



CRONOTECH

CRONOMETRAXE E TECNOLOXIA NO DEPORTE

IV MEDIA MARATON DO CARBALLIÑO

O CARBALLIÑO, 6/3/2016

Organiza: C.A. CARBALLIÑO

Cronometra: CRONOTECH

Sistema: CRONOMACH

Clasificacions: www.cronotec.es

DISTANCIA:21,097KM

| Pos. | Fun. | Dorsal | Nome | Clube | Cat. | Pos/Cat. | P,1 | P,2 | Meta | T.Netto | P/Km | Dif. |
|------|------|--------|---------------------------------|---------------------|------|----------|-------|-------|-------------------|---------|-------|---------|
| 1 | | 37 | Iglesias Raña, Luis | A. Arenteiro | ABSM | 1 | 24:52 | 49:56 | 1:14:11.10 | 1:14:11 | 03:31 | |
| 2 | | 27 | Corral Justo, Jose Manuel | A. Arenteiro | ABSM | 2 | 25:05 | 49:56 | 1:14:16.42 | 1:14:16 | 03:31 | 0:00:05 |
| 3 | | 39 | Lorenzo, Carlos | CD Portosín | ABSM | 3 | 25:10 | 50:13 | 1:15:36.66 | 1:15:35 | 03:35 | 0:01:24 |
| 4 | | 90 | Lopez Fernandez, Nemesio | Fontes Do Sar | VAM | 1 | 25:08 | 51:38 | 1:17:46.27 | 1:17:43 | 03:41 | 0:03:32 |
| 5 | | 22 | Canda Louzao, Jose | | SNM | 1 | 25:40 | 52:00 | 1:18:43.48 | 1:18:38 | 03:44 | 0:04:27 |
| 6 | | 94 | Rodriguez Torres, Juan Carlos | S.D. Barbantia Roda | VAM | 2 | 25:16 | 52:13 | 1:19:15.02 | 1:19:15 | 03:45 | 0:05:04 |
| 7 | | 45 | Novoa Gutierrez, Julio | A. Arenteiro | VAM | 3 | 26:08 | 52:40 | 1:19:23.56 | 1:19:21 | 03:46 | 0:05:10 |
| 8 | | 35 | Gonzalez Nuñez, Jose Luis | C.A. Boimorto | SNM | 2 | 26:13 | 52:47 | 1:19:52.31 | 1:19:50 | 03:47 | 0:05:39 |
| 9 | | 122 | Garcia Gonzalez, Santiago | | VAM | 4 | 26:08 | 53:00 | 1:20:33.45 | 1:20:33 | 03:49 | 0:06:22 |
| 10 | | 57 | Sueiro, Andres | C.A.C.Cambados | VAM | 5 | 26:27 | 53:25 | 1:20:46.47 | 1:20:43 | 03:50 | 0:06:32 |
| 11 | | 56 | Vazquez Agra, Cesar | A. Milladoiro | VAM | 6 | 25:55 | 52:51 | 1:21:06.88 | 1:21:03 | 03:51 | 0:06:52 |
| 12 | | 33 | Santos Núñez, Roberto | Corredoiras Bueu | SNM | 3 | 26:33 | 53:58 | 1:21:17.58 | 1:21:15 | 03:51 | 0:07:04 |
| 13 | | 73 | Estévez Estévez, Martin | Corredoiras Bueu | VAM | 7 | 26:57 | 54:15 | 1:21:34.57 | 1:21:32 | 03:52 | 0:07:21 |
| 14 | | 77 | Fernandez Alberte, Gonzalo | A. Arenteiro | VAM | 8 | 26:28 | 53:55 | 1:21:40.77 | 1:21:39 | 03:52 | 0:07:28 |
| 15 | | 92 | Paradela Teixeira, João Manuel | Chaves Runing Team | VAM | 9 | 27:08 | 54:48 | 1:21:47.93 | 1:21:44 | 03:53 | 0:07:33 |
| 16 | | 43 | Sánchez San Luis, José María | Atletas de Aceadama | SNM | 4 | 26:36 | 54:15 | 1:22:51.63 | 1:22:49 | 03:56 | 0:08:38 |
| 17 | | 51 | Airas Cota, Ruben | | VAM | 10 | 26:16 | 54:00 | 1:23:06.01 | 1:22:59 | 03:56 | 0:08:48 |
| 18 | | 98 | Batista Ferreira, Carlos Manuel | Chaves Runing Team | VAM | 11 | 27:49 | 55:02 | 1:23:09.29 | 1:23:04 | 03:56 | 0:08:53 |
| 19 | | 2 | Lorenzo Lopez, Manuel | C. D. Pinarium | SNM | 5 | 28:11 | 56:16 | 1:23:24.98 | 1:23:25 | 03:57 | 0:09:14 |
| 20 | | 41 | Carreira Oubiña, Manuel | C. D. Pinarium | SNM | 6 | 27:21 | 55:32 | 1:23:25.33 | 1:23:22 | 03:57 | 0:09:11 |
| 21 | | 165 | Bernárdez Macia, Santiago | | VBM | 1 | 27:08 | 54:56 | 1:23:34.47 | 1:23:33 | 03:58 | 0:09:22 |
| 22 | | 134 | Verde Piñeiro, Ricardo | Corredoiras Bueu | VAM | 12 | 27:06 | 55:36 | 1:24:05.12 | 1:24:05 | 03:59 | 0:09:54 |
| 23 | | 137 | Silva, José | Chaves Runing Team | VAM | 13 | 27:09 | 55:16 | 1:24:06.19 | 1:24:06 | 03:59 | 0:09:55 |
| 24 | | 95 | Pérez Rodriguez, Javier | C. D. Pinarium | VAM | 14 | 28:11 | 56:20 | 1:24:22.64 | 1:24:22 | 04:00 | 0:10:11 |
| 25 | | 107 | Rodríguez. Domínguez, Andrés | C. D. Pinarium | VAM | 15 | 28:11 | 56:20 | 1:24:23.55 | 1:24:20 | 04:00 | 0:10:09 |
| 26 | | 30 | Sobral Gonzalez, Manuel | C. D. Pinarium | SNM | 7 | 28:09 | 56:22 | 1:24:23.59 | 1:24:22 | 04:00 | 0:10:11 |
| 27 | | 1 | Martín Álvarez, Esteban | | SNM | 8 | 26:35 | 55:18 | 1:24:35.61 | 1:24:31 | 04:01 | 0:10:20 |
| 28 | | 116 | Insua Pazos, Emilio Jose | CD Portosín | VAM | 16 | 28:13 | 56:35 | 1:24:46.60 | 1:24:41 | 04:01 | 0:10:30 |
| 29 | | 120 | Iglesias Rodriguez, Roberto | | VAM | 17 | 27:59 | 56:21 | 1:24:54.94 | 1:24:49 | 04:01 | 0:10:38 |
| 30 | | 150 | Freire García, Jesús Ángel | | VAM | 18 | 28:04 | 56:34 | 1:24:58.43 | 1:24:57 | 04:02 | 0:10:46 |

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|----|-----|---------------------------------|--------------------------------------|-----------------|------|-------|---------|-------------------|-------------------|---------|---------|---------|
| 31 | 158 | Rúa Vaamonde, Emilio | A. A Estrada | VBM | 2 | 27:37 | 56:17 | 1:25:05.77 | 1:25:06 | 04:02 | 0:10:55 | |
| 32 | 101 | Losada Conde, Federico | Mercarunning | VAM | 19 | 28:13 | 56:52 | 1:25:23.09 | 1:25:16 | 04:03 | 0:11:05 | |
| 33 | 200 | Morenza doforno, Germán | C. D. Pinarium | VCM | 1 | 28:09 | 56:42 | 1:25:41.35 | 1:25:41 | 04:04 | 0:11:30 | |
| 34 | 69 | Oliveira, Joao | Chaves Runing Team | VAM | 20 | 28:07 | 56:52 | 1:25:52.55 | 1:25:48 | 04:04 | 0:11:37 | |
| 35 | 129 | Rodriguez Gonzalez, Jose Ramon | A. Arenteiro | VAM | 21 | 27:46 | 56:36 | 1:25:56.72 | 1:25:57 | 04:04 | 0:11:46 | |
| 36 | 203 | Perez Villamarin, Victor | | VCM | 2 | 27:48 | 56:42 | 1:26:06.51 | 1:26:04 | 04:05 | 0:11:53 | |
| 37 | 255 | Martinez Nieto, Michel | C.A. Outes | VAM | 22 | 28:12 | 56:48 | 1:26:24.94 | 1:26:20 | 04:06 | 0:12:09 | |
| 38 | 172 | Pazos Campos, Francisco | A. + 9 moraña | VBM | 3 | 27:26 | 56:15 | 1:26:37.26 | 1:26:36 | 04:06 | 0:12:25 | |
| 39 | 130 | Martinez Otero, Jose Manuel | A. Milladoiro | VAM | 23 | 29:44 | 58:56 | 1:27:09.98 | 1:27:03 | 04:08 | 0:12:52 | |
| 40 | 156 | Muiño Codesido, Gonzalo | Atletas de Aceadama | VAM | 24 | 28:01 | 57:05 | 1:27:12.39 | 1:27:09 | 04:08 | 0:12:58 | |
| 41 | 61 | Garcia Garcia, Oscar | C. D. Pinarium | VAM | 25 | 28:16 | 57:15 | 1:27:33.99 | 1:27:32 | 04:09 | 0:13:21 | |
| 42 | 79 | Mariño Fernandez, Isaac | VigoRunners | VAM | 26 | 28:46 | 57:44 | 1:27:36.08 | 1:27:28 | 04:09 | 0:13:17 | |
| 43 | 181 | Alvarez Rivas, Jose Manuel | Marzo Saude | VBM | 4 | 28:20 | 57:58 | 1:27:36.83 | 1:27:34 | 04:09 | 0:13:23 | |
| 44 | 52 | Navia Giraldez, Segundo | | VAM | 27 | 29:21 | 58:36 | 1:27:44.52 | 1:27:40 | 04:10 | 0:13:29 | |
| 45 | 1 | 234 | Fernandez Gil, Beatriz | Correoiras Bueu | ABSF | 1 | 28:55 | 58:21 | 1:27:45.00 | 1:27:42 | 04:10 | 0:13:31 |
| 46 | 55 | Soliño Lanzos, Juan | | VAM | 28 | 27:41 | 58:24 | 1:27:45.63 | 1:27:40 | 04:10 | 0:13:29 | |
| 47 | 199 | Perez Lago, Angel | Correoiras Bueu | VCM | 3 | 28:55 | 58:23 | 1:27:46.55 | 1:27:43 | 04:10 | 0:13:32 | |
| 48 | 123 | Dibuja Barreiros, Joaquin | Esprinters Ourense | VAM | 29 | 28:53 | 58:15 | 1:27:52.27 | 1:27:41 | 04:10 | 0:13:30 | |
| 49 | 175 | Carrera, Jose | VigoRunners | VBM | 5 | 28:21 | 58:01 | 1:27:54.26 | 1:27:50 | 04:10 | 0:13:39 | |
| 50 | 50 | Becerro Escribano, Luis Miguel | Correoiras Bueu | VAM | 30 | 28:54 | 58:23 | 1:27:57.15 | 1:27:57 | 04:10 | 0:13:46 | |
| 51 | 155 | Rodríguez Gil, Xil | | VAM | 31 | 29:45 | 58:57 | 1:28:10.49 | 1:28:10 | 04:11 | 0:13:59 | |
| 52 | 60 | Garcia Valcarcel, Alfonso | | VAM | 32 | 29:00 | 58:35 | 1:28:27.66 | 1:28:19 | 04:12 | 0:14:08 | |
| 53 | 2 | 235 | Figueroa Figueroa, Maria Del Rosario | Correoiras Bueu | ABSF | 2 | 29:00 | 58:35 | 1:28:36.14 | 1:28:36 | 04:12 | 0:14:25 |
| 54 | 118 | Losada Carril, David | A. Milladoiro | VAM | 33 | 29:45 | 59:00 | 1:29:08.42 | 1:29:01 | 04:13 | 0:14:50 | |
| 55 | 42 | Carballal Gonzalez, Antonio | C. D. Pinarium | SNM | 9 | 28:12 | 57:47 | 1:29:28.22 | 1:29:24 | 04:14 | 0:15:13 | |
| 56 | 105 | Andrés Fidalgo, Alán | Esprinters Ourense | VAM | 34 | 28:44 | 58:48 | 1:29:29.57 | 1:29:23 | 04:14 | 0:15:12 | |
| 57 | 46 | Barreiro Piñeiro, Santiago | Correoiras Bueu | VAM | 35 | 29:13 | 59:10 | 1:29:30.85 | 1:29:26 | 04:15 | 0:15:15 | |
| 58 | 21 | López Carnero, Rubén | A. A Gándara | SNM | 10 | 28:32 | 58:46 | 1:29:34.96 | 1:29:28 | 04:15 | 0:15:17 | |
| 59 | 166 | Gomez Iglesias, Jose Javier | | VBM | 6 | 30:10 | 59:59 | 1:29:54.36 | 1:29:48 | 04:16 | 0:15:37 | |
| 60 | 25 | Macia Marey, Jose Manuel | | SNM | 11 | 29:38 | 59:50 | 1:30:08.88 | 1:30:09 | 04:16 | 0:15:58 | |
| 61 | 87 | Lopez Sanchez, David | | VAM | 36 | 30:06 | 1:00:03 | 1:30:14.50 | 1:30:00 | 04:17 | 0:15:49 | |
| 62 | 201 | Iglesias Gonzalez, Angel | Correoiras Bueu | VCM | 4 | 29:13 | 59:47 | 1:30:29.64 | 1:30:26 | 04:17 | 0:16:15 | |
| 63 | 88 | Torres Barreiros, Ramsés | C.D. Aurum | VAM | 37 | 30:25 | 1:00:44 | 1:30:44.00 | 1:30:41 | 04:18 | 0:16:30 | |
| 64 | 81 | Garcia Gil, Javier | | VAM | 38 | 29:43 | 1:00:19 | 1:30:44.50 | 1:30:33 | 04:18 | 0:16:22 | |
| 65 | 62 | Rodríguez Atrio, Angel | | VAM | 39 | 29:51 | 1:00:18 | 1:30:46.54 | 1:30:43 | 04:18 | 0:16:32 | |
| 66 | 91 | Rodriguez Vargas, Jorge | | VAM | 40 | 29:42 | 1:00:07 | 1:30:59.10 | 1:30:59 | 04:19 | 0:16:48 | |
| 67 | 64 | Losada Pérez, José | | VAM | 41 | 30:03 | 1:00:36 | 1:31:09.83 | 1:31:03 | 04:19 | 0:16:52 | |
| 68 | 257 | Bugueiro González, Luis Alberto | | VAM | 42 | 30:10 | 59:59 | 1:31:14.72 | 1:31:09 | 04:19 | 0:16:58 | |
| 69 | 3 | 245 | Teijeiro Ferro, Sonia | A. Vet. Ourense | ABSF | 3 | 29:27 | 1:00:07 | 1:31:17.06 | 1:31:16 | 04:20 | 0:17:05 |
| 70 | 110 | Fernandez Rodriguez, Ruben | | VAM | 43 | 30:52 | 1:01:14 | 1:31:24.74 | 1:31:17 | 04:20 | 0:17:06 | |
| 71 | 84 | Cordero Rodriguez, Pablo | | VAM | 44 | 30:00 | 1:00:18 | 1:31:26.02 | 1:31:19 | 04:20 | 0:17:08 | |
| 72 | 220 | Losada Marra, Jose | Running Sport Trail | VDM | 1 | 30:00 | 1:00:41 | 1:31:27.00 | 1:31:24 | 04:20 | 0:17:13 | |
| 73 | 75 | Carrera De Castro, Jorge | | VAM | 45 | 29:51 | 1:00:46 | 1:31:27.04 | 1:31:23 | 04:20 | 0:17:12 | |
| 74 | 159 | Garcia Mosquera, Oscar | | VBM | 7 | 30:03 | 1:00:32 | 1:31:29.85 | 1:31:18 | 04:20 | 0:17:07 | |
| 75 | 89 | Gonzalez Gómez, Oscar | | VAM | 46 | 30:04 | 1:00:50 | 1:31:37.40 | 1:31:24 | 04:21 | 0:17:13 | |

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|-----|-----|-----------------------------------|----------------------|-----|----|-------|---------|-------------------|---------|-------|---------|
| 76 | 17 | Perez Elias, Diego | | SNM | 12 | 30:01 | 1:00:55 | 1:31:40.69 | 1:31:31 | 04:21 | 0:17:20 |
| 77 | 44 | Pereira Gutiérrez, Emilio José | | SNM | 13 | 29:51 | 1:00:46 | 1:31:52.70 | 1:31:51 | 04:21 | 0:17:40 |
| 78 | 173 | Díaz Araujo, José Javier | Tropa do Carallo | VBM | 8 | 30:05 | 1:00:44 | 1:31:59.93 | 1:31:54 | 04:22 | 0:17:43 |
| 79 | 258 | Pelaez Ganzedo, Fran | | VAM | 47 | 30:11 | 1:01:00 | 1:32:05.50 | 1:32:07 | 04:22 | 0:17:56 |
| 80 | 85 | Castro Reboredo, Alberto | Lamargha | VAM | 48 | 30:11 | 1:01:01 | 1:32:06.99 | 1:32:02 | 04:22 | 0:17:51 |
| 81 | 9 | Rodríguez Ferreiro, Miguel | Lamargha | SNM | 14 | 30:11 | 1:01:00 | 1:32:07.11 | 1:32:01 | 04:22 | 0:17:50 |
| 82 | 132 | Calvo Fernández, José Rubén | C. Via 18 Maceda | VAM | 49 | 30:10 | 1:01:01 | 1:32:07.67 | 1:32:01 | 04:22 | 0:17:50 |
| 83 | 53 | Fernandez Salgueiro, Marcos | | VAM | 50 | 30:10 | 1:00:58 | 1:32:08.21 | 1:32:03 | 04:22 | 0:17:52 |
| 84 | 6 | Díaz Cid, Javier | Tropa do Carallo | SNM | 15 | 30:04 | 1:00:41 | 1:32:21.60 | 1:32:16 | 04:23 | 0:18:05 |
| 85 | 3 | Martínez, Javi | | SNM | 16 | 29:36 | 1:00:49 | 1:32:34.61 | 1:32:30 | 04:23 | 0:18:19 |
| 86 | 154 | Blanco Figueirido, Marcos Antonio | C.A. Outes | VAM | 51 | 30:56 | 1:01:50 | 1:32:44.10 | 1:32:36 | 04:24 | 0:18:25 |
| 87 | 65 | González Lanzós, Fernando | | VAM | 52 | 30:18 | 1:01:08 | 1:32:53.85 | 1:32:45 | 04:24 | 0:18:34 |
| 88 | 128 | Losada Conde, David | Mercarunning | VAM | 53 | 30:38 | 1:01:36 | 1:32:54.09 | 1:32:46 | 04:24 | 0:18:35 |
| 89 | 66 | Domínguez Fernández, Luis Alberto | | VAM | 54 | 31:38 | 1:02:16 | 1:32:57.37 | 1:32:37 | 04:24 | 0:18:26 |
| 90 | 185 | Martinez Alonso, Teodoro | Tropa do Carallo | VBM | 9 | 30:56 | 1:02:07 | 1:33:04.31 | 1:32:57 | 04:25 | 0:18:46 |
| 91 | 31 | Navia Iglesias, Ruben | VigoRunners | SNM | 17 | 30:04 | 1:01:35 | 1:33:05.91 | 1:33:03 | 04:25 | 0:18:52 |
| 92 | 26 | Fermin Rodal Vidal, Jorge | C. D. Pinarium | VCM | 5 | 30:05 | 1:01:26 | 1:33:28.00 | 1:33:26 | 04:26 | 0:19:15 |
| 93 | 109 | Fernandez Perez, Oscar Manuel | VigoRunners | VAM | 55 | 30:04 | 1:01:35 | 1:33:28.53 | 1:33:26 | 04:26 | 0:19:15 |
| 94 | 125 | Pazos Calvar, Jose | | VAM | 56 | 29:49 | 1:01:14 | 1:33:34.01 | 1:33:34 | 04:26 | 0:19:23 |
| 95 | 82 | Barreiro Marquez, José Antonio | | VAM | 57 | 29:47 | 1:01:12 | 1:33:34.22 | 1:33:34 | 04:26 | 0:19:23 |
| 96 | 67 | Sousa González, Pablo | | VAM | 58 | 30:14 | 1:02:21 | 1:33:46.31 | 1:33:42 | 04:27 | 0:19:31 |
| 97 | 29 | López Pérez, Eligio | BOX001 | SNM | 18 | 31:39 | 1:02:31 | 1:33:53.55 | 1:33:34 | 04:27 | 0:19:23 |
| 98 | 24 | Carnero Valcárcel, Javier | BOX001 | SNM | 19 | 31:39 | 1:02:34 | 1:33:53.88 | 1:33:34 | 04:27 | 0:19:23 |
| 99 | 74 | Cid Perez, Jorge | Esprinters Ourense | VAM | 59 | 31:02 | 1:02:37 | 1:34:00.96 | 1:33:53 | 04:27 | 0:19:42 |
| 100 | 253 | Bre Lopez, Migel Angel | | VBM | 10 | 30:05 | 1:01:44 | 1:34:09.81 | 1:33:57 | 04:28 | 0:19:46 |
| 101 | 254 | Fernandez Costas, Santiago | | VAM | 60 | 29:44 | 1:02:25 | 1:34:10.08 | 1:33:58 | 04:28 | 0:19:47 |
| 102 | 147 | Mujeriego Gomez, Jose Luis | | VAM | 61 | 31:28 | 1:02:55 | 1:34:22.94 | 1:34:12 | 04:28 | 0:20:01 |
| 103 | 114 | Lamas Vila, Eligio Jesus | | VAM | 62 | 30:36 | 1:02:16 | 1:34:36.59 | 1:34:25 | 04:29 | 0:20:14 |
| 104 | 189 | Borrego Varela, Juan | | VBM | 11 | 31:56 | 1:03:13 | 1:34:48.39 | 1:34:33 | 04:30 | 0:20:22 |
| 105 | 10 | Martinez Gómez, Daniel | Tropa do Carallo | SNM | 20 | 31:36 | 1:03:06 | 1:34:48.41 | 1:34:40 | 04:30 | 0:20:29 |
| 106 | 71 | Garcia, Manuel | | VAM | 63 | 30:49 | 1:02:20 | 1:34:48.73 | 1:34:46 | 04:30 | 0:20:35 |
| 107 | 136 | Nores Gomez, Benito | | VAM | 64 | 31:42 | 1:03:18 | 1:35:01.68 | 1:34:53 | 04:30 | 0:20:42 |
| 108 | 93 | Cruz Santos, José Manuel | Esprinters Ourense | VAM | 65 | 33:20 | 1:04:24 | 1:35:07.37 | 1:34:54 | 04:30 | 0:20:43 |
| 109 | 222 | Seoane, Luis | | VDM | 2 | 31:42 | 1:03:18 | 1:35:11.86 | 1:35:08 | 04:31 | 0:20:57 |
| 110 | 143 | Rodriguez Viso, Marcos | Esprinters Ourense | VAM | 66 | 30:51 | 1:02:55 | 1:35:20.04 | 1:35:10 | 04:31 | 0:20:59 |
| 111 | 184 | Cerdeira, Cesar | | VBM | 12 | 30:55 | 1:02:56 | 1:35:34.66 | 1:35:35 | 04:32 | 0:21:24 |
| 112 | 20 | Fernandez Gomez, Javier | | SNM | 21 | 30:00 | 1:01:37 | 1:35:58.32 | 1:35:52 | 04:33 | 0:21:41 |
| 113 | 23 | Pérez González, David | | SNM | 22 | 33:21 | 1:04:35 | 1:36:15.02 | 1:35:56 | 04:34 | 0:21:45 |
| 114 | 12 | Pouso Toja, Jorge | | SNM | 23 | 30:13 | 1:01:50 | 1:36:15.26 | 1:36:11 | 04:34 | 0:22:00 |
| 115 | 142 | Taboada Fírvida, Manuel | | VAM | 67 | 32:09 | 1:04:22 | 1:36:21.18 | 1:36:17 | 04:34 | 0:22:06 |
| 116 | 11 | Diz Dominguez, Alexander | Pato Blanco Celanova | SNM | 24 | 31:01 | 1:02:54 | 1:36:26.04 | 1:36:11 | 04:34 | 0:22:00 |
| 117 | 152 | Raña Gregorio, Juan Carlos | C.A.R. Marisqueiro | VAM | 68 | 32:08 | 1:05:06 | 1:36:29.51 | 1:36:15 | 04:34 | 0:22:04 |
| 118 | 197 | Castro Fernandez, Camilo | A. Arenteiro | VCM | 6 | 30:07 | 1:02:12 | 1:36:35.23 | 1:36:32 | 04:35 | 0:22:21 |
| 119 | 202 | Fernandez Lopez, Martin | Autotodo Carballiño | VCM | 7 | 31:19 | 1:03:46 | 1:36:50.28 | 1:36:45 | 04:35 | 0:22:34 |
| 120 | 171 | Carballo González, Miguel | | VBM | 13 | 31:56 | 1:04:18 | 1:36:59.48 | 1:36:53 | 04:36 | 0:22:42 |

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|-----|-----|----------------------------------|----------------------|-----|----|-------|---------|-------------------|---------|-------|---------|
| 121 | 97 | Fornos Gallego, Luis | Esprinters Ourense | VAM | 69 | 32:01 | 1:04:13 | 1:37:11.17 | 1:37:00 | 04:36 | 0:22:49 |
| 122 | 207 | Quintas Bahia, Juan Jose | Limiaactiva | VCM | 8 | 32:52 | 1:04:58 | 1:37:13.90 | 1:37:09 | 04:36 | 0:22:58 |
| 123 | 15 | Franco Real, Oscar | | SNM | 25 | 33:53 | 1:06:03 | 1:37:17.48 | 1:37:00 | 04:37 | 0:22:49 |
| 124 | 140 | Carballés Sande, Emilio | | VAM | 70 | 33:53 | 1:06:02 | 1:37:17.60 | 1:37:01 | 04:37 | 0:22:50 |
| 125 | 182 | Vázquez Rodríguez, Angel | | VBM | 14 | 32:09 | 1:04:25 | 1:37:18.28 | 1:37:18 | 04:37 | 0:23:07 |
| 126 | 141 | Perez González, Manuel Rafael | Esprinters Ourense | VAM | 71 | 31:18 | 1:03:48 | 1:37:41.59 | 1:37:31 | 04:38 | 0:23:20 |
| 127 | 164 | Vázquez Fernández, Jose | Pato Blanco Celanova | VBM | 15 | 31:36 | 1:04:33 | 1:37:45.13 | 1:37:36 | 04:38 | 0:23:25 |
| 128 | 106 | Seara Nuñez, David | | VAM | 72 | 31:28 | 1:04:05 | 1:37:46.85 | 1:37:39 | 04:38 | 0:23:28 |
| 129 | 127 | Gallego Pato, Ángel | Tropa do Carallo | VAM | 73 | 31:57 | 1:04:44 | 1:37:49.68 | 1:37:42 | 04:38 | 0:23:31 |
| 130 | 177 | Codón Vega, Alfonso | | VBM | 16 | 32:09 | 1:05:07 | 1:37:51.59 | 1:37:45 | 04:38 | 0:23:34 |
| 131 | 96 | Puente Veiga, Manuel | | VAM | 74 | 32:27 | 1:05:06 | 1:38:04.32 | 1:37:52 | 04:39 | 0:23:41 |
| 132 | 19 | Villarino Cid, David | | SNM | 26 | 30:01 | 1:00:58 | 1:38:47.56 | 1:38:41 | 04:41 | 0:24:30 |
| 133 | 211 | Guzman Lorenzo, Guillermo | Autotodo Carballiño | VDM | 3 | 32:23 | 1:05:07 | 1:38:48.51 | 1:38:36 | 04:41 | 0:24:25 |
| 134 | 218 | Gallardo Francisco, Benito | | VDM | 4 | 32:22 | 1:05:08 | 1:38:48.87 | 1:38:34 | 04:41 | 0:24:23 |
| 135 | 160 | Ferreiro Ferrón, Manuel | Limiaactiva | VBM | 17 | 29:24 | 1:03:32 | 1:38:51.06 | 1:38:45 | 04:41 | 0:24:34 |
| 136 | 195 | Duarte Vázquez, Francisco | Boimorto | VCM | 9 | 33:01 | 1:05:41 | 1:38:56.25 | 1:38:40 | 04:41 | 0:24:29 |
| 137 | 48 | Portas Costa, Carlos | | VAM | 75 | 33:26 | 1:06:15 | 1:38:57.43 | 1:38:49 | 04:41 | 0:24:38 |
| 138 | 256 | Rodríguez Rodríguez, Manuel | A. Deza | VDM | 5 | 32:40 | 1:06:06 | 1:39:14.94 | 1:39:03 | 04:42 | 0:24:52 |
| 139 | 204 | Rodríguez Lama, Francisco | Limiaactiva | VCM | 10 | 34:03 | 1:07:39 | 1:39:16.04 | 1:39:11 | 04:42 | 0:25:00 |
| 140 | 191 | Abellas Otero, Jose Benito | Esprinters Ourense | VBM | 18 | 32:03 | 1:05:00 | 1:39:16.05 | 1:39:05 | 04:42 | 0:24:54 |
| 141 | 193 | Rodríguez Ortega, Jose Luis | Pato Blanco Celanova | VCM | 11 | 31:22 | 1:04:57 | 1:39:18.31 | 1:39:10 | 04:42 | 0:24:59 |
| 142 | 78 | Basalo Da Rocha, Juan Pablo | | VAM | 76 | 32:20 | 1:05:59 | 1:39:25.26 | 1:39:16 | 04:43 | 0:25:05 |
| 143 | 216 | Feijóo Grande, Jose Ángel | | VDM | 6 | 31:57 | 1:05:10 | 1:39:44.71 | 1:39:31 | 04:44 | 0:25:20 |
| 144 | 70 | Quiroga Fernandez, Iago | VigoRunners | VAM | 77 | 31:43 | 1:03:20 | 1:40:09.22 | 1:40:05 | 04:45 | 0:25:54 |
| 145 | 210 | Chamorro Rodriguez, Eugenio | | VDM | 7 | 33:02 | 1:06:09 | 1:40:12.17 | 1:40:11 | 04:45 | 0:26:00 |
| 146 | 196 | Perez Villamarin, Jose | | VCM | 12 | 32:14 | 1:06:08 | 1:41:11.51 | 1:41:03 | 04:48 | 0:26:52 |
| 147 | 198 | Barreiro Tato, Joaquín | | VCM | 13 | 33:27 | 1:06:25 | 1:41:26.14 | 1:41:10 | 04:48 | 0:26:59 |
| 148 | 8 | Fernandez Lopez, Xabier | | SNM | 27 | 34:47 | 1:07:51 | 1:41:29.94 | 1:41:10 | 04:49 | 0:26:59 |
| 149 | 7 | Barreiros Dapena, Brais | Tropa do Carallo | SNM | 28 | 31:57 | 1:04:20 | 1:41:31.78 | 1:41:24 | 04:49 | 0:27:13 |
| 150 | 5 | Pedrouzo Ulloa, Alberto | | SNM | 29 | 33:48 | 1:07:53 | 1:42:25.03 | 1:42:16 | 04:51 | 0:28:05 |
| 151 | 145 | Aguiar Fraguas, Francisco Javier | Brif Running | VAM | 78 | 33:45 | 1:07:55 | 1:42:32.23 | 1:42:14 | 04:52 | 0:28:03 |
| 152 | 252 | Adán Rodríguez, Jose Manuel | | VAM | 79 | 31:12 | 1:04:27 | 1:42:32.43 | 1:42:17 | 04:52 | 0:28:06 |
| 153 | 100 | Balseiro Amido, José Angel | C.A. Vilalba | VAM | 80 | 34:27 | 1:08:54 | 1:42:41.06 | 1:42:26 | 04:52 | 0:28:15 |
| 154 | 103 | Vidal Cerviño, Óscar | | VAM | 81 | 33:40 | 1:08:15 | 1:42:51.75 | 1:42:42 | 04:52 | 0:28:31 |
| 155 | 214 | Villar Álvarez, Enrique | | VDM | 8 | 33:03 | 1:08:04 | 1:43:08.93 | 1:43:08 | 04:53 | 0:28:57 |
| 156 | 170 | Levosou Touceda, Jose Maria | Esprinters Ourense | VBM | 19 | 33:33 | 1:09:42 | 1:43:13.87 | 1:43:02 | 04:54 | 0:28:51 |
| 157 | 4 | Cortón, Maiuca | CD Portosín | VAF | 1 | 32:49 | 1:07:25 | 1:43:16.40 | 1:43:02 | 04:54 | 0:28:51 |
| 158 | 38 | Lopez Fernandez, Juan Carlos | Tropa do Carallo | SNM | 30 | 33:45 | 1:08:58 | 1:43:22.97 | 1:43:17 | 04:54 | 0:29:06 |
| 159 | 111 | Lorenzo López, Roberto | | VAM | 82 | 33:09 | 1:07:00 | 1:43:34.43 | 1:43:20 | 04:55 | 0:29:09 |
| 160 | 161 | Perez Garcia, Juan Carlos | Korpore | VBM | 20 | 34:06 | 1:09:06 | 1:44:07.63 | 1:43:57 | 04:56 | 0:29:46 |
| 161 | 194 | Grueiro Lopez, Francisco Javier | | VCM | 14 | 33:54 | 1:08:50 | 1:44:14.40 | 1:44:02 | 04:56 | 0:29:51 |
| 162 | 16 | Ferro Rodriguez, Diego | | SNM | 31 | 32:35 | 1:07:31 | 1:44:25.29 | 1:44:14 | 04:57 | 0:30:03 |
| 163 | 5 | Vázquez Fernández, Almudena | C. Smooy Athletics | VAF | 2 | 33:58 | 1:09:05 | 1:44:27.09 | 1:44:23 | 04:57 | 0:30:12 |
| 164 | 149 | César Aldariz, Javier | | VAM | 83 | 34:44 | 1:10:01 | 1:44:53.78 | 1:44:51 | 04:58 | 0:30:40 |
| 165 | 179 | Dapena Tenorio, Jose Luis | | VBM | 21 | 33:30 | 1:08:27 | 1:45:14.54 | 1:45:09 | 04:59 | 0:30:58 |

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|-----|-----|--------------------------------------|----------------------------|-----|-----|-------|---------|-------------------|---------|-------|---------|
| 166 | 183 | Gandon Estevez, Manoel Anxo | Rungalicia.com | VBM | 22 | 34:32 | 1:10:18 | 1:45:23.71 | 1:45:22 | 05:00 | 0:31:11 |
| 167 | 167 | Lopez Iglesias, Luis | | VBM | 23 | 34:43 | 1:09:48 | 1:45:24.38 | 1:45:24 | 05:00 | 0:31:13 |
| 168 | 49 | Ponte Pintor, Javier | | VAM | 84 | 34:27 | 1:09:43 | 1:45:43.63 | 1:45:44 | 05:01 | 0:31:33 |
| 169 | 221 | Magdaleno Lourido, Jose Pablo | Corredoiras Bueu | VDM | 9 | 34:16 | 1:09:52 | 1:45:44.20 | 1:45:39 | 05:01 | 0:31:28 |
| 170 | 206 | Vila Blanco, Jesus | CV. Val Da Rabeda | VCM | 15 | 33:48 | 1:09:00 | 1:45:48.14 | 1:45:33 | 05:01 | 0:31:22 |
| 171 | 188 | Saavedra Pazos, José Antonio | Runaways | VBM | 24 | 36:29 | 1:12:24 | 1:46:13.34 | 1:46:04 | 05:02 | 0:31:53 |
| 172 | 36 | Ramos Dopazo, Damian | | SNM | 32 | 34:47 | 1:10:16 | 1:46:13.91 | 1:45:57 | 05:02 | 0:31:46 |
| 173 | 63 | Santamaria Lorenzo, Francisco Javier | | VAM | 85 | 34:54 | 1:10:20 | 1:46:16.05 | 1:46:01 | 05:02 | 0:31:50 |
| 174 | 187 | Alonso Escaño, Bernardo | C. D. Pinarium | VBM | 25 | 34:25 | 1:10:24 | 1:46:38.99 | 1:46:26 | 05:03 | 0:32:15 |
| 175 | 102 | Prieto, Angel | VigoRunners | VAM | 86 | 32:15 | 1:08:26 | 1:47:03.53 | 1:47:00 | 05:04 | 0:32:49 |
| 176 | 32 | Alvarez Fernandez, Javier | Korpore | SNM | 33 | 36:17 | 1:11:38 | 1:47:03.59 | 1:47:04 | 05:04 | 0:32:53 |
| 177 | 6 | Rodríguez González, Lola | Korpore | VAF | 3 | 36:17 | 1:11:38 | 1:47:03.59 | 1:46:44 | 05:04 | 0:32:33 |
| 178 | 13 | Mansilla Barreiro, Jose | | SNM | 34 | 36:13 | 1:12:05 | 1:47:04.78 | 1:46:45 | 05:04 | 0:32:34 |
| 179 | 186 | Piñeiro Santos, Luis | | VBM | 26 | 35:20 | 1:11:12 | 1:47:15.67 | 1:47:05 | 05:05 | 0:32:54 |
| 180 | 76 | Vidal Garcia, David | Esprinters Ourense | VAM | 87 | 33:43 | 1:10:02 | 1:47:23.54 | 1:47:03 | 05:05 | 0:32:52 |
| 181 | 135 | Quintas Barros, Jesús Carlos | Esprinters Ourense | VAM | 88 | 34:46 | 1:10:18 | 1:47:24.00 | 1:47:24 | 05:05 | 0:33:13 |
| 182 | 7 | Fernandez Ordoñez, Iria | | VAF | 4 | 33:51 | 1:09:49 | 1:47:25.17 | 1:47:14 | 05:05 | 0:33:03 |
| 183 | 59 | Rodriguez Framil, Alfonso | | VAM | 89 | 33:56 | 1:09:34 | 1:47:25.86 | 1:47:13 | 05:05 | 0:33:02 |
| 184 | 176 | Forneiro Lopez, Jose Luis | | VBM | 27 | 36:30 | 1:12:06 | 1:47:26.97 | 1:47:12 | 05:06 | 0:33:01 |
| 185 | 162 | Baranda Valeiras, Camilo | Esprinters Ourense | VBM | 28 | 35:24 | 1:10:59 | 1:47:44.82 | 1:47:31 | 05:06 | 0:33:20 |
| 186 | 180 | Leboso Ferreiro, Cesar | Esprinters Ourense | VBM | 29 | 35:29 | 1:10:58 | 1:47:46.40 | 1:47:32 | 05:06 | 0:33:21 |
| 187 | 168 | Rodriguez Gonzalez, Jose | Autotodo Carballiño | VBM | 30 | 35:29 | 1:10:58 | 1:47:46.70 | 1:47:33 | 05:06 | 0:33:22 |
| 188 | 112 | Barroso Benítez, Diego Gabriel | | VAM | 90 | 35:11 | 1:11:52 | 1:49:06.64 | 1:48:48 | 05:10 | 0:34:37 |
| 189 | 8 | Pato Orrego, Carolina | | VAF | 5 | 35:11 | 1:11:51 | 1:49:06.76 | 1:48:49 | 05:10 | 0:34:38 |
| 190 | 121 | Calleja Garcia, Constantino | | VAM | 91 | 36:30 | 1:12:32 | 1:49:08.50 | 1:48:54 | 05:10 | 0:34:43 |
| 191 | 108 | Perez Alonso, Javier | | VAM | 92 | 35:04 | 1:11:03 | 1:49:12.39 | 1:48:56 | 05:11 | 0:34:45 |
| 192 | 131 | Limia, Moises | | VAM | 93 | 31:40 | 1:05:26 | 1:49:26.47 | 1:49:23 | 05:11 | 0:35:12 |
| 193 | 9 | Lamas Cuadrado, Flor | C. Benaventea | VAF | 6 | 31:23 | 1:05:26 | 1:49:27.67 | 1:49:27 | 05:11 | 0:35:16 |
| 194 | 117 | Carreira Nodar, Jorge | C. D. San Paio | VAM | 94 | 38:09 | 1:14:38 | 1:49:30.37 | 1:49:16 | 05:11 | 0:35:05 |
| 195 | 190 | Diz Veiga, Rafael | Zeppelin Torguesa Finfloor | VBM | 31 | 36:35 | 1:13:40 | 1:50:11.91 | 1:49:58 | 05:13 | 0:35:47 |
| 196 | 126 | Perez Vazquez, Carlos Alfonso | Korpore | VAM | 95 | 36:26 | 1:12:47 | 1:50:23.31 | 1:50:12 | 05:14 | 0:36:01 |
| 197 | 219 | Conde Torres, José Ramon | | VDM | 10 | 36:34 | 1:13:41 | 1:50:28.08 | 1:50:11 | 05:14 | 0:36:00 |
| 198 | 144 | Estevez Sobrino, Serafin | | VAM | 96 | 37:38 | 1:14:45 | 1:51:36.45 | 1:51:14 | 05:17 | 0:37:03 |
| 199 | 104 | Marquina Fuentes, Juan | | VAM | 97 | 36:15 | 1:13:04 | 1:52:22.91 | 1:52:08 | 05:20 | 0:37:57 |
| 200 | 124 | Lagoa Millán, Manuel | | VAM | 98 | 37:35 | 1:15:13 | 1:52:23.45 | 1:52:11 | 05:20 | 0:38:00 |
| 201 | 251 | Fernandez Curras, Fernando | | VCM | 16 | 35:39 | 1:13:00 | 1:52:49.22 | 1:52:41 | 05:21 | 0:38:30 |
| 202 | 205 | González García, Andrés | | VCM | 17 | 36:13 | 1:14:54 | 1:52:55.80 | 1:52:49 | 05:21 | 0:38:38 |
| 203 | 86 | Casas Perez, Roberto | | VAM | 99 | 36:03 | 1:13:24 | 1:53:39.90 | 1:53:24 | 05:23 | 0:39:13 |
| 204 | 259 | Girondo, Emmanuel | | VAM | 100 | 37:15 | 1:16:17 | 1:54:57.45 | 1:54:46 | 05:27 | 0:40:35 |
| 205 | 113 | Varela Rodríguez, Ricardo | C. D. Pinarium | VAM | 101 | 35:56 | 1:13:16 | 1:56:15.86 | 1:56:12 | 05:31 | 0:42:01 |
| 206 | 10 | Lopez Mosteiro, Ana Isabel | C. D. Pinarium | VAF | 7 | 37:59 | 1:19:27 | 2:01:05.50 | 2:00:53 | 05:44 | 0:46:42 |
| 207 | 11 | Da Costa Rodrigues, Kellen Cristina | | VAF | 8 | 40:28 | 1:21:18 | 2:02:25.34 | 2:02:08 | 05:48 | 0:47:57 |
| 208 | 12 | Banet Masa, Lola | | VBF | 1 | 40:29 | 1:21:17 | 2:02:25.37 | 2:02:25 | 05:48 | 0:48:14 |
| 209 | 13 | García Castelo, María | C.A. Lousame | SNF | 1 | 40:26 | 1:21:19 | 2:02:55.38 | 2:02:42 | 05:50 | 0:48:31 |
| 210 | 14 | Linzer, Katia | Esperia | VAF | 9 | 38:30 | 1:20:37 | 2:03:31.18 | 2:03:20 | 05:51 | 0:49:09 |

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|------------|-----------|-----|----------------------------------|---------------------|-----|-----|-------|---------|-------------------|---------|-------|---------|
| 211 | 15 | 232 | Rodriguez Alonso, Myriam | | SNF | 2 | 40:22 | 1:21:49 | 2:03:58.55 | 2:03:46 | 05:53 | 0:49:35 |
| 212 | | 169 | Villar Alvarez, Juan | | VBM | 32 | 39:35 | 1:21:08 | 2:05:44.01 | 2:05:26 | 05:58 | 0:51:15 |
| 213 | | 115 | Gómez Rivas, Enrique | | VAM | 102 | 39:56 | 1:21:15 | 2:05:48.11 | 2:05:39 | 05:58 | 0:51:28 |
| 214 | | 178 | Perez Balirac, Jesus | | VBM | 33 | 41:17 | 1:23:18 | 2:06:58.72 | 2:06:39 | 06:01 | 0:52:28 |
| 215 | | 146 | Saborido Fernandez, Luis Mariano | S.D. Barbantia Roda | VAM | 103 | 39:08 | 1:21:24 | 2:07:09.26 | 2:07:05 | 06:02 | 0:52:54 |
| 216 | 16 | 243 | Rey Rodriguez, Maria Jesus | | VAF | 10 | 39:08 | 1:21:25 | 2:07:10.05 | 2:07:04 | 06:02 | 0:52:53 |
| 217 | | 192 | Salgado Caramés, Alberto | C.A. Carballiño | VCM | 18 | 42:14 | 1:24:48 | 2:08:02.69 | 2:07:42 | 06:04 | 0:53:31 |
| 218 | | 208 | Menendez Villalva, Carlos | | VCM | 19 | 41:25 | 1:23:42 | 2:09:15.25 | 2:09:01 | 06:08 | 0:54:50 |
| 219 | | 99 | Gonzalez Banga, Salvador | | VAM | 104 | 42:02 | 1:27:07 | 2:16:56.01 | 2:16:43 | 06:29 | 1:02:32 |