

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | |
|--------------------------|------------|----------------------------------|-----------------|----------------|-------------|--------------|----------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|--|--|--|
| Feminino 21 A (6) | | | 5,9 km | | 15 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | 1(48) | 2(50) | 3(87) | 4(88) | 5(80) | 6(62) | 7(91) | 8(42) | 9(82) | 10(75) | 11(92) | 12(36) | 13(37) | 14(47) | | | | |
| | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| | | 510 Fuertes Saco, Julia | No sale | | | | | | | | | | | | | | | | | |
| | | Vigo U-VIGO | | | | | | | | | | | | | | | | | | |
| Feminino 21 B (5) | | | 5,2 km | | 15 C | | | | | | | | | | | | | | | |
| | | | 1(78) | 2(87) | 3(49) | 4(33) | 5(45) | 6(40) | 7(84) | 8(42) | 9(39) | 10(36) | 11(79) | 12(90) | 13(88) | 14(47) | | | | |
| | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 1 | 183 | Pico Martínez, Iria | 1:44:56 | 2:53 | 7:32 | 15:41 | 18:22 | 31:28 | 38:12 | 43:50 | 48:33 | 55:02 | 1:03:07 | 1:09:31 | 1:16:32 | 1:41:23 | 1:42:55 | | | |
| | | Culleredo GALLAECIA_RAID | | 2:53 | 4:39 | 8:09 | 2:41 | 13:06 | 6:44 | 5:38 | 4:43 | 6:29 | 8:05 | 6:24 | 7:01 | 24:51 | 1:32 | | | |
| | | | 1:44:21 | 1:44:56 | | | | | | | | | | | | | | | | |
| | | | 1:26 | 0:35 | | | | | | | | | | | | | | | | |
| 2 | 473 | Peteiro Couceiro, Lucia | 2:21:53 | 4:04 | 11:01 | 33:03 | 37:15 | 48:27 | 55:50 | 1:11:19 | 1:18:41 | 1:24:24 | 1:35:43 | 1:40:32 | 1:46:18 | 2:18:41 | 2:20:01 | | | |
| | | Culleredo GALLAECIA_RAID | | 4:04 | 6:57 | 22:02 | 4:12 | 11:12 | 7:23 | 15:29 | 7:22 | 5:43 | 11:19 | 4:49 | 5:46 | 32:23 | 1:20 | | | |
| | | | 2:21:10 | 2:21:53 | | | | | | | | | | | | | | | | |
| | | | 1:09 | 0:43 | | | | | | | | | | | | | | | | |
| 3 | 221 | Del Puerto Lopez, Barbara | 2:41:50 | 4:23 | 11:34 | 19:37 | 23:24 | 35:34 | 42:49 | 46:51 | 52:08 | 58:14 | 1:06:28 | 1:19:19 | 1:30:11 | 1:48:53 | 1:51:21 | | | |
| | | Ordes SEO | | 4:23 | 7:11 | 8:03 | 3:47 | 12:10 | 7:15 | 4:02 | 5:17 | 6:06 | 8:14 | 12:51 | 10:52 | 18:42 | 2:28 | | | |
| | | | 1:53:21 | 1:54:10 | | | | | | | | | | | | | | | | |
| | | | 2:00 | 0:49 | | | | | | | | | | | | | | | | |
| | | 293 Oroza Alonso, Lara | en tarj. | 4:15 | 8:56 | 17:49 | 20:23 | 37:13 | 45:44 | 52:27 | 1:02:33 | 1:07:13 | 1:20:45 | 1:37:37 | 2:16:27 | ----- | ----- | | | |
| | | Culleredo GALLAECIA_RAID | | 4:15 | 4:41 | 8:53 | 2:34 | 16:50 | 8:31 | 6:43 | 10:06 | 4:40 | 13:32 | 16:52 | 38:50 | | | | | |
| | | | 2:35:26 | 2:36:45 | | | | | | | | | | | | | | | | |
| | | | 18:59 | 1:19 | | | | | | | | | | | | | | | | |
| 474 | | Rayón Fernández, Paloma | en tarj. | 4:49 | 17:41 | 32:18 | 36:16 | 1:12:18 | 1:16:56 | 1:24:07 | 1:37:03 | 1:43:56 | 1:55:29 | 2:02:15 | 2:17:50 | ----- | ----- | | | |
| | | Culleredo GALLAECIA_RAID | | 4:49 | 12:52 | 14:37 | 3:58 | 36:02 | 4:38 | 7:11 | 12:56 | 6:53 | 11:33 | 6:46 | 15:35 | | | | | |
| | | | ----- | 3:23:03 | | | | | | | | | | | | | | | | |
| | | | | 1:05:13 | | | | | | | | | | | | | | | | |
| Feminino 35 (10) | | | 6,7 km | | 15 C | | | | | | | | | | | | | | | |
| | | | 1(58) | 2(90) | 3(96) | 4(48) | 5(51) | 6(43) | 7(62) | 8(85) | 9(67) | 10(35) | 11(92) | 12(75) | 13(88) | 14(47) | | | | |
| | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 1 | 408 | Pérez Alonso, Alicia | 1:45:51 | 6:31 | 15:26 | 26:13 | 30:45 | 35:04 | 45:31 | 58:20 | 1:10:14 | 1:12:14 | 1:18:57 | 1:29:31 | 1:31:42 | 1:42:39 | 1:44:16 | | | |
| | | Pontevedra AROMON | | 6:31 | 8:55 | 10:47 | 4:32 | 4:19 | 10:27 | 12:49 | 11:54 | 2:00 | 6:43 | 10:34 | 2:11 | 10:57 | 1:37 | | | |
| | | | 1:45:20 | 1:45:51 | | | | | | | | | | | | | | | | |
| | | | 1:04 | 0:31 | | | | | | | | | | | | | | | | |
| 2 | 514 | Pastoriza Santos, Isabel | 1:54:28 | 9:51 | 25:13 | 35:30 | 38:32 | 42:52 | 53:05 | 1:02:22 | 1:04:36 | 1:06:42 | 1:17:48 | 1:27:54 | 1:30:37 | 1:48:08 | 1:52:31 | | | |
| | | Vigo U-VIGO | | 9:51 | 15:22 | 10:17 | 3:02 | 4:20 | 10:13 | 9:17 | 2:14 | 2:06 | 11:06 | 10:06 | 2:43 | 17:31 | 4:23 | | | |
| | | | 1:53:49 | 1:54:28 | | | | | | | | | | | | | | | | |
| | | | 1:18 | 0:39 | | | | | | | | | | | | | | | | |
| 3 | 237 | Puime López, Candela | 1:55:07 | 5:55 | 33:23 | 45:59 | 48:52 | 1:00:44 | 1:10:57 | 1:20:55 | 1:22:57 | 1:24:40 | 1:30:32 | 1:36:52 | 1:39:20 | 1:50:55 | 1:53:11 | | | |
| | | Vigo VIGORIENTA | | 5:55 | 27:28 | 12:36 | 2:53 | 11:52 | 10:13 | 9:58 | 2:02 | 1:43 | 5:52 | 6:20 | 2:28 | 11:35 | 2:16 | | | |
| | | | 1:54:28 | 1:55:07 | | | | | | | | | | | | | | | | |
| | | | 1:17 | 0:39 | | | | | | | | | | | | | | | | |
| 4 | 126 | Pérez González, M. José | 2:06:13 | 15:37 | 22:30 | 33:30 | 37:08 | 41:39 | 52:19 | 1:06:28 | 1:08:31 | 1:21:05 | 1:33:28 | 1:42:58 | 1:45:22 | 2:02:28 | 2:04:01 | | | |
| | | LUGO FLUVIAL_LUGO | | 15:37 | 6:53 | 11:00 | 3:38 | 4:31 | 10:40 | 14:09 | 2:03 | 12:34 | 12:23 | 9:30 | 2:24 | 17:06 | 1:33 | | | |
| | | | 2:05:36 | 2:06:13 | | | | | | | | | | | | | | | | |
| | | | 1:35 | 0:37 | | | | | | | | | | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | | | |
|-------------------------|------|--|----------|---------------------------|---------------------------|---------------------------|------------------|------------------|------------------|------------------|------------------|------------------|-------------------------|-------------------------|-------------------------|------------------|-----------------|--------|--|--|--|--|
| Feminino 35 (10) | | | | | 6,7 km | | 15 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(58) | 2(90) | 3(96) | 4(48) | 5(51) | 6(43) | 7(62) | 8(85) | 9(67) | 10(35) | 11(92) | 12(75) | 13(88) | 14(47) | | | | |
| | | | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 5 | 15 | Míguez Sampedro, Susana Porto do Son ADC_ARNELA | 2:17:05 | 10:52 10:52 2:16:34 | 21:06 10:14 2:17:05 | 31:32 10:26 | 34:35 3:03 | 40:36 6:01 | 53:57 13:21 | 1:14:23 20:26 | 1:17:03 2:40 | 1:19:30 2:27 | 1:33:25 13:55 | 1:46:39 13:14 | 1:49:28 2:49 | 2:13:24 23:56 | 2:15:09 1:45 | | | | | |
| 6 | 30 | Sánchez Ocaña, Diana Porto do Son ADC_ARNELA | 2:21:37 | 9:22 9:22 2:21:04 | 17:31 8:09 2:21:37 | 35:06 17:35 | 44:53 9:47 | 50:12 5:19 | 1:02:40 12:28 | 1:15:07 12:27 | 1:28:10 13:03 | 1:30:53 2:43 | 1:40:14 9:21 | 2:01:49 21:35 | 2:05:27 3:38 | 2:17:46 12:19 | 2:19:40 1:54 | | | | | |
| 7 | 63 | Veiga García, Carla Pontevedra AROMON | 2:24:14 | 9:28 9:28 2:23:41 | 15:34 6:06 2:24:14 | 34:24 18:50 | 37:37 3:13 | 44:44 7:07 | 55:26 10:42 | 1:14:31 19:05 | 1:30:31 16:00 | 1:32:30 1:59 | 1:43:26 10:56 | 2:05:02 21:36 | 2:08:31 3:29 | 2:20:38 12:07 | 2:22:24 1:46 | | | | | |
| 8 | 172 | Otero, Belen Culleredo GALLAECIA_RAID | 2:41:27 | 8:10 8:10 2:41:02 | 14:56 6:46 2:41:27 | 40:33 25:37 | 43:11 2:38 | 49:20 6:09 | 1:08:49 19:29 | 1:19:41 10:52 | 1:21:52 2:11 | 1:24:38 2:46 | 1:35:02 10:24 | 1:53:47 18:45 | 2:09:11 15:24 | 2:37:49 28:38 | 2:39:49 2:00 | | | | | |
| 9 | 169 | Naya Mancebo, Paula Culleredo GALLAECIA_RAID | 2:48:07 | 26:21 26:21 2:47:33 | 34:25 8:04 2:48:07 | 59:34 25:09 | 1:04:34 5:00 | 1:12:04 7:30 | 1:23:05 11:01 | 1:38:22 15:17 | 1:45:29 7:07 | 1:49:37 4:08 | 2:00:15 10:38 | 2:13:13 12:58 | 2:15:48 2:35 | 2:45:02 29:14 | 2:46:12 1:10 | | | | | |
| | 447 | Corral Prado, Eva LUGO FLUVIAL_LUGO | en tarj. | 10:07 10:07 2:53:36 | 21:15 11:08 2:54:27 | ----- 1:19:24 58:09 | 1:25:41 6:17 | 1:43:01 17:20 | 2:01:44 18:43 | 2:08:16 6:32 | 2:11:35 3:19 | 2:26:51 15:16 | ----- ----- ----- | ----- ----- ----- | ----- ----- ----- | 2:51:18 24:27 | | | | | | |
| Feminino 40 (4) | | | | | 6,0 km | | 15 C | | | | | | | | | | | | | | | |
| | | | | | 1(54) | 2(87) | 3(90) | 4(92) | 5(80) | 6(62) | 7(91) | 8(84) | 9(45) | 10(48) | 11(50) | 12(79) | 13(88) | 14(47) | | | | |
| | | | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 1 | 42 | Arias Lima, Sonia Mª Pontevedra AROMON | 1:44:08 | 5:55 5:55 1:43:33 | 16:01 10:06 1:44:08 | 26:46 10:45 | 31:15 4:29 | 47:01 15:46 | 53:42 6:41 | 57:34 3:52 | 1:01:03 3:29 | 1:08:17 7:14 | 1:19:10 10:53 | 1:23:02 3:52 | 1:29:13 6:11 | 1:40:16 11:03 | 1:42:13 1:57 | | | | | |
| 2 | 512 | Iglesias Junzalvos, Ana Vigo U-VIGO | 1:58:14 | 6:28 6:28 1:57:42 | 12:20 5:52 1:58:14 | 28:21 16:01 | 31:44 3:23 | 49:04 17:20 | 54:49 5:45 | 58:44 3:55 | 1:06:11 7:27 | 1:13:44 7:33 | 1:27:56 14:12 | 1:33:00 5:04 | 1:37:58 4:58 | 1:54:23 16:25 | 1:56:31 2:08 | | | | | |
| 3 | 399 | López Eyo, Tania Pontevedra CdM XESTEIRAS | 2:28:38 | 19:46 19:46 2:28:05 | 29:20 9:34 2:28:38 | 48:23 19:03 | 51:34 3:11 | 1:14:12 22:38 | 1:18:30 4:18 | 1:29:26 10:56 | 1:33:20 3:54 | 1:40:27 7:07 | 1:58:49 18:22 | 2:05:06 6:17 | 2:10:00 4:54 | 2:25:01 15:01 | 2:26:50 1:49 | | | | | |
| 4 | 130 | Zolle Fernández, Cristina LUGO FLUVIAL_LUGO | 2:34:12 | 16:57 16:57 2:33:35 | 24:30 7:33 2:34:12 | 48:13 23:43 | 1:00:50 12:37 | 1:22:05 21:15 | 1:27:53 5:48 | 1:32:42 4:49 | 1:39:21 6:39 | 1:46:03 6:42 | 2:01:26 15:23 | 2:06:16 4:50 | 2:11:28 5:12 | 2:29:17 17:49 | 2:31:34 2:17 | | | | | |

| os | rsal | Nombre | Tiempo | 5,1 km | | 15 C | | | | | | | | | | | |
|-------------------------|------|--|---------|---------------|---------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | 1(32) | 2(87) | 3(45) | 4(40) | 5(84) | 6(42) | 7(39) | 8(35) | 9(79) | 10(90) | 11(92) | 12(88) | 13(53) | 14(46) |
| | | | | 15(100) | Meta | | | | | | | | | | | | |
| 1 | 94 | González Bello, Concepción LUGO COMPÁS | 1:25:19 | 7:11 | 11:38 | 17:37 | 28:43 | 31:08 | 34:27 | 38:14 | 48:50 | 51:28 | 56:50 | 1:02:09 | 1:16:32 | 1:19:54 | 1:21:26 |
| | | | | 7:11 | 4:27 | 5:59 | 11:06 | 2:25 | 3:19 | 3:47 | 10:36 | 2:38 | 5:22 | 5:19 | 14:23 | 3:22 | 1:32 |
| | | | | 1:24:52 | 1:25:19 | | | | | | | | | | | | |
| | | | | 3:26 | 0:27 | | | | | | | | | | | | |
| 2 | 189 | Seoane Rodríguez, Silvia Culleredo GALLAECIA_RAID | 1:25:44 | 4:45 | 17:07 | 26:44 | 29:56 | 32:27 | 38:50 | 42:54 | 47:52 | 51:10 | 55:30 | 1:00:22 | 1:12:45 | 1:21:12 | 1:22:45 |
| | | | | 4:45 | 12:22 | 9:37 | 3:12 | 2:31 | 6:23 | 4:04 | 4:58 | 3:18 | 4:20 | 4:52 | 12:23 | 8:27 | 1:33 |
| | | | | 1:25:21 | 1:25:44 | | 1:24:23 | | | | | | | | | | |
| | | | | 2:36 | 0:23 | | *47 | | | | | | | | | | |
| 3 | 136 | Bujía Rodríguez, Elena Culleredo GALLAECIA_RAID | 1:32:12 | 5:33 | 20:47 | 27:49 | 31:08 | 36:00 | 39:40 | 47:58 | 54:11 | 59:13 | 1:03:58 | 1:06:49 | 1:18:52 | 1:27:29 | 1:28:50 |
| | | | | 5:33 | 15:14 | 7:02 | 3:19 | 4:52 | 3:40 | 8:18 | 6:13 | 5:02 | 4:45 | 2:51 | 12:03 | 8:37 | 1:21 |
| | | | | 1:31:39 | 1:32:12 | | | | | | | | | | | | |
| | | | | 2:49 | 0:33 | | | | | | | | | | | | |
| 4 | 407 | Pazos Fernández, Susana Consue Pontevedra AROMON | 1:43:48 | 8:13 | 11:29 | 25:37 | 29:24 | 33:37 | 37:38 | 41:26 | 48:14 | 51:24 | 1:13:00 | 1:18:34 | 1:30:54 | 1:39:17 | 1:40:42 |
| | | | | 8:13 | 3:16 | 14:08 | 3:47 | 4:13 | 4:01 | 3:48 | 6:48 | 3:10 | 21:36 | 5:34 | 12:20 | 8:23 | 1:25 |
| | | | | 1:43:24 | 1:43:48 | | 31:07 | 36:40 | 1:24:14 | 1:42:22 | | | | | | | |
| | | | | 2:42 | 0:24 | | *41 | *87 | *47 | | | | | | | | |
| 5 | 394 | Seijo Souto, Dori As Neves VIZHOJA-CORNELIOS | 1:46:49 | 11:06 | 14:47 | 28:39 | 31:52 | 38:24 | 42:22 | 46:35 | 52:44 | 56:29 | 1:01:57 | 1:08:15 | 1:38:58 | 1:41:31 | 1:43:22 |
| | | | | 11:06 | 3:41 | 13:52 | 3:13 | 6:32 | 3:58 | 4:13 | 6:09 | 3:45 | 5:28 | 6:18 | 30:43 | 2:33 | 1:51 |
| | | | | 1:46:16 | 1:46:49 | | | | | | | | | | | | |
| | | | | 2:54 | 0:33 | | | | | | | | | | | | |
| 6 | 91 | Ferrer Vidal, Diana LUGO COMPÁS | 2:06:09 | 4:46 | 10:05 | 21:49 | 40:39 | 43:58 | 47:51 | 52:31 | 58:19 | 1:01:15 | 1:13:54 | 1:20:35 | 1:49:33 | 1:59:00 | 2:01:01 |
| | | | | 4:46 | 5:19 | 11:44 | 18:50 | 3:19 | 3:53 | 4:40 | 5:48 | 2:56 | 12:39 | 6:41 | 28:58 | 9:27 | 2:01 |
| | | | | 2:05:35 | 2:06:09 | | | | | | | | | | | | |
| | | | | 4:34 | 0:34 | | | | | | | | | | | | |
| 7 | 319 | Navia Vega, Yolanda Pontevedra AROMON | 2:07:48 | 7:29 | 25:05 | 34:00 | 38:38 | 42:01 | 47:20 | 52:25 | 1:05:37 | 1:09:32 | 1:20:09 | 1:23:42 | 1:50:30 | 2:00:07 | 2:02:36 |
| | | | | 7:29 | 17:36 | 8:55 | 4:38 | 3:23 | 5:19 | 5:05 | 13:12 | 3:55 | 10:37 | 3:33 | 26:48 | 9:37 | 2:29 |
| | | | | 2:07:04 | 2:07:48 | | | | | | | | | | | | |
| | | | | 4:28 | 0:44 | | | | | | | | | | | | |
| 8 | 507 | Crespo Quindós, Begoña Vigo U-VIGO | 2:09:09 | 12:57 | 42:20 | 52:36 | 56:52 | 1:04:38 | 1:08:52 | 1:13:15 | 1:26:17 | 1:32:44 | 1:38:20 | 1:41:58 | 1:58:16 | 2:02:24 | 2:04:34 |
| | | | | 12:57 | 29:23 | 10:16 | 4:16 | 7:46 | 4:14 | 4:23 | 13:02 | 6:27 | 5:36 | 3:38 | 16:18 | 4:08 | 2:10 |
| | | | | 2:08:33 | 2:09:09 | | 40:24 | | | | | | | | | | |
| | | | | 3:59 | 0:36 | | *58 | | | | | | | | | | |
| 9 | 413 | Sanchez Vázquez, Maria Luisa Pontevedra AROMON | 2:38:30 | 7:53 | 13:53 | 24:05 | 30:33 | 34:33 | 40:16 | 48:53 | 57:35 | 1:02:33 | 1:15:12 | 1:29:02 | 2:03:23 | 2:20:36 | 2:26:56 |
| | | | | 7:53 | 6:00 | 10:12 | 6:28 | 4:00 | 5:43 | 8:37 | 8:42 | 4:58 | 12:39 | 13:50 | 34:21 | 17:13 | 6:20 |
| | | | | 2:37:14 | 2:38:30 | | 33:19 | 1:06:26 | | | | | | | | | |
| | | | | 10:18 | 1:16 | | *80 | *75 | | | | | | | | | |
| 10 | 170 | Oreiro Chapela, Claudia Culleredo GALLAECIA_RAID | 2:47:30 | 5:29 | 10:20 | 32:09 | 35:15 | 42:10 | 45:55 | 53:39 | 1:05:27 | 1:08:36 | 1:38:04 | 1:41:36 | 2:12:18 | 2:18:43 | 2:35:52 |
| | | | | 5:29 | 4:51 | 21:49 | 3:06 | 6:55 | 3:45 | 7:44 | 11:48 | 3:09 | 29:28 | 3:32 | 30:42 | 6:25 | 17:09 |
| | | | | 2:45:57 | 2:47:30 | | 1:58:35 | 2:20:01 | | | | | | | | | |
| | | | | 10:05 | 1:33 | | *53 | *37 | | | | | | | | | |
| 11 | 114 | Fernández Fernández, Gloria LUGO FLUVIAL_LUGO | 3:26:06 | 9:33 | 19:03 | 36:09 | 50:16 | 56:57 | 1:04:28 | 1:13:20 | 1:29:48 | 1:36:15 | 1:50:33 | 2:10:59 | 2:55:10 | 3:10:29 | 3:14:04 |
| | | | | 9:33 | 9:30 | 17:06 | 14:07 | 6:41 | 7:31 | 8:52 | 16:28 | 6:27 | 14:18 | 20:26 | 44:11 | 15:19 | 3:35 |
| | | | | 3:24:52 | 3:26:06 | | 3:22:04 | | | | | | | | | | |
| | | | | 10:48 | 1:14 | | *47 | | | | | | | | | | |
| Feminino 50 (11) | | | | 4,7 km | | 13 C | | | | | | | | | | | |
| | | | | 1(48) | 2(50) | 3(75) | 4(39) | 5(80) | 6(42) | 7(44) | 8(52) | 9(79) | 10(82) | 11(56) | 12(47) | 13(100) | Meta |
| 1 | 385 | Pernas Martínez, Rosa Mª Santiago de Comp USC | 1:21:02 | 4:30 | 9:49 | 13:50 | 24:13 | 29:47 | 34:51 | 38:05 | 53:43 | 58:14 | 1:04:20 | 1:14:52 | 1:18:34 | 1:20:22 | 1:21:02 |
| | | | | 4:30 | 5:19 | 4:01 | 10:23 | 5:34 | 5:04 | 3:14 | 15:38 | 4:31 | 6:06 | 10:32 | 3:42 | 1:48 | 0:40 |
| 2 | 383 | Balboa Barros, Margarita Santiago de Comp USC | 1:28:40 | 6:14 | 13:26 | 18:06 | 31:45 | 37:12 | 42:50 | 47:16 | 59:29 | 1:05:36 | 1:08:26 | 1:22:28 | 1:26:10 | 1:28:01 | 1:28:40 |
| | | | | 6:14 | 7:12 | 4:40 | 13:39 | 5:27 | 5:38 | 4:26 | 12:13 | 6:07 | 2:50 | 14:02 | 3:42 | 1:51 | 0:39 |

| os | rsal | Nombre | Tiempo | 4,7 km | | 13 C | | (cont.) | | | | | | | | Meta | |
|---------------------------|------|---|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | 1(48) | 2(50) | 3(75) | 4(39) | 5(80) | 6(42) | 7(44) | 8(52) | 9(79) | 10(82) | 11(56) | 12(47) | 13(100) | |
| Feminino 50 (11) | | | | | | | | | | | | | | | | | |
| 3 | 193 | Silvarrey Redondo, Teresa Culleredo GALLAECIA_RAID | 1:33:34 | 5:11 | 11:23 | 19:14 | 32:09 | 37:53 | 44:27 | 48:37 | 1:00:04 | 1:05:07 | 1:08:14 | 1:26:08 | 1:31:47 | 1:33:00 | 1:33:34 |
| 4 | 213 | Núñez Otero, Elia Betanzos OP BETANZOS | 1:39:46 | 6:42 | 13:25 | 17:32 | 30:41 | 40:54 | 46:06 | 49:32 | 1:08:04 | 1:12:32 | 1:14:52 | 1:31:03 | 1:36:20 | 1:38:59 | 1:39:46 |
| 5 | 168 | Mosquera Azar, Paulina Andrea Culleredo GALLAECIA_RAID | 1:43:11 | 10:53 | 17:17 | 22:37 | 41:07 | 49:57 | 55:18 | 58:06 | 1:16:27 | 1:20:45 | 1:23:19 | 1:37:21 | 1:41:03 | 1:42:36 | 1:43:11 |
| 6 | 504 | Alvarez Castro, Olimpia Vigo U-VIGO | 1:50:22 | 4:19 | 21:04 | 28:20 | 40:47 | 45:34 | 50:31 | 54:15 | 1:07:37 | 1:12:49 | 1:17:49 | 1:43:26 | 1:47:55 | 1:49:51 | 1:50:22 |
| 7 | 24 | Pérez Torres, María Del Pilar Porto do Son ADC_ARNELA | 1:54:04 | 22:25 | 28:03 | 39:31 | 53:51 | 1:00:18 | 1:05:45 | 1:09:00 | 1:28:05 | 1:32:54 | 1:34:57 | 1:47:28 | 1:51:46 | 1:53:25 | 1:54:04 |
| | | | | 47:31 | | | | | | | | | | | | | |
| 8 | 297 | Reboredo Mosquera, Angela De L Culleredo GALLAECIA_RAID | 2:26:27 | 31:35 | 42:09 | 47:02 | 58:51 | 1:10:45 | 1:15:52 | 1:19:21 | 1:37:34 | 1:41:42 | 2:03:55 | 2:19:55 | 2:24:08 | 2:25:46 | 2:26:27 |
| | | | | 31:35 | 10:34 | 4:53 | 11:49 | 11:54 | 5:07 | 3:29 | 18:13 | 4:08 | 22:13 | 16:00 | 4:13 | 1:38 | 0:41 |
| | | 241 Arenas Rincón, María Inmaculada As Neves VIZHOJA-CORNELIOS | No sale | | | | | | | | | | | | | | |
| | | 523 Saco Fernández, Mª Isabel Vigo U-VIGO | No sale | | | | | | | | | | | | | | |
| | | 201 Barreira Vazquez, Maria Esther Betanzos OP BETANZOS | No sale | | | | | | | | | | | | | | |
| Feminino Élite (8) | | | | | | | | | | | | | | | | | |
| | | | | 9,1 km | | 20 C | | | | | | | | | | | |
| | | | | 1(57) | 2(58) | 3(77) | 4(84) | 5(91) | 6(93) | 7(63) | 8(65) | 9(94) | 10(67) | 11(74) | 12(92) | 13(71) | 14(72) |
| | | | | 15(76) | 16(82) | 17(73) | 18(88) | 19(47) | 20(100) | Meta | | | | | | | |
| 1 | 821 | Otero, Cristina Madrid INDEPENDIENTE | 1:40:22 | 3:59 | 7:45 | 19:58 | 31:25 | 34:25 | 37:00 | 39:38 | 43:14 | 49:37 | 57:15 | 1:05:21 | 1:08:22 | 1:13:20 | 1:17:15 |
| | | | | 3:59 | 3:46 | 12:13 | 11:27 | 3:00 | 2:35 | 2:38 | 3:36 | 6:23 | 7:38 | 8:06 | 3:01 | 4:58 | 3:55 |
| | | | | 1:24:24 | 1:29:30 | 1:33:41 | 1:37:25 | 1:38:50 | 1:39:54 | 1:40:22 | | | | | | | |
| | | | | 7:09 | 5:06 | 4:11 | 3:44 | 1:25 | 1:04 | 0:28 | | | | | | | |
| 2 | 321 | Parga Basanta, Lucia Pontevedra AROMON | 1:45:33 | 3:12 | 7:48 | 14:40 | 22:25 | 26:06 | 27:53 | 32:05 | 35:18 | 37:21 | 46:36 | 1:02:35 | 1:06:30 | 1:11:37 | 1:15:54 |
| | | | | 3:12 | 4:36 | 6:52 | 7:45 | 3:41 | 1:47 | 4:12 | 3:13 | 2:03 | 9:15 | 15:59 | 3:55 | 5:07 | 4:17 |
| | | | | 1:25:07 | 1:29:26 | 1:36:16 | 1:42:55 | 1:44:03 | 1:45:07 | 1:45:33 | | | 1:33:46 | | | | |
| | | | | 9:13 | 4:19 | 6:50 | 6:39 | 1:08 | 1:04 | 0:26 | | | *36 | | | | |
| 3 | 815 | Fernandes, Rita Portugal COM | 1:49:13 | 3:27 | 5:46 | 11:13 | 20:32 | 28:16 | 30:49 | 35:06 | 37:58 | 40:09 | 47:46 | 56:52 | 59:48 | 1:13:58 | 1:19:14 |
| | | | | 3:27 | 2:19 | 5:27 | 9:19 | 7:44 | 2:33 | 4:17 | 2:52 | 2:11 | 7:37 | 9:06 | 2:56 | 14:10 | 5:16 |
| | | | | 1:27:01 | 1:38:47 | 1:42:13 | 1:46:17 | 1:47:32 | 1:48:43 | 1:49:13 | | | 29:38 | | | | |
| | | | | 7:47 | 11:46 | 3:26 | 4:04 | 1:15 | 1:11 | 0:30 | | | *60 | | | | |
| 4 | 304 | Morales Jiménez, Irene Xínzo de Limia LIMIACTIVA | 2:01:25 | 8:26 | 11:43 | 24:18 | 34:55 | 39:48 | 47:02 | 51:19 | 55:14 | 58:20 | 1:07:53 | 1:18:57 | 1:21:51 | 1:28:28 | 1:32:04 |
| | | | | 8:26 | 3:17 | 12:35 | 10:37 | 4:53 | 7:14 | 4:17 | 3:55 | 3:06 | 9:33 | 11:04 | 2:54 | 6:37 | 3:36 |
| | | | | 1:41:59 | 1:47:39 | 1:53:34 | 1:58:22 | 1:59:38 | 2:00:53 | 2:01:25 | | | 41:13 | | | | |
| | | | | 9:55 | 5:40 | 5:55 | 4:48 | 1:16 | 1:15 | 0:32 | | | *60 | | | | |
| 5 | 43 | Bellón Santos, Teresa Pontevedra AROMON | 2:28:58 | 4:19 | 11:57 | 16:03 | 25:32 | 35:25 | 49:39 | 52:33 | 55:23 | 59:44 | 1:08:33 | 1:22:38 | 1:33:18 | 1:40:34 | 1:53:18 |
| | | | | 4:19 | 7:38 | 4:06 | 9:29 | 9:53 | 14:14 | 2:54 | 2:50 | 4:21 | 8:49 | 14:05 | 10:40 | 7:16 | 12:44 |
| | | | | 1:58:46 | 2:13:00 | 2:17:45 | 2:25:41 | 2:27:12 | 2:28:27 | 2:28:58 | | | | | | | |
| | | | | 5:28 | 14:14 | 4:45 | 7:56 | 1:31 | 1:15 | 0:31 | | | | | | | |
| 6 | 145 | Dopico Golpe, Alba Culleredo GALLAECIA_RAID | 2:35:48 | 8:38 | 14:37 | 19:59 | 34:41 | 38:34 | 41:09 | 45:43 | 49:55 | 1:05:54 | 1:18:26 | 1:30:18 | 1:33:46 | 1:41:43 | 1:47:36 |
| | | | | 8:38 | 5:59 | 5:22 | 14:42 | 3:53 | 2:35 | 4:34 | 4:12 | 15:59 | 12:32 | 11:52 | 3:28 | 7:57 | 5:53 |
| | | | | 2:09:34 | 2:16:47 | 2:22:28 | 2:32:04 | 2:33:55 | 2:35:14 | 2:35:48 | | | | | | | |
| | | | | 21:58 | 7:13 | 5:41 | 9:36 | 1:51 | 1:19 | 0:34 | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | |
|---------------------------|------|---|----------------|-------------|---------------|---------|----------------|---------|----------------|-------------|----------------|----------------|---------|---------|---------|---------|---------|--|--|--|
| Masculino 16 (4) | | | | | 5,9 km | | 15 C | | <i>(cont.)</i> | | | | | | | | | | | |
| | | | 1(48) | 2(50) | 3(87) | 4(88) | 5(80) | 6(62) | 7(91) | 8(42) | 9(82) | 10(75) | 11(92) | 12(36) | 13(37) | 14(47) | | | | |
| | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 2 | 204 | Casado Núñez, Martín Betanzos OP BETANZOS | 1:49:07 | 5:43 | 11:39 | 16:40 | 29:29 | 50:43 | 55:36 | 59:57 | 1:08:19 | 1:13:28 | 1:17:15 | 1:32:20 | 1:44:19 | 1:46:15 | 1:47:47 | | | |
| | | | | 5:43 | 5:56 | 5:01 | 12:49 | 21:14 | 4:53 | 4:21 | 8:22 | 5:09 | 3:47 | 15:05 | 11:59 | 1:56 | 1:32 | | | |
| | | | | 1:48:43 | 1:49:07 | | 2:01 | | | | | | | | | | | | | |
| | | | | 0:56 | 0:24 | | ^{*78} | | | | | | | | | | | | | |
| 3 | 190 | Silvarrey Oreiro, Diego Culleredo GALLAECIA_RAID | 2:14:14 | 2:40 | 17:30 | 36:44 | 49:33 | 1:11:16 | 1:15:51 | 1:19:56 | 1:28:48 | 1:34:09 | 1:41:16 | 1:51:25 | 2:05:22 | 2:08:16 | 2:12:22 | | | |
| | | | | 2:40 | 14:50 | 19:14 | 12:49 | 21:43 | 4:35 | 4:05 | 8:52 | 5:21 | 7:07 | 10:09 | 13:57 | 2:54 | 4:06 | | | |
| | | | | 2:13:42 | 2:14:14 | | | | | | | | | | | | | | | |
| | | | | 1:20 | 0:32 | | | | | | | | | | | | | | | |
| | | 306 Rodríguez Arenas, Aaron Betanzos OP BETANZOS | No sale | | | | | | | | | | | | | | | | | |
| Masculino 18 (4) | | | | | 6,0 km | | 15 C | | | | | | | | | | | | | |
| | | | 1(54) | 2(87) | 3(90) | 4(92) | 5(80) | 6(62) | 7(91) | 8(84) | 9(45) | 10(48) | 11(50) | 12(79) | 13(88) | 14(47) | | | | |
| | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 1 | 191 | Silvarrey Oreiro, Marcos Culleredo GALLAECIA_RAID | 1:03:10 | 3:21 | 6:59 | 15:15 | 16:47 | 26:45 | 29:47 | 31:52 | 38:17 | 41:37 | 50:04 | 53:44 | 56:25 | 1:00:54 | 1:02:03 | | | |
| | | | | 3:21 | 3:38 | 8:16 | 1:32 | 9:58 | 3:02 | 2:05 | 6:25 | 3:20 | 8:27 | 3:40 | 2:41 | 4:29 | 1:09 | | | |
| | | | | 1:02:50 | 1:03:10 | | | | | | | | | | | | | | | |
| | | | | 0:47 | 0:20 | | | | | | | | | | | | | | | |
| 2 | 517 | Pérez Álvarez, Diego Vigo U-VIGO | 1:11:31 | 9:29 | 12:43 | 16:33 | 18:24 | 31:47 | 35:08 | 39:02 | 42:17 | 46:43 | 53:42 | 56:51 | 1:00:33 | 1:07:43 | 1:09:10 | | | |
| | | | | 9:29 | 3:14 | 3:50 | 1:51 | 13:23 | 3:21 | 3:54 | 3:15 | 4:26 | 6:59 | 3:09 | 3:42 | 7:10 | 1:27 | | | |
| | | | | 1:11:10 | 1:11:31 | | | | | | | | | | | | | | | |
| | | | | 2:00 | 0:21 | | | | | | | | | | | | | | | |
| 3 | 410 | Romero Armada, Carlos Pontevedra AROMON | 1:19:15 | 3:55 | 7:52 | 15:49 | 17:24 | 44:23 | 47:02 | 52:08 | 53:37 | 57:22 | 1:03:29 | 1:05:24 | 1:08:17 | 1:16:48 | 1:18:04 | | | |
| | | | | 3:55 | 3:57 | 7:57 | 1:35 | 26:59 | 2:39 | 5:06 | 1:29 | 3:45 | 6:07 | 1:55 | 2:53 | 8:31 | 1:16 | | | |
| | | | | 1:18:58 | 1:19:15 | | 43:54 | | | | | | | | | | | | | |
| | | | | 0:54 | 0:17 | | ^{*84} | | | | | | | | | | | | | |
| | | 382 Blanco Lopez, Daniel O Barco de Valde TREVINCA | No sale | | | | | | | | | | | | | | | | | |
| Masculino 21 A (6) | | | | | 7,5 km | | 19 C | | | | | | | | | | | | | |
| | | | 1(83) | 2(76) | 3(58) | 4(84) | 5(60) | 6(63) | 7(95) | 8(65) | 9(91) | 10(59) | 11(75) | 12(72) | 13(96) | 14(69) | | | | |
| | | | 15(82) | 16(77) | 17(88) | 18(47) | 19(100) | Meta | | | | | | | | | | | | |
| 1 | 816 | Lopes Ramalho, Leonardo Portugal COM | 1:49:37 | 3:43 | 5:23 | 10:05 | 21:42 | 25:31 | 31:12 | 35:21 | 39:35 | 49:58 | 1:03:38 | 1:11:31 | 1:18:28 | 1:22:58 | 1:35:00 | | | |
| | | | | 3:43 | 1:40 | 4:42 | 11:37 | 3:49 | 5:41 | 4:09 | 4:14 | 10:23 | 13:40 | 7:53 | 6:57 | 4:30 | 12:02 | | | |
| | | | | 1:36:58 | 1:41:30 | 1:46:15 | 1:47:53 | 1:49:08 | 1:49:37 | | 53:28 | 1:44:22 | | | | | | | | |
| | | | | 1:58 | 4:32 | 4:45 | 1:38 | 1:15 | 0:29 | | ^{*40} | ^{*59} | | | | | | | | |
| 2 | 462 | Iglesias Muñiz, Carlos Culleredo GALLAECIA_RAID | 2:35:49 | 5:43 | 7:38 | 12:27 | 34:52 | 40:21 | 46:53 | 52:41 | 56:43 | 1:16:49 | 1:36:37 | 1:46:19 | 1:57:30 | 2:02:15 | 2:15:39 | | | |
| | | | | 5:43 | 1:55 | 4:49 | 22:25 | 5:29 | 6:32 | 5:48 | 4:02 | 20:06 | 19:48 | 9:42 | 11:11 | 4:45 | 13:24 | | | |
| | | | | 2:18:20 | 2:27:44 | 2:32:00 | 2:34:12 | 2:35:23 | 2:35:49 | | | | | | | | | | | |
| | | | | 2:41 | 9:24 | 4:16 | 2:12 | 1:11 | 0:26 | | | | | | | | | | | |
| 3 | 37 | Victorero Domínguez, Alejandro Porto do Son ADC_ARNELA | 2:39:40 | 6:19 | 11:39 | 16:22 | 45:12 | 49:36 | 1:01:28 | 1:06:55 | 1:10:45 | 1:21:37 | 1:35:42 | 1:50:26 | 1:56:32 | 2:04:30 | 2:16:22 | | | |
| | | | | 6:19 | 5:20 | 4:43 | 28:50 | 4:24 | 11:52 | 5:27 | 3:50 | 10:52 | 14:05 | 14:44 | 6:06 | 7:58 | 11:52 | | | |
| | | | | 2:18:31 | 2:31:30 | 2:35:48 | 2:37:56 | 2:39:09 | 2:39:40 | | | | | | | | | | | |
| | | | | 2:09 | 12:59 | 4:18 | 2:08 | 1:13 | 0:31 | | | | | | | | | | | |
| 4 | 301 | Garrido Blanco, Juan Xinzo de Limia LIMIACTIVA | 2:44:31 | 5:46 | 7:59 | 13:29 | 27:57 | 34:11 | 39:31 | 43:41 | 47:36 | 58:20 | 1:20:24 | 1:39:12 | 1:45:31 | 1:49:51 | 2:17:48 | | | |
| | | | | 5:46 | 2:13 | 5:30 | 14:28 | 6:14 | 5:20 | 4:10 | 3:55 | 10:44 | 22:04 | 18:48 | 6:19 | 4:20 | 27:57 | | | |
| | | | | 2:30:46 | 2:36:31 | 2:40:05 | 2:42:09 | 2:44:04 | 2:44:31 | | | | | | | | | | | |
| | | | | 12:58 | 5:45 | 3:34 | 2:04 | 1:55 | 0:27 | | | | | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | | | |
|--------------------------|------|--|---------|---------|---------------|---------|-------------|-------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|-----|-----|--|--|--|
| Masculino 35 (15) | | | | | 7,5 km | | 19 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | 1(83) | 2(76) | 3(58) | 4(84) | 5(60) | 6(63) | 7(95) | 8(65) | 9(91) | 10(59) | 11(75) | 12(72) | 13(96) | 14(69) | | | | | | |
| | | | 15(82) | 16(77) | 17(88) | 18(47) | 19(100) | Meta | | | | | | | | | | | | | | |
| 87 | | Amarelle Garabán, Roberto LUGO COMPÁS | andona | 6:33 | 15:27 | 23:53 | 42:48 | 47:13 | 54:13 | 1:00:54 | 1:05:03 | 1:19:05 | 1:51:37 | 2:01:14 | ----- | ----- | ----- | | | | | |
| | | | | 6:33 | 8:54 | 8:26 | 18:55 | 4:25 | 7:00 | 6:41 | 4:09 | 14:02 | 32:32 | 9:37 | | | | | | | | |
| | | | | ----- | ----- | ----- | ----- | ----- | | | 46:43 | 1:42:14 | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | *85 | *53 | | | |
| 387 | | Sordo Touza, Ignacio Santiago de Comp USC | No sale | | | | | | | | | | | | | | | | | | | |
| 143 | | Diz López, Francisco Culleredo GALLAECIA_RAID | No sale | | | | | | | | | | | | | | | | | | | |
| Masculino 40 (16) | | | | | 6,7 km | | 15 C | | | | | | | | | | | | | | | |
| | | | | 1(58) | 2(90) | 3(96) | 4(48) | 5(51) | 6(43) | 7(62) | 8(85) | 9(67) | 10(35) | 11(92) | 12(75) | 13(88) | 14(47) | | | | | |
| | | | | 15(100) | Meta | | | | | | | | | | | | | | | | | |
| 1 | 465 | López Franco, Pablo Culleredo GALLAECIA_RAID | 1:11:53 | 5:29 | 9:58 | 19:24 | 21:28 | 26:40 | 35:03 | 42:20 | 44:02 | 45:38 | 51:30 | 57:56 | 1:00:24 | 1:09:07 | 1:10:16 | | | | | |
| | | | | 5:29 | 4:29 | 9:26 | 2:04 | 5:12 | 8:23 | 7:17 | 1:42 | 1:36 | 5:52 | 6:26 | 2:28 | 8:43 | 1:09 | | | | | |
| | | | | 1:11:28 | 1:11:53 | | | | | | | | | | | | | | | | | |
| | | | | 1:12 | 0:25 | | | | | | | | | | | | | | | | | |
| 2 | 173 | Patiño Varela, Juan Culleredo GALLAECIA_RAID | 1:22:45 | 12:04 | 16:17 | 26:46 | 29:09 | 31:41 | 40:22 | 46:32 | 48:02 | 50:23 | 57:36 | 1:06:41 | 1:09:51 | 1:19:07 | 1:20:25 | | | | | |
| | | | | 12:04 | 4:13 | 10:29 | 2:23 | 2:32 | 8:41 | 6:10 | 1:30 | 2:21 | 7:13 | 9:05 | 3:10 | 9:16 | 1:18 | | | | | |
| | | | | 1:22:17 | 1:22:45 | | | | | | | | | | | | | | | | | |
| | | | | 1:52 | 0:28 | | | | | | | | | | | | | | | | | |
| 3 | 72 | Penas, Alfonso A Coruña COCO | 1:26:35 | 5:49 | 17:46 | 28:31 | 32:24 | 36:28 | 47:21 | 53:36 | 57:42 | 59:42 | 1:06:32 | 1:12:52 | 1:16:42 | 1:23:35 | 1:24:54 | | | | | |
| | | | | 5:49 | 11:57 | 10:45 | 3:53 | 4:04 | 10:53 | 6:15 | 4:06 | 2:00 | 6:50 | 6:20 | 3:50 | 6:53 | 1:19 | | | | | |
| | | | | 1:25:57 | 1:26:35 | 1:09:19 | | | | | | | | | | | | | | | | |
| | | | | 1:03 | 0:38 | *79 | | | | | | | | | | | | | | | | |
| 4 | 403 | Barreiro Fernández, Pablo Pontevedra AROMON | 1:28:15 | 4:43 | 16:55 | 28:18 | 31:15 | 34:52 | 43:39 | 50:29 | 52:36 | 54:02 | 1:00:09 | 1:11:37 | 1:13:36 | 1:25:47 | 1:26:51 | | | | | |
| | | | | 4:43 | 12:12 | 11:23 | 2:57 | 3:37 | 8:47 | 6:50 | 2:07 | 1:26 | 6:07 | 11:28 | 1:59 | 12:11 | 1:04 | | | | | |
| | | | | 1:27:50 | 1:28:15 | | | | | | | | | | | | | | | | | |
| | | | | 0:59 | 0:25 | | | | | | | | | | | | | | | | | |
| 5 | 614 | Dominguez Portas, Antonio Nigrán RAZA_PALLEIRA | 1:35:30 | 5:20 | 21:34 | 40:34 | 43:09 | 46:29 | 56:40 | 1:04:07 | 1:05:44 | 1:08:14 | 1:14:27 | 1:20:40 | 1:23:33 | 1:31:57 | 1:33:57 | | | | | |
| | | | | 5:20 | 16:14 | 19:00 | 2:35 | 3:20 | 10:11 | 7:27 | 1:37 | 2:30 | 6:13 | 6:13 | 2:53 | 8:24 | 2:00 | | | | | |
| | | | | 1:34:59 | 1:35:30 | | | | | | | | | | | | | | | | | |
| | | | | 1:02 | 0:31 | | | | | | | | | | | | | | | | | |
| 6 | 531 | Cruces Molinos, Esteban Porto do Son ADC_ARNELA | 1:42:42 | 14:05 | 19:21 | 34:20 | 38:27 | 45:52 | 57:09 | 1:05:36 | 1:07:31 | 1:09:16 | 1:17:36 | 1:26:31 | 1:28:23 | 1:38:13 | 1:40:42 | | | | | |
| | | | | 14:05 | 5:16 | 14:59 | 4:07 | 7:25 | 11:17 | 8:27 | 1:55 | 1:45 | 8:20 | 8:55 | 1:52 | 9:50 | 2:29 | | | | | |
| | | | | 1:42:07 | 1:42:42 | | | | | | | | | | | | | | | | | |
| | | | | 1:25 | 0:35 | | | | | | | | | | | | | | | | | |
| 7 | 557 | Varela Yáñez, Marcos A Coruña BRIGANTIA | 1:46:29 | 8:45 | 14:36 | 24:15 | 26:53 | 39:46 | 51:32 | 1:04:13 | 1:07:19 | 1:10:34 | 1:18:53 | 1:26:29 | 1:31:56 | 1:43:51 | 1:44:51 | | | | | |
| | | | | 8:45 | 5:51 | 9:39 | 2:38 | 12:53 | 11:46 | 12:41 | 3:06 | 3:15 | 8:19 | 7:36 | 5:27 | 11:55 | 1:00 | | | | | |
| | | | | 1:46:04 | 1:46:29 | 1:40:00 | | | | | | | | | | | | | | | | |
| | | | | 1:13 | 0:25 | *47 | | | | | | | | | | | | | | | | |
| 8 | 482 | Rodríguez Bergara, Andres Ferrol MONTAÑA_FERROL | 1:47:53 | 12:00 | 17:55 | 28:28 | 30:47 | 35:07 | 44:56 | 52:23 | 54:35 | 58:31 | 1:15:32 | 1:32:08 | 1:35:44 | 1:44:24 | 1:46:04 | | | | | |
| | | | | 12:00 | 5:55 | 10:33 | 2:19 | 4:20 | 9:49 | 7:27 | 2:12 | 3:56 | 17:01 | 16:36 | 3:36 | 8:40 | 1:40 | | | | | |
| | | | | 1:47:18 | 1:47:53 | | | | | | | | | | | | | | | | | |
| | | | | 1:14 | 0:35 | | | | | | | | | | | | | | | | | |
| 9 | 17 | Oujo Ageitos, Joaquín Porto do Son ADC_ARNELA | 1:50:15 | 8:51 | 15:25 | 30:14 | 34:29 | 38:13 | 49:37 | 58:12 | 1:00:13 | 1:02:16 | 1:12:10 | 1:31:57 | 1:34:40 | 1:46:48 | 1:48:28 | | | | | |
| | | | | 8:51 | 6:34 | 14:49 | 4:15 | 3:44 | 11:24 | 8:35 | 2:01 | 2:03 | 9:54 | 19:47 | 2:43 | 12:08 | 1:40 | | | | | |
| | | | | 1:49:42 | 1:50:15 | | | | | | | | | | | | | | | | | |
| | | | | 1:14 | 0:33 | | | | | | | | | | | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | |
|--------------------------|------|---|----------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|--------|--------|--------|--------|--------|--------|--|--|--|
| Masculino 40 (16) | | | | | 6,7 km | | 15 C | | | | <i>(cont.)</i> | | | | | | | | | |
| | | | 1(58) | 2(90) | 3(96) | 4(48) | 5(51) | 6(43) | 7(62) | 8(85) | 9(67) | 10(35) | 11(92) | 12(75) | 13(88) | 14(47) | | | | |
| | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 10 | 832 | Marco, José Portugal NAST | 1:54:48 | 8:53 19:01 | 33:09 36:37 | 40:41 52:02 | 1:04:18 1:11:31 | 1:14:21 1:22:33 | 1:32:04 1:35:20 | 1:51:09 1:53:06 | 1:53:06 1:57:00 | | | | | | | | | |
| | | | | 8:53 10:08 | 14:08 3:28 | 4:04 11:21 | 12:16 7:13 | 2:50 8:12 | 9:31 3:16 | 15:49 1:57 | | | | | | | | | | |
| | | | | 1:54:19 1:13 | 1:54:48 0:29 | | | | | | | | | | | | | | | |
| 11 | 485 | Abeal Navarro, Francisco Pontedeume MONTBREAMO | 1:57:00 | 6:50 16:24 | 29:10 31:38 | 38:47 54:04 | 1:02:11 1:04:17 | 1:12:07 1:24:19 | 1:36:44 1:38:56 | 1:52:52 1:54:45 | 1:54:45 1:53:06 | | | | | | | | | |
| | | | | 6:50 9:34 | 12:46 2:28 | 7:09 15:17 | 8:07 2:06 | 7:50 12:12 | 12:25 2:12 | 13:56 1:53 | | | | | | | | | | |
| | | | | 1:56:31 1:46 | 1:57:00 0:29 | | | | | | | | | | | | | | | |
| 285 | | Albarran Rodriguez, Angel Culleredo GALLAECIA_RAID | en tarj. | 5:46 10:08 | 21:01 23:00 | 25:24 32:29 | 38:37 40:11 | ----- 46:24 | 52:01 54:15 | 1:13:03 1:14:22 | 1:14:22 1:19 | | | | | | | | | |
| | | | | 5:46 4:22 | 10:53 1:59 | 2:24 7:05 | 6:08 1:34 | ----- 6:13 | 5:37 2:14 | 18:48 1:19 | | | | | | | | | | |
| | | | | 1:16:18 1:56 | 1:16:50 0:32 | | | | | | | | | | | | | | | |
| 165 | | Lorenzo Rivero, Bruno Culleredo GALLAECIA_RAID | andona | 8:21 33:40 | 1:09:01 1:11:42 | 1:20:31 1:31:02 | 1:49:01 1:50:37 | 1:53:07 2:38:02 | ----- ----- | ----- ----- | ----- ----- | | | | | | | | | |
| | | | | 8:21 25:19 | 35:21 2:41 | 8:49 10:31 | 17:59 1:36 | 2:30 44:55 | | | | | | | | | | | | |
| | | | | 2:49:35 11:33 | 2:50:35 1:00 | | | | | | | | | | | | | | | |
| 281 | | Varela Varela, Francisco Pontevedra AROMON | andona | 6:44 14:53 | 1:02:13 1:06:06 | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- | ----- ----- | | | | | | | | | |
| | | | | 6:44 8:09 | 47:20 3:53 | | | | | | | | | | | | | | | |
| | | | | ----- | | | | | | | | | | | | | | | | |
| 616 | | Liste Rodriguez, Francisco Manu Pontevedra AROMON | No sale | | | | | | | | | | | | | | | | | |
| 800 | | Cruz, Ricardo Portugal A MONTANHA | No sale | | | | | | | | | | | | | | | | | |
| Masculino 45 (19) | | | | | 6,1 km | | 15 C | | | | | | | | | | | | | |
| | | | | 1(87) | 2(75) | 3(33) | 4(76) | 5(42) | 6(84) | 7(62) | 8(85) | 9(82) | 10(92) | 11(49) | 12(48) | 13(35) | 14(47) | | | |
| | | | | 15(100) | Meta | | | | | | | | | | | | | | | |
| 1 | 802 | Lima, Rafael Portugal A MONTANHA | 1:19:11 | 4:01 19:00 | 21:40 24:39 | 35:29 38:30 | 42:24 43:57 | 50:23 56:55 | 1:01:53 1:04:01 | 1:13:41 1:17:34 | 1:17:34 3:53 | | | | | | | | | |
| | | | | 4:01 14:59 | 2:40 2:59 | 10:50 3:01 | 3:54 1:33 | 6:26 6:32 | 4:58 2:08 | 9:40 3:53 | | | | | | | | | | |
| | | | | 1:18:41 1:19:11 | 1:19:11 0:30 | | | | | | | | | | | | | | | |
| | | | | 1:07 0:30 | | | | | | | | | | | | | | | | |
| 2 | 451 | Rodríguez Núñez, Eugenio A. LUGO FLUVIAL_LUGO | 1:20:33 | 5:24 8:26 | 11:48 15:27 | 31:21 34:17 | 40:24 42:38 | 51:28 57:23 | 1:03:32 1:05:54 | 1:13:51 1:18:45 | 1:18:45 4:54 | | | | | | | | | |
| | | | | 5:24 3:02 | 3:22 3:39 | 15:54 2:56 | 6:07 2:14 | 8:50 5:55 | 6:09 2:22 | 7:57 4:54 | | | | | | | | | | |
| | | | | 1:19:59 1:14 | 1:20:33 0:34 | | | | | | | | | | | | | | | |
| 3 | 41 | Alvelo Fragueta, Javier Pontevedra AROMON | 1:20:36 | 4:09 6:52 | 10:34 16:17 | 26:25 29:39 | 34:00 35:31 | 49:49 55:18 | 1:02:08 1:04:06 | 1:11:09 1:19:12 | 1:19:12 8:03 | | | | | | | | | |
| | | | | 4:09 2:43 | 3:42 5:43 | 10:08 3:14 | 4:21 1:31 | 14:18 5:29 | 6:50 1:58 | 7:03 8:03 | | | | | | | | | | |
| | | | | 1:20:07 0:55 | 1:20:36 0:29 | | | | | | | | | | | | | | | |
| 4 | 95 | Lamela Arias, Alberto LUGO COMPÁS | 1:23:02 | 5:37 9:27 | 12:06 15:52 | 28:10 30:38 | 36:24 38:07 | 43:55 48:35 | 53:39 55:18 | 1:08:44 1:21:34 | 1:21:34 12:50 | | | | | | | | | |
| | | | | 5:37 3:50 | 2:39 3:46 | 12:18 2:28 | 5:46 1:43 | 5:48 4:40 | 5:04 1:39 | 13:26 12:50 | | | | | | | | | | |
| | | | | 1:22:37 1:03 | 1:23:02 0:25 | | | | | | | | | | | | | | | |
| 5 | 363 | Cañas Lara, Julio A Coruña LICEO | 1:27:29 | 5:27 9:55 | 14:51 19:32 | 32:44 36:04 | 41:35 43:12 | 52:46 58:00 | 1:03:09 1:09:22 | 1:21:29 1:25:38 | 1:25:38 4:09 | | | | | | | | | |
| | | | | 5:27 4:28 | 4:56 4:41 | 13:12 3:20 | 5:31 1:37 | 9:34 5:14 | 5:09 6:13 | 12:07 4:09 | | | | | | | | | | |
| | | | | 1:27:03 1:25 | 1:27:29 0:26 | 1:07:36 *32 | | | | | | | | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | | | |
|--------------------------|------|--|---------|-------------|---------------|---------|-------------|---------|----------------|-------------|-------------|---------|---------|-------------|---------|-------------|---------|--------|--|--|--|--|
| Masculino 45 (19) | | | | | 6,1 km | | 15 C | | <i>(cont.)</i> | | | | | | | | | | | | | |
| | | | | | 1(87) | 2(75) | 3(33) | 4(76) | 5(42) | 6(84) | 7(62) | 8(85) | 9(82) | 10(92) | 11(49) | 12(48) | 13(35) | 14(47) | | | | |
| | | | | | 15(100) | Meta | | | | | | | | | | | | | | | | |
| 6 | 154 | González Miramontes, Eduardo S Culleredo GALLAECIA_RAID | 1:29:28 | 5:50 | 9:15 | 12:24 | 17:27 | 29:20 | 41:39 | 45:09 | 47:16 | 54:05 | 1:04:55 | 1:09:51 | 1:12:04 | 1:20:48 | 1:28:15 | | | | | |
| | | | | 5:50 | 3:25 | 3:09 | 5:03 | 11:53 | 12:19 | 3:30 | 2:07 | 6:49 | 10:50 | 4:56 | 2:13 | 8:44 | 7:27 | | | | | |
| | | | | 1:29:03 | 1:29:28 | 1:29:04 | | 1:29:04 | | | | | | | | | | | | | | |
| | | | | 0:48 | 0:25 | *100 | | *100 | | | | | | | | | | | | | | |
| 7 | 515 | Pastoriza Santos, Vicente Vigo U-VIGO | 1:37:49 | 8:41 | 11:32 | 15:35 | 24:38 | 35:50 | 37:55 | 42:52 | 47:32 | 55:12 | 1:00:03 | 1:06:42 | 1:08:57 | 1:27:10 | 1:36:10 | | | | | |
| | | | | 8:41 | 2:51 | 4:03 | 9:03 | 11:12 | 2:05 | 4:57 | 4:40 | 7:40 | 4:51 | 6:39 | 2:15 | 18:13 | 9:00 | | | | | |
| | | | | 1:37:16 | 1:37:49 | 4:51 | | 44:35 | | 1:18:36 | | | | | | | | | | | | |
| | | | | 1:06 | 0:33 | *58 | | *60 | | *79 | | | | | | | | | | | | |
| 8 | 294 | Ramos Asensio, Luis Javier Culleredo GALLAECIA_RAID | 1:43:09 | 4:58 | 19:21 | 26:05 | 36:47 | 49:22 | 52:29 | 59:42 | 1:00:46 | 1:08:35 | 1:19:27 | 1:24:54 | 1:27:30 | 1:33:50 | 1:41:34 | | | | | |
| | | | | 4:58 | 14:23 | 6:44 | 10:42 | 12:35 | 3:07 | 7:13 | 1:04 | 7:49 | 10:52 | 5:27 | 2:36 | 6:20 | 7:44 | | | | | |
| | | | | 1:42:44 | 1:43:09 | 1:25:41 | | | | | | | | | | | | | | | | |
| | | | | 1:10 | 0:25 | *32 | | | | | | | | | | | | | | | | |
| 9 | 115 | Fernandez Martínez, Carlos LUGO FLUVIAL_LUGO | 1:43:58 | 6:14 | 10:38 | 19:45 | 24:03 | 40:39 | 44:22 | 49:17 | 51:35 | 1:00:36 | 1:07:56 | 1:16:53 | 1:20:13 | 1:35:26 | 1:42:13 | | | | | |
| | | | | 6:14 | 4:24 | 9:07 | 4:18 | 16:36 | 3:43 | 4:55 | 2:18 | 9:01 | 7:20 | 8:57 | 3:20 | 15:13 | 6:47 | | | | | |
| | | | | 1:43:25 | 1:43:58 | | | | | | | | | | | | | | | | | |
| | | | | 1:12 | 0:33 | | | | | | | | | | | | | | | | | |
| 10 | 390 | Rodríguez Salas, Alberto As Neves VIZHOJA-CORNELIOS | 1:45:13 | 10:38 | 13:20 | 16:51 | 22:39 | 33:00 | 35:07 | 39:33 | 41:14 | 51:28 | 1:24:09 | 1:29:38 | 1:31:36 | 1:39:24 | 1:43:49 | | | | | |
| | | | | 10:38 | 2:42 | 3:31 | 5:48 | 10:21 | 2:07 | 4:26 | 1:41 | 10:14 | 32:41 | 5:29 | 1:58 | 7:48 | 4:25 | | | | | |
| | | | | 1:44:42 | 1:45:13 | | | | | | | | | | | | | | | | | |
| | | | | 0:53 | 0:31 | | | | | | | | | | | | | | | | | |
| 11 | 519 | Pérez Juste, German Vigo U-VIGO | 1:46:31 | 4:22 | 17:56 | 23:00 | 26:24 | 37:08 | 40:03 | 44:39 | 46:24 | 56:02 | 1:18:24 | 1:24:44 | 1:27:41 | 1:37:13 | 1:44:19 | | | | | |
| | | | | 4:22 | 13:34 | 5:04 | 3:24 | 10:44 | 2:55 | 4:36 | 1:45 | 9:38 | 22:22 | 6:20 | 2:57 | 9:32 | 7:06 | | | | | |
| | | | | 1:45:54 | 1:46:31 | 20:10 | | 1:35:49 | | | | | | | | | | | | | | |
| | | | | 1:35 | 0:37 | *50 | | *52 | | | | | | | | | | | | | | |
| 12 | 320 | Omil Beloso, Antonio Pontevedra AROMON | 1:53:22 | 5:25 | 9:45 | 21:55 | 27:02 | 38:41 | 42:02 | 47:32 | 49:31 | 1:02:23 | 1:18:08 | 1:25:50 | 1:28:33 | 1:45:38 | 1:51:42 | | | | | |
| | | | | 5:25 | 4:20 | 12:10 | 5:07 | 11:39 | 3:21 | 5:30 | 1:59 | 12:52 | 15:45 | 7:42 | 2:43 | 17:05 | 6:04 | | | | | |
| | | | | 1:52:58 | 1:53:22 | | | | | | | | | | | | | | | | | |
| | | | | 1:16 | 0:24 | | | | | | | | | | | | | | | | | |
| 13 | 132 | Antón Casado, Arturo Culleredo GALLAECIA_RAID | 1:55:44 | 6:43 | 10:26 | 14:38 | 43:55 | 56:57 | 1:00:32 | 1:06:07 | 1:08:06 | 1:16:26 | 1:31:21 | 1:38:56 | 1:41:10 | 1:48:49 | 1:54:00 | | | | | |
| | | | | 6:43 | 3:43 | 4:12 | 29:17 | 13:02 | 3:35 | 5:35 | 1:59 | 8:20 | 14:55 | 7:35 | 2:14 | 7:39 | 5:11 | | | | | |
| | | | | 1:55:17 | 1:55:44 | 39:43 | | 40:39 | | 58:00 | | | | | | | | | | | | |
| | | | | 1:17 | 0:27 | *87 | | *87 | | *41 | | | | | | | | | | | | |
| 14 | 18 | Oujo Castelo, Santiago Amador Porto do Son ADC_ARNELA | 1:59:42 | 6:22 | 10:40 | 17:02 | 25:59 | 51:14 | 54:31 | 59:32 | 1:01:39 | 1:10:46 | 1:18:53 | 1:29:41 | 1:40:32 | 1:50:19 | 1:57:58 | | | | | |
| | | | | 6:22 | 4:18 | 6:22 | 8:57 | 25:15 | 3:17 | 5:01 | 2:07 | 9:07 | 8:07 | 10:48 | 10:51 | 9:47 | 7:39 | | | | | |
| | | | | 1:59:21 | 1:59:42 | | | | | | | | | | | | | | | | | |
| | | | | 1:23 | 0:21 | | | | | | | | | | | | | | | | | |
| 15 | 384 | Fraga Castro, Santiago Santiago de Comp USC | 2:24:57 | 7:26 | 15:37 | 20:11 | 26:53 | 45:26 | 59:55 | 1:08:25 | 1:12:05 | 1:26:22 | 1:40:05 | 1:50:37 | 1:54:07 | 2:15:04 | 2:21:41 | | | | | |
| | | | | 7:26 | 8:11 | 4:34 | 6:42 | 18:33 | 14:29 | 8:30 | 3:40 | 14:17 | 13:43 | 10:32 | 3:30 | 20:57 | 6:37 | | | | | |
| | | | | 2:23:58 | 2:24:57 | | | | | | | | | | | | | | | | | |
| | | | | 2:17 | 0:59 | | | | | | | | | | | | | | | | | |
| 489 | | Bouza Padín, Diego Pontedeume MONTBREAMO | andona | 6:41 | 9:38 | 16:14 | 42:01 | 58:12 | 1:00:59 | 1:09:13 | 1:11:13 | ----- | ----- | ----- | ----- | ----- | ----- | | | | | |
| | | | | 6:41 | 2:57 | 6:36 | 25:47 | 16:11 | 2:47 | 8:14 | 2:00 | | | | | | | | | | | |
| | | | | 1:44:27 | 1:45:09 | | | | | | | | | | | | | | | | | |
| | | | | 33:14 | 0:42 | | | | | | | | | | | | | | | | | |
| 374 | | Navia Álvarez, Alfonso A Coruña LICEO | andona | 7:52 | 58:19 | 1:03:46 | 1:32:06 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | | | |
| | | | | 7:52 | 50:27 | 5:27 | 28:20 | | | | | | | | | | | | | | | |
| | | | | ----- | 2:16:10 | | | | | | | | | | | | | | | | | |
| | | | | | 44:04 | | | | | | | | | | | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | |
|-------------------|------|--|----------|---------------|---------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| Élite (18) | | | | 9,1 km | | 21 C | | | | | | | | | | | |
| | | | | 1(57) | 2(58) | 3(59) | 4(43) | 5(60) | 6(62) | 7(63) | 8(64) | 9(65) | 10(67) | 11(69) | 12(70) | 13(71) | 14(72) |
| | | | | 15(73) | 16(74) | 17(75) | 18(76) | 19(77) | 20(47) | 21(100) | Meta | | | | | | |
| 1 | 238 | Rodriguez Dominguez, Maikel Vigo VIGORIENTA | 1:17:41 | 2:23 | 4:14 | 8:41 | 14:17 | 18:34 | 19:07 | 21:49 | 25:46 | 28:39 | 34:36 | 39:25 | 41:14 | 46:35 | 49:15 |
| | | | | 2:23 | 1:51 | 4:27 | 5:36 | 4:17 | 0:33 | 2:42 | 3:57 | 2:53 | 5:57 | 4:49 | 1:49 | 5:21 | 2:40 |
| | | | | 1:04:37 | 1:07:33 | 1:08:44 | 1:10:58 | 1:14:23 | 1:16:37 | 1:17:22 | 1:17:41 | | | | | | |
| | | | | 15:22 | 2:56 | 1:11 | 2:14 | 3:25 | 2:14 | 0:45 | 0:19 | | | | | | |
| 2 | 202 | Casado Bravo, David Betanzos OP BETANZOS | 1:37:28 | 2:54 | 10:22 | 15:32 | 24:12 | 29:27 | 30:04 | 33:29 | 36:19 | 39:54 | 46:44 | 52:57 | 55:27 | 1:02:25 | 1:09:14 |
| | | | | 2:54 | 7:28 | 5:10 | 8:40 | 5:15 | 0:37 | 3:25 | 2:50 | 3:35 | 6:50 | 6:13 | 2:30 | 6:58 | 6:49 |
| | | | | 1:17:32 | 1:22:24 | 1:24:11 | 1:28:53 | 1:32:52 | 1:36:12 | 1:37:04 | 1:37:28 | | | | | | |
| | | | | 8:18 | 4:52 | 1:47 | 4:42 | 3:59 | 3:20 | 0:52 | 0:24 | | | | | | |
| 3 | 535 | Vázquez Toucido, José Alberto Pontevedra AROMON | 1:38:21 | 2:49 | 4:59 | 15:10 | 22:37 | 28:23 | 28:59 | 32:47 | 36:05 | 40:15 | 48:45 | 58:25 | 1:00:33 | 1:07:01 | 1:10:28 |
| | | | | 2:49 | 2:10 | 10:11 | 7:27 | 5:46 | 0:36 | 3:48 | 3:18 | 4:10 | 8:30 | 9:40 | 2:08 | 6:28 | 3:27 |
| | | | | 1:18:46 | 1:24:43 | 1:26:32 | 1:29:50 | 1:33:50 | 1:37:00 | 1:37:56 | 1:38:21 | | | 2:16 | | | |
| | | | | 8:18 | 5:57 | 1:49 | 3:18 | 4:00 | 3:10 | 0:56 | 0:25 | | | *48 | | | |
| 4 | 181 | Peña Pita, Felipe Culleredo GALLAECIA_RAID | 1:41:10 | 2:54 | 6:11 | 14:49 | 21:58 | 29:50 | 31:44 | 34:46 | 37:49 | 41:12 | 48:20 | 56:11 | 58:35 | 1:05:26 | 1:09:20 |
| | | | | 2:54 | 3:17 | 8:38 | 7:09 | 7:52 | 1:54 | 3:02 | 3:03 | 3:23 | 7:08 | 7:51 | 2:24 | 6:51 | 3:54 |
| | | | | 1:22:37 | 1:27:17 | 1:28:45 | 1:31:15 | 1:36:43 | 1:39:45 | 1:40:48 | 1:41:10 | | | | | | |
| | | | | 13:17 | 4:40 | 1:28 | 2:30 | 5:28 | 3:02 | 1:03 | 0:22 | | | | | | |
| 5 | 561 | Fernández Casalderrey, Gonzalo Nigrán RAZA_PALLEIRA | 1:41:35 | 4:14 | 7:27 | 15:15 | 22:07 | 27:53 | 28:34 | 31:12 | 33:46 | 38:20 | 45:27 | 55:04 | 58:04 | 1:04:54 | 1:08:38 |
| | | | | 4:14 | 3:13 | 7:48 | 6:52 | 5:46 | 0:41 | 2:38 | 2:34 | 4:34 | 7:07 | 9:37 | 3:00 | 6:50 | 3:44 |
| | | | | 1:22:53 | 1:27:51 | 1:29:44 | 1:32:47 | 1:37:40 | 1:40:19 | 1:41:13 | 1:41:35 | | | 3:28 | | | |
| | | | | 14:15 | 4:58 | 1:53 | 3:03 | 4:53 | 2:39 | 0:54 | 0:22 | | | *48 | | | |
| 6 | 194 | Somoza Argibay, Iván Culleredo GALLAECIA_RAID | 1:55:44 | 3:04 | 5:45 | 12:04 | 20:40 | 27:03 | 27:55 | 30:30 | 36:35 | 40:42 | 49:32 | 58:58 | 1:01:35 | 1:12:28 | 1:15:23 |
| | | | | 3:04 | 2:41 | 6:19 | 8:36 | 6:23 | 0:52 | 2:35 | 6:05 | 4:07 | 8:50 | 9:26 | 2:37 | 10:53 | 2:55 |
| | | | | 1:35:09 | 1:40:07 | 1:43:49 | 1:47:10 | 1:51:35 | 1:54:18 | 1:55:15 | 1:55:44 | | | 26:36 | 1:23:18 | | |
| | | | | 19:46 | 4:58 | 3:42 | 3:21 | 4:25 | 2:43 | 0:57 | 0:29 | | | *85 | *82 | | |
| 7 | 354 | Doce Serrano, Juan Antonio Culleredo GALLAECIA_RAID | 2:32:53 | 4:32 | 8:59 | 19:27 | 28:35 | 43:03 | 44:47 | 50:31 | 55:51 | 1:00:25 | 1:13:31 | 1:24:34 | 1:28:56 | 1:38:41 | 1:44:31 |
| | | | | 4:32 | 4:27 | 10:28 | 9:08 | 14:28 | 1:44 | 5:44 | 5:20 | 4:34 | 13:06 | 11:03 | 4:22 | 9:45 | 5:50 |
| | | | | 1:56:05 | 2:09:21 | 2:13:45 | 2:17:58 | 2:25:34 | 2:31:05 | 2:32:23 | 2:32:53 | | | | | | |
| | | | | 11:34 | 13:16 | 4:24 | 4:13 | 7:36 | 5:31 | 1:18 | 0:30 | | | | | | |
| 8 | 524 | Sardinero Gonzalez, Alan Vigo U-VIGO | 2:38:16 | 7:23 | 11:23 | 32:29 | 42:22 | 50:45 | 51:31 | 59:04 | 1:12:12 | 1:18:28 | 1:27:29 | 1:38:01 | 1:41:47 | 1:52:21 | 1:56:55 |
| | | | | 7:23 | 4:00 | 21:06 | 9:53 | 8:23 | 0:46 | 7:33 | 13:08 | 6:16 | 9:01 | 10:32 | 3:46 | 10:34 | 4:34 |
| | | | | 2:12:01 | 2:16:59 | 2:19:47 | 2:23:49 | 2:29:46 | 2:37:12 | 2:37:58 | 2:38:16 | | | | | | |
| | | | | 15:06 | 4:58 | 2:48 | 4:02 | 5:57 | 7:26 | 0:46 | 0:18 | | | | | | |
| 9 | 33 | Serantes Abal, Eloi Porto do Son ADC_ARNELA | 2:50:27 | 9:15 | 14:05 | 34:38 | 43:35 | 53:41 | 54:31 | 58:33 | 1:04:51 | 1:09:38 | 1:22:59 | 1:33:24 | 1:37:07 | 1:49:16 | 2:04:10 |
| | | | | 9:15 | 4:50 | 20:33 | 8:57 | 10:06 | 0:50 | 4:02 | 6:18 | 4:47 | 13:21 | 10:25 | 3:43 | 12:09 | 14:54 |
| | | | | 2:19:58 | 2:25:34 | 2:27:58 | 2:34:00 | 2:44:25 | 2:48:56 | 2:49:58 | 2:50:27 | | | | | | |
| | | | | 15:48 | 5:36 | 2:24 | 6:02 | 10:25 | 4:31 | 1:02 | 0:29 | | | | | | |
| 10 | 471 | Muño García, Marcos Culleredo GALLAECIA_RAID | 3:06:48 | 5:34 | 10:07 | 40:37 | 51:49 | 57:35 | 58:14 | 1:02:05 | 1:06:20 | 1:12:44 | 1:21:50 | 1:28:49 | 1:32:34 | 1:59:50 | 2:04:47 |
| | | | | 5:34 | 4:33 | 30:30 | 11:12 | 5:46 | 0:39 | 3:51 | 4:15 | 6:24 | 9:06 | 6:59 | 3:45 | 27:16 | 4:57 |
| | | | | 2:18:37 | 2:25:01 | 2:32:18 | 2:53:15 | 3:01:41 | 3:05:15 | 3:06:18 | 3:06:48 | | | | | | |
| | | | | 13:50 | 6:24 | 7:17 | 20:57 | 8:26 | 3:34 | 1:03 | 0:30 | | | | | | |
| | 122 | Nogueras Marentes, Jose Manuel LUGO FLUVIAL_LUGO | en tarj. | 19:36 | 40:29 | 47:40 | 57:33 | 1:06:41 | 1:07:34 | 1:20:21 | 1:25:18 | 1:38:08 | 1:53:11 | 2:17:04 | ----- | ----- | ----- |
| | | | | 19:36 | 20:53 | 7:11 | 9:53 | 9:08 | 0:53 | 12:47 | 4:57 | 12:50 | 15:03 | 23:53 | | | |
| | | | | ----- | ----- | ----- | ----- | ----- | 2:44:46 | 2:46:45 | 2:47:23 | | | | | | |
| | | | | | | | | | 27:42 | 1:59 | 0:38 | | | | | | |
| | 629 | Lopez Gonzalez, Nicolas LUGO COMPÁS | andona | 2:29 | 4:21 | 11:52 | 18:19 | 26:10 | 27:29 | 30:16 | 32:45 | 35:17 | 41:39 | ----- | ----- | ----- | ----- |
| | | | | 2:29 | 1:52 | 7:31 | 6:27 | 7:51 | 1:19 | 2:47 | 2:29 | 2:32 | 6:22 | | | | |
| | | | | ----- | ----- | ----- | ----- | ----- | ----- | 1:14:43 | 1:15:13 | | | | | | |
| | | | | | | | | | | 33:04 | 0:30 | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | |
|------------------------------|------|---|---------|---------|---------------|--------|-------------|---------|---------|---------|----------------|---------|---------|---------|---------|---------|---------|--|
| Élite (18) | | | | | 9,1 km | | 21 C | | | | <i>(cont.)</i> | | | | | | | |
| | | | 1(57) | 2(58) | 3(59) | 4(43) | 5(60) | 6(62) | 7(63) | 8(64) | 9(65) | 10(67) | 11(69) | 12(70) | 13(71) | 14(72) | | |
| | | | 15(73) | 16(74) | 17(75) | 18(76) | 19(77) | 20(47) | 21(100) | Meta | | | | | | | | |
| 60 | | Rodríguez Díaz, Mateo Pontevedra AROMON | andona | 2:17 | 5:18 | 22:37 | 29:34 | 35:42 | 36:16 | 38:29 | 41:30 | 44:16 | 50:12 | 55:26 | 57:32 | 1:06:29 | 1:09:03 | |
| | | | | 2:17 | 3:01 | 17:19 | 6:57 | 6:08 | 0:34 | 2:13 | 3:01 | 2:46 | 5:56 | 5:14 | 2:06 | 8:57 | 2:34 | |
| | | | | ----- | ----- | ----- | ----- | 1:16:52 | 1:19:28 | 1:20:26 | 1:20:58 | | 19:14 | | | | | |
| | | | | | | | | 7:49 | 2:36 | 0:58 | 0:32 | | *88 | | | | | |
| 574 | | Pérez Alonso, Adrián Nigrán RAZA_PALLEIRA | andona | 8:25 | 12:08 | 26:44 | 36:30 | 42:44 | 43:41 | 48:25 | 52:56 | 57:44 | 1:08:29 | ----- | ----- | ----- | ----- | |
| | | | | 8:25 | 3:43 | 14:36 | 9:46 | 6:14 | 0:57 | 4:44 | 4:31 | 4:48 | 10:45 | | | | | |
| | | | | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | | | | | |
| 272 | | Rodríguez Silva, Isaac As Neves VIZHOJA-CORNELIOS | No sale | | | | | | | | | | | | | | | |
| 1 | | Arufe Varela, Alberto A Coruña LICEO | No sale | | | | | | | | | | | | | | | |
| 209 | | López Costoya, Francisco Javier Betanzos OP BETANZOS | No sale | | | | | | | | | | | | | | | |
| 817 | | Nogueira de La Muela, Luis Enriq Málaga COMA | No sale | | | | | | | | | | | | | | | |
| Iniciación Curta (28) | | | | | 2,2 km | | 11 C | | | | | | | | | | | |
| | | | | 1(31) | 2(48) | 3(49) | 4(33) | 5(50) | 6(51) | 7(52) | 8(53) | 9(46) | 10(47) | 11(100) | Meta | | | |
| 1 | 393 | Rodríguez Seijo, Noa As Neves VIZHOJA-CORNELIOS | 35:31 | 4:12 | 5:59 | 8:34 | 12:33 | 14:06 | 16:16 | 23:33 | 27:05 | 29:58 | 33:36 | 34:47 | 35:31 | | | |
| | | | | 4:12 | 1:47 | 2:35 | 3:59 | 1:33 | 2:10 | 7:17 | 3:32 | 2:53 | 3:38 | 1:11 | 0:44 | | | |
| 2 | 555 | Varela Fernandez, Roque A Coruña BRIGANTIA | 40:16 | 3:18 | 4:40 | 8:24 | 14:00 | 15:50 | 18:43 | 27:09 | 32:36 | 35:43 | 38:38 | 39:47 | 40:16 | | | |
| | | | | 3:18 | 1:22 | 3:44 | 5:36 | 1:50 | 2:53 | 8:26 | 5:27 | 3:07 | 2:55 | 1:09 | 0:29 | | | |
| 3 | 295 | Ramos Rayón, Vega Culleredo GALLAECIA_RAID | 52:31 | 5:40 | 7:51 | 11:40 | 15:06 | 16:05 | 18:51 | 28:29 | 39:02 | 44:11 | 49:10 | 51:52 | 52:31 | | | |
| | | | | 5:40 | 2:11 | 3:49 | 3:26 | 0:59 | 2:46 | 9:38 | 10:33 | 5:09 | 4:59 | 2:42 | 0:39 | | | |
| 4 | 296 | Ramos Rayón, Zoe Culleredo GALLAECIA_RAID | 52:49 | 6:01 | 8:05 | 12:07 | 15:25 | 16:26 | 18:16 | 28:50 | 39:42 | 44:51 | 49:31 | 52:14 | 52:49 | | | |
| | | | | 6:01 | 2:04 | 4:02 | 3:18 | 1:01 | 1:50 | 10:34 | 10:52 | 5:09 | 4:40 | 2:43 | 0:35 | | | |
| 5 | 476 | Reboredo Zapata, Gabriel Culleredo GALLAECIA_RAID | 1:09:25 | 7:37 | 10:02 | 14:27 | 25:20 | 26:51 | 32:26 | 45:52 | 54:21 | 58:46 | 1:06:02 | 1:08:21 | 1:09:25 | | | |
| | | | | 7:37 | 2:25 | 4:25 | 10:53 | 1:31 | 5:35 | 13:26 | 8:29 | 4:25 | 7:16 | 2:19 | 1:04 | | | |
| 6 | 460 | Ferreiro Viña, Juan Carlos Culleredo GALLAECIA_RAID | 1:09:27 | 7:44 | 10:04 | 14:38 | 25:21 | 27:00 | 32:26 | 46:10 | 54:21 | 59:08 | 1:06:06 | 1:08:19 | 1:09:27 | | | |
| | | | | 7:44 | 2:20 | 4:34 | 10:43 | 1:39 | 5:26 | 13:44 | 8:11 | 4:47 | 6:58 | 2:13 | 1:08 | | | |
| 7 | 459 | Ferreiro Fandiño, Xairo Culleredo GALLAECIA_RAID | 1:09:29 | 7:45 | 10:03 | 14:36 | 25:58 | 27:09 | 32:28 | 46:05 | 53:58 | 59:02 | 1:06:24 | 1:08:31 | 1:09:29 | | | |
| | | | | 7:45 | 2:18 | 4:33 | 11:22 | 1:11 | 5:19 | 13:37 | 7:53 | 5:04 | 7:22 | 2:07 | 0:58 | | | |
| 8 | 604 | Calviño Ramallo, Manuel Santiago de Comp USC | 1:10:15 | 5:09 | 8:52 | 14:02 | 22:45 | 23:54 | 28:09 | 44:19 | 53:36 | 58:15 | 1:04:57 | 1:08:45 | 1:10:15 | | | |
| | | | | 5:09 | 3:43 | 5:10 | 8:43 | 1:09 | 4:15 | 16:10 | 9:17 | 4:39 | 6:42 | 3:48 | 1:30 | | | |
| 9 | 608 | Sampedro Rego, Maria Ventura Santiago de Comp USC | 1:10:19 | 5:14 | 8:54 | 14:04 | 22:40 | 23:49 | 28:03 | 44:32 | 53:25 | 58:15 | 1:04:52 | 1:08:47 | 1:10:19 | | | |
| | | | | 5:14 | 3:40 | 5:10 | 8:36 | 1:09 | 4:14 | 16:29 | 8:53 | 4:50 | 6:37 | 3:55 | 1:32 | | | |
| 10 | 820 | Filgueiras Seijo, Veronica Independiente INDEPENDIENTE | 1:22:01 | 7:00 | 9:40 | 15:40 | 20:13 | 24:16 | 29:21 | 44:03 | 1:05:33 | 1:11:20 | 1:17:44 | 1:21:21 | 1:22:01 | | | |
| | | | | 7:00 | 2:40 | 6:00 | 4:33 | 4:03 | 5:05 | 14:42 | 21:30 | 5:47 | 6:24 | 3:37 | 0:40 | | | |
| 11 | 824 | Reimunde Filgueiras, Artai Independiente INDEPENDIENTE | 1:22:07 | 7:02 | 9:43 | 15:41 | 20:25 | 24:18 | 29:23 | 44:10 | 1:05:34 | 1:11:20 | 1:17:46 | 1:20:58 | 1:22:07 | 1:21:22 | | |
| | | | | 7:02 | 2:41 | 5:58 | 4:44 | 3:53 | 5:05 | 14:47 | 21:24 | 5:46 | 6:26 | 3:12 | 1:09 | *100 | | |
| | | | | 1:21:27 | | | | | | | | | | | | | | |
| | | | | *100 | | | | | | | | | | | | | | |
| 12 | 360 | Sanjurjo Martinez, Roi Culleredo GALLAECIA_RAID | 1:23:11 | 8:56 | 13:00 | 21:06 | 28:30 | 31:07 | 39:04 | 53:49 | 1:05:53 | 1:10:45 | 1:16:56 | 1:21:15 | 1:23:11 | | | |
| | | | | 8:56 | 4:04 | 8:06 | 7:24 | 2:37 | 7:57 | 14:45 | 12:04 | 4:52 | 6:11 | 4:19 | 1:56 | | | |
| 13 | 180 | Peña Álvarez, Simón Culleredo GALLAECIA_RAID | 1:24:22 | 11:23 | 15:17 | 21:26 | 26:27 | 29:06 | 33:48 | 1:01:10 | 1:10:10 | 1:15:36 | 1:20:12 | 1:23:42 | 1:24:22 | | | |
| | | | | 11:23 | 3:54 | 6:09 | 5:01 | 2:39 | 4:42 | 27:22 | 9:00 | 5:26 | 4:36 | 3:30 | 0:40 | | | |
| 14 | 179 | Peña Álvarez, Inés Culleredo GALLAECIA_RAID | 1:25:23 | 11:52 | 15:38 | 21:38 | 26:30 | 29:16 | 34:11 | 1:01:15 | 1:10:12 | 1:15:42 | 1:20:30 | 1:23:56 | 1:25:23 | | | |
| | | | | 11:52 | 3:46 | 6:00 | 4:52 | 2:46 | 4:55 | 27:04 | 8:57 | 5:30 | 4:48 | 3:26 | 1:27 | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | |
|------------------------------|------|---|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | | | | 2,2 km | | 11 C | | | | | (cont.) | | | | | | |
| | | | | 1(31) | 2(48) | 3(49) | 4(33) | 5(50) | 6(51) | 7(52) | 8(53) | 9(46) | 10(47) | 11(100) | Meta | | |
| Iniciación Curta (28) | | | | | | | | | | | | | | | | | |
| 15 | 377 | Pardo Villaverde, Maria A Coruña LICEO | 1:29:15 | 10:46 | 14:33 | 20:48 | 26:31 | 28:36 | 35:56 | 53:06 | 1:08:13 | 1:14:51 | 1:22:47 | 1:27:11 | 1:29:15 | | |
| 16 | 828 | Veira Pereira, Ian Independiente INDEPENDIENTE | 1:31:50 | 10:46 | 3:47 | 6:15 | 5:43 | 2:05 | 7:20 | 17:10 | 15:07 | 6:38 | 7:56 | 4:24 | 2:04 | 1:31:12 | |
| 17 | 827 | Veira Pereira, Aine Independiente INDEPENDIENTE | 1:32:48 | 9:03 | 5:31 | 6:23 | 7:22 | 2:25 | 6:48 | 18:43 | 15:11 | 6:19 | 9:45 | 3:39 | 0:41 | *100 | |
| 18 | 806 | Díaz-merry Alonso, Dario A Coruña ARTABROS | 1:45:40 | 9:23 | 14:26 | 20:52 | 28:12 | 30:39 | 37:17 | 56:09 | 1:11:59 | 1:17:59 | 1:27:21 | 1:31:51 | 1:32:48 | | |
| 19 | 541 | Roca Uh, Daniel A Coruña ARTABROS | 1:47:22 | 9:23 | 5:03 | 6:26 | 7:20 | 2:27 | 6:38 | 18:52 | 15:50 | 6:00 | 9:22 | 4:30 | 0:57 | | |
| 20 | 810 | Seoane Domínguez, Eva A Coruña ARTABROS | 1:48:39 | 8:17 | 12:44 | 19:14 | 24:33 | 28:34 | 34:53 | 1:01:27 | 1:16:13 | 1:28:12 | 1:36:34 | 1:44:48 | 1:45:40 | 1:44:50 | |
| 21 | 808 | Louro Seoane, Fiz A Coruña ARTABROS | 1:48:49 | 8:17 | 4:27 | 6:30 | 5:19 | 4:01 | 6:19 | 26:34 | 14:46 | 11:59 | 8:22 | 8:14 | 0:52 | *100 | |
| 22 | 807 | Díaz-merry López-acevedo, Manue A Coruña ARTABROS | 1:49:50 | 9:51 | 14:36 | 21:02 | 26:30 | 30:32 | 37:08 | 1:03:20 | 1:17:59 | 1:30:34 | 1:39:04 | 1:46:36 | 1:47:22 | | |
| | | 236 García Puime, Shamira Vigo VIGORIENTA | en tarj. | 2:34:16 | 2:36:30 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | | 818 Rodríguez Reboredo, Julia Culleredo GALLAECIA_RAID | andona | 2:34:16 | 2:14 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | | 804 Vasconcelos, Carolina Portugal A MONTANHA | No sale | 5:38 | 9:27 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | | 271 Rodríguez Arenas, Saul As Neves VIZHOJA-CORNELIOS | No sale | 5:38 | 3:49 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | |
| | | 811 Varela Varela, María A Coruña ARTABROS | No sale | | | | | | | | | | | | | | |
| | | 809 Rojas Losada, Mónica A Coruña ARTABROS | No sale | | | | | | | | | | | | | | |
| Iniciación Longa (16) | | | | | | | | | | | | | | | | | |
| | | | | 4,5 km | | 19 C | | | | | | | | | | | |
| | | | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) |
| | | | | 15(45) | 16(38) | 17(46) | 18(47) | 19(100) | Meta | | | | | | | | |
| 1 | 805 | Costas Conde, Jesus Pontevedra AROMON | 1:00:00 | 3:07 | 6:18 | 9:20 | 11:06 | 16:49 | 18:27 | 24:36 | 32:00 | 34:50 | 38:29 | 42:07 | 43:19 | 45:29 | 46:31 |
| | | | | 3:07 | 3:11 | 3:02 | 1:46 | 5:43 | 1:38 | 6:09 | 7:24 | 2:50 | 3:39 | 3:38 | 1:12 | 2:10 | 1:02 |
| | | | | 48:13 | 50:51 | 55:07 | 58:01 | 59:25 | 1:00:00 | | | | | | | | |
| | | | | 1:42 | 2:38 | 4:16 | 2:54 | 1:24 | 0:35 | | | | | | | | |
| 2 | 830 | Busto Domínguez, Myrran A Coruña LICEO | 1:24:58 | 3:58 | 6:16 | 9:56 | 10:46 | 27:00 | 30:48 | 43:18 | 47:20 | 53:04 | 55:57 | 59:27 | 1:00:46 | 1:05:10 | 1:06:11 |
| | | | | 3:58 | 2:18 | 3:40 | 0:50 | 16:14 | 3:48 | 12:30 | 4:02 | 5:44 | 2:53 | 3:30 | 1:19 | 4:24 | 1:01 |
| | | | | 1:07:53 | 1:15:27 | 1:21:04 | 1:23:21 | 1:24:26 | 1:24:58 | | | | | | | | |
| | | | | 1:42 | 7:34 | 5:37 | 2:17 | 1:05 | 0:32 | | | | | | | | |
| 3 | 831 | Pazos Porta, Antonio A Coruña LICEO | 1:33:24 | 8:41 | 10:37 | 14:00 | 15:03 | 20:37 | 22:18 | 39:24 | 41:24 | 49:23 | 50:38 | 1:11:24 | 1:12:44 | 1:15:40 | 1:16:42 |
| | | | | 8:41 | 1:56 | 3:23 | 1:03 | 5:34 | 1:41 | 17:06 | 2:00 | 7:59 | 1:15 | 20:46 | 1:20 | 2:56 | 1:02 |
| | | | | 1:18:28 | 1:21:44 | 1:27:15 | 1:31:16 | 1:32:57 | 1:33:24 | | | | | | | | |
| | | | | 1:46 | 3:16 | 5:31 | 4:01 | 1:41 | 0:27 | | | | | | | | |
| 4 | 479 | Rioboo Núñez, Mara Culleredo GALLAECIA_RAID | 1:35:54 | 6:56 | 11:55 | 17:22 | 20:17 | 31:48 | 35:43 | 41:04 | 47:26 | 53:46 | 56:43 | 1:03:41 | 1:05:28 | 1:08:42 | 1:11:33 |
| | | | | 6:56 | 4:59 | 5:27 | 2:55 | 11:31 | 3:55 | 5:21 | 6:22 | 6:20 | 2:57 | 6:58 | 1:47 | 3:14 | 2:51 |
| | | | | 1:15:49 | 1:21:27 | 1:30:13 | 1:33:32 | 1:35:21 | 1:35:54 | | | | | | | | |
| | | | | 4:16 | 5:38 | 8:46 | 3:19 | 1:49 | 0:33 | | | | | | | | |

| os rsal Nombre | | Tiempo | | | | | | | | | | | | | | | | | | |
|------------------------------|--|---------------|---------|---------|-------------|---------|---------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|--|--|--|--|
| <i>Iniciación Longa (16)</i> | | 4,5 km | | | 19 C | | | <i>(cont.)</i> | | | | | | | | | | | | |
| | | 1(31) | 2(32) | 3(33) | 4(34) | 5(35) | 6(36) | 7(37) | 8(38) | 9(39) | 10(40) | 11(41) | 12(42) | 13(43) | 14(44) | | | | | |
| | | 15(45) | 16(38) | 17(46) | 18(47) | 19(100) | Meta | | | | | | | | | | | | | |
| 5 | 478 Rioboo Iglesias, Daniel Culleredo GALLAECIA_RAID | 1:35:58 | 6:52 | 11:55 | 17:31 | 20:23 | 31:36 | 35:43 | 40:45 | 47:18 | 53:45 | 56:26 | 1:03:35 | 1:05:12 | 1:08:24 | 1:11:41 | | | | |
| | | | 6:52 | 5:03 | 5:36 | 2:52 | 11:13 | 4:07 | 5:02 | 6:33 | 6:27 | 2:41 | 7:09 | 1:37 | 3:12 | 3:17 | | | | |
| | | | 1:15:48 | 1:21:16 | 1:29:37 | 1:33:31 | 1:35:21 | 1:35:58 | | | | | | | | | | | | |
| | | | 4:07 | 5:28 | 8:21 | 3:54 | 1:50 | 0:37 | | | | | | | | | | | | |
| 6 | 829 Villarino Aguiar, Marcelino Independiente INDEPENDIENTE | 1:37:34 | 4:00 | 7:22 | 11:55 | 12:36 | 33:34 | 53:35 | 55:17 | 1:04:59 | 1:08:21 | 1:10:16 | 1:14:55 | 1:16:10 | 1:18:42 | 1:20:09 | | | | |
| | | | 4:00 | 3:22 | 4:33 | 0:41 | 20:58 | 20:01 | 1:42 | 9:42 | 3:22 | 1:55 | 4:39 | 1:15 | 2:32 | 1:27 | | | | |
| | | | 1:22:17 | 1:25:12 | 1:32:21 | 1:34:33 | 1:36:49 | 1:37:34 | | | | | | | | | | | | |
| | | | 2:08 | 2:55 | 7:09 | 2:12 | 2:16 | 0:45 | | | | | | | | | | | | |
| 7 | 825 Rodil Marzábal, Héctor Independiente INDEPENDIENTE | 1:42:13 | 5:13 | 16:17 | 22:38 | 24:34 | 34:38 | 36:38 | 43:48 | 47:29 | 54:47 | 56:58 | 1:18:40 | 1:21:14 | 1:23:41 | 1:25:31 | | | | |
| | | | 5:13 | 11:04 | 6:21 | 1:56 | 10:04 | 2:00 | 7:10 | 3:41 | 7:18 | 2:11 | 21:42 | 2:34 | 2:27 | 1:50 | | | | |
| | | | 1:28:08 | 1:32:51 | 1:37:03 | 1:40:02 | 1:41:39 | 1:42:13 | | | | | | | | | | | | |
| | | | 2:37 | 4:43 | 4:12 | 2:59 | 1:37 | 0:34 | | | | | | | | | | | | |
| 8 | 823 Pena Braña, Jesus Independiente INDEPENDIENTE | 1:49:00 | 3:49 | 7:17 | 14:22 | 16:42 | 29:54 | 32:24 | 39:05 | 53:45 | 59:24 | 1:02:36 | 1:08:27 | 1:11:11 | 1:16:40 | 1:18:23 | | | | |
| | | | 3:49 | 3:28 | 7:05 | 2:20 | 13:12 | 2:30 | 6:41 | 14:40 | 5:39 | 3:12 | 5:51 | 2:44 | 5:29 | 1:43 | | | | |
| | | | 1:23:02 | 1:29:46 | 1:36:25 | 1:45:06 | 1:47:44 | 1:49:00 | | | | | | | | | | | | |
| | | | 4:39 | 6:44 | 6:39 | 8:41 | 2:38 | 1:16 | | | | | | | | | | | | |
| 8 | 819 Bodenlle Freire, Belén Independiente INDEPENDIENTE | 1:49:00 | 3:48 | 7:17 | 14:23 | 16:42 | 29:58 | 32:24 | 39:05 | 53:45 | 59:24 | 1:02:36 | 1:08:26 | 1:11:11 | 1:16:36 | 1:18:22 | | | | |
| | | | 3:48 | 3:29 | 7:06 | 2:19 | 13:16 | 2:26 | 6:41 | 14:40 | 5:39 | 3:12 | 5:50 | 2:45 | 5:25 | 1:46 | | | | |
| | | | 1:23:01 | 1:29:45 | 1:36:23 | 1:45:06 | 1:47:42 | 1:49:00 | | | | | | | | | | | | |
| | | | 4:39 | 6:44 | 6:38 | 8:43 | 2:36 | 1:18 | | | | | | | | | | | | |
| 10 | 822 Pena Bodenlle, Abel Independiente INDEPENDIENTE | 1:49:02 | 3:51 | 7:23 | 14:22 | 16:42 | 29:56 | 32:24 | 39:05 | 53:45 | 59:23 | 1:02:37 | 1:08:26 | 1:11:11 | 1:16:36 | 1:18:25 | | | | |
| | | | 3:51 | 3:32 | 6:59 | 2:20 | 13:14 | 2:28 | 6:41 | 14:40 | 5:38 | 3:14 | 5:49 | 2:45 | 5:25 | 1:49 | | | | |
| | | | 1:23:00 | 1:29:45 | 1:36:22 | 1:45:07 | 1:47:40 | 1:49:02 | | | | | | | | | | | | |
| | | | 4:35 | 6:45 | 6:37 | 8:45 | 2:33 | 1:22 | | | | | | | | | | | | |
| 11 | 362 Bugallo García, José Ramón A Coruña LICEO | 1:49:03 | 3:44 | 8:02 | 13:31 | 15:56 | 25:41 | 28:24 | 59:44 | 1:04:40 | 1:09:50 | 1:12:43 | 1:17:59 | 1:20:05 | 1:24:35 | 1:26:33 | | | | |
| | | | 3:44 | 4:18 | 5:29 | 2:25 | 9:45 | 2:43 | 31:20 | 4:56 | 5:10 | 2:53 | 5:16 | 2:06 | 4:30 | 1:58 | | | | |
| | | | 1:29:23 | 1:37:24 | 1:41:41 | 1:45:58 | 1:48:10 | 1:49:03 | | | | | | | | | | | | |
| | | | 2:50 | 8:01 | 4:17 | 4:17 | 2:12 | 0:53 | | | | | | | | | | | | |
| 12 | 167 Miguez Rey, Maria Culleredo GALLAECIA_RAID | 2:49:48 | 5:45 | 11:44 | 26:18 | 27:55 | 41:53 | 45:21 | 1:09:43 | 1:35:26 | 1:43:14 | 1:45:59 | 1:56:57 | 1:59:32 | 2:03:40 | 2:06:17 | | | | |
| | | | 5:45 | 5:59 | 14:34 | 1:37 | 13:58 | 3:28 | 24:22 | 25:43 | 7:48 | 2:45 | 10:58 | 2:35 | 4:08 | 2:37 | | | | |
| | | | 2:12:32 | 2:23:38 | 2:35:30 | 2:45:45 | 2:48:40 | 2:49:48 | | | | | | | | | | | | |
| | | | 6:15 | 11:06 | 11:52 | 10:15 | 2:55 | 1:08 | | | | | | | | | | | | |
| 826 | Termenón Pintos, Jorge Antonio Independiente INDEPENDIENTE | en tarj. | 36:00 | 44:56 | 1:05:04 | 1:07:16 | 1:24:21 | 1:30:55 | 1:59:44 | 2:20:22 | 2:27:54 | 2:32:27 | 2:54:37 | 2:57:06 | 3:05:09 | 3:07:27 | | | | |
| | | | 36:00 | 8:56 | 20:08 | 2:12 | 17:05 | 6:34 | 28:49 | 20:38 | 7:32 | 4:33 | 22:10 | 2:29 | 8:03 | 2:18 | | | | |
| | | | 3:11:46 | 3:19:29 | ----- | ----- | ----- | | | | | | | | | | | | | |
| | | | 4:19 | 7:43 | | | | | | | | | | | | | | | | |
| 359 | Sanjurjo Martínez, Navia Culleredo GALLAECIA_RAID | andona | 8:28 | 16:42 | 25:22 | 27:33 | 47:14 | 54:27 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | | | | | |
| | | | 8:28 | 8:14 | 8:40 | 2:11 | 19:41 | 7:13 | | | | | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | 1:21:00 | 1:22:49 | | | | | | | | | | | | |
| | | | ----- | ----- | ----- | ----- | 26:33 | 1:49 | *48 | | | | | | | | | | | |
| 833 | Rodríguez Rodríguez, Óscar Vigo OBJETIVOTRAIL | No sale | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| 401 | Rodal Fraga, Félix Porto do Son ADC_ARNELA | No sale | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| Masculino 12 NC (1) | | 2,7 km | | | 11 C | | | | | | | | | | | | | | | |
| | | 1(31) | 2(48) | 3(54) | 4(33) | 5(34) | 6(35) | 7(36) | 8(38) | 9(56) | 10(55) | 11(100) | Meta | | | | | | | |
| 444 | Rocha Cuiña, Lucas LUGO COMPÁS | No sale | | | | | | | | | | | | | | | | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | | | | | |
|--------------------------|---|---|---------|---------|---------------|---------|-------------|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|--------|--|--|
| Masculino 55 (11) | | | | | 5,2 km | | 15 C | | | | | | | | | | | | | |
| | | | | | 1(78) | 2(87) | 3(49) | 4(33) | 5(45) | 6(40) | 7(84) | 8(42) | 9(39) | 10(36) | 11(79) | 12(90) | 13(88) | 14(47) | | |
| | | | | | 15(100) | Meta | | | | | | | | | | | | | | |
| 1 | 803 | Silva, Jorge Portugal A MONTANHA | 1:20:25 | 2:41 | 6:06 | 9:04 | 11:07 | 19:50 | 22:59 | 25:44 | 29:37 | 33:27 | 43:26 | 47:37 | 59:15 | 1:16:11 | 1:18:17 | | | |
| | | | | | 2:41 | 3:25 | 2:58 | 2:03 | 8:43 | 3:09 | 2:45 | 3:53 | 3:50 | 9:59 | 4:11 | 11:38 | 16:56 | 2:06 | | |
| | | | | | 1:19:52 | 1:20:25 | | | | | | | | | | | | | | |
| | | | | | 1:35 | 0:33 | | | | | | | | | | | | | | |
| 2 | 141 | Carballo Fernández, Juan Carlos Culleredo GALLAECIA_RAID | 1:38:20 | 2:47 | 7:55 | 12:27 | 15:00 | 30:01 | 35:09 | 40:24 | 44:45 | 50:02 | 59:40 | 1:08:36 | 1:13:54 | 1:33:26 | 1:35:33 | | | |
| | | | | | 2:47 | 5:08 | 4:32 | 2:33 | 15:01 | 5:08 | 5:15 | 4:21 | 5:17 | 9:38 | 8:56 | 5:18 | 19:32 | 2:07 | | |
| | | | | | 1:37:30 | 1:38:20 | | | | | | | | | | | | | | |
| | | | | | 1:57 | 0:50 | | | | | | | | | | | | | | |
| 3 | 34 | Serantes Maneiro, Camilo Porto do Son ADC_ARNELA | 1:42:47 | 2:54 | 6:06 | 16:09 | 17:14 | 26:40 | 43:10 | 46:06 | 51:12 | 55:08 | 1:00:00 | 1:04:52 | 1:16:45 | 1:37:32 | 1:41:16 | | | |
| | | | | | 2:54 | 3:12 | 10:03 | 1:05 | 9:26 | 16:30 | 2:56 | 5:06 | 3:56 | 4:52 | 4:52 | 11:53 | 20:47 | 3:44 | | |
| | | | | | 1:42:16 | 1:42:47 | | | | | | | | | | | | | | |
| | | | | | 1:00 | 0:31 | | | | | | | | | | | | | | |
| 4 | 386 | Ramos Lozano, Eduardo V. Santiago de Comp USC | 1:44:56 | 3:14 | 8:04 | 12:35 | 15:36 | 26:19 | 29:41 | 33:06 | 37:39 | 47:38 | 1:03:49 | 1:09:50 | 1:16:14 | 1:39:46 | 1:42:11 | | | |
| | | | | | 3:14 | 4:50 | 4:31 | 3:01 | 10:43 | 3:22 | 3:25 | 4:33 | 9:59 | 16:11 | 6:01 | 6:24 | 23:32 | 2:25 | | |
| | | | | | 1:44:03 | 1:44:56 | | | | | | | | | | | | | | |
| | | | | | 1:52 | 0:53 | | | | | | | | | | | | | | |
| 5 | 318 | Díaz Falcon, Gilberto Pontevedra AROMON | 1:53:03 | 2:08 | 5:43 | 8:56 | 11:15 | 27:32 | 31:29 | 34:21 | 38:35 | 42:55 | 1:20:00 | 1:24:58 | 1:35:09 | 1:49:00 | 1:50:50 | | | |
| | | | | | 2:08 | 3:35 | 3:13 | 2:19 | 16:17 | 3:57 | 2:52 | 4:14 | 4:20 | 37:05 | 4:58 | 10:11 | 13:51 | 1:50 | | |
| | | | | | 1:52:31 | 1:53:03 | | | | | | | | | | | | | | |
| | | | | | 1:41 | 0:32 | | | | | | | | | | | | | | |
| 6 | 483 | Sande Rodríguez, Francisco Ferrol MONTAÑA_FERROL | 1:53:19 | 3:43 | 17:16 | 30:45 | 33:07 | 45:11 | 52:50 | 58:27 | 1:03:33 | 1:08:02 | 1:18:02 | 1:24:25 | 1:30:03 | 1:47:44 | 1:50:18 | | | |
| | | | | | 3:43 | 13:33 | 13:29 | 2:22 | 12:04 | 7:39 | 5:37 | 5:06 | 4:29 | 10:00 | 6:23 | 5:38 | 17:41 | 2:34 | | |
| | | | | | 1:52:16 | 1:53:19 | | | | | | | | | | | | | | |
| | | | | | 1:58 | 1:03 | | | | | | | | | | | | | | |
| 7 | 481 | Garcia Couce, Antonio Ferrol MONTAÑA_FERROL | 1:58:22 | 18:36 | 23:00 | 30:30 | 33:50 | 47:59 | 53:36 | 58:16 | 1:04:45 | 1:10:08 | 1:20:55 | 1:27:59 | 1:34:23 | 1:52:56 | 1:55:49 | | | |
| | | | | | 18:36 | 4:24 | 7:30 | 3:20 | 14:09 | 5:37 | 4:40 | 6:29 | 5:23 | 10:47 | 7:04 | 6:24 | 18:33 | 2:53 | | |
| | | | | | 1:57:25 | 1:58:22 | | | | | | | | | | | | | | |
| | | | | | 1:36 | 0:57 | | | | | | | | | | | | | | |
| 8 | 38 | Victorero Rey, Jorge Porto do Son ADC_ARNELA | 2:02:36 | 5:25 | 9:41 | 14:24 | 19:01 | 31:56 | 38:01 | 40:57 | 45:17 | 49:27 | 1:11:39 | 1:16:37 | 1:36:46 | 1:58:35 | 2:00:23 | | | |
| | | | | | 5:25 | 4:16 | 4:43 | 4:37 | 12:55 | 6:05 | 2:56 | 4:20 | 4:10 | 22:12 | 4:58 | 20:09 | 21:49 | 1:48 | | |
| | | | | | 2:02:04 | 2:02:36 | | | | | | | | | | | | | | |
| | | | | | 1:41 | 0:32 | | | | | | | | | | | | | | |
| 9 | 607 | Sampedro Muñiz, Ramón Santiago de Comp USC | 2:11:10 | 4:09 | 9:41 | 13:49 | 16:01 | 29:25 | 34:21 | 47:25 | 51:52 | 57:11 | 1:12:21 | 1:18:58 | 1:41:47 | 2:05:35 | 2:08:12 | | | |
| | | | | | 4:09 | 5:32 | 4:08 | 2:12 | 13:24 | 4:56 | 13:04 | 4:27 | 5:19 | 15:10 | 6:37 | 22:49 | 23:48 | 2:37 | | |
| | | | | | 2:10:15 | 2:11:10 | | | | | | | | | | | | | | |
| | | | | | 2:03 | 0:55 | | | | | | | | | | | | | | |
| 131 | Álvarez Estévez, Enrique Luis Culleredo GALLAECIA_RAID | andona | 1:41 | 1:14:43 | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | ----- | 1:21:43 | 1:23:33 | | | |
| | | | | | 1:41 | 1:13:02 | | | | | | | | | | | | | | |
| | | | | | 1:24:37 | 1:25:05 | 6:00 | 8:02 | 20:30 | 33:25 | 37:54 | 39:37 | 43:13 | 50:51 | 53:21 | 59:32 | 1:04:03 | | | |
| | | | | | 1:04 | 0:28 | *83 | *49 | *44 | *84 | *62 | *85 | *39 | *35 | *82 | *92 | *92 | | | |
| | | | | | 1:06:16 | 1:09:19 | | | | | | | | | | | | | | |
| | | | | | *90 | *50 | | | | | | | | | | | | | | |
| 412 | Romero Capa, Carlos Mario Pontevedra AROMON | No sale | | | | | | | | | | | | | | | | | | |
| Feminino 55 (5) | | | | | 3,7 km | | 12 C | | | | | | | | | | | | | |
| | | | | | 1(78) | 2(54) | 3(50) | 4(79) | 5(36) | 6(39) | 7(43) | 8(44) | 9(45) | 10(37) | 11(47) | 12(100) | Meta | | | |
| 1 | 313 | Durán Pernas, Remedios O Barco de Valde TREVINCA | 1:20:11 | 3:48 | 20:44 | 27:11 | 36:40 | 42:23 | 50:41 | 56:21 | 57:15 | 59:35 | 1:10:01 | 1:17:59 | 1:19:34 | 1:20:11 | | | | |
| | | | | | 3:48 | 16:56 | 6:27 | 9:29 | 5:43 | 8:18 | 5:40 | 0:54 | 2:20 | 10:26 | 7:58 | 1:35 | 0:37 | | | |

| os | rsal | Nombre | Tiempo | | | | | | | | | | | | | |
|------------------------|------|---|---------------|-------------|--------------|--------------|----------------|--------------|--------------|--------------|---------|---------|--------------|-------------|-------------|---------|
| <i>Feminino 55 (5)</i> | | | 3,7 km | | 12 C | | <i>(cont.)</i> | | | | | | | | Meta | |
| | | | 1(78) | 2(54) | 3(50) | 4(79) | 5(36) | 6(39) | 7(43) | 8(44) | 9(45) | 10(37) | 11(47) | 12(100) | Meta | |
| 2 | 113 | Fernandez Riveiro, Fermina LUGO FLUVIAL_LUGO | 1:24:05 | 3:09 | 15:27 | 18:45 | 24:12 | 41:18 | 48:48 | 54:19 | 1:01:12 | 1:04:33 | 1:18:22 | 1:22:05 | 1:23:28 | 1:24:05 |
| 3 | 47 | Díaz Rodríguez, Yolanda Pontevedra AROMON | 1:38:17 | 3:09 | 12:18 | 3:18 | 5:27 | 17:06 | 7:30 | 5:31 | 6:53 | 3:21 | 13:49 | 3:43 | 1:23 | 0:37 |
| 4 | 148 | Fernández Santiago, María Culleredo GALLAECIA_RAID | 2:09:41 | 4:57 | 10:49 | 19:21 | 8:01 | 9:05 | 11:44 | 7:19 | 2:04 | 4:06 | 10:22 | 6:59 | 2:36 | 0:54 |
| | | | | 4:43 | 16:09 | 8:07 | 8:30 | 8:52 | 21:17 | 10:02 | 2:20 | 3:13 | 33:15 | 9:30 | 2:32 | 1:11 |
| 461 | | González Sención, Adriana Luisa Culleredo GALLAECIA_RAID | en tarj. | 19:31 | 27:44 | 42:41 | 53:03 | 58:42 | 1:08:30 | 1:14:09 | 1:15:35 | 1:18:00 | ----- | ----- | 2:10:57 | 2:12:35 |
| | | | | 19:31 | 8:13 | 14:57 | 10:22 | 5:39 | 9:48 | 5:39 | 1:26 | 2:25 | | | 52:57 | 1:38 |