





os	rsal	Nombre	Tiempo	10,2 km 539 m			19 C											
				1(31) 15(50)	2(33) 16(56)	3(32) 17(57)	4(37) 18(61)	5(39) 19(100)	6(42) Meta	7(41)	8(43)	9(46)	10(49)	11(44)	12(54)	13(53)	14(52)	
<b>Senior Masculino (15)</b>																		
1	512	Francisco Javier Ló ADVENTURE ADDIC	56:05	2:17 36:18	3:36 39:04	4:57 41:08	8:53 48:05	10:18 52:55	13:09 56:05	15:47 2:38	17:18 1:31	19:30 2:12	23:51 4:21	30:05 6:14	31:30 1:25	32:38 1:08	34:26 1:48	
2	518	Alberto Taboada Pin ADVENTURE ADDIC	56:13	2:10 36:18	3:29 39:04	5:08 41:15	9:55 48:02	11:19 53:08	14:14 56:13	16:33 2:19	17:55 1:22	20:03 2:08	24:12 4:09	30:00 5:48	31:26 1:26	32:30 1:04	34:13 1:43	
3	170	Yago Breijo Martine GALLAECIA RAID a c	1:01:35	2:29 41:20	3:45 44:03	5:10 46:21	9:26 52:57	10:57 58:08	15:45 1:01:35	18:25 2:40	19:50 1:25	23:54 4:04	28:35 4:41	35:01 6:26	36:49 1:48	37:50 1:01	39:32 1:42	
4	6	Alberto Corral Alon FLUVIAL LUGO Lug	1:02:15	2:20 41:51	3:44 44:31	4:50 46:38	9:31 53:32	11:07 58:40	14:08 1:02:15	17:57 8:39	19:06 *200	21:04 22:29	28:32 27:13	35:39 34:10	37:17 35:37	38:21 36:48	40:03 38:27	
5	541	Carlos Amil Fernán BUDIÑOROID O Por	1:03:34	2:16 40:26	3:39 43:28	5:07 45:30	9:46 53:21	11:40 59:42	16:08 1:03:34	18:46 2:38	20:17 1:31	22:29 2:12	27:13 4:44	34:10 6:57	35:37 1:27	36:48 1:11	38:27 1:39	
6	411	Marcos Varela Yáñez BRIGANTIA A Coruñ	1:10:27	2:33 47:39	3:59 51:13	5:04 53:45	14:21 1:01:02	16:04 1:06:38	19:33 1:10:27	22:34 3:01	24:42 2:08	28:57 4:15	33:52 4:55	40:57 7:05	42:21 1:24	43:30 1:09	45:24 1:54	
7	564	Jose Angel Morlán SEO Ordes	1:12:51	2:30 44:16	3:55 48:17	5:15 53:00	9:30 1:01:33	11:11 1:08:01	15:20 1:12:51	18:33 3:13	20:33 2:00	23:01 2:28	28:36 5:35	36:18 7:42	38:02 1:44	39:12 1:10	40:58 1:46	
8	137	David Lareo Martine ADC ARNELA Porto	1:14:46	2:42 47:04	4:08 50:50	5:16 53:34	10:33 1:02:49	12:22 1:09:42	15:55 1:14:46	19:02 3:07	20:39 1:37	24:29 3:50	30:29 6:00	38:42 8:13	40:47 2:05	42:22 1:35	44:39 2:17	
9	442	Oscar Fernández Ot MONTAÑA FERROL	1:16:13	2:35 49:36	4:21 57:02	5:46 59:36	11:20 1:07:31	16:13 1:12:38	23:36 1:16:13	26:21 2:45	27:59 1:38	31:12 3:13	36:08 4:56	42:54 6:46	44:33 1:39	45:39 1:06	47:40 2:01	
9	171	Roberto Carro Garc GALLAECIA RAID a c	1:16:13	1:56 51:17	7:26 54:39	2:34 57:24	7:55 1:05:54	5:07 1:12:10	3:35 1:16:13	19:19 2:31	21:02 3:22	26:52 2:45	34:02 4:56	42:22 6:46	44:05 1:43	46:33 2:28	48:46 2:13	
11	814	Pablo Sio Otero INDEPEN Indep	1:16:59	2:43 49:48	1:38 53:19	1:12 56:05	4:32 1:05:36	2:19 1:12:18	5:29 1:16:59	21:47 3:54	23:39 1:52	26:16 2:37	32:38 6:22	41:32 8:54	43:44 2:12	44:57 1:13	47:14 2:17	
12	459	Moises Vergara Vill MONTAÑA FERROL	1:22:31	2:58 55:22	4:49 59:15	6:09 1:01:49	11:29 1:11:10	13:10 1:18:38	18:44 1:22:31	22:02 36:23	23:59 39:16	26:10 40:12	31:53 48:23	48:23 16:30	49:57 1:34	50:50 0:53	53:00 2:10	
13	614	Ruben Guarin Pere JARNACHAS Arteixo	1:28:24	3:16 58:55	5:02 1:02:37	7:00 1:05:59	12:06 1:14:41	17:31 1:24:51	23:56 1:28:24	28:49 4:53	30:45 1:56	36:13 5:28	41:21 5:08	50:49 9:28	52:49 2:00	54:16 1:27	56:03 1:47	
14	622	Iván Carballeira Ro BG Vilaiba	1:44:23	3:28 1:02:00	5:17 1:07:23	7:07 1:12:17	13:18 1:26:15	15:18 1:36:34	21:48 1:44:23	26:18 4:30	28:43 2:25	32:33 3:50	39:53 7:20	50:23 10:30	53:12 2:49	54:43 1:31	58:40 3:57	
	599	Isaac Rodriguez Sil VIZHOJA-CORNELI	en tarj.	3:02 3:02	----- 2:06	5:08 -----	----- 53:55	----- 59:26	----- 1:03:49	18:08 13:00	----- 7:34	----- 11:28	----- 14:49	35:04 26:32	36:49 29:57	44:20 39:10	----- 42:31	
				51:19 *58	-----	-----	9:35	5:31	4:23		*34	*36	*40	*48	*45	*51	*50	
<b>Veteranas A Feminino (4)</b>																		
				1(31) 15(61)	2(32) 16(100)	3(34) Meta	4(36)	5(40)	6(41)	7(48)	8(45)	9(44)	10(54)	11(51)	12(50)	13(53)	14(58)	
1	16	Fernanda Follana N FLUVIAL LUGO Lug	1:23:59	4:39 1:08:10	7:45 1:19:13	11:26 1:23:59	17:13 4:46	20:38 3:25	25:39 5:01	37:01 11:22	43:10 6:09	48:39 5:29	51:12 2:33	53:07 1:55	56:22 3:15	58:45 2:23	1:05:19 6:34	
2	123	Alejandra Carro Ma ADC ARNELA Porto	1:34:06	3:33 1:18:25	6:06 1:28:05	9:16 1:34:06	18:57 9:41	22:38 3:41	28:02 5:24	41:30 13:28	47:28 5:58	54:34 7:06	57:42 3:08	1:00:00 2:18	1:03:53 3:53	1:06:15 2:22	1:14:45 8:30	
3	107	Maria Luisa Sanche AROMON Pontevedr	1:53:52	3:55 1:32:12	6:47 1:47:21	11:47 1:53:52	19:33 7:46	24:45 5:12	32:09 7:24	47:42 15:33	53:51 6:09	1:04:59 11:08	1:09:22 4:23	1:12:00 2:38	1:17:40 5:40	1:20:24 2:44	1:28:50 8:26	

os		rsal	Nombre	Tempo															
<b>Veteranas A Femenino (4)</b>					<b>9,6 km 430 m</b>		<b>16 C</b>		<i>(cont.)</i>										
					1(31) 15(61)	2(32) 16(100)	3(34) Meta	4(36)	5(40)	6(41)	7(48)	8(45)	9(44)	10(54)	11(51)	12(50)	13(53)	14(58)	
			<b>190 Sonia Gómez Naya</b>	<b>No sale</b>															
			<b>GALLAECIA RAID a c</b>																
<b>Veteráns A Masculino (31)</b>					<b>9,0 km 490 m</b>		<b>17 C</b>												
					1(31) 15(56)	2(33) 16(60)	3(32) 17(100)	4(36) Meta	5(37)	6(39)	7(42)	8(43)	9(48)	10(46)	11(45)	12(52)	13(50)	14(53)	
<b>1</b>	<b>458</b>		<b>Jose Antonio Torvis</b>	<b>56:26</b>	2:46	4:16	5:38	8:52	11:34	13:56	17:24	19:46	27:32	30:27	31:49	33:04	35:39	36:56	
			<b>MONTAÑA FERROL</b>		2:46	1:30	1:22	<b>3:14</b>	2:42	2:22	<b>3:28</b>	2:22	7:46	2:55	<b>1:22</b>	<b>1:15</b>	2:35	<b>1:17</b>	
					38:34	<b>46:52</b>	<b>53:06</b>	<b>56:26</b>											
					1:38	<b>8:18</b>	6:14	<b>3:20</b>											
<b>2</b>	<b>29</b>		<b>José Manuel Nogue</b>	<b>1:00:30</b>	2:47	4:18	5:53	9:19	11:59	15:47	20:46	23:54	30:43	34:22	35:56	37:47	40:26	41:49	
			<b>FLUVIAL LUGO Lug</b>		2:47	1:31	1:35	3:26	2:40	3:48	4:59	3:08	6:49	3:39	1:34	1:51	2:39	1:23	
					43:30	52:26	56:45	1:00:30											
					1:41	8:56	<b>4:19</b>	3:45											
<b>3</b>	<b>149</b>		<b>M. Antonio Piñeiro</b>	<b>1:00:44</b>	2:17	<b>3:41</b>	<b>5:04</b>	<b>8:30</b>	11:18	12:47	17:07	<b>19:10</b>	<b>25:49</b>	28:54	<b>30:27</b>	<b>31:57</b>	<b>34:41</b>	<b>36:18</b>	
			<b>ADC ARNELA Porto</b>		2:17	<b>1:24</b>	1:23	3:26	2:48	<b>1:29</b>	4:20	<b>2:03</b>	6:39	3:05	1:33	1:30	2:44	1:37	
					37:53	48:41	57:10	1:00:44											
					1:35	10:48	8:29	3:34											
<b>4</b>	<b>198</b>		<b>Francisco López Ro</b>	<b>1:01:53</b>	4:13	6:43	8:35	12:05	13:57	15:29	20:26	23:00	29:39	32:55	34:22	36:26	39:54	41:12	
			<b>GALLAECIA RAID a c</b>		4:13	2:30	1:52	3:30	1:52	1:32	4:57	2:34	6:39	3:16	1:27	2:04	3:28	1:18	
					43:11	53:08	57:48	1:01:53											
					1:59	9:57	4:40	4:05											
<b>5</b>	<b>62</b>		<b>Manuel Beloso Garc</b>	<b>1:02:05</b>	3:06	4:48	6:13	10:14	12:01	13:50	17:58	21:11	27:23	31:25	32:49	34:56	37:36	39:18	
			<b>AROMON Pontevedr</b>		3:06	1:42	1:25	4:01	1:47	1:49	4:08	3:13	<b>6:12</b>	4:02	1:24	2:07	2:40	1:42	
					41:22	51:38	57:43	1:02:05											
					2:04	10:16	6:05	4:22											
<b>6</b>	<b>470</b>		<b>Jose Luis Iglesias</b>	<b>1:03:38</b>	2:39	4:06	5:56	9:33	11:24	13:15	<b>16:57</b>	19:13	26:11	<b>28:48</b>	31:08	32:37	35:10	36:45	
			<b>HABELAS HAINAS Vi</b>		2:39	1:27	1:50	3:37	1:51	1:51	3:42	2:16	6:58	<b>2:37</b>	2:20	1:29	<b>2:33</b>	1:35	
					40:05	51:50	59:55	1:03:38											
					3:20	11:45	8:05	3:43											
<b>7</b>	<b>310</b>		<b>Javier Arufe Varela</b>	<b>1:05:54</b>	2:31	4:08	5:40	9:39	11:25	13:19	17:08	20:23	27:11	32:12	33:52	35:38	39:41	41:47	
			<b>APA LICEO A Coruñ</b>		2:31	1:37	1:32	3:59	1:46	1:54	3:49	3:15	6:48	5:01	1:40	1:46	4:03	2:06	
					43:36	54:52	1:00:54	1:05:54											
					1:49	11:16	6:02	5:00											
<b>8</b>	<b>91</b>		<b>Alex Marín</b>	<b>1:06:13</b>	2:37	4:02	5:52	9:31	11:25	13:13	18:13	21:02	28:57	33:27	34:57	36:30	39:24	40:46	
			<b>AROMON Pontevedr</b>		2:37	1:25	1:50	3:39	1:54	1:48	5:00	2:49	7:55	4:30	1:30	1:33	2:54	1:22	
					42:40	56:05	1:01:45	1:06:13											
					1:54	13:25	5:40	4:28											
<b>9</b>	<b>378</b>		<b>Javier Casanova Co</b>	<b>1:10:06</b>	2:49	5:19	6:50	10:35	16:50	18:47	25:11	28:37	34:58	38:25	40:23	42:10	45:31	47:06	
			<b>BRIGANTIA A Coruñ</b>		2:49	2:30	1:31	3:45	6:15	1:57	6:24	3:26	6:21	3:27	1:58	1:47	3:21	1:35	
					49:04	59:29	1:05:43	1:10:06											
					1:58	10:25	6:14	4:23											
<b>10</b>	<b>14</b>		<b>José Manuel Fernán</b>	<b>1:13:42</b>	2:43	4:09	6:04	9:50	11:32	13:08	18:39	21:44	29:08	32:09	33:42	35:27	38:05	39:30	
			<b>FLUVIAL LUGO Lug</b>		2:43	1:26	1:55	3:46	1:42	1:36	5:31	3:05	7:24	3:01	1:33	1:45	2:38	1:25	
					41:05	1:01:32	1:09:40	1:13:42											
					1:35	20:27	8:08	4:02											
<b>11</b>	<b>83</b>		<b>Jovino Gonzalez C</b>	<b>1:13:59</b>	3:20	5:59	7:55	11:48	14:58	17:33	22:45	26:45	33:22	37:14	39:01	40:49	44:54	47:18	
			<b>AROMON Pontevedr</b>		3:20	2:39	1:56	3:53	3:10	2:35	5:12	4:00	6:37	3:52	1:47	1:48	4:05	2:24	
					49:14	1:00:15	1:07:04	1:13:59											
					1:56	11:01	6:49	6:55											
<b>12</b>	<b>446</b>		<b>Antonio Javier López</b>	<b>1:14:09</b>	2:47	4:18	5:34	9:31	12:29	14:11	18:39	21:51	30:07	40:34	42:08	43:45	46:39	48:19	
			<b>MONTAÑA FERROL</b>		2:47	1:31	<b>1:16</b>	3:57	2:58	1:42	4:28	3:12	8:16	10:27	1:34	1:37	2:54	1:40	
					50:12	1:00:49	1:09:52	1:14:09											
					1:53	10:37	9:03	4:17											
<b>13</b>	<b>526</b>		<b>Claudio Sánchez M</b>	<b>1:14:36</b>	3:29	6:27	8:23	12:13	17:10	19:10	23:33	26:23	33:21	36:34	38:45	41:06	44:18	46:05	
			<b>C.O.CO A Coruña</b>		3:29	2:58	1:56	3:50	4:57	2:00	4:23	2:50	6:58	3:13	2:11	2:21	3:12	1:47	
					48:04	1:00:02	1:09:46	1:14:36											
					1:59	11:58	9:44	4:50											
<b>14</b>	<b>532</b>		<b>Arturo Antón Casad</b>	<b>1:15:43</b>	3:18	5:19	6:55	11:13	13:43	15:42	21:14	24:45	35:11	38:47	42:26	44:31	49:20	51:30	
			<b>IES SABÓN Arteixo.</b>		3:18	2:01	1:36	4:18	2:30	1:59	5:32	3:31	10:26	3:36	3:39	2:05	4:49	2:10	
					53:23	1:04:42	1:10:36	1:15:43											
					1:53	11:19	5:54	5:07											
<b>15</b>	<b>535</b>		<b>Luis Javier Ramos</b>	<b>1:16:35</b>	4:03	5:53	7:41	12:24	17:08	19:13	25:50	30:27	40:51	44:38	46:14	47:54	51:34	53:00	
			<b>IES SABÓN Arteixo.</b>		4:03	1:50	1:48	4:43	4:44	2:05	6:37	4:37	10:24	3:47	1:36	1:40	3:40	1:26	
					55:09	1:06:13	1:12:08	1:16:35											
					2:09	11:04	5:55	4:27											
<b>16</b>	<b>631</b>		<b>Francisco Javier Ca</b>	<b>1:17:22</b>	2:58	4:40	5:58	9:36	14:49	18:00	22:21	25:51	33:03	36:03	37:36	39:10	42:25	43:42	
			<b>GALLAECIA RAID a c</b>		2:58	1:42	1:18	3:38	5:13	3:11	4:21	3:30	7:12	3:00	1:33	1:34	3:15	<b>1:17</b>	
					52:23	1:05:19	1:12:43	1:17:22											
					8:41	12:56	7:24	4:39											
<b>17</b>	<b>625</b>		<b>Emilio Villar Vazqu</b>	<b>1:22:56</b>	3:12	4:55	6:58	11:55	13:58	15:54	21:11	23:51	32:33	37:28	40:45	42:44	46:14	48:26	
			<b>BG Vilalba</b>		3:12	1:43	2:03	4:57	2:03	1:56	5:17	2:40	8:42	4:55	3:17	1:59	3:30	2:12	
					50:38	1:05:07	1:15:51	1:22:56											
					2:12	14:29	10:44	7:05											
<b>18</b>	<b>352</b>		<b>Vicente Parapar Fus</b>	<b>1:25:43</b>	3:07	4:48	6:14	10:51	14:33	16:41	20:43	24:01	33:28	40:49	43:01	45:21	49:19	51:29	
			<b>ARTABROS A Coruñ</b>		3:07	1:41	1:26	4:37	3:42	2:08	4:02	3:18	9:27	7:21	2:12	2:20	3:58	2:10	
					54:07	1:07:41	1:19:48	1:25:43											
					2:38	13:34	12:07	5:55											

os	rsal	Nombre	Tiempo																		
<b>Veteráns A Masculino (31)</b>				<b>9,0 km 490 m</b>		<b>17 C</b>		<i>(cont.)</i>													
				1(31) 15(56)	2(33) 16(60)	3(32) 17(100)	4(36) Meta	5(37)	6(39)	7(42)	8(43)	9(48)	10(46)	11(45)	12(52)	13(50)	14(53)				
19	100	José Antonio Ricoy AROMON Pontevedr	1:31:12	3:07 3:07 1:01:01	4:59 1:52 1:16:24	6:53 1:54 1:25:01	12:54 6:01 1:31:12	17:53 4:59	19:58 2:05	26:23 6:25	30:10 3:47	41:01 10:51	46:13 5:12	49:14 3:01	51:56 2:42	55:58 4:02	58:26 2:28				
20	348	Antonio Gómez Ram ARTABROS A Coruñ	1:34:08	2:35 4:20 1:02:58	15:23 6:14 1:18:14	8:37 8:06 1:26:57	6:11 13:05 1:34:08	15:12	17:35	24:39	29:26	39:43	45:16	52:13	54:38	58:27	1:00:36				
21	155	Jorge Manrique Var ADC ARNELA Porto	1:35:45	2:59 2:59 1:05:29	5:57 2:58 1:19:24	7:17 1:20 1:30:27	12:18 5:01 1:35:45	14:27 2:09	26:18 11:51	31:54 5:36	34:45 2:51	43:35 8:50	48:06 4:31	50:05 1:59	57:49 7:44	1:01:02 3:13	1:03:20 2:18				
22	624	Jesús Martínez Rive BG Vilalba	1:38:16	2:09 4:02 1:09:38	13:55 7:59 1:24:17	11:03 11:16 1:32:48	5:18 15:48 1:38:16	19:45	22:38	29:48	33:09	46:16	52:11	56:09	58:50	1:05:35	1:07:19				
23	559	Jose Manuel Amor SEO Ordes	1:38:25	2:19 3:33 1:06:56	14:39 6:25 1:17:43	8:31 9:06 1:34:46	5:28 13:04 1:38:25	23:08	28:31	34:38	38:22	47:13	51:51	54:15	56:22	1:02:59	1:04:46				
24	221	Daniel Rioboo Igles GALLAECIA RAID a c	2:23:02	2:10 3:50 1:48:55	10:47 7:26 2:07:05	17:03 9:26 2:15:41	3:39 15:48 2:23:02	18:53	21:30	30:30	1:11:08	1:28:31	1:34:06	1:36:20	1:39:15	1:43:37	1:46:21				
	815	Manuel Pedre GALLAECIA RAID a c	en tarj.	2:20 2:20 54:12	4:10 1:50 1:03:22	5:38 1:28 1:07:42	8:57 3:19 1:11:59	12:29	14:08	18:19	25:44	34:00	37:52	44:39	46:39	-----	48:07				
	381	Jose Manuel Docal BRIGANTIA A Coruñ	en tarj.	6:05 2:36 47:14	9:10 4:19 58:59	4:20 6:05 1:10:31	4:17 9:29 1:15:01	11:06	12:44	17:20	20:32	28:48	-----	38:44	40:27	43:23	-----				
	563	José Luís Míguez C SEO Ordes	en tarj.	3:51 3:25 1:10:09	11:45 5:36 2:11	11:32 10:50 5:14	4:30 20:04 9:14	23:21	31:17	37:02	40:04	48:51	-----	-----	58:51	1:05:31	1:07:59				
	392	Rodrigo González BRIGANTIA A Coruñ	andona	2:10 54:24 54:24	12:55 57:16 2:52	-----	1:31:43	1:24:08	1:39:20	-----	-----	-----	-----	-----	-----	-----	-----				
	25	Francisco J Lamas FLUVIAL LUGO Lug	No sale	-----	-----	-----	1:49:42	15:12	1:03:56	1:09:05	1:19:41	1:30:26	1:46:34	-----	-----	-----	-----				
	309	Alberto Arufe Varela APA LICEO A Coruñ	No sale	-----	-----	-----	10:22	-----	*34	*35	*38	*40	*200	-----	-----	-----	-----				
	80	Ricardo Figueroa F AROMON Pontevedr	No sale	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
<b>Veteranas B Feminino (1)</b>				<b>8,8 km 305 m</b>		<b>16 C</b>															
				1(31) 15(60)	2(33) 16(100)	3(32) Meta	4(34)	5(36)	6(38)	7(37)	8(40)	9(42)	10(41)	11(48)	12(45)	13(55)	14(58)				
1	249	Begoña Crespo Qui UNIVERSIDAD DE V	1:59:40	6:55 6:55 1:35:37	16:07 9:12 1:52:02	20:20 4:13 1:59:40	24:38 4:18	32:02 7:24	33:14 1:12	35:15 2:01	38:14 2:59	42:57 4:43	51:40 8:43	1:09:12 17:32	1:15:51 6:39	1:21:16 5:25	1:25:51 4:35				
<b>Veteráns B Masculino (6)</b>				<b>8,1 km 400 m</b>		<b>16 C</b>															
				1(31) 15(61)	2(33) 16(100)	3(34) Meta	4(38)	5(40)	6(42)	7(41)	8(47)	9(45)	10(55)	11(52)	12(50)	13(56)	14(59)				
1	32	Pedro Parga Andón FLUVIAL LUGO Lug	1:13:16	3:01 3:01 1:00:22	4:53 1:52 1:07:44	9:00 4:07 1:13:16	15:10 6:10	17:31 2:21	21:26 3:55	24:55 3:29	30:30 5:35	32:56 2:26	36:35 3:39	40:05 3:30	42:59 2:54	46:45 3:46	58:19 11:34				
2	56	Javier Alvelo Fragu AROMON Pontevedr	1:13:40	2:03 3:00 57:52	7:22 4:43 1:08:38	5:32 6:27 1:13:40	-----	10:00	12:25	14:42	20:29	26:56	29:27	32:52	36:44	40:16	44:41				
3	568	Carlos Viqueira No SEO Ordes	1:24:42	2:06 3:07 1:09:27	10:46 4:42 1:18:12	5:02 6:07 1:24:42	12:54	15:07	20:14	24:00	30:52	33:11	36:57	40:12	46:23	51:50	1:07:54				
4	264	Patricio Peláez Mén UNIVERSIDAD DE V	1:25:52	1:33 2:47 1:07:33	8:45 5:03 1:20:26	6:30 7:48 1:25:52	6:47	2:13	5:07	3:46	6:52	2:19	3:46	3:15	6:11	5:27	16:04				
				2:17 12:53	5:26	5:26	6:39	2:43	3:40	4:39	7:11	5:13	3:51	4:01	3:14	4:10	12:07				

os	rsal	Nombre	Tempo														
<b>Veteráns B Masculino (6)</b>				<b>8,1 km 400 m</b>			<b>16 C</b>			<i>(cont.)</i>							
				1(31) 15(61)	2(33) 16(100)	3(34) Meta	4(38)	5(40)	6(42)	7(41)	8(47)	9(45)	10(55)	11(52)	12(50)	13(56)	14(59)
5	154	<b>Camilo Serantes Ma ADC ARNELA Porto</b>	<b>1:34:35</b>	4:21 4:21 1:23:42 2:54	7:20 2:59 1:29:55 <b>6:13</b>	9:12 1:52 1:34:35 <b>4:40</b>	17:22 8:10	24:16 6:54 45:37 <b>*48</b>	28:25 4:09	33:08 4:43	50:08 17:00	52:30 2:22	55:48 <b>3:18</b>	59:35 3:47	1:02:50 3:15	1:07:42 4:52	1:20:48 13:06
	504	<b>Juan Carlos Carball A PEDROSA ORRO</b>	<b>No sale</b>														
<b>Veteráns C Masculino (1)</b>				<b>8,8 km 305 m</b>			<b>16 C</b>										
				1(31) 15(60)	2(33) 16(100)	3(32) Meta	4(34)	5(36)	6(38)	7(37)	8(40)	9(42)	10(41)	11(48)	12(45)	13(55)	14(58)
	207	<b>Roberto Mourente P GALLAECIA RAID a c</b>	<b>andona</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
<b>Iniciación Curta (9)</b>				<b>4,1 km 60 m</b>			<b>10 C</b>										
				1(31)	2(33)	3(34)	4(35)	5(36)	6(38)	7(37)	8(40)	9(39)	10(200)	Meta			
1	514	<b>Mario López Gonzál ADVENTURE ADDIC</b>	<b>40:58</b>	<b>3:36</b>	<b>6:13</b>	<b>14:34</b>	<b>18:05</b>	<b>23:30</b>	<b>24:35</b>	<b>28:59</b>	<b>31:29</b>	<b>34:35</b>	<b>38:02</b>	<b>40:58</b>			
2	399	<b>Pablo Paz Arias BRIGANTIA A Coruñ</b>	<b>54:37</b>	6:14	15:27	20:42	25:22	32:24	34:26	36:59	42:11	45:36	51:43	54:37			
3	417	<b>Martin Vinagre Barr BRIGANTIA A Coruñ</b>	<b>54:40</b>	6:14	9:13	5:15	4:40	7:02	2:02	<b>2:33</b>	5:12	3:25	6:07	2:54			
4	374	<b>Antonio Casal Mont BRIGANTIA A Coruñ</b>	<b>56:21</b>	6:25	15:25	20:24	25:08	32:12	34:15	36:54	41:56	45:38	51:43	54:40			
5	375	<b>Roberto Casal Mont BRIGANTIA A Coruñ</b>	<b>56:27</b>	6:25	9:00	<b>4:59</b>	4:44	7:04	2:03	2:39	5:02	3:42	6:05	2:57			
6	394	<b>Rui González Souto BRIGANTIA A Coruñ</b>	<b>1:04:06</b>	4:43	11:41	20:59	26:09	31:58	33:44	36:17	40:31	48:05	53:45	56:21			
7	817	<b>Xavi Lopez Vazquez GALLAECIA RAID a c</b>	<b>2:03:22</b>	4:43	6:58	9:18	5:10	5:49	1:46	<b>2:33</b>	4:14	7:34	5:40	2:36			
	342	<b>David Couceiro Fue ARTABROS A Coruñ</b>	<b>en tarj.</b>	4:54	11:48	20:49	25:59	32:05	33:50	36:31	40:47	48:12	53:53	56:27			
	343	<b>Manuel Couceiro F ARTABROS A Coruñ</b>	<b>en tarj.</b>	4:54	6:54	9:01	5:10	6:06	1:45	2:41	4:16	7:25	5:41	2:34			
				5:16	8:11	14:56	20:02	27:48	30:41	34:12	41:19	50:34	57:27	1:04:06			
				5:02	17:42	1:22:50	1:26:22	1:36:37	1:38:42	1:41:43	1:46:50	1:54:19	2:00:54	2:03:22			
				5:02	12:40	1:05:08	3:32	10:15	2:05	3:01	5:07	7:29	6:35	<b>2:28</b>			
				14:06	20:18	-----	27:42	-----	43:12	-----	-----	-----	1:13:07	1:21:02			
				14:06	6:12	-----	7:24	-----	15:30	-----	-----	-----	29:55	7:55			
				13:35	20:01	28:56	35:04	-----	42:59	47:46	55:12	1:10:15	1:21:07	1:27:57			
				13:35	6:26	8:55	6:08	-----	7:55	4:47	7:26	15:03	10:52	6:50			
<b>Iniciación Longa (15)</b>				<b>6,3 km 137 m</b>			<b>11 C</b>										
				1(31)	2(32)	3(35)	4(36)	5(38)	6(37)	7(40)	8(42)	9(41)	10(39)	11(200)	Meta		
1	802	<b>Roberto Gomez Var INDEPEN Indep</b>	<b>44:24</b>	3:05	<b>5:21</b>	19:14	22:02	22:58	24:20	26:08	30:09	33:33	<b>40:19</b>	<b>42:59</b>	<b>44:24</b>		
2	816	<b>Ivan Villamarin INDEPEN Indep</b>	<b>46:55</b>	3:05	<b>2:16</b>	13:53	<b>2:48</b>	0:56	<b>1:22</b>	<b>1:48</b>	4:01	<b>3:24</b>	<b>6:46</b>	<b>2:40</b>	<b>1:25</b>		
3	805	<b>Abel Pena Bodenlle INDEPEN Indep</b>	<b>1:05:24</b>	6:05	4:48	<b>5:19</b>	4:09	0:56	1:49	1:55	3:20	5:06	8:52	2:51	1:45		
4	807	<b>Jesus Pumares Rod INDEPEN Indep</b>	<b>1:05:25</b>	3:28	6:52	15:31	20:46	23:14	25:01	28:36	35:28	41:07	57:45	1:03:03	1:05:24		
5	806	<b>Suso Pena Braña INDEPEN Indep</b>	<b>1:05:29</b>	3:28	3:24	8:39	5:15	2:28	1:47	3:35	6:52	5:39	16:38	5:18	2:21		
6	810	<b>Gonzalo Freire Rive A PEDROSA ORRO</b>	<b>1:13:06</b>	3:22	3:39	8:35	5:08	2:23	1:51	3:37	6:40	5:54	16:34	5:14	2:28		
7	598	<b>Aaron Rodriguez Ar VIZHOJA-CORNELI</b>	<b>1:16:24</b>	3:23	6:45	15:29	21:25	23:14	24:58	28:33	35:07	40:53	57:59	1:03:04	1:05:29		
8	671	<b>María Inmaculada Ar VIZHOJA-CORNELI</b>	<b>1:16:43</b>	3:23	3:22	8:44	5:56	1:49	1:44	3:35	6:34	5:46	17:06	5:05	2:25		
9	801	<b>Andres Vaamonde V INDEPEN Indep</b>	<b>1:19:34</b>	3:48	9:54	12:49	5:18	1:17	2:30	3:33	3:30	6:14	16:11	5:48	2:14		
				4:19	9:39	19:36	26:24	27:43	30:45	34:45	40:06	52:00	1:07:43	1:13:23	1:16:24		
				4:19	5:20	9:57	6:48	1:19	3:02	4:00	5:21	11:54	15:43	5:40	3:01		
				4:10	9:25	19:26	26:27	27:54	30:49	34:54	40:04	51:44	1:07:57	1:12:55	1:16:43		
				4:10	5:15	10:01	7:01	1:27	2:55	4:05	5:10	11:40	16:13	4:58	3:48		
				4:31	8:34	18:10	24:20	25:27	54:26	56:28	59:52	1:04:25	1:13:38	1:17:11	1:19:34	35:00	
				4:31	4:03	9:36	6:10	1:07	28:59	2:02	3:24	4:33	9:13	3:33	2:23	*39	
				41:09	*41												
10	809	<b>Juan Carlos Velazq INDEPEN Indep</b>	<b>1:19:58</b>	3:05	5:52	18:37	24:38	25:50	28:29	30:55	55:11	1:02:25	1:13:45	1:17:38	1:19:58		
11	808	<b>José Manuel Garcia INDEPEN Indep</b>	<b>1:21:38</b>	3:05	3:02	12:45	6:01	1:12	2:39	2:26	24:16	7:14	11:20	3:53	2:20		
12	385	<b>José Antonio Gil Dí BRIGANTIA A Coruñ</b>	<b>1:26:58</b>	3:58	7:31	20:12	26:17	27:35	30:04	32:34	56:56	1:03:54	1:14:50	1:19:20	1:21:38	17:08	
				3:58	3:33	12:41	6:05	1:18	2:29	2:30	24:22	6:58	10:56	4:30	2:18	*200	
				4:33	7:23	<b>13:14</b>	<b>19:54</b>	<b>21:10</b>	51:05	53:52	1:01:23	1:08:26	1:19:32	1:23:38	1:26:58	30:11	
				4:33	2:50	5:51	6:40	1:16	29:55	2:47	7:31	7:03	11:06	4:06	3:20	*39	
				37:37	*41												
13	804	<b>Alexandre Camean JARNACHAS Arteixo</b>	<b>1:49:03</b>	3:07	5:45	15:59	1:25:26	1:26:13	1:28:33	1:30:24	1:33:07	1:36:41	1:44:21	1:47:20	1:49:03		
				3:07	2:38	10:14	1:09:27	<b>0:47</b>	2:20	1:51	<b>2:43</b>	3:34	7:40	2:59	1:43		
	803	<b>Alberto Candal Viqu SEO Ordes</b>	<b>andona</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
	812	<b>Ruben Valiño Castr INDEPEN Indep</b>	<b>No sale</b>														