





Pos	Dorsal	Nombre	Tempo			4,0 km	15 C	(cont.)								
				1(31) 15(100)	2(34) Meta	3(32)	4(66)	5(48)	6(40)	7(53)	8(51)	9(55)	10(60)	11(59)	12(36)	13(37)
<b>Feminino 45 (21)</b>																
5	4335	Begoña Crespo Quir Vigo U-VIGO	1:09:10	4:45 4:45 1:08:22	11:07 6:22 1:09:10	12:40 1:33	18:00 5:20	22:04 4:04	24:15 2:11	30:38 6:23	33:23 2:45	38:25 5:02	47:48 9:23	54:26 6:38	1:00:15 5:49	1:02:27 2:12
6	4803	Concepción Gonzále LUGO COMPÁS	1:12:13	4:59 4:59 1:11:37	<b>6:31</b> <b>1:32</b> 1:12:13	8:30 1:59	14:04 5:34	18:24 4:20	20:01 1:37	25:15 5:14	27:13 <b>1:58</b>	31:30 4:17	43:35 12:05	1:03:10 19:35	1:05:27 2:17	1:07:47 2:20
7	4452	Lucia Peteiro Couce Culleredo GALLAECI	1:13:40	5:53 5:53 1:12:59	7:49 1:56 1:13:40	9:28 1:39	17:24 7:56	21:02 3:38	25:15 4:13	34:32 9:17	37:45 3:13	42:45 5:00	50:24 7:39	58:56 8:32	1:01:32 2:36	1:04:26 2:54
8	4267	Rocío Fuertes Ferná A Coruña ARTABROS	1:15:35	5:54 5:54 1:14:45	8:09 2:15 1:15:35	11:01 2:52	17:07 6:06	21:52 4:45	23:42 1:50	34:10 10:28	37:02 2:52	42:43 5:41	52:54 10:11	1:01:04 8:10	1:04:44 3:40	1:08:15 3:31
9	4798	Diana Ferrer Vidal LUGO COMPÁS	1:19:02	5:33 5:33 1:18:11	7:27 1:54 1:19:02	9:25 1:58	14:56 5:31	19:12 4:16	24:31 5:19	35:48 11:17	38:31 2:43	47:07 8:36	55:43 8:36	1:04:40 8:57	1:07:11 2:31	1:13:19 6:08
10	4362	Irene Baspino Ferná Culleredo GALLAECI	1:24:12	6:51 6:51 1:23:30	11:42 4:51 1:24:12	13:53 2:11	19:12 5:19	23:31 4:19	25:24 1:53	33:41 8:17	38:16 4:35	43:55 5:39	57:55 14:00	1:08:17 10:22	1:11:50 3:33	1:17:22 5:32
11	4332	Olimpia Alvarez Cast Vigo U-VIGO	1:27:22	5:41 5:41 1:26:29	8:22 2:41 1:27:22	10:28 2:06	16:32 6:04	19:48 3:16	22:43 2:55	29:57 7:14	33:03 3:06	41:52 8:49	51:39 9:47	1:13:18 21:39	1:17:01 3:43	1:20:02 3:01
12	4295	Carmen Trueba Gayc A Coruña ARTABROS	1:29:04	6:38 6:38 1:28:08	12:42 6:04 1:29:04	15:11 2:29	22:12 7:01	27:16 5:04	30:06 2:50	38:37 8:31	46:44 8:07	52:30 5:46	1:03:05 10:35	1:13:37 10:32	1:16:17 2:40	1:19:40 3:23
13	6871	Goretti López Casal Culleredo GALLAECI	1:29:05	12:42 12:42 1:28:13	16:19 3:37 1:29:05	18:48 2:29	24:58 6:10	29:05 4:07	32:48 3:43	44:53 12:05	48:12 3:19	57:11 8:59	1:05:48 8:37	1:14:43 8:55	1:17:15 2:32	1:23:21 6:06
14	4230	Yolanda Navia Vega Pontevedra AROMON	1:29:47	6:53 6:53 1:28:44	9:05 2:12 1:29:47	11:03 1:58	26:04 15:01	28:22 2:18	30:11 1:49	39:07 8:56	42:56 3:49	50:21 7:25	1:07:33 17:12	1:16:25 8:52	1:19:51 3:26	1:22:34 2:43
15	4788	Gracia Rodríguez Bl A Coruña LICEO	1:36:57	16:36 16:36 1:36:02	22:40 6:04 1:36:57	24:56 2:16	30:58 6:02	33:19 2:21	35:00 1:41	41:19 6:19	45:00 3:41	53:23 8:23	1:04:11 10:48	1:14:27 10:16	1:24:34 10:07	1:27:44 3:10
16	4310	Fernanda Follana Fc LUGO COMPÁS	1:43:47	8:31 8:31 1:42:53	10:24 1:53 1:43:47	12:10 1:46	17:43 5:33	23:40 5:57	25:29 1:49	36:01 10:32	38:34 2:33	55:26 16:52	1:05:19 9:53	1:22:28 17:09	1:24:58 2:30	1:27:47 2:49
17	8203	Marta Trueba Gayol A Coruña ARTABROS	1:50:30	8:22 8:22 1:48:47	12:30 4:08 1:50:30	15:30 3:00	23:47 8:17	30:13 6:26	33:07 2:54	42:19 9:12	47:18 4:59	57:04 9:46	1:15:11 18:07	1:28:14 13:03	1:33:36 5:22	1:38:05 4:29
18	4786	María Pardo Villaver A Coruña LICEO	1:50:47	9:18 9:18 1:49:43	15:02 5:44 1:50:47	17:29 2:27	25:42 8:13	29:20 3:38	32:09 2:49	48:20 16:11	53:05 4:45	59:51 6:46	1:10:37 10:46	1:27:41 17:04	1:31:26 3:45	1:35:14 3:48
	4612	María Esther Barreir Betanzos OP BETANZOS	en tarj.	4:08 4:08 56:36	6:41 2:33 57:06	<b>8:11</b> <b>1:30</b>	12:08 3:57	13:43 <b>1:35</b>	<b>15:04</b> <b>1:21</b>	24:08 9:04	35:50 11:42	39:17 <b>3:27</b>	44:33 <b>5:16</b>	49:31 <b>4:58</b>	51:10 <b>1:39</b>	-----
	4460	Paloma Rayón Ferná Culleredo GALLAECI	en tarj.	6:05 6:05 2:23:57	8:28 2:23 2:25:40	10:41 2:13	16:46 6:05	21:16 4:30	24:15 2:59	33:54 9:39	40:07 6:13	46:47 6:40	1:05:29 18:42	2:05:58 1:00:29	2:09:06 3:08	2:15:39 6:33
	6889	Noemi Diaz Vazquez LUGO COMPÁS	andona	8:18 6:37 6:37 -----	1:43 8:24 1:47 -----	-----	14:46 6:22 57:50	19:42 4:56 1:14:34	21:45 2:03 *50	30:19 8:34	33:21 3:02	50:28 17:07	1:12:47 22:19	-----	-----	-----
<b>Feminino Senior (6)</b>																
				1(32) 15(100)	2(31) Meta	3(34)	4(37)	5(41)	6(39)	7(52)	8(68)	9(54)	10(55)	11(44)	12(60)	13(59)
1	4281	María Piñeiro Varela A Coruña ARTABROS	47:06	4:56 4:56 46:35	6:21 1:25 47:06	7:54 1:33	11:19 3:25	14:21 3:02	17:08 2:47	20:01 2:53	26:25 6:24	29:06 2:41	30:41 1:35	34:02 3:21	35:57 1:55	40:52 4:55



Pos	Dorsal	Nombre	Tiempo															
				<b>4,7 km</b>			<b>15 C</b>			<i>(cont.)</i>								
				1(32)	2(57)	3(34)	4(37)	5(41)	6(39)	7(52)	8(49)	9(68)	10(64)	11(60)	12(59)	13(36)		
				15(100)	Meta													
<b>Masculino 21 (15)</b>																		
2	4568	Pablo Baamonde Art Porto do Son ADC_A	57:06	5:20	6:36	7:48	<b>11:05</b>	16:18	20:12	23:47	28:34	34:34	39:36	44:31	50:22	52:29		
				5:20	1:16	<b>1:12</b>	<b>3:17</b>	5:13	3:54	3:35	4:47	6:00	5:02	4:55	5:51	2:07		
				56:30	57:06													
				2:02	0:36													
3	4570	Miguel Cebreiro Mén Porto do Son ADC_A	58:34	5:56	6:57	8:19	12:21	17:26	22:10	25:37	33:21	38:30	42:27	46:08	51:47	53:44		
				5:56	1:01	1:22	4:02	5:05	4:44	3:27	7:44	5:09	3:57	3:41	5:39	1:57		
				57:59	58:34													
				2:30	0:35													
4	4741	Alejandro Barros Fo Pontedeume MONTB	59:19	5:51	7:02	12:23	15:56	19:25	23:30	26:25	37:22	42:32	45:13	48:36	53:22	55:02		
				5:51	1:11	5:21	3:33	<b>3:29</b>	4:05	<b>2:55</b>	10:57	5:10	2:41	<b>3:23</b>	<b>4:46</b>	1:40		
				58:45	59:19													
				2:05	0:34													
5	6930	Ruben Leira Rey Pontedeume MONTB	1:00:03	5:32	6:45	9:05	13:09	18:04	22:12	25:20	33:35	39:13	41:57	46:07	51:48	54:13		
				5:32	1:13	2:20	4:04	4:55	4:08	3:08	8:15	5:38	2:44	4:10	5:41	2:25		
				59:26	1:00:03													
				2:26	0:37													
6	6159	Jesus Costas Conde Pontevedra AROMON	1:06:43	6:40	7:31	10:28	15:58	23:03	27:50	31:28	36:55	43:49	47:28	51:46	57:35	59:16		
				6:40	<b>0:51</b>	2:57	5:30	7:05	4:47	3:38	5:27	6:54	3:39	4:18	5:49	1:41		
				1:05:54	1:06:43													
				4:27	0:49													
7	7879	Óscar López Varela Pontevedra AROMON	1:14:42	<b>4:12</b>	<b>5:37</b>	7:47	<b>11:05</b>	20:40	29:43	38:26	43:23	47:47	51:30	57:04	1:08:14	1:09:40		
				<b>4:12</b>	1:25	2:10	3:18	9:35	9:03	8:43	4:57	<b>4:24</b>	3:43	5:34	11:10	<b>1:26</b>		
				1:13:58	1:14:42													
				2:25	0:44													
8	8439	Pablo Roel Miranda Pontedeume MONTB	1:18:23	11:26	12:26	16:42	21:07	32:41	36:13	39:18	45:15	51:04	58:29	1:04:22	1:09:51	1:11:57		
				11:26	1:00	4:16	4:25	11:34	3:32	3:05	5:57	5:49	7:25	5:53	5:29	2:06		
				1:17:43	1:18:23													
				2:30	0:40													
9	4814	Pablo Rocha Pena LUGO COMPÁS	1:19:39	5:34	6:55	11:14	16:06	19:55	28:49	32:20	38:20	45:38	49:23	54:29	1:01:24	1:03:39		
				5:34	1:21	4:19	4:52	3:49	8:54	3:31	6:00	7:18	3:45	5:06	6:55	2:15		
				1:18:46	1:19:39													
				2:39	0:53													
10	6543	Jose Javier Serrano Pontevedra AROMON	1:25:40	8:37	10:22	12:12	16:46	25:37	30:04	34:00	47:09	54:05	58:08	1:04:17	1:10:31	1:13:17		
				8:37	1:45	1:50	4:34	8:51	4:27	3:56	13:09	6:56	4:03	6:09	6:14	2:46		
				1:24:58	1:25:40													
				4:35	0:42													
11	7231	Ricardo Estevez Cos O Porriño BUDIÑOR	1:32:39	5:30	6:36	8:34	12:14	29:46	35:20	39:59	44:42	58:25	1:03:22	1:17:56	1:23:41	1:25:38		
				5:30	1:06	1:58	3:40	17:32	5:34	4:39	<b>4:43</b>	13:43	4:57	14:34	5:45	1:57		
				1:31:57	1:32:39													
				3:54	0:42													
6343	Francisco Javier Cru Ferrol MONTAÑA_FEI	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
				42:15	43:51													
				42:15	1:36													
8356	Diego López Longue Culleredo GALLAECI	en tarj.	8:42	13:46	19:52	27:37	45:34	53:20	59:21	1:11:27	1:17:42	1:20:40	1:28:20	-----	-----	-----		
				8:42	5:04	6:06	7:45	17:57	7:46	6:01	12:06	6:15	2:58	7:40	-----	-----		
				-----	-----													
7733	Simón López Castiñe Pontevedra AROMON	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
4415	Adrián López López Culleredo GALLAECI	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
<b>Masculino 35 (26)</b>																		
				<b>4,9 km</b>			<b>15 C</b>											
				1(32)	2(31)	3(34)	4(37)	5(41)	6(39)	7(52)	8(68)	9(54)	10(55)	11(44)	12(60)	13(59)		
				15(100)	Meta													
1	4290	Francisco Javier Sev A Coruña ARTABROS	44:11	4:27	5:51	7:31	<b>10:39</b>	<b>13:42</b>	<b>16:14</b>	<b>18:39</b>	<b>23:54</b>	<b>26:42</b>	<b>28:15</b>	<b>31:13</b>	<b>34:29</b>	<b>39:05</b>		
				4:27	1:24	1:40	<b>3:08</b>	3:03	2:32	2:25	5:15	2:48	1:33	2:58	3:16	4:36		
				<b>43:38</b>	<b>44:11</b>													
				2:04	0:33													
2	4756	Oliver Fernández Nú Nigrán RAZA PALLEI	50:58	4:38	6:31	8:26	11:34	15:21	19:52	22:18	28:21	32:12	33:52	37:13	40:16	44:51		
				4:38	1:53	1:55	<b>3:08</b>	3:47	4:31	2:26	6:03	3:51	1:40	3:21	3:03	4:35		
				50:25	50:58													
				1:55	0:33													
3	4204	Pablo Barreiro Fern Nigrán RAZA PALLEI	51:31	5:09	6:25	9:56	13:51	17:34	20:25	22:58	28:38	32:31	34:46	38:43	40:47	46:08		
				5:09	1:16	3:31	3:55	3:43	2:51	2:33	5:40	3:53	2:15	3:57	2:04	5:21		
				51:02	51:31													
				2:01	<b>0:29</b>													
4	4592	Gelasio Oujo Pouso Porto do Son ADC_A	53:04	4:31	5:52	7:28	11:21	16:14	20:09	22:33	32:29	35:13	36:44	40:11	42:03	46:26		
				4:31	1:21	1:36	3:53	4:53	3:55	2:24	9:56	2:44	<b>1:31</b>	3:27	<b>1:52</b>	4:23		
				52:34	53:04													
				<b>1:44</b>	0:30													
5	4347	German Pérez Juste Vigo U-VIGO	54:31	<b>4:08</b>	5:37	7:14	11:08	14:03	20:54	23:36	29:05	31:47	33:29	37:02	40:38	46:36		
				<b>4:08</b>	1:29	1:37	3:54	2:55	6:51	2:42	5:29	2:42	1:42	3:33	3:36	5:58		
				53:47	54:31													
				2:16	0:44													

Pos	Dorsal	Nombre	Tiempo	Masculino 35 (26)												
				1(32) 15(100)	2(31) Meta	4,9 km 3(34)	15 C 4(37)	(cont.) 5(41)	6(39)	7(52)	8(68)	9(54)	10(55)	11(44)	12(60)	13(59)
6	4280	Jorge Piñeiro Portel A Coruña ARTABROS	54:54	5:16 5:16 54:18 2:10	6:50 1:34 54:54 0:36	8:39 1:49	12:19 3:40	16:25 4:06	20:30 4:05	23:58 3:28	29:58 6:00	34:12 4:14	36:00 1:48	39:45 3:45	42:48 3:03	48:27 5:39
7	7439	Carlos Martinez-vara Ferrol MONTAÑA_FEI	55:28	4:45 4:45 54:48 2:32	6:18 1:33 55:28 0:40	9:44 3:26	13:19 3:35	16:47 3:28	20:11 3:24	23:12 3:01	30:48 7:36	34:01 3:13	37:30 3:29	41:31 4:01	44:18 2:47	49:05 4:47
8	4679	Marcos Varela Yáñez A Coruña BRIGANTIA	55:36	4:36 4:36 55:01 1:55	9:18 4:42 55:36 0:35	10:30 1:12	13:53 3:23	19:33 5:40	22:37 3:04	26:16 3:39	31:46 5:30	35:06 3:20	37:29 2:23	41:40 4:11	44:07 2:27	48:33 4:26
9	4394	Arturo Norberto Fon Culleredo GALLAECI	56:59	6:15 6:15 56:25 2:24	7:52 1:37 56:59 0:34	9:59 2:07	13:53 3:54	18:52 4:59	23:04 4:12	25:55 2:51	31:52 5:57	35:30 3:38	38:10 2:40	43:00 4:50	45:32 2:32	50:47 5:15
10	4471	David Senra Eiroa Culleredo GALLAECI	57:32	4:24 4:24 57:00 5:26	5:33 1:09 57:32 0:32	6:52 1:19	10:42 3:50	14:44 4:02	17:34 2:50	19:48 2:14	24:44 4:56	34:17 9:33	36:31 2:14	39:13 2:42	41:38 2:25	45:43 4:05
11	4548	Lucas García Vázquez O Porriño BUDIÑOR	1:01:54	5:19 5:19 1:01:21 4:43	6:59 1:40 1:01:54 0:33	8:40 1:41	12:10 3:30	16:34 4:24	21:32 4:58	25:04 3:32	32:22 7:18	36:27 4:05	39:30 3:03	43:25 3:55	46:15 2:50	51:43 5:28
12	4447	Daniel Pena Barro Culleredo GALLAECI	1:02:04	5:53 5:53 1:01:32 2:30	7:36 1:43 1:02:04 0:32	9:02 1:26	12:59 3:57	18:26 5:27	21:56 3:30	25:41 3:45	31:44 6:03	35:50 4:06	39:19 3:29	43:55 4:36	46:41 2:46	53:39 6:58
13	4266	Luis Adolfo Couceiro A Coruña ARTABROS	1:04:19	5:24 5:24 1:03:42 1:59	7:34 2:10 1:04:19 0:37	10:02 2:28	14:07 4:05	19:27 5:20	23:46 4:19	27:10 3:24	33:28 6:18	39:19 5:51	42:01 2:42	48:17 6:16	52:11 3:54	57:31 5:20
14	4366	Juan Carlos Cagide Culleredo GALLAECI	1:04:23	4:33 4:33 1:03:48 2:09	5:55 1:22 1:04:23 0:35	9:12 3:17	13:26 4:14	23:09 9:43	26:09 3:00	29:37 3:28	39:15 9:38	42:53 3:38	45:26 2:33	48:58 3:32	52:36 3:38	57:46 5:10
15	4587	Joaquín Ojuo Ageito Porto do Son ADC_A	1:05:28	6:00 6:00 1:04:51 2:08	7:41 1:41 1:05:28 0:37	9:12 1:31	13:33 4:21	17:35 4:02	21:51 4:16	24:54 3:03	30:47 5:53	34:05 3:18	38:27 4:22	42:27 4:00	45:52 3:25	51:40 5:48
16	4793	Roberto Amarelle Ga LUGO COMPÁS	1:08:28	5:45 5:45 1:07:49 2:08	7:27 1:42 1:08:28 0:39	9:50 2:23	13:34 3:44	25:29 11:55	28:45 3:16	31:31 2:46	47:49 16:18	50:44 2:55	52:30 1:46	55:20 2:50	58:38 3:18	1:03:13 4:35
17	4283	Santiago Riestra Goi A Coruña ARTABROS	1:08:31	5:39 5:39 1:07:48 2:03	7:20 1:41 1:08:31 0:43	8:48 1:28	16:21 7:33	21:49 5:28	25:35 3:46	28:15 2:40	46:47 18:32	49:06 2:19	50:50 1:44	54:54 4:04	57:03 2:09	1:01:48 4:45
18	4825	Antonio Dominguez Nigrán RAZA PALLEI	1:08:34	4:55 4:55 1:07:42 2:49	6:34 1:39 1:08:34 0:52	10:11 3:37	13:47 3:36	17:41 3:54	20:08 2:27	22:49 2:41	29:13 6:24	32:22 3:09	34:55 2:33	44:00 9:05	47:38 3:38	1:00:46 13:08
19	7186	David Castro Campe Culleredo GALLAECI	1:10:21	5:27 5:27 1:09:48 2:11	7:38 2:11 1:10:21 0:33	16:17 8:39	20:32 4:15	25:52 5:20	29:39 3:47	32:17 2:38	37:34 5:17	40:44 3:10	43:20 2:36	46:45 3:25	49:10 2:25	1:04:18 15:08
20	6374	Javier González Rod Culleredo GALLAECI	1:14:19	11:28 11:28 1:13:40 2:46	13:12 1:44 1:14:19 0:39	16:46 3:34	21:10 4:24	27:57 6:47	32:21 4:24	35:47 3:26	43:13 7:26	46:27 3:14	48:49 2:22	53:29 4:40	58:51 5:22	1:05:42 6:51
21	4355	Angel Albarran Rodr Culleredo GALLAECI	1:20:03	4:11 4:11 1:19:17 2:24	5:34 1:23 1:20:03 0:46	7:37 2:03	10:52 3:15	13:43 2:51	17:39 3:56	20:40 3:01	26:31 5:51	29:11 2:40	30:42 1:31	36:59 6:17	49:17 12:18	1:12:47 23:30
22	7591	Jaime Sanmartín Sar Nigrán RAZA PALLEI	1:23:02	7:05 7:05 1:22:08 2:34	9:23 2:18 1:23:02 0:54	11:43 2:20	20:42 8:59	30:11 9:29	34:00 3:49	37:44 3:44	48:00 10:16	51:41 3:41	1:00:35 8:54	1:07:00 6:25	1:09:52 2:52	1:15:38 5:46
23	4408	Carlos Iglesias Muñi Culleredo GALLAECI	1:36:32	8:16 8:16 1:35:02 4:26	10:42 2:26 1:36:32 1:30	13:03 2:21	18:01 4:58	24:05 6:04	32:17 8:12	36:17 4:00	51:37 15:20	56:46 5:09	1:00:21 3:35	1:06:04 5:43	1:15:07 9:03	1:25:07 10:00
24	8357	Eloy Barca Bazar Culleredo GALLAECI	1:54:02	8:50 8:50 1:53:08 3:38	11:59 3:09 1:54:02 0:54	14:39 2:40	21:05 6:26	52:28 31:23	57:10 4:42	1:01:40 4:30	1:10:54 9:14	1:16:03 5:09	1:19:04 3:01	1:29:20 10:16	1:35:53 6:33	1:44:48 8:55



Pos	Dorsal	Nombre	Tiempo			5,0 km	16 C	(cont.)								
				1(32) 15(58)	2(31) 16(100)	3(34) Meta	4(37)	5(40)	6(39)	7(51)	8(68)	9(54)	10(49)	11(50)	12(60)	13(47)
<b>Masculino 45 (31)</b>																
18	4272	Afonso Louro Fuente A Coruña ARTABROS	1:16:31	5:06 5:06 1:13:37	6:51 1:45 1:15:55	20:03 13:12 1:16:31	24:02 3:59	29:54 5:52	33:31 3:37	37:16 3:45	42:20 5:04	49:55 7:35	52:52 2:57	58:31 5:39	1:04:26 5:55	1:05:40 1:14
19	6575	Eladio Parga Ures Santiago de Comp U	1:19:11	6:25 6:25 1:14:55	8:03 1:38 1:18:13	14:06 6:03 1:19:11	19:24 5:18	28:36 9:12	33:17 4:41	37:59 4:42	43:33 5:34	47:44 4:11	51:52 4:08	56:09 4:17	1:01:26 5:17	1:02:38 1:12
20	4334	José Luis Armada Lu Vigo U-VIGO	1:20:36	6:33 6:33 1:16:26	8:28 1:55 1:19:49	10:56 2:28 1:20:36	15:50 4:54	20:28 4:38	23:50 3:22	29:09 5:19	35:55 6:46	41:55 6:00	48:41 6:46	52:46 4:05	58:34 5:48	1:03:04 4:30
21	4783	Afonso Navia Álvarez A Coruña LICEO	1:23:37	5:21 11:27 11:27 1:19:43	3:23 13:41 2:14 1:23:00	0:47 17:53 4:12 1:23:37	22:32 4:39	26:26 3:54	29:44 3:18	33:52 4:08	42:16 8:24	46:39 4:23	49:48 3:09	1:00:42 10:54	1:05:32 4:50	1:09:11 3:39
22	6913	Noel Rodríguez Pérez Culleredo GALLAECI	1:25:32	5:00 6:03 6:03 1:22:29	3:17 8:08 2:05 1:24:57	0:37 10:46 2:38 1:25:32	24:38 13:52	31:09 6:31	34:18 3:09	39:44 5:26	45:23 5:39	49:03 3:40	53:19 4:16	1:00:37 7:18	1:05:39 5:02	1:10:23 4:44
23	4435	Ivan Naveira Gonzalo Culleredo GALLAECI	1:29:01	5:26 6:20 6:20 1:25:09	2:28 8:15 1:55 1:28:21	0:35 13:06 4:51 1:29:01	20:14 7:08	26:01 5:47	31:33 5:32	37:33 6:00	46:24 8:51	51:29 5:05	55:49 4:20	1:02:42 6:53	1:07:54 5:12	1:10:08 2:14
24	7730	Fidel Ballesteros Pri Pontevedra AROMON	1:30:20	6:18 5:06 5:06 1:27:06	3:12 6:36 1:30 1:29:55	0:40 8:24 1:48 1:30:20	13:01 4:37	30:00 16:59	33:22 3:22	37:50 4:28	57:24 19:34	1:02:06 4:42	1:05:15 3:09	1:09:03 3:48	1:15:03 6:00	1:17:39 2:36
25	4525	Diego De La Torre H Barco de Valdeor OL	1:31:00	2:57 6:24 6:24 1:26:20	2:49 8:55 2:31 1:30:07	0:25 10:40 1:45 1:31:00	22:31 11:51	26:14 3:43	34:42 8:28	39:18 4:36	46:08 6:50	52:28 6:20	55:43 3:15	1:03:47 8:04	1:08:14 4:27	1:11:21 3:07
26	6365	Carlos Alberto Alons Culleredo GALLAECI	1:46:38	8:52 10:56 10:56 1:42:28	3:47 14:03 3:07 1:45:49	0:53 15:47 1:44 1:46:38	20:48 5:01	26:49 6:01	34:07 7:18	53:20 19:13	1:02:13 8:53	1:09:24 7:11	1:13:42 4:18	1:20:16 6:34	1:26:00 5:44	1:28:27 2:27
27	4606	Francisco Javier Veiga Porto do Son ADC_A	1:50:29	6:31 8:35 8:35 1:45:06	3:21 12:00 3:25 1:49:54	0:49 15:08 3:08 1:50:29	20:11 5:03	30:34 10:23	34:10 3:36	42:18 8:08	57:13 14:55	1:03:00 5:47	1:08:54 5:54	1:16:10 7:16	1:24:42 8:32	1:26:49 2:07
28	4455	Luis Javier Ramos A Culleredo GALLAECI	1:58:35	10:40 10:59 10:59 1:48:39	4:48 12:44 1:45 1:56:53	0:35 15:38 2:54 1:58:35	24:39 9:01	41:52 17:13	50:59 9:07	59:59 9:00	1:07:25 7:26	1:14:32 7:07	1:17:00 2:28	1:20:46 3:46	1:26:01 5:15	1:27:22 1:21
29	8481	Pablo Núñez Otero Santiago de Comp U	1:59:43	8:48 10:41 10:41 1:52:23	8:14 13:40 2:59 1:58:11	1:42 17:35 3:55 1:59:43	22:06 4:31	29:00 6:54	43:20 14:20	56:25 13:05	1:02:53 6:28	1:09:18 6:25	1:16:19 7:01	1:25:19 9:00	1:34:29 9:10	1:38:03 3:34
	4360	Arturo Antón Casado Culleredo GALLAECI	en tarj.	19:59 19:59 -----	23:02 3:03 1:44:54	26:56 3:54 1:46:35	33:03 6:07	40:01 6:58	45:34 5:33	51:22 5:48	58:19 6:57	1:03:21 5:02	1:09:19 5:58	1:15:00 5:41	1:21:18 6:18	1:23:51 2:33
	4392	Juan Carlos Ferreiro Betanzos OP BETANZOS	No sale													
<b>Senior (15)</b>																
				1(32) 15(58)	2(67) 16(100)	3(35) Meta	4(37)	5(39)	6(51)	7(55)	8(54)	9(49)	10(64)	11(44)	12(60)	13(59)
1	4450	Felipe Peña Pita Culleredo GALLAECI	43:59	4:04 4:04 41:40	5:14 1:10 43:29	6:10 0:56 43:59	8:24 2:14	12:53 4:29	15:58 3:05	18:48 2:50	20:06 1:18	22:25 2:19	25:37 3:12	27:59 2:22	30:16 2:17	34:13 3:57
2	4477	Iván Somoza Argibay Culleredo GALLAECI	45:06	3:11 3:45 3:45 42:57	1:49 4:47 1:02 44:35	0:30 5:46 0:59 45:06	7:58 2:12	11:11 3:13	14:56 3:45	18:03 3:07	19:29 1:26	21:27 1:58	25:21 3:54	28:44 3:23	31:13 2:29	35:03 3:50
3	4688	Martín Morales Ferreiro Xinzó de Limia LIMIA	46:22	3:18 4:44 4:44 44:04	1:38 6:53 2:09 45:52	0:31 7:49 0:56 46:22	10:21 2:32	13:44 3:23	16:34 2:50	19:27 2:53	21:46 2:19	23:43 1:57	26:48 3:05	29:04 2:16	31:47 2:43	36:46 4:59
4	4478	Anxo Somoza Seoane Culleredo GALLAECI	53:17	4:36 4:36 50:47 3:19	7:10 2:34 52:47 2:00	8:23 1:13 53:17 0:30	11:10 2:47	15:42 4:32	20:06 4:24	23:53 3:47	25:21 1:28	27:40 2:19	31:21 3:41	34:02 2:41	36:01 1:59	41:10 5:09

Pos	Dorsal	Nombre	Tiempo			<b>5,2 km</b>		<b>16 C</b>		<i>(cont.)</i>						
				1(32) 15(58)	2(67) 16(100)	3(35) Meta	4(37)	5(39)	6(51)	7(55)	8(54)	9(49)	10(64)	11(44)	12(60)	13(59)
<b>Senior (15)</b>																
5	4372	Xan Carballo Aviaere Culleredo GALLAECI	53:21	5:17 5:17 50:43	7:02 1:45 52:46	8:17 1:15 53:21	10:54 2:37	15:07 4:13	19:29 4:22	23:57 4:28	25:52 1:55	28:10 2:18	31:51 3:41	34:29 2:38	36:29 2:00	41:50 5:21
6	4582	Julio Lagos Carrera Porto do Son ADC_A	54:18	4:25 4:25 51:43	8:34 4:09 53:42	9:33 0:59 54:18	12:12 2:39	16:59 4:47	21:50 4:51	25:28 3:38	27:06 1:38	29:26 2:20	33:31 4:05	36:02 2:31	38:10 2:08	43:16 5:06
7	4828	Gonzalo Fernández Nigrán RAZA PALLEI	54:30	4:16 4:16 52:05	5:42 1:26 53:59	7:37 1:55 54:30	14:34 6:57	17:50 3:16	21:27 3:37	24:36 3:09	27:01 2:25	29:34 2:33	33:42 4:08	35:57 <b>2:15</b>	38:41 2:44	44:18 5:37
8	4507	Pelayo Garcia Acevedo Pontevedra AROMON	55:09	4:33 4:33 52:35	5:54 1:21 54:31	6:52 0:58 55:09	9:08 2:16	12:57 3:49	16:35 3:38	22:21 5:46	23:58 1:37	26:20 2:22	31:39 5:19	34:26 2:47	37:13 2:47	41:37 4:24
9	4648	Ruben Rodriguez Fe Pontevedra AROMON	1:02:08	4:28 4:28 59:16	6:46 2:18 1:01:34	10:14 3:28 1:02:08	13:11 2:57	18:06 4:55	21:38 3:32	30:30 8:52	31:51 1:21	33:48 <b>1:57</b>	38:45 4:57	41:41 2:56	44:42 3:01	49:26 4:44
10	4352	Alan Sardinero Gonz Porto do Son ADC_A	1:04:06	4:26 4:26 1:01:39	9:13 4:47 1:03:37	12:15 3:02 1:04:06	14:25 <b>2:10</b>	18:32 4:07	21:49 3:17	25:19 3:30	32:56 7:37	36:24 3:28	41:07 4:43	44:01 2:54	47:12 3:11	52:05 4:53
11	4646	Jose Penas Varela Pontevedra AROMON	1:10:20	5:33 5:33 1:07:10	9:12 3:39 1:09:39	10:22 1:10 1:10:20	13:25 3:03	19:17 5:52	25:38 6:21	31:14 5:36	32:57 1:43	35:47 2:50	42:37 6:50	46:13 3:36	52:33 6:20	57:36 5:03
12	6223	Olegario Soto Rodri Pontevedra AROMON	1:32:33	13:22 13:22 1:26:40	14:43 1:21 1:31:03	16:19 1:36 1:32:33	19:03 2:44	23:54 4:51	30:45 6:51	35:49 5:04	38:26 2:37	42:49 4:23	48:51 6:02	58:08 9:17	1:01:00 2:52	1:05:26 4:26
	4608	Alejandro Victorero Pontevedra en tarj. Porto do Son ADC_A		4:12 4:12 -----	6:19 2:07 -----	7:24 1:05 1:07:28	9:54 2:30	14:13 4:19	17:21 3:08	24:09 6:48	26:00 1:51	28:26 2:26	32:21 3:55	35:08 2:47	38:36 3:28	-----
	7463	Andrés Sanmartin Otondon Nigrán RAZA PALLEI		10:06 10:06 1:00:00	12:39 2:33 1:05:16	14:46 2:07 1:07:11	20:30 5:44	33:26 12:56	-----	-----	-----	-----	-----	-----	-----	42:50 9:24
	4768	Alberto Arufe Varela A Coruña LICEO	No sale													
<b>Iniciación Curta (42)</b>																
				1(46)	2(65)	3(33)	4(62)	5(61)	6(63)	7(43)	8(45)	9(56)	10(100)	Meta		
1	6057	Adrián Baamonde Ab Porto do Son ADC_A	41:23	3:50 3:50	9:09 5:19	13:41 4:32	18:09 4:28	22:28 4:19	26:31 4:03	29:52 3:21	<b>35:56</b> 6:04	<b>38:26</b> 2:30	<b>40:41</b> 2:15	<b>41:23</b> 0:42		
2	99946	Belén Garcia Díaz	41:50	4:02 4:02	8:42 <b>4:40</b>	12:04 3:22	18:19 6:15	21:27 <b>3:08</b>	28:07 6:40	30:38 2:31	36:57 6:19	38:28 <b>1:31</b>	41:15 2:47	41:50 <b>0:35</b>		
3	99907	Ainoa Muinelo Polo	44:07	3:34 3:34	<b>8:34</b> 5:00	<b>11:51</b> 3:17	<b>15:47</b> 3:56	<b>20:04</b> 4:17	<b>24:10</b> 4:06	<b>27:57</b> 3:47	38:57 11:00	41:11 2:14	43:24 2:13	44:07 0:43		
4	99952	Lúa Trillo Somoza	51:08	6:50 6:50	14:50 8:00	19:35 4:45	26:25 6:50	31:51 5:26	36:09 4:18	40:32 4:23	46:06 5:34	48:29 2:23	50:09 1:40	51:08 0:59		
5	99945	Fabián Otero Rodríg	54:26	5:11 5:11	12:21 7:10	16:12 3:51	21:22 5:10	27:59 6:37	33:09 5:10	36:54 3:45	43:34 6:40	47:08 3:34	53:33 6:25	54:26 0:53		
6	99909	Mara Gomez	55:53	2:48 2:48	12:04 9:16	15:00 2:56	18:14 <b>3:14</b>	24:23 6:09	30:23 6:00	34:47 4:24	47:56 13:09	49:46 1:50	53:14 3:28	55:53 2:39		
7	6742	Leire Rocha Cuiña LUGO COMPÁS	57:00	7:17 7:17	14:39 7:22	20:16 5:37	25:28 5:12	31:48 6:20	39:29 7:41	44:05 4:36	51:18 7:13	53:50 2:32	56:08 2:18	57:00 0:52		
8	4813	Lucas Rocha Cuiña LUGO COMPÁS	57:01	7:22 7:22	14:39 7:17	20:10 5:31	25:38 5:28	31:39 6:01	39:32 7:53	43:54 4:22	51:23 7:29	53:48 2:25	56:13 2:25	57:01 0:48		
9	99957	Mariña Vazquez Beja A Coruña ARTABROS	1:06:17	3:35 3:35	12:16 8:41	16:09 3:53	27:59 11:50	41:12 13:13	45:34 4:22	50:38 5:04	57:33 6:55	1:00:19 2:46	1:05:07 4:48	1:06:17 1:10		
10	99955	Cibrán Vázquez Varela A Coruña ARTABROS	1:06:22	3:39 3:39	12:27 8:48	16:17 3:50	28:06 11:49	41:15 13:09	45:38 4:23	50:41 5:03	57:36 6:55	1:00:32 2:56	1:05:21 4:49	1:06:22 1:01		
11	7354	Gabriel Seoane Gon: Culleredo GALLAECI	1:07:37	6:14 6:14	16:30 10:16	24:19 7:49	33:22 9:03	41:12 7:50	45:34 4:22	49:49 4:15	56:30 6:41	1:00:12 3:42	1:06:59 6:47	1:07:37 0:38		
12	99903	Enrique Benjamin Q	1:12:25	8:31 8:31	14:47 6:16	17:44 2:57	26:20 8:36	51:20 25:00	54:43 3:23	56:50 <b>2:07</b>	1:02:17 5:27	1:10:22 8:05	1:11:44 <b>1:22</b>	1:12:25 0:41		
13	6437	Emma Garcia Varela A Coruña BRIGANTIA	1:13:03	6:35 6:35	16:47 10:12	22:55 6:08	30:01 7:06	36:40 6:39	44:35 7:55	54:05 9:30	1:03:12 9:07	1:07:35 4:23	1:11:45 4:10	1:13:03 1:18		
14	7813	Angel Garcia Varela A Coruña BRIGANTIA	1:13:14	6:42 6:42	16:45 10:03	22:36 5:51	30:04 7:28	36:39 6:35	44:27 7:48	54:01 9:34	1:03:14 9:13	1:07:40 4:26	1:11:55 4:15	1:13:14 1:19		
15	99933	Iago Armesto Morug: A Coruña ARTABROS	1:16:21	5:03 5:03	13:47 8:44	20:42 6:55	35:19 14:37	39:17 3:58	45:02 5:45	50:50 5:48	1:02:07 11:17	1:09:02 6:55	1:15:07 6:05	1:16:21 1:14		
16	99932	Eva Seoane Domíng: A Coruña ARTABROS	1:17:13	5:27 5:27	13:49 8:22	21:29 7:40	35:26 13:57	40:14 4:48	46:13 5:59	51:14 5:01	1:03:33 12:19	1:09:57 6:24	1:16:04 6:07	1:17:13 1:09		

Pos	Dorsal	Nombre	Tiempo	Iniciación Corta (42)										Meta		
				1(46)	2(65)	3(33)	4(62)	5(61)	6(63)	7(43)	8(45)	9(56)	10(100)			
						<b>2,5 km</b>	<b>10 C</b>		<i>(cont.)</i>							
17	6228	Fiz Louro Seoane	1:17:14	5:27	13:49	21:15	35:33	40:09	46:05	50:59	1:02:41	1:10:16	1:16:02	1:17:14		
		A Coruña ARTABROS		5:27	8:22	7:26	14:18	4:36	5:56	4:54	11:42	7:35	5:46	1:12		
18	99954	Catuxa Vázquez Beja	1:17:34	5:06	12:25	18:17	25:46	35:26	43:07	50:43	1:03:30	1:08:35	1:16:02	1:17:34		
		A Coruña ARTABROS		5:06	7:19	5:52	7:29	9:40	7:41	7:36	12:47	5:05	7:27	1:32		
19	99956	Laura Bejarano Dom	1:17:43	5:06	12:26	18:27	25:38	35:08	43:21	50:49	1:06:47	1:08:48	1:16:12	1:17:43		
		A Coruña ARTABROS		5:06	7:20	6:01	7:11	9:30	8:13	7:28	15:58	2:01	7:24	1:31		
20	99908	Lara López Vázquez	1:18:49	2:59	16:20	18:04	43:25	51:38	55:18	57:37	1:03:14	1:15:18	1:17:14	1:18:49		
				2:59	13:21	<b>1:44</b>	25:21	8:13	3:40	2:19	5:37	12:04	1:56	1:35		
21	99906	Iria Iglesias Fernand	1:18:51	3:02	16:20	18:15	43:29	51:51	55:23	57:54	1:03:20	1:15:28	1:17:19	1:18:51		
				3:02	13:18	1:55	25:14	8:22	3:32	2:31	<b>5:26</b>	12:08	1:51	1:32		
22	99920	Daniel Roca Uh	1:20:38	5:06	15:03	25:33	37:00	44:03	48:28	55:19	1:06:30	1:13:43	1:19:34	1:20:38		
		A Coruña ARTABROS		5:06	9:57	10:30	11:27	7:03	4:25	6:51	11:11	7:13	5:51	1:04		
23	99930	Miguel Serantes De I	1:20:55	5:14	15:09	25:32	37:10	44:27	48:31	55:29	1:06:33	1:13:38	1:20:06	1:20:55		
		A Coruña ARTABROS		5:14	9:55	10:23	11:38	7:17	4:04	6:58	11:04	7:05	6:28	0:49		
24	99958	Roi González Paris	1:21:00	7:00	15:36	25:29	37:01	44:22	48:23	55:18	1:07:15	1:14:17	1:20:14	1:21:00		
		A Coruña ARTABROS		7:00	8:36	9:53	11:32	7:21	4:01	6:55	11:57	7:02	5:57	0:46		
25	4367	Elia Camblor Bello	1:22:05	8:55	23:39	30:26	40:46	48:50	58:56	1:04:47	1:14:13	1:17:58	1:20:27	1:22:05		
		Betanzos OP BETAN		8:55	14:44	6:47	10:20	8:04	10:06	5:51	9:26	3:45	2:29	1:38		
26	7558	Aine Veira Pereira	1:22:06	8:51	23:46	30:25	40:51	48:41	59:02	1:04:45	1:14:17	1:18:04	1:20:28	1:22:06		
		Betanzos OP BETAN		8:51	14:55	6:39	10:26	7:50	10:21	5:43	9:32	3:47	2:24	1:38		
27	99950	Guzman PiÑeiro Vell	1:23:31	<b>2:41</b>	14:54	18:20	25:01	28:35	43:44	47:12	1:13:30	1:16:38	1:22:42	1:23:31		
				<b>2:41</b>	12:13	3:26	6:41	3:34	15:09	3:28	26:18	3:08	6:04	0:49		
28	7820	Izan Rodriguez Diaz	1:26:28	6:45	20:40	27:49	42:57	51:10	59:38	1:04:35	1:16:54	1:21:20	1:25:22	1:26:28		
		LUGO COMPÁS		6:45	13:55	7:09	15:08	8:13	8:28	4:57	12:19	4:26	4:02	1:06		
29	7821	Roi Rodriguez Diaz	1:26:53	6:58	20:47	27:35	42:59	51:14	59:41	1:04:54	1:16:57	1:21:53	1:26:05	1:26:53		
		LUGO COMPÁS		6:58	13:49	6:48	15:24	8:15	8:27	5:13	12:03	4:56	4:12	0:48		
30	6915	Irea Rodriguez Arias	1:29:51	10:48	23:12	30:39	46:20	55:24	1:03:12	1:09:07	1:20:27	1:25:09	1:29:05	1:29:51		
		Culleredo GALLAECI		10:48	12:24	7:27	15:41	9:04	7:48	5:55	11:20	4:42	3:56	0:46		
31	4448	Inés Peña Álvarez	1:29:52	10:47	23:08	30:17	45:57	55:12	1:02:58	1:08:51	1:20:28	1:25:21	1:28:56	1:29:52		
		Culleredo GALLAECI		10:47	12:21	7:09	15:40	9:15	7:46	5:53	11:37	4:53	3:35	0:56		
32	8445	Izan Balboa Calvo	1:37:20	8:59	23:46	34:47	46:14	1:01:19	1:10:43	1:17:14	1:25:04	1:32:37	1:36:32	1:37:20		
		Barco de Valdeor OL		8:59	14:47	11:01	11:27	15:05	9:24	6:31	7:50	7:33	3:55	0:48		
33	99921	Dario Hortas Castro	1:38:58	6:43	24:30	29:35	35:37	44:41	1:12:07	1:19:30	1:27:25	1:31:27	1:37:40	1:38:58		
				6:43	17:47	5:05	6:02	9:04	27:26	7:23	7:55	4:02	6:13	1:18		
34	99927	Enma Freire Gonzál	1:53:39	10:48	22:10	40:21	57:41	1:09:53	1:19:14	1:27:14	1:40:40	1:47:21	1:51:18	1:53:39	1:51:35	
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				*100												
35	99942	Xabi Freire González	1:54:09	10:47	22:07	40:42	58:01	1:10:05	1:19:16	1:27:48	1:40:15	1:47:15	1:51:21	1:54:09	1:51:33	
		Culleredo GALLAECI		10:47	11:20	18:35	17:19	12:04	9:11	8:32	12:27	7:00	4:06	2:48	*100	
36	7557	Ian Veira Pereira	2:01:56	10:58	27:02	41:12	55:25	1:16:29	1:24:49	1:32:03	1:41:31	1:53:39	2:00:57	2:01:56		
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		99919 Enma Rodil Somoza	1:29:29	1:29:29	1:37:32	1:42:21	1:49:11	1:54:32	1:58:59	2:03:06	2:08:50	2:11:11	2:12:57	2:13:42		
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		99931 Miguel Ángel Serant	en tarj.	5:37	15:24	----	37:10	44:29	49:38	55:25	1:07:37	1:13:58	1:19:51	1:21:07		
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		7613 Mauro Rodríguez Cr	en tarj.	8:53	23:59	35:05	46:13	1:01:31	1:10:38	----	1:25:00	1:32:43	1:36:36	1:37:15		
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		99959 Xan Vázquez Bejaran	Desc.	2:57	17:39	19:38	25:55	39:15	41:14	55:30	1:03:33	1:09:06	1:16:37			
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		99949 David García Otero	Desc.	4:55	12:20	16:07	21:16	28:06	33:01	37:08	43:41	47:03	53:23			
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		7374 Ézaro Caldas Torres	Desc.	9:23	32:38	40:23	51:16	1:00:13	1:06:22	1:11:03	1:23:31	1:27:25	1:29:47			
		A Coruña BRIGANTIA		9:23	23:15	7:45	10:53	8:57	6:09	4:41	12:28	3:54	2:22			
		Iniciación Longa (41)				<b>3,2 km</b>	<b>13 C</b>									
				1(46)	2(57)	3(65)	4(33)	5(62)	6(42)	7(40)	8(61)	9(63)	10(43)	11(58)	12(56)	13(100)
1	99916	Jose Francisco Vida	35:40	2:30	4:12	6:50	8:44	<b>11:17</b>	<b>16:40</b>	20:22	<b>23:24</b>	26:30	28:43	<b>31:12</b>	<b>33:30</b>	<b>34:57</b>
				2:30	<b>1:42</b>	2:38	1:54	2:33	5:23	3:42	3:02	3:06	2:13	2:29	2:18	1:27
2	99911	David Gomez Reque	37:20	2:34	4:58	7:01	9:08	12:37	17:01	<b>20:19</b>	23:49	<b>26:07</b>	28:57	32:04	34:28	36:12
				2:34	2:24	2:03	2:07	3:29	4:24	3:18	3:30	<b>2:18</b>	2:50	3:07	2:24	1:44
3	99910	Cristóbal Cuyar Fon	37:22	2:39	5:03	6:59	9:14	12:34	17:00	20:22	23:44	26:12	28:55	31:57	34:21	36:17
				2:39	2:24	1:56	2:15	3:20	4:26	3:22	3:22	2:28	2:43	3:02	2:24	1:56
4	99943	Xabier Díaz Fernánd	40:28	2:22	7:29	8:48	11:17	14:46	18:31	21:45	27:10	29:45	33:27	35:52	37:32	39:38
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5	99914	Pablo Meijjde	40:58	2:23	4:49	6:39	<b>7:57</b>	12:14	17:15	21:25	23:59	26:50	<b>28:26</b>	36:34	38:27	39:52
				2:23	2:26	1:50	<b>1:18</b>	4:17	5:01	4:10	<b>2:34</b>	2:51	<b>1:36</b>	8:08	1:53	1:25
6	99915	Pablo Gomez	41:03	2:30	4:43	6:46	10:02	12:17	17:01	21:19	24:23	26:54	29:13	36:46	38:43	39:58
				2:30	2:13	2:03	3:16	<b>2:15</b>	4:44	4:18	3:04	2:31	2:19	7:33	1:57	<b>1:15</b>
7	99937	David Cainzos Cagi	43:31	3:13	8:33	11:02	13:28	16:48	21:52	24:48	29:03	32:34	35:01	38:02	40:43	42:33
				3:13	5:20	2:29	2:26	3:20	5:04	2:56	4:15	3:31	2:27	3:01	2:41	1:50
				42:35												
				*100												
7	99938	Virginia Torres Carb	43:31	3:30	8:38	11:05	13:32	16:44	22:04	24:						

Pos	Dorsal	Nombre	Tiempo			<b>3,2 km</b>		<b>13 C</b>		<i>(cont.)</i>							
				1(46)	2(57)	3(65)	4(33)	5(62)	6(42)	7(40)	8(61)	9(63)	10(43)	11(58)	12(56)	13(100)	
<b>10</b>	<b>99904</b>	<b>Alicia Macaya Alonso</b>	<b>48:13</b>	<b>2:07</b>	<b>4:11</b>	<b>6:06</b>	8:03	15:38	20:59	24:42	32:19	35:29	37:45	41:29	44:53	47:40	
				<b>2:07</b>	2:04	1:55	1:57	7:35	5:21	3:43	7:37	3:10	2:16	3:44	3:24	2:47	
<b>11</b>	<b>99925</b>	<b>Mario Castro Porta</b>	<b>51:34</b>	2:57	9:59	12:16	14:54	19:08	26:26	30:09	34:27	37:21	40:30	45:19	48:36	50:33	
				2:57	7:02	2:17	2:38	4:14	7:18	3:43	4:18	2:54	3:09	4:49	3:17	1:57	
<b>12</b>	<b>99926</b>	<b>Alba Tajuelo Ferrer</b>	<b>51:35</b>	3:02	10:09	12:19	15:10	19:06	26:32	30:20	34:44	37:20	40:47	45:15	48:36	50:38	
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					50:44												
					*100												
<b>13</b>	<b>99934</b>	<b>Jorge Freire Fernán</b>	<b>53:33</b>	2:37	10:38	12:33	15:16	19:22	23:45	29:35	35:31	39:46	44:08	47:55	51:23	52:55	
		<b>LUGO FLUVIAL_LUG</b>		2:37	8:01	1:55	2:43	4:06	4:23	5:50	5:56	4:15	4:22	3:47	3:28	1:32	
<b>14</b>	<b>99953</b>	<b>Álvaro Ventura Roza</b>	<b>55:47</b>	7:26	9:26	11:46	13:54	16:46	22:59	30:08	34:24	36:50	38:55	50:37	53:50	55:10	
				7:26	2:00	2:20	2:08	2:52	6:13	7:09	4:16	2:26	2:05	11:42	3:13	1:20	
					55:12												
					*100												
<b>15</b>	<b>99951</b>	<b>Marcos Ventura Roza</b>	<b>55:48</b>	7:26	9:30	11:45	13:56	16:47	23:01	30:04	34:14	36:45	38:46	50:38	53:40	55:07	
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					55:09												
					*100												
<b>16</b>	<b>99947</b>	<b>Pablo Somoza García</b>	<b>56:46</b>	2:37	5:01	7:55	9:57	12:59	18:13	24:47	30:14	36:02	41:27	45:08	52:46	54:59	
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<b>17</b>	<b>99902</b>	<b>Matías Velázquez Go</b>	<b>57:22</b>	4:20	6:52	10:54	14:41	19:39	26:01	30:18	37:12	41:16	45:20	49:15	53:13	56:13	
		<b>A Coruña BRIGANTIA</b>		4:20	2:32	4:02	3:47	4:58	6:22	4:17	6:54	4:04	4:04	3:55	3:58	3:00	
<b>18</b>	<b>99922</b>	<b>Victor M. Casteleiro</b>	<b>1:05:46</b>	4:47	7:22	11:25	15:25	20:29	29:42	35:15	39:22	44:17	47:35	57:24	1:01:03	1:03:32	
				4:47	2:35	4:03	4:00	5:04	9:13	5:33	4:07	4:55	3:18	9:49	3:39	2:29	
<b>19</b>	<b>99923</b>	<b>Javier Bouza Pita</b>	<b>1:05:47</b>	4:47	7:33	11:40	15:30	20:23	29:48	34:55	39:25	44:17	47:40	57:31	1:01:06	1:03:33	
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<b>20</b>	<b>99944</b>	<b>Daniel Ulises Díaz C</b>	<b>1:06:48</b>	2:13	10:17	12:34	15:02	17:46	22:34	25:51	30:26	44:41	48:20	58:21	1:02:11	1:05:59	
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<b>21</b>	<b>7795</b>	<b>Soraya Cuiña Sangría</b>	<b>1:12:17</b>	4:28	8:25	13:21	18:15	25:47	35:49	41:14	48:37	53:46	57:52	1:02:41	1:07:07	1:10:28	
		<b>LUGO COMPÁS</b>		4:28	3:57	4:56	4:54	7:32	10:02	5:25	7:23	5:09	4:06	4:49	4:26	3:21	
<b>22</b>	<b>99900</b>	<b>Mar Valcarcel López</b>	<b>1:17:05</b>	7:15	10:44	15:33	21:17	30:54	40:54	46:38	53:49	58:09	1:01:57	1:07:22	1:11:29	1:15:30	
		<b>LUGO FLUVIAL_LUG</b>		7:15	3:29	4:49	5:44	9:37	10:00	5:44	7:11	4:20	3:48	5:25	4:07	4:01	
<b>23</b>	<b>99935</b>	<b>Dani Piñeiro Villares</b>	<b>1:17:29</b>	5:48	9:02	14:04	18:03	31:52	40:10	45:23	51:08	59:15	1:02:33	1:07:21	1:11:59	1:14:49	
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<b>24</b>	<b>99936</b>	<b>Isabel Silva Domíng</b>	<b>1:17:30</b>	5:54	9:34	14:04	18:11	26:16	40:16	45:33	51:08	59:09	1:02:37	1:07:28	1:12:02	1:14:49	
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<b>25</b>	<b>99948</b>	<b>Carlos Bello Álvarez</b>	<b>1:21:40</b>	2:31	9:35	12:29	14:38	17:34	22:20	45:48	50:32	1:02:33	1:04:43	1:15:44	1:17:21	1:20:47	
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<b>26</b>	<b>99918</b>	<b>Marta Fernandez Fer</b>	<b>1:25:03</b>	3:08	6:06	8:50	12:01	17:53	24:25	29:21	1:01:40	1:06:42	1:10:11	1:19:01	1:22:15	1:24:19	
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<b>27</b>	<b>99941</b>	<b>Elisa Fernández Álva</b>	<b>1:27:33</b>	4:07	8:43	12:00	15:42	20:27	27:38	57:03	1:04:26	1:10:32	1:14:26	1:19:34	1:24:00	1:26:33	
				4:07	4:36	3:17	3:42	4:45	7:11	29:25	7:23	6:06	3:54	5:08	4:26	2:33	
<b>28</b>	<b>99940</b>	<b>Daniel Ferreiro Pres</b>	<b>1:27:34</b>	4:07	8:29	12:05	15:46	20:29	27:19	57:06	1:04:28	1:10:30	1:14:14	1:19:29	1:24:05	1:26:33	
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<b>29</b>	<b>99960</b>	<b>Óscar Portas Bugallo</b>	<b>1:28:21</b>	4:17	20:24	24:56	28:26	32:14	42:33	49:15	56:01	58:59	1:01:41	1:20:32	1:24:33	1:27:19	
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<b>30</b>	<b>99928</b>	<b>María Torres Barreiro</b>	<b>1:28:25</b>	4:13	20:41	24:55	28:26	32:19	42:44	49:31	56:11	59:00	1:01:58	1:20:36	1:24:44	1:27:22	
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<b>31</b>	<b>4523</b>	<b>Francisco José Cam</b>	<b>1:28:44</b>	6:27	12:52	18:28	24:52	31:53	47:31	54:43	1:01:46	1:07:40	1:12:26	1:18:50	1:24:11	1:27:38	
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<b>32</b>	<b>4526</b>	<b>Remedios Durán Per</b>	<b>1:28:45</b>	6:26	13:11	18:29	24:52	31:55	47:41	54:45	1:01:36	1:07:47	1:12:18	1:18:43	1:24:03	1:27:36	
		<b>Barco de Valdeor OL</b>		6:26	6:45	5:18	6:23	7:03	15:46	7:04	6:51	6:11	4:31	6:25	5:20	3:33	
<b>33</b>	<b>99924</b>	<b>Santiago Bellas Carl</b>	<b>1:33:34</b>	5:48	8:56	14:14	20:12	34:42	48:32	55:04	1:05:30	1:11:55	1:15:52	1:22:39	1:28:08	1:31:38	
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<b>33</b>	<b>99929</b>	<b>Alberto Mayan Parcel</b>	<b>1:33:34</b>	5:44	9:01	14:08	20:06	34:43	48:33	59:24	1:05:28	1:11:55	1:16:04	1:22:31	1:28:03	1:31:36	
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<b>35</b>	<b>99905</b>	<b>Miguel Tola Álvarez</b>	<b>1:35:10</b>	2:46	5:21	17:46	19:57	25:55	47:28	51:40	1:11:46	1:14:17	1:17:25	1:29:48	1:32:28	1:34:24	
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		<b>99939</b>	<b>Moises Ratoeira Bas</b>	<b>en tarj.</b>	3:25	5:23	12:32	14:23	----	23:02	35:48	41:43	47:50	50:50	54:49	58:28	1:03:48
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		<b>A Coruña BRIGANTIA</b>		9:26		23:14	7:45	10:53				15:06	4:42		16:20	2:22	
	<b>99912</b>	<b>Susana Rodríguez G</b>	<b>en tarj.</b>	7:36	11:47	18:00	24:27	32:04	1:01:22	1:22:23	1:37:51	1:43:41	1:47:25	----	2:03:59	2:07:54	
				7:36	4:11	6:13	6:27	7:37	29:18	21:01	15:28	5:50	3:44		16:34	3:55	
	<b>99913</b>	<b>Iñaki Ascariz Villar</b>	<b>en tarj.</b>	7:40	12:57	18:14	25:21	32:11	1:01:34	1:22:20	1						

Pos	Dorsal	Nombre	Tiempo													
Masculino 55 (21)						3,6 km	14 C									
				1(31) Meta	2(34)	3(32)	4(38)	5(48)	6(41)	7(39)	8(52)	9(40)	10(59)	11(36)	12(37)	13(45)
1	4404	Rodrigo González R Culleredo GALLAECI	44:28	4:03 4:03 44:28	5:49 1:46	7:05 1:16	10:32 3:27	12:30 1:58	13:44 1:14	18:08 4:24	21:19 3:11	25:51 4:32	34:07 8:16	35:16 1:09	39:39 4:23	41:36 1:57
2	4239	José Antonio Ricoy Pontevedra AROMON	47:07	4:42 4:42 47:07	6:31 1:49	8:07 1:36	12:08 4:01	13:44 1:36	16:58 3:14	23:22 6:24	26:57 3:35	32:15 5:18	36:42 4:27	38:51 2:09	41:28 2:37	44:09 2:41
3	4588	Santiago Amador Ou Porto do Son ADC_A	47:19	4:24 4:24 47:19	5:48 1:24	7:18 1:30	10:45 3:27	13:23 2:38	15:14 1:51	18:41 3:27	21:48 3:07	26:03 4:15	34:59 8:56	38:06 3:07	40:13 2:07	42:20 2:07
4	4544	José Cabaleiro Vila O Porriño BUDIÑOR	49:17	4:17 4:17 49:17	6:09 1:52	8:03 1:54	11:48 3:45	14:15 2:27	15:38 1:23	20:12 4:34	23:10 2:58	35:16 12:06	40:10 4:54	41:48 1:38	44:07 2:19	46:52 2:45
5	4605	Camilo Serantes Mar Porto do Son ADC_A	52:06	4:43 4:43 52:06	6:14 1:31	7:50 1:36	16:49 8:59	18:46 1:57	20:02 1:16	23:37 3:35	28:58 5:21	35:43 6:45	42:30 6:47	44:09 1:39	46:14 2:05	49:54 3:40
6	4210	Gilberto Díaz Falcon Pontevedra AROMON	54:58	4:42 4:42 54:58	7:05 2:23	8:48 1:43	13:50 5:02	15:45 1:55	16:59 1:14	20:48 3:49	25:14 4:26	35:18 10:04	42:21 7:03	44:23 2:02	47:15 2:52	52:12 4:57
7	4399	José Antonio Gil Día Culleredo GALLAECI	58:44	5:17 5:17 58:44	7:15 1:58	9:14 1:59	14:33 5:19	19:53 5:20	21:15 1:22	25:22 4:07	30:08 4:46	36:52 6:44	44:45 7:53	47:37 2:52	49:54 2:17	53:57 4:03
8	4516	Pablo Adrián Aller Barco de Valdeor OL	59:38	6:09 6:09 59:38	9:04 2:55	11:11 2:07	17:04 5:53	20:40 3:36	22:44 2:04	25:54 3:10	30:46 4:52	38:19 7:33	45:12 6:53	48:16 3:04	50:41 2:25	53:40 2:59
9	4609	Jorge Victorero Rey Porto do Son ADC_A	1:00:57	5:11 5:11 1:00:57	6:59 1:48	8:38 1:39	15:02 6:24	17:48 2:46	21:43 3:55	26:54 5:11	36:03 9:09	42:10 6:07	49:33 7:23	52:10 2:37	55:02 2:52	57:25 2:23
10	4567	Javier Antoñón Clem Porto do Son ADC_A	1:02:15	8:27 8:27 1:02:15	10:32 2:05	12:22 1:50	24:03 11:41	26:21 2:18	28:11 1:50	34:42 6:31	38:53 4:11	44:37 5:44	50:25 5:48	53:00 2:35	55:30 2:30	58:00 2:30
11	4443	Rafael Pazos Miser Culleredo GALLAECI	1:07:26	5:50 5:50 1:07:26	12:50 7:00	15:04 2:14	20:42 5:38	24:54 4:12	27:36 2:42	34:04 6:28	39:12 5:08	45:33 6:21	55:03 9:30	57:59 2:56	1:01:18 3:19	1:04:04 2:46
12	4289	Jesus Santos Iglesia A Coruña ARTABROS	1:10:21	6:30 6:30 1:10:21	8:27 1:57	13:36 5:09	20:12 6:36	24:46 4:34	27:22 2:36	35:50 8:28	42:02 6:12	48:32 6:30	56:20 7:48	59:34 3:14	1:02:45 3:11	1:06:22 3:37
13	4378	Santiago Criado Car Culleredo GALLAECI	1:10:24	5:24 5:24 1:10:24	7:04 1:40	8:32 1:28	27:15 18:43	29:48 2:33	31:15 1:27	38:04 6:49	41:43 3:39	47:38 5:55	53:49 6:11	55:40 1:51	57:52 2:12	1:07:25 9:33
14	4529	Javier Rodriguez Sa Barco de Valdeor OL	1:14:52	4:35 4:35 1:14:52	6:56 2:21	8:33 1:37	12:54 4:21	17:10 4:16	18:59 1:49	23:41 4:42	26:39 2:58	51:15 24:36	58:53 7:38	1:00:32 1:39	1:03:54 3:22	1:08:44 4:50
15	4288	Juan Jose Roibas Ya A Coruña ARTABROS	1:18:02	5:27 5:27 1:18:02	8:19 2:52	10:45 2:26	24:20 13:35	29:51 5:31	33:13 3:22	39:06 5:53	44:57 5:51	52:32 7:35	1:02:51 10:19	1:06:14 3:23	1:09:06 2:52	1:13:16 4:10
16	4331	Carles Abad Vives Vigo U-VIGO	1:21:03	6:11 6:11 1:21:03	11:22 5:11	13:40 2:18	19:23 5:43	23:29 4:06	32:38 9:09	38:43 6:05	46:55 8:12	54:18 7:23	1:06:06 11:48	1:09:21 3:15	1:12:24 3:03	1:16:44 4:20
17	4271	Jose Miguel López P A Coruña ARTABROS	1:42:36	10:33 10:33 1:42:36	14:06 3:33	17:19 3:13	25:13 7:54	30:10 4:57	32:55 2:45	40:21 7:26	50:26 10:05	1:05:07 14:41	1:19:19 14:12	1:24:03 4:44	1:29:13 5:10	1:35:37 6:24
	4671	Gabriel Rodríguez G A Coruña BRIGANTIA	en tarj.	6:24 6:24 58:52	10:34 4:10	12:09 1:35	---- 16:18	20:58 8:49	21:59 1:01	26:19 4:20	30:54 4:35	38:23 7:29	48:01 9:38	50:24 2:23	52:57 2:33	55:58 3:01
	4337	Enrique Fuertes Gor Vigo U-VIGO	en tarj.	5:03 5:03 1:00:53	8:54 3:51	10:31 1:37	19:49 9:18	22:15 2:26	25:39 3:24	31:29 5:50	35:08 3:39	40:27 5:19	----	47:10 6:43	54:07 6:57	56:45 2:38

Pos	Dorsal	Nombre	Tiempo												
<b>Masculino 55 (21)</b>					<b>3,6 km</b>		<b>14 C</b>			<i>(cont.)</i>					
			1(31) Meta	2(34)	3(32)	4(38)	5(48)	6(41)	7(39)	8(52)	9(40)	10(59)	11(36)	12(37)	13(45)
	4223	Eduardo Iglesias Pe Pontevedra AROMON	13:39 13:39 1:26:38 1:36	15:43 2:04	17:30 1:47	24:19 6:49	27:37 3:18	29:02 1:25	33:20 4:18	----	----	----	----	----	----
	4403	José Manuel Gonzál Culleredo GALLAECI	No sale												
<b>Feminino 55 (9)</b>					<b>3,6 km</b>		<b>14 C</b>								
			1(31) Meta	2(34)	3(32)	4(38)	5(48)	6(41)	7(39)	8(52)	9(40)	10(59)	11(36)	12(37)	13(45)
1	4508	Rosa Mª Pernas Mart Santiago de Comp U	1:04:27 6:05 6:05 1:04:27 0:57	8:27 2:22	10:54 2:27	17:54 7:00	20:55 3:01	23:21 2:26	28:08 4:47	34:10 6:02	42:14 8:04	50:41 8:27	53:41 3:00	57:17 3:36	1:00:36 3:19
2	4503	Margarita Balboa Ba Santiago de Comp U	1:16:10 5:59 5:59 1:16:10 0:52	9:31 3:32	11:42 2:11	18:55 7:13	22:28 3:33	23:57 1:29	28:41 4:44	42:54 14:13	52:13 9:19	1:00:51 8:38	1:03:39 2:48	1:08:13 4:34	1:11:31 3:18
3	4250	María Luisa Sanchez Pontevedra AROMON	1:18:41 8:07 8:07 1:18:41 0:52	14:32 6:25	17:08 2:36	25:03 7:55	28:21 3:18	30:23 2:02	35:47 5:24	42:46 6:59	50:42 7:56	1:00:24 9:42	1:03:37 3:13	1:06:40 3:03	1:13:58 7:18
4	4351	Mª Isabel Saco Ferná Vigo U-VIGO	1:27:53 8:13 8:13 1:27:53 0:54	16:26 8:13	18:42 2:16	31:33 12:51	35:59 4:26	39:00 3:01	45:38 6:38	52:35 6:57	1:00:19 7:44	1:09:12 8:53	1:12:13 3:01	1:15:39 3:26	1:18:58 3:19
5	4211	Yolanda Díaz Rodríg Pontevedra AROMON	1:37:47 9:15 9:15 1:37:47 1:01	12:20 3:05	14:51 2:31	21:52 7:01	25:14 3:22	29:49 4:35	38:08 8:19	45:43 7:35	1:01:51 16:08	1:16:08 14:17	1:19:16 3:08	1:27:27 8:11	1:31:38 4:11
6	4388	María Fernández Sar Culleredo GALLAECI	1:48:12 13:41 13:41 1:48:12 1:18	17:14 3:33	20:06 2:52	29:46 9:40	34:36 4:50	37:22 2:46	47:33 10:11	54:29 6:56	1:11:58 17:29	1:28:45 16:47	1:32:27 3:42	1:38:02 5:35	1:42:22 4:20
	4594	María Del Pilar Pérez Porto do Son ADC_A	28:53 28:53 1:39:58 1:06:01	31:28 2:35	33:57 2:29	----	----	----	----	----	----	----	----	----	----
	4279	Beatriz Pedrares Fer A Coruña ARTABROS	No sale												
	4476	Teresa Silvarrey Red Culleredo GALLAECI	No sale												
<b>Masculino 45 NC (1)</b>					<b>5,0 km</b>		<b>16 C</b>								
			1(32) 15(58)	2(31) 16(100)	3(34) Meta	4(37)	5(40)	6(39)	7(51)	8(68)	9(54)	10(49)	11(50)	12(60)	13(47)
1	3943	Javier Barja Alvarez Xinzo de Limia LIMIA	1:13:18 6:05 6:05 1:09:54 3:43	7:52 1:47	10:05 2:13	14:22 4:17	18:16 3:54	25:49 7:33	29:58 4:09	36:11 6:13	39:13 3:02	41:58 2:45	46:54 4:56	53:33 6:39	1:00:33 7:00
<b>Masculino 65 (5)</b>					<b>3,3 km</b>		<b>14 C</b>								
			1(57) Meta	2(34)	3(32)	4(66)	5(48)	6(40)	7(42)	8(39)	9(47)	10(59)	11(36)	12(37)	13(45)
1	4771	José Ramón Bugallo A Coruña LICEO	59:25 5:20 5:20 59:25 0:56	9:16 3:56	11:32 2:16	18:50 7:18	22:22 3:32	24:12 1:50	28:41 4:29	33:27 4:46	36:31 3:04	44:31 8:00	47:26 2:55	51:07 3:41	53:52 2:45
2	4273	Alfonso Mancera Bel A Coruña ARTABROS	1:01:19 5:05 5:05 1:01:19 1:06	6:59 1:54	8:51 1:52	14:03 5:12	16:54 2:51	19:22 2:28	22:38 3:16	26:25 3:47	30:59 4:34	37:36 6:37	40:10 2:34	43:12 3:02	48:01 4:49
3	8455	José Antonio García Culleredo GALLAECI	1:01:23 4:44 4:44 1:01:23 0:42	9:10 4:26	10:48 1:38	15:55 5:07	21:55 6:00	23:24 1:29	25:25 2:01	34:29 9:04	39:44 5:15	46:09 6:25	50:06 3:57	53:48 3:42	55:54 2:06
4	4373	Juan Carlos Carball Culleredo GALLAECI	1:07:15 7:33 7:33 1:07:15 0:53	9:53 2:20	12:33 2:40	18:31 5:58	28:12 9:41	30:43 2:31	35:13 4:30	39:22 4:09	43:37 4:15	53:18 9:41	56:46 3:28	1:00:02 3:16	1:03:05 3:03
5	7812	Antonio Jesús Roibá A Coruña ARTABROS	1:31:31 6:27 6:27 1:31:31 1:25	10:10 3:43	12:47 2:37	34:18 21:31	40:23 6:05	43:52 3:29	52:47 8:55	56:40 3:53	1:00:19 3:39	1:08:09 7:50	1:10:43 2:34	1:13:26 2:43	1:17:47 4:21

