

os	rsal	Nombre	Tempo													Meta	
Feminino 12 (3)				3,5 km 80 m 13 C													
			1(99)	2(90)	3(93)	4(103)	5(67)	6(86)	7(63)	8(102)	9(101)	10(66)	11(91)	12(64)	13(100)	Meta	
1	432	Eva Casado Nuñez Betanzos OPBZ	36:35	1:46	4:51	7:12	10:03	11:06	13:55	18:26	21:23	26:01	27:51	28:56	35:28	36:00	36:35
				1:46	3:05	2:21	2:51	1:03	2:49	4:31	2:57	4:38	1:50	1:05	6:32	0:32	0:35
2	231	Mailén Aller Pfirter O Barco de Valde T	58:01	2:08	6:37	10:33	19:47	21:36	27:21	37:01	41:21	46:15	48:09	49:44	56:25	57:11	58:01
				2:08	4:29	3:56	9:14	1:49	5:45	9:40	4:20	4:54	1:54	1:35	6:41	0:46	0:50
		606 Claudia Ferrer Gil HABELAS_HAINAS V	No sale														
Feminino 14 (6)				4,0 km 100 m 12 C													
			1(90)	2(67)	3(53)	4(93)	5(103)	6(32)	7(86)	8(63)	9(101)	10(66)	11(65)	12(100)	Meta		
1	157	Sofía Martínez Góm a coruña GALLAECI	38:10	4:34	9:51	12:59	15:51	18:12	22:11	24:00	28:41	32:50	34:28	35:51	37:32	38:10	
				4:34	5:17	3:08	2:52	2:21	3:59	1:49	4:41	4:09	1:38	1:23	1:41	0:38	
2	132	Rocio Dopico Golp a coruña GALLAECI	52:42	5:25	13:29	19:07	22:21	27:38	34:25	36:32	42:30	47:40	49:16	50:31	52:06	52:42	
				5:25	8:04	5:38	3:14	5:17	6:47	2:07	5:58	5:10	1:36	1:15	1:35	0:36	
3	208	Uxía Pérez García Porto do Son ADC_	1:11:57	8:05	17:50	24:55	29:48	34:07	43:27	51:36	1:00:28	1:04:53	1:07:07	1:08:31	1:11:16	1:11:57	
				8:05	9:45	7:05	4:53	4:19	9:20	8:09	8:52	4:25	2:14	1:24	2:45	0:41	
4	355	Carlota Garcia Lope A Coruña ARTABRO	1:19:43	9:42	18:32	25:16	29:13	36:49	43:41	53:13	1:02:58	1:09:39	1:12:17	1:14:50	1:19:02	1:19:43	
				9:42	8:50	6:44	3:57	7:36	6:52	9:32	9:45	6:41	2:38	2:33	4:12	0:41	
5	261	Antía Delgado Liñei A Coruña APA_LICE	2:04:49	10:42	23:42	34:59	43:19	48:19	56:21	1:04:58	1:16:53	1:52:34	1:58:44	2:00:55	2:03:53	2:04:49	
				10:42	13:00	11:17	8:20	5:00	8:02	8:37	11:55	35:41	6:10	2:11	2:58	0:56	
		379 Irene Traveso Pedra A Coruña ARTABRO	en tarj.	8:30	20:43	29:23	33:25	37:28	46:36	49:15	57:03	1:04:23	1:05:39	1:12:55	-----	1:15:12	
				8:30	12:13	8:40	4:02	4:03	9:08	2:39	7:48	7:20	1:16	7:16	2:17		
Feminino 16 (3)				4,3 km 100 m 15 C													
			1(75) 15(100)	2(33) Meta	3(53)	4(103)	5(67)	6(51)	7(62)	8(83)	9(89)	10(41)	11(42)	12(65)	13(91)	14(101)	
1	205	Nerea Oujo Perez Porto do Son ADC_	1:00:34	5:22	8:31	11:28	14:07	15:02	16:14	19:41	25:15	32:06	42:16	45:21	50:21	52:25	54:56
				5:22	3:09	2:57	2:39	0:55	1:12	3:27	5:34	6:51	10:10	3:05	5:00	2:04	2:31
				59:41	1:00:34												
				4:45	0:53												
2	380	Sara Traveso Pedrar A Coruña ARTABRO	1:28:34	8:27	23:30	32:28	37:13	38:57	41:36	45:19	51:26	59:54	1:03:33	1:09:13	1:18:37	1:21:18	1:23:45
				8:27	15:03	8:58	4:45	1:44	2:39	3:43	6:07	8:28	3:39	5:40	9:24	2:41	2:27
				1:27:57	1:28:34												
				4:12	0:37												
		244 Cristina Neta Pérez O Barco de Valde T	No sale														
Feminino 18 (4)				5,5 km 165 m 15 C													
			1(31) 15(100)	2(55) Meta	3(48)	4(88)	5(68)	6(98)	7(51)	8(83)	9(40)	10(32)	11(41)	12(42)	13(80)	14(81)	
1	31	Alba Grimaldi Pérez Pontevedra AROMO	1:16:58	9:30	14:49	26:46	32:08	40:15	43:21	46:28	53:00	55:33	58:38	1:02:52	1:05:12	1:10:09	1:14:27
				9:30	5:19	11:57	5:22	8:07	3:06	3:07	6:32	2:33	3:05	4:14	2:20	4:57	4:18
				1:16:24	1:16:58												
				1:57	0:34												
2	246	Alba Osorio Miguez O Barco de Valde T	1:26:43	5:15	29:25	42:52	47:15	53:23	55:04	57:47	1:02:58	1:05:29	1:08:28	1:12:41	1:15:15	1:20:12	1:23:57
				5:15	24:10	13:27	4:23	6:08	1:41	2:43	5:11	2:31	2:59	4:13	2:34	4:57	3:45
				1:26:10	1:26:43												
				2:13	0:33												
3	131	Alba Dopico Golpe a coruña GALLAECI	1:55:24	7:07	36:58	56:00	1:03:36	1:12:40	1:14:59	1:19:28	1:26:59	1:29:49	1:33:20	1:37:55	1:41:05	1:46:14	1:51:41
				7:07	29:51	19:02	7:36	9:04	2:19	4:29	7:31	2:50	3:31	4:35	3:10	5:09	5:27
				1:54:26	1:55:24												
				2:45	0:58												
4	233	Milagros Morena All O Barco de Valde T	1:56:20	7:27	17:52	39:01	46:50	58:34	1:01:39	1:06:59	1:15:26	1:20:27	1:25:53	1:33:52	1:38:13	1:45:31	1:51:44
				7:27	10:25	21:09	7:49	11:44	3:05	5:20	8:27	5:01	5:26	7:59	4:21	7:18	6:13
				1:55:43	1:56:20												
				3:59	0:37												
Feminino 21 A (6)				6,6 km 215 m 18 C													
			1(42) 15(107)	2(40) 16(78)	3(84) 17(81)	4(87) 18(100)	5(33) Meta	6(51)	7(50)	8(88)	9(68)	10(61)	11(47)	12(34)	13(55)	14(31)	
1	368	María Piñeiro Varela A Coruña ARTABRO	1:10:04	4:30	7:02	11:52	13:11	21:53	25:18	27:58	31:17	37:48	39:03	42:51	50:03	54:12	59:20
				4:30	2:32	4:50	1:19	8:42	3:25	2:40	3:19	6:31	1:15	3:48	7:12	4:09	5:08
				1:05:06	1:06:33	1:07:37	1:09:32	1:10:04									
				5:46	1:27	1:04	1:55	0:32									
2	122	Laura Alvarez Oreir a coruña GALLAECI	1:40:35	4:55	14:35	19:28	21:43	31:48	35:22	38:37	41:49	48:28	49:52	55:15	1:01:46	1:09:58	1:19:37
				4:55	9:40	4:53	2:15	10:05	3:34	3:15	3:12	6:39	1:24	5:23	6:31	8:12	9:39
				1:32:43	1:35:49	1:37:25	1:39:56	1:40:35									
				13:06	3:06	1:36	2:31	0:39									
3	503	Barbara Del Puerto Ordes SEO	1:50:52	7:29	11:31	17:55	19:59	30:34	35:35	45:40	49:17	55:44	1:00:55	1:04:11	1:14:11	1:20:22	1:29:45
				7:29	4:02	6:24	2:04	10:35	5:01	10:05	3:37	6:27	5:11	3:16	10:00	6:11	9:23
				1:43:45	1:46:01	1:47:37	1:50:01	1:50:52									
				14:00	2:16	1:36	2:24	0:51									

os	rsal	Nombre	Tempo															
Feminino 21 A (6)				6,6 km 215 m			18 C		<i>(cont.)</i>									
				1(42)	2(40)	3(84)	4(87)	5(33)	6(51)	7(50)	8(88)	9(68)	10(61)	11(47)	12(34)	13(55)	14(31)	
				15(107)	16(78)	17(81)	18(100)	Meta										
	286	Carmen Ferrero Del A Coruña BRIGANTI	andona	----	----	----	----	----	----	----	----	----	----	----	----	----	----	
	29	Saba González Lore Pontevedra AROMO	andona	9:40	13:52	20:21	22:01	1:01:08	----	----	----	----	----	----	----	----	----	
				9:40	4:12	6:29	1:40	39:07										
	175	Silvia Seoane Rodrí a coruña GALLAECI	andona	8:39	12:32	17:22	18:50	35:53	42:47	47:13	52:30	58:55	1:00:32	1:04:27	1:13:46	1:22:32	----	
				8:39	3:53	4:50	1:28	17:03	6:54	4:26	5:17	6:25	1:37	3:55	9:19	8:46		
Feminino 21 B (11)				5,5 km 120 m			16 C											
				1(75)	2(33)	3(52)	4(53)	5(88)	6(86)	7(62)	8(83)	9(84)	10(77)	11(32)	12(89)	13(41)	14(42)	
				15(80)	16(100)	Meta												
1	135	Diana Ferrer Vidal a coruña GALLAECI	1:14:32	5:54	8:41	10:50	11:38	23:46	30:10	33:17	38:17	43:46	48:50	57:38	1:02:01	1:04:46	1:07:24	
				5:54	2:47	2:09	0:48	12:08	6:24	3:07	5:00	5:29	5:04	8:48	4:23	2:45	2:38	
				1:12:22	1:13:39	1:14:32												
				4:58	1:17	0:53												
2	259	Lucía Castro Santo A Coruña APA_LICE	1:26:22	17:21	20:07	22:37	23:40	31:51	39:06	41:09	44:28	49:44	54:18	1:02:46	1:07:18	1:09:32	1:13:13	
				17:21	2:46	2:30	1:03	8:11	7:15	2:03	3:19	5:16	4:34	8:28	4:32	2:14	3:41	
				1:24:36	1:25:43	1:26:22												
				11:23	1:07	0:39												
3	272	Gracia Rodríguez B A Coruña APA_LICE	1:26:31	6:45	10:20	12:56	14:32	22:08	28:14	31:34	35:16	42:50	50:28	1:05:53	1:08:30	1:13:16	1:18:13	
				6:45	3:35	2:36	1:36	7:36	6:06	3:20	3:42	7:34	7:38	15:25	2:37	4:46	4:57	
				1:23:16	1:25:42	1:26:31		1:24:43										
				5:03	2:26	0:49		*64										
4	677	Marina Denis Sanro Pontevedra AROMO	1:33:13	12:49	15:47	19:29	20:29	26:53	32:46	35:33	39:54	44:30	49:24	1:02:25	1:08:49	1:15:13	1:18:25	
				12:49	2:58	3:42	1:00	6:24	5:53	2:47	4:21	4:36	4:54	13:01	6:24	6:24	3:12	
				1:31:08	1:32:21	1:33:13												
				12:43	1:13	0:52												
5	204	Antia Oujo Perez Porto do Son ADC_	1:48:16	23:14	31:47	35:00	35:57	44:53	53:19	57:24	1:02:50	1:09:36	1:16:39	1:28:07	1:31:33	1:35:11	1:38:36	
				23:14	8:33	3:13	0:57	8:56	8:26	4:05	5:26	6:46	7:03	11:28	3:26	3:38	3:25	
				1:44:08	1:46:49	1:48:16												
				5:32	2:41	1:27												
6	673	Dori Seijo Souto Pontevedra AROMO	1:48:53	16:18	18:38	21:59	26:12	40:17	46:08	51:03	55:21	1:00:26	1:05:52	1:15:15	1:34:11	1:37:57	1:42:46	
				16:18	2:20	3:21	4:13	14:05	5:51	4:55	4:18	5:05	5:26	9:23	18:56	3:46	4:49	
				1:46:46	1:48:10	1:48:53												
				4:00	1:24	0:43												
7	219	Nuria Maria Varela Porto do Son ADC_	1:51:44	41:35	44:29	47:47	49:26	57:08	1:04:19	1:07:22	1:11:18	1:17:20	1:24:47	1:34:29	1:35:52	1:41:12	1:43:53	
				41:35	2:54	3:18	1:39	7:42	7:11	3:03	3:56	6:02	7:27	9:42	1:23	5:20	2:41	
				1:48:42	1:50:54	1:51:44												
				4:49	2:12	0:50												
8	711	Lorena Calviño Sam Santiago de Comp	1:57:31	8:24	11:00	13:08	14:05	32:21	41:34	46:59	51:17	57:06	1:07:27	1:25:11	1:27:23	1:42:01	1:45:28	
				8:24	2:36	2:08	0:57	18:16	9:13	5:25	4:18	5:49	10:21	17:44	2:12	14:38	3:27	
				1:54:55	1:56:49	1:57:31												
				9:27	1:54	0:42												
9	74	Gloria Fernández F Lugo FLUVIAL_LUG	1:58:08	10:45	15:16	19:56	22:40	36:34	46:53	51:26	58:15	1:07:22	1:15:44	1:29:03	1:31:37	1:40:11	1:45:42	
				10:45	4:31	4:40	2:44	13:54	10:19	4:33	6:49	9:07	8:22	13:19	2:34	8:34	5:31	
				1:53:51	1:57:06	1:58:08												
				8:09	3:15	1:02												
10	240	Remedios Durán Pe O Barco de Valde T	1:58:12	8:45	12:31	15:41	18:12	30:23	37:40	41:56	47:26	54:42	1:01:53	1:26:39	1:28:32	1:32:47	1:41:11	
				8:45	3:46	3:10	2:31	12:11	7:17	4:16	5:30	7:16	7:11	24:46	1:53	4:15	8:24	
				1:55:17	1:57:23	1:58:12												
				14:06	2:06	0:49												
	712	Marta Guizán Roca Culleredo A Coru A	en tarj.	34:06	42:17	45:55	46:44	----	2:00:01	2:07:03	2:15:20	2:21:21	2:29:08	----	----	----	2:49:51	
				34:06	8:11	3:38	0:49		1:13:17	7:02	8:17	6:01	7:47				20:43	
				----	----	2:56:57	7:06											
Feminino 35 (4)				7,8 km 235 m			21 C											
				1(43)	2(32)	3(44)	4(45)	5(51)	6(35)	7(84)	8(37)	9(77)	10(42)	11(71)	12(47)	13(61)	14(54)	
				15(31)	16(106)	17(56)	18(58)	19(74)	20(81)	21(100)	Meta							
1	24	Monica Figueroa Le Pontevedra AROMO	1:47:48	2:57	6:19	13:22	14:47	19:38	23:50	27:40	30:07	38:35	47:45	52:48	57:07	1:01:45	1:11:26	
				2:57	3:22	7:03	1:25	4:51	4:12	3:50	2:27	8:28	9:10	5:03	4:19	4:38	9:41	
				1:15:34	1:19:29	1:29:26	1:35:24	1:39:39	1:44:52	1:47:04	1:47:48							
				4:08	3:55	9:57	5:58	4:15	5:13	2:12	0:44							
2	162	Paula Naya Manceb a coruña GALLAECI	1:52:45	5:49	12:20	21:01	24:10	28:43	32:45	36:36	43:19	46:30	55:14	1:00:28	1:05:04	1:09:16	1:20:22	
				5:49	6:31	8:41	3:09	4:33	4:02	3:51	6:43	3:11	8:44	5:14	4:36	4:12	11:06	
				1:26:02	1:30:20	1:35:57	1:40:51	1:46:23	1:49:57	1:52:10	1:52:45							
				5:40	4:18	5:37	4:54	5:32	3:34	2:13	0:35							

os	rsal	Nombre	Tiempo															
Feminino 35 (4)					7,8 km 235 m				21 C				<i>(cont.)</i>					
					1(43)	2(32)	3(44)	4(45)	5(51)	6(35)	7(84)	8(37)	9(77)	10(42)	11(71)	12(47)	13(61)	14(54)
					15(31)	16(106)	17(56)	18(58)	19(74)	20(81)	21(100)	Meta						
3	65	Carla Veiga García Pontevedra AROMO	2:03:33	3:56	14:12	20:20	26:44	37:08	42:38	46:44	54:20	57:38	1:05:26	1:10:55	1:15:18	1:19:53	1:30:24	
				3:56	10:16	6:08	6:24	10:24	5:30	4:06	7:36	3:18	7:48	5:29	4:23	4:35	10:31	
				1:35:48	1:40:46	1:46:23	1:52:11	1:56:21	2:00:50	2:02:54	2:03:33							
4	200	Susana Míguez Sam Porto do Son ADC_	2:22:47	5:24	9:57	24:32	28:43	40:05	44:33	48:12	50:58	54:42	1:06:22	1:12:46	1:17:36	1:24:06	1:38:03	
				4:57	5:00	14:35	4:11	11:22	4:28	3:39	2:46	3:44	11:40	6:24	4:50	6:30	13:57	
				1:43:41	1:49:06	2:00:57	2:10:36	2:15:54	2:19:49	2:22:11	2:22:47							
				5:38	5:25	11:51	9:39	5:18	3:55	2:22	0:36							
Feminino 40 (8)					6,1 km 210 m				17 C									
					1(49)	2(44)	3(46)	4(50)	5(87)	6(35)	7(32)	8(94)	9(34)	10(96)	11(31)	12(106)	13(105)	14(107)
					15(74)	16(80)	17(100)	Meta										
1	325	Cristina Fernández Vigo U-VIGO	1:23:14	21:17	23:11	25:24	27:44	35:06	36:29	45:48	47:27	49:51	58:15	1:00:00	1:03:35	1:08:14	1:09:54	
				21:17	1:54	2:13	2:20	7:22	1:23	9:19	1:39	2:24	8:24	1:45	3:35	4:39	1:40	
				1:15:41	1:21:30	1:22:38	1:23:14											
				5:47	5:49	1:08	0:36											
2	330	Ana Iglesias Junzal Vigo U-VIGO	1:25:54	14:43	17:02	20:15	23:35	32:26	34:13	39:55	43:26	46:34	55:27	1:00:49	1:08:25	1:13:14	1:15:08	
				14:43	2:19	3:13	3:20	8:51	1:47	5:42	3:31	3:08	8:53	5:22	7:36	4:49	1:54	
				1:19:47	1:23:37	1:25:13	1:25:54											
				4:39	3:50	1:36	0:41											
3	107	María Josefa Sánch Lugo FLUVIAL_LUG	1:37:01	18:01	20:55	24:21	29:02	38:06	40:03	46:41	49:36	54:35	1:07:52	1:10:41	1:16:05	1:22:27	1:24:33	
				18:01	2:54	3:26	4:41	9:04	1:57	6:38	2:55	4:59	13:17	2:49	5:24	6:22	2:06	
				1:30:01	1:33:57	1:36:03	1:37:01											
				5:28	3:56	2:06	0:58											
4	49	Amalia Pérez Otero Pontevedra AROMO	1:40:06	15:41	18:11	20:37	23:53	32:22	34:08	41:06	44:02	53:28	1:02:22	1:08:33	1:14:25	1:23:49	1:26:42	
				15:41	2:30	2:26	3:16	8:29	1:46	6:58	2:56	9:26	8:54	6:11	5:52	9:24	2:53	
				1:32:51	1:37:24	1:39:13	1:40:06											
				6:09	4:33	1:49	0:53											
5	18	Ana Mª Dios Gonzál Pontevedra AROMO	1:45:12	15:14	18:45	21:00	25:32	34:59	36:54	42:37	54:37	57:17	1:05:56	1:10:48	1:15:23	1:23:41	1:32:41	
				15:14	3:31	2:15	4:32	9:27	1:55	5:43	12:00	2:40	8:39	4:52	4:35	8:18	9:00	
				1:38:03	1:42:24	1:44:04	1:45:12											
				5:22	4:21	1:40	1:08											
6	85	Concepción Gonzál Lugo FLUVIAL_LUG	1:48:30	11:56	19:37	22:02	25:22	48:04	50:22	1:03:06	1:04:55	1:09:54	1:18:00	1:19:37	1:26:04	1:33:24	1:35:25	
				11:56	7:41	2:25	3:20	22:42	2:18	12:44	1:49	4:59	8:06	1:37	6:27	7:20	2:01	
				1:42:23	1:46:14	1:47:47	1:48:30											
				6:58	3:51	1:33	0:43											
707		Claudia Oreiro Cha a coruña GALLAECI	andona	40:37	----	----	1:07:52	1:20:55	1:23:15	1:35:46	1:39:02	----	----	----	2:02:25	----	----	
				40:37	----	----	27:15	13:03	2:20	12:31	3:16							
				----	----	----												
				<i>1:04:23</i>														
				<i>*45</i>														
390		Patricia Castro Pico Ferrol MONTAÑA_FE	andona	23:49	26:46	30:52	36:41	48:03	52:56	1:01:37	1:04:33	----	----	----	----	----	----	
				23:49	2:57	4:06	5:49	11:22	4:53	8:41	2:56							
				----	----	----												
Feminino 45 (10)					5,1 km 155 m				15 C									
					1(34)	2(71)	3(52)	4(98)	5(45)	6(49)	7(87)	8(94)	9(43)	10(54)	11(82)	12(76)	13(59)	14(81)
					15(100)	Meta												
1	324	Begoña Crespo Qui Vigo U-VIGO	1:12:25	8:11	11:17	15:49	17:29	25:23	27:13	31:13	42:49	48:02	51:59	54:32	59:07	1:07:46	1:09:01	
				8:11	3:06	4:32	1:40	7:54	1:50	4:00	11:36	5:13	3:57	2:33	4:35	8:39	1:15	
				1:11:36	1:12:25													
				2:35	0:49													
2	416	Rosa Mª Pernas Mar Santiago de Comp	1:16:52	6:21	10:36	14:14	16:04	25:14	28:07	33:31	45:20	50:44	55:07	58:55	1:05:11	1:11:56	1:13:32	
				6:21	4:15	3:38	1:50	9:10	2:53	5:24	11:49	5:24	4:23	3:48	6:16	6:45	1:36	
				1:15:57	1:16:52													
				2:25	0:55													
3	45	Susana Consuelo P Pontevedra AROMO	1:25:47	12:58	16:58	22:51	23:56	33:00	35:00	39:33	54:50	1:01:57	1:05:47	1:09:00	1:16:20	1:21:52	1:23:07	
				12:58	4:00	5:53	1:05	9:04	2:00	4:33	15:17	7:07	3:50	3:13	7:20	5:32	1:15	
				1:25:19	1:25:47													
				2:12	0:28													
4	108	Mar Valcarcel López Lugo FLUVIAL_LUG	1:33:19	7:47	11:23	14:32	18:34	30:33	33:13	37:38	1:03:13	1:11:24	1:16:00	1:19:22	1:23:26	1:27:21	1:29:56	
				7:47	3:36	3:09	4:02	11:59	2:40	4:25	25:35	8:11	4:36	3:22	4:04	3:55	2:35	
				1:32:33	1:33:19													
				2:37	0:46													
5	347	Mª Isabel Saco Fern Vigo U-VIGO	1:38:39	12:31	19:07	25:00	27:30	42:11	45:28	52:34	1:05:05	1:13:54	1:17:45	1:21:02	1:26:12	1:32:57	1:34:39	
				12:31	6:36	5:53	2:30	14:41	3:17	7:06	12:31	8:49	3:51	3:17	5:10	6:45	1:42	
				1:37:51	1:38:39													
				3:12	0:48													
6	159	Paulina Andrea Mos a coruña GALLAECI	1:42:32	18:02	21:17	26:01	27:27	50:48	53:16	58:22	1:10:55	1:16:17	1:19:48	1:22:21	1:26:30	1:38:04	1:39:16	
				18:02	3:15	4:44	1:26	23:21	2:28	5:06	12:33	5:22	3:31	2:33	4:09	11:34	1:12	
				1:41:52	1:42:32													
				2:36	0:40													

os	rsal	Nombre	Tiempo																	
Feminino 45 (10)					5,1 km	155 m	15 C			<i>(cont.)</i>										
			1(34)	2(71)	3(52)	4(98)	5(45)	6(49)	7(87)	8(94)	9(43)	10(54)	11(82)	12(76)	13(59)	14(81)				
			15(100)	Meta																
7	209	María Del Pilar Pére Porto do Son ADC_	1:48:35	15:35 15:35 1:47:52 2:09	21:08 5:33 1:48:35 0:43	29:04 7:56 1:43	30:47 1:43	45:53 15:06	48:58 3:05	55:56 6:58	1:10:19 14:23	1:21:51 11:32	1:28:00 6:09	1:31:11 3:11	1:37:23 6:12	1:43:47 6:24	1:45:43 1:56			
8	34	Carmen Iglesias Nie Pontevedra AROMO	1:59:16	19:15 19:15 1:58:15 2:40	24:00 4:45 1:59:16 1:01	29:51 5:51	32:30 2:39	46:17 13:47	50:35 4:18	56:48 6:13	1:25:01 28:13	1:32:00 6:59	1:37:23 5:23	1:41:23 4:00	1:47:18 5:55	1:54:18 7:00	1:55:35 1:17			
9	366	Beatriz Pedrares Fe A Coruña ARTABRO	2:02:33	22:16 22:16 2:01:42 2:57	28:35 6:19 2:02:33 0:51	35:25 6:50	37:27 2:02	52:02 14:35	56:32 4:30	1:04:47 8:15	1:17:16 12:29	1:26:06 8:50	1:32:16 6:10	1:35:39 3:23	1:44:22 8:43	1:56:43 12:21	1:58:45 2:02			
10	444	Elia Núñez Otero Betanzos OPBZ	2:03:52	12:55 12:55 2:03:03 2:25	18:05 5:10 2:03:52 0:49	24:16 6:11	27:38 3:22	52:44 25:06	57:16 4:32	1:09:26 12:10	1:24:40 15:14	1:34:33 9:53	1:39:22 4:49	1:44:18 4:56	1:51:30 7:12	1:58:07 6:37	2:00:38 2:31			
Feminino 50 (8)					5,1 km	155 m	15 C													
			1(34)	2(71)	3(52)	4(98)	5(45)	6(49)	7(87)	8(94)	9(43)	10(54)	11(82)	12(76)	13(59)	14(81)				
			15(100)	Meta																
1	179	Teresa Silvarrey Re a coruña GALLAECI	1:39:23	13:47 13:47 1:38:40 3:20	20:05 6:18 1:39:23 0:43	24:58 4:53	26:52 1:54	41:32 14:40	45:42 4:10	53:06 7:24	1:05:48 12:42	1:15:27 4:10	1:19:37 3:26	1:23:03 4:19	1:27:22 4:19	1:33:37 6:15	1:35:20 1:43			
2	17	Yolanda Díaz Rodrí Pontevedra AROMO	2:05:53	31:08 31:08 2:05:07 4:08	37:01 5:53 2:05:53 0:46	42:33 5:32	45:01 2:28	1:00:46 15:45	1:04:07 3:21	1:10:57 6:50	1:25:55 14:58	1:37:02 11:07	1:43:18 6:16	1:47:34 4:16	1:52:51 5:17	1:58:59 6:08	2:00:59 2:00			
3	78	Fermina Fernández Lugo FLUVIAL_LUG	2:15:35	38:32 38:32 2:14:39 3:45	49:21 10:49 2:15:35 0:56	56:16 6:55	1:00:41 4:25	1:13:33 12:52	1:17:17 3:44	1:26:38 9:21	1:38:58 12:20	1:48:32 9:34	1:53:34 5:02	1:57:06 3:32	2:02:21 5:15	2:08:54 6:33	2:10:54 2:00			
4	58	Maria Luisa Sanche Pontevedra AROMO	2:16:40	17:12 17:12 2:15:48 3:20	22:12 5:00 2:16:40 0:52	26:50 4:38	28:41 1:51	39:11 10:30	42:05 2:54	1:29:02 46:57	1:42:03 13:01	1:49:44 7:41	1:54:22 4:38	1:58:19 3:57	2:05:02 6:43	2:10:25 5:23	2:12:28 2:03			
	264	Pilar Liñeira Iglesia A Coruña APA_LICE	control	----	----	----	----	----	----	----	----	----	----	----	----	----	----			
	370	Mª Elena Ponte Pen A Coruña ARTABRO	en tarj.	10:15 10:15 2:40:17 31:05	19:17 9:02 2:41:53 1:36	24:13 4:56	30:16 6:03	52:08 21:52	1:02:05 9:57	1:10:53 8:48	1:30:56 20:03	1:49:18 18:22	1:55:03 5:45	2:01:46 6:43	2:09:12 7:26	----	----			
	268	Mª José Naya López A Coruña APA_LICE	en tarj.	12:41 12:41 ----	16:34 3:53	20:25 3:51	23:02 2:37	40:40 17:38	43:22 2:42	49:05 5:43	1:05:33 16:28	1:20:01 14:28	1:27:44 7:43	1:32:40 4:56	----	----	----			
	150	María Dolores López a coruña GALLAECI	andona	46:14 46:14 ----	54:18 8:04	58:49 4:31	1:01:06 2:17	1:30:55 29:49	1:45:50 14:55	----	----	----	----	----	----	----	----			
							2:09:55 *102													
Feminino Élite (8)					8,8 km	265 m	25 C													
			1(104)	2(50)	3(97)	4(49)	5(35)	6(36)	7(69)	8(77)	9(39)	10(95)	11(72)	12(79)	13(85)	14(94)				
			15(71)	16(98)	17(61)	18(55)	19(60)	20(105)	21(58)	22(57)	23(73)	24(107)	25(100)	Meta						
1	485	Isabel Diz Cao As Neves VIZHOJA-	1:22:06	2:37 2:37 48:24 0:58	11:21 8:44 50:37 2:13	14:45 3:24 51:37 1:00	17:14 2:29 57:23 5:46	19:15 2:01 1:02:11 4:48	20:58 1:43 1:07:26 5:15	22:09 1:11 1:10:26 3:00	26:43 4:34 1:14:17 3:51	31:02 4:19 1:16:22 2:05	35:30 4:28 1:18:31 2:09	36:52 3:01 1:21:32 3:01	40:55 4:03 1:22:06 0:34	46:40 5:45 1:22:06 0:46	47:26 0:46			
2	9	Teresa Bellón Santo Pontevedra AROMO	1:38:14	2:32 2:32 55:31 1:10	13:44 11:12 58:06 2:35	18:35 4:51 59:19 1:13	20:41 2:06 1:06:06 6:47	23:01 2:20 1:12:05 5:59	25:10 2:09 1:20:01 7:56	26:49 1:39 1:26:14 6:13	31:28 4:39 1:30:32 4:18	35:07 3:39 1:32:42 2:10	40:02 4:55 1:35:37 2:55	41:34 1:32 1:37:31 1:54	46:37 5:03 1:38:14 0:43	53:18 6:41 1:38:30 0:43	54:21 1:03			
3	7	Sonia Mª Arias Lima Pontevedra AROMO	1:38:30	5:01 56:39 1:02	15:56 9:54 3:05	20:32 1:01:54 2:10	23:18 1:10:06 8:12	25:50 1:15:49 5:43	28:10 1:21:44 5:55	29:22 1:26:00 4:16	34:24 1:31:11 5:11	38:09 1:33:12 2:01	43:24 1:36:06 2:54	44:47 1:37:47 1:41	48:38 1:38:30 0:43	54:27 5:49 1:38:30 0:43	55:37 1:10			
4	47	Alicia Pérez Alonso Pontevedra AROMO	1:45:47	8:17 59:56 1:04	10:17 1:04:13 4:17	13:56 1:05:40 1:27	17:55 1:13:55 8:15	19:09 1:19:09 5:14	21:17 1:24:53 5:44	23:23 1:33:23 8:30	30:40 1:37:46 4:23	36:21 1:37:46 5:11	39:51 1:40:08 2:22	44:40 1:43:27 3:19	46:06 1:45:16 1:49	51:59 1:45:47 0:31	57:51 5:52 1:45:47 0:31	58:52 1:01		

os	rsal	Nombre	Tempo														
Masculino 16 (10)				4,3 km 100 m		15 C		<i>(cont.)</i>									
				1(75) 15(100)	2(33) Meta	3(53)	4(103)	5(67)	6(51)	7(62)	8(83)	9(89)	10(41)	11(42)	12(65)	13(91)	14(101)
5	32	Yared Grimaldi Pére Pontevedra AROMO	36:13	4:31 4:31 35:36 3:09	6:29 1:58 36:13 0:37	8:28 1:59	9:48 1:20	10:39 0:51	11:39 1:00	13:15 1:36	15:31 2:16	18:56 3:25	25:18 6:22	26:35 1:17	29:10 2:35	30:29 1:19	32:27 1:58
6	457	Joao Morales Jiménez Xinzó de Limia LIMI	39:16	4:31 4:31 38:39 3:54	6:25 1:54 39:16 0:37	9:11 2:46	11:37 2:26	12:21 0:44	13:19 0:58	15:14 1:55	17:58 2:44	23:02 5:04	25:23 2:21	27:59 2:36	31:19 3:20	33:03 1:44	34:45 1:42
7	42	Xián Novoa Gutiérrez Pontevedra AROMO	40:59	4:54 4:54 40:14 3:47	6:59 2:05 40:59 0:45	9:20 2:21	11:18 1:58	12:25 1:07	13:32 1:07	15:37 2:05	17:55 2:18	21:50 3:55	27:26 5:36	29:31 2:05	32:44 3:13	34:26 1:42	36:27 2:01
8	250	Iago Trigo Vázquez O Barco de Valde T	41:23	6:11 6:11 40:48 2:39	7:52 1:41 41:23 0:35	9:43 1:51	11:49 2:06	12:37 0:48	13:31 0:54	15:15 1:44	17:30 2:15	22:05 4:35	25:39 3:34	31:18 5:39	34:02 2:44	35:45 1:43	38:09 2:24
9	234	Eros Álvarez Dacost O Barco de Valde T	49:50	4:24 4:24 49:14 3:07	6:07 1:43 49:50 0:36	8:00 1:53	9:34 1:34	10:25 0:51	11:28 1:03	13:13 1:45	15:45 2:32	29:57 14:12	31:32 1:35	37:31 5:59	41:13 3:42	42:34 1:21	46:07 3:33
10	649	Brais López Mantiñá a coruña GALLAECI	1:02:46	9:05 9:05 1:02:08 4:51	12:49 3:44 1:02:46 0:38	20:07 7:18	22:51 2:44	23:55 1:04	28:14 4:19	30:40 2:26	34:14 3:34	41:34 7:20	44:22 2:48	49:24 5:02	53:03 3:39	54:35 1:32	57:17 2:42
Masculino 18 (3)				6,2 km 170 m		18 C											
				1(82) 15(42)	2(55) 16(73)	3(43) 17(78)	4(33) 18(100)	5(86) Meta	6(51)	7(48)	8(83)	9(84)	10(36)	11(32)	12(89)	13(40)	14(41)
1	348	Natnael Candela Igl A Coruña ARTABRO	50:53	1:54 1:54 36:31 1:33	4:56 3:02 44:44 8:13	8:36 3:40 48:48	12:18 3:42 50:25	14:51 2:33 50:53	16:35 1:44	17:52 1:17	20:31 2:39	23:22 2:51	25:03 1:41	30:11 5:08	31:12 1:01	32:39 1:27	34:58 2:19
2	5	Mateo Antoñón Casa Pontevedra AROMO	1:00:55	1:42 1:42 46:24 2:03	8:48 7:06 54:39 8:15	12:31 3:43	15:25 2:54	17:38 2:13	19:33 1:55	21:36 2:03	24:27 2:51	29:58 5:31	32:15 2:17	38:29 6:14	39:54 1:25	41:40 1:46	44:21 2:41
3	44	Lois Omil Pazos Pontevedra AROMO	1:24:44	4:04 4:04 1:07:27 2:49	8:49 4:45 1:17:34 10:07	13:31 4:42 1:21:08 3:34	18:54 5:23 1:24:18 3:10	21:24 2:30 1:24:44 0:26	24:05 2:41	25:59 1:54	30:39 4:40	35:28 4:49	45:10 9:42	54:16 9:06	57:53 3:37	1:00:35 2:42	1:04:38 4:03
Masculino 21 A (10)				8,0 km 265 m		23 C											
				1(43) 15(71)	2(32) 16(55)	3(45) 17(54)	4(46) 18(31)	5(44) 19(56)	6(87) 20(107)	7(84) 21(74)	8(37) 22(80)	9(38) 23(100)	10(35) Meta	11(50)	12(68)	13(53)	14(51)
1	190	Manuel Estevez Per Porto do Son ADC_	1:09:23	3:00 3:00 41:50 3:31	6:25 3:25 47:48 5:58	12:44 6:19 49:19 1:31	14:02 1:18 52:39 3:20	15:45 1:43 1:00:02 7:23	17:31 1:46 1:01:52 1:50	18:53 1:22 1:05:11 3:19	20:22 1:29 1:07:28 1:07:28	21:20 0:58 1:08:51 1:08:51	24:49 3:29 1:09:23 0:32	28:38 3:49	34:10 5:32	35:18 1:08	38:19 3:01
2	37	Iván Lois Serto Pontevedra AROMO	1:14:02	3:33 3:33 43:25 2:51	5:58 2:25 49:22 5:57	10:33 4:35 50:50 1:28	12:06 1:33 53:39 2:49	13:59 1:53 57:51 4:12	16:10 2:11 1:03:11 5:20	17:25 1:15 1:10:12 7:01	19:06 1:41 1:12:16 2:04	20:24 1:18 1:13:34 1:18	24:58 4:34 1:14:02 0:28	28:16 3:18	36:18 8:02	37:20 1:02	40:34 3:14
3	115	Iago Viana Gonzale Lugo FLUVIAL_LUG	1:28:20	2:52 2:52 47:02 3:14	6:12 3:20 54:47 7:45	12:06 5:54 56:44 1:57	13:39 1:33 1:02:44 6:00	16:13 2:34 1:08:13 5:29	18:22 2:09 1:15:26 7:13	20:09 1:47 1:20:20 4:54	22:03 1:54 1:24:44 4:24	23:25 1:22 1:27:41 2:57	28:12 4:47 1:28:20 0:39	32:07 3:55	38:02 5:55	39:40 1:38	43:48 4:08
4	86	Leandro González Lugo FLUVIAL_LUG	1:28:47	2:30 2:30 53:08 3:08	6:30 4:00 1:02:59 9:51	11:39 5:09 1:04:29 1:30	13:16 1:37 1:07:08 2:39	15:05 1:49 1:18:29 11:21	17:09 2:04 1:20:41 2:12	21:01 3:52 1:24:17 3:36	24:14 3:13 1:27:00 2:43	25:30 1:16 1:28:10 1:10	30:01 4:31 1:28:47 0:37	33:57 3:56	43:43 9:46	46:31 2:48	50:00 3:29
5	120	Martin Enrique Álva a coruña GALLAECI	1:39:09	4:22 4:22 55:06 3:59	7:43 3:21 1:05:51 10:45	14:53 7:10 1:07:50 1:59	16:25 1:32 1:15:41 7:51	18:42 2:17 1:21:10 5:29	20:40 1:58 1:30:28 9:18	22:10 1:30 1:34:54 4:26	24:08 1:58 1:37:26 2:32	25:37 1:29 1:38:39 1:13	30:14 4:37 1:39:09 0:30	34:31 4:17	41:12 6:41	42:53 1:41	51:07 8:14
6	542	David Valiño Martín Culleredo A Coru A	1:42:42	2:16 2:16 55:48 3:58	5:32 3:16 1:04:12 8:24	12:37 7:05 1:06:22 2:10	13:59 1:22 1:10:13 3:51	16:15 2:16 1:19:53 9:40	18:29 2:14 1:22:03 2:10	20:30 2:01 1:35:53 13:50	22:51 2:21 1:40:40 4:47	25:54 3:03 1:42:03 1:23	33:21 7:27 1:42:42 0:39	38:04 4:43	46:06 8:02	47:17 1:11	51:50 4:33
7	678	Dailo Díaz Hernández Pontevedra AROMO	1:47:25	3:05 3:05 1:05:44 4:11	8:26 5:21 1:12:46 7:02	18:03 9:37 1:15:07 2:21	19:34 1:31 1:21:18 6:11	21:36 2:02 1:32:37 11:19	24:36 3:00 1:36:06 3:29	26:27 1:51 1:40:28 4:22	31:19 4:52 1:45:42 5:14	33:17 1:58 1:46:58 1:16	40:21 7:04 1:47:25 0:27	45:10 4:49	51:35 6:25	53:49 2:14	1:01:33 7:44
8	275	Diego Tejo García A Coruña APA_LICE	2:07:06	6:22 6:22 1:05:00 4:59	10:57 4:35 1:21:16 16:16	24:56 13:59 1:24:25 3:09	26:21 1:25 1:35:35 11:10	28:27 2:06 1:47:58 12:23	30:38 2:11 1:51:06 3:08	32:02 1:24 1:57:50 6:44	33:51 1:49 2:04:41 6:51	35:21 1:30 2:06:19 1:38	44:11 8:50 2:07:06 0:47	48:35 4:24	54:28 5:53	56:05 1:37	1:00:01 3:56

os	rsal	Nombre	Tempo														
Masculino 21 A (10)				8,0 km 265 m		23 C			(cont.)								
				1(43)	2(32)	3(45)	4(46)	5(44)	6(87)	7(84)	8(37)	9(38)	10(35)	11(50)	12(68)	13(53)	14(51)
				15(71)	16(55)	17(54)	18(31)	19(56)	20(107)	21(74)	22(80)	23(100)	Meta				
9	450	Alex Dobaño Gonzál Xínzo de Limia LIMI	2:16:59	3:12	6:26	16:05	17:59	20:15	22:33	24:24	29:52	31:11	35:50	41:34	1:00:34	1:01:57	1:06:38
				3:12	3:14	9:39	1:54	2:16	2:18	1:51	5:28	1:19	4:39	5:44	19:00	1:23	4:41
				1:10:13	1:31:37	1:34:36	1:38:57	1:57:35	2:00:18	2:09:36	2:14:21	2:16:21	2:16:59				
				3:35	2:12:24	2:59	4:21	18:38	2:43	9:18	4:45	2:00	0:38				
	613	Oliver Fernández N As Neves VIZHOJA-	No sale														
Masculino 21 B (14)				5,5 km 120 m			16 C										
				1(75)	2(33)	3(52)	4(53)	5(88)	6(86)	7(62)	8(83)	9(84)	10(77)	11(32)	12(89)	13(41)	14(42)
				15(80)	16(100)	Meta											
1	527	Miguel Alonso Carr Vilalba BG	50:45	4:18	6:16	7:55	8:32	13:51	17:39	21:03	23:51	27:10	31:54	37:31	40:01	43:38	45:57
				4:18	1:58	1:39	0:37	5:19	3:48	3:24	2:48	3:19	4:44	5:37	2:30	3:37	2:19
				48:53	50:07	50:45											
				2:56	1:14	0:38											
2	530	Javier Carballeiro M Vilalba BG	57:16	5:16	7:17	10:56	11:56	16:02	20:22	22:42	25:25	30:05	35:50	42:53	44:05	46:20	51:04
				5:16	2:01	3:39	1:00	4:06	4:20	2:20	2:43	4:40	5:45	7:03	1:12	2:15	4:44
				55:11	56:37	57:16											
				4:07	1:26	0:39											
3	323	Francisco Enriqu B Vigo U-VIGO	1:04:16	7:09	10:01	11:38	12:21	18:28	24:50	27:17	31:20	36:25	40:54	49:07	50:15	53:20	57:58
				7:09	2:52	1:37	0:43	6:07	6:22	2:27	4:03	5:05	4:29	8:13	1:08	3:05	4:38
				1:02:11	1:03:32	1:04:16											
				4:13	1:21	0:44											
4	778	Abel Chamorro Gar Pontevedra AROMO	1:05:19	7:50	10:38	13:09	13:59	20:16	26:21	28:30	31:05	35:02	39:20	47:00	49:06	53:36	57:26
				7:50	2:48	2:31	0:50	6:17	6:05	2:09	2:35	3:57	4:18	7:40	2:06	4:30	3:50
				1:03:35	1:04:45	1:05:19											
				6:09	1:10	0:34											
5	220	Alejandro Victorero Porto do Son ADC_	1:13:34	5:40	8:38	11:04	11:53	17:58	23:56	26:23	29:48	35:40	47:02	54:19	55:49	1:00:58	1:02:37
				5:40	2:58	2:26	0:49	6:05	5:58	2:27	3:25	5:52	11:22	7:17	1:30	5:09	1:39
				1:11:29	1:12:53	1:13:34											
				8:52	1:24	0:41											
6	676	Daniel Rodríguez P A Coruña APA_LICE	1:18:06	8:25	11:06	13:42	14:33	22:47	29:46	32:14	35:50	40:55	45:41	54:18	58:15	1:00:55	1:04:11
				8:25	2:41	2:36	0:51	8:14	6:59	2:28	3:36	5:05	4:46	8:37	3:57	2:40	3:16
				1:15:43	1:17:09	1:18:06											
				11:32	1:26	0:57											
7	430	Emilio Ruiz Lago HABELAS_HAINAS V	1:23:21	10:07	13:24	20:04	20:53	30:33	36:11	38:31	41:41	46:32	50:47	1:01:56	1:04:23	1:06:56	1:10:17
				10:07	3:17	6:40	0:49	9:40	5:38	2:20	3:10	4:51	4:15	11:09	2:27	2:33	3:21
				1:21:06	1:22:36	1:23:21											
				10:49	1:30	0:45											
8	493	Jacobo Valiño Eiro As Neves VIZHOJA-	1:28:30	7:17	9:18	31:37	32:27	37:56	50:09	52:48	55:06	58:51	1:02:29	1:08:47	1:10:10	1:13:02	1:15:16
				7:17	2:01	22:19	0:50	5:29	12:13	2:39	2:18	3:45	3:38	6:18	1:23	2:52	2:14
				1:26:45	1:27:52	1:28:30											
				11:29	1:07	0:38											
9	151	Jesús López Vázquez a coruña GALLAECI	1:29:02	5:39	13:35	15:06	15:46	20:43	26:25	28:37	43:25	47:44	52:01	1:00:20	1:04:18	1:06:51	1:10:36
				5:39	7:56	1:31	0:40	4:57	5:42	2:12	14:48	4:19	4:17	8:19	3:58	2:33	3:45
				1:15:02	1:28:13	1:29:02											
				4:26	13:11	0:49											
10	584	Marcos Rodríguez Culleredo A Coru A	1:35:46	9:26	21:57	25:59	26:57	36:27	43:42	47:17	51:20	57:16	1:04:38	1:14:31	1:16:43	1:21:18	1:26:07
				9:26	12:31	4:02	0:58	9:30	7:15	3:35	4:03	5:56	7:22	9:53	2:12	4:35	4:49
				1:32:04	1:34:31	1:35:46											
				5:57	2:27	1:15											
11	683	David Tapia Soto Pontevedra AROMO	1:45:54	13:20	15:32	18:31	21:32	43:19	50:11	54:07	1:01:19	1:05:04	1:16:02	1:23:00	1:30:17	1:33:20	1:40:20
				13:20	2:12	2:59	3:01	21:47	6:52	3:56	7:12	3:45	10:58	6:58	7:17	3:03	7:00
				1:44:01	1:45:14	1:45:54											
				3:41	1:13	0:40											
12	66	Martin Veiga Jalda Pontevedra AROMO	2:12:22	1:12:39	1:15:38	1:20:12	1:21:37	1:25:44	1:31:06	1:33:26	1:36:19	1:40:38	1:47:38	1:58:15	1:59:44	2:02:24	2:05:14
				1:12:39	2:59	4:34	1:25	4:07	5:22	2:20	2:53	4:19	7:00	10:37	1:29	2:40	2:50
				2:09:51	2:11:32	2:12:22											
				4:37	1:41	0:50											
	238	Francisco José Ca O Barco de Valde T	en tarj.	4:31	6:54	8:21	8:57	16:34	21:14	23:34	26:31	31:39	38:58	-----	45:33	51:49	53:56
				4:31	2:23	1:27	0:36	7:37	4:40	2:20	2:57	5:08	7:19				
				1:01:51	1:03:01	1:03:36											
				7:55	1:10	0:35											
	426	Diego Gonzalez Alo HABELAS_HAINAS V	No sale														
Masculino 35 (11)				9,1 km 290 m			26 C										
				1(60)	2(104)	3(34)	4(52)	5(98)	6(50)	7(49)	8(97)	9(45)	10(48)	11(94)	12(39)	13(38)	14(95)
				15(69)	16(36)	17(35)	18(55)	19(96)	20(56)	21(59)	22(58)	23(57)	24(70)	25(81)	26(100)	Meta	
1	506	Jose Angel Morlán Ordes SEO	1:20:57	3:06	5:46	7:44	9:35	10:37	14:14	16:18	18:19	20:04	22:23	27:49	35:46	37:52	39:43
				3:06	2:40	1:58	1:51	1:02	3:37	2:04	2:01	1:45	2:19	5:26	7:57	2:06	1:51
				43:25	44:12	45:35	58:19	1:01:39	1:06:31	1:09:43	1:12:26	1:15:43	1:17:13	1:19:01	1:20:21	1:20:57	
				3:42	0:47	1:23	12:44	3:20	4:52	3:12	2:43	3:17	1:30	1:48	1:20	0:36	

os	rsal	Nombre	Tiempo																	
Masculino 40 (23)				7,9 km 255 m			20 C			(cont.)										
				1(50)	2(45)	3(49)	4(98)	5(34)	6(32)	7(35)	8(95)	9(38)	10(79)	11(52)	12(55)	13(54)	14(82)			
				15(106)	16(56)	17(58)	18(70)	19(81)	20(100)	Meta										
9	381	Santiago Traveso R A Coruña ARTABRO	1:32:56	12:14	13:29	15:25	21:14	25:21	29:11	32:58	38:25	41:43	47:07	57:32	1:07:19	1:09:40	1:12:16			
				12:14	1:15	1:56	5:49	4:07	3:50	3:47	5:27	3:18	5:24	10:25	9:47	2:21	2:36			
				1:15:52	1:21:19	1:25:58	1:28:17	1:30:32	1:32:17	1:32:56										
				3:36	5:27	4:39	2:19	2:15	1:45	0:39										
10	1	Antonio Abreu Gonz Pontevedra AROMO	1:38:41	13:11	14:53	18:53	24:04	28:08	32:02	40:43	49:26	53:54	58:16	1:06:36	1:13:08	1:15:04	1:17:22			
				13:11	1:42	4:00	5:11	4:04	3:54	8:41	8:43	4:28	4:22	8:20	6:32	1:56	2:18			
				1:19:56	1:24:42	1:30:51	1:33:00	1:35:45	1:37:58	1:38:41										
				2:34	4:46	6:09	2:09	2:45	2:13	0:43										
11	206	Gelasio Oujo Pouso Porto do Son ADC_	1:40:21	11:36	13:01	16:39	23:02	28:17	31:30	42:34	47:46	49:35	1:02:00	1:09:58	1:15:37	1:17:44	1:19:52			
				11:36	1:25	3:38	6:23	5:15	3:13	11:04	5:12	1:49	12:25	7:58	5:39	2:07	2:08			
				1:21:56	1:26:02	1:30:37	1:32:40	1:39:01	1:39:49	1:40:21										
				2:04	4:06	4:35	2:03	6:21	0:48	0:32										
12	321	José Luis Armada L Vigo U-VIGO	1:42:05	13:59	15:25	18:51	24:08	28:12	32:17	36:34	44:04	48:10	54:02	1:06:14	1:14:43	1:17:09	1:20:08			
				13:59	1:26	3:26	5:17	4:04	4:05	4:17	7:30	4:06	5:52	12:12	8:29	2:26	2:59			
				1:22:34	1:28:19	1:34:54	1:37:47	1:39:34	1:41:15	1:42:05										
				2:26	5:45	6:35	2:53	1:47	1:41	0:50										
13	50	Emilio Pérez Varela Pontevedra AROMO	1:43:45	10:16	11:52	14:03	20:07	23:59	27:50	31:35	36:49	40:53	49:40	1:09:04	1:18:40	1:20:56	1:24:48			
				10:16	1:36	2:11	6:04	3:52	3:51	3:45	5:14	4:04	8:47	19:24	9:36	2:16	3:52			
				1:27:45	1:32:21	1:36:36	1:39:01	1:40:53	1:43:17	1:43:45										
				2:57	4:36	4:15	2:25	1:52	2:24	0:28										
14	535	Emilio Villar Vazqu Vilalba BG	1:53:30	14:42	17:39	20:24	27:29	34:15	38:41	43:57	51:16	54:26	1:02:19	1:17:07	1:24:09	1:27:50	1:31:12			
				14:42	2:57	2:45	7:05	6:46	4:26	5:16	7:19	3:10	7:53	14:48	7:02	3:41	3:22			
				1:34:25	1:39:33	1:45:00	1:48:36	1:50:55	1:52:51	1:53:30										
				3:13	5:08	5:27	3:36	2:19	1:56	0:39										
15	30	Juan Sebastián Gri Pontevedra AROMO	2:13:05	26:53	28:20	30:32	39:28	51:27	57:45	1:02:18	1:11:14	1:13:39	1:18:47	1:29:46	1:36:45	1:38:58	1:41:48			
				26:53	1:27	2:12	8:56	11:59	6:18	4:33	8:56	2:25	5:08	10:59	6:59	2:13	2:50			
				1:44:40	1:50:17	1:59:23	2:07:15	2:09:33	2:12:25	2:13:05										
				2:52	5:37	9:06	7:52	2:18	2:52	0:40										
16	170	Daniel Rioboo Iglesias a coruña GALLAECI	2:17:49	49:52	51:03	54:19	1:01:12	1:05:29	1:11:08	1:15:04	1:21:19	1:23:45	1:28:08	1:41:58	1:50:53	1:52:51	1:55:45			
				49:52	1:11	3:16	6:53	4:17	5:39	3:56	6:15	2:26	4:23	13:50	8:55	1:58	2:54			
				1:59:12	2:04:39	2:09:18	2:12:31	2:14:21	2:17:15	2:17:49										
				3:27	5:27	4:39	3:13	1:50	2:54	0:34										
17	202	Santiago Amador O Porto do Son ADC_	2:19:26	35:27	37:01	39:00	46:50	52:30	55:48	59:12	1:22:15	1:24:27	1:28:11	1:42:24	1:48:12	1:51:03	1:53:00			
				35:27	1:34	1:59	7:50	5:40	3:18	3:24	23:03	2:12	3:44	14:13	5:48	2:51	1:57			
				1:56:14	2:00:45	2:11:19	2:14:10	2:16:52	2:18:57	2:19:26										
				3:14	4:31	10:34	2:51	2:42	2:05	0:29										
18	549	Alberto M. Caldas M A Coruña BRIGANTI	2:47:38	16:29	18:15	21:50	28:20	42:39	50:48	55:25	1:23:22	1:26:43	1:32:01	1:43:57	2:07:44	2:10:14	2:13:17			
				16:29	1:46	3:35	6:30	14:19	8:09	4:37	27:57	3:21	5:18	11:56	23:47	2:30	3:03			
				2:17:38	2:27:33	2:32:48	2:42:43	2:44:40	2:47:00	2:47:38										
				4:21	9:55	5:15	9:55	1:57	2:20	0:38										
402		Andres Rodríguez Ferrol MONTAÑA_FE	en tarj.	10:55	12:10	16:21	20:54	24:13	27:05	30:28	35:04	39:39	43:35	52:22	58:00	1:00:06	1:02:34			
				10:55	1:15	4:11	4:33	3:19	2:52	3:23	4:36	4:35	3:56	8:47	5:38	2:06	2:28			
				1:05:28	-----	1:15:33	1:17:40	1:19:10	1:20:41	1:21:20										
				2:54	10:05	2:07	1:30	1:31	0:39											
114		Bartolome Varela Lugo FLUVIAL_LUG	andona	26:44	29:16	31:56	41:31	57:38	1:03:19	1:13:11	1:19:29	-----	1:27:53	-----	-----	-----	-----			
				26:44	2:32	2:40	9:35	16:07	5:41	9:52	6:18	-----	8:24	-----	-----	-----	-----			
				-----	-----	-----	-----	-----	-----	-----										
258		José Antonio Castri A Coruña APA_LICE	No sale																	
235		Salvador Alvarez Fe O Barco de Valde T	No sale																	
343		Jorge Pérez Juste Vigo U-VIGO	No sale																	
Masculino 45 (30)				6,3 km 210 m			17 C													
				1(104)	2(88)	3(49)	4(46)	5(97)	6(69)	7(35)	8(40)	9(52)	10(43)	11(96)	12(76)	13(56)	14(78)			
				15(58)	16(70)	17(100)	Meta													
1	105	Eugenio A. Rodríguez Lugo FLUVIAL_LUG	56:38	4:31	13:58	17:08	20:05	21:36	24:11	25:43	28:02	33:02	37:40	41:14	44:18	46:57	49:32			
				4:31	9:27	3:10	2:57	1:31	2:35	1:32	2:19	5:00	4:38	3:34	3:04	2:39	2:35			
				51:30	53:59	56:05	56:38													
				1:58	2:29	2:06	0:33													
2	425	Francisco José Ferr HABELAS_HAINAS V	1:08:51	3:08	18:14	21:04	23:45	25:07	27:34	28:57	31:17	44:21	49:18	53:07	56:35	59:33	1:01:31			
				3:08	15:06	2:50	2:41	1:22	2:27	1:23	2:20	13:04	4:57	3:49	3:28	2:58	1:58			
				1:03:23	1:05:37	1:08:17	1:08:51													
				1:52	2:14	2:40	0:34													
3	6	Javier Antón Cle Pontevedra AROMO	1:13:11	4:01	15:33	19:27	22:34	23:56	26:40	28:11	30:56	36:58	44:10	48:22	52:47	1:00:05	1:02:25			
				4:01	11:32	3:54	3:07	1:22	2:44	1:31	2:45	6:02	7:12	4:12	4:25	7:18	2:20			
				1:04:40	1:09:01	1:12:25	1:13:11													
				2:15	4:21	3:24	0:46													
4	210	M. Antonio Piñeiro Porto do Son ADC_	1:13:45	6:49	15:22	19:41	22:47	24:15	26:29	28:20	31:07	47:57	53:01	57:22	1:01:18	1:04:17	1:06:18			
				6:49	8:33	4:19	3:06	1:28	2:14	1:51	2:47	16:50	5:04	4:21	3:56	2:59	2:01			
				1:08:39	1:10:26	1:13:06	1:13:45													
				2:21	1:47	2:40	0:39													

Pos	Sexo	Nombre	Tiempo	6,3 km 210 m 17 C (cont.)													
				1(104) 15(58)	2(88) 16(70)	3(49) 17(100)	4(46) Meta	5(97)	6(69)	7(35)	8(40)	9(52)	10(43)	11(96)	12(76)	13(56)	14(78)
5	342	German Pérez Juste Vigo U-VIGO	1:18:06	5:47 5:47 1:11:22	23:51 18:04 1:13:24	27:48 3:57 1:17:19	30:36 2:48 1:18:06	31:47 1:11	34:10 2:23	35:29 1:19	37:44 2:15	46:25 8:41	51:14 4:49	54:57 3:43	57:53 2:56	1:00:53 3:00	1:02:40 1:47
6	292	Evaristo Gonzalez F A Coruña BRIGANTI	1:21:15	8:59 8:59 1:15:05	17:34 8:35 1:17:47	21:44 4:10 1:20:40	25:45 4:01 1:21:15	27:48 2:03	31:01 3:13	32:51 1:50	35:55 3:04	43:40 7:45	52:23 8:43	56:47 4:24	1:00:37 3:50	1:04:10 3:33	1:06:28 2:18
7	260	Alberto Delgado Iza A Coruña APA_LICE	1:21:22	3:53 3:53 1:13:42	13:31 9:38 1:15:40	17:33 4:02 1:20:48	23:12 5:39 1:21:22	24:59 1:47	27:19 2:20	29:19 2:00	32:27 3:08	45:53 13:26	52:14 6:21	59:34 7:20	1:06:11 6:37	1:09:22 3:11	1:11:22 2:00
8	362	Alfonso Mancera Be A Coruña ARTABRO	1:25:32	7:51 7:51 1:17:05	19:18 11:27 1:20:23	23:42 4:24 1:24:46	29:14 5:32 1:25:32	31:18 2:04	34:40 3:22	37:09 2:29	40:46 3:37	48:23 7:37	56:32 8:09	1:00:45 4:13	1:05:15 4:30	1:12:13 6:58	1:14:48 2:35
9	421	Ramón Sampedro M Santiago de Comp	1:25:36	12:03 12:03 1:18:54	21:58 9:55 1:21:12	26:02 4:04 1:24:51	32:59 6:57 1:25:36	35:29 2:30	38:45 3:16	40:32 1:47	45:39 5:07	54:55 9:16	1:03:03 8:08	1:07:13 4:10	1:11:17 4:04	1:14:34 3:17	1:16:43 2:09
10	133	Andres Dopico Pen a coruña GALLAECI	1:26:46	3:06 3:06 1:18:34	19:12 16:06 1:24:09	24:08 4:56 1:26:06	27:08 3:00 1:26:46	28:35 1:27	31:01 2:26	32:28 1:27	35:20 2:52	42:05 6:45	49:36 7:31	55:37 6:01	59:31 3:54	1:02:52 3:21	1:15:32 12:40
11	623	José Antonio Lomb As Neves VIZHOJA-	1:29:54	6:32 6:32 1:18:45	19:40 13:08 1:22:12	23:35 3:55 1:29:13	26:57 3:22 1:29:54	28:54 1:57	31:52 2:58	33:31 1:39	36:40 3:09	51:19 14:39	58:03 6:44	1:02:49 4:46	1:09:54 7:05	1:13:53 3:59	1:16:52 2:59
12	314	Carles Abad Vives Vigo U-VIGO	1:30:50	7:44 7:44 1:23:10	18:37 10:53 1:25:56	23:56 5:19 1:30:08	28:46 4:50 1:30:50	31:27 2:41	35:06 3:39	37:29 2:23	41:52 4:23	51:30 9:38	1:00:44 9:14	1:06:41 5:57	1:12:08 5:27	1:16:07 3:59	1:19:11 3:04
13	43	Antonio Omil Belos Pontevedra AROMO	1:31:27	17:28 17:28 1:24:48	25:34 8:06 1:26:58	29:23 3:49 1:30:55	32:46 3:23 1:31:27	34:36 1:50	36:58 2:22	38:40 1:42	41:29 2:49	50:31 9:02	58:06 7:35	1:03:05 4:59	1:08:12 5:07	1:15:07 6:55	1:21:19 6:12
14	230	Pablo Adrián Aller E O Barco de Valde T	1:35:28	5:02 5:02 1:26:57	18:47 13:45 1:30:32	23:44 4:57 1:34:55	28:52 5:08 1:35:28	31:00 2:08	34:42 3:42	36:32 1:50	40:28 3:56	49:33 9:05	58:41 9:08	1:04:33 5:52	1:08:54 4:21	1:14:54 6:00	1:19:56 5:02
15	80	José Manuel Fernán Lugo FLUVIAL_LUG	1:38:51	6:52 6:52 1:31:50	21:26 14:34 1:34:08	26:39 5:13 1:38:04	30:16 3:37 1:38:51	32:17 2:01	36:32 4:15	46:56 10:24	53:34 6:38	1:05:31 11:57	1:12:31 7:00	1:17:57 5:26	1:23:06 5:09	1:27:24 4:18	1:29:22 1:58
16	597	Jesús Sanmartín Ma Lugo FLUVIAL_LUG	1:39:28	11:00 11:00 1:32:08	19:43 8:43 1:35:53	23:13 3:30 1:38:53	26:07 2:54 1:39:28	27:50 1:43	30:30 2:40	39:11 8:41	41:54 2:43	57:44 15:50	1:05:19 7:35	1:09:38 4:19	1:13:56 4:18	1:19:57 6:01	1:27:49 7:52
17	83	Marcos Fouz Rodri Lugo FLUVIAL_LUG	1:42:44	13:42 13:42 1:31:38	25:02 11:20 1:38:25	29:30 4:28 1:42:00	35:10 5:40 1:42:44	37:55 2:45	41:58 4:03	43:45 1:47	47:44 3:59	55:03 7:19	1:03:00 7:57	1:08:57 5:57	1:15:17 6:20	1:20:03 4:46	1:28:53 8:50
18	326	Enrique Fuertes Go Vigo U-VIGO	1:48:55	3:30 3:30 1:41:12	13:17 9:47 1:44:36	17:02 3:45 1:48:14	20:07 3:05 1:48:55	21:31 1:24	24:03 2:32	26:02 1:59	28:41 2:39	57:04 28:23	1:10:43 13:39	1:14:56 4:13	1:22:56 8:00	1:26:23 3:27	1:32:11 5:48
19	339	Patricio Peláez Mén Vigo U-VIGO	1:51:49	9:01 15:10 1:43:15	3:24 10:05 1:46:48	29:16 4:01 1:50:54	37:01 7:45 1:51:49	38:57 1:56	42:09 3:12	44:03 1:54	47:42 3:39	1:00:04 12:22	1:09:00 8:56	1:18:28 9:28	1:23:30 5:02	1:27:51 4:21	1:38:13 10:22
20	462	Juan Carlos Carball Culleredo A Coru A	1:53:54	5:02 8:36 1:41:31	3:33 17:48 1:47:14	4:06 22:08 1:52:38	0:55 26:09 1:53:54	28:12 2:03	33:22 5:10	35:27 2:05	39:27 4:00	1:00:21 20:54	1:10:04 9:43	1:17:37 7:33	1:23:31 5:54	1:32:07 8:36	1:35:47 3:40
21	198	Jaime Lopez Sanch Porto do Son ADC_	2:02:10	5:44 7:14 1:54:41	5:43 23:11 1:57:37	5:24 29:29 2:01:28	1:16 33:16 2:02:10	35:30 2:14	38:08 2:38	41:57 3:49	45:16 3:19	1:20:02 34:46	1:26:56 6:54	1:31:22 4:26	1:36:02 4:40	1:48:11 12:09	1:50:36 2:25
22	404	Francisco Sande R Ferrol MONTAÑA_FE	2:03:53	5:25 5:25 1:51:39	35:58 30:33 1:55:50	41:25 5:27 2:02:28	47:08 5:43 2:03:53	49:54 2:46	53:42 3:48	57:02 3:20	1:02:46 5:44	1:11:24 8:38	1:21:14 9:50	1:27:18 6:04	1:34:01 6:43	1:37:41 3:40	1:48:36 10:55
23	360	Jose Miguel López A Coruña ARTABRO	2:24:37	6:13 6:13 2:10:33	27:55 21:42 2:15:04	35:24 7:29 2:23:08	42:40 7:16 2:24:37	46:25 3:45	52:36 6:11	56:05 3:29	1:01:58 5:53	1:15:46 13:48	1:28:17 12:31	1:42:09 13:52	1:51:00 8:51	1:58:26 7:26	2:05:56 7:30

os rsal Nombre		Tiempo													
Masculino 45 (30)		6,3 km 210 m				17 C				(cont.)					
		1(104)	2(88)	3(49)	4(46)	5(97)	6(69)	7(35)	8(40)	9(52)	10(43)	11(96)	12(76)	13(56)	14(78)
		15(58)	16(70)	17(100)	Meta										
96	Pedro Parga Andón Lugo FLUVIAL_LUG	en tarj. 4:07 4:07 1:08:21	13:16 9:09 1:11:10	16:31 3:15 1:14:34	25:19 8:48 1:15:16	26:45 1:26 2:01	29:44 2:59 2:49	31:15 1:31 3:24	34:22 3:07 0:42	42:36 8:14 2:58	----- ----- 2:42	55:05 12:29 1:13:16	59:50 4:45 2:58	1:03:49 3:59 1:19:14	1:06:20 2:31 0:46
51	José Antonio Ricoy Pontevedra AROMO	en tarj. 3:47 3:47 1:13:16	12:15 8:28 1:15:58	15:33 3:18 1:19:14	19:03 3:30 1:20:00	20:40 1:37 2:58	23:40 3:00 2:42	25:00 1:20 3:16	27:41 2:41 0:46	----- ----- 1:06:32	52:09 24:28 1:21:34	57:29 5:20 1:27:12	1:02:28 4:59 1:30:20	1:07:39 5:11 3:08	1:10:18 2:39 -----
92	Jose Carlos Montou Lugo FLUVIAL_LUG	en tarj. 4:12 4:12 -----	14:26 10:14 1:40:39	18:55 4:29 1:44:21	22:53 3:58 1:44:59	24:33 1:40 10:19	34:35 10:02 3:42	36:06 1:31 0:38	41:55 5:49 42:44	54:46 12:51 44:25	1:06:32 11:46 46:33	1:21:34 15:02 48:49	1:27:12 5:38 51:24	1:30:20 3:08 2:16	----- ----- 2:08
178	Fernando Silvarrey a coruña GALLAECI	en tarj. 23:21 23:21 1:37:59	34:04 10:43 1:50:16	38:28 4:24 1:53:21	42:44 4:16 1:53:59	44:25 1:41 11:13	46:33 2:08 12:17	48:49 2:16 3:05	51:24 2:35 0:38	59:34 8:10 23:21	1:06:58 7:24 1:37:59	1:11:34 4:36 11:13	1:15:56 4:22 12:17	1:26:46 10:50 3:05	----- ----- 0:38
35	Eduardo Iglesias Pe Pontevedra AROMO	No sale													
253	Alberto Arufe Varela A Coruña APA_LICE	No sale													
420	José Manuel Sampe Santiago de Comp	No sale													

Masculino 50 (9)		6,1 km 210 m				17 C										
		1(49)	2(44)	3(46)	4(50)	5(87)	6(35)	7(32)	8(94)	9(34)	10(96)	11(31)	12(106)	13(105)	14(107)	
		15(74)	16(80)	17(100)	Meta											
1	16 Gilberto Diaz Falco Pontevedra AROMO	1:19:48	14:49 6:04 1:13:37	16:39 3:49 1:17:26	18:23 1:38 1:19:04	21:01 2:38 1:19:48	28:25 7:24 2:01	30:07 1:42 2:38	35:50 5:43 2:01	38:17 2:27 2:38	44:46 6:29 2:27	53:24 8:38 1:24	54:48 4:38 1:24	59:26 5:51 4:38	1:05:17 2:16 5:51	1:07:33 2:16 2:16
2	121 Enrique Luis Álvarez a coruña GALLAECI	1:20:23	8:34 8:34 1:15:14	9:56 1:22 1:18:21	12:02 2:06 1:19:43	13:55 1:53 1:20:23	18:26 4:31 9:01	19:40 1:14 3:07	23:47 4:07 1:22	25:05 1:18 0:40	37:54 12:49 1:18	55:12 17:18 1:25	56:37 1:25 3:14	59:51 3:14 5:02	1:04:53 5:02 1:20	1:06:13 1:20 1:20
3	418 Eduardo V. Ramos Santiago de Comp	1:20:59	13:35 13:35 1:14:32	16:23 2:48 1:18:32	19:07 2:44 1:20:12	22:41 3:34 1:20:59	29:14 6:33 4:00	30:55 1:41 1:40	36:47 5:52 0:47	39:01 2:14 1:40	42:36 3:35 0:47	50:09 7:33 1:00:27	55:42 5:33 1:07:09	1:03:19 7:37 1:09:44	1:08:01 4:42 1:13:09	1:10:01 2:00 1:20:35
4	59 Manuel Varela Macei Pontevedra AROMO	1:36:58	13:21 13:21 1:31:23	18:21 5:00 1:34:44	21:04 2:43 1:36:14	23:57 2:53 1:36:58	37:15 13:18 10:48	38:54 1:39 3:21	43:42 4:48 1:30	45:23 1:41 0:44	1:00:27 15:04 6:42	1:07:09 6:42 1:09:44	1:09:44 2:35 1:13:09	1:13:09 3:25 1:18:34	1:18:34 5:25 1:20:35	1:20:35 2:01 2:01
5	290 José Antonio Gil Dí A Coruña BRIGANTI	1:43:36	12:10 12:10 1:36:28	14:24 2:14 1:40:30	17:27 3:03 1:42:50	20:25 2:58 1:43:36	28:01 7:36 5:59	30:24 2:23 4:02	46:02 15:38 2:20	48:19 2:17 2:20	52:40 4:21 4:06	1:09:56 17:16 1:13:57	1:13:57 4:01 1:18:47	1:18:47 4:50 1:28:06	1:30:29 2:23 2:23	
6	222 Jorge Victorero Rey Porto do Son ADC_	1:45:14	11:49 11:49 1:37:13	14:11 2:22 1:41:56	17:03 2:52 1:44:35	20:03 3:00 1:45:14	27:53 7:50 18:37	30:40 2:47 4:43	35:51 5:11 2:39	37:39 1:48 0:39	40:14 2:35 4:43	47:19 7:05 6:10	53:29 6:10 3:29	56:58 3:29 19:43	1:16:41 19:43 1:55	1:18:36 1:55 1:55
7	166 Rafael Pazos Miser a coruña GALLAECI	1:58:33	13:13 13:13 1:50:57	15:58 2:45 1:55:04	19:27 3:29 1:57:50	22:59 3:32 1:58:33	30:04 7:05 6:29	31:51 1:47 4:07	59:08 27:17 2:46	1:09:37 10:29 0:43	1:16:27 6:50 1:58:33	1:29:08 12:41 1:26	1:30:34 1:26 5:40	1:36:14 5:40 7:01	1:43:15 7:01 1:13	1:44:28 1:13 1:13
8	143 José Manuel Gonzál a coruña GALLAECI	2:14:47	14:52 14:52 2:05:26	20:09 5:17 2:10:59	23:23 3:14 2:13:24	28:13 4:50 2:14:47	43:33 15:20 24:16	45:32 1:59 5:33	53:59 8:27 2:25	57:50 3:51 1:23	1:09:08 11:18 2:05:26	1:18:03 8:55 5:41	1:23:44 5:41 6:57	1:30:41 6:57 7:13	1:37:54 7:13 3:16	1:41:10 3:16 3:16
774	Antonio Romero Santiago de Comp	andona	25:02 25:02 -----	27:07 2:05 -----	29:50 2:43 -----	33:33 3:43 1:05:02	40:50 7:17 10:17	42:25 1:35 -----	48:11 5:46 -----	54:45 6:34 -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	

Élite (15)		10,5 km 315 m				29 C										
		1(96)	2(55)	3(69)	4(95)	5(39)	6(79)	7(72)	8(35)	9(36)	10(49)	11(50)	12(97)	13(46)	14(51)	
		15(85)	16(52)	17(61)	18(98)	19(71)	20(43)	21(54)	22(60)	23(76)	24(105)	25(59)	26(73)	27(57)	28(58)	
1	14 Xoel Chamorro Gar Pontevedra AROMO	1:12:23	3:36 3:36 43:01 3:57 1:11:50 2:36	5:47 2:11 45:44 2:43 1:12:23 0:33	13:39 7:52 46:35 0:51	15:50 2:11 47:22 0:47	19:02 3:12 49:19 1:57	22:37 3:35 53:23 4:04	24:49 2:12 55:05 1:42	27:19 2:30 58:13 3:08	28:34 1:15 1:00:05 1:52	30:25 1:51 1:03:01 2:56	31:42 1:17 1:04:02 1:01	34:16 2:34 1:05:33 1:31	35:20 1:04 1:07:02 1:29	39:04 3:44 1:09:14 2:12

os rsal Nombre			Tiempo															
Élite (15)			10,5 km 315 m			29 C		(cont.)										
			1(96)	2(55)	3(69)	4(95)	5(39)	6(79)	7(72)	8(35)	9(36)	10(49)	11(50)	12(97)	13(46)	14(51)		
			15(85)	16(52)	17(61)	18(98)	19(71)	20(43)	21(54)	22(60)	23(76)	24(105)	25(59)	26(73)	27(57)	28(58)		
			29(100)	Meta														
14	187	Pablo Baamonde Ar Porto do Son ADC_	2:13:41	2:51	8:46	21:58	25:24	30:12	40:42	43:26	47:06	48:55	51:53	54:13	59:31	1:01:15	1:08:15	
				2:51	5:55	13:12	3:26	4:48	10:30	2:44	3:40	1:49	2:58	2:20	5:18	1:44	7:00	
				1:16:21	1:20:38	1:21:57	1:23:09	1:27:24	1:33:42	1:37:11	1:42:10	1:45:32	1:54:56	1:57:06	2:02:03	2:05:11	2:08:45	
				8:06	4:17	1:19	1:12	4:15	6:18	3:29	4:59	3:22	9:24	2:10	4:57	3:08	3:34	
				2:13:02	2:13:41													
				4:17	0:39													
40	Adrián Moreira Alon	anda	----	54:40	----	----	----	----	----	----	----	----	----	----	----	----		
				54:40	----													
				----	----													
				1:15:54	1:16:43		2:46	12:30	15:11	17:36	19:07	20:40	21:38	27:51	30:03	33:35	34:43	
				4:49	0:49		*104	*50	*97	*49	*35	*36	*69	*77	*39	*95	*72	
				41:36	45:15	45:56	46:45	48:27	49:39	1:06:27	1:09:19	1:13:58						
				*79	*85	*94	*71	*98	*61	*58	*57	*107						
Iniciación Curta (14)			3,4 km 75 m			11 C												
			1(102)	2(93)	3(103)	4(67)	5(92)	6(63)	7(90)	8(66)	9(65)	10(64)	11(100)	Meta				
1	232	Martina Aller Pfrirter O Barco de Valde T	1:12:31	10:40	16:58	23:39	26:54	35:41	45:39	50:41	1:04:49	1:09:05	1:10:42	1:11:39	1:12:31			
				10:40	6:18	6:41	3:15	8:47	9:58	5:02	14:08	4:16	1:37	0:57	0:52			
2	182	Carla Somoza Seo a coruña GALLAECI	1:13:40	10:00	18:24	27:08	29:37	40:08	48:07	55:13	1:07:22	1:10:29	1:12:07	1:12:56	1:13:40			
				10:00	8:24	8:44	2:29	10:31	7:59	7:06	12:09	3:07	1:38	0:49	0:44			
3	682	Iago Rodríguez Seij Pontevedra AROMO	1:16:27	35:29	41:47	47:38	49:03	56:43	1:02:38	1:05:28	1:12:36	1:14:07	1:15:02	1:15:41	1:16:27			
				35:29	6:18	5:51	1:25	7:40	5:55	2:50	7:08	1:31	0:55	0:39	0:46			
3	681	Antón Rodríguez Se Pontevedra AROMO	1:16:27	35:35	41:53	47:46	49:27	56:42	1:02:31	1:05:39	1:12:39	1:14:13	1:15:02	1:15:43	1:16:27			
				35:35	6:18	5:53	1:41	7:15	5:49	3:08	7:00	1:34	0:49	0:41	0:44			
5	1015	Noa Varela Pérez Pontevedra AROMO	1:42:26	18:30	32:49	44:58	49:05	58:14	1:13:59	1:20:14	1:32:37	1:35:37	1:38:42	1:40:49	1:42:26			
				18:30	14:19	12:09	4:07	9:09	15:45	6:15	12:23	3:00	3:05	2:07	1:37			
6	735	Rodrigo Fouz Sanc Lugo FLUVIAL_LUG	1:58:57	15:26	21:48	33:41	36:18	47:14	58:28	1:34:49	1:50:23	1:54:10	1:57:00	1:57:55	1:58:57			
				15:26	6:22	11:53	2:37	10:56	11:14	36:21	15:34	3:47	2:50	0:55	1:02			
7	726	Felix Carpio Fernán Lugo FLUVIAL_LUG	2:00:08	14:59	22:40	34:34	37:49	47:32	58:22	1:34:36	1:51:27	1:54:35	1:57:25	1:58:33	2:00:08			
				14:59	7:41	11:54	3:15	9:43	10:50	36:14	16:51	3:08	2:50	1:08	1:35			
1023	Jorge Salinas Marti Galicia Independent	en tarj.	----	9:36	15:23	17:26	18:54	19:31	21:24	22:41	23:26	25:45	27:24	29:20	30:08	31:14	34:12	
				*43	*58	*35	*49	*39	*44	*46	*36	*32	*41	*38	*47	*54	*50	
				35:12	*51													
1003	Telmo Romero Her Galicia Independent	en tarj.	8:27	21:15	32:39	42:05	59:32	1:11:36	1:32:28	2:00:29	----	----	----					
				8:27	12:48	11:24	9:26	17:27	12:04	20:52	28:01							
1019	Raquel López Jato Galicia Independent	en tarj.	10:12	23:12	34:36	42:15	1:00:00	1:14:38	1:32:32	----	----	----	----					
				10:12	13:00	11:24	7:39	17:45	14:38	17:54								
1010	Anxo Perez Pontevedra AROMO	anda	22:04	29:40	38:20	42:20	----	----	----	----	----	----	----					
				22:04	7:36	8:40	4:00											
164	M. Carmen Nuñez L a coruña GALLAECI	anda	----	----	----	----	----	----	----	----	----	----	----					
499	Paloma Rayón Fern Arteixo. A Coruña IES	No sale																
1001	Gabriel Alvarez Pere O Barco de Valde T	No sale																
Iniciación Longa (25)			4,4 km 105 m			12 C												
			1(90)	2(63)	3(86)	4(62)	5(103)	6(93)	7(92)	8(32)	9(42)	10(66)	11(80)	12(100)	Meta			
1	427	Jose Luis Iglesias HABELAS_HAINAS V	37:24	4:08	5:57	8:26	10:23	18:04	20:20	24:33	27:27	29:31	32:51	35:26	36:50	37:24		
				4:08	1:49	2:29	1:57	7:41	2:16	4:13	2:54	2:04	3:20	2:35	1:24	0:34		
2	1022	José Villaverde Car Galicia Independent	42:28	7:50	9:43	13:19	15:15	18:46	21:12	26:41	30:07	32:46	37:22	40:33	41:43	42:28		
				7:50	1:53	3:36	1:56	3:31	2:26	5:29	3:26	2:39	4:36	3:11	1:10	0:45		
3	1009	Yolanda González P Pontevedra AROMO	1:14:27	23:56	26:35	32:29	37:08	42:45	46:45	54:20	59:52	1:03:41	1:08:37	1:11:29	1:13:42	1:14:27		
				23:56	2:39	5:54	4:39	5:37	4:00	7:35	5:32	3:49	4:56	2:52	2:13	0:45		
4	1002	Luis Miguel Fariña Xinzo de Limia LIMI	1:14:33	9:35	12:04	19:33	34:56	42:21	45:52	53:41	57:57	1:02:29	1:07:35	1:11:54	1:13:53	1:14:33		
				9:35	2:29	7:29	15:23	7:25	3:31	7:49	4:16	4:32	5:06	4:19	1:59	0:40		
5	1005	David Gayoso Sác Galicia Independent	1:15:46	12:29	17:35	24:28	29:45	37:10	41:00	49:24	55:16	1:00:44	1:06:20	1:11:46	1:14:14	1:15:46		
				12:29	5:06	6:53	5:17	7:25	3:50	8:24	5:52	5:28	5:36	5:26	2:28	1:32		
6	482	Estefanía Emilia Car As Neves VIZHOJA-	1:17:41	16:37	25:47	30:03	37:18	42:08	50:46	56:55	1:00:18	1:04:21	1:09:32	1:15:49	1:16:57	1:17:41		
				16:37	9:10	4:16	7:15	4:50	8:38	6:09	3:23	4:03	5:11	6:17	1:08	0:44		
7	1017	Nicolás Lamas Lópe Galicia Independent	1:21:29	11:11	15:53	23:38	29:40	38:25	43:15	53:40	1:00:17	1:06:21	1:13:06	1:19:44	1:20:55	1:21:29		
				11:11	4:42	7:45	6:02	8:45	4:50	10:25	6:37	6:04	6:45	6:38	1:11	0:34		
8	1016	Jacobo Lamas Lópe Galicia Independent	1:21:48	11:14	15:52	24:33	29:42	38:46	43:26	54:09	1:00:20	1:06:35	1:13:10	1:19:49	1:21:04	1:21:48		
				11:14	4:38	8:41	5:09	9:04	4:40	10:43	6:11	6:15	6:35	6:39	1:15	0:44		
9	773	Marco Romero Her Santiago de Comp	1:22:12	11:21	15:59	24:32	29:53	38:24	43:57	54:09	1:00:29	1:07:07	1:13:24	1:19:58	1:21:25	1:22:12		
				11:21	4:38	8:33	5:21	8:31	5:33	10:12	6:20	6:38	6:17	6:34	1:27	0:47		
10	1018	Pablo Lamas Galicia Independent	1:23:55	12:03	16:18	24:53	29:45	38:37	44:08	54:26	1:00:38	1:06:57	1:13:28	1:20:16	1:22:32	1:23:55		
				12:03	4:15	8:35	4:52	8:52	5:31	10:18	6:12	6:19	6:31	6:48	2:16	1:23		
11	396	Cristina Lopez Dac Ferrol MONTAÑA_FE	1:38:50	13:38	17:58	27:07	45:00	52:29	57:38	1:08:51	1:12:59	1:18:11	1:23:46	1:35:58	1:38:04	1:38:50		
				13:38	4:20	9:09	17:53	7:29	5:09	11:13	4:08	5:12	5:35	12:12	2:06	0:46		

