

Pos	Dorsal	Nombre	Tiempo														
<b>Mulleres 12 (4)</b>				<b>4,0 km</b>	<b>80 m</b>	<b>9 C</b>											
				1(76)	2(77)	3(78)	4(71)	5(79)	6(80)	7(70)	8(81)	9(100)	F				
1	173	Hermida Balseiro, Uxia GALLAECIA A Coruña	49:25	9:59	17:52	22:34	28:02	32:24	36:14	38:22	39:48	49:05	49:25				
2	162	Dopico Golpe, Rocío GALLAECIA A Coruña	1:03:25	9:27	19:12	29:07	34:07	40:32	45:09	48:38	53:59	1:03:01	1:03:25				
3	299	Oujo Perez, Nerea ADC ARNELA Porto do Son	1:24:22	9:27	9:45	9:55	5:00	6:25	4:37	3:29	5:21	9:02	0:24				
391		Martínez Gómez, Sofía BRIGANTIA A Coruña	r en tarj.	16:38	-----	-----	-----	-----	-----	-----	-----	-----	1:07:06	50:28			
<b>Mulleres 14 (4)</b>				<b>4,4 km</b>	<b>125 m</b>	<b>11 C</b>											
				1(69)	2(78)	3(71)	4(74)	5(72)	6(70)	7(75)	8(56)	9(82)	10(48)	11(100)	F		
1	426	Piñeiro Varela, María ARTABROS A Coruña	49:29	7:42	18:00	22:10	25:46	28:39	33:52	39:35	42:21	44:36	47:12	49:09	49:29	0:20	
2	356	Osorio Miguez, Alba TREVINCA O Barco de Valde	59:12	8:14	21:17	25:37	31:36	37:45	44:55	48:44	51:23	53:45	56:35	58:51	59:12	0:21	
3	346	Aller Pfirter, Milagros Morena TREVINCA O Barco de Valde	1:31:07	8:14	13:03	4:20	5:59	6:09	7:10	3:49	2:39	2:22	2:50	2:16	0:21	0:28	
358		Rodríguez Fernandez, Analia TREVINCA O Barco de Valde	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Mulleres 16 (4)</b>				<b>4,9 km</b>	<b>150 m</b>	<b>12 C</b>											
				1(69)	2(64)	3(49)	4(50)	5(51)	6(72)	7(62)	8(53)	9(75)	10(56)	11(82)	12(100)	F	
1	37	González Fernández, Cristina FLUVIAL LU Lugo	1:32:04	8:56	15:26	25:35	30:22	38:03	42:57	47:07	1:06:50	1:15:46	1:25:42	1:28:34	1:31:41	1:32:04	
2	641	Carro Blanes, Monica APA LICEO A Coruña	1:37:47	8:56	6:30	10:09	4:47	7:41	4:54	4:10	19:43	8:56	9:56	2:52	3:07	0:23	
3	161	Dopico Golpe, Alba GALLAECIA A Coruña	1:49:35	9:58	7:28	12:13	6:07	6:28	5:00	3:58	25:55	11:29	3:42	1:57	3:07	0:25	
298		Oujo Perez, Antia ADC ARNELA Porto do Son	r en tarj.	10:16	57:06	1:08:24	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Mulleres 18 (3)</b>				<b>5,9 km</b>	<b>200 m</b>	<b>13 C</b>											
				1(73)	2(57)	3(50)	4(61)	5(66)	6(54)	7(53)	8(52)	9(62)	10(67)	11(65)	12(48)	13(100)	F
1	473	Morales Jiménez, Irene LIMIACTIVA Xinzo de Limia	1:21:19	7:04	12:37	25:50	31:21	34:26	47:32	50:44	1:01:45	1:03:33	1:13:17	1:17:52	1:19:26	1:20:57	1:21:19
2	131	Ricoy Rajoy, Sara AROMON Pontevedra	1:33:18	7:04	5:33	13:13	5:31	3:05	13:06	3:12	11:01	1:48	9:44	4:35	1:34	1:31	0:22
3	238	Garrido Martinez, Laura APA LICEO A Coruña	1:40:36	9:39	15:33	26:39	34:00	37:23	52:52	58:24	1:06:36	1:09:06	1:23:44	1:28:31	1:30:16	1:32:50	1:33:18
				9:39	5:54	11:06	7:21	3:23	15:29	5:32	8:12	2:30	14:48	4:47	1:45	2:34	0:28
				9:03	13:50	23:06	39:27	42:34	56:25	1:11:11	1:18:58	1:21:05	1:32:10	1:36:30	1:38:11	1:40:11	1:40:36
				9:03	4:47	9:16	16:21	3:07	13:51	14:46	7:47	2:07	11:05	4:20	1:41	2:00	0:25
<b>Mulleres 21 (9)</b>				<b>5,9 km</b>	<b>200 m</b>	<b>13 C</b>											
				1(73)	2(57)	3(50)	4(61)	5(66)	6(54)	7(53)	8(52)	9(62)	10(67)	11(65)	12(48)	13(100)	F
1	307	Santos Cambón, María ADC ARNELA Porto do Son	1:41:09	8:27	13:54	22:27	29:09	34:29	48:27	52:31	1:12:09	1:15:01	1:27:11	1:37:51	1:39:14	1:40:44	1:41:09
2	435	Del Puerto Lopez, Barbara SEO Ordes	1:42:50	8:27	5:27	8:33	6:42	5:20	13:58	4:04	19:38	2:52	12:10	10:40	1:23	1:30	0:25
3	170	González Corral, Bibiana GALLAECIA A Coruña	1:49:53	9:05	12:56	10:45	8:06	3:39	17:22	3:59	9:00	2:58	15:35	4:54	1:51	2:10	0:30
3	65	Pérez González, M. José FLUVIAL LU Lugo	1:49:53	9:31	17:45	32:31	40:11	44:44	1:00:19	1:08:35	1:19:52	1:23:49	1:38:23	1:45:16	1:47:27	1:49:25	1:49:53
				9:31	8:14	14:46	7:40	4:33	15:35	8:16	11:17	3:57	14:34	6:53	2:11	1:58	0:28
5	288	Fernandez Torres, Xema ADC ARNELA Porto do Son	1:52:48	8:53	15:14	7:58	14:21	5:06	18:53	4:11	7:51	4:19	11:23	6:38	2:27	2:07	0:32
				8:52	19:12	30:59	39:27	50:53	1:17:53	1:20:30	1:28:58	1:32:56	1:43:55	1:48:17	1:50:18	1:52:16	1:52:48
				8:52	10:20	11:47	8:28	11:26	27:00	2:37	8:28	3:58	10:59	4:22	2:01	1:58	0:32
6	190	Rajcok Villagram, Nadia GALLAECIA A Coruña	2:21:19	27:55	33:19	44:32	51:45	1:24:20	1:42:58	1:50:24	1:59:00	2:02:41	2:12:27	2:17:21	2:19:11	2:20:49	2:21:19
				27:55	5:24	11:13	7:13	32:35	18:38	7:26	8:36	3:41	9:46	4:54	1:50	1:38	0:30
7	375	Ferrero Del Pozo, Carmen BRIGANTIA A Coruña	2:58:06	15:53	22:20	48:09	57:03	1:01:46	1:25:56	1:39:05	1:51:52	1:57:19	2:29:10	2:51:49	2:54:31	2:57:37	2:58:06
				15:53	6:27	25:49	8:54	4:43	24:10	13:09	12:47	5:27	31:51	22:39	2:42	3:06	0:29
8	646	Loureiro Garrido, Alexia ROBALIZA Cambre	3:04:09	10:06	16:26	30:05	41:58	1:00:38	1:16:54	1:29:44	1:47:49	2:02:14	2:35:14	2:58:04	3:00:28	3:02:53	3:04:09
				10:06	6:20	13:39	11:53	18:40	16:16	12:50	18:05	14:25	33:00	22:50	2:24	2:25	1:16
9	87	Zolle Fernández, Cristina FLUVIAL LU Lugo	3:11:47	17:58	27:31	51:59	1:06:35	1:15:52	1:48:12	1:59:39	2:23:24	2:29:18	2:47:35	3:02:59	3:07:16	3:10:46	3:11:47
				17:58	9:33	24:28	14:36	9:17	32:20	11:27	23:45	5:54	18:17	15:24	4:17	3:30	1:01
<b>Mulleres 21 C (22)</b>				<b>5,1 km</b>	<b>170 m</b>	<b>12 C</b>											
				1(73)	2(64)	3(49)	4(50)	5(51)	6(74)	7(62)	8(53)	9(54)	10(55)	11(56)	12(100)	F	
1	133	Rodríguez Mourinho, María Jes AROMON Pontevedra	1:33:57	10:59	16:56	24:58	28:54	35:26	37:51	44:40	1:06:43	1:11:23	1:17:56	1:27:10	1:33:29	1:33:57	
2	295	Louridon Gaciño, Elena ADC ARNELA Porto do Son	1:40:29	11:24	18:43	26:34	33:05	44:28	47:28	54:49	1:10:36	1:16:03	1:18:23	1:32:27	1:39:58	1:40:29	
3	602	Fraga Lamas, Maite FLUVIAL LU Lugo	1:48:39	11:24	7:19	7:51	6:31	11:23	3:00	7:21	15:47	5:27	2:20	14:04	7:31	0:31	
4	389	López Permuy, Victoria BRIGANTIA A Coruña	1:50:28	12:32	25:41	35:20	40:08	58:50	1:01:10	1:12:28	1:25:19	1:30:04	1:32:47	1:41:40	1:48:06	1:48:39	
				12:32	13:09	9:39	4:48	18:42	2:20	11:18	12:51	4:45	2:43	8:53	6:26	0:33	
5	199	Alvarez Castro, Olimpia UNIVERSIDA Vigo	1:59:08	12:30	20:14	38:29	43:56	54:38	57:26	1:04:53	1:20:43	1:25:56	1:28:15	1:42:31	1:50:09	1:50:28	
				12:30	7:44	18:15	5:27	10:42	2:48	7:27	15:50	5:13	2:19	14:16	7:38	0:19	
6	357	Pfirter Benegas, Nadia Soleda TREVINCA O Barco de Valde	2:05:09	13:01	21:18	31:46	38:57	48:27	52:05	1:03:41	1:18:33	1:26:15	1:30:56	1:50:15	1:58:23	1:59:08	
				13:01	8:17	10:28	7:11	9:30	3:38	11:36	14:52	7:42	4:41	19:19	8:08	0:45	
7	573	Ferrandez De Sanmamed Ma, A PEDROSA Culleredo (A Cor)	2:06:07	13:56	21:14	31:35	38:20	46:39	52:32	1:00:24	1:32:22	1:37:57	1:40:07	1:55:46	2:04:42	2:05:09	
				13:56	7:18	10:21	6:45	8:19	5:53	7:52	31:58	5:35	2:10	15:39	8:56	0:27	
8	514	Pereira Ameijenda, Martina ROBALIZA Cambre	2:12:23	11:10	20:05	29:00	37:10	44:59	50:03	59:24	1:32:46	1:39:16	1:45:35	1:57:22	2:05:05	2:06:07	
				11:10	8:55	8:55	8:10	7:49	5:04	9:21	33:22	6:30	6:19	11:47	7:43	1:02	
9	304	Pérez Torres, María Del Pilar ADC ARNELA Porto do Son	2:24:17	16:21	9:07	10:22	6:38	9:15	7:27	14:00	19:31	6:46	10:55	10:07	2:18	1:06	
				11:33	18:55	28:28	32:49	40:05	46:18	53:39	1:54:28	2:02:44	2:04:43	2:17:46	2:23:44	2:24:17	
				11:33	7:22	9:33	4:21	7:16	6:13	7:21	1:00:49	8:16	1:59	13:03	5:58	0:33	
10	459	Ortegano Pérez, Aracelis A PEDROSA Culleredo (A Cor)	2:26:23	12:25	20:25	30:23	34:57	41:52	48:12	55:35	1:56:26	2:04:41	2:06:41	2:19:53	2:25:46	2:26:23	
				12:25	8:00	9:58	4:34	6:55	6:20	7:23	1:00:51	8:15	2:00	13:12	5:53	0:37	
11	274	Roca Balsa, Ana María MONTAÑA FE Ferrol. A Coruñ	2:30:03	13:28	28:57	39:05	48:56	58:25	1:03:37	1:15:50	1:51:27	2:01:18	2:06:23	2:21:30	2:29:10	2:30:03	
				13:28	15:29	10:08	9:51	9:29	5:12	12:13	35:37	9:51	5:05	15:07	7:40	0:53	



Pos	Dorsal	Nombre	Tiempo														
<b>Mulleres 35 (10)</b>				<b>6,4 km</b>	<b>210 m</b>	<b>14 C</b>		<i>(cont.)</i>									
				1(63) F	2(57)	3(59)	4(61)	5(66)	6(68)	7(52)	8(55)	9(47)	10(44)	11(54)	12(67)	13(65)	14(100)
	<b>515</b>	<b>Regueiro Varela, Elena</b> <b>ROBALIZA Cambre</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>Mulleres 45 (8)</b>				<b>5,5 km</b>	<b>185 m</b>	<b>14 C</b>											
				1(73) F	2(64)	3(50)	4(51)	5(66)	6(74)	7(54)	8(53)	9(62)	10(75)	11(67)	12(56)	13(65)	14(100)
<b>1</b>	<b>330</b>	<b>Pernas Martínez, Rosa Mª</b> <b>USC Santiago de Compostela</b>	<b>1:28:15</b>	10:34 10:34 <b>1:28:15</b>	16:29 <b>5:55</b>	23:23 6:54	30:31 7:08	32:06 1:35	33:57 1:51	<b>50:12</b> <b>16:15</b>	<b>54:46</b> <b>4:34</b>	<b>1:03:56</b> 9:10	<b>1:12:43</b> <b>8:47</b>	<b>1:19:05</b> 6:22	<b>1:20:59</b> 1:54	<b>1:24:25</b> <b>3:26</b>	<b>1:27:43</b> 3:18
<b>2</b>	<b>206</b>	<b>Crespo Quindós, Begoña</b> <b>UNIVERSIDA Vigo</b>	<b>1:44:01</b>	10:28 10:28 1:44:01	<b>16:23</b> <b>5:55</b>	<b>22:58</b> <b>6:35</b>	<b>29:15</b> <b>6:17</b>	<b>31:37</b> 2:22	<b>33:08</b> 1:31	51:12 18:04	1:08:24 17:12	1:17:29 9:05	1:29:38 12:09	1:33:48 <b>4:10</b>	1:35:24 1:36	1:39:57 4:33	1:43:09 3:12
<b>3</b>	<b>84</b>	<b>Valcarcel López, Mar</b> <b>FLUVIAL LU Lugo</b>	<b>1:48:56</b>	9:26 9:26 1:48:56	24:24 14:58	38:32 14:08	46:15 7:43	47:50 1:35	49:20 <b>1:30</b>	1:06:13 16:53	1:13:40 7:27	1:23:32 9:52	1:32:45 9:13	1:40:37 7:52	1:41:49 <b>1:12</b>	1:45:16 3:27	1:48:20 <b>3:04</b>
<b>4</b>	<b>331</b>	<b>Prieto Vilar, Mª Jesús</b> <b>USC Santiago de Compostela</b>	<b>2:16:43</b>	11:55 11:55 2:16:43	28:17 16:22	37:36 9:19	44:35 6:59	46:05 <b>1:30</b>	49:52 3:47	1:30:42 40:50	1:36:36 5:54	1:45:02 <b>8:26</b>	1:54:36 9:34	2:03:27 8:51	2:05:27 2:00	2:11:47 6:20	2:15:48 4:01
<b>5</b>	<b>442</b>	<b>Díaz Rodríguez, Yolanda</b> <b>HABELAS HA Vigo</b>	<b>2:40:27</b>	30:29 30:29 2:40:27	48:03 17:34	57:44 9:41	1:06:45 9:01	1:09:54 3:09	1:12:51 2:57	1:39:01 26:10	1:45:55 6:54	1:58:18 12:23	2:12:13 13:55	2:29:13 17:00	2:31:02 1:49	2:36:06 5:04	2:39:47 3:41
	<b>32</b>	<b>García Deibe, Ana</b> <b>FLUVIAL LU Lugo</b>	<b>r en tarj.</b>	13:31 13:31 2:14:20	22:25 8:54	30:24 7:59	39:40 9:16	41:49 2:09	44:15 2:26	1:13:00 28:45	1:26:37 13:37	-----	-----	-----	-----	-----	-----
	<b>564</b>	<b>Balboa Barros, Margarita</b> <b>USC Santiago de Compostela</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	<b>227</b>	<b>Saco Fernández, Mª Isabel</b> <b>UNIVERSIDA Vigo</b>	<b>No sale</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>Mulleres 55 (5)</b>				<b>5,5 km</b>	<b>185 m</b>	<b>14 C</b>											
				1(73) F	2(64)	3(50)	4(51)	5(66)	6(74)	7(54)	8(53)	9(62)	10(75)	11(67)	12(56)	13(65)	14(100)
<b>1</b>	<b>248</b>	<b>Rey Souto, Mª Teresa</b> <b>APA LICEO A Coruña</b>	<b>2:04:58</b>	14:20 14:20 2:04:58	25:25 11:05	<b>33:37</b> <b>8:12</b>	<b>41:58</b> 8:21	<b>44:32</b> 2:34	47:42 3:10	1:07:10 <b>19:28</b>	1:14:37 7:27	1:30:08 15:31	<b>1:40:03</b> <b>9:55</b>	1:54:24 14:21	1:56:19 1:55	2:00:15 3:56	<b>2:04:20</b> <b>4:05</b>
<b>2</b>	<b>23</b>	<b>Fernández Riveiro, Fermina</b> <b>FLUVIAL LU Lugo</b>	<b>2:25:50</b>	15:15 15:15 2:25:50	22:49 7:34	41:03 18:14	50:14 9:11	52:20 2:06	55:14 2:54	1:19:31 24:17	1:25:27 5:56	1:46:56 21:29	2:10:22 23:26	2:15:27 5:05	2:17:03 <b>1:36</b>	2:20:56 <b>3:53</b>	2:25:03 4:07
	<b>243</b>	<b>Naya López, Mª José</b> <b>APA LICEO A Coruña</b>	<b>r en tarj.</b>	<b>13:58</b> <b>13:58</b> 2:01:06	<b>21:14</b> <b>7:16</b>	36:56 15:42	43:40 <b>6:44</b>	45:08 <b>1:28</b>	<b>46:51</b> <b>1:43</b>	<b>1:07:02</b> 20:11	<b>1:11:15</b> <b>4:13</b>	<b>1:25:07</b> <b>13:52</b>	1:41:20 16:13	<b>1:46:22</b> <b>5:02</b>	<b>1:49:31</b> 3:09	<b>1:56:57</b> 7:26	-----
	<b>454</b>	<b>Alvarez Milano, Soraya</b> <b>A PEDROSA Culleredo (A Coruña)</b>	<b>r en tarj.</b>	15:08 15:08 2:10:03	32:34 17:26	45:02 12:28	53:22 8:20	55:25 2:03	-----	1:15:37 20:12	1:20:18 4:41	1:34:19 14:01	1:50:28 16:09	1:55:26 4:58	1:58:40 3:14	2:06:03 7:23	-----
	<b>427</b>	<b>Ponte Pena, Mª Elena</b> <b>ARTABROS A Coruña</b>	<b>r en tarj.</b>	18:12 18:12 2:39:01	34:34 16:22	49:41 15:07	1:01:04 11:23	1:03:40 2:36	1:06:47 3:07	1:42:25 35:38	1:52:11 9:46	2:20:43 28:32	-----	-----	-----	-----	2:37:54 17:11
<b>Mulleres Élite (14)</b>				<b>7,1 km</b>	<b>265 m</b>	<b>15 C</b>											
				1(58) 15(100) F	2(33)	3(59)	4(60)	5(61)	6(38)	7(68)	8(52)	9(55)	10(47)	11(43)	12(44)	13(42)	14(46)
<b>1</b>	<b>508</b>	<b>Bello Rodríguez, Olalla</b> <b>ROBALIZA Cambre</b>	<b>1:16:45</b>	<b>7:58</b> <b>7:58</b> <b>1:16:23</b>	<b>10:01</b> 2:03	<b>16:08</b> 6:07	<b>23:49</b> <b>7:41</b>	<b>25:28</b> 1:39	<b>26:22</b> 0:54	32:01 5:39	<b>39:14</b> <b>7:13</b>	<b>44:53</b> 5:39	<b>52:21</b> 7:28	<b>55:18</b> 2:57	<b>57:25</b> 2:07	<b>1:04:44</b> 7:19	<b>1:14:18</b> 9:34
<b>2</b>	<b>127</b>	<b>Pérez Alonso, Alicia</b> <b>AROMON Pontevedra</b>	<b>1:19:00</b>	8:45 8:45 1:18:33	10:47 2:02	17:51 7:04	26:34 8:43	28:04 <b>1:30</b>	28:54 0:50	35:28 6:34	43:46 8:18	49:09 5:23	56:58 7:49	59:56 2:58	1:01:39 1:43	1:08:02 6:23	1:16:16 8:14
<b>3</b>	<b>402</b>	<b>Varela Yáñez, Ana</b> <b>BRIGANTIA A Coruña</b>	<b>1:21:49</b>	9:20 9:20 1:21:23	11:32 2:12	19:25 7:53	29:28 10:03	31:19 1:51	32:07 0:48	36:39 4:32	47:08 10:29	51:44 <b>4:36</b>	58:05 <b>6:21</b>	1:00:21 <b>2:16</b>	1:01:41 <b>1:20</b>	1:07:37 <b>5:56</b>	1:19:16 11:39
<b>4</b>	<b>286</b>	<b>Carro Mahía, Alejandra</b> <b>ADC ARNELA Porto do Son</b>	<b>1:22:35</b>	8:38 8:38 1:22:09	10:53 2:15	17:48 6:55	27:33 9:45	29:37 2:04	30:40 1:03	36:29 5:49	45:28 8:59	50:57 5:29	58:46 7:49	1:01:59 3:13	1:03:44 1:45	1:10:34 6:50	1:19:42 9:08

Pos	Dorsal	Nombre	Tiempo														
<b>Mulleres Élite (14)</b>				<b>7,1 km 265 m</b>	<b>15 C</b>	<i>(cont.)</i>											
				1(58)	2(33)	3(59)	4(60)	5(61)	6(38)	7(68)	8(52)	9(55)	10(47)	11(43)	12(44)	13(42)	14(46)
				15(100)	F												
5	311	Barros Diz, Natalia FAICAMIÑO A Coruña (Oleiros)	1:24:20	10:13 10:13 1:23:54	12:10 1:57 1:24:20	18:43 6:33	27:32 8:49	29:37 2:05	30:39 1:02	37:19 6:40	46:02 8:43	51:10 5:08	58:49 7:39	1:02:03 3:14	1:04:31 2:28	1:10:40 6:09	1:21:23 10:43
6	541	Martínez García, Laura USC Santiago de Compostela	1:25:18	8:34 8:34 1:24:52	10:46 2:12 1:25:18	17:24 6:38	25:41 8:17	27:16 1:35	27:59 0:43	31:52 3:53	40:08 8:16	46:45 6:37	1:03:10 16:25	1:05:51 2:41	1:08:21 2:30	1:14:20 5:59	1:22:48 8:28
7	580	Montes Villar, Veronica AABT Paderne	1:30:52	9:59 9:59 1:30:31	12:33 2:34 1:30:52	18:34 6:01	26:50 8:16	28:38 1:48	29:46 1:08	36:03 6:17	46:49 10:46	52:22 5:33	59:55 7:33	1:02:22 2:27	1:04:18 1:56	1:18:28 14:10	1:28:32 10:04
8	961	Rico Arechaederra, Cristina BRIGANTIA A Coruña	1:39:21	9:30 9:30 1:38:49	11:42 2:12 1:39:21	21:11 9:29	31:02 9:51	32:57 1:55	34:03 1:06	40:13 6:10	54:04 13:51	59:01 4:57	1:07:10 8:09	1:10:05 2:55	1:11:48 1:43	1:24:42 12:54	1:35:56 11:14
9	142	Veiga García, Carla AROMON Pontevedra	1:41:38	9:30 9:30 1:41:12	12:11 2:41 1:41:38	21:11 9:00	36:08 14:57	39:15 3:07	40:49 1:34	46:21 5:32	57:34 11:13	1:04:19 6:45	1:13:05 8:46	1:15:46 2:41	1:19:02 3:16	1:27:13 8:11	1:38:50 11:37
10	19	Felpeto González, Luisa FLUVIAL LU Lugo	1:58:41	9:30 9:30 1:58:16	11:42 2:12 1:58:41	19:56 8:14	29:24 9:28	35:40 6:16	36:48 1:08	42:44 5:56	52:32 9:48	1:00:29 7:57	1:37:12 36:43	1:39:52 2:40	1:41:25 1:33	1:48:18 6:53	1:56:18 8:00
11	175	López Eyo, Tania GALLAECIA A Coruña	2:00:42	12:34 12:34 2:00:17	18:55 6:21 2:00:42	25:50 6:55	36:29 10:39	38:37 2:08	39:39 1:02	56:24 16:45	1:04:20 7:56	1:10:44 6:24	1:27:37 16:53	1:30:42 3:05	1:32:39 1:57	1:45:04 12:25	1:57:32 12:28
	218	Pastoriza Santos, Isabel UNIVERSIDA Vigo	r en tarj.	10:56 10:56 1:49:46	13:11 2:15 1:50:21	20:11 7:00	32:22 12:11	34:49 2:27	35:48 0:59	-----	51:13 15:25	56:50 5:37	1:05:30 8:40	1:21:18 15:48	1:22:46 1:28	1:31:15 8:29	1:46:57 15:42
	26	Follana Neira, Fernanda FLUVIAL LU Lugo	r en tarj.	38:44 38:44 2:45:51	42:34 3:50 56:12	51:00 8:26	1:09:37 18:37	1:11:35 1:58	1:13:07 1:32	1:32:23 19:16	1:42:26 10:03	1:49:39 7:13	-----	-----	-----	-----	-----
	256	Barreira Salgado, Teresa MONTAÑA FE Ferrol. A Coruñ	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>Homes 12 (11)</b>				<b>4,0 km 80 m</b>	<b>9 C</b>												
				1(76)	2(77)	3(78)	4(71)	5(79)	6(80)	7(70)	8(81)	9(100)	F				
1	474	Morales Jiménez, Joao LIMIATIVA Xinzo de Limia	37:41	6:31 6:31 12:36	12:20 5:49 23:23	17:10 4:50	21:02 3:52	24:41 3:39	27:35 2:54	29:18 1:43	30:55 1:37	37:21 6:26	37:41 0:20				
2	122	Novoa Gutiérrez, Xián AROMON Pontevedra	37:44	6:18 6:18 12:36	12:19 6:01 12:36	16:17 3:58	20:53 4:36	25:05 4:12	28:33 3:28	29:42 1:09	30:55 1:13	37:23 6:28	37:44 0:21				
3	579	Lopez Gonzalez, Nicolas AABT Paderne	38:51	6:35 6:35 12:36	12:12 5:37 12:36	16:19 4:07	20:18 3:59	25:43 5:25	29:28 3:45	30:38 1:10	31:51 1:13	38:27 6:36	38:51 0:24				
4	364	Trigo Vázquez, Iago TREVINCA O Barco de Valde	39:03	6:56 6:56 12:36	13:29 6:33 13:38	18:20 4:51	22:10 3:50	26:42 4:32	29:59 3:17	31:33 1:34	32:48 1:15	38:41 5:53	39:03 0:22				
5	92	Antoñón Casal, Hugo AROMON Pontevedra	39:48	6:24 6:24 12:36	13:38 7:14 13:38	17:09 3:31	21:06 3:57	27:50 6:44	30:44 2:54	32:06 1:22	33:17 1:11	39:25 6:08	39:48 0:23				
6	578	Lopez Gonzalez, Javier AABT Paderne	41:15	6:22 6:22 12:36	12:46 6:24 12:36	16:23 3:37	22:36 6:13	26:41 4:05	29:40 2:59	31:20 1:40	34:09 2:49	40:45 6:36	41:15 0:30				
7	99	Beloso Iglesias, Xandre AROMON Pontevedra	44:54	6:54 6:54 12:36	13:34 6:40 12:36	17:39 4:05	26:52 9:13	30:43 3:51	33:54 3:11	35:21 1:27	36:57 1:36	44:34 7:37	44:54 0:20				
8	308	Serantes Abal, Eloi ADC ARNELA Porto do Son	50:45	6:17 6:17 12:36	24:10 17:53 12:36	28:14 4:04	32:19 4:05	36:40 4:21	39:44 3:04	41:36 1:52	43:27 1:51	50:18 6:51	50:45 0:27				
9	321	Vinagre Barros, Martin FAICAMIÑO A Coruña (Oleiros)	1:06:06	12:36 12:36 1:06:06	23:23 10:47 1:06:06	30:51 7:28	37:09 6:18	49:06 11:57	52:09 3:03	53:57 1:48	56:08 2:11	1:05:35 9:27	1:06:06 0:31				
10	146	Alvarez Braña, Ivan GALLAECIA A Coruña	1:07:05	9:58 9:58 1:07:05	19:11 9:13 1:07:05	31:25 12:14	36:51 5:26	43:12 6:21	48:42 5:30	52:43 4:01	56:17 3:34	1:06:36 10:19	1:07:05 0:29				
	297	Oujo Fernandez, Lois ADC ARNELA Porto do Son	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
<b>Homes 14 (14)</b>				<b>4,4 km 125 m</b>	<b>11 C</b>												
				1(69)	2(78)	3(71)	4(74)	5(72)	6(70)	7(75)	8(56)	9(82)	10(48)	11(100)	F		
1	450	Rodríguez Díaz, Mateo HABELAS HA Vigo	37:19	5:58 5:58 12:36	13:04 7:06 13:04	16:04 3:00	18:25 2:21	21:17 2:52	25:12 3:55	27:20 2:08	31:00 3:40	32:57 1:57	35:28 2:31	36:56 1:28	37:19 0:23		
2	625	Fernández Sánchez, Pablo FLUVIAL LU Lugo	41:45	6:58 6:58 12:36	15:40 8:42 12:36	19:01 3:21	22:23 3:22	25:16 2:53	29:46 4:30	33:45 3:59	36:10 2:25	37:48 1:38	40:01 2:13	41:25 1:24	41:45 0:20		
3	93	Antoñón Casal, Mateo AROMON Pontevedra	44:53	7:33 7:33 12:36	18:02 10:29 12:36	21:32 3:30	25:07 3:35	28:37 3:30	33:03 4:26	36:40 3:37	39:07 2:27	40:43 1:36	43:07 2:24	44:34 1:27	44:53 0:19		
4	643	Nogueira Gómez, Raúl TREVINCA O Barco de Valde	53:39	7:42 7:42 12:36	19:34 11:52 12:36	23:37 4:03	30:07 6:30	33:32 3:25	39:15 5:43	43:13 3:58	46:09 2:56	49:09 3:00	51:39 2:30	53:23 1:44	53:39 0:16		
5	284	Arufe Calo, Denis ADC ARNELA Porto do Son	54:07	19:00 19:00 12:36	27:43 8:43 12:36	31:12 3:29	34:32 3:20	37:27 2:55	42:42 5:15	45:54 3:12	48:14 2:20	49:50 1:36	52:05 2:15	53:47 1:42	54:07 0:20		
6	408	Candela Iglesias, Natnael ARTABROS A Coruña	55:07	6:44 6:44 12:36	19:36 12:52 12:36	23:13 3:37	31:49 8:36	35:08 3:19	39:57 4:49	43:03 3:06	49:20 6:17	50:53 1:33	53:13 2:20	54:48 1:35	55:07 0:19		
7	124	Omil Pazos, Lois AROMON Pontevedra	1:03:46	9:25 9:25 12:36	21:11 11:46 12:36	25:58 4:47	33:03 7:05	36:47 3:44	43:19 6:32	47:06 3:47	56:44 9:38	58:39 1:55	1:01:15 2:36	1:03:29 2:14	1:03:46 0:17		
8	53	Núñez Ferreiro, Alfonso FLUVIAL LU Lugo	1:36:21	10:08 10:08 1:07:51	25:57 15:49 1:07:51	31:09 5:12	39:18 8:09	46:58 7:40	1:01:03 14:05	1:08:35 7:32	1:23:41 15:06	1:27:04 3:23	1:32:37 5:33	1:35:53 3:16	1:36:21 0:28		
9	9	Blanco Rodríguez, Nicolás FLUVIAL LU Lugo	2:19:45	40:29 40:29 1:07:51	1:07:51 27:22 1:07:51	1:14:09 6:18	1:21:30 7:21	1:29:08 7:38	1:43:00 13:52	1:50:25 7:25	2:05:49 15:24	2:08:56 3:07	2:14:46 5:50	2:19:09 4:23	2:19:45 0:36		

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 14 (14)</b>				<b>4,4 km</b>	<b>125 m</b>	<b>11 C</b>			<i>(cont.)</i>								
				1(69)	2(78)	3(71)	4(74)	5(72)	6(70)	7(75)	8(56)	9(82)	10(48)	11(100)	F		
10	14	Castro Expósito, Alejandro FLUVIAL LU Lugo	2:24:25	46:39 46:39	1:13:43 27:04	1:19:05 5:22	1:27:22 8:17	1:34:56 7:34	1:48:56 14:00	1:56:39 7:43	2:11:39 15:00	2:15:07 3:28	2:20:32 5:25	2:23:55 3:23	2:24:25 0:30		
	59	Pallares Cuiña, Alejandro FLUVIAL LU Lugo	r en tarj.	12:28 12:28	-----	-----	-----	-----	-----	-----	-----	47:40 35:12	54:23 6:43	59:32 5:09	59:54 0:22		
	352	Limeres Vázquez, Carlos TREVINCA O Barco de Valde	r en tarj.	11:22 11:22	22:15 10:53	26:56 4:41	-----	-----	-----	-----	-----	-----	-----	58:59 32:03	59:59 1:00		
	449	Rodilla Iriso, Santiago HABELAS HA Vigo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
	18	Corral Souto, Iago FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----		
<b>Homes 16 (5)</b>				<b>4,9 km</b>	<b>150 m</b>	<b>12 C</b>											
				1(69)	2(64)	3(49)	4(50)	5(51)	6(72)	7(62)	8(53)	9(75)	10(56)	11(82)	12(100)	F	
1	147	Alvarez Braña, Martin Enrique GALLAECIA A Coruña	59:48	6:13 6:13	10:34 4:21	14:15 3:41	21:42 7:27	26:12 4:30	29:19 3:07	32:49 3:30	42:32 9:43	51:17 8:45	54:53 3:36	56:49 1:56	59:26 2:37	59:48 0:22	
2	38	González Ramil, Nicolás FLUVIAL LU Lugo	1:09:00	6:47 6:47	21:56 15:09	27:42 5:46	31:06 3:24	35:19 4:13	38:46 3:27	42:35 3:49	50:58 8:23	1:00:20 9:22	1:03:54 3:34	1:06:12 2:18	1:08:35 2:23	1:09:00 0:25	
3	45	López Guerreiro, Martín FLUVIAL LU Lugo	1:11:44	10:44 10:44	23:18 12:34	29:33 6:15	34:23 4:50	39:38 5:15	43:09 3:31	46:30 3:21	54:36 8:06	58:44 4:08	1:05:38 6:54	1:08:29 2:51	1:11:19 2:50	1:11:44 0:25	
4	80	Rodríguez Vega, Juan FLUVIAL LU Lugo	1:51:18	6:44 6:44	12:57 6:13	23:57 11:00	27:36 3:39	35:22 7:46	39:12 3:50	42:46 3:34	1:31:49 49:03	1:38:50 7:01	1:43:55 5:05	1:48:02 4:07	1:50:54 2:52	1:51:18 0:24	
5	509	Blanco Ameijenda, Enrique ROBALIZA Cambre	2:10:51	7:52 7:52	23:34 15:42	49:17 25:43	56:52 7:35	1:05:52 9:00	1:11:00 5:08	1:17:40 6:40	1:42:36 24:56	1:52:26 9:50	2:00:37 8:11	2:04:48 4:11	2:09:56 5:08	2:10:51 0:55	
<b>Homes 18 (5)</b>				<b>5,9 km</b>	<b>200 m</b>	<b>13 C</b>											
				1(73)	2(57)	3(50)	4(61)	5(66)	6(54)	7(53)	8(52)	9(62)	10(67)	11(65)	12(48)	13(100)	F
1	354	Mata Rodriguez, Eros TREVINCA O Barco de Valde	1:01:22	6:25 6:25	9:41 3:16	17:49 8:08	22:56 5:07	25:26 2:30	35:10 9:44	41:05 5:55	45:48 4:43	47:34 1:46	54:27 6:53	58:32 4:05	59:32 1:00	1:01:06 1:34	1:01:22 0:16
2	287	Cervera Torres, Borja ADC ARNELA Porto do Son	1:55:24	10:59 10:59	18:42 7:43	29:18 10:36	37:23 8:05	42:05 4:42	58:57 16:52	1:03:21 4:24	1:26:15 22:54	1:29:21 3:06	1:41:05 11:44	1:47:48 6:43	1:53:35 5:47	1:55:07 1:32	1:55:24 0:17
3	28	Fraga Diaz, Alex FLUVIAL LU Lugo	2:01:42	9:52 9:52	19:20 9:28	34:26 15:06	45:33 11:07	1:03:39 18:06	1:22:22 18:43	1:26:33 4:11	1:34:45 8:12	1:38:47 4:02	1:50:15 11:28	1:56:41 6:26	1:59:33 2:52	2:01:23 1:50	2:01:42 0:19
	70	Piñeiro Fraga, Iago FLUVIAL LU Lugo	r en tarj.	11:13 11:13	24:32 13:19	43:35 19:03	54:43 11:08	1:25:22 30:39	2:03:56 38:34	-----	-----	-----	-----	-----	-----	2:23:56 20:00	2:24:28 0:32
	6	Balboa Rodríguez, Miguel FLUVIAL LU Lugo	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Homes 21 (14)</b>				<b>6,6 km</b>	<b>215 m</b>	<b>14 C</b>											
				1(63)	2(33)	3(34)	4(59)	5(60)	6(61)	7(68)	8(52)	9(54)	10(47)	11(44)	12(55)	13(65)	14(100)
1	119	Lois Serto, Iván AROMON Pontevedra	1:02:44	6:36 6:36 1:02:44	8:56 2:20	13:38 4:42	14:59 1:21	25:49 10:50	27:25 1:36	31:32 4:07	38:36 7:04	43:45 5:09	48:52 5:07	51:45 2:53	56:34 4:49	1:00:51 4:17	1:02:28 1:37
2	560	Soto Boullosa, Angel AROMON Pontevedra	1:03:13	5:50 5:50 1:03:13	9:31 3:41	13:53 4:22	15:48 1:55	22:40 6:52	24:34 1:54	28:41 4:07	35:42 7:01	40:41 4:59	45:27 4:46	49:28 4:01	55:42 6:14	1:00:29 4:47	1:02:53 2:24
3	476	Penas, Alfonso C.O.CO A Coruña	1:11:00	5:36 5:36 1:11:00	8:57 3:21	16:18 7:21	18:19 2:01	29:55 11:36	32:12 2:17	36:32 4:20	43:51 7:19	49:42 5:51	54:35 4:53	57:45 3:10	1:03:08 5:23	1:08:43 5:35	1:10:35 1:52
4	458	Doce Serrano, Juan Antonio A PEDROSA Culleredo (A Cor)	1:22:27	6:58 6:58 1:22:27	11:19 4:21	16:33 5:14	20:47 4:14	32:36 11:49	34:42 2:06	39:09 4:27	48:24 9:15	55:32 7:08	1:01:05 5:33	1:04:35 3:30	1:13:17 8:42	1:19:39 6:22	1:22:05 2:26
5	456	Carballo Alviárez, Xan A PEDROSA Culleredo (A Cor)	1:24:16	7:31 7:31 1:24:16	11:22 3:51	17:03 5:41	19:14 2:11	31:55 12:41	34:08 2:13	39:20 5:12	49:18 9:58	57:08 7:50	1:04:12 7:04	1:07:13 3:01	1:13:31 6:18	1:21:08 7:37	1:23:50 2:42
6	460	Valiño Martínez, David A PEDROSA Culleredo (A Cor)	1:26:11	9:06 9:06 1:26:11	12:22 3:16	22:47 10:25	24:35 1:48	33:47 9:12	35:50 2:03	42:56 7:06	54:07 11:11	1:00:43 6:36	1:06:05 5:22	1:10:01 3:56	1:16:22 6:21	1:23:44 7:22	1:25:40 1:56
7	275	Rodríguez Bergara, Andres MONTAÑA FE Ferrol. A Coruñ	1:26:29	9:19 9:19 1:26:29	21:31 12:12	29:18 7:47	31:59 2:41	41:02 9:03	43:35 2:33	48:29 4:54	56:14 7:45	1:02:31 6:17	1:07:41 5:10	1:10:39 2:58	1:18:05 7:26	1:23:58 5:53	1:26:03 2:05
8	163	Dopico Pena, Andres GALLAECIA A Coruña	1:28:38	6:50 6:50 1:28:38	10:20 3:30	15:18 4:58	16:50 1:32	28:21 11:31	30:30 2:09	35:04 4:34	43:24 8:20	52:53 9:29	57:37 4:44	1:08:43 11:06	1:18:33 9:50	1:26:07 7:34	1:28:13 2:06
9	12	Caloto Sandamil, José Manue FLUVIAL LU Lugo	1:30:13	8:08 8:08 1:30:13	11:44 3:36	18:25 6:41	21:38 3:13	46:50 25:12	48:33 1:43	55:10 6:37	1:02:57 7:47	1:09:54 6:57	1:16:02 6:08	1:18:48 2:46	1:23:10 4:22	1:27:44 4:34	1:29:48 2:04
10	11	Caamaño Lago, José Manuel FLUVIAL LU Lugo	1:36:34	7:36 7:36 1:36:34	10:57 3:21	18:54 7:57	20:49 1:55	34:51 14:02	37:01 2:10	42:00 4:59	52:16 10:16	1:01:51 9:35	1:08:59 7:08	1:13:19 4:20	1:24:12 10:53	1:32:46 8:34	1:36:04 3:18
11	383	González Rodríguez, Santiago BRIGANTIA A Coruña	1:43:47	7:42 7:42 1:43:47	11:48 4:06	21:14 9:26	24:14 3:00	39:35 15:21	42:15 2:40	49:29 7:14	1:01:12 11:43	1:10:35 9:23	1:18:48 8:13	1:22:33 3:45	1:32:13 9:40	1:40:03 7:50	1:43:34 3:31

31:10  
\*79

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 21 (14)</b>			<b>6,6 km 215 m</b>		<b>14 C</b>		<i>(cont.)</i>										
			1(63) F	2(33)	3(34)	4(59)	5(60)	6(61)	7(68)	8(52)	9(54)	10(47)	11(44)	12(55)	13(65)	14(100)	
12	242	Navia Álvarez, Alfonso APA LICEO A Coruña	2:03:10	18:14 18:14 2:03:10	21:55 3:41	30:13 8:18	32:46 2:33	58:09 25:23	1:00:22 2:13	1:05:26 5:04	1:14:02 8:36	1:31:48 17:46	1:41:16 9:28	1:46:32 5:16	1:54:13 7:41	2:00:31 6:18	2:02:42 2:11
13	27	Fouz Rodriguez, Marcos FLUVIAL LU Lugo	2:04:23	8:45 8:45 2:04:23	13:09 4:24	33:32 20:23	35:33 2:01	51:10 15:37	54:11 3:01	1:00:27 6:16	1:18:55 18:28	1:28:26 9:31	1:35:58 7:32	1:41:28 5:30	1:51:13 9:45	2:01:00 9:47	2:03:42 2:42
	902	Fidalgo Labrújula, Joaquín FLUVIAL LU Lugo	r en tarj.	36:33 36:33 1:26:38	41:55 5:22	49:39 7:44	1:09:54 20:15	-----	-----	-----	-----	-----	-----	-----	-----	1:21:07 11:13	1:25:39 4:32
<b>Homes 21 C (23)</b>			<b>5,1 km 170 m</b>		<b>12 C</b>			F									
			1(73)	2(64)	3(49)	4(50)	5(51)	6(74)	7(62)	8(53)	9(54)	10(55)	11(56)	12(100)			
1	123	Omil Beloso, Antonio AROMON Pontevedra	1:00:36	7:16 7:16	14:02 6:46	19:45 5:43	22:29 2:44	27:31 5:02	29:28 1:57	35:24 5:56	44:59 9:35	48:24 3:25	50:25 2:01	56:05 5:40	1:00:13 4:08	1:00:36 0:23	
2	44	Liz Díaz, Javier FLUVIAL LU Lugo	1:04:56	7:08 7:08	10:27 3:19	18:51 8:24	21:36 2:45	26:24 4:48	28:05 1:41	34:17 6:12	51:31 17:14	54:06 2:35	55:34 1:28	1:00:05 4:31	1:04:32 4:27	1:04:56 0:24	
3	285	Arufe Santamaría, Juan ADC ARNELA Porto do Son	1:07:27	6:01 6:01	10:15 4:14	15:19 5:04	17:22 2:03	26:00 8:38	30:16 4:16	35:42 5:26	48:18 12:36	52:09 3:51	57:11 5:02	1:03:10 5:59	1:07:06 3:56	1:07:27 0:21	
4	626	Fernández Souto, José Manuel FLUVIAL LU Lugo	1:10:38	8:12 8:12	12:18 4:06	24:47 12:29	27:47 3:00	32:13 4:26	34:01 1:48	40:19 6:18	56:17 15:58	1:00:08 3:51	1:01:31 1:23	1:06:06 4:35	1:10:11 4:05	1:10:38 0:27	
5	300	Oujo Pouso, Gelasio ADC ARNELA Porto do Son	1:14:49	5:47 5:47	16:08 10:21	21:02 4:54	23:58 2:56	28:17 4:19	32:37 4:20	36:41 4:04	45:34 8:53	48:07 2:33	1:05:43 17:36	1:11:24 5:41	1:14:26 3:02	1:14:49 0:23	
6	235	Castedo López, Julio Miguel APA LICEO A Coruña	1:20:13	8:16 8:16	13:01 4:45	24:42 11:41	30:26 5:44	36:20 5:54	38:21 2:01	44:33 6:12	57:10 12:37	1:03:41 6:31	1:10:20 6:39	1:15:42 5:22	1:19:47 4:05	1:20:13 0:26	
7	2	Algora Aizpurua, Angel FLUVIAL LU Lugo	1:21:52	7:41 7:41	19:37 11:56	23:33 3:56	37:05 13:32	42:20 5:15	45:02 2:42	50:09 5:07	1:07:59 17:50	1:11:18 3:19	1:13:02 1:44	1:17:36 4:34	1:21:32 3:56	1:21:52 0:20	
8	191	Rioboo Iglesias, Daniel GALLAECIA A Coruña	1:26:56	8:00 8:00	15:18 7:18	24:36 9:18	28:46 4:10	35:25 6:39	37:45 2:20	43:35 5:50	1:06:03 22:28	1:09:19 3:16	1:14:57 5:38	1:20:36 5:39	1:26:29 5:53	1:26:56 0:27	
9	486	Ferreiro Barreiro, Alejandro IES SABÓN Arteixo. A Coruña	1:36:10	10:47 10:47	15:47 5:00	32:30 16:43	36:04 3:34	43:56 7:52	46:34 2:38	52:32 5:58	1:15:55 23:23	1:19:50 3:55	1:24:53 5:03	1:31:01 6:08	1:35:37 4:36	1:36:10 0:33	
10	185	Noguerol, Iván GALLAECIA A Coruña	1:36:55	17:13 17:13	21:44 4:31	27:27 5:43	32:12 4:45	41:57 9:45	46:13 4:16	52:06 5:53	1:04:09 12:03	1:07:39 3:30	1:18:47 11:08	1:31:54 13:07	1:36:32 4:38	1:36:55 0:23	
11	350	Camba Rodríguez, Francisco TREVINCA O Barco de Valde	1:41:32	7:15 7:15	32:03 24:48	43:49 11:46	47:13 3:24	54:09 6:56	57:51 3:42	1:05:45 7:54	1:20:39 14:54	1:25:52 5:13	1:31:39 5:47	1:37:26 4:47	1:41:08 3:42	1:41:32 0:24	
12	97	Barreiro Fernández, Pablo AROMON Pontevedra	1:45:45	8:04 8:04	20:14 12:10	25:12 4:58	30:16 5:04	45:32 15:16	46:51 1:19	52:20 5:29	1:25:40 33:20	1:28:54 3:14	1:32:17 3:23	1:40:52 8:35	1:45:13 4:21	1:45:45 0:32	
13	630	Perez Seijas, Alberto GALLAECIA A Coruña	1:46:39	7:42 7:42	15:16 7:34	40:21 25:05	45:31 5:10	52:43 7:12	55:00 2:17	1:02:20 7:20	1:18:01 15:41	1:23:34 5:33	1:31:08 7:34	1:41:49 10:41	1:46:12 4:23	1:46:39 0:27	
14	43	Legaspi Abelaira, Raúl FLUVIAL LU Lugo	1:54:35	8:07 8:07	13:08 5:01	39:53 26:45	42:13 2:20	47:52 5:39	51:08 3:16	58:07 6:59	1:19:14 21:07	1:24:08 4:54	1:26:51 2:43	1:49:28 22:37	1:54:09 4:41	1:54:35 0:26	
15	117	Gutiérrez Costas, Juan Eugen AROMON Pontevedra	1:59:54	10:58 10:58	28:47 17:49	37:08 8:21	41:19 4:11	49:32 8:13	56:17 6:45	1:05:44 9:27	1:25:37 19:53	1:31:01 5:24	1:33:59 2:58	1:52:38 18:39	1:58:59 6:21	1:59:54 0:55	
16	30	Freire Fernández, Jorge FLUVIAL LU Lugo	2:04:13	19:56 19:56	25:15 5:19	42:01 16:46	46:29 4:28	54:28 7:59	1:05:39 11:11	1:12:30 6:51	1:39:00 26:30	1:45:32 6:32	1:49:24 3:52	1:58:44 9:20	2:03:41 4:57	2:04:13 0:32	
17	397	Senin Canosa, Ignacio BRIGANTIA A Coruña	2:04:22	8:13 8:13	22:02 13:49	41:45 19:43	43:50 2:05	1:03:27 19:37	1:05:30 2:03	1:10:44 5:14	1:39:36 28:52	1:48:03 8:27	1:50:18 2:15	1:59:09 8:51	2:03:58 4:49	2:04:22 0:24	
18	244	Nuñez Pol, Fernando APA LICEO A Coruña	2:08:27	9:13 9:13	15:16 6:03	43:31 28:15	57:38 14:07	1:03:53 6:15	1:07:18 3:25	1:14:22 7:04	1:43:42 29:20	1:52:09 8:27	1:54:26 2:17	2:03:17 8:51	2:08:00 4:43	2:08:27 0:27	
19	351	Limeres Antonio, Miguel Ange TREVINCA O Barco de Valde	2:31:59	12:30 12:30	19:34 7:04	57:59 38:25	1:06:56 8:57	1:16:55 9:59	1:21:43 4:48	1:35:39 13:56	1:53:31 17:52	2:03:56 10:25	2:09:28 5:32	2:20:17 10:49	2:30:59 10:42	2:31:59 1:00	
20	76	Rodríguez López, César FLUVIAL LU Lugo	2:33:56	13:17 13:17	21:38 8:21	1:00:02 38:24	1:08:58 8:56	1:18:50 9:52	1:23:35 4:45	1:37:31 13:56	1:55:25 17:54	2:06:00 10:35	2:11:21 5:21	2:22:11 10:50	2:33:00 10:49	2:33:56 0:56	
21	489	Rayón Granda, Arturo IES SABÓN Arteixo. A Coruña	2:48:55	17:07 17:07	37:31 20:24	58:59 21:28	1:04:31 5:32	1:16:18 11:47	1:21:28 5:10	1:33:35 12:07	2:09:00 35:25	2:19:22 10:22	2:24:04 4:42	2:39:13 15:09	2:47:56 8:43	2:48:55 0:59	
	180	López Vázquez, Jesús GALLAECIA A Coruña	r en tarj.	45:10 45:10	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:25:30 40:20	1:26:30 1:00	
	301	Oujo Pouso, José Luis ADC ARNELA Porto do Son	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Homes 21 L (20)</b>			<b>7,1 km 265 m</b>		<b>15 C</b>			F									
			1(58) 15(100)	2(33)	3(59)	4(60)	5(61)	6(38)	7(68)	8(52)	9(55)	10(47)	11(43)	12(44)	13(42)	14(46)	
1	166	Freire Lage, Lucas GALLAECIA A Coruña	1:11:16	6:19 6:19 1:10:55	7:59 1:40 1:11:16	16:50 8:51	24:32 7:42	26:12 1:40	27:08 0:56	31:42 4:34	38:19 6:37	43:08 4:49	50:18 7:10	52:29 2:11	54:46 2:17	1:00:13 5:27	1:09:10 8:57
2	74	Rocha Pena, Pablo FLUVIAL LU Lugo	1:15:33	8:01 8:01 1:15:10	9:50 1:49 1:15:33	15:34 5:44	23:12 7:38	25:00 1:48	25:43 0:43	30:04 4:21	37:50 7:46	46:04 8:14	52:47 6:43	55:30 2:43	57:18 1:48	1:03:58 6:40	1:13:14 9:16
3	151	Breijo Martinez, Yago GALLAECIA A Coruña	1:20:20	14:27 14:27 1:19:58	17:11 2:44 1:20:20	22:14 5:03	28:46 6:32	30:26 1:40	31:18 0:52	34:49 3:31	41:46 6:57	46:18 4:32	53:19 7:01	57:10 3:51	58:43 1:33	1:07:51 9:08	1:17:49 9:58
4	154	Carro García, Roberto GALLAECIA A Coruña	1:24:53	7:54 7:54 1:24:31	9:26 1:32 1:24:53	17:42 8:16	26:48 9:06	28:41 1:53	29:30 0:49	36:35 7:05	44:09 7:34	49:23 5:14	56:31 7:08	59:18 2:47	1:01:24 2:06	1:14:14 12:50	1:22:30 8:16
5	366	Blanco Villar, Antonio BRIGANTIA A Coruña	1:25:23	6:40 6:40 1:25:02	9:12 2:32 1:25:23	15:05 5:53	22:50 7:45	25:06 2:16	25:59 0:53	33:02 7:03	39:41 6:39	43:15 3:34	49:25 6:10	56:22 6:57	57:54 1:32	1:11:30 13:36	1:23:22 11:52

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 21 L (20)</b>			<b>7,1 km 265 m</b>		<b>15 C</b>		<i>(cont.)</i>										
			1(58) 15(100)	2(33) F	3(59)	4(60)	5(61)	6(38)	7(68)	8(52)	9(55)	10(47)	11(43)	12(44)	13(42)	14(46)	
6	532	Martinez-vara De Rey De, Carl UNIVERSIDA Vigo	1:28:27	8:10 8:10 1:28:03 1:54 0:24	10:04 1:54 1:28:27 0:24	15:34 5:30	23:13 7:39	<b>25:00</b> 1:47	27:03 2:03	39:15 12:12	47:40 8:25	52:24 4:44	1:05:29 13:05	1:08:00 2:31	1:09:26 1:26	1:17:03 7:37	1:26:09 9:06
7	36	González Castro, Leandro FLUVIAL LU Lugo	1:29:02	7:56 7:56 1:28:38 2:06 0:24	17:29 9:33 1:29:02 0:24	23:29 6:00	31:04 7:35	32:37 1:33	33:25 0:48	40:46 7:21	49:13 8:27	54:29 5:16	1:00:57 6:28	1:03:16 2:19	1:05:14 1:58	1:18:12 12:58	1:26:32 8:20
8	587	Rodríguez Díaz, Carlos APA LICEO A Coruña	1:29:11	7:47 7:47 1:28:48 2:08 0:23	10:58 3:11 1:29:11 0:23	16:55 5:57	24:33 7:38	26:37 2:04	27:31 0:54	32:26 4:55	41:11 8:45	48:44 7:33	1:02:53 14:09	1:08:35 5:42	1:10:38 2:03	1:16:21 5:43	1:26:40 10:19
9	120	Marín, Alex AROMON Pontevedra	1:32:14	7:23 7:23 1:31:53 1:55 0:21	9:08 1:45 1:32:14 0:21	22:57 13:49	34:25 11:28	36:15 1:50	36:57 0:42	40:42 3:45	48:18 7:36	53:48 5:30	1:00:24 6:36	1:07:54 7:30	1:09:16 1:22	1:15:22 6:06	1:29:58 14:36
10	101	Braña Veiga, Alberto AROMON Pontevedra	1:34:02	7:52 7:52 1:33:37 2:12 0:25	9:45 1:53 1:34:02 0:25	25:44 15:59	39:58 14:14	41:34 1:36	42:23 0:49	46:54 4:31	54:14 7:20	59:53 5:39	1:07:07 7:14	1:10:13 3:06	1:13:16 3:03	1:20:50 7:34	1:31:25 10:35
11	236	Castedo López, Pablo APA LICEO A Coruña	1:42:09	8:15 8:15 1:41:43 2:04 0:26	11:27 3:12 1:42:09 0:26	17:25 5:58	40:09 22:44	42:00 1:51	43:00 1:00	48:09 5:09	56:58 8:49	1:01:59 5:01	1:11:26 9:27	1:14:34 3:08	1:15:54 <b>1:20</b>	1:26:32 10:38	1:39:39 13:07
12	534	Museros Alegre, Alejandro UNIVERSIDA Vigo	1:48:42	8:38 8:38 1:48:14 1:58 0:28	10:32 1:54 1:48:42 0:28	16:41 6:09	33:17 16:36	34:48 1:31	35:34 0:46	59:12 23:38	1:07:44 8:32	1:12:18 4:34	1:25:33 13:15	1:28:09 2:36	1:29:30 1:21	1:37:00 7:30	1:46:16 9:16
13	3	Amarelle Garabán, Roberto FLUVIAL LU Lugo	1:59:16	8:01 8:01 1:58:48 2:05 0:28	9:50 1:49 1:59:16 0:28	31:01 21:11	38:43 7:42	40:22 1:39	41:01 <b>0:39</b>	1:04:30 23:29	1:13:15 8:45	1:23:29 10:14	1:30:59 7:30	1:33:25 2:26	1:35:22 1:57	1:48:11 12:49	1:56:43 8:32
14	531	Albaladejo Carreño, Julio UNIVERSIDA Vigo	2:14:13	26:53 26:53 2:13:43 2:14 0:30	28:45 1:52 2:14:13 0:30	40:09 11:24	1:02:04 21:55	1:03:43 1:39	1:07:28 3:45	1:15:20 7:52	1:24:01 8:41	1:29:46 5:45	1:37:53 8:07	1:41:42 3:49	1:44:37 2:55	1:50:55 6:18	2:11:29 20:34
15	68	Pérez Veiga, Adrián FLUVIAL LU Lugo	2:29:20	10:47 10:47 2:28:49 2:52 0:31	13:19 2:32 2:29:20 0:31	22:48 9:29	33:10 10:22	35:15 2:05	36:26 1:11	51:20 14:54	1:04:40 13:20	1:11:03 6:23	1:19:30 8:27	1:28:38 9:08	1:30:55 2:17	2:12:49 41:54	2:25:57 13:08
16	536	Otero Maiz, Jesus UNIVERSIDA Vigo	2:46:30	9:13 9:13 2:45:52 2:27 0:38	20:12 10:59 2:46:30 0:38	1:09:29 49:17	1:23:25 13:56	1:24:45 <b>1:20</b>	1:26:09 1:24	1:30:45 4:36	1:58:38 27:53	2:04:17 5:39	2:15:21 11:04	2:19:07 3:46	2:20:48 1:41	2:27:10 6:22	2:43:25 16:15
	312	Barrós Diz, Rubén FAICAMIÑO A Coruña (Oleiros)	r en tarj.	7:39 7:39 ---- 1:47:19 53:09	9:14 1:35 1:47:19 53:09	18:31 9:17	27:18 8:47	28:55 1:37	29:55 1:00	35:32 5:37	42:31 6:59	54:10 11:39	----	----	----	----	----
	225	Pérez Juste, Jorge UNIVERSIDA Vigo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
	86	Viana Gonzalez, Iago FLUVIAL LU Lugo	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
	137	Ruda Orozco, Omar Eduardo AROMON Pontevedra	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>Homes 35 (36)</b>			<b>7,4 km 275 m</b>		<b>16 C</b>												
			1(58) 15(46)	2(57) 16(100)	3(34) F	4(35)	5(60)	6(61)	7(38)	8(40)	9(55)	10(41)	11(47)	12(43)	13(44)	14(45)	
1	425	Piñeiro Portela, Jorge ARTABROS A Coruña	1:10:28	7:13 7:13 1:08:21 6:58 1:48 0:19	9:40 2:27 1:10:09 0:19	15:24 5:44	20:16 4:52	29:31 9:15	31:06 1:35	31:50 0:44	38:11 6:21	44:10 5:59	46:31 2:21	50:49 4:18	53:06 2:17	54:57 1:51	1:01:23 6:26
2	430	Sevilla Gómez, Francisco Javi ARTABROS A Coruña	1:10:52	6:27 6:27 1:08:50 6:54 1:38 0:24	8:48 2:21 1:10:28 0:24	14:04 5:16	19:20 5:16	29:01 9:41	30:30 1:29	31:18 0:48	38:41 7:23	44:50 6:09	46:55 2:05	50:31 3:36	53:38 3:07	54:57 1:19	1:01:56 6:59
3	510	Cambolor Quirós, Miguel ROBALIZA Cambre	1:11:33	7:23 7:23 1:09:24 7:36 1:52 0:17	10:22 2:59 1:11:16 0:17	15:38 5:16	19:09 3:31	26:55 7:46	28:28 1:33	29:59 1:31	37:09 7:10	43:04 5:55	45:45 2:41	49:56 4:11	52:27 2:31	54:08 1:41	1:01:48 7:40
4	428	Roca Santiuste, Benjamín ARTABROS A Coruña	1:11:50	7:47 7:47 1:09:12 7:57 2:14 0:24	10:51 3:04 1:11:26 0:24	15:04 <b>4:13</b>	18:54 3:50	24:36 5:42	26:25 1:49	27:23 0:58	34:49 7:26	41:26 6:37	44:09 2:43	48:10 4:01	52:15 4:05	54:11 1:56	1:01:15 7:04
5	200	Álvarez Cabero, José Maria UNIVERSIDA Vigo	1:14:08	7:00 7:00 1:11:56 8:09 1:48 0:24	12:28 5:28 1:13:44 0:24	16:48 4:20	19:44 <b>2:56</b>	25:17 <b>5:33</b>	27:06 1:49	27:50 0:44	36:57 9:07	42:52 5:55	44:55 2:03	48:22 <b>3:27</b>	51:25 3:03	52:39 <b>1:14</b>	1:03:47 11:08
6	91	Ávelo Fraguela, Javier AROMON Pontevedra	1:16:49	7:13 7:13 1:14:31 10:37 1:53 0:25	9:36 2:23 1:16:24 0:25	14:21 4:45	19:57 5:36	26:46 6:49	28:36 1:50	29:19 0:43	36:56 7:37	43:45 6:49	45:45 <b>2:00</b>	49:50 4:05	52:05 2:15	53:33 1:28	1:03:54 10:21

Pos	Dorsal	Nombre	Tiempo														
<b>Homes 35 (36)</b>				<b>7,4 km</b>	<b>275 m</b>	<b>16 C</b>	<i>(cont.)</i>										
				1(58)	2(57)	3(34)	4(35)	5(60)	6(61)	7(38)	8(40)	9(55)	10(41)	11(47)	12(43)	13(44)	14(45)
				15(46)	16(100)	F											
7	112	Figueroa Fernández, Ricardo AROMON Pontevedra	1:16:56	6:35 6:35 1:15:05	8:45 2:10 1:16:41	17:30 8:45 1:16:56	20:30 3:00	27:24 6:54	30:08 2:44	30:53 0:45	36:18 5:25	41:28 5:10	44:39 3:11	57:39 13:00	59:40 2:01	1:01:21 1:41	1:08:54 7:33
8	108	Dominguez Portas, Antonio AROMON Pontevedra	1:20:51	7:15 7:15 1:18:24	10:57 3:42 1:20:27	16:32 5:35 1:20:51	21:55 5:23	28:47 6:52	30:27 1:40	31:15 0:48	40:02 8:47	46:11 6:09	48:41 2:30	52:50 4:09	55:13 2:23	57:00 1:47	1:09:16 12:16
9	98	Beloso García, Manuel AROMON Pontevedra	1:22:14	8:51 8:51 1:19:39	11:35 2:44 1:21:46	16:34 4:59 1:22:14	20:46 4:12	27:15 6:29	29:07 1:52	30:09 1:02	40:27 10:18	49:03 8:36	52:15 3:12	56:32 4:17	1:00:25 3:53	1:02:12 1:47	1:10:03 7:51
10	306	Santos Blanco, Alberto ADC ARNELA Porto do Son	1:22:25	7:21 7:21 1:20:19	9:23 2:02 1:22:07	20:06 10:43 1:22:25	23:08 3:02	31:10 8:02	32:39 1:29	33:24 0:45	40:21 6:57	53:18 12:57	56:04 2:46	1:00:00 3:56	1:02:39 2:39	1:04:29 1:50	1:13:29 9:00
11	487	Ramos Asensio, Luis Javier IES SABÓN Arteixo. A Coruña	1:25:21	6:50 9:55 1:22:48	1:48 2:58 1:24:57	0:18 5:01 1:25:21	22:03 4:09	28:40 6:37	30:11 1:31	31:07 0:56	40:08 9:01	48:32 8:24	50:59 2:27	55:43 4:44	59:03 3:20	1:00:31 1:28	1:09:58 9:27
12	484	Antón Casado, Arturo IES SABÓN Arteixo. A Coruña	1:26:13	12:50 8:02 1:24:03	2:09 10:56 1:25:52	0:24 18:35 1:26:13	22:57 4:22	30:21 7:24	32:36 2:15	33:46 1:10	43:20 9:34	50:34 7:14	53:02 2:28	57:14 4:12	1:05:32 8:18	1:06:59 1:27	1:13:39 6:40
13	616	Martinez Mera, Felipe SANROQUE Viveiro	1:26:58	10:24 7:19 1:24:46	1:49 9:27 1:26:35	0:21 14:09 1:26:58	17:41 3:32	30:12 12:31	31:37 1:25	32:32 0:55	41:28 8:56	50:21 8:53	53:28 3:07	57:24 3:56	59:57 2:33	1:01:24 1:27	1:07:25 6:01
14	171	González Miramontes, Eduard GALLAECIA A Coruña	1:27:49	17:21 7:50 1:25:58	1:49 10:25 1:27:31	0:23 19:25 1:27:49	26:52 7:27	33:59 7:07	35:35 1:36	36:35 1:00	45:29 8:54	53:27 7:58	56:55 3:28	1:01:58 5:03	1:05:54 3:56	1:08:16 2:22	1:15:19 7:03
15	433	Traveso Rodríguez, Santiago ARTABROS A Coruña	1:31:47	10:39 8:17 1:29:00	1:33 11:03 1:31:20	0:18 16:11 1:31:47	20:57 4:46	28:42 7:45	30:26 1:44	32:11 1:45	41:39 9:28	49:51 8:12	53:38 3:47	58:36 4:58	1:01:44 3:08	1:03:36 1:52	1:16:39 13:03
16	13	Carreira López, Luis FLUVIAL LU Lugo	1:38:30	12:21 9:36 1:36:11	2:20 15:35 1:38:07	0:27 7:46 1:38:30	28:52 5:31	36:19 7:27	38:45 2:26	39:43 0:58	48:01 8:18	55:16 7:15	58:37 3:21	1:08:15 9:38	1:11:13 2:58	1:12:42 1:29	1:26:56 14:14
17	237	Castrillón Manso, José Antoni APA LICEO A Coruña	1:40:52	9:15 10:21 1:37:38	1:56 13:41 1:40:17	0:23 20:13 1:40:52	24:56 4:43	33:53 8:57	35:51 1:58	37:28 1:37	48:47 11:19	57:02 8:15	1:00:01 2:59	1:05:42 5:41	1:11:03 5:21	1:13:18 2:15	1:23:13 9:55
18	254	Abeal Navarro, Francisco MONTAÑA FE Ferrol. A Coruña	1:42:21	14:25 7:26 1:39:53	2:39 20:05 1:41:57	0:35 26:22 1:42:21	29:57 3:35	36:30 6:33	38:25 1:55	39:19 0:54	46:15 6:56	58:06 11:51	1:00:34 2:28	1:05:19 4:45	1:08:13 2:54	1:10:19 2:06	1:21:03 10:44
19	327	Fraga Castro, Santiago USC Santiago de Compostela	1:42:59	18:50 8:53 1:40:25	2:04 11:47 1:42:33	0:24 20:20 1:42:59	24:39 4:19	34:09 9:30	40:08 5:59	40:55 0:47	53:04 12:09	1:00:21 7:17	1:03:23 3:02	1:11:25 8:02	1:15:02 3:37	1:17:26 2:24	1:28:42 11:16
20	41	Lafuente, Juan José FLUVIAL LU Lugo	1:45:43	11:43 9:05 1:42:43	2:08 12:24 1:45:15	0:26 18:26 1:45:43	24:54 6:28	37:09 12:15	38:52 1:43	43:47 4:55	52:25 8:38	1:06:38 14:13	1:08:50 2:12	1:12:51 4:01	1:15:36 2:45	1:16:59 1:23	1:26:51 9:52
21	202	Armada Luaces, José Luis UNIVERSIDA Vigo	1:49:24	15:52 8:05 1:46:14	2:32 11:07 1:48:56	0:28 24:43 1:49:24	30:39 5:56	46:22 15:43	51:25 5:03	52:14 0:49	59:56 7:42	1:08:34 8:38	1:12:16 3:42	1:16:56 4:40	1:21:20 4:24	1:24:43 3:23	1:36:02 11:19
22	903	Fernandez Arias, Pedro Jesus IMP99 INDEPENDIENTE	1:53:12	10:12 9:08 1:49:59	2:42 13:34 1:52:40	0:28 24:06 1:53:12	28:43 4:37	36:28 7:45	41:02 4:34	42:06 1:04	56:13 14:07	1:04:41 8:28	1:07:36 2:55	1:12:36 5:00	1:15:36 3:00	1:25:30 9:54	1:35:11 9:41
23	42	Lamas Antón, Francisco J FLUVIAL LU Lugo	1:54:04	14:48 8:02 1:51:19	2:41 11:37 1:53:39	0:32 16:31 1:54:04	20:05 3:34	39:58 19:53	41:37 1:39	42:22 0:45	49:49 7:27	56:18 6:29	59:17 2:59	1:29:26 30:09	1:31:42 2:16	1:33:10 1:28	1:39:59 6:49
24	434	Amor Boquete, Jose Manuel SEO Ordes	1:54:16	11:20 18:19 1:51:48	2:20 20:51 1:53:51	0:25 28:02 1:54:16	31:41 3:39	47:34 15:53	49:55 2:21	51:24 1:29	58:55 7:31	1:12:16 13:21	1:14:49 2:33	1:19:07 4:18	1:27:46 8:39	1:29:05 1:19	1:37:18 8:13
25	452	Rodríguez Pérez, Eladio HABELAS HA Vigo	1:57:11	14:30 7:17 1:54:47	2:03 9:52 1:56:55	0:25 15:35 1:57:11	19:15 3:40	25:32 6:17	27:23 1:51	28:05 0:42	35:01 6:56	49:23 14:22	1:16:16 26:53	1:20:56 4:40	1:23:28 2:32	1:24:49 1:21	1:33:52 9:03
26	420	López Pérez, Jose Miguel ARTABROS A Coruña	1:57:48	20:55 11:15 1:53:26	2:08 15:16 1:57:10	0:16 22:50 1:57:48	28:52 6:02	39:04 10:12	41:49 2:45	43:07 1:18	53:38 10:31	1:03:55 10:17	1:07:41 3:46	1:15:24 7:43	1:20:02 4:38	1:22:18 2:16	1:37:03 14:45
27	63	Parga Ures, Eladio FLUVIAL LU Lugo	2:00:24	16:23 8:51 1:57:27	3:44 32:56 2:00:02	0:38 39:12 2:00:24	43:08 3:56	57:47 14:39	1:00:18 2:31	1:01:31 1:13	1:10:49 9:18	1:18:04 7:15	1:24:03 5:59	1:28:56 4:53	1:32:59 4:03	1:36:14 3:15	1:46:31 10:17
28	77	Rodríguez López, Rafael FLUVIAL LU Lugo	2:13:50	10:56 9:33 2:09:22	2:35 12:50 2:12:50	0:22 30:32 2:13:50	35:10 4:38	45:51 10:41	48:02 2:11	48:51 0:49	57:34 8:43	1:07:25 9:51	1:12:05 4:40	1:18:33 6:28	1:34:42 16:09	1:41:39 6:57	1:54:37 12:58



Pos	Dorsal	Nombre	Tiempo														
<b>Homes 35 (36)</b>				<b>7,4 km</b>	<b>275 m</b>	<b>16 C</b>	<i>(cont.)</i>										
				1(58) 15(46)	2(57) 16(100)	3(34) F	4(35)	5(60)	6(61)	7(38)	8(40)	9(55)	10(41)	11(47)	12(43)	13(44)	14(45)
29	618	Vidal Mendez, Javier SANROQUE Viveiro	2:15:28	13:11 13:11 2:12:06 11:32	15:46 2:35 2:14:42 2:36	32:28 16:42 2:15:28 0:46	38:46 6:18	46:39 7:53	48:30 1:51	49:33 1:03	1:03:27 13:54	1:33:17 29:50	1:36:02 2:45	1:40:40 4:38	1:49:15 8:35	1:50:39 1:24	2:00:34 9:55
	271	Perez Diaz, Fernando MONTAÑA FE Ferrol. A Coruña	r en tarj.	8:52 8:52 ----- 1:26:54 *41	11:17 2:25 ----- 1:30:01 *42	19:53 8:36 2:14:04 20:36 1:37:21 *43	26:18 6:25	37:13 10:55 4:02 *31	41:04 3:51 10:02 *32	41:54 0:50 14:13 *33	1:02:22 20:28 23:13 *34	1:10:40 8:18 31:18 *35	1:14:39 3:59 52:31 *36	1:19:27 4:48 1:04:15 *37	1:21:53 2:26 1:08:45 *59	1:46:17 24:24 1:14:09 *39	1:53:28 7:11 1:21:37 *40
	388	Iglesias Candal, Ivan BRIGANTIA A Coruña	r en tarj.	49:03 49:03 ----- 2:28:00 27:37	54:09 5:06 ----- 2:28:55 0:55	1:08:48 14:39 2:28:55 0:55	1:21:27 12:39	1:56:34 35:07	1:59:01 2:27	2:00:23 1:22	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----
	615	Lopez Martínez, Jose Manuel SANROQUE Viveiro	r en tarj.	25:11 25:11 ----- 2:52:00 32:04	28:08 2:57 ----- 2:52:00 32:04	49:34 21:26 2:52:00 32:04	55:16 5:42	1:09:09 13:53	1:15:31 6:22	1:16:58 1:27	1:52:04 35:06	2:03:30 11:26	2:07:39 4:09	2:13:30 5:51	2:17:27 3:57	2:19:56 2:29	----- -----
	406	Villar Esmoris, Luis BRIGANTIA A Coruña	r en tarj.	20:52 20:52 ----- -----	23:45 2:53 ----- -----	31:54 8:09	35:43 3:49	----- -----	----- -----	----- -----	1:10:20 34:37	1:19:29 9:09	1:23:16 3:47	----- -----	----- -----	----- -----	----- -----
	617	Peinó Villares, Henrique Xosé SANROQUE Viveiro	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	232	Cañas Lara, Julio APA LICEO A Coruña	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
	404	Vázquez García, Alfonso Breo BRIGANTIA A Coruña	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----

<b>Homes 45 (34)</b>				<b>6,4 km</b>	<b>210 m</b>	<b>14 C</b>											
				1(63) F	2(57)	3(59)	4(61)	5(66)	6(68)	7(52)	8(55)	9(47)	10(44)	11(54)	12(67)	13(65)	14(100)
1	437	Varela Lorenzo, Francisco SEO Ordes	1:03:53	6:21 6:21 1:03:53 0:32	10:08 3:47	15:37 5:29	23:10 7:33	25:52 2:42	27:18 1:26	34:58 7:40	38:46 3:48	45:49 7:03	48:58 3:09	53:46 4:48	56:48 3:02	1:01:22 4:34	1:03:21 1:59
2	149	Álvarez Estévez, Enrique Luis GALLAECIA A Coruña	1:08:16	5:59 5:59 1:08:16 0:21	9:56 3:57	15:19 5:23	22:12 6:53	25:06 2:54	27:11 2:05	39:32 12:21	43:17 3:45	49:50 6:33	52:51 3:01	58:15 5:24	1:01:25 3:10	1:06:12 4:47	1:07:55 1:43
3	268	Lopez Suarez, Andres MONTAÑA FE Ferrol. A Coruña	1:13:47	6:24 6:24 1:13:47 0:22	10:59 4:35	17:54 6:55	26:40 8:46	30:24 3:44	32:32 2:08	40:15 7:43	45:03 4:48	52:10 7:07	56:18 4:08	1:02:39 6:21	1:06:19 3:40	1:11:20 5:01	1:13:25 2:05
4	418	González Ramil, Juan José ARTABROS A Coruña	1:18:22	15:47 15:47 1:18:22 0:29	21:22 5:35	27:59 6:37	35:15 7:16	38:57 3:42	40:31 1:34	47:09 6:38	51:47 4:38	57:34 5:47	1:03:34 6:00	1:08:43 5:09	1:13:02 4:19	1:15:56 2:54	1:17:53 1:57
5	548	Ramírez Fernández, Manuel BUDIÑORAID O Porriño	1:21:35	7:41 7:41 1:21:35 0:23	11:48 4:07	22:54 11:06	31:50 8:56	35:04 3:14	36:56 1:52	44:39 7:43	51:22 6:43	1:02:47 11:25	1:06:46 3:59	1:12:20 5:34	1:15:36 3:16	1:19:17 3:41	1:21:12 1:55
6	94	Antoñón Clemente, Francisco AROMON Pontevedra	1:28:30	6:48 6:48 1:28:30 0:25	12:16 5:28	20:13 7:57	31:14 11:01	34:41 3:27	37:04 2:23	46:46 9:42	52:58 6:12	1:02:09 9:11	1:09:14 7:05	1:15:39 6:25	1:19:58 4:19	1:25:19 5:21	1:28:05 2:46
7	381	Gonzalez Fernandez, Evaristo BRIGANTIA A Coruña	1:28:53	14:05 14:05 1:28:53 0:18	18:43 4:38	25:16 6:33	33:46 8:30	37:28 3:42	40:16 2:48	48:18 8:02	54:17 5:59	1:02:18 8:01	1:09:02 6:44	1:15:52 6:50	1:20:43 4:51	1:26:23 5:40	1:28:35 2:12
8	273	Pozo Valenciano, José Luis MONTAÑA FE Ferrol. A Coruña	1:29:03	7:50 7:50 1:29:03 0:27	12:38 4:48	21:36 8:58	30:47 9:11	34:06 3:19	36:38 2:32	44:41 8:03	49:39 4:58	1:05:02 15:23	1:11:44 6:42	1:17:48 6:04	1:22:04 4:16	1:26:00 3:56	1:28:36 2:36
9	329	Pacheco Sancho, José Ramón USC Santiago de Compostela	1:29:15	8:20 8:20 1:29:15 0:26	13:25 5:05	23:47 10:22	35:08 11:21	38:25 3:17	40:51 2:26	49:48 8:57	57:19 7:31	1:07:34 10:15	1:13:16 5:42	1:18:28 5:12	1:22:19 3:51	1:26:58 4:39	1:28:49 1:51
10	106	Diaz Falcon, Gilberto AROMON Pontevedra	1:30:21	8:03 8:03 1:30:21 0:25	17:12 9:09	24:15 7:03	33:20 9:05	37:39 4:19	40:01 2:22	49:24 9:23	1:01:14 11:50	1:09:01 7:47	1:14:21 5:20	1:19:47 5:26	1:23:54 4:07	1:27:48 3:54	1:29:56 2:08
11	118	Iglesias Pesqueira, Eduardo AROMON Pontevedra	1:32:50	7:06 7:06 1:32:50 0:27	11:33 4:27	19:39 8:06	28:04 8:25	31:19 3:15	33:54 2:35	47:37 13:43	53:50 6:13	1:02:09 8:19	1:05:52 3:43	1:11:49 5:57	1:16:06 4:17	1:30:14 14:08	1:32:23 2:09
12	209	Fuertes González, Enrique UNIVERSIDA Vigo	1:33:46	8:24 8:24 1:33:46 0:22	12:42 4:18	20:37 7:55	29:49 9:12	33:24 3:35	35:11 1:47	42:49 7:38	49:26 6:37	1:12:46 23:20	1:16:28 3:42	1:22:12 5:44	1:26:04 3:52	1:31:25 5:21	1:33:24 1:59



Pos	Dorsal	Nombre	Tiempo	5,5 km 1(73) F	185 m 2(64)	14 C 3(50)	4(51)	5(66)	6(74)	7(54)	8(53)	9(62)	10(75)	11(67)	12(56)	13(65)	14(100)
<b>Homes 55 (5)</b>																	
1	226	Pinal Otero, David Eladio UNIVERSIDA Vigo	1:20:29	8:38 8:38 1:20:29 0:27	13:17 4:39	20:03 6:46	26:28 6:25	27:55 1:27	29:24 1:29	42:54 13:30	47:22 4:28	57:37 10:15	1:08:50 11:13	1:12:56 4:06	1:14:13 1:17	1:17:57 3:44	1:20:02 2:05
2	230	Bugallo García, José Ramón APA LICEO A Coruña	1:22:50	9:24 9:24 1:22:50 0:30	22:38 13:14	27:52 5:14	33:42 5:50	35:08 1:26	37:12 2:04	49:58 12:46	54:03 4:05	1:02:20 8:17	1:09:36 7:16	1:12:57 3:21	1:14:08 1:11	1:19:50 5:42	1:22:20 2:30
3	253	Tabernero Reboredo, Alberto APA LICEO A Coruña	1:54:48	12:31 12:31 1:54:48 0:38	19:41 7:10	26:58 7:17	36:45 9:47	39:03 2:18	41:49 2:46	1:04:52 23:03	1:10:44 5:52	1:21:44 11:00	1:34:47 13:03	1:43:09 8:22	1:44:47 1:38	1:50:04 5:17	1:54:10 4:06
	565	Souto Castro, Manuel Martín USC Santiago de Compostela	en tarj.	8:50 8:50 1:39:14 1:10	13:39 4:49	21:25 7:46	28:11 6:46	29:55 1:44	31:22 1:27	48:02 16:40	-----	-----	-----	-----	-----	-----	1:38:04 50:02
	479	Sancosmed Torres, José Man C.O.CO A Coruña	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

<b>Élite (28)</b>				8,6 km 1(31) 15(45)	295 m 2(32) 16(46)	17 C 3(33) 17(100)	4(34) F	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	14(44)
1	472	Morales Ferreiro, Martín LIMIATIVA Xinzo de Limia	1:04:57	8:09 8:09 56:47 5:56	11:07 2:58 1:02:55 6:08	13:13 2:06 1:04:41 1:46	16:48 3:35 1:04:57 0:16	19:27 2:39	24:44 5:17	25:17 0:33	29:52 4:35	35:39 5:47	36:06 0:27	42:01 5:55	47:25 5:24	49:50 2:25	50:51 1:01
2	901	Iglesias Mota, Urtzi BRIGANTIA A Coruña	1:05:57	6:45 6:45 57:47 5:15	10:11 3:26 1:03:47 6:00	12:51 2:40 1:05:35 1:48	16:13 3:22 1:05:57 0:22	19:15 3:02	24:40 5:25	25:25 0:45	27:51 2:26	34:24 6:33	34:49 0:25	41:50 7:01	47:23 5:33	50:09 2:46	52:32 2:23
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