

Pos	Dorsal	Nombre	Tiempo													
Masculino 15 (2)																
				22,0 km 318 m			19 C									
				1(31)	2(32)	3(33)	4(36)	5(38)	6(37)	7(42)	8(45)	9(44)	10(47)	11(49)	12(51)	13(55) 14(61)
				15(56)	16(43)	17(41)	18(39)	19(58)	Meta							
1	8000	Miguel Velle Perez Betanzos OP BETAN	2:33:47	7:40	11:01	16:27	27:38	42:08	49:12	57:57	1:04:12	1:15:26	1:22:28	1:26:37	1:32:56	1:38:18 1:49:58
				7:40	3:21	5:26	11:11	14:30	7:04	8:45	6:15	11:14	7:02	4:09	6:19 5:22	11:40
				1:58:08	2:01:29	2:12:11	2:29:46	2:32:30	2:33:47		21:20	40:56	44:40	53:24	1:11:23 1:11:40	
				8:10	3:21	10:42	17:35	2:44	1:17		*34	*65	*65	*38	*56 *56	
2	7820	Izan Rodriguez Diaz LUGO COMPÁS	3:24:03	12:06	16:50	21:13	31:18	43:17	55:05	1:22:13	1:36:30	1:45:10	1:55:39	2:02:30	2:08:11 2:14:19 2:22:29	
				12:06	4:44	4:23	10:05	11:59	11:48	27:08	14:17	8:40	10:29	6:51 5:41	6:08 8:10	
				2:39:47	2:45:01	2:52:34	3:20:28	3:22:50	3:24:03		47:34					
				17:18	5:14	7:33	27:54	2:22	1:13		*65					
Elite (12)																
				26,0 km 500 m			21 C									
				1(31)	2(33)	3(37)	4(65)	5(42)	6(45)	7(44)	8(46)	9(48)	10(49)	11(63)	12(54) 13(57) 14(55)	
				15(59)	16(63)	17(64)	18(66)	19(42)	20(39)	21(58)	Meta					
1	4662	Ángel García García A Coruña BRIGANTIA	1:21:22	3:37	7:13	12:50	15:32	19:51	23:58	26:38	29:47	32:50	36:32	39:57	43:59 47:58 52:02	
				3:37	3:36	5:37	2:42	4:19	4:07	2:40	3:09	3:03	3:42	3:25	4:02 3:59 4:04	
				54:29	59:26	1:03:31	1:09:27	1:13:10	1:18:29	1:20:30	1:21:22		38:58	1:16:59		
				2:27	4:57	4:05	5:56	3:43	5:19	2:01	0:52		*47	*40		
2	4450	Felipe Peña Pita Culleredo GALLAECI	1:31:31	4:07	8:22	14:24	17:49	22:39	27:06	29:47	33:06	39:15	42:24	46:35	51:09 55:23 59:36	
				4:07	4:15	6:02	3:25	4:50	4:27	2:41	3:19	6:09	3:09	4:11	4:34 4:14 4:13	
				1:02:14	1:06:56	1:11:52	1:18:36	1:22:33	1:28:22	1:30:30	1:31:31		45:35	1:26:48		
				2:38	4:42	4:56	6:44	3:57	5:49	2:08	1:01		*47	*40		
3	4617	Martín Casado Núñez Betanzos OP BETAN	1:33:41	4:02	8:32	14:12	18:00	22:47	26:58	29:46	33:06	36:40	39:49	43:58	48:57 54:40 1:01:34	
				4:02	4:30	5:40	3:48	4:47	4:11	2:48	3:20	3:34	3:09	4:09	4:59 5:43 6:54	
				1:03:54	1:09:01	1:13:37	1:20:34	1:24:32	1:31:08	1:32:53	1:33:41		42:52	48:13		
				2:20	5:07	4:36	6:57	3:58	6:36	1:45	0:48		*47	*53		
4	4633	Alberto Taboada Pini Betanzos OP BETAN	1:38:18	2:48	7:12	15:27	18:48	23:15	27:26	29:58	33:21	41:04	43:39	49:32	54:31 59:55 1:04:21	
				2:48	4:24	8:15	3:21	4:27	4:11	2:32	3:23	7:43	2:35	5:53	4:59 5:24 4:26	
				1:06:28	1:11:15	1:15:53	1:22:16	1:28:57	1:35:14	1:37:15	1:38:18		48:26	54:04		
				2:07	4:47	4:38	6:23	6:41	6:17	2:01	1:03		*47	*53		
5	4580	Ramón Fernández Tr Porto do Son ADC_A	1:42:05	4:11	7:59	13:44	16:29	22:46	26:49	29:25	32:30	41:20	44:55	49:53	55:13 1:00:30 1:05:50	
				4:11	3:48	5:45	2:45	6:17	4:03	2:36	3:05	8:50	3:35	4:58	5:20 5:17 5:20	
				1:08:02	1:14:07	1:19:52	1:27:13	1:32:32	1:39:11	1:41:11	1:42:05		48:29	1:37:16		
				2:12	6:05	5:45	7:21	5:19	6:39	2:00	0:54		*47	*40		
6	4434	Marcos Muíño García Culleredo GALLAECI	1:46:01	4:21	8:55	16:21	21:37	27:08	32:02	35:25	39:45	43:40	47:15	52:11	57:43 1:04:39 1:10:07	
				4:21	4:34	7:26	5:16	5:31	4:54	3:23	4:20	3:55	3:35	4:56	5:32 6:56 5:28	
				1:13:09	1:18:45	1:23:26	1:30:51	1:35:24	1:43:10	1:45:06	1:46:01		50:53	56:53		
				3:02	5:36	4:41	7:25	4:33	7:46	1:56	0:55		*47	*53		
7	4302	Diego Fernandez Ari LUGO FLUVIAL_LUG	2:09:41	4:49	9:23	17:18	23:58	29:44	34:53	38:40	44:20	58:05	1:02:11	1:08:17	1:16:09 1:21:29 1:28:04	
				4:49	4:34	7:55	6:40	5:46	5:09	3:47	5:40	13:45	4:06	6:06	7:52 5:20 6:35	
				1:30:39	1:36:43	1:43:00	1:51:30	1:56:35	2:06:07	2:08:29	2:09:41		51:25	51:48	1:06:20 2:03:50	
				2:35	6:04	6:17	8:30	5:05	9:32	2:22	1:12		*47	*47	*47 *40	
8	4604	Eloi Serantes Abal Porto do Son ADC_A	2:11:09	4:19	8:58	17:03	20:33	26:23	31:06	34:34	39:05	44:02	47:56	54:10	1:00:24 1:07:56 1:16:01	
				4:19	4:39	8:05	3:30	5:50	4:43	3:28	4:31	4:57	3:54	6:14	6:14 7:32 8:05	
				1:18:42	1:25:00	1:36:40	1:46:51	1:58:34	2:07:28	2:10:06	2:11:09		2:04:54			
				2:41	6:18	11:40	10:11	11:43	8:54	2:38	1:03		*40			
9	4582	Julio Lagos Carrera Porto do Son ADC_A	2:18:38	5:04	10:10	18:19	22:43	30:06	35:27	38:51	43:49	53:30	57:47	1:03:14	1:10:13 1:18:31 1:25:23	
				5:04	5:06	8:09	4:24	7:23	5:21	3:24	4:58	9:41	4:17	5:27	6:59 8:18 6:52	
				1:33:38	1:40:54	1:48:27	1:58:39	2:05:39	2:14:55	2:17:23	2:18:38		1:01:53	1:04:59	2:12:25	
				8:15	7:16	7:33	10:12	7:00	9:16	2:28	1:15		*47	*47	*40	

Pos Dorsal Nombre Tiempo

Elite (12)		26,0 km 500 m			21 C		(cont.)								
		1(31)	2(33)	3(37)	4(65)	5(42)	6(45)	7(44)	8(46)	9(48)	10(49)	11(63)	12(54)	13(57)	14(55)
		15(59)	16(63)	17(64)	18(66)	19(42)	20(39)	21(58)	Meta						
7699	Yago Fernández Oberen tarj. Betanzos OP BETANZOS	3:50	7:22	13:29	-----	19:48	23:39	25:59	29:22	34:32	37:08	40:58	-----	49:30	53:17
		3:50	3:32	6:07		6:19	3:51	2:20	3:23	5:10	2:36	3:50		8:32	3:47
		56:01	1:00:56	1:05:37	1:15:32	1:21:46	-----	1:27:23	1:28:04		16:19	39:49	44:47	45:04	1:25:25
		2:44	4:55	4:41	9:55	6:14		5:37	0:41		*38	*47	*53	*53	*40
4625	Mario López González Betanzos OP BETANZOS	3:43	7:23	13:08	16:56	21:34	25:56	28:44	32:15	38:52	42:29	47:32	53:08	59:02	1:04:21
		3:43	3:40	5:45	3:48	4:38	4:22	2:48	3:31	6:37	3:37	5:03	5:36	5:54	5:19
		1:08:53	1:15:10	1:20:32	1:30:38	-----	-----	1:39:51	1:41:08		48:53				
		4:32	6:17	5:22	10:06			9:13	1:17		*47				
4828	Gonzalo Fernández Nigrán RAZAPALLEI	3:59	8:15	15:24	19:40	25:29	30:31	33:20	36:48	40:33	44:06	49:00	55:49	1:01:46	-----
		3:59	4:16	7:09	4:16	5:49	5:02	2:49	3:28	3:45	3:33	4:54	6:49	5:57	
		1:08:48	1:14:08	1:22:04	1:29:21	1:34:18	1:41:39	1:44:01	1:45:15		51:51	1:39:14			
		7:02	5:20	7:56	7:17	4:57	7:21	2:22	1:14		*47	*40			

Masculino 21 (4)			25,2 km 470 m							21 C							
			1(31)	2(33)	3(36)	4(37)	5(65)	6(42)	7(45)	8(56)	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)	
			15(64)	16(43)	17(42)	18(41)	19(40)	20(39)	21(58)	Meta							
1	4741	Alejandro Barros Fontedeume MONTB	1:35:30	4:15	8:41	14:07	18:28	21:58	29:51	35:12	38:43	43:03	45:55	50:27	56:17	1:01:18	1:05:23
				4:15	4:26	5:26	4:21	3:30	7:53	5:21	3:31	4:20	2:52	4:32	5:50	5:01	4:05
				1:10:02	1:16:57	1:20:16	1:28:18	1:29:51	1:32:33	1:34:35	1:35:30						
				4:39	6:55	3:19	8:02	1:33	2:42	2:02	0:55						
2	6930	Ruben Leira Rey Pontedeume MONTB	2:00:11	5:05	11:01	20:08	25:21	29:25	38:35	44:35	49:14	55:26	58:42	1:04:08	1:10:39	1:17:39	1:23:26
				5:05	5:56	9:07	5:13	4:04	9:10	6:00	4:39	6:12	3:16	5:26	6:31	7:00	5:47
				1:28:49	1:37:20	1:42:02	1:51:07	1:53:10	1:55:39	1:58:53	2:00:11						
				5:23	8:31	4:42	9:05	2:03	2:29	3:14	1:18						
4525		Diego De La Torre H Bandona Barco de Valdeor OLA		5:18	10:08	16:29	22:24	26:40	35:43	41:38	52:39	58:32	1:11:03	1:18:23	1:26:54	1:38:54	1:46:27
				5:18	4:50	6:21	5:55	4:16	9:03	5:55	11:01	5:53	12:31	7:20	8:31	12:00	7:33
				1:55:55	2:05:38	-----	-----	-----	-----	-----							
				9:28	9:43												
4447		Daniel Pena Barro Culleredo GALLAECI		5:56	12:15	19:56	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				5:56	6:19	7:41											
				-----	-----	-----	-----	-----	-----								

Masculino 40 (8)			25,2 km 470 m			21 C											
			1(31)	2(33)	3(36)	4(37)	5(65)	6(42)	7(45)	8(56)	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)	
			15(64)	16(43)	17(42)	18(41)	19(40)	20(39)	21(58)	Meta							
1	6870	Lucas Freire Lage Culleredo GALLAECI	1:34:32	4:26	8:39	14:26	18:26	21:42	26:54	31:17	34:32	38:47	41:39	47:57	53:09	57:49	1:01:45
				4:26	4:13	5:47	4:00	3:16	5:12	4:23	3:15	4:15	2:52	6:18	5:12	4:40	3:56
			1:07:34	1:14:26	1:17:53	1:25:01	1:28:04	1:30:43	1:33:12	1:34:32		1:33:32					
			5:49	6:52	3:27	7:08	3:03	2:39	2:29	1:20		*58					
2	4477	Iván Somoza Argibay Culleredo GALLAECI	1:44:48	4:18	8:54	20:33	24:51	29:24	34:42	40:16	44:15	49:22	52:44	56:55	1:02:50	1:07:55	1:12:02
				4:18	4:36	11:39	4:18	4:33	5:18	5:34	3:59	5:07	3:22	4:11	5:55	5:05	4:07
			1:17:40	1:24:56	1:29:24	1:37:32	1:39:23	1:41:40	1:43:49	1:44:48							
			5:38	7:16	4:28	8:08	1:51	2:17	2:09	0:59							
3	4587	Joaquín Oujo Ageito Porto do Son ADC_A	1:45:00	4:02	8:06	14:51	20:11	23:16	28:18	32:55	36:27	42:14	44:44	53:22	1:00:31	1:06:48	1:10:36
				4:02	4:04	6:45	5:20	3:05	5:02	4:37	3:32	5:47	2:30	8:38	7:09	6:17	3:48
			1:14:51	1:21:54	1:24:45	1:31:55	1:35:15	1:41:23	1:43:52	1:45:00		48:40					
			4:15	7:03	2:51	7:10	3:20	6:08	2:29	1:08		*47					

Pos Dorsal Nombre			Tiempo														
Masculino 40 (8)			25,2 km 470 m		21 C		(cont.)										
			1(31) 15(64)	2(33) 16(43)	3(36) 17(42)	4(37) 18(41)	5(65) 19(40)	6(42) 20(39)	7(45) 21(58)	8(56) Meta	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)	
4	4793	Roberto Amarelle Ga LUGO COMPÁS	1:46:24	4:40	8:53	16:19	20:45	25:00	34:37	39:14	42:53	47:17	50:18	55:38	1:01:20	1:07:15	1:11:13
			4:40	4:13	7:26	4:26	4:15	9:37	4:37	3:39	4:24	3:01	5:20	5:42	5:55	3:58	
			1:20:17	1:26:53	1:30:16	1:38:32	1:40:37	1:42:55	1:45:17	1:46:24							
5	4432	Alberto Morlán Otero Culleredo GALLAECI	1:50:09	9:04	6:36	3:23	8:16	2:05	2:18	2:22	1:07						
			4:22	8:49	13:55	21:17	31:39	37:10	42:30	46:02	50:32	1:00:14	1:04:48	1:10:22	1:16:03	1:20:12	
			4:22	4:27	5:06	7:22	10:22	5:31	5:20	3:32	4:30	9:42	4:34	5:34	5:41	4:09	
6	4773	Pablo Castedo Lópe A Coruña LICEO	2:10:18	1:25:13	1:31:42	1:34:38	1:41:35	1:44:06	1:46:28	1:49:05	1:50:09						
			5:01	6:29	2:56	6:57	2:31	2:22	2:37	1:04							
			8:36	14:39	22:36	28:28	34:17	41:29	48:23	53:06	1:00:09	1:04:52	1:12:04	1:18:59	1:24:17	1:28:52	
4451	Alberto Perez Seijas Culleredo GALLAECI	r en tarj.	8:36	6:03	7:57	5:52	5:49	7:12	6:54	4:43	7:03	4:43	7:12	6:55	5:18	4:35	
			1:37:34	1:46:08	1:49:45	2:00:10	2:02:56	2:05:48	2:08:53	2:10:18							
			8:42	8:34	3:37	10:25	2:46	2:52	3:05	1:25							
4359	Julen Andollo De Co Culleredo GALLAECI	r en tarj.	4:21	9:06	-----	17:16	21:02	27:15	33:04	36:59	41:50	44:59	49:33	56:43	1:02:09	1:06:22	
			4:21	4:45		8:10	3:46	6:13	5:49	3:55	4:51	3:09	4:34	7:10	5:26	4:13	
			1:11:43	1:19:57	1:24:09	1:32:16	1:34:23	1:38:10	1:40:21	1:41:22							
4359	Julen Andollo De Co Culleredo GALLAECI	r en tarj.	5:21	8:14	4:12	8:07	2:07	3:47	2:11	1:01							
			8:57	14:07	23:03	28:05	-----	39:00	44:03	48:02	57:30	1:00:48	1:05:56	1:12:55	1:23:35	1:27:55	
			8:57	5:10	8:56	5:02		10:55	5:03	3:59	9:28	3:18	5:08	6:59	10:40	4:20	
			1:33:51	1:45:10	1:48:31	-----	1:54:53	1:57:22	2:00:12	2:01:28		33:37					
			5:56	11:19	3:21		6:22	2:29	2:50	1:16		*38					
Masculino 50 (9)			23,0 km 430 m		19 C												
			1(31) 15(43)	2(33) 16(42)	3(37) 17(41)	4(65) 18(39)	5(42) 19(58)	6(45) Meta	7(48)	8(49)	9(53)	10(60)	11(57)	12(59)	13(61)	14(64)	
1	4615	David Casado Bravo Betanzos OP BETANÍ	1:31:28	4:47	9:10	15:50	19:46	25:07	30:27	37:45	41:24	46:25	48:43	51:49	56:31	1:00:43	1:06:33
			4:47	4:23	6:40	3:56	5:21	5:20	7:18	3:39	5:01	2:18	3:06	4:42	4:12	5:50	
			1:12:59	1:16:50	1:24:19	1:27:39	1:30:21	1:31:28									
2	4316	Jose Manuel Nogue Betanzos OP BETANÍ	1:34:21	6:26	3:51	7:29	3:20	2:42	1:07								
			4:08	8:25	15:15	18:52	23:56	28:49	37:29	40:57	47:31	50:04	53:45	1:01:28	1:05:35	1:10:33	
			4:08	4:17	6:50	3:37	5:04	4:53	8:40	3:28	6:34	2:33	3:41	7:43	4:07	4:58	
3	4357	Enrique Luis Álvarez Culleredo GALLAECI	1:46:05	1:17:29	1:20:53	1:28:17	1:31:30	1:33:30	1:34:21								
			6:56	3:24	7:24	3:13	2:00	0:51									
			5:59	10:57	19:13	23:28	29:05	35:27	48:10	52:05	57:14	59:50	1:02:54	1:07:23	1:11:22	1:19:31	
4	4618	Roberto Chas Góme Betanzos OP BETANÍ	1:51:35	5:59	4:58	8:16	4:15	5:37	6:22	12:43	3:55	5:09	2:36	3:04	4:29	3:59	8:09
			1:26:30	1:30:14	1:39:38	1:43:05	1:45:13	1:46:05		58:59							
			6:59	3:44	9:24	3:27	2:08	0:52		*55							
5	4796	José Manuel Fernán LUGO COMPÁS	1:53:12	4:05	9:04	19:24	26:48	33:20	39:28	46:54	52:39	59:49	1:02:01	1:05:07	1:14:15	1:18:40	1:25:34
			4:05	4:59	10:20	7:24	6:32	6:08	7:26	5:45	7:10	2:12	3:06	9:08	4:25	6:54	
			1:32:44	1:36:21	1:44:25	1:48:12	1:50:28	1:51:35									
6	4442	Juan Patiño Varela Culleredo GALLAECI	1:54:02	7:10	3:37	8:04	3:47	2:16	1:07								
			4:25	9:35	17:33	22:27	28:51	34:24	43:55	49:00	55:23	57:48	1:02:19	1:08:02	1:12:48	1:19:50	
			4:25	5:10	7:58	4:54	6:24	5:33	9:31	5:05	6:23	2:25	4:31	5:43	4:46	7:02	
			1:31:27	1:35:22	1:45:26	1:49:38	1:52:15	1:53:12									
			11:37	3:55	10:04	4:12	2:37	0:57									
			5:03	13:51	22:08	25:55	32:05	37:43	46:59	51:11	56:57	1:01:20	1:06:53	1:12:25	1:16:50	1:23:14	
			5:03	8:48	8:17	3:47	6:10	5:38	9:16	4:12	5:46	4:23	5:33	5:32	4:25	6:24	
			1:31:14	1:35:26	1:45:11	1:49:16	1:52:07	1:54:02		1:00:23							
			8:00	4:12	9:45	4:05	2:51	1:55		*55							

Pos Dorsal Nombre			Tiempo														
Masculino 50 (9)				23,0 km 430 m			19 C		(cont.)								
				1(31) 15(43)	2(33) 16(42)	3(37) 17(41)	4(65) 18(39)	5(42) 19(58)	6(45) Meta	7(48)	8(49)	9(53)	10(60)	11(57)	12(59)	13(61)	14(64)
7	4283	Santiago Riestra Go A Coruña ARTABROS	1:55:09	5:25	10:46	19:45	23:43	30:05	36:52	44:49	49:15	55:25	58:17	1:02:16	1:08:07	1:15:47	1:25:04
				5:25	5:21	8:59	3:58	6:22	6:47	7:57	4:26	6:10	2:52	3:59	5:51	7:40	9:17
				1:32:56	1:37:10	1:46:26	1:51:32	1:53:55	1:55:09		24:46						
8	4420	Antonio Javier López Culleredo GALLAECI	2:22:37	7:52	4:14	9:16	5:06	2:23	1:14		*38						
				4:53	11:18	19:10	29:36	35:12	42:47	1:09:56	1:14:47	1:20:06	1:22:55	1:28:10	1:37:58	1:43:20	1:53:44
				4:53	6:25	7:52	10:26	5:36	7:35	27:09	4:51	5:19	2:49	5:15	9:48	5:22	10:24
4516	Pablo Adrián Aller Es Barco de Valdeor OL	r en tarj.		2:01:35	2:05:37	2:14:18	2:18:04	2:21:15	2:22:37								
				7:51	4:02	8:41	3:46	3:11	1:22								
				9:12	17:11	35:04	47:49	1:01:02	1:10:31	1:24:16	1:35:18	1:47:38	1:52:19	-----	-----	1:57:34	-----
				9:12	7:59	17:53	12:45	13:13	9:29	13:45	11:02	12:20	4:41			5:15	
				2:19:15	-----	2:30:39	-----	-----									
				21:41		11:24											
Masculino 60 (3)				22,5 km 320 m			19 C										
				1(31) 15(64)	2(33) 16(43)	3(37) 17(41)	4(65) 18(39)	5(42) 19(58)	6(45) Meta	7(56)	8(63)	9(50)	10(51)	11(52)	12(57)	13(59)	14(61)
1	4820	Francisco Varela Lo LUGO COMPÁS	1:45:15	4:43	9:29	18:00	21:59	28:08	33:59	38:29	44:01	48:28	52:29	55:11	1:01:34	1:07:16	1:12:01
				4:43	4:46	8:31	3:59	6:09	5:51	4:30	5:32	4:27	4:01	2:42	6:23	5:42	4:45
				1:22:23	1:31:47	1:37:11	1:41:26	1:44:07	1:45:15		45:29						
2	4605	Camilo Serantes Mar Porto do Son ADC_A	2:08:28	10:22	9:24	5:24	4:15	2:41	1:08		*47						
				8:43	14:11	22:10	27:53	34:44	44:05	51:17	56:58	1:06:04	1:09:54	1:13:06	1:20:37	1:26:27	1:31:21
				8:43	5:28	7:59	5:43	6:51	9:21	7:12	5:41	9:06	3:50	3:12	7:31	5:50	4:54
4609	Jorge Victorero Rey Porto do Son ADC_A	andona		1:40:32	1:49:05	1:56:02	2:03:12	2:06:19	2:08:28		59:26	2:06:56					
				9:11	8:33	6:57	7:10	3:07	2:09		*47	*58					
				7:53	15:45	31:52	42:57	53:49	1:01:22	1:06:42	1:13:58	1:26:29	1:33:26	1:37:50	1:48:57	2:04:42	2:15:18
				7:53	7:52	16:07	11:05	10:52	7:33	5:20	7:16	12:31	6:57	4:24	11:07	15:45	10:36
				-----	-----	-----	-----	-----									
Feminino 20 (1)				24,0 km 350 m			21 C										
				1(32) 15(59)	2(33) 16(61)	3(34) 17(56)	4(36) 18(43)	5(37) 19(41)	6(42) 20(39)	7(45) 21(58)	8(44) Meta	9(46)	10(49)	11(63)	12(54)	13(60)	14(57)
1	4317	Sara Nogueiras Portc Betanzos OP BETAN	2:22:18	6:23	9:07	12:50	18:33	24:47	39:02	45:56	50:09	55:26	1:05:14	1:12:06	1:20:48	1:26:07	1:33:48
				6:23	2:44	3:43	5:43	6:14	14:15	6:54	4:13	5:17	9:48	6:52	8:42	5:19	7:41
				1:44:24	1:51:34	2:00:58	2:06:39	2:12:53	2:17:49	2:20:37	2:22:18		1:10:23				
				10:36	7:10	9:24	5:41	6:14	4:56	2:48	1:41		*47				
Feminino Élite (3)				25,2 km 470 m			21 C										
				1(31) 15(64)	2(33) 16(43)	3(36) 17(42)	4(37) 18(41)	5(65) 19(40)	6(42) 20(39)	7(45) 21(58)	8(56) Meta	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)
1	4620	María Del Mar Delgar Betanzos OP BETAN	1:26:24	4:14	8:28	14:28	18:25	21:57	26:57	31:46	35:02	39:14	42:00	45:56	49:45	54:44	58:22
				4:14	4:14	6:00	3:57	3:32	5:00	4:49	3:16	4:12	2:46	3:56	3:49	4:59	3:38
				1:02:57	1:08:37	1:11:28	1:18:33	1:20:03	1:22:45	1:25:26	1:26:24						
				4:35	5:40	2:51	7:05	1:30	2:42	2:41	0:58						

Pos Dorsal Nombre			Tiempo														
Feminino Élite (3)			25,2 km 470 m			21 C		(cont.)									
			1(31) 15(64)	2(33) 16(43)	3(36) 17(42)	4(37) 18(41)	5(65) 19(40)	6(42) 20(39)	7(45) 21(58)	8(56) Meta	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)	
2	4809	Sofía Martínez Góme LUGO COMPÁS	1:43:55	4:37 4:37 1:16:05	9:13 4:36 1:23:40	14:56 5:43 1:27:53	19:54 4:58 1:36:29	23:52 3:58 1:38:23	29:42 5:50 1:40:30	34:59 5:17 1:42:49	38:55 3:56 1:43:55	44:12 5:17	47:29 3:17	52:34 5:05	57:39 5:05	1:05:46 8:07	1:09:59 4:13
3	4678	Ana Varela Yáñez A Coruña BRIGANTIA	1:54:35	6:06 5:32 1:27:25	7:35 10:26 1:34:26	4:13 25:06 1:38:38	8:36 31:32 1:47:07	1:54 35:25 1:48:51	2:07 41:38 1:51:17	2:19 46:54 1:53:31	1:06 50:50 1:54:35	56:07 5:17	59:14 3:07	1:03:58 4:44	1:10:38 6:40	1:17:52 7:14	1:22:34 4:42
				4:51	7:01	4:12	8:29	1:44	2:26	2:14	1:04						
Feminino 21 (3)			24,0 km 350 m			21 C											
			1(32) 15(59)	2(33) 16(61)	3(34) 17(56)	4(36) 18(43)	5(37) 19(41)	6(42) 20(39)	7(45) 21(58)	8(44) Meta	9(46)	10(49)	11(63)	12(54)	13(60)	14(57)	
1	4456	Goretti Ramos Morac Culleredo GALLAECI	2:46:35	8:17 8:17 1:55:47	12:38 4:21 2:06:33	16:54 4:16 2:19:09	22:47 5:53 2:25:21	31:14 8:27 2:34:24	43:08 11:54 2:39:58	51:03 7:55 2:44:24	56:25 5:22 2:46:35	1:02:38 6:13	1:13:54 11:16	1:23:15 9:21	1:32:30 9:15	1:37:23 4:53	1:45:20 7:57
2	4453	Iria Pico Martínez Culleredo GALLAECI	3:24:42	10:27 6:23 6:23 2:05:39	10:46 9:43 3:20 2:11:40	12:36 15:07 5:24 2:41:01	6:12 24:06 8:59 2:47:19	9:03 33:18 9:12 2:55:20	5:34 46:30 13:12 3:18:07	4:26 54:21 7:51 3:22:27	2:11 1:01:45 7:24 3:24:42	1:08:06 6:21	1:19:08 11:02	1:27:17 8:09	1:38:15 10:58	1:43:48 5:33	1:55:10 11:22
				10:29	6:01	29:21	6:18	8:01	22:47	4:20	2:15						
4589 Nuria Oujo Míguez Porto do Son ADC_A			r en tarj.	5:12 5:12 1:50:39	8:22 3:10 1:58:48	11:25 3:03 2:11:20	27:22 15:57 2:18:06	35:02 7:40 2:25:17	50:03 15:01 2:31:21	58:28 8:25 2:34:50	1:03:10 4:42 2:37:11	1:08:18 5:08	1:18:15 9:57	----- 1:13:24	1:26:02 7:47	1:33:03 7:01	1:39:20 6:17
				11:19	8:09	12:32	6:46	7:11	6:04	3:29	2:21						
													*47	*53			
Feminino 40 (3)			23,0 km 430 m			19 C											
			1(31) 15(43)	2(33) 16(42)	3(37) 17(41)	4(65) 18(39)	5(42) 19(58)	6(45) Meta	7(48)	8(49)	9(53)	10(60)	11(57)	12(59)	13(61)	14(64)	
1	4236	Alicia Pérez Alonso Nigrán RAZA PALLEI	2:04:02	6:08 6:08 1:41:09	11:36 5:28 1:45:02	21:31 9:55 1:55:06	26:09 4:38 1:58:57	34:43 8:34 2:02:35	40:40 5:57 2:04:02	53:49 13:09	57:52 4:03	1:03:54 6:02	1:07:34 3:40	1:12:54 5:20	1:18:36 5:42	1:24:18 5:42	1:32:50 8:32
				8:19	3:53	10:04	3:51	3:38	1:27								
2	4585	Susana Míguez Sam Porto do Son ADC_A	2:43:51	5:53 5:53 2:15:37	11:41 5:48 2:20:26	41:17 29:36 2:33:27	47:33 6:16 2:38:50	55:39 8:06 2:42:07	1:02:45 7:06 2:43:51	1:17:34 14:49	1:22:26 4:52	1:30:56 8:30	1:34:02 3:06	1:40:59 6:57	1:50:17 9:18	1:56:37 6:20	2:06:12 9:35
				9:25	4:49	13:01	5:23	3:17	1:44								
3	4436	Paula Naya Mancebo Culleredo GALLAECI	3:00:24	6:07 6:07 2:19:52	12:11 6:04 2:27:26	24:38 12:27 2:43:58	32:27 7:49 2:52:27	41:39 9:12 2:57:25	49:45 8:06 3:00:24	1:08:45 19:00	1:13:23 4:38	1:21:27 8:04	1:25:17 3:50	1:30:42 5:25	1:40:51 10:09	1:48:19 7:28	2:09:14 20:55
				10:38	7:34	16:32	8:29	4:58	2:59			31:03	*38				

Pos Dorsal Nombre			Tiempo															
Feminino 50 (6)			22,5 km 320 m					19 C										
			1(31)	2(33)	3(37)	4(65)	5(42)	6(45)	7(56)	8(63)	9(50)	10(51)	11(52)	12(57)	13(59)	14(61)		
			15(64)	16(43)	17(41)	18(39)	19(58)	Meta										
1	4612	Maria Esther Barreira Betanzos OP BETANZI	2:24:20	7:32	14:24	24:38	31:54	41:25	47:40	52:16	1:00:56	1:09:49	1:16:19	1:28:25	1:35:05	1:43:36	1:49:16	
			7:32	6:52	10:14	7:16	9:31	6:15	4:36	8:40	8:53	6:30	12:06	6:40	8:31	5:40		
			1:58:29	2:10:55	2:16:40	2:20:51	2:23:10	2:24:20		1:02:50	2:12:35							
			9:13	12:26	5:45	4:11	2:19	1:10		*47	*66							
2	4257	Carla Veiga García Pontevedra AROMON	2:39:10	8:04	17:24	32:14	39:20	50:22	57:43	1:03:11	1:10:47	1:19:43	1:24:43	1:28:23	1:36:15	1:51:02	1:57:43	
			8:04	9:20	14:50	7:06	11:02	7:21	5:28	7:36	8:56	5:00	3:40	7:52	14:47	6:41		
			2:08:46	2:18:54	2:27:17	2:32:38	2:36:58	2:39:10		1:12:59								
			11:03	10:08	8:23	5:21	4:20	2:12		*47								
3	4232	Rosa Maria Paredes Pontevedra AROMON	2:41:37	8:24	15:15	26:20	33:18	41:46	48:51	55:06	1:02:51	1:12:33	1:18:33	1:23:10	1:33:38	1:44:13	1:51:48	
			8:24	6:51	11:05	6:58	8:28	7:05	6:15	7:45	9:42	6:00	4:37	10:28	10:35	7:35		
			2:02:56	2:12:18	2:21:55	2:33:10	2:36:49	2:41:37		1:05:15	2:38:31							
			11:08	9:22	9:37	11:15	3:39	4:48		*47	*58							
4	4324	Rosa Porto Vázquez Betanzos OP BETANZI	2:55:12	8:45	17:51	31:38	38:14	52:18	59:00	1:04:19	1:14:44	1:30:30	1:36:31	1:40:32	1:50:48	2:02:30	2:09:46	
			8:45	9:06	13:47	6:36	14:04	6:42	5:19	10:25	15:46	6:01	4:01	10:16	11:42	7:16		
			2:20:51	2:31:01	2:41:04	2:47:25	2:53:02	2:55:12		1:17:14	2:32:59							
			11:05	10:10	10:03	6:21	5:37	2:10		*47	*66							
4802	Sonia Gómez Naya LUGO COMPÁS	r en tarj.		5:34	11:05	20:04	-----	33:20	39:09	43:22	50:17	55:44	1:01:07	1:04:10	1:11:27	1:19:21	1:24:41	
				5:34	5:31	8:59		13:16	5:49	4:13	6:55	5:27	5:23	3:03	7:17	7:54	5:20	
			1:31:41	1:39:56	1:45:32	1:49:56	1:52:23	1:53:32		24:42	51:57							
			7:00	8:15	5:36	4:24	2:27	1:09		*38	*47							
4433	Paulina Andrea Mosquera Culleredo GALLAECIA	r en tarj.		6:57	13:07	30:44	37:39	49:30	58:56	1:05:00	1:14:05	1:23:28	1:30:43	1:35:51	1:44:08	1:54:28	-----	
				6:57	6:10	17:37	6:55	11:51	9:26	6:04	9:05	9:23	7:15	5:08	8:17	10:20		
			2:11:29	2:23:24	2:30:49	2:35:36	2:39:36	2:41:46		1:15:59	2:01:59	2:39:54						
			17:01	11:55	7:25	4:47	4:00	2:10		*47	*62	*58						
Absoluta Parellas (3)			24,0 km 350 m				21 C											
			1(32)	2(33)	3(34)	4(36)	5(37)	6(42)	7(45)	8(44)	9(46)	10(49)	11(63)	12(54)	13(60)	14(57)		
			15(59)	16(61)	17(56)	18(43)	19(41)	20(39)	21(58)	Meta								
1	4425	Alexia Loureiro Garrido Gallaecia_1	2:53:03	5:46	9:26	13:58	20:39	29:08	41:46	50:25	55:28	1:02:39	1:22:53	1:32:53	1:43:01	1:49:00	1:56:18	
			5:46	3:40	4:32	6:41	8:29	12:38	8:39	5:03	7:11	20:14	10:00	10:08	5:59	7:18		
			2:05:53	2:13:57	2:26:46	2:33:26	2:40:26	2:46:42	2:50:58	2:53:02		1:30:44						
			9:35	8:04	12:49	6:40	7:00	6:16	4:16	2:04		*47						
4266	Luis Adolfo Couceiro Artabros_1	r en tarj.		5:33	8:43	11:35	17:16	23:30	34:02	42:08	46:54	53:20	1:28:59	2:12:51	-----	-----	-----	
			5:33	3:10	2:52	5:41	6:14	10:32	8:06	4:46	6:26	35:39	43:52					
			-----	-----	2:20:00	2:23:57	2:32:10	2:36:18	2:40:00	2:41:29		48:30	1:36:06					
					7:09	3:57	8:13	4:08	3:42	1:29		*56	*47					
4476	Teresa Silvarrey Redondo Gallaecia_2	r en tarj.		5:17	10:47	15:03	24:43	33:00	53:18	1:06:14	1:14:37	1:23:22	1:43:04	1:55:30	-----	-----	-----	
			5:17	5:30	4:16	9:40	8:17	20:18	12:56	8:23	8:45	19:42	12:26					
			-----	-----	-----	-----	-----	-----	-----			1:31:33	1:51:19					
												*47	*47					
Iniciación Equipos (1)			20,5 km 310 m				19 C											
			1(32)	2(33)	3(34)	4(35)	5(38)	6(42)	7(45)	8(46)	9(47)	10(51)	11(55)	12(59)	13(61)	14(44)		
			15(43)	16(41)	17(40)	18(39)	19(58)	Meta										
4448	Inés Peña Álvarez / Sampedro	r en tarj.		12:25	18:56	23:47	34:22	45:54	-----	-----	-----	-----	-----	-----	-----	-----		
			12:25	6:31	4:51	10:35	11:32											
			-----	-----	-----	-----	59:01	1:02:54										
							13:07	3:53										

Pos Dorsal Nombre			Tiempo														
Bici Eléctrica (1)			25,2 km 470 m					21 C									
			1(31)	2(33)	3(36)	4(37)	5(65)	6(42)	7(45)	8(56)	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)	
			15(64)	16(43)	17(42)	18(41)	19(40)	20(39)	21(58)	Meta							
1	4592	Gelasio Oujo Pouso Porto do Son ADC_A	2:03:47	5:39	11:06	15:47	29:53	33:56	43:36	48:10	52:11	56:21	59:21	1:03:07	1:10:01	1:17:04	1:20:18
				5:39	5:27	4:41	14:06	4:03	9:40	4:34	4:01	4:10	3:00	3:46	6:54	7:03	3:14
				1:31:04	1:37:36	1:40:05	1:50:01	1:52:03	2:01:11	2:02:56	2:03:47		1:23:02				
				10:46	6:32	2:29	9:56	2:02	9:08	1:45	0:51		*63				
Masculino 50 NC (2)			23,0 km 430 m														
			1(31)	2(33)	3(37)	4(65)	5(42)	6(45)	7(48)	8(49)	9(53)	10(60)	11(57)	12(59)	13(61)	14(64)	
			15(43)	16(42)	17(41)	18(39)	19(58)	Meta									
9999	Juan Carlos Candal Culleredo GALLAECI	1:29:23	4:43	8:42	15:57	19:34	27:02	31:48	40:25	44:06	48:17	50:19	53:56	59:22	1:02:21	1:07:06	
			4:43	3:59	7:15	3:37	7:28	4:46	8:37	3:41	4:11	2:02	3:37	5:26	2:59	4:45	
			1:12:44	1:15:35	1:22:36	1:25:35	1:28:13	1:29:23									
			5:38	2:51	7:01	2:59	2:38	1:10									
1115	José Angel Ramos R Sevilla Club Adol	1:54:01	7:32	12:52	21:28	25:54	32:03	37:48	45:53	50:59	56:56	59:47	1:04:23	1:10:13	1:14:38	1:21:35	
			7:32	5:20	8:36	4:26	6:09	5:45	8:05	5:06	5:57	2:51	4:36	5:50	4:25	6:57	
			1:29:19	1:33:39	1:46:18	1:50:26	1:52:51	1:54:01									
			7:44	4:20	12:39	4:08	2:25	1:10									
Promoción (2)			20,5 km 310 m					19 C									
			1(32)	2(33)	3(34)	4(35)	5(38)	6(42)	7(45)	8(46)	9(47)	10(51)	11(55)	12(59)	13(61)	14(44)	
			15(43)	16(41)	17(40)	18(39)	19(58)	Meta									
1	9998	Pablo Lago Gómez Culleredo GALLAECI	1:34:17	7:19	10:39	13:33	18:32	23:00	29:00	33:46	39:21	42:53	47:36	56:42	59:51	1:03:23	1:13:54
				7:19	3:20	2:54	4:59	4:28	6:00	4:46	5:35	3:32	4:43	9:06	3:09	3:32	10:31
			1:16:44	1:23:34	1:25:44	1:28:17	1:33:06	1:34:17		1:10:15	1:19:54						
			2:50	6:50	2:10	2:33	4:49	1:11		*45	*66						
6437	Emma García Varela Equipo García Varela	r en tarj.	14:16	-----	22:28	37:28	46:50	-----	-----	-----	-----	-----	-----	-----	-----	-----	
			14:16		8:12	15:00	9:22										
			-----	-----	-----	-----	1:05:14	1:08:34									
							18:24	3:20									
Élite NC (1)			26,0 km 500 m														
			1(31)	2(33)	3(37)	4(65)	5(42)	6(45)	7(44)	8(46)	9(48)	10(49)	11(63)	12(54)	13(57)	14(55)	
			15(59)	16(63)	17(64)	18(66)	19(42)	20(39)	21(58)	Meta							
2104	Ärsenio Villa Solare Infiesto Piloña Depo	1:46:42	4:52	8:54	18:17	21:33	26:33	31:08	34:58	38:28	41:38	44:52	50:23	55:45	1:01:29	1:08:47	
			4:52	4:02	9:23	3:16	5:00	4:35	3:50	3:30	3:10	3:14	5:31	5:22	5:44	7:18	
			1:11:04	1:16:09	1:20:53	1:28:38	1:32:37	1:44:06	1:45:51	1:46:42		1:41:29					
			2:17	5:05	4:44	7:45	3:59	11:29	1:45	0:51		*58					
Feminino Élite NC (1)			25,2 km 470 m														
			1(31)	2(33)	3(36)	4(37)	5(65)	6(42)	7(45)	8(56)	9(47)	10(49)	11(52)	12(57)	13(59)	14(62)	
			15(64)	16(43)	17(42)	18(41)	19(40)	20(39)	21(58)	Meta							
2102	Marta Villa Rodrigue Infiesto Piloña Depo	1:47:09	5:05	10:17	17:09	22:11	26:31	32:22	37:35	42:02	47:05	50:00	55:44	1:02:18	1:10:10	1:14:41	
			5:05	5:12	6:52	5:02	4:20	5:51	5:13	4:27	5:03	2:55	5:44	6:34	7:52	4:31	
			1:19:54	1:26:42	1:30:44	1:39:05	1:40:54	1:43:24	1:46:00	1:47:09							
			5:13	6:48	4:02	8:21	1:49	2:30	2:36	1:09							