

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|---|----|-----------|--------------|------|-------|--|----------------------|
| 1 | 429 | SANTIAGO LOPEZ RODRIGUEZ | | VTAM.1 | 31:47 | 3:11 | 31:47 | ATLETISMO PORRIÑO | O PORRIÑO |
| 2 | 243 | DANIEL BARGIELA ARAUJO | | VTAM.2 | 32:23 | 3:15 | 32:23 | | PONTEAREAS |
| 3 | 440 | JOSE ALBERTO BASTOS DASILVA | | SNM.1 | 34:16 | 3:26 | 34:16 | C.S.C.R. BEADE | |
| 4 | 111 | OSCAR BERNARDEZ CARBALLO | | SNM.2 | 34:51 | 3:30 | 34:50 | | SALVATERRA DE MIÑO |
| 5 | 476 | SAÛL ZÚÑIGA RODRÍGUEZ | | SNM.3 | 35:10 | 3:31 | 35:09 | TANINOS RUNNERS PONTEAREAS | PONTEAREAS |
| 6 | 447 | MIGUEL ÁNGEL PIÑEIRO GROBA | | VTAM.3 | 35:18 | 3:32 | 35:18 | CLUB DEPORTIVO PINARIUM | PONTEAREAS |
| 7 | 410 | JOSE CARLOS FERREIRA GONZALEZ | | VTAM.4 | 35:24 | 3:33 | 35:23 | ALEJANDRO GÓMEZ-ACADE | LA GUARDIA |
| 8 | 472 | FRANCISCO JAVIER IGLESIAS DE LA IGLESIA | | SNM.4 | 35:33 | 3:34 | 35:32 | SOCIEDAD GIMNASTICA DE PONTEVEDRA | REDONDELA |
| 9 | 15 | MIGUEL IGLESIAS VALVERDE | | SNM.5 | 35:33 | 3:34 | 35:32 | SDA SAN MIGUEL DE OIA | NIGRAN |
| 10 | 134 | SERGIO GONZALEZ CAMPOS | | SNM.6 | 36:10 | 3:37 | 36:09 | SOCIEDAD GIMNASTICA DE PONTEVEDRA | PORRIÑO |
| 11 | 11 | CÉSAR COSTAS ÁLVAREZ | | VTAM.5 | 36:15 | 3:38 | 36:13 | COMESAÑA SPORTING CLUB | VIGO |
| 12 | 132 | RUBEN MIGUEZ BARGIELA | | SNM.7 | 36:24 | 3:39 | 36:22 | SEGUROS BILBAO | SALCEDA DE CASELAS |
| 13 | 4 | MARCO ANTONIO VALVERDE VILAR | | SNM.8 | 36:31 | 3:40 | 36:30 | ATHLETICS SMOOY TEAM | BAIONA |
| 14 | 425 | GONZALO RODRIGUEZ LOPEZ | | VTAM.6 | 36:45 | 3:41 | 36:44 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 15 | 1 | MARTIN VALVERDE VILLAR | | VTAM.7 | 36:58 | 3:42 | 36:55 | ALEJANDRO GÓMEZ-ACADE | NIGRAN |
| 16 | 420 | JESUS FIGUEROA FERNANDEZ | | VTAM.8 | 36:58 | 3:42 | 36:54 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 17 | 244 | JOSE ANTONIO ALVAREZ OTERO | | VTAM.9 | 37:02 | 3:43 | 37:00 | SERVICIO VALMIÑOR | A GUARDA |
| 18 | 477 | MARCOS GROBA BARGIELA | | VTAM.10 | 37:12 | 3:44 | 37:11 | TANINOS RUNNERS PONTEAREAS | PONTEAREAS |
| 19 | 538 | MANUEL ENRIQUE ESTÉVEZ GARCÍA | | VTAM.11 | 37:18 | 3:44 | 37:16 | SEGUROS BILBAO SUPER MOLDES | SALCEDA DE CASELAS |
| 20 | 431 | JOSE MACABEOS VALVERDE CARBALLO | | VTAM.12 | 37:27 | 3:45 | 37:23 | ATLETISMO TUI- THERMALIA | TUI |
| 21 | 526 | MARCOS FERNANDEZ CARRERA | | VTAM.13 | 37:31 | 3:46 | 37:29 | | SALVATIERRA DE MIÑO |
| 22 | 525 | MANUEL SUÁREZ MARTÍNEZ | | VTBM.1 | 37:34 | 3:46 | 37:34 | | VIGO |
| 23 | 448 | RICARDO VERDE PIÑEIRO | | VTAM.14 | 37:36 | 3:46 | 37:34 | CLUBE DE ATLETISMO "CORREDOIRAS - TORVIGO" | BUEU |
| 24 | 449 | ROBERTO RIOBO ESTEVEZ | | VTAM.15 | 37:37 | 3:46 | 37:34 | CLUBE DE ATLETISMO "CORREDOIRAS - TORVIGO" | BUEU |
| 25 | 415 | GUILLERMO PEDRERO LÓPEZ | | SNM.9 | 37:50 | 3:47 | 37:46 | ASOCIACIÓN DEPORTIVA C.A.R. | MOS |
| 26 | 217 | ROBERTO MATA MARTINEZ | | SNM.10 | 37:52 | 3:48 | 37:50 | | SALCEDA DE CASELAS |
| 27 | 463 | DAVID ALONSO BARGIELA | | SNM.11 | 38:07 | 3:49 | 38:06 | SEGUROS BILBAO MOLDES | CANS |
| 28 | 436 | JUAN CARLOS PAZ GONZÁLEZ | | VTAM.16 | 38:13 | 3:50 | 38:13 | C.A.R. MARISQUEIRO | VIGO |
| 29 | 475 | JOSE LUIS GOMEZ SOTO | | VTAM.17 | 38:21 | 3:51 | 38:18 | TANINOS RUNNERS PONTEAREAS | PONTEAREAS |
| 30 | 437 | MARCOS MENDEZ BARRAN | | SNM.12 | 38:21 | 3:51 | 38:20 | C.A.R. MARISQUEIRO | VIGO |
| 31 | 443 | HUGO BALSERA SANMIGUEL | | VTAM.18 | 38:37 | 3:52 | 38:35 | CENTRO DE FISIOTERAPIA RAQUEL BALSERA | VILLAGARCIA DE AROSA |
| 32 | 207 | DAVID RODRIGUEZ GIL | | SNM.13 | 38:49 | 3:53 | 38:45 | | SALCEDA DE CASELAS |
| 33 | 302 | MANUEL FERNÁNDEZ PEREIRO | | VTBM.2 | 38:51 | 3:54 | 38:47 | CLUB ATLETISMO PORRIÑO | PORRIÑO |
| 34 | 31 | LAUREANO GIL GIL | | VTBM.3 | 38:52 | 3:54 | 38:49 | | VIGO |
| 35 | 10 | ANGEL IGLESIAS GONZALEZ | | VTBM.4 | 38:54 | 3:54 | 38:52 | CLUBE DE ATLETISMO "CORREDOIRAS - TORVIGO" | CANGAS |
| 36 | 2 | MIGUEL ANGEL OLIVEIRA BUGARIN | | VTAM.19 | 38:57 | 3:54 | 38:52 | ALEJANDRO GÓMEZ-ACADE | PORRIÑO |
| 37 | 242 | PABLO PEREZ LAGO | | VTBM.5 | 39:09 | 3:55 | 38:54 | CLUB ATLETISMO PORRIÑO | MOS |
| 38 | 502 | ALBERTO MARIÑO SILVA | | VTAM.20 | 39:17 | 3:56 | 39:15 | | VIGO |
| 39 | 433 | ALEJANDRO OTERO RAMIREZ | | SNM.14 | 39:18 | 3:56 | 39:12 | BOUZA SPRINT | VIGO |
| 40 | 432 | RUBEN CASTRO DOMINGUEZ | | VTAM.21 | 39:19 | 3:56 | 39:15 | ATLETISMO TUI- THERMALIA | TUI |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|--------------------------------|----|-----------|--------------|------|-------|---------------------------------|--------------------|
| 41 | 474 | ISMAEL CASAL MARIÑO | | VTAM.22 | 39:26 | 3:57 | 39:23 | TANINOS RUNNERS PONTEAREAS | PONTEAREAS |
| 42 | 305 | RICARDO FERNÁNDEZ COSTA | | VTBM.6 | 39:33 | 3:58 | 39:33 | VETERANOS DE SAMIL/MANUEL TOMAS | VIGO |
| 43 | 499 | HORACIO GIL LAMEIRO | | VTAM.23 | 39:37 | 3:58 | 39:35 | | VIGO |
| 44 | 510 | ANDRÉS CARRERA COSTAS | | SNM.15 | 39:40 | 3:58 | 39:30 | | PONTEAREAS |
| 45 | 419 | AMADOR REBOREDA GRAÑA | | VTBM.7 | 39:49 | 3:59 | 39:46 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 46 | 438 | MIGUEL ANGEL FERNANDEZ ALVAREZ | | VTAM.24 | 40:10 | 4:01 | 40:08 | C.A.R. MARISQUEIRO | VIGO |
| 47 | 72 | DAVID MALLO ALONSO | | VTAM.25 | 40:15 | 4:02 | 40:15 | | VIGO |
| 48 | 312 | OSCAR GARCIA GARCIA | | SNM.16 | 40:18 | 4:02 | 40:06 | | SALCEDA |
| 49 | 455 | JOSE LUIS NOVOA CID | | VTAM.26 | 40:20 | 4:02 | 40:18 | OS AFIADORES | OURENSE |
| 50 | 120 | FERMIN MUÑOZ SUAREZ | | SNM.17 | 40:21 | 4:03 | 40:11 | | PONTEAREAS |
| 51 | 192 | MANUEL ESTEVEZ BARROS | | VTAM.27 | 40:29 | 4:03 | 40:25 | | SALCEDA DE CASELAS |
| 52 | 84 | JOSE ANGEL ALVAREZ RODRIGUEZ | | SNM.18 | 40:31 | 4:04 | 40:26 | | MOS |
| 53 | 458 | MANUEL CARRERA NOGUEIRA | | VTBM.8 | 40:31 | 4:04 | 40:26 | R.C. CELTA DE ATLETISMO | VIGO |
| 54 | 131 | JULIO MANUEL GALLO FERNÁNDEZ | | VTAM.1 | 40:33 | 4:04 | 40:32 | LOBICAN | GONDOMAR |
| 55 | 452 | ALÁN ANDRÉS FIDALGO | | VTAM.28 | 40:42 | 4:05 | 40:40 | ESPRINTES OURENSE | OURENSE |
| 56 | 454 | GONZALO GONZALEZ GONZALEZ | | VTAM.29 | 40:49 | 4:05 | 40:47 | METROPOLITAN VIGO | VIGO |
| 57 | 423 | ALBERTO IGLESIAS CABALEIRO | | VTAM.30 | 40:49 | 4:05 | 40:45 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 58 | 417 | JUAN ANTONIO QUIÑONES MIGUEZ | | VTAM.31 | 40:49 | 4:05 | 40:43 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 59 | 73 | EDUARDO ESTEVEZ RODRIGUEZ | | VTAM.32 | 40:53 | 4:06 | 40:43 | | PONTEAREAS |
| 60 | 492 | MIGUEL BALADO DACOSTA | | SNM.19 | 40:58 | 4:06 | 40:49 | | VIGO |
| 61 | 194 | ARMANDO FONTAN OJEA | | VTAM.33 | 41:01 | 4:07 | 40:39 | | SALCEDA DE CASELAS |
| 62 | 411 | GONZALO BRANDÓN DOMÍNGUEZ | | VTAM.34 | 41:03 | 4:07 | 40:59 | ALEJANDRO GÓMEZ-ACADE | A GUARDA |
| 63 | 112 | FRANCISCO MARCO RIUS | | SNM.20 | 41:03 | 4:07 | 40:59 | | VIGO |
| 64 | 85 | SERGIO FERREIRA NÚÑEZ | | SNM.21 | 41:09 | 4:07 | 41:03 | | SALVATERRA DE MIÑO |
| 65 | 83 | PABLO DOMINGUEZ MARTINEZ | | SNM.22 | 41:10 | 4:07 | 41:05 | | PONTEAREAS |
| 66 | 69 | BERNARDO DURAN DURAN | | VTAM.35 | 41:12 | 4:08 | 41:08 | | AS NEVES |
| 67 | 204 | CAMILO FERNÁNDEZ PEREIRA | | SNM.23 | 41:12 | 4:08 | 41:05 | | SALCEDA DE CASELAS |
| 68 | 38 | ANTONIO NUÑEZ CASTEDO | | VTAM.36 | 41:15 | 4:08 | 41:10 | | SALVATERRA DE MIÑO |
| 69 | 527 | ÁNGEL PÉREZ LAGO | | VTBM.9 | 41:17 | 4:08 | 41:14 | | BUEU |
| 70 | 529 | ALBERTO LORENZO GIMÉNEZ | | SNM.24 | 41:31 | 4:10 | 41:23 | | VIGO |
| 71 | 536 | JOSE MANUEL RODRIGUEZ CARAMÈS | | VTAM.2 | 41:35 | 4:10 | 41:35 | C.A.R. MARISQUEIRO | SALCEDA DE CASELAS |
| 72 | 479 | JAVIER MARTIN ALVAREZ | | VTAM.37 | 41:40 | 4:10 | 41:27 | TRIPITORRA | PONTEAREAS |
| 73 | 498 | DOMINGOS ABAL PEREIRA | | VTBM.10 | 41:46 | 4:11 | 41:41 | | REDONDELA |
| 74 | 530 | GUILLERMO CAMPOS MARTINASCHI | | VTAM.38 | 41:47 | 4:11 | 41:38 | | POIO |
| 75 | 179 | BENJAMIN MARQUEZ PEREZ | | VTAM.39 | 41:48 | 4:11 | 41:43 | | PONTEAREAS |
| 76 | 106 | ISAAC PINO GARCIA | | SNM.25 | 41:56 | 4:12 | 41:43 | | VIGO |
| 77 | 534 | JOSE ANGEL ALVAREZ ALONSO | | VTAM.40 | 41:59 | 4:12 | 41:49 | ATLETISMO PORRIÑO | TUI |
| 78 | 109 | JOSÉ MARIA GONZALEZ NUÑES | | SNM.26 | 42:04 | 4:13 | 41:56 | | SALVATERRA DO MIÑO |
| 79 | 18 | CARLOS FERNÁNDEZ ÁLVAREZ | | VTAM.41 | 42:04 | 4:13 | 42:01 | SOCIEDADE ATLÉTICA DO TREGA | O ROSAL |
| 80 | 57 | MIGUEL ANGEL PIÑON LOPEZ | | VTAM.42 | 42:05 | 4:13 | 42:01 | | PONTEVEDRA |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|-----------------------------------|-----|-----------|--------------|------|-------|--|----------------------|
| 81 | 500 | DAVID RODRÍGUEZ CABALEIRO | | VTAM.43 | 42:06 | 4:13 | 41:57 | | VIGO |
| 82 | 19 | ARIANA GONZÁLEZ VERDE | F.1 | SNF.1 | 42:06 | 4:13 | 42:04 | SOCIEDADE ATLÉTICA DO TREGA | O ROSAL |
| 83 | 422 | JOSE CARLOS PEREZ PUENTE | | VTBM.11 | 42:10 | 4:13 | 42:04 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 84 | 508 | ADOLFO RODRIGUEZ RODRIGUEZ | | VTBM.12 | 42:10 | 4:13 | 42:03 | | VILAGARCIA DE AROUSA |
| 85 | 416 | MARCOS MANUEL GARCIA LAGO | | VTAM.44 | 42:11 | 4:14 | 42:06 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 86 | 481 | SERGIO PRIETO FARIÑA | | SNM.27 | 42:12 | 4:14 | 42:00 | VETERANOS DE SAMIL/MANUEL TOMAS | VIGO |
| 87 | 537 | JOSÉ MIGUEL FERNÁNDEZ CRUZ | | SNM.28 | 42:15 | 4:14 | 42:11 | CLUB ATLETISMO PORRIÑO | SALCEDA DE CASELAS |
| 88 | 68 | JORGE MAURI CIVIDANES | | VTAM.45 | 42:31 | 4:16 | 42:23 | | O ROSAL |
| 89 | 80 | ALVARO DASILVA LORENZO | | SNM.29 | 42:31 | 4:16 | 42:23 | | MOS |
| 90 | 25 | EDUARDO PÉREZ LAGO | | VTBM.13 | 42:32 | 4:16 | 42:19 | | SALVATERRA DE MIÑO |
| 91 | 64 | JAVIER BORRAJO RODRIGUEZ | | VTAM.46 | 42:37 | 4:16 | 42:28 | | MOS |
| 92 | 509 | CARLOS IGLESIAS ÁLVAREZ | | VTAM.47 | 42:41 | 4:17 | 42:36 | | OURENSE |
| 93 | 493 | JESUS EDUARDO PEREZ RODRIGUEZ | | SNM.30 | 42:42 | 4:17 | 42:38 | | PORRIÑO |
| 94 | 60 | RAMÓN FONTÁN NUÑEZ | | VTAM.48 | 42:44 | 4:17 | 42:39 | | TUI |
| 95 | 517 | DAVID ALONSO ALONSO | | SNM.31 | 42:51 | 4:18 | 42:40 | | MOS |
| 96 | 12 | ALFREDO VELASCO GROBA | | SNM.32 | 42:54 | 4:18 | 42:35 | INTERRUNNING PIÑEIRO | PONTEAREAS |
| 97 | 535 | FAUSTO BLANCO ARIAS | | SNM.33 | 42:54 | 4:18 | 42:39 | ATLETISMO TUI- THERMALIA | TUI |
| 98 | 407 | ROBERTO EXPOSITO EXPOSITO | | VTAM.49 | 42:55 | 4:18 | 42:47 | ALEJANDRO GÓMEZ-ACADE | LA GUARDIA |
| 99 | 144 | MAYKEL BARBOSA RODRÍGUEZ | | XJM.1 | 42:59 | 4:18 | 42:58 | | |
| 100 | 197 | ANIBAL SOUSA FERNANDEZ | | VTAM.50 | 43:01 | 4:19 | 42:38 | | SALCEDA DE CASELAS |
| 101 | 5 | RODRIGO RIVAS RODRIGUEZ | | SNM.34 | 43:08 | 4:19 | 43:02 | C.A. PALMA FITNESS | MOAÑA |
| 102 | 75 | DAVID MARCOS DEL RÍO MARTÍNEZ | | VTAM.51 | 43:19 | 4:20 | 43:00 | | SALCEDA DE CASELAS |
| 103 | 221 | MIGUEL ADELINO TABARES | | SNM.35 | 43:21 | 4:21 | 43:06 | | SALCEDA DE CASELAS |
| 104 | 225 | JORGE FERNANDEZ CASTIÑEIRA | | SNM.36 | 43:25 | 4:21 | 43:15 | | SALCEDA DE CASELAS |
| 105 | 146 | LOIS MARTÍNEZ ÁLVAREZ | | XJM.2 | 43:34 | 4:22 | 43:27 | | |
| 106 | 441 | ANA BELEN GONZALEZ GARRIDO | F.2 | VTAF.1 | 43:38 | 4:22 | 43:38 | C.S.C.R. BEADE | VIGO |
| 107 | 8 | MANUEL OTERO PEREZ | | VTCM.3 | 43:44 | 4:23 | 43:29 | CLUBE DE ATLETISMO "CORREDOIRAS - TORVIGO" | BUEU |
| 108 | 241 | ANGEL JULIAN VARELA REDONDO | | VTAM.52 | 43:47 | 4:23 | 43:18 | | POTEAREAS |
| 109 | 208 | GUSTAVO BENAVIDES VILA | | SNM.37 | 43:49 | 4:23 | 43:36 | | SALCEDA DE CASELAS |
| 110 | 424 | JOSE ANTONIO VALLEJO PEREZ | | VTAM.53 | 43:54 | 4:24 | 43:47 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 111 | 51 | JOSE MARIA FREIJO MARIÑO | | VTAM.54 | 44:01 | 4:25 | 43:54 | | VIGO |
| 112 | 230 | DAVID ALONSO BLANCO | | SNM.38 | 44:01 | 4:25 | 43:37 | | SALCEDA DE CASELAS |
| 113 | 182 | RODRIGO MARTÍNEZ GONZÁLEZ | | VTAM.55 | 44:08 | 4:25 | 43:49 | | SALCEDA DE CASELAS |
| 114 | 439 | FERNANDO ABREU FERNANDEZ | | VTBM.14 | 44:13 | 4:26 | 44:08 | C.A.R. MARISQUEIRO | SALVATERRA DE MIÑO |
| 115 | 533 | ALFREDO GARCIA LAGO | | SNM.39 | 44:18 | 4:26 | 44:12 | ASOCIACIÓN DEPORTIVA C.A.R. | SALCEDA DE CASELAS |
| 116 | 488 | FRANCISCO DANIEL BARRERAS COLLAZO | | VTAM.56 | 44:19 | 4:26 | 44:05 | | VIGO |
| 117 | 460 | CARLOS ALVAREZ SANMIGUEL | | VTAM.57 | 44:24 | 4:27 | 44:09 | S.A. VAL MIÑOR | GONDOMAR |
| 118 | 41 | ALBERTO ARAMBURU GARCÍA-PINTOS | | VTAM.58 | 44:28 | 4:27 | 44:24 | | PONTEVEDRA |
| 119 | 478 | RAMON REY GEY | | VTCM.4 | 44:33 | 4:28 | 44:19 | TRAN TRAN | VILAGARCIA DE AROUSA |
| 120 | 531 | ALBERTO GARRIDO DAPONTE | | VTAM.59 | 44:34 | 4:28 | 44:29 | | PONTEAREAS |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|----------------------------------|-----|-----------|--------------|------|-------|-----------------------|------------------------|
| 121 | 89 | RUBEN PEREZ AMOEDO | | SNM.40 | 44:38 | 4:28 | 44:28 | | TUI |
| 122 | 3 | RICARDO SOTELINO RODRIGUEZ | | VTAM.60 | 44:41 | 4:29 | 44:38 | ALEJANDRO GÓMEZ-ACADE | GONDOMAR |
| 123 | 26 | JOSE RAMON DEL CAMPO ALVAREZ | | VTBM.15 | 44:51 | 4:30 | 44:40 | | PORRIÑO |
| 124 | 450 | MARIO DANIEL VARELA CRESPO | | SNM.41 | 44:59 | 4:30 | 44:43 | ESPRINTES OURENSE | O CARBALLIÑO |
| 125 | 209 | DANIEL GREGORES MUÑOZ | | SNM.42 | 45:01 | 4:31 | 44:53 | | PORRIÑO |
| 126 | 13 | JOSE CARLOS PROVEDO SILVA | | VTAM.61 | 45:02 | 4:31 | 44:47 | KIAP | VIGO |
| 127 | 485 | IVÁN ÁLVAREZ IGLESIAS | | SNM.43 | 45:05 | 4:31 | 44:52 | | CHAPELA |
| 128 | 189 | GERMAN PEREZ SALES | | VTAM.62 | 45:09 | 4:31 | 44:56 | | AS NEVES |
| 129 | 503 | JAVIER (TRONKO) ALVAREZ VERISIMO | | VTBM.16 | 45:14 | 4:32 | 45:07 | | TOMIÑO |
| 130 | 108 | PEDRO ÁLVAREZ MOSQUERA | | SNM.44 | 45:18 | 4:32 | 45:07 | | BAREDO - BAIONA |
| 131 | 406 | JORGE CARNEIRO DENIS | | SNM.45 | 45:18 | 4:32 | 45:04 | AFILADOS RUNNERS | BAIONA |
| 132 | 306 | FRANCISCO CONDE CID | | VTBM.17 | 45:19 | 4:32 | 45:08 | | O PORRIÑO |
| 133 | 97 | ISRAEL CASTRO MARTINEZ | | SNM.46 | 45:26 | 4:33 | 45:09 | | VIGO |
| 134 | 528 | MANUEL FERNANDEZ BALBOA | | VTAM.63 | 45:27 | 4:33 | 45:21 | | POIO |
| 135 | 451 | XULIO CÉSAR ÁLVAREZ DOCAMPO | | VTAM.64 | 45:28 | 4:33 | 45:11 | ESPRINTES OURENSE | OURENSE |
| 136 | 149 | IVÁN FERNANDEZ ESTÉVEZ | | XJM.3 | 45:30 | 4:33 | 45:23 | | |
| 137 | 58 | JOSE MANUEL DAVID DOMÍNGUEZ | | VTAM.65 | 45:30 | 4:33 | 45:18 | | SALVATERRA DE MIÑO |
| 138 | 505 | JOSE LUIS LOPEZ ALVAREZ | | VTAM.66 | 45:31 | 4:34 | 45:23 | | LEIRADO |
| 139 | 311 | JESÚS FERNÁNDEZ DA COSTA | | VTAM.67 | 45:37 | 4:34 | 45:24 | | SALCEDA DE CASELAS |
| 140 | 462 | MARI CARMEN COSTAS VALVERDE | F.3 | VTBF.1 | 45:38 | 4:34 | 45:32 | S.A. VAL MIÑOR | GONDOMAR |
| 141 | 39 | ANTONIO BUGARIN GONZALEZ | | VTAM.68 | 45:47 | 4:35 | 45:34 | | TUI |
| 142 | 176 | CESAR MACHO VARGAS | | VTBM.18 | 45:48 | 4:35 | 45:45 | | SALCEDA DE CASELAS |
| 143 | 511 | VICTOR MANUEL GONZALEZ MARTINEZ | | VTAM.69 | 45:49 | 4:35 | 45:37 | | SALVATERRA DO MIÑO |
| 144 | 81 | IAGO QUIROGA FERNANDEZ | | SNM.47 | 45:51 | 4:36 | 45:44 | | VIGO |
| 145 | 216 | OSCAR PEREZ GONZALEZ | | SNM.48 | 45:53 | 4:36 | 45:44 | | SALVATERRA DE MIÑO |
| 146 | 219 | MIGUEL CORREA ÁLVAREZ | | SNM.49 | 45:55 | 4:36 | 45:43 | | TOMIÑO |
| 147 | 33 | CESAR RODRIGUEZ FOLGAR | | VTBM.19 | 45:57 | 4:36 | 45:39 | | PORRIÑO |
| 148 | 218 | AGUSTIN ALVAREZ FEJOO | | SNM.50 | 45:58 | 4:36 | 45:36 | | SALCEDA DE CASELAS |
| 149 | 212 | ROBERTO CARLOS VILA FERNANDEZ | | SNM.51 | 45:59 | 4:36 | 45:36 | | SALCEDA DE CASELAS |
| 150 | 44 | JAVIER BALIÑAS RIVEIRO | | VTAM.70 | 46:00 | 4:36 | 45:34 | | PORRIÑO |
| 151 | 66 | MONICA GONZALEZ ROCHA | F.4 | VTAF.2 | 46:01 | 4:37 | 45:36 | | PORRIÑO |
| 152 | 100 | GABRIEL RIVADA RODRIGUEZ | | SNM.52 | 46:02 | 4:37 | 45:50 | | MOS |
| 153 | 141 | SERGIO BERNÁNDEZ PEREIRA | | XJM.4 | 46:02 | 4:37 | 45:56 | | |
| 154 | 87 | LORENZO FERNANDEZ MUIÑOS | | SNM.53 | 46:03 | 4:37 | 45:41 | | CABREIRA, SALVATERRA D |
| 155 | 178 | JULIO RAMOS OTERO | | VTAM.71 | 46:03 | 4:37 | 45:33 | | VIGO |
| 156 | 152 | JUANMA TRONCOSO ESTÉVEZ | | XJM.5 | 46:03 | 4:37 | 45:54 | | |
| 157 | 231 | OSCAR DOMINGUEZ SEQUEIROS | | SNM.54 | 46:04 | 4:37 | 45:49 | | SALCEDA DE CASELAS |
| 158 | 227 | JOSE ANTONIO GONZALEZ BURGO | | SNM.55 | 46:05 | 4:37 | 45:48 | | SALCEDA DE CASELAS |
| 159 | 193 | LEONARDO TORREIO DOMINGUEZ | | VTAM.72 | 46:08 | 4:37 | 45:55 | | A GUARDA |
| 160 | 240 | MANUEL CASALEIRO FERNANDEZ | | VTAM.73 | 46:09 | 4:37 | 46:02 | | TOMIÑO |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|--|-----|-----------|--------------|------|-------|------------------------|---------------------|
| 161 | 226 | DAVINIA VAQUEIRO MARTÍNEZ | F.5 | SNF.2 | 46:09 | 4:37 | 45:53 | | SALCEDA DE CASELAS |
| 162 | 547 | MONTERRAT ALVAREZ DA SILVA | F.6 | VTAF.3 | 46:21 | 4:39 | 46:20 | | SALCEDA DE CASELAS |
| 163 | 124 | JONATHAN RIVEIRO ACOSTA | | SNM.56 | 46:22 | 4:39 | 46:11 | | VIGO |
| 164 | 224 | BORJA VAZQUEZ RODRIGUEZ | | SNM.57 | 46:26 | 4:39 | 46:09 | | SALCEDA DE CASELAS |
| 165 | 107 | DANIEL PEREIRA FERNÁNDEZ | | SNM.58 | 46:28 | 4:39 | 46:17 | | O PORRIÑO |
| 166 | 63 | SERGIO ROSALES LÓPEZ | | VTAM.74 | 46:30 | 4:39 | 46:25 | | CAMBADOS |
| 167 | 245 | IGNACIO PATIÑO REVUELTA | | VTAM.75 | 46:32 | 4:40 | 46:22 | SERVICIO VALMIÑOR | SALCEDA DE CASELAS |
| 168 | 504 | BERNARDO ALONSO ESCAÑO | | VTBM.20 | 46:33 | 4:40 | 46:29 | | PONTEVEDRA |
| 169 | 43 | JAVIER DOPAZO LOUZAN | | VTAM.76 | 46:36 | 4:40 | 46:32 | | PONTEVEDRA |
| 170 | 54 | THIBAUD DUPUY | | VTAM.77 | 46:37 | 4:40 | 46:19 | | VIGO |
| 171 | 114 | MANUEL ESTEVEZ PEREIRA | | SNM.59 | 46:38 | 4:40 | 46:18 | | VIGO |
| 172 | 232 | DIEGO SOTO FERNANDEZ | | SNM.60 | 46:39 | 4:40 | 46:16 | | SALCEDA DE CASELAS |
| 173 | 522 | MIGUEL ANGEL FEJOO ALVAREZ | | VTAM.78 | 46:39 | 4:40 | 46:26 | | VIGO |
| 174 | 180 | JULIO A. FERNÁNDEZ NÚÑEZ | | VTAM.79 | 46:45 | 4:41 | 46:16 | | VIGO |
| 175 | 119 | FRANCISCO JOSÉ CASTELLANOS DE LA TORRI | | SNM.61 | 46:53 | 4:42 | 46:45 | | VIGO |
| 176 | 105 | PABLO OJEA FERNÁNDEZ | | SNM.62 | 46:56 | 4:42 | 46:41 | | PONTEAREAS |
| 177 | 403 | FERNANDO OTERO RAMIREZ | | VTAM.80 | 46:57 | 4:42 | 46:50 | A BOUZA SPRINT | VIGO |
| 178 | 427 | JOSE RAMON CONDE TORRES | | VTAM.5 | 46:58 | 4:42 | 46:56 | ATLETISMO PORRIÑO | PORRIÑO |
| 179 | 55 | ISOLINO MARTÍNEZ PIÑEIRO | | VTAM.81 | 47:00 | 4:42 | 46:53 | | SALVATERRA DE MIÑO |
| 180 | 461 | JOSE RAMON VAZQUEZ CID | | VTBM.21 | 47:03 | 4:43 | 46:58 | S.A. VAL MIÑOR | NIGRAN |
| 181 | 94 | ROBERTO GARCIA | | SNM.63 | 47:09 | 4:43 | 46:50 | | PORRIÑO |
| 182 | 46 | FERNANDO TELLE RODRÍGUEZ | | VTAM.82 | 47:14 | 4:44 | 46:46 | | VIGO |
| 183 | 524 | PEDRO PRIETO VEGA | | VTAM.83 | 47:15 | 4:44 | 46:56 | | TUI |
| 184 | 543 | DAVID PEREZ GONZALEZ | | SNM.64 | 47:17 | 4:44 | 46:56 | | SALCEDA DE CASELAS |
| 185 | 435 | JOSE MANUEL HERRERA BREA | | VTAM.84 | 47:20 | 4:44 | 47:03 | C.A. VILA DE CANGAS | CANGAS DO MORRAZO |
| 186 | 110 | CÉSAR GONZÁLEZ FERNÁNDEZ | | SNM.65 | 47:20 | 4:44 | 47:13 | | SALVATIERRA DE MIÑO |
| 187 | 62 | JESUS MARTINEZ RODRIGUEZ | | VTAM.85 | 47:28 | 4:45 | 47:21 | | PORRIÑO |
| 188 | 45 | MARCOS ARAMBURU GARCÍA-PINTOS | | VTAM.86 | 47:29 | 4:45 | 47:25 | | PONTEVEDRA |
| 189 | 428 | SANDRA SOBREIRA OTERO | F.7 | SNF.3 | 47:30 | 4:45 | 47:26 | ATLETISMO PORRIÑO | PONTEAREAS |
| 190 | 91 | GABRIEL PIÑEIRO COSTAS | | SNM.66 | 47:32 | 4:46 | 47:17 | | |
| 191 | 190 | JAVIER MARTINEZ CARRACEDO | | VTAM.88 | 47:35 | 4:46 | 47:13 | | SALCEDA DE CASELAS |
| 192 | 183 | ROBERTO RODRÍGUEZ GIL | | VTAM.87 | 47:35 | 4:46 | 47:18 | | SALCEDA DE CASELAS |
| 193 | 484 | JOSE MANUEL GARRIDO PUMAR | | VTAM.89 | 47:39 | 4:46 | 47:24 | | |
| 194 | 213 | JOSE BENITO DIZ CARRERA | | SNM.67 | 47:41 | 4:47 | 47:18 | | TUI |
| 195 | 518 | JOSE IVAN GIL RODRIGUEZ | | SNM.68 | 47:43 | 4:47 | 47:34 | | MASIDE |
| 196 | 303 | YOLANDA ALONSO BARGIELA | F.8 | XJF.1 | 47:44 | 4:47 | 47:40 | CLUB ATLETISMO PORRIÑO | PONTEAREAS |
| 197 | 546 | VICTOR MANUEL LEMOS BARREIRO | | SNM.69 | 47:44 | 4:47 | 47:24 | | PORRIÑO |
| 198 | 203 | FRAN MORAIS MOREIRA | | SNM.70 | 47:45 | 4:47 | 47:32 | | TUI |
| 199 | 47 | FERNANDO PATRICIO REY | | VTAM.90 | 47:46 | 4:47 | 47:34 | | CAMBADOS |
| 200 | 77 | MIGUEL ANGEL FERNANDEZ FERNANDEZ | | VTAM.91 | 47:47 | 4:47 | 47:28 | | VIGO |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
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| 201 | 70 | MIGUEL ANGEL MARTINEZ CARRERA | | VTAM.92 | 47:51 | 4:48 | 47:46 | | PORRIÑO. O |
| 202 | 99 | ALBERTO CHAMORRO CASTRO | | SNM.71 | 47:52 | 4:48 | 47:33 | | SALCEDA DE CASELAS |
| 203 | 434 | JOSE ALBERTO ATANES IGLESIAS | | VTAM.93 | 48:01 | 4:49 | 47:44 | C.A. CARBALLIÑO | O CARBALLIÑO |
| 204 | 137 | FABIÁN MONTERO PENA | | XJM.6 | 48:10 | 4:49 | 48:02 | | |
| 205 | 28 | JUAN CARLOS GARCIA GARCIA | | VTBM.22 | 48:11 | 4:50 | 47:45 | | MOS |
| 206 | 308 | DAVID GONZALEZ RODRIGUEZ | | SNM.72 | 48:12 | 4:50 | 47:57 | | SALVATERRA DE MIÑO |
| 207 | 79 | JORGE VICENTE GÓMEZ | | SNM.73 | 48:14 | 4:50 | 48:11 | | BAYONA |
| 208 | 409 | CARMEN COSTAS RODRIGUEZ | F.9 | VTCF.1 | 48:17 | 4:50 | 48:15 | ALEJANDRO GÓMEZ-ACADE | BAIONA |
| 209 | 408 | DIANA VARELA COSTAS | F.10 | SNF.4 | 48:17 | 4:50 | 48:16 | ALEJANDRO GÓMEZ-ACADE | BAIONA |
| 210 | 49 | CRISTINA F. ROCHA GONÇALVES | F.11 | VTAF.4 | 48:21 | 4:51 | 48:09 | | PONTEAREAS |
| 211 | 405 | ADONIS CORBACHO GONZALEZ | | VTAM.94 | 48:21 | 4:51 | 48:08 | A.C.D. PICARAÑA | PONTEAREAS |
| 212 | 17 | ENRIQUE DE LA PEÑA ZARATE | | VTBM.23 | 48:27 | 4:51 | 48:23 | SERVICIO VALMIÑOR | NIGRAN |
| 213 | 7 | DAVID ESTEVEZ DOMINGUEZ | | SNM.74 | 48:29 | 4:51 | 48:25 | CLUB DEPORTIVO PINARIUM | MARIN |
| 214 | 532 | BASILIO VERDEAL GONZALEZ | | VTBM.24 | 48:30 | 4:51 | 48:13 | | O PORRIÑO |
| 215 | 482 | ISAAC RODRIGUEZ CASAL | | VTAM.95 | 48:33 | 4:52 | 48:18 | | PONTEAREAS |
| 216 | 453 | ENRIQUE RODRÍGUEZ CASTRO | | VTAM.96 | 48:36 | 4:52 | 48:23 | FAST MILLAS | VIGO |
| 217 | 430 | DAVID DAGÁ MIRAZ | | VTAM.97 | 48:42 | 4:53 | 48:25 | ATLETISMO TUI- THERMALIA | TUI |
| 218 | 93 | VENANCIO BESADA ALVAREZ | | SNM.75 | 48:45 | 4:53 | 48:27 | | SALCEDA DE CASELAS |
| 219 | 102 | RUBÉN PENAVELLA RODRÍGUEZ | | SNM.76 | 48:45 | 4:53 | 48:22 | | PONTEAREAS |
| 220 | 496 | JESUS PEREZ BALIRAC | | VTBM.25 | 48:46 | 4:53 | 48:32 | | SANTIAGO DE COMPOSTELA |
| 221 | 187 | BIEITO TRONCOSO GONZALEZ | | VTAM.98 | 48:46 | 4:53 | 48:18 | | SALCEDA DE CASELAS |
| 222 | 301 | MARÍA JESÚS GÓMEZ GONZÁLEZ | F.12 | VTAF.5 | 48:48 | 4:53 | 48:30 | ATLETISMO TUI- THERMALIA | TOMIÑO |
| 223 | 483 | CESAR MARTINEZ GONZALEZ | | VTAM.99 | 48:49 | 4:53 | 48:34 | | VIGO |
| 224 | 9 | JOSE MANUEL RODAL PARCERO | | VTAM.6 | 48:53 | 4:54 | 48:50 | CLUBE DE ATLETISMO "CORREDOIRAS - TORVIGO" | CANGAS |
| 225 | 121 | RUBÉN PÉREZ LEIROS | | SNM.77 | 48:54 | 4:54 | 48:43 | | VIGO |
| 226 | 116 | DANIEL PÉREZ LEIROS | | SNM.78 | 48:54 | 4:54 | 48:42 | | VIGO |
| 227 | 200 | PEDRO FERNANDEZ DOMINGUEZ | | SNM.79 | 48:54 | 4:54 | 48:38 | | SALCEDA DE CASELAS |
| 228 | 467 | FRANCISCO JAVIER SÁNCHEZ GONZÁLEZ | | SNM.80 | 48:57 | 4:54 | 48:30 | SERVICIO VALMIÑOR | NIGRÁN |
| 229 | 233 | ALEXANDRA PEREIRA DA SILVA ALONS | F.13 | XJF.2 | 49:00 | 4:54 | 48:46 | | SALCEDA DE CASELAS |
| 230 | 309 | JOSE DANIEL GONZALEZ DOMINGUEZ | | SNM.81 | 49:02 | 4:55 | 49:00 | | O PORRINO |
| 231 | 515 | JESÚS ARGIZ FIGUEIRAS | | SNM.82 | 49:03 | 4:55 | 48:36 | | FERROL |
| 232 | 166 | AARÓN PENELAS VELOSO | | XJM.7 | 49:06 | 4:55 | 48:57 | | |
| 233 | 402 | MARIA OTERO RAMIREZ | F.14 | VTAF.6 | 49:09 | 4:55 | 49:02 | A BOUZA SPRINT | VIGO |
| 234 | 401 | JOSE ANTONIO OTERO RAMIREZ | | VTAM.100 | 49:09 | 4:55 | 49:01 | A BOUZA SPRINT | VIGO |
| 235 | 181 | OTTO FERNÁNDEZ BESADA | | VTAM.101 | 49:12 | 4:56 | 49:08 | | SALCEDA DE CASELAS |
| 236 | 520 | JUAN JOSE MILEGO FERNANDEZ | | VTAM.102 | 49:13 | 4:56 | 49:01 | | GONDOMAR |
| 237 | 228 | CRISTIAN RODRÍGUEZ VAQUEIRO | | SNM.83 | 49:21 | 4:57 | 48:58 | | SALCEDA DE CASELAS |
| 238 | 82 | CARLOS ARAUJO CASTRO | | SNM.84 | 49:23 | 4:57 | 49:17 | | PONTEAREAS |
| 239 | 239 | JUAN CARLOS GÓMEZ DIAZ | | VTAM.103 | 49:30 | 4:57 | 49:16 | | SALCEDA DE CASELAS |
| 240 | 6 | JOSÉ RAMÓN SEÑARÍS BOO | | VTAM.104 | 49:36 | 4:58 | 49:20 | CLUB CICLISTA CANGAS | PUEBLA DO CARAMIÑAL |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|------------------------------|------|-----------|--------------|------|-------|---------------------------------------|----------------------|
| 241 | 413 | ANDRÉS PÉREZ FIGUEROA | | SNM.85 | 49:38 | 4:58 | 49:29 | ALEJANDRO GÓMEZ-ACADE | VIGO |
| 242 | 29 | RAUL GONZALEZ GONZALEZ | | VTBM.26 | 49:45 | 4:59 | 49:18 | | PORRIÑO |
| 243 | 27 | DAMIAN FERNANDEZ RODRIGUEZ | | VTBM.27 | 49:45 | 4:59 | 49:19 | | O PORRIÑO |
| 244 | 214 | RUBEN BESADA ALVAREZ | | SNM.86 | 49:52 | 5:00 | 49:32 | | SALCEDA DE CASELAS |
| 245 | 313 | JORGE URBANO MARTINEZ | | SNM.87 | 49:55 | 5:00 | 49:28 | C.E. WHERE IS THE LIMIT? | VIGO |
| 246 | 140 | NICOLÁS CORTIÑAS ALONSO | | XJM.8 | 49:56 | 5:00 | 49:47 | | |
| 247 | 128 | ANTONIO ESTÉVEZ | | SNM.88 | 49:57 | 5:00 | 49:47 | | SALCEDA DE CASELAS |
| 248 | 523 | ONAIRA MARTINEZ GANDARA | F.15 | SNF.5 | 49:58 | 5:00 | 49:48 | | MASIDE |
| 249 | 211 | RUBÉN ALONSO OTERO | | SNM.89 | 50:05 | 5:01 | 49:42 | | SALCEDA DE CASELAS |
| 250 | 76 | IVÁN FERNÁNDEZ RODRÍGUEZ | | VTAM.105 | 50:06 | 5:01 | 49:46 | | A GUARDA |
| 251 | 195 | PABLO VALCARCEL FARRAPEIRA | | VTAM.106 | 50:07 | 5:01 | 49:45 | | SALCEDA DE CASELAS |
| 252 | 78 | JARA MARIA VERA ARMADA | F.16 | SNF.6 | 50:19 | 5:02 | 49:56 | | |
| 253 | 421 | ANDRÉS GUTIERREZ ALLER | | SNM.90 | 50:20 | 5:02 | 50:13 | ASOCIACIÓN DEPORTIVA C.A.R. | VIGO |
| 254 | 442 | JOSE ALEJANDRO GANDARA BOUZA | | VTAM.107 | 50:28 | 5:03 | 50:11 | CASTRELOS 20:30 | REDONDELA |
| 255 | 444 | RAQUEL BALSERA SANMIGUEL | F.17 | SNF.7 | 50:33 | 5:04 | 50:16 | CENTRO DE FISIOTERAPIA RAQUEL BALSERA | VILLAGARCÍA DE AROSA |
| 256 | 61 | FERNANDO RODRIGUEZ CID | | VTAM.108 | 50:47 | 5:05 | 50:21 | | VIGO |
| 257 | 516 | DAVID GUINARTE POSE | | VTBM.28 | 50:49 | 5:05 | 50:28 | | REDONDELA |
| 258 | 491 | JUAN MIGUEL PINEDA RODRIGUES | | SNM.91 | 50:54 | 5:06 | 50:43 | | BARRO |
| 259 | 67 | LUISA FERNÁNDEZ ÁLVAREZ | F.18 | VTAF.7 | 50:58 | 5:06 | 50:38 | | O ROSAL |
| 260 | 489 | MATÍAS GARCÍA RIVERA | | VTAM.109 | 50:59 | 5:06 | 50:49 | | VIGO |
| 261 | 104 | ALBERTO ALONSO LORENZO | | SNM.92 | 50:59 | 5:06 | 50:44 | | SALVATERRA DE MIÑO |
| 262 | 126 | ADRIÁN GESTEIRA | | SNM.93 | 51:00 | 5:06 | 50:36 | | MONDARIZ |
| 263 | 117 | SERGIO RODRIGUEZ MARTINEZ | | SNM.94 | 51:12 | 5:08 | 51:02 | | MONDARIZ |
| 264 | 23 | EULOXIO VAZQUEZ REINOSO | | VTCM.7 | 51:16 | 5:08 | 50:51 | | REDONDELA |
| 265 | 138 | JESÚS PÉREZ COSTA | | XJM.9 | 51:18 | 5:08 | 51:12 | | |
| 266 | 223 | NOELIA VAQUEIRO MARTÍNEZ | F.19 | SNF.8 | 51:23 | 5:09 | 51:06 | | SALCEDA DE CASELAS |
| 267 | 548 | JOSE MANUEL PEREZ VELOSO | | VTBM.29 | 51:26 | 5:09 | 51:05 | | SALCEDA DE CASELAS |
| 268 | 486 | ANDREA IGLESIAS CARBALLIDO | F.20 | SNF.9 | 51:26 | 5:09 | 51:11 | | GONDOMAR |
| 269 | 136 | FRANCISCO RODRÍGUEZ LÓPEZ | | XJM.10 | 51:32 | 5:10 | 51:24 | | |
| 270 | 135 | OSCAR VAQUEIRO GONZÁLEZ | | XJM.11 | 51:32 | 5:10 | 51:25 | | |
| 271 | 514 | JAVIER LEDO CASTRO | | SNM.95 | 51:34 | 5:10 | 51:15 | | PONTEAREAS |
| 272 | 129 | TANIA SUAREZ LAGE | F.21 | SNF.10 | 51:39 | 5:10 | 51:27 | | MONDARIZ |
| 273 | 215 | FERNANDO BARROS FERNANDEZ | | SNM.96 | 51:41 | 5:11 | 51:31 | | SALCEDA DE CASELAS |
| 274 | 36 | JOSE MANUEL CARRERA HIDALGO | | VTAM.110 | 51:43 | 5:11 | 51:32 | | MONDARIZ |
| 275 | 21 | LUIS FERNÁNDEZ CLEMENTE | | VTCM.8 | 51:53 | 5:12 | 51:40 | | VIGO |
| 276 | 175 | FRANCISCO ALONSO RODRÍGUEZ | | VTBM.30 | 51:57 | 5:12 | 51:31 | | SALCEDA DE CASELAS |
| 277 | 487 | ENRIQUE JAVIER PÉREZ NEIVA | | VTAM.111 | 52:05 | 5:13 | 51:37 | | VIGO |
| 278 | 539 | ROSA MARIA PEREZ PEREZ | F.22 | VTAF.8 | 52:20 | 5:14 | 52:01 | SERVICIO | PONTEVEDRA |
| 279 | 177 | TAREK SAAD SAAD | | VTBM.31 | 52:25 | 5:15 | 52:05 | | SALVATERRA |
| 280 | 196 | FLORENTINO ALVAREZ TRONCOSO | | VTAM.112 | 52:33 | 5:16 | 52:07 | | TUI |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
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| 281 | 186 | JOSE MANUEL BARROS FERNANDEZ | | VTAM.113 | 52:35 | 5:16 | 52:24 | | SALCEDA DE CASELAS |
| 282 | 541 | BEGOÑA PÉREZ PÉREZ | F.23 | VTAF.9 | 52:38 | 5:16 | 52:20 | SERVICIO VALMIÑOR | SALCEDA DE CASELAS |
| 283 | 418 | CARLOS MUIÑOS CONDE (CHARLY) | | VTBM.32 | 52:39 | 5:16 | 52:31 | ASOCIACIÓN DEPORTIVA C.A.R. | REDONDELA |
| 284 | 490 | JORGE RODRIGUEZ PENA | | VTAM.114 | 52:42 | 5:17 | 52:23 | | BAIONA |
| 285 | 103 | ADRIAN GARCIA | | SNM.97 | 52:48 | 5:17 | 52:18 | | VIGO |
| 286 | 98 | ROBERTO DOMINGUEZ JUAREZ | | SNM.98 | 52:48 | 5:17 | 52:18 | | SALVATERRA DE MIÑO |
| 287 | 40 | IGNACIO CARRERA SOTO | | VTAM.115 | 52:51 | 5:18 | 52:21 | | VIGO |
| 288 | 445 | MARCO ANTONIO CANDAL QUIROGA | | VTBM.33 | 53:08 | 5:19 | 52:44 | CLUB ATLETISMO MONUMENTAL DE LUGO | LUGO |
| 289 | 497 | IAGO MULEIRO | | SNM.99 | 53:16 | 5:20 | 52:48 | | A CORUÑA |
| 290 | 521 | DANIEL ALVAREZ NÁÑEZ | | VTAM.116 | 53:20 | 5:20 | 52:51 | | VIGO |
| 291 | 314 | JOSE EUSEBIO FERNANDEZ NUNEZ | | VTAM.117 | 53:23 | 5:21 | 52:56 | | NIGRAN |
| 292 | 50 | THIERRY NOBLESSE | | VTAM.118 | 53:28 | 5:21 | 52:59 | | VIGO |
| 293 | 74 | SONIA REBORDA RODRIGUEZ | F.24 | VTAF.10 | 53:31 | 5:22 | 53:10 | | PONTEAREAS |
| 294 | 56 | ESTEBAN GONZALEZ ROCHA | | VTAM.119 | 53:34 | 5:22 | 53:09 | | PORRIÑO |
| 295 | 101 | EVA MARIA PEDRARES PACHECO | F.25 | SNF.11 | 53:34 | 5:22 | 53:23 | | PORRIÑO |
| 296 | 545 | FERNANDO BESADA ALONSO | | VTAM.120 | 53:37 | 5:22 | 53:15 | | SALCEDA DE CASELAS |
| 297 | 459 | JAIME CARLOS MARTINEZ LOSADA | | VTAM.121 | 53:46 | 5:23 | 53:46 | RUNNING LUSEKELO | VIGO |
| 298 | 24 | MIGUEL ANGEL BRAVO ALVAREZ | | VTBM.34 | 53:50 | 5:23 | 53:41 | | TUI |
| 299 | 304 | ANTON GARCIA FERNANDEZ | | VTAM.9 | 53:51 | 5:24 | 53:35 | S.A. VAL MIÑOR | GONDOMAR |
| 300 | 48 | CARMEN CANO CALONGE | F.26 | VTAF.11 | 53:52 | 5:24 | 53:30 | | SALCEDA DE CASELAS |
| 301 | 65 | JUAN CARLOS CORREA GARCIA | | VTAM.122 | 53:52 | 5:24 | 53:29 | | VIGO |
| 302 | 513 | ANDRÉS GONZÁLEZ GARCÍA | | VTBM.35 | 54:03 | 5:25 | 53:42 | | FERROL |
| 303 | 173 | JULIO FERNÁNDEZ ROCHA | | VTAM.10 | 54:44 | 5:29 | 54:23 | | SALCEDA DE CASELAS |
| 304 | 96 | CESAR DACOSTA RODRIGUEZ | | SNM.100 | 54:52 | 5:30 | 54:36 | | PORRIÑO |
| 305 | 191 | IGNACIO SOUTO FERNÁNDEZ | | VTAM.123 | 54:55 | 5:30 | 54:31 | | SALCEDA |
| 306 | 20 | JULIO RODRIGUEZ GÓMEZ | | VTBM.36 | 55:01 | 5:31 | 54:32 | VETERANOS DE SAMIL/MANUEL TOMAS | VIGO |
| 307 | 205 | ALBERTO FERNÁNDEZ CABALLERO | | SNM.101 | 55:03 | 5:31 | 54:36 | | SALCEDA DE CASELAS |
| 308 | 71 | JUAN JOSÉ LORENZO FERNANDEZ | | VTAM.124 | 55:07 | 5:31 | 54:53 | | TUI |
| 309 | 174 | MANUEL GONZALEZ MARQUEZ | | VTAM.11 | 55:12 | 5:32 | 54:52 | | SALCEDA DE CASELAS |
| 310 | 30 | JOAQUIN CARRACEDO GARCIA | | VTBM.37 | 55:18 | 5:32 | 55:00 | | SALCEDA DE CASELAS |
| 311 | 473 | MÓNICA HOMBREIRO PÉREZ | F.27 | VTAF.12 | 55:20 | 5:32 | 54:56 | TANINOS RUNNERS PONTEAREAS | PONTEAREAS |
| 312 | 42 | JULIAN GARRIGA BLANCO | | VTAM.125 | 55:23 | 5:33 | 55:09 | | VIGO |
| 313 | 229 | SARA CERQUEIRA | F.28 | SNF.12 | 55:55 | 5:36 | 55:45 | | SALCEDA DE CASELAS |
| 314 | 466 | CARLA PEREZ PEREZ | F.29 | SNF.13 | 55:58 | 5:36 | 55:38 | SERVICIO | SALCEDA DE CASELAS |
| 315 | 32 | RAFAEL QUIJEIRO BARCIA | | VTBM.38 | 56:02 | 5:37 | 55:35 | | O PORRIÑO |
| 316 | 52 | ESPERANZA NUÑEZ CASTEDO | F.30 | VTAF.13 | 56:22 | 5:39 | 56:00 | | SALVATERRA DE MIÑO |
| 317 | 34 | MARIA LUZ ALONSO GIRÁLDEZ | F.31 | VTAF.14 | 56:29 | 5:39 | 56:02 | | O PORRIÑO |
| 318 | 133 | ALBERTO RODRIGUEZ PINO | | SNM.102 | 56:31 | 5:40 | 56:10 | SERVICIO | SALCEDA DE CASELAS |
| 319 | 115 | ALEX FERREIRO LOPEZ | | SNM.103 | 56:35 | 5:40 | 56:25 | | VIGO |
| 320 | 169 | CRISTIAN PEREIRA VAQUEIRO | | XJM.12 | 57:15 | 5:44 | 57:01 | | |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|---------------------------------|------|-----------|----------------|------|---------|----------------|-----------------------|
| 321 | 544 | ROSA MARTIN FERNÁNDEZ | F.32 | VTAF.15 | 57:21 | 5:45 | 57:04 | | SALCEDA DE CASELAS |
| 322 | 153 | ADRIÁN PARADA KÜGLER | | XJM.13 | 57:37 | 5:46 | 57:27 | | |
| 323 | 35 | JULIO GARCIA COMESAÑA | | VTAM.126 | 57:39 | 5:46 | 57:29 | | VIGO |
| 324 | 125 | LUIS MIGUEL RODRÍGUEZ BARROS | | SNM.104 | 58:09 | 5:49 | 57:55 | | O PORRIÑO |
| 325 | 236 | TAMARA ÁLVAREZ FANDIÑO | F.33 | XJF.3 | 59:06 | 5:55 | 58:40 | | SALCEDA DE CASELAS |
| 326 | 22 | OLEGARIO FERNANDEZ CLEMENTE | | VTAM.12 | 59:07 | 5:55 | 59:05 | | VIGO |
| 327 | 92 | MARCELINO GÁNDARA CRESPO | | SNM.105 | 59:24 | 5:57 | 58:56 | | MOS |
| 328 | 199 | ISABEL PIEDRA PÉREZ | F.34 | VTAF.16 | 59:53 | 6:00 | 59:27 | | PORRIÑO |
| 329 | 127 | DANIEL ALVAREZ FONTEROSA | | SNM.106 | 59:54 | 6:00 | 59:48 | | AMORÍN |
| 330 | 202 | PABLO SENDIN SOUSA | | SNM.107 | 59:59 | 6:00 | 59:43 | | SALCEDA DE CASELAS |
| 331 | 480 | MARÍA ROSANA GARAY PERALTA | F.35 | SNF.14 | 1:00:07 | 6:01 | 59:53 | TUI THERMALIA | VIGO |
| 332 | 113 | MARIA MARTINEZ ALONSO | F.36 | SNF.15 | 1:00:15 | 6:02 | 59:51 | | MOS |
| 333 | 95 | OSCAR RODRIGUEZ OTERO | | SNM.108 | 1:00:15 | 6:02 | 59:51 | | MOS |
| 334 | 167 | BRAIS GONZÁLEZ GROBA | | XJM.14 | 1:00:31 | 6:04 | 1:00:11 | | |
| 335 | 159 | NICOLÁS FERREIRA TOURÓN | | XJM.15 | 1:00:31 | 6:04 | 1:00:11 | | |
| 336 | 88 | VERÓNICA RODRÍGUEZ REGUEIRA | F.37 | SNF.16 | 1:00:48 | 6:05 | 1:00:21 | | SALVATERRA DE MIÑO |
| 337 | 170 | FACUNDO DANIEL SILVA PACKEBUSCH | | XJM.17 | 1:02:24 | 6:15 | 1:02:10 | | |
| 338 | 157 | MARCOS ROMERO LEMOS | | XJM.16 | 1:02:24 | 6:15 | 1:02:10 | | |
| 339 | 512 | ISABEL ALONSO TEJEIRA | F.38 | VTAF.17 | 1:02:26 | 6:15 | 1:02:02 | | O PORRIÑO |
| 340 | 90 | SANDRA FERNANDEZ VIDAL | F.39 | SNF.17 | 1:02:27 | 6:15 | 1:02:02 | | VIGO |
| 341 | 156 | FABIOLA COMESAÑA FERNÁNDEZ | F.40 | XJF.4 | 1:03:24 | 6:21 | 1:03:16 | | |
| 342 | 507 | XESUS PEREIRA LOPEZ | | SNM.109 | 1:03:30 | 6:21 | 1:03:07 | | SANTIAGO DE COMPOSTEL |
| 343 | 494 | RODOLFO SAVINO GOMEZ | | VTAM.127 | 1:03:48 | 6:23 | 1:03:30 | | VIGO |
| 344 | 14 | ARTURO DOCAMPO DOMINGUEZ | | VTAM.128 | 1:03:49 | 6:23 | 1:03:34 | S.A. VAL MIÑOR | BAIONA |
| 345 | 171 | ANA VELOSO RODRÍGUEZ-GIRONÉS | F.41 | XJF.5 | 1:04:44 | 6:29 | 1:04:36 | | |
| 346 | 163 | GWENAELLE ESMERALDA KERBRAT | F.42 | XJF.6 | 1:06:22 | 6:39 | 1:05:56 | | |
| 347 | 237 | MIGUEL ÁNGEL DO REIS PÉREZ | | XJM.18 | 1:07:40 | 6:46 | 1:07:15 | | SALCEDA DE CASELAS |
| 348 | 139 | AITOR DOMÍNGUEZ SEJO | | XJM.19 | 1:07:46 | 6:47 | 1:07:26 | | |
| 349 | 142 | EDGAR MILLÁN ESTÉVEZ | | XJM.20 | 1:08:12 | 6:50 | 1:07:51 | | |
| 350 | 162 | NOEL MILLÁN ESTÉVEZ | | XJM.21 | 1:08:41 | 6:53 | 1:08:21 | | |
| 351 | 185 | VICTOR LAMEIRO FERNANDEZ | | VTAM.129 | 1:08:46 | 6:53 | 1:08:25 | | SALCEDA DE CASELAS |
| 352 | 37 | XESUS BRAVO ALVAREZ | | VTAM.130 | 1:09:00 | 6:54 | 1:08:51 | | TUI |
| 353 | 234 | ANGELA FERNANDEZ PEREIRA | F.43 | XJF.7 | 1:09:05 | 6:55 | 1:08:37 | | SALCEDA |
| 354 | 198 | LOLI CASTIÑEIRA ALÉN | F.44 | VTAF.18 | 1:09:06 | 6:55 | 1:08:39 | | SALCEDA DE CASELAS |
| 355 | 206 | NATALIA BARREIRO CORREA | F.45 | SNF.18 | 1:09:06 | 6:55 | 1:08:40 | | SALCEDA DE CASELAS |
| 356 | 184 | CARLOS LÓPEZ PENSADO | | VTAM.131 | 1:09:06 | 6:55 | 1:08:40 | | PORRIÑO |
| 357 | 154 | MARÍA MONTES ALONSO | F.46 | XJF.8 | 1:09:24 | 6:57 | 1:09:16 | | |
| 358 | 235 | LAURA FERNANDEZ SUAREZ | F.47 | XJF.9 | 1:09:34 | 6:58 | 1:09:09 | | SALCEDA DE CASELAS |
| 359 | 148 | TAMARA DA CONCEPCIÓN CRUCES | F.48 | XJF.10 | 1:09:35 | 6:58 | 1:09:09 | | |
| 360 | 158 | ITZÍAR FRÍAS BAJO | F.49 | XJF.11 | 1:09:41 | 6:59 | 1:09:33 | | |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube | Localidade |
|-------|--------|----------------------------|------|-----------|----------------|------|---------|-------|--------------------|
| 361 | 188 | ANA BELÉN ROMERO RODRÍGUEZ | F.50 | VTAF.19 | 1:10:09 | 7:01 | 1:09:41 | | SALCEDA DE CASELAS |
| 362 | 118 | ROCÍO CARRERA PEREIRA | F.51 | SNF.19 | 1:10:50 | 7:05 | 1:10:23 | | TUI |