



os	rsal	Nombre	Tiempo														
<b>M-21 (18)</b>				<b>4,6 km 205 m 14 C (cont.)</b>													
			1(39) F	2(52)	3(51)	4(70)	5(74)	6(72)	7(77)	8(59)	9(84)	10(49)	11(43)	12(37)	13(35)	14(100)	
4	508	Tania Teijo Vazquez A Coruña (Oleiro FA	1:31:22 6:46 6:46 1:31:22 0:31	13:44 6:27 10:27	19:05 5:21 16:00	30:47 11:42 28:24	38:30 7:43 42:20	47:19 8:49 1:03:06	50:18 2:59 1:06:39	1:04:26 14:08 1:22:02	1:07:13 2:47 1:28:32	1:14:16 7:03 1:34:23	1:17:02 2:46 1:40:38	1:21:57 4:55 1:47:24	1:24:24 2:27 1:50:14	1:30:51 6:27 1:54:50	
5	554	Paula Fabeiro Martí Arteixo. A Coruña SA	1:55:35 6:27 1:55:35 0:45	4:00 10:27	5:33 16:00	12:24 28:24	13:56 42:20	20:46 1:03:06	3:33 1:06:39	15:23 1:22:02	6:30 1:28:32	5:51 1:34:23	6:15 1:40:38	6:46 1:47:24	2:50 1:50:14	4:36 1:54:50	
6	281	Maria Elena Arcos T A Coruña GALLAECI	1:57:49 4:06 4:06 1:57:49 0:31	8:11 19:17	11:06 37:48	18:31 57:36	19:48 1:01:23	3:47 1:04:01	2:38 1:21:46	17:45 1:24:35	2:49 1:31:22	6:47 1:36:39	5:17 1:46:13	9:34 1:48:55	2:42 1:57:18	8:23	
7	356	Ana Gil Fernández A Coruña BRIGANTI	1:59:20 11:28 11:28 1:59:20 0:27	16:48 5:20	22:35 5:47	36:47 14:12	49:18 12:31	1:07:08 17:50	1:10:46 3:38	1:26:18 15:32	1:32:34 6:16	1:38:25 5:51	1:44:43 6:18	1:51:22 6:39	1:54:12 2:50	1:58:53 4:41	
8	564	Kathetin Pinillos Ki Arteixo. A Coruña SA	2:00:27 3:52 3:52 2:00:27 0:26	9:01 5:09	13:59 4:58	23:24 9:25	37:56 14:32	43:37 5:41	1:07:20 23:43	1:19:33 12:13	1:25:25 5:52	1:38:59 13:34	1:46:13 7:14	1:52:19 6:06	1:55:01 2:42	2:00:01 5:00	
9	303	Maria García Costoy A Coruña GALLAECI	2:01:20 3:59 3:59 2:01:20 0:31	7:40 3:41	18:26 10:46	43:35 25:09	1:03:39 20:04	1:12:07 8:28	1:15:12 3:05	1:30:00 14:48	1:33:50 3:50	1:40:33 6:43	1:47:58 7:25	1:54:06 6:08	1:56:27 2:21	2:00:49 4:22	
10	108	Tania Fernández Dí Pontevedra AROMO	2:04:01 8:51 8:51 2:04:01 1:00	12:51 4:00	17:18 4:27	47:57 30:39	1:06:35 18:38	1:10:07 3:32	1:12:44 2:37	1:32:08 19:24	1:40:19 8:11	1:45:54 5:35	1:51:19 5:25	1:56:16 4:57	1:58:18 2:02	2:03:01 4:43	
11	458	Lucia Pan Iglesias Cambre ROBALIZA	2:15:54 6:50 6:50 2:15:54 0:46	17:34 10:44	26:18 8:44	41:30 15:12	56:57 15:27	1:10:44 13:47	1:19:42 8:58	1:32:24 12:42	1:38:09 5:45	1:50:01 11:52	1:54:55 4:54	2:04:14 9:19	2:08:13 3:59	2:15:08 6:55	
12	3	María Bego Alonso Lugo FLUVIAL LUG	2:45:06 12:27 12:27 2:45:06 0:28	16:56 4:29	24:37 7:41	47:22 22:45	1:08:57 21:35	1:19:15 10:18	1:26:29 7:14	1:43:57 17:28	1:51:48 7:51	2:10:28 18:40	2:20:36 10:08	2:31:10 10:34	2:33:59 2:49	2:44:38 10:39	
13	74	Raquel Zolle Ferná Lugo FLUVIAL LUG	3:08:24 10:42 10:42 3:08:24 18:49	17:31 6:49	25:49 8:18	40:58 15:09	57:19 16:21	1:14:38 17:19	1:18:28 3:50	1:33:55 15:27	1:42:23 8:28	2:13:18 30:55	2:16:48 3:30	2:36:18 19:30	2:40:27 4:09	2:49:35 9:08	
	287	Begoña Brion Garcí A Coruña GALLAECI	en tarj. 8:38 8:38 2:11:13 0:48	13:49 5:11	19:55 6:06	38:42 18:47	----	54:26 15:44	58:54 4:28	1:26:52 27:58	1:34:38 7:46	1:45:45 11:07	1:54:51 9:06	2:03:33 8:42	2:05:55 2:22	2:10:25 4:30	
	306	Annabel Garcia Mon A Coruña GALLAECI	en tarj. 17:33 17:33 2:20:12 0:47	22:44 5:11	28:52 6:08	47:57 19:05	----	1:03:23 15:26	1:07:47 4:24	1:35:46 27:59	1:43:04 7:18	1:54:20 11:16	2:03:48 9:28	2:12:24 8:36	2:14:54 2:30	2:19:25 4:31	
	547	Olalla Barreiro Ced Arteixo. A Coruña SA	andona 4:45 4:45	8:41 3:56	----	----	----	----	----	----	----	----	----	----	----	----	
	445	Maria Santos Camb Porto do Son ADC A	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
	75	Cristina Zolle Ferná Lugo FLUVIAL LUG	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	
<b>M-21C (20)</b>				<b>4,1 km 180 m 14 C</b>													
			1(39) F	2(43)	3(49)	4(47)	5(69)	6(74)	7(77)	8(76)	9(59)	10(84)	11(52)	12(37)	13(34)	14(100)	
1	255	Cristina Lopez Dac Ferrol. A Coruña M	1:26:30 4:08 4:08 1:26:30 0:22	7:18 3:10	12:56 5:38	16:46 3:50	23:14 6:28	40:46 17:32	46:18 5:32	49:56 3:38	54:19 4:23	58:50 4:31	1:05:02 6:12	1:17:32 12:30	1:22:06 4:34	1:26:08 4:02	
2	529	Barbara Del Puerto Ordes SEO	1:31:19 6:34 6:34 1:31:19 0:25	11:15 4:41	16:31 5:16	20:53 4:22	29:12 8:19	42:41 13:29	45:59 3:18	49:18 3:19	54:27 5:09	1:00:07 5:40	1:12:39 12:32	1:19:45 7:06	1:26:04 6:19	1:30:54 4:50	
3	388	Eva Calvelo Vázque O Barco de Valde T	1:41:47 11:15 11:15 1:41:47 0:24	16:51 5:36	22:00 5:09	26:30 4:30	35:36 9:06	42:03 6:27	49:33 7:30	55:32 5:59	1:12:06 16:34	1:14:37 2:31	1:22:50 8:13	1:30:01 7:11	1:36:51 6:50	1:41:23 4:32	





os	rsal	Nombre	Tiempo													F	
<b>M-45 (11)</b>				<b>4,0 km 155 m</b>			<b>13 C</b>										
				1(52)	2(51)	3(74)	4(78)	5(76)	6(59)	7(84)	8(49)	9(42)	10(37)	11(34)	12(32)	13(100)	F
1	227	Rosa Mª Pernas Mar Santiago de Comp	1:07:56	5:51	10:51	22:33	29:27	32:16	<b>38:49</b>	<b>41:20</b>	<b>46:50</b>	<b>51:25</b>	<b>57:12</b>	<b>1:02:25</b>	<b>1:04:34</b>	<b>1:07:32</b>	<b>1:07:56</b>
				5:51	5:00	11:42	6:54	2:49	6:33	2:31	<b>5:30</b>	<b>4:35</b>	5:47	5:13	2:09	<b>2:58</b>	0:24
2	220	Margarita Balboa B Santiago de Comp	1:18:26	<b>5:28</b>	<b>10:26</b>	21:59	29:08	32:08	42:37	45:11	57:35	1:02:27	1:07:21	1:11:41	1:15:03	1:18:01	1:18:26
				<b>5:28</b>	<b>4:58</b>	11:33	7:09	3:00	10:29	2:34	12:24	4:52	<b>4:54</b>	<b>4:20</b>	3:22	<b>2:58</b>	0:25
3	24	Mónica Fraga Pita Lugo FLUVIAL LUG	1:20:54	6:20	11:28	<b>21:27</b>	<b>26:35</b>	<b>29:20</b>	40:41	43:15	53:16	58:48	1:06:13	1:15:13	1:16:54	1:20:29	1:20:54
				6:20	5:08	9:59	<b>5:08</b>	<b>2:45</b>	11:21	2:34	10:01	5:32	7:25	9:00	<b>1:41</b>	3:35	0:25
4	140	Maria Luisa Sanche Pontevedra AROMO	1:30:52	7:26	12:44	22:16	29:23	37:53	42:41	45:07	51:01	56:30	1:05:03	1:10:40	1:27:29	1:30:27	1:30:52
				7:26	5:18	<b>9:32</b>	7:07	8:30	<b>4:48</b>	<b>2:26</b>	5:54	5:29	8:33	5:37	16:49	<b>2:58</b>	0:25
5	189	Mª Isabel Saco Fern Vigo UNIVERSIDAD	1:34:47	14:15	19:43	35:03	43:35	49:41	57:57	1:01:13	1:09:13	1:16:10	1:22:09	1:26:30	1:30:13	1:34:19	1:34:47
				14:15	5:28	15:20	8:32	6:06	8:16	3:16	8:00	6:57	5:59	4:21	3:43	4:06	0:28
6	27	Ana Garcia Deibe Lugo FLUVIAL LUG	1:43:14	10:58	17:05	28:48	38:05	42:02	50:58	53:54	1:14:30	1:21:15	1:30:31	1:35:21	1:38:23	1:42:52	1:43:14
				10:58	6:07	11:43	9:17	3:57	8:56	2:56	20:36	6:45	9:16	4:50	3:02	4:29	<b>0:22</b>
				11:33:58 11:36:31 11:38:49 11:41:27 11:45:21 11:46:43 11:51:18 11:57:11 11:58:21 11:59:24 0:13 2:08 2:56													
				*76 *42 *38 *35 *69 *33 *64 *77 *78 *79 *62 *74 *66													
				3:32 *100													
7	517	Soraya Alvarez Mila Culleredo (A Cor A	2:22:52	19:07	25:30	38:55	49:32	59:27	1:07:20	1:16:14	1:35:09	1:51:37	1:58:32	2:13:51	2:19:11	2:22:22	2:22:52
				19:07	6:23	13:25	10:37	9:55	7:53	8:54	18:55	16:28	6:55	15:19	5:20	3:11	0:30
8	97	Lyudmyla Chub Sav Pontevedra AROMO	2:29:53	14:53	29:24	45:14	56:58	1:01:03	1:30:49	1:37:22	1:45:26	1:53:42	2:01:40	2:14:18	2:23:52	2:29:23	2:29:53
				14:53	14:31	15:50	11:44	4:05	29:46	6:33	8:04	8:16	7:58	12:38	9:34	5:31	0:30
463		Pier Veira Lauzara Cambre ROBALIZA	andona	8:46	15:34	----	----	----	----	----	----	----	----	----	----	----	36:37
				8:46	6:48												21:03
559		Arantza Jiménez Pe Xínzo de Limia LIMI	andona	17:05	26:09	1:19:21	----	1:37:18	----	----	----	----	----	----	----	3:07:35	3:09:16
				17:05	9:04	53:12		17:57								1:30:17	1:41
				3:07:39 *100													
217		Norma Vila Pernas A Coruña APA LICE	andona	6:38	12:17	29:49	58:07	1:02:03	1:08:25	1:14:21	----	----	----	----	----	----	----
				6:38	5:39	17:32	28:18	3:56	6:22	5:56							
<b>M-55 (3)</b>				<b>4,0 km 155 m</b>			<b>13 C</b>										
				1(52)	2(51)	3(74)	4(78)	5(76)	6(59)	7(84)	8(49)	9(42)	10(37)	11(34)	12(32)	13(100)	F
1	578	Mª José Naya López A Coruña APA LICE	2:52:28	<b>11:35</b>	<b>19:56</b>	<b>55:23</b>	<b>1:16:04</b>	<b>1:23:36</b>	<b>1:37:48</b>	<b>1:43:22</b>	<b>1:54:02</b>	<b>2:16:33</b>	<b>2:28:58</b>	<b>2:37:32</b>	<b>2:46:31</b>	<b>2:51:58</b>	<b>2:52:28</b>
				<b>11:35</b>	<b>8:21</b>	35:27	<b>20:41</b>	7:32	14:12	5:34	<b>10:40</b>	<b>22:31</b>	12:25	<b>8:34</b>	8:59	<b>5:27</b>	<b>0:30</b>
2	420	Mª Elena Ponte Pen A Coruña ARTABRO	2:55:26	22:23	33:52	57:58	1:19:31	1:26:25	1:40:14	1:45:20	1:56:21	2:19:31	2:31:14	2:40:17	2:48:50	2:54:35	2:55:26
				22:23	11:29	<b>24:06</b>	21:33	<b>6:54</b>	<b>13:49</b>	<b>5:06</b>	11:01	23:10	<b>11:43</b>	9:03	<b>8:33</b>	5:45	0:51
211		Mª Teresa Rey Sout A Coruña APA LICE	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>M-E (9)</b>				<b>6,6 km 315 m</b>			<b>16 C</b>										
				1(64)	2(82)	3(81)	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)
				15(32)	16(100)	F											
1	240	Teresa Barreira Sal Ferrol. A Coruña M	1:41:15	<b>4:17</b>	<b>13:55</b>	<b>18:52</b>	<b>22:19</b>	<b>24:43</b>	<b>32:26</b>	<b>35:16</b>	<b>42:08</b>	<b>53:59</b>	<b>1:08:13</b>	<b>1:24:20</b>	<b>1:26:39</b>	<b>1:29:33</b>	<b>1:33:19</b>
				<b>4:17</b>	<b>9:38</b>	4:57	3:27	2:24	<b>7:43</b>	<b>2:50</b>	<b>6:52</b>	11:51	14:14	16:07	2:19	2:54	3:46
				1:38:57 1:40:56 1:41:15													
				5:38 1:59 0:19													
2	146	Carla Veiga García Pontevedra AROMO	1:47:01	6:07	22:47	27:26	30:58	33:11	42:19	45:53	56:10	1:03:18	1:15:56	1:26:35	1:29:11	1:31:55	1:35:20
				6:07	16:40	4:39	3:32	2:13	9:08	3:34	10:17	7:08	12:38	<b>10:39</b>	2:36	2:44	<b>3:25</b>
				1:44:29 1:46:40 1:47:01													
				9:09 2:11 0:21													
3	427	Alejandra Carro Ma Porto do Son ADC A	1:48:48	4:19	27:50	31:39	34:04	36:15	44:18	48:07	57:51	1:04:53	1:16:36	1:30:39	1:37:13	1:40:08	1:43:55
				4:19	23:31	3:49	<b>2:25</b>	<b>2:11</b>	8:03	3:49	9:44	<b>7:02</b>	<b>11:43</b>	14:03	6:34	2:55	3:47
				1:46:13 1:48:28 1:48:48													
				2:18 2:15 0:20													
4	500	Natalia Barros Diz A Coruña (Oleiro FA	1:49:37	4:40	19:55	23:21	31:14	33:39	42:36	46:00	55:12	1:02:16	1:16:47	1:28:15	1:38:34	1:41:16	1:44:53
				4:40	15:15	<b>3:26</b>	7:53	2:25	8:57	3:24	9:12	7:04	14:31	11:28	10:19	2:42	3:37
				1:46:56 1:49:10 1:49:37													
				2:03 2:14 0:27													
5	19	Luisa Felpeto Gonz Lugo FLUVIAL LUG	1:55:39	5:01	20:25	24:44	28:01	30:45	43:22	47:17	54:38	1:04:14	1:26:22	1:41:03	1:43:55	1:46:33	1:50:18
				5:01	15:24	4:19	3:17	2:44	12:37	3:55	7:21	9:36	22:08	14:41	2:52	2:38	3:45
				1:53:27 1:55:19 1:55:39													
				3:09 1:52 0:20													
6	242	Elena Bujía Rodríg Ferrol. A Coruña M	1:58:19	4:31	18:18	23:11	27:59	31:17	44:40	47:42	59:18	1:18:06	1:30:49	1:41:43	1:43:46	1:46:53	1:50:23
				4:31	13:47	4:53	4:48	3:18	13:23	3:02	11:36	18:48	12:43	10:54	2:03	3:07	3:30
				1:55:56 1:58:00 1:58:19													
				5:33 2:04 0:19													
7	296	Isabel Diz Cao A Coruña GALLAECI	2:05:53	7:30	20:44	26:01	36:17	38:30	47:01	51:31	1:00:54	1:15:20	1:27:13	1:46:09	1:51:15	1:53:17	1:57:12
				7:30	13:14	5:17	10:16	2:13	8:31	4:30	9:23	14:26	11:53	18:56	5:06	<b>2:02</b>	3:55
				2:03:08 2:05:28 2:05:53													
				5:56 2:20 0:25													
8	129	Alicia Pérez Alonso Pontevedra AROMO	2:08:22	5:11	19:13	26:19	30:14	32:51	42:18	49:30	1:11:57	1:27:07	1:39:34	1:50:55	1:52:40	1:55:52	1:59:42
				5:11	14:02	7:06	3:55	2:37	9:27	7:12	22:27	15:10	12:27	11:21	<b>1:45</b>	3:12	3:50
				2:05:44 2:07:56 2:08:22													
				6:02 2:12 0:26													

os		rsal	Nombre	Tempo															
<b>M-E (9)</b>					<b>6,6 km 315 m</b>			<b>16 C</b>			<i>(cont.)</i>								
					1(64)	2(82)	3(81)	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)	
					15(32)	16(100)	F												
180	Isabel Pastoriza Sa	andona	Vigo UNIVERSIDAD	33:13	16:14	20:21	23:31	25:53	34:12	37:40	----	----	----	----	----	----	----	----	
					33:13		4:07	3:10	2:22	8:19	3:28								
					----	----	1:47:08		12:39	14:46	18:57	20:53	24:20	25:57	28:51	35:13	39:15	43:36	
							1:09:28		*60	*32	*61	*40	*69	*43	*70	*71	*50	*46	
					45:08	46:53	47:54	53:56	55:20	1:00:39	1:11:40	1:17:37	1:22:27	1:31:49	1:34:08	1:35:00			
					*51	*72	*48	*73	*52	*76	*59	*58	*55	*45	*78	*65			
<b>H-12 (13)</b>					<b>2,0 km 75 m</b>			<b>8 C</b>											
					1(54)	2(53)	3(50)	4(40)	5(41)	6(33)	7(31)	8(100)	F						
1	483	Mateo Rodríguez Dí	Vigo HABELAS HAIN	17:52	1:51	3:03	7:07	9:08	10:31	14:06	15:11	16:17	17:52						
					1:51	1:12	4:04	2:01	1:23	3:35	1:05	1:06	1:35						
2	87	Xandre Beloso Igle	Pontevedra AROMO	26:33	2:05	3:49	9:30	12:41	15:52	20:57	22:35	26:12	26:33						
					2:05	1:44	5:41	3:11	3:11	5:05	1:38	3:37	0:21						
3	291	Gaspar Corral Garcí	A Coruña GALLAECI	30:31	2:33	4:36	8:26	16:47	20:01	25:09	26:44	30:14	30:31						
					2:33	2:03	3:50	8:21	3:14	5:08	1:35	3:30	0:17						
4	275	Ivan Alvarez Braña	A Coruña GALLAECI	35:03	3:58	6:33	11:54	16:31	21:10	30:42	32:26	34:41	35:03						
					3:58	2:35	5:21	4:37	4:39	9:32	1:44	2:15	0:22						
5	523	Jorge Fernández G	Culleredo (A Cor A	40:33	3:21	6:10	13:05	20:19	25:08	34:22	37:33	40:06	40:33						
					3:21	2:49	6:55	7:14	4:49	9:14	3:11	2:33	0:27						
6	362	Germán González S	A Coruña BRIGANTI	44:05	3:06	5:42	10:12	14:50	21:03	34:54	36:48	43:37	44:05						
					3:06	2:36	4:30	4:38	6:13	13:51	1:54	6:49	0:28						
7	44	Manuel Anxo Núñez	Lugo FLUVIAL LUG	44:16	3:13	7:08	12:20	19:23	28:17	38:53	41:40	43:55	44:16						
					3:13	3:55	5:12	7:03	8:54	10:36	2:47	2:15	0:21						
8	563	Joao Morales Jimén	Xinzo de Limia LIMI	47:15	9:21	11:04	17:39	32:21	34:27	38:57	40:50	46:55	47:15						
					9:21	1:43	6:35	14:42	2:06	4:30	1:53	6:05	0:20						
9	88	Mauro Beloso Iglesi	Pontevedra AROMO	50:05	4:53	10:34	18:07	26:05	32:21	44:59	46:39	49:02	50:05						
					4:53	5:41	7:33	7:58	6:16	12:38	1:40	2:23	1:03						
10	128	Xián Novoa Gutiérr	Pontevedra AROMO	52:32	11:16	14:27	18:56	31:18	36:15	47:11	48:41	52:12	52:32						
					11:16	3:11	4:29	12:22	4:57	10:56	1:30	3:31	0:20						
11	513	Martin Vinagre Barr	A Coruña (Oleiro FA	55:54	9:25	15:55	26:41	33:03	38:04	49:00	52:01	55:21	55:54	41:24	55:21	1:09:21	1:19:03		
					9:25	6:30	10:46	6:22	5:01	10:56	3:01	3:20	0:33	*101	*102	*47	*35		
					1:30:35	26:17	45:05	58:43											
					*49	*31	*34	*100											
400	Iago Trigo Vázquez	No sale	O Barco de Valde T	----	----	----	----	----	----	----	----	----	----						
81	Hugo Antoñón Casa	No sale	Pontevedra AROMO	----	----	----	----	----	----	----	----	----	----						
<b>H-14 (9)</b>					<b>3,1 km 120 m</b>			<b>10 C</b>											
					1(54)	2(55)	3(57)	4(46)	5(50)	6(40)	7(38)	8(33)	9(31)	10(100)	F				
1	402	Natnael Candela Igl	A Coruña ARTABRO	34:06	2:13	4:36	10:15	18:22	21:03	24:04	25:17	31:03	32:31	33:43	34:06				
					2:13	2:23	5:39	8:07	2:41	3:01	1:13	5:46	1:28	1:12	0:23				
2	482	Santiago Rodilla Iri	Vigo HABELAS HAIN	38:09	2:00	5:00	10:36	22:20	25:07	28:06	29:18	34:54	36:33	37:46	38:09				
					2:00	3:00	5:36	11:44	2:47	2:59	1:12	5:36	1:39	1:13	0:23				
3	39	Martín López Guerr	Lugo FLUVIAL LUG	39:04	2:26	4:57	10:13	18:36	25:10	27:41	29:16	36:05	37:33	38:44	39:04				
					2:26	2:31	5:16	8:23	6:34	2:31	1:35	6:49	1:28	1:11	0:20				
4	31	Nicolás González R	Lugo FLUVIAL LUG	42:53	3:23	5:42	10:00	22:31	29:00	31:32	33:17	40:06	41:25	42:38	42:53				
					3:23	2:19	4:18	12:31	6:29	2:32	1:45	6:49	1:19	1:13	0:15				
5	581	Miguel López Rodrí	Ferrol. A Coruña M	53:37	5:15	8:22	15:16	26:49	30:57	34:14	35:40	48:36	51:54	53:10	53:37				
					5:15	3:07	6:54	11:33	4:08	3:17	1:26	12:56	3:18	1:16	0:27				
6	43	Alfonso Núñez Ferre	Lugo FLUVIAL LUG	54:28	1:51	4:18	9:16	34:23	36:43	39:27	41:08	49:45	51:17	54:09	54:28				
					1:51	2:27	4:58	25:07	2:20	2:44	1:41	8:37	1:32	2:52	0:19				
7	17	Iago Corral Souto	Lugo FLUVIAL LUG	1:08:32	2:02	19:25	26:15	48:55	51:25	55:13	57:04	1:05:05	1:06:32	1:08:03	1:08:32				
					2:02	17:23	6:50	22:40	2:30	3:48	1:51	8:01	1:27	1:31	0:29				
6	Saul Blanco López	en tarj.	Lugo FLUVIAL LUG	8:10	8:10	----	----	18:49	23:27	----	44:01	45:43	47:57	48:20	12:31	33:32			
					8:10				10:39	4:38		20:34	1:42	2:14	0:23	*53	*41		
80	Mateo Antoñón Casa	No sale	Pontevedra AROMO	----	----	----	----	----	----	----	----	----	----						
<b>H-16 (8)</b>					<b>3,9 km 170 m</b>			<b>12 C</b>											
					1(43)	2(49)	3(47)	4(69)	5(76)	6(60)	7(51)	8(52)	9(38)	10(37)	11(34)	12(100)	F		
1	4	Miguel Balboa Rodr	Lugo FLUVIAL LUG	1:02:30	6:51	10:33	13:33	19:50	27:36	31:03	36:26	41:18	45:28	53:03	58:27	1:02:12	1:02:30		
					6:51	3:42	3:00	6:17	7:46	3:27	5:23	4:52	4:10	7:35	5:24	3:45	0:18		
2	64	Juan Rodríguez Ve	Lugo FLUVIAL LUG	1:14:27	10:15	16:37	25:00	31:53	39:43	43:08	48:40	53:21	57:26	1:05:07	1:10:29	1:14:10	1:14:27		
					10:15	6:22	8:23	6:53	7:50	3:25	5:32	4:41	4:05	7:41	5:22	3:41	0:17		
3	449	Enrique Blanco Am	Cambre ROBALIZA	1:14:57	9:28	14:11	24:11	31:57	40:01	43:25	50:49	57:21	1:02:16	1:04:42	1:10:20	1:14:29	1:14:57		
					9:28	4:43	10:00	7:46	8:04	3:24	7:24	6:32	4:55	2:26	5:38	4:09	0:28		
4	13	Denis Castillo Lópe	Lugo FLUVIAL LUG	1:18:00	6:46	9:15	12:36	18:55	27:47	29:50	47:11	52:20	1:02:37	1:05:53	1:10:27	1:17:35	1:18:00		
					6:46	2:29	3:21	6:19	8:52	2:03	17:21	5:09	10:17	3:16	4:34	7:08	0:25		
5	276	Martin Enrique Alva	A Coruña GALLAECI	1:21:22	14:11	18:05	21:13	27:03	49:42	52:01	58:24	1:03:36	1:08:06	1:11:10	1:17:12	1:20:57	1:21:22		
					14:11	3:54	3:08	5:50	22:39	2:19	6:23	5:12	4:30	3:04	6:02	3:45	0:25		
6	395	Eros Mata Rodrigue	O Barco de Valde T	1:22:14	19:20	22:43	26:08	33:56	50:31	52:52	56:55	1:02:47	1:06:44	1:08:30	1:17:03	1:21:54	1:22:14		
					19:20	3:23	3:25	7:48	16:35	2:21	4:03	5:52	3:57	1:46	8:33	4:51	0:20		
7	57	Iago Piñeiro Fraga	Lugo FLUVIAL LUG	2:27:12	21:53	24:52	31:16	49:18	59:31	1:02:03	1:14:43	2:04:25	2:10:57	2:14:03	2:20:25	2:26:50	2:27:12		
					21:53	2:59	6:24	18:02	10:13	2:32	12:40	49:42	6:32	3:06	6:22	6:25	0:22		

os	rsal	Nombre	Tempo														
<b>H-16 (8)</b>				<b>3,9 km 170 m</b>			<b>12 C</b>			<i>(cont.)</i>							
				1(43)	2(49)	3(47)	4(69)	5(76)	6(60)	7(51)	8(52)	9(38)	10(37)	11(34)	12(100)	F	
	<b>428</b>	<b>Borja Cervera Torre Porto do Son ADC A</b>	<b>en tarj.</b>	9:48 9:48	14:52 5:04	28:48 13:56	38:42 9:54	1:24:37 45:55	1:26:56 2:19	1:31:29 4:33	1:35:41 <b>4:12</b>	1:41:55 6:14	1:43:54 1:59	-----	-----	1:55:53 11:59	
<b>H-18 (4)</b>				<b>4,1 km 180 m</b>			<b>14 C</b>										
				1(39) F	2(43)	3(49)	4(47)	5(69)	6(74)	7(77)	8(76)	9(59)	10(84)	11(52)	12(37)	13(34)	14(100)
<b>1</b>	<b>123</b>	<b>Iván Lois Serto Pontevedra AROMO</b>	<b>1:07:27</b>	<b>2:51</b> <b>2:51</b>	<b>5:32</b> <b>2:41</b>	<b>8:18</b> <b>2:46</b>	<b>11:20</b> <b>3:02</b>	<b>16:21</b> <b>5:01</b>	<b>28:52</b> 12:31	<b>30:53</b> <b>2:01</b>	<b>34:21</b> 3:28	<b>40:09</b> 5:48	<b>44:46</b> 4:37	<b>53:28</b> <b>8:42</b>	<b>59:06</b> 5:38	<b>1:04:23</b> 5:17	<b>1:07:12</b> <b>2:49</b>
<b>2</b>	<b>26</b>	<b>David García Cousil Lugo FLUVIAL LUG</b>	<b>1:28:16</b>	4:46 4:46	8:55 4:09	13:35 4:40	20:58 7:23	34:15 13:17	40:03 <b>5:48</b>	43:27 3:24	47:22 3:55	53:24 6:02	55:35 <b>2:11</b>	1:10:36 15:01	1:17:56 7:20	1:21:59 4:03	1:27:55 5:56
<b>3</b>	<b>71</b>	<b>Adrián Valdés Gonz Lugo FLUVIAL LUG</b>	<b>1:37:42</b>	4:09 4:09	8:01 3:52	12:27 4:26	30:07 17:40	37:15 7:08	49:20 12:05	53:48 4:28	56:48 3:00	1:01:11 <b>4:23</b>	1:04:12 3:01	1:23:53 19:41	1:29:15 <b>5:22</b>	1:33:13 <b>3:58</b>	1:37:26 4:13
<b>4</b>	<b>23</b>	<b>Alex Fraga Diaz Lugo FLUVIAL LUG</b>	<b>2:13:11</b>	3:26 3:26	7:41 4:15	10:44 3:03	16:10 5:26	35:11 19:01	43:54 8:43	47:49 3:55	50:47 <b>2:58</b>	1:02:16 11:29	1:04:36 2:20	1:50:08 45:32	1:59:57 9:49	2:06:09 6:12	2:12:45 6:36
<b>H-21 (41)</b>				<b>5,4 km 280 m</b>			<b>17 C</b>										
				1(56) 15(37)	2(59) 16(36)	3(74) 17(100)	4(73) F	5(72)	6(71)	7(79)	8(80)	9(81)	10(82)	11(76)	12(58)	13(45)	14(42)
<b>1</b>	<b>112</b>	<b>Jovino Gonzalez C Pontevedra AROMO</b>	<b>1:22:08</b>	5:02 5:02	10:01 4:59	23:08 13:07	25:44 2:36	27:54 2:10	31:36 3:42	36:50 5:14	39:48 <b>2:58</b>	43:53 4:05	<b>47:26</b> 3:33	<b>52:18</b> <b>4:52</b>	<b>57:39</b> 5:21	<b>1:03:37</b> 5:58	1:12:35 8:58
<b>2</b>	<b>490</b>	<b>Alberto Garcia Ram Arteixo JARNACHAS</b>	<b>1:23:44</b>	4:49 4:49	14:34 9:45	21:33 6:59	24:02 2:29	26:28 2:26	37:15 10:47	41:47 4:32	44:56 3:09	49:07 4:11	52:34 <b>3:27</b>	58:08 5:34	1:02:28 4:20	1:09:25 6:57	1:12:04 2:39
<b>3</b>	<b>201</b>	<b>Pablo Castedo López A Coruña APA LICE</b>	<b>1:24:05</b>	6:12 6:12	14:35 8:23	22:44 8:09	26:37 3:53	29:45 3:08	35:27 5:42	39:56 4:29	43:10 3:14	46:20 3:10	50:33 4:13	57:22 6:49	1:04:53 7:31	1:10:32 5:39	1:13:13 2:41
<b>4</b>	<b>147</b>	<b>José Javier Vera Mu Pontevedra AROMO</b>	<b>1:25:40</b>	6:51 6:51	13:40 6:49	19:51 6:11	22:27 2:36	26:36 4:09	<b>30:04</b> 3:28	<b>34:36</b> 4:32	<b>38:42</b> 4:06	<b>42:59</b> 4:17	49:25 6:26	55:37 6:12	1:01:06 5:29	1:08:47 7:41	<b>1:11:56</b> 3:09
<b>5</b>	<b>495</b>	<b>Oscar Rabuñal Lop Arteixo JARNACHAS</b>	<b>1:27:31</b>	4:24 4:24	13:39 9:15	20:47 7:08	23:15 2:28	25:41 2:26	33:12 7:31	39:29 6:17	43:10 3:41	47:24 4:14	53:22 5:58	1:02:04 8:42	1:07:30 5:26	1:14:18 6:48	1:16:36 2:18
<b>6</b>	<b>417</b>	<b>Alejandro Mancera A Coruña ARTABRO</b>	<b>1:27:49</b>	7:23 7:23	14:41 7:18	25:11 10:30	27:27 2:16	30:45 3:18	34:09 3:24	40:00 5:51	43:53 3:53	47:42 3:49	52:20 4:38	59:13 6:53	1:04:52 5:39	1:12:03 7:11	1:14:47 2:44
<b>7</b>	<b>101</b>	<b>Antonio Dominguez Pontevedra AROMO</b>	<b>1:29:43</b>	6:55 <b>4:11</b>	15:15 6:04	34:30 24:15	37:08 2:38	39:12 <b>2:04</b>	43:32 4:20	47:39 <b>4:07</b>	50:57 3:18	53:46 <b>2:49</b>	58:21 4:35	1:05:47 7:26	1:10:16 4:29	1:17:59 7:43	1:21:05 3:06
<b>8</b>	<b>10</b>	<b>José Manuel Caloto Lugo FLUVIAL LUG</b>	<b>1:30:01</b>	4:27 4:27	<b>9:50</b> 5:23	<b>15:50</b> 6:00	<b>18:02</b> 2:12	28:31 10:29	32:06 3:35	36:28 4:22	41:09 4:41	44:35 3:26	48:37 4:02	56:46 8:09	1:04:39 7:53	1:17:25 12:46	1:19:22 1:57
<b>9</b>	<b>204</b>	<b>Alfonso Navia Álvar A Coruña APA LICE</b>	<b>1:32:11</b>	5:15 5:15	10:05 <b>4:50</b>	18:53 8:48	23:30 4:37	30:29 6:59	37:50 7:21	42:57 5:07	47:04 4:07	51:36 4:32	59:02 7:26	1:06:41 7:39	1:11:59 5:18	1:19:28 7:29	1:22:20 2:52
<b>10</b>	<b>541</b>	<b>Javier Veiga Noya Ordes SEO</b>	<b>1:33:11</b>	5:46 5:46	15:14 9:28	25:39 10:25	28:40 3:01	32:04 3:24	38:29 6:25	45:30 7:01	48:55 3:25	53:37 4:42	57:09 3:32	1:04:09 7:00	1:08:54 4:45	1:18:30 9:36	1:20:39 2:09
<b>11</b>	<b>501</b>	<b>Rubén Barrós Diz A Coruña (Oleiro FA</b>	<b>1:35:11</b>	4:46 4:46	12:13 7:27	18:46 6:33	22:56 4:10	<b>25:39</b> 2:43	48:00 22:21	52:42 4:42	57:34 4:52	1:02:40 5:06	1:06:56 4:16	1:12:49 5:53	1:18:05 5:16	1:23:02 <b>4:57</b>	1:26:08 3:06
<b>12</b>	<b>8</b>	<b>José Manuel Caama Lugo FLUVIAL LUG</b>	<b>1:36:08</b>	6:23 6:23	13:36 7:13	19:06 <b>5:30</b>	31:39 12:33	33:56 2:17	37:51 3:55	42:56 5:05	46:56 4:00	51:49 4:53	55:39 3:50	1:03:51 8:12	1:11:27 7:36	1:20:25 8:58	1:23:41 3:16
<b>13</b>	<b>498</b>	<b>Jesus Valle Rodrig Arteixo JARNACHAS</b>	<b>1:39:17</b>	5:00 5:00	11:14 6:14	23:13 11:59	27:16 4:03	33:34 6:18	38:14 4:40	46:57 8:43	50:11 3:14	54:13 4:02	57:53 3:40	1:05:09 7:16	1:10:27 5:18	1:26:32 16:05	1:29:46 3:14

os	rsal	Nombre	Tempo														
<b>H-21 (41)</b>				<b>5,4 km 280 m</b>				<b>17 C</b>				<i>(cont.)</i>					
				1(56)	2(59)	3(74)	4(73)	5(72)	6(71)	7(79)	8(80)	9(81)	10(82)	11(76)	12(58)	13(45)	14(42)
				15(37)	16(36)	17(100)	F										
14	121	Francisco Iglesias Pontevedra AROMO	1:39:59	5:23	11:50	21:47	23:55	26:21	32:34	37:26	42:27	45:22	49:22	57:06	1:05:44	1:27:07	1:28:33
				5:23	6:27	9:57	2:08	2:26	6:13	4:52	5:01	2:55	4:00	7:44	8:38	21:23	1:26
				1:32:22	1:35:41	1:39:15	1:39:59		1:19:03								
				3:49	3:19	3:34	0:44		*42								
15	83	David Araujo Rua Pontevedra AROMO	1:42:28	5:35	13:04	23:48	26:44	30:26	39:54	46:20	54:14	58:29	1:03:42	1:12:37	1:19:03	1:27:00	1:30:32
				5:35	7:29	10:44	2:56	3:42	9:28	6:26	7:54	4:15	5:13	8:55	6:26	7:57	3:32
				1:35:12	1:37:55	1:42:08	1:42:28										
				4:40	2:43	4:13	0:20										
16	532	Alvaro Gómez Andra Ordes SEO	1:42:45	5:18	12:08	22:22	25:34	29:30	33:04	38:10	42:42	47:58	1:01:02	1:12:23	1:21:51	1:28:19	1:30:54
				5:18	6:50	10:14	3:12	3:56	3:34	5:06	4:32	5:16	13:04	11:21	9:28	6:28	2:35
				1:35:20	1:37:35	1:41:23	1:42:45										
				4:26	2:15	3:48	1:22										
17	384	Marcos Alvarez Gon O Barco de Valde T	1:44:48	5:55	11:14	28:17	40:54	43:01	50:15	57:16	1:01:00	1:05:15	1:11:12	1:21:13	1:25:49	1:32:55	1:35:04
				5:55	5:19	17:03	12:37	2:07	7:14	7:01	3:44	4:15	5:57	10:01	4:36	7:06	2:09
				1:39:12	1:41:02	1:44:31	1:44:48										
				4:08	1:50	3:29	0:17										
18	246	Néstor Feal Díaz Ferrol. A Coruña M	1:47:52	4:13	15:07	27:12	28:35	32:04	34:50	41:49	52:51	56:58	1:06:10	1:17:18	1:21:14	1:32:24	1:34:00
				4:13	10:54	12:05	1:23	3:29	2:46	6:59	11:02	4:07	9:12	11:08	3:56	11:10	1:36
				1:39:10	1:43:46	1:47:36	1:47:52										
				5:10	4:36	3:50	0:16										
19	507	Jaime Prado Costoy A Coruña (Oleiro FA	1:48:25	5:13	10:30	17:02	20:23	32:09	38:32	45:17	49:00	56:40	1:01:04	1:10:59	1:17:03	1:31:04	1:35:46
				5:13	5:17	6:32	3:21	11:46	6:23	6:45	3:43	7:40	4:24	9:55	6:04	14:01	4:42
				1:40:26	1:43:33	1:48:00	1:48:25										
				4:40	3:07	4:27	0:25										
20	231	Aitor Sampedro Fra Santiago de Comp	1:48:52	7:58	14:03	20:07	23:17	26:20	41:14	46:44	51:19	56:35	1:02:41	1:14:09	1:19:51	1:31:05	1:34:56
				7:58	6:05	6:04	3:10	3:03	14:54	5:30	4:35	5:16	6:06	11:28	5:42	11:14	3:51
				1:40:58	1:44:35	1:48:34	1:48:52										
				6:02	3:37	3:59	0:18										
21	153	Alejandro Alvarez T Vigo UNIVERSIDAD	1:49:19	18:33	27:47	34:53	41:08	43:23	49:54	55:49	59:46	1:04:55	1:09:40	1:17:06	1:23:02	1:33:07	1:36:28
				18:33	9:14	7:06	6:15	2:15	6:31	5:55	3:57	5:09	4:45	7:26	5:56	10:05	3:21
				1:42:13	1:44:51	1:48:57	1:49:19										
				5:45	2:38	4:06	0:22										
22	544	Javier Rodriguez M O Porriño BUDIÑOR	1:51:47	5:12	10:05	20:02	45:48	50:07	54:22	1:00:07	1:06:48	1:12:13	1:16:41	1:22:22	1:27:57	1:37:28	1:42:04
				5:12	4:53	9:57	25:46	4:19	4:15	5:45	6:41	5:25	4:28	5:41	5:35	9:31	4:36
				1:46:19	1:48:04	1:51:30	1:51:47										
				4:15	1:45	3:26	0:17										
23	200	Julio Miguel Casted A Coruña APA LICE	1:51:51	5:48	13:42	31:09	37:09	41:52	50:41	57:15	1:01:38	1:06:52	1:11:01	1:19:43	1:25:52	1:35:49	1:38:50
				5:48	7:54	17:27	6:00	4:43	8:49	6:34	4:23	5:14	4:09	8:42	6:09	9:57	3:01
				1:43:43	1:47:31	1:51:29	1:51:51										
				4:53	3:48	3:58	0:22										
24	478	Diego Gonzalez Alo Vigo HABELAS HAIN	1:56:41	5:41	13:17	24:14	37:45	41:30	46:59	53:59	59:59	1:07:57	1:12:37	1:20:48	1:27:35	1:35:44	1:39:16
				5:41	7:36	10:57	13:31	3:45	5:29	7:00	6:00	7:58	4:40	8:11	6:47	8:09	3:32
				1:44:30	1:46:54	1:56:21	1:56:41										
				5:14	2:24	9:27	0:20										
25	502	Alexandre Camean A Coruña (Oleiro FA	1:58:00	15:40	20:56	28:05	31:03	43:30	52:44	59:02	1:08:11	1:12:35	1:16:47	1:23:26	1:27:53	1:40:53	1:45:20
				15:40	5:16	7:09	2:58	12:27	9:14	6:18	9:09	4:24	4:12	6:39	4:27	13:00	4:27
				1:49:47	1:53:59	1:57:15	1:58:00										
				4:27	4:12	3:16	0:45										
26	72	Juan Manuel Vázqu Lugo FLUVIAL LUG	2:13:58	5:37	12:15	27:28	31:27	34:07	39:37	45:45	50:07	57:18	1:21:06	1:28:05	1:35:16	1:58:48	2:03:20
				5:37	6:38	15:13	3:59	2:40	5:30	6:08	4:22	7:11	23:48	6:59	7:11	23:32	4:32
				2:07:08	2:09:58	2:13:39	2:13:58										
				3:48	2:50	3:41	0:19										
27	475	Manuel Díaz Congil Vigo HABELAS HAIN	2:14:24	5:42	11:59	22:40	25:17	31:37	40:25	46:41	57:15	1:05:31	1:11:12	1:19:36	1:32:43	1:53:03	1:56:16
				5:42	6:17	10:41	2:37	6:20	8:48	6:16	10:34	8:16	5:41	8:24	13:07	20:20	3:13
				2:03:33	2:05:47	2:14:07	2:14:24										
				7:17	2:14	8:20	0:17										
28	283	Julio Vicente Bermú A Coruña GALLAECI	2:14:51	15:16	21:58	33:56	40:37	43:45	50:34	59:29	1:03:15	1:08:09	1:13:29	1:20:22	1:25:02	1:48:31	1:51:44
				15:16	6:42	11:58	6:41	3:08	6:49	8:55	3:46	4:54	5:20	6:53	4:40	23:29	3:13
				1:56:02	2:08:24	2:14:31	2:14:51										
				4:18	12:22	6:07	0:20										
29	34	Fernando Iglesias Lugo FLUVIAL LUG	2:30:40	6:44	19:49	30:37	33:36	37:51	43:10	50:46	59:39	1:04:41	1:09:36	1:17:31	1:50:35	2:12:45	2:16:25
				6:44	13:05	10:48	2:59	4:15	5:19	7:36	8:53	5:02	4:55	7:55	33:04	22:10	3:40
				2:21:31	2:23:57	2:29:45	2:30:40										
				5:06	2:26	5:48	0:55										
30	497	Borja Sánchez Marc Arteixo JARNACHAS	2:32:21	8:35	23:21	34:08	39:34	46:14	53:21	1:02:23	1:09:42	1:15:59	1:20:57	1:38:58	1:48:32	2:14:10	2:17:18
				8:35	14:46	10:47	5:26	6:40	7:07	9:02	7:19	6:17	4:58	18:01	9:34	25:38	3:08
				2:22:22	2:25:43	2:31:34	2:32:21										
				5:04	3:21	5:51	0:47										
31	516	Mario Vinagre Rey A Coruña (Oleiro FA	2:39:44	6:59	18:47	28:16	38:37	42:47	52:54	1:00:09	1:04:13	1:10:50	1:34:17	1:46:57	1:54:57	2:12:21	2:25:07
				6:59	11:48	9:29	10:21	4:10	10:07	7:15	4:04	6:37	23:27	12:40	8:00	17:24	12:46
				2:30:36	2:34:51	2:38:39	2:39:44										
				5:29	4:15	3:48	1:05										
60	Manuel Rodríguez A Lugo FLUVIAL LUG	en tarj.	-----	-----	-----	-----	-----	-----	56:30	-----	-----	-----	-----	-----	-----	2:28:24	2:32:25
									56:30							1:31:54	4:01
				-----	2:37:05	2:4											







os	rsal	Nombre	Tiempo														
<b>H-21C (30)</b>				<b>4,6 km 205 m</b>			<b>14 C</b>			<i>(cont.)</i>							
				1(39) F	2(52)	3(51)	4(70)	5(74)	6(72)	7(77)	8(59)	9(84)	10(49)	11(43)	12(37)	13(35)	14(100)
		<b>467 Jose Penas</b> <b>A Coruña C.O.CO</b>	<b>No sale</b>	----	----	----	----	----	----	----	----	----	----	----	----	----	----
		<b>46 Oscar A Ordóñez Zu</b> <b>Lugo FLUVIAL LUG</b>	<b>No sale</b>	----	----	----	----	----	----	----	----	----	----	----	----	----	----
<b>H-21L (20)</b>				<b>6,6 km 315 m</b>			<b>16 C</b>										
				1(64) 15(32)	2(82) 16(100)	3(81) F	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)
<b>1</b>	<b>543</b>	<b>Carlos Amil Fernán</b> <b>O Porriño BUDIÑOR</b>	<b>1:12:23</b>	4:22 4:22	12:27 <b>8:05</b>	16:49 4:22	19:05 2:16	20:45 1:40	27:13 6:28	29:51 2:38	39:00 9:09	44:47 5:47	52:43 7:56	1:01:53 9:10	<b>1:03:56</b> 2:03	<b>1:05:37</b> 1:41	<b>1:08:53</b> 3:16
<b>2</b>	<b>344</b>	<b>Antonio Blanco Vill</b> <b>A Coruña BRIGANTI</b>	<b>1:15:44</b>	3:27 1:13:56	11:42 1:15:27	14:23 1:15:44	17:12 2:49	19:15 2:03	24:58 5:43	27:49 2:51	34:55 7:06	<b>40:21</b> <b>5:26</b>	55:02 14:41	1:02:44 7:42	1:04:58 2:14	1:07:42 2:44	1:11:26 3:44
<b>3</b>	<b>144</b>	<b>José Alberto Vázqu</b> <b>Pontevedra AROMO</b>	<b>1:16:54</b>	3:38 1:14:53	11:52 1:16:36	14:34 1:16:54	<b>16:22</b> 1:48	<b>17:50</b> <b>1:28</b>	<b>23:04</b> <b>5:14</b>	<b>25:20</b> 2:16	<b>34:48</b> 9:28	43:25 8:37	<b>52:41</b> 9:16	<b>1:00:40</b> 7:59	1:08:20 7:40	1:10:01 1:41	1:12:58 2:57
<b>4</b>	<b>139</b>	<b>Omar Eduardo Rud</b> <b>Pontevedra AROMO</b>	<b>1:18:43</b>	3:32 1:16:46	14:08 1:18:30	16:31 1:18:43	18:16 1:57	19:48 1:44	25:06 <b>0:13</b>	27:16 2:10	36:43 9:27	43:13 6:30	54:52 11:39	1:02:33 <b>7:41</b>	1:10:16 7:43	1:11:57 1:41	1:14:49 <b>2:52</b>
<b>5</b>	<b>90</b>	<b>Alberto Braña Veiga</b> <b>Pontevedra AROMO</b>	<b>1:19:03</b>	3:46 1:17:04	12:59 1:18:44	17:15 1:19:03	20:05 2:24	22:16 1:40	28:57 6:41	31:49 2:52	38:08 <b>6:19</b>	46:48 8:40	55:24 8:36	1:05:47 10:23	1:07:46 1:59	1:11:14 3:28	1:14:40 3:26
<b>6</b>	<b>122</b>	<b>Francesco Loira Ste</b> <b>Pontevedra AROMO</b>	<b>1:21:31</b>	3:24 1:19:15	11:34 1:21:01	14:57 1:21:31	17:21 2:37	20:12 1:46	28:52 8:40	35:00 6:08	43:50 8:50	51:08 7:18	58:50 7:42	1:08:09 9:19	1:10:02 1:53	1:13:10 3:08	1:16:38 3:28
<b>7</b>	<b>76</b>	<b>David Alfonso Álvar</b> <b>Pontevedra AROMO</b>	<b>1:22:50</b>	3:11 1:20:39	<b>11:21</b> 1:22:23	<b>14:22</b> 1:22:50	16:43 2:21	18:17 1:34	29:58 11:41	33:26 3:28	40:20 6:54	46:43 6:23	58:30 11:47	1:10:36 12:06	1:13:24 2:48	1:15:00 <b>1:36</b>	1:18:01 3:01
<b>8</b>	<b>290</b>	<b>Roberto Carro Garc</b> <b>A Coruña GALLAECI</b>	<b>1:23:25</b>	5:03 1:21:33	15:51 1:23:08	19:00 1:23:25	26:33 7:33	28:23 1:50	36:22 7:59	38:50 2:28	46:43 7:53	53:34 6:51	1:01:05 <b>7:31</b>	1:11:56 10:51	1:13:24 <b>1:28</b>	1:16:01 2:37	1:19:12 3:11
<b>9</b>	<b>59</b>	<b>Pablo Rocha Pena</b> <b>Lugo FLUVIAL LUG</b>	<b>1:25:15</b>	4:06 1:22:36	14:26 1:24:51	17:53 1:25:15	20:33 2:40	25:59 5:26	33:11 7:12	36:25 3:14	46:52 10:27	54:16 7:24	1:02:09 7:53	1:12:42 10:33	1:14:24 1:42	1:16:28 2:04	1:20:02 3:34
<b>10</b>	<b>465</b>	<b>Manuel Arias Rodil</b> <b>A Coruña C.O.CO</b>	<b>1:43:02</b>	3:34 1:41:03	13:16 1:42:44	17:08 1:43:02	21:34 4:26	24:03 2:29	34:10 10:07	37:20 3:10	50:03 12:43	59:06 9:03	1:15:52 16:46	1:26:56 11:04	1:31:13 4:17	1:34:03 2:50	1:38:20 4:17
<b>11</b>	<b>33</b>	<b>Rubén Iglesias Cast</b> <b>Lugo FLUVIAL LUG</b>	<b>1:46:20</b>	3:59 1:43:53	18:22 1:45:57	24:58 1:46:20	29:08 4:10	32:23 3:15	39:16 6:53	42:48 3:32	51:17 8:29	56:46 5:29	1:08:30 11:44	1:19:57 11:27	1:35:08 15:11	1:37:11 2:03	1:40:42 3:31
<b>12</b>	<b>73</b>	<b>Iago Viana Gonzale</b> <b>Lugo FLUVIAL LUG</b>	<b>1:49:44</b>	7:55 1:47:00	21:59 1:49:13	29:33 1:49:44	33:25 3:52	39:20 5:55	47:06 7:46	50:29 3:23	59:19 8:50	1:07:13 7:54	1:15:21 8:08	1:31:11 15:50	1:34:20 3:09	1:38:02 3:42	1:41:51 3:49
<b>13</b>	<b>149</b>	<b>Joaquín Vidal Junc</b> <b>Pontevedra AROMO</b>	<b>1:52:51</b>	4:08 1:49:15	16:52 1:52:09	21:28 1:52:51	24:59 3:31	27:28 2:29	35:11 7:43	39:13 4:02	51:32 12:19	58:41 7:09	1:23:42 25:01	1:35:03 11:21	1:38:57 3:54	1:42:18 3:21	1:45:55 3:37
<b>14</b>	<b>32</b>	<b>Ivan Hortas Luaces</b> <b>Lugo FLUVIAL LUG</b>	<b>2:00:48</b>	3:37 1:58:12	14:16 2:00:26	21:03 2:00:48	23:46 2:43	26:27 2:41	35:55 9:28	39:01 3:06	1:04:47 25:46	1:20:15 15:28	1:32:41 12:26	1:44:12 11:31	1:45:51 1:39	1:48:44 2:53	1:52:21 3:37
<b>15</b>	<b>596</b>	<b>Diego Fernandez S</b> <b>As Neves CORNELI</b>	<b>2:03:56</b>	5:28 2:01:06	17:40 2:03:20	21:30 2:03:56	25:16 3:46	42:21 17:05	50:56 8:35	55:23 4:27	1:07:04 11:41	1:12:51 5:47	1:25:17 12:26	1:44:11 18:54	1:49:08 4:57	1:51:18 2:10	1:55:14 3:56
<b>16</b>	<b>186</b>	<b>Jorge Pérez Juste</b> <b>Vigo UNIVERSIDAD</b>	<b>2:09:09</b>	4:33 2:06:45	16:19 2:08:49	20:04 2:09:09	23:46 3:42	26:43 2:57	37:01 10:18	41:23 4:22	59:18 17:55	1:08:11 8:53	1:27:09 18:58	1:44:37 17:28	1:54:29 9:52	1:57:23 2:54	2:01:28 4:05

os	rsal	Nombre	Tiempo																		
<b>H-21L (20)</b>					<b>6,6 km 315 m</b>			<b>16 C</b>			<i>(cont.)</i>										
					1(64)	2(82)	3(81)	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)			
					15(32)	16(100)	F														
17	56	Brais Piñeiro Fraga Lugo FLUVIAL LUG	2:10:17	3:37	29:54	33:39	35:41	37:22	51:25	55:14	1:13:34	1:25:16	1:40:59	1:53:19	1:55:04	1:59:29	2:03:58				
					3:37	26:17	3:45	2:02	1:41	14:03	3:49	18:20	11:42	15:43	12:20	1:45	4:25	4:29			
					2:08:03	2:09:59	2:10:17														
					4:05	1:56	0:18														
18	366	Diego Pérez Santos A Coruña BRIGANTI	2:11:42	5:23	21:58	25:23	29:29	31:42	41:21	48:41	1:01:39	1:13:11	1:39:08	1:52:33	1:55:06	2:01:47	2:05:55				
					5:23	16:35	3:25	4:06	2:13	9:39	7:20	12:58	11:32	25:57	13:25	2:33	6:41	4:08			
					2:09:13	2:11:13	2:11:42														
					3:18	2:00	0:29														
19	370	Ricardo Sánchez Dí A Coruña BRIGANTI	2:28:20	3:59	35:55	39:31	43:46	47:08	57:56	1:02:29	1:30:40	1:39:46	1:53:45	2:09:01	2:11:55	2:15:19	2:22:36				
					3:59	31:56	3:36	4:15	3:22	10:48	4:33	28:11	9:06	13:59	15:16	2:54	3:24	7:17			
					2:25:48	2:27:57	2:28:20														
					3:12	2:09	0:23														
117		Alfonso Manuel Her Pontevedra AROMO	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----				
					----	----	----														
<b>H-35 (40)</b>					<b>6,6 km 315 m</b>			<b>16 C</b>													
					1(64)	2(82)	3(81)	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)			
					15(32)	16(100)	F														
1	297	Francisco Diz López A Coruña GALLAECI	1:11:33	2:36	13:09	16:22	20:08	21:52	27:06	30:43	36:36	48:15	53:39	1:01:00	1:02:43	1:04:11	1:07:06				
					2:36	10:33	3:13	3:46	1:44	5:14	3:37	5:53	11:39	5:24	7:21	1:43	1:28	2:55			
					1:09:27	1:11:11	1:11:33														
					2:21	1:44	0:22														
2	103	Jose Manuel Duque Pontevedra AROMO	1:11:44	3:55	12:19	15:52	18:02	19:58	26:01	28:32	38:28	44:28	51:25	1:00:00	1:02:45	1:04:44	1:07:57				
					3:55	8:24	3:33	2:10	1:56	6:03	2:31	9:56	6:00	6:57	8:35	2:45	1:59	3:13			
					1:09:30	1:11:28	1:11:44														
					1:33	1:58	0:16														
3	137	Alfonso Rosado Fra Pontevedra AROMO	1:17:40	4:07	12:24	15:58	18:28	20:40	27:41	30:35	39:43	47:18	55:14	1:05:57	1:07:33	1:09:50	1:13:30				
					4:07	8:17	3:34	2:30	2:12	7:01	2:54	9:08	7:35	7:56	10:43	1:36	2:17	3:40			
					1:15:35	1:17:25	1:17:40														
					2:05	1:50	0:15														
4	79	Javier Alvelo Fragu Pontevedra AROMO	1:20:21	4:11	12:24	15:09	18:06	20:12	26:44	29:53	36:57	43:23	57:06	1:07:28	1:11:02	1:13:26	1:16:51				
					4:11	8:13	2:45	2:57	2:06	6:32	3:09	7:04	6:26	13:43	10:22	3:34	2:24	3:25			
					1:18:31	1:20:03	1:20:21														
					1:40	1:32	0:18														
5	154	José María Álvarez Vigo UNIVERSIDAD	1:20:30	3:43	13:48	16:28	18:30	20:20	26:11	28:50	36:14	46:41	54:56	1:05:19	1:07:17	1:11:06	1:14:23				
					3:43	10:05	2:40	2:02	1:50	5:51	2:39	7:24	10:27	8:15	10:23	1:58	3:49	3:17			
					1:18:18	1:20:08	1:20:30														
					3:55	1:50	0:22														
6	477	Francisco José Ferr Vigo HABELAS HAIN	1:22:48	3:46	12:29	15:46	18:11	20:07	27:20	30:20	47:39	53:37	1:02:26	1:12:21	1:13:59	1:15:49	1:18:59				
					3:46	8:43	3:17	2:25	1:56	7:13	3:00	17:19	5:58	8:49	9:55	1:38	1:50	3:10			
					1:20:49	1:22:32	1:22:48														
					1:50	1:43	0:16														
7	328	Humberto Pérez Pai A Coruña GALLAECI	1:23:56	9:02	17:20	21:08	23:43	25:54	32:31	35:41	44:27	49:53	1:00:57	1:10:57	1:13:27	1:15:19	1:18:17				
					9:02	8:18	3:48	2:35	2:11	6:37	3:10	8:46	5:26	11:04	10:00	2:30	1:52	2:58			
					1:21:08	1:23:39	1:23:56														
					2:51	2:31	0:17														
8	179	Vicente Pastoriza S Vigo UNIVERSIDAD	1:25:36	3:49	11:28	15:48	21:40	23:31	30:51	33:55	47:28	54:53	1:06:45	1:15:14	1:16:42	1:18:32	1:21:46				
					3:49	7:39	4:20	5:52	1:51	7:20	3:04	13:33	7:25	11:52	8:29	1:28	1:50	3:14			
					1:23:25	1:25:17	1:25:36														
					1:39	1:52	0:19														
9	125	Francisco Martín R Pontevedra AROMO	1:27:40	3:59	15:16	18:53	21:46	23:46	30:40	34:03	49:48	56:58	1:06:21	1:16:04	1:17:21	1:19:25	1:22:46				
					3:59	11:17	3:37	2:53	2:00	6:54	3:23	15:45	7:10	9:23	9:43	1:17	2:04	3:21			
					1:25:20	1:27:20	1:27:40														
					2:34	2:00	0:20														
10	109	Ricardo Figueroa F Pontevedra AROMO	1:28:16	4:07	13:31	18:18	20:18	21:57	27:39	30:41	38:57	47:13	57:29	1:15:33	1:17:23	1:19:32	1:22:48				
					4:07	9:24	4:47	2:00	1:39	5:42	3:02	8:16	8:16	10:16	18:04	1:50	2:09	3:16			
					1:25:48	1:28:00	1:28:16														
					3:00	2:12	0:16														
11	159	Jorge Castro Castr Vigo UNIVERSIDAD	1:28:42	5:24	16:28	20:22	23:38	25:47	32:14	35:23	45:07	51:53	1:04:00	1:15:08	1:17:10	1:19:36	1:24:20				
					5:24	11:04	3:54	3:16	2:09	6:27	3:09	9:44	6:46	12:07	11:08	2:02	2:26	4:44			
					1:26:24	1:28:06	1:28:42														
					2:04	1:42	0:36														
12	197	Julio Cañas Lara A Coruña APA LICE	1:28:49	6:29	15:50	19:22	22:15	24:14	32:58	35:49	43:26	50:48	1:02:06	1:13:45	1:16:42	1:20:39	1:23:56				
					6:29	9:21	3:32	2:53	1:59	8:44	2:51	7:37	7:22	11:18	11:39	2:57	3:57	3:17			
					1:26:31	1:28:30	1:28:49														
					2:35	1:59	0:19														
13	226	José Ramón Pachec Santiago de Comp	1:33:45	4:22	15:23	19:48	25:15	29:09	37:12	39:56	48:06	56:57	1:09:51	1:19:34	1:22:03	1:25:31	1:29:12				
					4:22	11:01	4:25	5:27	3:54	8:03	2:44	8:10	8:51	12:54	9:43	2:29	3:28	3:41			
					1:31:14	1:33:29	1:33:45														
					2:02	2:15	0:16														
14	238	Francisco Abeal Na Ferrol. A Coruña M	1:34:36	3:53	13:15	16:05	19:02	20:52	27:59	30:43	37:52	45:16	1:03:12	1:13:30	1:20:46	1:23:03	1:26:31				
					3:53	9:22	2:50	2:57	1:50	7:07	2:44	7:09	7:24	17:56	10:18	7:16	2:17	3:28			
					1:32:43	1:34:18	1:34:36														
					6:12	1:35	0:18														

os	rsal	Nombre	Tiempo														
<b>H-35 (40)</b>				<b>6,6 km 315 m</b>			<b>16 C</b>			<i>(cont.)</i>							
				1(64) 15(32)	2(82) 16(100)	3(81) F	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)
15	307	Eduardo Santiago A Coruña GALLAECI	1:35:03	3:46 3:46 1:32:41 2:37	14:10 10:24 1:34:47 2:06	17:03 2:53 1:35:03 0:16	20:00 2:57	21:51 1:51	29:59 8:08	33:22 3:23	43:20 9:58	56:30 13:10	1:12:28 15:58	1:22:28 10:00	1:24:28 2:00	1:26:53 2:25	1:30:04 3:11
16	86	Manuel Beloso Garc Pontevedra AROMO	1:35:17	4:05 4:05 1:33:04 2:31	16:18 12:13 1:34:57 1:53	19:32 3:14 1:35:17 0:20	21:57 2:25	26:34 4:37	33:17 6:43	36:38 3:21	47:04 10:26	53:14 6:10	1:07:49 14:35	1:18:36 10:47	1:23:32 4:56	1:26:49 3:17	1:30:33 3:44
17	510	Miguel Angel Vázqu A Coruña (Oleiro FA	1:36:26	3:29 3:29 1:34:06 2:07	16:04 12:35 1:36:03 1:57	19:45 3:41 1:36:26 0:23	21:46 2:01	23:42 1:56	30:30 6:48	33:55 3:25	44:12 10:17	59:26 15:14	1:08:15 8:49	1:23:41 15:26	1:25:41 2:00	1:28:17 2:36	1:31:59 3:42
18	250	Jose A. García Garcí Ferrol. A Coruña M	1:37:40	3:49 3:49 1:35:16 2:46	15:06 11:17 1:37:23 2:07	17:56 2:50 1:37:40 0:17	19:54 1:58	21:48 1:54	29:45 7:57	33:04 3:19	41:17 8:13	52:10 10:53	1:00:30 8:20	1:13:54 13:24	1:26:56 13:02	1:29:07 2:11	1:32:30 3:23
19	258	Alberto Otero Perna Ferrol. A Coruña M	1:42:41	4:47 4:47 1:40:20 2:38	14:22 9:35 1:42:22 2:02	20:46 6:24 1:42:41 0:19	27:50 7:04	30:02 2:12	43:43 13:41	49:21 5:38	57:08 7:47	1:05:26 8:18	1:18:08 12:42	1:30:19 12:11	1:32:15 1:56	1:34:19 2:04	1:37:42 3:23
20	491	Ivan Iglesias Canda Arteixo JARNACHAS	1:43:16	4:39 4:39 1:41:13 3:36	16:16 11:37 1:42:58 1:45	20:52 4:36 1:43:16 0:18	25:16 4:24	28:45 3:29	37:08 8:23	42:41 5:33	52:35 9:54	1:00:42 8:07	1:13:30 12:48	1:23:40 10:10	1:26:38 2:58	1:32:38 6:00	1:37:37 4:59
21	245	Santiago Criado Ca Ferrol. A Coruña M	1:47:52	4:38 4:38 1:45:03 7:35	13:35 8:57 1:47:33 2:30	17:15 3:40 1:47:52 0:19	21:17 4:02	24:08 2:51	35:27 11:19	39:38 4:11	50:06 10:28	57:50 7:44	1:12:48 14:58	1:27:50 15:02	1:30:41 2:51	1:33:38 2:57	1:37:28 3:50
22	443	Alberto Santos Blan Porto do Son ADC A	1:50:20	3:44 3:44 1:44:59 5:56	12:50 9:06 1:49:30 4:31	16:51 4:01 1:50:20 0:50	24:48 7:57	29:30 4:42	38:02 8:32	40:50 2:48	52:50 12:00	1:01:50 9:00	1:21:24 19:34	1:30:27 9:03	1:32:04 1:37	1:34:16 2:12	1:39:03 4:47
23	21	Carlos Fernández M Lugo FLUVIAL LUG	1:50:31	3:40 3:40 1:48:21 3:00	18:41 15:01 1:50:11 1:50	22:00 3:19 1:50:31 0:20	24:30 2:30	30:15 5:45	38:12 7:57	42:08 3:56	49:34 7:26	59:20 9:46	1:21:28 22:08	1:35:48 14:20	1:38:53 3:05	1:41:22 2:29	1:45:21 3:59
24	51	Eladio Parga Ures Lugo FLUVIAL LUG	1:52:15	4:20 4:20 1:49:39 4:31	16:14 11:54 1:51:54 2:15	20:25 4:11 1:52:15 0:21	26:27 6:02	29:08 2:41	39:10 10:02	42:06 2:56	54:26 12:20	1:06:46 12:20	1:15:02 8:16	1:31:20 16:18	1:33:15 1:55	1:41:15 8:00	1:45:08 3:53
25	485	Eladio Rodríguez P Vigo HABELAS HAIN	1:53:27	4:33 4:33 1:51:23 2:50	15:45 11:12 1:53:03 1:40	20:06 4:21 1:53:27 0:24	22:31 2:25	24:55 2:24	32:05 7:10	35:21 3:16	47:19 11:58	1:01:57 14:38	1:20:16 18:19	1:34:14 13:58	1:42:22 8:08	1:45:06 2:44	1:48:33 3:27
26	414	Jose Miguel López A Coruña ARTABRO	1:53:51	5:21 5:21 1:49:09 2:53	16:55 11:34 1:53:30 4:21	22:31 5:36 1:53:51 0:21	25:45 3:14	28:09 2:24	39:35 11:26	44:16 4:41	54:15 9:59	1:03:50 9:35	1:17:10 13:20	1:34:25 17:15	1:37:28 3:03	1:40:47 3:19	1:46:16 5:29
27	446	Jorge Manrique Var Porto do Son ADC A	1:54:22	3:48 3:48 1:51:52 3:02	22:12 18:24 1:54:02 2:10	25:53 3:41 1:54:22 0:20	29:46 3:53	33:21 3:35	41:02 7:41	44:53 3:51	1:02:34 17:41	1:09:44 7:10	1:19:19 9:35	1:35:28 16:09	1:41:51 6:23	1:44:52 3:01	1:48:50 3:58
28	157	José Luis Armada L Vigo UNIVERSIDAD	1:55:21	5:00 5:00 1:51:58 2:12	15:07 10:07 1:54:57 2:59	18:28 3:21 1:55:21 0:24	25:27 6:59	27:35 2:08	34:41 7:06	37:28 2:47	54:46 17:18	1:07:22 12:36	1:21:42 14:20	1:39:37 17:55	1:43:01 3:24	1:45:53 2:52	1:49:46 3:53
29	430	José Manuel Fernán Porto do Son ADC A	1:56:22	4:06 4:06 1:54:13 2:38	17:05 12:59 1:56:01 1:48	21:07 4:02 1:56:22 0:21	24:09 3:02	26:30 2:21	37:14 10:44	40:24 3:10	52:49 12:25	1:07:35 14:46	1:26:30 18:55	1:37:45 11:15	1:45:14 7:29	1:47:57 2:43	1:51:35 3:38
30	274	Carlos Viguera Sas Ferrol. A Coruña M	1:58:21	4:59 4:59 1:54:14 4:43	18:53 13:54 1:57:35 3:21	22:22 3:29 1:58:21 0:46	30:56 8:34	33:40 2:44	43:21 9:41	46:54 3:33	1:03:07 16:13	1:11:15 8:08	1:26:06 14:51	1:36:50 10:44	1:39:06 2:16	1:41:21 2:15	1:49:31 8:10
31	62	Rafael Rodríguez L Lugo FLUVIAL LUG	2:13:55	6:06 6:06 2:10:07 4:10	18:38 12:32 2:13:14 3:07	22:01 3:23 2:13:55 0:41	27:23 5:22	30:18 2:55	39:31 9:13	43:05 3:34	52:14 9:09	1:12:46 20:32	1:22:48 10:02	1:51:18 28:30	1:55:05 3:47	2:00:50 5:45	2:05:57 5:07
32	385	Pablo Adrián Aller E O Barco de Valde T	2:33:56	12:53 12:53 2:30:55 2:05	26:44 13:51 2:33:32 2:37	32:32 5:48 2:33:56 0:24	35:49 3:17	42:23 6:34	54:27 12:04	59:27 5:00	1:24:46 25:19	1:40:03 15:17	1:59:20 19:17	2:17:38 18:18	2:19:39 2:01	2:22:43 3:04	2:28:50 6:07
33	546	Javier Barja Alvarez Xínzo de Limia LIMI	2:39:41	3:40 3:40 2:36:53 3:14	17:44 14:04 2:39:15 2:22	26:24 8:40 2:39:41 0:26	27:44 1:20	32:59 5:15	1:16:11 43:12	1:18:33 2:22	1:41:49 23:16	1:50:59 9:10	2:04:49 13:50	2:20:17 15:28	2:23:23 3:06	2:26:22 2:59	2:33:39 7:17

os	rsal	Nombre	Tiempo																		
<b>H-35 (40)</b>				<b>6,6 km 315 m</b>		<b>16 C</b>		<i>(cont.)</i>													
				1(64) 15(32)	2(82) 16(100)	3(81) F	4(80)	5(79)	6(78)	7(75)	8(71)	9(85)	10(65)	11(48)	12(45)	13(42)	14(35)				
36		Juan José Lafuente Lugo FLUVIAL LUG	en tarj.	5:38 5:38 2:15:09 5:55	25:39 20:01 ----- 3:39	31:37 5:58 2:18:48 3:39	35:58 4:21	39:46 3:48	50:49 11:03	53:59 3:10	1:09:04 15:05	1:24:03 14:59	----- -----	1:57:48 33:45	2:02:23 4:35	2:05:17 2:54	2:09:14 3:57				
382		Jose Antonio Agudo O Barco de Valde T	andona	23:30 ----- 42:12 *51	20:38 ----- 1:48:14 1:04:59	25:50 5:12 45:34 *48	29:25 3:35	31:40 2:15 *60	40:34 8:54 *32	43:15 2:41 *61	----- 7:09 *40	----- 13:18 *69	----- 14:38 *43	----- 19:52 *70	----- 25:34 *71	----- 35:07 *50	----- 39:54 *46				
404		Neil Chase A Coruña ARTABRO	andona	5:39 5:39 ----- 2:55:50 22:27	18:07 12:28 ----- 2:55:50 22:27	22:13 4:06	26:35 4:22	31:35 5:00	40:22 8:47	46:19 5:57	1:04:54 18:35	1:41:09 36:15	2:18:27 37:18	2:33:23 14:56	----- -----	----- -----	----- -----				
270		Diego Teijeiro Ruíz Ferrol. A Coruña M	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
12		Luis Carreira López Lugo FLUVIAL LUG	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
252		Juan Carlos Gonzal Ferrol. A Coruña M	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
259		David Perez Marcot Ferrol. A Coruña M	No sale	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----				
<b>H-45 (27)</b>				<b>4,7 km 210 m</b>		<b>15 C</b>															
				1(52) 15(100)	2(84) F	3(75)	4(73)	5(71)	6(78)	7(76)	8(59)	9(58)	10(47)	11(48)	12(42)	13(35)	14(32)				
1	104	Manuel Fariña Martí Pontevedra AROMO	54:20	4:17 4:17 53:58 2:12 0:22	11:21 7:04 54:20 0:22	15:40 4:19	21:20 5:40	24:56 3:36	29:46 4:50	31:57 2:11	35:34 3:37	38:02 2:28	40:22 2:20	42:34 2:12	46:11 3:37	49:43 3:32	51:46 2:03				
2	254	Andres Lopez Suare Ferrol. A Coruña M	1:00:15	4:13 4:13 59:58 1:51	12:22 8:09 1:00:15 0:17	17:10 4:48	23:00 5:50	28:47 5:47	34:48 6:01	36:51 2:03	40:16 3:25	42:25 2:09	45:48 3:23	48:32 2:44	52:27 3:55	55:56 3:29	58:07 2:11				
3	368	Gabriel Rodríguez A Coruña BRIGANTI	1:00:41	5:51 5:51 1:00:19 2:49	11:39 5:48 1:00:41 0:22	16:50 5:11	22:04 5:14	26:42 4:38	32:28 5:46	34:44 2:16	38:13 3:29	41:17 3:04	45:41 4:24	48:19 2:38	51:56 3:37	55:24 3:28	57:30 2:06				
4	278	Enrique Luis Álvare A Coruña GALLAECI	1:04:07	4:29 4:29 1:03:49 2:10	15:05 10:36 1:04:07 0:18	20:53 5:48	25:11 4:18	29:22 4:11	35:11 5:49	37:26 2:15	41:17 3:51	44:36 3:19	47:57 3:21	51:12 3:15	55:31 4:19	59:10 3:39	1:01:39 2:29				
5	133	José Antonio Ricoy Pontevedra AROMO	1:04:38	4:54 4:54 1:04:17 2:22	14:39 9:45 1:04:38 0:21	21:20 6:41	27:17 5:57	31:28 4:11	37:48 6:20	40:33 2:45	43:49 3:16	46:28 2:39	49:26 2:58	53:01 3:35	56:51 3:50	1:00:13 3:22	1:01:55 1:42				
6	521	Juan Carlos Carball Culleredo (A Cor A	1:08:36	5:06 5:06 1:08:13 2:33	12:23 7:17 1:08:36 0:23	17:34 5:11	23:40 6:06	28:09 4:29	34:23 6:14	37:16 2:53	41:20 4:04	44:30 3:10	48:11 3:41	51:04 2:53	57:23 6:19	1:00:50 3:27	1:05:40 4:50				
7	481	Santiago Rodilla G Vigo HABELAS HAIN	1:08:50	5:00 5:00 1:08:30 2:34	11:25 6:25 1:08:50 0:20	20:53 9:28	26:12 5:19	30:57 4:45	36:53 5:56	39:06 2:13	43:36 4:30	46:15 2:39	49:50 3:35	54:56 5:06	59:05 4:09	1:03:27 4:22	1:05:56 2:29				
8	469	José Manuel Sanco A Coruña C.O.CO	1:09:12	4:19 4:19 1:08:51 1:54	12:34 8:15 1:09:12 0:21	17:54 5:20	28:39 10:45	35:38 6:59	41:50 6:12	44:05 2:15	47:50 3:45	50:22 2:32	53:12 2:50	55:35 2:23	59:18 3:43	1:03:36 4:18	1:06:57 3:21				
9	416	Alfonso Mancera Be A Coruña ARTABRO	1:11:01	5:38 5:38 1:10:41 1:46	12:45 7:07 1:11:01 0:20	20:10 7:25	25:51 5:41	31:07 5:16	37:42 6:35	40:15 2:33	47:09 6:54	50:02 2:53	54:47 4:45	57:41 2:54	1:01:36 3:55	1:05:12 3:36	1:08:55 3:43				
10	58	Xoan Manoel Puent Lugo FLUVIAL LUG	1:14:12	6:50 6:50 1:13:49 2:46	14:32 7:42 1:14:12 0:23	19:37 5:05	28:50 9:13	34:18 5:28	41:29 7:11	44:05 2:36	48:40 4:35	52:30 3:50	56:32 4:02	59:38 3:06	1:03:51 4:13	1:08:32 4:41	1:11:03 2:31				
11	412	Juan José González A Coruña ARTABRO	1:15:01	4:02 4:02 1:14:39 1:32	17:39 13:37 1:15:01 0:22	23:17 5:38	27:52 4:35	33:16 5:24	45:38 12:22	47:14 1:36	50:03 2:49	52:11 2:08	58:55 6:44	1:01:27 2:32	1:05:52 4:25	1:08:43 2:51	1:13:07 4:24				

os	rsal	Nombre	Tiempo														
<b>H-45 (27)</b>				<b>4,7 km 210 m</b>		<b>15 C</b>		<i>(cont.)</i>									
				1(52)	2(84)	3(75)	4(73)	5(71)	6(78)	7(76)	8(59)	9(58)	10(47)	11(48)	12(42)	13(35)	14(32)
				15(100)	F												
12	358	Evaristo Gonzalez F A Coruña BRIGANTI	1:16:38	5:05	13:58	25:40	31:35	36:44	44:39	47:30	53:24	56:53	1:01:24	1:04:23	1:08:01	1:11:28	1:13:33
				5:05	8:53	11:42	5:55	5:09	7:55	2:51	5:54	3:29	4:31	2:59	3:38	3:27	2:05
				1:16:19	1:16:38												
				2:46	0:19												
13	66	Jesús Sanmartín Ma Lugo FLUVIAL LUG	1:20:12	5:07	17:11	26:08	32:10	38:08	44:27	47:04	53:10	56:07	1:00:36	1:07:27	1:11:40	1:15:26	1:17:44
				5:07	12:04	8:57	6:02	5:58	6:19	2:37	6:06	2:57	4:29	6:51	4:13	3:46	2:18
				1:19:48	1:20:12												
				2:04	0:24												
14	361	Rodrigo González A Coruña BRIGANTI	1:22:44	<b>3:48</b>	<b>10:00</b>	24:13	32:00	36:49	51:09	55:45	59:07	1:02:26	1:05:06	1:09:10	1:15:02	1:17:54	1:20:25
				<b>3:48</b>	6:12	14:13	7:47	4:49	14:20	4:36	3:22	3:19	2:40	4:04	5:52	2:52	2:31
				1:22:21	1:22:44												
				1:56	0:23												
15	82	Francisco Javier An Pontevedra AROMO	1:25:29	5:07	12:15	<b>15:39</b>	33:13	46:33	53:46	56:19	1:03:02	1:05:59	1:09:08	1:12:10	1:15:44	1:20:03	1:22:22
				5:07	7:08	<b>3:24</b>	17:34	13:20	7:13	2:33	6:43	2:57	3:09	3:02	<b>3:34</b>	4:19	2:19
				1:25:08	1:25:29												
				2:46	0:21												
16	229	Eduardo V. Ramos Santiago de Comp	1:28:19	6:45	16:12	25:06	32:56	39:25	48:02	51:01	54:56	59:33	1:04:07	1:07:44	1:13:03	1:19:37	1:22:44
				6:45	9:27	8:54	7:50	6:29	8:37	2:59	3:55	4:37	4:34	3:37	5:19	6:34	3:07
				1:27:41	1:28:19												
				4:57	0:38												
17	164	Enrique Fuertes Go Vigo UNIVERSIDAD	1:33:50	6:52	13:24	28:05	40:14	51:57	58:31	1:00:53	1:05:59	1:08:59	1:12:47	1:18:40	1:23:42	1:27:50	1:30:52
				6:52	6:32	14:41	12:09	11:43	6:34	2:22	5:06	3:00	3:48	5:53	5:02	4:08	3:02
				1:33:29	1:33:50												
				2:37	0:21												
18	233	Ramón Sampedro M Santiago de Comp	1:35:28	5:27	16:51	23:12	30:49	39:08	53:47	56:32	1:08:23	1:11:08	1:14:39	1:17:34	1:24:58	1:29:33	1:32:24
				5:27	11:24	6:21	7:37	8:19	14:39	2:45	11:51	2:45	3:31	2:55	7:24	4:35	2:51
				1:35:00	1:35:28												
				2:36	0:28												
19	268	Francisco Sande R Ferrol. A Coruña M	1:35:30	5:14	15:00	24:09	36:51	48:06	54:50	57:57	1:03:15	1:06:42	1:10:46	1:14:51	1:20:33	1:27:25	1:31:06
				5:14	9:46	9:09	12:42	11:15	6:44	3:07	5:18	3:27	4:04	4:05	5:42	6:52	3:41
				1:34:43	1:35:30												
				3:37	0:47												
20	105	Javier Fernández C Pontevedra AROMO	1:38:19	13:01	28:56	34:09	40:27	47:45	58:32	1:01:13	1:06:08	1:09:07	1:14:07	1:18:11	1:24:55	1:30:18	1:33:39
				13:01	15:55	5:13	6:18	7:18	10:47	2:41	4:55	2:59	5:00	4:04	6:44	5:23	3:21
				1:37:54	1:38:19												
				4:15	0:25												
21	325	Rafael Pazos Miser A Coruña GALLAECI	1:41:08	5:49	13:54	18:15	39:30	51:33	1:01:42	1:04:37	1:08:32	1:13:09	1:17:18	1:25:50	1:30:27	1:34:26	1:38:18
				5:49	8:05	4:21	21:15	12:03	10:09	2:55	3:55	4:37	4:09	8:32	4:37	3:59	3:52
				1:40:41	1:41:08												
				2:23	0:27												
22	119	Eduardo Iglesias Pe Pontevedra AROMO	1:45:01	6:17	13:32	32:05	38:34	43:37	1:10:37	1:12:34	1:21:11	1:24:23	1:28:22	1:30:51	1:35:31	1:39:58	1:42:40
				6:17	7:15	18:33	6:29	5:03	27:00	1:57	8:37	3:12	3:59	2:29	4:40	4:27	2:42
				1:44:33	1:45:01												
				1:53	0:28												
23	378	Matías Velázquez G A Coruña BRIGANTI	1:48:09	12:51	24:00	29:27	37:13	55:14	1:09:34	1:12:38	1:17:42	1:21:22	1:25:18	1:32:02	1:37:02	1:42:10	1:45:18
				12:51	11:09	5:27	7:46	18:01	14:20	3:04	5:04	3:40	3:56	6:44	5:00	5:08	3:08
				1:47:43	1:48:09												
				2:25	0:26												
24	355	José Antonio Gil Dí A Coruña BRIGANTI	1:53:38	8:19	18:19	31:06	44:01	54:37	1:10:28	1:13:18	1:21:12	1:24:30	1:31:52	1:36:22	1:41:03	1:46:48	1:50:04
				8:19	10:00	12:47	12:55	10:36	15:51	2:50	7:54	3:18	7:22	4:30	4:41	5:45	3:16
				1:52:59	1:53:38												
				2:55	0:39												
25	365	Julio Pérez Rodríg A Coruña BRIGANTI	1:57:01	7:08	29:59	48:33	57:08	1:01:14	1:16:19	1:18:07	1:22:25	1:26:11	1:36:37	1:42:27	1:48:55	1:52:37	1:54:46
				7:08	22:51	18:34	8:35	4:06	15:05	1:48	4:18	3:46	10:26	5:50	6:28	3:42	2:09
				1:56:31	1:57:01												
				1:45	0:30												
26	224	Manuel Gallego Prie Santiago de Comp	2:08:55	5:07	12:39	34:19	45:40	51:34	1:06:34	1:10:09	1:21:50	1:26:40	1:31:45	1:37:43	1:58:12	2:02:56	2:06:33
				5:07	7:32	21:40	11:21	5:54	15:00	3:35	11:41	4:50	5:05	5:58	20:29	4:44	3:37
				2:08:31	2:08:55												
				1:58	0:24												
505		Celso Lopez Vazqu A Coruña (Oleiro FA	No sale	----	----	----	----	----	----	----	----	----	----	----	----	----	----
				----													
<b>H-55 (6)</b>				<b>4,0 km 155 m</b>		<b>13 C</b>											
				1(52)	2(51)	3(74)	4(78)	5(76)	6(59)	7(84)	8(49)	9(42)	10(37)	11(34)	12(32)	13(100)	F
1	63	Eugenio A. Rodrígu Lugo FLUVIAL LUG	54:08	6:54	10:47	21:16	24:20	26:23	32:04	35:25	39:30	<b>42:36</b>	<b>46:48</b>	<b>50:07</b>	<b>51:48</b>	<b>53:47</b>	<b>54:08</b>
				6:54	3:53	10:29	<b>3:04</b>	<b>2:03</b>	5:41	3:21	<b>4:05</b>	<b>3:06</b>	4:12	<b>3:19</b>	<b>1:41</b>	<b>1:59</b>	<b>0:21</b>
2	579	Antonio García Cou Ferrol. A Coruña M	1:07:57	5:05	9:28	<b>16:07</b>	<b>22:42</b>	<b>25:17</b>	<b>29:00</b>	<b>31:19</b>	<b>35:33</b>	43:12	47:43	59:12	1:04:50	1:07:12	1:07:57
				5:05	4:23	<b>6:39</b>	6:35	2:35	<b>3:43</b>	<b>2:19</b>	4:14	7:39	4:31	11:29	5:38	2:22	0:45
3	410	Francisco Gómez C A Coruña ARTABRO	1:09:43	5:38	10:02	25:40	28:51	31:40	37:50	42:18	50:56	54:02	59:15	1:04:54	1:06:51	1:09:20	1:09:43
				5:38	4:24	15:38	3:11	2:49	6:10	4:28	8:38	<b>3:06</b>	5:13	5:39	1:57	2:29	0:23
4	187	David Eladio Pinal Vigo UNIVERSIDAD	1:10:35	5:34	10:09	18:21	35:08	37:54	42:09	45:16	54:03	57:51	1:02:02	1:05:40	1:07:38	1:10:13	1:10:35
				5:34	4:35	8:12	16:47	2:46	4:15	3:07	8:47	3:48	<b>4:11</b>	3:38	1:58	2:35	0:22
5	50	Pedro Parga Andón Lugo FLUVIAL LUG	1:20:25	<b>4:36</b>	<b>8:22</b>	22:03	31:31	33:58	45:15	49:23	1:04:05	1:07:55	1:12:15	1:15:36	1:17:36	1:20:03	1:20:25
				<b>4:36</b>	<b>3:46</b>	13:41	9:28	2:27	11:17	4:08	14:42	3:50	4:20	3:21	2:00	2:27	0:22

os	rsal	Nombre	Tiempo																
<b>H-55 (6)</b>				<b>4,0 km 155 m</b>		<b>13 C</b>		<i>(cont.)</i>											
				1(52)	2(51)	3(74)	4(78)	5(76)	6(59)	7(84)	8(49)	9(42)	10(37)	11(34)	12(32)	13(100)	F		
6	235	<b>Manuel Martín Sout Santiago de Comp</b>	<b>1:42:03</b>	5:55 5:55	10:13 4:18	18:31 8:18	23:09 4:38	26:08 2:59	31:01 4:53	34:41 3:40	50:53 16:12	1:25:11 34:18	1:33:40 8:29	1:37:23 3:43	1:39:16 1:53	1:41:36 2:20	1:42:03 0:27		
<b>E (33)</b>				<b>7,1 km 340 m</b>		<b>19 C</b>													
				1(64) 15(45)	2(83) 16(42)	3(82) 17(36)	4(81) 18(34)	5(80) 19(100)	6(79) F	7(71)	8(75)	9(78)	10(70)	11(67)	12(85)	13(65)	14(48)		
1	135	<b>Maikel Rodriguez D Pontevedra AROMO</b>	<b>1:08:35</b>	2:53 1:43	9:21 6:28	11:20 1:59	13:37 2:17	15:31 1:54	17:19 1:48	24:06 6:47	29:08 <b>5:02</b>	30:45 1:37	38:10 7:25	40:48 2:38	45:21 4:33	<b>50:46</b> 5:25	59:00 8:14		
2	326	<b>Felipe Peña Pita A Coruña GALLAECI</b>	<b>1:10:18</b>	2:43 1:21	<b>8:03</b> 2:13	10:14 <b>2:34</b>	12:30 1:00	14:38 <b>2:13</b>	16:09 0:14	21:29 5:20	31:17 9:48	33:02 1:45	38:25 <b>5:23</b>	41:02 2:37	45:15 4:13	51:27 6:12	<b>58:55</b> 7:28		
3	77	<b>Ángel Álvarez Serto Pontevedra AROMO</b>	<b>1:11:19</b>	2:53 1:03:35	8:13 1:05:01	<b>9:47</b> 1:08:08	<b>12:10</b> 1:08:50	14:00 1:11:04	17:05 1:11:19	3:05 0:17	22:11 5:06	28:04 5:53	30:24 2:20	36:53 6:29	39:38 2:45	<b>43:59</b> 4:21	53:39 9:40	1:01:52 8:13	
4	429	<b>Ramón Fernández T Porto do Son ADC A</b>	<b>1:13:11</b>	3:26 1:04:53	9:08 1:06:20	11:02 1:09:04	13:33 1:10:33	15:24 1:12:55	16:58 1:13:11	1:34 0:16	4:47	<b>27:33</b> 5:48	<b>28:43</b> <b>1:10</b>	<b>36:06</b> 7:23	<b>39:10</b> 3:04	47:44 8:34	53:07 <b>5:23</b>	1:02:31 9:24	
5	106	<b>Gonzalo Fernández Pontevedra AROMO</b>	<b>1:13:23</b>	3:08 1:04:56	8:18 1:06:29	9:59 1:09:45	12:15 1:10:32	<b>13:47</b> 1:13:08	<b>15:16</b> 1:13:23	1:29 0:15	4:22	8:36	1:22	7:13	6:10	5:08	8:16	7:20	1:03:43
6	405	<b>José Manuel Esmori A Coruña ARTABRO</b>	<b>1:15:12</b>	3:18 1:06:29	9:35 1:07:52	11:31 1:11:06	14:21 1:12:18	17:05 1:14:49	18:44 1:15:12	23:47 5:03	29:54 6:07	31:35 1:41	41:01 9:26	44:06 3:05	48:37 4:31	56:46 8:09	1:04:04 7:18		
7	269	<b>Jose Santalla Pérez Ferrol. A Coruña M</b>	<b>1:17:07</b>	2:25 1:08:15	1:23 1:10:31	3:14 1:13:34	1:12 1:14:38	2:31 1:16:54	0:23 1:17:07	0:13	23:44 5:53	30:54 7:10	32:40 1:46	40:35 7:55	45:29 4:54	49:58 4:29	58:48 8:50	1:06:33 7:45	
8	271	<b>Jose Antonio Torvis Ferrol. A Coruña M</b>	<b>1:18:54</b>	3:10 1:06:59	6:28 1:08:57	2:02 1:13:57	3:51 1:15:30	2:05 1:18:32	1:42 1:18:54	8:39	6:47	2:07	7:12	2:54	4:29	5:38	8:35	1:05:39	
9	313	<b>Pablo López Franco A Coruña GALLAECI</b>	<b>1:20:11</b>	1:20 1:09:54	1:58 1:12:03	5:00 1:15:59	1:33 1:17:01	3:02 1:19:52	0:22 1:20:11	24:50 6:10	32:36 7:46	34:43 2:07	40:33 5:50	46:23 5:50	50:34 4:11	1:00:12 9:38	1:08:15 8:03		
10	374	<b>Alberto Taboada Pin A Coruña BRIGANTI</b>	<b>1:20:59</b>	1:39 1:11:08	2:09 1:14:59	3:56 1:17:50	1:02 1:18:31	2:51 1:20:45	0:19 1:20:59	24:39 <b>3:53</b>	40:08 15:29	41:37 1:29	47:29 5:52	50:23 2:54	54:01 3:38	1:02:52 8:51	1:09:34 <b>6:42</b>		
11	169	<b>Javier Hortal Romer Vigo UNIVERSIDAD</b>	<b>1:21:20</b>	4:10 1:10:56	10:31 1:12:43	12:47 1:16:08	15:36 1:18:16	17:56 1:21:02	20:01 1:21:20	2:05 0:18	25:06 5:05	32:24 7:18	34:18 1:54	41:23 7:05	44:13 2:50	50:05 5:52	1:00:34 10:29	1:08:55 8:21	
12	533	<b>Jose Angel Morlán Ordes SEO</b>	<b>1:21:57</b>	3:12 1:12:50	10:28 1:14:39	12:38 1:17:48	17:07 1:19:02	20:40 1:21:40	22:29 1:21:57	1:49 0:17	5:37	8:44	1:44	6:47	2:57	<b>3:29</b>	10:57	1:11:15	
13	15	<b>Alberto Corral Alon Lugo FLUVIAL LUG</b>	<b>1:22:29</b>	3:01 1:12:07	9:40 1:14:36	12:29 1:17:44	14:49 1:19:07	17:03 1:22:12	19:48 1:22:29	25:59 6:11	35:36 9:37	37:03 1:27	42:33 5:30	45:06 <b>2:33</b>	53:07 8:01	1:02:35 9:28	1:10:40 8:05		
14	561	<b>Martín Morales Ferr Xinzo de Limia LIMI</b>	<b>1:22:49</b>	3:18 1:11:28	9:52 1:16:06	11:47 1:19:24	14:56 1:20:06	17:20 1:22:33	19:26 1:22:49	24:23 4:57	32:35 8:12	34:48 2:13	40:39 5:51	43:51 3:12	50:41 6:50	1:01:25 10:44	1:10:12 8:47		
15	473	<b>Borja Varela Paz A Coruña C.O.CO</b>	<b>1:24:06</b>	3:03 1:14:25	9:47 1:17:08	11:39 1:20:20	14:23 1:21:27	16:21 1:23:50	18:38 1:24:06	24:30 5:52	31:16 6:46	33:40 2:24	40:06 6:26	43:08 3:02	49:25 6:17	1:05:40 16:15	1:12:58 7:18		
16	230	<b>Miguel Ramos Pern Santiago de Comp</b>	<b>1:25:23</b>	3:28 1:14:45	10:10 1:18:21	12:32 1:21:28	15:20 1:22:14	18:29 1:25:06	21:02 1:25:23	2:33 0:17	5:46	9:02	1:50	7:43	3:19	8:13	6:16	9:38	1:12:49
17	433	<b>David Lareo Martine Porto do Son ADC A</b>	<b>1:25:45</b>	1:56 2:50	3:36 7:09	3:07 1:45	0:46 2:32	2:52 2:05	0:17 1:40	23:33 5:32	32:56 9:23	35:41 2:45	42:04 6:23	45:42 3:38	50:16 4:34	1:02:27 12:11	1:12:41 10:14		
18	320	<b>Marcos Muíño Garcí A Coruña GALLAECI</b>	<b>1:30:25</b>	3:30 1:20:18	11:15 1:22:04	17:02 1:26:48	23:45 1:27:33	25:37 1:30:09	27:16 1:30:25	3:30 0:16	5:50	10:17	1:44	5:33	3:11	7:39	8:26	8:33	1:18:29





os rsal		Nombre	Tempo															
<b>INI-CORTA (30)</b>				<b>2,0 km 75 m</b>			<b>8 C</b>		<i>(cont.)</i>									
				1(54)	2(53)	3(50)	4(40)	5(41)	6(33)	7(31)	8(100)	F						
8	348	Roberto Casal Mont A Coruña BRIGANTI	43:51	5:02	7:52	13:40	19:54	25:52	35:30	40:16	43:06	43:51						
9	347	Antonio Casal Mont A Coruña BRIGANTI	43:52	5:03	7:59	13:35	19:50	25:48	35:39	40:23	43:09	43:52						
10	526	Clara García Gómez Culleredo (A Cor A	45:55	5:00	7:21	12:36	18:01	26:03	37:12	39:29	42:24	45:55	44:22					
11	407	Carlota Garcia Lope A Coruña ARTABRO	47:52	5:00	2:21	5:15	5:25	8:02	11:09	2:17	2:55	3:31	*100					
12	413	Maria Dolores Lópe A Coruña ARTABRO	48:54	4:04	6:57	14:05	20:48	31:25	41:24	44:43	47:28	47:52						
13	341	Manuel Seijo Picad A Coruña GALLAECI	1:04:31	4:44	2:53	7:08	6:43	10:37	9:59	3:19	2:45	0:24						
14	814	Milagros Gonzalez A Coruña ARTABRO	1:13:36	4:44	4:57	8:51	9:32	13:48	14:39	3:53	3:02	1:05						
15	815	Angeles Rodriguez A Coruña ARTABRO	1:13:39	7:18	12:02	23:26	34:18	47:43	1:03:02	1:07:53	1:12:24	1:13:36						
16	812	Manuel Couceiro F A Coruña ARTABRO	1:25:48	7:23	12:02	23:28	34:19	47:33	1:03:01	1:07:35	1:12:24	1:13:39						
17	811	Rafael Balseiro Cou A Coruña ARTABRO	1:26:23	8:58	16:03	28:40	42:17	55:40	1:15:01	1:21:24	1:25:02	1:25:48						
18	810	Irene Balseiro Couc A Coruña ARTABRO	1:28:13	8:56	16:02	28:37	42:17	56:03	1:15:04	1:21:22	1:25:27	1:26:23						
836		Sergio López López A Coruña GALLAECI	en tarj.	8:56	7:06	12:35	13:40	13:46	19:01	6:18	4:05	0:56						
837		Pablo Maroño Rico A Coruña GALLAECI	en tarj.	9:10	16:28	28:49	42:37	55:47	1:15:21	1:22:15	1:26:38	1:28:13	1:26:47					
403		Xacobe Chase True A Coruña ARTABRO	en tarj.	9:10	7:18	12:21	13:48	13:10	19:34	6:54	4:23	1:35	*100					
813		Luis Adolfo Couceir A Coruña ARTABRO	en tarj.															
867		Guadalupe Martinez A Coruña INDEP	en tarj.	30:15	36:23	48:08	50:50	54:13	55:32	27:41	27:50							
				30:15	6:08	11:45	2:42	3:23	1:19	*39	*39							
				30:20	36:38	48:13	51:15	54:13	55:36	28:17								
				30:20	6:18	11:35	3:02	2:58	1:23	*39								
				11:31	16:10	29:38	41:17	53:47	1:09:43	1:14:39	-----	1:20:03						
				11:31	4:39	13:28	11:39	12:30	15:56	4:56	5:24							
				9:07	16:32	28:45	42:37	56:01	-----	-----	1:26:33	1:28:05	1:26:43					
				9:07	7:25	12:13	13:52	13:24	-----	-----	30:32	1:32	*100					
				9:12	-----	-----	-----	1:33:16	1:41:54	-----	1:47:56	1:48:57	16:37	20:16	25:53	36:21		
				9:12	-----	-----	-----	1:24:04	8:38	-----	6:02	1:01	*63	*62	*61	*60		
				42:02	1:15:37	1:23:29	-----	-----	-----	-----	-----	-----	-----					
				*57	*46	*44	-----	-----	-----	-----	-----	-----	-----					
408		Alén García Sánche A Coruña ARTABRO	andona	47:48	52:26	1:00:03	-----	-----	-----	-----	-----	1:46:04	8:59	14:39	25:47	38:30		
				47:48	4:38	7:37	-----	-----	-----	-----	-----	46:01	*33	*69	*36	*40		
				43:52	45:57	55:03	1:02:28	1:11:48	1:17:33	1:20:16	1:30:33	1:34:41	1:43:32	1:49:40	1:53:28	1:53:32		
				*42	*41	*37	*75	*44	*77	*78	*79	*62	*74	*67	*100	*100		
424		Sara Traveso Rodri A Coruña ARTABRO	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----						
809		Miguel Díaz Chub Pontevedra AROMO	No sale	45:55	-----	1:43:48	-----	-----	-----	-----	1:52:17	1:53:27	16:19	19:27	28:52	39:54		
				45:55	-----	57:53	-----	-----	-----	-----	8:29	1:10	*51	*32	*52	*53		
				49:42	1:00:58	1:11:55	1:16:45	1:24:46	1:36:53	-----	-----	-----	-----					
				*55	*56	*57	*58	*59	*62									
425		Irene Traveso Pedra A Coruña ARTABRO	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----						
419		Beatriz Pedraes Fe A Coruña ARTABRO	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----						
406		Silvia Estevez Varel A Coruña ARTABRO	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----						
337		Uxia Rodriguez-trel A Coruña GALLAECI	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----						
<b>INI-LARGA (86)</b>				<b>3,8 km 135 m</b>			<b>11 C</b>											
				1(54)	2(63)	3(62)	4(61)	5(60)	6(57)	7(46)	8(44)	9(41)	10(33)	11(100)	F			
1	840	Manuel Pita Trasanc A Coruña GALLAECI	37:03	2:08	<b>4:26</b>	6:21	9:42	<b>13:58</b>	<b>15:48</b>	<b>20:17</b>	<b>24:57</b>	<b>29:21</b>	<b>32:50</b>	<b>36:36</b>	<b>37:03</b>			
2	880	Jose Manuel Vilar A A Coruña INDEP	37:42	2:08	<b>2:18</b>	1:55	3:21	4:16	<b>1:50</b>	<b>4:29</b>	4:40	4:24	3:29	3:46	0:27			
3	843	Irene Anón Regueira Arteixo JARNACHAS	43:32	2:23	4:43	6:23	9:10	14:36	16:37	22:37	25:51	31:22	34:50	37:12	37:42			
4	827	Santiago Suárez Ag A Coruña (Oleiro FA	44:24	2:23	2:20	1:40	2:47	5:26	2:01	6:00	3:14	5:31	<b>3:28</b>	2:22	0:30			
5	859	Vicente Garcia Calvi A Coruña INDEP	49:21	2:40	6:27	8:10	11:43	16:45	19:17	24:34	28:47	35:42	39:56	43:06	43:32			
6	310	Juan Luis Limorte A Coruña GALLAECI	50:41	2:40	3:47	1:43	3:33	5:02	2:32	5:17	4:13	6:55	4:14	3:10	0:26			
7	862	Diana Iregui Perez A Coruña INDEP	50:48	3:16	6:55	8:32	12:04	19:03	21:20	28:54	32:23	36:58	41:16	44:03	44:24			
8	849	Juan Antonio Rodrí Arteixo. A Coruñ SA	51:49	3:16	3:39	1:37	3:32	6:59	2:17	7:34	3:29	4:35	4:18	2:47	0:21			
9	850	José Luis Varela Ví Arteixo. A Coruñ SA	51:58	2:09	4:32	10:40	13:54	18:02	20:23	36:40	38:45	42:30	46:02	48:30	49:21			
10	535	Montse Rey Moar Ordes SEO	53:12	2:09	2:23	6:08	3:14	<b>4:08</b>	2:21	16:17	<b>2:05</b>	<b>3:45</b>	3:32	2:28	0:51			
11	830	Raquel Grandío Mo Lugo FLUVIAL LUG	54:52	2:49	6:25	8:17	11:26	20:12	23:14	30:46	34:37	40:47	47:06	50:16	50:41			
				2:49	3:36	1:52	3:09	8:46	3:02	7:32	3:51	6:10	6:19	3:10	0:25			
				1:50	5:56	9:51	13:49	19:21	21:52	28:30	32:01	43:29	47:23	50:15	50:48	48:46		
				4:35	4:06	3:55	3:58	5:32	2:31	6:38	3:31	11:28	3:54	2:52	0:33	*31		
				4:35	8:33	10:43	14:02	18:26	20:59	28:57	32:09	39:18	46:00	51:05	51:49	25:32		
				4:35	3:58	2:10	3:19	4:24	2:33	7:58	3:12	7:09	6:42	5:05	0:44	*50		
				4:44	8:42	10:50	14:09	18:34	21:06	29:05	32:16	39:27	46:06	51:12	51:58	25:39		
				4:44	3:58	2:08	3:19	4:25	2:32	7:59	3:11	7:11	6:39	5:06	0:46	*50		
				2:56	7:29	9:34	13:48	19:50	22:34	29:22	36:34	42:49	47:19	52:35	53:12			
				2:56	4:33	2:05	4:14	6:02	2:44	6:48	7:12	6:15	4:30	5:16	0:37			
				2:54	7:03	9:32	14:16	20:03	23:10	32:24	36:44	43:57	50:21	54:13	54:52			
				2:54	4:09	2:29	4:44	5:47	3:07	9:14	4:20	7:13	6:24	3:52	0:39			

os	rsal	Nombre	Tempo												
<b>INI-LARGA (86)</b>				<b>3,8 km 135 m</b>			<b>11 C</b>			<b>(cont.)</b>					
				1(54)	2(63)	3(62)	4(61)	5(60)	6(57)	7(46)	8(44)	9(41)	10(33)	11(100)	F
11	866	Mónica López Rama A Coruña INDEP	54:52	3:50	8:06	11:37	16:10	24:06	27:17	36:01	39:47	45:14	49:40	54:28	54:52
13	857	Rafael Corral Escrí A Coruña INDEP	54:56	3:50	4:16	3:31	4:33	7:56	3:11	8:44	3:46	5:27	4:26	4:48	0:24
14	801	Ventura Ces Arment Porto do Son ADC A	59:29	3:47	8:09	11:40	16:11	24:07	27:20	36:00	39:47	45:11	49:40	54:27	54:56
15	806	Carmen Lopez Vazq A Coruña APA LICE	59:49	3:47	4:22	3:31	4:31	7:56	3:13	8:40	3:47	5:24	4:29	4:47	0:29
16	282	José Antonio Balsei A Coruña GALLAECI	1:00:32	2:06	4:35	9:51	13:00	28:24	30:30	43:21	46:56	51:13	55:48	58:18	59:29
17	805	Jesus Lopez Ferna A Coruña APA LICE	1:01:23	2:06	2:29	5:16	3:09	15:24	2:06	12:51	3:35	4:17	4:35	2:30	1:11
18	868	Ernesto Morales Ma A Coruña INDEP	1:02:33	3:16	8:48	10:55	16:14	22:22	26:01	34:37	39:34	47:57	55:48	59:24	59:49
19	863	Oscar Iregui Perez A Coruña INDEP	1:05:12	3:16	5:32	2:07	5:19	6:08	3:39	8:36	4:57	8:23	7:51	3:36	0:25
20	851	Irene Abeledo Ulla A Coruña INDEP	1:07:17	3:06	7:19	9:47	14:59	23:08	26:25	34:36	39:36	48:19	55:12	1:00:11	1:00:32
21	860	Luz García García A Coruña INDEP	1:08:01	3:06	4:13	2:28	5:12	8:09	3:17	8:11	5:00	8:43	6:53	4:59	0:21
22	856	Marcos Cobas Garci A Coruña INDEP	1:08:04	3:51	8:40	11:17	16:28	22:24	26:05	34:44	39:34	48:03	55:55	1:00:31	1:01:23
23	803	Enrique Gayoso Lo A Coruña APA LICE	1:08:06	3:42	4:49	2:37	5:11	5:56	3:41	8:39	4:50	8:29	7:52	4:36	0:52
24	808	Yerom Sanchez Fer A Coruña APA LICE	1:08:07	1:46	4:27	6:03	8:49	14:19	16:51	45:13	48:52	54:15	59:52	1:02:12	1:02:33
25	804	Jesus Francisco Le A Coruña APA LICE	1:08:12	1:46	2:41	1:36	2:46	5:30	2:32	28:22	3:39	5:23	5:37	2:20	0:21
26	802	Luis Fernandez Qui A Coruña APA LICE	1:08:23	3:07	7:01	9:35	13:21	21:58	25:12	46:11	50:36	55:58	1:01:25	1:04:41	1:05:12
27	841	Ruth López García Vigo HABELAS HAIN	1:08:29	3:07	3:54	2:34	3:46	8:37	3:14	20:59	4:25	5:22	5:27	3:16	0:31
28	383	María Agudo Fernán O Barco de Valde T	1:17:33	4:01	8:00	11:18	16:21	28:09	37:16	47:26	52:37	58:03	1:03:05	1:06:57	1:07:17
29	829	Nuria García Sánch Lugo FLUVIAL LUG	1:23:36	4:01	3:59	3:18	5:03	11:48	9:07	10:10	5:11	5:26	5:02	3:52	0:20
30	838	Rafael Perez Nuñez A Coruña GALLAECI	1:24:45	3:42	9:25	12:05	16:16	24:42	28:44	35:41	40:45	52:13	1:01:02	1:07:12	1:08:01
31	461	Balbina Rodríguez Cambre ROBALIZA	1:26:11	3:42	5:43	2:40	4:11	8:26	4:02	6:57	5:04	11:28	8:49	6:10	0:49
32	447	Suso Bello Landeir Cambre ROBALIZA	1:26:18	3:41	9:24	12:05	16:19	24:41	28:42	35:37	40:38	52:10	1:01:12	1:07:15	1:08:04
33	852	Jose Anta Alvarez A Coruña INDEP	1:27:59	3:41	5:43	2:41	4:14	8:22	4:01	6:55	5:01	11:32	9:02	6:03	0:49
34	869	Acacia Naves García A Coruña INDEP	1:28:16	5:12	9:01	12:32	17:43	26:13	31:24	39:01	46:02	55:24	1:03:35	1:07:51	1:08:06
35	872	Antía Peña Villalba A Coruña INDEP	1:28:22	5:12	3:49	3:31	5:11	8:30	5:11	7:37	7:01	9:22	8:11	4:16	0:15
36	871	Miguel Peña Villalba A Coruña INDEP	1:28:30	5:11	9:24	12:41	18:07	27:02	32:37	40:38	45:45	55:38	1:03:35	1:07:49	1:08:07
37	828	Pedro Fernández P Lugo FLUVIAL LUG	1:28:55	5:11	4:13	3:17	5:26	8:55	5:35	8:01	5:07	9:53	7:57	4:14	0:18
38	831	Estefanía Remesal Lugo FLUVIAL LUG	1:28:57	5:21	9:31	12:43	17:52	26:22	32:13	39:27	46:05	55:38	1:03:37	1:07:52	1:08:12
39	327	Ivan Perez Cancela A Coruña GALLAECI	1:31:50	5:22	4:10	3:12	5:09	8:30	5:51	7:14	6:38	9:33	7:59	4:15	0:20
40	873	Ramon Rey Quintel A Coruña INDEP	1:32:32	5:22	9:13	12:47	18:13	27:11	32:32	40:48	45:46	55:44	1:03:44	1:08:04	1:08:23
41	878	María Soto Lopez A Coruña INDEP	1:32:42	5:22	3:51	3:34	5:26	8:58	5:21	8:16	4:58	9:58	8:00	4:20	0:19
42	289	Sonia Cancela Seña A Coruña GALLAECI	1:32:54	2:44	11:02	13:14	17:11	25:53	28:41	49:30	53:57	59:04	1:04:45	1:07:58	1:08:29
43	874	Alex Rey Soto A Coruña INDEP	1:33:21	2:44	8:18	2:12	3:57	8:42	2:48	20:49	4:27	5:07	5:41	3:13	0:31
44	280	Leticia Aller Silván A Coruña GALLAECI	1:35:24	3:55	8:52	11:48	17:19	33:14	38:01	51:07	56:29	1:03:58	1:13:17	1:17:02	1:17:33
45	854	Cristina Castro Ca A Coruña INDEP	1:36:06	3:55	4:57	2:56	5:31	15:55	4:47	13:06	5:22	7:29	9:19	3:45	0:31
46	249	Enrique García Cou Ferrol. A Coruña M	1:41:14	4:22	8:21	10:16	14:12	30:12	34:49	49:39	1:07:33	1:15:53	1:20:41	1:23:17	1:23:36
47	844	Luchi Lobelos Insu Ferrol. A Coruña M	1:41:25	4:22	3:59	1:55	3:56	16:00	4:37	14:50	17:54	8:20	4:48	2:36	0:19
48	580	Uxia López Puertas Ferrol. A Coruña M	1:41:56	4:22	5:02	6:40	9:56	38:44	42:21	51:34	1:09:18	1:16:07	1:21:10	1:23:50	1:24:45
49	846	María Luz Vázquez Ferrol. A Coruña M	1:48:55	1:58	3:04	1:38	3:16	28:48	3:37	9:13	17:44	6:49	5:03	2:40	0:55
50	284	Emma Bouzas Nion A Coruña GALLAECI	1:50:34	4:39	11:34	14:44	20:43	30:53	36:00	52:19	1:01:00	1:10:36	1:18:04	1:25:21	1:26:11
51	321	Carmen Nión Seijas A Coruña GALLAECI	1:50:41	4:39	6:55	3:10	5:59	10:10	5:07	16:19	8:41	9:36	7:28	7:17	0:50

1:27:56  
\*100

1:28:15  
\*100

1:48:25  
\*31

