

Pos	Nombre	Tiempo																
		2,0 km	40 m	15 C													Meta	
INICIACION NENOS (12)		1(31)	2(33)	3(57)	4(34)	5(59)	6(42)	7(32)	8(38)	9(43)	10(40)	11(44)	12(36)	13(46)	14(45)	15(200)	Meta	
1	DENIS FERNÁNDEZ BLANCO	<b>22:53</b>	0:50	<b>2:20</b>	<b>3:27</b>	<b>3:53</b>	<b>4:52</b>	<b>6:17</b>	<b>7:22</b>	<b>7:45</b>	<b>9:01</b>	<b>10:48</b>	<b>11:59</b>	<b>13:11</b>	<b>18:57</b>	<b>21:27</b>	<b>22:36</b>	<b>22:53</b>
	PONTEVEDRA AROMON	0:50	<b>1:30</b>	<b>1:07</b>	0:26	<b>0:59</b>	<b>1:25</b>	<b>1:05</b>	<b>0:23</b>	1:16	1:47	<b>1:11</b>	<b>1:12</b>	5:46	2:30	1:09	0:16	
2	PEDRO ARIAS BOULLOSA	<b>34:28</b>	1:00	4:28	6:32	7:14	8:47	11:50	14:05	14:56	17:30	19:27	23:32	26:40	30:46	32:58	34:14	34:28
	PONTEVEDRA AROMON	1:00	3:28	2:04	0:42	1:33	3:03	2:15	0:51	2:34	1:57	4:05	3:08	4:06	<b>2:12</b>	1:16	0:13	
3	CRISTINA MARTÍN MOSQUERA	<b>50:42</b>	1:51	6:03	9:02	10:48	14:04	17:39	20:52	21:46	24:15	28:26	33:26	38:47	42:49	47:14	50:17	50:42
	PONTEVEDRA AROMON	1:51	4:12	2:59	1:46	3:16	3:35	3:13	0:54	2:29	4:11	5:00	5:21	<b>4:02</b>	4:25	3:03	0:25	
4	NOA VARELA PEREZ	<b>53:07</b>	2:36	8:23	11:32	13:04	16:58	22:40	25:06	26:26	28:43	36:03	39:36	43:27	48:00	50:41	52:41	53:06
	PONTEVEDRA AROMON	2:36	5:47	3:09	1:32	3:54	5:42	2:26	1:20	2:17	7:20	3:33	3:51	4:33	2:41	2:00	0:25	
5	JOAQUIN GONZÁLEZ VENTIN	<b>53:22</b>	1:45	8:12	11:28	13:08	16:18	20:16	23:06	24:21	28:49	30:32	35:15	42:58	47:05	51:22	52:30	53:22
	PONTEVEDRA AROMON	1:45	6:27	3:16	1:40	3:10	3:58	2:50	1:15	4:28	1:43	4:43	7:43	4:07	4:17	1:08	0:51	
6	SABELA DOMINGUEZ HERMELO	<b>54:41</b>	1:40	6:53	9:30	10:01	12:19	21:39	23:04	23:34	24:38	25:41	28:05	30:39	48:58	53:37	54:24	54:40
	PONTEVEDRA AROMON	1:40	5:13	2:37	0:31	2:18	9:20	1:25	0:30	<b>1:04</b>	<b>1:03</b>	2:24	2:34	18:19	4:39	<b>0:47</b>	0:16	
7	SABELA PEREZ PASTORIZA	<b>55:45</b>	2:07	7:38	12:38	13:39	16:54	23:05	27:17	28:39	31:39	34:25	37:56	45:36	49:44	53:19	55:29	55:45
	PONTEVEDRA AROMON	2:07	5:31	5:00	1:01	3:15	6:11	4:12	1:22	3:00	2:46	3:31	7:40	4:08	3:35	2:10	0:15	
8	AIXA DOMINGUEZ RODAS	<b>58:13</b>	<b>0:40</b>	2:28	4:53	5:58	13:38	15:49	23:44	24:16	25:27	27:49	30:57	41:05	53:54	56:43	58:00	58:13
	PONTEVEDRA AROMON	<b>0:40</b>	1:48	2:25	1:05	7:40	2:11	7:55	0:32	1:11	2:22	3:08	10:08	12:49	2:49	1:17	0:12	
9	ALBA GALLEGO GIL	<b>58:23</b>	2:00	7:27	10:17	12:35	17:03	23:23	26:34	32:03	35:44	38:21	43:14	48:56	53:11	55:28	58:01	58:23
	PONTEVEDRA AROMON	2:00	5:27	2:50	2:18	4:28	6:20	3:11	5:29	3:41	2:37	4:53	5:42	4:15	2:17	2:33	0:21	
10	ELOY DOMINGUEZ HERMELO	<b>1:03:19</b>	1:05	3:29	15:47	16:10	18:48	21:04	28:53	29:21	30:40	32:54	36:00	46:13	58:57	1:01:46	1:03:06	1:03:19
	PONTEVEDRA AROMON	1:05	2:24	12:18	<b>0:23</b>	2:38	2:16	7:49	0:28	1:19	2:14	3:06	10:13	12:44	2:49	1:20	<b>0:12</b>	
11	SIRA RODRÍGUEZ DÍAZ	<b>1:32:13</b>	1:44	4:27	6:21	7:20	9:17	12:23	15:59	16:34	17:59	55:58	1:16:35	1:21:38	1:26:50	1:30:05	1:31:57	1:32:13
	PONTEVEDRA AROMON	1:44	2:43	1:54	0:59	1:57	3:06	3:36	0:35	1:25	37:59	20:37	5:03	5:12	3:15	1:52	0:15	
	XANA TAPIA DENIS	<b>Abandona</b>	1:45	8:01	11:31	13:30	19:48	27:20	-----	-----	-----	-----	-----	-----	-----	33:09	33:44	
	PONTEVEDRA AROMON	1:45	6:16	3:30	1:59	6:18	7:32									5:49	0:34	

32:01  
\*4826:33  
\*38

Pos	Nombre	Tiempo																			Meta
INICIACION ADULTOS (19)		3,4 km	80 m	18 C																	
		1(31)	2(42)	3(33)	4(41)	5(32)	6(48)	7(39)	8(53)	9(57)	10(58)	11(38)	12(59)	13(47)	14(35)	15(54)	16(46)	17(45)	18(200)		
1	AARON DOMINGUEZ HERMELO	28:23	0:36	1:08	2:07	4:06	5:35	7:11	7:53	10:25	11:43	15:07	17:00	18:11	19:46	21:50	25:53	26:39	27:40	28:12	28:23
	PONTEVEDRA AROMON		0:36	0:32	0:59	1:59	1:29	1:36	0:42	2:32	1:18	3:24	1:53	1:11	1:35	2:04	4:03	0:46	1:01	0:32	0:10
2	MARTÍN VEIGA JALDA	30:48	0:33	1:04	2:07	3:30	5:20	7:02	7:58	11:22	13:08	17:08	19:41	21:38	23:27	26:10	27:06	28:33	29:51	30:36	30:47
	PONTEVEDRA AROMON		0:33	0:31	1:03	1:23	1:50	1:42	0:56	3:24	1:46	4:00	2:33	1:57	1:49	2:43	0:56	1:27	1:18	0:45	0:11
3	FRANCISCO JAVIER CASAL FERNÁNDEZ	35:29	0:34	1:03	2:17	3:56	5:53	7:51	8:54	12:10	13:42	18:20	20:51	25:29	27:37	30:13	31:31	32:58	34:25	35:15	35:29
	PONTEVEDRA AROMON		0:34	0:29	1:14	1:39	1:57	1:58	1:03	3:16	1:32	4:38	2:31	4:38	2:08	2:36	1:18	1:27	1:27	0:50	0:13
4	GUILLERMO LAVIA BARREIRO	35:51	0:53	1:24	2:36	4:06	6:03	11:27	12:17	15:26	17:16	21:41	24:21	25:51	28:21	30:29	32:10	33:06	34:51	35:39	35:50
	PONTEVEDRA AROMON		0:53	0:31	1:12	1:30	1:57	5:24	0:50	3:09	1:50	4:25	2:40	1:30	2:30	2:08	1:41	0:56	1:45	0:48	0:11
5	MARÍA JOSÉ BERMUDEZ HERBELLO	38:43	0:37	1:19	2:32	4:39	7:01	11:10	12:10	16:11	17:58	23:39	26:23	28:08	30:45	33:33	35:02	36:28	37:43	38:29	38:43
	PONTEVEDRA AROMON		0:37	0:42	1:13	2:07	2:22	4:09	1:00	4:01	1:47	5:41	2:44	1:45	2:37	2:48	1:29	1:26	1:15	0:46	0:13
6	IGNACIO MIGUEL AGULLÓ SOUSA	39:49	1:15	1:54	3:16	5:19	7:35	9:28	10:46	15:23	17:17	24:04	27:21	29:22	32:23	34:58	36:15	37:15	38:37	39:35	39:48
	PONTEVEDRA AROMON		1:15	0:39	1:22	2:03	2:16	1:53	1:18	4:37	1:54	6:47	3:17	2:01	3:01	2:35	1:17	1:00	1:22	0:58	0:13
7	MARINA DENIS SANROMAN	45:21	0:55	1:39	3:07	5:00	7:51	10:00	10:48	14:24	16:28	22:46	26:25	28:21	30:54	33:33	35:33	42:01	44:13	45:08	45:20
	PONTEVEDRA AROMON		0:55	0:44	1:28	1:53	2:51	2:09	0:48	3:36	2:04	6:18	3:39	1:56	2:33	2:39	2:00	6:28	2:12	0:55	0:12
8	CARMEN BARREIRO FERNANDEZ	45:29	1:00	1:42	3:10	5:22	7:48	10:59	11:55	16:28	18:58	25:01	29:11	31:19	33:39	37:30	40:45	42:47	44:26	45:18	45:29
	PONTEVEDRA AROMON		1:00	0:42	1:28	2:12	2:26	3:11	0:56	4:33	2:30	6:03	4:10	2:08	2:20	3:51	3:15	2:02	1:39	0:52	0:10
9	DIANA I. SÁNCHEZ OCAÑA	46:54	0:44	1:22	2:50	5:13	7:30	10:27	15:37	19:20	21:15	27:45	30:43	32:50	35:23	38:43	41:09	43:12	45:52	46:38	46:54
	PONTEVEDRA AROMON		0:44	0:38	1:28	2:23	2:17	2:57	5:10	3:43	1:55	6:30	2:58	2:07	2:33	3:20	2:26	2:03	2:40	0:46	0:15
10	MARÍA OTERO CEREIJO	51:30	1:08	2:04	3:50	6:25	9:11	14:34	15:36	19:46	22:03	28:22	31:26	33:37	35:55	39:43	41:24	42:39	50:13	51:12	51:30
	PONTEVEDRA AROMON		1:08	0:56	1:46	2:35	2:46	5:23	1:02	4:10	2:17	6:19	3:04	2:11	2:18	3:48	1:41	1:15	7:34	0:59	0:17
11	DORI SEIJO SOUTO	51:38	0:52	1:33	2:58	5:38	8:13	10:12	11:33	17:00	19:14	25:35	28:20	34:52	41:43	44:14	45:52	47:09	50:24	51:22	51:37
	PONTEVEDRA AROMON		0:52	0:41	1:25	2:40	2:35	1:59	1:21	5:27	2:14	6:21	2:45	6:32	6:51	2:31	1:38	1:17	3:15	0:58	0:15
12	JOSÉ LUIS FAZANES NOVAS	55:30	0:40	1:12	2:22	9:56	11:33	16:41	22:32	26:01	32:32	37:34	39:57	41:37	45:52	49:58	52:05	53:25	54:31	55:15	55:30
	PONTEVEDRA AROMON		0:40	0:32	1:10	7:34	1:37	5:08	5:51	3:29	6:31	5:02	2:23	1:40	4:15	4:06	2:07	1:20	1:06	0:44	0:14
13	ROSA PAREDES RIOS	57:39	1:13	3:43	5:21	7:34	10:13	14:19	16:43	22:37	25:35	32:21	38:14	40:43	45:37	50:14	52:34	53:46	56:12	57:11	57:39
	PONTEVEDRA AROMON		1:13	2:30	1:38	2:13	2:39	4:06	2:24	5:54	2:58	6:46	5:53	2:29	4:54	4:37	2:20	1:12	2:26	0:59	0:27
14	DAVID TAPIA SOTO	1:04:46	0:45	1:31	2:47	5:52	8:11	12:14	15:49	21:46	24:12	29:25	39:08	46:25	49:31	56:55	59:02	1:00:21	1:03:46	1:04:23	1:04:45
	PONTEVEDRA AROMON		0:45	0:46	1:16	3:05	2:19	4:03	3:35	5:57	2:26	5:13	9:43	7:17	3:06	7:24	2:07	1:19	3:25	0:37	0:22
15	MARCY CALERO	1:10:57	1:18	4:31	7:21	15:04	17:26	25:47	32:11	36:19	39:02	45:30	48:27	50:12	52:51	1:03:15	1:05:16	1:06:46	1:09:33	1:10:40	1:10:56
	PONTEVEDRA AROMON		1:18	3:13	2:50	7:43	2:22	8:21	6:24	4:08	2:43	6:28	2:57	1:45	2:39	10:24	2:01	1:30	2:47	1:07	0:16
16	ALEXANDRE DOVHANYK NORES	1:18:00	0:47	1:39	3:34	11:36	13:51	15:51	16:46	20:47	36:38	58:17	1:00:49	1:02:41	1:04:39	1:07:09	1:09:06	1:13:24	1:16:52	1:17:41	1:18:00
	PONTEVEDRA AROMON		0:47	0:52	1:55	8:02	2:15	2:00	0:55	4:01	15:51	21:39	2:32	1:52	1:58	2:30	1:57	4:18	3:28	0:49	0:18
17	MARTINA CABALLERO TABOAS	1:24:23	1:40	3:34	8:20	15:02	20:49	26:09	34:07	40:57	44:41	57:30	1:02:27	1:07:14	1:11:01	1:14:46	1:17:36	1:19:09	1:22:25	1:24:01	1:24:23
	PONTEVEDRA AROMON		1:40	1:54	4:46	6:42	5:47	5:20	7:58	6:50	3:44	12:49	4:57	4:47	3:47	3:45	2:50	1:33	3:16	1:36	0:21
18	SANTIAGO JIMÉNEZ DIZ	1:31:32	0:40	1:27	3:29	5:30	7:51	16:23	28:46	35:11	37:59	52:12	57:40	1:00:54	1:07:02	1:20:58	1:23:43	1:28:32	1:29:48	1:31:18	1:31:31
	PONTEVEDRA AROMON		0:40	0:47	2:02	2:01	2:21	8:32	12:23	6:25	2:48	14:13	5:28	3:14	6:08	13:56	2:45	4:49	1:16	1:30	0:13
			8:26																		
			*38																		
	ALFONSO BARREIRO FERNANDEZ	Error en tarj.	0:52	1:34	3:02	5:13	8:21	11:30	14:34	19:33	21:46	27:49	31:26	34:18	36:51	40:01	41:55	45:30	46:55	48:11	
	PONTEVEDRA AROMON		0:52	0:42	1:28	2:11	3:08	3:09	3:04	4:59	2:13	6:03	3:37	2:52	2:33	3:10	1:54	3:35	1:25	1:16	

Pos	Nombre	Tiempo																						
AVANZADO (23)		3,6 km	90 m	26 C																				
		1(35)	2(58)	3(40)	4(42)	5(44)	6(48)	7(39)	8(38)	9(43)	10(40)	11(32)	12(53)	13(57)	14(33)	15(59)	16(41)	17(34)	18(42)	19(47)	20(31)			
		21(35)	22(54)	23(46)	24(37)	25(45)	26(200)	Meta																
1	XIÁN NOVOA GUTIÉRREZ PONTEVEDRA AROMON	34:52	1:47	4:22	5:31	6:42	8:50	10:38	11:36	12:36	13:18	13:59	15:05	17:22	19:05	20:07	22:08	23:17	24:15	26:20	27:10	28:09		
			1:47	2:35	1:09	1:11	2:08	1:48	0:58	1:00	0:42	0:41	1:06	2:17	1:43	1:02	2:01	1:09	0:58	2:05	0:50	0:59		
			29:53	31:01	32:22	33:18	33:59	34:40	34:52															
			1:44	1:08	1:21	0:56	0:41	0:41	0:11															
2	VICENTE PASTORIZA SANTOS PONTEVEDRA AROMON	36:03	2:24	5:26	6:41	8:07	9:46	13:11	14:06	14:56	15:43	16:21	17:19	19:34	21:01	21:53	23:20	24:17	25:12	27:14	28:48	29:33		
			2:24	3:02	1:15	1:26	1:39	3:25	0:55	0:50	0:47	0:38	0:58	2:15	1:27	0:52	1:27	0:57	0:55	2:02	1:34	0:45		
			30:58	32:53	33:46	34:29	35:06	35:49	36:02															
			1:25	1:55	0:53	0:43	0:37	0:43	0:13															
3	MATEO RODRÍGUEZ DÍAZ PONTEVEDRA AROMON	36:38	1:03	6:49	8:13	9:46	12:17	14:02	14:45	15:25	15:58	16:52	17:45	19:57	21:18	22:23	24:15	25:10	25:59	28:50	29:30	30:16		
			1:03	5:46	1:24	1:33	2:31	1:45	0:43	0:40	0:33	0:54	0:53	2:12	1:21	1:05	1:52	0:55	0:49	2:51	0:40	0:46		
			31:22	33:47	34:27	34:59	35:33	36:25	36:38															
			1:06	2:25	0:40	0:32	0:34	0:52	0:12															
4	JOSÉ LUIS IGLESIAS DURAN PONTEVEDRA AROMON	42:55	1:50	5:38	7:13	9:01	10:44	17:02	18:17	19:21	20:20	21:18	22:14	24:51	26:48	27:57	29:50	31:19	32:22	34:35	35:43	36:28		
			1:50	3:48	1:35	1:48	1:43	6:18	1:15	1:04	0:59	0:58	0:56	2:37	1:57	1:09	1:53	1:29	1:03	2:13	1:08	0:45		
			37:52	39:29	40:31	41:17	41:59	42:44	42:54															
			1:24	1:37	1:02	0:46	0:42	0:45	0:10															
5	JAVIER ANTOÑÓN CLEMENTE PONTEVEDRA AROMON	43:08	3:18	7:00	8:48	10:57	13:24	16:09	16:56	17:55	18:47	19:50	21:05	23:12	25:02	26:23	28:16	29:41	30:44	33:15	34:01	34:52		
			3:18	3:42	1:48	2:09	2:27	2:45	0:47	0:59	0:52	1:03	1:15	2:07	1:50	1:21	1:53	1:25	1:03	2:31	0:46	0:51		
			36:02	38:07	40:26	41:06	41:50	42:53	43:08															
			1:10	2:05	2:19	0:40	0:44	1:03	0:14															
6	YARED GRIMALDI PÉREZ PONTEVEDRA AROMON	43:30	1:38	4:15	7:01	11:54	14:52	17:54	18:37	19:30	20:20	20:59	22:00	24:41	26:52	28:16	30:02	31:32	32:33	35:24	36:14	37:11		
			1:38	2:37	2:46	4:53	2:58	3:02	0:43	0:53	0:50	0:39	1:01	2:41	2:11	1:24	1:46	1:30	1:01	2:51	0:50	0:57		
			38:40	40:12	41:17	42:02	42:41	43:20	43:30															
			1:29	1:32	1:05	0:45	0:39	0:39	0:09															
7	PABLO BARREIRO FERNÁNDEZ PONTEVEDRA AROMON	44:23	2:19	7:20	9:34	12:33	14:24	17:49	18:33	19:32	20:32	21:40	22:47	24:57	26:55	27:50	29:25	30:14	30:58	34:49	35:37	36:26		
			2:19	5:01	2:14	2:59	1:51	3:25	0:44	0:59	1:00	1:08	1:07	2:10	1:58	0:55	1:35	0:49	0:44	3:51	0:48	0:49		
			37:40	39:33	40:24	42:19	42:56	44:11	44:23															
			1:14	1:53	0:51	1:55	0:37	1:15	0:11															
8	HUGO ANTOÑÓN CASAL PONTEVEDRA AROMON	45:20	3:46	6:40	8:40	10:35	12:30	15:52	16:43	18:05	18:43	19:40	21:07	24:34	26:17	27:55	33:18	34:19	35:08	37:24	38:08	38:55		
			3:46	2:54	2:00	1:55	1:55	3:22	0:51	1:22	0:38	0:57	1:27	3:27	1:43	1:38	5:23	1:01	0:49	2:16	0:44	0:47		
			40:06	42:00	42:53	43:32	44:18	45:09	45:19															
			1:11	1:54	0:53	0:39	0:46	0:51	0:10															
9	GERMÁN PÉREZ JUSTE PONTEVEDRA AROMON	48:32	1:44	6:13	8:04	10:20	12:24	14:39	15:37	16:34	17:19	18:15	19:35	22:28	23:58	25:12	30:24	32:50	33:58	37:11	38:43	39:44		
			1:44	4:29	1:51	2:16	2:04	2:15	0:58	0:57	0:45	0:56	1:20	2:53	1:30	1:14	5:12	2:26	1:08	3:13	1:32	1:01		
			41:26	43:15	45:40	46:22	47:16	48:17	48:31															
			1:42	1:49	2:25	0:42	0:54	1:01	0:14															
10	ANTONIO OMIL BELOSO PONTEVEDRA AROMON	49:39	1:58	5:59	8:28	12:52	15:45	20:21	21:29	22:35	23:16	24:05	25:15	28:06	29:59	31:23	33:06	35:01	36:18	39:25	40:18	41:05		
			1:58	4:01	2:29	4:24	2:53	4:36	1:08	1:06	0:41	0:49	1:10	2:51	1:53	1:24	1:43	1:55	1:17	3:07	0:53	0:47		
			42:49	46:10	47:09	47:52	48:36	49:29	49:39															
			1:44	3:21	0:59	0:43	0:44	0:53	0:09															
11	LOIS OMIL PAZOS PONTEVEDRA AROMON	50:07	1:40	4:54	6:30	11:02	14:01	16:25	17:09	18:14	19:16	20:03	21:12	24:46	26:46	28:08	34:23	35:44	36:56	39:48	40:41	41:38		
			1:40	3:14	1:36	4:32	2:59	2:24	0:44	1:05	1:02	0:47	1:09	3:34	2:00	1:22	6:15	1:21	1:12	2:52	0:53	0:57		
			43:03	44:55	47:24	48:17	49:01	49:58	50:06															
			1:25	1:52	2:29	0:53	0:44	0:57	0:08															
12	SONIA MARIA ARIAS LIMA PONTEVEDRA AROMON	53:21	2:42	8:43	11:51	18:31	21:02	25:10	25:55	27:03	27:56	28:34	29:37	32:11	34:13	35:34	37:02	38:06	38:57	41:56	42:42	43:34		
			2:42	6:01	3:08	6:40	2:31	4:08	0:45	1:08	0:53	0:38	1:03	2:34	2:02	1:21	1:28	1:04	0:51	2:59	0:46	0:52		
			44:55	49:45	51:05	51:47	52:26	53:09	53:21															
			1:21	4:50	1:20	0:42	0:39	0:43	0:11															
13	ISABEL PASTORIZA SANTOS PONTEVEDRA AROMON	54:21	2:08	6:07	10:15	12:34	14:52	18:17	20:17	21:20	22:01	22:57	24:31	32:54	34:40	35:56	37:59	40:09	41:05	44:19	45:07	46:14		
			2:08	3:59	4:08	2:19	2:18	3:25	2:00	1:03	0:41	0:56	1:34	8:23	1:46	1:16	2:03	2:10	0:56	3:14	0:48	1:07		
			48:00	50:47	51:49	52:35	53:17	54:08	54:21															
			1:46	2:47	1:02	0:46	0:42	0:51	0:12															



Pos	Nombre	Tiempo																
		2,0 km	40 m	15 C													Meta	
		1(31)	2(33)	3(57)	4(34)	5(59)	6(42)	7(32)	8(38)	9(43)	10(40)	11(44)	12(36)	13(46)	14(45)	15(200)		
1	MAR FAZANES BERMUDEZ / GABRIEL FAZA PONTEVEDRA AROMON	31:10	0:53	2:47	4:48	5:22	6:56	9:52	15:42	16:13	17:44	18:38	20:21	22:40	26:46	30:03	30:55	31:10
			0:53	1:54	2:01	0:34	1:34	2:56	5:50	0:31	1:31	0:54	1:43	2:19	4:06	3:17	0:52	0:14
2	XAN GARCIA FERNANDEZ / JOSÉ MARIA DE PONTEVEDRA AROMON	32:07	1:48	4:16	7:13	8:12	10:33	13:54	16:28	17:23	18:58	21:03	23:02	25:12	28:09	30:06	31:34	32:07
			1:48	2:28	2:57	0:59	2:21	3:21	2:34	0:55	1:35	2:05	1:59	2:10	2:57	1:57	1:28	0:32
3	TALA FROIZ MARTINEZ / CRISTINA MARTIN PONTEVEDRA AROMON	43:07	1:57	7:20	9:42	11:04	13:57	18:04	21:32	22:38	24:41	26:57	30:17	33:57	38:14	41:14	42:39	43:06
			1:57	5:23	2:22	1:22	2:53	4:07	3:28	1:06	2:03	2:16	3:20	3:40	4:17	3:00	1:25	0:27
4	IAGO VICENTE REDONDO / NURIA REDON PONTEVEDRA AROMON	49:29	1:17	4:02	5:57	6:40	8:17	11:51	13:35	14:16	26:58	28:14	30:31	32:40	44:42	47:46	49:11	49:28
			1:17	2:45	1:55	0:43	1:37	3:34	1:44	0:41	12:42	1:16	2:17	2:09	12:02	3:04	1:25	0:17
5	NOA PEDRIDO VARELA / JAIME FONTÁN VA PONTEVEDRA AROMON	51:25	1:38	4:16	6:21	7:14	9:51	15:08	18:36	19:24	23:46	26:02	29:11	38:49	45:59	48:53	50:51	51:25
			1:38	2:38	2:05	0:53	2:37	5:17	3:28	0:48	4:22	2:16	3:09	9:38	7:10	2:54	1:58	0:33
6	SARA CURRA CORDERO / MARÍA PASTORIZ PONTEVEDRA AROMON	59:54	1:32	5:51	9:35	10:39	13:08	16:30	22:40	23:44	26:16	29:14	39:52	45:10	51:19	56:14	59:38	59:54
			1:32	4:19	3:44	1:04	2:29	3:22	6:10	1:04	2:32	2:58	10:38	5:18	6:09	4:55	3:24	0:15

Pos	Nombre	Tiempo																			
INICIACION ADULTOS GRUPO (11)		3,4 km	80 m	18 C																Meta	
		1(31)	2(42)	3(33)	4(41)	5(32)	6(48)	7(39)	8(53)	9(57)	10(58)	11(38)	12(59)	13(47)	14(35)	15(54)	16(46)	17(45)	18(200)	Meta	
1	BRAIS GUARDADO COLLAZO / DERIL RIAL PONTEVEDRA AROMON	35:24	0:33	1:00	1:54	3:19	5:02	11:34	12:21	15:40	17:02	20:28	22:28	23:56	26:04	29:09	31:24	32:29	34:36	35:12	35:23
		0:33	0:27	0:54	1:25	1:43	6:32	0:47	3:19	1:22	3:26	2:00	1:28	2:08	3:05	2:15	1:05	2:07	0:36	0:11	
2	LAURA FILGUEIRA FRANCO / MANUEL GAL PONTEVEDRA AROMON	40:43	0:36	1:09	2:31	4:21	6:24	8:25	9:02	13:14	17:19	24:29	27:17	29:55	32:21	34:55	36:07	37:23	39:29	40:28	40:42
		0:36	0:33	1:22	1:50	2:03	2:01	0:37	4:12	4:05	7:10	2:48	2:38	2:26	2:34	1:12	1:16	2:06	0:59	0:14	
3	DIANA GIL AVE / MARIO GALLEGRO CARBAL PONTEVEDRA AROMON	42:11	0:35	1:12	3:02	7:16	9:36	11:33	12:55	17:21	19:21	24:46	28:05	30:23	34:31	37:10	38:19	39:23	41:03	41:59	42:11
		0:35	0:37	1:50	4:14	2:20	1:57	1:22	4:26	2:00	5:25	3:19	2:18	4:08	2:39	1:09	1:04	1:40	0:56	0:11	
4	SILVIA NUÑEZ FERNANDEZ / JUAN MANUE PONTEVEDRA AROMON	42:49	0:44	1:25	2:46	4:51	7:21	9:43	15:25	19:52	22:03	27:54	30:28	32:27	34:42	37:14	39:27	40:31	41:48	42:35	42:49
		0:44	0:41	1:21	2:05	2:30	2:22	5:42	4:27	2:11	5:51	2:34	1:59	2:15	2:32	2:13	1:04	1:17	0:47	0:13	
5	BEATRIZ FERNANDEZ GIL / JOSÉ RAMON PONTEVEDRA AROMON	45:52	0:42	1:19	2:23	4:30	6:33	13:36	14:31	18:40	20:27	24:30	26:43	28:37	32:16	41:02	42:27	45:06	46:08	----	45:51
		0:42	0:37	1:04	2:07	2:03	7:03	0:55	4:09	1:47	4:03	2:13	1:54	3:39	8:46	1:25	2:39	1:02			
		36:45																			
		*36																			
6	IRENE MARTÍN ROBLES / ROCÍO LORES R PONTEVEDRA AROMON	48:08	1:02	1:46	3:36	5:39	8:28	11:49	13:17	18:01	20:31	27:14	31:01	33:29	35:34	38:45	41:15	44:06	46:24	47:52	48:07
		1:02	0:44	1:50	2:03	2:49	3:21	1:28	4:44	2:30	6:43	3:47	2:28	2:05	3:11	2:30	2:51	2:18	1:28	0:15	
7	RAQUEL DIAZ PORTELA / JACOBO LORES PONTEVEDRA AROMON	1:10:22	1:30	2:12	4:15	6:42	10:22	14:15	17:57	26:04	29:44	40:23	47:44	51:25	55:48	59:38	1:02:23	1:04:21	1:07:01	1:09:50	1:10:22
		1:30	0:42	2:03	2:27	3:40	3:53	3:42	8:07	3:40	10:39	7:21	3:41	4:23	3:50	2:45	1:58	2:40	2:49	0:31	
8	ROCIO GARCIA PEREZ / JUAN LUIS GOMEZ PONTEVEDRA AROMON	1:10:57	0:42	1:19	2:38	4:30	6:50	8:52	9:53	13:36	29:40	50:55	53:44	55:34	57:33	1:00:05	1:02:02	1:06:21	1:09:49	1:10:39	1:10:56
		0:42	0:37	1:19	1:52	2:20	2:02	1:01	3:43	16:04	21:15	2:49	1:50	1:59	2:32	1:57	4:19	3:28	0:50	0:17	
9	NOELIA MUÑOZ SOLER / VALENTÍN MÉNDE PONTEVEDRA AROMON	1:26:31	2:07	3:27	10:02	14:21	18:17	24:16	25:36	32:37	36:18	44:25	55:20	58:40	1:03:08	1:07:54	1:11:46	1:19:19	1:21:08	1:26:04	1:26:30
		2:07	1:20	6:35	4:19	3:56	5:59	1:20	7:01	3:41	8:07	10:55	3:20	4:28	4:46	3:52	7:33	1:49	4:56	0:26	
10	ENRIQUE PASTORIZA RIVAS / IVÁN PASTOR PONTEVEDRA AROMON	1:29:42	0:54	20:07	21:35	36:36	39:15	45:37	46:41	51:22	54:21	1:00:59	1:04:30	1:06:41	1:13:03	1:20:40	1:22:54	1:25:32	1:27:48	1:29:08	1:29:42
		0:54	19:13	1:28	15:01	2:39	6:22	1:04	4:41	2:59	6:38	3:31	2:11	6:22	7:37	2:14	2:38	2:16	1:20	0:33	
	SILVIA PÉREZ CARRACEDO / JOSÉ MANUE PONTEVEDRA AROMON	Error en tarj.	19:46	20:46	22:19	25:09	28:48	32:12	40:51	47:34	50:35	58:42	1:01:22	1:03:21	1:08:41	1:14:47	1:17:04	1:18:22	1:21:10	----	1:22:34
		19:46	1:00	1:33	2:50	3:39	3:24	8:39	6:43	3:01	8:07	2:40	1:59	5:20	6:06	2:17	1:18	2:48		1:24	