

41	41	MENDEZ PAEZ Alberto	Elite	8	22:03.399 (64)	+3:44.916	4:32.179	4:10.711	4:51.219	4:44.027	3:44.723
93	93	GONZALEZ LOMBA Manuel	Elite	9	22:28.175 (73)	+4:09.692	4:49.465	4:25.859	4:47.168	4:46.562	3:39.121
39	39	LAGOS DA SILVA Gabriel	Elite	10	22:38.930 (77)	+4:20.447	4:38.535	4:11.137	5:21.684	4:50.437	3:37.137
86	86	ACEVEDO SANROMAN Javier	Elite	11	22:58.090 (86)	+4:39.607	4:44.500	4:23.941	5:01.379	5:03.907	3:44.363
143	143	RODRIGUEZ ADAN Ivan	Elite	12	23:15.317 (96)	+4:56.834	4:50.570	4:46.039	4:54.954	4:43.996	3:59.758
49	49	CUEVAS FERREIRA Diego	Elite	13	23:16.581 (98)	+4:58.098	4:45.554	4:23.894	5:04.012	5:15.331	3:47.590
92	92	ERAS RODRIGUEZ Iñaki	Elite	14	23:30.117 (102)	+5:11.634	4:41.730	4:24.590	5:07.340	5:09.008	4:07.449
44	44	MARTINEZ BRIONES Matias	Elite	15	23:32.916 (103)	+5:14.433	4:56.848	4:38.180	4:59.848	4:54.840	4:03.200
54	54	GARCIA MARTINEZ Antonio	Elite	16	23:43.926 (107)	+5:25.443	4:52.746	4:24.977	5:05.234	5:19.242	4:01.727
30	30	IGLESIAS PORTELA Oscar	Elite	17	23:46.286 (111)	+5:27.803	4:47.461	4:06.500	4:42.907	6:08.121	4:01.297
122	122	MUÑOIS MARTINEZ Alberto	Elite	18	24:18.088 (119)	+5:59.605	4:56.332	4:39.281	5:15.199	5:24.019	4:03.257
164	164	DUARTE CASTRO Desiree	Femina Sub 23	1	20:58.767 (34)	+2:40.284	4:30.590	4:00.622	4:44.567	4:27.223	3:15.765
7	7	FERNANDEZ LORENZO Mario	Junior	1	18:38.389 (2)	19.906	3:53.184	3:33.609	4:08.480	3:58.945	3:04.171
16	16	FERNANDEZ PEREZ David	Junior	2	20:25.664 (19)	+2:07.181	4:09.797	3:48.265	4:30.723	4:33.168	3:27.711
24	24	ROMERO UCHA Ismael	Junior	3	20:57.578 (33)	+2:39.095	4:19.926	4:09.191	4:36.480	4:26.559	3:25.422
140	140	ROMERO MALLO Martin	Junior	4	21:41.321 (53)	+3:22.838	4:21.141	4:05.062	4:41.797	4:57.121	3:36.200
94	94	SANTOME PEREZ Diego	Junior	5	22:13.698 (66)	+3:55.215	4:34.172	4:14.617	4:50.796	4:46.207	3:47.906
148	148	PIÑEIRA RODRIGUEZ Sergio	Junior	6	23:13.832 (95)	+4:55.349	4:47.746	4:26.793	5:00.840	5:05.586	3:52.867
142	142	MIROU ADAM Iñigo	Junior	7	25:41.693 (130)	+7:23.210	5:11.172	4:33.129	5:33.051	6:23.903	4:00.438
147	147	MARTINEZ BAUTISTA Mateo	Junior	8	29:31.516 (140)	+11:13.033	5:09.907	5:15.203	5:38.758	8:27.488	5:00.160
4	4	LEMONS RAMIREZ Santos	Master 30	1	18:18.483 (1)	18.483	3:48.695	3:31.179	4:04.336	3:55.297	2:58.976
5	5	CANEIRO MARTINEZ Borja	Master 30	2	19:29.832 (10)	+1:11.349	4:05.105	3:40.793	4:20.379	4:12.504	3:11.051
36	36	RODRIGUEZ GONZALEZ Miguel	Master 30	3	20:01.310 (12)	+1:42.827	4:07.567	3:49.266	4:26.122	4:26.750	3:11.605
128	128	MADRID GARCÍA Iván	Master 30	4	20:03.684 (13)	+1:45.201	4:11.793	3:50.219	4:32.282	4:20.715	3:08.675
141	141	BEMPOSTA LUISQUINÓS David	Master 30	5	20:19.661 (16)	+2:01.178	4:13.363	3:52.399	4:34.348	4:29.516	3:10.035
13	13	FERNANDEZ GUISANDE Helder	Master 30	6	20:22.148 (17)	+2:03.665	4:10.242	3:53.758	4:28.859	4:27.418	3:21.871
10	10	DAPENA CASTROMAN Pedro	Master 30	7	20:22.892 (18)	+2:04.409	4:15.051	3:49.547	4:35.707	4:25.094	3:17.493
18	18	MELON BALLESTEROS Xacobe	Master 30	8	20:26.547 (20)	+2:08.064	4:14.765	3:52.442	4:34.250	4:27.321	3:17.769
139	139	SANTOME MARTINEZ Sergio	Master 30	9	20:27.590 (21)	+2:09.107	4:17.614	3:54.812	4:33.672	4:21.414	3:20.078
72	72	CASTELO PEREZ Miguel	Master 30	10	20:33.934 (23)	+2:15.451	4:08.164	4:09.989	4:29.984	4:27.867	3:17.930
109	109	BARREIRO ALONSO Ruben	Master 30	11	20:34.481 (24)	+2:15.998	4:16.695	3:53.516	4:40.930	4:29.555	3:13.785
73	73	MOLANES VILLANUEVA Daniel	Master 30	12	20:37.262 (26)	+2:18.779	4:18.426	3:58.262	4:34.617	4:30.973	3:14.984
74	74	MARTINEZ FERVENZA Alberto	Master 30	13	20:38.082 (27)	+2:19.599	4:17.414	3:56.734	4:35.215	4:31.000	3:17.719
21	21	ALVAREZ ALVAREZ Jonatan	Master 30	14	20:51.757 (31)	+2:33.274	4:19.688	3:48.152	4:36.863	4:47.019	3:20.035
14	14	LORENZO GOMEZ Ruben	Master 30	15	20:51.950 (32)	+2:33.467	4:28.582	3:58.762	4:35.633	4:24.934	3:24.039
120	120	ARTOS SESTELO Rodrigo	Master 30	16	21:04.086 (36)	+2:45.603	4:47.644	4:04.008	4:34.000	4:22.539	3:15.895
112	112	RODRIGUEZ LOPEZ Juan Andres	Master 30	17	21:18.187 (38)	+2:59.704	4:16.796	3:58.242	4:40.793	4:36.719	3:45.637
35	35	UDAONDO ADELANTADO Ivan	Master 30	18	21:23.237 (39)	+3:04.754	4:27.480	4:00.215	4:40.879	4:40.089	3:34.574
153	153	TOBIO REY Miguel	Master 30	19	21:35.866 (48)	+3:17.383	4:30.000	4:06.523	4:48.246	4:39.156	3:31.941
19	19	BUSTABAD YANEZ Raul	Master 30	20	21:40.976 (52)	+3:22.493	4:38.941	4:03.793	4:50.062	4:44.020	3:24.160
78	78	GARRIDO AVENDAÑO Daniel	Master 30	21	21:43.703 (54)	+3:25.220	4:25.680	4:19.945	4:54.164	4:39.598	3:24.316
88	88	CANCELAS LOPEZ Pablo	Master 30	22	21:53.276 (57)	+3:34.793	4:31.231	4:14.461	4:52.403	4:39.110	3:36.071
40	40	GONZALEZ PORTELA Sergio	Master 30	23	21:58.534 (60)	+3:40.051	4:26.992	4:05.597	4:56.129	4:42.730	3:47.086
71	71	FIGUEIRIDO GIRALDEZ Javier	Master 30	24	22:02.019 (62)	+3:43.536	4:26.664	4:12.957	4:55.125	4:51.324	3:35.949
65	65	LOPEZ Luis	Master 30	25	22:12.450 (65)	+3:53.967	4:42.282	4:10.644	4:58.262	4:50.059	3:31.203
108	108	ULLOA MIGUEZ Diego	Master 30	26	22:16.639 (67)	+3:58.156	4:31.160	4:11.238	4:58.105	4:58.613	3:37.523
66	66	CONDE Pedro	Master 30	27	22:16.676 (68)	+3:58.193	4:44.023	4:20.082	4:57.820	4:45.059	3:29.692
98	98	ROMERO RODRIGUEZ Arsenio	Master 30	28	22:17.669 (69)	+3:59.186	4:24.598	4:13.461	4:51.059	4:46.375	4:02.176
101	101	DE OCA REGUERA Jaime	Master 30	29	22:21.797 (70)	+4:03.314	4:45.238	4:17.894	4:55.840	4:44.883	3:37.942
100	100	GALLEGO GARCIA Ivan	Master 30	30	22:24.543 (71)	+4:06.600	4:47.258	4:15.164	5:11.508	4:46.359	3:24.254
113	113	MINIÑO LARANGA Juan Luis	Master 30	31	22:30.341 (74)	+4:11.858	4:34.836	4:26.911	5:03.285	4:54.387	3:30.922
62	62	VILA COMEAESAÑA Ismael	Master 30	32	22:39.458 (78)	+4:20.975	4:41.445	4:18.047	5:05.356	4:48.196	3:46.414
26	26	GOMES Joao	Master 30	33	22:40.515 (79)	+4:22.032	4:33.316	4:22.609	5:04.304	5:04.008	3:36.278
85	85	GARCIA FERNANDEZ Jose Iñaki	Master 30	34	22:50.415 (85)	+4:31.932	4:43.145	4:17.527	4:54.582	4:56.403	3:58.758
64	64	ALVES Joel Dinis	Master 30	35	22:59.129 (87)	+4:40.646	4:49.527	4:19.836	5:06.149	5:05.199	3:38.418
60	60	GONZALEZ DEL RIO Fernando	Master 30	36	22:59.570 (88)	+4:41.087	4:48.840	4:21.488	5:03.715	5:07.680	3:37.847
55	55	DIAZ DIAZ Eduardo	Master 30	37	23:01.908 (90)	+4:43.425	4:44.184	4:18.719	5:18.688	5:02.594	3:37.723
87	87	BORJAS PAZOS Adrian	Master 30	38	23:08.555 (93)	+4:50.072	4:34.308	4:08.946	4:55.727	5:30.043	3:59.531
99	99	CAMPOS VAZQUEZ Simon	Master 30	39	23:13.063 (94)	+4:54.580	5:04.769	4:22.473	5:07.485	5:01.172	3:37.164
116	116	SEOANE VELASCO Jonathan	Master 30	40	23:15.599 (97)	+4:57.116	4:49.789	4:31.543	5:08.805	5:02.270	3:43.192
43	43	GRANJA MARIÑO Oliver	Master 30	41	23:20.351 (100)	+5:01.868	4:42.597	4:30.539	5:08.383	5:08.976	3:49.856
111	111	PARADA BEA Hector	Master 30	42	23:36.961 (105)	+5:18.478	4:12.871	3:55.207	4:32.914	7:31.633	3:24.336
114	114	PAZOS DEL RIO Jose Luis	Master 30	43	23:44.320 (110)	+5:25.837	5:05.441	4:23.262	5:19.445	5:07.473	3:48.699
42	42	VAZQUEZ MARTINEZ Daniel	Master 30	44	23:47.301 (112)	+5:28.818	4:35.539	4:22.414	5:19.457	5:31.254	3:58.637
118	118	VALVERDE ALONSO Alvaro	Master 30	45	24:23.266 (120)	+6:04.783	5:01.231	4:28.918	5:24.371	5:31.957	3:56.789
32	32	ROCA FACHAL Pablo	Master 30	46	24:52.036 (123)	+6:33.553	4:52.219	4:33.383	5:24.758	5:48.000	4:13.676
90	90	RODRIGUEZ DIAZ Juan Ignacio	Master 30	47	25:11.743 (124)	+6:53.260	5:07.158	4:37.828	5:50.156	5:33.968	4:02.633
57	57	MASCIOPINTO FRENDE Miguel	Master 30	48	25:16.185 (126)	+6:57.702	5:17.644	4:44.300	5:38.566	5:18.980	4:16.695
76	76	PIÑEIRO PASTORIZA Iago	Master 30	49	25:22.667 (128)	+7:04.184	4:33.344	4:27.718	7:52.289	4:47.844	3:41.472
56	56	VIEIRA FALLETTI Luis Renato	Master 30	50	26:19.746 (133)	+8:01.263	5:44.219	5:02.336	5:28.828	5:45.645	4:18.718
45	45	AMORIN PEREZ Jose Antonio	Master 30	51	27:35.204 (137)	+9:16.721	5:05.418	5:27.051	5:37.887	5:19.426	6:05.422
68	68	FIGUEIRIDO GIRALDEZ Manuel	Master 30	52	27:48.578 (138)	+9:30.095	6:32.125	4:55.039	5:50.621	5:45.461	4:45.332
158	158	COSTAS PARADA Leandro	Master 30	53	31:02.862 (141)	+12:44.379	14:34.047	4:01.796	4:37.629	4:30.527	3:18.863
2	2	PEREZ DA COSTA Antonio	Master 40	1	18:40.352 (3)	21.869	3:56.804	3:32.504	4:12.219	4:00.504	2:58.321
1	1	LOPEZ VAQUEIRO Jose Manuel	Master 40	2	19:21.204 (6)	+1:02.721	4:00.399	3:40.500	4:24.660	4:08.262	3:07.383
17	17	MALLO GARRIDO Pablo	Master 40	3	19:29.468 (9)	+1:10.985	4:05.297	3:41.925	4:22.492	4:10.485	3:09.269
138	138	FREIRE PORTELA Ivan	Master 40	4	20:37.254 (25)	+2:18.771	4:24.461	3:57.442	4:32.535	4:23.437	3:19.379
29	29	LOPEZ BROULLON Pablo	Master 40	5	20:41.260 (28)	+2:22.777	4:22.215	3:57.141	4:35.442	4:23.063	3:23.399
79	79	LORENZO VILA Esteban	Master 40	6	20:43.802 (29)	+2:25.319	4:18.582	4:00.223	4:40.051	4:27.606	3:17.340
157	157	LOPEZ PIÑEIRO Luis Manuel	Master 40	7	20:50.555 (30)	+2:32.072	4:21.437	3:56.137	4:41.418	4:31.723	3:19.840
20	20	DOCAMPO OLIVEIRA Israel	Master 40	8	21:03.972 (35)	+2:45.489	4:31.066	4:00.988	4:42.578	4:24.938	3:24.402
107	107	PATIÑO BELLO Dario Jose	Master 40	9	21:23.980 (40)	+3:05.497	4:26.946	4:05.343	4:43.203	4:47.543	3:20.945
80	80	PAZOS AMOEDO Ruben Jacobo	Master 40	10	21:26.361 (41)	+3:07.878	4:24.395	4:06.684	4:42.254	4:39.985	3:33.043
152	152	ARAUJO DIESTE Francisco Jose	Master 40	11	21:27.465 (42)	+3:08.982	4:34.910	4:10.254	4:53.765	4:29.825	3:18.711
84	84	DA ROCHA RIAL Andres	Master 40	12	21:35.661 (47)	+3:17.178	4:26.610	4:06.918	4:52.637	4:42.446	3:27.050
28	28	CARRO SEQUEIROS Jose Antonio	Master 40	13	21:46.703 (55)	+3:28.220	4:27.477	4:08.500	4:44.793	4:43.308	3:42.625
124	124	ESTEVEZ GONZALEZ Jose	Master 40	14	21:54.441 (58)	+3:35.958	4:29.188	4:09.640	4:50.910	4:55.481	3:29.