





os	rsal	Nombre	Tempo														
<b>Feminino 21 B (13)</b>				<b>3,0 km 135 m</b>			<b>17 C</b>			<i>(cont.)</i>							
				1(83) 15(55)	2(31) 16(54)	3(73) 17(200)	4(32) Meta	5(76)	6(67)	7(74)	8(101)	9(97)	10(40)	11(51)	12(98)	13(72)	14(64)
10	74	Fernández Fernánd FLUVIAL_LUGO Lu	2:00:37	11:42 11:42 1:51:41 2:22	22:06 10:24 1:55:28 3:47	24:25 2:19 1:59:51 4:23	28:21 3:56 2:00:37 0:46	32:59 4:38	41:44 8:45	49:58 8:14	54:19 4:21	58:47 4:28	1:14:04 15:17	1:22:17 8:13	1:27:27 5:10	1:35:44 8:17	1:49:19 13:35
	333	Martínez Horna, Lu U-VIGO Vigo	andona	28:31 28:31 -----	33:28 4:57 -----	36:42 3:14 -----	39:25 2:43 -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	304	Souto González, Ma BRIGANTIA A Coruñ	andona	10:00 10:00 -----	15:16 5:16 -----	-----	55:10 39:54 -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	473	Ramos Morado, Gor ROBALIZA Cambre	No sale														
<b>Feminino 35 (7)</b>				<b>4,3 km 205 m</b>			<b>21 C</b>										
				1(83) 15(72)	2(82) 16(75)	3(33) 17(60)	4(32) 18(68)	5(35) 19(99)	6(36) 20(54)	7(37) 21(200)	8(38) Meta	9(104)	10(47)	11(49)	12(58)	13(52)	14(51)
1	65	Veiga García, Carla AROMON Pontevedr	1:04:57	3:47 3:47 56:11 3:40	5:39 1:52 57:30 1:19	10:05 4:26 59:06 1:36	12:39 2:34 1:00:03 0:57	15:50 3:11 1:02:29 2:26	18:19 2:29 1:03:16 0:47	22:34 4:15 1:04:37 1:21	27:04 4:30 1:04:57 0:20	33:28 6:24	36:30 3:02	39:51 3:21	46:42 6:51	50:25 3:43	52:31 2:06
2	99	Pérez González, M. FLUVIAL_LUGO Lu	1:13:09	4:35 4:35 1:03:21	6:35 2:00 1:04:48	10:53 4:18 1:06:33	12:58 2:05 1:07:42	18:56 5:58 1:10:24	21:12 2:16 1:11:22	25:48 4:36 1:12:48	28:17 2:29 1:13:09	33:54 5:37	36:43 2:49	43:03 6:20	50:52 7:49	56:24 5:32	58:47 2:23
3	162	Naya Mancebo, Paul GALLAECIA_RAID a	1:24:49	4:34 10:01 1:15:58	1:27 2:45 1:17:21	1:45 4:31 1:19:12	1:09 3:14 1:20:14	2:42 4:54 1:22:42	0:58 2:19 1:23:25	1:26 4:31 1:24:34	0:21 3:18 1:24:49	40:30 4:57	49:00 8:30	52:52 3:52	1:01:17 8:25	1:09:14 7:57	1:12:28 3:14
4	408	Blanco Pérez, Ana USC Santiago de C	1:39:08	4:48 4:48 1:27:11 3:54	6:40 1:52 1:28:28 1:17	10:58 4:18 1:30:22 1:54	13:00 2:02 1:31:35 1:13	16:20 3:20 1:34:23 2:48	19:05 2:45 1:35:25 1:02	22:40 3:35 1:38:47 3:22	40:32 17:52 1:39:08 0:21	54:10 13:38	1:04:49 10:39	1:12:06 7:17	1:17:22 5:16	1:20:39 3:17	1:23:17 2:38
	200	Míguez Sampedro, ADC_ARNELA Porto	en tarj.	6:31 6:31 1:09:43	8:59 2:28 1:11:18	19:07 10:08 1:13:19	21:07 2:00 1:14:20	24:19 3:12 1:16:59	27:05 2:46 1:18:09	35:54 8:49 1:19:57	----- ----- 1:20:17	44:40 8:46	48:23 3:43	52:33 4:10	59:47 7:14	1:03:48 4:01	1:06:10 2:22
	141	González Corral, Bi GALLAECIA_RAID a	andona	3:33 6:27 6:27 -----	1:35 9:15 2:48 -----	2:01 28:51 19:36 -----	1:01 32:08 3:17 -----	2:39 38:32 6:24 -----	1:10 44:25 5:53 -----	1:48 54:47 10:22 -----	0:20 59:12 4:25 1:59:01	1:12:44 13:32	1:20:11 7:27	1:26:07 5:56	1:37:17 11:10	1:43:05 5:48	-----
	24	Figueroa Leiro, Mo AROMON Pontevedr	No sale														
<b>Feminino 40 (4)</b>				<b>3,8 km 160 m</b>			<b>21 C</b>										
				1(81) 15(85)	2(84) 16(72)	3(82) 17(75)	4(33) 18(60)	5(32) 19(68)	6(35) 20(102)	7(34) 21(200)	8(96) Meta	9(92)	10(41)	11(58)	12(52)	13(51)	14(61)
1	140	Gómez Naya, Sonia FLUVIAL_LUGO Lu	52:29	4:06 4:06 46:06 5:27	5:57 1:51 47:02 0:56	7:42 1:45 48:06 1:04	11:43 4:01 49:34 1:28	13:20 1:37 50:27 0:53	15:55 2:35 51:43 1:16	17:25 1:30 52:14 0:31	23:04 5:39 52:29 0:15	25:17 2:13	30:16 4:59	33:29 3:13	37:35 4:06	39:50 2:15	40:39 0:49
2	330	Iglesias Junzalsos, U-VIGO Vigo	1:14:45	8:17 8:17 1:06:22	14:39 6:22 1:07:41	16:54 2:15 1:09:00	23:46 6:52 1:11:08	25:26 1:40 1:12:08	37:48 12:22 1:13:49	39:15 1:27 1:14:28	45:39 6:24 1:14:45	48:14 2:35	53:23 5:09	56:25 3:02	1:00:19 3:54	1:02:16 1:57	1:03:08 0:52
3	13	Canales Criado, Al AROMON Pontevedr	1:45:41	6:42 6:42 1:28:07 5:00	15:27 8:45 1:29:30 1:23	18:25 2:58 1:33:08 3:38	38:44 20:19 1:40:52 7:44	44:00 5:16 1:42:17 1:25	48:07 4:07 1:44:03 1:46	49:50 1:43 1:45:16 1:13	55:49 5:59 1:45:41 0:25	1:00:27 4:38	1:07:42 7:15	1:12:59 5:17	1:17:50 4:51	1:21:44 3:54	1:23:07 1:23
	835	Oreiro Chapela, Cla GALLAECIA_RAID a	andona	6:00 6:00 -----	21:08 15:08 -----	22:58 1:50 -----	28:52 5:54 -----	32:37 3:45 -----	40:09 7:32 -----	41:35 1:26 -----	----- ----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
<b>Feminino 45 (14)</b>				<b>3,5 km 150 m</b>			<b>20 C</b>										
				1(100) 15(60)	2(31) 16(56)	3(33) 17(64)	4(32) 18(99)	5(88) 19(54)	6(36) 20(200)	7(103) Meta	8(76)	9(52)	10(48)	11(51)	12(71)	13(85)	14(75)
1	324	Crespo Quindós, B U-VIGO Vigo	53:04	3:31 3:31 42:14 1:35	6:57 3:26 44:19 2:05	9:14 2:17 47:37 3:18	11:35 2:21 49:34 1:57	14:50 3:15 50:32 0:58	18:05 3:15 52:42 2:10	20:29 2:24 53:04 0:22	23:50 3:21	29:14 5:24	30:07 0:53	33:36 3:29	36:14 2:38	38:38 2:24	40:39 2:01



os		rsal	Nombre		Tiempo														
<b>Feminino 50 (6)</b>																			
						<b>3,3 km 120 m</b>		<b>21 C</b>		(cont.)									
						1(39) 15(75)	2(83) 16(60)	3(31) 17(56)	4(33) 18(64)	5(32) 19(55)	6(80) 20(54)	7(103) 21(200)	8(41) Meta	9(48)	10(79)	11(51)	12(71)	13(57)	14(72)
			<b>268</b>	<b>Naya López, Mª Jos</b>	<b>andona</b>	6:25 6:25	24:03 17:38	27:01 2:58	32:41 5:40	35:10 2:29	40:17 5:07	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
<b>Feminino Élite (11)</b>																			
						<b>4,7 km 235 m</b>		<b>27 C</b>											
						1(81) 15(58)	2(65) 16(79)	3(84) 17(52)	4(82) 18(51)	5(33) 19(71)	6(32) 20(53)	7(35) 21(56)	8(36) 22(72)	9(96) 23(75)	10(37) 24(60)	11(43) 25(55)	12(104) 26(54)	13(92) 27(200)	14(41) Meta
1		485	<b>Diz Cao, Isabel</b>	<b>57:56</b>	<b>3:08</b>	4:45 1:37	5:17 0:32	6:51 1:34	10:54 4:03	12:18 1:24	15:53 3:35	17:26 1:33	<b>20:26</b> 3:00	<b>21:37</b> 1:11	<b>24:33</b> 2:56	<b>25:59</b> 1:26	<b>28:35</b> 2:36	<b>35:56</b> 7:21	
2		7	<b>Arias Lima, Sonia M</b>	<b>1:00:13</b>	<b>3:03</b>	<b>1:41</b>	<b>2:14</b>	<b>1:28</b>	<b>2:35</b>	<b>0:57</b>	<b>1:58</b>	<b>0:47</b>	<b>0:49</b>	<b>1:41</b>	<b>1:52</b>	<b>1:16</b>	<b>1:22</b>	<b>0:17</b>	
3		188	<b>Carro Mahía, Alejan</b>	<b>1:04:40</b>	<b>3:40</b>	4:42 1:02	5:33 0:34	7:19 1:42	11:00 3:41	12:38 1:38	16:45 4:07	18:18 1:33	<b>21:00</b> 2:42	22:06 1:06	25:21 3:15	27:08 1:47	29:34 2:26	<b>33:37</b> 4:03	
4		9	<b>Bellón Santos, Tere</b>	<b>1:09:56</b>	<b>3:05</b>	3:55 0:50	4:34 0:39	<b>5:50</b> 1:16	10:05 4:15	11:46 1:41	14:05 2:19	15:36 1:31	26:15 10:39	27:47 1:32	30:57 3:10	32:19 1:22	35:18 2:59	<b>38:44</b> 3:26	
5		73	<b>Felpeto González, L</b>	<b>1:16:49</b>	<b>3:54</b>	5:03 1:09	5:57 0:54	8:12 2:15	12:59 4:47	15:04 2:05	18:11 3:07	23:56 5:45	26:53 2:57	28:18 1:25	33:57 5:39	42:44 2:00	48:46 6:47		
6		146	<b>López Eyo, Tania</b>	<b>1:26:20</b>	<b>3:15</b>	4:12 0:57	4:54 0:42	6:34 1:40	12:52 6:18	16:35 3:43	21:05 4:30	22:56 1:51	<b>24:40</b> 17:44	<b>26:53</b> 1:40	<b>28:18</b> 2:59	<b>33:57</b> 1:59	<b>42:44</b> 5:11	<b>48:46</b> 6:25	
7		456	<b>Morales Jiménez, Ir</b>	<b>1:35:49</b>	<b>3:09</b>	2:11 0:43	2:25 0:32	3:42 1:29	<b>5:53</b> 2:11	<b>10:00</b> 4:07	<b>11:34</b> 1:34	<b>13:51</b> 2:17	<b>15:31</b> 1:40	29:18 13:47	30:21 1:03	37:11 6:50	38:23 1:12	41:21 2:58	1:05:48 24:27
8		443	<b>Montes Villar, Vero</b>	<b>1:36:06</b>	<b>8:38</b>	10:19 1:41	11:12 0:53	13:06 1:54	16:35 3:29	18:23 1:48	28:32 10:09	40:04 11:32	48:23 8:19	50:44 2:21	54:50 4:06	57:07 2:17	1:01:15 4:08	1:05:59 4:44	
334			<b>Mora Liroa, Gloria</b>	<b>andona</b>	7:57 7:57	9:30 1:33	10:18 0:48	12:39 2:21	50:56 38:17	52:30 1:34	1:00:22 7:52	1:25:58 25:36	1:43:08 17:10	1:45:59 2:51	----- -----	----- -----	----- -----	----- -----	
554			<b>Martínez García, La</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
336			<b>Pastoriza Santos, Is</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Masculino 12 (7)</b>																			
						<b>3,0 km 100 m</b>		<b>18 C</b>											
						1(91) 15(105)	2(89) 16(69)	3(86) 17(102)	4(88) 18(200)	5(80) Meta	6(76)	7(90)	8(87)	9(95)	10(53)	11(98)	12(77)	13(94)	14(62)
1		296	<b>González Souto, Ru</b>	<b>27:48</b>	<b>2:18</b>	6:20 4:02	9:04 2:44	9:42 0:38	<b>10:41</b> 0:59	<b>12:01</b> 1:20	<b>12:42</b> 0:41	<b>14:34</b> 1:52	<b>16:31</b> 1:57	<b>17:11</b> 0:40	<b>18:07</b> 0:56	<b>19:10</b> 1:03	<b>20:56</b> 1:46	<b>22:17</b> 1:21	
2		441	<b>López González, Ma</b>	<b>43:41</b>	2:51 29:15	<b>5:13</b> 34:06	3:35 36:03	<b>9:28</b> 37:02	11:15 43:41	14:09 6:39	14:49 0:40	16:52 2:03	19:45 2:53	20:37 0:52	22:00 1:23	23:50 1:50	26:13 2:23	27:58 1:45	
3		181	<b>Somoza Seoane, An</b>	<b>48:14</b>	3:27 40:52	8:10 45:42	11:22 47:18	12:33 47:57	14:09 48:14	19:31 5:22	20:00 0:29	23:06 3:06	29:44 6:38	30:39 0:55	32:22 1:43	34:02 1:40	37:05 3:03	39:05 2:00	
4		433	<b>Casado Núñez, Mart</b>	<b>51:36</b>	3:58 37:26	6:35 42:08	10:05 44:05	11:40 45:02	14:18 51:36	16:26 2:08	16:59 0:33	21:33 4:34	26:20 4:47	27:47 1:27	29:40 1:53	31:51 2:11	34:11 2:20	35:54 1:43	
5		12	<b>Beloso Iglesias, Ma</b>	<b>55:16</b>	3:39 45:33	7:21 51:37	12:04 54:22	13:36 54:58	15:22 55:16	18:19 2:57	19:03 0:44	21:04 2:01	24:25 3:21	25:49 1:24	32:54 7:05	35:16 2:22	40:32 5:16	42:42 2:10	
6		595	<b>Sanmartín García, E</b>	<b>1:23:53</b>	2:51 7:16	6:04 13:03	2:45 22:39	0:36 24:31	0:18 27:54	31:23 3:29	32:24 1:01	38:18 5:54	50:20 12:02	52:21 2:01	57:26 5:05	1:00:18 2:52	1:05:37 5:19	1:09:59 4:22	

os	rsal	Nombre	Tiempo														
<b>Masculino 12 (7)</b>				<b>3,0 km 100 m</b>			<b>18 C</b>			<i>(cont.)</i>							
				1(91) 15(105)	2(89) 16(69)	3(86) 17(102)	4(88) 18(200)	5(80) Meta	6(76)	7(90)	8(87)	9(95)	10(53)	11(98)	12(77)	13(94)	14(62)
7	596	Sanmartín García, T FLUVIAL_LUGO Lu	1:31:51	15:12 15:12 1:20:13 2:11	20:52 5:40 1:26:38 6:25	30:37 9:45 1:29:52 3:14	32:32 1:55 1:31:34 1:42	35:51 3:19 1:31:51 0:17	39:22 3:31	40:18 0:56	46:12 5:54	58:19 12:07	1:00:20 2:01	1:05:25 5:05	1:08:16 2:51	1:13:36 5:20	1:18:02 4:26
<b>Masculino 14 (9)</b>				<b>3,3 km 125 m</b>			<b>19 C</b>										
				1(91) 15(94)	2(89) 16(105)	3(86) 17(69)	4(88) 18(102)	5(80) 19(200)	6(76) Meta	7(87)	8(67)	9(50)	10(52)	11(95)	12(53)	13(98)	14(77)
1	442	Lopez Gonzalez, Ni OPBZ Betanzos	29:51	1:58 1:58 20:09 1:28	3:28 1:30 25:29 5:20	5:33 2:05 27:17 1:48	6:01 0:28 28:34 1:17	7:25 1:24 29:38 1:04	8:37 1:12 29:51 0:13	10:24 1:47	11:13 0:49	11:56 0:43	14:18 2:22	16:10 1:52	16:38 0:28	17:42 1:04	18:41 0:59
2	451	Fariña Rodríguez, LIMIACTIVA Xínzo d	34:42	2:05 2:05 27:29 1:49	4:01 1:56 29:37 2:08	6:30 2:29 32:16 2:39	7:21 0:51 34:01 1:45	9:06 1:45 34:31 0:30	10:23 1:17 34:42 0:11	13:15 2:52	14:18 1:03	15:13 0:55	20:55 5:42	22:35 1:40	23:19 0:44	24:27 1:08	25:40 1:13
3	295	González Souto, Ge BRIGANTIA A Coruña	40:12	2:28 2:28 32:59 2:48	4:42 2:14 35:35 2:36	7:12 2:30 37:51 2:16	8:14 1:02 39:11 1:20	9:38 1:24 39:57 0:46	11:21 1:43 40:12 0:15	13:44 2:23	14:46 1:02	16:03 1:17	18:52 2:49	20:17 1:25	21:02 0:45	22:12 1:10	30:11 7:59
4	340	Pérez Álvarez, Dieg U-VIGO Vigo	51:26	3:06 3:06 42:16 2:54	5:48 2:42 45:21 3:05	9:26 3:38 48:31 3:10	10:18 0:52 50:22 1:51	13:41 3:23 51:10 0:48	16:03 2:22 51:26 0:16	20:14 4:11	22:18 2:04	23:59 1:41	30:28 6:29	32:44 2:16	33:54 1:10	37:24 3:30	39:22 1:58
5	454	Garrido Blanco, Ju LIMIACTIVA Xínzo d	1:02:31	2:22 2:22 53:19 2:49	6:47 4:25 57:03 3:44	11:36 4:49 1:00:09 3:06	12:27 0:51 1:01:56 1:47	15:01 2:34 1:02:18 0:22	17:48 2:47 1:02:31 0:13	24:26 6:38	25:33 1:07	28:33 3:00	39:22 10:49	41:26 2:04	42:15 0:49	49:34 7:19	50:30 0:56
6	828	Varela Gutierrez, Da FLUVIAL_LUGO Lu	1:11:53	5:07 5:07 54:24 4:25	8:21 3:14 1:00:00 5:36	13:42 5:21 1:07:01 7:01	14:58 1:16 1:10:21 3:20	17:08 2:10 1:11:21 1:00	20:25 3:17 1:11:53 0:32	24:37 4:12	26:55 2:18	28:51 1:56	37:34 8:43	41:06 3:32	42:31 1:25	44:58 2:27	49:59 5:01
7	397	López López, Adriá MONTAÑA_FERROL	1:42:42	6:43 6:43 1:12:16 8:44	10:26 3:43 1:35:14 22:58	16:19 5:53 1:39:53 4:39	18:31 2:12 1:41:58 2:05	21:00 2:29 1:42:26 0:28	24:15 3:15 1:42:42 0:16	32:46 8:31	35:32 2:46	40:16 4:44	52:29 12:13	54:45 2:16	56:13 1:28	59:43 3:30	1:03:32 3:49
	177	Silvarrey Oreiro, Ma GALLAECIA_RAID a	en tarj.	2:35 2:35 35:00 2:18	5:17 2:42 37:01 2:01	9:28 4:11 41:45 4:44	10:23 0:55 43:13 1:28	12:17 1:54 ----- 0:30	14:06 1:49 43:43 0:30	18:39 4:33	20:12 1:33	21:17 1:05	----- 7:57	29:14 0:38	29:52 1:38	31:30 1:38	32:42 1:12
	300	Paz Arias, Pablo BRIGANTIA A Coruña	en tarj.	3:50 3:50 1:03:04 3:11	8:39 4:49 1:07:10 4:06	24:23 15:44 1:14:21 7:11	25:52 1:29 1:16:07 1:46	28:49 2:57 ----- 0:39	35:46 6:57 1:16:46 0:39	40:49 5:03	42:44 1:55	44:38 1:54	50:51 6:13	53:40 2:49	54:46 1:06	57:28 2:42	59:53 2:25
<b>Masculino 16 (14)</b>				<b>3,5 km 130 m</b>			<b>21 C</b>										
				1(91) 15(94)	2(31) 16(105)	3(73) 17(98)	4(90) 18(53)	5(87) 19(64)	6(50) 20(102)	7(74) 21(200)	8(101) Meta	9(97)	10(63)	11(42)	12(40)	13(78)	14(77)
1	79	Fernández Sánchez FLUVIAL_LUGO Lu	29:30	1:34 1:34 18:44 1:40	3:50 2:16 20:24 1:40	4:34 0:44 22:35 2:11	5:45 1:11 24:01 1:26	6:59 1:14 27:25 3:24	7:58 0:59 28:39 1:14	8:42 0:44 29:19 0:40	9:40 0:58 29:30 0:11	10:33 0:53	12:46 2:13	13:38 0:52	14:28 0:50	16:01 1:33	17:04 1:03
2	440	Lopez Gonzalez, Ja OPBZ Betanzos	33:09	1:57 1:57 19:46 1:57	4:04 2:07 21:31 1:45	4:51 0:47 23:51 2:20	5:58 1:07 25:32 1:41	7:29 1:31 31:06 5:34	8:25 0:56 32:27 1:21	9:10 0:45 32:53 0:26	10:09 0:59 33:09 0:16	10:47 0:38	13:45 2:58	14:48 1:03	15:47 0:59	16:39 0:52	17:49 1:10
3	32	Grimaldi Pérez, Yar AROMON Pontevedr	35:00	1:58 1:58 23:27 1:46	4:26 2:28 25:13 1:46	5:13 0:47 27:12 1:59	8:40 3:27 29:00 1:48	10:18 1:38 32:54 3:54	11:17 0:59 34:18 1:24	12:08 0:51 34:46 0:28	13:05 0:57	13:46 0:41	16:03 2:17	16:54 0:51	17:51 0:57	20:33 2:42	21:41 1:08
4	234	Álvarez Dacosta, Er TREVINCA O Barco	36:03	1:56 1:56 21:00 1:48	4:23 2:27 23:17 2:17	6:06 1:43 27:04 3:47	7:09 1:03 28:46 1:42	8:46 1:37 32:01 3:15	9:41 0:55 33:35 1:34	10:51 1:10 35:51 2:16	11:50 0:59	12:26 0:36	14:45 2:19	15:54 1:09	17:01 1:07	17:53 0:52	19:12 1:19
5	215	Serantes Abal, Eloi ADC_ARNELA Porto	36:15	1:55 1:55 23:01 1:57	4:44 2:49 25:03 2:02	5:28 0:44 28:34 3:31	7:11 1:43 30:29 1:55	9:41 2:30 34:11 3:42	10:53 1:12 35:33 1:22	12:03 1:10 36:01 0:28	13:16 1:13	13:57 0:41	16:51 2:54	17:58 1:07	18:57 0:59	19:43 0:46	21:04 1:21
6	250	Trigo Vázquez, Iago TREVINCA O Barco	37:17	2:23 2:23 22:51 1:51	4:59 2:36 25:07 2:16	5:49 0:50 27:43 2:36	7:00 1:11 29:26 1:43	9:12 2:12 35:14 5:48	10:08 0:56 36:32 1:18	11:08 1:00	12:40 1:32	13:20 0:40	17:17 3:57	18:01 0:44	19:07 1:06	19:46 0:39	21:00 1:14
7	457	Morales Jiménez, J LIMIACTIVA Xínzo d	41:52	2:10 2:10 23:27 2:10	4:34 2:24 25:58 2:31	5:28 0:54 30:03 4:05	6:41 1:13 32:09 2:06	9:33 2:52 39:30 7:21	10:41 1:08 40:57 1:27	11:38 0:57 41:34 0:37	12:50 1:12	13:41 0:51	16:23 2:42	17:45 1:22	18:49 1:04	19:53 1:04	21:17 1:24



os		rsal	Nombre	Tempo																			
<b>Masculino 21 A (10)</b>					<b>4,7 km 200 m</b>				<b>25 C</b>				<i>(cont.)</i>										
					1(100)	2(81)	3(82)	4(33)	5(32)	6(34)	7(37)	8(43)	9(104)	10(47)	11(70)	12(49)	13(44)	14(58)					
					15(48)	16(51)	17(71)	18(57)	19(72)	20(75)	21(60)	22(64)	23(55)	24(54)	25(200)	Meta							
6	450		Dobaño González, A LIMIACTIVA Xinzod	1:42:10	3:52	5:27	7:36	11:09	12:18	15:35	45:12	1:02:36	1:03:58	1:06:43	1:12:54	1:17:53	1:19:43	1:23:14					
					3:52	1:35	2:09	3:33	<b>1:09</b>	3:17	29:37	17:24	1:22	2:45	6:11	4:59	1:50	<b>3:31</b>					
					1:25:09	1:27:50	1:30:32	1:33:05	1:34:05	1:35:01	1:36:07	1:38:40	1:39:34	1:40:46	1:41:49	1:42:10		1:11:03					
					<b>1:55</b>	2:41	2:42	2:33	<b>1:00</b>	0:56	1:06	2:33	0:54	1:12	<b>1:03</b>	0:21		<b>*44</b>					
7	167		Pedre Vazquez, Man GALLAECIA_RAID a	2:18:16	4:00	6:15	21:00	25:07	26:46	50:16	55:25	1:00:28	1:03:02	1:16:11	1:21:36	1:25:28	1:27:01	1:41:24					
					4:00	2:15	14:45	4:07	1:39	23:30	5:09	5:03	2:34	13:09	5:25	3:52	1:33	14:23					
					1:44:18	1:47:33	1:50:00	1:53:51	1:54:59	1:58:15	1:59:46	2:14:54	2:15:44	2:16:51	2:17:57	2:18:16							
					2:54	3:15	2:27	3:51	1:08	3:16	1:31	15:08	0:50	1:07	1:06	0:19							
392			Feal Díaz, Néstor VIZHOJA-CORNELI	No sale																			
394			Fraga Ares, Hector MONTAÑA_FERROL	No sale																			
115			Viana Gonzalez, Iag FLUVIAL_LUGO Lu	No sale																			
<b>Masculino 21 B (14)</b>					<b>3,9 km 140 m</b>				<b>19 C</b>														
					1(83)	2(33)	3(32)	4(76)	5(41)	6(37)	7(47)	8(70)	9(49)	10(44)	11(58)	12(51)	13(71)	14(85)					
					15(72)	16(75)	17(60)	18(55)	19(200)	Meta													
1	66		Veiga Jalda, Martin AROMON Pontevedr	1:02:43	12:08	15:19	18:20	19:34	21:43	26:03	30:39	33:56	40:36	42:17	46:23	50:40	52:45	54:38					
					12:08	3:11	3:01	1:14	2:09	4:20	4:36	3:17	6:40	1:41	4:06	4:17	2:05	1:53					
					55:28	<b>56:21</b>	<b>58:23</b>	<b>1:00:39</b>	<b>1:02:29</b>	<b>1:02:43</b>													
					0:50	<b>0:53</b>	2:02	2:16	1:50	<b>0:14</b>													
2	151		López Vázquez, Jes GALLAECIA_RAID a	1:05:47	5:20	10:49	12:53	14:28	16:50	20:37	26:08	29:23	<b>30:32</b>	<b>32:35</b>	<b>39:46</b>	<b>44:56</b>	<b>47:04</b>	<b>49:09</b>					
					5:20	5:29	2:04	1:35	2:22	3:47	5:31	3:15	1:09	2:03	7:11	5:10	2:08	2:05					
					<b>50:11</b>	58:04	59:35	1:03:30	1:05:25	1:05:47													
					1:02	7:53	1:31	3:55	1:55	0:22													
3	251		Vazquez Fernandez TREVINCA O Barco	1:05:54	5:44	9:23	10:43	13:08	14:30	<b>18:06</b>	<b>24:08</b>	<b>26:45</b>	37:50	40:23	45:10	48:50	51:19	53:10					
					5:44	3:39	<b>1:20</b>	2:25	<b>1:22</b>	<b>3:36</b>	6:02	<b>2:37</b>	11:05	2:33	4:47	<b>3:40</b>	2:29	1:51					
					54:29	1:00:35	1:01:51	1:04:04	1:05:37	1:05:54													
					1:19	6:06	<b>1:16</b>	2:13	<b>1:33</b>	0:17													
4	527		Alonso Carrasco, Mi BG Vilalba	1:12:38	6:16	9:07	11:00	12:11	13:54	26:46	33:02	39:14	40:18	42:04	46:02	55:31	57:23	59:11					
					6:16	<b>2:51</b>	1:53	1:11	1:43	12:52	6:16	6:12	<b>1:04</b>	1:46	3:58	9:29	<b>1:52</b>	<b>1:48</b>					
					1:00:11	1:07:11	1:08:36	1:10:26	1:12:20	1:12:38													
					1:00	7:00	1:25	<b>1:50</b>	1:54	0:18													
5	395		López Allegue, Jaim VIZHOJA-CORNELI	1:28:48	4:06	20:44	22:34	25:28	27:34	33:17	37:33	40:40	41:49	43:28	50:44	58:19	1:01:57	1:05:51					
					4:06	16:38	1:50	2:54	2:06	5:43	4:16	3:07	1:09	1:39	7:16	7:35	3:38	3:54					
					1:06:35	1:07:57	1:23:22	1:26:02	1:28:33	1:28:48													
					<b>0:44</b>	1:22	15:25	2:40	2:31	0:15													
6	64		Veiga Bugallo, Fran AROMON Pontevedr	1:32:48	24:18	36:11	38:21	40:51	42:55	49:20	54:47	59:12	1:00:31	1:02:45	1:09:11	1:15:35	1:18:15	1:21:47					
					24:18	11:53	2:10	2:30	2:04	6:25	5:27	4:25	1:19	2:14	6:26	6:24	2:40	3:32					
					1:23:18	1:24:33	1:27:13	1:29:58	1:32:30	1:32:48													
					1:31	1:15	2:40	2:45	2:32	0:18													
778			Chamorro García, A AROMON Pontevedr	en tarj.	14:43	18:48	24:38	26:37	28:39	1:18:45	1:26:12	1:32:58	1:34:42	1:36:06	1:43:21	----	1:56:41	2:00:08					
					14:43	4:05	5:50	1:59	2:02	50:06	7:27	6:46	1:44	1:24	7:15	----	13:20	3:27					
					2:01:15	2:02:46	2:04:51	2:06:32	2:08:07	2:08:28													
					1:07	1:31	2:05	1:41	1:35	0:21													
238			Camba Rodríguez, TREVINCA O Barco	andona	<b>3:00</b>	<b>5:56</b>	<b>7:33</b>	<b>9:02</b>	<b>10:39</b>	----	----	----	----	----	----	----	----	----					
					<b>3:00</b>	2:56	1:37	1:29	1:37														
					----	----	----	----	----	1:19:40													
					----	----	----	----	----	1:09:01													
521			Rodríguez Fernand COCO A Coruña	andona	5:12	9:57	11:40	12:48	19:11	35:25	38:27	44:13	54:29	55:47	59:18	----	----	1:20:51					
					5:12	4:45	1:43	<b>1:08</b>	6:23	16:14	<b>3:02</b>	5:46	10:16	<b>1:18</b>	<b>3:31</b>	----	----	21:33					
					----	----	----	----	1:27:18	1:27:38													
					----	----	----	----	6:27	0:20													
584			Rodríguez Gonzálea PEDROSA_ORRO	andona	9:07	20:53	24:57	28:24	33:47	1:29:33	----	----	----	----	----	----	----	----					
					9:07	11:46	4:04	3:27	5:23	55:46													
					----	----	----	----	----	2:06:45													
					----	----	----	----	----	37:12													
84			Freire Fernández, J FLUVIAL_LUGO Lu	andona	5:42	41:52	43:27	46:32	1:01:37	----	----	----	----	----	----	----	----	----					
					5:42	36:10	1:35	3:05	15:05														
					----	----	----	----	----														
75			Fernández Martínez FLUVIAL_LUGO Lu	andona	4:00	----	----	----	----	----	----	----	----	----	----	----	----	----					
					4:00																		
					----	----	----	----	----														
470			Pena, Daniel ROBALIZA Cambre	No sale																			
468			Iglesias Muñiz, Carl ROBALIZA Cambre	No sale																			

















os		rsal	Nombre	Tempo															
<b>Iniciación Corta (30)</b>					<b>2,6 km 60 m</b>		<b>13 C</b>		<i>(cont.)</i>										
					1(93)	2(94)	3(66)	4(40)	5(42)	6(78)	7(77)	8(98)	9(53)	10(95)	11(69)	12(102)	13(200)	Meta	
837	<b>Bandín Lorenzo, Ja</b>	<b>en tarj.</b>	<b>ROBALIZA Cambre</b>	14:05 14:05	----- 1:35:03 *200	29:38 15:33	35:56 6:18	39:57 4:01	47:18 7:21	57:45 10:27	1:04:03 6:18	1:17:04 13:01	1:21:02 3:58	1:27:41 6:39	1:32:31 4:50	1:34:56 2:25	1:36:14 1:18		
827	<b>Carpio Fernández,</b>	<b>andona</b>	<b>FLUVIAL_LUGO Lu</b>	6:23 6:23	7:54 1:31	11:15 3:21	18:24 7:09	20:51 2:27	23:51 3:00	27:45 3:54	-----	-----	-----	-----	-----	-----	-----		
586	<b>Lamela Belver, Estr</b>	<b>No sale</b>	<b>FLUVIAL_LUGO Lu</b>																
833	<b>Rodríguez Díaz, Sir</b>	<b>No sale</b>	<b>INDEP Abadín</b>																
587	<b>Lamela Belver, Nuri</b>	<b>No sale</b>	<b>FLUVIAL_LUGO Lu</b>																
<b>Iniciación Longa (38)</b>					<b>3,4 km 100 m</b>		<b>19 C</b>												
					1(62)	2(94)	3(77)	4(78)	5(42)	6(63)	7(97)	8(101)	9(74)	10(50)	11(67)	12(87)	13(95)	14(53)	
					15(98)	16(105)	17(69)	18(102)	19(200)	Meta									
1	<b>838 Martínez Montesino,</b>	<b>33:44</b>	<b>INDEP Abadín</b>	2:48 2:48 27:17 2:12	4:30 1:42 29:06 1:49	6:17 1:47 31:21 2:15	7:31 1:14 32:44 1:23	8:54 1:23 33:27 0:43	9:45 0:51 33:44 0:17	15:18 5:33	16:04 0:46	17:20 1:16	18:33 1:13	19:53 1:20	21:24 1:31	24:07 2:43	25:05 0:58		
2	<b>811 Menendez Alonso,</b>	<b>41:57</b>	<b>INDEP Abadín</b>	2:37 31:37 1:35	4:27 36:46 5:09	6:17 39:36 2:50	7:41 41:06 1:30	8:43 41:40 0:34	10:26 41:57 0:17	14:07 3:41	15:15 1:08	16:35 1:20	18:11 1:36	20:46 2:35	24:37 3:51	28:59 4:22	30:02 1:03		
3	<b>821 Rodríguez Cagiao,</b>	<b>44:12</b>	<b>INDEP Abadín</b>	4:14 27:26 1:26	5:17 39:47 12:21	7:12 42:03 2:16	8:31 43:30 1:27	10:47 43:54 0:24	11:41 44:12 0:18	15:18 3:37	16:19 1:01	17:30 1:11	18:36 1:06	20:13 1:37	22:04 1:51	25:17 3:13	26:00 0:43		
4	<b>822 Losada Naviera, Fra</b>	<b>44:43</b>	<b>INDEP Abadín</b>	4:11 27:27 1:26	5:17 39:42 12:15	7:08 42:07 2:25	8:27 43:30 1:23	10:46 44:07 0:37	11:38 44:43 0:36	15:43 4:05	16:25 0:42	17:32 1:07	18:37 1:05	20:14 1:37	22:07 1:53	25:17 3:10	26:01 0:44		
5	<b>826 Martínez Ortega, En</b>	<b>47:57</b>	<b>INDEP Abadín</b>	2:21 34:43 1:54	3:50 37:33 2:50	6:12 45:02 7:29	7:59 46:32 1:30	9:17 47:41 1:09	10:21 47:57 0:16	17:06 6:45	18:19 1:13	20:13 1:54	22:12 1:59	23:45 1:33	25:37 1:52	32:00 6:23	32:49 0:49		
6	<b>832 García Couce, Anto</b>	<b>48:02</b>	<b>MONTAÑA_FERROL</b>	2:53 38:59 1:47	4:10 42:41 3:42	6:23 45:17 2:36	8:07 47:02 1:45	9:29 47:42 0:40	10:39 48:02 0:20	21:41 11:02	22:47 1:06	24:42 1:55	26:58 2:16	28:57 1:59	31:20 2:23	35:53 4:33	37:12 1:19		
7	<b>818 Gonzalez García-gil</b>	<b>48:21</b>	<b>INDEP Abadín</b>	2:29 35:20 1:57	3:52 37:54 2:34	6:22 45:30 7:36	8:08 47:08 1:38	9:32 48:05 0:57	10:41 48:21 0:16	17:42 7:01	19:01 1:19	20:47 1:46	22:43 1:56	24:21 1:38	26:12 1:51	32:24 6:12	33:23 0:59		
8	<b>812 Sanchez Carrasco</b>	<b>51:10</b>	<b>INDEP Abadín</b>	3:16 39:50 1:58	5:20 43:26 3:36	9:29 46:56 3:30	11:28 49:13 2:17	12:50 50:47 1:34	14:13 51:10 0:23	21:56 7:43	22:57 1:01	24:37 1:40	26:32 1:55	28:06 1:34	29:52 1:46	36:45 6:53	37:52 1:07		
9	<b>816 Donoso Blanco, Bo</b>	<b>51:36</b>	<b>INDEP Abadín</b>	2:13 42:49 2:31	3:44 46:53 4:04	6:03 48:53 2:00	7:39 50:32 1:39	8:42 51:15 0:43	11:47 51:36 0:21	17:25 5:38	18:50 1:25	20:42 1:52	22:05 1:23	34:58 12:53	36:20 1:22	39:00 2:40	40:18 1:18		
9	<b>810 Cascales Abellán, J</b>	<b>51:36</b>	<b>INDEP Abadín</b>	2:45 38:23 2:18	4:27 43:29 5:06	7:11 47:04 3:35	9:19 49:23 2:19	12:24 50:35 1:12	13:38 51:36 1:01	19:37 5:59	21:12 1:35	23:19 2:07	24:59 1:40	27:08 2:09	30:23 3:15	34:14 3:51	36:05 1:51		
11	<b>808 Mena Barcelona, Mó</b>	<b>52:10</b>	<b>INDEP Abadín</b>	4:19 40:49 2:03	8:09 44:26 3:37	10:55 47:57 3:31	12:52 50:14 2:17	14:17 51:45 1:31	15:41 52:10 0:25	22:55 7:14	24:02 1:07	26:12 2:10	27:54 1:42	29:11 1:17	31:06 1:55	37:30 6:24	38:46 1:16		
12	<b>819 Pardo Rodríguez, L</b>	<b>53:14</b>	<b>INDEP Abadín</b>	2:58 40:25 2:17	4:37 45:25 5:00	7:48 48:53 3:28	10:17 51:19 2:26	14:34 52:24 1:05	15:49 53:14 0:50	21:49 6:00	23:15 1:26	25:29 2:14	27:06 1:37	29:12 2:06	32:37 3:25	36:22 3:45	38:08 1:46		
13	<b>830 Fariña Barreiro, Lui</b>	<b>54:12</b>	<b>LIMIATIVA Xinzo d</b>	5:36 42:59 1:46	6:59 47:25 4:26	10:11 51:09 3:44	11:44 53:12 2:03	13:49 53:50 0:38	16:11 54:12 0:22	23:51 7:40	24:55 1:04	27:05 2:10	28:41 1:36	30:14 1:33	36:25 6:11	39:51 3:26	41:13 1:22		
14	<b>369 Piñeiro Varela, Tere</b>	<b>57:04</b>	<b>ARTABROS A Coruñ</b>	5:47 45:10 2:22	8:17 49:15 4:05	12:34 52:01 2:46	15:33 55:58 3:57	17:50 56:47 0:49	19:42 57:04 0:17	27:17 7:35	28:54 1:37	30:56 2:02	32:39 1:43	34:13 1:34	41:22 3:18	42:48 1:26			
15	<b>820 García Pardavila, Sa</b>	<b>1:00:37</b>	<b>INDEP Abadín</b>	5:05 47:03 2:45	7:10 52:25 5:22	10:57 55:47 3:22	14:06 58:43 2:56	16:29 1:00:02 1:19	17:54 1:00:37 0:35	26:37 8:43	28:41 2:04	31:00 2:19	32:59 1:59	35:17 2:18	37:45 2:28	42:26 4:41	44:18 1:52		



os	rsal	Nombre	Tiempo														
<b>Iniciación Longa (38)</b>				<b>3,4 km 100 m</b>		<b>19 C</b>		<b>(cont.)</b>									
				1(62) 15(98)	2(94) 16(105)	3(77) 17(69)	4(78) 18(102)	5(42) 19(200)	6(63) Meta	7(97)	8(101)	9(74)	10(50)	11(67)	12(87)	13(95)	14(53)
16	356	García Sánchez, Alé ARTABROS A Coruñ	1:03:56	9:32 9:32 51:44 3:10	11:21 1:49 56:28 4:44	15:32 4:11 59:47 3:19	19:12 3:40 1:02:21 2:34	21:31 2:19 1:03:39 1:18	23:24 1:53 1:03:56 0:17	30:49 7:25	32:55 2:06	35:09 2:14	37:09 2:00	39:32 2:23	41:58 2:26	46:41 4:43	48:34 1:53
17	280	Casal Montero, Anto BRIGANTIA A Coruñ	1:04:07	7:50 7:50 48:06 3:29	9:06 1:16 56:09 8:03	12:35 3:29 1:00:30 4:21	15:01 2:26 1:03:06 2:36	17:19 2:18 1:03:50 0:44	21:35 4:16 1:04:07 0:17	28:08 6:33	29:51 1:43	31:48 1:57	33:48 2:00	36:25 2:37	38:37 2:12	42:51 4:14	44:37 1:46
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