

**Resultados –1ª PROBA LG MTBO - PONTILLÓN**

2022-03-19

F-15		(6 / 6)	Hora	Detrás	Tiempo perdido
1.	Lara Fernandez Lopez	GALLAECIA_RAID	54:18		00:00
	2:47 (2:47)	6:31 (24:02)	10:39 (34:41)		5:04 (39:45)
	7:02 (52:40)	0:18 (54:18)			5:53 (45:38)
2.	Sara Nogueiras Porto	FLUVIAL_LUGO	57:02	+2:44	00:44
	3:39 (3:39)	6:18 (25:48)	10:59 (36:47)		5:02 (41:49)
	6:52 (54:36)	0:32 (57:02)			5:55 (47:44)
3.	Lia Rodríguez Sobrado	COMPÁS	1:06:34	+12:16	07:32
	2:58 (2:58)	5:57 (29:50)	11:40 (41:30)		6:27 (47:57)
	7:03 (1:03:45)	0:21 (1:06:34)			8:45 (56:42)
4.	Silvia López López	GALLAECIA_RAID	1:08:35	+14:17	05:52
	3:07 (3:07)	8:50 (31:50)	11:35 (43:25)		6:22 (49:47)
	6:52 (1:05:34)	0:33 (1:08:35)			8:55 (58:42)
5.	Noa Rodríguez Sobrado	COMPÁS	1:11:00	+16:42	07:41
	3:25 (3:25)	9:27 (33:49)	11:29 (45:18)		6:21 (51:39)
	7:08 (1:07:37)	0:22 (1:11:00)			8:50 (1:00:29)
6.	Carla Somoza Seoane	GALLAECIA_RAID	1:33:59	+39:41	19:17
	3:35 (3:35)	8:02 (34:42)	16:09 (50:51)		9:42 (1:00:33)
	7:23 (1:31:23)	0:22 (1:33:59)			23:27 (1:24:00)
F-17		(1 / 1)	Hora	Detrás	Tiempo perdido
1.	Eva Casado Nuñez	OP BETANZOS	1:02:32		00:00
	2:58 (2:58)	15:02 (27:06)	2:00 (29:06)		4:47 (33:53)
	4:12 (42:28)	4:25 (50:23)	10:36 (1:00:59)		1:12 (1:02:11)
					4:23 (38:16)
					0:21 (1:02:32)
F-20		(1 / 1)	Hora	Detrás	Tiempo perdido
	Sofía Martínez Gómez	COMPÁS	DNS		
	– (–)	– (–)	– (–)		– (–)
	– (–)	– (–)	– (–)		– (–)
F-21		(4 / 4)	Hora	Detrás	Tiempo perdido
1.	Barbara Del Puerto Lopez	SEO	55:14		02:53
	2:21 (2:21)	9:52 (15:18)	5:04 (20:22)		3:25 (23:47)
	3:05 (31:06)	1:46 (37:31)	9:39 (47:10)		0:15 (47:25)
	1:11 (54:55)				6:19 (53:44)
	0:19 (55:14)				
2.	María Piñeiro Varela	ARTABROS	58:45	+3:31	04:59
	3:04 (3:04)	14:34 (22:00)	4:20 (26:20)		2:51 (29:11)
	2:41 (36:24)	1:59 (42:27)	8:55 (51:22)		– (50:49)
	1:24 (58:26)				6:13 (57:02)
	0:19 (58:45)				
3.	Marina Denis Sanroman	AROMON	1:13:15	+18:01	17:57
	7:59 (7:59)	17:40 (29:26)	10:06 (39:32)		2:19 (41:51)
	3:00 (51:24)	2:03 (57:37)	8:10 (1:05:47)		– (1:05:15)
	1:26 (1:12:54)				6:33 (48:24)
	0:21 (1:13:15)				6:13 (1:11:28)
4.	Victoria López Permuy	GALLAECIA_RAID	1:33:48	+38:34	26:45
	10:23 (10:23)	24:29 (40:50)	5:13 (46:03)		3:20 (49:23)
	3:34 (1:02:19)	3:18 (1:10:25)	9:23 (1:19:48)		2:13 (1:22:01)
	3:26 (1:33:12)				9:22 (58:45)
	0:36 (1:33:48)				7:45 (1:29:46)
F-40		(14 / 14)	Hora	Detrás	Tiempo perdido
1.	Sonia Gómez Naya	COMPÁS	59:46		05:46
	3:31 (3:31)	9:59 (15:10)	2:02 (17:12)		4:08 (21:20)
	2:30 (25:23)	9:26 (37:54)	17:41 (55:35)		2:53 (58:28)
	0:17 (59:46)				1:33 (22:53)
					1:01 (59:29)
2.	M. José Pérez González	FLUVIAL_LUGO	1:02:30	+2:44	02:13
	3:09 (3:09)	11:50 (17:12)	2:46 (19:58)		4:53 (24:51)
	3:06 (29:57)	9:29 (43:12)	14:46 (57:58)		3:00 (1:00:58)
	0:20 (1:02:30)				2:00 (26:51)
					1:12 (1:02:10)
3.	Alejandra Carro Mahía	ADC_ARNELA	1:04:08	+4:22	05:53
	4:55 (4:55)	13:01 (20:03)	2:02 (22:05)		4:44 (26:49)
	2:31 (31:18)	9:50 (44:39)	13:19 (57:58)		4:28 (1:02:26)
	0:21 (1:04:08)				1:58 (28:47)
					1:21 (1:03:47)
4.	Susana Míguez Sampedro	ADC_ARNELA	1:08:48	+9:02	09:27
	11:19 (11:19)	11:47 (24:51)	2:00 (26:51)		4:14 (31:05)
	2:49 (35:51)	9:53 (49:43)	13:44 (1:03:27)		3:02 (1:06:29)
	0:20 (1:08:48)				1:57 (33:02)
					1:59 (1:08:28)
5.	Natalia Pedre Fernández	LICEO	1:09:46	+10:00	08:24
	8:11 (8:11)	14:59 (24:47)	2:42 (27:29)		4:43 (32:12)
	3:13 (37:21)	10:38 (52:11)	12:20 (1:04:31)		3:21 (1:07:52)
	0:31 (1:09:46)				1:56 (34:08)
					1:23 (1:09:15)
6.	Ana Belén Crespo Iribarne	AROMON	1:09:55	+10:09	10:19
	7:03 (7:03)	13:47 (22:33)	2:28 (25:01)		4:12 (29:13)
	6:33 (37:16)	11:20 (52:34)	13:27 (1:06:01)		2:09 (1:08:10)
	0:28 (1:09:55)				1:17 (1:09:27)
7.	Carla Veiga García	AROMON	1:16:21	+16:35	13:15

2:23 (2:23)	2:05 (4:28)	12:06 (16:34)	2:15 (18:49)	4:25 (23:14)	1:45 (24:59)
3:07 (28:06)	11:20 (39:26)	10:55 (50:21)	19:54 (1:10:15)	4:20 (1:14:35)	1:25 (1:16:00)
0:21 (1:16:21)					
<b>8. Nadia Rajcok Villagran</b>		<b>COCO</b>	<b>1:18:12 +18:26</b>	<b>11:06</b>	
6:28 (6:28)	2:33 (9:01)	17:27 (26:28)	1:54 (28:22)	3:24 (31:46)	1:54 (33:40)
3:42 (37:22)	4:58 (42:20)	11:21 (53:41)	18:09 (1:11:50)	3:01 (1:14:51)	2:56 (1:17:47)
0:25 (1:18:12)					
<b>9. Dori Seijo Souto</b>		<b>AROMON</b>	<b>1:45:08 +45:22</b>	<b>30:30</b>	
2:50 (2:50)	2:13 (5:03)	29:30 (34:33)	2:37 (37:10)	5:30 (42:40)	1:59 (44:39)
6:01 (50:40)	18:56 (1:09:36)	10:25 (1:20:01)	18:47 (1:38:48)	3:24 (1:42:12)	2:17 (1:44:29)
0:39 (1:45:08)					
<b>10. Rosa Porto Vázquez</b>		<b>FLUVIAL_LUGO</b>	<b>1:54:43 +54:57</b>	<b>30:06</b>	
2:30 (2:30)	2:54 (5:24)	26:32 (31:56)	18:52 (50:48)	6:27 (57:15)	2:03 (59:18)
9:19 (1:08:37)	5:24 (1:14:01)	13:51 (1:27:52)	21:33 (1:49:25)	3:12 (1:52:37)	1:46 (1:54:23)
0:20 (1:54:43)					
<b>Fernanda Follana Neira</b>		<b>FLUVIAL_LUGO</b>	<b>DNF</b>		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
<b>Claudia Oreiro Chapela</b>		<b>GALLAECIA_RAID</b>	<b>DNS</b>		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
<b>Rocio Lores Romay</b>		<b>AROMON</b>	<b>DNS</b>		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					
<b>Silvia Seoane Rodríguez</b>		<b>GALLAECIA_RAID</b>	<b>DNS</b>		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)					

**F-50**

		<b>(5 / 5)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>
<b>1. Begoña Crespo Quindós</b>		<b>U-VIGO</b>	<b>1:14:03</b>		<b>12:25</b>
4:40 (4:40)	12:34 (17:14)	13:01 (30:15)	3:59 (34:14)	5:53 (40:07)	2:55 (43:02)
3:22 (46:24)	5:40 (52:04)	13:47 (1:05:51)	6:27 (1:12:18)	1:23 (1:13:41)	0:22 (1:14:03)
<b>2. Monica Peon Curras</b>		<b>AROMON</b>	<b>1:14:24 +0:21</b>	<b>12:52</b>	
11:32 (11:32)	12:51 (24:23)	7:06 (31:29)	3:46 (35:15)	8:25 (43:40)	2:57 (46:37)
3:11 (49:48)	4:39 (54:27)	10:36 (1:05:03)	6:42 (1:11:45)	2:10 (1:13:55)	0:29 (1:14:24)
<b>3. Ana Iglesias Junzalvos</b>		<b>U-VIGO</b>	<b>1:21:59 +7:56</b>	<b>08:17</b>	
6:40 (6:40)	17:11 (23:51)	8:24 (32:15)	5:14 (37:29)	10:49 (48:18)	4:07 (52:25)
5:40 (58:05)	6:11 (1:04:16)	6:59 (1:11:15)	7:23 (1:18:38)	2:44 (1:21:22)	0:37 (1:21:59)
<b>4. Susana Consuelo Pazos Fernández</b>		<b>AROMON</b>	<b>1:42:24 +28:21</b>	<b>32:23</b>	
8:46 (8:46)	14:32 (23:18)	26:45 (50:03)	10:16 (1:00:19)	5:43 (1:06:02)	3:39 (1:09:41)
3:47 (1:13:28)	5:01 (1:18:29)	8:24 (1:26:53)	6:56 (1:33:49)	8:07 (1:41:56)	0:28 (1:42:24)
<b>Teresa Silvarrey Redondo</b>		<b>GALLAECIA_RAID</b>	<b>DNS</b>		
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)
- (-)	- (-)	- (-)	- (-)	- (-)	- (-)

**F-60**

		<b>(1 / 1)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>
<b>1. María Ángeles García Pacios</b>		<b>U-VIGO</b>	<b>1:29:19</b>		<b>00:00</b>
6:03 (6:03)	1:07 (7:10)	23:44 (30:54)	14:08 (45:02)	3:27 (48:29)	13:04 (1:01:33)
3:47 (1:05:20)	6:06 (1:11:26)	7:39 (1:19:05)	7:20 (1:26:25)	2:13 (1:28:38)	0:41 (1:29:19)

**F-E**

		<b>(7 / 7)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>
<b>1. María Del Mar Delgado Gonzalez</b>		<b>OP BETANZOS</b>	<b>1:02:47</b>		<b>01:57</b>
5:03 (5:03)	7:41 (12:44)	1:36 (14:20)	3:12 (17:32)	2:16 (19:48)	1:42 (21:30)
2:45 (24:15)	4:40 (28:55)	2:44 (31:39)	2:59 (34:38)	4:39 (39:17)	2:00 (41:17)
2:35 (43:52)	1:53 (45:45)	3:11 (48:56)	10:40 (59:36)	2:08 (1:01:44)	0:47 (1:02:31)
0:16 (1:02:47)					
<b>2. Tania López Eyo</b>		<b>XESTEIRAS</b>	<b>1:13:22 +10:35</b>	<b>04:08</b>	
5:09 (5:09)	7:01 (12:10)	1:47 (13:57)	3:45 (17:42)	2:49 (20:31)	3:50 (24:21)
4:37 (28:58)	5:08 (34:06)	3:11 (37:17)	3:12 (40:29)	4:16 (44:45)	1:40 (46:25)
3:04 (49:29)	2:15 (51:44)	3:41 (55:25)	13:28 (1:08:53)	2:53 (1:11:46)	1:18 (1:13:04)
0:18 (1:13:22)					
<b>3. Veronica Montes Villar</b>		<b>OP BETANZOS</b>	<b>1:18:16 +15:29</b>	<b>07:43</b>	
6:58 (6:58)	7:47 (14:45)	2:02 (16:47)	3:58 (20:45)	4:16 (25:01)	3:17 (28:18)
4:27 (32:45)	5:15 (38:00)	3:13 (41:13)	5:22 (46:35)	3:51 (50:26)	1:43 (52:09)
3:00 (55:09)	2:38 (57:47)	3:20 (1:01:07)	12:13 (1:13:20)	3:23 (1:16:43)	1:14 (1:17:57)
0:19 (1:18:16)					
<b>4. Ana Varela Yáñez</b>		<b>BRIGANTIA</b>	<b>1:21:09 +18:22</b>	<b>10:33</b>	
7:46 (7:46)	7:13 (14:59)	8:50 (23:49)	4:28 (28:17)	2:43 (31:00)	2:42 (33:42)
3:21 (37:03)	5:15 (42:18)	3:15 (45:33)	3:34 (49:07)	3:40 (52:47)	1:47 (54:34)
2:48 (57:22)	2:37 (59:59)	4:18 (1:04:17)	12:58 (1:17:15)	2:27 (1:19:42)	1:08 (1:20:50)
0:19 (1:21:09)					
<b>5. Teresa Barreira Salgado</b>		<b>BRIGANTIA</b>	<b>1:27:59 +25:12</b>	<b>16:17</b>	
5:14 (5:14)	12:40 (17:54)	1:58 (19:52)	3:32 (23:24)	2:35 (25:59)	4:18 (30:17)
8:16 (38:33)	5:10 (43:43)	8:33 (52:16)	3:43 (55:59)	4:53 (1:00:52)	2:02 (1:02:54)
3:17 (1:06:11)	1:51 (1:08:02)	3:15 (1:11:17)	12:54 (1:24:11)	2:17 (1:26:28)	1:09 (1:27:37)
0:22 (1:27:59)					

6.	Paula Naya Mancebo		GALLAECIA_RAID	1:29:19	+26:32	07:14	
	7:42 (7:42)	8:47 (16:29)	2:06 (18:35)	4:24 (22:59)		3:29 (26:28)	2:26 (28:54)
	7:38 (36:32)	6:42 (43:14)	3:41 (46:55)	4:28 (51:23)		4:44 (56:07)	1:53 (58:00)
	4:11 (1:02:11)	3:09 (1:05:20)	4:17 (1:09:37)	13:17 (1:22:54)		5:05 (1:27:59)	1:02 (1:29:01)
	0:18 (1:29:19)						
7.	Alicia Pérez Alonso		AROMON	1:30:17	+27:30	09:06	
	6:53 (6:53)	9:57 (16:50)	5:33 (22:23)	3:34 (25:57)		4:08 (30:05)	2:40 (32:45)
	4:11 (36:56)	7:02 (43:58)	3:31 (47:29)	4:08 (51:37)		4:30 (56:07)	2:03 (58:10)
	6:14 (1:04:24)	2:50 (1:07:14)	3:50 (1:11:04)	13:04 (1:24:08)		3:42 (1:27:50)	1:49 (1:29:39)
	0:38 (1:30:17)						

**M-15**

			(6 / 6)	Hora	Detrás	Tiempo perdido	
1.	Mario López González		OP BETANZOS	42:31		04:30	
	2:18 (2:18)	13:03 (15:21)	2:50 (18:11)	3:38 (21:49)		2:56 (24:45)	4:47 (29:32)
	5:20 (34:52)	6:11 (41:03)	1:11 (42:14)	0:17 (42:31)			
2.	Aaron Rodríguez Arenas		VIZHOJA-CORNELIOS	44:39	+2:08	08:54	
	1:45 (1:45)	9:17 (11:02)	5:50 (16:52)	3:12 (20:04)		2:05 (22:09)	3:20 (25:29)
	12:21 (37:50)	5:34 (43:24)	1:00 (44:24)	0:15 (44:39)			
3.	Anxo Somoza Seoane		GALLAECIA_RAID	1:01:16	+18:45	10:02	
	2:30 (2:30)	16:13 (18:43)	6:57 (25:40)	8:05 (33:45)		3:09 (36:54)	4:42 (41:36)
	12:07 (53:43)	6:08 (59:51)	1:01 (1:00:52)	0:24 (1:01:16)			
4.	Rodrigo Fouz Sanchez		FLUVIAL_LUGO	1:21:19	+38:48	17:10	
	3:39 (3:39)	25:10 (28:49)	4:15 (33:04)	9:57 (43:01)		5:43 (48:44)	8:46 (57:30)
	15:26 (1:12:56)	6:50 (1:19:46)	1:14 (1:21:00)	0:19 (1:21:19)			
5.	Diego Silvarrey Oreiro		GALLAECIA_RAID	1:34:45	+52:14	39:13	
	2:28 (2:28)	48:07 (50:35)	4:35 (55:10)	14:10 (1:09:20)		3:23 (1:12:43)	5:03 (1:17:46)
	8:58 (1:26:44)	6:27 (1:33:11)	1:14 (1:34:25)	0:20 (1:34:45)			
	Martín Casado Núñez		OP BETANZOS	MP			
	3:00 (3:00)	– (–)	– (24:18)	5:07 (29:25)		4:10 (33:35)	6:01 (39:36)
	8:43 (48:19)	6:21 (54:40)	1:37 (56:17)	0:24 (56:41)			

**M-17**

			(3 / 3)	Hora	Detrás	Tiempo perdido	
1.	Marcos Silvarrey Oreiro		GALLAECIA_RAID	41:01		00:00	
	1:46 (1:46)	4:14 (6:00)	7:33 (13:33)	3:47 (17:20)		1:39 (18:59)	1:48 (20:47)
	3:04 (23:51)	2:18 (26:09)	1:20 (27:29)	2:54 (30:23)		9:46 (40:09)	0:39 (40:48)
	0:13 (41:01)						
2.	Carlos Romero Armada		AROMON	53:31	+12:30	08:41	
	2:00 (2:00)	3:55 (5:55)	7:59 (13:54)	3:48 (17:42)		2:34 (20:16)	2:51 (23:07)
	4:52 (27:59)	6:45 (34:44)	1:31 (36:15)	3:50 (40:05)		12:18 (52:23)	0:51 (53:14)
	0:17 (53:31)						
3.	Diego Pérez Álvarez		U-VIGO	1:10:09	+29:08	06:17	
	3:07 (3:07)	6:22 (9:29)	10:33 (20:02)	5:21 (25:23)		3:11 (28:34)	3:04 (31:38)
	4:50 (36:28)	6:33 (43:01)	2:24 (45:25)	5:56 (51:21)		16:25 (1:07:46)	1:58 (1:09:44)
	0:25 (1:10:09)						

**M-21**

			(13 / 13)	Hora	Detrás	Tiempo perdido	
1.	Ruben Tenreiro Diaz		MONTBREAMO	1:12:23		04:17	
	2:20 (2:20)	2:02 (4:22)	6:39 (11:01)	0:55 (11:56)		3:11 (15:07)	1:16 (16:23)
	3:07 (19:30)	3:03 (22:33)	1:07 (23:40)	2:42 (26:22)		13:07 (39:29)	2:59 (42:28)
	2:52 (45:20)	5:16 (50:36)	3:19 (53:55)	2:18 (56:13)		1:53 (58:06)	11:29 (1:09:35)
	1:44 (1:11:19)	0:47 (1:12:06)	0:17 (1:12:23)				
2.	Roberto Amarelle Garabán		COMPÁS	1:22:54	+10:31	03:15	
	2:17 (2:17)	1:21 (3:38)	8:46 (12:24)	1:10 (13:34)		3:41 (17:15)	1:24 (18:39)
	3:25 (22:04)	4:57 (27:01)	1:15 (28:16)	2:08 (30:24)		14:45 (45:09)	3:27 (48:36)
	3:13 (51:49)	5:07 (56:56)	3:44 (1:00:40)	2:08 (1:02:48)		1:45 (1:04:33)	14:55 (1:19:28)
	1:54 (1:21:22)	1:14 (1:22:36)	0:18 (1:22:54)				
3.	Gabriel Ledo Freiria		BUDIÑORAID	1:28:13	+15:50	10:50	
	4:25 (4:25)	1:21 (5:46)	13:35 (19:21)	1:02 (20:23)		3:40 (24:03)	1:30 (25:33)
	3:31 (29:04)	3:00 (32:04)	1:13 (33:17)	2:12 (35:29)		11:46 (47:15)	3:45 (51:00)
	6:47 (57:47)	4:40 (1:02:27)	4:07 (1:06:34)	2:08 (1:08:42)		1:48 (1:10:30)	14:32 (1:25:02)
	2:16 (1:27:18)	0:37 (1:27:55)	0:18 (1:28:13)				
4.	Francisco Javier Casal Fernández		AROMON	1:33:50	+21:27	10:00	
	2:09 (2:09)	2:43 (4:52)	10:55 (15:47)	1:09 (16:56)		3:53 (20:49)	1:51 (22:40)
	4:04 (26:44)	2:54 (29:38)	1:22 (31:00)	2:03 (33:03)		16:00 (49:03)	4:09 (53:12)
	3:09 (56:21)	4:54 (1:01:15)	3:55 (1:05:10)	2:08 (1:07:18)		2:19 (1:09:37)	21:04 (1:30:41)
	2:01 (1:32:42)	0:51 (1:33:33)	0:17 (1:33:50)				
5.	German Pérez Juste		U-VIGO	1:47:16	+34:53	12:56	
	2:47 (2:47)	2:09 (4:56)	13:59 (18:55)	1:18 (20:13)		4:45 (24:58)	1:59 (26:57)
	4:00 (30:57)	7:15 (38:12)	1:56 (40:08)	3:22 (43:30)		14:29 (57:59)	4:30 (1:02:29)
	4:53 (1:07:22)	9:27 (1:16:49)	5:19 (1:22:08)	2:58 (1:25:06)		2:07 (1:27:13)	14:33 (1:41:46)
	3:05 (1:44:51)	1:59 (1:46:50)	0:26 (1:47:16)				
6.	Hector Fraga Ares		MONTBREAMO	2:06:54	+54:31	19:26	
	3:56 (3:56)	1:36 (5:32)	11:56 (17:28)	1:38 (19:06)		4:08 (23:14)	1:35 (24:49)
	4:31 (29:20)	5:09 (34:29)	1:31 (36:00)	2:17 (38:17)		15:12 (53:29)	4:51 (58:20)
	5:18 (1:03:38)	10:00 (1:13:38)	10:06 (1:23:44)	5:08 (1:28:52)		3:15 (1:32:07)	27:26 (1:59:33)
	4:43 (2:04:16)	1:25 (2:05:41)	1:13 (2:06:54)				
7.	Marcos Martínez Seco		MONTBREAMO	2:14:54	+62:31	25:40	
	7:14 (7:14)	2:12 (9:26)	11:53 (21:19)	1:38 (22:57)		4:13 (27:10)	1:51 (29:01)
	10:38 (39:39)	4:26 (44:05)	1:47 (45:52)	2:44 (48:36)		32:49 (1:21:25)	4:23 (1:25:48)
	4:31 (1:30:19)	7:14 (1:37:33)	5:43 (1:43:16)	3:11 (1:46:27)		2:27 (1:48:54)	18:18 (2:07:12)
	5:07 (2:12:19)	1:18 (2:13:37)	1:17 (2:14:54)				

8. Pablo Rocha Pena	3:07 (3:07) 5:23 (31:37) 5:04 (1:17:23) 3:27 (2:13:25)	1:54 (5:01) 6:02 (37:39) 10:17 (1:27:40) 1:50 (2:15:15)	COMPÁS	11:16 (16:17) 2:07 (39:46) 5:16 (1:32:56) 0:21 (2:15:36)	2:15:36 +63:13	15:07	1:33 (17:50) 2:25 (42:11) 9:15 (1:42:11)	6:24 (24:14) 24:38 (1:06:49) 3:08 (1:45:19)	2:00 (26:14) 5:30 (1:12:19) 24:39 (2:09:58)
9. Pablo Olarza Costa	7:36 (7:36) 5:30 (38:33) 4:41 (1:24:18) 2:48 (2:30:00)	2:11 (9:47) 6:51 (45:24) 19:05 (1:43:23) 1:13 (2:31:13)	GALLAECIA_RAID	14:40 (24:27) 2:23 (47:47) 12:47 (1:56:10) 0:22 (2:31:35)	2:31:35 +79:12	26:33	1:26 (25:53) 4:09 (51:56) 3:01 (1:59:11)	4:39 (30:32) 23:45 (1:15:41) 2:33 (2:01:44)	2:31 (33:03) 3:56 (1:19:37) 25:28 (2:27:12)
Alberto José Hermida Carrasco	4:55 (4:55) 27:39 (53:33) 6:25 (1:41:25) -	2:11 (7:06) 4:15 (57:48) 7:07 (1:48:32) -	MONTBREAMO	11:24 (18:30) 4:27 (1:02:15) 5:31 (1:54:03) 0:27 (2:18:40)	MP		1:25 (19:55) 4:53 (1:07:08) 3:05 (1:57:08)	4:26 (24:21) 20:14 (1:27:22) 3:11 (2:00:19)	1:33 (25:54) 7:38 (1:35:00) -
Jose Raña Iglesias	- 3:42 (28:18) 3:48 (57:57) 1:55 (1:27:13)	- (8:25) 6:12 (34:30) 4:19 (1:02:16) 1:23 (1:28:36)	GALLAECIA_RAID	10:20 (18:45) 2:00 (36:30) 4:01 (1:06:17) 0:23 (1:28:59)	MP		0:59 (19:44) 1:52 (38:22) 2:14 (1:08:31)	3:30 (23:14) 12:20 (50:42) 1:36 (1:10:07)	1:22 (24:36) 3:27 (54:09) 15:11 (1:25:18)
Alvaro Vázquez López	- - - -	- - - -	COCO	- - - -	DNS		- - - -	- - - -	- - - -
Rubén Barrós Diz	- - - -	- - - -	BRIGANTIA	- - - -	DNS		- - - -	- - - -	- - - -

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			<b>(24 / 24)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>			
1. Jose Angel Morlán Rodriguez	1:39 (1:39) 1:07 (20:00) 10:08 (56:36) 0:18 (1:14:42)	3:08 (4:47) 3:43 (23:43) 1:48 (58:24)	SEO	5:32 (10:19) 5:32 (29:15) 4:48 (1:03:12)	1:14:42	05:05	3:59 (14:18) 6:33 (35:48) 8:23 (1:11:35)	1:48 (16:06) 8:51 (44:39) 1:56 (1:13:31)	2:47 (18:53) 1:49 (46:28) 0:53 (1:14:24)
2. Daniel Martinez Lorenzo	3:10 (3:10) 1:09 (28:39) 8:39 (1:02:14) 0:17 (1:22:43)	4:51 (8:01) 4:19 (32:58) 2:04 (1:04:18)	BUDIÑORAID	6:40 (14:41) 6:12 (39:10) 5:11 (1:09:29)	1:22:43 +8:01	07:41	4:25 (19:06) 7:06 (46:16) 10:08 (1:19:37)	2:19 (21:25) 5:13 (51:29) 2:00 (1:21:37)	6:05 (27:30) 2:06 (53:35) 0:49 (1:22:26)
3. Pablo López Franco	1:51 (1:51) 1:26 (21:31) 11:29 (1:02:06) 0:17 (1:23:15)	2:47 (4:38) 4:05 (25:36) 2:13 (1:04:19)	GALLAECIA_RAID	6:18 (10:56) 6:13 (31:49) 5:06 (1:09:25)	1:23:15 +8:33	03:22	3:49 (14:45) 7:45 (39:34) 10:23 (1:19:48)	2:15 (17:00) 8:31 (48:05) 2:08 (1:21:56)	3:05 (20:05) 2:32 (50:37) 1:02 (1:22:58)
4. Joaquín Oujo Ageitos	2:56 (2:56) 1:14 (26:56) 11:55 (1:05:14) 0:28 (1:25:22)	3:04 (6:00) 4:21 (31:17) 2:03 (1:07:17)	ADC_ARNELA	10:58 (16:58) 5:26 (36:43) 5:07 (1:12:24)	1:25:22 +10:40	09:32	3:10 (20:08) 6:39 (43:22) 9:49 (1:22:13)	2:10 (22:18) 7:05 (50:27) 1:46 (1:23:59)	3:24 (25:42) 2:52 (53:19) 0:55 (1:24:54)
5. Alejandro Argudín Vázquez	2:10 (2:10) 1:08 (21:56) 15:09 (1:03:52) 0:19 (1:26:35)	4:00 (6:10) 5:10 (27:06) 2:15 (1:06:07)	VIZHOJA-CORNELIOS	6:13 (12:23) 6:30 (33:36) 5:17 (1:11:24)	1:26:35 +11:53	08:12	3:53 (16:16) 7:09 (40:45) 11:56 (1:23:20)	2:18 (18:34) 5:43 (46:28) 1:58 (1:25:18)	2:14 (20:48) 2:15 (48:43) 0:58 (1:26:16)
6. Jesús Eduardo Pérez Rodríguez	2:04 (2:04) 1:20 (20:50) 11:34 (1:04:19) 0:24 (1:27:04)	3:28 (5:32) 7:46 (28:36) 2:05 (1:06:24)	BUDIÑORAID	5:51 (11:23) 6:17 (34:53) 5:46 (1:12:10)	1:27:04 +12:22	07:59	3:09 (14:32) 7:42 (42:35) 9:37 (1:21:47)	2:07 (16:39) 8:06 (50:41) 3:23 (1:25:10)	2:51 (19:30) 2:04 (52:45) 1:30 (1:26:40)
7. David Lareo Martinez	1:53 (1:53) 1:14 (30:37) 9:47 (1:06:35) 0:20 (1:27:45)	4:24 (6:17) 3:53 (34:30) 1:59 (1:08:34)	ADC_ARNELA	9:37 (15:54) 6:19 (40:49) 5:23 (1:13:57)	1:27:45 +13:03	09:09	3:35 (19:29) 7:53 (48:42) 10:39 (1:24:36)	5:01 (24:30) 5:59 (54:41) 1:59 (1:26:35)	4:53 (29:23) 2:07 (56:48) 0:50 (1:27:25)
8. Miguel Cambor Quirós	2:26 (2:26) 1:07 (26:35) 9:54 (1:06:54) 0:16 (1:31:48)	5:15 (7:41) 4:40 (31:15) 2:36 (1:09:30)	GALLAECIA_RAID	8:17 (15:58) 6:12 (37:27) 6:36 (1:16:06)	1:31:48 +17:06	08:30	3:41 (19:39) 7:29 (44:56) 10:38 (1:26:44)	2:37 (22:16) 9:31 (54:27) 3:33 (1:30:17)	3:12 (25:28) 2:33 (57:00) 1:15 (1:31:32)
9. Alberto Lamela Arias	2:27 (2:27) 1:31 (27:20) 13:41 (1:09:08) 0:20 (1:32:22)	4:29 (6:56) 4:42 (32:02) 2:27 (1:11:35)	COMPÁS	8:02 (14:58) 7:00 (39:02) 5:52 (1:17:27)	1:32:22 +17:40	05:47	3:54 (18:52) 8:11 (47:13) 11:01 (1:28:28)	2:29 (21:21) 6:17 (53:30) 2:40 (1:31:08)	4:28 (25:49) 1:57 (55:27) 0:54 (1:32:02)
10. Iván Somoza Argibay	1:42 (1:42) 1:03 (21:44) 12:40 (1:00:38) 0:18 (1:33:25)	2:40 (4:22) 3:58 (25:42) 2:17 (1:02:55)	GALLAECIA_RAID	6:59 (11:21) 5:32 (31:14) 5:26 (1:08:21)	1:33:25 +18:43	12:42	3:22 (14:43) 7:23 (38:37) 20:15 (1:28:36)	2:27 (17:10) 6:59 (45:36) 3:42 (1:32:18)	3:31 (20:41) 2:22 (47:58) 0:49 (1:33:07)

11. Iago Viana Gonzalez	FLUVIAL_LUGO	1:35:44	+21:02	08:19
3:45 (3:45)	7:23 (13:52)	4:03 (17:55)		2:23 (20:18)
1:27 (24:35)	6:47 (36:11)	8:49 (45:00)		2:50 (23:08)
15:06 (1:11:35)	5:52 (1:19:53)	12:19 (1:32:12)		5:14 (56:29)
0:32 (1:35:44)				0:55 (1:35:12)
12. Miguel Alonso Carrasco	VÍCHELAS	1:36:50	+22:08	14:13
8:03 (8:03)	11:20 (23:13)	3:35 (26:48)		2:28 (29:16)
1:08 (33:36)	7:18 (46:14)	8:05 (54:19)		3:12 (32:28)
9:52 (1:15:44)	5:41 (1:23:30)	10:13 (1:33:43)		4:06 (1:05:52)
0:15 (1:36:50)				0:57 (1:36:35)
13. Pablo Barreiro Fernández	AROMON	1:36:54	+22:12	06:35
2:28 (2:28)	9:56 (16:53)	4:14 (21:07)		2:44 (23:51)
1:29 (29:17)	7:12 (41:16)	8:53 (50:09)		3:57 (27:48)
9:09 (1:12:05)	5:37 (1:20:42)	12:16 (1:32:58)		2:43 (1:02:56)
0:19 (1:36:54)				1:10 (1:36:35)
14. Alberto Morlán Otero	GALLAECIA_RAID	1:42:07	+27:25	09:06
3:24 (3:24)	9:37 (16:54)	4:48 (21:42)		2:10 (23:52)
1:10 (28:32)	6:47 (40:04)	9:58 (50:02)		3:30 (27:22)
13:54 (1:15:19)	6:01 (1:24:23)	12:49 (1:37:12)		4:25 (1:01:25)
0:42 (1:42:07)				0:40 (1:41:25)
15. Ricardo Sánchez Díaz	BRIGANTIA	1:44:38	+29:56	14:40
4:22 (4:22)	9:07 (19:42)	3:48 (23:30)		2:25 (25:55)
1:27 (32:19)	6:44 (44:18)	8:18 (52:36)		4:57 (30:52)
10:48 (1:13:24)	5:38 (1:21:29)	17:32 (1:39:01)		2:33 (1:02:36)
0:19 (1:44:38)				1:30 (1:44:19)
16. Alberto Rodríguez Salas	AROMON	1:44:58	+30:16	16:54
8:35 (8:35)	6:38 (19:09)	4:04 (23:13)		2:23 (25:36)
1:23 (30:24)	6:42 (41:27)	9:13 (50:40)		3:25 (29:01)
16:14 (1:17:31)	5:10 (1:26:23)	13:28 (1:39:51)		3:51 (1:01:17)
0:20 (1:44:58)				0:49 (1:44:38)
17. Arturo Antón Casado	GALLAECIA_RAID	1:46:06	+31:24	09:06
4:17 (4:17)	9:32 (18:22)	4:27 (22:49)		2:31 (25:20)
1:32 (30:52)	6:53 (42:58)	8:33 (51:31)		4:00 (29:20)
14:06 (1:16:38)	5:53 (1:25:13)	12:38 (1:37:51)		2:54 (1:02:32)
0:25 (1:46:06)				1:13 (1:45:41)
18. Luis Javier Ramos Asensio	GALLAECIA_RAID	1:47:20	+32:38	14:27
3:54 (3:54)	7:41 (15:49)	10:11 (26:00)		2:33 (28:33)
1:21 (33:39)	9:45 (48:05)	7:39 (55:44)		3:45 (32:18)
14:20 (1:21:20)	5:55 (1:30:19)	13:16 (1:43:35)		4:32 (1:07:00)
0:18 (1:47:20)				1:01 (1:47:02)
19. Daniel Rioboo Iglesias	GALLAECIA_RAID	1:54:02	+39:20	12:55
2:07 (2:07)	8:32 (15:15)	4:34 (19:49)		2:35 (22:24)
1:22 (26:44)	8:05 (41:28)	10:11 (51:39)		2:58 (25:22)
16:40 (1:26:39)	6:14 (1:35:53)	12:58 (1:48:51)		5:23 (1:09:59)
0:18 (1:54:02)				1:11 (1:53:44)
20. Diego De La Torre Herrera	TREVINCA	2:01:51	+47:09	20:47
2:23 (2:23)	9:26 (16:24)	3:43 (20:07)		3:00 (23:07)
1:20 (31:13)	6:35 (42:41)	9:44 (52:25)		6:46 (29:53)
24:29 (1:29:37)	5:37 (1:37:43)	17:32 (1:55:15)		4:27 (1:05:08)
0:25 (2:01:51)				2:34 (2:01:26)
Roberto Cobas García	GALLAECIA_RAID	DNF		
5:16 (5:16)	12:37 (24:21)	4:26 (28:47)		3:46 (32:33)
2:53 (40:21)	—	—		4:55 (37:28)
—	—	—		—
—	—	—		—
José Luis Fernández Costas	AROMON	DNS		
—	—	—		—
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—	—	—		—
—	—	—		—
Pablo Valdez Bermudez	GALLAECIA_RAID	DNS		
—	—	—		—
—	—	—		—
—	—	—		—
—	—	—		—
Rodrigo Mosquera Area	GALLAECIA_RAID	DNS		
—	—	—		—
—	—	—		—
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—	—	—		—

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	(20 / 20)	Hora	Detrás	Tiempo perdido
1. Javier Arufe Varela	LICEO	39:19		01:40
1:49 (1:49)	1:16 (3:39)	6:43 (10:22)		3:02 (13:24)
2:26 (20:27)	6:47 (35:50)	2:16 (38:06)		0:54 (39:00)
				0:19 (39:19)
2. Francisco José Ferrer Vidal	AROMON	42:08	+2:49	01:10
2:01 (2:01)	2:09 (4:48)	8:09 (12:57)		2:44 (15:41)
3:02 (23:46)	6:52 (39:06)	1:55 (41:01)		5:03 (20:44)
				0:16 (42:08)
3. Antonio Javier López Peiteado	GALLAECIA_RAID	42:23	+3:04	02:44
2:27 (2:27)	2:22 (5:32)	8:57 (14:29)		2:42 (17:11)
2:15 (24:39)	6:06 (38:29)	2:27 (40:56)		5:13 (22:24)
				0:20 (42:23)

4.	Francisco Varela Lorenzo	1:56 (1:56) 2:26 (21:40)	0:34 (2:30) 8:02 (29:42)	COMPÁS	42:29 +3:10	02:21	1:29 (3:59) 8:36 (38:18)	7:40 (11:39) 3:02 (41:20)	2:32 (14:11) 0:53 (42:13)	5:03 (19:14) 0:16 (42:29)
5.	M. Antonio Piñeiro Pouso	1:44 (1:44) 2:04 (21:48)	0:33 (2:17) 8:22 (30:10)	ADC_ARNELA	42:53 +3:34	03:13	1:55 (4:12) 9:24 (39:34)	7:16 (11:28) 2:20 (41:54)	2:27 (13:55) 0:44 (42:38)	5:49 (19:44) 0:15 (42:53)
6.	José Manuel Fernández Souto	2:35 (2:35) 2:14 (25:29)	0:36 (3:11) 9:26 (34:55)	COMPÁS	49:16 +9:57	04:31	2:24 (5:35) 10:49 (45:44)	10:11 (15:46) 2:12 (47:56)	2:24 (18:10) 1:04 (49:00)	5:05 (23:15) 0:16 (49:16)
7.	David Casado Bravo	2:12 (2:12) 2:22 (23:46)	0:32 (2:44) 7:47 (31:33)	OP BETANZOS	50:13 +10:54	07:37	2:29 (5:13) 14:36 (46:09)	8:38 (13:51) 2:33 (48:42)	2:47 (16:38) 1:14 (49:56)	4:46 (21:24) 0:17 (50:13)
8.	Carlos Viqueira Nouche	2:07 (2:07) 2:17 (27:36)	0:34 (2:41) 10:10 (37:46)	SEO	54:16 +14:57	05:53	2:42 (5:23) 12:13 (49:59)	9:21 (14:44) 2:53 (52:52)	2:40 (17:24) 1:05 (53:57)	7:55 (25:19) 0:19 (54:16)
9.	Antonio Omil Beloso	2:52 (2:52) 3:00 (34:52)	0:45 (3:37) 9:56 (44:48)	AROMON	58:32 +19:13	05:50	3:20 (6:57) 8:22 (53:10)	13:04 (20:01) 3:19 (56:29)	3:53 (23:54) 1:44 (58:13)	7:58 (31:52) 0:19 (58:32)
10.	Antonio Gómez Ramos	2:36 (2:36) 2:55 (30:28)	0:42 (3:18) 9:13 (39:41)	ARTABROS	59:09 +19:50	05:51	3:15 (6:33) 11:42 (51:23)	10:43 (17:16) 5:36 (56:59)	3:12 (20:28) 1:39 (58:38)	7:05 (27:33) 0:31 (59:09)
11.	Jorge Piñeiro Portela	3:07 (3:07) 3:15 (32:52)	0:51 (3:58) 11:50 (44:42)	ARTABROS	59:36 +20:17	01:33	2:11 (6:09) 10:14 (54:56)	11:07 (17:16) 2:57 (57:53)	3:37 (20:53) 1:26 (59:19)	8:44 (29:37) 0:17 (59:36)
12.	Camilo Serantes Maneiro	2:24 (2:24) 2:47 (29:52)	0:45 (3:09) 11:55 (41:47)	ADC_ARNELA	1:06:35 +27:16	10:57	3:10 (6:19) 20:17 (1:02:04)	9:30 (15:49) 2:56 (1:05:00)	3:55 (19:44) 1:16 (1:06:16)	7:21 (27:05) 0:19 (1:06:35)
13.	José Luís Míguez Cristóbal	7:59 (7:59) 4:23 (48:51)	0:33 (8:32) 9:16 (58:07)	SEO	1:13:01 +33:42	19:14	3:05 (11:37) 9:29 (1:07:36)	20:31 (32:08) 2:11 (1:09:47)	4:00 (36:08) 2:48 (1:12:35)	8:20 (44:28) 0:26 (1:13:01)
14.	Pablo Adrián Aller Estévez	3:36 (3:36) 4:07 (48:12)	1:43 (5:19) 15:42 (1:03:54)	TREVINCA	1:25:33 +46:14	07:26	4:47 (10:06) 14:32 (1:18:26)	20:07 (30:13) 4:34 (1:23:00)	4:28 (34:41) 2:11 (1:25:11)	9:24 (44:05) 0:22 (1:25:33)
15.	Marcos Fouz Rodriguez	2:35 (2:35) 5:07 (59:24)	1:03 (3:38) 17:59 (1:17:23)	FLUVIAL_LUGO	1:40:41 +61:22	17:28	4:17 (7:55) 17:33 (1:34:56)	28:44 (36:39) 3:46 (1:38:42)	4:35 (41:14) 1:25 (1:40:07)	13:03 (54:17) 0:34 (1:40:41)
	Javier Alvelo Fraguela	2:53 (2:53) 2:41 (29:01)	0:38 (3:31) 9:51 (38:52)	AROMON	MP		3:35 (7:06) -	8:48 (15:54) -	3:43 (19:37) 1:17 (45:37)	6:43 (26:20) 0:24 (46:01)
	Javier Liz Díaz	- (-) -	- (-) -	FLUVIAL_LUGO	MP		- (-) -	- (-) -	- (-) -	- (-) -
	Horacio Souto Pol	- (-) -	- (-) -	SEO	DNS		- (-) -	- (-) -	- (-) -	- (-) -
	José Alonso Veiga	- (-) -	- (-) -	BUDIÑORAID	DNS		- (-) -	- (-) -	- (-) -	- (-) -
	Manuel Sancosmed Torres	- (-) -	- (-) -	COCO	DNS		- (-) -	- (-) -	- (-) -	- (-) -

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				(7 / 7)	Hora	Detrás	Tiempo perdido			
1.	Carlos Mario Romero Capa	3:41 (3:41) 2:25 (37:39) 0:26 (1:00:57)	0:40 (4:21) 5:37 (43:16)	AROMON	1:00:57		06:19	11:15 (18:21) 0:33 (52:42)	12:02 (30:23) 6:12 (58:54)	4:51 (35:14) 1:37 (1:00:31)
2.	José Manuel Sancosmed Torres	2:50 (2:50) 5:09 (43:29) 0:27 (1:02:57)	0:37 (3:27) 4:13 (47:42)	COCO	1:02:57 +2:00		10:23	10:20 (16:42) -	9:34 (26:16) 6:34 (1:01:09)	12:04 (38:20) 1:21 (1:02:30)
3.	Carles Abad Vives	3:05 (3:05) 2:53 (43:38) 0:27 (1:08:54)	0:41 (3:46) 5:16 (48:54)	U-VIGO	1:08:54 +7:57		10:20	16:58 (23:26) 1:51 (1:00:34)	7:15 (30:41) 6:13 (1:06:47)	10:04 (40:45) 1:40 (1:08:27)
4.	Juan Carlos Carballo Fernández	2:37 (2:37) 2:20 (49:05) 0:29 (1:15:08)	0:54 (3:31) 5:49 (54:54)	GALLAECIA_RAID	1:15:08 +14:11		13:26	2:48 (6:19) 10:35 (1:05:29)	9:39 (28:20) 6:17 (1:12:59)	18:25 (46:45) 1:40 (1:14:39)
5.	Antonio Garcia Couce	4:57 (4:57) 2:29 (57:41) 0:21 (1:26:23)	0:58 (5:55) 5:46 (1:03:27)	MONTAÑA_FERROL	1:26:23 +25:26		20:47	3:58 (9:53) 13:24 (1:16:51)	8:11 (48:22) 6:40 (1:24:24)	6:50 (55:12) 1:38 (1:26:02)
	Evaristo Gonzalez Fernandez	3:17 (3:17) -	0:49 (4:06) -	GALLAECIA_RAID	MP			- (-) -	- (23:26) 6:00 (47:32)	- (-) 1:53 (49:25)
	José Luis Armada Luaces	4:45 (4:45) -	0:50 (5:35) -	U-VIGO	DNF			- (-) -	- (-) -	- (-) -

<b>E</b>	<b>(21 / 21)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>
<b>1.</b> Ángel García García	<b>BRIGANTIA</b>	<b>1:18:58</b>		<b>01:10</b>
1:38 (1:38)	6:03 (7:41)	3:53 (13:42)		1:35 (15:17)
2:30 (20:10)	3:27 (23:37)	2:42 (35:01)		3:07 (38:08)
5:47 (45:48)	3:57 (49:45)	1:45 (52:52)		8:44 (1:01:36)
3:38 (1:07:27)	1:15 (1:08:42)	- (1:12:20)		5:35 (1:17:55)
0:15 (1:18:58)				2:23 (17:40)
				1:53 (40:01)
				2:13 (1:03:49)
				0:48 (1:18:43)
<b>2.</b> Gonzalo Fernández Casalderrey	<b>AROMON</b>	<b>1:23:30</b>	<b>+4:32</b>	<b>04:23</b>
1:49 (1:49)	10:19 (12:08)	3:56 (17:55)		1:35 (19:30)
2:02 (23:53)	3:33 (27:26)	2:47 (39:51)		3:20 (43:11)
6:11 (51:30)	3:11 (54:41)	2:11 (58:19)		8:21 (1:06:40)
2:36 (1:11:32)	1:23 (1:12:55)	- (1:17:10)		5:31 (1:22:41)
0:13 (1:23:30)				2:21 (21:51)
				2:08 (45:19)
				2:16 (1:08:56)
				0:36 (1:23:17)
<b>3.</b> Xan Carballo Alviárez	<b>GALLAECIA_RAID</b>	<b>1:28:34</b>	<b>+9:36</b>	<b>01:32</b>
1:36 (1:36)	7:23 (8:59)	4:34 (15:32)		1:48 (17:20)
2:34 (22:29)	3:34 (26:03)	3:05 (40:55)		2:35 (43:30)
5:52 (51:58)	4:25 (56:23)	2:16 (1:00:09)		10:10 (1:10:19)
2:36 (1:15:14)	1:33 (1:16:47)	0:35 (1:22:06)		5:34 (1:27:40)
0:14 (1:28:34)				2:35 (19:55)
				2:36 (46:06)
				2:19 (1:12:38)
				0:40 (1:28:20)
<b>4.</b> Rodrigo Ivan Rodriguez Lopez	<b>COMPÁS</b>	<b>1:30:03</b>	<b>+11:05</b>	<b>03:42</b>
1:42 (1:42)	7:31 (9:13)	3:58 (14:55)		1:50 (16:45)
2:50 (22:27)	3:47 (26:14)	3:06 (39:39)		2:55 (42:34)
6:18 (52:06)	3:47 (55:53)	2:11 (59:22)		12:33 (1:11:55)
2:44 (1:17:36)	1:22 (1:18:58)	- (1:23:17)		5:47 (1:29:04)
0:14 (1:30:03)				2:52 (19:37)
				3:14 (45:48)
				2:57 (1:14:52)
				0:45 (1:29:49)
<b>5.</b> Francisco Javier López Costoya	<b>OP BETANZOS</b>	<b>1:32:28</b>	<b>+13:30</b>	<b>05:04</b>
1:54 (1:54)	6:49 (8:43)	4:05 (14:56)		1:58 (16:54)
2:23 (22:32)	3:41 (26:13)	3:02 (40:06)		4:53 (44:59)
5:29 (53:00)	4:11 (57:11)	2:30 (1:01:04)		11:59 (1:13:03)
2:34 (1:18:10)	1:26 (1:19:36)	0:44 (1:24:54)		5:37 (1:30:31)
0:17 (1:32:28)				2:33 (1:15:36)
				1:40 (1:32:11)
<b>6.</b> Yago Breijo Martinez	<b>XESTEIRAS</b>	<b>1:34:38</b>	<b>+15:40</b>	<b>10:55</b>
2:36 (2:36)	9:30 (12:06)	4:06 (18:06)		1:40 (19:46)
2:56 (25:56)	4:09 (30:05)	2:48 (42:42)		2:26 (45:08)
6:48 (54:28)	8:24 (1:02:52)	1:53 (1:08:26)		9:35 (1:18:01)
2:23 (1:22:37)	1:21 (1:23:58)	- (1:28:01)		5:34 (1:33:35)
0:23 (1:34:38)				3:14 (23:00)
				2:32 (47:40)
				2:13 (1:20:14)
				0:40 (1:34:15)
<b>7.</b> Alberto Taboada Pintor	<b>OP BETANZOS</b>	<b>1:35:03</b>	<b>+16:05</b>	<b>11:09</b>
1:41 (1:41)	6:21 (8:02)	4:01 (13:53)		1:39 (15:32)
4:42 (22:37)	3:42 (26:19)	3:05 (41:54)		3:00 (44:54)
8:47 (55:54)	3:46 (59:40)	2:30 (1:03:37)		12:30 (1:16:07)
2:35 (1:21:02)	1:25 (1:22:27)	1:30 (1:28:26)		5:30 (1:33:56)
0:14 (1:35:03)				2:23 (17:55)
				2:13 (47:07)
				2:20 (1:18:27)
				0:53 (1:34:49)
<b>8.</b> Oscar Fernández Otero	<b>GALLAECIA_RAID</b>	<b>1:38:21</b>	<b>+19:23</b>	<b>09:20</b>
1:52 (1:52)	11:56 (13:48)	4:30 (20:07)		1:59 (22:06)
2:40 (30:03)	4:04 (34:07)	3:06 (49:00)		3:26 (52:26)
7:18 (1:01:52)	3:59 (1:05:51)	2:09 (1:09:19)		10:18 (1:19:37)
2:34 (1:24:35)	1:23 (1:25:58)	0:17 (1:31:24)		5:38 (1:37:02)
0:20 (1:38:21)				2:24 (1:22:01)
				0:59 (1:38:01)
<b>9.</b> Alberto Corral Alonso	<b>FLUVIAL_LUGO</b>	<b>1:44:25</b>	<b>+25:27</b>	<b>18:18</b>
1:39 (1:39)	12:30 (14:09)	4:12 (22:41)		1:36 (24:17)
6:47 (33:24)	5:06 (38:30)	3:03 (56:46)		3:11 (59:57)
5:17 (1:08:39)	3:17 (1:11:56)	2:30 (1:15:54)		9:52 (1:25:46)
3:19 (1:31:35)	1:32 (1:33:07)	0:19 (1:37:56)		5:37 (1:43:33)
0:15 (1:44:25)				2:20 (26:37)
				3:25 (1:03:22)
				2:30 (1:28:16)
				0:37 (1:44:10)
<b>10.</b> Jacobo Lores Romay	<b>AROMON</b>	<b>1:46:41</b>	<b>+27:43</b>	<b>13:12</b>
2:07 (2:07)	10:08 (12:15)	4:06 (18:49)		1:40 (20:29)
3:28 (28:07)	3:59 (32:06)	3:16 (46:13)		6:20 (52:33)
4:57 (1:00:38)	5:05 (1:05:43)	2:01 (1:09:12)		13:29 (1:22:41)
2:56 (1:28:44)	1:30 (1:30:14)	4:12 (1:39:21)		5:43 (1:45:04)
0:24 (1:46:41)				1:13 (1:46:17)
<b>11.</b> Jose Manuel Nogueiras Marentes	<b>FLUVIAL_LUGO</b>	<b>1:51:24</b>	<b>+32:26</b>	<b>14:30</b>
1:35 (1:35)	8:35 (10:10)	5:02 (17:09)		2:03 (19:12)
2:29 (24:24)	3:57 (28:21)	3:34 (44:16)		3:40 (47:56)
5:56 (57:35)	11:24 (1:08:59)	5:20 (1:15:48)		14:23 (1:30:11)
3:52 (1:37:09)	1:32 (1:38:41)	0:56 (1:44:54)		5:38 (1:50:32)
0:14 (1:51:24)				2:43 (21:55)
				3:43 (51:39)
				3:06 (1:33:17)
				0:38 (1:51:10)
<b>12.</b> Diego Bouza Padín	<b>MONTBREAMO</b>	<b>1:53:06</b>	<b>+34:08</b>	<b>08:48</b>
2:19 (2:19)	9:29 (11:48)	5:26 (19:58)		1:48 (21:46)
3:30 (28:15)	3:59 (32:14)	3:13 (49:35)		3:57 (53:32)
5:43 (1:02:58)	8:56 (1:11:54)	2:39 (1:16:44)		14:33 (1:31:17)
3:33 (1:37:39)	1:28 (1:39:07)	1:02 (1:45:33)		6:03 (1:51:36)
0:23 (1:53:06)				2:59 (24:45)
				3:43 (57:15)
				2:49 (1:34:06)
				1:07 (1:52:43)
<b>13.</b> Adrián Pérez Alonso	<b>AROMON</b>	<b>1:56:51</b>	<b>+37:53</b>	<b>11:06</b>
2:05 (2:05)	12:02 (14:07)	5:04 (23:08)		2:10 (25:18)
3:37 (31:39)	4:23 (36:02)	3:44 (53:27)		3:53 (57:20)
6:45 (1:06:46)	7:02 (1:13:48)	2:42 (1:18:05)		13:33 (1:31:38)
4:33 (1:39:37)	1:45 (1:41:22)	2:14 (1:49:16)		5:57 (1:55:13)
0:20 (1:56:51)				2:44 (28:02)
				2:41 (1:00:01)
				3:26 (1:35:04)
				1:18 (1:56:31)
<b>14.</b> Alberto Perez Seijas	<b>GALLAECIA_RAID</b>	<b>1:58:38</b>	<b>+39:40</b>	<b>12:31</b>

1:53 (1:53)	11:19 (13:12)	2:50 (16:02)	7:04 (23:06)	2:31 (25:37)	2:55 (28:32)
2:58 (31:30)	4:21 (35:51)	12:32 (48:23)	3:36 (51:59)	4:14 (56:13)	2:53 (59:06)
10:20 (1:09:26)	7:02 (1:16:28)	1:50 (1:18:18)	2:26 (1:20:44)	12:13 (1:32:57)	2:50 (1:35:47)
3:16 (1:39:03)	3:20 (1:42:23)	7:20 (1:49:43)	1:31 (1:51:14)	6:00 (1:57:14)	1:03 (1:58:17)
0:21 (1:58:38)					
<b>15. Alan Sardinero Gonzalez</b>		<b>U-VIGO</b>	<b>2:10:00 +51:02</b>	<b>13:49</b>	
2:21 (2:21)	10:12 (12:33)	2:48 (15:21)	5:44 (21:05)	2:20 (23:25)	3:06 (26:31)
3:22 (29:53)	4:53 (34:46)	14:08 (48:54)	4:10 (53:04)	7:19 (1:00:23)	3:19 (1:03:42)
13:49 (1:17:31)	6:16 (1:23:47)	6:16 (1:26:00)	2:50 (1:28:50)	14:30 (1:43:20)	3:03 (1:46:23)
3:18 (1:49:41)	1:40 (1:51:21)	6:42 (1:58:03)	3:56 (2:01:59)	6:01 (2:08:00)	1:38 (2:09:38)
0:22 (2:10:00)					
<b>16. Manuel Pedre Vazquez</b>		<b>GALLAECIA_RAID</b>	<b>2:13:13 +54:15</b>	<b>23:14</b>	
1:51 (1:51)	11:43 (13:34)	2:43 (16:17)	4:02 (20:19)	3:11 (23:30)	3:12 (26:42)
6:31 (33:13)	5:05 (38:18)	14:36 (52:54)	3:05 (55:59)	4:06 (1:00:05)	4:22 (1:04:27)
7:12 (1:11:39)	13:19 (1:24:58)	2:13 (1:27:11)	2:35 (1:29:46)	18:34 (1:48:20)	5:36 (1:53:56)
3:06 (1:57:02)	1:33 (1:58:35)	5:31 (2:04:06)	1:15 (2:05:21)	6:00 (2:11:21)	1:30 (2:12:51)
0:22 (2:13:13)					
<b>17. Alberto Otero Pernas</b>		<b>MONTBREAMO</b>	<b>2:13:21 +54:23</b>	<b>12:24</b>	
2:40 (2:40)	15:00 (17:40)	3:21 (21:01)	6:27 (27:28)	2:07 (29:35)	3:09 (32:44)
3:21 (36:05)	3:58 (40:03)	15:56 (55:59)	4:14 (1:00:13)	3:45 (1:03:58)	4:13 (1:08:11)
9:14 (1:17:25)	6:06 (1:23:31)	2:02 (1:25:33)	2:57 (1:28:30)	12:45 (1:41:15)	3:46 (1:45:01)
4:31 (1:49:32)	1:56 (1:51:28)	7:14 (1:58:42)	6:37 (2:05:19)	6:21 (2:11:40)	1:11 (2:12:51)
0:30 (2:13:21)					
<b>Eloi Serantes Abal</b>		<b>ADC_ARNELA</b>	<b>MP</b>		
2:25 (2:25)	11:50 (14:15)	2:23 (16:38)	6:16 (22:54)	2:47 (25:41)	3:56 (29:37)
3:32 (33:09)	5:44 (38:53)	20:44 (59:37)	5:52 (1:05:29)	5:26 (1:10:55)	3:00 (1:13:55)
8:45 (1:22:40)	6:21 (1:29:01)	2:22 (1:31:23)	14:44 (1:46:07)	— (—)	— (—)
— (—)	— (—)	— (—)	— (2:01:42)	6:08 (2:07:50)	1:07 (2:08:57)
0:21 (2:09:18)					
<b>Lucas Freire Lage</b>		<b>GALLAECIA_RAID</b>	<b>MP</b>		
2:48 (2:48)	9:33 (12:21)	1:55 (14:16)	— (—)	— (19:42)	3:09 (22:51)
2:45 (25:36)	3:56 (29:32)	11:47 (41:19)	5:41 (47:00)	4:45 (51:45)	3:34 (55:19)
6:01 (1:01:20)	5:42 (1:07:02)	1:55 (1:08:57)	2:29 (1:11:26)	— (—)	— (—)
— (—)	— (—)	— (—)	— (—)	— (—)	— (—)
— (1:35:17)					
<b>Alfonso Vilela Perez</b>		<b>BRIGANTIA</b>	<b>DNF</b>		
2:29 (2:29)	9:04 (11:33)	2:44 (14:17)	4:31 (18:48)	2:20 (21:08)	3:06 (24:14)
3:19 (27:33)	3:52 (31:25)	9:39 (41:04)	2:55 (43:59)	11:15 (55:14)	— (—)
— (—)	— (—)	— (—)	— (—)	— (—)	— (—)
— (—)	— (—)	— (—)	— (—)	— (—)	— (—)
— (—)					
<b>Jose Antonio Torviso Berdeal</b>		<b>BRIGANTIA</b>	<b>DNF</b>		
2:01 (2:01)	13:23 (15:24)	2:35 (17:59)	4:08 (22:07)	1:37 (23:44)	2:33 (26:17)
6:33 (32:50)	5:12 (38:02)	— (—)	— (—)	— (—)	— (—)
— (—)	— (—)	— (—)	— (—)	— (—)	— (40:50)
— (—)	— (—)	— (—)	— (—)	— (—)	— (—)
— (—)					
<b>ABS PAR</b>		<b>(4 / 4)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>
<b>1. Angel Algora Aizpurua</b>		<b>FLUVIAL_LUGO</b>	<b>1:32:01</b>		<b>00:00</b>
3:48 (3:48)	17:43 (21:31)	8:29 (30:00)	1:33 (31:33)		7:52 (45:21)
3:44 (49:05)	5:14 (54:19)	5:11 (59:30)	5:12 (1:04:42)		12:31 (1:17:13)
7:43 (1:29:00)	2:31 (1:31:31)	0:30 (1:32:01)			4:04 (1:21:17)
<b>2. Eva Corral Prado</b>		<b>FLUVIAL_LUGO</b>	<b>1:32:06 +0:05</b>		<b>00:56</b>
3:52 (3:52)	17:42 (21:34)	8:35 (30:09)	1:29 (31:38)		5:57 (37:35)
3:42 (49:08)	5:18 (54:26)	5:10 (59:36)	5:08 (1:04:44)		12:36 (1:17:20)
7:39 (1:29:07)	2:32 (1:31:39)	0:27 (1:32:06)			4:08 (1:21:28)
<b>3. Monica Figueroa Leiro</b>		<b>AROMON</b>	<b>1:44:17 +12:16</b>		<b>08:19</b>
3:54 (3:54)	17:25 (21:19)	11:40 (32:59)	1:17 (34:16)		7:24 (41:40)
3:10 (53:54)	4:20 (58:14)	8:05 (1:06:19)	5:45 (1:12:04)		15:50 (1:27:54)
8:58 (1:41:22)	2:18 (1:43:40)	0:37 (1:44:17)			9:04 (50:44)
<b>4. Maria Luisa Sanchez Vázquez</b>		<b>AROMON</b>	<b>1:44:23 +12:22</b>		<b>07:06</b>
3:48 (3:48)	17:28 (21:16)	11:47 (33:03)	1:34 (34:37)		7:08 (41:45)
3:11 (53:53)	4:28 (58:21)	7:58 (1:06:19)	5:47 (1:12:06)		15:46 (1:27:52)
9:01 (1:41:25)	2:20 (1:43:45)	0:38 (1:44:23)			4:32 (1:32:24)
<b>INI-EQ</b>		<b>(7 / 7)</b>	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>
<b>1. Porfirio Fernández Vidal</b>		<b>XESTA NATUREZA</b>	<b>29:20</b>		<b>01:18</b>
2:34 (2:34)	0:37 (3:11)	1:36 (4:47)	1:21 (6:08)		0:45 (6:53)
5:03 (12:58)	3:06 (16:04)	6:57 (23:01)	— (21:41)		5:52 (27:33)
0:36 (29:20)					1:11 (28:44)
<b>2. Alberto Pereira Rego</b>		<b>XESTA NATUREZA</b>	<b>44:44 +15:24</b>		<b>05:53</b>
3:01 (3:01)	0:53 (3:54)	2:19 (6:13)	1:27 (7:40)		1:03 (8:43)
10:12 (20:21)	4:57 (25:18)	11:00 (36:18)	0:11 (36:29)		6:10 (42:39)
0:56 (44:44)					1:26 (10:09)
<b>3. Iago Rodríguez Seijo</b>		<b>AROMON</b>	<b>1:27:51 +58:31</b>		<b>16:46</b>
5:33 (5:33)	1:11 (6:44)	3:08 (9:52)	2:42 (12:34)		5:43 (18:17)
15:38 (36:34)	8:44 (45:18)	27:11 (1:12:29)	4:58 (1:17:27)		7:25 (1:24:52)
0:30 (1:27:51)					2:39 (20:56)
<b>4. Xana Tapia Denis</b>		<b>AROMON</b>	<b>1:27:52 +58:32</b>		<b>15:15</b>
5:36 (5:36)	1:10 (6:46)	3:08 (9:54)	2:43 (12:37)		5:41 (18:18)
16:01 (36:43)	8:14 (44:57)	26:46 (1:11:43)	5:13 (1:16:56)		7:51 (1:24:47)
0:31 (1:27:52)					2:34 (1:27:21)



5.	Antón Rodríguez Seijo		AROMON	1:27:56	+58:36	17:08	
	5:24 (5:24)	1:21 (6:45)	3:07 (9:52)	2:46 (12:38)		5:27 (18:05)	2:21 (20:26)
	16:09 (36:35)	7:49 (44:24)	27:29 (1:11:53)	5:03 (1:16:56)		7:03 (1:23:59)	3:06 (1:27:05)
	0:51 (1:27:56)						
6.	Saul Rodríguez Arenas		VIZHOJA-CORNELIOS	1:55:20	+86:00	23:35	
	8:15 (8:15)	1:37 (9:52)	10:02 (19:54)	5:42 (25:36)		5:08 (30:44)	4:02 (34:46)
	18:55 (53:41)	9:10 (1:02:51)	26:45 (1:29:36)	8:52 (1:38:28)		10:23 (1:48:51)	5:17 (1:54:08)
	1:12 (1:55:20)						
7.	María Inmaculada Arenas Rincón		VIZHOJA-CORNELIOS	1:55:22	+86:02	24:42	
	8:16 (8:16)	1:24 (9:40)	10:14 (19:54)	5:52 (25:46)		4:34 (30:20)	4:34 (34:54)
	18:48 (53:42)	9:10 (1:02:52)	27:48 (1:30:40)	7:51 (1:38:31)		10:12 (1:48:43)	5:32 (1:54:15)
	1:07 (1:55:22)						

**PROM**

1.	Lola Fontán Pérez		(2 / 2)	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>	
	7:08 (7:08)	1:03 (8:11)	SEO	2:13:45		00:00	
	13:45 (41:44)	14:09 (55:53)	2:41 (10:52)	10:09 (21:01)		5:35 (26:36)	1:23 (27:59)
	4:20 (1:46:44)	5:40 (1:52:24)	4:16 (1:00:09)	13:09 (1:13:18)		20:44 (1:34:02)	8:22 (1:42:24)
	Sergio Del Arco Marquiz		11:30 (2:03:44)	7:06 (2:11:00)		2:10 (2:13:10)	0:35 (2:13:45)
	- (-)	- (-)	No club	DNS		- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)	- (-)

**E-BIKE**

	Ana María Sobrado García		(1 / 1)	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>	
	3:57 (3:57)	7:52 (11:49)	COMPÁS	MP			
	11:32 (1:08:48)	9:13 (1:18:01)	21:30 (33:19)	13:39 (46:58)		5:30 (52:28)	4:48 (57:16)
	- (1:32:59)	6:27 (1:39:26)	- (-)	- (-)		- (-)	- (-)
	6:28 (2:24:14)	4:08 (2:28:22)	0:24 (2:28:46)	- (-)		- (1:43:54)	33:52 (2:17:46)

**M-15 NC**

	Raul Valdez Taboada		(1 / 1)	<b>Hora</b>	<b>Detrás</b>	<b>Tiempo perdido</b>	
	- (-)	- (-)	GALLAECIA_RAID	DNF			
	- (-)	- (-)	- (-)	- (-)		- (-)	- (-)
	- (-)	- (-)	- (-)	- (-)		- (-)	- (-)