

| VTBM | VETERANOS B MASC Inscritos: | | | 737 Llegados: | | 641 | | | | |
|--------|-----------------------------|------------------------------------|-----------|---------------|----------|-----------|----------|--|------------------|--|
| PtoCat | Dorsal | Nombre | T_Oficial | RitmoKm | T_Real | RitKmReal | Licencia | Club | Localidad | |
| 1 | 4 | JAVIER TOURÍS FORNOS | 00:19:46 | 00:03:17 | 00:19:44 | 00:03:17 | | MARATHON RUNNING SHOP | LA CORUÑA | |
| 2 | 29 | MANUEL OLIVER PÉREZ LÓPEZ | 00:20:02 | 00:03:19 | 00:20:01 | 00:03:19 | | ATLETISMOS SAR VERMU ST. PETR EL BURGO | | |
| 3 | 132 | MARIO FRANCISCO FERNANDEZ | 00:20:37 | 00:03:25 | 00:20:34 | 00:03:25 | | | ESPAÑOLA | |
| 4 | 126 | FERNANDO MANUEL LÓPEZ DE LAS HERAS | 00:20:47 | 00:03:27 | 00:20:46 | 00:03:27 | | | CULLEREDO | |
| 5 | 28 | ANGEL MACEIRAS LAGO | 00:20:55 | 00:03:28 | 00:20:53 | 00:03:28 | | ATLETISMOS SAR VERMU ST. PETR O BURGO | | |
| 6 | 41 | FERNANDO PEREZ HERNANDEZ | 00:21:09 | 00:03:31 | 00:21:07 | 00:03:30 | | CLUB ATLETISMO CORUÑA COMA F A CORUÑA | | |
| 7 | 46 | JESUS ALVAREZ CHINCHILLA | 00:21:36 | 00:03:35 | 00:21:35 | 00:03:35 | | CLUB ATLETISMO SADA | SADA | |
| 8 | 107 | IVAN RUBIO RUBIRA | 00:21:42 | 00:03:36 | 00:21:38 | 00:03:35 | | TRIATLON ARTEIXO | ARTEIXO | |
| 9 | 55 | JOSE LUIS PRADO MONTERO | 00:21:52 | 00:03:38 | 00:21:50 | 00:03:37 | | CLUB MARINEDA ATLETICO | CULLEREDO | |
| 10 | 67 | JOSE MANUEL RODRIGUEZ MOURE | 00:21:55 | 00:03:38 | 00:21:53 | 00:03:38 | | CORUÑA COMARCA | CULLEREDO | |
| 11 | 115 | MANUEL CORBELLE CASTRO | 00:22:09 | 00:03:40 | 00:22:06 | 00:03:40 | | | LUGO | |
| 12 | 19 | EDUARDO REY QUINTELA | 00:22:14 | 00:03:41 | 00:22:12 | 00:03:41 | | ATLETAS DE ACEA DE AMA | CULLEREDO | |
| 13 | 47 | ANTONIO ILLOBRE JIMENEZ | 00:22:24 | 00:03:43 | 00:22:22 | 00:03:43 | | CLUB ATLETISMO SADA | SADA | |
| 14 | 118 | FRANCISCO JAVIER GONZÁLEZ LEDO | 00:22:31 | 00:03:44 | 00:22:31 | 00:03:44 | | | CULLEREDO | |
| 15 | 2011 | ADOLFO VILARES MACEIRAS | 00:22:34 | 00:03:45 | 00:22:32 | 00:03:44 | | CLUB MARINEDA ATLETICO | A CORUÑA | |
| 16 | 120 | RAMON EUGENIO MOSQUERA SILVA | 00:22:47 | 00:03:47 | 00:22:42 | 00:03:46 | | | LA CORUÑA | |
| 17 | 145 | PABLO LEMA | 00:22:48 | 00:03:47 | 00:22:45 | 00:03:46 | | | CULLEREDO | |
| 18 | 72 | JORGE FONTECOBA PORTO | 00:22:55 | 00:03:48 | 00:22:50 | 00:03:47 | | GALFOR | A CORUÑA | |
| 19 | 21 | IVAN VARELA BARREIRO | 00:22:55 | 00:03:48 | 00:22:53 | 00:03:48 | | ATLETAS DE ACEA DE AMA | CULLEREDO | |
| 20 | 80 | JOSE LUIS NAYA ORGEIRA | 00:23:01 | 00:03:49 | 00:22:49 | 00:03:47 | | NOSPORTLIMIT | A CORUÑA | |
| 21 | 2012 | JOSE DEBÉN GOMEZ | 00:23:02 | 00:03:49 | 00:23:00 | 00:03:49 | | CLUB RIALTO | A CORUÑA | |
| 22 | 121 | JOSÉ MANUEL CANDALES DÍAZ | 00:23:08 | 00:03:50 | 00:23:04 | 00:03:49 | | | A CORUÑA | |
| 23 | 545 | MIGUEL ANGEL VILLAR LOPEZ | 00:23:12 | 00:03:51 | 00:23:05 | 00:03:50 | | | A CORUÑA | |
| 24 | 2044 | ELISEO IGLESIAS SOLER | 00:23:15 | 00:03:51 | 00:23:11 | 00:03:51 | | | CULLEREDO | |
| 25 | 2041 | FERNANDO ALLER INSUA | 00:23:17 | 00:03:52 | 00:23:14 | 00:03:51 | | | A CORUÑA | |
| 26 | 2387 | RAMON BAUTISTA PEGO PEREZ | 00:23:23 | 00:03:53 | 00:23:16 | 00:03:51 | | | NEW YORK | |
| 27 | 77 | MIGUEL ÁNGEL FERNÁNDEZ NÓVOA | 00:23:25 | 00:03:53 | 00:23:22 | 00:03:53 | | MARINEDA ATLÉTICO | PUEBLA DE TRIVES | |
| 28 | 2183 | JAVIER SEOANE QUINTELA | 00:23:27 | 00:03:53 | 00:23:08 | 00:03:50 | | CLUB DEPORTIVO EL TRASTERO | CULLEREDO | |
| 29 | 2050 | JUAN CARLOS LOUREIRO LODEIRO | 00:23:28 | 00:03:54 | 00:23:18 | 00:03:52 | | | A CORUÑA | |
| 30 | 17 | XABIER VARELA LOPEZ | 00:23:28 | 00:03:54 | 00:23:23 | 00:03:53 | | ASOCIACIÓN DEPORTIVA CERNE | MELIDE | |
| 31 | 2014 | FRANCISCO SANCHEZ GALAN | 00:23:40 | 00:03:56 | 00:23:35 | 00:03:55 | | CORRER ES DE COBARDES | THOIRY | |
| 32 | 154 | JOSE ALBERTO CASTELO SÁNCHEZ | 00:23:45 | 00:03:56 | 00:23:40 | 00:03:56 | | | CAMBRE | |
| 33 | 2088 | JOSE MANUEL COLLAZO GOLÁN | 00:23:54 | 00:03:58 | 00:23:50 | 00:03:57 | | | BERGONDO | |
| 34 | 138 | JAVIER RODRIGUEZ VALIÑA | 00:23:59 | 00:03:59 | 00:23:51 | 00:03:57 | | | A CORUÑA | |
| 35 | 33 | MANUEL ABEL PASTORIZA MIRANDA | 00:24:00 | 00:03:59 | 00:23:49 | 00:03:57 | | CARREIRA ARTEIXO | A CORUÑA | |
| 36 | 2210 | ÓSCAR BOTANA RODRÍGUEZ | 00:24:02 | 00:03:59 | 00:24:00 | 00:03:59 | | ESPARTANO1971 | LA CORUÑA | |
| 37 | 143 | LUIS VOCES REBORDINOS | 00:24:07 | 00:04:00 | 00:24:01 | 00:03:59 | | | OLEIROS | |

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| 38 | 303 JUAN GALÁN PRESAS | 00:24:15 | 00:04:01 | 00:24:06 | 00:04:00 | CLUB ATLETISMO SADA | A CORUÑA |
| 39 | 147 JAVIER LÓPEZ PIÑEIRO | 00:24:16 | 00:04:01 | 00:24:10 | 00:04:00 | | A CORUÑA |
| 40 | 57 REMIGIO RIOBOO GUTIERREZ | 00:24:16 | 00:04:02 | 00:24:12 | 00:04:01 | CLUB MARINEDA ATLETICO | A CORUÑA |
| 41 | 113 PAULINO CAMPOS DOMINGUEZ | 00:24:20 | 00:04:02 | 00:24:14 | 00:04:01 | ZAPATILLA VELOZ | ARANGA |
| 42 | 159 LUIS ANGEL CASTELO SANCHEZ | 00:24:26 | 00:04:03 | 00:24:21 | 00:04:02 | | A CORUÑA |
| 43 | 152 TOMÁS GARCÍA GALLEGO | 00:24:27 | 00:04:03 | 00:24:21 | 00:04:02 | | A CORUÑA |
| 44 | 499 RAMÓN VILLAR RUIBAL | 00:24:30 | 00:04:04 | 00:24:20 | 00:04:02 | VERXEL NUTRICIÓN DEPORTIVA | A CORUÑA |
| 45 | 408 ENRIQUE GRIÑAN TORRADO | 00:24:36 | 00:04:05 | 00:24:29 | 00:04:04 | NOSPORTLIMIT | OLEIROS |
| 46 | 24 LUIS MARCELO BELLO GOMEZ | 00:24:38 | 00:04:05 | 00:24:35 | 00:04:05 | ATLETAS DE ACEA DE AMA | VILABOA CULLEREDO |
| 47 | 3401 JOSE LUIS VILAR GARCIA | 00:24:41 | 00:04:06 | 00:24:33 | 00:04:04 | | BERGONDO |
| 48 | 2381 JUAN CARLOS SÁNCHEZ GÓMEZ | 00:24:44 | 00:04:06 | 00:24:37 | 00:04:05 | | A CORUÑA |
| 49 | 91 CARLOS DEZA RODRIGUEZ | 00:24:45 | 00:04:06 | 00:24:38 | 00:04:05 | PATUKOS TIM RANIN | CULLEREDO |
| 50 | 223 PABLO RODRIGUEZ ALVAREZ | 00:24:45 | 00:04:06 | 00:24:37 | 00:04:05 | | SADA |
| 51 | 4286 ÁLVARO BARCA BUYO | 00:24:46 | 00:04:06 | 00:24:38 | 00:04:05 | | A CORUÑA |
| 52 | 2051 CARLOS OTERO IGLESIAS | 00:24:47 | 00:04:07 | 00:24:45 | 00:04:06 | | A CORUÑA |
| 53 | 302 CARLOS AMOR GOMEZ | 00:24:49 | 00:04:07 | 00:24:34 | 00:04:04 | CLUB ATLETISMO SADA | A CORUÑA |
| 54 | 4210 ALBERTO GÓMEZ RODRÍGUEZ | 00:24:49 | 00:04:07 | 00:24:46 | 00:04:06 | | A CORUÑA |
| 55 | 474 IVÁN BUGALLO DEL PUERTO | 00:24:51 | 00:04:07 | 00:24:36 | 00:04:05 | RUNNING OLEIROS | OLEIROS |
| 56 | 4121 MANUEL NUÑEZ FERREIRA | 00:24:52 | 00:04:07 | 00:24:44 | 00:04:06 | | ABELLEIRA |
| 57 | 140 JUAN CARLOS DIÉGUEZ TEIJEIRO | 00:24:53 | 00:04:08 | 00:24:53 | 00:04:08 | | CAMBRE |
| 58 | 2239 ANTONIO LUIS GONZALEZ FERNANDEZ | 00:24:57 | 00:04:08 | 00:24:45 | 00:04:06 | LA MOCHILA DEL DEPORTE | A CORUÑA |
| 59 | 198 OSCAR GARRIDO FRAGA | 00:24:59 | 00:04:09 | 00:24:56 | 00:04:08 | | GALICIA |
| 60 | 2329 CHRISTIAN BRION MONTEJO | 00:25:02 | 00:04:09 | 00:24:40 | 00:04:05 | | A CORUÑA |
| 61 | 59 DAVID PÉREZ MARCOTE | 00:25:03 | 00:04:09 | 00:24:53 | 00:04:08 | CLUB MONTAÑA FERROL | OLEIROS |
| 62 | 2420 GABRIEL GONZALEZ EIROA | 00:25:09 | 00:04:10 | 00:24:56 | 00:04:08 | | VIGO |
| 63 | 84 PEDRO PABLO LORENZO DIAZ | 00:25:11 | 00:04:11 | 00:25:03 | 00:04:09 | NOSPORTLIMIT | A CORUÑA |
| 64 | 2411 JUAN MANUEL FIORELLI DIEGUEZ | 00:25:12 | 00:04:11 | 00:25:02 | 00:04:09 | | A CORUÑA |
| 65 | 4424 ANTONIO RIVAS FEAL | 00:25:12 | 00:04:11 | 00:24:37 | 00:04:05 | AD FOGAR | OLEIROS |
| 66 | 2057 GONZALO ORTIZ ALONSO | 00:25:12 | 00:04:11 | 00:25:08 | 00:04:10 | | LA CORUÑA |
| 67 | 1124 JACOBO GARCÍA PÉREZ | 00:25:13 | 00:04:11 | 00:24:56 | 00:04:08 | | A CORUÑA |
| 68 | 4478 JUAN CARLOS HERVES RODRIGUEZ | 00:25:17 | 00:04:12 | 00:25:02 | 00:04:09 | | A CORUÑA |
| 69 | 3985 FRANCISCO JOSÉ PATIÑO PATIÑO | 00:25:22 | 00:04:12 | 00:24:30 | 00:04:04 | | YEBES |
| 70 | 510 MANUEL PIÑEIRO VEIRA | 00:25:25 | 00:04:13 | 00:24:52 | 00:04:08 | | CULLEREDO |
| 71 | 4482 JAIME MARTINEZ FABIO | 00:25:27 | 00:04:13 | 00:25:19 | 00:04:12 | | CAMBRE |
| 72 | 2056 JOSE LUIS BARCA HERRERIA | 00:25:31 | 00:04:14 | 00:25:22 | 00:04:12 | | OLEIROS |
| 73 | 552 JOSE MARIA FERNANDEZ LOPEZ | 00:25:32 | 00:04:14 | 00:25:17 | 00:04:12 | | A CORUÑA |
| 74 | 171 MIGUEL GOMEZ C. | 00:25:33 | 00:04:14 | 00:25:21 | 00:04:12 | | O BURGO |
| 75 | 2206 PETER LINDLACHER | 00:25:36 | 00:04:15 | 00:25:25 | 00:04:13 | ECB SPORTS CLUB | FRANKFURT |
| 76 | 123 FRANCISCO JAVIER GARCIA PALLEIRO | 00:25:40 | 00:04:15 | 00:25:30 | 00:04:14 | | CULLEREDO |
| 77 | 2024 IVAN RIVADULLA ABAD | 00:25:41 | 00:04:15 | 00:25:32 | 00:04:14 | SCORPIO 71 | A CORUÑA |

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| 78 | 105 | JOSE MIGUEL BLANCO GOMEZ | 00:25:49 | 00:04:17 | 00:25:40 | 00:04:15 | TIRAMILLAS | VILABOA (CULLEREDO) |
| 79 | 4355 | JORGE DOMINGO CAPEÁNS DE LA PUENTE | 00:25:55 | 00:04:18 | 00:25:43 | 00:04:16 | | A CORUÑA |
| 80 | 919 | JOSÉ MANUEL MOSQUERA NOVOA | 00:25:56 | 00:04:18 | 00:25:41 | 00:04:16 | | CULLEREDO |
| 81 | 2053 | JHON JAIRO PEÑARANDA MENDOZA | 00:25:59 | 00:04:19 | 00:25:40 | 00:04:15 | | A CORUÑA |
| 82 | 215 | JORGE MOLINA SOMOZA | 00:26:03 | 00:04:19 | 00:26:01 | 00:04:19 | | CABANAS |
| 83 | 160 | GIOVANNI QUINTANS MELENDEZ | 00:26:06 | 00:04:20 | 00:26:02 | 00:04:19 | | LA CORUNA |
| 84 | 256 | DIEGO MANUEL MARTINEZ GONZALEZ | 00:26:07 | 00:04:20 | 00:25:43 | 00:04:16 | ATLETISMO A GANDARA MONFOR | MONFORTE DE LEMOS |
| 85 | 2396 | ALBERTO VERDES CASTRO | 00:26:08 | 00:04:20 | 00:26:01 | 00:04:19 | | MIERES |
| 86 | 2045 | CARLOS FERNANDEZ PAZOS | 00:26:13 | 00:04:21 | 00:26:10 | 00:04:20 | | MADRID |
| 87 | 3669 | JOSE RAMON CASTRO VILAS | 00:26:20 | 00:04:22 | 00:25:58 | 00:04:18 | | ARTEIXO |
| 88 | 384 | MANUEL PEDRE VAZQUEZ | 00:26:23 | 00:04:22 | 00:25:31 | 00:04:14 | NOSPORTLIMIT | A CORUÑA |
| 89 | 389 | CARLOS RAMAS FIUSA | 00:26:33 | 00:04:24 | 00:25:38 | 00:04:15 | NOSPORTLIMIT | A CORUÑA |
| 90 | 555 | ANGEL JOSE TURRION PEREIRO | 00:26:39 | 00:04:25 | 00:26:28 | 00:04:23 | | A CORUÑA |
| 91 | 181 | JUAN ANTONIO DOMINGUEZ LOPEZ | 00:26:40 | 00:04:25 | 00:26:34 | 00:04:24 | | A CORUÑA |
| 92 | 189 | NICOLAS GONZALEZ FERMOSE | 00:26:41 | 00:04:25 | 00:26:02 | 00:04:19 | | LA CORUÑA |
| 93 | 2225 | LUÍS DOMINGOS SIMÕES MATOS PIRES | 00:26:44 | 00:04:26 | 00:26:36 | 00:04:25 | GFD RUNNING | ESTORIL |
| 94 | 52 | JUAN REBOREDO RODRIGUEZ | 00:26:45 | 00:04:26 | 00:26:34 | 00:04:24 | CLUB ATLETISMO SADA | A CORUÑA |
| 95 | 193 | JOSE Mª RUBIO JIMENEZ DE LLANO | 00:26:45 | 00:04:26 | 00:26:41 | 00:04:25 | | LA CORUÑA |
| 96 | 63 | FEDERICO PORTO ARIAS | 00:26:49 | 00:04:27 | 00:26:41 | 00:04:25 | CLUB TRIATLON CORUÑA | A CORUÑA |
| 97 | 2064 | ANTONIO BLANCO VARELA | 00:26:54 | 00:04:28 | 00:26:47 | 00:04:27 | | MADRID |
| 98 | 424 | CARLOS OJEA CASTRO | 00:26:54 | 00:04:28 | 00:26:11 | 00:04:21 | NOSPORTLIMIT | A CORUÑA |
| 99 | 3024 | JUAN RUSO BEIRAS | 00:27:01 | 00:04:29 | 00:25:51 | 00:04:17 | | MILLADOIRO, AMES |
| 100 | 2042 | JOSÉ MANUEL LÓPEZ MIHURA | 00:27:04 | 00:04:29 | 00:26:23 | 00:04:22 | | A CORUÑA |
| 101 | 3855 | MIGUEL DURÁN | 00:27:04 | 00:04:29 | 00:26:05 | 00:04:20 | | A CORUÑA |
| 102 | 3742 | JESUS CEBREIROS GONZALEZ | 00:27:07 | 00:04:30 | 00:26:59 | 00:04:28 | | BERGONDO |
| 103 | 690 | MANUEL VILAS SANCHEZ | 00:27:11 | 00:04:30 | 00:27:01 | 00:04:29 | | A CORUÑA |
| 104 | 263 | FRANCISCO PETEIRO GRAÑA | 00:27:13 | 00:04:31 | 00:26:51 | 00:04:27 | ATLETISMO CLUB SOCIAL BANCO F | A CORUÑA |
| 105 | 177 | MARCOS ALVAREZ PATIÑO | 00:27:14 | 00:04:31 | 00:26:29 | 00:04:24 | | A CORUÑA |
| 106 | 3352 | TÓMAS INFANTE | 00:27:16 | 00:04:31 | 00:27:03 | 00:04:29 | | AMES |
| 107 | 2003 | ROBERTO RODRÍGUEZ ALDAO | 00:27:16 | 00:04:31 | 00:26:55 | 00:04:28 | ASOCIACIÓN DEPORTIVA JARNAC | ARTEIXO |
| 108 | 2062 | DANIEL FRAGA ROMERO | 00:27:16 | 00:04:31 | 00:27:13 | 00:04:31 | | A CORUÑA |
| 109 | 187 | IVÁN ROIBÁS BLANCO | 00:27:21 | 00:04:32 | 00:26:53 | 00:04:28 | | EL TEMPLE - CAMBRE |
| 110 | 174 | PABLO CUÑADO FERNANDEZ | 00:27:22 | 00:04:32 | 00:27:14 | 00:04:31 | | LA CORUÑA |
| 111 | 2432 | GONZALO SANJURJO POSE | 00:27:22 | 00:04:32 | 00:27:02 | 00:04:29 | | POZUELO DE ALARCON |
| 112 | 2405 | JOSE ANTONIO CANAL SUARDIAZ | 00:27:27 | 00:04:33 | 00:27:18 | 00:04:32 | | LA CORUÑA |
| 113 | 285 | JUAN CARLOS DOMINGUEZ GONDAR | 00:27:31 | 00:04:34 | 00:27:03 | 00:04:29 | C.D. RIA DE AROUSA | ARTEIXO |
| 114 | 3157 | MANUEL ÁNGEL JOVE SANTOS | 00:27:38 | 00:04:35 | 00:27:03 | 00:04:29 | | LA CORUÑA |
| 115 | 702 | RAMÓN GUITIÁN FERNÁNDEZ | 00:27:42 | 00:04:36 | 00:27:06 | 00:04:30 | | A CORUÑA |
| 116 | 165 | MIGUEL FLORES LOJO | 00:27:42 | 00:04:36 | 00:27:38 | 00:04:35 | | A CORUÑA |
| 117 | 190 | EVARISTO GONZALEZ JORGE | 00:27:43 | 00:04:36 | 00:27:32 | 00:04:34 | | OLEIROS |

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| 118 | 2471 ANTONIO ULLOA AYORA | 00:27:43 | 00:04:36 | 00:27:26 | 00:04:33 | | LA CORUÑA |
| 119 | 3013 JOSE MANUEL ULLOA AYORA | 00:27:44 | 00:04:36 | 00:27:27 | 00:04:33 | | LA CORUÑA |
| 120 | 4190 ANDRÉS GUINDA FERNANDEZ | 00:27:45 | 00:04:36 | 00:27:16 | 00:04:31 | | LA CORUÑA |
| 121 | 54 MANUEL DEL RIO VIZOSO | 00:27:48 | 00:04:37 | 00:27:42 | 00:04:36 | CLUB JUAN CASAS ESTILISTAS | PALMA DE MALLORCA |
| 122 | 822 MANUEL JAVIER MARCOS PIÑEIRO | 00:27:51 | 00:04:37 | 00:27:26 | 00:04:33 | | CAMBRE |
| 123 | 935 RICARDO AREA TEJEIRO | 00:27:55 | 00:04:38 | 00:27:34 | 00:04:34 | | A CORUÑA |
| 124 | 3016 DAVID PATO VÁZQUEZ | 00:27:57 | 00:04:38 | 00:27:21 | 00:04:32 | | A CORUÑA |
| 125 | 268 JOSE MOARES ESPÍNEIRA | 00:28:00 | 00:04:39 | 00:27:39 | 00:04:35 | ATLETISMO CLUB SOCIAL BANCO F EL TEMPLE.CAMBRE | |
| 126 | 85 SANTIAGO GARCIA GONZALEZ | 00:28:00 | 00:04:39 | 00:27:40 | 00:04:35 | NOSPORTLIMIT | A CORUÑA |
| 127 | 3864 FRANCISCO JAVIER REY CARRO | 00:28:02 | 00:04:39 | 00:25:41 | 00:04:16 | | BETANZOS |
| 128 | 559 JUAN GONZÁLEZ BLANCO | 00:28:08 | 00:04:40 | 00:27:41 | 00:04:35 | | A CORUÑA |
| 129 | 4418 JESUS MARIA ALVAREZ RODRIGUEZ | 00:28:15 | 00:04:41 | 00:27:33 | 00:04:34 | | A CORUÑA |
| 130 | 3151 JOSE MANUEL GUTIERREZ PORTELA | 00:28:17 | 00:04:41 | 00:26:21 | 00:04:22 | | POZUELO DE ALARCON |
| 131 | 2398 JORGE BARATA MARTINEZ | 00:28:17 | 00:04:41 | 00:27:30 | 00:04:34 | | A CORUÑA |
| 132 | 40 XESUS MANUEL SEGADÉ CAROU | 00:28:18 | 00:04:42 | 00:27:22 | 00:04:32 | CLUB ATLETISMO BOIMORTO | A CORUÑA |
| 133 | 129 RAMON RODRIGUEZ ENRIQUEZ | 00:28:20 | 00:04:42 | 00:27:43 | 00:04:36 | | O BURGO |
| 134 | 3621 ENRIQUE GARCIA LLORENTE | 00:28:24 | 00:04:43 | 00:26:36 | 00:04:25 | | BOADILLA DEL MONTE |
| 135 | 462 JOSE MANUEL PAZ CARREIRA | 00:28:25 | 00:04:43 | 00:26:32 | 00:04:24 | RUNNING OLEIROS | LA CORUÑA |
| 136 | 340 FELIX DE CASTRO RODRIGUEZ | 00:28:26 | 00:04:43 | 00:28:18 | 00:04:42 | ESCOLA ATLETISMO DEZA | A CORUÑA |
| 137 | 4140 JUAN CARLOS SUAREZ RIVERA | 00:28:31 | 00:04:44 | 00:28:12 | 00:04:41 | | GIJON |
| 138 | 216 IÑAKI DE SANTIAGO MARIN | 00:28:33 | 00:04:44 | 00:28:14 | 00:04:41 | | A CORUÑA |
| 139 | 365 IVAN CASTIÑEIRA ALVAREZ | 00:28:39 | 00:04:45 | 00:27:46 | 00:04:36 | MAISTROTE | A CORUÑA |
| 140 | 3265 CLAUDINO LEGIDE VÍLA | 00:28:42 | 00:04:46 | 00:27:52 | 00:04:37 | | LA CORUÑA |
| 141 | 712 JOSE ANGEL LORENZO RIVEIRO | 00:28:44 | 00:04:46 | 00:28:27 | 00:04:43 | | CULLEREDO |
| 142 | 3277 JOSE GONZÁLEZ SEOANE | 00:28:45 | 00:04:46 | 00:28:22 | 00:04:42 | | A CORUÑA |
| 143 | 2452 JOSE FRANCISCO VARELA VAL | 00:28:48 | 00:04:46 | 00:27:54 | 00:04:38 | | A CORUÑA |
| 144 | 2054 JESUS PIÑEIRO VAZQUEZ | 00:28:50 | 00:04:47 | 00:25:50 | 00:04:17 | | A CORUÑA |
| 145 | 451 BENITO BLANCO PEQUEÑO | 00:28:50 | 00:04:47 | 00:27:33 | 00:04:34 | PATUKOS TIM RANIN | O TEMPLE, CAMBRE |
| 146 | 130 PEPE DIEGO DURÁN | 00:28:52 | 00:04:47 | 00:28:42 | 00:04:46 | | A CORUÑA |
| 147 | 2541 JAVIER BARRENECHEA MARTÍNEZ - ALMOYNA | 00:28:57 | 00:04:48 | 00:27:37 | 00:04:35 | | BOADILLA DEL MONTE |
| 148 | 4357 CARLOS AMEIJENDA | 00:28:58 | 00:04:48 | 00:28:46 | 00:04:46 | | A CORUÑA |
| 149 | 2670 IGNACIO CABANAS LOPEZ | 00:28:59 | 00:04:48 | 00:28:17 | 00:04:41 | | A CORUÑA |
| 150 | 461 PEDRO PETEIRO ROSENDE | 00:29:00 | 00:04:49 | 00:28:46 | 00:04:46 | RUNNING OLEIROS | A CORUÑA |
| 151 | 43 JUAN MÉNDEZ LÓPEZ | 00:29:02 | 00:04:49 | 00:28:53 | 00:04:47 | CLUB ATLETISMO SADA | SADA |
| 152 | 558 JAVIER GRUEIRO BOUZA | 00:29:03 | 00:04:49 | 00:27:44 | 00:04:36 | | A CORUÑA |
| 153 | 25 ALBERTO PARDO FERNANDEZ | 00:29:03 | 00:04:49 | 00:27:53 | 00:04:37 | ATLETISMO CORUÑA COMARCA | A CORUÑA |
| 154 | 175 ANTONIO ARMENTIA GALAN | 00:29:11 | 00:04:50 | 00:28:20 | 00:04:42 | | A CORUÑA |
| 155 | 3949 GERMAN ROJO CASTRO | 00:29:14 | 00:04:51 | 00:28:35 | 00:04:44 | | A CORUÑA |
| 156 | 333 JUAN MANUEL TABOADA BARREIRO | 00:29:24 | 00:04:52 | 00:29:11 | 00:04:50 | CLUBE ATLETISMO BOIMORTO | CURTIS |
| 157 | 1034 JOAQUIN PIÑOL CHAS | 00:29:25 | 00:04:53 | 00:28:31 | 00:04:44 | | CARRAL |

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| 158 | 616 | CARLOS CORTES REY | 00:29:27 | 00:04:53 | 00:27:01 | 00:04:29 | A CORUÑA |
| 159 | 2433 | JOSE MANUEL IGLESIAS RUMBO | 00:29:27 | 00:04:53 | 00:28:38 | 00:04:45 | ARDONCINO |
| 160 | 201 | BERNARDO BARREIRO CARRASCO | 00:29:34 | 00:04:54 | 00:29:10 | 00:04:50 | A CORUÑA |
| 161 | 4422 | FRANCISCO JAVIER LAVANDEIRA MEIJIDE | 00:29:40 | 00:04:55 | 00:28:21 | 00:04:42 | |
| 162 | 3468 | RICARDO BUJÁN FRANCESCH | 00:29:42 | 00:04:55 | 00:28:32 | 00:04:44 | A CORUÑA |
| 163 | 565 | JUAN J. BARREIRO PEREZ | 00:29:43 | 00:04:56 | 00:28:27 | 00:04:43 | LA CORUÑA |
| 164 | 681 | NACHO PEREIRA NAVAZA | 00:29:44 | 00:04:56 | 00:27:25 | 00:04:33 | CARBALLO |
| 165 | 543 | A. JAVIER FIDALGO RODRÍGUEZ | 00:29:46 | 00:04:56 | 00:28:21 | 00:04:42 | A CORUÑA |
| 166 | 2456 | JOSE A. CASTELO FARIÑA | 00:29:53 | 00:04:57 | 00:29:25 | 00:04:53 | LA CORUÑA |
| 167 | 4273 | ANDRES LOPEZ SUAREZ | 00:29:56 | 00:04:58 | 00:28:45 | 00:04:46 | NARON |
| 168 | 635 | GUSTAVO SANCHEZ ARES | 00:29:58 | 00:04:58 | 00:28:43 | 00:04:46 | A CORUÑA |
| 169 | 4444 | JUAN DIEGO CAÑAS SANTISO | 00:29:59 | 00:04:58 | 00:29:21 | 00:04:52 | A CORUÑA |
| 170 | 409 | DANIEL MARCOS ESMORIS ARRANZ | 00:29:59 | 00:04:58 | 00:29:26 | 00:04:53 | NOSPORTLIMIT O TEMPLE, CAMBRE |
| 171 | 2515 | LUIS MANUEL MARTÍNEZ CARRILLO | 00:30:00 | 00:04:58 | 00:28:25 | 00:04:43 | CULLEREDO |
| 172 | 2376 | PEDRO DAVID SANCHEZ SANCHEZ | 00:30:03 | 00:04:59 | 00:27:52 | 00:04:37 | CULLEREDO |
| 173 | 551 | REYNALDO BOTANA JIMENEZ | 00:30:06 | 00:04:59 | 00:28:21 | 00:04:42 | CARRAL |
| 174 | 496 | OSCAR BARALLOBRE EIROA | 00:30:08 | 00:05:00 | 00:29:44 | 00:04:56 | TRIATLON MOTOBIKE PONTEVEDR OLEIROS A CORUÑA |
| 175 | 2001 | ENRIQUE OCHOA FERNANDEZ | 00:30:13 | 00:05:01 | 00:28:37 | 00:04:45 | A.D.JARNACHAS. ARTEIXO |
| 176 | 334 | DANIEL LEDO NEIRA | 00:30:13 | 00:05:01 | 00:28:36 | 00:04:45 | COMPAÑÍA DE TRANVÍAS DE LA CC MEICENDE |
| 177 | 4154 | EMILIO FERNÁNDEZ SUÁREZ | 00:30:14 | 00:05:01 | 00:27:40 | 00:04:35 | LA CORIÑA |
| 178 | 75 | JAVIER CUIÑA BALADO | 00:30:15 | 00:05:01 | 00:27:40 | 00:04:35 | INDRA RUNNERS A CORUÑA |
| 179 | 2122 | JUAN CARLOS RODILES CASTANEDO | 00:30:19 | 00:05:02 | 00:30:10 | 00:05:00 | ATLETISMO CLUB SOCIAL BANCO F OLEIROS |
| 180 | 2160 | FERNANDO ARNAIZ RUBIO | 00:30:25 | 00:05:03 | 00:30:01 | 00:04:59 | CLUB ATLETISMO SADA OLEIROS |
| 181 | 2159 | FERNANDO DÍAZ PARDO | 00:30:28 | 00:05:03 | 00:30:05 | 00:04:59 | CLUB ATLETISMO SADA SADA |
| 182 | 2503 | EDUARDO RIAL DEL RIO | 00:30:29 | 00:05:03 | 00:30:00 | 00:04:58 | A CORUÑA |
| 183 | 2542 | GONZALO POZO FERNÁNDEZ | 00:30:32 | 00:05:04 | 00:29:32 | 00:04:54 | A CORUÑA |
| 184 | 2543 | JOSE MANUEL GARCIA CALVO | 00:30:34 | 00:05:04 | 00:28:29 | 00:04:43 | A CORUÑA |
| 185 | 2548 | MARCCO ANTONIO GARCÍA ARIAS | 00:30:34 | 00:05:04 | 00:29:18 | 00:04:52 | A CORUÑA |
| 186 | 4184 | ALBERTO MARIMÓN ABAD | 00:30:35 | 00:05:04 | 00:29:51 | 00:04:57 | MADRID |
| 187 | 1125 | JORGE JOSE RICO RICO | 00:30:36 | 00:05:04 | 00:30:15 | 00:05:01 | PADERNE |
| 188 | 908 | JUAN RAMON GARCÍA REGUEIRA | 00:30:37 | 00:05:04 | 00:29:21 | 00:04:52 | A CORUÑA |
| 189 | 2646 | FRANCISCO OMIL PRIETO | 00:30:38 | 00:05:05 | 00:30:15 | 00:05:01 | CAMBRE |
| 190 | 2465 | FRANCISCO JAVIER GARCÍA-TIZÓN GONZÁLEZ | 00:30:41 | 00:05:05 | 00:29:46 | 00:04:56 | A CORUÑA |
| 191 | 3375 | OSCAR SANCHEZ VELASCO | 00:30:41 | 00:05:05 | 00:30:29 | 00:05:03 | LA CORUÑA |
| 192 | 641 | ANTONIO MANUEL VILLAR TEIJIDO | 00:30:43 | 00:05:06 | 00:30:18 | 00:05:01 | A CORUÑA |
| 193 | 4274 | GIOVANNI LAZARI | 00:30:45 | 00:05:06 | 00:29:47 | 00:04:56 | A CORUÑA |
| 194 | 3044 | OSCAR ROSENDE ABRODOS | 00:30:46 | 00:05:06 | 00:28:13 | 00:04:41 | A CORUÑA |
| 195 | 4157 | EDUARDO REY MANCILLA | 00:30:47 | 00:05:06 | 00:30:29 | 00:05:03 | SADA |
| 196 | 2072 | GONZALO VÁZQUEZ VÁZQUEZ | 00:30:49 | 00:05:07 | 00:29:06 | 00:04:49 | A CORUÑA |
| 197 | 3183 | JOAQUÍN GARMA CASTRO | 00:30:49 | 00:05:07 | 00:30:14 | 00:05:01 | BETANZOS |

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| 198 | 520 FRANCISCO JAVIER UCHA DE LA BARRERA | 00:30:51 | 00:05:07 | 00:29:57 | 00:04:58 | | A CORUÑA |
| 199 | 734 FRANCISCO JAVIER VARELA MAZAS | 00:30:51 | 00:05:07 | 00:29:56 | 00:04:58 | | A CORUÑA |
| 200 | 2617 DAVID CABAÑO FERNANDEZ | 00:31:00 | 00:05:08 | 00:29:55 | 00:04:58 | | A CORUÑA |
| 201 | 857 JOSE IGNACIO MARTINEZ MARTINEZ | 00:31:07 | 00:05:09 | 00:30:03 | 00:04:59 | | A CORUÑA |
| 202 | 3160 DOMINGO TOMÁS PORTA VALES | 00:31:10 | 00:05:10 | 00:28:18 | 00:04:41 | | A CORUÑA |
| 203 | 2259 ALEXIS FERNANDEZ FERRERA | 00:31:15 | 00:05:11 | 00:30:26 | 00:05:03 | MACA | A CORUÑA |
| 204 | 582 JOSE LUIS MELLA MAROÑO | 00:31:15 | 00:05:11 | 00:28:14 | 00:04:41 | | A CORUÑA |
| 205 | 2557 JOSE LUIS RAMALLAL | 00:31:16 | 00:05:11 | 00:30:36 | 00:05:04 | | LA CORUÑA |
| 206 | 2496 ALBERTO VENCE CORTON | 00:31:16 | 00:05:11 | 00:30:08 | 00:05:00 | | A CORUÑA |
| 207 | 2382 MIGUEL ANGEL SERANTES BLANCO | 00:31:16 | 00:05:11 | 00:30:08 | 00:05:00 | | NARON |
| 208 | 411 ROBERTO PEREZ Y OSUNA | 00:31:17 | 00:05:11 | 00:30:07 | 00:05:00 | NOSPORTLIMIT | A CORUÑA |
| 209 | 2528 ALEJANDRO GARCIA MENDEZ | 00:31:21 | 00:05:12 | 00:30:01 | 00:04:59 | | LA CORUÑA |
| 210 | 3858 ALBERTO ROMAN FREIRE | 00:31:21 | 00:05:12 | 00:30:24 | 00:05:02 | | LA CORUÑA |
| 211 | 3712 MIGUEL ANGEL PEÑALVA ARIGITA | 00:31:25 | 00:05:12 | 00:28:39 | 00:04:45 | | LA CORUÑA |
| 212 | 450 DANIEL CIUDAD CENDÁN | 00:31:28 | 00:05:13 | 00:29:02 | 00:04:49 | PATUKOS TIM RANIN | CORUÑA |
| 213 | 453 RUBÉN DARÍO HIDALGO MARTÍNEZ | 00:31:28 | 00:05:13 | 00:29:21 | 00:04:52 | RATONES COLORAOS | CORUÑA |
| 214 | 2599 FEDERICO COBOS MOLINA | 00:31:29 | 00:05:13 | 00:30:42 | 00:05:05 | | MADRID |
| 215 | 3479 JUAN AGUADO | 00:31:29 | 00:05:13 | 00:30:23 | 00:05:02 | | LA CORUÑA |
| 216 | 2385 PABLO PAZ URRIBARRI | 00:31:35 | 00:05:14 | 00:29:22 | 00:04:52 | | SANTIAGO DE COMPOSTELA |
| 217 | 596 MARCOS CAO BOEDO | 00:31:36 | 00:05:14 | 00:28:57 | 00:04:48 | | A CORUÑA |
| 218 | 4053 VICTOR GUZMAN SIERRA | 00:31:36 | 00:05:14 | 00:29:22 | 00:04:52 | | POZUELO |
| 219 | 2143 ALBERTO MANTEIGA | 00:31:37 | 00:05:14 | 00:29:19 | 00:04:52 | CAIMANES BETANZOS | BETANZOS |
| 220 | 3715 MIGUEL PLATA HIERRO | 00:31:37 | 00:05:15 | 00:28:51 | 00:04:47 | | LA CORUÑA |
| 221 | 3872 ALVARO FERNANDEZ CELEMIN | 00:31:37 | 00:05:15 | 00:28:40 | 00:04:45 | | VALENCIA |
| 222 | 862 ROBERTO VARELA NAVEIRA | 00:31:47 | 00:05:16 | 00:31:10 | 00:05:10 | | O BURGO - CULLEREDO |
| 223 | 2032 JOSE RAMON RODRIGUEZ VILELA | 00:31:47 | 00:05:16 | 00:30:10 | 00:05:00 | | A CORUÑA |
| 224 | 331 JUAN BAUTISTA GÓMEZ-PORTALES GONZÁLEZ | 00:31:48 | 00:05:16 | 00:29:22 | 00:04:52 | CLUB TRIATLÓN CORUÑA | A CORUÑA |
| 225 | 999 MIGUEL ANGEL VILARIÑO NUÑEZ | 00:31:50 | 00:05:17 | 00:31:27 | 00:05:13 | | LA CORUÑA |
| 226 | 2457 SANTIAGO ABA GARROTE | 00:31:50 | 00:05:17 | 00:29:46 | 00:04:56 | | A CORUÑA |
| 227 | 4161 IGNACIO MARTINEZ DOPICO | 00:31:50 | 00:05:17 | 00:31:16 | 00:05:11 | | A CORUÑA |
| 228 | 898 JOSE MARIA REIGOSA MARTINEZ | 00:31:54 | 00:05:17 | 00:30:11 | 00:05:00 | | A CORUÑA |
| 229 | 3036 JULIO VICENTE BERMÚDEZ MARTÍNEZ | 00:31:55 | 00:05:17 | 00:28:42 | 00:04:45 | | A CORUÑA |
| 230 | 2140 VÍCTOR NÚÑEZ RODRÍGUEZ | 00:31:57 | 00:05:18 | 00:30:05 | 00:04:59 | C.B. XERION, SECCIÓN DE TROTAD | A CORUÑA |
| 231 | 2149 JOSE LUIS CASTRO MARTINEZ | 00:31:59 | 00:05:18 | 00:30:33 | 00:05:04 | CC RIAZOR | OLEIROS |
| 232 | 863 ALBERTO MANTIÑÁN PERNAS | 00:32:01 | 00:05:18 | 00:30:40 | 00:05:05 | | LA CORUÑA |
| 233 | 2060 FERNANDO REY FIGUEIRAS | 00:32:03 | 00:05:19 | 00:29:28 | 00:04:53 | | OLEIROS |
| 234 | 902 PABLO COBAS SANDE | 00:32:06 | 00:05:19 | 00:31:14 | 00:05:11 | | A CORUÑA |
| 235 | 459 JOSÉ ANTONIO SAAVEDRA PAZOS | 00:32:06 | 00:05:19 | 00:30:54 | 00:05:07 | RUNAWAYS | A CORUÑA |
| 236 | 4304 JOSE MARTINEZ ZAS | 00:32:07 | 00:05:19 | 00:29:59 | 00:04:58 | | ARTEIXO |
| 237 | 561 PABLO BUCETA BLANCO | 00:32:13 | 00:05:20 | 00:29:02 | 00:04:49 | | CULLEREDO |

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| 238 | 956 RUBEN FERNANDEZ VAZQUEZ | 00:32:14 | 00:05:21 | 00:31:16 | 00:05:11 | | LA CORUÑA |
| 239 | 2810 CARLOS FERNÁNDEZ MUIÑOS | 00:32:18 | 00:05:21 | 00:29:54 | 00:04:57 | | MEIRÁS-SADA |
| 240 | 2774 DAVID GARCIA DEBER | 00:32:18 | 00:05:21 | 00:30:34 | 00:05:04 | | LA CORUÑA |
| 241 | 1130 CARLOS CARBALLO FELPETE | 00:32:22 | 00:05:22 | 00:30:39 | 00:05:05 | | CORUÑA |
| 242 | 3035 BRUNO LÓPEZ FERREIRO | 00:32:23 | 00:05:22 | 00:31:32 | 00:05:14 | | A CORUÑA |
| 243 | 707 JOSÉ CARLOS QUINTÁS MACEIRAS | 00:32:23 | 00:05:22 | 00:30:18 | 00:05:01 | | CORUÑA |
| 244 | 2338 JOSE GUSTAVO JALLAS AMIGO | 00:32:27 | 00:05:23 | 00:31:48 | 00:05:16 | | A CORUÑA |
| 245 | 4106 DANIEL CORREA GARCÍA | 00:32:28 | 00:05:23 | 00:31:29 | 00:05:13 | | A CORUÑA |
| 246 | 2691 MANUEL ALBERTO GÓMEZ SUÁREZ | 00:32:28 | 00:05:23 | 00:31:29 | 00:05:13 | | A CORUÑA |
| 247 | 477 ROBERTO PABLO JALLAS AMIGO | 00:32:28 | 00:05:23 | 00:31:47 | 00:05:16 | SAUNIER DOUVAL | A CORUÑA |
| 248 | 2421 MIGUEL ANTONIO JIMENEZ MACIAS | 00:32:30 | 00:05:23 | 00:29:45 | 00:04:56 | | LA CORUÑA |
| 249 | 3305 JUAN JOSÉ NAYA CEIDE | 00:32:32 | 00:05:24 | 00:32:00 | 00:05:18 | | A CORUÑA |
| 250 | 3885 FERNANDO PEREIRA SUAZO | 00:32:34 | 00:05:24 | 00:32:06 | 00:05:19 | | MAJADAHONDA |
| 251 | 670 JOSE LUIS VILLAR MORCILLO | 00:32:35 | 00:05:24 | 00:32:14 | 00:05:21 | | A CORUÑA |
| 252 | 2518 BORJA PÉREZ GÓMEZ | 00:32:36 | 00:05:24 | 00:31:02 | 00:05:09 | | VALDEMORO |
| 253 | 711 ALFREDO GARRIDO MANTEIGA | 00:32:37 | 00:05:24 | 00:31:52 | 00:05:17 | | CULLEREDO |
| 254 | 172 OSCAR BALSA SANCHEZ | 00:32:38 | 00:05:25 | 00:29:46 | 00:04:56 | | A CORUÑA |
| 255 | 2276 ANTONIO FUENTES SEOANE | 00:32:42 | 00:05:25 | 00:31:15 | 00:05:11 | O SILBATO | CULLEREDO |
| 256 | 4039 ANDREW MATHISON | 00:32:45 | 00:05:26 | 00:30:41 | 00:05:05 | | A CORUÑA |
| 257 | 2533 SERGIO CEMBRANOS IGLESIAS | 00:32:47 | 00:05:26 | 00:31:33 | 00:05:14 | | LARACHA |
| 258 | 715 EMILIO RODRIGUEZ LOPEZ | 00:32:48 | 00:05:26 | 00:32:01 | 00:05:18 | | CORNELLÀ DE LLOBREGAT |
| 259 | 2858 LUIS DEL POZO RIVAS | 00:32:49 | 00:05:26 | 00:30:02 | 00:04:59 | | MADRID |
| 260 | 2663 JOSÉ MANUEL PÉREZ MASIDE | 00:32:49 | 00:05:26 | 00:30:53 | 00:05:07 | | LA CORUÑA |
| 261 | 2340 PABLO RIFÓN LASTRA | 00:32:51 | 00:05:27 | 00:29:37 | 00:04:55 | | O BURGO |
| 262 | 388 MARCOS SEOANE VILARIÑO | 00:32:53 | 00:05:27 | 00:30:23 | 00:05:02 | NOSPORTLIMIT | LA CORUÑA |
| 263 | 4417 JESUS ESPASANDIN LOPEZ | 00:32:53 | 00:05:27 | 00:30:16 | 00:05:01 | | A CORUÑA |
| 264 | 1121 MANUEL VAAMONDE MOURAZOS | 00:32:54 | 00:05:27 | 00:32:28 | 00:05:23 | | NAVIA |
| 265 | 801 SANTIAGO MOROÑO ARENAS | 00:32:55 | 00:05:27 | 00:32:35 | 00:05:24 | | SANTIAGO DE COMPOSTELA |
| 266 | 3940 JOSE LUIS LOSADA CALVIÑO | 00:33:05 | 00:05:29 | 00:30:27 | 00:05:03 | | A CORUÑA |
| 267 | 2078 MAURO VARELA PINTOS | 00:33:08 | 00:05:30 | 00:31:20 | 00:05:12 | | LUGO |
| 268 | 3823 LUIS GARCIA | 00:33:12 | 00:05:30 | 00:31:18 | 00:05:11 | | A CORUÑA |
| 269 | 4118 MANUEL PARDO ROADE | 00:33:19 | 00:05:31 | 00:30:31 | 00:05:03 | | A CORUÑA |
| 270 | 728 JOSE ANGEL MARTINEZ ABAD | 00:33:19 | 00:05:31 | 00:30:30 | 00:05:03 | | A CORUÑA |
| 271 | 846 JAIME REGUEIRO YEBRA | 00:33:20 | 00:05:32 | 00:32:41 | 00:05:25 | | OLEIROS |
| 272 | 756 JOSE ANTONIO MARTÍNEZ LEMA | 00:33:21 | 00:05:32 | 00:30:14 | 00:05:01 | | A CORUÑA |
| 273 | 81 DAVID ESCUDERO DANS | 00:33:22 | 00:05:32 | 00:30:16 | 00:05:01 | NOSPORTLIMIT | A CORUÑA |
| 274 | 3186 MARCO ANTONIO PIRIZ VERDURA | 00:33:23 | 00:05:32 | 00:31:39 | 00:05:15 | | CAMBRE |
| 275 | 735 CARLOS ARMENTEROS LEÓN | 00:33:23 | 00:05:32 | 00:32:11 | 00:05:20 | | A CORUÑA |
| 276 | 4488 ANTONIO MOREIRA | 00:33:26 | 00:05:32 | 00:32:46 | 00:05:26 | | A CORUÑA |
| 277 | 3046 IVÁN FRADE GARCÍA | 00:33:27 | 00:05:33 | 00:31:46 | 00:05:16 | | A CORUÑA |

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| 278 | 4382 JOSE MANUEL MEDRANO GARCIA | 00:33:31 | 00:05:33 | 00:32:55 | 00:05:27 | | MADRID |
| 279 | 585 REINALDO GONZALEZ PEDREIRA | 00:33:32 | 00:05:33 | 00:31:11 | 00:05:10 | | A CORUÑA |
| 280 | 991 JOSE M SANDE GIL | 00:33:35 | 00:05:34 | 00:30:06 | 00:04:59 | | A CORUÑA |
| 281 | 976 JOSÉ ANTONIO VÁZQUEZ FREIRE | 00:33:38 | 00:05:35 | 00:32:52 | 00:05:27 | | O BURGO |
| 282 | 507 LUIS ANTONIO GARCIA | 00:33:40 | 00:05:35 | 00:32:50 | 00:05:27 | | CHANTADA |
| 283 | 4503 JOSE CARLOS CANDAL RIVERA | 00:33:40 | 00:05:35 | 00:30:22 | 00:05:02 | | |
| 284 | 444 MIGUEL DEZA RODRIGUEZ | 00:33:41 | 00:05:35 | 00:32:24 | 00:05:22 | PATUKOS | A CORUÑA |
| 285 | 3956 ANTONIO JESÚS DÍAZ SÁNCHEZ | 00:33:45 | 00:05:36 | 00:31:00 | 00:05:08 | | MÁLAGA |
| 286 | 312 ALEJANDRO BARREIRO BARRAL | 00:33:45 | 00:05:36 | 00:30:57 | 00:05:08 | CLUB ATLETISMO SADA | LIANS - OLEIROS |
| 287 | 3976 JUAN FERNANDO PREGO MOSQUERA | 00:33:46 | 00:05:36 | 00:31:51 | 00:05:17 | | LA CORUÑA |
| 288 | 2173 ALBERTO DOPAZO HOLGADO | 00:33:48 | 00:05:36 | 00:33:22 | 00:05:32 | CLUB ATLETISMO SADA | SADA |
| 289 | 938 MANUEL MANTEIGA MATEO | 00:33:48 | 00:05:36 | 00:32:49 | 00:05:26 | | A CORUÑA |
| 290 | 4193 IGNACIO LAVILLA GARRIDO | 00:33:48 | 00:05:36 | 00:31:51 | 00:05:17 | | A CORUÑA |
| 291 | 700 CARLOS MOSQUERA MONTERO | 00:33:49 | 00:05:36 | 00:32:15 | 00:05:21 | | A CORUÑA |
| 292 | 204 FRANCISCO FERNANDEZ GARCIA | 00:33:50 | 00:05:36 | 00:31:21 | 00:05:12 | | LA CORUÑA |
| 293 | 3193 MANUEL VALCÁRCEL DÍAZ | 00:33:50 | 00:05:36 | 00:31:00 | 00:05:08 | | CULLEREDO |
| 294 | 656 PEDRO ENRIQUE FAGINAS SANCHEZ | 00:33:52 | 00:05:37 | 00:32:39 | 00:05:25 | | CULLEREDO |
| 295 | 463 DANIEL VÁZQUEZ BRUÑA | 00:33:53 | 00:05:37 | 00:31:04 | 00:05:09 | RUNNING OLEIROS | PERILLO |
| 296 | 4338 MANUEL LORENZO FERNÁNDEZ | 00:33:54 | 00:05:37 | 00:32:54 | 00:05:27 | | LA CORUÑA |
| 297 | 654 PEDRO DOMINGUEZ ALLEGUE | 00:34:00 | 00:05:38 | 00:31:41 | 00:05:15 | | CEUTA |
| 298 | 2552 ANTONIO SANZ GOMEZ | 00:34:02 | 00:05:38 | 00:32:02 | 00:05:19 | | LA CORUÑA |
| 299 | 148 VÍCTOR MANUEL FRANCOS VÁZQUEZ | 00:34:04 | 00:05:39 | 00:33:46 | 00:05:36 | | A CORUÑA |
| 300 | 3566 JORDI CAMPRUBI ESTEBO | 00:34:04 | 00:05:39 | 00:31:45 | 00:05:16 | | OLEIROS |
| 301 | 325 JOSE MANUEL LOPEZ CAAMAÑO | 00:34:06 | 00:05:39 | 00:32:07 | 00:05:19 | CLUB DEL MAR | A CORUÑA |
| 302 | 4508 FRANCISCO JAVIER GONZALEZ REIGOSA | 00:34:06 | 00:05:39 | 00:32:23 | 00:05:22 | | |
| 303 | 697 JUAN MANUEL CANO ACEVEDO | 00:34:07 | 00:05:39 | 00:32:22 | 00:05:22 | | EL TEMPLE (CAMBRE) |
| 304 | 2373 JULIO PEREZ BOGA | 00:34:08 | 00:05:39 | 00:32:40 | 00:05:25 | | A CORUÑA |
| 305 | 3421 ANGEL ABELLEIRA ZATARAIN | 00:34:08 | 00:05:39 | 00:32:39 | 00:05:25 | | ALGECIRAS |
| 306 | 661 EMILIO J. PONTE BARBEITO | 00:34:09 | 00:05:40 | 00:33:20 | 00:05:32 | | A CORUÑA |
| 307 | 733 JOSÉ ALBERTO LODEIRO SÁNCHEZ | 00:34:09 | 00:05:40 | 00:32:05 | 00:05:19 | | A CORUÑA |
| 308 | 4314 ENRIQUE MINGOTE RODRIGUEZ | 00:34:12 | 00:05:40 | 00:30:30 | 00:05:03 | | A CORUÑA |
| 309 | 3120 MANUEL GARCIA FEIJOO | 00:34:14 | 00:05:41 | 00:33:32 | 00:05:34 | | LA CORUÑA |
| 310 | 3168 JOSE JAVIER RAMOS ULLOA | 00:34:14 | 00:05:41 | 00:31:08 | 00:05:10 | | OLEIROS |
| 311 | 2538 MIGUEL GARCIA RODRIGUEZ | 00:34:17 | 00:05:41 | 00:32:45 | 00:05:26 | | A CORUÑA |
| 312 | 3763 JOAQUIN MARTINEZ ROMERO | 00:34:18 | 00:05:41 | 00:31:57 | 00:05:18 | | LA CORUÑA |
| 313 | 3414 ÁLVARO GARCÍA-ROZADO | 00:34:19 | 00:05:41 | 00:33:28 | 00:05:33 | | CORUÑA |
| 314 | 2439 JOSÉ JUAN PÉREZ PAZ | 00:34:19 | 00:05:41 | 00:31:28 | 00:05:13 | | A CORUÑA |
| 315 | 4475 MANUEL RASO ETCHEVERS | 00:34:22 | 00:05:42 | 00:33:26 | 00:05:33 | | |
| 316 | 2600 JORGE GARCÍA RODRÍGUEZ | 00:34:24 | 00:05:42 | 00:32:52 | 00:05:27 | | A CORUÑA |
| 317 | 3112 CARLOS FACAL DOMINGUEZ | 00:34:25 | 00:05:42 | 00:32:32 | 00:05:24 | | A CORVEIRA |

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| 318 | 3026 DIEGO CONDE GARCÍA | 00:34:26 | 00:05:42 | 00:33:02 | 00:05:28 | A CORUÑA |
| 319 | 2625 JORGE CASTRO VAZQUEZ | 00:34:26 | 00:05:42 | 00:33:02 | 00:05:29 | CULLEREDO |
| 320 | 2626 ROBERTO TABOADA PATIÑO | 00:34:26 | 00:05:43 | 00:33:02 | 00:05:28 | CAMBRE |
| 321 | 2356 JAIME LOSADA SANZ | 00:34:27 | 00:05:43 | 00:31:00 | 00:05:08 | A CORUÑA |
| 322 | 788 JOSE ANTONIO MONTERO DOMINGUEZ | 00:34:28 | 00:05:43 | 00:31:18 | 00:05:11 | A CORUÑA |
| 323 | 3337 JUAN TIRSO LOPEZ LOZANO | 00:34:30 | 00:05:43 | 00:32:58 | 00:05:28 | A CORUÑA |
| 324 | 2789 ALEX PÉREZ NOVIO | 00:34:32 | 00:05:43 | 00:33:43 | 00:05:35 | BURGOS |
| 325 | 1055 SEGUNDO EIRAS SÁNCHEZ | 00:34:34 | 00:05:44 | 00:32:13 | 00:05:20 | LA CORUÑA |
| 326 | 4030 LUIS ALBERTO FERNÁNDEZ PARADA | 00:34:37 | 00:05:44 | 00:34:08 | 00:05:39 | CAMBRE |
| 327 | 652 SERVANDO OTERO PUENTE | 00:34:39 | 00:05:45 | 00:32:14 | 00:05:21 | SADA |
| 328 | 651 JOSE ANGEL MARCOS MARCOS | 00:34:40 | 00:05:45 | 00:32:15 | 00:05:21 | A CORUÑA |
| 329 | 2295 FRANCISCO VAZQUEZ DE LA IGLESIA | 00:34:40 | 00:05:45 | 00:31:46 | 00:05:16 | RUNAWAYS LA CORUÑA |
| 330 | 3021 JOSE ORLANDO FARIÑA CASTILLO | 00:34:42 | 00:05:45 | 00:31:39 | 00:05:15 | PONTEDEUME |
| 331 | 2913 ESTEBAN NAYA CAGIAO | 00:34:51 | 00:05:47 | 00:32:32 | 00:05:24 | A CORUÑA |
| 332 | 2728 ANTONIO JAVIER HERNÁNDEZ GARCÍA | 00:34:51 | 00:05:47 | 00:34:33 | 00:05:44 | A CORUÑA |
| 333 | 3847 FELIX GIRALDEZ | 00:34:53 | 00:05:47 | 00:32:36 | 00:05:24 | MADRID |
| 334 | 378 PABLO RODRIGUEZ-LORASQUE VAZQUEZ | 00:34:57 | 00:05:48 | 00:31:36 | 00:05:14 | NOSPORLIMIT-TREK GALICIA A CORUÑA |
| 335 | 2575 JUAN IGNACIO GARCÍA RAMA | 00:35:02 | 00:05:48 | 00:33:42 | 00:05:35 | CARBALLO |
| 336 | 2576 JOSÉ RAMÓN TORRES FREIRE | 00:35:02 | 00:05:48 | 00:33:42 | 00:05:35 | VIGO |
| 337 | 2504 NACHO GUILLIN CUBA | 00:35:10 | 00:05:50 | 00:34:36 | 00:05:44 | A CORUÑA |
| 338 | 2015 VICENTE RAMON ARES MENDEZ | 00:35:10 | 00:05:50 | 00:34:35 | 00:05:44 | EQUIPO MANS A CORUÑA |
| 339 | 2506 JOSE FRANCISCO BARCA DE LA FUENTE | 00:35:11 | 00:05:50 | 00:34:37 | 00:05:44 | LA CORUÑA |
| 340 | 2026 GUILLERMO VERGARA MUÑOZ | 00:35:11 | 00:05:50 | 00:34:36 | 00:05:44 | VERGARA PERILLO |
| 341 | 2190 JOSE MANUEL CORBAL DEBÉN | 00:35:11 | 00:05:50 | 00:34:37 | 00:05:44 | CLUB RIALTO A CORUÑA |
| 342 | 2505 VÍCTOR MANUEL GARCÍA RODRÍGUEZ | 00:35:11 | 00:05:50 | 00:34:35 | 00:05:44 | OLEIROS |
| 343 | 3345 JACOBO CONCHA VAZQUEZ | 00:35:12 | 00:05:50 | 00:32:05 | 00:05:19 | MADRID |
| 344 | 3599 MARCELO OVIEDO ESPILOCIN | 00:35:14 | 00:05:50 | 00:34:05 | 00:05:39 | LA CORUÑA |
| 345 | 2721 ALBERTO FERNANDEZ GARCIA | 00:35:14 | 00:05:50 | 00:34:06 | 00:05:39 | A CORUÑA |
| 346 | 769 BORIS MOSQUERA | 00:35:15 | 00:05:51 | 00:34:04 | 00:05:39 | A CORUÑA |
| 347 | 594 SANTIAGO EIRIS LOPEZ | 00:35:16 | 00:05:51 | 00:32:06 | 00:05:19 | A CORUÑA |
| 348 | 4180 ROBERTO PAMPIN PAMPIN | 00:35:16 | 00:05:51 | 00:33:37 | 00:05:34 | LA CORUÑA |
| 349 | 4472 CARLOS ESCUDERO CASCON | 00:35:16 | 00:05:51 | 00:31:51 | 00:05:17 | A CORUÑA |
| 350 | 361 JOSE ENRIQUE ALVAREZ PEREZ | 00:35:17 | 00:05:51 | 00:31:50 | 00:05:17 | LEONES RUNNING TEAM CORUÑA LA CORUÑA |
| 351 | 3089 ANTONIO BELLO DIAZ | 00:35:18 | 00:05:51 | 00:33:50 | 00:05:37 | LA CORUÑA |
| 352 | 3820 CARLOS PASTOR ARMESTO | 00:35:18 | 00:05:51 | 00:34:11 | 00:05:40 | LA CORUÑA |
| 353 | 2522 CAMILO BLANCO | 00:35:19 | 00:05:51 | 00:32:16 | 00:05:21 | A CORUÑA |
| 354 | 4464 MIGUEL MOSQUERA MONTERO | 00:35:19 | 00:05:51 | 00:33:47 | 00:05:36 | A CORUÑA |
| 355 | 3748 JAVIER POLLAN GOROSTIZA | 00:35:19 | 00:05:51 | 00:33:06 | 00:05:29 | LAS ROZAS |
| 356 | 689 AVELINO DOPAZO PONTE | 00:35:20 | 00:05:51 | 00:33:36 | 00:05:34 | A CORUÑA |
| 357 | 828 PABLO BARCA GARCIA | 00:35:20 | 00:05:51 | 00:33:36 | 00:05:34 | A CORUÑA |

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| 358 | 4328 JAVIER PAMPIN VILLAR | 00:35:21 | 00:05:52 | 00:32:07 | 00:05:20 | A CORUÑA |
| 359 | 3541 JAVIER LÓPEZ SALMONTE | 00:35:22 | 00:05:52 | 00:32:09 | 00:05:20 | A CORUÑA |
| 360 | 2350 HECTOR LUIS REBOLLAR LOPEZ | 00:35:23 | 00:05:52 | 00:33:02 | 00:05:29 | ALMERIA |
| 361 | 2362 FRANCISCO JAVIER DIAZ CALVO | 00:35:24 | 00:05:52 | 00:32:55 | 00:05:27 | CULLEREDO |
| 362 | 2605 FERNANDO RABADE MEILAN | 00:35:26 | 00:05:52 | 00:32:16 | 00:05:21 | A CORUÑA |
| 363 | 2723 MARCOS DÍAZ | 00:35:26 | 00:05:52 | 00:33:45 | 00:05:36 | A CORUÑA |
| 364 | 3995 MIGUEL MARTÍN TRILLO | 00:35:27 | 00:05:53 | 00:34:14 | 00:05:41 | A CORUÑA |
| 365 | 3856 MIGUEL ARES | 00:35:27 | 00:05:53 | 00:34:28 | 00:05:43 | A CORUÑA |
| 366 | 2734 FERNANDO PAZOS MARTÍNEZ | 00:35:29 | 00:05:53 | 00:32:07 | 00:05:20 | LA CORUÑA |
| 367 | 578 ALBERTO PEREZ MIRAMONTES | 00:35:31 | 00:05:53 | 00:31:58 | 00:05:18 | A CORUÑA |
| 368 | 3097 DAVID OTAOLA | 00:35:31 | 00:05:53 | 00:32:33 | 00:05:24 | AMURRIO |
| 369 | 4506 JAVIER RODRIGUEZ MEIRAMA | 00:35:32 | 00:05:53 | 00:32:22 | 00:05:22 | |
| 370 | 4044 XOSÉ CASTRO ROIG | 00:35:34 | 00:05:54 | 00:31:56 | 00:05:18 | MADRID |
| 371 | 199 JUSTO REAL IGLESIAS | 00:35:41 | 00:05:55 | 00:31:59 | 00:05:18 | A CORUÑA |
| 372 | 2669 JOSÉ MARÍA TIMÓN ALONSO | 00:35:43 | 00:05:55 | 00:34:56 | 00:05:47 | TOLEDO |
| 373 | 845 IÑIGO MARTINEZ IGLESIAS | 00:35:49 | 00:05:56 | 00:35:18 | 00:05:51 | LA CORUÑA |
| 374 | 3235 JOSE PEREIRO TAIBO | 00:35:50 | 00:05:56 | 00:32:34 | 00:05:24 | O BURGO-CULLEREDO |
| 375 | 3018 DANIEL RIAL BLANCO | 00:35:50 | 00:05:56 | 00:32:35 | 00:05:24 | A CORUÑA |
| 376 | 3166 ALFREDO DÍAZ SÁNCHEZ | 00:35:52 | 00:05:57 | 00:32:43 | 00:05:25 | A CORUÑA |
| 377 | 747 ROBERTO FIGUEROA SUÁREZ | 00:35:56 | 00:05:57 | 00:33:34 | 00:05:34 | ARTEIXO |
| 378 | 3558 CARLOS RODRIGUEZ IGLESIAS | 00:35:59 | 00:05:58 | 00:34:01 | 00:05:38 | LA CORUÑA |
| 379 | 721 JOSÉ LUIS GONZÁLEZ CARDALDA | 00:36:09 | 00:05:59 | 00:32:49 | 00:05:26 | A CORUÑA |
| 380 | 722 EMILIO ALCALA ZAMORA CANEL | 00:36:12 | 00:06:00 | 00:34:15 | 00:05:41 | A CORUNA |
| 381 | 2128 JORGE LÓPEZ LESTA | 00:36:13 | 00:06:00 | 00:35:38 | 00:05:54 | ATLETISMO RIAZOR CORUÑA |
| 382 | 523 FRAN RODRÍGUEZ LÓPEZ | 00:36:15 | 00:06:00 | 00:34:10 | 00:05:40 | A CORUÑA |
| 383 | 3049 ANTONIO BARRERA COMENDADOR | 00:36:15 | 00:06:01 | 00:36:15 | 00:06:01 | MADRID |
| 384 | 4434 JUAN ARNOTT FERNANDEZ | 00:36:16 | 00:06:01 | 00:33:12 | 00:05:30 | A CORUÑA |
| 385 | 2530 MIGUEL SEOANE RODRIGUEZ | 00:36:16 | 00:06:01 | 00:33:02 | 00:05:29 | A CORUÑA |
| 386 | 1049 JOSE ABELEDO PATIÑO | 00:36:17 | 00:06:01 | 00:35:19 | 00:05:51 | CULLEREDO |
| 387 | 914 MARIANO RAMIREZ FERNANDEZ | 00:36:18 | 00:06:01 | 00:33:02 | 00:05:29 | A CORUÑA |
| 388 | 4395 RAMON DEVESA MORANDEIRA | 00:36:18 | 00:06:01 | 00:34:41 | 00:05:45 | LA CORUÑA |
| 389 | 2472 JUAN LUIS AMOR BUYO | 00:36:20 | 00:06:01 | 00:34:02 | 00:05:38 | BETANZOS |
| 390 | 3161 CARLOS FERNANDEZ MEDIN | 00:36:23 | 00:06:02 | 00:34:16 | 00:05:41 | LA CORUÑA |
| 391 | 4305 FAUSTINO MOSTEIRO REYERO | 00:36:26 | 00:06:02 | 00:33:53 | 00:05:37 | VIGO |
| 392 | 3821 JOSE CARLOS GARCIA CASTRO | 00:36:29 | 00:06:03 | 00:36:00 | 00:05:58 | A CORUÑA |
| 393 | 614 MIGUEL LUÍS SALGADO PAZOS | 00:36:30 | 00:06:03 | 00:36:01 | 00:05:58 | A CORUÑA |
| 394 | 2290 RICARDO ALVAREZ RENDO | 00:36:32 | 00:06:03 | 00:33:10 | 00:05:30 | PERILLO |
| 395 | 2737 FRAN GENDE RAMA | 00:36:32 | 00:06:03 | 00:34:20 | 00:05:42 | A CORUÑA |
| 396 | 4259 JORGE ARANGÜENA SANDE | 00:36:33 | 00:06:04 | 00:34:35 | 00:05:44 | A CORUÑA |
| 397 | 2100 RAMIRO GONZÁLEZ INSUA | 00:36:34 | 00:06:04 | 00:36:03 | 00:05:59 | LA CORUÑA |

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| 398 | 2618 JUAN CARLOS LÓPEZ MARTÍNEZ | 00:36:34 | 00:06:04 | 00:34:27 | 00:05:43 | | LA CORUÑA |
| 399 | 4233 EMILIO SANGIL DEL RIO | 00:36:36 | 00:06:04 | 00:33:17 | 00:05:31 | | LA CORUÑA |
| 400 | 3778 JOSÉ GENARO BARRÓS PENEDO | 00:36:42 | 00:06:05 | 00:35:12 | 00:05:50 | | LA CORUÑA |
| 401 | 875 CARLES CASAS ESPLUGAS | 00:36:43 | 00:06:05 | 00:34:16 | 00:05:41 | | BARCELONA |
| 402 | 767 RODRIGO ALFONSO RODRÍGUEZ FERNÁNDEZ | 00:36:45 | 00:06:05 | 00:35:49 | 00:05:56 | | LA CORUÑA |
| 403 | 2258 ANGEL DELGADO BARONA | 00:36:47 | 00:06:06 | 00:34:42 | 00:05:45 | LOS PEZES | LA CORUÑA |
| 404 | 2221 IVAN GIRALDEZ SANTAMARIA | 00:36:49 | 00:06:06 | 00:35:26 | 00:05:52 | GAES PERSIGUE TUS SUEÑOS. | LA CORUÑA |
| 405 | 353 LUIS FERNANDEZ ESPADA | 00:36:49 | 00:06:06 | 00:35:26 | 00:05:52 | KURAI | DORNEDA (OLEIROS) |
| 406 | 375 OSCAR BESTEIRO VÁZQUEZ | 00:36:50 | 00:06:06 | 00:33:32 | 00:05:34 | MIXMASTER RUNNING | A CORUÑA |
| 407 | 4301 JOSE CASIANO DIAZ BUSTELO | 00:36:52 | 00:06:07 | 00:34:02 | 00:05:38 | | CORUÑA |
| 408 | 2524 JOSE MANUEL MARCOTE LAGO | 00:36:55 | 00:06:07 | 00:33:19 | 00:05:31 | | NARÓN |
| 409 | 3649 FRANCISCO XOSÉ FERNÁNDEZ PÉREZ | 00:36:59 | 00:06:08 | 00:36:11 | 00:06:00 | | A CORUÑA |
| 410 | 416 JUAN PATIÑO VARELA | 00:37:02 | 00:06:08 | 00:35:15 | 00:05:51 | NOSPORTLIMIT | Fonteculler |
| 411 | 589 JAVIER BANDÍN MARENTES | 00:37:05 | 00:06:09 | 00:34:37 | 00:05:44 | | A CORUÑA |
| 412 | 865 JOSE ANTONIO SANCHEZ LOPEZ | 00:37:05 | 00:06:09 | 00:34:37 | 00:05:44 | | A CORUÑA |
| 413 | 2497 EDUARDO GONZALEZ MUÑOZ | 00:37:05 | 00:06:09 | 00:34:52 | 00:05:47 | | A CORUÑA |
| 414 | 2495 PABLO LOPEZ BLANCO | 00:37:05 | 00:06:09 | 00:34:53 | 00:05:47 | | A CORUÑA |
| 415 | 3794 JAVIER CASAIS MIRA | 00:37:07 | 00:06:09 | 00:36:58 | 00:06:08 | | A CORUÑA |
| 416 | 933 JOSE MANUEL PICO MOSQUERA | 00:37:09 | 00:06:09 | 00:33:24 | 00:05:32 | | OLEIROS |
| 417 | 4236 DAVID DIEZ BALBAS | 00:37:11 | 00:06:10 | 00:35:00 | 00:05:48 | | A CORUÑA |
| 418 | 2603 JOSE MARIA MEJUTO SOUTO | 00:37:11 | 00:06:10 | 00:34:28 | 00:05:43 | | A CORUÑA |
| 419 | 2602 LUIS JOSE RAMOS RODRIGUEZ | 00:37:11 | 00:06:10 | 00:35:02 | 00:05:48 | | A CORUÑA |
| 420 | 398 JACOBO ANICETO SANCHEZ-BÁLGOMA LÓPEZ | 00:37:15 | 00:06:10 | 00:35:15 | 00:05:51 | NOSPORTLIMIT | A CORUÑA |
| 421 | 2455 IGNACIO DOCAL CABRERA | 00:37:19 | 00:06:11 | 00:34:16 | 00:05:41 | | CANGAS DE FOZ |
| 422 | 2298 DAVID GALARRETA MIRA | 00:37:19 | 00:06:11 | 00:36:10 | 00:06:00 | RUNNING GREGORIO DIEZ | VALLADOLID |
| 423 | 3066 JULIO BARRAL IGLESIAS | 00:37:22 | 00:06:12 | 00:35:30 | 00:05:53 | | LA CORUÑA |
| 424 | 2383 EUGENIO DE MIGUEL MIRÓ | 00:37:22 | 00:06:12 | 00:35:09 | 00:05:50 | | LA CORUÑA |
| 425 | 2052 RICARDO FIGUEIRAS NUÑEZ | 00:37:22 | 00:06:12 | 00:35:29 | 00:05:53 | | CULLEREDO |
| 426 | 2462 Jº LUIS CERNADAS FANDIÑO | 00:37:22 | 00:06:12 | 00:35:31 | 00:05:53 | | CULLEREDO |
| 427 | 382 MARCOS GARCIA GARCIA | 00:37:23 | 00:06:12 | 00:35:30 | 00:05:53 | NOSPORTLIMIT | EL TEMPLE CAMBRE |
| 428 | 2069 ENRIQUE BARBOLLA AGUIAR | 00:37:23 | 00:06:12 | 00:34:27 | 00:05:43 | | A CORUÑA |
| 429 | 318 ALBERTO MÉNDEZ RODRÍGUEZ | 00:37:23 | 00:06:12 | 00:34:32 | 00:05:44 | CLUB CICLISTA CAMBRE | OLEIROS |
| 430 | 779 ENRIQUE BARRAL ALVEDRO | 00:37:23 | 00:06:12 | 00:34:36 | 00:05:44 | | A CORUÑA |
| 431 | 2664 DIEGO CONDE SANTOS | 00:37:24 | 00:06:12 | 00:35:27 | 00:05:53 | | A CORUÑA |
| 432 | 653 CHEMA LOPE-TOLEDO ARANGUREN | 00:37:24 | 00:06:12 | 00:34:26 | 00:05:43 | | A CORUÑA |
| 433 | 4100 ALFONSO VÁZQUEZ OLIVÁN | 00:37:26 | 00:06:12 | 00:35:13 | 00:05:50 | | A CORUÑA |
| 434 | 789 PABLO CAÑÁS COUSELO | 00:37:26 | 00:06:12 | 00:34:56 | 00:05:48 | | A CORUÑA |
| 435 | 288 EDELMIRO FERNÁNDEZ FERNÁNDEZ | 00:37:30 | 00:06:13 | 00:35:12 | 00:05:50 | CAS | SADA |
| 436 | 305 JORGE VALDES PORTO | 00:37:32 | 00:06:13 | 00:35:14 | 00:05:50 | CLUB ATLETISMO SADA | MEIRAS-SADA |
| 437 | 2632 LUIS VELO PEREZ | 00:37:32 | 00:06:13 | 00:35:11 | 00:05:50 | | BETANZOS |

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| 438 | 3034 MIGUEL RICOY MARTINEZ | 00:37:36 | 00:06:14 | 00:36:23 | 00:06:02 | | A CORUÑA |
| 439 | 2315 IGNACIO BURILLO TERRER | 00:37:38 | 00:06:14 | 00:36:44 | 00:06:05 | TROTE COCHINERO | CULLEREDO |
| 440 | 682 LINO ALBERTO ASENSIO GOMEZ | 00:37:40 | 00:06:15 | 00:35:20 | 00:05:51 | | A CORUÑA |
| 441 | 3071 OSCAR CARRILLO MARTINEZ | 00:37:41 | 00:06:15 | 00:35:23 | 00:05:52 | | ARTEIXO |
| 442 | 2512 JORGE VAZQUEZ FONDEVILA | 00:37:41 | 00:06:15 | 00:34:41 | 00:05:45 | | A CORUÑA |
| 443 | 2008 JAVIER TRILLO PEREZ | 00:37:42 | 00:06:15 | 00:35:25 | 00:05:52 | CLUB ATLETISMO SADA | MADRID |
| 444 | 2668 FRANCISCO PEREIRA IGLESIAS | 00:37:42 | 00:06:15 | 00:36:56 | 00:06:07 | | VIGO |
| 445 | 4354 JÖRG ANDREAS BORGFELDT | 00:37:47 | 00:06:16 | 00:36:08 | 00:05:59 | | TORREJON DE ARDOZ |
| 446 | 3467 JESUS EVARISTO MARTINEZ NOYA | 00:37:47 | 00:06:16 | 00:36:47 | 00:06:06 | | PONTEVEDRA |
| 447 | 2623 FRANCISCO JAVIER GONZALEZ SANCHEZ | 00:37:48 | 00:06:16 | 00:34:08 | 00:05:39 | | MADRID |
| 448 | 3517 JAVIER GARCÍA TRIGALES | 00:37:49 | 00:06:16 | 00:36:38 | 00:06:04 | | A CORUÑA |
| 449 | 4127 FRANCISCO SOTO VILASUSO | 00:37:51 | 00:06:16 | 00:35:59 | 00:05:58 | | A CORUÑA |
| 450 | 3849 JUAN CARLOS YAÑEZ DIEGUEZ | 00:37:51 | 00:06:16 | 00:34:37 | 00:05:44 | | LA CORUÑA |
| 451 | 3462 FERNANDO FERNÁNDEZ GARCIA | 00:37:52 | 00:06:17 | 00:35:51 | 00:05:57 | | OLEIROS |
| 452 | 481 FERNANDO GRANELL ABAD | 00:37:54 | 00:06:17 | 00:35:47 | 00:05:56 | TERMARIA RUNNING | OLEIROS |
| 453 | 2366 LUIS GARCIA DEBER | 00:37:56 | 00:06:17 | 00:35:21 | 00:05:52 | | LA CORUÑA |
| 454 | 360 MARCOS SANMIGUEL GALAN | 00:37:58 | 00:06:18 | 00:34:33 | 00:05:44 | LEONES RUNNING TEAM | CULLEREDO |
| 455 | 2777 MIGUEL ANGEL GONZALEZ GUIZAN | 00:38:00 | 00:06:18 | 00:36:43 | 00:06:05 | | SADA |
| 456 | 2776 JOSE PEDREIRA FUENTES | 00:38:01 | 00:06:18 | 00:36:43 | 00:06:05 | | A CORUÑA |
| 457 | 3466 JOSE MANUEL MANDAYO MÁRQUEZ | 00:38:01 | 00:06:18 | 00:34:59 | 00:05:48 | | A CORUÑA |
| 458 | 2833 CARLOS GONZÁLEZ DIZ | 00:38:02 | 00:06:18 | 00:37:00 | 00:06:08 | | A CORUÑA |
| 459 | 487 MARIO GARCIA GONZALEZ | 00:38:03 | 00:06:18 | 00:35:25 | 00:05:52 | TRASNOS | OLEIROS |
| 460 | 2694 MIGUEL ANGEL GARCÍA-CARRO PEÑA | 00:38:05 | 00:06:19 | 00:35:51 | 00:05:57 | | A CORUÑA |
| 461 | 2817 JULIO SUÁREZ CAMBA | 00:38:05 | 00:06:19 | 00:36:37 | 00:06:04 | | O BURGO |
| 462 | 4465 SANTIAGO BORT COUCEIRO | 00:38:07 | 00:06:19 | 00:35:00 | 00:05:48 | | A CORUÑA |
| 463 | 2722 PEDRO FERNÁNDEZ CID | 00:38:09 | 00:06:19 | 00:36:10 | 00:06:00 | | LA CORUÑA |
| 464 | 502 PEPE JURADO | 00:38:09 | 00:06:19 | 00:34:41 | 00:05:45 | | A CORUÑA |
| 465 | 2179 RAMÓN MANUEL VARELA SÁNCHEZ | 00:38:11 | 00:06:20 | 00:34:50 | 00:05:46 | CLUB DEL MAR | A CORUÑA |
| 466 | 4228 JOSE ANTONIO BOUZAS TRABA | 00:38:11 | 00:06:20 | 00:37:18 | 00:06:11 | | OLEIROS |
| 467 | 4220 JUAN CARLOS PIÑOL CHAS | 00:38:13 | 00:06:20 | 00:37:20 | 00:06:11 | | CULLEREDO |
| 468 | 897 CARLOS FERNANDEZ PITA | 00:38:16 | 00:06:20 | 00:34:48 | 00:05:46 | | A CORUÑA |
| 469 | 3938 LUIS CONDE NOVAS | 00:38:17 | 00:06:21 | 00:35:19 | 00:05:51 | | A CORUÑA |
| 470 | 495 ALVARO RIVAS ARES | 00:38:17 | 00:06:21 | 00:35:28 | 00:05:53 | TRIATLON CORUÑA | BERGONDO |
| 471 | 2707 PABLO YAÑEZ BARROS | 00:38:18 | 00:06:21 | 00:36:39 | 00:06:05 | | LA CORUÑA |
| 472 | 3192 JUAN GARCÍA BARREIRO | 00:38:19 | 00:06:21 | 00:36:39 | 00:06:04 | | A CORUÑA |
| 473 | 2220 LEANDRO RIVEIRO CANEDO | 00:38:24 | 00:06:22 | 00:36:51 | 00:06:07 | GACELIÑAS | A CORUÑA |
| 474 | 2767 ANDREA GUIOTTO | 00:38:25 | 00:06:22 | 00:34:58 | 00:05:48 | | CULLEREDO |
| 475 | 637 RAMÓN PASANDÍN REGUEIRA | 00:38:25 | 00:06:22 | 00:35:32 | 00:05:53 | | A CORUÑA |
| 476 | 3302 ALBERTO PEDREIRA FERNANDEZ | 00:38:26 | 00:06:22 | 00:36:29 | 00:06:03 | | A CORUÑA |
| 477 | 3222 CARLOS M. CASTRO RIVAS | 00:38:27 | 00:06:22 | 00:34:42 | 00:05:45 | | A CORUÑA |

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| 478 | 2500 | HÉCTOR PÉREZ MONTAGUT | 00:38:28 | 00:06:23 | 00:36:23 | 00:06:02 | A CORUÑA |
| 479 | 3171 | MARCOS VILLANUEVA SANCHEZ | 00:38:29 | 00:06:23 | 00:37:23 | 00:06:12 | SADA |
| 480 | 592 | JOSÉ LUIS FERNÁNDEZ TRISAC | 00:38:30 | 00:06:23 | 00:36:56 | 00:06:07 | A CORUÑA |
| 481 | 2499 | LUIS LAUREANO GESTAL GARCE | 00:38:30 | 00:06:23 | 00:36:26 | 00:06:02 | A CORUÑA |
| 482 | 3703 | ALFONSO COUCE LÓPEZ | 00:38:33 | 00:06:23 | 00:38:13 | 00:06:20 | CABANAS |
| 483 | 3888 | AVARO CAZÓN LÓPEZ | 00:38:34 | 00:06:24 | 00:38:04 | 00:06:19 | CAMBRE |
| 484 | 2826 | JUAN CARLOS MOURE PRADO | 00:38:39 | 00:06:24 | 00:38:09 | 00:06:19 | A CORUÑA |
| 485 | 3941 | PABLO MOSQUERA ALAMANCOS | 00:38:45 | 00:06:25 | 00:36:20 | 00:06:01 | CULLEREDO |
| 486 | 4102 | CARMELO BELTRAN BARRIONUEVO | 00:38:47 | 00:06:26 | 00:37:32 | 00:06:13 | LA CORUÑA |
| 487 | 1114 | JESUS BARRAL DIEZ | 00:38:48 | 00:06:26 | 00:36:51 | 00:06:07 | LA CORUÑA |
| 488 | 4028 | FRANCISCO LOPEZ LOPEZ-BAGO | 00:38:49 | 00:06:26 | 00:35:37 | 00:05:54 | A CORUÑA |
| 489 | 939 | MARTÍN LÓPEZ CASTRO | 00:38:52 | 00:06:26 | 00:35:41 | 00:05:55 | A CORUÑA |
| 490 | 3887 | MIGUEL VAZQUEZ PRECEDO | 00:38:53 | 00:06:27 | 00:36:07 | 00:05:59 | A CORUÑA |
| 491 | 3432 | IGNACIO ROMERO LÓPEZ-MEMBIELA | 00:38:54 | 00:06:27 | 00:36:46 | 00:06:06 | LA CORUÑA |
| 492 | 3757 | MIGUEL ÁNGEL CID DALAMA | 00:38:59 | 00:06:28 | 00:37:12 | 00:06:10 | MADRID |
| 493 | 856 | JUAN CARLOS VALEIRO VEIGA | 00:39:00 | 00:06:28 | 00:35:29 | 00:05:53 | O BURGO - CULLEREDO |
| 494 | 3889 | EVANGELOS PAPPAS | 00:39:01 | 00:06:28 | 00:36:17 | 00:06:01 | A CORUÑA |
| 495 | 4198 | ROBERTO CASTRO TOME | 00:39:05 | 00:06:29 | 00:35:46 | 00:05:56 | A CORUÑA |
| 496 | 691 | MANUEL ANGEL POSE CASTIÑEIRA | 00:39:09 | 00:06:29 | 00:36:52 | 00:06:07 | LA CORUÑA |
| 497 | 2795 | FERNANDO PÉREZ SAN VICENTE | 00:39:13 | 00:06:30 | 00:38:28 | 00:06:23 | A CORUÑA |
| 498 | 3975 | CARLOS UZAL COUTO | 00:39:14 | 00:06:30 | 00:37:59 | 00:06:18 | A CORUÑA |
| 499 | 3727 | JACOBO PITA LLOVERES | 00:39:17 | 00:06:31 | 00:39:03 | 00:06:28 | A CORUÑA |
| 500 | 491 | IGNACIO URIBARRI DURAN | 00:39:17 | 00:06:31 | 00:38:32 | 00:06:23 | TRIATLON ARCADE INFORHOUSE S ORTIGUEIRA |
| 501 | 397 | BORJA FERNÁNDEZ BERMÚDEZ | 00:39:23 | 00:06:32 | 00:36:06 | 00:05:59 | NOSPORTLIMIT CULLEREDO |
| 502 | 2837 | ROBERTO BERMÚDEZ GARCÍA | 00:39:24 | 00:06:32 | 00:36:36 | 00:06:04 | A CORUÑA |
| 503 | 2624 | JUAN JOSE RODRIGUEZ FERNANDEZ | 00:39:27 | 00:06:32 | 00:35:47 | 00:05:56 | LA CORUÑA |
| 504 | 537 | FRANCISCO JAVIER PALOMERO ALBA | 00:39:32 | 00:06:33 | 00:36:43 | 00:06:05 | CARBALLO |
| 505 | 2438 | JOSÉ MANUEL CAÑIZO FRAGA | 00:39:33 | 00:06:33 | 00:36:36 | 00:06:04 | CORUÑA |
| 506 | 1054 | ALFONSO SILVOSA VAZQUEZ | 00:39:37 | 00:06:34 | 00:36:38 | 00:06:04 | A CORUÑA |
| 507 | 784 | GONZALO SOUTO ROMERO | 00:39:40 | 00:06:34 | 00:38:59 | 00:06:28 | A CORUÑA |
| 508 | 2702 | MIGUEL POSE FUENTES | 00:39:43 | 00:06:35 | 00:36:35 | 00:06:04 | A CORUÑA |
| 509 | 2839 | ALFONSO GOMEZ BORRELL | 00:39:44 | 00:06:35 | 00:37:12 | 00:06:10 | LAS ROZAS |
| 510 | 3593 | DAVID PARDO NAYA | 00:39:45 | 00:06:35 | 00:37:05 | 00:06:09 | LA CORUÑA |
| 511 | 913 | JOSE ANGEL LAMAS CASTRO | 00:39:47 | 00:06:36 | 00:37:12 | 00:06:10 | A CORUÑA |
| 512 | 242 | DIEGO FERNANDEZ LOSADA | 00:39:50 | 00:06:36 | 00:37:54 | 00:06:17 | ALTAFIT GYM CLUB A CORUÑA |
| 513 | 4282 | JOSE MANUEL DE PEDRE CASTRO | 00:39:53 | 00:06:37 | 00:36:24 | 00:06:02 | O BURGO-CULLEREDO |
| 514 | 11 | SUSO RAMOS RODRIGUEZ | 00:39:53 | 00:06:37 | 00:36:15 | 00:06:00 | A.D. DOWNHILL LARACHA A LARACHA |
| 515 | 3225 | JAVIER DOMÍNGUEZ BLANCO | 00:40:00 | 00:06:38 | 00:37:57 | 00:06:17 | A CORUÑA |
| 516 | 245 | JOSÉ SAS GOLPE | 00:40:02 | 00:06:38 | 00:38:55 | 00:06:27 | AS MARIÑAS BETANZOS BETANZOS |
| 517 | 588 | JOSE MANUEL CORCOBA VALLE | 00:40:04 | 00:06:38 | 00:37:58 | 00:06:18 | A CORUÑA |

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| 518 | 2843 FRANCISCO J CODESIDO FARTO | 00:40:05 | 00:06:39 | 00:37:10 | 00:06:10 | | A CORUÑA |
| 519 | 2352 JOSÉ ANTONIO MARTÍNEZ MAZAGATOS | 00:40:06 | 00:06:39 | 00:36:47 | 00:06:06 | | ACEA DE AMA-CULLEREDO |
| 520 | 4138 DAVID FERNÁNDEZ ESPADA | 00:40:06 | 00:06:39 | 00:38:43 | 00:06:25 | | DORMEDA |
| 521 | 3724 DANIEL BENITO FERNÁNDEZ | 00:40:07 | 00:06:39 | 00:36:47 | 00:06:06 | | LA CORUÑA |
| 522 | 3449 SANTIAGO GUTIÉRREZ GÓMEZ | 00:40:09 | 00:06:39 | 00:38:07 | 00:06:19 | | A CORUÑA |
| 523 | 4024 IGNACIO CONDE NOVAS | 00:40:11 | 00:06:40 | 00:37:14 | 00:06:10 | | OVIEDO |
| 524 | 3915 DAVID FERNÁNDEZ FERNÁNDEZ | 00:40:12 | 00:06:40 | 00:38:05 | 00:06:19 | | LA CORUÑA |
| 525 | 3891 JESÚS GÓMEZ CARUNCHO | 00:40:12 | 00:06:40 | 00:38:07 | 00:06:19 | | A CORUÑA |
| 526 | 2269 JESÚS FRANCISCO GARCÍA DANS | 00:40:14 | 00:06:40 | 00:38:02 | 00:06:18 | NOSPORTLIMIT | LA CORUÑA |
| 527 | 1032 MANUEL MOVILLA CONCHADO | 00:40:14 | 00:06:40 | 00:37:54 | 00:06:17 | | A CORUÑA |
| 528 | 468 MANU MUIÑO MIRÓN | 00:40:17 | 00:06:41 | 00:36:59 | 00:06:08 | RUNNING OLEIROS | SADA |
| 529 | 899 JULIO TORREIRA LÓPEZ | 00:40:18 | 00:06:41 | 00:36:56 | 00:06:07 | | A CORUÑA |
| 530 | 3190 FRANCISCO REGUEIRO | 00:40:20 | 00:06:41 | 00:37:37 | 00:06:14 | | LA CORUÑA |
| 531 | 964 VICTOR MANUEL CARNEIRO DIAZ | 00:40:25 | 00:06:42 | 00:37:50 | 00:06:16 | | A CORUÑA |
| 532 | 905 YAGO BARROS FERNÁNDEZ | 00:40:27 | 00:06:42 | 00:36:59 | 00:06:08 | | A CORUÑA |
| 533 | 2281 J. FERNANDO RODRÍGUEZ PALLARES | 00:40:28 | 00:06:42 | 00:39:13 | 00:06:30 | OPULENT OCEAN | CAMARIÑAS |
| 534 | 773 JUAN CARLOS TABOADA RIVADULLA | 00:40:30 | 00:06:43 | 00:37:55 | 00:06:17 | | A CORUÑA |
| 535 | 752 VÍCTOR MANUEL LÓPEZ FERNÁNDEZ | 00:40:33 | 00:06:43 | 00:37:45 | 00:06:15 | | A CORUÑA |
| 536 | 755 MIGUEL ÁNGEL RODRÍGUEZ GÓMEZ | 00:40:34 | 00:06:43 | 00:37:06 | 00:06:09 | | LA CORUÑA |
| 537 | 760 LUIS ALBERTO LÓPEZ VIDAL | 00:40:35 | 00:06:44 | 00:37:08 | 00:06:09 | | A CORUÑA |
| 538 | 2586 CARLOS LÓPEZ VILARIÑO | 00:40:37 | 00:06:44 | 00:38:13 | 00:06:20 | | FERROL |
| 539 | 2339 MIGUEL ANGEL BARRAL GANTES | 00:40:39 | 00:06:44 | 00:37:00 | 00:06:08 | | CULLEREDO |
| 540 | 4241 CARLOS MOSQUERA JARAZO | 00:40:41 | 00:06:45 | 00:37:23 | 00:06:12 | | A CORUÑA |
| 541 | 3283 GIANNI PETINO | 00:40:41 | 00:06:45 | 00:38:48 | 00:06:26 | | CATANIA, ITALIA |
| 542 | 2703 JACOBO VARELA PORTAS | 00:40:42 | 00:06:45 | 00:38:18 | 00:06:21 | | A CORUÑA |
| 543 | 4307 FRANCISCO SÁNCHEZ BLANCO | 00:40:43 | 00:06:45 | 00:38:43 | 00:06:25 | | MADRID |
| 544 | 3933 JAVIER SANCHEZ FRESCO | 00:40:44 | 00:06:45 | 00:37:23 | 00:06:12 | | LA CORUÑA |
| 545 | 2711 JOSÉ GAREA LOUREIRO | 00:40:44 | 00:06:45 | 00:37:58 | 00:06:17 | | MARTINETE |
| 546 | 3457 IVAN GONZÁLEZ GONZÁLEZ | 00:40:47 | 00:06:46 | 00:38:23 | 00:06:22 | | A CORUÑA |
| 547 | 797 CARLOS PAZOS OVIEDO | 00:40:54 | 00:06:47 | 00:37:18 | 00:06:11 | | A CORUÑA |
| 548 | 795 JORGE RIFON SANCHEZ | 00:40:56 | 00:06:47 | 00:37:19 | 00:06:11 | | A CORUÑA |
| 549 | 869 MANUEL ANGEL DORADO VAZQUEZ | 00:40:58 | 00:06:47 | 00:37:39 | 00:06:14 | | A CORUÑA |
| 550 | 2754 JUAN REGA PRIETO | 00:41:00 | 00:06:48 | 00:38:52 | 00:06:26 | | LA CORUÑA |
| 551 | 2859 ALBERTO MAÑAS CALVET | 00:41:02 | 00:06:48 | 00:38:54 | 00:06:27 | | LA CORUÑA |
| 552 | 3281 JOSE CORTÉS SALGADO | 00:41:04 | 00:06:48 | 00:39:19 | 00:06:31 | | CAMBRE |
| 553 | 2150 ARTURO ALONSO FREIRE | 00:41:06 | 00:06:49 | 00:39:19 | 00:06:31 | CD GAS NATURAL FENOSA | A CORUÑA |
| 554 | 3810 ISIDRO LIRES DEAN | 00:41:12 | 00:06:50 | 00:39:28 | 00:06:32 | | A CORUÑA |
| 555 | 2679 ALBERTO CHAO FERNANDEZ | 00:41:13 | 00:06:50 | 00:39:04 | 00:06:28 | | CULLEREDO |
| 556 | 2278 JESUS ARES CERNADAS | 00:41:17 | 00:06:50 | 00:39:12 | 00:06:30 | OLIMPICO MARTE | A CORUÑA |
| 557 | 4179 JOSE MANUEL PLATAS MANCHO | 00:41:17 | 00:06:51 | 00:38:55 | 00:06:27 | | A CORUÑA |

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| 558 | 586 LUCIANO PARDO FERNANDEZ | 00:41:18 | 00:06:51 | 00:39:06 | 00:06:29 | | CULLEREDO |
| 559 | 3791 MIGUEL ÁNGEL CASAL GONZÁLEZ | 00:41:19 | 00:06:51 | 00:39:20 | 00:06:31 | | A CORUÑA |
| 560 | 2137 IGNACIO SENIN CANOSA | 00:41:23 | 00:06:51 | 00:39:42 | 00:06:35 | BRIGANTIA AVENTURA | LA CORUÑA |
| 561 | 2501 IGNACIO ARCE MARTINEZ | 00:41:23 | 00:06:51 | 00:38:06 | 00:06:19 | | LA CORUÑA |
| 562 | 30 LUIS VALBUENA GARRIDO | 00:41:24 | 00:06:52 | 00:40:33 | 00:06:43 | BOXOO1 OURENSE | OURENSE |
| 563 | 506 PEDRO PRADA RODRÍGUEZ | 00:41:28 | 00:06:52 | 00:40:56 | 00:06:47 | | O BURGO |
| 564 | 3950 FRAN OTERO | 00:41:29 | 00:06:53 | 00:38:47 | 00:06:26 | | TELDE |
| 565 | 659 JOSE ANTONIO LOPEZ LOPEZ | 00:41:37 | 00:06:54 | 00:38:25 | 00:06:22 | | A CORUÑA |
| 566 | 4136 ANTONIO GARRIDO PRADANOS | 00:41:42 | 00:06:55 | 00:40:26 | 00:06:42 | | A CORUÑA |
| 567 | 394 RICARDO MASIÁN BESSARD | 00:41:43 | 00:06:55 | 00:41:00 | 00:06:48 | NOSPORTLIMIT | LA CORUÑA |
| 568 | 600 JACOBO LOPEZ ULLOA | 00:41:47 | 00:06:55 | 00:39:31 | 00:06:33 | | A CORUÑA |
| 569 | 4123 JESUS ANGEL SANCHEZ VILA | 00:41:47 | 00:06:55 | 00:38:46 | 00:06:25 | | A CORUÑA |
| 570 | 3721 SEBASTIAN GOMEZ DOMINGUEZ | 00:41:48 | 00:06:56 | 00:38:40 | 00:06:25 | | BETANZOS |
| 571 | 3099 IAGO ROEL NIETO | 00:41:49 | 00:06:56 | 00:39:00 | 00:06:28 | | A CORUÑA |
| 572 | 180 DANIEL LOSADA GONZÁLEZ | 00:41:51 | 00:06:56 | 00:39:57 | 00:06:37 | | LA CORUÑA |
| 573 | 4124 JUAN JOSÉ SOUSA PEDREIRA | 00:41:56 | 00:06:57 | 00:38:55 | 00:06:27 | | A CORUÑA |
| 574 | 3556 JAVIER SOUZA VEIGA | 00:41:56 | 00:06:57 | 00:41:19 | 00:06:51 | | A CORUÑA |
| 575 | 2361 JAVIER FLOREZ ARIAS | 00:41:58 | 00:06:57 | 00:40:32 | 00:06:43 | | OLEIROS |
| 576 | 1112 IVÁN PREGO | 00:42:04 | 00:06:58 | 00:38:30 | 00:06:23 | | A CORUÑA |
| 577 | 2270 ANTONIO GALAN GONZALEZ | 00:42:06 | 00:06:59 | 00:39:28 | 00:06:32 | NOSPORTLIMIT | SANTA CRUZ-OLEIROS |
| 578 | 2272 MANUEL GARCIA GARCIA | 00:42:08 | 00:06:59 | 00:39:31 | 00:06:33 | NOSPORTLIMIT | OLEIROS |
| 579 | 405 CARLOS MANUEL MUÑOZ LAGARON | 00:42:14 | 00:07:00 | 00:39:34 | 00:06:33 | NOSPORTLIMIT | A CORUÑA |
| 580 | 3539 GUSTAVO SANCHEZ RUBAL | 00:42:18 | 00:07:01 | 00:39:17 | 00:06:31 | | OLEIROS |
| 581 | 3135 MANUEL LUIS MONTERO SANZ | 00:42:20 | 00:07:01 | 00:41:54 | 00:06:57 | | CULLEREDO |
| 582 | 37 VÍCTOR HUGO CONDE LÓPEZ | 00:42:24 | 00:07:02 | 00:42:16 | 00:07:00 | CD GAS NATURAL FENOSA | CEE |
| 583 | 2300 JOSE ANTONIO ALFONSIN LAREO | 00:42:28 | 00:07:02 | 00:41:07 | 00:06:49 | RUNNING OLEIROS | OLEIROS |
| 584 | 4492 OSCAR PEREZ | 00:42:32 | 00:07:03 | 00:40:33 | 00:06:43 | CLUB CICLISTA RIAZOR | A CORUÑA |
| 585 | 2825 JUAN DIEGO PEREZ FREIRE | 00:42:33 | 00:07:03 | 00:39:28 | 00:06:32 | | A CORUÑA |
| 586 | 2357 JUAN RAMON IGLESIAS BABÍO | 00:42:33 | 00:07:03 | 00:39:28 | 00:06:33 | | A CORUÑA |
| 587 | 265 FERNANDO SINES CRESPO | 00:42:48 | 00:07:06 | 00:40:50 | 00:06:46 | ATLETISMO CLUB SOCIAL BANCO F | A CORUÑA |
| 588 | 815 FRANCISCO SAN CLAUDIO PRECEDO | 00:42:49 | 00:07:06 | 00:39:26 | 00:06:32 | | LA CORUÑA |
| 589 | 2594 OSCAR GARCIA MACEIRAS | 00:42:51 | 00:07:06 | 00:39:51 | 00:06:36 | | A CORUÑA |
| 590 | 4371 ÁLVARO DÍAZ BLANCO | 00:42:57 | 00:07:07 | 00:40:58 | 00:06:47 | | A CORUÑA |
| 591 | 3931 JOSE ANTONIO ARIAS | 00:43:04 | 00:07:08 | 00:39:59 | 00:06:38 | | A CORUÑA |
| 592 | 3143 MANUEL IBAÑEZ | 00:43:24 | 00:07:12 | 00:42:31 | 00:07:03 | | LA CORUÑA |
| 593 | 4115 JOSE ROBERTO ALONSO GARCIA | 00:43:28 | 00:07:12 | 00:40:59 | 00:06:48 | | A CORUÑA |
| 594 | 2273 JAVIER PIÑUELA COCA | 00:43:32 | 00:07:13 | 00:41:01 | 00:06:48 | NOSPORTLIMIT | A CORUÑA |
| 595 | 900 FERNANDO VILA SANTOS | 00:43:35 | 00:07:13 | 00:40:08 | 00:06:39 | | A CORUÑA |
| 596 | 877 EVARISTO LEMA MARIÑO | 00:43:35 | 00:07:13 | 00:42:40 | 00:07:04 | | LA CORUÑA |
| 597 | 112 BENITO EIROA MORÁS | 00:43:39 | 00:07:14 | 00:40:25 | 00:06:42 | TRISADA | A CORUÑA |

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| 598 | 3520 MANUEL SANTOS GARCÍA | 00:43:40 | 00:07:14 | 00:40:28 | 00:06:42 | | A CORUÑA |
| 599 | 4476 JOSE ARROJO ALONSO | 00:43:41 | 00:07:14 | 00:41:05 | 00:06:49 | | |
| 600 | 3843 VINCENZO COLLARINO | 00:43:41 | 00:07:14 | 00:41:08 | 00:06:49 | | FLORENCIA |
| 601 | 4347 JULIO LÓPEZ NAVEIRAS | 00:43:45 | 00:07:15 | 00:40:54 | 00:06:47 | | A CORUÑA |
| 602 | 2960 JAVIER MARTINEZ | 00:43:58 | 00:07:17 | 00:40:54 | 00:06:47 | | PALMA |
| 603 | 3741 MARIO FANDIÑO GARCIA | 00:43:59 | 00:07:17 | 00:40:56 | 00:06:47 | | A CORUÑA |
| 604 | 2117 PABLO BARBEITO VILARIÑO | 00:44:04 | 00:07:18 | 00:42:05 | 00:06:59 | ALTAFIT GYM CLUB | LA CORUÑA |
| 605 | 2358 LUIS VEIGA MENENDEZ | 00:44:04 | 00:07:18 | 00:41:21 | 00:06:51 | | A CORUÑA |
| 606 | 3563 JORGE REMUIÑAN SUAREZ | 00:44:05 | 00:07:18 | 00:41:00 | 00:06:48 | | A CORUÑA |
| 607 | 2953 TONIO ´ÑL´ÑL | 00:44:09 | 00:07:19 | 00:41:52 | 00:06:56 | | OLEIROS |
| 608 | 910 CARLOS MANUEL IGLESIAS CANDAL | 00:44:21 | 00:07:21 | 00:42:05 | 00:06:58 | | BETANZOS |
| 609 | 2678 FON LOPEZ | 00:44:25 | 00:07:22 | 00:41:03 | 00:06:48 | | A CORUÑA |
| 610 | 4239 ALBERTO ALFONSO GOMEZ | 00:44:27 | 00:07:22 | 00:41:02 | 00:06:48 | | MADRID |
| 611 | 2332 TOMÁS RUIZ BUJÁN | 00:44:32 | 00:07:23 | 00:42:18 | 00:07:01 | | A CORUÑA |
| 612 | 2926 CARLOS LARIÑO CALVIÑO | 00:44:34 | 00:07:23 | 00:42:07 | 00:06:59 | | OLEIROS |
| 613 | 4403 ROBERTO CARLOS GOMEZ BLANCO | 00:44:41 | 00:07:24 | 00:42:29 | 00:07:02 | | OLEIROS |
| 614 | 2115 JUAN CARLOS GALLEGO VIÑAS | 00:44:42 | 00:07:24 | 00:42:29 | 00:07:02 | ALCALÁ MARATON | ALCALA DE HENARES |
| 615 | 2933 JOSE BERNAL MARTIN | 00:44:46 | 00:07:25 | 00:44:10 | 00:07:19 | | A CORUÑA |
| 616 | 3080 JAVIER PEDREIRA GARCÍA | 00:44:49 | 00:07:26 | 00:41:34 | 00:06:53 | | A CORUÑA |
| 617 | 4318 MIGUEL VAZQUEZ CARREIRA | 00:44:51 | 00:07:26 | 00:41:25 | 00:06:52 | | MONTROVE - OLEIROS |
| 618 | 2836 JULIO TRAVESO NEIRA | 00:44:54 | 00:07:26 | 00:42:24 | 00:07:02 | | A CORUÑA |
| 619 | 803 JOSE LUIS MARTINEZ PAJON | 00:45:12 | 00:07:29 | 00:43:02 | 00:07:08 | | OLEIROS |
| 620 | 3934 GILBERTO SANCHEZ GAVILAN | 00:45:12 | 00:07:29 | 00:42:22 | 00:07:01 | | SADA |
| 621 | 790 PABLO RODRIGUEZ VILAR | 00:45:13 | 00:07:30 | 00:42:21 | 00:07:01 | | A CORUÑA |
| 622 | 3213 OSCAR DAVID CARREIRA CARBALLAL | 00:45:14 | 00:07:30 | 00:44:57 | 00:07:27 | | A CORUÑA |
| 623 | 2878 MIGUEL RIESCO | 00:45:24 | 00:07:31 | 00:42:35 | 00:07:03 | | A CORUÑA |
| 624 | 2965 RAFAEL VAZQUEZ COBAS | 00:45:29 | 00:07:32 | 00:42:53 | 00:07:06 | | A CORUÑA |
| 625 | 3137 FERNANDO VÁZQUEZ | 00:45:36 | 00:07:33 | 00:44:49 | 00:07:26 | | LUGO |
| 626 | 799 JOSE LUIS CRUZ ALVAREZ | 00:45:51 | 00:07:36 | 00:43:17 | 00:07:10 | | A CORUÑA |
| 627 | 870 IGNACIO JESÚS BORREGAN TARANILLA | 00:46:12 | 00:07:39 | 00:45:16 | 00:07:30 | | BERGONDO |
| 628 | 3243 MIGUEL LOPEZ PEREZ | 00:46:40 | 00:07:44 | 00:43:51 | 00:07:16 | | A CORUÑA |
| 629 | 357 JOSE BENITO FRESCO LOPEZ | 00:46:53 | 00:07:46 | 00:45:18 | 00:07:30 | LAFUGA CYCLING | A CORUÑA |
| 630 | 3336 CARLOS IGLESIAS GARCIA | 00:46:58 | 00:07:47 | 00:43:37 | 00:07:14 | | A CORUÑA |
| 631 | 4287 MIGUEL BORRACHERO RAJADEL | 00:47:27 | 00:07:52 | 00:44:27 | 00:07:22 | | CORUÑA |
| 632 | 2974 OSCAR JOSE SANCHEZ CASTAÑO | 00:47:45 | 00:07:55 | 00:44:41 | 00:07:24 | | OLEIROS |
| 633 | 3458 FERNANDO ESCRIBANO SAÑUDO | 00:47:53 | 00:07:56 | 00:46:43 | 00:07:45 | | SADA |
| 634 | 2885 EDUARDO FERREIRO PEREZ | 00:49:03 | 00:08:08 | 00:45:28 | 00:07:32 | | A CORUÑA |
| 635 | 3817 CARLOS VAZQUEZ LAMAS | 00:49:14 | 00:08:10 | 00:45:30 | 00:07:32 | | OLEIROS |
| 636 | 3179 JOAQUIN RODRIGUEZ | 00:50:29 | 00:08:22 | 00:46:42 | 00:07:44 | | CORUÑA |
| 637 | 4055 JESUS LOPEZ VILA | 00:50:43 | 00:08:24 | 00:49:10 | 00:08:09 | | LA CORUÑA |

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| 638 | 4205 ISMAEL ALVAREZ DÍAZ | 00:52:17 | 00:08:40 | 00:48:53 | 00:08:06 | | VIGO |
| 639 | 4007 ANTONIO COUSILLAS BLANCO | 00:52:20 | 00:08:40 | 00:48:38 | 00:08:04 | | A CORUÑA |
| 640 | 3555 FERNANDO MARTÍNEZ-MORÁS DE JORGE | 00:56:00 | 00:09:17 | 00:55:11 | 00:09:09 | | MURCIA |
| 641 | 470 JOSE LUIS LOMBAO NUÑEZ | 00:57:31 | 00:09:32 | 00:54:10 | 00:08:58 | RUNNING OLEIROS | EL TEMPLE CAMBRE |