	1690	Jesús Manuel Gómez Fernández	00:44:56	00:44:45	Veterano 3	30	M	284	CD GAS NATURAL FENOSA	A Coruña	284	00:04:47	312	00:28:22	302	00:44:56
298	1484	Alfonso Remuñán Sánchez	00:44:57	00:44:37	Veterano 3	31	M	285	ATLETISMO CARBALLO	A Coruña	473	00:04:49	327	00:27:36	240	00:44:57
299	1866	Daniel Martínez Rey	00:44:57	00:44:47	Senior	86	M	286		A Coruña	264	00:04:41	277	00:28:27	306	00:44:57
300	2579	Javier Herva Míguez	00:44:58	00:44:49	Veterano 1	64	M	287		A Coruña	248	00:04:32	230	00:28:06	281	00:44:58
301	1450	Jacinto Parga Fernández	00:44:58	00:44:51	Veterano 2	100	M	288	CLUB ATLETISMO SADA	Sada	209	00:04:29	215	00:27:46	255	00:44:58
302	1378	Manuel Carreira	00:45:00	00:44:26	Veterano 1	65	M	289	SANTA MARIA DEL MAR	A Coruña	747	00:05:11	440	00:28:46	336	00:45:00
303	1483	Domingo Alvarez Iglesias	00:45:00	00:44:43	Veterano 4	5	M	290	EGOVARROS DE VIVEIRO	A Coruña	420	00:04:34	243	00:28:19	300	00:45:00
304	1406	Antonio Cambados Gondar	00:45:02	00:44:55	Senior	87	M	291		Grove, O	167	00:04:36	245	00:28:33	314	00:45:02
305	1658	Manuel López Roibás	00:45:03	00:44:52	Veterano 3	32	M	292		A Coruña	314	00:04:47	315	00:28:36	320	00:45:03
306	1507	Jorge Barata Martínez	00:45:04	00:44:57	Veterano 2	101	M	293	ATLETAS DE ACEA DE AMA	A Coruña	193	00:04:29	211	00:27:48	257	00:45:04
307	1442	Hector Santos Lopez	00:45:05	00:44:53	Senior	88	M	294		Sada	322	00:05:04	407	00:29:10	357	00:45:05
308	1455	Jose Moares Espiñeira	00:45:05	00:44:54	Veterano 2	102	M	295	CLUB SOCIAL BANCO PASTOR	A Coruña	296	00:05:03	398	00:29:10	358	00:45:05
309	1314	Martín Lamas Díaz	00:45:06	00:44:33	Senior	89	M	296		Culleredo	736	00:05:01	386	00:28:10	287	00:45:06
310	1329	Francisco Javier Fernandez Perez	00:45:06	00:45:00	Senior	90	M	297	NOSPORTLIMIT	A Coruña	172	00:04:39	264	00:28:56	342	00:45:06
311	1431	Oscar Rosende Abrodo	00:45:07	00:44:47	Veterano 2	103	M	298		A Coruña	495	00:05:00	381	00:28:35	318	00:45:07
312	1683	Pablo Moar Blanco	00:45:08	00:44:51	Veterano 1	66	M	299		Cambre	419	00:04:55	360	00:28:42	331	00:45:08
313	1908	Eloy Cabarcos Barro	00:45:08	00:44:51	Senior	91	M	300		A Coruña	428	00:05:03	402	00:28:38	325	00:45:08
314	1470	Jose Luis Mella Maroño	00:45:08	00:45:01	Veterano 2	104	M	301		A Coruña	208	00:04:34	237	00:28:13	293	00:45:08
315	1536	Nestor Torea Moledo	00:45:09	00:44:47	Veterano 1	67	M	302		Muros	514	00:05:00	379	00:28:24	303	00:45:09
316	1296	Juan Jose Gómez Negreira	00:45:11	00:44:58	Veterano 2	105	M	303	TRIATLON CORUÑA	A Coruña	347	00:04:49	326	00:28:34	316	00:45:11
317	1725	Sergio Lozano García	00:45:11	00:44:51	Veterano 1	68	M	304		A Coruña	496	00:04:58	372	00:28:50	338	00:45:11
318	1097	Ismael Fernández Díaz	00:45:12	00:44:25	Senior	92	M	305		A Coruña	957	00:05:38	593	00:29:13	362	00:45:12
319	1716	Roi Siero De Ceano-vivas	00:45:13	00:44:57	Veterano 1	69	M	306	CLUB ATLETISMO SADA	Sada	397	00:04:52	347	00:29:00	347	00:45:13
320	1389	Damian Rodríguez Blanco	00:45:14	00:44:51	Senior	93	M	307		Carnota	545	00:05:09	434	00:29:12	361	00:45:14
321	2509	Manuel Ángel Jove Santos	00:45:15	00:44:59	Veterano 3	33	M	308	ATLETISMO RIAZOR CORUÑA	A Coruña	409	00:05:02	393	00:28:59	345	00:45:15
322	1714	Jose Mansilla Barreira	00:45:17	00:44:43	Senior	94	M	309		A Coruña	734	00:05:32	562	00:29:05	353	00:45:17
323	1394	José Paris López	00:45:19	00:45:12	Veterano 1	70	M	310		Abegondo	200	00:04:21	168	00:26:50	183	00:45:19
324	1554	Oscar Regal	00:45:22	00:45:15	Veterano 1	71	M	311		A Coruña	194	00:04:32	228	00:27:37	241	00:45:22
325	1788	Carlos Alvedro Garcia	00:45:23	00:45:12	Veterano 2	106	M	312	INFERNO	A Coruña	293	00:04:50	336	00:28:46	335	00:45:23
326	1524	Manuel Garcia Edreira	00:45:24	00:45:01	Veterano 2	107	M	313	Manuel F.C.	A Coruña	531	00:05:06	420	00:28:43	333	00:45:24
327	1741	Alberto Armada Villar	00:45:24	00:45:00	Veterano 3	34	M	314	ALTAFIT	Narón	561	00:04:56	362	00:28:28	307	00:45:24
328	1051	Isabel Felgar López	00:45:24	00:44:59	Veterano 2	4	F	14	PASA OU ENTORNA	Valdoviño	591	00:05:10	436	00:28:53	340	00:45:24

329	1508	Ramon Miguel Garcia Barba	00:45:25	00:45:14	Veterano 3	35	M	315		A Coruña	283	00:04:37	250	00:28:36	322	00:45:25
330	1408	Felix Cantua Guardiola	00:45:27	00:45:19	Veterano 3	36	M	316	CLUB ATLETISMO SADA	Oleiros	225	00:04:39	263	00:28:33	315	00:45:27
331	1429	Fernando Aldao Sánchez	00:45:27	00:45:08	Senior	95	M	317	CORUÑASPORTCENTRE	A Coruña	471	00:05:07	424	00:29:27	380	00:45:27
332	1707	Juan Carlos Herves Rodríguez	00:45:28	00:45:13	Veterano 2	108	M	318		A Coruña	373	00:04:33	235	00:28:09	286	00:45:28
333	2511	José Crespo Riestra	00:45:30	00:45:14	Veterano 3	37	M	319		A Coruña	403	00:04:46	307	00:28:29	309	00:45:30
334	1433	Alberto Pardo Fernandez	00:45:31	00:45:02	Veterano 2	109	M	320	CLUB ATLETISMO CORUÑA COMARCA	A Coruña	656	00:05:10	438	00:28:26	305	00:45:31
335	1532	Roberto Francos Vázquez	00:45:32	00:44:28	Veterano 1	72	M	321		A Coruña	1172	00:05:58	705	00:29:28	383	00:45:32
336	1496	Gerardo Mariño Balsa	00:45:33	00:45:24	Veterano 1	73	M	322		Arteixo	257	00:04:41	278	00:28:17	298	00:45:33
337	1702	Borja Pampin Ramos	00:45:33	00:45:24	Senior	96	M	323		A Coruña	254	00:04:40	271	00:28:08	284	00:45:33
338	1235	Sara Pita Gonzalez	00:45:33	00:45:24	Senior	3	F	15	LA MOCHILA DEL DEPORTE	Oleiros	244	00:04:38	257	00:28:37	324	00:45:33
339	1379	Oscar Herbon Pazos	00:45:33	00:45:02	Promesa	4	M	324	ATLETISMO RIAZOR CORUÑA	Cambre	700	00:05:09	432	00:28:52	339	00:45:33
340	1471	Jorge Juan Gonzalez Vazquez	00:45:34	00:45:23	Senior	97	M	325	NOSPORTLIMIT	La Coruña	301	00:05:16	461	00:29:29	385	00:45:34
341	1709	Toni Rey Costa	00:45:36	00:45:19	Veterano 2	110	M	326	CLUB OLYMPO AS PONTES	Narón	416	00:04:55	358	00:28:57	343	00:45:36
342	1480	Benito Blanco Pequeño	00:45:36	00:45:28	Veterano 2	111	M	327	PATUKOS TIM RANIN	Cambre	243	00:04:41	276	00:28:36	321	00:45:36
343	1501	Gonzalo López Osorio	00:45:36	00:45:22	Veterano 1	74	M	328	CORREDORES DO MIÑO	Ourense	372	00:04:36	246	00:28:01	275	00:45:36
344	1036	Pilar Cainzos Pan	00:45:36	00:45:33	Veterano 3	2	F	16	CLUB ATLETISMO SADA	Oleiros	91	00:04:27	204	00:28:26	304	00:45:36
345	1443	Jesus Balliña De Jesús	00:45:36	00:45:27	Veterano 2	112	M	329		Ames	247	00:04:31	226	00:28:30	310	00:45:36
346	1706	Manuel Angel Lopez Hermo	00:45:38	00:45:21	Veterano 1	75	M	330		Culleredo	426	00:05:03	403	00:29:11	360	00:45:38
347	1518	Angel Turrión Pereiro	00:45:39	00:45:28	Veterano 3	38	M	331		A Coruña	292	00:04:43	289	00:28:35	317	00:45:39
348	1848	Javier Rodríguez Prada	00:45:40	00:45:23	Senior	98	M	332		A Coruña	410	00:05:01	385	00:28:57	344	00:45:40
349	1675	Angel Mera	00:45:44	00:45:36	Veterano 1	76	M	333	TARTARUNNERS	A Coruña	197	00:04:48	321	00:28:40	327	00:45:44
350	1560	Dario Romar Montero	00:45:45	00:45:37	Senior	99	M	334		A Coruña	210	00:04:44	295	00:29:14	363	00:45:45
351	1677	Victor Novo Carballeira	00:45:45	00:44:49	Veterano 2	113	M	335		Miño	1075	00:05:39	602	00:29:20	373	00:45:45
352	1245	Lucia Vázquez Sesar	00:45:46	00:45:36	Senior	4	F	17		Culleredo	276	00:05:06	418	00:29:16	366	00:45:46
353	1514	Alberto Cerqueiro Mosquera	00:45:48	00:45:30	Veterano 3	39	M	336		A Coruña	445	00:04:45	302	00:28:42	330	00:45:48
354	1699	Marco Antonio Piriz Verdura	00:45:50	00:45:11	Veterano 2	114	M	337	Trasnos coruña	Cambre	840	00:06:01	721	00:29:52	421	00:45:50
355	1530	David Serrano Martínez	00:45:55	00:45:47	Veterano 1	77	M	338		A Coruña	212	00:04:34	241	00:28:39	326	00:45:55
356	1768	Antonio Suarez Pombo	00:45:57	00:45:19	Senior	100	M	339		A Coruña	824	00:05:40	603	00:30:05	434	00:45:57
357	1755	Carlos Alvarez Fernandez	00:45:58	00:45:44	Veterano 2	115	M	340		Culleredo	362	00:04:56	363	00:29:03	349	00:45:58
358	1732	Miguel Ángel Gómez Carabel	00:45:58	00:45:32	Veterano 2	116	M	341		Malpica De Bergantiños	616	00:05:23	502	00:29:34	393	00:45:58
359	1721	Vicente Fernandez Bermudez	00:45:58	00:45:40	Veterano 1	78	M	342		A Coruña	459	00:04:54	355	00:29:09	356	00:45:58
360	1472	Fernando Rodríguez Vázquez	00:46:00	00:45:47	Veterano 3	40	M	343	A Fume de Carozo-Alfa Fisioterapia A Coruña	Aranga	350	00:04:44	294	00:29:02	348	00:46:00
361	1874	Ricardo Patiño Gestal	00:46:01	00:45:48	Veterano 3	41	M	344		A Coruña	338	00:04:54	354	00:29:20	372	00:46:01
362	1435	Nicolás López Rey	00:46:02	00:45:43	Senior	101	M	345		Cariño	472	00:05:06	417	00:29:28	382	00:46:02
363	1759	Hugo Cristino Trillo	00:46:03	00:46:03	Senior	102	M	346		A Coruña	999999	00:05:12	443	00:29:11	359	00:46:03
364	1398	Jorge García Mallo	00:46:04	00:45:19	Veterano 1	79	M	347		A Coruña	932	99:99:99	999999	00:29:36	396	00:46:04
365	2612	Francisco Santiso López	00:46:05	00:45:20	Veterano 1	80	M	348		A Coruña	927	00:05:39	600	00:29:36	395	00:46:05
366	1565	Ana Bernardes Rodriguez	00:46:05	00:45:20	Senior	5	F	18		A Coruña	926	00:05:40	606	00:29:37	398	00:46:05
367	1698	Agustín Ferrán Anegón	00:46:07	00:45:41	Veterano 2	117	M	349	MIXMASTER RUNNING	Culleredo	603	00:05:07	426	00:29:04	350	00:46:07
368	2632	Diego Guimarey Espiño	00:46:11	00:45:37	Veterano 1	81	M	350		Culleredo	749	00:05:36	579	00:29:30	386	00:46:11
369	1339	Luis Gamundi Miraz	00:46:13	00:46:02	Veterano 3	42	M	351	CLUB CASTRO DE LOBADIZ	Ferrol	289	00:04:52	344	00:29:20	370	00:46:13
370	1746	Diego Vázquez Pérez	00:46:13	00:45:52	Senior	103	M	352		A Coruña	524	00:05:10	435	00:29:15	365	00:46:13
371	1548	Alejandro Fernandez Lopez	00:46:14	00:46:07	Veterano 1	82	M	353	CLUB ATLETISMO SADA	Betanzos	192	00:04:49	325	00:29:29	384	00:46:14
372	2555	Adrián Villares Aceña	00:46:16	00:45:41	Senior	104	M	354		A Coruña	761	00:05:34	571	00:29:41	403	00:46:16
373	2517	Ruben Castro Porto	00:46:17	00:45:31	Veterano 1	83	M	355		Betanzos	933	00:06:01	719	00:30:17	450	00:46:17
374	1126	Iago Carnero Nuñez	00:46:19	00:45:59	Senior	105	M	356		A Coruña	485	00:05:17	473	00:29:44	408	00:46:19
375	1681	Jose Manuel Ourens Pardo	00:46:19	00:46:10	Veterano 1	84	M	357	CLUB ATLETISMO SADA	Oleiros	236	00:04:42	288	00:29:15	364	00:46:19

470	1897	David Blasco Fagundo	00:48:02	00:47:45	Senior	118	M	440		Gata	433	99:99:99	999999	00:30:15	448	00:48:02
471	2287	Fran Vazquez Seoane	00:48:04	00:47:20	Veterano 1	113	M	441		Cambre	914	00:06:09	750	00:32:03	591	00:48:04
472	1730	Carlos Pazos Oviedo	00:48:06	00:47:41	Veterano 2	141	M	442		A Coruña	588	00:05:12	444	00:30:10	440	00:48:06
473	1413	David Vidal Lagares	00:48:06	00:47:04	Senior	119	M	443		A Coruña	1158	00:06:31	864	00:32:05	595	00:48:06
474	1223	Jose Maria Brea Sanchez	00:48:07	00:48:00	Veterano 3	57	M	444	CLUB ATLETISMO BOIMORTO	A Coruña	190	00:04:51	341	00:30:33	471	00:48:07
475	1849	Natalio Lorenzo Pintos	00:48:09	00:47:54	Veterano 3	58	M	445		Culleredo	392	00:04:55	361	00:30:13	444	00:48:09
476	1786	Javier Pampin Villar	00:48:10	00:47:38	Veterano 2	142	M	446		Santa Cruz De Tenerife	717	00:05:30	551	00:30:30	466	00:48:10
477	2198	María Uriá	00:48:12	00:47:48	Senior	9	F	31	GANTESPORT	Santiago De Compostela	579	00:05:03	395	00:30:01	430	00:48:12
478	2199	Estefanía Hernández García	00:48:12	00:47:48	Senior	10	F	32	GANTESPORT	A Coruña	580	00:05:02	391	00:30:00	429	00:48:12
479	1752	Jose Antonio Santiso Seoane	00:48:13	00:47:23	Veterano 3	59	M	447		Cambre	998	00:06:07	738	00:30:35	476	00:48:13
480	2262	Eduardo Barral Prado	00:48:13	00:47:43	Veterano 2	143	M	448	PORCOS BRAVOS	Lugo	672	00:05:23	503	00:30:35	477	00:48:13
481	1538	Juan J. Barreiro Perez	00:48:14	00:48:00	Veterano 2	144	M	449		A Coruña	359	00:04:52	346	00:29:38	400	00:48:14
482	1863	Javier Palacio Alvarez	00:48:14	00:47:30	Veterano 2	145	M	450	INDRA RUNNERS	Oleiros	916	00:06:11	757	00:31:33	552	00:48:14
483	1506	Bruno Santiago Aneiros	00:48:14	00:48:03	Senior	120	M	451		Narón	298	00:05:01	384	00:29:59	427	00:48:14
484	1500	Ricardo Area Teijeiro	00:48:14	00:47:41	Veterano 2	146	M	452		A Coruña	738	00:05:28	540	00:30:42	487	00:48:14
485	1058	Isabel Del Canto Fernández	00:48:16	00:47:53	Veterano 1	8	F	33		A Coruña	549	00:05:20	490	00:30:38	481	00:48:16
486	2041	Tatiana Casal Reloy	00:48:16	00:47:52	Senior	11	F	34		A Coruña	560	00:05:28	543	00:30:33	472	00:48:16
487	2004	María Fernández Figueroa	00:48:16	00:47:55	Veterano 1	9	F	35		A Coruña	507	00:05:22	500	00:30:40	484	00:48:16
488	1682	Manuel Paz Carbon	00:48:17	00:47:54	Veterano 2	147	M	453		A Coruña	548	00:05:24	508	00:30:53	502	00:48:17
489	1924	Adrián Bouza Campello	00:48:17	00:47:53	Veterano 1	114	M	454		A Coruña	582	00:05:20	485	00:30:39	482	00:48:17
490	1826	Manuel Outes Paz	00:48:17	00:48:05	Veterano 4	8	M	455		Carballo	335	00:05:05	414	00:30:35	478	00:48:17
491	1842	Alberto Fraga Rodríguez	00:48:18	00:47:29	Veterano 2	148	M	456		A Coruña	990	00:05:51	669	00:31:19	533	00:48:18
492	1662	Juan Carlos Domato Verdía	00:48:20	00:47:53	Senior	121	M	457	Os Desbroza Carreteras	Arteixo	637	00:05:30	550	00:31:14	528	00:48:20
493	1887	Jose Manuel Vilas Sanchez	00:48:21	00:48:10	Veterano 3	60	M	458		A Coruña	303	00:04:50	331	00:29:57	426	00:48:21
494	1799	Alejandro Fortes Lopes	00:48:21	00:47:48	Senior	122	M	459		Culleredo	742	00:05:17	475	00:30:37	480	00:48:21
495	1674	Rubén Fernández Álvarez	00:48:22	00:47:58	Veterano 1	115	M	460		Sada	567	00:05:32	563	00:31:03	513	00:48:22
496	1703	Alberto Calvofernandez	00:48:26	00:47:57	Veterano 4	9	M	461	CLUB CASTRO DE LOBADIZ	Ferrol	657	00:05:33	566	00:31:04	516	00:48:26
497	1522	Víctor X. Mosquera Rodríguez	00:48:26	00:47:48	Veterano 1	116	M	462		A Coruña	820	00:05:24	510	00:30:34	475	00:48:26
498	1685	Gustavo Sánchez Ares	00:48:27	00:47:49	Veterano 2	149	M	463		A Coruña	818	00:05:23	504	00:30:34	474	00:48:27
499	1503	Daniel Fraga Romero	00:48:28	00:48:14	Veterano 2	150	M	464		A Coruña	383	00:05:09	431	00:30:48	494	00:48:28
500	1665	Hermes Arnoso Gíao	00:48:29	00:48:23	Senior	123	M	465	NOSPORTLIMIT	A Coruña	162	00:04:39	259	00:27:38	246	00:48:29
501	1761	Daniel Pose García	00:48:30	00:48:13	Senior	124	M	466		Cambre	424	00:05:06	422	00:30:50	498	00:48:30
502	2303	José David Ríos Lesta	00:48:30	00:47:57	Senior	125	M	467	UNIVERSIDADE SANTIAGO DE COMPOSTELA	A Coruña	741	00:05:18	483	00:30:31	467	00:48:30
503	1676	Javier Rodríguez Torres	00:48:31	00:48:16	Senior	126	M	468		A Coruña	387	00:04:50	332	00:29:23	377	00:48:31
504	1259	María Bermúdez Rodríguez	00:48:32	00:48:11	Senior	12	F	36		A Coruña	511	00:05:23	505	00:31:00	511	00:48:32
505	1821	Jose Miguel Vazquez Gonzalez	00:48:33	00:48:19	Veterano 1	117	M	469		Melide	344	00:05:01	388	00:30:55	504	00:48:33
506	1773	Fernando Gareta Vidal	00:48:37	00:48:08	Veterano 3	61	M	470		Bergondo	660	00:05:45	632	00:30:51	499	00:48:37
507	1733	Jose Antonio Méndez Pampin	00:48:38	00:48:22	Veterano 4	10	M	471		Arzúa	401	00:05:20	484	00:30:43	488	00:48:38
508	1209	Oscar Estraviz Lorenzo	00:48:39	00:48:11	Veterano 1	118	M	472	oscar	Culleredo	651	00:05:29	546	00:30:30	464	00:48:39
509	2551	Iago Ron Rodríguez	00:48:39	00:48:22	Senior	127	M	473		A Coruña	425	00:05:18	479	00:30:59	510	00:48:39
510	2572	Manuel Real Ruiz	00:48:41	00:48:26	Senior	128	M	474		A Coruña	365	00:05:37	590	00:31:11	526	00:48:41
511	1695	Isaac Gomez Linares	00:48:41	00:47:55	Veterano 1	119	M	475		A Coruña	954	00:06:15	777	00:31:26	542	00:48:41
512	2582	Jorge Fernández García	00:48:42	00:48:01	Senior	129	M	476		Castrión	868	00:05:54	683	00:31:19	532	00:48:42
513	1925	Miguel Marrozos Lopez	00:48:42	00:48:09	Veterano 1	120	M	477		A Coruña	720	00:05:52	674	00:31:43	570	00:48:42
514	1534	Juan Domato Añón	00:48:43	00:48:30	Veterano 1	121	M	478		A Coruña	351	00:05:25	516	00:31:22	536	00:48:43
515	1052	Balbina Tarrío Mangas	00:48:46	00:47:59	Senior	13	F	37	AD. FOGAR	Coristanco	956	00:05:38	596	00:30:36	479	00:48:46
516	1533	Miguel Angel Palmeiro Quelle	00:48:46	00:48:28	Veterano 1	122	M	479		Culleredo	450	00:05:31	554	00:32:13	605	00:48:46

611	2367	Alexandre Ares Villamor	00:50:34	00:49:45	Veterano 1	133	M	550		A Coruña	993	00:06:35	889	00:32:48	660	00:50:34
612	1923	Paulo Loiacono	00:50:35	00:49:38	Veterano 2	182	M	551		A Coruña	1082	00:06:36	896	00:33:02	679	00:50:35
613	1254	Marina Gil Perez	00:50:35	00:50:17	Veterano 2	20	F	62		A Coruña	446	00:05:22	498	00:31:54	584	00:50:35
614	1736	Eduard Franquet Sugrañes	00:50:35	00:50:11	Veterano 2	183	M	552		Santiago De Compostela	569	00:05:34	572	00:32:16	614	00:50:35
615	1896	Rubén Pérez	00:50:36	00:49:51	Veterano 1	134	M	553		A Coruña	931	00:06:39	906	00:33:17	706	00:50:36
616	2515	Jose Ignacio Sánchez García	00:50:36	00:49:23	Veterano 2	184	M	554		Culleredo	1309	00:06:41	915	00:33:08	691	00:50:36
617	1294	Pury Campos Regueiro	00:50:36	00:50:08	Veterano 2	21	F	63		Cambre	652	00:05:31	557	00:31:58	586	00:50:36
618	1684	Nestor Arias Paz	00:50:37	00:50:17	Veterano 2	185	M	555	CLUB MONTE PENA RUBIA	Lugo	494	00:05:16	465	00:30:55	506	00:50:37
619	2576	Jacobo Vázquez Lorenzo	00:50:38	00:50:01	Senior	145	M	556		Carballiño, O	803	00:06:13	770	00:32:45	653	00:50:38
620	2532	Víctor Ledo Lema	00:50:38	00:50:07	Veterano 1	135	M	557		A Coruña	696	00:05:58	704	00:32:39	640	00:50:38
621	1918	Pablo Cobas Sande	00:50:39	00:49:58	Veterano 2	186	M	558	SIEIRO RUNNING	A Coruña	856	00:06:21	809	00:32:15	611	00:50:39
622	2346	Lorenzo Capllonch Casteleiro	00:50:39	00:50:39	Veterano 2	187	M	559	CLUB ATLETISMO SADA	Sada	999999	00:06:09	748	00:32:46	656	00:50:39
623	2280	Renato Rivas Lopez	00:50:40	00:49:30	Veterano 1	136	M	560	ORUJO TEAM	A Coruña	1263	00:07:11	1111	00:33:14	701	00:50:40
624	2622	Luis Pais	00:50:40	00:50:14	Senior	146	M	561		Estrada, A	613	00:05:33	567	00:32:07	600	00:50:40
625	1270	Bego Lois	00:50:42	00:50:20	Veterano 2	22	F	64	RUNNING OLEIROS	A Coruña	530	00:05:31	553	00:32:18	616	00:50:42
626	1857	Roberto Picos	00:50:45	00:49:55	Veterano 2	188	M	562		A Coruña	999	00:06:26	840	00:32:55	669	00:50:45
627	1606	Lorena Franqueira Losada	00:50:47	00:50:26	Veterano 1	18	F	65		A Coruña	505	00:05:33	569	00:32:08	602	00:50:47
628	2288	Raúl Tardío Ezama	00:50:47	00:50:16	Veterano 1	137	M	563		Oleiros	694	00:05:50	665	00:32:25	625	00:50:47
629	1898	Adrián García Mata	00:50:47	00:50:28	Senior	147	M	564	RANNASS	A Coruña	475	00:05:18	480	00:31:48	577	00:50:47
630	1271	Silvia Gestal Golán	00:50:47	00:50:38	Veterano 2	23	F	66	CLUB ATLETISMO SADA	Culleredo	258	00:05:08	430	00:31:42	568	00:50:47
631	2149	Silvia Escobar Pin	00:50:49	00:50:26	Senior	17	F	67		Ponteume	553	00:05:53	681	00:33:09	694	00:50:49
632	2340	Sergio Rodriguez Martínez	00:50:52	00:49:45	Senior	148	M	565		Cambre	1230	00:06:36	893	00:33:10	696	00:50:52
633	1832	Lucas Oubiña Yañez	00:50:53	00:49:45	Veterano 1	138	M	566		A Coruña	1239	00:06:30	860	00:32:41	642	00:50:53
634	1299	Emilio Jose Jove Casto	00:50:54	00:50:31	Veterano 2	189	M	567	CLUB CASTRO DE LOBADIZ	Ferrol	554	00:05:54	688	00:33:10	695	00:50:54
635	1278	Marta Muíño Vidal	00:50:54	00:50:32	Senior	18	F	68		A Coruña	539	00:05:06	421	00:31:40	561	00:50:54
636	1279	Beatriz Muíño Vidal	00:50:54	00:50:32	Senior	19	F	69		A Coruña	535	00:05:06	419	00:31:39	560	00:50:54
637	2621	Antonio Figueirido Domínguez	00:50:55	00:49:47	Senior	149	M	568		A Coruña	1247	00:06:58	1016	00:34:37	849	00:50:55
638	1744	Juan Manuel Herbon Arias	00:50:58	00:50:43	Veterano 2	190	M	569		Cambre	390	00:05:55	691	00:32:49	661	00:50:58
639	2322	Miguel Martínez Martínez	00:50:59	00:50:19	Veterano 2	191	M	570		A Coruña	851	00:06:25	834	00:33:06	687	00:50:59
640	1782	Sergio Busto Durán	00:50:59	00:50:33	Junior	4	M	571		Cambre	625	00:06:06	736	00:32:40	641	00:50:59
641	2008	María Begoña Martínez Lorenzo	00:51:00	00:50:36	Veterano 2	24	F	70		Arteixo	571	00:05:38	592	00:32:23	622	00:51:00
642	1667	Luciano Fernández Novoa	00:51:01	00:50:13	Veterano 4	13	M	572	CLUB SOCIAL BANCO PASTOR	A Coruña	971	00:06:15	778	00:32:59	676	00:51:01
643	2139	Sandra Babío Suárez	00:51:02	00:50:49	Veterano 2	25	F	71	CLUB ATLETISMO SADA	Sada	333	00:05:17	471	00:32:31	632	00:51:02
644	1850	Angel Ramon Martínez Cambon	00:51:03	00:50:39	Veterano 3	72	M	573		A Coruña	568	00:05:34	573	00:32:22	620	00:51:03
645	1791	Reinaldo Gonzalez Pedreira	00:51:04	00:50:37	Veterano 2	192	M	574		A Coruña	631	00:05:39	599	00:32:28	629	00:51:04
646	1247	Marta Rua Lopez	00:51:04	00:50:46	Veterano 2	26	F	72		Culleredo	448	00:05:33	568	00:32:15	609	00:51:04
647	1987	Iria Barba Montes	00:51:04	00:50:20	Senior	20	F	73		A Coruña	911	00:06:16	782	00:33:17	708	00:51:04
648	2531	José Miguel Malo Herrera	00:51:05	00:50:20	Veterano 2	193	M	575	CLUB ATLETISMO SADA	Bergondo	929	00:06:09	745	00:32:47	658	00:51:05
649	1546	Alberto Fernández Pueyo	00:51:09	00:50:26	Senior	150	M	576		A Coruña	902	00:06:50	972	00:34:10	802	00:51:09
650	1056	Azucena Vázquez Alvaríño	00:51:09	00:50:25	Veterano 2	27	F	74		A Coruña	910	00:06:49	964	00:34:09	799	00:51:09
651	1258	Mari Luz Sanmartín Fdez	00:51:09	00:51:01	Veterano 4	2	F	75	EGOVARROS DE VIVEIRO	A Coruña	227	00:05:00	382	00:32:02	590	00:51:09
652	1581	Ana María Sánchez Manteiga	00:51:09	00:51:00	Veterano 2	28	F	76	CLUB ATLETISMO SADA	Sada	271	00:04:52	348	00:31:42	567	00:51:09
653	1252	Elizabeth Obrien	00:51:10	00:50:06	Senior	21	F	77		Palatine	1186	99:99:99	999999	00:33:33	736	00:51:10
654	1265	Beatriz García Vazquez	00:51:10	00:50:09	Veterano 3	8	F	78		Culleredo	1146	00:06:25	835	00:32:59	674	00:51:10
655	1748	José Antonio Sumay Rey	00:51:12	00:50:07	Veterano 2	194	M	577		A Coruña	1188	00:06:30	859	00:33:33	735	00:51:12
656	1648	Andrea Espiño Albela	00:51:12	00:50:49	Senior	22	F	79		Vedra	559	00:05:31	555	00:32:04	592	00:51:12
657	1632	Silvia Seoane Rodríguez	00:51:17	00:50:56	Veterano 1	19	F	80	CLUB ATLETISMO SADA	Oleiros	521	00:05:28	538	00:32:46	655	00:51:17

752	2493	Manuel García-Iastra Martorell	00:52:51	00:52:18	Senior	161	M	645		A Coruña	729	00:06:01	723	00:33:16	704	00:52:51
753	1922	David J Martínez Maquez	00:52:52	00:52:36	Veterano 2	220	M	646		Betanzos	405	00:05:25	521	00:33:18	709	00:52:52
754	2281	Oscar Hernandez Acevedo	00:52:53	00:52:23	Veterano 1	154	M	647		Oaxaca	671	00:06:09	747	00:34:13	808	00:52:53
755	1808	Alonso Alvarez Ventoso	00:52:55	00:52:14	Veterano 3	86	M	648		A Coruña	884	00:06:21	804	00:33:55	769	00:52:55
756	2066	María Teresa Sierra Caballero	00:52:55	00:51:44	Veterano 2	41	F	108		A Coruña	1292	00:06:40	911	00:33:35	741	00:52:55
757	2505	Xabier Rodríguez Soto	00:52:58	00:52:26	Veterano 1	155	M	649	Athletic Coruña Hockey	A Coruña	714	00:06:12	764	00:34:17	821	00:52:58
758	1758	Andrés González García	00:52:58	00:52:26	Veterano 3	87	M	650	CLUB CASTRO DE LOBADIZ	Ferrol	725	00:05:53	677	00:34:04	786	00:52:58
759	2291	Francisco Vázquez Gil	00:52:59	00:52:21	Veterano 2	221	M	651	CLUB ATLETISMO SADA	A Coruña	816	00:05:54	686	00:33:06	688	00:52:59
760	1967	Ana López Gao	00:52:59	00:52:40	Veterano 2	42	F	109	LA MOCHILA DEL DEPORTE	Culleredo	474	00:05:37	589	00:33:40	747	00:52:59
761	1742	Francisco Javier Salgado Badás	00:52:59	00:52:15	Veterano 1	156	M	652	INDRA RUNNERS	A Coruña	918	00:06:39	901	00:34:17	825	00:52:59
762	1586	Silvia Sánchez Bascosy	00:52:59	00:52:40	Veterano 3	9	F	110		A Coruña	477	00:05:39	601	00:33:21	714	00:52:59
763	1668	Antonio Vázquez Gil	00:53:00	00:52:22	Veterano 1	157	M	653		A Coruña	831	00:05:46	640	00:33:05	684	00:53:00
764	1947	Lucia Valles Barbeito	00:53:00	00:52:36	Veterano 2	43	F	111	LA MOCHILA DEL DEPORTE	A Coruña	574	00:05:39	598	00:33:40	748	00:53:00
765	2629	Jose Antonio Lamas Noya	00:53:01	00:52:04	Veterano 3	88	M	654		A Coruña	1097	00:07:00	1034	00:34:23	833	00:53:01
766	2607	Jorge Peón Liñeira	00:53:02	00:52:19	Senior	162	M	655		A Coruña	894	00:05:59	712	00:33:31	728	00:53:02
767	1790	Eloy Calderón Fernández	00:53:06	00:52:43	Veterano 3	89	M	656		A Coruña	550	00:05:38	591	00:33:26	722	00:53:06
768	2310	Carlos Facal Domínguez	00:53:07	00:52:02	Veterano 2	222	M	657		A Coruña	1199	00:07:04	1061	00:34:03	782	00:53:07
769	2324	José Manuel Garcia Becerra	00:53:09	00:52:42	Veterano 3	90	M	658		Carballo	622	00:05:30	552	00:32:46	654	00:53:09
770	2265	Alejandro Cañada Muñoz	00:53:13	00:52:06	Veterano 3	91	M	659		A Coruña	1232	00:06:41	913	00:34:19	827	00:53:13
771	2132	María Cuartero Modrego	00:53:14	00:52:41	Senior	30	F	112		Tudela	730	00:05:47	643	00:33:34	738	00:53:14
772	2231	Paula Garcia Sanchez	00:53:14	00:52:12	Veterano 2	44	F	113		A Coruña	1147	00:06:41	917	00:34:42	857	00:53:14
773	1607	Sara González Gayoso	00:53:14	00:52:43	Senior	31	F	114	CLUB OLYMPO AS PONTES	Pontes De García Rodríguez, As	686	00:05:46	638	00:33:10	697	00:53:14
774	1751	Manuel Javier Muñiz Seijas	00:53:14	00:52:54	Veterano 3	92	M	660		A Coruña	499	00:05:41	612	00:33:33	737	00:53:14
775	1628	Susi Abad Lago	00:53:14	00:52:55	Veterano 2	45	F	115	ATLETISMO PORRIÑO	Porriño, O	467	00:05:44	627	00:33:59	777	00:53:14
776	1323	Víctor Manuel García Pérez	00:53:15	00:52:56	Veterano 2	223	M	661	ATLETISMO PORRIÑO	Porriño, O	469	00:05:44	628	00:34:00	778	00:53:15
777	1956	Alba Xisela Rodríguez Martínez	00:53:16	00:52:36	Senior	32	F	116		Oleiros	858	00:06:06	733	00:33:35	740	00:53:16
778	2411	Luis Alvarez Cámara	00:53:17	00:52:38	Veterano 4	16	M	662		A Coruña	842	00:05:50	666	00:33:38	745	00:53:17
779	2318	Pablo Parguñá Fernández	00:53:18	00:52:31	Veterano 3	93	M	663		A Coruña	959	00:06:22	817	00:34:01	779	00:53:18
780	2594	Daniel Alberca Piñeiro	00:53:20	00:52:04	Senior	163	M	664		A Coruña	1346	00:07:17	1164	00:35:41	924	00:53:20
781	1870	Ramón Álvarez Muñiz	00:53:20	00:52:25	Senior	164	M	665		A Coruña	1067	99:99:99	999999	00:34:16	817	00:53:20
782	1654	Gabriela Bascuas Gonçalves	00:53:21	00:52:38	Senior	33	F	117		Estrada, A	896	00:06:27	842	00:34:09	798	00:53:21
783	2464	Alejandro Garcia Castro	00:53:21	00:52:08	Senior	165	M	666		A Coruña	1308	00:06:53	989	00:34:32	842	00:53:21
784	1691	Rafael Pena Fernandez	00:53:21	00:52:27	Veterano 2	224	M	667	CD GAS NATURAL FENOSA	A Coruña	1057	00:06:49	966	00:34:16	816	00:53:21
785	1903	Israel Martínez Lopez	00:53:21	00:52:16	Veterano 1	158	M	668		Oza Dos Rios	1192	00:07:12	1125	00:34:31	841	00:53:21
786	2345	Jose Manuel Castelao Diaz	00:53:23	00:52:58	Veterano 3	94	M	669		Nava	600	00:05:35	578	00:33:42	751	00:53:23
787	2470	Avelino Dopazo Ponte	00:53:26	00:52:54	Veterano 3	95	M	670		A Coruña	705	00:05:46	639	00:33:23	717	00:53:26
788	2357	José Ramón Torres Freire	00:53:26	00:52:18	Veterano 2	225	M	671		A Coruña	1241	00:06:32	868	00:34:10	805	00:53:26
789	1354	Juan Carlos Rodil Castanedo	00:53:27	00:53:08	Veterano 2	226	M	672	CLUB SOCIAL	A Coruña	466	00:05:39	597	00:33:42	752	00:53:27
790	1783	Hermínio Santos Cameán	00:53:27	00:53:12	Veterano 2	227	M	673	CLUB ATLETISMO SADA	Sada	393	00:05:12	445	00:32:27	628	00:53:27
791	2495	Eduardo Fernandez Collazo	00:53:28	00:52:56	Senior	166	M	674		A Coruña	706	99:99:99	999999	00:33:23	718	00:53:28
792	1268	Lourdes Liquete Medrano	00:53:30	00:53:17	Veterano 3	10	F	118	BEER RUNNERS	Ponferrada	346	00:05:32	560	00:34:01	780	00:53:30
793	1627	Montserrat Fraga Martínez	00:53:30	00:52:47	Veterano 2	46	F	119		A Coruña	898	00:06:15	776	00:34:11	806	00:53:30
794	1610	Graciela Coteló Veira	00:53:31	00:52:16	Veterano 1	26	F	120		Carballo	1338	00:07:06	1080	00:34:22	831	00:53:31
795	1272	Nayem Mosquera Castro	00:53:32	00:53:10	Senior	34	F	121	NOSPORTLIMIT	A Coruña	522	00:05:42	619	00:33:52	765	00:53:32
796	2601	Juan Carlos Chouciño Pena	00:53:33	00:52:59	Veterano 3	96	M	675		A Coruña	740	00:06:11	761	00:34:18	826	00:53:33
797	1986	Olalla Fernandez Rivas	00:53:33	00:52:58	Senior	35	F	122	Toxiza Club de Montaña	Mondoñedo	769	00:06:24	831	00:34:12	807	00:53:33
798	1927	Ramón Devesa Morandeira	00:53:34	00:53:19	Veterano 2	228	M	676		A Coruña	371	00:05:21	494	00:33:27	724	00:53:34

799	1926	José Ramón Louzao Cabo	00:53:34	00:53:20	Veterano 3	97	M	677		A Coruña	370	00:05:22	501	00:33:26	723	00:53:34
800	1828	Benigno Garea Cao	00:53:36	00:53:21	Veterano 3	98	M	678		A Coruña	380	00:05:26	527	00:33:13	700	00:53:36
801	2528	José Francisco Rodríguez García	00:53:36	00:53:05	Senior	167	M	679		Neda	687	00:06:01	716	00:34:14	812	00:53:36
802	1928	Beatriz Astray Merino	00:53:37	00:53:15	Veterano 2	47	F	123	CLUB ATLETISMO SADA	Oleiros	529	00:05:40	607	00:34:04	784	00:53:37
803	1872	Jose Lopez Soto	00:53:37	00:53:13	Veterano 3	99	M	680		Oleiros	563	00:05:51	671	00:33:58	774	00:53:37
804	1996	Carolina Papin Estevez	00:53:37	00:53:24	Veterano 1	27	F	124	CLUB ATLETISMO SADA	Carral	349	00:05:29	547	00:34:03	783	00:53:37
805	1894	Ismael Lopez Fernandez	00:53:38	00:53:14	Senior	168	M	681		A Coruña	573	00:05:51	670	00:34:07	793	00:53:38
806	2140	Beatriz Babío Suárez	00:53:40	00:53:19	Veterano 2	48	F	125	CLUB ATLETISMO SADA	Sada	520	00:05:41	609	00:34:10	801	00:53:40
807	2167	Nuria Benito Gutierrez	00:53:43	00:52:29	Veterano 2	49	F	126		A Coruña	1320	00:06:58	1020	00:34:43	858	00:53:43
808	1568	Rosa María Soto Guardado	00:53:44	00:53:23	Veterano 2	50	F	127	CLUB DEPORTIVO JIMBARAN	Lugo	516	00:05:49	660	00:33:47	759	00:53:44
809	1912	Eugenio Pérez Chao	00:53:45	00:53:25	Senior	169	M	682		Mondoñedo	489	00:05:07	425	00:33:02	681	00:53:45
810	2356	Antonio Franco Ruiz	00:53:46	00:53:23	Veterano 4	17	M	683	CLUB ATLETISMO SADA	Oleiros	543	00:05:41	610	00:34:10	804	00:53:46
811	1645	Susana Goyanes Martínez	00:53:46	00:53:22	Veterano 2	51	F	128	RUNNING OLEIROS	A Coruña	584	00:05:42	616	00:33:41	749	00:53:46
812	2176	Beatriz Souto Suárez	00:53:48	00:53:34	Senior	36	F	129		A Coruña	364	00:05:37	588	00:33:56	771	00:53:48
813	1569	María Fraga Rivas	00:53:48	00:53:38	Senior	37	F	130		A Coruña	278	00:05:16	467	00:33:41	750	00:53:48
814	2390	Javier Mira	00:53:49	00:53:16	Veterano 1	159	M	684		Oleiros	713	00:05:54	687	00:34:13	811	00:53:49
815	1582	Uxia Gomez Mendez	00:53:49	00:53:32	Senior	38	F	131		Monterroso	418	00:05:36	580	00:34:17	820	00:53:49
816	1661	Carlos Morán Franc	00:53:49	00:52:55	Veterano 2	229	M	685		A Coruña	1051	00:06:44	941	00:34:14	813	00:53:49
817	1449	Jose Manuel Sanchez Loureda	00:53:50	00:53:00	Veterano 3	100	M	686		Arteixo	1007	00:06:35	890	00:34:16	818	00:53:50
818	2165	Lola García Cambon	00:53:50	00:53:04	Veterano 2	52	F	132		A Coruña	948	00:06:30	858	00:34:29	836	00:53:50
819	1566	Diana Morales Rodríguez	00:53:52	00:53:33	Veterano 1	28	F	133	CLUB OURENSE ATLETISMO	Ourense	454	00:05:25	522	00:33:39	746	00:53:52
820	1881	Alberto Fernández Garcia	00:53:52	00:53:06	Veterano 2	230	M	687		A Coruña	946	00:06:32	869	00:34:30	838	00:53:52
821	1604	Miriam Piñeiro Portela	00:53:52	00:53:07	Veterano 2	53	F	134		A Coruña	943	00:06:23	821	00:34:10	803	00:53:52
822	1589	Montse Jurjo Garcia	00:53:53	00:53:14	Veterano 1	29	F	135		A Coruña	833	00:06:20	799	00:34:17	823	00:53:53
823	1537	Oscar Castellanos Jimenez	00:53:53	00:53:26	Veterano 2	231	M	688		A Coruña	628	00:06:16	779	00:34:43	859	00:53:53
824	2573	Diego Taboada Lesta	00:53:54	00:53:27	Veterano 2	232	M	689		A Coruña	636	00:05:55	689	00:33:49	763	00:53:54
825	1262	Paula Avendaño Pérez	00:53:54	00:53:18	Senior	39	F	136		A Coruña	785	00:06:08	739	00:34:15	814	00:53:54
826	2042	Lucía Varela	00:53:56	00:53:43	Veterano 1	30	F	137	CLUB ATLETISMO SADA	Sada	331	00:05:30	549	00:34:02	781	00:53:56
827	1570	Giselle Montero Salinas	00:53:56	00:52:53	Senior	40	F	138		Lugo	1171	00:06:38	898	00:34:44	860	00:53:56
828	1573	Rosa María Maceiras Seoane	00:53:57	00:52:56	Veterano 2	54	F	139		Arteixo	1142	00:06:39	908	00:34:40	853	00:53:57
829	1551	Pablo Pardo Bermúdez	00:53:58	00:53:13	Veterano 2	233	M	690	Sen clube	A Coruña	928	00:07:01	1036	00:34:34	844	00:53:58
830	2624	Luis Patiño Varela	00:54:01	00:53:02	Junior	5	M	691		Oleiros	1118	00:06:27	844	00:33:09	693	00:54:01
831	2627	Juan Carlos Barbeito Iglesias	00:54:01	00:53:35	Veterano 3	101	M	692		A Coruña	608	00:05:42	617	00:33:59	776	00:54:01
832	2427	Marcelino De Juan Barquin	00:54:02	00:53:19	Veterano 4	18	M	693		A Coruña	885	00:06:20	801	00:33:57	772	00:54:02
833	2316	Fidel Castro Prado	00:54:03	00:53:19	Veterano 1	160	M	694		Lugo	915	00:06:18	791	00:34:37	848	00:54:03
834	2313	Daniel Villadangos Iglesias	00:54:04	00:53:23	Senior	170	M	695		A Coruña	867	00:06:18	786	00:34:05	788	00:54:04
835	2328	Gonzalo Anido Herránz	00:54:05	00:53:19	Senior	171	M	696		Carballo	942	00:06:36	895	00:35:11	888	00:54:05
836	1609	Marjorie Garrido Salazar	00:54:07	00:53:10	Veterano 2	55	F	140		Culleredo	1101	00:06:33	874	00:33:33	734	00:54:07
837	1949	María Jesús García Caparrós	00:54:08	00:53:29	Veterano 2	56	F	141		A Coruña	849	00:06:29	851	00:34:21	829	00:54:08
838	2377	Alejandro Montero Salinas	00:54:09	00:53:05	Senior	172	M	697		A Coruña	1177	00:06:38	897	00:34:44	861	00:54:09
839	1864	Daniel Solera López	00:54:09	00:53:46	Veterano 1	161	M	698		Sada	564	00:05:36	584	00:32:30	630	00:54:09
840	2477	Alberto Martínez De Mena	00:54:10	00:53:08	Veterano 2	234	M	699		A Coruña	1155	00:06:44	938	00:35:15	889	00:54:10
841	1792	Gonzalo Alfonsín Soliño	00:54:15	00:53:42	Veterano 3	102	M	700	TARATRUGAS	Santiago De Compostela	744	00:05:56	693	00:34:36	847	00:54:15
842	2065	Iria Louzán Lema	00:54:17	00:53:57	Veterano 1	31	F	142	CLUB ATLETISMO SADA	Sada	501	00:05:28	539	00:34:08	797	00:54:17
843	1230	Raquel Armesto Pinedo	00:54:18	00:53:57	Veterano 2	57	F	143	CLUB ATLETISMO SADA	Oleiros	497	00:05:28	537	00:34:08	796	00:54:18
844	2171	Inmaculada Mourin Gonzalez	00:54:20	00:53:18	Veterano 2	58	F	144		Lugo	1160	99:99:99	999999	00:34:13	809	00:54:20
845	2290	David Franco Iglesias	00:54:21	00:53:14	Veterano 1	162	M	701		A Coruña	1216	00:06:57	1010	00:34:51	867	00:54:21

846	1525	Felipe Vilarinho Cutrín	00:54:24	00:53:57	Veterano 2	235	M	702	gas natural fenosa	A Coruña	632	00:06:19	794	00:35:50	942	00:54:24
847	2392	Alejandro Pazos Sanchez	00:54:25	00:53:35	Senior	173	M	703		A Coruña	1002	00:06:43	928	00:34:24	834	00:54:25
848	1588	Marta Martínez Rodríguez	00:54:26	00:53:40	Senior	41	F	145		A Coruña	947	00:06:31	865	00:34:30	837	00:54:26
849	1778	Julio Sejal Lema	00:54:27	00:53:41	Veterano 1	163	M	704	Startan	A Coruña	944	00:06:31	866	00:34:30	839	00:54:27
850	2246	Alba Losada Duran	00:54:29	00:53:52	Senior	42	F	146		Pontes De García Rodríguez, As	802	00:06:22	812	00:34:38	851	00:54:29
851	2631	Alejandro Antón Fernandez	00:54:29	00:53:52	Senior	174	M	705		Pontes De García Rodríguez, As	801	00:06:20	803	00:34:38	850	00:54:29
852	1704	Fernando Dabarca Fidalgo	00:54:32	00:53:16	Veterano 3	103	M	706	C.A.R. MARISQUEIRO	Vigo	1345	00:07:16	1162	00:35:25	902	00:54:32
853	1686	Miguel Ángel Díaz Varela	00:54:33	00:54:10	Veterano 2	236	M	707		A Coruña	555	00:05:50	662	00:34:06	789	00:54:33
854	1571	Amira Simón Martínez	00:54:34	00:53:48	Senior	43	F	147	NOSPORTLIMIT	A Coruña	949	00:06:01	720	00:33:33	733	00:54:34
855	1599	Ana Vigo Barreira	00:54:35	00:54:00	Veterano 2	59	F	148	RUNNING OLEIROS	A Coruña	773	00:06:27	846	00:35:35	920	00:54:35
856	1603	Candela Gomez Gonzalez	00:54:35	00:54:18	Senior	44	F	149		Santiago De Compostela	414	00:05:36	581	00:34:17	822	00:54:35
857	1630	María Mantifán Paredes	00:54:37	00:54:13	Veterano 1	32	F	150		A Coruña	566	00:05:51	668	00:34:06	790	00:54:37
858	2323	Virgilio Calvo Martínez	00:54:37	00:53:43	Veterano 2	237	M	708	MIXMASTER RUNNING	A Coruña	1059	00:06:57	1009	00:35:08	883	00:54:37
859	1251	Eva Sanchez Martinez	00:54:37	00:53:43	Veterano 2	60	F	151	MIXMASTER RUNNING	A Coruña	1060	00:06:57	1008	00:35:08	884	00:54:37
860	2298	Jose Antonio Afon Costa	00:54:39	00:53:44	Veterano 1	164	M	709		A Coruña	1071	00:07:07	1084	00:34:42	856	00:54:39
861	2172	Beatriz Castellanos Jimenez	00:54:40	00:54:13	Veterano 1	33	F	152	CLUB ATLETISMO SADA	Sada	638	00:06:41	920	00:34:46	863	00:54:40
862	2343	Carlos Armenteros León	00:54:40	00:53:42	Veterano 2	238	M	710		A Coruña	1102	00:06:59	1027	00:35:20	896	00:54:40
863	2294	Miguel Baldomir Mato	00:54:42	00:53:35	Veterano 1	165	M	711	Leones running team	A Coruña	1236	00:07:27	1195	00:35:43	929	00:54:42
864	2204	Sabela Rio Vilarifo	00:54:44	00:54:10	Senior	45	F	153		Narón	753	00:06:05	730	00:34:49	865	00:54:44
865	2295	Mateo Bello Castro	00:54:46	00:53:54	Senior	175	M	712		A Coruña	1022	00:06:25	836	00:34:40	852	00:54:46
866	2102	Angeles Sanjuan Espiñeira	00:54:46	00:54:07	Veterano 2	61	F	154		A Coruña	841	00:06:42	925	00:35:47	938	00:54:46
867	2467	Alberto Vence Corton	00:54:48	00:53:48	Veterano 2	239	M	713		A Coruña	1123	00:07:10	1109	00:37:27	1067	00:54:48
868	1843	Eduardo Gomez Ramos	00:54:48	00:54:00	Veterano 1	166	M	714		Oleiros	984	00:07:04	1063	00:35:55	949	00:54:48
869	1812	José Manuel Garcia Castro	00:54:51	00:54:16	Veterano 3	104	M	715		Culleredo	759	00:05:56	697	00:35:04	877	00:54:51
870	2211	Lorena Rodríguez Fernandez	00:54:51	00:54:25	Veterano 2	62	F	155	Altafit gym club naron	Mugardos	607	00:05:32	559	00:33:45	757	00:54:51
871	1620	Montse Oxinalde Ríos	00:54:51	00:54:32	Senior	46	F	156		A Coruña	480	00:05:58	708	00:35:16	890	00:54:51
872	2164	Noelia Malvido González	00:54:52	00:53:36	Senior	47	F	157		A Coruña	1348	00:07:30	1208	00:36:30	994	00:54:52
873	2570	Humberto Carro Fidalgo	00:54:52	00:53:36	Senior	176	M	716		A Coruña	1352	00:07:28	1198	00:36:40	1011	00:54:52
874	2017	Isa Dequidt Carretero	00:54:53	00:53:52	Senior	48	F	158		A Coruña	1135	00:06:50	968	00:35:29	909	00:54:53
875	2347	Carlos Vázquez Alonso	00:54:53	00:53:43	Veterano 1	167	M	717		Pontevedra	1271	00:07:11	1112	00:35:06	880	00:54:53
876	1287	Jessy Busto Durán	00:54:54	00:54:28	Senior	49	F	159	CLUB ATLETISMO SADA	Cambre	611	00:06:06	735	00:34:48	864	00:54:54
877	2037	María Gonzalez-regalado Abel	00:54:54	00:54:06	Veterano 2	63	F	160		Abegondo	980	00:06:35	892	00:34:58	871	00:54:54
878	1626	Nuria Patiño Garcia	00:54:57	00:54:42	Veterano 2	64	F	161		Gijón	379	00:05:48	652	00:34:44	862	00:54:57
879	2478	Miguel Maneiro	00:54:59	00:53:54	Veterano 1	168	M	718		A Coruña	1196	00:07:13	1137	00:35:36	921	00:54:59
880	1973	Argentina Pan Fernandez	00:54:59	00:54:11	Veterano 1	34	F	162		Oleiros	985	00:07:05	1065	99:99:99	999999	00:54:59
881	1877	Jose Clemente Serrano Garcia	00:55:01	00:54:43	Veterano 3	105	M	719		A Coruña	436	00:05:43	622	00:34:54	869	00:55:01
882	2249	Jesús Manuel Iglesias Mariño	00:55:03	00:54:26	Veterano 2	240	M	720		A Laracha	805	00:06:05	731	00:35:03	875	00:55:03
883	2571	Santiago Bort Couceiro	00:55:07	00:54:26	Veterano 2	241	M	721		A Coruña	869	00:06:24	829	00:34:54	870	00:55:07
884	1840	Diego Sánchez Cal	00:55:07	00:54:06	Senior	177	M	722		Abegondo	1140	00:06:30	862	00:34:21	830	00:55:07
885	2454	Jose Caínzos	00:55:08	00:54:38	Veterano 2	242	M	723		Ferrol	674	00:06:42	923	00:35:35	919	00:55:08
886	1852	Fernando Sandá Macho	00:55:08	00:54:22	Veterano 3	106	M	724		A Coruña	958	99:99:99	999999	00:34:27	835	00:55:08
887	2559	Miguel Mato Outeiro	00:55:09	00:54:29	Senior	178	M	725		A Coruña	854	00:06:41	914	00:35:44	932	00:55:09
888	1650	Susana Somme López	00:55:09	00:54:49	Veterano 2	65	F	163	LA MOCHILA DEL DEPORTE	A Coruña	482	00:05:36	582	00:34:19	828	00:55:09
889	1647	Rosa Armental Roo	00:55:11	00:54:15	Veterano 2	66	F	164		A Coruña	1078	00:07:01	1041	00:35:45	933	00:55:11
890	1640	Marga Gonzalez Fernández	00:55:12	00:54:52	Veterano 2	67	F	165	CLUB ATLETISMO SADA	Oleiros	502	00:06:06	734	00:35:27	906	00:55:12
891	1880	Iván Nogueroi Diz	00:55:13	00:54:01	Senior	179	M	726		Oza Dos Rios	1305	00:06:59	1024	00:35:59	956	00:55:13
892	1616	María Concepción Haro Alamilla	00:55:18	00:54:36	Veterano 2	68	F	166	MEDINA LAUXA	Loja	878	00:06:45	945	00:35:32	914	00:55:18

893	2459	Juan José García Aviles	00:55:18	00:54:36	Veterano 2	243	M	727	Atletismo Medina Lauxa	Loja	879	99:99:99	999999	00:35:32	913	00:55:18
894	2125	Catalina Feás Saavedra	00:55:20	00:54:50	Veterano 2	69	F	167		A Coruña	673	00:06:01	722	00:35:00	872	00:55:20
895	2613	Alejandro Fernandez Garcia	00:55:20	00:54:25	Senior	180	M	728		A Coruña	1068	00:06:50	971	00:35:23	899	00:55:20
896	1618	María Vicente Martín	00:55:20	00:54:37	Senior	50	F	168		A Coruña	903	00:06:33	881	00:35:26	905	00:55:20
897	1422	Aureliano Méndez Sanchís	00:55:21	00:54:37	Veterano 1	169	M	729		A Coruña	904	00:06:34	887	00:35:26	904	00:55:21
898	2561	Alejandro De Lorenzo Losada	00:55:21	00:54:44	Veterano 1	170	M	730		A Coruña	806	00:06:53	991	00:35:58	955	00:55:21
899	1636	María Teresa Romero Ramos	00:55:21	00:54:06	Senior	51	F	169		A Coruña	1343	99:99:99	999999	00:35:23	900	00:55:21
900	2420	Victor Manuel Paradelá Fernández	00:55:22	00:54:07	Veterano 3	107	M	731		A Coruña	1332	00:07:40	1279	00:36:33	1000	00:55:22
901	1243	Rosa María Sandes Fernandez	00:55:23	00:55:10	Veterano 4	5	F	170	Club Triatlón Coruña	A Coruña	337	00:06:09	746	00:35:09	885	00:55:23
902	2341	Nicolás Alejandro Tripodi	00:55:23	00:54:08	Senior	181	M	732		A Coruña	1342	99:99:99	999999	00:35:22	897	00:55:23
903	1934	María Teresa Martínez Breijo	00:55:24	00:54:49	Veterano 3	11	F	171	enerxica	Ferrol	786	00:06:33	882	00:35:27	907	00:55:24
904	2380	Juan Trobajo De Las Matas	00:55:24	00:54:49	Veterano 3	108	M	733		Oleiros	774	00:06:33	875	00:35:28	908	00:55:24
905	2602	Jorge Lopez Garcia	00:55:25	00:54:26	Senior	182	M	734		Bergondo	1111	00:06:50	974	00:35:24	901	00:55:25
906	1982	Débora Poisa Sande	00:55:26	00:55:02	Veterano 1	35	F	172	CLUB ATLETISMO SADA	Bergondo	557	00:05:50	663	00:35:07	882	00:55:26
907	1457	Edgar Sanchez Rodriguez	00:55:26	00:55:04	Veterano 1	171	M	735	CLUB ATLETISMO SADA	Bergondo	544	00:05:51	667	00:35:07	881	00:55:26
908	2145	Alma Trillo Fernández	00:55:26	00:55:05	Veterano 2	70	F	173	CLUB ATLETISMO SADA	Oleiros	519	00:05:40	605	00:35:05	878	00:55:26
909	2312	Agustín Toral Garrido	00:55:28	00:55:08	Veterano 3	109	M	736		A Coruña	492	00:05:34	574	00:34:23	832	00:55:28
910	2566	Manuel Prado Mendez	00:55:29	00:54:26	Veterano 2	244	M	737		A Coruña	1164	00:06:41	921	00:34:13	810	00:55:29
911	2475	Noe Vaamonde Blanco	00:55:31	00:54:16	Veterano 1	172	M	738		Frades	1340	99:99:99	999999	00:35:58	953	00:55:31
912	2213	María De Los Angeles Alvarez Nogueira	00:55:31	00:54:34	Veterano 1	36	F	174		Larouco	1090	00:06:51	979	00:35:55	950	00:55:31
913	1094	Fran Rodal Abal	00:55:31	00:54:35	Senior	183	M	739	ATLETISMO VILA DE CANGAS	Cangas	1086	00:06:52	982	00:35:56	951	00:55:31
914	1933	Patricia Barreira Rodriguez	00:55:31	00:55:25	Veterano 1	37	F	175	C.D. SAN PAIO A ESTRADA	A Coruña	191	00:05:23	506	00:34:52	868	00:55:31
915	1902	Eladio Casal Vazquez	00:55:35	00:54:56	Veterano 3	110	M	740	A. D. Cerne	Melide	838	00:06:33	879	00:35:34	918	00:55:35
916	2413	Segundo Eiras Sánchez	00:55:35	00:54:40	Veterano 2	245	M	741		A Coruña	1065	00:06:21	808	00:34:34	843	00:55:35
917	2408	Jose Leyte	00:55:36	00:54:55	Veterano 2	246	M	742		Miño	877	00:06:34	884	00:35:54	947	00:55:36
918	1988	Amparo Taboada Villavid	00:55:36	00:54:58	Veterano 3	12	F	176	A. D. Cerne	Melide	837	00:06:34	883	00:35:34	917	00:55:36
919	2603	Jacobo Freire Calvo	00:55:38	00:54:51	Veterano 1	173	M	743		A Coruña	963	99:99:99	999999	00:36:26	986	00:55:38
920	2025	Alsira Reboredo Barreiro	00:55:38	00:55:02	Veterano 1	38	F	177	LA MOCHILA DEL DEPORTE	A Coruña	799	00:06:25	832	00:35:46	936	00:55:38
921	1975	María Hermida Carballo	00:55:39	00:55:07	Veterano 2	71	F	178	LA MOCHILA DEL DEPORTE	A Coruña	722	00:06:10	753	00:35:19	894	00:55:39
922	1215	Victor Manuel Francos Vázquez	00:55:40	00:55:07	Veterano 2	247	M	744		A Coruña	731	00:06:11	759	00:35:19	893	00:55:40
923	2599	Carlos De Luis Carballada	00:55:41	00:55:08	Veterano 3	111	M	745		A Coruña	732	00:05:58	709	00:35:03	876	00:55:41
924	2405	Fernando García Pazos	00:55:42	00:54:46	Veterano 3	112	M	746		A Coruña	1083	00:07:05	1069	00:36:52	1033	00:55:42
925	2331	Jose Ramon Blanco Gayoso	00:55:42	00:54:31	Veterano 3	113	M	747		A Coruña	1294	99:99:99	999999	00:35:43	930	00:55:42
926	1994	María Castaño Alonso	00:55:43	00:55:20	Veterano 3	13	F	179	BURGAS ATLETISMO OURENSE	Laza	556	00:06:00	715	00:35:17	892	00:55:43
927	1980	Marta Rodríguez Barreiro	00:55:43	00:54:26	Veterano 1	39	F	180		A Coruña	1357	00:07:33	1224	00:36:38	1008	00:55:43
928	2520	Luis Salgado Abelleira	00:55:43	00:55:22	Veterano 4	19	M	748	CLUB ATLETISMO SADA	Oleiros	518	00:05:43	624	00:35:05	879	00:55:43
929	1513	Rubén Díaz Gil	00:55:44	00:54:29	Veterano 1	174	M	749		A Coruña	1333	00:07:02	1045	00:35:26	903	00:55:44
930	1598	María Vázquez - Gundín Paz	00:55:44	00:55:02	Senior	52	F	181	NOSPORTLIMIT	Oleiros	881	00:06:43	931	00:35:31	912	00:55:44
931	1624	Marisol García Nieto	00:55:44	00:54:32	Veterano 3	14	F	182		Santiago De Compostela	1298	99:99:99	999999	00:35:42	925	00:55:44
932	2267	Guillermo Maldonado Avila	00:55:45	00:55:16	Veterano 2	248	M	750	O Burgo	Culleredo	663	00:05:47	646	00:35:01	873	00:55:45
933	1639	María Alvarez Torga	00:55:46	00:55:21	Veterano 2	72	F	183		Nava	583	00:05:54	685	00:34:35	845	00:55:46
934	1656	Ana Celia Golpe Gonzalez	00:55:50	00:55:28	Veterano 2	73	F	184	MARINEDA ATLETICO	A Coruña	528	00:06:14	772	00:36:05	964	00:55:50
935	2035	Ariana Suárez Chorén	00:55:54	00:54:51	Senior	53	F	185		Culleredo	1174	00:06:55	1001	00:35:46	937	00:55:54
936	2072	Alejandra Pailos Pasandín	00:55:55	00:55:16	Senior	54	F	186		A Coruña	834	00:06:42	922	00:36:19	978	00:55:55
937	2240	María Delcarmen Lorenzo Lodeiro	00:55:57	00:55:35	Veterano 1	40	F	187	FLUVIAL	A Coruña	542	00:06:03	725	00:35:45	934	00:55:57
938	1985	Trinidad Corral Ares	00:55:59	00:55:51	Veterano 2	74	F	188		A Coruña	204	00:05:33	565	00:35:11	887	00:55:59
939	2585	Francisco José Rocha García	00:56:00	00:54:55	Veterano 1	175	M	751		Oza Dos Rios	1194	00:07:07	1087	00:35:43	927	00:56:00

987	2302	Jesús Montero Lago	00:57:02	00:55:53	Veterano 4	20	M	780	Trasnos coruña	Cambre	1258	00:07:13	1131	00:36:30	993	00:57:02
988	2479	Ismael Teijeiro Flórez	00:57:03	00:58:26	Senior	190	M	781		A Coruña	796	00:06:27	845	00:36:42	1014	00:57:03
989	2435	Alfonso Vázquez Oliván	00:57:07	00:56:31	Veterano 2	263	M	782		A Coruña	779	00:06:04	729	00:35:52	945	00:57:07
990	1976	Soraya Álvarez Milano	00:57:08	00:56:27	Veterano 3	16	F	208		Culleredo	871	00:06:44	936	00:36:33	999	00:57:08
991	2344	Oscar Besteiro Vazquez	00:57:08	00:56:13	Veterano 2	264	M	783		Miranda De Ebro	1066	00:06:55	1003	00:36:23	982	00:57:08
992	1993	María Del Rosario Crespo Merelas	00:57:11	00:56:12	Veterano 2	81	F	209		A Coruña	1109	00:06:46	948	00:36:21	980	00:57:11
993	2248	Paula Gonzalez Saillias	00:57:11	00:56:17	Senior	62	F	210		A Coruña	1052	00:07:07	1083	00:36:17	975	00:57:11
994	2615	Daniel Sánchez Patiño	00:57:12	00:56:15	Junior	6	M	784		A Coruña	1093	00:07:08	1094	00:36:07	965	00:57:12
995	2381	Manuel Becerra López	00:57:13	00:56:07	Veterano 4	21	M	785		A Coruña	1212	00:06:58	1015	00:36:17	976	00:57:13
996	2223	Belen Serrano Sánchez	00:57:15	00:56:08	Veterano 3	17	F	211	PAPA,O CAN E NOSO	A Coruña	1221	00:07:15	1153	00:36:59	1041	00:57:15
997	1597	Paloma Bergós Farja	00:57:15	00:57:00	Veterano 2	82	F	212	DIR	Barcelona	386	00:05:46	641	00:35:44	931	00:57:15
998	1175	Jose Antonio Torrado Sobrido	00:57:15	00:58:08	Veterano 3	115	M	786	PAPA,O CAN E NOSO	A Coruña	1234	00:07:15	1155	00:36:59	1040	00:57:15
999	2436	Manu Iglesias Rial	00:57:16	00:56:06	Veterano 4	22	M	787		A Coruña	1266	00:07:13	1133	00:36:48	1028	00:57:16
1000	2461	Raúl Galán Cerveró	00:57:18	00:56:18	Veterano 3	116	M	788		A Coruña	1125	00:06:53	988	00:36:48	1027	00:57:18
1001	1963	María Begoña Ferreiro Lamas	00:57:20	00:56:59	Veterano 2	83	F	213	CLUB ATLETISMO SADA	Sada	512	00:05:57	701	00:35:49	939	00:57:20
1002	2003	Mercedes Fajardo Moreno	00:57:20	00:56:58	Veterano 3	18	F	214	CLUB ATLETISMO SADA	Oleiros	532	00:06:03	726	00:35:53	946	00:57:20
1003	2568	Diego Pedreira Fernandez	00:57:21	00:56:40	Veterano 1	183	M	789		A Coruña	863	00:06:46	950	00:37:12	1053	00:57:21
1004	1960	Belén Camblor	00:57:21	00:56:38	Veterano 2	84	F	215		A Coruña	892	00:06:47	958	00:36:41	1012	00:57:21
1005	1833	Alberto Mantifan Pernas	00:57:21	00:56:15	Veterano 2	265	M	790		A Coruña	1203	00:07:11	1121	00:37:52	1101	00:57:21
1006	2386	Emilio J. Ponte Barbeito	00:57:22	00:56:45	Veterano 2	266	M	791		A Coruña	795	00:06:33	876	00:36:04	961	00:57:22
1007	1432	Jose Maria Casal Taboada	00:57:22	00:56:33	Veterano 4	23	M	792		Vigo	986	00:06:27	848	00:36:11	967	00:57:22
1008	1539	Jose Ignacio Caamaño Gonzalez	00:57:22	00:56:34	Veterano 4	24	M	793		A Coruña	972	00:06:28	850	00:36:10	966	00:57:22
1009	1634	Erika Fernández Reina	00:57:23	00:56:48	Veterano 1	43	F	216	ATLETISMO RIAZOR CORUÑA	A Coruña	765	00:06:51	980	00:36:51	1032	00:57:23
1010	1617	Susana Cepa Rodríguez	00:57:24	00:57:04	Veterano 2	85	F	217		Aldeamayor De San Martín	486	00:05:48	654	00:36:02	959	00:57:24
1011	2108	Iria Domínguez	00:57:25	00:56:21	Veterano 1	44	F	218		A Coruña	1185	00:07:14	1148	00:37:03	1044	00:57:25
1012	2549	Javier Pombar Guillán	00:57:25	00:56:44	Senior	191	M	794		A Coruña	875	00:07:03	1053	00:37:15	1059	00:57:25
1013	1867	Francisco Guillán García	00:57:26	00:56:11	Veterano 1	184	M	795	C.D. GAS NATURAL FENOSA	A Coruña	1339	00:07:18	1168	00:37:15	1058	00:57:26
1014	2400	Diego Quevedo Perez	00:57:28	00:56:12	Senior	192	M	796		A Coruña	1351	00:07:34	1231	00:36:58	1039	00:57:28
1015	2173	Laura Castellanos Jimenez	00:57:29	00:57:00	Senior	63	F	219		Sada	658	00:06:17	784	00:36:04	960	00:57:29
1016	2250	Carlos Adrián Caruso Torrisi	00:57:29	00:56:10	Veterano 2	267	M	797		Carballo	1365	00:07:50	1297	00:37:11	1052	00:57:29
1017	1316	Eduardo Barcos Pereira	00:57:29	00:56:10	Veterano 2	268	M	798	C.D. OS MUDITOS	Carballo	1364	00:07:46	1292	00:37:10	1051	00:57:29
1018	2369	Poldo Jaudenes Juncal	00:57:30	00:56:23	Veterano 2	269	M	799		Cambre	1229	00:07:20	1173	00:37:31	1075	00:57:30
1019	2024	Patricia Fernández Armada	00:57:30	00:56:57	Senior	64	F	220		A Coruña	733	00:06:30	861	00:36:36	1003	00:57:30
1020	2230	Vanessa Garcia Cuco	00:57:31	00:56:19	Veterano 1	45	F	221		Culleredo	1301	00:07:30	1206	00:37:39	1088	00:57:31
1021	1594	María Josefa Casal Cambon	00:57:33	00:56:39	Veterano 2	86	F	222		A Laracha	1055	00:07:06	1073	00:36:47	1024	00:57:33
1022	1824	Jaime Regueiro Yebra	00:57:38	00:57:11	Veterano 2	270	M	800		A Coruña	641	00:05:52	673	00:35:55	948	00:57:38
1023	1971	Ana Isabel López Suárez	00:57:40	00:57:06	Veterano 2	87	F	223		A Coruña	748	00:06:24	828	00:36:25	983	00:57:40
1024	2075	Teresa De La Cruz Rodríguez	00:57:43	00:56:56	Veterano 3	19	F	224	Amigos de San Diego	A Coruña	966	00:06:43	926	00:36:32	998	00:57:43
1025	2642	Juan Manuel Rodríguez Puga	00:57:43	00:56:35	Veterano 1	185	M	801		A Coruña	1256	00:06:52	984	00:35:40	923	00:57:43
1026	1621	Aroa Ares Pérez-herrera	00:57:46	00:57:21	Veterano 1	46	F	225		A Coruña	575	00:05:56	696	00:35:56	952	00:57:46
1027	2419	João Carlos Pinto Da Cunha Pimenta	00:57:46	00:57:17	Veterano 3	117	M	802		Angola	654	00:06:13	769	00:36:29	992	00:57:46
1028	1984	Gloria Edilia Clavijo Pelaez	00:57:46	00:57:10	Veterano 1	47	F	226	ATLETAS DE ACEA DE AMA	A Coruña	786	00:06:21	806	00:36:43	1017	00:57:46
1029	2466	Alberto Garcia Garcia	00:57:47	00:56:41	Veterano 1	186	M	803		A Coruña	1214	00:07:14	1141	00:36:54	1035	00:57:47
1030	1794	Marcos Alcantara Tenreiro	00:57:47	00:56:43	Veterano 1	187	M	804		Ferrol	1193	00:07:13	1129	00:36:54	1036	00:57:47
1031	2545	Efren Garcia Castro	00:57:48	00:56:38	Senior	193	M	805		Culleredo	1268	00:07:34	1233	00:36:14	970	00:57:48
1032	2325	Francisco Javier Cuenca Pujades	00:57:48	00:56:35	Veterano 2	271	M	806		Bergondo	1319	00:07:22	1181	00:38:06	1121	00:57:48
1033	2046	Irene Galan Rapp	00:57:49	00:56:37	Veterano 2	88	F	227		A Coruña	1304	00:07:11	1115	00:36:16	972	00:57:49

1034	2387	Alejandro Enriquez Varela	00:57:49	00:56:41	Veterano 1	188	M	807	FUBASA LEGENDS	A Coruña	1245	00:07:34	1232	00:36:37	1007	00:57:49
1035	2589	Agustín López Otero	00:57:50	00:56:39	Veterano 2	272	M	808		A Coruña	1275	00:07:11	1119	00:36:15	971	00:57:50
1036	1983	Ana María Santos Hermida	00:57:50	00:57:18	Veterano 1	48	F	228	CORREDORES POPULARES ARMADA FERROL	Rota	709	00:06:50	970	00:37:25	1065	00:57:50
1037	2152	Serena Alfonso	00:57:51	00:56:42	Senior	65	F	229		A Coruña	1250	00:07:33	1223	00:36:18	977	00:57:51
1038	2423	Ramon Rodríguez Roca	00:57:56	00:57:07	Senior	194	M	809		A Coruña	988	00:07:18	1170	00:37:34	1081	00:57:56
1039	2538	Andrés Froilán Rodríguez Rodríguez-corredoura	00:57:58	00:56:52	Junior	7	M	810		Oleiros	1204	00:07:30	1210	00:37:00	1042	00:57:58
1040	1954	Angeles Amor Garcia	00:57:59	00:57:02	Veterano 2	89	F	230	CLUB ATLETISMO SADA	Sada	1094	00:06:55	1002	00:36:51	1031	00:57:59
1041	1940	Veronica Mosquera Silva	00:58:00	00:57:10	Veterano 1	49	F	231	NOSPORTLIMIT	A Coruña	995	00:06:32	872	00:36:36	1004	00:58:00
1042	2402	Borja Fernández Bermudez	00:58:00	00:57:10	Veterano 2	273	M	811		A Coruña	996	00:06:30	857	00:36:49	1029	00:58:00
1043	2485	Aureliano G Gonzalez-Ilanos	00:58:00	00:56:51	Veterano 4	25	M	812		A Coruña	1255	00:07:18	1171	00:37:10	1050	00:58:00
1044	2048	Belen Ferreiro Garea	00:58:03	00:57:15	Veterano 1	50	F	232		A Coruña	977	00:06:44	944	00:36:57	1038	00:58:03
1045	2404	Mario S. García González	00:58:03	00:56:56	Veterano 3	118	M	813	Trasnos coruña	Oleiros	1217	00:07:15	1152	00:36:37	1006	00:58:03
1046	2070	María Del Carmen Picatoste Mateu	00:58:03	00:57:20	Veterano 3	20	F	233		A Coruña	893	00:06:29	855	00:36:31	997	00:58:03
1047	2513	David Garcia Gacio	00:58:03	00:57:28	Veterano 1	189	M	814		Mondoñedo	762	00:06:23	820	00:36:26	985	00:58:03
1048	2521	Jesús Combarro Mato	00:58:05	00:57:09	Veterano 3	119	M	815		A Coruña	1080	00:07:03	1047	00:36:43	1016	00:58:05
1049	2500	Borja Fernández Pillado	00:58:07	00:57:21	Senior	195	M	816		A Coruña	935	00:06:58	1018	00:37:31	1076	00:58:07
1050	2634	Pablo Pazos Rey	00:58:07	00:57:21	Senior	196	M	817	Barkibu	Oleiros	937	00:07:00	1033	00:37:32	1077	00:58:07
1051	2247	Patricia Mendez Seoane	00:58:07	00:57:22	Veterano 1	51	F	234		Vigo	936	00:07:01	1037	00:37:32	1078	00:58:07
1052	2031	Nadia Medina Gálvez	00:58:09	00:58:09	Senior	66	F	235		La Coruña	999999	00:06:47	953	00:36:37	1005	00:58:09
1053	2558	Jaime Prado Costoya	00:58:12	00:57:34	Senior	197	M	818		A Coruña	807	00:06:52	986	00:36:44	1019	00:58:12
1054	2260	Marcos Amoedo Collazo	00:58:16	00:57:05	Veterano 2	274	M	819		Cangas	1272	00:07:33	1225	00:38:09	1125	00:58:16
1055	1964	Rosa Ramudo Rivas	00:58:16	00:57:23	Veterano 3	21	F	236		A Coruña	1044	00:06:45	946	00:36:52	1034	00:58:16
1056	2244	Diana Silva Castro	00:58:17	00:57:06	Senior	67	F	237		Teo	1293	00:07:32	1217	00:38:09	1124	00:58:17
1057	1653	Ana Carro Abarategui	00:58:18	00:57:59	Senior	68	F	238		A Coruña	479	00:05:46	635	00:36:29	989	00:58:18
1058	1153	Pablo Montenegro Rey	00:58:21	00:57:48	Senior	198	M	820	MARINEDA ATLETICO	A Coruña	723	00:06:34	885	00:37:30	1072	00:58:21
1059	1991	Paula Dorrego	00:58:21	00:57:48	Senior	69	F	239		A Coruña	724	00:06:33	880	00:37:31	1074	00:58:21
1060	2050	Isabel Pereira Carpintero	00:58:22	00:57:15	Veterano 1	52	F	240	RUNNING OLEIROS	Oleiros	1224	00:07:13	1139	00:37:32	1079	00:58:22
1061	1638	María Jesus Rey Rodriguez	00:58:23	00:57:55	Veterano 2	90	F	241	SOCIEDADE DEPORTIVA BARBANTIA RODA	Rianxo	644	00:06:19	797	00:36:47	1025	00:58:23
1062	1172	Santiago Manuel Gey Segade	00:58:24	00:57:56	Senior	199	M	821	SOCIEDADE DEPORTIVA BARBANTIA RODA	Oliva, La	643	00:06:19	792	00:36:47	1026	00:58:24
1063	1997	Nieves Pedreira Souto	00:58:26	00:57:55	Veterano 2	91	F	242		Oleiros	690	00:06:12	765	00:36:29	991	00:58:26
1064	2209	Yolanda Bugía Rodríguez	00:58:27	00:57:57	Veterano 2	92	F	243		A Coruña	669	00:06:11	763	00:36:29	990	00:58:27
1065	1953	Belén Pardo Fariña	00:58:29	00:57:52	Veterano 2	93	F	244		A Coruña	789	00:06:18	785	00:36:45	1021	00:58:29
1066	1240	Pilar Charlon Redondo	00:58:30	00:57:34	Veterano 2	94	F	245	CLUB CASTRO DE LOBADIZ	Narón	1088	00:06:39	904	00:37:17	1060	00:58:30
1067	2355	José Manuel Pérez Maside	00:58:35	00:57:28	Veterano 2	275	M	822		A Coruña	1231	99:99:99	999999	00:37:24	1063	00:58:35
1068	2433	Diego Conde Santos	00:58:35	00:57:28	Veterano 2	276	M	823		A Coruña	1233	99:99:99	999999	00:37:25	1064	00:58:35
1069	2338	Carlos Carrodegas Abadin	00:58:36	00:58:01	Veterano 4	26	M	824		A Coruña	777	00:06:18	788	00:36:42	1013	00:58:36
1070	2636	Angel Delgado Barona	00:58:39	00:57:53	Veterano 2	277	M	825	Los Pezes	A Coruña	938	00:07:00	1031	00:37:41	1093	00:58:39
1071	1941	Sonia María Carro Ríos	00:58:39	00:58:19	Veterano 2	95	F	246		A Coruña	500	00:05:49	658	00:36:39	1009	00:58:39
1072	2414	Fernando Pérez San Vicente	00:58:40	00:57:36	Veterano 2	278	M	826		A Coruña	1184	00:07:15	1154	00:37:54	1102	00:58:40
1073	1966	Tania Martínez Ramilo	00:58:42	00:57:47	Veterano 2	96	F	247		Miño	1069	00:06:56	1004	00:36:39	1010	00:58:42
1074	2424	Luis Graciliano Iglesias Gonzalez	00:58:42	00:57:31	Veterano 4	27	M	827	A GÁNDARA	Arteixo	1288	00:07:12	1126	00:37:26	1066	00:58:42
1075	2010	Begoña Sánchez Zabala	00:58:44	00:58:00	Veterano 3	22	F	248		A Coruña	905	99:99:99	999999	00:36:42	1015	00:58:44
1076	2429	José Pantín López	00:58:46	00:57:37	Veterano 4	28	M	828		Narón	1257	00:07:29	1203	00:38:10	1126	00:58:46
1077	2224	Monica Rodríguez	00:58:49	00:57:42	Veterano 2	97	F	249		Culleredo	1226	99:99:99	999999	00:37:09	1049	00:58:49
1078	2014	Martina Casarín	00:58:50	00:57:56	Veterano 2	98	F	250		Sada	1045	00:06:50	977	00:36:45	1022	00:58:50
1079	1935	María Antonia Deive Rey	00:58:52	00:58:18	Veterano 3	23	F	251		Narón	760	00:06:56	1006	00:38:07	1123	00:58:52
1080	2540	Alvaro Pernas Calderón	00:58:52	00:57:51	Veterano 1	190	M	829		Oleiros	1152	00:07:13	1132	00:37:47	1099	00:58:52

1363	2354	José Luis Penedo Fernández	01:20:08	01:18:55	Veterano 2	323	M	935		A Coruña	1307	00:08:02	1315	00:48:57	1362	01:20:08
1364	2547	Luis Fontenla Ulloa	01:20:08	01:18:55	Veterano 3	136	M	936		A Coruña	1311	00:07:56	1311	00:49:02	1363	01:20:08
1365	2022	María Jose Alonso Corral	01:21:46	01:20:47	Veterano 3	41	F	429	CLUB CASTRO DE LOBADIZ	Pontes De García Rodríguez, As	1108	00:08:30	1330	00:49:52	1364	01:21:46
1366	2212	María Del Mar Paradela Miro	01:21:46	01:20:47	Veterano 2	159	F	430		A Coruña	1113	00:08:29	1329	00:50:36	1369	01:21:46
1367	1841	Jose Grela Rodríguez	02:28:48	02:28:48	Veterano 3	137	M	937	NINGUNO	A Coruña	999999	99:99:99	999999	99:99:99	999999	02:28:48