

# VIII CARREIRA POPULAR TORRE DE HÉRCULES-TROFEO JOSE ANTONIO VARELA CALVIÑO, A Coruña 31/03/2018

Prueba Absoluta. Distancia: 6.590 m



Pto	Dorsal	Nombre	Sx	PtoCat	T_Oficial	RitmoKm	T_Real	RitKmReal	Control (km 3,1)	Licencia	Club	Localidad
1	152	ESTEBAN IGLESIA VILA		SNM- 1	00:22:24	00:03:24	00:22:24	00:03:24			LUCUS CAIXA RURAL GALEGA	PASTORIZA
2	4	ANXO CASTRO VARELA		SNM- 2	00:22:35	00:03:26	00:22:35	00:03:26	00:10:14		ERIKA PILATES TEAM	A CORUÑA
3	2	FERNANDO DÍEZ GOMEZ		VT1M- 1	00:23:09	00:03:31	00:23:09	00:03:31	00:10:16		ATLETISMO CORUÑA COMARCA	LUGO
4	439	DIEGO RUIZ BREIJO		SNM- 3	00:23:10	00:03:31	00:23:10	00:03:31	00:10:32			A CORUÑA
5	761	JORGE SIEIRA HERMIDA		SUB20M- 1	00:23:29	00:03:34	00:23:28	00:03:34	00:10:14		ATLETISMO CORUÑA COMARCA	A CORUÑA
6	58	NICOLAS GENS LÓPEZ		SUB20M- 2	00:23:32	00:03:35	00:23:32	00:03:35	00:10:35	T AG 2018993	ATLETISMO CORUÑA COMARCA	A CORUÑA
7	566	ALBERTO MORIS VIEITES		SNM- 4	00:23:44	00:03:36	00:23:44	00:03:36	00:10:39			CAMBRE
8	313	JAVIER OUBIÑA ABUIN		VT1M- 2	00:24:03	00:03:39	00:24:03	00:03:39	00:10:43			A CORUÑA
9	221	JAVIER NOVO BUJEIRO		VT1M- 3	00:24:15	00:03:41	00:24:15	00:03:41	00:10:51		TERRA DE SONEIRA C.D.	VIMIANZO
10	115	BORJA SÁNCHEZ CAMPOS		SNM- 5	00:24:19	00:03:42	00:24:19	00:03:42	00:10:37		CLUB MARINEDA ATLETICO	ARTEIXO
11	6	JOSÉ MANUEL PENAS VARELA		SNM- 6	00:24:28	00:03:43	00:24:26	00:03:43	00:11:05		A.D. CERNE	SANTISO
12	798	DAMIAN ESPASANDIN LEMA		SNM- 7	00:24:32	00:03:44	00:24:32	00:03:44	00:11:01		VENGADORES BEONE	VIMIANZO
13	782	KEVIN DARRIBA CORRAL		SUB20M- 3	00:24:35	00:03:44	00:24:35	00:03:44	00:10:59		LUCUS CAIXA RURAL GALEGA	LUGO
14	468	IÑAKI ALVAREZ LOSADA		SNM- 8	00:24:36	00:03:44	00:24:35	00:03:44	00:10:59			A CORUÑA
15	210	MIGUEL REGUEIRA VEIGA		VT1M- 4	00:24:40	00:03:45	00:24:39	00:03:45	00:11:00		RUNNING OLEIROS	CULLEREDO
16	319	ALEXANDRE RODRIGUEZ PAZ		VT1M- 5	00:24:47	00:03:46	00:24:46	00:03:46	00:11:02			CULLEREDO
17	857	PAULA MAYOBRE GONZÁLEZ	F- 1	SNF- 1	00:24:49	00:03:46	00:24:49	00:03:46	00:11:02	GA 766085	CLINICA DENTAL SEOANE PAMPÍN	ARES
18	103	NICOLAS FERNANDO BAS ROTH		SNM- 9	00:24:50	00:03:47	00:24:48	00:03:46	00:11:03	AG2024034	CLUB ATLETISMO SADA	LA CORUÑA
19	531	JAVIER PARADELA MARTICÓ		VT1M- 6	00:24:53	00:03:47	00:24:51	00:03:47	00:11:11			ARTEIXO
20	172	DIEGO COLLAZO VARELA		SNM- 10	00:24:56	00:03:47	00:24:53	00:03:47	00:11:02		NOSPORTLIMIT	A CORVEIRA (CULLEREDO)
21	231	ROBERTO MARTINEZ CASTRO		SNM- 11	00:24:59	00:03:48	00:24:56	00:03:48	00:11:05		TRIATLÓN FERROL	FERROL
22	198	RICARDO ALONSO FERNANDEZ		VT1M- 7	00:25:00	00:03:48	00:24:58	00:03:48	00:11:07		RUNNING ARTEIXO	VERÍN
23	120	FADY HOUT VARELA		VT2M- 1	00:25:01	00:03:48	00:25:01	00:03:48	00:11:02		CLUB NATACION LICEO	A CORUÑA
24	80	FERNANDO PEREZ HERNANDEZ		VT2M- 2	00:25:02	00:03:48	00:25:01	00:03:48	00:11:11	AG2019970	CLUB ATLETISMO CORUÑA COMARCA	A CORUÑA
25	536	ISMAEL PRIETO SOUTO		SNM- 12	00:25:09	00:03:49	00:25:08	00:03:49	00:11:00			CAMBRE
26	57	ANDRÉS FLÓREZ PÉREZ		VT1M- 8	00:25:14	00:03:50	00:25:12	00:03:50	00:11:29		ATLETISMO CORUÑA COMARCA	PONFERRADA
27	539	DAVID SANMARTIN SEDES		SNM- 13	00:25:17	00:03:51	00:25:17	00:03:51	00:11:18			OURENSE
28	1618	ANXO LEMA SAAVEDRA		SUB23M- 1	00:25:20	00:03:51	00:25:15	00:03:50	00:11:19		CLUB OLÍMPICO DE VEDRA	VEDRA
29	410	JOSE LUIS SEOANE UZAL		VT1M- 9	00:25:23	00:03:52	00:25:19	00:03:51	00:11:19			LA CORUÑA
30	85	PABLO SEOANE AMOR		SNM- 14	00:25:24	00:03:52	00:25:22	00:03:51	00:11:05		CLUB ATLETISMO SADA	BETANZOS
31	562	JOSE LOSADA PEREZ		VT1M- 10	00:25:25	00:03:52	00:25:22	00:03:51	00:11:31			A CORUÑA
32	84	JOSE LUIS ROIBAS FERNANDEZ		VT2M- 3	00:25:27	00:03:52	00:25:25	00:03:52	00:11:12		CLUB ATLETISMO SADA	CAMBRE
33	199	CARLOS PEREIRA REY		VT3M- 1	00:25:33	00:03:53	00:25:31	00:03:53	00:11:21		RUNNING ARTEIXO	ARTEIXO
34	211	XAQUIN BUGALLO DEL PUERTO		VT1M- 12	00:25:47	00:03:55	00:25:46	00:03:55	00:11:01		RUNNING OLEIROS	O BURGO
35	45	ALBERTO CASTRO SANCHEZ		VT1M- 11	00:25:47	00:03:55	00:25:44	00:03:55	00:11:39	AG 2021965	ATLETAS DE ACEA DE AMA	VILABOIA CULLEREDO
36	1026	DAVID ALONSO NOGUEIRA		SNM- 15	00:25:47	00:03:55	00:25:47	00:03:55	00:11:38		CLUB ATLETISMO SADA	BERGONDO
37	774	DOMINGO PRESAS FARALDO		SNM- 16	00:25:50	00:03:56	00:25:49	00:03:55	00:11:16		CLUB TRIATLON CORUÑA	COIRÓS
38	153	ÓSCAR CARBALLO VÁZQUEZ		SNM- 17	00:25:52	00:03:56	00:25:51	00:03:56	00:11:26		MARZO SAUDE S.L. WWW.SAFMMARZO.COM	BARCELONA
39	578	DAVID ESTEBAN FERREIRO		SNM- 18	00:25:55	00:03:56	00:25:55	00:03:56	00:11:40			CARRAL
40	261	JOSÉ MANUEL PENA SUÁREZ		VT2M- 4	00:25:56	00:03:57	00:25:54	00:03:56	00:11:32			ARTEIXO
41	833	PABLO MIGUEL CARRO SUAREZ		VT2M- 5	00:25:57	00:03:57	00:25:55	00:03:56	00:11:37			A CORUÑA
42	787	JOSE LUIS MARTÍNEZ VICENTE		VT2M- 6	00:26:01	00:03:57	00:26:00	00:03:57	00:11:38	AG 769401	PATUKOS TIM RANIN	A CORUÑA
43	1903	JUAN VÁZQUEZ AMADO		SNM- 19	00:26:04	00:03:58	00:26:03	00:03:58	00:11:38		CLUB NÁUTICO FIRRETE	MIÑO
44	471	JORGE MARTÍNEZ GÓMEZ		SNM- 20	00:26:10	00:03:59	00:26:03	00:03:58	00:11:48			A CORUÑA
45	215	CARLOS SANTOS MARTINEZ		VT2M- 7	00:26:13	00:03:59	00:26:11	00:03:59	00:11:38		SIEIRO RUNNING	A CORUÑA
46	452	ABEL LADO FIGUEIRAS		VT1M- 13	00:26:16	00:04:00	00:26:14	00:03:59	00:11:42			A CORUÑA
47	309	RICARDO GARCÍA GESTAL		VT1M- 14	00:26:18	00:04:00	00:26:17	00:04:00	00:11:21			A CORUÑA
48	795	FERNANDO DEL CORRAL REY		VT1M- 15	00:26:24	00:04:01	00:26:23	00:04:01	00:11:38		THE COBARDES TRACK CLUB	BARCELONA
49	109	FERNANDO MUIÑA FUENTES		VT1M- 16	00:26:26	00:04:01	00:26:21	00:04:00	00:11:55		CLUB CICLISTA RIAZOR	SADA
50	126	EUNICIANO LOPES SOUSA		VT1M- 17	00:26:32	00:04:02	00:26:31	00:04:02	00:12:05		CLUBE ATLETISMO VILALBA	VILALBA

51	35	FERNANDO VAZQUEZ ARES	VT2M- 8	00:26:33	00:04:02	00:26:30	00:04:02	00:11:46		ATLETAS DE ACEA DE AMA	CAMBRE	
52	770	LUCIANO JESÚS CARRETERO SANCHEZ	SNM- 21	00:26:36	00:04:03	00:26:31	00:04:02	00:11:46		CLUB CICLISTA CAMBRE	A CORUÑA	
53	15	MARCOS TRELLES RODRIGUEZ	VT1M- 18	00:26:39	00:04:03	00:26:36	00:04:03	00:11:48		A.D. JARNACHAS	ARTEIXO	
54	1544	NOLO ROMERO VÁZQUEZ	VT1M- 19	00:26:41	00:04:03	00:26:38	00:04:03	00:12:16		VENGADORES OCR	BOIRO	
55	280	RAMON EUGENIO MOSQUERA SILVA	VT2M- 9	00:26:42	00:04:04	00:26:38	00:04:03	00:11:59			LA CORUÑA	
56	108	ALBERTO ANTELO SÁNCHEZ	VT2M- 10	00:26:46	00:04:04	00:26:42	00:04:04	00:11:55		CLUB CICLISTA RIAZOR	A CORUÑA	
57	802	NICOLAS VILLANUEVA SANCHEZ	SUB23M- 2	00:26:48	00:04:05	00:26:43	00:04:04	00:12:17			VEDRA	
58	419	ALFONSO GARCÍA BELLO	VT3M- 2	00:26:50	00:04:05	00:26:49	00:04:05	00:12:09			CAMBRE	
59	1006	JOSÉ MANUEL LÓPEZ MIHURA	VT3M- 3	00:26:51	00:04:05	00:26:48	00:04:04	00:11:58		ATLETAS DE ACEA DE AMA	A CORUÑA	
60	213	SERGIO DANIEL OROSA LÓPEZ	SNM- 22	00:26:53	00:04:05	00:26:51	00:04:05	00:11:56		RUNNING SARRIA	SARRIA	
61	212	MIGUEL ANGEL GOMEZ SENIN	VT2M- 11	00:26:53	00:04:05	00:26:48	00:04:04	00:12:18		RUNNING OLEIROS	CAMBRE	
62	1300	JOSÉ EFRÉN PIÑEIRO GARCÍA	SNM- 23	00:26:53	00:04:05	00:26:51	00:04:05	00:12:07			NARÓN	
63	336	DAVID VIDAL LAGARES	SNM- 24	00:26:55	00:04:05	00:26:52	00:04:05	00:11:57			A CORUÑA	
64	81	JUAN LUIS MENDEZ PAZ	VT1M- 20	00:26:56	00:04:06	00:26:56	00:04:06	00:11:48		CLUB ATLETISMO LOURENZÁ	LOURENZÁ	
65	124	SERGIO MONTEAGUDO RODRIGUEZ	VT1M- 21	00:26:57	00:04:06	00:26:52	00:04:05	00:11:59		CLUB TRIATLÓN CORUÑA	A CORUÑA	
66	111	JUAN JOSE CASTEDO ALONSO	VT1M- 22	00:26:58	00:04:06	00:26:55	00:04:05	00:11:48	33339439L	CLUB HERCULES TERMARIA	LA CORUÑA	
67	73	EMILIO MARTINEZ ANTA	VT3M- 4	00:27:01	00:04:06	00:27:00	00:04:06	00:12:07	GA20450	C.D.EGOVARROS-VIVEIRO	A CORUÑA	
68	203	JUAN CARLOS CASTRO FERNANDEZ	VT1M- 23	00:27:02	00:04:06	00:26:59	00:04:06	00:12:02		RUNNING OLEIROS	OLEIROS	
69	836	EDUARDO PINEDO ARMESTO	VT1M- 24	00:27:05	00:04:07	00:27:03	00:04:07	00:11:57			OLEIROS	
70	149	DANIEL LÓPEZ GARCÍA	SNM- 25	00:27:07	00:04:07	00:27:04	00:04:07	00:11:55	53192010W	KURAI	PERILLO	
71	766	MANUEL LORENZO MEJUTO	VT2M- 12	00:27:10	00:04:08	00:27:09	00:04:08	00:12:07		CIDADE DE LUGO FLUVIAL	A CORUÑA	
72	438	MIGUEL ANGEL VILLAR LOPEZ	VT2M- 13	00:27:13	00:04:08	00:27:09	00:04:08	00:12:16			A CORUÑA	
73	570	JAVIER CUPEIRO FRADE	VT2M- 14	00:27:14	00:04:08	00:27:13	00:04:08	00:12:00			A CORUÑA	
74	1292	DANIEL FRAGA LODEIRO	SUB23M- 3	00:27:16	00:04:09	00:27:14	00:04:08	00:12:06			LA CORUÑA	
75	405	JUAN CARLOS DIÉGUEZ TEJERO	VT2M- 15	00:27:17	00:04:09	00:27:15	00:04:08	00:12:06			CAMBRE	
76	114	JAVIER VILLAMISAR VÁZQUEZ	SNM- 26	00:27:19	00:04:09	00:27:18	00:04:09	00:12:08		CLUB HÉRCULES TERMARIA	A CORUÑA	
77	94	CARLOS ALBERTO SIEIRO ASOREY	VT3M- 5	00:27:20	00:04:09	00:27:17	00:04:09	00:11:57		CLUB ATLETISMO SADA	VEIGUE-SADA	
78	107	JOSE ANTONIO CHUECOS ESCALONA	VT1M- 25	00:27:21	00:04:09	00:27:17	00:04:09	00:12:08		CLUB CASTRO DE LOBADIZ	NARON	
79	128	JOSE ANTONIO LOPEZ PUENTE	VT1M- 26	00:27:22	00:04:10	00:27:19	00:04:09	00:12:05		CORRE POR BEGONTE	BEGONTE	
80	780	MIGUEL ÁNGEL GONZÁLEZ CAL	VT1M- 27	00:27:22	00:04:10	00:27:18	00:04:09	00:11:57		KURAI	A CORUÑA	
81	1102	CARLOS CACHARRÓN ARMENTAL	VT1M- 28	00:27:22	00:04:10	00:27:12	00:04:08	00:12:22			A CORUÑA	
82	518	CARLOS CANEDA PRIETO	SNM- 27	00:27:23	00:04:10	00:27:19	00:04:09	00:12:07			A CORUÑA	
83	219	ENRIQUE SANTOS LORENZO	VT2M- 16	00:27:26	00:04:10	00:27:12	00:04:08	00:12:30	AG-2019235	TERRA DE SONEIRA	VIMIANZO	
84	501	JAVIER RODRIGUEZ PARIS	SNM- 28	00:27:27	00:04:10	00:27:22	00:04:10	00:12:08			VILAMARTIN DE VALDEORRAS	
85	1203	PEDRO PAN SUÁREZ	SNM- 29	00:27:28	00:04:11	00:27:18	00:04:09	00:12:32			A CORUÑA	
86	814	MIGUEL DÍAZ CARBALLO	VT3M- 6	00:27:29	00:04:11	00:27:19	00:04:09	00:12:30			BETANZOS	
87	464	FERNANDO JOSE VARELA CASTRO	SNM- 30	00:27:29	00:04:11	00:27:27	00:04:10	00:12:15			A CORUÑA	
88	165	ALEJANDRO FERNÁNDEZ RAMOS	VT1M- 29	00:27:32	00:04:11	00:27:29	00:04:11	00:12:04		NOSPORTLIMIT	A CORUÑA	
89	37	IVAN VARELA BARREIRO	VT2M- 17	00:27:34	00:04:11	00:27:31	00:04:11	00:12:26		ATLETAS DE ACEA DE AMA	CULLEREDO	
90	545	SERGIO NOGUEIRA MIÑAN	VT1M- 30	00:27:35	00:04:12	00:27:31	00:04:11	00:12:27			BETANZOS	
91	62	JOSÉ MANUEL GUERRERO CASTILLO	VT2M- 18	00:27:36	00:04:12	00:27:31	00:04:11	00:12:30		ATLETISMO NOVO MESOIRO - A CORUÑA	A CORUÑA	
92	63	RUBEN BUCETA SEIJAS	SUB23M- 4	00:27:37	00:04:12	00:27:32	00:04:11	00:12:24	GA 765209	ATLETISMO RIAZOR CORUÑA	CULLEREDO	
93	31	JOSÉ ANTONIO GARCÍA MÉNDEZ	VT2M- 19	00:27:38	00:04:12	00:27:33	00:04:11	00:12:35		ASOCIACIÓN DEPORTIVA CERNE	A CORUÑA	
94	226	FRAN BASALO VÁZQUEZ	VT2M- 20	00:27:40	00:04:12	00:27:37	00:04:12	00:12:25		TIRAMILLAS	CAMBRE	
95	824	ANGEL PEREZ BURGOS	VT1M- 31	00:27:45	00:04:13	00:27:34	00:04:11	00:12:32			CORUÑA	
96	775	ALEXANDRE GARCÍA LÓPEZ	VT1M- 32	00:27:48	00:04:14	00:27:37	00:04:12	00:12:28	AG2022929	CLUBE ATLETISMO FENE	FENE	
97	385	SUSIÑO RODRÍGUEZ FERNÁNDEZ	SNM- 31	00:27:49	00:04:14	00:27:41	00:04:13	00:12:39			CEE	
98	1341	ZELIN SPENCER CONCEIÇÃO	F- 2	SNF- 2	00:27:50	00:04:14	00:27:50	00:04:14	00:12:25		CLUBE ATLETISMO VILALBA	VILALBA
99	119	RAFAEL SUAREZ FERNANDEZ	VT2M- 21	00:27:51	00:04:14	00:27:51	00:04:14			CLUB MARINEDA ATLETICO	A CORUÑA	
100	116	REMIGIO RIOBOO GUTIERREZ	VT2M- 22	00:27:55	00:04:15	00:27:51	00:04:14	00:12:06		CLUB MARINEDA ATLETICO	A CORUÑA	
101	302	MIGUEL BUDIÑO VÁZQUEZ	SNM- 32	00:28:03	00:04:16	00:27:51	00:04:14	00:12:34			A CORUÑA	
102	794	FÉLIX ROGET PÉREZ	VT1M- 33	00:28:04	00:04:16	00:27:50	00:04:14	00:12:58		TERRA DE SONEIRA C.D.	VIMIANZO	
103	561	ENRIQUE LUACES PAZ	SNM- 33	00:28:06	00:04:16	00:27:56	00:04:15	00:12:54			DUMBRIA	
104	227	SANTIAGO GARCIA BELLO	VT3M- 7	00:28:07	00:04:16	00:28:04	00:04:16	00:12:26		TRASNOS CORUÑA	CAMBRE	

105	1184	CARLOS ALVAREZ PAREDES	VT2M- 23	00:28:08	00:04:17	00:27:50	00:04:14	00:13:04				CORUÑA	
106	366	STOIL NIKOLOV NIKOLOV	VT2M- 24	00:28:09	00:04:17	00:28:05	00:04:16	00:12:36				A CORUÑA	
107	816	ALEJANDRO VÁZQUEZ GÓMEZ	SNM- 34	00:28:10	00:04:17	00:28:07	00:04:16	00:12:06				A CORUÑA	
108	113	ALBERTO PÉREZ MURADO	VT1M- 34	00:28:12	00:04:17	00:28:10	00:04:17	00:12:33			CLUB HÉRCULES TERMARIA	A CORUÑA	
109	164	MANUEL GAREA SUÁREZ	SNM- 35	00:28:14	00:04:17	00:28:07	00:04:16	00:12:43			NOSPORTLIMIT	A CORUÑA	
110	556	MIGUEL ÁNGEL ALONSO SÁNCHEZ	VT2M- 25	00:28:14	00:04:18	00:28:03	00:04:16	00:12:41				A CORUÑA	
111	779	MARCOS FERNANDEZ LOPEZ	VT1M- 35	00:28:16	00:04:18	00:28:14	00:04:17	00:12:40			FLUVIAL DE LUGO MONTE SEGADE	LUGO	
112	233	ERIC VILLAR VIDAL	SUB23M- 5	00:28:17	00:04:18	00:28:08	00:04:17	00:12:28			VERXEL NUTRICIÓN DEPORTIVA	A CORUÑA	
113	22	DIEGO COUTO NAYA	VT2M- 26	00:28:21	00:04:18	00:28:09	00:04:17	00:12:54			AD JARNACHAS	A CORUÑA	
114	205	JUAN CARLOS BERGONDO BRANDARIZ	VT3M- 8	00:28:21	00:04:19	00:28:16	00:04:18	00:12:25			RUNNING OLEIROS	NOS (OLEIROS)	
115	318	GONZALO PEREIRO BOQUETE	SNM- 36	00:28:23	00:04:19	00:28:16	00:04:18	00:12:55				A CORUÑA	
116	605	TERESA CASTRO VILLAVARDE	F- 3	VT2F- 1	00:28:25	00:04:19	00:28:21	00:04:19	00:12:56			CLUB ATLETISMO NOIA	VIMIANZO
117	1185	JUAN CHAO MARTINEZ	SNM- 37	00:28:33	00:04:20	00:28:29	00:04:20	00:12:38				A CORUÑA	
118	1112	ALEJANDRO E GONZALEZ GONZÁLEZ	SNM- 38	00:28:33	00:04:20	00:28:31	00:04:20	00:12:26				SADA	
119	316	JOSÉ MANUEL CANDALES DÍAZ	VT2M- 27	00:28:34	00:04:21	00:28:27	00:04:19	00:12:58				A CORUÑA	
120	569	PABLO TEIJO LOPEZ	VT1M- 36	00:28:35	00:04:21	00:28:06	00:04:16	00:13:16				BETANZOS	
121	852	FRANCISCO JAVIER SEIJAS SOUTO	VT2M- 28	00:28:39	00:04:21	00:28:36	00:04:21	00:12:35				ARTEIXO	
122	467	SERGIO MARTINEZ GOMEZ	VT1M- 37	00:28:39	00:04:21	00:28:33	00:04:20	00:12:56				A CORUÑA	
123	308	ALBERTO LOPEZ FILGUEIRAS	SNM- 39	00:28:39	00:04:21	00:28:23	00:04:19	00:12:54				VALLADOLID	
124	772	ALVARO LOPEZ JACOME	VT2M- 29	00:28:40	00:04:21	00:28:35	00:04:21	00:12:53			CLUB LEONES TEAM BEER RUNNERS!!!!!!	A CORUÑA	
125	307	ALEJANDRO JOSÉ CASTRO ROMÁN	VT1M- 38	00:28:41	00:04:22	00:28:38	00:04:21	00:12:38				A CORUÑA	
126	13	ROI BARROS CORRAL	SNM- 40	00:28:43	00:04:22	00:28:40	00:04:21	00:12:36	AG2017827	3RUN		A CORUÑA	
127	3	UXIA GARCÍA DIAZ	F- 4	SNF- 3	00:28:44	00:04:22	00:28:40	00:04:22	00:12:36		ATLETISMO RIAZOR CORUÑA	A CORUÑA	
128	278	ISMAEL MANEIRO FERREIRO	VT1M- 39	00:28:48	00:04:23	00:28:39	00:04:21	00:12:55				MAZARICOS	
129	441	JOSÉ LUIS ÁLVAREZ RODRÍGUEZ	SNM- 41	00:28:49	00:04:23	00:28:43	00:04:22	00:13:00				VIGO	
130	27	FRANCISCO SOTO GARCÍA	VT4M- 1	00:28:50	00:04:23	00:28:43	00:04:22	00:13:02			AMIG@S DE SAN DIEGO	A CORUÑA	
131	78	IAGO CRESPO TABOADA	SNM- 42	00:28:52	00:04:23	00:28:38	00:04:21	00:13:18			CD GAS NATURAL FENOSA	A CORUÑA	
132	1058	RICARDO FIGUEIRAS NUÑEZ	VT3M- 9	00:28:55	00:04:24	00:28:48	00:04:23	00:12:49			XENTES DO GYN	CULLEREDO	
133	828	JUAN JOSÉ GÓMEZ CORTÉS	VT2M- 30	00:28:55	00:04:24	00:28:52	00:04:23	00:12:59				OLEIROS	
134	506	PABLO RODRIGUEZ ALVAREZ	VT2M- 31	00:28:58	00:04:24	00:28:49	00:04:23	00:12:57				SADA	
135	820	RAMÓN ANTONIO VARELA MÍGUEZ	VT3M- 10	00:29:00	00:04:25	00:28:51	00:04:23	00:13:20				A CORUÑA	
136	778	JOSÉ ROBERTO REY IGLESIAS	VT3M- 11	00:29:01	00:04:25	00:28:57	00:04:24	00:13:00			ESCUELA DE ATLETISMO PAULA MAYOBRE	A CORUÑA	
137	88	JUAN GALÁN PRESAS	VT2M- 32	00:29:04	00:04:25	00:29:00	00:04:24	00:12:58			CLUB ATLETISMO SADA	A CORUÑA	
138	44	FRANCISCO JAVIER CORREA PIÑEIRO	VT3M- 12	00:29:05	00:04:25	00:28:54	00:04:24	00:13:16	AG-2018913	ATLETAS DE ACEA DE AMA		VILABOA-CULLEREDO	
139	1030	ALEJANDRO FIEL BAÑA	SUB20M- 4	00:29:07	00:04:25	00:29:02	00:04:25	00:12:18			CLUB MARINEDA ATLETICO	A CORUÑA	
140	363	BYRON REINO	VT2M- 33	00:29:08	00:04:26	00:29:06	00:04:25	00:12:33				A CORUÑA	
141	206	FRANCISCO JAVIER GONZÁLEZ LEDO	VT2M- 34	00:29:13	00:04:26	00:29:11	00:04:26	00:12:19	AG2024183	RUNNING OLEIROS		CULLEREDO	
142	72	DOMINGO ALVAREZ IGLESIAS	VT4M- 2	00:29:15	00:04:27	00:29:08	00:04:26	00:12:52	AG2022098	C.D.EGOVARROS-VIVEIRO		LA CORUÑA	
143	1271	MIGUEL ÁLVAREZ CABANA	SNM- 43	00:29:16	00:04:27	00:29:15	00:04:27	00:13:01				OLEIROS	
144	1546	BRUNO FREIRIA FERNÁNDEZ	SNM- 44	00:29:16	00:04:27	00:29:16	00:04:27	00:12:59				GONDOMAR	
145	1584	NATI GARCÍA SANCHEZ	F- 5	VT1F- 1	00:29:18	00:04:27	00:29:14	00:04:27	00:12:57		CLUB ATLETISMO SADA	OLEIROS	
146	230	ALBERTO VARELA COLLAZO	VT1M- 40	00:29:19	00:04:27	00:29:13	00:04:26	00:13:14			TRI FONSECA	A CORUÑA	
147	808	ROBERTO GARCIA MARTINEZ	VT1M- 41	00:29:20	00:04:27	00:28:57	00:04:24	00:13:35				CURTIS	
148	1354	ELENA GONZÁLEZ FERNÁNDEZ	F- 6	VT2F- 2	00:29:20	00:04:28	00:29:16	00:04:27	00:13:26		LA MOCHILA DEL DEPORTE	A CORUÑA	
149	568	IBÁN MARIÑO VILLAR	VT1M- 42	00:29:21	00:04:28	00:29:04	00:04:25	00:13:11				A CORUÑA	
150	216	MANUEL PUENTE VEIGA	VT2M- 35	00:29:22	00:04:28	00:29:09	00:04:26	00:13:45			SOLORUNNERS CORUÑA	A CORUÑA	
151	271	ROBERTO REY LÓPEZ	SNM- 45	00:29:23	00:04:28	00:29:16	00:04:27	00:13:08				A CORUÑA	
152	104	FELIPE LÓPEZ PÉREZ	VT2M- 36	00:29:25	00:04:28	00:29:16	00:04:27	00:13:32			CLUB ATLETISMO SADA	DEXO - OLEIROS	
153	1650	LORENA PONTE SAAVEDRA	F- 7	VT1F- 2	00:29:29	00:04:29	00:29:24	00:04:28	00:13:26		LA MOCHILA DEL DEPORTE	A CORUÑA	
154	193	ALFONSO JAVIER CASTRO SOUTO	SNM- 46	00:29:29	00:04:29	00:29:12	00:04:26	00:12:57	AG2020402	RANNASS		A CORUÑA	
155	397	FERNANDO LEAL IRIMIA	VT1M- 43	00:29:32	00:04:29	00:29:26	00:04:28	00:13:07				MESOIRO	
156	416	JAVIER FERNÁNDEZ MARTÍNEZ	VT2M- 37	00:29:33	00:04:29	00:29:25	00:04:28	00:13:27				EL TEMPLE - CAMBRE	
157	279	PEDRO PRADA RODRÍGUEZ	VT2M- 38	00:29:38	00:04:30	00:29:26	00:04:28	00:13:26		AFICIONADO		O BURGO	
158	326	DANIEL SUSO SÁNCHEZ	SNM- 47	00:29:40	00:04:31	00:29:37	00:04:30	00:13:25				A CORUÑA	

159	598	LUCÍA VÁZQUEZ SESAR	F- 8	SNF- 4	00:29:40	00:04:31	00:29:37	00:04:30	00:13:25	AG2024970	ATLETISMO RIAZOR CORUÑA	CULLEREDO
160	848	JOSÉ CARLOS SÁNCHEZ PARDO		VT1M- 44	00:29:41	00:04:31	00:29:16	00:04:27	00:13:51			A CORUÑA
161	1192	ALEJANDRO MAHÍA REY		SNM- 48	00:29:44	00:04:31	00:29:30	00:04:29	00:13:16			A CORUÑA
162	1614	ALFONSO VILAR CREGO		VT2M- 39	00:29:44	00:04:31	00:29:40	00:04:31	00:12:47		RUNNING OLEIROS	A CORUÑA
163	480	JAVIER NÚÑEZ VÁZQUEZ		SNM- 49	00:29:44	00:04:31	00:29:42	00:04:31	00:13:15			A CORUÑA
164	1278	ANGEL CASTAÑEDA FRAGA		SNM- 50	00:29:46	00:04:31	00:29:38	00:04:30	00:13:36			A CORUÑA
165	69	PEPE MANSILLA BARREIRO		SNM- 51	00:29:47	00:04:32	00:29:27	00:04:29	00:13:36		BEER RUNNERS CORUÑA	A CORUÑA
166	7	MANUEL LÓPEZ LODEIRO		VT1M- 45	00:29:49	00:04:32	00:29:43	00:04:31	00:13:21		ABRENTE LUGO	FRIOL
167	1574	JORGE FORMOSO CASTRO		SNM- 52	00:29:50	00:04:32	00:29:48	00:04:32	00:13:22			NEDA
168	1163	JUAN MANUEL FIORELLI DIEGUEZ		VT2M- 40	00:29:51	00:04:32	00:29:45	00:04:31	00:13:21			A CORUÑA
169	143	FRANCISCO JAVIER VILLAMISAR CALVIÑO		VT3M- 13	00:29:52	00:04:32	00:29:33	00:04:29	00:13:52		HERCULES TERMARIA	LA CORUÑA
170	241	IVÁN GINER GARCÍA		SNM- 53	00:29:54	00:04:33	00:29:45	00:04:31	00:12:44			A CORUÑA
171	240	ROBERTO DOCAMPO SUÁREZ		VT1M- 46	00:29:55	00:04:33	00:29:46	00:04:31	00:13:28			A CORUÑA
172	1623	ENRIQUE LAGO NEIRA		VT1M- 47	00:29:57	00:04:33	00:29:44	00:04:31	00:13:45		MARRANERS-EN BOAS MANS	A CORUÑA
173	208	JOSE MARIA FERNANDEZ LOPEZ		VT2M- 41	00:29:57	00:04:33	00:29:52	00:04:32	00:13:16		RUNNING OLEIROS	A CORUÑA
174	305	DANIEL NOGUEIRA CARRO		SNM- 54	00:29:58	00:04:33	00:29:42	00:04:31	00:13:38			A CORUÑA
175	96	CRISTÓBAL BALSEIRO PITA		VT2M- 42	00:29:59	00:04:33	00:29:44	00:04:31	00:13:32	AG2024033	CLUB ATLETISMO SADA	OLEIROS
176	16	ANDRÉS-ANXO PÉREZ SÁNCHEZ		SNM- 55	00:30:00	00:04:34	00:29:56	00:04:33	00:13:40	AG-767734	A.D. PORTO DO SON	TEO
177	454	JOSE MANUEL CEREIJO GAREA		VT2M- 43	00:30:00	00:04:34	00:29:15	00:04:27	00:14:05			A CORUÑA
178	596	REBECA SOTO VIÑAS	F- 9	VT2F- 3	00:30:03	00:04:34	00:29:59	00:04:33	00:13:34		ATLETISMO NARÓN	FERROLE
179	130	MANUEL VARELA VILA		VT3M- 14	00:30:05	00:04:34	00:29:55	00:04:33	00:13:38		CORREDORES POPULARES ARMADA FERROL	PONTEDEUME
180	1536	JOSÉ CARLOS LAGO CASTRO		VT1M- 48	00:30:05	00:04:34	00:30:00	00:04:34	00:13:17		CLUB ATLETISMO SADA	SADA
181	40	TOMAS ABELEDO PATIÑO		VT3M- 15	00:30:06	00:04:35	00:30:04	00:04:34	00:13:36		ATLETAS DE ACEA DE AMA	VILABOIA - CULLEREDO
182	862	PAULA ESTEIRO RAMOS	F- 10	VT1F- 3	00:30:10	00:04:35	00:30:04	00:04:34	00:13:24		LOS VENGADORES BEONE	CAMARIÑAS
183	527	JUAN CASTRO PADIN		VT2M- 44	00:30:14	00:04:36	00:30:06	00:04:34	00:14:19			A CORUÑA
184	547	DOMINGO PRADO TEJIEIRO		VT2M- 45	00:30:15	00:04:36	00:30:07	00:04:35	00:13:27			A CORUÑA
185	869	TINA FORMOSO NOCEDA	F- 11	VT1F- 4	00:30:16	00:04:36	00:29:58	00:04:33	00:13:49			A CORUÑA
186	1558	ALEJANDRO SCURO ROSSI		SNM- 56	00:30:17	00:04:36	00:30:12	00:04:35	00:13:15			A CORUÑA
187	1016	IAGO SOUTO LOPEZ		VT1M- 49	00:30:18	00:04:36	00:30:05	00:04:34	00:13:34		CACHIS MAMA	A CORUÑA
188	191	CARLOS DEZA RODRIGUEZ		VT2M- 46	00:30:21	00:04:37	00:30:15	00:04:36	00:13:36	AG 767351	PATUKOS TIM RANIN	CULLEREDO
189	1270	FERNANDO SEARA SOTELO		VT2M- 47	00:30:24	00:04:37	00:30:07	00:04:35	00:13:46			A CORUÑA
190	559	DAMIAN ABELLAN YEPES		VT2M- 48	00:30:25	00:04:37	00:30:08	00:04:35	00:13:39			A CORUÑA
191	1905	ENRIQUE JORGE RAMA RODRÍGUEZ		VT3M- 16	00:30:26	00:04:38	00:30:09	00:04:35	00:13:57			A CORUÑA
192	234	RAMÓN VILLAR RUIBAL		VT3M- 17	00:30:28	00:04:38	00:30:11	00:04:35	00:13:42	GA766004	VERXEL NUTRICIÓN DEPORTIVA	A CORUÑA
193	247	ALFONSO DÍAZ PÉREZ		VT2M- 49	00:30:29	00:04:38	00:30:10	00:04:35	00:13:55			LA CORUÑA
194	379	JESÚS VAAMONDE RÚA		VT3M- 18	00:30:29	00:04:38	00:30:24	00:04:37	00:13:21			LA CORUÑA
195	36	CARLOS ALLER FERNANDEZ		VT3M- 19	00:30:30	00:04:38	00:30:18	00:04:36	00:14:03	AG2016940	ATLETAS DE ACEA DE AMA	CULLEREDO
196	321	RAMON MIGUEL GARCIA BARBA		VT3M- 20	00:30:30	00:04:38	00:30:20	00:04:37	00:13:42			LA CORUÑA
197	576	MANUEL ANGEL DORADO VAZQUEZ		VT2M- 50	00:30:30	00:04:38	00:29:52	00:04:32	00:14:24			A CORUÑA
198	64	LUIS M. RODRÍGUEZ FERREIRO		VT2M- 51	00:30:31	00:04:38	00:29:53	00:04:32	00:14:24		BARLOVENTO RUNNING TEAM	A CORUÑA
199	759	ALFONSO REMUIÑAN SANCHEZ		VT3M- 21	00:30:31	00:04:38	00:30:22	00:04:37	00:13:27	GA765469	ATLETISMO CARBALLO	A CORUÑA
200	99	JOSE MANUEL OURENS PARDO		VT1M- 50	00:30:31	00:04:38	00:30:15	00:04:36	00:13:51		CLUB ATLETISMO SADA	PERILLO- OLEIROS
201	273	DANIEL POSE GARCÍA		SNM- 57	00:30:32	00:04:38	00:30:19	00:04:36	00:13:49			CAMBRE
202	564	PABLO PEREDA FERNÁNDEZ		VT2M- 52	00:30:32	00:04:38	00:30:20	00:04:37	00:13:41			A CORUÑA
203	1299	ROBERTO LEAL DÍAZ		SNM- 58	00:30:34	00:04:39	00:30:13	00:04:36	00:13:29			NARÓN
204	450	ENRIQUE GÓMEZ LÓPEZ		VT3M- 22	00:30:39	00:04:39	00:30:13	00:04:36	00:14:21			PONTEVEDRA
205	1277	FELIPE DE LA VEGA GÁNDARAS		VT2M- 53	00:30:39	00:04:40	00:30:13	00:04:35	00:14:29			A CORUÑA
206	1229	JOSE GOMEZ RODRIGUEZ		VT2M- 54	00:30:42	00:04:40	00:30:27	00:04:38	00:13:50			A CORUÑA
207	406	LUIS ANGEL CASTELO SANCHEZ		VT2M- 55	00:30:45	00:04:40	00:30:39	00:04:40	00:13:24			A CORUÑA
208	804	DIEGO CALVO FERNÁNDEZ		SNM- 59	00:30:46	00:04:40	00:30:27	00:04:38	00:14:10			BUÑO
209	112	OSCAR DURO PAZOS		VT1M- 51	00:30:47	00:04:41	00:30:27	00:04:38	00:13:42		CLUB HÉRCULES TERMARIA	A CORUÑA
210	846	DIEGO RODRÍGUEZ LÓPEZ		VT2M- 56	00:30:50	00:04:41	00:30:29	00:04:38	00:14:00			PERILLO
211	256	JOSE ANGEL MARTINEZ ABAD		VT2M- 57	00:30:51	00:04:41	00:30:44	00:04:40	00:13:22			A CORUÑA
212	708	MARÍA RODRÍGUEZ RODRÍGUEZ	F- 12	SNF- 5	00:30:51	00:04:41	00:30:38	00:04:39	00:13:47			MADRID

213	409	DAVID ULLOA SOBRINO		SNM- 60	00:30:53	00:04:42	00:30:37	00:04:39	00:14:14		A CORUÑA
214	249	JESUS ANGEL SANTIUSTE INSUA		VT3M- 23	00:30:54	00:04:42	00:30:43	00:04:40	00:14:04		LA CORUÑA
215	583	BÁRBARA GONZÁLEZ VILARIÑO	F- 13	SNF- 6	00:30:55	00:04:42	00:30:50	00:04:41	00:13:44	A.D. FEFEME TRIATLÓN DO MIÑO	A CORUÑA
216	560	SERGIO ARES CHAO		VT1M- 52	00:30:55	00:04:42	00:30:34	00:04:39	00:14:14		A CORUÑA
217	1502	FATIMA TRABA	F- 14	VT3F- 1	00:30:57	00:04:42	00:30:41	00:04:40	00:13:47		FISTERRA
218	129	MARCOS LÓPEZ RAMIL		SNM- 61	00:30:58	00:04:42	00:30:55	00:04:42	00:13:17	CORRE POR BEGONTE	BEGONTE
219	1069	MANOEL FARIÑA GARCIA		VT1M- 53	00:30:59	00:04:43	00:30:12	00:04:35	00:14:42		A CORUÑA
220	1018	JESÚS MANUEL GÓMEZ FERNÁNDEZ		VT3M- 24	00:31:01	00:04:43	00:30:49	00:04:41	00:14:14	CD GAS NATURAL FENOSA	GRAMELA
221	54	FERNANDO SINES CRESPO		VT2M- 58	00:31:07	00:04:44	00:30:24	00:04:37	00:14:30	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
222	167	ALEJANDRO PEREZ GIANNETTO		VT1M- 54	00:31:07	00:04:44	00:30:24	00:04:37	00:14:29	NOSPORTLIMIT	A CORUÑA
223	372	FRANCISCO JAVIER MARTINEZ SANTOS		VT2M- 59	00:31:09	00:04:44	00:30:56	00:04:42	00:13:59		A CORUÑA
224	343	FRANCISCO VÁZQUEZ		VT1M- 55	00:31:10	00:04:44	00:31:05	00:04:43	00:13:59		TEIXEIRO
225	10	CARLOS REMUIÑÁN SÁNCHEZ		VT3M- 25	00:31:10	00:04:44	00:31:02	00:04:43	00:13:41	ATLETISMO CARBALLO	CARBALLO
226	705	PURIFICACIÓN LÓPEZ MAHÍA	F- 15	VT3F- 2	00:31:12	00:04:44	00:30:48	00:04:41	00:14:16		A CORUÑA
227	563	ROGELIO MANUEL PEREZ MIÑONES		VT3M- 26	00:31:13	00:04:45	00:31:05	00:04:43	00:13:58		A CORUÑA
228	39	RICARDO CALVO LÓPEZ		VT2M- 60	00:31:14	00:04:45	00:31:03	00:04:43	00:14:05	ATLETAS DE ACEA DE AMA	A CORUÑA
229	1090	ANDRÉS CABALLERO		SNM- 62	00:31:15	00:04:45	00:30:12	00:04:35	00:15:27		A CORUÑA
230	17	JOSÉ BERMÚDEZ VARELA		VT2M- 61	00:31:15	00:04:45	00:31:09	00:04:44	00:14:00	A.D.MEDIADUCIA	CARBALLO
231	1199	JOSE ANTONIO PRESEDO MIRANDA		SNM- 63	00:31:15	00:04:45	00:30:07	00:04:35	00:15:57		A CORUÑA
232	365	JOSE LUIS SANTOME COLLAZO		VT1M- 56	00:31:16	00:04:45	00:30:14	00:04:36	00:15:27		OLEIROS
233	225	JUAN MANUEL GARCÍA BARREIRA		VT2M- 62	00:31:16	00:04:45	00:30:58	00:04:42	00:14:12	TERRA DE SONEIRA C.D.	PONTECESO
234	140	JOSE MARIA LEVOSO TOUCEDA		VT2M- 63	00:31:17	00:04:45	00:30:55	00:04:42	00:14:41	GA766097 ESPRINTES OURENSE	A CORUÑA
235	1304	JOSÉ ANTONIO ROCA YÁÑEZ		VT2M- 64	00:31:21	00:04:46	00:30:31	00:04:38	00:14:51		ORDES
236	105	DAVID SOUTO SANCHEZ		VT2M- 65	00:31:21	00:04:46	00:31:02	00:04:43	00:14:42	CLUB ATLETISMO SADA MONTAÑA	LA CORUÑA
237	867	PAULA TRILLO CALO	F- 16	SNF- 7	00:31:22	00:04:46	00:31:08	00:04:44	00:14:16	TERRA DE SONEIRA C.D.	VIMIÁNZO
238	458	OSCAR VIDAL RODRIGUEZ		VT1M- 57	00:31:25	00:04:47	00:31:18	00:04:45	00:14:11		A CORUÑA
239	141	IVÁN PALLEIRO PÉREZ		SNM- 64	00:31:26	00:04:47	00:31:19	00:04:46	00:13:45	GARRAPUCHO	A CORUÑA
240	136	ADRIÁN LÓPEZ VILLAVERDE		SNM- 65	00:31:26	00:04:47	00:31:20	00:04:46	00:13:46	DIGITAL RUNNERS	A CORUÑA
241	1045	AMANDO SERRANO LÓPEZ		SNM- 66	00:31:26	00:04:47	00:31:01	00:04:43	00:14:17	LOS SERRAL	FERROL
242	786	JOSÉ LUIS RODRÍGUEZ DEL RIO		VT4M- 3	00:31:26	00:04:47	00:31:17	00:04:45	00:14:29	OLIMPICOS ORDES	ORDES
243	490	ALFONSO VÁZQUEZ BERGANTIÑOS		VT2M- 66	00:31:28	00:04:47	00:31:16	00:04:45	00:13:52		CULLEREDO
244	1350	Mª DOLORES GONZÁLEZ FERNÁNDEZ	F- 17	VT2F- 4	00:31:28	00:04:47	00:31:23	00:04:46	00:14:09	LA MOCHILA DEL DEPORTE	GUISAMO-BERGONDO
245	182	CARLOS ALVAREZ FERNÁNDEZ		VT2M- 67	00:31:28	00:04:47	00:31:28	00:04:47		NSL	CULLEREDO
246	150	MIGUEL ANGEL VAZQUEZ GONZALEZ		VT1M- 58	00:31:33	00:04:48	00:31:18	00:04:45	00:13:39	LA MOCHILA DEL DEPORTE	A CORUÑA
247	1356	MARTA REAL VALIÑO	F- 18	SNF- 8	00:31:33	00:04:48	00:31:08	00:04:44	00:14:17	LOS SERRAL	FERROL
248	207	JOSE MANUEL PAZ CARREIRA		VT3M- 27	00:31:34	00:04:48	00:31:16	00:04:45	00:14:18	RUNNING OLEIROS	LA CORUÑA
249	95	JACINTO PARGA FERNANDEZ		VT2M- 68	00:31:36	00:04:48	00:31:30	00:04:47	00:13:33	AG 769105 CLUB ATLETISMO SADA	SADA
250	357	JOSE FERREÑO GARCIA		SNM- 67	00:31:36	00:04:48	00:30:52	00:04:41	00:15:00		CORUÑA
251	762	ROBERTO PARDO LÓPEZ		VT2M- 69	00:31:37	00:04:48	00:31:24	00:04:46	00:14:27	ATLETISMO OLYMPO	MURAS
252	74	JOSE MANUEL DOPICO SOTO		VT4M- 4	00:31:38	00:04:48	00:31:31	00:04:47	00:13:55	AG 2020205 C:D. EGOVARROS-VIVEIRO	NEDA
253	133	VALENTÍN AMIGO POMBO		SNM- 68	00:31:38	00:04:48	00:31:30	00:04:47	00:13:52	DAFIT	CEE
254	67	ROBERTO HERNANDO SANTALLA		VT1M- 59	00:31:40	00:04:49	00:31:03	00:04:43	00:15:05	BEER RUNNERS CORUÑA	A CORUÑA
255	1540	DANIEL VAZQUEZ RODRIGUEZ		SNM- 69	00:31:41	00:04:49	00:31:20	00:04:46	00:14:51	FILLO DE BREGÁN	A CORUÑA
256	82	MANU BOUZA		VT2M- 70	00:31:46	00:04:50	00:31:32	00:04:47	00:14:27	CLUB ATLETISMO OLYMPO - MATOJOMA	AS PONTES
257	345	DANIEL DOVAL VARELA		VT1M- 60	00:31:47	00:04:50	00:30:38	00:04:39	00:15:21		A CORUÑA
258	432	PABLO GONZALEZ GONZALEZ		VT3M- 28	00:31:47	00:04:50	00:31:39	00:04:49	00:14:20		A CORUÑA
259	505	GABRIEL JOSÉ FERNANDEZ ORIZALES		SNM- 70	00:31:48	00:04:50	00:31:46	00:04:50	00:13:14		A CORUÑA
260	1130	ALEJANDRO FERNÁNDEZ MARTÍNEZ		SNM- 71	00:31:49	00:04:50	00:31:26	00:04:47	00:14:26		A CORUÑA
261	192	MIGUEL ANGEL LUCAS PARDO		VT2M- 71	00:31:51	00:04:50	00:31:28	00:04:47	00:14:56	POLLOS HERMANOS	VILABOIA
262	178	ADRIÁN COLLAZO VARELA		SNM- 72	00:31:51	00:04:50	00:31:41	00:04:49	00:14:38	NOSPORTLIMIT	CULLEREDO
263	858	RAQUEL ARMESTO PINEDO	F- 19	VT2F- 5	00:31:53	00:04:51	00:31:45	00:04:49	00:14:09	AG769952 CLUB ATLETISMO SADA	OLEIROS
264	758	ANTONIO REMUIÑÁN SÁNCHEZ		VT4M- 5	00:31:53	00:04:51	00:31:38	00:04:48	00:14:28	GA765470 ATLETISMO CARBALLO	CARBALLO
265	1256	SERGIO PATIÑO RIVEIRO		SNM- 73	00:31:54	00:04:51	00:31:46	00:04:50	00:13:41		A CORUÑA
266	1260	DANIEL CASALES MARTINEZ		SNM- 74	00:31:54	00:04:51	00:30:49	00:04:41	00:15:06		A CORUÑA



267	1282	LUIS PRIETO DÍAZ		VT3M- 29	00:31:55	00:04:51	00:31:47	00:04:50	00:14:00				A CORUÑA
268	769	DANIEL CASTRO MOSCOSO		VT1M- 61	00:31:55	00:04:51	00:31:44	00:04:49	00:14:08	AG2024005	CLUB ATLETISMO O PINO		CULLEREDO
269	840	EVARISTO GONZALEZ JORGE		VT2M- 72	00:31:55	00:04:51	00:31:46	00:04:50	00:14:39				OLEIROS
270	807	GERMAN BARBEITO REY		VT2M- 73	00:31:56	00:04:51	00:31:38	00:04:49	00:14:50				CULLEREDO
271	838	OSCAR CABANA PICADO		VT1M- 62	00:31:58	00:04:51	00:31:36	00:04:48	00:14:24				A CORUÑA
272	1254	RAUL ARCE URIA		VT1M- 63	00:31:58	00:04:52	00:31:47	00:04:50	00:14:35				LUGO
273	404	MIGUEL PARDO PEREIRA		VT1M- 64	00:32:00	00:04:52	00:31:43	00:04:49	00:14:38				A CORUÑA
274	184	JUAN CARLOS DOMATO VERDÍA		VT1M- 65	00:32:00	00:04:52	00:31:43	00:04:49	00:14:28		OS DESBROZA CARRETERAS		ARTEIXO
275	509	RAMON LOPEZ ROMAN		VT3M- 30	00:32:01	00:04:52	00:31:33	00:04:48	00:15:12				A CORUÑA
276	381	JUAN CRUZ CARRETERO SÁNCHEZ		SNM- 75	00:32:01	00:04:52	00:31:43	00:04:49	00:14:15				CORUÑA
277	364	MIGUEL RODRIGUEZ RODRIGUEZ		SNM- 76	00:32:01	00:04:52	00:30:41	00:04:40	00:15:49				BERGONDO
278	317	SERGIO RODRIGUEZ RODRIGUEZ		VT1M- 66	00:32:02	00:04:52	00:30:42	00:04:40	00:15:48				LUBRE - BERGONDO
279	388	LUIS ALBERTO MARTINEZ FERNANDEZ		VT1M- 67	00:32:02	00:04:52	00:31:41	00:04:49	00:14:04				CULLEREDO
280	183	ANTONIO MANUEL VEGA GARCÍA		SNM- 77	00:32:03	00:04:52	00:31:45	00:04:49	00:14:33		OS BOLECHOS		PONTEAREAS
281	1580	MARCO PIRIZ VERDURA		VT3M- 31	00:32:03	00:04:52	00:31:56	00:04:51	00:14:47				CAMBRE
282	784	ALFONSO RODRIGUEZ FRAMIL		VT1M- 68	00:32:03	00:04:52	00:31:49	00:04:50	00:14:19	AG-2020368	NOITEBRA FC		AMES
283	791	FRANCISCO PRIETO PERNAS		VT1M- 69	00:32:04	00:04:52	00:31:27	00:04:47	00:14:38		SÍGUEME SI PUEDES		CORUÑA
284	1164	MANUEL CEA DIAZ		SNM- 78	00:32:04	00:04:52	00:31:07	00:04:44	00:15:23				AMES
285	1011	DAVID LOPEZ SEIO		SNM- 79	00:32:04	00:04:52	00:31:07	00:04:44	00:15:23		0 BJTAINERS		AMES
286	166	MARCOS GARCIA GARCIA		VT2M- 74	00:32:05	00:04:52	00:31:35	00:04:48	00:15:03		NOSPORTLIMIT		EL TEMPLE CAMBRE
287	1067	ED HINMERS		VT1M- 70	00:32:05	00:04:53	00:31:27	00:04:47	00:15:00				A CORUÑA
288	462	JOAQUIN DOCAMPO GARCIA		VT1M- 71	00:32:06	00:04:53	00:31:45	00:04:50	00:14:16				SADA
289	334	JAIME LÓPEZ CAINZOS		VT2M- 75	00:32:09	00:04:53	00:31:58	00:04:51	00:14:25				A CORUÑA
290	773	DIEGO SOTO VIÑAS		VT1M- 72	00:32:13	00:04:54	00:30:49	00:04:41	00:15:36		CLUB TRIATLON CORUÑA		CAMBRE
291	1220	ANTONIO AMIGO PARDO		SNM- 80	00:32:14	00:04:54	00:31:02	00:04:43	00:14:57				A CORUÑA
292	246	RUBÉN CAMBRE LOSADA		SNM- 81	00:32:14	00:04:54	00:32:10	00:04:53	00:14:33	1525765			A CORUÑA
293	515	MIGUEL ÁNGEL GARCÍA ÁLVAREZ		VT3M- 32	00:32:15	00:04:54	00:31:56	00:04:51	00:14:24				A CORUÑA
294	825	ENRIQUE BRITO GONZÁLEZ		VT1M- 73	00:32:16	00:04:54	00:31:58	00:04:51	00:14:43				OLEIROS
295	1582	VALERIO PRUNERI		VT3M- 33	00:32:18	00:04:55	00:31:01	00:04:43	00:15:29				A CORUÑA
296	1565	JOSÉ PEREIRÓ SÁNCHEZ		VT2M- 76	00:32:19	00:04:55	00:31:52	00:04:51	00:15:04				A CORUÑA
297	676	ELISA PAZ SOUTO	F- 20	VT3F- 3	00:32:19	00:04:55	00:32:08	00:04:53	00:14:32				A CORUÑA
298	197	DAVID IGLESIAS RIGUEIRA		VT1M- 74	00:32:20	00:04:55	00:32:05	00:04:52	00:14:33		RUN4ONE		A CORUÑA
299	742	LAURA NÚÑEZ NAVEIRA	F- 21	VT1F- 5	00:32:22	00:04:55	00:32:02	00:04:52	00:14:42	AG 2018802			A CORUÑA
300	134	DANI LEMA		SNM- 82	00:32:22	00:04:55	00:32:12	00:04:54	00:14:18		DAFIT		CEE
301	1238	ALBERTO SEOANE AMOR		SNM- 83	00:32:23	00:04:55	00:32:06	00:04:53	00:14:41				BETANZOS
302	1105	PABLO BAO CASTRO		VT1M- 75	00:32:23	00:04:55	00:31:41	00:04:49	00:14:50				NOIA
303	65	JORGE BARREIRO GONZÁLEZ		SNM- 84	00:32:24	00:04:55	00:31:57	00:04:51	00:15:04		BEER RUNNERS CORUÑA		A CORUÑA
304	1024	CRISTIAN CALVO GONZALEZ		SNM- 85	00:32:25	00:04:56	00:32:09	00:04:53	00:14:36		CLUB ATLETISMO FENE		FENE
305	1148	FCO.JAVIER IGLESIAS ALONSO		VT3M- 34	00:32:25	00:04:56	00:31:57	00:04:51	00:14:54				BETANZOS
306	19	JUAN PÉREZ FERREIRO		VT1M- 76	00:32:27	00:04:56	00:32:12	00:04:54	00:14:28		AD FOGAR		A CORUÑA
307	1228	HERNANDO SEIJAS MARTÍNEZ		VT2M- 77	00:32:31	00:04:56	00:32:06	00:04:53	00:14:52				A CORUÑA
308	1235	JOSE GERPE BARBEIRA		VT2M- 78	00:32:31	00:04:56	00:32:06	00:04:53	00:14:51				A CORUÑA
309	711	IRIA SOTO IGLESIAS	F- 22	SNF- 9	00:32:33	00:04:57	00:32:18	00:04:54	00:15:14				A CORUÑA
310	1012	ALBERTO SOBRINO SEOANE		VT2M- 79	00:32:33	00:04:57	00:31:40	00:04:49	00:15:25		BTT CICLO'20		BETANZOS
311	453	JOAQUIN PANTIN CADILLA		SNM- 86	00:32:33	00:04:57	00:32:03	00:04:52	00:14:33				PASTORIZA
312	106	JUAN CARLOS HERMIDA MERA		VT2M- 80	00:32:36	00:04:57	00:32:25	00:04:56	00:14:31		CLUB CASTRO DE LOBADIZ		NARÓN
313	435	FERNANDO MATO VIDAL		VT1M- 77	00:32:37	00:04:57	00:31:45	00:04:49	00:15:08				OLEIROS
314	530	ANTONIO MACEIRAS SUÁREZ		VT2M- 81	00:32:38	00:04:58	00:31:45	00:04:49	00:15:09				MONTROVE
315	866	ANA FERNANDEZ GARCIA	F- 23	SNF- 10	00:32:39	00:04:58	00:32:16	00:04:54	00:14:46	GA-717059	TERMARIA RUNNING		FERROL
316	125	JUAN MANUEL TABOADA BARREIRO		VT2M- 82	00:32:39	00:04:58	00:32:23	00:04:55	00:14:43	AG2017938	CLUBE ATLETISMO BOIMORTO		CURTIS
317	79	ROBERTO LOPEZ CAGIAO		VT2M- 83	00:32:40	00:04:58	00:32:15	00:04:54	00:15:23		CLUB ATL. SADA		SADA
318	252	ALBERTO GATO REIGOSA		SNM- 87	00:32:40	00:04:58	00:32:01	00:04:52	00:15:28				A CORUÑA
319	616	PATRICIA SUSO SANCHEZ	F- 24	SUB23F- 1	00:32:40	00:04:58	00:32:37	00:04:57	00:14:21		CLUB ATLETISMO SANTIAGO		A CORUÑA
320	354	JOSÉ LUIS LÓPEZ LÓPEZ		SNM- 88	00:32:40	00:04:58	00:32:30	00:04:56	00:14:51				A FONSGRADA

321	839	JOAQUÍN PAMPÍN BARREIRO		SNM- 89	00:32:41	00:04:58	00:32:28	00:04:56	00:14:32				A CORUÑA
322	1106	MARIO CANOSA GONZÁLEZ		VT2M- 84	00:32:41	00:04:58	00:32:28	00:04:56	00:14:23				LA CORUÑA
323	503	MANUEL LÓPEZ ROIBÁS		VT3M- 35	00:32:42	00:04:58	00:32:29	00:04:56	00:14:33				A CORUÑA
324	254	RAFAEL LUCENA HAZ		VT2M- 85	00:32:42	00:04:58	00:32:31	00:04:56	00:14:35				MUXIA
325	48	ENRIQUE GANDARA ULLOA		VT3M- 36	00:32:43	00:04:58	00:32:29	00:04:56	00:14:43	A-6320	ATLETAS DE ACEA DE AMA		EL TEMPLE
326	242	JUAN CARLOS VAZQUEZ GOMEZ		VT2M- 86	00:32:44	00:04:59	00:32:28	00:04:56	00:15:06				A CORUÑA
327	466	PABLO BUCETA BLANCO		VT2M- 87	00:32:46	00:04:59	00:32:17	00:04:54	00:14:35				CULLEREDO
328	665	BEATRIZ MUIÑO VIDAL	F- 25	SNF- 11	00:32:47	00:04:59	00:32:43	00:04:58	00:14:14				A CORUÑA
329	71	FERMIN PAN OTERO		VT4M- 6	00:32:48	00:04:59	00:32:36	00:04:57	00:14:24		C.D. EGOVARROS-VIVEIRO		A CORUÑA
330	291	JOSÉ LUIS PANIAGUA FERNÁNDEZ		VT1M- 78	00:32:49	00:04:59	00:32:30	00:04:56	00:15:14				SANTIAGO DE COMPOSTELA
331	463	ADOLFO GARCÍA ALONSO		VT1M- 79	00:32:50	00:04:59	00:32:12	00:04:54	00:15:16				A CORUÑA
332	414	OSCAR GALAN ADEGA		SNM- 90	00:32:50	00:04:59	00:32:05	00:04:53	00:15:41				A CORUÑA
333	327	PEDRO DOMINGUEZ ALLEGUE		VT2M- 88	00:32:51	00:05:00	00:31:59	00:04:52	00:15:29				CEUTA
334	1233	JOSÉ JUAN RAMOS BOTANA		VT2M- 89	00:32:52	00:05:00	00:31:33	00:04:48	00:15:39				BUÑO
335	323	JAVIER LEJO SIERRA		SNM- 91	00:32:53	00:05:00	00:31:56	00:04:51	00:15:26				A CORUÑA
336	664	MARTA MUIÑO VIDAL	F- 26	SNF- 12	00:32:54	00:05:00	00:32:50	00:04:59	00:14:14				A CORUÑA
337	378	RODRIGO MARINO TAIBO		VT1M- 80	00:32:55	00:05:00	00:32:18	00:04:55	00:15:20				MESOIRO
338	311	DANIEL MEIZOSO FIGUEROA		SNM- 92	00:32:55	00:05:00	00:32:11	00:04:53	00:15:23				A CORUÑA
339	1243	ÓSKAR NOVO RODRÍGUEZ		SNM- 93	00:32:56	00:05:00	00:31:44	00:04:49	00:15:52				MONTERROSO
340	101	MANUEL IVAN TENREIRO RECOUSO		SNM- 94	00:32:56	00:05:00	00:32:44	00:04:58	00:14:41		CLUB ATLETISMO SADA		MIÑO
341	1462	MARÍA BOTANA MARTINEZ	F- 27	VT1F- 6	00:32:57	00:05:00	00:32:50	00:04:59	00:14:18				A CORUÑA
342	597	Mª LUISA BARREIRO FUENTES	F- 28	VT2F- 6	00:32:57	00:05:00	00:32:49	00:04:59	00:14:33	G-763977	ATLETISMO RIAZOR		A CORUÑA
343	1239	IGNACIO PORTELA PARGA		SNM- 95	00:32:58	00:05:01	00:32:14	00:04:54	00:15:40				NARON
344	504	ISMAEL GENDE VILAS		SNM- 96	00:32:58	00:05:01	00:32:10	00:04:53	00:15:35				CERCEDA
345	829	FABIÁN VALCÁRCEL MARTÍNEZ		SNM- 97	00:32:59	00:05:01	00:32:47	00:04:59	00:14:31				A CORUÑA
346	1138	JACOBO REGUEIRA SOUTO		SNM- 98	00:33:01	00:05:01	00:32:42	00:04:58	00:14:53				OLEIROS
347	1036	JUAN DIEGO CAÑÁS SANTISO		VT2M- 90	00:33:02	00:05:01	00:32:38	00:04:58	00:14:54		EU MORDO		A CORUÑA
348	1504	MARIANNE SALLIN	F- 29	VT3F- 4	00:33:03	00:05:01	00:32:46	00:04:59	00:15:06				FRIBOURG
349	1566	DAVID GOMEZ LOBATO		SNM- 99	00:33:06	00:05:02	00:32:57	00:05:00	00:14:34				BOQUEIXÓN
350	763	IVAN FOLLA-CISNEROS VIDAL		VT2M- 91	00:33:06	00:05:02	00:32:29	00:04:56	00:15:34		BEER & RUNNERS CORUÑA		A CORUÑA
351	68	JOSE VARELA VERDES		VT1M- 81	00:33:07	00:05:02	00:32:47	00:04:59	00:14:50		BEER RUNNERS CORUÑA		A CORUÑA
352	604	DOSI LOPEZ LOPEZ	F- 30	VT2F- 7	00:33:08	00:05:02	00:32:35	00:04:57	00:15:11		CLUB ATLETAS DE ACEA DE AMA		CULLEREDO
353	1331	MIRIAN RIPOLL PERNAS	F- 31	VT3F- 5	00:33:08	00:05:02	00:33:02	00:05:01	00:14:30		CLUB ATLETISMO SADA		A CORUÑA
354	1206	JAVIER RIOBOO VARELA		VT1M- 82	00:33:09	00:05:02	00:32:30	00:04:56	00:16:11				PERILLO
355	446	MANUEL LIRES FREIRE		VT1M- 83	00:33:13	00:05:03	00:32:35	00:04:57	00:15:14				CORUÑA
356	1193	MIGUEL PÉREZ REGO		SNM- 100	00:33:13	00:05:03	00:32:44	00:04:58	00:15:42				A CORUÑA
357	477	JOSÉ ENRIQUE SOUTO FACAL		VT4M- 7	00:33:14	00:05:03	00:32:50	00:04:59	00:15:00				A CORUÑA
358	1032	RUBEN PURRIÑOS ALVAREZ		SNM- 101	00:33:15	00:05:03	00:33:14	00:05:03	00:14:26		CLUB NÁUTICO FIRRETE		A CORUÑA
359	1070	DIEGO VILLAVERDE		VT1M- 84	00:33:16	00:05:03	00:32:10	00:04:53	00:15:03				BERGONDO
360	738	NOELIA RODRIGUEZ DELGADO	F- 32	VT1F- 7	00:33:16	00:05:03	00:32:59	00:05:01	00:15:00				ARTEIXO
361	481	ÓSCAR PATAO LAMEIRO		VT2M- 92	00:33:18	00:05:04	00:32:57	00:05:00	00:14:41				LA CORUÑA
362	1376	ANA CRISTINA FERNANDEZ MARAÑES	F- 33	SNF- 13	00:33:19	00:05:04	00:32:45	00:04:59	00:15:17				PONFERRADA
363	23	VÍCTOR MANUEL VILAR REINA		VT1M- 85	00:33:19	00:05:04	00:33:05	00:05:02	00:15:47		ADJUNTO NÁUTICO NARON		FERROL
364	1197	JOSE MARIA SANCHEZ PARADA		VT1M- 86	00:33:20	00:05:04	00:32:17	00:04:54	00:15:24				ARTEIXO
365	692	SANDRA FERREIRO HERMIDA	F- 34	SNF- 14	00:33:20	00:05:04	00:32:52	00:05:00	00:14:55				CULLEREDO
366	649	YANINE ACOSTA NEVES	F- 35	SNF- 15	00:33:21	00:05:04	00:32:56	00:05:00	00:15:04				SADA
367	1037	ALEJANDRO LOIS ALVEDRO		SNM- 102	00:33:22	00:05:04	00:32:19	00:04:55	00:16:27		FITRUNNERS		LA CORUÑA
368	1035	JULIO ENRIQUE BARRAL GOMEZ		VT4M- 8	00:33:23	00:05:04	00:32:59	00:05:01	00:14:55		EU MORDO		VILAOA
369	810	JOSE ANTONIO MARTÍNEZ LEMA		VT2M- 93	00:33:23	00:05:04	00:32:59	00:05:01	00:15:13				A CORUÑA
370	558	DAVID PIÑEIRO LOPEZ		VT1M- 87	00:33:24	00:05:05	00:32:49	00:04:59	00:15:07				A CORUÑA
371	640	GELI LÓPEZ VILAS	F- 36	VT2F- 8	00:33:25	00:05:05	00:33:08	00:05:02	00:15:01		RUNNING ARTEIXO		ARTEIXO
372	46	ALFONSO BOTANA CASTELO		VT2M- 94	00:33:26	00:05:05	00:33:15	00:05:03	00:14:30		ATLETAS DE ACEA DE AMA		A CORUÑA
373	1022	ANGEL BARRO ROMERO		VT1M- 88	00:33:28	00:05:05	00:32:39	00:04:58	00:15:44		CD GAS NATURAL FENOSA		AS PONTES
374	1579	MANUEL POLÍN PÉREZ		VT1M- 89	00:33:28	00:05:05	00:32:56	00:05:00	00:15:30				LA CORUNA

375	127	ALBERTO REY CASTRO	VT2M- 95	00:33:29	00:05:05	00:33:19	00:05:04	00:14:40	CORRE POR BEGONTE	GUITIRIZ
376	355	JOSE LUIS BERGONDO VÁZQUEZ	VT1M- 90	00:33:29	00:05:05	00:32:57	00:05:00	00:15:01		A CORUÑA
377	376	DAVID VILLAR VILLAR	VT1M- 91	00:33:30	00:05:05	00:33:05	00:05:02	00:15:32		A CORUÑA
378	811	ISIDRO SANCHEZ GONZALEZ	VT1M- 92	00:33:31	00:05:06	00:32:56	00:05:00	00:15:02		MESOIRO
379	575	NACHO FONTENLA	VT1M- 93	00:33:31	00:05:06	00:33:11	00:05:02	00:14:44		A CORUÑA
380	1309	JORGE MARTÍNEZ GUIMAREY	VT1M- 94	00:33:32	00:05:06	00:32:58	00:05:01	00:15:25		A CORUÑA
381	793	OSCAR REGAL GONZALEZ	VT2M- 96	00:33:33	00:05:06	00:32:41	00:04:58	00:15:34	TERMARIA RUNNING	LA CORUÑA
382	340	EDUARDO ALVAREZ MAGALHAES	VT1M- 95	00:33:33	00:05:06	00:33:20	00:05:04	00:14:53		O TEMPLE-CAMBRE
383	612	ANGELES CASTRO FERNANDEZ	F- 37 VT2F- 9	00:33:34	00:05:06	00:33:26	00:05:05	00:14:49	CLUB ATLETISMO SADA	A CORUÑA
384	1172	ALBERTO PEDREIRA FERNANDEZ	VT2M- 97	00:33:34	00:05:06	00:33:17	00:05:03	00:15:15		A CORUÑA
385	513	PEDRO MANUEL SALIDO VARELA	VT2M- 98	00:33:34	00:05:06	00:33:12	00:05:03	00:15:03		OLEIROS
386	200	JAVIER FERNÁNDEZ FRAGA	VT3M- 37	00:33:35	00:05:06	00:33:12	00:05:03	00:15:09	RUNNING ARTEIXO	ARTEIXO
387	284	IVAN CEIDE GAYOSO	VT1M- 96	00:33:37	00:05:07	00:32:45	00:04:59	00:15:52		EL TEMPLE - CAMBRE
388	1288	DANIEL LAMAS NOVOA	SNM- 103	00:33:38	00:05:07	00:32:32	00:04:57	00:16:37		SADA
389	688	TAMARA CAAMAÑO ROMERO	F- 38 SNF- 16	00:33:39	00:05:07	00:33:29	00:05:05	00:15:05		CARNOTA
390	1263	JOSE MARÍA GUERRERO MORENO	SNM- 104	00:33:39	00:05:07	00:32:52	00:05:00	00:15:53		CÁDIZ
391	1563	GABRIEL GONZALEZ BARBEITO	SUB23M- 6	00:33:40	00:05:07	00:33:15	00:05:03	00:15:49		A CORUÑA
392	1390	ANA BORT RESPINO	F- 39 SUB20F- 1	00:33:41	00:05:07	00:33:22	00:05:04	00:15:20		A CORUÑA
393	1297	MIGUEL GONZÁLEZ BARBEITO	SNM- 105	00:33:42	00:05:07	00:33:17	00:05:03	00:15:50		A CORUÑA
394	1293	ADRIÁN PEREIRO GARCÍA	SNM- 106	00:33:43	00:05:07	00:33:17	00:05:04	00:15:50		LA CORUÑA
395	729	IRIA ALDAO PRADA	F- 40 VT1F- 8	00:33:43	00:05:07	00:33:18	00:05:04	00:14:57		A CORUÑA
396	841	MANUEL TRILLO GRILLE	SNM- 107	00:33:44	00:05:08	00:33:33	00:05:06	00:15:14		DUMBRIA
397	1079	JORGE BARATA MARTINEZ	VT2M- 99	00:33:45	00:05:08	00:33:04	00:05:01	00:15:47		A CORUÑA
398	809	HUGO IGLESIAS VIGIL	SNM- 108	00:33:45	00:05:08	00:33:21	00:05:04	00:15:31		A CORUÑA
399	276	JUAN JOSE REDONDO LAGO	VT4M- 9	00:33:45	00:05:08	00:33:22	00:05:04	00:15:31		A CORUÑA
400	248	JORGE PAZ AMADO	VT2M- 100	00:33:46	00:05:08	00:33:34	00:05:06	00:15:06		A CORUÑA
401	51	JOSE FRANCISCO VARELA VAL	VT2M- 101	00:33:47	00:05:08	00:33:02	00:05:01	00:15:45	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
402	286	IVAN FERREIRO ABELENDA	SNM- 109	00:33:48	00:05:08	00:33:21	00:05:04	00:15:20		A CORUÑA
403	1266	JUAN RAMON DIAZ CANTO	VT2M- 102	00:33:49	00:05:08	00:32:57	00:05:00	00:15:48		A CORUÑA
404	361	IVÁN IGLESIAS MARTÍNEZ	SNM- 110	00:33:49	00:05:08	00:33:26	00:05:05	00:15:38		A PONTENOVA
405	1137	RAMIRO AMEJEIRAS	SNM- 111	00:33:51	00:05:09	00:33:50	00:05:08	00:14:59		SANTA COMBA
406	514	JOSE FRANCISCO BUÑO BARREIRO	VT2M- 103	00:33:52	00:05:09	00:33:32	00:05:06	00:15:25		A CORUÑA
407	1054	ANDRES CALVETE CANDAL	VT1M- 97	00:33:53	00:05:09	00:32:44	00:04:58	00:16:19	PEÑA CICLISTA MONTE XALO	CULLEREDO
408	358	OSCAR HERNANDEZ ACEVEDO	VT1M- 98	00:33:53	00:05:09	00:33:30	00:05:05	00:15:06		CULLEREDO
409	526	FRANCISCO JAVIER LÓPEZ VILA	VT3M- 38	00:33:53	00:05:09	00:33:22	00:05:04	00:15:22		A CORUÑA
410	235	JOSÉ PEDREIRA GARCÍA	VT2M- 104	00:33:53	00:05:09	00:33:22	00:05:04	00:15:22	VETSICS	A CORUÑA
411	413	ALEJANDRO OTERO CAMBESES	VT3M- 39	00:33:54	00:05:09	00:33:36	00:05:06	00:15:19		A CORUÑA
412	553	MANUEL LINARES FRANCO	VT2M- 105	00:33:55	00:05:09	00:33:17	00:05:03	00:15:33		A CORUÑA
413	236	NACHO BECERRA CARRIL	VT2M- 106	00:33:55	00:05:09	00:33:00	00:05:01	00:16:09	ZAPATILLA VELOZ	A CORUÑA
414	1548	ROI REBOREDO BRAVO	SNM- 112	00:33:56	00:05:09	00:33:35	00:05:06	00:14:56		PERILLO (OLEIROS)
415	301	JAVIER APARICIO DÍAZ	VT3M- 40	00:33:56	00:05:09	00:33:27	00:05:05	00:15:25		A CORUÑA
416	1190	DIEGO RAMA MATO	SNM- 113	00:33:58	00:05:10	00:32:40	00:04:58	00:15:39		VIMIANZO
417	1133	FERNANDO POSSE ÁLVAREZ	SNM- 114	00:33:59	00:05:10	00:33:40	00:05:07	00:14:56		CULLEREDO
418	522	JOSÉ ANTONIO SUMAY REY	VT2M- 107	00:34:01	00:05:10	00:33:23	00:05:04	00:15:58		A CORUÑA
419	171	LUCAS OUBIÑA YAÑEZ	VT1M- 99	00:34:02	00:05:10	00:33:06	00:05:02	00:16:03	NOSPORTLIMIT	A CORUÑA
420	822	ANTONIO VAZQUEZ GIL	VT1M- 100	00:34:02	00:05:10	00:33:31	00:05:06	00:15:29		A CORUÑA
421	855	LAURA MONTERO ROMERO	F- 41 SNF- 17	00:34:03	00:05:10	00:33:53	00:05:09	00:15:12	ATLETISMO COSTA DA MORTE	CEE
422	1619	MARTIN CRIADO RODRIGUEZ	VT3M- 41	00:34:03	00:05:10	00:33:49	00:05:08	00:14:53		CAMBRE
423	1015	SERGIO PEREZ VEIGA	SNM- 115	00:34:03	00:05:11	00:33:12	00:05:03	00:15:27	BTT CICLO'20	OZA CESURAS
424	602	SUSANA PARGUIÑA FERNÁNDEZ	F- 42 VT3F- 6	00:34:05	00:05:11	00:33:58	00:05:10	00:14:52	GA 765964	C.D.EGOVARROS-VIVEIRO
425	14	SUSO RAMOS RODRIGUEZ	VT2M- 108	00:34:05	00:05:11	00:33:52	00:05:09	00:15:20	AG 2022293	A.D. DOWNHILL LARACHA
426	389	ROGELIO GRANJA MENDEZ	VT4M- 10	00:34:07	00:05:11	00:33:44	00:05:08	00:15:20		CORUÑA
427	653	YAN LI CHEN LIN	F- 43 SNF- 18	00:34:07	00:05:11	00:33:29	00:05:05	00:15:39		FERROL
428	77	ROBERTO SANCHEZ REÑONES	VT1M- 101	00:34:09	00:05:11	00:33:48	00:05:08	00:15:13	CD GAS NATURAL FENOSA	A CORUÑA





483	1166	JAVIER LÓPEZ RODRÍGUEZ		SNM- 127	00:35:00	00:05:19	00:34:31	00:05:15	00:16:10		A CORUÑA
484	1158	FRANCISCO OMIL PRIETO		VT3M- 49	00:35:01	00:05:19	00:34:40	00:05:16	00:15:53		CAMBRE
485	300	JOSE ANTONIO MENDEZ PAMPIN		VT4M- 12	00:35:02	00:05:19	00:34:46	00:05:17	00:15:51		LA CORUÑALA CORUÑA
486	542	BORIS MOSQUERA		VT2M- 128	00:35:03	00:05:20	00:34:31	00:05:15	00:15:55		A CORUÑA
487	1117	FERNANDO GARCIA ENERO		VT2M- 129	00:35:03	00:05:20	00:34:05	00:05:11	00:17:20		A CORUÑA
488	1167	MANUEL CARPENTE		SNM- 128	00:35:04	00:05:20	00:34:35	00:05:15	00:16:12		MIÑO
489	145	JAVIER CUIÑA BALADO		VT2M- 130	00:35:04	00:05:20	00:33:54	00:05:09	00:16:48	INDRA RUNNERS	A CORUÑA
490	713	YULIYA NESTSIAROVICH	F- 48	SNF- 22	00:35:06	00:05:20	00:34:27	00:05:14	00:16:07		A CORUÑA
491	618	PAULA BLANCO LATORRE	F- 49	VT1F- 9	00:35:06	00:05:20	00:34:27	00:05:14	00:16:08	CLUB CICLISTA TERRAS DO EUME	AS PONTES
492	1430	LOLA GARCIA CAMBON	F- 50	VT2F- 11	00:35:06	00:05:20	00:34:34	00:05:15	00:16:04		A CORUNA
493	790	JESUS ANGEL CORRALES CASTRO		VT2M- 131	00:35:06	00:05:20	00:34:20	00:05:13	00:16:02	RUNNING OLEIROS	SAN PEDRO DE NOS
494	426	FRANCISCO GUARDDON		VT2M- 132	00:35:06	00:05:20	00:34:27	00:05:14	00:16:08		A CORUÑA
495	190	DANIEL CIUDAD CENDÁN		VT2M- 133	00:35:07	00:05:20	00:34:27	00:05:14	00:16:36	PATUKOS TIM RANIN	A CORUÑA
496	1538	DANIEL MARTÍNEZ GALDÓS		VT2M- 134	00:35:09	00:05:20	00:34:38	00:05:16	00:16:03	CLUB CICLISTA RIAZOR	CULLEREDO
497	1285	DANIEL MONTES GONZALEZ		SNM- 129	00:35:09	00:05:20	00:34:00	00:05:10	00:16:58		LA CORUÑA
498	156	JOSE LUIS PENALTA DATORRE		VT3M- 50	00:35:09	00:05:21	00:34:19	00:05:13	00:16:29	MIXMASTER RUNNING	EL TEMPLE -CAMBRE
499	1453	MARTA MARTINEZ RODRIGUEZ	F- 51	SNF- 23	00:35:10	00:05:21	00:34:38	00:05:16	00:15:48		A CORUÑA
500	417	EDUARDO FERNANDEZ COLLAZO		SNM- 130	00:35:11	00:05:21	00:34:19	00:05:13	00:15:53		A CORUÑA
501	55	FRANCISCO JAVIER VARELA MAZÁS		VT2M- 135	00:35:12	00:05:21	00:34:29	00:05:14	00:15:57	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
502	1336	VANESSA JUNCAL SANJURJO	F- 52	SUB20F- 2	00:35:12	00:05:21	00:35:06	00:05:20	00:15:59	AG2017720 CLUB ATLETISMO SANTIAGO	TEO
503	159	JUAN IGNACIO PALEO VIEITO		VT1M- 114	00:35:12	00:05:21	00:34:20	00:05:13	00:16:36	MIXMASTER RUNNING	A CORUÑA
504	1301	DAVID VEGA GUIASOLA		SNM- 131	00:35:12	00:05:21	00:34:46	00:05:17	00:16:09		FERROL
505	30	JORGE CASTRO VÁZQUEZ		VT2M- 136	00:35:13	00:05:21	00:34:49	00:05:17	00:16:02	ASOCIACION CULTURAL DEPORTIVA A FONTE	CULLEREDO
506	1318	FATIMA LOPEZ DOPICO	F- 53	SNF- 24	00:35:14	00:05:21	00:35:05	00:05:20	00:15:39	AS VELLAS NON PARAMOS	BETANZOS
507	29	ROBERTO TABOADA PATIÑO		VT2M- 137	00:35:14	00:05:21	00:34:50	00:05:18	00:16:02	ASOCIACION CULTURAL DEPORTIVA A FONTE	CAMBRE
508	1339	MARIA CARREGAL SOMME	F- 54	SUB20F- 3	00:35:18	00:05:22	00:35:13	00:05:21	00:15:23	CLUB MARINEDA ATLETICO	A CORUÑA
509	533	YAGO DOPAZO PENÍN		SNM- 132	00:35:18	00:05:22	00:34:21	00:05:13	00:16:41		A CORUÑA
510	43	ANTONIO GARCIA BELLO		VT3M- 51	00:35:19	00:05:22	00:34:49	00:05:17	00:16:25	ATLETAS DE ACEA DE AMA	EL TEMPLE
511	1294	JOSE MANUEL VAZQUEZ LEMA		VT2M- 138	00:35:19	00:05:22	00:34:31	00:05:15	00:16:39		LA CORUÑA
512	593	ESTEFANÍA MENDOZA CONTRERAS	F- 55	VT2F- 12	00:35:20	00:05:22	00:34:47	00:05:17	00:16:25	ATLETAS DE ACEA DE AMA	SAN PEDRO DE NOS
513	1121	ANTONIO LOSADA BERGANTIÑOS		SNM- 133	00:35:20	00:05:22	00:34:16	00:05:12	00:16:44		GUITIRIZ
514	733	ALBA LOSADA DURAN	F- 56	SNF- 25	00:35:21	00:05:22	00:34:33	00:05:15	00:16:31		AS PONTES
515	220	FABIÁN SANTOS POSE		SNM- 134	00:35:22	00:05:22	00:35:08	00:05:20	00:15:37	AG 2022 664 TERRA DE SONEIRA C.D.	VIMIANZO
516	465	MANUEL VÁZQUEZ ALVEDRO		VT4M- 13	00:35:23	00:05:23	00:34:52	00:05:18	00:16:27		EL TEMPLE
517	1589	ISABEL CABANAS CAMPELO	F- 57	VT1F- 10	00:35:23	00:05:23	00:35:01	00:05:19	00:15:42		A CORUÑA
518	827	JAVIER RODRÍGUEZ TORRES		SNM- 135	00:35:24	00:05:23	00:35:03	00:05:20	00:16:03		A CORUÑA
519	595	ANA ISABEL LAGO LÓPEZ	F- 58	VT3F- 7	00:35:24	00:05:23	00:35:10	00:05:21	00:15:12	ATLETAS DE ACEA DE AMA	A CORUÑA
520	283	JOSE CARVALLO CAVERO		VT2M- 139	00:35:24	00:05:23	00:34:37	00:05:16	00:16:46		A CORUÑA
521	1904	ANTONIO JOSÉ LEIRAS MARTÍNEZ		SNM- 136	00:35:26	00:05:23	00:34:37	00:05:16	00:16:55	HERCULES ATLETISMO	VIVEIRO
522	257	LUIS ALVAREZ CAMARA		VT4M- 14	00:35:29	00:05:23	00:35:05	00:05:20	00:16:16		LA CORUÑA
523	1535	FERNANDO DÍAZ PARDO		VT2M- 140	00:35:31	00:05:24	00:34:56	00:05:19	00:16:28	CLUB ATLETISMO SADA	SADA
524	1250	JOSÉ MANUEL LÓPEZ DUARTE		VT1M- 115	00:35:31	00:05:24	00:34:35	00:05:15	00:16:22		A CORUÑA
525	1268	ALONSO ALVAREZ VIÑAS		VT1M- 116	00:35:33	00:05:24	00:35:10	00:05:21	00:15:51		A CORUÑA
526	415	JUAN PAZOS COUTO		VT3M- 52	00:35:33	00:05:24	00:35:11	00:05:21	00:15:49		A CORUÑA
527	582	MARI CARMEN RODRIGUEZ GOLAN	F- 59	VT2F- 13	00:35:34	00:05:24	00:35:20	00:05:22	00:15:59	A. D. DWNHILL LARACHA	A LARACHA
528	1365	SONIA ILLANES	F- 60	VT1F- 11	00:35:35	00:05:24	00:35:21	00:05:22	00:15:52		SADA
529	644	BEGOÑA LOIS ALVAREZ	F- 61	VT2F- 14	00:35:36	00:05:25	00:34:52	00:05:18	00:16:35	RUNNING OLEIROS	A CORUÑA
530	1581	JUAN SOUSA RIVEIRO		VT2M- 141	00:35:38	00:05:25	00:34:22	00:05:13	00:17:02		LA CORUÑA
531	1529	ANDREA ESPINO ALBELA	F- 62	SNF- 26	00:35:39	00:05:25	00:35:29	00:05:23	00:15:32		VEDRA
532	157	ORLANDO VÁZQUEZ LÓPEZ		SNM- 137	00:35:40	00:05:25	00:34:51	00:05:18	00:16:41	MIXMASTER RUNNING	A CORUÑA
533	736	ARACELI VEIGA BERMEJO	F- 63	VT4F- 1	00:35:42	00:05:25	00:35:30	00:05:24	00:15:36		A CORUÑA
534	1621	ELOY ARTIME MARTINEZ		SNM- 138	00:35:42	00:05:25	00:35:09	00:05:20	00:16:50		VIGO
535	434	PABLO PIÑON ESTEBAN		VT2M- 142	00:35:43	00:05:26	00:34:43	00:05:17	00:16:49		A CORUÑA
536	456	JAVIER LOURIDO MARTÍNEZ		SNM- 139	00:35:43	00:05:26	00:34:53	00:05:18	00:16:38		SADA

537	1248	FELIPE LANTES PÉREZ		VT1M- 117	00:35:44	00:05:26	00:35:32	00:05:24	00:15:42				CAMBRE
538	823	JORGE JOSE RICO RICO		VT2M- 143	00:35:44	00:05:26	00:35:07	00:05:20	00:16:28				PADERNE
539	1071	DAVID GONZÁLEZ BUSA		SNM- 140	00:35:45	00:05:26	00:34:57	00:05:19	00:16:45				CAMBADOS
540	1259	ROBERTO MONTES TEJIDO		VT2M- 144	00:35:47	00:05:26	00:35:03	00:05:20	00:17:18				A CORUÑA
541	552	ALONSO ALVAREZ VENTOSO		VT3M- 53	00:35:47	00:05:26	00:35:25	00:05:23	00:15:53				A CORUÑA
542	1503	MARIA SILVA	F- 64	VT4F- 2	00:35:50	00:05:27	00:35:34	00:05:24	00:16:04				FRIBOURG
543	90	ROBERTO GARCÍA PAZOS		SNM- 141	00:35:53	00:05:27	00:35:17	00:05:22	00:16:33	AG 2024320	CLUB ATLETISMO SADA		SADA
544	609	JESSICA BUSTO DURÁN	F- 65	SNF- 27	00:35:53	00:05:27	00:35:17	00:05:22	00:16:34		CLUB ATLETISMO SADA		SADA
545	1083	FERNANDO LAGO LAMAS		VT2M- 145	00:35:54	00:05:27	00:34:54	00:05:18	00:17:28				OVIEDO
546	1441	BEGOÑA RODRÍGUEZ CABRERA	F- 66	VT2F- 15	00:35:55	00:05:27	00:35:32	00:05:24	00:16:16				CAMBRE
547	1231	VÍCTOR MANUEL VIÑAS OLMO		SNM- 142	00:35:56	00:05:28	00:35:33	00:05:24	00:15:49				CÓRDOBA
548	402	ROBERTO PICO POUISO		VT2M- 146	00:35:56	00:05:28	00:35:13	00:05:21	00:17:33				A CORUÑA
549	1108	TOMÁS RUIZ BUJÁN		VT3M- 54	00:35:57	00:05:28	00:35:24	00:05:23	00:17:12				A CORUÑA
550	118	JUAN MANUEL MORALES DEL CASTILLO		VT1M- 118	00:35:57	00:05:28	00:35:30	00:05:24	00:17:31		CLUB MARINEDA ATLETICO		CARRAL
551	202	PEDRO PETEIRO ROSENDE		VT2M- 147	00:35:58	00:05:28	00:35:05	00:05:20	00:16:19	AG 2016168	RUNNING OLEIROS		ARANGA
552	356	JULIO BARRAL IGLESIAS		VT3M- 55	00:35:59	00:05:28	00:35:20	00:05:22	00:16:22				LA CORUÑA
553	110	OSCAR ESTRAVIZ LORENZO		VT1M- 119	00:35:59	00:05:28	00:35:21	00:05:22	00:16:17		CLUB DEPORTIVO FERVELLO		CULLEREDO
554	677	MAYTE SIERRA CABALLERO	F- 67	VT2F- 16	00:36:00	00:05:28	00:35:37	00:05:25	00:16:17				CORUÑA
555	854	ANA VARELA REGUERA	F- 68	VT1F- 12	00:36:02	00:05:29	00:35:34	00:05:24	00:16:32		ATLETISMO CARBALLO		CARBALLO
556	1286	FERNANDO RIOS GOMEZ		SNM- 143	00:36:03	00:05:29	00:35:34	00:05:24	00:16:54				BETANZOS
557	1420	INMACULADA MOURIN GONZALEZ	F- 69	VT2F- 17	00:36:03	00:05:29	00:35:35	00:05:24	00:16:30				LUGO
558	1491	MARIA ALEJANDRA PÉREZ QUINTIANA	F- 70	SNF- 28	00:36:04	00:05:29	00:35:55	00:05:27	00:15:18				A BARQUEIRA
559	1057	DANIEL BRUZÓN PÉREZ		SNM- 144	00:36:04	00:05:29	00:35:55	00:05:27	00:15:19		TRIATLÓN FERROL		A BARQUEIRA
560	1013	JOSÉ FRANCISCO SANMARTÍN MANTEIGA		VT3M- 56	00:36:05	00:05:29	00:35:12	00:05:21	00:16:36		BTT CICLO'20		BERGONDO
561	1560	JUAN GONZÁLEZ ARES		VT2M- 148	00:36:05	00:05:29	00:35:09	00:05:20	00:17:10				SOBRADO DOS MONXES
562	1246	JESÚS FERRER HERRERO		SNM- 145	00:36:05	00:05:29	00:35:50	00:05:27	00:15:04				SANTIAGO DE COMPOSTELA
563	443	ANGEL RAMON MARTINEZ CAMBON		VT3M- 57	00:36:06	00:05:29	00:35:55	00:05:28	00:15:50				A CORUÑA
564	710	BEGOÑA MARTINEZ LORENZO	F- 71	VT2F- 18	00:36:06	00:05:29	00:35:56	00:05:28	00:15:49				ARTEIXO
565	1280	RUBÉN PACHECO FERNÁNDEZ		VT1M- 120	00:36:07	00:05:29	00:35:17	00:05:22	00:16:07				LA CORUÑA
566	819	JOSE MANUEL SEIJO PEREZ		VT2M- 149	00:36:07	00:05:29	00:34:51	00:05:18	00:17:44				A CORUÑA
567	659	ROCIO CAMPOS BREA	F- 72	VT1F- 13	00:36:10	00:05:30	00:35:32	00:05:24	00:16:37				CULLEREDO
568	580	CARLOS CORTES REY		VT2M- 150	00:36:10	00:05:30	00:35:14	00:05:21	00:16:46				A CORUÑA
569	755	ANA AMIGO GONZÁLEZ	F- 73	VT2F- 19	00:36:10	00:05:30	00:35:15	00:05:21	00:16:50				A CORUÑA
570	555	MARCELINO DE JUAN BARQUÍN		VT4M- 15	00:36:11	00:05:30	00:35:35	00:05:24	00:16:36				LA CORUÑA
571	1537	RAMÓN ANDRÉS ACEBRÁS BARCIA		VT2M- 151	00:36:11	00:05:30	00:35:37	00:05:25	00:16:34		CLUB ATLETISMO SADA		PERILLO (SANTA LEOCADIA)
572	1523	GRACIELA COTELO VEIRA	F- 74	VT1F- 14	00:36:11	00:05:30	00:36:04	00:05:29	00:15:34				CARBALLO
573	529	GUSTAVO RAJO TOYOS		VT2M- 153	00:36:16	00:05:31	00:35:57	00:05:28	00:16:08				FERROL
574	188	MIGUEL DEZA RODRIGUEZ		VT2M- 152	00:36:16	00:05:31	00:35:37	00:05:25	00:16:47	AG 767352	PATUKOS		A CORUÑA
575	1317	EVA MARIA PEREZ CASTRILLON	F- 75	VT2F- 20	00:36:16	00:05:31	00:35:57	00:05:28	00:16:11		AD NAUTICO NARON		FERROL
576	859	MARIA BLAS CORRAL	F- 76	VT1F- 15	00:36:17	00:05:31	00:35:42	00:05:25	00:16:43		CLUB ATLETISMO SADA		SADA
577	185	ROBERTO MACEIRAS SEOANE		VT1M- 121	00:36:18	00:05:31	00:36:01	00:05:28	00:16:22		OS DESBROZA CARRETERAS		PALMA
578	470	MANUEL FERNANDEZ GOMEZ		VT1M- 122	00:36:20	00:05:31	00:35:13	00:05:21	00:17:27				VIGO
579	639	ROSA MARÍA MACEIRAS SEOANE	F- 77	VT2F- 21	00:36:20	00:05:31	00:36:02	00:05:29	00:16:20		RUNNING ARTEIXO		ARTEIXO
580	594	RAQUEL BOTANA GONZALEZ	F- 78	VT2F- 22	00:36:20	00:05:31	00:36:07	00:05:29	00:16:21		ATLETAS DE ACEA DE AMA		CAMBRE
581	142	FRANCISCO FERNÁNDEZ GARCÍA		VT2M- 154	00:36:22	00:05:31	00:35:27	00:05:23	00:18:12		GUANCHITOS RUNNING TEAM		LA CORUÑA
582	628	ANA BELEN HERMIDA CARBALLO	F- 79	VT1F- 16	00:36:23	00:05:32	00:36:09	00:05:30	00:16:01	AG2016960	LA MOCHILA DEL DEPORTE		A CORUÑA
583	267	VICTOR MANUEL ALVAREZ TABOADA		VT1M- 123	00:36:24	00:05:32	00:36:07	00:05:29	00:16:01				A CORUÑA
584	1551	RAMÓN REY LAGO		VT1M- 124	00:36:29	00:05:33	00:35:31	00:05:24	00:16:14				CULLEREDO
585	1107	ANTÓN GÚETO		SUB20M- 5	00:36:30	00:05:33	00:35:29	00:05:24	00:17:29				A CORUÑA
586	102	MANUEL GONZALEZ ALVAREZ		VT2M- 155	00:36:30	00:05:33	00:35:32	00:05:24	00:16:15		CLUB ATLETISMO SADA		SADA
587	1269	MARCOS CASTRO CABEZA		SNM- 146	00:36:30	00:05:33	00:35:40	00:05:25	00:16:37				A LARACHA
588	1427	MAYTE SALGADO ALBORES	F- 80	VT1F- 17	00:36:34	00:05:33	00:36:28	00:05:32	00:15:42				A CORUÑA
589	648	LOLI PIÑEIRO RODRIGUEZ	F- 81	VT1F- 18	00:36:35	00:05:33	00:36:29	00:05:33	00:15:44		VERXEL NUTRICIÓN DEPORTIVA		LOURENZÁ
590	368	BENIGNO GAREA CAO		VT3M- 58	00:36:35	00:05:34	00:35:59	00:05:28	00:16:36				A CORUÑA

591	1008	DIEGO RODRÍGUEZ SOTO		VT2M- 156	00:36:37	00:05:34	00:35:49	00:05:27	00:17:03		BEER RUNNER A CORUÑA	A CORUÑA
592	1484	CARMEN SEOANE DOPICO	F- 82	VT2F- 23	00:36:37	00:05:34	00:35:38	00:05:25	00:17:11			UXES
593	86	FRANCISCO SOBRINO MOSQUERA		VT4M- 16	00:36:38	00:05:34	00:36:07	00:05:29	00:17:03		CLUB ATLETISMO SADA	OLEIROS
594	1907	DANIEL ESPÍÑEIRA CUPEIRO		VT1M- 125	00:36:38	00:05:34	00:35:37	00:05:25	00:17:49			A CORUÑA
595	1469	LARA MARCOS IGLESIAS	F- 83	SNF- 29	00:36:39	00:05:34	00:36:07	00:05:29	00:17:12			A CORUÑA
596	350	JOSÉ LUIS LÓPEZ RODRÍGUEZ		VT2M- 157	00:36:39	00:05:34	00:36:18	00:05:31	00:16:39			CULLEREDO
597	1616	MARCELO GABRIEL TRIPODI		VT3M- 59	00:36:39	00:05:34	00:35:47	00:05:26	00:17:42		MIXMASTER RUNNING	A CORUÑA
598	1615	CARLOS ATANES GOMEZ		VT3M- 60	00:36:40	00:05:34	00:36:40	00:05:34	00:17:11		SPORTING CLUB CASINO	OLEIROS
599	571	JUAN M GÓMEZ CRESPO		VT1M- 126	00:36:41	00:05:34	00:35:35	00:05:24	00:16:42			BETANZOS
600	1545	XOSÉ MÉNDEZ PÁJARO		SUB20M- 6	00:36:41	00:05:34	00:36:12	00:05:30	00:16:42			SANTIAGO DE COMPOSTELA
601	694	LUCIA VAZQUEZ BLANCO	F- 84	SNF- 30	00:36:42	00:05:34	00:36:05	00:05:29	00:17:08			A CORUÑA
602	1572	JOSÉ MANUEL RAMOS LADO		VT2M- 158	00:36:44	00:05:35	00:36:34	00:05:33	00:15:56			O PINDO
603	652	JOSEFINA LUGRÍS	F- 85	VT2F- 24	00:36:45	00:05:35	00:36:05	00:05:29	00:17:01			A CORUÑA
604	1128	VICTOR COLLAZO LOPEZ		VT3M- 61	00:36:46	00:05:35	00:35:39	00:05:25	00:17:50			POIO
605	860	BEGOÑA SAMBADE CAAMAÑO	F- 86	VT1F- 19	00:36:46	00:05:35	00:36:36	00:05:34	00:15:57		DAFIT	CEE
606	1064	OSCAR MANUEL CUBEIRO BLANCO		VT1M- 127	00:36:47	00:05:35	00:36:33	00:05:33	00:16:06			SADA
607	1481	MARÍA FE FUSTES SANJURJO	F- 87	VT1F- 20	00:36:49	00:05:36	00:36:28	00:05:32	00:17:00			CAMBRE
608	516	JOSE LUIS MELLA MAROÑO		VT2M- 159	00:36:51	00:05:36	00:36:06	00:05:29	00:18:02			A CORUÑA
609	1562	JOSÉ IGNACIO ZAS SANDE		SNM- 147	00:36:53	00:05:36	00:36:01	00:05:28	00:18:12			SANTIAGO DE COMPOSTELA
610	716	CRISTINA VARA VÁZQUEZ	F- 88	VT2F- 25	00:36:53	00:05:36	00:36:31	00:05:33	00:16:27			A CORUÑA
611	1513	MARIA DEL MAR GARCIA GONZALEZ	F- 89	VT1F- 21	00:36:55	00:05:37	00:36:26	00:05:32	00:16:29			TORDOIA
612	635	AMIRA SIMÓN MARTÍNEZ	F- 90	SNF- 31	00:36:55	00:05:37	00:35:49	00:05:27	00:17:05		NOSPORTLIMIT	A CORUÑA
613	636	MARIA JOSE VÁZQUEZ SANTOS	F- 91	SNF- 32	00:36:56	00:05:37	00:35:51	00:05:27	00:17:06		NOSPORTLIMIT	CULLEREDO
614	9	ARTURO RABUÑAL VAZQUEZ		VT4M- 17	00:36:58	00:05:37	00:36:23	00:05:32	00:17:12		AFICIONADO	MEICENDE
615	8	FERNANDO VAZQUEZ MARTINEZ		VT3M- 62	00:36:58	00:05:37	00:36:24	00:05:32	00:17:12		AFICIONADO	MEICENDE
616	436	ROBERTO FIGUEROA SUÁREZ		VT3M- 63	00:37:00	00:05:37	00:36:16	00:05:31	00:16:32			ARTEIXO
617	1298	JACOBO REGUEIRO MIGUEZ		VT1M- 128	00:37:01	00:05:37	00:35:40	00:05:25	00:17:43			A CORUÑA
618	377	FRANCISCO JOSÉ ROCHA GARCÍA		VT1M- 129	00:37:01	00:05:37	00:36:25	00:05:32	00:16:19			OZA DOS RIOS
619	673	GEMA MARTINEZ CARRERA	F- 92	VT2F- 26	00:37:02	00:05:38	00:36:35	00:05:34	00:16:58			A CORUÑA
620	460	PABLO DIZ REY		SNM- 148	00:37:02	00:05:38	00:36:09	00:05:30	00:17:06			A CORUÑA
621	1578	CRISTIAN CAMBEIRO		SNM- 149	00:37:03	00:05:38	00:35:44	00:05:26	00:17:44			CEE
622	623	VANESA LADO BARRIENTOS	F- 93	SNF- 33	00:37:03	00:05:38	00:36:54	00:05:36	00:15:44		DAFIT	MUXÍA
623	715	TANIA PAZOS FERNANDEZ	F- 94	SNF- 34	00:37:03	00:05:38	00:36:49	00:05:36	00:16:02			VIMIANZO
624	32	VÍCTOR HUGO CONDE LÓPEZ		VT2M- 160	00:37:04	00:05:38	00:36:50	00:05:36	00:16:03		ASOCIACIÓN DEPORTIVA OLIMPIA	CEE
625	1249	SANTIAGO VALLE MONTEAGUDO		SNM- 150	00:37:04	00:05:38	00:36:13	00:05:30	00:18:12			SANTIAGO DE COMPOSTELA
626	1073	MANUEL TRIGO BAO		VT2M- 161	00:37:04	00:05:38	00:37:00	00:05:37	00:15:36			A ESTRADA
627	550	RAMON RODRIGUEZ ROCA		SNM- 151	00:37:04	00:05:38	00:36:24	00:05:32	00:18:55			A CORUÑA
628	494	ALEJANDRO SANTOS SÁNCHEZ		VT1M- 130	00:37:05	00:05:38	00:35:56	00:05:28	00:17:57			BETANZOS
629	1279	JUAN VARELA ARMAS		SNM- 152	00:37:05	00:05:38	00:35:54	00:05:27	00:16:03			ANTAS DE ULLA
630	1081	JUSTO MANUEL GARCÍA MARTÍNEZ		SNM- 153	00:37:06	00:05:38	00:36:24	00:05:32	00:18:21			A CORUÑA
631	656	MARTA MELLA SEJIDO	F- 95	VT1F- 22	00:37:07	00:05:38	00:35:54	00:05:27	00:17:28			EL TEMPLE, CAMBRE
632	287	JAIME ESTÉVEZ VIDAL		VT2M- 162	00:37:08	00:05:39	00:36:33	00:05:33	00:16:58			A CORUÑA
633	1034	EVARISTO MARTINEZ BARALLOBRE		VT3M- 64	00:37:08	00:05:39	00:36:38	00:05:34	00:16:41		CRAT - UDC	A CORUÑA
634	351	OSCAR FERNANDEZ PARDO		VT2M- 163	00:37:09	00:05:39	00:35:49	00:05:27	00:17:50			LA CORUÑA
635	324	ALBERTO JESUS SANCHEZ REGUEIRO		VT2M- 164	00:37:09	00:05:39	00:35:49	00:05:26	00:17:52			A CORUÑA
636	1023	PABLO GONZÁLEZ CARBALLAL		SNM- 154	00:37:10	00:05:39	00:35:50	00:05:27	00:18:22		CENTRO ASTURIANO DE OVIEDO	OVIEDO
637	1468	OLALLA ARES CAAMAÑO	F- 96	SNF- 35	00:37:13	00:05:39	00:36:39	00:05:34	00:17:12			LA CORUÑA
638	1139	VICTOR LOURENZO AGUILERA		SNM- 155	00:37:13	00:05:39	00:36:26	00:05:32	00:17:49			A CORUÑA
639	440	JAVIER JOSÉ CAMPOS BREA		SNM- 156	00:37:13	00:05:39	00:36:36	00:05:34	00:16:37			A CORUÑA
640	1151	MANUEL ANGEL SILVA RIOBOO		VT1M- 131	00:37:14	00:05:39	00:36:50	00:05:36	00:16:38			SADA
641	1253	JAVIER PÉREZ VAZQUEZ		VT2M- 165	00:37:16	00:05:40	00:36:21	00:05:31	00:17:55			A CORUÑA
642	1181	CARLOS CAJAMARCA RIVERA		SNM- 157	00:37:17	00:05:40	00:36:56	00:05:37	00:15:25			FERROL
643	325	JUAN CARIDAD		VT2M- 166	00:37:17	00:05:40	00:36:42	00:05:35	00:16:50			A CORUÑA
644	201	RAFAEL FERNÁNDEZ GÓMEZ		VT2M- 167	00:37:19	00:05:40	00:36:24	00:05:32	00:17:17		RUNNING OLEIROS	OLEIROS

645	1195	PABLO JOSÉ GARCÍA SUÁREZ		VT2M- 168	00:37:19	00:05:40	00:36:34	00:05:33	00:16:34		A CORUÑA
646	1141	NICOLAS YACOVAZZO BELINO		VT1M- 132	00:37:21	00:05:40	00:36:22	00:05:32	00:17:59		A CORUÑA
647	290	VÍCTOR MANUEL VÁZQUEZ MOSTEIRO		VT3M- 65	00:37:21	00:05:40	00:36:38	00:05:34	00:17:43		A CORUÑA
648	590	LUCIA LENDOIRO REGUEIRO	F- 97	SNF- 36	00:37:23	00:05:41	00:37:13	00:05:39	00:16:46	AS VELLAS NON PARAMOS	BETANZOS
649	447	SERGIO FREIRE PENA		SNM- 158	00:37:24	00:05:41	00:36:13	00:05:30	00:18:05		A CORUÑA
650	1340	INES FERRADANS RENDO	F- 98	SNF- 37	00:37:24	00:05:41	00:37:14	00:05:39	00:16:13	CLUB OLÍMPICO DE VEDRA	VEDRA
651	1111	NOEL SANTOS SAAVEDRA		SNM- 159	00:37:27	00:05:41	00:36:41	00:05:34	00:16:51		A CORUÑA
652	486	MANU RODRIGUEZ SUAREZ		VT3M- 66	00:37:27	00:05:41	00:36:36	00:05:34	00:17:34		CAMBRE
653	1414	ANDREA ROJO RODRIGUEZ	F- 99	SNF- 38	00:37:27	00:05:41	00:36:42	00:05:35	00:16:51		A CORUÑA
654	263	JOSE GRELA RODRÍGUEZ		VT3M- 67	00:37:30	00:05:42	00:36:59	00:05:37	00:16:35		LA CORUÑA
655	1204	RUBÉN ROJO PARDIÑAS		SNM- 160	00:37:31	00:05:42	00:36:59	00:05:37	00:16:56		A CORUÑA, CAMBRE O TEMPLE
656	179	HERMES ARNOSO GIAO		SNM- 161	00:37:33	00:05:42	00:36:26	00:05:32	00:18:30	NOSPORTLIMIT	A CORUÑA
657	1379	MARTA GUIZAN ROCA	F- 100	SUB23F- 2	00:37:33	00:05:42	00:36:59	00:05:37	00:17:10		A CORUÑA
658	1604	CARMEN BECERRA VAZQUEZ	F- 101	VT2F- 27	00:37:33	00:05:42	00:36:43	00:05:35	00:17:41		ORDES
659	1311	XAN CARBALLO		SNM- 162	00:37:33	00:05:42	00:36:59	00:05:37	00:17:09		CULLEREDO
660	670	LAURA AGUILERA QUINTEROS	F- 102	SNF- 39	00:37:36	00:05:43	00:36:38	00:05:34	00:17:53		A CORUÑA
661	461	FRAN RODRIGUEZ GARRIDO		SNM- 163	00:37:36	00:05:43	00:36:55	00:05:37	00:17:35		OLEIROS
662	717	MARÍA DOMÍNGUEZ GARCÍA	F- 103	SNF- 40	00:37:37	00:05:43	00:36:55	00:05:37	00:17:35		OLEIROS
663	1257	RUBEN SANMARTIN RODRIGUEZ		VT1M- 133	00:37:37	00:05:43	00:36:32	00:05:33	00:17:53		LA CORUÑA
664	1048	BLAINE QUIGLEY		VT2M- 169	00:37:38	00:05:43	00:36:26	00:05:32	00:17:58	NO SPORT LIMITS	CORUNA
665	1539	GUILLERMO LAGO BREIJO		VT2M- 170	00:37:38	00:05:43	00:37:19	00:05:40	00:16:24	CLUBE ATLETISMO FENE	FENE
666	1212	JUAN CARLOS DE LA VIÑA PITA		VT1M- 134	00:37:38	00:05:43	00:36:50	00:05:36	00:17:50		FERROL
667	1592	MARIA DEL PILAR VILLAR VELLON	F- 104	SNF- 41	00:37:42	00:05:44	00:37:09	00:05:39	00:17:18		NARÓN
668	1001	JAVIER ESPAÑA IGLESIAS		VT2M- 171	00:37:43	00:05:44	00:36:44	00:05:35	00:17:29	#SOMOSDEMONTE#	CULLEREDO
669	1082	JORGE VILASÁNCHEZ PITA		SNM- 164	00:37:47	00:05:44	00:37:31	00:05:42	00:16:01		A CORUÑA
670	1384	LUCIA OTERO LINARES	F- 105	SNF- 42	00:37:49	00:05:45	00:36:29	00:05:33	00:18:25		A CORUÑA
671	643	ANA VIGO BARREIRA	F- 106	VT2F- 28	00:37:52	00:05:45	00:37:07	00:05:38	00:17:33	RUNNING OLEIROS	A CORUÑA
672	837	JOSE DAVID RÍOS LESTA		SNM- 165	00:37:53	00:05:45	00:36:51	00:05:36	00:18:03		A CORUÑA
673	1457	MARÍA JOSÉ CASAL CAMBÓN	F- 107	VT2F- 29	00:37:53	00:05:45	00:36:57	00:05:37	00:17:48		LARACHA
674	1419	ANA FERREIRO-ROCHA PEREIRA	F- 108	SNF- 43	00:37:54	00:05:46	00:37:15	00:05:40	00:18:02		A CORUÑA
675	1310	JAVIER VARELA GARCIA		VT1M- 135	00:37:56	00:05:46	00:37:08	00:05:39	00:17:36		ARTEIXO
676	1027	JOSE MANUEL LOPEZ GARCIA		VT2M- 172	00:37:57	00:05:46	00:36:38	00:05:34	00:17:29	CLUB DEPORTIVO ENKI	A CORUÑA
677	1074	JUAN BREZMES COMESAÑA		VT2M- 173	00:37:57	00:05:46	00:36:47	00:05:35	00:18:12		O BURGO
678	148	JESÚS MANUEL IGLESIAS MARIÑO		VT2M- 174	00:37:57	00:05:46	00:37:09	00:05:39	00:17:36	KOES RUNNING	A LARACHA
679	684	SILVIA SÁNCHEZ BASCOY	F- 109	VT3F- 8	00:37:58	00:05:46	00:37:42	00:05:44	00:16:44		A CORUÑA
680	565	JOSE ANGEL TEIJO LOPEZ		VT2M- 175	00:37:58	00:05:46	00:37:20	00:05:40	00:17:24		BETANZOS
681	718	MARYEM SALI DUQUE	F- 110	VT1F- 23	00:37:58	00:05:46	00:36:49	00:05:36	00:18:13		A CORUÑA
682	1099	ANTONIO PRIETO GONZÁLEZ		SNM- 166	00:37:58	00:05:46	00:37:21	00:05:41	00:16:57		A CORUÑA
683	554	ALEJANDRO LARRAURI PAJON		SNM- 167	00:37:59	00:05:46	00:36:41	00:05:34	00:18:21		A CORUÑA
684	1397	MONICA ABELEDO PATIÑO	F- 111	VT2F- 30	00:38:00	00:05:46	00:38:00	00:05:46	00:17:09		LA CORUÑA
685	1583	MARI PORTEIRO VARELA	F- 112	SNF- 44	00:38:02	00:05:47	00:37:56	00:05:46	00:16:42	A. D. MEDIA DUCIA	CARBALLO
686	1606	PATRICIA IGLESIAS VIEITES	F- 113	VT1F- 24	00:38:02	00:05:47	00:37:33	00:05:42	00:17:13		LA CORUÑA
687	1200	JAVIER HERRERO		VT1M- 136	00:38:03	00:05:47	00:37:54	00:05:45	00:16:16		SEGOVIA
688	1477	ANA LAGO NEIRA	F- 114	SNF- 45	00:38:03	00:05:47	00:37:35	00:05:43	00:17:26		A CORUÑA
689	624	MARI LUZ SANMARTIN FERNANDEZ	F- 115	VT4F- 3	00:38:03	00:05:47	00:37:37	00:05:43	00:16:46	EGOVARROS VIVERO	A CORUÑA
690	701	MARIA FERNANDEZ FIGUEROA	F- 116	VT1F- 25	00:38:03	00:05:47	00:37:34	00:05:43	00:17:12		A CORUÑA
691	1051	ANGEL CASTRO GARCIA		VT2M- 176	00:38:06	00:05:47	00:37:08	00:05:39	00:17:29	OS LAGARTOS	LA CORUÑA
692	1322	SONIA BROCOS SANCHEZ	F- 117	VT2F- 31	00:38:06	00:05:47	00:37:37	00:05:43	00:17:30	ATLETISMO CLUB SOCIAL BANCO PASTOR	LA CORUÑA
693	421	CARLOS CARBALLO FELPETE		VT2M- 177	00:38:06	00:05:47	00:37:01	00:05:37	00:18:00		CORUÑA
694	1169	JOSÉ ANTONIO AÑÓN COSTA		VT1M- 137	00:38:07	00:05:47	00:37:12	00:05:39	00:17:50		CORISTANCO
695	1568	JOSE A. CASTELO FARIÑA		VT2M- 178	00:38:08	00:05:48	00:37:38	00:05:43	00:17:29		LA CORUÑA
696	856	MARIA DEL CARMEN LORENZO LODEIRO	F- 118	VT1F- 26	00:38:11	00:05:48	00:37:48	00:05:45	00:16:59	CIDADE DE LUGO FLUVIAL	A CORUÑA
697	1194	JAVIER SUAREZ LOPEZ		SNM- 168	00:38:11	00:05:48	00:37:27	00:05:41	00:18:07		A CORUÑA
698	238	DIEGO SUÁREZ GANTES		VT3M- 68	00:38:11	00:05:48	00:37:26	00:05:41	00:17:00		A CORUÑA

699	600	ROCÍO ALFONSO PITA	F- 119	VT2F- 32	00:38:12	00:05:48	00:37:52	00:05:45	00:16:56	BEER RUNNERS CORUÑA	CULLEREDO
700	1168	JOSÉ MANUEL CAMBÓN REY		VT2M- 179	00:38:13	00:05:48	00:37:17	00:05:40	00:17:49		A LARACHA
701	1553	RUDI C.F.		SNM- 169	00:38:16	00:05:49	00:37:41	00:05:44	00:17:25		A CORUÑA
702	473	VALENTIN BARRAL VALES		VT1M- 138	00:38:17	00:05:49	00:37:07	00:05:38	00:18:17		BETANZOS
703	457	JOSÉ ANTONIO VÁZQUEZ LISTE		SNM- 170	00:38:19	00:05:49	00:37:11	00:05:39	00:17:30		CORUÑA
704	1265	RICARDO IGLESIAS FERNÁNDEZ		VT2M- 180	00:38:20	00:05:49	00:38:16	00:05:49	00:16:47		FERROL
705	258	AVELINO DOPAZO PONTE		VT3M- 69	00:38:22	00:05:50	00:37:29	00:05:42	00:17:25		SADA
706	752	PATRICIA AMENEIRO	F- 120	SNF- 46	00:38:22	00:05:50	00:37:26	00:05:41	00:18:06		A CORUÑA
707	1122	DAVID GUNTIN ALVAREZ		VT1M- 139	00:38:24	00:05:50	00:37:20	00:05:40	00:17:44		LARACHA
708	540	PABLO BARCA GARCIA		VT2M- 181	00:38:24	00:05:50	00:37:30	00:05:42	00:17:38		A CORUÑA
709	875	PATRICIA REDONDO SILVA	F- 121	VT1F- 27	00:38:25	00:05:50	00:37:47	00:05:44	00:17:34		CORUÑA
710	1028	ALBERTO CAGIAO RODRÍGUEZ		VT3M- 70	00:38:25	00:05:50	00:37:26	00:05:41	00:18:14	CLUB DEPORTIVO LOS ROSALES	A CORUÑA
711	720	CARMEN GARCÍA SIERRA	F- 122	VT1F- 28	00:38:27	00:05:50	00:37:43	00:05:44	00:17:52		A CORUÑA
712	1556	ARSEINO VELASCO ORVIZ		SNM- 171	00:38:29	00:05:51	00:37:10	00:05:39	00:18:34		A CORUÑA
713	484	SEGUNDO EIRAS SÁNCHEZ		VT2M- 182	00:38:29	00:05:51	00:37:30	00:05:42	00:17:39		LA CORUÑA
714	747	BELEN CASTELO ALVITE	F- 123	VT2F- 33	00:38:34	00:05:52	00:38:05	00:05:47	00:17:16		A CORUÑA
715	1302	MARCOS BARREIRO GONZÁLEZ		SNM- 172	00:38:36	00:05:52	00:37:59	00:05:46	00:17:34		A CORUÑA
716	572	JOSE LUIS VILLAR MORCILLO		VT3M- 71	00:38:36	00:05:52	00:38:06	00:05:47	00:17:27		A CORUÑA
717	1118	ÁLVARO FERNÁNDEZ GÓMEZ		SUB23M- 7	00:38:38	00:05:52	00:37:56	00:05:46	00:17:53		A CORUÑA
718	637	LORENA ARRUÑADA RICO	F- 125	SNF- 47	00:38:39	00:05:52	00:38:04	00:05:47	00:18:08	NUTRIEN3	A PONTENOVA
719	630	EVA SANCHEZ MARTINEZ	F- 124	VT3F- 9	00:38:39	00:05:52	00:37:48	00:05:45	00:17:49	MIXMASTER RUNNING	LA CORUÑA
720	250	ALBERTO MOREIRAS LORENZO		VT1M- 140	00:38:40	00:05:53	00:37:39	00:05:43	00:19:11		ARTEIXO
721	691	TRINIDAD CORRAL ARES	F- 126	VT2F- 34	00:38:41	00:05:53	00:38:33	00:05:51	00:17:25		LA CORUÑA
722	651	LYDIA MARTINEZ MOUTON	F- 127	VT2F- 35	00:38:41	00:05:53	00:38:15	00:05:49	00:17:02		ARTEIXO
723	1613	ANGELA LAGE OTERO	F- 128	SNF- 48	00:38:41	00:05:53	00:37:34	00:05:42	00:17:57		OZA DOS RIOS
724	707	MARIA MANTIÑAN PAREDES	F- 129	VT1F- 29	00:38:42	00:05:53	00:37:52	00:05:45	00:17:50		A CORUÑA
725	1076	FEDERICO SUAREZ CANCELO		VT2M- 183	00:38:44	00:05:53	00:37:31	00:05:42	00:18:34		A CORUÑA
726	269	NATALIO LORENZO PINTOS		VT3M- 72	00:38:44	00:05:53	00:37:30	00:05:42	00:18:19		CULLEREDO
727	70	DIEGO GONZÁLEZ FRAGA		SNM- 173	00:38:52	00:05:54	00:38:01	00:05:47	00:17:51	BIONA RACING	OLEIROS
728	1338	YOLANDA GONZALEZ FERNANDEZ	F- 130	VT2F- 36	00:38:54	00:05:55	00:38:39	00:05:52	00:17:59	CLUB LA MOCHILA DEL DEPORTE	A CORUÑA
729	1478	IRIA LOUZAN LEMA	F- 131	VT1F- 30	00:38:55	00:05:55	00:38:20	00:05:49	00:17:06		SADA
730	1437	NATALIA GARCIA FERNANDEZ	F- 132	SNF- 49	00:38:56	00:05:55	00:38:03	00:05:47	00:17:37		OLEIROS
731	1910	JOSE RIOS GARCIA		VT4M- 18	00:38:58	00:05:55	00:37:53	00:05:45	00:18:27		A CORUÑA
732	1267	JAVIER CACHO MOSQUERA		VT1M- 141	00:38:59	00:05:55	00:37:39	00:05:43	00:17:54		ARTEIXO
733	1245	ARTURO IGLESIAS OTERO		VT2M- 184	00:38:59	00:05:55	00:37:39	00:05:43	00:17:44		A CORUÑA
734	1520	MARGARITA POSE LORENZO	F- 133	VT1F- 31	00:39:00	00:05:55	00:37:40	00:05:43	00:17:54		ARTEIXO
735	631	LORENA GESTAL FERREIRO	F- 134	VT2F- 37	00:39:00	00:05:56	00:37:52	00:05:45	00:18:14	NO SPORT LIMIT	CULLEREDO
736	1622	JAIME REGUEIRO		VT2M- 185	00:39:02	00:05:56	00:38:30	00:05:51	00:16:25		OLEIROS
737	1188	ALBERTO GÓMEZ SÁNCHEZ		SNM- 174	00:39:04	00:05:56	00:37:41	00:05:43	00:18:29		SANTIAGO DE COMPOSTELA
738	1476	ROSA ROJO ORÓNS	F- 135	VT1F- 32	00:39:04	00:05:56	00:38:34	00:05:52	00:16:47		A CORUÑA
739	1575	FRANCISCO JESÚS COBAS FERNÁNDEZ		VT2M- 186	00:39:06	00:05:56	00:38:10	00:05:48	00:18:30		A CORUÑA
740	1363	MARJORIE GARRIDO SALAZAR	F- 136	VT2F- 38	00:39:08	00:05:57	00:38:46	00:05:53	00:17:10		CULLEREDO
741	1086	JUAN DIEGUEZ		VT3M- 73	00:39:08	00:05:57	00:38:09	00:05:48	00:18:44		A CORUÑA
742	1059	BRIAN ALVAREZ EDREIRA		SUB23M- 8	00:39:09	00:05:57	00:38:41	00:05:53	00:17:43		CORUÑA /LA
743	1040	MANUEL BERA RUIZ		VT3M- 74	00:39:09	00:05:57	00:38:10	00:05:48	00:18:45	HERCULES TERMARIA	CORUÑA
744	679	EMILIA BERA RUIZ	F- 137	VT2F- 39	00:39:10	00:05:57	00:38:11	00:05:48	00:18:45		A CORUÑA
745	1332	FINA SANCHEZ VAZQUEZ	F- 138	VT2F- 40	00:39:12	00:05:57	00:38:31	00:05:51	00:17:56	CLUB ATLETISMO SADA	CAMBRE
746	655	BELEN F.C.	F- 139	VT1F- 33	00:39:15	00:05:58	00:38:36	00:05:52	00:18:12		A CORUÑA
747	1125	JESÚS FRANCISCO SANCHEZ GÓMEZ		VT2M- 187	00:39:17	00:05:58	00:38:46	00:05:53	00:17:48		BETANZOS
748	42	MIGUEL ANGEL GONZALEZ TALAVERO		VT3M- 75	00:39:19	00:05:58	00:38:42	00:05:53	00:17:45	ATLETAS DE ACEA DE AMA	LA CORUÑA
749	76	MANU MUIÑO MIRÓN		VT2M- 188	00:39:20	00:05:59	00:39:03	00:05:56	00:17:27	CAS	A CORUÑA
750	702	SORAYA ALVIAEZ MILANO	F- 140	VT3F- 10	00:39:21	00:05:59	00:38:29	00:05:51	00:17:59		CULLEREDO
751	1134	JOSE CAÍNZOS		VT2M- 189	00:39:22	00:05:59	00:38:40	00:05:52	00:17:42		PONTEVEDRA
752	489	SANTIAGO EIRIS LOPEZ		VT3M- 76	00:39:23	00:05:59	00:38:21	00:05:50	00:17:17		A CORUÑA



753	1372	ROSARIO SILVEIRA QUEIJAS	F- 141	VT2F- 41	00:39:24	00:05:59	00:38:45	00:05:53	00:18:12		LA CORUÑA
754	1041	JUAN KARIPIDIS		VT2M- 190	00:39:25	00:05:59	00:39:06	00:05:56	00:16:54	JUANMI	CORUÑA
755	91	JAVIER PEREIRA GONZÁLEZ		VT3M- 77	00:39:26	00:06:00	00:39:01	00:05:56	00:17:47	AG 2024029	CLUB ATLETISMO SADA
756	1914	MARIA LOZANO VAZQUEZ	F- 142	VT2F- 42	00:39:29	00:06:00	00:38:54	00:05:55	00:18:02		A CORUÑA
757	1075	DAVID REY BOADO		VT1M- 142	00:39:30	00:06:00	00:39:15	00:05:58	00:16:36		A CORUÑA
758	1577	ISAAC MOSQUERA FERNÁNDEZ		SNM- 175	00:39:33	00:06:00	00:39:17	00:05:58	00:16:24		PONTEVEDRA
759	449	PABLO CAÑÁS COUSELO		VT2M- 191	00:39:33	00:06:00	00:38:22	00:05:50	00:18:01		A CORUÑA
760	1142	RODRIGO CAJAMARCA		SNM- 176	00:39:34	00:06:01	00:39:23	00:05:59	00:16:42		FERROL
761	1208	OSCAR TORRE CAMBON		SNM- 177	00:39:36	00:06:01	00:39:08	00:05:57	00:17:26		A CORUÑA
762	320	LUIS ALBERTO FERNÁNDEZ PARADA		VT2M- 192	00:39:38	00:06:01	00:38:47	00:05:54	00:18:05		CAMBRE
763	1902	JESUS SANTAYA ARUFE		VT2M- 193	00:39:40	00:06:02	00:38:51	00:05:54	00:18:35	CLUB ATLETISMO SADA	CAMBRE
764	448	ALBERTO PEREZ PARDIÑAS		VT1M- 143	00:39:40	00:06:02	00:38:35	00:05:52	00:18:39		CARRAL
765	511	JOSÉ ALBERTO LODEIRO SÁNCHEZ		VT3M- 78	00:39:44	00:06:02	00:38:53	00:05:54	00:18:03		A CORUÑA
766	657	MARÍA LUZ RODRÍGUEZ GARCÍA	F- 143	VT2F- 43	00:39:45	00:06:02	00:38:54	00:05:55	00:18:04		A CORUÑA
767	1470	LUCIA VAZQUEZ VENTUREIRA	F- 144	VT1F- 34	00:39:45	00:06:02	00:39:32	00:06:00	00:17:13		A CORUÑA
768	277	DAVID DÍAZ PÉREZ		VT1M- 144	00:39:46	00:06:02	00:39:26	00:05:59	00:17:40		CORUÑA
769	332	FERNANDO SANDÁ MACHO		VT3M- 79	00:39:46	00:06:03	00:38:47	00:05:54	00:17:58		MONDEGO - SADA
770	1202	PEDRO LÓPEZ DÍAZ		VT1M- 145	00:39:47	00:06:03	00:39:03	00:05:56	00:17:48		A CORUÑA
771	1474	SARA ABAD LÓPEZ	F- 145	SNF- 50	00:39:47	00:06:03	00:39:03	00:05:56	00:17:48		A CORUÑA
772	1392	SHIRLEY CAROLINA SOTO	F- 146	SNF- 51	00:39:47	00:06:03	00:39:16	00:05:58	00:17:37		A CORUÑA
773	1554	CARLOS SEJO		SNM- 178	00:39:48	00:06:03	00:38:29	00:05:51	00:19:01		A CORUÑA
774	1060	BRAIS LOIRA MOAR		SUB23M- 9	00:39:49	00:06:03	00:39:22	00:05:59	00:17:45		A CORUÑA
775	1541	ISMAEL GARCÍA GARCÍA		VT2M- 194	00:39:53	00:06:04	00:38:36	00:05:52	00:18:32	GARCÍA & CÍA	A CORUÑA
776	865	ARIANA SUÁREZ CHORÉN	F- 147	SNF- 52	00:39:53	00:06:04	00:39:11	00:05:57	00:18:05	RUNNING OLEIROS	CULLEREDO
777	322	JOSE ANTONIO LOPEZ LOPEZ		VT3M- 80	00:39:57	00:06:04	00:38:58	00:05:55	00:18:40		A CORUÑA
778	288	JOSE RAMÓN BAÑA CAAMAÑO		VT1M- 146	00:39:58	00:06:04	00:39:52	00:06:03	00:16:40		A CORUÑA
779	1522	KATIE LEIBERT	F- 148	SNF- 53	00:39:58	00:06:04	00:38:42	00:05:53	00:19:03		MADRID
780	1521	ITZIAR REPARAZ CAMACHO	F- 149	SNF- 54	00:39:58	00:06:04	00:38:40	00:05:52	00:19:07		LA CORUÑA
781	1273	IGNACIO REPARAZ CAMACHO		SNM- 179	00:39:59	00:06:04	00:38:41	00:05:53	00:19:04		MADRID
782	1552	RAFAEL PAZOS MISER		VT2M- 195	00:39:59	00:06:04	00:39:30	00:06:00	00:18:17		BETANZOS
783	532	IVÁN NOGUEROL DIZ		SNM- 180	00:40:00	00:06:05	00:39:03	00:05:56	00:17:34		OZA-CESURAS
784	1021	OSCAR LUIS DÍAZ RODRÍGUEZ		VT1M- 147	00:40:01	00:06:05	00:39:11	00:05:57	00:18:35	CD GAS NATURAL FENOSA	A CORUÑA
785	1072	MARCOS ALONSO VARELA		VT1M- 148	00:40:03	00:06:05	00:38:46	00:05:53	00:19:15		A CORUÑA
786	1276	AGUSTIN LOUZAN VAZQUEZ		SNM- 181	00:40:03	00:06:05	00:38:45	00:05:53	00:19:16		CEE
787	224	HÉCTOR ANTONIO ANDRADE		SNM- 182	00:40:06	00:06:05	00:39:51	00:06:03	00:17:54	TERRA DE SONEIRA C.D.	VIMIÁNZO
788	386	JOSÉ NÚÑEZ RODRÍGUEZ		VT1M- 149	00:40:06	00:06:06	00:38:55	00:05:55	00:18:09		A CORUÑA
789	621	SONIA AMPARO ARIAS REGUEIRO	F- 150	VT2F- 44	00:40:06	00:06:06	00:39:39	00:06:01	00:17:47	CORRE POR BEGONTE	BEGONTE
790	1576	CELESTINO RODRIGUEZ RAMOS		VT1M- 150	00:40:08	00:06:06	00:38:50	00:05:54			A CORUÑA
791	1530	REBECA MUIÑA FUENTES	F- 151	VT1F- 35	00:40:09	00:06:06	00:39:41	00:06:02	00:17:22		A CORUÑA
792	1600	CARLA CERQUEIRO	F- 152	SUB20F- 4	00:40:09	00:06:06	00:39:42	00:06:02	00:17:23		ARTEIXO
793	690	TANIA MARTÍNEZ RAMILO	F- 153	VT2F- 45	00:40:10	00:06:06	00:39:33	00:06:00	00:17:41		MIÑO
794	1555	JOSE ANTONIO ALONSO GARCIA		SNM- 183	00:40:12	00:06:06	00:39:40	00:06:02	00:17:34		A CORUÑA
795	549	SANTIAGO MORAN AMIL		VT2M- 196	00:40:15	00:06:07	00:39:51	00:06:03	00:18:17		A CORUÑA
796	851	ALEJANDRO FERRERIA PORTOMEÑE		VT2M- 197	00:40:16	00:06:07	00:39:19	00:05:58	00:18:30		LUGO
797	1591	REBECA PELAEZ SUAREZ	F- 154	SNF- 55	00:40:17	00:06:07	00:39:42	00:06:02	00:17:26		ELVIÑA
798	641	BEATRIZ GONZALEZ MACEIRA	F- 155	VT2F- 46	00:40:19	00:06:07	00:39:33	00:06:01	00:17:57	RUNNING OLEIROS	A CORUÑA
799	1361	PAULA CARREGAL SOMME	F- 156	SUB23F- 3	00:40:20	00:06:08	00:39:50	00:06:03	00:17:57	SALVAMENTO SYSCA	A CORUÑA
800	1346	SUSANA SOMME LÓPEZ	F- 157	VT2F- 47	00:40:20	00:06:08	00:39:52	00:06:03	00:17:56	LA MOCHILA DEL DEPORTE	A CORUÑA
801	244	SANTIAGO ÁLVAREZ MARTÍNEZ		SNM- 184	00:40:27	00:06:09	00:39:41	00:06:02	00:18:09		A CORUÑA
802	1289	JOSE MANUEL ABRUÑEDO BARBEITO		VT2M- 198	00:40:29	00:06:09	00:39:24	00:05:59	00:20:16		.CERCEDA
803	781	ALEJANDRO ALVAREZ RODRÍGUEZ		SNM- 185	00:40:29	00:06:09	00:39:25	00:05:59	00:20:15	LEONES RUNNING TEAM	A CORUÑA
804	1094	FRANCISCO HIPOLITO PRADO LAMAS		VT2M- 199	00:40:35	00:06:10	00:40:05	00:06:05	00:17:11		A CORUÑA
805	1307	DAVID RUIZ DIAZ		SNM- 186	00:40:35	00:06:10	00:40:08	00:06:06	00:17:13		A CORUÑA
806	1207	VÍCTOR ROCA VÁZQUEZ		VT2M- 200	00:40:37	00:06:10	00:39:28	00:06:00	00:18:38		A CORUÑA

807	1157	ENRIQUE RODRIGUEZ LAPIDO		VT2M- 201	00:40:37	00:06:10	00:39:28	00:06:00	00:18:38		A CORUÑA
808	160	BLAS MIGUEL GARCÍA GARCÍA		SNM- 187	00:40:39	00:06:11	00:39:33	00:06:01	00:17:55	NO SPORT LIMIT	A CORUÑA
809	1170	JOSÉ RAMÓN PUENTE AÑÓN		VT1M- 151	00:40:40	00:06:11	00:39:45	00:06:02	00:18:50		A LARACHA
810	1053	JONATHAN FERNÁNDEZ RÍOS		SNM- 188	00:40:40	00:06:11	00:40:16	00:06:07	00:18:15	PASA OU ENTORNA	NEDA
811	1360	ARANTZA RIVAS TENREIRO	F- 158	SNF- 56	00:40:41	00:06:11	00:40:17	00:06:07	00:18:15	PASA OU ENTORNA	NARON
812	1444	ANA LÓPEZ SUÁREZ	F- 159	VT2F- 48	00:40:44	00:06:11	00:40:17	00:06:07	00:17:57		A CORUÑA
813	1342	MARINA PELETEIRO ALVAREZ	F- 160	VT2F- 49	00:40:44	00:06:11	00:40:08	00:06:06	00:18:42	GACELIÑAS	SANTA MARIA DE OIA
814	181	ALEJANDRO NÚÑEZ ALONSO		VT1M- 152	00:40:45	00:06:11	00:39:36	00:06:01	00:16:58	NOSPORTLIMIT-TREK GALICIA	MEICENDE N7, 3B
815	1132	JOSE ANGEL VEIGA DOPICO		VT2M- 202	00:40:45	00:06:12	00:40:13	00:06:07	00:18:35		BETANZOS
816	1252	FERNANDO VEIGA DOPICO		VT2M- 203	00:40:46	00:06:12	00:40:14	00:06:07	00:18:34		PADERNE
817	1201	FRANCISCO JAVIER IGLESIAS DE LAS HERAS		VT2M- 204	00:40:47	00:06:12	00:40:03	00:06:05	00:18:54		A CORUÑA
818	1374	BERTA MARTÍNEZ RAMA	F- 161	VT1F- 36	00:40:47	00:06:12	00:39:25	00:05:59	00:19:25		ARTEIXO
819	1473	MARÍA JESUS GONZÁLEZ ENRIQUEZ	F- 162	VT2F- 50	00:40:48	00:06:12	00:40:04	00:06:05	00:18:54		LA CORUÑA
820	660	LUCIA MARIA MAS BONCOMPTE	F- 163	SNF- 57	00:40:48	00:06:12	00:39:39	00:06:01	00:19:19		CORUÑA
821	751	MARÍA DEL ROSARIO CRESPO MERELAS	F- 164	VT3F- 11	00:40:48	00:06:12	00:40:36	00:06:10	00:17:49		A CORUÑA
822	1489	MÓNICA ALEMPARTE COUCEIRO	F- 165	VT2F- 51	00:40:52	00:06:13	00:40:21	00:06:08	00:18:52		BETANZOS
823	1488	CRISTINA DOVAL SUÁREZ	F- 166	VT2F- 52	00:40:52	00:06:13	00:40:22	00:06:08	00:18:51		BETANZOS
824	739	BELEN POSE GOMEZ	F- 167	VT2F- 53	00:40:55	00:06:13	00:40:47	00:06:12	00:18:02		A CORUÑA
825	1408	GABRIELA CASARES FANZERES	F- 168	SNF- 58	00:40:55	00:06:13	00:39:55	00:06:04	00:18:57		A CORUÑA
826	348	ÁNGEL HERMIDA OTERO		VT2M- 205	00:40:56	00:06:13	00:40:16	00:06:07	00:18:07		CULLEREDO
827	1283	MANUEL JUAN BLANCO GABIN		VT3M- 81	00:40:57	00:06:13	00:39:57	00:06:04	00:18:31		BETANZOS
828	1077	CESAR DIEGO DURAN		VT1M- 153	00:40:58	00:06:13	00:40:23	00:06:08	00:18:44		LA CORUÑA
829	622	PAU MARTÍNEZ	F- 169	SNF- 59	00:40:59	00:06:14	00:40:48	00:06:12	00:17:23	DAFIT	MUXÍA
830	1136	ORLANDO FIDALGO RODRÍGUEZ		VT2M- 206	00:41:00	00:06:14	00:40:02	00:06:05	00:19:24		VIMIANZO
831	683	PATRICIA BARREIRA RODRIGUEZ	F- 170	VT2F- 54	00:41:00	00:06:14	00:40:41	00:06:11	00:17:46		A CORUÑA
832	1472	SUSANA ARTECHE CASTRO	F- 171	VT2F- 55	00:41:00	00:06:14	00:40:19	00:06:08	00:19:16		FENE
833	1014	ROBERTO CARLOS PÉREZ VEIGA		VT2M- 207	00:41:01	00:06:14	00:40:01	00:06:05	00:18:47	BTT CICLO'20	COIROS
834	771	DOMINGO BEIRO LESTON		VT3M- 82	00:41:02	00:06:14	00:40:47	00:06:12	00:17:25	CLUB CICLISTA DUMBRIA	BERGONDO
835	1088	PABLO RODRIGUEZ FERRIO		SNM- 189	00:41:04	00:06:14	00:40:03	00:06:05	00:18:40		A CORUÑA
836	697	LARA PALLAS QUINTELA	F- 172	SUB23F- 4	00:41:04	00:06:14	00:40:13	00:06:07	00:19:22		CARBALLO
837	815	ABRAHAM FELPETO		SNM- 190	00:41:06	00:06:15	00:39:50	00:06:03	00:19:10		VILALBA
838	584	SANDRA LEMA OZÓN	F- 173	SNF- 60	00:41:07	00:06:15	00:40:26	00:06:09	00:18:39	A.D.JARNACHAS	ARTEIXO
839	696	INMACULADA COLLAZO COSTA	F- 174	SNF- 61	00:41:07	00:06:15	00:40:26	00:06:09	00:18:38		CABANA DE BERGANTIÑOS
840	1487	MARTA CASTRO VILLAUZ	F- 175	VT1F- 37	00:41:07	00:06:15	00:40:42	00:06:11	00:18:35		A CORUNA
841	625	MARLEN TRUCIOS	F- 176	VT1F- 38	00:41:08	00:06:15	00:40:43	00:06:11	00:18:36	HERCULES	A CORUÑA
842	776	GONZALO ALVAREZ PRADO		VT3M- 83	00:41:12	00:06:15	00:41:02	00:06:14	00:17:54	CORRECAMINOS COYOTE RUNNING TEAM-ORDES (A CORUÑA)	ORDES
843	585	MÓNICA MIRA BUSTO	F- 177	VT2F- 56	00:41:14	00:06:16	00:41:06	00:06:15	00:18:53	A.D.MEDIADUCIA	CARBALLO
844	592	M.CRUIZ RODRIGUEZ SUAREZ	F- 178	VT2F- 57	00:41:19	00:06:17	00:40:42	00:06:11	00:18:30	ATLETAS DE ACEA DE AMA	A CORUÑA
845	1183	FERNANDO GARCÍA PAZOS		VT3M- 84	00:41:19	00:06:17	00:40:33	00:06:10	00:19:32		A CORUÑA
846	1135	CARLOS GÓMEZ FERNÁNDEZ		VT2M- 208	00:41:21	00:06:17	00:40:23	00:06:08	00:19:24		VIMIANZO
847	1438	ENCARNA TORRADO VALIÑA	F- 179	VT1F- 39	00:41:21	00:06:17	00:40:24	00:06:08	00:19:25		VIMIANZO
848	646	DIANA ARCAZ GARCÍA	F- 180	VT2F- 58	00:41:21	00:06:17	00:41:00	00:06:14	00:19:01	TIRAMILLAS	CAMBRE
849	681	VERÓNICA FEÁS SAAVEDRA	F- 181	VT3F- 12	00:41:23	00:06:17	00:40:31	00:06:09	00:19:04		A CORUÑA
850	1585	CLAUDIA IVETTE AZAÑA GARCÍA	F- 182	VT1F- 40	00:41:24	00:06:17	00:40:23	00:06:08	00:19:11	CLUB HÉRCULES TERMARIA	A CORUÑA
851	777	XABIER RIVAS MARTÍNEZ		SNM- 191	00:41:24	00:06:17	00:40:24	00:06:08	00:19:11	ECOSPORT ALCOBENDAS	A CORUÑA
852	1325	ANA MARIA TOUBES CARBALLEIRA	F- 183	VT2F- 59	00:41:24	00:06:17	00:40:33	00:06:10	00:19:10	CLUB ATLETISMO SADA	SANTA CRUZ
853	1330	MONICA MACEIRAS	F- 184	VT1F- 41	00:41:25	00:06:17	00:40:34	00:06:10	00:19:09	CLUB ATLETISMO SADA	OLEIROS
854	680	ÁNGELES RESPINO SOUTO	F- 185	VT2F- 60	00:41:27	00:06:18	00:40:49	00:06:12	00:18:31		A CORUÑA
855	1367	ANA FERRO IGLESIAS	F- 186	VT3F- 13	00:41:28	00:06:18	00:41:07	00:06:15	00:17:51		CORUÑA
856	1096	PEDRO DOMINGO VÁZQUEZ JOVE		VT4M- 19	00:41:28	00:06:18	00:41:08	00:06:15	00:17:51		A CORUÑA
857	56	PABLO RAFAEL PRIETO CASAL		VT3M- 85	00:41:29	00:06:18	00:40:09	00:06:06	00:19:59	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
858	1326	MÓNICA PAZOS TORREIRO	F- 187	VT2F- 61	00:41:30	00:06:18	00:40:50	00:06:12	00:18:49	CLUB ATLETISMO SADA	A CORUÑA
859	1327	MERCEDES FAJARDO MORENO	F- 188	VT3F- 14	00:41:30	00:06:18	00:40:50	00:06:12	00:18:49	CLUB ATLETISMO SADA	OLEIROS
860	1571	LUCIANO CAZON		VT1M- 154	00:41:30	00:06:18	00:40:21	00:06:08	00:20:25		LA CORUÑA

861	610	BEGOÑA MANTEIGA URBÓN	F- 189	VT2F- 62	00:41:30	00:06:18	00:40:51	00:06:12	00:18:50	CLUB ATLETISMO SADA	CAMBRE
862	1371	CARMEN ABELLA REY	F- 190	VT2F- 63	00:41:32	00:06:19	00:41:18	00:06:16	00:18:10		A CORUÑA
863	1205	AARÓN ÁNGEL SALAS SÁNCHEZ		SNM- 192	00:41:32	00:06:19	00:40:32	00:06:09	00:18:57		A CORUÑA
864	1291	VICTOR BLANCO SANTOS		VT3M- 86	00:41:34	00:06:19	00:40:51	00:06:12	00:18:50		O PINO
865	748	NOEMÍ RODRÍGUEZ CONDE	F- 191	SNF- 62	00:41:34	00:06:19	00:40:53	00:06:13	00:19:02		A CORUÑA
866	1234	CRISTÓBAL DAMIÁN SEOANE TORREIRO		SNM- 193	00:41:34	00:06:19	00:40:36	00:06:10	00:19:19		CARRAL
867	401	JOSE ANTONIO BOCELO PRIETO		VT3M- 87	00:41:35	00:06:19	00:40:38	00:06:10	00:19:34		O TEMPLE
868	1281	JOSE MARIA REGUEIRA		VT2M- 209	00:41:36	00:06:19	00:40:40	00:06:11	00:18:17		A CORUÑA
869	629	MANUELA FILGUEIRAS BARRO	F- 192	VT3F- 15	00:41:36	00:06:19	00:41:08	00:06:15	00:18:28	MFB	CULLEREDO
870	1519	CARMEN MARÍA MÉNDEZ GUIRAO	F- 193	VT1F- 42	00:41:36	00:06:19	00:41:07	00:06:15	00:19:10		A CORUÑA
871	1146	STEFANO BIEMMI RAMOS		SNM- 194	00:41:36	00:06:19	00:40:36	00:06:10	00:18:57		A CORUÑA
872	1424	LAURA POSE DOMINGUEZ	F- 194	SNF- 63	00:41:37	00:06:19	00:40:34	00:06:10	00:19:17		CORUÑA
873	1525	EVA CASTRO FERNANDEZ	F- 195	VT1F- 43	00:41:38	00:06:19	00:41:04	00:06:14	00:18:37		OLEIROS
874	1542	JAVIER FRAGA LAMAS		VT2M- 210	00:41:45	00:06:20	00:40:22	00:06:08	00:19:28	ROMPEOLAS	A CORUÑA
875	132	JOSE FRANCISCO COBAS RODRIGUEZ		VT4M- 20	00:41:45	00:06:21	00:40:22	00:06:08	00:19:28	CRAT	A CORUÑA
876	741	LUCÍA VAL PEÓN	F- 196	VT1F- 44	00:41:45	00:06:21	00:41:25	00:06:18	00:18:10		LA CORUÑA
877	537	RICARDO BOQUETE VEIGA		VT1M- 155	00:41:45	00:06:21	00:41:25	00:06:18	00:18:10		LA CORUÑA
878	1004	ANXO GARCIA VARELA		SNM- 195	00:41:46	00:06:21	00:41:31	00:06:18	00:18:32	AD DOWNHILL	CARBALLO
879	581	CRISTINA SANCHEZ LOPEZ	F- 197	VT2F- 64	00:41:47	00:06:21	00:41:31	00:06:18	00:18:33	A D DOWNHIL	A LARACHA
880	601	PILAR VAZQUEZ FEBRERO	F- 198	SNF- 64	00:41:48	00:06:21	00:41:02	00:06:14	00:19:04	BEER RUNNERS CORUÑA	A CORUÑA
881	1531	SABELA GONZALEZ MARTINEZ	F- 199	SNF- 65	00:41:48	00:06:21	00:41:02	00:06:14	00:18:43		A CORUÑA
882	1461	ANTONIA LOSADA GARCÍA	F- 200	VT3F- 16	00:41:49	00:06:21	00:40:45	00:06:11	00:19:42		A CORUÑA
883	1511	BEATRIZ JUIZ	F- 201	VT2F- 65	00:41:51	00:06:21	00:40:49	00:06:12	00:19:14		OLEIROS
884	1479	DEISY FERNÁNDEZ FERNÁNDEZ	F- 202	SNF- 66	00:41:51	00:06:22	00:41:37	00:06:19	00:18:07		OLEIROS
885	1150	RUBÉN FREIRE VÁZQUEZ		SNM- 196	00:41:52	00:06:22	00:40:44	00:06:11	00:20:46		A CORUÑA
886	1404	LAURA RAMOS ALONSO	F- 203	SNF- 67	00:41:56	00:06:22	00:41:19	00:06:17	00:18:44		A CORUÑA
887	1549	RAMON RODRIGUEZ CANEIRO		VT2M- 211	00:41:59	00:06:23	00:41:05	00:06:14	00:19:19		CARIÑO
888	1569	JOSE ABELLA ARCOS		VT2M- 212	00:42:00	00:06:23	00:41:06	00:06:15	00:19:22		A CORUÑA
889	1590	LUISA ABELLA ARCOS	F- 204	VT2F- 66	00:42:00	00:06:23	00:41:06	00:06:15	00:19:22		CARIÑO
890	1009	JUAN MANUEL LACUNZA MARCOS		VT1M- 156	00:42:00	00:06:23	00:41:22	00:06:17	00:19:48	BEER RUNNER IRUÑA	PAMPLONA
891	1255	ALEJANDRO TUÑAS GARCÍA		VT2M- 213	00:42:00	00:06:23	00:41:05	00:06:15	00:18:13		A CORUÑA
892	1435	LAURA PAIS GARCÍA	F- 205	VT2F- 67	00:42:00	00:06:23	00:41:22	00:06:17	00:19:47		CORUÑA
893	1433	ELENA VILANOVA SANCHEZ	F- 206	VT2F- 68	00:42:02	00:06:23	00:41:47	00:06:21	00:18:11		A CORUÑA
894	396	RAÚL GALAN CERVERO		VT3M- 88	00:42:02	00:06:23	00:40:58	00:06:13	00:19:22		A CORUÑA
895	1145	MANUEL SÁNCHEZ RODRÍGUEZ		SNM- 197	00:42:02	00:06:23	00:41:01	00:06:14	00:18:57		A CORUÑA
896	746	ALMA BLANCO PITA	F- 207	VT2F- 69	00:42:03	00:06:23	00:41:14	00:06:16	00:19:06		A CORUÑA
897	750	VANESSA VELO PICALLO	F- 208	VT1F- 45	00:42:03	00:06:23	00:41:13	00:06:16	00:19:05		A CORUÑA
898	1052	PABLO GOMEZ DANS		SUB23M- 10	00:42:04	00:06:23	00:40:49	00:06:12	00:19:45	PABLO FLORES	ABEGONDO
899	1417	MARIA GARABOA MOSQUERA	F- 209	SNF- 68	00:42:04	00:06:23	00:40:50	00:06:12	00:19:47		A CORUÑA
900	1559	DIEGO PÉREZ TOVÍO		SUB20M- 7	00:42:05	00:06:24	00:41:34	00:06:19	00:16:49		A CORUÑA
901	1557	HUGO DOPAZO HILARIO		VT1M- 157	00:42:09	00:06:24	00:40:52	00:06:12	00:19:05		PERILLO
902	672	SONIA MARÍA CARRO RIOS	F- 210	VT2F- 70	00:42:11	00:06:25	00:41:45	00:06:21	00:18:49		A CORUÑA
903	264	ROSENDO PAZ MARIÑAS		SNM- 198	00:42:13	00:06:25	00:41:31	00:06:18	00:18:57		LA CORUÑA
904	1400	JESSICA VAZQUEZ MONTES	F- 211	SNF- 69	00:42:14	00:06:25	00:41:07	00:06:15	00:20:15		ARTEIXO
905	613	MARIA LUISA RUA PRIETO	F- 212	VT1F- 46	00:42:14	00:06:25	00:41:39	00:06:20	00:18:37	AG764232	CLUB ATLETISMO SADA SADA
906	1533	DOMINGO MOLEJON VARELA		VT3M- 89	00:42:22	00:06:26	00:41:31	00:06:18	00:18:44	ATLETISMO CLUB SOCIAL BANCO PASTOR	A CORUÑA
907	861	MARTA GONZÁLEZ RAMOS	F- 213	VT2F- 71	00:42:28	00:06:27	00:41:39	00:06:20	00:19:00	LA MOCHILA DEL DEPORTE	A CORUÑA
908	346	MIGUEL MANEIRO		VT1M- 158	00:42:29	00:06:27	00:41:40	00:06:20	00:18:03		LA CORUÑA
909	805	JUAN PUENTE RAPELA		VT2M- 214	00:42:30	00:06:27	00:41:42	00:06:20	00:19:00		A CORUÑA
910	606	CARMEN CASAS PÉREZ	F- 214	VT3F- 17	00:42:36	00:06:28	00:42:11	00:06:24	00:18:47	CLUB ATLETISMO SADA	SADA
911	1443	AMPARO GALINDO CASTRO	F- 215	SNF- 70	00:42:36	00:06:28	00:41:16	00:06:16	00:20:28		OLEIROS
912	87	FLORENTINO MENDEZ GOMEZ		VT4M- 21	00:42:36	00:06:28	00:42:11	00:06:24	00:18:49	CLUB ATLETISMO SADA	SADA
913	296	MANUEL RODRIGUEZ RODRIGUEZ		SNM- 199	00:42:37	00:06:28	00:41:17	00:06:16	00:20:29		SADA
914	1091	MIGUEL FERRERO		VT2M- 215	00:42:40	00:06:29	00:41:29	00:06:18	00:20:33		A CORUÑA

915	1087	JOSÉ LUIS COTROFE DEL RIO		VT2M- 216	00:42:46	00:06:30	00:41:29	00:06:18	00:20:02		LA CORUÑA
916	394	JOSE RAMON SANDÁ LORENZO		VT2M- 217	00:42:47	00:06:30	00:41:30	00:06:18	00:20:03		LA CORUÑA
917	1068	BRUNO BARRO IGLESIAS		VT2M- 218	00:42:48	00:06:30	00:41:56	00:06:22	00:20:21		NARÓN
918	282	ALEJANDRO PAZOS SÁNCHEZ		SNM- 200	00:42:50	00:06:30	00:41:54	00:06:22	00:19:52		A CORUÑA
919	1385	BEATRIZ COTROFE DEL RIO	F- 216	VT2F- 72	00:42:52	00:06:31	00:41:34	00:06:19	00:20:03		A CORUÑA
920	749	CRISTINA FERREIRO MUÑOZ	F- 217	VT2F- 73	00:42:55	00:06:31	00:42:10	00:06:24	00:18:53		A CORUÑA
921	1328	MELY MEIJIDE MARTINEZ	F- 218	VT3F- 18	00:42:55	00:06:31	00:42:15	00:06:25	00:19:07	CLUB ATLETISMO SADA	OLEIROS
922	1393	LUCIA ESPONA PERNAS	F- 219	VT1F- 47	00:42:56	00:06:31	00:42:04	00:06:23	00:19:38		PERILLO
923	1429	ANDREA CANZOBRE SILVA	F- 220	SUB23F- 5	00:42:57	00:06:31	00:42:23	00:06:26	00:19:01		A CORUÑA
924	1428	ANA RODRÍGUEZ-LOSADA SUÁREZ-PUMARIEGA	F- 221	SUB23F- 6	00:42:58	00:06:32	00:42:25	00:06:27	00:19:00		A CORUÑA
925	1306	FERNANDO SUAREZ CARRIL		VT3M- 90	00:42:58	00:06:32	00:41:31	00:06:18	00:20:08		BETANZOS
926	557	DANIEL JUAN OTERO		VT2M- 219	00:42:59	00:06:32	00:41:36	00:06:19	00:20:27		CORUÑA
927	281	JOAO CARLOS PINTO DA CUNHA PIMENTA		VT3M- 91	00:43:00	00:06:32	00:42:30	00:06:27	00:19:00		PERRILLO (OLEIROS)
928	663	CRISTINA ANLLO NAVEIRAS	F- 222	VT2F- 74	00:43:04	00:06:32	00:41:52	00:06:22	00:20:21		A CORUÑA
929	1454	ANITA MÉNDEZ CASTRO	F- 223	VT2F- 75	00:43:04	00:06:32	00:42:09	00:06:24	00:19:44		LA CORUÑA
930	1436	MONSE PIÑÓN	F- 224	VT2F- 76	00:43:04	00:06:32	00:42:09	00:06:24	00:19:36		PONTEVEDRA
931	314	EZEQUIEL FERNANDEZ GUINDA		VT3M- 92	00:43:04	00:06:33	00:41:52	00:06:22	00:20:20		LA CORUÑA
932	1275	IVÁN DARÍO CANCELA MAGALLANES		SNM- 201	00:43:08	00:06:33	00:42:02	00:06:23	00:19:40		A CORUÑA
933	617	CRISTINA GOMEZ SUÁREZ	F- 225	SNF- 71	00:43:09	00:06:33	00:42:02	00:06:23	00:19:40	CLUB CICLISTA RIAZOR	A CORUÑA
934	1596	LARA GARCÍA ÁLVAREZ	F- 226	VT2F- 77	00:43:09	00:06:33	00:41:58	00:06:22	00:20:30		LA CORUNA
935	727	MONTSE FERREIRA	F- 227	VT1F- 48	00:43:11	00:06:34	00:42:04	00:06:23	00:20:50		BUEU
936	1152	BRAIS VILLAMARIN CEBRAL		SUB20M- 8	00:43:12	00:06:34	00:42:22	00:06:26	00:19:06		CARBALLO
937	698	ROCIO CARRAL SEIJAS	F- 228	SNF- 72	00:43:13	00:06:34	00:42:05	00:06:24	00:20:01		A CORUÑA
938	1153	NÉSTOR ÁLVAREZ		SNM- 202	00:43:13	00:06:34	00:42:25	00:06:27	00:19:05		FONTECULLER
939	412	JOSE MANUEL PLATAS MANCHO		VT2M- 220	00:43:14	00:06:34	00:42:06	00:06:24	00:20:01		A CORUÑA
940	1221	DAVID SANTIAGO VIEITES		VT1M- 159	00:43:16	00:06:34	00:42:34	00:06:28	00:19:58		CAMBRE
941	669	VANESA FELPEO BABÍO	F- 229	SNF- 73	00:43:25	00:06:36	00:42:09	00:06:24	00:20:13		SADA
942	1637	CATALINA FEAS SAAVEDRA	F- 230	VT2F- 78	00:43:25	00:06:36	00:42:33	00:06:28	00:20:06		A CORUÑA
943	1187	CARLOS CARRODEGUAS ABADIN		VT4M- 22	00:43:30	00:06:36	00:42:44	00:06:30	00:19:32		LA CORUÑA
944	1369	MARIA LEMA CLAVIJO	F- 231	VT2F- 79	00:43:34	00:06:37	00:42:41	00:06:29	00:20:21		EL TEMPLE - CAMBRE
945	189	JUAN FERNANDEZ GONZALEZ		VT2M- 221	00:43:43	00:06:38	00:42:32	00:06:28	00:20:32	AG 767350	PATUKOS TIM RANIN
946	1534	JORGE LÓPEZ LESTA		VT2M- 222	00:43:44	00:06:39	00:43:31	00:06:37	00:18:40		ATLETISMO RIAZOR CORUÑA
947	703	AURORA YENIL VARELA CABRERA	F- 232	VT1F- 49	00:43:49	00:06:39	00:42:56	00:06:31	00:19:55		LA CORUÑA
948	1055	JOSE LUIS MOURIÑO MIGUENS		VT2M- 223	00:43:50	00:06:39	00:42:28	00:06:27	00:21:10	POUSADA DAS ÁNIMAS	BOIRO
949	1398	LUZ MARINA NÚÑEZ FERNÁNDEZ	F- 233	SNF- 74	00:43:51	00:06:40	00:42:56	00:06:31	00:19:19		A CORUÑA
950	1450	ALBA VÁZQUEZ SANTOS	F- 234	SNF- 75	00:43:52	00:06:40	00:42:41	00:06:29	00:19:03		A CORUÑA
951	1219	ALBERTO MARTIN RODRIGUEZ		VT1M- 160	00:43:54	00:06:40	00:42:41	00:06:29	00:20:27		A CORUÑA
952	699	DORIS CAROLINA ESCALONA ESCALONA	F- 235	VT1F- 50	00:43:54	00:06:40	00:43:21	00:06:35	00:19:09		A CORUÑA
953	1115	RAMON MOSQUERA PAN		VT3M- 93	00:43:55	00:06:40	00:43:00	00:06:32	00:20:18		MIÑO
954	1471	AFRICA LÓPEZ SOUTO	F- 236	VT3F- 19	00:43:59	00:06:41	00:43:15	00:06:34	00:19:44		A CORUÑA
955	1407	ISABEL PEREIRO PORTOS	F- 237	VT1F- 51	00:43:59	00:06:41	00:43:21	00:06:35	00:19:33		A CORUÑA
956	1425	MONICA ÁLVAREZ TORRES	F- 238	VT2F- 80	00:43:59	00:06:41	00:43:32	00:06:37	00:20:46		LA CORUÑA
957	1401	EMMA FERNÁNDEZ MUÑOZ	F- 239	SUB23F- 7	00:44:00	00:06:41	00:43:19	00:06:35	00:19:30		CULLEREDO
958	1119	CARLOS ARES		VT3M- 94	00:44:01	00:06:41	00:42:56	00:06:31	00:20:38		A CORUÑA
959	1526	REBECA CARREIRA	F- 240	SUB20F- 5	00:44:05	00:06:42	00:43:20	00:06:35	00:20:30		A CORUÑA
960	187	ANTONIO CIUDAD PEREIRA		VT4M- 23	00:44:05	00:06:42	00:43:21	00:06:35	00:20:32	PATUKOS	A CORUÑA
961	1218	JUAN IGNACIO FERNANDEZ PITA		SNM- 203	00:44:07	00:06:42	00:42:54	00:06:31	00:20:26		CAMBRE
962	1451	MARÍA BLANCO ALLER	F- 241	VT3F- 20	00:44:10	00:06:43	00:43:25	00:06:36	00:19:35		LA CORUÑA
963	1912	PILAR RUIZ MANGAS	F- 242	VT2F- 81	00:44:10	00:06:43	00:44:02	00:06:41	00:18:17	A.D.MEDIADUCIA	CARBALLO
964	243	SERGIO CALVO		VT2M- 224	00:44:12	00:06:43	00:43:05	00:06:33	00:20:18		CORUÑA
965	1335	BOSI SOPALSKA	F- 243	VT2F- 82	00:44:17	00:06:44	00:43:27	00:06:36	00:21:06	CLUB ATLETISMO SADA	SADA
966	615	ANA MARIA SANCHEZ MANTEIGA	F- 244	VT2F- 83	00:44:17	00:06:44	00:43:27	00:06:36	00:21:07	CLUB ATLETISMO SADA	SADA
967	1222	JOHANS VILLAMIZAR		SNM- 204	00:44:18	00:06:44	00:43:06	00:06:33	00:22:16		A CORUÑA
968	1156	ANTONIO PACHÓN FERNÁNDEZ		VT4M- 24	00:44:23	00:06:45	00:43:18	00:06:35	00:20:29		A CORUÑA

969	1636	ANDURIÑA SANTISO GORGAL	F- 245	SNF- 76	00:44:31	00:06:46	00:43:36	00:06:37	00:20:42		A CORUÑA
970	849	TAREK GHANNAM VARELA		SNM- 205	00:44:31	00:06:46	00:43:37	00:06:38	00:20:43		A CORUÑA
971	162	OCTAVIO SUSACASA NOVAL		VT2M- 225	00:44:32	00:06:46	00:43:27	00:06:36	00:20:43	NOSPORTLIMIT	A CORUÑA
972	1143	PEDRO LUIS FERNÁNDEZ SUÁREZ		VT3M- 95	00:44:38	00:06:47	00:43:36	00:06:37	00:19:26		LA CORUÑA
973	174	BORJA FERNÁNDEZ BERMUDEZ		VT2M- 226	00:44:45	00:06:48	00:43:27	00:06:36	00:20:38	NOSPORTLIMIT	A CORUÑA
974	722	VERONICA MOSQUERA SILVA	F- 246	VT1F- 52	00:44:45	00:06:48	00:43:27	00:06:36	00:20:36		A CORUÑA
975	1357	PILAR PLAZA FABREGA	F- 247	VT2F- 84	00:44:47	00:06:48	00:43:35	00:06:37	00:20:59	METROPOLITAN LA SOLANA	A CORUÑA
976	25	JUAN FERNANDO PREGO MOSQUERA		VT2M- 227	00:44:47	00:06:48	00:43:35	00:06:37	00:20:59	ALTAFIT CORUÑA	LA CORUÑA
977	1421	ROMINA CAMBÓN CRISTÓBAL	F- 248	SNF- 77	00:44:48	00:06:48	00:43:41	00:06:38	00:20:54		ARTEIXO
978	1324	MAYRA BERMUDEZ CARBALLAL	F- 249	VT1F- 53	00:44:50	00:06:49	00:43:37	00:06:38	00:21:19		BERIÁIN
979	1010	JOSÉ ANTONIO MEZQUITA ADAN		VT2M- 228	00:44:50	00:06:49	00:43:37	00:06:37	00:21:18	BEER RUNNER PAMPLONA	BERIÁIN
980	1149	LUIS GARROTE POMBO		VT3M- 96	00:44:53	00:06:49	00:43:45	00:06:39	00:21:02		A CORUÑA
981	1020	JUAN MANUEL ABRUÑEDO FERNÁNDEZ		VT3M- 97	00:44:55	00:06:49	00:44:05	00:06:42	00:20:38	CD GAS NATURAL FENOSA	A CORUÑA
982	1603	ELSA MARTÍNEZ FERNÁNDEZ	F- 250	SUB20F- 6	00:44:56	00:06:50	00:44:13	00:06:43	00:20:17		ORTIGUEIRA
983	1595	PATRICIA PARDO SUAREZ	F- 251	VT2F- 85	00:44:58	00:06:50	00:44:32	00:06:46	00:19:21		A CORUÑA
984	712	GEMA GONZÁLEZ ANTELO	F- 252	VT2F- 86	00:45:06	00:06:51	00:44:03	00:06:41	00:20:24		LA CORUÑA
985	137	JOSE LUIS CRUZ ALVAREZ		VT2M- 229	00:45:08	00:06:51	00:44:28	00:06:45	00:20:23	DOIMEHERETEAM	A CORUÑA
986	579	IÑIGO MARTINEZ IGLESIAS		VT2M- 230	00:45:09	00:06:51	00:45:09	00:06:51	00:23:52		LA CORUÑA
987	1353	SONIA MIGUEZ VARELA	F- 253	VT2F- 87	00:45:10	00:06:52	00:44:54	00:06:49	00:19:22	LA MOCHILA DEL DEPORTE	A CORUÑA
988	745	DOLORES CAAMAÑO	F- 254	VT2F- 88	00:45:11	00:06:52	00:45:03	00:06:51	00:19:30		CARBALLO
989	1601	MARIA CARMEN LEMA DEVESA	F- 255	VT3F- 21	00:45:14	00:06:52	00:44:01	00:06:41	00:20:26		A CORUÑA
990	620	MARIA ANGELES LOPEZ PIÑEIRO	F- 256	VT2F- 89	00:45:16	00:06:53	00:44:48	00:06:48	00:19:24	CORRE POR BEGONTE	GUITIRIZ
991	1587	ALICIA NOVÁS VARELA	F- 257	SNF- 78	00:45:27	00:06:54	00:44:21	00:06:44	00:21:33	TERRA DE SONEIRA C.D.	BAIO
992	719	BERTA REYMUDEZ BAÑA	F- 258	VT1F- 54	00:45:28	00:06:54	00:44:22	00:06:44	00:21:33		BAIO
993	1345	SARA FUENTES NIETO	F- 259	VT2F- 90	00:45:37	00:06:56	00:45:21	00:06:53	00:19:14	LA MOCHILA DEL DEPORTE	A CORUÑA
994	1465	MARTA DE DIOS RECAMAN	F- 260	VT2F- 91	00:45:46	00:06:57	00:44:25	00:06:45	00:21:57		BRION
995	1524	ELENA CUENCA FITO	F- 261	SNF- 79	00:45:48	00:06:57	00:45:16	00:06:53	00:19:54		LA CORUÑA
996	1499	ESTRELLA MARQUEZ TORRES	F- 262	VT2F- 92	00:45:52	00:06:58	00:45:12	00:06:52	00:20:52		LA CORUÑA
997	1449	IRIA QUINTANA CASTRO	F- 263	VT1F- 55	00:45:54	00:06:58	00:45:19	00:06:53	00:20:45		A CORUÑA
998	1175	DANIEL FRAGA CARRILLO		SNM- 206	00:45:54	00:06:58	00:45:21	00:06:53	00:20:45		A CORUÑA
999	1144	IVÁN CAMBRE LOSADA		VT1M- 161	00:45:54	00:06:58	00:45:19	00:06:53	00:20:44		A CORUÑA
1000	689	CARLOTA SEVILLA FERNÁNDEZ	F- 264	SNF- 80	00:45:54	00:06:58	00:45:16	00:06:53	00:19:48		LA CORUÑA
1001	1570	JUAN CARLOS MOURÉ PRADO		VT2M- 231	00:45:59	00:06:59	00:44:49	00:06:48	00:20:25		A CORUÑA
1002	1394	ROISE ANTONIETA TORO VIDAL	F- 265	VT2F- 93	00:46:01	00:06:59	00:45:53	00:06:58	00:20:06		MIÑO
1003	1455	MÓNICA RODRÍGUEZ GARCÍA	F- 266	VT2F- 94	00:46:03	00:07:00	00:45:46	00:06:57	00:20:36		ORRO-CULLEREDO
1004	1124	TOÑO LOPEZ		VT3M- 98	00:46:04	00:07:00	00:44:42	00:06:47	00:22:21		A CORUÑA
1005	668	MERCEDES FIGUEROA SUAREZ	F- 267	VT3F- 22	00:46:06	00:07:00	00:45:24	00:06:54	00:20:33		A CORUÑA
1006	1366	INCA CARNERO NÚÑEZ	F- 268	VT1F- 56	00:46:13	00:07:01	00:45:12	00:06:52	00:22:32		A CORUÑA
1007	1129	BORJA LOUREDA ABUELO		SNM- 207	00:46:13	00:07:01	00:44:59	00:06:50	00:19:47		ABEGONDO
1008	1396	IRIA FERNANDEZ	F- 269	SNF- 81	00:46:16	00:07:02	00:45:50	00:06:58	00:20:49		A CORUÑA
1009	1101	LUIS ENRIQUE QUESADA BRAVO		SNM- 208	00:46:16	00:07:02	00:45:05	00:06:51	00:26:12		CORUÑA
1010	726	MARIA DEL CARMEN MIRANDA AMADO	F- 270	VT3F- 23	00:46:16	00:07:02	00:45:50	00:06:58	00:20:47		A CORUÑA
1011	1452	LETICIA CARBALLEIRA DOMÍNGUEZ	F- 271	SNF- 82	00:46:17	00:07:02	00:45:51	00:06:58	00:20:48		MADRID
1012	725	ISABEL DOMINGUEZ GARCIA	F- 272	VT3F- 24	00:46:18	00:07:02	00:45:51	00:06:58	00:20:50		LA CORUÑA
1013	586	NURIA CIDONCHA MORAN	F- 273	VT2F- 95	00:46:18	00:07:02	00:46:10	00:07:01	00:20:12	A.D.MEDIADUCIA	CARBALLO
1014	1493	DEILHY ALCALA DIAZ	F- 274	SNF- 83	00:46:22	00:07:03	00:45:10	00:06:52	00:22:15		CORUÑA
1015	1262	OSCAR ROMERO LAGO		SNM- 209	00:46:24	00:07:03	00:45:20	00:06:53	00:22:41		A CORUÑA
1016	1352	CRISTINA PEDREIRA FUENTES	F- 275	SNF- 84	00:46:31	00:07:04	00:46:02	00:07:00	00:20:51	LA MOCHILA DEL DEPORTE	CARRAL
1017	1321	SONIA BARRERA PIÑEROS	F- 276	SNF- 85	00:46:36	00:07:05	00:46:03	00:07:00	00:20:20	ATLETAS DE ACEA DE AMA	CULLEREDO
1018	49	CRISTIAN PINEDA RIOS		SNM- 210	00:46:36	00:07:05	00:46:04	00:07:00	00:20:21	ATLETAS DE ACEA DE AMA	A CORDEDA
1019	1507	ISABEL MATA FRAGA	F- 277	VT2F- 96	00:46:39	00:07:05	00:46:17	00:07:02	00:19:57		CAMBRE
1020	1382	LAURA BLANCO	F- 278	SNF- 86	00:46:45	00:07:06	00:46:03	00:07:00	00:20:49		SANTIAGO DE COMPOSTELA
1021	1364	CATHERINE GARCÍA PERNAS	F- 279	SNF- 87	00:46:46	00:07:06	00:45:45	00:06:57	00:22:32		OLEIROS
1022	1215	JOSE MANUEL ESMORIS MARTA		SNM- 211	00:46:53	00:07:07	00:45:50	00:06:58	00:20:52		A CORUÑA

1023	1344	JULIA CONDE GONZÁLEZ	F- 280	VT2F- 97	00:46:57	00:07:08	00:46:41	00:07:05	00:20:33		JULY	A CORUÑA
1024	573	RAFAEL REGUEIRA CANOSA		VT2M- 232	00:47:00	00:07:08	00:45:52	00:06:58	00:20:40			A CORUÑA
1025	1516	VANESSA LORENZO CARAVACA	F- 281	VT1F- 57	00:47:03	00:07:09	00:46:28	00:07:04	00:21:14			A CORUÑA
1026	1103	MANUEL BARRAL ARMENTAL		SNM- 212	00:47:09	00:07:10	00:46:29	00:07:04	00:21:18			A CORUÑA
1027	1349	RAQUEL GUTIERREZ AREVALO	F- 282	VT2F- 98	00:47:09	00:07:10	00:46:41	00:07:05	00:20:50		LA MOCHILA DEL DEPORTE	GUISAMO
1028	872	ANA MARÍA MOREIRAS LORENZO	F- 283	SNF- 88	00:47:13	00:07:10	00:46:10	00:07:01	00:22:21			A CORUÑA
1029	830	IVÁN PREGO		VT2M- 233	00:47:13	00:07:10	00:46:09	00:07:01	00:22:14			A CORUÑA
1030	1901	PABLO BARBEITO VILARIÑO		VT2M- 234	00:47:17	00:07:11	00:46:04	00:07:00	00:21:27		ALTAFIT GYM CLUB	LA CORUÑA
1031	260	BORJA GARCIA CUESTA		VT4M- 25	00:47:19	00:07:11	00:46:13	00:07:01	00:22:22			LA CORUÑA
1032	1909	IVAN CORTON LOPEZ		VT2M- 235	00:47:28	00:07:13	00:46:25	00:07:03	00:20:42			O TEMPLE
1033	1176	DANIEL MARTÍNEZ TORREIRO		SNM- 213	00:47:29	00:07:13	00:46:13	00:07:01	00:22:08			A CORUÑA
1034	1458	MARTA PRIETO ANDINA	F- 284	SNF- 89	00:47:29	00:07:13	00:46:15	00:07:01	00:22:07			A CORUÑA
1035	1154	JAVIER MOUZOU LUACES		SUB23M- 11	00:47:30	00:07:13	00:46:42	00:07:06	00:19:06			CULLEREDO
1036	1241	GUSTAVO SAAVEDRA		VT1M- 162	00:47:32	00:07:13	00:46:16	00:07:02	00:22:13			CULLEREDO
1037	1508	ADRIANA OTERO	F- 285	VT1F- 58	00:47:35	00:07:14	00:46:20	00:07:02	00:22:13			CAMBRE
1038	1514	SONIA OTERO RODRÍGUEZ	F- 286	VT2F- 99	00:47:35	00:07:14	00:46:21	00:07:02	00:22:13			CAMBRE
1039	1515	NATALIA PAN BERMÚDEZ	F- 287	VT1F- 59	00:47:38	00:07:14	00:47:02	00:07:09	00:21:13			A CORUÑA
1040	1483	SARA EIROA GARCIA	F- 288	VT1F- 60	00:47:38	00:07:14	00:47:02	00:07:09	00:22:21			A CORUNA
1041	1459	LAURA PARDO RIOS	F- 289	SNF- 90	00:47:46	00:07:15	00:46:59	00:07:08	00:21:39			OLEIROS
1042	1308	ALEJANDRO SILVEIRA GARCÍA		SNM- 214	00:47:49	00:07:16	00:46:42	00:07:06	00:22:17			TORDOIA
1043	645	HELENA FERNÁNDEZ PÉREZ	F- 290	SNF- 91	00:47:50	00:07:16	00:46:58	00:07:08	00:21:01		TERMARIA RUNNING	A CORUÑA
1044	1362	MARIBEL VICENTE GONZALEZ	F- 291	VT3F- 25	00:47:57	00:07:17	00:47:00	00:07:08	00:22:06		TERMARIA RUNNING	MIÑO
1045	1913	YRIDE MAYLEN RIVERA RANGEL	F- 292	VT2F- 100	00:47:58	00:07:17	00:47:26	00:07:12	00:20:49			A CORUÑA
1046	1911	JAVIER RODRIGUEZ VALIÑA		VT2M- 236	00:48:01	00:07:18	00:46:57	00:07:08	00:21:26			LA CORUÑA
1047	1412	TANIA FIGUEROA CASTRO	F- 293	SNF- 92	00:48:10	00:07:19	00:47:31	00:07:13	00:21:17			A CORUÑA
1048	1410	ELENA PEÑA RODRIGUEZ	F- 294	SNF- 93	00:48:11	00:07:19	00:47:32	00:07:13	00:21:17			A CORUÑA
1049	1423	EVA AÑÓN PIÑA	F- 295	VT1F- 61	00:48:11	00:07:19	00:47:04	00:07:09	00:22:11			ARTEIXO
1050	1422	CARMEN AÑÓN PIÑA	F- 296	SNF- 94	00:48:11	00:07:19	00:47:04	00:07:09	00:22:10			ARTEIXO
1051	1343	ZULEYCA BERNARDEZ	F- 297	SNF- 95	00:48:13	00:07:19	00:47:20	00:07:11	00:20:51		GESTAMP VIGO	PORRIÑO
1052	1039	RAUL MANTILLA GIL		VT1M- 163	00:48:13	00:07:19	00:47:20	00:07:11	00:20:51	76990060K	GESTAMP VIGO	PORRIÑO
1053	1573	JOSE LUIS VEIGA CASTIBLÁNQUEZ		VT4M- 26	00:48:38	00:07:23	00:47:28	00:07:13	00:22:15			LA CORUÑA
1054	768	AGOSTIÑO REIGOSA LOMBAO		SNM- 215	00:48:39	00:07:23	00:47:29	00:07:13	00:22:16		CLUB ATLETISMO NARÓN	LUGO
1055	1038	ROBERTO MARCOS LOPEZ GARCIA		VT2M- 237	00:48:51	00:07:25	00:48:13	00:07:19	00:20:36		GACELIÑAS	FENE
1056	1116	RUBEN RUIZ BREIJO		SNM- 216	00:48:51	00:07:25	00:47:35	00:07:14	00:22:15			A CORUÑA
1057	693	LORENA COTELO	F- 298	SNF- 96	00:48:52	00:07:25	00:47:37	00:07:14	00:22:16			A CORUÑA
1058	1405	MARIA ISABEL FERNÁNDEZ PÉREZ	F- 299	VT2F- 101	00:49:04	00:07:27	00:48:00	00:07:17	00:22:02			A CORUÑA
1059	1378	MARÍA MONTERRAT FERNÁNDEZ PEREIRA	F- 300	VT2F- 102	00:49:04	00:07:27	00:48:00	00:07:17	00:22:02			A CORUÑA
1060	1389	LAURA ALVAREZ CUBILLAS	F- 301	VT2F- 103	00:49:28	00:07:31	00:48:26	00:07:21	00:22:18			GIJÓN
1061	1355	VANESSA ALVAREZ CUBILLAS	F- 302	VT1F- 62	00:49:28	00:07:31	00:48:28	00:07:22	00:22:18		LALA	NARÓN
1062	1527	LAURA REY RAMOS	F- 303	SNF- 97	00:49:33	00:07:31	00:48:27	00:07:22	00:22:26			A CORUÑA
1063	1210	SERGIO MARTÍNEZ RAMA		VT1M- 164	00:49:46	00:07:34	00:48:28	00:07:22	00:22:37			MADRID
1064	1550	JOSÉ ANTONIO ROCHA		VT2M- 238	00:49:47	00:07:34	00:48:28	00:07:22	00:22:38			A CORUÑA
1065	1445	NEREA VILARIÑO LAMAS	F- 304	SUB23F- 8	00:49:48	00:07:34	00:48:25	00:07:21	00:22:53			CERCEDA
1066	1446	ALBA GARCÍA MARZOA	F- 305	SNF- 98	00:49:48	00:07:34	00:48:26	00:07:21	00:22:52			FRADES
1067	1182	IGNACIO MOLINELLI FERNÁNDEZ		VT1M- 165	00:49:50	00:07:34	00:49:14	00:07:29	00:22:24			A CORUÑA
1068	1303	JAIME ROPERÓ		SNM- 217	00:49:54	00:07:35	00:48:40	00:07:24	00:23:04			A CORUÑA
1069	1418	NOA MUÑOZ AGILDA	F- 306	SNF- 99	00:49:54	00:07:35	00:48:40	00:07:24	00:23:02			A CORUÑA
1070	1174	JAVIER ARÉVALO GÓMEZ		VT1M- 166	00:49:57	00:07:35	00:48:46	00:07:24	00:22:22			MADRID
1071	1287	ÁNGEL GARCÍA SEOANE		VT1M- 167	00:49:57	00:07:35	00:48:46	00:07:24	00:22:27			VIANA DO BOLO
1072	871	EVA LÓPEZ VIDAL	F- 307	SNF- 100	00:50:25	00:07:39	00:49:22	00:07:30	00:23:52			ABEGONDO
1073	1442	MARTA MARTINEZ	F- 308	VT2F- 104	00:50:34	00:07:41	00:49:31	00:07:31	00:22:55			BETANZOS
1074	1480	MONTSE FERNANDEZ MUÑOZ	F- 309	VT3F- 26	00:50:34	00:07:41	00:49:27	00:07:31	00:22:32			CORUXA Nº 33
1075	1140	ANTÓN MOSQUERA		VT2M- 239	00:50:34	00:07:41	00:49:29	00:07:31	00:22:55			BETANZOS
1076	1320	PILI CASTRO GÓMEZ	F- 310	VT2F- 105	00:50:35	00:07:41	00:50:05	00:07:36	00:22:35		AS VELLAS NON PARAMOS	BETANZOS



1077	1319	ANA MOURON FRAGA	F- 311	VT2F- 106	00:50:35	00:07:41	00:50:06	00:07:37	00:22:35	AS VELLAS NON PARAMOS	BETANZOS
1078	700	ADRIANA CORREA CAMPOS	F- 312	VT1F- 63	00:50:58	00:07:44	00:50:17	00:07:38	00:22:52		A CORUÑA
1079	1333	AMALIA PERNAS SABIO	F- 313	VT4F- 4	00:51:10	00:07:46	00:50:29	00:07:40	00:21:18	CLUB ATLETISMO SADA	OLEIROS.
1080	304	MANUEL LÓPEZ CASCALLAR		VT1M- 168	00:51:32	00:07:50	00:50:58	00:07:44	00:23:52		A CORUÑA
1081	662	PATRICIA CASTRO VILA	F- 314	VT1F- 64	00:51:32	00:07:50	00:50:58	00:07:45	00:23:48		A CORUÑA
1082	1460	INES RODILLA ROEL	F- 315	SNF- 101	00:51:36	00:07:50	00:50:50	00:07:43	00:23:49		A CORUÑA
1083	1314	ROSI FEAL	F- 316	VT2F- 107	00:51:37	00:07:50	00:50:40	00:07:42	00:23:32	#SOMOSDEMONTE#	CULLEREDO
1084	1609	YAIZA REY RAMIL	F- 317	SNF- 102	00:52:22	00:07:57	00:51:35	00:07:50	00:24:25		A CORUÑA
1085	1337	EVA RAMIL	F- 318	VT2F- 108	00:52:22	00:07:57	00:51:35	00:07:50	00:24:24	CLUB DEPORTIVO ENKI	VILLARRODIS-ARTEIXO
1086	1500	PATRICIA VEREZ COTELO	F- 319	VT2F- 109	00:52:33	00:07:59	00:51:51	00:07:52	00:23:25		LA CORUÑA
1087	1232	FRANCISCO JAVIER GALAN FOLGUEIRAS		VT2M- 240	00:52:33	00:07:59	00:51:50	00:07:52	00:23:23		LA CORUÑA
1088	1351	SANDRA RODRIGUEZ BALDOMIR	F- 320	VT1F- 65	00:53:08	00:08:04	00:52:24	00:07:57	00:23:50	LA MOCHILA DEL DEPORTE	A CORUÑA
1089	626	PILAR HERMO GOMEZ	F- 321	VT4F- 5	00:53:09	00:08:04	00:52:24	00:07:57	00:23:51	LA MOCHILA DEL DEPORTE	A CORUÑA
1090	1131	DANIEL CORRAL SUEIRO		SUB20M- 9	00:53:09	00:08:04	00:52:21	00:07:57	00:24:31		A CORUÑA
1091	362	MIGUEL ANGEL MOSQUERA ABAD		VT4M- 27	00:53:09	00:08:04	00:52:23	00:07:57	00:23:45		A CORUÑA
1092	1223	ANDRES ARIAS ORTEGA		VT2M- 241	00:53:10	00:08:05	00:51:58	00:07:54	00:22:19		A CORUÑA
1093	760	JAVIER LOPEZ MARTIN		VT3M- 99	00:53:11	00:08:05	00:51:49	00:07:52	00:24:10	ATLETISMO CLUB SOCIAL BANCO PASTOR	LA CORUÑA
1094	1494	MIRTHA ARANGUREN RIOS	F- 322	SNF- 103	00:53:11	00:08:05	00:52:01	00:07:54	00:24:09		A CORUÑA
1095	1426	TAMARA TATO DOMINGUEZ	F- 323	SUB20F- 7	00:53:33	00:08:08	00:52:46	00:08:01	00:24:30		LA CORUÑA.
1096	1359	BELEN CI	F- 324	VT2F- 110	00:54:13	00:08:14	00:53:13	00:08:05	00:23:59	NOSPORTLIMIT	LA CORUNA
1097	1049	JOAQUÍN DIAZ REDONDO		VT3M- 100	00:54:14	00:08:14	00:53:13	00:08:05	00:24:02	NOSPORTLIMIT	A CORUÑA
1098	633	RALUCA MIHAELA POENAR	F- 325	SNF- 104	00:54:15	00:08:14	00:53:14	00:08:05	00:24:01	NOSPORTLIMIT	A CORUÑA
1099	1123	LUIS ÁNGEL SALORIO VÁZQUEZ		VT3M- 101	00:54:22	00:08:15	00:53:34	00:08:08	00:24:31		LA CORUÑA
1100	1915	SUZANA MARTINS ESTEVES	F- 326	SNF- 105	00:54:37	00:08:18	00:53:21	00:08:06	00:24:23		A CORUÑA
1101	391	CARLOS RIÁDIGOS MOSQUERA		VT1M- 169	00:54:39	00:08:18	00:53:23	00:08:06	00:24:23		A CORUÑA
1102	1368	RUTH MOREIRAS LORENZO	F- 327	VT1F- 66	00:54:47	00:08:19	00:53:45	00:08:10	00:24:25		ARTEIXO
1103	1463	ANTÍA FRAGA SEIJIDO	F- 328	SUB23F- 9	00:54:53	00:08:20	00:53:29	00:08:07	00:24:44		A CORUÑA
1104	1466	INÉS REGO DÍAZ	F- 329	SUB23F- 10	00:54:54	00:08:20	00:53:29	00:08:07	00:24:42		A CORUÑA
1105	674	MARGARITA PEREZ VEIGA	F- 330	VT2F- 111	00:56:46	00:08:37	00:56:12	00:08:32	00:25:57		A CORUÑA
1106	1517	VANESSA MALVÁREZ SÁNCHEZ	F- 331	VT1F- 67	00:56:59	00:08:39	00:55:50	00:08:29	00:25:11		A CORUÑA
1107	1512	NATALIA PAN PARDO	F- 332	SNF- 106	00:56:59	00:08:39	00:55:50	00:08:29	00:25:10		ARTEIXO
1108	1225	JUAN ANTONIO FERNÁNDEZ BARREIRO		VT4M- 28	00:57:16	00:08:42	00:56:31	00:08:35	00:25:12		A CORUÑA
Desc	1261	GABRIEL MARTIN MORALES		VT4M-Desc	00:31:15	00:04:45	00:31:15	00:04:45			A CORUÑA

Publicada a las 22:33:27 del 31/03/2018