

CRONOTECH

ANDAINA

Carrera principal	Localidade Localidad	Organiza: Club de Sendeirismo Trabandainas
Clasificación xeral	Data 25/05/2024	Cronometra: Cronotec
Distancias parciais: 7.8 + 5.5 + 7.4 + 4.03	Hora 9:00 AM	Sisitema: Cronomach
	Distancia 24,73 Km	Clasificaci3ns: cronotec.es

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
1		156	Ángel Manuel GONZÁLEZ GÓMEZ		MAS (1)	1:22:52 5,648	0:57:41 5,721	1:16:32 5,801	0:42:27 5,696	4:19:33 5,717	0,045
2		316	Casiano SÁNCHEZ ALDREY	TRABANDAINAS	MAS (2)	1:27:36 5,342	1:03:18 5,213	1:22:37 5,374	0:45:35 5,305	4:39:08 5,316	0,050
3		269	David Eladio PINAL OTERO		MAS (3)	1:35:26 4,904	1:07:46 4,870	1:29:29 4,962	0:48:01 5,036	5:00:44 4,934	0,056
4		107	Miguel Ángel DOURAL ARES	TOXIZA CLUBE DE MONTAÑA	MAS (4)	1:17:07 6,069	0:54:24 6,066	1:11:30 6,210	0:38:59 6,203	4:02:01 6,131	0,070
5	1	86	Estela COTELO PUEYO		FEM (1)	1:28:28 5,290	1:01:23 5,376	1:20:09 5,540	0:44:49 5,395	4:34:51 5,399	0,070
6	2	293	Maria RIOS LOIRA	AVIVAS	FEM (2)	1:15:37 6,189	0:54:29 6,057	1:10:40 6,283	0:39:28 6,127	4:00:15 6,176	0,073
7		63	Raimundo CASTAÑO BASCOY	ITBS	MAS (5)	1:19:47 5,866	0:56:32 5,837	1:13:43 6,023	0:40:30 5,970	4:10:34 5,922	0,073
8		244	Alberto PADÍN CORES		MAS (6)	1:28:37 5,281	1:00:41 5,438	1:20:33 5,512	0:45:00 5,373	4:34:53 5,398	0,074
9	3	328	Eva SOTELO CORBACHO		FEM (3)	1:28:35 5,283	1:00:39 5,441	1:20:33 5,512	0:45:03 5,367	4:34:51 5,399	0,076
10		245	Carlos PADÍN CORES		MAS (7)	1:28:26 5,292	1:00:06 5,491	1:21:12 5,468	0:45:12 5,350	4:34:58 5,396	0,079
11	4	97	Débora DE LA FUENTE EVANGEL		FEM (4)	1:28:22 5,296	1:01:43 5,347	1:19:49 5,563	0:44:57 5,379	4:34:52 5,398	0,084
12	5	298	Maria Jesus RIVAS MOSCOSO	VÍA LÁCTEA	FEM (5)	1:22:40 5,661	0:58:37 5,630	1:16:31 5,803	0:41:30 5,827	4:19:20 5,722	0,085
13	6	350	Mirian VIGO BALEIRON		FEM (6)	1:21:58 5,710	0:56:34 5,834	1:16:42 5,789	0:43:36 5,546	4:18:52 5,732	0,092
14	7	279	Begoña PUENTE GONZALEZ		FEM (7)	1:19:52 5,860	0:56:50 5,806	1:13:25 6,048	0:40:20 5,995	4:10:29 5,924	0,094
15	8	73	Rosario CERVIÑO PEREIRA		FEM (8)	1:21:16 5,759	0:57:30 5,739	1:13:46 6,019	0:41:29 5,829	4:14:03 5,841	0,094
16		47	Xoán M. CABO PÉREZ		MAS (8)	1:16:06 6,150	0:55:41 5,926	1:10:50 6,268	0:39:16 6,158	4:01:53 6,134	0,095
17		70	Fco. Javier CASTRO SILVA	DDD	MAS (9)	1:21:14 5,761	0:57:26 5,746	1:13:45 6,020	0:41:34 5,817	4:14:01 5,841	0,095
18	9	234	Beatriz ORTEGA NAVAS		FEM (9)	1:18:13 5,983	0:56:14 5,868	1:12:21 6,137	0:41:12 5,869	4:08:02 5,982	0,096
19		58	Carlos CARDAMA CALVO		MAS (10)	1:21:58 5,710	0:56:07 5,881	1:17:05 5,760	0:43:39 5,540	4:18:51 5,732	0,098
20		205	Jose Manuel MARTINEZ MUÑIZ	ANDAINAS 2.0	MAS (11)	1:22:04 5,703	1:00:23 5,465	1:21:38 5,439	0:44:14 5,466	4:28:20 5,530	0,098
21	10	210	Carmela MARTÍNEZ VISPO		FEM (10)	1:31:37 5,108	1:04:24 5,124	1:24:05 5,280	0:49:12 4,915	4:49:19 5,129	0,098
22		268	Diego PINAL FERNÁNDEZ		MAS (12)	1:31:38 5,107	1:04:26 5,122	1:24:05 5,280	0:49:11 4,916	4:49:22 5,128	0,098
23		241	Fernando OTERO MOSQUERA		MAS (13)	1:17:57 6,004	0:57:33 5,734	1:14:39 5,948	0:41:37 5,810	4:11:48 5,893	0,102

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
24	11	170	Ana JUNCAL	K2 ORDES	FEM (11)	1:25:24 5,480	1:03:01 5,237	1:24:17 5,268	0:44:28 5,438	4:37:11 5,353	0,103
25	12	207	María Luisa MARTÍNEZ RAMILO	METAS IMPOSIBLES TRAIL TEA	FEM (12)	1:23:38 5,596	1:03:01 5,237	1:22:04 5,410	0:45:14 5,346	4:33:58 5,416	0,109
26	13	204	María Consuelo MARTÍNEZ FERN		FEM (13)	1:23:32 5,603	1:02:36 5,272	1:22:37 5,374	0:45:12 5,350	4:33:59 5,416	0,110
27	14	81	María Teresa CONDE ABELLEIRA	RUTAS A PIE	FEM (14)	1:29:26 5,233	1:04:45 5,097	1:23:02 5,347	0:47:55 5,046	4:45:10 5,203	0,110
28	15	231	Mercedes Giselle OCAMPO	METAS IMPOSIBLES TRAIL TEA	FEM (15)	1:23:31 5,604	1:02:40 5,266	1:22:34 5,377	0:45:11 5,352	4:33:56 5,417	0,111
29		111	Jairo ESTEVEZ MARTINEZ	METAS IMPOSIBLES TRAIL TEA	MAS (14)	1:23:31 5,604	1:02:40 5,266	1:22:34 5,377	0:45:11 5,352	4:33:56 5,417	0,111
30	16	307	Raquel RODRÍGUEZ GÓMEZ		FEM (16)	1:29:21 5,238	1:04:50 5,090	1:22:54 5,356	0:48:05 5,029	4:45:12 5,203	0,119
31		13	Carlos ALVAREZ NOYA	TRABANDAINAS	MAS (15)	1:27:27 5,352	1:07:18 4,903	1:24:50 5,234	0:46:39 5,183	4:46:16 5,183	0,125
32		294	Eduardo RIOS OTERO		MAS (16)	1:33:41 4,996	1:11:37 4,608	1:29:01 4,988	0:49:22 4,898	5:03:42 4,886	0,125
33		259	David PEREZ BANA		MAS (17)	1:33:34 5,002	1:11:36 4,609	1:29:11 4,979	0:49:22 4,898	5:03:44 4,885	0,125
34		51	Daniel CALVO MÍGUEZ		MAS (18)	1:33:31 5,004	1:11:38 4,607	1:29:11 4,979	0:49:24 4,895	5:03:46 4,885	0,125
35	17	223	Lucía MOURELLE TORRADO	TRABANDAINAS	FEM (17)	1:27:27 5,352	1:07:20 4,901	1:24:51 5,233	0:46:27 5,206	4:46:07 5,186	0,129
36		177	Yago LESTIDO CARDAMA		MAS (19)	1:33:37 4,999	1:11:39 4,606	1:29:16 4,974	0:49:09 4,920	5:03:43 4,885	0,129
37		295	Marcos RÍOS OTERO	O4S	MAS (20)	1:33:32 5,004	1:11:44 4,600	1:29:11 4,979	0:49:17 4,906	5:03:44 4,885	0,129
38	18	179	Isabel LOIS PASTORIZA	TRABANDAINAS	FEM (18)	1:27:18 5,361	1:07:24 4,896	1:24:44 5,240	0:46:35 5,191	4:46:02 5,188	0,130
39	19	335	María Dolores TIRADOS PRIETO		FEM (19)	1:32:32 5,058	1:10:41 4,669	1:29:21 4,969	0:48:03 5,032	5:00:38 4,936	0,130
40	20	132	Laura FRESCO REY		FEM (20)	1:33:32 5,004	1:11:44 4,600	1:29:11 4,979	0:49:11 4,916	5:03:39 4,887	0,131
41	21	258	Mónica PÉREZ ÁLVAREZ	VÍA LÁCTEA	FEM (21)	1:36:08 4,868	1:13:19 4,501	1:30:33 4,903	0:51:01 4,740	5:11:02 4,771	0,133
42		31	Moisés BARRIO BAYO	CLUB PEÑA TREVINCA BARCO	MAS (21)	1:17:25 6,045	0:57:31 5,737	1:15:42 5,865	0:39:37 6,103	4:10:17 5,928	0,136
43		313	Gerardo ROMERO PEREZ		MAS (22)	1:30:05 5,195	1:00:32 5,452	1:19:43 5,570	0:43:28 5,563	4:33:50 5,419	0,137
44	22	18	Noelia ALVAREZ VERA		FEM (22)	1:28:04 5,314	1:03:22 5,208	1:21:07 5,474	0:48:07 5,025	4:40:42 5,286	0,139
45		192	Jorge MANZANARES RODRIGUE		MAS (23)	1:30:09 5,191	1:09:00 4,783	1:27:34 5,070	0:49:06 4,925	4:55:51 5,015	0,139
46		137	Pedro GARCÍA LÓPEZ	CLUB PEÑA TREVINCA BARCO	MAS (24)	1:17:23 6,048	0:57:34 5,732	1:15:45 5,861	0:39:36 6,106	4:10:19 5,928	0,140
47	23	160	Nerea GONZÁLEZ PAZ		FEM (23)	1:20:31 5,812	1:00:35 5,447	1:16:23 5,813	0:41:19 5,852	4:18:49 5,733	0,141
48		96	Jose Miguel DE LA CAL GONZAL	CLUB PEÑA TREVINCA BARCO	MAS (25)	1:17:25 6,045	0:58:18 5,660	1:15:32 5,878	0:39:53 6,063	4:11:09 5,908	0,142
49		41	Francisco Javier BOUZAS COLL	VINTEDOUSPES	MAS (26)	1:28:40 5,278	1:07:30 4,889	1:28:29 5,018	0:49:24 4,895	4:54:04 5,046	0,142
50		347	Iago VENTOSO TORRES		MAS (27)	1:20:30 5,814	1:00:36 5,446	1:16:27 5,808	0:41:14 5,864	4:18:48 5,733	0,143
51		324	José Carlos SENOVILLA SANZ	XISTRA	MAS (28)	1:20:47 5,793	0:59:25 5,554	1:19:22 5,594	0:46:04 5,249	4:25:39 5,586	0,146
52	24	286	Luisa REQUEJO FERNÁNDEZ	CLUB PEÑA TREVINCA-MONTA	FEM (24)	1:21:34 5,738	1:01:45 5,344	1:22:54 5,356	0:44:42 5,409	4:30:57 5,476	0,146
53	25	287	Margarita REQUEJO FERNÁNDEZ		FEM (25)	1:21:35 5,736	1:03:33 5,193	1:21:27 5,451	0:44:17 5,460	4:30:54 5,477	0,147
54		312	Moncho ROMANO CRUJEIRAS	SACHACAMIÑOS	MAS (29)	1:22:18 5,687	1:01:03 5,405	1:22:09 5,405	0:46:31 5,198	4:32:02 5,454	0,147
55	26	300	María RODRÍGUEZ BOUZAS		FEM (26)	1:30:06 5,194	1:09:25 4,754	1:27:15 5,089	0:48:59 4,936	4:55:46 5,017	0,148
56		310	Manuel RODRÍGUEZ PENA	SACHACAMIÑOS	MAS (30)	1:22:16 5,689	1:01:07 5,400	1:22:10 5,404	0:46:49 5,165	4:32:23 5,447	0,154
57		242	Ignacio OTERO SOTO		MAS (31)	1:29:16 5,243	1:04:01 5,155	1:22:23 5,389	0:49:57 4,841	4:45:39 5,194	0,159
58	27	151	Pilar GONZALEZ CARRACELAS		FEM (27)	1:29:19 5,240	1:03:47 5,174	1:22:16 5,397	0:50:11 4,818	4:45:34 5,196	0,161

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
59	28	327	Verónica SIEIRO GONZÁLEZ	PEÑA TREVINCA VIGO	FEM (28)	1:26:36 5,404	1:07:18 4,903	1:24:57 5,227	0:44:59 5,375	4:43:52 5,227	0,162
60		152	Javier GONZÁLEZ CARRACELAS	OS CASTREXOS	MAS (32)	1:29:20 5,239	1:03:45 5,176	1:22:15 5,398	0:50:18 4,807	4:45:40 5,194	0,164
61	29	91	Lucila Milagros CREO ABEIJÓN	CLUB DE MONTAÑA DO BARBA	FEM (29)	1:25:05 5,500	1:05:09 5,065	1:21:15 5,465	0:43:24 5,571	4:34:54 5,398	0,169
62		216	Ramón Luis MILLARENGO GIL	CLUB MONTAÑA FERROL	MAS (33)	1:29:01 5,257	1:06:13 4,984	1:31:21 4,860	0:51:22 4,707	4:57:58 4,980	0,169
63	30	246	Olga PAIS FORJÁN		FEM (30)	1:24:56 5,510	1:04:59 5,078	1:19:16 5,601	0:43:49 5,518	4:33:03 5,434	0,170
64	31	59	María Luisa CARREGAL DA COST		FEM (31)	1:17:31 6,037	1:00:11 5,483	1:14:47 5,937	0:40:58 5,902	4:13:29 5,854	0,171
65	32	309	Berta RODRÍGUEZ LÓPEZ	CAR MARISQUEIRO	FEM (32)	1:25:40 5,463	1:07:03 4,922	1:26:46 5,117	0:47:37 5,078	4:47:08 5,168	0,171
66		336	Alberto TOJO MOLEDO		MAS (34)	1:18:47 5,940	0:55:16 5,971	1:08:51 6,449	0:39:47 6,078	4:02:43 6,113	0,172
67	33	149	María Jesús GÓMEZ RUSO		FEM (33)	1:25:01 5,505	1:05:02 5,074	1:19:09 5,610	0:43:50 5,516	4:33:03 5,434	0,172
68		7	Marcelino ALBORÉS ABEIJÓN	TRABANDAINAS	MAS (35)	1:25:30 5,474	1:05:16 5,056	1:24:39 5,245	0:43:47 5,523	4:39:14 5,314	0,174
69		127	Sergio FORMOSO VARELA	FORMOSO TEAM	MAS (36)	1:17:06 6,070	0:51:31 6,406	1:10:57 6,258	0:41:03 5,890	4:00:39 6,166	0,176
70		314	Javier SAA FERNÁNDEZ		MAS (37)	1:21:30 5,742	0:55:46 5,918	1:10:41 6,282	0:41:41 5,801	4:09:40 5,943	0,177
71		303	Vicente RODRÍGUEZ FERRER	CLUB PEÑA TREVINCA BARCO	MAS (38)	1:19:52 5,860	1:01:38 5,354	1:16:05 5,836	0:41:31 5,824	4:19:07 5,726	0,178
72		198	Pedro Constante MARTÍN CORB	CLUB DE SENDEIRISMO TRABA	MAS (39)	1:18:27 5,966	0:59:17 5,566	1:12:59 6,084	0:39:45 6,083	4:10:29 5,924	0,179
73		193	Julian MARCOS DIAZ		MAS (40)	1:17:32 6,036	1:00:20 5,470	1:14:37 5,950	0:40:55 5,910	4:13:25 5,855	0,179
74	34	95	Henar DE DIEGO DE DIEGO	XISTRA	FEM (34)	1:20:23 5,822	1:00:21 5,468	1:18:54 5,627	0:45:55 5,266	4:25:34 5,587	0,179
75	35	117	Laura FERNÁNDEZ DIESTE		FEM (35)	1:15:37 6,189	0:58:57 5,598	1:15:57 5,846	0:40:24 5,985	4:10:56 5,913	0,182
76	36	345	Isabel VAZQUEZ SOTO		FEM (36)	1:12:53 6,421	0:55:54 5,903	1:13:28 6,044	0:40:31 5,968	4:02:49 6,111	0,183
77		255	Jose Manuel PEREIRA PIÑEIRO	CLUB ATLETISMO PORRIÑO	MAS (41)	1:12:53 6,421	0:55:55 5,902	1:13:23 6,050	0:40:38 5,951	4:02:51 6,110	0,185
78	37	163	Berta GOSENDE VIDAL	C.M.B. VINTEDOUSPÉS	FEM (37)	1:24:48 5,519	1:06:54 4,933	1:22:59 5,350	0:44:31 5,432	4:39:13 5,314	0,185
79		186	Santi LORENZO VARELA	TRABANDAINAS	MAS (42)	1:16:03 6,154	0:58:52 5,606	1:12:02 6,164	0:40:30 5,970	4:07:28 5,996	0,186
80		222	Simon MOURELLE LOPEZ	TRABANDAINAS	MAS (43)	1:27:47 5,331	1:01:14 5,389	1:27:59 5,046	0:49:05 4,926	4:46:06 5,186	0,187
81	38	22	Andrea BALAYO CAAMAÑO	TRABANDAINAS	FEM (38)	1:29:30 5,229	1:10:05 4,709	1:34:00 4,723	0:50:09 4,822	5:03:46 4,885	0,187
82	39	271	Milagros PIÑEIRO FREIRE		FEM (39)	1:22:51 5,649	1:05:16 5,056	1:23:39 5,308	0:46:34 5,193	4:38:21 5,331	0,188
83	40	112	Irene FAJARDO GONZÁLEZ		FEM (40)	1:29:29 5,230	1:10:04 4,710	1:33:59 4,724	0:50:13 4,815	5:03:47 4,884	0,188
84		168	Jose Luis INSUA SUAREZ		MAS (44)	1:14:23 6,292	0:56:10 5,875	1:09:29 6,390	0:40:00 6,045	4:00:03 6,181	0,190
85		45	Enrique CAAMAÑO CERNADAS	CLUB DE SENDERISMO TRABA	MAS (45)	1:24:25 5,544	1:05:05 5,070	1:26:41 5,122	0:48:08 5,024	4:44:21 5,218	0,191
86		119	Julio FERNÁNDEZ OITABEN	XISTRA	MAS (46)	1:20:50 5,790	0:53:46 6,138	1:08:19 6,499	0:39:04 6,189	4:02:01 6,131	0,193
87		33	David BAS FERNANDEZ	CORNELIOS MARQUÉS DE VIZ	MAS (47)	1:18:32 5,959	0:55:33 5,941	1:08:16 6,504	0:39:41 6,093	4:02:02 6,131	0,193
88	41	262	Gena PÉREZ GONZÁLEZ	TRABANDAINAS	FEM (41)	1:16:03 6,154	0:58:54 5,603	1:11:57 6,171	0:40:38 5,951	4:07:33 5,994	0,193
89		230	Francisco NÚÑEZ TOMÉ	TRABANDAINAS	MAS (48)	1:27:21 5,358	1:01:26 5,372	1:28:04 5,042	0:49:10 4,918	4:46:03 5,187	0,193
90		34	Fernando BESADA ALONSO		MAS (49)	1:19:23 5,895	0:59:44 5,525	1:14:11 5,985	0:39:09 6,176	4:12:28 5,877	0,194
91	42	121	Ines FERNANDEZ PELLÓN		FEM (42)	1:16:30 6,118	0:58:52 5,606	1:15:11 5,906	0:42:53 5,639	4:13:27 5,854	0,194
92		196	Antonio MARIÑO PÉREZ	ANDAINAS 2.0	MAS (50)	1:22:58 5,641	1:01:53 5,333	1:19:56 5,555	0:47:32 5,087	4:32:21 5,448	0,194
93	43	173	Rebeca LAIÑO MAGALLANES		FEM (43)	1:14:33 6,278	0:57:11 5,771	1:16:43 5,788	0:41:41 5,801	4:10:10 5,931	0,196

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
94		237	Fernando OTERO CONDE	CUNTIS	MAS (51)	1:37:11 4,816	1:05:18 5,054	1:27:44 5,061	0:53:34 4,514	5:03:49 4,884	0,196
95	44	87	Lourdes COUCEIRO NÚÑEZ	BJ RUNNING	FEM (44)	1:17:52 6,010	1:00:40 5,440	1:21:13 5,467	0:43:09 5,604	4:22:56 5,643	0,197
96		80	Manuel COMESAÑA RIAL	XISTRA	MAS (52)	1:21:03 5,774	0:53:28 6,172	1:08:02 6,526	0:39:24 6,137	4:01:58 6,132	0,198
97	45	332	Andrea SUEIRO BARROS		FEM (45)	1:37:22 4,807	1:05:14 5,059	1:27:42 5,063	0:53:27 4,524	5:03:47 4,884	0,198
98	46	128	Ana FREIRE MATO	BJ RUNNING TEAM	FEM (46)	1:17:50 6,013	1:00:43 5,435	1:21:11 5,469	0:43:13 5,595	4:22:58 5,643	0,200
99	47	28	Alba BARBEITO GREGORES	CORNELIOS MARQUÉS DE VIZ	FEM (47)	1:18:31 5,961	0:55:34 5,939	1:08:07 6,518	0:39:46 6,080	4:01:59 6,132	0,201
100		17	José ALVAREZ RODRIGUEZ	XISTRA	MAS (53)	1:13:00 6,411	0:58:20 5,657	1:12:39 6,111	0:39:55 6,058	4:03:55 6,083	0,202
101	48	94	Ana Maria DASILVA CASTRO	CDM XESTEIRAS	FEM (48)	1:13:54 6,333	0:54:17 6,079	1:10:18 6,316	0:42:02 5,753	4:00:31 6,169	0,204
102		280	Javier QUEIRUGA GARCIA	CLUB DE MONTAÑA ABRAKDA	MAS (54)	1:15:26 6,204	0:58:05 5,681	1:12:55 6,089	0:38:09 6,338	4:04:36 6,066	0,204
103		308	German RODRÍGUEZ HOLGUIN	AVIVA SPORT CLUB	MAS (55)	1:23:49 5,584	1:05:19 5,052	1:20:09 5,540	0:46:00 5,257	4:35:18 5,390	0,204
104		323	Adrián SENÍN ABALO		MAS (56)	1:37:23 4,806	1:04:59 5,078	1:27:48 5,057	0:53:37 4,510	5:03:48 4,884	0,205
105		183	Carlos LORENZO BLANCO		MAS (57)	1:14:26 6,288	0:57:11 5,771	1:16:48 5,781	0:41:56 5,766	4:10:22 5,927	0,206
106		304	Ricardo RODRÍGUEZ FERRER	CLUB PEÑA TREVINCA BARCO	MAS (58)	1:22:54 5,645	1:01:57 5,327	1:15:30 5,881	0:40:52 5,917	4:21:15 5,680	0,206
107	49	240	Amalia OTERO GONZÁLEZ	XISTRA	FEM (49)	1:20:37 5,805	1:03:10 5,224	1:24:16 5,269	0:43:52 5,512	4:31:56 5,456	0,206
108	50	184	Carla LORENZO LAIÑO		FEM (50)	1:14:23 6,292	0:56:36 5,830	1:16:57 5,770	0:42:13 5,728	4:10:10 5,931	0,207
109	51	208	Dolores MARTÍNEZ SÁNCHEZ	AVIVA SPORT CLUB	FEM (51)	1:23:43 5,590	1:05:18 5,054	1:20:11 5,537	0:46:06 5,245	4:35:21 5,389	0,207
110		229	Francisco José NÚÑEZ ÁLVAREZ	CLUB PEÑA TREVINCA BARCO	MAS (59)	1:18:54 5,932	0:59:34 5,540	1:14:14 5,981	0:38:25 6,294	4:11:08 5,908	0,212
111	52	72	Margarita CEREIJO TUÑAS		FEM (52)	1:32:04 5,083	1:12:26 4,556	1:42:29 4,332	0:52:01 4,649	5:19:02 4,651	0,212
112	53	181	Paula LÓPEZ CEREIJO		FEM (53)	1:32:04 5,083	1:12:26 4,556	1:42:30 4,332	0:52:02 4,647	5:19:04 4,650	0,212
113		126	Gonzalo FILGUEIRA IGLESIAS		MAS (60)	1:12:32 6,452	0:56:22 5,855	1:14:10 5,987	0:38:44 6,243	4:01:50 6,136	0,213
114	54	99	Remedios DÍAZ MAYO		FEM (54)	1:32:03 5,084	1:12:28 4,554	1:42:30 4,332	0:51:58 4,653	5:19:00 4,651	0,213
115		254	Mario PEREIRA GARCIA	UN KMARA SOBRE RUEDAS	MAS (61)	1:22:20 5,684	0:57:20 5,756	1:13:40 6,027	0:38:34 6,270	4:11:55 5,890	0,214
116	55	164	Dolly GRACIA TORRICO	CDMXESTEIRAS@GMAIL.COM	FEM (55)	1:15:37 6,189	0:57:41 5,721	1:10:41 6,282	0:37:54 6,380	4:01:54 6,134	0,215
117	56	317	Maria Jose SANCHEZ BLANCO	ABRAKADABRA	FEM (56)	1:15:26 6,204	0:58:06 5,680	1:13:14 6,063	0:37:47 6,400	4:04:34 6,067	0,215
118		215	Juan Antonio MILLÁN PEREZ	ANDAINAS 2.0	MAS (62)	1:22:57 5,642	1:05:06 5,069	1:21:55 5,420	0:47:06 5,134	4:37:06 5,355	0,215
119		217	Isaac MIRAZ SANMARTIN	MONTAÑA FERROL	MAS (63)	1:29:01 5,257	1:09:59 4,715	1:28:29 5,018	0:51:35 4,688	4:59:05 4,961	0,219
120	57	135	Fina GARCIA CASTRO		FEM (57)	1:27:15 5,364	1:08:45 4,800	1:30:27 4,909	0:51:07 4,730	4:57:36 4,986	0,224
121	58	1	Natalia ABELLA CASTRO		FEM (58)	1:30:32 5,169	1:11:59 4,584	1:27:28 5,076	0:50:44 4,766	5:00:45 4,934	0,224
122	59	266	Yolanda PÉREZ SALGUEIRO		FEM (59)	1:30:32 5,169	1:11:57 4,587	1:27:30 5,074	0:50:46 4,763	5:00:47 4,933	0,224
123		109	Isaac EIRAS PEREZ	TRABANDAINAS	MAS (64)	1:17:37 6,030	1:00:51 5,423	1:16:41 5,790	0:43:59 5,498	4:19:09 5,726	0,225
124	60	57	Silvia CAMES GONZALEZ	CLUBE DEPORTIVO FONTIÑAS	FEM (60)	1:21:34 5,738	1:02:54 5,246	1:25:50 5,173	0:47:22 5,105	4:37:42 5,343	0,225
125		124	Jesus FERRO MAGARIÑOS	CDM XESTEIRAS	MAS (65)	1:13:24 6,376	0:55:08 5,985	1:10:22 6,310	0:41:43 5,796	4:00:39 6,166	0,226
126		15	Ramón ÁLVAREZ MARIÑO	ANDAINAS 2.0	MAS (66)	1:18:35 5,955	1:00:31 5,453	1:11:45 6,188	0:40:00 6,045	4:10:52 5,915	0,226
127	61	201	Mari MARTÍNEZ BARREIRO	TRABANDAINAS	FEM (61)	1:25:53 5,449	1:08:49 4,795	1:29:54 4,939	0:49:18 4,905	4:53:56 5,048	0,227
128		315	Javier SANCHEZ		MAS (67)	1:27:13 5,366	1:08:47 4,798	1:30:20 4,915	0:51:16 4,717	4:57:37 4,986	0,227

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
129		301	Jose RODRÍGUEZ CADAYA		MAS (68)	1:23:25 5,610	1:05:52 5,010	1:29:06 4,983	0:47:40 5,073	4:46:05 5,187	0,230
130		40	Jose Felix BOLAÑO CARRERA	TRABANDAINAS	MAS (69)	1:25:58 5,444	1:05:46 5,018	1:28:46 5,002	0:51:57 4,654	4:52:28 5,073	0,230
131		5	Javier ABUIN IGLESIAS	VINTEDOUSPES	MAS (70)	1:30:34 5,167	1:10:24 4,688	1:34:06 4,718	0:54:48 4,412	5:09:54 4,788	0,231
132		114	Roberto FERNANDEZ ACUÑA		MAS (71)	1:28:46 5,272	1:04:12 5,140	1:18:29 5,657	0:42:33 5,683	4:34:02 5,415	0,232
133		250	Manuel PEDREIRA REY	C.M.B.VINTEDOUSPES	MAS (72)	1:30:33 5,168	1:10:49 4,660	1:33:46 4,735	0:54:45 4,416	5:09:55 4,788	0,234
134	62	82	Mónica CONDE ÁLVAREZ		FEM (62)	1:23:22 5,614	1:07:06 4,918	1:27:57 5,048	0:47:38 5,076	4:46:04 5,187	0,236
135	63	188	Andrea LOURIDO GACIÑO		FEM (63)	1:15:26 6,204	1:00:02 5,497	1:15:14 5,902	0:42:48 5,650	4:13:31 5,853	0,240
136	64	325	Sara SEOANE CAJARAVILLE		FEM (64)	1:23:44 5,589	1:05:19 5,052	1:21:16 5,463	0:48:00 5,037	4:38:20 5,331	0,241
137		10	Victor Manuel ALMEIDA FERREIR	CLUBE DE MONTAÑA XISTRA	MAS (73)	1:19:13 5,908	1:00:15 5,477	1:14:50 5,933	0:37:56 6,374	4:12:15 5,882	0,243
138	65	209	Carmen María MARTÍNEZ TRIGO	INTERNATIONAL TRECKERS B	FEM (65)	1:13:00 6,411	0:58:20 5,657	1:09:51 6,356	0:38:47 6,235	4:00:00 6,183	0,244
139		195	Antonio MARIÑO MARIÑO	INTERNATIONAL TREKING BAR	MAS (74)	1:12:59 6,412	0:58:21 5,656	1:09:52 6,355	0:38:49 6,229	4:00:02 6,182	0,244
140	66	38	Yoana BLANCO MOREIRA		FEM (66)	1:21:44 5,726	1:07:09 4,914	1:25:00 5,224	0:46:43 5,176	4:40:38 5,287	0,247
141	67	35	Evelyn BESADA BESADA		FEM (67)	1:38:18 4,761	1:12:16 4,566	1:26:31 5,132	0:46:39 5,183	5:03:46 4,885	0,247
142	68	66	Lorena CASTRO ARAGUNDE		FEM (68)	1:21:23 5,751	0:59:17 5,566	1:11:47 6,185	0:39:26 6,132	4:11:55 5,890	0,250
143	69	79	María COCHÓN TORREIRO		FEM (69)	1:37:14 4,813	1:15:19 4,382	1:44:35 4,245	0:50:13 4,815	5:27:23 4,532	0,250
144	70	236	Ana María OTERO CASTRO	MONTAÑA FERROL	FEM (70)	1:29:12 5,247	1:09:49 4,727	1:28:38 5,009	0:53:32 4,517	5:01:13 4,926	0,254
145		253	Iago PENA COUSO		MAS (75)	1:37:11 4,816	1:15:20 4,381	1:44:43 4,240	0:50:08 4,823	5:27:24 4,532	0,254
146	71	178	Eva LISTE RODRIGUEZ		FEM (71)	1:16:20 6,131	1:01:23 5,376	1:15:31 5,879	0:43:05 5,612	4:16:20 5,789	0,256
147		228	Rogelio NOYA MANTEIGA	ANDAINAS 2.0	MAS (76)	1:21:30 5,742	1:00:38 5,443	1:27:20 5,084	0:47:38 5,076	4:37:07 5,354	0,256
148	72	27	Elena BARBÉ MARTIN	TRABANDAINAS	FEM (72)	1:18:52 5,934	1:01:00 5,410	1:18:14 5,675	0:39:07 6,182	4:17:14 5,768	0,257
149	73	19	Encarna ARGIBAY GARCIA	TRABANDAINAS	FEM (73)	1:17:36 6,031	1:03:49 5,171	1:15:44 5,863	0:42:00 5,757	4:19:09 5,726	0,257
150	74	182	Ines LOPEZ FERNANDEZ	MONTAÑA FERROL	FEM (74)	1:29:07 5,252	1:09:53 4,722	1:28:33 5,014	0:53:41 4,504	5:01:15 4,925	0,260
151	75	211	María Jesús MARZOA REY	TRABANDAINAS	FEM (75)	1:27:34 5,344	1:05:36 5,030	1:23:56 5,290	0:53:04 4,557	4:50:12 5,113	0,262
152	76	348	Jessica VIDAL GOMEZ		FEM (76)	1:27:09 5,370	1:10:15 4,698	1:37:20 4,562	0:48:59 4,936	5:03:45 4,885	0,262
153	77	274	Maite PONTE MAYAN		FEM (77)	1:16:20 6,131	1:01:07 5,400	1:15:25 5,887	0:43:26 5,567	4:16:19 5,789	0,263
154	78	338	Carmen Valentina TORRES TOBI		FEM (78)	1:20:00 5,850	1:02:07 5,313	1:18:11 5,679	0:39:02 6,195	4:19:22 5,721	0,263
155	79	353	Dolores SAMPEDRO AGEITOS		FEM (79)	1:15:59 6,159	1:02:45 5,259	1:19:25 5,591	0:43:05 5,612	4:21:15 5,680	0,264
156		115	Juan José FERNÁNDEZ ÁLVARE	TRABANDAINAS	MAS (77)	1:24:51 5,516	1:05:19 5,052	1:26:51 5,112	0:53:30 4,520	4:50:33 5,107	0,264
157	80	141	Isabel GARCÍA VIÑA	LIBRE	FEM (80)	1:25:53 5,449	1:07:51 4,864	1:26:44 5,119	0:52:00 4,650	4:52:31 5,073	0,264
158		110	Hipolito ESTEVEZ GONZALEZ		MAS (78)	1:23:00 5,639	1:07:56 4,858	1:31:44 4,840	0:47:15 5,117	4:49:57 5,117	0,265
159		191	Alfonso MANSO DIAZ	MONTAÑA FERROL	MAS (79)	1:28:52 5,266	1:10:08 4,705	1:28:36 5,011	0:53:35 4,513	5:01:12 4,926	0,265
160		354	José Manuel ARNOSO PAZ		MAS (80)	1:15:52 6,169	1:02:52 5,249	1:19:24 5,592	0:43:05 5,612	4:21:15 5,680	0,269
161		153	Jesus Manuel GONZALEZ CREO	TRABANDAINAS	MAS (81)	1:24:49 5,518	1:06:37 4,954	1:29:00 4,989	0:52:06 4,641	4:52:33 5,072	0,270
162		106	Alfonso DOMINGUEZ VIDAL		MAS (82)	1:25:46 5,457	1:08:02 4,851	1:26:39 5,124	0:52:05 4,643	4:52:33 5,072	0,272
163	81	118	Adela FERNANDEZ LUACES	MONTAÑA FERROL	FEM (81)	1:29:07 5,252	1:10:23 4,689	1:28:08 5,038	0:53:44 4,500	5:01:24 4,923	0,275

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
164		155	Antonio GONZALEZ FIUZA	RUNNING SPORT TRAIL	MAS (83)	1:13:33 6,363	0:52:49 6,248	1:09:46 6,364	0:43:54 5,508	4:00:04 6,181	0,276
165		131	Alexandre FREIXEIRO LOPEZ	CLUBE DE MONTAÑA XISTRA	MAS (84)	1:27:54 5,324	1:17:10 4,276	1:30:01 4,932	0:49:36 4,875	5:04:43 4,869	0,279
166	82	14	Mercedes ALVAREZ BALADO		FEM (82)	1:27:34 5,344	1:09:21 4,758	1:23:39 5,308	0:50:51 4,755	4:51:26 5,091	0,284
167		129	Xose Henrique FREIXEIRO CAME	CLUBE DE MONTAÑA XISTRA	MAS (85)	1:27:50 5,328	1:17:20 4,267	1:30:06 4,928	0:49:26 4,891	5:04:44 4,869	0,285
168		238	Juan Carlos OTERO FREIJEIRO	TRABANDAINAS	MAS (86)	1:15:52 6,169	1:03:43 5,179	1:19:28 5,587	0:42:07 5,741	4:21:11 5,681	0,286
169	83	180	Concepcion LOPEZ CASTRO		FEM (83)	1:27:41 5,337	1:09:13 4,768	1:23:35 5,312	0:51:03 4,737	4:51:33 5,089	0,286
170		248	Serafin PAZ SANTOS		MAS (87)	1:22:36 5,666	1:09:30 4,748	1:30:43 4,894	0:47:09 5,128	4:49:58 5,117	0,288
171	84	37	Monica BLANCO MOREIRA		FEM (84)	1:11:46 6,521	0:57:24 5,749	1:10:30 6,298	0:40:54 5,912	4:00:37 6,167	0,289
172	85	11	Tania María ALONSO COUTO	TRABANDAINAS	FEM (85)	1:15:51 6,170	1:03:35 5,190	1:19:39 5,574	0:42:03 5,750	4:21:10 5,681	0,289
173		130	Xose Lois FREIXEIRO LOPEZ	CLUBE DE MONTAÑA XISTRA	MAS (88)	1:27:36 5,342	1:17:30 4,258	1:30:14 4,921	0:49:29 4,886	5:04:50 4,868	0,289
174		3	Jose Luis ABOAL RAMOS	CDM XESTEIRAS	MAS (89)	1:15:50 6,171	0:52:21 6,304	1:08:35 6,474	0:44:24 5,446	4:01:11 6,152	0,300
175	86	39	Luana BLANCO PEREIRA		FEM (86)	1:11:47 6,520	0:57:24 5,749	1:10:20 6,313	0:41:09 5,876	4:00:41 6,165	0,302
176		267	Enrique PEREZ VAZQUEZ	TRABANDAINAS	MAS (90)	1:23:19 5,617	1:03:56 5,162	1:16:09 5,831	0:47:54 5,048	4:31:20 5,469	0,310
177	87	265	Pilar PÉREZ RODRÍGUEZ	CLUB PEÑA TREVINCA BARCO	FEM (87)	1:15:07 6,230	0:56:35 5,832	1:06:55 6,635	0:41:50 5,780	4:00:29 6,170	0,313
178	88	53	Almudena CANALES CRIADO	AROMON PONTEVEDRA MONT	FEM (88)	1:16:50 6,091	1:00:04 5,494	1:19:54 5,557	0:49:39 4,870	4:26:29 5,568	0,327
179	89	2	Ramona ABELLAS ALVAREZ	MONTAÑAS DE TREVINCA	FEM (89)	1:16:51 6,090	1:00:07 5,489	1:19:49 5,563	0:49:44 4,862	4:26:34 5,566	0,328
180		172	Artur LAGO SANTOS	TRABANDAINAS	MAS (91)	1:13:20 6,382	1:02:01 5,321	1:20:59 5,483	0:42:05 5,746	4:18:27 5,741	0,331
181		218	Juan Jose MONTEMUIÑO LIJÓ	ANDAINAS 2.0	MAS (92)	1:21:24 5,749	0:58:56 5,600	1:28:15 5,031	0:48:29 4,987	4:37:05 5,355	0,333
182	90	145	Luisa GIL SOMOZA		FEM (90)	1:37:09 4,817	1:15:22 4,379	1:44:37 4,244	0:46:56 5,152	5:24:06 4,578	0,336
183	91	68	Carmen CASTRO RODRIGUEZ		FEM (91)	1:22:29 5,674	1:04:55 5,083	1:29:38 4,954	0:54:06 4,470	4:51:10 5,096	0,340
184	92	116	Marina FERNÁNDEZ CASALDERR	CLUBE DE MONTAÑA XISTRA	FEM (92)	1:13:07 6,401	0:59:56 5,506	1:15:44 5,863	0:38:05 6,349	4:06:54 6,010	0,345
185		219	Juan Jose MONTEMUIÑO VILA	ANDAINAS 2.0	MAS (93)	1:20:29 5,815	0:59:57 5,505	1:26:04 5,159	0:50:34 4,782	4:37:06 5,355	0,345
186	93	146	Raquel GOAS DIAZ		FEM (93)	1:24:26 5,543	1:06:19 4,976	1:30:25 4,911	0:57:20 4,217	4:58:31 4,971	0,347
187		278	Juan Ramon PRIETO OTERO	ANDAMECOS	MAS (94)	1:15:03 6,236	0:53:21 6,186	1:06:24 6,687	0:45:12 5,350	4:00:02 6,182	0,349
188		133	Francisco Jose FUENTES PIÑEIR		MAS (95)	1:22:24 5,680	1:04:41 5,102	1:28:41 5,007	0:55:22 4,367	4:51:09 5,096	0,352
189	94	203	Rebeca MARTINEZ CAMIÑO		FEM (94)	1:27:10 5,369	1:11:27 4,619	1:35:58 4,627	0:57:11 4,229	5:11:49 4,759	0,353
190		62	Manuel CARTELLE TRABAZOS		MAS (96)	1:22:42 5,659	1:03:42 5,181	1:15:22 5,891	0:37:55 6,377	4:19:42 5,714	0,357
191		329	Jose Florencio SOTO AMIL	XISTRA	MAS (97)	1:10:22 6,651	0:53:32 6,164	1:10:46 6,274	0:45:26 5,322	4:00:07 6,179	0,360
192		275	Félix POSE CURROS		MAS (98)	1:29:10 5,249	0:57:43 5,718	1:13:30 6,041	0:37:56 6,374	4:18:22 5,743	0,362
193	95	138	María Dolores GARCIA PEREZ	ARCA DO BARBANZA	FEM (95)	1:18:54 5,932	1:02:14 5,303	1:18:42 5,642	0:50:06 4,826	4:29:57 5,497	0,362
194		101	Xose DO PAZO DIAZ	XISTRA	MAS (99)	1:10:12 6,667	0:54:06 6,100	1:11:07 6,243	0:45:11 5,352	4:00:37 6,167	0,365
195	96	311	Amparo RODRÍGUEZ SANTAELL	AVIVA SPORT CLUB	FEM (96)	1:29:39 5,220	1:16:22 4,321	1:38:59 4,486	0:58:52 4,108	5:23:54 4,581	0,367
196		351	Joaquin Manuel VILA VINAGRE	CLUB DE MONTAÑA ABRAKDA	MAS (100)	1:16:56 6,083	1:05:52 5,010	1:19:52 5,559	0:46:54 5,156	4:29:35 5,504	0,369
197	97	299	Luz Amanda RIVERA GRASS		FEM (97)	1:29:38 5,221	1:16:23 4,320	1:38:50 4,492	0:59:06 4,091	5:23:59 4,580	0,370
198		200	Luis MARTINEZ BARRAL	TRABANDAINAS	MAS (101)	1:21:58 5,710	1:01:42 5,348	1:28:53 4,995	0:52:49 4,578	4:45:23 5,199	0,371

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
199	98	61	Macarena CARRIÓN MÉNDEZ	A PEDROSA	FEM (98)	1:29:28 5,231	1:18:06 4,225	1:37:25 4,558	0:58:55 4,104	5:23:56 4,581	0,376
200		56	Gabriel CAO SANCHEZ		MAS (102)	1:25:13 5,492	1:04:30 5,116	1:31:34 4,849	0:57:16 4,222	4:58:35 4,969	0,384
201	99	260	Cecilia PÉREZ DAVILA	SACHACAMIÑOS	FEM (99)	1:25:59 5,443	1:16:14 4,329	1:40:07 4,435	0:53:17 4,538	5:15:38 4,701	0,386
202		349	Anton VIDAL SÁNCHEZ	ARCA DO BARBANZA	MAS (103)	1:19:09 5,913	1:01:55 5,330	1:17:50 5,704	0:51:00 4,741	4:29:55 5,497	0,387
203		105	Santiago DOMINGUEZ REPRESA		MAS (104)	1:25:27 5,477	1:10:06 4,708	1:31:01 4,878	0:42:44 5,658	4:49:20 5,128	0,387
204		103	Raul DOMINGUEZ DOMINGUEZ	XISTRA	MAS (105)	1:25:26 5,478	1:10:05 4,709	1:31:07 4,873	0:42:39 5,669	4:49:18 5,129	0,391
205		21	Pablo Joaquín AVILA GARCÍA		MAS (106)	1:24:28 5,541	1:04:57 5,081	1:31:51 4,834	0:57:16 4,222	4:58:34 4,970	0,391
206		48	David CALDAS ORTIZ		MAS (107)	1:25:25 5,479	1:03:01 5,237	1:42:43 4,323	0:46:51 5,161	4:58:01 4,979	0,399
207		20	Jesús ARTEAGA AYERZA	CLUB DE MONTAÑA ABRAKDA	MAS (108)	1:16:56 6,083	1:06:44 4,945	1:29:45 4,947	0:44:33 5,428	4:38:00 5,337	0,404
208		65	José Alfonso CASTIÑEIRAS ABA	CAR MARISQUEIRO	MAS (109)	1:22:03 5,704	1:06:12 4,985	1:22:01 5,414	0:38:16 6,319	4:28:34 5,525	0,406
209	100	249	Maria Goreti PAZOS GONZALEZ	GALLAECIA	FEM (100)	1:09:59 6,687	0:53:10 6,207	1:10:31 6,296	0:46:29 5,202	4:00:10 6,178	0,408
210		206	Manuel MARTINEZ NUÑEZ	XISTRA	MAS (110)	1:09:26 6,740	0:54:29 6,057	1:10:45 6,276	0:45:26 5,322	4:00:08 6,179	0,409
211	101	16	María Esperanza ÁLVAREZ MAYÁ	CLUB SACHACAMIÑOS	FEM (101)	1:25:29 5,475	1:16:46 4,299	1:37:34 4,551	0:54:55 4,403	5:14:45 4,714	0,413
212		85	Juan Jose COSTAS ESTEVEZ	TRABANDAINAS	MAS (111)	1:10:18 6,657	0:52:03 6,340	1:11:33 6,205	0:46:32 5,196	4:00:28 6,171	0,416
213		285	Demetrio REQUEJO FERNÁNDEZ	PEÑA TREVINCA BARCO	MAS (112)	1:12:34 6,449	0:54:01 6,109	1:07:23 6,589	0:46:35 5,191	4:00:36 6,167	0,435
214	102	202	Maria Teresa MARTÍNEZ BLANCO	SACHACAMIÑOS	FEM (102)	1:24:31 5,537	1:20:24 4,104	1:37:26 4,557	0:53:16 4,539	5:15:39 4,701	0,435
215		257	Javier PEREIRO PUGA	PENA TREVINCA	MAS (113)	1:28:41 5,277	0:59:31 5,545	1:11:22 6,221	0:38:01 6,360	4:17:37 5,760	0,440
216		334	São THIAGO		MAS (114)	1:10:22 6,651	1:00:09 5,486	1:16:57 5,770	0:45:20 5,334	4:12:50 5,869	0,450
217	103	272	María PIÑEIRO VILAR		FEM (103)	1:26:36 5,404	1:02:04 5,317	1:09:50 6,358	0:38:42 6,248	4:17:14 5,768	0,471
218		54	Lucio CAO MANUEL	PEÑA TREVINCA O BARCO	MAS (115)	1:12:27 6,460	0:51:25 6,418	1:08:54 6,444	0:47:36 5,080	4:00:23 6,173	0,474
219		148	Oscar GOMEZ REBOREDO	CDM XESTEIRAS	MAS (116)	1:12:23 6,466	0:51:22 6,424	1:08:53 6,446	0:47:39 5,075	4:00:18 6,175	0,478
220		162	Sergio GORGAL GONZÁLEZ		MAS (117)	1:06:39 7,022	0:56:18 5,861	1:13:12 6,066	0:44:25 5,444	4:00:35 6,168	0,496
221	104	342	Ana Maria VAL GORGAL		FEM (104)	1:06:35 7,029	0:56:21 5,856	1:13:11 6,067	0:44:21 5,452	4:00:30 6,170	0,498
222	105	90	Maria CREO	CDM XESTEIRAS	FEM (105)	1:15:37 6,189	1:03:57 5,160	1:12:22 6,135	0:35:16 6,856	4:07:13 6,002	0,504
223		71	Ricardo CATOIRA MARIÑO	XESTEIRAS	MAS (118)	1:28:42 5,276	1:01:53 5,333	1:10:11 6,326	0:38:08 6,341	4:18:55 5,731	0,514
224		321	Antonio SARMIENTO GARCÍA	TRABANDAINAS	MAS (119)	1:25:43 5,460	1:03:44 5,178	1:12:15 6,145	0:36:53 6,556	4:18:36 5,738	0,516
225		292	Paco RÍOS CERVIÑO	XESTEIRAS	MAS (120)	1:25:03 5,503	0:58:49 5,611	1:11:53 6,177	0:34:22 7,036	4:10:08 5,932	0,524
226	106	140	Rosana GARCÍA TOMÉ	SACHACAMIÑOS	FEM (106)	1:17:14 6,060	1:02:29 5,281	1:16:45 5,785	0:33:54 7,133	4:10:23 5,926	0,531
227		158	Luis GONZÁLEZ LÓPEZ		MAS (121)	1:19:24 5,894	1:13:33 4,487	1:45:28 4,210	0:53:28 4,522	5:11:54 4,757	0,548
228	107	136	Noemi GARCÍA COBAS		FEM (107)	1:06:57 6,990	0:53:53 6,124	1:10:20 6,313	0:48:49 4,953	4:00:00 6,183	0,556
229		161	José Manuel GONZÁLEZ PÉREZ		MAS (122)	1:08:49 6,801	1:07:59 4,854	1:11:11 6,237	0:39:55 6,058	4:07:56 5,985	0,568
230		150	Manuel GONZÁLEZ BUSTELO		MAS (123)	1:08:47 6,804	1:08:00 4,853	1:11:15 6,232	0:39:54 6,060	4:07:58 5,984	0,568
231		359	Julio Adrián PIÑEIRO DACOSTA		MAS (124)	1:06:58 6,989	0:54:51 6,016	1:09:59 6,344	0:48:18 5,006	4:00:08 6,179	0,577
232		171	Raul LAGO MOURIÑO	XISTRA	MAS (125)	1:10:04 6,679	0:53:52 6,126	1:06:08 6,714	0:50:39 4,774	4:00:43 6,164	0,623
233		306	Eduardo Antonio RODRIGUEZ GO		MAS (126)	1:08:41 6,814	1:08:34 4,813	1:09:51 6,356	0:38:47 6,235	4:05:55 6,034	0,630

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
234	108	226	Vanessa NIETO GONZÁLEZ	TRABANDAINAS	FEM (108)	1:06:25 7,046	0:53:01 6,224	1:08:45 6,458	0:51:54 4,659	4:00:06 6,180	0,677
235		92	Cesar CUBREIRO DIOS	CLUB DE SENDEIRISMO TRABA	MAS (127)	1:06:34 7,031	0:51:53 6,360	1:09:42 6,370	0:51:49 4,666	4:00:00 6,183	0,682
236		154	Antonio GONZALEZ FERNANDEZ	INTERNATIONAL TREKKERS BA	MAS (128)	1:09:26 6,740	1:10:49 4,660	1:08:54 6,444	0:37:37 6,428	4:06:48 6,012	0,731
237		78	Claudio Alejandro CISNERO POL	C. M. XESTEIRAS	MAS (129)	1:08:43 6,811	1:08:51 4,793	1:08:35 6,474	0:36:04 6,704	4:02:14 6,125	0,736
238	109	290	Sandra REY SUAREZ		FEM (109)	1:13:57 6,329	0:57:02 5,786	1:16:53 5,775	1:02:50 3,848	4:30:43 5,481	0,770
239		232	Raúl OLIVEIRA SUÁREZ		MAS (130)	1:13:55 6,331	0:54:43 6,031	1:19:14 5,604	1:03:12 3,826	4:31:05 5,474	0,798
240		69	Aurelio CASTRO RODRÍGUEZ	CLUB PEÑA TREVINCA BARCO	MAS (131)	1:08:31 6,830	1:06:53 4,934	1:01:36 7,208	0:44:13 5,469	4:01:14 6,151	0,909
241	110	93	Susana DA COSTA CERZÓN	METAS IMPOSIBLES TRAIL TEA	FEM (110)	1:07:45 6,908	1:12:48 4,533	1:09:45 6,366	0:34:06 7,091	4:04:25 6,071	0,922
242		113	Evaristo FANDIÑO PÉREZ	MONTAÑEIRAS CELTAS	MAS (132)	1:03:36 7,358	0:49:30 6,667	1:08:40 6,466	0:58:56 4,103	4:00:43 6,164	1,015
243	111	55	Dalia CAO NOYA		FEM (111)	1:06:15 7,064	0:50:42 6,509	1:07:17 6,599	1:12:03 3,356	4:16:19 5,789	1,309
244		263	Joaquin PÉREZ GONZÁLEZ	CLUB DE SENDEIRISMO TRABA	MAS (133)	1:02:46 7,456	0:48:35 6,792	0:58:01 7,653	1:10:40 3,422	4:00:03 6,181	1,529
245	112	102	Ana DOMINGUEZ BESADA	CLUB SENDERISMO TRABAND	FEM (112)	0:58:51 7,952	0:50:28 6,539	0:58:42 7,564	1:12:03 3,356	4:00:06 6,180	1,584
246	113	227	Manuela NOVO ARES	TRABANDAINAS	FEM (113)	1:37:44 4,789	1:15:00 4,400	1:49:11 4,067	0:56:39 4,268	5:38:35 4,382	2,135
247	114	139	Marta GARCÍA POSE	TRABANDAINAS	FEM (114)	1:37:47 4,786	1:14:49 4,411	1:49:19 4,062	0:56:38 4,270	5:38:34 4,383	2,166
248	115	239	Teresa OTERO GONDAR		FEM (115)	1:43:12 4,535	1:10:22 4,690	1:56:40 3,806	0:55:01 4,395	5:45:16 4,298	3,046
249	116	277	Ana Teresa PRIETO OTERO		FEM (116)	1:41:30 4,611	1:11:24 4,622	1:57:35 3,776	0:54:51 4,408	5:45:21 4,297	3,177
250		355	Rafael SANTOS CHOUZA		MAS (134)	1:27:57 5,321	1:24:53 3,888	1:54:12 3,888	0:58:23 4,142	5:45:26 4,295	4,990
FT.		4	Jose Antonio ABOY GARRIDO		MAS	1:07:47 6,904	0:53:58 6,115	1:06:54 6,637	0:36:38 6,601	3:45:19 6,585	
FT.		8	Miguel Angel ALLO CANEDA	CLUB DE SENDERISMO TRABA	MAS	0:58:46 7,964	0:48:35 6,792	0:56:04 7,919	0:46:27 5,206	3:29:54 7,069	
FT.		9	Vitor ALMEIDA DOMÍNGUEZ	CLUBE DE MONTAÑA XISTRA	MAS	1:07:38 6,920	0:51:11 6,447	1:00:21 7,357	0:35:53 6,739	3:35:04 6,899	
FT.		25	Ricardo Balsa CES		MAS	0:57:53 8,085	0:46:14 7,138	0:57:56 7,664	0:28:19 8,539	3:10:24 7,793	
FT.		26	Manuel BAÑA ESPERANTE	C.A.R MARISQUEIRO	MAS	1:14:26 6,288	0:50:44 6,505	1:04:55 6,840	0:38:33 6,272	3:48:39 6,489	
FT.		29	Marcos BARCALA SANDE		MAS	1:20:38 5,804	0:53:01 6,224	1:05:10 6,813	0:34:49 6,945	3:53:40 6,350	
FT.		30	Isabel BARREIRO FÁBREGAS		FEM	1:07:50 6,899	0:48:28 6,809	1:02:51 7,064	0:33:07 7,301	3:32:18 6,989	
FT.		32	Eduardo BARROSA PICON	XISTRA	MAS	1:10:27 6,643	0:56:55 5,798	1:02:41 7,083	0:38:23 6,300	3:48:28 6,495	
FT.		36	Marcos BLANCO GARCÍA		MAS	1:20:42 5,799	0:52:39 6,268	1:05:14 6,806	0:30:45 7,863	3:49:21 6,470	
FT.		42	Ivan BRAVO CARRAL	CD 21LEGUAS	MAS	1:07:55 6,891	0:48:32 6,799	1:15:40 5,868	0:23:43 10,195	3:35:51 6,874	
FT.		44	Maria Elena BUENDIA PEREZ	C.A.R MARISQUEIRO	FEM	1:14:28 6,285			0:38:03 6,355	3:48:41 6,488	
FT.		46	Gonzalo CABAILEIRO SACO		MAS	1:06:15 7,064	0:50:50 6,492	1:05:38 6,765	0:46:41 5,180	3:49:25 6,468	
FT.		60	Carlos CARRIL MIGUEZ		MAS	0:57:51 8,090	0:46:21 7,120	0:57:59 7,657	0:28:13 8,569	3:10:26 7,792	
FT.		64	Margarita CASTIÑEIRA POSE		FEM	1:07:59 6,884	0:51:43 6,381	1:08:37 6,471	0:38:03 6,355	3:46:23 6,554	
FT.		75	María José CHOUZA SANTAMARÍ		FEM	1:07:48 6,903	0:49:54 6,613	0:59:05 7,515	0:33:06 7,305	3:29:54 7,069	
FT.		77	María Isabel CID MUÑIZ	CD 21 LEGUAS	FEM	1:03:49 7,334	0:48:03 6,868	0:59:08 7,508	0:30:03 8,047	3:21:05 7,379	
FT.		89	Mina COUSO FRAIZ	PEÑA TREVINCA BARCO	FEM	1:04:58 7,204	0:46:55 7,034	0:54:58 8,078	0:34:30 7,009	3:21:23 7,368	
FT.		98	Marta DÍAZ LÓPEZ		FEM	1:12:45 6,433	0:54:41 6,035	1:03:11 7,027	0:34:20 7,043	3:44:58 6,596	

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
FT.	100		Isabel DIESTE REGADES	ARCA DO BARBANZA	FEM	1:12:40 6,440	0:52:27 6,292	1:00:55 7,289	0:29:37 8,164	3:35:40 6,880	
FT.	104		Manuel DOMÍNGUEZ REGUEIRA		MAS	1:07:58 6,886	0:51:47 6,373	1:08:26 6,488	0:38:08 6,341	3:46:21 6,555	
FT.	120		Oscar FERNÁNDEZ PAZ	AVELAIÑAS	MAS	1:01:33 7,604	0:48:16 6,837	0:54:31 8,144	0:45:33 5,308	3:29:55 7,069	
FT.	134		Diego GARCIA BLANCO	MAIS DE MONTE	MAS	1:12:21 6,469	0:50:21 6,554	1:07:15 6,602	0:38:37 6,262	3:48:36 6,491	
FT.	142		Juan Francisco GESTOSO PAZO		MAS	1:07:42 6,913	0:50:03 6,593	1:04:04 6,930	0:33:54 7,133	3:35:45 6,877	
FT.	144		Angel GIL MARTINEZ		MAS	1:12:21 6,469	0:50:01 6,598	1:06:09 6,712	0:36:25 6,640	3:44:58 6,596	
FT.	157		Ruben GONZALEZ LOPEZ		MAS	1:08:22 6,845	0:50:46 6,500	1:02:44 7,078	0:30:15 7,993	3:32:09 6,994	
FT.	159		Natanael GONZALEZ MORAÑA	CLUB PEÑA TREVINCA MONTA	MAS	1:02:16 7,516	0:45:29 7,255	0:56:50 7,812	0:25:57 9,318	3:10:34 7,786	
FT.	169		José Antonio JALLAS RODRÍGUE		MAS	1:08:58 6,786	0:51:31 6,406	1:04:30 6,884	0:33:12 7,283	3:38:12 6,800	
FT.	174		Fernando LAJOS RODRÍGUEZ		MAS	1:18:13 5,983	0:53:36 6,157	1:04:45 6,857	0:34:32 7,002	3:51:08 6,420	
FT.	175		Roberto LEIS BLANCO		MAS	1:03:46 7,339	0:54:10 6,092	1:07:56 6,536	0:32:18 7,486	3:38:11 6,801	
FT.	187		Elvira LOSADA MORAL		FEM	1:02:35 7,478	0:49:26 6,676	1:04:40 6,866	0:36:18 6,661	3:33:01 6,966	
FT.	189		Manuel Antonio LOURO INSUS		MAS	1:07:28 6,937	0:50:46 6,500	1:03:17 7,016	0:34:09 7,081	3:35:41 6,880	
FT.	190		José Manuel LUSTRES OTERO	XISTRA	MAS	1:03:33 7,364	0:49:12 6,707	1:05:24 6,789	0:33:19 7,258	3:31:29 7,016	
FT.	199		Natalia MARTINEZ ARIAS	+DMONTE	FEM	1:20:37 5,805	0:53:05 6,217	1:05:03 6,826	0:34:54 6,928	3:53:40 6,350	
FT.	224		Sandra MUÑIZ POSE		FEM	1:07:49 6,901	0:49:53 6,615	1:01:27 7,225	0:33:04 7,312	3:32:15 6,991	
FT.	235		Carolina OTERO ALONSO	CLUB PEÑA TREVINCA MONTA	FEM	1:02:10 7,528	0:44:22 7,438	0:58:05 7,644	0:25:44 9,396	3:10:22 7,794	
FT.	252		Noelia PEDROSA GONZALEZ		FEM	1:07:30 6,933	0:50:55 6,481	1:03:15 7,020	0:34:01 7,108	3:35:41 6,880	
FT.	256		Javier PEREIRO BLANCO		MAS	1:03:47 7,337	0:51:02 6,466	1:02:08 7,146	0:36:07 6,695	3:33:06 6,963	
FT.	261		Ceferina PÉREZ FERNÁNDEZ	CLUB PEÑA TREVINCA BARCO	FEM	1:03:40 7,351	0:50:59 6,473	1:01:27 7,225	0:33:51 7,143	3:29:59 7,066	
FT.	276		José POUSO MANEIRO		MAS	0:57:53 8,085	0:46:06 7,158	0:49:25 8,985	0:56:28 4,282	3:29:54 7,069	
FT.	281		Juan Carlos RAMOS GARCIA		MAS	1:06:06 7,080	0:50:37 6,520	1:10:21 6,311	0:40:42 5,941	3:47:49 6,513	
FT.	284		Jesús REGUEIRO BELLO		MAS	1:03:49 7,334	0:51:03 6,464	1:01:55 7,171	0:36:16 6,667	3:33:05 6,963	
FT.	288		Rogelio REY CAMPOS	A PENIZA	MAS	1:07:37 6,921	0:51:11 6,447	1:03:37 6,979	0:33:12 7,283	3:35:39 6,881	
FT.	289		Victor Manuel REY PRADO		MAS	1:13:51 6,337	0:54:43 6,031	1:08:55 6,443	0:32:06 7,533	3:49:36 6,463	
FT.	291		Juan Carlos REY VAZQUEZ		MAS	1:07:38 6,920	0:53:13 6,201	1:12:24 6,133	0:37:59 6,366	3:51:15 6,416	
FT.	302		Cristina RODRIGUEZ CASARES	MONTAÑAS DE TREVINCA	FEM	1:07:37 6,921	0:53:08 6,211	1:12:17 6,142	0:38:09 6,338	3:51:12 6,418	
FT.	326		Manuel SEOANE GARCÍA		MAS	1:06:06 7,080	0:50:37 6,520	1:10:24 6,307	0:40:46 5,931	3:47:55 6,510	
FT.	339		Jose Maria TORRES TOBIO		MAS	1:11:05 6,584	0:50:20 6,556	1:02:20 7,123	0:32:56 7,342	3:36:43 6,847	
FT.	340		Pablo TORRES VALES		MAS	1:20:02 5,848	1:02:05 5,315	1:04:39 6,868	0:27:55 8,661	3:54:42 6,322	
FT.	341		Claudio TOURIÑO NOVO		MAS	1:08:55 6,791	0:52:54 6,238	1:11:49 6,182	0:39:15 6,161	3:52:54 6,371	
FT.	343		Pedro VALDIVIA GONZÁLEZ	CLUB DE MONTAÑA XISTRA	MAS	1:09:35 6,726	0:53:21 6,186	1:04:48 6,852	0:40:45 5,934	3:48:30 6,494	
DNF	52		Ana CAMPOS LOURIDO		FEM	1:40:53 4,639					
DNF	74		Maria Dolores CES CASTAÑO	TRABANDAINAS	FEM	1:25:49 5,453					
DNF	83		Laura CORTES CARBALLEIRA	CUNTIS	FEM	1:40:56 4,637					

Pos.	Fem.	Dor.	Nome	Clube	Categ. (Pos.)	Par-1 Km/h	Par-2 Km/h	Par-3 Km/h	Par-4 Km/h	T.Final Km/h	Desv.
DNF	88		Sara COUSO FERRO		FEM	1:40:59	4,634				
DNF	166		Dominika HLADUNSKA		FEM	1:27:04	5,375				
DNF	185		Severiano LORENZO SANTAMARÍ		MAS	1:14:26	6,288				
DNF	197		María Jose MAROÑAS SOÑORA	LOUSAME	FEM	1:14:28	6,285				
DNF	212		María Jose MAYAN QUINTANS	CLUB DE MONTAÑA ABRKAD	FEM	1:36:10	4,867				
DNF	220		Carlos MORAÑA VARELA	CLUB DE MONTAÑA ABRKAD	MAS	1:36:13	4,864				
DNF	243		Luís OUJO POUSO		MAS	1:14:40	6,268				
DNF	319		María Pilar SANTAMARÍA CALO	CLUB DE SENDEIRISMO TRABA	FEM	1:00:15	7,768				
DNF	333		Jacobo TELLADO VICENTE	CLUB TRABANDAINAS	MAS	1:48:59	4,294				
DNF	337		Manuel TOME PIÑEIRO		MAS	1:14:25	6,289	1:01:54	5,331		
DNF	346		Ana María VEGA RODRÍGUEZ	CLUB PEÑA TREVINCA BARCO	FEM	1:40:15	4,668				
DNF	356		Lucía DÍAZ CALVO		FEM	1:18:45	5,943	1:01:13	5,391		