

| Pto | Dorsal | Nombre                             | Sx   | PtoCat    | Final | Ritmo/km | T. Neto | Km 5  | Club                              |
|-----|--------|------------------------------------|------|-----------|-------|----------|---------|-------|-----------------------------------|
| 1   | 348    | Manuel Ángel Penas Blanco          |      | PRSNM- 1  | 28:18 | 2:50     | 28:18   | 14:48 | Puma Chapin de Jerez              |
| 2   | 501    | Pedro Nimo del Oro                 |      | PRSNM- 2  | 28:49 | 2:53     | 28:49   | 14:48 | Ccm-Rayet Unión Guadalajara       |
| 3   | 434    | Jesús De La Fuente                 |      | VETM- 1   | 29:35 | 2:58     | 29:35   | 15:09 | Independiente                     |
| 4   | 502    | Ramón Serantes Gómez               |      | VETM- 2   | 30:04 | 3:01     | 30:04   | 15:29 | Playas de Jandia                  |
| 5   | 420    | Robertas Geralavicius              |      | PRSNM- 3  | 30:27 | 3:03     | 30:27   | 15:56 | Ourense Atletismo-Academia Postal |
| 6   | 256    | Elías Salvador Domínguez Cabral    |      | VETM- 3   | 30:28 | 3:03     | 30:28   | 15:56 | Club Corredores Vig-Bay           |
| 7   | 330    | Gustavo Nieves Campello            |      | PRSNM- 4  | 30:32 | 3:04     | 30:32   | 15:56 | Real Club Celta de Vigo           |
| 8   | 422    | Álvaro Prieto Ferverza             |      | PRSNM- 5  | 31:48 | 3:11     | 31:48   | 16:19 | Independiente                     |
| 9   | 560    | Jesús Mª Álvarez Rodríguez         |      | VETM- 4   | 32:07 | 3:13     | 32:07   | 16:38 | Cimans Coruña Comarca             |
| 10  | 489    | Daniel Trigo González              |      | PRSNM- 6  | 33:04 | 3:19     | 33:03   | 17:00 | C.D. Egozarros-Viveiro            |
| 11  | 439    | Manuel Francisco Rodríguez Vázquez |      | VETM- 5   | 33:31 | 3:22     | 33:30   | 17:36 | Atletica Muralla                  |
| 12  | 374    | José Manuel Rodríguez Moure        |      | VETM- 6   | 33:39 | 3:22     | 33:39   | 17:33 | Cimans Coruña Comarca             |
| 13  | 283    | María Jesús Gestido Rodríguez      | F- 1 | PRSNF- 1  | 33:49 | 3:23     | 33:49   | 17:40 | Ria Ferrol Concepción Arenal      |
| 14  | 405    | Alfredo Trincado Fernández         |      | VETM- 7   | 33:53 | 3:24     | 33:52   | 17:44 | Invitado Arteixo                  |
| 15  | 541    | Emilio Martínez Anta               |      | VETM- 8   | 34:01 | 3:25     | 34:01   | 17:33 | Club A. As Mariñas Betanzos       |
| 16  | 395    | Nicolás Sedes Doce                 |      | PRSNM- 7  | 34:04 | 3:25     | 34:03   | 17:41 | C. A. Sierra Narón                |
| 17  | 257    | José Domínguez Cadavid             |      | VETM- 9   | 34:13 | 3:26     | 34:12   | 17:41 | Ourense Atletismo Academia Postal |
| 18  | 241    | Sergio Carril Brea                 |      | PRSNM- 8  | 34:40 | 3:28     | 34:38   | 18:14 | C.D. Egozarros-Viveiro            |
| 19  | 487    | Javier Novo Bujeiro                |      | PRSNM- 9  | 34:41 | 3:29     | 34:40   | 18:13 | Independiente                     |
| 20  | 563    | Jesús Carballo Felpete             |      | VETM- 10  | 35:10 | 3:31     | 35:09   | 18:08 | Marineda Atlético                 |
| 21  | 235    | Fernando Cancelo Barbeito          |      | PRSNM- 10 | 35:17 | 3:32     | 35:17   | 18:08 | Independiente                     |
| 22  | 571    | Margarita Pérez Bardanca           | F- 2 | PRSNF- 2  | 35:21 | 3:33     | 35:21   | 18:08 | Ria Ferrol Concepción Arenal      |
| 23  | 371    | Rocío Rodríguez Longa              | F- 3 | PRSNF- 3  | 35:32 | 3:34     | 35:32   | 18:37 | Puerto de Alicante-Ohl            |
| 24  | 394    | José Luis Santos Suárez            |      | VETM- 11  | 35:38 | 3:34     | 35:36   | 18:36 | Independiente                     |
| 25  | 540    | José Manuel Corral López           |      | PRSNM- 11 | 35:52 | 3:36     | 35:52   | 18:26 | Independiente                     |
| 26  | 391    | Iván Pablo Sanmartín Carreira      |      | PRSNM- 12 | 35:53 | 3:36     | 35:50   | 18:08 | Club Atletismo Milladoiro         |
| 27  | 253    | José Antonio De La Cruz Rodríguez  |      | VETM- 12  | 35:54 | 3:36     | 35:52   | 18:50 | Independiente                     |
| 28  | 491    | Jesús Platas Ferreiro              |      | VETM- 13  | 35:56 | 3:36     | 35:43   | 19:08 | Independiente                     |
| 29  | 492    | Sin Datos del Dorsal 492           |      | PRSNM- 13 | 36:12 | 3:38     | 36:11   | 17:56 | Independiente                     |
| 30  | 341    | José Manuel Pardo Leis             |      | PRSNM- 14 | 36:12 | 3:38     | 36:12   | 18:31 | Policia Local Arteixo             |

| Pto | Dorsal | Nombre                           | Sx   | PtoCat    | Final | Ritmo/km | T. Neto | Km 5  | Club                         |
|-----|--------|----------------------------------|------|-----------|-------|----------|---------|-------|------------------------------|
| 31  | 223    | Luis Blanco Martínez             |      | PRSNM- 15 | 36:17 | 3:38     | 36:10   | 19:11 | Independiente                |
| 32  | 511    | Manuel Oliver Pérez López        |      | VETM- 14  | 36:19 | 3:38     | 35:56   | 19:21 | C.A. As Mariñas-Betanzos     |
| 33  | 516    | Chus Valiño Novo                 | F- 4 | PRSNF- 4  | 36:31 | 3:40     | 36:30   | 18:49 | Ria Ferrol Concepción Arenal |
| 34  | 319    | José Antonio Martínez García     |      | VETM- 15  | 36:41 | 3:41     | 36:39   | 18:53 | Independiente                |
| 35  | 424    | David Rodríguez Cabaleiro        |      | PRSNM- 16 | 36:45 | 3:41     | 36:42   | 18:58 | Independiente                |
| 36  | 225    | Roberto Boga Sande               |      | VETM- 16  | 36:59 | 3:42     | 36:56   | 19:30 | Invitado Arteixo             |
| 37  | 327    | Juan Menéndez Arbesú             |      | VETM- 17  | 37:15 | 3:44     | 36:52   | 19:53 | C.A. As Mariñas-Betanzos     |
| 38  | 243    | Roberto Castro González          |      | PRSNM- 17 | 37:15 | 3:44     | 37:01   | 19:54 | C.A. As Mariñas-Betanzos     |
| 39  | 407    | Adrián Varela Sanz               |      | PRSNM- 18 | 37:23 | 3:45     | 37:23   | 19:03 | Cimans Coruña Comarca        |
| 40  | 428    | Félix Quintáns Meléndez          |      | PRSNM- 19 | 37:24 | 3:45     | 37:24   | 19:55 | Independiente                |
| 41  | 254    | Javier Díaz-Tejeiro              |      | VETM- 18  | 37:26 | 3:45     | 37:25   | 19:40 | Independiente                |
| 42  | 531    | Manuel Otero Gómez               |      | VETM- 19  | 37:34 | 3:46     | 37:31   | 19:34 | C.A. As Mariñas-Betanzos     |
| 43  | 490    | Fernando Núñez Pol               |      | PRSNM- 20 | 37:37 | 3:46     | 37:31   | 19:44 | Cimans Coruña Comarca        |
| 44  | 566    | José Luis Río Silva              |      | VETM- 20  | 37:41 | 3:47     | 37:39   | 19:34 | Independiente                |
| 45  | 400    | Julio J. Souto Diz               |      | VETM- 21  | 37:47 | 3:47     | 37:45   | 19:40 | Club Triatlón Coruña         |
| 46  | 222    | Marcos Antonio Blanco Figueirido |      | VETM- 22  | 37:48 | 3:47     | 37:46   | 19:24 | Independiente                |
| 47  | 496    | José Ramón López Iglesias        |      | VETM- 23  | 37:50 | 3:47     | 37:50   | 19:42 | Promocións Abuín e Escolante |
| 48  | 258    | José María Druet Ampuero         |      | VETM- 24  | 37:54 | 3:48     | 37:53   | 19:42 | Independiente                |
| 49  | 201    | Tomas Abeledo Patiño             |      | VETM- 25  | 37:59 | 3:48     | 37:58   | 19:35 | C.A. As Mariñas-Betanzos     |
| 50  | 423    | Antonio José Carril Brea         |      | PRSNM- 21 | 37:59 | 3:48     | 37:58   | 19:45 | C.D. Egovarros-Viveiro       |
| 51  | 388    | José Carlos Sánchez Pardo        |      | PRSNM- 22 | 38:01 | 3:49     | 37:55   | 20:03 | Independiente                |
| 52  | 552    | Daniel Nomdedeu Rodal            |      | PRSNM- 23 | 38:03 | 3:49     | 37:56   | 20:11 | Independiente                |
| 53  | 357    | José Antonio Portos Mato         |      | VETM- 26  | 38:15 | 3:50     | 38:06   | 20:14 | Riazor Coruña                |
| 54  | 263    | Rubén Freire Bermúdez            |      | PRSNM- 25 | 38:18 | 3:50     | 38:12   | 20:04 | Independiente                |
| 55  | 300    | Óscar Iglesias Fernández         |      | PRSNM- 24 | 38:18 | 3:50     | 38:10   | 20:14 | Independiente                |
| 56  | 553    | Alberto Carro Fernández          |      | PRSNM- 26 | 38:30 | 3:51     | 38:25   | 20:11 | Independiente                |
| 57  | 564    | Agustín Seoane Golpe             |      | VETM- 27  | 38:42 | 3:53     | 38:33   | 20:14 | Independiente                |
| 58  | 475    | Paula Mayobre González           | F- 5 | JUNF- 1   | 38:43 | 3:53     | 38:43   | 20:04 | Ria Ferrol Concepción Arenal |
| 59  | 328    | Fernando Muiña Fuentes           |      | PRSNM- 27 | 38:46 | 3:53     | 38:31   | 20:54 | Independiente                |
| 60  | 486    | Gerardo Alonso Piñeiro           |      | VETM- 28  | 38:47 | 3:53     | 38:47   | 20:03 | Independiente                |

| Pto | Dorsal | Nombre                              | Sx   | PtoCat    | Final | Ritmo/km | T. Neto | Km 5  | Club                                      |
|-----|--------|-------------------------------------|------|-----------|-------|----------|---------|-------|---|
| 61  | 419    | Juan José Yáñez Pico                |      | VETM- 29  | 38:49 | 3:53     | 38:48   | 20:16 | Invitado Arteixo                          |
| 62  | 433    | José Armando Tellado Nogueira       |      | VETM- 30  | 38:59 | 3:54     | 38:56   | 19:59 | Independiente                             |
| 63  | 216    | Juan Carlos Barreiro Amor           |      | VETM- 31  | 39:13 | 3:56     | 39:09   |       | C.D. Egovarros-Viveiro                    |
| 64  | 268    | Manuel Fontenla Muiño               |      | VETM- 32  | 39:16 | 3:56     | 39:06   | 20:13 | C.A. As Mariñas-Betanzos                  |
| 65  | 333    | Luis Otero Otero                    |      | VETM- 33  | 39:16 | 3:56     | 39:04   | 21:20 | C.A. As Mariñas-Betanzos                  |
| 66  | 376    | Marcos Rodríguez Sánchez            |      | PRSNM- 28 | 39:17 | 3:56     | 39:15   |       | Independiente                             |
| 67  | 562    | José Luis Sobrino Rodríguez         |      | PRSNM- 29 | 39:27 | 3:57     | 39:20   | 20:53 | Independiente                             |
| 68  |        | Luis Carreira López                 |      | PRSNM- 30 | 39:27 | 3:57     | 39:25   | 20:07 | Independiente                             |
| 69  | 359    | Félix Poza Peña                     |      | VETM- 34  | 39:41 | 3:59     | 39:31   | 20:18 | Independiente                             |
| 70  | 329    | Elena del Mar Naveiro Parada        | F- 6 | PRSNF- 5  | 39:45 | 3:59     | 39:43   | 21:03 | Atmo. Venturiña-Mariscos Jacobo (O Grove) |
| 71  | 236    | José Manuel Cao Oreiro              |      | PRSNM- 31 | 39:55 | 4:00     | 39:53   | 20:38 | Independiente                             |
| 72  | 369    | Manuel Francisco Rodríguez Figueroa |      | VETM- 35  | 39:59 | 4:00     | 39:58   | 20:06 | Independiente                             |
| 73  | 551    | Antonio José Díaz Atanes            |      | PRSNM- 32 | 40:00 | 4:00     | 39:57   | 20:27 | Independiente                             |
| 74  | 415    | José Luis Vidal Soliño              |      | VETM- 36  | 40:17 | 4:02     | 40:13   | 20:33 | Clube Montañeiros Pontevedra              |
| 75  | 279    | Carmen Pilar García Iglesias        | F- 7 | VETF- 1   | 40:22 | 4:03     | 40:20   | 20:57 | Independiente                             |
| 76  | 480    | Emilio Fernández Fernández          |      | VETM- 37  | 40:26 | 4:03     | 40:20   | 21:14 | Independiente                             |
| 77  | 482    | Manuel Ángel Joven Santos           |      | VETM- 38  | 40:30 | 4:03     | 40:23   | 21:14 | Independiente                             |
| 78  | 255    | Carlos Diz López                    |      | PRSNM- 33 | 40:48 | 4:05     | 40:33   | 21:38 | Independiente                             |
| 79  | 343    | Adolfo Pardo Suárez                 |      | PRSNM- 34 | 40:48 | 4:05     | 40:33   | 21:47 | C.A. As Mariñas-Betanzos                  |
| 80  | 384    | José Ramón Salaverry Maseda         |      | VETM- 39  | 40:57 | 4:06     | 40:54   | 20:39 | C.A. As Mariñas-Betanzos                  |
| 81  | 568    | Jesús Manuel Sanvicente Figueiras   |      | PRSNM- 35 | 41:01 | 4:07     | 40:59   | 21:18 | Independiente                             |
| 82  | 212    | Alfredo Balado Clavo                |      | VETM- 40  | 41:02 | 4:07     | 40:56   | 21:05 | Independiente                             |
| 83  | 431    | Oscar Antonio Martínez Diéguez      |      | VETM- 41  | 41:06 | 4:07     | 40:58   | 21:43 | Independiente                             |
| 84  | 441    | Gonzalo Couceiro Sánchez            |      | VETM- 42  | 41:07 | 4:07     | 41:03   | 21:57 | Independiente                             |
| 85  | 458    | Javier Yanes Domínguez              |      | PRSNM- 36 | 41:14 | 4:08     | 41:09   | 21:58 | Independiente                             |
| 86  | 301    | José Manuel Iglesias García         |      | VETM- 43  | 41:19 | 4:08     | 41:16   | 21:17 | Independiente                             |
| 87  | 534    | Javier Ángel Gómez Arias            |      | PRSNM- 37 | 41:26 | 4:09     | 41:20   | 21:55 | Independiente                             |
| 88  | 365    | Adolfo Omar Ríos                    |      | VETM- 44  | 41:38 | 4:10     | 41:32   | 21:18 | Independiente                             |
| 89  | 372    | Pamela Rodríguez Milazzo            | F- 8 | PRSNF- 6  | 41:40 | 4:10     | 41:27   | 21:23 | C.A. As Mariñas-Betanzos                  |
| 90  | 296    | Berthold Hamburger                  |      | VETM- 45  | 41:45 | 4:11     | 41:35   | 21:55 | Riazor Coruña                             |

| Pto | Dorsal | Nombre                          | Sx    | PtoCat    | Final | Ritmo/km | T. Neto | Km 5  | Club                     |
|-----|--------|---------------------------------|-------|-----------|-------|----------|---------|-------|--------------------------|
| 91  | 339    | Arturo Pardo Golpe              |       | VETM- 46  | 41:58 | 4:12     | 41:43   | 22:19 | C.D. Egozarros-Viveiro   |
| 92  | 401    | José Ramón Suárez Prego         |       | VETM- 47  | 41:58 | 4:12     | 41:44   | 22:19 | Ordenes                  |
| 93  | 454    | Máximo Castro                   |       | PRSNM- 38 | 42:10 | 4:13     | 42:02   | 22:29 | Independiente            |
| 94  | 347    | Julio Peinado Zarco             |       | VETM- 48  | 42:10 | 4:13     | 42:03   | 22:30 | Independiente            |
| 95  | 378    | Romualdo Rodríguez Vinagre      |       | PRSNM- 39 | 42:13 | 4:14     | 41:57   | 22:01 | Independiente            |
| 96  | 317    | Carlos Javier Martínez Felipe   |       | VETM- 49  | 42:21 | 4:15     | 42:10   | 21:58 | Independiente            |
| 97  | 539    | Pilar Domínguez Pereira         | F- 9  | VETF- 2   | 42:21 | 4:15     | 42:20   | 21:48 | Independiente            |
| 98  | 479    | Carlos José González Aguete     |       | VETM- 50  | 42:25 | 4:15     | 42:19   | 22:15 | Independiente            |
| 99  | 248    | Fco Javier Correa Piñeiro       |       | VETM- 51  | 42:43 | 4:17     | 42:28   | 22:44 | Independiente            |
| 100 | 546    | Carlos Manuel Iglesias Candal   |       | VETM- 52  | 42:43 | 4:17     | 42:29   | 22:23 | C.A. As Mariñas-Betanzos |
| 101 | 497    | Luis Anxo Castelo Sánchez       |       | VETM- 53  | 42:46 | 4:17     | 42:34   | 22:01 | Independiente            |
| 102 | 494    | Eugenio Rubén Hurtado De Castro |       | PRSNM- 40 | 42:55 | 4:18     | 42:48   | 22:10 | Independiente            |
| 103 | 337    | José María Paniagua Álvarez     |       | VETM- 54  | 42:56 | 4:18     | 42:53   | 22:26 | Independiente            |
| 104 | 230    | Mª Pilar Cainzos Pan            | F- 10 | VETF- 3   | 42:57 | 4:18     | 42:53   | 22:25 | Independiente            |
| 105 | 470    | José Luis Sánchez Germad        |       | VETM- 55  | 43:06 | 4:19     | 43:04   | 21:58 | Independiente            |
| 106 | 411    | José Luis Vázquez Fernández     |       | VETM- 56  | 43:10 | 4:19     | 42:50   | 22:45 | Independiente            |
| 107 | 355    | Eva María Portas Lemus          | F- 11 | PRSNF- 7  | 43:11 | 4:20     | 43:03   | 22:45 | C.D. Egozarros-Viveiro   |
| 108 | 444    | Juan José González Ramil        |       | VETM- 57  | 43:15 | 4:20     | 43:05   | 23:05 | Independiente            |
| 109 | 280    | Juan José García López          |       | VETM- 58  | 43:27 | 4:21     | 43:22   | 22:44 | Independiente            |
| 110 | 342    | Martín Pardo Mazás              |       | PRSNM- 41 | 43:39 | 4:22     | 43:29   | 23:13 | Independiente            |
| 111 | 272    | Carlos Fernández Pita           |       | VETM- 59  | 43:48 | 4:23     | 43:40   | 23:15 | Independiente            |
| 112 | 234    | Marcos Campos González          |       | PRSNM- 42 | 43:49 | 4:23     | 43:33   | 23:38 | Independiente            |
| 113 | 448    | Antonio García Couce            |       | VETM- 60  | 43:50 | 4:23     | 43:32   | 23:11 | Independiente            |
| 114 | 220    | Mónica Betanzos Tajés           | F- 12 | PRSNF- 8  | 43:50 | 4:23     | 43:33   | 23:49 | Independiente            |
| 115 | 495    | Mela Penas Blanco               | F- 13 | PRSNF- 9  | 43:51 | 4:24     | 43:47   | 22:52 | Independiente            |
| 116 | 309    | Eliseo López Río                |       | VETM- 61  | 43:52 | 4:24     | 43:50   | 22:52 | C.D. Egozarros-Viveiro   |
| 117 | 557    | José Francisco Vázquez Brañas   |       | VETM- 62  | 43:52 | 4:24     | 43:29   | 22:54 | C.A. As Mariñas-Betanzos |
| 118 | 277    | José García Fernández           |       | VETM- 63  | 44:01 | 4:25     | 43:48   | 23:44 | C.D. Egozarros-Viveiro   |
| 119 | 221    | José Francisco Blanco Fandiño   |       | PRSNM- 43 | 44:03 | 4:25     | 43:58   | 22:53 | Independiente            |
| 120 | 435    | Miguel Ángel Payá González      |       | VETM- 64  | 44:05 | 4:25     | 43:58   | 21:43 | Independiente            |

| Pto | Dorsal | Nombre                      | Sx    | PtoCat    | Final | Ritmo/km | T. Neto | Km 5  | Club                      |
|-----|--------|-----------------------------|-------|-----------|-------|----------|---------|-------|---------------------------|
| 121 | 478    | José Crespo Riestra         |       | VETM- 65  | 44:17 | 4:26     | 44:10   | 23:14 | Independiente             |
| 122 | 227    | Alberto Brea Ramos          |       | VETM- 66  | 44:29 | 4:27     | 44:24   | 23:13 | Independiente             |
| 123 | 356    | Estela María Portas Lemus   | F- 14 | PRSNF- 10 | 44:33 | 4:28     | 44:25   | 23:15 | C.D. Egozarros-Viveiro    |
| 124 | 449    | Juan Jesús Pazos Mantiñán   |       | VETM- 67  | 44:44 | 4:29     | 44:29   | 23:23 | Independiente             |
| 125 | 267    | José Antonio Fraga Garabato |       | PRSNM- 44 | 44:51 | 4:30     | 44:43   | 23:37 | Independiente             |
| 126 | 322    | Juan Andrés Matos Rivas     |       | PRSNM- 45 | 45:03 | 4:31     | 45:01   | 22:07 | Independiente             |
| 127 | 436    | Jaime Giraldez Pereira      |       | VETM- 68  | 45:05 | 4:31     | 44:59   | 22:54 | Independiente             |
| 128 | 421    | José Núñez Rodríguez        |       | PRSNM- 46 | 45:10 | 4:31     | 44:59   | 23:51 | Independiente             |
| 129 | 351    | Ricardo Pérez Seoane        |       | VETM- 69  | 45:21 | 4:33     | 45:02   | 23:44 | Independiente             |
| 130 | 499    | Manuel Romero Santamariña   |       | VETM- 70  | 45:23 | 4:33     | 45:02   | 24:29 | Independiente             |
| 131 | 228    | Pablo Bregua Naveira        |       | PRSNM- 47 | 45:31 | 4:34     | 45:15   | 24:06 | Independiente             |
| 132 | 440    | Anselmo Menendez Villalva   |       | VETM- 71  | 45:54 | 4:36     | 45:41   | 22:55 | Independiente             |
| 133 | 271    | José Manuel Fernández Rey   |       | VETM- 73  | 45:59 | 4:36     | 45:45   | 24:29 | Club A. As Mariñas        |
| 134 | 517    | Enrique Gandara Ulloa       |       | VETM- 72  | 45:59 | 4:36     | 45:51   | 24:02 | C.A. As Mariñas-Betanzos  |
| 135 | 386    | Magdalena Sánchez Caamaño   | F- 15 | VETF- 4   | 46:10 | 4:37     | 46:02   | 24:20 | C.A. As Mariñas-Betanzos  |
| 136 | 215    | Enrique Barral Pereiro      |       | VETM- 74  | 46:12 | 4:38     | 45:58   | 24:09 | Independiente             |
| 137 | 278    | Gerardo García García       |       | PRSNM- 48 | 46:22 | 4:39     | 46:17   | 24:18 | Independiente             |
| 138 | 561    | Antonio Barreira Pazos      |       | VETM- 75  | 46:22 | 4:39     | 46:07   | 24:22 | Correrengalicia.org       |
| 139 | 447    | Vicente Gras Pérez          |       | VETM- 76  | 46:25 | 4:39     | 46:20   | 24:21 | Independiente             |
| 140 | 261    | Rocío Fernández Fernández   | F- 16 | VETF- 5   | 46:25 | 4:39     | 46:11   | 24:21 | C.D. Egozarros-Viveiro    |
| 141 | 262    | Ezequiel Fernández Guinda   |       | VETM- 77  | 46:30 | 4:39     | 46:17   | 25:22 | Independiente             |
| 142 | 393    | Antonio Santos Mallo        |       | VETM- 78  | 46:49 | 4:41     | 46:33   | 24:45 | Independiente             |
| 143 | 460    | Xabier Uria Esnal           |       | VETM- 79  | 46:52 | 4:42     | 46:42   | 23:44 | Independiente             |
| 144 | 286    | Juan Carlos Gómez Pérez     |       | VETM- 80  | 46:56 | 4:42     | 46:45   | 27:32 | Independiente             |
| 145 | 503    | Eliseo López López          |       | VETM- 81  | 46:56 | 4:42     | 46:47   | 24:27 | Independiente             |
| 146 | 284    | José Antonio Gómez Botana   |       | VETM- 82  | 47:12 | 4:44     | 47:08   | 24:18 | C.D. Egozarros-Viveiro    |
| 147 | 311    | Jesús López Vázquez         |       | PRSNM- 49 | 47:21 | 4:45     | 47:12   | 24:24 | Independiente             |
| 148 | 522    | Oscar Grande Fernández      |       | PRSNM- 50 | 47:21 | 4:45     | 47:15   | 23:39 | Independiente             |
| 149 | 558    | José Ángel Grande Penela    |       | VETM- 83  | 47:22 | 4:45     | 47:16   | 23:39 | Independiente             |
| 150 | 308    | José Manuel López Lodeiro   |       | VETM- 84  | 47:26 | 4:45     | 47:13   | 25:31 | Club Atletismo As Mariñas |

| Pto | Dorsal | Nombre                            | Sx    | PtoCat    | Final | Ritmo/km | T. Neto | Km 5  | Club                          |
|-----|--------|-----------------------------------|-------|-----------|-------|----------|---------|-------|-------------------------------|
| 151 | 476    | Marcos Lodeiro López              |       | PRSNM- 51 | 47:30 | 4:45     | 47:20   | 24:27 | Independiente                 |
| 152 | 533    | Manuel Hurtado López              |       | VETM- 85  | 47:31 | 4:46     | 47:28   | 25:05 | Promocións Abuin e Escolante  |
| 153 | 536    | José Varela Vázquez               |       | VETM- 86  | 47:31 | 4:46     | 47:29   | 25:05 | Promociones Abuin e Escolante |
| 154 | 259    | José Fernández Amorin             |       | VETM- 87  | 47:44 | 4:47     | 47:23   | 25:06 | Independiente                 |
| 155 | 313    | Miguel Louzan Domínguez           |       | VETM- 88  | 47:47 | 4:47     | 47:36   | 24:41 | Independiente                 |
| 156 | 472    | Francisco Castro Caamaño          |       | VETM- 89  | 47:48 | 4:47     | 47:32   | 25:14 | Independiente                 |
| 157 | 205    | Antonio Álvarez Sánchez           |       | VETM- 90  | 47:49 | 4:47     | 47:39   | 24:59 | Independiente                 |
| 158 | 438    | Javier Ares Cernadas              |       | VETM- 91  | 47:49 | 4:47     | 47:40   | 25:00 | Independiente                 |
| 159 | 537    | José María Levoso Touceda         |       | VETM- 92  | 47:50 | 4:47     | 47:35   | 24:22 | Correrengalicia.org           |
| 160 | 518    | Francisco Alonso Cuevas           |       | VETM- 93  | 47:51 | 4:48     | 47:33   | 25:05 | Correrengalicia.org           |
| 161 | 324    | Mercedes Mayor López              | F- 17 | PRSNF- 11 | 47:54 | 4:48     | 47:35   | 25:32 | Ria Ferrol Concepción Arenal  |
| 162 | 425    | Fátima Montero Prado              | F- 18 | PRSNF- 12 | 47:54 | 4:48     | 47:35   | 25:32 | Independiente                 |
| 163 | 457    | José Pedreira García              |       | PRSNM- 52 | 47:55 | 4:48     | 47:37   | 25:29 | Independiente                 |
| 164 | 473    | Enrique Lobon Gavira              |       | VETM- 94  | 48:01 | 4:49     | 47:39   | 24:37 | Independiente                 |
| 165 | 426    | Manuel Miyares Ces                |       | PRSNM- 53 | 48:02 | 4:49     | 47:47   | 24:39 | Independiente                 |
| 166 | 226    | Isabel Brea Pose                  | F- 19 | VETF- 6   | 48:10 | 4:49     | 47:57   | 25:41 | C.D. Egozarros-Viveiro        |
| 167 | 219    | Francisco Barrientos Capelo       |       | VETM- 95  | 48:12 | 4:50     | 48:07   | 24:56 | Independiente                 |
| 168 | 461    | Francisco Javier Payá González    |       | VETM- 96  | 48:21 | 4:51     | 48:14   | 24:12 | Independiente                 |
| 169 | 445    | José Luis Rodríguez Jove          |       | VETM- 97  | 48:36 | 4:52     | 48:23   | 24:55 | C.A. As Mariñas-Betanzos      |
| 170 | 379    | Rafael Roig Soler                 |       | PRSNM- 54 | 48:37 | 4:52     | 48:29   | 24:44 | Independiente                 |
| 171 | 310    | Alejandro López Sánchez           |       | PRSNM- 55 | 48:37 | 4:52     | 48:32   | 24:28 | Independiente                 |
| 172 | 218    | Bernardo Barreiro Carrasco        |       | VETM- 98  | 48:45 | 4:53     | 48:44   | 26:26 | Independiente                 |
| 173 | 233    | Silvia Calvo Marta                | F- 20 | VETF- 7   | 48:49 | 4:53     | 48:44   | 24:30 | Independiente                 |
| 174 | 360    | Domingo Prado Teijeiro            |       | PRSNM- 56 | 48:52 | 4:54     | 48:36   | 25:31 | Independiente                 |
| 175 | 498    | José Alberto Castelo Sánchez      |       | PRSNM- 57 | 48:53 | 4:54     | 48:42   | 24:15 | Independiente                 |
| 176 | 543    | Jesús Bernal Gómez                |       | VETM- 99  | 49:15 | 4:56     | 49:12   | 25:35 | C.D. Egozarros-Viveiro        |
| 177 | 485    | Manuel Álvarez Muiño              |       | VETM- 100 | 49:20 | 4:56     | 49:10   | 25:56 | Independiente                 |
| 178 | 302    | Luís Graciliano Iglesias González |       | VETM- 101 | 49:48 | 4:59     | 49:32   | 26:13 | Independiente                 |
| 179 | 335    | Xosé Manuel Pacho Blanco          |       | PRSNM- 58 | 49:48 | 4:59     | 49:27   | 26:15 | Independiente                 |
| 180 | 292    | Aitor Guinea Unzalu               |       | PRSNM- 59 | 49:49 | 4:59     | 49:35   | 25:35 | Independiente                 |

| Pto | Dorsal | Nombre                         | Sx    | PtoCat    | Final   | Ritmo/km | T. Neto | Km 5  | Club                   |
|-----|--------|--------------------------------|-------|-----------|---------|----------|---------|-------|------------------------|
| 181 | 260    | Purificación Fernández Campos  | F- 21 | VETF- 8   | 50:02   | 5:01     | 49:44   | 26:19 | Independiente          |
| 182 | 231    | José Manuel Calviño Bugueiro   |       | VETM- 102 | 50:11   | 5:02     | 49:52   | 26:25 | Independiente          |
| 183 | 463    | Luis Anxo González Ares        |       | VETM- 103 | 50:15   | 5:02     | 49:55   | 26:30 | Independiente          |
| 184 | 338    | Diego Pardo Casas              |       | PRSNM- 60 | 50:26   | 5:03     | 50:07   | 26:03 | Independiente          |
| 185 | 275    | Javier García Chouza           |       | PRSNM- 61 | 50:27   | 5:03     | 50:09   | 24:26 | Independiente          |
| 186 | 217    | Diego Barreiro Barreiro        |       | PRSNM- 62 | 50:42   | 5:05     | 50:38   | 26:37 | C.D. Egozarros-Viveiro |
| 187 | 462    | Juan Antonio Barbero Redondo   |       | VETM- 104 | 50:45   | 5:05     | 50:34   | 27:31 | Independiente          |
| 188 | 474    | Jesús Montero Lago             |       | VETM- 105 | 51:29   | 5:09     | 51:20   | 25:38 | Independiente          |
| 189 | 209    | Xoán Carlos Argiz Landeira     |       | VETM- 106 | 51:30   | 5:09     | 51:25   | 26:37 | Independiente          |
| 190 | 443    | Eduardo Souto Vázquez          |       | VETM- 107 | 51:30   | 5:09     | 51:15   | 26:23 | Independiente          |
| 191 | 303    | María Eugenia Laguna Sorozabal | F- 22 | VETF- 9   | 51:45   | 5:11     | 51:31   | 27:31 | C.D. Egozarros-Viveiro |
| 192 | 336    | Fermín Pan Otero               |       | VETM- 108 | 51:45   | 5:11     | 51:31   | 27:37 | C.D. Egozarros-Viveiro |
| 193 | 242    | Carlos Carrodegas Abadín       |       | VETM- 109 | 51:47   | 5:11     | 51:42   | 26:59 | Independiente          |
| 194 | 471    | Begoña De Arriba Bellogin      | F- 23 | VETF- 10  | 51:52   | 5:12     | 51:44   | 26:10 | Riazor-Coruña          |
| 195 | 213    | Miguel Balboa Rodríguez        |       | VETM- 110 | 52:20   | 5:14     | 52:07   | 27:11 | Independiente          |
| 196 | 466    | José Gómez Duran               |       | VETM- 111 | 52:58   | 5:18     | 52:52   | 26:12 | Independiente          |
| 197 | 240    | Antonio José Carril Brea       |       | PRSNM- 63 | 53:12   | 5:20     | 52:59   | 28:13 | C.D. Egozarros-Viveiro |
| 198 | 437    | José Manuel Martín Martínez    |       | VETM- 112 | 54:04   | 5:25     | 53:45   | 26:55 | Independiente          |
| 199 | 208    | Lucía Area Martí               | F- 24 | PRSNF- 13 | 54:14   | 5:26     | 54:01   | 26:59 | C.D. Egozarros-Viveiro |
| 200 | 554    | Francisco Rodríguez Balsa      |       | VETM- 113 | 54:14   | 5:26     | 54:01   | 27:38 | C.D. Egozarros-Viveiro |
| 201 | 481    | José Luis Gómez Lage           |       | PRSNM- 64 | 54:15   | 5:26     | 54:10   | 26:58 | Independiente          |
| 202 | 281    | Daniel García-Ramos            |       | VETM- 114 | 55:16   | 5:32     | 55:07   | 29:55 | Independiente          |
| 203 | 282    | Pablo García-Ramos Macho       |       | VETM- 115 | 55:17   | 5:32     | 55:09   | 29:55 | Independiente          |
| 204 | 455    | Julio Montáñez Seoane          |       | PRSNM- 65 | 56:00   | 5:36     | 55:39   | 29:42 | Independiente          |
| 205 | 488    | Jesús Cainzos Rey              |       | VETM- 116 | 56:43   | 5:41     | 56:38   | 27:25 | Independiente          |
| 206 | 505    | Silvia Sánchez Bascoy          | F- 25 | VETF- 11  | 57:02   | 5:43     | 56:45   | 29:11 | Independiente          |
| 207 | 354    | Roberto Pico Pouso             |       | VETM- 117 | 58:55   | 5:54     | 58:46   | 29:09 | Independiente          |
| 208 | 364    | Enrique Río Nieto              |       | VETM- 118 | 59:55   | 6:00     | 59:51   | 30:22 | C.D. Egozarros-Viveiro |
| 209 | 465    | Isolina Castiñeira Vázquez     | F- 26 | VETF- 12  | 59:55   | 6:00     | 59:36   | 30:44 | Independiente          |
| 210 | 224    | José Antonio Bocelo Prieto     |       | VETM- 119 | 1:00:40 | 6:04     | 1:00:22 | 31:55 | Independiente          |

| Pto | Dorsal | Nombre                         | Sx    | PtoCat    | Final   | Ritmo/km | T. Neto | Km 5  | Club                   |
|-----|--------|--------------------------------|-------|-----------|---------|----------|---------|-------|------------------------|
| 211 | 207    | Josefina Luisa Anllo Naveiras  | F- 27 | VETF- 13  | 1:02:55 | 6:18     | 1:02:43 | 33:44 | Independiente          |
| 212 | 493    | Anxo Vigo Pena                 |       | VETM- 120 | 1:04:06 | 6:25     | 1:03:54 | 32:02 | Independiente          |
| 213 | 468    | José Antonio Montero Rodríguez |       | VETM- 121 | 1:05:23 | 6:33     | 1:05:11 | 33:30 | Atribu                 |
| 214 | 362    | Catuxa Reino Rey               | F- 28 | PRSNF- 14 | 1:05:40 | 6:34     | 1:05:22 | 33:21 | Independiente          |
| 215 | 504    | Eduardo Ramos Balseiro         |       | VETM- 122 | 1:08:27 | 6:51     | 1:08:15 | 32:59 | C.D. Egozarros-Viveiro |
| 216 | 467    | José Enrique Núñez Seijas      |       | VETM- 123 | 1:08:58 | 6:54     | 1:08:46 | 33:30 | Atribu                 |
| 217 | 544    | Julián Bernal Medina           |       | VETM- 124 | 1:14:19 | 7:26     | 1:14:14 | 36:38 | C.D. Egozarros-Viveiro |
| 218 | 514    | Miguel Ángel Paz Dans          |       | VETM- 125 | 1:20:24 | 8:03     | 1:20:06 | 36:57 | Correrengalicia.org    |