

## MASCULINO

GENE RAL	DORSAL	ATLETA	SEXO	CLUB	CATEGORÍA	RITMO QM	TEMPO
1	46	MANUEL HURTADO SANJURJO	HOME	OURENSE ATLETISMO - AC	PROMESA - SENIOR	2'52"	0:18:35
2	41	ROBERTAS GERALAVICIUS	HOME	SOC. GIMNASTICA PONTEV	PROMESA - SENIOR	2'55"	0:18:59
3	29	AKKA ESSAADAUI	HOME	INTERRUNING	PROMESA - SENIOR	2'59"	0:19:24
4	72	JUAN PENA HOLGUÍN	HOME	CORUÑA COMARCA	PROMESA - SENIOR	3'00"	0:19:33
5	23	JUAN CARLOS CASAL PÉREZ	HOME	OLIVEIRA	PROMESA - SENIOR	3'09"	0:20:27
6	2	MARIO ALVES DA FONSECA	HOME	C.D.C. NAVAIS	PROMESA - SENIOR	3'11"	0:20:42
7	13	ISMAEL BOUZAS REY	HOME	INDEPENDENTE	PROMESA - SENIOR	3'13"	0:20:52
8	34	JUAN PABLO FERNANDEZ RODRIGU	HOME	S. GIMNASTICA DE PONTEV	PROMESA - SENIOR	3'14"	0:21:01
9	97	MANUEL VIEITES CARBALLO	HOME	ATLETISMO CUNTIS	PROMESA - SENIOR	3'14"	0:21:02
10	71	MARTIN PELLITERO VARELA	HOME	C.A. OLIVEIRA	PROMESA - SENIOR	3'15"	0:21:08
11	61	JUAN CARLOS MOSQUERA DOPAZO	HOME	SAR-A POUTADA	PROMESA - SENIOR	3'16"	0:21:17
12	58	MANUEL MARTÍNEZ AGEITOS	HOME	OURENSE ACADEMIA POST	PROMESA - SENIOR	3'19"	0:21:31
13	51	MARIO LAGO BLANCO	HOME	NINGÚN	PROMESA - SENIOR	3'20"	0:21:38
14	26	OSCAR CES SUAREZ	HOME	SART A POUTADA	PROMESA - SENIOR	3'21"	0:21:45
15	11	LUIS MIGUEL BORRAJO GUTIERREZ	HOME	MACEDA VIA XVIII	PROMESA - SENIOR	3'22"	0:21:50
16	54	NEMESIO LOPEZ FERNANDEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'26"	0:22:21
17	87	ABELARDO SOLER RIVAS	HOME	NON	PROMESA - SENIOR	3'27"	0:22:23
18	18	PEDRO CALVO ROO	HOME	C.A.N.	PROMESA - SENIOR	3'28"	0:22:29
19	103	JOSE MANUEL TEIJEIRO IGLESIAS	HOME	PINAR DE DONIÑOS	PROMESA - SENIOR	3'28"	0:22:31
20	98	RUBEN VILA SIEIRA	HOME	EGOVARROS	PROMESA - SENIOR	3'28"	0:22:33
21	1	ROBERTO C. AGRELO GÓMEZ	HOME	C.A. SAR-A POUTADA	PROMESA - SENIOR	3'30"	0:22:44
22	99	JOSE FRANCISCO VILASOA SILVA	HOME	NON	PROMESA - SENIOR	3'31"	0:22:54
23	55	JONATHAN LÓPEZ REY	HOME	NINGUNO	PROMESA - SENIOR	3'33"	0:23:05
24	60	ADRIÁN MORENO RAMIL	HOME	INDEPENDENTE	PROMESA - SENIOR	3'36"	0:23:26
25	28	PEDRO ESCOLANTE BILBAO	HOME	CLUB ATLETISMO BRETAN	PROMESA - SENIOR	3'37"	0:23:32
26	22	ISMAEL CASAL MARIÑO	HOME	TANINOS	PROMESA - SENIOR	3'39"	0:23:41
27	56	JOSE LUIS LORENZO FIGUEIRA	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'39"	0:23:42
28	102	MARCOS OLVEIRA MIRANDA	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'40"	0:23:48
29	91	JOSE MANUEL TEIRA GONZALEZ	HOME	AAD BARBANZA	PROMESA - SENIOR	3'41"	0:23:54
30	35	OSCAR FERNANDEZ VAZQUEZ	HOME	NO TIENE	PROMESA - SENIOR	3'42"	0:24:05
31	68	NICOLAS OTERO MARTINEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'43"	0:24:10
32	44	ELOY GONZÁLEZ HORTA	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'45"	0:24:21
33	66	ANXO ORELLAN FERNANDEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'46"	0:24:27
34	92	JUAN LUIS TOURIS NOYA	HOME	AMATER	PROMESA - SENIOR	3'46"	0:24:28
35	21	FILIFE DANIEL CARVALHO FRASCO	HOME	C.D.C. NAVAIS	PROMESA - SENIOR	3'47"	0:24:37

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36	30	ALBERTO ESTEVEZ MANEIRO	HOME	NINGUN	PROMESA - SENIOR	3'48"	0:24:45
37	79	FERNANDO REY MAYO	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'49"	0:24:47
38	33	JUAN ANTONIO FERNANDEZ IGLESIA	HOME	MARATHON TOURS	PROMESA - SENIOR	3'49"	0:24:50
39	105	ANGEL FERNANDEZ BRIONES	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'52"	0:25:05
40	65	MIGUEL ANXO NOGUEIRA PÉREZ	HOME	NOITEBRA FC	PROMESA - SENIOR	3'53"	0:25:17
41	90	JOSE SUAREZ RODRIGUEZ	HOME	INDEPEDIENTE	PROMESA - SENIOR	3'54"	0:25:18
42	15	PEDRO JOSE CAAMAÑO VARELA	HOME	INDEPENDIENTE	PROMESA - SENIOR	3'55"	0:25:28
43	110	JORGE PEREZ REGO	HOME	AAD BARBANZA	PROMESA - SENIOR	3'58"	0:25:50
44	17	JOSE IGNACIO CALVO FERNANDEZ	HOME	CLUB ATLETISMO NOIA	PROMESA - SENIOR	4'00"	0:25:57
45	81	FRANCISCO JAVIER RODRIGUEZ GA	HOME	-	PROMESA - SENIOR	4'02"	0:26:12
46	49	ARMANDO GABRIEL JUNQUEIRA	HOME	C.D.C. NAVAIS	PROMESA - SENIOR	4'02"	0:26:13
47	108	GONZALO SANMARTIN MONTES	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'04"	0:26:23
48	9	RAMÓN BARREIRO VÁZQUEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'04"	0:26:29
49	101	JUAN SILVERIO BRIONES MOSTEIRO	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'06"	0:26:36
50	75	MARCOS PÉREZ GARCÍA	HOME	SEN CLUB	PROMESA - SENIOR	4'06"	0:26:38
51	109	MICHEL FERNANDEZ GARCIA	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'08"	0:26:54
52	25	JOSE CASTRO PUGA	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'09"	0:27:00
53	70	JUAN JOSÉ PAN CASAS	HOME		PROMESA - SENIOR	4'10"	0:27:06
54	53	MARCOS LOJO TRIÑANES	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'11"	0:27:11
55	59	FRANCISCO M. MENDEZ QUINTELA	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'11"	0:27:12
56	93	IGNACIO TOUZÓN LIJÓ	HOME	NON FEDERADO	PROMESA - SENIOR	4'12"	0:27:15
57	85	FRANCISCO SOBRADELO SILVA	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'15"	0:27:38
58	12	RUBEN BOUZA MALLO	HOME	RIA DE FERROL	PROMESA - SENIOR	4'16"	0:27:45
59	62	PEDRO MANUEL NAVEIRO RODRÍGUEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'17"	0:27:49
60	27	SERGIO COLLAZO RIVEIRO	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'17"	0:27:51
61	94	MARIO DANIEL VARELA CRESPO	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'19"	0:28:01
62	40	GILBERTO MIGUEL GARCÍA MOREIRA	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'27"	0:28:56
63	88	FRANCISCO JAVIER SUAREZ BERMEJO	HOME	NO	PROMESA - SENIOR	4'28"	0:29:03
64	47	CESAR IGLESIAS ARNEJO	HOME	POR LIBRE	PROMESA - SENIOR	4'31"	0:29:24
65	76	IVAN PIÑEIRO	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'32"	0:29:28
66	64	SANTIAGO NEMIÑA MARTINEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'32"	0:29:29
67	57	JOSE MANEIRO TUBIO	HOME	POR LIBRE	PROMESA - SENIOR	4'33"	0:29:36
68	50	NACHO LADRIÑAN VAZQUEZ	HOME	NO CLUB	PROMESA - SENIOR	4'33"	0:29:37
69	43	SANTIAGO GOMEZ BEIRO	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'35"	0:29:49
70	107	DOMINIC RODRIGUEZ PIMENTEL	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'37"	0:30:02

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71	77	RAMÓN REDONDO LÓPEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'41"	0:30:28
72	39	DIEGO GARCIA LORENZO	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'42"	0:30:33
73	63	DAVID NEMIÑA MARTINEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	4'56"	0:32:06
74	100	VICTOR MANUEL VAZQUEZ	HOME	INDEPENDIENTE	PROMESA - SENIOR	5'00"	0:32:31
75	36	JOSÉ RAMÓN FIGUEIRA CALO	HOME	INDEPENDENTE	PROMESA - SENIOR	5'01"	0:32:35
76	67	ALBERTO OTERO GONZALEZ	HOME	RIVEIRA	PROMESA - SENIOR	5'03"	0:32:50
77	106	JUAN IGNACIO VARELA GARCIA	HOME	INDEPENDIENTE	PROMESA - SENIOR	5'12"	0:33:45
78	52	DAVID LOJO TRIÑANES	HOME	NINGÚN	PROMESA - SENIOR	5'12"	0:33:49
79	38	VICENTE GARCIA CALVIÑO	HOME	NO	PROMESA - SENIOR	5'18"	0:34:26