

### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
1	3590	JOSEPH	KIPKOSGEI BWAMBOK	03/02/1980	M		0:29:31	02:57.05	20.33
2	3597	SIGEI	BARNABA	01/01/1984	M		0:30:53	03:05.23	19.43
3	3548	RUBEN	CASTRO PORTELA	23/04/1978	M	ALEJANDRO GOMEZ	0:32:07	03:12.63	18.69
4	3004	IVAN	IGLESIAS CARBALLO	15/01/1986	M	A.D.A.S	0:32:16	03:13.54	18.60
5	3620	JUAN PABLO	FERNANDEZ RODRIGUES	30/08/1980	M	SOCIEDAD GIMNASTICA	0:32:18	03:13.73	18.58
6	3536	ALEJANDRO	GOMEZ CABRAL	11/04/1967	M	ALEJANDRO GOMEZ	0:32:37	03:15.63	18.40
7	3754	LUIS	CALVO CASTRO	05/02/1980	M		0:32:46	03:16.59	18.31
8	3275	JORGE	CRESPO ARIAS	25/10/1979	M	ATLETISMO SAR A	0:32:46	03:16.60	18.31
9	3103	MARISA	BARROS	25/02/1980	F	SPORT LISBOA E	0:32:48	03:16.79	18.29
10	3588	OSCAR	PIÑEIRO PEREZ	08/02/1984	M	ALEJANDRO GOMEZ	0:33:30	03:20.98	17.91
11	3172	MANUEL OLIVER	PEREZ LOPEZ	29/05/1971	M	ATLETISMO CORUÑA	0:33:50	03:22.94	17.74
12	3593	WINNIE	JEPKEMOI	09/10/1993	F		0:34:05	03:24.45	17.61
13	3257	RAMON IGNACIO	FOLGAR POUSO	13/10/1967	M	ATLETISMO SAR A	0:34:08	03:24.76	17.58
14	3175	JAVIER	TOURIS Fornos	30/09/1975	M	ATLETISMO CORUÑA	0:34:14	03:25.39	17.53
15	3201	ERNESTO	BUCETA-POUSO	20/09/1970	M	ATLETISMO BARBANZA	0:34:20	03:25.92	17.48
16	3643	MIGUEL ANGEL	CARRILLO SILVOSO	10/10/1972	M	CLUB ATLETISMO	0:34:42	03:28.11	17.30
17	3183	NICOLAS	DOMINGUEZ GARCIA	16/03/1983	M	ATLETISMO CORUÑA	0:34:51	03:29.07	17.22
18	3173	JESUS MARIA	ALVAREZ RODRIGUEZ	02/03/1972	M	ATLETISMO CORUÑA	0:34:51	03:29.10	17.22
19	3387	CARLOS	SILVA CESAR	17/01/1966	M	UNIVERSIDADE	0:34:56	03:29.55	17.18
20	3421	ANTON	RUANOVA FERNANDEZ	02/08/1986	M	ATLETISMO SAR A	0:35:00	03:29.97	17.15
21	3748	OSCAR	CES SUAREZ	12/10/1978	M	ATLETISMO SAR A	0:35:03	03:30.22	17.13
22	3282	MIGUEL	VIEITO VALENZUELA	24/08/1988	M		0:35:04	03:30.36	17.11
23	3594	PAMELA	PERTOM	08/08/1984	F		0:35:09	03:30.86	17.07
24	3165	JOSE MANUEL	RODRIGUEZ MOURE	16/04/1967	M	ATLETISMO CORUÑA	0:35:12	03:31.14	17.05
25	3386	MANUEL	VIGO OTERO	24/08/1963	M	UNIVERSIDADE	0:35:18	03:31.74	17.00
26	3703	SANTIAGO	GARCÍA RODRÍGUEZ	04/09/1990	M	ATLETISMO AFFLELOU	0:35:19	03:31.87	16.99
27	3365	ANGEL	MACEIRAS LAGO	27/06/1973	M	ATLETISMO SAR A	0:35:22	03:32.16	16.97
28	3193	ERCÍLIA MARIA	DOS SANTOS MACHADO	24/12/1986	F	SPORTING CLUBE DE	0:35:30	03:32.98	16.90
29	3771	FRANCISCO	SERRA CALDAS	08/07/1971	M		0:35:37	03:33.61	16.85
30	3036	CAYETANO	GARCÍA BLANCO	02/11/1988	M		0:35:37	03:33.66	16.85
31	3134	ANTON	SANTOS PEREZ	19/02/1979	M	CLUB ATLETISMO	0:35:41	03:34.03	16.82
32	3825	YOLANDA	GUTIERREZ ROBLES	12/01/1982	F	COMESAÑA SPORTING	0:35:42	03:34.16	16.81
33	3768	DAVID	ALONSO BARGIELA	11/09/1980	M	ALEJANDRO GOMEZ	0:35:46	03:34.58	16.78
34	3020	FELIPE	MIGUENSA GASAMANES	03/07/1971	M	ATLETISMO SAR A	0:35:49	03:34.84	16.76
35	3212	MARTIN	PELLITERO VARELA	07/08/1979	M	C.A.OLIVEIRA	0:35:50	03:34.94	16.75
36	3179	ROBERTO	VALES LOPEZ	01/03/1976	M	ATLETISMO CORUÑA	0:35:51	03:35.06	16.74
37	3818	FRANCISCO	SANMARCO SANTOS	12/04/1964	M	ATLETISMO SAR A	0:35:55	03:35.41	16.71
38	3644	ALBERTO	ALVAREZ BENDAÑA	28/09/1980	M	ATLETISMO SAR A	0:36:00	03:35.94	16.67
39	3329	ANTONIO	SOBRADO FERNANDEZ	13/06/1968	M		0:36:01	03:36.08	16.66
40	3390	SANTIAGO	GARCÍA FERRON	29/11/1974	M	UNIVERSIDADE	0:36:03	03:36.23	16.65
41	3366	JOSE ANTONIO	RECOUSO CAAMAÑO	04/03/1975	M	ATLETISMO CORUÑA	0:36:07	03:36.66	16.62
42	3397	IGNACIO ANTONIO	COUÑAGO CASTRO	12/06/1970	M	UNIVERSIDADE	0:36:11	03:37.08	16.58
43	3641	RICARDO	IGLESIAS CASAL	16/01/1978	M	RIA FERROL	0:36:14	03:37.33	16.57
44	3799	JOSE LUIS	GONZALEZ NUÑEZ	22/03/1981	M		0:36:16	03:37.52	16.55
45	3002	EMILIO	MARTINEZ ANTA	16/03/1962	M	C.D. EGOVARROS -	0:36:22	03:38.14	16.50
46	3050	JOSE LUIS	BOUZA FREIRE	09/09/1959	M	ATLETISMO AFFLELOU	0:36:25	03:38.43	16.48
47	3017	DAVID	PEREZ SANTAMARÍA	15/04/1970	M	ATLETISMO SAR A	0:36:27	03:38.61	16.47
48	3203	JAVIER	FERNANDEZ FERNANDEZ	16/02/1980	M	CLUB ATLETISMO	0:36:31	03:39.02	16.44
49	3399	ADRIAN	OTERO ROMERO	02/02/1985	M	UNIVERSIDADE	0:36:36	03:39.53	16.40
50	2968	MARTIN EUGENIO	RODRIGUEZ GOMEZ	21/06/1983	M	CLUB ATLETISMO	0:36:41	03:40.04	16.36
51	3048	SAMUEL	VEIGA IGLESIAS	12/08/1967	M	CLUB ATLETISMO	0:36:42	03:40.13	16.35
52	3391	XOSE LUIS	OTERO CEPEDA	02/11/1951	M	UNIVERSIDADE	0:36:43	03:40.26	16.34
53	3051	ARTURO	RAMOS FERROL	26/11/1973	M	CLUB ATLETISMO	0:36:45	03:40.45	16.33
54	3692	DAVID	BARREIRO CARNEIRO	24/02/1989	M	ATLETISMO AFFLELOU	0:36:53	03:41.27	16.27
55	3450	JESUS	QUINTANS MARTINEZ	29/01/1973	M		0:36:58	03:41.79	16.23
56	2990	DAVID	SENDON CAAMAÑO	15/11/1982	M	OUTES	0:37:00	03:41.94	16.22
57	3398	JUAN JOSE	MERLOS MINIÑO	02/02/1972	M	UNIVERSIDADE	0:37:01	03:42.04	16.21
58	2971	IVAN PABLO	SANMARTÍN CARREIRA	08/10/1975	M	CLUB ATLETISMO	0:37:04	03:42.37	16.19
59	3121	MARIO	LAGO BLANCO	16/07/1977	M	CLUB ATLETISMO	0:37:04	03:42.38	16.19
60	3090	ALFONSO	TOIMIL CASTRO	15/01/1970	M	CLUB ATLETISMO	0:37:06	03:42.51	16.18
61	3141	JOSE MANUEL	INSUA RODRIGUEZ	10/02/1958	M	RIA FERROL	0:37:18	03:43.79	16.09
62	3057	RUBEN	VILA SIEIRA	24/12/1975	M	C.D. EGOVARROS -	0:37:21	03:44.05	16.07
63	3385	ALVARO	BARRAL RUBIROSA	25/11/1966	M		0:37:25	03:44.41	16.04
64	3472	CRISTIAN	RICO FALCO	03/04/1989	M		0:37:26	03:44.58	16.03
65	3240	JOSE JAVIER	GOMEZ IGLESIAS	12/06/1968	M	BURGAS ATLETISMO	0:37:29	03:44.82	16.01
66	3312	JOSE LUIS	IGLESIAS BESADA	11/05/1969	M		0:37:29	03:44.88	16.01
67	3811	ROCIO	RODRIGUEZ LONGA	23/05/1977	F	C.A.B.PUERTO DE	0:37:34	03:45.38	15.97
68	3537	DAVID	COSTAS TORRES	23/05/1978	M	ALEJANDRO GOMEZ	0:37:35	03:45.42	15.97
69	3727	PABLO	FERRO MOTEMUIÑO	03/08/1993	M	CLUB ATLETISMO NOIA	0:37:36	03:45.51	15.96
70	3738	ANGEL	REQUEJO FERNANDEZ	23/07/1985	M	CLUB ATLETISMO NOIA	0:37:39	03:45.86	15.94

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Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
71	3546	DAVID	SENRA EIROA	16/03/1984	M	ALEJANDRO GOMEZ	0:37:41	03:46.06	15.92
72	3457	CARLOS	GONZALEZ REINO	02/07/1966	M	CLUB ATLETISMO NOIA	0:37:42	03:46.18	15.92
73	3611	JOSE ANGEL	LOPEZ VILLAR	25/06/1974	M	C.D. EGOVARROS -	0:37:47	03:46.61	15.89
74	3056	DAVID	JEREZ LOPEZ	21/10/1985	M	CLUB ATLETISMO	0:37:48	03:46.71	15.88
75	3375	JOSE MANUEL	GONZALEZ SANTAMARIA	14/12/1967	M		0:37:50	03:46.98	15.86
76	3533	SANTIAGO	REY GONZALEZ	08/07/1971	M	ALEJANDRO GOMEZ	0:37:54	03:47.34	15.84
77	3221	IVAN	SEGADE CAROU	21/10/1981	M		0:37:54	03:47.38	15.83
78	3023	MIGUEL	ABEL SOUTO	16/08/1969	M	CLUB ATLETISMO	0:38:00	03:47.99	15.79
79	3295	JOSE CARLOS	BUJAN OTERO	10/01/1973	M		0:38:06	03:48.57	15.75
80	3545	RAUL	IGLESIAS DURO	11/12/1985	M		0:38:14	03:49.38	15.69
81	3735	NICOLAS	IGLESIAS LOPEZ	21/10/1991	M	CLUB ATLETISMO NOIA	0:38:17	03:49.61	15.68
82	3092	DANIEL	GONZALEZ JORGE	16/08/1991	M	ATLETISMO SAR A	0:38:19	03:49.85	15.66
83	3197	JOSE MANUEL	PARDO LOPEZ	27/10/1977	M	CLUB ATLETISMO	0:38:22	03:50.18	15.64
84	3636	CESAR	PEREZ GARCIA	02/11/1986	M		0:38:24	03:50.37	15.63
85	3769	DANIEL	ALONSO BARGIELA	11/09/1980	M	ALEJANDRO GOMEZ	0:38:25	03:50.50	15.62
86	3228	ALEJANDRO	LLAMAZARES SIXTO	19/10/1985	M		0:38:27	03:50.63	15.61
87	3549	FRANCISCO	OLVEIRA MARTINEZ	26/03/1969	M	ATLETISMO SAR A	0:38:29	03:50.81	15.60
88	3130	LUIS	MENDEZ TORRES	01/07/1971	M		0:38:32	03:51.12	15.58
89	3154	JUAN RAMON	FERNANDEZ GARRIDO	25/08/1957	M		0:38:36	03:51.52	15.55
90	3393	RODRIGO	MILLAN CONDE	20/03/1993	M	UNIVERSIDADE	0:38:39	03:51.85	15.53
91	3437	ANGEL	GARCIA GARCIA	10/09/1975	M		0:38:40	03:51.99	15.52
92	3143	SANTIAGO	VAZQUEZ COLLAZO	19/10/1965	M	ATLETISMO RIAZOR	0:38:42	03:52.11	15.51
93	3367	RUBEN	LESTON AGULLEIRO	18/03/1979	M	CORVOS BRANCOS	0:38:43	03:52.29	15.50
94	3205	MIJAIL	MORIATOV YAKIMYCHEVA	18/09/1975	M	OS GALACTICOS	0:38:45	03:52.47	15.49
95	3264	RUBEN	CAAMAÑO NIETO	21/09/1984	M	ATLETISMO SAR A	0:38:46	03:52.54	15.48
96	3106	JUAN MIGUEL	IGLESIAS SUAREZ	21/10/1975	M		0:38:53	03:53.27	15.43
97	3073	MODESTO	BARRO ROCHELA	26/01/1965	M	OLYMPO - AS PONTES	0:38:54	03:53.38	15.43
98	3622	ADAN	GARCÍA JANEIRO	31/10/1990	M	ATLETISMO SAR A	0:39:02	03:54.12	15.38
99	3618	JOSE ANGEL	PITA TORRES	17/03/1957	M		0:39:16	03:55.60	15.28
100	3801	JESUS	ARCA CANTO	16/07/1967	M	SAN ROQUE - VIVEIRO	0:39:19	03:55.90	15.26
101	3101	ALBERTO	CAROU CARRIL	08/08/1979	M	CLUB ATLETISMO	0:39:24	03:56.31	15.23
102	3619	DANIEL	LORENZO HERMIDA	23/05/1973	M	VICLAUMAIA	0:39:31	03:57.02	15.19
103	3685	RAMON	FERNANDEZ TORRES	01/02/1975	M	ARNELA ATLETISMO	0:39:31	03:57.04	15.19
104	3781	SANTIAGO	FERNANDEZ RIAL	06/06/1973	M		0:39:37	03:57.69	15.15
105	3466	DANIEL	LOPEZ CANTO	23/05/1968	M		0:39:39	03:57.83	15.14
106	3392	JAVIER	FERNANDEZ FEIJOO	05/10/1959	M	UNIVERSIDADE	0:39:40	03:57.91	15.13
107	3394	ADRIANO	QUIROGA CASTIÑEIRA	12/04/1993	M	UNIVERSIDADE	0:39:40	03:57.98	15.13
108	3449	FRANCISCO J.	GOMEZ CASTRO	26/09/1966	M	CLUB ATLETISMO NOIA	0:39:41	03:58.02	15.12
109	3561	MIGUEL ANXO	NOGUEIRA PEREZ	10/01/1979	M	NOITEBRA FC	0:39:41	03:58.03	15.12
110	3388	JULIO MANUEL	IGLESIAS MIRANDA	24/12/1963	M	UNIVERSIDADE	0:39:41	03:58.04	15.12
111	3535	SERGIO	RODRIGUEZ BEA	15/01/1983	M		0:39:41	03:58.05	15.12
112	3218	JOSÉ	ROSENDE BREA	13/07/1966	M		0:39:42	03:58.19	15.11
113	3734	MARCOS ANTONIO	BLANCO FIGUEIRIDO	18/07/1970	M	CLUB ATLETISMO NOIA	0:39:46	03:58.52	15.09
114	3383	CARLOS	BEADE BARREIRO	22/02/1978	M		0:39:49	03:58.81	15.08
115	2969	JOSE	SUAREZ LEIS	23/12/1963	M		0:39:50	03:58.90	15.07
116	3156	JOSE RAMON	RIOS RE CAREY	28/03/1972	M	PEÑA CICLISTA MEDIA	0:39:51	03:59.03	15.06
117	3157	LUIS	MALPICA GONTAD	11/05/1968	M	PEÑA CICLISTA MEDIA	0:39:51	03:59.07	15.06
118	2978	FERNANDO	REY MAYO	19/06/1977	M		0:39:52	03:59.16	15.05
119	3436	JESUS	CESPON GONZALEZ	21/01/1982	M		0:39:53	03:59.25	15.05
120	3645	MANUEL	QUINTAIROS CID	24/02/1975	M	CD VAL DA RABEDA	0:39:54	03:59.37	15.04
121	3576	PEDRO	ESMORÍS GARCÍA	03/03/1972	M	SAN ROQUE - VIVEIRO	0:39:56	03:59.54	15.03
122	3306	PABLO	ANLLO RIVEIRO	01/03/1971	M		0:39:56	03:59.56	15.03
123	3480	JULIO	IGLESIAS TORRES	12/07/1980	M	NOITEBRA FC	0:39:56	03:59.59	15.03
124	3076	JAVIER	FONTAO AGEITOS	10/10/1968	M	TRIATLON NOIA	0:40:00	03:59.92	15.01
125	3191	PEDRO	DELGADO NUÑEZ	26/05/1960	M	CLUB ATLETISMO	0:40:01	04:00.03	15.00
126	3600	RAMON	CANOSA CASTIÑEIRA	03/02/1972	M		0:40:04	04:00.35	14.98
127	3555	JAVIER	SANCHEZ LOPEZ	16/12/1971	M	ALEJANDRO GOMEZ	0:40:05	04:00.41	14.97
128	3137	JOSE RAMON	GARABATO QUINTANS	05/12/1955	M	CLUB ATLETISMO	0:40:07	04:00.67	14.96
129	3465	ANDRES	DOMINGUEZ SILVA	15/05/1978	M		0:40:09	04:00.83	14.95
130	3829	JOSE MANUEL	MÁLVIDO CARRILLO	19/04/1955	M		0:40:09	04:00.86	14.95
131	3186	FERNANDO	VARELA CASTRO	01/07/1990	M	ATLETISMO CORUÑA	0:40:10	04:00.92	14.94
132	3114	ALBERTO	LORENZO GIMENEZ	01/06/1980	M		0:40:11	04:01.02	14.94
133	3066	MANUEL	FIGUEIRA PEREZ	02/10/1972	M		0:40:11	04:01.08	14.93
134	3646	SERAFIN	CID PAZ	12/02/1968	M	CD VAL DA RABEDA	0:40:12	04:01.15	14.93
135	3634	JESUS	LODEIRO MENDEZ	28/06/1955	M	CLUB ATLETISMO	0:40:13	04:01.26	14.92
136	3822	JAVIER	OTERO ESPÍNEIRA	03/06/1968	M		0:40:14	04:01.37	14.92
137	3219	Mª ISABEL	SÁEZ BATALLÁN	17/11/1968	F	CLUB ACADEMIA POSTAL	0:40:14	04:01.39	14.91
138	2981	JOSE MANUEL	TURNES CORDEIRO	15/02/1980	M		0:40:16	04:01.58	14.90
139	3320	ALBERTO	CASTRO BLANCO	27/09/1974	M		0:40:17	04:01.61	14.90
140	3196	JOSE ANTONIO	JUANATEY PEREZ	24/02/1971	M	CLUB ATLETISMO	0:40:18	04:01.74	14.89

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Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
141	3640	JOSE MANUEL	NOVOA NOVOA	05/08/1969	M	CLUB ATLETICO	0:40:19	04:01.88	14.88
142	3803	OSCAR	FERNANDEZ VAZQUEZ	18/08/1987	M		0:40:24	04:02.37	14.85
143	3272	CAMILO	IGLESIAS LOPEZ	20/12/1958	M	CLUB ATLETISMO	0:40:26	04:02.51	14.84
144	3151	JOSE	MARTINEZ OTERO	28/10/1973	M	CLUB ATLETISMO	0:40:26	04:02.51	14.84
145	3342	LUIS	IGLESIAS RAÑA	07/03/1981	M		0:40:29	04:02.85	14.82
146	3631	JUAN MANUEL	PINTADO COSTA	01/01/1970	M		0:40:30	04:02.94	14.82
147	3560	MANUEL TOMAS	LORENZO JUANES	01/01/1976	M		0:40:31	04:03.07	14.81
148	3580	IAGO	FERREIRO LORENZO	22/05/1977	M		0:40:32	04:03.15	14.81
149	3516	MANUEL	CASTRO LAGO	25/02/1968	M	OS AFORCADOS	0:40:32	04:03.18	14.80
150	3575	PABLO	MIGUEZ LOPEZ	25/06/1973	M	SAN ROQUE - VIVEIRO	0:40:35	04:03.42	14.79
151	3728	ADRIAN	MOUGAN CASCALLAR	30/01/1989	M		0:40:35	04:03.47	14.79
152	2960	FRANCISCO	GARCIA VILLAVERDE	13/02/1974	M		0:40:36	04:03.56	14.78
153	3274	BRAIS	MAYO GIRAUT	11/01/1986	M		0:40:44	04:04.31	14.74
154	3369	ALBERTO	PARDO	20/11/1972	M		0:40:45	04:04.42	14.73
155	3147	RAMON	BARBA SANTOS	20/01/1959	M	CLUB ATLETISMO	0:40:47	04:04.61	14.72
156	3319	JONATHAN	LOPEZ REY	24/07/1987	M		0:40:48	04:04.73	14.71
157	3029	MARINELA	MAYO CAAMAÑO	10/01/1980	F		0:40:49	04:04.85	14.70
158	3819	JOSE CARLOS	HELENO TURNES	28/03/1970	M		0:40:49	04:04.90	14.70
159	3273	ALBERTO	RODRIGUEZ MEIRIÑO	18/01/1973	M	FLORISTERIA CARMEN	0:40:50	04:05.00	14.69
160	3475	MIGUEL ANGEL	ALFONSIN COUSIDO	08/03/1975	M		0:40:53	04:05.24	14.68
161	3514	ANGEL	CAMPOS SANTIAGO	11/12/1982	M		0:40:56	04:05.52	14.66
162	3418	MANUEL	LOJO CARAMES	29/10/1982	M	PATO BLANCO	0:40:56	04:05.57	14.66
163	3038	AVELINO	CAAMAÑO NIETO	16/06/1978	M	ATLETISMO ELITE NOIA	0:40:58	04:05.71	14.65
164	3099	LUIS	VILA ARIAS	28/10/1974	M	CIDADE DE LUGO	0:40:59	04:05.87	14.64
165	3112	SERGIO	RODRIGUEZ RODRIGUEZ	10/05/1954	M	SAMERTOLAMEU -	0:41:00	04:05.98	14.64
166	3787	JESUS MANUEL	DARRIBA PENA	03/11/1973	M		0:41:02	04:06.12	14.63
167	3665	JAVIER	GARCÍA GIL	12/10/1979	M		0:41:03	04:06.28	14.62
168	3534	ALFONSO	FERNANDEZ DOMINGUEZ	02/05/1974	M	ALEJANDRO GOMEZ	0:41:04	04:06.33	14.61
169	2995	JOSE MANUEL	ROCA RODRIGUEZ	04/07/1975	M		0:41:05	04:06.43	14.61
170	3711	JESUS EDUARDO	PEREZ RODRIGUEZ	04/07/1978	M		0:41:07	04:06.65	14.60
171	3441	ALFONSO	ARIAS GARCIA	30/04/1979	M	CLUB ATLETISMO	0:41:08	04:06.71	14.59
172	3300	JOSE MATIAS	REGUEIRA BOO	16/07/1951	M	ATLETISMO BARBANZA	0:41:12	04:07.19	14.56
173	3538	ALBERTO	MALLO MARCOS	30/04/1968	M	ALEJANDRO GOMEZ	0:41:14	04:07.36	14.55
174	3481	JUAN MANUEL	SEOANE COLLAZO	29/10/1979	M		0:41:15	04:07.44	14.55
175	3345	MARIO	GONZALEZ FREIRE	17/10/1964	M		0:41:16	04:07.52	14.54
176	3058	ADOLFO	BARBOSA PEREZ	15/08/1962	M		0:41:16	04:07.60	14.54
177	3476	JOSE CARLOS	RIAL CARNOTA	13/05/1970	M		0:41:19	04:07.82	14.53
178	3467	LOIS	SAMPEDRO MARTINEZ	21/09/1971	M		0:41:21	04:08.05	14.51
179	3318	JOSE LUIS	VAZQUEZ MEIJIDE	11/05/1970	M	TRAN-TRAN	0:41:22	04:08.11	14.51
180	3087	MARCELINO	RODRIGUEZ GARRIDO	10/06/1972	M	CLUB ATLETISMO	0:41:24	04:08.33	14.50
181	3337	MANUEL	VIGO MOURULLO	03/05/1956	M	CLUB ATLETISMO	0:41:25	04:08.50	14.49
182	3759	JOSÉ MANUEL	RODRIGUEZ TAJES	26/06/1960	M		0:41:30	04:08.98	14.46
183	3280	MARTIÑO	RIERA RODRÍGUEZ	16/09/1987	M	CLUB ESCOLA	0:41:33	04:09.25	14.44
184	3253	BORJA MANUEL	LAMAS LAGE	08/03/1986	M		0:41:34	04:09.35	14.44
185	3140	OSCAR	FERNANDEZ GONZALEZ	23/09/1976	M	CLUB ATLETISMO	0:41:34	04:09.38	14.44
186	3285	DAVID	BALUJA NEIRA	22/12/1975	M		0:41:35	04:09.45	14.43
187	3308	ANTONIO	FERNANDEZ HERMIDA	04/12/1957	M	CLUB ATLETISMO NOIA	0:41:37	04:09.63	14.42
188	3649	JOSE DANIEL	GONZALEZ QUINTAIROS	30/09/1957	M	CD VAL DA RABEDA	0:41:41	04:10.10	14.39
189	3198	JOSE MANUEL	PEREZ RODRIGUEZ	16/02/1969	M		0:41:43	04:10.23	14.39
190	3442	TOMAS	GARCIA GALLEGO	12/05/1970	M		0:41:48	04:10.77	14.36
191	3170	JOSE	VAZQUEZ BRAÑAS	30/11/1970	M	ATLETISMO CORUÑA	0:41:50	04:10.93	14.35
192	3572	CARLOS	CORRALES PIQUERO	31/03/1970	M		0:41:51	04:11.04	14.34
193	3298	JUANMA	MATA TORREIRA	17/12/1969	M		0:41:57	04:11.67	14.30
194	3001	JUAN MANUEL	BAUTIS OTERO	12/11/1973	M		0:41:58	04:11.71	14.30
195	3071	CARMELEO	GORRIZ GIL	27/10/1978	M		0:41:59	04:11.81	14.30
196	3607	AURELIO	GONZALEZ LAMELAS	02/07/1967	M		0:41:59	04:11.88	14.29
197	3823	ISMAEL	MANEIRO FERREIRO	23/09/1979	M		0:42:00	04:11.95	14.29
198	3720	JESUS	PICOS SALORIO	12/11/1979	M		0:42:01	04:12.01	14.28
199	2994	ALVARO	LOPEZ JACOME	24/09/1975	M		0:42:03	04:12.21	14.27
200	3736	ALEJANDRO	OTERO RAMIREZ	31/12/1984	M	A BOUZA SPRINT	0:42:04	04:12.38	14.26
201	2980	JOSE M.	RUSO GIRAUT	15/08/1970	M		0:42:05	04:12.47	14.26
202	3237	AMADOR	REBONEDA GRAÑA	17/01/1965	M	ATLETISMO PORRIÑO	0:42:06	04:12.53	14.26
203	3000	INGRID	RODRIGUEZ VAZQUEZ	21/08/1970	F		0:42:06	04:12.58	14.25
204	3696	JUAN MIGUEL	COSTA LAGO	14/11/1963	M	ATLETISMO CARNOTA	0:42:09	04:12.87	14.24
205	3584	ANDRES	TRUJILLO BARRIGA	05/09/1986	M		0:42:10	04:12.93	14.23
206	3659	JOSE RAMON	ARUFE VIDAL	06/10/1962	M	CLUB ATLETISMO	0:42:12	04:13.16	14.22
207	3335	CESAR	COSTOYA PRADO	12/10/1979	M		0:42:13	04:13.25	14.22
208	3149	FRANCISCO JAVIER	GARCIA VIDAL	21/11/1978	M	CLUB MAR DE NOIA	0:42:20	04:13.91	14.18
209	3509	ADOLFO	RODRÍGUEZ RODRÍGUEZ	12/04/1965	M		0:42:23	04:14.22	14.16
210	3596	CARLOS	CID COELLO	23/10/1968	M		0:42:24	04:14.37	14.15

### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
211	3486	MARCOS	CASAL SANTOS	02/11/1978	M		0:42:25	04:14.49	14.15
212	3268	JOSE LUIS	GONZALEZ ROSENDO	12/04/1972	M	BURGAS ATLETISMO	0:42:26	04:14.52	14.14
213	3216	MANUEL	MIYARES CES	15/12/1972	M	VICLAUMAIA	0:42:27	04:14.64	14.14
214	3233	BENITO	GUTIERREZ	21/09/1964	M	CLUB ATLETISMO	0:42:28	04:14.72	14.13
215	3551	ALFONSO	CODON VEGA	30/04/1967	M		0:42:29	04:14.82	14.13
216	3772	JESUS P.	AGULLEIRO DIAZ	05/08/1967	M		0:42:29	04:14.85	14.13
217	3747	JOSE MANUEL	GARCÍA SANTOS	24/05/1974	M		0:42:30	04:14.91	14.12
218	3019	JULIO	RODRIGUEZ FERNANDEZ	27/12/1974	M		0:42:37	04:15.62	14.08
219	3558	FERNANDO	GARCÍA BLANCO	14/05/1978	M		0:42:37	04:15.66	14.08
220	3497	JOSE MARÍA	BLANCO PAMPÍN	27/03/1971	M		0:42:38	04:15.75	14.08
221	3601	JAIME	RIVAS POSSE	21/05/1961	M		0:42:38	04:15.75	14.08
222	3045	JOSE RAMON	ABEL SUAREZ	20/01/1962	M		0:42:39	04:15.88	14.07
223	3364	GUILLEMO	TELLADO RABUÑAL	13/01/1990	M	SHIAI RACING TEAM	0:42:40	04:15.91	14.07
224	3287	DAVID	SANISIDRO REGO	12/02/1982	M	ATLETISMO BARBANZA	0:42:40	04:15.98	14.06
225	3625	JOSE MANUEL	POSADA VILA	02/03/1971	M		0:42:41	04:16.09	14.06
226	3473	ROBERTO	CARRACEDO FDEZ	20/07/1974	M		0:42:42	04:16.13	14.06
227	3657	EVARISTO	GARCIA MARTINEZ	01/09/1969	M	ATLETISMO SAR A	0:42:44	04:16.33	14.04
228	3305	MANOLO	DO RECAREO	18/08/1960	M		0:42:45	04:16.46	14.04
229	3582	VICTOR	RUIZ BELLO	07/05/1990	M		0:42:45	04:16.50	14.04
230	3041	SANTIAGO	RODRÍGUEZ CASABIELL	27/03/1969	M		0:42:46	04:16.59	14.03
231	3724	FRANCISCO LUIS	CAAMAÑO RAMA	25/08/1951	M	AGRUPACIÓN	0:42:47	04:16.62	14.03
232	3554	PEDRO	MEDÍN SUAREZ	27/10/1976	M		0:42:47	04:16.69	14.02
233	3510	JUAN CARLOS	MUÑIZ ABUÍN	11/12/1966	M		0:42:52	04:17.18	14.00
234	3484	MIGUEL	PAYA GONZALEZ	13/12/1969	M		0:42:54	04:17.32	13.99
235	3633	JUAN M	MENDEZ FROJAN	12/07/1975	M	TRIATLON NOIA	0:42:56	04:17.55	13.98
236	3440	JESUS MIGUEL	PRADO CEA	01/02/1979	M		0:42:58	04:17.76	13.97
237	3762	XOSE MANUEL	MEIJOME SANCHEZ	15/11/1967	M	ADAS PROINOR	0:43:00	04:17.91	13.96
238	3726	JOSE LUIS	MARTÍNEZ VICENTE	10/02/1976	M		0:43:00	04:17.95	13.96
239	3541	JOSE RAMON	VILLAFINES RODRIGUEZ	19/06/1973	M		0:43:00	04:17.98	13.95
240	3226	ADOLFO OMAR	RÍOS GIMENEZ	03/05/1959	M		0:43:03	04:18.21	13.94
241	3258	CARLOS	RIADIGOS MOSQUERA	10/02/1979	M		0:43:03	04:18.21	13.94
242	3679	PEDRO	ABELEDOR CORTIZAS	06/01/1967	M	ATLETISMO AFFLELOU	0:43:06	04:18.52	13.93
243	3422	HUGO	BALSERA SANMIGUEL	03/12/1976	M		0:43:09	04:18.80	13.91
244	3579	PAULINO	FOLGAR POUSO	22/04/1964	M		0:43:10	04:18.94	13.90
245	3515	XOAN	LOUZAO RODRIGUEZ	18/04/1966	M		0:43:10	04:18.95	13.90
246	3064	DAVID	LOSADA CARRIL	16/11/1974	M	CLUB ATLETISMO	0:43:11	04:19.02	13.90
247	3263	RUBEN	HURTADO DE CASTRO	23/05/1981	M		0:43:14	04:19.35	13.88
248	3290	MARCOS	GARCIA LAGO	02/06/1970	M		0:43:15	04:19.48	13.87
249	3712	RUBEN	ALONSO ESMORIS	08/12/1977	M		0:43:16	04:19.51	13.87
250	3705	JAVIER	PEREZ RODRIGUEZ	06/12/1975	M		0:43:16	04:19.52	13.87
251	3542	JESUS	BALEATO PENSADO	06/06/1963	M		0:43:16	04:19.59	13.87
252	3661	VICENTE	GOMEZ LOPEZ	15/03/1968	M	CLUB ATLETISMO	0:43:18	04:19.76	13.86
253	3493	JOSE MANUEL	IGLESIAS TORRES	09/05/1985	M		0:43:21	04:20.00	13.85
254	3559	ANDRE	SOUZA	05/12/1979	M		0:43:21	04:20.05	13.84
255	3578	FERNANDO	CASTRO CALO	22/05/1978	M		0:43:22	04:20.13	13.84
256	3352	DIEGO	GARCIA PADIN	01/11/1978	M	ATLETISMO VENTURIÑA	0:43:23	04:20.23	13.83
257	3042	AURELIO	COUSO CAMBEIRO	24/06/1974	M		0:43:23	04:20.30	13.83
258	3003	JUAN ALBERTO	ARRANZ TAGARRO	25/02/1977	M	NOITEBRA FC	0:43:24	04:20.33	13.83
259	3423	JAIME	CORTIZO SEDANO	10/01/1979	M	NOITEBRA FC	0:43:26	04:20.53	13.82
260	3243	MARCELINO	ALVAREZ GONZALEZ	29/07/1974	M		0:43:27	04:20.64	13.81
261	3637	ANTONIO	RIERA CACHERO	16/06/1948	M	CLUB ESCOLA	0:43:29	04:20.81	13.80
262	2985	BENITO	PIÑEIRO ABEIJON	06/10/1974	M		0:43:30	04:20.91	13.80
263	2979	VITOR MANUEL	RODRIGUEZ JURJO	11/04/1969	M		0:43:34	04:21.39	13.77
264	3507	JOSE	REY CAMIÑO	05/01/1957	M		0:43:36	04:21.50	13.77
265	3113	ALBERTO	GARRIDO DAPONTE	28/08/1970	M		0:43:38	04:21.75	13.75
266	3323	PEDRO	CAAMAÑO VARELA	16/05/1979	M		0:43:39	04:21.85	13.75
267	3604	JOSE	BALOIRA NOGUEIRA	24/10/1961	M		0:43:40	04:21.93	13.74
268	3427	GONZALO	TRIÑANES SANCHEZ	16/07/1975	M		0:43:40	04:21.99	13.74
269	3425	CARLOS	TRIÑANES SANCHEZ	22/01/1974	M		0:43:40	04:21.99	13.74
270	3420	SIMON	CARBALLAL CUÑA	14/04/1968	M	UNIVERSIDADE	0:43:43	04:22.23	13.73
271	3142	FERNANDO	GONZALEZ ARES	24/05/1985	M		0:43:45	04:22.43	13.72
272	3122	PEDRO MANUEL	ROMARIS BARCA	28/07/1991	M		0:43:46	04:22.52	13.71
273	3508	JACOBO	SUAREZ VAZQUEZ	19/02/1976	M		0:43:47	04:22.67	13.71
274	2984	JUAN LUIS	BOTANA MOSQUERA	22/12/1977	M		0:43:49	04:22.82	13.70
275	2966	RAMON	CASTRO CUERVO	21/08/1959	M		0:43:50	04:22.96	13.69
276	3325	LUIS	JIMENEZ GARCIA	22/04/1964	M		0:43:52	04:23.14	13.68
277	3222	XESUS MANUEL	SEGADE CAROU	02/02/1974	M		0:43:53	04:23.29	13.67
278	3570	EDUARDO	VAZQUEZ AMOR	25/04/1979	M	SHIAI RACING TEAM	0:43:54	04:23.37	13.67
279	3605	MIGUEL	MAQUIEIRA BORRAJO	15/05/1959	M		0:43:55	04:23.46	13.66
280	3225	ROBERTO	GODLEY	21/02/1989	M		0:43:56	04:23.55	13.66

### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
281	3415	FERNANDO	VAZQUEZ MARTINEZ	05/12/1964	M		0:43:57	04:23.61	13.66
282	3540	JOSE LUIS	SIMOES FERNANDEZ	01/10/1962	M	ALEJANDRO GOMEZ	0:43:58	04:23.79	13.65
283	3765	BORJA	LIÑAYO REDONDO	04/02/1991	M		0:44:00	04:24.00	13.64
284	3174	PEDRO	DOMENECH GONZALEZ	25/08/1973	M	ATLETISMO CORUÑA	0:44:01	04:24.07	13.63
285	3432	FRANCISCO J.	REY PADIN	20/04/1976	M		0:44:05	04:24.48	13.61
286	3150	JOSE RAMON	ANTELO MARTINEZ	16/04/1979	M	CLUB MAR DE NOIA	0:44:07	04:24.66	13.60
287	3044	MARCOS	FERNANDEZ CASAL	10/03/1983	M		0:44:08	04:24.74	13.60
288	2964	XOAN XESUS	BLANCO CASTRO	01/02/1958	M	MORUA - BACALLAU	0:44:10	04:24.92	13.59
289	3078	JACINTO	FONTOA AGEITOS	26/11/1969	M	TRIATLON NOIA	0:44:12	04:25.14	13.58
290	3663	CESAR	TABOADA MILLAN	22/03/1969	M		0:44:13	04:25.24	13.57
291	3040	ENRRIQUE	RAMA RODRIGUEZ	15/07/1965	M		0:44:14	04:25.32	13.57
292	3557	JOSE MANUEL	ALONSO PARADA	05/08/1973	M	ALEJANDRO GOMEZ	0:44:14	04:25.36	13.57
293	3189	JUAN CARLOS	FERNANDEZ CASTRO	10/12/1962	M	CLUB ATLETISMO	0:44:17	04:25.65	13.55
294	3232	FRANCISCO M.	MENDEZ QUINTELA	17/06/1976	M	NOITEBRA FC	0:44:18	04:25.74	13.55
295	3730	CARLOS	ESQUILAS CASTRO	18/09/1991	M	CLUB ATLETISMO NOIA	0:44:20	04:25.93	13.54
296	3521	JAVIER	RAVIÑA DÍAZ	08/10/1964	M		0:44:20	04:25.99	13.53
297	3522	CARLOS	PASTORIZA DURAN	29/12/1963	M		0:44:22	04:26.12	13.53
298	3464	JOSE LUIS	HERMIDA PESTONIT	08/07/1968	M	CLUB ATLETISMO NOIA	0:44:22	04:26.18	13.52
299	3102	CARLOS	SANTOS FERRRADAS	16/08/1969	M		0:44:24	04:26.31	13.52
300	3139	PABLO	SANCHEZ GOMEZ	25/02/1976	M	CLUB ATLETISMO	0:44:25	04:26.50	13.51
301	3148	MODESTO	GOMEZ GARCIA	23/01/1961	M	CLUB ATLETISMO	0:44:26	04:26.52	13.51
302	3206	XOSE M	LAMAS POSE	03/04/1975	M		0:44:26	04:26.57	13.51
303	3259	JUAN CARLOS	SOTO GARCIA	24/05/1968	M		0:44:28	04:26.75	13.50
304	3683	JESUS	LOPEZ RAMA	18/01/1967	M	ATLETISMO CARNOTA	0:44:29	04:26.81	13.49
305	3059	BENIGNO	FREIRE ESPARIS	25/01/1964	M		0:44:30	04:26.95	13.49
306	3262	JACOBO	GRADAILLE CHAO	22/11/1978	M	CLUB DE TENIS	0:44:34	04:27.35	13.47
307	3623	IGNACIO	RODRÍGUEZ PEREZ	27/02/1973	M	VICLAUMAIA	0:44:36	04:27.52	13.46
308	3550	XOSE ENRIQUE	PUJALES MARTINEZ	07/03/1954	M	ALEJANDRO GOMEZ	0:44:37	04:27.66	13.45
309	3435	CESAR	SUAREZ SUAREZ	16/05/1982	M		0:44:40	04:27.92	13.44
310	3511	LUIS E.	LALÍN GONZALEZ	05/04/1971	M		0:44:40	04:28.00	13.43
311	3138	JESUS	PEREIRO MALLO	02/01/1966	M	CLUB ATLETISMO	0:44:42	04:28.20	13.42
312	3265	EMILIO	CANAL BLANCO	18/02/1953	M		0:44:43	04:28.29	13.42
313	3251	RAFAEL	CARBIA CASTRO	13/09/1973	M		0:44:44	04:28.30	13.42
314	3501	VÍCTOR	PORTO ESPINOSA	02/11/1984	M		0:44:49	04:28.82	13.39
315	3452	JOSE	POSE VILAS	04/03/1972	M	CLUB ATLETISMO NOIA	0:44:49	04:28.85	13.39
316	3454	LUIS M.	VILANOVA MARTELO	04/03/1967	M	CLUB ATLETISMO NOIA	0:44:49	04:28.88	13.39
317	3011	RAMON	RIOS CALVO	11/05/1958	M		0:44:50	04:28.90	13.39
318	3100	PEDRO	VEIGA FREIRE	09/09/1968	M		0:44:50	04:28.97	13.38
319	3401	MIGUEL ANGEL	GONZALEZ CAL	16/03/1977	M		0:44:50	04:29.00	13.38
320	3446	MARIO	ARUFE SANTAMARIA	07/11/1961	M	CLUB ATLETISMO NOIA	0:44:51	04:29.09	13.38
321	3478	JOSE MANUEL	VILAS FERNANDEZ	20/03/1969	M	CLUB ATLETISMO NOIA	0:44:51	04:29.09	13.38
322	2970	FRANCISCO JAVIER	SUAREZ BERMUDEZ	20/02/1977	M		0:44:53	04:29.28	13.37
323	3686	CARLOS	PENAS MOURIÑO	01/10/1947	M		0:44:55	04:29.47	13.36
324	3144	JESUS	VILAS CANTELAR	09/05/1979	M		0:44:56	04:29.51	13.36
325	3419	FRANCISCO RAMON	BLANCO PAN	22/10/1974	M		0:44:56	04:29.57	13.35
326	2965	MARIO DANIEL	VARELA CRESPO	08/06/1980	M		0:44:57	04:29.62	13.35
327	3660	MANUEL	MIRANDA SANCHEZ	14/04/1978	M		0:44:58	04:29.75	13.35
328	3033	JOSE MARIA	LEVOSA TOUCEDA	18/01/1968	M	ESPRINTS OURENSE	0:44:58	04:29.80	13.34
329	3241	RAMON	CONDE BERMUDEZ	18/12/1951	M		0:45:03	04:30.28	13.32
330	3615	MARIA JOSE	GROBAS GARABOA	28/04/1972	F	ATLETISMO A SILVA	0:45:05	04:30.49	13.31
331	3810	F. JAVIER	RODRÍGUEZ GARCÍA	08/09/1976	M		0:45:10	04:30.93	13.29
332	3808	MIGUEL	LORENZO BRAGAÑA	28/04/1970	M		0:45:12	04:31.12	13.28
333	3821	JAVIER	ESTEVEZ RAMA	22/04/1978	M		0:45:13	04:31.28	13.27
334	3677	JAVIER	BARRIENTOS OREIRO	27/12/1979	M		0:45:16	04:31.54	13.26
335	2975	JOSE	RODRIGUEZ LOPEZ	27/05/1966	M		0:45:16	04:31.54	13.26
336	3512	XOXE	MURE ENRIQUE	12/03/1976	M		0:45:16	04:31.56	13.26
337	3247	ANTONIO	MELON GONZALEZ	06/06/1961	M		0:45:17	04:31.67	13.25
338	3969	EMILIO	ABAL MORRAZO	16/09/1964	M		0:45:21	04:32.01	13.23
339	3796	ANTONIO	FERNANDEZ CABEZAS	21/09/1971	M		0:45:24	04:32.32	13.22
340	3746	SANTIAGO	TRIÑANES SANCHEZ	16/07/1975	M		0:45:26	04:32.51	13.21
341	3402	JOAQUIN	ALVAREZ PORTELA	03/07/1964	M		0:45:26	04:32.55	13.21
342	3343	FRANCISCO	GONZALEZ OLVEIRA	27/08/1973	M		0:45:29	04:32.80	13.20
343	3505	JOSE RAMON	CONDE TORRES	08/08/1956	M	ATLETISMO PORRIÑO	0:45:30	04:32.92	13.19
344	3757	ARTURO	PIÑEIRO REY	06/05/1970	M		0:45:33	04:33.23	13.18
345	3093	LESME	IGLESIAS VAZQUEZ	15/10/1974	M		0:45:35	04:33.47	13.16
346	3431	MIGUEL	PLAZA VALLINA	17/08/1979	M		0:45:36	04:33.51	13.16
347	3444	ANTON	GARCIA LOPEZ	02/08/1967	M		0:45:39	04:33.83	13.15
348	3802	JOSE RAMON	VAZQUEZ GONZALEZ	31/08/1956	M	PATO BLANCO	0:45:40	04:33.94	13.14
349	3745	LUIS ANGEL	VOCES REBORDINOS	04/03/1968	M		0:45:40	04:33.99	13.14
350	3231	JOSE MANUEL	PENA LAMAS	02/10/1982	M		0:45:42	04:34.16	13.13

### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
351	3069	LUIS	VEIGA MENENDEZ	16/12/1969	M		0:45:43	04:34.24	13.13
352	3055	JESUS	RAÑA PLATAS	16/08/1953	M		0:45:43	04:34.30	13.12
353	3012	JESUS	PEREZ BALIRAC	16/04/1967	M		0:45:44	04:34.35	13.12
354	3015	DAVID	MUÑOZ DIOS	01/08/1974	M		0:45:45	04:34.48	13.12
355	3111	MANUEL	CAPELO RIVEIRO	07/09/1983	M		0:45:51	04:35.06	13.09
356	3424	PABLO	JUNCAL CALVIÑO	19/07/1979	M		0:45:52	04:35.17	13.08
357	3296	ALFONSO	VILAR CREGO	06/12/1973	M		0:45:53	04:35.27	13.08
358	3791	JOSE LUIS	QUINTELA JULIAN	15/01/1968	M		0:45:56	04:35.57	13.06
359	3054	JAVIER	PAZOS RECAREY	04/05/1977	M		0:45:57	04:35.63	13.06
360	3807	OSCAR	VALLE LOPEZ	30/07/1977	M		0:46:04	04:36.33	13.03
361	3373	EMILIO	MEDINA JIMENEZ	28/08/1964	M		0:46:05	04:36.45	13.02
362	3532	ANGEL	GARCIA MARTINEZ	14/08/1969	M	ALEJANDRO GOMEZ	0:46:06	04:36.53	13.02
363	3234	SHAILA M.	MUÑOZ PEREZ	15/05/1980	F	NOITEBRA FC	0:46:10	04:36.98	13.00
364	3820	PABLO	VILAS CABO	17/08/1992	M	ESCOLA TRIATLON	0:46:13	04:37.27	12.98
365	3675	JESUS	IGLESIAS VIGO	28/05/1968	M		0:46:15	04:37.46	12.98
366	3070	FRANCISCO JAVIER	MUÑO CUNS	04/11/1966	M		0:46:15	04:37.47	12.97
367	3115	ESTEBAN	REY NOVIO	05/02/1987	M		0:46:16	04:37.57	12.97
368	3456	SANTIAGO	NEMIÑA MARTINEZ	08/05/1978	M		0:46:17	04:37.70	12.96
369	3670	MIGUEL ANGEL	BREA LOPEZ	31/01/1968	M		0:46:18	04:37.75	12.96
370	3430	JUAN JOSE	REY IGLESIAS	27/03/1980	M		0:46:18	04:37.78	12.96
371	3527	OSCAR	CARRACEDO REGUEIRA	10/05/1978	M		0:46:19	04:37.83	12.96
372	3210	SANTIAGO	GARCIA BELLO	21/07/1967	M		0:46:20	04:37.94	12.95
373	3030	JOSE MANUEL	GALLARDO MARTINEZ	19/03/1958	M		0:46:20	04:37.95	12.95
374	3008	DAVID	GONZALEZ CAAMAÑO	19/01/1981	M		0:46:24	04:38.34	12.93
375	3005	JOGE	MONROY ROMERO	16/01/1973	M		0:46:25	04:38.43	12.93
376	3632	CARLOS MANUEL	IGLESIAS CARBALLO	18/02/1989	M	UNIVERSIDADE	0:46:34	04:39.31	12.89
377	3725	ALBERTO	GONZALEZ GONZALEZ	21/08/1973	M		0:46:34	04:39.34	12.89
378	3577	ROBERTO	REY SEOANE	23/03/1964	M		0:46:34	04:39.38	12.89
379	3270	JUAN CARLOS	LESTAYO LAGO	24/01/1960	M		0:46:35	04:39.45	12.88
380	3722	ALBERTO	MARTINEZ DE LA TORRE	28/12/1982	M		0:46:36	04:39.59	12.88
381	3471	JOSE ANTONIO	GOMEZ RODRIGUEZ	01/04/1973	M		0:46:40	04:39.94	12.86
382	3628	JESUS	SANCHEZ DURO	21/09/1977	M		0:46:40	04:39.96	12.86
383	2982	IVAN	FIGUEIRAS ZARAUZA	27/06/1978	M		0:46:41	04:40.05	12.85
384	3544	GUSTAVO MANUEL	PEREIRA MALLO	13/07/1976	M		0:46:41	04:40.08	12.85
385	3416	ARTURO	RABUÑAL VAZQUEZ	26/10/1955	M		0:46:45	04:40.42	12.84
386	3380	HUMBERTO	BRACCO MARINI	14/12/1957	M		0:46:46	04:40.58	12.83
387	2973	JESUS MARIA	POMBO PAMPIN	19/04/1964	M		0:46:47	04:40.68	12.83
388	3162	ROBERTO	GARCIA REY	28/12/1975	M		0:46:51	04:41.05	12.81
389	3438	JESUS	ESTALOTE CACHEIRO	05/06/1964	M		0:46:55	04:41.42	12.79
390	3729	CATUXA	SEGADE CAAMAÑO	07/02/1992	F	CLUB ATLETISMO NOIA	0:46:56	04:41.56	12.79
391	3403	MIGUEL	CARBALLAL RODRIGUEZ	06/02/1978	M		0:46:57	04:41.66	12.78
392	3517	MANUEL	CASTRO MIGUENS	04/04/1945	M	OS AFORCADOS	0:46:58	04:41.76	12.78
393	3126	MOISES	TUNAS PEREZ	01/01/1985	M		0:47:03	04:42.21	12.76
394	3288	CARLOS AURELIO	RUIZ RIVERA	07/08/1978	M	PC NIKY'S TERRASA	0:47:03	04:42.24	12.76
395	3531	JOSE MANUEL	GODOY ARES	09/02/1974	M		0:47:04	04:42.38	12.75
396	3654	FELISINDO	VILA BLANCO	13/10/1956	M	CD VAL DA RABEDA	0:47:05	04:42.47	12.74
397	3248	JOSE ALEJANDRO	GANDARA BOUZA	17/12/1969	M		0:47:07	04:42.69	12.74
398	3709	AMELIA	ROCA VAZQUEZ	20/07/1978	F	CLUB TRIATLON CIDADE	0:47:09	04:42.81	12.73
399	3732	FERNANDO	OTERO RAMIREZ	20/07/1970	M	A BOUZA SPRINT	0:47:09	04:42.84	12.73
400	3586	ROBERTO	CRESPO CONDE	08/09/1948	M		0:47:10	04:42.92	12.72
401	3502	ENRIQUE	LOPEZ PATRICIO	02/04/1955	M		0:47:10	04:42.95	12.72
402	3374	MARIANO MANUEL	LOPEZ MARTÍN	26/06/1963	M		0:47:10	04:42.95	12.72
403	3563	FERNANDO	ANTELO FERRO	16/02/1970	M	NOITEBRA FC	0:47:16	04:43.52	12.70
404	3708	XURXO MANUEL	CONDE SIEIRA	17/05/1973	M		0:47:17	04:43.62	12.69
405	3411	RAMON	IGLESIAS REY	15/04/1982	M	NOITEBRA FC	0:47:18	04:43.71	12.69
406	3805	BENIGNO	FERNANDEZ GARCÍA	29/03/1959	M		0:47:25	04:44.44	12.66
407	3354	MARCOS	CASTRO BALBOA	19/12/1970	M		0:47:32	04:45.20	12.62
408	3648	JOSE	FERNANDEZ BARRACEL	26/04/1946	M	CD VAL DA RABEDA	0:47:37	04:45.64	12.60
409	3627	CRISTINA	CARRIL BOO	16/06/1980	F		0:47:40	04:45.92	12.59
410	2977	DIEGO	PAZOS SAÍNZ	11/01/1981	M		0:47:42	04:46.11	12.58
411	3417	NESTOR	TORREA MOLEDO	13/02/1977	M		0:47:42	04:46.13	12.58
412	3013	DANIEL	OTERO CEPEDA	09/02/1960	M		0:47:45	04:46.44	12.57
413	3755	DAVID	CANOSA ROJO	05/04/1982	M		0:47:46	04:46.50	12.57
414	3324	JOSE MANUEL	PIÑEIRO LAGO	29/05/1980	M		0:47:46	04:46.55	12.56
415	2956	JOSE MARIA	BREA SANCHEZ	08/01/1958	M		0:47:49	04:46.84	12.55
416	3235	BRUNO	ASPERANTE PARAMOS	09/04/1988	M		0:47:50	04:46.93	12.55
417	3223	DAVID	ARAGUNDI PAREDES	03/06/1987	M		0:47:50	04:46.94	12.55
418	3060	PALOMA	DIAZ FERNANDEZ	11/06/1983	F	UNIVERSIDADE	0:47:58	04:47.76	12.51
419	3199	JOSE RAMON	SEÑARÍS BOO	17/06/1976	M		0:47:58	04:47.80	12.51
420	3462	FRANCISCO JAVIER	VALOIS CALVO	25/09/1969	M		0:48:06	04:48.50	12.48

### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
421	3326	JOSE	ABOY POTEL	30/04/1970	M		0:48:06	04:48.53	12.48
422	3079	CANDIDO	CALVO VARELA	23/05/1948	M	CLUB ATLETISMO	0:48:06	04:48.54	12.48
423	3526	ADRIAN	VAZQUEZ RODRIGUEZ	16/05/1988	M		0:48:07	04:48.67	12.47
424	3332	LUIS	GRANDE VELOSO	27/09/1976	M		0:48:10	04:48.92	12.46
425	3629	JOSE ANTONIO	SANCHEZ DURO	07/05/1978	M		0:48:11	04:49.01	12.46
426	3453	BORJA	GARCÍA FARIÑA	29/03/1978	M		0:48:11	04:49.02	12.46
427	3758	ADRIAN	CARREIRA LONGUEIRA	18/06/1979	M		0:48:11	04:49.03	12.46
428	3666	MIGUEL	RUA	28/08/1973	M		0:48:13	04:49.26	12.45
429	3617	LUIS	SONEIRA COUCELO	30/09/1952	M		0:48:14	04:49.38	12.44
430	3294	JOSE ANTONIO	SALVADO CASTRO	19/05/1975	M		0:48:15	04:49.46	12.44
431	3630	LUIS CARLOS	SANCHEZ DURO	01/06/1988	M		0:48:16	04:49.51	12.44
432	3621	JESUS	CABO SOUTO	14/12/1975	M		0:48:18	04:49.75	12.42
433	3356	MARINA LAURA	FERNANDEZ LOPEZ	18/04/1959	F	ATLETISMO CORUÑA	0:48:19	04:49.81	12.42
434	3498	CHRISTIAN	SANCHEZ OTERO	12/06/1973	M		0:48:19	04:49.81	12.42
435	3097	ALBERTO	CASTRO VILAR	09/02/1962	M		0:48:22	04:50.20	12.41
436	3669	JOSE MARIA	GARAGORRI JIMENEZ	18/06/1962	M		0:48:29	04:50.87	12.38
437	3161	JUAN	QUINTANS MAYO	07/03/1978	M		0:48:30	04:51.00	12.37
438	3291	IGNACIO	VARELA GOMEZ	07/12/1974	M		0:48:31	04:51.09	12.37
439	3249	MANUEL	MARTINEZ MOLEDO	26/07/1965	M		0:48:34	04:51.38	12.36
440	3591	MANUEL	VAZQUEZ RODRIGUEZ	06/04/1978	M		0:48:35	04:51.44	12.35
441	3592	FRANCISCO	PAIS TRIGO	21/07/1975	M		0:48:37	04:51.67	12.34
442	3065	TOMAS	ROMERO GUZMAN	03/07/1976	M		0:48:40	04:51.94	12.33
443	3061	ANTONIO	AGUIN TRELLES	19/01/1964	M		0:48:41	04:52.09	12.32
444	3344	BASILIO	VERDEAL GONZALEZ	28/07/1963	M		0:48:43	04:52.28	12.32
445	3547	MANUEL	LAGO MOLEDO	07/05/1966	M	PATO BLANCO	0:48:44	04:52.36	12.31
446	3581	ALBERTO	PEREIRO GONZALEZ	14/05/1977	M		0:48:44	04:52.39	12.31
447	3779	M.ELENA	MIGUENS OTERO	18/01/1972	F		0:48:45	04:52.43	12.31
448	3426	MANUEL	IGLESIAS UZAL	20/01/1951	M	CLUB ATLETISMO	0:48:47	04:52.61	12.30
449	3700	XABIER	VILLAR BELLO	03/06/1980	M		0:48:47	04:52.67	12.30
450	3136	ANTONIO	JUNCAL COSTA	25/01/1966	M		0:48:48	04:52.77	12.30
451	3328	JOSE	LAGE VIDAL	27/01/1982	M		0:48:48	04:52.79	12.30
452	3135	JESUS CRISTOBAL	GARCIA NOYA	23/03/1965	M		0:48:48	04:52.79	12.30
453	3792	RAMON	DAPORTA FERNANDEZ	24/10/1957	M		0:48:50	04:52.92	12.29
454	2967	JOSE MANUEL	TORRES BLANCO	06/05/1980	M		0:48:50	04:52.92	12.29
455	2957	JESUS	BERNAL GOMEZ	13/10/1947	M	C.D. EGOVARROS -	0:48:52	04:53.11	12.28
456	3717	ALBERTE	PEREZ ASTRAY	09/07/1993	M		0:48:54	04:53.32	12.27
457	3075	FRANCISCO	SOBRINO MOSQUERA	08/09/1953	M		0:49:01	04:54.09	12.24
458	3032	ANTONIO	IGLESIAS ARNEJO	16/04/1969	M		0:49:03	04:54.28	12.23
459	3007	JOSE	ALVAREZ RODRIGUEZ	28/08/1969	M		0:49:07	04:54.61	12.22
460	3428	MOISES	IGLESIAS AMENEIRO	11/01/1975	M	CLUB ATLETISMO	0:49:13	04:55.26	12.19
461	3523	ALFONSO	REMUIÑAN SANCHEZ	22/01/1967	M		0:49:14	04:55.34	12.19
462	3786	GONZALO	BECERRA PARAFITA	12/12/1984	M	ATLETISMO A SILVA	0:49:14	04:55.35	12.19
463	3482	GUILLERMO	VIDAL FONSECA	09/12/1989	M		0:49:15	04:55.43	12.19
464	3968	FRANCISCO XABIER	RODRÍGUEZ MARTÍNEZ	23/04/1976	M		0:49:16	04:55.55	12.18
465	3804	JAVIER	IGLESIAS SEIJO	07/04/1958	M	PATO BLANCO	0:49:21	04:56.04	12.16
466	3638	JESUS ANTONIO	GARCIA CAO	22/11/1956	M		0:49:24	04:56.39	12.15
467	3309	ANDRES-ANXO	PEREZ SANCHEZ	12/02/1992	M		0:49:28	04:56.75	12.13
468	3123	OSCAR JAVIER	BLANCO GARCIA	27/06/1977	M		0:49:35	04:57.41	12.10
469	3098	JOSE ANTONIO	PIÑEIRO LAGO	02/05/1963	M		0:49:35	04:57.46	12.10
470	3756	ANDRES	FAIÑA RODRIGUEZ VILA	28/06/1982	M		0:49:35	04:57.49	12.10
471	3006	MARCELINO	GONZALEZ OZORES	14/12/1954	M		0:49:38	04:57.71	12.09
472	3211	JESUS BERNARDO	MONTERO LAGO	13/07/1940	M		0:49:44	04:58.39	12.06
473	3434	MARIO	CAL VARELA	12/08/1964	M		0:49:45	04:58.50	12.06
474	3379	OSCAR	MARTÍNEZ MILLAN	14/05/1975	M		0:49:50	04:58.93	12.04
475	3372	JOSE ISAIAS	BURLIDO BORREGO	01/11/1961	M	CLUB ATLETISMO	0:49:51	04:59.05	12.04
476	3691	MARCOS	VEGA ESPERON	31/10/1982	M		0:49:52	04:59.11	12.04
477	3109	MIGUEL ANGEL	FERREIRO CAMPOS	09/03/1957	M		0:49:52	04:59.19	12.03
478	3602	SERGIO	MARTINEZ GOMEZ	28/08/1979	M		0:49:53	04:59.28	12.03
479	3408	ANGEL	TARRÍO TOBAR	31/12/1970	M		0:49:54	04:59.34	12.03
480	3606	MIGUEL	MATO SANZ	25/04/1970	M		0:49:54	04:59.39	12.02
481	3266	MANUEL	COUTO NOGUEIRA	01/01/1955	M		0:49:55	04:59.46	12.02
482	3718	JUAN MANUEL	VIVANCO ANDINO	12/05/1963	M		0:49:59	04:59.85	12.01
483	3573	CRISTIAM	GIL DIAZ	17/04/1991	M	SAN ROQUE - VIVEIRO	0:50:01	05:00.05	12.00
484	3528	JOSE LUIS	FERREÑO LAMAS	10/07/1970	M		0:50:03	05:00.25	11.99
485	3158	NARCISO	VILA SUAREZ	09/10/1966	M	PEÑA CICLISTA MEDIA	0:50:04	05:00.32	11.99
486	3131	MANUEL	MONTEAGUDO CAAMAÑO	22/11/1955	M		0:50:12	05:01.17	11.95
487	3800	ALBERTO	ERIAS MORANDEIRA	21/04/1984	M		0:50:12	05:01.19	11.95
488	3252	FERNANDO	COSTAS GARCIA	17/12/1970	M		0:50:14	05:01.35	11.95
489	3488	OSCAR	MIRANDA	29/07/1977	M		0:50:14	05:01.38	11.95
490	3082	ALEX	CALVO FILGUEIRA	21/03/1993	M		0:50:15	05:01.44	11.94

### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
491	3518	ALVARO	NOYA PENA	08/04/1974	M		0:50:15	05:01.50	11.94
492	3310	MARÍA	GARCÍA TOURÍS	14/06/1988	F		0:50:20	05:01.92	11.92
493	3610	JAVIER	RIOBO DELGADO	21/04/1975	M		0:50:21	05:02.09	11.92
494	3404	ARMANDO	CASCON RODRÍGUEZ	18/09/1973	M		0:50:23	05:02.26	11.91
495	3651	JORGE	PUGA GONZALEZ	17/02/1962	M	CD VAL DA RABEDA	0:50:27	05:02.61	11.90
496	3492	MAXIMINO	LAGARES CARRO	30/12/1970	M		0:50:28	05:02.77	11.89
497	3322	LUIS MANUEL	CASTRO DACAL LOPEZ	15/03/1971	M		0:50:29	05:02.81	11.89
498	3204	JESUS	ILLADE CERDEIRAS	29/11/1957	M		0:50:32	05:03.17	11.87
499	3405	MIGUEL ANGEL	COSTOYA RABASCO	09/01/1966	M		0:50:43	05:04.27	11.83
500	3334	MIGUEL	PALACIOS FERNANDEZ	15/09/1976	M		0:50:46	05:04.60	11.82
501	3494	ENRIQUE FERNANDO	PENA CARRIL	16/08/1970	M		0:50:47	05:04.68	11.82
502	3327	JUAN MANUEL	LAGE VIDAL	22/03/1978	M		0:50:48	05:04.71	11.81
503	3770	MIGUEL	DEZA RODRÍGUEZ	25/08/1970	M		0:50:48	05:04.79	11.81
504	3009	MANUEL	VILAS ABELENDA	04/03/1951	M		0:50:49	05:04.88	11.81
505	3104	PILAR	MARQUIZ	11/05/1953	F		0:50:52	05:05.12	11.80
506	3105	SERGIO	DEL ARCO MARQUIZ	13/04/1976	M		0:50:53	05:05.21	11.80
507	3346	MARIO	ALVARADO NARVAEZ	15/11/1973	M		0:50:55	05:05.42	11.79
508	3773	ANGEL	PEREZ SUSAVILA	20/09/1967	M		0:50:57	05:05.63	11.78
509	3599	JUAN CARLOS	GOMEZ PEREZ	29/05/1964	M	TEO	0:50:58	05:05.76	11.77
510	3080	NATALIA	LORENZO PEREZ	09/05/1976	F	CLUB ATLETISMO	0:50:58	05:05.78	11.77
511	3614	MARGARITA	AGUIN TRELLES	22/10/1969	F		0:51:01	05:06.03	11.76
512	3826	JOSE JOSE	FERNANDEZ RODRIGUEZ	23/09/1957	M	KÓRPORE-CARBALLIÑO	0:51:01	05:06.05	11.76
513	3598	BASILIO	GUJARRO ARCA	15/12/1972	M	A ESTRADA	0:51:02	05:06.16	11.76
514	3662	JESUS ENRIQUE	REY SOUTO	23/09/1971	M		0:51:07	05:06.65	11.74
515	3207	JAVIER	YAÑEZ LOURO	24/11/1980	M		0:51:08	05:06.72	11.74
516	3110	LUIS	BLANCO MANEIRO	10/10/1963	M	ATLETISMO ELITE NOIA	0:51:10	05:07.00	11.73
517	3487	MARCOS	VICENTE PEREZ	18/01/1979	M		0:51:13	05:07.26	11.72
518	3159	JAIME	TRIGO CAMBON	07/11/1959	M	PEÑA CICLISTA MEDIA	0:51:14	05:07.37	11.71
519	3778	JESUS ANTONIO	COUSO CAMBEIRO	13/06/1975	M		0:51:20	05:08.00	11.69
520	3780	MARCOS	PRADA DOMINGUEZ	10/01/1967	M		0:51:23	05:08.25	11.68
521	3524	ANTONIO	REMUÍÑAN SANCHEZ	21/07/1950	M		0:51:37	05:09.70	11.62
522	3303	IGNACIO MIGUEL	PALACIOS MARTÍNEZ	08/05/1959	M		0:51:38	05:09.80	11.62
523	3543	DAVID	PORTELA YAÑEZ	09/04/1973	M	ALEJANDRO GOMEZ	0:51:44	05:10.36	11.60
524	3477	CARLOS	GOSENDE BELLO	17/02/1982	M		0:51:48	05:10.71	11.59
525	3238	JOSE MANUEL	IGLESIAS TOUBES	27/12/1963	M		0:51:52	05:11.15	11.57
526	3469	DIEGO	RODRÍGUEZ CASAIS	11/07/1991	M		0:51:54	05:11.32	11.56
527	3220	JESUS	ANDRES SILVA	02/01/1967	M		0:51:54	05:11.40	11.56
528	3260	VÍCTOR HUGO	CONDE LOPEZ	31/08/1974	M		0:51:57	05:11.66	11.55
529	3489	JOSE	GONZALEZ MIGUEZ	12/04/1957	M		0:52:01	05:12.03	11.54
530	3603	MANUEL	CASTRO PORTO	04/07/1973	M		0:52:05	05:12.49	11.52
531	3429	SANDRA	GARCIA FERNANDEZ	15/09/1978	F		0:52:07	05:12.67	11.51
532	3315	JORGE	CARREIRA NODAR	01/12/1974	M		0:52:09	05:12.89	11.51
533	3468	JOSE ANTONIO	RODRÍGUEZ FREIRE	08/08/1962	M		0:52:14	05:13.34	11.49
534	3740	MANUEL	FARIÑA VILA	05/01/1970	M	CLUB ATLETISMO NOIA	0:52:18	05:13.79	11.47
535	3741	ESTANISLAO	FERNANDEZ ÍNSUA	23/10/1963	M	CLUB ATLETISMO NOIA	0:52:19	05:13.80	11.47
536	3086	REINALDO	ROGIDO PRESEDO	20/10/1968	M		0:52:19	05:13.84	11.47
537	3715	SILVIA	SANCHEZ BASCOY	29/12/1960	F		0:52:34	05:15.35	11.42
538	3713	JOSE ANTONIO	TIZON PIÑEIRO	21/10/1972	M		0:52:41	05:16.04	11.39
539	3371	JOSE MANUEL	LOPEZ PALLAS	12/08/1972	M		0:52:43	05:16.28	11.38
540	3479	JUAN IGNACIO	NUÑEZ MENDEZ	07/06/1961	M		0:52:51	05:17.07	11.35
541	3626	ALVARO	ZUBIELA GONZALEZ	02/08/1960	M		0:52:51	05:17.08	11.35
542	3783	JOSE	LOPEZ ANEIROS	05/04/1961	M	RIA FERROL	0:52:55	05:17.45	11.34
543	3217	MANUEL	ALVAREZ LOMBA	18/12/1966	M		0:52:58	05:17.79	11.33
544	3039	VICTOR MANUEL	ALVAREZ TABOADA	28/11/1978	M		0:52:58	05:17.80	11.33
545	3750	OSCAR	CIUDAD CENDAN	01/04/1977	M	PATUKOS TIM RANIN	0:53:03	05:18.21	11.31
546	3081	ERNESTO FEDERICO	ZWIRNER ALEMAN	15/12/1953	M		0:53:05	05:18.43	11.31
547	3084	MIGUEL ANGEL	SECO FERREIRA	22/04/1969	M		0:53:05	05:18.45	11.30
548	3739	MARIA	OTERO RAMIREZ	27/11/1974	F	A BOUZA SPRINT	0:53:10	05:18.93	11.29
549	2679	IRMA	OROÑA GONZALEZ	12/02/1978	F	ESCOLAS DEPORTIVAS	0:53:29	05:20.81	11.22
550	3539	ROSARIO	FREIRIA RODRIGUEZ	26/04/1965	F		0:53:36	05:21.58	11.19
551	3333	OSCAR	BLANCO ALVAREZ	09/02/1976	M		0:53:52	05:23.14	11.14
552	2988	JOSE MANUEL	CALVO OTERO	18/01/1964	M		0:54:19	05:25.85	11.05
553	3433	Mª JOSE	GONZALEZ SAAVEDRA	15/01/1960	F		0:54:24	05:26.38	11.03
554	3817	MANUEL	PORTELA MARCOS	12/01/1948	M		0:54:28	05:26.79	11.02
555	3119	ANTONIO	EIRAS REY	03/01/1979	M		0:54:30	05:26.93	11.01
556	3775	MANUEL	RAÑA PREGO	19/08/1950	M	ATLETISMO ORDES	0:54:51	05:29.06	10.94
557	3814	JAMEL	CHABI	23/11/1962	M		0:55:41	05:34.02	10.78
558	3530	IÑAKI	LARROSA CORCUERA	06/01/1981	M		0:55:42	05:34.13	10.77
559	3077	NEIL	MCMAHON	27/10/1973	M		0:55:57	05:35.62	10.73
560	3676	MANUEL	LAGOA LOUZAN	06/06/1977	M		0:56:05	05:36.50	10.70



### CLASIFICACIÓN ABSOLUTA (XUNI.-PROM.-SEN.-VET.)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
561	3639	ROBERTO	MARTÍN FERNANDEZ	02/08/1986	M		<b>0:56:16</b>	05:37.55	10.66
562	3503	ANTONIO	ALVAREZ MORENO	02/06/1967	M		<b>0:56:25</b>	05:38.49	10.64
563	3016	MANUEL	VIDAL CAJUSO	25/09/1952	M		<b>0:56:27</b>	05:38.61	10.63
564	3474	FERNANDO	RAMOS MORENO	12/12/1946	M		<b>0:56:38</b>	05:39.76	10.60
565	3021	URSULA	NEILSON	09/11/1988	F		<b>0:56:39</b>	05:39.86	10.59
566	2983	IVAN	VILLARTE SANTOS	10/05/1983	M		<b>0:56:39</b>	05:39.86	10.59
567	3025	JOSE LUIS	DOMINGUEZ DIAZ	30/08/1957	M		<b>0:56:52</b>	05:41.13	10.55
568	3286	EVA	PEREZ BABIANO	30/11/1985	F		<b>0:56:59</b>	05:41.88	10.53
569	3776	ESTEBAN	VIEITES MONTES	05/05/1980	M		<b>0:57:00</b>	05:41.91	10.53
570	3155	JOSE	GARCIA GESTO	25/03/1956	M	PEÑA CICLISTA MEDIA	<b>0:57:05</b>	05:42.49	10.51
571	3723	SARA	CAAMAÑO RAMA	17/06/1992	F	AGRUPACIÓN	<b>0:57:50</b>	05:46.97	10.38
572	3721	CARLOS	OTERO CASAL	26/08/1980	M		<b>0:58:04</b>	05:48.31	10.34
573	3052	CONSUELO	AMADO RODRIGUEZ	30/08/1969	F		<b>0:58:24</b>	05:50.38	10.27
574	3279	PABLO ANTONIO	RODRIGUEZ REY	24/04/1973	M		<b>0:58:39</b>	05:51.86	10.23
575	3609	JOSE ALBERTO	MACEIRAS LOPEZ	12/02/1976	M		<b>0:58:41</b>	05:52.04	10.23
576	3117	JUAN ANTONIO	RODRIGUEZ SUAREZ	11/01/1983	M		<b>0:58:51</b>	05:53.06	10.20
577	3359	MARISA	RICO FEJOO	13/11/1972	F	ATLETISMO CORUÑA	<b>0:58:51</b>	05:53.07	10.20
578	3719	DANIEL	VIVANCO VAZQUEZ	12/05/1993	M		<b>0:59:46</b>	05:58.56	10.04
579	4000	FERNANDO	POSE AMEIJENDA	14/11/1976	M		<b>0:59:47</b>	05:58.69	10.04
580	3125	JOSE	NEIRA HERMIDA	14/11/1932	M		<b>0:59:56</b>	05:59.52	10.01
581	2674	MARINA	CAJUSO BARBAZAN	15/08/1962	F	ESCOLAS DEPORTIVAS	<b>1:00:20</b>	06:01.93	9.95
582	2676	MARIA ISABEL	TEIGA PENSADO	15/10/1971	F	ESCOLAS DEPORTIVAS	<b>1:00:20</b>	06:01.95	9.95
583	2675	JOSEFA	CAJUSO BARBAZAN	26/05/1964	F	ESCOLAS DEPORTIVAS	<b>1:00:20</b>	06:01.96	9.95
584	3160	ADOLFO	VIGO VARELA	02/09/1981	M	PEÑA CICLISTA MEDIA	<b>1:02:28</b>	06:14.74	9.61
585	3236	ELISEO	FERREÑO CAO	03/04/1960	M		<b>1:03:24</b>	06:20.33	9.47
586	3589	JAVIER	LOSADA ALDREY	21/05/1963	M	A NOSA MANEIRA	<b>1:03:24</b>	06:20.34	9.47
587	3299	FRANCISCO JOSE	FERNANDEZ REGO	30/01/1963	M		<b>1:04:20</b>	06:25.92	9.33
588	3785	SONIA	ARIAS ALVAREZ	29/05/1981	F		<b>1:05:13</b>	06:31.23	9.20
589	3353	OLGA	DASILVA FERNANDEZ	26/08/1977	F		<b>1:09:07</b>	06:54.67	8.68
590	3674	JORDI	FERREIRO LEMA	19/10/1976	M		<b>1:09:11</b>	06:55.06	8.67

### CLASIFICACIÓN XERAL (NFANTIL-CADETE-XUVENIL)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
1	2711	TARIKU	NOVALES ORDAX	08/03/1998	M	CLUB ATLETISMO NOIA	0:14:28	03:12.79	18.67
2	2692	ADRIAN	BOUZA DÍAZ	10/03/1995	M	CELTA DE VIGO	0:14:40	03:15.55	18.41
3	2701	RAFAEL	PIÑEIRO LESTON	01/05/1997	M	CLUB ATLETISMO NOIA	0:15:06	03:21.22	17.89
4	2791	MANUEL	GUERRA MENDEZ	27/05/1994	M	UNIVERSIDADE	0:15:09	03:21.90	17.83
5	2755	ANXO	LEMA SAAVEDRA	07/04/1996	M	OLÍMPICO DE VEDRA	0:15:15	03:23.18	17.72
6	2756	NICOLAS	VILLANUEVA SANCHEZ	13/11/1996	M	OLÍMPICO DE VEDRA	0:15:15	03:23.19	17.72
7	2790	FERNANDO	VALES FERREIRA	26/10/1996	M	UNIVERSIDADE	0:15:16	03:23.42	17.70
8	2798	JOSE MARIA	MAYO FIGUEROA	18/12/1995	M		0:15:24	03:25.14	17.55
9	2728	JOSE MANUEL	VAZQUEZ FILGUEIRA	11/04/1994	M	ESCOLA TRIATLON	0:15:26	03:25.76	17.50
10	2803	MARCOS	ROSENDE SAEZ	06/11/1998	M		0:15:43	03:29.42	17.19
11	3824	DAVID	LISTE VAZQUEZ	26/03/1996	M	ESCOLA TRIATLON	0:15:46	03:30.05	17.14
12	2804	IAGO	RODRÍGUEZ GOYANES	19/11/1995	M		0:15:48	03:30.50	17.10
13	2739	ANDRÉS	CENDÁN LLORÉNS	20/01/1997	M	ESCOLA TRIATLON	0:15:58	03:32.69	16.93
14	2733	PAQUILLO	CENDÁN LLORÉNS	20/11/1995	M	ESCOLA TRIATLON	0:16:11	03:35.58	16.70
15	2698	ALBERTO	DAVILA RIVAS	29/03/1994	M	CLUB ATLETISMO NOIA	0:16:13	03:36.22	16.65
16	2819	JAVIER	ALVAREZ RODILLA	07/09/1996	M		0:16:16	03:36.80	16.61
17	2787	JAIRO	FERNANDEZ OTERO	11/04/1994	M	SAN ROQUE - VIVEIRO	0:16:21	03:37.97	16.52
18	2526	JUAN DIEGO	RODRIGUEZ PEGIDO	03/09/1994	M	INSTITUTO XULIAN	0:16:22	03:38.11	16.51
19	2738	MARTIN	LISTE OUBEL	17/01/1997	M	ESCOLA TRIATLON	0:16:31	03:40.20	16.35
20	2783	MIGUEL	QUINTELA MIGUEZ	22/03/1995	M	SAN ROQUE - VIVEIRO	0:16:32	03:40.40	16.33
21	2700	ALEXANDRE	TUÑAS MARTÍNEZ	21/04/1994	M	CLUB ATLETISMO NOIA	0:16:35	03:41.10	16.28
22	2668	IGOR	SIMOES ANTELO	17/09/1994	M	ESCOLAS DEPORTIVAS	0:16:38	03:41.66	16.24
23	2682	RUBEN	VAAMONDE SANCHEZ	04/04/1995	M	ATLETISMO CORUÑA	0:16:39	03:41.82	16.23
24	2697	MANOEL	PEREZ GARCÍA	24/10/1995	M	CLUB ATLETISMO NOIA	0:16:39	03:41.94	16.22
25	2737	DAMIÁN	MARTÍNEZ SÁNCHEZ	26/07/1996	M	ESCOLA TRIATLON	0:16:44	03:43.05	16.14
26	2784	ADRIAN	ALONSO CARIDE	27/01/1995	M	SAN ROQUE - VIVEIRO	0:16:52	03:44.88	16.01
27	2670	DAVID	ARDIONS GOMEZ	05/12/1996	M	ESCOLAS DEPORTIVAS	0:16:59	03:46.22	15.91
28	2849	ALEJANDRO	REGUEIRO PEREZ	08/07/1997	M		0:17:03	03:47.30	15.84
29	2752	PABLO	MUÑIZ BREA	28/05/1999	M	ESCOLA TRIATLON	0:17:06	03:47.88	15.80
30	2688	BRAIS	INSUA REGUEIRA	04/09/1999	M	ATLETISMO ELITE NOIA	0:17:07	03:48.22	15.77
31	2780	DIEGO	NAVEIRA LOPEZ	11/04/1998	M	RIA FERROL	0:17:09	03:48.53	15.75
32	2708	SERGIO	FERNANDEZ BLANCO	04/08/1998	M	CLUB ATLETISMO NOIA	0:17:17	03:50.35	15.63
33	2759	DANIEL	BOUZON GARCÍA	15/08/1996	M	OLÍMPICO DE VEDRA	0:17:21	03:51.26	15.57
34	2837	JAVIER	VIVANCO VAZQUEZ	18/09/1995	M		0:17:24	03:51.98	15.52
35	2729	IGNACIO	CASTRO SANTOS	25/02/1995	M	ESCOLA TRIATLON	0:17:25	03:52.03	15.52
36	2836	MARTÍN	SALGADO AMIL	21/10/1995	M		0:17:25	03:52.21	15.50
37	2530	YOUSSEF	KOUADU	18/10/1995	M	INSTITUTO XULIAN	0:17:32	03:53.75	15.40
38	2553	YASSINE	BASSAMI FATHALLA	24/11/1998	M	O COTO	0:17:34	03:54.14	15.38
39	2566	MOHAMED	ZHORRA FHATALLA	22/05/1999	M	O COTO	0:17:35	03:54.39	15.36
40	2684	LAURA	ROSENDE SÁEZ	25/10/1996	F	ATLETISMO CUNTIS	0:17:36	03:54.52	15.35
41	2736	XIANA	RENDO MALLO	30/05/1996	F	ESCOLA TRIATLON	0:17:40	03:55.39	15.29
42	2660	LUCIA	SUAREZ CRESPO	01/11/1999	F	ESCOLAS DEPORTIVAS	0:17:47	03:56.92	15.20
43	2835	LUIS	MORILLO DIAZ	24/03/1997	M		0:17:48	03:57.24	15.17
44	2712	JAIRO	FARIÑA MALLON	30/08/1998	M	CLUB ATLETISMO NOIA	0:17:50	03:57.63	15.15
45	2504	ELOY	CASTRO TIELES	27/09/1996	M	INSTITUTO XULIAN	0:18:00	03:59.86	15.01
46	2801	SERGIO	PLATA PEREZ	29/09/1994	M		0:18:04	04:00.69	14.96
47	2687	CARMEN	MARTINEZ MARTINEZ	07/10/1998	F	ATLETISMO ELITE NOIA	0:18:04	04:00.76	14.95
48	2685	CLAUDIA	BLANCO OLIVARES	17/11/1999	F	ATLETISMO ELITE NOIA	0:18:09	04:01.96	14.88
49	2828	MARTIN	GARCIA GARCIA	14/11/1994	M		0:18:14	04:03.09	14.81
50	2779	DIEGO	VIGO LEAL	26/01/1998	M	RIA FERROL	0:18:31	04:06.76	14.59
51	2713	ADRAN	PONTE LOPE	11/11/1998	M	CLUB ATLETISMO NOIA	0:18:33	04:07.13	14.57
52	2748	ALICIA	VILLA GALLEGO	07/04/1998	F	ESCOLA TRIATLON	0:18:33	04:07.30	14.56
53	2513	ALBERTO	CAMAÑO NOYA	08/10/1998	M	INSTITUTO XULIAN	0:18:38	04:08.37	14.49
54	2764	ALEJANDRO	SANÍN CARBIA	15/08/1995	M	OLÍMPICO DE VEDRA	0:18:39	04:08.63	14.48
55	2761	NEREA	RUANOVA DE LA FUENTE	07/04/1995	F	OLÍMPICO DE VEDRA	0:18:41	04:09.03	14.46
56	2848	DIEGO	SOMOZA MOURE	19/04/1995	M		0:18:56	04:12.29	14.27
57	2699	ALEXANDRE	MARTÍNEZ REY	21/10/1994	M	CLUB ATLETISMO NOIA	0:19:07	04:14.70	14.13
58	2816	DAVID	LAPIDO RODRIGUEZ	24/10/1995	M		0:19:10	04:15.44	14.09
59	2709	SAMUEL	FERNANDEZ LIÑARES	10/06/1998	M	CLUB ATLETISMO NOIA	0:19:12	04:15.93	14.07
60	2529	ZAMIR	CASTILLO ZAMORA	23/02/1996	M	INSTITUTO XULIAN	0:19:20	04:17.69	13.97
61	2750	MANUEL	REY PERNAS	10/11/1998	M	ESCOLA TRIATLON	0:19:21	04:17.82	13.96
62	2741	BRAIS	OTERO LESTÓN	19/07/1997	M	ESCOLA TRIATLON	0:19:24	04:18.64	13.92
63	2799	SARA	GONZALEZ SILVA	26/12/1996	F		0:19:25	04:18.86	13.91
64	2671	ALBERTO	LOPEZ TORREIRA	05/07/1995	M	ESCOLAS DEPORTIVAS	0:19:27	04:19.28	13.88
65	2562	CHRISTIAN	SUAREZ MANEIRO	21/06/1999	M	O COTO	0:19:28	04:19.42	13.88
66	2800	PABLO	MONTEAGUDO LAGO	16/02/1999	M		0:19:33	04:20.46	13.82
67	2719	LORENA	COBAS HOMBRE	09/07/1998	F	CLUB ATLETISMO NOIA	0:19:39	04:21.88	13.75
68	2843	NURIA	RODRÍGUEZ GOMEZ	03/10/1997	F		0:19:39	04:21.99	13.74
69	2661	SIMON	CASCALLAR CAJUSO	23/06/1999	M	ESCOLAS DEPORTIVAS	0:19:48	04:23.81	13.65
70	2797	XABIER	CASTRO LADO	29/01/1999	M		0:19:55	04:25.37	13.57

### CLASIFICACIÓN XERAL (NFANTIL-CADETE-XUVENIL)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
71	2710	DAMIAN	FILGUEIRA FERNANDEZ	15/01/1998	M	CLUB ATLETISMO NOIA	0:20:00	04:26.46	13.51
72	2696	SARA	ROCHA SANCHEZ	07/11/1995	F	CLUB ATLETISMO NOIA	0:20:04	04:27.35	13.47
73	2789	NEREA	CASAL GARCÍA	30/11/1995	F	UNIVERSIDADE	0:20:06	04:27.97	13.43
74	2763	PABLO	MARTÍNEZ REGUEIRA	14/12/1996	M	OLÍMPICO DE VEDRA	0:20:07	04:28.18	13.42
75	2515	MARWANE	LOUTFI	02/11/1997	M	INSTITUTO XULIAN	0:20:09	04:28.56	13.40
76	2827	SERGIO	MAYO ESTEIRO	24/03/1997	M		0:20:11	04:29.08	13.38
77	2516	FRANCISCO MANUEL	OREIRO CAAMAÑO	01/07/1998	M	INSTITUTO XULIAN	0:20:12	04:29.32	13.37
78	3993	MARÍA	CAAMAÑO RAMA	08/02/1996	F	AGRUPACIÓN	0:20:15	04:29.96	13.34
79	2664	ADRIAN	FREIRE GIL	02/05/1997	M	ESCOLAS DEPORTIVAS	0:20:18	04:30.56	13.31
80	2734	SARA	RIAL GARCIA	19/03/1996	F	ESCOLA TRIATLON	0:20:20	04:31.08	13.28
81	2705	MARTA	VIDELA BLANCO	17/10/1996	F	CLUB ATLETISMO NOIA	0:20:26	04:32.34	13.22
82	3994	MARÍA	ABELED0 MANTEIGA	03/12/1997	F	ATLETISMO AFFLELOU	0:20:32	04:33.65	13.16
83	2703	ANDREA	FERNANDEZ BLANCO	19/04/1996	F	CLUB ATLETISMO NOIA	0:20:39	04:35.14	13.08
84	2802	JOSE JORGE	SAYEGH LENS	10/08/1998	M		0:20:46	04:36.75	13.01
85	2663	XOAN	VITES CAJUSO	14/02/1997	M	ESCOLAS DEPORTIVAS	0:20:56	04:38.97	12.90
86	2704	CLAUDIA	FERNANDEZ VEGA	13/10/1996	F	CLUB ATLETISMO NOIA	0:20:58	04:39.56	12.88
87	2533	ALBERTO	PEÑA LUYA	26/02/1996	M	INSTITUTO XULIAN	0:21:12	04:42.62	12.74
88	2778	IRENE	LOPEZ ALVAREZ	07/09/1999	F	RIA FERROL	0:21:19	04:44.20	12.67
89	2732	LUCIA	RIVAS LÓPEZ	04/09/1995	F	ESCOLA TRIATLON	0:21:21	04:44.56	12.65
90	2694	IAGO	FUENTES GARCÍA	10/12/1999	M	CLUB ATLETISMO	0:21:25	04:45.45	12.61
91	2833	JORGE	GARCIA SANCHEZ	07/05/1997	M		0:21:27	04:45.82	12.60
92	2817	ANDREA	GONZALEZ GARCIA	09/04/1999	F		0:21:28	04:46.08	12.58
93	2832	MARCOS	VAZQUEZ PEROL	28/10/1998	M		0:21:28	04:46.15	12.58
94	2823	ARTUR	VAZQUEZ RUSO	18/09/1998	M		0:21:28	04:46.17	12.58
95	3997	JAVIER	BUCETA QUEIRUA	25/05/1999	M	ATLETISMO BARBANZA	0:21:29	04:46.40	12.57
96	2730	TERESA	CANDAL BLANCO	01/05/1995	F	ESCOLA TRIATLON	0:21:53	04:51.76	12.34
97	2813	SHARA	PEREZ LOPEZ	14/08/1998	F		0:21:53	04:51.77	12.34
98	2551	ALVARO	ALVITE PEILLET	12/03/1999	M	O COTO	0:21:59	04:53.02	12.29
99	2745	ANTÓN	PÉREZ VIDELA	22/11/1997	M	ESCOLA TRIATLON	0:22:01	04:53.50	12.27
100	2760	CRISTINA	GARCÍA ALBELA	02/05/1995	F	OLÍMPICO DE VEDRA	0:22:09	04:55.20	12.20
101	2717	MARINA	MARTÍNEZ HERMO	16/04/1998	F	CLUB ATLETISMO NOIA	0:22:10	04:55.50	12.18
102	2754	ANTÓN	QUINTIÁ LEDO	09/10/1999	M	ESCOLA TRIATLON	0:22:11	04:55.60	12.18
103	2666	YLENIA	DARRIBA CRESPO	05/05/1994	F	ESCOLAS DEPORTIVAS	0:22:16	04:56.74	12.13
104	2747	SILVIA	RIVAS LÓPEZ	05/02/1998	F	ESCOLA TRIATLON	0:22:29	04:59.62	12.02
105	2808	RAQUEL	GONZALEZ TOJO	26/03/1999	F		0:22:30	04:59.94	12.00
106	2508	ESTEBAN	TUÑAS LAPIDO	16/11/1997	M	INSTITUTO XULIAN	0:23:07	05:08.03	11.69
107	2518	VICENTE	PEREZ HOMBRE	19/04/1998	M	INSTITUTO XULIAN	0:23:08	05:08.38	11.67
108	2550	ANXO	AGRA RIAL	08/11/1999	M	O COTO	0:23:10	05:08.73	11.66
109	2749	SOFIA	RENDO GONZÁLEZ	18/08/1998	F	ESCOLA TRIATLON	0:23:49	05:17.45	11.34
110	2715	FRANCISCO	RODRÍGUEZ DEL RÍO	02/06/1999	M	CLUB ATLETISMO NOIA	0:23:54	05:18.52	11.30
111	2724	AURORA	PARADELA DOSIL	01/06/1998	F	CLUB ATLETISMO NOIA	0:23:54	05:18.58	11.30
112	2806	FERNANDO	COSTAS FERNNADEZ	20/09/1996	M		0:23:54	05:18.64	11.30
113	2714	PABLO	VENTOSO TRILLO	18/05/1998	M	CLUB ATLETISMO NOIA	0:24:06	05:21.21	11.21
114	2718	PAULA	ABEIJON CASTRO	18/01/1998	F	CLUB ATLETISMO NOIA	0:24:20	05:24.38	11.10
115	2514	MOHAMMED	KHEIR	23/03/1997	M	INSTITUTO XULIAN	0:24:24	05:25.22	11.07
116	2781	RAMON	COSTOYA MANEIRO	31/01/1998	M	RIA FERROL	0:24:26	05:25.76	11.05
117	2721	ARACELI	CASAL PAZOS	08/02/1997	F	CLUB ATLETISMO NOIA	0:24:40	05:28.74	10.95
118	2751	ALVARO	GARCIA CÚNS	26/01/1999	M	ESCOLA TRIATLON	0:24:43	05:29.52	10.93
119	2502	ALVARO	BOULLON MANEIRO	05/12/1996	M	INSTITUTO XULIAN	0:24:44	05:29.65	10.92
120	2532	DANIEL	ORTEGA RAMOS	02/11/1995	M	INSTITUTO XULIAN	0:24:49	05:30.81	10.88
121	2851	BORJA	GRANA VIDAL	28/04/1999	M		0:24:50	05:30.98	10.88
122	2840	IDOIA	AGULLEIRO BERAZA	25/09/1996	F		0:25:04	05:34.05	10.78
123	2720	LUCÍA	CARBALLIDO GONZALEZ	13/05/1998	F	CLUB ATLETISMO NOIA	0:25:21	05:37.96	10.65
124	2501	ALEJANDRO	RAMAS PARIS	01/06/1995	M	INSTITUTO XULIAN	0:25:30	05:39.88	10.59
125	2506	FIDEL	RIAL PAIS	14/09/1996	M	INSTITUTO XULIAN	0:25:31	05:40.16	10.58
126	2753	ANTONIO	PITA GARCIA	16/07/1999	M	ESCOLA TRIATLON	0:25:33	05:40.65	10.57
127	2667	ANGELA	TOME PAZOS	02/02/1994	F	ESCOLAS DEPORTIVAS	0:25:57	05:45.92	10.41
128	2544	GUADALUPE	GOMEZ BAÑA	15/11/1995	F	INSTITUTO XULIAN	0:25:59	05:46.27	10.40
129	2545	PATRICIA	CASTRO BAHAMONDE	04/04/1995	F	INSTITUTO XULIAN	0:26:02	05:47.00	10.37
130	2565	JUAN	TUÑS BALLEJO	14/05/1999	M	O COTO	0:26:09	05:48.60	10.33
131	2665	BRUNA	SIMOES ANTELO	30/10/1997	F	ESCOLAS DEPORTIVAS	0:26:12	05:49.31	10.31
132	2723	CRISTINA	ÍNSUA CASTRO	03/12/1999	F	CLUB ATLETISMO NOIA	0:26:14	05:49.65	10.30
133	2846	JANET	MARIÑO SOUTO	26/01/1997	M		0:26:27	05:52.62	10.21
134	2839	ROSANA	REY MONTALBAN	20/10/1997	F		0:26:27	05:52.65	10.21
135	2541	SINTIA KAREN	RINCON CHAPARRO	15/01/1997	F	INSTITUTO XULIAN	0:26:45	05:56.65	10.09
136	2743	MARCOS	VÁZQUEZ RENDO	23/08/1997	M	ESCOLA TRIATLON	0:26:52	05:58.05	10.05
137	2521	YOUSSEF	FATHALLAH	13/12/1995	M	INSTITUTO XULIAN	0:27:05	06:00.92	9.97
138	2735	AMPARO	SEOANE MENÉNDEZ	16/05/1996	F	ESCOLA TRIATLON	0:27:23	06:04.90	9.87
139	2807	MARTA	GONZALEZ TOJO	01/12/1995	F		0:27:24	06:05.16	9.86
140	2725	MARÍA	ROO LOPEZ	21/08/1997	F	CLUB ATLETISMO NOIA	0:27:30	06:06.50	9.82

## CLASIFICACIÓN XERAL (NFANTIL-CADETE-XUVENIL)

Pto.	Dorsal	Nombre	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
141	2540	LUCIA	CORDEIRO RAMOS	12/06/1996	F	INSTITUTO XULIAN	0:27:40	06:08.69	9.76
142	2695	MARTÍN	FERNANDEZ HERMIDA	02/07/1998	M	CLUB ATLETISMO	0:27:57	06:12.56	9.66
143	2706	JOSE MARCOS	SANTOS CASTRO	12/06/1998	M	CLUB ATLETISMO NOIA	0:28:03	06:13.88	9.63
144	2707	MARCELINO	BAHAMONDE PEREZ	13/09/1998	M	CLUB ATLETISMO NOIA	0:28:08	06:15.02	9.60
145	2842	AMAIA	AGULLEIRO BERAZA	28/11/1999	F		0:28:21	06:17.89	9.53
146	2539	LUCIA	MONTES FERREIRO	23/11/1998	F	INSTITUTO XULIAN	0:29:13	06:29.46	9.24
147	2847	NOEL	LOPEZ SEÑARÍS	12/12/1997	M		0:29:50	06:37.64	9.05
148	2796	MARTA	GOMEZ VIEITES	15/09/1997	F		0:29:53	06:38.23	9.04
149	2538	ROCIO	IGLESIAS GOMEZ	02/07/1998	F	INSTITUTO XULIAN	0:29:53	06:38.23	9.04
150	2693	VANESSA	VARELA RIVAS	24/05/1996	F	CLUB ATLETISMO	0:30:31	06:46.86	8.85
151	2517	HAMZA	FATHALLAH	12/02/1998	M	INSTITUTO XULIAN	0:30:42	06:49.20	8.80
152	2825	ENRIQUE	PENA VITES	16/04/1999	M		0:30:44	06:49.63	8.79
153	2820	LORENA	VIEITES BLANCO	23/09/1995	F		0:30:49	06:50.85	8.76
154	2560	UXIA	PEREZ PONTE	11/06/1999	F	O COTO	0:31:32	07:00.30	8.57
155	2556	ALBA	GARCIA ARDIONS	06/12/1999	F	O COTO	0:31:37	07:01.42	8.54
156	2841	AINHOA	AGULLEIRO BERAZA	28/11/1999	F		0:32:21	07:11.30	8.35
157	2554	ALICIA	FERRO BARCA	29/07/1999	F	O COTO	0:33:40	07:28.72	8.02
158	2559	AROA	PEILLET CAMPOS	26/05/1999	F	O COTO	0:33:41	07:29.00	8.02
159	2558	ARIANA	GOLAN GARRIDO	06/08/1999	F	O COTO	0:36:14	08:03.06	7.45
160	2555	SHEILA	FORJAN ARUFE	15/01/1999	F	O COTO	0:36:15	08:03.22	7.45
161	2821	LAURA	VIEITES BLANCO	19/07/1997	F		0:36:17	08:03.75	7.44
162	2557	MIGUEL	GIL RAMAS	30/08/1999	M	O COTO	0:36:25	08:05.34	7.42
163	3998	IVAN	LAGO MACEIRAS	09/08/1994	M	ATLETISMO CARNOTA	1:29:30	19:53.14	3.02

## CLASIFICACIÓN XERAL (BENXAMÍN-ALEVÍN)

Pto.	Dorsal	Nome	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
1	2859	LEONARDO	GUAZZONE	21/02/2001	M		0:03:45	03:44.23	16.05
2	2914	HUGO	NOVOA RAMOS	24/01/2003	M	CLUB ATLETICO	0:03:54	03:53.17	15.44
3	2893	RAUL	GARCÍA FERREIRO	11/02/2002	M		0:03:54	03:53.77	15.40
4	2916	HUGOEL	RODRIGUEZ AB	20/10/2000	M	CLUB ATLETISMO	0:03:55	03:54.81	15.33
5	2590	JAVIER	LOPEZ TORREIRO	01/02/2001	M	O COTO	0:04:00	03:59.14	15.05
6	2570	JOSE	CAAMAÑO NOYA	14/02/2000	M	O COTO	0:04:01	04:00.63	14.96
7	2926	ALVARO	CAMPOS VILLAVERDE	01/11/2002	M	CLUB ATLETISMO NOIA	0:04:03	04:02.57	14.84
8	2920	FABIO	CAMPOS VILLAVERDE	14/07/2000	M	CLUB ATLETISMO NOIA	0:04:04	04:03.64	14.78
9	2935	ALEJANDRO	REY ARUFE	12/01/2000	M	CLUB ATLETISMO NOIA	0:04:06	04:05.29	14.68
10	2591	DANIEL	LORENZO CALVIÑO	14/01/2000	M	O COTO	0:04:06	04:05.37	14.67
11	2863	MANUEL	GOMEZ VIEITES	01/02/2000	M		0:04:08	04:07.76	14.53
12	2942	MINIA	PEREZ VIDELA	15/01/2001	F	ESCOLA TRIATLON	0:04:09	04:08.41	14.49
13	2872	MATEO	BARREIRO BUGALLO	21/05/2000	M		0:04:14	04:13.35	14.21
14	2895	MARÍA	GARCÍA FERREIRO	12/04/2000	F		0:04:14	04:13.42	14.21
15	2909	ESTHER	BLANCO OLIVARES	05/08/2001	F	ATLETISMO ELITE NOIA	0:04:16	04:15.28	14.10
16	2921	IVAN	IGLESIAS VENTOSO	14/02/2000	M	CLUB ATLETISMO NOIA	0:04:18	04:17.41	13.99
17	2945	IZAN	MARQUEZ GARCIA	04/01/2003	M	ESCOLA TRIATLON	0:04:18	04:17.98	13.95
18	2934	SARA	MIGUENS CAAMAÑO	13/02/2000	F	CLUB ATLETISMO NOIA	0:04:19	04:18.18	13.94
19	2936	MARTÍN	SANTACANA BUGALLO	27/04/2000	M	CLUB ATLETISMO NOIA	0:04:19	04:18.78	13.91
20	2877	ALVARO	LEIS HOMBRE	02/11/2000	M		0:04:22	04:21.07	13.79
21	2626	SALAMA	LOUTFI	12/02/2003	M	O COTO	0:04:24	04:23.24	13.68
22	2860	CLAUDIA	FERNANDEZ-COUTO ALVAREZ	28/07/2001	F		0:04:24	04:23.98	13.64
23	2919	PABLO	FERNANDEZ HERMIDA	19/04/2001	M	CLUB ATLETISMO	0:04:25	04:24.50	13.61
24	2906	TERESA	SANCHEZ BOVEDA	30/06/2000	F	ATLETISMO BARBANZA	0:04:26	04:25.64	13.55
25	2943	MUSE	FERNANDEZ GONZALEZ	11/11/2001	M	ESCOLA TRIATLON	0:04:30	04:29.02	13.38
26	2927	JOSE	POSE GONZALEZ	26/06/2002	M	CLUB ATLETISMO NOIA	0:04:31	04:30.40	13.31
27	2925	XABIER	LIRES SABORIDO	31/12/2002	M	CLUB ATLETISMO NOIA	0:04:32	04:31.56	13.26
28	2900	ALBA	LOPEZ PORTABALES	24/08/2000	F		0:04:33	04:32.04	13.23
29	2917	LAURA	CUESTA PEREIRO	16/05/2001	F	CLUB ATLETISMO	0:04:34	04:33.40	13.17
30	2940	JESÚS	OTERO LESTÓN	11/03/2000	M	ESCOLA TRIATLON	0:04:35	04:34.83	13.10
31	2569	LHILA	BASSAMI FATHALLAH	20/05/2000	F	O COTO	0:04:36	04:35.40	13.07
32	2904	ANA	CAAMAÑO RAMA	12/02/2001	F	AGRUPACIÓN	0:04:36	04:35.43	13.07
33	2609	OSCAR	BOUZAS CARBALLO	12/03/2003	M	O COTO	0:04:36	04:35.74	13.06
34	2875	HUGO	MARTINEZ REY	04/06/2003	M		0:04:37	04:36.54	13.02
35	2598	ALEJANDRO	RODRIGUEZ BECERRA	29/05/2000	M	O COTO	0:04:38	04:37.69	12.96
36	2939	XESÚS	SEOANE MENÉNDEZ	03/02/2000	M	ESCOLA TRIATLON	0:04:39	04:38.59	12.92
37	2636	ALEX	PARAJO CAAMAÑO	13/10/2002	M	O COTO	0:04:44	04:43.07	12.72
38	2901	MARTÍN	CASAL MOURELOS	06/10/2000	M		0:04:44	04:43.60	12.69
39	2908	RAMON	REY MORALES	02/01/2002	M	ATLETISMO ELITE NOIA	0:04:45	04:44.35	12.66
40	2644	MELANIE	SUAREZ AGRA	19/11/2002	F	O COTO	0:04:46	04:45.33	12.62
41	2577	MEHDI	FATALLA	20/12/2000	M	O COTO	0:04:48	04:47.15	12.54
42	2874	HUGO	VAZQUEZ VAZQUEZ	06/12/2003	M		0:04:50	04:49.01	12.46
43	2869	MARIÑA	MONTEAGUDO LAGO	23/08/2002	F		0:04:50	04:49.46	12.44
44	2640	DAVID	RUSO QUINTANS	28/09/2002	M	O COTO	0:04:51	04:50.05	12.41
45	2600	AZZIZ	SAIDI	18/06/2000	M	O COTO	0:04:53	04:52.51	12.31
46	2946	YAGO	GARCÍA CÚNS	09/02/2003	M	ESCOLA TRIATLON	0:04:54	04:53.91	12.25
47	2885	MARIA	NOYA SUAREZ	02/03/2000	F		0:04:55	04:54.49	12.22
48	2878	CRISTINA	LAPIDO RODRIGUEZ	24/04/2000	F		0:04:55	04:54.89	12.21
49	2947	MARTÍN	OTERO LESTÓN	29/07/2003	M	ESCOLA TRIATLON	0:04:56	04:55.64	12.18
50	2858	OSCAR	PARENTE TURNES	18/11/2002	M		0:04:57	04:56.10	12.16
51	2915	CARLA	NOVOA RAMOS	15/12/2001	F	CLUB ATLETICO	0:04:57	04:56.89	12.13
52	2580	ALEJANDRO	FREIRE GIL	26/02/2000	M	O COTO	0:04:58	04:57.64	12.10
53	2948	JAVIER	PUENTE CURIEL	07/08/2003	M	ESCOLA TRIATLON	0:04:59	04:58.17	12.07
54	2567	LAURA	BARBOSA FARO	09/03/2000	F	O COTO	0:05:00	04:59.16	12.03
55	2642	ABDELMOUMEN	SAIDI NAIMA	19/04/2002	M	O COTO	0:05:00	04:59.77	12.01
56	2905	ERIKA	GONZALEZ PIÑEIRO	25/08/2001	F	AGRUPACIÓN	0:05:02	05:01.17	11.95
57	2589	MANUEL	LOPEZ SEÑARIS	01/03/2001	M	O COTO	0:05:02	05:01.24	11.95
58	2632	IVAN	MOYA REY	17/01/2003	M	O COTO	0:05:02	05:01.80	11.93
59	2888	ANDRES	PENA VITES	06/05/2001	M		0:05:03	05:02.38	11.91
60	2879	EVA	PORTO SANCHEZ	20/12/2001	F		0:05:03	05:02.81	11.89
61	2884	ALEJANDRO	PICALLO MARTINEZ	04/10/2000	M		0:05:03	05:02.90	11.89
62	2886	DAVID	NOYA SUAREZ	02/07/2001	M		0:05:03	05:02.92	11.88
63	2627	MARIA	MARCOS LAMAS	27/02/2002	F	O COTO	0:05:04	05:03.13	11.88
64	2941	JAVIER	PITA GARCÍA	21/08/2000	M	ESCOLA TRIATLON	0:05:04	05:03.14	11.88
65	2633	DENIS	NEGREIRA POSE	21/02/2002	M	O COTO	0:05:04	05:03.73	11.85
66	2898	SIMON	GOMEZ TOJO	14/03/2002	M		0:05:08	05:07.78	11.70
67	2649	INES	TUÑEZ FERRIN	25/01/2003	F	O COTO	0:05:09	05:08.44	11.67
68	2588	NEREA	LEIS PIÑEIRO	23/12/2000	F	O COTO	0:05:11	05:10.09	11.61
69	2929	ALBA	MARTÍNEZ RIVADULLA	30/07/2001	F	CLUB ATLETISMO NOIA	0:05:12	05:11.27	11.57
70	2638	VIOLETA	PEREZ BARBAZAN	01/08/2002	F	O COTO	0:05:15	05:14.14	11.46

### CLASIFICACIÓN XERAL (BENXAMÍN-ALEVÍN)

Pto.	Dorsal	Nome	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
71	2933	PAULA	INSUA PAZOS	09/07/2000	F	CLUB ATLETISMO NOIA	0:05:17	05:16.39	11.38
72	2595	RODRIGO	POUSADA IGLESIAS	07/01/2000	M	O COTO	0:05:18	05:17.49	11.34
73	2931	PABLO	VEIRAS GONZALEZ	07/06/2001	M	CLUB ATLETISMO NOIA	0:05:19	05:18.02	11.32
74	2608	ADRIAN	ARASA MAYO	10/04/2003	M	O COTO	0:05:23	05:22.29	11.17
75	2873	NICOLAS	VAZQUEZ VAZQUEZ	29/01/2001	M		0:05:24	05:23.08	11.14
76	2601	GABRIELA	SIMOES ANTELO	01/11/2001	F	O COTO	0:05:24	05:23.39	11.13
77	2883	ROCIO	PICALLO MARTINEZ	17/06/2002	F		0:05:24	05:23.96	11.11
78	2657	DANIEL	ZARCO FERNANDEZ	05/01/2002	M	O COTO	0:05:27	05:26.19	11.04
79	2656	DIEGO	VIQUEIRA BARCA	01/05/2003	M	O COTO	0:05:29	05:28.50	10.96
80	2614	REYES	FREIRE GIL	26/06/2002	F	O COTO	0:05:31	05:30.37	10.90
81	2655	ALEJANDRO	VIÑAS ROMAR	26/02/2002	M	O COTO	0:05:34	05:33.30	10.80
82	2887	NATALIA	FIDALGO VALIÑO	03/11/2000	F		0:05:35	05:34.05	10.78
83	2918	FATIMA	DELL BLANCO	05/01/2003	F	CLUB ATLETISMO	0:05:37	05:36.17	10.71
84	2584	SANTIAGO	GARCIA SOUTO	28/01/2001	M	O COTO	0:05:39	05:38.56	10.63
85	2854	MARIETA	MORILLO DIAZ	19/11/2003	F		0:05:40	05:39.45	10.61
86	2647	VALERIA	TORREIRA GONZALEZ	19/08/2003	F	O COTO	0:05:42	05:41.03	10.56
87	2944	HELENA	QUINTIÁ LEDO	24/10/2002	F	ESCOLA TRIATLON	0:05:42	05:41.78	10.53
88	2576	ALBA	ESPASANDIN VAZQUEZ	31/01/2001	F	O COTO	0:05:42	05:41.83	10.53
89	2648	JORGE	VAZQUEZ RENDO	26/12/2003	M	O COTO	0:05:43	05:42.37	10.51
90	2949	ANXO	VAZQUEZ RENDO	23/07/2004	M	ESCOLA TRIATLON	0:05:43	05:42.99	10.50
91	2625	LARA	LOPEZ SUAREZ	07/04/2003	F	O COTO	0:05:45	05:44.02	10.46
92	2651	ALBA	VAZQUEZ CORZON	01/08/2002	F	O COTO	0:05:46	05:45.09	10.43
93	2582	ALBA	GARCIA MATO	14/01/2000	F	O COTO	0:05:49	05:48.75	10.32
94	2641	SABAM	SAIDI	27/04/2003	F	O COTO	0:05:52	05:51.65	10.24
95	2646	DIEGO	SUAREZ RAMOS	16/02/2002	M	O COTO	0:05:57	05:56.47	10.10
96	2615	MARIO	GARCIA MOUZO	24/05/2003	M	O COTO	0:06:00	05:59.54	10.01
97	2868	PEDRO	VEIGA FREIRE	09/04/2005	M		0:06:00	05:59.86	10.00
98	2617	ALVARO	GESTO LIÑARES	20/03/2003	M	O COTO	0:06:02	06:01.78	9.95
99	2622	DAVID	LAGO DURO	25/03/2002	M	O COTO	0:06:02	06:01.84	9.95
100	2596	MARIA	QUINTEIRO FAGIN	28/03/2001	F	O COTO	0:06:03	06:02.43	9.93
101	2924	ANTON	LOPEZ DOSIL	21/01/2003	M	CLUB ATLETISMO NOIA	0:06:03	06:02.70	9.93
102	2586	SHEILA	GUZMAN GENS	22/09/2000	F	O COTO	0:06:05	06:04.28	9.88
103	2593	JUAN	OJEDA CUADRADO	07/12/2001	M	O COTO	0:06:06	06:05.92	9.84
104	2624	ANDRES	LOPEZ ESPERANTE	10/04/2003	M	O COTO	0:06:09	06:08.10	9.78
105	2865	ELIZABETH	LOPEZ MIGUENS	05/05/2005	F		0:06:09	06:08.69	9.76
106	2579	CANDELA	FERNANDEZ CARBALLO	12/06/2000	F	O COTO	0:06:12	06:11.64	9.69
107	2876	SANDRA	ZARCO FERNANDEZ	17/10/2004	F		0:06:13	06:12.63	9.66
108	2892	PAULA	RUSO QUINTANS	08/01/2004	F		0:06:13	06:12.94	9.65
109	2890	ALEJANDRO	ALVAREZ ESPINOSA	19/01/2003	M		0:06:15	06:14.72	9.61
110	2606	IKER	ALVITE ALMOZARA	08/07/2003	M	O COTO	0:06:16	06:15.03	9.60
111	2573	EMMA	CRESCO VAZQUEZ	10/06/2001	F	O COTO	0:06:16	06:15.04	9.60
112	2628	SARA	MARCOS LAMAS	27/02/2002	F	O COTO	0:06:16	06:15.05	9.60
113	2568	ANTIA	BARCA BRENLLA	22/03/2001	F	O COTO	0:06:16	06:15.44	9.59
114	2578	FATIMA	FATHALLAH EZZINE	23/06/2000	F	O COTO	0:06:16	06:15.95	9.58
115	2635	ABEL	PAIS GERPE	17/03/2003	M	O COTO	0:06:19	06:18.36	9.51
116	2637	CARLOTA	PAZOS GUZMAN	07/12/2002	F	O COTO	0:06:21	06:20.41	9.46
117	2610	MARTIN	BOQUETE PENIDO	28/09/2003	M	O COTO	0:06:21	06:20.72	9.46
118	2629	DENNIS	MARTINEZ ABRUNEIRAS	07/03/2002	M	O COTO	0:06:22	06:21.03	9.45
119	2592	MARIA	MOSQUERA MOURO	30/12/2001	F	O COTO	0:06:23	06:22.35	9.42
120	2889	CLAUDIA	FIDALGO VALIÑO	09/04/2001	F		0:06:24	06:23.23	9.39
121	2621	SARA	GONZALEZ VEIRAS	17/11/2002	F	O COTO	0:06:25	06:24.48	9.36
122	2597	ANDRES	RIVEIRO CAPEANS	31/12/2001	M	O COTO	0:06:26	06:25.02	9.35
123	2643	MONICA VALENTINA	SIEIRO RODRIGUEZ	24/03/2002	F	O COTO	0:06:29	06:28.35	9.27
124	2645	PABLO	SUAREZ GARABAL	15/09/2002	M	O COTO	0:06:30	06:29.15	9.25
125	2604	JONATHAN	TORREIRA PIÑEIRO	16/10/2000	M	O COTO	0:06:31	06:30.64	9.22
126	2574	IRIA	DIAZ GRANJA	29/01/2000	F	O COTO	0:06:33	06:32.39	9.17
127	2623	SAMUEL	LEMA CAPEANS	09/04/2003	M	O COTO	0:06:35	06:34.13	9.13
128	2650	GABRIELA	VAZQUEZ ANGULO	22/09/2003	F	O COTO	0:06:35	06:34.40	9.13
129	2605	IRENE	VILAS CAMPOS	25/06/2000	F	O COTO	0:06:36	06:35.40	9.10
130	2585	MARTIN	GUARDADO PORTO	27/05/2000	M	O COTO	0:06:38	06:37.56	9.06
131	2857	LAURA	RODRIGUEZ CAPEANS	10/01/2002	F		0:06:39	06:38.37	9.04
132	2902	LOIS	OUJO FERNANDEZ	20/01/2004	M		0:06:39	06:38.42	9.04
133	2930	CARMEN	GARCÍA RÍOS	11/01/2001	F	CLUB ATLETISMO NOIA	0:06:55	06:54.34	8.69
134	2658	MATEO	RIOSECO LAREU	16/08/2001	M	O COTO	0:06:57	06:56.19	8.65
135	2618	LORENA	GOLAN GARRIDO	11/10/2003	F	O COTO	0:07:01	07:00.99	8.55
136	2607	MARIA	ANTELO NOYA	09/08/2003	F	O COTO	0:07:02	07:01.59	8.54
137	2594	SUSANA	PAIS GERPE	18/02/2001	F	O COTO	0:07:07	07:06.89	8.43
138	2581	CAROLINA	GARCIA CUNHA	08/02/2001	F	O COTO	0:07:07	07:06.99	8.43
139	2616	ZAHIRA	GARCIA PEREIRA	21/05/2003	F	O COTO	0:07:18	07:17.54	8.23
140	2571	CRISTINA	CAMPOS CASTRO	23/02/2001	F	O COTO	0:07:20	07:19.42	8.19

## CLASIFICACIÓN XERAL (BENXAMÍN-ALEVÍN)

Pto.	Dorsal	Nome	Apellidos	Año Nac.	SEXO	Club	Tiempo	Min/Km	Km/h.
141	2630	SHEILA	MORENO FORJAN	24/12/2003	F	O COTO	0:07:28	07:27.76	8.04
142	2634	IVAN	PAIS FERNANDEZ	08/09/2002	M	O COTO	0:07:30	07:29.96	8.00
143	2862	IRIA	LIRA BLANCO	21/09/2003	F		0:07:31	07:30.48	7.99
144	2631	SARA	MOURIÑO SEOANE	28/12/2003	F	O COTO	0:07:35	07:34.73	7.92
145	2856	NEREA	BARREIRO GARRIDO	15/05/2001	F		0:07:58	07:57.37	7.54
146	2855	ELIANA	BARREIRO GARRIDO	26/06/2003	F		0:08:40	08:39.64	6.93
147	2866	LAURA J.	RODAS GRANADO	29/06/2005	F		0:10:17	10:16.87	5.84
148	2572	ROI	COBAS LEMA	17/04/2001	M	O COTO	0:14:17	14:16.91	4.20
149	2880	MIGUEL	LOZANO VEIGA	27/08/2001	M		0:15:38	15:37.16	3.84