

Pos	Dorsal	Nombre	Club	Larga	Media	Total
M-15 (cad+)						
1	21	López González, Nicolás	OPBZ	1:09:47	0:30:20	1:40:07
2	90	Beloso Iglesias, Alexandre	AROMON	1:25:44	0:40:33	2:06:17
3	104	Serantes Abal, Eloi	ADC_ARNELA	1:41:05	0:36:33	2:17:38
4	125	Obreo Montero, Alfonso	ITACA	1:35:41	0:42:06	2:17:47
5	34	Alvarez Braña, Ivan	GALLAECIA_RAID	2:08:22	0:50:20	2:58:42
-	22	López González, Mario	OPBZ	-	1:03:05	
-	38	Silvarrey Oreiro, Marcos	GALLAECIA_RAID	-	0:59:07	
M-17 (juvenil+)						
1	20	López González, Javier	OPBZ	1:09:56	0:47:18	1:57:14
2	66	Fernández Sánchez, Pablo	FLUVIAL_LUGO	1:17:29	0:47:58	2:05:27
3	128	Veiga Couñago, Manuel	FLUVIAL_LUGO	1:48:41	1:17:48	3:06:29
M-20 (junior+)						
1	25	Álvarez Braña, Martin Enrique	GALLAECIA_RAID	1:43:13	1:27:33	3:10:46
M-E (elite+)						
1	48	Roose, Riivo	CAT-O	1:41:53	1:06:23	2:48:16
2	115	Toll Clos, David	CEOBTT	1:52:15	1:05:39	2:57:54
3	11	Muñoz Guerrero, Francisco Javier	ALTAIR	1:48:58	1:12:16	3:01:14
4	76	Bermejo Cristóbal, Jesús	RANDOBIKE	1:54:05	1:08:30	3:02:35
5	96	Iglesias Mota, Urtzi	COBI	1:54:21	1:13:25	3:07:46
6	58	Corral Alonso, Alberto	FLUVIAL_LUGO	2:00:29	1:09:02	3:09:31
7	86	Taboada Pintor, Alberto	OPBZ	1:57:48	1:13:44	3:11:32
8	120	Chousa Esteban, Enrique	T_TRAGAME	2:00:05	1:13:33	3:13:38
9	14	Gil López, Victor	MALVARICHE-O	1:57:44	1:16:17	3:14:01
10	45	Trigales Delgado, Iván	LOS_ANGELES	2:00:25	1:15:29	3:15:54
11	19	López Costoya, Francisco Javier	OPBZ	2:05:54	1:12:02	3:17:56
12	84	Fernández Otero, Oscar	MONTAÑA_FERROL	2:02:50	1:16:12	3:19:02
13	30	Peña Pita, Felipe	GALLAECIA_RAID	2:11:23	1:20:57	3:32:20
14	91	Pérez Alonso, Adrián	AROMON	2:42:16	1:37:15	4:19:31
15	54	Morlan Rodríguez, Jose Angel	SEO	2:58:10	1:25:24	4:23:34
16	88	Martínez Raya, Francisco Manuel	SURCO	2:56:47	1:40:52	4:37:39
-	134	Freire Lage, Lucas	GALLAECIA_RAID	-	1:34:51	
-	131	Castro Fraga, Felipe	INDEPENDIENTE	-	-	
-	116	Amil Fernández, Carlos	BUDIÑORAID	-	-	
M-21 (senior21+)						
1	47	González García, Javier	MALARRUTA	1:36:50	1:10:32	2:47:22
2	98	Baamonde Arufe, Pablo	ADC_ARNELA	1:53:19	1:20:51	3:14:10
3	100	Lareo Martinez, David	ADC_ARNELA	1:48:47	1:26:50	3:15:37
4	13	Pérez González, Manuel	ALTAIR	1:58:08	1:25:39	3:23:47

5	49 Serrano Molinero, Javier	ESCONDITE-M	1:53:52	1:37:01	3:30:53
6	60 Fernández Martínez, Carlos	FLUVIAL_LUGO	2:10:31	1:29:02	3:39:33
7	80 Gomez Varela, Roberto	BG	2:33:44	1:40:03	4:13:47
8	40 VILLAMARÍN GONZÁLEZ, IVÁN	GALLAECIA_RAID	2:56:51	1:47:16	4:44:07
9	108 Noguero Díaz, Ivan	GALLAECIA_RAID	2:52:44	2:12:05	5:04:49
-	61 Liz Díaz, Javier	FLUVIAL_LUGO	-	1:33:39	
-	126 Folgar Romay, Javier	FLUVIAL_LUGO	2:09:53	-	

M-40 (vetA+)

1	18 Villa Solares, Arsenio	PILOÑA_DEPORTE	2:04:11	1:10:53	3:15:04
2	103 Piñeiro Pouso, Manuel Antonio	ADC_ARNELA	2:06:27	1:15:16	3:21:43
3	44 Pérez Jaramillo, David	LOS_ANGELES	2:08:11	1:13:55	3:22:06
4	36 Chas Gómez, Roberto	GALLAECIA_RAID	2:04:17	1:29:06	3:33:23
5	62 Nogueras Marentes, José Manuel	FLUVIAL_LUGO	2:07:29	1:27:16	3:34:45
6	130 Ferrer Vidal, Francisco José	HABELAS_HAINAS	2:20:37	1:24:49	3:45:26
7	67 Fernández Souto, José Manuel	FLUVIAL_LUGO	2:21:02	1:30:45	3:51:47
8	89 Beloso García, Manuel	AROMON	2:32:44	1:28:53	4:01:37
9	101 OUJO AGEITOS, JOAQUÍN	ADC_ARNELA	3:03:24	1:18:13	4:21:37
10	142 Varela Rodríguez, Bartolomé	FLUVIAL_LUGO	3:05:42	1:37:01	4:42:43
11	28 Rioboo Iglesias, Daniel	GALLAECIA_RAID	3:12:54	1:56:38	5:09:32
12	51 Gómez Ramos, Antonio	ARTABROS	3:25:00	2:12:12	5:37:12
13	15 Villar Vazquez, Emilio	BG	4:21:12	2:32:48	6:54:00
-	29 Diz López, Francisco	GALLAECIA_RAID	1:43:05	-	
-	73 Yllan Berrocal, Pedro Ignacio	ALABARDA-O	-	-	
-	119 Benavente Martínez, Luis	T_TRAGAME	-	-	
-	124 Varela Cancela, Carlos	COCO	-	-	
-	57 Amor Boquete, Jose Manuel	SEO	-	-	
-	82 Iglesias Duran, Jose Luis	HABELAS_HAINAS	2:36:12	-	
-	37 Silvarrey Redondo, Fernando	GALLAECIA_RAID	3:32:47	-	
-	107 Figueroa Fernández, Ricardo	AROMON	-	-	
-	106 Varela Ferreiro, Jorge Manrique	ADC_ARNELA	3:56:01	-	
-	27 López Vázquez, Jesús	GALLAECIA_RAID	-	2:24:27	
-	57 Amor Boquete, Jose Manuel	SEO	-	-	
-	39 López Sal, Antonio Manuel	GALLAECIA_RAID	3:21:04	-	
-	109 Suárez Fernández, Celso	GALLAECIA_RAID	2:19:05	-	
-	110 Cobas Garcia, Roberto Carlos	GALLAECIA_RAID	3:47:11	-	

M-50 (vetB+)

1	79 Fornaguera Marín, Joan Ramón	GO-XTREM	1:35:37	1:18:58	2:54:35
2	10 Casero Vidal, Oscar	ALTAIR	1:33:40	1:24:14	2:57:54
3	64 Varela Lorenzo, Francisco	FLUVIAL_LUGO	1:43:33	1:19:12	3:02:45
4	50 López Peiteado, Antonio	MONTAÑA_FERROL	1:46:00	1:19:05	3:05:05
5	1 Sanz Balaguer, Carlos	COMA	1:46:49	1:30:16	3:17:05
6	26 Álvarez Estévez, Enrique Luis	GALLAECIA_RAID	1:53:23	1:25:27	3:18:50
7	129 Amores Fuste, Julian	SOTOBOSQUE	1:56:18	1:24:12	3:20:30
8	118 Chousa Álvarez, Urbano	T_TRAGAME	1:58:22	1:32:39	3:31:01
9	46 Calderón Barreiro, Sebastian	MALARRUTA	2:14:41	1:44:03	3:58:44

10	117 Alvelo Fraguela, Javier	AROMON	2:23:48	1:45:49	4:09:37
11	127 Parga Andón, Pedro	FLUVIAL_LUGO	2:38:44	1:53:44	4:32:28
12	105 Serantes Maneiro, Camilo	ADC_ARNELA	2:48:32	1:49:23	4:37:55
13	4 Peláez Méndez, Patricio	U-VIGO	2:46:13	1:53:42	4:39:55
-	55 Viqueira Nouche, Carlos	SEO	2:20:39	-	
-	56 Souto Pol, Horacio	SEO	1:51:29	-	
-	78 Carballo Fernández, Juan Carlos	A_PEDROSA_ORRO	3:30:59	-	
-	93 Ricoy Bugarín, José Antonio	AROMON	-	2:23:47	
-	143 Rica Cámara, Miguel Ángel	BOM	-	1:43:05	
-	35 Pazos Miser, Rafael	GALLAECIA_RAID	2:48:13	-	

M-60 (vetC+)

-	132 García Couce, Antonio	INDEPENDIENTE	-	1:25:26	
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F-15 (cat-)

1	111 Dopico Golpe, Alba	GALLAECIA_RAID	1:42:07	1:09:17	2:51:24
2	16 Villa Rodríguez, Marta	PILOÑA_DEPORTE	1:56:13	1:11:56	3:08:09

F-17 (juvenil-)

1	42 García Rodríguez, Nerea	ITACA	1:15:15	0:37:02	1:52:17
2	17 Villa Rodríguez, Paola	PILOÑA_DEPORTE	1:42:55	0:39:03	2:21:58
3	72 Yllan Ortiz, Elena	ALABARDA-O	1:42:51	0:47:00	2:29:51

F-21 (senior21-)

1	6 Esparza Muñoz, María José	LORCA-O	1:44:43	0:54:42	2:39:25
2	77 López Chaves, Carolina	RANDOBIKE	1:54:54	1:00:11	2:55:05
3	63 Pérez González, María José	FLUVIAL_LUGO	1:52:23	1:12:49	3:05:12
4	95 Veiga García, Carlota	AROMON	2:11:12	1:12:03	3:23:15
5	53 Del Puerto López, Barbara	SEO	2:30:24	1:21:49	3:52:13
6	41 Fariña Balsa, Sandra	GALLAECIA_RAID	2:30:43	1:27:33	3:58:16
7	102 Míguez Sampedro, Susana	ADC_ARNELA	2:33:50	1:40:13	4:14:03

F-E (elite-)

1	59 Felpeto González, Luisa	FLUVIAL_LUGO	2:43:12	1:27:58	4:11:10
2	7 Isaba Aramendía, Natalia	NORTE-SUR	2:45:45	1:43:22	4:29:07
3	85 Montes Villar, Veronica	OPBZ	2:49:54	1:47:44	4:37:38
4	92 Pérez Alonso, Alicia	AROMON	2:56:12	1:45:17	4:41:29
5	23 Naya Mancebo, Paula	GALLAECIA_RAID	3:00:20	1:49:59	4:50:19
6	12 Miranda Guerrero, Miriam	ALTAIR	3:41:13	2:19:36	6:00:49
-	31 López Eyo, Tania	GALLAECIA_RAID	-	1:36:54	
-	97 Rico Arechaederra, Cristina	COBI	3:13:38	-	
-	114 Delgado Gonzalez, Maria Del Mar	OPBZ	1:58:15	-	

F-21 (senior21-)

1	6 Esparza Muñoz, María José	LORCA-O	1:44:43	0:54:42	2:39:25
2	77 López Chaves, Carolina	RANDOBIKE	1:54:54	1:00:11	2:55:05
3	63 Pérez González, María José	FLUVIAL_LUGO	1:52:23	1:12:49	3:05:12
4	95 Veiga García, Carlota	AROMON	2:11:12	1:12:03	3:23:15
5	53 Del Puerto López, Barbara	SEO	2:30:24	1:21:49	3:52:13
6	41 Fariña Balsa, Sandra	GALLAECIA_RAID	2:30:43	1:27:33	3:58:16
7	102 Míguez Samp Pedro, Susana	ADC_ARNELA	2:33:50	1:40:13	4:14:03

F-40 (vetA-)

1	65 Gómez Naya, Sonia	FLUVIAL_LUGO	2:23:33	1:53:47	4:17:20
2	83 López Dacosta, Cristina	MONTAÑA_FERROL	2:27:31	2:12:58	4:40:29
3	99 Carro Mahía, Alejandra	ADC_ARNELA	2:45:26	2:00:09	4:45:35
4	5 Díaz Fuentes, Micaela	LORCA-O	2:37:02	2:09:50	4:46:52
5	32 García González, Yolanda	GALLAECIA_RAID	2:50:45	1:57:22	4:48:07
6	33 Mosquera Azar, Paulina Andrea	GALLAECIA_RAID	2:57:02	2:05:48	5:02:50
7	43 Garcia-Hawkins Fernandez, Angela	LOS_ANGELES	3:26:08	2:22:36	5:48:44
-	2 Fontana Pérez, María Paloma	LOS_CALIFAS	3:26:17	-	
-	87 CHICA GONZALEZ, LIDIA	SURCO	-	-	

F-50 (vetB-)

1	75 Piedrafita García, Dolores	PEÑA_GUARA	2:13:44	1:13:32	3:27:16
2	74 Puyuelo Sanclemente, Mar	PEÑA_GUARA	2:19:51	1:20:46	3:40:37
3	94 Sánchez Vázquez, Luisa	AROMON	2:28:16	1:13:30	3:41:46
4	24 Silvarrey Redondo, Maria Teresa	GALLAECIA_RAID	2:45:07	1:24:17	4:09:24
5	3 Crespo Quindos, Begoña	U-VIGO	3:04:13	1:27:20	4:31:33
-	81 Para Martin, Eva María	MONTE_EL_PARDO	-	-	

ABS.PAREJAS

1	52 Casado Bravo, David	OPBZ	1:12:50	0:37:27	1:50:17
2	71 Riestra González, Santiago	ARTABROS	1:12:52	0:37:28	1:50:20
3	122 Sancosmed Torres, José Manuel	COCO	1:34:33	0:47:03	2:21:36
4	123 Sancosmed Torres, Manuel	COCO	1:34:35	0:47:06	2:21:41
5	8 Arufe Varela, Javier	APA_LICEO	1:47:41	0:50:47	2:38:28
6	9 Pedre Fernández, Natalia Teresa	APA_LICEO	1:47:41	0:50:47	2:38:28
7	112 Dopico Pena, Andres	GALLAECIA_RAID			
8	113 García Santos, Rocio	GALLAECIA_RAID			
9	140 Fernández Torres, Ramón	ADC_ARNELA			
10	141 Arufe Varela, Alberto	APA_LICEO			

F-PROM

1	133 García Alvarez, Pedro	INDEPENDIENTE	1:02:05	0:57:12	1:59:17
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