

os rsal Nombre Tempo

SENIOR (60)

(cont.)

1	119	Ángel García García 2 GALIZA INTERCLUB #43 CEGHI 3,800 k	21:10,0	1(108) 0:31,0 0:31,0 15(162) 9:42,0 0:32,0 29(148) 19:33,0 0:21,0	2(102) 0:45,0 0:14,0 16(133) 10:56,0 1:14,0 30(146) 19:55,0 0:22,0	3(114) 1:24,0 0:39,0 17(137) 11:23,0 0:27,0 31(143) 20:18,0 0:23,0	4(117) 2:11,0 0:47,0 18(124) 11:51,0 0:28,0 32(200) 20:41,0 0:23,0	5(121) 2:42,0 0:31,0 19(141) 13:01,0 1:10,0 Meta 21:10,9 0:29,9	6(124) 3:24,0 0:42,0 20(154) 14:21,0 1:20,0	7(128) 4:06,0 0:42,0 21(158) 15:54,0 0:33,0	8(126) 4:47,0 0:41,0 22(157) 15:20,0 0:26,0	9(120) 5:25,0 0:38,0 23(155) 15:46,0 0:26,0	10(124) 6:50,0 0:28,0 24(160) 16:22,0 0:36,0	11(134) 7:39,0 0:57,0 25(140) 17:01,0 0:39,0	12(170) 8:47,0 1:08,0 26(124) 17:50,0 0:49,0	13(166) 9:10,0 0:23,0 27(142) 18:27,0 0:37,0	14(164) 9:45,0 0:23,0 28(150) 19:12,0 0:45,0
18	113	Pelayo Garcia Aceve 1 Santiago de Comp #14 AFGIH 3,800 km	29:10,0	1(106) 1:04,0 1:04,0 15(155) 14:28,0 0:35,0 29(148) 27:27,0 0:28,0	2(110) 1:33,0 0:29,0 16(160) 15:26,0 0:58,0 30(146) 27:51,0 0:24,0	3(114) 2:01,0 0:28,0 17(140) 16:13,0 0:36,0 31(143) 28:15,0 0:24,0	4(117) 2:53,0 0:52,0 18(124) 17:10,0 1:03,0 32(200) 28:42,0 0:27,0	5(123) 6:15,0 3:22,0 19(134) 19:08,0 0:49,0 Meta 29:10,1 0:28,1	6(124) 6:39,0 0:24,0 20(170) 20:09,0 1:01,0	7(128) 7:52,0 1:13,0 21(166) 21:31,0 1:22,0	8(126) 8:33,0 0:41,0 22(164) 21:57,0 0:26,0	9(120) 9:17,0 0:44,0 23(162) 22:47,0 0:50,0	10(124) 10:01,0 0:44,0 24(133) 24:17,0 1:30,0	11(141) 10:59,0 0:58,0 25(137) 24:50,0 0:33,0	12(154) 12:42,0 1:43,0 26(124) 25:24,0 0:34,0	13(158) 13:26,0 0:44,0 27(142) 26:10,0 0:46,0	14(157) 13:53,0 0:27,0 28(150) 26:59,0 0:49,0
19	107	Gonzalo Fernández 3 Nigrán RAZA_PALLE #2 ADGIH 3,800 km	29:13,0	1(106) 0:35,0 0:35,0 15(155) 14:02,0 0:24,0 29(148) 26:25,0 0:50,0	2(110) 1:11,0 0:36,0 16(160) 14:40,0 0:38,0 30(146) 27:48,0 1:23,0	3(114) 1:47,0 1:03,0 17(140) 15:26,0 0:46,0 31(143) 28:20,0 0:32,0	4(117) 2:50,0 0:49,0 18(124) 16:17,0 0:51,0 32(200) 28:48,0 0:28,0	5(122) 3:39,0 0:49,0 19(134) 17:16,0 0:59,0 Meta 29:13,7 0:25,7	6(124) 4:16,0 0:37,0 20(170) 18:17,0 1:01,0	7(128) 5:12,0 0:56,0 21(166) 19:33,0 1:16,0	8(126) 5:50,0 0:38,0 22(164) 20:01,0 0:28,0	9(120) 7:45,0 1:55,0 23(162) 20:45,0 0:44,0	10(124) 8:22,0 0:37,0 24(133) 22:55,0 2:10,0	11(141) 9:19,0 0:57,0 25(137) 23:34,0 0:39,0	12(154) 10:53,0 1:34,0 26(124) 24:02,0 0:28,0	13(158) 13:12,0 2:19,0 27(142) 24:46,0 0:44,0	14(157) 13:38,0 0:26,0 28(150) 25:35,0 0:49,0
20	120	Teresa Bellón Santo 1 Pontevedra AROMO #52 CFHIG 3,800 k	29:39,0	1(108) 1:13,0 1:13,0 15(141) 15:01,0 2:17,0 29(148) 27:18,0 0:30,0	2(102) 1:30,0 0:17,0 16(154) 16:53,0 1:52,0 30(146) 27:56,0 0:38,0	3(114) 2:13,0 0:43,0 17(158) 17:34,0 0:41,0 31(143) 28:29,0 0:33,0	4(117) 3:13,0 1:00,0 18(157) 18:12,0 0:38,0 32(200) 29:01,0 0:32,0	5(123) 4:18,0 1:05,0 19(155) 18:48,0 0:36,0 Meta 29:39,0 0:38,0	6(124) 4:42,0 0:24,0 20(160) 19:31,0 0:43,0	7(134) 5:54,0 1:12,0 21(140) 20:23,0 0:52,0	8(170) 7:01,0 1:07,0 22(124) 21:28,0 1:05,0	9(166) 8:28,0 1:27,0 23(128) 22:28,0 1:00,0	10(164) 8:58,0 0:30,0 24(126) 23:21,0 0:53,0	11(162) 9:48,0 0:50,0 25(120) 24:16,0 0:55,0	12(133) 11:18,0 1:30,0 26(124) 25:47,0 0:41,0	13(137) 12:05,0 0:47,0 27(142) 25:47,0 0:50,0	14(124) 12:44,0 0:39,0 28(150) 26:48,0 1:01,0
21	104	Juan Carlos Cagide 2 Culleredo GALLAEC #12 AEIHG 3,800 km	29:50,0	1(106) 0:46,0 0:46,0 15(134) 16:08,0 3:19,0 29(148) 28:06,0 0:30,0	2(110) 1:26,0 0:40,0 16(170) 17:14,0 1:06,0 30(146) 28:26,0 0:20,0	3(114) 2:07,0 0:41,0 17(166) 18:30,0 1:16,0 31(143) 28:59,0 0:33,0	4(117) 2:59,0 0:52,0 18(164) 19:08,0 0:38,0 32(200) 29:25,0 0:26,0	5(121) 3:49,0 0:50,0 19(162) 19:46,0 0:38,0 Meta 29:50,1 0:25,1	6(124) 4:38,0 0:49,0 20(133) 21:27,0 1:41,0	7(141) 6:07,0 1:29,0 21(137) 21:59,0 0:32,0	8(154) 8:30,0 0:38,0 22(124) 22:33,0 0:34,0	9(158) 9:08,0 0:39,0 23(128) 23:20,0 0:47,0	10(157) 9:47,0 0:39,0 24(126) 23:20,0 0:56,0	11(155) 10:19,0 0:32,0 25(120) 24:16,0 0:44,0	12(160) 11:03,0 0:44,0 26(124) 25:32,0 0:32,0	13(140) 11:52,0 0:49,0 27(142) 26:17,0 0:45,0	14(124) 12:49,0 0:57,0 28(150) 27:36,0 1:19,0
22	118	Francisco Javier Se 1 A Coruña ARTABRO #26 BEGIH 3,800 k	29:59,0	1(107) 1:04,0 1:04,0 15(155) 12:07,0 0:31,0 29(148) 28:15,0 0:53,0	2(112) 1:36,0 0:32,0 16(160) 13:01,0 0:54,0 30(146) 28:36,0 0:21,0	3(114) 2:09,0 0:33,0 17(140) 14:04,0 1:03,0 31(143) 29:05,0 0:29,0	4(117) 3:02,0 0:53,0 18(124) 15:16,0 1:12,0 32(200) 29:30,0 0:25,0	5(121) 3:37,0 0:35,0 19(134) 16:24,0 1:08,0 Meta 29:59,8 0:29,8	6(124) 4:30,0 0:53,0 20(170) 17:22,0 0:58,0	7(128) 5:18,0 0:48,0 21(166) 18:34,0 1:12,0	8(126) 6:01,0 0:43,0 22(164) 19:43,0 0:26,0	9(120) 6:49,0 0:48,0 23(162) 21:08,0 0:43,0	10(124) 7:22,0 0:33,0 24(133) 19:43,0 1:25,0	11(141) 8:38,0 1:16,0 25(137) 21:08,0 2:17,0	12(154) 10:12,0 1:34,0 26(124) 23:25,0 2:25,0	13(158) 10:47,0 0:35,0 27(142) 25:50,0 0:44,0	14(157) 11:36,0 0:49,0 28(150) 27:22,0 0:48,0
23	114	Juan Garrido Blanc 2 Xinzo de Limia LIMÍ #15 AFHGI 3,800 km	30:15,0	1(106) 0:44,0 0:44,0 15(128) 15:13,0 1:01,0 29(148) 28:29,0 0:33,0	2(110) 1:19,0 0:35,0 16(126) 15:59,0 0:46,0 30(146) 28:55,0 0:26,0	3(114) 2:04,0 0:45,0 17(120) 17:33,0 0:54,0 31(143) 29:24,0 0:29,0	4(117) 3:16,0 1:12,0 18(124) 18:59,0 0:40,0 32(200) 29:52,0 0:28,0	5(123) 5:48,0 2:32,0 19(141) 18:59,0 1:26,0 Meta 30:15,6 0:23,6	6(124) 6:15,0 0:27,0 20(154) 21:17,0 2:18,0	7(134) 7:50,0 1:35,0 21(158) 22:00,0 0:43,0	8(170) 8:51,0 1:01,0 22(157) 22:37,0 0:37,0	9(166) 10:17,0 1:26,0 23(155) 23:06,0 0:29,0	10(164) 10:41,0 0:24,0 24(160) 24:06,0 1:00,0	11(162) 11:36,0 0:55,0 25(140) 25:01,0 0:55,0	12(133) 13:04,0 1:28,0 26(124) 26:01,0 1:00,0	13(137) 13:37,0 0:33,0 27(142) 26:52,0 0:51,0	14(124) 14:12,0 0:35,0 28(150) 27:56,0 1:04,0
24	114	Irene Morales Jiménez 1 Xinzo de Limia LIMÍ #43 CEGHI 3,800 k	30:32,0	1(108) 1:13,0 1:13,0 15(162) 14:11,0 0:55,0 29(148) 28:02,0 0:28,0	2(102) 1:31,0 0:18,0 16(133) 15:48,0 1:37,0 30(146) 28:51,0 0:49,0	3(114) 2:17,0 0:46,0 17(137) 16:22,0 0:34,0 31(143) 29:26,0 0:35,0	4(117) 3:25,0 1:08,0 18(124) 17:00,0 0:38,0 32(200) 29:58,0 0:32,0	5(121) 4:12,0 0:47,0 19(141) 18:25,0 1:25,0 Meta 30:32,3 0:34,3	6(124) 5:08,0 0:56,0 20(154) 20:29,0 1:44,0	7(128) 6:06,0 0:58,0 21(158) 21:32,0 1:03,0	8(126) 7:09,0 1:03,0 22(157) 22:04,0 0:32,0	9(120) 7:58,0 0:49,0 23(155) 22:51,0 0:47,0	10(124) 8:34,0 0:36,0 24(160) 24:37,0 0:49,0	11(134) 9:51,0 1:17,0 25(140) 25:43,0 0:57,0	12(170) 12:41,0 1:10,0 26(124) 26:37,0 1:06,0	13(166) 13:16,0 1:40,0 27(142) 26:37,0 0:54,0	14(164) 13:41,0 0:35,0 28(150) 27:34,0 0:57,0
25	106	Indira Fernández R 3 Porto do Son ADC_ #6 ADIHG 3,800 km	30:59,0	1(106) 0:55,0 0:55,0 15(134) 15:03,0 1:22,0 29(148) 29:08,0 0:34,0	2(110) 1:35,0 0:40,0 16(170) 16:27,0 1:24,0 30(146) 29:35,0 0:27,0	3(114) 2:16,0 0:41,0 17(166) 18:10,0 1:43,0 31(143) 30:04,0 0:29,0	4(117) 3:27,0 1:11,0 18(164) 18:43,0 0:33,0 32(200) 30:33,0 0:29,0	5(122) 4:47,0 1:20,0 19(162) 19:34,0 0:51,0 Meta 30:59,8 0:26,8	6(124) 5:28,0 1:12,0 20(133) 21:18,0 1:44,0	7(141) 6:40,0 1:12,0 21(137) 21:50,0 0:32,0	8(154) 9:07,0 2:27,0 22(124) 22:30,0 0:40,0	9(158) 9:52,0 0:45,0 23(128) 23:41,0 1:11,0	10(157) 10:25,0 0:33,0 24(126) 24:59,0 1:18,0	11(155) 10:56,0 0:31,0 25(120) 25:58,0 0:59,0	12(160) 11:43,0 0:47,0 26(124) 26:31,0 0:33,0	13(140) 12:41,0 0:58,0 27(142) 27:30,0 0:59,0	14(124) 13:41,0 1:00,0 28(150) 28:34,0 1:04,0

Pos	Nombre	Tiempo														
INFANTIL (12)			<i>(cont.)</i>													
1	501 Jana Albarran Oroz	20:47,0	1(103)	2(102)	3(115)	4(119)	5(123)	6(124)	7(125)	8(127)	9(130)	10(124)	11(140)	12(152)	13(159)	14(139)
	2 Culleredo GALLAEC		0:50,0	1:08,0	1:31,0	2:26,0	3:34,0	4:05,0	4:47,0	5:21,0	6:13,0	7:12,0	10:13,0	11:19,0	12:34,0	13:28,0
	#2 ADFE 2,600 km 3		0:50,0	0:18,0	0:23,0	0:55,0	1:08,0	0:31,0	0:42,0	0:34,0	0:52,0	0:59,0	3:01,0	1:06,0	1:15,0	0:54,0
			15(124)	16(131)	17(132)	18(137)	19(124)	20(142)	21(151)	22(145)	23(200)	Meta				
			14:03,0	15:24,0	16:09,0	17:32,0	18:03,0	18:48,0	19:17,0	19:57,0	20:21,0	20:47,4				
			0:35,0	1:21,0	0:45,0	1:23,0	0:31,0	0:45,0	0:29,0	0:40,0	0:24,0	0:26,4				
8	504 Inés Romero Armad	38:01,0	1(105)	2(102)	3(115)	4(119)	5(123)	6(124)	7(140)	8(152)	9(159)	10(139)	11(124)	12(125)	13(127)	14(130)
	3 Pontevedra AROMO		3:14,0	4:02,0	5:07,0	7:13,0	10:35,0	11:48,0	13:45,0	16:47,0	19:39,0	20:53,0	21:40,0	22:57,0	24:03,0	25:35,0
	#17 CFDE 2,600 km		3:14,0	0:48,0	1:05,0	2:06,0	3:22,0	1:13,0	1:57,0	3:02,0	2:52,0	1:14,0	0:47,0	1:17,0	1:06,0	1:32,0
			15(124)	16(131)	17(132)	18(137)	19(124)	20(142)	21(151)	22(145)	23(200)	Meta				
			26:45,0	29:02,0	30:55,0	32:42,0	33:23,0	35:18,0	36:12,0	36:59,0	37:27,0	38:01,1				
			1:10,0	2:17,0	1:53,0	1:47,0	0:41,0	1:55,0	0:54,0	0:47,0	0:28,0	0:34,1				
9	502 Zoe Ramos Rayón	39:50,0	1(105)	2(102)	3(115)	4(119)	5(123)	6(124)	7(131)	8(132)	9(137)	10(124)	11(125)	12(127)	13(130)	14(124)
	3 Culleredo GALLAEC		1:19,0	2:23,0	4:01,0	9:06,0	10:53,0	11:59,0	15:36,0	16:33,0	17:53,0	19:14,0	20:43,0	22:36,0	23:56,0	25:19,0
	#15 CEDF 2,600 km		1:19,0	1:04,0	1:38,0	5:05,0	1:47,0	1:06,0	3:37,0	0:57,0	1:20,0	1:21,0	1:29,0	1:53,0	1:20,0	1:23,0
			15(140)	16(152)	17(159)	18(139)	19(124)	20(142)	21(151)	22(145)	23(200)	Meta				
			28:06,0	30:13,0	32:27,0	33:35,0	34:47,0	36:31,0	37:32,0	38:46,0	39:26,0	39:50,0				
			2:47,0	2:07,0	2:14,0	1:08,0	1:12,0	1:44,0	1:01,0	1:14,0	0:40,0	0:24,0				
10	504 Noa Varela Pérez	55:16,0	1(101)	2(102)	3(115)	4(119)	5(123)	6(124)	7(131)	8(132)	9(137)	10(124)	11(125)	12(127)	13(130)	14(124)
	2 Pontevedra AROMO		1:21,0	2:06,0	2:43,0	9:24,0	11:59,0	12:35,0	17:49,0	18:52,0	22:23,0	26:41,0	28:07,0	31:37,0	35:29,0	37:12,0
	#9 BEDF 2,600 km		1:21,0	0:45,0	0:37,0	6:41,0	2:35,0	0:36,0	5:14,0	1:03,0	3:31,0	4:18,0	1:26,0	3:30,0	3:52,0	1:43,0
			15(140)	16(152)	17(159)	18(139)	19(124)	20(142)	21(151)	22(145)	23(200)	Meta				
			40:33,0	43:17,0	48:02,0	49:35,0	50:36,0	51:56,0	52:53,0	53:53,0	54:15,0	55:16,0				
			3:21,0	2:44,0	4:45,0	1:33,0	1:01,0	1:20,0	0:57,0	1:00,0	0:22,0	1:01,0				
	504 Sira Rodríguez Día	en tarj.	1(103)	2(102)	3(115)	4(119)	5(123)	6(124)	7(125)	8(127)	9(130)	10(124)	11(131)	12(132)	13(137)	14(124)
	1 Pontevedra AROMO		1:06,0	1:29,0	1:55,0	2:48,0	4:07,0	4:34,0	5:21,0	5:55,0	6:53,0	8:10,0	9:32,0	10:14,0	11:12,0	21:12,0
	#1 ADEF 2,600 km 3		1:06,0	0:23,0	0:26,0	0:53,0	1:19,0	0:27,0	0:47,0	0:34,0	0:58,0	1:17,0	1:22,0	0:42,0	0:58,0	10:00,0
			15(140)	16(152)	17(159)	18(139)	19(124)	20(142)	21(151)	22(145)	23(200)	Meta		*123	*140	*152
			-----	-----	-----	-----	-----	22:05,0	22:37,0	23:22,0	23:53,0	24:20,4		14:12,0	15:56,0	17:47,0
								0:53,0	0:32,0	0:45,0	0:31,0	0:27,4				
			*159	*139												
			18:56,0	19:52,0												
	505 Iago Rodríguez Seij	en tarj.	1(103)	2(102)	3(115)	4(119)	5(123)	6(124)	7(131)	8(132)	9(137)	10(124)	11(125)	12(127)	13(130)	14(124)
	1 GALIZA INTERCLUB		1:09,0	1:30,0	1:59,0	2:51,0	4:05,0	4:35,0	6:12,0	6:45,0	8:13,0	8:55,0	9:49,0	10:26,0	11:18,0	12:09,0
	#3 AEDF 2,600 km 3		1:09,0	0:21,0	0:29,0	0:52,0	1:14,0	0:30,0	1:37,0	0:33,0	1:28,0	0:42,0	0:54,0	0:37,0	0:52,0	0:51,0
			15(140)	16(152)	17(159)	18(139)	19(124)	20(142)	21(151)	22(145)	23(200)	Meta		*160		
			16:46,0	18:09,0	-----	20:36,0	22:02,0	22:58,0	23:34,0	24:10,0	24:43,0	25:10,6		19:27,0		
			4:37,0	1:23,0		2:27,0	1:26,0	0:56,0	0:36,0	0:36,0	0:33,0	0:27,6				