

Pto.	Dorsal	Tempo	Categoría	Año	Nome e apelidos	Club	Localidade
CATEGORIA PREBENXAMIN FEMININA							
1	160	1'21	PREBENX FEM	2002	MARÍA PRIETO CHAO	ANPA MONTE CAXADO	AS PONTES
2	50	1'24	PREBENX FEM	2002	LUCÍA CASTRO BAAMONDE	AD A FRAGA	AS PONTES
3	161	1'30	PREBENX FEM	2003	ANTÍA FRANCO CAAVEIRO	ANPA MONTE CAXADO	AS PONTES
4	51	1'33	PREBENX FEM	2003	SABELA RODRÍGUEZ CAAVEIRO	AD A FRAGA	AS PONTES
5	49	1'33	PREBENX FEM	2003	MARÍA FERNÁNDEZ ALVARIÑO	AD A FRAGA	AS PONTES
6	48	1'34	PREBENX FEM	2003	ROMINA PENA REY	AD A FRAGA	AS PONTES
7	46	1'35	PREBENX FEM	2002	ALBA RIVERA BALSA	AD A FRAGA	AS PONTES
8	47	1'39	PREBENX FEM	2003	ALDARA PÉREZ LÓPEZ	AD A FRAGA	AS PONTES
9	283	1'39	PREBENX FEM	2004	CELIA DURÁN IGLESIAS	ANPA SANTA MARÍA	AS PONTES
10	159	1'45	PREBENX FEM	2002	CARMEN LÓPEZ BELLO	ANPA MONTE CAXADO	AS PONTES
11	286	1'46	PREBENX FEM	2004	ÁFRICA MORALES FERREIRO	ANPA SANTA MARÍA	AS PONTES
12	282	1'47	PREBENX FEM	2003	ALBA CABARCOS CASTRO	ANPA SANTA MARÍA	AS PONTES
13	285	1'49	PREBENX FEM	2003	ALDARA RODRÍGUEZ PENA	ANPA SANTA MARÍA	AS PONTES
14	284	1'49	PREBENX FEM	2003	JULIA GALEGO DÍAZ	ANPA SANTA MARÍA	AS PONTES
15	34	1'52	PREBENX FEM	2003	ABEBA PAZ CHAO	Independente	Fisterra
16	202	1'57	PREBENX FEM	2003	ANDEKA FONTAO CARBALLO	Ribeirón	AS PONTES
17	372	2'17	PREBENX FEM	2006	GLORIA IGLESIAS GROBAS	Órdenes	Órdenes

CATEGORIA PREBENXAMIN MASCULINA							
1	162	1'09	prebenx mas	2002	XOEL TRASTOY TOJEIRO	ANPA MONTE CAXADO	AS PONTES
2	164	1'19	prebenx mas	2002	VICENTE IGLESIAS ARES	ANPA MONTE CAXADO	AS PONTES
3	274	1'20	prebenx mas	2003	EYOB SANTAMARIÑA FERNÁNDEZ	ANPA MONTE CAXADO	AS PONTES
4	291	1'25	prebenx mas	2002	SANTIAGO MORALES FERREIRO	ANPA SANTA MARÍA	AS PONTES
5	54	1'26	prebenx mas	2003	JAVIER FERNÁNDEZ LÓPEZ	AD A FRAGA	AS PONTES
6	165	1'27	prebenx mas	2002	ADRIÁN RAMOS SANTOS	ANPA MONTE CAXADO	AS PONTES
7	163	1'28	prebenx mas	2002	DANIEL CALVO VÁZQUEZ	ANPA MONTE CAXADO	AS PONTES
8	288	1'36	prebenx mas	2003	HUGO RIVERA BLANCO	ANPA SANTA MARÍA	AS PONTES
9	289	1'37	prebenx mas	2003	EDGAR FACHAL CRIADO	ANPA SANTA MARÍA	AS PONTES
10	353	1'38	prebenx mas	2004	HUGO BLANCO NAVIA	ANPA SANTA MARÍA	AS PONTES
11	287	1'41	prebenx mas	2003	DANIEL GALEGO DOLDÁN	ANPA SANTA MARÍA	AS PONTES
12	293	1'45	prebenx mas	2004	MARIO FRAGA QUINTELA	ANPA SANTA MARÍA	AS PONTES
13	385	1'54	prebenx mas	2004	ÁNGEL LÓPEZ LÓPEZ	At. Arteixo	Arteixo
14	388	1'56	prebenx mas	2004	SERGIO DASILVA PITA	ANPA A MAGDALENA	AS PONTES
15	52	2'04	prebenx mas	2004	LUCAS VALLE HERNÁNDEZ	AD A FRAGA	AS PONTES
16	53	2'07	prebenx mas	2004	ISMAEL FREIRE FERREIRO	AD A FRAGA	AS PONTES
17	290	2'20	prebenx mas	2003	PABLO PAZ GONZÁLEZ	ANPA SANTA MARÍA	AS PONTES

CATEGORIA BENXAMIN FEMININA							
1	146	1'54	BENXAMIN FEM	2000	SILVIA DE DIEGO MILLARENGO	Sierra Narón	Narón
2	41	1'56	BENXAMIN FEM	2000	CARLA FRANCO VÁZQUEZ	ANPA Nebrija Pardo Bazán	AS PONTES
3	168	1'58	BENXAMIN FEM	2000	SALOMÉ SANTAMARIÑA FDEZ.	ANPA MONTE CAXADO	AS PONTES
4	39	2'07	BENXAMIN FEM	2000	NICOLE BÉJAR CASTRO	ANPA Nebrija Pardo Bazán	AS PONTES
5	55	2'08	BENXAMIN FEM	2000	MALENA MIERES GARCÍA	AD A FRAGA	AS PONTES
6	232	2'14	BENXAMIN FEM	2000	IRENE MERA GONZÁLEZ	Sierra Narón	Narón
7	234	2'15	BENXAMIN FEM	2000	ANDREA TOJEIRO RODRÍGUEZ	Sierra Narón	Narón
8	169	2'16	BENXAMIN FEM	2000	PAULA TEMBRÁS LÓPEZ	ANPA MONTE CAXADO	AS PONTES
9	40	2'21	BENXAMIN FEM	2000	PAULA BAAMONDE RODRÍGUEZ	ANPA Nebrija Pardo Bazán	AS PONTES
10	56	2'22	BENXAMIN FEM	2000	JUDIT GOTI HERMIDA	AD A FRAGA	AS PONTES
11	167	2'52	BENXAMIN FEM	2000	MARÍA RAMUDO LEDO	ANPA MONTE CAXADO	AS PONTES
12	57	2'53	BENXAMIN FEM	2000	ICIA PÉREZ LÓPEZ	AD A FRAGA	AS PONTES
13	58	4'30	BENXAMIN FEM	2001	PAULA FERNÁNDEZ FORNOS	AD A FRAGA	AS PONTES

CATEGORIA BENXAMIN MASCULINA							
1	1	1'48	benxamin mas	2000	PEDRO OSORIO LÓPEZ	San Xoán de Filgueira	Ferrol
2	100	1'51	benxamin mas	2000	DAVID LÓPEZ LÓPEZ	Atletismo Arteixo	Coruña
3	348	1'59	benxamin mas	2000	DAVID PÁJARO OTERO	ANPA A MAGDALENA	AS PONTES
4	61	2'00	benxamin mas	2000	OLIVER NÚÑEZ GÓMEZ	AD A FRAGA	AS PONTES
5	297	2'01	benxamin mas	2001	ALEJANDRO LÓPEZ PANIAGUA	ANPA SANTA MARÍA	AS PONTES
6	172	2'04	benxamin mas	2000	SERGIO OTERO PEDRE	ANPA MONTE CAXADO	AS PONTES
7	379	2'05	benxamin mas	2000	LUCAS FEIJOO BENASACH	As Mariñas	Betanzos
8	349	2'07	benxamin mas	2000	DANIEL PÁJARO OTERO	ANPA A MAGDALENA	AS PONTES

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9	294	2'08	benxamin mas	2000	ELOY GONZÁLEZ BOUZA	ANPA SANTA MARÍA	AS PONTES
10	60	2'12	benxamin mas	2000	ALEJANDRO BARRO OTERO	AD A FRAGA	AS PONTES
11	171	2'16	benxamin mas	2000	DAVID OTERO BARRO	ANPA MONTE CAXADO	AS PONTES
12	63	2'17	benxamin mas	2001	BORJA LÓPEZ PICALLO	AD A FRAGA	AS PONTES
13	346	2'19	benxamin mas	2001	LOIS PITA PENA	ANPA A MAGDALENA	AS PONTES
14	354	2'24	benxamin mas	2001	DANIEL PICO MORENO	ANPA SANTA MARÍA	AS PONTES
15	170	2'24	benxamin mas	2000	SAMUEL CAL SEOANE	ANPA MONTE CAXADO	AS PONTES
16	62	2'26	benxamin mas	2001	GERMÁN ENRÍQUEZ NÚÑEZ	AD A FRAGA	AS PONTES
17	59	2'26	benxamin mas	2000	SERGIO CAZÁS LÓPEZ	AD A FRAGA	AS PONTES
18	299	2'27	benxamin mas	2001	FRANCISCO CASTRO GONZÁLEZ	ANPA SANTA MARÍA	AS PONTES
19	295	2'28	benxamin mas	2000	DIEGO OREJAS LOURÉS	ANPA SANTA MARÍA	AS PONTES
20	298	2'28	benxamin mas	2001	ÁLVARO SEOANES FELGUEIRAS	ANPA SANTA MARÍA	AS PONTES
21	378	2'35	benxamin mas	2001	ANDRÉS VARELA CASTRO	Independente	AS PONTES
22	347	2'37	benxamin mas	2000	SERGIO FRAGA FERNÁNDEZ	ANPA A MAGDALENA	AS PONTES
23	345	2'41	benxamin mas	2001	PABLO MARTÍNEZ CABANAS	ANPA A MAGDALENA	AS PONTES
24	296	2'50	benxamin mas	2000	MANUEL GALDO FRAGA	ANPA SANTA MARÍA	AS PONTES

CATEGORÍA ALEVÍN FEMININA

1	68	3'38	ALEVÍN FEM	1998	LARA RIVEIRA DURÁN	AD A FRAGA	AS PONTES
2	43	3'40	ALEVÍN FEM	1998	RAQUEL BÉJAR CASTRO	ANPA Nebrija Pardo Bazán	AS PONTES
3	350	3'42	ALEVÍN FEM	1998	LAURA GREGORIO DOPICO	ANPA A MAGDALENA	AS PONTES
4	265	4'00	ALEVÍN FEM	1999	IRENE LÓPEZ ÁLVAREZ	Ría Ferrol	Ferrol
5	173	4'00	ALEVÍN FEM	1999	ANA SANTAMARIÑA FERNÁNDEZ	ANPA MONTE CAXADO	AS PONTES
6	236	4'02	ALEVÍN FEM	1998	CRISTINA ANCA SAAVEDRA	Sierra Narón	Narón
7	71	4'07	ALEVÍN FEM	1999	PAULA CASTRO BAAMONDE	AD A FRAGA	AS PONTES
8	64	4'11	ALEVÍN FEM	1998	NATALIA FRAGA PENA	AD A FRAGA	AS PONTES
9	300	4'12	ALEVÍN FEM	1998	ANDREA PICHEL CALVO	ANPA SANTA MARÍA	AS PONTES
10	235	4'33	ALEVÍN FEM	1999	ANTÍA MUÑOZ RAÑA	Sierra Narón	Narón
11	25	4'36	ALEVÍN FEM	1998	SARA GARCÍA FERNÁNDEZ	Independente	Coruña
12	73	4'37	ALEVÍN FEM	1999	ARIANA GOAS BLANCO	AD A FRAGA	AS PONTES
13	395	4'50	ALEVÍN FEM	1999	IRIA GALEGO DOPICO	ANPA Nebrija Pardo Bazán	AS PONTES
14	72	4'51	ALEVÍN FEM	1999	ANDREA GONZÁLEZ GRANDÍO	AD A FRAGA	AS PONTES
15	65	4'57	ALEVÍN FEM	1998	NOELIA MEIZOSO RIVERA	AD A FRAGA	AS PONTES
16	66	5'00	ALEVÍN FEM	1998	CARMELA DA SILVA PÉREZ	AD A FRAGA	AS PONTES
17	174	5'02	ALEVÍN FEM	1999	CARMELA FRANCO CAAVEIRO	ANPA MONTE CAXADO	AS PONTES
18	175	5'07	ALEVÍN FEM	1999	SARA PURRIÑOS GONZÁLEZ	ANPA MONTE CAXADO	AS PONTES
19	371	5'12	ALEVÍN FEM	1999	VICTORIA IGLESIAS GROBAS	Órdenes	Órdenes
20	70	6'03	ALEVÍN FEM	1998	NEREA MARTÍNEZ CORRAL	AD A FRAGA	AS PONTES
21	380	6'35	ALEVÍN FEM	1999	ALDARA FEIJOO BENASACH	As Mariñas	Betanzos

CATEGORÍA ALEVÍN MASCULINA

1	136	4'24	alevin mas	1998	MARCOS ROSENDE SÁEZ	Independente	A Estrada
2	355	4'30	alevin mas	1998	ADRIÁN BEN MONTENEGRO	AD San Roque	Viveiro
3	98	4'34	alevin mas	1998	VÍCTOR SOUTO RAMOS	Coruña Cimáns	Coruña
4	394	4'58	alevin mas	1999	MARTÍN GARCÍA PRIETO	ANPA SANTA MARÍA	AS PONTES
5	303	4'58	alevin mas	1998	CARLOS IGLESIAS DURÁN	ANPA SANTA MARÍA	AS PONTES
6	4	4'58	alevin mas	1998	ADRIÁN CORTIZAS RODRÍGUEZ	San Xoán de Filgueira	Ferrol
7	179	5'13	alevin mas	1998	ADRIÁN TRASTOY TOJEIRO	ANPA MONTE CAXADO	AS PONTES
8	94	5'14	alevin mas	1999	ANTONIO SOUTO PRIETO	Independente	Vilalba
9	301	5'26	alevin mas	1999	ESTEBAN SILVÉN BARRIO	ANPA SANTA MARÍA	AS PONTES
10	390	5'37	alevin mas	1999	ANXO XOSÉ MARTÍNEZ FDEZ	Independente	Ferrol
11	75	5'56	alevin mas	1999	PABLO LÓPEZ PICALLO	AD A FRAGA	AS PONTES
12	176	5'57	alevin mas	1999	ANTÓN BLANCO BERMÚDEZ	ANPA MONTE CAXADO	AS PONTES
13	177	6'02	alevin mas	1999	MIGUEL DOMÍNGUEZ LÓPEZ	ANPA MONTE CAXADO	AS PONTES
14	181	6'07	alevin mas	1999	ALEJANDRO TOJEIRO BERMÚDEZ	ANPA MONTE CAXADO	AS PONTES
15	304	6'18	alevin mas	1998	BRAIS PICO GARCÍA	ANPA SANTA MARÍA	AS PONTES
16	178	6'27	alevin mas	1998	XAIRO CALVO PÉREZ	ANPA MONTE CAXADO	AS PONTES
17	180	6'28	alevin mas	1998	JULEN MARTÍNEZ GALEGO	ANPA MONTE CAXADO	AS PONTES
18	24	6'32	alevin mas	1999	MIGUEL ALONSO GIRÓN	Independente	Coruña
19	44	6'35	alevin mas	1999	BRUNO FRESCO OTERO	ANPA Nebrija Pardo Bazán	AS PONTES

CATEGORÍA INFANTIL FEMININA

Pto.	Dorsal	Tempo	Categoría	Año	Nome e apelidos	Club	Localidade
1	254	4'43	INFANTIL FEM	1997	CLAUDIA ROJO CAZORLA	Ría Ferrol	Narón
2	135	4'50	INFANTIL FEM	1996	LAURA ROSENDE SÁEZ	Independente	A Estrada
3	358	5'16	INFANTIL FEM	1997	NOELIA AMENEIRO PERNAS	ANPA A MAGDALENA	AS PONTES
4	212	5'19	INFANTIL FEM	1996	RUTH SEOANE LOUREDA	Independente	Cambre
5	305	5'27	INFANTIL FEM	1997	PATRICIA BAONZA JAREL	ANPA SANTA MARÍA	AS PONTES
6	276	6'28	INFANTIL FEM	1996	CLAUDIA PARGA	ANPA MONTE CAXADO	AS PONTES
7	352	6'35	INFANTIL FEM	1997	MARÍA PRIETO PENABAD	ANPA A MAGDALENA	AS PONTES

CATEGORÍA INFANTIL MASCULINA

1	375	5'38	infantil mas	1997	BRAIS GÓMEZ VILAR	Independente	Vigo
2	250	5'41	infantil mas	1996	YAGO DE DIEGO MILLARENGO	Sierra Narón	Narón
3	249	5'57	infantil mas	1996	DAVID SEDES SANDE	Sierra Narón	Narón
4	77	6'16	infantil mas	1977	DIEGO VALENTE CENDÁN	AD A FRAGA	AS PONTES
5	189	6'17	infantil mas	1996	LUIS BONILLA DIÉGUEZ	Ría Ferrol	Ferrol
6	45	6'21	infantil mas	1997	DANIEL GARCÍA TEMBRÁS	ANPA Nebrija Pardo Bazán	AS PONTES
7	144	6'25	infantil mas	1997	JORGE PRIETO VILABOA	Ría Ferrol	Ferrol

CATEGORÍA CADETE FEMININA

1	216	6'16	CADETE FEM	1995	ANTÍA LEAL PAZ	Independente	
2	215	6'40	CADETE FEM	1995	RAQUEL GÓMEZ PERNAS	Independente	

CATEGORÍA CADETE MASCULINA

1	92	6'30	cadete mas	1995	ADRIÁN BOUZA DÍAZ	Independente	Narón
2	383	7'57	cadete mas	1995	DANIEL CORRAL LÓPEZ	Olympto	AS PONTES
3	184	8'14	cadete mas	1995	DIEGO PICOS CARBALLEIRA	ANPA MONTE CAXADO	AS PONTES
4	278	8'21	cadete mas	1995	MARCOS OTERO PEDRE	ANPA MONTE CAXADO	AS PONTES
5	158	8'21	cadete mas	1994	SANTIAGO FRAGA PENA	ANPA IES CASTRO DA UZ	AS PONTES

CLASIFICACIÓN CARREIRA ABSOLUTA

1	253	20'37	senior mas	1980	PEDRO NIMO DEL ORO	Pielagos Inelecma	Santiago
2	271	21'02	senior mas	1981	GUSTAVO PLATAS VIDAL	Azkar Lugo	Lugo
3	359	21'29	senior mas	1984	ROBERTAS GERALAVICIUS	Ourense Academia Postal	Santiago
4	109	21'45	senior mas	1980	JUAN PENA HOLGUÍN	Lucus Caixa Rural	Lugo
5	6	22'03	veteranos	1965	CARLOS PIÑEIRO RIVAS	Sociedade Gimnástica	Pontevedra
6	272	22'29	senior mas	1978	RUBÉN CASTRO PORTELA	Sociedade Gimnástica	Lugo
7	134	22'36	senior mas	1979	JORGE CRESPO ARIAS	Independente	
8	382	22'40	senior mas	1974	XABIER DÍAZ FERNÁNDEZ	Lucus Caixa Rural	Lugo
9	142	22'49	senior mas	1979	BALTASAR LOURIDO HERMIDA	Ría Ferrol	Ferrol
10	266	22'57	xuvenil mas	1991	ALEJANDRO PÉREZ CORRAL	Triatlón Ferrol	Ferrol
11	268	23'03	senior mas	1977	JOSÉ M^a RODRÍGUEZ PENA	Triatlón Ferrol	Ferrol
12	152	23'16	senior mas	1980	HASSAN OUKNI	Atletismo Ribadeo	Barreiros-Lugo
13	260	23'21	senior mas	1972	JESÚS MARÍA ÁLVAREZ RODRÍGUEZ	Atletismo Coruña Comarca	Culleredo
14	333	23'40	senior mas	1970	ROBERTO SALVADO TEJEDOR	Acade-Agrobotica	Santiago
15	392	24'06	senior mas	1974	MANUEL HERMIDA BOUZA	Fontanería Miguel Dopico	Moeche
16	230	24'09	senior mas	1972	LUIS EDUARDO GARCÍA NÚÑEZ	Lucus Caixa Rural	Lugo
17	104	24'14	veteranos	1959	JOSÉ LUIS BOUZA FREIRE	Sierra Narón	Ferrol
18	150	24'16	senior mas	1980	ANTONIO PULPEIRO ÁLVAREZ	Atletismo Ribadeo	Ribadeo
19	402	24'22	senior mas	1974	JOSÉ ÁNGEL LÓPEZ VILLAR	Sierra Narón	Cedeira
20	123	24'40	senior mas	1975	JOSÉ ANTONIO RECOUSO CAAMAÑO	Atletismo Sar-Gexpa	Coruña
21	326	24'46	senior mas	1977	MIGUEL BLANCO LÓPEZ	Fundación Azkar	AS PONTES
22	360	24'50	SENIOR FEM	1977	M^a JESÚS GESTIDO RODRÍGUEZ	Playas de Jandía	Cangas
23	157	24'59	SENIOR FEM	1977	ROCÍO RODRÍGUEZ LONGA	Puerto de Alicante OHL	Ferrol
24	321	25'20	senior mas	1975	JOSÉ MANUEL GARCÍA PAZ	Independente	Betanzos
25	391	25'27	senior mas	1983	DAVID CASTRO CAMPELLO	Olympto	AS PONTES
26	401	25'29	senior mas	1977	JUAN JOSÉ MUIÑO MONTERO	Independente	Cariño
27	19	25'38	senior mas	1974	JAVIER PÉREZ BOUZA	Olympto	AS PONTES
28	200	25'42	veteranos	1965	MODESTO BARRO ROCHELA	Ribeirón	AS PONTES
29	259	25'47	SENIOR FEM	1976	CHUS VALIÑO NOVO	Ría Ferrol	Lugo
30	156	25'54	senior mas	1969	AZIZ ZIRANI	Independente	Marruecos
31	320	25'57	senior mas	1977	IVÁN GARCÍA NÚÑEZ	Independente	AS PONTES
32	115	26'01	senior mas	1987	PABLO ANTONIO DOPAZO REGUEIRO	Marineda	Coruña
33	107	26'10	senior mas	1979	JOSÉ BERNARDO GINZO VEIGA	Atletismo Ribadeo	Ribadeo
34	343	26'11	senior mas	1982	JOSÉ MANUEL RODRÍGUEZ PEÑA	Independente	Lugo

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35	15	26'16	senior mas	1978	ROBERTO ULLOA FERNÁNDEZ	Independente	Cambre
36	205	26'19	senior mas	1969	PABLO MENÉNDEZ IGLESIAS	Independente	Oleiros
37	188	26'20	xuvenil mas	1993	JUAN PEDRO BONILLA DIÉGUEZ	Ría Ferrol	Ferrol
38	126	26'20	senior mas	1977	ABEL PÉREZ CORRAL	Olympo	AS PONTES
39	332	26'35	senior mas	1970	ANDRÉS PIÑÓN LOUREIRO	Independente	Cedeira
40	127	26'48	SENIOR FEM	1975	MARGARITA PÉREZ BARDANCA	Ría Ferrol	Coruña
41	193	26'56	senior mas	1985	DIEGO RUIZ BREIJO	Independente	Coruña
42	393	27'05	senior mas	1983	JAVIER DOPICO FERREIRA	Fontanería Miguel Dopico	Moeche
43	106	27'10	veteranos	1967	JOSÉ MANUEL PÉREZ PEREIRA	Atletismo Ribadeo	Barreiros-Lugo
44	13	27'14	senior mas	1978	FRANCISCO PÉREZ ANEIROS	Independente	Iglesiafeita
45	137	27'23	veteranos	1966	JOSÉ ROSENDE BREA	Independente	A Estrada
46	12	27'26	senior mas	1978	JUAN BLANCO MAROÑO	Independente	Fene
47	138	27'30	VETERANAS	1968	ISABEL SÁEZ BATALLÁN	Independente	A Estrada
48	151	27'37	senior mas	1982	XOEL DÍAZ BRANCO	Atletismo Ribadeo	Barreiros-Lugo
49	198	27'49	senior mas	1978	DAVID FERRERO QUIÑOY	Independente	Santiago
50	111	27'51	senior mas	1981	JOSÉ IGNACIO CALVO FERNÁNDEZ	Atletismo Noia	Ames
51	124	27'53	senior mas	1984	DAVID SENRA EIROA	Independente	Cariño
52	327	27'55	senior mas	1970	FERNANDO MARTÍNEZ OBARRIO	Fundación Azkar	Lugo
53	20	28'05	senior mas	1977	MANUEL FERRO DOPICO	Independente	AS PONTES
54	256	28'06	senior mas	1981	EUGENIO R. HURTADO DE CASTRO	Independente	Lugo
55	329	28'20	veteranos	1965	MIGUEL ÁNGEL VARELA LÓPEZ	Independente	Narón
56	270	28'31	senior mas	1979	ELOY RAMIL PENA	Independente	AS PONTES
57	128	28'34	veteranos	1960	LUIS FERNÁNDEZ VEIGA	Independente	Lugo
58	313	28'35	senior mas	1975	MIGUEL VILABOY ROMERO	Olympo	AS PONTES
59	399	28'40	senior mas	1976	FELIPE PITA BARROS	Independente	Ferrol
60	97	28'54	veteranos	1963	RICARDO SOUTO SILVA	Coruña Cimáns	Coruña
61	400	29'05	senior mas	1978	GONZALO PITA BARROS	Independente	Ferrol
62	148	29'06	veteranos	1959	ADOLFO OMAR RÍOS	Egozarros	Ames
63	311	29'14	SENIOR FEM	1986	SUSANA CASTRO PENA	Olympo	AS PONTES
64	204	29'22	veteranos	1968	ADOLFO RIOBÓ MUIÑO	Independente	Arteixo
65	8	29'30	senior mas	1970	JOSÉ MANUEL MARTÍNEZ FDEZ.	Montesegade	Lugo
66	5	29'32	veteranos	1957	JOSÉ MANUEL DOPICO SOTO	Independente	Neda
67	197	29'42	senior mas	1978	BRUNO TROITIÑO BOUZA	Independente	Ferrol
68	90	29'44	senior mas	1980	JAVIER LÓPEZ PALLARES	Independente	
69	228	29'50	veteranos	1955	EMILIO TORAL ROMERO	Egozarros	Viveiro
70	33	29'54	veteranos	1967	MIGUEL ÁNGEL PAZ LEIS	Independente	Fisterra
71	29	30'02	senior mas	1978	ÁNGEL MEJUTO CERRO	Independente	Cariño
72	225	30'03	senior mas	1969	MANUEL VÁZQUEZ IGLESIAS	Egozarros	Viveiro
73	229	30'03	veteranos	1951	ELISEO LÓPEZ RÍO	Egozarros	Viveiro
74	186	30'05	veteranos	1964	RAMÓN MÉNDEZ LÓPEZ	Independente	Ferrol
75	16	30'16	veteranos	1966	MANUEL VÁZQUEZ PRADO	Independente	Vilalba
76	101	30'19	senior mas	1969	EVARISTO GARCÍA MARTÍNEZ	Atletismo Sar-Gexpa	Teo
77	340	30'22	xuvenil mas	1991	MARTÍN BELLAS GÓMEZ	IES Moncho Valcarce	AS PONTES
78	309	30'26	veteranos	1952	ARMANDO PERMUY DÍAZ	Olympo	AS PONTES
79	191	30'30	VETERANAS	1956	PAMELA RODRÍGUEZ MILAZZO	Egozarros	Viveiro
80	192	30'36	veteranos	1956	MANUEL LÓPEZ CORRAL	Independente	AS PONTES
81	125	30'38	senior mas	1986	ELOY TEMBRÁS FRANCO	Independente	AS PONTES
82	141	30'39	senior mas	1973	PEDRO DOMENECH GONZÁLEZ	Atl. Club Ciclista Riazor	Coruña
83	214	30'41	veteranos	1957	CARLOS GÓMEZ OSA	Independente	
84	185	30'47	SENIOR FEM	1974	SILVIA DEIRA BARCALA	Atletismo Milladoiro	Boiro
85	269	30'52	senior mas	1979	CÉSAR RAMIL FERREIRO	Independente	AS PONTES
86	336	30'57	xuvenil mas	1991	MANUEL BARROS PRIETO	IES Moncho Valcarce	AS PONTES
87	95	30'58	veteranos	1961	ANTONIO SOUTO REGO	Independente	Vilalba
88	381	30'59	senior mas	1975	MARCOS LÓPEZ CLAUDE	Independente	Coruña
89	362	31'01	VETERANAS	1955	Mª CARMEN RODRÍGUEZ DEL RÍO	Órdenes	Órdenes
90	117	31'13	xuvenil mas	1990	JAVIER CASTRO RAMOS	Marineda	Coruña
91	397	31'21	senior mas	1981	PABLO DURÁN FERNÁNDEZ	Independente	AS PONTES
92	9	31'24	senior mas	1975	JOSÉ MANUEL ROCA RODRÍGUEZ	Independente	Betanzos
93	368	31'26	VETERANAS	1972	Mª JOSÉ GROBAS GROBAS	Órdenes	Órdenes

Pto.	Dorsal	Tempo	Categoría	Año	Nome e apelidos	Club	Localidade
94	11	31'29	senior mas	1970	TOMÁS GARCÍA GALLEGO	Independente	Betanzos
95	373	1'32	senior mas	1973	ÍNIGO BELAZA HERRERA	Independente	Bilbao
96	196	31'37	VETERANAS	1969	PURIFICACIÓN FERNÁNDEZ CAMPOS	Independente	Bergondo
97	108	31'45	senior mas	1976	EDUARDO RÁDEKE FARIÑA	Independente	Sada
98	91	31'53	senior mas	1983	MARIO VARELA CARTELLE	Independente	
99	14	32'01	senior mas	1971	JESÚS ALBERTO BLÁZQUEZ SUÁREZ	Independente	Coruña
100	36	32'12	senior mas	1977	JOSÉ LUIS FONTAO CABARCOS	Independente	AS PONTES
101	37	32'13	senior mas	1980	VICENTE JULIÁN FRANCO PENA	Independente	AS PONTES
102	396	32'17	senior mas	1985	FERNANDO JATO FERREIRO	Independente	AS PONTES
103	209	32'17	veteranos	1955	FRANCISCO BARRIENTOS CAPELO	Independente	Coruña
104	211	32'19	veteranos	1969	AGUSTÍN SEOANE GOLPE	Independente	Cambre
105	319	32'45	senior mas	1977	XALO MAIRA PERNAS	Independente	AS PONTES
106	261	32'45	senior mas	1973	ALBERTO SANTIAGO BECEIRO	Independente	Ferrol
107	339	33'00	xuvenil mas	1991	BORJA PEREIRA BOUZA	IES Moncho Valcarce	AS PONTES
108	404	33'05	xuvenil mas	1991	SAUL FERNÁNDEZ GALDO	Independente	AS PONTES
109	318	33'07	senior mas	1977	DANIEL ÁLVAREZ LÓPEZ	Independente	AS PONTES
110	338	33'13	xuvenil mas	1992	ALEJANDRO PRIETO MIRAGAYA	IES Moncho Valcarce	AS PONTES
111	263	33'20	veteranos	1956	MANUEL DÍAZ VARELA	Independente	Ferrol
112	21	33'35	senior mas	1987	BRUNO PARDO FLEIRE	Independente	AS PONTES
113	10	33'42	veteranos	1962	FERNANDO RODRÍGUEZ VÁZQUEZ	Independente	Betanzos
114	22	33'51	veteranos	1964	MIGUEL ALONSO ISLA	Independente	Coruña
115	220	33'51	VETERANAS	1960	MANUELA GUIASOLA ESCUDERO	Egovarros	Viveiro
116	384	33'53	XUVENIL FEM	1991	MARÍA SOUTO PRIETO	Lucus Caixa Rural	Vilalba
117	133	34'29	senior mas	1972	JESÚS PRIETO RAMOS	Independente	AS PONTES
118	132	34'29	senior mas	1971	MANUEL VILAR AMARELO	Independente	AS PONTES
119	131	34'29	senior mas	1973	TINO PRIETO FRANCO	Independente	AS PONTES
120	264	34'29	veteranos	1961	JAVIER VILABOY DOPICO	Independente	AS PONTES
121	195	34'48	veteranos	1962	JOSÉ MANUEL CALVIÑO BUGUEIRO	Independente	Bergondo
122	99	34'52	senior mas	1969	JUAN JOSÉ ÁLVAREZ CASTRO	Independente	Ames
123	31	34'55	xuvenil mas	1992	DAVID CEBREIRO FERNÁNDEZ	Grupo Xuvenil Piragüismo	AS PONTES
124	398	35'00	senior mas	1981	ANTONIO FORMOSO LÓPEZ	Independente	AS PONTES
125	114	35'13	senior mas	1971	JULIO FREIRE MUIÑO	Independente	Narón
126	257	35'27	senior mas	1974	LOIS DOPICO RODRÍGUEZ	Independente	AS PONTES
127	262	35'27	veteranos	1956	ÓSCAR MAÑÓN VÁZQUEZ	Independente	Ferrol
128	145	35'38	SENIOR FEM	1977	LUCÍA AREA MARTÍ	Independente	Coruña
129	110	36'08	senior mas	1972	FERNANDO DÍAZ CASANOVA	Independente	AS PONTES
130	206	36'29	senior mas	1975	SANTIAGO MENÉNDEZ IGLESIAS	Independente	Oleiros
131	32	36'30	xuvenil mas	1992	DIEGO CEBREIRO FERNÁNDEZ	Grupo Xuvenil Piragüismo	AS PONTES
132	389	36'30	senior mas	1989	DAVID DOPICO PICOS	Independente	NEDA
133	187	36'31	VETERANAS	1967	MANOLI GONZÁLEZ ROMERO	Independente	Ferrol
134	149	36'34	veteranos	1957	CARLOS QUINTAS VILA	Independente	Coruña
135	273	36'40	senior mas	1984	RICARDO JOSÉ LÓPEZ CANAVARRO	Montesegade	Lugo
136	139	36'41	veteranos	1968	JOSÉ ANTONIO LÓPEZ PARDO	Independente	Coruña
137	331	36'58	xuvenil mas	1991	GABRIEL CABARCOS PRIETO	Independente	AS PONTES
138	28	37'05	veteranos	1945	MANUEL VILABOY FIDALGO	Independente	AS PONTES
139	30	37'09	veteranos	1968	JOSÉ LÓPEZ SILVEIRO	Independente	Cariño
140	342	37'37	xuvenil mas	1992	JOSEBA SILVÉN RAMOS	IES Moncho Valcarce	AS PONTES
141	341	37'42	xuvenil mas	1992	DAVID ÁLVAREZ LÓPEZ	IES Moncho Valcarce	AS PONTES
142	105	38'08	senior mas	1973	RUBÉN DÍAZ LÁZARO	Independente	AS PONTES
143	210	38'09	senior mas	1973	ANTONIO BARCÓN VÁZQUEZ	Independente	AS PONTES
144	113	38'18	SENIOR FEM	1978	CRISTINA LÓPEZ RODRÍGUEZ	Independente	Narón
145	112	38'20	senior mas	1981	ROBERTO LÓPEZ LORENZO	Independente	Narón
146	337	38'24	xuvenil mas	1992	AITOR FORNOS MARTÍNEZ	IES Moncho Valcarce	AS PONTES
147	208	38'24	VETERANAS	1969	MAR PAN MANCHO	Independente	Cambre
148	199	38'25	senior mas	1975	ENRIQUE MARTÍN BUDIÑO	Independente	Santiago
149	201	38'39	SENIOR FEM	1976	ANA MARÍA DOPICO RODRÍGUEZ	Ribeirón	AS PONTES
149	330	39'11	xuvenil mas	1992	JORGE PRIETO REGO	Independente	AS PONTES
151	387	40'11	senior mas	1970	JAVIER CARBALLO OSEIRA	Independente	AS PONTES
152	334	47'30	XUVENIL FEM	1993	SABELA RAMIL RIVERA	IES Moncho Valcarce	AS PONTES