



os	rsal	Nombre	Tiempo														
<b>Feminino 18 (4)</b>			<b>5600,0 km 160 m 15 C</b>														
			1(73)	2(83)	3(84)	4(97)	5(42)	6(37)	7(76)	8(77)	9(79)	10(91)	11(80)	12(64)	13(66)	14(49)	
			15(100)	Meta													
1	82	Casado Nuñez, Eva OP BETANZOS Betanzos	1:05:54	2:14	8:12	10:48	16:35	24:48	28:45	33:00	35:18	48:30	51:48	54:05	56:09	1:00:43	1:04:25
				2:14	5:58	2:36	5:47	8:13	3:57	4:15	2:18	13:12	3:18	2:17	2:04	4:34	3:42
			1:05:23	1:05:53													
			0:58	0:30													
2	12	Aller Pfirter, Mailén TREVINCA O Barco de Valdeorras	1:42:06	4:31	23:21	25:34	29:51	40:25	44:54	57:18	1:00:15	1:14:49	1:19:36	1:22:34	1:25:05	1:34:08	1:39:23
				4:31	18:50	2:13	4:17	10:34	4:29	12:24	2:57	14:34	4:47	2:58	2:31	9:03	5:15
			1:41:27	1:42:06													
			2:04	0:38													
3	133	Fernández Rodal, Indira ADC_ARNELA Porto do Son	1:44:12	3:45	14:23	16:47	21:45	31:53	50:45	56:10	58:00	1:09:09	1:25:47	1:28:05	1:30:21	1:38:03	1:42:06
				3:45	10:38	2:24	4:58	10:08	18:52	5:25	1:50	11:09	16:38	2:18	2:16	7:42	4:03
			1:43:42	1:44:12													
			1:36	0:30													
4	579	García Lopez, Carlota ARTABROS A Coruña	1:58:21	2:32	8:53	12:53	28:08	42:50	48:50	54:29	57:42	1:25:47	1:31:45	1:35:20	1:38:15	1:46:09	1:55:27
				2:32	6:21	4:00	15:15	14:42	6:00	5:39	3:13	28:05	5:58	3:35	2:55	7:54	9:18
			1:57:43	1:58:21													
			2:16	0:38													
<b>Feminino 21 A (6)</b>			<b>6500,0 km 170 m 16 C</b>														
			1(45)	2(78)	3(75)	4(68)	5(97)	6(53)	7(60)	8(86)	9(63)	10(89)	11(66)	12(98)	13(88)	14(94)	
			15(95)	16(100)	Meta												
1	240	Martínez Gómez, Sofía COMPÁS LUGO	1:13:15	6:15	7:39	14:18	19:16	27:35	34:39	35:45	39:22	46:28	52:51	54:53	57:00	59:00	1:04:02
				6:15	1:24	6:39	4:58	8:19	7:04	1:06	3:37	7:06	6:23	2:02	2:07	2:00	5:02
			1:05:05	1:12:39	1:13:14												
			1:03	7:34	0:35												
					*60												
2	363	Sánchez Ocaña, Diana AROMON Pontevedra	1:25:58	6:20	8:18	18:14	23:49	35:23	40:22	41:44	46:16	53:09	1:04:28	1:07:24	1:09:40	1:13:15	1:18:47
				6:20	1:58	9:56	5:35	11:34	4:59	1:22	4:32	6:53	11:19	2:56	2:16	3:35	5:32
			1:19:25	1:25:23	1:25:57												
			0:38	5:58	0:34												
3	334	Ricoy Rajoy, Sara AROMON Pontevedra	1:40:59	8:50	10:39	19:13	24:57	37:44	48:46	50:05	53:31	1:06:41	1:17:21	1:20:31	1:23:11	1:26:57	1:31:38
				8:50	1:49	8:34	5:44	12:47	11:02	1:19	3:26	13:10	10:40	3:10	2:40	3:46	4:41
			1:32:57	1:40:11	1:40:59												
			1:19	7:14	0:48												
4	458	Penela Fernández, Jessica FLUVIAL_LUGO LUGO	2:16:56	10:07	13:15	31:58	51:08	1:05:12	1:14:51	1:16:29	1:21:32	1:34:08	1:46:04	1:50:07	1:54:06	1:58:29	2:03:57
				10:07	3:08	18:43	19:10	14:04	9:39	1:38	5:03	12:36	11:56	4:03	3:59	4:23	5:28
			2:05:18	2:16:13	2:16:56												
			1:21	10:55	0:43												
5	46	Barreira Vazquez, Maria Esther GALLAECIA_RAID Culleredo	2:29:39	34:32	36:02	44:32	50:33	59:34	1:15:52	1:16:59	1:41:23	1:48:45	1:55:36	1:58:46	2:10:17	2:11:38	2:15:20
				34:32	1:30	8:30	6:01	9:01	16:18	1:07	24:24	7:22	6:51	3:10	11:31	1:21	3:42
			2:16:05	2:29:04	2:29:38												
			0:45	12:59	0:34												
					*48												
448		Grandío Montes, Raquel FLUVIAL_LUGO LUGO	No sale														
<b>Feminino 21 B (8)</b>			<b>5400,0 km 155 m 14 C</b>														
			1(52)	2(79)	3(62)	4(92)	5(69)	6(32)	7(76)	8(93)	9(85)	10(77)	11(71)	12(80)	13(82)	14(100)	
			Meta														









os	rsal	Nombre	Tiempo														
<b>Feminino 50 (8)</b>			<b>4900,0 km 120 m</b>			<b>14 C</b>			<i>(cont.)</i>								
			1(82)	2(73)	3(83)	4(84)	5(44)	6(85)	7(76)	8(32)	9(71)	10(80)	11(87)	12(88)	13(90)	14(100)	
			Meta														
5	364	Sanchez Vázquez, Maria Luisa AROMON Pontevedra	1:49:06	4:13	7:15	15:44	19:58	40:49	47:29	49:59	54:53	1:03:05	1:13:24	1:33:31	1:37:05	1:40:32	1:47:59
				4:13	3:02	8:29	4:14	20:51	6:40	2:30	4:54	8:12	10:19	20:07	3:34	3:27	7:27
			1:49:06			59:57											
			1:06			*33											
6	380	Silvarrey Redondo, Teresa GALLAECIA_RAID Culleredo	2:00:32	3:02	6:47	30:50	34:37	44:15	51:33	53:21	1:06:52	1:17:11	1:27:09	1:46:47	1:49:21	1:53:03	1:59:40
				3:02	3:45	24:03	3:47	9:38	7:18	1:48	13:31	10:19	9:58	19:38	2:34	3:42	6:37
			2:00:31			1:59:41	1:59:42										
			0:51			*100	*100										
7	198	Iglesias Nieto, Carmen AROMON Pontevedra	2:23:20	4:55	8:52	16:12	19:48	32:47	40:23	45:59	51:51	1:08:11	1:19:37	1:57:32	2:09:13	2:11:53	2:21:22
				4:55	3:57	7:20	3:36	12:59	7:36	5:36	5:52	16:20	11:26	37:55	11:41	<b>2:40</b>	9:29
			2:23:20														
			1:58														
274		Núñez Otero, Elia OP BETANZOS Betanzos	No sale														
<b>Feminino Élite (5)</b>			<b>7300,0 km 190 m</b>			<b>19 C</b>											
			1(74)	2(34)	3(44)	4(77)	5(36)	6(37)	7(38)	8(35)	9(33)	10(78)	11(91)	12(80)	13(46)	14(87)	
			15(90)	16(94)	17(95)	18(49)	19(100)	Meta									
1	292	Parga Basanta, Lucia AROMON Pontevedra	1:04:53	3:33	4:58	7:15	9:54	16:26	21:00	24:20	27:41	34:59	36:08	43:18	44:56	48:13	52:19
				3:33	1:25	<b>2:17</b>	2:39	6:32	4:34	3:20	<b>3:21</b>	7:18	<b>1:09</b>	7:10	<b>1:38</b>	<b>3:17</b>	<b>4:06</b>
			54:16	<b>57:19</b>	<b>58:00</b>	<b>1:03:26</b>	<b>1:04:23</b>	<b>1:04:52</b>									
			1:57	<b>3:03</b>	<b>0:41</b>	<b>5:26</b>	0:57	0:29									
2	49	Bello Rodríguez, Olalla GALLAECIA_RAID Culleredo	1:06:15	2:43	4:00	6:29	8:17	14:19	17:18	20:20	23:57	30:57	32:09	38:19	40:12	43:30	47:46
				<b>2:43</b>	<b>1:17</b>	2:29	<b>1:48</b>	<b>6:02</b>	<b>2:59</b>	<b>3:02</b>	3:37	<b>7:00</b>	1:12	<b>6:10</b>	1:53	3:18	4:16
			50:00	58:49	59:31	1:05:05	1:05:49	1:06:14									
			2:14	8:49	0:42	5:34	<b>0:44</b>	<b>0:25</b>									
3	506	Fuertes Saco, Julia U-VIGO Vigo	1:22:35	2:45	4:02	6:28	8:33	16:15	23:40	28:53	33:16	42:21	43:33	52:40	54:48	59:06	1:04:05
				2:45	<b>1:17</b>	2:26	2:05	7:42	7:25	5:13	4:23	9:05	1:12	9:07	2:08	4:18	4:59
			1:06:21	1:13:31	1:14:28	1:21:04	1:22:09	1:22:35									
			2:16	7:10	0:57	6:36	1:05	0:26									
4	115	Dopico Golpe, Alba GALLAECIA_RAID Culleredo	1:36:45	3:30	5:31	8:45	10:58	19:44	24:37	29:00	33:57	43:37	45:05	52:18	54:30	59:21	1:07:38
				3:30	2:01	3:14	2:13	8:46	4:53	4:23	4:57	9:40	1:28	7:13	2:12	4:51	8:17
			1:21:07	1:26:25	1:27:17	1:35:09	1:36:10	1:36:44		1:18:23							
			13:29	5:18	0:52	7:52	1:01	0:34		*88							
255		Morales Jiménez, Irene LIMIATIVA Xinzo de Limia	No sale														
<b>Masculino 12 (6)</b>			<b>3100,0 km 120 m</b>			<b>10 C</b>											
			1(50)	2(60)	3(62)	4(54)	5(63)	6(57)	7(64)	8(58)	9(65)	10(100)	Meta				
1	45	Barja Pérez, Lucas LIMIATIVA Xinzo de Limia	41:11	2:52	6:46	10:50	14:15	29:43	32:21	34:00	35:16	38:49	40:38	41:11			
				2:52	3:54	4:04	3:25	15:28	2:38	1:39	1:16	3:33	1:49	0:33			
2	566	Rodríguez Seijo, Iago AROMON Pontevedra	51:17	3:42	8:47	13:48	16:57	39:30	42:17	44:12	45:43	49:10	50:45	51:17			
				3:42	5:05	5:01	3:09	22:33	2:47	1:55	1:31	<b>3:27</b>	<b>1:35</b>	<b>0:32</b>			
3	565	Rodríguez Seijo, Antón AROMON Pontevedra	53:10	5:25	13:43	27:50	30:15	41:48	44:16	45:56	47:04	50:40	52:35	53:10			
				5:25	8:18	14:07	<b>2:25</b>	<b>11:33</b>	<b>2:28</b>	1:40	<b>1:08</b>	3:36	1:55	0:35			
4	446	Fouz Sanchez, Rodrigo FLUVIAL_LUGO LUGO	59:24	4:48	10:21	18:12	22:03	44:48	48:09	49:54	51:18	56:55	58:47	59:23			
				4:48	5:33	7:51	3:51	22:45	3:21	1:45	1:24	5:37	1:52	0:36			

















os	rsal	Nombre	Tiempo														
<b>Masculino 50 (18)</b>			<b>5600,0 km</b>	<b>160 m</b>	<b>15 C</b>	<i>(cont.)</i>											
			1(73)	2(83)	3(84)	4(97)	5(42)	6(37)	7(76)	8(77)	9(79)	10(91)	11(80)	12(64)	13(66)	14(49)	
			15(100)	Meta													
12	453	Montouto Gonzalez, Jose Carlos FLUVIAL_LUGO LUGO	1:34:39	3:23	9:07	12:08	31:11	44:47	51:27	55:14	58:02	1:10:19	1:15:52	1:18:25	1:20:11	1:27:34	1:32:23
				3:23	5:44	3:01	19:03	13:36	6:40	3:47	2:48	12:17	5:33	2:33	1:46	7:23	4:49
				1:34:00	1:34:39												
				1:37	0:39												
13	182	González Romano, Rodrigo GALLAECIA_RAID Culleredo	1:39:02	3:26	18:26	20:51	26:18	36:17	40:21	56:45	59:34	1:14:35	1:23:12	1:25:29	1:27:18	1:33:08	1:37:08
				3:26	15:00	2:25	5:27	9:59	4:04	16:24	2:49	15:01	8:37	2:17	1:49	5:50	4:00
				1:38:19	1:39:02												
				1:11	0:42												
14	592	Santos Iglesias, Jesus ARTABROS A Coruña	1:41:45	5:14	14:01	17:30	25:49	39:00	44:53	49:27	51:29	1:04:40	1:11:13	1:14:37	1:22:40	1:37:20	1:40:10
				5:14	8:47	3:29	8:19	13:11	5:53	4:34	2:02	13:11	6:33	3:24	8:03	14:40	2:50
				1:41:13	1:41:45												
				1:03	0:32												
15	156	Garcia Dominguez, Jose Luis GALLAECIA_RAID Culleredo	1:46:39	2:00	5:53	11:57	27:24	41:52	53:09	56:16	58:26	1:07:24	1:10:48	1:13:02	1:27:45	1:34:37	1:45:23
				2:00	3:53	6:04	15:27	14:28	11:17	3:07	2:10	8:58	3:24	2:14	14:43	6:52	10:46
				1:46:09	1:46:38												
				0:46	0:29												
16	445	Fouz Rodriguez, Marcos FLUVIAL_LUGO LUGO	2:14:49	2:57	25:15	28:50	47:42	1:03:54	1:09:19	1:15:27	1:18:01	1:43:13	1:48:24	1:52:04	1:55:05	2:05:58	2:11:40
				2:57	22:18	3:35	18:52	16:12	5:25	6:08	2:34	25:12	5:11	3:40	3:01	10:53	5:42
				2:14:05	2:14:49												
				2:25	0:44												
		1 Arufe Varela, Alberto LICEO A Coruña	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
				1:25:46	1:27:40		9:51	18:33	24:56	32:13	44:28	51:21	1:02:47	1:12:27	1:18:30		
				1:25:46	1:53		*51	*52	*53	*54	*55	*56	*57	*58	*59		
		48 Becerra Carril, Nacho GALLAECIA_RAID Culleredo	en tarj.	2:47	10:29	12:54	41:23	48:48	58:07	1:01:54	1:03:54	1:11:15	1:15:32	1:17:33	-----	1:49:17	1:54:35
				2:47	7:42	2:25	28:29	7:25	9:19	3:47	2:00	7:21	4:17	2:01		31:44	5:18
				1:56:57	1:58:13												
				2:22	1:16												
<b>Élite (13)</b>			<b>8700,0 km</b>	<b>200 m</b>	<b>20 C</b>												
			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	14(44)	
			15(45)	16(46)	17(47)	18(48)	19(49)	20(100)	Meta								
1	343	Rodriguez Dominguez, Maikel VIGORIENTA Vigo	56:00	2:24	4:31	5:43	8:09	14:30	15:45	17:49	19:59	20:55	28:03	29:50	33:35	34:48	36:40
				2:24	2:07	1:12	2:26	6:21	1:15	2:04	2:10	0:56	7:08	1:47	3:45	1:13	1:52
				38:55	47:07	50:16	52:45	54:41	55:36	56:00							
				2:15	8:12	3:09	2:29	1:56	0:55	0:23							
2	81	Casado Bravo, David OP BETANZOS Betanzos	1:06:58	3:27	6:07	7:43	10:35	18:05	19:37	22:11	24:42	26:01	34:18	36:36	41:19	42:41	44:52
				3:27	2:40	1:36	2:52	7:30	1:32	2:34	2:31	1:19	8:17	2:18	4:43	1:22	2:11
				47:51	55:53	1:00:45	1:02:56	1:05:23	1:06:28	1:06:57							
				2:59	8:02	4:52	2:11	2:27	1:05	0:29							
3	383	Somoza Argibay, Iván GALLAECIA_RAID Culleredo	1:11:54	3:12	6:00	7:55	10:46	17:59	19:25	21:52	24:30	25:48	34:05	36:22	40:49	45:26	47:35
				3:12	2:48	1:55	2:51	7:13	1:26	2:27	2:38	1:18	8:17	2:17	4:27	4:37	2:09
				50:08	58:16	1:01:57	1:05:57	1:10:52	1:11:27	1:11:53							
				2:33	8:08	3:41	4:00	4:55	0:35	0:26							
4	127	Fernández Casalderrey, Gonzalo AROMON Pontevedra	1:12:02	3:42	6:21	8:04	10:48	18:09	19:41	22:05	25:29	27:39	36:01	38:56	43:59	45:16	47:21
				3:42	2:39	1:43	2:44	7:21	1:32	2:24	3:24	2:10	8:22	2:55	5:03	1:17	2:05
				50:05	59:17	1:04:10	1:06:05	1:08:41	1:11:22	1:12:01							
				2:44	9:12	4:53	1:55	2:36	2:41	0:39							









os	rsal	Nombre	Tiempo														
<b>Masculino 55 (10)</b>			<b>5400,0 km 155 m 14 C (cont.)</b>														
			1(52)	2(79)	3(62)	4(92)	5(69)	6(32)	7(76)	8(93)	9(85)	10(77)	11(71)	12(80)	13(82)	14(100)	
			Meta														
165		<b>Gil Díaz, José Antonio</b> GALLAECIA_RAID Culleredo	en tarj.	-----	48:12	-----	-----	-----	-----	-----	-----	-----	-----	-----	55:44	-----	1:13:34
					48:12										7:32		17:50
			1:14:10		2:52	9:39	11:57	17:37	26:24	30:31	35:01	37:16	52:58	57:52	1:07:53	1:12:15	
			0:36		*73	*83	*84	*97	*42	*37	*76	*77	*91	*64	*66	*49	
<b>Feminino 55 (5)</b>			<b>4400,0 km 115 m 13 C</b>														
			1(73)	2(74)	3(71)	4(70)	5(75)	6(76)	7(77)	8(78)	9(79)	10(80)	11(58)	12(65)	13(100)	Meta	
1	438	<b>Fernandez Riveiro, Fermina</b> FLUVIAL_LUGO LUGO	1:06:38	4:56	6:06	13:26	15:58	26:38	30:18	<b>32:51</b>	<b>43:28</b>	<b>49:09</b>	<b>55:40</b>	<b>58:28</b>	<b>1:04:02</b>	<b>1:05:47</b>	<b>1:06:37</b>
				4:56	<b>1:10</b>	7:20	2:32	<b>10:40</b>	<b>3:40</b>	<b>2:33</b>	<b>10:37</b>	<b>5:41</b>	6:31	<b>2:48</b>	5:34	<b>1:45</b>	<b>0:50</b>
2	267	<b>Naya López, Mª José</b> LICEO A Coruña	1:18:56	4:33	6:25	<b>11:08</b>	<b>13:33</b>	<b>25:24</b>	<b>29:07</b>	33:11	54:37	1:01:20	1:08:01	1:11:26	1:16:03	1:17:59	1:18:56
				4:33	1:52	<b>4:43</b>	<b>2:25</b>	11:51	3:43	4:04	21:26	6:43	6:41	3:25	4:37	1:56	0:57
3	136	<b>Fernández Santiago, María</b> GALLAECIA_RAID Culleredo	1:25:42	4:24	6:01	13:29	16:35	34:53	41:06	45:32	59:24	1:06:06	1:12:44	1:16:41	1:22:02	1:24:33	1:25:42
				4:24	1:37	7:28	3:06	18:18	6:13	4:26	13:52	6:42	6:38	3:57	5:21	2:31	1:09
4	110	<b>Díaz Rodríguez, Yolanda</b> AROMON Pontevedra	1:35:01	<b>3:53</b>	<b>5:28</b>	27:59	30:40	43:24	47:53	52:24	1:05:35	1:16:28	1:22:28	1:26:49	1:31:48	1:34:02	1:35:00
				<b>3:53</b>	1:35	22:31	2:41	12:44	4:29	4:31	13:11	10:53	6:00	4:21	4:59	2:14	0:58
5	183	<b>González Sención, Adriana Luisa</b> GALLAECIA_RAID Culleredo	1:39:45	5:25	7:24	25:31	29:19	49:06	57:10	1:00:14	1:15:08	1:21:54	1:27:30	1:31:45	1:36:13	1:38:47	1:39:45
				5:25	1:59	18:07	3:48	19:47	8:04	3:04	14:54	6:46	<b>5:36</b>	4:15	<b>4:28</b>	2:34	0:57