

os	rsal	Nombre	Tiempo														
<b>Feminino 12 (7)</b>				<b>2,3 km 55 m</b>		<b>10 C</b>											
			1(33)	2(32)	3(35)	4(36)	5(31)	6(39)	7(40)	8(61)	9(41)	10(200)	Meta				
1	203	Sofía Martínez Góm a coruña GALLAECI	19:26	3:19	5:57	8:02	9:02	10:08	11:22	12:21	13:20	16:59	18:39	19:26			
				3:19	2:38	2:05	1:00	1:06	1:14	0:59	0:59	3:39	1:40	0:47			
2	317	Eva Casado Nuñez A Coruña APA LICE	22:27	4:09	6:08	9:14	10:32	12:15	14:48	15:43	16:46	19:18	21:31	22:27			
				4:09	1:59	3:06	1:18	1:43	2:33	0:55	1:03	2:32	2:13	0:56			
3	179	Rocío Dopico Golp a coruña GALLAECI	24:20	4:03	8:40	11:16	13:53	15:20	16:40	18:10	19:16	21:33	23:33	24:20			
				4:03	4:37	2:36	2:37	1:27	1:20	1:30	1:06	2:17	2:00	0:47			
4	345	Carlota García Lope A Coruña ARTABRO	34:45	5:55	8:12	12:30	14:16	18:19	20:41	21:58	25:18	29:58	33:25	34:45			
				5:55	2:17	4:18	1:46	4:03	2:22	1:17	3:20	4:40	3:27	1:20			
5	284	Mailén Aller Pfirter O Barco de Valde T	36:08	5:58	11:25	15:58	17:28	20:51	22:48	24:35	28:20	31:27	35:03	36:08			
				5:58	5:27	4:33	1:30	3:23	1:57	1:47	3:45	3:07	3:36	1:05			
362		Irene Traveso Pedra A Coruña ARTABRO	andona	5:07	9:35	-----	-----	-----	-----	-----	-----	-----	-----	-----			
				5:07	4:28												
321		Antía Delgado Liñei A Coruña APA LICE	No sale														
<b>Feminino 14 (5)</b>				<b>2,6 km 65 m</b>		<b>10 C</b>											
			1(33)	2(34)	3(35)	4(118)	5(71)	6(38)	7(40)	8(108)	9(41)	10(200)	Meta				
1	363	Sara Traveso Pedrar A Coruña ARTABRO	38:07	4:18	8:22	14:28	20:30	22:09	23:51	27:01	28:50	33:10	36:33	38:07			
				4:18	4:04	6:06	6:02	1:39	1:42	3:10	1:49	4:20	3:23	1:34			
2	245	Irene Alvarez Toyos Vigo UNIVERSIDAD	39:20	5:41	9:10	13:51	19:49	21:10	23:45	27:55	29:45	34:48	37:23	39:20			
				5:41	3:29	4:41	5:58	1:21	2:35	4:10	1:50	5:03	2:35	1:57			
3	276	Esther Agudo Calve O Barco de Valde T	42:29	6:16	15:15	22:00	27:05	28:26	31:07	34:18	35:48	38:18	41:22	42:29			
				6:16	8:59	6:45	5:05	1:21	2:41	3:11	1:30	2:30	3:04	1:07			
4	147	Uxía Pérez García Porto do Son ADC A	44:30	5:45	14:36	18:30	27:46	28:58	32:00	34:59	36:47	41:08	43:30	44:30			
				5:45	8:51	3:54	9:16	1:12	3:02	2:59	1:48	4:21	2:22	1:00			
5	704	Cristina Neta Pérez O Barco de Valde T	48:27	5:03	9:43	13:38	24:55	25:38	28:11	39:29	41:44	45:08	47:33	48:27			
				5:03	4:40	3:55	11:17	0:43	2:33	11:18	2:15	3:24	2:25	0:54			
<b>Feminino 16 (5)</b>				<b>2,7 km 50 m</b>		<b>12 C</b>											
			1(34)	2(110)	3(72)	4(37)	5(118)	6(71)	7(38)	8(70)	9(108)	10(103)	11(41)	12(200)	Meta		
1	178	Alba Dopico Golpe a coruña GALLAECI	31:17	5:29	8:18	10:54	12:11	13:53	15:32	17:19	18:57	22:32	24:43	28:22	30:20	31:17	
				5:29	2:49	2:36	1:17	1:42	1:39	1:47	1:38	3:35	2:11	3:39	1:58	0:57	
2	468	Alba Grimaldi Pérez Vigo HABELAS HAIN	34:50	5:16	8:43	11:42	12:51	14:55	15:54	17:22	19:15	22:50	29:24	32:22	34:03	34:50	
				5:16	3:27	2:59	1:09	2:04	0:59	1:28	1:53	3:35	6:34	2:58	1:41	0:47	
3	193	Uxía Hermida Balse a coruña GALLAECI	42:06	5:11	10:36	13:09	14:29	19:54	20:35	22:50	24:48	28:22	30:47	38:54	40:59	42:06	
				5:11	5:25	2:33	1:20	5:25	0:41	2:15	1:58	3:34	2:25	8:07	2:05	1:07	
4	423	Leire Gallego Porta Santiago de Comp	42:50	6:12	14:40	17:45	18:55	20:57	21:52	23:49	26:26	31:22	36:44	40:02	41:51	42:50	
				6:12	8:28	3:05	1:10	2:02	0:55	1:57	2:37	4:56	5:22	3:18	1:49	0:59	
5	144	Nerea Oujo Perez Porto do Son ADC A	46:40	4:33	9:40	15:34	16:25	18:56	19:56	21:49	24:46	28:17	35:34	43:31	45:45	46:40	
				4:33	5:07	5:54	0:51	2:31	1:00	1:53	2:57	3:31	7:17	7:57	2:14	0:55	
<b>Feminino 18 (5)</b>				<b>3,3 km 80 m</b>		<b>13 C</b>											
			1(73)	2(57)	3(94)	4(91)	5(42)	6(70)	7(38)	8(72)	9(110)	10(102)	11(103)	12(41)	13(200)	Meta	
1	356	María Piñeiro Varela A Coruña ARTABRO	37:46	4:53	8:28	11:07	17:00	19:02	21:04	22:09	23:49	26:16	28:55	32:40	35:10	36:58	37:46
				4:53	3:35	2:39	5:53	2:02	2:02	1:05	1:40	2:27	2:39	3:45	2:30	1:48	0:48
2	300	Alba Osorio Míguez O Barco de Valde T	53:37	6:05	12:48	18:26	20:35	24:45	27:05	28:22	30:47	33:25	36:26	48:14	51:08	52:50	53:37
				6:05	6:43	5:38	2:09	4:10	2:20	1:17	2:25	2:38	3:01	11:48	2:54	1:42	0:47
3	21	Cristina González F Lugo FLUVIAL LUG	53:55	6:16	17:50	21:36	24:06	29:57	33:11	34:22	36:48	39:52	42:58	47:44	50:40	53:05	53:55
				6:16	11:34	3:46	2:30	5:51	3:14	1:11	2:26	3:04	3:06	4:46	2:56	2:25	0:50

os	rsal	Nombre	Tiempo														Meta		
<b>Feminino 18 (5)</b>				<b>3,3 km 80 m</b>			<b>13 C</b>			<i>(cont.)</i>									
			1(73)	2(57)	3(94)	4(91)	5(42)	6(70)	7(38)	8(72)	9(110)	10(102)	11(103)	12(41)	13(200)	Meta			
4	143	Antia Oujo Perez Porto do Son ADC A	1:07:40	7:46	28:51	32:13	34:33	40:09	43:16	44:21	47:04	50:36	54:08	1:01:35	1:04:02	1:06:29	1:07:40		
				7:46	21:05	3:22	2:20	5:36	3:07	<b>1:05</b>	2:43	3:32	7:27	<b>2:27</b>	2:27		1:11		
5	286	Milagros Morena All O Barco de Valde T	1:16:55	9:14	15:49	21:06	32:33	38:34	42:01	43:41	46:29	50:29	54:32	1:08:33	1:13:13	1:16:09	1:16:55		
				9:14	6:35	5:17	11:27	6:01	3:27	1:40	2:48	4:00	4:03	14:01	4:40	2:56	<b>0:46</b>		
<b>Feminino 21 A (10)</b>				<b>4,4 km 90 m</b>			<b>15 C</b>										Meta		
			1(113)	2(47)	3(77)	4(81)	5(52)	6(51)	7(87)	8(57)	9(94)	10(91)	11(70)	12(72)	13(103)	14(41)	15(200)	Meta	
1	251	Julia Fuertes Saco Vigo UNIVERSIDAD	56:44	5:24	11:38	16:26	20:28	24:57	28:38	34:24	37:24	39:14	41:43	45:10	46:47	<b>51:33</b>	<b>53:52</b>	<b>55:50</b>	<b>56:44</b>
				5:24	6:14	4:48	4:02	<b>4:29</b>	3:41	5:46	3:00	<b>1:50</b>	2:29	<b>3:27</b>	1:37	<b>4:46</b>	2:19	1:58	0:54
2	1250	Helena Lima PORTUGAL PORTU	57:46	5:57	<b>9:06</b>	<b>13:53</b>	18:26	<b>23:00</b>	<b>26:25</b>	<b>29:29</b>	<b>33:09</b>	<b>35:34</b>	<b>38:03</b>	<b>45:08</b>	<b>46:38</b>	52:32	55:19	56:56	57:46
				5:57	<b>3:09</b>	4:47	4:33	4:34	3:25	<b>3:04</b>	3:40	2:25	2:29	7:05	1:30	5:54	2:47	<b>1:37</b>	0:50
3	322	Laura Garrido Martí A Coruña APA LICE	58:49	6:51	10:39	15:24	20:46	26:29	29:58	34:03	38:15	41:13	43:10	47:20	48:53	54:18	56:19	58:03	58:49
				6:51	3:48	4:45	5:22	5:43	3:29	4:05	4:12	2:58	<b>1:57</b>	4:10	1:33	5:25	<b>2:01</b>	1:44	<b>0:46</b>
4	485	Irene Morales Jiménez Xinzo de Limia LIMI	1:03:21	6:21	10:45	14:52	<b>18:14</b>	24:16	28:07	33:46	37:18	39:20	43:31	47:22	49:02	58:17	1:00:37	1:02:28	1:03:21
				6:21	4:24	<b>4:07</b>	<b>3:22</b>	6:02	3:51	5:39	3:32	2:02	4:11	3:51	1:40	9:15	2:20	1:51	0:53
5	1173	Ana Rengel Ruiz ARAGON ARAGON	1:09:06	8:56	12:34	22:40	26:20	33:37	36:38	44:36	47:22	49:47	52:48	56:34	57:42	1:04:21	1:06:43	1:08:20	1:09:06
				8:56	3:38	10:06	3:40	7:17	<b>3:01</b>	7:58	<b>2:46</b>	2:25	3:01	3:46	<b>1:08</b>	6:39	2:22	<b>1:37</b>	<b>0:46</b>
6	209	Paula Naya Manceb a coruña GALLAECI	1:11:40	6:14	11:20	17:55	21:49	29:06	32:51	37:34	43:08	46:23	48:32	53:41	55:33	1:06:44	1:09:01	1:10:49	1:11:40
				6:14	5:06	6:35	3:54	7:17	3:45	4:43	5:34	3:15	2:09	5:09	1:52	11:11	2:17	1:48	0:51
7	323	Marta Mª Gil Pato A Coruña APA LICE	1:21:21	9:34	13:19	18:23	23:13	28:54	32:21	36:14	40:10	44:30	46:38	52:45	54:18	1:16:22	1:18:44	1:20:26	1:21:21
				9:34	3:45	5:04	4:50	5:41	3:27	3:53	3:56	4:20	2:08	6:07	1:33	22:04	2:22	1:42	0:55
8	165	Laura Alvarez Oreir a coruña GALLAECI	1:29:29	5:56	9:29	14:04	19:18	26:03	39:33	43:31	48:33	52:10	54:10	58:12	59:37	1:24:10	1:26:51	1:28:32	1:29:29
				5:56	3:33	4:35	5:14	6:45	13:30	3:58	5:02	3:37	2:00	4:02	1:25	24:33	2:41	1:41	0:57
9	382	Carmen Ferrero Del A Coruña BRIGANTI	1:51:15	9:53	23:04	36:38	41:57	50:29	54:53	1:01:46	1:10:32	1:14:57	1:18:42	1:28:54	1:31:23	1:43:08	1:47:38	1:50:02	1:51:15
				9:53	13:11	13:34	5:19	8:32	4:24	6:53	8:46	4:25	3:45	10:12	2:29	11:45	4:30	2:24	1:13
181		Sandra Fariña Balsa a coruña GALLAECI	No sale																
<b>Feminino 21 B (18)</b>				<b>3,5 km 70 m</b>			<b>12 C</b>										Meta		
			1(33)	2(73)	3(122)	4(115)	5(101)	6(118)	7(38)	8(72)	9(110)	10(61)	11(41)	12(200)	Meta				
1	228	Silvia Seoane Rodrí a coruña GALLAECI	34:39	4:25	<b>5:45</b>	9:20	<b>11:22</b>	<b>15:10</b>	<b>20:03</b>	<b>22:40</b>	25:41	28:02	30:12	<b>31:56</b>	<b>33:49</b>	<b>34:39</b>			
				4:25	<b>1:20</b>	3:35	2:02	3:48	4:53	2:37	3:01	2:21	2:10	<b>1:44</b>	1:53	0:50			
2	554	Candela Puime Lóp O Porriño BUDIÑOR	34:40	<b>3:22</b>	6:07	11:23	13:20	16:55	21:21	23:24	<b>25:15</b>	<b>27:29</b>	<b>29:25</b>	32:16	33:53	34:40			
				<b>3:22</b>	2:45	5:16	<b>1:57</b>	<b>3:35</b>	<b>4:26</b>	<b>2:03</b>	<b>1:51</b>	1:56	2:51	1:37	0:47				
3	22	Raquel Grandío Mo Lugo FLUVIAL LUG	37:35	4:33	5:57	9:39	11:47	15:53	21:15	23:36	25:59	29:22	32:04	34:44	36:39	37:35			
				4:33	1:24	3:42	2:08	4:06	5:22	2:21	2:23	3:23	2:42	2:40	1:55	0:56			
4	46	M Josefa Sánchez M Lugo FLUVIAL LUG	40:14	4:30	7:01	10:43	13:23	18:01	23:48	26:24	29:09	32:15	34:09	36:34	38:33	40:14			
				4:30	2:31	3:42	2:40	4:38	5:47	2:36	2:45	3:06	1:54	2:25	1:59	1:41			
5	31	Montserrat Paredes Lugo FLUVIAL LUG	44:02	5:32	8:24	13:53	16:50	21:47	27:24	30:15	32:33	35:49	38:30	41:02	43:00	44:02			
				5:32	2:52	5:29	2:57	4:57	5:37	2:51	2:18	3:16	2:41	2:32	1:58	1:02			
6	104	Noel Rodríguez Qu Pontevedra AROMO	47:50	5:35	8:01	13:16	16:41	22:08	29:19	32:41	35:12	38:24	41:10	44:04	46:46	47:50			
				5:35	2:26	5:15	3:25	5:27	7:11	3:22	2:31	3:12	2:46	2:54	2:42	1:04			
7	439	Patricia Castro Pico Ferrol MONTAÑA FE	48:14	5:30	8:37	19:04	21:58	26:56	32:34	35:24	38:07	40:48	42:34	44:56	47:09	48:14			
				5:30	3:07	10:27	2:54	4:58	5:38	2:50	2:43	2:41	<b>1:46</b>	2:22	2:13	1:05			
8	182	Diana Ferrer Vidal a coruña GALLAECI	49:44	5:30	7:16	11:39	14:08	18:47	30:25	32:58	36:35	39:18	44:14	46:38	48:42	49:44			
				5:30	1:46	4:23	2:29	4:39	11:38	2:33	3:37	2:43	4:56	2:24	2:04	1:02			
9	649	Lucía Castro Santo A Coruña APA LICE	51:34	8:29	12:08	17:32	20:12	24:39	33:12	36:08	39:52	44:02	46:19	49:11	50:41	51:34			
				8:29	3:39	5:24	2:40	4:27	8:33	2:56	3:44	4:10	2:17	2:52	<b>1:30</b>	0:53			
10	97	Susana Consuelo P Pontevedra AROMO	54:57	4:08	5:47	<b>9:19</b>	27:45	32:15	37:54	42:23	44:46	47:53	49:50	51:53	54:12	54:57			
				4:08	1:39	<b>3:32</b>	18:26	4:30	5:39	4:29	2:23	3:07	1:57	2:03	2:19	<b>0:45</b>			

os	rsal	Nombre	Tiempo																		
<b>Feminino 21 B (18)</b>				<b>3,5 km 70 m</b>			<b>12 C</b>			<i>(cont.)</i>											
				1(33)	2(73)	3(122)	4(115)	5(101)	6(118)	7(38)	8(72)	9(110)	10(61)	11(41)	12(200)	Meta					
11	407	Mamen Souto Gonz A Coruña BRIGANTI	56:32	4:12	5:56	12:48	17:44	28:26	36:01	39:16	43:26	48:50	50:56	53:45	55:35	56:32					
				4:12	1:44	6:52	4:56	10:42	7:35	3:15	4:10	5:24	2:06	2:49	1:50	0:57					
12	292	Remedios Durán Pe O Barco de Valde T	1:00:08	6:14	8:44	15:15	18:36	26:35	35:13	38:34	46:42	51:10	53:55	56:19	58:57	1:00:08					
				6:14	2:30	6:31	3:21	7:59	8:38	3:21	8:08	4:28	2:45	2:24	2:38	1:11					
13	684	Gracia Rodríguez B A Coruña APA LICE	1:03:42	16:20	17:49	22:30	25:20	39:48	45:25	48:58	51:37	54:24	57:51	1:00:18	1:02:31	1:03:42					
				16:20	1:29	4:41	2:50	14:28	5:37	3:33	2:39	2:47	3:27	2:27	2:13	1:11					
14	502	Irene Baspino Fern Culleredo A Coru A	1:14:27	7:00	9:53	19:01	22:56	30:00	48:12	51:31	54:41	58:18	1:01:25	1:10:28	1:13:36	1:14:27					
				7:00	2:53	9:08	3:55	7:04	18:12	3:19	3:10	3:37	3:07	9:03	3:08	0:51					
15	427	Amparo Portabales Santiago de Comp	1:20:33	27:43	29:53	36:41	41:41	52:27	1:00:05	1:03:18	1:07:27	1:12:47	1:14:55	1:17:46	1:19:37	1:20:33					
				27:43	2:10	6:48	5:00	10:46	7:38	3:13	4:09	5:20	2:08	2:51	1:51	0:56					
506	Elena Fernandez De Culleredo A Coru A	en tarj.		8:29	-----	21:45	27:51	37:28	50:59	58:44	-----	-----	1:17:57	1:23:41	1:28:41	1:31:51	16:38	24:45	54:03	1:10:11	1:13:10
				8:29		13:16	6:06	9:37	13:31	7:45			19:13	5:44	5:00	3:10	*97	*123	*71	*36	*35
9	Gloria Fernández F Lugo FLUVIAL LUG	No sale																			
234	Natalia Somoza Argi a coruña GALLAECI	No sale																			

<b>Feminino 35 (8)</b>				<b>5,2 km 115 m</b>			<b>18 C</b>																
				1(112)	2(45)	3(78)	4(80)	5(85)	6(83)	7(122)	8(120)	9(114)	10(92)	11(49)	12(70)	13(111)	14(110)	15(107)	16(104)	17(41)	18(200)	Meta	
1	99	Alicia Pérez Alonso Pontevedra AROMO	1:14:49	9:15	14:49	18:13	23:39	28:32	32:39	34:21	42:59	45:16	52:44	54:48	56:57	58:52	1:01:02	1:05:49	1:10:30	1:12:08	1:13:50	1:14:49	0:59
				9:15	5:34	3:24	5:26	4:53	4:07	1:42	8:38	2:17	7:28	2:04	2:09	1:55	2:10	4:47	4:41	1:38	1:42		
				51:53																			
				*95																			
2	7	Eva Corral Prado Lugo FLUVIAL LUG	1:23:06	8:07	11:46	15:37	21:01	26:45	34:10	35:43	45:25	48:25	54:28	57:13	1:00:27	1:03:36	1:07:32	1:14:10	1:18:25	1:20:23	1:22:12	1:23:06	
				8:07	3:39	3:51	5:24	5:44	7:25	1:33	9:42	3:00	6:03	2:45	3:14	3:09	3:56	6:38	4:15	1:58	1:49	0:54	
3	35	M. José Pérez Gonz Lugo FLUVIAL LUG	1:30:37	8:39	12:45	16:04	20:08	27:57	32:15	33:24	45:34	48:36	55:50	58:26	1:00:59	1:03:07	1:14:03	1:19:21	1:25:51	1:27:48	1:29:35	1:30:37	
				8:39	4:06	3:19	4:04	7:49	4:18	1:09	12:10	3:02	7:14	2:36	2:33	2:08	10:56	5:18	6:30	1:57	1:47	1:02	
4	81	Monica Figueroa Le Pontevedra AROMO	1:33:12	20:16	24:08	28:10	33:23	39:04	44:53	46:19	57:45	1:00:35	1:05:44	1:09:03	1:11:42	1:14:18	1:17:13	1:23:30	1:27:32	1:29:23	1:32:03	1:33:12	
				20:16	3:52	4:02	5:13	5:41	5:49	1:26	11:26	2:50	5:09	3:19	2:39	2:36	2:55	6:17	4:02	1:51	2:40	1:09	
5	420	Ana Blanco Pérez Santiago de Comp	1:56:30	11:17	17:17	22:38	29:09	38:33	44:38	46:31	58:51	1:02:46	1:13:41	1:17:59	1:21:52	1:25:23	1:29:26	1:40:48	1:49:50	1:52:01	1:55:16	1:56:30	
				11:17	6:00	5:21	6:31	9:24	6:05	1:53	12:20	3:55	10:55	4:18	3:53	3:31	4:03	11:22	9:02	2:11	3:15	1:14	
6	410	Ana Varela Yáñez A Coruña BRIGANTI	2:05:32	14:14	19:59	25:09	38:31	45:13	50:54	53:26	1:03:55	1:14:45	1:25:16	1:29:04	1:32:55	1:36:09	1:40:25	1:48:16	1:55:02	1:59:37	2:03:26	2:05:32	
				14:14	5:45	5:10	13:22	6:42	5:41	2:32	10:29	10:50	10:31	3:48	3:51	3:14	4:16	7:51	6:46	4:35	3:49	2:06	
683	Alejandra Barreiro A Coruña APA LICE	control		15:52	22:05	27:35	34:53	44:19	52:52	55:10	1:13:48	1:20:18	1:30:42	1:41:35	1:45:55	1:49:46	1:54:00	2:15:29	2:28:55	2:33:50	2:37:14	2:39:08	
				15:52	6:13	5:30	7:18	9:26	8:33	2:18	18:38	6:30	10:24	10:53	4:20	3:51	4:14	21:29	13:26	4:55	3:24	1:54	
565	Marta Rodríguez Do Ordes SEO	en tarj.		50:35	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:17:50	1:22:32	1:25:17	
				50:35																27:15	4:42	2:45	

<b>Feminino 40 (6)</b>				<b>4,7 km 120 m</b>			<b>16 C</b>																
				1(113)	2(45)	3(83)	4(79)	5(81)	6(51)	7(48)	8(114)	9(95)	10(49)	11(37)	12(72)	13(102)	14(105)	15(41)	16(200)	Meta			
1	60	Sonia Mª Arias Lima Pontevedra AROMO	1:05:42	6:49	16:39	23:31	27:24	28:57	33:08	37:29	41:25	44:55	47:31	51:08	52:21	54:45	1:00:26	1:02:49	1:04:47	1:05:42	59:31		
				6:49	9:50	6:52	3:53	1:33	4:11	4:21	3:56	3:30	2:36	3:37	1:13	2:24	5:41	2:23	1:58	0:55			
2	19	Concepción Gonzál Lugo FLUVIAL LUG	1:35:33	11:15	21:20	26:09	36:54	42:14	49:44	59:45	1:05:35	1:09:49	1:14:12	1:19:12	1:20:41	1:23:33	1:29:23	1:32:29	1:34:33	1:35:33			
				11:15	10:05	4:49	10:45	5:20	7:30	10:01	5:50	4:14	4:23	5:00	1:29	2:52	5:50	3:06	2:04	1:00			
3	398	Victoria López Perm A Coruña BRIGANTI	1:38:44	6:33	12:07	25:44	36:18	38:54	43:27	49:12	1:01:00	1:09:12	1:14:06	1:19:18	1:20:38	1:26:46	1:32:29	1:36:00	1:37:44	1:38:44			
				6:33	5:34	13:37	10:34	2:36	4:33	5:45	11:48	8:12	4:54	5:12	1:20	6:08	5:43	3:31	1:44	1:00			
4	253	Ana Iglesias Junzal Vigo UNIVERSIDAD	1:39:58	7:17	22:30	26:33	43:14	45:24	50:18	56:39	1:02:36	1:09:28	1:12:50	1:17:03	1:19:04	1:21:46	1:33:04	1:37:00	1:39:04	1:39:58			
				7:17	15:13	4:03	16:41	2:10	4:54	6:21	5:57	6:52	3:22	4:13	2:01	2:42	11:18	3:56	2:04	0:54			

os	rsal	Nombre	Tempo																							
<b>Feminino 40 (6)</b>				<b>4,7 km 120 m</b>			<b>16 C</b>			<i>(cont.)</i>																
			1(113)	2(45)	3(83)	4(79)	5(81)	6(51)	7(48)	8(114)	9(95)	10(49)	11(37)	12(72)	13(102)	14(105)	15(41)	16(200)	Meta							
472		Amalia Pérez Otero Vigo HABELAS HAIN	en tarj.	9:05	20:13	31:55	37:49	41:24	49:37	-----	1:06:15	1:11:49	1:15:35	1:20:19	1:21:50	1:25:02	1:37:03	1:40:26	1:42:51	1:44:11	56:45	1:35:08				
190		Sonia Gómez Naya a coruña GALLAECI	No sale	9:05	11:08	11:42	5:54	3:35	8:13		16:38	5:34	3:46	4:44	1:31	3:12	12:01	3:23	2:25	1:20	*84	*63				
<b>Feminino 45 (12)</b>				<b>3,8 km 120 m</b>			<b>15 C</b>																			
			1(73)	2(112)	3(122)	4(51)	5(87)	6(120)	7(91)	8(37)	9(70)	10(38)	11(102)	12(107)	13(103)	14(41)	15(200)	Meta								
1	50	Mar Valcarcel López Lugo FLUVIAL LUG	1:04:05	7:08	10:47	14:16	<b>18:33</b>	<b>25:09</b>	<b>32:04</b>	<b>36:04</b>	<b>39:40</b>	<b>42:48</b>	<b>43:59</b>	<b>49:24</b>	<b>53:33</b>	<b>58:17</b>	<b>1:01:08</b>	<b>1:03:05</b>	<b>1:04:05</b>							
2	249	Begoña Crespo Qui Vigo UNIVERSIDAD	1:20:06	7:08	3:39	<b>3:29</b>	6:36	<b>6:55</b>	4:00	<b>3:36</b>	3:08	<b>1:11</b>	5:25	4:09	<b>4:44</b>	<b>2:51</b>	<b>1:57</b>	<b>1:00</b>								
3	205	Paulina Andrea Mos a coruña GALLAECI	1:26:19	7:11	21:22	26:24	32:30	39:23	50:14	54:02	58:05	59:50	1:01:21	1:06:30	1:11:38	1:19:49	1:23:16	1:25:17	1:26:19							
4	107	Maria Luisa Sanche Pontevedra AROMO	1:32:46	7:11	14:11	5:02	6:06	6:53	10:51	<b>3:48</b>	4:03	1:45	1:31	5:09	5:08	8:11	3:27	2:01	1:02							
5	274	Mª Isabel Saco Fern Vigo UNIVERSIDAD	1:40:13	7:51	13:14	21:59	36:44	43:49	54:33	59:20	1:03:58	1:07:53	1:09:17	1:14:41	1:22:53	1:32:58	1:36:41	1:39:07	1:40:13							
6	232	Maria Teresa Silvarr a coruña GALLAECI	1:43:28	8:43	13:12	18:33	28:35	34:12	50:37	55:30	1:00:11	1:02:43	1:04:44	1:11:26	1:22:57	1:35:06	1:40:03	1:42:06	1:43:28							
7	329	Elia Núñez Otero A Coruña APA LICE	1:49:12	7:27	14:06	18:24	41:40	48:51	1:00:45	1:06:27	1:12:25	1:17:36	1:20:24	1:25:20	1:33:08	1:40:52	1:44:49	1:47:20	1:49:12							
8	324	Pilar Liñeira Iglesia A Coruña APA LICE	2:18:24	7:27	6:39	4:18	23:16	7:11	11:54	5:42	5:58	5:11	2:48	4:56	7:48	7:44	3:57	2:31	1:52							
199		María Dolores Lópe a coruña GALLAECI	en tarj.	21:23	30:34	37:36	45:28	52:22	1:05:04	1:14:59	1:21:15	1:25:08	1:27:56	1:50:34	1:58:17	2:08:32	2:13:50	2:16:49	2:18:24							
354		Beatriz Pedrares Fe A Coruña ARTABRO	andona	21:23	9:11	7:02	7:52	6:54	12:42	9:55	6:16	3:53	2:48	22:38	7:43	10:15	5:18	2:59	1:35							
419		Margarita Balboa B Santiago de Comp	No sale	9:41	15:08	24:27	40:39	49:51	1:23:23	1:33:59	2:04:33	2:12:43	2:14:21	2:29:12	2:37:50	-----	3:12:37	3:15:42	3:16:52							
243		Olimpia Alvarez Cas Vigo UNIVERSIDAD	No sale	9:41	5:27	9:19	16:12	9:12	33:32	10:36	30:34	8:10	1:38	14:51	8:38	-----	34:47	3:05	1:10							
<b>Feminino 55 (3)</b>				<b>2,7 km 50 m</b>			<b>10 C</b>																			
			1(33)	2(114)	3(91)	4(49)	5(38)	6(72)	7(110)	8(108)	9(41)	10(200)	Meta													
1	12	Fermina Fernández Lugo FLUVIAL LUG	47:12	6:03	16:41	<b>18:34</b>	<b>24:45</b>	<b>28:40</b>	<b>31:53</b>	<b>36:49</b>	<b>39:02</b>	<b>42:44</b>	<b>45:24</b>	<b>47:12</b>												
2	461	Yolanda Díaz Rodrí Vigo HABELAS HAIN	51:43	6:03	10:38	<b>1:53</b>	6:11	3:55	3:13	4:56	<b>2:13</b>	3:42	2:40	1:48												
3	327	Mª José Naya López A Coruña APA LICE	1:05:36	6:43	<b>8:03</b>	4:12	8:32	3:43	4:54	4:22	2:41	4:42	2:37	1:14												
<b>Feminino Élite (8)</b>				<b>6,5 km 190 m</b>			<b>22 C</b>																			
			1(74)	2(76)	3(45)	4(77)	5(79)	6(80)	7(85)	8(55)	9(54)	10(119)	11(87)	12(83)	13(122)	14(120)	15(90)	16(116)	17(42)	18(110)	19(107)	20(104)				
1	433	Pilar Veiga Barbazá Santiago de Comp	1:40:22	21(41)	22(200)	Meta	6:17	12:39	15:11	17:48	21:35	24:28	<b>29:24</b>	<b>36:10</b>	<b>41:31</b>	<b>45:04</b>	<b>51:15</b>	<b>56:13</b>	<b>57:30</b>	<b>1:05:44</b>	<b>1:08:30</b>	1:18:21	<b>1:20:48</b>	<b>1:26:27</b>	<b>1:32:20</b>	<b>1:34:59</b>
				6:17	6:22	2:32	<b>2:37</b>	3:47	2:53	<b>4:56</b>	6:46	5:21	3:33	6:11	4:58	1:17	8:14	2:46	9:51	<b>2:27</b>	5:39	<b>5:53</b>	<b>2:39</b>			
				<b>1:36:58</b>	<b>1:38:36</b>	<b>1:40:22</b>	1:59	1:38	1:46																	



os		rsal	Nombre	Tiempo													
Masculino 14 (13)					2,7 km 70 m			12 C									
					1(32)	2(110)	3(37)	4(70)	5(118)	6(71)	7(38)	8(72)	9(102)	10(108)	11(41)	12(200)	Meta
1	306		Iago Trigo Vázquez	25:22	4:33	7:04	9:40	12:47	13:50	14:44	16:12	17:42	20:09	21:11	22:54	24:36	25:22
			O Barco de Valde T		4:33	2:31	2:36	3:07	1:03	0:54	1:28	1:30	2:27	1:02	1:43	1:42	0:46
2	515		Nicolas Lopez Gon	26:34	3:17	5:34	10:09	14:28	15:22	16:17	17:36	19:23	21:15	22:24	24:29	25:57	26:34
			Paderne ADVENTUR		3:17	2:17	4:35	4:19	0:54	0:55	1:19	1:47	1:52	1:09	2:05	1:28	0:37
3	393		Germán González S	26:55	5:00	8:22	11:56	14:12	15:19	15:59	17:26	19:04	21:08	22:07	24:32	26:14	26:55
			A Coruña BRIGANTI		5:00	3:22	3:34	2:16	1:07	0:40	1:27	1:38	2:04	0:59	2:25	1:42	0:41
4	469		Yared Grimaldi Pére	28:52	4:55	7:26	11:17	14:29	15:38	16:37	18:11	19:51	22:38	24:02	26:10	27:57	28:52
			Vigo HABELAS HAIN		4:55	2:31	3:51	3:12	1:09	0:59	1:34	1:40	2:47	1:24	2:08	1:47	0:55
5	94		Xián Novoa Gutiérr	29:19	4:00	9:03	13:02	14:17	15:45	16:36	18:28	21:02	23:21	24:32	26:32	28:25	29:19
			Pontevedra AROMO		4:00	5:03	3:59	1:15	1:28	0:51	1:52	2:34	2:19	1:11	2:00	1:53	0:54
6	486		Joao Morales Jimén	29:39	5:19	10:09	13:47	15:08	16:17	17:07	18:31	21:07	23:37	25:04	27:00	28:48	29:39
			Xinzo de Limia LIMI		5:19	4:50	3:38	1:21	1:09	0:50	1:24	2:36	2:30	1:27	1:56	1:48	0:51
7	57		Hugo Antoñón Casa	29:47	4:12	6:23	9:29	17:14	18:14	18:55	20:20	21:49	24:15	25:16	26:59	28:49	29:47
			Pontevedra AROMO		4:12	2:11	3:06	7:45	1:00	0:41	1:25	1:29	2:26	1:01	1:43	1:50	0:58
8	673		Guillén González R	33:03	5:13	7:20	13:11	14:32	17:09	17:58	20:11	23:45	26:49	28:02	30:39	32:12	33:03
			Lugo FLUVIAL LUG		5:13	2:07	5:51	1:21	2:37	0:49	2:13	3:34	3:04	1:13	2:37	1:33	0:51
9	481		Juan Garrido Blanc	38:59	6:28	11:37	18:28	20:49	22:37	23:47	25:38	27:45	30:37	33:15	36:27	38:12	38:59
			Xinzo de Limia LIMI		6:28	5:09	6:51	2:21	1:48	1:10	1:51	2:07	2:52	2:38	3:12	1:45	0:47
10	308		Gabriel Vazquez Ma	46:34	4:28	9:02	12:55	22:53	23:45	28:19	29:49	32:57	35:11	42:14	44:09	45:53	46:34
			O Barco de Valde T		4:28	4:34	3:53	9:58	0:52	4:34	1:30	3:08	2:14	7:03	1:55	1:44	0:41
11	685		Angel Pascual Perei	1:05:11	9:24	16:28	23:24	42:46	45:06	46:14	48:36	52:09	56:22	58:07	1:00:39	1:03:04	1:05:11
			Lugo FLUVIAL LUG		9:24	7:04	6:56	19:22	2:20	1:08	2:22	3:33	4:13	1:45	2:32	2:25	2:07
12	480		Mauro Feijoo Reino	1:13:44	6:30	10:02	45:32	53:24	54:58	56:43	59:51	1:02:31	1:06:11	1:07:59	1:10:35	1:12:45	1:13:44
			Xinzo de Limia LIMI		6:30	3:32	35:30	7:52	1:34	1:45	3:08	2:40	3:40	1:48	2:36	2:10	0:59
142			Lois Oujo Fernande	No sale													
			Porto do Son ADC A														
Masculino 16 (11)					2,9 km 90 m			12 C									
					1(33)	2(34)	3(109)	4(72)	5(111)	6(42)	7(71)	8(102)	9(107)	10(103)	11(41)	12(200)	Meta
1	13		Pablo Fernández Sá	23:44	2:36	3:56	5:05	7:22	8:07	10:13	11:06	15:50	17:26	19:45	21:29	22:56	23:44
			Lugo FLUVIAL LUG		2:36	1:20	1:09	2:17	0:45	2:06	0:53	4:44	1:36	2:19	1:44	1:27	0:48
2	474		Mateo Rodríguez Dí	25:28	2:48	4:12	5:03	7:21	8:05	9:57	10:49	14:08	19:38	21:49	23:31	24:49	25:28
			Vigo HABELAS HAIN		2:48	1:24	0:51	2:18	0:44	1:52	0:52	3:19	5:30	2:11	1:42	1:18	0:39
3	338		Natnael Candela Igl	25:37	2:56	4:32	5:38	8:29	9:28	11:25	12:22	16:31	18:26	21:20	23:17	24:52	25:37
			A Coruña ARTABRO		2:56	1:36	1:06	2:51	0:59	1:57	0:57	4:09	1:55	2:54	1:57	1:35	0:45
4	299		Raúl Nogueira Góm	28:34	3:53	5:26	6:51	9:58	11:08	13:22	14:33	19:17	21:07	24:16	25:55	27:51	28:34
			O Barco de Valde T		3:53	1:33	1:25	3:07	1:10	2:14	1:11	4:44	1:50	3:09	1:39	1:56	0:43
5	58		Mateo Antoñón Casa	28:55	2:46	4:29	5:23	8:27	9:15	11:15	12:53	17:49	22:08	24:50	26:34	28:07	28:55
			Pontevedra AROMO		2:46	1:43	0:54	3:04	0:48	2:00	1:38	4:56	4:19	2:42	1:44	1:33	0:48
6	513		Javier Lopez Gonza	29:33	2:54	4:13	5:30	7:52	8:35	10:10	11:04	15:00	17:04	25:28	27:25	28:53	29:33
			Paderne ADVENTUR		2:54	1:19	1:17	2:22	0:43	1:35	0:54	3:56	2:04	8:24	1:57	1:28	0:40
7	678		Eros Álvarez Dacost	33:06	3:58	6:16	8:31	11:48	13:26	15:37	17:13	22:18	24:27	28:37	30:49	32:20	33:06
			O Barco de Valde T		3:58	2:18	2:15	3:17	1:38	2:11	1:36	5:05	2:09	4:10	2:12	1:31	0:46
8	95		Lois Omil Pazos	37:12	3:34	6:00	8:14	11:26	12:34	15:19	16:46	21:52	28:07	32:04	34:38	36:33	37:12
			Pontevedra AROMO		3:34	2:26	2:14	3:12	1:08	2:45	1:27	5:06	6:15	3:57	2:34	1:55	0:39
9	73		Aarón Dominguez H	37:55	3:20	5:27	7:36	10:36	11:25	15:36	18:02	22:00	25:32	31:42	36:02	37:13	37:55
			Pontevedra AROMO		3:20	2:07	2:09	3:00	0:49	4:11	2:26	3:58	3:32	6:10	4:20	1:11	0:42
10	686		Manuel Veiga Couñ	49:32	3:31	8:55	24:59	28:11	31:03	33:24	34:35	39:12	41:18	44:58	47:05	48:37	49:32
			Lugo FLUVIAL LUG		3:31	5:24	16:04	3:12	2:52	2:21	1:11	4:37	2:06	3:40	2:07	1:32	0:55
11	153		Eloi Serantes Abal	56:25	3:03	11:34	17:49	20:38	21:38	26:13	27:36	36:06	42:51	49:21	54:03	55:37	56:25
			Porto do Son ADC A		3:03	8:31	6:15	2:49	1:00	4:35	1:23	8:30	6:45	6:30	4:42	1:34	0:48

os	rsal	Nombre	Tiempo															Meta					
<b>Masculino 18 (3)</b>				<b>3,7 km 80 m 14 C</b>																			
				1(73)	2(57)	3(93)	4(91)	5(42)	6(49)	7(70)	8(39)	9(111)	10(110)	11(102)	12(105)	13(41)	14(200)	Meta					
1	314	Nestor Campos Ges A Coruña APA LICE	45:19	3:46	16:34	18:25	20:17	25:36	27:11	28:54	30:00	31:41	34:24	36:44	40:50	43:04	44:33	45:19					
				3:46	12:48	1:51	1:52	5:19	1:35	1:43	1:06	1:41	2:43	2:20	4:06	2:14	1:29	0:46					
2	45	Juan Rodríguez Ve Lugo FLUVIAL LUG	48:04	5:14	11:54	14:28	17:27	20:27	22:34	25:11	26:48	29:11	32:25	35:41	41:34	44:55	47:04	48:04					
				5:14	6:40	2:34	2:59	3:00	2:07	2:37	1:37	2:23	3:14	3:16	5:53	3:21	2:09	1:00					
3	157	Alejandro Victorero Porto do Son ADC A	1:01:04	6:37	15:12	17:07	20:05	27:48	29:29	33:34	34:38	37:10	41:27	44:28	55:47	58:37	1:00:16	1:01:04					
				6:37	8:35	1:55	2:58	7:43	1:41	4:05	1:04	2:32	4:17	3:01	11:19	2:50	1:39	0:48					
<b>Masculino 21 A (15)</b>				<b>7,1 km 170 m 23 C</b>																			
				1(74)	2(44)	3(45)	4(78)	5(82)	6(51)	7(121)	8(54)	9(56)	10(90)	11(60)	12(85)	13(84)	14(114)	15(92)	16(71)	17(38)	18(70)	19(109)	20(107)
				21(105)	22(41)	23(200)	Meta																
1	106	Omar Eduardo Rud Pontevedra AROMO	1:18:14	4:17	6:25	9:26	12:08	17:22	19:11	21:22	24:18	30:52	34:01	38:37	45:26	48:38	52:28	57:25	59:32	1:00:45	1:01:57	1:05:19	1:10:17
				4:17	2:08	3:01	2:42	5:14	1:49	2:11	2:56	6:34	3:09	4:36	6:49	3:12	3:50	4:57	2:07	1:13	1:12	3:22	4:58
				1:14:03	1:16:15	1:17:19	1:18:14																
				3:46	2:12	1:04	0:55																
2	441	Néstor Feal Díaz Ferrol MONTAÑA FE	1:30:57	4:30	9:00	12:22	14:46	19:44	24:27	29:21	31:33	38:23	43:11	46:44	55:08	59:14	1:03:53	1:09:27	1:11:38	1:12:55	1:14:26	1:18:02	1:24:10
				4:30	4:30	3:22	2:24	4:58	4:43	4:54	2:12	6:50	4:48	3:33	8:24	4:06	4:39	5:34	2:11	1:17	1:31	3:36	6:08
				1:26:41	1:28:47	1:30:07	1:30:57																
				2:31	2:06	1:20	0:50																
3	20	Leandro González Lugo FLUVIAL LUG	1:38:06	5:13	8:11	12:16	16:05	21:49	23:56	26:39	29:07	37:10	44:45	48:03	57:03	1:01:04	1:06:00	1:10:33	1:12:45	1:14:23	1:17:39	1:21:08	1:27:23
				5:13	2:58	4:05	3:49	5:44	2:07	2:43	2:28	8:03	7:35	3:18	9:00	4:01	4:56	4:33	2:12	1:38	3:16	3:29	6:15
				1:33:39	1:35:31	1:37:20	1:38:06																
				6:16	1:52	1:49	0:46																
4	90	Iván Lois Serto Pontevedra AROMO	1:42:55	4:51	12:35	15:54	18:57	23:17	25:26	27:48	29:32	36:28	47:01	49:44	58:13	1:02:49	1:09:36	1:13:53	1:16:11	1:17:40	1:20:02	1:24:39	1:34:15
				4:51	7:44	3:19	3:03	4:20	2:09	2:22	1:44	6:56	10:33	2:43	8:29	4:36	6:47	4:17	2:18	1:29	2:22	4:37	9:36
				1:38:19	1:40:39	1:42:08	1:42:55																
				4:04	2:20	1:29	0:47																
5	664	Diego Tejo García A Coruña APA LICE	1:43:52	6:34	10:39	14:02	16:54	25:58	28:18	30:47	32:43	41:34	47:26	50:32	59:06	1:03:37	1:11:39	1:20:59	1:23:16	1:24:48	1:25:57	1:29:35	1:37:29
				6:34	4:05	3:23	2:52	9:04	2:20	2:29	1:56	8:51	5:52	3:06	8:34	4:31	8:02	9:20	2:17	1:32	1:09	3:38	7:54
				1:39:58	1:41:50	1:43:11	1:43:52																
				2:29	1:52	1:21	0:41																
6	662	Pablo Castedo López A Coruña APA LICE	1:50:54	5:47	9:26	12:39	15:34	25:43	27:37	31:02	33:17	42:03	57:31	1:00:33	1:08:57	1:12:35	1:18:52	1:24:19	1:26:32	1:27:59	1:29:35	1:33:34	1:41:50
				5:47	3:39	3:13	2:55	10:09	1:54	3:25	2:15	8:46	15:28	3:02	8:24	3:38	6:17	5:27	2:13	1:27	1:36	3:59	8:16
				1:45:07	1:47:38	1:49:58	1:50:54																
				3:17	2:31	2:20	0:56																
7	391	Santiago González A Coruña BRIGANTI	2:22:38	6:11	12:17	19:03	23:32	30:55	33:24	36:29	39:49	53:44	1:03:14	1:08:41	1:23:34	1:29:57	1:38:42	1:49:40	1:52:53	1:54:19	1:57:15	2:04:11	2:13:00
				6:11	6:06	6:46	4:29	7:23	2:29	3:05	3:20	13:55	9:30	5:27	14:53	6:23	8:45	10:58	3:13	1:26	2:56	6:56	8:49
				2:15:39	2:18:38	2:21:50	2:22:38																
				2:39	2:59	3:12	0:48																
287		Marcos Alvarez Gon O Barco de Valde T	en tarj.	4:33	7:24	10:52	13:12	22:36	24:43	27:54	30:41	37:53	41:43	47:04	1:01:17	-----	1:12:33	1:20:56	1:23:07	1:24:17	1:25:25	1:29:15	1:37:48
				4:33	2:51	3:28	2:20	9:24	2:07	3:11	2:47	7:12	3:50	5:21	14:13	-----	11:16	8:23	2:11	1:10	1:08	3:50	8:33
				1:39:13	1:41:12	1:42:46	1:43:36	1:05:10	-----														
				1:25	1:59	1:34	0:50	*48															
15		Javier Folgar Roma Lugo FLUVIAL LUG	en tarj.	6:01	9:50	13:29	15:54	21:26	24:02	29:14	31:18	42:17	45:17	1:12:58	-----	-----	-----	1:39:19	1:42:23	1:44:46	1:52:25	1:58:09	-----
				6:01	3:49	3:39	2:25	5:32	2:36	5:12	2:04	10:59	3:00	27:41	-----	-----	-----	26:21	3:04	2:23	7:39	5:44	-----
				2:17:54	2:21:49	2:25:06	2:27:04																
				19:45	3:55	3:17	1:58																
112		Francisco Varela Va Pontevedra AROMO	andona	7:21	13:33	19:23	23:09	33:34	36:34	40:05	45:53	56:00	59:57	1:08:42	1:26:48	1:31:34	-----	-----	-----	-----	-----	-----	-----
				7:21	6:12	5:50	3:46	10:25	3:00	3:31	5:48	10:07	3:57	8:45	18:06	4:46	-----	-----	-----	-----	-----	-----	-----
				-----	-----	-----	1:51:10	1:26:02	-----														
				-----	-----	-----	19:36	*51															

os		rsal	Nombre	Tempo																				
<b>Masculino 21 A (15)</b>					<b>7,1 km 170 m</b>				<b>23 C</b>				<i>(cont.)</i>											
					1(74)	2(44)	3(45)	4(78)	5(82)	6(51)	7(121)	8(54)	9(56)	10(90)	11(60)	12(85)	13(84)	14(114)	15(92)	16(71)	17(38)	18(70)	19(109)	20(107)
					21(105)	22(41)	23(200)	Meta																
2			<b>Roberto Amarelle G</b>	<b>andona</b>	5:51	20:04	26:46	29:39	37:42	39:53	42:54	44:42	51:30	1:38:10	1:48:22	-----	-----	-----	-----	-----	-----	-----	-----	-----
			<b>Lugo FLUVIAL LUG</b>		5:51	14:13	6:42	2:53	8:03	2:11	3:01	1:48	6:48	46:40	10:12									
639			<b>Jose Penas Varela</b>	<b>No sale</b>																				
			<b>A Coruña C.O.CO</b>																					
175			<b>Antonio Ciorraga O</b>	<b>No sale</b>																				
			<b>a coruña GALLAECI</b>																					
211			<b>Iván NogueroI Diz</b>	<b>No sale</b>																				
			<b>a coruña GALLAECI</b>																					
390			<b>Javier González Ro</b>	<b>No sale</b>																				
			<b>A Coruña BRIGANTI</b>																					
<b>Masculino 21 B (19)</b>					<b>4,0 km 90 m</b>				<b>13 C</b>															
					1(73)	2(45)	3(122)	4(82)	5(85)	6(101)	7(42)	8(31)	9(72)	10(108)	11(103)	12(41)	13(200)	Meta						
1	1		<b>Angel Algora Aizpur</b>	<b>41:53</b>	4:54	8:51	11:28	13:21	20:10	23:24	28:23	29:49	31:18	34:23	<b>37:28</b>	<b>39:46</b>	<b>41:10</b>	<b>41:53</b>						
			<b>Lugo FLUVIAL LUG</b>		4:54	3:57	2:37	1:53	6:49	<b>3:14</b>	<b>4:59</b>	<b>1:26</b>	<b>1:29</b>	3:05	3:05	2:18	1:24	<b>0:43</b>						
2	307		<b>Lisardo Vazquez Fe</b>	<b>42:54</b>	<b>4:06</b>	13:09	14:58	16:48	19:09	22:58	29:24	31:21	34:29	36:30	38:15	40:15	41:59	42:54						
			<b>O Barco de Valde T</b>		<b>4:06</b>	9:03	<b>1:49</b>	<b>1:50</b>	<b>2:21</b>	3:49	6:26	1:57	3:08	<b>2:01</b>	<b>1:45</b>	2:00	1:44	0:55						
3	443		<b>Hector Fraga Ares</b>	<b>43:02</b>	5:17	8:45	11:51	14:05	<b>16:50</b>	21:24	<b>26:43</b>	<b>28:35</b>	<b>30:30</b>	<b>32:38</b>	37:53	40:31	42:03	43:02						
			<b>Ferrol MONTAÑA FE</b>		5:17	<b>3:28</b>	3:06	2:14	2:45	4:34	5:19	1:52	1:55	2:08	5:15	2:38	1:32	0:59						
4	658		<b>Juan Ramon Soutul</b>	<b>44:24</b>	4:56	<b>8:40</b>	<b>10:51</b>	<b>12:59</b>	16:51	<b>20:52</b>	28:19	29:50	31:46	34:40	38:06	41:56	43:34	44:24						
			<b>As Neves VIZHOJA-</b>		4:56	3:44	2:11	2:08	3:52	4:01	7:27	1:31	1:56	2:54	3:26	3:50	1:38	0:50						
5	202		<b>Oscar Mareque Garc</b>	<b>47:25</b>	8:47	12:32	14:43	18:41	23:11	27:05	32:06	33:42	35:46	38:58	42:50	44:47	46:30	47:25						
			<b>a coruña GALLAECI</b>		8:47	3:45	2:11	3:58	4:30	3:54	5:01	1:36	2:04	3:12	3:52	<b>1:57</b>	1:43	0:55						
6	291		<b>Francisco José Ca</b>	<b>47:56</b>	5:07	9:00	12:28	15:18	19:16	23:26	28:45	30:19	31:53	34:08	41:19	45:28	47:04	47:56						
			<b>O Barco de Valde T</b>		5:07	3:53	3:28	2:50	3:58	4:10	5:19	1:34	1:34	2:15	7:11	4:09	1:36	0:52						
7	115		<b>Francisco Javier Ve</b>	<b>48:54</b>	6:03	10:56	13:30	16:01	19:31	24:00	29:58	31:35	33:47	37:58	42:51	46:01	48:00	48:54	29:16					
			<b>Pontevedra AROMO</b>		6:03	4:53	2:34	2:31	3:30	4:29	5:58	1:37	2:12	4:11	4:53	3:10	1:59	0:54	*118					
8	668		<b>Jaime López Allegu</b>	<b>52:53</b>	5:20	9:27	13:06	15:15	18:18	22:11	27:38	29:17	31:05	33:38	46:32	48:58	50:29	52:53						
			<b>Ferrol MONTAÑA FE</b>		5:20	4:07	3:39	2:09	3:03	3:53	5:27	1:39	1:48	2:33	12:54	2:26	1:31	2:24						
9	440		<b>Eduardo David Cob</b>	<b>57:46</b>	6:28	10:03	16:52	19:41	26:03	31:05	36:54	39:32	42:43	45:22	51:25	54:53	56:47	57:46						
			<b>Ferrol MONTAÑA FE</b>		6:28	3:35	6:49	2:49	6:22	5:02	5:49	2:38	3:11	2:39	6:03	3:28	1:54	0:59						
10	467		<b>Juan Sebastián Gri</b>	<b>57:51</b>	6:08	10:30	15:30	18:37	22:31	27:15	34:23	36:07	38:13	41:00	52:28	55:14	56:54	57:51						
			<b>Vigo HABELAS HAIN</b>		6:08	4:22	5:00	3:07	3:54	4:44	7:08	1:44	2:06	2:47	11:28	2:46	1:40	0:57						
11	328		<b>Fernando Nuñez Po</b>	<b>58:28</b>	5:28	9:50	13:01	15:05	27:24	31:02	36:13	39:40	41:55	44:44	50:27	56:18	57:38	58:28						
			<b>A Coruña APA LICE</b>		5:28	4:22	3:11	2:04	12:19	3:38	5:11	3:27	2:15	2:49	5:43	5:51	<b>1:20</b>	0:50						
12	634		<b>Raúl Legaspi Abelai</b>	<b>58:29</b>	5:43	9:42	12:21	23:01	30:36	34:41	40:02	41:34	43:26	45:57	53:03	55:45	57:40	58:29						
			<b>a coruña GALLAECI</b>		5:43	3:59	2:39	10:40	7:35	4:05	5:21	1:32	1:52	2:31	7:06	2:42	1:55	0:49						
13	650		<b>Daniel Rodríguez P</b>	<b>59:35</b>	6:24	16:18	19:21	21:58	26:05	31:39	41:21	43:23	46:09	49:13	53:36	56:25	58:32	59:35						
			<b>A Coruña APA LICE</b>		6:24	9:54	3:03	2:37	4:07	5:34	9:42	2:02	2:46	3:04	4:23	2:49	2:07	1:03						
14	477		<b>Xosé Miguel Barrio</b>	<b>1:00:00</b>	6:01	10:22	14:03	16:39	20:41	25:14	31:45	34:05	38:06	41:02	55:06	57:19	59:03	1:00:00						
			<b>Xinzo de Limia LIMI</b>		6:01	4:21	3:41	2:36	4:02	4:33	6:31	2:20	4:01	2:56	14:04	2:13	1:44	0:57						
15	372		<b>Alberto M. Caldas M</b>	<b>1:05:02</b>	7:55	13:29	16:51	19:42	25:13	29:55	36:50	39:07	41:34	44:49	58:47	1:01:49	1:04:08	1:05:02						
			<b>A Coruña BRIGANTI</b>		7:55	5:34	3:22	2:51	5:31	4:42	6:55	2:17	2:27	3:15	13:58	3:02	2:19	0:54						
16	18		<b>Jorge Freire Fernán</b>	<b>1:10:06</b>	7:35	28:12	30:54	33:26	37:59	42:58	48:37	51:00	54:06	57:41	1:04:40	1:07:21	1:08:58	1:10:06						
			<b>Lugo FLUVIAL LUG</b>		7:35	20:37	2:42	2:32	4:33	4:59	5:39	2:23	3:06	3:35	6:59	2:41	1:37	1:08						
17	290		<b>Alberto Camba Rod</b>	<b>1:48:21</b>	15:40	23:39	30:13	35:54	43:43	52:48	1:04:38	1:08:50	1:13:57	1:20:50	1:34:51	1:41:44	1:45:55	1:48:21	1:26:15					
			<b>O Barco de Valde T</b>		15:40	7:59	6:34	5:41	7:49	9:05	11:50	4:12	5:07	6:53	14:01	6:53	4:11	2:26	*104					







os	rsal	Nombre	Tiempo																					
<b>Masculino 40 (27)</b>				<b>6,0 km 190 m</b>			<b>22 C</b>		<i>(cont.)</i>															
				1(113)	2(75)	3(44)	4(78)	5(79)	6(47)	7(84)	8(53)	9(121)	10(51)	11(56)	12(88)	13(59)	14(120)	15(95)	16(49)	17(37)	18(102)	19(64)	20(104)	
				21(41)	22(200)	Meta																		
7	364	Santiago Traveso R A Coruña ARTABRO	1:21:36	5:33	8:01	11:14	17:21	22:01	25:13	27:03	33:41	34:48	38:48	45:16	47:41	50:37	55:22	1:00:51	1:03:48	1:07:16	1:10:54	1:13:49	1:17:03	
				5:33	2:28	3:13	6:07	4:40	3:12	1:50	6:38	1:07	4:00	6:28	2:25	2:56	4:45	5:29	2:57	3:28	3:38	2:55	3:14	
				1:18:53	1:20:40	1:21:36																		
				1:50	1:47	0:56																		
8	180	Andres Dopico Pen a coruña GALLAECI	1:28:14	8:01	10:11	13:32	19:59	28:54	31:52	33:45	41:58	43:00	47:04	51:05	53:22	55:37	1:02:11	1:08:59	1:11:19	1:14:28	1:17:58	1:19:52	1:23:23	
				8:01	2:10	3:21	6:27	8:55	2:58	1:53	8:13	1:02	4:04	4:01	2:17	2:15	6:34	6:48	2:20	3:09	3:30	1:54	3:31	
				1:25:31	1:27:20	1:28:14																		
				2:08	1:49	0:54																		
9	246	José Luis Armada L Vigo UNIVERSIDAD	1:28:56	6:25	8:44	12:12	18:22	21:31	24:43	26:46	33:22	34:28	38:59	43:38	50:03	52:55	58:23	1:04:42	1:07:15	1:10:41	1:14:41	1:19:17	1:23:30	
				6:25	2:19	3:28	6:10	3:09	3:12	2:03	6:36	1:06	4:31	4:39	6:25	2:52	5:28	6:19	2:33	3:26	4:00	4:36	4:13	
				1:25:18	1:27:46	1:28:56																		
				1:48	2:28	1:10																		
10	315	Julio Cañas Lara A Coruña APA LICE	1:28:58	5:09	6:44	10:10	15:36	22:43	25:30	27:25	34:14	35:15	38:52	46:09	50:08	59:19	1:03:33	1:10:09	1:12:19	1:15:29	1:19:12	1:21:12	1:24:40	
				5:09	1:35	3:26	5:26	7:07	2:47	1:55	6:49	1:01	3:37	7:17	3:59	9:11	4:14	6:36	2:10	3:10	3:43	2:00	3:28	
				1:26:20	1:28:08	1:28:58																		
				1:40	1:48	0:50																		
11	454	Andres Rodríguez Ferrol MONTAÑA FE	1:31:34	10:17	12:12	15:05	20:28	30:46	37:44	39:22	44:51	46:10	49:27	54:10	56:27	58:51	1:02:54	1:12:04	1:14:17	1:17:21	1:20:42	1:23:21	1:26:58	
				10:17	1:55	2:53	5:23	10:18	6:58	1:38	5:29	1:19	<b>3:17</b>	4:43	2:17	2:24	4:03	9:10	2:13	3:04	3:21	2:39	3:37	
				1:28:53	1:30:36	1:31:34																		
				1:55	1:43	0:58																		
12	475	Eladio Rodríguez P Vigo HABELAS HAIN	1:31:44	5:38	7:31	10:28	19:43	22:28	25:44	28:33	35:45	37:16	41:36	46:34	49:02	55:23	1:01:07	1:10:32	1:12:38	1:15:55	1:19:36	1:21:39	1:27:11	
				5:38	1:53	2:57	9:15	2:45	3:16	2:49	7:12	1:31	4:20	4:58	2:28	6:21	5:44	9:25	2:06	3:17	3:41	2:03	5:32	
				1:29:00	1:30:51	1:31:44																		
				1:49	1:51	0:53																		
13	631	Francisco Javier Ca a coruña GALLAECI	1:34:14	5:41	7:42	10:40	16:10	21:53	25:43	27:36	34:51	36:27	40:29	45:36	49:18	51:46	58:03	1:09:42	1:13:01	1:16:50	1:19:59	1:21:46	1:30:02	
				5:41	2:01	2:58	5:30	5:43	3:50	1:53	7:15	1:36	4:02	5:07	3:42	2:28	6:17	11:39	3:19	3:49	3:09	<b>1:47</b>	8:16	
				1:31:33	1:33:19	1:34:14																		
				1:31	1:46	0:55																		
14	25	Francisco J Lamas Lugo FLUVIAL LUG	1:36:05	9:48	11:20	16:49	22:31	25:03	28:36	30:52	38:08	39:37	43:58	48:27	52:40	1:03:39	1:11:49	1:17:22	1:19:39	1:22:44	1:26:18	1:29:01	1:31:43	
				9:48	<b>1:32</b>	5:29	5:42	2:32	3:33	2:16	7:16	1:29	4:21	4:29	4:13	10:59	8:10	5:33	2:17	3:05	3:34	2:43	2:42	
				1:33:17	1:35:07	1:36:05																		
				1:34	1:50	0:58																		
15	221	Daniel Rioboo Iglés a coruña GALLAECI	1:36:17	6:16	9:41	12:19	19:06	22:34	26:17	28:12	37:20	38:50	44:39	51:45	56:29	1:01:00	1:07:03	1:12:45	1:15:10	1:19:23	1:23:53	1:27:30	1:31:48	
				6:16	3:25	2:38	6:47	3:28	3:43	1:55	9:08	1:30	5:49	7:06	4:44	4:31	6:03	5:42	2:25	4:13	4:30	3:37	4:18	
				1:33:25	1:35:17	1:36:17																		
				1:37	1:52	1:00																		
16	341	Neil Chase A Coruña ARTABRO	1:39:15	6:35	8:29	12:11	18:51	22:06	26:11	29:42	39:19	41:04	47:49	54:55	59:34	1:02:49	1:09:19	1:14:59	1:18:06	1:22:10	1:26:27	1:29:22	1:34:38	
				6:35	1:54	3:42	6:40	3:15	4:05	3:31	9:37	1:45	6:45	7:06	4:39	3:15	6:30	5:40	3:07	4:04	4:17	2:55	5:16	
				1:36:13	1:38:16	1:39:15																		
				1:35	2:03	0:59																		
17	373	Miguel Casal Casal A Coruña BRIGANTI	1:45:22	6:20	12:35	15:33	22:08	26:37	36:43	38:47	51:45	53:30	56:52	1:01:25	1:06:01	1:11:26	1:16:01	1:22:52	1:25:40	1:28:51	1:32:34	1:38:09	1:41:15	
				6:20	6:15	2:58	6:35	4:29	10:06	2:04	12:58	1:45	3:22	4:33	4:36	5:25	4:35	6:51	2:48	3:11	3:43	5:35	3:06	
				1:42:48	1:44:32	1:45:22																		
				1:33	1:44	0:50																		
18	85	Juan Eugenio Gutiérrez Pontevedra AROMO	1:45:58	6:13	8:21	11:45	18:02	22:36	31:51	33:47	39:09	40:30	44:39	48:43	52:42	55:20	1:19:11	1:25:08	1:27:19	1:30:46	1:35:07	1:38:15	1:41:28	
				6:13	2:08	3:24	6:17	4:34	9:15	1:56	5:22	1:21	4:09	4:04	4:04	3:59	2:38	23:51	5:57	2:11	3:27	4:21	3:08	3:13
				1:43:26	1:45:04	1:45:58																		
				1:58	1:38	0:54																		

os		rsal	Nombre	Tempo																						
<b>Masculino 40 (27)</b>					<b>6,0 km 190 m</b>			<b>22 C</b>		<i>(cont.)</i>																
					1(113)	2(75)	3(44)	4(78)	5(79)	6(47)	7(84)	8(53)	9(121)	10(51)	11(56)	12(88)	13(59)	14(120)	15(95)	16(49)	17(37)	18(102)	19(64)	20(104)		
					21(41)	22(200)	Meta																			
19	319		José Antonio Castri A Coruña APA LICE	1:48:05	6:14	11:10	14:49	21:59	26:22	31:14	33:40	40:36	41:56	46:57	53:57	58:03	1:06:43	1:12:50	1:20:25	1:23:56	1:28:50	1:33:54	1:37:12	1:42:26		
					6:14	4:56	3:39	7:10	4:23	4:52	2:26	6:56	1:20	5:01	7:00	4:06	8:40	6:07	7:35	3:31	4:54	5:04	3:18	5:14		
					1:44:36	1:47:01	1:48:05																			
					2:10	2:25	1:04																			
20	488		Javier Bandin Mare Cambre ROBALIZA	1:49:33	6:55	9:38	12:45	19:41	23:09	27:59	29:56	55:40	57:21	1:01:39	1:06:58	1:09:15	1:14:19	1:23:08	1:27:44	1:30:02	1:34:20	1:38:27	1:41:12	1:44:56		
					6:55	2:43	3:07	6:56	3:28	4:50	1:57	25:44	1:41	4:18	5:19	2:17	5:04	8:49	4:36	2:18	4:18	4:07	2:45	3:44		
					1:46:36	1:48:33	1:49:33																			
					1:40	1:57	1:00																			
21	268		Jorge Pérez Juste Vigo UNIVERSIDAD	1:55:28	6:04	8:58	12:37	23:56	28:47	32:06	35:52	44:00	45:08	49:24	54:14	58:22	1:01:39	1:13:55	1:21:20	1:26:45	1:30:33	1:34:55	1:39:02	1:51:06		
					6:04	2:54	3:39	11:19	4:51	3:19	3:46	8:08	1:08	4:16	4:50	4:08	3:17	12:16	7:25	5:25	3:48	4:22	4:07	12:04		
					1:52:59	1:54:38	1:55:28																			
					1:53	1:39	0:50																			
22	34		Eladio Parga Ures Lugo FLUVIAL LUG	2:11:27	29:15	44:25	48:59	55:19	1:00:50	1:04:26	1:08:37	1:16:52	1:19:28	1:25:07	1:30:31	1:33:49	1:36:52	1:45:09	1:48:51	1:52:26	1:56:48	2:00:58	2:02:55	2:06:30		
					29:15	15:10	4:34	6:20	5:31	3:36	4:11	8:15	2:36	5:39	5:24	3:18	3:03	8:17	3:42	3:35	4:22	4:10	1:57	3:35		
					2:08:14	2:10:29	2:11:27																			
					1:44	2:15	0:58																			
549			Daniel Martinez Lor O Porriño BUDIÑOR	en tarj.	5:20	7:08	10:19	15:28	20:04	23:41	25:36	36:39	37:30	40:49	45:41	49:21	-----	53:42	59:21	1:01:35	1:05:04	1:08:11	1:11:27	1:14:10		
					5:20	1:48	3:11	5:09	4:36	3:37	1:55	11:03	<b>0:51</b>	3:19	4:52	3:40	-----	4:21	5:39	2:14	3:29	3:07	3:16	2:43		
					1:15:27	1:16:53	1:17:30																			
					1:17	1:26	0:37																			
83			Jovino Gonzalez C Pontevedra AROMO	en tarj.	6:58	9:33	13:48	20:54	24:21	27:30	29:30	38:52	40:39	45:26	50:51	55:49	1:02:34	-----	-----	-----	1:32:27	1:37:53	1:41:13	1:48:08		
					6:58	2:35	4:15	7:06	3:27	3:09	2:00	9:22	1:47	4:47	5:25	4:58	6:45	-----	-----	-----	29:53	5:26	3:20	6:55		
					1:51:12	1:54:34	1:56:41																			
					3:04	3:22	2:07																			
532			Arturo Antón Casad Arteixo. A Coruña IES	andona	5:19	7:58	11:48	18:21	21:19	24:15	26:07	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
					5:19	2:39	3:50	6:33	2:58	2:56	1:52	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
					55:43	1:00:15	1:03:04																			
					29:36	4:32	2:49																			
421			Luis Carreira López Santiago de Comp	andona	19:04	23:25	29:35	-----	-----	41:18	46:07	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:15:43		
					19:04	4:21	6:10	-----	-----	11:43	4:49	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	29:36		
					1:18:48	1:24:48	1:27:57																			
					3:05	6:00	3:09																			
56			Javier Alvelo Fragu Pontevedra AROMO	No sale																						
<b>Masculino 45 (32)</b>					<b>5,5 km 130 m</b>			<b>19 C</b>																		
					1(74)	2(112)	3(73)	4(84)	5(79)	6(80)	7(119)	8(51)	9(82)	10(57)	11(88)	12(90)	13(114)	14(92)	15(111)	16(64)	17(104)	18(41)	19(200)	Meta		
1	42		Eugenio A. Rodrígu Lugo FLUVIAL LUG	1:03:15	6:05	8:14	10:57	15:05	19:13	21:18	25:03	29:21	31:16	37:00	39:08	40:42	44:23	<b>48:14</b>	<b>52:05</b>	56:28	<b>59:13</b>	<b>1:00:45</b>	<b>1:02:24</b>	<b>1:03:15</b>		
					6:05	2:09	2:43	4:08	4:08	2:05	<b>3:45</b>	4:18	1:55	5:44	2:08	1:34	<b>3:41</b>	<b>3:51</b>	3:51	4:23	<b>2:45</b>	1:32	1:39	0:51		
2	59		Francisco Javier An Pontevedra AROMO	1:04:10	5:39	6:55	9:09	<b>12:21</b>	<b>16:47</b>	<b>18:41</b>	<b>22:50</b>	<b>24:56</b>	<b>26:43</b>	<b>31:27</b>	<b>33:22</b>	<b>34:45</b>	44:50	48:54	52:29	<b>56:19</b>	1:00:17	1:01:41	1:03:27	1:04:10		
					5:39	1:16	2:14	<b>3:12</b>	4:26	<b>1:54</b>	4:09	2:06	<b>1:47</b>	4:44	1:55	1:23	10:05	4:04	<b>3:35</b>	3:50	3:58	<b>1:24</b>	1:46	0:43		
3	167		José Antonio Balsei a coruña GALLAECI	1:05:53	5:01	<b>6:16</b>	<b>8:20</b>	12:35	17:46	23:59	28:18	29:59	32:20	37:41	40:14	41:38	45:59	51:27	55:05	58:58	1:01:44	1:03:31	1:05:08	1:05:53		
					5:01	<b>1:15</b>	<b>2:04</b>	4:15	5:11	6:13	4:19	<b>1:41</b>	2:21	5:21	2:33	1:24	4:21	5:28	3:38	3:53	2:46	1:47	1:37	0:45		
4	32		Pedro Parga Andón Lugo FLUVIAL LUG	1:07:29	5:44	7:07	9:27	14:56	18:17	21:05	25:04	27:26	30:47	36:18	38:02	39:14	<b>43:53</b>	49:27	53:34	59:29	1:02:43	1:04:40	1:06:35	1:07:29		
					5:44	1:23	2:20	5:29	<b>3:21</b>	2:48	3:59	2:22	3:21	5:31	<b>1:44</b>	<b>1:12</b>	4:39	5:34	4:07	5:55	3:14	1:57	1:55	0:54		
5	264		Patricio Peláez Mén Vigo UNIVERSIDAD	1:10:07	6:01	7:24	9:50	14:50	19:37	22:24	26:39	29:20	33:04	37:46	39:42	41:01	50:47	54:55	58:49	1:02:32	1:06:14	1:07:45	1:09:19	1:10:07		
					6:01	1:23	2:26	5:00	4:47	2:47	4:15	2:41	3:44	<b>4:42</b>	1:56	1:19	9:46	4:08	3:54	<b>3:43</b>	3:42	1:31	1:34	0:48		
6	96		Antonio Omil Belos Pontevedra AROMO	1:14:13	5:36	7:30	10:54	15:31	20:17	23:52	28:17	30:24	32:48	38:12	41:29	43:54	49:40	55:51	1:00:34	1:05:09	1:10:04	1:11:33	1:13:19	1:14:13		
					5:36	1:54	3:24	4:37	4:46	3:35	4:25	2:07	2:24	5:24	3:17	2:25	5:46	6:11	4:43	4:35	4:55	1:29	1:46	0:54		



os		rsal	Nombre	Tiempo																					
<b>Masculino 45 (32)</b>				<b>5,5 km 130 m 19 C</b>					<i>(cont.)</i>																
				1(74)	2(112)	3(73)	4(84)	5(79)	6(80)	7(119)	8(51)	9(82)	10(57)	11(88)	12(90)	13(114)	14(92)	15(111)	16(64)	17(104)	18(41)	19(200)	Meta		
	<b>100</b>	<b>José Antonio Ricoy</b>	<b>No sale</b>																						
		<b>Pontevedra AROMO</b>																							
	<b>445</b>	<b>Andres Lopez Suare</b>	<b>No sale</b>																						
		<b>Ferrol MONTAÑA FE</b>																							
<b>Masculino 55 (3)</b>				<b>3,5 km 65 m 12 C</b>																					
				1(73)	2(94)	3(90)	4(88)	5(56)	6(57)	7(58)	8(95)	9(70)	10(103)	11(41)	12(200)	Meta									
<b>1</b>	<b>72</b>	<b>Gilberto Diaz Falco</b>	<b>46:08</b>	<b>5:17</b>	<b>12:38</b>	<b>14:30</b>	<b>16:30</b>	<b>19:38</b>	<b>23:05</b>	<b>26:04</b>	<b>30:22</b>	<b>35:15</b>	<b>40:57</b>	<b>43:27</b>	<b>45:15</b>	<b>46:08</b>									
		<b>Pontevedra AROMO</b>		<b>5:17</b>	<b>7:21</b>	<b>1:52</b>	<b>2:00</b>	<b>3:08</b>	<b>3:27</b>	<b>2:59</b>	<b>4:18</b>	<b>4:53</b>	<b>5:42</b>	<b>2:30</b>	<b>1:48</b>	<b>0:53</b>									
<b>2</b>	<b>269</b>	<b>David Eladio Pinal</b>	<b>1:09:06</b>	7:26	14:29	19:26	22:01	25:51	31:10	35:33	41:07	50:00	1:03:10	1:05:46	1:08:11	1:09:06									
		<b>Vigo UNIVERSIDAD</b>		7:26	<b>7:03</b>	4:57	2:35	3:50	5:19	4:23	5:34	8:53	13:10	2:36	2:25	0:55									
<b>3</b>	<b>312</b>	<b>José Ramón Bugall</b>	<b>1:38:04</b>	5:59	44:58	48:34	52:11	56:38	1:00:46	1:04:47	1:10:22	1:24:52	1:32:04	1:34:59	1:36:59	1:38:04									
		<b>A Coruña APA LICE</b>		5:59	38:59	3:36	3:37	4:27	4:08	4:01	5:35	14:30	7:12	2:55	2:00	1:05									
<b>Élite (22)</b>				<b>8,4 km 275 m 25 C</b>																					
				1(43)	2(46)	3(50)	4(52)	5(53)	6(85)	7(56)	8(55)	9(54)	10(65)	11(60)	12(57)	13(48)	14(47)	15(58)	16(59)	17(116)	18(111)	19(109)	20(62)		
<b>1</b>	<b>383</b>	<b>Ángel García García</b>	<b>1:21:18</b>	5:05	<b>9:14</b>	<b>15:33</b>	19:25	<b>20:45</b>	<b>23:31</b>	26:02	<b>32:21</b>	<b>34:51</b>	<b>36:23</b>	<b>41:10</b>	<b>44:30</b>	<b>46:45</b>	<b>48:12</b>	<b>52:00</b>	<b>55:43</b>	<b>58:58</b>	<b>1:02:51</b>	<b>1:04:37</b>	<b>1:08:28</b>		
		<b>A Coruña BRIGANTI</b>		5:05	<b>4:09</b>	6:19	3:52	1:20	2:46	2:31	6:19	<b>2:30</b>	1:32	4:47	3:20	2:15	1:27	3:48	3:43	3:15	3:53	1:46	3:51		
				<b>1:11:10</b>	<b>1:14:39</b>	<b>1:17:32</b>	<b>1:19:19</b>	<b>1:20:39</b>	<b>1:21:18</b>	2:42	3:29	2:53	1:47	1:20	0:39										
<b>2</b>	<b>555</b>	<b>Maikel Rodriguez D</b>	<b>1:22:05</b>	<b>4:24</b>	9:35	16:04	<b>19:24</b>	21:09	23:35	<b>25:43</b>	34:32	37:31	38:51	44:14	47:15	50:03	51:38	55:16	58:11	1:02:16	1:06:00	1:07:44	1:11:14		
		<b>O Porriño BUDIÑOR</b>		<b>4:24</b>	5:11	6:29	<b>3:20</b>	1:45	<b>2:26</b>	<b>2:08</b>	8:49	2:59	<b>1:20</b>	5:23	<b>3:01</b>	2:48	1:35	<b>3:38</b>	<b>2:55</b>	4:05	<b>3:44</b>	<b>1:44</b>	<b>3:30</b>		
				1:13:44	1:16:41	1:18:59	1:20:23	1:21:31	1:22:05	49:35															
				2:30	<b>2:57</b>	<b>2:18</b>	<b>1:24</b>	<b>1:08</b>	<b>0:34</b>	*84															
<b>3</b>	<b>1210</b>	<b>Cosme Sanchez Do</b>	<b>1:32:02</b>	5:29	11:09	16:47	20:18	21:43	24:58	28:48	35:41	38:44	40:51	46:39	50:15	52:30	53:52	58:03	1:01:46	1:05:13	1:09:58	1:12:09	1:18:09		
		<b>Lugo FLUVIAL LUG</b>		5:29	5:40	5:38	3:31	1:25	3:15	3:50	6:53	3:03	2:07	5:48	3:36	2:15	1:22	4:11	3:43	3:27	4:45	2:11	6:00		
				1:20:46	1:25:16	1:27:57	1:29:47	1:31:15	1:32:02	57:45															
				2:37	4:30	2:41	1:50	1:28	0:47	*114															
<b>4</b>	<b>80</b>	<b>Ricardo Figueroa F</b>	<b>1:35:12</b>	4:43	9:54	15:54	20:11	21:38	25:02	28:06	37:23	41:11	42:41	47:18	51:36	53:43	56:35	1:02:44	1:06:44	1:10:01	1:14:38	1:16:27	1:20:37		
		<b>Pontevedra AROMO</b>		4:43	5:11	6:00	4:17	1:27	3:24	3:04	9:17	3:48	1:30	<b>4:37</b>	4:18	<b>2:07</b>	2:52	6:09	4:00	3:17	4:37	1:49	4:10		
				1:23:34	1:27:58	1:31:29	1:33:12	1:34:32	1:35:12																
				2:57	4:24	3:31	1:43	1:20	0:40																
<b>5</b>	<b>432</b>	<b>Ignacio Sordo Touz</b>	<b>1:44:12</b>	5:35	11:09	18:26	22:30	23:45	26:38	28:59	39:09	41:48	44:03	49:29	55:14	57:59	59:42	1:03:48	1:08:07	1:12:24	1:16:49	1:18:53	1:23:44		
		<b>Santiago de Comp</b>		5:35	5:34	7:17	4:04	1:15	2:53	2:21	10:10	2:39	2:15	5:26	5:45	2:45	1:43	4:06	4:19	4:17	4:25	2:04	4:51		
				1:31:01	1:35:25	1:39:05	1:41:48	1:43:23	1:44:12																
				7:17	4:24	3:40	2:43	1:35	0:49																
<b>6</b>	<b>361</b>	<b>Francisco Javier Se</b>	<b>1:44:54</b>	5:28	10:38	22:08	25:58	27:31	31:52	35:03	40:21	43:47	45:20	50:45	54:30	56:57	58:34	1:03:16	1:12:11	1:16:45	1:22:05	1:24:28	1:29:14		
		<b>A Coruña ARTABRO</b>		5:28	5:10	11:30	3:50	1:33	4:21	3:11	5:18	3:26	1:33	5:25	3:45	2:27	1:37	4:42	8:55	4:34	5:20	2:23	4:46		
				1:32:18	1:36:47	1:40:12	1:42:37	1:44:12	1:44:54																
				3:04	4:29	3:25	2:25	1:35	0:42																
<b>7</b>	<b>512</b>	<b>Francisco Javier Ló</b>	<b>1:45:27</b>	4:45	9:32	18:43	23:16	25:12	28:16	31:30	36:36	40:13	42:45	48:36	51:59	54:24	56:14	1:01:17	1:07:59	1:11:43	1:15:45	1:17:46	1:22:10		
		<b>Paderne ADVENTUR</b>		4:45	4:47	9:11	4:33	1:56	3:04	3:14	5:06	3:37	2:32	5:51	3:23	2:25	1:50	5:03	6:42	3:44	4:02	2:01	4:24		
				1:30:34	1:35:03	1:40:01	1:42:38	1:44:27	1:45:27																
				8:24	4:29	4:58	2:37	1:49	1:00																
<b>8</b>	<b>23</b>	<b>Rubén Iglesias Cast</b>	<b>1:48:28</b>	5:15	15:10	24:15	29:26	31:11	33:42	37:21	44:01	48:40	50:19	57:13	1:01:03	1:03:41	1:05:15	1:12:24	1:17:24	1:21:13	1:25:16	1:27:40	1:32:00		
		<b>Lugo FLUVIAL LUG</b>		5:15	9:55	9:05	5:11	1:45	2:31	3:39	6:40	4:39	1:39	6:54	3:50	2:38	1:34	7:09	5:00	3:49	4:03	2:24	4:20		
				1:35:35	1:40:14	1:43:51	1:46:11	1:47:42	1:48:28	1:11:57															
				3:35	4:39	3:37	2:20	1:31	0:46	*114															

os	rsal	Nombre	Tiempo																									
<b>Élite (22)</b>			<b>8,4 km 275 m</b>					<b>25 C</b>					<i>(cont.)</i>															
			1(43)	2(46)	3(50)	4(52)	5(53)	6(85)	7(56)	8(55)	9(54)	10(65)	11(60)	12(57)	13(48)	14(47)	15(58)	16(59)	17(116)	18(111)	19(109)	20(62)						
			21(63)	22(67)	23(64)	24(41)	25(200)	Meta																				
9	170	<b>Yago Breijo Martine a coruña GALLAECI</b>	1:53:57	5:08	11:21	16:43	20:25	21:39	24:31	27:25	32:22	45:41	47:15	53:16	56:45	1:00:36	1:02:02	1:06:47	1:11:07	1:14:15	1:18:30	1:21:45	1:34:15					
			5:08	6:13	<b>5:22</b>	3:42	<b>1:14</b>	2:52	2:54	<b>4:57</b>	13:19	1:34	6:01	56:45	1:00:36	1:02:02	1:06:47	1:11:07	1:14:15	1:18:30	1:21:45	1:34:15						
			1:39:01	1:43:03	1:46:59	1:50:32	1:52:11	1:53:57																				
			4:46	4:02	3:56	3:33	1:39	1:46																				
10	411	<b>Marcos Varela Yáñez A Coruña BRIGANTI</b>	1:55:16	11:07	17:52	27:00	33:21	35:48	39:09	43:00	48:58	53:41	55:37	1:04:24	1:09:24	1:12:43	1:14:18	1:19:27	1:23:44	1:28:20	1:33:37	1:36:18	1:40:43					
			11:07	6:45	9:08	6:21	2:27	3:21	3:51	5:58	4:43	1:56	8:47	5:00	3:19	1:35	5:09	4:17	4:36	5:17	2:41	4:25						
			1:43:48	1:48:20	1:51:30	1:53:14	1:54:34	1:55:16																				
			3:05	4:32	3:10	1:44	1:20	0:42																				
11	111	<b>Manuel Varela River Pontevedra AROMO</b>	1:55:43	5:31	10:47	17:07	21:30	22:49	26:32	29:34	45:42	48:29	50:39	56:26	1:00:44	1:05:09	1:08:31	1:14:23	1:19:39	1:24:03	1:30:33	1:33:46	1:38:40					
			5:31	5:16	6:20	4:23	1:19	3:43	3:02	16:08	2:47	2:10	5:47	4:18	4:25	3:22	5:52	5:16	4:24	6:30	3:13	4:54						
			1:41:34	1:46:59	1:50:24	1:52:42	1:54:44	1:55:43																				
			2:54	5:25	3:25	2:18	2:02	0:59																				
12	429	<b>Miguel Ramos Pern Santiago de Comp</b>	1:58:16	10:04	17:25	24:28	29:27	31:00	34:52	38:18	43:27	46:44	49:25	57:32	1:02:05	1:05:05	1:07:01	1:12:50	1:17:25	1:21:49	1:27:44	1:30:25	1:36:40					
			10:04	7:21	7:03	4:59	1:33	3:52	3:26	5:09	3:17	2:41	8:07	4:33	3:00	1:56	5:49	4:35	4:24	5:55	2:41	6:15						
			1:41:50	1:47:46	1:52:09	1:54:54	1:57:05	1:58:16																				
			5:10	5:56	4:23	2:45	2:11	1:11																				
13	442	<b>Oscar Fernández Ot Ferrol MONTAÑA FE</b>	2:00:30	6:45	16:55	30:48	35:08	36:40	41:05	44:22	53:00	56:35	58:27	1:04:20	1:08:10	1:11:00	1:12:58	1:18:19	1:23:13	1:27:05	1:31:07	1:33:39	1:43:20					
			6:45	10:10	13:53	4:20	1:32	4:25	3:17	8:38	3:35	1:52	5:53	3:50	2:50	1:58	5:21	4:54	3:52	4:02	2:32	9:41						
			1:48:02	1:52:46	1:55:55	1:58:18	1:59:49	2:00:30																				
			4:42	4:44	3:09	2:23	1:31	0:41																				
14	517	<b>Jose Angel Penas T Paderne ADVENTUR</b>	2:04:42	5:37	14:05	20:35	24:33	25:53	30:07	32:47	48:29	53:09	54:31	1:04:22	1:11:20	1:19:34	1:21:51	1:27:29	1:32:53	1:36:22	1:40:25	1:43:04	1:47:24					
			5:37	8:28	6:30	3:58	1:20	4:14	2:40	15:42	4:40	1:22	9:51	6:58	8:14	2:17	5:38	5:24	3:29	4:03	2:39	4:20						
			1:51:26	1:55:43	1:59:45	2:02:39	2:04:04	2:04:42																				
			4:02	4:17	4:02	2:54	1:25	0:38																				
15	326	<b>Iván Mera García A Coruña APA LICE</b>	2:05:10	6:03	13:36	22:31	28:15	30:15	33:57	40:10	49:22	55:33	57:56	1:05:26	1:09:18	1:11:50	1:13:15	1:20:30	1:25:00	1:29:00	1:35:14	1:38:51	1:45:22					
			6:03	7:33	8:55	5:44	2:00	3:42	6:13	9:12	6:11	2:23	7:30	3:52	2:32	1:25	7:15	4:30	4:00	6:14	3:37	6:31						
			1:49:30	1:55:01	1:59:13	2:02:10	2:04:04	2:05:10																				
			4:08	5:31	4:12	2:57	1:54	1:06																				
16	503	<b>Xan Carballo Alviár Culleredo A Coru A</b>	2:05:51	6:23	12:11	18:35	23:48	25:29	30:19	34:30	40:40	43:54	46:09	52:03	56:51	1:00:37	1:03:36	1:09:50	1:15:51	1:20:27	1:28:01	1:31:36	1:39:46					
			6:23	5:48	6:24	5:13	1:41	4:50	4:11	6:10	3:14	2:15	5:54	4:48	3:46	2:59	6:14	6:01	4:36	7:34	3:35	8:10						
			1:44:24	1:51:16	1:57:08	2:00:51	2:03:59	2:05:51																				
			4:38	6:52	5:52	3:43	3:08	1:52																				
17	305	<b>Xan Mariano Trigo O Barco de Valde T</b>	2:06:09	7:42	14:53	25:19	32:19	33:58	37:47	41:32	47:59	55:30	58:03	1:05:56	1:11:47	1:14:47	1:16:37	1:22:21	1:27:45	1:32:07	1:38:01	1:40:54	1:46:51					
			7:42	7:11	10:26	7:00	1:39	3:49	3:45	6:27	7:31	2:33	7:53	5:51	3:00	1:50	5:44	5:24	4:22	5:54	2:53	5:57						
			1:51:12	1:55:59	2:00:10	2:03:38	2:05:20	2:06:09																				
			4:21	4:47	4:11	3:28	1:42	0:49																				
18	6	<b>Alberto Corral Alon Lugo FLUVIAL LUG</b>	2:06:27	5:03	10:43	33:31	40:12	41:35	44:30	50:18	56:30	59:29	1:01:40	1:07:59	1:11:51	1:14:12	1:15:47	1:20:41	1:26:12	1:37:21	1:43:10	1:45:56	1:51:15					
			5:03	5:40	22:48	6:41	1:23	2:55	5:48	6:12	2:59	2:11	6:19	3:52	2:21	1:35	4:54	5:31	11:09	5:49	2:46	5:19						
			1:53:37	1:58:00	2:01:16	2:03:30	2:05:24	2:06:27																				
			<b>2:22</b>	4:23	3:16	2:14	1:54	1:03																				
599		<b>Isaac Rodriguez Sil As Neves VIZHOJA-</b>	control	7:19	13:09	28:57	33:27	35:05	39:19	58:07	1:07:58	1:12:52	1:15:04	1:31:28	1:35:59	1:39:57	1:43:18	1:58:50	2:05:19	2:10:36	2:17:17	2:21:59	2:27:46					
			7:19	5:50	15:48	4:30	1:38	4:14	18:48	9:51	4:54	2:12	16:24	4:31	3:58	3:21	15:32	6:29	5:17	6:41	4:42	5:47						
			2:32:07	2:37:11	2:42:52	2:46:22	2:48:33	2:49:39																				
			4:21	5:04	5:41	3:30	2:11	1:06																				
518		<b>Alberto Taboada Pin Paderne ADVENTUR</b>	en tarj.	4:47	10:03	17:03	21:50	23:06	28:23	31:41	41:54	45:49	48:34	55:34	58:53	1:01:36	1:02:49	1:15:22	1:21:29	1:24:51	1:29:22	1:31:43	1:37:02					
			4:47	5:16	7:00	4:47	1:16	5:17	3:18	10:13	3:55	2:45	7:00	3:19	2:43	<b>1:13</b>	12:33	6:07	3:22	4:31	2:21	5:19						
			1:43:10	-----	-----	1:48:34	1:50:40	1:51:53																				
			6:08			5:24	2:06	1:13																				

os		rsal	Nombre	Tempo																						
<b>Élite (22)</b>					<b>8,4 km 275 m</b>		<b>25 C</b>		<i>(cont.)</i>																	
					1(43)	2(46)	3(50)	4(52)	5(53)	6(85)	7(56)	8(55)	9(54)	10(65)	11(60)	12(57)	13(48)	14(47)	15(58)	16(59)	17(116)	18(111)	19(109)	20(62)		
					21(63)	22(67)	23(64)	24(41)	25(200)	Meta																
267			<b>German Pérez Juste</b> Vigo UNIVERSIDAD	<b>andona</b>	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----		
309			<b>Alberto Arufe Varela</b> A Coruña APA LICE	<b>No sale</b>	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----		
<b>Iniciación Curta (30)</b>					<b>2,1 km 50 m</b>		<b>10 C</b>																			
					1(33)	2(32)	3(35)	4(36)	5(117)	6(39)	7(40)	8(61)	9(41)	10(200)	Meta											
1	318		<b>Martín Casado Núñez</b> A Coruña APA LICE	<b>19:22</b>	5:02	<b>6:51</b>	<b>9:02</b>	10:33	11:14	<b>12:26</b>	<b>13:43</b>	<b>14:48</b>	<b>16:40</b>	<b>18:27</b>	<b>19:22</b>											
2	236		<b>Carla Somoza Seoane</b> a coruña GALLAECI	<b>19:49</b>	4:54	6:53	9:08	<b>10:25</b>	<b>11:10</b>	12:33	13:45	14:58	16:57	18:48	19:49											
3	514		<b>Mario López González</b> Paderne ADVENTUR	<b>26:27</b>	<b>4:27</b>	7:34	10:02	12:55	13:37	14:31	15:22	16:48	22:47	25:43	26:27											
4	1227		<b>Maria Ventura Samp</b> GALICIA INDEPEND	<b>35:30</b>	7:36	11:12	14:26	17:06	18:47	20:15	21:45	23:46	29:04	33:15	35:30											
5	1225		<b>Lorena Calviño Sa</b> GALICIA INDEPEND	<b>35:57</b>	7:36	10:51	13:49	16:44	18:06	19:23	20:39	22:31	27:56	33:27	35:57											
6	389		<b>Marcos Gonzalez R</b> A Coruña BRIGANTI	<b>36:47</b>	5:51	10:27	15:46	18:50	20:04	23:32	25:18	27:33	32:40	35:45	36:47											
7	340		<b>Xacobe Chase True</b> A Coruña ARTABRO	<b>43:04</b>	6:06	13:57	20:01	24:07	26:29	30:01	31:39	34:12	38:29	41:26	43:04											
8	339		<b>Emma Chase Trueb</b> A Coruña ARTABRO	<b>43:05</b>	9:39	14:25	20:40	23:28	26:58	30:13	32:50	34:37	38:30	41:26	43:05											
9	1232		<b>Irene Quintáns Barc</b> Porto do Son ADC A	<b>43:08</b>	8:10	12:15	17:32	20:47	22:10	24:26	26:04	29:52	35:55	39:06	43:08											
10	1239		<b>Iago Rodríguez Seij</b> GALICIA INDEPEND	<b>44:05</b>	10:32	14:40	19:14	23:39	25:39	28:29	31:38	34:23	38:56	42:10	44:05											
11	365		<b>Carmen Trueba</b> A Coruña ARTABRO	<b>45:45</b>	9:38	14:18	20:40	24:35	27:05	30:08	32:49	35:08	39:28	43:32	45:45											
12	1241		<b>Antón Rodríguez Se</b> GALICIA INDEPEND	<b>46:27</b>	10:37	14:39	21:04	23:40	26:09	28:37	33:05	35:55	41:19	44:28	46:27											
13	279		<b>Maria Agudo Calvel</b> O Barco de Valde T	<b>53:35</b>	10:55	21:40	30:13	33:31	35:20	38:28	39:54	42:04	49:28	52:14	53:35											
14	285		<b>Martina Aller Pfirter</b> O Barco de Valde T	<b>54:59</b>	11:41	21:41	30:05	34:11	35:08	38:29	39:50	42:05	49:24	53:25	54:59	53:27										
15	1223		<b>Maria Ageitos Dios</b> Porto do Son ADC A	<b>57:03</b>	21:11	25:19	30:02	33:40	35:45	37:31	39:42	45:01	51:02	55:33	57:03	*200										
16	1181		<b>M. Carmen Nuñez L</b> GALICIA INDEPEND	<b>58:15</b>	12:58	19:51	26:51	29:37	30:40	38:21	41:20	44:58	50:23	56:16	58:15											
17	1171		<b>Hugo Gonzalez Igle</b> Vigo HABELAS HAIN	<b>59:16</b>	14:10	21:10	27:52	32:09	33:18	39:08	42:33	46:04	50:58	57:23	59:16											
18	1219		<b>Marcos Romero Her</b> GALICIA INDEPEND	<b>1:07:17</b>	12:45	21:38	26:32	31:03	32:51	38:17	43:38	49:33	59:49	1:04:16	1:07:17											
19	1218		<b>Antonio Romero</b> GALICIA INDEPEND	<b>1:07:21</b>	13:08	21:29	27:18	30:56	32:53	38:18	43:35	49:34	1:00:05	1:04:22	1:07:21											
20	1199		<b>Miriam Ansorena Igl</b> GALICIA INDEPEND	<b>1:09:03</b>	10:23	14:10	18:32	23:45	25:50	34:02	37:29	50:43	59:11	1:05:40	1:09:03											
21	1252		<b>Raquel Del Pozo Ma</b> GALICIA INDEPEND	<b>1:09:05</b>	10:25	14:08	18:35	23:53	26:00	33:48	37:25	50:39	59:21	1:05:45	1:09:05											





os	rsal	Nombre	Tiempo															
<i>Iniciación Longa (59)</i>				<b>3,6 km 70 m</b>			<b>14 C</b>			<i>(cont.)</i>								
				1(33)	2(97)	3(122)	4(123)	5(115)	6(101)	7(118)	8(71)	9(38)	10(36)	11(35)	12(61)	13(41)	14(200)	Meta
16	1244	Sara Martínez Da To As Neves VIZHOJA-	48:42	7:05	11:52	13:19	14:49	16:22	22:04	30:44	32:40	35:08	38:02	39:58	42:24	44:57	47:33	48:42
				7:05	4:47	1:27	1:30	1:33	5:42	8:40	1:56	2:28	2:54	1:56	2:26	2:33	2:36	1:09
17	189	Rocio García Santo a coruña GALLAECI	53:57	5:59	11:16	14:48	16:57	18:40	25:47	32:10	34:23	36:59	40:11	42:13	46:23	49:42	52:41	53:57
				5:59	5:17	3:32	2:09	1:43	7:07	6:23	2:13	2:36	3:12	2:02	4:10	3:19	2:59	1:16
18	691	Dolores Hermida Vi a coruña GALLAECI	54:10	6:08	11:23	14:53	17:06	18:52	26:01	32:36	34:31	37:13	40:28	42:26	46:28	49:55	52:53	54:10
				6:08	5:15	3:30	2:13	1:46	7:09	6:35	1:55	2:42	3:15	1:58	4:02	3:27	2:58	1:17
19	1240	Jose Varela Verdes GALICIA INDEPEND	56:13	6:53	10:44	12:50	14:26	16:46	24:18	32:02	35:04	38:32	42:30	47:08	49:24	52:19	54:48	56:13
				6:53	3:51	2:06	1:36	2:20	7:32	7:44	3:02	3:28	3:58	4:38	2:16	2:55	2:29	1:25
20	1238	Pilar Vazquez Febre GALICIA INDEPEND	56:28	6:55	10:49	12:54	14:27	16:49	24:16	32:07	35:05	38:40	42:38	47:14	49:33	52:25	54:59	56:28
				6:55	3:54	2:05	1:33	2:22	7:27	7:51	2:58	3:35	3:58	4:36	2:19	2:52	2:34	1:29
21	1245	Pablo Santamarta R GALICIA INDEPEND	56:54	7:46	11:05	12:39	14:24	15:51	20:50	39:28	41:20	43:35	45:55	47:20	50:38	52:56	55:20	56:54
				7:46	3:19	1:34	1:45	1:27	4:59	18:38	1:52	2:15	2:20	1:25	3:18	2:18	2:24	1:34
22	1177	Isaac Fernández Igl Cambre ROBALIZA	57:11	6:57	15:18	17:29	19:18	20:51	25:40	31:40	32:41	35:05	37:02	38:28	44:24	50:26	54:35	57:11
				6:57	8:21	2:11	1:49	1:33	4:49	6:00	1:01	2:24	1:57	1:26	5:56	6:02	4:09	2:36
23	1179	Juan Carlos Currás Cambre ROBALIZA	57:13	6:58	15:12	17:18	19:21	20:41	25:54	31:43	32:43	35:13	37:04	38:30	44:55	50:16	54:35	57:13
				6:58	8:14	2:06	2:03	1:20	5:13	5:49	1:00	2:30	1:51	1:26	6:25	5:21	4:19	2:38
24	1230	Cristina Lopez Dac Ferrol MONTAÑA FE	1:05:19	7:51	13:54	16:12	18:03	20:32	27:13	38:12	39:49	42:45	48:37	51:08	56:01	1:01:01	1:03:54	1:05:19
				7:51	6:03	2:18	1:51	2:29	6:41	10:59	1:37	2:56	5:52	2:31	4:53	5:00	2:53	1:25
25	1176	María Fernández Sa A Coruña BRIGANTI	1:12:08	6:11	17:38	19:35	23:24	25:32	31:50	38:48	45:41	48:19	53:23	55:33	1:03:19	1:07:43	1:10:36	1:12:08
				6:11	11:27	1:57	3:49	2:08	6:18	6:58	6:53	2:38	5:04	2:10	7:46	4:24	2:53	1:32
26	374	Antonio Casal Mont A Coruña BRIGANTI	1:17:49	6:35	16:04	19:23	20:37	22:10	28:16	45:12	46:40	51:02	1:03:43	1:07:15	1:10:28	1:13:07	1:16:45	1:17:49
				6:35	9:29	3:19	1:14	1:33	6:06	16:56	1:28	4:22	12:41	3:32	3:13	2:39	3:38	1:04
27	375	Roberto Casal Mont A Coruña BRIGANTI	1:17:52	6:50	16:08	19:29	20:38	22:09	28:17	45:17	46:43	51:10	1:03:51	1:07:20	1:11:29	1:14:51	1:16:48	1:17:52
				6:50	9:18	3:21	1:09	1:31	6:08	17:00	1:26	4:27	12:41	3:29	4:09	3:22	1:57	1:04
28	1234	Bartolome Varela GALICIA INDEPEND	1:20:25	8:34	15:28	21:20	23:08	26:00	35:35	45:14	51:06	56:33	1:02:58	1:05:51	1:10:37	1:15:29	1:18:40	1:20:25
				8:34	6:54	5:52	1:48	2:52	9:35	9:39	5:52	5:27	6:25	2:53	4:46	4:52	3:11	1:45
29	1220	Tania López Villama A Coruña BRIGANTI	1:22:12	10:21	17:49	26:59	29:19	32:37	41:01	52:46	54:33	58:07	1:04:55	1:07:06	1:12:10	1:16:37	1:20:15	1:22:12
				10:21	7:28	9:10	2:20	3:18	8:24	11:45	1:47	3:34	6:48	2:11	5:04	4:27	3:38	1:57
30	1216	Miriam Couceiro Ca GALICIA INDEPEND	1:26:28	9:04	16:36	20:15	22:31	26:28	38:05	49:59	53:40	58:13	1:05:13	1:08:10	1:14:05	1:19:46	1:24:19	1:26:28
				9:04	7:32	3:39	2:16	3:57	11:37	11:54	3:41	4:33	7:00	2:57	5:55	5:41	4:33	2:09
31	377	Silvia Casanova Ca A Coruña BRIGANTI	1:29:24	10:32	18:42	21:11	23:14	26:50	37:08	48:31	51:01	54:03	1:04:40	1:07:27	1:11:36	1:21:39	1:26:26	1:29:24
				10:32	8:10	2:29	2:03	3:36	10:18	11:23	2:30	3:02	10:37	2:47	4:09	10:03	4:47	2:58
32	1228	Sara Rivas Campo Culleredo A Coru A	1:31:55	8:27	16:37	21:42	24:44	27:50	37:24	51:01	54:01	58:43	1:10:10	1:13:14	1:18:00	1:23:50	1:28:42	1:31:55
				8:27	8:10	5:05	3:02	3:06	9:34	13:37	3:00	4:42	11:27	3:04	4:46	5:50	4:52	3:13
1237		Mario Vinagre Rey A Coruña BRIGANTI		41:24	48:14	49:54	51:15	52:49	55:57	1:01:42	1:04:10	1:05:44	1:08:23	1:09:56	1:12:06	1:15:30	1:17:49	1:19:00
				41:24	6:50	1:40	1:21	1:34	3:08	5:45	2:28	1:34	2:39	1:33	2:10	3:24	2:19	1:11
1191		Jorge Cabana Cambre ROBALIZA		40:35	48:58	51:03	52:06	54:23	59:24	1:05:13	1:06:12	1:08:37	1:10:33	1:11:54	1:14:12	1:16:05	1:18:13	1:19:13
				40:35	8:23	2:05	1:03	2:17	5:01	5:49	0:59	2:25	1:56	1:21	2:18	1:53	2:08	1:00
633		José Manuel Gonzál a coruña GALLAECI		37:53	43:11	46:18	48:16	50:45	1:05:54	1:16:23	1:18:16	1:21:53	1:29:34	1:34:42	1:40:33	1:46:09	1:49:52	1:52:03
				37:53	5:18	3:07	1:58	2:29	15:09	10:29	1:53	3:37	7:41	5:08	5:51	5:36	3:43	2:11
1180		Cristian Florin Gavr Cambre ROBALIZA		40:36	49:04	51:16	52:34	54:50	59:32	1:05:19	1:06:27	1:08:55	1:10:41	1:12:15	1:18:33	1:24:00	1:28:06	1:30:42
				40:36	8:28	2:12	1:18	2:16	4:42	5:47	1:08	2:28	1:46	1:34	6:18	5:27	4:06	2:36
1242		Lino Enrique Fonta Pontevedra AROMO		57:02	1:00:01	1:01:40	1:02:50	1:04:32	1:09:40	1:15:01	1:16:33	1:22:05	1:26:05	1:27:57	1:30:32	1:32:52	1:34:36	1:36:53
				57:02	2:59	1:39	1:10	1:42	5:08	5:21	1:32	5:32	4:00	1:52	2:35	2:20	1:44	2:17
1195		Sergio Pena Esmorí Cambre ROBALIZA	en tarj.	5:38	8:33	10:01	11:21	12:28	17:30	23:02	-----	25:40	30:30	32:27	36:12	38:58	41:36	42:43
				5:38	2:55	1:28	1:20	1:07	5:02	5:32	-----	2:38	4:50	1:57	3:45	2:46	2:38	1:07
1190		Iria Vilas Martínez Cambre ROBALIZA	en tarj.	5:33	8:24	10:07	11:20	12:31	17:33	23:30	-----	26:38	30:21	32:23	36:22	39:02	41:39	42:49
				5:33	2:51	1:43	1:13	1:11	5:02	5:57	-----	3:08	3:43	2:02	3:59	2:40	2:37	1:10
1175		Andrea García Sanm Cambre ROBALIZA	en tarj.	5:20	9:17	10:50	12:05	13:26	18:14	24:09	-----	27:18	31:00	33:02	37:10	39:43	42:16	43:26
				5:20	3:57	1:33	1:15	1:21	4:48	5:55	-----	3:09	3:42	2:02	4:08	2:33	2:33	1:10
1194		Miguel Barrio Ibar Cambre ROBALIZA	en tarj.	5:06	9:29	10:52	12:09	13:31	18:17	24:08	-----	27:31	31:13	33:04	37:15	39:48	42:21	43:30
				5:06	4:23	1:23	1:17	1:22	4:46	5:51	-----	3:23	3:42	1:51	4:11	2:33	2:33	1:09

1:18:16  
\*200

22:40 24:40 27:29 28:24  
\*42 \*31 \*31 \*117  
25:14 \*31  
25:53 \*31  
25:54 \*31

os	rsal	Nombre	Tempo																				
<i>Iniciación Longa (59)</i>				<b>3,6 km 70 m</b>		<b>14 C</b>		<i>(cont.)</i>															
				1(33)	2(97)	3(122)	4(123)	5(115)	6(101)	7(118)	8(71)	9(38)	10(36)	11(35)	12(61)	13(41)	14(200)	Meta					
1186		Daniel Crespo Cidr Cambre ROBALIZA	en tarj.	5:55 5:55	9:29 3:34	11:00 1:31	12:08 1:08	13:39 1:31	18:25 4:46	24:08 5:43	-----	27:18 3:10	31:14 3:56	33:13 1:59	36:58 3:45	39:48 2:50	42:26 2:38	43:36 1:10	25:55 *31				
1222		Adrian Cervera Torr Porto do Son ADC A	en tarj.	3:34 3:34	10:14 6:40	14:54 4:40	15:44 <b>0:50</b>	-----	19:18 3:34	27:05 7:47	28:01 0:56	31:13 3:12	34:44 3:31	36:23 1:39	37:49 1:26	40:57 3:08	42:48 1:51	43:59 1:11					
1187		Daniel Peral López Cambre ROBALIZA	en tarj.	4:57 30:59 *40	8:54 32:58 *102	10:32 40:47 *105	11:57 41:49 *104	13:13	18:04 4:51	23:39 5:35	-----	25:56 2:17	-----	-----	-----	43:52 17:56	46:35 2:43	47:35 1:00	23:14 *42	26:44 *31	27:45 *117	29:29 *39	
1214		Lucas Ces Uzal GALICIA INDEPEND	en tarj.	4:54 4:54	7:49 2:55	9:13 1:24	18:11 8:58	19:28 1:17	24:00 4:32	-----	33:46 9:46	37:01 3:15	40:04 3:03	41:05 1:01	46:14 5:09	48:24 2:10	50:02 1:38	50:45 0:43	42:42 *40				
1215		Alvaro Garcia Españ GALICIA INDEPEND	en tarj.	4:35 4:35	7:37 3:02	9:01 1:24	18:05 9:04	19:17 1:12	23:49 4:32	-----	35:14 11:25	38:25 3:11	40:39 2:14	42:18 1:39	45:20 3:02	48:14 2:54	50:31 2:17	51:28 0:57					
1178		Pablo Loureiro Igle Cambre ROBALIZA	en tarj.	5:01 30:14 *39	9:11 31:19 *40	10:46 33:16 *102	12:02	13:19	17:45 4:26	23:43 5:58	55:37 31:54	57:04 1:27	59:15 2:11	1:01:57 2:42	1:05:56 3:59	-----	-----	1:12:16 6:20	23:26 *42	26:04 *38	26:43 *31	27:44 *117	
489		Olalla Bello Rodríg Cambre ROBALIZA	en tarj.	16:44 16:44 51:45 *40	-----	-----	-----	-----	-----	-----	-----	-----	40:47 24:03	-----	55:59 15:12	1:06:49 10:50	1:14:30 7:41	1:20:07 5:37	20:51 *32	36:39 *35	43:00 *117	45:54 *39	
1221		Carlos Ares Gonzál A Coruña BRIGANTI	en tarj.	10:18 10:18	17:51 7:33	27:05 9:14	29:16 2:11	-----	41:03 11:47	52:01 10:58	54:49 2:48	57:25 2:36	1:03:25 6:00	1:05:41 2:16	1:12:01 6:20	1:15:42 3:41	1:18:55 3:13	1:21:45 2:50					
1213		Ivan Bouzon Quinta GALICIA INDEPEND	en tarj.	5:32 5:32	9:55 4:23	-----	-----	21:52 11:57	59:30 37:38	1:06:18 6:48	-----	1:11:27 5:09	1:14:50 3:23	1:16:28 1:38	1:21:14 4:46	1:23:40 2:26	1:25:21 1:41	1:26:10 0:49	31:30 *55	1:07:51 *49	1:17:46 *40		
1172		Lilia Iglesias Martin Vigo HABELAS HAIN	en tarj.	13:53 13:53	-----	-----	-----	-----	-----	-----	-----	-----	30:44 16:51	-----	-----	-----	-----	-----	32:42 *117				
1193		Juan Manuel Rios A Cambre ROBALIZA	andona	4:53 26:18 *117	7:43 28:47 *39	9:05 29:46 *40	10:30 1:25 *102	11:42 1:12	16:16 4:34	22:14 5:58	54:05 31:51	55:31 1:26	-----	-----	-----	-----	-----	1:13:09 17:38	21:51 *42	23:55 *31	24:36 *38	25:28 *31	
1174		María Fernández Lo Cambre ROBALIZA	No sale																				
1183		Pablo Gil Sequeiro A Coruña BRIGANTI	No sale																				
1189		Diego Díaz López Cambre ROBALIZA	No sale																				
1211		Jose Antonio Caram GALICIA INDEPEND	No sale																				
353		Carlos Ezequiel Par A Coruña ARTABRO	No sale																				
1182		Rocío Rellán Rodrí A Coruña BRIGANTI	No sale																				
1246		José Miguel Montes GALICIA INDEPEND	No sale																				