

Pos	Dorsal	Nombre	Tiempo												
Feminino 12 (3)			3,6 km	80 m	10 C										
				1(38)	2(40)	3(34)	4(41)	5(33)	6(39)	7(36)	8(31)	9(37)	10(200)	Meta	
1	4457	Vega Ramos Rayón	1:12:25	8:53	24:10	33:26	39:56	47:01	50:43	1:05:57	1:08:08	1:10:47	1:11:56	1:12:25	
		Culleredo GALLAECIA_RAID		8:53	15:17	9:16	6:30	7:05	3:42	15:14	2:11	2:39	1:09	0:29	
2	6914	Uxía Rodríguez Arias	1:27:18	10:32	14:07	38:25	51:14	55:54	1:00:15	1:16:22	1:19:44	1:25:45	1:26:42	1:27:18	
		Culleredo GALLAECIA_RAID		10:32	3:35	24:18	12:49	4:40	4:21	16:07	3:22	6:01	0:57	0:36	
	4367	Elia Camblor Bello	r en tarj.	41:59	46:40	56:42	1:29:34	1:34:19	1:42:00	-----	-----	-----	-----	36:59	
		Betanzos OP BETANZOS		41:59	4:41	10:02	32:52	4:45	7:41					*85	
Feminino 14 (5)			4,3 km	90 m	10 C										
				1(49)	2(45)	3(38)	4(36)	5(34)	6(50)	7(36)	8(48)	9(37)	10(200)	Meta	
1	4354	Noa Albarran Oroza	42:47	5:37	10:00	13:20	16:10	21:39	28:35	36:06	38:48	41:15	42:18	42:47	
		Culleredo GALLAECIA_RAID		5:37	4:23	3:20	2:50	5:29	6:56	7:31	2:42	2:27	1:03	0:29	
2	4350	Blanca Rodríguez Loira	45:58	6:42	13:07	16:21	19:07	24:57	32:02	39:24	41:57	44:06	45:24	45:58	
		Vigo U-VIGO		6:42	6:25	3:14	2:46	5:50	7:05	7:22	2:33	2:09	1:18	0:34	
3	4291	Elba Sevilla Poncela	51:47	5:41	10:02	17:26	22:17	26:36	37:56	45:18	48:10	50:10	51:16	51:47	
		A Coruña ARTABROS		5:41	4:21	7:24	4:51	4:19	11:20	7:22	2:52	2:00	1:06	0:31	
4	4253	Noa Varela Pérez	58:57	8:03	14:01	19:10	23:46	31:28	39:12	49:39	54:06	57:35	58:26	58:57	
		Nigrán RAZA PALLEIRA		8:03	5:58	5:09	4:36	7:42	7:44	10:27	4:27	3:29	0:51	0:31	
5	4458	Zoe Ramos Rayón	1:21:04	9:58	17:31	23:14	30:54	37:31	57:16	1:10:49	1:15:12	1:18:43	1:20:01	1:21:04	
		Culleredo GALLAECIA_RAID		9:58	7:33	5:43	7:40	6:37	19:45	13:33	4:23	3:31	1:18	1:03	
Feminino 16 (3)			4,8 km	95 m	11 C										
				1(76)	2(77)	3(78)	4(56)	5(71)	6(79)	7(67)	8(48)	9(70)	10(37)	11(200)	Meta
1	4262	Emma Chase Trueba	1:42:08	4:43	17:19	21:08	27:01	27:59	1:04:37	1:31:35	1:35:46	1:38:52	1:40:33	1:41:23	1:42:08
		A Coruña ARTABROS		4:43	12:36	3:49	5:53	0:58	36:38	26:58	4:11	3:06	1:41	0:50	0:45
2	4396	Sara Garcia Castro	1:55:04	4:18	21:12	26:46	1:15:10	1:15:40	1:28:58	1:45:51	1:49:44	1:51:50	1:53:34	1:54:31	1:55:04
		Culleredo GALLAECIA_RAID		4:18	16:54	5:34	48:24	0:30	13:18	16:53	3:53	2:06	1:44	0:57	0:33
	4341	Maria Pastoriza Cordero	No sale												
		Vigo U-VIGO													
Feminino 18 (7)			5,8 km	125 m	11 C										
				1(42)	2(45)	3(53)	4(54)	5(59)	6(77)	7(67)	8(69)	9(36)	10(31)	11(200)	Meta
1	4353	Jana Albarran Oroza	1:05:39	2:47	6:11	24:29	26:28	33:16	37:39	55:12	57:44	1:02:04	1:03:19	1:05:11	1:05:39
		Culleredo GALLAECIA_RAID		2:47	3:24	18:18	1:59	6:48	4:23	17:33	2:32	4:20	1:15	1:52	0:28

Pos	Dorsal	Nombre	Tiempo												
Feminino 18 (7)				5,8 km 125 m	11 C			(cont.)							
				1(42)	2(45)	3(53)	4(54)	5(59)	6(77)	7(67)	8(69)	9(36)	10(31)	11(200)	Meta
2	4356	Daniela Albarran Oroza	1:12:39	3:56	9:44	27:01	35:58	44:13	47:29	1:02:04	1:04:54	1:08:50	1:10:02	1:12:01	1:12:39
		Culleredo GALLAECIA RAID		3:56	5:48	17:17	8:57	8:15	3:16	14:35	2:50	3:56	1:12	1:59	0:38
3	4241	Sira Rodríguez Díaz	1:14:09	2:22	6:00	15:24	20:42	47:22	49:46	1:05:23	1:07:51	1:10:52	1:12:05	1:13:32	1:14:09
		Pontevedra AROMON		2:22	3:38	9:24	5:18	26:40	2:24	15:37	2:28	3:01	1:13	1:27	0:37
4	4799	Andrea García Díaz	1:16:15	3:25	8:35	23:42	27:02	37:54	42:57	1:03:19	1:06:48	1:11:30	1:13:13	1:15:43	1:16:15
		LUGO COMPÁS		3:25	5:10	15:07	3:20	10:52	5:03	20:22	3:29	4:42	1:43	2:30	0:32
	4826	Aixa Domínguez Rodas	r en tarj.	5:45	14:54	43:57	49:08	1:18:28	1:24:42	-----	-----	1:45:55	1:48:58	1:55:06	1:56:27
		Nigrán RAZA PALLEIRA		5:45	9:09	29:03	5:11	29:20	6:14			21:13	3:03	6:08	1:21
	4816	Lia Rodríguez Sobrado	bandona	3:21	10:01	30:01	36:21	53:40	59:10	-----	-----	-----	-----	-----	
		LUGO COMPÁS		3:21	6:40	20:00	6:20	17:19	5:30						
	4805	Estrella Lamela Belver	No sale												
		LUGO COMPÁS													
Feminino 21 (10)				6,5 km 175 m	12 C										
				1(76)	2(80)	3(62)	4(82)	5(74)	6(58)	7(59)	8(65)	9(83)	10(69)	11(31)	12(200) Meta
1	4384	Alba Dopico Golpe	1:25:27	2:50	7:28	20:25	36:21	41:57	51:23	1:10:32	1:13:33	1:18:47	1:22:53	1:24:47	1:25:27
		Culleredo GALLAECIA RAID		2:50	4:38	12:57	15:56	5:36	9:26	4:08	15:01	3:01	5:14	4:06	1:54 0:40
2	6836	Sainza Barroso Dominguez	1:57:44	3:52	9:47	29:02	43:09	49:08	1:06:17	1:15:20	1:33:44	1:37:33	1:49:09	1:54:15	1:57:06 1:57:44
		Pontevedra AROMON		3:52	5:55	19:15	14:07	5:59	17:09	9:03	18:24	3:49	11:36	5:06	2:51 0:38
3	4268	Carlota Garcia Lopez	2:07:55	3:45	12:09	35:43	54:39	1:01:04	1:14:13	1:21:03	1:43:02	1:50:10	1:57:31	2:03:44	2:07:11 2:07:55
		A Coruña ARTABROS		3:45	8:24	23:34	18:56	6:25	13:09	6:50	21:59	7:08	7:21	6:13	3:27 0:44
4	4416	Silvia López López	2:08:51	3:55	12:47	30:08	55:02	1:00:52	1:11:08	1:19:11	1:42:56	1:53:42	1:59:58	2:05:13	2:08:05 2:08:51
		Culleredo GALLAECIA RAID		3:55	8:52	17:21	24:54	5:50	10:16	8:03	23:45	10:46	6:16	5:15	2:52 0:46
5	8618	Andrea Moledo García	2:43:14	7:06	12:21	38:27	1:20:50	1:27:02	1:36:36	1:42:43	1:58:42	2:26:46	2:32:54	2:40:44	2:42:39 2:43:14
		Pontevedra AROMON		7:06	5:15	26:06	42:23	6:12	9:34	6:07	15:59	28:04	6:08	7:50	1:55 0:35
	7461	Nerea Loira Camiña	ft	4:42	10:46	31:57	1:04:47	1:21:08	1:55:28	2:00:07	2:16:16	2:19:50	2:26:56	2:57:13	3:00:08 3:00:39
		Nigrán RAZA PALLEIRA		4:42	6:04	21:11	32:50	16:21	34:20	4:39	16:09	3:34	7:06	30:17	2:55 0:31
	8410	Alba María Barros Fonte	ft	11:10	21:18	46:10	1:09:54	1:29:30	2:03:38	2:08:07	2:24:26	2:27:53	2:35:08	3:05:44	3:08:19 3:09:01
		Pontedeume MONTBREAMO		11:10	10:08	24:52	23:44	19:36	34:08	4:29	16:19	3:27	7:15	30:36	2:35 0:42
	8454	Mayra Martínez García	ft	4:07	9:52	41:12	1:16:40	1:23:46	1:32:20	2:12:04	2:28:16	2:31:51	2:38:52	3:09:41	3:12:17 3:13:00
		Barco de Valdeor OURO		4:07	5:45	31:20	35:28	7:06	8:34	39:44	16:12	3:35	7:01	30:49	2:36 0:43
	7995	Cristina Anguila Regueiro	bandona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		Madrid GOCAN													
	4346	Julia Pérez Álvarez	No sale												

2:02:12
*36

Pos	Dorsal	Nombre	Tiempo														
Feminino 21 (10)			6,5 km	175 m	12 C			(cont.)									
			1(76)	2(80)	3(62)	4(82)	5(74)	6(58)	7(59)	8(65)	9(83)	10(69)	11(31)	12(200)	Meta		
Vigo U-VIGO																	
Feminino 35 (16)			6,6 km	175 m	13 C												
			1(76)	2(85)	3(87)	4(53)	5(55)	6(56)	7(60)	8(57)	9(77)	10(32)	11(65)	12(90)	13(200)	Meta	
1	4236	Alicia Pérez Alonso	1:10:17	2:52	5:55	17:48	19:14	23:35	37:17	40:53	49:03	53:44	1:02:20	1:04:40	1:07:36	1:09:39	1:10:17
		Nigrán RAZA PALLEIRA		2:52	3:03	11:53	1:26	4:21	13:42	3:36	8:10	4:41	8:36	2:20	2:56	2:03	0:38
2	4257	Carla Veiga García	1:18:37	2:57	9:00	24:09	26:21	31:39	45:18	48:43	57:04	1:00:26	1:10:26	1:12:47	1:15:48	1:18:00	1:18:37
		Pontevedra AROMON		2:57	6:03	15:09	2:12	5:18	13:39	3:25	8:21	3:22	10:00	2:21	3:01	2:12	0:37
3	4678	Ana Varela Yáñez	1:22:49	2:44	9:53	21:14	23:31	27:47	52:01	55:27	1:01:52	1:04:49	1:13:15	1:15:14	1:18:39	1:22:08	1:22:49
		A Coruña BRIGANTIA		2:44	7:09	11:21	2:17	4:16	24:14	3:26	6:25	2:57	8:26	1:59	3:25	3:29	0:41
4	4776	Iria Garea García	1:34:03	3:11	15:25	28:10	29:56	35:17	49:56	53:43	1:09:29	1:14:17	1:24:52	1:27:21	1:30:49	1:33:21	1:34:03
		A Coruña LICEO		3:11	12:14	12:45	1:46	5:21	14:39	3:47	15:46	4:48	10:35	2:29	3:28	2:32	0:42
5	4472	Silvia Seoane Rodríguez	1:34:14	2:51	6:31	20:05	25:13	29:34	1:00:29	1:04:08	1:10:27	1:15:19	1:25:03	1:27:45	1:31:26	1:33:44	1:34:14
		Culleredo GALLAECIA RAID		2:51	3:40	13:34	5:08	4:21	30:55	3:39	6:19	4:52	9:44	2:42	3:41	2:18	0:30
6	4322	M. José Pérez González	1:37:59	5:00	8:49	28:04	30:16	36:47	55:16	59:46	1:07:37	1:12:30	1:25:33	1:28:16	1:34:06	1:37:07	1:37:59
		LUGO FLUVIAL_LUGO		5:00	3:49	19:15	2:12	6:31	18:29	4:30	7:51	4:53	13:03	2:43	5:50	3:01	0:52
7	4342	Isabel Pastoriza Santos	1:44:59	4:03	7:22	21:40	23:18	29:51	1:01:21	1:05:06	1:12:11	1:15:47	1:25:51	1:28:27	1:41:17	1:44:25	1:44:59
		Vigo U-VIGO		4:03	3:19	14:18	1:38	6:33	31:30	3:45	7:05	3:36	10:04	2:36	12:50	3:08	0:34
8	4300	Eva Corral Prado	1:46:30	3:35	6:55	27:10	29:46	36:43	1:00:55	1:07:46	1:16:33	1:22:22	1:35:00	1:38:34	1:42:36	1:45:45	1:46:30
		LUGO FLUVIAL_LUGO		3:35	3:20	20:15	2:36	6:57	24:12	6:51	8:47	5:49	12:38	3:34	4:02	3:09	0:45
9	4456	Goretti Ramos Morado	2:05:45	4:31	12:55	35:09	40:50	50:01	1:17:39	1:24:03	1:30:30	1:40:45	1:55:09	1:57:36	2:01:38	2:05:09	2:05:45
		Culleredo GALLAECIA RAID		4:31	8:24	22:14	5:41	9:11	27:38	6:24	6:27	10:15	14:24	2:27	4:02	3:31	0:36
10	7597	Tania Fernández Díaz	2:14:10	4:32	10:10	30:45	33:11	40:32	1:12:56	1:18:28	1:32:51	1:42:29	1:56:57	2:00:50	2:09:31	2:12:53	2:14:10
		Pontevedra AROMON		4:32	5:38	20:35	2:26	7:21	32:24	5:32	14:23	9:38	14:28	3:53	8:41	3:22	1:17
11	4585	Susana Míguez Sampedro	2:15:06	3:15	6:31	24:31	34:56	47:16	1:34:52	1:40:05	1:46:45	1:51:57	2:02:34	2:04:42	2:11:51	2:14:30	2:15:06
		Porto do Son ADC_ARNELA		3:15	3:16	18:00	10:25	12:20	47:36	5:13	6:40	5:12	10:37	2:08	7:09	2:39	0:36
12	8494	Elsa Castrillo González	2:18:42	7:17	11:43	26:55	31:58	38:16	1:02:57	1:15:52	1:23:15	1:56:34	2:07:45	2:09:52	2:15:02	2:17:51	2:18:42
		Pontevedra AROMON		7:17	4:26	15:12	5:03	6:18	24:41	12:55	7:23	33:19	11:11	2:07	5:10	2:49	0:51
13	8403	Ana Arias Méndez	2:30:00	3:01	6:52	50:46	59:41	1:05:08	1:38:12	1:43:39	1:58:33	2:03:51	2:16:28	2:19:39	2:23:43	2:28:52	2:30:00
		Culleredo GALLAECIA RAID		3:01	3:51	43:54	8:55	5:27	33:04	5:27	14:54	5:18	12:37	3:11	4:04	5:09	1:08
14	4489	Barbara Del Puerto Lopez	2:34:25	4:44	11:49	34:47	49:09	57:51	1:22:12	1:28:46	1:37:39	1:43:28	1:59:19	2:03:13	2:29:01	2:33:01	2:34:25
		Ordes SEO		4:44	7:05	22:58	14:22	8:42	24:21	6:34	8:53	5:49	15:51	3:54	25:48	4:00	1:24
15	4330	Cristina Zolle Fernández	2:44:43	5:13	12:06	38:16	41:45	51:54	1:46:41	1:53:28	2:04:33	2:14:43	2:31:11	2:34:40	2:38:55	2:43:13	2:44:43
		LUGO FLUVIAL_LUGO		5:13	6:53	26:10	3:29	10:09	54:47	6:47	11:05	10:10	16:28	3:29	4:15	4:18	1:30

1:14:53
*36

1:30:32
*36

1:03:59
*72

33:33
*54

2:00:18
*36

38:14
*54

Pos	Dorsal	Nombre	Tiempo															
Feminino 35 (16)			6,6 km	175 m	13 C			(cont.)										
				1(76)	2(85)	3(87)	4(53)	5(55)	6(56)	7(60)	8(57)	9(77)	10(32)	11(65)	12(90)	13(200)	Meta	
	4453	Iria Pico Martínez	r en tarj.	9:33	36:06	53:09	54:50	59:35	-----	-----	-----	1:11:14	1:20:57	1:23:18	1:26:12	1:28:44	1:29:34	1:25:20
		Culleredo GALLAECIA_RAID		9:33	26:33	17:03	1:41	4:45				11:39	9:43	2:21	2:54	2:32	0:50	*36
Feminino 45 (18)			5,9 km	165 m	12 C													
				1(84)	2(42)	3(80)	4(82)	5(88)	6(74)	7(50)	8(35)	9(65)	10(90)	11(70)	12(200)	Meta		
1	4803	Concepción González Bello	1:10:50	4:50	8:41	11:47	33:32	36:37	38:02	52:02	58:20	1:04:17	1:08:14	1:09:04	1:10:18	1:10:50		
		LUGO COMPÁS		4:50	3:51	3:06	21:45	3:05	1:25	14:00	6:18	5:57	3:57	0:50	1:14	0:32		
2	4452	Lucia Peteiro Couceiro	1:24:08	4:19	8:51	13:42	39:15	43:08	44:40	1:02:32	1:07:55	1:15:38	1:20:28	1:21:41	1:23:30	1:24:08		
		Culleredo GALLAECIA_RAID		4:19	4:32	4:51	25:33	3:53	1:32	17:52	5:23	7:43	4:50	1:13	1:49	0:38		
3	4335	Begoña Crespo Quindós	1:34:41	3:56	9:14	13:32	39:53	43:23	44:40	1:10:36	1:16:07	1:27:57	1:31:26	1:32:24	1:34:03	1:34:41		
		Vigo U-VIGO		3:56	5:18	4:18	26:21	3:30	1:17	25:56	5:31	11:50	3:29	0:58	1:39	0:38		
4	4332	Olimpia Alvarez Castro	1:44:20	5:31	11:12	16:31	46:42	51:52	54:37	1:20:21	1:27:16	1:36:40	1:40:27	1:41:44	1:43:37	1:44:20		
		Vigo U-VIGO		5:31	5:41	5:19	30:11	5:10	2:45	25:44	6:55	9:24	3:47	1:17	1:53	0:43		
5	4340	Ana Iglesias Junzalvos	1:45:04	7:36	11:44	15:55	40:51	44:53	46:36	1:18:49	1:28:17	1:36:33	1:41:24	1:42:38	1:44:24	1:45:04	1:40:05	
		Vigo U-VIGO		7:36	4:08	4:11	24:56	4:02	1:43	32:13	9:28	8:16	4:51	1:14	1:46	0:40	*36	
6	4212	Ana Mª Dios González	1:46:11	3:38	8:44	14:00	40:59	50:04	54:03	1:16:21	1:21:55	1:37:19	1:42:31	1:43:41	1:45:23	1:46:11		
		Pontevedra AROMON		3:38	5:06	5:16	26:59	9:05	3:59	22:18	5:34	15:24	5:12	1:10	1:42	0:48		
7	4612	María Esther Barreira Vazquez	1:46:35	3:31	7:29	11:45	54:28	56:34	1:01:03	1:19:34	1:24:03	1:34:23	1:43:51	1:44:36	1:46:05	1:46:35	1:37:36	
		Betanzos OP BETANZOS		3:31	3:58	4:16	42:43	2:06	4:29	18:31	4:29	10:20	9:28	0:45	1:29	0:30	*36	
8	6837	Rocio Lores Romay	1:48:28	9:28	15:15	20:36	49:05	53:15	55:06	1:20:01	1:26:36	1:35:43	1:42:49	1:45:34	1:47:35	1:48:28		
		Nigrán RAZA PALLEIRA		9:28	5:47	5:21	28:29	4:10	1:51	24:55	6:35	9:07	7:06	2:45	2:01	0:53		
9	4818	María Josefa Sánchez Marín	1:48:48	4:12	9:00	18:09	45:54	49:28	51:16	1:17:47	1:23:29	1:40:30	1:44:54	1:46:03	1:48:05	1:48:48		
		LUGO COMPÁS		4:12	4:48	9:09	27:45	3:34	1:48	26:31	5:42	17:01	4:24	1:09	2:02	0:43		
10	4798	Diana Ferrer Vidal	2:03:52	7:16	12:27	16:31	45:19	50:55	54:46	1:36:39	1:43:16	1:53:40	1:58:45	2:00:04	2:02:33	2:03:52		
		LUGO COMPÁS		7:16	5:11	4:04	28:48	5:36	3:51	41:53	6:37	10:24	5:05	1:19	2:29	1:19		
11	4362	Irene Baspino Fernández	2:20:33	5:25	12:41	18:26	47:08	51:12	54:01	1:59:19	2:03:45	2:12:36	2:16:39	2:17:36	2:19:58	2:20:33		
		Culleredo GALLAECIA_RAID		5:25	7:16	5:45	28:42	4:04	2:49	1:05:18	4:26	8:51	4:03	0:57	2:22	0:35		
12	4460	Paloma Rayón Fernández	2:40:01	6:59	13:56	19:35	1:11:57	1:17:19	1:19:52	2:04:06	2:13:27	2:25:56	2:35:52	2:37:12	2:39:33	2:40:01	2:30:22	
		Culleredo GALLAECIA_RAID		6:59	6:57	5:39	52:22	5:22	2:33	44:14	9:21	12:29	9:56	1:20	2:21	0:28	*36	
13	4480	Mamen Souto González	2:53:11	8:10	19:07	30:23	1:07:49	1:14:21	1:18:03	2:05:44	2:19:42	2:29:46	2:45:36	2:50:14	2:52:35	2:53:11		
		Culleredo GALLAECIA_RAID		8:10	10:57	11:16	37:26	6:32	3:42	47:41	13:58	10:04	15:50	4:38	2:21	0:36		
14	6889	Noemi Díaz Vazquez	2:57:07	12:07	23:03	34:17	1:11:27	1:18:16	1:21:57	2:09:39	2:22:06	2:33:42	2:49:28	2:54:02	2:56:31	2:57:07		
		LUGO COMPÁS		12:07	10:56	11:14	37:10	6:49	3:41	47:42	12:27	11:36	15:46	4:34	2:29	0:36		
	4203	Sonia Mª Arias Lima	r en tarj.	3:47	8:36	13:09	38:38	42:14	43:33	1:06:14	1:10:06	1:18:57	-----	1:25:02	1:27:05	1:27:47	1:21:36	
		Pontevedra AROMON		3:47	4:49	4:33	25:29	3:36	1:19	22:41	3:52	8:51		6:05	2:03	0:42	*36	

Pos	Dorsal	Nombre	Tiempo																	
Feminino 45 (18)				5,9 km	165 m	12 C				(cont.)										
				1(84)	2(42)	3(80)	4(82)	5(88)	6(74)	7(50)	8(35)	9(65)	10(90)	11(70)	12(200)	Meta				
	4304	Gloria Fernández Fernández	r en tarj.	7:46	15:39	24:27	1:15:03	1:21:34	1:24:16	2:23:17	2:36:03	2:53:23	-----	-----	3:03:34	3:05:06				
		LUGO FLUVIAL_LUGO		7:46	7:53	8:48	50:36	6:31	2:42	59:01	12:46	17:20			10:11	1:32				
	4802	Sonia Gómez Naya	andona	3:28	7:18	15:59	33:29	36:34	37:55	-----	-----	-----	-----	1:50:25	1:54:41	1:55:49				
		LUGO COMPÁS		3:28	3:50	8:41	17:30	3:05	1:21					1:12:30	4:16	1:08				
	4421	Victoria López Permuy	No sale																	
		Culleredo GALLAECIA_RAID																		
Feminino Senior (9)				9,2 km	220 m	16 C														
				1(52)	2(49)	3(87)	4(54)	5(55)	6(71)	7(72)	8(73)	9(74)	10(75)	11(58)	12(59)	13(65)	14(48)	15(70)	16(200)	Meta
1	4205	Teresa Bellón Santos	1:28:33	4:23	6:15	16:59	20:58	22:50	33:39	36:26	41:22	54:38	1:01:37	1:05:08	1:08:29	1:21:59	1:25:28	1:26:43	1:27:59	1:28:33
		Pontevedra AROMON		4:23	1:52	10:44	3:59	1:52	10:49	2:47	4:56	13:16	6:59	3:31	3:21	13:30	3:29	1:15	1:16	0:34
2	4364	Olalla Bello Rodríguez	1:32:18	4:28	6:24	17:13	20:26	22:05	33:49	37:04	41:28	56:54	1:07:00	1:10:46	1:15:09	1:26:16	1:29:22	1:30:38	1:31:51	1:32:18
		Betanzos OP BETANZOS		4:28	1:56	10:49	3:13	1:39	11:44	3:15	4:24	15:26	10:06	3:46	4:23	11:07	3:06	1:16	1:13	0:27
3	4809	Sofía Martínez Gómez	1:36:04	4:06	5:59	17:13	20:26	22:31	34:32	39:21	45:53	58:05	1:05:08	1:11:50	1:15:21	1:28:48	1:32:06	1:34:11	1:35:31	1:36:04
		LUGO COMPÁS		4:06	1:53	11:14	3:13	2:05	12:01	4:49	6:32	12:12	7:03	6:42	3:31	13:27	3:18	2:05	1:20	0:33
4	4589	Nuria Oujo Míguez	1:36:27	5:02	7:18	19:41	23:00	24:51	39:48	42:15	47:46	1:03:05	1:09:21	1:13:23	1:16:31	1:29:35	1:32:49	1:34:24	1:35:48	1:36:27
		Porto do Son ADC_ARNELA		5:02	2:16	12:23	3:19	1:51	14:57	2:27	5:31	15:19	6:16	4:02	3:08	13:04	3:14	1:35	1:24	0:39
5	4233	Lucia Parga Basanta	1:36:44	4:51	6:31	16:24	20:47	22:27	36:54	39:20	46:42	1:01:15	1:08:43	1:14:18	1:17:56	1:30:04	1:33:34	1:34:59	1:36:14	1:36:44
		Pontevedra AROMON		4:51	1:40	9:53	4:23	1:40	14:27	2:26	7:22	14:33	7:28	5:35	3:38	12:08	3:30	1:25	1:15	0:30
6	4199	Araceli Abalde Vila	1:41:01	5:03	6:54	16:27	22:10	23:28	47:55	51:02	55:21	1:08:48	1:15:31	1:19:23	1:23:03	1:35:53	1:38:13	1:39:22	1:40:29	1:41:01
		Pontevedra AROMON		5:03	1:51	9:33	5:43	1:18	24:27	3:07	4:19	13:27	6:43	3:52	3:40	12:50	2:20	1:09	1:07	0:32
7	4524	Yevheniya Chystyakova Beketova	1:41:30	4:41	6:36	18:00	22:45	24:22	39:51	42:27	54:38	1:07:41	1:13:48	1:18:04	1:21:39	1:33:54	1:37:14	1:39:25	1:40:50	1:41:30
		Nigrán RAZA_PALLEIRA		4:41	1:55	11:24	4:45	1:37	15:29	2:36	12:11	13:03	6:07	4:16	3:35	12:15	3:20	2:11	1:25	0:40
8	4479	Carla Somoza Seoane	1:45:49	4:54	6:52	19:38	23:45	25:27	40:42	44:48	52:03	1:09:09	1:16:41	1:21:38	1:25:33	1:38:22	1:42:02	1:43:52	1:45:18	1:45:49
		Culleredo GALLAECIA_RAID		4:54	1:58	12:46	4:07	1:42	15:15	4:06	7:15	17:06	7:32	4:57	3:55	12:49	3:40	1:50	1:26	0:31
9	4689	Irene Morales Jiménez	1:50:36	7:26	9:35	22:02	25:40	27:20	46:25	49:54	55:28	1:09:41	1:19:42	1:23:24	1:26:51	1:42:04	1:46:42	1:48:29	1:49:52	1:50:36
		Xinzo de Limia LIMIACTIVA		7:26	2:09	12:27	3:38	1:40	19:05	3:29	5:34	14:13	10:01	3:42	3:27	15:13	4:38	1:47	1:23	0:44
Masculino 12 (3)				3,6 km	80 m	10 C														
				1(38)	2(40)	3(34)	4(41)	5(33)	6(39)	7(36)	8(31)	9(37)	10(200)	Meta						
1	4368	Enol Cambior Bello	36:42	6:04	7:38	14:59	18:20	20:40	22:38	30:49	32:36	35:42	36:13	36:42						
		Betanzos OP BETANZOS		6:04	1:34	7:21	3:21	2:20	1:58	8:11	1:47	3:06	0:31	0:29						
2	4449	Simón Peña Álvarez	45:33	6:10	10:02	16:52	23:42	28:45	31:24	39:54	41:41	44:15	45:04	45:33						
		Culleredo GALLAECIA_RAID		6:10	3:52	6:50	6:50	5:03	2:39	8:30	1:47	2:34	0:49	0:29						

35:52
*56

Pos	Dorsal	Nombre	Tiempo											
Masculino 12 (3)				3,6 km 80 m	10 C		(cont.)							
				1(38)	2(40)	3(34)	4(41)	5(33)	6(39)	7(36)	8(31)	9(37)	10(200)	Meta
3	8445	Izan Balboa Calvo	2:00:50	35:39	38:09	55:55	1:13:42	1:17:28	1:24:10	1:48:28	1:56:24	1:58:45	1:59:58	2:00:50
		Barco de Valdeor OURO		35:39	2:30	17:46	17:47	3:46	6:42	24:18	7:56	2:21	1:13	0:52
Masculino 14 (4)				4,3 km 90 m	10 C									
				1(49)	2(45)	3(38)	4(36)	5(34)	6(50)	7(36)	8(48)	9(37)	10(200)	Meta
1	4530	Brais Rodríguez Cruz	41:33	4:55	9:16	11:45	14:42	19:50	25:07	34:19	37:11	38:49	41:09	41:33
		Barco de Valdeor OURO		4:55	4:21	2:29	2:57	5:08	5:17	9:12	2:52	1:38	2:20	0:24
2	4677	Roque Varela Fernandez	48:41	6:17	10:00	14:45	19:24	23:48	34:25	42:24	44:39	47:19	48:10	48:41
		A Coruña BRIGANTIA		6:17	3:43	4:45	4:39	4:24	10:37	7:59	2:15	2:40	0:51	0:31
3	4264	David Couceiro Fuertes	59:03	5:50	20:18	24:43	29:40	35:43	46:29	53:19	55:41	57:52	58:35	59:03
		A Coruña ARTABROS		5:50	14:28	4:25	4:57	6:03	10:46	6:50	2:22	2:11	0:43	0:28
4	7721	Lois Cebreiro Rodríguez	1:01:42	7:27	19:53	22:26	24:57	30:05	42:49	52:53	57:11	1:00:13	1:01:16	1:01:42
		Porto do Son ADC_ARNELA		7:27	12:26	2:33	2:31	5:08	12:44	10:04	4:18	3:02	1:03	0:26
Masculino 16 (3)				4,8 km 95 m	11 C									
				1(76)	2(77)	3(78)	4(56)	5(71)	6(79)	7(67)	8(48)	9(70)	10(37)	11(200) Meta
1	4454	Eume Piñeiro Caveno	49:13	5:42	15:10	18:09	21:39	22:11	31:32	40:53	44:57	46:30	47:37	48:42
		Culleredo GALLAECIA RAID		5:42	9:28	2:59	3:30	0:32	9:21	9:21	4:04	1:33	1:07	1:05 0:31
2	4684	Lucas Barja Pérez	53:10	2:59	14:43	17:58	23:15	23:52	34:50	44:21	48:47	50:26	51:56	52:40 53:10
		Xinzo de Limia LIMIACTIVA		2:59	11:44	3:15	5:17	0:37	10:58	9:31	4:26	1:39	1:30	0:44 0:30
3	4312	Rodrigo Fouz Sanchez	1:00:04	3:01	14:47	19:06	25:01	25:42	39:01	50:11	55:17	57:09	58:53	59:35 1:00:04
		LUGO FLUVIAL_LUGO		3:01	11:46	4:19	5:55	0:41	13:19	11:10	5:06	1:52	1:44	0:42 0:29
Masculino 18 (3)				5,8 km 125 m	11 C									
				1(42)	2(45)	3(53)	4(54)	5(59)	6(77)	7(67)	8(69)	9(36)	10(31)	11(200) Meta
1	4810	Antón Martínez Ferrer	1:20:24	3:13	8:17	20:57	25:05	47:15	50:16	1:08:41	1:12:04	1:15:55	1:17:42	1:20:03
		LUGO COMPÁS		3:13	5:04	12:40	4:08	22:10	3:01	18:25	3:23	3:51	1:47	2:21 0:21
2	4395	Marcos García Castro	1:21:56	5:42	13:21	37:29	41:16	52:29	57:54	1:12:21	1:15:30	1:18:42	1:19:56	1:21:16 1:21:56
		Culleredo GALLAECIA RAID		5:42	7:39	24:08	3:47	11:13	5:25	14:27	3:09	3:12	1:14	1:20 0:40
	4265	Manuel Couceiro Fuertes	bandona	3:36	14:49	42:38	1:01:09	-----	-----	-----	-----	1:53:36	1:56:39	2:00:07 2:00:40
		A Coruña ARTABROS		3:36	11:13	27:49	18:31					52:27	3:03	3:28 0:33

Pos	Dorsal	Nombre	Tiempo																	
Masculino 21 (7)			7,0 km	190 m	13 C															
			1(84)	2(80)	3(71)	4(72)	5(74)	6(75)	7(64)	8(58)	9(59)	10(83)	11(69)	12(90)	13(200)	Meta				
1	4217	Daniel Garcia Carod	1:20:48	2:47	7:45	10:37	14:02	23:41	44:51	48:29	51:30	54:13	1:09:48	1:15:27	1:18:32	1:20:23	1:20:48			
		Pontevedra AROMON		2:47	4:58	2:52	3:25	9:39	21:10	3:38	3:01	2:43	15:35	5:39	3:05	1:51	0:25			
2	4741	Alejandro Barros Fonte	1:37:59	3:23	10:21	13:52	16:25	53:20	1:02:31	1:06:43	1:10:20	1:13:23	1:28:31	1:33:03	1:35:41	1:37:31	1:37:59			
		Pontedeume MONTBREMO		3:23	6:58	3:31	2:33	36:55	9:11	4:12	3:37	3:03	15:08	4:32	2:38	1:50	0:28			
3	4686	Juan Garrido Blanco	1:38:30	4:48	12:23	15:46	22:04	37:24	58:37	1:02:38	1:07:31	1:11:29	1:27:51	1:32:22	1:36:19	1:38:05	1:38:30	20:54		
		Xinzo de Limia LIMIACTIVA		4:48	7:35	3:23	6:18	15:20	21:13	4:01	4:53	3:58	16:22	4:31	3:57	1:46	0:25	*60		
4	6930	Ruben Leira Rey	1:38:35	3:36	12:01	16:49	20:40	35:44	56:58	1:01:08	1:07:51	1:11:34	1:28:10	1:32:27	1:35:39	1:38:04	1:38:35	1:26:14		
		Pontedeume MONTBREMO		3:36	8:25	4:48	3:51	15:04	21:14	4:10	6:43	3:43	16:36	4:17	3:12	2:25	0:31	*65		
	4415	Adrián López López	bandona	17:50	36:45	46:44	55:06	-----	-----	-----	-----	-----	-----	-----	-----	1:55:58	1:57:27			
		Culleredo GALLAECIA_RAID		17:50	18:55	9:59	8:22									1:00:52	1:29			
	4325	Manuel Rodríguez Acevedo	bandona	5:41	19:39	1:45:03	-----	-----	-----	-----	-----	-----	2:09:25	2:16:19	2:22:43	2:28:18	2:29:47			
		LUGO FLUVIAL_LUGO		5:41	13:58	1:25:24							24:22	6:54	6:24	5:35	1:29			
	6343	Francisco Javier Crujeiras Ferná	bandona	23:24	57:42	1:10:21	1:25:37	1:58:30	-----	-----	-----	-----	-----	-----	-----	-----				
		Ferrol MONTAÑA_FERROL		23:24	34:18	12:39	15:16	32:53												
Masculino 35 (16)			9,2 km	220 m	16 C															
			1(52)	2(49)	3(87)	4(54)	5(55)	6(71)	7(72)	8(73)	9(74)	10(75)	11(58)	12(59)	13(65)	14(48)	15(70)	16(200)	Meta	
1	4201	Ángel Álvarez Serto	1:12:04	3:56	5:56	14:33	17:03	18:41	28:41	31:27	35:34	45:42	51:32	54:31	57:14	1:06:46	1:09:16	1:10:23	1:11:30	1:12:04
		Pontevedra AROMON		3:56	2:00	8:37	2:30	1:38	10:00	2:46	4:07	10:08	5:50	2:59	2:43	9:32	2:30	1:07	1:07	0:34
2	4355	Angel Albarran Rodriguez	1:21:35	4:33	6:27	16:23	19:25	21:10	31:16	33:58	39:02	50:15	55:52	59:40	1:02:33	1:15:29	1:18:29	1:19:54	1:21:03	1:21:35
		Culleredo GALLAECIA_RAID		4:33	1:54	9:56	3:02	1:45	10:06	2:42	5:04	11:13	5:37	3:48	2:53	12:56	3:00	1:25	1:09	0:32
3	4313	Javier Liz Díaz	1:21:40	4:33	6:20	17:07	20:31	22:03	33:32	36:07	40:26	50:54	57:58	1:02:02	1:05:28	1:16:14	1:18:56	1:20:01	1:21:14	1:21:40
		LUGO FLUVIAL_LUGO		4:33	1:47	10:47	3:24	1:32	11:29	2:35	4:19	10:28	7:04	4:04	3:26	10:46	2:42	1:05	1:13	0:26
4	4347	German Pérez Juste	1:35:21	10:07	12:16	23:18	26:33	28:51	39:52	43:17	48:37	1:04:14	1:11:02	1:14:16	1:17:31	1:28:48	1:32:02	1:33:28	1:34:45	1:35:21
		Vigo U-VIGO		10:07	2:09	11:02	3:15	2:18	11:01	3:25	5:20	15:37	6:48	3:14	3:15	11:17	3:14	1:26	1:17	0:36
5	4548	Lucas García Vázquez	1:35:49	4:23	6:31	18:56	22:35	24:26	37:00	39:38	45:00	1:03:23	1:09:46	1:13:12	1:16:54	1:29:07	1:32:29	1:34:06	1:35:20	1:35:49
		Porriño BUDIÑORAID		4:23	2:08	12:25	3:39	1:51	12:34	2:38	5:22	18:23	6:23	3:26	3:42	12:13	3:22	1:37	1:14	0:29
6	4513	Ignacio Sordo Touza	1:35:58	8:50	12:09	22:52	27:15	29:03	40:34	43:14	48:53	1:02:38	1:09:14	1:14:35	1:18:26	1:29:59	1:33:10	1:34:16	1:35:33	1:35:58
		Santiago de Comp USC		8:50	3:19	10:43	4:23	1:48	11:31	2:40	5:39	13:45	6:36	5:21	3:51	11:33	3:11	1:06	1:17	0:25
7	4204	Pablo Barreiro Fernández	1:38:45	4:28	6:35	15:37	29:19	30:21	44:43	48:45	52:24	1:10:12	1:16:08	1:20:04	1:22:33	1:33:10	1:35:52	1:37:05	1:38:17	1:38:45
		Nigrán RAZAPALLEIRA		4:28	2:07	9:02	13:42	1:02	14:22	4:02	3:39	17:48	5:56	3:56	2:29	10:37	2:42	1:13	1:12	0:28
8	4442	Juan Patiño Varela	1:38:47	4:30	6:24	17:04	28:53	30:22	45:42	48:10	54:20	1:06:48	1:13:13	1:17:15	1:20:16	1:32:28	1:35:39	1:37:02	1:38:17	1:38:47
		Culleredo GALLAECIA_RAID		4:30	1:54	10:40	11:49	1:29	15:20	2:28	6:10	12:28	6:25	4:02	3:01	12:12	3:11	1:23	1:15	0:30
9	4825	Antonio Dominguez Portas	1:38:51	5:27	7:22	23:04	26:24	28:15	39:52	42:56	48:17	1:04:06	1:12:40	1:16:32	1:19:44	1:31:51	1:35:31	1:37:00	1:38:16	1:38:51
		Nigrán RAZAPALLEIRA		5:27	1:55	15:42	3:20	1:51	11:37	3:04	5:21	15:49	8:34	3:52	3:12	12:07	3:40	1:29	1:16	0:35

Pos	Dorsal	Nombre	Tiempo																		
Masculino 35 (16)			9,2 km 220 m		16 C			(cont.)													
			1(52)	2(49)	3(87)	4(54)	5(55)	6(71)	7(72)	8(73)	9(74)	10(75)	11(58)	12(59)	13(65)	14(48)	15(70)	16(200)	Meta		
10	4471	David Senra Eiroa	1:45:57	16:21	18:13	26:41	29:57	32:46	42:34	45:33	50:01	1:09:54	1:17:44	1:24:41	1:27:48	1:39:04	1:43:02	1:44:20	1:45:28	1:45:57	
		Culleredo GALLAECIA_RAID		16:21	1:52	8:28	3:16	2:49	9:48	2:59	4:28	19:53	7:50	6:57	3:07	11:16	3:58	1:18	1:08	0:29	
11	4493	Jose Angel Morlán Rodríguez	1:52:34	23:24	26:03	39:38	43:32	46:16	56:55	59:15	1:03:13	1:15:17	1:26:06	1:30:33	1:35:18	1:47:34	1:50:00	1:51:07	1:52:07	1:52:34	
		Ordes SEO		23:24	2:39	13:35	3:54	2:44	10:39	2:20	3:58	12:04	10:49	4:27	4:45	12:16	2:26	1:07	1:00	0:27	
12	4587	Joaquín Oujo Ageitos	1:59:37	10:24	11:57	22:35	38:05	39:14	53:39	58:00	1:03:20	1:19:59	1:29:59	1:35:59	1:40:08	1:53:22	1:56:15	1:57:41	1:59:05	1:59:37	
		Porto do Son ADC_ARNELA		10:24	1:33	10:38	15:30	1:09	14:25	4:21	5:20	16:39	10:00	6:00	4:09	13:14	2:53	1:26	1:24	0:32	
13	4774	José Antonio Castrillón Manso	2:01:26	4:39	6:39	17:19	34:47	36:28	52:35	57:43	1:04:06	1:23:37	1:31:59	1:35:57	1:40:11	1:54:25	1:57:55	1:59:31	2:00:49	2:01:26	
		A Coruña LICEO		4:39	2:00	10:40	17:28	1:41	16:07	5:08	6:23	19:31	8:22	3:58	4:14	14:14	3:30	1:36	1:18	0:37	
14	6374	Javier González Rodríguez	2:06:33	6:45	8:52	24:29	28:20	30:26	46:24	49:25	57:51	1:16:25	1:26:27	1:32:11	1:37:00	1:56:51	2:01:24	2:03:36	2:06:02	2:06:33	
		Culleredo GALLAECIA_RAID		6:45	2:07	15:37	3:51	2:06	15:58	3:01	8:26	18:34	10:02	5:44	4:49	19:51	4:33	2:12	2:26	0:31	
15	4394	Arturo Norberto Fontán Pérez	2:13:04	5:17	7:54	19:45	26:52	29:10	43:49	48:19	56:59	1:13:18	1:31:46	1:36:29	1:40:39	2:06:22	2:09:37	2:11:09	2:12:35	2:13:04	
		Culleredo GALLAECIA_RAID		5:17	2:37	11:51	7:07	2:18	14:39	4:30	8:40	16:19	18:28	4:43	4:10	25:43	3:15	1:32	1:26	0:29	
	4793	Roberto Amarelle Garabán	r en tarj.	6:15	8:42	20:41	25:54	28:08	56:06	1:04:13	1:10:32	1:37:50	-----	-----	-----	-----	-----	-----	2:52:09	2:53:23	2:42:17
		LUGO COMPÁS		6:15	2:27	11:59	5:13	2:14	27:58	8:07	6:19	27:18						1:14:19	1:14	*32	
Masculino 45 (27)			6,6 km 175 m		13 C																
			1(76)	2(85)	3(87)	4(53)	5(55)	6(56)	7(60)	8(57)	9(77)	10(32)	11(65)	12(90)	13(200)	Meta					
1	4600	Alfonso Rosado Frade	1:00:16	2:16	4:37	14:25	15:54	21:01	32:12	34:48	40:33	46:49	53:36	55:35	57:52	59:45	1:00:16		19:33		
		Porto do Son ADC_ARNELA		2:16	2:21	9:48	1:29	5:07	11:11	2:36	5:45	6:16	6:47	1:59	2:17	1:53	0:31		*54		
2	6584	Victor García Pozuelo	1:02:03	3:03	6:48	17:39	19:08	22:46	35:32	38:51	43:41	47:06	54:31	56:53	59:44	1:01:33	1:02:03				
		Ferrol MONTAÑA FERROL		3:03	3:45	10:51	1:29	3:38	12:46	3:19	4:50	3:25	7:25	2:22	2:51	1:49	0:30				
3	4202	Javier Alvelo Fraguela	1:09:42	3:05	5:09	16:40	17:56	21:55	33:47	41:02	45:24	56:25	1:02:53	1:04:41	1:07:25	1:09:13	1:09:42				
		Pontevedra AROMON		3:05	2:04	11:31	1:16	3:59	11:52	7:15	4:22	11:01	6:28	1:48	2:44	1:48	0:29				
4	4580	Ramón Fernández Torres	1:12:26	2:31	4:45	16:56	18:04	21:27	42:55	48:48	53:37	57:01	1:04:30	1:06:44	1:09:21	1:11:50	1:12:26				
		Porto do Son ADC_ARNELA		2:31	2:14	12:11	1:08	3:23	21:28	5:53	4:49	3:24	7:29	2:14	2:37	2:29	0:36				
5	4420	Antonio Javier López Peiteado	1:12:27	2:41	6:06	16:23	17:40	21:52	34:07	47:42	52:34	55:15	1:03:12	1:05:06	1:09:38	1:11:55	1:12:27		1:07:09		
		Culleredo GALLAECIA_RAID		2:41	3:25	10:17	1:17	4:12	12:15	13:35	4:52	2:41	7:57	1:54	4:32	2:17	0:32		*36		
6	4319	Pedro Parga Andón	1:15:01	3:03	5:51	19:41	21:30	28:01	42:29	45:20	51:58	56:32	1:06:04	1:08:32	1:11:40	1:14:16	1:15:01		24:14		
		LUGO FLUVIAL_LUGO		3:03	2:48	13:50	1:49	6:31	14:28	2:51	6:38	4:34	9:32	2:28	3:08	2:36	0:45		*54		
7	4326	Eugenio A. Rodríguez Núñez	1:15:02	3:14	6:52	21:05	23:01	27:55	42:30	46:23	52:54	56:20	1:05:03	1:07:28	1:11:15	1:14:18	1:15:02				
		LUGO FLUVIAL_LUGO		3:14	3:38	14:13	1:56	4:54	14:35	3:53	6:31	3:26	8:43	2:25	3:47	3:03	0:44				
8	4272	Alfonso Louro Fuentes	1:16:54	5:11	7:49	18:04	24:21	28:53	41:58	48:24	53:58	58:00	1:06:11	1:08:56	1:12:58	1:15:27	1:16:54				
		A Coruña ARTABROS		5:11	2:38	10:15	6:17	4:32	13:05	6:26	5:34	4:02	8:11	2:45	4:02	2:29	1:27				
9	6598	Fernando Lorenzo Corral	1:18:07	2:18	9:47	19:27	20:44	24:43	46:23	48:58	1:01:39	1:04:33	1:11:39	1:13:38	1:16:02	1:17:44	1:18:07				
		Porto do Son ADC_ARNELA		2:18	7:29	9:40	1:17	3:59	21:40	2:35	12:41	2:54	7:06	1:59	2:24	1:42	0:23				

Pos	Dorsal	Nombre	Tiempo															
Masculino 45 (27)			6,6 km	175 m	13 C			(cont.)										
				1(76)	2(85)	3(87)	4(53)	5(55)	6(56)	7(60)	8(57)	9(77)	10(32)	11(65)	12(90)	13(200)	Meta	
10	7730	Fidel Ballesteros Primo	1:19:07	3:21	11:30	24:14	25:29	29:20	45:43	51:53	57:04	1:02:46	1:11:12	1:13:13	1:16:48	1:18:47	1:19:07	45:19
		Pontevedra AROMON		3:21	8:09	12:44	1:15	3:51	16:23	6:10	5:11	5:42	8:26	2:01	3:35	1:59	0:20	*71
11	4796	José Manuel Fernández Souto	1:20:38	2:59	5:53	30:00	31:29	36:31	48:23	51:26	57:54	1:02:27	1:11:51	1:14:13	1:17:31	1:20:06	1:20:38	
		LUGO COMPÁS		2:59	2:54	24:07	1:29	5:02	11:52	3:03	6:28	4:33	9:24	2:22	3:18	2:35	0:32	
12	4334	José Luis Armada Luaces	1:24:04	2:57	8:35	24:09	25:51	29:43	49:23	53:15	58:58	1:02:57	1:14:04	1:16:31	1:20:56	1:23:28	1:24:04	
		Vigo U-VIGO		2:57	5:38	15:34	1:42	3:52	19:40	3:52	5:43	3:59	11:07	2:27	4:25	2:32	0:36	
13	2139	Ignacio Izquierdo Robredo	1:29:04	3:00	6:09	20:30	21:55	26:40	46:30	54:06	1:02:27	1:09:40	1:20:08	1:22:17	1:25:58	1:28:32	1:29:04	
		Asturias NORDESTE		3:00	3:09	14:21	1:25	4:45	19:50	7:36	8:21	7:13	10:28	2:09	3:41	2:34	0:32	
14	4772	Julio Cañas Lara	1:30:25	2:57	6:20	19:12	20:40	26:24	57:52	1:01:59	1:07:46	1:11:26	1:20:21	1:22:39	1:26:51	1:29:46	1:30:25	
		A Coruña LICEO		2:57	3:23	12:52	1:28	5:44	31:28	4:07	5:47	3:40	8:55	2:18	4:12	2:55	0:39	
15	5008	Jose Manuel Robles Pagan	1:36:55	4:31	8:17	19:44	21:17	33:00	1:09:03	1:11:59	1:17:02	1:20:29	1:28:50	1:30:56	1:33:34	1:36:15	1:36:55	
		Culleredo GALLAECIA_RAID		4:31	3:46	11:27	1:33	11:43	36:03	2:56	5:03	3:27	8:21	2:06	2:38	2:41	0:40	
16	6913	Noel Rodríguez Pérez	1:37:01	5:52	18:04	32:15	33:43	38:30	1:04:06	1:07:17	1:15:13	1:20:40	1:28:20	1:30:56	1:34:34	1:36:36	1:37:01	1:33:26
		Culleredo GALLAECIA_RAID		5:52	12:12	14:11	1:28	4:47	25:36	3:11	7:56	5:27	7:40	2:36	3:38	2:02	0:25	*36
17	4804	Alberto Lamela Arias	1:43:42	3:14	6:03	19:04	21:02	27:45	1:04:10	1:08:09	1:14:44	1:20:49	1:32:21	1:35:04	1:39:11	1:42:28	1:43:42	
		LUGO COMPÁS		3:14	2:49	13:01	1:58	6:43	36:25	3:59	6:35	6:05	11:32	2:43	4:07	3:17	1:14	
18	4435	Ivan Naveira Gonzalo	1:45:56	3:31	7:59	27:27	29:47	37:13	58:46	1:04:20	1:12:34	1:20:41	1:35:14	1:38:23	1:42:09	1:45:21	1:45:56	
		Culleredo GALLAECIA_RAID		3:31	4:28	19:28	2:20	7:26	21:33	5:34	8:14	8:07	14:33	3:09	3:46	3:12	0:35	
19	4385	Andres Dopico Pena	1:49:27	3:13	13:24	33:36	35:24	46:46	1:10:30	1:17:08	1:24:35	1:28:56	1:40:02	1:42:45	1:45:49	1:48:50	1:49:27	
		Culleredo GALLAECIA_RAID		3:13	10:11	20:12	1:48	11:22	23:44	6:38	7:27	4:21	11:06	2:43	3:04	3:01	0:37	
20	4397	Jose Luis Garcia Dominguez	1:51:42	2:44	8:43	22:57	24:38	29:43	1:04:24	1:18:27	1:25:19	1:29:35	1:42:19	1:44:50	1:48:41	1:50:57	1:51:42	
		Culleredo GALLAECIA_RAID		2:44	5:59	14:14	1:41	5:05	34:41	14:03	6:52	4:16	12:44	2:31	3:51	2:16	0:45	
21	4343	Vicente Pastoriza Santos	1:55:00	2:25	4:51	16:14	17:33	23:15	1:21:06	1:24:47	1:31:37	1:34:46	1:43:16	1:45:29	1:51:37	1:54:18	1:55:00	
		Vigo U-VIGO		2:25	2:26	11:23	1:19	5:42	57:51	3:41	6:50	3:09	8:30	2:13	6:08	2:41	0:42	
22	6365	Carlos Alberto Alonso Moreira	2:12:00	4:55	21:03	37:53	40:09	46:18	1:24:54	1:29:11	1:37:14	1:45:01	1:58:52	2:01:32	2:08:17	2:11:18	2:12:00	
		Culleredo GALLAECIA_RAID		4:55	16:08	16:50	2:16	6:09	38:36	4:17	8:03	7:47	13:51	2:40	6:45	3:01	0:42	
23	4348	Jorge Pérez Juste	2:20:59	3:46	7:57	28:56	30:56	36:44	1:37:27	1:41:13	1:48:04	1:51:39	2:01:48	2:04:16	2:17:19	2:20:27	2:20:59	1:40:01
		Vigo U-VIGO		3:46	4:11	20:59	2:00	5:48	1:00:43	3:46	6:51	3:35	10:09	2:28	13:03	3:08	0:32	*72
	4297	Angel Agora Aizpurua	r en tarj.	12:53	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:27:20	1:27:53	
		LUGO FLUVIAL_LUGO		12:53												1:14:27	0:33	
	4455	Luis Javier Ramos Asensio	andona	4:51	10:40	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:10:31	1:15:03	1:16:15	
		Culleredo GALLAECIA_RAID		4:51	5:49										59:51	4:32	1:12	
	7417	Miguel Angel Andujar Casais	No sale															
		Culleredo GALLAECIA_RAID																
	4432	Alberto Morlán Otero	No sale															
		Culleredo GALLAECIA_RAID																

Pos	Dorsal	Nombre	Tiempo																			
Senior (23)			10,5 km	250 m	18 C																	
				1(51)	2(52)	3(53)	4(54)	5(55)	6(56)	7(60)	8(62)	9(63)	10(64)	11(58)	12(59)	13(57)	14(65)	15(67)	16(69)	17(70)	18(200)	Meta
1	4243	Mateo Rodríguez Díaz	1:13:18	2:09	3:51	13:48	15:06	16:00	24:41	27:16	30:14	43:10	48:13	51:03	53:12	55:25	1:03:59	1:07:54	1:09:54	1:11:55	1:12:52	1:13:18
		Pontevedra AROMON		2:09	1:42	9:57	1:18	0:54	8:41	2:35	2:58	12:56	5:03	2:50	2:09	2:13	8:34	3:55	2:00	2:01	0:57	0:26
2	4450	Felipe Peña Pita	1:13:42	2:47	4:29	14:46	16:22	17:42	26:56	29:01	31:50	42:38	47:44	51:10	53:32	57:04	1:05:28	1:08:31	1:10:17	1:12:18	1:13:16	1:13:42
		Culleredo GALLAECIA_RAID		2:47	1:42	10:17	1:36	1:20	9:14	2:05	2:49	10:48	5:06	3:26	2:22	3:32	8:24	3:03	1:46	2:01	0:58	0:26
				25:59	28:26																	
				*71	*72																	
3	4662	Ángel García García	1:16:05	4:22	6:14	16:25	19:10	20:38	29:12	31:24	35:00	45:25	51:01	53:44	56:38	59:16	1:07:36	1:10:52	1:12:46	1:14:40	1:15:37	1:16:05
		A Coruña BRIGANTIA		4:22	1:52	10:11	2:45	1:28	8:34	2:12	3:36	10:25	5:36	2:43	2:54	2:38	8:20	3:16	1:54	1:54	0:57	0:28
4	4617	Martín Casado Núñez	1:19:59	2:47	4:43	15:00	17:32	18:36	32:55	34:57	37:57	48:34	53:45	57:21	59:36	1:01:48	1:10:51	1:14:23	1:16:24	1:18:30	1:19:31	1:19:59
		Betanzos OP BETANZOS		2:47	1:56	10:17	2:32	1:04	14:19	2:02	3:00	10:37	5:11	3:36	2:15	2:12	9:03	3:32	2:01	2:06	1:01	0:28
5	4477	Iván Somoza Argibay	1:22:57	2:01	3:54	13:35	16:10	17:23	26:34	28:57	32:00	42:41	48:49	51:58	59:50	1:02:14	1:13:01	1:16:36	1:19:09	1:21:30	1:22:29	1:22:57
		Culleredo GALLAECIA_RAID		2:01	1:53	9:41	2:35	1:13	9:11	2:23	3:03	10:41	6:08	3:09	7:52	2:24	10:47	3:35	2:33	2:21	0:59	0:28
6	4615	David Casado Bravo	1:23:37	2:21	3:56	15:59	18:04	19:08	29:44	32:25	36:42	48:20	54:29	57:51	1:00:24	1:03:05	1:13:02	1:16:52	1:19:14	1:21:34	1:23:06	1:23:37
		Betanzos OP BETANZOS		2:21	1:35	12:03	2:05	1:04	10:36	2:41	4:17	11:38	6:09	3:22	2:33	2:41	9:57	3:50	2:22	2:20	1:32	0:31
7	4228	Adrián Moreira Alonso	1:24:59	2:53	4:28	16:29	18:36	19:58	28:46	31:15	34:39	46:54	55:35	59:03	1:02:03	1:04:54	1:13:55	1:18:10	1:21:33	1:23:33	1:24:35	1:24:59
		Pontevedra AROMON		2:53	1:35	12:01	2:07	1:22	8:48	2:29	3:24	12:15	8:41	3:28	3:00	2:51	9:01	4:15	3:23	2:00	1:02	0:24
8	2062	Pedro Martínez García	1:31:00	5:31	7:15	20:53	24:18	25:44	34:38	37:04	39:54	52:11	1:01:49	1:04:47	1:07:23	1:10:34	1:21:10	1:24:44	1:27:11	1:29:33	1:30:35	1:31:00
		Asturias PILOÑA_DEPORTE		5:31	1:44	13:38	3:25	1:26	8:54	2:26	2:50	12:17	9:38	2:58	2:36	3:11	10:36	3:34	2:27	2:22	1:02	0:25
9	2063	Sergio Martínez García	1:37:20	2:41	4:52	20:42	22:53	24:19	35:17	38:39	42:34	54:45	1:02:03	1:05:10	1:09:22	1:12:21	1:24:38	1:28:49	1:33:25	1:35:37	1:36:45	1:37:20
		Asturias PILOÑA_DEPORTE		2:41	2:11	15:50	2:11	1:26	10:58	3:22	3:55	12:11	7:18	3:07	4:12	2:59	12:17	4:11	4:36	2:12	1:08	0:35
				34:35																		
				*71																		
10	4688	Martín Morales Ferreiro	1:38:03	2:30	5:56	17:33	19:16	20:32	34:27	37:42	42:21	57:10	1:07:40	1:10:55	1:13:43	1:16:45	1:26:55	1:30:58	1:33:38	1:36:20	1:37:34	1:38:03
		Xinzo de Limia LIMIACTIVA		2:30	3:26	11:37	1:43	1:16	13:55	3:15	4:39	14:49	10:30	3:15	2:48	3:02	10:10	4:03	2:40	2:42	1:14	0:29
11	4256	José Alberto Vázquez Toucido	1:38:46	3:20	5:29	17:49	19:23	20:46	37:03	39:42	42:55	1:00:06	1:05:38	1:08:46	1:11:36	1:17:59	1:28:37	1:31:57	1:35:04	1:37:13	1:38:20	1:38:46
		Pontevedra AROMON		3:20	2:09	12:20	1:34	1:23	16:17	2:39	3:13	17:11	5:32	3:08	2:50	6:23	10:38	3:20	3:07	2:09	1:07	0:26
12	4582	Julio Lagos Carrera	1:39:08	2:45	5:19	18:36	20:58	22:53	33:31	36:53	40:43	57:06	1:07:54	1:11:14	1:14:25	1:16:54	1:27:54	1:32:23	1:34:50	1:37:23	1:38:37	1:39:08
		Porto do Son ADC_ARNELA		2:45	2:34	13:17	2:22	1:55	10:38	3:22	3:50	16:23	10:48	3:20	3:11	2:29	11:00	4:29	2:27	2:33	1:14	0:31
13	4835	Adrián Pérez Alonso	1:39:39	4:10	7:14	20:54	23:00	24:49	36:19	40:03	44:08	58:42	1:08:59	1:12:57	1:15:38	1:18:18	1:28:44	1:32:45	1:35:16	1:37:45	1:39:04	1:39:39
		Nigrán RAZA_PALLEIRA		4:10	3:04	13:40	2:06	1:49	11:30	3:44	4:05	14:34	10:17	3:58	2:41	2:40	10:26	4:01	2:31	2:29	1:19	0:35
14	7586	Jorge Sánchez Pérez	1:41:30	3:26	5:16	18:19	20:38	22:00	31:54	34:32	38:28	1:03:13	1:11:42	1:14:17	1:17:30	1:23:12	1:32:19	1:35:37	1:37:51	1:39:59	1:41:03	1:41:30
		Madrid GOCAN		3:26	1:50	13:03	2:19	1:22	9:54	2:38	3:56	24:45	8:29	2:35	3:13	5:42	9:07	3:18	2:14	2:08	1:04	0:27
15	4478	Anxo Somoza Seoane	1:41:36	3:11	5:10	21:12	23:24	25:02	36:11	39:05	44:00	59:00	1:06:37	1:10:41	1:14:24	1:17:20	1:30:11	1:34:57	1:37:45	1:40:01	1:41:08	1:41:36
		Culleredo GALLAECIA_RAID		3:11	1:59	16:02	2:12	1:38	11:09	2:54	4:55	15:00	7:37	4:04	3:43	2:56	12:51	4:46	2:48	2:16	1:07	0:28
16	4345	Diego Pérez Álvarez	1:50:13	4:53	6:42	25:12	27:04	29:31	40:19	43:16	46:58	1:04:13	1:10:32	1:14:40	1:18:36	1:23:52	1:39:25	1:43:40	1:46:05	1:48:32	1:49:44	1:50:13
		Vigo U-VIGO		4:53	1:49	18:30	1:52	2:27	10:48	2:57	3:42	17:15	6:19	4:08	3:56	5:16	15:33	4:15	2:25	2:27	1:12	0:29
17	4372	Xan Carballo Alviárez	1:53:42	3:25	6:08	20:57	23:28	25:28	37:09	41:40	46:07	1:04:57	1:12:55	1:17:35	1:21:17	1:24:44	1:39:10	1:44:32	1:47:58	1:51:23	1:53:03	1:53:42
		Culleredo GALLAECIA_RAID		3:25	2:43	14:49	2:31	2:00	11:41	4:31	4:27	18:50	7:58	4:40	3:42	3:27	14:26	5:22	3:26	3:25	1:40	0:39

Pos	Dorsal	Nombre	Tiempo																			
Senior (23)			10,5 km	250 m	18 C			(cont.)														
				1(51)	2(52)	3(53)	4(54)	5(55)	6(56)	7(60)	8(62)	9(63)	10(64)	11(58)	12(59)	13(57)	14(65)	15(67)	16(69)	17(70)	18(200)	Meta
18	7463	Andrés Sanmartin Otero	1:57:15	3:03	4:42	19:53	22:11	23:29	36:45	41:23	44:31	58:26	1:06:38	1:12:03	1:16:27	1:21:22	1:37:53	1:43:41	1:47:22	1:52:20	1:55:50	1:57:15
		Nigrán RAZA PALLEIRA		3:03	1:39	15:11	2:18	1:18	13:16	4:38	3:08	13:55	8:12	5:25	4:24	4:55	16:31	5:48	3:41	4:58	3:30	1:25
19	4608	Alejandro Víctorero Domínguez	2:04:02	2:33	6:56	20:47	22:56	25:01	49:13	53:04	57:36	1:10:29	1:20:11	1:24:14	1:28:12	1:36:20	1:49:42	1:55:30	1:59:15	2:02:11	2:03:31	2:04:02
		Porto do Son ADC_ARNELA		2:33	4:23	13:51	2:09	2:05	24:12	3:51	4:32	12:53	9:42	4:03	3:58	8:08	13:22	5:48	3:45	2:56	1:20	0:31
	2065	José Antonio Martínez González	bandona	8:22	11:42	35:31	38:52	42:13	1:00:24	1:07:25	1:14:07	1:49:35	2:07:16	2:15:55	2:22:30	2:30:16	-----	-----	-----	-----	-----	
		Asturias PILOÑA DEPORTE		8:22	3:20	23:49	3:21	3:21	18:11	7:01	6:42	35:28	17:41	8:39	6:35	7:46						
	8627	Andrés Coello Blanco	No sale																			
		Xinzo de Limia LIMIACTIVA																				
	4623	Francisco Javier López Costoya	No sale																			
		Betanzos OP BETANZOS																				
	4828	Gonzalo Fernández Casalderrey	No sale																			
		Nigrán RAZA PALLEIRA																				
Iniciación Curta (24)			3,2 km	75 m	11 C																	
				1(31)	2(40)	3(32)	4(34)	5(41)	6(33)	7(35)	8(40)	9(36)	10(37)	11(200)	Meta							
1	111	Xan Vázquez Bejarano	1:11:07	7:03	10:17	16:56	19:59	26:55	34:19	45:10	1:03:03	1:04:03	1:08:10	1:10:10	1:11:07							
		A Coruña ARTABROS		7:03	3:14	6:39	3:03	6:56	7:24	10:51	17:53	1:00	4:07	2:00	0:57							
2	109	Catuxa Vázquez Bejarano	1:13:57	7:11	10:21	16:57	21:08	35:15	40:46	49:01	1:01:49	1:03:55	1:11:25	1:13:11	1:13:57							
		A Coruña ARTABROS		7:11	3:10	6:36	4:11	14:07	5:31	8:15	12:48	2:06	7:30	1:46	0:46							
3	126	Candela Lourés Ledo	1:14:17	7:41	10:42	17:43	22:07	33:58	41:08	49:21	1:02:20	1:04:12	1:11:02	1:13:29	1:14:17							
		A Coruña INDEP		7:41	3:01	7:01	4:24	11:51	7:10	8:13	12:59	1:52	6:50	2:27	0:48							
4	125	Rocío Ledo Gómez	1:14:45	8:14	10:48	17:25	20:49	33:59	39:49	48:38	1:01:17	1:04:48	1:10:53	1:13:53	1:14:45							
		A Coruña INDEP		8:14	2:34	6:37	3:24	13:10	5:50	8:49	12:39	3:31	6:05	3:00	0:52							
5	128	Pablo Lourés Lence	1:15:44	7:39	10:57	17:25	21:32	31:36	41:14	49:25	1:01:49	1:05:05	1:08:15	1:14:29	1:15:44							
		A Coruña INDEP		7:39	3:18	6:28	4:07	10:04	9:38	8:11	12:24	3:16	3:10	6:14	1:15							
6	107	Miguel Serantes De Ben	1:18:49	12:07	16:10	23:23	28:37	41:55	51:17	57:33	1:07:03	1:10:02	1:16:18	1:18:06	1:18:49							
		A Coruña ARTABROS		12:07	4:03	7:13	5:14	13:18	9:22	6:16	9:30	2:59	6:16	1:48	0:43							
7	103	Fiz Louro Seoane	1:19:34	11:40	16:02	22:54	28:02	41:55	50:17	57:01	1:07:12	1:09:23	1:15:36	1:18:15	1:19:34							
		A Coruña ARTABROS		11:40	4:22	6:52	5:08	13:53	8:22	6:44	10:11	2:11	6:13	2:39	1:19							
8	6437	Emma García Varela	1:22:16	12:00	16:28	23:36	28:45	42:32	50:22	57:24	1:07:34	1:10:11	1:17:44	1:21:33	1:22:16							
		A Coruña BRIGANTIA		12:00	4:28	7:08	5:09	13:47	7:50	7:02	10:10	2:37	7:33	3:49	0:43							
9	7354	Gabriel Seoane González	1:23:16	15:24	18:44	26:52	32:46	42:17	49:16	58:54	1:10:05	1:12:51	1:19:50	1:22:27	1:23:16							
		Culleredo GALLAECIA_RAID		15:24	3:20	8:08	5:54	9:31	6:59	9:38	11:11	2:46	6:59	2:37	0:49							
10	7868	Leire Morlán Fariña	1:24:00	20:19	23:36	32:32	37:31	44:40	50:27	58:43	1:10:15	1:13:13	1:19:46	1:22:45	1:24:00							
		Culleredo GALLAECIA_RAID		20:19	3:17	8:56	4:59	7:09	5:47	8:16	11:32	2:58	6:33	2:59	1:15							

Pos	Dorsal	Nombre	Tiempo													
Iniciación Curta (24)			3,2 km	75 m	11 C			(cont.)								
				1(31)	2(40)	3(32)	4(34)	5(41)	6(33)	7(35)	8(40)	9(36)	10(37)	11(200)	Meta	
11	6915	Irea Rodríguez Arias	1:26:47	14:24	16:53	28:02	35:47	42:59	52:36	1:02:48	1:12:45	1:15:44	1:24:05	1:25:35	1:26:47	
		Culleredo GALLAECIA_RAID		14:24	2:29	11:09	7:45	7:12	9:37	10:12	9:57	2:59	8:21	1:30	1:12	
12	4448	Inés Peña Álvarez	1:27:53	14:20	16:43	27:42	35:10	42:39	52:19	1:02:09	1:12:36	1:15:25	1:23:44	1:25:23	1:27:53	
		Culleredo GALLAECIA_RAID		14:20	2:23	10:59	7:28	7:29	9:40	9:50	10:27	2:49	8:19	1:39	2:30	
13	4223	Eduardo Iglesias Pesqueira	1:33:48	13:23	19:34	30:40	38:09	50:22	57:58	1:09:50	1:23:03	1:25:10	1:30:39	1:33:04	1:33:48	
		Pontevedra AROMON		13:23	6:11	11:06	7:29	12:13	7:36	11:52	13:13	2:07	5:29	2:25	0:44	
14	6309	Juan Gonzalez Pardo	1:36:07	12:49	15:28	25:38	29:48	45:27	52:19	1:13:30	1:24:37	1:26:39	1:33:20	1:34:59	1:36:07	
		A Coruña LICEO		12:49	2:39	10:10	4:10	15:39	6:52	21:11	11:07	2:02	6:41	1:39	1:08	
15	120	Carlos Fernández-Gago Varela	1:36:09	12:40	15:28	24:11	29:12	45:03	52:07	1:13:27	1:24:28	1:25:58	1:32:41	1:34:56	1:36:09	
		A Coruña INDEP		12:40	2:48	8:43	5:01	15:51	7:04	21:20	11:01	1:30	6:43	2:15	1:13	
16	138	Mónica Varela Souto	1:36:58	12:59	15:47	24:25	29:54	45:01	52:20	1:13:37	1:24:42	1:26:39	1:33:13	1:35:04	1:36:58	
		A Coruña INDEP		12:59	2:48	8:38	5:29	15:07	7:19	21:17	11:05	1:57	6:34	1:51	1:54	
17	110	Mariña Vázquez Bejarano	2:05:41	15:08	18:34	1:17:15	1:21:08	1:26:36	1:31:37	1:38:02	1:51:58	1:58:28	2:02:58	2:05:02	2:05:41	
		A Coruña ARTABROS		15:08	3:26	58:41	3:53	5:28	5:01	6:25	13:56	6:30	4:30	2:04	0:39	
18	104	Marc Pla Pernas	2:07:15	19:05	23:29	33:59	44:23	57:07	1:06:03	1:18:50	1:38:29	1:44:22	1:56:57	2:04:26	2:07:15	
		A Coruña ARTABROS		19:05	4:24	10:30	10:24	12:44	8:56	12:47	19:39	5:53	12:35	7:29	2:49	
	127	Valle Lourés Ledo	r en tarj.	7:35	10:38	17:28	21:43	27:11	35:04	45:57	1:03:41	1:04:36	-----	1:12:48	1:13:46	
		A Coruña INDEP		7:35	3:03	6:50	4:15	5:28	7:53	10:53	17:44	0:55		8:12	0:58	
	105	Daniel Roca Uh	r en tarj.	12:00	16:06	23:13	28:21	41:51	-----	57:21	1:07:21	1:09:58	1:15:52	1:18:01	1:18:36	
		A Coruña ARTABROS		12:00	4:06	7:07	5:08	13:30		15:30	10:00	2:37	5:54	2:09	0:35	
	117	Andi Dopico García	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
		A Coruña INDEP														
	7813	Angel Garcia Varela	No sale													
		A Coruña BRIGANTIA														
	136	Adrián Robles San Juan	No sale													
		A Coruña INDEP														
	106	Eva Seoane Domínguez	No sale													
		A Coruña ARTABROS														
Iniciación Longa (24)			4,8 km	120 m	12 C											
				1(42)	2(38)	3(36)	4(43)	5(87)	6(47)	7(44)	8(35)	9(45)	10(48)	11(37)	.2(200)	Meta
1	8578	Pedro López Lanchas	1:04:31	4:05	6:52	9:53	17:50	23:08	26:49	32:23	44:27	48:08	1:01:01	1:02:59	1:03:59	1:04:31
		Nigrán RAZA PALLEIRA		4:05	2:47	3:01	7:57	5:18	3:41	5:34	12:04	3:41	12:53	1:58	1:00	0:32
1	131	Manuel Pedrouso Gonzalez	1:04:31	4:01	6:48	9:48	17:43	23:08	26:45	32:27	44:23	48:03	1:01:02	1:03:00	1:03:59	1:04:31
		A Coruña INDEP		4:01	2:47	3:00	7:55	5:25	3:37	5:42	11:56	3:40	12:59	1:58	0:59	0:32

Pos	Dorsal	Nombre	Tiempo														
Iniciación Longa (24)			4,8 km	120 m	12 C			(cont.)									
				1(42)	2(38)	3(36)	4(43)	5(87)	6(47)	7(44)	8(35)	9(45)	10(48)	11(37)	.2(200)	Meta	
3	133	Ramiro Perez Macias	1:15:26	4:13	7:10	11:08	20:53	28:59	32:05	36:52	54:39	58:58	1:08:56	1:12:30	1:13:58	1:15:26	
		A Coruña INDEP		4:13	2:57	3:58	9:45	8:06	3:06	4:47	17:47	4:19	9:58	3:34	1:28	1:28	
4	115	David Cainzos Cagiao	1:15:46	4:26	8:01	11:23	21:08	29:11	32:33	36:53	54:53	59:15	1:09:17	1:12:49	1:14:20	1:15:46	
		A Coruña INDEP		4:26	3:35	3:22	9:45	8:03	3:22	4:20	18:00	4:22	10:02	3:32	1:31	1:26	
5	101	Manuel Fernandez Rodriguez	1:22:40	8:16	10:55	14:23	25:32	35:57	38:57	43:21	57:40	1:08:49	1:18:55	1:21:20	1:22:06	1:22:40	
		A Coruña ARTABROS		8:16	2:39	3:28	11:09	10:25	3:00	4:24	14:19	11:09	10:06	2:25	0:46	0:34	
6	102	Lucía García-cernuda Ruiz De A	1:35:48	5:50	9:18	12:59	24:43	30:17	37:05	43:17	1:11:11	1:15:34	1:28:34	1:33:27	1:34:59	1:35:48	
		A Coruña ARTABROS		5:50	3:28	3:41	11:44	5:34	6:48	6:12	27:54	4:23	13:00	4:53	1:32	0:49	
7	119	Marta Fernández Fernández	1:35:51	5:53	9:15	12:58	24:11	30:20	37:08	43:24	1:11:17	1:15:37	1:28:31	1:33:36	1:35:01	1:35:51	
		A Coruña INDEP		5:53	3:22	3:43	11:13	6:09	6:48	6:16	27:53	4:20	12:54	5:05	1:25	0:50	
8	129	Carlos Miguel Mesa	1:42:34	7:30	11:45	23:06	37:21	45:42	51:13	59:06	1:15:27	1:21:28	1:34:07	1:38:56	1:40:56	1:42:34	
		A Coruña INDEP		7:30	4:15	11:21	14:15	8:21	5:31	7:53	16:21	6:01	12:39	4:49	2:00	1:38	
9	121	Daniel Ferreiro Presedo	1:42:36	7:20	11:35	23:06	36:51	45:46	51:13	59:07	1:15:30	1:21:09	1:34:06	1:39:03	1:40:56	1:42:36	
		A Coruña INDEP		7:20	4:15	11:31	13:45	8:55	5:27	7:54	16:23	5:39	12:57	4:57	1:53	1:40	
10	118	Elisa Fernandez Alvarez	1:42:40	7:32	11:45	23:14	37:05	45:50	50:57	59:15	1:15:42	1:21:35	1:34:13	1:39:02	1:41:01	1:42:40	
		A Coruña INDEP		7:32	4:13	11:29	13:51	8:45	5:07	8:18	16:27	5:53	12:38	4:49	1:59	1:39	
11	135	Laura Placer Breijo	1:55:47	7:30	12:09	23:27	44:12	57:24	1:00:40	1:09:47	1:30:49	1:36:05	1:48:35	1:51:59	1:53:55	1:55:47	
		A Coruña INDEP		7:30	4:39	11:18	20:45	13:12	3:16	9:07	21:02	5:16	12:30	3:24	1:56	1:52	
12	130	Lautaro Agustín Olivares Suárez	1:55:48	7:26	12:11	23:27	44:02	57:16	1:00:34	1:09:48	1:30:43	1:35:51	1:48:35	1:51:55	1:53:56	1:55:48	
		A Coruña INDEP		7:26	4:45	11:16	20:35	13:14	3:18	9:14	20:55	5:08	12:44	3:20	2:01	1:52	
13	137	Marta Varela Fernández	2:06:36	22:39	32:51	38:28	1:01:35	1:10:06	1:13:23	1:22:36	1:42:26	1:50:49	1:59:32	2:03:43	2:05:02	2:06:36	
		A Coruña INDEP		22:39	10:12	5:37	23:07	8:31	3:17	9:13	19:50	8:23	8:43	4:11	1:19	1:34	
14	124	Álvaro Gonzalo Calzas	2:25:09	53:18	57:30	1:00:45	1:31:50	1:37:53	1:40:34	1:48:20	1:58:55	2:03:37	2:12:40	2:22:33	2:24:33	2:25:09	
		A Coruña INDEP		53:18	4:12	3:15	31:05	6:03	2:41	7:46	10:35	4:42	9:03	9:53	2:00	0:36	
15	139	Pablo Lago Gómez	2:27:02	3:15	17:32	20:54	36:53	1:16:32	1:19:14	1:23:53	1:57:07	2:08:07	2:22:31	2:25:17	2:26:17	2:27:02	
		A Coruña INDEP		3:15	14:17	3:22	15:59	39:39	2:42	4:39	33:14	11:00	14:24	2:46	1:00	0:45	
16	108	Miguel Tola Alvarez	2:27:52	4:51	39:19	44:07	57:48	1:03:42	1:07:02	1:17:36	2:02:52	2:07:52	2:21:34	2:24:54	2:26:34	2:27:52	
		A Coruña ARTABROS		4:51	34:28	4:48	13:41	5:54	3:20	10:34	45:16	5:00	13:42	3:20	1:40	1:18	
	122	Rogelio García Matos	ft	11:56	34:47	44:12	1:47:59	2:03:07	2:08:38	2:18:03	2:49:26	3:02:02	3:17:13	3:23:27	3:28:15	3:30:08	3:28:28
		A Coruña INDEP		11:56	22:51	9:25	1:03:47	15:08	5:31	9:25	31:23	12:36	15:11	6:14	4:48	1:53	*200
	112	Iria Veiga Costas	ft	11:13	35:10	44:52	1:48:22	2:03:31	2:08:55	2:18:15	2:49:10	3:01:28	3:17:20	3:23:35	3:28:27	3:30:20	3:28:38
		A Coruña ARTABROS		11:13	23:57	9:42	1:03:30	15:09	5:24	9:20	30:55	12:18	15:52	6:15	4:52	1:53	*200
	116	Emilia Castro Villaverde	ft	19:26	47:10	57:00	1:52:55	2:12:48	2:18:50	2:28:02	3:03:51	3:13:26	3:29:42	3:51:27	3:52:55	3:55:44	
		A Coruña INDEP		19:26	27:44	9:50	55:55	19:53	6:02	9:12	35:49	9:35	16:16	21:45	1:28	2:49	
	114	Lidia Alves Fernández	No sale														
		A Coruña INDEP															

Campionato Galego de distancia Longa O-Pé
XXXV Liga Galega de O-Pé
Parciales

do. 13/09/2026 23:38
6ª Proba - Distancia Longa
Página 14

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Pos	Dorsal	Nombre	Tiempo													
Iniciación Longa (24)			4,8 km	120 m	12 C		(cont.)									
			1(42)	2(38)	3(36)	4(43)	5(87)	6(47)	7(44)	8(35)	9(45)	10(48)	11(37)	.2(200)	Meta	
	113	Alan Gómez Naya LUGO COMPÁS	No sale													
	123	Manuel Alfonso Golpe Espada A Coruña INDEP	No sale													
	132	Ana Perez Lopez A Coruña INDEP	No sale													
	134	Salvador Quintia Salido A Coruña INDEP	No sale													
Masculino 55 (17)			5,9 km	165 m	12 C											
			1(84)	2(42)	3(80)	4(82)	5(88)	6(74)	7(50)	8(35)	9(65)	10(90)	11(70)	.2(200)	Meta	
1	4404	Rodrigo González Romano Culleredo GALLAECIA_RAID	1:12:41	3:17	7:57	11:31	27:00	29:54	33:55	56:30	1:00:18	1:06:21	1:09:23	1:10:31	1:12:03	1:12:41
				3:17	4:40	3:34	15:29	2:54	4:01	22:35	3:48	6:03	3:02	1:08	1:32	0:38
2	4357	Enrique Luis Álvarez Estévez Culleredo GALLAECIA_RAID	1:15:04	9:11	12:55	16:11	42:06	44:31	45:46	1:00:52	1:04:15	1:09:52	1:12:20	1:13:20	1:14:35	1:15:04
				9:11	3:44	3:16	25:55	2:25	1:15	15:06	3:23	5:37	2:28	1:00	1:15	0:29
3	1481	Santiago Guiller Pérez Martin Granada VELETA	1:25:27	4:02	8:32	12:26	37:27	40:23	42:03	1:01:37	1:06:27	1:13:35	1:21:41	1:22:53	1:24:43	1:25:27
				4:02	4:30	3:54	25:01	2:56	1:40	19:34	4:50	7:08	8:06	1:12	1:50	0:44
4	4567	Javier Antoñón Clemente Porto do Son ADC_ARNELA	1:26:06	4:28	8:32	12:21	33:29	37:27	38:55	1:04:17	1:10:20	1:18:24	1:22:41	1:23:37	1:25:24	1:26:06
				4:28	4:04	3:49	21:08	3:58	1:28	25:22	6:03	8:04	4:17	0:56	1:47	0:42
5	4239	José Antonio Ricoy Bugarín Pontevedra AROMON	1:38:56	3:20	7:06	10:34	39:06	42:09	43:36	1:19:09	1:23:24	1:30:45	1:34:07	1:36:12	1:38:11	1:38:56
				3:20	3:46	3:28	28:32	3:03	1:27	35:33	4:15	7:21	3:22	2:05	1:59	0:45
6	4516	Pablo Adrián Aller Estévez Barco de Valdeor OURO	1:39:50	4:29	10:26	16:14	44:56	49:06	51:10	1:15:42	1:20:30	1:32:27	1:36:06	1:37:28	1:39:16	1:39:50
				4:29	5:57	5:48	28:42	4:10	2:04	24:32	4:48	11:57	3:39	1:22	1:48	0:34
7	4609	Jorge Victorero Rey Porto do Son ADC_ARNELA	1:49:57	4:02	8:55	13:43	52:47	56:23	57:51	1:21:09	1:26:45	1:42:10	1:46:10	1:47:19	1:49:19	1:49:57
				4:02	4:53	4:48	39:04	3:36	1:28	23:18	5:36	15:25	4:00	1:09	2:00	0:38
8	4529	Javier Rodríguez Sarmiento Barco de Valdeor OURO	1:57:50	4:36	11:22	16:21	1:03:55	1:06:36	1:07:59	1:32:39	1:37:13	1:47:55	1:52:48	1:53:42	1:57:12	1:57:50
				4:36	6:46	4:59	47:34	2:41	1:23	24:40	4:34	10:42	4:53	0:54	3:30	0:38
9	4289	Jesus Santos Iglesias A Coruña ARTABROS	2:02:26	6:53	14:10	21:55	53:11	59:48	1:01:40	1:35:20	1:40:24	1:52:26	1:58:47	1:59:47	2:01:48	2:02:26
				6:53	7:17	7:45	31:16	6:37	1:52	33:40	5:04	12:02	6:21	1:00	2:01	0:38
10	4331	Carles Abad Vives Vigo U-VIGO	2:04:21	8:27	15:12	21:31	57:16	1:01:56	1:04:24	1:34:59	1:42:22	1:54:11	1:58:58	2:00:33	2:03:31	2:04:21
				8:27	6:45	6:19	35:45	4:40	2:28	30:35	7:23	11:49	4:47	1:35	2:58	0:50
11	4605	Camilo Serantes Maneiro Porto do Son ADC_ARNELA	2:05:11	4:14	9:14	13:53	1:14:06	1:17:20	1:18:54	1:35:01	1:38:49	1:54:09	1:57:15	2:03:09	2:04:32	2:05:11
				4:14	5:00	4:39	1:00:13	3:14	1:34	16:07	3:48	15:20	3:06	5:54	1:23	0:39
12	4337	Enrique Fuertes González Vigo U-VIGO	2:09:08	13:18	18:36	23:09	51:45	56:31	59:29	1:29:13	1:39:33	1:53:29	2:00:52	2:03:09	2:07:16	2:09:08
				13:18	5:18	4:33	28:36	4:46	2:58	29:44	10:20	13:56	7:23	2:17	4:07	1:52

Pos	Dorsal	Nombre	Tiempo													
Masculino 55 (17)			5,9 km	165 m	12 C			(cont.)								
				1(84)	2(42)	3(80)	4(82)	5(88)	6(74)	7(50)	8(35)	9(65)	10(90)	11(70)	.2(200)	Meta
13	4378	Santiago Criado Canales	2:09:23	3:56	14:45	19:33	52:14	54:58	58:22	1:43:23	1:47:46	2:01:56	2:05:36	2:06:55	2:08:39	2:09:23
		Culleredo GALLAECIA_RAID		3:56	10:49	4:48	32:41	2:44	3:24	45:01	4:23	14:10	3:40	1:19	1:44	0:44
14	4588	Santiago Amador Oujo Castelo	2:30:14	4:38	9:07	16:05	1:23:46	1:26:53	1:28:30	2:04:27	2:10:48	2:21:43	2:26:07	2:27:16	2:29:53	2:30:14
		Porto do Son ADC_ARNELA		4:38	4:29	6:58	1:07:41	3:07	1:37	35:57	6:21	10:55	4:24	1:09	2:37	0:21
	4311	Marcos Fouz Rodriguez	bandona	55:22	1:01:57	1:12:39	1:50:57	1:58:58	2:02:59	-----	-----	-----	-----	-----	-----	-----
		LUGO FLUVIAL_LUGO		55:22	6:35	10:42	38:18	8:01	4:01							
	4403	José Manuel González Núñez	bandona	5:38	13:08	20:18	1:07:54	1:14:26	1:16:45	-----	-----	-----	-----	-----	-----	-----
		Culleredo GALLAECIA_RAID		5:38	7:30	7:10	47:36	6:32	2:19							
	4535	Francisco Sande Rodríguez	bandona	5:32	11:45	17:53	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
		Ferrol MONTAÑA_FERROL		5:32	6:13	6:08										
Feminino 55 (8)			4,6 km	95 m	10 C											
				1(85)	2(34)	3(41)	4(56)	5(71)	6(45)	7(65)	8(36)	9(37)	10(200)	Meta		
1	4508	Rosa Mª Pernas Martínez	58:14	6:49	18:17	23:15	34:34	35:31	44:57	50:05	52:56	56:21	57:21	58:14		
		Santiago de Comp USC		6:49	11:28	4:58	11:19	0:57	9:26	5:08	2:51	3:25	1:00	0:53		
2	4433	Paulina Andrea Mosquera Azar	1:01:43	7:53	18:33	22:57	34:25	35:05	45:59	50:45	55:56	1:00:11	1:01:03	1:01:43	4:32	
		Culleredo GALLAECIA_RAID		7:53	10:40	4:24	11:28	0:40	10:54	4:46	5:11	4:15	0:52	0:40	*42	
3	4250	Maria Luisa Sanchez Vázquez	1:05:34	9:35	22:23	27:42	37:40	38:32	49:41	56:36	59:44	1:03:30	1:04:35	1:05:34		
		Pontevedra AROMON		9:35	12:48	5:19	9:58	0:52	11:09	6:55	3:08	3:46	1:05	0:59		
4	4503	Margarita Balboa Barros	1:08:24	9:05	23:08	30:28	39:48	40:42	53:41	58:49	1:02:19	1:06:28	1:07:42	1:08:24		
		Santiago de Comp USC		9:05	14:03	7:20	9:20	0:54	12:59	5:08	3:30	4:09	1:14	0:42		
5	4303	Fermina Fernandez Riveiro	1:09:45	9:37	22:22	27:08	39:52	40:39	53:10	1:00:09	1:03:23	1:07:59	1:08:59	1:09:45		
		LUGO FLUVIAL_LUGO		9:37	12:45	4:46	12:44	0:47	12:31	6:59	3:14	4:36	1:00	0:46		
6	4594	María Del Pilar Pérez Torres	1:13:48	20:27	36:03	39:37	50:45	51:31	1:01:04	1:06:10	1:09:03	1:12:21	1:13:14	1:13:48		
		Porto do Son ADC_ARNELA		20:27	15:36	3:34	11:08	0:46	9:33	5:06	2:53	3:18	0:53	0:34		
7	4476	Teresa Silvarrey Redondo	1:20:03	8:20	23:23	28:05	43:57	44:29	55:43	1:09:43	1:13:13	1:18:35	1:19:23	1:20:03		
		Culleredo GALLAECIA_RAID		8:20	15:03	4:42	15:52	0:32	11:14	14:00	3:30	5:22	0:48	0:40		
8	4351	Mª Isabel Saco Fernández	1:26:42	22:11	38:34	43:24	55:45	56:35	1:09:24	1:16:22	1:20:10	1:24:32	1:25:47	1:26:42		
		Vigo U-VIGO		22:11	16:23	4:50	12:21	0:50	12:49	6:58	3:48	4:22	1:15	0:55		
Feminino 45 NC (1)			5,9 km	165 m	12 C											
				1(84)	2(42)	3(80)	4(82)	5(88)	6(74)	7(50)	8(35)	9(65)	10(90)	11(70)	.2(200)	Meta
1	1138	Isabel Serrano Rico	1:39:06	5:19	10:28	14:32	43:10	46:12	47:47	1:06:24	1:10:44	1:31:07	1:36:13	1:37:16	1:38:31	1:39:06
		Sevilla ADOL		5:19	5:09	4:04	28:38	3:02	1:35	18:37	4:20	20:23	5:06	1:03	1:15	0:35

Pos	Dorsal	Nombre	Tiempo														
Masculino 45 NC (1)			6,6 km	175 m	13 C												
				1(76)	2(85)	3(87)	4(53)	5(55)	6(56)	7(60)	8(57)	9(77)	10(32)	11(65)	12(90)	13(200)	Meta
1	1115	José Angel Ramos Román Sevilla ADOL	59:34	2:31 2:31	4:58 2:27	15:43 10:45	17:09 1:26	22:40 5:31	34:22 11:42	37:06 2:44	42:01 4:55	45:04 3:03	52:59 7:55	54:51 1:52	57:05 2:14	59:03 1:58	59:34 0:31
Masculino 65 (4)			4,6 km	95 m	10 C												
				1(85)	2(34)	3(41)	4(56)	5(71)	6(45)	7(65)	8(36)	9(37)	10(200)	Meta			
1	8455	José Antonio García Couceiro Culleredo GALLAECIA RAID	51:48	5:31 5:31	12:17 6:46	15:09 2:52	24:50 9:41	25:28 0:38	37:45 12:17	42:12 4:27	44:40 2:28	50:14 5:34	51:16 1:02	51:48 0:32			
2	8511	Matías Velázquez González A Coruña BRIGANTIA	1:15:06	9:17 9:17	20:18 11:01	32:50 12:32	41:26 8:36	42:07 0:41	56:54 14:47	1:03:51 6:57	1:07:30 3:39	1:12:54 5:24	1:14:11 1:17	1:15:06 0:55			
3	4373	Juan Carlos Carballo Fernández Culleredo GALLAECIA RAID	1:20:23	10:26 10:26	23:13 12:47	30:22 7:09	41:42 11:20	42:21 0:39	55:51 13:30	1:06:34 10:43	1:10:41 4:07	1:17:40 6:59	1:19:12 1:32	1:20:23 1:11			
	7812	Antonio Jesús Roibás Yáñez A Coruña ARTABROS	bandona	19:31 19:31	31:48 12:17	38:01 6:13	-----	-----	-----	-----	-----	-----	-----				
Femenino 65 (2)			3,6 km	85 m	9 C												
				1(76)	2(49)	3(34)	4(41)	5(50)	6(65)	7(36)	8(70)	9(200)	Meta				
1	4785	Mª José Naya López A Coruña LICEO	1:30:52	17:32 17:32	22:25 4:53	36:34 14:09	44:58 8:24	54:58 10:00	1:14:17 19:19	1:18:12 3:55	1:24:29 6:17	1:29:59 5:30	1:30:52 0:53				
2	4405	Adriana Luisa González Sención Culleredo GALLAECIA RAID	1:34:06	26:07 26:07	31:45 5:38	48:57 17:12	59:33 10:36	1:09:02 9:29	1:21:53 12:51	1:26:23 4:30	1:29:57 3:34	1:33:07 3:10	1:34:06 0:59				