

os	orsal	Nombre	Tiempo															
<b>Cadete Feminino (1)</b>				<b>5,1 km</b>	<b>9 C</b>													
				1(40)	2(42)	3(33)	4(36)	5(45)	6(43)	7(38)	8(39)	9(100)	Meta					
1	151	Nerea Oujo Perez ADC ARNELA Porto do So	1:35:35	23:16	28:42	36:12	41:42	46:35	1:15:49	1:22:51	1:29:19	1:34:24	1:35:35					
				23:16	5:26	7:30	5:30	4:53	29:14	7:02	6:28	5:05	1:11					
<b>Junior Feminino (2)</b>				<b>6,0 km</b>	<b>12 C</b>													
				1(31)	2(33)	3(34)	4(35)	5(46)	6(47)	7(45)	8(43)	9(37)	10(38)	11(39)	12(100)	Meta		
1	150	Antia Oujo Perez ADC ARNELA Porto do So	1:39:01	11:49	27:30	31:18	47:06	54:34	1:01:23	1:08:01	1:14:47	1:22:08	1:28:01	1:33:08	1:37:41	1:39:01		
				11:49	15:41	3:48	15:48	7:28	6:49	6:38	6:46	7:21	5:53	5:07	4:33	1:20		
2	64	Sara Ricoy Rajoy AROMON Pontevedra	1:46:52	10:53	23:12	31:20	50:56	59:11	1:05:45	1:13:24	1:20:20	1:27:27	1:34:26	1:40:23	1:45:23	1:46:52		
				10:53	12:19	8:08	19:36	8:15	6:34	7:39	6:56	7:07	6:59	5:57	5:00	1:29		
<b>Senior Feminino (9)</b>				<b>15,8 km</b>	<b>14 C</b>													
				1(31)	2(34)	3(56)	4(50)	5(51)	6(53)	7(45)	8(46)	9(55)	10(54)	11(52)	12(62)	13(37)	14(100)	Meta
1	287	Ana Varela Yáñez BRIGANTIA A Coruña	1:40:34	4:23	9:54	22:40	32:53	41:22	47:48	54:32	1:00:19	1:08:18	1:20:09	1:25:37	1:30:53	1:35:35	1:39:52	1:40:34
				4:23	5:31	12:46	10:13	8:29	6:26	6:44	5:47	7:59	11:51	5:28	5:16	4:42	4:17	0:42
2	448	María Del Mar Delgado Go IES SABÓN Arteixo. A Cor	1:59:57	5:05	12:54	25:22	37:42	49:21	55:56	1:03:33	1:09:38	1:21:52	1:36:53	1:43:34	1:46:39	1:53:30	1:59:08	1:59:57
				5:05	7:49	12:28	12:20	11:39	6:35	7:37	6:05	12:14	15:01	6:41	3:05	6:51	5:38	0:49
3	339	Teresa Barreira Salgado MONTAÑA FERROL Ferrol.	2:00:06	12:19	19:08	30:46	43:56	52:19	57:40	1:11:06	1:16:53	1:25:04	1:38:10	1:47:11	1:49:36	1:55:09	1:59:23	2:00:06
				12:19	6:49	11:38	13:10	8:23	5:21	13:26	5:47	8:11	13:06	9:01	2:25	5:33	4:14	0:43
4	7	Luisa Felpeto González FLUVIAL LUGO Lugo	2:09:06	6:04	13:03	27:06	38:44	50:11	57:56	1:17:34	1:23:20	1:33:30	1:46:51	1:54:17	1:57:09	2:03:00	2:08:16	2:09:06
				6:04	6:59	14:03	11:38	11:27	7:45	19:38	5:46	10:10	13:21	7:26	2:52	5:51	5:16	0:50
5	362	Natalia Barros Diz FAICAMIÑO A Coruña (Olei	2:18:25	9:09	19:23	36:25	50:45	1:03:20	1:11:35	1:19:45	1:26:33	1:37:57	1:53:25	2:02:34	2:05:25	2:11:30	2:17:30	2:18:25
				9:09	10:14	17:02	14:20	12:35	8:15	8:10	6:48	11:24	15:28	9:09	2:51	6:05	6:00	0:55
6	475	Isabel Diz Cao CORNELIOS RAID As Neve	2:27:47	5:50	16:07	31:54	47:28	1:01:48	1:09:48	1:17:17	1:25:22	1:39:36	2:01:58	2:09:24	2:13:08	2:20:03	2:26:47	2:27:47
				5:50	10:17	15:47	15:34	14:20	8:00	7:29	8:05	14:14	22:22	7:26	3:44	6:55	6:44	1:00
7	13	Fernanda Follana Neira FLUVIAL LUGO Lugo	2:36:46	7:40	25:14	43:11	55:04	1:10:33	1:19:08	1:33:43	1:43:06	1:54:58	2:12:17	2:20:45	2:23:22	2:30:20	2:35:57	2:36:46
				7:40	17:34	17:57	11:53	15:29	8:35	14:35	9:23	11:52	17:19	8:28	2:37	6:58	5:37	0:49
8	10004	María Lamas Perez ARTABROS A Coruña	3:02:10	17:55	27:18	47:35	1:05:22	1:21:28	1:31:01	1:41:07	1:55:07	2:11:50	2:32:12	2:40:24	2:43:39	2:52:56	3:01:13	3:02:10
				17:55	9:23	20:17	17:47	16:06	9:33	10:06	14:00	16:43	20:22	8:12	3:15	9:17	8:17	0:57
	495	Veronica Montes Villar ADVENTURE ADDICT Pade	No sale															
<b>Senior B Feminino (2)</b>				<b>11,0 km</b>	<b>12 C</b>													
				1(40)	2(34)	3(46)	4(43)	5(48)	6(50)	7(51)	8(53)	9(52)	10(45)	11(38)	12(100)	Meta		
1	62	Alicia Pérez Alonso AROMON Pontevedra	1:35:43	5:15	11:50	20:00	26:25	34:27	53:21	1:07:45	1:15:23	1:18:34	1:23:14	1:28:57	1:34:54	1:35:43		
				5:15	6:35	8:10	6:25	8:02	18:54	14:24	7:38	3:11	4:40	5:43	5:57	0:49		
2	102	Bibiana González Corral GALLAECIA RAID A Coruña	2:02:12	18:51	26:43	35:51	46:04	55:23	1:12:09	1:26:17	1:35:10	1:39:07	1:44:40	1:52:45	2:01:16	2:02:12		
				18:51	7:52	9:08	10:13	9:19	16:46	14:08	8:53	3:57	5:33	8:05	8:31	0:56		
<b>Veteranas A Feminino (6)</b>				<b>12,9 km</b>	<b>12 C</b>													
				1(33)	2(34)	3(35)	4(49)	5(50)	6(51)	7(54)	8(55)	9(52)	10(43)	11(37)	12(100)	Meta		
1	101	Yolanda Garcia Gonzalez GALLAECIA RAID A Coruña	2:16:37	9:32	12:16	26:50	50:30	53:48	1:06:34	1:30:54	1:43:15	1:58:26	2:05:25	2:09:47	2:15:52	2:16:37		
				9:32	2:44	14:34	23:40	3:18	12:46	24:20	12:21	15:11	6:59	4:22	6:05	0:45		
2	74	Carla Veiga García AROMON Pontevedra	2:31:21	9:33	12:04	37:13	1:01:08	1:04:18	1:17:13	1:35:43	1:50:03	2:03:44	2:13:19	2:24:06	2:30:27	2:31:21		
				9:33	2:31	25:09	23:55	3:10	12:55	18:30	14:20	13:41	9:35	10:47	6:21	0:54		
3	560	Ana Belén Crespo Iribarn AROMON Pontevedra	2:35:33	10:07	13:38	23:38	50:41	54:44	1:11:36	1:32:27	1:54:33	2:14:19	2:22:16	2:28:13	2:34:41	2:35:33		
				10:07	3:31	10:00	27:03	4:03	16:52	20:51	22:06	19:46	7:57	5:57	6:28	0:52		
4	69	María Luisa Sanchez Vázq AROMON Pontevedra	2:38:28	8:22	11:50	21:18	54:08	58:01	1:14:26	1:39:13	1:54:58	2:12:17	2:22:07	2:29:26	2:37:30	2:38:28		
				8:22	3:28	9:28	32:50	3:53	16:25	24:47	15:45	17:19	9:50	7:19	8:04	0:58		

os	orsal	Nombre	Tiempo																	
<b>Veteranas A Feminino (6)</b>				<b>12,9 km</b>	<b>12 C</b>	<i>(cont.)</i>														
				1(33)	2(34)	3(35)	4(49)	5(50)	6(51)	7(54)	8(55)	9(52)	10(43)	11(37)	12(100)	Meta				
5	111	Paulina Andrea Mosquera GALLAECIA RAID A Coruña	3:07:25	8:47	12:02	42:10	1:18:04	1:20:55	1:52:47	2:11:44	2:25:01	2:39:56	2:50:36	3:00:25	3:06:32	3:07:25				
				8:47	3:15	30:08	35:54	<b>2:51</b>	31:52	18:57	13:17	14:55	10:40	9:49	6:07	0:53				
	127	Maria Teresa Silvarrey Re GALLAECIA RAID A Coruña	No sale																	
<b>Veteranas B Feminino (1)</b>				<b>6,0 km</b>	<b>12 C</b>															
				1(31)	2(33)	3(34)	4(35)	5(46)	6(47)	7(45)	8(43)	9(37)	10(38)	11(39)	12(100)	Meta				
1	390	Soraya Alvarez Milano A PEDROSA ORRO Cullere	2:25:59	18:03	34:52	47:46	1:00:30	1:07:19	1:16:46	1:22:56	1:31:06	2:09:18	2:14:55	2:20:12	2:24:40	2:25:59				
				18:03	16:49	12:54	12:44	6:49	9:27	6:10	8:10	38:12	5:37	5:17	4:28	1:19				
<b>Cadete Masculino (10)</b>				<b>6,0 km</b>	<b>12 C</b>															
				1(31)	2(33)	3(34)	4(35)	5(46)	6(47)	7(45)	8(43)	9(37)	10(38)	11(39)	12(100)	Meta				
1	493	Javier Lopez Gonzalez ADVENTURE ADDICT Pade	56:13	7:09	14:02	16:25	23:46	28:02	31:59	36:13	39:46	45:20	49:35	52:56	55:27	56:13				
				7:09	6:53	2:23	7:21	4:16	3:57	4:14	3:33	5:34	4:15	3:21	2:31	0:46				
2	10	Pablo Fernández Sánchez FLUVIAL LUGO Lugo	1:12:04	6:56	13:45	17:56	27:53	45:03	49:46	53:13	57:17	1:01:02	1:04:43	1:08:25	1:11:08	1:12:04				
				6:56	6:49	4:11	9:57	17:10	4:43	3:27	4:04	3:45	3:41	3:42	2:43	0:56				
3	494	Nicolas Lopez Gonzalez ADVENTURE ADDICT Pade	1:13:57	19:01	26:53	32:47	43:01	47:35	50:56	55:14	58:34	1:02:43	1:06:26	1:10:11	1:13:10	1:13:57				
				19:01	7:52	5:54	10:14	4:34	3:21	4:18	3:20	4:09	3:43	3:45	2:59	0:47				
4	307	Natnael Candela Iglesias ARTABROS A Coruña	1:24:51	10:20	22:26	26:02	33:48	41:56	46:42	54:44	1:02:06	1:08:05	1:13:45	1:20:17	1:23:48	1:24:51				
				10:20	12:06	3:36	7:46	8:08	4:46	8:02	7:22	5:59	5:40	6:32	3:31	1:03				
5	157	Xurxo Romero Miyares ADC ARNELA Porto do So	1:45:51	18:53	34:36	38:35	54:04	1:01:30	1:08:32	1:15:09	1:21:52	1:29:41	1:35:13	1:40:19	1:44:45	1:45:51				
				18:53	15:43	3:59	15:29	7:26	7:02	6:37	6:43	7:49	5:32	5:06	4:26	1:06				
6	79	Ivan Alvarez Braña GALLAECIA RAID A Coruña	1:51:06	9:53	21:30	29:24	57:58	1:05:36	1:10:34	1:14:35	1:22:10	1:29:39	1:37:03	1:44:00	1:49:49	1:51:06				
				9:53	11:37	7:54	28:34	7:38	4:58	4:01	7:35	7:29	7:24	6:57	5:49	1:17				
7	160	Eloi Serantes Abal ADC ARNELA Porto do So	2:01:38	9:43	21:09	24:53	33:07	59:15	1:06:28	1:12:25	1:18:23	1:42:20	1:50:07	1:56:41	2:00:26	2:01:38				
				9:43	11:26	3:44	8:14	26:08	7:13	5:57	5:58	23:57	7:47	6:34	3:45	1:12				
8	10001	Eloy Ben Sanlés ADC ARNELA Porto do So	2:03:15	15:08	36:49	40:49	51:31	59:37	1:03:31	1:06:49	1:23:12	1:29:20	1:43:45	1:58:18	2:02:13	2:03:15				
				15:08	21:41	4:00	10:42	8:06	3:54	3:18	16:23	6:08	14:25	14:33	3:55	1:02				
9	149	Lois Oujó Fernandez ADC ARNELA Porto do So	2:12:40	12:14	29:11	33:02	41:17	1:07:08	1:14:47	1:20:38	1:26:13	1:50:51	1:58:32	2:04:55	2:11:05	2:12:40				
				12:14	16:57	3:51	8:15	25:51	7:39	5:51	5:35	24:38	7:41	6:23	6:10	1:35				
	42	Xandre Beloso Iglesias AROMON Pontevedra	No sale																	
<b>Junior Masculino (3)</b>				<b>11,0 km</b>	<b>12 C</b>															
				1(40)	2(34)	3(46)	4(43)	5(48)	6(50)	7(51)	8(53)	9(52)	10(45)	11(38)	12(100)	Meta				
1	80	Martin Enrique Alvarez Br GALLAECIA RAID A Coruña	1:20:57	2:14	7:00	15:37	20:40	27:45	38:05	48:02	55:26	58:01	1:05:32	1:12:57	1:20:02	1:20:57				
				2:14	4:46	8:37	5:03	7:05	10:20	9:57	7:24	2:35	7:31	7:25	7:05	0:55				
2	530	Bruno Portela Lopez FLUVIAL LUGO Lugo	1:30:36	2:41	8:11	17:16	23:00	33:02	46:15	59:23	1:07:32	1:10:28	1:17:11	1:23:25	1:29:40	1:30:36				
				2:41	5:30	9:05	5:44	10:02	13:13	13:08	8:09	2:56	6:43	6:14	6:15	0:56				
3	131	Denis Arufe Calo ADC ARNELA Porto do So	2:17:36	2:38	10:53	22:03	31:44	50:25	1:08:32	1:24:14	1:34:10	1:37:58	1:58:53	2:08:13	2:16:36	2:17:36				
				2:38	8:15	11:10	9:41	18:41	18:07	15:42	9:56	3:48	20:55	9:20	8:23	1:00				
<b>Senior Masculino (36)</b>				<b>20,1 km</b>	<b>16 C</b>															
				1(32)	2(46)	3(56)	4(50)	5(57)	6(58)	7(52)	8(62)	9(45)	10(47)	11(41)	12(59)	13(63)	14(61)	15(44)	16(100)	Meta
1	263	Ángel García García BRIGANTIA A Coruña	1:45:41	4:25	9:39	14:54	21:56	39:37	43:30	50:04	51:12	53:27	56:31	1:07:44	1:20:44	1:31:04	1:33:27	1:39:28	1:45:07	1:45:41
				4:25	5:14	5:15	7:02	17:41	3:53	6:34	1:08	2:15	3:04	11:13	13:00	10:20	2:23	6:01	5:39	0:34
2	492	Francisco Javier López C ADVENTURE ADDICT Pade	1:53:09	4:35	12:01	17:28	24:48	43:16	47:22	55:11	57:07	59:28	1:02:47	1:14:39	1:28:41	1:39:13	1:41:51	1:46:57	1:52:26	1:53:09
				4:35	7:26	5:27	7:20	18:28	4:06	7:49	1:56	2:21	3:19	11:52	14:02	10:32	2:38	5:06	5:29	0:43

os	orsal	Nombre	Tiempo	20,1 km	16 C	(cont.)													Meta		
				1(32)	2(46)	3(56)	4(50)	5(57)	6(58)	7(52)	8(62)	9(45)	10(47)	11(41)	12(59)	13(63)	14(61)	15(44)	16(100)		
3	496	Alberto Taboada Pintor ADVENTURE ADDICT Pade	1:59:24	4:48	11:50	17:11	24:57	45:09	49:30	56:56	58:35	1:01:24	1:04:29	1:19:43	1:33:32	1:44:37	1:47:18	1:52:59	1:58:48	1:59:24	
4	106	Pablo López Franco GALLAECIA RAID A Coruña	2:05:40	4:48	7:02	5:21	7:46	20:12	4:21	7:26	1:39	2:49	3:05	15:14	13:49	11:05	2:41	5:41	5:49	0:36	
				5:15	13:13	19:45	27:27	47:03	51:28	1:00:09	1:01:36	1:04:16	1:07:55	1:21:14	1:37:07	1:49:01	1:51:49	1:58:54	2:05:01	2:05:40	
5	119	Felipe Peña Pita GALLAECIA RAID A Coruña	2:06:47	5:15	7:58	6:32	7:42	19:36	4:25	8:41	1:27	2:40	3:39	13:19	15:53	11:54	2:48	7:05	6:07	0:39	
				5:30	16:39	22:27	30:48	50:51	55:26	1:03:05	1:04:32	1:07:05	1:10:39	1:24:04	1:39:33	1:51:21	1:54:10	1:59:46	2:06:10	2:06:47	
6	523	Rubén Iglesias Castro FLUVIAL LUGO Lugo	2:08:19	5:30	11:09	5:48	8:21	20:03	4:35	7:39	1:27	2:33	3:34	13:25	15:29	11:48	2:49	5:36	6:24	0:37	
				5:04	13:25	20:14	28:34	47:53	52:15	1:00:50	1:02:25	1:05:30	1:08:55	1:23:21	1:38:50	1:52:32	1:55:41	2:01:12	2:07:35	2:08:19	
7	5	Alberto Corral Alonso FLUVIAL LUGO Lugo	2:10:50	5:04	8:21	6:49	8:20	19:19	4:22	8:35	1:35	3:05	3:25	14:26	15:29	13:42	3:09	5:31	6:23	0:44	
				5:34	13:01	19:22	27:55	47:40	54:18	1:02:31	1:05:15	1:08:25	1:12:06	1:26:22	1:41:19	1:55:06	1:58:01	2:04:12	2:10:12	2:10:50	
8	288	Marcos Varela Yáñez BRIGANTIA A Coruña	2:13:21	5:34	7:27	6:21	8:33	19:45	6:38	8:13	2:44	3:10	3:41	14:16	14:57	13:47	2:55	6:11	6:00	0:38	
				5:58	13:24	20:01	28:25	50:40	55:11	1:04:52	1:06:35	1:09:31	1:13:21	1:27:12	1:44:23	1:56:14	1:58:59	2:05:59	2:12:40	2:13:21	
9	252	Antonio Blanco Villar BRIGANTIA A Coruña	2:16:40	5:58	7:26	6:37	8:24	22:15	4:31	9:41	1:43	2:56	3:50	13:51	17:11	11:51	2:45	7:00	6:41	0:41	
				5:47	14:03	20:19	30:31	52:46	57:06	1:05:30	1:07:08	1:09:48	1:13:24	1:28:16	1:44:58	1:58:26	2:01:29	2:07:21	2:15:49	2:16:40	
10	49	Gonzalo Fernández Casal AROMON Pontevedra	2:16:56	5:47	8:16	6:16	10:12	22:15	4:20	8:24	1:38	2:40	3:36	14:52	16:42	13:28	3:03	5:52	8:28	0:51	
				6:12	12:48	23:02	31:17	54:00	58:18	1:07:04	1:09:09	1:11:31	1:15:36	1:30:26	1:46:59	2:00:24	2:03:17	2:09:24	2:16:13	2:16:56	
11	113	Marcos Muíño García GALLAECIA RAID A Coruña	2:18:28	6:12	6:36	10:14	8:15	22:43	4:18	8:46	2:05	2:22	4:05	14:50	16:33	13:25	2:53	6:07	6:49	0:43	
				5:47	13:58	20:21	30:42	53:05	58:07	1:09:09	1:11:14	1:13:45	1:17:21	1:32:13	1:48:45	2:01:59	2:04:53	2:11:04	2:17:48	2:18:28	
12	345	Oscar Fernández Otero MONTAÑA FERROL Ferrol.	2:28:05	5:47	8:11	6:23	10:21	22:23	5:02	11:02	2:05	2:31	3:36	14:52	16:32	13:14	2:54	6:11	6:44	0:40	
				9:03	18:24	25:20	34:49	57:09	1:03:00	1:15:02	1:20:41	1:23:09	1:26:35	1:41:26	1:57:08	2:11:29	2:14:35	2:20:25	2:27:16	2:28:05	
13	96	Lucas Freire Lage GALLAECIA RAID A Coruña	2:38:23	9:03	9:21	6:56	9:29	22:20	5:51	12:02	5:39	2:28	3:26	14:51	15:42	14:21	3:06	5:50	6:51	0:49	
				6:21	15:35	23:36	33:07	57:59	1:02:35	1:18:06	1:19:30	1:22:24	1:26:24	1:44:30	2:04:25	2:21:04	2:24:35	2:30:32	2:37:40	2:38:23	
14	473	Candido Carrera Estevez CORNELIOS RAID As Neve	2:40:28	6:21	9:14	8:01	9:31	24:52	4:36	15:31	1:24	2:54	4:00	18:06	19:55	16:39	3:31	5:57	7:08	0:43	
				8:02	20:14	28:28	39:10	1:02:51	1:08:39	1:21:20	1:23:25	1:26:54	1:31:16	1:47:34	2:06:24	2:21:01	2:24:49	2:32:11	2:39:41	2:40:28	
15	33	Iago Viana Gonzalez FLUVIAL LUGO Lugo	2:46:41	8:02	12:12	8:14	10:42	23:41	5:48	12:41	2:05	3:29	4:22	16:18	18:50	14:37	3:48	7:22	7:30	0:47	
				7:08	18:51	26:51	37:29	1:01:27	1:06:28	1:17:20	1:19:29	1:23:07	1:28:21	1:47:03	2:09:19	2:28:27	2:31:55	2:38:19	2:45:53	2:46:41	5:27
16	70	Angel Soto Boullosa AROMON Pontevedra	2:51:10	7:08	11:43	8:00	10:38	23:58	5:01	10:52	2:09	3:38	5:14	18:42	22:16	19:08	3:28	6:24	7:34	0:48	*33
				7:21	17:10	24:44	34:28	1:01:42	1:08:11	1:19:13	1:20:57	1:24:38	1:29:51	1:48:59	2:12:24	2:30:45	2:34:08	2:41:57	2:50:24	2:51:10	
17	337	Francisco Abeal Navarro MONTAÑA FERROL Ferrol.	2:51:15	7:21	9:49	7:34	9:44	27:14	6:29	11:02	1:44	3:41	5:13	19:08	23:25	18:21	3:23	7:49	8:27	0:46	
				7:26	17:36	26:33	36:34	1:01:58	1:11:15	1:22:31	1:25:35	1:29:05	1:34:08	1:53:51	2:11:55	2:27:03	2:30:38	2:42:07	2:50:32	2:51:15	
18	371	Marcos Vinagre Rey FAICAMIÑO A Coruña (Ole)	2:58:27	7:26	10:10	8:57	10:01	25:24	9:17	11:16	3:04	3:30	5:03	19:43	18:04	15:08	3:35	11:29	8:25	0:43	
				7:12	9:50	6:55	10:13	27:02	5:11	10:10	1:50	3:02	4:15	18:01	22:26	20:00	11:57	8:53	10:31	0:59	
19	471	Jose Manuel Araujo Franc CORNELIOS RAID As Neve	3:00:33	7:12	17:02	23:57	34:10	1:01:12	1:06:23	1:16:33	1:18:23	1:21:25	1:25:40	1:43:41	2:06:07	2:26:07	2:38:04	2:46:57	2:57:28	2:58:27	
				21:56	40:19	48:21	59:05	1:22:56	1:28:35	1:41:24	1:43:30	1:47:07	1:51:22	2:07:40	2:26:33	2:41:09	2:44:54	2:52:16	2:59:47	3:00:33	
20	561	José Javier Vera Murillo AROMON Pontevedra	3:07:20	21:56	18:23	8:02	10:44	23:51	5:39	12:49	2:06	3:37	4:15	16:18	18:53	14:36	3:45	7:22	7:31	0:46	
				7:54	16:46	25:34	35:43	1:04:25	1:12:14	1:23:16	1:25:44	1:29:26	1:33:59	1:53:32	2:27:44	2:46:25	2:50:44	2:58:48	3:06:36	3:07:20	
21	550	Omar Eduardo Ruda Oroz AROMON Pontevedra	3:11:14	7:54	8:52	8:48	10:09	28:42	7:49	11:02	2:28	3:42	4:33	19:33	34:12	18:41	4:19	8:04	7:48	0:44	
				12:15	23:13	31:17	43:03	1:13:32	1:19:48	1:30:59	1:33:03	1:36:54	1:42:03	2:02:27	2:31:26	2:50:09	2:53:36	3:02:13	3:10:36	3:11:14	
22	457	José Cabaleiro Vila BUDIÑORAI O Porriño	3:25:25	12:15	10:58	8:04	11:46	30:29	6:16	11:11	2:04	3:51	5:09	20:24	28:59	18:43	3:27	8:37	8:23	0:38	
				9:41	19:22	28:07	39:32	1:06:58	1:13:01	1:25:34	1:29:13	1:33:42	1:38:48	2:02:06	2:26:53	3:00:12	3:04:26	3:14:17	3:24:34	3:25:25	
23	504	Enrique Blanco Ramos GALLAECIA RAID A Coruña	3:26:01	9:41	9:41	8:45	11:25	27:26	6:03	12:33	3:39	4:29	5:06	23:18	24:47	33:19	4:14	9:51	10:17	0:51	
				7:49	18:05	45:26	56:01	1:21:02	1:26:53	1:39:45	1:43:24	1:48:49	1:53:34	2:11:44	2:35:02	2:54:47	2:59:11	3:15:48	3:25:11	3:26:01	
24	461	Daniel Martínez Lorenzo BUDIÑORAI O Porriño	3:46:36	7:49	10:16	27:21	10:35	25:01	5:51	12:52	3:39	5:25	4:45	18:10	23:18	19:45	4:24	16:37	9:23	0:50	
				19:38	31:04	40:43	51:49	1:18:18	1:23:49	1:36:49	1:38:57	1:42:48	1:48:15	2:10:59	2:42:12	3:11:53	3:17:57	3:33:20	3:45:35	3:46:36	
25	569	Alberto García Ramos JARNACHAS Arteixo	3:58:29	19:38	11:26	9:39	11:06	26:29	5:31	13:00	2:08	3:51	5:27	22:44	31:13	29:41	6:04	15:23	12:15	1:01	
				9:44	27:56	41:13	56:37	1:27:14	1:33:27	1:49:15	1:56:58	2:00:45	2:05:38	2:29:06	2:57:19	3:25:43	3:31:09	3:46:43	3:56:58	3:58:29	
454	José Alonso Veiga BUDIÑORAI O Porriño	Fuera de control	18:07	42:58	1:00:00	1:15:23	1:49:00	1:57:14	2:16:40	2:17:47	2:22:40	2:29:13	2:54:33	3:05:46	3:28:24	3:33:10	3:47:19	3:59:44	4:01:11	2:10:26	
				18:07	24:51	17:02	15:23	33:37	8:14	19:26	1:07	4:53	6:33	25:20	11:13	22:38	4:46	14:09	12:25	1:27	*62
551	Mario Vázquez Vázquez AROMON Pontevedra	Error en tarj.	8:00	12:28	8:14	11:47	28:09	5:04	12:16	2:34	4:43	4:32	22:00	-----	17:29	3:18	12:00	7:04	1:10		
				9:42	32:07	40:44	52:24	1:25:08	1:31:29	1:49:38	1:52:30	1:57:18	2:02:31	2:24:36	-----	2:44:56	2:49:00	2:55:35	3:03:49	3:04:49	
2	Ruberto Amarelle Garabán FLUVIAL LUGO Lugo	Error en tarj.	9:42	22:25	8:37	11:40	32:4														

os orsal Nombre		Tiempo																	
		20,1 km		16 C		(cont.)													
		1(32)	2(46)	3(56)	4(50)	5(57)	6(58)	7(52)	8(62)	9(45)	10(47)	11(41)	12(59)	13(63)	14(61)	15(44)	16(100)	Meta	
<b>Senior Masculino (36)</b>																			
455	Carlos Amil Fernández BUDIÑORAID O Porriño	Desc.	5:53	15:56	22:22	31:31	55:20	59:31	1:08:15	1:09:54	1:12:24	1:16:18	1:32:22	1:37:12	1:53:43	1:57:06	2:03:23	2:10:37	2:11:20
28	Rodrigo Ivan Rodríguez FLUVIAL LUGO Lugo	Desc.	7:02	16:08	24:43	35:40	58:50	1:03:39	1:12:54	1:15:04	1:18:24	1:22:40	1:39:41	2:00:27	2:15:31	2:18:40	2:23:50	2:31:32	2:32:19
361	Moises Vergara Villarnovo MONTAÑA FERROL Ferrol.	Desc.	6:53	19:05	27:51	38:11	1:07:01	1:13:06	1:25:21	1:29:46	1:32:42	1:37:19	2:02:31	2:08:18	2:24:43	2:28:12	2:35:14	2:44:42	2:45:26
465	João Pedro Rodrigues Ce BUDIÑORAID O Porriño	Desc.	8:51	22:59	32:39	45:23	1:13:16	1:21:00	1:32:34	1:35:20	1:40:04	1:45:26	2:06:05	2:14:20	2:37:36	2:41:35	2:52:42	3:00:23	3:01:06
392	Xan Carballo Alviárez A PEDROSA ORRO Cullere	Abandona	7:36	17:17	25:13	38:57	1:12:28	1:20:36	1:30:19	1:32:52	1:37:17	-----	-----	-----	-----	-----	-----	1:48:21	1:49:14
463	Jesús Eduardo Pérez Rod BUDIÑORAID O Porriño	Abandona	7:36	9:41	7:56	13:44	33:31	8:08	9:43	2:33	4:25	-----	-----	-----	-----	-----	-----	2:24:27	2:25:25
364	Antonio Ciorraga Osorio FAICAMIÑO A Coruña (Olei	Abandona	8:27	24:59	40:16	50:10	1:14:11	1:21:36	1:36:06	1:37:59	1:42:04	1:47:20	-----	-----	-----	-----	-----	-----	-----
329	Benjamín Roca Santiuste ARTABROS A Coruña	No sale	8:27	16:32	15:17	9:54	24:01	7:25	14:30	1:53	4:05	5:16	-----	-----	-----	-----	-----	-----	-----
<b>Senior B Masculino (8)</b>																			
			12,9 km	12 C															
			1(33)	2(34)	3(35)	4(49)	5(50)	6(51)	7(54)	8(55)	9(52)	10(43)	11(37)	12(100)	Meta				
1	50 Ricardo Figueroa Fernán AROMON Pontevedra	1:26:57	5:52	8:25	13:04	29:57	32:04	41:02	54:44	1:04:20	1:13:10	1:18:11	1:21:28	1:26:15	1:26:57	-----	-----	-----	-----
2	524 Juan José Lafuente FLUVIAL LUGO Lugo	1:46:48	5:52	2:33	4:39	16:53	2:07	8:58	13:42	9:36	8:50	5:01	3:17	4:47	0:42	-----	-----	-----	-----
3	12 Javier Folgar Romay FLUVIAL LUGO Lugo	1:47:14	6:05	6:02	4:59	19:05	2:22	10:22	16:28	8:09	10:45	8:35	6:11	6:51	0:54	-----	-----	-----	-----
4	75 Roberto Verde Lareu AROMON Pontevedra	1:50:27	9:41	12:11	18:42	40:48	43:22	54:23	1:07:57	1:18:17	1:29:14	1:36:27	1:40:50	1:46:16	1:47:14	-----	-----	-----	-----
5	401 David Valiño Martínez A PEDROSA ORRO Cullere	1:58:33	6:21	8:47	18:50	43:18	45:53	57:44	1:13:39	1:23:06	1:33:22	1:39:48	1:43:55	1:49:38	1:50:27	-----	-----	-----	-----
6	8 Carlos Fernández Martíne FLUVIAL LUGO Lugo	2:15:51	6:21	2:26	10:03	24:28	2:35	11:51	15:55	9:27	10:16	6:26	4:07	5:43	0:49	-----	-----	-----	-----
7	514 José Manuel Caamaño La FLUVIAL LUGO Lugo	2:42:20	5:25	14:15	27:25	49:49	52:25	1:03:32	1:19:23	1:29:12	1:41:20	1:46:55	1:51:29	1:57:33	1:58:33	-----	-----	-----	-----
108	Francisco López Rodrígu GALLAECIA RAID A Coruña	No sale	5:25	8:50	13:10	22:24	2:36	11:07	15:51	9:49	12:08	5:35	4:34	6:04	1:00	-----	-----	-----	-----
6	8 Carlos Fernández Martíne FLUVIAL LUGO Lugo	2:15:51	5:17	7:27	17:31	36:10	38:28	49:30	1:41:11	1:49:42	2:00:09	2:05:57	2:09:33	2:15:04	2:15:51	-----	-----	-----	-----
7	514 José Manuel Caamaño La FLUVIAL LUGO Lugo	2:42:20	5:17	2:10	10:04	18:39	2:18	11:02	51:41	8:31	10:27	5:48	3:36	5:31	0:47	-----	-----	-----	-----
7	514 José Manuel Caamaño La FLUVIAL LUGO Lugo	2:42:20	8:54	15:04	23:22	56:29	1:00:43	1:15:43	1:39:32	1:57:18	2:13:32	2:24:54	2:31:56	2:41:20	2:42:20	-----	-----	-----	-----
108	Francisco López Rodrígu GALLAECIA RAID A Coruña	No sale	8:54	6:10	8:18	33:07	4:14	15:00	23:49	17:46	16:14	11:22	7:02	9:24	1:00	-----	-----	-----	-----
<b>Veteráns A Masculino (29)</b>																			
			16,9 km	15 C															
			1(60)	2(46)	3(45)	4(56)	5(50)	6(54)	7(47)	8(41)	9(59)	10(58)	11(52)	12(62)	13(44)	14(39)	15(100)	Meta	
1	83 José Antonio Balseiro Pér GALLAECIA RAID A Coruña	2:11:25	7:42	13:47	16:59	22:33	32:20	51:38	58:32	1:15:49	1:35:05	1:47:51	1:56:42	1:58:19	2:02:06	2:07:58	2:10:39	2:11:25	
2	81 Enrique Luis Álvarez Esté GALLAECIA RAID A Coruña	2:23:16	7:42	6:05	3:12	5:34	9:47	19:18	6:54	17:17	19:16	12:46	8:51	1:37	3:47	5:52	2:41	0:46	
3	41 Manuel Beloso García AROMON Pontevedra	2:25:31	10:54	23:46	26:28	32:14	42:16	1:00:24	1:08:29	1:26:15	1:43:55	1:57:15	2:06:48	2:09:51	2:14:37	2:20:16	2:22:32	2:23:16	
4	348 Antonio Javier López Peit MONTAÑA FERROL Ferrol.	2:27:44	10:54	12:52	2:42	5:46	10:02	18:08	8:05	17:46	17:40	13:20	9:33	3:03	4:46	5:39	2:16	0:44	
4	445 Carlos Viqueira Nouche SEO Ordes	2:27:44	8:26	16:01	18:46	26:02	36:23	57:04	1:03:41	1:22:00	1:43:32	1:54:53	2:06:09	2:08:17	2:15:22	2:21:54	2:24:39	2:25:31	
6	103 Eduardo Santiago Gonzál GALLAECIA RAID A Coruña	2:31:45	8:26	7:35	2:45	7:16	10:21	20:41	6:37	18:19	21:32	11:21	11:16	2:08	7:05	6:32	2:45	0:52	
4	348 Antonio Javier López Peit MONTAÑA FERROL Ferrol.	2:27:44	10:04	19:03	22:26	28:37	38:35	58:22	1:07:06	1:26:33	1:46:54	1:59:57	2:13:10	2:15:05	2:18:55	2:24:29	2:26:57	2:27:44	
4	445 Carlos Viqueira Nouche SEO Ordes	2:27:44	10:04	8:59	3:23	6:11	9:58	19:47	8:44	19:27	20:21	13:03	13:13	1:55	3:50	5:34	2:28	0:47	
6	103 Eduardo Santiago Gonzál GALLAECIA RAID A Coruña	2:31:45	9:13	21:39	24:37	30:02	41:09	1:03:35	1:09:27	1:29:17	1:50:21	2:02:27	2:12:45	2:14:31	2:18:01	2:24:23	2:26:59	2:27:44	
6	103 Eduardo Santiago Gonzál GALLAECIA RAID A Coruña	2:31:45	9:13	12:26	2:58	5:25	11:07	22:26	5:52	19:50	21:04	12:06	10:18	1:46	3:30	6:22	2:36	0:45	
6	103 Eduardo Santiago Gonzál GALLAECIA RAID A Coruña	2:31:45	8:25	20:30	25:01	31:13	41:57	1:00:20	1:06:51	1:24:32	1:47:48	2:01:26	2:12:59	2:15:45	2:21:45	2:28:03	2:31:01	2:31:45	
6	103 Eduardo Santiago Gonzál GALLAECIA RAID A Coruña	2:31:45	8:25	12:05	4:31	6:12	10:44	18:23	6:31	17:41	23:16	13:38	11:33	2:46	6:00	6:18	2:58	0:44	

os	orsal	Nombre	Tiempo																			
				16,9 km		15 C		(cont.)														
				1(60)	2(46)	3(45)	4(56)	5(50)	6(54)	7(47)	8(41)	9(59)	10(58)	11(52)	12(62)	13(44)	14(39)	15(100)	Meta			
7	352	Fernando Perez Diaz MONTAÑA FERROL Ferrol.	2:34:44	14:56	22:09	24:38	30:21	41:28	59:52	1:07:38	1:23:59	1:46:22	1:59:50	2:12:30	2:15:12	2:25:29	2:31:10	2:33:55	2:34:44	6:57		
				14:56	7:13	2:29	5:43	11:07	18:24	7:46	<b>16:21</b>	22:23	13:28	12:40	2:42	10:17	5:41	2:45	0:49	*32		
8	116	Juan Patiño Varela GALLAECIA RAID A Coruña	2:35:29	8:10	15:52	18:31	25:02	36:10	57:07	1:04:27	1:26:01	1:49:54	2:01:26	2:13:57	2:16:38	2:23:49	2:31:12	2:34:32	2:35:29			
				8:10	7:42	2:39	6:31	11:08	20:57	7:20	21:34	23:53	11:32	12:31	2:41	7:11	7:23	3:20	0:57			
9	220	Javier Arufe Varela APA LICEO A Coruña	2:36:30	9:44	17:05	19:49	25:58	38:35	1:01:52	1:09:33	1:30:34	1:54:10	2:08:48	2:19:24	2:21:23	2:25:56	2:33:00	2:35:44	2:36:30			
				9:44	7:21	2:44	6:09	12:37	23:17	7:41	21:01	23:36	14:38	10:36	1:59	4:33	7:04	2:44	0:46			
10	47	Antonio Dominguez Porta AROMON Pontevedra	2:46:39	8:38	22:49	25:43	31:51	43:15	1:05:38	1:13:53	1:33:56	1:58:20	2:13:06	2:24:33	2:28:56	2:34:30	2:42:09	2:45:37	2:46:39			
				8:38	14:11	2:54	6:08	11:24	22:23	8:15	20:03	24:24	14:46	11:27	4:23	5:34	7:39	3:28	1:02			
11	338	Jose Luis Barca Herrera MONTAÑA FERROL Ferrol.	2:46:54	27:15	34:18	36:42	42:31	53:44	1:12:06	1:19:43	1:36:11	1:58:31	2:11:58	2:24:36	2:27:25	2:37:34	2:43:20	2:46:02	2:46:54	17:41		
				27:15	7:03	2:24	5:49	11:13	18:22	7:37	16:28	22:20	13:27	12:38	2:49	10:09	5:46	2:42	0:52	*32		
12	87	Roberto Chas Gómez GALLAECIA RAID A Coruña	2:50:06	8:16	17:14	19:46	31:14	41:27	1:06:32	1:12:59	1:29:36	1:52:04	2:03:23	2:20:25	2:22:20	2:27:06	2:46:26	2:49:17	2:50:06			
				8:16	8:58	2:32	11:28	10:13	25:05	6:27	16:37	22:28	<b>11:19</b>	17:02	1:55	4:46	19:20	2:51	0:49			
13	545	Jovino Gonzalez Comesa AROMON Pontevedra	2:50:29	8:59	16:35	29:43	35:52	47:25	1:10:26	1:17:41	1:37:43	2:02:12	2:16:22	2:32:33	2:34:12	2:38:39	2:46:49	2:49:34	2:50:29			
				8:59	7:36	13:08	6:09	11:33	23:01	7:15	20:02	24:29	14:10	16:11	1:39	4:27	8:10	2:45	0:55			
14	189	German Pérez Juste UNIVERSIDAD DE V Vigo	2:54:54	9:38	19:29	22:37	29:37	42:16	1:08:45	1:19:53	1:41:24	2:05:38	2:22:20	2:35:18	2:37:36	2:42:20	2:50:12	2:53:47	2:54:54			
				9:38	9:51	3:08	7:00	12:39	26:29	11:08	21:31	24:14	16:42	12:58	2:18	4:44	7:52	3:35	1:07			
15	382	Jose Luis Iglesias Duran HABELAS HAINAS Vigo	2:57:20	8:35	16:17	18:43	25:20	37:54	1:00:50	1:07:51	1:29:49	1:58:09	2:12:55	2:38:39	2:40:24	2:44:32	2:53:07	2:56:20	2:57:20			
				8:35	7:42	2:26	6:37	12:34	22:56	7:01	21:58	28:20	14:46	25:44	1:45	4:08	8:35	3:13	1:00			
16	11	José Manuel Fernández S FLUVIAL LUGO Lugo	2:59:02	8:41	23:01	25:43	32:04	43:01	1:03:13	1:10:25	1:31:11	2:11:24	2:28:15	2:40:17	2:43:13	2:48:10	2:55:45	2:58:18	2:59:02			
				8:41	14:20	2:42	6:21	10:57	20:12	7:12	20:46	40:13	16:51	12:02	2:56	4:57	7:35	2:33	<b>0:44</b>			
17	434	Jose Manuel Amor Boquet SEO Ordes	3:08:29	13:25	25:43	28:42	34:07	49:16	1:17:25	1:29:59	1:49:06	2:11:19	2:24:17	2:41:27	2:50:47	2:59:25	3:05:03	3:07:34	3:08:29			
				13:25	12:18	2:59	<b>5:25</b>	15:09	28:09	12:34	19:07	22:13	12:58	17:10	9:20	8:38	5:38	2:31	0:55			
	353	David Perez Marcote MONTAÑA FERROL Ferrol.	Error en tarj.	10:33	23:54	26:54	33:28	43:34	1:02:28	-----	-----	-----	1:08:53	1:25:46	1:46:19	2:02:55	2:08:21	2:10:29	2:11:16			
				10:33	13:21	3:00	6:34	10:06	18:54				6:25	16:53	20:33	16:36	5:26	2:08	0:47			
	525	Francisco J Lamas Antón FLUVIAL LUGO Lugo	Error en tarj.	8:29	15:56	18:19	25:12	36:45	57:59	1:05:51	1:27:41	<b>1:33:41</b>	1:50:07	-----	2:02:17	2:07:59	2:16:31	2:19:01	2:19:43			
				8:29	7:27	<b>2:23</b>	6:53	11:33	21:14	7:52	21:50	<b>6:00</b>	16:26	12:10	5:42	8:32	2:30	0:42				
	63	José Antonio Ricoy Bugar AROMON Pontevedra	Error en tarj.	10:23	23:55	27:32	36:03	50:14	1:15:33	1:25:40	1:53:46	2:23:57	2:43:27	3:02:42	3:05:17	-----	3:19:17	3:23:04	3:24:08			
				10:23	13:32	3:37	8:31	14:11	25:19	10:07	28:06	30:11	19:30	19:15	2:35		14:00	3:47	1:04			
	511	José Luís Míguez Cristóbal SEO Ordes	Abandona	10:37	31:28	42:31	53:38	1:10:57	1:40:47	1:54:53	-----	-----	-----	-----	-----	2:16:45	2:24:13	2:27:16	2:28:13	34:35		
				10:37	20:51	11:03	11:07	17:19	29:50	14:06						21:52	7:28	3:03	0:57	*47		
	320	Jose Miguel López Pérez ARTABROS A Coruña	Abandona	58:01	1:11:13	1:16:32	1:28:00	1:49:23	2:39:05	2:52:05	3:42:29	3:56:53	4:21:11	-----	-----	-----	-----	5:25:15	5:26:47			
				58:01	13:12	5:19	11:28	21:23	49:42	13:00	50:24	14:24	24:18					1:04:04	1:32			
	267	Evaristo Gonzalez Fernan BRIGANTIA A Coruña	Abandona	15:45	25:42	29:00	37:13	50:15	1:12:09	1:21:20	1:45:23	-----	-----	-----	-----	-----	-----	-----	-----			
				15:45	9:57	3:18	8:13	13:02	21:54	9:11	24:03											
	291	Luis Villar Esmoris BRIGANTIA A Coruña	Abandona	10:50	20:08	23:14	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
				10:50	9:18	3:06																
	507	José Manuel Esmoris Lois GALLAECIA RAID A Coruña	No sale																			
	167	José María Álvarez Caber UNIVERSIDAD DE V Vigo	No sale																			
	366	Celso Lopez Vazquez FAICAMIÑO A Coruña (Olei	No sale																			
	10003	Fernando Pedreira Romer ARTABROS A Coruña	No sale																			
	121	Victor Manuel Picos Rome GALLAECIA RAID A Coruña	No sale																			
Veteráns B Masculino (5)				11,0 km		12 C																
				1(40)	2(34)	3(46)	4(43)	5(48)	6(50)	7(51)	8(53)	9(52)	10(45)	11(38)	12(100)	Meta						
1	20	Pedro Parga Andón FLUVIAL LUGO Lugo	1:32:44	2:58	<b>8:56</b>	<b>15:58</b>	<b>22:22</b>	<b>30:08</b>	<b>42:35</b>	<b>54:31</b>	<b>1:04:28</b>	<b>1:13:39</b>	<b>1:19:53</b>	<b>1:25:52</b>	<b>1:31:49</b>	<b>1:32:44</b>						
				2:58	<b>5:58</b>	<b>7:02</b>	6:24	7:46	<b>12:27</b>	<b>11:56</b>	9:57	9:11	<b>6:14</b>	5:59	<b>5:57</b>	<b>0:55</b>						

os	orsal	Nombre	Tiempo																
<b>Veteráns B Masculino (5)</b>			<b>11,0 km</b>	<b>12 C</b>	<i>(cont.)</i>														
			1(40)	2(34)	3(46)	4(43)	5(48)	6(50)	7(51)	8(53)	9(52)	10(45)	11(38)	12(100)	Meta				
2	35	Javier Alvelo Fraguela AROMON Pontevedra	1:43:21	2:55	9:47	20:38	26:47	34:28	49:56	1:03:01	1:15:04	1:23:34	1:29:52	1:35:48	1:42:25	1:43:21			
				2:55	6:52	10:51	<b>6:09</b>	<b>7:41</b>	15:28	13:05	12:03	8:30	6:18	<b>5:56</b>	6:37	0:56			
3	539	Gilberto Diaz Falcon AROMON Pontevedra	1:58:01	5:00	12:30	25:44	38:17	46:55	1:02:44	1:18:37	1:28:59	1:33:46	1:41:04	1:48:57	1:56:57	1:58:01			
				5:00	7:30	13:14	12:33	8:38	15:49	15:53	10:22	4:47	7:18	7:53	8:00	1:04			
4	393	Juan Carlos Carballo Fer A PEDROSA ORRO Cullere	2:07:52	<b>2:46</b>	11:27	24:56	33:35	42:48	1:00:50	1:16:19	1:25:57	1:29:54	1:50:44	1:59:05	2:06:46	2:07:52			
				<b>2:46</b>	8:41	13:29	8:39	9:13	18:02	15:29	<b>9:38</b>	<b>3:57</b>	20:50	8:21	7:41	1:06			
	29	Eugenio A. Rodríguez Nú FLUVIAL LUGO Lugo	Abandona	----	----	----	----	----	----	----	----	----	----	----	----	----			
<b>Iniciación Curta (1)</b>			<b>5,1 km</b>	<b>9 C</b>															
			1(40)	2(42)	3(33)	4(36)	5(45)	6(43)	7(38)	8(39)	9(100)	Meta							
1	10002	Elena Castro Castro FLUVIAL LUGO Lugo	1:21:27	13:16	19:57	34:23	41:51	48:39	55:09	1:05:56	1:13:53	1:20:19	1:21:27						
				13:16	<b>6:41</b>	<b>14:26</b>	<b>7:28</b>	<b>6:48</b>	<b>6:30</b>	<b>10:47</b>	<b>7:57</b>	<b>6:26</b>	<b>1:08</b>						
<b>Iniciación Longa (3)</b>			<b>12,6 km</b>	<b>15 C</b>															
			1(40)	2(42)	3(34)	4(45)	5(47)	6(46)	7(37)	8(48)	9(51)	10(53)	11(52)	12(44)	13(38)	14(39)	15(100)	Meta	
1	72	Francisco Varela Varela AROMON Pontevedra	2:23:06	12:00	17:01	25:50	34:49	42:33	49:53	59:57	<b>1:13:30</b>	<b>1:38:17</b>	<b>1:50:51</b>	<b>1:56:18</b>	<b>2:05:46</b>	<b>2:12:08</b>	<b>2:17:56</b>	<b>2:22:06</b>	<b>2:23:06</b>
				12:00	5:01	8:49	<b>8:59</b>	<b>7:44</b>	<b>7:20</b>	<b>10:04</b>	<b>13:33</b>	<b>24:47</b>	12:34	<b>5:27</b>	<b>9:28</b>	6:22	5:48	4:10	1:00
2	58	Antonio Omil Beloso AROMON Pontevedra	2:28:41	3:30	<b>7:46</b>	<b>15:23</b>	<b>28:12</b>	<b>37:59</b>	<b>46:09</b>	<b>58:19</b>	1:15:01	1:42:21	1:55:12	2:01:00	2:12:16	2:17:43	2:23:50	2:27:40	2:28:41
				<b>3:30</b>	<b>4:16</b>	7:37	12:49	9:47	8:10	12:10	16:42	27:20	12:51	5:48	11:16	<b>5:27</b>	6:07	3:50	1:01
3	60	Susana Consuelo Pazos F AROMON Pontevedra	2:35:45	10:23	14:54	22:12	35:26	45:06	53:16	1:05:49	1:22:12	1:49:31	2:02:00	2:08:04	2:19:27	2:25:31	2:31:02	2:34:46	2:35:45
				10:23	4:31	<b>7:18</b>	13:14	9:40	8:10	12:33	16:23	27:19	<b>12:29</b>	6:04	11:23	6:04	<b>5:31</b>	<b>3:44</b>	<b>0:59</b>