



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|--------------------------------|------|-----------|--------------------------------|--------------|----------|-----------|
| 1 | 1 | 4 | ALVAREZ ALONSO , DIEGO | MALE | MASCULINO | V BIKES TEAM | 00:10:19 | 03:06:41 | 20,2 Km/h |
| 2 | 2 | 247 | REGUEIRO LAGE , DANIEL | MALE | MASCULINO | C.C. AS PONTES | 00:09:55 | 03:09:55 | 19,9 Km/h |
| 3 | 3 | 95 | FERNÁNDEZ OBENZA , YAGO | MALE | MASCULINO | EXTOL MTB TEAM, C.D. | 00:12:29 | 03:17:05 | 19,2 Km/h |
| 4 | 4 | 5 | MARQUE PORTO , ALEJANDRO | MALE | MASCULINO | BIKESTRADA | 00:12:31 | 03:17:05 | 19,2 Km/h |
| 5 | 5 | 285 | SORDO GASALLA , AQUILES | MALE | MASCULINO | CLUB CICLISTA DORATIL MOYABIKE | 00:11:55 | 03:18:29 | 19,0 Km/h |
| 6 | 6 | 287 | SUÁREZ COUSILLAS , DARÍO | MALE | MASCULINO | CLUB DEPORTIVO 3AG | 00:13:17 | 03:19:49 | 18,9 Km/h |
| 7 | 7 | 308 | VALIÑA AMEIJENDA , CARLOS | MALE | MASCULINO | CLUB DEPORTIVO 3AG | 00:12:02 | 03:23:35 | 18,6 Km/h |
| 8 | 8 | 6 | PARADA FOLGAR , MANUEL | MALE | MASCULINO | CDM XESTEIRAS | 00:13:06 | 03:29:12 | 18,1 Km/h |
| 9 | 9 | 89 | FERNANDEZ CASAL , DAVID | MALE | MASCULINO | CLUB CICLISTA NARON | 00:16:17 | 03:30:21 | 18,0 Km/h |
| 10 | 10 | 43 | CABADO , JULIO | MALE | MASCULINO | CC FRIOL | 00:11:55 | 03:30:24 | 18,0 Km/h |
| 11 | 11 | 236 | QUINTELA , ADRIAN | MALE | MASCULINO | SEGUROS BILBAO MIRIBILLA BTT | 00:13:17 | 03:32:07 | 17,8 Km/h |
| 12 | 12 | 148 | LIZANDRA LOSADA , JOSÉ BORJA | MALE | MASCULINO | MTB BIELA E CHAVETA | 00:06:59 | 03:33:00 | 17,7 Km/h |
| 13 | 13 | 64 | COLLADO YAÑEZ , SERGIO | MALE | MASCULINO | PUNTA CANDIEIRA | 00:08:25 | 03:33:00 | 17,7 Km/h |
| 14 | 14 | 249 | REY DOCAMPO , DIEGO | MALE | MASCULINO | TAMBRE BIKE | 00:10:58 | 03:36:13 | 17,5 Km/h |
| 15 | 15 | 118 | GOMES ROÇA , BRUNO MANUEL | MALE | MASCULINO | MONTAEVAI O PINO | 00:13:55 | 03:36:14 | 17,5 Km/h |
| 16 | 16 | 237 | QUINTELA , DIEGO | MALE | MASCULINO | TAMBRE BIKE | 00:13:33 | 03:36:14 | 17,5 Km/h |
| 17 | 17 | 206 | NODAR JIMÉNEZ , MANUEL | MALE | MASCULINO | RIBADOULLA, A.S.C. | 00:14:41 | 03:38:24 | 17,3 Km/h |
| 18 | 18 | 83 | EIROA GARCÍA , ELOI | MALE | MASCULINO | CC MONTENEME-CALVO | 00:12:58 | 03:39:03 | 17,3 Km/h |
| 19 | 19 | 260 | RODRÍGUEZ PAZ , ALEXANDRE | MALE | MASCULINO | AD FOGAR | 00:20:30 | 03:41:54 | 17,0 Km/h |
| 20 | 20 | 101 | FONTÁN TRONCOSO , ROBERTO | MALE | MASCULINO | CORBELO | 00:13:55 | 03:42:01 | 17,0 Km/h |
| 21 | 21 | 159 | LOPEZ LOPEZ , JAVIER | MALE | MASCULINO | CAIMANES BETANZOS BTT | 00:13:29 | 03:42:13 | 17,0 Km/h |
| 22 | 22 | 123 | GÓMEZ SANJURJO , DANIEL | MALE | MASCULINO | C.C. SEIXO BRANCO | 00:12:01 | 03:44:47 | 16,8 Km/h |
| 23 | 23 | 199 | MUÑIZ ALVAREZ , JUAN JOSÉ | MALE | MASCULINO | | 00:14:59 | 03:46:04 | 16,7 Km/h |
| 24 | 24 | 182 | MEJUTO TABOADA , JUAN | MALE | MASCULINO | CC SEIXO BRANCO | 00:14:42 | 03:47:29 | 16,6 Km/h |
| 25 | 25 | 120 | GOMEZ CARDESIN , ALVARO | MALE | MASCULINO | | 00:14:23 | 03:48:09 | 16,6 Km/h |
| 26 | 26 | 106 | FREIRIA SEIJO , DIEGO | MALE | MASCULINO | RIBADOULLA | 00:15:44 | 03:48:16 | 16,6 Km/h |
| 27 | 27 | 244 | RAVIÑA VILELA , JOSÉ | MALE | MASCULINO | RIBADOULLA | 00:14:58 | 03:48:35 | 16,5 Km/h |
| 28 | 28 | 197 | MOSQUERA VILLAVERDE , VALENTÍN | MALE | MASCULINO | CDM XESTEIRAS | 00:14:42 | 03:48:39 | 16,5 Km/h |
| 29 | 29 | 233 | PORTAS GONZÁLEZ , PABLO | MALE | MASCULINO | ARMENTEIRA E PUNTO | 00:15:43 | 03:48:40 | 16,5 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|--------------------------------|------|-----------|---------------------------|--------------|----------|-----------|
| 30 | 30 | 143 | LEIS MOSQUERA , JUAN | MALE | MASCULINO | V BIKES TEAM | 00:17:45 | 03:49:00 | 16,5 Km/h |
| 31 | 31 | 174 | MAROÑO LOPEZ , CESAR | MALE | MASCULINO | CC AS PONTES | 00:14:57 | 03:50:56 | 16,4 Km/h |
| 32 | 32 | 35 | BARREIRO RODRIGUEZ , OSCAR | MALE | MASCULINO | C.C. MONTENEME-CALVO | 00:14:59 | 03:52:49 | 16,2 Km/h |
| 33 | 33 | 121 | GÓMEZ GOMEZ , FRANCISCO JAVIER | MALE | MASCULINO | CC FARTO | 00:14:17 | 03:53:57 | 16,2 Km/h |
| 34 | 34 | 127 | GONZÁLEZ ESPAÑA , EDUARDO | MALE | MASCULINO | MASTER MORRAZO | 00:15:19 | 03:55:00 | 16,1 Km/h |
| 35 | 35 | 276 | SANTOS FABEIRO , JOSE MARIA | MALE | MASCULINO | MOTOBIKE | 00:14:52 | 03:55:32 | 16,0 Km/h |
| 36 | 36 | 262 | RODRÍGUEZ VIDAL , DIEGO | MALE | MASCULINO | INDEPENDIENTE | 00:12:56 | 03:56:03 | 16,0 Km/h |
| 37 | 37 | 221 | PENAS VARELA , JOSÉ MANUEL | MALE | MASCULINO | AD CERNE | 00:15:45 | 03:56:58 | 16,0 Km/h |
| 38 | 38 | 88 | FERNÁNDEZ CAAVEIRO , JOSÉ LUIS | MALE | MASCULINO | CLUB CICLISTA NARON | 00:14:12 | 03:58:14 | 15,9 Km/h |
| 39 | 39 | 14 | ÁLVAREZ VILAR , ELOY | MALE | MASCULINO | INDEPENDIENTE | 00:15:59 | 03:59:18 | 15,8 Km/h |
| 40 | 40 | 213 | OTERO JUSTO , ERNESTO | MALE | MASCULINO | | 00:15:58 | 03:59:18 | 15,8 Km/h |
| 41 | 41 | 291 | SUMAY , RAFAEL | MALE | MASCULINO | CDM XESTEIRAS | 00:16:16 | 04:02:10 | 15,6 Km/h |
| 42 | 42 | 128 | GONZÁLEZ GOMEZ , JESÚS MANUEL | MALE | MASCULINO | CC NARON | 00:15:14 | 04:03:01 | 15,6 Km/h |
| 43 | 43 | 289 | SUÁREZ MOLANES , FAUSTINO | MALE | MASCULINO | MASTER MORRAZO | 00:13:42 | 04:03:19 | 15,5 Km/h |
| 44 | 44 | 71 | DELGADO NÚÑEZ , PEDRO | MALE | MASCULINO | BTT ULTREIA | 00:15:21 | 04:03:52 | 15,5 Km/h |
| 45 | 45 | 294 | TARRIO VICENTE , FERNANDO | MALE | MASCULINO | CASTRO BARBUDO | 00:17:31 | 04:05:06 | 15,4 Km/h |
| 46 | 46 | 61 | CASTRO VILARIÑO , JORGE | MALE | MASCULINO | TAMBRE BIKE | 00:15:53 | 04:06:15 | 15,4 Km/h |
| 47 | 47 | 240 | RAMOS , ALEJANDRO | MALE | MASCULINO | RIBADOULLA | 00:16:11 | 04:06:16 | 15,3 Km/h |
| 48 | 48 | 230 | PIZANO RIVADULLA , ADAN | MALE | MASCULINO | RIBADOULLA | 00:16:00 | 04:06:40 | 15,3 Km/h |
| 49 | 49 | 158 | LOPEZ GONZALEZ , RUBEN | MALE | MASCULINO | BURGAS COLUER BIKE TEAM | 00:16:23 | 04:07:13 | 15,3 Km/h |
| 50 | 50 | 28 | BARBOSA ALONSO , DIEGO | MALE | MASCULINO | BICI O CON | 00:15:24 | 04:08:47 | 15,2 Km/h |
| 51 | 51 | 214 | OTERO POUSA , DAVID | MALE | MASCULINO | C.C BUEU | 00:16:37 | 04:09:04 | 15,2 Km/h |
| 52 | 52 | 156 | LOPEZ BUYO , BRUNO | MALE | MASCULINO | CLUB CICLISTA NARON | 00:17:30 | 04:10:35 | 15,1 Km/h |
| 53 | 53 | 226 | PEREZ GRANDAS , MANUEL | MALE | MASCULINO | CLUBE CICLISTA SAN MIGUEL | 00:17:06 | 04:11:51 | 15,0 Km/h |
| 54 | 54 | 155 | LÓPEZ BUJÁN , MIGUEL ANXO | MALE | MASCULINO | CC. SAN MIGUEL | 00:15:45 | 04:11:52 | 15,0 Km/h |
| 55 | 55 | 266 | ROUCO PINTOR , JAVIER | MALE | MASCULINO | O4S RUTAS-BIKE, C.C. | 00:17:34 | 04:12:48 | 15,0 Km/h |
| 56 | 56 | 303 | TRIÑANES RODRIGUEZ , DAVID | MALE | MASCULINO | INDEPENDIENTE | 00:16:10 | 04:12:49 | 15,0 Km/h |
| 57 | 57 | 311 | VÁZQUEZ CIERNA , JUAN CARLOS | MALE | MASCULINO | | 00:17:02 | 04:12:53 | 14,9 Km/h |
| 58 | 58 | 265 | ROUCO LÓPEZ , JOSÉ | MALE | MASCULINO | INDEPENDIENTE | 00:18:13 | 04:13:37 | 14,9 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|---------------------------------|--------|-----------|----------------------------|--------------|----------|-----------|
| 59 | 59 | 113 | GARCIA FERNANDEZ , FELIX | MALE | MASCULINO | CLUB CICLISTA NARON | 00:15:11 | 04:15:46 | 14,8 Km/h |
| 60 | 60 | 70 | DEL RIO ESTÉVEZ , FRAN | MALE | MASCULINO | C.C BUEU | 00:16:23 | 04:16:13 | 14,8 Km/h |
| 61 | 61 | 91 | FERNANDEZ COSTA , DANIEL | MALE | MASCULINO | MONTES DO DEZA | 00:15:20 | 04:16:33 | 14,7 Km/h |
| 62 | 62 | 2 | BUSTO RAMOS , JAVIER | MALE | MASCULINO | EXTOL MTB TEAM, C.D | 00:10:13 | 04:16:34 | 14,7 Km/h |
| 63 | 1 | 3 | ALONSO CARBALLO , SUSANA | FEMALE | FEMENINO | EXTOL MTB TEAM, C.D | 00:14:41 | 04:16:35 | 14,7 Km/h |
| 64 | 63 | 239 | QUINTERO BECEIRO , ALBERTO | MALE | MASCULINO | CLUB CICLISTA NARON | 00:16:55 | 04:16:35 | 14,7 Km/h |
| 65 | 64 | 187 | MENAN REGUERA , ANTONIO | MALE | MASCULINO | C.C FRIOL | 00:15:59 | 04:16:35 | 14,7 Km/h |
| 66 | 65 | 104 | FREIRE PEREZ , SERGIO | MALE | MASCULINO | | 00:13:02 | 04:16:44 | 14,7 Km/h |
| 67 | 66 | 66 | CRUZ DASILVA , YERAY | MALE | MASCULINO | C.C BUEU | 00:18:54 | 04:18:44 | 14,6 Km/h |
| 68 | 67 | 126 | GONZALEZ COMEDEIRO , PABLO | MALE | MASCULINO | C.C BUEU | 00:15:47 | 04:18:45 | 14,6 Km/h |
| 69 | 68 | 218 | PEDREIRA ALVAREZ , MARTIN | MALE | MASCULINO | CPC TOXO | 00:17:10 | 04:19:53 | 14,5 Km/h |
| 70 | 69 | 17 | AMIGO HUERGA , ROBERTO | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:16:36 | 04:20:13 | 14,5 Km/h |
| 71 | 70 | 112 | GARCÍA FERNANDEZ , DAVID | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:18:51 | 04:20:14 | 14,5 Km/h |
| 72 | 71 | 245 | REGO LOPEZ , MARCOS | MALE | MASCULINO | BTTEIROS COVA DA SERPE | 00:15:42 | 04:22:08 | 14,4 Km/h |
| 73 | 72 | 44 | CALVIÑO FROIZ , BREOGÁN | MALE | MASCULINO | BTT TROTACUMES, C | 00:14:44 | 04:22:10 | 14,4 Km/h |
| 74 | 73 | 217 | PAREDES RODRÍGUEZ , RUBÉN | MALE | MASCULINO | BTTEIROS COVA DA SERPE | 00:14:10 | 04:22:10 | 14,4 Km/h |
| 75 | 74 | 297 | TORRENTE RICO , ADRIÁN | MALE | MASCULINO | CLUB CICLISTA NARON | 00:16:06 | 04:22:48 | 14,4 Km/h |
| 76 | 75 | 220 | PENAS LÓPEZ , ALFONSO | MALE | MASCULINO | ABEANCOS | 00:17:22 | 04:23:16 | 14,4 Km/h |
| 77 | 76 | 48 | CARBALLEIRA ANIDO , IVAN | MALE | MASCULINO | BTTEIROS COVA DA SERPE | 00:14:07 | 04:24:02 | 14,3 Km/h |
| 78 | 77 | 53 | CASANOVA CORRAL , JAVIER | MALE | MASCULINO | | 00:18:07 | 04:24:16 | 14,3 Km/h |
| 79 | 78 | 298 | TORRES BELLÓN , JOSÉ | MALE | MASCULINO | SKAPAOS | 00:10:47 | 04:24:17 | 14,3 Km/h |
| 80 | 79 | 278 | SANTOS PÉREZ , FERNANDO | MALE | MASCULINO | MONTAEVAI O PINO | 00:18:20 | 04:25:06 | 14,3 Km/h |
| 81 | 80 | 300 | TORRES MELLA , IVÁN | MALE | MASCULINO | MONTAEVAI O PINO | 00:15:07 | 04:25:07 | 14,3 Km/h |
| 82 | 81 | 170 | MARIÑO GRANJA , SANTIAGO | MALE | MASCULINO | MONTES DO DEZA | 00:16:36 | 04:25:18 | 14,2 Km/h |
| 83 | 82 | 243 | RAÑÓ BLANCO , RAÚL | MALE | MASCULINO | CASTRO BARBUDO | 00:19:06 | 04:25:42 | 14,2 Km/h |
| 84 | 83 | 193 | MORENO VERDE , ROBERTO | MALE | MASCULINO | XTREMBIKE CC | 00:19:15 | 04:26:17 | 14,2 Km/h |
| 85 | 84 | 54 | CASANOVA GONZÁLEZ , DIEGO | MALE | MASCULINO | CAIMANES BETANZOS BTT | 00:17:23 | 04:26:49 | 14,2 Km/h |
| 86 | 85 | 200 | MUÑIZ GONZÁLEZ , JORGE | MALE | MASCULINO | RSBIKE.BOIRO C.C. | 00:20:28 | 04:27:31 | 14,1 Km/h |
| 87 | 2 | 68 | DA SILVA SOUSA , SOFÍA DE JESÚS | FEMALE | FEMENINO | EXTOL MTB TEAM, C.D | 00:18:32 | 04:27:35 | 14,1 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|------------------------------------|------|-----------|------------------------------|--------------|----------|-----------|
| 88 | 86 | 22 | ARES VÁZQUEZ , MARCOS | MALE | MASCULINO | CORBELO | 00:19:30 | 04:27:36 | 14,1 Km/h |
| 89 | 87 | 145 | LIÑARES GÓMEZ , PABLO | MALE | MASCULINO | CLUB BTT CARRAL | 00:17:02 | 04:29:28 | 14,0 Km/h |
| 90 | 88 | 172 | MAROÑO GARCÍA , DAVID | MALE | MASCULINO | CLUB BTT CARRAL | 00:17:03 | 04:29:29 | 14,0 Km/h |
| 91 | 89 | 302 | TRIGO REAL , JAVIER | MALE | MASCULINO | MTC TEAM | 00:16:52 | 04:29:30 | 14,0 Km/h |
| 92 | 90 | 100 | FIGUEIRAS RODRÍGUEZ , JOSE ANTONIO | MALE | MASCULINO | CC SAN MIGUEL | 00:18:07 | 04:29:41 | 14,0 Km/h |
| 93 | 91 | 282 | SILVA GIL , DAVID | MALE | MASCULINO | OS FIGURAS | 00:18:09 | 04:29:43 | 14,0 Km/h |
| 94 | 92 | 165 | LOSADA GARCIA , MARCOS ANGEL | MALE | MASCULINO | OS ESCARAVELLOS CC | 00:19:57 | 04:31:53 | 13,9 Km/h |
| 95 | 93 | 219 | PEÑA VAZQUEZ , JUAN | MALE | MASCULINO | WILDBOAR COMPOSTELA | 00:22:59 | 04:32:10 | 13,9 Km/h |
| 96 | 94 | 136 | IGLESIAS PINTOR , PABLO | MALE | MASCULINO | INDEPENDIENTE | 00:20:31 | 04:34:50 | 13,8 Km/h |
| 97 | 95 | 40 | BOUSO FALCON , JOSE MARIA | MALE | MASCULINO | C.C. SEIXO BRANCO | 00:17:30 | 04:34:52 | 13,8 Km/h |
| 98 | 96 | 229 | PITA RODRÍGUEZ , PABLO | MALE | MASCULINO | MTB BIELA E CHAVETA | 00:18:36 | 04:35:27 | 13,7 Km/h |
| 99 | 97 | 132 | GROBAS GARCÍA , JAIME | MALE | MASCULINO | MTB BIELA E CHAVETA | 00:17:40 | 04:35:27 | 13,7 Km/h |
| 100 | 98 | 251 | RODRÍGUEZ , CARLOS | MALE | MASCULINO | NOSPORTLIMIT | 00:15:40 | 04:35:59 | 13,7 Km/h |
| 101 | 99 | 65 | CRENDE PAMPIN , FELIPE | MALE | MASCULINO | C.C MILAGROSA | 00:26:32 | 04:36:09 | 13,7 Km/h |
| 102 | 100 | 59 | CASTRO GONZÁLEZ , MANUEL | MALE | MASCULINO | CC CAMBRE CAEIRO | 00:14:16 | 04:36:36 | 13,7 Km/h |
| 103 | 101 | 133 | GUILLÍN , OSVALDO | MALE | MASCULINO | WILDBOAR COMPOSTELA | 00:16:42 | 04:36:41 | 13,7 Km/h |
| 104 | 102 | 16 | AMENEIRO MONTERO , JAVIER | MALE | MASCULINO | INDEPENDIENTE | 00:22:19 | 04:38:32 | 13,6 Km/h |
| 105 | 103 | 24 | AVALLE GONZÁLEZ , DANIEL | MALE | MASCULINO | INDEPENDIENTE | 00:17:37 | 04:39:11 | 13,5 Km/h |
| 106 | 104 | 47 | CARAMÉS ABOY , DANIEL | MALE | MASCULINO | | 00:19:04 | 04:39:50 | 13,5 Km/h |
| 107 | 105 | 283 | SINDE CANICOBA , ALEJANDRO | MALE | MASCULINO | RIBADOULLA | 00:17:05 | 04:40:58 | 13,5 Km/h |
| 108 | 106 | 198 | MOSTEIRO FERNÁNDEZ , RAMON | MALE | MASCULINO | AROUSA BIKE BTT | 00:18:18 | 04:42:21 | 13,4 Km/h |
| 109 | 107 | 313 | VAZQUEZ POSE , JOSE MANUEL | MALE | MASCULINO | | 00:17:23 | 04:44:02 | 13,3 Km/h |
| 110 | 108 | 228 | PERMUY PÉREZ , VICTOR | MALE | MASCULINO | TOUPAS C.C. | 00:17:17 | 04:45:02 | 13,3 Km/h |
| 111 | 109 | 299 | TORRES LOPEZ , LUIS | MALE | MASCULINO | | 00:16:02 | 04:45:21 | 13,2 Km/h |
| 112 | 110 | 144 | LESTAYO GARCIA , ALAIN | MALE | MASCULINO | INDEPENDIENTE | 00:21:58 | 04:46:22 | 13,2 Km/h |
| 113 | 111 | 97 | FERNÁNDEZ VÁZQUEZ , DIEGO | MALE | MASCULINO | SEO | 00:20:10 | 04:46:54 | 13,2 Km/h |
| 114 | 112 | 50 | CARBALLO ROMERO , MANUEL | MALE | MASCULINO | | 00:17:15 | 04:47:15 | 13,2 Km/h |
| 115 | 113 | 215 | PALEO CORRAL , IVAN | MALE | MASCULINO | CLUL CICLISTA TERRAS DO EUME | 00:17:12 | 04:47:15 | 13,2 Km/h |
| 116 | 114 | 420 | CANCELO REY , CARLOS MANUEL | MALE | MASCULINO | TERRAS DO EUME | 00:11:39 | 04:47:15 | 13,2 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|--------------------------------|------|-----------|----------------------------|--------------|----------|-----------|
| 117 | 115 | 114 | GARCÍA FERNÁNDEZ , GONZALO | MALE | MASCULINO | AROUSA BIKE BTT | 00:18:40 | 04:47:36 | 13,1 Km/h |
| 118 | 116 | 272 | SANCHEZ FERNANDEZ , ALBERTO | MALE | MASCULINO | CLUB CICLISTA QUERCUS APER | 00:20:19 | 04:47:39 | 13,1 Km/h |
| 119 | 117 | 178 | MARTÍNEZ SILVA , DANIEL | MALE | MASCULINO | WILDBOAR COMPOSTELA | 00:18:14 | 04:48:13 | 13,1 Km/h |
| 120 | 118 | 224 | PEREIRO REGUEIRA , MARTIN | MALE | MASCULINO | AD JA | 00:22:09 | 04:49:53 | 13,0 Km/h |
| 121 | 119 | 111 | GARCÍA COSTA , IVÁN | MALE | MASCULINO | C.C. SAN MIGUEL | 00:19:03 | 04:51:47 | 13,0 Km/h |
| 122 | 120 | 191 | MONTES BLANCO , FERNANDO | MALE | MASCULINO | CC. SAN MIGUEL | 00:19:31 | 04:51:47 | 13,0 Km/h |
| 123 | 121 | 45 | CAMBÓN VITOS , RUBÉN | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:18:10 | 04:51:57 | 12,9 Km/h |
| 124 | 122 | 38 | BLANCO BAO , JESUS | MALE | MASCULINO | INDEPENDIENTE | 00:19:28 | 04:52:02 | 12,9 Km/h |
| 125 | 123 | 288 | SUÁREZ LÓPEZ , JOSE | MALE | MASCULINO | INDEPENDIENTE | 00:19:15 | 04:53:41 | 12,9 Km/h |
| 126 | 124 | 79 | DIOS TORRES , MANUEL | MALE | MASCULINO | X-BIKE | 00:20:58 | 04:54:42 | 12,8 Km/h |
| 127 | 125 | 275 | SANTIAGO SOILAN , SANTIAGO | MALE | MASCULINO | ZIPIPUTOZAPE | 00:24:04 | 04:55:47 | 12,8 Km/h |
| 128 | 126 | 51 | CARRO GARCIA , ROBERTO | MALE | MASCULINO | GALLAECIA RAID | 00:15:41 | 04:55:50 | 12,8 Km/h |
| 129 | 127 | 153 | LOPEZ FARIÑAS , ALVARO | MALE | MASCULINO | CORRECAMIÑOS | 00:18:27 | 04:56:44 | 12,7 Km/h |
| 130 | 128 | 190 | MENDEZ REY , FERNANDO | MALE | MASCULINO | OS FIGURAS | 00:17:55 | 04:57:00 | 12,7 Km/h |
| 131 | 129 | 109 | GARCIA AMARANTE , ANDRES | MALE | MASCULINO | OS FIGURAS | 00:17:56 | 04:57:00 | 12,7 Km/h |
| 132 | 130 | 290 | SUAREZ PELETEIRO , MARTIN | MALE | MASCULINO | | 00:22:27 | 04:57:15 | 12,7 Km/h |
| 133 | 131 | 142 | LEIRO GÁRCIA , ROBERTO | MALE | MASCULINO | CLUB BTT CARRAL | 00:19:53 | 04:57:21 | 12,7 Km/h |
| 134 | 132 | 264 | ROMERO LÓPEZ , RAMIRO | MALE | MASCULINO | C.C. 7 VOLTAS | 00:14:19 | 04:57:24 | 12,7 Km/h |
| 135 | 133 | 196 | MOSQUERA MONTEAGUDO , MANUEL | MALE | MASCULINO | OS DO MONTE BRAVO | 00:20:24 | 04:58:01 | 12,7 Km/h |
| 136 | 134 | 60 | CASTRO VAZQUEZ , JAVIER | MALE | MASCULINO | | 00:22:40 | 04:58:15 | 12,7 Km/h |
| 137 | 135 | 202 | MURADO CODESAL , ÁNGEL DAVID | MALE | MASCULINO | | 00:18:33 | 04:59:08 | 12,6 Km/h |
| 138 | 136 | 188 | MÉNDEZ ABEL , ÁLVARO | MALE | MASCULINO | | 00:21:37 | 05:02:12 | 12,5 Km/h |
| 139 | 137 | 252 | RODRÍGUEZ ÀLVAREZ , DAVID | MALE | MASCULINO | C.C. SEIXO BRANCO | 00:16:19 | 05:02:38 | 12,5 Km/h |
| 140 | 138 | 9 | AGORA MATO , MARCOS | MALE | MASCULINO | | 00:10:40 | 05:02:52 | 12,5 Km/h |
| 141 | 139 | 167 | MALLO CURROS , ALBERTO | MALE | MASCULINO | | 00:08:12 | 05:02:53 | 12,5 Km/h |
| 142 | 140 | 323 | LÓPEZ FERNÁNDEZ , ISAÍAS | MALE | MASCULINO | ANCARES BIKE | 00:14:30 | 05:02:54 | 12,5 Km/h |
| 143 | 141 | 39 | BOQUETE GARCÍA , JESÚS IGNACIO | MALE | MASCULINO | WILDBOAR COMPOSTELA | 00:22:40 | 05:02:55 | 12,5 Km/h |
| 144 | 142 | 181 | MAZAS FERNANDEZ , ALEJANDRO | MALE | MASCULINO | SKAPAOS | 00:17:58 | 05:03:52 | 12,4 Km/h |
| 145 | 143 | 320 | VILARIÑO SILVA , JORGE | MALE | MASCULINO | EXTOL MTB TEAM C.D. | 00:25:28 | 05:04:16 | 12,4 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|------------------------------------|------|-----------|---------------------------------|--------------|----------|-----------|
| 146 | 144 | 166 | MAGDALENO MODROÑO , MARCOS | MALE | MASCULINO | TRIATLON VILAGARCIA | 00:19:12 | 05:04:43 | 12,4 Km/h |
| 147 | 145 | 11 | ALMUIÑA GARCIA , JONATHAN | MALE | MASCULINO | CLUB CICLISTA MPC TERRAS DE CEA | 00:19:47 | 05:04:56 | 12,4 Km/h |
| 148 | 146 | 25 | BAHILLO GREGORIO , AITOR | MALE | MASCULINO | CLUB CICLISTA CULLEREDO | 00:15:48 | 05:06:00 | 12,4 Km/h |
| 149 | 147 | 296 | TOMÉ SOGO , JOSE MANUEL | MALE | MASCULINO | CLUB CICLISTA SADA | 00:17:52 | 05:06:01 | 12,4 Km/h |
| 150 | 148 | 117 | GIGIREY AMADO , JOSE | MALE | MASCULINO | | 00:18:59 | 05:06:35 | 12,3 Km/h |
| 151 | 149 | 141 | LAVANDEIRA VARELA , DAVID | MALE | MASCULINO | OROSO CLUB CICLISTA | 00:17:54 | 05:07:05 | 12,3 Km/h |
| 152 | 150 | 211 | OTERO FERNÁNDEZ , JOSÉ MANUEL | MALE | MASCULINO | TRIATLON MURALLA | 00:18:21 | 05:07:31 | 12,3 Km/h |
| 153 | 151 | 212 | OTERO FERNANDEZ , RAMON | MALE | MASCULINO | INDEPENDIENTE | 00:15:50 | 05:08:23 | 12,3 Km/h |
| 154 | 152 | 186 | MELLA BREA , RAMÓN | MALE | MASCULINO | GLOBAL DXT TEAM | 00:18:18 | 05:09:21 | 12,2 Km/h |
| 155 | 153 | 42 | CAAMAÑO RICO , ADRIÁN | MALE | MASCULINO | CAIMANES BETANZOS BTT | 00:14:30 | 05:09:22 | 12,2 Km/h |
| 156 | 154 | 284 | SOLER PORTO , DIEGO | MALE | MASCULINO | CAIMANES BETANZOS BTT | 00:16:26 | 05:09:22 | 12,2 Km/h |
| 157 | 155 | 151 | LONGARELA GARCIA , JUAN JOSE | MALE | MASCULINO | 7VOLTAS | 00:20:41 | 05:10:17 | 12,2 Km/h |
| 158 | 156 | 150 | LODEIRO RODRÍGUEZ , LUIS ALBERTO | MALE | MASCULINO | CLUB BTT OZACESURAS | 00:13:45 | 05:10:24 | 12,2 Km/h |
| 159 | 157 | 149 | LODEIRO RODRÍGUEZ , JOSE JAVIER | MALE | MASCULINO | BTT OZACESURAS | 00:12:01 | 05:10:25 | 12,2 Km/h |
| 160 | 158 | 96 | FERNÁNDEZ ROEL , DIEGO | MALE | MASCULINO | CLUB BTT OZACESURAS | 00:14:46 | 05:10:25 | 12,2 Km/h |
| 161 | 159 | 80 | DIZ LOPEZ , FRANCISCO | MALE | MASCULINO | BTT OZACESURAS | 00:18:51 | 05:10:25 | 12,2 Km/h |
| 162 | 160 | 232 | POLO LUGILDE , ALEJANDRO | MALE | MASCULINO | BICICLISTAS GALEGOS | 00:18:57 | 05:10:44 | 12,2 Km/h |
| 163 | 161 | 315 | VAZQUEZ RODRIGUEZ , JOSE MANUEL | MALE | MASCULINO | OS ESCARAVELLOS CC | 00:33:33 | 05:10:45 | 12,2 Km/h |
| 164 | 162 | 139 | JORGE RODRIGUEZ , CARLOS MANUEL | MALE | MASCULINO | OS ESCARAVELLOS CC | 00:28:36 | 05:10:46 | 12,2 Km/h |
| 165 | 163 | 20 | ARES ABALO , JOSE MARIA | MALE | MASCULINO | INDEPENDIENTE | 00:20:50 | 05:10:45 | 12,2 Km/h |
| 166 | 164 | 207 | NOVO VILELA , ABEL | MALE | MASCULINO | | 00:20:41 | 05:10:53 | 12,2 Km/h |
| 167 | 165 | 225 | PÉREZ FERNANDEZ , CARLOS DAMIAN | MALE | MASCULINO | DEL VASCO | 00:21:17 | 05:11:38 | 12,1 Km/h |
| 168 | 166 | 131 | GRANDAL LISTA , JOSÉ | MALE | MASCULINO | CLUB CICLISTA NARON | 00:19:27 | 05:11:45 | 12,1 Km/h |
| 169 | 167 | 27 | BARAMBIO MORENO , JUAN CARLOS | MALE | MASCULINO | | 00:17:54 | 05:12:56 | 12,1 Km/h |
| 170 | 168 | 310 | VARELA PIÑA , DAVID | MALE | MASCULINO | INDEPENDIENTE | 00:16:56 | 05:12:57 | 12,1 Km/h |
| 171 | 169 | 270 | SÁNCHEZ CASTRO , JUAN CARLOS | MALE | MASCULINO | CMONTEXALO | 00:16:27 | 05:12:57 | 12,1 Km/h |
| 172 | 170 | 58 | CASTRO GARCÍA , JUAN | MALE | MASCULINO | CC CAMBRE CAEIRO | 00:19:59 | 05:13:55 | 12,0 Km/h |
| 173 | 171 | 76 | DIAZ RIVERA , JUAN LUIS | MALE | MASCULINO | 100% CICLABLE, C.C. | 00:23:14 | 05:13:58 | 12,0 Km/h |
| 174 | 172 | 257 | RODRÍGUEZ MOSQUERA , ANTONIO NECHI | MALE | MASCULINO | CC CAMBRE CAEIRO | 00:21:35 | 05:14:30 | 12,0 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|--------------------------------|--------|-----------|----------------------------|--------------|----------|-----------|
| 175 | 173 | 15 | AMADO GONZALEZ , VICENTE | MALE | MASCULINO | CC CAMBRE CAEIRO | 00:21:31 | 05:14:30 | 12,0 Km/h |
| 176 | 174 | 307 | VALDÉS LÓPEZ , LUIS | MALE | MASCULINO | ORONA | 00:20:17 | 05:14:42 | 12,0 Km/h |
| 177 | 175 | 268 | SAA FERNANDEZ , MARIO | MALE | MASCULINO | | 00:22:08 | 05:15:10 | 12,0 Km/h |
| 178 | 176 | 49 | CARBALLÉS GÓMEZ , CARLOS | MALE | MASCULINO | INDEPENDIENTE | 00:21:57 | 05:19:22 | 11,8 Km/h |
| 179 | 177 | 140 | LAGARES ROCHA , JUAN CARLOS | MALE | MASCULINO | ACD POLICÍA LOCAL A CORUÑA | 00:15:34 | 05:21:13 | 11,8 Km/h |
| 180 | 178 | 37 | BESTILLEIRO CALVO , PABLO | MALE | MASCULINO | K2 ORDES | 00:15:04 | 05:21:13 | 11,8 Km/h |
| 181 | 179 | 160 | LOPEZ MIGUEZ , CARLOS | MALE | MASCULINO | OS DO MONTE BRAVO | 00:17:58 | 05:22:05 | 11,7 Km/h |
| 182 | 180 | 195 | MOSQUERA CORRAL , RODRIGO | MALE | MASCULINO | OS DO MONTE BRAVO | 00:19:14 | 05:22:05 | 11,7 Km/h |
| 183 | 181 | 138 | JIMÉNEZ PÉREZ , ABELARDO | MALE | MASCULINO | OS DO MONTE BRAVO | 00:20:48 | 05:22:06 | 11,7 Km/h |
| 184 | 182 | 180 | MAURIZ BARREIRO , MARCOS | MALE | MASCULINO | COYOTEPEDAL | 00:19:09 | 05:22:39 | 11,7 Km/h |
| 185 | 183 | 201 | MUÑOZ NIETO , JOSE MARIA | MALE | MASCULINO | 100% CICLABLE, C.C. | 00:20:45 | 05:23:34 | 11,7 Km/h |
| 186 | 184 | 115 | GARCÍA MONTERO , XAN | MALE | MASCULINO | OS FIGURAS | 00:23:35 | 05:25:09 | 11,6 Km/h |
| 187 | 185 | 293 | TABOADA GUERRA , ENRIQUE | MALE | MASCULINO | CLUB TRIATLON CORUÑA | 00:18:06 | 05:25:36 | 11,6 Km/h |
| 188 | 3 | 84 | ESPINA VEIGA , BEGOÑA | FEMALE | FEMENINO | CLUB CICLISTA NARON | 00:24:06 | 05:26:24 | 11,6 Km/h |
| 189 | 186 | 72 | DÍAZ BARRO , FERNANDO | MALE | MASCULINO | CLUB CICLISTA NARON | 00:09:40 | 05:26:26 | 11,6 Km/h |
| 190 | 187 | 119 | GOMEZ BREA , XABIER | MALE | MASCULINO | SKAPAOS | 00:23:16 | 05:26:58 | 11,6 Km/h |
| 191 | 188 | 18 | ANDÚJAR OTERO , MIGUEL ÁNGEL | MALE | MASCULINO | BIKESTRADA | 00:16:42 | 05:27:06 | 11,6 Km/h |
| 192 | 189 | 92 | FERNÁNDEZ CUTRIN , JOSÉ MANUEL | MALE | MASCULINO | BIKESTRADA | 00:23:13 | 05:27:07 | 11,6 Km/h |
| 193 | 190 | 241 | RAMOS CALVELO , JOSÉ JAVIER | MALE | MASCULINO | BIKESTRADA | 00:17:29 | 05:27:07 | 11,6 Km/h |
| 194 | 191 | 82 | DUBERT GARCÍA , ABELARDO I. | MALE | MASCULINO | BIKESTRADA | 00:19:10 | 05:27:07 | 11,6 Km/h |
| 195 | 192 | 105 | FREIRIA , ADRIAN | MALE | MASCULINO | BIKESTRADA | 00:20:15 | 05:27:08 | 11,6 Km/h |
| 196 | 193 | 85 | EXPOSITO EXPOSITO , PABLO | MALE | MASCULINO | BIKESTRADA | 00:15:21 | 05:27:08 | 11,6 Km/h |
| 197 | 194 | 168 | MARIÑO DIEGUEZ , DAVID | MALE | MASCULINO | P.C. MONTE XALO | 00:23:39 | 05:27:47 | 11,5 Km/h |
| 198 | 195 | 259 | RODRIGUEZ OTERO , MANUEL | MALE | MASCULINO | INDEPENDIENTE | 00:19:23 | 05:29:21 | 11,5 Km/h |
| 199 | 196 | 258 | RODRÍGUEZ NÚÑEZ , ÓSCAR | MALE | MASCULINO | AD CERNE | 00:19:06 | 05:29:21 | 11,5 Km/h |
| 200 | 197 | 169 | MARIÑO DIEGUEZ , JUAN CARLOS | MALE | MASCULINO | P.C. MONTE XALO | 00:23:51 | 05:29:22 | 11,5 Km/h |
| 201 | 198 | 103 | FREIRE HERMIDA , IVAN | MALE | MASCULINO | INDEPENDIENTE | 00:24:06 | 05:29:30 | 11,5 Km/h |
| 202 | 199 | 135 | IGLESIAS IGLESIAS , JUAN | MALE | MASCULINO | BENI GYM SPORT | 00:21:26 | 05:32:41 | 11,4 Km/h |
| 203 | 200 | 161 | LOPEZ RUBAL , ANTONIO | MALE | MASCULINO | BENI GYM SPORT | 00:21:02 | 05:32:42 | 11,4 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|----------------------------------|--------|-----------|----------------------------|--------------|----------|-----------|
| 204 | 201 | 222 | PEREIRA ALLO , ROBERTO | MALE | MASCULINO | | 00:21:08 | 05:34:02 | 11,3 Km/h |
| 205 | 202 | 162 | LÓPEZ SIMON , CARLOS | MALE | MASCULINO | CLUB CICLISTA FRIOL | 00:22:26 | 05:37:35 | 11,2 Km/h |
| 206 | 203 | 250 | ROCA BERNARDEZ , DAVID | MALE | MASCULINO | CLUB CICLISTA FRIOL | 00:13:16 | 05:37:35 | 11,2 Km/h |
| 207 | 204 | 281 | SEOANE QUINTELA , JAVIER | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:20:26 | 05:37:39 | 11,2 Km/h |
| 208 | 205 | 163 | LÓPEZ TOSTÓN , RICARDO | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:20:58 | 05:37:41 | 11,2 Km/h |
| 209 | 206 | 146 | LINARES LÓPEZ , XOSÉ | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:20:37 | 05:37:42 | 11,2 Km/h |
| 210 | 207 | 210 | OLARZA COSTA , PABLO | MALE | MASCULINO | NSL | 00:23:26 | 05:37:43 | 11,2 Km/h |
| 211 | 208 | 261 | RODRÍGUEZ RODRÍGUEZ , JOSE | MALE | MASCULINO | INDEPENDIENTE | 00:23:22 | 05:37:45 | 11,2 Km/h |
| 212 | 209 | 10 | ALLO LEMA , FABIAN | MALE | MASCULINO | OROSO CLUB CICLISTA | 00:28:32 | 05:37:48 | 11,2 Km/h |
| 213 | 210 | 304 | URES LATA , JUAN LUIS | MALE | MASCULINO | MESOIRO C.C | 00:23:38 | 05:38:11 | 11,2 Km/h |
| 214 | 4 | 108 | GARCIA , YOLANDA | FEMALE | FEMENINO | GALLAECIA RAID | 00:24:21 | 05:38:11 | 11,2 Km/h |
| 215 | 211 | 93 | FERNANDEZ GARCIA , MARTIN | MALE | MASCULINO | OS JABALIS | 00:25:45 | 05:38:13 | 11,2 Km/h |
| 216 | 212 | 87 | FERNÁNDEZ BARRIGÜETE , ELADIO | MALE | MASCULINO | TRITONES | 00:27:05 | 05:39:17 | 11,1 Km/h |
| 217 | 213 | 208 | NÚÑEZ OTERO , DANIEL | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:21:52 | 05:39:18 | 11,1 Km/h |
| 218 | 214 | 301 | TRIGO , ROBERTO | MALE | MASCULINO | CORRECAMIÑOS | 00:22:42 | 05:39:19 | 11,1 Km/h |
| 219 | 215 | 67 | CUYAR FONTEBOA , CRISTÓBAL | MALE | MASCULINO | CORRECAMIÑOS | 00:23:07 | 05:39:21 | 11,1 Km/h |
| 220 | 216 | 271 | SÁNCHEZ CUYAR , CONSTANTINO | MALE | MASCULINO | MURUM ATHLETICA | 00:20:25 | 05:39:34 | 11,1 Km/h |
| 221 | 217 | 253 | RODRIGUEZ BELLO , JOSE | MALE | MASCULINO | COYOTEPEDAL | 00:17:14 | 05:39:39 | 11,1 Km/h |
| 222 | 218 | 312 | VAZQUEZ DOMINGUEZ , FERNANDO | MALE | MASCULINO | COYOTE PEDAL TERRA CHA | 00:21:48 | 05:39:40 | 11,1 Km/h |
| 223 | 219 | 192 | MORÁN , JESÚS | MALE | MASCULINO | P.C. MONTE XALO | 00:23:52 | 05:40:11 | 11,1 Km/h |
| 224 | 220 | 130 | GONZALEZ RAMIL , JUAN JOSE | MALE | MASCULINO | CLUB TRIATLON CORUÑA | 00:18:59 | 05:40:28 | 11,1 Km/h |
| 225 | 221 | 255 | RODRÍGUEZ FERNÁNDEZ , XESUS XOAN | MALE | MASCULINO | MPC TERRAS DE CEA | 00:26:36 | 05:40:39 | 11,1 Km/h |
| 226 | 222 | 73 | DÍAZ LENCE , MARCOS | MALE | MASCULINO | MTC TEAM | 00:23:32 | 05:41:47 | 11,1 Km/h |
| 227 | 223 | 176 | MARTÍNEZ RIVERA , JESÚS | MALE | MASCULINO | BTTEIROS COVA DA SERPE | 00:21:08 | 05:43:05 | 11,0 Km/h |
| 228 | 224 | 164 | LOPEZ VAZQUEZ , OSCAR | MALE | MASCULINO | | 00:25:11 | 05:43:05 | 11,0 Km/h |
| 229 | 225 | 110 | GARCIA BLANES , ANTONIO LUCAS | MALE | MASCULINO | 100% CICLABLE, C.C. | 00:20:54 | 05:44:22 | 11,0 Km/h |
| 230 | 226 | 204 | NAVEIRAS CERCIDO , JOSE ANTONIO | MALE | MASCULINO | | 00:23:36 | 05:45:09 | 11,0 Km/h |
| 231 | 227 | 171 | MARIÑO VILA , MANUEL | MALE | MASCULINO | 100% CICLABLE, C.C. | 00:20:15 | 05:48:25 | 10,8 Km/h |
| 232 | 228 | 242 | RAMOS MALLO , SAMUEL | MALE | MASCULINO | NOSPORTLIMIT | 00:18:11 | 05:52:33 | 10,7 Km/h |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|-----------------------------------|--------|-----------|--------------------------------|--------------|----------|--------------|
| 233 | 229 | 238 | QUINTELA VILLAR , ALBERTO | MALE | MASCULINO | | 00:22:01 | 05:52:36 | 10,7 Km/h |
| 234 | 230 | 7 | ABA GARROTE , SANTIAGO | MALE | MASCULINO | | 00:23:30 | 05:52:38 | 10,7 Km/h |
| 235 | 231 | 19 | ARADAS LOPEZ , LUIS | MALE | MASCULINO | INDEPENDIENTE | 00:21:11 | 05:52:39 | 10,7 Km/h |
| 236 | 232 | 36 | BASADRE VIDAL , ANGEL | MALE | MASCULINO | BICICLISTAS GALEGOS | 00:25:03 | 05:54:54 | 10,7 Km/h |
| 237 | 5 | 184 | MELLA BARBEITO , VANESA | FEMALE | FEMENINO | PEÑA CICLISTA MONTE XALO | 00:22:24 | 05:54:59 | 10,6 Km/h |
| 238 | 233 | 183 | MELLA BARBEITO , DANIEL | MALE | MASCULINO | PEÑA CICLISTA MONTE XALO | 00:26:10 | 05:55:00 | 10,6 Km/h |
| 239 | 234 | 75 | DIAZ MONTES , SERGIO | MALE | MASCULINO | OS ESCARAVELLOS CC | 00:25:10 | 05:55:02 | 10,6 Km/h |
| 240 | 235 | 154 | LÓPEZ BREGUA , ADRIÁN | MALE | MASCULINO | BTT CARRAL | 00:25:04 | 05:55:29 | 10,6 Km/h |
| 241 | 236 | 173 | MAROÑO GARCÍA , ENRIQUE | MALE | MASCULINO | CLUB BTT CARRAL | 00:25:06 | 05:55:30 | 10,6 Km/h |
| 242 | 237 | 256 | RODRIGUEZ LAGO , ISAAC | MALE | MASCULINO | INDEPENDIENTE | 00:24:32 | 05:58:01 | 10,6 Km/h |
| 243 | 238 | 175 | MARTÍNEZ MAZAGATOS , JOSÉ ANTONIO | MALE | MASCULINO | | 00:19:26 | 05:58:12 | 10,6 Km/h |
| 244 | 239 | 277 | SANTOS FANDIÑO , ROBERTO | MALE | MASCULINO | | 00:22:13 | 05:58:12 | 10,6 Km/h |
| 245 | 240 | 209 | OLARZA COSTA , JAVIER | MALE | MASCULINO | MONTE XALO, P. C. | 00:26:57 | 05:58:31 | 10,5 Km/h |
| 246 | 241 | 269 | SALGADO CURROS , MARCOS | MALE | MASCULINO | OLIVICO | 00:26:28 | 06:01:59 | 10,4 Km/h |
| 247 | 242 | 31 | BARRAL RODRÍGUEZ , MANU | MALE | MASCULINO | CRETO BIKES | 00:22:05 | 06:02:16 | 10,4 Km/h |
| 248 | 243 | 63 | CHAVES RODRIGUEZ , FABIO | MALE | MASCULINO | TEAM BIKE OUTEIRO | 00:21:07 | 06:02:16 | 10,4 Km/h |
| 249 | 6 | 279 | SAQUÉS SALGADO , RAQUEL | FEMALE | FEMENINO | CRETO BIKES | 00:21:47 | 06:02:17 | 10,4 Km/h |
| 250 | 7 | 78 | DÍEZ MARTÍNEZ , CAROLINA | FEMALE | FEMENINO | ACD POLICÍA LOCAL A CORUÑA | 00:21:35 | 06:02:17 | 10,4 Km/h |
| 251 | 244 | 21 | ARES CERNADAS , JESUS | MALE | MASCULINO | | 00:25:26 | 06:02:21 | 10,4 Km/h |
| 252 | 245 | 235 | PRESEDO REGUEIRO , FRANCISCO | MALE | MASCULINO | INDEPENDIENTE | 00:21:43 | 06:02:21 | 10,4 Km/h |
| 253 | 246 | 248 | REY CANEDA , MARTÍN | MALE | MASCULINO | NOITEBRA F.C. | 00:28:38 | 06:02:36 | 10,4 Km/h |
| 254 | 247 | 116 | GAREA MAZÁS , ANGEL | MALE | MASCULINO | INDEPENDIENTE | 00:24:45 | 06:05:00 | 10,4 Km/h |
| 255 | 248 | 122 | GÓMEZ ROUCO , ÒSCAR | MALE | MASCULINO | ROTEIROS DE LUGO | 00:23:15 | 06:12:57 | 10,1 Km/h |
| 256 | 249 | 90 | FERNÁNDEZ CASAL , ESTEBAN | MALE | MASCULINO | BICIS OLIVEIRA C. C. | 00:25:43 | 06:12:58 | 10,1 Km/h |
| 257 | 250 | 107 | GARCIA , FRANCISCO | MALE | MASCULINO | | 00:18:27 | 06:12:58 | 10,1 Km/h |
| 258 | 251 | 46 | CANABAL LAZARA , ALFREDO | MALE | MASCULINO | BTT TRASDEZA C | 00:25:15 | 06:13:28 | 10,1 Km/h |
| DSQ | DSQ | 69 | DASILVA HERBELLO , DANIEL | MALE | MASCULINO | | | 02:03:58 | NO RECORRIDO |
| DSQ | DSQ | 1 | CÉSAR VELOSO , GUSTAVO | MALE | MASCULINO | TAVFER-OVOS MATINADOS-MORTÁGUA | | 02:25:18 | NO RECORRIDO |
| DSQ | DSQ | 86 | FERNÁNDEZ LISTE , RICARDO | MALE | MASCULINO | RIBADOULLA | | 02:27:25 | NO RECORRIDO |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|--------------------------------|--------|-----------|----------------------------|--------------|--------------|-------|
| DSQ | DSQ | 314 | VÁZQUEZ RODRIGUEZ , DANIEL | MALE | MASCULINO | FILLOS DE BREOGAN | 02:29:59 | NO RECORRIDO | |
| DSQ | DSQ | 55 | CASTRO BABIO , ALBERTO | MALE | MASCULINO | C.C. CAMBRE | 02:32:36 | NO RECORRIDO | |
| DSQ | DSQ | 41 | CAAMAÑO , TINO | MALE | MASCULINO | | 02:35:44 | NO RECORRIDO | |
| DSQ | DSQ | 102 | FRAGUIO , JAVIER | MALE | MASCULINO | SKAPAOS | 02:37:40 | NO RECORRIDO | |
| DSQ | DSQ | 280 | SEOANE CASAL , CRISTIAN | MALE | MASCULINO | ABEANCOS | 02:41:10 | NO RECORRIDO | |
| DSQ | DSQ | 8 | ADÁN LÓPEZ , MANUEL | MALE | MASCULINO | | 02:42:12 | NO RECORRIDO | |
| DSQ | DSQ | 189 | MÉNDEZ MOSQUERA , ÁNGEL | MALE | MASCULINO | AD CERNE | 02:42:34 | NO RECORRIDO | |
| DSQ | DSQ | 205 | NO MARÍN , ALEJANDRO | MALE | MASCULINO | P.C. MONTE XALO | 02:47:05 | NO RECORRIDO | |
| DSQ | DSQ | 179 | MARZOA MIRANDA , JOSE LUIS | MALE | MASCULINO | K2 ORDES | 02:47:57 | NO RECORRIDO | |
| DSQ | DSQ | 32 | BARREIRA VAZQUEZ , MAYTE | FEMALE | FEMENINO | O PASATEMPO | 02:51:54 | NO RECORRIDO | |
| DSQ | DSQ | 62 | CHAS , ROBERTO | MALE | MASCULINO | O PASATEMPOS | 02:51:54 | NO RECORRIDO | |
| DSQ | DSQ | 52 | CASAL VÁZQUEZ , IGNACIO | MALE | MASCULINO | EXTOL MTB TEAM, C.D | 02:55:15 | NO RECORRIDO | |
| DSQ | DSQ | 134 | HURTADO CAMPO , ENEKO | MALE | MASCULINO | CLUB CICLISTA QUERCUS APER | 02:56:14 | NO RECORRIDO | |
| DSQ | DSQ | 292 | TABOADA GARCÍA , ADRIÁN | MALE | MASCULINO | EXTOL MTB TEAM, C.D. | 02:59:26 | NO RECORRIDO | |
| DSQ | DSQ | 26 | BALBOA , PABLO | MALE | MASCULINO | ABEANCOS | 03:04:28 | NO RECORRIDO | |
| DSQ | DSQ | 34 | BARREIRO GIGIREY , MANUEL | MALE | MASCULINO | | 03:04:59 | NO RECORRIDO | |
| DSQ | DSQ | 319 | VIDAL , ARTURO | MALE | MASCULINO | INDEPENDIENTE | 03:05:01 | NO RECORRIDO | |
| DSQ | DSQ | 316 | VAZQUEZ SANCHEZ , JESUS CARLOS | MALE | MASCULINO | CC SAN MIGUEL | 03:05:26 | NO RECORRIDO | |
| DSQ | DSQ | 254 | RODRIGUEZ BROWN , RICARDO | MALE | MASCULINO | CLUB CICLISTA SAN MIGUEL | 03:05:28 | NO RECORRIDO | |
| DSQ | DSQ | 177 | MARTINEZ SEIJAS , MIGUEL ANGEL | MALE | MASCULINO | INDEPENDIENTE | 03:05:45 | NO RECORRIDO | |
| DSQ | DSQ | 33 | BARREIRO GIGIREY , FERNANDO | MALE | MASCULINO | NOITEBRA F.C. | 03:06:06 | NO RECORRIDO | |
| DSQ | DSQ | 203 | NAVAZO RUIZ , JESUS | MALE | MASCULINO | BOTAFUMEIRO | 03:06:53 | NO RECORRIDO | |
| DSQ | DSQ | 305 | UZAL CALVIÑO , JORGE | MALE | MASCULINO | | 03:12:48 | NO RECORRIDO | |
| DSQ | DSQ | 125 | GONZALEZ CARNEIRO , JOSE LUIS | MALE | MASCULINO | INDEPENDIENTE | 03:43:37 | NO RECORRIDO | |
| DSQ | DSQ | 74 | DÍAZ LÓPEZ , LUIS | MALE | MASCULINO | INDEPENDIENTE | 03:55:12 | NO RECORRIDO | |
| DSQ | DSQ | 295 | TEIJIDO FERNÁNDEZ , FERNANDO | MALE | MASCULINO | INDEPENDIENTE | 03:55:14 | NO RECORRIDO | |
| DSQ | DSQ | 12 | ALMUIÑA GARCÍA , JOSE MANUEL | MALE | MASCULINO | RAIDERS DO RIBEIRO | 04:58:03 | NO RECORRIDO | |
| DSQ | DSQ | 94 | FERNÁNDEZ GARCÍA , NICOLAS | MALE | MASCULINO | INDEPENDIENTE | 04:58:08 | NO RECORRIDO | |
| DSQ | DSQ | 29 | BARCA GARCÍA , PABLO AMILCAR | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 05:01:46 | NO RECORRIDO | |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|---------------------------------|------|-----------|------------------------------|--------------|----------|--------------|
| DSQ | DSQ | 152 | LOPEZ , JOSE MANUEL | MALE | MASCULINO | | | 05:25:01 | NO RECORRIDO |
| DSQ | DSQ | 81 | DOMÍNGUEZ VELO , PABLO | MALE | MASCULINO | INDEPENDIENTE | | 05:25:02 | NO RECORRIDO |
| DSQ | DSQ | 223 | PEREIRO REFOJO , FRANCISCO | MALE | MASCULINO | SKAPAOS | | 05:25:03 | NO RECORRIDO |
| DSQ | DSQ | 246 | REGUEIRO IGLESIAS , JAVIER | MALE | MASCULINO | | | 05:25:04 | NO RECORRIDO |
| DSQ | DSQ | 318 | VEIGA COSTA , JAVIER | MALE | MASCULINO | INDEPENDIENTE | | 05:59:11 | NO RECORRIDO |
| ABD | | 231 | PLATERO VÁZQUEZ , JOSE | MALE | MASCULINO | CLUB CICLISTA FRIOL | 00:28:27 | | |
| DNF | | 273 | SÁNCHEZ RODRÍGUEZ , PABLO | MALE | MASCULINO | INDEPENDIENTE | 00:15:03 | | |
| DNF | | 519 | 519 | MALE | MASCULINO | | 00:17:45 | | |
| DNF | | 267 | RUBINOS CHAOS , PABLO | MALE | MASCULINO | | 00:24:05 | | |
| DNF | | 13 | ALVAREZ , MANUEL | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | 00:17:45 | | |
| DNF | | 185 | MELLA BELLO , ANTONIO | MALE | MASCULINO | P.C. MONTE XALO | 00:16:40 | | |
| DNS | | 23 | ARIAS POSE , OSCAR | MALE | MASCULINO | CLUB BTT CARRAL | | | |
| DNS | | 30 | BAREA PAZ , FRANCISCO | MALE | MASCULINO | INDEPENDIENTE | | | |
| DNS | | 56 | CASTRO ESTÉVEZ , JOSE | MALE | MASCULINO | REVOLTAS | | | |
| DNS | | 57 | CASTRO FERNÁNDEZ , ANDER | MALE | MASCULINO | CLUB CICLISTA SAN MIGUEL | | | |
| DNS | | 77 | DÍAZ VEGA , SERGIO | MALE | MASCULINO | INDEPENDIENTE | | | |
| DNS | | 98 | FERREÑO GARCÍA , JOSE | MALE | MASCULINO | INDEPENDIENTE | | | |
| DNS | | 99 | FIGUEIRA RODRÍGUEZ , SERGIO | MALE | MASCULINO | BIKE NIN DIOS | | | |
| DNS | | 124 | GONZÁLEZ BERMEJO , MIGUEL ÁNGEL | MALE | MASCULINO | CC SEIXO BRANCO | | | |
| DNS | | 129 | GONZÁLEZ LAMAS , LUIS | MALE | MASCULINO | | | | |
| DNS | | 137 | IGLESIAS VEIGA , JUAN CARLOS | MALE | MASCULINO | SKAPAOS | | | |
| DNS | | 147 | LINO GARCIA , RICARDO | MALE | MASCULINO | TRITONES | | | |
| DNS | | 194 | MOSQUERA BARREIRI , ALVARO | MALE | MASCULINO | K2 ORDES | | | |
| DNS | | 216 | PAREDES COBAS , MIGUEL | MALE | MASCULINO | ZIPIPUTOZAPE | | | |
| DNS | | 227 | PEREZ MARCOTE , DAVID | MALE | MASCULINO | BICI CORUÑA | | | |
| DNS | | 234 | PREGO VILA , MANUEL | MALE | MASCULINO | CLUB DEPORTIVO EL TRASTERO | | | |
| DNS | | 263 | RODRIGUEZOTERO , DIEGO | MALE | MASCULINO | AD CERNE | | | |
| DNS | | 274 | SANCHEZ VARELA , ALVARO | MALE | MASCULINO | CLUB BTT CARRAL | | | |
| DNS | | 286 | SOUTO OTERO , JAIME | MALE | MASCULINO | CLUL CICLISTA TERRAS DO EUME | | | |



16 ABRIL 2023

- RUTA LONGA 65KMS -

| POS. | P.CAT. | NUMBER | PARTICIPANT | SEX | CATEGORY | CLUB | TEMPO SUBIDA | META | MEDIA |
|------|--------|--------|--------------------------|------|-----------|-----------------------|--------------|------|-------|
| DNS | | 306 | VAAMONDE VILLAR , ANDRES | MALE | MASCULINO | CLUBE DEPORTIVO ARZÚA | | | |
| DNS | | 309 | VALIÑO LEA , JESÚS | MALE | MASCULINO | | | | |
| DNS | | 317 | VECINO REY , PABLO | MALE | MASCULINO | TRIBU TRAIL | | | |
| DNS | | 321 | VILELA CASAL , JOSE | MALE | MASCULINO | CC RIBADOULLA | | | |
| DNS | | 322 | ZAPATERO MATA , CARLOS | MALE | MASCULINO | OS ESCARAVELLOS CC | | | |