

2º Medio Maratón Riveira 21 Campionato de Galicia de Media Maratón

Riveira, Domingo, 3 de xuño de 2018

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos	Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
Dorsal Licenza					Paso 2	Inter. 3	Inter. 4	km				
1	272 Sergio Sánchez Martínez	1:06:59	1:06:59	31:41	20:31 0:43:45	27:37 0:50:46	0:38:40 1:01:49	3:11	1982 CLUB ATLETISMO UNION GUADALAJARA		1 M1M	1 M
2	145 Manuel Hurtado Sanjurjo GA14652	1:07:06	1:07:06	31:40	20:30 0:43:45	27:37 0:50:46	0:38:39 1:01:46	3:11	1984 S.G. Pontevedra	1 SrM	1 SrM	2 M
3	144 Alejandro Fernandez Rivera GA765765	1:07:36	1:07:36	31:40	20:30 0:43:50	27:37 0:51:02	0:38:40 1:02:17	3:12	1985 Ourense Atletismo	2 SrM	2 SrM	3 M
4	146 Jorge Crespo Arias GA768547	1:09:28	1:09:28	32:22	20:47 0:44:56	28:11 0:52:27	0:39:33 1:04:01	3:18	1979 Club Atletismo SAR	1 35M	2 M1M	4 M
5	96 Akka Essaadaoui GA765436	1:11:26	1:11:26	33:12	21:17 0:46:10	28:51 0:53:57	0:40:34 1:05:56	3:23	1978 ADAS Proinor	2 35M		5 M
6	151 José Manuel Lojo Fernández GA769210	1:11:43	1:11:43	33:37	21:42 0:46:32	29:18 0:54:11	0:41:00 1:06:07	3:24	1983 San Miguel de Marin	3 35M	3 M1M	6 M
7	149 Juan Antonio Gude Vila GA768683	1:12:03	1:12:03	33:28	21:30 0:46:27	29:09 0:54:19	0:40:54 1:06:25	3:25	1974 Lucus Caixa Rural Galega	1 40M	1 M2M	7 M
8	2 Nicolas Arrojo Fernandez GA16445	1:12:20	1:12:20	33:28	21:30 0:46:27	29:08 0:54:18	0:40:55 1:06:37	3:26	1989 Lucus Caixa Rural Galega	3 SrM		8 M
9	124 Diego Ruiz Breijo AG2024037	1:13:13	1:13:13	34:19	22:04 0:47:28	29:55 0:55:24	0:41:49 1:07:42	3:28	1985 Club Atletismo Sada	4 SrM		9 M
10	147 Cristian Diaz Lorenzo GA766139	1:13:32	1:13:32	34:15	22:06 0:47:27	29:50 0:55:23	0:41:46 1:07:44	3:29	1977 ADAS Proinor	2 40M	2 M2M	10 M
11	270 Fernando Lorenzo Pérez	1:13:35	1:13:33	34:30	22:16 0:47:50	30:05 0:55:45	0:42:02 1:07:52	3:29	1981		4 M1M	11 M
12	148 Ruben Caamaño Nieto AG2014741	1:13:43	1:13:43	34:12	21:57 0:47:27	29:43 0:55:23	0:41:46 1:07:45	3:30	1984 Club Atletismo SAR	5 SrM	3 SrM	12 M
13	283 Javier Neira Vazquez GA769202	1:14:00	1:14:00	34:23	21:59 0:47:53	29:53 0:55:53	0:42:06 1:08:18	3:30	1988 CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA		4 SrM	13 M
14	13 Alberto Moris Vieites AG2020653	1:14:18	1:14:18	34:40	22:22 0:48:04	30:13 0:56:09	0:42:16 1:08:34	3:31	1986 Marineda Atletico	6 SrM		14 M
15	177 Esteban Toucedo Santos GA769212	1:14:28	1:14:28	34:16	21:57 0:47:50	29:47 0:55:54	0:41:57 1:08:30	3:32	1987 San Miguel de Marin	7 SrM	5 SrM	15 M
16	157 Roberto Agrelo Gomez AG763862	1:14:52	1:14:52	35:28	22:49 0:48:58	30:52 0:56:49	0:43:10 1:09:13	3:33	1978 Club Atletismo SAR	3 40M	3 M2M	16 M
17	95 Xabier Diaz Fernandez GA17661	1:15:21	1:15:21	35:27	22:49 0:48:58	30:51 0:57:01	0:43:09 1:09:33	3:34	1974 Lucus Caixa Rural Galega	4 40M		17 M
18	28 Jorge Janeiro Lorenzo GA769224	1:15:23	1:15:23	35:28	22:49 0:48:58	30:52 0:57:01	0:43:09 1:09:33	3:34	1976 CD San Paio A Estrada	DQ10		18 M

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos		Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat		S
	Dorsal	Licenza				Paso 2	Inter. 3	Inter. 4	km		Cto	Pop	
19	91	Gustavo Caballero Iglesias GA769207	1:15:30	1:15:30	34:51	22:00 0:48:55	30:09 0:56:51	0:42:51 1:09:30	3:35	1979 San Miguel de Marin	4	35M	19 M
20	113	Daniel Perez Murado GA764783	1:15:38	1:15:38	35:03	22:12 0:48:52	30:26 0:57:07	0:42:58 1:09:53	3:35	1997 Lucus Caixa Rural Galega	1	S23M	20 M
21	178	Paula Mayobre Gonzalez GA766085	1:15:41	1:15:41	35:39	22:57 0:49:23	31:02 0:57:28	0:43:30 1:10:02	3:35	1989 C Dental Seoane Pampín	1	SrF	1 SrF 1 F
22	8	Francisco Javier Campos Suárez GA769035	1:16:38	1:16:38	35:27	22:49 0:49:00	30:49 0:57:25	0:43:09 1:10:32	3:38	1970 CA Santiago	1	45M	21 M
23	6	Luis Miguel Antelo Lema AG2019278	1:16:59	1:16:57	35:15	22:19 0:49:22	30:31 0:57:44	0:43:17 1:10:55	3:39	1978 TERRA DE SONEIRA	5	35M	22 M
24	5	Juan Carlos Rodriguez Torres AG2021376	1:17:16	1:17:16	35:41	22:54 0:49:47	31:02 0:58:15	0:43:41 1:11:18	3:40	1975 SOCIEDADE DEPORTIVA BARBANTA RODA	5	40M	23 M
25	150	Noel Fernandez Marcos GA1234	1:17:25	1:17:25	35:56	23:04 0:49:59	31:14 0:58:18	0:43:57 1:11:24	3:40	1977 Runaways RC Gentelmens	6	40M	4 M2M 24 M
26	9	Manuel Alexis Buig Fernandez AG2020649	1:18:01	1:17:58	36:01	23:00 0:50:09	31:17 0:58:37	0:44:03 1:11:54	3:42	1977 3RUN by PedroNimo	7	40M	25 M
27	97	Manuel Enrique Estevez Garcia GA769046	1:18:28	1:18:28	36:28	23:23 0:50:50	31:43 0:59:25	0:44:35 1:12:27	3:43	1972 ADAS Proinor	2	45M	26 M
28	10	José Antonio Gontán Castro AG2014913	1:18:32	1:18:32	36:32	23:25 0:50:53	31:46 0:59:33	0:44:37 1:12:33	3:43	1972 Atletismo Fontes do Sar	3	45M	27 M
29	153	Jose Antonio Gomez Rios AG768418	1:18:34	1:18:31	37:35	24:19 0:51:36	32:49 0:59:56	0:45:33 1:12:45	3:43	1977 Club Atletismo SAR	8	40M	5 M2M 28 M
30	7	Manuel Prieto De La Iglesia GA769157	1:18:39	1:18:38	36:32	23:25 0:50:51	31:46 0:59:26	0:44:35 1:12:34	3:44	1973 Fisioterapia San Lázaro	9	40M	29 M
31	121	Marco Paulo Rodrigues Pinto GA766143	1:18:40	1:18:39	37:21	24:12 0:51:29	32:35 0:59:54	0:45:19 1:12:45	3:44	1981 ADAS Proinor	6	35M	30 M
32	101	Carlos Juanatey Garcia AG768789	1:18:54	1:18:50	37:34	24:20 0:51:37	32:49 0:59:56	0:45:34 1:12:46	3:44	1980 Atletismo Fontes do Sar	7	35M	31 M
33	115	Santiago Piñeiro Graña GA769042	1:19:03	1:19:00	36:45	23:48 0:50:58	32:09 0:59:33	0:44:48 1:12:46	3:45	1978 Atmo. Samertolameu	10	40M	32 M
34	152	Angel Rodriguez Lopez GA768913	1:19:46	1:19:46	37:21	24:11 0:51:29	32:37 0:59:59	0:45:20 1:13:19	3:47	1964 Atletismo Milladoiro	1	50M	1 M3M 33 M
35	249	José Luis González Nuñez	1:20:05	1:20:05	37:04	23:41 0:51:42	32:17 1:00:30	0:45:27 1:13:56	3:48	1981			5 M1M 34 M
36	155	Alberto Rodriguez Perez AG2014734	1:20:11	1:20:06	37:41	24:21 0:52:09	32:54 1:00:49	0:45:51 1:14:03	3:48	1973 Club Atletismo SAR	11	40M	6 M2M 35 M
37	87	Oscar Alcalde Resua AG2020661	1:20:16	1:20:13	37:11	23:48 0:51:37	32:22 1:00:22	0:45:22 1:13:54	3:48	1989 3RUN by PedroNimo	8	SrM	36 M
38	117	Angel Rabade Ledo GA769279	1:20:33	1:20:33	37:10	23:52 0:51:45	32:26 1:00:34	0:45:24 1:14:20	3:49	1980 Lucus Caixa Rural Galega	8	35M	37 M
39	269	José López Fernández	1:20:42	1:20:30	38:12	24:50 0:52:48	33:20 1:01:22	0:46:30 1:14:32	3:50	1968 Run carballiño			2 M3M 38 M
40	92	Borja Castro Hermida GA769216	1:20:55	1:20:51	39:33	25:42 0:53:34	34:48 1:01:56	0:47:36 1:14:38	3:50	1998 CA Santiago	2	S23M	39 M

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Posto	Nome e Apelidos	Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
Dorsal Licenza					Paso 2	Inter. 3	Inter. 4	km				
41	23 Jesus Conde Lago AG2023572	1:20:59	1:20:59	38:06	24:26 0:52:46	33:09 1:01:29	0:46:28 1:14:49	3:50	1992 CAR Marisqueiro	9 SrM		40 M
42	156 Carlos Busto Lobato AG766069	1:21:04	1:21:00	37:45	24:21 0:52:28	32:57 1:01:19	0:46:06 1:14:41	3:51	1967 Club Atletismo SAR	2 50M	3 M3M	41 M
43	22 Daniel Garcia Padin AG2018943	1:21:07	1:21:07	38:23	24:42 0:53:08	33:26 1:01:39	0:46:47 1:14:49	3:51	1986 At Ria de Arousa	10 SrM		42 M
44	159 Santiago Falcon Perez AG2018451	1:21:31	1:21:28	38:02	24:24 0:52:48	33:04 1:01:30	0:46:29 1:15:07	3:52	1966 At Ria de Arousa	3 50M	4 M3M	43 M
45	41 Raul Corrales Marcos AG2022854	1:21:31	1:21:28	38:33	24:46 0:53:25	33:30 1:02:02	0:47:02 1:15:29	3:52	1981 Atmo. Samertolameu	9 35M		44 M
46	17 Jose Adolfo Vilares Maceiras GA765640	1:21:39	1:21:38	37:47	24:22 0:52:28	32:59 1:01:19	0:46:06 1:15:07	3:52	1970 Marineda Atletico	4 45M		45 M
47	16 Miguel Regueira Veiga AG2024188	1:21:49	1:21:45	37:44	24:04 0:52:28	32:44 1:01:20	0:46:07 1:15:03	3:53	1981 Running Oleiros	10 35M		46 M
48	27 Luis Cancela Gonzalez AG2017431	1:21:59	1:21:59	37:46	24:22 0:52:31	32:58 1:01:25	0:46:07 1:15:24	3:53	1972 RUNGALICIA.COM	5 45M		47 M
49	20 Jose Antonio Santiago Bosch AG2014620	1:22:00	1:21:56	38:55	25:10 0:53:45	33:56 1:02:26	0:47:25 1:15:57	3:53	1976 CLUB DEPORTIVO PINARIUM	12 40M		48 M
50	186 Francisco Javier Maseda Carballo	1:22:02	1:22:02	38:33	24:55 0:53:28	33:39 1:02:20	0:46:59 1:15:45	3:53	1976 No sport Limit		7 M2M	49 M
51	161 Roberto Vale Garcia GA765883	1:22:04	1:22:01	37:57	24:21 0:52:51	33:00 1:01:49	0:46:25 1:15:44	3:53	1971 Fluvial	6 45M	5 M3M	50 M
52	268 María Jesús Gestido Rodriguez	1:22:12	1:22:10	38:32	24:46 0:53:25	33:30 1:02:12	0:47:02 1:15:58	3:54	1977		1 M2F	2 F
53	170 Agapito Baamonde Arufe AG2023811	1:22:29	1:22:24	37:47	24:21 0:52:28	32:58 1:01:30	0:46:06 1:16:02	3:55	1976 Club Atletismo SAR	13 40M	8 M2M	51 M
54	18 Miguel Iglesias Amores AG2016188	1:22:33	1:22:27	37:48	24:20 0:52:34	32:56 1:01:22	0:46:09 1:15:25	3:55	1991 CLUB DEPORTIVO PINARIUM	11 SrM		52 M
55	32 Xulio Cruz Couso GA769047	1:22:42	1:22:38	38:33	24:45 0:53:38	33:31 1:02:36	0:47:09 1:16:29	3:55	1965 Atmo. Samertolameu	4 50M		53 M
56	14 Emilio Martinez Antia GA20450	1:22:56	1:22:53	38:24	24:28 0:53:39	33:19 1:02:39	0:47:03 1:16:22	3:56	1962 Egozarros Viveiro	1 55M		54 M
57	19 Jose Ramon Lago Quinteiro AG768907	1:22:58	1:22:51	40:20	26:48 0:54:52	35:28 1:03:33	0:48:35 1:16:49	3:56	1975 Atletismo Fontes do Sar	14 40M		55 M
58	223 Xaquín Bugallo Del Puerto	1:22:59	1:22:54	38:33	24:46 0:53:28	33:33 1:02:24	0:47:02 1:16:19	3:56	1979 RUNNING OLEIROS		6 M1M	56 M
59	198 Luis Mendez Torres	1:23:00	1:22:57	38:07	24:19 0:53:13	33:07 1:02:20	0:46:40 1:16:26	3:56	1971		6 M3M	57 M
60	31 Marcos Otero Rodriguez GA768967	1:23:01	1:22:57	38:48	24:54 0:53:53	33:44 1:02:57	0:47:21 1:16:37	3:56	1982 Club Atletismo Estrada	11 35M		58 M
61	259 Carlos Luengo Peña	1:23:13	1:22:58	38:54	25:11 0:53:43	34:00 1:02:40	0:47:20 1:16:39	3:57	1979		7 M1M	59 M
62	45 Santiago Calvo Viturro AG2022549	1:23:13	1:23:09	39:14	25:19 0:54:15	34:12 1:03:18	0:47:40 1:16:59	3:57	1995 SOCIEDADE DEPORTIVA BARBANTA RODA	12 SrM		60 M

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Posto	Nome e Apelidos		Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat	Cat	S
	Dorsal	Licenza				Paso 2	Inter. 3	Inter. 4	km		Cto	Pop	
63	21	Manuel Suarez Martinez AG2022497	1:23:23	1:23:23	38:34	24:45 0:53:36	33:31 1:02:38	0:47:09 1:16:48	3:57	1958 Veteranos Samil	1 60M		61 M
64	180	Sofia Freaza Otero GA764239	1:23:35	1:23:35	38:33	24:45 0:53:29	33:30 1:02:35	0:47:02 1:16:50	3:58	1982 Comesaña Sporting Club	1 35F	1 M1F	3 F
65	274	Hector Vidal Martinez	1:24:02	1:23:56	38:59	25:04 0:53:58	34:01 1:03:06	0:47:33 1:17:21	3:59	1984 Los Chavales		6 SrM	62 M
66	189	Francisco Javier Mosteiro Rodriguez	1:24:26	1:24:20	38:29	24:27 0:53:54	33:23 1:03:03	0:47:21 1:17:36	4:00	1970 ATENAS RUNNING VDA		7 M3M	63 M
67	38	Miguel Angel Gómez Senín AG2021095	1:24:40	1:24:35	40:31	26:17 0:55:43	35:25 1:04:48	0:49:05 1:18:24	4:01	1976 Running Oleiros	15 40M		64 M
68	162	Luis Fernandez Espada AG2024874	1:24:46	1:24:40	39:31	25:19 0:54:57	34:23 1:04:14	0:48:19 1:18:14	4:01	1973 Club Atletismo Sada	DQ10	8 M3M	65 M
69	37	Roberto Collazo Suarez AG2014090	1:24:50	1:24:43	39:31	25:23 0:55:16	34:20 1:04:41	0:48:26 1:18:30	4:01	1979 Egozarros Viveiro	12 35M		66 M
70	35	Manuel Alejandro Parada Rodriguez AG2014057	1:24:59	1:24:51	40:07	25:51 0:55:31	34:58 1:04:38	0:48:51 1:18:33	4:02	1972 Atmo. Samertolameu	7 45M		67 M
71	154	Baltasar Figueiras Martinez AG769568	1:25:03	1:24:57	39:44	25:32 0:55:08	34:39 1:04:27	0:48:27 1:18:31	4:02	1977 Club Atletismo SAR	16 40M	9 M2M	68 M
72	252	Salvador Boo Fariña	1:25:16	1:25:06	39:59	25:42 0:55:25	34:48 1:04:36	0:48:44 1:18:35	4:02	1969		9 M3M	69 M
73	112	Santiago Perez Gil GA769251	1:25:23	1:25:18	39:43	25:33 0:55:08	34:39 1:04:26	0:48:29 1:18:45	4:03	1959 Fisioterapia San Lázaro	2 55M		70 M
74	85	Jaime Álvarez De La Torre AG2025146	1:25:25	1:25:21	39:00	24:52 0:54:43	33:52 1:04:09	0:47:54 1:18:42	4:03	1981 HERCULES ATLETISMO	13 35M		71 M
75	160	Jose Benito Gomez Lopez GA765008	1:25:44	1:25:37	40:10	25:54 0:55:31	35:02 1:04:47	0:48:49 1:19:00	4:04	1959 Atletas Veteranos Ourense	3 55M	1 M4M	72 M
76	250	Juan Rodriguez Pinal	1:25:46	1:25:34	40:09	25:56 0:55:22	35:02 1:04:45	0:48:45 1:19:02	4:04	1974 runcarballiño		10 M2M	73 M
77	30	Bernardo Garcia De Paz GA764657	1:25:46	1:25:40	40:35	26:19 0:56:02	35:25 1:05:13	0:49:20 1:19:21	4:04	1966 Runaways RC Gentelmens	5 50M		74 M
78	100	Juan Luis Garcia Meniño AG2025453	1:26:06	1:26:03	41:10	26:49 0:56:15	36:06 1:05:29	0:49:46 1:19:36	4:05	1998 CLUB ATLETISMO CAMBADOS-SEGUROS NOVAL	3 S23M		75 M
79	179	Maria Soledad Castro Soliño GA9172	1:26:15	1:26:12	40:35	26:19 0:56:02	35:26 1:05:16	0:49:23 1:19:36	4:05	1965 Comesaña Sporting Club	1 50F	1 M3F	4 F
80	111	Iago Pereira Seijo AG2023753	1:26:19	1:26:16	41:17	27:04 0:56:43	36:09 1:05:49	0:50:04 1:19:53	4:05	2000 CA Santiago	1 S20M		76 M
81	176	Miguel Santomil Lapido AG2023940	1:26:31	1:26:24	40:30	26:17 0:55:44	35:18 1:04:53	0:49:06 1:19:32	4:06	1978 Club Atletismo SAR	17 40M	11 M2M	77 M
82	202	David Rilo Rodriguez	1:26:42	1:26:38	39:37	25:12 0:55:34	34:23 1:05:01	0:48:31 1:19:40	4:07	1981 Nospportlimit		8 M1M	78 M
83	42	Luis Mariano Saborido Fernandez AG2021375	1:26:55	1:26:51	40:43	26:17 0:56:29	35:29 1:05:51	0:49:42 1:20:25	4:07	1971 SOCIEDADE DEPORTIVA BARBANTA RODA	8 45M		79 M
84	260	David Sanisidro Rego	1:26:58	1:26:51	39:45	25:32 0:55:08	34:42 1:04:27	0:48:26 1:19:38	4:07	1982 Natación riveira		9 M1M	80 M

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Posto	Nome e Apelidos	Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
Dorsal Licenza					Paso 2	Inter. 3	Inter. 4	km				
85	89 Antonio Andion Rivadulla AG2023406	1:27:19	1:27:15	40:44	26:16 0:56:29	35:29 1:05:50	0:49:41 1:20:28	4:08	1980 Club Atletismo Estrada	14 35M		81 M
86	266 Jose Francisco Vilasoa Silva	1:27:23	1:27:18	40:49	26:00 0:56:43	35:31 1:06:13	0:49:48 1:20:41	4:09	1979 OS AFORCADOS MTB		10 M1M	82 M
87	158 Ruben Vila Sieira AG7426	1:27:30	1:27:25	39:30	25:19 0:55:16	34:17 1:04:42	0:48:26 1:20:26	4:09	1975 Egovarros Viveiro	18 40M	12 M2M	83 M
88	104 Rodrigo Maneiro Sanchez AG2025015	1:27:48	1:27:44	40:36	26:19 0:56:21	35:26 1:05:50	0:49:25 1:20:53	4:10	1979 3RUN by PedroNimo	15 35M		84 M
89	93 Benjamin Costa Fernandez AG2021154	1:27:48	1:27:42	41:17	26:44 0:56:59	36:04 1:06:36	0:50:11 1:21:10	4:10	1983 Club Atletismo SAR	DQ10		85 M
90	109 Francisco Pazos Campos GA769014	1:27:51	1:27:51	39:09	24:47 0:55:18	33:54 1:05:12	0:48:20 1:20:59	4:10	1967 Atletismo +9 Moraña	6 50M		86 M
91	44 German Delfin Perez Vidal AG9531	1:27:59	1:27:54	41:25	26:43 0:57:24	36:07 1:06:46	0:50:29 1:21:11	4:10	1968 Atletismo Noia	9 45M		87 M
92	241 Francisco Ramón Blanco Pan	1:27:59	1:27:56	41:26	26:57 0:57:25	36:14 1:06:50	0:50:32 1:21:12	4:10	1974 CLUBE DE ATLETISMO OUTES		13 M2M	88 M
93	102 Alberto Juncal Iglesias AG8187	1:28:12	1:28:12	40:32	25:52 0:56:43	35:16 1:06:33	0:49:41 1:21:26	4:11	1975 Atmo. Samertolameu	19 40M		89 M
94	48 Manuel A Carracedo Carbajal AG2017624	1:28:18	1:28:13	41:04	26:18 0:57:08	35:42 1:06:49	0:50:10 1:21:33	4:11	1973 Club Atletismo Estrada	10 45M		90 M
95	163 Juan Ramon Fernández Garrido AG8009	1:28:24	1:28:17	41:26	26:58 0:57:24	36:15 1:06:52	0:50:28 1:21:33	4:11	1957 Atletismo Milladoiro	2 60M	2 M4M	91 M
96	166 Jose Manuel Saborido Martinez AG2021155	1:28:27	1:28:21	41:17	26:43 0:56:59	36:03 1:06:35	0:50:11 1:21:21	4:12	1968 Club Atletismo SAR	7 50M	10 M3M	92 M
97	184 Oscar Vila Pérez	1:28:40	1:28:35	41:27	26:44 0:57:25	36:08 1:07:06	0:50:29 1:21:57	4:12	1973		14 M2M	93 M
98	36 Alvaro Seara Perez AG2018320	1:28:44	1:28:36	41:54	27:15 0:57:40	36:37 1:07:02	0:50:54 1:21:44	4:12	1981 Atletismo Fontes do Sar	16 35M		94 M
99	128 José Antonio Vázquez Fernández AG768899	1:28:46	1:28:43	41:12	26:27 0:56:56	35:51 1:06:28	0:50:15 1:21:32	4:12	1984 S.A. DO TREGA	13 SrM		95 M
100	284 Pablo Otero Fariña	1:29:07	1:29:01	42:13	27:19 0:58:14	36:49 1:07:52	0:51:16 1:22:29	4:13	1998 CA CAMBADOS SEGUROSNOVAL		1 S23M	96 M
101	47 Javier Dosil Rivas AG768760	1:29:11	1:29:04	41:54	27:12 0:57:42	36:34 1:07:12	0:50:55 1:22:08	4:14	1979 Atletismo Fontes do Sar	17 35M		97 M
102	94 Jose Manuel Cruz Santos AG2014554	1:29:27	1:29:11	41:59	27:05 0:58:04	36:35 1:07:36	0:51:06 1:22:27	4:14	1976 Esprintes Ourense	20 40M		98 M
103	255 Joaquin Dibuja Barreiros	1:29:27	1:29:11	41:59	27:05 0:58:05	36:36 1:07:41	0:51:06 1:22:33	4:14	1974 ESPRINTES OURENSE		15 M2M	99 M
104	208 Jose Maria Fernandez Lopez	1:29:31	1:29:26	42:48	27:43 0:58:50	37:25 1:08:39	0:51:54 1:22:54	4:15	1969 RUNNING OLEIROS		11 M3M	100 M
105	195 Luis Vazquez Reiriz	1:29:49	1:29:44	40:47	25:47 0:57:15	35:28 1:07:26	0:50:05 1:22:35	4:15	1982 NATURAL SPORT		11 M1M	101 M
106	181 Patricia Feijoo Regueiro GA15985	1:30:00	1:29:56	41:31	26:42 0:57:42	36:13 1:07:28	0:50:44 1:22:54	4:16	1976 Comesaña Sporting Club	1 40F	2 M2F	5 F

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos		Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
	Dorsal	Licenza				Paso 2	Inter. 3	Inter. 4	km				
107	280	Juan Doval González	1:30:23	1:30:15	40:50	26:07 0:57:09	35:26 1:07:05	0:50:06 1:22:46	4:17	1985		7 SrM	102 M
108	275	Berta Pan Veiras AG2017003	1:30:26	1:30:23	42:41	27:30 0:59:01	37:11 1:08:45	0:51:59 1:23:35	4:17	1993 CLUB ATLETISMO CORUÑA COMARCA		2 SrF	6 F
109	243	David Novo Martinez	1:30:39	1:30:32	43:26	28:05 0:59:52	37:58 1:09:36	0:52:44 1:24:09	4:18	1977		16 M2M	103 M
110	164	Francisco Sanmarco Santos GA768550	1:30:39	1:30:31	42:22	27:17 0:58:39	36:54 1:08:27	0:51:33 1:23:48	4:18	1964 Club Atletismo SAR	8 50M	12 M3M	104 M
111	165	Francisco Oliveira Martinez AG2015896	1:30:42	1:30:33	42:16	27:08 0:58:38	36:44 1:08:26	0:51:35 1:23:34	4:18	1969 Club Atletismo SAR	11 45M	13 M3M	105 M
112	211	José Manuel Cadorniga Suarez	1:31:02	1:30:51	43:27	28:04 0:59:52	38:02 1:09:35	0:52:49 1:24:15	4:19	1970		14 M3M	106 M
113	108	Jorge Parcerero Rodriguez AG2024819	1:31:15	1:31:05	43:23	27:57 0:59:52	37:45 1:09:36	0:52:41 1:24:12	4:20	1977 Atmo. Samertolameu	21 40M		107 M
114	277	Daniel Tenreiro Souto	1:31:16	1:31:09	41:30	26:28 0:57:51	36:00 1:08:15	0:50:43 1:24:05	4:20	1990		8 SrM	108 M
115	228	Angel García Martínez	1:31:18	1:31:08	43:26	28:04 0:59:51	38:00 1:09:35	0:52:48 1:24:11	4:20	1969 Natural		15 M3M	109 M
116	206	Miguel Gonzalez Miras	1:31:18	1:31:08	43:27	28:04 0:59:52	38:00 1:09:36	0:52:48 1:24:14	4:20	1974		17 M2M	110 M
117	193	Carlos Cacharrón Armental	1:32:03	1:31:55	42:26	26:55 0:59:11	36:48 1:09:25	0:51:56 1:24:46	4:22	1982		12 M1M	111 M
118	219	Julio Maneiro Sampedro	1:32:10	1:32:00	43:27	28:04 0:59:54	38:00 1:09:42	0:52:50 1:24:58	4:22	1970		16 M3M	112 M
119	267	Ana Belen Gonzalez Margaride	1:32:13	1:32:13	42:06	27:02 0:58:45	36:39 1:08:54	0:51:34 1:24:52	4:22	1974 ALBIONS DA PONTENOVA		3 M2F	7 F
120	278	Marcos Campelo	1:32:41	1:32:31	43:55	28:43 1:00:27	38:29 1:10:23	0:53:16 1:25:30	4:24	1988		9 SrM	113 M
121	199	Juan Mayo Balderrabano	1:32:55	1:32:48	42:43	27:20 0:59:27	37:11 1:09:38	0:52:12 1:25:33	4:24	1977 PATUKOS TIM RANIN		18 M2M	114 M
122	172	Nemesio Gutierrez González AG2025144	1:32:57	1:32:54	41:58	26:32 0:59:15	36:20 1:09:32	0:51:44 1:25:34	4:24	1956 Atletismo Friol	3 60M	3 M4M	115 M
123	123	Jose Manuel Romero Olveira AG2017505	1:33:01	1:32:56	42:42	27:30 0:59:25	37:12 1:09:33	0:52:09 1:25:34	4:25	1962 Veteranos Samil	4 55M		116 M
124	34	Jose Matias Regueira Boo GA19236	1:33:13	1:33:08	42:42	27:22 0:59:34	37:05 1:09:46	0:52:12 1:25:41	4:25	1951 Atletica Barbanza	1 65M		117 M
125	58	Teodoro Martínez Alonso AG2023819	1:33:19	1:33:08	43:38	28:17 1:00:29	38:04 1:10:35	0:53:13 1:26:07	4:25	1966 AD Limiactiva	DQ10		118 M
126	273	Ruben Nuñez Mosteiro	1:33:43	1:33:37	42:40	27:30 0:59:24	37:10 1:09:36	0:51:59 1:25:45	4:27	1983 C.A.C.Seguros Noval		10 SrM	119 M
127	217	Xosé Manuel Pardo López	1:34:10	1:34:02	43:22	27:57 1:00:14	37:46 1:10:27	0:52:53 1:26:28	4:28	1968 C.A. OUTES. JOHN-TURKEY		17 M3M	120 M
128	39	Francisco Javier Gonzalez Casal AG2018397	1:34:27	1:34:24	43:53	28:09 1:00:56	38:10 1:11:09	0:53:34 1:27:01	4:29	1971 3RUN by PedroNimo	12 45M		121 M

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos	Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
Dorsal Licenza					Paso 2	Inter. 3	Inter. 4	km				
129	33 Segundo Dominguez Alsina AG2022599	1:34:27	1:34:24	43:46	28:09 1:00:55	38:07 1:11:06	0:53:34 1:27:00	4:29	1967 3RUN by PedroNimo	9 50M		122 M
130	54 Luis Manuel Graña Gonzalez AG2017710	1:34:39	1:34:35	44:27	28:30 1:01:30	38:46 1:11:38	0:54:10 1:27:16	4:29	1975 CLUB ATLETISMO LOURENZA	22 40M		123 M
131	265 Aitor Ibáñez Pereiro	1:34:41	1:34:30	43:53	28:06 1:00:56	38:07 1:11:10	0:53:33 1:27:17	4:29	1976 Tribu Trail		19 M2M	124 M
132	218 Luis Parada Garcia	1:35:12	1:35:00	44:45	28:59 1:01:36	39:07 1:11:50	0:54:21 1:27:39	4:31	1973		20 M2M	125 M
133	143 Sofia Sueiro Iglesias AG2021149	1:35:39	1:35:33	44:37	28:40 1:01:50	38:51 1:12:06	0:54:28 1:28:00	4:32	1980 Club Atletismo SAR	2 35F		8 F
134	49 Juan Camean Lampon AG768202	1:35:39	1:35:35	44:35	28:54 1:01:49	38:53 1:12:07	0:54:24 1:28:07	4:32	1954 Veteranos Samil	4 60M		126 M
135	185 Manuel Otero Aira	1:35:40	1:35:28	44:27	28:34 1:01:43	38:37 1:12:04	0:54:17 1:28:07	4:32	1969		18 M3M	127 M
136	86 Jose Ramon Abel Suarez AG11137	1:35:47	1:35:38	45:32	29:53 1:02:46	39:49 1:12:51	0:55:17 1:28:38	4:32	1962 NOITEBRA	5 55M		128 M
137	232 Juan Antonio Argibay Perez	1:35:48	1:35:40	45:24	29:23 1:02:48	39:35 1:13:14	0:55:21 1:28:44	4:32	1962 CLUB NATACION RIVEIRA		4 M4M	129 M
138	51 Domingo Alvarez Iglesias GA768958	1:35:50	1:35:46	43:45	27:44 1:01:27	37:54 1:12:02	0:53:49 1:28:28	4:33	1951 Egozarros Viveiro	2 65M		130 M
139	191 Jesús Cadabal Martínez	1:35:55	1:35:46	45:22	29:24 1:02:47	39:34 1:13:08	0:55:18 1:28:49	4:33	1972		19 M3M	131 M
140	201 Angel Perez Susavila	1:35:58	1:35:50	45:25	29:23 1:02:48	39:31 1:13:14	0:55:21 1:28:48	4:33	1967		20 M3M	132 M
141	168 Gonzalo Alberto Vazquez Ferreiro AG763672	1:36:00	1:35:52	45:21	29:21 1:02:44	39:35 1:13:05	0:55:16 1:28:49	4:33	1953 Atletas Veteranos Ourense	5 60M	5 M4M	133 M
142	40 Ismael Antepazo Gil AG766509	1:36:27	1:36:17	44:46	29:11 1:01:49	39:11 1:12:14	0:54:23 1:28:42	4:34	1969 Atmo. Samertolameu	13 45M		134 M
143	205 Benito Piñeiro Abeijon	1:36:38	1:36:20	46:28	30:29 1:03:29	40:39 1:13:33	0:56:10 1:29:20	4:35	1974		21 M2M	135 M
144	106 Daniel Negreira Barcia AG763935	1:36:43	1:36:31	46:48	30:54 1:03:45	40:55 1:13:48	0:56:20 1:29:21	4:35	1982 Atletismo Fontes do Sar	18 35M		136 M
145	72 Manuel Rafael Perez Gonzalez AG764299	1:36:43	1:36:28	45:12	29:19 1:02:47	39:29 1:13:16	0:55:16 1:29:11	4:35	1972 Esprintes Ourense	14 45M		137 M
146	262 Vicente Sanmartin Vigo AG2022359	1:36:43	1:36:36	45:02	28:53 1:02:32	39:11 1:13:09	0:54:55 1:29:13	4:35	1975 CLUBE DE ATLETISMO VERXEL NUTRICION DEPORTIVA		22 M2M	138 M
147	240 Pablo Sendín Raña	1:36:44	1:36:28	48:00	31:22 1:05:08	42:05 1:15:11	0:57:47 1:30:12	4:35	1978		23 M2M	139 M
148	281 Carlos Otero Salido	1:36:51	1:36:46	44:37	28:30 1:02:01	38:48 1:12:34	0:54:29 1:29:01	4:35	1986		11 SrM	140 M
149	182 Elena Miguens Otero AG766075	1:36:57	1:36:52	44:52	28:40 1:02:30	38:59 1:13:07	0:54:50 1:29:22	4:36	1972 Club Atletismo SAR	1 45F	2 M3F	9 F
150	62 Jose Benito Abellas Otero AG764797	1:37:01	1:36:49	45:11	29:09 1:02:49	39:25 1:13:18	0:55:16 1:29:24	4:36	1965 Esprintes Ourense	10 50M		141 M

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos		Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S	
	Dorsal Licenza	Paso 2				Inter. 3	Inter. 4	km						
151	251	Manuel Lorenzo Queiruga	1:37:11	1:37:05	43:21	27:18 1:00:49	37:28 1:11:43	0:53:14 1:29:04	4:36	1968 Arela		21 M3M	142 M	
152	50	Jose Maria Levoso Touceda GA766097	1:37:20	1:37:08	45:18	29:05 1:02:56	39:26 1:13:32	0:55:21 1:29:51	4:37	1968 Esprintes Ourense	11	50M	143 M	
153	256	Iñaki Pérez López	1:37:41	1:37:29	47:00	30:38 1:04:19	41:04 1:14:42	0:56:51 1:30:21	4:38	1969		22 M3M	144 M	
154	130	Silvia Mariño Rey AG2019582	1:37:49	1:37:43	45:49	29:21 1:03:39	39:51 1:14:11	0:56:06 1:30:31	4:38	1976 Club Atletismo SAR	2	40F	10 F	
155	118	Jose Luis Rio Silva AG2021591	1:37:50	1:37:44	44:26	28:29 1:02:03	38:37 1:12:38	0:54:33 1:29:40	4:38	1966 Running Oleiros	12	50M	145 M	
156	244	Shaila M. Muñiz Perez	1:38:07	1:37:58	46:12	29:58 1:03:44	40:20 1:14:12	0:56:07 1:30:36	4:39	1980 CHOTACABRAS 21K		2 M1F	11 F	
157	59	Carlos Capa Castiñeiras AG2025558	1:38:15	1:38:15	44:58	28:26 1:02:55	39:00 1:13:58	0:55:02 1:30:33	4:39	1970 CLUB DEPORTIVO PINARIUM	15	45M	146 M	
158	230	Javier Ayaso Maneiro	1:38:35	1:38:21	47:40	30:59 1:05:23	41:43 1:15:52	0:57:41 1:31:28	4:40	1980		13 M1M	147 M	
159	229	Jose Manuel Seoane Pombo AG2022509	1:38:35	1:38:22	47:40	30:59 1:05:23	41:44 1:15:51	0:57:40 1:31:27	4:40	1973 3&RUN BY PEDRO NIMO CLUB DE CORREDORES		24 M2M	148 M	
160	220	Fernando Antelo Ferro	1:38:40	1:38:30	46:13	29:58 1:03:44	40:20 1:14:17	0:56:12 1:30:51	4:41	1970 CHOTACABRAS 21K		23 M3M	149 M	
161	167	Jose Ramon Ferraces Vazquez AG2022428	1:39:14	1:39:14	44:45	28:14 1:03:04	38:46 1:13:49	0:55:18 1:31:03	4:42	1959 CLUBE ATLETISMO BOIMORTO	6	55M	6 M4M	150 M
162	235	Jose Manuel Sampedro Perez	1:39:17	1:39:08	46:02	29:35 1:04:10	40:05 1:15:01	0:56:17 1:31:38	4:42	1971 Club Triatlón Ribeira		24 M3M	151 M	
163	131	Silvia Maria Diez Bermudez GA768998	1:39:23	1:39:10	46:18	29:29 1:04:13	40:13 1:15:08	0:56:28 1:31:54	4:43	1977 Egozarros Viveiro	3	40F	12 F	
164	55	Juan Menendez Arbesu GA768962	1:39:24	1:39:10	46:18	29:28 1:04:13	40:13 1:15:06	0:56:28 1:31:53	4:43	1963 Egozarros Viveiro	7	55M	152 M	
165	67	Xose Manuel Perez Rodriguez AG2023655	1:39:27	1:39:10	47:24	30:59 1:05:01	41:28 1:15:25	0:57:26 1:32:07	4:43	1959 Esprintes Ourense	8	55M	153 M	
166	79	Roberto Videla Outeiral AG2023629	1:39:41	1:39:32	48:43	31:49 1:06:19	42:42 1:16:54	0:58:47 1:32:32	4:44	1987 Miler Running Club	14	SrM	154 M	
167	77	Jose Luis Meizoso Bastida GA768961	1:39:44	1:39:29	47:15	30:58 1:04:49	41:21 1:15:35	0:57:14 1:31:54	4:44	1957 Egozarros Viveiro	6	60M	155 M	
168	231	Marcelino Maneiro Maneiro	1:40:00	1:39:54	44:10	28:05 1:02:20	38:18 1:13:45	0:54:18 1:31:23	4:44	1970		25 M3M	156 M	
169	221	Humberto Ageitos Gude	1:40:12	1:40:00	47:54	31:08 1:05:40	41:48 1:16:09	0:58:03 1:32:26	4:45	1976 Club Natación Ribeira		25 M2M	157 M	
170	197	Alejandro Pazos López	1:40:25	1:40:09	48:14	31:24 1:06:01	42:16 1:16:37	0:58:23 1:32:51	4:46	1980		14 M1M	158 M	
171	66	Daniel Calvo Rey AG2021377	1:40:27	1:40:18	46:08	29:52 1:04:23	40:14 1:15:31	0:56:21 1:32:28	4:46	1976 SOCIEDADE DEPORTIVA BARBANTA RODA	23	40M	159 M	
172	63	Jose Manuel Rios Gibello AG2020962	1:41:05	1:40:59	45:29	28:56 1:03:22	39:33 1:14:50	0:55:37 1:32:17	4:47	1961 Running Oleiros	9	55M	160 M	

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos		Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat	Cat	S
	Dorsal	Licenza				Paso 2	Inter. 3	Inter. 4	km		Cto	Pop	
173	169	Julio Cesar Constenla Fontan AG2022733	1:41:21	1:41:12	46:01	29:21 1:04:12	39:52 1:15:22	0:56:14 1:32:50	4:48	1943 ATENAS RUNNING VDA	1 70M	7 M4M	161 M
174	65	Alfonso Rodriguez Frami AG2020368	1:41:33	1:41:23	46:34	29:57 1:04:45	40:31 1:15:48	0:56:50 1:33:21	4:49	1978 NOITEBRA	19 35M		162 M
175	258	Manuel Gonzalez Gonzalez	1:41:42	1:41:25	48:20	31:47 1:06:21	42:26 1:16:58	0:58:30 1:33:30	4:49	1961 runnercarbaliño		8 M4M	163 M
176	76	Luis Miguel Garcia Fernandez AG2014088	1:42:02	1:41:55	47:57	31:08 1:06:08	41:55 1:17:04	0:58:18 1:34:10	4:50	1955 Egovarros Viveiro	7 60M		164 M
177	99	Yago Freije Mariño AG2015550	1:42:32	1:42:28	44:51	28:39 1:03:07	38:54 1:14:41	0:55:07 1:33:26	4:52	1999 Atletismo Ribadeo	2 S20M		165 M
178	61	Alfonso Arias Garcia AG9907	1:42:54	1:42:41	49:04	31:27 1:07:42	42:47 1:18:49	0:59:45 1:35:15	4:53	1979 Atletismo Fontes do Sar	20 35M		166 M
179	264	Marco Antonio Piriz Verdura	1:43:10	1:42:57	48:04	31:19 1:06:17	41:54 1:17:23	0:58:30 1:34:45	4:53	1967 trasnos		26 M3M	167 M
180	60	Juan Ramon Peña Barreiro AG11064	1:43:17	1:43:08	47:08	30:10 1:05:29	40:56 1:17:10	0:57:25 1:35:00	4:54	1968 Atletismo Noia	13 50M		168 M
181	71	Ruben Diaz Valcarcel AG2018319	1:43:27	1:43:16	48:26	31:22 1:06:42	42:22 1:17:54	0:58:47 1:35:06	4:54	1974 Atletismo Fontes do Sar	24 40M		169 M
182	127	Fernando Tobío Gómez AG2025414	1:43:29	1:43:21	45:21	29:00 1:03:56	39:21 1:16:02	0:55:35 1:34:59	4:54	1977 Atletismo Fontes do Sar	25 40M		170 M
183	80	David Francisco Figueira Hermo AG2018353	1:43:54	1:43:35	49:01	31:39 1:07:45	42:45 1:18:59	0:59:35 1:35:57	4:55	1975 SOCIEDADE DEPORTIVA BARBANTA RODA	26 40M		171 M
184	227	Andrés Domínguez Sánchez	1:43:58	1:43:48	48:47	31:28 1:07:40	42:36 1:19:03	0:59:27 1:36:16	4:56	1967		27 M3M	172 M
185	190	Alberto Estevez Maneiro	1:44:13	1:44:06	41:59	26:55 0:58:51	36:27 1:09:57	0:51:27 1:31:17	4:56	1981		15 M1M	173 M
186	204	Juan Jose Veiga Teijeira	1:44:13	1:43:57	50:45	32:43 1:08:38	44:21 1:18:44	1:01:16 1:34:42	4:56	1968		28 M3M	174 M
187	69	Diego Garcia Lorenzo AG11132	1:44:21	1:44:12	48:13	31:06 1:06:52	41:57 1:18:19	0:58:39 1:36:14	4:57	1982 Atletismo Fontes do Sar	21 35M		175 M
188	210	Francisco Millet Ayaso	1:44:43	1:44:35	47:01	29:46 1:06:01	40:44 1:17:36	0:57:45 1:35:58	4:58	1960 independente		9 M4M	176 M
189	90	Camilo Baranda Valeiras AG2023651	1:44:44	1:44:27	49:37	32:14 1:08:32	43:21 1:19:34	1:00:23 1:36:32	4:58	1969 Esprintes Ourense	16 45M		177 M
190	248	Manuel Rodriguez Palmeiro	1:45:39	1:45:26	49:21	31:39 1:08:32	42:55 1:20:07	1:00:13 1:37:41	5:00	1969		29 M3M	178 M
191	122	Felipe Rodriguez Fernandez AG2023657	1:45:49	1:45:34	49:39	32:14 1:08:32	43:20 1:20:09	1:00:24 1:37:34	5:01	1973 Esprintes Ourense	27 40M		179 M
192	175	Sergio Ramos Vigo AG2017503	1:46:33	1:46:27	49:15	31:52 1:08:43	42:57 1:20:14	1:00:23 1:38:16	5:03	1948 Veteranos Samil	3 65M	10 M4M	180 M
193	226	Gustavo Eduardo Benatti	1:46:43	1:46:33	49:02	31:49 1:07:39	42:47 1:19:07	0:59:30 1:37:50	5:04	1982		16 M1M	181 M
194	207	Pablo Bao Castro	1:46:52	1:46:37	49:15	31:54 1:08:10	43:03 1:19:51	0:59:56 1:38:03	5:04	1980		17 M1M	182 M

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos		Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
	Dorsal	Licenza				Paso 2	Inter. 3	Inter. 4	km				
195	68	Jose Ramon Conde Torres GA769000	1:47:26	1:47:11	50:47	32:44 1:09:50	44:20 1:21:11	1:01:39 1:39:06	5:06	1956 CAR Marisqueiro	8 60M		183 M
196	183	Dolores Tarela Miramontes AG2020361	1:47:35	1:47:35	48:23	30:42 1:07:52	41:49 1:19:52	0:59:28 1:38:32	5:06	1967 Atletismo Noia	2 50F	3 M3F	13 F
197	132	Maria Elisa Paz Souto AG2024832	1:47:58	1:47:58	49:22	31:22 1:09:14	42:47 1:20:59	1:00:38 1:39:18	5:07	1959 Egozarros Viveiro	1 55F		14 F
198	233	Manuel Martís Miranda	1:48:24	1:48:09	51:32	33:34 1:10:59	45:04 1:22:43	1:02:32 1:40:17	5:08	1977		26 M2M	184 M
199	234	Adán Paz Silva	1:48:26	1:48:11	51:31	33:34 1:10:59	45:04 1:22:42	1:02:31 1:40:17	5:08	1970		30 M3M	185 M
200	213	Manolo Torres	1:48:29	1:48:15	51:10	33:25 1:10:55	44:44 1:22:42	1:02:17 1:40:18	5:09	1972		31 M3M	186 M
201	192	Jose Pena Franco	1:48:32	1:48:18	48:43	31:00 1:08:30	42:15 1:20:45	0:59:39 1:39:57	5:09	1953 A guia carreira		11 M4M	187 M
202	119	Alejandro Rios Oya AG766518	1:48:36	1:48:26	48:10	30:36 1:07:49	41:43 1:19:52	0:59:19 1:39:05	5:09	1985 Atmo. Samertolameu	15 SrM		188 M
203	276	Pili Franco Resúa	1:48:54	1:48:47	50:13	31:58 1:10:01	43:33 1:21:57	1:01:26 1:40:22	5:10	1985 CCCP DE RIVEIRA		3 SrF	15 F
204	216	José Manuel López Duarte	1:49:43	1:49:29	48:43	31:18 1:08:45	42:21 1:21:04	0:59:59 1:40:39	5:12	1977		27 M2M	189 M
205	253	Jose Manuel Garcia Lampon	1:49:56	1:49:38	51:18	33:25 1:10:54	44:49 1:22:47	1:02:14 1:41:03	5:13	1981		18 M1M	190 M
206	285	Xosé Méndez Pájaro	1:50:18	1:50:06	49:30	31:46 1:09:01	43:03 1:20:57	1:00:23 1:40:25	5:14	1999		1 S20M	191 M
207	134	Manuela Guisasola Escudero GA768959	1:50:22	1:50:14	50:46	32:43 1:10:24	44:13 1:22:28	1:01:56 1:41:21	5:14	1960 Egozarros Viveiro	2 55F		16 F
208	271	Tobías Betanzos Rego	1:51:05	1:50:47	52:22	34:03 1:12:16	45:44 1:24:05	1:03:35 1:42:22	5:16	1960		12 M4M	192 M
209	75	Jesus Perez Balirac AG2020370	1:51:20	1:51:05	50:59	32:45 1:11:17	44:22 1:23:26	1:02:24 1:42:37	5:17	1967 NOITEBRA	14 50M		193 M
210	239	Lucia Mariño Paz	1:51:40	1:51:27	52:23	34:03 1:12:11	45:50 1:24:13	1:03:38 1:42:41	5:18	1982		3 M1F	17 F
211	279	Javier Ferreiro Zas	1:51:40	1:51:23	52:24	34:04 1:12:12	45:51 1:24:13	1:03:39 1:42:42	5:18	1984 Nospportlimit		12 SrM	194 M
212	125	Antonio Santos Mallo AG2024888	1:52:31	1:52:17	49:59	31:54 1:09:53	43:25 1:22:29	1:01:07 1:43:32	5:20	1965 Atletica a Silva	15 50M		195 M
213	140 Mª	Begoña Cajade Blanco AG2020396	1:52:39	1:52:28	51:49	33:22 1:12:22	45:11 1:24:36	1:03:23 1:43:47	5:20	1978 CAI A Estrada	4 40F		18 F
214	110	Celerino Pedreira Coroas AG2022916	1:52:40	1:52:29	52:43	34:42 1:12:02	46:08 1:24:28	1:03:59 1:43:46	5:20	1950 Olympo As Pontes	4 65M		196 M
215	224	Ricardo Llovo Otero	1:53:26	1:53:13	51:47	33:09 1:12:26	44:56 1:24:58	1:03:30 1:44:17	5:23	1965 MONTEPENARUBIA		32 M3M	197 M
216	225	Xurxo Manuel Conde Sieira	1:53:48	1:53:33	55:09	35:35 1:14:48	48:11 1:26:41	1:06:15 1:45:13	5:24	1973 SOCIEDADE DEPORTIVA BARBANTIA RODA		33 M3M	198 M

Carreira Absoluta (21,097 km)

CLASIFICACIÓN XERAL

Posto	Nome e Apelidos	Tempo	Neto	10 km	Paso 1	Inter. 1	Inter. 2	Rit.	Ano Club	Cat Cto	Cat Pop	S
Dorsal Licenza					Paso 2	Inter. 3	Inter. 4	km				
217	257 Jorge Dieste Del Rio	1:54:24	1:54:04	53:10	34:25 1:13:29	46:23 1:25:50	1:04:41 1:45:09	5:25	1974 S.D.BARBANTIA RODA		28 M2M	199 M
218	263 Jose M Vazquez Moar	1:55:41	1:55:36	49:03	30:33 1:10:24	42:22 1:23:40	1:00:55 1:45:06	5:29	1970 RUNNING OLEIROS		34 M3M	200 M
219	84 Jesus Flores Garcia AG2020969	1:55:41	1:55:37	49:13	31:14 1:10:10	42:35 1:24:21	1:00:48 1:45:06	5:29	1976 Club Atletismo Estrada	28	40M	201 M
220	137 Ana María Ferradas Barrera AG769567	1:56:13	1:56:10	54:04	34:50 1:14:38	47:04 1:27:13	1:05:42 1:46:57	5:31	1963 Atletismo Ribadeo	3	50F	19 F
221	139 Ana Isabel Lopez Mosteiro AG2025527	1:57:15	1:57:04	54:04	34:50 1:14:49	47:03 1:27:41	1:05:48 1:47:51	5:33	1973 CLUB DEPORTIVO PINARIUM	5	40F	20 F
222	81 Jose Luis Espinosa De Soto AG769044	1:57:30	1:57:19	53:34	34:09 1:14:54	46:30 1:27:39	1:05:45 1:48:33	5:34	1961 Atmo. Samertolameu	10	55M	202 M
223	261 Angel Martinez Calo	1:58:15	1:58:02	53:24	34:08 1:13:46	46:03 1:26:26	1:04:49 1:48:00	5:36	1964 NATURAL SPORT		35 M3M	203 M
224	141 Lucía Ordás López AG2018858	1:58:37	1:58:26	51:48	32:44 1:14:05	44:41 1:28:45	1:03:52 1:49:31	5:37	1999 CA Santiago	1	S20F	21 F
225	196 Jose Antonio Perez Lijo	1:58:38	1:58:23	51:11	31:48 1:12:19	44:12 1:26:10	1:02:54 1:49:42	5:37	1971		36 M3M	204 M
226	215 María José Méndez García	1:59:34	1:59:24	55:20	35:53 1:16:53	48:15 1:29:56	1:07:21 1:50:04	5:40	1965		4 M3F	22 F
227	82 Jose I Burlido Borrego AG6784	2:00:11	1:59:56	53:00	34:17 1:16:08	46:17 1:28:57	1:05:41 1:50:35	5:42	1961 Atletismo Porrino	11	55M	205 M
228	242 Antonio Oscar Constenla Junquera	2:01:06	2:00:50	53:53	33:55 1:16:08	46:28 1:29:41	1:06:13 1:50:28	5:44	1955		13 M4M	206 M
229	105 Manuel Moure Sande AG9867	2:02:16	2:02:00	56:17	36:02 1:18:05	49:01 1:31:41	1:08:37 1:52:15	5:48	1958 NOITEBRA	9	60M	207 M
230	142 Ana Mª Suárez Liste GA769091	2:03:01	2:02:46	53:57	34:53 1:16:13	46:46 1:29:39	1:06:21 1:52:01	5:50	1970 Atletica a Silva	2	45F	23 F
231	135 Isabel Brea Posse AG2023399	2:03:19	2:03:10	58:30	37:48 1:20:53	50:54 1:33:56	1:11:16 1:53:58	5:51	1951 Egozarros Viveiro	1	65F	24 F
232	237 Ramón Sampedro Muñiz	2:08:12	2:07:53	58:30	37:36 1:22:59	50:48 1:36:10	1:11:57 1:57:26	6:05	1965 At. Virxe da Guía		37 M3M	208 M
233	254 Antonio Bermúdez Bilbao	2:13:14	2:12:59	58:37	37:48 1:22:43	50:59 1:37:55	1:11:56 2:01:18	6:19	1946 GALICIA MAXICA TRAIL ADVENTURE		14 M4M	209 M
234	222 Estefanía Martínez Santos	2:18:38	2:18:32	59:57	37:58 1:25:16	51:53 1:42:36	1:14:16 2:06:51	6:34	1976		4 M2F	25 F
	88 Jose Carlos Alvarez De La Iglesia AG2017424	DNF		45:07	29:05 1:02:29	39:26	0:54:55		1968 Esprintes Ourense		50M	M
	282 Adrian Castro Rodriguez	DNF		38:05	24:21	33:04			1986 FLUVIAL DE LUGO			SrM M
	171 Fernando Gonzalez Pousa GA769189	DNF			24:45	33:43			1967 Atletismo Noia		50M	M3M M
	46 Ramon Villar Ruibal GA766004	DNF		45:08	28:52	39:09			1966 Verxel Nutricion Dep		50M	M