

I Marcha Popular Carballo

VETERANS MAS

Rang	Nº	Name	Div.	Team	Time	Gap
1	786	PEREZ LOPEZ Manuel	N	-	33:39.	1 Lap
2	1	ALLEN MIJEZ Pedro	N	A. A SILVA	34:57.	01:17.
3	480	MACEIRAS LAGO Angel	N	SAR-A POUTADA	35:10.	01:30.
4	554	MIGUENS GASAMANES Felipe	-	-	35:23.	01:43.
5	34	PARDO LEIS Jose Manuel	N	TRIATLON REMECO MURALLA DE LUGO	35:49.	02:09.
6	10	EIRIS BARCA Andres	S	-	36:06.	02:26.
7	356	CARRILLO SOLVOSO Miguel Angel	N	CUB MILLADOIRO	36:36.	02:56.
8	26	RECOUSO CAAMAÑO Jose Antonio	N	CORUÑA COMARCA	36:36.	02:56.
9	190	SISO GARCIA Javier	N	-	36:53.	03:13.
10	401	COÑAGO CASTRO Ignacio	N	USC	37:19.	03:39.
11	255	RAMOS FERROL Arturo	N	CLUB ATLETISMO MILLADOIRO	37:34.	03:54.
12	368	BRUN PINTOR David	N	RIALTO	38:28.	04:48.
13	169	BOQUETE CASAS Jose Manuel	S	ATLETISMO ORDES	38:34.	04:54.
14	362	DEZA RODRIGUEZ Carlos	N	PATUKOS TIM RANIN	38:46.	05:06.
15	584	SEOANE PUGA Javier	N	-	39:01.	05:21.
16	474	FIGUEIRAS FIGUEIRAS Jose Francisco	N	-	39:03.	05:23.
17	270	MUINELO PEDREIRA Paulo Xoan	N	CORUÑA COMARCA	39:05.	05:25.
18	490	GONZALEZ AVION Xose Carlos	N	-	39:27.	05:48.
19	590	TURNES CORDEIRO Jose Manuel	-	CLUB ALEJANDRO LOPEZ	39:32.	05:52.
20	36	GARCIA MARTINEZ Evaristo	N	SAR-A POUTADA	39:32.	05:52.
21	572	REY RODRIGUEZ Oscar	S	-	39:39.	05:59.
22	325	MELLA FERNANDEZ Javier	N	CORUÑA COMARCA	39:45.	06:05.
23	250	FERNANDEZ OTERO Luis Javier	N	ATLETISMO SAR A POUTADA	39:51.	06:11.
24	395	GIL LAMEIRO Horacio	N	REAL CLUB CELTA	39:58.	06:18.
25	418	GONZALEZ FREIRE Mario	N	GONZACAR	40:03.	06:23.
26	516	ARIAS DE LA VEGA Javier	N	-	40:21.	06:41.
27	105	VEIGUELA NUÑEZ Jesus	N	MARATHONTOURS.ES	40:22.	06:42.
28	598	VILA DIAZ Henrique	N	CLUB RIALTO	40:22.	06:42.
29	578	RODRIGUEZ TAJES Jose Manuel	N	-	40:24.	06:44.
30	185	JUANATEY PEREZ Jose Antonio	N	ATLETISMO FONTES DO SAR	40:26.	06:46.
31	576	RODRIGUEZ SANCHEZ Marcos	N	CLUB RIALTO	40:30.	06:50.
32	545	GONZALEZ TALACERO Marcos	N	CLUB RIALTO	40:32.	06:52.
33	488	ABEL SUAREZ Jose Ramon	N	NOITEBRA FC	40:33.	06:53.
34	460	SUAREZ LEIS Jose	N	-	40:35.	06:55.
35	88	CORREA PIÑEIRO Francisco Javier	N	CORUÑA COMARCA	40:42.	07:02.
36	27	MARTINEZ VALVERDE Juan Carlos	N	ORDES	40:45.	07:05.
37	478	BERMUDEZ TURNES Jose Antonio	N	NOITEBRA FC	40:48.	07:08.
38	51	PIÑEIRO VEIRA Manuel Ignacio	N	-	40:54.	07:14.
39	17	GUTIERREZ ALONSO Benito	N	FONTES DO SAR	41:07.	07:27.
40	142	CAMPOS AGRELO Jose Manuel	S	-	41:13.	07:33.
41	505	FERRADAS VILAN Alfonso	N	-	41:15.	07:35.
42	278	GARCIA GALLEGUO Tomas	N	-	41:21.	07:41.
43	452	PASANTES VIDAL Arturo	N	-	41:25.	07:45.
44	774	RAMILLA FERNANDEZ Juan Carlos	N	-	41:26.	07:46.
45	593	VARELA NUÑEZ Alberto	N	-	41:29.	07:49.
46	403	RAMILO CARBALLIDO Roberto Carlos	N	-	41:30.	07:50.
47	391	CARRO SUAREZ Pablo	N	CD RIALTO	41:33.	07:53.
48	153	DIAZ LOPEZ Carlos	N	-	41:41.	08:01.
49	120	IGLESIAS PARDO Tino	N	USC	41:52.	08:12.
50	300	PUEYO SANTILLANA Ricardo	N	-	42:00.	08:20.

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51	312	ABELED0 PATIÑO Tomas	N	ATLETISMO RIAZOR CORUÑA	42:06.	08:26.
52	263	PERRAMON BONIGNO Marc	N	-	42:14.	08:34.
53	198	GONZALEZ LAMELAS Aurelio	N	-	42:18.	08:38.
54	154	MARTINEZ POMBO Jose Laureano	S	FOGAR NATACION CARBALLO	42:18.	08:38.
55	175	PARDIÑAS RODRIGUEZ Manuell Anxo	S	-	42:19.	08:39.
56	482	GARCIA PARDO Marcos	S	-	42:22.	08:42.
57	493	RILO LOPEZ Jose	N	ATLETISMO CORUÑA COMARCA	42:23.	08:43.
58	152	SOTO GARCIA Francisco	N	AMIGOS DE SAN DIEGO	42:27.	08:47.
59	522	BRANDON RODRIGUEZ Juan Carlos	N	CLUB ATLETISMO FONTE DO SAR	42:33.	08:53.
60	3	CASTRO CUERVO Ramon	S	-	42:36.	08:56.
61	237	CANOSA CASTIÑEIRA Ramon	N	-	42:42.	09:02.
62	44	FELIPEZ PAZOS Suso	N	LARACHA INFINITO	42:51.	09:11.
63	586	SUAREZ GORIN Jose	S	-	43:20.	09:40.
64	494	GOMEZ CORTES Juanjo	N	-	43:27.	09:47.
65	331	BRUN PINTOR Pablo	N	-	43:28.	09:48.
66	376	RODRIGUEZ FILGUEIRAS Marcelo	N	RIALTO	43:42.	10:02.
67	86	GOMEZ COSTOYA Miguel	N	-	43:46.	10:06.
68	465	FERNANDEZ INSUA Estanislao Francisco	N	CLUB ATLETISMO NOIA	43:49.	10:09.
69	299	BARREIRO CERNADAS Jose Ramon	N	PATO BLANCO CELANOVA	43:50.	10:10.
70	176	LISTA SUAREZ Raul	S	A.D.FOGAR	43:52.	10:12.
71	417	SANTANA GOMEZ Benito	N	A.D. FOGAR	43:52.	10:12.
72	315	MIRA PEREZ Pablo	N	-	43:53.	10:14.
73	42	REY CAMIÑO Jose	N	-	43:59.	10:19.
74	261	VILLAMARIN CORES Rafael	N	-	44:03.	10:23.
75	571	RAMOS BOTANA Jose Juan	N	-	44:04.	10:24.
76	347	LAMAS POSE Xose Manuel	N	-	44:05.	10:25.
77	115	PENA NUÑEZ Jesus Manuel	S	ATÉTICA A SILVA	44:08.	10:28.
78	76	FACAL FRAGA Sergio Manuel	S	-	44:09.	10:29.
79	215	ROCA RODRIGUEZ Jose Manuel	N	-	44:29.	10:49.
80	56	GARCIA BELLO Santiago	N	-	44:29.	10:49.
81	291	SANTOS SUAREZ Victor Manuel	N	-	44:31.	10:51.
82	247	BAUTIS OTERO Juan Manuel	N	-	44:31.	10:51.
83	385	CASTRO SUAREZ Diego	N	RIALTO	44:44.	11:04.
84	248	MOREIRA MIRA Joaquin	S	-	44:45.	11:05.
85	20	SANCHEZ FERREIRO Manuel	N	INDIVIDUAL	44:51.	11:11.
86	296	SANTOS SUAREZ Jose Luis	N	-	44:55.	11:15.
87	262	ORDOÑEZ RODRIGUEZ Marcos	N	SAUNIER DUVAL	45:06.	11:26.
88	585	SOUTO VILA Ricardo	N	-	45:14.	11:34.
89	87	TRILLO CARLIN Jose Fernando	S	FOGAR NATACION CARBALLO	45:15.	11:35.
90	316	PEÑA VEIGA Jose Javier	N	ALEJANDRO GOMEZ	45:16.	11:36.
91	72	MAQUIEIRA BORRAJO Miguel	N	ARTEIXO	45:20.	11:40.
92	566	PIÑEIRO ABEIJON Benito	-	-	45:31.	11:51.
93	547	LEMA MOUZO Gumersindo	S	-	45:32.	11:52.
94	178	GOMEZ GARCIA Modesto	N	ATLETISMO FONTES DO SAR	45:33.	11:53.
95	163	SOUTO VEIGA Carlos	N	-	45:42.	12:02.
96	361	ESCUDERO CASCON Carlos	N	-	45:42.	12:02.
97	588	TABARA RODRIGUEZ Juan	-	-	45:49.	12:09.
98	295	REMUÍÑAN GOMEZ Carlos Alberto	S	-	45:49.	12:09.
99	573	REY SEOANE Roberto	N	-	45:57.	12:17.
100	78	RAMA RODRIGUEZ Enrique Jorge	N	-	46:00.	12:20.
101	132	SEOANE CHAS Jose Manuel	N	LIBRE	46:02.	12:22.

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102	50	TOUCEDA ABELLEIRA Xose	N	CLUB ATLETISMO OLIVEIRA	46:14.	12:34.
103	324	LIMENS PRADO Maximino	N	ALEJANDRO GOMEZ	46:20.	12:40.
104	111	CONCHEIRO FERNANDEZ Guillermo	N	-	46:23.	12:43.
105	130	PEREZ ALVAREZ Juan Vidal	N	-	46:28.	12:48.
106	364	ALVAREZ IGLESIAS Domingo	N	-	46:29.	12:49.
107	568	QUINTELA JULIAN Jose Luis	-	-	46:30.	12:51.
108	536	ESPINOSA NERGARA Nelson	N	ASOCIACION OS MORCEGOS	46:34.	12:54.
109	7	BLAZQUEZ SUAREZ Jesus Alberto	N	-	46:50.	13:10.
110	251	GONZALEZ TORRES Francisco Jose	N	-	47:00.	13:20.
111	206	ROMERO ROMERO Francisco Javier	N	-	47:03.	13:23.
112	84	BARCOS PEREIRA Eduardo	S	-	47:09.	13:29.
113	21	LANDEIRA RIOS Manuel	N	CORUÑA COMARCA	47:11.	13:32.
114	117	VALDES Jorge	N	-	47:14.	13:34.
115	512	ALVARADO NARVAEZ Mario	-	-	47:18.	13:38.
116	186	GONZALEZ RAMIL Juan Jose	N	ARTABROS	47:29.	13:49.
117	197	RODRIGUEZ NION Manuel Ernesto	S	PARTICULAR	47:30.	13:50.
118	329	DOMENECH GONZALEZ Pedro	N	CLUB ATLETISMO CORUÑA COMARCA	47:39.	13:59.
119	448	GOMEZ BOTANA Xose Anton	N	EGOVARROS VIVEIRO	47:41.	14:01.
120	543	GOMEZ PALLAS Francisco Jose	S	-	47:47.	14:07.
121	367	PEREZ BOGA Julio	N	-	47:47.	14:07.
122	240	ASTRAY CASTRO Jesus	N	-	47:54.	14:14.
123	371	CAJARAVILLE ARAUJO Hector	N	-	48:12.	14:32.
124	476	VILLACAMPA Juan	N	-	48:14.	14:34.
125	377	MARTINEZ GALDOS Daniel	N	-	48:15.	14:35.
126	60	RODRIGUEZ GARRIDO Marcelino	N	FONTES DO SAR	48:27.	14:47.
127	441	CALVO MATA Jose Manuel	N	-	48:29.	14:49.
128	560	PAZ ABELENDA Jose	N	-	48:31.	14:51.
129	210	OTERO CEPEDA Daniel	N	-	48:34.	14:54.
130	374	VEIGA MENENDEZ Luis	N	-	48:35.	14:55.
131	425	PUJALES MARTINEZ Xose Enrique	N	CLUB ALEJANDRO GÓMEZ	48:49.	15:09.
132	43	BREA SANCHEZ Jose Maria	N	-	48:51.	15:11.
133	224	PEREZ BALIRAC Jesus	N	-	48:51.	15:11.
134	109	DIAZ CARBALLO Miguel	N	-	48:55.	15:15.
135	781	REY RODRIGUEZ Oscar	N	-	48:56.	15:16.
136	2	VIGO SANZ Juan Pedro	S	OS GAITEIROS NON PARAN	49:04.	15:24.
137	610	SUAREZ CAMBON Jose Antonio	N	-	49:04.	15:24.
138	35	SECO TORRES Pablo	N	-	49:05.	15:25.
139	220	LAPIDO DOLDAN Pablo	S	-	49:06.	15:26.
140	414	GONZALEZ CASTRO Jose Daniel	N	A.D.FOGAR DE CARBALLO	49:08.	15:28.
141	445	BLANCO PARADA Manuel	N	RIALTO	49:08.	15:28.
142	416	AMADOR PARDO Jose Ramon	N	RIALTO CORUÑA	49:08.	15:28.
143	25	REY MERA Juan	S	-	49:19.	15:39.
144	525	CALVIÑO BUGUEIRO Lolo	-	-	49:21.	15:41.
145	85	ALVAREZ PATIÑO Marcos	N	-	49:22.	15:42.
146	533	DARRIBA FERNANDEZ Jaime	-	-	49:25.	15:45.
147	119	GOMEZ LEMOS Francisco Javier	N	----	49:35.	15:55.
148	352	CAO BOEDO Marcos	N	-	49:45.	16:05.
149	138	FERREIRO CASTILLO David	N	-	49:46.	16:06.
150	330	GOMEZ FERREIRO Alberto	S	-	49:46.	16:06.
151	558	PADIN BARCA Juan Carlos	S	-	49:51.	16:11.
152	173	MALLO NIEVES Jose Manuel	N	-	50:00.	16:20.

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153	113	GONZALEZ GARCIA Emilio	S	PEÑA CICLISTA MEDIA DUCIA	50:14.	16:35.
154	277	CASA VADILLO Jose Antonio	N	-	50:18.	16:38.
155	280	SANTISO SEOANE Jose Antonio	N	-	50:20.	16:40.
156	320	PAN OTERO Fermin	N	EGOVARROS DE VIVEIRO	50:22.	16:42.
157	319	SUAREZ VAZQUEZ Julio	N	-	50:22.	16:42.
158	110	CUERVO LOPEZ Guillermo	N	-	50:23.	16:43.
159	502	GARCIA CARRO Francisco	N	CRM	50:23.	16:43.
160	451	REY SOUTO Jesus Enrique	N	BOIMORTO	50:24.	16:44.
161	147	FROJAN RIAL Víctor	S	-	50:26.	16:46.
162	57	MONTERO LAGO Jesus	N	-	50:27.	16:47.
163	518	BARRIENTOS CAPELO Francisco	N	CD ERGOBARROS VIVEIRO	50:32.	16:52.
164	604	DE PAZOS ELORZA Iñigo	N	-	50:35.	16:55.
165	466	RUBIO ALAMEDA Ricardo	N	-	50:38.	16:58.
166	129	ARGIZ LANDEIRA Xoan Carlos	S	-	0 50:39.	16:59.
167	101	SANCHEZ LOUREDA Jose Manuel	N	-	50:41.	17:01.
168	464	CENDAN PRADO Antonio	N	ZONA FIT	50:54.	17:14.
169	363	VARELA GOMEZ Ignacio	N	-	50:55.	17:15.
170	383	FUENTES BERMEJO Francisco	N	-	50:58.	17:18.
171	336	SOBRINO MOSQUERA Francisco	N	-	51:16.	17:36.
172	317	PUGA BESTILLEIRO Francisco Jose	N	-	51:20.	17:40.
173	486	DEZA RODRIGUEZ Miguel	N	-	51:26.	17:46.
174	514	AMARELLE DOLDAN Jose Antonio	S	-	51:29.	17:49.
175	577	RODRIGUEZ SOUTO Miguel Angel	S	-	51:32.	17:52.
176	463	FERNANDEZ AMORIN Jose	N	-	51:40.	18:01.
177	160	ANTELO MONTES Daniel	S	-	51:49.	18:09.
178	267	RAMOS MORENO Fernando	N	-	51:59.	18:19.
179	193	LAGARES CARRO Maximino	N	-	52:13.	18:33.
180	199	BLANCO LOPEZ Jose Antonio	N	INDIVIDUAL	52:20.	18:40.
181	128	CASAL VARELA Pablo	N	OS CHARANGAS	52:27.	18:47.
182	597	VILA COTELO Jesus	S	-	52:27.	18:47.
183	513	ALVAREZ VILLAR Jose Maria	S	-	52:29.	18:49.
184	483	TRIGO CAMBON Jaime	S	PEÑA CICLISTA MEDIA DUCIA	52:33.	18:53.
185	294	REMUIÑAN SANCHEZ Antonio	S	-	52:39.	18:59.
186	293	REMUIÑAN SANCHEZ Alfonso	N	-	52:39.	18:59.
187	553	MELLA VECINO Gabriel	N	-	52:54.	19:14.
188	438	NAYA MATA Xose Manoel	S	-	52:55.	19:15.
189	162	SUAREZ CARRIL Fernando	N	-	52:56.	19:16.
190	603	MARTÍNEZ PUGA Roberto	S	INDIGENTE	53:16.	19:36.
191	221	BELLO BELLO Francisco	N	-	53:54.	20:14.
192	375	PIÑEIRO LAGO Jose Antonio	N	-	54:04.	20:24.
193	171	GONZALEZ Gontad	N	-	54:10.	20:30.
194	297	FREIRE DURO Jose Maria	N	EL MAGO II	54:17.	20:37.
195	323	ROMERO YUSTE Federico	N	-	54:26.	20:46.
196	73	MATO SANZ Miguel	N	CAMBRE	54:31.	20:51.
197	549	LOPEZ GARCIA Miguel	N	-	54:50.	21:10.
198	408	TEIJEIRO ARIAS Jose Luis	S	-	55:00.	21:20.
199	527	CARUSO TORRISI Carlos Adrian	S	-	55:23.	21:43.
200	287	SUAREZ BELLO Artur	S	-	55:34.	21:54.
201	159	BLANCO MATA Jose Luis	N	-	55:35.	21:55.
202	58	RADIO DOMINGUEZ Jose Benito	S	-	55:44.	22:04.
203	46	VALDES LOPEZ Carlos	N	-	55:48.	22:08.

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204	492	ALVAREZ RODRIGUEZ Francisco	N	C.D. NANTÓN DE VETERANOS	56:16.	22:36.
205	582	SANCHEZ DIAZ Nicolas	S	-	56:16.	22:36.
206	177	RODRIGUEZ REY Pablo Antonio	N	-	56:19.	22:39.
207	95	GENDE DIAZ Juan Felix	S	-	56:33.	22:53.
208	366	GARCIA GESTO Jose	S	PEÑA CICLISTA MEDIA DUCIA	57:17.	23:37.
209	399	GORDILLO CAMPELO Miguel	S	-	57:35.	23:55.
210	204	VAZQUEZ CANCELA Rafael	S	PADDINGTON SCHOOL OF ENGLISH	57:56.	24:16.
211	591	URBIETA REY Jose Francisco	S	-	58:22.	24:42.
212	4	VILAS ABELENDIA Manuel	N	-	58:28.	24:48.
213	431	RODRIGUEZ MENENDEZ Julio	N	-	58:33.	24:53.
214	313	ABELEDIA PATIÑO Miguel	N	-	59:00.	25:20.
215	327	MARTINEZ CAAMAÑO Angel	N	-	59:13.	25:33.
216	498	RODRIGUEZ VAZQUEZ Jose Manuel	S	MAIS BICI	59:29.	25:49.
217	266	BOCELO PRIETO Jose Antonio	N	CAMBRE	59:53.	26:13.
218	360	MONDELO RODRIGUEZ Carlos	N	-	59:54.	26:14.
219	450	NEIRA HERMIDA Jose	N	-	1:00:	27:03.
220	386	CASTRO VARELA Jose Manuel	N	-	1:01:	27:48.
221	53	MAROZZI FERNANDEZ Washington Omar	S	-	1:01:	27:50.
222	394	GARCIA VAZQUEZ Jose Manuel	S	-	0 1:03:	30:08.
223	23	PALOMERO ALBA Francisco Javier	S	-	1:03:	30:18.
224	212	GARCIA VAZQUEZ Miguel	S	CLUBE DE ATLETISMO ALEJANDRO GÓMEZ	1:05:	31:38.
225	475	GOMEZ ROJO Raul	N	-	1:12:	39:01.
		Disqualified Rider				
226	309	VARELA RAMA Eladio	S	-	1:06:	32:24.

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SENIOR MAS

Rang	Nº	Name	Div.	Team	Time	Gap
1	264	CES SUAREZ Oscar	N	SAR A POUTADA	34:47.	1 Lap
2	473	ALVAREZ BENDAÑA Alberto	N	SAR-A POUTADA	35:04.	00:16.
3	32	VAZQUEZ AGRA Cesar	N	ATLETISMO MILLADOIRO	35:13.	00:26.
4	397	PELLITERO VARELA Martin	N	CLUB DE ATLETISMO OLIVEIRA	35:25.	00:37.
5	461	ACOSTA ALCOBA Miguel Angel	N	CIDADE DE LUGO FLUVIAL	35:28.	00:41.
6	273	FERNANDEZ MARCOS Noel	N	CLUB MARINEDA ATLETICO	35:47.	00:59.
7	5	GOMEZ FERREIRO Pedro	S	-	37:32.	02:44.
8	785	SOUSA Andre Luis	N	-	38:23.	03:35.
9	80	LOPEZ REY Jonathan	N	-	38:44.	03:57.
10	497	BOUZAN ALONSO Adrian	N	A.D.FOGAR	38:58.	04:11.
11	187	RODRIGUEZ GOMEZ Martin Eugenio	N	ATLETISMO MILLADOIRO	39:05.	04:17.
12	314	IGLESIAS DURO Raul	N	-	39:06.	04:19.
13	372	IGLESIAS CASAL Ricardo	N	RÍA FERROL	39:20.	04:32.
14	305	SEGADE CAROU Ivan	N	-	39:28.	04:41.
15	208	INSUA GONZALEZ Narciso	N	CLUB ATLETISMO NOIA	39:38.	04:51.
16	298	BOUZAS MARTINEZ Oscar	S	-	39:52.	05:05.
17	151	ALVAREZ VARELA Javier	N	-	39:57.	05:10.
18	528	CASAL AUGE Luis	N	CLUB ATLETISMO SADA	39:58.	05:11.
19	282	ESPASANDIN CORES Sergio	N	CLUB COMARCA CORUÑA	40:03.	05:15.
20	321	BARDANCA FUENTES Carlos	S	-	40:05.	05:18.
21	456	FERNANDEZ GONZALEZ Oscar	N	ATLETISMO FONTES DO SAR	40:15.	05:27.
22	410	NOGUEIRA PEREZ Miguel Anxo	N	NOITEBRA FC	40:26.	05:38.
23	551	LORENZO SANTOS Constante	N	-	40:28.	05:40.
24	484	MARTINEZ VICENTE Jose Luis	N	PATUKOS TIM RANIN	40:29.	05:42.
25	481	MARTINEZ LOPEZ Alberto	S	-	40:36.	05:49.
26	133	LOPEZ RODRIGUEZ Antonio	S	-	41:13.	06:26.
27	71	GARCIA PAZOS Roberto	N	SADA	41:18.	06:30.
28	370	FIGUEIRAS MARTINEZ Baltasar	N	-	41:19.	06:32.
29	499	FERREIRO Iago	N	-	41:23.	06:36.
30	455	FERNANDEZ CASAIS Adrian	N	-	41:29.	06:42.
31	172	CONEJO PENA Victor	N	-	41:57.	07:09.
32	279	CALO CANOSA Manuel	N	CEE	41:57.	07:09.
33	559	PASANTES PEREZ Francisco Jose	N	-	42:01.	07:13.
34	288	GARCIA POMBO Oscar	S	-	42:08.	07:20.
35	594	VARELA ROMAY Daniel	N	-	42:16.	07:28.
36	304	RODRIGUEZ CAMBON Jose Adrian	N	JUDO CLUB AMIGOS DO JUDO LARACHA	42:22.	07:34.
37	335	DOMINGUEZ REY Carlos	S	-	42:33.	07:45.
38	238	CALVO FERNANDEZ Jose Ignacio	N	CLUB ATLETISMO NOIA	42:46.	07:59.
39	127	SEGUI FERNANDEZ Enrique	N	-	43:20.	08:33.
40	596	VIEITES CALVELO Juan Jose	S	-	43:21.	08:33.
41	339	RODRIGUEZ BELLO Diego	N	IKEA	43:25.	08:37.
42	227	ARIJON GONTAD Ivan	N	-	43:29.	08:41.
43	94	CAAMAÑO VARELA Pedro Jose	N	-	43:42.	08:55.
44	168	PAZ LEIRAS Miguel	N	-	43:57.	09:10.
45	257	SANTABAYA CANOSA Victor	N	-	44:13.	09:25.
46	508	GONZALEZ AREVALO Javier	N	-	44:15.	09:27.
47	6	TRIAS MAÑAY Santiago	N	-	44:16.	09:28.
48	432	NOVO BUJEIRO Javier	N	GIMNASIO VIMIANZO	44:23.	09:36.
49	457	SANCHEZ GOMEZ Pablo	N	ATLETISMO FONTES DO SAR	44:27.	09:40.
50	150	RODRIGUEZ RAMOS Jose Ramon	S	-	44:28.	09:40.

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51	217	CALDAS CASTRO Gregorio	S	CSR	44:29.	09:42.
52	61	PEREZ MATO Enrique	S	-	44:30.	09:43.
53	388	CAMPOS GARCIA Jose Manuel	S	-	44:49.	10:02.
54	515	AREOSA MUÑOZ Jesus Manuel	S	XIMNASIO CORPORAL X PRESS	44:53.	10:06.
55	12	LORENZO EIRIS Marcos	N	-	45:02.	10:14.
56	146	PEREIRO VAZQUEZ David	N	-	45:06.	10:19.
57	15	FERREIRO CANCELA Diego	S	-	45:22.	10:34.
58	245	RODRIGUEZ MEJUTO Sergio	N	-	45:28.	10:41.
59	381	GOMEZ DORRIO Antonio	N	A.D. FOGAR	45:29.	10:42.
60	189	TRASHORRAS JUNQUEIRA Ivan	N	-	45:32.	10:45.
61	434	COUSILLAS COLLAZOS Francisco	S	SAUNIER DUVAL	45:34.	10:46.
62	343	ESTEVEZ RAMA Javier	N	-	45:35.	10:47.
63	556	MIRANDA SANCHEZ Manuel	N	-	45:39.	10:51.
64	458	PAN CASAS Juan Jose	N	-	45:47.	10:59.
65	302	NEGREIRA BARCIA Daniel	N	-	45:47.	11:00.
66	567	PORTO CALVELO Bruno	-	-	46:09.	11:22.
67	213	DANS PEREZ Diego	N	-	46:30.	11:42.
68	96	MALLO LEA Jose Manuel	N	-	46:30.	11:43.
69	422	GARCIA VARELA Adrian	S	-	46:34.	11:46.
70	125	LOUREIRO GARRIDO Hector	N	INDEOENDIENTE	46:34.	11:47.
71	252	DIAZ VILLALBA Jorge	N	-	46:44.	11:57.
72	341	BORINES GARCIA Diego	N	IKEA	46:46.	11:58.
73	121	BERMUDEZ CERQUEIRO Francisco Javier	S	-	47:00.	12:12.
74	82	LLAMAS IGLESIAS Marcos Manuel	S	-	47:04.	12:17.
75	148	RODRIGUEZ RAMOS Javier	S	-	47:07.	12:19.
76	290	CASTRO RODRIGUEZ Marcos	N	-	47:07.	12:20.
77	511	ALONSO MATO Sergio	N	-	47:08.	12:20.
78	318	TAIBO POSE Javier	S	-	47:15.	12:28.
79	521	BLANCO VILARIÑO Diego	S	-	47:18.	12:30.
80	281	PEDREIRA ULLOA Roberto	N	-	47:18.	12:30.
81	503	BUCETA FREIRE Jorge	N	CLUB ATLETISMO SADA	47:25.	12:37.
82	350	LAMEIRO NIETO Miguel	N	-	47:25.	12:38.
83	346	RODRIGUEZ CAMPOS Francisco Xabier	N	SAUNIER DOUVAL	47:47.	12:59.
84	140	FREIRE SALORIO Jose Carlos	N	-	47:57.	13:09.
85	440	VAZQUEZ GARCIA Alejandro	N	-	47:58.	13:11.
86	580	ROJAS PARRA Stiven	N	CLUB ATLETISMO SADA	48:05.	13:17.
87	407	MUIÑO CASTRO Xoan Carlos	N	-	48:05.	13:17.
88	529	CASTRO COUTO Fidel	S	-	48:45.	13:57.
89	14	GARCIA PEREZ Anton Xose	N	-	48:46.	13:59.
90	283	FERNANDEZ RODRIGUEZ Javier	S	AGRUPACIÓN DEPORTIVA FOGAR	48:47.	13:59.
91	196	MALLO VARELA Alexandre	S	F.C.BERGANTIÑOS	48:49.	14:01.
92	75	PENSADO TASENDE Sergio	S	-	48:51.	14:03.
93	348	SUAREZ BERMUDEZ Francisco Javier	N	-	49:03.	14:15.
94	123	PEREZ GIANNETTO Alejandro	N	-	49:14.	14:27.
95	561	PENA SOUTO Eliseo	S	-	50:02.	15:14.
96	400	MACEIRAS SEOANE Roberto	N	-	50:06.	15:19.
97	244	SOUTO GARCIA Marcos	N	-	50:26.	15:38.
98	540	FRAGA GARCIA Jose Luis	S	-	50:40.	15:52.
99	393	CAMPO IGLESIAS Alain	N	-	50:41.	15:54.
100	89	RODRIGUEZ CAPELET Pablo	S	-	50:46.	15:58.
101	230	LORENZO GONZALEZ Hector	S	-	51:00.	16:13.

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102	520	BLANCO LAGOA Damian	S	IES PARGA PONDAL	51:11.	16:23.
103	229	RIOS SUAREZ Juan Marcos	S	-	51:22.	16:35.
104	202	BERNABEU ALONSO Francisco	N	-	51:25.	16:37.
105	77	ALVAREZ TABOADA Victor Manuel	N	-	51:26.	16:38.
106	358	FRADE LOUREIRO Francisco Javier	S	-	51:44.	16:57.
107	118	CASTRO DE LA FUENTE Miguel	N	-	51:48.	17:01.
108	276	ABELENDA LEMA Adrian	S	-	51:48.	17:01.
109	412	VARELA VARELA Carlos	N	CORPORAL X-PRESSION	51:48.	17:01.
110	188	PEREZ CASTRO Alberto	N	-	52:05.	17:18.
111	219	COLLAZO ROJO Roberto Daniel	S	-	52:09.	17:22.
112	164	ROJO ESTRAMIL David	S	-	52:25.	17:38.
113	232	PEREZ PARDIÑAS Alberto	N	-	53:03.	18:15.
114	351	MATOS COTELO Abel	N	-	53:20.	18:32.
115	236	CARREIRA GARCIA Alejandro	N	-	53:25.	18:37.
116	235	CARREIRA GARCIA Xene	N	-	53:36.	18:48.
117	143	MARROZOS LOPEZ Miguel	N	-	53:43.	18:55.
118	504	VILARIÑO FERNANDEZ David	S	CLUB DEPORTIVO VITAL FITNESS	54:04.	19:16.
119	389	SOTO EIROA Edgar	N	SAUNIER DUVAL	54:08.	19:20.
120	292	RODRIGUEZ LOPEZ Diego Omar	N	EL MAGO	54:17.	19:30.
121	398	PEREZ COSTA Francisco Javier	S	MADRID	54:38.	19:51.
122	509	ABELENDA TRIGO Jorge Luis	S	-	55:02.	20:14.
123	355	CANTELAR VARELA Javier	S	-	55:28.	20:41.
124	436	CARREIRA PARRADO Manuel	N	SAUNIER DUVAL	56:13.	21:25.
125	435	RODRIGUEZ RODRIGUEZ Fernando	N	SAUNIER DUVAL	56:13.	21:25.
126	349	SEÑARIS BOO Jose Ramon	N	-	56:15.	21:28.
127	426	DIAZ MOLK Marcos	S	-	56:26.	21:39.
128	485	JACK GOMEZ Juan Carlos	N	-	58:15.	23:27.
129	430	RODRIGUEZ Mayo	N	-	58:33.	23:45.
130	211	CASTRO RAMOS Cesar	N	-	59:07.	24:19.
131	437	FERNANDEZ GONZALEZ Juan	N	PATUKOS TEAN RUNNING	59:33.	24:45.
132	496	LOPEZ REY Sergio	N	ATLETA INDIVIDUAL	59:47.	25:00.
133	592	VARELA FUENTES Alejandro	S	-	1:02:	28:03.
134	254	VIDAL BREIJO Andres	N	-	1:16:	41:47.
135	600	SONEIRA VILLAR Diego Adrián	S	-	1:16:	41:47.

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SENIOR FEM

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1	260	ALVITE FERREIRO Rocio	N	-	42:43.	1 Lap
2	459	LEIRA MARTIN Maria Victoria	N	CORUÑA COMARCA	44:19.	01:35.
3	489	VEIRA PORTELA Silvia	N	A.D.FOGAR	47:49.	05:05.
4	442	LORENZO PEREZ Natalia	N	CLUBE MILLADOIRO	48:44.	06:00.
5	9	VARELA PEREZ Sonia	N	-	50:47.	08:03.
6	429	VAZQUEZ FERNANDEZ Azucena	N	-	54:40.	11:56.
7	107	MUÑIZ FARIÑA Danae	N	-	54:58.	12:14.
8	415	NAVARRETE CABEZAS Olga	N	A.D. FOGAR	55:25.	12:41.
9	570	RAMILO CAMBON Angela	S	-	56:38.	13:55.
10	108	INSUA LEMA Yolanda	N	-	1:01:	19:05.
11	256	REY DA SILVA Dolores	N	CORRER EN GALICIA	1:02:	19:48.
12	542	GARCIA IGLESIAS Sandra	S	-	1:02:	20:05.
13	392	VILLANUEVA MARIÑO Isabel	N	-	1:04:	21:29.

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VETERANS FEM

Rang	Nº	Name	Div.	Team	Time	Gap
1	563	PEREZ BARDANCA Margarita	N	CLUB CELTA ATLETISMO FEMENI-	42:59.	1 Lap
2	92	CASTRO VILLAVERDE Maria Teresa	N	-	44:21.	01:21.
3	537	FERNANDEZ CAMPOS Purificacion	-	-	46:33.	03:33.
4	174	NOYA PEREZ Belen	N	-	53:17.	10:17.
5	141	GARRIDO VILARIÑO Mº Belen	S	-	53:20.	10:21.
6	265	CASTRO VILLAVERDE Julia	N	-	54:28.	11:29.
7	106	FARIÑA FACAL Elisa	N	-	54:35.	11:36.
8	24	DUBRA GARCIA Ana	S	-	54:55.	11:55.
9	155	RODRIGUEZ GALLEGO Elia	N	-	55:49.	12:50.
10	583	SENDON RICO Begoña	-	-	57:06.	14:07.
11	531	CODESAL BOLAÑO Mercedes	-	CLUB RIALTO	1:00.	17:24.
12	207	PERISCAL MARTINEZ Huguette	S	-	1:01.	18:50.
13	228	GONZALEZ HERRADAS Rosa	N	-	1:04.	21:04.
14	310	MERTZ Marie Pavlette	N	-	1:08.	25:57.
15	433	REY PORTEIRO Isabel	N	MEDIA DUCIA	1:12.	29:42.

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