

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|-----------------------------------|----|-----------|--------------|------|-------|---------------------------------------|
| 1 | 305 | CRISTIAN DIAZ LORENZO | | SNBM.1 | 26:16 | 3:17 | 26:16 | Asociacion deportiva Atletica do Sil |
| 2 | 1 | RICARDO VAZQUEZ VAAMONDE | | SNBM.2 | 26:24 | 3:18 | 26:24 | Escola Atletismo deza |
| 3 | 558 | JUAN PABLO FERNANDEZ RODRIGUES | | SNBM.3 | 26:46 | 3:21 | 26:46 | Sociedad Gimnastica de Pontvedra |
| 4 | 28 | LUIS CALVO CASTRO | | SNBM.4 | 27:13 | 3:25 | 27:13 | Triathlon Arcade Inforhouse Santiago |
| 5 | 312 | LUIS ALFONSO NOVO VEIGA | | SNBM.5 | 27:42 | 3:28 | 27:42 | Atletismo Coruña Comarca |
| 6 | 557 | JAVIER SORIANO SUTIL | | SNAM.1 | 27:50 | 3:29 | 27:50 | San Fernando Lucus Caixa Rural Galega |
| 7 | 499 | MIGUEL ANGEL CARRILLO SILVOSO | | SNBM.6 | 28:11 | 3:32 | 28:11 | Club Atletismo Milladoiro |
| 8 | 346 | ANTONIO PULPEIRO ALVAREZ | | SNBM.7 | 28:15 | 3:32 | 28:15 | Club Atletismo Ribadeo |
| 9 | 348 | DAVID PÉREZ SANTAMARÍA | | VTAM.1 | 28:36 | 3:35 | 28:36 | Club Atletismo Sar-A Poutada |
| 10 | 343 | ISMAEL LAGO MONROY | | SNAM.2 | 28:46 | 3:36 | 28:45 | Club Atletismo Porriño |
| 11 | 336 | VICTOR DOMARCO GARCÍA | | SNAM.3 | 28:47 | 3:36 | 28:46 | Club Atletismo Fontes do Sar |
| 12 | 513 | PEDRO TRABA CAAMAÑO | | SNBM.8 | 28:48 | 3:36 | 28:44 | Pato Blanco Celanova |
| 13 | 510 | EMILIO JOSE GARRIDO SOBRINO | | SNBM.9 | 28:51 | 3:37 | 28:50 | Ourense At. Academia Postal |
| 14 | 126 | MARIO PÉREZ FARIÑAS | | SNAM.4 | 28:51 | 3:37 | 28:51 | Ourense At. Academia Postal |
| 15 | 334 | JESUS FRAGA LOPEZ | | VTAM.2 | 28:55 | 3:37 | 28:55 | Club Alejandro Gomez |
| 16 | 553 | JOSÉ ÁNGEL SÁNCHEZ REDONDO | | VTAM.3 | 29:05 | 3:39 | 29:05 | Monte Segade Nupel Lugo |
| 17 | 361 | ANTONIO SOBRADO FERNANDEZ | | VTAM.4 | 29:11 | 3:39 | 29:11 | Comesaña.S.C. |
| 18 | 432 | JOSE LUIS GONZÁLEZ NÚÑEZ | | SNBM.10 | 29:12 | 3:39 | 29:11 | |
| 19 | 497 | RUBÉN FERNÁNDEZ FERNÁNDEZ | | SNBM.11 | 29:12 | 3:39 | 29:11 | Atletismo A Gándara Monforte |
| 20 | 556 | FERNANDO PORTO VILLASANTE | | VTBM.1 | 29:18 | 3:40 | 29:18 | San Fernando Lucus Caixa Rural Galega |
| 21 | 37 | ANTONIO OTERO UHIA | | VTAM.5 | 29:33 | 3:42 | 29:33 | |
| 22 | 404 | CARLOS FERNANDEZ VILLAVERDE | | VTAM.6 | 29:34 | 3:42 | 29:32 | Verxel N. D.-Drasanvi |
| 23 | 1231 | JAVIER CUPEIRO FRADE | | SNBM.12 | 29:34 | 3:42 | 29:31 | |
| 24 | 516 | ABRAHAM TORRE SOENGAS | | SNBM.13 | 29:34 | 3:42 | 29:33 | Verxel N. D.-Drasanvi |
| 25 | 134 | MARIO RAFAEL BALSA | | VTAM.7 | 29:37 | 3:43 | 29:37 | |
| 26 | 544 | JOSE LUIS BOUZA FREIRE | | VTBM.2 | 29:40 | 3:43 | 29:36 | Atletismo Afflelou Naron |
| 27 | 352 | JOSE MIRA FERNANDEZ | | SNBM.14 | 29:44 | 3:43 | 29:44 | Club Burgas Atletismo |
| 28 | 100 | AITOR CID PUGA | | SNAM.5 | 29:46 | 3:44 | 29:42 | C.D. Val da Rabeda |
| 29 | 350 | DOMINGO ALVAREZ RODRIGUEZ | | VTBM.3 | 29:58 | 3:45 | 29:57 | Club Burgas Atletismo |
| 30 | 125 | FRANCISCO NOGUEROL RODRÍGUEZ | | SNAM.6 | 29:59 | 3:45 | 29:51 | Kórpore Carballiño |
| 31 | 379 | MIGUEL ANXO NOGUEIRA PÉREZ | | SNBM.15 | 29:59 | 3:45 | 29:58 | Noitebra Fc |
| 32 | 106 | JOSE CARLOS BUJAN OTERO | | SNBM.16 | 30:01 | 3:46 | 29:58 | |
| 33 | 317 | JUAN DIEGO VAZQUEZ REMIGIO | | SNBM.17 | 30:05 | 3:46 | 30:04 | Atletismo Venturiña |
| 34 | 359 | MIGUEL LOPEZ CASADO | | SNBM.18 | 30:08 | 3:46 | 30:03 | Club Via XVIII Maceda |
| 35 | 314 | MODESTO BARRO ROCHELA | | VTAM.8 | 30:13 | 3:47 | 30:12 | Atletismo Olympo |
| 36 | 21 | JOSÉ ANTONIO DE LA CRUZ RODRÍGUEZ | | VTAM.9 | 30:15 | 3:47 | 30:08 | Gym Simón-Vigo |
| 37 | 396 | CARLOS DEZA RODRIGUEZ | | SNBM.19 | 30:17 | 3:48 | 30:13 | Patukos Team Running |
| 38 | 568 | SAUL VALCARCEL NOVO | | VTAM.10 | 30:26 | 3:49 | 30:24 | |
| 39 | 373 | MARTIÑO RIERA RODRIGUEZ | | SNAM.7 | 30:30 | 3:49 | 30:27 | Escola Atletismo deza |
| 40 | 412 | ALEXANDRE ALONSO FERNÁNDEZ | | SNBM.20 | 30:34 | 3:50 | 30:27 | |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|--------------------------------------|-----|-----------|--------------|------|-------|------------------------------------|
| 41 | 397 | EDUARDO GOY GOMEZ | | VTAM.11 | 30:36 | 3:50 | 30:32 | Redonelite |
| 42 | 148 | JOSÉ FRANCISCO BLANCO FANDIÑO | | SNBM.21 | 30:38 | 3:50 | 30:34 | Atletismo Coruña Comarca |
| 43 | 1232 | MARCOS GROBA BARGIELA | | SNBM.22 | 30:40 | 3:50 | 30:33 | |
| 44 | 545 | ANDRÉS PIÑÓN LOUREIRO | | VTAM.12 | 30:40 | 3:50 | 30:30 | Atletismo Coruña Comarca |
| 45 | 551 | ELADIO GÓMEZ ROSALES | | SNBM.23 | 30:46 | 3:51 | 30:30 | Club Casa da Xuventude Ourense |
| 46 | 50 | OSCAR VALLE LOPEZ | | SNBM.24 | 30:49 | 3:52 | 30:46 | |
| 47 | 124 | JAIME NOGUEROL RODRÍGUEZ | | SNAM.8 | 30:49 | 3:52 | 30:47 | Kórpore Carballiño |
| 48 | 405 | GERARDO PEREZ LENZA | | VTBM.4 | 30:57 | 3:53 | 30:57 | Verxel N. D.-Drasanvi |
| 49 | 399 | XOSE RAMON BLANCO | | VTAM.13 | 31:01 | 3:53 | 31:01 | S Gimnastica de Pontevedra |
| 50 | 530 | FRANCISCO JAVIER ESPÍÑA FERNANDEZ | | SNBM.25 | 31:04 | 3:53 | 31:01 | |
| 51 | 304 | JUAN NUÑEZ SEOANE | | SNBM.26 | 31:05 | 3:54 | 30:56 | Asociacion de Atletismo Estradense |
| 52 | 570 | TINO CERVIÑO PAREDES | | VTAM.14 | 31:11 | 3:54 | 31:06 | |
| 53 | 535 | ROBERTO ESPÍÑA FERNANDEZ | | SNBM.27 | 31:15 | 3:55 | 31:12 | |
| 54 | 87 | MARCOS ORO VENCE | | SNAM.9 | 31:15 | 3:55 | 31:12 | |
| 55 | 555 | FRANCISCO JAVIER ORTEGA INFUESTA | | SNBM.28 | 31:15 | 3:55 | 31:11 | Os Setas |
| 56 | 504 | JOSE LUIS DIAZ VAZQUEZ | | VTAM.15 | 31:16 | 3:55 | 31:14 | Club de Corredores Bretaña |
| 57 | 517 | ANTONIO TORRE SOENGAS | | SNAM.10 | 31:19 | 3:55 | 31:16 | Verxel N. D.-Drasanvi |
| 58 | 459 | EDUARDO OTERO SALGADO | | VTAM.16 | 31:21 | 3:56 | 31:19 | |
| 59 | 538 | MARCOS PRADO FANDIÑO | | SNAM.11 | 31:23 | 3:56 | 31:20 | |
| 60 | 550 | OSCAR FERNANDEZ GONZALEZ | | SNBM.29 | 31:24 | 3:56 | 31:20 | Club Atletismo Fontes do Sar |
| 61 | 2 | PABLO FEJOO LOUREIRO | | VTAM.17 | 31:25 | 3:56 | 31:18 | A. D. Limiactiva |
| 62 | 391 | ISABEL SÁEZ BATALLÁN | F.1 | VTF.1 | 31:25 | 3:56 | 31:25 | Ourense At. Academia Postal |
| 63 | 427 | LUIS IGLESIAS RAÑA | | SNBM.30 | 31:27 | 3:56 | 31:23 | |
| 64 | 72 | FRANCISCO JAVIER DOMINGUEZ ZUFIAURRE | | SNBM.31 | 31:28 | 3:56 | 31:19 | |
| 65 | 127 | HELIODORO. AGUIN GONZALEZ | | VTAM.18 | 31:28 | 3:56 | 31:26 | |
| 66 | 526 | GONZALO RODRIGUEZ LOPEZ | | SNBM.32 | 31:30 | 3:57 | 31:18 | |
| 67 | 330 | JOSE CARLOS FERREIRA GONZALEZ | | SNBM.33 | 31:31 | 3:57 | 31:30 | Club Alejandro Gomez |
| 68 | 113 | DIEGO BERGONDO CAÑAS | | SNAM.12 | 31:32 | 3:57 | 31:27 | |
| 69 | 434 | RAMÓN RODRÍGUEZ GONZÁLEZ | | VTAM.19 | 31:32 | 3:57 | 31:29 | |
| 70 | 59 | JAIME FUENTES FERNÁNDEZ | | SNAM.13 | 31:33 | 3:57 | 31:28 | |
| 71 | 519 | FERNANDO CARBALLIDO FERNANDEZ | | VTAM.20 | 31:33 | 3:57 | 31:31 | Zeppelin Atletico Finsa |
| 72 | 511 | ANTONIO LOPEZ FERNANDEZ | | VTAM.21 | 31:34 | 3:57 | 31:31 | Pato Blanco Celanova |
| 73 | 30 | MANUEL MONTEAGUDO CAAMAÑO | | VTBM.5 | 31:34 | 3:57 | 31:32 | |
| 74 | 563 | IVAN SEGADE CAROU | | SNBM.34 | 31:35 | 3:57 | 31:26 | |
| 75 | 324 | DANIEL LOPEZ CANTO | | VTAM.22 | 31:37 | 3:58 | 31:35 | Catedraticos do Asfalto |
| 76 | 520 | ALFREDO VILA VEIGA | | SNBM.35 | 31:37 | 3:58 | 31:36 | Zeppelin Atletico Finsa |
| 77 | 493 | JOSE ROSENDE BREA | | VTAM.23 | 31:38 | 3:58 | 31:29 | |
| 78 | 496 | RAMIRO MENDEZ RODRIGUEZ | | VTBM.6 | 31:40 | 3:58 | 31:37 | Atletismo A Gándara Monforte |
| 79 | 531 | ANTONIO PAJARIÑO VILAS | | SNBM.36 | 31:41 | 3:58 | 31:36 | |
| 80 | 78 | JAVIER GARCIA GIL | | SNBM.37 | 31:43 | 3:58 | 31:36 | |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|---------------------------------|----|-----------|--------------|------|-------|--------------------------------|
| 81 | 327 | JAVIER SÁNCHEZ LÓPEZ | | SNBM.38 | 31:46 | 3:59 | 31:44 | Club Alejandro Gomez |
| 82 | 150 | JOSE ANTONIO BERMUDEZ TURNES | | VTAM.24 | 31:53 | 4:00 | 31:48 | Noitebra Fc |
| 83 | 409 | ANDRES DOMINGUEZ SILVA | | SNBM.39 | 31:56 | 4:00 | 31:47 | |
| 84 | 494 | JOSE SUAREZ LEIS | | VTAM.25 | 31:58 | 4:00 | 31:47 | |
| 85 | 385 | JOSE MANUEL FERREIRO FORMOSO | | SNBM.40 | 31:59 | 4:00 | 31:42 | Os Afiadores |
| 86 | 80 | ANDRES SUEIRO MENDEZ | | SNBM.41 | 32:01 | 4:01 | 31:34 | |
| 87 | 503 | ALFREDO FERREIRO DEAÑO | | SNBM.42 | 32:04 | 4:01 | 31:56 | Club Casa da Xuventude Ourense |
| 88 | 522 | ANTONIO VAZQUEZ IGLESIAS | | VTAM.26 | 32:05 | 4:01 | 31:55 | |
| 89 | 119 | NICOLÁS OTERO MARTÍNEZ | | SNAM.14 | 32:06 | 4:01 | 31:57 | Atletismo Universidade de Vigo |
| 90 | 505 | MIGUEL ANGEL VILABOY ROMERO | | SNBM.43 | 32:08 | 4:01 | 32:06 | Club Olympo As Pontes |
| 91 | 486 | CESAR PEREZ VARELA | | SNBM.44 | 32:11 | 4:02 | 32:05 | |
| 92 | 464 | ISIDRO IGLESIAS IGLESIAS | | VTAM.27 | 32:13 | 4:02 | 32:07 | |
| 93 | 533 | HUGO DE LA VEGA LOPEZ | | SNBM.45 | 32:13 | 4:02 | 32:07 | |
| 94 | 328 | SANTIAGO FERNANDEZ RIAL | | SNBM.46 | 32:15 | 4:02 | 32:02 | Club Alejandro Gomez |
| 95 | 6 | ALBERTO VARELA NUÑEZ | | VTAM.28 | 32:17 | 4:03 | 32:17 | C.D. Sigueiro |
| 96 | 387 | JOSE MANUEL PEREZ RODRIGUEZ | | VTAM.29 | 32:19 | 4:03 | 32:03 | Os Afiadores Ourense |
| 97 | 543 | IVAN ARMESTO FERNANDEZ | | SNAM.15 | 32:21 | 4:03 | 32:19 | Atletismo A Gándara Monforte |
| 98 | 98 | SERAFIN CID PAZ | | VTAM.30 | 32:24 | 4:03 | 32:00 | C.D. Val da Rabeda |
| 99 | 99 | MANUEL QUINTAIROS CID | | SNBM.47 | 32:24 | 4:03 | 32:00 | C.D. Val da Rabeda |
| 100 | 95 | JOSE DANIEL GONZALEZ QUINTAIROS | | VTBM.7 | 32:25 | 4:04 | 32:20 | C.D. Val da Rabeda |
| 101 | 46 | ALBERTO IGLESIAS CABALEIRO | | SNBM.48 | 32:25 | 4:04 | 32:12 | |
| 102 | 101 | JOSE LUIS LORENZO FIGUEIRA | | SNAM.16 | 32:26 | 4:04 | 32:16 | Club Atletismo Fontes do Sar |
| 103 | 360 | FRANCISCO GARCIA VILLAVARDE | | SNBM.49 | 32:27 | 4:04 | 32:18 | Comesaña.S.C. |
| 104 | 401 | JAIME VAZQUEZ MEIJIDE | | SNBM.50 | 32:27 | 4:04 | 32:24 | Tran-Tran |
| 105 | 402 | JOSE LUIS VAZQUEZ MEIJIDE | | VTAM.31 | 32:30 | 4:04 | 32:28 | Tran-Tran |
| 106 | 43 | LUIS SANTIAGO COSTA | | SNBM.51 | 32:34 | 4:05 | 32:27 | |
| 107 | 335 | JOSÉ MANUEL TURNES CORDEIRO | | SNBM.52 | 32:36 | 4:05 | 32:23 | Club Alejandro Gomez |
| 108 | 485 | JAVIER ÁLVAREZ VARELA | | SNBM.53 | 32:38 | 4:05 | 32:37 | |
| 109 | 108 | MARTIN SENDE MIRANDA | | SNBM.54 | 32:38 | 4:05 | 32:27 | |
| 110 | 48 | CRISTOBAL DAFONTE DIEGUEZ | | SNBM.55 | 32:39 | 4:05 | 32:38 | |
| 111 | 569 | CAMILO IGLESIAS LOPEZ | | VTBM.8 | 32:41 | 4:06 | 32:38 | |
| 112 | 410 | JOSE ANTONIO GOMEZ SANCHEZ | | VTAM.32 | 32:42 | 4:06 | 32:34 | |
| 113 | 521 | CARLOS PEREZ VALIN | | SNAM.17 | 32:44 | 4:06 | 32:41 | Zeppelin Atletico Finsa |
| 114 | 107 | JAVIER SEOANE PUGA | | SNBM.56 | 32:46 | 4:06 | 32:46 | |
| 115 | 376 | JOSE RAMÓN RODRÍGUEZ GONZÁLEZ | | SNBM.57 | 32:47 | 4:06 | 32:38 | Kórpore Carballiño |
| 116 | 315 | AMADOR REBOREDA GRAÑA | | VTAM.33 | 32:49 | 4:07 | 32:36 | Club Atletismo Porriño |
| 117 | 323 | JOSE CORTON GONZALEZ | | SNBM.58 | 32:52 | 4:07 | 32:48 | Catedraticos do Asfalto |
| 118 | 454 | JOSE ANTONIO CASTRO LISTA | | SNBM.59 | 32:53 | 4:07 | 32:48 | |
| 119 | 507 | MIGUEL VARELA FERNANDEZ | | SNBM.60 | 32:54 | 4:07 | 32:54 | Club Triatlon Lalín |
| 120 | 347 | MANUEL FIGUEIRA PEREZ | | SNBM.61 | 32:56 | 4:07 | 32:54 | Club Atletismo Sar-A Poutada |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|-------------------------------|----|-----------|--------------|------|-------|-------------------------------------|
| 121 | 430 | JOSÉ IGNACIO CALVO FERNÁNDEZ | | SNBM.62 | 32:57 | 4:08 | 32:51 | |
| 122 | 428 | BENITO RODRÍGUEZ MARTÍNEZ | | SNBM.63 | 32:58 | 4:08 | 32:52 | |
| 123 | 527 | JAVIER GARCIA GARCIA | | SNBM.64 | 32:58 | 4:08 | 32:47 | |
| 124 | 114 | JOSE LUIS ABADIN | | SNAM.18 | 33:00 | 4:08 | 32:57 | |
| 125 | 70 | MIGUEL A. SENDE MIRANDA | | SNBM.65 | 33:03 | 4:08 | 32:53 | |
| 126 | 426 | FERNANDO REY MAYO | | SNBM.66 | 33:07 | 4:09 | 32:55 | |
| 127 | 306 | MANUEL IGLESIAS GOMEZ | | SNBM.67 | 33:11 | 4:09 | 33:06 | Atletica A Silva |
| 128 | 384 | JOSÉ RUBÉN CALVO FDEZ | | SNBM.68 | 33:20 | 4:10 | 33:02 | Os Afiadores |
| 129 | 388 | JOSE MANUEL FERREIRO VAZQUEZ | | VTAM.34 | 33:23 | 4:11 | 33:05 | Os Afiadores Ourense |
| 130 | 440 | CARLOS PINTOS RECAREY | | VTAM.35 | 33:25 | 4:11 | 33:13 | |
| 131 | 567 | JOSE VICENTE CASTRO PUGA | | SNAM.19 | 33:26 | 4:11 | 33:24 | |
| 132 | 205 | JOSE LUIS ALTAMIRANDA BLANCO | | SNBM.69 | 33:28 | 4:11 | 33:28 | |
| 133 | 425 | MIGUEL SUEIRO MÉNDEZ | | SNAM.20 | 33:31 | 4:12 | 33:05 | |
| 134 | 349 | EVARISTO GARCIA MARTINEZ | | VTAM.36 | 33:34 | 4:12 | 33:30 | Club Atletismo Sar-A Poutada |
| 135 | 542 | DAVID PEREZ GARCIA | | XVNM.1 | 33:34 | 4:12 | 33:33 | Atletismo A Gándara Monforte |
| 136 | 536 | DIEGO CANOSA DIAZ | | SNBM.70 | 33:35 | 4:12 | 33:24 | |
| 137 | 47 | JOSÉ RAMÓN PUGA GARCÍA | | SNBM.71 | 33:37 | 4:13 | 33:18 | |
| 138 | 421 | JOSÉ MANUEL ROCA RODRIGUEZ | | SNBM.72 | 33:37 | 4:13 | 33:17 | |
| 139 | 40 | TOMÁS GARCÍA GALLEGO | | VTAM.37 | 33:41 | 4:13 | 33:21 | |
| 140 | 322 | ROBERTO CARRACEDO FERNANDEZ | | SNBM.73 | 33:45 | 4:14 | 33:41 | Catedraticos do Asfalto |
| 141 | 487 | FRANCISCO J. REY PADIN | | SNBM.74 | 33:46 | 4:14 | 33:40 | |
| 142 | 398 | FERNANDO LAGO CASTRO | | SNBM.75 | 33:47 | 4:14 | 33:42 | Redonelite |
| 143 | 443 | JESUS RODRÍGUEZ BLANCO | | VTBM.9 | 33:51 | 4:14 | 33:45 | |
| 144 | 140 | IVÁN ÁLVAREZ IGLESIAS | | SNBM.76 | 33:54 | 4:15 | 33:37 | |
| 145 | 342 | XOSE MANUEL TOUCEDA ABELLEIRA | | VTAM.38 | 33:55 | 4:15 | 33:47 | Club Atletismo Oliveira de Santiago |
| 146 | 38 | FRANCISCO DELGADO AMOR | | VTAM.39 | 33:55 | 4:15 | 33:47 | |
| 147 | 308 | MANUEL FERNANDEZ MEMBRILLA | | VTAM.40 | 33:55 | 4:15 | 33:48 | Atletismo A Gándara Monforte |
| 148 | 123 | SERAFIN PARCERO PÉREZ | | VTBM.10 | 34:00 | 4:15 | 33:54 | Club Corredoiras - Bueu |
| 149 | 455 | ARTURO VAZQUEZ CASAL | | VTAM.41 | 34:04 | 4:16 | 33:59 | |
| 150 | 500 | SERGIO DEL ARCO MARQUIZ | | SNBM.77 | 34:04 | 4:16 | 33:57 | C.C.Ames |
| 151 | 147 | ANTONIO AGULLO CANDA | | VTAM.42 | 34:05 | 4:16 | 33:52 | |
| 152 | 105 | JOSÉ MARÍA BLANCO PAMPÍN | | SNBM.78 | 34:07 | 4:16 | 33:54 | |
| 153 | 122 | JESUS GONZALEZ GONZALEZ | | SNBM.79 | 34:08 | 4:16 | 34:01 | Club Beariz Triatlon |
| 154 | 303 | JOSE LUIS REQUEJO RODRIGUEZ | | VTAM.43 | 34:09 | 4:17 | 34:02 | Amoeiro |
| 155 | 534 | JOSE ANTONIO CORTIÑAS SEIJO | | SNBM.80 | 34:13 | 4:17 | 34:07 | |
| 156 | 61 | DIEGO GÓMEZ GARCÍA | | SNAM.21 | 34:13 | 4:17 | 33:55 | |
| 157 | 129 | OSCAR PEREZ MELLA | | SNBM.81 | 34:16 | 4:17 | 34:14 | |
| 158 | 353 | JOSE LUIS CABO BEN | | SNBM.82 | 34:22 | 4:18 | 34:20 | Club Burgas Atletismo |
| 159 | 135 | JUAN MANUEL MATA TORREIRA | | VTAM.44 | 34:23 | 4:18 | 34:16 | |
| 160 | 489 | JOSE RAMON ABEL SUAREZ | | VTAM.45 | 34:24 | 4:18 | 34:14 | |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|---------------------------------|-----|-----------|--------------|------|-------|------------------------------------|
| 161 | 375 | JOSE MARIA LEVOSO TOUCEDA | | VTAM.46 | 34:25 | 4:19 | 34:11 | Esprintes Ourense |
| 162 | 479 | ADOLFO OMAR RÍOS GIMÉNEZ | | VTBM.11 | 34:30 | 4:19 | 34:17 | |
| 163 | 386 | JAVIER GARRIDO PUMAR | | SNAM.22 | 34:37 | 4:20 | 34:19 | Os Afiadores |
| 164 | 433 | VÍTOR MANUEL RODRÍGUEZ JURJO | | VTAM.47 | 34:38 | 4:20 | 34:16 | |
| 165 | 69 | FRANCISCO GONZÁLEZ COSTA | | VTAM.48 | 34:38 | 4:20 | 34:12 | |
| 166 | 407 | ANTONIO REZA MONTENEGRO | | VTAM.49 | 34:39 | 4:20 | 34:30 | Veteranos Pabellón Ourense |
| 167 | 420 | CARLOS RIÁDIGOS MOSQUERA | | SNBM.83 | 34:41 | 4:21 | 34:33 | |
| 168 | 458 | ANTONIO SOUTO REGO | | VTAM.50 | 34:45 | 4:21 | 34:42 | |
| 169 | 559 | PABLO FERNÁNDEZ TRASEIRA | | SNBM.84 | 34:45 | 4:21 | 34:40 | Tendencias Mobiliario |
| 170 | 366 | ANTONIO FERNANDEZ COSTA | | VTAM.51 | 34:46 | 4:21 | 34:32 | Escola Atletismo deza |
| 171 | 415 | ISMAEL BECERR PALLARES | | SNBM.85 | 34:49 | 4:22 | 34:30 | |
| 172 | 52 | LOLA BASCÓN OSUNA | F.2 | SNBF.1 | 34:50 | 4:22 | 34:41 | |
| 173 | 345 | PEDRO FERNÁNDEZ VILLAMIL | | VTAM.52 | 34:50 | 4:22 | 34:44 | Club Atletismo Ribadeo |
| 174 | 354 | JOSE LUIS GONZALEZ ROSENDO | | SNBM.86 | 34:51 | 4:22 | 34:36 | Club Burgas Atletismo |
| 175 | 34 | JOSE BALOIRA NOGUEIRA | | VTAM.53 | 34:54 | 4:22 | 34:39 | |
| 176 | 457 | RAÚL RODRÍGUEZ BASANTA | | SNBM.87 | 34:55 | 4:22 | 34:43 | |
| 177 | 4 | QUICO BASTEIRO MAGARIÑOS | | SNBM.88 | 34:56 | 4:22 | 34:46 | Asociacion de Atletismo Estradense |
| 178 | 495 | MANUEL RAFAEL PEREZ GONZALEZ | | SNBM.89 | 34:58 | 4:23 | 34:46 | Acade |
| 179 | 326 | XOSÉ ENRIQUE PUJALES MARTÍNEZ | | VTBM.12 | 35:00 | 4:23 | 34:51 | Club Alejandro Gomez |
| 180 | 463 | EMILIO JOSE JOVE CASTRO | | VTAM.54 | 35:03 | 4:23 | 34:58 | |
| 181 | 42 | RAFAEL GUDIÑA FERNANDEZ | | SNBM.90 | 35:03 | 4:23 | 34:43 | |
| 182 | 528 | SERGIO PEREZ ALVAREZ | | SNBM.91 | 35:07 | 4:24 | 34:54 | |
| 183 | 85 | IVAN GARCIA NOGUEIRA | | SNAM.23 | 35:07 | 4:24 | 34:49 | |
| 184 | 62 | DAVID CID MENOR | | SNAM.24 | 35:09 | 4:24 | 34:51 | |
| 185 | 24 | RAMON REY GEY | | VTBM.13 | 35:10 | 4:24 | 35:07 | Tran-Tran |
| 186 | 131 | ALBERTO MONTOTO VARELA | | SNBM.92 | 35:11 | 4:24 | 35:02 | |
| 187 | 431 | ANTONIO DAVID RODRIGUEZ GARRIDO | | SNBM.93 | 35:17 | 4:25 | 35:01 | |
| 188 | 467 | FRANCISO DIAZ ESTEVEZ | | VTBM.14 | 35:19 | 4:25 | 35:11 | |
| 189 | 394 | JOSE LUIS MARTINEZ VICENTE | | SNBM.94 | 35:21 | 4:26 | 34:59 | Patukos Team Running |
| 190 | 444 | ANTONIO INSUA RODRÍGUEZ-VILA | | SNAM.25 | 35:22 | 4:26 | 35:04 | |
| 191 | 351 | MANUEL FREIRE VELO | | VTBM.15 | 35:27 | 4:26 | 34:27 | Club Burgas Atletismo |
| 192 | 97 | BENIGNO SAAVEDRA GAYOSO | | VTAM.55 | 35:28 | 4:26 | 35:05 | C.D. Val da Rabeda |
| 193 | 435 | EMILIO MEDINA JIMÉNEZ | | VTAM.56 | 35:28 | 4:26 | 35:11 | |
| 194 | 418 | JUAN MANUEL BAUTIS OTERO | | SNBM.95 | 35:29 | 4:27 | 35:18 | |
| 195 | 7 | MANUEL VAZQUEZ IGLESIAS | | VTAM.57 | 35:29 | 4:27 | 35:09 | C.D.Egozarros-Viveiro |
| 196 | 68 | ADOLFO RICOY BUGARIN | | VTAM.58 | 35:31 | 4:27 | 35:21 | |
| 197 | 474 | MARIO DANIEL VARELA CRESPO | | SNBM.96 | 35:35 | 4:27 | 35:23 | |
| 198 | 564 | INMA RODRIGUEZ FERREÑO | F.3 | VTF.2 | 35:35 | 4:27 | 35:27 | |
| 199 | 35 | MIGUEL DIAZ CARBALLO | | VTAM.59 | 35:38 | 4:28 | 35:18 | |
| 200 | 369 | VERONICA MON SEIJAS | F.4 | SNBF.2 | 35:39 | 4:28 | 35:38 | Escola Atletismo deza |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|----------------------------------|-----|-----------|--------------|------|-------|---------------------------------|
| 201 | 117 | JULIO MARTÍNEZ CARRERA | | VTAM.60 | 35:44 | 4:28 | 35:40 | A. D. Limiactiva |
| 202 | 566 | LUIS JIMENEZ GARCIA | | VTAM.61 | 35:52 | 4:29 | 35:43 | |
| 203 | 476 | JOSÉ ANTONIO SANDIANES LORENZO | | VTBM.16 | 35:53 | 4:30 | 35:39 | |
| 204 | 318 | DIEGO GARCÍA PADÍN | | SNBM.97 | 35:54 | 4:30 | 35:36 | Atmo. Venturiña-Mariscos Jacobo |
| 205 | 483 | JOSÉ MANUEL CASÁS CASÁS | | SNBM.98 | 35:56 | 4:30 | 35:53 | |
| 206 | 55 | JUAN DIEGO BERMEJO FERNANDEZ | | SNAM.26 | 35:58 | 4:30 | 35:40 | |
| 207 | 333 | FERNANDO CARNERO ESTEVEZ | | VTAM.62 | 36:01 | 4:31 | 35:45 | Club Alejandro Gomez |
| 208 | 321 | ANTONIO HERNANDEZ BARREIRO | | VTCM.1 | 36:03 | 4:31 | 35:54 | C.D.Egozarros-Viveiro |
| 209 | 442 | BRUNO PORTO CALVELO | | SNBM.99 | 36:04 | 4:31 | 35:41 | |
| 210 | 490 | JUAN CARLOS SOTO GARCIA | | VTAM.63 | 36:06 | 4:31 | 35:51 | |
| 211 | 337 | ALFONSO ARIAS GARCIA | | SNBM.100 | 36:06 | 4:31 | 36:01 | Club Atletismo Fontes do Sar |
| 212 | 437 | JESÚS FRANCO VIDAL | | VTAM.64 | 36:09 | 4:32 | 36:00 | |
| 213 | 344 | ANA MARÍA FERRADÁS BARRERA | F.5 | VTF.3 | 36:10 | 4:32 | 36:08 | Club Atletismo Ribadeo |
| 214 | 461 | PABLO MARTINEZ SOTO | | VTAM.65 | 36:12 | 4:32 | 36:01 | |
| 215 | 462 | JOSE ANTONIO BLANCO GONZALEZ | | VTAM.66 | 36:12 | 4:32 | 36:01 | |
| 216 | 329 | ROBERTO EXPOSITO EXPOSITO | | SNBM.101 | 36:13 | 4:32 | 36:13 | Club Alejandro Gomez |
| 217 | 90 | FERNANDO GOMEZ PEREZ | | VTBM.17 | 36:16 | 4:32 | 36:12 | Atletismo A Gándara Monforte |
| 218 | 141 | MIGUEL TARRIO MONTOIRO | | SNBM.102 | 36:18 | 4:33 | 36:02 | |
| 219 | 449 | FRANCISCO JAVIER SUAREZ BERMUDEZ | | SNBM.103 | 36:20 | 4:33 | 36:08 | |
| 220 | 481 | JESUS RAÑA PLATAS | | VTBM.18 | 36:21 | 4:33 | 36:19 | |
| 221 | 74 | CONSTANTINO ALVAREZ BAS | | SNBM.104 | 36:27 | 4:34 | 36:06 | |
| 222 | 32 | JOSE ANTONIO VARELA BARRERA | | VTBM.19 | 36:27 | 4:34 | 36:06 | |
| 223 | 110 | JOSE REY TORRES | | SNBM.105 | 36:28 | 4:34 | 36:06 | |
| 224 | 419 | HUGO BALSERA SANMIGUEL | | SNBM.106 | 36:30 | 4:34 | 36:25 | |
| 225 | 554 | JOSE RAMON MAYO MARTINEZ | | SNBM.107 | 36:32 | 4:34 | 36:11 | Murosarqueoloxico.org |
| 226 | 441 | JORGE CARREIRA NODAR | | SNBM.108 | 36:33 | 4:35 | 36:11 | |
| 227 | 58 | DIEGO GARCIA LORENZO | | SNAM.27 | 36:35 | 4:35 | 36:28 | |
| 228 | 382 | FRANCISCO M. MENDEZ QUINTELA | | SNBM.109 | 36:36 | 4:35 | 36:23 | Noitebra Fc |
| 229 | 392 | MANUEL LAGO MOLEDO | | VTAM.67 | 36:37 | 4:35 | 36:30 | Pato Blanco Celanova |
| 230 | 203 | FERNANDO RODRIGUEZ VAZQUEZ | | VTAM.68 | 36:39 | 4:35 | 36:19 | |
| 231 | 468 | DANIEL OTERO CEPEDA | | VTBM.20 | 36:40 | 4:35 | 36:25 | |
| 232 | 383 | SHAILA MUÑIZ PÉREZ | F.6 | SNBF.3 | 36:41 | 4:36 | 36:27 | Noitebra Fc |
| 233 | 204 | CASTOR TOMBO CANTARILLA | | VTAM.69 | 36:42 | 4:36 | 36:36 | Vilareal Sport |
| 234 | 429 | ALFREDO SEIJAS SANMARTÍN | | SNBM.110 | 36:44 | 4:36 | 36:23 | |
| 235 | 501 | NICOLÁS CHAO FERNÁNDEZ | | SNBM.111 | 36:53 | 4:37 | 36:38 | Casa da Xuventude de Ourense |
| 236 | 477 | JOSE GARAGORRI JIMÉNEZ | | VTAM.70 | 36:54 | 4:37 | 36:36 | |
| 237 | 540 | MARIA JOSÉ GROBAS GARABOA | F.7 | SNBF.4 | 36:57 | 4:38 | 36:45 | Atlética A Silva |
| 238 | 109 | RAFAEL PEREIRO SANESTEBAN | | SNBM.112 | 36:57 | 4:38 | 36:40 | |
| 239 | 390 | J. BENITO ABELLAS OTERO | | VTAM.71 | 36:58 | 4:38 | 36:49 | Os das Sete |
| 240 | 316 | JOSE RAMON CONDE TORRES | | VTBM.21 | 37:00 | 4:38 | 36:49 | Club Atletismo Porriño |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|----------------------------------|------|-----------|--------------|------|-------|---------------------------------------|
| 241 | 515 | ANTONIO TORRE MEJÍA | | VTBM.22 | 37:08 | 4:39 | 36:49 | Vexel N. D.-Drasanvi |
| 242 | 102 | HECTOR GONZALEZ MARTINEZ | | SNBM.113 | 37:11 | 4:39 | 36:49 | El Mejor Equipado de La Carrera |
| 243 | 112 | JOSIÑO GIL PEREZ | | SNBM.114 | 37:16 | 4:40 | 37:07 | |
| 244 | 518 | JOSE FORNEIRO IGLESIAS | | VTBM.23 | 37:19 | 4:40 | 37:04 | Veteranos Pabellón Ourense |
| 245 | 128 | MIGUEL RUA VAZQUEZ | | SNBM.115 | 37:21 | 4:41 | 37:02 | |
| 246 | 149 | FRANCISCO MASEDA CARBALLO | | SNBM.116 | 37:25 | 4:41 | 37:00 | |
| 247 | 11 | JULIAN GULLÓN ALVAREZ | | SNBM.117 | 37:27 | 4:41 | 37:13 | Escola Atletismo deza |
| 248 | 565 | JUAN JOSÉ ILLÁN LÓPEZ | | VTAM.72 | 37:28 | 4:41 | 37:02 | |
| 249 | 413 | IVÁN DIÉGUEZ BALADRÓN | | SNBM.118 | 37:41 | 4:43 | 37:27 | |
| 250 | 365 | FELIX DE CASTRO RODRIGUEZ | | VTAM.73 | 37:42 | 4:43 | 37:29 | Escola Atletismo deza |
| 251 | 331 | MANUEL LOPEZ PEREIRA | | VTCM.2 | 37:48 | 4:44 | 37:40 | Club Alejandro Gomez |
| 252 | 20 | MANUEL VALIÑO RON | | VTAM.74 | 37:53 | 4:45 | 37:39 | Escola Atletismo deza |
| 253 | 514 | XOSE FRANCISCO LEMA RIVADAS | | SNBM.119 | 37:54 | 4:45 | 37:33 | Quescrem |
| 254 | 118 | JOSE FRANCISCO DALAMA BLANCO | | VTAM.75 | 37:54 | 4:45 | 37:46 | A. D. Limiactiva |
| 255 | 408 | EMILIO REY PÉREZ | | VTAM.76 | 37:55 | 4:45 | 37:48 | Vilareal Sport |
| 256 | 450 | DIEGO LUIS LEÓN REQUEIJO | | SNAM.28 | 37:59 | 4:45 | 37:46 | |
| 257 | 508 | MARIA ELENA MIGUENS OTERO | F.8 | SNBF.5 | 38:02 | 4:46 | 37:44 | Clube Atletismo Sar-Gexpa |
| 258 | 10 | JAVIER GARCIA DOCAMPO | | XVNM.2 | 38:06 | 4:46 | 38:06 | Club Escola Atletismo deza |
| 259 | 470 | JOSE FERNANDEZ AMORIN | | VTBM.24 | 38:07 | 4:46 | 37:50 | |
| 260 | 94 | JOSE FERNANDEZ BARRACEL | | VTCM.3 | 38:11 | 4:47 | 37:47 | C.D. Val da Rabeda |
| 261 | 400 | MARÍA SOUTO PRIETO | F.9 | SNAF.1 | 38:13 | 4:47 | 38:12 | San Fernando Lucus Caixa Rural Galega |
| 262 | 480 | JESÚS ENRIQUE REY SOUTO | | SNBM.120 | 38:18 | 4:48 | 38:04 | |
| 263 | 529 | PABLO RODRIGUEZ-LORASQUE VAZQUEZ | | SNBM.121 | 38:28 | 4:49 | 38:08 | |
| 264 | 562 | ANGEL COBAS FOLGUEIRA | | VTAM.77 | 38:31 | 4:49 | 38:11 | |
| 265 | 436 | DANIEL FERNÁNDEZ CAJIAO | | SNAM.29 | 38:37 | 4:50 | 38:15 | |
| 266 | 56 | DAVID BLANCO GARCÍA | | SNAM.30 | 38:37 | 4:50 | 38:19 | |
| 267 | 416 | JESUS PEREZ BALIRAC | | VTAM.78 | 38:37 | 4:50 | 38:17 | |
| 268 | 475 | JOSE MARIA BREA SANCHEZ | | VTBM.25 | 38:37 | 4:50 | 38:16 | |
| 269 | 66 | CAMILO CASTRO FERNANDEZ | | VTAM.79 | 38:39 | 4:50 | 38:24 | |
| 270 | 381 | MANUEL MOURE SANDE | | VTBM.26 | 38:42 | 4:51 | 38:37 | Noitebra Fc |
| 271 | 9 | JOSÉ RAMÓN SEÑARÍS BOO | | SNBM.122 | 38:57 | 4:53 | 38:52 | Club Ciclista Cangas |
| 272 | 423 | JOSE LUIS LOPEZ ALVAREZ | | SNBM.123 | 38:58 | 4:53 | 38:43 | |
| 273 | 36 | ANGEL JOSE ISLA OBAYA | | VTAM.80 | 39:02 | 4:53 | 38:40 | |
| 274 | 561 | MARCOS CASTRO BALBOA | | VTAM.81 | 39:03 | 4:53 | 38:45 | |
| 275 | 552 | XIL TRAVESO PIÑEIRO | | SNBM.124 | 39:04 | 4:53 | 38:40 | Horticelos Aventura |
| 276 | 320 | JESUS BERNAL GOMEZ | | VTCM.4 | 39:10 | 4:54 | 39:03 | C.D.Egovarros-Viveiro |
| 277 | 417 | ANA ABUÍN RODRÍGUEZ | F.10 | SNBF.6 | 39:13 | 4:55 | 39:01 | |
| 278 | 465 | MIGUEL DEZA RODRÍGUEZ | | VTAM.82 | 39:18 | 4:55 | 38:56 | |
| 279 | 64 | MANUEL ROMERO PÉREZ | | VTBM.27 | 39:20 | 4:55 | 39:03 | |
| 280 | 338 | CANDIDO CALVO VARELA | | VTCM.5 | 39:23 | 4:56 | 39:08 | Club Atletismo Fontes do Sar |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|---------------------------------------|------|-----------|--------------|------|-------|---------------------------|
| 281 | 340 | CÁNDIDO JESÚS MÍGUEZ GARCÍA | | VTAM.83 | 39:23 | 4:56 | 39:13 | Club Atletismo Milladoiro |
| 282 | 492 | BASILIO VERDEAL GONZALEZ | | VTAM.84 | 39:27 | 4:56 | 39:20 | |
| 283 | 488 | CARLOS PAMPÍN BOADO | | VTBM.28 | 39:37 | 4:58 | 39:14 | |
| 284 | 484 | JOSÉ LUIS LEÓN LÓPEZ | | VTBM.29 | 39:40 | 4:58 | 39:35 | |
| 285 | 358 | ANA MARIA DOPICO RODRIGUEZ | F.11 | SNBF.7 | 39:42 | 4:58 | 39:36 | Club Olympo As Pontes |
| 286 | 482 | ALBERTO LOSADA SAMPAYO | | SNBM.125 | 39:44 | 4:58 | 39:26 | |
| 287 | 377 | ANA ISABEL RODRIGUEZ EXPOSITO | F.12 | VTF.4 | 39:48 | 4:59 | 39:33 | Monte Segade Nupel Lugo |
| 288 | 378 | JOSE ANTONIO VIÑA VAZQUEZ | | VTAM.85 | 39:48 | 4:59 | 39:34 | Monte Segade Nupel Lugo |
| 289 | 424 | JOSE IGNACIO RODRIGUEZ-HERMIDA MONTES | | VTAM.86 | 39:48 | 4:59 | 39:33 | |
| 290 | 53 | XOSE CONSTENLA VEGA | | SNBM.126 | 39:56 | 5:00 | 39:39 | |
| 291 | 96 | JORGE PUGA GONZALEZ | | VTAM.87 | 39:56 | 5:00 | 39:32 | C.D. Val da Rabeda |
| 292 | 201 | JESUS BAYO NUÑEZ | | VTCM.6 | 40:02 | 5:01 | 39:46 | |
| 293 | 502 | JOSE ISAIAS BURLIDO BORREGO | | VTAM.88 | 40:07 | 5:01 | 39:54 | Club Atletismo Porriño |
| 294 | 448 | NATALIA LORENZO PÉREZ | F.13 | SNBF.8 | 40:10 | 5:02 | 39:49 | |
| 295 | 506 | JOSE LUIS RODRIGUEZ JACOME | | SNBM.127 | 40:11 | 5:02 | 39:45 | Club Triatlon Lalín |
| 296 | 77 | JUAN ANTONIO FERNÁNDEZ LORENZO | | SNBM.128 | 40:18 | 5:03 | 40:02 | |
| 297 | 202 | PILAR MARQUIZ HERNANDEZ | F.14 | VTF.5 | 40:26 | 5:04 | 40:19 | |
| 298 | 452 | PABLO GARCIA BARBEIRA | | SNBM.129 | 40:28 | 5:04 | 40:03 | |
| 299 | 51 | BRUNO LÓPEZ MONTES | | SNBM.130 | 40:28 | 5:04 | 40:02 | |
| 300 | 523 | ROBERTO GONZALEZ GARCÍA | | VTAM.89 | 40:29 | 5:04 | 40:06 | |
| 301 | 372 | ISOLINA BERNARDEZ PAJARO | F.15 | VTF.6 | 40:40 | 5:05 | 40:31 | Escola Atletismo deza |
| 302 | 33 | JAIME LUIS LOPEZ MARTINEZ | | VTBM.30 | 40:43 | 5:06 | 40:16 | |
| 303 | 3 | F. JAVIER FEJOO MENDEZ | | VTAM.90 | 40:50 | 5:07 | 40:43 | A. D. Limiactiva |
| 304 | 93 | JOSE BENITO MARTINEZ VILA | | VTCM.7 | 40:52 | 5:07 | 40:28 | C.D. Val da Rabeda |
| 305 | 111 | DAVID IGLESIAS PENA | | SNBM.131 | 41:09 | 5:09 | 40:47 | |
| 306 | 115 | MARÍA VALES LÓPEZ | F.16 | SNAF.2 | 41:17 | 5:10 | 41:08 | |
| 307 | 75 | MARCOS LEYES BASTIDA | | SNBM.132 | 41:23 | 5:11 | 40:57 | |
| 308 | 25 | JOSE LUIS VAZQUEZ GUERRA | | VTCM.8 | 41:24 | 5:11 | 41:18 | Tran-Tran |
| 309 | 130 | MARCOS FISTEUS CAGIDE | | SNBM.133 | 41:32 | 5:12 | 41:21 | |
| 310 | 395 | OSCAR CIUDAD CENDAN | | SNBM.134 | 41:33 | 5:12 | 41:10 | Patukos Team Running |
| 311 | 49 | CRISTINA RIVAS RIO | F.17 | SNBF.9 | 41:47 | 5:14 | 41:33 | |
| 312 | 478 | CELESTINO MATO PEON | | SNBM.135 | 41:48 | 5:14 | 41:34 | |
| 313 | 447 | JUAN VILLAR ALVAREZ | | VTAM.91 | 41:49 | 5:14 | 41:36 | |
| 314 | 103 | RAMÓN BOUZAS RODRÍGUEZ | | VTAM.92 | 41:50 | 5:14 | 41:35 | |
| 315 | 79 | ANGEL VELLÉ FERNÁNDEZ | | SNBM.136 | 42:02 | 5:16 | 41:52 | |
| 316 | 83 | JOSE MANUEL SUAREZ FERNANDEZ | | SNBM.137 | 42:13 | 5:17 | 42:07 | |
| 317 | 422 | CRISTOBAL IGLESIAS MOREIRA | | SNBM.138 | 42:16 | 5:17 | 41:58 | |
| 318 | 136 | JESUS OSCAR CAJIDE MATA | | SNBM.139 | 42:34 | 5:20 | 42:19 | |
| 319 | 116 | RODRIGO VARELA CANGADO | | SNAM.31 | 42:40 | 5:20 | 42:31 | |
| 320 | 16 | ALBA VIANA SOTO | F.18 | XVNF.1 | 42:42 | 5:21 | 42:32 | Escola Atletismo deza |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|---------------------------------|------|-----------|--------------|------|-------|--------------------------------|
| 321 | 309 | NATALIA GRAN CASTÁN | F.19 | SNBF.10 | 43:05 | 5:24 | 42:52 | Atletismo A Gándara Monforte |
| 322 | 469 | ANTONIO BERMEJO CONDE | | VTAM.9 | 43:11 | 5:24 | 42:55 | |
| 323 | 65 | ALEJANDRO BELMONTE RAMIA | | VTAM.93 | 43:12 | 5:24 | 42:52 | |
| 324 | 73 | JAVIER SANTALICES ANDRES | | SNBM.140 | 43:13 | 5:25 | 42:57 | |
| 325 | 301 | ROBERTO FEJOO CANTARILLA | | SNBM.141 | 43:16 | 5:25 | 42:56 | A. D. Limiactiva |
| 326 | 302 | BRUNO FEJOO CANTARILLA | | SNAM.32 | 43:17 | 5:25 | 42:57 | A. D. Limiactiva |
| 327 | 54 | FRANCISCO JOSÉ FERREIRO CAAMAÑO | | SNBM.142 | 43:20 | 5:25 | 42:56 | |
| 328 | 389 | BEA CID ARIAS | F.20 | SNBF.11 | 43:21 | 5:26 | 43:10 | Os das Sete |
| 329 | 560 | JAIME DARRIBA FERNANDEZ | | VTAM.94 | 43:27 | 5:26 | 43:03 | |
| 330 | 139 | DAVID BLANCO GARCIA | | SNBM.143 | 43:32 | 5:27 | 43:15 | |
| 331 | 445 | RAMÓN GARCÍA BURGO | | SNBM.144 | 43:50 | 5:29 | 43:39 | |
| 332 | 45 | BELÉN NOYA PÉREZ | F.21 | SNBF.12 | 44:12 | 5:32 | 43:55 | |
| 333 | 548 | PATRICIO FARIAS FORNEIRO | | SNBM.145 | 44:19 | 5:33 | 44:03 | Casa da Xuventude de Ourense |
| 334 | 71 | JOSE MANUEL MALLO NIEVES | | SNBM.146 | 44:28 | 5:34 | 44:11 | |
| 335 | 357 | SUSANA BAYO BESTEIRO | F.22 | SNBF.13 | 44:46 | 5:36 | 44:29 | Club Casa da Xuventude Ourense |
| 336 | 92 | RAMON REY MIGUENS | | SNBM.147 | 44:46 | 5:36 | 44:27 | C.A.Sar |
| 337 | 451 | VÍCTOR MANUEL SIXTO SANJOSÉ | | VTAM.95 | 44:59 | 5:38 | 44:50 | |
| 338 | 145 | LUCÍA SUÁREZ SALGADO | F.23 | SNAF.3 | 45:00 | 5:38 | 44:50 | |
| 339 | 22 | JUAN ANTONIO BAR NUÑEZ | | VTAM.96 | 45:19 | 5:40 | 44:57 | Penta deporte Y Salud |
| 340 | 332 | MIGUEL GARCIA VAZQUEZ | | SNBM.148 | 45:28 | 5:41 | 45:05 | Club Alejandro Gomez |
| 341 | 104 | JUAN CARLOS LOPEZ MAZAS | | SNBM.149 | 45:36 | 5:42 | 45:17 | |
| 342 | 460 | XULIO LÓPEZ PIÑEIRO | | SNBM.150 | 45:36 | 5:42 | 45:12 | |
| 343 | 355 | ELVA PRADO MOURE | F.24 | VTF.7 | 46:20 | 5:48 | 46:05 | Club Burgas Atletismo |
| 344 | 146 | LAURA IGLESIAS RODRIGUEZ | F.25 | XVNF.2 | 46:58 | 5:53 | 46:46 | |
| 345 | 60 | ELENA SEOANE GRELA | F.26 | SNAF.4 | 47:02 | 5:53 | 46:39 | |
| 346 | 63 | JOSÉ NEIRA HERMIDA | | VTAM.10 | 47:06 | 5:54 | 47:01 | |
| 347 | 76 | FELICITAS SEOANE GRELA | F.27 | SNBF.14 | 47:21 | 5:56 | 46:59 | |
| 348 | 473 | OSCAR JAVIER BLANCO GARCIA | | SNBM.151 | 47:21 | 5:56 | 46:59 | |
| 349 | 362 | DOLORES REY DA SILVA | F.28 | SNBF.15 | 47:34 | 5:57 | 47:21 | Correrengalicia.org |
| 350 | 29 | JOSE SANCHO PASCUAL | | VTBM.31 | 47:40 | 5:58 | 47:20 | |
| 351 | 525 | MONTSERRAT LÓPEZ CORTIÑAS | F.29 | SNBF.16 | 48:12 | 6:02 | 48:00 | |
| 352 | 339 | ARTURO RAMOS FERROL | | SNBM.152 | 48:14 | 6:02 | 47:50 | Club Atletismo Milladoiro |
| 353 | 41 | Mª GUADALUPE CHAVEZ VAZQUEZ | F.30 | VTF.8 | 48:37 | 6:05 | 48:24 | |
| 354 | 39 | ELIA RODRÍGUEZ GALLEGRO | F.31 | VTF.9 | 49:41 | 6:13 | 49:40 | |
| 355 | 133 | TERESA FERRON FEJOO | F.32 | VTF.10 | 49:59 | 6:15 | 49:49 | |
| 356 | 310 | BELÉN RODRIGUEZ ALVAREZ | F.33 | SNBF.17 | 51:44 | 6:28 | 51:31 | Atletismo A Gándara Monforte |
| 357 | 18 | MARTA GIL FIGUEIRAS | F.34 | XVNF.3 | 51:55 | 6:30 | 51:44 | Escola Atletismo deza |
| 358 | 132 | BENEDICTA CARLIN GAGO | F.35 | VTF.11 | 54:03 | 6:46 | 53:52 | |
| 359 | 19 | MARÍA CAGIDE GARCÍA | F.36 | XVNF.4 | 56:09 | 7:02 | 55:57 | Escola Atletismo deza |
| 360 | 14 | NOELIA FONTAO IGLESIAS | F.37 | XVNF.5 | 56:09 | 7:02 | 55:58 | Escola Atletismo deza |

| Posto | Dorsal | Nome | Sx | Pto. Cat. | Tempo | Km a | Neto | Clube |
|-------|--------|-----------------------|------|-----------|----------------|------|---------|-----------------------|
| 361 | 17 | LUCIA CASTRO GARCIA | F.38 | XVNF.6 | 56:09 | 7:02 | 55:58 | Escola Atletismo deza |
| 362 | 27 | FATIMA RODRIGUEZ GAGO | F.39 | SNBF.18 | 1:02:59 | 7:53 | 1:02:33 | Tran-Tran |