

Apellidos e nome	Tempo máximo permitido	Tempo acadado
ABAL ABAL, DIEGO	4'30"	4:22.65
ABALDE AMOEDO, RUBEN	4'30"	3:30.32
ALARCON TORRES, RICARDO	4'30"	3:55.88
ALBORES MAYAN, JOSE ANTONIO	4'30"	3:46.58
ALONSO CASAS, SEVERINO	5'15"	3:49.46
ALONSO COCHON, MARIA JOSE	5'00"	4:08.69
ALONSO DAVILA, PABLO	4'30"	3:21.59
ALONSO PEREZ, MARCOS	4'30"	3:29.89
ALONSO PINTO, ARTURO	5'00"	4:17.08
ALVARELLOS TOUCEDO, MARCOS	4'30"	3:09.54
ALVAREZ RUMBO, ADRIAN	4'30"	3:23.51
ALVAREZ RUZO, GONZALO	4'30"	3:27.00
ALVARIÑO PORTO, ERO	4'30"	3:18.36
ANDRADE RODRIGUEZ, IVAN	4'30"	3:51.21
ANTELO VAZQUEZ, JAVIER	4'30"	3:02.24
ARGÜELLES CAMPELO, FRANCISCO JAVIER	5'15"	4:34.02
ARIAS DIAZ, SANDRA	5'00"	4:10.86
ARMESTO DE HOJAS, OLIVER	5'00"	3:32.82
BARCON PEÑA, JORGE	4'30"	3:39.21
BARREIRO RODRIGUEZ, DAVID	4'30"	3:42.75
BARREIRO SEOANE, JAVIER	4'30"	3:52.65
BAZ VAQUERO, CARLA	5'00"	4:31.30
BEA CACABELOS, RODRIGO	4'30"	3:45.68
BEADE MARTINEZ, MANUEL	4'30"	4:08.35
BELLO ABUIN, FRANCISCO JAVIER	5'00"	3:33.37
BENAVENTE CABALEIRO, IVAN	4'30"	3:49.65
BERMO SAMPEDRO, ANTONIO	4'30"	3:16.60
BERMUDEZ FERNANDEZ, NONITO ANGEL	4'30"	3:27.64
BERMUDEZ VARELA, DAVID	4'30"	3:56.51
BERNARDEZ PEREZ, JOSE LUIS	4'30"	4:01.91
BIRSANN, IONUT	4'30"	3:34.32
BLANCO BARCIA, DAVID	4'30"	3:30.20
BLANCO FERNANDEZ, DAVID	4'30"	4:03.47
BLANCO TOURON, BRUNO	4'30"	3:37.74
BUDIÑO DUARTE, MARIO JOSE	4'30"	3:23.61

CABREIRA GONZALEZ, MARIA	5'00"	4:54.09
CAJIAO GOMEZ, JUAN ANTONIO	5'00"	4:20.29
CAMINO PRECIADO, ALBERTO	5'00"	3:57.27
CAÑAS GOMEZ, IVAN	5'00"	3:25.90
CAO OTERO, NEREA	5'00"	4:35.13
CARBALLEIRA VALIÑAS, ANXO	4'30"	3:17.54
CARIDE PEREIRA, MARCOS	5'00"	4:01.23
CARNERO MONTES, MARCOS	4'30"	3:57.40
CARPINTERO DIEGUEZ, EVA	5'00"	4:42.14
CARRO PITA, CRISTIAN	4'30"	3:41.38
CASAL CODESIDO, JORGE JESUS	4'30"	3:39.01
CASAR FOLGAR, ALEJANDRO LUIS	4'30"	3:19.32
CASTAÑO SEIJAS, NOELIA	5'00"	4:21.82
CASTIÑEIRAS ROLAN, ROI	4'30"	3:33.00
CASTRO ALVAREZ, ARTURO	5'00"	3:29.85
CASTRO COLLAZO, RODRIGO	4'30"	3:36.11
CASTRO DE LEON, LUIS	5'00"	4:10.39
CASTRO OTERO, JAVIER	5'00"	4:58.23
CENDON DOMINGUEZ, MARCOS	5'00"	3:36.24
CHOREN GARCIA, ADRIAN	4'30"	4:05.88
CONDE NOVAS, ADRIAN	4'30"	3:19.14
CORRAL VAZQUEZ, SONIA	5'00"	4:09.49
CORTIZO CONDE, FRANCISCO	4'30"	4:15.05
COSTA MONTEIRO, NUNO DUARTE	4'30"	4:08.52
COSTAS TILVE, FAUSTINO JOSE	5'00"	3:49.01
CRESPO LOPEZ, XOEL JAVIER	4'30"	3:15.03
CRESPO PAZOS, DAVID	4'30"	3:16.24
CRESPO REY, MARCOS	4'30"	4:12.06
CRUZ PEREIRA, CLAUDIA	5'00"	4:00.76
DACOSTA GRANDE, CRISTIAN	4'30"	3:28.22
DE LA CAMPA CARRERA, DIANA	5'30"	3:48.54
DEVESA DOPICO, JUAN	4'30"	3:25.76
DIAZ DIAZ, IAGO	4'30"	3:35.56
DIAZ GRAÑA, ANGEL MANUEL	4'30"	3:58.96
DIAZ VILLAVARDE, IKER	4'30"	3:39.37
DIEGUEZ CID, SANDRA	5'00"	4:41.88
DIEZ MARTINEZ, CAROLINA	5'00"	4:03.82

DIOS DOMINGUEZ, ALEJANDRO	4'30"	3:46.10
DOMINGUEZ MAYA, SERGIO	4'30"	3:18.45
DOMINGUEZ RODRIGUEZ, JONATHAN	4'30"	3:45.33
DOPAZO COLLAZO, MARIA ISABEL	5'30"	3:59.25
EL - KORBI MARTINEZ, OMAR	4'30"	4:04.41
ESCUDERO IGLESIAS, PABLO	4'30"	3:49.04
ESPERON BLAS, FABIAN	4'30"	3:34.62
ESTEVEZ SANTOS, FABIAN	4'30"	3:30.10
FAJARDO BUCETA, EFREN	4'30"	3:36.12
FERNANDEZ BOUZA, SARA	5'00"	4:11.50
FERNANDEZ DURAN, ADRIAN	4'30"	3:43.05
FERNANDEZ FERNANDEZ, MANUEL	4'30"	3:54.09
FERNÁNDEZ FILGUEIRA, JESUS	4'30"	3:33.38
FERNANDEZ FONTENLA, LEONARDO	5'00"	3:58.29
FERNANDEZ GIL, RAFAEL	5'00"	3:46.71
FERNANDEZ HORTAS, IAGO	4'30"	3:29.24
FERNANDEZ LOPEZ, CRISTINA	5'30"	3:43.38
FERNANDEZ LOPEZ, RUBEN	4'30"	3:49.86
FERNANDEZ PARDO, ADRIAN	4'30"	3:24.75
FERNANDEZ RODRIGUEZ, CARMEN MARIA	5'30"	4:14.97
FERNANDEZ TORNAVACAS, DAVID	5'00"	3:35.78
FERRER CASAL, CARLOS	4'30"	3:37.12
FERRERO CARBALLAL, RUBEN	4'30"	3:24.03
FONTENLA FARIÑA, JOEL	4'30"	3:35.05
FRESCO IGLESIAS, VICTOR MANUEL	5'00"	3:36.62
FRESCO MEAÑOS, FRANCISCO JAVIER	4'30"	4:19.08
GAGO GALDO, ALEJANDRO	5'00"	3:45.59
GARCIA CASTRO, EFREN	4'30"	3:56.80
GARCIA ORDIZ, JAIME	4'30"	3:46.41
GARCIA SUAREZ, ADRIAN	4'30"	3:39.82
GARCIA VALIN, ADRIAN	4'30"	3:17.72
GARRIDO BLANCO, ISRAEL	5'00"	3:40.23
GARRIDO DOMINGUEZ, DAMIAN	4'30"	4:04.65
GARRIDO TORRES, PABLO	4'30"	3:28.68
GIL MARZABAL, RUBEN	4'30"	3:23.22
GIL PEREZ, JOSE	5'00"	3:21.16
GOMEZ BUA, IVAN	4'30"	3:36.05

GOMEZ FIGUEIRA, RODRIGO	4'30"	3:27.53
GOMEZ MOURIÑO, RUBEN	4'30"	3:18.50
GOMEZ RIVERA, JOSE MANUEL	4'30"	3:29.25
GOMEZ TEJEIRA, DAVID	5'15"	3:34.73
GOMEZ VILA, CRISTIAN	4'30"	3:25.57
GONDAR ALVARIÑAS, IAGO	4'30"	3:31.86
GONZALEZ ALBA, IVAN	4'30"	3:37.58
GONZALEZ ALONSO, AVELINO	4'30"	3:57.74
GONZALEZ ALVAREZ, JOSE MANUEL	4'30"	3:19.44
GONZALEZ BARREIRO, VANESSA	5'30"	4:19.80
GONZALEZ CORTEGOSO, VICTOR	4'30"	3:14.57
GONZALEZ ESTEVEZ, DAMIAN	4'30"	3:17.57
GONZALEZ GONZALEZ, DAVID	4'30"	3:25.33
GONZALEZ LOPEZ, SAMUEL	4'30"	3:46.05
GONZALEZ VIDAL, JAVIER	4'30"	3:48.36
GRANDIO LOPEZ, CANDIDO JAVIER	5'00"	3:45.80
GREGORES CARRERA, DOMINGO	5'00"	3:30.49
GRELA PLATA, GONZALO	4'30"	3:44.54
GUILLEN SOBRADELO, ISMAEL	4'30"	3:42.06
IGLESIAS BLANCO, SERGIO	4'30"	3:34.79
IGLESIAS GARCÍA, IVÁN	4'30"	3:04.27
IGLESIAS PINTADO, DANIEL	5'00"	3:17.68
IGLESIAS REDONDO, GONZALO	4'30"	3:29.18
IGLESIAS SOUSA, ROBERT	4'30"	3:54.70
INSUA ARIAS, EDGAR	4'30"	3:43.45
JAMLADI KHARBOUCHE, JIHANE	5'00"	3:47.18
JIMENEZ BORJA, JOSE	4'30"	3:18.24
LAMAS ESPAÑA, MANUEL	4'30"	4:00.27
LAMAS GOMEZ, CARLOS	4'30"	4:10.49
LAMAS LONGARELA, DIEGO	5'00"	3:34.78
LAMAS LONGARELA, GABRIEL	5'00"	4:03.49
LEIRO CAMBESES, YAIZA	5'00"	3:51.45
LIÑAYO FILGUEIRA, ADOLFO	4'30"	3:14.65
LISTA ROMAR, ALBANO	4'30"	4:09.14
LOPEZ BOUZAN, EVA	5'00"	4:39.06
LOPEZ GONZALEZ, YAGO	4'30"	3:53.10
LOPEZ LOPEZ, OSCAR	5'00"	4:17.89

LOPEZ MIRANDA, IVAN	4'30"	3:50.00
LOPEZ SANTIAGO, CESAR	4'30"	3:37.07
LOPEZ VILLALOBOS, JESUS	5'00"	3:47.79
LOSADA CORUJO, LUIS ALFONSO	4'30"	3:46.19
LOSADA GONZALEZ, DANIEL	4'30"	4:07.80
LOURO REY, MANUEL ANGEL	5'00"	4:17.27
LUSQUIÑOS GONZALEZ, ANA MARIA	5'30"	4:18.91
MADRIÑAN VAL, ROBERTO	4'30"	3:58.11
MALAGAMBA TRIANA, GUILLERMO	5'00"	4:27.55
MALLE LARRIBA, MIGUEL	4'30"	3:47.46
MALVIDO MENDUIÑA, ADRIAN	4'30"	3:56.98
MANEIRO LIÑARES, ALBERTO	5'00"	3:52.31
MAQUIEIRA PATIÑO, JUDA	4'30"	3:39.28
MARQUEZ BARCALA, DAMIAN	4'30"	3:53.70
MARTIN FONTANILLO, MIGUEL ANGEL	4'30"	4:11.81
MARTINEZ CASTRO, MARCOS	4'30"	3:36.12
MARTINEZ DUBRA, IVAN	4'30"	3:09.79
MARTINEZ GIRALDEZ, RAUL MANUEL	4'30"	3:37.86
MARTINEZ MARQUEZ, NOELIA	5'00"	4:45.40
MARTINEZ MENDEZ, MARCO JOSE	5'00"	3:29.56
MARTINEZ PEREIRA, LUIS	4'30"	3:31.80
MATO GIL, LUIS ANTONIO	4'30"	3:06.77
MATO VALIÑO, CRISTINA	5'00"	4:45.61
MEIRA MAYA, VIVIANA	5'00"	4:23.17
MEIS OUTEDA, ANGEL	4'30"	3:43.37
MENDEZ CASTRO, DIEGO	5'00"	3:25.99
MENDEZ PEREZ, ALEXANDRA	5'00"	3:39.03
MERA LOPEZ, JOSE	5'00"	4:19.22
MOLDES MARTINEZ, IGNACIO	4'30"	3:36.32
MONTAGUT ROSSELLO, CARLES	5'15"	3:48.69
MONTERO GONZALEZ, LINO	5'15"	4:14.95
MONTES MORA, YOLANDA	5'00"	4:50.16
MOREIRA FEIJOO, DANIEL	4'30"	3:28.86
NAVARRINA KING, FERMIN ALEJANDRO	4'30"	3:25.51
NOGUEIRA CORDO, ADRIAN	4'30"	4:03.23
NOVO ARIAS, RUBÉN	5'00"	3:43.06
NOVO RODRIGUEZ, ALEJANDRO	4'30"	3:22.24

NOVO VILLAVERDE, LUIS	4'30"	3:37.86
NUÑEZ VALERA, ENRIQUE	4'30"	3:30.30
ORBAN FERNANDEZ, MELISA	5'00"	4:00.21
ORDOÑEZ SAYANS, VANESA	5'30"	5:15.82
OREIRO VILCHEZ, FRANCISCO JESUS	5'00"	3:55.96
ORTIGUEIRA OUTON, IVAN	4'30"	3:44.85
OTERO ABAD, ELOY	4'30"	3:06.74
OTERO MASID, MONICA	5'00"	4:12.96
OTERO TRIÑANES, RUTH	5'30"	4:51.07
OUBIÑA FRAGA, PABLO	4'30"	4:00.58
OUTEDA GRAÑA, ANDREA	5'00"	4:13.25
OUTON TOME, MARTIN	4'30"	3:08.41
PACIOS FERREIRO, SONIA	5'30"	3:59.27
PADIN DOMINGUEZ, MARIA DE LOS ANGELES	5'00"	3:58.44
PAIS TALLON, LUIS	4'30"	3:38.51
PARAJES VARELA, MIRIAN	5'00"	4:33.38
PARGA GONÇALVES, SERGIO	4'30"	3:22.27
PAVON CAMPOS, FELIPE	4'30"	3:27.74
PAZ CADABAL, ALFONSO	5'00"	4:37.63
PAZ SUAREZ, FRANCISCO JOSE	4'30"	3:36.49
PAZOS SIEIRO, JUAN ANTONIO	4'30"	3:35.86
PENA LOPEZ-BOADO, ALEJANDRO JOSE	4'30"	3:21.39
PEREIRA FERNANDEZ, DOMINGO	5'00"	4:44.77
PEREIRA ROCA, JOSE ANTONIO	5'00"	3:54.38
PEREIRA RODRIGUEZ, JESUS	5'00"	3:18.50
PEREIRO CABIDO, MIGUEL ANGEL	4'30"	3:11.05
PEREIRO PEREZ, MOISES	5'00"	3:28.86
PEREZ FERNANDEZ, DAVID	4'30"	3:30.14
PEREZ PRADO, ADRIAN	4'30"	3:08.09
PEREZ VAZQUEZ, ALBA	5'00"	4:13.40
PEREZ-MONEO SANTOS, MIGUEL ANGEL	4'30"	3:13.81
PIÑEIRO COUTO, JOSE MANUEL	5'00"	4:37.81
PIÑEIRO GONZALEZ, JAVIER	4'30"	3:07.96
PIÑEIRO VAZQUEZ, JOSE ANTONIO	5'00"	3:27.54
PIÑON PAJON, RUBEN	4'30"	3:59.21
PORTAS PIÑEIRO, BENITO	5'00"	3:19.96
PORTEIRO REY, ROI	5'00"	3:34.89

PORTELA PAZOS, JAVIER	4'30"	3:33.32
PORTO FERNANDEZ, RAUL ARKAITZ	4'30"	3:41.09
PREGO BETANZOS, OSCAR	4'30"	3:47.24
PRIETO PARDO, ALBERTO	5'00"	3:16.03
PROL GONZALEZ, JOSE KIRIAN	4'30"	3:35.78
PUGA ELIZONDO, ALEJANDRO	4'30"	3:59.86
RAMOS GOMEZ, CESAR	5'00"	4:13.33
RAMOS RODRIGUEZ, ALBERTO	5'00"	3:30.68
REGUEIRA PEQUEÑO, SAUL	5'15"	3:20.30
REGUEIRO COUCHEIRO, MARCOS	5'00"	3:35.24
REGUEIRO MARTINEZ, FRANCISCO JAVIER	5'15"	2:56.58
RENDA BOUZADA, ALEJANDRA	5'00"	3:49.38
REPRESAS SAAVEDRA, ERIKA	5'30"	3:50.81
RIOBO PEREZ, MARTIN	5'15"	3:36.72
RIOS GARCIA, AARON	4'30"	3:22.69
RIVAS MORALES, EMILIO	5'15"	3:44.62
RIVAS PARADA, JAVIER	5'00"	3:50.24
RIVEIRO CASAS, DIEGO	4'30"	3:18.11
ROBLES CAMPO, ALBERTO	4'30"	2:57.69
ROCA DEIBE, SERGIO JOSE	4'30"	3:30.06
RODRIGUEZ FERNANDEZ, JOSE MANUEL	4'30"	3:31.09
RODRIGUEZ GOMEZ, SAMUEL	4'30"	3:07.24
RODRIGUEZ LOPEZ, EVELYN DEL CARMEN	5'00"	4:11.76
RODRIGUEZ LOPEZ, ISMAEL	5'00"	3:48.56
RODRIGUEZ LOPEZ, MAURO	4'30"	3:25.24
RODRIGUEZ MARTINEZ, ANTONIO	4'30"	3:40.36
RODRIGUEZ NIÑO, MARIA	5'30"	4:01.11
RODRIGUEZ PEDRIDO, DIEGO	4'30"	3:11.84
ROEL OTERO, VERONICA	5'30"	3:53.67
ROMAN RIVERA, ALEJANDRO	4'30"	3:44.67
ROMERO PEREZ, RUBEN	4'30"	3:17.04
ROMERO VALVERDE, FRANCISCO	4'30"	3:29.14
RUBIROSA RODRIGUEZ, ROBERTO	5'00"	3:27.00
RUIDO TABOADA, CESAR AUGUSTO	5'00"	3:32.96
SAAVEDRA BOUZA, MARTA	5'30"	4:09.22
SAAVEDRA CASAS, FERNANDO	5'15"	3:31.27
SALGADO MORADO, SANTIAGO	4'30"	3:17.58

SANCHEZ BALADO, DAVID	4'30"	3:16.26
SANCHEZ VAZQUEZ, BORJA	4'30"	2:59.11
SANMARTIN OTERO, ANDRES	4'30"	3:33.61
SANTAMARIA OLIVEIRA, JUAN ANTONIO	4'30"	3:34.71
SANTIAGO GARCIA, SANTIAGO	4'30"	3:36.40
SANTISO SAAVEDRA, YERAY	4'30"	3:43.48
SANTOME SANTOS, ADRIAN	4'30"	3:20.41
SANTOS MUÑIZ, MANUEL	5'00"	4:16.96
SANZ GARCIA, JORGE	4'30"	3:52.07
SEGADE DEZA, ALEJANDRO	4'30"	3:09.64
SEIJO PEREZ, MARTIN	4'30"	3:27.72
SEIJO VAZQUEZ, JOSE	4'30"	3:50.69
SEÑORANS RIVAS, JUAN RAMON	4'30"	3:54.50
SEOANE GONZALEZ, SERGIO	4'30"	3:23.74
SEOANE LIBERATA, REBECA	5'00"	3:52.59
SEREN SAMPEDRO, MIGUEL ANGEL	4'30"	3:51.28
SERRANO VIDAL, NATANAEL	4'30"	4:23.67
SILVA CALVO, ROSA	5'45"	4:31.31
SILVA LEMOS, AARON	4'30"	3:26.25
SOTELO FERNANDEZ, DANIEL	4'30"	3:25.85
SOTO IGLESIAS, IRIA	5'00"	3:42.82
SUEIRO VARELA, ALVARO	5'00"	4:02.32
TABOADA SIMON, JAVIER	4'30"	4:00.72
UCHA OMIL, MIGUEL	4'30"	3:34.01
VALENCIA BARCIA, ALBERTO	4'30"	3:37.87
VALIÑO CAMEAN, SERGIO	4'30"	3:32.72
VALLEJO LOPEZ, VICTOR MANUEL	4'30"	3:28.92
VAZQUEZ FIGUEIRAS, RAFAEL	4'30"	4:07.63
VAZQUEZ LOPEZ, ALVARO	4'30"	3:15.83
VAZQUEZ LOPEZ, DAVID	4'30"	3:25.41
VAZQUEZ NIETO, RUBEN	4'30"	3:58.65
VAZQUEZ SANDE, DANIEL	4'30"	3:34.06
VEIGA ENTENZA, BEATRIZ	5'00"	4:15.46
VILABOY ROMERO, MIGUEL	5'00"	3:28.04
VILLAR CASTRO, KELLY	5'00"	4:22.91
VILLAR DURAN, RUBEN	4'30"	3:56.74
VILLAR SANTISO, DIEGO	5'00"	3:02.06

VILLAVERDE FERNANDEZ, SANTIAGO	4'30"	3:20.67
VILLAVERDE MARTINEZ, FERNANDO	4'30"	3:43.89
VISO HERVELLA, ALEIXO	4'30"	3:46.62
YANES YAÑEZ, ALVARO	4'30"	4:06.34
YAÑEZ PEREZ, MONICA	5'30"	4:02.09
YEBRA BARREIRO, YAGO	4'30"	3:12.55
ZAHARIA, CASIANA-STELIANA	5'00"	4:20.38
ZAHARIA, IUSTINA	5'00"	4:26.14