

Pos	Dorsal	Nombre	Tiempo													F	
<b>Mulleres 12 (8)</b>				<b>2,5 km</b>	<b>12 C</b>											F	
				1(31)	2(67)	3(37)	4(35)	5(34)	6(33)	7(36)	8(76)	9(59)	10(70)	11(73)	12(100)		
1	173	Hermida Balseiro, Uxia GALLAECIA A Coruña	32:46	2:37	4:59	7:16	9:36	14:16	16:07	17:25	21:06	24:15	27:14	29:22	32:16	32:46	
2	391	Martínez Gómez, Sofía BRIGANTIA A Coruña	40:44	4:11	6:41	9:18	14:21	17:57	20:17	22:05	29:07	32:11	35:00	37:20	40:16	40:44	0:30
3	162	Dopico Golpe, Rocio GALLAECIA A Coruña	47:15	4:11	2:30	2:37	5:03	3:36	2:20	1:48	7:02	3:04	2:49	2:20	2:56	0:28	
4	299	Oujo Perez, Nerea ADC ARNELA Porto do Son	57:11	5:59	8:24	10:52	12:51	16:55	18:27	20:08	23:29	26:58	36:10	39:07	46:46	47:15	
5	339	Agudo Calvelo, Esther TREVINCA O Barco de Valde	57:37	3:09	6:39	8:43	10:56	21:04	26:17	27:19	45:14	47:45	49:49	52:38	56:46	57:11	
				3:09	3:30	2:04	2:13	10:08	5:13	1:02	17:55	2:31	2:04	2:49	4:08	0:25	
				2:46	4:47	12:51	19:58	22:40	24:36	25:53	41:53	45:33	48:59	52:53	57:01	57:37	
				2:46	2:01	8:04	7:07	2:42	1:56	1:17	16:00	3:40	3:26	3:54	4:08	0:36	
	431	Traveso Pedrares, Irene ARTABROS A Coruña	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
	201	Alvarez Toyos, Irene UNIVERSIDA Vigo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
	432	Traveso Rodriguez, Sara ARTABROS A Coruña	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
<b>Mulleres 14 (6)</b>				<b>2,6 km</b>	<b>12 C</b>											F	
				1(31)	2(67)	3(38)	4(35)	5(34)	6(36)	7(32)	8(76)	9(59)	10(71)	11(72)	12(100)		
1	426	Piñeiro Varela, María ARTABROS A Coruña	33:57	1:42	5:48	7:49	12:28	15:00	17:22	18:54	22:32	25:08	27:10	28:57	33:36	33:57	
2	356	Osorio Míguez, Alba TREVINCA O Barco de Valde	35:49	1:42	4:06	2:01	4:39	2:32	2:22	1:32	3:38	2:36	2:02	1:47	4:39	0:21	
3	346	Aller Pfirter, Milagros Morena TREVINCA O Barco de Valde	40:33	1:44	2:06	2:01	5:03	5:13	2:17	1:38	2:47	2:37	4:30	1:59	3:30	0:24	
4	358	Rodríguez Fernández, Amalia TREVINCA O Barco de Valde	44:53	3:34	5:31	8:25	12:49	15:39	19:14	20:51	25:48	28:20	31:06	33:34	40:04	40:33	
5	46	López López, Alba FLUVIAL LU Lugo	46:46	3:34	1:57	2:54	4:24	2:50	3:35	1:37	4:57	2:32	2:46	2:28	6:30	0:29	
				3:13	6:09	9:22	14:05	18:06	22:44	24:59	28:56	31:39	34:10	36:55	44:16	44:53	
				3:13	2:56	3:13	4:43	4:01	4:38	2:15	3:57	2:43	2:31	2:45	7:21	0:37	
				3:26	6:15	9:02	13:24	18:38	21:30	23:25	31:14	35:17	38:29	40:15	46:12	46:46	
				3:26	2:49	2:47	4:22	5:14	2:52	1:55	7:49	4:03	3:12	1:46	5:57	0:34	
	319	Vázquez Hermida, Lucía FAICAMIÑO A Coruña (Oleiros)	r en tarj.	2:34	4:29	----	52:11	----	59:47	----	1:06:46	1:11:20	1:12:57	1:14:52	1:19:26	1:19:57	
				2:34	1:55	----	47:42	----	7:36	----	6:59	4:34	1:37	1:55	4:34	0:31	
<b>Mulleres 16 (7)</b>				<b>3,9 km</b>	<b>13 C</b>											F	
				1(37)	2(39)	3(32)	4(81)	5(47)	6(62)	7(77)	8(63)	9(69)	10(57)	11(70)	12(72)	13(100)	
1	37	González Fernández, Cristina FLUVIAL LU Lugo	1:14:16	8:07	13:32	19:02	27:20	34:24	36:59	39:30	43:02	47:33	1:04:33	1:07:45	1:09:31	1:13:46	1:14:16
2	161	Dopico Golpe, Alba GALLAECIA A Coruña	1:20:25	8:07	5:25	5:30	8:18	7:04	2:35	2:31	3:32	4:31	17:00	3:12	1:46	4:15	0:30
3	48	Meilán Sánchez, Iria FLUVIAL LU Lugo	1:44:36	6:24	14:34	19:19	44:04	50:04	55:59	58:03	1:00:47	1:03:35	1:12:40	1:14:45	1:16:15	1:20:01	1:20:25
				6:50	13:02	19:13	35:27	48:05	53:59	56:24	59:33	1:04:41	1:34:37	1:37:43	1:39:17	1:44:07	1:44:36
				6:50	6:12	6:11	16:14	12:38	5:54	2:25	3:09	5:08	29:56	3:06	1:34	4:50	0:29
	298	Oujo Perez, Antia ADC ARNELA Porto do Son	r en tarj.	6:45	15:32	21:30	----	----	----	----	----	----	----	----	----	1:20:18	1:21:34
	102	Cernadas Veiga, Nadia AROMON Pontevedra	andona	6:45	8:47	5:58	----	----	----	----	----	----	----	----	----	58:48	1:16
	49	Miguélez Vázquez, Nerea FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
	50	Neira Luaces, Xela FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
<b>Mulleres 18 (6)</b>				<b>4,6 km</b>	<b>13 C</b>											F	
				1(78)	2(32)	3(60)	4(61)	5(77)	6(82)	7(43)	8(63)	9(69)	10(57)	11(59)	12(71)	13(100)	
1	473	Morales Jiménez, Irene LIMIACTIVA Xinzo de Limia	1:20:01	7:24	10:39	16:04	22:20	29:55	45:51	47:37	57:31	1:00:35	1:07:18	1:10:19	1:12:07	1:19:37	1:20:01
2	239	Gil Pato, Marta Mª APA LICEO A Coruña	1:22:02	7:24	3:15	5:25	6:16	7:35	15:56	1:46	9:54	3:04	6:43	3:01	1:48	7:30	0:24
3	238	Garrido Martínez, Laura APA LICEO A Coruña	1:30:24	8:50	12:43	18:02	24:27	32:50	48:21	49:41	59:28	1:02:37	1:09:13	1:12:15	1:14:11	1:21:40	1:22:02
4	105	De Diego De Somonte Cañe, F AROMON Pontevedra	1:32:47	9:02	3:41	5:58	11:38	4:32	9:23	1:06	10:15	5:44	18:17	2:51	1:19	6:07	0:31
5	131	Ricoy Rajoy, Sara AROMON Pontevedra	1:33:14	8:37	13:58	20:57	28:12	43:27	55:56	57:08	1:07:29	1:13:08	1:21:02	1:24:19	1:25:59	1:32:20	1:32:47
				8:37	5:21	6:59	7:15	15:15	12:29	1:12	10:21	5:39	7:54	3:17	1:40	6:21	0:27
				10:56	14:46	19:57	27:31	35:10	45:11	46:24	1:10:22	1:13:38	1:20:10	1:23:59	1:25:53	1:32:46	1:33:14
				10:56	3:50	5:11	7:34	7:39	10:01	1:13	23:58	3:16	6:32	3:49	1:54	6:53	0:28
	55	Núñez Rodríguez, Lucía FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
<b>Mulleres 21 (13)</b>				<b>4,6 km</b>	<b>13 C</b>											F	
				1(78)	2(32)	3(60)	4(61)	5(77)	6(82)	7(43)	8(63)	9(69)	10(57)	11(59)	12(71)	13(100)	
1	435	Del Puerto Lopez, Barbara SEO Ordes	1:09:30	8:44	12:34	17:39	24:40	29:17	37:20	38:57	50:44	53:37	58:19	1:01:56	1:03:20	1:09:03	1:09:30
2	231	Bugallo Iglesias, Andrea APA LICEO A Coruña	1:25:21	8:44	3:50	5:05	7:01	4:37	8:03	1:37	11:47	2:53	4:42	3:37	1:24	5:43	0:27
3	65	Pérez González, M. José FLUVIAL LU Lugo	1:29:27	7:37	11:39	18:19	26:33	32:18	42:44	46:27	59:13	1:02:32	1:12:02	1:15:39	1:17:19	1:24:49	1:25:21
4	72	Remesal Guzmán, Estefanía FLUVIAL LU Lugo	1:30:30	9:21	13:34	20:42	30:34	36:08	52:14	54:42	1:04:51	1:08:48	1:16:39	1:20:42	1:23:01	1:28:57	1:29:27
5	150	Arcos Trillo, María Elena GALLAECIA A Coruña	1:31:03	9:21	4:13	7:08	9:52	5:34	16:06	2:28	10:09	3:57	7:51	4:03	2:19	5:56	0:30
6	62	Parga Basanta, Lucia FLUVIAL LU Lugo	1:35:46	7:54	11:22	17:56	26:01	38:59	46:46	47:51	1:05:13	1:10:45	1:17:31	1:21:56	1:23:54	1:30:06	1:30:30
7	56	Núñez-torrón Stock, Claudia FLUVIAL LU Lugo	1:36:56	7:54	3:28	6:34	8:05	12:58	7:47	1:05	17:22	5:32	6:46	4:25	1:58	6:12	0:24
8	88	Zolle Fernández, Raquel FLUVIAL LU Lugo	1:57:23	10:39	16:18	23:55	32:49	38:22	54:57	56:06	1:06:54	1:10:15	1:18:51	1:22:17	1:24:19	1:30:27	1:31:03
9	170	González Corral, Bibiana GALLAECIA A Coruña	2:29:37	10:39	5:39	7:37	8:54	5:33	16:35	1:09	10:48	3:21	8:36	3:26	2:02	6:08	0:36
				7:54	13:18	20:56	36:21	44:46	53:39	55:31	1:11:56	1:16:32	1:22:27	1:25:54	1:28:37	1:35:21	1:35:46
				7:54	5:24	7:38	15:25	8:25	8:53	1:52	16:25	4:36	5:55	3:27	2:43	6:44	0:25
				8:31	13:09	19:33	28:55	33:42	53:05	54:16	1:09:48	1:14:42	1:25:57	1:29:05	1:30:26	1:36:30	1:36:56
				8:31	4:38	6:24	9:22	4:47	19:23	1:11	15:32	4:54	11:15	3:08	1:21	6:04	0:26
				11:31	18:38	27:45	38:24	45:47	1:00:50	1:02:11	1:26:26	1:31:08	1:42:43	1:46:17	1:48:16	1:56:33	1:57:23
				11:31	7:07	9:07	10:39	7:23	15:03	1:21	24:15	4:42	11:35	3:34	1:59	8:17	0:50
				13:12	19:55	32:21	42:19	47:43	1:42:19	1:45:46	2:01:04	2:05:17	2:16:47	2:20:38	2:23:05	2:29:10	2:29:37
				13:12	6:43	12:26	9:58	5:24	54:36	3:27	15:18	4:13	11:30	3:51	2:27	6:05	0:27

Pos	Dorsal	Nombre	Tiempo														
<b>Mulleres 21 (13)</b>			<b>4,6 km</b>		<b>13 C</b>		<i>(cont.)</i>										
			1(78)	2(32)	3(60)	4(61)	5(77)	6(82)	7(43)	8(63)	9(69)	10(57)	11(59)	12(71)	13(100)	F	
505	Rodriguez Vaqueiro, Sheila CORNELIOS As Neves	r en tarj.	----	----	2:32:36 2:32:36	----	----	----	----	----	----	----	2:39:00 6:24	----	2:48:05 9:05	2:48:44 0:39	
				5:45 *58	9:50 *35	1:02:58 *40	1:23:51 *61	1:50:03 *62	1:56:27 *68	1:59:10 *63	2:06:47 *69	2:12:29 *41	2:41:41 *70	2:43:39 *72			
495	Diaz Mera, Julia CORNELIOS As Neves	r en tarj.	16:09	24:34	45:32	1:23:13	1:31:34	1:54:05	1:55:03	2:08:42	----	----	----	----	----		
375	Ferrero Del Pozo, Carmen BRIGANTIA A Coruña	r en tarj.	11:26	17:40	28:41	55:28	1:02:10	1:34:00	1:35:21	----	----	----	----	----	----		
47	Medin Cagiao, Paula FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----		
<b>Mulleres 21 C (30)</b>			<b>4,3 km</b>		<b>14 C</b>												
			1(58) F	2(35)	3(40)	4(61)	5(62)	6(68)	7(63)	8(69)	9(41)	10(60)	11(59)	12(70)	13(72)	14(100)	
1	133 Rodríguez Mouríño, María Jes AROMON Pontevedra	1:06:24	3:54 3:54 1:06:24 0:28	7:55 4:01	19:27 11:32	27:50 8:23	33:17 5:27	37:11 3:54	39:28 2:17	43:37 4:09	47:14 3:37	50:18 3:04	58:27 8:09	1:00:40 2:13	1:02:18 1:38	1:05:56 3:38	
2	260 Castro Pico, Patricia MONTAÑA FE Ferrol. A Coruñ	1:23:53	5:11 5:11 1:23:53 0:32	10:12 5:01	22:14 12:02	32:13 9:59	37:59 5:46	44:49 6:50	47:13 2:24	54:17 7:04	1:00:54 6:37	1:05:01 4:07	1:14:42 9:41	1:17:45 3:03	1:19:30 1:45	1:23:21 3:51	
3	514 Pereira Ameijenda, Martina ROBALIZA Cambre	1:28:55	5:27 5:27 1:28:55 0:47	9:52 4:25	23:24 13:32	32:38 9:14	39:15 6:37	44:57 5:42	48:05 3:08	54:33 6:28	1:01:16 6:43	1:07:23 6:07	1:15:19 7:56	1:18:45 3:26	1:21:03 2:18	1:28:08 7:05	
4	295 Lourido Gaciño, Elena ADC ARNELA Porto do Son	1:29:28	4:12 4:12 1:29:28 0:27	8:10 3:58	19:24 11:14	27:08 7:44	33:35 6:27	37:21 3:46	39:22 2:01	44:01 4:39	1:07:15 23:14	1:12:24 5:09	1:21:17 8:53	1:23:47 2:30	1:25:21 1:34	1:29:01 3:40	
5	459 Ortegano Pérez, Aracelis A PEDROSA Culleredo (A Coruñ	1:29:47	5:53 5:53 1:29:47 0:33	8:46 2:53	27:10 18:24	42:04 14:54	47:40 5:36	53:33 5:53	55:13 1:40	58:54 3:41	1:05:13 6:19	1:08:26 3:13	1:12:35 4:09	1:20:56 8:21	1:25:12 4:16	1:29:14 4:02	
6	304 Pérez Torres, María Del Pilar ADC ARNELA Porto do Son	1:30:57	4:25 4:25 1:30:57 0:29	7:41 3:16	16:58 9:17	26:27 9:29	46:26 19:59	51:59 5:33	54:47 2:48	1:02:58 8:11	1:07:04 4:06	1:13:21 6:17	1:22:39 9:18	1:25:48 3:09	1:27:19 1:31	1:30:28 3:09	
7	378 Gil Fernández, Ana BRIGANTIA A Coruña	1:34:57	5:29 5:29 1:34:57 0:24	10:55 5:26	32:45 21:50	46:26 13:41	53:53 7:27	57:47 3:54	1:00:26 2:39	1:05:50 5:24	1:11:32 5:42	1:15:28 3:56	1:25:09 9:41	1:27:38 2:29	1:29:31 1:53	1:34:33 5:02	
8	389 López Permuy, Victoria BRIGANTIA A Coruña	1:36:19	4:22 4:22 1:36:19 0:32	12:04 7:42	22:41 10:37	34:10 11:29	51:34 17:24	56:29 4:55	59:01 2:32	1:04:15 5:14	1:10:26 6:11	1:19:22 8:56	1:26:04 6:42	1:28:57 2:53	1:31:22 2:25	1:35:47 4:25	
9	357 Pfirter Benegas, Nadia Soleda TREVINCA O Barco de Valde	1:36:28	4:28 4:28 1:36:28 0:32	8:10 3:42	21:58 13:48	33:12 11:14	44:15 11:03	53:37 9:22	56:55 3:18	1:01:26 4:31	1:07:47 6:21	1:13:36 5:49	1:22:32 8:56	1:26:53 4:21	1:30:29 3:36	1:35:56 5:27	
10	96 Astorga Somoza, Marisé AROMON Pontevedra	1:38:35	5:06 5:06 1:38:35 0:23	16:12 11:06	26:13 10:01	34:06 7:53	38:55 4:49	42:55 4:00	44:38 1:43	48:56 4:18	54:20 5:24	1:02:36 8:16	1:28:43 26:07	1:30:36 1:53	1:35:05 4:29	1:38:12 3:07	
11	595 Zolle Fernández, María Luisa FLUVIAL LU Lugo	1:39:03	5:31 5:31 1:39:03 0:55	9:49 4:18	25:21 15:32	46:43 21:22	53:14 6:31	58:32 5:18	1:01:17 2:45	1:06:24 5:07	1:13:57 7:33	1:20:07 6:10	1:28:04 7:57	1:30:52 2:48	1:32:52 2:00	1:38:08 5:16	
12	570 Rodríguez Docampo, Marta SEO Ordes	1:41:55	5:57 5:57 1:41:55 0:28	12:55 6:58	24:54 11:59	38:14 13:20	53:21 15:07	58:00 4:39	1:00:40 2:40	1:06:39 5:59	1:17:16 10:37	1:22:15 4:59	1:27:30 5:15	1:31:40 4:10	1:34:19 2:39	1:41:27 7:08	
13	573 Fernandez De Sanmamed Ma, A PEDROSA Culleredo (A Coruñ	1:42:54	5:04 5:04 1:42:54 1:10	10:08 5:04	30:39 20:31	42:46 12:07	50:10 7:24	55:59 5:49	58:51 2:52	1:05:13 6:22	1:13:39 8:26	1:21:49 8:10	1:29:52 8:03	1:33:11 3:19	1:35:50 2:39	1:41:44 5:54	
14	520 Aller Silván, Leticia GALLAECIA A Coruña	1:45:05	6:28 6:28 1:45:05 0:37	12:01 5:33	24:11 12:10	34:16 10:05	48:32 14:16	52:54 4:22	55:22 2:28	1:03:21 7:59	1:12:33 9:12	1:21:38 9:05	1:33:54 12:16	1:37:17 3:23	1:39:18 2:01	1:44:28 5:10	
15	276 Rodríguez Castrelo, Ana Isabel MONTAÑA FE Ferrol. A Coruñ	1:45:36	6:38 6:38 1:45:36 1:05	12:41 6:03	27:18 14:37	50:58 23:40	59:22 8:24	1:04:07 4:45	1:06:51 2:44	1:12:00 5:09	1:18:36 6:36	1:25:50 7:14	1:34:11 8:21	1:37:12 3:01	1:39:17 2:05	1:44:31 5:14	
16	39 Grandío Montes, Raquel FLUVIAL LU Lugo	1:48:05	4:46 4:46 1:48:05 0:32	8:06 3:20	18:52 10:46	28:54 10:02	35:37 6:43	44:33 8:56	46:36 2:03	54:12 7:36	1:26:41 32:29	1:30:48 4:07	1:37:01 6:13	1:40:19 3:18	1:42:06 1:47	1:47:33 5:27	
17	199 Alvarez Castro, Olimpia UNIVERSIDA Vigo	1:49:29	5:25 5:25 1:49:29 0:55	10:35 5:10	30:54 20:19	43:21 12:27	52:11 8:50	58:31 6:20	1:01:11 2:40	1:07:24 6:13	1:14:01 6:37	1:19:16 5:15	1:35:28 16:12	1:39:39 4:11	1:42:42 3:03	1:48:34 5:52	
18	148 Álvarez Carballo, Elena GALLAECIA A Coruña	1:52:31	6:10 6:10 1:52:31 0:30	12:59 6:49	25:46 12:47	48:54 23:08	59:34 10:40	1:04:38 5:04	1:06:44 2:06	1:11:27 4:43	1:18:07 6:40	1:32:06 13:59	1:41:08 9:02	1:44:14 3:06	1:46:51 2:37	1:52:01 5:10	

Pos	Dorsal	Nombre	Tiempo													
<b>Mulleres 21 C (30)</b>				<b>4,3 km</b>	<b>14 C</b>	<i>(cont.)</i>										
			1(58) F	2(35)	3(40)	4(61)	5(62)	6(68)	7(63)	8(69)	9(41)	10(60)	11(59)	12(70)	13(72)	14(100)
19	390	López Rama, Mónica BRIGANTIA A Coruña	2:00:33 5:52 2:00:33 0:29	10:16 4:24	33:53 23:37	56:51 22:58	1:07:26 10:35	1:13:33 6:07	1:15:42 2:09	1:20:15 4:33	1:26:03 5:48	1:40:00 13:57	1:49:07 9:07	1:52:17 3:10	1:54:44 2:27	2:00:04 5:20
20	602	Fraga Lamas, Maite FLUVIAL LU Lugo	2:00:41 4:56 2:00:41 0:43	13:44 8:48	28:53 15:09	57:58 29:05	1:03:50 5:52	1:09:16 5:26	1:11:20 2:04	1:17:00 5:40	1:35:40 18:40	1:43:05 7:25	1:50:25 7:20	1:53:08 2:43	1:54:43 1:35	1:59:58 5:15
21	64	Pérez González, Carmen FLUVIAL LU Lugo	2:09:07 6:32 2:09:07 1:03	13:22 6:50	30:55 17:33	47:37 16:42	58:18 10:41	1:04:25 6:07	1:07:28 3:03	1:19:22 11:54	1:26:08 6:46	1:41:01 14:53	1:54:48 13:47	1:58:51 4:03	2:01:31 2:40	2:08:04 6:33
22	603	Pérez Freire, Paula FLUVIAL LU Lugo	2:18:08 5:08 2:18:08 0:30	18:41 13:33	1:05:01 46:20	1:16:40 11:39	1:33:40 17:00	1:38:23 4:43	1:41:05 2:42	1:45:43 4:38	1:52:30 6:47	2:01:29 8:59	2:08:08 6:39	2:11:00 2:52	2:13:25 2:25	2:17:38 4:13
23	601	Chao Carracedo, Lucía FLUVIAL LU Lugo	2:18:48 6:12 2:18:48 0:30	19:44 13:32	1:05:51 46:07	1:17:36 11:45	1:34:44 17:08	1:39:19 4:35	1:41:59 2:40	1:46:45 4:46	1:53:24 6:39	2:02:13 8:49	2:09:01 6:48	2:11:55 2:54	2:14:20 2:25	2:18:18 3:58
24	20	Fernandez Lopez, Monica FLUVIAL LU Lugo	2:58:45 4:58 2:58:45 0:33	11:40 6:42	1:12:53 1:01:13	1:33:48 20:55	2:00:04 26:16	2:05:45 5:41	2:09:11 3:26	2:16:50 7:39	2:22:26 5:36	2:42:34 20:08	2:48:49 6:15	2:51:39 2:50	2:53:37 1:58	2:58:12 4:35
25	33	García Gómez, María Dolores FLUVIAL LU Lugo	3:31:46 17:51 3:31:46 0:43	31:42 13:51	2:01:19 1:29:37	2:21:10 19:51	2:33:00 11:50	2:39:53 6:53	2:43:43 3:50	2:50:07 6:24	2:56:43 6:36	3:16:03 19:20	3:21:57 5:54	3:24:52 2:55	3:26:36 1:44	3:31:03 4:27
	83	Sobrado García, Ana María FLUVIAL LU Lugo	r en tarj. 10:07 10:07	20:53 10:46	48:08 27:15 34:52 *36	1:13:27 25:19	1:34:56 21:29	----	----	----	----	----	----	----	----	----
	60	Paredes García, Montserrat FLUVIAL LU Lugo	r en tarj. 11:55 11:55	22:36 10:41	50:10 27:34	1:15:30 25:20	1:36:21 20:51	----	----	----	----	----	----	----	----	----
	488	Rayón Fernández, Paloma IES SABÓN Arteixo. A Coruña	r en tarj. 21:17 21:17	26:16 4:59	----	----	----	----	----	----	----	----	----	----	----	----
	597	Rey Acuña, Silvia AROMON Pontevedra	andona ----	----	----	----	----	----	----	----	----	----	----	----	----	----
	4	Arias Amorín, Iria FLUVIAL LU Lugo	No sale ----	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>Mulleres 21 L (7)</b>				<b>5,7 km</b>	<b>14 C</b>											
			1(58) F	2(39)	3(66)	4(64)	5(54)	6(65)	7(50)	8(45)	9(44)	10(43)	11(77)	12(41)	13(79)	14(100)
1	314	Delgado Gonzalez, María Del I FAICAMIÑO A Coruña (Oleiros)	1:28:55 2:11 1:28:55 0:22	5:15 3:04	13:05 7:50	25:42 12:37	31:55 6:13	38:31 6:36	48:05 9:34	53:27 5:22	59:11 5:44	1:02:37 3:26	1:12:32 9:55	1:18:59 6:27	1:25:08 6:09	1:28:33 3:25
2	15	Ceide Vilela, Mª Vanessa FLUVIAL LU Lugo	1:35:27 2:59 1:35:27 0:27	6:32 3:33	13:55 7:23	22:08 8:13	28:23 6:15	37:12 8:49	46:28 9:16	52:04 5:36	58:45 6:41	1:04:25 5:40	1:15:27 11:02	1:22:37 7:10	1:30:33 7:56	1:35:00 4:27
3	17	Corral Prado, Eva FLUVIAL LU Lugo	1:59:15 3:58 1:59:15 0:28	8:36 4:38	16:44 8:08	26:37 9:53	33:52 7:15	43:53 10:01	58:38 14:45	1:06:31 7:53	1:13:15 6:44	1:18:46 5:31	1:33:01 14:15	1:42:38 9:37	1:54:13 11:35	1:58:47 4:34
4	116	González Lorenzo, Saba AROMON Pontevedra	1:59:16 3:42 1:59:16 0:36	6:49 3:07	16:23 9:34	24:10 7:47	30:59 6:49	43:24 12:25	51:59 8:35	59:48 7:49	1:07:11 7:23	1:12:21 5:10	1:22:22 10:01	1:30:19 7:57	1:52:01 21:42	1:58:40 6:39
5	7	Bellón Santos, Teresa FLUVIAL LU Lugo	2:03:02 2:44 2:03:02 0:21	6:29 3:45	13:06 6:37	19:29 6:23	26:38 7:09	33:59 7:21	1:00:23 26:24	1:05:26 5:03	1:11:37 6:11	1:16:27 4:50	1:38:13 21:46	1:46:34 8:21	1:57:55 11:21	2:02:41 4:46
6	558	Gonzalez Fernandez, Noelia AROMON Pontevedra	2:32:07 4:10 2:32:07 0:58	8:11 4:01	18:45 10:34	29:53 11:08	38:09 8:16	50:15 12:06	1:19:58 29:43	1:28:08 8:10	1:37:57 9:49	1:45:01 7:04	2:01:31 16:30	2:12:18 10:47	2:25:04 12:46	2:31:09 6:05
7	210	Fuertes Saco, Julia UNIVERSIDA Vigo	2:51:51 5:32 2:51:51 1:06	13:35 8:03	29:25 15:50	43:46 14:21	51:00 7:14	1:04:36 13:36	1:45:09 40:33	1:51:59 6:50	2:02:00 10:01	2:09:22 7:22	2:22:11 12:49	2:33:17 11:06	2:43:46 10:29	2:50:45 6:59
<b>Mulleres 35 (12)</b>				<b>5,0 km</b>	<b>14 C</b>											
			1(58) F	2(39)	3(57)	4(60)	5(62)	6(53)	7(52)	8(51)	9(65)	10(54)	11(64)	12(40)	13(79)	14(100)

Pos	Dorsal	Nombre	Tiempo														
<b>Mulleres 35 (12)</b>			<b>5,0 km</b>		<b>14 C</b>		<i>(cont.)</i>										
			1(58)	2(39)	3(57)	4(60)	5(62)	6(53)	7(52)	8(51)	9(65)	10(54)	11(64)	12(40)	13(79)	14(100)	
1	400	Suárez Pazos, Almudena BRIGANTIA A Coruña	1:17:53	2:55 2:55 1:17:53	6:58 4:03	17:13 10:15	21:26 4:13	32:30 11:04	40:39 8:09	45:40 5:01	50:18 4:38	54:14 3:56	1:00:55 6:41	1:05:05 4:10	1:10:03 4:58	1:14:32 4:29	1:17:29 2:57
2	379	Gómez Naya, Sonia BRIGANTIA A Coruña	1:24:09	3:03 3:03 1:24:09	6:24 3:21	18:09 11:45	21:44 3:35	28:15 6:31	38:49 10:34	41:53 3:04	47:03 5:10	51:19 4:16	1:05:36 14:17	1:09:58 4:22	1:14:23 4:25	1:19:17 4:54	1:23:41 4:24
3	258	Bujía Rodríguez, Elena MONTAÑA FE Ferrol. A Coruñ	1:34:12	4:18 4:18 1:34:12	8:03 3:45	16:44 8:41	20:56 4:12	30:11 9:15	47:15 17:04	51:05 3:50	54:30 3:25	1:00:29 5:59	1:08:40 8:11	1:18:08 9:28	1:22:43 4:35	1:30:13 7:30	1:33:43 3:30
4	292	García Gonzalez, Yolanda ADC ARNELA Porto do Son	1:34:18	7:37 7:37 1:34:18	12:02 4:25	24:57 12:55	29:48 4:51	38:20 8:32	53:02 14:42	55:54 2:52	1:00:39 4:45	1:04:47 4:08	1:13:19 8:32	1:18:57 5:38	1:23:52 4:55	1:29:30 5:38	1:33:53 4:23
5	246	Pedre Fernández, Natalia APA LICEO A Coruña	1:35:11	3:40 3:40 1:35:11	7:48 4:08	17:08 9:20	22:45 5:37	34:28 11:43	43:37 9:09	47:13 3:36	50:58 3:45	1:00:24 9:26	1:09:22 8:58	1:20:17 10:55	1:24:42 4:25	1:30:01 5:19	1:34:44 4:43
6	35	González Bello, Concepción FLUVIAL LU Lugo	1:37:34	3:38 3:38 1:37:34	7:04 3:26	21:48 14:44	26:46 4:58	34:13 7:27	50:16 16:03	53:24 3:08	58:08 4:44	1:07:12 9:04	1:16:08 8:56	1:21:41 5:33	1:26:33 4:52	1:32:28 5:55	1:37:10 4:42
7	215	Iglesias Junzalvos, Ana UNIVERSIDA Vigo	2:01:18	4:27 4:27 2:01:18	21:02 16:35	34:40 13:38	39:52 5:12	47:31 7:39	1:02:14 14:43	1:07:08 4:54	1:11:22 4:14	1:21:11 9:49	1:30:30 9:19	1:36:32 6:02	1:43:06 6:34	1:55:34 12:28	2:00:49 5:15
8	167	García Costoya, María GALLAECIA A Coruña	2:20:49	4:00 4:00 2:20:49	7:52 3:52	19:35 11:43	24:19 4:44	34:01 9:42	58:24 24:23	1:03:03 4:39	1:15:53 12:50	1:28:49 12:56	1:46:48 17:59	2:01:23 14:35	2:07:49 6:26	2:15:08 7:19	2:20:16 5:08
9	515	Regueiro Varela, Elena ROBALIZA Cambre	3:38:07	5:21 5:21 3:38:07	10:31 5:10	27:41 17:10	37:52 10:11	59:10 21:18	1:25:10 26:00	1:32:39 7:29	1:43:58 11:19	2:05:56 21:58	2:48:19 42:23	2:58:43 10:24	3:05:59 7:16	3:28:57 22:58	3:37:03 8:06
	331	Prieto Vilar, Mª Jesús USC Santiago de Compostela	r en tarj.	1:17:03 1:17:03 1:54:56	14:53	44:12 29:19 14:20	48:41 4:29 17:22	1:08:17 19:36 21:48	----- ----- 46:49	----- ----- 49:25	----- ----- 54:36	----- ----- 1:01:10	1:15:18 7:01 1:04:10	----- ----- 1:07:44	----- ----- 1:12:04	----- ----- 1:23:22	1:53:53 38:35
	8	Blanco Pérez, Ana FLUVIAL LU Lugo	No sale	1:03	*40	*41	*69	*87	*76	*43	*46	*53	*54	*92	*93	-----	
	66	Pérez Rodríguez, María Libia FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Mulleres 45 (11)</b>			<b>3,7 km</b>		<b>12 C</b>												
			1(58)	2(78)	3(66)	4(64)	5(54)	6(77)	7(56)	8(75)	9(41)	10(57)	11(79)	12(100)	F		
1	330	Pernas Martínez, Rosa Mª USC Santiago de Compostela	1:06:13	3:53 3:53	8:00 4:07	14:43 6:43	25:06 10:23	31:33 6:27	37:37 6:04	41:41 4:04	47:20 5:39	50:49 3:29	53:36 2:47	1:00:10 6:34	1:05:37 5:27	1:06:13 0:36	
2	84	Valcarcel López, Mar FLUVIAL LU Lugo	1:10:15	3:27 3:27	8:45 5:18	17:31 8:46	27:55 10:24	36:06 8:11	40:14 4:08	45:15 5:01	48:57 3:42	55:11 6:14	57:46 2:35	1:04:37 6:51	1:09:38 5:01	1:10:15 0:37	
3	564	Balboa Barros, Margarita USC Santiago de Compostela	1:11:12	3:44 3:44	7:31 3:47	21:10 13:39	31:01 9:51	38:50 7:49	43:54 5:04	49:14 5:20	53:08 3:54	56:44 3:36	59:17 2:33	1:05:47 6:30	1:10:44 4:57	1:11:12 0:28	
4	206	Crespo Quindós, Begoña UNIVERSIDA Vigo	1:15:03	3:33 3:33	8:05 4:32	14:03 5:58	30:06 16:03	36:37 6:31	42:19 5:42	49:21 7:02	56:09 6:48	1:00:19 4:10	1:02:51 2:32	1:09:16 6:25	1:14:30 5:14	1:15:03 0:33	
5	32	García Deibe, Ana FLUVIAL LU Lugo	1:27:22	4:48 4:48	13:04 8:16	21:06 8:02	35:09 14:03	41:26 6:17	46:45 5:19	51:16 4:31	58:19 7:03	1:06:25 8:06	1:11:22 4:57	1:21:30 10:08	1:26:42 5:12	1:27:22 0:40	
6	211	García Pacios, María Ángeles UNIVERSIDA Vigo	1:42:24	5:28 5:28	12:58 7:30	36:12 23:14	49:29 13:17	57:40 8:11	1:04:33 6:53	1:09:55 5:22	1:21:35 11:40	1:26:34 4:59	1:29:31 2:57	1:36:04 6:33	1:41:52 5:48	1:42:24 0:32	
7	227	Saco Fernández, Mª Isabel UNIVERSIDA Vigo	1:45:25	6:01 6:01	12:36 6:35	39:17 26:41	52:39 13:22	1:00:46 8:07	1:07:47 7:01	1:12:57 5:10	1:24:46 11:49	1:29:32 4:46	1:32:39 3:07	1:39:00 6:21	1:44:52 5:52	1:45:25 0:33	
8	442	Díaz Rodríguez, Yolanda HABELAS HA Vigo	1:54:41	7:37 7:37	20:06 12:29	29:34 9:28	43:43 14:09	53:33 9:50	59:44 6:11	1:13:15 13:31	1:32:52 19:37	1:37:17 4:25	1:41:56 4:39	1:48:53 6:57	1:54:07 5:14	1:54:41 0:34	
9	24	Ferreiro Pena, María Dolores FLUVIAL LU Lugo	2:18:26	5:23 5:23	38:26 33:03	52:34 14:08	1:04:54 12:20	1:12:38 7:44	1:22:35 9:57	1:33:06 10:31	1:56:48 23:42	2:01:09 4:21	2:04:56 3:47	2:12:22 7:26	2:17:54 5:32	2:18:26 0:32	
10	195	Silvarrey Redondo, María Tere GALLAECIA A Coruña	2:40:20	5:05 5:05	16:41 11:36	33:21 16:40	50:30 17:09	1:02:36 12:06	1:15:22 12:46	1:22:52 7:30	1:41:56 19:04	1:51:32 9:36	2:20:00 28:28	2:33:08 13:08	2:39:44 6:36	2:40:20 0:36	
	517	Veira Lauzara, Pier ROBALIZA Cambre	r en tarj.	34:47 34:47	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Mulleres 55 (3)</b>			<b>3,7 km</b>		<b>12 C</b>												
			1(58)	2(78)	3(66)	4(64)	5(54)	6(77)	7(56)	8(75)	9(41)	10(57)	11(79)	12(100)	F		
1	243	Naya López, Mª José APA LICEO A Coruña	1:25:54	4:50 4:50	10:58 6:08	18:43 7:45	32:01 13:18	40:16 8:15	46:42 6:26	51:40 4:58	1:00:12 8:32	1:05:14 5:02	1:09:23 4:09	1:19:06 9:43	1:25:19 6:13	1:25:54 0:35	
2	454	Alvarez Milano, Soraya A PEDROSA Culleredo (A Coruñ	1:53:18	7:10 7:10	13:33 6:23	22:55 9:22	55:58 33:03	1:03:37 7:39	1:12:07 8:30	1:17:28 5:21	1:32:16 14:48	1:37:31 5:15	1:40:56 3:25	1:48:27 7:31	1:52:50 4:23	1:53:18 0:28	
3	23	Fernández Riveiro, Fermina FLUVIAL LU Lugo	2:20:40	16:50 16:50	27:42 10:52	49:02 21:20	1:21:33 32:31	1:29:30 7:57	1:38:00 8:30	1:43:23 5:23	1:58:08 14:45	2:03:35 5:27	2:07:11 3:36	2:14:24 7:13	2:19:49 5:25	2:20:40 0:51	

Pos	Dorsal	Nombre	Tiempo														
<b>Mulleres Élite (13)</b>				<b>6,7 km</b>	<b>15 C</b>												
				1(58)	2(78)	3(64)	4(56)	5(43)	6(55)	7(45)	8(48)	9(80)	10(52)	11(42)	12(47)	13(41)	14(71)
				15(100)	F												
1	399	Suárez Méndez, Priscila BRIGANTIA A Coruña	1:24:46	2:39 2:39	5:47 3:08	12:40 6:53	24:24 11:44	32:31 8:07	36:00 <b>3:29</b>	40:46 4:46	43:23 <b>2:37</b>	<b>45:31</b> <b>2:08</b>	<b>54:12</b> <b>8:41</b>	<b>59:01</b> 4:49	<b>1:05:03</b> 6:02	<b>1:14:04</b> 9:01	<b>1:19:11</b> 5:07
2	256	Barreira Salgado, Teresa MONTAÑA FE Ferrol. A Coruña	1:34:50	3:51 3:51	6:38 2:47	12:52 <b>6:14</b>	25:01 12:09	33:21 8:20	38:14 4:53	43:32 5:18	47:27 3:55	50:32 3:05	1:01:15 10:43	1:06:02 4:47	1:12:31 6:29	1:24:08 11:37	1:29:52 5:44
3	402	Varela Yáñez, Ana BRIGANTIA A Coruña	1:37:08	2:55 2:55	9:02 6:07	18:11 9:09	27:04 <b>8:53</b>	37:17 10:13	41:03 3:46	45:44 <b>4:41</b>	49:10 3:26	51:54 2:44	1:00:46 8:52	1:06:03 5:17	1:12:03 <b>6:00</b>	1:24:32 12:29	1:32:33 8:01
4	311	Barros Diz, Natalia FAICAMIÑO A Coruña (Oleiros)	1:39:38	2:36 2:36	9:01 6:25	20:13 11:12	33:01 12:48	40:26 <b>7:25</b>	44:44 4:18	50:28 5:44	54:44 4:16	57:17 2:33	1:10:57 13:40	1:15:28 4:31	1:22:30 7:02	1:28:14 <b>5:44</b>	1:33:47 5:33
5	496	Diz Cao, Isabel CORNELIOS As Neves	1:40:06	2:18 <b>2:18</b>	6:07 3:49	12:36 6:29	<b>21:41</b> 9:05	<b>29:55</b> 8:14	<b>33:39</b> 3:44	<b>38:27</b> 4:48	<b>43:09</b> 4:42	47:49 4:40	1:09:15 21:26	1:12:35 <b>3:20</b>	1:24:13 11:38	1:29:59 5:46	1:35:49 5:50
6	580	Montes Villar, Veronica AABT Paderne	1:47:40	2:34 2:34	<b>5:20</b> <b>2:46</b>	<b>12:30</b> 7:10	21:48 9:18	30:41 8:53	35:30 4:49	41:30 6:00	45:27 3:57	54:23 8:56	1:05:06 10:43	1:11:31 6:25	1:17:33 6:02	1:37:13 19:40	1:42:02 4:49
7	541	Martínez García, Laura USC Santiago de Compostela	1:49:28	2:38 2:38	6:33 3:55	13:19 6:46	30:43 17:24	43:12 12:29	47:44 4:32	55:19 7:35	59:08 3:49	1:02:02 2:54	1:15:40 13:38	1:23:12 7:32	1:31:05 7:53	1:38:42 7:37	1:43:26 <b>4:44</b>
8	286	Carro Mahía, Alejandra ADC ARNELA Porto do Son	1:52:00	2:49 2:49	6:11 3:22	13:35 7:24	25:41 12:06	38:24 12:43	43:32 5:08	50:55 7:23	56:21 5:26	58:51 2:30	1:17:46 18:55	1:23:47 6:01	1:30:45 6:58	1:40:08 9:23	1:45:27 5:19
9	142	Veiga García, Carla AROMON Pontevedra	1:54:36	2:58 2:58	6:09 3:11	12:45 6:36	22:39 9:54	33:32 10:53	39:29 5:57	46:40 7:11	50:40 4:00	53:16 2:36	1:14:05 20:49	1:22:21 8:16	1:37:15 14:54	1:43:01 5:46	1:48:48 5:47
10	19	Felpeto González, Luisa FLUVIAL LU Lugo	2:04:09	2:56 2:56	7:45 4:49	14:22 6:37	29:11 14:49	37:56 8:45	42:33 4:37	47:55 5:22	52:27 4:32	55:26 2:59	1:17:59 22:33	1:22:25 4:26	1:41:01 18:36	1:51:16 10:15	1:57:12 5:56
11	127	Pérez Alonso, Alicia AROMON Pontevedra	2:20:00	2:56 2:56	6:03 3:07	30:59 24:56	46:33 15:34	59:19 12:46	1:04:10 4:51	1:11:19 7:09	1:15:35 4:16	1:22:46 7:11	1:39:23 16:37	1:45:51 6:28	1:54:15 8:24	2:08:27 14:12	2:13:56 5:29
12	26	Follana Neira, Fernanda FLUVIAL LU Lugo	2:35:01	3:40 3:40	8:05 4:25	14:59 6:54	25:36 10:37	36:37 11:01	42:21 5:44	49:44 7:23	58:32 8:48	1:02:35 4:03	1:48:15 45:40	1:56:44 8:29	2:04:44 8:00	2:13:20 8:36	2:28:44 15:24
	508	Bello Rodríguez, Olalla ROBALIZA Cambre	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

<b>Homes 12 (13)</b>				<b>2,5 km</b>	<b>12 C</b>												
				1(31)	2(67)	3(37)	4(35)	5(34)	6(33)	7(36)	8(76)	9(59)	10(70)	11(73)	12(100)	F	
1	122	Novoa Gutiérrez, Xián AROMON Pontevedra	28:22	2:02 2:02	3:48 1:46	<b>5:31</b> 1:43	<b>7:18</b> 1:47	<b>9:39</b> 2:21	<b>10:56</b> 1:17	<b>12:16</b> 1:20	18:02 5:46	20:05 2:03	22:53 2:48	25:15 2:22	<b>27:54</b> <b>2:39</b>	<b>28:22</b> 0:28	
2	364	Trigo Vázquez, Iago TREVINCA O Barco de Valde	28:42	3:10 3:10	4:58 1:48	6:47 1:49	8:21 <b>1:34</b>	11:09 2:48	12:25 1:16	13:57 1:32	17:46 3:49	20:17 2:31	22:56 2:39	25:12 2:16	<b>28:13</b> 3:01	28:42 0:29	
3	474	Morales Jiménez, Joao LIMIACTIVA Xinzo de Limia	28:45	<b>1:48</b> 1:48	<b>3:47</b> 1:59	6:46 2:59	9:17 2:31	11:26 <b>2:09</b>	12:29 <b>1:03</b>	13:44 1:15	16:22 2:38	<b>20:30</b> <b>1:58</b>	25:32 2:10	28:21 5:02	28:45 2:49	<b>0:24</b>	
4	92	Antoñón Casal, Hugo AROMON Pontevedra	30:00	2:56 2:56	4:32 <b>1:36</b>	6:04 <b>1:32</b>	8:50 2:46	11:13 2:23	12:33 1:20	13:57 1:24	<b>15:49</b> <b>1:52</b>	<b>18:06</b> 2:17	20:37 2:31	<b>22:39</b> <b>2:02</b>	29:36 6:57	30:00 <b>0:24</b>	
5	54	Núñez Ferreiro, Manuel Anxo FLUVIAL LU Lugo	34:40	2:55 2:55	4:41 1:46	6:46 2:05	12:43 5:57	14:57 2:14	16:09 1:12	17:58 1:49	19:58 3:53	21:51 2:05	23:56 4:22	28:18 2:08	30:26 3:49	34:15 0:25	
6	385	González Souto, Germán BRIGANTIA A Coruña	39:11	2:08 2:08	4:40 2:32	11:08 6:28	15:36 4:28	18:23 2:47	19:57 1:34	21:18 1:21	26:34 5:16	28:51 2:17	31:41 2:50	33:51 2:10	38:46 4:55	39:11 0:25	
7	340	Agudo Calvelo, Juan Pablo TREVINCA O Barco de Valde	46:25	3:05 3:05	4:49 1:44	6:42 1:53	8:43 2:01	19:55 11:12	22:01 2:06	23:22 1:21	26:07 2:45	30:08 4:01	32:44 2:36	42:08 9:24	45:54 3:46	46:25 0:31	
8	146	Alvarez Braña, Ivan GALLAECIA A Coruña	54:45	2:41 2:41	5:02 2:21	7:23 2:21	16:08 8:45	20:04 3:56	21:47 1:43	24:18 2:31	38:53 14:35	42:02 3:09	45:30 3:28	49:41 4:11	54:07 4:26	54:45 0:38	
9	308	Serantes Abal, Eloi ADC ARNELA Porto do Son	1:01:10	3:26 3:26	10:22 6:56	12:28 2:06	14:29 2:01	24:58 10:29	30:11 5:13	31:17 <b>1:06</b>	49:09 17:52	51:41 2:32	53:41 <b>2:00</b>	56:30 2:49	1:00:43 4:13	1:01:10 0:27	
10	321	Vinagre Barros, Martin FAICAMIÑO A Coruña (Oleiros)	1:13:11	8:35 8:35	10:35 2:00	12:48 2:13	30:15 17:27	32:51 2:36	34:59 2:08	36:12 1:13	51:47 15:35	55:24 3:37	1:06:41 11:17	1:09:30 2:49	1:12:42 3:12	1:13:11 0:29	
11	100	Beloso Iglesias, Mauro AROMON Pontevedra	1:13:49	4:30 4:30	8:59 4:29	12:30 3:31	35:57 23:27	38:30 2:33	40:41 2:11	42:09 1:28	48:56 6:47	57:29 8:33	1:03:59 6:30	1:09:03 5:04	1:13:15 4:12	1:13:49 0:34	
	99	Beloso Iglesias, Xandre AROMON Pontevedra	r en tarj.	2:36 2:36	4:25 1:49	6:29 2:04	8:55 2:26	11:45 2:50	13:13 1:28	14:35 1:22	16:53 2:18	19:17 2:24	21:35 2:18	-----	26:28 4:53	26:53 0:25	
	156	Corral García, Gaspar GALLAECIA A Coruña	r en tarj.	2:01 2:01	4:19 2:18	6:48 2:29	8:47 1:59	12:51 4:04	14:24 1:33	16:25 2:01	19:32 3:07	22:57 3:25	27:07 4:10	32:22 5:15	-----	36:17 3:55	

<b>Homes 14 (11)</b>				<b>2,6 km</b>	<b>12 C</b>												
				1(31)	2(67)	3(38)	4(35)	5(34)	6(36)	7(32)	8(76)	9(59)	10(71)	11(72)	12(100)	F	
1	450	Rodríguez Díaz, Mateo HABELAS HA Vigo	21:40	<b>1:16</b> <b>1:16</b>	<b>2:45</b> 1:29	<b>4:08</b> <b>1:23</b>	<b>6:10</b> <b>2:02</b>	<b>7:59</b> <b>1:49</b>	<b>9:29</b> <b>1:30</b>	<b>10:42</b> <b>1:13</b>	<b>12:45</b> 2:03	<b>14:38</b> 1:53	<b>16:00</b> 1:22	<b>17:08</b> 1:08	<b>21:17</b> 4:09	<b>21:40</b> 0:23	

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 14 (11)</b>				<b>2,6 km</b>	<b>12 C</b>	<i>(cont.)</i>											
				1(31)	2(67)	3(38)	4(35)	5(34)	6(36)	7(32)	8(76)	9(59)	10(71)	11(72)	12(100)	F	
2	93	Antoñón Casal, Mateo AROMON Pontevedra	24:16	1:42	3:09	4:36	9:02	11:03	12:49	14:09	16:20	17:47	19:16	20:20	23:55	24:16	
				1:42	1:27	1:27	4:26	2:01	1:46	1:20	2:11	1:27	1:29	1:04	3:35	0:21	
3	449	Rodilla Iriso, Santiago HABELAS HA Vigo	27:39	1:37	3:12	4:57	7:23	10:17	12:21	14:02	16:04	18:58	20:24	22:09	27:11	27:39	
				1:37	1:35	1:45	2:26	2:54	2:04	1:41	2:02	2:54	1:26	1:45	5:02	0:28	
4	8002	Casado Gomez, Diego FLUVIAL LU Lugo	28:48	1:49	3:31	5:11	8:02	11:12	13:28	15:34	18:12	20:57	22:24	23:56	28:19	28:48	
				1:49	1:42	1:40	2:51	3:10	2:16	2:06	2:38	2:45	1:27	1:32	4:23	0:29	
5	53	Núñez Ferreiro, Alfonso FLUVIAL LU Lugo	30:47	2:03	3:51	6:09	8:40	11:01	14:12	15:47	17:58	20:00	22:54	24:59	30:18	30:47	
				2:03	1:48	2:18	2:31	2:21	3:11	1:35	2:11	2:02	2:54	2:05	5:19	0:29	
6	408	Candela Iglesias, Natnael ARTABROS A Coruña	36:36	1:29	3:12	4:56	7:40	9:46	11:54	13:57	15:53	17:52	31:35	32:49	36:09	36:36	
				1:29	1:43	1:44	2:44	2:06	2:08	2:03	1:56	1:59	13:43	1:14	3:20	0:27	
7	18	Corral Souto, Iago FLUVIAL LU Lugo	40:24	1:24	3:07	4:54	8:55	20:19	25:31	26:58	30:31	32:49	34:04	35:34	40:01	40:24	
				1:24	1:43	1:47	4:01	11:24	5:12	1:27	3:33	2:18	1:15	1:30	4:27	0:23	
8	124	Omil Pazos, Lois AROMON Pontevedra	46:06	1:56	4:02	5:54	9:53	12:18	14:23	16:18	34:52	36:50	38:27	40:16	45:41	46:06	
				1:56	2:06	1:52	3:59	2:25	2:05	1:55	18:34	1:58	1:37	1:49	5:25	0:25	
9	59	Pallares Cuiña, Alejandro FLUVIAL LU Lugo	54:32	2:44	6:52	9:39	14:09	17:09	20:23	22:42	28:36	31:42	35:34	38:33	53:53	54:32	
				2:44	4:08	2:47	4:30	3:00	3:14	2:19	5:54	3:06	3:52	2:59	15:20	0:39	
10	9	Blanco Rodríguez, Nicolás FLUVIAL LU Lugo	58:08	4:49	9:10	12:28	18:05	22:09	25:50	29:57	33:51	39:20	42:18	44:30	57:28	58:08	
				4:49	4:21	3:18	5:37	4:04	3:41	4:07	3:54	5:29	2:58	2:12	12:58	0:40	
11	14	Castro Expósito, Alejandro FLUVIAL LU Lugo	1:00:35	6:51	11:12	14:09	20:20	24:13	27:45	32:04	36:02	41:25	44:22	46:48	1:00:08	1:00:35	
				6:51	4:21	2:57	6:11	3:53	3:32	4:19	3:58	5:23	2:57	2:26	13:20	0:27	
<b>Homes 16 (4)</b>				<b>3,9 km</b>	<b>13 C</b>												
				1(37)	2(39)	3(32)	4(81)	5(47)	6(62)	7(77)	8(63)	9(69)	10(57)	11(70)	12(72)	13(100)	F
1	147	Alvarez Braña, Martin Enrique GALLAECIA A Coruña	1:02:53	5:43	9:23	13:01	20:01	30:15	32:15	34:03	37:14	41:17	56:34	58:37	59:54	1:02:35	1:02:53
				5:43	3:40	3:38	7:00	10:14	2:00	1:48	3:11	4:03	15:17	2:03	1:17	2:41	0:18
2	80	Rodríguez Vega, Juan FLUVIAL LU Lugo	1:12:34	4:08	6:43	11:15	32:37	38:22	40:45	42:41	45:29	49:22	1:04:46	1:06:50	1:08:06	1:12:08	1:12:34
				4:08	2:35	4:32	21:22	5:45	2:23	1:56	2:48	3:53	15:24	2:04	1:16	4:02	0:26
3	38	González Ramil, Nicolás FLUVIAL LU Lugo	1:12:40	6:17	10:49	15:13	28:08	34:25	37:19	40:10	42:55	48:38	1:02:21	1:05:07	1:06:46	1:12:16	1:12:40
				6:17	4:32	4:24	12:55	6:17	2:54	2:51	2:45	5:43	13:43	2:46	1:39	5:30	0:24
4	45	López Guerreiro, Martín FLUVIAL LU Lugo	1:36:49	4:24	10:13	14:33	21:40	40:04	46:07	48:15	51:18	56:33	1:26:40	1:29:47	1:31:06	1:36:22	1:36:49
				4:24	5:49	4:20	7:07	18:24	6:03	2:08	3:03	5:15	30:07	3:07	1:19	5:16	0:27
<b>Homes 18 (8)</b>				<b>4,6 km</b>	<b>13 C</b>												
				1(78)	2(32)	3(60)	4(61)	5(77)	6(82)	7(43)	8(63)	9(69)	10(57)	11(59)	12(71)	13(100)	F
1	8026	Casado Gomez, Alvaro FLUVIAL LU Lugo	41:16	4:02	6:27	8:50	12:57	15:56	20:51	21:34	28:14	30:24	34:50	36:49	37:41	40:59	41:16
				4:02	2:25	2:23	4:07	2:59	4:55	0:43	6:40	2:10	4:26	1:59	0:52	3:18	0:17
2	354	Mata Rodriguez, Eros TREVINCA O Barco de Valde	1:01:52	5:48	9:14	12:56	18:17	23:57	30:46	32:25	44:51	48:11	53:31	56:07	57:14	1:01:33	1:01:52
				5:48	3:26	3:42	5:21	5:40	6:49	1:39	12:26	3:20	5:20	2:36	1:07	4:19	0:19
3	6	Balboa Rodríguez, Miguel FLUVIAL LU Lugo	1:20:04	6:46	10:27	16:21	27:25	32:31	44:18	45:13	56:15	1:00:50	1:08:42	1:12:06	1:13:33	1:19:45	1:20:04
				6:46	3:41	5:54	11:04	5:06	11:47	0:55	11:02	4:35	7:52	3:24	1:27	6:12	0:19
4	31	García Cousillas, David FLUVIAL LU Lugo	1:26:22	9:42	13:48	21:46	33:28	38:41	50:24	51:10	1:02:18	1:06:57	1:14:53	1:18:11	1:19:43	1:25:55	1:26:22
				9:42	4:06	7:58	11:42	5:13	11:43	0:46	11:08	4:39	7:56	3:18	1:32	6:12	0:27
5	70	Piñeiro Fraga, Iago FLUVIAL LU Lugo	1:30:00	14:55	18:41	24:43	35:29	40:38	52:15	53:04	1:03:31	1:08:55	1:17:07	1:20:25	1:22:08	1:29:36	1:30:00
				14:55	3:46	6:02	10:46	5:09	11:37	0:49	10:27	5:24	8:12	3:18	1:43	7:28	0:24
6	28	Fraga Diaz, Alex FLUVIAL LU Lugo	1:35:55	10:42	15:29	22:49	30:23	45:31	58:07	58:50	1:09:26	1:14:47	1:23:13	1:26:34	1:28:04	1:35:34	1:35:55
				10:42	4:47	7:20	7:34	15:08	12:36	0:43	10:36	5:21	8:26	3:21	1:30	7:30	0:21
7	441	Cruz Diaz, Oscar HABELAS HA Vigo	3:02:06	10:08	18:30	44:32	57:29	1:06:10	1:59:18	2:01:14	2:20:23	2:31:04	2:44:14	2:49:15	2:51:29	3:01:41	3:02:06
				10:08	8:22	26:02	12:57	8:41	53:08	1:56	19:09	10:41	13:10	5:01	2:14	10:12	0:25
600		Castillo López, Denis FLUVIAL LU Lugo	r en tarj.	22:39	29:26	38:57	52:20	1:00:23	1:13:30	1:15:13	-----	-----	-----	-----	-----	-----	-----
				22:39	6:47	9:31	13:23	8:03	13:07	1:43							
<b>Homes 21 (32)</b>				<b>5,7 km</b>	<b>14 C</b>												
				1(58)	2(39)	3(66)	4(64)	5(54)	6(65)	7(50)	8(45)	9(44)	10(43)	11(77)	12(41)	13(79)	14(100)
1	456	Carballo Alviárez, Xan A PEDROSA Culleredo (A Cor	1:14:56	2:22	4:44	10:30	16:03	21:20	27:46	36:30	40:21	45:36	49:53	1:00:19	1:04:51	1:11:18	1:14:37
				2:22	2:22	5:46	5:33	5:17	6:26	8:44	3:51	5:15	4:17	10:26	4:32	6:27	3:19
				1:14:56													
2	476	Penas, Alfonso C.O.CO A Coruña	1:16:46	1:39	3:45	9:11	20:35	24:30	29:49	37:41	40:59	45:32	48:35	57:05	1:08:57	1:13:21	1:16:26
				1:39	2:06	5:26	11:24	3:55	5:19	7:52	3:18	4:33	3:03	8:30	11:52	4:24	3:05
				1:16:46													
3	163	Dopico Pena, Andres GALLAECIA A Coruña	1:17:49	3:59	6:59	13:22	18:59	24:01	30:00	38:13	42:53	48:18	51:35	1:00:08	1:05:44	1:13:43	1:17:24
				3:59	3:00	6:23	5:37	5:02	5:59	8:13	4:40	5:25	3:17	8:33	5:36	7:59	3:41
				1:17:49													
4	82	Seijas Varela, Diego FLUVIAL LU Lugo	1:21:13	2:14	8:08	19:00	24:42	30:04	36:02	45:25	48:39	53:33	58:13	1:07:09	1:12:04	1:17:12	1:20:51
				2:14	5:54	10:52	5:42	5:22	5:58	9:23	3:14	4:54	4:40	8:56	4:55	5:08	3:39
				1:21:13													
5	12	Caloto Sandamil, José Manuel FLUVIAL LU Lugo	1:22:06	2:56	7:47	14:53	24:17	28:59	34:56	43:37	47:08	51:52	55:11	1:04:07	1:08:51	1:18:32	1:21:34
				2:56	4:51	7:06	9:24	4:42	5:57	8:41	3:31	4:44	3:19	8:56	4:44	9:41	3:02
				1:22:06		1:13:21											
6	458	Doce Serrano, Juan Antonio A PEDROSA Culleredo (A Cor	1:22:21	2:46	5:58	15:12	22:40	27:18	34:45	42:54	46:20	51:42	57:03	1:05:04	1:13:47	1:18:39	1:21:53
				2:46	3:12	9:14	7:28	4:38	7:27	8:09	3:26	5:22	5:21	8:01	8:43	4:52	3:14
				1:22:21													
7	560	Soto Boullosa, Angel AROMON Pontevedra	1:22:53	3:01	6:03	11:51	19:39	24:12	33:15	40:47							



Pos	Dorsal	Nombre	Tiempo														
<b>Homes 21 (32)</b>				<b>5,7 km</b>	<b>14 C</b>	<i>(cont.)</i>											
			1(58) F	2(39)	3(66)	4(64)	5(54)	6(65)	7(50)	8(45)	9(44)	10(43)	11(77)	12(41)	13(79)	14(100)	
	<b>75</b>	<b>Rodríguez Acevedo, Manuel</b> <b>FLUVIAL LU Lugo</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	<b>455</b>	<b>Canedo Monasterio, Jacob</b> <b>A PEDROSA Culleredo (A Coruña)</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Homes 21 C (26)</b>				<b>4,3 km</b>	<b>14 C</b>												
			1(58) F	2(35)	3(40)	4(61)	5(62)	6(68)	7(63)	8(69)	9(41)	10(60)	11(59)	12(70)	13(72)	14(100)	
<b>1</b>	<b>275</b>	<b>Rodríguez Bergara, Andres</b> <b>MONTAÑA FE Ferrol. A Coruña</b>	<b>48:33</b>	2:43 2:43 <b>48:33</b>	6:15 3:32	13:12 6:57	20:01 6:49	23:55 3:54	<b>26:38</b> 2:43	<b>28:03</b> 1:25	<b>30:53</b> 2:50	<b>35:27</b> 4:34	<b>38:27</b> 3:00	<b>41:40</b> 3:13	<b>43:34</b> 1:54	<b>44:52</b> 1:18	<b>48:09</b> 3:17
<b>2</b>	<b>285</b>	<b>Arufe Santamaría, Juan</b> <b>ADC ARNELA Porto do Son</b>	<b>55:31</b>	2:18 2:18 <b>55:31</b>	6:11 3:53	13:29 7:18	19:48 6:19	<b>23:41</b> <b>3:53</b>	27:28 3:47	28:52 1:24	33:37 4:45	41:28 7:51	44:03 2:35	48:51 4:48	50:35 1:44	52:04 1:29	55:14 3:10
<b>3</b>	<b>296</b>	<b>Oujo Castelo, Santiago Amador</b> <b>ADC ARNELA Porto do Son</b>	<b>58:09</b>	2:37 2:37 <b>58:09</b>	5:26 2:49	13:29 8:03	27:02 13:33	31:48 4:46	34:26 <b>2:38</b>	36:01 1:35	38:54 2:53	41:54 3:00	45:10 3:16	51:37 6:27	53:38 2:01	54:59 1:21	57:51 2:52
<b>4</b>	<b>44</b>	<b>Liz Díaz, Javier</b> <b>FLUVIAL LU Lugo</b>	<b>58:53</b>	2:39 2:39 <b>58:53</b>	5:01 2:22	<b>11:55</b> 6:54	<b>16:38</b> 4:43	29:02 12:24	32:33 3:31	34:12 1:39	37:43 3:31	42:26 4:43	44:47 2:21	51:51 7:04	53:46 1:55	55:13 1:27	58:24 3:11
<b>4</b>	<b>191</b>	<b>Rioboo Iglesias, Daniel</b> <b>GALLAECIA A Coruña</b>	<b>58:53</b>	3:19 3:19 <b>58:53</b>	6:00 2:41	14:48 8:48	21:28 6:40	27:36 6:08	31:44 4:08	33:35 1:51	37:47 4:12	42:17 4:30	45:28 3:11	51:26 5:58	53:54 2:28	55:25 1:31	58:29 3:04
<b>6</b>	<b>185</b>	<b>Noguerol, Iván</b> <b>GALLAECIA A Coruña</b>	<b>58:57</b>	2:51 2:51 <b>58:57</b>	5:06 <b>2:15</b>	14:53 9:47	22:25 7:32	26:57 4:32	32:18 5:21	34:52 2:34	39:00 4:08	43:31 4:31	47:37 4:06	51:18 3:41	53:23 2:05	55:00 1:37	58:35 3:35
<b>7</b>	<b>117</b>	<b>Gutiérrez Costas, Juan Eugen</b> <b>AROMON Pontevedra</b>	<b>1:00:31</b>	2:19 2:19 <b>1:00:31</b>	<b>4:43</b> 2:24	14:56 10:13	22:34 7:38	27:07 4:33	29:56 2:49	31:28 1:32	34:48 3:20	40:44 5:56	43:39 2:55	54:26 10:47	56:07 <b>1:41</b>	57:28 1:21	1:00:09 <b>2:41</b>
<b>8</b>	<b>123</b>	<b>Omil Beloso, Antonio</b> <b>AROMON Pontevedra</b>	<b>1:00:33</b>	3:35 3:35 <b>1:00:33</b>	6:47 3:12	14:14 7:27	19:32 5:18	24:34 5:02	29:16 4:42	33:18 4:02	38:22 5:04	42:50 4:28	47:28 4:38	53:39 6:11	55:35 1:56	56:39 1:04	1:00:13 3:34
<b>9</b>	<b>43</b>	<b>Legaspi Abelaira, Raúl</b> <b>FLUVIAL LU Lugo</b>	<b>1:01:11</b>	3:01 3:01 <b>1:01:11</b>	7:00 3:59	15:16 8:16	24:11 8:55	29:49 5:38	32:36 2:47	34:27 1:51	37:57 3:30	44:53 6:56	49:56 5:03	54:25 4:29	56:24 1:59	57:42 1:18	1:00:49 3:07
<b>10</b>	<b>309</b>	<b>Serantes Maneiro, Camilo</b> <b>ADC ARNELA Porto do Son</b>	<b>1:01:13</b>	3:20 3:20 <b>1:01:13</b>	6:07 2:47	15:26 9:19	24:04 8:38	29:06 5:02	31:52 2:46	33:39 1:47	38:09 4:30	42:33 4:24	45:26 2:53	51:55 6:29	55:14 3:19	57:08 1:54	1:00:46 3:38
<b>11</b>	<b>2</b>	<b>Algora Aizpurua, Angel</b> <b>FLUVIAL LU Lugo</b>	<b>1:01:24</b>	2:58 2:58 <b>1:01:24</b>	8:44 5:46	17:31 8:47	23:12 5:41	31:26 8:14	34:49 3:23	36:20 1:31	41:33 5:13	46:34 5:01	49:39 3:05	54:22 4:43	56:32 2:10	57:49 1:17	1:01:04 3:15
<b>12</b>	<b>244</b>	<b>Núñez Pol, Fernando</b> <b>APA LICEO A Coruña</b>	<b>1:07:03</b>	2:54 2:54 <b>1:07:03</b>	5:53 2:59	13:26 7:33	25:05 11:39	35:08 10:03	38:17 3:09	39:39 1:22	44:06 4:27	48:46 4:40	52:45 3:59	58:54 6:09	1:01:27 2:33	1:03:13 1:46	1:06:36 3:23
<b>13</b>	<b>178</b>	<b>López Rodríguez, Francisco</b> <b>GALLAECIA A Coruña</b>	<b>1:12:30</b>	2:12 2:12 <b>1:12:30</b>	5:47 3:35	12:27 <b>6:40</b>	17:09 <b>4:42</b>	29:22 12:13	34:22 5:00	35:32 <b>1:10</b>	41:29 5:57	58:01 16:32	1:02:23 4:22	1:06:11 3:48	1:07:54 1:43	1:09:14 1:20	1:12:05 2:51
<b>14</b>	<b>397</b>	<b>Senin Canosa, Ignacio</b> <b>BRIGANTIA A Coruña</b>	<b>1:12:41</b>	3:03 3:03 <b>1:12:41</b>	10:58 7:55	17:51 6:53	24:44 6:53	30:42 5:58	36:10 5:28	37:52 1:42	41:39 3:47	48:54 7:15	51:20 2:26	55:33 4:13	1:03:59 8:26	1:08:08 4:09	1:12:10 4:02
<b>15</b>	<b>596</b>	<b>López Mourón, Sergio</b> <b>AROMON Pontevedra</b>	<b>1:15:18</b>	2:25 2:25 <b>1:15:18</b>	17:22 14:57	27:41 10:19	39:56 12:15	45:28 5:32	48:57 3:29	50:17 1:20	54:01 3:44	57:03 3:02	59:47 2:44	1:02:56 3:09	1:09:30 6:34	1:10:22 <b>0:52</b>	1:14:50 4:28
<b>16</b>	<b>97</b>	<b>Barreiro Fernández, Pablo</b> <b>AROMON Pontevedra</b>	<b>1:15:35</b>	2:40 2:40 <b>1:15:35</b>	6:09 3:29	25:31 19:22	33:13 7:42	39:51 6:38	43:20 3:29	48:01 4:41	58:56 10:55	1:02:30 3:34	1:05:44 3:14	1:08:45 <b>3:01</b>	1:10:42 1:57	1:11:59 1:17	1:15:10 3:11
<b>17</b>	<b>265</b>	<b>Gallego Miguez, Roberto</b> <b>MONTAÑA FE Ferrol. A Coruña</b>	<b>1:18:34</b>	3:14 3:14 <b>1:18:34</b>	10:43 7:29	19:24 8:41	26:50 7:26	35:01 8:11	39:06 4:05	41:04 1:58	55:24 14:20	1:00:05 4:41	1:05:19 5:14	1:10:17 4:58	1:12:52 2:35	1:14:22 1:30	1:18:07 3:45
<b>18</b>	<b>30</b>	<b>Freire Fernández, Jorge</b> <b>FLUVIAL LU Lugo</b>	<b>1:25:13</b>	3:06 3:06 <b>1:25:13</b>	6:15 3:09	18:25 12:10	50:48 32:23	55:04 4:16	58:25 3:21	1:00:17 1:52	1:04:13 3:56	1:08:11 3:58	1:11:02 2:51	1:17:04 6:02	1:19:47 2:43	1:21:41 1:54	1:24:44 3:03
<b>19</b>	<b>57</b>	<b>Ordóñez Zuleta, Oscar A</b> <b>FLUVIAL LU Lugo</b>	<b>1:30:23</b>	2:45 2:45 <b>1:30:23</b>	12:44 9:59	29:52 17:08	37:56 8:04	55:43 17:47	1:00:26 4:43	1:02:13 1:47	1:06:30 4:17	1:10:57 4:27	1:14:27 3:30	1:19:20 4:53	1:23:52 4:32	1:25:50 1:58	1:29:59 4:09



Pos	Dorsal	Nombre	Tiempo													
<b>Homes 21 C (26)</b>			<b>4,3 km</b>		<b>14 C</b>		<i>(cont.)</i>									
			1(58) F	2(35)	3(40)	4(61)	5(62)	6(68)	7(63)	8(69)	9(41)	10(60)	11(59)	12(70)	13(72)	14(100)
20	300	Oujo Pouso, Gelasio ADC ARNELA Porto do Son	1:31:45 2:08 2:08 1:31:45 0:21	8:48 6:40	53:44 44:56	59:25 5:41	1:04:25 5:00	1:08:16 3:51	1:09:42 1:26	1:14:36 4:54	1:17:04 2:28	1:19:14 2:10	1:23:12 3:58	1:27:48 4:36	1:28:40 0:52	1:31:24 2:44
20	350	Camba Rodríguez, Francisco TREVINCA O Barco de Valde	1:31:45 2:56 2:56 1:31:45 0:29	23:20 20:24	34:43 11:23	41:42 6:59	50:00 8:18	54:25 4:25	56:33 2:08	1:02:27 5:54	1:10:33 8:06	1:15:45 5:12	1:23:33 7:48	1:26:03 2:30	1:27:19 1:16	1:31:16 3:57
22	478	Sánchez Mourazos, Claudio C.O.CO A Coruña	1:40:56 4:12 4:12 1:40:56 0:26	11:02 6:50	19:51 8:49	35:07 15:16	59:28 24:21	1:02:34 3:06	1:04:16 1:42	1:06:57 2:41	1:25:13 18:16	1:28:11 2:58	1:32:40 4:29	1:35:25 2:45	1:36:49 1:24	1:40:30 3:41
23	590	Prado Costoya, Alberto FAICAMIÑO A Coruña (Oleiros)	1:59:11 3:56 3:56 1:59:11 0:30	15:55 11:59	28:42 12:47	41:02 12:20	1:06:44 25:42	1:10:22 3:38	1:12:04 1:42	1:16:41 4:37	1:26:06 9:25	1:29:39 3:33	1:35:32 5:53	1:37:55 2:23	1:50:58 13:03	1:58:41 7:43
24	180	López Vázquez, Jesús GALLAECIA A Coruña	2:01:28 6:21 6:21 2:01:28 0:34	13:17 6:56	30:16 16:59	55:29 25:13	1:01:02 5:33	1:20:32 19:30	1:23:36 3:04	1:34:12 10:36	1:40:21 6:09	1:45:27 5:06	1:51:31 6:04	1:54:22 2:51	1:56:33 2:11	2:00:54 4:21
	141	Veiga Bugallo, Francisco Javi AROMON Pontevedra	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----
	76	Rodríguez López, César FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>Homes 21 L (17)</b>			<b>6,7 km</b>		<b>15 C</b>											
			1(58) 15(100) F	2(78)	3(64)	4(56)	5(43)	6(55)	7(45)	8(48)	9(80)	10(52)	11(42)	12(47)	13(41)	14(71)
1	366	Blanco Villar, Antonio BRIGANTIA A Coruña	1:13:50 2:33 2:33 1:13:22 1:13:50 5:51 0:28	4:59 2:26	9:36 4:37	17:12 7:36	26:16 9:04	29:56 3:40	34:24 4:28	38:30 4:06	40:37 2:07	48:46 8:09	52:39 3:53	58:40 6:01	1:03:43 5:03	1:07:31 3:48
2	575	Castrillo Arias, Pedro C.O.CO A Coruña	1:14:04 1:48 1:48 1:13:43 3:25 0:21	4:11 2:23	8:53 4:42	15:10 6:17	22:43 7:33	26:26 3:43	30:40 4:14	33:18 2:38	34:59 1:41	49:29 14:30	55:59 6:30	1:01:21 5:22	1:06:24 5:03	1:10:18 3:54
3	137	Ruda Orozco, Omar Eduardo AROMON Pontevedra	1:15:54 2:13 2:13 1:15:39 3:07 0:15	4:55 2:42	12:32 7:37	21:04 8:32	27:42 6:38	33:09 5:27	37:10 4:01	40:05 2:55	42:02 1:57	54:14 12:12	58:05 3:51	1:03:21 5:16	1:07:47 4:26	1:12:32 4:45
4	236	Castedo López, Pablo APA LICEO A Coruña	1:21:40 2:31 2:31 1:21:18 4:16 0:22	5:43 3:12	11:15 5:32	18:32 7:17	26:24 7:52	29:54 3:30	34:32 4:38	37:34 3:02	39:17 1:43	48:22 9:05	53:13 4:51	59:06 5:53	1:10:02 10:56	1:17:02 7:00
5	559	Herrero Dapia, Alfonso Manue AROMON Pontevedra	1:22:25 2:21 2:21 1:22:05 4:20 0:20	6:37 4:16	12:21 5:44	21:37 9:16	28:35 6:58	33:13 4:38	37:40 4:27	42:53 5:13	44:42 1:49	53:58 9:16	1:00:29 6:31	1:07:13 6:44	1:12:30 5:17	1:17:45 5:15
6	74	Rocha Pena, Pablo FLUVIAL LU Lugo	1:28:07 2:19 2:19 1:27:42 6:22 0:25	5:32 3:13	12:00 6:28	21:00 9:00	29:16 8:16	34:53 5:37	41:34 6:41	44:34 3:00	46:21 1:47	58:55 12:34	1:02:44 3:49	1:09:08 6:24	1:16:38 7:30	1:21:20 4:42
7	376	Fojo Outeiro, Alejandro JARNACHAS Arteixo	1:29:50 2:28 2:28 1:29:20 5:39 0:30	5:19 2:51	12:54 7:35	25:12 12:18	33:59 8:47	37:54 3:55	42:33 4:39	45:42 3:09	47:59 2:17	1:04:52 16:53	1:08:47 3:55	1:14:25 5:38	1:19:36 5:11	1:23:41 4:05
8	36	González Castro, Leandro FLUVIAL LU Lugo	1:31:41 2:22 2:22 1:31:18 5:21 0:23	5:07 2:45	12:30 7:23	22:58 10:28	30:20 7:22	34:07 3:47	39:03 4:56	42:21 3:18	47:38 5:17	57:45 10:07	1:07:02 9:17	1:15:37 8:35	1:21:46 6:09	1:25:57 4:11
9	154	Carro García, Roberto GALLAECIA A Coruña	1:33:04 2:09 2:09 1:32:40 5:02 0:24	8:30 6:21	16:56 8:26	25:02 8:06	31:43 6:41	36:17 4:34	41:22 5:05	44:44 3:22	47:16 2:32	57:30 10:14	1:01:56 4:26	1:07:25 5:29	1:21:50 14:25	1:27:38 5:48
10	120	Marín, Alex AROMON Pontevedra	1:33:14 2:08 2:08 1:32:47 4:34 0:27	5:26 3:18	11:18 5:52	21:49 10:31	31:16 9:27	36:00 4:44	43:05 7:05	46:24 3:19	49:20 2:56	59:37 10:17	1:04:00 4:23	1:09:54 5:54	1:21:39 11:45	1:28:13 6:34
11	151	Breijo Martínez, Yago GALLAECIA A Coruña	1:46:33 2:31 2:31 1:46:04 5:49 0:29	5:26 2:55	10:16 4:50	21:56 11:40	27:50 5:54	32:58 5:08	40:19 7:21	44:20 4:01	46:36 2:16	1:12:55 26:19	1:18:07 5:12	1:28:05 9:58	1:35:09 7:04	1:40:15 5:06
12	313	Ciorraga Osorio, Antonio FAICAMIÑO A Coruña (Oleiros)	1:52:19 4:07 4:07 1:51:54 4:22 0:25	3:19 6:55	14:21 6:55	25:17 10:56	40:47 15:30	44:50 4:03	49:33 4:43	52:26 2:53	54:31 2:05	1:17:05 22:34	1:20:58 3:53	1:30:35 9:37	1:41:24 10:49	1:47:32 6:08
13	68	Pérez, Adrián FLUVIAL LU Lugo	2:26:40 3:58 3:58 2:26:13 8:49 0:27	9:15 5:17	16:33 7:18	46:53 30:20	56:35 9:42	1:02:45 6:10	1:07:53 5:08	1:14:42 6:49	1:17:44 3:02	1:47:40 29:56	1:53:48 6:08	2:00:57 7:09	2:11:30 10:33	2:17:24 5:54
14	3	Amarelle Garabán, Roberto FLUVIAL LU Lugo	2:27:02 3:51 3:51 2:26:17 5:45 0:45	18:39 14:48	28:43 10:04	53:40 24:57	1:10:23 16:43	1:14:38 4:15	1:20:49 6:11	1:30:09 9:20	1:33:15 3:06	1:46:22 13:07	1:52:50 6:28	2:03:28 10:38	2:12:16 8:48	2:20:32 8:16

Pos	Dorsal	Nombre	Tiempo																
<b>Homes 21 L (17)</b>				<b>6,7 km</b>	<b>15 C</b>	<i>(cont.)</i>													
				1(58) 15(100)	2(78) F	3(64)	4(56)	5(43)	6(55)	7(45)	8(48)	9(80)	10(52)	11(42)	12(47)	13(41)	14(71)		
15	51	Nogueras Marentes, José Mar FLUVIAL LU Lugo	2:27:59	4:36 4:36 2:27:41 6:19	17:41 13:05 2:27:59 0:18	23:52 6:11	39:58 16:06	1:00:29 20:31	1:06:30 6:01	1:11:51 5:21	1:16:46 4:55	1:19:32 2:46	1:51:37 32:05	1:57:43 6:06	2:05:00 7:17	2:15:21 10:21	2:21:22 6:01		
	546	Mouriño Fortes, Victor Manuel BUDIÑORAID O Porriño	en tarj.	2:42 2:42 ----- 3:15:12 27:19	5:56 3:14 ----- 3:15:12 27:19	12:59 7:03	1:08:43 55:44	1:17:56 9:13	1:45:29 27:33	1:59:39 14:10	2:04:01 4:22	2:08:37 4:36	2:18:55 10:18	2:35:09 16:14	2:47:53 12:44	-----	-----		
	86	Viana Gonzalez, Iago FLUVIAL LU Lugo	No sale	----- -----	----- -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
<b>Homes 35 (36)</b>				<b>7,2 km</b>	<b>16 C</b>														
				1(78) 15(71)	2(60) 16(100)	3(64) F	4(47)	5(52)	6(80)	7(46)	8(49)	9(50)	10(55)	11(44)	12(82)	13(56)	14(75)		
1	487	Ramos Asensio, Luis Javier IES SABÓN Arteixo. A Coruña	1:22:23	5:43 5:43 1:18:46 5:59	11:55 6:12 1:22:06 3:20	14:42 2:47 1:22:23 0:17	18:46 4:04	26:48 8:02	38:27 11:39	43:47 5:20	47:57 4:10	51:19 3:22	55:52 4:33	56:56 1:04	1:02:51 5:55	1:10:12 7:21	1:12:47 2:35		
2	135	Rosado Frade, Alfonso AROMON Pontevedra	1:25:03	5:27 5:26 1:20:36 5:38	10:40 5:14 1:24:46 4:10	13:07 2:27 1:25:03 0:17	17:35 4:28	26:50 9:15	39:03 12:13	43:57 4:54	49:42 5:45	52:48 3:06	57:20 4:32	1:00:09 2:49	1:04:06 3:57	1:12:27 8:21	1:14:58 2:31		
3	425	Piñeiro Portela, Jorge ARTABROS A Coruña	1:25:31	4:49 4:49 1:21:30 8:55	10:21 5:32 1:25:14 3:44	12:57 2:36 1:25:31 0:17	17:51 4:54	26:15 8:24	37:08 10:53	43:58 6:50	49:35 5:37	52:38 3:03	57:15 4:37	58:49 1:34	1:02:29 3:40	1:09:53 7:24	1:12:35 2:42		
4	232	Cañas Lara, Julio APA LICEO A Coruña	1:27:59	5:27 5:27 1:23:19 7:31	11:11 5:44 1:27:34 4:15	14:31 3:20 1:27:59 0:25	19:09 4:38	28:18 9:09	37:34 9:16	42:33 4:59	47:23 4:50	51:52 4:29	56:50 4:58	58:00 1:10	1:03:24 5:24	1:11:54 8:30	1:15:48 3:54		
5	220	Pazó Pazó, Martín UNIVERSIDA Vigo	1:29:03	4:12 4:12 1:24:04 5:38	12:19 8:07 1:28:39 4:35	15:19 3:00 1:29:03 0:24	21:59 6:40	29:30 7:31	40:21 10:51	44:55 4:34	49:47 4:52	57:04 7:17	1:01:24 4:20	1:02:21 0:57	1:06:56 4:35	1:14:32 7:36	1:18:26 3:54		
6	112	Figueroa Fernández, Ricardo AROMON Pontevedra	1:30:10	4:17 4:17 1:26:37 7:11	15:46 11:29 1:29:52 3:15	22:33 6:47 1:30:10 0:18	25:48 3:15	36:36 10:48	45:40 9:04	50:03 4:23	54:58 4:55	57:22 2:24	1:02:46 5:24	1:04:00 1:14	1:07:26 3:26	1:17:02 9:36	1:19:26 2:24		
7	8050	Fernandez Arias, Pedro Jesus FLUVIAL LU Lugo	1:31:38	6:48 6:48 1:26:59 5:55	13:30 6:42 1:31:14 4:15	17:55 4:25 1:31:38 0:24	22:39 4:44	32:45 10:06	44:29 11:44	49:28 4:59	56:17 6:49	59:50 3:33	1:04:41 4:51	1:05:35 0:54	1:10:58 5:23	1:18:28 7:30	1:21:04 2:36		
8	430	Sevilla Gómez, Francisco Javi ARTABROS A Coruña	1:37:36	5:12 5:12 1:30:49 15:11	11:22 6:10 1:37:16 6:27	15:04 3:42 1:37:36 0:20	19:34 4:30	26:42 7:08	37:12 10:30	42:24 5:12	46:51 4:27	49:35 2:44	54:11 4:36	54:59 0:48	58:48 3:49	1:05:52 7:04	1:15:38 9:46		
9	98	Beloso García, Manuel AROMON Pontevedra	1:38:03	5:28 5:28 1:33:28 7:33	12:50 7:22 1:37:38 4:10	16:01 3:11 1:38:03 0:25	20:57 4:56	32:16 11:19	44:30 12:14	49:46 5:16	55:23 5:37	1:00:23 5:00	1:05:42 5:19	1:09:23 3:41	1:14:46 5:23	1:22:31 7:45	1:25:55 3:24		
10	229	Arufe Varela, Javier APA LICEO A Coruña	1:39:51	4:35 4:35 1:35:28 9:10	11:28 6:53 1:39:26 3:58	14:15 2:47 1:39:51 0:25	20:42 6:27	32:19 11:37	42:33 10:14	48:29 5:56	55:12 6:43	59:51 4:39	1:05:39 5:48	1:09:02 3:23	1:13:35 4:33	1:22:58 9:23	1:26:18 3:20		
11	433	Traveso Rodríguez, Santiago ARTABROS A Coruña	1:40:17	5:20 5:20 1:35:08 8:20	11:56 6:36 1:39:43 4:35	16:23 4:27 1:40:17 0:34	22:18 5:55	33:29 11:11	46:10 12:41	52:13 6:03	57:29 5:16	1:01:53 4:24	1:07:42 5:49	1:09:01 1:19	1:13:30 4:29	1:23:43 10:13	1:26:48 3:05		
12	171	González Miramontes, Eduard GALLAECIA A Coruña	1:45:06	5:11 5:11 1:40:54 10:18	11:37 6:26 1:44:47 3:53	16:41 5:04 1:45:06 0:19	25:10 8:29	32:58 7:48	42:45 9:47	46:48 4:03	51:12 4:24	55:18 4:06	59:49 4:31	1:00:49 1:00	1:04:37 3:48	1:15:01 10:24	1:30:36 15:35		
13	108	Dominguez Portas, Antonio AROMON Pontevedra	1:45:47	4:59 4:59 1:39:36 8:47	11:17 6:18 1:45:06 5:30	13:53 2:36 1:45:47 0:41	23:03 9:10	32:30 9:27	43:18 10:48	49:10 5:52	55:12 6:02	1:01:39 6:27	1:06:39 5:00	1:07:48 1:09	1:13:43 5:55	1:27:49 14:06	1:30:49 3:00		
14	63	Parga Ures, Eladio FLUVIAL LU Lugo	1:46:10	4:18 4:18 1:40:27 10:14	10:11 5:53 1:45:48 5:21	13:17 3:06 1:46:10 0:22	18:53 5:36	30:15 11:22	41:10 10:55	46:37 5:27	55:35 8:58	1:05:35 10:00	1:12:34 6:59	1:13:11 0:37	1:17:28 4:17	1:27:21 9:53	1:30:13 2:52		
15	41	Lafuente, Juan José FLUVIAL LU Lugo	1:58:46	8:22 8:22 1:54:20 12:27	15:35 7:13 1:58:27 4:07	19:04 3:29 1:58:46 0:19	23:43 4:39	33:31 9:48	45:34 12:03	52:02 6:28	56:52 4:50	1:02:49 5:57	1:10:54 8:05	1:11:53 0:59	1:22:21 10:28	1:35:50 13:29	1:41:53 6:03		
16	254	Abeal Navarro, Francisco MONTAÑA FE Ferrol. A Coruñ	2:01:54	8:25 8:25 1:57:19 12:44	15:43 7:18 2:01:38 4:19	22:04 6:21 2:01:54 0:16	30:55 8:51	44:27 13:32	56:00 11:33	1:02:11 6:11	1:07:31 5:20	1:11:27 3:56	1:16:48 5:21	1:20:38 3:50	1:28:09 7:31	1:41:20 13:11	1:44:35 3:15		
17	420	López Pérez, Jose Miguel ARTABROS A Coruña	2:02:12	6:19 6:19 1:54:15 10:55	14:45 8:26 2:01:38 7:23	20:01 5:16 2:02:12 0:34	28:10 8:09	41:53 13:43	55:31 13:38	1:02:00 6:29	1:08:07 6:07	1:12:11 4:04	1:19:36 7:25	1:21:24 1:48	1:26:56 5:32	1:39:34 12:38	1:43:20 3:46		
18	8031	Casado Bravo, Sergio FLUVIAL LU Lugo	2:04:34	6:31 6:31 1:56:26 10:17	13:46 7:15 2:03:30 7:04	17:08 3:22 2:04:34 1:04	24:18 7:10	38:00 13:42	50:56 12:56	58:26 7:30	1:07:26 9:00	1:12:15 4:49	1:19:00 6:45	1:20:37 1:37	1:27:07 6:30	1:41:36 14:29	1:46:09 4:33		

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 35 (36)</b>				<b>7,2 km</b>	<b>16 C</b>	<i>(cont.)</i>											
				1(78) 15(71)	2(60) 16(100)	3(64) F	4(47)	5(52)	6(80)	7(46)	8(49)	9(50)	10(55)	11(44)	12(82)	13(56)	14(75)
19	8030	Barja Alvarez, Javier LIMIACTIVA Xinzo de Limia	2:04:37	6:37 6:37 1:59:40 8:43	20:57 14:20 2:04:17 4:37	24:54 3:57 2:04:37 0:20	28:54 4:00	39:48 10:54	51:36 11:48	57:54 6:18	1:02:50 4:56	1:18:26 15:36	1:30:10 11:44	1:30:39 <b>0:29</b>	1:37:09 6:30	1:47:53 10:44	1:50:57 3:04
20	327	Fraga Castro, Santiago USC Santiago de Compostela	2:08:49	9:41 2:03:43 11:51	17:16 7:35 2:08:17 4:34	35:54 18:38 2:08:49 0:32	39:49 3:55	52:43 12:54	1:05:19 12:36	1:10:19 5:00	1:16:16 5:57	1:21:25 5:09	1:27:26 6:01	1:28:36 1:10	1:33:30 4:54	1:46:00 12:30	1:51:52 5:52
21	568	Gómez Ramos, Antonio ARTABROS A Coruña	2:09:58	8:21 8:21 2:03:12 12:18	14:42 6:21 2:09:28 6:16	24:59 10:17 2:09:58 0:30	29:29 4:30	44:16 14:47	58:33 14:17	1:07:58 9:25	1:15:08 7:10	1:20:53 5:45	1:27:34 6:41	1:29:04 1:30	1:35:48 6:44	1:46:42 10:54	1:50:54 4:12
22	318	Vázquez González, Miguel An FAICAMIÑO A Coruña (Oleiros)	2:10:54	6:20 6:20 2:05:49 6:30	12:11 5:51 2:10:24 4:35	23:41 11:30 2:10:54 0:30	28:09 4:28	55:25 27:16	1:13:25 18:00	1:22:20 8:55	1:27:19 4:59	1:36:28 9:09	1:41:45 5:17	1:42:52 1:07	1:48:12 5:20	1:56:40 8:28	1:59:19 2:39
23	202	Armada Luaces, José Luis UNIVERSIDA Vigo	2:11:12	5:32 5:32 2:05:22 12:14	12:31 6:59 2:10:45 5:23	19:16 6:45 2:11:12 0:27	26:11 6:55	48:54 22:43	1:03:40 14:46	1:09:18 5:38	1:14:59 5:41	1:20:47 5:48	1:28:30 7:43	1:31:45 3:15	1:37:01 5:16	1:49:05 12:04	1:53:08 4:03
24	406	Villar Esmoris, Luis BRIGANTIA A Coruña	2:15:18	16:44 16:44 2:09:14 9:17	23:41 6:57 2:14:52 5:38	27:36 3:55 2:15:18 0:26	33:41 6:05	48:11 14:30	1:02:06 13:55	1:10:38 8:32	1:19:33 8:55	1:26:20 6:47	1:31:41 5:21	1:34:05 2:24	1:40:39 6:34	1:55:28 14:49	1:59:57 4:29
25	452	Rodríguez Pérez, Eladio HABELAS HA Vigo	2:26:00	5:52 5:52 2:16:28 8:22	16:14 10:22 2:25:33 9:05	23:11 6:57 2:26:00 0:27	27:40 4:29	50:47 23:07	1:17:34 26:47	1:24:02 6:28	1:30:10 6:08	1:34:16 4:06	1:41:28 7:12	1:43:26 1:58	1:49:03 5:37	2:00:21 11:18	2:08:06 7:45
26	471	Fejoo Cantarilla, Roberto LIMIACTIVA Xinzo de Limia	2:27:39	18:47 18:47 2:21:11 10:10	29:14 10:27 2:27:10 5:59	53:20 24:06 2:27:39 0:29	57:38 4:18	1:10:33 12:55	1:23:44 13:11	1:29:43 5:59	1:36:00 6:17	1:42:09 6:09	1:48:21 6:12	1:49:38 1:17	1:54:48 5:10	2:06:17 11:29	2:11:01 4:44
27	410	Chase, Neil ARTABROS A Coruña	2:46:07	8:04 8:04 2:37:48 15:42	17:10 9:06 2:45:40 7:52	30:58 13:48 2:46:07 0:27	39:54 8:56	1:02:51 22:57	1:28:06 25:15	1:36:29 8:23	1:43:09 6:40	1:49:04 5:55	1:56:11 7:07	1:58:21 2:10	2:04:00 5:39	2:18:17 14:17	2:22:06 3:49
28	77	Rodríguez López, Rafael FLUVIAL LU Lugo	2:48:08	9:00 9:00 2:39:42 15:28	16:36 7:36 2:47:43 8:01	51:27 34:51 2:48:08 0:25	57:42 6:15	1:12:57 15:15	1:28:38 15:41	1:39:03 10:25	1:45:13 6:10	1:49:35 4:22	1:57:49 8:14	2:00:15 2:26	2:07:13 6:58	2:20:27 13:14	2:24:14 3:47
29	388	Iglesias Candal, Ivan BRIGANTIA A Coruña	2:54:04	8:39 8:39 2:45:52 18:40	15:49 7:10 2:53:39 7:47	19:59 4:10 2:54:04 0:25	31:55 11:56	47:25 15:30	1:15:12 27:47	1:26:09 10:57	1:48:23 22:14	1:53:47 5:24	2:00:53 7:06	2:03:02 2:09	2:09:08 6:06	2:22:04 12:56	2:27:12 5:08
30	451	Rodríguez Lopez, Juan Antoni HABELAS HA Vigo	3:02:03	8:21 8:21 2:53:47 18:31	14:37 6:16 3:01:36 7:49	34:48 20:11 3:02:03 0:27	39:06 4:18	53:55 14:49	1:23:02 29:07	1:33:07 10:05	1:56:16 23:09	2:01:51 5:35	2:09:00 7:09	2:11:04 2:04	2:17:13 6:09	2:29:56 12:43	2:35:16 5:20
	527	Picos Romero, Victor Manuel GALLAECIA A Coruña	r en tarj.	10:54 10:54 ----- 34:13 23:19	----- ----- 35:33 1:20	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	359	Rodriguez Sarmiento, Javier TREVINCA O Barco de Valde	r en tarj.	7:24 7:24 1:42:10 20:53	18:49 32:04 1:47:08 4:58	50:53 15:33 1:47:44 0:36	1:06:26 15:33	1:21:17 14:51	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	342	Agudo, Jose Antonio TREVINCA O Barco de Valde	r en tarj.	5:15 5:15 ----- -----	14:41 9:26 ----- -----	31:13 16:32 ----- -----	40:40 9:27	52:21 11:41	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	13	Carreira López, Luis FLUVIAL LU Lugo	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	200	Álvarez Cabero, José Maria UNIVERSIDA Vigo	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	437	Varela Lorenzo, Francisco SEO Ordes	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----

<b>Homes 45 (30)</b>				<b>5,0 km</b>	<b>14 C</b>												
				1(58) F	2(39)	3(57)	4(60)	5(62)	6(53)	7(52)	8(51)	9(65)	10(54)	11(64)	12(40)	13(79)	14(100)
1	71	Puente Salvado, Xoan Manoel FLUVIAL LU Lugo	1:09:35	2:40 2:40 1:09:35 0:23	6:04 3:24 ----- -----	15:48 9:44 ----- -----	19:01 3:13	28:25 9:24	<b>35:59</b> <b>7:34</b>	<b>38:38</b> 2:39	<b>41:36</b> <b>2:58</b>	<b>45:14</b> 3:38	<b>51:08</b> 5:54	<b>56:25</b> 5:17	<b>1:00:24</b> 3:59	<b>1:05:10</b> 4:46	<b>1:09:12</b> 4:02
2	418	González Ramil, Juan José ARTABROS A Coruña	1:13:17	2:45 2:45 1:13:17 0:24	7:38 4:53 ----- -----	15:59 8:21 ----- -----	20:37 4:38	26:24 5:47	40:21 13:57	42:56 2:35	49:38 6:42	53:42 4:04	59:10 5:28	1:03:54 4:44	1:06:39 2:45	1:10:12 <b>3:33</b>	1:12:53 2:41
3	268	Lopez Suarez, Andres MONTAÑA FE Ferrol. A Coruñ	1:13:33	2:08 2:08 1:13:33 0:20	5:15 3:07 ----- -----	16:06 10:51 ----- -----	19:19 3:13	28:46 9:27	37:35 8:49	40:35 3:00	44:05 3:30	47:43 3:38	55:28 7:45	1:00:28 5:00	1:03:31 3:03	1:09:49 6:18	1:13:13 3:24

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 45 (30)</b>				<b>5,0 km</b>	<b>14 C</b>	<i>(cont.)</i>											
				1(58) F	2(39)	3(57)	4(60)	5(62)	6(53)	7(52)	8(51)	9(65)	10(54)	11(64)	12(40)	13(79)	14(100)
4	149	Álvarez Estévez, Enrique Luis GALLAECIA A Coruña	1:16:15	2:15 2:15 1:16:15	5:01 2:46	16:56 11:55	20:06 3:10	25:17 5:11	36:27 11:10	39:02 2:35	44:31 5:29	51:04 6:33	59:21 8:17	1:03:23 4:02	1:06:27 3:04	1:10:11 3:44	1:15:54 5:43
5	221	Peláez Méndez, Patricio UNIVERSIDA Vigo	1:21:05	3:26 3:26 1:21:05	7:05 3:39	29:23 22:18	33:09 3:46	39:10 6:01	47:32 8:22	50:13 2:41	53:24 3:11	57:18 3:54	1:03:54 6:36	1:08:33 4:39	1:12:29 3:56	1:16:59 4:30	1:20:44 3:45
6	316	Lopez Vazquez, Celso FAICAMIÑO A Coruña (Oleiros)	1:21:18	2:03 2:03 1:21:18	5:17 3:14	14:55 9:38	18:00 3:05	33:04 15:04	46:07 13:03	49:39 3:32	55:12 5:33	59:08 3:56	1:04:46 5:38	1:09:50 5:04	1:12:29 2:39	1:18:20 5:51	1:21:00 2:40
7	343	Aller Estévez, Pablo Adrián TREVINCA O Barco de Valde	1:21:34	3:14 3:14 1:21:34	6:33 3:19	18:26 11:53	21:55 3:29	30:19 8:24	39:30 9:11	43:39 4:09	48:02 4:23	52:15 4:13	1:01:05 8:50	1:07:20 6:15	1:10:54 3:34	1:16:51 5:57	1:21:08 4:17
8	362	Trigo Recarey, Xan Mariano TREVINCA O Barco de Valde	1:22:32	2:23 2:23 1:22:32	5:17 2:54	27:17 22:00	30:00 2:43	36:32 6:32	46:28 9:56	49:52 3:24	52:52 3:00	57:02 4:10	1:04:08 7:06	1:10:11 6:03	1:14:10 3:59	1:18:30 4:20	1:22:08 3:38
9	457	Carballo Fernández, Juan Car A PEDROSA Culleredo (A Cor	1:23:10	3:03 3:03 1:23:10	5:48 2:45	14:47 8:59	18:15 3:28	26:20 8:05	42:35 16:15	46:36 4:01	50:15 3:39	54:40 4:25	1:03:09 8:29	1:08:16 5:07	1:13:06 4:50	1:18:36 5:30	1:22:45 4:09
10	94	Antoñón Clemente, Francisco AROMON Pontevedra	1:23:41	2:53 2:53 1:23:41	5:47 2:54	14:36 8:49	19:25 4:49	27:21 7:56	39:38 12:17	43:09 3:31	46:30 3:21	50:12 3:42	57:25 7:13	1:09:15 11:50	1:13:40 4:25	1:19:02 5:22	1:23:14 4:12
11	384	González Romano, Rodrigo BRIGANTIA A Coruña	1:25:30	2:20 2:20 1:25:30	5:46 3:26	14:48 9:02	18:44 3:56	39:39 20:55	49:28 9:49	55:57 6:29	1:01:20 5:23	1:06:24 5:04	1:11:44 5:20	1:15:25 3:41	1:18:29 3:04	1:22:10 3:41	1:25:08 2:58
12	381	Gonzalez Fernandez, Evaristo BRIGANTIA A Coruña	1:25:33	3:18 3:18 1:25:33	7:03 3:45	20:56 13:53	24:00 3:04	30:24 6:24	40:40 10:16	44:06 3:26	48:56 4:50	53:23 4:27	1:07:56 14:33	1:13:45 5:49	1:16:59 3:14	1:21:34 4:35	1:25:11 3:37
13	209	Fuertes González, Enrique UNIVERSIDA Vigo	1:27:03	2:36 2:36 1:27:03	13:07 10:31	32:15 19:08	36:50 4:35	42:50 6:00	53:28 10:38	56:18 2:50	59:21 3:03	1:03:28 4:07	1:09:24 5:56	1:14:19 4:55	1:18:40 4:21	1:23:08 4:28	1:26:42 3:34
14	429	Roibas Yañez, Juan Jose ARTABROS A Coruña	1:30:33	3:40 3:40 1:30:33	7:30 3:50	25:14 17:44	28:45 3:31	36:56 8:11	49:01 12:05	53:06 4:05	57:45 4:39	1:02:09 4:24	1:11:02 8:53	1:15:57 4:55	1:20:20 4:23	1:25:26 5:06	1:29:58 4:32
15	422	Mancera Bello, Alfonso ARTABROS A Coruña	1:30:40	4:15 4:15 1:30:40	7:52 3:37	21:04 13:12	26:27 5:23	35:48 9:21	49:51 14:03	52:44 2:53	57:27 4:43	1:01:49 4:22	1:08:40 6:51	1:16:10 7:30	1:20:41 4:31	1:26:29 5:48	1:30:11 3:42
16	332	Ramos Lozano, Eduardo V. USC Santiago de Compostela	1:34:53	4:00 4:00 1:34:53	8:32 4:32	22:36 14:04	27:39 5:03	36:45 9:06	56:36 19:51	1:00:22 3:46	1:04:47 4:25	1:08:36 3:49	1:16:58 8:22	1:21:54 4:56	1:26:08 4:14	1:30:32 4:24	1:34:22 3:50
17	81	Sanmartín Matalobos, Jesús FLUVIAL LU Lugo	1:35:04	3:09 3:09 1:35:04	7:02 3:53	15:47 8:45	19:26 3:39	25:51 6:25	37:58 12:07	41:21 3:23	48:12 6:51	57:34 9:22	1:17:42 20:08	1:22:27 4:45	1:26:44 4:17	1:31:23 4:39	1:34:39 3:16
18	405	Velázquez González, Matías BRIGANTIA A Coruña	1:39:59	4:15 4:15 1:39:59	8:27 4:12	18:44 10:17	23:31 4:47	35:50 12:19	50:06 14:16	54:59 4:53	1:00:32 5:33	1:08:25 7:53	1:17:22 8:57	1:23:10 5:48	1:27:42 4:32	1:34:33 6:51	1:39:32 4:59
19	329	Pacheco Sancho, José Ramón USC Santiago de Compostela	1:40:17	2:59 2:59 1:40:17	8:44 5:45	16:13 7:29	19:50 3:37	26:21 6:31	37:49 11:28	40:12 2:23	44:29 4:17	47:59 3:30	57:17 9:18	1:10:26 13:09	1:30:38 20:12	1:35:59 5:21	1:39:50 3:51
20	448	Rodilla Guerricagoitia, Santiag HABELAS HA Vigo	1:46:25	3:05 3:05 1:46:25	7:28 4:23	28:00 20:32	32:03 4:03	43:32 11:29	58:33 15:01	1:01:59 3:26	1:06:32 4:33	1:10:52 4:20	1:18:38 7:46	1:24:23 5:45	1:30:15 5:52	1:41:33 11:18	1:45:53 4:20
21	353	Mata Núñez, Jose Luis TREVINCA O Barco de Valde	1:48:22	2:50 2:50 1:48:22	6:09 3:19	19:27 13:18	24:05 4:38	1:05:00 40:55	1:14:32 9:32	1:17:45 3:13	1:20:59 3:14	1:25:12 4:13	1:31:40 6:28	1:37:36 5:56	1:40:50 3:14	1:44:42 3:52	1:48:00 3:18
22	186	Pazos Miser, Rafael GALLAECIA A Coruña	1:48:37	3:30 3:30 1:48:37	7:23 3:53	18:43 11:20	23:28 4:45	33:34 10:06	49:43 16:09	53:44 4:01	59:20 5:36	1:05:29 6:09	1:14:52 9:23	1:30:42 15:50	1:36:07 5:25	1:43:59 7:52	1:48:06 4:07
23	377	Gil Díaz, José Antonio BRIGANTIA A Coruña	1:50:57	4:03 4:03 1:50:57	14:11 10:08	26:15 12:04	30:04 3:49	36:49 6:45	46:00 9:11	50:16 4:16	55:16 5:00	1:03:02 7:46	1:22:27 19:25	1:33:14 10:47	1:38:42 5:28	1:44:38 5:56	1:50:26 5:48
24	526	Patiño Varela, Juan GALLAECIA A Coruña	1:51:05	2:24 2:24 1:51:05	5:58 3:34	17:39 11:41	21:08 3:29	28:05 6:57	44:06 16:01	48:37 4:31	53:32 4:55	1:01:32 8:00	1:10:36 9:04	1:28:58 18:22	1:41:25 12:27	1:46:38 5:13	1:50:34 3:56
25	278	Sande Rodríguez, Francisco MONTAÑA FE Ferrol. A Coruñ	1:53:37	4:35 4:35 1:53:37	8:49 4:14	19:50 11:01	23:01 3:11	46:20 23:19	1:02:47 16:27	1:06:45 3:58	1:11:24 4:39	1:17:55 6:31	1:24:12 6:17	1:33:44 9:32	1:40:48 7:04	1:46:46 5:58	1:52:33 5:47

Pos	Dorsal	Nombre	Tiempo													
<b>Homes 45 (30)</b>			<b>5,0 km</b>		<b>14 C</b>		<i>(cont.)</i>									
			1(58) F	2(39)	3(57)	4(60)	5(62)	6(53)	7(52)	8(51)	9(65)	10(54)	11(64)	12(40)	13(79)	14(100)
562	Armada Luaces, Alvaro APA LICEO A Coruña	r en tarj.	3:30 3:30 2:03:24 0:59 24:48 *47	7:24 3:54 22:38:15 *89 29:06 *96	21:03 13:39 0:00 *110 32:15 *107	25:23 4:20 0:00 *43 34:35 *100	33:44 8:21 0:00 *43 34:35 *100	54:27 20:43 0:00 *104 34:35 *100	1:00:41 6:14 0:00 *41 34:35 *100	1:04:23 3:42 0:00 *108 34:35 *100	1:08:42 4:19 0:00 *71 34:35 *100	1:17:40 8:58 0:00 *109 34:35 *100	1:29:35 11:55 3:37 *68 2:13:19 *79	1:46:30 16:55 8:05 *79 2:19:10 *79	----- ----- 14:27 *55 ----- -----	2:02:25 15:55 20:14 *102 ----- -----
328	Gallego Priego, Manuel USC Santiago de Compostela	r en tarj.	4:36 4:36 2:45:11 0:27	9:09 4:33 20:42 14:33	25:47 16:38 58:17 37:35	30:09 4:22 1:14:43 16:26	39:34 9:25 ----- -----	1:04:08 24:34 ----- -----	1:08:42 4:34 ----- -----	1:22:00 13:18 ----- -----	1:35:02 13:02 ----- -----	1:52:33 17:31 ----- -----	2:13:19 20:46 ----- -----	2:19:10 5:51 ----- -----	----- ----- ----- -----	2:44:44 25:34 ----- -----
469	Calleja Lopez, Xose LIMIATIVA Xinzo de Limia	r en tarj.	6:09 6:09	20:42 14:33	58:17 37:35	1:14:43 16:26	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
251	Rodríguez Bueno, Jose Luis APA LICEO A Coruña	r en tarj.	3:14 3:14	8:13 4:59	17:49 9:36	21:20 3:31	34:25 13:05	1:08:31 34:06	1:10:37 2:06	1:13:53 3:16	1:17:22 3:29	1:31:41 14:19	----- -----	----- -----	----- -----	----- -----
130	Ricoy Bugarín, José Antonio AROMON Pontevedra	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
<b>Homes 55 (4)</b>			<b>3,7 km</b>		<b>12 C</b>											
			1(58)	2(78)	3(66)	4(64)	5(54)	6(77)	7(56)	8(75)	9(41)	10(57)	11(79)	12(100)	F	
1	479 Sancosmed Torres, José Man C.O.CO A Coruña	46:42	2:22 2:22	5:59 3:37	10:34 4:35	18:33 7:59	23:23 4:50	27:04 3:41	29:26 2:22	33:28 4:02	35:33 2:05	37:21 1:48	42:36 5:15	46:13 3:37	46:42 0:29	----- -----
2	61 Parga Andón, Pedro FLUVIAL LU Lugo	54:45	2:22 2:22	6:08 3:46	11:06 4:58	25:14 14:08	30:11 4:57	33:32 3:21	38:54 5:22	42:01 3:07	44:19 2:18	46:07 1:48	50:49 4:42	54:21 3:32	54:45 0:24	----- -----
3	230 Bugallo Garcia, José Ramón APA LICEO A Coruña	55:48	3:24 3:24	8:23 4:59	16:55 8:32	23:23 6:28	28:56 5:33	33:43 4:47	36:57 3:14	42:01 5:04	44:45 2:44	47:01 2:16	51:25 4:24	55:16 3:51	55:48 0:32	----- -----
4	226 Pinal Otero, David Eladio UNIVERSIDA Vigo	1:02:09	2:51 2:51	7:12 4:21	13:59 6:47	22:52 8:53	32:38 9:46	38:20 5:42	41:59 3:39	45:26 3:27	48:20 2:54	50:23 2:03	56:33 6:10	1:01:39 5:06	1:02:09 0:30	----- -----
<b>Élite (21)</b>			<b>7,7 km</b>		<b>19 C</b>											
			1(39) 15(54)	2(40) 16(56)	3(82) 17(57)	4(44) 18(66)	5(45) 19(100)	6(80) F	7(48)	8(46)	9(49)	10(50)	11(51)	12(52)	13(53)	14(42)
1	483 Varela Paz, Borja C.O.CO A Coruña	1:07:16	3:43 3:43 50:09 2:46	10:01 6:18 54:14 4:05	17:52 7:51 59:28 5:14	21:26 3:34 1:03:04 3:36	24:47 3:21 1:06:58 3:54	27:56 3:09 1:07:16 0:18	30:13 2:17 3:07 3:15	32:12 1:59 3:32 3:48	35:44 3:32 4:02 3:15	37:43 1:59 4:02 3:15	40:39 2:56 4:02 3:07	43:28 2:49 4:02 3:07	45:00 1:32 4:02 1:42	47:23 2:23 4:02 2:52
2	109 Fernández Casalderrey, Gonz AROMON Pontevedra	1:10:49	3:55 3:55 54:22 3:59	7:33 3:38 58:13 3:51	18:48 11:15 1:02:49 4:36	22:31 3:43 1:05:45 2:56	27:04 4:33 1:10:29 4:44	29:30 2:26 1:10:49 0:20	31:21 1:51 3:07 3:15	33:50 2:29 3:15 3:15	37:05 3:15 4:02 3:45	39:36 2:31 4:02 2:55	42:44 3:08 4:02 3:07	45:27 2:43 4:02 2:12	47:37 2:10 4:02 1:42	50:23 2:46 4:02 2:52
3	472 Morales Ferreiro, Martín LIMIATIVA Xinzo de Limia	1:13:25	3:17 3:17 57:00 2:50	12:40 9:23 1:01:01 4:01	22:45 10:05 1:05:45 4:44	26:07 3:22 1:09:31 3:46	29:55 3:48 1:13:06 3:35	33:10 3:15 1:13:25 0:19	35:27 2:17 3:07 3:15	37:37 2:10 3:45 3:15	41:22 3:45 4:02 2:55	44:17 2:55 4:02 3:07	47:24 3:07 4:02 3:07	49:36 2:12 4:02 1:42	51:18 1:42 4:02 2:52	54:10 2:52 4:02 2:36
4	188 Peña Pita, Felipe GALLAECIA A Coruña	1:14:03	3:50 3:50 57:29 3:08	7:55 4:05 1:01:24 3:55	20:43 12:48 1:06:44 5:20	24:06 3:23 1:10:07 3:23	28:15 4:09 1:13:43 3:36	30:32 2:17 1:14:03 0:20	32:33 2:01 3:07 3:36	35:03 2:30 3:45 3:15	41:08 6:05 4:02 3:45	44:43 3:35 4:02 3:07	47:54 3:11 4:02 3:07	50:08 2:14 4:02 1:42	51:45 1:37 4:02 2:52	54:21 2:36 4:02 2:36
5	89 Álvarez Serto, Ángel AROMON Pontevedra	1:16:18	3:37 3:37 58:41 3:44	8:15 4:38 1:02:39 3:58	19:17 11:02 1:09:07 6:28	23:22 4:05 1:12:17 3:10	27:25 4:03 1:15:59 3:42	30:15 2:50 1:16:18 0:19	32:32 2:17 3:07 3:15	35:07 2:35 3:45 3:15	41:52 6:45 4:02 3:45	44:35 2:43 4:02 3:07	47:47 3:12 4:02 3:07	50:00 2:13 4:02 1:42	51:45 1:45 4:02 2:52	54:57 3:12 4:02 2:36
6	132 Rodríguez Dominguez, Maikel AROMON Pontevedra	1:20:37	4:42 4:42 1:04:28 3:20	9:12 4:30 1:08:38 4:10	22:04 12:52 1:12:46 4:08	28:38 6:34 1:16:39 3:53	31:53 3:15 1:20:17 3:38	34:06 2:13 1:20:37 0:20	36:10 2:04 3:07 3:38	38:44 2:34 3:45 3:15	42:11 3:27 4:02 3:07	45:21 3:10 4:02 3:07	53:09 7:48 4:02 3:07	56:14 3:05 4:02 1:42	57:33 1:19 4:02 2:52	1:01:08 3:35 4:02 2:36
7	233 Casado Bravo, David APA LICEO A Coruña	1:22:12	4:24 4:24 1:03:13 4:12	8:57 4:33 1:07:23 4:10	20:55 11:58 1:12:47 5:24	25:09 4:14 1:17:32 4:45	29:44 4:35 1:21:49 4:17	31:57 2:13 1:22:12 0:23	36:01 4:04 3:07 3:38	38:20 2:19 3:45 3:15	42:59 4:39 4:02 3:07	48:12 5:13 4:02 3:07	51:20 3:08 4:02 1:42	53:50 2:30 4:02 1:42	55:45 1:55 4:02 2:52	59:01 3:16 4:02 2:36
8	436 Morlán Rodriguez, Jose Angel SEO Ordes	1:23:04	6:28 6:28 1:04:15 4:33	14:32 8:04 1:08:50 4:35	24:23 9:51 1:14:27 5:37	28:22 3:59 1:17:54 3:27	33:31 5:09 1:22:43 4:49	37:03 3:32 1:23:04 0:21	40:00 2:57 3:07 3:38	42:43 2:43 3:45 3:15	46:52 4:09 4:02 3:07	49:46 2:54 4:02 3:07	53:06 2:16 4:02 1:42	55:22 2:16 4:02 2:52	57:09 1:47 4:02 2:36	59:42 2:33 4:02 2:36
9	160 Diz López, Francisco GALLAECIA A Coruña	1:25:02	6:00 6:00 1:03:25 3:37	11:32 5:32 1:07:54 4:29	22:23 10:51 1:13:08 5:14	27:14 4:51 1:20:41 3:24	32:00 4:46 1:24:40 3:59	34:43 2:43 1:25:02 0:22	36:58 2:15 3:07 3:38	39:23 2:25 3:45 3:15	44:51 5:28 4:02 3:07	47:34 2:43 4:02 3:07	51:14 3:40 4:02 1:42	54:11 2:57 4:02 2:52	55:53 1:42 4:02 2:36	59:48 3:55 4:02 2:36
10	543 Amil Fernández, Carlos BUDIÑORAID O Porrño	1:26:54	4:07 4:07 1:07:45 3:59	8:28 4:21 1:13:00 5:15	17:42 9:14 1:18:42 5:42	30:56 13:14 1:22:06 3:24	35:10 4:14 1:26:36 4:30	37:15 2:15 1:26:54 0:18	39:45 2:30 3:07 3:38	42:08 2:23 3:45 3:15	46:52 4:44 4:02 3:07	49:46 2:54 4:02 1:42	56:26 6:40 4:02 2:52	59:15 2:49 4:02 1:42	1:00:56 1:41 4:02 2:36	1:03:46 2:50 4:02 2:36
11	581 Taboada Pintor, Alberto AABT Paderne	1:28:23	5:18 5:18 1:08:14 4:17	9:50 4:32 1:12:23 4:09	23:10 13:20 1:18:31 6:08	26:56 3:46 1:23:12 4:41	30:49 3:53 1:27:53 4:41	34:36 3:47 1:28:23 0:30	37:12 2:36 3:07 3:38	44:39 7:27 4:02 3:07	49:12 4:33 4:02 3:07	52:19 3:07 4:02 1:42	55:16 2:57 4:02 1:42	59:17 4:01 4:02 2:52	1:01:14 1:57 4:02 2:36	1:03:57 2:43 4:02 2:36
12	78 Rodriguez Lopez, Rodrigo Iva FLUVIAL LU Lugo	1:31:09	5:31 5:31 1:12:06 4:10	11:14 5:43 1:16:20 4:14	24:40 13:26 1:22:01 5:41	30:27 5:47 1:26:29 4:28	35:52 5:25 1:30:45 4:16	40:25 4:33 1:31:09 0:24	43:05 2:40 3:07 3:38	45:57 2:52 3:45 3:15	50:42 4:45 4:02 3:07	53:51 3:09 4:02 1:42	57:28 3:37 4:02 2:52	1:02:10 4:42 4:02 2:36	1:03:57 1:47 4:02 2:36	1:07:56 3:59 4:02 2:36

