

CATEGORIA ABSOLUTA MASCULINA

Maratón

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|----------------|----------------------------------|-----------|------|------|-----|-------|----------|------------|
| 1 | 2.07.18 | NOVALES QUINTEIRO, TARIKU | GA-717353 | 16 | 1998 | SR | ADI | Valencia | 04/12/2022 |
| 2 | 2.21.11 | PRIETO FERVENZA, ALVARO | GA-766117 | 106 | 1980 | 40 | NAOC | Valencia | 04/12/2022 |
| 3 | 2.21.42 | GONZALEZ RIO, SIMON | GA-202338 | 118 | 1986 | 35 | RFOLU | Valencia | 04/12/2022 |
| 4 | 2.22.36 | GARCIA GARCIA-PAZ, PABLO MIGUEL | GA-769208 | 129 | 1987 | 35 | DOMPO | Valencia | 04/12/2022 |
| 5 | 2.25.51 | LORENZO LOPEZ, MANUEL | GA-769011 | 190 | 1993 | SR | SGPPO | Valencia | 04/12/2022 |
| 6 | 2.25.51 | NIEVES CAMPELLO, GUSTAVO | GA-768553 | 189 | 1982 | 40 | RCVPO | Valencia | 04/12/2022 |
| 7 | 2.27.07 | PAREDES GONZALEZ, JAVIER | GA-202350 | 247 | 1979 | 40 | OUROR | Valencia | 04/12/2022 |
| 8 | 2.29.43 | PRESEDO FRAGUIO, ALVARO | GA-140 | 346 | 1985 | 35 | MARC | Valencia | 04/12/2022 |
| 9 | 2.32.01 | DOMINGUEZ CABRAL, ELIAS SALVADO | GA-766113 | 456 | 1972 | 50 | DOMPO | Valencia | 04/12/2022 |
| 10 | 2.32.21 | CASADO MENDEZ, JOSE MANUEL | GA-799 | 20 | 1976 | 45 | BUROR | Zaragoza | 04/03/2022 |
| 11 | 2.32.53 | VÁZQUEZ VAAMONDE, RICARDO | GA-766141 | 1 | 1974 | 45 | ADAOR | A Coruña | 02/10/2022 |
| 12 | 2.33.16 | BARRAL PUGA, MIGUEL ANGEL | GA-513 | 516 | 1983 | 35 | LUELU | Valencia | 04/12/2022 |
| 13 | 2.35.39 | FONTAN MARTINEZ, XACOBE | AG-202771 | 1 | 1990 | SR | INDE | Bilbao | 06/03/2022 |
| 14 | 2.36.11 | FERNÁNDEZ RÍOS, JONATHAN | GA-744 | 2 | 1988 | SR | NAUC | A Coruña | 02/10/2022 |
| 15 | 2.36.47 | JANEIRO LORENZO, JORGE | AG-202234 | 739 | 1976 | 45 | DOMPO | Valencia | 04/12/2022 |
| 16 | 2.37.40 | GONZÁLEZ HORTA, VÍCTOR XOSÉ | AG-765828 | 3 | 1984 | 35 | COMPO | A Coruña | 02/10/2022 |
| 17 | 2.38.04 | MASEDA CARBALLO, FRANCISCO JAVI | GA-205 | 835 | 1976 | 45 | MARC | Valencia | 04/12/2022 |
| 18 | 2.38.11 | GARCIA GONZALEZ, SANTIAGO | GA-765876 | 842 | 1974 | 45 | BUROR | Valencia | 04/12/2022 |
| 19 | 2.38.39 | MARZOA RUIZ, MIGUEL | AG-768923 | 887 | 1981 | 40 | MRQPO | Valencia | 04/12/2022 |
| 20 | 2.38.48 | DIAZ PÉREZ, ESTEBAN | GA-34 | 4 | 1981 | 40 | NAOC | A Coruña | 02/10/2022 |
| 21 | 2.38.55 | MARTINEZ RIBAO, DIEGO | GA-765866 | 909 | 1982 | 35 | BUROR | Valencia | 04/12/2022 |
| 22 | 2.38.57 | GARCIA PADIN, DANIEL | AG-202798 | 5 | 1986 | 35 | INDE | A Coruña | 02/10/2022 |
| 23 | 2.39.59 | AIRAS COTA, RUBEN | GA-756 | 15 | 1979 | 40 | BUROR | Zaragoza | 04/03/2022 |
| 24 | 2.40.29 | GARRIDO PEREIRA, ROBERTO | AG-202617 | #### | 1988 | SR | DOMPO | Valencia | 04/12/2022 |
| 25 | 2.40.44 | FERNANDEZ MARCOS, NOEL | GA-1234 | 7 | 1977 | 45 | RNWC | A Coruña | 02/10/2022 |
| 26 | 2.43.01 | LANZA BEN, MARCELO | GA-524 | #### | 1973 | 45 | RFOLU | Valencia | 04/12/2022 |
| 27 | 2.44.02 | TORRES NEIRA, MATEO | AG-202626 | #### | 1979 | 40 | MARC | Valencia | 04/12/2022 |
| 28 | 2.44.31 | GARCIA SANMAMED, FELICIANO | GA-800 | 9 | 1982 | 40 | BUROR | A Coruña | 02/10/2022 |
| 29 | 2.45.06 | SEOANE POMBO, JOSÉ MANUEL | AG-202250 | #### | 1973 | 45 | NEGC | Valencia | 04/12/2022 |
| 30 | 2.45.48 | GARCIA PEREZ, JOSE MANUEL | GA-202352 | 11 | 1973 | 45 | ADAOR | A Coruña | 02/10/2022 |
| 31 | 2.46.27 | SANTOS NUÑEZ, ROBERTO | AG-201948 | 12 | 1982 | 40 | CRR_P | A Coruña | 02/10/2022 |
| 32 | 2.46.48 | REGUEIRA MARTINEZ, ALDO | GA-741 | 13 | 1980 | 40 | NAUC | A Coruña | 02/10/2022 |
| 33 | 2.46.56 | BREGUA CHAS, RUBEN | GA-206 | #### | 1979 | 40 | MARC | Valencia | 04/12/2022 |
| 34 | 2.47.22 | RODRIGUEZ VIDAL, RUBEN | AG-763825 | 14 | 1981 | 40 | VEN_P | A Coruña | 02/10/2022 |
| 35 | 2.47.47 | VILLAVERDE VAZQUEZ, LUIS ALBERTO | AG-201923 | #### | 1978 | 40 | NEGC | Valencia | 04/12/2022 |
| 36 | 2.48.30 | POUSO VIDAL, LUCAS | AG-3808 | 15 | 1979 | 40 | CAMPO | A Coruña | 02/10/2022 |
| 37 | 2.49.05 | OUBIÑA FALCON, MAXIMINO | AG-3576 | 16 | 1983 | 35 | CAMPO | A Coruña | 02/10/2022 |
| 38 | 2.49.21 | SANTIAGO BOSCH, JOSE ANTONIO | AG-201462 | 17 | 1976 | 45 | PINPO | A Coruña | 02/10/2022 |
| 39 | 2.50.12 | SOLER RIVAS, ABELARDO | AG-202827 | 36 | 1979 | 40 | NEGC | A Coruña | 02/10/2022 |
| 40 | 2.50.47 | DALAMA ÁLVAREZ, CRISTIAN | AG-14929 | 18 | 1988 | SR | LIM_O | A Coruña | 02/10/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|----------------|---------------------------------|-----------|------|------|-----|-------|----------|------------|
| 41 | 2.51.21 | ESTEVEZ GARCIA, MANUEL ENRIQUE | GA-769046 | 15 | 1972 | 50 | ADAOR | Zaragoza | 04/03/2022 |
| 42 | 2.52.10 | OUBIÑA DIOS, FRANCISCO RAMON | AG-3577 | 19 | 1973 | 45 | CAMPO | A Coruña | 02/10/2022 |
| 43 | 2.53.05 | RUIZ BREIJO, DIEGO | AG-202403 | 20 | 1985 | 35 | COCC | A Coruña | 02/10/2022 |
| 44 | 2.54.14 | LAGO QUINTEIRO, JOSE RAMON | AG-768907 | #### | 1975 | 45 | FONC | Valencia | 04/12/2022 |
| 45 | 2.54.27 | PARADA RODRIGUEZ, MANUEL ALEJAN | AG-201405 | 21 | 1972 | 50 | SAMPO | A Coruña | 02/10/2022 |
| 46 | 2.54.55 | VAZQUEZ IGLESIAS, ANTONIO | GA-765869 | 13 | 1967 | 55 | BUROR | Zaragoza | 04/03/2022 |
| 47 | 2.55.32 | VILA REY, JOSE JUAN | TGAL-275 | 57 | 1963 | 55 | CASC | A Coruña | 02/10/2022 |
| 48 | 2.55.33 | VAZQUEZ COLLAZO, SANTIAGO | GA-717165 | 22 | 1965 | 55 | RZCC | A Coruña | 02/10/2022 |
| 49 | 2.55.36 | BUIG FERNANDEZ, MANUEL ALEXIS | GA-358 | #### | 1977 | 45 | VAGC | Valencia | 04/12/2022 |
| 50 | 2.56.00 | SOTO PARADA, JUAN CARLOS | AG-202374 | 23 | 1977 | 45 | PINPO | A Coruña | 02/10/2022 |
| 51 | 2.56.08 | LORES MEIS, JOSE MANUEL | AG-11193 | 25 | 1977 | 45 | CAMPO | A Coruña | 02/10/2022 |
| 52 | 2.56.08 | NUÑEZ MOSTEIRO, RUBEN | AG-11160 | 24 | 1983 | 35 | CAMPO | A Coruña | 02/10/2022 |
| 53 | 2.56.21 | HERMO VILLAR, PABLO | AG-201753 | 26 | 1982 | 40 | SARC | A Coruña | 02/10/2022 |
| 54 | 2.56.32 | RODRIGUEZ DOMINGUEZ, ANDRES | AG-201470 | 27 | 1975 | 45 | PINPO | A Coruña | 02/10/2022 |
| 55 | 2.56.40 | VALIÑO CES, JOSE ANTONIO | AG-201937 | #### | 1976 | 45 | FONC | Valencia | 04/12/2022 |
| 56 | 2.57.20 | ALVAREZ CHINCHILLA, JESUS | GA-769057 | 28 | 1966 | 55 | CASC | A Coruña | 02/10/2022 |
| 57 | 2.57.25 | GOMEZ LOPEZ, JOSE BENITO | GA-765008 | 3 | 1959 | 60 | OUROR | Zaragoza | 04/03/2022 |
| 58 | 2.57.28 | FERNÁNDEZ RODRÍGUEZ, RAMÓN | AG-63 | #### | 1972 | 50 | LOULU | Valencia | 04/12/2022 |
| 59 | 2.57.31 | FANDIÑO GARCIA, OSCAR | AG-11158 | 29 | 1976 | 45 | CAMPO | A Coruña | 02/10/2022 |
| 60 | 2.57.54 | ROMERO ALVAREZ, JULIAN | AG-202046 | 30 | 1984 | 35 | OUROR | A Coruña | 02/10/2022 |
| 61 | 2.59.55 | HEVIA GÓMEZ, JESÚS | AG-3311 | 31 | 1975 | 45 | CASC | A Coruña | 02/10/2022 |
| 62 | 3.00.50 | ROIBAS FERNANDEZ, JOSE LUIS | AG-202401 | 32 | 1971 | 50 | CASC | A Coruña | 02/10/2022 |
| 63 | 3.00.56 | CID PÉREZ, MODESTO | AG-14750 | #### | 1975 | 45 | PUROR | Valencia | 04/12/2022 |
| 64 | 3.02.04 | LOPEZ EIROA, SIMON | AG-201891 | 33 | 1974 | 45 | ACEC | A Coruña | 02/10/2022 |
| 65 | 3.02.11 | GALLEGO CID, ADRIAN | AG-202084 | #### | 1982 | 40 | FONC | Valencia | 04/12/2022 |
| 66 | 3.02.11 | SEARA PEREZ, ALVARO | AG-201832 | #### | 1981 | 40 | FONC | Valencia | 04/12/2022 |
| 67 | 3.02.46 | VILA SIEIRA, RUBEN | AG-7426 | 34 | 1975 | 45 | EGOLU | A Coruña | 02/10/2022 |
| 68 | 3.04.12 | GOMEZ BEIRO, SANTIAGO | AG-768761 | #### | 1976 | 45 | FONC | Valencia | 04/12/2022 |
| 69 | 3.04.35 | GONZALEZ GONZALEZ, JOSE CARLOS | AG-202397 | #### | 1976 | 45 | FONC | Valencia | 04/12/2022 |
| 70 | 3.05.22 | GONZÁLEZ LEDO, FRANCISCO JAVIER | AG-202418 | 35 | 1971 | 50 | OLEC | A Coruña | 02/10/2022 |
| 71 | 3.05.55 | LADO FIGUEIRAS, JOSÉ ABEL | AG-202065 | 92 | 1979 | 40 | MARC | A Coruña | 02/10/2022 |
| 72 | 3.06.22 | MORENZA DOFORNO, GERMAN | AG-767975 | 36 | 1963 | 55 | PINPO | A Coruña | 02/10/2022 |
| 73 | 3.06.53 | SOUTO PEREZ, HECTOR | AG-13861 | 37 | 1977 | 45 | INDE | A Coruña | 02/10/2022 |
| 74 | 3.07.41 | JUANATEY PEREZ, JOSE ANTONIO | AG-9873 | #### | 1971 | 50 | FONC | Valencia | 04/12/2022 |
| 75 | 3.08.17 | LOPEZ SANCHEZ, DAVID | AG-12590 | 38 | 1976 | 45 | ENTR | A Coruña | 02/10/2022 |
| 76 | 3.09.21 | CORES VÁZQUEZ, RICARDO | GA-746 | 39 | 1992 | SR | NAUC | A Coruña | 02/10/2022 |
| 77 | 3.09.52 | PITA TORRES, JOSE ANGEL | GA-769392 | 40 | 1957 | 65 | INDE | A Coruña | 02/10/2022 |
| 78 | 3.10.59 | VAZQUEZ FERNANDEZ, JOSÉ ANTONIO | TGAL-189 | #### | 1984 | 35 | SDTPO | Valencia | 04/12/2022 |
| 79 | 3.11.00 | MATO COUSO, MANUEL | TGAL-140 | 41 | 1989 | SR | CERC | A Coruña | 02/10/2022 |
| 80 | 3.11.10 | PAZ GONZALEZ, JUAN CARLOS | AG-202617 | 42 | 1967 | 55 | MRQPO | A Coruña | 02/10/2022 |

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|-----|----------------|---------------------------------|-----------|-----|------|-----|---------|----------|------------|
| 81 | 3.12.05 | FEIJOO CANTARILLA, ROBERTO | AG-10155 | 43 | 1975 | 45 | LIM_O A | Coruña | 02/10/2022 |
| 82 | 3.12.25 | JARDON LÓPEZ, JOSE | GA-9217 | 44 | 1956 | 65 | VSAP0 A | Coruña | 02/10/2022 |
| 83 | 3.13.04 | PARCERO RODRIGUEZ, JORGE | AG-202481 | 45 | 1977 | 45 | SAMPO A | Coruña | 02/10/2022 |
| 84 | 3.15.52 | LOPEZ PIÑEIRO, JAVIER | AG-202403 | 46 | 1971 | 50 | CASC A | Coruña | 02/10/2022 |
| 85 | 3.16.10 | GARCÍA PÉREZ, VÍCTOR MANUEL | AG-201826 | ### | 1970 | 50 | PORPO | Valencia | 04/12/2022 |
| 86 | 3.19.36 | VILLAR RUIBAL, RAMON | GA-766004 | 47 | 1966 | 55 | VRXLU A | Coruña | 02/10/2022 |
| 87 | 3.19.44 | MANEIRO SANCHEZ, RODRIGO | GA-252 | ### | 1979 | 40 | VAGC | Valencia | 04/12/2022 |
| 88 | 3.19.50 | LEVOSO TOUCEDA, JOSE MARIA | AG-202633 | 48 | 1968 | 50 | ESPOU A | Coruña | 02/10/2022 |
| 89 | 3.20.30 | RIO SILVA, JOSE LUIS | AG-202159 | 49 | 1966 | 55 | OLEC A | Coruña | 02/10/2022 |
| 90 | 3.20.38 | OTERO CRESPO, DAVID | AG-202577 | ### | 1982 | 35 | PINPO | Valencia | 04/12/2022 |
| 91 | 3.21.10 | BRANDON RODRIGUEZ, JUAN CARLOS | AG-11133 | ### | 1962 | 60 | FONC | Valencia | 04/12/2022 |
| 92 | 3.22.47 | LEON VAZQUEZ, IVAN | AG-2721 | 50 | 1991 | SR | BOIC A | Coruña | 02/10/2022 |
| 93 | 3.22.47 | MOSQUERA GONZALEZ, LUIS | AG-202764 | 51 | 1988 | SR | BOIC A | Coruña | 02/10/2022 |
| 94 | 3.23.31 | FERNANDEZ NOVOA, MIGUEL ANGEL | AG-765456 | 52 | 1967 | 55 | MARC A | Coruña | 02/10/2022 |
| 95 | 3.25.20 | TRASHORRAS PENELAS, HECTOR MAN | AG-10887 | 178 | 1978 | 40 | LGRLU A | Coruña | 02/10/2022 |
| 96 | 3.28.13 | LOIS PEREZ, ANTONIO | AG-763632 | 53 | 1961 | 60 | MARC A | Coruña | 02/10/2022 |
| 97 | 3.30.51 | RAMOS RODRÍGUEZ, JESUS LUIS | TGAL-22 | 54 | 1968 | 50 | DOWC A | Coruña | 02/10/2022 |
| 98 | 3.36.14 | APARICIO DIAZ, JAVIER | TGAL-257 | 55 | 1965 | 55 | OLEC A | Coruña | 02/10/2022 |
| 99 | 3.39.41 | PEREZ GONZALEZ, MANUEL RAFAEL | AG-764299 | 56 | 1972 | 50 | ESPOU A | Coruña | 02/10/2022 |
| 100 | 3.40.23 | BALSEIRO PITA, CRISTOBAL | AG-202403 | 57 | 1970 | 50 | CASC A | Coruña | 02/10/2022 |
| 101 | 3.43.47 | ÁLVAREZ ALONSO, JOSÉ ÁNGEL | AG-202288 | ### | 1976 | 45 | PORPO | Valencia | 04/12/2022 |
| 102 | 3.44.58 | CHAMORRO RODRIGUEZ, EUGENIO | AG-8837 | 58 | 1959 | 60 | MRQPO A | Coruña | 02/10/2022 |
| 103 | 3.45.32 | VAZQUEZ FERREIRO, GONZALO ALBER | AG-202779 | 59 | 1953 | 65 | ESPOU A | Coruña | 02/10/2022 |
| 104 | 3.46.32 | RODRIGUEZ FRAMIL, ALFONSO | AG-202036 | 60 | 1978 | 40 | NTBC A | Coruña | 02/10/2022 |
| 105 | 3.50.53 | REY SOUTO, JESÚS ENRIQUE | AG-764362 | 61 | 1971 | 50 | BOIC A | Coruña | 02/10/2022 |
| 106 | 3.59.07 | FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS | AG-202615 | 305 | 1974 | 45 | BCS A | Coruña | 02/10/2022 |
| 107 | 4.14.58 | RÍOS GIBELLO, JOSE MANUEL | AG-202096 | 62 | 1961 | 60 | INDE A | Coruña | 02/10/2022 |
| 108 | 4.15.52 | PENA DÍAZ, ALEJANDRO | TGAL-263 | 343 | 1985 | 35 | ENKC A | Coruña | 02/10/2022 |
| 109 | 4.15.54 | VÁZQUEZ PRECEDO, MIGUEL | TGAL-223 | 344 | 1971 | 50 | ENKC A | Coruña | 02/10/2022 |
| 110 | 4.15.55 | FERNÁNDEZ GALLEGO, JOSÉ LUIS | TGAL-221 | 345 | 1975 | 45 | ENKC A | Coruña | 02/10/2022 |
| 111 | 4.15.55 | BANDÍN MARENTES, JAVIER | TGAL-207 | 346 | 1975 | 45 | ENKC A | Coruña | 02/10/2022 |
| 112 | 4.15.55 | ARIAS LOPEZ, JAIME | TGAL-219 | 63 | 1982 | 40 | ENKC A | Coruña | 02/10/2022 |
| 113 | 4.19.34 | FERNANDEZ RAMOS, JOSE JAVIER | AG-202403 | 64 | 1967 | 55 | CASC A | Coruña | 02/10/2022 |
| 114 | 4.24.12 | ALONSO DEL RIO, JAIME | AG-763648 | ### | 1968 | 50 | PORPO | Valencia | 04/12/2022 |
| 115 | 4.47.46 | LÓPEZ RODRÍGUEZ, JOSÉ LUIS | TGAL-235 | 386 | 1974 | 45 | ENKC A | Coruña | 02/10/2022 |
| 116 | 4.55.31 | GONZALEZ GRAÑA, JOSE MANUEL | AG-9714 | ### | 1963 | 55 | FONC | Valencia | 04/12/2022 |
| 117 | 5.05.51 | LOPEZ RIO, ELISEO | AG-202627 | 65 | 1951 | 70 | EGOLU A | Coruña | 02/10/2022 |



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|---|---------|---------------------|-----------|-----|------|-----|------|----------|------------|
| 1 | 1.51.50 | POLO GUNDIN, MANUEL | GA-769455 | 39 | 1973 | 45 | NAOC | Pamplona | 13/02/2022 |

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Milla Urbana

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|-------------|--------------------------------|-----------|-----|------|-----|--------------------------|-------|------------|
| 1 | 4.22 | BEN MONTENEGRO, ADRIAN | GA-766165 | 11 | 1998 | SR | ADI Berango | | 08/10/2022 |
| 2 | 4.27 | SANTIAGO FERNANDEZ, GUSTAVO | AG-769214 | 1 | 1992 | SR | MILPO Lourenza | | 25/06/2022 |
| 3 | 4.27 | PUIIG MALVAR, JORGE | GA-764640 | 2 | 1997 | SR | STOC Lourenza | | 25/06/2022 |
| 4 | 4.27 | BOCELO BELLAS, PABLO | GA-768907 | 1 | 1993 | SR | SGPPO Marín | | 24/09/2022 |
| 5 | 4.29 | MASEDA DORADO, IVO | AG-610763 | 3 | 1997 | SR | LGRLU Lourenza | | 25/06/2022 |
| 6 | 4.30 | DE LA FUENTE GOMEZ, DAVID | GA-768905 | 4 | 1997 | SR | SGPPO Marín | | 24/09/2022 |
| 7 | 4.31 | MARTINEZ DOMINGUEZ, ANTON | GA-769154 | 4 | 2004 | JN | LUELU Lourenza | | 25/06/2022 |
| 8 | 4.36 | PUYUELO PARDO, VICTOR | GA-707 | 6 | 1992 | SR | OROE Marín | | 24/09/2022 |
| 9 | 4.37 | RAMOS SAMBADE, VICTOR | GA-215 | 2 | 2005 | JV | TKTC Ames | | 25/09/2022 |
| 10 | 4.39 | LORENZO LOPEZ, MANUEL | GA-769011 | 5 | 1993 | SR | SGPPO Lourenza | | 25/06/2022 |
| 11 | 4.39 | RIVAS SOBRADO, MARCOS | GA-3387 | 6 | 2003 | JN | RCVPO Lourenza | | 25/06/2022 |
| 12 | 4.39 | RODRIGUEZ PUENTE, XIAN | GA-766171 | 7 | 1992 | SR | MARC Lourenza | | 25/06/2022 |
| 13 | 4.39 | PINEDO ARMESTO, LUIS | GA-768554 | 2 | 1982 | 35 | INDE Ares | | 06/08/2022 |
| 14 | 4.42 | NEGRETE BARRIOLUENGO, RICARDO | GA-202347 | 2 | 2006 | JV | RIAC Lourenza | | 25/06/2022 |
| 15 | 4.43 | DIAZ DIAZ, JOSE MARIA | AG-202662 | 8 | 1996 | SR | LGRLU Lourenza | | 25/06/2022 |
| 16 | 4.44 | VIRGÓS ABELLEIRA, SANTIAGO | AG-10494 | 9 | 1999 | SR | SGPPO Marín | | 24/09/2022 |
| 17 | 4.44 | TRIGO LORES, ROBERTO | GA-3320 | 7 | 2000 | PR | STOC Marín | | 24/09/2022 |
| 18 | 4.44 | SUAREZ MARTINEZ, HUGO | GA-769172 | 8 | 2003 | JN | RCVPO Marín | | 24/09/2022 |
| 19 | 4.45 | PENA TORREIRA, AMADOR | GA-769185 | 1 | 1981 | 40 | SDCC Breña Baja | | 09/04/2022 |
| 20 | 4.47 | COLLAZO AREOSA, JUAN RAMON | GA-688 | 9 | 1992 | SR | VAGC Lourenza | | 25/06/2022 |
| 21 | 4.47 | ALVARIÑO LIRANZO, MIGUEL | GA-202351 | 3 | 2006 | JV | LUELU Lourenza | | 25/06/2022 |
| 22 | 4.49 | FERNANDEZ MENDEZ, JULIO | GA-699 | 4 | 2006 | JV | LUELU Lourenza | | 25/06/2022 |
| 23 | 4.50 | MANSO-PEDROSA GARCIA, IVAN | AG-4191 | 10 | 1997 | SR | LGRLU Lourenza | | 25/06/2022 |
| 24 | 4.52 | LOSADA TORRES, GABRIEL | GA-617 | 5 | 2005 | JV | GANLU Lourenza | | 25/06/2022 |
| 25 | 4.52 | GARCÍA IGLESIAS, BRAIS | AG-14857 | 4 | 2002 | PR | USCC Ares | | 06/08/2022 |
| 26 | 4.53 | VILA MARIÑO, ABEL | GA-867 | 2 | 2007 | CD | NOYC Aviles | | 17/04/2022 |
| 27 | 4.54 | IGLESIAS TURNES, YAGO | GA-519 | 6 | 2006 | JV | SDCC Lourenza | | 25/06/2022 |
| 28 | 4.55 | BARROS GONZALEZ, ABEL | GA-765719 | 1 | 1975 | 45 | MRÑPO Lourenza | | 25/06/2022 |
| 29 | 4.56 | SOMOZA ARGIBAY, IVAN | GA-17624 | 2 | 1974 | 45 | CASC Lourenza | | 25/06/2022 |
| 30 | 4.56 | CADAYA RODRIGUEZ, ALEJANDRO GE | GA-202328 | 9 | 2000 | PR | PUROR O Barco Valdeorras | | 11/09/2022 |
| 31 | 4.57 | MASCHANKA , JEMAL SAMSON | GA-156 | 11 | 2005 | JV | BAIPO Marín | | 24/09/2022 |
| 32 | 4.58 | VIANA VALIÑA, COSME | GA-202345 | 7 | 2006 | JV | LUELU Lourenza | | 25/06/2022 |
| 33 | 4.58 | CONDE LLENDERROZOS, MARCOS | GA-811 | 11 | 1981 | 40 | RIBLU Lourenza | | 25/06/2022 |
| 34 | 4.58 | GARCIA VAZQUEZ, EMILIO | GA-622 | 4 | 1975 | 45 | SDCC Lourenza | | 25/06/2022 |
| 35 | 4.58 | LANZA BEN, MARCELO | GA-524 | 3 | 1973 | 45 | RFOLU Lourenza | | 25/06/2022 |
| 36 | 5.00 | BESTEIRO RODRIGUEZ, MANUEL | GA-907 | 12 | 1990 | SR | GANLU Lourenza | | 25/06/2022 |
| 37 | 5.00 | ARMESTO NUÑEZ, RODRIGO A. | AG-15890 | 13 | 2006 | JV | VALPO Marín | | 24/09/2022 |
| 38 | 5.00 | OTERO PINO, NOAH | AG-764039 | 12 | 2002 | PR | COMPO Marín | | 24/09/2022 |
| 39 | 5.01 | ULLA COUÑAGO, PABLO | GA-241 | 14 | 2006 | JV | ADAOR Marín | | 24/09/2022 |
| 40 | 5.04 | DIAZ ALONSO, DANIEL | GA-806 | 8 | 2005 | JV | RIBLU Lourenza | | 25/06/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|-------------|---------------------------------|-----------|-----|------|-----|-------|--------------------|------------|
| 41 | 5.05 | BAS ROTH, NICOLAS FERNANDO | GA-71 | 13 | 1985 | 35 | CASC | Lourenza | 25/06/2022 |
| 42 | 5.05 | PAZ PARDO, DANIEL | GA-922 | 2 | 1978 | 40 | BRIC | Ames | 25/09/2022 |
| 43 | 5.06 | IGLESIAS AREA, CARLOS | AG-202711 | 2 | 1981 | 40 | SMIPO | Marín | 24/09/2022 |
| 44 | 5.08 | ASENSIO CAMPAZAS, ALBERTO CARLO | GA-10310 | 1 | 1979 | 40 | ADAOR | O Barco Valdeorras | 11/09/2022 |
| 45 | 5.09 | NEGREIRA ABELENDIA, JOSE MANUEL | AG-202026 | 9 | 2006 | JV | FOGC | Lourenza | 25/06/2022 |
| 46 | 5.09 | RODRIGUEZ RODRIGUEZ, SERAFIN | GA-630 | 5 | 1973 | 45 | INDE | Lourenza | 25/06/2022 |
| 47 | 5.10 | BESADA VAZQUEZ, JAVIER | AG-202015 | 4 | 1991 | SR | PAIPO | Marín | 24/09/2022 |
| 48 | 5.11 | FERNANDEZ RODRIGUEZ, MARTIN | AG-202371 | 14 | 2004 | JN | GANLU | Lourenza | 25/06/2022 |
| 49 | 5.11 | DOMINGUEZ CABRAL, ELIAS SALVADO | GA-766113 | 4 | 1972 | 50 | DOMPO | Marín | 24/09/2022 |
| 50 | 5.12 | ACUÑA GARCÍA, JAVIER | AG-113116 | 10 | 2006 | JV | COMPO | Lourenza | 25/06/2022 |
| 51 | 5.12 | DE LA TORRE ABOAL, CARLOS | AG-202182 | 5 | 2006 | JV | SMIPO | Marín | 24/09/2022 |
| 52 | 5.13 | OTERO LADO, FERNANDO | GA-1014 | 11 | 2005 | JV | TKTC | Lourenza | 25/06/2022 |
| 53 | 5.13 | EIRIS DEL RÍO, JACOBO | AG-202375 | 5 | 1999 | SR | STOC | Ames | 25/09/2022 |
| 54 | 5.14 | SANTOS GARCÍA, MARIO | AG-3254 | 15 | 1999 | SR | MAZPO | Marín | 24/09/2022 |
| 55 | 5.14 | FERNANDEZ RODRIGUES, JUAN PABLO | GA-765406 | 1 | 1980 | 40 | STOC | Ames | 25/09/2022 |
| 56 | 5.15 | MARTINEZ CASTRO, ROBERTO | GA-659 | 15 | 1983 | 35 | PINPO | Lourenza | 25/06/2022 |
| 57 | 5.16 | EIRAS RODRIGUEZ, MANUEL | GA-202339 | 16 | 1992 | SR | RFOLU | Lourenza | 25/06/2022 |
| 58 | 5.16 | OMIL IGLESIAS, JOSE MANUEL | AG-765338 | 6 | 1980 | 40 | PINPO | Marín | 24/09/2022 |
| 59 | 5.17 | SANCHEZ RIVAS, PABLO | GA-202344 | 12 | 2006 | JV | LUELU | Lourenza | 25/06/2022 |
| 60 | 5.18 | CABO VILLAVERDE, MIGUEL | AG-763812 | 1 | 1970 | 50 | MILC | Ames | 25/09/2022 |
| 61 | 5.20 | TUIMIL CALVO, JAVIER | GA-769405 | 6 | 1976 | 45 | NAOC | Lourenza | 25/06/2022 |
| 62 | 5.20 | GONZALEZ MARTINEZ, DIEGO | AG-9079 | 2 | 1979 | 40 | PINPO | Pontevedra | 13/11/2022 |
| 63 | 5.21 | FERNANDEZ DIAZ, PABLO | GA-807 | 17 | 2003 | JN | RIBLU | Lourenza | 25/06/2022 |
| 64 | 5.21 | CABADO CASTRO, JOSE | GA-764400 | 1 | 1968 | 50 | STOC | Lourenza | 25/06/2022 |
| 65 | 5.22 | VALLE LOPEZ, OSCAR | AG-11136 | 4 | 1977 | 45 | NTBC | Ames | 25/09/2022 |
| 66 | 5.24 | SICILIA BARCI, JUAN | GA-364 | 2 | 1970 | 50 | INDE | Lourenza | 25/06/2022 |
| 67 | 5.24 | PARDAL COCA, IVÁN | AG-202648 | 8 | 1988 | SR | USCC | Ames | 25/09/2022 |
| 68 | 5.24 | ULLA REGA, MANUEL | AG-202587 | 3 | 1975 | 45 | ADCPO | Pontevedra | 13/11/2022 |
| 69 | 5.25 | IGLESIAS OTERO, JUAN | AG-202591 | 3 | 1970 | 50 | VCGPO | Lourenza | 25/06/2022 |
| 70 | 5.25 | MENDEZ PAZ, JUAN LUIS | GA-769380 | 18 | 1980 | 40 | ESCLU | Lourenza | 25/06/2022 |
| 71 | 5.25 | GONZALEZ CASTRO, GUMERSINDO | GA-621 | 7 | 1980 | 40 | SDCC | Marín | 24/09/2022 |
| 72 | 5.25 | PENAS GARCIA, RUBEN | AG-202837 | 5 | 1977 | 45 | TMBC | Ames | 25/09/2022 |
| 73 | 5.26 | NOGUEIRA PEREZ, MIGUEL ANGEL | AG-9793 | 6 | 1979 | 40 | NTBC | Ames | 25/09/2022 |
| 74 | 5.27 | CORUGEIRA LIGERO, ANDRES | AG-202718 | 3 | 2005 | JV | ADCPO | Pontevedra | 13/11/2022 |
| 75 | 5.29 | SANCHEZ ANEIROS, DIEGO | GA-664 | 14 | 2006 | JV | RIAC | Lourenza | 25/06/2022 |
| 76 | 5.30 | VELEIRO DIAZ, JORGE | AG-202307 | 1 | 1963 | 55 | BUROR | Lourenza | 25/06/2022 |
| 77 | 5.31 | GUEDES DO NASCIMENTO, SAMUEL | GA-769173 | 19 | 2004 | JN | LUELU | Lourenza | 25/06/2022 |
| 78 | 5.32 | MENDEZ PIÑEIRO, IAN | AG-768529 | 15 | 2006 | JV | ESCLU | Lourenza | 25/06/2022 |
| 79 | 5.32 | MARQUEZ MARTINEZ, MANUEL | GA-16737 | 4 | 1969 | 50 | RCVPO | Lourenza | 25/06/2022 |
| 80 | 5.32 | RAVIÑA FURELOS, JUAN CARLOS | AG-202707 | 10 | 1972 | 45 | SDCC | Marín | 24/09/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|-------------|--------------------------------|-----------|-----|------|-----|-------|--------------------|------------|
| 81 | 5.33 | MENDEZ RODRIGUEZ, RAMIRO | GA-769166 | 1 | 1957 | 65 | GANLU | Lourenza | 25/06/2022 |
| 82 | 5.33 | FORTES MIGUÉLEZ, DAVID | AG-12630 | 9 | 2006 | JV | COMPO | Marín | 24/09/2022 |
| 83 | 5.34 | LOPEZ VILLAR, JOSE ANGEL | GA-19395 | 7 | 1974 | 45 | EGOLU | Lourenza | 25/06/2022 |
| 84 | 5.35 | FREIJE MARIÑO, YAGO | GA-805 | 20 | 1999 | SR | RIBLU | Lourenza | 25/06/2022 |
| 85 | 5.35 | REY ANSEMIL, PABLO | AG-201436 | 9 | 2003 | JN | STOC | Ames | 25/09/2022 |
| 86 | 5.36 | GONZALEZ NOVOA, SATURNINO | GA-764989 | 1 | 1961 | 60 | OUROR | O Barco Valdeorras | 11/09/2022 |
| 87 | 5.37 | GUTIERREZ GONZÁLEZ, NEMESIO | GA-202342 | 1 | 1956 | 65 | AFRLU | Lourenza | 25/06/2022 |
| 88 | 5.38 | IGLESIAS DOMINGUEZ, PABLO | AG-202598 | 4 | 1982 | 40 | NTBC | Ames | 25/09/2022 |
| 89 | 5.39 | CALVO GONZÁLEZ, CRISTIAN | AG-202327 | 13 | 1990 | SR | FENC | Ares | 06/08/2022 |
| 90 | 5.39 | BENITEZ SOMOZA, ISRAEL | AG-11742 | 5 | 1976 | 45 | CANC | Pontevedra | 13/11/2022 |
| 91 | 5.44 | FARIAS FORNEIRO, PATRICIO CRUZ | AG-10058 | 8 | 1977 | 45 | AUROR | Lourenza | 25/06/2022 |
| 92 | 5.44 | POSSE CONDE, MATEO | GA-920 | 11 | 2005 | JV | AMEC | Ames | 25/09/2022 |
| 93 | 5.44 | ABAD BLANCO, JAVIER | GA-202331 | 10 | 1999 | SR | VAGC | Ames | 25/09/2022 |
| 94 | 5.45 | CORBACHO ZAMIS, JACOBO | AG-12549 | 18 | 2005 | JV | SGPPO | Marín | 24/09/2022 |
| 95 | 5.48 | TAIBO CASTRO, MARIO | AG-202106 | 6 | 1983 | 35 | STOC | Ames | 25/09/2022 |
| 96 | 5.50 | VEIGA AGUION, VICTOR | AG-3957 | 15 | 1982 | 40 | BOIC | Ares | 06/08/2022 |
| 97 | 5.52 | OTERO CRESPO, DAVID | AG-202577 | 21 | 1982 | 35 | PINPO | Lourenza | 25/06/2022 |
| 98 | 5.53 | CALVO GERARDI, MANUEL | GA-765833 | 2 | 1956 | 65 | SARC | Lourenza | 25/06/2022 |
| 99 | 5.53 | SALGUEIRO MONTERO, ROI | AG-11352 | 16 | 2005 | JV | GANLU | Lourenza | 25/06/2022 |
| 100 | 5.56 | VICENTE VAZ, GUILHERME | GA-882 | 19 | 2004 | JN | ADCPO | Marín | 24/09/2022 |
| 101 | 5.57 | OCUSO GARCIA, JESUS | AG-2496 | 9 | 1978 | 40 | NEGC | Ames | 25/09/2022 |
| 102 | 5.59 | MORENZA DOFORNO, GERMAN | AG-767975 | 11 | 1963 | 55 | PINPO | Marín | 24/09/2022 |
| 103 | 6.00 | ARDAO RODEIRO, JESÚS | GA-769221 | 9 | 1976 | 45 | NAOC | Lourenza | 25/06/2022 |
| 104 | 6.01 | RODRIGUEZ VALEA, JACOBO | AG-9375 | 22 | 1978 | 40 | RFOLU | Lourenza | 25/06/2022 |
| 105 | 6.01 | FERNANDEZ CASTRO, JUAN CARLOS | AG-202311 | 5 | 1962 | 60 | STOC | Ames | 25/09/2022 |
| 106 | 6.10 | FERNANDEZ GOMEZ, MARCOS | AG-15136 | 13 | 1988 | SR | STOC | Ames | 25/09/2022 |
| 107 | 6.11 | PEREZ PEREIRA, RAMIRO | AG-201588 | 6 | 1956 | 65 | SARC | Ames | 25/09/2022 |
| 108 | 6.14 | FERNANDEZ RODRIGUEZ, EMILIO | GA-815 | 2 | 1964 | 55 | RIBLU | Lourenza | 25/06/2022 |
| 109 | 6.23 | RODAL DIZ, ANGEL MANUEL | AG-10103 | 15 | 1971 | 50 | PINPO | Marín | 24/09/2022 |
| 110 | 6.23 | RODRÍGUEZ SILVA, ANGEL | AG-9956 | 15 | 1979 | 40 | MÑRPO | Pontevedra | 13/11/2022 |
| 111 | 6.27 | LAGO FONTAN, IVAN | GA-881 | 20 | 2003 | JN | ADCPO | Marín | 24/09/2022 |
| 112 | 6.30 | FERNANDEZ TRASANCOS, RUFINO | AG-202801 | 3 | 1963 | 55 | EGOLU | Lourenza | 25/06/2022 |
| 113 | 6.34 | SOLLA CRESPO, SANTIAGO | AG-767945 | 18 | 1981 | 40 | PINPO | Pontevedra | 13/11/2022 |
| 114 | 6.35 | NUÑEZ GONZÁLEZ, JOSÉ AMABLE | AG-3997 | 5 | 1971 | 50 | MRÑPO | Pontevedra | 13/11/2022 |
| 115 | 6.37 | PENA GOMEZ, DOSITEO | GA-869 | 5 | 1968 | 50 | LUCLU | Lourenza | 25/06/2022 |
| 116 | 6.38 | IGLESIAS CASAL, RICARDO | AG-201513 | 17 | 1978 | 40 | NTBC | Ames | 25/09/2022 |
| 117 | 6.45 | ROMERO OLVEIRA, JOSE MANUEL | AG-201750 | 8 | 1962 | 60 | VSAPO | Ames | 25/09/2022 |
| 118 | 6.50 | GARCÍA SOAGE, DAVID | AG-3949 | 24 | 1980 | 40 | PINPO | Marín | 24/09/2022 |
| 119 | 6.57 | JAMARDO BASCOY, MANUEL | GA-654 | 6 | 1970 | 50 | PINPO | Lourenza | 25/06/2022 |
| 120 | 7.06 | VAZQUEZ CALVAR, DANIEL | AG-14764 | 26 | 1980 | 40 | CAMPO | Pontevedra | 13/11/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|--------------------------------|-----------|-----|------|-----|-------|--------------------|------------|
| 121 | 7.11 | REY FERNANDEZ, JOSE LUIS | AG-202198 | 1 | 1951 | 70 | INDE | O Barco Valdeorras | 11/09/2022 |
| 122 | 7.27 | ALFONSO FREIJEIRO, MARCOS | AG-15769 | 27 | 1976 | 45 | INDE | Pontevedra | 13/11/2022 |
| 123 | 7.53 | HERNANDEZ BARREIRO, ANTONIO | GA-765046 | 1 | 1946 | 75 | MCHC | Lourenza | 25/06/2022 |
| 124 | 8.01 | GONZALEZ CASTRO, FERNANDO | GA-19911 | 2 | 1953 | 65 | ADAOR | O Barco Valdeorras | 11/09/2022 |
| 125 | 8.42 | PEDREÑO NIETO, ENRIQUE | GA-202338 | 23 | 1945 | 75 | SAMPO | Marín | 24/09/2022 |
| 126 | 9.01 | BERNAL GOMEZ, JESUS | GA-19332 | 3 | 1947 | 70 | INDE | O Barco Valdeorras | 11/09/2022 |
| 127 | 9.15 | SUAREZ COLLANTES, MANUEL ANXO | AG-202564 | 24 | 1977 | 45 | VAGC | Ames | 25/09/2022 |
| 128 | 9.47 | GARCIA ALFONSO, MANUEL | AG-202048 | 1 | 1941 | 80 | ADAOR | O Barco Valdeorras | 11/09/2022 |
| 129 | 9.52 | BAO ESTEVEZ, FRANCISCO | AG-10966 | 4 | 1949 | 70 | ADAOR | O Barco Valdeorras | 11/09/2022 |
| 130 | 10.37 | FERNÁNDEZ MARTÍNEZ, FERNANDO F | AG-202245 | 26 | 1975 | 45 | BRIC | Ames | 25/09/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|----------------|-----------------------------------|-----------|-----|------|-----|-------|------------|------------|
| 1 | 1.03.22 | NOVALES QUINTEIRO, TARIKU | GA-717353 | 0 | 1998 | SR | ADI | Valencia | 04/12/2022 |
| 2 | 1.05.47 | FERNANDEZ RIVERA, ALEJANDRO | GA-765765 | 6 | 1985 | 35 | CVIA | A Coruña | 13/02/2022 |
| 3 | 1.07.31 | RIBEIRO PINTO DA COSTA , NUNO FIL | GA-765858 | 8 | 1986 | 35 | SDCC | A Coruña | 13/02/2022 |
| 4 | 1.07.36 | CASTRO VARELA, ANXO | GA-700 | 9 | 1988 | SR | VICI | A Coruña | 13/02/2022 |
| 5 | 1.07.50 | PUYUELO PARDO, VICTOR | GA-707 | 10 | 1992 | SR | OROE | A Coruña | 13/02/2022 |
| 6 | 1.08.10 | PORTO PAZOS, CARLOS | GA-17489 | 2 | 1993 | SR | SGPPO | Pontevedra | 16/10/2022 |
| 7 | 1.08.40 | RIAL CASTRO, FERNANDO | GA-9379 | 3 | 1999 | SR | STOC | Pontevedra | 16/10/2022 |
| 8 | 1.09.02 | CANDA LOUZAO, JOSE | GA-202347 | 4 | 1983 | 35 | AREOR | Pontevedra | 16/10/2022 |
| 9 | 1.09.35 | LORENZO LOPEZ, MANUEL | GA-769011 | 5 | 1993 | SR | SGPPO | Pontevedra | 16/10/2022 |
| 10 | 1.09.55 | CORRO ROUFETT, JESSE JESUS | AG-15924 | 6 | 1989 | SR | AREOR | Pontevedra | 16/10/2022 |
| 11 | 1.10.03 | HURTADO SANJURJO, MANUEL | GA-14652 | 7 | 1984 | 35 | SGPPO | Pontevedra | 16/10/2022 |
| 12 | 1.10.27 | SLIMANI TLEMCANI, SAAD | GA-711 | 11 | 1995 | SR | VICI | A Coruña | 13/02/2022 |
| 13 | 1.10.46 | GARCIA GARCIA-PAZ, PABLO MIGUEL | GA-769208 | 12 | 1987 | 35 | DOMPO | A Coruña | 13/02/2022 |
| 14 | 1.11.36 | PAREDES GONZALEZ, JAVIER | GA-202350 | 8 | 1979 | 40 | OUROR | Pontevedra | 16/10/2022 |
| 15 | 1.11.39 | GUTIÉRREZ GONZÁLEZ, CARLOS ENRI | AG-202677 | 11 | 1990 | SR | RUNPO | Pontevedra | 16/10/2022 |
| 16 | 1.12.21 | FERNANDEZ MARQUEZ, JOSE MANUEL | GA-766140 | 16 | 1968 | 50 | ADAOR | A Coruña | 13/02/2022 |
| 17 | 1.12.21 | IGLESIAS RAÑA, LUIS | GA-769438 | 15 | 1981 | 40 | AREOR | A Coruña | 13/02/2022 |
| 18 | 1.12.30 | FERNÁNDEZ RÍOS, JONATHAN | GA-744 | 17 | 1988 | SR | NAUC | A Coruña | 13/02/2022 |
| 19 | 1.12.31 | ÁLVAREZ CURES, JUAN JOSÉ | GA-57 | 18 | 1977 | 45 | VAGC | A Coruña | 13/02/2022 |
| 20 | 1.12.35 | DIAZ PÉREZ, ESTEBAN | GA-34 | 19 | 1981 | 40 | NAOC | A Coruña | 13/02/2022 |
| 21 | 1.12.38 | CORRAL JUSTO, JOSE MANUEL | GA-769437 | 20 | 1983 | 35 | AREOR | A Coruña | 13/02/2022 |
| 22 | 1.12.40 | PRESEDO FRAGUIO, ALVARO | GA-140 | 21 | 1985 | 35 | MARC | A Coruña | 13/02/2022 |
| 23 | 1.13.18 | ÁLVAREZ FERREIRA, ALEXANDRE | AG-202656 | 9 | 2003 | JN | NAOC | Pontevedra | 16/10/2022 |
| 24 | 1.13.24 | PAZ PARDO, DANIEL | GA-922 | 10 | 1978 | 40 | BRIC | Pontevedra | 16/10/2022 |
| 25 | 1.13.45 | ALONSO ARES, VICTOR | GA-56 | 64 | 1988 | SR | VICI | Paterna | 19/06/2022 |
| 26 | 1.13.59 | TEIJIDO LOPEZ, ANTONIO | GA-765824 | 65 | 1986 | 35 | BERO | Paterna | 19/06/2022 |
| 27 | 1.14.50 | PENAS VARELA, JOSÉ MANUEL | TGAL-253 | 25 | 1984 | 35 | CERC | A Coruña | 13/02/2022 |
| 28 | 1.14.53 | PEREZ GROBA, EMILIO | GA-15696 | 12 | 1988 | SR | TUIPO | Pontevedra | 16/10/2022 |
| 29 | 1.15.18 | FONTAN MARTINEZ, XACOBÉ | AG-202771 | 28 | 1990 | SR | INDE | A Coruña | 13/02/2022 |
| 30 | 1.15.21 | DOMINGUEZ CABRAL, ELIAS SALVADO | GA-766113 | 13 | 1972 | 50 | DOMPO | Pontevedra | 16/10/2022 |
| 31 | 1.15.23 | CARRASCO NUÑEZ, JORDI | GA-83 | 14 | 1974 | 45 | SDCC | Pontevedra | 16/10/2022 |
| 32 | 1.15.58 | DIEGO MONTERO, ALEJANDRO | GA-769413 | 86 | 1988 | SR | NAOC | Paterna | 19/06/2022 |
| 33 | 1.16.36 | ROMERO FERRERA, JAVIER | GA-710 | 30 | 1990 | SR | STOC | A Coruña | 13/02/2022 |
| 34 | 1.16.37 | VÁZQUEZ VAAMONDE, RICARDO | GA-766141 | 0 | 1974 | 45 | ADAOR | A Coruña | 02/10/2022 |
| 35 | 1.16.59 | RODRÍGUEZ POUSO, JOSÉ ANGEL | AG-15024 | 35 | 1981 | 40 | BRIC | A Coruña | 13/02/2022 |
| 36 | 1.17.05 | NOVOA GUTIERREZ, JULIO | GA-769439 | 15 | 1980 | 40 | AREOR | Pontevedra | 16/10/2022 |
| 37 | 1.17.19 | ROMERO ALVAREZ, JULIAN | AG-202046 | 34 | 1984 | 35 | OUROR | A Coruña | 13/02/2022 |
| 38 | 1.17.20 | GARCIA GONZALEZ, SANTIAGO | GA-765876 | 36 | 1974 | 45 | BUROR | A Coruña | 13/02/2022 |
| 39 | 1.17.21 | BREGUA CHAS, RUBEN | GA-206 | 37 | 1979 | 40 | MARC | A Coruña | 13/02/2022 |
| 40 | 1.17.25 | TORRES NEIRA, MATEO | AG-202626 | 42 | 1979 | 40 | MARC | A Coruña | 13/02/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|----------------|----------------------------------|-----------|-----|------|-----|-------|------------|------------|
| 41 | 1.17.33 | MASEDA CARBALLO, FRANCISCO JAVI | GA-205 | 41 | 1976 | 45 | MARC | A Coruña | 13/02/2022 |
| 42 | 1.18.13 | CABALLERO IGLESIAS, GUSTAVO | AG-202716 | 21 | 1979 | 40 | SMIPO | Pontevedra | 16/10/2022 |
| 43 | 1.18.19 | SEOANE POMBO, JOSÉ MANUEL | AG-202250 | 43 | 1973 | 45 | NEGC | A Coruña | 13/02/2022 |
| 44 | 1.18.20 | GONZÁLEZ HORTA, VÍCTOR XOSÉ | AG-765828 | 0 | 1984 | 35 | COMPO | A Coruña | 02/10/2022 |
| 45 | 1.18.21 | GARCIA PADIN, DANIEL | AG-202798 | 0 | 1986 | 35 | INDE | A Coruña | 02/10/2022 |
| 46 | 1.18.27 | BARRAL VARELA, JUAN JESÚS | AG-3528 | 45 | 1970 | 50 | BRIC | A Coruña | 13/02/2022 |
| 47 | 1.18.39 | GONTÁN CASTRO, JOSÉ ANTONIO | AG-201491 | 48 | 1972 | 50 | INDE | A Coruña | 13/02/2022 |
| 48 | 1.19.01 | BESADA FILGUEIRAS, FRANCISCO JOS | AG-3525 | 54 | 1977 | 45 | BRIC | A Coruña | 13/02/2022 |
| 49 | 1.19.17 | REGUEIRA VEIGA, MIGUEL | AG-202418 | 56 | 1981 | 40 | OLEC | A Coruña | 13/02/2022 |
| 50 | 1.19.20 | VIDAL GONZÁLEZ, JOSÉ ANTONIO | AG-202443 | 57 | 1978 | 40 | BRIC | A Coruña | 13/02/2022 |
| 51 | 1.19.23 | VAZQUEZ ENJAMIO, JULIO | AG-201742 | 19 | 1985 | 35 | BOIC | Pontevedra | 16/10/2022 |
| 52 | 1.19.35 | CASADO MENDEZ, JOSE MANUEL | GA-799 | 0 | 1976 | 45 | BUROR | A Coruña | 02/10/2022 |
| 53 | 1.19.35 | GARCIA SANMAMED, FELICIANO | GA-800 | 0 | 1982 | 40 | BUROR | A Coruña | 02/10/2022 |
| 54 | 1.19.42 | MACEIRAS LAGO, ANGEL MANUEL | AG-201477 | 60 | 1973 | 45 | SARC | A Coruña | 13/02/2022 |
| 55 | 1.19.42 | GUERRA MAGAN, OSCAR | AG-3574 | 23 | 1977 | 45 | CAMPO | Pontevedra | 16/10/2022 |
| 56 | 1.19.42 | POUSO VIDAL, LUCAS | AG-3808 | 22 | 1979 | 40 | CAMPO | Pontevedra | 16/10/2022 |
| 57 | 1.19.46 | PAJARO VARELA, DAVID | TGAL-273 | 24 | 1985 | 35 | CERC | Pontevedra | 16/10/2022 |
| 58 | 1.19.47 | FERNANDEZ MARCOS, NOEL | GA-1234 | 0 | 1977 | 45 | RNWC | A Coruña | 02/10/2022 |
| 59 | 1.19.47 | IGLESIAS AMORES, MIGUEL | AG-201618 | 25 | 1991 | SR | AREOR | Pontevedra | 16/10/2022 |
| 60 | 1.19.58 | NUÑEZ MOSTEIRO, RUBEN | AG-11160 | 26 | 1983 | 35 | CAMPO | Pontevedra | 16/10/2022 |
| 61 | 1.20.02 | MARTINEZ RIBAO, DIEGO | GA-765866 | 28 | 1982 | 35 | BUROR | Pontevedra | 16/10/2022 |
| 62 | 1.20.02 | FERREIRA GONZALEZ, JOSE CARLOS | GA-769003 | 27 | 1974 | 45 | ADAOR | Pontevedra | 16/10/2022 |
| 63 | 1.20.17 | BAS ROTH, NICOLAS FERNANDO | GA-71 | 66 | 1985 | 35 | CASC | A Coruña | 13/02/2022 |
| 64 | 1.20.22 | LAGO SANTIAGO, FRANCISCO ANTONI | AG-10505 | 29 | 1978 | 40 | ADOC | Pontevedra | 16/10/2022 |
| 65 | 1.20.35 | GARCÍA RODRÍGUEZ, JORGE MANUEL | AG-767429 | 30 | 1973 | 45 | NTBC | Pontevedra | 16/10/2022 |
| 66 | 1.20.54 | VILLAVERDE VAZQUEZ, LUIS ALBERTO | AG-201923 | 31 | 1978 | 40 | NEGC | Pontevedra | 16/10/2022 |
| 67 | 1.20.57 | FRAGA ADRIO, CARLOS | AG-202666 | 68 | 1990 | SR | VAGC | A Coruña | 13/02/2022 |
| 68 | 1.21.14 | BUSTO LOBATO, CARLOS | AG-766069 | 33 | 1967 | 55 | SARC | Pontevedra | 16/10/2022 |
| 69 | 1.21.15 | SANTIAGO BOSCH, JOSE ANTONIO | AG-201462 | 72 | 1976 | 45 | PINPO | A Coruña | 13/02/2022 |
| 70 | 1.21.21 | DALAMA ÁLVAREZ, CRISTIAN | AG-14929 | 74 | 1988 | SR | LIM_O | A Coruña | 13/02/2022 |
| 71 | 1.21.30 | RODRIGUEZ DOMINGUEZ, ANDRES | AG-201470 | 76 | 1975 | 45 | PINPO | A Coruña | 13/02/2022 |
| 72 | 1.21.35 | LAGO CES, JOSE MANUEL | GA-782 | 35 | 1972 | 50 | SARC | Pontevedra | 16/10/2022 |
| 73 | 1.21.40 | GONZALEZ PASCUAL, FRANCISCO JAVI | AG-202796 | 78 | 1975 | 45 | AREOR | A Coruña | 13/02/2022 |
| 74 | 1.21.40 | FALCON PEREZ, SANTIAGO | AG-201845 | 36 | 1966 | 55 | CAMPO | Pontevedra | 16/10/2022 |
| 75 | 1.21.54 | CABO LANDEIRA, RAFAEL | AG-201894 | 83 | 1968 | 50 | ENTR | A Coruña | 13/02/2022 |
| 76 | 1.21.59 | SESAZ VAZQUEZ, RUBEN | AG-202067 | 88 | 1990 | SR | BOIC | A Coruña | 13/02/2022 |
| 77 | 1.22.00 | FABELLO CID, ELISEO | GA-866 | 90 | 1977 | 45 | OUROR | A Coruña | 13/02/2022 |
| 78 | 1.22.00 | DIEGUEZ PINTOR, OSCAR | TGAL-280 | 93 | 1983 | 35 | CERC | A Coruña | 13/02/2022 |
| 79 | 1.22.05 | SANTOS NUÑEZ, ROBERTO | AG-201948 | 0 | 1982 | 40 | CRR_P | A Coruña | 02/10/2022 |
| 80 | 1.22.10 | BARREIRO DURÁN, MARTÍN | GA-62 | 37 | 2003 | JN | NAOC | Pontevedra | 16/10/2022 |

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|-----|----------------|----------------------------------|-----------|-----|------|-----|------------------|-------|------------|
| 81 | 1.22.17 | GONZALEZ POUSA, FERNANDO | AG-10449 | 39 | 1967 | 55 | NOYC Pontevedra | | 16/10/2022 |
| 82 | 1.22.35 | GROBA BARGIELA, MARCOS | AG-201447 | 40 | 1971 | 50 | TANPO Pontevedra | | 16/10/2022 |
| 83 | 1.22.38 | PIÑEIRO GRAÑA, SANTIAGO | AG-202592 | 102 | 1978 | 40 | SAMPO A Coruña | | 13/02/2022 |
| 84 | 1.22.41 | LEMA PEREZ, PABLO ANDRES | TGAL-260 | 41 | 1967 | 55 | OLEC Pontevedra | | 16/10/2022 |
| 85 | 1.22.44 | REGUEIRA MARTINEZ, ALDO | GA-741 | 0 | 1980 | 40 | NAUC A Coruña | | 02/10/2022 |
| 86 | 1.22.47 | GARCIA PEREZ, JOSE MANUEL | GA-202352 | 0 | 1973 | 45 | ADAOR A Coruña | | 02/10/2022 |
| 87 | 1.22.47 | OUBIÑA FALCON, MAXIMINO | AG-3576 | 0 | 1983 | 35 | CAMPO A Coruña | | 02/10/2022 |
| 88 | 1.22.48 | RODRIGUEZ VIDAL, RUBEN | AG-763825 | 0 | 1981 | 40 | VEN_P A Coruña | | 02/10/2022 |
| 89 | 1.22.48 | FANDIÑO GARCIA, OSCAR | AG-11158 | 42 | 1976 | 45 | CAMPO Pontevedra | | 16/10/2022 |
| 90 | 1.23.00 | OUBIÑA DIOS, FRANCISCO RAMON | AG-3577 | 0 | 1973 | 45 | CAMPO A Coruña | | 02/10/2022 |
| 91 | 1.23.06 | CARDESIN VILA, BORJA | GA-892 | 110 | 1980 | 40 | SDCC A Coruña | | 13/02/2022 |
| 92 | 1.23.16 | GONZÁLEZ LEDO, FRANCISCO JAVIER | AG-202418 | 113 | 1971 | 50 | OLEC A Coruña | | 13/02/2022 |
| 93 | 1.23.30 | SUAREZ MARTINEZ, MANUEL | GA-144 | 43 | 1958 | 60 | VSAPO Pontevedra | | 16/10/2022 |
| 94 | 1.23.39 | GENDRA SALVADO, HUGO | AG-15559 | 44 | 1995 | SR | ENTR Pontevedra | | 16/10/2022 |
| 95 | 1.23.52 | ADAN ARIAS, JOSE CARLOS | AG-201978 | 62 | 1967 | 55 | ADNR Pontevedra | | 16/10/2022 |
| 96 | 1.23.54 | LORES MEIS, JOSE MANUEL | AG-11193 | 45 | 1977 | 45 | CAMPO Pontevedra | | 16/10/2022 |
| 97 | 1.23.57 | LOUREIRO DIAZ, MARCOS | AG-3364 | 117 | 1987 | 35 | RFOLU A Coruña | | 13/02/2022 |
| 98 | 1.24.00 | LAGO QUINTEIRO, JOSE RAMON | AG-768907 | 46 | 1975 | 45 | FONC Pontevedra | | 16/10/2022 |
| 99 | 1.24.15 | VAZQUEZ VARELA, TITO | AG-201494 | 47 | 1969 | 50 | MRQPO Pontevedra | | 16/10/2022 |
| 100 | 1.24.23 | PIÑEIRO GARCIA, JOSE EFREN | AG-14433 | 125 | 1987 | 35 | TUIPO A Coruña | | 13/02/2022 |
| 101 | 1.24.24 | COUSO MARTINEZ, ELOI | AG-15056 | 126 | 1990 | SR | TAMC A Coruña | | 13/02/2022 |
| 102 | 1.24.26 | VAZQUEZ IGLESIAS, ANTONIO | GA-765869 | 49 | 1967 | 55 | BUROR Pontevedra | | 16/10/2022 |
| 103 | 1.24.27 | CODESAL JUL, MARCOS | TGAL-1 | 127 | 1987 | 35 | BIOLU A Coruña | | 13/02/2022 |
| 104 | 1.24.32 | VIDAL CASTAÑO, IVAN | AG-202485 | 50 | 1983 | 35 | ENTR Pontevedra | | 16/10/2022 |
| 105 | 1.24.40 | SOTO PARADA, JUAN CARLOS | AG-202374 | 0 | 1977 | 45 | PINPO A Coruña | | 02/10/2022 |
| 106 | 1.24.41 | FERNANDEZ FERNANDEZ, JESUS | AG-202026 | 70 | 1975 | 45 | PUROR Pontevedra | | 16/10/2022 |
| 107 | 1.24.51 | SICILIA BARCI, JUAN | GA-364 | 51 | 1970 | 50 | INDE Pontevedra | | 16/10/2022 |
| 108 | 1.24.53 | PEREIRA PINTO LISBOA CARNEIRO, J | AG-202208 | 139 | 1966 | 55 | ADNR A Coruña | | 13/02/2022 |
| 109 | 1.24.55 | BAAMONDE ARUFE, AGAPITO | AG-202381 | 140 | 1976 | 45 | SARC A Coruña | | 13/02/2022 |
| 110 | 1.24.57 | MATO COUSO, MANUEL | TGAL-140 | 142 | 1989 | SR | CERC A Coruña | | 13/02/2022 |
| 111 | 1.24.58 | FERNANDEZ DIAZ, PABLO | GA-807 | 53 | 2003 | JN | RIBLU Pontevedra | | 16/10/2022 |
| 112 | 1.25.10 | OTERO RODRIGUEZ, MARCOS | GA-768967 | 54 | 1982 | 35 | ESTPO Pontevedra | | 16/10/2022 |
| 113 | 1.25.14 | PIMENTEL OCAMPO, JAVIER | AG-202781 | 150 | 1983 | 35 | TUIPO A Coruña | | 13/02/2022 |
| 114 | 1.25.24 | PEREIRA SEIJO, IAGO | AG-202375 | 55 | 2000 | PR | SGPPO Pontevedra | | 16/10/2022 |
| 115 | 1.25.25 | RIO SILVA, JOSE LUIS | AG-202159 | 153 | 1966 | 55 | OLEC A Coruña | | 13/02/2022 |
| 116 | 1.25.28 | LOPEZ-RIOBOO SALINAS, LUIS | AG-10149 | 154 | 1976 | 45 | BOIC A Coruña | | 13/02/2022 |
| 117 | 1.25.31 | VILA REY, JOSE JUAN | TGAL-275 | 157 | 1963 | 55 | CASC A Coruña | | 13/02/2022 |
| 118 | 1.25.36 | ALVAREZ CHINCHILLA, JESUS | GA-769057 | 159 | 1966 | 55 | CASC A Coruña | | 13/02/2022 |
| 119 | 1.25.41 | VILLAR RODRIGUEZ, RICARDO | AG-201562 | 56 | 1970 | 50 | NTBC Pontevedra | | 16/10/2022 |
| 120 | 1.25.54 | VALVERDE VILLAR, MARTIN | AG-769461 | 57 | 1967 | 55 | VSAPO Pontevedra | | 16/10/2022 |

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|-----|----------------|---------------------------------|-----------|-----|------|-----|-------|------------|------------|
| 121 | 1.25.59 | CARBALLAL GONZALEZ, ANTONIO | AG-766535 | 58 | 1980 | 40 | PINPO | Pontevedra | 16/10/2022 |
| 122 | 1.26.05 | LADO FIGUEIRAS, JOSÉ ABEL | AG-202065 | 171 | 1979 | 40 | MARC | A Coruña | 13/02/2022 |
| 123 | 1.26.10 | CARBALLO DURAN, JAVIER | AG-202768 | 60 | 1971 | 50 | SAMPO | Pontevedra | 16/10/2022 |
| 124 | 1.26.39 | VELEIRO DIAZ, JORGE | AG-202307 | 178 | 1963 | 55 | BUROR | A Coruña | 13/02/2022 |
| 125 | 1.26.41 | SEARA PEREZ, ALVARO | AG-201832 | 84 | 1981 | 40 | FONC | Pontevedra | 16/10/2022 |
| 126 | 1.26.41 | JUANATEY PEREZ, JOSE ANTONIO | AG-9873 | 61 | 1971 | 50 | FONC | Pontevedra | 16/10/2022 |
| 127 | 1.26.42 | GALLEGO CID, ADRIAN | AG-202084 | 85 | 1982 | 40 | FONC | Pontevedra | 16/10/2022 |
| 128 | 1.26.45 | NOYA PEREZ, JOSE ANTONIO | AG-201922 | 179 | 1970 | 50 | FONC | A Coruña | 13/02/2022 |
| 129 | 1.26.54 | LOPEZ EIROA, SIMON | AG-201891 | 0 | 1974 | 45 | ACEC | A Coruña | 02/10/2022 |
| 130 | 1.26.55 | VÁZQUEZ MATO, JOSÉ MANUEL | AG-3523 | 183 | 1978 | 40 | BRIC | A Coruña | 13/02/2022 |
| 131 | 1.27.01 | GUERRA HEBELLO, DIEGO | AG-4123 | 88 | 1987 | 35 | MRQPO | Pontevedra | 16/10/2022 |
| 132 | 1.27.03 | FERNANDEZ BALSEIRO, JOSE MANUEL | GA-808 | 186 | 1977 | 40 | RIBLU | A Coruña | 13/02/2022 |
| 133 | 1.27.06 | ALMEIDA SANTOS, LENNON | AG-14467 | 187 | 1990 | SR | SDCC | A Coruña | 13/02/2022 |
| 134 | 1.27.15 | VAZQUEZ FERNANDEZ, JOSÉ ANTONIO | TGAL-189 | 62 | 1984 | 35 | SDTPO | Pontevedra | 16/10/2022 |
| 135 | 1.27.20 | LOPEZ SANCHEZ, DAVID | AG-12590 | 63 | 1976 | 45 | ENTR | Pontevedra | 16/10/2022 |
| 136 | 1.27.22 | SANMARCO SANTOS, FRANCISCO | GA-768550 | 193 | 1964 | 55 | SARC | A Coruña | 13/02/2022 |
| 137 | 1.27.27 | HERMO VILLAR, PABLO | AG-201753 | 0 | 1982 | 40 | SARC | A Coruña | 02/10/2022 |
| 138 | 1.27.27 | RUIZ BREIJO, DIEGO | AG-202403 | 0 | 1985 | 35 | COCC | A Coruña | 02/10/2022 |
| 139 | 1.27.27 | HEVIA GÓMEZ, JESÚS | AG-3311 | 0 | 1975 | 45 | CASC | A Coruña | 02/10/2022 |
| 140 | 1.27.34 | PARADA RODRIGUEZ, MANUEL ALEJAN | AG-201405 | 0 | 1972 | 50 | SAMPO | A Coruña | 02/10/2022 |
| 141 | 1.27.42 | BARREDO GOMEZ, ANTONIO | AG-6405 | 201 | 2003 | JN | MARC | A Coruña | 13/02/2022 |
| 142 | 1.27.44 | VAZQUEZ COLLAZO, SANTIAGO | GA-717165 | 0 | 1965 | 55 | RZCC | A Coruña | 02/10/2022 |
| 143 | 1.27.59 | FREIRE RIVEIRA, MIGUEL | AG-3476 | 206 | 1972 | 50 | MRQPO | A Coruña | 13/02/2022 |
| 144 | 1.28.01 | JUNCAL CARRAGAL, JOSE MANUEL | AG-3155 | 100 | 1981 | 40 | MILPO | Pontevedra | 16/10/2022 |
| 145 | 1.28.15 | GÓMEZ GONZÁLEZ, ANTÓN | AG-4100 | 103 | 1991 | SR | TMBC | Pontevedra | 16/10/2022 |
| 146 | 1.28.16 | FERNANDEZ LOPEZ, JOSE MARIA | TGAL-259 | 212 | 1969 | 50 | OLEC | A Coruña | 13/02/2022 |
| 147 | 1.28.17 | PIRES , LUIS MANUEL | AG-202769 | 64 | 1969 | 50 | SAMPO | Pontevedra | 16/10/2022 |
| 148 | 1.28.22 | BRANDON RODRIGUEZ, JUAN CARLOS | AG-11133 | 214 | 1962 | 60 | FONC | A Coruña | 13/02/2022 |
| 149 | 1.28.26 | MORENZA DOFORNO, GERMAN | AG-767975 | 66 | 1963 | 55 | PINPO | Pontevedra | 16/10/2022 |
| 150 | 1.28.29 | CORES VÁZQUEZ, RICARDO | GA-746 | 0 | 1992 | SR | NAUC | A Coruña | 02/10/2022 |
| 151 | 1.28.29 | VILA SIEIRA, RUBEN | AG-7426 | 0 | 1975 | 45 | EGOLU | A Coruña | 02/10/2022 |
| 152 | 1.28.42 | CAROU GARCIA, ALVARO | AG-11188 | 231 | 1979 | 40 | CAMPO | A Coruña | 13/02/2022 |
| 153 | 1.28.54 | BECERRA DO EJO, CARLOS | AG-768759 | 239 | 1975 | 45 | FONC | A Coruña | 13/02/2022 |
| 154 | 1.29.08 | OTERO CRESPO, DAVID | AG-202577 | 67 | 1982 | 35 | PINPO | Pontevedra | 16/10/2022 |
| 155 | 1.29.20 | LOPEZ PIÑEIRO, JAVIER | AG-202403 | 257 | 1971 | 50 | CASC | A Coruña | 13/02/2022 |
| 156 | 1.29.23 | ROCA CANCIO, DIEGO | AG-14610 | 259 | 1981 | 40 | INDE | A Coruña | 13/02/2022 |
| 157 | 1.29.30 | CARREIRA CASAIS, ANXO | AG-9904 | 116 | 1994 | SR | RFOLU | Pontevedra | 16/10/2022 |
| 158 | 1.29.45 | PIÑEIRO TERZADO, JOSÉ | AG-202808 | 122 | 1978 | 40 | ESTPO | Pontevedra | 16/10/2022 |
| 159 | 1.29.50 | BALDERRABANO MAYO, ALFONSO JOS | AG-3216 | 268 | 1976 | 45 | NOYC | A Coruña | 13/02/2022 |
| 160 | 1.30.04 | VALIÑO CES, JOSE ANTONIO | AG-201937 | 124 | 1976 | 45 | FONC | Pontevedra | 16/10/2022 |

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|-----|----------------|---------------------------------|-----------|-----|------|-----|-------|------------|------------|
| 161 | 1.30.06 | MATA TORREIRA, JUAN MANUEL | AG-768762 | 273 | 1969 | 50 | FONC | A Coruña | 13/02/2022 |
| 162 | 1.30.17 | BARDANCA SANJURJO, JUAN CARLOS | AG-201430 | 281 | 1970 | 50 | CASC | A Coruña | 13/02/2022 |
| 163 | 1.30.24 | GONZALEZ GONZALEZ, JOSE CARLOS | AG-202397 | 126 | 1976 | 45 | FONC | Pontevedra | 16/10/2022 |
| 164 | 1.30.26 | GARCIA MENDEZ, JOSE A. | TGAL-135 | 286 | 1976 | 45 | CERC | A Coruña | 13/02/2022 |
| 165 | 1.30.28 | SOUTO PEREZ, HECTOR | AG-13861 | 287 | 1977 | 45 | INDE | A Coruña | 13/02/2022 |
| 166 | 1.30.37 | JARDON LÓPEZ, JOSE | GA-9217 | 69 | 1956 | 65 | VSAPO | Pontevedra | 16/10/2022 |
| 167 | 1.30.41 | GALAN PRESAS, XOAN | AG-202134 | 294 | 1969 | 50 | CASC | A Coruña | 13/02/2022 |
| 168 | 1.30.50 | DURAN DURAN, BERNARDO | AG-201921 | 299 | 1975 | 45 | TANPO | A Coruña | 13/02/2022 |
| 169 | 1.30.53 | TEIJEIRO FERNANDEZ, NOE | TGAL-272 | 302 | 1977 | 45 | INDE | A Coruña | 13/02/2022 |
| 170 | 1.30.56 | FERNANDEZ NOVOA, MIGUEL ANGEL | AG-765456 | 303 | 1967 | 55 | MARC | A Coruña | 13/02/2022 |
| 171 | 1.31.12 | GOMEZ BEIRO, SANTIAGO | AG-768761 | 135 | 1976 | 45 | FONC | Pontevedra | 16/10/2022 |
| 172 | 1.31.14 | PAZ GONZALEZ, JUAN CARLOS | AG-202617 | 0 | 1967 | 55 | MRQPO | A Coruña | 02/10/2022 |
| 173 | 1.31.27 | PEREZ VIDAL, GERMAN DELFIN | AG-9531 | 313 | 1968 | 50 | NOYC | A Coruña | 13/02/2022 |
| 174 | 1.31.30 | GOMEZ CASTRO, FRANCISCO JOSE | AG-6577 | 315 | 1966 | 55 | NOYC | A Coruña | 13/02/2022 |
| 175 | 1.31.32 | BUJAN DOSIL, JOSE TOMAS | AG-201458 | 138 | 1970 | 50 | NOYC | Pontevedra | 16/10/2022 |
| 176 | 1.31.36 | SOUTO DIZ, JULIO JOSE | AG-202515 | 316 | 1964 | 55 | CASC | A Coruña | 13/02/2022 |
| 177 | 1.31.37 | ROIBAS FERNANDEZ, JOSE LUIS | AG-202401 | 0 | 1971 | 50 | CASC | A Coruña | 02/10/2022 |
| 178 | 1.31.38 | RAÑA RECOUSO, AMANCIO | AG-202364 | 317 | 1983 | 35 | TMBC | A Coruña | 13/02/2022 |
| 179 | 1.32.01 | PEREZ PEREIRA, RAMIRO | AG-201588 | 70 | 1956 | 65 | SARC | Pontevedra | 16/10/2022 |
| 180 | 1.32.11 | PITA TORRES, JOSE ANGEL | GA-769392 | 72 | 1957 | 65 | INDE | Pontevedra | 16/10/2022 |
| 181 | 1.32.11 | FREIJE MARIÑO, YAGO | GA-805 | 71 | 1999 | SR | RIBLU | Pontevedra | 16/10/2022 |
| 182 | 1.32.16 | LOPEZ CANICOBA, SANTIAGO | AG-11123 | 73 | 1976 | 45 | ENTR | Pontevedra | 16/10/2022 |
| 183 | 1.32.17 | PUMARIÑO PEREZ, AMADOR | AG-766319 | 74 | 1981 | 40 | ENTR | Pontevedra | 16/10/2022 |
| 184 | 1.32.37 | CALVO ROO, PEDRO | AG-5771 | 342 | 1978 | 40 | NOYC | A Coruña | 13/02/2022 |
| 185 | 1.32.43 | PARCERO RODRIGUEZ, JORGE | AG-202481 | 0 | 1977 | 45 | SAMPO | A Coruña | 02/10/2022 |
| 186 | 1.32.50 | OCUSO GARCIA, JESUS | AG-2496 | 351 | 1978 | 40 | NEGC | A Coruña | 13/02/2022 |
| 187 | 1.32.57 | BARROS CORRAL, ROI | AG-202839 | 352 | 1988 | SR | MARC | A Coruña | 13/02/2022 |
| 188 | 1.32.57 | RODRIGUEZ ALVAREZ, JOSE ANTONIO | GA-769004 | 57 | 1974 | 45 | MRQPO | Soria | 24/09/2022 |
| 189 | 1.33.24 | TORRES BAUTIS, MANUEL JORGE | AG-3394 | 367 | 1967 | 55 | VAGC | A Coruña | 13/02/2022 |
| 190 | 1.33.39 | RIAL REGUEIRO, DAVID | TGAL-281 | 75 | 1983 | 35 | CERC | Pontevedra | 16/10/2022 |
| 191 | 1.34.20 | GARCIA FERNANDEZ, JAVIER 77 | GA-804 | 77 | 1977 | 40 | RIBLU | Pontevedra | 16/10/2022 |
| 192 | 1.34.26 | PEREIRO CALVIÑO, ANTONIO | AG-202630 | 166 | 1976 | 45 | OLEC | Pontevedra | 16/10/2022 |
| 193 | 1.34.32 | COSTAS FERNÁNDEZ, JOSE LUIS | AG-201906 | 168 | 1984 | 35 | ADCPO | Pontevedra | 16/10/2022 |
| 194 | 1.34.32 | VARELA VALLADARES, ALEJANDRO | AG-14759 | 169 | 1981 | 40 | CAMPO | Pontevedra | 16/10/2022 |
| 195 | 1.34.36 | PEREZ REGO, RAFAEL | AG-8975 | 78 | 1958 | 60 | TUIPO | Pontevedra | 16/10/2022 |
| 196 | 1.34.43 | DE LA TORRE ALLARIZ, DANIEL | AG-763742 | 173 | 1968 | 50 | SMIPO | Pontevedra | 16/10/2022 |
| 197 | 1.34.47 | TRASHORRAS PENELAS, HECTOR MAN | AG-10887 | 403 | 1978 | 40 | LGRLU | A Coruña | 13/02/2022 |
| 198 | 1.35.00 | SABIO FERNANDEZ, RAFAEL | TGAL-130 | 411 | 1966 | 55 | INDE | A Coruña | 13/02/2022 |
| 199 | 1.35.40 | FERNANDEZ VAZQUEZ, RAFAEL | AG-14692 | 80 | 1974 | 45 | MRQPO | Pontevedra | 16/10/2022 |
| 200 | 1.36.19 | DARRIBA BARBA, ABEL | AG-202587 | 183 | 1984 | 35 | ADCPO | Pontevedra | 16/10/2022 |

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|-----|----------------|---------------------------------|-----------|-----|------|-----|------------------|-------|------------|
| 201 | 1.36.32 | GARCIA CABEZA, DANIEL | AG-15732 | 81 | 1985 | 35 | SDCC Pontevedra | | 16/10/2022 |
| 202 | 1.36.39 | DOPAZO LOUZAN, JAVIER | AG-14876 | 185 | 1970 | 50 | RUNPO Pontevedra | | 16/10/2022 |
| 203 | 1.36.40 | GARCÍA LÓPEZ, ALEXANDRE | AG-202292 | 458 | 1980 | 40 | FENC A Coruña | | 13/02/2022 |
| 204 | 1.36.41 | SEVILLA SUBIELA, PEDRO ANTONIO | AG-201607 | 82 | 1975 | 45 | COMPO Pontevedra | | 16/10/2022 |
| 205 | 1.36.42 | FEIJOO CANTARILLA, ROBERTO | AG-10155 | 0 | 1975 | 45 | LIM_O A Coruña | | 02/10/2022 |
| 206 | 1.36.44 | ARAMBURU GARCIA PINTOS, ALBERTO | AG-11800 | 461 | 1969 | 50 | RUNPO A Coruña | | 13/02/2022 |
| 207 | 1.36.45 | VARELA LÓPEZ, XABIER | TGAL-142 | 462 | 1974 | 45 | CERC A Coruña | | 13/02/2022 |
| 208 | 1.37.04 | LEVOSO TOUCEDA, JOSE MARIA | AG-202633 | 470 | 1968 | 50 | ESPOU A Coruña | | 13/02/2022 |
| 209 | 1.37.10 | VERA SANMARTIN, CLAUDIO | AG-11196 | 83 | 1968 | 50 | CAMPO Pontevedra | | 16/10/2022 |
| 210 | 1.37.23 | JUNCAL IGLESIAS, ALBERTO | GA-769391 | 84 | 1975 | 45 | SAMPO Pontevedra | | 16/10/2022 |
| 211 | 1.37.29 | VILLAR RUIBAL, RAMON | GA-766004 | 0 | 1966 | 55 | VRXLU A Coruña | | 02/10/2022 |
| 212 | 1.37.38 | PAMPIN FUCIÑOS, JOSE M. | TGAL-141 | 492 | 1962 | 60 | CERC A Coruña | | 13/02/2022 |
| 213 | 1.38.03 | TUBIO MARTINEZ, JOSE LUIS | AG-9929 | 495 | 1972 | 50 | NOYC A Coruña | | 13/02/2022 |
| 214 | 1.38.32 | BALSEIRO PITA, CRISTOBAL | AG-202403 | 86 | 1970 | 50 | CASC Pontevedra | | 16/10/2022 |
| 215 | 1.39.09 | PEREIRA ALVAREZ, JOSE ANTONIO | AG-201778 | 203 | 1966 | 55 | PUROR Pontevedra | | 16/10/2022 |
| 216 | 1.39.20 | RAMOS RODRÍGUEZ, JESUS LUIS | TGAL-22 | 538 | 1968 | 50 | DOWC A Coruña | | 13/02/2022 |
| 217 | 1.39.23 | RIVAS PEREZ, JONATAN | AG-14580 | 540 | 1983 | 35 | RUNMA A Coruña | | 13/02/2022 |
| 218 | 1.39.50 | FREIRE SALORIO, JOSE CARLOS | AG-202781 | 550 | 1980 | 40 | MARC A Coruña | | 13/02/2022 |
| 219 | 1.39.50 | MILLAN GOMEZ, RAFAEL | TGA-186 | 87 | 1977 | 45 | TRIPO Pontevedra | | 16/10/2022 |
| 220 | 1.40.02 | TAJES MAYO, JUAN JESÚS | AG-201929 | 556 | 1970 | 50 | FONC A Coruña | | 13/02/2022 |
| 221 | 1.40.06 | BREY MATO, ROBERTO | AG-202395 | ### | 1969 | 50 | CAIPO Madrid | | 03/04/2022 |
| 222 | 1.40.07 | BENITEZ SOMOZA, ISRAEL | AG-11742 | 218 | 1976 | 45 | CANC Pontevedra | | 16/10/2022 |
| 223 | 1.40.30 | BETERE KOPP, RUBÉN EFREN | AG-14782 | 219 | 1973 | 45 | PUROR Pontevedra | | 16/10/2022 |
| 224 | 1.40.58 | DE LA CRUZ DE LA ROSA, ANTONIO | AG-9496 | 589 | 1968 | 50 | VSAPO A Coruña | | 13/02/2022 |
| 225 | 1.41.16 | MENDEZ QUINTELA, FRANCISCO MAN | AG-11085 | 229 | 1976 | 45 | SDCC Pontevedra | | 16/10/2022 |
| 226 | 1.41.32 | MIRANDA GOLMAR, ÓSCAR | AG-764358 | 89 | 1977 | 45 | BOIC Pontevedra | | 16/10/2022 |
| 227 | 1.41.39 | PEREZ FILGUEIRA, DAVID | AG-202046 | 90 | 1980 | 40 | PUROR Pontevedra | | 16/10/2022 |
| 228 | 1.41.44 | VAZQUEZ FERREIRO, GONZALO ALBER | AG-202779 | 91 | 1953 | 65 | ESPOU Pontevedra | | 16/10/2022 |
| 229 | 1.41.48 | RIOS OYA, ALEJANDRO | AG-766518 | 92 | 1985 | 35 | SAMPO Pontevedra | | 16/10/2022 |
| 230 | 1.42.03 | GONZÁLEZ SENRA, MODESTO | AG-4033 | 236 | 1977 | 45 | MRÑPO Pontevedra | | 16/10/2022 |
| 231 | 1.42.19 | ALONSO VAZQUEZ, PEDRO | AG-9475 | 93 | 1978 | 40 | PINPO Pontevedra | | 16/10/2022 |
| 232 | 1.42.22 | ANDRADE PADÍN, DAMIAN | TGA-31 | 94 | 1979 | 40 | TRIPO Pontevedra | | 16/10/2022 |
| 233 | 1.42.34 | PEREZ BURGOS, ANGEL | AG-3567 | 95 | 1981 | 40 | TMBC Pontevedra | | 16/10/2022 |
| 234 | 1.42.39 | LEON VAZQUEZ, IVAN | AG-2721 | 0 | 1991 | SR | BOIC A Coruña | | 02/10/2022 |
| 235 | 1.42.39 | MOSQUERA GONZALEZ, LUIS | AG-202764 | 0 | 1988 | SR | BOIC A Coruña | | 02/10/2022 |
| 236 | 1.43.01 | ABELLAS OTERO, JOSE BENITO | AG-764797 | 96 | 1965 | 55 | ESPOU Pontevedra | | 16/10/2022 |
| 237 | 1.43.07 | REMUIÑAN SANCHEZ, ALFONSO | AG-202072 | 649 | 1967 | 55 | FOGC A Coruña | | 13/02/2022 |
| 238 | 1.43.16 | SEOANE COSTOYA, FRANCISCO JAVIE | AG-202594 | 97 | 1975 | 45 | MRQPO Pontevedra | | 16/10/2022 |
| 239 | 1.43.37 | ALBORES DIAZ, JOSE MANUEL | -2027580 | 666 | 1956 | 65 | NOYC A Coruña | | 13/02/2022 |
| 240 | 1.44.06 | LOIS PEREZ, ANTONIO | AG-763632 | 0 | 1961 | 60 | MARC A Coruña | | 02/10/2022 |

CATEGORIA ABSOLUTA MASCULINA

Medio Maratón

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|----------------|---------------------------------|-----------|------|------|-----|-------|------------|------------|
| 241 | 1.44.09 | GIL MARTINEZ, MARCOS | TGAL-295 | 98 | 1985 | 35 | TRIPO | Pontevedra | 16/10/2022 |
| 242 | 1.44.13 | FERNANDEZ GARCÍA 50, MANUEL | AG-202739 | 99 | 1969 | 50 | PINPO | Pontevedra | 16/10/2022 |
| 243 | 1.44.22 | CHAMORRO RODRIGUEZ, EUGENIO | AG-8837 | 100 | 1959 | 60 | MRQPO | Pontevedra | 16/10/2022 |
| 244 | 1.44.37 | FERNANDEZ RODRIGUEZ, EMILIO | GA-815 | 695 | 1964 | 55 | RIBLU | A Coruña | 13/02/2022 |
| 245 | 1.44.57 | HERMIDA MERA, JUAN CARLOS | AG-4297 | 705 | 1971 | 50 | INDE | A Coruña | 13/02/2022 |
| 246 | 1.45.11 | FERNÁNDEZ MEIRAMA, DAVID | AG-10150 | 273 | 1978 | 40 | CASC | Pontevedra | 16/10/2022 |
| 247 | 1.45.17 | RIOS GIBELLO, JOSE MANUEL | AG-202096 | 709 | 1961 | 60 | INDE | A Coruña | 13/02/2022 |
| 248 | 1.45.20 | ESCALANTE PEREZ, DAVID | AG-202831 | 712 | 1986 | 35 | NTBC | A Coruña | 13/02/2022 |
| 249 | 1.45.27 | EL MANSOURI , AHMED | GA-247 | 280 | 1975 | 45 | OUROR | Pontevedra | 16/10/2022 |
| 250 | 1.45.28 | FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS | AG-202615 | 714 | 1974 | 45 | BCS | A Coruña | 13/02/2022 |
| 251 | 1.45.50 | SEOANE LOUREIRO, JOSE MARCIAL | AG-9417 | 721 | 1951 | 70 | CASC | A Coruña | 13/02/2022 |
| 252 | 1.45.51 | PEREZ GONZALEZ, MANUEL RAFAEL | AG-764299 | 0 | 1972 | 50 | ESPOU | A Coruña | 02/10/2022 |
| 253 | 1.45.52 | QUIROGA ALVAREZ, GERMAN | AG-202198 | 101 | 1971 | 50 | OUROR | Pontevedra | 16/10/2022 |
| 254 | 1.45.54 | RODRIGUEZ FRAMIL, ALFONSO | AG-202036 | 723 | 1978 | 40 | NTBC | A Coruña | 13/02/2022 |
| 255 | 1.45.57 | APARICIO DIAZ, JAVIER | TGAL-257 | 0 | 1965 | 55 | OLEC | A Coruña | 02/10/2022 |
| 256 | 1.46.10 | DE LA VIÑA PITA, JUAN CARLOS | AG-11296 | 731 | 1976 | 45 | INDE | A Coruña | 13/02/2022 |
| 257 | 1.46.47 | ALONSO DEL RIO, JAIME | AG-763648 | 291 | 1968 | 50 | PORPO | Pontevedra | 16/10/2022 |
| 258 | 1.47.09 | FERNANDEZ LANDEIRO, JOSE MANUEL | TGAL-35 | 102 | 1978 | 40 | TRIPO | Pontevedra | 16/10/2022 |
| 259 | 1.47.12 | ARUFE SANTAMARIA, MARIO | AG-6575 | 756 | 1961 | 60 | NOYC | A Coruña | 13/02/2022 |
| 260 | 1.47.16 | ALVAREZ IGLESIAS, DOMINGO | GA-768958 | 103 | 1951 | 70 | EGOLU | Pontevedra | 16/10/2022 |
| 261 | 1.47.29 | RIVAS POMBO, MARCELINO | AG-201491 | 762 | 1980 | 40 | XALC | A Coruña | 13/02/2022 |
| 262 | 1.47.31 | SANTAYA ARUFE, JESÚS | AG-3190 | 764 | 1969 | 50 | CASC | A Coruña | 13/02/2022 |
| 263 | 1.47.46 | TRILLO CARLIN, JOSE FERNANDO | AG-14180 | 775 | 1968 | 50 | FOGC | A Coruña | 13/02/2022 |
| 264 | 1.48.33 | PEÑA BARREIRO, JUAN RAMON | AG-11064 | 791 | 1968 | 50 | NOYC | A Coruña | 13/02/2022 |
| 265 | 1.48.44 | REY SOUTO, JESÚS ENRIQUE | AG-764362 | 0 | 1971 | 50 | BOIC | A Coruña | 02/10/2022 |
| 266 | 1.49.02 | MENENDEZ DOMINGUEZ, JUAN CARLO | AG-14660 | 800 | 1960 | 60 | MARC | A Coruña | 13/02/2022 |
| 267 | 1.49.07 | SIMOES FERNANDEZ, JOSE LUIS | AG-8716 | 104 | 1962 | 60 | MRQPO | Pontevedra | 16/10/2022 |
| 268 | 1.50.49 | FERRACES VAZQUEZ, JOSE RAMON | AG-202242 | 106 | 1959 | 60 | BOIC | Pontevedra | 16/10/2022 |
| 269 | 1.50.59 | GARCÍA CARRO, VÍCTOR | AG-14195 | 842 | 1981 | 40 | CASC | A Coruña | 13/02/2022 |
| 270 | 1.52.30 | VAZQUEZ GONZÁLEZ, MIGUEL ANGEL | GA-184 | 107 | 1977 | 45 | MCHC | Pontevedra | 16/10/2022 |
| 271 | 1.52.42 | PEÑA LÓPEZ, RUBÉN | AG-10144 | 336 | 1982 | 40 | VAGC | Pontevedra | 16/10/2022 |
| 272 | 1.53.11 | BOLEAS RAMÓN, DAVID | AG-202712 | 108 | 1967 | 55 | MRQPO | Pontevedra | 16/10/2022 |
| 273 | 1.53.17 | PEREZ HERMO, ALEJANDRO | AG-15424 | 338 | 1977 | 45 | CANC | Pontevedra | 16/10/2022 |
| 274 | 1.54.15 | ALFONSIN SOLIÑO, GONZALO | AG-14932 | 901 | 1964 | 55 | ENTR | A Coruña | 13/02/2022 |
| 275 | 1.54.21 | PEREZ GARCIA, JESUS | AG-11195 | 109 | 1958 | 60 | CAMPO | Pontevedra | 16/10/2022 |
| 276 | 1.54.40 | LOPEZ HERMO, JOSE SEGUNDO | AG-6580 | #### | 1962 | 60 | NOYC | Madrid | 03/04/2022 |
| 277 | 1.54.48 | NUÑEZ GONZÁLEZ, JOSÉ AMABLE | AG-3997 | 354 | 1971 | 50 | MRÑPO | Pontevedra | 16/10/2022 |
| 278 | 1.54.51 | GANDÓN ESTÉVEZ, MANOEL ANXO | AG-201652 | 355 | 1966 | 55 | SAMPO | Pontevedra | 16/10/2022 |
| 279 | 1.55.05 | ALONSO CUEVAS, FRANCISCO | AG-764081 | 914 | 1969 | 50 | MRQPO | A Coruña | 13/02/2022 |
| 280 | 1.56.16 | FERREIROS FERNANDEZ, JOSE | AG-14944 | 110 | 1970 | 50 | ENTR | Pontevedra | 16/10/2022 |

CATEGORIA ABSOLUTA MASCULINA

Medio Maratón

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|----------------|--------------------------------|-----------|------|------|-----|-------|------------|------------|
| 281 | 1.58.50 | FERNANDEZ RAMOS, JOSE JAVIER | AG-202403 | 0 | 1967 | 55 | CASC | A Coruña | 02/10/2022 |
| 282 | 1.59.43 | REY CASTELO, VICTOR MANUEL | AG-201793 | 978 | 1967 | 55 | BOIC | A Coruña | 13/02/2022 |
| 283 | 2.00.44 | MORALES VELASCO, CARLOS | GA-769029 | 390 | 1986 | 35 | OUROR | Pontevedra | 16/10/2022 |
| 284 | 2.02.08 | PENA DÍAZ, ALEJANDRO | TGAL-263 | #### | 1985 | 35 | ENKC | A Coruña | 13/02/2022 |
| 285 | 2.02.09 | ARIAS LOPEZ, JAIME | TGAL-219 | #### | 1982 | 40 | ENKC | A Coruña | 13/02/2022 |
| 286 | 2.02.10 | MANSILLA BARREIRO, JOSE | TGAL-265 | #### | 1988 | SR | ENKC | A Coruña | 13/02/2022 |
| 287 | 2.02.29 | PADIN COUSIDO, JOSE LUIS | AG-11153 | 113 | 1951 | 70 | CAMPO | Pontevedra | 16/10/2022 |
| 288 | 2.03.23 | VARELA VERDES, JOSE | TGAL-222 | #### | 1978 | 40 | ENKC | A Coruña | 13/02/2022 |
| 289 | 2.04.55 | AYUDE BESTEIRO, JOSE MANUEL | AG-15251 | 114 | 1970 | 50 | PUROR | Pontevedra | 16/10/2022 |
| 290 | 2.05.48 | LOPEZ RIO, ELISEO | AG-202627 | 115 | 1951 | 70 | EGOLU | Pontevedra | 16/10/2022 |
| 291 | 2.08.44 | CONSTENLA JUNQUERA, ANTONIO OS | AG-202780 | 116 | 1955 | 65 | FONC | Pontevedra | 16/10/2022 |
| 292 | 2.09.59 | HERMIDA OTERO, ÁNGEL | TGAL-215 | #### | 1975 | 45 | ENKC | A Coruña | 13/02/2022 |
| 293 | 2.10.10 | LÓPEZ RODRÍGUEZ, JOSÉ LUIS | TGAL-235 | #### | 1974 | 45 | ENKC | A Coruña | 13/02/2022 |
| 294 | 2.15.48 | GARCÍA JIMÉNEZ, DANIEL | AG-769805 | 453 | 1979 | 40 | BAIPO | Pontevedra | 16/10/2022 |

CATEGORIA ABSOLUTA MASCULINA

2 km marcha ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|---|--------------|---------------------------|-----------|-----|------|-----|----------------------------|-------|------------|
| 1 | 10.24 | DIAZ GOMEZ, ANTON | AG-202604 | 1 | 2011 | AL | NAOC Toledo | | 05/11/2022 |
| 2 | 11.00 | BAUTISTA BUGARÍN, TOMÁS | AG-202469 | 1 | 2010 | IN | PORPO A Pobra do Caramiñal | | 16/01/2022 |
| 3 | 11.11 | JAMARDO CAPELO, ANXO | GA-202336 | 0 | 2009 | IN | SGPPO Getafe (Madrid) | | 18/12/2022 |
| 4 | 11.21 | VALCARCE FERNANDEZ, MATEO | AG-202347 | 3 | 2010 | IN | ADAOR A Pobra do Caramiñal | | 16/01/2022 |
| 5 | 12.53 | PEREZ SANCHEZ, PABLO | AG-202694 | 2 | 2011 | AL | CASC A Coruña | | 28/05/2022 |
| 6 | 20.25 | TUBIO MARTINEZ, JOSE LUIS | AG-9929 | 0 | 1972 | 50 | NOYC Getafe (Madrid) | | 18/12/2022 |

CATEGORIA ABSOLUTA MASCULINA

3 km marcha ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|---|--------------|--------------------------------|-----------|-----|------|-----|-------|----------------------|------------|
| 1 | 16.19 | BAUTISTA BUGARÍN, TOMÁS | AG-202469 | 1 | 2010 | IN | PORPO | A Coruña | 28/05/2022 |
| 2 | 16.26 | JAMARDO CAPELO, ANXO | GA-202336 | 8 | 2009 | IN | SGPPO | Getafe (Madrid) | 18/12/2022 |
| 3 | 17.53 | VALCARCE FERNANDEZ, MATEO | AG-202347 | 2 | 2010 | IN | ADAOR | A Coruña | 28/05/2022 |
| 4 | 19.06 | RODRIGUEZ IGLESIAS, TOMAS DONG | AG-10342 | 3 | 2010 | IN | OUROR | A Coruña | 28/05/2022 |
| 5 | 20.08 | RODRIGUEZ IGLESIAS, PABLO YANG | AG-10326 | 4 | 2010 | IN | OUROR | A Coruña | 28/05/2022 |
| 6 | 20.17 | JAMARDO BASCOY, MANUEL | GA-654 | 0 | 1970 | 50 | PINPO | Getafe (Madrid) | 18/12/2022 |
| 7 | 20.43 | FREIRE FERNANDEZ, PELAYO | AG-202850 | 5 | 2010 | IN | LUELU | A Coruña | 28/05/2022 |
| 8 | 21.05 | GARCIA CRISTOBAL, ELISEO | GA-911 | 0 | 1968 | 50 | CASC | A Pobra do Caramiñal | 16/01/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 km marcha ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|--------------|---------------------------------|-----------|-----|------|-----|-------|----------------------|------------|
| 1 | 20.27 | CHAMOSA DACASA, DANIEL | GA-768921 | 0 | 1997 | SR | SGPPO | A Pobra do Caramiñal | 16/01/2022 |
| 2 | 21.39 | MORALES DEL CASTILLO, JUAN MANU | GA-769245 | 2 | 1979 | 40 | MARC | Toledo | 05/11/2022 |
| 3 | 22.33 | FERNANDEZ NIEVES, JOSE | GA-765207 | 0 | 1980 | 40 | RCVPO | A Pobra do Caramiñal | 16/01/2022 |
| 4 | 23.17 | DIAZ SANCHEZ, ISMAEL | GA-769108 | 0 | 2004 | JN | MARC | A Pobra do Caramiñal | 16/01/2022 |
| 5 | 23.53 | SANCHEZ RIVAS, PABLO | GA-202344 | 0 | 2006 | JV | LUELU | A Pobra do Caramiñal | 16/01/2022 |
| 6 | 24.36 | SURRIBAS PORTO, ROI | GA-202353 | 0 | 2002 | PR | STOC | A Pobra do Caramiñal | 16/01/2022 |
| 7 | 24.48 | POLO GUNDIN, MANUEL | GA-769455 | 0 | 1973 | 45 | NAOC | A Pobra do Caramiñal | 16/01/2022 |
| 8 | 24.54 | GONZALEZ PEREZ, ANDRES | GA-310 | 5 | 2007 | CD | RCVPO | Lepe | 30/01/2022 |
| 9 | 26.32 | LABELLA BLANCO, MANUEL | GA-686 | 2 | 2004 | JN | MRAC | A Coruña | 28/05/2022 |
| 10 | 26.45 | SUAREZ TESOURO, BRAIS | GA-202339 | 0 | 2005 | JV | RCVPO | A Pobra do Caramiñal | 16/01/2022 |
| 11 | 26.54 | COLLAZO SANTAMARIA, NICOLAS | GA-848 | 17 | 2007 | CD | AMEC | Cieza (Murcia) | 11/12/2022 |
| 12 | 28.56 | SANTOS GARCIA, MARTIN | GA-846 | 26 | 2007 | CD | CASC | Lepe | 30/01/2022 |
| 13 | 29.25 | MORALES VELASCO, CARLOS | GA-769029 | 0 | 1986 | 35 | OUROR | A Pobra do Caramiñal | 16/01/2022 |
| 14 | 29.32 | MORENO MARTIN, DAVID | GA-302 | 30 | 2008 | CD | MRAC | Lepe | 30/01/2022 |
| 15 | 29.34 | BLANCO LOPEZ, NICOLAS | GA-769190 | 0 | 2004 | JN | CUNPO | A Pobra do Caramiñal | 16/01/2022 |
| 16 | 30.33 | ESPIÑO MIGUEZ, JORGE | GA-202350 | 3 | 2007 | CD | CUNPO | A Pobra do Caramiñal | 16/01/2022 |
| 17 | 30.37 | ROJO MARQUEZ, JUAN CARLOS | GA-17010 | 8 | 1988 | SR | CUNPO | A Coruña | 28/05/2022 |
| 18 | 31.13 | GARCIA GONZALEZ, DIEGO | GA-838 | 5 | 2008 | CD | VCGPO | A Pobra do Caramiñal | 16/01/2022 |
| 19 | 31.23 | MOREIRA GOMEZ, NADIR | AG-202453 | 7 | 2008 | CD | MRAC | A Pobra do Caramiñal | 16/01/2022 |
| 20 | 31.23 | DIAZ SANCHEZ, MANUEL | GA-575 | 8 | 2008 | CD | MARC | A Pobra do Caramiñal | 16/01/2022 |
| 21 | 31.56 | PEREZ CARRODEGUAS, MATEO | GA-576 | 9 | 2008 | CD | MARC | A Pobra do Caramiñal | 16/01/2022 |
| 22 | 33.46 | JAMARDO BASCOY, MANUEL | GA-654 | 14 | 1970 | 50 | PINPO | Getafe (Madrid) | 18/12/2022 |

CATEGORIA ABSOLUTA MASCULINA

10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|--------------|-----------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 1 | 28.45 | FERNANDEZ RIVERA, ALEJANDRO | GA-765765 | 35 | 1985 | 35 | CVIA | Valencia | 09/01/2022 |
| 2 | 29.48 | PUYUELO PARDO, VICTOR | GA-707 | 15 | 1992 | SR | OROE | Laredo | 19/03/2022 |
| 3 | 29.48 | RIBEIRO PINTO DA COSTA , NUNO FIL | GA-765858 | 5 | 1986 | 35 | SDCC | A Coruña | 24/04/2022 |
| 4 | 30.00 | NOVALES QUINTEIRO, TARIKU | GA-717353 | 0 | 1998 | SR | ADI | Valencia | 04/12/2022 |
| 5 | 30.32 | PUIG MALVAR, JORGE | GA-764640 | 2 | 1997 | SR | STOC | Ourense | 20/11/2022 |
| 6 | 30.36 | PORTO PAZOS, CARLOS | GA-17489 | 18 | 1993 | SR | SGPPO | O Barco de Valdeorras | 08/05/2022 |
| 7 | 30.39 | IGLESIA VILA, ESTEBAN | GA-765841 | 3 | 1995 | SR | LUCLU | Ourense | 20/11/2022 |
| 8 | 30.41 | CASTRO VARELA, ANXO | GA-700 | 22 | 1988 | SR | VICI | O Barco de Valdeorras | 08/05/2022 |
| 9 | 30.44 | GARCIA SOUTO, HUGO | GA-768594 | 1 | 2003 | JN | RCVPO | Ribeira | 24/09/2022 |
| 10 | 30.48 | CANDA LOUZAO, JOSE | GA-202347 | 4 | 1983 | 35 | AREOR | Ourense | 20/11/2022 |
| 11 | 30.54 | RIAL CASTRO, FERNANDO | GA-9379 | 5 | 1999 | SR | STOC | Ourense | 20/11/2022 |
| 12 | 30.56 | DIZ DIAZ, RUBEN | GA-11310 | 144 | 1979 | 40 | OUROR | Valencia | 09/01/2022 |
| 13 | 31.08 | GÓMEZ GONZÁLEZ, ANTÓN | AG-4100 | 77 | 1991 | SR | TMBC | Laredo | 19/03/2022 |
| 14 | 31.18 | BEN MONTENEGRO, ADRIAN | GA-766165 | 2 | 1998 | SR | ADI | Madrid | 24/04/2022 |
| 15 | 31.18 | CASTRO FAJARDO, DAVID | GA-9035 | 8 | 1993 | SR | NAUC | A Coruña | 24/04/2022 |
| 16 | 31.27 | EL NABAOUI , EL MEHDI | GA-765907 | 1 | 2002 | PR | ORIE | Ames | 23/10/2022 |
| 17 | 31.29 | CORRO ROUFETT, JESSE JESUS | AG-15924 | 4 | 1989 | SR | AREOR | Ribeira | 24/09/2022 |
| 18 | 31.38 | JOPIA ASTRAY, IAGO | GA-766247 | 1 | 2002 | PR | COCC | A Coruña | 02/10/2022 |
| 19 | 31.39 | LORENZO LOPEZ, MANUEL | GA-769011 | 44 | 1993 | SR | SGPPO | O Barco de Valdeorras | 08/05/2022 |
| 20 | 31.40 | DOCAMPO GONZALEZ, IVAN | GA-12895 | 45 | 1982 | 40 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 21 | 31.43 | GARCIA GARCIA-PAZ, PABLO MIGUEL | GA-769208 | 1 | 1987 | 35 | DOMPO | Padrón | 05/02/2022 |
| 22 | 31.45 | TEIJIDO LOPEZ, ANTONIO | GA-765824 | 50 | 1986 | 35 | BERO | O Barco de Valdeorras | 08/05/2022 |
| 23 | 31.45 | SANTIAGO FERNANDEZ, GUSTAVO | AG-769214 | 10 | 1992 | SR | MILPO | Ourense | 20/11/2022 |
| 24 | 31.46 | CENDAN LLORENS, ANDRES | AG-202406 | 4 | 1997 | SR | NAOC | Porriño | 01/05/2022 |
| 25 | 31.47 | VILLAMOR CASTIÑEIRA, CARLOS | GA-764895 | 9 | 1985 | 35 | LUCLU | A Coruña | 24/04/2022 |
| 26 | 31.54 | ESTEVEZ JUEGUEN, ROI | GA-768730 | 3 | 2000 | PR | STOC | A Coruña | 02/10/2022 |
| 27 | 32.12 | PEREZ GROBA, EMILIO | GA-15696 | 5 | 1988 | SR | TUIPO | Porriño | 01/05/2022 |
| 28 | 32.12 | ROADE LAGO, IVAN | GA-766132 | 5 | 1993 | SR | ADAOR | Santander | 16/10/2022 |
| 29 | 32.12 | RODRIGUEZ MORA, XABIER | GA-769402 | 5 | 1998 | SR | LUCLU | Ames | 23/10/2022 |
| 30 | 32.14 | INCUTTI TELLADO, DENIS | AG-202768 | 15 | 2000 | PR | RCVPO | Ourense | 20/11/2022 |
| 31 | 32.17 | CARRASCO NUÑEZ, JORDI | GA-83 | 130 | 1974 | 45 | SDCC | Laredo | 19/03/2022 |
| 32 | 32.22 | RAMOS SAMBADE, VICTOR | GA-215 | 6 | 2005 | JV | TKTC | Ribeira | 24/09/2022 |
| 33 | 32.24 | FERNÁNDEZ RÍOS, JONATHAN | GA-744 | 12 | 1988 | SR | NAUC | A Coruña | 24/04/2022 |
| 34 | 32.27 | MASEDA DORADO, IVO | AG-610763 | 13 | 1997 | SR | LGRLU | A Coruña | 24/04/2022 |
| 35 | 32.27 | PAREDES GONZALEZ, JAVIER | GA-202350 | 17 | 1979 | 40 | OUROR | Ourense | 20/11/2022 |
| 36 | 32.32 | GUDE VILA, JUAN ANTONIO | GA-768683 | 19 | 1974 | 45 | LUCLU | Ourense | 20/11/2022 |
| 37 | 32.32 | PEREZ MURADO, DANIEL | GA-764783 | 20 | 1997 | SR | LUCLU | Ourense | 20/11/2022 |
| 38 | 32.34 | FERNANDEZ SOENGAS, JESUS | AG-14538 | 153 | 1979 | 40 | MRQPO | Laredo | 19/03/2022 |
| 39 | 32.34 | ALONSO ARES, VICTOR | GA-56 | 4 | 1988 | SR | VICI | A Coruña | 02/10/2022 |
| 40 | 32.38 | LAGO TIZON, ADRIAN | GA-764188 | 22 | 1997 | SR | SGPPO | Ourense | 20/11/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|--------------|--------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 41 | 32.41 | PRESEDO FRAGUIO, ALVARO | GA-140 | 15 | 1985 | 35 | MARC | A Coruña | 24/04/2022 |
| 42 | 32.41 | ESSAADAOU, AKKA | GA-765436 | 10 | 1978 | 40 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 43 | 32.41 | CAAMAÑO NIETO, RUBEN | AG-201474 | 24 | 1984 | 35 | SARC | Ourense | 20/11/2022 |
| 44 | 32.42 | ÁLVAREZ CURES, JUAN JOSÉ | GA-57 | 16 | 1977 | 45 | VAGC | A Coruña | 24/04/2022 |
| 45 | 32.48 | SUAREZ MARTINEZ, HUGO | GA-769172 | 7 | 2003 | JN | RCVPO | Pontevedra | 16/10/2022 |
| 46 | 32.52 | LOJO FERNÁNDEZ, JOSÉ MANUEL | AG-202710 | 17 | 1983 | 35 | SMIPO | A Coruña | 24/04/2022 |
| 47 | 33.00 | MUIÑO VARELA, CRISTIAN | AG-201861 | 3 | 1991 | SR | SDCC | Padrón | 05/02/2022 |
| 48 | 33.00 | GONZALEZ MARIÑO, JORGE | GA-765906 | 9 | 2001 | PR | NAOC | Porriño | 01/05/2022 |
| 49 | 33.01 | BARRAL PUGA, MIGUEL ANGEL | GA-513 | 84 | 1983 | 35 | LUELU | O Barco de Valdeorras | 08/05/2022 |
| 50 | 33.03 | MONTEAGUDO LAGO, PABLO | GA-764825 | 18 | 1999 | SR | STOC | A Coruña | 24/04/2022 |
| 51 | 33.05 | GÓMEZ LOPEZ, ANTÓN | GA-255 | 27 | 2000 | PR | STOC | Ourense | 20/11/2022 |
| 52 | 33.07 | FERNANDEZ MARQUEZ, JOSE MANUEL | GA-766140 | 20 | 1968 | 50 | ADAOR | A Coruña | 24/04/2022 |
| 53 | 33.08 | PAZ PARDO, DANIEL | GA-922 | 21 | 1978 | 40 | BRIC | A Coruña | 24/04/2022 |
| 54 | 33.11 | ALONSO FERREIRA, ALVARO F. | GA-855 | 88 | 1986 | 35 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 55 | 33.14 | PÉREZ BLANCO, XOSÉ | AG-202739 | 28 | 2002 | PR | AREOR | Ourense | 20/11/2022 |
| 56 | 33.19 | CORRAL JUSTO, JOSE MANUEL | GA-769437 | 4 | 1983 | 35 | AREOR | Padrón | 05/02/2022 |
| 57 | 33.19 | GARCÍA SAINZ, YAGO IGNACIO | AG-202495 | 6 | 2003 | JN | STOC | Ames | 23/10/2022 |
| 58 | 33.20 | HERNÁNDEZ ULLOA, AGUSTÍN | GA-702 | 7 | 1992 | SR | STOC | Ames | 23/10/2022 |
| 59 | 33.26 | SLIMANI TLEMCANI, SAAD | GA-711 | 95 | 1995 | SR | VICI | O Barco de Valdeorras | 08/05/2022 |
| 60 | 33.28 | PESADO FERNANDEZ, ALEJANDRO | AG-202115 | 7 | 1975 | 45 | SARC | Ribeira | 24/09/2022 |
| 61 | 33.29 | LEÓN VIÑAS, RICARDO | AG-201754 | 5 | 1989 | SR | SARC | Padrón | 05/02/2022 |
| 62 | 33.29 | VÁZQUEZ VAAMONDE, RICARDO | GA-766141 | 98 | 1974 | 45 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 63 | 33.30 | COMESAÑA PEREIRA, CELSO | AG-202774 | 8 | 1988 | SR | DEL | A Coruña | 02/10/2022 |
| 64 | 33.35 | PÉREZ LÓPEZ, MANUEL OLIVER | GA-768549 | 11 | 1971 | 50 | SARC | A Coruña | 02/10/2022 |
| 65 | 33.36 | FONTAN MARTINEZ, XACOBÉ | AG-202771 | 8 | 1990 | SR | INDE | Ribeira | 24/09/2022 |
| 66 | 33.38 | CADAYA RODRIGUEZ, ALEJANDRO GE | GA-202328 | 33 | 2000 | PR | PUROR | Ourense | 20/11/2022 |
| 67 | 33.40 | PIÑEIRO FIEL, MANUEL | AG-14755 | 9 | 1992 | SR | CAMPO | Ribeira | 24/09/2022 |
| 68 | 33.40 | FERNANDEZ GARCIA, ALBINO | AG-201721 | 4 | 1986 | 35 | AREOR | San Cibrao das Viñas | 18/12/2022 |
| 69 | 33.43 | GONZÁLEZ HORTA, VÍCTOR XOSÉ | AG-765828 | 10 | 1984 | 35 | COMPO | Ribeira | 24/09/2022 |
| 70 | 33.44 | PENA TORREIRA, AMADOR | GA-769185 | 4 | 1981 | 40 | SDCC | Marín | 29/07/2022 |
| 71 | 33.45 | COLLAZO AREOSA, JUAN RAMON | GA-688 | 247 | 1992 | SR | VAGC | Laredo | 19/03/2022 |
| 72 | 33.53 | NEGREIRA MONTERO, JUAN | GA-507 | 5 | 1986 | 35 | SARC | Marín | 29/07/2022 |
| 73 | 34.04 | SÁNCHEZ SAN LUIS, JOSÉ MARÍA | AG-202775 | 8 | 1980 | 40 | SARC | Carballo | 05/06/2022 |
| 74 | 34.06 | DE DIOS RODRIGUEZ, JAVIER | AG-769348 | 7 | 1988 | SR | SDCC | San Cibrao das Viñas | 18/12/2022 |
| 75 | 34.08 | RODRIGUEZ COSTAS, MARIO | GA-125 | 38 | 2004 | JN | RCVPO | Ourense | 20/11/2022 |
| 76 | 34.12 | JUANATEY GARCIA, CARLOS | AG-202655 | 12 | 1980 | 40 | NOYC | Ribeira | 24/09/2022 |
| 77 | 34.15 | ROMERO ALVAREZ, JULIAN | AG-202046 | 29 | 1984 | 35 | OUROR | A Coruña | 24/04/2022 |
| 78 | 34.18 | TORRES TORRES, JORGE | GA-8562 | 6 | 1980 | 40 | HPST | Padrón | 05/02/2022 |
| 79 | 34.21 | PENAS VARELA, JOSÉ MANUEL | TGAL-253 | 41 | 1984 | 35 | CERC | Ourense | 20/11/2022 |
| 80 | 34.22 | RODRIGUEZ ALVAREZ, DIEGO | AG-202737 | 42 | 1995 | SR | RUNPO | Ourense | 20/11/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 81 | 34.24 | MORIS VIEITES, ALBERTO | GA-413 | 14 | 1986 | 35 | MARC | A Coruña | 02/10/2022 |
| 82 | 34.24 | LOPEZ FERNANDEZ, NEMESIO | AG-11126 | 12 | 1976 | 45 | FONC | Ames | 23/10/2022 |
| 83 | 34.27 | MOSQUERA DOPAZO, JUAN CARLOS | GA-38 | 31 | 1985 | 35 | SARC | A Coruña | 24/04/2022 |
| 84 | 34.28 | MONTERO LOPEZ, ALEJANDRO | GA-1033 | 45 | 1991 | SR | SDCC | Ourense | 20/11/2022 |
| 85 | 34.31 | VIJANDE LÓPEZ, ADRIÁN | AG-14155 | 317 | 1987 | 35 | RFOLU | Laredo | 19/03/2022 |
| 86 | 34.31 | ESTEVEZ PEREZ, DANIEL | AG-10939 | 9 | 1992 | SR | CRR_P | Pontevedra | 16/10/2022 |
| 87 | 34.33 | GÓMEZ SÁNCHEZ, JOSÉ MIGUEL | GA-769408 | 18 | 1977 | 40 | VAGC | Ames | 23/10/2022 |
| 88 | 34.36 | PAZ SALGADO, DAVID | AG-14465 | 49 | 1993 | SR | OUROR | Ourense | 20/11/2022 |
| 89 | 34.41 | CONDE GONZALVO, JAVIER | AG-202773 | 50 | 1976 | 45 | MRQPO | Ourense | 20/11/2022 |
| 90 | 34.43 | MANSO-PEDROSA GARCIA, IVAN | AG-4191 | 37 | 1997 | SR | LGRLU | A Coruña | 24/04/2022 |
| 91 | 34.47 | LANZA BEN, MARCELO | GA-524 | 18 | 1973 | 45 | RFOLU | A Coruña | 02/10/2022 |
| 92 | 34.53 | GARCIA GOMEZ, VICTOR | AG-202307 | 12 | 1986 | 35 | LEGOR | Porriño | 01/05/2022 |
| 93 | 34.55 | GARCIA GONZALEZ, SANTIAGO | GA-765876 | 40 | 1974 | 45 | BUROR | A Coruña | 24/04/2022 |
| 94 | 34.55 | NOVOA GUTIERREZ, JULIO | GA-769439 | 13 | 1980 | 40 | AREOR | Porriño | 01/05/2022 |
| 95 | 34.55 | MIGUEZ SEARA, MARTIN | GA-202329 | 8 | 2002 | PR | OUROR | San Cibrao das Viñas | 18/12/2022 |
| 96 | 34.57 | GARRIDO PEREIRA, ROBERTO | AG-202617 | 14 | 1988 | SR | DOMPO | Porriño | 01/05/2022 |
| 97 | 34.57 | ESTEVEZ GARCIA, MANUEL ENRIQUE | GA-769046 | 5 | 1972 | 50 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 98 | 34.57 | BECERRO ESCRIBANO, LUIS MIGUEL | AG-202178 | 9 | 1979 | 40 | CRR_P | Marín | 29/07/2022 |
| 99 | 34.57 | VAZQUEZ ENJAMIO, JULIO | AG-201742 | 23 | 1985 | 35 | BOIC | A Coruña | 02/10/2022 |
| 100 | 34.57 | ÁLVAREZ FERREIRA, ALEXANDRE | AG-202656 | 53 | 2003 | JN | NAOC | Ourense | 20/11/2022 |
| 101 | 34.58 | CRESPO ARIAS, JORGE | GA-768547 | 10 | 1979 | 40 | SARC | Negreira | 13/11/2022 |
| 102 | 34.59 | OUBIÑA FALCON, MAXIMINO | AG-3576 | 15 | 1983 | 35 | CAMPO | Ribeira | 24/09/2022 |
| 103 | 35.03 | IGLESIAS AREA, CARLOS | AG-202711 | 25 | 1981 | 40 | SMIPO | A Coruña | 02/10/2022 |
| 104 | 35.03 | MASEDA CARBALLO, FRANCISCO JAVI | GA-205 | 26 | 1976 | 45 | MARC | A Coruña | 02/10/2022 |
| 105 | 35.08 | LASO VAZQUEZ, XENXO | AG-14285 | 56 | 1988 | SR | AREOR | Ourense | 20/11/2022 |
| 106 | 35.09 | ROJO LUACES, ADRIAN | AG-202380 | 6 | 1989 | SR | SARC | Padrón | 05/02/2022 |
| 107 | 35.10 | BREGUA CHAS, RUBEN | GA-206 | 42 | 1979 | 40 | MARC | A Coruña | 24/04/2022 |
| 108 | 35.10 | FERREIRA GONZALEZ, JOSE CARLOS | GA-769003 | 12 | 1974 | 45 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 109 | 35.10 | RODRIGUEZ LARIÑO, JORGE | AG-202531 | 17 | 1986 | 35 | ADOC | Ames | 23/10/2022 |
| 110 | 35.13 | REGUEIRA VEIGA, MIGUEL | AG-202418 | 44 | 1981 | 40 | OLEC | A Coruña | 24/04/2022 |
| 111 | 35.13 | BESTEIRO RODRIGUEZ, MANUEL | GA-907 | 58 | 1990 | SR | GANLU | Ourense | 20/11/2022 |
| 112 | 35.13 | AIRAS COTA, RUBEN | GA-756 | 14 | 1979 | 40 | BUROR | San Cibrao das Viñas | 18/12/2022 |
| 113 | 35.13 | CASTILLO CARBALLA, GUILLELME DEN | AG-14040 | 13 | 1990 | SR | OUROR | San Cibrao das Viñas | 18/12/2022 |
| 114 | 35.15 | RABADE LEDO, ANGEL | GA-769279 | 19 | 1980 | 40 | LUCLU | O Barco de Valdeorras | 08/05/2022 |
| 115 | 35.16 | INSUA DIAZ, RUBEN | AG-202381 | 16 | 1991 | SR | SARC | Ribeira | 24/09/2022 |
| 116 | 35.24 | FERRADANS VALDÉS, JORGE | AG-11768 | 13 | 1982 | 40 | BRIC | Padrón | 05/02/2022 |
| 117 | 35.25 | SANTIAGO BOSCH, JOSE ANTONIO | AG-201462 | 50 | 1976 | 45 | PINPO | A Coruña | 24/04/2022 |
| 118 | 35.25 | DIAZ FERNANDEZ, XABIER | GA-17661 | 60 | 1974 | 45 | LUCLU | Ourense | 20/11/2022 |
| 119 | 35.26 | MARTINEZ CASTRO, ROBERTO | GA-659 | 29 | 1983 | 35 | PINPO | A Coruña | 02/10/2022 |
| 120 | 35.27 | DIAZ DIAZ, JOSE MARIA | AG-202662 | 51 | 1996 | SR | LGRLU | A Coruña | 24/04/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----|------|-----|----------------------------|-------|------------|
| 121 | 35.30 | MACEIRAS LAGO, ANGEL MANUEL | AG-201477 | 2 | 1973 | 45 | SARC Padrón | | 05/02/2022 |
| 122 | 35.30 | TÁBOAS CARRERA, ISMAEL | AG-202652 | 63 | 1990 | SR | PORPO Ourense | | 20/11/2022 |
| 123 | 35.34 | PIÑEIRO LESTON, RAFAEL | AG-11065 | 30 | 1997 | SR | COCC A Coruña | | 02/10/2022 |
| 124 | 35.36 | ROMERO FERRERA, JAVIER | GA-710 | 8 | 1990 | SR | STOC Padrón | | 05/02/2022 |
| 125 | 35.37 | SILVA LUNA, JORDI | AG-202310 | 66 | 1981 | 40 | AREOR Ourense | | 20/11/2022 |
| 126 | 35.40 | BUIG FERNANDEZ, MANUEL ALEXIS | GA-358 | 15 | 1977 | 45 | VAGC Padrón | | 05/02/2022 |
| 127 | 35.41 | GUERRA MAGAN, OSCAR | AG-3574 | 16 | 1977 | 45 | CAMPO Padrón | | 05/02/2022 |
| 128 | 35.43 | LOPEZ SAMPEDRO, MARCOS | AG-14232 | 19 | 2003 | JN | STOC Ames | | 23/10/2022 |
| 129 | 35.44 | SEOANE POMBO, JOSÉ MANUEL | AG-202250 | 56 | 1973 | 45 | NEGC A Coruña | | 24/04/2022 |
| 130 | 35.45 | GARCIA PEREZ, JOSE MANUEL | GA-202352 | 15 | 1973 | 45 | ADAOR San Cibrao das Viñas | | 18/12/2022 |
| 131 | 35.46 | CAMPOS SUÁREZ, FRANCISCO JAVIER | GA-769035 | 12 | 1970 | 50 | USCC Santiago | | 30/04/2022 |
| 132 | 35.48 | OUBIÑA DIOS, FRANCISCO RAMON | AG-3577 | 20 | 1973 | 45 | CAMPO Ames | | 23/10/2022 |
| 133 | 35.52 | RAMOS FERROL, ARTURO | AG-9509 | 3 | 1973 | 45 | MILC Padrón | | 05/02/2022 |
| 134 | 35.52 | SUÁREZ LEIS, JOSE | AG-766580 | 21 | 1963 | 55 | SARC Ames | | 23/10/2022 |
| 135 | 35.52 | CABO VILLAVERDE, MIGUEL | AG-763812 | 77 | 1970 | 50 | MILC Ourense | | 20/11/2022 |
| 136 | 35.54 | JANEIRO CERDEIRA, JAVIER | AG-2683 | 78 | 1986 | 35 | AREOR Ourense | | 20/11/2022 |
| 137 | 35.55 | NUÑEZ MOSTEIRO, RUBEN | AG-11160 | 22 | 1983 | 35 | CAMPO Ames | | 23/10/2022 |
| 138 | 35.56 | TRIGO LORES, ROBERTO | GA-3320 | 14 | 2000 | PR | STOC Santiago | | 30/04/2022 |
| 139 | 35.56 | IGLESIAS CARRERA, PIO | AG-3536 | 23 | 1973 | 45 | SARC Ames | | 23/10/2022 |
| 140 | 35.58 | REGUEIRA MARTINEZ, ALDO | GA-741 | 19 | 1980 | 40 | NAUC Padrón | | 05/02/2022 |
| 141 | 35.58 | CAMPOS LUEIRO, MARCOS | AG-202121 | 20 | 1983 | 35 | NEGC Padrón | | 05/02/2022 |
| 142 | 35.58 | GARCIA VAZQUEZ, EMILIO | GA-622 | 80 | 1975 | 45 | SDCC Ourense | | 20/11/2022 |
| 143 | 35.59 | BESADA FILGUEIRAS, FRANCISCO JOS | AG-3525 | 61 | 1977 | 45 | BRIC A Coruña | | 24/04/2022 |
| 144 | 35.59 | GARCIA SANMAMED, FELICIANO | GA-800 | 16 | 1982 | 40 | BUROR San Cibrao das Viñas | | 18/12/2022 |
| 145 | 36.00 | LIMA QUINTAS, ADRIAN | AG-201721 | 30 | 1990 | SR | AREOR Porriño | | 01/05/2022 |
| 146 | 36.01 | RIVAS SOBRADO, MARCOS | GA-3387 | 82 | 2003 | JN | RCVPO Ourense | | 20/11/2022 |
| 147 | 36.02 | CAPELO VIEITES, EFREN | AG-202599 | 16 | 1992 | SR | BRIC Santiago | | 30/04/2022 |
| 148 | 36.03 | GONTÁN CASTRO, JOSÉ ANTONIO | AG-201491 | 5 | 1972 | 50 | INDE Padrón | | 05/02/2022 |
| 149 | 36.06 | DIEGUEZ PINTOR, OSCAR | TGAL-280 | 85 | 1983 | 35 | CERC Ourense | | 20/11/2022 |
| 150 | 36.07 | IGLESIAS GÓMEZ, JAVIER | AG-14685 | 67 | 1978 | 40 | PUROR A Coruña | | 24/04/2022 |
| 151 | 36.07 | TORRES NEIRA, MATEO | AG-202626 | 66 | 1979 | 40 | MARC A Coruña | | 24/04/2022 |
| 152 | 36.07 | PAZ ALVAREZ, MARCOS | AG-201802 | 15 | 1985 | 35 | INDE Pontevedra | | 16/10/2022 |
| 153 | 36.07 | MARTINEZ MARTINEZ, ENRIQUE | AG-8577 | 86 | 1995 | SR | STOC Ourense | | 20/11/2022 |
| 154 | 36.09 | BARROS CORRAL, ROI | AG-202839 | 88 | 1988 | SR | MARC Ourense | | 20/11/2022 |
| 155 | 36.10 | VILLAVERDE VAZQUEZ, LUIS ALBERTO | AG-201923 | 16 | 1978 | 40 | NEGC Carballo | | 05/06/2022 |
| 156 | 36.11 | PAJARO VARELA, DAVID | TGAL-273 | 36 | 1985 | 35 | CERC A Coruña | | 02/10/2022 |
| 157 | 36.11 | BUJAN OTERO, JOSÉ CARLOS | AG-11135 | 27 | 1973 | 45 | NTBC Ames | | 23/10/2022 |
| 158 | 36.12 | LOPEZ SILVA, ALEJANDRO | GA-919 | 18 | 1980 | 40 | OUROR San Cibrao das Viñas | | 18/12/2022 |
| 159 | 36.13 | LOPEZ FERNANDEZ, VICTOR | AG-14226 | 476 | 1990 | SR | AREOR Laredo | | 19/03/2022 |
| 160 | 36.17 | IGLESIAS AMORES, MIGUEL | AG-201618 | 16 | 1991 | SR | AREOR Marín | | 29/07/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----|------|-----|-------|----------------------|------------|
| 161 | 36.18 | SOLER RIVAS, ABELARDO | AG-202827 | 20 | 1979 | 40 | NEGC | Negreira | 13/11/2022 |
| 162 | 36.19 | MONTOTO DOMINGUEZ, JOSE | AG-202310 | 24 | 1979 | 40 | AREOR | Padrón | 05/02/2022 |
| 163 | 36.19 | GROBA BARGIELA, MARCOS | AG-201447 | 38 | 1971 | 50 | TANPO | Porriño | 01/05/2022 |
| 164 | 36.19 | DOSIL DIAZ, JOAQUIN | AG-3534 | 23 | 1975 | 45 | SARC | Ribeira | 24/09/2022 |
| 165 | 36.21 | LEON VAZQUEZ, IVAN | AG-2721 | 74 | 1991 | SR | BOIC | A Coruña | 24/04/2022 |
| 166 | 36.23 | DIAZ LORENZO, CRISTIAN | GA-766139 | 20 | 1977 | 45 | ADAOR | San Cibrao das Viñas | 18/12/2022 |
| 167 | 36.24 | PICALLO MATO, ADRIAN | AG-4101 | 17 | 1995 | SR | PAIPO | Marín | 29/07/2022 |
| 168 | 36.24 | GONZALEZ NOVOA, SATURNINO | GA-764989 | 91 | 1961 | 60 | OUROR | Ourense | 20/11/2022 |
| 169 | 36.29 | FRAGA ADRIIO, CARLOS | AG-202666 | 81 | 1990 | SR | VAGC | A Coruña | 24/04/2022 |
| 170 | 36.29 | AGRELO GOMEZ, ROBERTO | AG-763862 | 24 | 1978 | 40 | SARC | Negreira | 13/11/2022 |
| 171 | 36.31 | PEREZ PRIETO, GERARDO | AG-4233 | 30 | 1976 | 45 | CAMPO | Ames | 23/10/2022 |
| 172 | 36.32 | CARDESIN VILA, BORJA | GA-892 | 83 | 1980 | 40 | SDCC | A Coruña | 24/04/2022 |
| 173 | 36.32 | GARCÍA RODRÍGUEZ, JORGE MANUEL | AG-767429 | 32 | 1973 | 45 | NTBC | Ames | 23/10/2022 |
| 174 | 36.33 | BARRAL VARELA, JUAN JESÚS | AG-3528 | 38 | 1970 | 50 | BRIC | Ames | 23/10/2022 |
| 175 | 36.34 | LEMA PEREZ, PABLO ANDRES | TGAL-260 | 84 | 1967 | 55 | OLEC | A Coruña | 24/04/2022 |
| 176 | 36.35 | GONZALEZ PASCUAL, FRANCISCO JAVI | AG-202796 | 85 | 1975 | 45 | AREOR | A Coruña | 24/04/2022 |
| 177 | 36.38 | BARCA ESPAÑA, MARCIAL ANIBAL | GA-59 | 36 | 1980 | 40 | VAGC | Ames | 23/10/2022 |
| 178 | 36.39 | LAÍÑO SILVA, VÍCTOR | AG-202711 | 24 | 1987 | 35 | SMIPO | Ribeira | 24/09/2022 |
| 179 | 36.40 | LAGO CIVES, JOSE R. | AG-15602 | 25 | 1976 | 45 | NOYC | Negreira | 13/11/2022 |
| 180 | 36.42 | IGLESIAS TURNES, YAGO | GA-519 | 20 | 2006 | JV | SDCC | Marín | 29/07/2022 |
| 181 | 36.43 | ROIBAS FERNANDEZ, JOSE LUIS | AG-202401 | 90 | 1971 | 50 | CASC | A Coruña | 24/04/2022 |
| 182 | 36.45 | SANGIAO DARRIBA, IVAN | TGAL-27 | 100 | 1986 | 35 | BIOLU | Ourense | 20/11/2022 |
| 183 | 36.46 | NOVO BUJEIRO, JAVIER | AG-769113 | 27 | 1981 | 40 | ADOC | Negreira | 13/11/2022 |
| 184 | 36.47 | BUSTO LOBATO, CARLOS | AG-766069 | 25 | 1967 | 55 | SARC | Ribeira | 24/09/2022 |
| 185 | 36.49 | DIAZ BARREIRO, ALVARO | GA-769197 | 101 | 2004 | JN | PUROR | Ourense | 20/11/2022 |
| 186 | 36.50 | MATO COUSO, MANUEL | TGAL-140 | 173 | 1989 | SR | CERC | A Coruña | 24/04/2022 |
| 187 | 36.50 | RODRIGUEZ DOMINGUEZ, ANDRES | AG-201470 | 95 | 1975 | 45 | PINPO | A Coruña | 24/04/2022 |
| 188 | 36.52 | CONDE LLENDERROZOS, MARCOS | GA-811 | 37 | 1981 | 40 | RIBLU | Ames | 23/10/2022 |
| 189 | 36.53 | SANTOS NUÑEZ, ROBERTO | AG-201948 | 22 | 1982 | 40 | CRR_P | Marín | 29/07/2022 |
| 190 | 36.53 | LAGO SANTIAGO, FRANCISCO ANTONI | AG-10505 | 38 | 1978 | 40 | ADOC | Ames | 23/10/2022 |
| 191 | 36.54 | NIETO GONZALEZ, JOSE MANUEL | AG-3535 | 29 | 1972 | 50 | SARC | Ribeira | 24/09/2022 |
| 192 | 36.55 | SÁNCHEZ RUÍZ, JOSÉ GUILLERMO | AG-202255 | 98 | 2004 | JN | RZCC | A Coruña | 24/04/2022 |
| 193 | 36.56 | MARTINEZ COSTA, DAVID | AG-11988 | 42 | 1975 | 45 | CAMPO | Porriño | 01/05/2022 |
| 194 | 36.56 | VAZQUEZ FERNANDEZ, IVAN | AG-15100 | 24 | 2005 | JV | SMIPO | Marín | 29/07/2022 |
| 195 | 36.57 | DALAMA ÁLVAREZ, CRISTIAN | AG-14929 | 13 | 1988 | SR | LIM_O | Xinzo de Limia | 29/05/2022 |
| 196 | 36.57 | GARCIA ALVARIÑO, JOSE | GA-769152 | 106 | 2003 | JN | LUELU | Ourense | 20/11/2022 |
| 197 | 37.01 | SAINZ TRESGUERRAS, JESUS | AG-202656 | 14 | 1991 | SR | SARC | Padrón | 05/02/2022 |
| 198 | 37.02 | FABELLO CID, ELISEO | GA-866 | 45 | 1977 | 45 | OUROR | Porriño | 01/05/2022 |
| 199 | 37.02 | POUSO VIDAL, LUCAS | AG-3808 | 40 | 1979 | 40 | CAMPO | Ames | 23/10/2022 |
| 200 | 37.03 | DANIS CASTRO, CRISTIAN | AG-11694 | 27 | 1998 | SR | NEGC | Santiago | 30/04/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|----------------------------|-------|------------|
| 201 | 37.05 | LAGO CES, JOSE MANUEL | GA-782 | 46 | 1972 | 50 | SARC Ames | | 23/10/2022 |
| 202 | 37.09 | MATA CASTRO, ARTURO | AG-202676 | 15 | 1996 | SR | STOC Padrón | | 05/02/2022 |
| 203 | 37.09 | ANDRADE RAMA, DANIEL | AG-3515 | 31 | 1987 | 35 | BRIC Santiago | | 30/04/2022 |
| 204 | 37.09 | VIDAL GONZÁLEZ, JOSÉ ANTONIO | AG-202443 | 47 | 1978 | 40 | BRIC Ames | | 23/10/2022 |
| 205 | 37.11 | BENITEZ SOMOZA, ISRAEL | AG-11742 | 21 | 1976 | 45 | CANC Carballo | | 05/06/2022 |
| 206 | 37.11 | GIGIREY CANCELA, BREOGAN JOSE | AG-767265 | 111 | 1987 | 35 | VRXLU Ourense | | 20/11/2022 |
| 207 | 37.13 | SENRA MARTINEZ, DAVID | AG-202254 | 590 | 1992 | SR | TMBC Laredo | | 19/03/2022 |
| 208 | 37.14 | ABELENDIA LÓPEZ, MARTÍN | AG-202673 | 33 | 1981 | 40 | SDCC Santiago | | 30/04/2022 |
| 209 | 37.15 | OTERO LADO, FERNANDO | GA-1014 | 32 | 2005 | JV | TKTC Ribeira | | 24/09/2022 |
| 210 | 37.16 | ALMEIDA SANTOS, LENNON | AG-14467 | 28 | 1990 | SR | SDCC Marín | | 29/07/2022 |
| 211 | 37.16 | ALVAREZ RODRIGUEZ, RAUL | AG-12881 | 112 | 2003 | JN | MARC Ourense | | 20/11/2022 |
| 212 | 37.17 | SESAZ VAZQUEZ, RUBEN | AG-202067 | 59 | 1990 | SR | BOIC A Coruña | | 02/10/2022 |
| 213 | 37.20 | GOMEZ RIOS, JOSE ANTONIO | AG-768418 | 28 | 1977 | 45 | SARC Padrón | | 05/02/2022 |
| 214 | 37.20 | RAVIÑA FURELOS, JUAN CARLOS | AG-202707 | 23 | 1972 | 45 | SDCC Pontevedra | | 16/10/2022 |
| 215 | 37.22 | RODRIGUEZ RODRIGUEZ, SERAFIN | GA-630 | 115 | 1973 | 45 | INDE Ourense | | 20/11/2022 |
| 216 | 37.24 | GONZÁLEZ LEDO, FRANCISCO JAVIER | AG-202418 | 110 | 1971 | 50 | OLEC A Coruña | | 24/04/2022 |
| 217 | 37.26 | FALCON PEREZ, SANTIAGO | AG-201845 | 43 | 1966 | 55 | CAMPO Ames | | 23/10/2022 |
| 218 | 37.27 | RODRIGUEZ GARCIA, JULIO | AG-14796 | 15 | 1970 | 50 | FONC Xinzo de Limia | | 29/05/2022 |
| 219 | 37.28 | MONTEAGUDO FERREIRA, JUAN CARL | AG-14574 | 113 | 1980 | 40 | RUNMA A Coruña | | 24/04/2022 |
| 220 | 37.34 | MARTINEZ RIBAO, DIEGO | GA-765866 | 24 | 1982 | 35 | BUROR San Cibrao das Viñas | | 18/12/2022 |
| 221 | 37.35 | VALLE LOPEZ, OSCAR | AG-11136 | 46 | 1977 | 45 | NTBC Ames | | 23/10/2022 |
| 222 | 37.37 | ALVAREZ BENDAÑA, ALBERTO | AG-201474 | 29 | 1980 | 40 | SARC Padrón | | 05/02/2022 |
| 223 | 37.37 | GONZALEZ POUSA, FERNANDO | AG-10449 | 47 | 1967 | 55 | NOYC Ames | | 23/10/2022 |
| 224 | 37.37 | POMBO FERREIRA, FERNANDO | AG-11507 | 123 | 1991 | SR | MRQPO Ourense | | 20/11/2022 |
| 225 | 37.38 | VÁZQUEZ MATO, JOSÉ MANUEL | AG-3523 | 57 | 1978 | 40 | BRIC Ames | | 23/10/2022 |
| 226 | 37.40 | RODRIGUEZ VARELA, MIGUEL ANXO | AG-764809 | 124 | 1983 | 35 | AUROR Ourense | | 20/11/2022 |
| 227 | 37.41 | FERNANDEZ DIAZ, PABLO | GA-807 | 62 | 2003 | JN | RIBLU A Coruña | | 02/10/2022 |
| 228 | 37.43 | GARCÍA IGLESIAS, BRAIS | AG-14857 | 118 | 2002 | PR | USCC A Coruña | | 24/04/2022 |
| 229 | 37.43 | ZUÑIGA RODRIGUEZ, SAUL | AG-201446 | 61 | 1983 | 35 | TANPO Porriño | | 01/05/2022 |
| 230 | 37.43 | LOPEZ VILLAR, JOSE ANGEL | GA-19395 | 49 | 1974 | 45 | EGOLU Ames | | 23/10/2022 |
| 231 | 37.45 | PENA PEREIRA, FRANCISCO JAVIER | AG-202790 | 62 | 1981 | 40 | BEAPO Porriño | | 01/05/2022 |
| 232 | 37.47 | COLORADO PEREZ, LUIS MIGUEL | AG-10833 | 121 | 1986 | 35 | SGPPO A Coruña | | 24/04/2022 |
| 233 | 37.47 | SEARA PEREZ, ALVARO | AG-201832 | 28 | 1981 | 40 | FONC Carballo | | 05/06/2022 |
| 234 | 37.48 | FIGUEIRAS MARTINEZ, BALTASAR | AG-769568 | 38 | 1977 | 45 | SARC Ribeira | | 24/09/2022 |
| 235 | 37.48 | VEIGA RAPOSO, IVAN | AG-3790 | 128 | 1979 | 40 | LUCLU Ourense | | 20/11/2022 |
| 236 | 37.48 | VALE GARCIA, ROBERTO | AG-766063 | 127 | 1971 | 50 | FLULU Ourense | | 20/11/2022 |
| 237 | 37.49 | LOPEZ FERNANDEZ, JUAN CARLOS | AG-201878 | 130 | 1980 | 40 | TROOR Ourense | | 20/11/2022 |
| 238 | 37.50 | QUINTELA PAIS, FELIX | AG-10941 | 123 | 1985 | 35 | BRIC A Coruña | | 24/04/2022 |
| 239 | 37.50 | CAAMAÑO NIETO, AVELINO | AG-768412 | 40 | 1978 | 40 | SARC Ribeira | | 24/09/2022 |
| 240 | 37.50 | CALVO FERNÁNDEZ, JOSÉ RUBÉN | AG-767304 | 26 | 1973 | 45 | BUROR San Cibrao das Viñas | | 18/12/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|-----------------------------|-------|------------|
| 241 | 37.51 | FERNANDEZ SALGUEIRO, DIEGO | AG-14571 | 124 | 1981 | 40 | RUNMA A Coruña | | 24/04/2022 |
| 242 | 37.51 | DOMINGUEZ GOMEZ, DAVID | AG-2799 | 40 | 1995 | SR | CAMPO Santiago | | 30/04/2022 |
| 243 | 37.51 | SOTO PARADA, JUAN CARLOS | AG-202374 | 34 | 1977 | 45 | PINPO Marín | | 29/07/2022 |
| 244 | 37.51 | SUAREZ MARTINEZ, MANUEL | GA-144 | 131 | 1958 | 60 | VSAPO Ourense | | 20/11/2022 |
| 245 | 37.52 | BARREIRO DURÁN, MARTÍN | GA-62 | 125 | 2003 | JN | NAOC A Coruña | | 24/04/2022 |
| 246 | 37.53 | BAAMONDE ARUFE, AGAPITO | AG-202381 | 31 | 1976 | 45 | SARC Padrón | | 05/02/2022 |
| 247 | 37.54 | RODRIGUEZ CASTRO, ADRIAN | AG-15050 | 127 | 1994 | SR | LIM_O A Coruña | | 24/04/2022 |
| 248 | 37.54 | CACHAFEIRO GARCIA, GERARDO | AG-3899 | 137 | 1989 | SR | SDCC Ourense | | 20/11/2022 |
| 249 | 37.55 | CASTIÑEIRAS PORTOS, MANUEL | GA-788 | 36 | 1979 | 40 | SDCC Marín | | 29/07/2022 |
| 250 | 37.56 | CARREIRA CASAIS, ANXO | AG-9904 | 65 | 1994 | SR | RFOLU A Coruña | | 02/10/2022 |
| 251 | 37.58 | ULLA REGA, MANUEL | AG-202587 | 140 | 1975 | 45 | ADCPO Ourense | | 20/11/2022 |
| 252 | 38.01 | SANDE CHARLON, VICTOR | AG-10646 | 136 | 1964 | 55 | FENC A Coruña | | 24/04/2022 |
| 253 | 38.01 | RODRIGUEZ MOURE, JOSE MANUEL | GA-769070 | 135 | 1967 | 55 | COCC A Coruña | | 24/04/2022 |
| 254 | 38.04 | FERNÁNDEZ TOJO, ALEXANDRE | AG-202675 | 45 | 1994 | SR | TMBC Negreira | | 13/11/2022 |
| 255 | 38.05 | LADO FIGUEIRAS, JOSÉ ABEL | AG-202065 | 137 | 1979 | 40 | MARC A Coruña | | 24/04/2022 |
| 256 | 38.05 | VELEIRO DIAZ, JORGE | AG-202307 | 145 | 1963 | 55 | BUROR Ourense | | 20/11/2022 |
| 257 | 38.06 | SERANTES GOMEZ, RAMÓN DANIEL | GA-766086 | 71 | 1968 | 50 | MARC A Coruña | | 02/10/2022 |
| 258 | 38.09 | BUGALLO DEL PUERTO, XAQUÍN | TGAL-258 | 46 | 1979 | 40 | OLEC Santiago | | 30/04/2022 |
| 259 | 38.09 | GALLEGO CID, ADRIAN | AG-202084 | 53 | 1982 | 40 | FONC Ames | | 23/10/2022 |
| 260 | 38.11 | GONZÁLEZ MARTINEZ, CRISTIAN | AG-15202 | 141 | 2003 | JN | CASC A Coruña | | 24/04/2022 |
| 261 | 38.12 | PEREIRA SEIJO, IAGO | AG-202375 | 54 | 2000 | PR | SGPPO Ames | | 23/10/2022 |
| 262 | 38.13 | DA CUNHA RODRIGUEZ, JOSE BENITO | AG-14569 | 28 | 1979 | 40 | RUNMA San Cibrao das Viñas | | 18/12/2022 |
| 263 | 38.14 | COUSO MARTINEZ, ELOI | AG-15056 | 29 | 1990 | SR | TAMC Pontevedra | | 16/10/2022 |
| 264 | 38.17 | HERMO VILLAR, PABLO | AG-201753 | 34 | 1982 | 40 | SARC Padrón | | 05/02/2022 |
| 265 | 38.17 | EIRIS DEL RÍO, JACOBO | AG-202375 | 55 | 1999 | SR | STOC Ames | | 23/10/2022 |
| 266 | 38.19 | PARDAL COCA, IVÁN | AG-202648 | 57 | 1988 | SR | USCC Ames | | 23/10/2022 |
| 267 | 38.21 | CASTRO TIELES, ELOY | AG-15882 | 51 | 1996 | SR | NEGC Negreira | | 13/11/2022 |
| 268 | 38.21 | NARANJO ESTEVEZ, ROI | GA-614 | 156 | 2004 | JN | PUROR Ourense | | 20/11/2022 |
| 269 | 38.22 | ABELLEIRA RODRÍGUEZ, ADRIAN | AG-15208 | 157 | 1988 | SR | DEL Ourense | | 20/11/2022 |
| 270 | 38.23 | VAZQUEZ IGLESIAS, ANTONIO | GA-765869 | 158 | 1967 | 55 | BUROR Ourense | | 20/11/2022 |
| 271 | 38.27 | FERNÁNDEZ ÁLVAREZ, CARLOS | AG-768891 | 163 | 1973 | 45 | SDTPO Ourense | | 20/11/2022 |
| 272 | 38.28 | PEREZ SANTAMARIA, DAVID | AG-201473 | 10 | 1970 | 50 | SARC Padrón | | 05/02/2022 |
| 273 | 38.28 | COSTAS FERNÁNDEZ, JOSE LUIS | AG-201906 | 71 | 1984 | 35 | ADCPO Porriño | | 01/05/2022 |
| 274 | 38.28 | RODRÍGUEZ POUSO, JOSÉ ANGEL | AG-15024 | 42 | 1981 | 40 | BRIC Ribeira | | 24/09/2022 |
| 275 | 38.29 | LOPEZ-RIOBOO SALINAS, LUIS | AG-10149 | 148 | 1976 | 45 | BOIC A Coruña | | 24/04/2022 |
| 276 | 38.29 | SANMARTIN CARREIRA, IVAN PABLO | GA-129 | 59 | 1975 | 45 | VAGC Ames | | 23/10/2022 |
| 277 | 38.30 | RAPOSO BUJAN, GERARDO | GA-17643 | 17 | 1968 | 50 | LUCLU O Barco de Valdeorras | | 08/05/2022 |
| 278 | 38.30 | LAGO GOBERNA, FRANCISCO JAVIER | AG-202028 | 32 | 1974 | 45 | MRQPO Pontevedra | | 16/10/2022 |
| 279 | 38.30 | MIRA FERNANDEZ, JOSE | AG-10167 | 168 | 1971 | 50 | BUROR Ourense | | 20/11/2022 |
| 280 | 38.31 | REDONDO SOL , MANEL | AG-202234 | 153 | 1983 | 35 | VRXLU A Coruña | | 24/04/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|----------------------------|-------|------------|
| 281 | 38.31 | AMOEDO OUTEDA, JUAN JOSE | AG-201525 | 41 | 1982 | 40 | SMIPO Marín | | 29/07/2022 |
| 282 | 38.31 | DE LA TORRE ALLARIZ, DANIEL | AG-763742 | 42 | 1968 | 50 | SMIPO Marín | | 29/07/2022 |
| 283 | 38.33 | COSTA CASTRO, MANUEL | AG-202839 | 44 | 1974 | 45 | TMBC Ribeira | | 24/09/2022 |
| 284 | 38.34 | ALVAREZ RODRIGUEZ, JESUS MARIA | AG-201961 | 158 | 1972 | 50 | COCC A Coruña | | 24/04/2022 |
| 285 | 38.34 | PIÑEIRO FIGUEIRAS, ESTEBAN | AG-202867 | 157 | 1982 | 40 | MARC A Coruña | | 24/04/2022 |
| 286 | 38.34 | VAZQUEZ COLLAZO, SANTIAGO | GA-717165 | 171 | 1965 | 55 | RZCC Ourense | | 20/11/2022 |
| 287 | 38.35 | VAZQUEZ FERNANDEZ, JOSÉ ANTONIO | TGAL-189 | 43 | 1984 | 35 | SDTPO Marín | | 29/07/2022 |
| 288 | 38.38 | VALVERDE VILLAR, MARTIN | AG-769461 | 80 | 1967 | 55 | VSAPORorriño | | 01/05/2022 |
| 289 | 38.39 | NAVEIRA FANDIÑO, MARCOS | AG-10937 | 83 | 1985 | 35 | LGRLU A Coruña | | 02/10/2022 |
| 290 | 38.40 | LOURO INSUA, MANUEL | GA-764998 | 177 | 1973 | 45 | NOYC Ourense | | 20/11/2022 |
| 291 | 38.41 | BARREDO GOMEZ, ANTONIO | AG-6405 | 179 | 2003 | JN | MARC Ourense | | 20/11/2022 |
| 292 | 38.42 | DURAN DURAN, BERNARDO | AG-201921 | 342 | 1975 | 45 | TANPORorriño | | 01/05/2022 |
| 293 | 38.43 | BARCIA PIDRE, ALBERTO | AG-201560 | 37 | 1976 | 45 | SAMPO Padrón | | 05/02/2022 |
| 294 | 38.43 | RIO SILVA, JOSE LUIS | AG-202159 | 164 | 1966 | 55 | OLEC A Coruña | | 24/04/2022 |
| 295 | 38.45 | LORES MEIS, JOSE MANUEL | AG-11193 | 72 | 1977 | 45 | CAMPO Ames | | 23/10/2022 |
| 296 | 38.45 | VILLAR RODRIGUEZ, RICARDO | AG-201562 | 54 | 1970 | 50 | NTBC Negreira | | 13/11/2022 |
| 297 | 38.47 | AYASO PARADA, ALEX | AG-202784 | 45 | 2006 | JV | UXIC Ribeira | | 24/09/2022 |
| 298 | 38.50 | MOSQUERA GONZALEZ, LUIS | AG-202764 | 174 | 1988 | SR | BOIC A Coruña | | 24/04/2022 |
| 299 | 38.50 | LOPEZ SANCHEZ, DAVID | AG-12590 | 53 | 1976 | 45 | ENTR Santiago | | 30/04/2022 |
| 300 | 38.53 | ROMAY RODRIGUEZ, RICARDO | AG-14671 | 47 | 1986 | 35 | SARC Ribeira | | 24/09/2022 |
| 301 | 38.53 | RODRIGUEZ GONZALEZ, ALBERTO | AG-202019 | 191 | 1975 | 45 | AREOR Ourense | | 20/11/2022 |
| 302 | 38.54 | FERNÁNDEZ RODRÍGUEZ, RAMÓN | AG-63 | 193 | 1972 | 50 | LOULU Ourense | | 20/11/2022 |
| 303 | 38.55 | VILA SIEIRA, RUBEN | AG-7426 | 12 | 1975 | 45 | EGOLUPadrón | | 05/02/2022 |
| 304 | 38.55 | SANMARTÍN VIGO, VICENTE | AG-202235 | 762 | 1975 | 45 | VRXLU Laredo | | 19/03/2022 |
| 305 | 38.55 | FREIJE MARIÑO, YAGO | GA-805 | 62 | 1999 | SR | RIBLU Ames | | 23/10/2022 |
| 306 | 38.56 | REY QUINTELA, EDUARDO | AG-201864 | 176 | 1971 | 50 | ACEC A Coruña | | 24/04/2022 |
| 307 | 38.56 | FIGUEIRA PEREZ, MANUEL | AG-201589 | 64 | 1972 | 50 | SARC Ames | | 23/10/2022 |
| 308 | 38.59 | PEREZ RODRIGUEZ, RAMON ANDRES | AG-201765 | 65 | 1995 | SR | NEGC Ames | | 23/10/2022 |
| 309 | 39.02 | CARBALLO DURAN, JAVIER | AG-202768 | 89 | 1971 | 50 | SAMPORorriño | | 01/05/2022 |
| 310 | 39.04 | FERNANDEZ PAREDES, ROBERTO | AG-768600 | 90 | 1975 | 45 | BEAPO Porriño | | 01/05/2022 |
| 311 | 39.04 | SUEIRO IGLESIAS, ESTEBAN | AG-201867 | 51 | 1976 | 45 | BRIC Ribeira | | 24/09/2022 |
| 312 | 39.05 | JUANATEY PEREZ, JOSE ANTONIO | AG-9873 | 182 | 1971 | 50 | FONC A Coruña | | 24/04/2022 |
| 313 | 39.05 | CORZÓN VIEITES, ALFONSO | AG-202234 | 66 | 1980 | 40 | BEAPO Ames | | 23/10/2022 |
| 314 | 39.07 | MAYO AGRAFOJO, MARCOS | AG-3619 | 38 | 1983 | 35 | BRIC Padrón | | 05/02/2022 |
| 315 | 39.07 | VASQUEZ CORTES, MARCELO | GA-765494 | 57 | 1971 | 50 | EGOLU Negreira | | 13/11/2022 |
| 316 | 39.08 | SICILIA BARCI, JUAN | GA-364 | 10 | 1970 | 50 | INDE O Barco de Valdeorras | | 08/05/2022 |
| 317 | 39.09 | CID GARCIA, SANTIAGO | AG-202111 | 60 | 1982 | 40 | NTBC Santiago | | 30/04/2022 |
| 318 | 39.10 | CASAI S GONZÁLEZ, MARIANO | AG-15032 | 67 | 1980 | 40 | ADOC Ames | | 23/10/2022 |
| 319 | 39.11 | TEIJEIRO FERNANDEZ, NOE | TGAL-272 | 187 | 1977 | 45 | INDE A Coruña | | 24/04/2022 |
| 320 | 39.11 | ALVAREZ CHINCHILLA, JESUS | GA-769057 | 41 | 1966 | 55 | CASC Carballo | | 05/06/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----|------|-----|-----------------------------|-------|------------|
| 321 | 39.13 | CORES VÁZQUEZ, RICARDO | GA-746 | 69 | 1992 | SR | NAUC Ames | | 23/10/2022 |
| 322 | 39.14 | FERNANDEZ LOPEZ, JOSE MARIA | TGAL-259 | 96 | 1969 | 50 | OLEC A Coruña | | 02/10/2022 |
| 323 | 39.15 | ZARAUZA BEIRAS, ALVARO | AG-11767 | 191 | 1978 | 40 | BRIC A Coruña | | 24/04/2022 |
| 324 | 39.17 | PAZOS CARBÓN, PEDRO | GA-787 | 70 | 1968 | 50 | SDCC Ames | | 23/10/2022 |
| 325 | 39.17 | SANDA ARES, JOSE | GA-790 | 71 | 1981 | 40 | SDCC Ames | | 23/10/2022 |
| 326 | 39.19 | TOLEDO ESTEVEZ, JOSE M, | AG-201597 | 799 | 1973 | 45 | PATOR Laredo | | 19/03/2022 |
| 327 | 39.19 | BURGOS REY, JOSE ANTONIO | AG-766413 | 39 | 1973 | 45 | PORPO Pontevedra | | 16/10/2022 |
| 328 | 39.21 | SANMARCO SANTOS, FRANCISCO | GA-768550 | 195 | 1964 | 55 | SARC A Coruña | | 24/04/2022 |
| 329 | 39.22 | HEVIA GÓMEZ, JESÚS | AG-3311 | 196 | 1975 | 45 | CASC A Coruña | | 24/04/2022 |
| 330 | 39.23 | GONZALEZ BUEZAS, ADIAN | TGAL-289 | 73 | 1993 | SR | TRIPO Ames | | 23/10/2022 |
| 331 | 39.23 | GOMEZ IGLESIAS, JOSE JAVIER | AG-7131 | 33 | 1968 | 50 | BUROR San Cibrao das Viñas | | 18/12/2022 |
| 332 | 39.25 | GARCIA NUÑEZ, LUIS EDUARDO | GA-765502 | 198 | 1972 | 50 | VRXLU A Coruña | | 24/04/2022 |
| 333 | 39.25 | MARTINEZ VALVERDE, JUAN CARLOS | GA-768581 | 44 | 1971 | 50 | VAGC Carballo | | 05/06/2022 |
| 334 | 39.29 | CABO LANDEIRA, RAFAEL | AG-201894 | 68 | 1968 | 50 | ENTR Santiago | | 30/04/2022 |
| 335 | 39.30 | GOMEZ BEIRO, SANTIAGO | AG-768761 | 46 | 1976 | 45 | FONC Carballo | | 05/06/2022 |
| 336 | 39.33 | FERNANDEZ VAZQUEZ, PABLO | AG-201447 | 11 | 1979 | 40 | BCS O Barco de Valdeorras | | 08/05/2022 |
| 337 | 39.33 | SANTORUM GONZALEZ, JORGE | AG-202020 | 75 | 1983 | 35 | CAMPO Ames | | 23/10/2022 |
| 338 | 39.34 | SILVA BRENLLA, GONZALO | AG-766103 | 70 | 1984 | 35 | NTBC Santiago | | 30/04/2022 |
| 339 | 39.34 | RODRIGUEZ PEREZ, HIGINIO DE MAN | AG-7194 | 34 | 1962 | 60 | PUROR San Cibrao das Viñas | | 18/12/2022 |
| 340 | 39.36 | OMIL IGLESIAS, JOSE MANUEL | AG-765338 | 53 | 1980 | 40 | PINPO Marín | | 29/07/2022 |
| 341 | 39.39 | LAGO MONROY, ISMAEL | AG-201875 | 28 | 1985 | 35 | SMIPO Xinzo de Limia | | 29/05/2022 |
| 342 | 39.39 | SANCHEZ MARCOS, LORENZO | GA-765361 | 102 | 1964 | 55 | RNWC A Coruña | | 02/10/2022 |
| 343 | 39.40 | CESAR VILA, ALVARO | AG-151311 | 228 | 1970 | 50 | TAMC Ourense | | 20/11/2022 |
| 344 | 39.41 | ESPIÑA FERNÁNDEZ, FRANCISCO JAVI | AG-202005 | 204 | 1974 | 45 | INDE A Coruña | | 24/04/2022 |
| 345 | 39.41 | CARBALLAL GONZALEZ, ANTONIO | AG-766535 | 54 | 1980 | 40 | PINPO Marín | | 29/07/2022 |
| 346 | 39.42 | ANSIA GARCÍA, JUAN JOSÉ | AG-202703 | 35 | 1974 | 45 | BUROR San Cibrao das Viñas | | 18/12/2022 |
| 347 | 39.45 | MENDEZ RODRIGUEZ, RAMIRO | GA-769166 | 6 | 1957 | 65 | GANLU O Barco de Valdeorras | | 08/05/2022 |
| 348 | 39.45 | PENAS GARCIA, RUBEN | AG-202837 | 50 | 1977 | 45 | TMBC Carballo | | 05/06/2022 |
| 349 | 39.47 | OTERO CEPEDA, XOSE LUIS | GA-7770 | 210 | 1951 | 70 | STOC A Coruña | | 24/04/2022 |
| 350 | 39.47 | ACUÑA FERNÁNDEZ, CÁNDIDO | AG-764197 | 236 | 1971 | 50 | COMPO Ourense | | 20/11/2022 |
| 351 | 39.48 | PEREIRA REY, JOSE CARLOS | AG-12231 | 56 | 1965 | 55 | BOIC Marín | | 29/07/2022 |
| 352 | 39.49 | MANEIRO SANCHEZ, RODRIGO | GA-252 | 214 | 1979 | 40 | VAGC A Coruña | | 24/04/2022 |
| 353 | 39.49 | VAZQUEZ RAMOS, MANUEL | AG-202466 | 239 | 1970 | 50 | VRXLU Ourense | | 20/11/2022 |
| 354 | 39.52 | FERNANDEZ FERNANDEZ, JESUS | AG-202026 | 242 | 1975 | 45 | PUROR Ourense | | 20/11/2022 |
| 355 | 40.01 | GONZALEZ BAÑOBRE, JOSE | GA-716922 | 223 | 1966 | 55 | NAOC A Coruña | | 24/04/2022 |
| 356 | 40.02 | SOTO RODRIGUEZ, ANGEL | AG-202135 | 36 | 1977 | 45 | PUROR San Cibrao das Viñas | | 18/12/2022 |
| 357 | 40.04 | ASENSIO CAMPAZAS, ALBERTO CARLO | GA-10310 | 37 | 1979 | 40 | ADAOR San Cibrao das Viñas | | 18/12/2022 |
| 358 | 40.05 | NOVOA CID, JOSE LUIS | AG-202047 | 38 | 1973 | 45 | PUROR San Cibrao das Viñas | | 18/12/2022 |
| 359 | 40.06 | CELA BOISA, JESÚS | AG-3522 | 80 | 1992 | SR | BRIC Santiago | | 30/04/2022 |
| 360 | 40.06 | PIRES , LUIS MANUEL | AG-202769 | 120 | 1969 | 50 | SAMPO Porriño | | 01/05/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|--------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 361 | 40.07 | PIMENTEL OCAMPO, JAVIER | AG-202781 | 121 | 1983 | 35 | TUIPO | Porriño | 01/05/2022 |
| 362 | 40.07 | BARDANCA SANJURJO, JUAN CARLOS | AG-201430 | 111 | 1970 | 50 | CASC | A Coruña | 02/10/2022 |
| 363 | 40.09 | FUERTES SAAVEDRA, ANTONIO | GA-16019 | 7 | 1960 | 60 | RCVPO | O Barco de Valdeorras | 08/05/2022 |
| 364 | 40.10 | ANDRÉS FIDALGO, ALÁN | AG-763614 | 265 | 1975 | 45 | ESPOU | Ourense | 20/11/2022 |
| 365 | 40.11 | LOPEZ FERNANDEZ, RUBEN | GA-748 | 13 | 1980 | 40 | NAUC | O Barco de Valdeorras | 08/05/2022 |
| 366 | 40.11 | GUIMAREY SENIN, JAVIER | AG-201589 | 267 | 1978 | 40 | SARC | Ourense | 20/11/2022 |
| 367 | 40.12 | ROSENDE FUENTES, JOSE LUIS | AG-202675 | 43 | 1981 | 40 | TMBC | Padrón | 05/02/2022 |
| 368 | 40.12 | FERREIRO DEAÑO, ALFREDO | AG-10629 | 268 | 1978 | 40 | AUROR | Ourense | 20/11/2022 |
| 369 | 40.13 | GARCÍA GÓMEZ, ESTEBAN | AG-3618 | 44 | 1978 | 40 | BRIC | Padrón | 05/02/2022 |
| 370 | 40.14 | MATALOBOS BUSTELO, ANTONIO | AG-202516 | 45 | 1978 | 40 | BRIC | Padrón | 05/02/2022 |
| 371 | 40.14 | RODRIGUEZ GONZALEZ, JOSE | AG-202424 | 130 | 1968 | 50 | AREOR | Porriño | 01/05/2022 |
| 372 | 40.14 | MORENZA DOFORNO, GERMAN | AG-767975 | 60 | 1963 | 55 | PINPO | Marín | 29/07/2022 |
| 373 | 40.17 | BRANDON RODRIGUEZ, JUAN CARLOS | AG-11133 | 237 | 1962 | 60 | FONC | A Coruña | 24/04/2022 |
| 374 | 40.17 | MATA TORREIRA, JUAN MANUEL | AG-768762 | 53 | 1969 | 50 | FONC | Carballo | 05/06/2022 |
| 375 | 40.19 | FERNANDEZ RODRIGUEZ, MARTIN | AG-202371 | 276 | 2004 | JN | GANLU | Ourense | 20/11/2022 |
| 376 | 40.23 | SOUTO PEREZ, HECTOR | AG-13861 | 242 | 1977 | 45 | INDE | A Coruña | 24/04/2022 |
| 377 | 40.24 | ABAD GREGORIO, DAVID | GA-390 | 78 | 1975 | 45 | SAMPO | Ames | 23/10/2022 |
| 378 | 40.26 | PAREDES PARADA, MANUEL | GA-19421 | 97 | 1967 | 55 | BARC | O Barco de Valdeorras | 08/05/2022 |
| 379 | 40.27 | IGLESIAS CRISTOBO, ELOY | AG-14220 | 62 | 1965 | 55 | SARC | Ribeira | 24/09/2022 |
| 380 | 40.27 | IGLESIAS COMOJO, PABLO | AG-3553 | 79 | 1978 | 40 | BRIC | Ames | 23/10/2022 |
| 381 | 40.28 | PEREZ PEREIRA, RAMIRO | AG-201588 | 284 | 1956 | 65 | SARC | Ourense | 20/11/2022 |
| 382 | 40.30 | GARCIA MENDEZ, JOSE A. | TGAL-135 | 121 | 1976 | 45 | CERC | A Coruña | 02/10/2022 |
| 383 | 40.34 | RAÑA RECOUSO, AMANCIO | AG-202364 | 290 | 1983 | 35 | TMBC | Ourense | 20/11/2022 |
| 384 | 40.35 | VÁZQUEZ TOURÓN, ANTONIO | AG-202034 | 93 | 1970 | 50 | SDCC | Santiago | 30/04/2022 |
| 385 | 40.36 | CANOSA CASTIÑEIRA, RAMON | AG-765438 | 80 | 1972 | 50 | SARC | Ames | 23/10/2022 |
| 386 | 40.36 | FERNANDEZ NOVOA, MIGUEL ANGEL | AG-765456 | 292 | 1967 | 55 | MARC | Ourense | 20/11/2022 |
| 387 | 40.38 | FERNANDEZ VIDAL, ANGEL MANUEL | AG-10172 | 19 | 1968 | 50 | TKTC | Padrón | 05/02/2022 |
| 388 | 40.38 | FREIRE RIVEIRA, MIGUEL | AG-3476 | 86 | 1972 | 50 | MRQPO | Negreira | 13/11/2022 |
| 389 | 40.39 | PEREZ ALVAREZ, JAIME ALEJANDRO | AG-11801 | 65 | 1971 | 50 | RUNPO | Marín | 29/07/2022 |
| 390 | 40.40 | TABOADA MILLAN, CESAR | AG-202774 | 81 | 1969 | 50 | SARC | Ames | 23/10/2022 |
| 391 | 40.41 | SABIO FERNANDEZ, RAFAEL | TGAL-130 | 126 | 1966 | 55 | INDE | A Coruña | 02/10/2022 |
| 392 | 40.44 | GALAN PRESAS, XOAN | AG-202134 | 130 | 1969 | 50 | CASC | A Coruña | 02/10/2022 |
| 393 | 40.45 | RIVAS CASTRO, JUAN | AG-202828 | 84 | 1966 | 55 | CAMPO | Ames | 23/10/2022 |
| 394 | 40.48 | PAREDES PARADA, FERNANDO | AG-764371 | 65 | 1966 | 55 | BARC | Ribeira | 24/09/2022 |
| 395 | 40.48 | ALVAREZ BOUZAS, ALBERTO | AG-11371 | 89 | 1992 | SR | TMBC | Negreira | 13/11/2022 |
| 396 | 40.51 | FERNANDEZ ALVAREZ, ESTEBAN | AG-14570 | 263 | 1975 | 45 | RUNMA | A Coruña | 24/04/2022 |
| 397 | 40.51 | PEREZ FERNANDEZ, BRAIS | GA-486 | 90 | 2002 | PR | SDCC | Negreira | 13/11/2022 |
| 398 | 40.52 | FERNANDEZ VAZQUEZ, RAFAEL | AG-14692 | 306 | 1974 | 45 | MRQPO | Ourense | 20/11/2022 |
| 399 | 40.54 | GARCIA SILVA, TOMAS | AG-15378 | 64 | 1990 | SR | RUNMA | Carballo | 05/06/2022 |
| 400 | 40.58 | LORENZO ALONSO, MOISES | AG-14427 | 314 | 1986 | 35 | PORPO | Ourense | 20/11/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 401 | 41.01 | JUNCAL CARRAGAL, JOSE MANUEL | AG-3155 | 71 | 1981 | 40 | MILPO | Marín | 29/07/2022 |
| 402 | 41.02 | FERNANDEZ CASAL, MARCOS | AG-3537 | 66 | 1983 | 35 | SARC | Ribeira | 24/09/2022 |
| 403 | 41.03 | CAÑAS GARCÍA, MANUEL | GA-775 | 134 | 1980 | 40 | CASC | A Coruña | 02/10/2022 |
| 404 | 41.04 | REBOREDO DURAN, ALBERTO | AG-202655 | 324 | 1994 | SR | SARC | Ourense | 20/11/2022 |
| 405 | 41.04 | RODRÍGUEZ DOPICO, JAVIER | AG-15159 | 323 | 1986 | 35 | ENTR | Ourense | 20/11/2022 |
| 406 | 41.05 | ALVAREZ RODRIGUEZ, DOMINGO | GA-20367 | 135 | 1956 | 65 | BUROR | A Coruña | 02/10/2022 |
| 407 | 41.07 | CUENCA GARCÍA, FRANCISCO JOSÉ | AG-202683 | 67 | 1983 | 35 | VAGC | Ribeira | 24/09/2022 |
| 408 | 41.08 | PIÑEIRO MAYO, ÁLVARO | AG-15070 | 110 | 1984 | 35 | SERC | Santiago | 30/04/2022 |
| 409 | 41.10 | GARCIA VILLAVERDE, FRANCISCO JOS | AG-202576 | 21 | 1974 | 45 | SDCC | Padrón | 05/02/2022 |
| 410 | 41.10 | GUTIERREZ GONZÁLEZ, NEMESIO | GA-202342 | 2 | 1956 | 65 | AFRLU | O Barco de Valdeorras | 08/05/2022 |
| 411 | 41.10 | CAO GARCIA, JOSE MANUEL | AG-769742 | 87 | 1971 | 50 | FONC | Ames | 23/10/2022 |
| 412 | 41.13 | PITA TORRES, JOSE ANGEL | GA-769392 | 3 | 1957 | 65 | INDE | O Barco de Valdeorras | 08/05/2022 |
| 413 | 41.13 | GARCIA FERNANDEZ, JAVIER 77 | GA-804 | 179 | 1977 | 40 | RIBLU | O Barco de Valdeorras | 08/05/2022 |
| 414 | 41.15 | GONZALEZ FERNANDEZ, JOSE LUIS | AG-202633 | 72 | 1979 | 40 | ESPOU | Ribeira | 24/09/2022 |
| 415 | 41.17 | LEMONS RODRIGUEZ, MANUEL | GA-391 | 88 | 1977 | 45 | SAMPO | Ames | 23/10/2022 |
| 416 | 41.19 | PEREZ OTERO, JOSE MARIA | AG-202836 | 339 | 1961 | 60 | VRXLU | Ourense | 20/11/2022 |
| 417 | 41.22 | ROCA CANCIO, DIEGO | AG-14610 | 293 | 1981 | 40 | INDE | A Coruña | 24/04/2022 |
| 418 | 41.23 | GARCIA VAZQUEZ, ANDRES | AG-769677 | 89 | 2004 | JN | STOC | Ames | 23/10/2022 |
| 419 | 41.26 | PEREIRO CALVIÑO, ANTONIO | AG-202630 | 301 | 1976 | 45 | OLEC | A Coruña | 24/04/2022 |
| 420 | 41.27 | SENRA ALVAREZ, ROBERTO | AG-202254 | 120 | 1968 | 50 | TMBC | Santiago | 30/04/2022 |
| 421 | 41.27 | FERNÁNDEZ CASAL, MIGUEL ANGEL | AG-766360 | 148 | 1966 | 55 | INDE | A Coruña | 02/10/2022 |
| 422 | 41.27 | FARIAS FORNEIRO, PATRICIO CRUZ | AG-10058 | 349 | 1977 | 45 | AUROR | Ourense | 20/11/2022 |
| 423 | 41.29 | SOTO BUCETA, SERGIO | AG-11155 | 49 | 1979 | 40 | CAMPO | Padrón | 05/02/2022 |
| 424 | 41.29 | HURTADO CAMPO, ENEKO | TGAL-2 | 351 | 1986 | 35 | BIOLU | Ourense | 20/11/2022 |
| 425 | 41.30 | LOPEZ PIÑEIRO, JAVIER | AG-202403 | 305 | 1971 | 50 | CASC | A Coruña | 24/04/2022 |
| 426 | 41.37 | VALIÑO CES, JOSE ANTONIO | AG-201937 | 91 | 1976 | 45 | FONC | Ames | 23/10/2022 |
| 427 | 41.37 | FERNANDEZ CASTRO, JUAN CARLOS | AG-202311 | 361 | 1962 | 60 | STOC | Ourense | 20/11/2022 |
| 428 | 41.38 | DIAZ BARBA, MIGUEL ANGEL | AG-11039 | 40 | 1967 | 55 | LIM_O | San Cibrao das Viñas | 18/12/2022 |
| 429 | 41.39 | NOYA PEREZ, JOSE ANTONIO | AG-201922 | 126 | 1970 | 50 | FONC | Santiago | 30/04/2022 |
| 430 | 41.40 | ZAS SANDE, IGNACIO | AG-3566 | 970 | 1992 | SR | TMBC | Laredo | 19/03/2022 |
| 431 | 41.42 | VARELA CRESPO, MARIO DANIEL | AG-202424 | 368 | 1980 | 40 | AREOR | Ourense | 20/11/2022 |
| 432 | 41.46 | LEMA FERNÁNDEZ, CARLOS | AG-11707 | 116 | 1977 | 45 | NEGC | Negreira | 13/11/2022 |
| 433 | 41.50 | JARDON LÓPEZ, JOSE | GA-9217 | 158 | 1956 | 65 | VSAPO | Porriño | 01/05/2022 |
| 434 | 41.50 | MUÑIZ GONZALEZ, DIONISIO | AG-11197 | 382 | 1978 | 40 | CAMPO | Ourense | 20/11/2022 |
| 435 | 41.51 | RODRIGUEZ ATANES, FRANCISCO | AG-766620 | 42 | 1970 | 50 | BUROR | San Cibrao das Viñas | 18/12/2022 |
| 436 | 41.52 | HERMIDA CHOUZAS, MANUEL | AG-764990 | 318 | 2004 | JN | RZCC | A Coruña | 24/04/2022 |
| 437 | 41.53 | CABADO CASTRO, JOSE | GA-764400 | 385 | 1968 | 50 | STOC | Ourense | 20/11/2022 |
| 438 | 41.56 | PEREZ REGO, RAFAEL | AG-8975 | 94 | 1958 | 60 | TUIPO | Ames | 23/10/2022 |
| 439 | 41.59 | PEREZ MOSQUERA, MANUEL | TGAL-291 | 95 | 2000 | PR | INDE | Ames | 23/10/2022 |
| 440 | 42.00 | CORDAL BARREIRO, IVAN | AG-11157 | 324 | 1979 | 40 | CAMPO | A Coruña | 24/04/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|--------------------------------|-----------|-----|------|-----|------------------|-------|------------|
| 441 | 42.02 | CAMIÑA UCHA, BASILIO | AG-14781 | 96 | 1986 | 35 | CAMPO Ames | | 23/10/2022 |
| 442 | 42.05 | ROCHA GARCIA, FRANCISCO JOSE | AG-10109 | 326 | 1980 | 40 | BOIC A Coruña | | 24/04/2022 |
| 443 | 42.05 | SOLETO CEREIJO, SANTIAGO | AG-3531 | 138 | 1970 | 50 | BRIC Santiago | | 30/04/2022 |
| 444 | 42.06 | FERNANDEZ MONZON, MARCOS | AG-202437 | 163 | 1974 | 45 | BEAPO Porriño | | 01/05/2022 |
| 445 | 42.07 | ESPIÑO PEREIRA, FRANCISCO JOSE | AG-3173 | 139 | 1984 | 35 | SDCC Santiago | | 30/04/2022 |
| 446 | 42.07 | MENDEZ QUINTELA, FRANCISCO MAN | AG-11085 | 97 | 1976 | 45 | SDCC Ames | | 23/10/2022 |
| 447 | 42.07 | TORRES BARREIROS, RAMSES MANUE | AG-10064 | 402 | 1976 | 45 | AUROR Ourense | | 20/11/2022 |
| 448 | 42.10 | VALLE PEREZ, RAFA | AG-14577 | 405 | 1980 | 40 | RUNMA Ourense | | 20/11/2022 |
| 449 | 42.11 | BECERRA DO EJO, CARLOS | AG-768759 | 141 | 1975 | 45 | FONC Santiago | | 30/04/2022 |
| 450 | 42.12 | TAJES MAYO, JUAN JESÚS | AG-201929 | 331 | 1970 | 50 | FONC A Coruña | | 24/04/2022 |
| 451 | 42.12 | PÉREZ ZARRAQUIÑOS, ROBERTO | AG-202128 | 408 | 1974 | 45 | LIM_O Ourense | | 20/11/2022 |
| 452 | 42.14 | MERA GARCIA, IVAN | AG-11370 | 335 | 1980 | 40 | MCHC A Coruña | | 24/04/2022 |
| 453 | 42.15 | DARRIBA BARBA, ABEL | AG-202587 | 168 | 1984 | 35 | ADCPO Porriño | | 01/05/2022 |
| 454 | 42.16 | TARRIO MARTINEZ, MARCOS | AG-202316 | 99 | 1976 | 45 | VAGC Ames | | 23/10/2022 |
| 455 | 42.17 | AMIGO FERREIRO, JUAN LUIS | GA-758 | 86 | 1969 | 50 | SDCC Marín | | 29/07/2022 |
| 456 | 42.22 | FERNÁNDEZ LAGO, JUAN CARLOS | AG-15065 | 339 | 1967 | 55 | SERC A Coruña | | 24/04/2022 |
| 457 | 42.25 | BALSEIRO PITA, CRISTOBAL | AG-202403 | 348 | 1970 | 50 | CASC A Coruña | | 24/04/2022 |
| 458 | 42.25 | PEREZ PASCUAL, MANUEL | GA-542 | 173 | 1959 | 60 | BEAPO Porriño | | 01/05/2022 |
| 459 | 42.26 | FERREIRO LÓPEZ, JUAN RAMÓN | AG-202263 | 156 | 1968 | 50 | TMBC Santiago | | 30/04/2022 |
| 460 | 42.26 | PEREZ BURGOS, ANGEL | AG-3567 | 155 | 1981 | 40 | TMBC Santiago | | 30/04/2022 |
| 461 | 42.27 | TORO MONTERO, JAVIER | GA-14096 | 350 | 1955 | 65 | VRXLU A Coruña | | 24/04/2022 |
| 462 | 42.28 | VARELA LÓPEZ, XABIER | TGAL-142 | 182 | 1974 | 45 | CERC A Coruña | | 02/10/2022 |
| 463 | 42.30 | PEREZ VIDAL, GERMAN DELFIN | AG-9531 | 24 | 1968 | 50 | NOYC Padrón | | 05/02/2022 |
| 464 | 42.30 | FERNANDEZ RODRIGUEZ, JOSE ANTO | AG-765 | 80 | 1979 | 40 | RATC Carballo | | 05/06/2022 |
| 465 | 42.30 | FEIJOO CANTARILLA, ROBERTO | AG-10155 | 429 | 1975 | 45 | LIM_O Ourense | | 20/11/2022 |
| 466 | 42.32 | RUANOVA FERNANDEZ, IAGO | AG-15271 | 129 | 1989 | SR | SDCC Negreira | | 13/11/2022 |
| 467 | 42.39 | FERRAL NOGUEIRA, GABRIEL | AG-10866 | 64 | 1980 | 40 | VCGPO Pontevedra | | 16/10/2022 |
| 468 | 42.41 | GUERRERO CASTILLO, JOSE MANUEL | AG-201519 | 361 | 1974 | 45 | MCHC A Coruña | | 24/04/2022 |
| 469 | 42.41 | OROZCO CORREDOIRA, JUAN | AG-202267 | 103 | 1979 | 40 | STOC Ames | | 23/10/2022 |
| 470 | 42.43 | SEVILLA SUBIELA, PEDRO ANTONIO | AG-201607 | 441 | 1975 | 45 | COMPO Ourense | | 20/11/2022 |
| 471 | 42.44 | RODRIGUEZ FRAMIL, ALFONSO | AG-202036 | 86 | 1978 | 40 | NTBC Ribeira | | 24/09/2022 |
| 472 | 42.45 | VARELA VALLADARES, ALEJANDRO | AG-14759 | 166 | 1981 | 40 | CAMPO Santiago | | 30/04/2022 |
| 473 | 42.46 | NEILA RAMOS, CARLOS | AG-14737 | 167 | 1986 | 35 | CRR_P Santiago | | 30/04/2022 |
| 474 | 42.47 | FERNÁNDEZ NIMO, IVÁN | AG-15076 | 133 | 1989 | SR | SERC Negreira | | 13/11/2022 |
| 475 | 42.49 | TORRES BAUTIS, MANUEL JORGE | AG-3394 | 371 | 1967 | 55 | VAGC A Coruña | | 24/04/2022 |
| 476 | 42.52 | PRADA HERNANDEZ, PABLO | GA-148 | 198 | 1982 | 40 | ADAOR A Coruña | | 02/10/2022 |
| 477 | 42.55 | BARBEITO FERNANDEZ, DANIEL | AG-15734 | 199 | 1989 | SR | MCHC A Coruña | | 02/10/2022 |
| 478 | 43.00 | FILGUEIRA PONCE, FERNANDO | AG-14824 | 105 | 1976 | 45 | COMPO Ames | | 23/10/2022 |
| 479 | 43.02 | GARCIA CABEZA, DANIEL | AG-15732 | 93 | 1985 | 35 | SDCC Marín | | 29/07/2022 |
| 480 | 43.13 | LOSADA CARRIL, DAVID ENRIQUE | AG-9000 | 108 | 1974 | 45 | MILC Ames | | 23/10/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|-------|----------------------|------------|
| 481 | 43.14 | GIL BLANCO, FRANCISCO JOSÉ | AG-202161 | 98 | 1976 | 45 | PINPO | Marín | 29/07/2022 |
| 482 | 43.18 | ARES NOGUEIRA, SERGIO | AG-3202 | 144 | 1993 | SR | BOIC | Negreira | 13/11/2022 |
| 483 | 43.21 | MONTENEGRO REY, PABLO | AG-201443 | 208 | 1983 | 35 | MARC | A Coruña | 02/10/2022 |
| 484 | 43.25 | TORRES GONZÁLEZ, JOSE LUIS | AG-769190 | 501 | 1963 | 55 | BAROR | Ourense | 20/11/2022 |
| 485 | 43.27 | FERNÁNDEZ GARCÍA, ADRIÁN | AG-769189 | 506 | 1983 | 35 | BAROR | Ourense | 20/11/2022 |
| 486 | 43.28 | GONZALEZ REINO, CARLOS | AG-6578 | 509 | 1966 | 55 | NOYC | Ourense | 20/11/2022 |
| 487 | 43.33 | DOMINGUEZ PRIETO, ALBERTO | AG-202423 | 104 | 1977 | 45 | VCGPO | Marín | 29/07/2022 |
| 488 | 43.38 | VALENTIN INUNCUAGA, DANEIL | AG-202080 | 521 | 1966 | 55 | OUROR | Ourense | 20/11/2022 |
| 489 | 43.43 | TABODA GARCÍA, JAVIER | AG-3400 | 112 | 1969 | 50 | VAGC | Ames | 23/10/2022 |
| 490 | 43.44 | VELAZQUEZ CHOZAS, IVAN | AG-9426 | 221 | 1981 | 40 | MCHC | A Coruña | 02/10/2022 |
| 491 | 43.48 | OTERO CRESPO, DAVID | AG-202577 | 108 | 1982 | 35 | PINPO | Marín | 29/07/2022 |
| 492 | 43.53 | VAZQUEZ FERNANDEZ, JOSE | AG-202000 | 48 | 1968 | 50 | PATOR | San Cibrao das Viñas | 18/12/2022 |
| 493 | 43.55 | GARCIA PENA, JESUS | AG-202825 | 205 | 1976 | 45 | TMBC | Santiago | 30/04/2022 |
| 494 | 43.55 | SOMOZA RODRIGUEZ, MARCO A. | AG-15586 | 545 | 1976 | 45 | GANLU | Ourense | 20/11/2022 |
| 495 | 43.58 | PIÑEIRO TERZADO, JOSÉ | AG-202808 | 213 | 1978 | 40 | ESTPO | Porriño | 01/05/2022 |
| 496 | 43.59 | PALACIOS LADO, SERGIO | AG-3395 | 445 | 1986 | 35 | VAGC | A Coruña | 24/04/2022 |
| 497 | 43.59 | PAMPIN FUCIÑÓS, JOSE M. | TGAL-141 | 444 | 1962 | 60 | CERC | A Coruña | 24/04/2022 |
| 498 | 44.01 | GARCIA MARTIÑA, ELADIO | AG-14572 | 215 | 1962 | 60 | RUNMA | Porriño | 01/05/2022 |
| 499 | 44.04 | MARQUEZ PASTOR, JOSE | AG-202106 | 451 | 1987 | 35 | USCC | A Coruña | 24/04/2022 |
| 500 | 44.04 | FERNÁNDEZ LÓPEZ, ALBERTO | AG-10074 | 449 | 1979 | 40 | VAGC | A Coruña | 24/04/2022 |
| 501 | 44.06 | RODRIGUEZ ALVAREZ, JOSE ANTONIO | GA-769004 | 0 | 1974 | 45 | MRQPO | Soria | 24/09/2022 |
| 502 | 44.07 | CASTRO MOSCOSO, DANIEL | AG-202400 | 457 | 1981 | 40 | VAGC | A Coruña | 24/04/2022 |
| 503 | 44.07 | LEBOSO FERREIRO, CÉSAR | GA-769025 | 219 | 1966 | 55 | ESPOU | Porriño | 01/05/2022 |
| 504 | 44.11 | DIZ GARCIA, ELADIO | AG-2541 | 221 | 1965 | 55 | AREOR | Porriño | 01/05/2022 |
| 505 | 44.13 | FRAMIÑAN LAMAZARES, AMALIO | AG-15147 | 37 | 1993 | SR | STOC | Padrón | 05/02/2022 |
| 506 | 44.16 | POMBAL PORTELA, DAVID | AG-764292 | 121 | 1999 | SR | SAMPO | Marín | 29/07/2022 |
| 507 | 44.17 | RIOMAYOR RODRÍGUEZ, CRISTIAN | AG-15067 | 241 | 1988 | SR | SERC | A Coruña | 02/10/2022 |
| 508 | 44.20 | BARREIROS VAZQUEZ, JOSE ALBERTO | AG-14566 | 73 | 1973 | 45 | RUNMA | Pontevedra | 16/10/2022 |
| 509 | 44.24 | SOUTO DIZ, JULIO JOSE | AG-202515 | 249 | 1964 | 55 | CASC | A Coruña | 02/10/2022 |
| 510 | 44.25 | VAZQUEZ VAZQUEZ, JOSE | AG-15585 | 74 | 1970 | 50 | GANLU | Pontevedra | 16/10/2022 |
| 511 | 44.27 | GONZALEZ GONZALEZ, JOSE CARLOS | AG-202397 | 115 | 1976 | 45 | FONC | Ames | 23/10/2022 |
| 512 | 44.27 | ARIAS LOPEZ, ANGEL | AG-14874 | 580 | 1992 | SR | LGRLU | Ourense | 20/11/2022 |
| 513 | 44.29 | BREY MATO, ROBERTO | AG-202395 | 230 | 1969 | 50 | CAIPO | Santiago | 30/04/2022 |
| 514 | 44.29 | MIRANDA VIEITO, JOSE MANUEL | AG-202543 | 127 | 1977 | 45 | DOMPO | Marín | 29/07/2022 |
| 515 | 44.29 | CALVO GERARDI, MANUEL | GA-765833 | 116 | 1956 | 65 | SARC | Ames | 23/10/2022 |
| 516 | 44.30 | LAGO QUINTEIRO, JOSE RAMON | AG-768907 | 117 | 1975 | 45 | FONC | Ames | 23/10/2022 |
| 517 | 44.33 | GOMEZ LOBATO, DAVID | AG-15034 | 232 | 1994 | SR | BRIC | Santiago | 30/04/2022 |
| 518 | 44.33 | CEPEDA GACIO, FRANCISCO JAVIER | AG-202505 | 175 | 1959 | 60 | NTBC | Negreira | 13/11/2022 |
| 519 | 44.35 | PEREZ LOURIDO, MARCOS | AG-2497 | 234 | 1974 | 45 | NEGC | Santiago | 30/04/2022 |
| 520 | 44.41 | FERNÁNDEZ MEIRAMA, DAVID | AG-10150 | 495 | 1978 | 40 | CASC | A Coruña | 24/04/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|------|------|-----|----------------------------|-------|------------|
| 521 | 44.42 | PIÑON LOUREIRO, ANDRES | GA-19860 | 118 | 1970 | 50 | EGOLU Ames | | 23/10/2022 |
| 522 | 44.44 | ALONSO VAZQUEZ, PEDRO | AG-9475 | 607 | 1978 | 40 | PINPO Ourense | | 20/11/2022 |
| 523 | 44.46 | GARCIA ESMORIS, FRANCISCO | AG-15128 | 180 | 1989 | SR | TAMC Negreira | | 13/11/2022 |
| 524 | 44.47 | LEVOSO TOUCEDA, JOSE MARIA | AG-202633 | 49 | 1968 | 50 | ESPOU San Cibrao das Viñas | | 18/12/2022 |
| 525 | 44.53 | FERNANDEZ LANDEIRO, JOSE MANUEL | TGAL-35 | 120 | 1978 | 40 | TRIPO Ames | | 23/10/2022 |
| 526 | 44.54 | BERMUDEZ TURNES, JOSE ANTONIO | AG-202120 | 121 | 1961 | 60 | NTBC Ames | | 23/10/2022 |
| 527 | 44.55 | AIRAS FERNÁNDEZ, DIEGO | AG-9577 | 628 | 2002 | PR | BUROR Ourense | | 20/11/2022 |
| 528 | 44.55 | GONZALEZ SEREN, GERMAN | TGAL-256 | 627 | 1972 | 50 | LUELU Ourense | | 20/11/2022 |
| 529 | 44.58 | SUAREZ DOMINGUEZ, JOSE ANTONIO | AG-769194 | 634 | 1963 | 55 | BAROR Ourense | | 20/11/2022 |
| 530 | 45.01 | CALVO GONZÁLEZ, CRISTIAN | AG-202327 | 507 | 1990 | SR | FENC A Coruña | | 24/04/2022 |
| 531 | 45.02 | MARTINEZ RIOBO, IGNACIO | AG-202101 | 136 | 1985 | 35 | SAMPO Marín | | 29/07/2022 |
| 532 | 45.02 | VARELA ALVAREZ, LAUREANO | AG-9433 | 122 | 1975 | 45 | SDCC Ames | | 23/10/2022 |
| 533 | 45.02 | RIVAS ALENDE, JUAN | AG-201910 | 182 | 1981 | 40 | NTBC Negreira | | 13/11/2022 |
| 534 | 45.03 | CASTRO MAROÑO, JORGE | AG-9482 | 253 | 1978 | 40 | SDCC Santiago | | 30/04/2022 |
| 535 | 45.04 | RIVAS PEREZ, JONATAN | AG-14580 | 645 | 1983 | 35 | RUNMA Ourense | | 20/11/2022 |
| 536 | 45.05 | POUSA LOSADA, ANTONIO | AG-201799 | 647 | 1972 | 50 | PUROR Ourense | | 20/11/2022 |
| 537 | 45.07 | MARIÑO GRANJA, GONZALO | AG-16371 | 652 | 1992 | SR | BRIC Ourense | | 20/11/2022 |
| 538 | 45.09 | GARALOCES FERNANDEZ, XABIER | AG-15726 | 655 | 1974 | 45 | DEL Ourense | | 20/11/2022 |
| 539 | 45.12 | ALVARELLOS BARREIRO, JUAN JOSÉ | AG-202071 | 175 | 1980 | 40 | SDCC Ames | | 23/10/2022 |
| 540 | 45.12 | BOUZADA BLANCO, BENITO | GA-20102 | 50 | 1972 | 50 | PUROR San Cibrao das Viñas | | 18/12/2022 |
| 541 | 45.15 | LOPEZ IGLESIAS, LUIS | AG-14573 | 249 | 1968 | 50 | RUNMA Porriño | | 01/05/2022 |
| 542 | 45.16 | TRILLO CARLIN, JOSE FERNANDO | AG-14180 | 284 | 1968 | 50 | FOGC A Coruña | | 02/10/2022 |
| 543 | 45.18 | ABEL SUAREZ, JOSE RAMON | AG-11137 | 669 | 1962 | 60 | NTBC Ourense | | 20/11/2022 |
| 544 | 45.18 | PEREZ GONZALEZ, MANUEL RAFAEL | AG-764299 | 51 | 1972 | 50 | ESPOU San Cibrao das Viñas | | 18/12/2022 |
| 545 | 45.22 | VERA SANMARTIN, CLAUDIO | AG-11196 | 110 | 1968 | 50 | CAMPO Ribeira | | 24/09/2022 |
| 546 | 45.23 | ANDRADE PADIN, DAMIAN | TGA-31 | 123 | 1979 | 40 | TRIPO Ames | | 23/10/2022 |
| 547 | 45.24 | PEREZ SALGADO, DIEGO GONZALO | AG-7969 | 677 | 1994 | SR | OUROR Ourense | | 20/11/2022 |
| 548 | 45.25 | LÓPEZ GAGO, VICTOR MANUEL | AG-14850 | #### | 1980 | 40 | LGRLU Laredo | | 19/03/2022 |
| 549 | 45.25 | ALVAREZ IGLESIAS, DOMINGO | GA-768958 | 124 | 1951 | 70 | EGOLU Ames | | 23/10/2022 |
| 550 | 45.26 | BECERRA RODRIGUEZ, DANIEL | AG-763846 | 194 | 1967 | 55 | NTBC Negreira | | 13/11/2022 |
| 551 | 45.27 | REMUIÑAN SANCHEZ, ALFONSO | AG-202072 | 124 | 1967 | 55 | FOGC Carballo | | 05/06/2022 |
| 552 | 45.35 | BARROSO GONZALEZ, ANTONIO | AG-4097 | 690 | 1966 | 55 | MRQPO Ourense | | 20/11/2022 |
| 553 | 45.40 | RAMOS RODRÍGUEZ, JESUS LUIS | TGAL-22 | 131 | 1968 | 50 | DOWC Carballo | | 05/06/2022 |
| 554 | 45.42 | DE LA VIÑA PITA, JUAN CARLOS | AG-11296 | 540 | 1976 | 45 | INDE A Coruña | | 24/04/2022 |
| 555 | 45.43 | SUAREZ GARRIDO, JOSE RAMÓN | AG-15209 | 703 | 1971 | 50 | DEL Ourense | | 20/11/2022 |
| 556 | 45.44 | ABELLAS OTERO, JOSE BENITO | AG-764797 | 269 | 1965 | 55 | ESPOU Porriño | | 01/05/2022 |
| 557 | 45.47 | CARIDE GONZALEZ, CARLOS ALBERTO | AG-14567 | 54 | 1973 | 45 | RUNMA San Cibrao das Viñas | | 18/12/2022 |
| 558 | 45.48 | ARAMBURU GARCIA PINTOS, ALBERTO | AG-11800 | 270 | 1969 | 50 | RUNPO Porriño | | 01/05/2022 |
| 559 | 46.00 | PEREZ FILGUEIRA, DAVID | AG-202046 | 126 | 1980 | 40 | PUROR Ames | | 23/10/2022 |
| 560 | 46.04 | ÁLVAREZ COSTAS, ANTONIO | GA-25438 | 52 | 1983 | 35 | COMPO Ourense | | 20/11/2022 |

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| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|------------|------|------|-----|-------|----------------------|------------|
| 561 | 46.07 | ESCALANTE PEREZ, DAVID | AG-202831 | 328 | 1986 | 35 | NTBC | A Coruña | 02/10/2022 |
| 562 | 46.07 | SILVA CESAR, CARLOS | GA-10271 | 225 | 1966 | 55 | USCC | Negreira | 13/11/2022 |
| 563 | 46.10 | VIDELA OUTEIRAL, ROBERTO | AG-202362 | 99 | 1987 | 35 | MILPO | Pontevedra | 16/10/2022 |
| 564 | 46.11 | RIVAS POMBO, MARCELINO | AG-201491 | 137 | 1980 | 40 | XALC | Carballo | 05/06/2022 |
| 565 | 46.14 | REAL RODRIGUEZ, CONSTANTINO | AG-202793 | 571 | 1965 | 55 | RZCC | A Coruña | 24/04/2022 |
| 566 | 46.15 | FEAL VILLAREAL, JUAN MARIA | TGAL-146 | 572 | 1973 | 45 | INDE | A Coruña | 24/04/2022 |
| 567 | 46.16 | ROMERO OLVEIRA, JOSE MANUEL | AG-201750 | 128 | 1962 | 60 | VSAPO | Ames | 23/10/2022 |
| 568 | 46.21 | FERNANDEZ RODRIGUEZ, EMILIO | GA-815 | 341 | 1964 | 55 | RIBLU | A Coruña | 02/10/2022 |
| 569 | 46.21 | GONZALEZ RODRIGUEZ, MARIO | AG-201660 | 758 | 1977 | 45 | CASC | Ourense | 20/11/2022 |
| 570 | 46.32 | HERMIDA MERA, JUAN CARLOS | AG-4297 | 594 | 1971 | 50 | INDE | A Coruña | 24/04/2022 |
| 571 | 46.32 | SUAREZ FEIJOO, JUAN MANUEL | AG-769187 | 774 | 1968 | 50 | BAROR | Ourense | 20/11/2022 |
| 572 | 46.33 | FERNANDEZ VILLANUEVA, SERAFIN M | AG-10484 | 4 | 1963 | 55 | NOYC | Padrón | 05/02/2022 |
| 573 | 46.34 | GIL BREA, JOSE ANTONIO | AG-202815 | 294 | 1964 | 55 | NTBC | Santiago | 30/04/2022 |
| 574 | 46.36 | ALBORES DIAZ, JOSE MANUEL | AG-2027580 | 5 | 1956 | 65 | NOYC | Padrón | 05/02/2022 |
| 575 | 46.37 | VISPO BASALO, CARLOS | AG-201598 | 779 | 1969 | 50 | PATOR | Ourense | 20/11/2022 |
| 576 | 46.38 | CUTRÍN LÓPEZ, DAVID | AG-15022 | 72 | 1983 | 35 | BRIC | Padrón | 05/02/2022 |
| 577 | 46.40 | LOIS PEREZ, ANTONIO | AG-763632 | 602 | 1961 | 60 | MARC | A Coruña | 24/04/2022 |
| 578 | 46.40 | LAMAS PEREZ, ALEJANDRO | AG-15046 | 219 | 1976 | 45 | ENTR | Negreira | 13/11/2022 |
| 579 | 46.42 | GIL RAMOS, DIONISIO | AG-14694 | 129 | 1973 | 45 | PUROR | Ames | 23/10/2022 |
| 580 | 46.42 | MOSQUERA DORREGO, JOSE I. | AG-17119 | 57 | 1972 | 50 | PUROR | San Cibrao das Viñas | 18/12/2022 |
| 581 | 46.46 | MOURIÑO LOPEZ, YAGO | AG-16595 | 795 | 1980 | 40 | PUROR | Ourense | 20/11/2022 |
| 582 | 46.48 | BALOIRA NOGUEIRA, JOSE | AG-202664 | 304 | 1961 | 60 | CAIPO | Santiago | 30/04/2022 |
| 583 | 46.50 | OTERO DIAZ, MARIO | AG-766826 | 612 | 1972 | 50 | VEN_P | A Coruña | 24/04/2022 |
| 584 | 46.54 | GONZALEZ VARELA, BENITO | AG-202838 | #### | 1958 | 60 | TMBC | Laredo | 19/03/2022 |
| 585 | 46.54 | LÓPEZ ÁLVAREZ, JAVIER | AG-12386 | 813 | 1973 | 45 | PUROR | Ourense | 20/11/2022 |
| 586 | 46.57 | OSORNO RODRIGUEZ, ADRIAN | AG-202468 | 819 | 1989 | SR | PORPO | Ourense | 20/11/2022 |
| 587 | 46.58 | ROMERO FERNANDEZ, JUAN | AG-7110 | 820 | 1982 | 40 | AUROR | Ourense | 20/11/2022 |
| 588 | 46.59 | RIOS GIBELLO, JOSE MANUEL | AG-202096 | 621 | 1961 | 60 | INDE | A Coruña | 24/04/2022 |
| 589 | 46.59 | LISTE RECAREY, JOSÉ DANIEL | AG-201784 | 369 | 1992 | SR | COCC | A Coruña | 02/10/2022 |
| 590 | 47.02 | BARGES VIDAL, ANTONIO | TGAL-317 | 111 | 1965 | 55 | INDE | Pontevedra | 16/10/2022 |
| 591 | 47.03 | GARCIA FUENTES, ROI MANOEL | AG-9481 | 828 | 1980 | 40 | SDCC | Ourense | 20/11/2022 |
| 592 | 47.03 | REGAL LAMELO, JORGE | AG-201779 | 829 | 1961 | 60 | BAROR | Ourense | 20/11/2022 |
| 593 | 47.10 | EIRAS RIVADENEIRA, CARLOS | AG-15071 | 73 | 1981 | 40 | SERC | Padrón | 05/02/2022 |
| 594 | 47.13 | FERNANDEZ TRASANCOS, RUFINO | AG-202801 | 130 | 1963 | 55 | EGOLU | Ames | 23/10/2022 |
| 595 | 47.16 | VARELA VALLADARES, CESAR | AG-14763 | 850 | 1981 | 40 | CAMPO | Ourense | 20/11/2022 |
| 596 | 47.22 | SOLLA CRESPO, SANTIAGO | AG-767945 | 132 | 1981 | 40 | PINPO | Ames | 23/10/2022 |
| 597 | 47.26 | IGLESIAS PARDO, FLORENTINO | AG-202697 | 328 | 1972 | 50 | ENTR | Santiago | 30/04/2022 |
| 598 | 47.30 | MILLAN GOMEZ, RAFAEL | TGA-186 | 133 | 1977 | 45 | TRIPO | Ames | 23/10/2022 |
| 599 | 47.31 | MENENDEZ DOMINGUEZ, JUAN CARLO | AG-14660 | 656 | 1960 | 60 | MARC | A Coruña | 24/04/2022 |
| 600 | 47.32 | GARABATOS BARCIELA, DAVID | AG-202587 | 332 | 1977 | 45 | ADCPO | Santiago | 30/04/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|------|------|-----|----------------------------|-------|------------|
| 601 | 47.32 | CHAMORRO RODRIGUEZ, EUGENIO | AG-8837 | 319 | 1959 | 60 | MRQPO Porriño | | 01/05/2022 |
| 602 | 47.34 | CAMEAN LAMPON, JUAN | GA-19665 | 134 | 1954 | 65 | VSAPO Ames | | 23/10/2022 |
| 603 | 47.38 | SEOANE LOUREIRO, JOSE MARCIAL | AG-9417 | 662 | 1951 | 70 | CASC A Coruña | | 24/04/2022 |
| 604 | 47.38 | DOPICO SOTO, JOSE MANUEL | AG-202020 | 166 | 1957 | 65 | EGOLU Carballo | | 05/06/2022 |
| 605 | 47.46 | GARCIA NUÑEZ, JOSE | AG-5815 | 887 | 1968 | 50 | NOYC Ourense | | 20/11/2022 |
| 606 | 47.53 | PEÑA LÓPEZ, RUBÉN | AG-10144 | 342 | 1982 | 40 | VAGC Santiago | | 30/04/2022 |
| 607 | 47.57 | SANTAS NOVOA, BENITO | AG-16584 | 60 | 1970 | 50 | PUROR San Cibrao das Viñas | | 18/12/2022 |
| 608 | 48.02 | FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS | AG-202615 | 687 | 1974 | 45 | BCS A Coruña | | 24/04/2022 |
| 609 | 48.03 | CAO ESPIDO, GONZALO | AG-14455 | 416 | 1976 | 45 | VAGC A Coruña | | 02/10/2022 |
| 610 | 48.04 | BOTANA FERREIRO, JUAN LUIS | AG-202569 | 124 | 1955 | 65 | SDCC Ribeira | | 24/09/2022 |
| 611 | 48.08 | SAINZ GARCIA, JOSE FERNANDO | GA-202342 | 204 | 1949 | 70 | SARC Ames | | 23/10/2022 |
| 612 | 48.15 | RIERA CACHERO, ANTONIO | AG-764225 | 938 | 1948 | 70 | DEZPO Ourense | | 20/11/2022 |
| 613 | 48.17 | PAZO PEREIRA, JOSE MANUEL | TGAL-42 | 943 | 1973 | 45 | TRIPO Ourense | | 20/11/2022 |
| 614 | 48.25 | CAMBEIRO BLANCO, JUAN CARLOS | AG-15027 | 136 | 1974 | 45 | ADOC Ames | | 23/10/2022 |
| 615 | 48.29 | VAZQUEZ FERREIRO, GONZALO ALBER | AG-202779 | 62 | 1953 | 65 | ESPOU San Cibrao das Viñas | | 18/12/2022 |
| 616 | 48.30 | BORRAJO IGLESIAS, EVARISTO | AG-769349 | 971 | 1966 | 55 | PUROR Ourense | | 20/11/2022 |
| 617 | 48.31 | GARCÍA ESMORÍS, JOSE LUIS | AG-15172 | 373 | 1968 | 50 | ENTR Santiago | | 30/04/2022 |
| 618 | 48.35 | DOPAZO LOUZAN, JAVIER | AG-14876 | 337 | 1970 | 50 | RUNPO Porriño | | 01/05/2022 |
| 619 | 48.38 | LOPEZ DOMÍNGUEZ, CARLOS | AG-12281 | 185 | 1966 | 55 | FOGC Carballo | | 05/06/2022 |
| 620 | 48.38 | CASAS COUSELO, OSCAR | AG-202825 | 989 | 1979 | 40 | TMBC Ourense | | 20/11/2022 |
| 621 | 48.44 | SIMOES FERNANDEZ, JOSE LUIS | AG-8716 | #### | 1962 | 60 | MRQPO Ourense | | 20/11/2022 |
| 622 | 48.47 | CASTROGUDIN RODRIGUEZ, VICTOR | AG-13531 | 146 | 1985 | 35 | CAMPO Ribeira | | 24/09/2022 |
| 623 | 48.57 | PAZ TORRES, FERNANDO | AG-3492 | 389 | 1969 | 50 | SDCC Santiago | | 30/04/2022 |
| 624 | 49.10 | GARCIA LORENZO, DIEGO | AG-11132 | 151 | 1982 | 40 | FONC Ribeira | | 24/09/2022 |
| 625 | 49.12 | PANIAGUA FERNANDEZ, JOSE LUIS | AG-14795 | 395 | 1979 | 40 | FONC Santiago | | 30/04/2022 |
| 626 | 49.15 | GARCIA AMELIO, HERNÁN | AG-202813 | 83 | 1977 | 45 | DEZPO Padrón | | 05/02/2022 |
| 627 | 49.15 | FERRACES VAZQUEZ, JOSE RAMON | AG-202242 | #### | 1959 | 60 | BOIC Ourense | | 20/11/2022 |
| 628 | 49.23 | DIÉGUEZ GONZÁLEZ, IGNACIO | AG-14899 | 398 | 2002 | PR | SDCC Santiago | | 30/04/2022 |
| 629 | 49.24 | SAR VÁZQUEZ, JULIO CESAR | AG-15029 | 139 | 1981 | 40 | ADOC Ames | | 23/10/2022 |
| 630 | 49.29 | RODRÍGUEZ FERNÁNDEZ, TOMÁS | AG-202820 | 132 | 1978 | 40 | PORPO Pontevedra | | 16/10/2022 |
| 631 | 49.34 | DIAZ VALCARCEL, RUBEN | AG-201831 | 409 | 1974 | 45 | FONC Santiago | | 30/04/2022 |
| 632 | 49.35 | ALONSO DEL RIO, JAIME | AG-763648 | #### | 1968 | 50 | PORPO Ourense | | 20/11/2022 |
| 633 | 49.38 | VÁZQUEZ ROMERO, JOSÉ MANUEL | AG-202507 | 289 | 1984 | 35 | VAGC Negreira | | 13/11/2022 |
| 634 | 49.42 | ROMASANTA PUGA, JUAN LUIS | AG-3655 | 136 | 1972 | 45 | PUROR Pontevedra | | 16/10/2022 |
| 635 | 49.48 | CARRASCO ITURRA, CARLOS | AG-202471 | 205 | 1969 | 50 | VAGC Carballo | | 05/06/2022 |
| 636 | 50.08 | ARIAS GARCIA, ALFONSO | AG-9907 | 437 | 1979 | 40 | FONC Santiago | | 30/04/2022 |
| 637 | 50.12 | BARANDA VALEIRAS, CAMILO | AG-202365 | #### | 1969 | 50 | ESPOU Ourense | | 20/11/2022 |
| 638 | 50.18 | BELTRÁ GARCÍA, IGNACIO | AG-202350 | 445 | 1993 | SR | NTBC Santiago | | 30/04/2022 |
| 639 | 50.22 | GARCIA GALDO, JAVIER | AG-202294 | 451 | 1973 | 45 | MRAC Santiago | | 30/04/2022 |
| 640 | 50.22 | PEREZ GARCIA, JESUS | AG-11195 | 160 | 1958 | 60 | CAMPO Ribeira | | 24/09/2022 |

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10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----------|-----|-------|----------------------|------------|
| 641 | 50.33 | ASOREY VEIGA, JORGE | AG-12535 | 457 1981 | 40 | BRIC | Santiago | 30/04/2022 |
| 642 | 50.40 | INSUA INSUA, MANUEL | AG-14664 | 305 1962 | 60 | SARC | Negreira | 13/11/2022 |
| 643 | 50.47 | MÍLLARA BLANCO, MANUEL | AG-12702 | 141 1944 | 75 | COMPO | Ames | 23/10/2022 |
| 644 | 50.49 | LOPEZ BELLO, VICTOR | AG-202536 | 473 1987 | 35 | VRXLU | Santiago | 30/04/2022 |
| 645 | 50.49 | PENA GOMEZ, DOSITEO | GA-869 | #### 1968 | 50 | LUCLU | Ourense | 20/11/2022 |
| 646 | 50.49 | CARBALLO DOALLO, OSCAR | AG-15044 | #### 1974 | 45 | PUROR | Ourense | 20/11/2022 |
| 647 | 51.01 | ALFONSIN SOLIÑO, GONZALO | AG-14932 | 891 1964 | 55 | ENTR | A Coruña | 24/04/2022 |
| 648 | 51.05 | MOURE CAÑETE, FRANCISCO | AG-202036 | 142 1966 | 55 | NTBC | Ames | 23/10/2022 |
| 649 | 51.20 | GARCIA CRISTOBAL, ELISEO | GA-911 | 909 1968 | 50 | CASC | A Coruña | 24/04/2022 |
| 650 | 51.23 | FRANQUET SUGRAÑES, EDUARDO | AG-202480 | 317 1970 | 50 | ENTR | Negreira | 13/11/2022 |
| 651 | 51.25 | LAGO BREIJO, GUILLERMO RAMÓN | AG-202792 | 144 1969 | 50 | FENC | Ames | 23/10/2022 |
| 652 | 51.32 | ARAÚJO FERNÁNDEZ, JOSÉ | AG-12308 | 65 1971 | 50 | PUROR | San Cibrao das Viñas | 18/12/2022 |
| 653 | 51.35 | PEREZ HERMO, ALEJANDRO | AG-15424 | 228 1977 | 45 | CANC | Carballo | 05/06/2022 |
| 654 | 51.40 | RODRIGUEZ NOGUEIRA, RAFAEL | GA-769383 | 66 1961 | 60 | BUROR | San Cibrao das Viñas | 18/12/2022 |
| 655 | 51.41 | BLANCO NOVO, JOSÉ MANUEL | AG-15021 | 145 1971 | 50 | ADOC | Ames | 23/10/2022 |
| 656 | 51.45 | SAAVEDRA CEPEDA, ROGELIO | AG-15057 | #### 1964 | 55 | ENTR | Ourense | 20/11/2022 |
| 657 | 52.03 | APARICIO DIAZ, JAVIER | TGAL-257 | 948 1965 | 55 | OLEC | A Coruña | 24/04/2022 |
| 658 | 52.08 | REBOLLIDO FERNÁNDEZ, FÉLIX | AG-15047 | 520 1981 | 40 | SERC | Santiago | 30/04/2022 |
| 659 | 52.10 | PEREZ BALIRAC, JESUS | AG-202037 | #### 1967 | 55 | NTBC | Ourense | 20/11/2022 |
| 660 | 52.17 | ALDARIZ LOBATO, PEDRO | AG-3794 | 523 2002 | PR | FONC | Santiago | 30/04/2022 |
| 661 | 52.19 | BOTANA MOSQUERA, JUAN LUIS | AG-202034 | 147 1977 | 45 | SDCC | Ames | 23/10/2022 |
| 662 | 52.26 | IGLESIAS ALONSO, FRANCISCO JAVIE | TGAL-181 | 651 1967 | 55 | BETA | A Coruña | 02/10/2022 |
| 663 | 52.26 | VAZQUEZ GONZÁLEZ, MIGUEL ANGEL | GA-184 | 649 1977 | 45 | MCHC | A Coruña | 02/10/2022 |
| 664 | 52.29 | JUNCAL COSTA, ANTON | AG-3564 | 536 1966 | 55 | TMBC | Santiago | 30/04/2022 |
| 665 | 52.66 | GOMEZ SANCHEZ, JOSE ANTONIO | AG-769307 | 68 1967 | 55 | OUROR | San Cibrao das Viñas | 18/12/2022 |
| 666 | 53.00 | LUCES VAZQUEZ, ANXO | AG-15752 | 570 1990 | SR | SERC | Santiago | 30/04/2022 |
| 667 | 53.04 | VILA REY, JOSE JUAN | TGAL-275 | 995 1963 | 55 | CASC | A Coruña | 24/04/2022 |
| 668 | 53.04 | GONZALEZ RODRIGUEZ, MANUEL | AG-202219 | 441 1972 | 50 | ADNR | Porriño | 01/05/2022 |
| 669 | 53.05 | CARNERO LEDO, DAVID | AG-202051 | 69 1975 | 45 | BUROR | San Cibrao das Viñas | 18/12/2022 |
| 670 | 53.24 | TEIJO LÓPEZ, JOSÉ ÁNGEL | AG-202740 | 593 1976 | 45 | BETA | Santiago | 30/04/2022 |
| 671 | 53.28 | DÍAZ MOSQUERA, JAVIER PASTOR | AG-202278 | #### 1984 | 35 | NTBC | A Coruña | 24/04/2022 |
| 672 | 53.28 | ESTEVEZ ULLOA, EDUARDO JOSE | AG-202505 | #### 1967 | 55 | AREOR | Ourense | 20/11/2022 |
| 673 | 53.37 | MONTERO ABAD, JAIME | AG-9840 | 70 1973 | 45 | PUROR | San Cibrao das Viñas | 18/12/2022 |
| 674 | 53.45 | CANCELO ALFONSO, JUAN JOSÉ | AG-15025 | 612 1988 | SR | BRIC | Santiago | 30/04/2022 |
| 675 | 53.51 | COUCEIRO MELLA, MANUEL | AG-3958 | #### 1962 | 60 | BOIC | A Coruña | 24/04/2022 |
| 676 | 53.57 | BELLO COSTAL, CONSTANTINO | AG-202364 | 263 1965 | 55 | SILC | Carballo | 05/06/2022 |
| 677 | 54.13 | REY PANCORBO, XURXO | AG-202397 | 631 2004 | JN | FONC | Santiago | 30/04/2022 |
| 678 | 54.14 | CARREIRA NODAR, JORGE | AG-202264 | 354 1974 | 45 | PAIPO | Negreira | 13/11/2022 |
| 679 | 54.16 | REY CASTELO, VICTOR MANUEL | AG-201793 | #### 1967 | 55 | BOIC | A Coruña | 24/04/2022 |
| 680 | 54.17 | CABO SOUTO, JESUS | GA-789 | #### 1975 | 45 | SDCC | Ourense | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO ANO | CAT | CLUB | LUGAR | DATA |
|-----|----------------|---------------------------------|-----------|-----------|-----|-------|----------------------|------------|
| 681 | 54.31 | VARELA VERDES, JOSE | TGAL-222 | 760 1978 | 40 | ENKC | A Coruña | 02/10/2022 |
| 682 | 54.33 | OTERO DOMINGUEZ, DAVID | AG-12393 | 179 1992 | SR | MILPO | Pontevedra | 16/10/2022 |
| 683 | 54.47 | MARTIN LAGO, JOSE IGNACIO | AG-15747 | 643 1981 | 40 | SERC | Santiago | 30/04/2022 |
| 684 | 54.57 | RODRIGUEZ PENA, JORGE | AG-3496 | #### 1969 | 50 | MRQPO | Ourense | 20/11/2022 |
| 685 | 55.00 | JAMARDO BASCOY, MANUEL | GA-654 | 266 1970 | 50 | PINPO | Marín | 29/07/2022 |
| 686 | 55.30 | LOPEZ RIO, ELISEO | AG-202627 | 282 1951 | 70 | EGOLU | Carballo | 05/06/2022 |
| 687 | 55.38 | GONZALEZ QUIROGA, JUAN MANUEL | AG-11176 | #### 1953 | 65 | ESPOU | Ourense | 20/11/2022 |
| 688 | 55.46 | DEL CAMPO RODRIGUEZ, OSCAR ALBE | GA-766094 | #### 1971 | 50 | ESPOU | Ourense | 20/11/2022 |
| 689 | 56.13 | CABO BEN, JOSE LUIS | AG-11049 | 72 1971 | 50 | BUROR | San Cibrao das Viñas | 18/12/2022 |
| 690 | 56.33 | LORENZO BAUTISTA, ANXO | AG-202248 | #### 2003 | JN | PORPO | Ourense | 20/11/2022 |
| 691 | 56.46 | CONSTENLA JUNQUERA, ANTONIO OS | AG-202780 | 379 1955 | 65 | FONC | Negreira | 13/11/2022 |
| 692 | 56.58 | ALONSO OTERO, DIEGO | AG-8802 | 482 1980 | 40 | COMPO | Porriño | 01/05/2022 |
| 693 | 57.26 | VAZQUEZ CALVAR, DANIEL | AG-14764 | #### 1980 | 40 | CAMPO | Ourense | 20/11/2022 |
| 694 | 57.56 | ALFONSO FREIJEIRO, MARCOS | AG-15769 | 198 1976 | 45 | INDE | Pontevedra | 16/10/2022 |
| 695 | 58.19 | MONTERO SOUTO, JESÚS MANUEL | AG-4036 | #### 1977 | 45 | VAGC | A Coruña | 24/04/2022 |
| 696 | 58.31 | IGLESIAS UZAL, MANUEL | AG-11097 | 806 1951 | 70 | FONC | Santiago | 30/04/2022 |
| 697 | 59.14 | AYUDE BESTEIRO, JOSE MANUEL | AG-15251 | #### 1970 | 50 | PUROR | Ourense | 20/11/2022 |
| 698 | 59.17 | RODRIGUEZ BARBA, JOSE P. | AG-15615 | 959 1956 | 65 | BOIC | A Coruña | 02/10/2022 |
| 699 | 59.38 | PEREZ CAPÓN, LUIS | TGAL-30 | #### 1960 | 60 | BIOLU | Ourense | 20/11/2022 |
| 700 | 1.00.06 | TENREIRO RECOUSO, IVAN | AG-202593 | 50 1987 | 35 | CASC | Padrón | 05/02/2022 |
| 701 | 1.00.31 | MACEIRAS VILARIÑO, ALBERTO | TGAL-214 | #### 1975 | 45 | ENKC | A Coruña | 24/04/2022 |
| 702 | 1.00.33 | ARIAS LOPEZ, JAIME | TGAL-219 | #### 1982 | 40 | ENKC | A Coruña | 24/04/2022 |
| 703 | 1.00.33 | FERNÁNDEZ GALLEGU, JOSÉ LUIS | TGAL-221 | #### 1975 | 45 | ENKC | A Coruña | 24/04/2022 |
| 704 | 1.00.34 | ZAPATA VÁZQUEZ, SANTIAGO | TGAL-227 | #### 1972 | 50 | ENKC | A Coruña | 24/04/2022 |
| 705 | 1.00.36 | BANDIN MARENTES, JAVIER | TGAL-207 | #### 1975 | 45 | ENKC | A Coruña | 24/04/2022 |
| 706 | 1.00.37 | LÓPEZ RODRÍGUEZ, JOSÉ LUIS | TGAL-235 | #### 1974 | 45 | ENKC | A Coruña | 24/04/2022 |
| 707 | 1.00.38 | PENA DÍAZ, ALEJANDRO | TGAL-263 | #### 1985 | 35 | ENKC | A Coruña | 24/04/2022 |
| 708 | 1.00.40 | VÁZQUEZ PRECEDO, MIGUEL | TGAL-223 | #### 1971 | 50 | ENKC | A Coruña | 24/04/2022 |
| 709 | 1.00.40 | HERMIDA OTERO, ÁNGEL | TGAL-215 | #### 1975 | 45 | ENKC | A Coruña | 24/04/2022 |
| 710 | 1.01.50 | LOPEZ MARTIN, GONZALO | AG-9410 | #### 1966 | 55 | INDE | A Coruña | 24/04/2022 |
| 711 | 1.02.12 | MARTÍNEZ GUNTÍN, MARCOS | AG-202386 | #### 1980 | 40 | BAROR | Ourense | 20/11/2022 |
| 712 | 1.02.13 | SILVA RODRÍGUEZ, RUBÉN DANIEL | AG-202386 | #### 1980 | 40 | BAROR | Ourense | 20/11/2022 |
| 713 | 1.02.25 | PANTIN LOPEZ, JOSE | GA-628 | #### 1946 | 75 | NAOC | A Coruña | 24/04/2022 |
| 714 | 1.02.49 | PREGO MIRAMONTES, MARCOS | TGAL-230 | #### 1981 | 40 | ENKC | A Coruña | 24/04/2022 |
| 715 | 1.02.56 | PUMAR BOVEDA, ANGEL | GA-769027 | #### 1964 | 55 | ESPOU | Ourense | 20/11/2022 |
| 716 | 1.03.15 | PRESEDO VEIRAS, DANIEL | AG-223 | 931 2008 | CD | MARC | Santiago | 30/04/2022 |
| 717 | 1.03.31 | VILLA VIEIRO, FERNANDO | AG-14875 | 937 1972 | 50 | ENTR | Santiago | 30/04/2022 |
| 718 | 1.03.51 | AREA SANTOS, XOAN MANUEL | GA-202327 | #### 1975 | 45 | MARC | A Coruña | 02/10/2022 |
| 719 | 1.04.58 | PÉREZ PÉREZ, JONATHAN | TGAL-116 | 347 1992 | SR | BIOLU | Negreira | 13/11/2022 |
| 720 | 1.05.24 | BERNAL GOMEZ, JESUS | GA-19332 | 413 1947 | 70 | INDE | Negreira | 13/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

10 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|----------------|------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 721 | 1.10.51 | GARCIA ALFONSO, MANUEL | AG-202048 | 40 | 1941 | 80 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 722 | 1.13.05 | BAO ESTEVEZ, FRANCISCO | AG-10966 | 42 | 1949 | 70 | ADAOR | O Barco de Valdeorras | 08/05/2022 |

CATEGORIA ABSOLUTA MASCULINA

1.000 metros ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|-------------|-------------------------------|-----------|-----|------|-----|----------------|-------|------------|
| 1 | 2.43 | DIAZ FERNANDEZ, ASHEBER | GA-338 | 1 | 2007 | CD | AVAPO Marín | | 24/09/2022 |
| 2 | 2.45 | SIERPES PEREIRA, ALEX | GA-566 | 1 | 2008 | CD | SDTPO Lourenza | | 25/06/2022 |
| 3 | 2.47 | PRADA MAROÑO, IAGO | GA-870 | 3 | 2007 | CD | INDE Lourenza | | 25/06/2022 |
| 4 | 2.47 | BELLO RODRIGUEZ, ANXO | GA-600 | 2 | 2007 | CD | FOGC Lourenza | | 25/06/2022 |
| 5 | 2.50 | PEREZ EDROSA, ADRIAN | GA-523 | 4 | 2008 | CD | LUELU Lourenza | | 25/06/2022 |
| 6 | 2.55 | FERNANDEZ GARCIA, YAGO | GA-610 | 2 | 2007 | CD | BEAPO Marín | | 24/09/2022 |
| 7 | 2.55 | RIAL LEMOS, RAÚL | AG-13700 | 3 | 2007 | CD | VCGPO Marín | | 24/09/2022 |
| 8 | 2.56 | VARELA MORENO, GAEL | GA-1046 | 6 | 2008 | CD | NAOC Lourenza | | 25/06/2022 |
| 9 | 2.56 | SIERPES PEREIRA, CHRISTIAN | GA-567 | 5 | 2007 | CD | SDTPO Lourenza | | 25/06/2022 |
| 10 | 2.56 | COÑAGO CABALEIRO, HUGO | GA-772 | 4 | 2007 | CD | ADCPO Marín | | 24/09/2022 |
| 11 | 2.58 | CAMPELLO CARBALLO, MANUEL | AG-15628 | 1 | 2007 | CD | OLYC Ames | | 25/09/2022 |
| 12 | 3.03 | FERNANDEZ CODESIDO, IKER | GA-469 | 7 | 2007 | CD | GANLU Lourenza | | 25/06/2022 |
| 13 | 3.04 | GARCÍA GONZÁLEZ, BRAIS | GA-817 | 9 | 2007 | CD | RIBLU Lourenza | | 25/06/2022 |
| 14 | 3.04 | CASAS FERNANDEZ, IVAN | AG-202839 | 8 | 2008 | CD | TMBC Lourenza | | 25/06/2022 |
| 15 | 3.05 | SIEIRA GERPE, JUN | AG-202322 | 1 | 2010 | IN | NEGC Ames | | 25/09/2022 |
| 16 | 3.06 | DEL BARRIO GOMEZ, MATEO | GA-609 | 10 | 2007 | CD | LUELU Lourenza | | 25/06/2022 |
| 17 | 3.08 | NUÑEZ MUÑOZ, MICHEL | GA-1026 | 11 | 2008 | CD | FOGC Lourenza | | 25/06/2022 |
| 18 | 3.10 | LOPEZ DIAZ, BERKET | GA-602 | 12 | 2007 | CD | FOGC Lourenza | | 25/06/2022 |
| 19 | 3.10 | MERA SOTO, ALEJANDRO | GA-1011 | 6 | 2007 | CD | BEAPO Marín | | 24/09/2022 |
| 20 | 3.11 | ABUÍN FERNÁNDEZ, DAVID | GA-450 | 13 | 2007 | CD | LUELU Lourenza | | 25/06/2022 |
| 21 | 3.12 | GARCIA GARCIA-BOENTE, ENRIQUE | GA-1020 | 1 | 2010 | IN | LUELU Lourenza | | 25/06/2022 |
| 22 | 3.12 | AMENEIRO GONZALEZ, DANIEL | GA-1009 | 7 | 2008 | CD | BEAPO Marín | | 24/09/2022 |
| 23 | 3.12 | CASTRO ALBAN, NUNO | GA-155 | 3 | 2008 | CD | MRAC Ames | | 25/09/2022 |
| 24 | 3.13 | OTERO ROSALES, OSCAR | AG-202312 | 8 | 2008 | CD | PINPO Marín | | 24/09/2022 |
| 25 | 3.14 | BARREIRO IGLESIAS, PABLO | GA-1006 | 1 | 2011 | AL | PINPO Ames | | 25/09/2022 |
| 26 | 3.15 | MAGARIÑOS GAGO, ENRIQUE | AG-3981 | 1 | 2009 | IN | MÑRPO Marín | | 24/09/2022 |
| 27 | 3.15 | COUSELO FERNANDEZ, ALEJANDRO | AG-202840 | 4 | 2008 | CD | TMBC Ames | | 25/09/2022 |
| 28 | 3.17 | LOPEZ PAZOS, IVAN | GA-439 | 15 | 2008 | CD | NAOC Lourenza | | 25/06/2022 |
| 29 | 3.17 | AYASO PARADA, IKER | AG-202784 | 2 | 2009 | IN | UXIC Lourenza | | 25/06/2022 |
| 30 | 3.17 | FRANCO GARCIA, XOEL | GA-917 | 2 | 2010 | IN | BEAPO Marín | | 24/09/2022 |
| 31 | 3.18 | TUIMIL LOPEZ, DIEGO | GA-1045 | 16 | 2008 | CD | NAOC Lourenza | | 25/06/2022 |
| 32 | 3.20 | SANTOS PENA, HUGO | GA-271 | 5 | 2007 | CD | MRAC Ames | | 25/09/2022 |
| 33 | 3.21 | GARCIA FIGUEROA, JESUS | AG-10173 | 17 | 2008 | CD | TKTC Lourenza | | 25/06/2022 |
| 34 | 3.21 | POMBO RODRIGUEZ, DANIEL | AG-202723 | 18 | 2007 | CD | GANLU Lourenza | | 25/06/2022 |
| 35 | 3.21 | BLANCO CAMINO, JULIAN | AG-16008 | 9 | 2007 | CD | COMPO Marín | | 24/09/2022 |
| 36 | 3.22 | CHAO RAMA, TESHAYE | AG-201890 | 19 | 2008 | CD | FOGC Lourenza | | 25/06/2022 |
| 37 | 3.22 | BOENTE TOUZA, HUGO | AG-202736 | 3 | 2009 | IN | SMIPO Marín | | 24/09/2022 |
| 38 | 3.22 | COLLAZO SANTAMARIA, NICOLAS | GA-848 | 6 | 2007 | CD | AMEC Ames | | 25/09/2022 |
| 39 | 3.23 | RIAL LEMOS, MARCOS | AG-202349 | 4 | 2010 | IN | VCGPO Marín | | 24/09/2022 |
| 40 | 3.24 | OTERO BARROS, JAVIER | AG-7574 | 10 | 2008 | CD | SGPPO Marín | | 24/09/2022 |

CATEGORIA ABSOLUTA MASCULINA

1.000 metros ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|-------------|-------------------------------|-----------|-----|------|-----|----------------|-------|------------|
| 41 | 3.24 | MORENO MARTIN, DAVID | GA-302 | 7 | 2008 | CD | MRAC Ames | | 25/09/2022 |
| 42 | 3.27 | OTERO ROSALES, MARTÍN | GA-1007 | 2 | 2011 | AL | PINPO Lourenza | | 25/06/2022 |
| 43 | 3.27 | RODRIGUEZ FERNANDEZ, MATEO | AG-3739 | 4 | 2009 | IN | GANLU Lourenza | | 25/06/2022 |
| 44 | 3.29 | BASTOS DIZ, JOSEP | GA-1010 | 2 | 2011 | AL | BEAPO Ames | | 25/09/2022 |
| 45 | 3.30 | BERDEAL DE LA BARRERA, LUIS | AG-9381 | 5 | 2010 | IN | RFOLU Lourenza | | 25/06/2022 |
| 46 | 3.30 | VEIGA ALDAO, LEÓN | AG-202875 | 11 | 2008 | CD | PINPO Marín | | 24/09/2022 |
| 47 | 3.31 | DE LAS HERAS GÓMEZ, FABIO | GA-1022 | 6 | 2010 | IN | LUELU Lourenza | | 25/06/2022 |
| 48 | 3.32 | REINO BARREIRO, MANUEL | AG-11115 | 7 | 2010 | IN | FOGC Lourenza | | 25/06/2022 |
| 49 | 3.32 | MOREIRA GOMEZ, NADIR | AG-202453 | 8 | 2008 | CD | MRAC Ames | | 25/09/2022 |
| 50 | 3.34 | FURELOS CALDAS, HUGO | AG-3259 | 4 | 2011 | AL | MRÑPO Ames | | 25/09/2022 |
| 51 | 3.35 | HUERTA ESTÉVEZ, DIEGO JOSÉ | GA-99 | 5 | 2009 | IN | SGPPO Marín | | 24/09/2022 |
| 52 | 3.35 | RAMOS SAMBADE, GONZALO | AG-202778 | 2 | 2010 | IN | TKTC Ames | | 25/09/2022 |
| 53 | 3.36 | ORTEGA SEOANE, YAGO | AG-202585 | 12 | 2008 | CD | ADCPO Marín | | 24/09/2022 |
| 54 | 3.38 | RUDIÑO LORENZO, UXIO | AG-9134 | 3 | 2009 | IN | AMEC Ames | | 25/09/2022 |
| 55 | 3.39 | MOIRÓN SOTO, PEDRO | AG-202728 | 3 | 2011 | AL | ESCLU Lourenza | | 25/06/2022 |
| 56 | 3.39 | CORDAL AMARELLE, HUGO | AG-11535 | 1 | 2013 | BN | CAMPO Lourenza | | 25/06/2022 |
| 57 | 3.39 | SANTOMÉ LEIRO, HUGO | AG-202181 | 6 | 2009 | IN | PINPO Marín | | 24/09/2022 |
| 58 | 3.39 | BARCALA LOPEZ, MARCOS | AG-6921 | 5 | 2011 | AL | SDCC Ames | | 25/09/2022 |
| 59 | 3.39 | BANDIN PEREZ, TOMAS | AG-202754 | 4 | 2010 | IN | MRAC Ames | | 25/09/2022 |
| 60 | 3.40 | PRADA MAROÑO, LUCAS | AG-202225 | 8 | 2009 | IN | CMCC Lourenza | | 25/06/2022 |
| 61 | 3.40 | OTERO RIAL, HUGO | AG-15706 | 9 | 2008 | CD | SDCC Ames | | 25/09/2022 |
| 62 | 3.41 | REY FRA, GERMAN | AG-3639 | 9 | 2009 | IN | NAOC Lourenza | | 25/06/2022 |
| 63 | 3.43 | RODAL PEREZ, OSCAR | AG-202558 | 7 | 2010 | IN | PINPO Marín | | 24/09/2022 |
| 64 | 3.44 | FERNANDEZ CASTRO, ANTON | GA-1018 | 2 | 2013 | BN | LUELU Lourenza | | 25/06/2022 |
| 65 | 3.45 | DE LA TORRE ABOAL, OSCAR | AG-202181 | 14 | 2008 | CD | SMIPO Marín | | 24/09/2022 |
| 66 | 3.45 | CAMBA QUINTELA, DANIEL JESÚS | AG-12903 | 6 | 2011 | AL | VAGC Ames | | 25/09/2022 |
| 67 | 3.47 | ARTIME PRADO, MANUEL | AG-14695 | 4 | 2012 | AL | INDE Lourenza | | 25/06/2022 |
| 68 | 3.47 | MENENDEZ ABALO, HUGO | AG-16241 | 8 | 2009 | IN | ADCPO Marín | | 24/09/2022 |
| 69 | 3.47 | CURRAS RAMOS, DANIEL | AG-202455 | 9 | 2010 | IN | BEAPO Marín | | 24/09/2022 |
| 70 | 3.47 | MERA SOTO, PABLO | AG-11902 | 10 | 2010 | IN | BEAPO Marín | | 24/09/2022 |
| 71 | 3.48 | LOPES SPENCER, LEANDRO MIGUEL | AG-4026 | 10 | 2010 | IN | ESCLU Lourenza | | 25/06/2022 |
| 72 | 3.48 | BEN VIOR, EDGAR | GA-822 | 20 | 2008 | CD | ESCLU Lourenza | | 25/06/2022 |
| 73 | 3.48 | LLOBET HERNÁNDEZ, JAUME | AG-202055 | 11 | 2010 | IN | ADCPO Marín | | 24/09/2022 |
| 74 | 3.50 | RODRIGUEZ FERNANDEZ, DIEGO | AG-11295 | 5 | 2011 | AL | COCC Lourenza | | 25/06/2022 |
| 75 | 3.50 | COÑAGO CABALEIRO, BRAIS | AG-202055 | 12 | 2010 | IN | ADCPO Marín | | 24/09/2022 |
| 76 | 3.51 | BLANCO FUENTES, ADRIAN | AG-202557 | 13 | 2010 | IN | PINPO Marín | | 24/09/2022 |
| 77 | 3.53 | JAMARDO CAPELO, ANXO | GA-202336 | 14 | 2009 | IN | SGPPO Marín | | 24/09/2022 |
| 78 | 3.54 | DOMINGUEZ VIDAL, YAGO | AG-202765 | 15 | 2009 | IN | VEN_P Marín | | 24/09/2022 |
| 79 | 3.55 | BELLO RODRIGUEZ, IAGO | AG-15269 | 6 | 2012 | AL | FOGC Lourenza | | 25/06/2022 |
| 80 | 3.55 | CEIDE PORTELA, THIAGO | AG-12109 | 3 | 2013 | BN | LUELU Lourenza | | 25/06/2022 |

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1.000 metros ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|-------------|-----------------------------|-----------|-----|------|-----|----------------|-------|------------|
| 81 | 3.55 | COIRA PIER, SERGIO | AG-12747 | 1 | 2013 | BN | MARC Ames | | 25/09/2022 |
| 82 | 3.55 | FRANCOS MARTINEZ, LUCAS | AG-202086 | 5 | 2009 | IN | MRAC Ames | | 25/09/2022 |
| 83 | 3.56 | MONTERO DIOS, ROQUE | AG-13349 | 6 | 2010 | IN | VAGC Ames | | 25/09/2022 |
| 84 | 3.57 | OTERO RIAL, XOEL | AG-12033 | 9 | 2011 | AL | SDCC Ames | | 25/09/2022 |
| 85 | 3.58 | GONZÁLEZ SÁNCHEZ, ALVARECHO | AG-14204 | 7 | 2009 | IN | MRAC Ames | | 25/09/2022 |
| 86 | 3.59 | GARCÍA MOLEDO, MARTÍN | AG-13466 | 2 | 2014 | BN | VAGC Ames | | 25/09/2022 |
| 87 | 3.59 | TORRENTE GUERRA, ERIC | ETG-20121 | 11 | 2011 | AL | PADRC Ames | | 25/09/2022 |
| 88 | 3.59 | GARCÍA SEIJO, ALEXANDRE | AG-13628 | 10 | 2012 | AL | VAGC Ames | | 25/09/2022 |
| 89 | 4.01 | FERNANDEZ LOPEZ, MARTIN | AG-13146 | 7 | 2011 | AL | LUELU Lourenza | | 25/06/2022 |
| 90 | 4.02 | LOPEZ MILLARES, BREIXO | AG-15383 | 3 | 2014 | BN | CANC Ames | | 25/09/2022 |
| 91 | 4.03 | CAMBA QUINTELA, XAVI | AG-12905 | 4 | 2014 | BN | VAGC Ames | | 25/09/2022 |
| 92 | 4.04 | ARIAS TRASHORRAS, LUCAS | AG-14779 | 8 | 2011 | AL | XUNC Lourenza | | 25/06/2022 |
| 93 | 4.04 | REINO BARREIRO, SERGIO | AG-11092 | 4 | 2013 | BN | FOGC Lourenza | | 25/06/2022 |
| 94 | 4.05 | SUAREZ MIRAMONTES, IVAN | AG-202864 | 5 | 2013 | BN | AMEC Ames | | 25/09/2022 |
| 95 | 4.06 | GARCIA JUEGUEN, BRUNO | AG-201748 | 11 | 2008 | CD | AMEC Ames | | 25/09/2022 |
| 96 | 4.06 | VIDAL CORDEIRO, HUGO | AG-16219 | 12 | 2012 | AL | VAGC Ames | | 25/09/2022 |
| 97 | 4.12 | SANDA MARIN, BRAIS | AG-9668 | 13 | 2011 | AL | SDCC Ames | | 25/09/2022 |
| 98 | 4.12 | CASAS GUERREIRO, NILO | AG-15806 | 14 | 2012 | AL | AMEC Ames | | 25/09/2022 |
| 99 | 4.15 | CHAVES RODRIGUEZ, BIEITO | AG-202688 | 12 | 2007 | CD | CAMPO Ames | | 25/09/2022 |
| 100 | 4.16 | FREAZA VILAN, BRAIS | AG-13203 | 17 | 2008 | CD | ADCPO Marín | | 24/09/2022 |
| 101 | 4.17 | NIETO SEOANE, CARLOS | AG-13736 | 7 | 2014 | BN | AMEC Ames | | 25/09/2022 |
| 102 | 4.18 | LEÓN HERNANDO, JONATHAN | AG-14087 | 5 | 2013 | BN | ESCLU Lourenza | | 25/06/2022 |
| 103 | 4.19 | MARTINEZ VAZQUEZ, FABIAN | AG-3606 | 15 | 2012 | AL | VED Ames | | 25/09/2022 |
| 104 | 4.20 | IGLESIAS RODRIGUEZ, DARIO | AG-13733 | 16 | 2011 | AL | AMEC Ames | | 25/09/2022 |
| 105 | 4.24 | MOURE PEREZ, XAQUIN | AG-13740 | 10 | 2013 | BN | AMEC Ames | | 25/09/2022 |
| 106 | 4.26 | NAVEIRO BLANCO, THIAGO | GA-638 | 6 | 2014 | BN | RIBLU Lourenza | | 25/06/2022 |
| 107 | 4.33 | FERNANDEZ ALVAREZ, ARTAI | AG-16218 | 12 | 2014 | BN | VAGC Ames | | 25/09/2022 |
| 108 | 4.34 | CARBALLEIRA BECERRA, ANGEL | AG-13722 | 14 | 2014 | BN | AMEC Ames | | 25/09/2022 |
| 109 | 4.36 | GARCÍA CABANA, IMERIO | AG-13629 | 15 | 2014 | BN | VAGC Ames | | 25/09/2022 |
| 110 | 4.40 | GONZALEZ PADERNE, JESUS | AG-15247 | 7 | 2013 | BN | ESCLU Lourenza | | 25/06/2022 |
| 111 | 4.43 | GARCÍA MOLEDO, HUGO | AG-202898 | 19 | 2011 | AL | SDCC Ames | | 25/09/2022 |
| 112 | 4.44 | LINARES MONTERO, XOEL | XLM-10011 | 20 | 2011 | AL | PADRC Ames | | 25/09/2022 |
| 113 | 4.46 | LORENZO VARELA, BRAIS | AG-10932 | 8 | 2013 | BN | FENC Lourenza | | 25/06/2022 |
| 114 | 4.46 | FERNÁNDEZ SANTOS, ANTÓN | AG-12902 | 17 | 2014 | BN | VAGC Ames | | 25/09/2022 |
| 115 | 4.48 | BLANCO LAGO, ÁLVARO | AG-3275 | 21 | 2012 | AL | MRAC Ames | | 25/09/2022 |
| 116 | 5.02 | IGLESIAS LAMAZARES, IZAN | AG-11748 | 9 | 2014 | BN | LUELU Lourenza | | 25/06/2022 |
| 117 | 5.03 | CID REBOLLO, MARTIN | AG-11893 | 22 | 2012 | AL | FOGC Ames | | 25/09/2022 |
| 118 | 5.14 | PAZOS OTERO, ADRIÁN | AG-13538 | 22 | 2013 | BN | MRAC Ames | | 25/09/2022 |
| 119 | 5.24 | GARCIA VILAR, LOIS | AG-13731 | 24 | 2014 | BN | AMEC Ames | | 25/09/2022 |
| 120 | 6.04 | ALBORES GONZÁLEZ, XENXO | AG-13889 | 26 | 2013 | BN | MRAC Ames | | 25/09/2022 |



FEDERACION GALLEGA
DE ATLETISMO

CATEGORIA ABSOLUTA MASCULINA

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| # | MARCA | ATLETA | LIC. | PTO ANO | CAT | CLUB | LUGAR | DATA |
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CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|--------------|-----------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 1 | 14.24 | FERNANDEZ RIVERA, ALEJANDRO | GA-765765 | 0 | 1985 | 35 | CVIA | Valencia | 09/01/2022 |
| 2 | 14.45 | PUYUELO PARDO, VICTOR | GA-707 | 0 | 1992 | SR | OROE | Laredo | 19/03/2022 |
| 3 | 15.02 | NOVALES QUINTEIRO, TARIKU | GA-717353 | 0 | 1998 | SR | ADI | Valencia | 04/12/2022 |
| 4 | 15.05 | RIBEIRO PINTO DA COSTA , NUNO FIL | GA-765858 | 0 | 1986 | 35 | SDCC | Ourense | 20/11/2022 |
| 5 | 15.13 | GÓMEZ GONZÁLEZ, ANTÓN | AG-4100 | 0 | 1991 | SR | TMBC | Laredo | 19/03/2022 |
| 6 | 15.13 | DIZ DIAZ, RUBEN | GA-11310 | 0 | 1979 | 40 | OUROR | Laredo | 19/03/2022 |
| 7 | 15.14 | CASTRO VARELA, ANXO | GA-700 | 0 | 1988 | SR | VICI | O Barco de Valdeorras | 08/05/2022 |
| 8 | 15.19 | CANDA LOUZAO, JOSE | GA-202347 | 0 | 1983 | 35 | AREOR | Porriño | 01/05/2022 |
| 9 | 15.19 | PORTO PAZOS, CARLOS | GA-17489 | 0 | 1993 | SR | SGPPO | O Barco de Valdeorras | 08/05/2022 |
| 10 | 15.22 | PUIG MALVAR, JORGE | GA-764640 | 0 | 1997 | SR | STOC | Ourense | 20/11/2022 |
| 11 | 15.24 | ARES PRADA, ALEJO | GA-765921 | 0 | 1989 | SR | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 12 | 15.24 | IGLESIA VILA, ESTEBAN | GA-765841 | 0 | 1995 | SR | LUCLU | Ourense | 20/11/2022 |
| 13 | 15.24 | RIAL CASTRO, FERNANDO | GA-9379 | 0 | 1999 | SR | STOC | Ourense | 20/11/2022 |
| 14 | 15.33 | TEIJIDO LOPEZ, ANTONIO | GA-765824 | 0 | 1986 | 35 | BERO | O Barco de Valdeorras | 08/05/2022 |
| 15 | 15.41 | DOCAMPO GONZALEZ, IVAN | GA-12895 | 0 | 1982 | 40 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 16 | 15.46 | CENDAN LLORENS, ANDRES | AG-202406 | 0 | 1997 | SR | NAOC | Porriño | 01/05/2022 |
| 17 | 15.46 | PENA TORREIRA, AMADOR | GA-769185 | 6 | 1981 | 40 | SDCC | Pinto (Madrid) | 23/10/2022 |
| 18 | 15.51 | PESADO FERNANDEZ, ALEJANDRO | AG-202115 | 1 | 1975 | 45 | SARC | Ribeira | 26/06/2022 |
| 19 | 15.55 | ESSAADAoui , AKKA | GA-765436 | 0 | 1978 | 40 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 20 | 15.55 | SANTIAGO FERNANDEZ, GUSTAVO | AG-769214 | 0 | 1992 | SR | MILPO | Ourense | 20/11/2022 |
| 21 | 15.56 | INCUTTI TELLADO, DENIS | AG-202768 | 0 | 2000 | PR | RCVPO | Ourense | 20/11/2022 |
| 22 | 15.57 | GONZALEZ MARIÑO, JORGE | GA-765906 | 0 | 2001 | PR | NAOC | Porriño | 01/05/2022 |
| 23 | 15.57 | LORENZO LOPEZ, MANUEL | GA-769011 | 0 | 1993 | SR | SGPPO | O Barco de Valdeorras | 08/05/2022 |
| 24 | 15.59 | PEREZ GROBA, EMILIO | GA-15696 | 0 | 1988 | SR | TUIPO | Porriño | 01/05/2022 |
| 25 | 16.01 | FERNANDEZ SOENGAS, JESUS | AG-14538 | 0 | 1979 | 40 | MRQPO | Laredo | 19/03/2022 |
| 26 | 16.03 | LOJO FERNÁNDEZ, JOSÉ MANUEL | AG-202710 | 2 | 1983 | 35 | SMIPO | Ribeira | 26/06/2022 |
| 27 | 16.04 | CARRASCO NUÑEZ, JORDI | GA-83 | 0 | 1974 | 45 | SDCC | Laredo | 19/03/2022 |
| 28 | 16.04 | RODRIGUEZ MORA, XABIER | GA-769402 | | 1998 | SR | LUCLU | Ourense | 20/11/2022 |
| 29 | 16.05 | ÁLVAREZ CURES, JUAN JOSÉ | GA-57 | 0 | 1977 | 45 | VAGC | O Barco de Valdeorras | 08/05/2022 |
| 30 | 16.06 | ALONSO FERREIRA, ALVARO F. | GA-855 | 0 | 1986 | 35 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 31 | 16.12 | FERNÁNDEZ RÍOS, JONATHAN | GA-744 | 0 | 1988 | SR | NAUC | O Barco de Valdeorras | 08/05/2022 |
| 32 | 16.12 | CORRO ROUFETT, JESSE JESUS | AG-15924 | 0 | 1989 | SR | AREOR | Ourense | 20/11/2022 |
| 33 | 16.14 | SLIMANI TLEMCANI, SAAD | GA-711 | 0 | 1995 | SR | VICI | O Barco de Valdeorras | 08/05/2022 |
| 34 | 16.17 | CAAMAÑO NIETO, RUBEN | AG-201474 | 0 | 1984 | 35 | SARC | Ourense | 20/11/2022 |
| 35 | 16.18 | ALONSO ARES, VICTOR | GA-56 | 0 | 1988 | SR | VICI | Ourense | 20/11/2022 |
| 36 | 16.19 | ESTEVEZ JUEGUEN, ROI | GA-768730 | 0 | 2000 | PR | STOC | Ourense | 20/11/2022 |
| 37 | 16.19 | MASEDA DORADO, IVO | AG-610763 | 0 | 1997 | SR | LGRLU | Ourense | 20/11/2022 |
| 38 | 16.19 | PAREDES GONZALEZ, JAVIER | GA-202350 | 0 | 1979 | 40 | OUROR | Ourense | 20/11/2022 |
| 39 | 16.20 | COLLAZO AREOSA, JUAN RAMON | GA-688 | 0 | 1992 | SR | VAGC | Laredo | 19/03/2022 |
| 40 | 16.20 | GUDE VILA, JUAN ANTONIO | GA-768683 | 0 | 1974 | 45 | LUCLU | Ourense | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|--------------|----------------------------------|-----------|-----|------|-----|-----------------------------|-------|------------|
| 41 | 16.21 | CADAYA RODRIGUEZ, ALEJANDRO GE | GA-202328 | 1 | 2000 | PR | PUROR O Barco Valdeorras | | 06/11/2022 |
| 42 | 16.21 | ARROJO FERNANDEZ, NICOLAS | GA-16445 | 0 | 1989 | SR | LUCLU Ourense | | 20/11/2022 |
| 43 | 16.21 | PEREZ MURADO, DANIEL | GA-764783 | 0 | 1997 | SR | LUCLU Ourense | | 20/11/2022 |
| 44 | 16.22 | LAGO TIZON, ADRIAN | GA-764188 | 0 | 1997 | SR | SGPPO Ourense | | 20/11/2022 |
| 45 | 16.23 | GÓMEZ LOPEZ, ANTÓN | GA-255 | 0 | 2000 | PR | STOC Ourense | | 20/11/2022 |
| 46 | 16.24 | NEGREIRA MONTERO, JUAN | GA-507 | 9 | 1986 | 35 | SARC Pinto (Madrid) | | 23/10/2022 |
| 47 | 16.26 | BARRAL PUGA, MIGUEL ANGEL | GA-513 | 0 | 1983 | 35 | LUELU O Barco de Valdeorras | | 08/05/2022 |
| 48 | 16.27 | VÁZQUEZ VAAMONDE, RICARDO | GA-766141 | 0 | 1974 | 45 | ADAOR O Barco de Valdeorras | | 08/05/2022 |
| 49 | 16.29 | PRESEDO FRAGUIO, ALVARO | GA-140 | 0 | 1985 | 35 | MARC Laredo | | 19/03/2022 |
| 50 | 16.32 | FERNANDEZ MARQUEZ, JOSE MANUEL | GA-766140 | 0 | 1968 | 50 | ADAOR O Barco de Valdeorras | | 08/05/2022 |
| 51 | 16.37 | PÉREZ BLANCO, XOSÉ | AG-202739 | 0 | 2002 | PR | AREOR Ourense | | 20/11/2022 |
| 52 | 16.38 | BARROS GONZALEZ, ABEL | GA-765719 | 5 | 1975 | 45 | MRÑPO Ribeira | | 26/06/2022 |
| 53 | 16.45 | PAZ SALGADO, DAVID | AG-14465 | 2 | 1993 | SR | OUROR O Barco Valdeorras | | 06/11/2022 |
| 54 | 16.45 | COMESAÑA PEREIRA, CELSO | AG-202774 | 0 | 1988 | SR | DEL Ourense | | 20/11/2022 |
| 55 | 16.46 | FERNANDEZ GARCIA, ALBINO | AG-201721 | 0 | 1986 | 35 | AREOR Ourense | | 20/11/2022 |
| 56 | 16.49 | PAZ PARDO, DANIEL | GA-922 | 0 | 1978 | 40 | BRIC Santiago | | 30/04/2022 |
| 57 | 16.51 | NUÑEZ MOSTEIRO, RUBEN | AG-11160 | 7 | 1983 | 35 | CAMPO Ribeira | | 26/06/2022 |
| 58 | 16.51 | RODRIGUEZ ALVAREZ, DIEGO | AG-202737 | 0 | 1995 | SR | RUNPO Ourense | | 20/11/2022 |
| 59 | 16.55 | GARCIA GOMEZ, VICTOR | AG-202307 | 3 | 1986 | 35 | LEGOR O Barco Valdeorras | | 06/11/2022 |
| 60 | 16.55 | VILA MARIÑO, ABEL | GA-867 | 2 | 2007 | CD | NOYC Negreira | | 13/11/2022 |
| 61 | 17.01 | ÁLVAREZ FERREIRA, ALEXANDRE | AG-202656 | 0 | 2003 | JN | NAOC Ourense | | 20/11/2022 |
| 62 | 17.05 | MONTERO LOPEZ, ALEJANDRO | GA-1033 | 0 | 1991 | SR | SDCC Porriño | | 01/05/2022 |
| 63 | 17.06 | RODRIGUEZ COSTAS, MARIO | GA-125 | 0 | 2004 | JN | RCVPO Ourense | | 20/11/2022 |
| 64 | 17.07 | GARCÍA SAINZ, YAGO IGNACIO | AG-202495 | 0 | 2003 | JN | STOC Ourense | | 20/11/2022 |
| 65 | 17.09 | ESTEVEZ GARCIA, MANUEL ENRIQUE | GA-769046 | 0 | 1972 | 50 | ADAOR O Barco de Valdeorras | | 08/05/2022 |
| 66 | 17.10 | VIJANDE LÓPEZ, ADRIÁN | AG-14155 | 0 | 1987 | 35 | RFOLU Laredo | | 19/03/2022 |
| 67 | 17.11 | FONTAN MARTINEZ, XACOBÉ | AG-202771 | 0 | 1990 | SR | INDE Santiago | | 30/04/2022 |
| 68 | 17.11 | PENAS VARELA, JOSÉ MANUEL | TGAL-253 | 0 | 1984 | 35 | CERC Ourense | | 20/11/2022 |
| 69 | 17.13 | VAZQUEZ FERNANDEZ, IVAN | AG-15100 | 8 | 2005 | JV | SMIPO Ribeira | | 26/06/2022 |
| 70 | 17.13 | PRADA HERNANDEZ, PABLO | GA-148 | 5 | 1982 | 40 | ADAOR O Barco Valdeorras | | 06/11/2022 |
| 71 | 17.13 | PENA CARRACEDO, LUCAS | GA-202356 | 3 | 2007 | CD | MRAC Negreira | | 13/11/2022 |
| 72 | 17.15 | LOPEZ FERNANDEZ, NEMESIO | AG-11126 | 0 | 1976 | 45 | FONC Santiago | | 30/04/2022 |
| 73 | 17.15 | CASTRO FAJARDO, DAVID | GA-9035 | 0 | 1993 | SR | NAUC O Barco de Valdeorras | | 08/05/2022 |
| 74 | 17.15 | TORRES TORRES, JORGE | GA-8562 | 0 | 1980 | 40 | HPST O Barco de Valdeorras | | 08/05/2022 |
| 75 | 17.15 | CASTILLO CARBALLA, GUILLELME DEN | AG-14040 | 6 | 1990 | SR | OUROR O Barco Valdeorras | | 06/11/2022 |
| 76 | 17.16 | NOVOA GUTIERREZ, JULIO | GA-769439 | 0 | 1980 | 40 | AREOR O Barco de Valdeorras | | 08/05/2022 |
| 77 | 17.16 | CRESPO ARIAS, JORGE | GA-768547 | 0 | 1979 | 40 | SARC Negreira | | 13/11/2022 |
| 78 | 17.16 | MOSQUERA DOPAZO, JUAN CARLOS | GA-38 | 0 | 1985 | 35 | SARC Negreira | | 13/11/2022 |
| 79 | 17.16 | GONZÁLEZ HORTA, VÍCTOR XOSÉ | AG-765828 | 0 | 1984 | 35 | COMPO Negreira | | 13/11/2022 |
| 80 | 17.19 | GARCIA GONZALEZ, SANTIAGO | GA-765876 | 0 | 1974 | 45 | BUROR O Barco de Valdeorras | | 08/05/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|--------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 81 | 17.21 | GARCIA VAZQUEZ, EMILIO | GA-622 | 20 | 1975 | 45 | SDCC | Pinto (Madrid) | 23/10/2022 |
| 82 | 17.22 | GARRIDO PEREIRA, ROBERTO | AG-202617 | 0 | 1988 | SR | DOMPO | Porriño | 01/05/2022 |
| 83 | 17.23 | GARCIA PEREZ, JOSE MANUEL | GA-202352 | 9 | 1973 | 45 | ADAOR | O Barco Valdeorras | 06/11/2022 |
| 84 | 17.25 | FERREIRA GONZALEZ, JOSE CARLOS | GA-769003 | 0 | 1974 | 45 | ADAOR | O Barco de Valdeorras | 08/05/2022 |
| 85 | 17.25 | IGLESIAS TURNES, YAGO | GA-519 | 9 | 2006 | JV | SDCC | Ribeira | 26/06/2022 |
| 86 | 17.28 | BUIG FERNANDEZ, MANUEL ALEXIS | GA-358 | 10 | 1977 | 45 | VAGC | Ribeira | 26/06/2022 |
| 87 | 17.28 | CONDE GONZALVO, JAVIER | AG-202773 | 0 | 1976 | 45 | MRQPO | Ourense | 20/11/2022 |
| 88 | 17.31 | SEOANE POMBO, JOSÉ MANUEL | AG-202250 | 0 | 1973 | 45 | NEGC | Porriño | 01/05/2022 |
| 89 | 17.36 | DE DIOS RODRIGUEZ, JAVIER | AG-769348 | 0 | 1988 | SR | SDCC | Ourense | 20/11/2022 |
| 90 | 17.38 | RABADE LEDO, ANGEL | GA-769279 | 0 | 1980 | 40 | LUCLU | O Barco de Valdeorras | 08/05/2022 |
| 91 | 17.38 | BESTEIRO RODRIGUEZ, MANUEL | GA-907 | 0 | 1990 | SR | GANLU | Ourense | 20/11/2022 |
| 92 | 17.39 | ROMERO ALVAREZ, JULIAN | AG-202046 | 0 | 1984 | 35 | OUROR | Ourense | 20/11/2022 |
| 93 | 17.41 | DIAZ FERNANDEZ, XABIER | GA-17661 | 0 | 1974 | 45 | LUCLU | Ourense | 20/11/2022 |
| 94 | 17.42 | RODRIGUEZ LARIÑO, JORGE | AG-202531 | 0 | 1986 | 35 | ADOC | Negreira | 13/11/2022 |
| 95 | 17.44 | LASO VAZQUEZ, XENXO | AG-14285 | 0 | 1988 | SR | AREOR | Ourense | 20/11/2022 |
| 96 | 17.45 | CAPELO VIEITES, EFREN | AG-202599 | 5 | 1992 | SR | BRIC | Negreira | 13/11/2022 |
| 97 | 17.46 | LIMA QUINTAS, ADRIAN | AG-201721 | 0 | 1990 | SR | AREOR | Porriño | 01/05/2022 |
| 98 | 17.49 | GONZALEZ NOVOA, SATURNINO | GA-764989 | 0 | 1961 | 60 | OUROR | O Barco de Valdeorras | 08/05/2022 |
| 99 | 17.49 | VASQUEZ CORTES, MARCELO | GA-765494 | 17 | 1971 | 50 | EGOLU | Pinto (Madrid) | 23/10/2022 |
| 100 | 17.49 | BECERRO ESCRIBANO, LUIS MIGUEL | AG-202178 | 0 | 1979 | 40 | CRR_P | Ourense | 20/11/2022 |
| 101 | 17.50 | AIRAS COTA, RUBEN | GA-756 | 0 | 1979 | 40 | BUROR | Ourense | 20/11/2022 |
| 102 | 17.51 | RIVAS SOBRADO, MARCOS | GA-3387 | 0 | 2003 | JN | RCVPO | Ourense | 20/11/2022 |
| 103 | 17.51 | BARROS CORRAL, ROI | AG-202839 | 0 | 1988 | SR | MARC | Ourense | 20/11/2022 |
| 104 | 17.53 | CABO VILLAVERDE, MIGUEL | AG-763812 | 0 | 1970 | 50 | MILC | Ourense | 20/11/2022 |
| 105 | 17.54 | MARTINEZ CASTRO, ROBERTO | GA-659 | 0 | 1983 | 35 | PINPO | O Barco de Valdeorras | 08/05/2022 |
| 106 | 17.54 | TÁBOAS CARRERA, ISMAEL | AG-202652 | 0 | 1990 | SR | PORPO | Ourense | 20/11/2022 |
| 107 | 17.55 | MARTINEZ MARTINEZ, ENRIQUE | AG-8577 | 0 | 1995 | SR | STOC | Ourense | 20/11/2022 |
| 108 | 17.57 | DIEGUEZ PINTOR, OSCAR | TGAL-280 | 0 | 1983 | 35 | CERC | Ourense | 20/11/2022 |
| 109 | 17.59 | SOLER RIVAS, ABELARDO | AG-202827 | 0 | 1979 | 40 | NEGC | Negreira | 13/11/2022 |
| 110 | 18.01 | LANZA BEN, MARCELO | GA-524 | 0 | 1973 | 45 | RFOLU | O Barco de Valdeorras | 08/05/2022 |
| 111 | 18.02 | LAGO CIVES, JOSE R. | AG-15602 | 0 | 1976 | 45 | NOYC | Negreira | 13/11/2022 |
| 112 | 18.02 | AGRELO GOMEZ, ROBERTO | AG-763862 | 0 | 1978 | 40 | SARC | Negreira | 13/11/2022 |
| 113 | 18.02 | SUÁREZ LEIS, JOSE | AG-766580 | 0 | 1963 | 55 | SARC | Ourense | 20/11/2022 |
| 114 | 18.03 | JANEIRO CERDEIRA, JAVIER | AG-2683 | 0 | 1986 | 35 | AREOR | Ourense | 20/11/2022 |
| 115 | 18.03 | SILVA LUNA, JORDI | AG-202310 | 0 | 1981 | 40 | AREOR | Ourense | 20/11/2022 |
| 116 | 18.04 | LOPEZ FERNANDEZ, VICTOR | AG-14226 | 0 | 1990 | SR | AREOR | Porriño | 01/05/2022 |
| 117 | 18.04 | GARCIA SANMAMED, FELICIANO | GA-800 | 0 | 1982 | 40 | BUROR | O Barco de Valdeorras | 08/05/2022 |
| 118 | 18.04 | SANGIAO DARRIBA, IVAN | TGAL-27 | 0 | 1986 | 35 | BIOLU | Ourense | 20/11/2022 |
| 119 | 18.04 | PAJARO VARELA, DAVID | TGAL-273 | 0 | 1985 | 35 | CERC | Ourense | 20/11/2022 |
| 120 | 18.05 | DIAZ BARREIRO, ALVARO | GA-769197 | 0 | 2004 | JN | PUROR | Ourense | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|----------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 121 | 18.06 | LAGO CES, JOSE MANUEL | GA-782 | 0 | 1972 | 50 | SARC | O Barco de Valdeorras | 08/05/2022 |
| 122 | 18.06 | MARTINEZ MAYO, CARLOS | AG-202252 | 8 | 1992 | SR | NEGC | Negreira | 13/11/2022 |
| 123 | 18.09 | NOVO BUJEIRO, JAVIER | AG-769113 | 0 | 1981 | 40 | ADOC | Negreira | 13/11/2022 |
| 124 | 18.10 | CARDESIN VILA, BORJA | GA-892 | 0 | 1980 | 40 | SDCC | O Barco de Valdeorras | 08/05/2022 |
| 125 | 18.10 | INSUA DIAZ, RUBEN | AG-202381 | 0 | 1991 | SR | SARC | Negreira | 13/11/2022 |
| 126 | 18.15 | IGLESIAS AMORES, MIGUEL | AG-201618 | 0 | 1991 | SR | AREOR | Porriño | 01/05/2022 |
| 127 | 18.15 | LOPEZ VILLAR, JOSE ANGEL | GA-19395 | 0 | 1974 | 45 | EGOLU | O Barco de Valdeorras | 08/05/2022 |
| 128 | 18.15 | CAÑIZO GONZALEZ-ELIPE, JUAN | AG-15597 | 9 | 2005 | JV | INDE | Negreira | 13/11/2022 |
| 129 | 18.17 | MARTINEZ COSTA, DAVID | AG-11988 | 0 | 1975 | 45 | CAMPO | Porriño | 01/05/2022 |
| 130 | 18.19 | GROBA BARGIELA, MARCOS | AG-201447 | 0 | 1971 | 50 | TANPO | Porriño | 01/05/2022 |
| 131 | 18.19 | AYASO PARADA, ALEX | AG-202784 | 10 | 2006 | JV | UXIC | Negreira | 13/11/2022 |
| 132 | 18.21 | IGLESIAS CARRERA, PIO | AG-3536 | 0 | 1973 | 45 | SARC | Negreira | 13/11/2022 |
| 133 | 18.21 | LOSADA FREIRIA, NICOLAS | AG-202496 | 11 | 2007 | CD | SDCC | Negreira | 13/11/2022 |
| 134 | 18.21 | NARANJO ESTEVEZ, ROI | GA-614 | 0 | 2004 | JN | PUROR | Ourense | 20/11/2022 |
| 135 | 18.22 | GARCIA ALVARIÑO, JOSE | GA-769152 | 0 | 2003 | JN | LUELU | Ourense | 20/11/2022 |
| 136 | 18.26 | BESADA FILGUEIRAS, FRANCISCO JOS | AG-3525 | 0 | 1977 | 45 | BRIC | Negreira | 13/11/2022 |
| 137 | 18.28 | FABELLO CID, ELISEO | GA-866 | 0 | 1977 | 45 | OUROR | Porriño | 01/05/2022 |
| 138 | 18.31 | GIGIREY CANCELA, BREOGAN JOSE | AG-767265 | 0 | 1987 | 35 | VRXLU | Ourense | 20/11/2022 |
| 139 | 18.33 | SENRA MARTINEZ, DAVID | AG-202254 | 0 | 1992 | SR | TMBC | Laredo | 19/03/2022 |
| 140 | 18.35 | BUSTO LOBATO, CARLOS | AG-766069 | 0 | 1967 | 55 | SARC | Negreira | 13/11/2022 |
| 141 | 18.37 | ZUÑIGA RODRIGUEZ, SAUL | AG-201446 | 0 | 1983 | 35 | TANPO | Porriño | 01/05/2022 |
| 142 | 18.37 | PENA PEREIRA, FRANCISCO JAVIER | AG-202790 | 0 | 1981 | 40 | BEAPO | Porriño | 01/05/2022 |
| 143 | 18.39 | CASTRO TIELES, ELOY | AG-15882 | 0 | 1996 | SR | NEGC | Negreira | 13/11/2022 |
| 144 | 18.41 | ULLA REGA, MANUEL | AG-202587 | 0 | 1975 | 45 | ADCPO | Porriño | 01/05/2022 |
| 145 | 18.41 | TRIGO LORES, ROBERTO | GA-3320 | 0 | 2000 | PR | STOC | Ourense | 20/11/2022 |
| 146 | 18.42 | SESAZ MIGUEZ, ADRIAN | AG-201747 | 12 | 2007 | CD | MRAC | Negreira | 13/11/2022 |
| 147 | 18.42 | VALLE LOPEZ, OSCAR | AG-11136 | 0 | 1977 | 45 | NTBC | Negreira | 13/11/2022 |
| 148 | 18.46 | RODRIGUEZ RODRIGUEZ, SERAFIN | GA-630 | 0 | 1973 | 45 | INDE | Negreira | 13/11/2022 |
| 149 | 18.47 | COSTAS FERNÁNDEZ, JOSE LUIS | AG-201906 | 0 | 1984 | 35 | ADCPO | Porriño | 01/05/2022 |
| 150 | 18.51 | ALVAREZ RODRIGUEZ, RAUL | AG-12881 | 0 | 2003 | JN | MARC | Ourense | 20/11/2022 |
| 151 | 18.52 | SESAZ VAZQUEZ, RUBEN | AG-202067 | 0 | 1990 | SR | BOIC | Ourense | 20/11/2022 |
| 152 | 18.54 | FERNANDEZ DIAZ, PABLO | GA-807 | 0 | 2003 | JN | RIBLU | Ourense | 20/11/2022 |
| 153 | 18.54 | VALE GARCIA, ROBERTO | AG-766063 | 0 | 1971 | 50 | FLULU | Ourense | 20/11/2022 |
| 154 | 18.54 | RODRIGUEZ VARELA, MIGUEL ANXO | AG-764809 | 0 | 1983 | 35 | AUROR | Ourense | 20/11/2022 |
| 155 | 18.55 | RAPOSO BUJAN, GERARDO | GA-17643 | 0 | 1968 | 50 | LUCLU | O Barco de Valdeorras | 08/05/2022 |
| 156 | 18.55 | NIETO GONZALEZ, JOSE MANUEL | AG-3535 | 0 | 1972 | 50 | SARC | Negreira | 13/11/2022 |
| 157 | 18.55 | VEIGA RAPOSO, IVAN | AG-3790 | 0 | 1979 | 40 | LUCLU | Ourense | 20/11/2022 |
| 158 | 18.58 | PENAS GARCIA, RUBEN | AG-202837 | 14 | 1977 | 45 | TMBC | Negreira | 13/11/2022 |
| 159 | 19.00 | CACHAFEIRO GARCIA, GERARDO | AG-3899 | 0 | 1989 | SR | SDCC | Negreira | 13/11/2022 |
| 160 | 19.00 | FERNÁNDEZ TOJO, ALEXANDRE | AG-202675 | 0 | 1994 | SR | TMBC | Negreira | 13/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|-------|----------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 161 | 19.00 | VILLAR RODRIGUEZ, RICARDO | AG-201562 | 0 | 1970 | 50 | NTBC | Negreira | 13/11/2022 |
| 162 | 19.00 | SANMARTIN CARREIRA, IVAN PABLO | GA-129 | 15 | 1975 | 45 | VAGC | Negreira | 13/11/2022 |
| 163 | 19.02 | PEREDES PARADA, MANUEL | GA-19421 | 28 | 1967 | 55 | BARC | Pinto (Madrid) | 23/10/2022 |
| 164 | 19.02 | PEREZ RODRIGUEZ, RAMON ANDRES | AG-201765 | 17 | 1995 | SR | NEGC | Negreira | 13/11/2022 |
| 165 | 19.02 | SUAREZ MARTINEZ, MANUEL | GA-144 | 0 | 1958 | 60 | VSAPO | Ourense | 20/11/2022 |
| 166 | 19.04 | SANMARTÍN VIGO, VICENTE | AG-202235 | 0 | 1975 | 45 | VRXLU | Laredo | 19/03/2022 |
| 167 | 19.04 | LOPEZ FERNANDEZ, JUAN CARLOS | AG-201878 | 0 | 1980 | 40 | TROOR | Ourense | 20/11/2022 |
| 168 | 19.05 | MONTEAGUDO FERREIRA, JUAN CARL | AG-14574 | 0 | 1980 | 40 | RUNMA | Ourense | 20/11/2022 |
| 169 | 19.09 | MANEIRO TEIRA, DANIEL | AG-13361 | 18 | 2007 | CD | VAGC | Negreira | 13/11/2022 |
| 170 | 19.12 | VALVERDE VILLAR, MARTIN | AG-769461 | 0 | 1967 | 55 | VSAPO | Porriño | 01/05/2022 |
| 171 | 19.14 | POMBO FERREIRA, FERNANDO | AG-11507 | 0 | 1991 | SR | MRQPO | Ourense | 20/11/2022 |
| 172 | 19.15 | SANDE CHARLON, VICTOR | AG-10646 | 0 | 1964 | 55 | FENC | Negreira | 13/11/2022 |
| 173 | 19.15 | LOURO INSUA, MANUEL | GA-764998 | 0 | 1973 | 45 | NOYC | Ourense | 20/11/2022 |
| 174 | 19.15 | FERNÁNDEZ ÁLVAREZ, CARLOS | AG-768891 | 0 | 1973 | 45 | SDTPO | Ourense | 20/11/2022 |
| 175 | 19.16 | BARREDO GOMEZ, ANTONIO | AG-6405 | 0 | 2003 | JN | MARC | Ourense | 20/11/2022 |
| 176 | 19.17 | FIGUEIRA PEREZ, MANUEL | AG-201589 | 0 | 1972 | 50 | SARC | Porriño | 01/05/2022 |
| 177 | 19.18 | FERNANDEZ NOVOA, MIGUEL ANGEL | AG-765456 | 14 | 1967 | 55 | MARC | O Barco Valdeorras | 06/11/2022 |
| 178 | 19.20 | VAZQUEZ IGLESIAS, ANTONIO | GA-765869 | 0 | 1967 | 55 | BUROR | Ourense | 20/11/2022 |
| 179 | 19.20 | VELEIRO DIAZ, JORGE | AG-202307 | 0 | 1963 | 55 | BUROR | Ourense | 20/11/2022 |
| 180 | 19.21 | RODRIGUEZ GONZALEZ, ALBERTO | AG-202019 | 0 | 1975 | 45 | AREOR | Ourense | 20/11/2022 |
| 181 | 19.24 | CARBALLO DURAN, JAVIER | AG-202768 | 0 | 1971 | 50 | SAMPO | Porriño | 01/05/2022 |
| 182 | 19.25 | TOLEDO ESTEVEZ, JOSE M, | AG-201597 | 0 | 1973 | 45 | PATOR | Laredo | 19/03/2022 |
| 183 | 19.25 | GONZALEZ PASCUAL, FRANCISCO JAVI | AG-202796 | 0 | 1975 | 45 | AREOR | Ourense | 20/11/2022 |
| 184 | 19.27 | FERNANDEZ PAREDES, ROBERTO | AG-768600 | 0 | 1975 | 45 | BEAPO | Porriño | 01/05/2022 |
| 185 | 19.27 | FUERTES SAAVEDRA, ANTONIO | GA-16019 | 16 | 1960 | 60 | RCVPO | O Barco Valdeorras | 06/11/2022 |
| 186 | 19.27 | CAAMAÑO NIETO, AVELINO | AG-768412 | 0 | 1978 | 40 | SARC | Ourense | 20/11/2022 |
| 187 | 19.27 | MIRA FERNANDEZ, JOSE | AG-10167 | 0 | 1971 | 50 | BUROR | Ourense | 20/11/2022 |
| 188 | 19.28 | PIRES , LUIS MANUEL | AG-202769 | 0 | 1969 | 50 | SAMPO | Porriño | 01/05/2022 |
| 189 | 19.28 | LEON VAZQUEZ, IVAN | AG-2721 | 0 | 1991 | SR | BOIC | Negreira | 13/11/2022 |
| 190 | 19.29 | MARTINEZ VALVERDE, JUAN CARLOS | GA-768581 | 0 | 1971 | 50 | VAGC | O Barco de Valdeorras | 08/05/2022 |
| 191 | 19.29 | SANMARCO SANTOS, FRANCISCO | GA-768550 | 0 | 1964 | 55 | SARC | O Barco de Valdeorras | 08/05/2022 |
| 192 | 19.29 | AMIGO FERREIRO, JUAN LUIS | GA-758 | 27 | 1969 | 50 | SDCC | Ribeira | 26/06/2022 |
| 193 | 19.30 | ABELLEIRA RODRÍGUEZ, ADRIAN | AG-15208 | 0 | 1988 | SR | DEL | Ourense | 20/11/2022 |
| 194 | 19.31 | GUTIERREZ GONZÁLEZ, NEMESIO | GA-202342 | 0 | 1956 | 65 | AFRLU | O Barco de Valdeorras | 08/05/2022 |
| 195 | 19.32 | FERNÁNDEZ RODRÍGUEZ, RAMÓN | AG-63 | 0 | 1972 | 50 | LOULU | Ourense | 20/11/2022 |
| 196 | 19.34 | RODRIGUEZ MOURE, JOSE MANUEL | GA-769070 | 0 | 1967 | 55 | COCC | Ourense | 20/11/2022 |
| 197 | 19.35 | MENDEZ RODRIGUEZ, RAMIRO | GA-769166 | 0 | 1957 | 65 | GANLU | O Barco de Valdeorras | 08/05/2022 |
| 198 | 19.35 | VAZQUEZ COLLAZO, SANTIAGO | GA-717165 | 0 | 1965 | 55 | RZCC | Ourense | 20/11/2022 |
| 199 | 19.37 | PEREIRA SEIJO, IAGO | AG-202375 | 0 | 2000 | PR | SGPPO | Ourense | 20/11/2022 |
| 200 | 19.39 | PEREZ FERNANDEZ, BRAIS | GA-486 | 0 | 2002 | PR | SDCC | Negreira | 13/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 201 | 19.41 | ACUÑA FERNÁNDEZ, CÁNDIDO | AG-764197 | 0 | 1971 | 50 | COMPO | Ourense | 20/11/2022 |
| 202 | 19.44 | IGLESIAS DOMINGUEZ, PABLO | AG-202598 | 22 | 1982 | 40 | NTBC | Negreira | 13/11/2022 |
| 203 | 19.45 | RAMOS FERROL, ARTURO | AG-9509 | 0 | 1973 | 45 | MILC | Negreira | 13/11/2022 |
| 204 | 19.46 | SOTO BUCETA, SERGIO | AG-11155 | 31 | 1979 | 40 | CAMPO | Ribeira | 26/06/2022 |
| 205 | 19.48 | PIMENTEL OCAMPO, JAVIER | AG-202781 | 0 | 1983 | 35 | TUIPO | Porriño | 01/05/2022 |
| 206 | 19.48 | CESAR VILA, ALVARO | AG-151311 | 0 | 1970 | 50 | TAMC | Negreira | 13/11/2022 |
| 207 | 19.48 | FERNANDEZ FERNANDEZ, JESUS | AG-202026 | 0 | 1975 | 45 | PUROR | Ourense | 20/11/2022 |
| 208 | 19.52 | RODRIGUEZ GONZALEZ, JOSE | AG-202424 | 0 | 1968 | 50 | AREOR | Porriño | 01/05/2022 |
| 209 | 19.52 | GARCIA FERNANDEZ, JAVIER 77 | GA-804 | 0 | 1977 | 40 | RIBLU | O Barco de Valdeorras | 08/05/2022 |
| 210 | 19.52 | OCUSO GARCIA, JESUS | AG-2496 | 24 | 1978 | 40 | NEGC | Negreira | 13/11/2022 |
| 211 | 19.56 | LOPEZ SANCHEZ, DAVID | AG-12590 | 0 | 1976 | 45 | ENTR | Ourense | 20/11/2022 |
| 212 | 19.58 | PITA TORRES, JOSE ANGEL | GA-769392 | 0 | 1957 | 65 | INDE | O Barco de Valdeorras | 08/05/2022 |
| 213 | 19.58 | VAZQUEZ RAMOS, MANUEL | AG-202466 | 0 | 1970 | 50 | VRXLU | Ourense | 20/11/2022 |
| 214 | 19.58 | SANDA ARES, JOSE | GA-790 | 0 | 1981 | 40 | SDCC | Ourense | 20/11/2022 |
| 215 | 19.58 | CASTIÑEIRAS PORTOS, MANUEL | GA-788 | 0 | 1979 | 40 | SDCC | Ourense | 20/11/2022 |
| 216 | 19.59 | PAZOS CARBÓN, PEDRO | GA-787 | 0 | 1968 | 50 | SDCC | Ourense | 20/11/2022 |
| 217 | 20.01 | MATEOS CALVIÑO, IAGO | AG-15967 | 25 | 1971 | 50 | SDCC | Negreira | 13/11/2022 |
| 218 | 20.03 | RODRIGUEZ PEREZ, HIGINIO DE MAN | AG-7194 | 0 | 1962 | 60 | PUROR | Ourense | 20/11/2022 |
| 219 | 20.04 | MATO COUSO, MANUEL | TGAL-140 | 0 | 1989 | SR | CERC | Ourense | 20/11/2022 |
| 220 | 20.08 | OMIL IGLESIAS, JOSE MANUEL | AG-765338 | 0 | 1980 | 40 | PINPO | Ourense | 20/11/2022 |
| 221 | 20.09 | ALVAREZ BOUZAS, ALBERTO | AG-11371 | 0 | 1992 | SR | TMBC | Negreira | 13/11/2022 |
| 222 | 20.09 | ANDRÉS FIDALGO, ALÁN | AG-763614 | 0 | 1975 | 45 | ESPOU | Ourense | 20/11/2022 |
| 223 | 20.11 | BAAMONDE ARUFE, AGAPITO | AG-202381 | 0 | 1976 | 45 | SARC | Negreira | 13/11/2022 |
| 224 | 20.12 | FERNANDEZ ALVAREZ, ESTEBAN | AG-14570 | 0 | 1975 | 45 | RUNMA | Porriño | 01/05/2022 |
| 225 | 20.12 | LEMA FERNÁNDEZ, CARLOS | AG-11707 | 0 | 1977 | 45 | NEGC | Negreira | 13/11/2022 |
| 226 | 20.13 | FERNANDEZ RODRIGUEZ, MARTIN | AG-202371 | 0 | 2004 | JN | GANLU | Ourense | 20/11/2022 |
| 227 | 20.14 | GARCIA NUÑEZ, LUIS EDUARDO | GA-765502 | 0 | 1972 | 50 | VRXLU | Ourense | 20/11/2022 |
| 228 | 20.16 | GONZALEZ FERNANDEZ, JOSE LUIS | AG-202633 | 22 | 1979 | 40 | ESPOU | O Barco Valdeorras | 06/11/2022 |
| 229 | 20.17 | GOMEZ IGLESIAS, JOSE JAVIER | AG-7131 | 0 | 1968 | 50 | BUROR | Ourense | 20/11/2022 |
| 230 | 20.18 | RIO SILVA, JOSE LUIS | AG-202159 | 0 | 1966 | 55 | OLEC | Ourense | 20/11/2022 |
| 231 | 20.19 | FERREIRO DEAÑO, ALFREDO | AG-10629 | 0 | 1978 | 40 | AUROR | Ourense | 20/11/2022 |
| 232 | 20.20 | FERNANDEZ MARTINEZ, LEO | AG-15751 | 28 | 2007 | CD | SERC | Negreira | 13/11/2022 |
| 233 | 20.20 | TABOADA MILLAN, CESAR | AG-202774 | 0 | 1969 | 50 | SARC | Negreira | 13/11/2022 |
| 234 | 20.20 | FREIRE RIVEIRA, MIGUEL | AG-3476 | 0 | 1972 | 50 | MRQPO | Negreira | 13/11/2022 |
| 235 | 20.23 | MORENZA DOFORNO, GERMAN | AG-767975 | 0 | 1963 | 55 | PINPO | Ourense | 20/11/2022 |
| 236 | 20.24 | RUANOVA FERNANDEZ, IAGO | AG-15271 | 0 | 1989 | SR | SDCC | Negreira | 13/11/2022 |
| 237 | 20.24 | PEREZ PEREIRA, RAMIRO | AG-201588 | 0 | 1956 | 65 | SARC | Ourense | 20/11/2022 |
| 238 | 20.25 | GUIMAREY SENIN, JAVIER | AG-201589 | 0 | 1978 | 40 | SARC | Ourense | 20/11/2022 |
| 239 | 20.26 | RAÑA RECOUSO, AMANCIO | AG-202364 | 0 | 1983 | 35 | TMBC | Ourense | 20/11/2022 |
| 240 | 20.27 | ANSIA GARCÍA, JUAN JOSÉ | AG-202703 | 0 | 1974 | 45 | BUROR | Ourense | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|--------------------------------|-----------|-----|------|-----|-------|-----------------------|------------|
| 241 | 20.27 | LORENZO ALONSO, MOISES | AG-14427 | 0 | 1986 | 35 | PORPO | Ourense | 20/11/2022 |
| 242 | 20.28 | CABADO CASTRO, JOSE | GA-764400 | 0 | 1968 | 50 | STOC | Ourense | 20/11/2022 |
| 243 | 20.32 | MATALOBOS BUSTELO, ANTONIO | AG-202516 | 30 | 1978 | 40 | BRIC | Negreira | 13/11/2022 |
| 244 | 20.36 | FARIAS FORNEIRO, PATRICIO CRUZ | AG-10058 | 0 | 1977 | 45 | AUROR | Ourense | 20/11/2022 |
| 245 | 20.39 | FERVENZA ENTENZA, PABLO | GA-677 | 1 | 1952 | 70 | SAMPO | Pinto (Madrid) | 23/10/2022 |
| 246 | 20.39 | MATA TORREIRA, JUAN MANUEL | AG-768762 | 0 | 1969 | 50 | FONC | Ourense | 20/11/2022 |
| 247 | 20.41 | ZAS SANDE, IGNACIO | AG-3566 | 0 | 1992 | SR | TMBC | Laredo | 19/03/2022 |
| 248 | 20.42 | REBORDO DURAN, ALBERTO | AG-202655 | 0 | 1994 | SR | SARC | Ourense | 20/11/2022 |
| 249 | 20.43 | NOYA PEREZ, JOSE ANTONIO | AG-201922 | 0 | 1970 | 50 | FONC | Negreira | 13/11/2022 |
| 250 | 20.45 | FERNANDEZ VAZQUEZ, RAFAEL | AG-14692 | 0 | 1974 | 45 | MRQPO | Ourense | 20/11/2022 |
| 251 | 20.46 | ALVAREZ RODRIGUEZ, DOMINGO | GA-20367 | 0 | 1956 | 65 | BUROR | Ourense | 20/11/2022 |
| 252 | 20.47 | LEONARDO FERNANDEZ, ADRIAN | AG-9217 | 0 | 2014 | BN | NAOC | Porriño | 01/05/2022 |
| 253 | 20.47 | ABAD GREGORIO, DAVID | GA-390 | 0 | 1975 | 45 | SAMPO | Ourense | 20/11/2022 |
| 254 | 20.50 | NOVOA CID, JOSE LUIS | AG-202047 | 0 | 1973 | 45 | PUROR | Ourense | 20/11/2022 |
| 255 | 20.51 | PEREZ OTERO, JOSE MARIA | AG-202836 | 0 | 1961 | 60 | VRXLU | Ourense | 20/11/2022 |
| 256 | 20.52 | FERNANDEZ MONZON, MARCOS | AG-202437 | 0 | 1974 | 45 | BEAPO | Porriño | 01/05/2022 |
| 257 | 20.52 | VARELA CRESPO, MARIO DANIEL | AG-202424 | 0 | 1980 | 40 | AREOR | Ourense | 20/11/2022 |
| 258 | 20.55 | VALLE PEREZ, RAFA | AG-14577 | 0 | 1980 | 40 | RUNMA | Ourense | 20/11/2022 |
| 259 | 20.55 | GARCIA SILVA, TOMAS | AG-15378 | 0 | 1990 | SR | RUNMA | Ourense | 20/11/2022 |
| 260 | 20.56 | PEREZ PASCUAL, MANUEL | GA-542 | 0 | 1959 | 60 | BEAPO | Porriño | 01/05/2022 |
| 261 | 20.57 | OTERO CEPEDA, XOSE LUIS | GA-7770 | 0 | 1951 | 70 | STOC | Ourense | 20/11/2022 |
| 262 | 20.59 | TORO MONTERO, JAVIER | GA-14096 | 0 | 1955 | 65 | VRXLU | O Barco de Valdeorras | 08/05/2022 |
| 263 | 20.59 | RODRÍGUEZ DOPICO, JAVIER | AG-15159 | 0 | 1986 | 35 | ENTR | Ourense | 20/11/2022 |
| 264 | 21.01 | DARRIBA BARBA, ABEL | AG-202587 | 0 | 1984 | 35 | ADCPO | Porriño | 01/05/2022 |
| 265 | 21.01 | HURTADO CAMPO, ENEKO | TGAL-2 | 0 | 1986 | 35 | BIOLU | Ourense | 20/11/2022 |
| 266 | 21.05 | FERNANDEZ CASTRO, JUAN CARLOS | AG-202311 | 0 | 1962 | 60 | STOC | Ourense | 20/11/2022 |
| 267 | 21.09 | FEIJOO CANTARILLA, ROBERTO | AG-10155 | 0 | 1975 | 45 | LIM_O | Ourense | 20/11/2022 |
| 268 | 21.10 | SOLETO CERREIJO, SANTIAGO | AG-3531 | 0 | 1970 | 50 | BRIC | Negreira | 13/11/2022 |
| 269 | 21.13 | FERNÁNDEZ NIMO, IVÁN | AG-15076 | 0 | 1989 | SR | SERC | Negreira | 13/11/2022 |
| 270 | 21.13 | FERNANDEZ VIDAL, ANGEL MANUEL | AG-10172 | 0 | 1968 | 50 | TKTC | Negreira | 13/11/2022 |
| 271 | 21.13 | RODRIGUEZ ATANES, FRANCISCO | AG-766620 | 0 | 1970 | 50 | BUROR | Ourense | 20/11/2022 |
| 272 | 21.14 | PÉREZ ZARRAQUIÑOS, ROBERTO | AG-202128 | 0 | 1974 | 45 | LIM_O | Ourense | 20/11/2022 |
| 273 | 21.20 | MUÑIZ GONZALEZ, DIONISIO | AG-11197 | 0 | 1978 | 40 | CAMPO | Ourense | 20/11/2022 |
| 274 | 21.22 | TORRES BARREIROS, RAMSES MANUE | AG-10064 | 0 | 1976 | 45 | AUROR | Ourense | 20/11/2022 |
| 275 | 21.27 | ARES NOGUEIRA, SERGIO | AG-3202 | 0 | 1993 | SR | BOIC | Negreira | 13/11/2022 |
| 276 | 21.32 | FILGUEIRA PONCE, FERNANDO | AG-14824 | 0 | 1976 | 45 | COMPO | Ourense | 20/11/2022 |
| 277 | 21.33 | TAJES MAYO, JUAN JESÚS | AG-201929 | 0 | 1970 | 50 | FONC | Ourense | 20/11/2022 |
| 278 | 21.36 | ROMERO OLVEIRA, JOSE MANUEL | AG-201750 | 40 | 1962 | 60 | VSAPO | Ribeira | 26/06/2022 |
| 279 | 21.41 | SEVILLA SUBIELA, PEDRO ANTONIO | AG-201607 | 0 | 1975 | 45 | COMPO | Porriño | 01/05/2022 |
| 280 | 21.41 | ALVITE MARTÍNEZ, FABIÁN | AG-202178 | 41 | 2003 | JN | NEGC | Negreira | 13/11/2022 |

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5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|-------|--------------------|------------|
| 281 | 21.49 | FERNÁNDEZ GARCÍA, ADRIÁN | AG-769189 | 0 | 1983 | 35 | BAROR | Ourense | 20/11/2022 |
| 282 | 21.50 | TORRES GONZÁLEZ, JOSE LUIS | AG-769190 | 0 | 1963 | 55 | BAROR | Ourense | 20/11/2022 |
| 283 | 21.51 | GARCIA MARTIÑA, ELADIO | AG-14572 | 0 | 1962 | 60 | RUNMA | Porriño | 01/05/2022 |
| 284 | 21.51 | GONZALEZ REINO, CARLOS | AG-6578 | 0 | 1966 | 55 | NOYC | Ourense | 20/11/2022 |
| 285 | 21.55 | VARELA VALLADARES, ALEJANDRO | AG-14759 | 0 | 1981 | 40 | CAMPO | Ourense | 20/11/2022 |
| 286 | 21.56 | SUAREZ DOMINGUEZ, JOSE ANTONIO | AG-769194 | 0 | 1963 | 55 | BAROR | Ourense | 20/11/2022 |
| 287 | 21.58 | MARIÑO GRANJA, GONZALO | AG-16371 | 0 | 1992 | SR | BRIC | Negreira | 13/11/2022 |
| 288 | 21.59 | PIÑEIRO TERZADO, JOSÉ | AG-202808 | 0 | 1978 | 40 | ESTPO | Porriño | 01/05/2022 |
| 289 | 22.00 | CEPEDA GACIO, FRANCISCO JAVIER | AG-202505 | 0 | 1959 | 60 | NTBC | Negreira | 13/11/2022 |
| 290 | 22.00 | RIVAS ALENDE, JUAN | AG-201910 | 0 | 1981 | 40 | NTBC | Negreira | 13/11/2022 |
| 291 | 22.00 | DIAZ BARBA, MIGUEL ANGEL | AG-11039 | 0 | 1967 | 55 | LIM_O | Ourense | 20/11/2022 |
| 292 | 22.08 | AIRAS FERNÁNDEZ, DIEGO | AG-9577 | 0 | 2002 | PR | BUROR | Ourense | 20/11/2022 |
| 293 | 22.09 | NIETO RODRIGUEZ, ANTON | AG-16547 | 45 | 2007 | CD | FONC | Negreira | 13/11/2022 |
| 294 | 22.09 | VAZQUEZ FERNANDEZ, JOSE | AG-202000 | 0 | 1968 | 50 | PATOR | Ourense | 20/11/2022 |
| 295 | 22.10 | LEVOSO TOUCEDA, JOSE MARIA | AG-202633 | 0 | 1968 | 50 | ESPOU | Ourense | 20/11/2022 |
| 296 | 22.10 | VAZQUEZ VAZQUEZ, JOSE | AG-15585 | 0 | 1970 | 50 | GANLU | Ourense | 20/11/2022 |
| 297 | 22.11 | ARIAS LOPEZ, ANGEL | AG-14874 | 0 | 1992 | SR | LGRLU | Ourense | 20/11/2022 |
| 298 | 22.13 | DIZ GARCIA, ELADIO | AG-2541 | 0 | 1965 | 55 | AREOR | Porriño | 01/05/2022 |
| 299 | 22.18 | VALENTIN INUNCUAGA, DANEIL | AG-202080 | 0 | 1966 | 55 | OUROR | Ourense | 20/11/2022 |
| 300 | 22.19 | SOMOZA RODRIGUEZ, MARCO A. | AG-15586 | 0 | 1976 | 45 | GANLU | Ourense | 20/11/2022 |
| 301 | 22.26 | RODRIGUEZ FRAMIL, ALFONSO | AG-202036 | 0 | 1978 | 40 | NTBC | Ourense | 20/11/2022 |
| 302 | 22.29 | GARCIA ESMORIS, FRANCISCO | AG-15128 | 0 | 1989 | SR | TAMC | Negreira | 13/11/2022 |
| 303 | 22.30 | LEBOSO FERREIRO, CÉSAR | GA-769025 | 0 | 1966 | 55 | ESPOU | Porriño | 01/05/2022 |
| 304 | 22.31 | POUSA LOSADA, ANTONIO | AG-201799 | 0 | 1972 | 50 | PUROR | Ourense | 20/11/2022 |
| 305 | 22.37 | LÓPEZ GAGO, VICTOR MANUEL | AG-14850 | 0 | 1980 | 40 | LGRLU | Laredo | 19/03/2022 |
| 306 | 22.37 | ALONSO VAZQUEZ, PEDRO | AG-9475 | 0 | 1978 | 40 | PINPO | Ourense | 20/11/2022 |
| 307 | 22.39 | FRAIZ VELAZQUEZ, TOMAS | AG-202456 | 30 | 1986 | 35 | OUROR | O Barco Valdeorras | 06/11/2022 |
| 308 | 22.40 | ABEL SUAREZ, JOSE RAMON | AG-11137 | 0 | 1962 | 60 | NTBC | Negreira | 13/11/2022 |
| 309 | 22.41 | BARROSO GONZALEZ, ANTONIO | AG-4097 | 0 | 1966 | 55 | MRQPO | Ourense | 20/11/2022 |
| 310 | 22.45 | BECERRA RODRIGUEZ, DANIEL | AG-763846 | 0 | 1967 | 55 | NTBC | Negreira | 13/11/2022 |
| 311 | 22.46 | GONZALEZ VARELA, BENITO | AG-202838 | 0 | 1958 | 60 | TMBC | Laredo | 19/03/2022 |
| 312 | 22.47 | GOMEZ LOBATO, DAVID | AG-15034 | 0 | 1994 | SR | BRIC | Negreira | 13/11/2022 |
| 313 | 22.49 | BALSEIRO PITTA, CRISTOBAL | AG-202403 | 0 | 1970 | 50 | CASC | Ourense | 20/11/2022 |
| 314 | 22.50 | SUAREZ FEIJOO, JUAN MANUEL | AG-769187 | 0 | 1968 | 50 | BAROR | Ourense | 20/11/2022 |
| 315 | 22.50 | GARALOCES FERNANDEZ, XABIER | AG-15726 | 0 | 1974 | 45 | DEL | Ourense | 20/11/2022 |
| 316 | 22.51 | PEREZ SALGADO, DIEGO GONZALO | AG-7969 | 0 | 1994 | SR | OUROR | Ourense | 20/11/2022 |
| 317 | 22.55 | BARREIROS VAZQUEZ, JOSE ALBERTO | AG-14566 | 0 | 1973 | 45 | RUNMA | Ourense | 20/11/2022 |
| 318 | 22.56 | RIVAS PEREZ, JONATAN | AG-14580 | 0 | 1983 | 35 | RUNMA | Ourense | 20/11/2022 |
| 319 | 22.57 | ROMERO FERNANDEZ, JUAN | AG-7110 | 0 | 1982 | 40 | AUROR | Ourense | 20/11/2022 |
| 320 | 22.59 | VISPO BASALO, CARLOS | AG-201598 | 0 | 1969 | 50 | PATOR | Ourense | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|--------------------------------|-----------|-----|------|-----|-----------------------------|-------|------------|
| 321 | 23.05 | GONZALEZ SEREN, GERMAN | TGAL-256 | 0 | 1972 | 50 | LUELU Ourense | | 20/11/2022 |
| 322 | 23.09 | MIRANDA VIEITO, JOSE MANUEL | AG-202543 | 0 | 1977 | 45 | DOMPO Ourense | | 20/11/2022 |
| 323 | 23.09 | GIL RAMOS, DIONISIO | AG-14694 | 0 | 1973 | 45 | PUROR Ourense | | 20/11/2022 |
| 324 | 23.12 | PEREZ GONZALEZ, MANUEL RAFAEL | AG-764299 | 0 | 1972 | 50 | ESPOU Ourense | | 20/11/2022 |
| 325 | 23.13 | SILVA CESAR, CARLOS | GA-10271 | 0 | 1966 | 55 | USCC Negreira | | 13/11/2022 |
| 326 | 23.15 | SUAREZ GARRIDO, JOSE RAMÓN | AG-15209 | 0 | 1971 | 50 | DEL Ourense | | 20/11/2022 |
| 327 | 23.16 | ABELLAS OTERO, JOSE BENITO | AG-764797 | 0 | 1965 | 55 | ESPOU Ourense | | 20/11/2022 |
| 328 | 23.17 | PEREZ FILGUEIRA, DAVID | AG-202046 | 0 | 1980 | 40 | PUROR Ourense | | 20/11/2022 |
| 329 | 23.24 | GONZALEZ RODRIGUEZ, MARIO | AG-201660 | 0 | 1977 | 45 | CASC Ourense | | 20/11/2022 |
| 330 | 23.26 | LAMAS PEREZ, ALEJANDRO | AG-15046 | 0 | 1976 | 45 | ENTR Negreira | | 13/11/2022 |
| 331 | 23.29 | ALVAREZ IGLESIAS, DOMINGO | GA-768958 | 0 | 1951 | 70 | EGOLU O Barco de Valdeorras | | 08/05/2022 |
| 332 | 23.37 | FRAMIÑAN LAMAZARES, AMALIO | AG-15147 | 0 | 1993 | SR | STOC Ourense | | 20/11/2022 |
| 333 | 23.40 | LÓPEZ ÁLVAREZ, JAVIER | AG-12386 | 0 | 1973 | 45 | PUROR Ourense | | 20/11/2022 |
| 334 | 23.42 | REGAL LAMELO, JORGE | AG-201779 | 0 | 1961 | 60 | BAROR Ourense | | 20/11/2022 |
| 335 | 23.57 | VERA SANMARTIN, CLAUDIO | AG-11196 | 0 | 1968 | 50 | CAMPO Ourense | | 20/11/2022 |
| 336 | 23.59 | VARELA VALLADARES, CESAR | AG-14763 | 0 | 1981 | 40 | CAMPO Ourense | | 20/11/2022 |
| 337 | 24.00 | MOURIÑO LOPEZ, YAGO | AG-16595 | 0 | 1980 | 40 | PUROR Ourense | | 20/11/2022 |
| 338 | 24.03 | BORRAJO IGLESIAS, EVARISTO | AG-769349 | 0 | 1966 | 55 | PUROR Ourense | | 20/11/2022 |
| 339 | 24.09 | GIL BREA, JOSE ANTONIO | AG-202815 | 0 | 1964 | 55 | NTBC Ourense | | 20/11/2022 |
| 340 | 24.14 | RIOS GIBELLO, JOSE MANUEL | AG-202096 | 0 | 1961 | 60 | INDE Negreira | | 13/11/2022 |
| 341 | 24.14 | ALONSO DEL RIO, JAIME | AG-763648 | 0 | 1968 | 50 | PORPO Ourense | | 20/11/2022 |
| 342 | 24.15 | PAZO PEREIRA, JOSE MANUEL | TGAL-42 | 0 | 1973 | 45 | TRIPO Ourense | | 20/11/2022 |
| 343 | 24.17 | GARCIA NUÑEZ, JOSE | AG-5815 | 0 | 1968 | 50 | NOYC Ourense | | 20/11/2022 |
| 344 | 24.18 | LOPEZ IGLESIAS, LUIS | AG-14573 | 0 | 1968 | 50 | RUNMA Ourense | | 20/11/2022 |
| 345 | 24.19 | MOURE CAÑETE, FRANCISCO | AG-202036 | 66 | 1966 | 55 | NTBC Negreira | | 13/11/2022 |
| 346 | 24.19 | OSORNO RODRIGUEZ, ADRIAN | AG-202468 | 0 | 1989 | SR | PORPO Ourense | | 20/11/2022 |
| 347 | 24.21 | SANTAS NOVOA, BENITO | AG-16584 | 0 | 1970 | 50 | PUROR Ourense | | 20/11/2022 |
| 348 | 24.27 | FERRACES VAZQUEZ, JOSE RAMON | AG-202242 | 0 | 1959 | 60 | BOIC Ourense | | 20/11/2022 |
| 349 | 24.30 | RIERA CACHERO, ANTONIO | AG-764225 | 0 | 1948 | 70 | DEZPO Ourense | | 20/11/2022 |
| 350 | 24.30 | LOPEZ SILVA, ALEJANDRO | GA-919 | 0 | 1980 | 40 | OUROR Ourense | | 20/11/2022 |
| 351 | 24.34 | INSUA INSUA, MANUEL | AG-14664 | 0 | 1962 | 60 | SARC Negreira | | 13/11/2022 |
| 352 | 24.41 | CHAVES PEREIRA, JOSÉ | AG-202331 | 55 | 1970 | 50 | MRÑPO Ribeira | | 26/06/2022 |
| 353 | 24.42 | VÁZQUEZ ROMERO, JOSÉ MANUEL | AG-202507 | 0 | 1984 | 35 | VAGC Negreira | | 13/11/2022 |
| 354 | 24.45 | VARELA ALVAREZ, LAUREANO | AG-9433 | 0 | 1975 | 45 | SDCC Ourense | | 20/11/2022 |
| 355 | 24.46 | GARCIA FUENTES, ROI MANOEL | AG-9481 | 0 | 1980 | 40 | SDCC Ourense | | 20/11/2022 |
| 356 | 25.14 | PENA GOMEZ, DOSITEO | GA-869 | 0 | 1968 | 50 | LUCLU Ourense | | 20/11/2022 |
| 357 | 25.17 | CASAS COUSELO, OSCAR | AG-202825 | 0 | 1979 | 40 | TMBC Ourense | | 20/11/2022 |
| 358 | 25.22 | FERNÁNDEZ VÁZQUEZ, JOSÉ SANTOS | AG-202615 | 0 | 1974 | 45 | BCS Ourense | | 20/11/2022 |
| 359 | 25.24 | SIMOES FERNANDEZ, JOSE LUIS | AG-8716 | 0 | 1962 | 60 | MRQPO Ourense | | 20/11/2022 |
| 360 | 25.28 | SAAVEDRA CEPEDA, ROGELIO | AG-15057 | 0 | 1964 | 55 | ENTR Ourense | | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|----------------|-------|------------|
| 361 | 25.37 | ASOREY VEIGA, JORGE | AG-12535 | 0 | 1981 | 40 | BRIC Negreira | | 13/11/2022 |
| 362 | 25.42 | CARBALLO DOALLO, OSCAR | AG-15044 | 0 | 1974 | 45 | PUROR Ourense | | 20/11/2022 |
| 363 | 25.45 | TUÑAS GONZÁLEZ, ROBERTO | AG-202750 | 88 | 1983 | 35 | NEGC Negreira | | 13/11/2022 |
| 364 | 25.47 | FRANQUET SUGRAÑES, EDUARDO | AG-202480 | 0 | 1970 | 50 | ENTR Negreira | | 13/11/2022 |
| 365 | 25.47 | SAR VÁZQUEZ, JULIO CESAR | AG-15029 | 0 | 1981 | 40 | ADOC Negreira | | 13/11/2022 |
| 366 | 26.02 | GARCIA AMELIO, HERNÁN | AG-202813 | 0 | 1977 | 45 | DEZPO Ourense | | 20/11/2022 |
| 367 | 26.10 | BOTANA FERREIRO, JUAN LUIS | AG-202569 | 0 | 1955 | 65 | SDCC Negreira | | 13/11/2022 |
| 368 | 26.12 | BARANDA VALEIRAS, CAMILO | AG-202365 | 0 | 1969 | 50 | ESPOU Ourense | | 20/11/2022 |
| 369 | 26.20 | SOTO RODRIGUEZ, ANGEL | AG-202135 | 0 | 1977 | 45 | PUROR Ourense | | 20/11/2022 |
| 370 | 26.37 | LOPEZ TEMES, MANUEL | AG-3306 | 101 | 1985 | 35 | XALC Negreira | | 13/11/2022 |
| 371 | 26.50 | PEREZ BALIRAC, JESUS | AG-202037 | 0 | 1967 | 55 | NTBC Ourense | | 20/11/2022 |
| 372 | 27.03 | ESTEVEZ ULLOA, EDUARDO JOSE | AG-202505 | 0 | 1967 | 55 | AREOR Ourense | | 20/11/2022 |
| 373 | 27.09 | CABO SOUTO, JESUS | GA-789 | 0 | 1975 | 45 | SDCC Ourense | | 20/11/2022 |
| 374 | 27.18 | CARREIRA NODAR, JORGE | AG-202264 | 0 | 1974 | 45 | PAIPO Negreira | | 13/11/2022 |
| 375 | 27.21 | GOMEZ SANCHEZ, JOSE ANTONIO | AG-769307 | 0 | 1967 | 55 | OUROR Ourense | | 20/11/2022 |
| 376 | 27.28 | MONTERO ABAD, JAIME | AG-9840 | 0 | 1973 | 45 | PUROR Ourense | | 20/11/2022 |
| 377 | 27.36 | CANCELO ALFONSO, JUAN JOSÉ | AG-15025 | 109 | 1988 | SR | BRIC Negreira | | 13/11/2022 |
| 378 | 27.52 | CONSTENLA JUNQUERA, ANTONIO OS | AG-202780 | 0 | 1955 | 65 | FONC Negreira | | 13/11/2022 |
| 379 | 27.57 | RODRIGUEZ PENA, JORGE | AG-3496 | 0 | 1969 | 50 | MRQPO Ourense | | 20/11/2022 |
| 380 | 28.40 | CABO BEN, JOSE LUIS | AG-11049 | 0 | 1971 | 50 | BUROR Ourense | | 20/11/2022 |
| 381 | 28.47 | DEL CAMPO RODRIGUEZ, OSCAR ALBE | GA-766094 | 0 | 1971 | 50 | ESPOU Ourense | | 20/11/2022 |
| 382 | 29.06 | RODRIGUEZ NOGUEIRA, RAFAEL | GA-769383 | 0 | 1961 | 60 | BUROR Ourense | | 20/11/2022 |
| 383 | 29.43 | GONZALEZ QUIROGA, JUAN MANUEL | AG-11176 | 0 | 1953 | 65 | ESPOU Ourense | | 20/11/2022 |
| 384 | 30.03 | LORENZO BAUTISTA, ANXO | AG-202248 | 0 | 2003 | JN | PORPO Ourense | | 20/11/2022 |
| 385 | 30.12 | AYUDE BESTEIRO, JOSE MANUEL | AG-15251 | 0 | 1970 | 50 | PUROR Ourense | | 20/11/2022 |
| 386 | 30.18 | VAZQUEZ CALVAR, DANIEL | AG-14764 | 0 | 1980 | 40 | CAMPO Ourense | | 20/11/2022 |
| 387 | 30.20 | RODRIGUEZ BARBA, JOSE P. | AG-15615 | 0 | 1956 | 65 | BOIC Ourense | | 20/11/2022 |
| 388 | 30.29 | PEREZ CAPÓN, LUIS | TGAL-30 | 0 | 1960 | 60 | BIOLU Ourense | | 20/11/2022 |
| 389 | 30.31 | BALUJA SEXTO, RICARDO | AG-202733 | 133 | 1975 | 45 | NTBC Negreira | | 13/11/2022 |
| 390 | 30.47 | PÉREZ PÉREZ, JONATHAN | TGAL-116 | 0 | 1992 | SR | BIOLU Negreira | | 13/11/2022 |
| 391 | 31.24 | LÓPEZ RODRÍGUEZ, JOSÉ LUIS | TGAL-235 | 0 | 1974 | 45 | ENKC Ourense | | 20/11/2022 |
| 392 | 31.24 | BANDIN MARENTES, JAVIER | TGAL-207 | 0 | 1975 | 45 | ENKC Ourense | | 20/11/2022 |
| 393 | 31.25 | PENA DÍAZ, ALEJANDRO | TGAL-263 | 0 | 1985 | 35 | ENKC Ourense | | 20/11/2022 |
| 394 | 31.38 | HERMIDA OTERO, ÁNGEL | TGAL-215 | 0 | 1975 | 45 | ENKC Ourense | | 20/11/2022 |
| 395 | 31.49 | CALVO FERNÁNDEZ, JOSÉ RUBÉN | AG-767304 | 0 | 1973 | 45 | BUROR Ourense | | 20/11/2022 |
| 396 | 32.05 | MARTÍNEZ GUNTÍN, MARCOS | AG-202386 | 0 | 1980 | 40 | BAROR Ourense | | 20/11/2022 |
| 397 | 32.06 | SILVA RODRÍGUEZ, RUBÉN DANIEL | AG-202386 | 0 | 1980 | 40 | BAROR Ourense | | 20/11/2022 |
| 398 | 32.08 | CARNERO LEDO, DAVID | AG-202051 | 0 | 1975 | 45 | BUROR Ourense | | 20/11/2022 |
| 399 | 32.25 | BERNAL GOMEZ, JESUS | GA-19332 | 0 | 1947 | 70 | INDE Negreira | | 13/11/2022 |
| 400 | 33.13 | PUMAR BOVEDA, ANGEL | GA-769027 | 0 | 1964 | 55 | ESPOU Ourense | | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

5 Km. Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|-----|--------------|---------------------------------|-----------|-----|------|-----|--------------------------|-------|------------|
| 401 | 33.21 | GARCIA ALFONSO, MANUEL | AG-202048 | 34 | 1941 | 80 | ADAOR O Barco Valdeorras | | 06/11/2022 |
| 402 | 34.01 | BAO ESTEVEZ, FRANCISCO | AG-10966 | 35 | 1949 | 70 | ADAOR O Barco Valdeorras | | 06/11/2022 |
| 403 | 38.32 | VAZQUEZ FERREIRO, GONZALO ALBER | AG-202779 | 0 | 1953 | 65 | ESPOU Ourense | | 20/11/2022 |

CATEGORIA ABSOLUTA MASCULINA

100 km

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|---|-----------------|----------------------|-----------|-----|------|-----|-------|-----------|------------|
| 1 | 10.41.26 | VILLAR RUIBAL, RAMON | GA-766004 | 43 | 1966 | 55 | VRXLU | Santander | 11/06/2022 |
| 2 | 11.27.53 | SOUTO PEREZ, HECTOR | AG-13861 | 50 | 1977 | 45 | INDE | Santander | 11/06/2022 |

CATEGORIA ABSOLUTA MASCULINA

10 Km. Marcha Ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|----|----------------|-----------------------------------|-----------|-----|------|-----|-------|----------------------|------------|
| 1 | 35.26 | FERNANDEZ RIVERA, ALEJANDRO | GA-765765 | 0 | 1985 | 35 | CVIA | A Coruña | 13/02/2022 |
| 2 | 36.12 | RIBEIRO PINTO DA COSTA , NUNO FIL | GA-765858 | 0 | 1986 | 35 | SDCC | A Coruña | 13/02/2022 |
| 3 | 36.41 | CASTRO VARELA, ANXO | GA-700 | 0 | 1988 | SR | VICI | A Coruña | 13/02/2022 |
| 4 | 36.42 | PUYUELO PARDO, VICTOR | GA-707 | 0 | 1992 | SR | OROE | A Coruña | 13/02/2022 |
| 5 | 37.48 | SLIMANI TLEMCANI, SAAD | GA-711 | 0 | 1995 | SR | VICI | A Coruña | 13/02/2022 |
| 6 | 38.45 | GARCIA GARCIA-PAZ, PABLO MIGUEL | GA-769208 | 0 | 1987 | 35 | DOMPO | A Coruña | 13/02/2022 |
| 7 | 39.04 | FERNÁNDEZ RÍOS, JONATHAN | GA-744 | 0 | 1988 | SR | NAUC | A Coruña | 13/02/2022 |
| 8 | 39.25 | CORRAL JUSTO, JOSE MANUEL | GA-769437 | 0 | 1983 | 35 | AREOR | A Coruña | 13/02/2022 |
| 9 | 39.25 | IGLESIAS RAÑA, LUIS | GA-769438 | 0 | 1981 | 40 | AREOR | A Coruña | 13/02/2022 |
| 10 | 39.25 | DÍAZ PÉREZ, ESTEBAN | GA-34 | 0 | 1981 | 40 | NAOC | A Coruña | 13/02/2022 |
| 11 | 39.25 | PRESEDO FRAGUIO, ALVARO | GA-140 | 0 | 1985 | 35 | MARC | A Coruña | 13/02/2022 |
| 12 | 39.25 | ÁLVAREZ CURES, JUAN JOSÉ | GA-57 | 0 | 1977 | 45 | VAGC | A Coruña | 13/02/2022 |
| 13 | 39.26 | FERNANDEZ MARQUEZ, JOSE MANUEL | GA-766140 | 0 | 1968 | 50 | ADAOR | A Coruña | 13/02/2022 |
| 14 | 39.40 | LORENZO LOPEZ, MANUEL | GA-769011 | 0 | 1993 | SR | SGPPO | A Coruña | 13/02/2022 |
| 15 | 40.21 | PAZ PARDO, DANIEL | GA-922 | 0 | 1978 | 40 | BRIC | A Coruña | 13/02/2022 |
| 16 | 40.36 | PENAS VARELA, JOSÉ MANUEL | TGAL-253 | 0 | 1984 | 35 | CERC | A Coruña | 13/02/2022 |
| 17 | 41.22 | CHAMOSA DACASA, DANIEL | GA-768921 | 1 | 1997 | SR | SGPPO | A Pobra do Caramiñal | 16/01/2022 |
| 18 | 44.58 | MORALES DEL CASTILLO, JUAN MANU | GA-769245 | 1 | 1979 | 40 | MARC | Getafe (Madrid) | 18/12/2022 |
| 19 | 45.40 | FERNANDEZ NIEVES, JOSE | GA-765207 | 3 | 1980 | 40 | RCVPO | A Pobra do Caramiñal | 16/01/2022 |
| 20 | 46.37 | DIAZ SANCHEZ, ISMAEL | GA-769108 | 4 | 2004 | JN | MARC | A Pobra do Caramiñal | 16/01/2022 |
| 21 | 47.00 | SANCHEZ RIVAS, PABLO | GA-202344 | 9 | 2006 | JV | LUELU | Lepe | 30/01/2022 |
| 22 | 49.45 | SURRIBAS PORTO, ROI | GA-202353 | 6 | 2002 | PR | STOC | A Pobra do Caramiñal | 16/01/2022 |
| 23 | 50.05 | POLO GUNDIN, MANUEL | GA-769455 | 7 | 1973 | 45 | NAOC | A Pobra do Caramiñal | 16/01/2022 |
| 24 | 52.40 | SUAREZ TESOURO, BRAIS | GA-202339 | 20 | 2005 | JV | RCVPO | Lepe | 30/01/2022 |
| 25 | 56.08 | LABELLA BLANCO, MANUEL | GA-686 | 15 | 2004 | JN | MRAC | Lepe | 30/01/2022 |
| 26 | 58.33 | MORALES VELASCO, CARLOS | GA-769029 | 10 | 1986 | 35 | OUROR | A Pobra do Caramiñal | 16/01/2022 |
| 27 | 1.01.06 | BLANCO LOPEZ, NICOLAS | GA-769190 | 11 | 2004 | JN | CUNPO | A Pobra do Caramiñal | 16/01/2022 |

CATEGORIA ABSOLUTA MASCULINA

35 Km. Marcha ruta

| # | MARCA | ATLETA | LIC. | PTO | ANO | CAT | CLUB | LUGAR | DATA |
|---|----------------|---------------------------------|-----------|-----|------|-----|-------|---------------|------------|
| 1 | 2.32.43 | CHAMOSA DACASA, DANIEL | GA-768921 | 15 | 1997 | SR | SGPPO | Dudince (SVK) | 23/04/2022 |
| 2 | 2.59.29 | MORALES DEL CASTILLO, JUAN MANU | GA-769245 | 17 | 1979 | 40 | MARC | Lepe | 30/01/2022 |



CATEGORIA ABSOLUTA MASCULINA

