

Posto	Dorsal	Nome	Sx	Pto. Cat.	Tempo	Km a	Neto	Clube	Localidade
1	2	AKKA ESSAADAOU		PSM.1	21:04	3:15	21:04	COMESAÑA SPORTING CLUB	SALCEDA DE CASELAS
2	49	JUAN PENA HOLGUIN		PSM.2	21:35	3:20	21:35	CORUÑA CIMANS	LUGO
3	216	RODOLFO SOMOVILLA MARTÍNEZ		PSM.3	22:02	3:24	22:02	LA RIOJA ATLETISMO	A CORUÑA
4	14	DAVID CASTRO CAMPELLO		PSM.4	23:31	3:37	23:31	ATLETISMO OLYMPO	AS PONTES
5	7	JOSÉ MANUEL PENAS VARELA		PSM.5	23:35	3:38	23:35	ASOCIACIÓN DEPORTIVA CERNE	SANTISO
6	21	JORGE PENABAD CALVO		PSM.6	24:02	3:42	24:01	ATLETISMO OLYMPO	AS PONTES
7	65	BRAIS CUPEIRO PÉREZ		PSM.7	24:03	3:42	24:03	TRIATLON FERROL	FERROL
8	210	JOSÉ MANUEL LAGO CES		VTM.1	24:14	3:44	24:14	ATLETISMO SAR-A POUTADA	CORCUBIÓN
9	111	ANTONIO TEJIDO LOPEZ		PSM.8	24:17	3:45	24:17		GUITIRIZ
10	64	DAVID GARCIA PEREZ		PSM.9	24:34	3:47	24:32	TRIATLON FERROL	CEDEIRA
11	309	MELINA ALONSO ARADAS	F.1	PSF.1	24:35	3:47	24:35	CLUB ATLETISMO AFFLELOU NARÓN	FERROL
12	68	MARCOS PRADO FANDIÑO		PSM.10	24:38	3:48	24:38	VERXEL NUTRICIÓN DEPORTIVA	LUGO
13	24	MIGUEL VILABOY FILGUEIRAS		PSM.11	24:39	3:48	24:39	ATLETISMO OLYMPO	AS PONTES
14	297	MARÍA JESÚS GESTIDO RODRÍGUEZ	F.2	VTF.1	24:46	3:49	46:00		CANGAS DE MORRAZO
15	222	TONHO ALVES PICALLO		PSM.12	25:07	3:52	25:06	USC	SANTIAGO DE COMPOSTELA
16	1	RAQUEL SUAREZ PEDROSA	F.3	PSF.2	25:25	3:55	25:25	RÍA FERROL	SANTIAGO DE COMPOSTELA
17	67	CARLOS FERNANDEZ VILLAVARDE		VTM.2	25:29	3:56	25:29	VERXEL NUTRICIÓN DEPORTIVA	ORDES
18	251	JACOBO BARALLOBRE PANTÍN		PSM.13	25:33	3:56	25:30		A CORUÑA
19	215	MIGUEL REY LOPEZ		PSM.14	25:35	3:57	25:35	CORREDORES POPULARES ARMADA FERROL	NARON
20	22	MODESTO BARRO ROCHELA		VTM.3	25:38	3:57	25:36	ATLETISMO OLYMPO	AS PONTES
21	246	FRANCISCO JOSÉ ABELLEIRA SANTOS		VTM.4	25:44	3:58	25:43		SANTIAGO
22	106	JULIÁN YASID ALARCÓN GIRALDO		PSM.15	25:50	3:59	25:50		TABOADA
23	15	ÁNGEL CAÑIZARES SÁNCHEZ		PSM.16	25:52	3:59	25:51	ATLETISMO OLYMPO	AS PONTES DE GARCIA RODRIGUEZ
24	218	IAGO RODRIGUEZ MOREDA		PSM.17	25:54	4:00	25:54	REAL CLUB CELTA ATLETISMO	FERROL
25	242	FELIPE PEÑA PITA		PSM.18	25:56	4:00	25:52		A CORUÑA
26	43	JESUS BLANCO MONTERO		VTM.5	26:00	4:00	26:00	CLUB CASTRO DE LOBADIZ	AS PONTES
27	266	JUAN BLANCO MAROÑO		PSM.19	26:04	4:01	26:04		FENE
28	307	FRANCISCO PENAS VARELA		PSM.20	26:07	4:01	26:02	ASOCIACIÓN DEPORTIVA CERNE	SANTISO
29	3	Mª DEL CARMEN PENAS BLANCO	F.4	PSF.3	26:09	4:02	26:09	COMESAÑA SPORTING CLUB	ARZÚA
30	203	JOSE VICENTE AGUIAR GIZ		VTM.6	26:09	4:02	26:09	ALEJANDRO GÓMEZ-ACADE	ORTIGUEIRA
31	41	JOSE ANTONIO TEMBRAS AMENEIRO		VTM.7	26:21	4:04	26:21	CLUB CASTRO DE LOBADIZ	AS PONTES
32	88	SAMUEL RUIZ-GIMÉNEZ IGLESIAS		PSM.21	26:23	4:04	26:21		O VICEDO
33	224	ALBINO MAJOR ALVAREZ		PSM.22	26:26	4:04	26:26		PONFERRADA
34	217	NOEMI VILLAR VARGAS	F.5	VTF.2	26:26	4:04	26:26	OVIEDO ATLETISMO	PONFERRADA
35	286	ROBERTO EIMIL VÁZQUEZ		PSM.23	26:36	4:06	26:34		VILALBA
36	61	MARÍA HURTADO SANJURJO	F.6	PSF.4	26:38	4:06	26:36	OURENSE ATLETISMO ACADEMIA POSTAL	LUGO
37	18	GONZALO PENA BALSEIRO		PSM.24	26:39	4:06	26:38	ATLETISMO OLYMPO	AS PONTES DE GARCÍA RODRÍGUEZ
38	237	DAVID LLANO DIAZ		PSM.25	26:46	4:07	26:43		MARIN
39	19	LUIS VILASUSO PITA		PSM.26	26:49	4:08	26:49	ATLETISMO OLYMPO	XERMADE
40	80	IVAN HORTAS LUACES		PSM.27	26:59	4:10	26:54		LUGO

Posto	Dorsal	Nome	Sx	Pto. Cat.	Tempo	Km a	Neto	Clube	Localidade
41	34	DANIEL LOPEZ CANTO		VTM.8	<b>27:05</b>	4:10	27:05	CATEDRATICOS DO ASFALTO	LUGO
42	236	DAVID LÓPEZ FERNÁNDEZ		PSM.28	<b>27:16</b>	4:12	27:11		NARÓN
43	304	JOSÉ MANUEL ROCA RODRIGUEZ		PSM.29	<b>27:22</b>	4:13	27:20	A FUME DE CAROZO-ALFA FISIO	ARANGA
44	26	CÉSAR RAMIL FERREIRO		PSM.30	<b>27:29</b>	4:14	27:28	ATLETISMO OLYMPO	AS PONTES
45	54	VICTOR LOPEZ BELLO		PSM.31	<b>27:29</b>	4:14	27:28	GIMNASIO GALAICO	GUITIRIZ
46	269	LUIS DÍAZ VÁZQUEZ		VTM.9	<b>27:30</b>	4:14	27:26		AS PONTES
47	30	JUAN MENÉNDEZ ARBESÚ		VTM.10	<b>27:36</b>	4:15	27:21	C.D.EGOVARROS-VIVEIRO	O BURGO
48	219	ISMAEL PICALLO RAMONDE		PSM.32	<b>27:38</b>	4:16	27:37	RÍA FERROL	FERROL
49	228	ÁNGEL MEIZOSO PERMUY		PSM.33	<b>27:41</b>	4:16	27:36		AS PONTES
50	28	IVAN SEGADÉ CAROU		PSM.34	<b>27:44</b>	4:16	27:41	C.A. BOIMORTO	A CORUÑA
51	105	JAVIER MOYANO SANCHEZ		PSM.35	<b>27:48</b>	4:17	27:42		CHANTADA
52	82	RAMIRO CHAVES MON		PSM.36	<b>27:51</b>	4:17	27:47		CERVO
53	223	ANA DOMÍNGUEZ VIVERO	F.7	VTF.3	<b>27:55</b>	4:18	27:54	USC	SANTIAGO DE COMPOSTELA
54	23	ABEL PÉREZ CORRAL		PSM.37	<b>27:56</b>	4:18	27:51	ATLETISMO OLYMPO	XERMADE
55	114	JOSE MIGUEL TUIMIL TRINQUETE		VTM.11	<b>27:59</b>	4:19	27:56		NARON
56	10	DAMIAN MARTINEZ SANCHEZ		XVNM.1	<b>28:01</b>	4:19	28:01	ATLETICA A SILVA	ORDES
57	74	JAVIER GUIZAN CASTRO		PSM.38	<b>28:02</b>	4:19	27:56		VILALBA
58	257	JORGE VILARIÑO RODRÍGUEZ		VTM.12	<b>28:03</b>	4:19	27:57		ARTEIXO
59	301	TEREZA CTVRTNICKOVA	F.8	PSF.5	<b>28:03</b>	4:19	28:00		AS PONTES
60	278	MAXIMINO PÉREZ VARELA		VTM.13	<b>28:06</b>	4:20	28:04		MUGARDOS
61	232	CARLOS SALUTREGUI DARRIBA		VTM.14	<b>28:10</b>	4:20	28:04		FERROL
62	107	DIEGO ALVAREZ SOTO		PSM.39	<b>28:17</b>	4:22	28:05		NARÓN
63	71	CARLOS MARQUEZ DIAZ		PSM.40	<b>28:22</b>	4:22	28:20		NARON
64	17	ALEJANDRO ALARCÓN GIRALDO		PSM.41	<b>28:22</b>	4:22	28:21	ATLETISMO OLYMPO	AS PONTES
65	9	TONI GARCIA PRADO		PSM.42	<b>28:23</b>	4:22	28:19	ASOCIACIÓN DEPORTIVA CERNE	MELIDE
66	253	JAVIER LÓPEZ FUSTES		PSM.43	<b>28:33</b>	4:24	28:26		ORTIGUEIRA
67	92	LUÍS FERNÁNDEZ VEIGA		VTM.15	<b>28:37</b>	4:25	28:37		LUGO
68	50	PEDRO DOMENECH GONZÁLEZ		PSM.44	<b>28:38</b>	4:25	28:35	CORUÑA COMARCA	CULLEREDO
69	62	FELICIDAD LÓPEZ ARNAU	F.9	PSF.6	<b>28:39</b>	4:25	28:36	TOTAL SPORT	A CORUÑA
70	91	JOSE MANUEL DOPICO SOTO		VTM.16	<b>28:47</b>	4:26	28:46		NEDA
71	113	RAFAEL ESPIDO LATA		PSM.45	<b>28:50</b>	4:27	28:42		A CORUÑA
72	118	JOSE MANUEL DEUS VIÑA		VTM.17	<b>28:56</b>	4:27	28:47		PINO-COSPEITO
73	35	JUAN JOSE BARJA GRAÑA		PSM.46	<b>29:00</b>	4:28	28:59	CENTER-VILALBA	ABADÍN
74	281	MILLAN PITA BARROS		PSM.47	<b>29:02</b>	4:28	29:00		FERROL
75	256	JOEL CASTRO PENA		PSM.48	<b>29:05</b>	4:29	29:02		AS PONTES
76	233	CARLOS GONZÁLEZ CRIADO		PSM.49	<b>29:07</b>	4:29	28:59		CAMBRE
77	293	LUZ CERCIDO DIAZ	F.10	VTF.4	<b>29:10</b>	4:30	29:06		LARAXE
78	12	ANA ISABEL RODRIGUEZ EXPOSITO	F.11	VTF.5	<b>29:16</b>	4:31	29:13	ATLETISMO MONTE SEGADÉ	LUGO
79	277	MARIO LEDO FARIÑAS		PSM.50	<b>29:35</b>	4:34	29:30		FERROL
80	204	JAVI VIDAL MIGUELEZ		PSM.51	<b>29:38</b>	4:34	29:33	ASOCIACIÓN DEPORTIVA CERNE	MELIDE

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81	240	ESTEBAN DÍAZ PÉREZ		PSM.52	<b>29:50</b>	4:36	29:45		AS PONTES
82	117	EUSEBIA MALDONADO	F.12	PSF.7	<b>29:56</b>	4:37	29:52		A CORUÑA
83	8	DIEGO SANCHEZ GONZALEZ		PSM.53	<b>30:00</b>	4:37	29:56	ASOCIACIÓN DEPORTIVA CERNE	MELIDE
84	213	SANTIAGO FRAGA PENA		XVNM.2	<b>30:03</b>	4:38	29:52	CASTRO DA UZ	AS PONTES
85	25	SUSANA BELLAS BERMÚDEZ	F.13	VTF.6	<b>30:09</b>	4:39	30:07	ATLETISMO OLYMPO	AS PONTES
86	289	SAUL FERNÁNDEZ GALDO		PSM.54	<b>30:11</b>	4:39	30:11		AS PONTES
87	276	MARCOS ALONSO FILGUEIRA		PSM.55	<b>30:14</b>	4:40	30:08		FERROL
88	282	PEDRO VÁZQUEZ TOJEIRO		PSM.56	<b>30:26</b>	4:41	30:13		AS PONTES
89	239	DIEGO PICOS CARBALLEIRA		XVNM.3	<b>30:26</b>	4:41	30:16		AS PONTES
90	229	ANTONIO BARCON VAZQUEZ		PSM.57	<b>30:28</b>	4:42	30:27		AS PONTES
91	265	JOSÉ MANUEL LORENZO ALONSO		PSM.58	<b>30:33</b>	4:42	30:21		AS PONTES
92	84	ANTONIO SOUTO REGO		VTM.18	<b>30:43</b>	4:44	30:41		VILALBA
93	241	FABIO FONSECA MOAS		VTM.19	<b>30:45</b>	4:44	30:42		MADRID
94	45	JOSE BLANCO LOZANO		PSM.59	<b>30:47</b>	4:45	30:40	CLUB MONTEPENARUBIA RUNNING	VILLALBA
95	48	EDUARDO CERNADAS VAZQUEZ		PSM.60	<b>30:48</b>	4:45	30:45	CLUB RIA FERROL	PANTIN-VALDOVIÑO
96	70	RUBEN MARTINEZ DEL RIO		VTM.20	<b>31:08</b>	4:48	31:01		O TEMPLE - CAMBRE
97	290	SERGIO GALLEGRO PIÑON		PSM.61	<b>31:13</b>	4:49	31:07		FERROL
98	245	FRANCISCO JAVIER DIAZ REY		PSM.62	<b>31:14</b>	4:49	31:03		FERROL
99	96	ALBERTO COTELO SENANDE		PSM.63	<b>31:15</b>	4:49	31:10		CARBALLO
100	351	RAMON RODRIGUEZ BLANCO		PSM.64	<b>31:18</b>	4:49	31:10		LUGO
101	108	MANUEL FERREIRO OROSA		PSM.65	<b>31:24</b>	4:50	31:22		VILALBA
102	78	RAQUEL GUIZÁN CASTRO	F.14	PSF.8	<b>31:25</b>	4:50	31:21		LUGO
103	279	MIGUEL CABARCOS ROUCO		PSM.66	<b>31:29</b>	4:51	31:25		AS PONTES
104	352	JOSÉ LUIS MANCEBO IGLESIAS		VTM.21	<b>31:31</b>	4:51	31:18		A CORUÑA
105	60	JORGE CARREIRA NODAR		PSM.67	<b>31:34</b>	4:52	31:27	OLIMPICO DE VEDRA	A ESTRADA
106	285	ROBERTO CABANAS ORIZALES		PSM.68	<b>31:36</b>	4:52	31:33		AS PONTES
107	205	MANUEL LODEIRO MIGUELEZ		PSM.69	<b>31:45</b>	4:53	31:41	ASOCIACIÓN DEPORTIVA CERNE	MELIDE
108	249	IGNACIO VILLADONIGA GARROTE		VTM.22	<b>31:52</b>	4:55	31:40		CERDIDO
109	248	HELIO BAAMONDE MONTES		PSM.70	<b>31:52</b>	4:55	31:46		FERROL
110	47	MANUEL VIDAL RODRIGUEZ		PSM.71	<b>32:03</b>	4:56	31:54	CLUB MONTEPENARUBIA RUNNING	LUGO
111	53	MAXIMINO LAGARES CARRO		VTM.23	<b>32:04</b>	4:56	31:56	ESPRINTES OURENSE	SIGÜEIRO
112	259	JORGE PRIETO VILABOA		XVNM.4	<b>32:07</b>	4:57	32:03		FERROL
113	284	ROBERTO GARCÍA FONTAO		PSM.72	<b>32:10</b>	4:57	32:09		AS PONTES
114	86	ANGEL JUVIÑO PREGO		VTM.24	<b>32:12</b>	4:58	32:06		ARTEIXO
115	104	ADÁN ALMENDÁREZ ROQUE		PSM.73	<b>32:14</b>	4:58	32:07		LA CORUÑA
116	58	MARÍA SOUTO PRIETO	F.15	PSF.9	<b>32:15</b>	4:58	32:14	LUCUS CAIXA RURAL	VILALBA
117	234	DAVID DIAZ REY		PSM.74	<b>32:18</b>	4:59	32:07		FERROL
118	226	AMANCIO PÉREZ CORRAL		PSM.75	<b>32:19</b>	4:59	32:06		AS PONTES
119	87	JOSE ENRIQUE GOMEZ LOPEZ		VTM.25	<b>32:23</b>	4:59	32:17		PONTEVEDRA
120	109	PABLO LÓPEZ PRADA		VTM.26	<b>32:23</b>	4:59	32:18		LUGO

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121	20	ANA MARIA DOPICO RODRIGUEZ	F.16	VTF.7	<b>32:28</b>	5:00	32:19	ATLETISMO OLYMPO	AS PONTES
122	267	JULIO DONO DOVAL		PSM.76	<b>32:31</b>	5:01	32:21		CAMBRE
123	112	RAMÓN LARREA MOURELLE		PSM.77	<b>32:34</b>	5:01	32:31		LUGO
124	103	RUTH SEOANE LOUREDA	F.17	XVNF.1	<b>32:34</b>	5:01	32:30		A CORUÑA
125	235	DAVID PARDO LAGE		PSM.78	<b>32:34</b>	5:01	32:22		CARIÑO
126	75	MARCELINO DOPICO RODRIGUEZ		VTM.27	<b>32:46</b>	5:03	32:33		NARÓN
127	97	JUAN HERRERO EVIA		VTM.28	<b>32:46</b>	5:03	32:34		FERROL
128	220	JOSÉ LÓPEZ ANEIROS		VTM.29	<b>32:48</b>	5:03	32:41	RÍA FERROL	FERROL
129	262	JOSÉ LUIS GARCÍA IBÁÑEZ		PSM.79	<b>32:54</b>	5:04	32:48		AS PONTES
130	56	PABLO ANTONIO RODRIGUEZ REY		PSM.80	<b>32:59</b>	5:05	32:52	GIMNASIO GALAICO	SANTIAGO DE COMPOSTELA
131	306	LAURA MARCOS CASTRO	F.18	PSF.10	<b>33:02</b>	5:05	32:59		COSPEITO
132	270	LUÍS TORRENTE BELLAS		VTM.30	<b>33:03</b>	5:06	32:55		AS PONTES
133	207	JOSÉ MIGUEL VARELA LAMIGUEIRO		VTM.31	<b>33:03</b>	5:06	32:55	ATLETISMO OLYMPO	AS PONTES
134	291	XOAN LOPEZ ESTRAVIZ		VTM.32	<b>33:05</b>	5:06	32:58		FENE
135	225	ALFONSO OTERO IGLESIAS		PSM.81	<b>33:30</b>	5:10	33:24		AS PONTES
136	4	FERNANDO RODRIGUEZ VAZQUEZ		VTM.33	<b>33:36</b>	5:11	33:33	A FUME DE CAROZO	ARANGA
137	244	FRANCISCO FUENTES BERMEJO		VTM.34	<b>33:53</b>	5:13	33:43		LA CORUÑA
138	55	CRISTINA GUIZAN CASTRO	F.19	PSF.11	<b>33:58</b>	5:14	33:52	GIMNASIO GALAICO	LUGO
139	254	JAVIER PRIETO GONZALEZ		PSM.82	<b>34:03</b>	5:15	34:01		VILALBA
140	99	ALEJANDRO ALVAREZ RODRÍGUEZ		PSM.83	<b>34:04</b>	5:15	33:53		A CORUÑA
141	250	IVAN GOMEZ RIVERA		PSM.84	<b>34:11</b>	5:16	34:01		FERROL
142	292	ISABEL LEDO FILGUEIRAS	F.20	PSF.12	<b>34:11</b>	5:16	33:59		AS PONTES
143	94	OCTAVIO SUSACASA NOVAL		VTM.35	<b>34:17</b>	5:17	34:06		A CORUÑA
144	93	PEDRO PETEIRO ROSENDE		VTM.36	<b>34:38</b>	5:20	34:32		A CORUÑA
145	89	MANUEL LORENZO LEDO		PSM.85	<b>34:51</b>	5:22	34:38		LUGO
146	263	JOSÉ MANUEL LÓPEZ FERNÁNDEZ		VTM.37	<b>35:00</b>	5:23	34:46		NARÓN
147	116	CHEMA BERGANTIÑOS LOPEZ		PSM.86	<b>35:04</b>	5:24	34:54		GUITIRIZ
148	102	ANDRÉS GONZÁLEZ GARCÍA		VTM.38	<b>35:18</b>	5:26	35:10		FERROL
149	238	DAVID BERMÚDEZ RAMUDO		PSM.87	<b>35:21</b>	5:27	35:16		XOVE
150	98	OMAR RODRIGUEZ MAYO		PSM.88	<b>35:21</b>	5:27	35:08		AVILÉS
151	260	JOSE LÓPEZ SIVEIRO		VTM.39	<b>35:28</b>	5:28	35:15		CARIÑO
152	296	MARIA DEL CARMEN VILLARES ACEBEDO	F.21	PSF.13	<b>35:33</b>	5:29	35:28		XOVE
153	273	MANUEL SANDOMINGO LÓPEZ		PSM.89	<b>35:37</b>	5:29	35:24		ORTIGUEIRA
154	31	BEATRIZ CHOUCIÑO TRIGO	F.22	VTF.8	<b>35:40</b>	5:30	35:25	C.D.EGOVARROS-VIVEIRO	CULLEREDO
155	46	JESÚS LENS BLANCO		PSM.90	<b>35:40</b>	5:30	35:32	CLUB MONTEPENARUBIA RUNNING	LUGO
156	303	ZELTIA LANDEIRA PIQUÍN	F.23	PSF.14	<b>36:08</b>	5:34	35:57		CAMBRE
157	90	JOSE MANUEL CARBALLEIRA OROSA		PSM.91	<b>36:08</b>	5:34	36:06		VILALBA
158	212	MARIA JULIA MIGUEZ CHAO	F.24	VTF.9	<b>36:13</b>	5:35	36:04	C.D.EGOVARROS-VIVEIRO	VIVEIRO
159	299	SONIA VILABOY FILGUEIRAS	F.25	PSF.15	<b>36:13</b>	5:35	36:04		AS PONTES
160	288	SANTIAGO BELLAS CARBALLO		PSM.92	<b>36:22</b>	5:36	36:19		AS PONTES

Posto	Dorsal	Nome	Sx	Pto. Cat.	Tempo	Km a	Neto	Clube	Localidade
161	29	JESUS BERNAL GOMEZ		VTM.40	<b>36:24</b>	5:36	36:20	C.D.EGOVARROS-VIVEIRO	FERROL
162	261	JOSÉ ARRIBAS ESTEBAN		VTM.41	<b>36:26</b>	5:37	36:19		A CORUÑA
163	305	RAQUEL VIÑA RODRIGUEZ	F.26	PSF.16	<b>36:33</b>	5:38	36:25	SAN FERNANDO LUCUS	LUGO
164	13	JOSE ANTONIO VIÑA VAZQUEZ		VTM.42	<b>36:33</b>	5:38	36:25	ATLETISMO MONTE SEGADE	LUGO
165	295	MARÍA GONZÁLEZ CASTRO	F.27	PSF.17	<b>36:43</b>	5:39	36:40		COSPEITO
166	211	FRANCISCO LÓPEZ VIDAL		PSM.93	<b>36:56</b>	5:41	36:47	C.D.EGOVARROS-VIVEIRO	OROL
167	85	SUSANA BARJA GRAÑA	F.28	PSF.18	<b>36:58</b>	5:42	36:56		ABADÍN
168	52	MANUEL HURTADO LOPEZ		VTM.43	<b>37:10</b>	5:44	36:59	ESCOLA ATLETICA LUCENSE	LUGO
169	264	JOSÉ MANUEL FRAGA MARTÍNEZ		PSM.94	<b>37:19</b>	5:45	37:09		SAN ISIDRO (GRANADILLA DE ABONA)
170	101	NURIA DÍAZ PÉREZ	F.29	VTF.10	<b>37:19</b>	5:45	37:10		CANDAMIL - XERMADE
171	258	JORGE ROCA MIGUELEZ		PSM.95	<b>37:22</b>	5:45	37:18		MELIDE
172	298	OBDULIA GARCÍA PICALLO	F.30	VTF.11	<b>37:28</b>	5:46	37:18		AS PONTES
173	280	MIGUEL ÁNGEL GÓMEZ SEXTO		PSM.96	<b>37:34</b>	5:47	37:22		A CORUÑA
174	294	M <sup>o</sup> DOLORES LOSADA GARCÍA	F.31	VTF.12	<b>38:12</b>	5:53	38:02		CAMBRE
175	76	CRISTINA PIÑEIROA REGO	F.32	PSF.19	<b>38:26</b>	5:55	38:14		BURELA
176	287	RUBEN DIEZ LAZARO		PSM.97	<b>38:35</b>	5:57	38:32		SANTIAGO DE COMPOSTELA
177	252	JAVIER PRIETO SOUTO		PSM.98	<b>39:16</b>	6:03	39:05		CAMBRE
178	79	NEREA RODRIGUEZ BLANCO	F.33	PSF.20	<b>39:54</b>	6:09	39:43		GUITIRIZ
179	272	MANUEL VILABOY FIDALGO		VTM.44	<b>40:40</b>	6:16	40:32		AS PONTES
180	208	CLAUDIA PARGA SEOANE	F.34	XVNF.2	<b>43:11</b>	6:39	43:00	ATLETISMO OLYMPO	AS PONTES
181	209	SILVIA GÓMEZ ANCA	F.35	XVNF.3	<b>43:12</b>	6:39	43:01	ATLETISMO OLYMPO	AS PONTES
182	300	TERESA LÓPEZ DE LA VEGA	F.36	VTF.13	<b>44:46</b>	6:54	44:31		FERROL
183	57	PAULA GARCÍA REBOREDO	F.37	PSF.21	<b>45:13</b>	6:58	45:04	JIMBARÁN RUNNING	LUGO
184	77	NATHALIE POSE VARELA	F.38	PSF.22	<b>47:00</b>	7:14	46:55		RODEIRO