

Pos	Dorsal	Nombre	Tiempo													
Feminino 50 (10)			5,0 km 100 m			15 C			<i>(cont.)</i>							
			1(57) 15(100)	2(70) Meta	3(71)	4(33)	5(56)	6(55)	7(73)	8(39)	9(42)	10(53)	11(40)	12(41)	13(63)	
8	4279	Beatriz Pedrares Fer A Coruña ARTABROS	2:15:06	17:14 17:14 2:14:30	22:31 5:17 2:15:06	40:52 18:21	47:47 6:55	55:36 7:49	1:16:07 20:31	1:23:13 7:06	1:33:09 9:56	1:41:29 8:20	1:46:16 4:47	1:52:18 6:02	1:56:33 4:15	2:07:38 11:05
9	4627	Elia Núñez Otero Betanzos OP BETAN:	2:15:37	9:23 9:23 2:14:38	12:35 3:12 2:15:37	34:25 21:50	42:12 7:47	44:57 2:45	54:20 9:23	1:00:51 6:31	1:08:12 7:21	1:32:59 24:47	1:38:20 5:21	1:50:45 12:25	1:55:25 4:40	2:06:04 10:39
4351	Mª Isabel Saco Ferná Vigo U-VIGO	No sale														
Feminino Élite (4)			7,0 km 170 m			18 C										
			1(57) 15(45)	2(32) 16(46)	3(71) 17(68)	4(33) 18(100)	5(72) Meta	6(38)	7(37)	8(36)	9(40)	10(41)	11(39)	12(34)	13(74)	
1	4205	Teresa Bellón Santos Pontevedra AROMON	1:28:35	4:43 4:43 1:21:45	10:08 5:25 1:26:01	13:47 3:39 1:27:41	18:12 4:25 1:28:12	29:04 10:52 1:28:35	36:20 7:16	40:41 4:21	42:39 1:58	48:40 6:01	50:35 1:55	1:00:59 10:24	1:03:53 2:54	1:05:59 2:06
2	4281	María Piñeiro Varela A Coruña ARTABROS	1:29:22	4:33 4:33 1:23:38	10:36 6:03 1:27:09	13:37 3:01 1:28:34	18:08 4:31 1:29:03	27:01 8:53 1:29:22	35:49 8:48	40:45 4:56	41:40 0:55	47:25 5:45	50:30 3:05	1:00:06 9:36	1:03:20 3:14	1:05:22 2:02
4364	Olalla Bello Rodrígu Culleredo GALLAECI	r en tarj.	5:43 5:43 1:29:36	10:56 5:13 1:32:53	13:38 2:42 1:34:22	18:56 5:18 1:34:51	29:54 10:58 1:35:09	35:55 6:01	40:41 4:46	46:09 5:28	57:49 11:40	1:00:04 2:15	----- -----	1:10:59 10:55	1:13:04 2:05	
4809	Sofía Martínez Góme LUGO COMPÁS	andona	13:17 13:17 -----	24:21 11:04 50:31	29:31 5:10 52:45	----- ----- 53:17	----- ----- 53:39	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----	----- ----- -----
Masculino 12 (4)			3,5 km 60 m			12 C										
			1(47)	2(54)	3(66)	4(67)	5(59)	6(73)	7(35)	8(62)	9(64)	10(65)	11(68)	12(100)	Meta	
1	4530	Brais Rodríguez Cru O Barco de Valde TR	44:00	3:52 3:52 3:43	7:32 3:40 3:43	10:04 2:32 5:28	13:06 3:02 4:09	15:46 2:40 3:40	21:23 5:37 6:00	27:06 9:15 2:40	36:21 9:24 10:30	39:45 3:24 7:31	42:05 2:20 4:51	43:09 1:04 1:08	43:38 0:29 0:31	44:00 0:22 0:24
2	4264	David Couceiro Fuei A Coruña ARTABROS	54:03	3:43 3:43 8:18	9:11 5:28 18:38	13:20 4:09 25:48	16:48 3:28 35:20	20:28 3:40 43:55	26:28 6:00 57:45	29:08 2:40 1:05:54	39:38 10:30 1:24:17	47:09 7:31 1:33:43	52:00 4:51 1:41:08	53:08 1:08 1:45:35	53:39 0:31 1:48:15	54:03 0:24 1:49:37
3	4813	Lucas Rocha Cuiña LUGO COMPÁS	1:49:37	8:18 8:18 -----	18:38 10:20 13:46	25:48 7:10 16:34	35:20 9:32 21:51	43:55 8:35 24:17	57:45 13:50 29:50	1:05:54 8:09 37:03	1:24:17 18:23 51:46	1:33:43 9:26 1:04:15	1:41:08 7:25 1:08:43	1:45:35 4:27 1:11:40	1:48:15 2:40 1:12:59	1:49:37 1:22 1:13:30
6605	Marcos Agudo Calve O Barco de Valde TR	r en tarj.	-----	13:46 13:46 -----	16:34 2:48 -----	21:51 5:17 -----	24:17 2:26 -----	29:50 5:33 -----	37:03 7:13 -----	51:46 14:43 -----	1:04:15 12:29 -----	1:08:43 4:28 -----	1:11:40 2:57 -----	1:12:59 1:19 -----	1:13:30 0:31 -----	
Masculino 14 (7)			4,1 km 120 m			13 C										
			1(47)	2(54)	3(66)	4(67)	5(59)	6(73)	7(39)	8(58)	9(53)	10(63)	11(64)	12(65)	13(100)	
1	4729	Antón Rodríguez Sei As Neves VIZHOJA-C	52:18	3:05 3:05 26:41	6:58 3:53 29:41	9:36 2:38 31:30	12:48 3:12 32:27	15:28 2:40 34:26	20:55 5:27 34:26	27:01 6:06 36:58	30:28 3:27 38:31	38:27 7:59 43:05	44:54 6:27 44:59	47:08 2:14 47:56	50:20 3:12 53:40	51:56 1:36 56:48
			1:02:02 *78	1:02:46 *100	*32 *37	*39 *41	*45 *41	*45 *36	*36 *48	*62 *64	*69 *79	*76 *76				
2	4684	Lucas Barja Pérez Xinzo de Limia LIMIA	55:35	5:41 5:41 2:14	10:26 4:45 6:46	13:41 3:15 9:29	17:50 4:09 13:13	21:09 3:19 16:20	27:09 6:00 20:50	35:09 8:00 43:18	40:08 4:59 46:41	44:24 4:16 50:55	49:51 5:27 58:18	51:49 1:58 1:01:03	53:45 1:56 1:02:57	55:17 1:32 1:04:45
3	4263	Xacobe Chase Trueb A Coruña ARTABROS	1:05:05	2:14 2:14 3:48	6:46 4:32 9:46	9:29 2:43 14:47	13:13 3:44 20:35	16:20 3:07 25:47	20:50 4:30 33:00	43:18 22:28 43:32	46:41 3:23 50:29	50:55 4:14 1:02:23	58:18 7:23 1:11:30	1:01:03 2:45 1:15:20	1:02:57 1:54 1:17:43	1:04:45 1:48 1:19:39
4	4312	Rodrigo Fouz Sanch LUGO FLUVIAL_LUG	1:20:06	3:48 3:48 4:15	9:46 5:58 11:09	14:47 5:01 15:45	20:35 5:48 20:10	25:47 5:12 23:55	33:00 7:13 31:01	43:32 10:32 43:59	50:29 6:57 49:13	1:02:23 11:54 56:53	1:11:30 9:07 1:08:39	1:15:20 3:50 1:23:09	1:17:43 2:23 1:28:23	1:19:39 1:56 1:30:25
5	4307	Carlos Fernández Pe LUGO FLUVIAL_LUG	1:30:59	4:15 4:15 -----	11:09 6:54 -----	15:45 4:36 -----	20:10 4:25 -----	23:55 3:45 -----	31:01 7:06 -----	43:59 12:58 -----	49:13 5:14 -----	56:53 7:40 -----	1:08:39 11:46 -----	1:23:09 14:30 -----	1:28:23 5:14 -----	1:30:25 2:02 -----
4730	Iago Rodríguez Seiji As Neves VIZHOJA-C	r en tarj.	2:49 2:49 34:31	6:56 4:07 *60	9:48 2:52 -----	13:50 4:02 -----	16:44 2:54 -----	22:05 5:21 -----	27:51 5:46 -----	31:23 3:32 -----	----- ----- -----	41:36 10:13 -----	43:37 2:01 -----	45:56 2:19 -----	47:04 1:08 -----	
6629	Saúl García Otero LUGO FLUVIAL_LUG	r en tarj.	3:39 3:39 38:23	14:55 11:16 *35	17:11 2:16 -----	22:54 5:43 -----	25:36 2:42 -----	30:57 5:21 -----	----- ----- -----	1:19:09 48:12 -----	1:25:29 6:20 -----	1:32:35 7:06 -----	1:35:59 3:24 -----	1:37:58 1:59 -----	1:39:50 1:52 -----	

Pos	Dorsal	Nombre	Tempo	5,1 km		140 m	16 C											
				1(70)	2(49)	3(50)	4(56)	5(67)	6(73)	7(35)	8(38)	9(36)	10(58)	11(42)	12(41)	13(52)		
				15(65)	16(100)	Meta												
Masculino 16 (7)																		
1	4571	Esteban Cruces Ferr Porto do Son ADC_A	1:31:46	3:32	7:15	11:31	21:23	24:32	31:57	41:23	51:05	1:08:29	1:10:22	1:13:50	1:19:05	1:20:21		
				3:32	3:43	4:16	9:52	3:09	7:25	9:26	9:42	17:24	1:53	3:28	5:15	1:16		
				1:29:58	1:31:24	1:31:46												
				3:01	1:26	0:22												
2	4395	Marcos Garcia Castri Culleredo GALLAECI	2:10:48	10:22	16:37	30:15	40:02	1:16:28	1:23:45	1:28:27	1:40:39	1:43:54	1:46:03	1:48:51	1:55:27	1:58:21		
				10:22	6:15	13:38	9:47	36:26	7:17	4:42	12:12	3:15	2:09	2:48	6:36	2:54		
				2:09:17	2:10:26	2:10:48												
				5:14	1:09	0:22												
3	6624	Daniel Daga Falagán O Barco de Valde TR	2:33:34	3:52	14:21	20:12	59:27	1:06:34	1:21:01	1:23:40	1:47:48	1:52:03	2:00:14	2:06:39	2:16:22	2:17:41		
				3:52	10:29	5:51	39:15	7:07	14:27	2:39	24:08	4:15	8:11	6:25	9:43	1:19		
				2:31:51	2:33:16	2:33:34												
				4:05	1:25	0:18												
6625	Joaquín Daga Falagá O Barco de Valde TR	ft	9:51	15:54	24:55	58:43	1:17:48	1:26:55	1:35:34	1:50:05	2:21:00	2:23:42	2:29:00	2:38:57	2:40:16			
				9:51	6:03	9:01	33:48	19:05	9:07	8:39	14:31	30:55	2:42	5:18	9:57	1:19		
				2:51:41	2:53:38	2:54:02												
				4:30	1:57	0:24												
4779	Mateo Hervada Bouz A Coruña LICEO	Desc.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
				-----	-----	-----												
4265	Manuel Couceiro Fu A Coruña ARTABROS	bandona	5:01	18:32	29:51	-----	43:20	54:55	-----	1:20:36	-----	-----	-----	-----	-----			
				5:01	13:31	11:19	-----	13:29	11:35	-----	25:41	-----	-----	-----	-----	-----		
				-----	-----	1:53:12												
				-----	-----	32:36												
6623	Juan Sebastián Corr O Barco de Valde TR	bandona	5:06	14:49	37:06	53:30	1:09:34	1:21:01	1:47:26	-----	-----	-----	-----	-----	-----			
				5:06	9:43	22:17	16:24	16:04	11:27	26:25	-----	-----	-----	-----	-----	-----		
				-----	-----	2:13:15												
				-----	-----	25:49												
Masculino 18 (4)																		
				6,4 km		160 m	17 C											
				1(48)	2(49)	3(33)	4(56)	5(55)	6(69)	7(34)	8(38)	9(36)	10(40)	11(52)	12(42)	13(72)		
				15(64)	16(46)	17(100)	Meta											
1	4617	Martín Casado Núñez Betanzos OP BETANZ	1:24:51	4:05	8:40	16:47	18:21	22:38	26:44	30:49	45:55	47:53	55:02	58:22	1:07:38	1:13:54		
				4:05	4:35	8:07	1:34	4:17	4:06	4:05	15:06	1:58	7:09	3:20	9:16	6:16		
				1:22:01	1:22:54	1:24:35	1:24:51											
				4:02	0:53	1:41	0:16											
2	4628	Aaron Rodriguez Are Betanzos OP BETANZ	1:24:54	5:32	10:13	16:57	20:08	27:19	32:06	40:44	46:48	49:29	56:14	59:31	1:06:27	1:12:13		
				5:32	4:41	6:44	3:11	7:11	4:47	8:38	6:04	2:41	6:45	3:17	6:56	5:46		
				1:21:33	1:22:35	1:24:33	1:24:54											
				4:09	1:02	1:58	0:21											
3	4625	Mario López Gonzál Betanzos OP BETANZ	1:36:45	10:07	14:07	22:15	24:02	28:16	33:44	39:38	47:12	1:02:05	1:07:45	1:11:37	1:19:00	1:23:39		
				10:07	4:00	8:08	1:47	4:14	5:28	5:54	7:34	14:53	5:40	3:52	7:23	4:39		
				1:33:34	1:34:33	1:36:30	1:36:45											
				4:05	0:59	1:57	0:15											
4473	Diego Silvarrey Orei Culleredo GALLAECI	No sale																
Masculino 21 A (11)																		
				7,0 km		170 m	18 C											
				1(57)	2(32)	3(71)	4(33)	5(72)	6(38)	7(37)	8(36)	9(40)	10(41)	11(39)	12(34)	13(74)		
				15(45)	16(46)	17(68)	18(100)	Meta										
1	4245	Carlos Romero Arma Pontevedra AROMON	1:41:53	6:59	12:11	14:35	18:00	27:04	33:33	40:06	43:19	50:12	54:19	1:09:08	1:12:04	1:14:56		
				6:59	5:12	2:24	3:25	9:04	6:29	6:33	3:13	6:53	4:07	14:49	2:56	2:52		
				1:36:48	1:39:46	1:41:05	1:41:37	1:41:53										
				16:55	2:58	1:19	0:32	0:16										
2	6540	Santiago González R Culleredo GALLAECI	1:46:54	11:59	17:29	20:29	24:06	33:04	38:36	49:22	53:25	1:00:14	1:02:54	1:11:34	1:14:08	1:16:03		
				11:59	5:30	3:00	3:37	8:58	5:32	10:46	4:03	6:49	2:40	8:40	2:34	1:55		
				1:41:19	1:44:37	1:46:03	1:46:38	1:46:54										
				19:41	3:18	1:26	0:35	0:16										
3	4686	Juan Garrido Blanc Xinzo de Limia LIMIA	1:51:56	6:19	11:53	19:13	25:01	37:39	47:15	50:55	53:25	59:46	1:07:22	1:20:45	1:24:49	1:27:22		
				6:19	5:34	7:20	5:48	12:38	9:36	3:40	2:30	6:21	7:36	13:23	4:04	2:33		
				1:45:39	1:49:36	1:51:07	1:51:39	1:51:56										
				13:31	3:57	1:31	0:32	0:17										
4	4582	Julio Lagos Carrera Porto do Son ADC_A	1:57:43	5:06	11:22	15:29	24:48	37:34	45:04	49:16	51:52	1:03:56	1:07:03	1:19:14	1:22:54	1:25:24		
				5:06	6:16	4:07	9:19	12:46	7:30	4:12	2:36	12:04	3:07	12:11	3:40	2:30		
				1:51:15	1:55:01	1:56:50	1:57:22	1:57:43										
				20:57	3:46	1:49	0:32	0:21										
5	4217	Daniel Garcia Carod Pontevedra AROMON	2:04:31	4:57	19:36	24:01	49:24	59:42	1:08:31	1:10:50	1:13:19	1:24:02	1:25:43	1:35:46	1:39:01	1:41:33		
				4:57	14:39	4:25	25:23	10:18	8:49	2:19	2:29	10:43	1:41	10:03	3:15	2:32		
				1:58:04	2:01:39	2:03:28	2:04:10	2:04:31										
				12:19	3:35	1:49	0:42	0:21										
6	4427	Jose Mansilla Barrei Culleredo GALLAECI	2:17:00	8:16	15:10	22:39	42:42	59:13	1:08:10	1:18:01	1:22:51	1:30:15	1:32:57	1:41:37	1:44:20	1:46:01		
				8:16	6:54	7:29	20:03	16:31	8:57	9:51	4:50	7:24	2:42	8:40	2:43	1:41		
				2:11:29	2:14:39	2:16:05	2:16:39	2:17:00										
				20:00	3:10	1:26	0:34	0:21										

Pos	Dorsal	Nombre	Tempo													
Masculino 50 (15)				5,8 km	140 m	15 C	<i>(cont.)</i>									
				1(57) 15(100)	2(49) Meta	3(32)	4(71)	5(51)	6(34)	7(40)	8(52)	9(60)	10(69)	11(43)	12(64)	13(46)
4239		José Antonio Ricoy I r en tarj. Pontevedra AROMON		6:13 6:13 1:35:27 1:38	11:38 5:25 1:35:56 0:29	13:10 1:32	16:38 3:28 42:17 *53	22:44 6:06 1:11:23 *53	31:35 8:51	1:00:35 29:00	1:04:25 3:50	----- 15:28	1:19:53 3:31	1:23:24 7:46	1:31:10 7:46	1:32:32 1:22
4348		Jorge Pérez Juste Vigo U-VIGO	No sale													
Élite (14)				8,4 km	200 m	18 C										
				1(31) 15(55)	2(49) 16(46)	3(50) 17(65)	4(51) 18(100)	5(44) Meta	6(37)	7(38)	8(34)	9(69)	10(40)	11(41)	12(45)	13(42)
1	4656	Borja Varela Paz A Coruña COCO	1:21:07	3:22 3:22 1:13:19 6:09	8:20 4:58 1:18:06 4:47	11:12 2:52 1:19:41 1:35	15:16 4:04 1:20:47 1:06	24:00 8:44 1:21:07 0:20	33:43 9:43	35:18 1:35	38:37 3:19	41:05 2:28	47:44 6:39	51:04 3:20	59:14 8:10	1:04:01 4:47
2	4450	Felipe Peña Pita Culleredo GALLAECI	1:22:51	6:09 3:04 3:04 1:15:22	4:47 6:58 3:54 1:20:15	9:47 9:47 2:49 1:21:20	13:53 4:06 7:34 1:22:32	21:27 7:34 1:22:51 0:19	30:39 9:12	32:11 1:32	35:36 3:25	38:14 2:38	46:42 8:28	49:43 3:01	59:13 9:30	1:03:59 4:46
3	4688	Martín Morales Ferre Xinzo de Limia LIMIA	1:23:12	7:09 3:15 3:15 1:15:11	4:53 8:26 5:11 1:20:38	1:05 11:28 3:02 1:21:47	1:12 15:51 4:23 1:22:54	0:19 25:12 9:21 1:23:12	37:09 11:57	39:26 2:17	43:24 3:58	46:13 2:49	52:54 6:41	54:57 2:03	1:00:49 5:52	1:06:01 5:12
4	4615	David Casado Bravo Betanzos OP BETANZOS	1:23:40	5:28 3:07 3:07 1:14:14	5:27 7:30 4:23 1:20:54	1:09 10:21 2:51 1:22:10	1:07 14:34 4:13 1:23:21	0:18 23:12 8:38 1:23:40	36:03 12:51	37:55 1:52	41:25 3:30	45:09 3:44	52:06 6:57	54:03 1:57	58:43 4:40	1:05:02 6:19
5	4623	Francisco Javier López Betanzos OP BETANZOS	1:24:10	5:40 3:30 3:30 1:15:02	6:40 8:39 5:09 1:21:36	1:16 11:51 3:12 1:22:24	1:11 16:25 4:34 1:23:47	0:19 26:30 10:05 1:24:10	37:09 10:39	39:12 2:03	43:23 4:11	46:43 3:20	54:28 7:45	56:31 2:03	1:00:06 3:35	1:05:57 5:51
6	4474	Marcos Silvarrey Ore Culleredo GALLAECI	1:25:44	5:39 3:14 3:14 1:18:26	6:34 7:45 4:31 1:23:34	0:48 10:53 3:08 1:24:24	1:23 15:30 4:37 1:25:30	0:23 23:57 8:27 1:25:44	35:33 11:36	37:03 1:30	42:13 5:10	45:14 3:01	57:00 11:46	59:28 2:28	1:03:51 4:23	1:10:01 6:10
7	4825	Antonio Dominguez Nigrán RAZA PALLEI	1:43:03	6:00 3:53 3:53 1:33:20	6:58 9:15 5:22 1:40:18	0:54 15:53 6:38 1:41:12	1:24 20:31 4:38 1:42:36	0:27 29:42 9:11 1:43:03	6:00 15:50	6:58 2:06	0:54 3:58	1:24 3:00	1:24 9:56	1:24 2:39	1:24 9:18	1:43:03 6:29
8	4648	Ruben Rodriguez Fe A Coruña COCO	1:45:57	6:00 3:34 3:34 1:36:17	6:58 9:42 6:08 1:43:24	0:54 13:41 3:59 1:44:34	1:24 20:45 7:04 1:45:39	0:27 31:21 10:36 1:45:57	43:15 11:54	45:30 2:15	56:53 11:23	1:00:35 3:42	1:07:19 6:44	1:10:13 2:54	1:19:19 9:06	1:26:23 7:04
9	4657	Ignacio Vazquez Gar A Coruña COCO	1:49:10	5:14 4:35 4:35 1:35:08	7:07 12:11 7:36 1:45:08	1:10 15:05 2:54 1:47:22	1:05 21:32 6:27 1:48:47	0:18 36:30 14:58 1:49:10	47:25 10:55	51:04 3:39	56:16 5:12	1:00:09 3:53	1:08:13 8:04	1:12:14 4:01	1:17:51 5:37	1:24:51 7:00
10	4383	Juan Antonio Doce S Culleredo GALLAECI	1:50:26	6:48 4:14 4:14 1:40:31	10:00 9:50 5:36 1:47:25	2:14 13:28 3:38 1:48:45	1:25 19:22 5:54 1:50:03	0:23 33:30 14:08 1:50:26	47:26 13:56	49:18 1:52	54:06 4:48	57:34 3:28	1:10:21 12:47	1:12:49 2:28	1:18:43 5:54	1:29:50 11:07
47		Pedro Jesus Fernandez INDEPENDIENTE	Desc.	8:31 21:59 21:59 2:32:04	9:18 32:40 10:41 2:41:22	1:35 36:27 3:47 2:42:57	1:41 42:28 6:01 2:44:38	0:30 55:45 13:17 2:45:08	1:19:27 23:42	1:25:59 6:32	1:31:09 5:10	1:42:30 11:21	1:54:18 11:48	1:58:46 4:28	2:06:40 7:54	2:14:45 8:05
6324		Angel Soto Boullosa Xinzó de Limia LIMIA	Andona	8:31 3:31 3:31 ----- 14:40	9:18 9:18 5:47 1:28:46 14:40	17:14 17:14 7:56 1:30:36 1:50	22:03 22:03 4:49 1:33:03 2:27	32:34 10:31 1:34:01 0:58	58:21 25:47	1:00:37 2:16	1:06:54 6:17	1:14:06 7:12	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----
4646		Jose Penas Varela A Coruña COCO	No sale													
4768		Alberto Arufe Varela A Coruña LICEO	No sale													
Iniciación Curta (48)				3,5 km	60 m	11 C										
				1(47)	2(54)	3(66)	4(59)	5(73)	6(35)	7(61)	8(62)	9(64)	10(65)	11(100)	Meta	
1	11	Xian Piñeiroa Vilaver LUGO COMPÁS	49:00	6:17 6:17	11:07 4:50	14:16 3:09	18:58 4:42	27:24 8:26	31:25 4:01	34:44 3:19	39:13 4:29	43:08 3:55	46:11 3:03	48:29 2:18	49:00 0:31	
2	6	Eva Varela Pérez LUGO COMPÁS	49:07	6:14 6:14	11:36 5:22	14:13 2:37	19:57 5:44	27:42 7:45	31:47 4:05	34:50 3:03	39:47 4:57	43:19 3:32	46:08 2:49	48:35 2:27	49:07 0:32	
3	9	Jara Pérez Cruz LUGO COMPÁS	49:08	6:12 6:12	12:03 5:51	16:01 3:58	22:02 6:01	28:19 6:17	32:31 4:12	36:18 3:47	41:35 5:17	44:36 3:01	46:39 2:03	48:40 2:01	49:08 0:28	
4	5	Laura Salvador Calv LUGO COMPÁS	49:15	6:15 6:15	11:34 5:19	14:32 2:58	20:30 5:58	27:46 7:16	31:35 3:49	34:52 3:17	39:45 4:53	43:13 3:28	46:14 3:01	48:46 2:32	49:15 0:29	
5	27	Mario López Rodríguez INDEPENDIENTE	49:18	6:23 6:23	11:15 4:52	14:32 3:17	19:26 4:54	27:29 8:03	31:40 4:11	35:00 3:20	39:33 4:33	43:27 3:54	46:27 3:00	48:49 2:22	49:18 0:29	

Pos	Jorsal	Nombre	Tempo	3,5 km 60 m			11 C			(cont.)						
				1(47)	2(54)	3(66)	4(59)	5(73)	6(35)	7(61)	8(62)	9(64)	10(65)	11(100)	Meta	
Iniciación Curta (48)																
4496	Marta Rodríguez Do	No sale														
	Ordes SEO															
17	Neus Alexandra Rod	No sale														
	Ordes SEO															
4731	Noa Rodríguez Seijc	No sale														
	As Neves VIZHOJAC															
1	Pablo Fouz Moure	No sale														
	INDEPENDIENTE															
Iniciación Longa (22)																
				4,1 km 120 m			13 C									
				1(47)	2(54)	3(66)	4(59)	5(73)	6(39)	7(58)	8(60)	9(62)	10(63)	11(64)	12(68)	13(100)
1	41 Miguel Alonso Carra	33:04	3:01	6:24	8:19	12:03	15:12	19:16	22:29	24:43	26:55	28:26	30:09	32:03	32:43	
	Guitiriz VICHELAS		3:01	3:23	1:55	3:44	3:09	4:04	3:13	2:14	2:12	1:31	1:43	1:54	0:40	
2	46 Jesús Rodríguez Le	43:13	2:55	6:50	10:02	13:57	16:35	25:32	28:08	30:41	35:19	37:58	39:30	42:12	42:50	
	O Barco de Valde TR		2:55	3:55	3:12	3:55	2:38	8:57	2:36	2:33	4:38	2:39	1:32	2:42	0:38	
3	35 Ana Arias Méndez	44:13	4:01	7:30	9:32	13:52	17:35	24:42	28:06	30:52	33:44	35:54	38:17	42:26	43:49	
	INDEPENDIENTE		4:01	3:29	2:02	4:20	3:43	7:07	3:24	2:46	2:52	2:10	2:23	4:09	1:23	
4	4810 Antón Martínez Ferre	49:07	5:33	9:49	12:04	16:59	23:03	28:46	33:47	37:02	41:32	43:26	45:31	48:09	48:47	
	GUITIRIZ VICHELAS		5:33	4:16	2:15	4:55	6:04	5:43	5:01	3:15	4:30	1:54	2:05	2:38	0:38	
5	34 Noel Rodríguez Pér	55:57	3:20	7:27	9:48	13:54	17:54	34:40	38:02	40:51	48:37	50:52	52:52	54:59	55:36	
	INDEPENDIENTE		3:20	4:07	2:21	4:06	4:00	16:46	3:22	2:49	7:46	2:15	2:00	2:07	0:37	
6	39 Javier Carballeiro Mi	57:10	2:51	7:06	10:36	16:01	22:58	32:19	36:56	41:21	46:03	49:26	52:08	55:55	56:40	
	Guitiriz VICHELAS		2:51	4:15	3:30	5:25	6:57	9:21	4:37	4:25	4:42	3:23	2:42	3:47	0:45	
7	48 Naira González Alve	1:04:21	2:58	10:44	13:57	20:39	29:06	36:58	42:54	49:51	54:14	56:21	59:32	1:03:22	1:04:01	
	INDEPENDIENTE		2:58	7:46	3:13	6:42	8:27	7:52	5:56	6:57	4:23	2:07	3:11	3:50	0:39	
8	49 Hiba Amina Charaf L	1:04:24	3:02	10:57	13:59	20:41	29:13	37:01	42:49	49:52	54:14	56:23	59:34	1:03:24	1:04:04	
	INDEPENDIENTE		3:02	7:55	3:02	6:42	8:32	7:48	5:48	7:03	4:22	2:09	3:11	3:50	0:40	
9	4598 Félix Rodal Fraga	1:04:35	4:30	10:49	13:57	19:28	24:08	33:56	38:10	46:12	50:50	54:31	57:39	1:02:34	1:04:11	
	Porto do Son ADC_A		4:30	6:19	3:08	5:31	4:40	9:48	4:14	8:02	4:38	3:41	3:08	4:55	1:37	
10	38 Ana Rosa Suarez Bai	1:18:13	7:31	13:14	18:33	25:36	33:40	44:20	49:41	56:07	1:03:07	1:07:24	1:11:12	1:16:16	1:17:22	
	INDEPENDIENTE		7:31	5:43	5:19	7:03	8:04	10:40	5:21	6:26	7:00	4:17	3:48	5:04	1:06	
10	37 Clara Rodríguez	1:18:13	7:28	13:25	18:30	25:41	33:47	44:02	49:49	56:06	1:03:15	1:07:24	1:11:17	1:16:20	1:17:27	
	INDEPENDIENTE		7:28	5:57	5:05	7:11	8:06	10:15	5:47	6:17	7:09	4:09	3:53	5:03	1:07	
12	31 Mario Castro Porta	1:31:57	7:13	20:20	23:23	28:53	35:21	44:07	50:15	1:01:17	1:08:02	1:13:09	1:23:02	1:28:37	1:31:01	
	INDEPENDIENTE		7:13	13:07	3:03	5:30	6:28	8:46	6:08	11:02	6:45	5:07	9:53	5:35	2:24	
12	30 Alba Tajuelo Ferrer	1:31:57	7:13	20:11	23:25	28:52	35:18	44:03	50:19	1:01:03	1:08:12	1:12:49	1:23:03	1:28:41	1:30:57	
	INDEPENDIENTE		7:13	12:58	3:14	5:27	6:26	8:45	6:16	10:44	7:09	4:37	10:14	5:38	2:16	
14	45 Jose Antonio Agudo	2:05:25	5:30	10:36	15:06	24:57	42:55	1:05:33	1:11:09	1:25:15	1:38:38	1:43:00	1:57:20	2:03:08	2:04:21	
	O Barco de Valde TR		5:30	5:06	4:30	9:51	17:58	22:38	5:36	14:06	13:23	4:22	14:20	5:48	1:13	
15	40 Diego Rivas Luaces	2:12:13	6:29	30:57	39:15	49:42	1:04:31	1:21:06	1:28:04	1:35:58	1:45:40	1:53:47	1:59:08	2:08:15	2:10:14	
	INDEPENDIENTE		6:29	24:28	8:18	10:27	14:49	16:35	6:58	7:54	9:42	8:07	5:21	9:07	1:59	
				10:10												
				*70												
16	42 Iria Castro Fernánde	2:12:19	6:25	31:10	39:21	49:37	1:04:15	1:21:04	1:28:03	1:35:56	1:46:03	1:53:40	1:59:16	2:08:27	2:10:39	
	INDEPENDIENTE		6:25	24:45	8:11	10:16	14:38	16:49	6:59	7:53	10:07	7:37	5:36	9:11	2:12	
				8:18												
				*70												
17	43 Ángel Rivas Uz	2:12:28	6:28	31:19	39:24	49:40	1:04:43	1:22:00	1:28:17	1:36:07	1:46:32	1:54:02	1:59:18	2:08:28	2:10:26	
	INDEPENDIENTE		6:28	24:51	8:05	10:16	15:03	17:17	6:17	7:50	10:25	7:30	5:16	9:10	1:58	
				8:21												
				*70												
18	33 Susana Rodriguez G	2:37:36	10:23	20:48	28:15	41:05	53:14	1:09:43	1:15:47	1:27:03	2:17:26	2:24:31	2:29:28	2:35:46	2:36:56	
	INDEPENDIENTE		10:23	10:25	7:27	12:50	12:09	16:29	6:04	11:16	50:23	7:05	4:57	6:18	1:10	
	32 Manuel Parga Rilo	r en tarj.	5:19	9:45	12:45	17:59	22:11	33:35	37:33	42:16	1:00:19	1:18:14	1:20:40	1:26:06	----	
	Culleredo GALLAECI		5:19	4:26	3:00	5:14	4:12	11:24	3:58	4:43	18:03	17:55	2:26	5:26		
	36 Gustavo Rodríguez I	bandona	9:08	13:09	17:38	----	----	----	----	----	----	----	----	----	3:04:42	
	O Barco de Valde TR		9:08	4:01	4:29										2:47:04	
	4778 Daniela Hervada Bot	bandona	----	31:52	37:03	45:43	52:59	----	----	----	----	----	----	----	----	
	A Coruña LICEO			31:52	5:11	8:40	7:16									
	44 José Manuel Daga Ál	No sale														
	INDEPENDIENTE															
Feminino 12 NC (2)																
				3,5 km 60 m			12 C									
				1(47)	2(54)	3(66)	4(67)	5(59)	6(73)	7(35)	8(62)	9(64)	10(65)	11(68)	12(100)	Meta
1	4320 Sira Valcárcel Torr	1:03:59	4:16	11:05	15:09	20:53	25:40	31:28	41:57	51:59	57:24	1:00:30	1:02:20	1:03:32	1:03:59	
	LUGO FLUVIAL_LUG		4:16	6:49	4:04	5:44	4:47	5:48	10:29	10:02	5:25	3:06	1:50	1:12	0:27	
2	4379 Délia Cubeiro Suáre	1:21:16	5:35	11:25	14:48	22:30	26:58	34:15	47:17	1:02:07	1:13:42	1:16:23	1:20:01	1:20:48	1:21:16	
	Culleredo GALLAECI		5:35	5:50	3:23	7:42	4:28	7:17	13:02	14:50	11:35	2:41	3:38	0:47	0:28	
Masculino 12 NC (1)																
				3,5 km 60 m			12 C									
				1(47)	2(54)	3(66)	4(67)	5(59)	6(73)	7(35)	8(62)	9(64)	10(65)	11(68)	12(100)	Meta
1	6374 Javier González Rod	1:20:39	6:34	13:43	20:15	26:52	32:19	40:47	46:27	1:03:15	1:09:23	1:14:05	1:18:42	1:19:59	1:20:39	
	Culleredo GALLAECI		6:34	7:09	6:32	6:37	5:27	8:28	5:40	16:48	6:08	4:42	4:37	1:17	0:40	

