



Érguete e Corre GENERAL 10K

Clc	Dor.	Apellidos y nombre	Equipo	5K (Clc)	Tiempo	Diferencia
Hombre 10k						
1	365	TIZON VALVERDE Emilio		16:23.229 (2)	33:05.444	
2	251	BARGIELA ARAUJO Daniel	BIKILA	16:43.151 (3)	33:51.102	45.658
3	373	PEREZ Jose Antonio		16:50.582 (4)	33:57.407	51.963
4	270	VAZQUEZ PAVON Roberto	TANINOS RUNNERS PONTEAREAS	17:29.277 (5)	35:36.407	2:30.963
5	380	PRIETO DE LA IGLESIA Manuel		17:53.089 (7)	35:42.570	2:37.126
6	286	GARCIA RODRIGUEZ Sergio		17:37.761 (6)	35:51.781	2:46.337
7	332	FONTAN ARNEJO Jose Martin	GMTA&CHUVONERS	17:59.793 (10)	35:59.867	2:54.423
8	322	ARIAS COSTAS Dario	ATHLETICS FISIOTERAPIA SAN LAZ	17:57.988 (8)	36:04.391	2:58.947
9	197	MERINO ARES Iñaki	C.A.R. MARISQUEIRO	18:03.988 (11)	36:06.453	3:01.009
10	314	VAÑO PEIDRO Sergi		18:04.831 (12)	36:07.227	3:01.783
11	337	POMBO FERREIRA Fernando	C.A.R. MARISQUEIRO	18:05.933 (14)	36:08.227	3:02.783
12	182	GARCIA QUEROL Pablo		17:58.621 (9)	36:19.954	3:14.510
13	317	FERNANDEZ DE TORO Manuel	C.A. VETERANOS DE SAMIL	18:06.542 (15)	36:37.695	3:32.251
14	626	DAVILA MARIÑO Oscar	EQUIPO A	18:05.886 (13)	36:52.016	3:46.572
15	283	OTERO RAMIREZ Alejandro	ATHLETICS FISIOTERAPIA SAN LAZ	18:11.839 (17)	37:08.398	4:02.954
16	300	MONTOTO PEREIRA German	C.A.R. MARISQUEIRO	18:07.972 (16)	37:11.867	4:06.423
17	179	ALVAREZ ALVAREZ Roi	RUNNERS PV	18:32.864 (19)	37:15.335	4:09.891
18	303	ALONSO GONZALEZ Andre		18:37.669 (21)	37:22.413	4:16.969
19	129	MURIAS RODRIGUEZ Alejandro	LASER RUNNING	18:38.043 (22)	37:35.351	4:29.907
20	102	BENARDEZ Dario	CIBUS	18:50.839 (23)	37:47.914	4:42.470
21	191	FEIJOO VILANOVA Pablo	CLUB PIRAGÜISMO FLUVIAL ALLARI	18:33.918 (20)	38:12.435	5:06.991
22	114	SUAREZ MARTINEZ Manuel	C.A. VETERANOS DE SAMIL	18:50.886 (24)	38:17.843	5:12.399
23	136	PIÑEIRO LESTON Fernando	ATLETISMO PORRIÑO	18:52.878 (25)	38:24.665	5:19.221
24	205	DAFONTE MARTINEZ Miguel	VIGOENTRENA	18:31.831 (18)	38:53.000	5:47.556
25	103	DOMINGUEZ VILA Pablo	VIGOENTRENA	19:16.645 (27)	38:54.242	5:48.798
26	147	FREIRE RIVEIRA Miguel Angel	C.A.R. MARISQUEIRO	19:46.457 (30)	39:25.461	6:20.017
27	294	GARCIA GARCIA Oscar	CLUB DEPORTIVO PINARIUM	19:19.949 (28)	39:26.516	6:21.072
28	353	RODRIGUEZ LOPEZ Gonzalo	ASOCIACION DEPORTIVA C.A.R.	19:08.863 (26)	39:52.087	6:46.643
29	323	PAREDES COSTA Aaron		20:28.552 (46)	39:57.618	6:52.174
30	338	GONZALEZ ALVAREZ Luis Borja		19:43.130 (29)	40:04.461	6:59.017
31	331	MINIÑO MARTINEZ Joaquin	ATLETISMO BAIONA	19:59.723 (32)	40:13.532	7:08.088
32	324	ALVAREZ-BUYLLA DE LA UZ Julio	VELAS MARATÓN	20:05.699 (36)	40:16.555	7:11.111
33	201	CAMPO REGUEIRO Fernando Campo	MURUM ATLETICA	20:02.512 (35)	40:25.672	7:20.228
34	225	CONEJERO Borja	MORDESTE	19:59.559 (31)	40:27.361	7:21.917
35	137	FUERTES SAAVEDRA Antonio	REAL CLUB CELTA DE ATLETISMO	20:25.761 (41)	40:28.133	7:22.689
36	388	PEREZ CONDE Enrique	TRAILCOMOCABRAS	20:01.035 (33)	40:29.376	7:23.932
37	285	PRADO FERNANDEZ Gilberto		20:31.950 (48)	40:35.117	7:29.673
38	366	ALVAREZ MIRANDA Jose Luis	CIBUS	20:41.840 (49)	40:36.759	7:31.315
39	344	GARCIA FERNANDEZ ARRUTI Andres	BIKILA	20:10.714 (37)	40:40.297	7:34.853
40	350	FERNANDEZ GONZALEZ Pedro	VIGOENTRENA	20:26.675 (43)	40:41.657	7:36.213
41	348	ALVAREZ FIGUEROA Sabino	ASOCIACION DEPORTIVA C.A.R.	20:24.638 (39)	40:45.712	7:40.268
42	293	COSTAS PEREIRA Alberto	C.S.C.R. BEADE	20:26.207 (42)	40:47.352	7:41.908
43	160	DELGADO RAMOS Jose Carlos		20:27.964 (45)	40:50.657	7:45.213



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44	142	CARDONA PONS Gilberto	XENDENGUETS	20:30.146 (47)	40:55.556	7:50.112
45	310	SALGADO Luis		20:01.878 (34)	41:09.735	8:04.291
46	390	FIGUEROA FERNANDEZ Jesus	ASOCIACION DEPORTIVA C.A.R.	20:24.847 (40)	41:11.329	8:05.885
47	297	COMESAÑA SAA Daniel	L@S INSENSAT@S	21:01.248 (55)	41:20.519	8:15.075
48	127	RODRIGUEZ RE CAREY Luis		20:11.536 (38)	41:29.259	8:23.815
49	363	DIOS GONZALEZ Alberto		20:26.816 (44)	41:29.704	8:24.260
50	248	MAHOU LAGO Xose Mahou	FITGAL	20:48.613 (52)	41:37.345	8:31.901
51	171	FAJARDO REYES Eduardo Aular	ARGONAUTAS	21:41.207 (79)	41:57.336	8:51.892
52	271	TABOAS SILVA Jose Antonio	C.A.R. MARISQUEIRO	20:42.825 (50)	42:02.774	8:57.330
53	289	FERNANDEZ MONZON Marcos	CSCR BEADE	21:01.457 (56)	42:07.836	9:02.392
54	153	PEREZ PASCUAL Manuel	CSCR BEADE	21:01.692 (57)	42:08.633	9:03.189
55	361	FERNANDEZ GRADIN David	CIBUS	21:05.466 (59)	42:12.055	9:06.611
56	143	NAVIA IGLESIAS Ruben		21:16.481 (60)	42:19.438	9:13.994
57	307	PEREZ Pablo	C.D. DELIKIA	20:54.894 (54)	42:22.087	9:16.643
58	387	DOMINGUEZ MARIÑO Felipe		21:36.919 (77)	42:23.868	9:18.424
59	304	LEDO NOVOA Jose Eugenio		20:47.724 (51)	42:30.408	9:24.964
60	169	GONZALEZ Raul	ULI RUNNING	21:32.915 (72)	42:31.251	9:25.807
61	312	MARTINEZ ZUÑIGA Modesto		21:19.363 (62)	42:55.058	9:49.614
62	266	LUCIA PAREDES Giovanni		21:22.551 (64)	42:59.049	9:53.605
63	24	RODRIGUEZ COLLAZO Jako	C.A. VETERANOS DE SAMIL	21:29.481 (69)	42:59.095	9:53.651
64	295	BAR PEREZ Luis		21:31.410 (71)	43:04.344	9:58.900
65	298	LORENZO UZ Alberto	CIBUS	21:34.833 (74)	43:06.478	10:01.034
66	172	DIAZ SANTOS Juan Manuel		20:48.964 (53)	43:11.038	10:05.594
67	170	ALVAREZ PEREZ Francisco Javier	ARGONAUTAS	21:41.794 (80)	43:15.924	10:10.480
68	378	VARA BLANCO Javier		21:36.356 (76)	43:19.485	10:14.041
69	110	BARREIRO GOMEZ Hugo	@DECOSSETEO	21:20.606 (63)	43:19.625	10:14.181
70	134	MALLO MARCOS Alberto		21:19.176 (61)	43:20.588	10:15.144
71	321	LORENZO RIVEIRO Diego		21:27.544 (67)	43:43.229	10:37.785
72	335	TABOAS CARRERA Ismael	ATLETISMO PORRIÑO	21:33.965 (73)	43:44.071	10:38.627
73	269	BARROS CORDO Francisco Javier		21:35.981 (75)	43:46.625	10:41.181
74	119	ROMERO ESTEVEZ Kevin		22:16.176 (85)	44:00.665	10:55.221
75	315	PEREIRA SALGUEIRO Ramon	LODEIROS TRAIL	21:54.216 (81)	44:03.012	10:57.568
76	357	GONZALEZ PEREZ Enrique	MAIS QUE AUGA	21:25.364 (66)	44:11.165	11:05.721
77	359	GONZALEZ RODRIGUEZ Daniel		21:41.114 (78)	44:13.088	11:07.644
78	376	BERTOMEU CAPELAN Francisco Javier		22:44.723 (104)	44:14.447	11:09.003
79	217	DOMINGUEZ FERNANDEZ Simon		23:09.779 (110)	44:23.751	11:18.307
80	309	MACIA CLAVERIA Angel		21:30.803 (70)	44:28.696	11:23.252
81	284	FERNANDEZ CRUZ Miguel	CLUB ATLETISMO PORRIÑO	22:35.091 (95)	44:33.947	11:28.503
82	116	SANCHEZ OTERO Oswaldo	TNT GHERRILLEIROS	22:25.059 (89)	44:37.439	11:31.995
83	111	VILLAR ALVAREZ Enrique		21:29.114 (68)	44:42.056	11:36.612
84	199	DOMINGUEZ RODRIGUEZ Carlos		22:08.395 (83)	44:48.806	11:43.362
85	185	DAVILA BUGARIN Salvador		22:25.809 (90)	44:49.580	11:44.136
86	330	MIRANDA CORTES Rolando		22:36.239 (99)	44:58.532	11:53.088
87	163	GIL GONZALEZ Miguel Angel	C.A. VETERANOS DE SAMIL	22:02.442 (82)	45:05.518	12:00.074
88	325	MARTIN TISCAR Francisco Jose		22:35.559 (96)	45:08.299	12:02.855
89	267	ALVAREZ DOMINGUEZ Mauro	LASER RUNNING	22:24.356 (88)	45:09.244	12:03.800



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89	154	LORENZO FRIEIRO Jose Manuel	LASER RUNNING	22:24.263 (87)	45:09.244	12:03.800
91	245	SUAREZ RODRIGUEZ Marco		22:36.121 (98)	45:11.119	12:05.675
92	208	SIMOES FERNANDEZ Jose Luis	C.A.R. MARISQUEIRO	22:35.887 (97)	45:12.407	12:06.963
93	261	MARTINEZ COSTAS Javier	LASER RUNNING	22:44.019 (103)	45:17.119	12:11.675
94	141	GOMEZ LOPEZ Pablo	INSENS@TOS	22:41.090 (102)	45:17.143	12:11.699
95	341	CASALEIRO Manuel	CAZAFANTASMAS TEAM	22:32.467 (93)	45:20.329	12:14.885
96	362	VILLANUEVA AREAL Francisco		23:01.598 (108)	45:32.236	12:26.792
97	165	RODRIGUEZ LAGO Miguel		22:30.685 (92)	45:37.508	12:32.064
98	239	SUAREZ OGANDO Adrian	MAIS QUE AUGA	22:50.442 (105)	45:40.252	12:34.808
99	393	RODILLA Ivan		22:57.145 (107)	45:50.119	12:44.675
100	188	RODRIGUEZ COLLAZO Raul	TRAILCOMOCABRAS	23:39.825 (127)	45:50.142	12:44.698
101	287	PIÑEIRO RODRIGUEZ Carlos	CLUB TRIATLON CIDADE DE LUGO F	22:54.638 (106)	45:52.135	12:46.691
102	306	ALVAREZ RICO Jorge	CLUB TRIATLON MAR DE VIGO	23:25.857 (118)	45:56.399	12:50.955
103	200	DOMINGUEZ VILLAVERDE Juan Carlos		22:08.442 (84)	45:58.744	12:53.300
104	104	GARCIA COSTAS Federico Amando	C.A.R. MARISQUEIRO	22:38.981 (100)	46:03.408	12:57.964
105	122	RODRIGUEZ FERNANDEZ Efren	ALTAFIT VIGO	22:33.989 (94)	46:07.978	13:02.534
106	340	DIAZ JAMARDO Pablo	ATLETISMO UNIVERSIDADE DE VIGO	23:30.965 (122)	46:10.626	13:05.182
107	146	PEREIRA MARTINEZ Ismael		23:42.263 (128)	46:11.986	13:06.542
108	196	CABALEIRO ROCHA Daniel	BIKILA	23:05.184 (109)	46:14.048	13:08.604
109	206	LOUREIRO RODRIGUEZ Santiago		23:44.068 (129)	46:21.103	13:15.659
110	157	DIAZ BARBARA Santiago	C.A. VETERANOS DE SAMIL	23:20.771 (117)	46:21.384	13:15.940
111	355	DIAZ RODRIGUEZ Marcos		23:30.098 (120)	46:21.947	13:16.503
112	144	GANDARELA Jose		24:07.019 (133)	46:25.650	13:20.206
113	156	COMESAÑA PEDRIDO Modesto	C.A. VETERANOS DE SAMIL	23:18.052 (115)	46:28.308	13:22.864
114	265	PARDO FARIÑA Carlos		22:18.075 (86)	46:29.657	13:24.213
115	183	REY Roberto	CASTRELOS 20:30	22:40.177 (101)	46:31.321	13:25.877
116	105	ALONSO CONDE Javier	BTX RUNNING TEAM	22:30.637 (91)	46:34.486	13:29.042
117	177	REBOREDA GRAÑA Amador	CLUB DEPORTIVO PINARIUM	24:20.957 (142)	46:36.853	13:31.409
118	305	CALVAR LORENZO Jesus	TRIATLON MAR DE VIGO	23:26.278 (119)	46:37.860	13:32.416
119	220	GIL RAMOS Xose Manuel	C.A.R. MARISQUEIRO	23:16.997 (113)	46:43.509	13:38.065
120	382	PEREIRA PINTO Jorge	ADN RUNNERS TELMO PELUQUEROS	24:16.037 (138)	46:47.750	13:42.306
121	247	VAZQUEZ FERNANDEZ Jacobo		23:58.599 (132)	46:55.440	13:49.996
122	276	EXPOSITO GOMEZ Gustavo	ATLETISMO BAIONA	23:18.942 (116)	47:02.938	13:57.494
123	155	VIDEIRA CORREA Alberto		23:36.052 (123)	47:05.658	14:00.214
124	168	IGLESIAS RODRIGUEZ Carlos		23:39.262 (126)	47:07.415	14:01.971
125	351	GALLIDORO DEL MONTE Jose Humberto	C.D. DELIKIA	23:38.653 (125)	47:10.182	14:04.738
126	221	COSTA PAZO Artur	VIGOENTRENA	24:11.653 (135)	47:25.321	14:19.877
127	215	ALONSO COSTAS Oscar		23:17.465 (114)	47:28.909	14:23.465
128	253	CAMPELO GONZALEZ Antonio		24:14.185 (136)	47:31.415	14:25.971
129	342	JORGE CAO Juan Jose		24:39.192 (151)	47:38.728	14:33.284
130	272	MONTOYA ARANA Jorge	VIGOENTRENA	23:52.388 (130)	47:41.258	14:35.814
131	368	GUAMA Patricio		23:10.129 (111)	47:43.579	14:38.135
132	120	PARRA SERRANO Manuel Alejandro	MAIS QUE AUGA	23:37.387 (124)	47:45.408	14:39.964
133	259	ACOSTA PADIN Gerardo	VIGOENTRENA	23:14.161 (112)	47:51.056	14:45.612
134	101	RAÑA GREGORIO Xan	C.A.R. MARISQUEIRO	24:14.630 (137)	47:53.338	14:47.894
135	125	TABOADA GONZALEZ Ramiro	RUNNING LUSEKELO	23:30.169 (121)	48:05.779	15:00.335



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136	184	ALONSO BASTOS Luis		24:09.990 (134)	48:08.212	15:02.768
137	138	PEITEADO RUIZ Guillermo		24:48.731 (156)	48:12.455	15:07.011
138	246	PEREZ TORRADO Roi		24:32.606 (147)	48:17.938	15:12.494
139	186	VIEITO QUINTAS Berto		23:56.935 (131)	48:20.141	15:14.697
140	280	DOMINGUEZ GOMEZ Manuel		24:26.466 (146)	48:31.133	15:25.689
141	140	BARREIRO BARREIRO Benigno		24:32.794 (148)	48:33.434	15:27.990
142	174	HERNANDEZ BORREGO Miguel	MAIS QUE AUGA	24:19.693 (140)	48:36.689	15:31.245
143	212	FONTAN GARRIDO David	MUÑECOS RUNNING TEAM	25:12.310 (166)	48:46.134	15:40.690
144	320	VILLANUEVA AREAL Dito	RUNNING LUSEKELO	24:44.232 (155)	49:01.720	15:56.276
145	135	GONZALEZ MACIEL Jose Luis	RUNNING LUSEKELO	24:19.176 (139)	49:07.649	16:02.205
146	383	DE LA IGLESIA SANTOS Jose Luis		24:25.809 (145)	49:12.853	16:07.409
147	164	COSTALES GARCIA Eduardo		25:52.178 (188)	49:16.086	16:10.642
148	237	GIL ESTEVEZ Francisco Javier		25:07.786 (164)	49:16.438	16:10.994
149	281	CODON VEGA Alfonso	C.A.R. MARISQUEIRO	24:42.942 (153)	49:17.473	16:12.029
150	384	DESTAR GONZALEZ Abel		24:33.520 (149)	49:18.923	16:13.479
151	226	PEREZ FREIRIA Jose Ramon	ATLETISMO TUY	24:19.996 (141)	49:22.672	16:17.228
152	180	CARRERA CARRERA Xose Manuel	TANINOS RUNNERS PONTEAREAS	24:43.364 (154)	49:25.439	16:19.995
153	319	CHAMORRO RODRIGUEZ Daniel		26:03.216 (195)	49:28.955	16:23.511
154	394	CASADO BOUZO Gustavo		24:25.036 (144)	49:33.759	16:28.315
155	326	NOVOA Miguel		24:39.099 (150)	49:34.509	16:29.065
156	345	YAÑEZ COIRA Avelino	RUNNING LUSEKELO	25:16.975 (172)	49:38.798	16:33.354
157	316	CONDE PEREZ Celso		24:53.818 (160)	49:43.308	16:37.864
158	379	PEREZ BRUCES Francisco Javier		25:29.958 (180)	49:45.360	16:39.916
159	124	SANMARTIN GONZALEZ Victoriano	MAIS QUE AUGA	25:02.232 (163)	49:57.595	16:52.151
160	389	GONÇALVES ROLO Alvaro		24:56.418 (161)	49:57.711	16:52.267
161	121	GARCIA DE LA CRUZ Roberto	MAIS QUE AUGA	24:21.826 (143)	49:57.900	16:52.456
162	278	MARTINEZ GOMEZ Pakinho	GALLEUSKA KORRIKOLARI ELKARTEA	25:58.414 (190)	49:59.938	16:54.494
163	224	ALONSO PEREZ Samuel		25:08.068 (165)	50:05.541	17:00.097
164	249	BERNARDEZ GIL David		24:52.833 (159)	50:08.868	17:03.424
165	715	TIZON MENDEZ Miguel		25:30.286 (181)	50:30.079	17:24.635
166	356	RODRIGUEZ RIAL Juan Carlos	CLUB TRIATLON MAR DE VIGO	25:31.083 (182)	50:33.620	17:28.176
167	118	GONZALEZ ALONSO Sergio	CLUB TRIATLON MAR DE VIGO	25:14.771 (169)	50:33.899	17:28.455
168	202	VARELA LOZANO Miguel Angel	CLUB TRIATLON MAR DE VIGO	25:23.128 (174)	50:37.086	17:31.642
169	113	MARTINEZ Benjamin	R&K PROJECT	25:40.482 (183)	50:37.133	17:31.689
170	149	OJEA RODRIGUEZ Gonzalo	FRUTAS NIEVES	25:27.122 (177)	50:37.742	17:32.298
171	187	HERNANDEZ GRAÑA Juan Carlos	MACHACAS TEAM	25:28.996 (179)	50:38.798	17:33.354
172	252	PIÑEIRO Juan		26:02.400 (193)	50:44.518	17:39.074
173	290	PALOMEQUE TORRAS Jose Maria		25:19.318 (173)	50:51.477	17:46.033
174	123	GONZALEZ GARCIA Luis		25:23.560 (175)	51:06.877	18:01.433
175	260	GODA Sebas	C.C.RIA DE VIGO	25:28.138 (178)	51:07.415	18:01.971
176	395	PEREIRA NORONTIA Ismael		24:51.872 (158)	51:09.947	18:04.503
177	346	SALO BENITO Javier		25:51.051 (186)	51:20.189	18:14.745
178	371	GIL ALVAREZ Esteban		25:15.732 (170)	51:25.555	18:20.111
179	213	PALMER Timothy		25:51.895 (187)	51:25.696	18:20.252
180	347	BAAMONDE GONZALEZ Antonio	ESPARTAN@S CHIFLAD@S	28:04.037 (230)	51:25.930	18:20.486
181	377	DOMINGUEZ VALES Jose Manuel		26:59.059 (212)	51:28.977	18:23.533



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182	175	PEREIRA FERNANDEZ Daniel	ORXO	26:31.342 (209)	51:35.774	18:30.330
183	291	GONZALEZ MARTINEZ Fernando		27:00.099 (214)	51:45.407	18:39.963
184	369	DELGADO CARBAJO Javier		25:13.201 (167)	51:52.906	18:47.462
185	173	PINO Miguel	NANDO	26:02.982 (194)	51:54.126	18:48.682
186	318	FIDALGO IGLESIAS Manuel		26:01.811 (192)	51:57.055	18:51.611
187	327	NOBLESSE Thierry		26:09.122 (198)	52:12.243	19:06.799
188	292	LOPEZ Carlos		26:13.529 (202)	52:15.126	19:09.682
189	193	AMOEDO MARTINEZ Marco		26:22.224 (206)	52:18.735	19:13.291
190	139	LARA PEREZ Jose		26:24.029 (207)	52:24.548	19:19.104
191	349	BOIX Vicente	FRUTAS NIEVES	24:51.848 (157)	52:33.993	19:28.549
192	274	MENDEZ TRIGO Victor		25:55.740 (189)	52:36.078	19:30.634
193	132	BOA MOUCO Alberto		27:01.224 (217)	52:37.978	19:32.534
194	192	BALLESTEROS FERNANDEZ David		27:05.115 (221)	52:43.087	19:37.643
195	277	BOLAS CABALEIRO Xose Manuel		25:58.740 (191)	52:46.438	19:40.994
196	128	FERNANDEZ GALLEGO Alberto		25:14.607 (168)	52:49.673	19:44.229
197	301	DURAN LAGO Fernando		26:11.396 (200)	52:54.266	19:48.822
198	204	SOLIÑO Borja		26:21.123 (205)	53:00.828	19:55.384
199	367	GUAMA Edwin		25:50.279 (185)	53:10.977	20:05.533
200	209	MARTINEZ DOBALO David		26:27.241 (208)	53:17.093	20:11.649
201	343	BAQUERO LOPEZ Javier		25:47.303 (184)	53:37.602	20:32.158
202	392	VIDE LINARES Antonio Jose		25:01.108 (162)	53:39.735	20:34.291
203	385	AMOEDO COLLAZO David	SPARTAN@S CHIFLAD@S	27:42.380 (227)	53:44.305	20:38.861
204	223	AMOEDO COLLAZO Marcos	ESPARTAN@S CHIFLAD@S	27:42.265 (226)	53:44.727	20:39.283
205	106	CORDEIRO SANTOS Miguel		28:31.716 (236)	54:25.484	21:20.040
206	263	MOREIRA CAL Jose Humberto		27:25.271 (223)	54:36.126	21:30.682
207	159	RELLO FERNANDEZ Pablo	C.A. VETERANOS DE SAMIL	26:59.982 (213)	54:39.079	21:33.635
208	296	ARZA TOUZON German	RAPIDO DE PONTEQUIETO	27:41.279 (225)	54:55.251	21:49.807
209	152	ESTEVEZ CERNADAS Ricardo		28:58.882 (240)	55:11.072	22:05.628
210	242	MENDEZ RODRIGUEZ Manuel	RUNNING LUSEKELO	27:03.158 (219)	55:20.142	22:14.698
211	211	BECEIRO CAMESELLE Dani	MUÑECOS RUNNING TEAM	27:23.327 (222)	55:26.235	22:20.791
212	195	GONZALEZ PEREZ Jorge		28:22.999 (234)	56:00.080	22:54.636
213	288	LAGE REGO Faustino	CRISIS34	27:29.092 (224)	56:06.219	23:00.775
214	207	MARTINEZ LOMBA Oscar		28:39.123 (237)	56:11.282	23:05.838
215	386	LAGO CERQUEIRA Javier		28:11.186 (233)	56:16.017	23:10.573
216	308	GOMEZ MARTINEZ David	CURRUNCHO DOS TITOS	27:59.092 (229)	56:21.993	23:16.549
217	311	BERMUDEZ FERREIRA Arturo		27:00.849 (216)	56:23.704	23:18.260
218	250	CAGIAO AVENDAÑO Ruben	VAMOS	27:00.802 (215)	56:24.032	23:18.588
219	238	GARCIA LORENZO Juan		27:56.842 (228)	56:24.829	23:19.385
220	399	TOME BRAVO Luis Antonio		28:04.905 (231)	57:11.775	24:06.331
221	181	ALONSO MISA Evaristo		29:09.663 (244)	57:25.555	24:20.111
222	190	ARANGO GAYAR Saul	FRUTAS NIEVES	26:58.833 (211)	57:28.625	24:23.181
223	354	VAZQUEZ FERNANDEZ Victor		28:52.084 (239)	57:56.892	24:51.448
224	150	TOLEDO Pablo	CHUZAS OLIMPICOS	29:00.991 (242)	58:24.735	25:19.291
225	112	DE MIGUEL AMOEDO Pablo		29:27.710 (246)	58:28.930	25:23.486
226	126	REIGADA QUINTELA Fernando	CHUZAS OLIMPICOS	29:00.873 (241)	58:42.548	25:37.104
227	107	FEIJOO SUAREZ Marcos	CHUZAS OLIMPICOS	29:02.491 (243)	58:42.735	25:37.291



Érguete e Corre
GENERAL 10K

Clf	Dor.	Apellidos y nombre	Equipo	5K (Clf)	Tiempo	Diferencia
228	133	LOPEZ RAMOS Luis	RUN&TRI	28:31.108 (235)	58:47.446	25:42.002
229	203	AMOEDO COLLAZO Moises	ESPARTAN@S CHIFLAD@S	28:43.928 (238)	58:49.625	25:44.181
230	329	DIAZ IGLESIAS Adolfo	C.A. VETERANOS DE SAMIL	29:15.264 (245)	59:33.712	26:28.268
231	109	DE LA FUENTE SANTOS Jorge		30:10.601 (247)	1h00:30.290	27:24.846
232	282	PALMA GONZALEZ Antonio Jesus		31:11.327 (251)	1h00:48.688	27:43.244
233	145	GANDARELA Manuel		30:36.334 (248)	1h00:54.759	27:49.315
234	262	VIÑAS FERNANDEZ Diego		30:42.644 (250)	1h02:14.564	29:09.120
235	131	GRAZIANI FONTICIELHA Rodrigo		30:40.084 (249)	1h02:23.657	29:18.213
236	151	LOPEZ CARBALLO Alex	ELECTRO	31:39.804 (252)	1h02:40.391	29:34.947
237	299	PAINCEIRA MACIÑEIRAS Jorge		32:20.116 (254)	1h02:50.869	29:45.425
238	302	PORTEIRO FERNANDEZ Cesar		32:20.280 (255)	1h03:28.227	30:22.783
239	339	ESTEVEZ GONZALEZ Jose Antonio	BROOKS RUN HAPPY TEAM	31:56.279 (253)	1h03:29.096	30:23.652
240	360	BARROS RODRIGUEZ Carlos		32:54.336 (256)	1h06:28.322	33:22.878
241	228	VENTIN PUENTE Ivan	DISCAMINO	26:12.099 (201)	1h07:21.408	34:15.964
242	241	SANCHEZ CASADO Unai	DISCAMINO	25:24.780 (176)	1h07:25.158	34:19.714
243	231	HERMELO VILAS Martin	DISCAMINO	26:08.443 (196)	1h07:27.080	34:21.636
244	234	RIVERA ESTEVEZ Aitor	DISCAMINO	25:16.834 (171)	1h07:30.831	34:25.387
245	235	BACELO VELOSO Ismael	DISCAMINO	26:09.920 (199)	1h07:32.751	34:27.307
246	229	FERNANDEZ COSTA Gerardo	DISCAMINO	26:16.014 (204)	1h07:35.143	34:29.699
247	108	GANDARA BOUZA Alejandro	CASTRELOS 20:30	33:45.664 (257)	1h07:35.846	34:30.402
248	227	CATRO RODRIGUEZ Izan	DISCAMINO	26:14.138 (203)	1h07:37.955	34:32.511
249	115	VILLAR CRESPO Eduardo		34:00.242 (258)	1h07:50.307	34:44.863
250	255	BRAGADO FERNANDEZ Ivan	DISCAMINO	9:49.653 (1)	1h07:53.845	34:48.401
251	258	VALVERDE CORDEIRO Jesus	DISCAMINO	26:08.981 (197)	1h07:54.901	34:49.457
252	257	BARREIRO COSTAS Andres	DISCAMINO	26:31.881 (210)	1h08:01.862	34:56.418

Mujer 10k

1	83	FERREIRO PEREZ Maria	GMTA&CHUVONERS	20:02.653 (3)	40:26.187	
2	79	CASAL DOMINGUEZ Silvia	GMTA&CHUVONERS	20:24.917 (5)	40:32.165	5.978
3	73	VALIÑO GOMEZ Esther		20:10.223 (4)	41:17.446	51.259
4	57	ALVAREZ RODRIGUEZ Noemi		20:59.840 (6)	41:42.032	1:15.845
5	74	RODRIGUEZ OLIVEIRA Rocio	ATHLETICS FISIOTERAPIA SAN LAZ	21:28.317 (7)	43:03.384	2:37.197
6	72	CALDAS Patricia		21:35.091 (9)	43:21.337	2:55.150
7	18	TABOAS CARRERA Irene	ATLETISMO PORRIÑO	21:34.106 (8)	43:44.235	3:18.048
8	21	OTERO ALONSO Carol		21:58.786 (11)	44:24.524	3:58.337
9	97	LEMONS SOAGE Ana	CORREDOIRAS BUEU	21:49.927 (10)	44:25.602	3:59.415
10	25	COMESAÑA SOUTO Beatriz	C.A. VETERANOS DE SAMIL	22:03.918 (13)	44:58.229	4:32.042
11	58	BARROS RODRIGUEZ Rosa Maria		22:03.801 (12)	45:58.134	5:31.947
12	56	CAMINO CREGO Maria Isabel		23:04.505 (15)	46:29.049	6:02.862
13	53	POMBO LOPEZ Belen		24:18.614 (22)	46:54.924	6:28.737
14	26	TILVE COSTAS Nazareth	C.A. VETERANOS DE SAMIL	23:00.051 (14)	47:25.944	6:59.757
15	98	LLORENTE Lucia	MAIS QUE AUGA	23:26.162 (17)	47:45.290	7:19.103
16	39	SAMPEDRO GARRIDO Julia		23:25.340 (16)	47:45.291	7:19.104
17	2	ARGUDIN ESTEVEZ Monica	C.A.R. MARISQUEIRO	23:42.614 (20)	47:51.012	7:24.825

Érguete e Corre
GENERAL 10K

Clf	Dor.	Apellidos y nombre	Equipo	5K (Clf)	Tiempo	Diferencia
18	64	LEMAT CABRAL Maria Belen	CLUB TRIATLON CIDADE DE LUGO F	23:30.474 (18)	48:06.595	7:40.408
19	12	RIVERA VAZQUEZ Noelia		24:48.140 (24)	48:12.407	7:46.220
20	19	ABELEIRA CARBALLO Irene		23:52.013 (21)	48:27.830	8:01.643
21	61	CONDE Uxia		23:37.435 (19)	49:17.306	8:51.119
22	69	MORENO LOBARIÑAS Rita Anais		25:26.091 (30)	49:23.494	8:57.307
23	42	COLLAZO FERNANDEZ Lorena	C.A. VETERANOS DE SAMIL	25:07.153 (28)	49:26.751	9:00.564
24	59	ALONSO Marta	C.D. DELIKIA	24:39.333 (23)	49:34.438	9:08.251
25	17	GARCIA TORRICO Dolly	MAIS QUE AUGA	24:50.067 (25)	49:35.681	9:09.494
26	15	PRIETO MORAIS Pili	TNT GHERRILLEIROS	25:20.466 (29)	51:35.398	11:09.211
27	6	COSTAS RODRIGUEZ Carmen	ATLETISMO BAIONA	25:50.536 (31)	51:58.627	11:32.440
28	33	PEÑA FERNANDEZ Monica		25:53.513 (32)	52:20.727	11:54.540
29	70	GARCIA LAGO Lorena	TRIATLON MAR DE VIGO	26:38.396 (37)	52:38.563	12:12.376
30	91	VYNOHRADOVA Kateryna		26:23.724 (34)	52:39.056	12:12.869
31	10	LOPEZ REGUEIRO Alicia	C.A.R. MARISQUEIRO	26:56.231 (39)	53:12.689	12:46.502
32	63	CARRA IGLESIAS Doris	C.A.R. MARISQUEIRO	26:56.233 (40)	53:12.758	12:46.571
33	84	FERNANDEZ MOSQUERA Raquel		26:09.428 (33)	53:19.556	12:53.369
34	34	ROMERO MARTINEZ Monica	FRUTAS NIEVES	26:34.623 (36)	53:37.884	13:11.697
35	38	CEBREIROS IGLESIAS Sira	A.D. LIMIACTIVA	26:48.827 (38)	53:45.946	13:19.759
36	41	PEREZ RODRIGUEZ Elisa		28:00.147 (48)	54:06.781	13:40.594
37	14	GONZALEZ BELLO Concepcion		28:06.827 (49)	55:07.064	14:40.877
38	4	PAZ OLIVEIRA Natalia		27:33.240 (43)	55:16.767	14:50.580
39	68	BAR IGLESIAS Tamara		27:14.771 (41)	55:21.313	14:55.126
40	27	VEIGA FERRO Sara		28:20.070 (52)	55:27.454	15:01.267
41	5	ORTIZ CIDRE Andrea		27:46.904 (45)	55:52.509	15:26.322
42	90	CAMIÑA GOMES Sabina		28:23.726 (54)	55:55.204	15:29.017
43	81	APARICIO GARCIA Virgina		28:23.059 (53)	55:59.821	15:33.634
44	32	TABOADA ALVAREZ Nerea		28:39.522 (57)	56:11.141	15:44.954
45	80	CARRERA SOUTELO Josefa	TALLERES EAUTO	27:23.208 (42)	56:15.360	15:49.173
46	75	RODRIGUEZ SANTOS Bibiana	RAPIDO DE PONTEQUIETO	27:41.678 (44)	56:16.086	15:49.899
47	65	COMESAÑA FOJO Olalla		28:18.874 (50)	56:22.673	15:56.486
48	16	VAZQUEZ MAYO Monica	MAIS QUE AUGA	27:59.349 (47)	56:24.923	15:58.736
49	50	SANTANA CABRAL Pilar	MAIS QUE AUGA	27:56.749 (46)	56:24.924	15:58.737
50	67	ASENSIO VARELA Ana M	C.A.R. MARISQUEIRO	28:18.898 (51)	56:29.633	16:03.446
51	1	PEREZ RODRIGUEZ Luz		28:28.905 (55)	57:30.665	17:04.478
52	51	LEMONS LOPEZ Vanesa	MAIS QUE AUGA	28:47.795 (59)	57:30.759	17:04.572
53	30	ABALDE SANCHEZ Marta		28:55.975 (60)	57:39.689	17:13.502
54	31	SAINZ FERNANDEZ Nuria		28:56.677 (61)	57:39.899	17:13.712
55	71	CID SUEIRO Marina	TRIATLON MAR DE VIGO	29:29.914 (64)	58:17.727	17:51.540
56	36	PEREIRA DIOS Maria	ESPARTAN@S CHIFLAD@S	28:43.998 (58)	58:49.696	18:23.509
57	52	VIÑAS ROMERO Silvia	BIKILA	29:16.343 (62)	59:39.290	19:13.103
58	99	CARNERO LLAUGER Maria	BIKILA	29:17.280 (63)	59:39.314	19:13.127
59	37	BUENADICHA BARBACIL Maria		28:32.023 (56)	59:40.040	19:13.853
60	66	ESTEVEZ ARAUJO Lorena		29:39.757 (65)	59:49.532	19:23.345
61	22	GIL JANERIO Yoli	DISCAMINO	29:42.710 (66)	1h00:29.610	20:03.423
62	9	RODRIGUEZ IGLESIAS Ana	MAIS QUE AUGA	29:43.272 (67)	1h00:29.611	20:03.424
63	8	VILLARONGA ARTEAGA Lourdes		30:18.194 (68)	1h00:30.314	20:04.127

Érguete e Corre
GENERAL 10K

Clf	Dor.	Apellidos y nombre	Equipo	5K (Clf)	Tiempo	Diferencia
64	55	FERNANDEZ ALONSO Carmen		31:22.482 (73)	1h00:45.125	20:18.938
65	89	LUNA MERA Mari		30:31.388 (70)	1h00:46.484	20:20.297
66	49	SOLA BRAVO Angela Isabel		31:29.304 (74)	1h01:28.955	21:02.768
67	3	ALVAREZ DOMINGUEZ Rosa M ^a	MAIS QUE AUGA	30:21.709 (69)	1h01:38.025	21:11.838
68	7	GONZALEZ MERA Regina	MAIS QUE AUGA	31:09.147 (71)	1h02:29.189	22:03.002
69	23	CALVIÑO CANCELA Carola	ELECTRO	31:40.482 (75)	1h02:40.744	22:14.557
70	78	MU?IZ RIAL Maria Del Mar		31:14.000 (72)	1h03:27.618	23:01.431
71	88	LOPEZ MUIÑOS Ana Rosa		32:54.733 (76)	1h06:28.229	26:02.042
72	48	PAZ ABREU Paula	DISCAMINO	26:25.130 (35)	1h07:25.205	26:59.018
73	43	MARTINEZ SANTOS Paula	DISCAMINO	8:31.951 (1)	1h07:25.580	26:59.393
74	44	CAMPOS SOLIÑO Eva	DISCAMINO	8:35.367 (2)	1h07:41.331	27:15.144
75	13	OTERO ALONSO Carmen		34:00.640 (79)	1h07:49.886	27:23.699
76	28	BARROS RIVEIRO Josefina		33:55.509 (78)	1h07:50.048	27:23.861
77	46	PEREIRO PIAY Paula	DISCAMINO	32:59.491 (77)	1h07:58.017	27:31.830

Cronometraje