

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
1	1	87	LORENZO BLANCO , CARLOS	MALE	MASTER-M	INDEPENDIENTE	01:06:31.143	04:56 min/Km
2	1	1	TOUCEDO SANTOS , ESTEBAN	MALE	SENIOR-M	SAN MIGUEL DE MARÍN	01:07:18.693	04:60 min/Km
3	2	318	PAZ PARDO , DANIEL	MALE	MASTER-M	TRIBU TRAIL	01:07:32.893	05:01 min/Km
4	3	228	CARMONA ARAUJO , MIGUEL ANGEL	MALE	MASTER-M	LODEIROS	01:08:02.233	05:03 min/Km
5	4	221	CALVO CES , ARMANDO	MALE	MASTER-M		01:08:40.173	05:06 min/Km
6	2	67	GONZALEZ HORTA , VICTOR	MALE	SENIOR-M	LODEIROS TRAIL	01:10:28.600	05:14 min/Km
7	5	146	TRABA CAAMAÑO , PEDRO	MALE	MASTER-M	CAO (CLUB ATLETISMO OUTES)	01:10:28.800	05:14 min/Km
8	3	99	MOURIÑO FRESCO , RAMON	MALE	SENIOR-M	INDEPENDIENTE	01:12:10.643	05:21 min/Km
9	4	66	GONZALEZ HORTA , ELOY	MALE	SENIOR-M	LODEIROS TRAIL	01:12:14.533	05:22 min/Km
10	1	260	FOLGAR POUSO , RAMÓN IGNACIO	MALE	VET-M	ESCUELA DE BOXEO EL CANARIO	01:12:43.963	05:24 min/Km
11	6	70	GUERRA MAGAN , OSCAR	MALE	MASTER-M		01:13:34.883	05:28 min/Km
12	5	17	BRION BRION , OSCAR	MALE	SENIOR-M		01:14:00.133	05:29 min/Km
13	7	117	QUEIRUGA TORRES , OSCAR	MALE	MASTER-M	INCOR-AUTOVIDRIO	01:14:29.673	05:32 min/Km
14	8	266	GONZALEZ , ALEX	MALE	MASTER-M	CDM XESTEIRAS	01:14:31.533	05:32 min/Km
15	9	292	MARTIN TINOCO , JUAN ANTONIO	MALE	MASTER-M	FLETAS RUNERS	01:14:39.123	05:32 min/Km
16	6	48	FERNÁNDEZ POUSADA , IVÁN	MALE	SENIOR-M	INDEPENDIENTE	01:15:07.903	05:34 min/Km
17	10	129	ROMERO AGRA , NESTOR	MALE	MASTER-M	LOUSAME TRAIL	01:15:16.663	05:35 min/Km
18	11	131	ROMERO VÁZQUEZ , MANUEL	MALE	MASTER-M	MAXIKO MASAXES KIKO	01:15:23.983	05:36 min/Km
19	12	110	PEREZ PRIETO , GERARDO	MALE	MASTER-M		01:15:38.653	05:37 min/Km
20	13	80	LAGO GRAÑA , ROBERTO	MALE	MASTER-M	LODEIROS TRAIL	01:15:44.503	05:37 min/Km
21	14	64	GOMEZ OURILLE , NICOLAS	MALE	MASTER-M	S.D. BARBANTIA RODA	01:15:56.203	05:38 min/Km
22	15	4	ASPEREZ , DAVID	MALE	MASTER-M		01:16:13.123	05:39 min/Km
23	16	56	GARCÍA ABALO , KIKO	MALE	MASTER-M	MAXIKO I MASAXES KIKO	01:16:27.253	05:40 min/Km
24	17	85	LÓPEZ DOMÍNGUEZ , JAVIER	MALE	MASTER-M	LODEIROS TRAIL	01:17:03.493	05:43 min/Km
25	18	33	CES CRISTOBO , MANUEL	MALE	MASTER-M	TRIBU TRAIL	01:17:23.383	05:44 min/Km
26	19	310	NIETO GONZALEZ , JOSE MANUEL	MALE	MASTER-M		01:17:35.573	05:45 min/Km
27	20	127	RODRÍGUEZ FERNÁNDEZ , XOSEMARÍA	MALE	MASTER-M	TRIBU TRAIL	01:17:42.153	05:46 min/Km
28	21	268	GONZÁLEZ ÁLVAREZ , JOSÉ FELIPE	MALE	MASTER-M		01:17:52.543	05:47 min/Km
29	7	19	BUJAN LOURIDO , SERGIO	MALE	SENIOR-M	CAO (CLUB ATLETISMO OUTES)	01:18:06.893	05:48 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
30	22	363	SISO GARCÍA , JAVIER	MALE	MASTER-M		01:18:10.133	05:48 min/Km
31	23	326	PIÑEIRO LAMAS , RAMON	MALE	MASTER-M	S.D. BARBANTIA RODA	01:18:17.983	05:48 min/Km
32	8	46	FERNÁNDEZ DOMÍNGUEZ , ADRIÁN	MALE	SENIOR-M	MAXIKO MASAXES KIKO	01:18:22.813	05:49 min/Km
33	24	137	SANTIAGO POUSO , ROBERTO	MALE	MASTER-M	INCOR-AUTOVIDRIO	01:18:46.393	05:51 min/Km
34	9	333	RENTE LÓPEZ , JORGE	MALE	SENIOR-M	INDEPENDIENTE	01:18:56.133	05:51 min/Km
35	25	330	PUMARIÑO PÉREZ , AMADOR	MALE	MASTER-M	ATLETISMO FONTES DO SAR	01:18:56.493	05:51 min/Km
36	26	234	CASTRO HERMIDA , JUAN JOSE	MALE	MASTER-M	TRIBU TRAIL	01:19:07.443	05:52 min/Km
37	10	244	DÍAZ DÍAZ , TOTE	MALE	SENIOR-M	INDEPENDIENTE	01:19:12.523	05:53 min/Km
38	2	125	RIVAS CASTRO , JUAN	MALE	VET-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:19:22.733	05:53 min/Km
39	11	118	QUINTIÁN AGRAFOJO , JOSÉ MANUEL	MALE	SENIOR-M	CDM VÉRTICE	01:19:48.263	05:55 min/Km
40	12	340	RIOS TUBIO , PABLO	MALE	SENIOR-M	TRIBU TRAIL	01:19:49.363	05:55 min/Km
41	13	135	SANAMRTIN REY , ISIDRO	MALE	SENIOR-M	PC TIRAMILLAS	01:20:10.643	05:57 min/Km
42	14	208	BALADO RODRIGUEZ , ROBERTO	MALE	SENIOR-M		01:20:12.963	05:57 min/Km
43	27	18	BUJÁN GONZÁLEZ , JOSÉ	MALE	MASTER-M	CAO (CLUB ATLETISMO OUTES)	01:20:26.793	05:58 min/Km
44	15	353	ROSENDE SAEZ , MARCOS	MALE	SENIOR-M	INDEPENDIENTE	01:20:39.063	05:59 min/Km
45	28	229	CARRACEDO ESCARIZ , VICTOR	MALE	MASTER-M	CDM XESTEIRAS	01:20:46.243	05:59 min/Km
46	16	133	RÚA NÚÑEZ , MANUEL	MALE	SENIOR-M	INDEPENDIENTE	01:20:46.913	05:60 min/Km
47	3	352	ROSENDE BREA , JOSE	MALE	VET-M	CAI A ESTRADA	01:21:18.450	06:02 min/Km
48	4	13	BOO FARIÑA , SALVADOR	MALE	VET-M	TRIBU TRAIL	01:21:37.683	06:03 min/Km
49	29	62	GÓMEZ GÓMEZ , MANUEL	MALE	MASTER-M	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:21:38.043	06:03 min/Km
50	30	68	GONZÁLEZ MARTÍNEZ , JOSE ANTONIO	MALE	MASTER-M	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:21:41.793	06:04 min/Km
51	31	156	VILASOA SILVA , JOSE FRANCISCO	MALE	MASTER-M	S.D. BARBANTIA RODA	01:21:58.103	06:05 min/Km
52	5	218	BROCOS MAREQUE , EDUARDO	MALE	VET-M	INDEPENDIENTE	01:21:58.933	06:05 min/Km
53	32	116	QUEIRUGA , MARIO	MALE	MASTER-M	INCOR-AUTOVIDRIO	01:22:14.893	06:06 min/Km
54	17	271	IGLESIAS AMORES , MIGUEL	MALE	SENIOR-M	CLUB DEPORTIVO PINARIUM	01:22:27.043	06:07 min/Km
55	33	225	CAO MONTENEGRO , JOSE MIGUEL	MALE	MASTER-M		01:22:34.503	06:07 min/Km
56	34	53	FIGUEIRA , TOÑO	MALE	MASTER-M	SD BARBANTIA RODA	01:22:39.773	06:08 min/Km
57	35	147	TUBIO DAVILA , JOSE	MALE	MASTER-M		01:22:46.377	06:08 min/Km
58	6	72	HOMBRE DOPAZO , PEPE	MALE	VET-M	SACHACAMIÑOS	01:22:48.163	06:09 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
59	36	27	CAMEAN CAMEAN , ROBERTO	MALE	MASTER-M	INCOR-AUTOVIDRIO	01:23:32.683	06:12 min/Km
60	37	30	CASAL SANTOS , MARCOS	MALE	MASTER-M	INDEPENDIENTE	01:23:43.833	06:13 min/Km
61	7	59	GARCIA MARTÍNEZ , ANGEL	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	01:23:59.233	06:14 min/Km
62	38	79	LADO TORRES , JOSÉ CARLOS	MALE	MASTER-M	INCOR-AUTOVIDRIO	01:24:00.090	06:14 min/Km
63	18	16	BOULLÓN PÉREZ , JAVIER	MALE	SENIOR-M	INDEPENDIENTE	01:24:13.003	06:15 min/Km
64	19	97	MARTÍNEZ SÓÑORA , FERNANDO	MALE	SENIOR-M	INDEPENDIENTE	01:24:14.013	06:15 min/Km
65	39	109	PÉREZ LOURENZO , ÓSCAR	MALE	MASTER-M	MAXIKO MASAXES KIKO	01:24:27.830	06:16 min/Km
66	20	213	BOÁN OVALLE , MANOEL	MALE	SENIOR-M	INDEPENDIENTE	01:25:27.893	06:20 min/Km
67	40	11	BEIS CABANAS , JESÚS A.	MALE	MASTER-M	CLUB ATLETISMO O PINO	01:25:28.773	06:20 min/Km
68	41	324	PEREZ RODRIGUEZ , JESUS EDUARDO	MALE	MASTER-M	BUDIÑORAID	01:25:37.793	06:21 min/Km
69	21	76	IGLESIAS VIGO , JAVIER	MALE	SENIOR-M	INDEPENDIENTE	01:25:45.677	06:22 min/Km
70	42	138	SANTÓRUM GONZÁLEZ , JORGE	MALE	MASTER-M	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:25:55.933	06:22 min/Km
71	43	96	MARTINEZ MANEIRO , ALBERTO	MALE	MASTER-M	INCOR-AUTOVIDRIO	01:25:56.253	06:22 min/Km
72	44	238	CONDE TATO , JOSÉ ÁNGEL	MALE	MASTER-M		01:26:03.043	06:23 min/Km
73	45	316	PARDO MIRA , JOSE	MALE	MASTER-M		01:26:09.633	06:23 min/Km
74	22	309	MURILLO SOLER , JORGE	MALE	SENIOR-M	INDEPENDIENTE	01:26:11.673	06:24 min/Km
75	46	367	SUÁREZ LIÑERO , DAVID	MALE	MASTER-M	CORRIENDOXMORCIN	01:26:20.773	06:24 min/Km
76	47	24	CACHARRÓN ARMENTAL , CARLOS	MALE	MASTER-M	NETSPACE 3&RUN	01:26:21.533	06:24 min/Km
77	48	89	LORES MEIS , JOSE MANUEL	MALE	MASTER-M	CLUBE ATLETISMO CAMBADOS - SEGUROS NOVAL	01:26:23.993	06:24 min/Km
78	49	255	FERNÁNDEZ LANDEIRO , JUAN MANUEL	MALE	MASTER-M	CLUB CICLISMO TRIATLON POIO	01:26:32.793	06:25 min/Km
79	50	220	CAJARAVILLE ARAÚJO , HÉCTOR	MALE	MASTER-M	INDEPENDIENTE	01:26:52.723	06:27 min/Km
80	8	217	BREY MATO , ROBERTO	MALE	VET-M	CAI A ESTRADA	01:26:59.883	06:27 min/Km
81	51	338	REY POMBO , ANTONIO	MALE	MASTER-M	CASTROSUA TRAIL RUNNING	01:27:10.263	06:28 min/Km
82	23	65	GÓMEZ SIEIRA , DAVID	MALE	SENIOR-M	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:27:15.133	06:28 min/Km
83	52	256	FERNÁNDEZ PAZ , OSCAR	MALE	MASTER-M		01:27:16.593	06:28 min/Km
84	24	132	ROO MAROÑAS , PABLO	MALE	SENIOR-M	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:27:17.033	06:28 min/Km
85	53	288	MARIÑO CASAS , MODESTO	MALE	MASTER-M	INDEPENDIENTE	01:27:27.593	06:29 min/Km
86	25	290	MARQUE RUIBAL , JOSÉ ANTONIO	MALE	SENIOR-M	CDM VERTICE	01:27:47.613	06:31 min/Km
87	54	145	TORRES , JOSE	MALE	MASTER-M	INDEPENDIENTE	01:27:58.933	06:32 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
88	1	10	BARROSO PÉREZ , BEATRIZ	FEMALE	MASTER-F	TRIBU TRAIL	01:28:04.783	06:32 min/Km
89	55	204	ALONSO CABALEIRO , ÓSCAR	MALE	MASTER-M	INDEPENDIENTE	01:28:08.073	06:32 min/Km
90	56	37	DIESTE REGADES , SERGIO	MALE	MASTER-M	TRIBU TRAIL	01:28:13.333	06:33 min/Km
91	9	241	COSTAS FERNANDEZ , ALFONSO	MALE	VET-M	C.A.R.MARISQUEIRO	01:28:21.333	06:33 min/Km
92	26	339	RÍOS TUBÍO , DANIEL	MALE	SENIOR-M	INDEPENDIENTE	01:28:27.923	06:34 min/Km
93	10	282	LOPEZ TRIÑANES , RICARDO	MALE	VET-M	OS AFORCADOS	01:28:43.593	06:35 min/Km
94	57	364	SOBRADO MIGUÉLEZ , ROBERTO	MALE	MASTER-M	INDEPENDIENTE	01:29:31.350	06:38 min/Km
95	58	114	PINTADO COSTA , JUAN MANUEL	MALE	MASTER-M	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:29:43.843	06:39 min/Km
96	27	276	JIMENEZ MICOLA , ROBERTO JOSE	MALE	SENIOR-M		01:30:01.363	06:41 min/Km
97	59	314	OLIVEIRA CASAIS , JESUS MANUEL	MALE	MASTER-M	INDEPENDIENTE	01:30:08.943	06:41 min/Km
98	60	361	SENDÍN RAÑA , PABLO	MALE	MASTER-M	INDEPENDIENTE	01:30:14.483	06:42 min/Km
99	61	242	CURROS AMBOAGE , JOSE	MALE	MASTER-M		01:30:35.683	06:43 min/Km
100	62	323	PEREZ MEIS , FRANCISCO JOSE	MALE	MASTER-M	CD RIA DE AROUSA O GROVE	01:30:36.513	06:43 min/Km
101	11	346	RODRÍGUEZ PIÑEIRO , RICARDO	MALE	VET-M	TRINORTH	01:30:42.683	06:44 min/Km
102	63	106	PEREIRAS COUTO , ALVARO	MALE	MASTER-M		01:30:46.003	06:44 min/Km
103	64	92	MARTINEZ ABAL , ROI	MALE	MASTER-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:30:46.943	06:44 min/Km
104	2	300	MATALOBOS REDONDO , ELENA	FEMALE	MASTER-F	S.D. BARBANTIA RODA	01:30:49.603	06:44 min/Km
105	65	7	BARRAL PEREZ , RAMON	MALE	MASTER-M	INDEPENDIENTE	01:30:54.063	06:45 min/Km
106	66	90	LUNA DOMINGUEZ , JUAN	MALE	MASTER-M	TRIBU TRAIL	01:31:01.473	06:45 min/Km
107	67	210	BARREIRO VÁZQUEZ , RAMON	MALE	MASTER-M	CASTROSUA TRAIL RUNNING	01:31:07.163	06:45 min/Km
108	28	134	RÚA NÚÑEZ , RAMÓN	MALE	SENIOR-M	INDEPENDIENTE	01:31:19.193	06:46 min/Km
109	29	345	RODRIGUEZ GONZALEZ , IVAN	MALE	SENIOR-M	INDEPENDIENTE	01:31:22.003	06:47 min/Km
110	12	9	BARREIRO PADIN , ALFONSO	MALE	VET-M	C. D. RÍA DE AROUSA	01:31:56.893	06:49 min/Km
111	30	243	DE TENA LOUREIRO , GONZALO	MALE	SENIOR-M		01:32:08.023	06:50 min/Km
112	13	115	PORTA RODEIRO , FRAN	MALE	VET-M	INDEPENDIENTE	01:32:10.323	06:50 min/Km
113	68	289	MARNOTES DOMINGUEZ , DANIEL	MALE	MASTER-M	GRUPO CUEVAS NOGUEIRA TRAIL	01:32:10.503	06:50 min/Km
114	69	104	PARADA FIGUEIRAS , JUAN JOSE	MALE	MASTER-M	NETSPACE 3&RUN	01:32:22.533	06:51 min/Km
115	14	379	VILLAR RUIBAL , RAMON	MALE	VET-M	VERXEL N.D.	01:32:22.563	06:51 min/Km
116	31	206	AÑON SUAREZ , PABLO	MALE	SENIOR-M		01:32:23.703	06:51 min/Km

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117	1	95	MARTINEZ LAGO , PATI	FEMALE	VET-F	VIRXIGUIANOS TRAIL-SACHACAMIÑOS	01:32:26.753	06:51 min/Km
118	70	245	DIAZ FERNÁNDEZ , FRANCISCO	MALE	MASTER-M	CC VILALBA-AS PONTES	01:32:40.223	06:52 min/Km
119	71	73	IBÁÑEZ PEREIRO , AITOR	MALE	MASTER-M	TRIBU TRAIL	01:32:56.113	06:54 min/Km
120	15	38	DOMINGUEZ PIÑEIRO , CHEMA	MALE	VET-M	SD BARBANTIA RODA	01:32:57.683	06:54 min/Km
121	72	124	RIVAS ALENDE , JUAN	MALE	MASTER-M	CAO (CLUB ATLETISMO OUTES)	01:33:28.243	06:56 min/Km
122	73	283	LORENZO ESTURAO , ALBERTO	MALE	MASTER-M	INDEPENDIENTE	01:33:41.063	06:57 min/Km
123	32	44	FARIÑA PRADO , JAVIER	MALE	SENIOR-M		01:33:41.103	06:57 min/Km
124	74	43	FANDIÑO GARCIA , OSCAR	MALE	MASTER-M	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:33:46.103	06:57 min/Km
125	75	215	BOUZAS VILAS , EMILIO	MALE	MASTER-M	INDEPENDIENTE	01:33:55.593	06:58 min/Km
126	33	275	ISORNA VILACHÁN , JOSÉ ANTONIO	MALE	SENIOR-M	INDEPENDIENTE	01:34:12.593	06:59 min/Km
127	76	357	SANLES PIÑEIRO , JOSE	MALE	MASTER-M		01:34:22.383	06:60 min/Km
128	1	248	DORADO ALVAREZ , LUCIA	FEMALE	SENIOR-F		01:34:22.443	06:60 min/Km
129	77	83	LAMAS POSE , XOSÉ MANUEL	MALE	MASTER-M		01:34:39.303	07:01 min/Km
130	78	25	CAJARAVILLE DAPENA , PABLO	MALE	MASTER-M	INDEPENDIENTE	01:34:39.403	07:01 min/Km
131	79	8	BARREIRO LÓPEZ , RAFA	MALE	MASTER-M	CDM VÉRTICE	01:34:41.743	07:01 min/Km
132	34	2	ADRIO RODRÍGUEZ , ANDRÉ	MALE	SENIOR-M	C.A.R. MARISQUEIRO	01:34:45.183	07:02 min/Km
133	80	231	CASÁS CASÁS , JOSÉ MANUEL	MALE	MASTER-M	INDEPENDIENTE	01:34:45.663	07:02 min/Km
134	35	261	FUENTES MARTÍN , MATEO	MALE	SENIOR-M		01:35:10.383	07:03 min/Km
135	36	26	CALVO VITURRO , SANTIAGO	MALE	SENIOR-M	S.D. BARBANTIA RODA	01:35:16.730	07:04 min/Km
136	81	358	SANTOS DIOS , MON	MALE	MASTER-M	INDEPENDIENTE	01:35:28.903	07:05 min/Km
137	37	304	MILLARA ROLAN , FERNANDO	MALE	SENIOR-M	C.A.R. MARISQUEIRO	01:35:31.163	07:05 min/Km
138	82	350	ROMERO PARADA , KIKO	MALE	MASTER-M	BARBANTIA RODA	01:35:42.243	07:06 min/Km
139	83	265	GIL MARTINEZ , JOSE ANGEL	MALE	MASTER-M		01:35:49.073	07:06 min/Km
140	3	212	BLANCO PÉREZ , ANA	FEMALE	MASTER-F	CDM VERTICE	01:36:14.163	07:08 min/Km
141	16	362	SERANTES MANEIRO , CAMILO	MALE	VET-M	ADC ARNELA	01:36:15.443	07:08 min/Km
142	84	305	MIRA MAYO , JOSE	MALE	MASTER-M	INDEPENDIENTE	01:36:21.173	07:09 min/Km
143	38	112	PINEDA REIRIZ , SERGIO	MALE	SENIOR-M	INDEPENDIENTE	01:36:38.453	07:10 min/Km
144	17	108	PÉREZ LAMPÓN , JOSÉ MANUEL	MALE	VET-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS CLUB	01:36:44.163	07:10 min/Km
145	85	335	REY BLANCO , ALBERTO	MALE	MASTER-M		01:36:53.293	07:11 min/Km

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146	18	20	BURES MIGUENS , XOSE MANUEL	MALE	VET-M	TRIBU TRAIL	01:37:09.333	07:12 min/Km
147	86	142	SOTO BUCETA , SERGIO	MALE	MASTER-M	C.A.CAMBADOS - SEG.NOVAL	01:37:29.573	07:14 min/Km
148	87	14	BOO REIRIZ , JOSÉ MARÍA	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS	01:37:47.173	07:15 min/Km
149	19	60	GARCÍA RODRÍGUEZ , JUAN MANUEL	MALE	VET-M	TRAIL BARBANZA	01:37:47.253	07:15 min/Km
150	88	341	RIVAS BEIS , JAVIER	MALE	MASTER-M		01:38:28.483	07:18 min/Km
151	2	235	CASTRO NOGUEIRA , NEREA	FEMALE	SENIOR-F	CLUB CICLISMO TRIATLON POIO	01:38:32.893	07:18 min/Km
152	39	329	PRESA PRESA , SANTIAGO	MALE	SENIOR-M	INDEPENDIENTE	01:38:33.223	07:19 min/Km
153	89	280	LOJO VIÑAS , OSCAR	MALE	MASTER-M	COTO DAMOREIRA	01:38:49.153	07:20 min/Km
154	90	23	CABEZAL , ALEJANDRO	MALE	MASTER-M	SACHACAMIÑOS	01:38:50.543	07:20 min/Km
155	91	377	VILAS GONZALEZ , AGUSTIN	MALE	MASTER-M		01:38:50.643	07:20 min/Km
156	4	91	MAREQUE MARTINEZ , MARIA	FEMALE	MASTER-F	TARTARUGAS	01:38:52.513	07:20 min/Km
157	92	368	SUAREZ RODRIGUEZ , ANTONIO	MALE	MASTER-M		01:38:52.613	07:20 min/Km
158	93	141	SARASQUETE FERNÁNDEZ , FRANCISCO	MALE	MASTER-M	VIRXIGUIANOS TRAIL - SACHACAMIÑOS CLUB	01:38:55.603	07:20 min/Km
159	5	122	RIAÑO LUEIRO , NOELIA	FEMALE	MASTER-F	TRIBU TRAIL	01:38:57.473	07:20 min/Km
160	20	74	IGLESIAS IGLESIAS , ISIDRO	MALE	VET-M	C.D.RIA DE AROUSA	01:38:58.413	07:20 min/Km
161	94	252	FERNÁNDEZ BLANCO , DAVID	MALE	MASTER-M	AD MONTEBRONDO	01:39:25.453	07:22 min/Km
162	95	376	VIDAL SIEIRA , JOSÉ MANUEL	MALE	MASTER-M	INDEPENDIENTE	01:39:40.333	07:23 min/Km
163	40	308	MUÑIZ SANVICENTE , MIGUEL	MALE	SENIOR-M	BARBANTIA RODA	01:39:55.203	07:25 min/Km
164	21	277	JUNCAL COSTA , ANTONIO	MALE	VET-M	TAMBRE RUNNING	01:40:21.803	07:27 min/Km
165	96	270	GRASSI , MATTEO	MALE	MASTER-M	INDEPENDIENTE	01:40:33.193	07:27 min/Km
166	97	267	GONZALEZ ALVAREZ , ESTEBAN	MALE	MASTER-M	INDEPENDIENTE	01:40:39.383	07:28 min/Km
167	22	365	SOBRINO ALFONSO , MARIO	MALE	VET-M		01:40:39.443	07:28 min/Km
168	41	306	MONTAÑA COSTAS , BERNARDO	MALE	SENIOR-M		01:40:48.423	07:29 min/Km
169	98	111	PESTONIT FREIRE , NOE	MALE	MASTER-M	TRIBU TRAIL	01:41:08.443	07:30 min/Km
170	42	6	BAÑA TOME , PABLO	MALE	SENIOR-M	CDM VÉRTICE	01:41:18.393	07:31 min/Km
171	6	294	MARTINEZ ARIAS , NATALIA	FEMALE	MASTER-F		01:41:27.353	07:31 min/Km
172	99	47	FERNANDEZ OLIVEIRA , JUAN CARLOS	MALE	MASTER-M	INDEPENDIENTE	01:41:29.963	07:32 min/Km
173	100	273	IGLESIAS PARDO , TINO	MALE	MASTER-M	ATLETISMO FONTES DO SAR	01:41:37.103	07:32 min/Km
174	23	52	FERNÁNDEZ VALENCIA , PABLO	MALE	VET-M	ATHLOS	01:42:00.733	07:34 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
175	24	224	CAO ALFONSO , JESÚS	MALE	VET-M	INDEPENDIENTE	01:42:28.323	07:36 min/Km
176	101	34	CORDAL BARREIRO , IVAN	MALE	MASTER-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	01:43:27.113	07:40 min/Km
177	43	82	LAGOS PEREIR , ANTONIO	MALE	SENIOR-M	CDM VÉRTICE	01:44:25.593	07:45 min/Km
178	102	348	RODRÍGUEZ VILLAR , PABLO	MALE	MASTER-M		01:44:33.923	07:45 min/Km
179	7	100	NOYA SERRAMO , VERÓNICA	FEMALE	MASTER-F	CAO (CLUB ATLETISMO OUTES)	01:44:49.803	07:46 min/Km
180	44	232	CASTILLO FERNÁNDEZ , ALFONSO	MALE	SENIOR-M	INDEPENDIENTE	01:44:56.133	07:47 min/Km
181	45	41	DOVAL BARREIRO , HUGO	MALE	SENIOR-M	TRI VILAGARCIA	01:45:22.613	07:49 min/Km
182	3	254	FERNÁNDEZ CHIVITE , ENARA	FEMALE	SENIOR-F	C.D. BIOSBARDO	01:45:29.533	07:49 min/Km
183	103	286	LUSTRES LOPEZ , JOSE MANUEL	MALE	MASTER-M	INDEPENDIENTE	01:45:40.633	07:50 min/Km
184	104	295	MARTÍNEZ CAAMAÑO , JOSE	MALE	MASTER-M		01:45:50.993	07:51 min/Km
185	2	373	VEIGA BERMEJO , ARACELI	FEMALE	VET-F	INDEPENDIENTE	01:46:08.103	07:52 min/Km
186	25	336	REY GEY , RAMON	MALE	VET-M	TRAN TRAN	01:46:17.333	07:53 min/Km
187	3	203	AGUIN TRELLES , MARGARITA	FEMALE	VET-F	CD RIA DE AROUSA	01:46:18.033	07:53 min/Km
188	26	128	RODRIGUEZ JURJO , VITOR MANUEL	MALE	VET-M	INDEPENDIENTE	01:46:18.393	07:53 min/Km
189	46	356	SANGIAO DARRIBA , IVÁN	MALE	SENIOR-M	C.D. BIOSBARDO	01:46:23.100	07:53 min/Km
190	8	211	BELLO NINE , ANA	FEMALE	MASTER-F	SD. BARBANTIA RODA	01:46:50.713	07:55 min/Km
191	27	380	VILLASENIN ALMUIÑA , BERNARDO	MALE	VET-M	INDEPENDIENTE	01:47:00.023	07:56 min/Km
192	47	98	MAYÁN MARTÍNEZ , MIGUEL	MALE	SENIOR-M	TRIBU TRAIL	01:47:01.783	07:56 min/Km
193	105	298	MARTINEZ QUEIRUGA , JUAN LUIS	MALE	MASTER-M	INDEPENDIENTE	01:47:09.013	07:57 min/Km
194	106	360	SENDE MIRANDA , MARTIN	MALE	MASTER-M	INDEPENDIENTE	01:47:22.643	07:58 min/Km
195	28	105	PAZOS SUÁREZ , FRANCISCO JAVIER	MALE	VET-M	ATLETISMO FONTES DO SAR	01:47:22.943	07:58 min/Km
196	107	152	VIDAL MARTINEZ , RUBÉN	MALE	MASTER-M	LOS CHAVALES	01:47:32.013	07:58 min/Km
197	108	207	ARIAS GARCIA , ALFONSO	MALE	MASTER-M	FONTES DO SAR	01:47:34.603	07:59 min/Km
198	109	119	RAMOS CANOSA , JORGE MANUEL	MALE	MASTER-M		01:47:37.433	07:59 min/Km
199	110	264	GESTAL VIQUEIRA , SANTIAGO	MALE	MASTER-M		01:47:52.633	07:60 min/Km
200	111	307	MUÑIZ FERNÁNDEZ , JESÚS ANDRÉS	MALE	MASTER-M	OS REVENTADOS	01:48:01.113	08:01 min/Km
201	112	205	ALVAREZ VARGAS , ALBERTO	MALE	MASTER-M		01:48:05.043	08:01 min/Km
202	9	61	GARRIDO MIGUEZ , MARA	FEMALE	MASTER-F	CD RIA DE AROUSA	01:48:05.873	08:01 min/Km
203	113	322	PÉREZ LIJÓ , ANTONIO	MALE	MASTER-M		01:48:19.743	08:02 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
204	114	216	BRETAL BAZARRA , VENTURA	MALE	MASTER-M	AUTOESCOLA MIGUEL	01:48:27.403	08:03 min/Km
205	4	257	FERNÁNDEZ REY , MERCEDES	FEMALE	VET-F	LODEIROS TRAIL	01:48:45.663	08:04 min/Km
206	115	303	MIGUEZ MIGUEZ , LUIS	MALE	MASTER-M	CASTROSUA TRAIL RUNNING	01:48:47.123	08:04 min/Km
207	5	343	ROCHA LAPIDO , RAQUEL	FEMALE	VET-F	CORNELIOS	01:48:49.143	08:04 min/Km
208	116	293	MARTINEZ ARES , LUIS ALBERTO	MALE	MASTER-M	CLUB ATLETISMO SADA MONTAÑA	01:48:56.873	08:05 min/Km
209	48	359	SANTOS ROJAS , FRANCISCO	MALE	SENIOR-M		01:49:12.233	08:06 min/Km
210	117	319	PEREIRA RIO , SERGIO	MALE	MASTER-M	INDEPENDIENTE	01:49:34.263	08:07 min/Km
211	6	227	CARBONELL RAYA , PILAR	FEMALE	VET-F		01:49:48.283	08:09 min/Km
212	7	63	GOMEZ LODEIROS , SUSANA	FEMALE	VET-F	TARTARUGAS	01:50:05.133	08:10 min/Km
213	49	101	ORDOÑEZ PARDEIRO , DAMIAN	MALE	SENIOR-M	INDEPENDIENTE	01:50:07.813	08:10 min/Km
214	118	302	MENDEZ TORRES , LUIS	MALE	MASTER-M		01:50:12.163	08:10 min/Km
215	119	262	GÁNDARA GARRIDO , MANUEL	MALE	MASTER-M	INDEPENDIENTE	01:50:21.713	08:11 min/Km
216	120	202	AGEITOS GARCÍA , IGNACIO	MALE	MASTER-M	INDEPENDIENTE	01:50:36.303	08:12 min/Km
217	4	301	MATOS , DORA	FEMALE	SENIOR-F	INDEPENDIENTE	01:50:50.803	08:13 min/Km
218	121	144	TORRADO VIDAL , JOSE RAMON	MALE	MASTER-M		01:50:56.833	08:14 min/Km
219	122	337	REY GOMEZ , ROBERTO	MALE	MASTER-M	C.D.SAN PAIO	01:50:57.363	08:14 min/Km
220	123	246	DIESTE SÁNCHEZ , SANTIAGO	MALE	MASTER-M	INDEPENDIENTE	01:51:01.883	08:14 min/Km
221	124	71	HERNANDEZ PEREIRA , IAGO	MALE	MASTER-M	INDEPENDIENTE	01:51:13.223	08:15 min/Km
222	10	259	FIGUEIRA REY , ROSA MARÍA	FEMALE	MASTER-F	TRIBU TRAIL	01:51:23.383	08:16 min/Km
223	50	214	BOUZAS GÓMEZ , SERGIO	MALE	SENIOR-M	TRIBU TRAIL	01:51:23.633	08:16 min/Km
224	51	371	TUBIO DOURADO , OSCAR	MALE	SENIOR-M	TRIBU TRAIL	01:51:25.103	08:16 min/Km
225	125	237	CEREIJO BLANCO , LUIS	MALE	MASTER-M	INDEPENDIENTE	01:51:30.653	08:16 min/Km
226	29	121	RIAL PAIS , PEPE	MALE	VET-M	CAO (CLUB ATLETISMO OUTES)	01:51:41.443	08:17 min/Km
227	5	148	TUBÍO TUBÍO , VANESA	FEMALE	SENIOR-F	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:51:48.133	08:17 min/Km
228	52	54	FIGUEIRO RESUA , FRANCISCO JAVIER	MALE	SENIOR-M	INDEPENDIENTE	01:52:07.283	08:19 min/Km
229	126	22	BUSTO GALLARDO , JOSE MANUEL	MALE	MASTER-M	CLUB ATLETISMO LOUSAME DEPORTES HERMIDA	01:52:08.853	08:19 min/Km
230	127	258	FERREIRÓS FERNÁNDEZ , JOSE	MALE	MASTER-M	TARTARUGAS	01:52:30.613	08:21 min/Km
231	128	370	SUEIRO TRIGO , PABLO	MALE	MASTER-M		01:53:05.933	08:23 min/Km
232	129	50	FERNANDEZ SIEIRA , ERNESTO	MALE	MASTER-M	INDEPENDIENTE	01:53:08.423	08:23 min/Km

POS.	P.CAT.	NUMBER	PARTICIPANT	SEX	CATEGORY	CLUB	META	RITMO
233	11	42	ESTÉVEZ VÁZQUEZ , ROSA	FEMALE	MASTER-F	C. ATLETISMO CAMBADOS-SEGUROS NOVAL	01:53:10.643	08:24 min/Km
234	30	126	RODRÍGUEZ FERNÁNDEZ , RICARDO JULIO	MALE	VET-M	CAO (CLUB ATLETISMO OUTES)	01:53:29.163	08:25 min/Km
235	31	81	LAGO MOLEDO , MANUEL	MALE	VET-M	CAO (CLUB ATLETISMO OUTES)	01:53:30.533	08:25 min/Km
236	6	315	PARADA ABEIJON , LUCIA	FEMALE	SENIOR-F	INDEPENDIENTE	01:53:33.603	08:25 min/Km
237	7	312	NOVOA PÉREZ , MINERVA	FEMALE	SENIOR-F	INDEPENDIENTE	01:53:58.733	08:27 min/Km
238	130	331	QUERENTES SANTOS , JORGE	MALE	MASTER-M	FONONONOS	01:54:31.143	08:29 min/Km
239	32	123	RÍOS GIMÉNEZ , ADOLFO OMAR	MALE	VET-M	CLUBE ATLETISMO BOIMORTO	01:55:23.133	08:33 min/Km
240	53	130	ROMERO SANTOS , JUAN RAMÓN	MALE	SENIOR-M		01:56:56.513	08:40 min/Km
241	33	325	PEREZ SUSAVILA , ANGEL	MALE	VET-M		01:57:04.663	08:41 min/Km
242	34	157	VLLANUSTRE ABUIN , GERMAN	MALE	VET-M	SD BARBANTIA.RODA	01:57:29.703	08:43 min/Km
243	35	320	PEREZ BALIRAC , JESUS	MALE	VET-M	NOITEBRA F.C.	01:58:48.903	08:49 min/Km
244	131	351	ROMERO VAZQUEZ , MANUEL ANGEL	MALE	MASTER-M		01:58:56.653	08:49 min/Km
245	36	77	INSUA PAZOS , JOSÉ	MALE	VET-M		01:59:11.633	08:50 min/Km
246	12	251	FEIJOO SANCHEZ , SUSANA	FEMALE	MASTER-F	ATLETAS DE ACEA DA MA	02:01:22.743	08:60 min/Km
247	132	349	ROMAY SIEIRA , JUAN FRANCISCO	MALE	MASTER-M		02:01:52.363	09:02 min/Km
248	133	374	VIDAL GARRIDO , SANTIAGO	MALE	MASTER-M	INDEPENDIENTE	02:02:42.673	09:06 min/Km
249	134	102	OTERO DIAZ , LUIS	MALE	MASTER-M	CD RIA DE AROUSA	02:02:42.693	09:06 min/Km
250	135	317	PAZ ARZUAGA , DANIEL	MALE	MASTER-M	INDEPENDIENTE	02:03:20.903	09:09 min/Km
251	136	239	CORDAL BARREIRO , ANTÓN	MALE	MASTER-M	CLUB ATLETISMO CAMBADOS - SEGUROS NOVAL	02:05:15.913	09:17 min/Km
252	13	113	PIÑEIRO SANTORUN , NESTI	FEMALE	MASTER-F	C. ATLETISMO-CAMBADOS SEGUROS NOVAL	02:05:16.783	09:17 min/Km
253	54	240	CORREDOIRA SANTOS , MANUEL	MALE	SENIOR-M		02:05:27.323	09:18 min/Km
254	137	281	LOPEZ BALEIRON , EDGAR MANUEL	MALE	MASTER-M	S.D.BARBANTIA RODA	02:06:37.463	09:23 min/Km
255	14	12	BLANCO TORRADO , IRENE	FEMALE	MASTER-F	S.D. BARBANTIA RODA	02:06:37.563	09:23 min/Km
256	138	230	CARREIRA NODAR , JORGE	MALE	MASTER-M	CLUB DEPORTIVO SAN PAIO	02:06:59.263	09:25 min/Km
257	15	328	POMBO LAGO , ALBA	FEMALE	MASTER-F	INDEPENDIENTE	02:07:08.263	09:26 min/Km
258	139	332	QUINTELA MARTINEZ , IBAN	MALE	MASTER-M	TARTARUGAS	02:07:08.513	09:26 min/Km
259	16	253	FERNÁNDEZ BLANCO , SILVIA	FEMALE	MASTER-F	INDEPENDIENTE	02:07:14.553	09:26 min/Km
260	140	375	VIDAL PEGO , TOÑO	MALE	MASTER-M		02:07:30.293	09:27 min/Km
261	8	150	VEIGA BLANCO , MONTSE	FEMALE	VET-F	ATLETISMO FONTES DO SAR	02:07:45.833	09:28 min/Km

