

VIESGO NIGHT RACE LUGO 2016, LUGO 12/11/2016

Proba Absoluta. Distancia: 4.300 m

MASCULINO

| PtoSex | Dorsal | Nombre | T_Oficial | RitmoKm | T_Real | RitKmReal | Localidad |
|--------|--------|----------------------------------|-----------|----------|----------|-----------|----------------------|
| 1 | 467 | Esteban Iglesia Vila | 00:13:41 | 00:03:11 | 00:13:41 | 00:03:11 | LUGO |
| 2 | 190 | JUAN ANTONIO GUDE VILA | 00:14:12 | 00:03:18 | 00:14:12 | 00:03:18 | LUGO |
| 3 | 242 | Daniel Pérez Murado | 00:15:05 | 00:03:31 | 00:15:05 | 00:03:31 | LUGO |
| 4 | 901 | JOSE BARREIRO ARIAS | 00:15:13 | 00:03:33 | 00:15:13 | 00:03:33 | |
| 5 | 421 | JOSE MANUEL TEIJEIRO VILA | 00:15:14 | 00:03:33 | 00:15:13 | 00:03:33 | LUGO |
| 6 | 284 | ALEX VILLALBA LOREDO | 00:15:27 | 00:03:36 | 00:15:26 | 00:03:36 | LOURENZÁ |
| 7 | 226 | Ivan Montes Lombao | 00:15:28 | 00:03:36 | 00:15:26 | 00:03:36 | LUGO |
| 8 | 237 | DIEGO PENA BRENLLA | 00:15:29 | 00:03:37 | 00:15:29 | 00:03:37 | LUGO |
| 9 | 281 | Iván Veiga Raposo | 00:15:34 | 00:03:38 | 00:15:33 | 00:03:37 | LUGO |
| 10 | 150 | KEVIN DARRIBA CORRAL | 00:15:35 | 00:03:38 | 00:15:34 | 00:03:38 | LUGO |
| 11 | 789 | Adrian Exposito Maciñeiras | 00:15:36 | 00:03:38 | 00:15:33 | 00:03:37 | LUGO |
| 12 | 198 | Victor Lopez Bello | 00:15:40 | 00:03:39 | 00:15:38 | 00:03:38 | LUGO |
| 13 | 101 | jorge veiga carballedo | 00:15:41 | 00:03:39 | 00:15:38 | 00:03:39 | LUGO |
| 14 | 515 | Antonio Souto Prieto | 00:15:42 | 00:03:40 | 00:15:42 | 00:03:40 | VILALBA |
| 15 | 209 | Enrique Lopez Trashorras | 00:15:46 | 00:03:40 | 00:15:44 | 00:03:40 | LUGO |
| 16 | 78 | Javier Pena Cuesta | 00:15:48 | 00:03:41 | 00:15:43 | 00:03:40 | LUGO |
| 17 | 217 | manuel martinez fernandez | 00:15:52 | 00:03:42 | 00:15:51 | 00:03:42 | RABADE |
| 18 | 7 | Esteban Basanta Fouz | 00:15:54 | 00:03:42 | 00:15:50 | 00:03:41 | LUGO |
| 19 | 253 | Jesus Rivas Prado | 00:15:59 | 00:03:43 | 00:15:59 | 00:03:43 | LUGO |
| 20 | 56 | SERGIO LOPEZ VALCARCE | 00:16:00 | 00:03:44 | 00:15:56 | 00:03:43 | LUGO |
| 21 | 153 | Pablo Díaz Atanes | 00:16:08 | 00:03:45 | 00:16:06 | 00:03:45 | RÁBADE |
| 22 | 409 | JUAN RIGUEIRO GARCÍA | 00:16:10 | 00:03:46 | 00:16:07 | 00:03:45 | LUGO |
| 23 | 137 | Marcos Carral Suárez | 00:16:11 | 00:03:46 | 00:16:09 | 00:03:46 | LUGO |
| 24 | 274 | SAUL valcarce novo | 00:16:13 | 00:03:47 | 00:16:12 | 00:03:46 | LUGO |
| 25 | 178 | ANTONIO GARCIA PARDO | 00:16:15 | 00:03:47 | 00:16:12 | 00:03:46 | LUGO |
| 26 | 33 | ISMAEL FRANCOS LÓPEZ | 00:16:21 | 00:03:49 | 00:16:20 | 00:03:48 | VILALBA |
| 27 | 132 | Martín Cando Santos | 00:16:25 | 00:03:49 | 00:16:22 | 00:03:49 | LUGO |
| 28 | 250 | ANGEL RABADE LEDO | 00:16:26 | 00:03:50 | 00:16:26 | 00:03:50 | LUGO |
| 29 | 899 | IVAN BUSTO CARRETE | 00:16:26 | 00:03:50 | 00:16:25 | 00:03:49 | |
| 30 | 341 | RUBÉN GARCÍA PIÑEIROA | 00:16:26 | 00:03:50 | 00:16:24 | 00:03:49 | LOURENZA |
| 31 | 57 | luis lopez vazquez | 00:16:27 | 00:03:50 | 00:16:27 | 00:03:50 | GUITIRIZ |
| 32 | 904 | pablo campo bahamonde | 00:16:28 | 00:03:50 | 00:16:27 | 00:03:50 | |
| 33 | 129 | PABLO CAMPO BAAMONDE | 00:16:28 | 00:03:50 | 00:16:27 | 00:03:50 | LUGO |
| 34 | 394 | PABLO PAZ SAAVEDRA | 00:16:33 | 00:03:51 | 00:16:31 | 00:03:51 | LUGO |
| 35 | 451 | IVÁN DIÉGUEZ BALADRÓN | 00:16:34 | 00:03:51 | 00:16:31 | 00:03:51 | OURENSE |
| 36 | 805 | Daniel Rios Graña | 00:16:35 | 00:03:52 | 00:16:32 | 00:03:51 | CORUÑA |
| 37 | 544 | Eloy Diaz Lopez | 00:16:36 | 00:03:52 | 00:16:32 | 00:03:51 | LUGO |
| 38 | 40 | FRAN GOMEZ MONTES | 00:16:38 | 00:03:52 | 00:16:34 | 00:03:52 | LUGO |
| 39 | 327 | Jose Juan Duran Brañas | 00:16:38 | 00:03:53 | 00:16:35 | 00:03:52 | LUGO |
| 40 | 905 | DIEGO yañez lamas | 00:16:43 | 00:03:54 | 00:16:37 | 00:03:52 | |
| 41 | 104 | DIEGO YAÑEZ LAMAS | 00:16:44 | 00:03:54 | 00:16:38 | 00:03:53 | COSPEITO |
| 42 | 267 | Manuel Sánchez Castedo | 00:16:48 | 00:03:55 | 00:16:45 | 00:03:54 | LUGO |
| 43 | 9 | Javi Bregua Dalmeda | 00:16:51 | 00:03:56 | 00:16:49 | 00:03:55 | A CORUÑA |
| 44 | 681 | IVAN ALVAREZ SAÑUDO | 00:16:51 | 00:03:56 | 00:16:50 | 00:03:55 | ARCOS DE LA FRONTERA |
| 45 | 309 | Marco Antonio Carballedo Salgado | 00:16:52 | 00:03:56 | 00:16:50 | 00:03:55 | LUGO |
| 46 | 256 | Alvaro Rodriguez Burgo | 00:16:57 | 00:03:57 | 00:16:54 | 00:03:56 | LUGO |
| 47 | 622 | oscar gonzalez fraga | 00:16:59 | 00:03:57 | 00:16:57 | 00:03:57 | CELEIRO-VIVEIRO |
| 48 | 4 | Ruben Anllo Pérez | 00:17:03 | 00:03:58 | 00:16:57 | 00:03:57 | LUGO |
| 49 | 197 | jose manuel lopez bellas | 00:17:07 | 00:03:59 | 00:17:04 | 00:03:59 | LUGO |
| 50 | 44 | Alejandro Gonzalez Montero | 00:17:11 | 00:04:00 | 00:17:09 | 00:04:00 | LUGO |
| 51 | 305 | Mateo Cabodevila Pividal | 00:17:17 | 00:04:02 | 00:17:13 | 00:04:01 | LUGO |
| 52 | 148 | Jesús Corral Mato | 00:17:17 | 00:04:02 | 00:17:15 | 00:04:01 | LUGO |
| 53 | 453 | Pablo Fernandez Arias | 00:17:19 | 00:04:02 | 00:17:16 | 00:04:01 | LUGO |
| 54 | 772 | Manuel Pastrana Cruz | 00:17:22 | 00:04:03 | 00:17:22 | 00:04:03 | LUGO |
| 55 | 43 | OSCAR GONZALEZ MENDEZ | 00:17:24 | 00:04:03 | 00:17:21 | 00:04:02 | LUGO |
| 56 | 193 | PABLO IRIMIA REGA | 00:17:28 | 00:04:04 | 00:17:26 | 00:04:04 | LOURENZA |
| 57 | 892 | CRISTIAN PIÑEIRO SEIJO | 00:17:28 | 00:04:04 | 00:17:24 | 00:04:03 | |
| 58 | 338 | TITO GALLEGU MOURE | 00:17:28 | 00:04:04 | 00:17:25 | 00:04:03 | LUGO |
| 59 | 358 | Brais Lopez Barro | 00:17:29 | 00:04:04 | 00:17:15 | 00:04:01 | LUGO |
| 60 | 452 | LUCIANO ESPINO LOPEZ | 00:17:31 | 00:04:05 | 00:17:24 | 00:04:03 | LUGO |

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|-----|-----|--------------------------------------|----------|----------|----------|----------|-----------------------|
| 61 | 659 | Juan Manuel Rodriguez Rodriguez | 00:17:32 | 00:04:05 | 00:17:32 | 00:04:05 | A CORUÑA |
| 62 | 400 | Juan Carlos Pertierra fernandez | 00:17:33 | 00:04:05 | 00:17:32 | 00:04:05 | CASTRO RIBERAS DE LEA |
| 63 | 426 | ivan Vázquez carreira | 00:17:34 | 00:04:05 | 00:17:28 | 00:04:04 | LUGO |
| 64 | 392 | Iván Palleiro Pérez | 00:17:34 | 00:04:06 | 00:17:30 | 00:04:05 | A CORUÑA |
| 65 | 378 | jorge mosquera gomez | 00:17:36 | 00:04:06 | 00:17:30 | 00:04:05 | LUGO |
| 66 | 263 | JUAN JOSE RODRIGUEZ PARADA | 00:17:36 | 00:04:06 | 00:17:30 | 00:04:04 | LUGO |
| 67 | 424 | DIEGO TRIGO CASTEDO | 00:17:37 | 00:04:06 | 00:17:34 | 00:04:06 | LUGO |
| 68 | 223 | pablo méndez toural | 00:17:38 | 00:04:06 | 00:17:34 | 00:04:05 | LUGO |
| 69 | 311 | jose manuel carreira nuñez | 00:17:39 | 00:04:07 | 00:17:37 | 00:04:06 | OUTEIRO DE REI |
| 70 | 747 | MARCO FERNÁNDEZ VÁZQUEZ | 00:17:40 | 00:04:07 | 00:17:39 | 00:04:07 | OUTEIRO DE REI |
| 71 | 477 | MANUEL LOPEZ LODEIRO | 00:17:43 | 00:04:08 | 00:17:41 | 00:04:07 | FRIOL |
| 72 | 314 | Pedro Castro Gómez | 00:17:44 | 00:04:08 | 00:17:35 | 00:04:06 | LUGO |
| 73 | 732 | Xosé Guillermo Rodríguez Osorio | 00:17:44 | 00:04:08 | 00:17:35 | 00:04:06 | TABOADA |
| 74 | 820 | JUAN MIGUEL PARABELA RODRIGUEZ | 00:17:45 | 00:04:08 | 00:17:34 | 00:04:05 | |
| 75 | 837 | ADRIAN GRAGA GUERRA | 00:17:49 | 00:04:09 | 00:17:46 | 00:04:08 | |
| 76 | 143 | Oscar CASTEDO dominguez | 00:17:52 | 00:04:10 | 00:17:49 | 00:04:09 | LUGO |
| 77 | 700 | Martín González Fernández | 00:17:54 | 00:04:10 | 00:17:50 | 00:04:09 | RIBADEO |
| 78 | 180 | Diego García Vázquez | 00:17:55 | 00:04:10 | 00:17:52 | 00:04:10 | LUGO |
| 79 | 89 | Juan Carlos Rivas Varela | 00:17:56 | 00:04:11 | 00:17:53 | 00:04:10 | LUGO |
| 80 | 330 | Juan Jesús Fernández Flores | 00:17:57 | 00:04:11 | 00:17:56 | 00:04:11 | LUGO |
| 81 | 446 | Manuel Carballedo Díaz | 00:17:57 | 00:04:11 | 00:17:53 | 00:04:10 | LUGO |
| 82 | 773 | JOSE LUIS DIAZ VAZQUEZ | 00:18:00 | 00:04:12 | 00:17:55 | 00:04:10 | LUGO |
| 83 | 12 | DIEGO ALVARO CABELLO PENA | 00:18:00 | 00:04:12 | 00:17:55 | 00:04:10 | LUGO |
| 84 | 464 | Esteban Gomez | 00:18:05 | 00:04:13 | 00:18:01 | 00:04:12 | LUGO |
| 85 | 210 | ALBERTO LOPEZ VAZQUEZ | 00:18:06 | 00:04:13 | 00:18:03 | 00:04:12 | LUGO |
| 86 | 877 | ALVARO PEREZ COSTAS | 00:18:07 | 00:04:13 | 00:18:00 | 00:04:12 | |
| 87 | 711 | JOSE ANTONIO LOPEZ PUENTE | 00:18:08 | 00:04:13 | 00:18:02 | 00:04:12 | BEGONTE |
| 88 | 168 | Luis Fernández Veiga | 00:18:09 | 00:04:14 | 00:18:08 | 00:04:13 | LUGO |
| 89 | 906 | juan carlo yañez lamas | 00:18:12 | 00:04:14 | 00:18:07 | 00:04:13 | |
| 90 | 408 | JOSE FRANCISCO REGO ROMAN | 00:18:12 | 00:04:14 | 00:18:09 | 00:04:14 | LUGO |
| 91 | 434 | JUAN CARLOS YAÑEZ LAMAS | 00:18:13 | 00:04:14 | 00:18:09 | 00:04:14 | COSPEITO |
| 92 | 31 | Jesus Ferro Mourenza | 00:18:14 | 00:04:15 | 00:18:08 | 00:04:13 | LUGO |
| 93 | 131 | Francisco Xosé Candia Durán | 00:18:15 | 00:04:15 | 00:18:12 | 00:04:14 | LUGO |
| 94 | 261 | Iván Rodríguez López | 00:18:17 | 00:04:15 | 00:18:14 | 00:04:15 | LUGO |
| 95 | 326 | Lolo Doval diaz | 00:18:18 | 00:04:16 | 00:18:12 | 00:04:14 | LUGO |
| 96 | 360 | Jose Luis Lopez Dias | 00:18:19 | 00:04:16 | 00:18:02 | 00:04:12 | SARRIA |
| 97 | 337 | Jose Freire | 00:18:20 | 00:04:16 | 00:18:03 | 00:04:12 | RABADE |
| 98 | 696 | DEMETRIO FERNANDEZ LOPEZ | 00:18:22 | 00:04:17 | 00:18:16 | 00:04:15 | LUGO |
| 99 | 485 | Eliseo Moreda Núñez | 00:18:24 | 00:04:17 | 00:18:12 | 00:04:14 | LUGO |
| 100 | 447 | Xaquín Castro Iglesias | 00:18:24 | 00:04:17 | 00:18:20 | 00:04:16 | LUGO |
| 101 | 160 | Leandro Enríquez Silvosa | 00:18:25 | 00:04:17 | 00:18:18 | 00:04:16 | LUGO |
| 102 | 183 | Jose González Aquino | 00:18:25 | 00:04:17 | 00:18:14 | 00:04:15 | LUGO |
| 103 | 84 | JOSE LUIS PRESAS NAVEIRA | 00:18:26 | 00:04:18 | 00:18:22 | 00:04:17 | LUGO |
| 104 | 200 | Carlos López Díaz | 00:18:31 | 00:04:19 | 00:18:30 | 00:04:19 | LUGO |
| 105 | 344 | OSCAR RUBEN GOMEZ PEREZ | 00:18:40 | 00:04:21 | 00:18:34 | 00:04:19 | LUGO |
| 106 | 181 | Manuel Garea Suárez | 00:18:43 | 00:04:22 | 00:18:36 | 00:04:20 | A CORUÑA |
| 107 | 580 | Pablo Teijo Lopez | 00:18:43 | 00:04:22 | 00:18:27 | 00:04:18 | BETANZOS |
| 108 | 428 | JOSE VAZQUEZ MOURIN | 00:18:44 | 00:04:22 | 00:18:32 | 00:04:19 | PUEBLA |
| 109 | 430 | Jaime Vila | 00:18:45 | 00:04:22 | 00:18:43 | 00:04:22 | LUGO |
| 110 | 791 | José manuel Alonso martinez | 00:18:45 | 00:04:22 | 00:18:43 | 00:04:21 | OURESE |
| 111 | 135 | Fernando Jacobo Carballido Fernandez | 00:18:45 | 00:04:22 | 00:18:40 | 00:04:21 | LUGO |
| 112 | 793 | José manuel Alonso martinez | 00:18:46 | 00:04:22 | 00:18:44 | 00:04:22 | OURESE |
| 113 | 569 | alejandro quintela rio | 00:18:49 | 00:04:23 | 00:18:45 | 00:04:22 | LUGO |
| 114 | 442 | Santiago Cabado Estraviz | 00:18:50 | 00:04:23 | 00:18:46 | 00:04:22 | LUGO |
| 115 | 418 | Vicente Sanmartin Vigo | 00:18:50 | 00:04:23 | 00:18:49 | 00:04:23 | GUITIRIZ |
| 116 | 241 | Armando Pérez Fernández | 00:18:50 | 00:04:23 | 00:18:42 | 00:04:21 | SARRIA |
| 117 | 282 | Manuel vila Carballedo | 00:18:55 | 00:04:24 | 00:18:53 | 00:04:24 | LUGO |
| 118 | 433 | Tito Vilar Salgado | 00:18:55 | 00:04:24 | 00:18:44 | 00:04:22 | OURENSE |
| 119 | 410 | Elías Rivera Triana | 00:18:56 | 00:04:24 | 00:18:39 | 00:04:21 | SARRIA |
| 120 | 283 | Pablo Vila mayor | 00:18:59 | 00:04:25 | 00:18:52 | 00:04:24 | LUGO |
| 121 | 118 | Adrián Barrera González | 00:19:00 | 00:04:25 | 00:18:46 | 00:04:22 | BEGONTE |
| 122 | 769 | Enrique Gutierrez Vazquez | 00:19:00 | 00:04:25 | 00:18:50 | 00:04:23 | A CORUÑA |
| 123 | 521 | Gerardo Vázquez Redondo | 00:19:02 | 00:04:26 | 00:18:42 | 00:04:21 | LUGO |
| 124 | 748 | Diego García Besteiro | 00:19:02 | 00:04:26 | 00:18:45 | 00:04:22 | LUGO |
| 125 | 627 | Ivan Liz Lopez | 00:19:02 | 00:04:26 | 00:18:35 | 00:04:20 | LUGO |
| 126 | 351 | RUBEN hurtado de castro | 00:19:05 | 00:04:27 | 00:18:52 | 00:04:24 | LUGO |

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|-----|-----|-------------------------------------|----------|----------|----------|----------|-------------------|
| 127 | 349 | Jose Manuel Gonzalez Rodriguez | 00:19:05 | 00:04:27 | 00:19:01 | 00:04:26 | BARALLA |
| 128 | 780 | Javier GUERRA PEREZ | 00:19:06 | 00:04:27 | 00:18:58 | 00:04:25 | LUGO |
| 129 | 777 | JESUS DIAZ PIÑEIRO | 00:19:07 | 00:04:27 | 00:18:55 | 00:04:24 | LUGO |
| 130 | 165 | Eduardo Fernández Fernández | 00:19:09 | 00:04:28 | 00:18:59 | 00:04:25 | LUGO |
| 131 | 411 | Alberto Rodriguez Alvaredo | 00:19:09 | 00:04:28 | 00:19:00 | 00:04:26 | NARON |
| 132 | 663 | Pedro Sánchez Fraga | 00:19:09 | 00:04:28 | 00:19:03 | 00:04:26 | LUGO |
| 133 | 174 | Jesús Ángel Freire García | 00:19:10 | 00:04:28 | 00:19:04 | 00:04:27 | LUGO |
| 134 | 738 | ALEJANDRO VAZQUEZ MENDEZ | 00:19:11 | 00:04:28 | 00:19:03 | 00:04:26 | LUGO |
| 135 | 856 | ANGEL FERNANDEZ BLANCO | 00:19:15 | 00:04:29 | 00:18:59 | 00:04:25 | |
| 136 | 167 | Juan jose Fernandez piñeiro | 00:19:16 | 00:04:29 | 00:19:08 | 00:04:27 | LUGO |
| 137 | 599 | Adrián Blanco Pérez | 00:19:17 | 00:04:29 | 00:19:13 | 00:04:28 | BARREIROS |
| 138 | 691 | Miguel Díaz Botana | 00:19:18 | 00:04:30 | 00:18:55 | 00:04:24 | LUGO |
| 139 | 42 | JULIO GONZALEZ LOPEZ | 00:19:19 | 00:04:30 | 00:19:14 | 00:04:29 | LUGO |
| 140 | 93 | LOIS SEIJO CASTRO | 00:19:19 | 00:04:30 | 00:19:16 | 00:04:29 | LUGO |
| 141 | 225 | Juan Carlos Montes Castro | 00:19:20 | 00:04:30 | 00:19:11 | 00:04:28 | LUGO |
| 142 | 846 | JAVIER SAAVEDRA ARES | 00:19:22 | 00:04:31 | 00:19:16 | 00:04:29 | |
| 143 | 510 | JOSE ANTONIO SANTISO SEOANE | 00:19:24 | 00:04:31 | 00:19:20 | 00:04:30 | CAMBRE |
| 144 | 71 | JUANJO Ortega Ortega | 00:19:25 | 00:04:31 | 00:19:19 | 00:04:30 | LUGO |
| 145 | 202 | Iván López Gallego | 00:19:25 | 00:04:31 | 00:19:17 | 00:04:30 | LUGO |
| 146 | 611 | Pedro J. Fariñas Díaz | 00:19:25 | 00:04:31 | 00:19:18 | 00:04:30 | LUGO |
| 147 | 111 | José Álvarez Lence | 00:19:25 | 00:04:31 | 00:19:12 | 00:04:28 | LUGO |
| 148 | 393 | JOSÉ MANUEL PALLÍN BÓVEDA | 00:19:26 | 00:04:32 | 00:19:18 | 00:04:30 | LUGO |
| 149 | 291 | José Manuel Álvarez Carbajales | 00:19:28 | 00:04:32 | 00:19:25 | 00:04:31 | RIBADEO |
| 150 | 857 | SERGIO DIAZ SANCHEZ | 00:19:29 | 00:04:32 | 00:19:12 | 00:04:28 | |
| 151 | 339 | Carlos Garcia Lopez | 00:19:30 | 00:04:33 | 00:18:48 | 00:04:23 | LUGO |
| 152 | 332 | José Luis Fernández Peñamaría | 00:19:32 | 00:04:33 | 00:19:19 | 00:04:30 | LUGO |
| 153 | 319 | Jose Miguel Cuevas Martinez | 00:19:33 | 00:04:33 | 00:19:22 | 00:04:31 | LUGO |
| 154 | 372 | DANIEL MARTINEZ SUÁREZ | 00:19:34 | 00:04:33 | 00:19:22 | 00:04:31 | LUGO |
| 155 | 802 | Adrián Diéguez Porto | 00:19:35 | 00:04:34 | 00:19:29 | 00:04:32 | LUGO |
| 156 | 266 | José Antonio Ruiz de Valbuena Bueno | 00:19:36 | 00:04:34 | 00:19:31 | 00:04:33 | LUGO |
| 157 | 550 | PABLO FERNÁNDEZ DÍAZ | 00:19:36 | 00:04:34 | 00:19:22 | 00:04:31 | RINLO-RIBADEO |
| 158 | 562 | Manuel Losada Illanes | 00:19:37 | 00:04:34 | 00:19:25 | 00:04:31 | MONFORTE DE LEMOS |
| 159 | 292 | Carlos Álvarez de Gabriel | 00:19:37 | 00:04:34 | 00:19:31 | 00:04:33 | LUGO |
| 160 | 425 | JESUS VARELA LODEIRO | 00:19:37 | 00:04:34 | 00:19:37 | 00:04:34 | LUGO |
| 161 | 556 | PEDRO LASTRA FERNANDEZ | 00:19:38 | 00:04:34 | 00:19:29 | 00:04:32 | LUGO |
| 162 | 260 | Diego Rodríguez González | 00:19:38 | 00:04:34 | 00:19:24 | 00:04:31 | BEGONTE |
| 163 | 232 | Miguel Angel Ocampo rey | 00:19:38 | 00:04:34 | 00:18:50 | 00:04:23 | MONFORTE DE LEMOS |
| 164 | 166 | Julio Fernández Pérez | 00:19:39 | 00:04:35 | 00:19:23 | 00:04:31 | LUGO |
| 165 | 258 | Julián Rodríguez Garzón | 00:19:39 | 00:04:35 | 00:19:12 | 00:04:28 | LUGO |
| 166 | 539 | DANIEL DARRIBA BELMONTE | 00:19:40 | 00:04:35 | 00:19:37 | 00:04:34 | LUGO |
| 167 | 312 | Mauro Castelo Cuesta | 00:19:40 | 00:04:35 | 00:19:25 | 00:04:31 | GUITIRIZ |
| 168 | 348 | Manuel González Novoa | 00:19:41 | 00:04:35 | 00:19:32 | 00:04:33 | LUGO |
| 169 | 592 | Martín Álvarez Durández | 00:19:42 | 00:04:35 | 00:19:33 | 00:04:33 | LUGO |
| 170 | 401 | LUIS PIÑEIRO CASTEDO | 00:19:43 | 00:04:36 | 00:19:38 | 00:04:34 | LUGO |
| 171 | 234 | Oscar Otero Mato | 00:19:44 | 00:04:36 | 00:19:39 | 00:04:34 | LUGO |
| 172 | 396 | Hugo Pena Valiño | 00:19:44 | 00:04:36 | 00:19:40 | 00:04:35 | LUGO |
| 173 | 112 | JOSE ENRIQUE ALVAREZ PEREZ | 00:19:46 | 00:04:36 | 00:19:35 | 00:04:34 | A CORUÑA |
| 174 | 891 | ALEJANDRO FEIJO GUERRERO | 00:19:46 | 00:04:36 | 00:19:39 | 00:04:34 | |
| 175 | 437 | EDUARDO BARRAL PRADO | 00:19:49 | 00:04:37 | 00:19:42 | 00:04:35 | LUGO |
| 176 | 459 | MANUEL FERNANDEZ VIZCAINO | 00:19:50 | 00:04:37 | 00:19:38 | 00:04:34 | SARRIA |
| 177 | 152 | JOSE DE LA FUENTE REQUEJO | 00:19:50 | 00:04:37 | 00:19:38 | 00:04:34 | LUGO |
| 178 | 630 | David López Gavilán | 00:19:51 | 00:04:37 | 00:19:50 | 00:04:37 | CÓRDOBA |
| 179 | 222 | Juan luis Mendez paz | 00:19:55 | 00:04:38 | 00:19:52 | 00:04:38 | LORENZANA |
| 180 | 397 | José Penelas Santos | 00:19:57 | 00:04:39 | 00:19:46 | 00:04:36 | LUGO |
| 181 | 677 | Emilio Villaravid Ares | 00:19:58 | 00:04:39 | 00:19:46 | 00:04:36 | LUGO |
| 182 | 188 | PABLO GONZÁLEZ VÁZQUEZ | 00:20:00 | 00:04:39 | 00:19:57 | 00:04:39 | LUGO |
| 183 | 230 | JOSE MANUEL NUÑEZ POL | 00:20:01 | 00:04:40 | 00:19:59 | 00:04:39 | LUGO |
| 184 | 316 | Aarón Miguel Castrodá Copa | 00:20:04 | 00:04:40 | 00:20:00 | 00:04:39 | LUGO |
| 185 | 461 | pablo ferreiro pena | 00:20:04 | 00:04:40 | 00:19:57 | 00:04:39 | LUGO |
| 186 | 682 | Alejandro Arregui Díaz | 00:20:05 | 00:04:41 | 00:19:39 | 00:04:35 | OSUNA |
| 187 | 438 | NICOLAS BASLINO | 00:20:06 | 00:04:41 | 00:19:55 | 00:04:38 | LUGO |
| 188 | 617 | Santiago Fiallega Escauriaza | 00:20:06 | 00:04:41 | 00:20:00 | 00:04:39 | LUGO |
| 189 | 628 | Antonio López Barrii | 00:20:06 | 00:04:41 | 00:20:00 | 00:04:40 | LUGO |
| 190 | 362 | Enrique López Folgueiras | 00:20:07 | 00:04:41 | 00:19:46 | 00:04:36 | LUGO |
| 191 | 371 | jose manuel martinez fernandez | 00:20:08 | 00:04:41 | 00:19:42 | 00:04:35 | LUGO |
| 192 | 855 | MARCOS PEREZ FERREIRO | 00:20:09 | 00:04:42 | 00:19:57 | 00:04:39 | |

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|-----|-----|---------------------------------|----------|----------|----------|----------|--------------------|
| 193 | 481 | Víctor Luna Vega | 00:20:09 | 00:04:42 | 00:19:47 | 00:04:36 | LUGO |
| 194 | 872 | MANUEL FERNANDEZ CHANTRES | 00:20:10 | 00:04:42 | 00:19:38 | 00:04:34 | |
| 195 | 831 | JOSE LUIS FERNANDEZ RODRIGUEZ | 00:20:10 | 00:04:42 | 00:19:58 | 00:04:39 | |
| 196 | 69 | Francisco Novo Vázquez | 00:20:12 | 00:04:42 | 00:19:56 | 00:04:39 | LUGO |
| 197 | 224 | Jose Millares Darriba | 00:20:12 | 00:04:42 | 00:19:42 | 00:04:35 | LUGO |
| 198 | 140 | ANGEL CARREIRA SOMOZA | 00:20:12 | 00:04:42 | 00:20:02 | 00:04:40 | LUGO |
| 199 | 170 | Julio Forneas Rodriguez | 00:20:13 | 00:04:42 | 00:20:08 | 00:04:41 | CASTROVERDE |
| 200 | 480 | Francisco Javier Losada Prado | 00:20:13 | 00:04:43 | 00:20:03 | 00:04:40 | MONFORTE DE LEMOS |
| 201 | 110 | Carlos Alvarez Fernández | 00:20:15 | 00:04:43 | 00:20:02 | 00:04:40 | CULEREDO |
| 202 | 386 | Marcos Neira Rodríguez | 00:20:15 | 00:04:43 | 00:20:06 | 00:04:41 | LUGO |
| 203 | 518 | Jaime Varela Viña | 00:20:15 | 00:04:43 | 00:20:04 | 00:04:40 | LUGO |
| 204 | 790 | PABLO CAMPO COMBA | 00:20:17 | 00:04:43 | 00:20:08 | 00:04:41 | LUGO |
| 205 | 739 | Daniel Vazquez Rodriguez | 00:20:18 | 00:04:44 | 00:20:06 | 00:04:41 | A CORUÑA/SANTANDER |
| 206 | 176 | AITOR GARCIA AMOR | 00:20:18 | 00:04:44 | 00:20:05 | 00:04:41 | RIBADEO |
| 207 | 363 | MIGUEL LOPEZ PEREZ | 00:20:18 | 00:04:44 | 00:20:10 | 00:04:42 | LUGO |
| 208 | 722 | Carlos Pastoriza duran | 00:20:19 | 00:04:44 | 00:20:02 | 00:04:40 | LARACHA |
| 209 | 478 | Pablo Lopez Prada | 00:20:22 | 00:04:45 | 00:20:05 | 00:04:41 | LUGO |
| 210 | 249 | JOSE QUIROGA GARCIA | 00:20:22 | 00:04:45 | 00:20:11 | 00:04:42 | LUGO |
| 211 | 227 | Roberto Mouriz Mendez | 00:20:23 | 00:04:45 | 00:20:03 | 00:04:40 | LUGO |
| 212 | 369 | Marcos Lugilde Mouriz | 00:20:23 | 00:04:45 | 00:20:03 | 00:04:40 | LUGO |
| 213 | 373 | Álvaro Meilán Pacio | 00:20:24 | 00:04:45 | 00:20:07 | 00:04:41 | LUGO |
| 214 | 275 | Juan Valleputa Espinosa | 00:20:25 | 00:04:45 | 00:20:11 | 00:04:42 | LEÓN |
| 215 | 189 | Javier Granda Barja | 00:20:29 | 00:04:46 | 00:20:21 | 00:04:44 | LUGO |
| 216 | 270 | Alejandro Senande Sanchez | 00:20:31 | 00:04:47 | 00:20:16 | 00:04:43 | LUGO |
| 217 | 97 | Pepe Varela santalla | 00:20:31 | 00:04:47 | 00:20:22 | 00:04:45 | LALIN |
| 218 | 105 | Jose Manuel Abella Rodriguez | 00:20:32 | 00:04:47 | 00:20:12 | 00:04:42 | PARADELA |
| 219 | 347 | FRANCISCO GONZALEZ GONZALEZ | 00:20:33 | 00:04:47 | 00:20:29 | 00:04:46 | LUGO |
| 220 | 809 | JOSE MANUEL PAZ QUINTELA | 00:20:34 | 00:04:47 | 00:20:14 | 00:04:43 | LUGO |
| 221 | 448 | Jesús Castro López | 00:20:36 | 00:04:48 | 00:20:17 | 00:04:43 | LUGO |
| 222 | 808 | DAVID POZO DIAZ | 00:20:37 | 00:04:48 | 00:20:18 | 00:04:44 | LUGO |
| 223 | 185 | JOSÉ CARLOS GONZÁLEZ MONTERO | 00:20:37 | 00:04:48 | 00:20:31 | 00:04:47 | LUGO |
| 224 | 412 | Miguel RODRÍGUEZ CORRAL | 00:20:37 | 00:04:48 | 00:20:31 | 00:04:47 | LUGO |
| 225 | 205 | Rafael López Ratón | 00:20:37 | 00:04:48 | 00:20:31 | 00:04:47 | LUGO |
| 226 | 694 | RAMÓN FERNÁNDEZ DACAL | 00:20:40 | 00:04:49 | 00:20:29 | 00:04:46 | LUGO |
| 227 | 381 | Alberto Muñoz Heras | 00:20:41 | 00:04:49 | 00:20:27 | 00:04:46 | LUGO |
| 228 | 708 | GONZALO LOBATO ANDRES | 00:20:42 | 00:04:49 | 00:20:32 | 00:04:47 | LUGO |
| 229 | 779 | Marco Diaz | 00:20:42 | 00:04:49 | 00:20:22 | 00:04:45 | LUGO |
| 230 | 895 | OSCAR PALLEIRO MORLAN | 00:20:42 | 00:04:49 | 00:20:10 | 00:04:42 | |
| 231 | 625 | Alberto Iglesias Piñeiro | 00:20:42 | 00:04:49 | 00:20:10 | 00:04:42 | A LARACHA |
| 232 | 699 | Miguel Fraga Pulleiro | 00:20:43 | 00:04:49 | 00:20:09 | 00:04:42 | VILABOIA |
| 233 | 581 | Manuel Valleputa Salguero | 00:20:43 | 00:04:49 | 00:20:12 | 00:04:42 | LUGO |
| 234 | 24 | EDUARDO FERNÁNDEZ PRIETO | 00:20:43 | 00:04:49 | 00:20:16 | 00:04:43 | LUGO |
| 235 | 171 | Manuel Fouce López | 00:20:44 | 00:04:50 | 00:20:04 | 00:04:40 | LUGO |
| 236 | 723 | Xosé Brais Pereiro Chaos | 00:20:45 | 00:04:50 | 00:20:27 | 00:04:46 | SARRIA |
| 237 | 201 | Jose Luis Lopez Fernandez | 00:20:46 | 00:04:50 | 00:20:28 | 00:04:46 | SARRIA |
| 238 | 770 | Toni Fernandez ramos | 00:20:47 | 00:04:50 | 00:20:30 | 00:04:47 | LUGO |
| 239 | 778 | Juan Carlos Soto Cancela | 00:20:48 | 00:04:51 | 00:20:14 | 00:04:43 | LUGO |
| 240 | 436 | Adrián Álvarez Mosquera | 00:20:48 | 00:04:51 | 00:20:34 | 00:04:47 | LUGO |
| 241 | 376 | jose carlos millares domenech | 00:20:48 | 00:04:51 | 00:20:30 | 00:04:47 | LUGO |
| 242 | 848 | ASIER NAVIA CONDE | 00:20:48 | 00:04:51 | 00:20:32 | 00:04:47 | |
| 243 | 841 | DIEGO FERNANDEZ TORRES | 00:20:48 | 00:04:51 | 00:20:38 | 00:04:48 | |
| 244 | 102 | DIEGO VILANOVA DA COSTA | 00:20:49 | 00:04:51 | 00:20:45 | 00:04:50 | LUGO |
| 245 | 638 | CARLOS MÉNDEZ MOREIRA | 00:20:51 | 00:04:51 | 00:20:36 | 00:04:48 | LUGO |
| 246 | 364 | José López Riopedre | 00:20:51 | 00:04:51 | 00:20:45 | 00:04:50 | LUGO |
| 247 | 352 | Raul Legaspi Abelaira | 00:20:51 | 00:04:51 | 00:20:36 | 00:04:48 | LUGO |
| 248 | 811 | ADRIAN VILLARES VAZQUEZ | 00:20:54 | 00:04:52 | 00:20:27 | 00:04:46 | LUGO |
| 249 | 522 | oscar vidal | 00:20:54 | 00:04:52 | 00:20:45 | 00:04:50 | A CORUÑA |
| 250 | 11 | Ramón Manuel Cabarcos Rodríguez | 00:20:55 | 00:04:52 | 00:20:49 | 00:04:51 | LUGO |
| 251 | 116 | JOSE CARLOS ARIAS LOPEZ | 00:20:56 | 00:04:52 | 00:20:34 | 00:04:47 | LUGO |
| 252 | 120 | Nonito Ángel Bermúdez Fernández | 00:20:56 | 00:04:52 | 00:20:39 | 00:04:48 | LUGO |
| 253 | 212 | PEDRO LUCAS MOLINA | 00:20:58 | 00:04:53 | 00:20:50 | 00:04:51 | LUGO |
| 254 | 75 | jesus pardo castro | 00:21:00 | 00:04:53 | 00:20:34 | 00:04:47 | LUGO |
| 255 | 308 | MIGUEL CARBALLADA RODRIGUEZ | 00:21:01 | 00:04:54 | 00:20:42 | 00:04:49 | LUGO |
| 256 | 121 | José BLANCO LOZANO | 00:21:03 | 00:04:54 | 00:20:54 | 00:04:52 | LUGO |
| 257 | 377 | rafael monte seades | 00:21:04 | 00:04:54 | 00:20:39 | 00:04:49 | LUGO |
| 258 | 325 | Rafael Diz Veiga | 00:21:08 | 00:04:55 | 00:20:58 | 00:04:53 | LUGO |

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| 259 | 513 | MARCOS SENANDE SÁNCHEZ | 00:21:08 | 00:04:55 | 00:20:53 | 00:04:52 | LUGO |
| 260 | 186 | JOSE LUIS GONZALEZ PEREZ | 00:21:08 | 00:04:55 | 00:20:44 | 00:04:50 | LUGO |
| 261 | 321 | jesus deiros telo | 00:21:09 | 00:04:55 | 00:20:33 | 00:04:47 | LUGO |
| 262 | 852 | JOSE RODRIGUEZ DE AYOSA | 00:21:10 | 00:04:56 | 00:20:56 | 00:04:53 | |
| 263 | 824 | IAGO VAZQUEZ QUIROGA | 00:21:10 | 00:04:56 | 00:20:39 | 00:04:48 | |
| 264 | 693 | JESUS ANGEL FERNANDEZ CARREIRA | 00:21:11 | 00:04:56 | 00:20:35 | 00:04:48 | LUGO |
| 265 | 246 | JUAN JOSE PINEDO QUIRCE | 00:21:11 | 00:04:56 | 00:20:51 | 00:04:51 | LUGO |
| 266 | 662 | Jesús San José | 00:21:13 | 00:04:56 | 00:20:41 | 00:04:49 | LUGO |
| 267 | 642 | PABLO NEIRA VAZQUEZ | 00:21:13 | 00:04:56 | 00:20:37 | 00:04:48 | LUGO |
| 268 | 606 | IAGO DA ROSA PINO | 00:21:18 | 00:04:58 | 00:21:08 | 00:04:55 | LUGO |
| 269 | 159 | MIGUEL ANGEL EIREOS LÓPEZ | 00:21:18 | 00:04:58 | 00:20:41 | 00:04:49 | LUGO |
| 270 | 764 | Roberto Rielo Iglesias | 00:21:20 | 00:04:58 | 00:20:45 | 00:04:50 | POL |
| 271 | 849 | JOSE RAMON GONZALEZ DIAZ BECERRA | 00:21:21 | 00:04:58 | 00:21:16 | 00:04:57 | |
| 272 | 741 | PABLO VILAR MORAL | 00:21:22 | 00:04:58 | 00:21:06 | 00:04:55 | LUGO |
| 273 | 383 | Miguel Ángel Negral Fernández | 00:21:23 | 00:04:59 | 00:21:15 | 00:04:57 | LUGO |
| 274 | 586 | ALBERTO VAZQUEZ VAZQUEZ | 00:21:24 | 00:04:59 | 00:20:58 | 00:04:53 | LUGO |
| 275 | 213 | Pedro Antonio Luna Vega | 00:21:24 | 00:04:59 | 00:21:00 | 00:04:53 | LUGO |
| 276 | 816 | JOSE ANGEL VAZQUEZ REY | 00:21:27 | 00:05:00 | 00:21:00 | 00:04:54 | |
| 277 | 385 | José Ramón Negro Varela | 00:21:28 | 00:05:00 | 00:21:12 | 00:04:56 | LUGO |
| 278 | 277 | carlos vazquez fernandez | 00:21:29 | 00:05:00 | 00:21:14 | 00:04:57 | LUGO |
| 279 | 353 | Jesús Lens Blanco | 00:21:30 | 00:05:00 | 00:21:22 | 00:04:58 | LUGO |
| 280 | 142 | AGUSTIN CASAS CARREIRA | 00:21:32 | 00:05:01 | 00:21:04 | 00:04:54 | LUGO |
| 281 | 472 | ANGEL LÓPEZ DÍAZ | 00:21:33 | 00:05:01 | 00:21:18 | 00:04:57 | LUGO |
| 282 | 208 | CARLOS LÓPEZ TELLADO | 00:21:34 | 00:05:01 | 00:21:23 | 00:04:59 | LUGO |
| 283 | 701 | Jonathan Grandío Gómez | 00:21:36 | 00:05:02 | 00:21:08 | 00:04:55 | LUGO |
| 284 | 115 | Diego J. Arias Cabarcos | 00:21:37 | 00:05:02 | 00:21:00 | 00:04:53 | LUGO |
| 285 | 644 | Diego Obarrio Palomo | 00:21:38 | 00:05:02 | 00:21:07 | 00:04:55 | LUGO |
| 286 | 520 | rubén vazquez parada | 00:21:41 | 00:05:03 | 00:21:25 | 00:04:59 | LUGO |
| 287 | 800 | Tito Diéguez Sánchez | 00:21:43 | 00:05:03 | 00:21:36 | 00:05:02 | LUGO |
| 288 | 252 | ANTONIO RIO LOMBARDEO | 00:21:44 | 00:05:04 | 00:21:27 | 00:05:00 | LUGO |
| 289 | 560 | PABLO LOPEZ LOPEZ | 00:21:45 | 00:05:04 | 00:21:30 | 00:05:00 | LUGO |
| 290 | 797 | Adrian Varela Sanchez | 00:21:46 | 00:05:04 | 00:21:10 | 00:04:56 | LUGO |
| 291 | 107 | jacobo aldariz | 00:21:48 | 00:05:05 | 00:21:10 | 00:04:56 | LUGO |
| 292 | 173 | Diego Freijo Fernandez | 00:21:48 | 00:05:05 | 00:21:19 | 00:04:58 | LUGO |
| 293 | 487 | miguel neira pajaro | 00:21:48 | 00:05:05 | 00:21:34 | 00:05:01 | LUGO |
| 294 | 492 | Alejandro Pallares Vilar | 00:21:49 | 00:05:05 | 00:21:40 | 00:05:03 | LUGO |
| 295 | 833 | JOSE GARCIA NUÑEZ | 00:21:49 | 00:05:05 | 00:21:39 | 00:05:02 | |
| 296 | 41 | EMILIO GONTA PEREIRO | 00:21:50 | 00:05:05 | 00:21:38 | 00:05:02 | LUGO |
| 297 | 432 | Marcos Vilar Rodríguez | 00:21:50 | 00:05:05 | 00:21:37 | 00:05:02 | LUGO |
| 298 | 329 | Carlos Fanjul Mori | 00:21:51 | 00:05:05 | 00:21:21 | 00:04:58 | LUGO |
| 299 | 238 | ANGEL PENA LOPEZ | 00:21:52 | 00:05:05 | 00:21:40 | 00:05:03 | LUGO |
| 300 | 749 | Miguel Gonzalez | 00:21:52 | 00:05:06 | 00:21:48 | 00:05:05 | LUGO |
| 301 | 123 | José antonio Buide Mouriz | 00:21:54 | 00:05:06 | 00:21:28 | 00:05:00 | LUGO |
| 302 | 294 | ABEL AMIGO DIGON | 00:21:55 | 00:05:06 | 00:21:36 | 00:05:02 | LUGO |
| 303 | 395 | David pena silva | 00:21:55 | 00:05:06 | 00:21:19 | 00:04:58 | VILAGARCIA DE AROUSA |
| 304 | 585 | PABLO VAZQUEZ VAZQUEZ | 00:21:58 | 00:05:07 | 00:21:32 | 00:05:01 | LUGO |
| 305 | 720 | Jorge Pascual Rosón | 00:22:04 | 00:05:08 | 00:21:54 | 00:05:06 | GUARRATE |
| 306 | 661 | Ricardo Salas Casal | 00:22:04 | 00:05:08 | 00:21:37 | 00:05:02 | MELIDE |
| 307 | 366 | JOSE RAMON LOPEZ VAZQUEZ | 00:22:08 | 00:05:09 | 00:21:54 | 00:05:06 | LUGO |
| 308 | 883 | HUGO PASTORIZA MATOS | 00:22:10 | 00:05:10 | 00:21:53 | 00:05:06 | |
| 309 | 324 | JOSÉ JUAN DÍAZ LÓPEZ | 00:22:13 | 00:05:10 | 00:21:56 | 00:05:07 | LUGO |
| 310 | 496 | jose manuel quiroga alvarez | 00:22:15 | 00:05:11 | 00:21:57 | 00:05:07 | LUGO |
| 311 | 806 | PABLO AMANCIO PARADELA FERNANDEZ | 00:22:15 | 00:05:11 | 00:21:54 | 00:05:06 | LUGO |
| 312 | 114 | Marcos Amado Loureiro | 00:22:16 | 00:05:11 | 00:22:00 | 00:05:07 | A LARACHA |
| 313 | 853 | ALBERTO CARBALLIDO FALCON | 00:22:18 | 00:05:12 | 00:22:03 | 00:05:08 | |
| 314 | 287 | Pablo Abuin Ratón | 00:22:21 | 00:05:12 | 00:21:51 | 00:05:05 | LUGO |
| 315 | 795 | Alberto Fernandez Varga | 00:22:22 | 00:05:12 | 00:22:02 | 00:05:08 | LUGO |
| 316 | 293 | JOSE LUIS AMIGO DIGON | 00:22:23 | 00:05:13 | 00:21:55 | 00:05:06 | LUGO |
| 317 | 812 | BORJA BOUZAS COBOS | 00:22:23 | 00:05:13 | 00:22:02 | 00:05:08 | LUEGO |
| 318 | 609 | JOSE MANUEL EIJO ÁLVAREZ | 00:22:23 | 00:05:13 | 00:22:14 | 00:05:11 | FOZ |
| 319 | 652 | Alfredo Porto lopez | 00:22:24 | 00:05:13 | 00:21:45 | 00:05:04 | LUGO |
| 320 | 648 | Jonathan Pérez Martínez | 00:22:25 | 00:05:13 | 00:22:12 | 00:05:10 | VEGADEO |
| 321 | 674 | Daniel Vázquez Moure | 00:22:26 | 00:05:13 | 00:22:06 | 00:05:09 | LUGO |
| 322 | 870 | ORIO L GONZALVO PEREZ | 00:22:29 | 00:05:14 | 00:22:00 | 00:05:07 | |
| 323 | 675 | Alejandro vazquez rodriguez | 00:22:31 | 00:05:15 | 00:22:21 | 00:05:12 | LUGO |
| 324 | 414 | JESUS RODRIGUEZ GARCIA | 00:22:32 | 00:05:15 | 00:22:02 | 00:05:08 | LUGO |

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| 325 | 734 | DIONISIO RODRÍGUEZ RODRÍGUEZ | 00:22:37 | 00:05:16 | 00:22:22 | 00:05:13 | LUGO (SPAIN) |
| 326 | 834 | PABLO RANCAÑO OTERO | 00:22:37 | 00:05:16 | 00:22:14 | 00:05:11 | |
| 327 | 726 | Francisco Javier Piñeiro López | 00:22:39 | 00:05:16 | 00:22:29 | 00:05:14 | LUGO |
| 328 | 387 | Jorge Nieto Balsa | 00:22:39 | 00:05:17 | 00:22:27 | 00:05:14 | LUGO |
| 329 | 685 | Carlos Barrio Núñez | 00:22:42 | 00:05:17 | 00:22:03 | 00:05:08 | LUGO |
| 330 | 278 | RODRIGO VAZQUEZ GARCIA | 00:22:42 | 00:05:17 | 00:22:15 | 00:05:11 | LUGO |
| 331 | 194 | ALBERTO LAMELA ARIAS | 00:22:42 | 00:05:17 | 00:22:15 | 00:05:11 | LUGO |
| 332 | 882 | ABEL MATOS COTELO | 00:22:43 | 00:05:17 | 00:22:26 | 00:05:13 | |
| 333 | 817 | OSCAR FERNANDEZ FERNANDEZ | 00:22:44 | 00:05:17 | 00:22:06 | 00:05:09 | |
| 334 | 847 | FELIPE GONZALEZ PINHEIRO | 00:22:45 | 00:05:18 | 00:22:28 | 00:05:14 | |
| 335 | 497 | José Ramón Rancaño Herrán | 00:22:47 | 00:05:18 | 00:22:08 | 00:05:09 | LUGO |
| 336 | 296 | Enrique Arias Guerra | 00:22:48 | 00:05:19 | 00:22:08 | 00:05:09 | LUGO |
| 337 | 526 | NICOLAS ALVAREZ FOJO | 00:22:50 | 00:05:19 | 00:22:46 | 00:05:18 | LOURENZA |
| 338 | 706 | JOSE ANGEL LATAS DIAZ | 00:22:51 | 00:05:19 | 00:22:36 | 00:05:16 | LUGO |
| 339 | 380 | jose antonio muiña lopez | 00:22:51 | 00:05:19 | 00:22:15 | 00:05:11 | LUGO |
| 340 | 117 | Marcos Baquero Rey | 00:22:54 | 00:05:20 | 00:22:41 | 00:05:17 | LUGO |
| 341 | 145 | Manuel Castro Maceira | 00:22:55 | 00:05:20 | 00:22:43 | 00:05:17 | LUGO |
| 342 | 475 | Magín López Freire | 00:22:55 | 00:05:20 | 00:22:44 | 00:05:18 | ARXEMIL |
| 343 | 787 | Martin Sanchez vazquez | 00:22:58 | 00:05:21 | 00:22:42 | 00:05:17 | LUGO |
| 344 | 211 | David Luaces Fernandez | 00:23:02 | 00:05:22 | 00:22:23 | 00:05:13 | LUGO |
| 345 | 499 | Manuel Ramiro Rodríguez | 00:23:04 | 00:05:22 | 00:22:46 | 00:05:18 | LUGO |
| 346 | 469 | Juan Francisco Insua Esmoris-Recaman | 00:23:05 | 00:05:22 | 00:22:35 | 00:05:15 | LUGO |
| 347 | 216 | Jesús Ángel Martínez Espiñeira | 00:23:08 | 00:05:23 | 00:22:46 | 00:05:18 | LUGO |
| 348 | 593 | jacobo alvarez torres | 00:23:08 | 00:05:23 | 00:22:57 | 00:05:21 | A CORUÑA |
| 349 | 157 | Oleg Dzhevelo | 00:23:08 | 00:05:23 | 00:22:27 | 00:05:14 | LUGO |
| 350 | 389 | jose manuel nogueras marentes | 00:23:10 | 00:05:24 | 00:23:07 | 00:05:23 | LUGO |
| 351 | 300 | Manuel Jesus Blanco Burgo | 00:23:10 | 00:05:24 | 00:23:02 | 00:05:22 | LUGO |
| 352 | 289 | Abel Alvarez Alvarez | 00:23:11 | 00:05:24 | 00:22:28 | 00:05:14 | LUGO |
| 353 | 727 | Fernando Polo Iglesias | 00:23:12 | 00:05:24 | 00:23:01 | 00:05:22 | LUGO |
| 354 | 660 | Jose Manuel Rodriguez Rodriguez | 00:23:13 | 00:05:24 | 00:23:01 | 00:05:22 | LUGO |
| 355 | 470 | Samir Kakish Moyano | 00:23:13 | 00:05:24 | 00:23:07 | 00:05:23 | LUGO |
| 356 | 736 | JOSE ANGEL TEIJO LÓPEZ | 00:23:14 | 00:05:24 | 00:22:57 | 00:05:21 | BETANZOS |
| 357 | 483 | Faustino Martin González | 00:23:15 | 00:05:25 | 00:22:51 | 00:05:19 | LUGO |
| 358 | 746 | Jonatan Coedo Lago | 00:23:17 | 00:05:25 | 00:22:46 | 00:05:18 | PONFERRADA |
| 359 | 724 | Agustín Pérez Vázquez | 00:23:18 | 00:05:25 | 00:22:36 | 00:05:16 | LUGO |
| 360 | 829 | LUIS ANTONIO VAZQUEZ PEREZ | 00:23:21 | 00:05:26 | 00:23:10 | 00:05:24 | |
| 361 | 713 | Manuel Lopez Vazquez | 00:23:21 | 00:05:26 | 00:22:48 | 00:05:19 | LUGO |
| 362 | 813 | IVAN IGLESIAS MARTINEZ | 00:23:22 | 00:05:26 | 00:22:57 | 00:05:21 | LUGO |
| 363 | 843 | MANUEL FERNANDEZ VARELA | 00:23:22 | 00:05:26 | 00:23:17 | 00:05:25 | |
| 364 | 500 | Marcos Rodriguez Armada | 00:23:24 | 00:05:27 | 00:22:48 | 00:05:19 | ABEGONDO |
| 365 | 807 | HECTOR PEREZ NOVALES | 00:23:24 | 00:05:27 | 00:22:42 | 00:05:17 | TOLEDO |
| 366 | 457 | Santiago Fernandez Varela | 00:23:24 | 00:05:27 | 00:23:06 | 00:05:23 | LUGO |
| 367 | 512 | Manuel Seijas veiga | 00:23:24 | 00:05:27 | 00:23:04 | 00:05:22 | LUGO |
| 368 | 374 | Juan Carlos Méndez Díaz | 00:23:24 | 00:05:27 | 00:23:03 | 00:05:22 | LUGO |
| 369 | 506 | Miguel Ángel San José | 00:23:27 | 00:05:28 | 00:22:59 | 00:05:21 | LUGO |
| 370 | 903 | Fernando lago lamas | 00:23:28 | 00:05:28 | 00:22:56 | 00:05:20 | |
| 371 | 407 | Arturo Reboredo Brea | 00:23:31 | 00:05:29 | 00:23:11 | 00:05:24 | LUGO |
| 372 | 742 | Carlos Amiama Ares | 00:23:32 | 00:05:29 | 00:22:54 | 00:05:20 | LUGO |
| 373 | 618 | Javier Folgueiras Varela | 00:23:34 | 00:05:29 | 00:23:09 | 00:05:23 | LUGO |
| 374 | 182 | angel gomez gonzalez | 00:23:35 | 00:05:29 | 00:23:26 | 00:05:27 | LUGO |
| 375 | 840 | PABLO RODIL CARREIRA | 00:23:35 | 00:05:29 | 00:23:07 | 00:05:23 | |
| 376 | 290 | RUBÉN ÁLVAREZ ASOREY | 00:23:35 | 00:05:29 | 00:23:17 | 00:05:25 | LUGO |
| 377 | 359 | Andres Lopez Chao | 00:23:41 | 00:05:31 | 00:23:16 | 00:05:25 | LUGO |
| 378 | 689 | Juan Chapel González | 00:23:42 | 00:05:31 | 00:23:12 | 00:05:24 | LUGO |
| 379 | 783 | Manuel Angel Muñoz Macho | 00:23:44 | 00:05:31 | 00:23:25 | 00:05:27 | MADRID |
| 380 | 598 | Marcos Blanco lopez | 00:23:46 | 00:05:32 | 00:23:28 | 00:05:28 | LUGO |
| 381 | 169 | Jorge Filgueiras Silva | 00:23:47 | 00:05:32 | 00:23:40 | 00:05:31 | OUTEIRO DE REI |
| 382 | 255 | Alejandro Rodríguez Arias | 00:23:48 | 00:05:32 | 00:23:33 | 00:05:29 | LUGO |
| 383 | 431 | Jose manuel Vila mendez | 00:23:48 | 00:05:32 | 00:23:27 | 00:05:28 | LUGO |
| 384 | 595 | Daniel Alvarez Vazquez | 00:23:48 | 00:05:33 | 00:23:13 | 00:05:24 | LUGO |
| 385 | 476 | JOSE LOPEZ GAVIN | 00:23:49 | 00:05:33 | 00:23:41 | 00:05:31 | VEGADEO |
| 386 | 725 | Adán Pérez Veiga | 00:23:49 | 00:05:33 | 00:23:20 | 00:05:26 | FOZ |
| 387 | 751 | Miguel angel Lastra Iodos | 00:23:54 | 00:05:34 | 00:23:46 | 00:05:32 | LORENZANA |
| 388 | 900 | BRUNO FREIJO PIÑEIRO | 00:23:54 | 00:05:34 | 00:23:36 | 00:05:30 | |
| 389 | 810 | RUBEN VILLARES PAZOS | 00:24:01 | 00:05:35 | 00:23:35 | 00:05:29 | LUGO |
| 390 | 616 | Narciso Fernández Tato | 00:24:02 | 00:05:36 | 00:23:39 | 00:05:30 | LUGO |

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|-----|-----|-----------------------------------|----------|----------|----------|----------|------------------------|
| 391 | 827 | RICARDO VAZQUEZ PEREZ | 00:24:06 | 00:05:37 | 00:23:55 | 00:05:34 | |
| 392 | 161 | Daniel Esperanza claudio | 00:24:09 | 00:05:37 | 00:23:59 | 00:05:35 | LUGO |
| 393 | 651 | Adrián Plaza Salvador | 00:24:13 | 00:05:38 | 00:23:59 | 00:05:35 | BURELA |
| 394 | 579 | David Seijas Mendez | 00:24:19 | 00:05:40 | 00:23:55 | 00:05:34 | LUGO |
| 395 | 610 | Yerai Espiñeira Perez | 00:24:19 | 00:05:40 | 00:23:56 | 00:05:34 | LUGO |
| 396 | 717 | aitor nogueira martinez | 00:24:23 | 00:05:41 | 00:24:07 | 00:05:37 | FERROL |
| 397 | 788 | José Manuel Castro Martinez | 00:24:25 | 00:05:41 | 00:24:03 | 00:05:36 | LUGO |
| 398 | 206 | Rogelio Lopez rodriguez | 00:24:26 | 00:05:41 | 00:24:19 | 00:05:40 | LUGO |
| 399 | 690 | Andres Del Cerro Torres | 00:24:29 | 00:05:42 | 00:24:20 | 00:05:40 | GUITIRIZ |
| 400 | 702 | Juan Carlos Gutiérrez Gutiérrez | 00:24:30 | 00:05:42 | 00:24:21 | 00:05:40 | LUANCO |
| 401 | 608 | Breogán Domínguez Vega | 00:24:31 | 00:05:42 | 00:24:09 | 00:05:37 | LUGO |
| 402 | 458 | JOSE MANUEL FERNANDEZ VEIGA | 00:24:35 | 00:05:43 | 00:24:11 | 00:05:38 | LUGO |
| 403 | 845 | DENIS XENDE ROCA ROCA | 00:24:36 | 00:05:44 | 00:24:31 | 00:05:42 | |
| 404 | 561 | David Lorenzo Gay | 00:24:38 | 00:05:44 | 00:24:18 | 00:05:40 | MADRID |
| 405 | 721 | Andrés Pasos Troncada | 00:24:44 | 00:05:46 | 00:24:14 | 00:05:38 | SANTIAGO DE COMPOSTELA |
| 406 | 819 | RUBEN VEIGA RAPOSO | 00:24:45 | 00:05:46 | 00:24:35 | 00:05:43 | |
| 407 | 753 | Marcos Lopez Chao | 00:24:47 | 00:05:46 | 00:24:24 | 00:05:41 | LUGO |
| 408 | 127 | Rubén Calvo Darriba | 00:24:48 | 00:05:46 | 00:24:19 | 00:05:40 | LUGO |
| 409 | 698 | Domingo Fernández Rodríguez | 00:24:48 | 00:05:46 | 00:24:27 | 00:05:42 | LUGO |
| 410 | 320 | Ivan Darriba Rodriguez | 00:24:52 | 00:05:47 | 00:24:19 | 00:05:40 | LUGO |
| 411 | 697 | EMILIO FERNÁNDEZ RODRÍGUEZ | 00:24:53 | 00:05:48 | 00:24:39 | 00:05:44 | RIBADEO |
| 412 | 898 | MARCOS POTI VIANNA | 00:24:54 | 00:05:48 | 00:24:36 | 00:05:44 | |
| 413 | 665 | RUBEN SEIJAS CABARCOS | 00:24:56 | 00:05:48 | 00:24:34 | 00:05:43 | LUGO |
| 414 | 403 | Jesús Prado Vázquez | 00:24:56 | 00:05:48 | 00:24:25 | 00:05:41 | LUGO |
| 415 | 761 | Enrique Pérez Torrón | 00:25:01 | 00:05:50 | 00:24:31 | 00:05:42 | LUGO |
| 416 | 854 | JESUS SERRANO SACRISTAN | 00:25:03 | 00:05:50 | 00:24:40 | 00:05:44 | |
| 418 | 28 | Juan Fernández Vilaboa | 00:25:04 | 00:05:50 | 00:24:50 | 00:05:47 | LUGO |
| 419 | 588 | ANGEL VILLAMOR MARTINEZ | 00:25:05 | 00:05:50 | 00:24:42 | 00:05:45 | LUGO |
| 420 | 792 | Jorge Bordello Malde | 00:25:05 | 00:05:50 | 00:24:28 | 00:05:42 | A CORUÑA |
| 421 | 759 | Rubén Ouro Val | 00:25:06 | 00:05:51 | 00:24:28 | 00:05:42 | LUGO |
| 422 | 890 | JOSE MANUEL SEIJAS LOPEZ | 00:25:06 | 00:05:51 | 00:24:44 | 00:05:45 | |
| 423 | 815 | RUBEN SUAZO ARIAS | 00:25:08 | 00:05:51 | 00:24:34 | 00:05:43 | |
| 424 | 737 | carlos vazquez | 00:25:14 | 00:05:52 | 00:25:01 | 00:05:50 | LUGO |
| 425 | 673 | José Angel Vázquez Martínez | 00:25:16 | 00:05:53 | 00:24:43 | 00:05:45 | LUGO |
| 426 | 498 | JUAN CARLOS Robles LOPEZ | 00:25:24 | 00:05:55 | 00:24:54 | 00:05:48 | LUGO |
| 427 | 578 | Jaime Sánchez-Andrade Pérez | 00:25:27 | 00:05:56 | 00:25:04 | 00:05:50 | LUGO |
| 428 | 462 | Miguel Folgueira Garcia | 00:25:29 | 00:05:56 | 00:25:07 | 00:05:51 | OTERO DE REY |
| 429 | 343 | julio jose gomez dia | 00:25:30 | 00:05:56 | 00:24:55 | 00:05:48 | LUGO |
| 430 | 684 | Diego Balsa Amor | 00:25:31 | 00:05:56 | 00:25:10 | 00:05:52 | BARREIROS |
| 431 | 419 | José Lu Seco Falcón | 00:25:42 | 00:05:59 | 00:24:55 | 00:05:48 | LUGO |
| 432 | 322 | Francisco Jose Diaz Alvarez | 00:25:44 | 00:06:00 | 00:25:20 | 00:05:54 | LUGO |
| 433 | 471 | RICARDO LLOVO OTERO | 00:25:45 | 00:06:00 | 00:25:22 | 00:05:54 | LUGO |
| 434 | 794 | Javier Núñez Vázquez | 00:25:49 | 00:06:01 | 00:25:40 | 00:05:58 | LUGO |
| 435 | 415 | JAVIER RODRIGUEZ PEREZ | 00:25:53 | 00:06:02 | 00:25:11 | 00:05:52 | BEGONTE |
| 436 | 643 | Mateo Núñez Suárez | 00:25:59 | 00:06:03 | 00:25:33 | 00:05:57 | LUGO |
| 437 | 656 | Miguel Carlos Rodriguez Fernandez | 00:26:07 | 00:06:05 | 00:25:42 | 00:05:59 | LUGO |
| 438 | 733 | Javier Rodriguez Rodriguez | 00:26:08 | 00:06:05 | 00:25:46 | 00:06:00 | LUGO |
| 439 | 508 | GERMAN SANCHEZ QUINTANA | 00:26:10 | 00:06:05 | 00:25:41 | 00:05:59 | LUGO |
| 440 | 416 | Miguel Francisco Rodriguez Piñán | 00:26:11 | 00:06:06 | 00:25:47 | 00:06:00 | LUGO |
| 441 | 796 | Jose Agustin Ulloa Ferreiro | 00:26:12 | 00:06:06 | 00:25:51 | 00:06:01 | LUGO |
| 442 | 484 | Yago Mazoy Fernández | 00:26:13 | 00:06:06 | 00:25:45 | 00:06:00 | LUGO |
| 443 | 735 | DANIEL SANCHEZ LOPEZ | 00:26:14 | 00:06:07 | 00:25:38 | 00:05:58 | VIGO |
| 444 | 164 | Daniel Fernández Fernández | 00:26:24 | 00:06:09 | 00:26:23 | 00:06:09 | LUGO |
| 445 | 473 | Abraham López Feijoo | 00:26:31 | 00:06:10 | 00:26:10 | 00:06:06 | MONFORTE DE LEMOS |
| 446 | 757 | Tomas Mendez Rodriguez | 00:26:33 | 00:06:11 | 00:26:30 | 00:06:10 | OURENSE |
| 447 | 754 | ELADIO LOPEZ PEREZ | 00:26:36 | 00:06:12 | 00:26:19 | 00:06:08 | LUGO |
| 448 | 398 | José Ramón Pérez Fernández | 00:26:37 | 00:06:12 | 00:25:59 | 00:06:03 | LUGO |
| 449 | 203 | Manuel López Leizán | 00:26:39 | 00:06:12 | 00:26:12 | 00:06:06 | CASTRO RIBEIRAS DE LEA |
| 450 | 435 | luis abeledo mourelle | 00:26:40 | 00:06:12 | 00:26:15 | 00:06:07 | LUGO |
| 451 | 888 | SANTIAGO CABADO GOAS | 00:26:42 | 00:06:13 | 00:26:39 | 00:06:12 | |
| 452 | 867 | JOSU SANCHEZ TERRADILLO | 00:26:46 | 00:06:14 | 00:26:15 | 00:06:07 | |
| 453 | 368 | XACOBO LOZANO PERNAS | 00:26:48 | 00:06:14 | 00:26:36 | 00:06:11 | LUGO |
| 454 | 456 | José Luis Fernández Souto | 00:26:50 | 00:06:15 | 00:26:31 | 00:06:10 | LUGO |
| 455 | 273 | ALBERTO TOIRÁN PÉREZ | 00:26:50 | 00:06:15 | 00:26:17 | 00:06:07 | LUGO |
| 456 | 505 | JUAN MANUEL SALVI VEGA | 00:26:51 | 00:06:15 | 00:26:25 | 00:06:09 | PONFERRADA |
| 457 | 501 | BERNARDO RODRÍGUEZ VÁZQUEZ | 00:26:52 | 00:06:15 | 00:26:37 | 00:06:12 | A CORUÑA |

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| 458 | 370 | José Manuel Magide Ameijide | 00:26:57 | 00:06:17 | 00:26:20 | 00:06:08 | LUGO |
| 459 | 495 | MANUEL ANGEL POSE CASTIÑEIRA | 00:27:03 | 00:06:18 | 00:26:23 | 00:06:09 | LA CORUÑA |
| 461 | 743 | José Daniel Barreiro Vázquez | 00:27:07 | 00:06:19 | 00:26:29 | 00:06:10 | LUGO |
| 462 | 878 | LEOPOLDO MOURE CALVIÑO | 00:27:07 | 00:06:19 | 00:26:27 | 00:06:09 | |
| 463 | 712 | Marcos Lopez Temes | 00:27:11 | 00:06:20 | 00:26:32 | 00:06:11 | LUGO |
| 464 | 836 | BRAIS CASTRO MUÑOZ | 00:27:20 | 00:06:22 | 00:26:48 | 00:06:14 | |
| 465 | 835 | MARCOS OTERO ARIAS | 00:27:25 | 00:06:23 | 00:26:53 | 00:06:15 | |
| 466 | 716 | Alejandro Melchor lopez | 00:27:34 | 00:06:25 | 00:27:02 | 00:06:18 | LUGO |
| 467 | 865 | MANUEL HURTADO LOPEZ | 00:27:38 | 00:06:26 | 00:27:30 | 00:06:24 | |
| 468 | 862 | ALFONSO GARCIA RODRIGUEZ | 00:27:38 | 00:06:26 | 00:27:03 | 00:06:18 | |
| 469 | 417 | Jesus Rodriguez Torres | 00:27:39 | 00:06:26 | 00:27:05 | 00:06:18 | LUGO |
| 470 | 454 | JOSE ANTONIO FERNANDEZ BARREIRO | 00:27:43 | 00:06:27 | 00:27:23 | 00:06:22 | LUGO |
| 471 | 755 | Pedro Marciel Calaza | 00:27:57 | 00:06:30 | 00:27:43 | 00:06:27 | LUGO |
| 472 | 504 | Gerardo Salvador Pardo | 00:28:11 | 00:06:34 | 00:28:03 | 00:06:32 | LUGO |
| 473 | 331 | MARTIN FERNANDEZ MARZABAL | 00:28:14 | 00:06:34 | 00:27:53 | 00:06:29 | LUGO |
| 474 | 405 | david quiroga gutierrez | 00:28:23 | 00:06:37 | 00:27:56 | 00:06:30 | LUGO |
| 475 | 502 | Paolo Ronza | 00:28:43 | 00:06:41 | 00:28:01 | 00:06:31 | LUGO |
| 476 | 868 | ALFONSO MUINELO RICO | 00:28:48 | 00:06:42 | 00:28:03 | 00:06:32 | |
| 477 | 740 | Rubén Vázquez Vázquez | 00:28:53 | 00:06:43 | 00:28:41 | 00:06:41 | LUGO |
| 478 | 750 | Manuel Huerta Lejo | 00:29:07 | 00:06:47 | 00:28:47 | 00:06:42 | MEIRA |
| 479 | 443 | MARTÍN CABANAS AMOR | 00:29:09 | 00:06:47 | 00:28:49 | 00:06:42 | RIBADEO |
| 480 | 299 | Alberto Bande Cortizo | 00:29:10 | 00:06:47 | 00:28:35 | 00:06:39 | LUGO |
| 481 | 765 | Alberto Rozas Rois | 00:29:11 | 00:06:48 | 00:28:48 | 00:06:42 | LUGO |
| 482 | 672 | JAVIER VARELA SANCHEZ | 00:30:00 | 00:06:59 | 00:29:32 | 00:06:53 | LUGO |
| 483 | 445 | Juan Francisco Capón Mendez | 00:30:14 | 00:07:02 | 00:29:52 | 00:06:57 | LUGO |
| 484 | 8 | Jesús Bernal Gómez | 00:30:29 | 00:07:06 | 00:30:23 | 00:07:04 | FERROL |
| 485 | 367 | Francisco Louzao | 00:30:32 | 00:07:06 | 00:30:03 | 00:07:00 | LUGO |
| 487 | 762 | Mariano Pineda Rodriguez | 00:33:59 | 00:07:55 | 00:33:32 | 00:07:48 | LUGO |
| 488 | 440 | JOSE RAMON BLANCO HORTAS | 00:34:13 | 00:07:58 | 00:33:46 | 00:07:51 | LUGO |