



Pos	Dorsal	Nombre	Tempo															
<b>Feminino 35 (15)</b>				<b>4,7 km</b>			<b>15 C</b>			<i>(cont.)</i>								
				1(32)	2(57)	3(34)	4(37)	5(41)	6(39)	7(52)	8(49)	9(68)	10(64)	11(60)	12(59)	13(36)	14(58)	
				15(100)	Meta													
4	4436	Paula Naya Mancebo Culleredo GALLAECI	1:12:12	6:31	7:45	9:19	14:12	22:05	26:12	30:08	37:09	44:49	50:01	55:40	1:02:58	1:05:24	1:08:01	
				6:31	1:14	1:34	4:53	7:53	4:07	3:56	7:01	7:40	5:12	5:39	7:18	2:26	2:37	
				1:11:36	1:12:12													
				3:35	0:36													
5	8152	Laura Alvarez Oreiro Culleredo GALLAECI	1:13:36	8:59	11:05	13:39	19:28	24:23	31:00	34:36	41:11	47:42	51:47	55:44	1:03:09	1:05:41	1:08:39	
				8:59	2:06	2:34	5:49	4:55	6:37	3:36	6:35	6:31	4:05	3:57	7:25	2:32	2:58	
				1:12:47	1:13:36													
				4:08	0:49													
6	8403	Ana Arias Méndez Culleredo GALLAECI	1:13:47	9:05	10:12	11:37	15:45	23:28	26:47	30:47	39:45	45:20	48:26	59:22	1:05:52	1:08:09	1:10:35	
				9:05	1:07	1:25	4:08	7:43	3:19	4:00	8:58	5:35	3:06	10:56	6:30	2:17	2:26	
				1:13:09	1:13:47													
				2:34	0:38													
7	4257	Carla Veiga García Pontevedra AROMON	1:14:29	6:22	7:34	9:12	14:14	20:31	25:09	28:39	34:32	43:14	48:08	58:48	1:05:13	1:07:30	1:11:09	
				6:22	1:12	1:38	5:02	6:17	4:38	3:30	5:53	8:42	4:54	10:40	6:25	2:17	3:39	
				1:13:50	1:14:29													
				2:41	0:39													
8	4342	Isabel Pastoriza San Vigo U-VIGO	1:20:26	12:26	14:39	16:17	20:51	25:37	28:50	32:27	38:18	53:27	59:02	1:03:05	1:11:45	1:14:02	1:16:42	
				12:26	2:13	1:38	4:34	4:46	3:13	3:37	5:51	15:09	5:35	4:03	8:40	2:17	2:40	
				1:19:31	1:20:26													
				2:49	0:55													
9	4585	Susana Míguez Sami Porto do Son ADC_A	1:23:24	7:14	8:39	12:08	16:11	20:40	27:01	34:04	39:29	52:01	58:21	1:07:11	1:15:48	1:17:48	1:20:04	
				7:14	1:25	3:29	4:03	4:29	6:21	7:03	5:25	12:32	6:20	8:50	8:37	2:00	2:16	
				1:22:43	1:23:24													
				2:39	0:41													
10	7824	Bibiana González Culleredo GALLAECI	1:37:57	7:52	9:23	11:21	16:59	22:20	34:35	39:01	46:45	57:52	1:01:57	1:14:54	1:27:29	1:30:06	1:33:14	
				7:52	1:31	1:58	5:38	5:21	12:15	4:26	7:44	11:07	4:05	12:57	12:35	2:37	3:08	
				1:37:01	1:37:57													
				3:47	0:56													
11	4456	Goretti Ramos Morac Culleredo GALLAECI	1:46:37	10:31	13:49	17:33	23:20	31:24	35:54	42:45	49:52	58:07	1:01:25	1:17:48	1:30:01	1:33:32	-----	
				10:31	3:18	3:44	5:47	8:04	4:30	6:51	7:07	8:15	3:18	16:23	12:13	3:31		
				1:44:54	1:46:37													
				11:22	1:43													
12	4425	Alexia Loureiro Garr Culleredo GALLAECI	1:59:11	8:00	10:58	14:02	18:54	46:10	51:10	56:28	1:04:13	1:17:02	1:28:08	1:34:50	1:43:34	1:46:20	1:49:57	
				8:00	2:58	3:04	4:52	27:16	5:00	5:18	7:45	12:49	11:06	6:42	8:44	2:46	3:37	
				1:58:28	1:59:11													
				8:31	0:43													
	4441	Belen Otero Culleredo GALLAECI	andona	6:17	8:02	12:23	16:44	22:02	32:52	38:00	44:14	1:10:04	1:12:41	-----	-----	-----	-----	
				6:17	1:45	4:21	4:21	5:18	10:50	5:08	6:14	25:50	2:37					
				-----	1:35:10													
					22:29													
	4560	Alba Oya Costa O Porriño BUDIÑOR	andona	14:27	19:44	21:08	25:42	32:59	44:34	49:07	56:44	1:33:53	-----	-----	-----	-----	-----	
				14:27	5:17	1:24	4:34	7:17	11:35	4:33	7:37	37:09						
				-----	1:57:36													
					23:43													
	6483	Mar De Aymerich Vac Ferrol MONTAÑA_FEI	No sale															
<b>Feminino 45 (21)</b>				<b>4,0 km</b>			<b>15 C</b>											
				1(31)	2(34)	3(32)	4(66)	5(48)	6(40)	7(53)	8(51)	9(55)	10(60)	11(59)	12(36)	13(37)	14(58)	
				15(100)	Meta													
1	4767	Tania López Eyo Cuntis XESTEIRAS	55:28	4:22	6:52	8:35	11:43	13:18	19:38	23:52	26:13	32:05	39:41	45:37	47:42	49:45	51:35	
				4:22	2:30	1:43	3:08	1:35	6:20	4:14	2:21	5:52	7:36	5:56	2:05	2:03	1:50	
				54:49	55:28													
				3:14	0:39													
2	4365	Elena Bujía Rodríguez Culleredo GALLAECI	57:33	4:07	8:20	9:54	13:37	15:34	16:59	21:36	24:08	28:20	36:15	41:30	43:27	46:58	53:44	
				4:07	4:13	1:34	3:43	1:57	1:25	4:37	2:32	4:12	7:55	5:15	1:57	3:31	6:46	
				56:54	57:33													
				3:10	0:39													
3	4569	Alejandra Carro Mah Porto do Son ADC_A	59:36	5:23	8:10	9:55	14:16	17:29	19:49	25:46	28:08	33:09	39:40	46:46	49:07	51:22	56:04	
				5:23	2:47	1:45	4:21	3:13	2:20	5:57	2:22	5:01	6:31	7:06	2:21	2:15	4:42	
				58:54	59:36													
				2:50	0:42													
4	4340	Ana Iglesias Junzalv Vigo U-VIGO	1:02:42	5:27	7:36	9:34	14:17	18:48	20:18	25:46	28:44	34:38	40:58	51:54	54:03	57:26	59:10	
				5:27	2:09	1:58	4:43	4:31	1:30	5:28	2:58	5:54	6:20	10:56	2:09	3:23	1:44	
				1:02:04	1:02:42													
				2:54	0:38													
5	4335	Begoña Crespo Quir Vigo U-VIGO	1:09:10	4:45	11:07	12:40	18:00	22:04	24:15	30:38	33:23	38:25	47:48	54:26	1:00:15	1:02:27	1:05:22	
				4:45	6:22	1:33	5:20	4:04	2:11	6:23	2:45	5:02	9:23	6:38	5:49	2:12	2:55	
				1:08:22	1:09:10													
				3:00	0:48													
6	4803	Concepción González LUGO COMPÁS	1:12:13	4:59	6:31	8:30	14:04	18:24	20:01	25:15	27:13	31:30	43:35	1:03:10	1:05:27	1:07:47	1:09:17	
				4:59	1:32	1:59	5:34	4:20	1:37	5:14	1:58	4:17	12:05	19:35	2:17	2:20	1:30	
				1:11:37	1:12:13													
				2:20	0:36													
7	4452	Lucia Peteiro Couce Culleredo GALLAECI	1:13:40	5:53	7:49	9:28	17:24	21:02	25:15	34:32	37:45	42:45	50:24	58:56	1:01:32	1:04:26	1:10:03	
				5:53	1:56	1:39	7:56	3:38	4:13	9:17	3:13	5:00	7:39	8:32	2:36	2:54	5:37	
				1:12:59	1:13:40													
				2:56	0:41													

Pos	Dorsal	Nombre	Tempo														
<b>Feminino 45 (21)</b>						<b>4,0 km</b>		<b>15 C</b>		<i>(cont.)</i>							
				1(31)	2(34)	3(32)	4(66)	5(48)	6(40)	7(53)	8(51)	9(55)	10(60)	11(59)	12(36)	13(37)	14(58)
				15(100)	Meta												
8	4267	Rocío Fuertes Ferná A Coruña ARTABROS	1:15:35	5:54	8:09	11:01	17:07	21:52	23:42	34:10	37:02	42:43	52:54	1:01:04	1:04:44	1:08:15	1:11:33
				5:54	2:15	2:52	6:06	4:45	1:50	10:28	2:52	5:41	10:11	8:10	3:40	3:31	3:18
				1:14:45	1:15:35												
				3:12	0:50												
9	4798	Diana Ferrer Vidal LUGO COMPÁS	1:19:02	5:33	7:27	9:25	14:56	19:12	24:31	35:48	38:31	47:07	55:43	1:04:40	1:07:11	1:13:19	1:15:15
				5:33	1:54	1:58	5:31	4:16	5:19	11:17	2:43	8:36	8:36	8:57	2:31	6:08	1:56
				1:18:11	1:19:02												
				2:56	0:51												
10	4362	Irene Baspino Ferná Culleredo GALLAECI	1:24:12	6:51	11:42	13:53	19:12	23:31	25:24	33:41	38:16	43:55	57:55	1:08:17	1:11:50	1:17:22	1:19:51
				6:51	4:51	2:11	5:19	4:19	1:53	8:17	4:35	5:39	14:00	10:22	3:33	5:32	2:29
				1:23:30	1:24:12												
				3:39	0:42												
11	4332	Olimpia Alvarez Cast Vigo U-VIGO	1:27:22	5:41	8:22	10:28	16:32	19:48	22:43	29:57	33:03	41:52	51:39	1:13:18	1:17:01	1:20:02	1:22:31
				5:41	2:41	2:06	6:04	3:16	2:55	7:14	3:06	8:49	9:47	21:39	3:43	3:01	2:29
				1:26:29	1:27:22												
				3:58	0:53												
12	4295	Carmen Trueba Gayc A Coruña ARTABROS	1:29:04	6:38	12:42	15:11	22:12	27:16	30:06	38:37	46:44	52:30	1:03:05	1:13:37	1:16:17	1:19:40	1:24:26
				6:38	6:04	2:29	7:01	5:04	2:50	8:31	8:07	5:46	10:35	10:32	2:40	3:23	4:46
				1:28:08	1:29:04												
				3:42	0:56												
13	6871	Goretta López Casal Culleredo GALLAECI	1:29:05	12:42	16:19	18:48	24:58	29:05	32:48	44:53	48:12	57:11	1:05:48	1:14:43	1:17:15	1:23:21	1:25:17
				12:42	3:37	2:29	6:10	4:07	3:43	12:05	3:19	8:59	8:37	8:55	2:32	6:06	1:56
				1:28:13	1:29:05												
				2:56	0:52												
14	4230	Yolanda Navia Vega Pontevedra AROMON	1:29:47	6:53	9:05	11:03	26:04	28:22	30:11	39:07	42:56	50:21	1:07:33	1:16:25	1:19:51	1:22:34	1:25:02
				6:53	2:12	1:58	15:01	2:18	1:49	8:56	3:49	7:25	17:12	8:52	3:26	2:43	2:28
				1:28:44	1:29:47												
				3:42	1:03												
15	4788	Gracia Rodríguez BI A Coruña LICEO	1:36:57	16:36	22:40	24:56	30:58	33:19	35:00	41:19	45:00	53:23	1:04:11	1:14:27	1:24:34	1:27:44	1:30:48
				16:36	6:04	2:16	6:02	2:21	1:41	6:19	3:41	8:23	10:48	10:16	10:07	3:10	3:04
				1:36:02	1:36:57												
				5:14	0:55												
16	4310	Fernanda Follana Fc LUGO COMPÁS	1:43:47	8:31	10:24	12:10	17:43	23:40	25:29	36:01	38:34	55:26	1:05:19	1:22:28	1:24:58	1:27:47	1:37:50
				8:31	1:53	1:46	5:33	5:57	1:49	10:32	2:33	16:52	9:53	17:09	2:30	2:49	10:03
				1:42:53	1:43:47												
				5:03	0:54												
17	8203	Marta Trueba Gayol A Coruña ARTABROS	1:50:30	8:22	12:30	15:30	23:47	30:13	33:07	42:19	47:18	57:04	1:15:11	1:28:14	1:33:36	1:38:05	1:44:02
				8:22	4:08	3:00	8:17	6:26	2:54	9:12	4:59	9:46	18:07	13:03	5:22	4:29	5:57
				1:48:47	1:50:30												
				4:45	1:43												
18	4786	María Pardo Villaverde A Coruña LICEO	1:50:47	9:18	15:02	17:29	25:42	29:20	32:09	48:20	53:05	59:51	1:10:37	1:27:41	1:31:26	1:35:14	1:45:33
				9:18	5:44	2:27	8:13	3:38	2:49	16:11	4:45	6:46	10:46	17:04	3:45	3:48	10:19
				1:49:43	1:50:47												
				4:10	1:04												
19	4460	Paloma Rayón Ferná Culleredo GALLAECI	2:25:40	6:05	8:28	10:41	16:46	21:16	24:15	33:54	40:07	46:47	1:05:29	2:05:58	2:09:06	2:15:39	----
				6:05	2:23	2:13	6:05	4:30	2:59	9:39	6:13	6:40	18:42	1:00:29	3:08	6:33	
				2:23:57	2:25:40												
				8:18	1:43												
	4612	María Esther Barreira Betanzos OP BETANZOS	en tarj.	4:08	6:41	8:11	12:08	13:43	15:04	24:08	35:50	39:17	44:33	49:31	51:10	----	53:51
				4:08	2:33	1:30	3:57	1:35	1:21	9:04	11:42	3:27	5:16	4:58	1:39		2:41
				56:36	57:06												
				2:45	0:30												
	6889	Noemi Diaz Vazquez LUGO COMPÁS	andona	6:37	8:24	----	14:46	19:42	21:45	30:19	33:21	50:28	1:12:47	----	----	----	----
				6:37	1:47		6:22	4:56	2:03	8:34	3:02	17:07	22:19				
				----			57:50	1:14:34									
							*50	*47									
<b>Feminino Senior (5)</b>						<b>4,9 km</b>		<b>15 C</b>									
				1(32)	2(31)	3(34)	4(37)	5(41)	6(39)	7(52)	8(68)	9(54)	10(55)	11(44)	12(60)	13(59)	14(58)
				15(100)	Meta												
1	4281	María Piñeiro Varela A Coruña ARTABROS	47:06	4:56	6:21	7:54	11:19	14:21	17:08	20:01	26:25	29:06	30:41	34:02	35:57	40:52	44:30
				4:56	1:25	1:33	3:25	3:02	2:47	2:53	6:24	2:41	1:35	3:21	1:55	4:55	3:38
				46:35	47:06												
				2:05	0:31												
2	4364	Olalla Bello Rodríguez Betanzos OP BETANZOS	54:51	5:22	7:10	8:58	13:20	17:59	21:33	24:57	31:11	34:15	36:23	39:57	42:58	48:17	52:17
				5:22	1:48	1:48	4:22	4:39	3:34	3:24	6:14	3:04	2:08	3:34	3:01	5:19	4:00
				54:20	54:51												
				2:03	0:31												
3	4689	Irene Morales Jiménez Xinzo de Limia LIMIA	56:07	5:13	6:47	8:27	12:18	16:09	19:22	22:54	32:08	35:06	36:58	40:15	42:48	47:57	52:48
				5:13	1:34	1:40	3:51	3:51	3:13	3:32	9:14	2:58	1:52	3:17	2:33	5:09	4:51
				55:31	56:07												
				2:43	0:36												
4	4589	Nuria Oujo Míguez Porto do Son ADC_A	1:04:48	6:21	7:48	10:21	14:27	19:09	22:09	25:51	34:50	37:32	41:32	45:00	48:17	57:53	1:01:27
				6:21	1:27	2:33	4:06	4:42	3:00	3:42	8:59	2:42	4:00	3:28	3:17	9:36	3:34
				1:04:06	1:04:48												
				2:39	0:42												
5	4479	Carla Somoza Seoan Culleredo GALLAECI	1:06:45	5:27	7:26	10:59	15:43	20:31	24:59	28:22	35:48	38:42	41:44	45:29	48:58	55:18	1:03:56
				5:27	1:59	3:33	4:44	4:48	4:28	3:23	7:26	2:54	3:02	3:45	3:29	6:20	8:38
				1:06:08	1:06:45												
				2:12	0:37												



Pos	Dorsal	Nombre	Tempo																
<b>Masculino 21 (15)</b>						<b>4,7 km</b>		<b>15 C</b>		<i>(cont.)</i>									
				1(32)	2(57)	3(34)	4(37)	5(41)	6(39)	7(52)	8(49)	9(68)	10(64)	11(60)	12(59)	13(36)	14(58)		
				15(100)	Meta														
9	4814	Pablo Rocha Pena LUGO COMPÁS	1:19:39	5:34	6:55	11:14	16:06	19:55	28:49	32:20	38:20	45:38	49:23	54:29	1:01:24	1:03:39	1:16:07		
				1:18:46	1:19:39	4:19	4:52	3:49	8:54	3:31	6:00	7:18	3:45	5:06	6:55	2:15	12:28		
				2:39	0:53														
10	6543	Jose Javier Serrano Pontevedra AROMON	1:25:40	8:37	10:22	12:12	16:46	25:37	30:04	34:00	47:09	54:05	58:08	1:04:17	1:10:31	1:13:17	1:20:23		
				8:37	1:45	1:50	4:34	8:51	4:27	3:56	13:09	6:56	4:03	6:09	6:14	2:46	7:06		
				1:24:58	1:25:40														
				4:35	0:42														
11	7231	Ricardo Estevez Cos O Porriño BUDIÑOR	1:32:39	5:30	6:36	8:34	12:14	29:46	35:20	39:59	44:42	58:25	1:03:22	1:17:56	1:23:41	1:25:38	1:28:03		
				5:30	1:06	1:58	3:40	17:32	5:34	4:39	<b>4:43</b>	13:43	4:57	14:34	5:45	1:57	2:25		
				1:31:57	1:32:39														
				3:54	0:42														
6343	Francisco Javier Cru Ferrol MONTAÑA_FEI	en tarj.	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----		
				42:15	43:51														
				42:15	1:36														
8356	Diego López Longue Culleredo GALLAECI	en tarj.	8:42	13:46	19:52	27:37	45:34	53:20	59:21	1:11:27	1:17:42	1:20:40	1:28:20	----	----	----			
				8:42	5:04	6:06	7:45	17:57	7:46	6:01	12:06	6:15	2:58	7:40					
				-----															
7733	Simón López Castiño Pontevedra AROMON	No sale																	
4415	Adrián López López Culleredo GALLAECI	No sale																	
<b>Masculino 35 (26)</b>						<b>4,9 km</b>		<b>15 C</b>											
				1(32)	2(31)	3(34)	4(37)	5(41)	6(39)	7(52)	8(68)	9(54)	10(55)	11(44)	12(60)	13(59)	14(58)		
				15(100)	Meta														
1	4290	Francisco Javier Sev A Coruña ARTABROS	44:11	4:27	5:51	7:31	<b>10:39</b>	<b>13:42</b>	<b>16:14</b>	<b>18:39</b>	<b>23:54</b>	<b>26:42</b>	<b>28:15</b>	<b>31:13</b>	<b>34:29</b>	<b>39:05</b>	<b>41:34</b>		
				4:27	1:24	1:40	<b>3:08</b>	3:03	2:32	2:25	5:15	2:48	1:33	2:58	3:16	4:36	2:29		
				<b>43:38</b>	<b>44:11</b>														
				2:04	0:33														
2	4756	Oliver Fernández Nú Nigrán RAZA PALLEI	50:58	4:38	6:31	8:26	11:34	15:21	19:52	22:18	28:21	32:12	33:52	37:13	40:16	44:51	48:30		
				4:38	1:53	1:55	<b>3:08</b>	3:47	4:31	2:26	6:03	3:51	1:40	3:21	3:03	4:35	3:39		
				50:25	50:58														
				1:55	0:33														
3	4204	Pablo Barreiro Fern Nigrán RAZA PALLEI	51:31	5:09	6:25	9:56	13:51	17:34	20:25	22:58	28:38	32:31	34:46	38:43	40:47	46:08	49:01		
				5:09	1:16	3:31	3:55	3:43	2:51	2:33	5:40	3:53	2:15	3:57	2:04	5:21	2:53		
				51:02	51:31														
				2:01	<b>0:29</b>														
4	4592	Gelasio Oujo Pouso Porto do Son ADC_A	53:04	4:31	5:52	7:28	11:21	16:14	20:09	22:33	32:29	35:13	36:44	40:11	42:03	46:26	50:50		
				4:31	1:21	1:36	3:53	4:53	3:55	2:24	9:56	2:44	<b>1:31</b>	3:27	<b>1:52</b>	4:23	4:24		
				52:34	53:04														
				<b>1:44</b>	0:30														
					*50														
5	4347	German Pérez Juste Vigo U-VIGO	54:31	<b>4:08</b>	5:37	7:14	11:08	14:03	20:54	23:36	29:05	31:47	33:29	37:02	40:38	46:36	51:31		
				<b>4:08</b>	1:29	1:37	3:54	2:55	6:51	2:42	5:29	2:42	1:42	3:33	3:36	5:58	4:55		
				53:47	54:31														
				2:16	0:44														
6	4280	Jorge Piñeiro Portel A Coruña ARTABROS	54:54	5:16	6:50	8:39	12:19	16:25	20:30	23:58	29:58	34:12	36:00	39:45	42:48	48:27	52:08		
				5:16	1:34	1:49	3:40	4:06	4:05	3:28	6:00	4:14	1:48	3:45	3:03	5:39	3:41		
				54:18	54:54														
				2:10	0:36														
7	7439	Carlos Martínez-vara Ferrol MONTAÑA_FEI	55:28	4:45	6:18	9:44	13:19	16:47	20:11	23:12	30:48	34:01	37:30	41:31	44:18	49:05	52:16		
				4:45	1:33	3:26	3:35	3:28	3:24	3:01	7:36	3:13	3:29	4:01	2:47	4:47	3:11		
				54:48	55:28														
				2:32	0:40														
8	4679	Marcos Varela Yáñez A Coruña BRIGANTIA	55:36	4:36	9:18	10:30	13:53	19:33	22:37	26:16	31:46	35:06	37:29	41:40	44:07	48:33	53:06		
				4:36	4:42	<b>1:12</b>	3:23	5:40	3:04	3:39	5:30	3:20	2:23	4:11	2:27	4:26	4:33		
				55:01	55:36														
				1:55	0:35														
9	4394	Arturo Norberto Fon Culleredo GALLAECI	56:59	6:15	7:52	9:59	13:53	18:52	23:04	25:55	31:52	35:30	38:10	43:00	45:32	50:47	54:01		
				6:15	1:37	2:07	3:54	4:59	4:12	2:51	5:57	3:38	2:40	4:50	2:32	5:15	3:14		
				56:25	56:59														
				2:24	0:34														
10	4471	David Senra Eiroa Culleredo GALLAECI	57:32	4:24	<b>5:33</b>	<b>6:52</b>	10:42	14:44	17:34	19:48	24:44	34:17	36:31	39:13	41:38	45:43	51:34		
				4:24	<b>1:09</b>	1:19	3:50	4:02	2:50	<b>2:14</b>	<b>4:56</b>	9:33	2:14	<b>2:42</b>	2:25	<b>4:05</b>	5:51		
				57:00	57:32														
				5:26	0:32														
					*55														
11	4548	Lucas García Vázquez O Porriño BUDIÑOR	1:01:54	5:19	6:59	8:40	12:10	16:34	21:32	25:04	32:22	36:27	39:30	43:25	46:15	51:43	56:38		
				5:19	1:40	1:41	3:30	4:24	4:58	3:32	7:18	4:05	3:03	3:55	2:50	5:28	4:55		
				1:01:21	1:01:54														
				4:43	0:33														
12	4447	Daniel Pena Barro Culleredo GALLAECI	1:02:04	5:53	7:36	9:02	12:59	18:26	21:56	25:41	31:44	35:50	39:19	43:55	46:41	53:39	59:02		
				5:53	1:43	1:26	3:57	5:27	3:30	3:45	6:03	4:06	3:29	4:36	2:46	6:58	5:23		
				1:01:32	1:02:04														
				2:30	0:32														
13	4266	Luis Adolfo Couceiro A Coruña ARTABROS	1:04:19	5:24	7:34	10:02	14:07	19:27	23:46	27:10	33:28	39:19	42:01	48:17	52:11	57:31	1:01:43		
				5:24	2:10	2:28	4:05	5:20	4:19	3:24	6:18	5:51	2:42	6:16	3:54	5:20	4:12		
				1:03:42	1:04:19														
				1:59	0:37														

Pos	Dorsal	Nombre	Tiempo														
<b>Masculino 35 (26)</b>				<b>4,9 km</b>		<b>15 C (cont.)</b>											
				1(32) 15(100)	2(31) Meta	3(34)	4(37)	5(41)	6(39)	7(52)	8(68)	9(54)	10(55)	11(44)	12(60)	13(59)	14(58)
14	4366	Juan Carlos Cagide Culleredo GALLAECI	1:04:23	4:33 4:33 1:03:48 2:09	5:55 1:22 1:04:23 0:35	9:12 3:17	13:26 4:14	23:09 9:43	26:09 3:00	29:37 3:28	39:15 9:38	42:53 3:38	45:26 2:33	48:58 3:32	52:36 3:38	57:46 5:10	1:01:39 3:53
15	4587	Joaquín Oujo Ageito Porto do Son ADC_A	1:05:28	6:00 6:00 1:04:51 2:08	7:41 1:41 1:05:28 0:37	9:12 1:31	13:33 4:21	17:35 4:02	21:51 4:16	24:54 3:03	30:47 5:53	34:05 3:18	38:27 4:22	42:27 4:00	45:52 3:25	51:40 5:48	1:02:43 11:03
16	4793	Roberto Amarelle Ga LUGO COMPÁS	1:08:28	5:45 5:45 1:07:49 2:08	7:27 1:42 1:08:28 0:39	9:50 2:23	13:34 3:44	25:29 11:55	28:45 3:16	31:31 2:46	47:49 16:18	50:44 2:55	52:30 1:46	55:20 2:50	58:38 3:18	1:03:13 4:35	1:05:41 2:28
17	4283	Santiago Riestra Goi A Coruña ARTABROS	1:08:31	5:39 5:39 1:07:48 2:03	7:20 1:41 1:08:31 0:43	8:48 1:28	16:21 7:33	21:49 5:28	25:35 3:46	28:15 2:40	46:47 18:32	49:06 2:19	50:50 1:44	54:54 4:04	57:03 2:09	1:01:48 4:45	1:05:45 3:57
18	4825	Antonio Domínguez Nigrán RAZA PALLEI	1:08:34	4:55 4:55 1:07:42 2:49	6:34 1:39 1:08:34 0:52	10:11 3:37	13:47 3:36	17:41 3:54	20:08 2:27	22:49 2:41	29:13 6:24	32:22 3:09	34:55 2:33	44:00 9:05	47:38 3:38	1:00:46 13:08	1:04:53 4:07
19	7186	David Castro Campe Culleredo GALLAECI	1:10:21	5:27 5:27 1:09:48 2:11	7:38 2:11 1:10:21 0:33	16:17 8:39	20:32 4:15	25:52 5:20	29:39 3:47	32:17 2:38	37:34 5:17	40:44 3:10	43:20 2:36	46:45 3:25	49:10 2:25	1:04:18 15:08	1:07:37 3:19
20	6374	Javier González Rod Culleredo GALLAECI	1:14:19	11:28 11:28 1:13:40 2:46	13:12 1:44 1:14:19 0:39	16:46 3:34	21:10 4:24	27:57 6:47	32:21 4:24	35:47 3:26	43:13 7:26	46:27 3:14	48:49 2:22	53:29 4:40	58:51 5:22	1:05:42 6:51	1:10:54 5:12
21	4355	Angel Albarran Rodr Culleredo GALLAECI	1:20:03	4:11 4:11 1:19:17 2:24	5:34 1:23 1:20:03 0:46	7:37 2:03	10:52 3:15	13:43 2:51	17:39 3:56	20:40 3:01	26:31 5:51	29:11 2:40	30:42 1:31	36:59 6:17	49:17 12:18	1:12:47 23:30	1:16:53 4:06
22	7591	Jaime Sanmartin Sar Nigrán RAZA PALLEI	1:23:02	7:05 7:05 1:22:08 2:34	9:23 2:18 1:23:02 0:54	11:43 2:20	20:42 8:59	30:11 9:29	34:00 3:49	37:44 3:44	48:00 10:16	51:41 3:41	1:00:35 8:54	1:07:00 6:25	1:09:52 2:52	1:15:38 5:46	1:19:34 3:56
23	4408	Carlos Iglesias Muñi Culleredo GALLAECI	1:36:32	8:16 8:16 1:35:02 4:26	10:42 2:26 1:36:32 1:30	13:03 2:21	18:01 4:58	24:05 6:04	32:17 8:12	36:17 4:00	51:37 15:20	56:46 5:09	1:00:21 3:35	1:06:04 5:43	1:15:07 9:03	1:25:07 10:00	1:30:36 5:29
24	8357	Eloy Barca Bazar Culleredo GALLAECI	1:54:02	8:50 8:50 1:53:08 3:38	11:59 3:09 1:54:02 0:54	14:39 2:40	21:05 6:26	52:28 31:23	57:10 4:42	1:01:40 4:30	1:10:54 9:14	1:16:03 5:09	1:19:04 3:01	1:29:20 10:16	1:35:53 6:33	1:44:48 8:55	1:49:30 4:42
	4255	Francisco Varela Var Pontevedra AROMON	No sale														
	4493	Jose Angel Morlán R Ordes SEO	No sale														

<b>Masculino 45 (31)</b>				<b>5,0 km</b>		<b>16 C</b>											
				1(32) 15(58)	2(31) 16(100)	3(34) Meta	4(37)	5(40)	6(39)	7(51)	8(68)	9(54)	10(49)	11(50)	12(60)	13(47)	14(59)
1	4420	Antonio Javier López Culleredo GALLAECI	54:43	4:36 4:36 52:01 3:21	6:02 1:26 54:04 2:03	7:33 1:31 54:43 0:39	11:14 3:41	17:09 5:55	20:17 3:08	24:30 4:13	28:36 4:06	31:31 2:55	34:12 2:41	37:36 3:24	41:04 3:28	44:03 2:59	48:40 4:37
2	4600	Alfonso Rosado Frac Porto do Son ADC_A	56:51	4:56 4:56 54:12 3:28	6:20 1:24 56:17 2:05	7:48 1:28 56:51 0:34	12:38 4:50	15:47 3:09	18:35 2:48	22:28 3:53	26:56 4:28	30:18 3:22	32:33 2:15	35:38 3:05	38:48 3:10	46:32 7:44	50:44 4:12
3	6598	Fernando Lorenzo C Porto do Son ADC_A	58:41	8:23 8:23 56:14 3:00	9:53 1:30 58:15 2:01	11:12 1:19 58:41 0:26	14:33 3:21	19:30 4:57	25:30 6:00	28:57 3:27	33:03 4:06	36:22 3:19	38:36 2:14	41:36 3:00	44:40 3:04	48:03 3:23	53:14 5:11
4	4728	Alberto Rodríguez S Nigrán RAZA PALLEI	1:01:51	5:26 5:26 57:59 3:28	6:52 1:26 1:01:19 3:20	11:52 5:00 1:01:51 0:32	17:41 5:49	23:06 5:25	26:13 3:07	30:16 4:03	34:32 4:16	37:34 3:02	40:13 2:39	43:33 3:20	47:10 3:37	50:10 3:00	54:31 4:21
5	4343	Vicente Pastoriza Sa Vigo U-VIGO	1:01:55	5:10 5:10 58:58 3:19	6:51 1:41 1:01:16 2:18	9:00 2:09 1:01:55 0:39	12:39 3:39	18:00 5:21	21:15 3:15	25:26 4:11	30:34 5:08	34:12 3:38	36:37 2:25	40:17 3:40	44:23 4:06	49:20 4:57	55:39 6:19
6	4573	Esteban Cruces Moli Porto do Son ADC_A	1:02:18	8:36 8:36 59:28 3:52	10:07 1:31 1:01:43 2:15	12:01 1:54 1:02:18 0:35	15:49 3:48	20:07 4:18	22:57 2:50	27:25 4:28	32:07 4:42	36:09 4:02	40:17 4:08	43:43 3:26	47:43 4:00	49:16 1:33	55:36 6:20
7	4202	Javier Alvelo Frague Pontevedra AROMON	1:02:40	4:50 4:50 1:00:05 4:09	6:16 1:26 1:02:07 2:02	10:07 3:51 1:02:40 0:33	13:24 3:17	18:31 5:07	21:49 3:18	25:32 3:43	30:07 4:35	33:59 3:52	37:04 3:05	40:55 3:51	48:39 7:44	52:03 3:24	55:56 3:53

Pos	Dorsal	Nombre	Tiempo														
<b>Masculino 45 (31)</b>				<b>5,0 km</b>		<b>16 C</b>		<i>(cont.)</i>									
				1(32)	2(31)	3(34)	4(37)	5(40)	6(39)	7(51)	8(68)	9(54)	10(49)	11(50)	12(60)	13(47)	14(59)
				15(58)	16(100)	Meta											
8	4804	Alberto Lamela Arias LUGO COMPÁS	1:05:00	5:13 5:13 1:02:19	6:43 1:30 1:04:26	8:56 2:13 1:05:00	12:59 4:03	17:51 4:52	20:46 2:55	24:42 3:56	29:31 4:49	38:21 8:50	41:13 2:52	45:24 4:11	49:13 3:49	50:28 1:15	58:56 8:28
9	6584	Victor Garcia Pozuel Ferrol MONTAÑA_FEI	1:05:19	5:01 5:01 1:01:54	6:38 1:37 1:04:40	8:37 1:59 1:05:19	12:10 3:33	17:44 5:34	21:50 4:06	27:12 5:22	31:56 4:44	35:27 3:31	37:58 2:31	43:20 5:22	53:12 9:52	54:08 <b>0:56</b>	58:12 4:04
10	4618	Roberto Chas Góme Betanzos OP BETAN	1:06:13	9:17 9:17 1:03:23	10:56 1:39 1:05:33	12:15 <b>1:19</b> 1:06:13	15:46 3:31	21:30 5:44	25:46 4:16	30:41 4:55	35:35 4:54	39:33 3:58	41:40 <b>2:07</b>	44:44 3:04	47:45 <b>3:01</b>	51:14 3:29	56:02 4:48
11	4772	Julio Cañas Lara A Coruña LICEO	1:07:53	5:36 5:36 1:04:47	7:25 1:49 1:07:17	8:57 1:32 1:07:53	13:08 4:11	18:17 5:09	21:49 3:32	25:50 4:01	31:44 5:54	36:55 5:11	40:15 3:20	46:37 6:22	51:19 4:42	56:04 4:45	1:00:44 4:40
12	4224	Francisco Manuel Li Pontevedra AROMON	1:08:17	6:31 6:31 1:05:07	8:24 1:53 1:07:37	10:56 2:32 1:08:17	15:27 4:31	22:28 7:01	26:50 4:22	31:26 4:36	37:18 5:52	40:53 3:35	45:29 4:36	49:43 4:14	53:51 4:08	55:45 1:54	1:01:05 5:20
13	4348	Jorge Pérez Juste Vigo U-VIGO	1:08:37	6:42 6:42 1:05:21	12:05 5:23 1:07:55	14:07 2:02 1:08:37	18:12 4:05	24:06 5:54	27:25 3:19	31:42 4:17	36:41 4:59	40:21 3:40	42:46 2:25	46:23 3:37	50:35 4:12	55:27 4:52	1:02:00 6:33
14	5008	Jose Manuel Robles Culleredo GALLAECI	1:08:39	4:53 4:53 1:06:01	6:14 <b>1:21</b> 1:08:03	8:02 1:48 1:08:39	12:17 4:15	18:18 6:01	21:01 <b>2:43</b>	32:46 11:45	37:34 4:48	40:57 3:23	44:30 3:33	50:11 5:41	53:38 3:27	56:58 3:20	1:02:33 5:35
15	4397	Jose Luis Garcia Do Culleredo GALLAECI	1:09:10	6:20 6:20 1:06:26	7:48 1:28 1:08:35	13:52 6:04 1:09:10	17:39 3:47	22:44 5:05	26:07 3:23	33:35 7:28	38:25 4:50	41:49 3:24	46:19 4:30	52:47 6:28	56:37 3:50	58:05 1:28	1:02:19 4:14
16	4294	Santiago Traveso Ro A Coruña ARTABROS	1:11:00	5:27 5:27 1:07:43	7:33 2:06 1:10:17	12:29 4:56 1:11:00	16:46 4:17	20:31 3:45	24:09 3:38	29:38 5:29	36:04 6:26	40:17 4:13	43:13 2:56	49:00 5:47	56:05 7:05	57:59 1:54	1:02:42 4:43
17	4270	Antonio Gómez Ram A Coruña ARTABROS	1:11:33	5:36 5:36 1:07:56	7:44 2:08 1:10:46	12:33 4:49 1:11:33	16:36 4:03	21:41 5:05	24:57 3:16	30:16 5:19	35:48 5:32	41:11 5:23	44:14 3:03	48:40 4:26	53:48 5:08	55:49 2:01	1:03:15 7:26
18	4272	Alfonso Louro Fuent A Coruña ARTABROS	1:16:31	5:06 5:06 1:13:37	6:51 1:45 1:15:55	20:03 13:12 1:16:31	24:02 3:59	29:54 5:52	33:31 3:37	37:16 3:45	42:20 5:04	49:55 7:35	52:52 2:57	58:31 5:39	1:04:26 5:55	1:05:40 1:14	1:10:47 5:07
19	6575	Eladio Parga Ures Santiago de Comp U	1:19:11	6:25 6:25 1:14:55	8:03 1:38 1:18:13	14:06 6:03 1:19:11	19:24 5:18	28:36 9:12	33:17 4:41	37:59 4:42	43:33 5:34	47:44 4:11	51:52 4:08	56:09 4:17	1:01:26 5:17	1:02:38 1:12	1:07:53 5:15
20	4334	José Luis Armada Ll Vigo U-VIGO	1:20:36	6:33 6:33 1:16:26	8:28 1:55 1:19:49	10:56 2:28 1:20:36	15:50 4:54	20:28 4:38	23:50 3:22	29:09 5:19	35:55 6:46	41:55 6:00	48:41 6:46	52:46 4:05	58:34 5:48	1:03:04 4:30	1:11:05 8:01
21	4783	Alfonso Navia Álvare A Coruña LICEO	1:23:37	11:27 11:27 1:19:43	13:41 2:14 1:23:00	17:53 4:12 1:23:37	22:32 4:39	26:26 3:54	29:44 3:18	33:52 4:08	42:16 8:24	46:39 4:23	49:48 3:09	1:00:42 10:54	1:05:32 4:50	1:09:11 3:39	1:14:43 5:32
22	6913	Noel Rodríguez Pére Culleredo GALLAECI	1:25:32	6:03 6:03 1:22:29	8:08 2:05 1:24:57	10:46 2:38 1:25:32	24:38 13:52	31:09 6:31	34:18 3:09	39:44 5:26	45:23 5:39	49:03 3:40	53:19 4:16	1:00:37 7:18	1:05:39 5:02	1:10:23 4:44	1:17:03 6:40
23	4435	Ivan Naveira Gonzale Culleredo GALLAECI	1:29:01	6:20 6:20 1:25:09	8:15 1:55 1:28:21	13:06 4:51 1:29:01	20:14 7:08	26:01 5:47	31:33 5:32	37:33 6:00	46:24 8:51	51:29 5:05	55:49 4:20	1:02:42 6:53	1:07:54 5:12	1:10:08 2:14	1:18:51 8:43
24	7730	Fidel Ballesteros Pri Pontevedra AROMON	1:30:20	5:06 5:06 1:27:06	6:36 1:30 1:29:55	8:24 1:48 1:30:20	13:01 4:37	30:00 16:59	33:22 3:22	37:50 4:28	57:24 19:34	1:02:06 4:42	1:05:15 3:09	1:09:03 3:48	1:15:03 6:00	1:17:39 2:36	1:24:09 6:30
25	4525	Diego De La Torre H Barco de Valdeor OL	1:31:00	6:24 6:24 1:26:20	8:55 2:31 1:30:07	10:40 1:45 1:31:00	22:31 11:51	26:14 3:43	34:42 8:28	39:18 4:36	46:08 6:50	52:28 6:20	55:43 3:15	1:03:47 8:04	1:08:14 4:27	1:11:21 3:07	1:17:28 6:07
26	4360	Arturo Antón Casado Culleredo GALLAECI	1:46:35	19:59 19:59 -----	23:02 3:03 1:44:54	26:56 3:54 1:46:35	33:03 6:07	40:01 6:58	45:34 5:33	51:22 5:48	58:19 6:57	1:03:21 5:02	1:09:19 5:58	1:15:00 5:41	1:21:18 6:18	1:23:51 2:33	1:33:59 10:08
27	6365	Carlos Alberto Alons Culleredo GALLAECI	1:46:38	10:56 10:56 1:42:28	14:03 3:07 1:45:49	15:47 1:44 1:46:38	20:48 5:01	26:49 6:01	34:07 7:18	53:20 19:13	1:02:13 8:53	1:09:24 7:11	1:13:42 4:18	1:20:16 6:34	1:26:00 5:44	1:28:27 2:27	1:35:57 7:30

Pos	Dorsal	Nombre	Tempo														
<b>Masculino 45 (31)</b>				<b>5,0 km</b>		<b>16 C</b>		<i>(cont.)</i>									
				1(32)	2(31)	3(34)	4(37)	5(40)	6(39)	7(51)	8(68)	9(54)	10(49)	11(50)	12(60)	13(47)	14(59)
				15(58)	16(100)	Meta											
28	4606	Francisco Javier Vei Porto do Son ADC_A	1:50:29	8:35 8:35 1:45:06 10:40	12:00 3:25 1:49:54 4:48	15:08 3:08 1:50:29 0:35	20:11 5:03	30:34 10:23	34:10 3:36	42:18 8:08	57:13 14:55	1:03:00 5:47	1:08:54 5:54	1:16:10 7:16	1:24:42 8:32	1:26:49 2:07	1:34:26 7:37
29	4455	Luis Javier Ramos A Culleredo GALLAECI	1:58:35	10:59 10:59 1:48:39 8:48	12:44 1:45 1:56:53 8:14	15:38 2:54 1:58:35 1:42	24:39 9:01	41:52 17:13	50:59 9:07	59:59 9:00	1:07:25 7:26	1:14:32 7:07	1:17:00 2:28	1:20:46 3:46	1:26:01 5:15	1:27:22 1:21	1:39:51 12:29
30	8481	Pablo Núñez Otero Santiago de Comp U	1:59:43	10:41 10:41 1:52:23 7:13	13:40 2:59 1:58:11 5:48	17:35 3:55 1:59:43 1:32	22:06 4:31	29:00 6:54	43:20 14:20	56:25 13:05	1:02:53 6:28	1:09:18 6:25	1:16:19 7:01	1:25:19 9:00	1:34:29 9:10	1:38:03 3:34	1:45:10 7:07
	4392	Juan Carlos Ferreir Betanzos OP BETAN:	No sale														
<b>Senior (15)</b>				<b>5,2 km</b>		<b>16 C</b>											
				1(32)	2(67)	3(35)	4(37)	5(39)	6(51)	7(55)	8(54)	9(49)	10(64)	11(44)	12(60)	13(59)	14(38)
				15(58)	16(100)	Meta											
1	4450	Felipe Peña Pita Culleredo GALLAECI	43:59	4:04 4:04 41:40 3:11	5:14 1:10 43:29 1:49	6:10 0:56 43:59 0:30	8:24 2:14	12:53 4:29	15:58 3:05	18:48 2:50	20:06 1:18	22:25 2:19	25:37 3:12	27:59 2:22	30:16 2:17	34:13 3:57	38:29 4:16
2	4477	Iván Somoza Argibay Culleredo GALLAECI	45:06	3:45 3:45 42:57 3:18	4:47 1:02 44:35 1:38	5:46 0:59 45:06 0:31	7:58 2:12	11:11 3:13	14:56 3:45	18:03 3:07	19:29 1:26	21:27 1:58	25:21 3:54	28:44 3:23	31:13 2:29	35:03 3:50	39:39 4:36
3	4688	Martín Morales Ferre Xinzo de Limia LIMIA	46:22	4:44 4:44 44:04 2:35	6:53 2:09 45:52 1:48	7:49 0:56 46:22 0:30	10:21 2:32	13:44 3:23	16:34 2:50	19:27 2:53	21:46 2:19	23:43 1:57	26:48 3:05	29:04 2:16	31:47 2:43	36:46 4:59	41:29 4:43
4	4478	Anxo Somoza Seoan Culleredo GALLAECI	53:17	4:36 4:36 50:47 3:19	7:10 2:34 52:47 2:00	8:23 1:13 53:17 0:30	11:10 2:47	15:42 4:32	20:06 4:24	23:53 3:47	25:21 1:28	27:40 2:19	31:21 3:41	34:02 2:41	36:01 1:59	41:10 5:09	47:28 6:18
5	4372	Xan Carballo Alviáre Culleredo GALLAECI	53:21	5:17 5:17 50:43 2:45	7:02 1:45 52:46 2:03	8:17 1:15 53:21 0:35	10:54 2:37	15:07 4:13	19:29 4:22	23:57 4:28	25:52 1:55	28:10 2:18	31:51 3:41	34:29 2:38	36:29 2:00	41:50 5:21	47:58 6:08
6	4582	Julio Lagos Carrera Porto do Son ADC_A	54:18	4:25 4:25 51:43 2:55	8:34 4:09 53:42 1:59	9:33 0:59 54:18 0:36	12:12 2:39	16:59 4:47	21:50 4:51	25:28 3:38	27:06 1:38	29:26 2:20	33:31 4:05	36:02 2:31	38:10 2:08	43:16 5:06	48:48 5:32
7	4828	Gonzalo Fernández Nigrán RAZA PALLEI	54:30	4:16 4:16 52:05 2:52	5:42 1:26 53:59 1:54	7:37 1:55 54:30 0:31	14:34 6:57	17:50 3:16	21:27 3:37	24:36 3:09	27:01 2:25	29:34 2:33	33:42 4:08	35:57 2:15	38:41 2:44	44:18 5:37	49:13 4:55
8	4507	Pelayo Garcia Acevedo Pontevedra AROMON	55:09	4:33 4:33 52:35 2:40	5:54 1:21 54:31 1:56	6:52 0:58 55:09 0:38	9:08 2:16	12:57 3:49	16:35 3:38	22:21 5:46	23:58 1:37	26:20 2:22	31:39 5:19	34:26 2:47	37:13 2:47	41:37 4:24	49:55 8:18
9	4648	Ruben Rodriguez Ferrer Pontevedra AROMON	1:02:08	4:28 4:28 59:16 2:45	6:46 2:18 1:01:34 2:18	10:14 3:28 1:02:08 0:34	13:11 2:57	18:06 4:55	21:38 3:32	30:30 8:52	31:51 1:21	33:48 1:57	38:45 4:57	41:41 2:56	44:42 3:01	49:26 4:44	56:31 7:05
10	4352	Alan Sardinero Gonzalez Porto do Son ADC_A	1:04:06	4:26 4:26 1:01:39 4:11	9:13 4:47 1:03:37 1:58	12:15 3:02 1:04:06 0:29	14:25 2:10	18:32 4:07	21:49 3:17	25:19 3:30	32:56 7:37	36:24 3:28	41:07 4:43	44:01 2:54	47:12 3:11	52:05 4:53	57:28 5:23
11	4646	Jose Penas Varela Pontevedra AROMON	1:10:20	5:33 5:33 1:07:10 3:54	9:12 3:39 1:09:39 2:29	10:22 1:10 1:10:20 0:41	13:25 3:03	19:17 5:52	25:38 6:21	31:14 5:36	32:57 1:43	35:47 2:50	42:37 6:50	46:13 3:36	52:33 6:20	57:36 5:03	1:03:16 5:40
12	6223	Olegario Soto Rodriguez Pontevedra AROMON	1:32:33	13:22 13:22 1:26:40 5:31	14:43 1:21 1:31:03 4:23	16:19 1:36 1:32:33 1:30	19:03 2:44	23:54 4:51	30:45 6:51	35:49 5:04	38:26 2:37	42:49 4:23	48:51 6:02	58:08 9:17	1:01:00 2:52	1:05:26 4:26	1:21:09 15:43
	4608	Alejandro Victorero Lopez Pontevedra AROMON	en tarj.	4:12 4:12 -----	6:19 2:07 -----	7:24 1:05 1:07:28 28:52	9:54 2:30	14:13 4:19	17:21 3:08	24:09 6:48	26:00 1:51	28:26 2:26	32:21 3:55	35:08 2:47	38:36 3:28	-----	-----
	7463	Andrés Sanmartín Otero Pontevedra AROMON	andona	10:06 10:06 1:00:00 6:46	12:39 2:33 1:05:16 5:16	14:46 2:07 1:07:11 1:55	20:30 5:44	33:26 12:56	-----	-----	-----	-----	-----	-----	-----	42:50 9:24	53:14 10:24
	4768	Alberto Arufe Varela A Coruña LICEO	No sale														

Pos	Dorsal	Nombre	Tempo												
Iniciación Corta (42)				2,5 km			10 C								
				1(46)	2(65)	3(33)	4(62)	5(61)	6(63)	7(43)	8(45)	9(56)	10(100)	Meta	
1	6057	Adrián Baamonde Ab Porto do Son ADC_A	41:23	3:50	9:09	13:41	18:09	22:28	26:31	29:52	<b>35:56</b>	<b>38:26</b>	<b>40:41</b>	<b>41:23</b>	
2	99946	Belén García Díaz	41:50	3:50	5:19	4:32	4:28	4:19	4:03	3:21	6:04	2:30	2:15	0:42	
				4:02	8:42	12:04	18:19	21:27	28:07	30:38	36:57	38:28	41:15	41:50	
				4:02	<b>4:40</b>	3:22	6:15	<b>3:08</b>	6:40	2:31	6:19	<b>1:31</b>	2:47	<b>0:35</b>	
3	99907	Ainoa Muinelo Polo	44:07	3:34	<b>8:34</b>	<b>11:51</b>	<b>15:47</b>	<b>20:04</b>	<b>24:10</b>	<b>27:57</b>	38:57	41:11	43:24	44:07	
				3:34	5:00	3:17	3:56	4:17	4:06	3:47	11:00	2:14	2:13	0:43	
4	99952	Lúa Trillo Somoza	51:08	6:50	14:50	19:35	26:25	31:51	36:09	40:32	46:06	48:29	50:09	51:08	
				6:50	8:00	4:45	6:50	5:26	4:18	4:23	5:34	2:23	1:40	0:59	
5	99945	Fabián Otero Rodrí	54:26	5:11	12:21	16:12	21:22	27:59	33:09	36:54	43:34	47:08	53:33	54:26	
				5:11	7:10	3:51	5:10	6:37	5:10	3:45	6:40	3:34	6:25	0:53	
6	99909	Mara Gomez	55:53	2:48	12:04	15:00	18:14	24:23	30:23	34:47	47:56	49:46	53:14	55:53	
				2:48	9:16	2:56	<b>3:14</b>	6:09	6:00	4:24	13:09	1:50	3:28	2:39	
7	6742	Leire Rocha Cuiña LUGO COMPÁS	57:00	7:17	14:39	20:16	25:28	31:48	39:29	44:05	51:18	53:50	56:08	57:00	
				7:17	7:22	5:37	5:12	6:20	7:41	4:36	7:13	2:32	2:18	0:52	
8	4813	Lucas Rocha Cuiña LUGO COMPÁS	57:01	7:22	14:39	20:10	25:38	31:39	39:32	43:54	51:23	53:48	56:13	57:01	
				7:22	7:17	5:31	5:28	6:01	7:53	4:22	7:29	2:25	2:25	0:48	
9	99957	Mariña Vazquez Beja A Coruña ARTABROS	1:06:17	3:35	12:16	16:09	27:59	41:12	45:34	50:38	57:33	1:00:19	1:05:07	1:06:17	
				3:35	8:41	3:53	11:50	13:13	4:22	5:04	6:55	2:46	4:48	1:10	
10	99955	Cibrán Vázquez Vare A Coruña ARTABROS	1:06:22	3:39	12:27	16:17	28:06	41:15	45:38	50:41	57:36	1:00:32	1:05:21	1:06:22	
				3:39	8:48	3:50	11:49	13:09	4:23	5:03	6:55	2:56	4:49	1:01	
11	7354	Gabriel Seoane Gon; Culleredo GALLAECI	1:07:37	6:14	16:30	24:19	33:22	41:12	45:34	49:49	56:30	1:00:12	1:06:59	1:07:37	
				6:14	10:16	7:49	9:03	7:50	4:22	4:15	6:41	3:42	6:47	0:38	
12	99903	Enrique Benjamin Q	1:12:25	8:31	14:47	17:44	26:20	51:20	54:43	56:50	1:02:17	1:10:22	1:11:44	1:12:25	
				8:31	6:16	2:57	8:36	25:00	3:23	<b>2:07</b>	5:27	8:05	<b>1:22</b>	0:41	
13	6437	Emma Garcia Varela A Coruña BRIGANTIA	1:13:03	6:35	16:47	22:55	30:01	36:40	44:35	54:05	1:03:12	1:07:35	1:11:45	1:13:03	
				6:35	10:12	6:08	7:06	6:39	7:55	9:30	9:07	4:23	4:10	1:18	
14	7813	Angel Garcia Varela A Coruña BRIGANTIA	1:13:14	6:42	16:45	22:36	30:04	36:39	44:27	54:01	1:03:14	1:07:40	1:11:55	1:13:14	
				6:42	10:03	5:51	7:28	6:35	7:48	9:34	9:13	4:26	4:15	1:19	
15	99933	Iago Arnesto Morug; A Coruña ARTABROS	1:16:21	5:03	13:47	20:42	35:19	39:17	45:02	50:50	1:02:07	1:09:02	1:15:07	1:16:21	
				5:03	8:44	6:55	14:37	3:58	5:45	5:48	11:17	6:55	6:05	1:14	
16	99932	Eva Seoane Domíng; A Coruña ARTABROS	1:17:13	5:27	13:49	21:29	35:26	40:14	46:13	51:14	1:03:33	1:09:57	1:16:04	1:17:13	
				5:27	8:22	7:40	13:57	4:48	5:59	5:01	12:19	6:24	6:07	1:09	
17	6228	Fiz Louro Seoane A Coruña ARTABROS	1:17:14	5:27	13:49	21:15	35:33	40:09	46:05	50:59	1:02:41	1:10:16	1:16:02	1:17:14	
				5:27	8:22	7:26	14:18	4:36	5:56	4:54	11:42	7:35	5:46	1:12	
18	99954	Catuxa Vázquez Bej; A Coruña ARTABROS	1:17:34	5:06	12:25	18:17	25:46	35:26	43:07	50:43	1:03:30	1:08:35	1:16:02	1:17:34	
				5:06	7:19	5:52	7:29	9:40	7:41	7:36	12:47	5:05	7:27	1:32	
19	99956	Laura Bejarano Dom; A Coruña ARTABROS	1:17:43	5:06	12:26	18:27	25:38	35:08	43:21	50:49	1:06:47	1:08:48	1:16:12	1:17:43	
				5:06	7:20	6:01	7:11	9:30	8:13	7:28	15:58	2:01	7:24	1:31	
20	99908	Lara López Vázquez	1:18:49	2:59	16:20	18:04	43:25	51:38	55:18	57:37	1:03:14	1:15:18	1:17:14	1:18:49	
				2:59	13:21	<b>1:44</b>	25:21	8:13	3:40	2:19	5:37	12:04	1:56	1:35	
21	99906	Iria Iglesias Fernand	1:18:51	3:02	16:20	18:15	43:29	51:51	55:23	57:54	1:03:20	1:15:28	1:17:19	1:18:51	
				3:02	13:18	1:55	25:14	8:22	3:32	2:31	<b>5:26</b>	12:08	1:51	1:32	
22	99920	Daniel Roca Uh A Coruña ARTABROS	1:20:38	5:06	15:03	25:33	37:00	44:03	48:28	55:19	1:06:30	1:13:43	1:19:34	1:20:38	
				5:06	9:57	10:30	11:27	7:03	4:25	6:51	11:11	7:13	5:51	1:04	
23	99930	Miguel Serantes De l; A Coruña ARTABROS	1:20:55	5:14	15:09	25:32	37:10	44:27	48:31	55:29	1:06:33	1:13:38	1:20:06	1:20:55	
				5:14	9:55	10:23	11:38	7:17	4:04	6:58	11:04	7:05	6:28	0:49	
24	99958	Roi González Paris A Coruña ARTABROS	1:21:00	7:00	15:36	25:29	37:01	44:22	48:23	55:18	1:07:15	1:14:17	1:20:14	1:21:00	
				7:00	8:36	9:53	11:32	7:21	4:01	6:55	11:57	7:02	5:57	0:46	
25	4367	Elia Camblor Bello Betanzos OP BETAN;	1:22:05	8:55	23:39	30:26	40:46	48:50	58:56	1:04:47	1:14:13	1:17:58	1:20:27	1:22:05	
				8:55	14:44	6:47	10:20	8:04	10:06	5:51	9:26	3:45	2:29	1:38	
26	7558	Aíne Veira Pereira Betanzos OP BETAN;	1:22:06	8:51	23:46	30:25	40:51	48:41	59:02	1:04:45	1:14:17	1:18:04	1:20:28	1:22:06	
				8:51	14:55	6:39	10:26	7:50	10:21	5:43	9:32	3:47	2:24	1:38	
27	99950	Guzman PiÑeiro Vell	1:23:31	<b>2:41</b>	14:54	18:20	25:01	28:35	43:44	47:12	1:13:30	1:16:38	1:22:42	1:23:31	
				<b>2:41</b>	12:13	3:26	6:41	3:34	15:09	3:28	26:18	3:08	6:04	0:49	
28	7820	Izan Rodríguez Diaz LUGO COMPÁS	1:26:28	6:45	20:40	27:49	42:57	51:10	59:38	1:04:35	1:16:54	1:21:20	1:25:22	1:26:28	
				6:45	13:55	7:09	15:08	8:13	8:28	4:57	12:19	4:26	4:02	1:06	
29	7821	Roi Rodríguez Diaz LUGO COMPÁS	1:26:53	6:58	20:47	27:35	42:59	51:14	59:41	1:04:54	1:16:57	1:21:53	1:26:05	1:26:53	
				6:58	13:49	6:48	15:24	8:15	8:27	5:13	12:03	4:56	4:12	0:48	
30	6915	Irea Rodríguez Arias Culleredo GALLAECI	1:29:51	10:48	23:12	30:39	46:20	55:24	1:03:12	1:09:07	1:20:27	1:25:09	1:29:05	1:29:51	
				10:48	12:24	7:27	15:41	9:04	7:48	5:55	11:20	4:42	3:56	0:46	
31	4448	Inés Peña Álvarez Culleredo GALLAECI	1:29:52	10:47	23:08	30:17	45:57	55:12	1:02:58	1:08:51	1:20:28	1:25:21	1:28:56	1:29:52	
				10:47	12:21	7:09	15:40	9:15	7:46	5:53	11:37	4:53	3:35	0:56	
32	8445	Izan Balboa Calvo Barco de Valdeor OL	1:37:20	8:59	23:46	34:47	46:14	1:01:19	1:10:43	1:17:14	1:25:04	1:32:37	1:36:32	1:37:20	
				8:59	14:47	11:01	11:27	15:05	9:24	6:31	7:50	7:33	3:55	0:48	
33	99921	Dario Hortas Castro	1:38:58	6:43	24:30	29:35	35:37	44:41	1:12:07	1:19:30	1:27:25	1:31:27	1:37:40	1:38:58	
				6:43	17:47	5:05	6:02	9:04	27:26	7:23	7:55	4:02	6:13	1:18	
34	99927	Enma Freire González Culleredo GALLAECI	1:53:39	10:48	22:10	40:21	57:41	1:09:53	1:19:14	1:27:14	1:40:40	1:47:21	1:51:18	1:53:39	
				10:48	11:22	18:11	17:20	12:12	9:21	8:00	13:26	6:41	3:57	2:21	
				1:52:06											
				*100											
35	99942	Xabi Freire González Culleredo GALLAECI	1:54:09	10:47	22:07	40:42	58:01	1:10:05	1:19:16	1:27:48	1:40:15	1:47:15	1:51:21	1:54:09	
				10:47	11:20	18:35	17:19	12:04	9:11	8:32	12:27	7:00	4:06	2:48	
36	7557	Ian Veira Pereira Betanzos OP BETAN;	2:01:56	10:58	27:02	41:12	55:25	1:16:29	1:24:49	1:32:03	1:41:31	1:53:39	2:00:57	2:01:56	
				10:58	16:04	14:10	14:13	21:04	8:20	7:14	9:28	12:08	7:18	0:59	

Pos	Dorsal	Nombre	Tempo																
<b>Iniciación Corta (42)</b>				<b>2,5 km</b>		<b>10 C</b>		<i>(cont.)</i>											
				1(46)	2(65)	3(33)	4(62)	5(61)	6(63)	7(43)	8(45)	9(56)	10(100)	Meta					
	<b>99949</b>	<b>David García Otero</b>	<b>Desc.</b>	4:55	12:20	16:07	21:16	28:06	33:01	37:08	43:41	47:03	53:23						
				4:55	7:25	3:47	5:09	6:50	4:55	4:07	6:33	3:22	6:20						
	<b>7374</b>	<b>Ézaro Caldas Torres</b>	<b>Desc.</b>	9:23	32:38	40:23	51:16	1:00:13	1:06:22	1:11:03	1:23:31	1:27:25	1:29:47						
		<b>A Coruña BRIGANTIA</b>		9:23	23:15	7:45	10:53	8:57	6:09	4:41	12:28	3:54	2:22						
<b>Iniciación Longa (41)</b>				<b>3,2 km</b>		<b>13 C</b>													
				1(46)	2(57)	3(65)	4(33)	5(62)	6(42)	7(40)	8(61)	9(63)	10(43)	11(58)	12(56)	13(100)	Meta		
<b>1</b>	<b>99916</b>	<b>Jose Francisco Vida</b>	<b>35:40</b>	2:30	4:12	6:50	8:44	<b>11:17</b>	<b>16:40</b>	20:22	<b>23:24</b>	26:30	28:43	<b>31:12</b>	<b>33:30</b>	<b>34:57</b>	<b>35:40</b>		
				2:30	<b>1:42</b>	2:38	1:54	2:33	5:23	3:42	3:02	3:06	2:13	2:29	2:18	1:27	0:43		
<b>2</b>	<b>99911</b>	<b>David Gomez Reque</b>	<b>37:20</b>	2:34	4:58	7:01	9:08	12:37	17:01	<b>20:19</b>	23:49	<b>26:07</b>	28:57	32:04	34:28	36:12	37:20		
				2:34	2:24	2:03	2:07	3:29	4:24	3:18	3:30	<b>2:18</b>	2:50	3:07	2:24	1:44	1:08		
<b>3</b>	<b>99910</b>	<b>Cristóbal Cuyar Fon</b>	<b>37:22</b>	2:39	5:03	6:59	9:14	12:34	17:00	20:22	23:44	26:12	28:55	31:57	34:21	36:17	37:22		
				2:39	2:24	1:56	2:15	3:20	4:26	3:22	3:22	2:28	2:43	3:02	2:24	1:56	1:05		
<b>4</b>	<b>99943</b>	<b>Xabier Díaz Fernánd</b>	<b>40:28</b>	2:22	7:29	8:48	11:17	14:46	18:31	21:45	27:10	29:45	33:27	35:52	37:32	39:38	40:28		
				2:22	5:07	<b>1:19</b>	2:29	3:29	<b>3:45</b>	3:14	5:25	2:35	3:42	<b>2:25</b>	1:40	2:06	0:50		
<b>5</b>	<b>99914</b>	<b>Pablo Meijide</b>	<b>40:58</b>	2:23	4:49	6:39	<b>7:57</b>	12:14	17:15	21:25	23:59	26:50	<b>28:26</b>	36:34	38:27	39:52	40:58		
				2:23	2:26	1:50	<b>1:18</b>	4:17	5:01	4:10	<b>2:34</b>	2:51	<b>1:36</b>	8:08	1:53	1:25	1:06		
<b>6</b>	<b>99915</b>	<b>Pablo Gomez</b>	<b>41:03</b>	2:30	4:43	6:46	10:02	12:17	17:01	21:19	24:23	26:54	29:13	36:46	38:43	39:58	41:03		
				2:30	2:13	2:03	3:16	<b>2:15</b>	4:44	4:18	3:04	2:31	2:19	7:33	1:57	<b>1:15</b>	1:05		
<b>7</b>	<b>99937</b>	<b>David Cainzos Cagig</b>	<b>43:31</b>	3:13	8:33	11:02	13:28	16:48	21:52	24:48	29:03	32:34	35:01	38:02	40:43	42:33	43:31		
				3:13	5:20	2:29	2:26	3:20	5:04	2:56	4:15	3:31	2:27	3:01	2:41	1:50	0:58		
					42:35														
					*100														
<b>7</b>	<b>99938</b>	<b>Virginia Torres Carb</b>	<b>43:31</b>	3:30	8:38	11:05	13:32	16:44	22:04	24:52	29:00	32:24	35:03	38:06	40:49	42:34	43:31		
				3:30	5:08	2:27	2:27	3:12	5:20	<b>2:48</b>	4:08	3:24	2:39	3:03	2:43	1:45	0:57		
<b>9</b>	<b>99917</b>	<b>Marcos Barreiro Otei</b>	<b>44:53</b>	2:34	4:39	6:53	9:10	16:58	23:49	26:50	31:09	33:58	36:34	39:19	42:24	43:58	44:53		
				2:34	2:05	2:14	2:17	7:48	6:51	3:01	4:19	2:49	2:36	2:45	3:05	1:34	0:55		
<b>10</b>	<b>99904</b>	<b>Alicia Macaya Alonso</b>	<b>48:13</b>	<b>2:07</b>	<b>4:11</b>	<b>6:06</b>	8:03	15:38	20:59	24:42	32:19	35:29	37:45	41:29	44:53	47:40	48:13		
				<b>2:07</b>	2:04	1:55	1:57	7:35	5:21	3:43	7:37	3:10	2:16	3:44	3:24	2:47	<b>0:33</b>		
<b>11</b>	<b>99925</b>	<b>Mario Castro Porta</b>	<b>51:34</b>	2:57	9:59	12:16	14:54	19:08	26:26	30:09	34:27	37:21	40:30	45:19	48:36	50:33	51:34		
				2:57	7:02	2:17	2:38	4:14	7:18	3:43	4:18	2:54	3:09	4:49	3:17	1:57	1:01		
<b>12</b>	<b>99926</b>	<b>Alba Tajuelo Ferrer</b>	<b>51:35</b>	3:02	10:09	12:19	15:10	19:06	26:32	30:20	34:44	37:20	40:47	45:15	48:36	50:38	51:35		
				3:02	7:07	2:10	2:51	3:56	7:26	3:48	4:24	2:36	3:27	4:28	3:21	2:02	0:57		
					50:44														
					*100														
<b>13</b>	<b>99934</b>	<b>Jorge Freire Fernán</b>	<b>53:33</b>	2:37	10:38	12:33	15:16	19:22	23:45	29:35	35:31	39:46	44:08	47:55	51:23	52:55	53:33		
		<b>LUGO FLUVIAL_LUG</b>		2:37	8:01	1:55	2:43	4:06	4:23	5:50	5:56	4:15	4:22	3:47	3:28	1:32	0:38		
<b>14</b>	<b>99953</b>	<b>Álvaro Ventura Roza</b>	<b>55:47</b>	7:26	9:26	11:46	13:54	16:46	22:59	30:08	34:24	36:50	38:55	50:37	53:50	55:10	55:47		
				7:26	2:00	2:20	2:08	2:52	6:13	7:09	4:16	2:26	2:05	11:42	3:13	1:20	0:37		
					55:12														
					*100														
<b>15</b>	<b>99951</b>	<b>Marcos Ventura Rozi</b>	<b>55:48</b>	7:26	9:30	11:45	13:56	16:47	23:01	30:04	34:14	36:45	38:46	50:38	53:40	55:07	55:48		
				7:26	2:04	2:15	2:11	2:51	6:14	7:03	4:10	2:31	2:01	11:52	3:02	1:27	0:41		
					55:09														
					*100														
<b>16</b>	<b>99947</b>	<b>Pablo Somoza Garcí</b>	<b>56:46</b>	2:37	5:01	7:55	9:57	12:59	18:13	24:47	30:14	36:02	41:27	45:08	52:46	54:59	56:46		
				2:37	2:24	2:54	2:02	3:02	5:14	6:34	5:27	5:48	5:25	3:41	7:38	2:13	1:47		
<b>17</b>	<b>99902</b>	<b>Matías Velázquez Go</b>	<b>57:22</b>	4:20	6:52	10:54	14:41	19:39	26:01	30:18	37:12	41:16	45:20	49:15	53:13	56:13	57:22		
		<b>A Coruña BRIGANTIA</b>		4:20	2:32	4:02	3:47	4:58	6:22	4:17	6:54	4:04	4:04	3:55	3:08	3:00	1:09		
<b>18</b>	<b>99922</b>	<b>Victor M. Casteleiro</b>	<b>1:05:46</b>	4:47	7:22	11:25	15:25	20:29	29:42	35:15	39:22	44:17	47:35	57:24	1:01:03	1:03:32	1:05:46		
				4:47	2:35	4:03	4:00	5:04	9:13	5:33	4:07	4:55	3:18	9:49	3:39	2:29	2:14		
<b>19</b>	<b>99923</b>	<b>Javier Bouza Pita</b>	<b>1:05:47</b>	4:47	7:33	11:40	15:30	20:23	29:48	34:55	39:25	44:17	47:40	57:31	1:01:06	1:03:33	1:05:47		
				4:47	2:46	4:07	3:50	4:53	9:25	5:07	4:30	4:52	3:23	9:51	3:35	2:27	2:14		
<b>20</b>	<b>99944</b>	<b>Daniel Ulises Díaz C</b>	<b>1:06:48</b>	2:13	10:17	12:34	15:02	17:46	22:34	25:51	30:26	44:41	48:20	58:21	1:02:11	1:05:59	1:06:48		
				2:13	8:04	2:17	2:28	2:44	4:48	3:17	4:35	14:15	3:39	10:01	3:50	3:48	0:49		
<b>21</b>	<b>7795</b>	<b>Soraya Cuiña Sangia</b>	<b>1:12:17</b>	4:28	8:25	13:21	18:15	25:47	35:49	41:14	48:37	53:46	57:52	1:02:41	1:07:07	1:10:28	1:12:17		
		<b>LUGO COMPÁS</b>		4:28	3:57	4:56	4:54	7:32	10:02	5:25	7:23	5:09	4:06	4:49	4:26	3:21	1:49		
<b>22</b>	<b>99900</b>	<b>Mar Valcarcel López</b>	<b>1:17:05</b>	7:15	10:44	15:33	21:17	30:54	40:54	46:38	53:49	58:09	1:01:57	1:07:22	1:11:29	1:15:30	1:17:05		
		<b>LUGO FLUVIAL_LUG</b>		7:15	3:29	4:49	5:44	9:37	10:00	5:44	7:11	4:20	3:48	5:25	4:07	4:01	1:35		
<b>23</b>	<b>99935</b>	<b>Dani Piñeiro Villares</b>	<b>1:17:29</b>	5:48	9:02	14:04	18:03	31:52	40:10	45:23	51:08	59:15	1:02:33	1:07:21	1:11:59	1:14:49	1:17:29		
				5:48	3:14	5:02	3:59	13:49	8:18	5:13	5:45	8:07	3:18	4:48	4:38	2:50	2:40		
<b>24</b>	<b>99936</b>	<b>Isabel Silva Domíng</b>	<b>1:17:30</b>	5:54	9:34	14:04	18:11	26:16	40:16	45:33	51:08	59:09	1:02:37	1:07:28	1:12:02	1:14:49	1:17:30		
				5:54	3:40	4:30	4:07	8:05	14:00	5:17	5:35	8:01	3:28	4:51	4:34	2:47	2:41		
<b>25</b>	<b>99948</b>	<b>Carlos Bello Álvarez</b>	<b>1:21:40</b>	2:31	9:35	12:29	14:38	17:34	22:20	45:48	50:32	1:02:33	1:04:43	1:15:44	1:17:21	1:20:47	1:21:40		
				2:31	7:04	2:54	2:09	2:56	4:46	23:28	4:44	12:01	2:10	11:01	<b>1:37</b>	3:26	0:53		
<b>26</b>	<b>99918</b>	<b>Marta Fernandez Fer</b>	<b>1:25:03</b>	3:08	6:06	8:50	12:01	17:53	24:25	29:21	1:01:40	1:06:42	1:10:11	1:19:01	1:22:15	1:24:19	1:25:03		
				3:08	2:58	2:44	3:11	5:52	6:32	4:56	32:19	5:02	3:29	8:50	3:14	2:04	0:44		
					38:39														



Pos	Dorsal	Nombre	Tempo														
<b>Masculino 55 (21)</b>						<b>3,6 km</b>	<b>14 C</b>	<i>(cont.)</i>									
				1(31) Meta	2(34)	3(32)	4(38)	5(48)	6(41)	7(39)	8(52)	9(40)	10(59)	11(36)	12(37)	13(45)	14(100)
15	4288	Juan Jose Roibas Ya A Coruña ARTABROS	1:18:02	5:27 5:27 1:18:02	8:19 2:52	10:45 2:26	24:20 13:35	29:51 5:31	33:13 3:22	39:06 5:53	44:57 5:51	52:32 7:35	1:02:51 10:19	1:06:14 3:23	1:09:06 2:52	1:13:16 4:10	1:17:03 3:47
16	4331	Carles Abad Vives Vigo U-VIGO	1:21:03	6:11 6:11 1:21:03	11:22 5:11	13:40 2:18	19:23 5:43	23:29 4:06	32:38 9:09	38:43 6:05	46:55 8:12	54:18 7:23	1:06:06 11:48	1:09:21 3:15	1:12:24 3:03	1:16:44 4:20	1:20:09 3:25
17	4271	Jose Miguel López P A Coruña ARTABROS	1:42:36	10:33 10:33 1:42:36	14:06 3:33	17:19 3:13	25:13 7:54	30:10 4:57	32:55 2:45	40:21 7:26	50:26 10:05	1:05:07 14:41	1:19:19 14:12	1:24:03 4:44	1:29:13 5:10	1:35:37 6:24	1:40:42 5:05
	4671	Gabriel Rodríguez G A Coruña BRIGANTIA	en tarj.	6:24 6:24 58:52	10:34 4:10	12:09 1:35	----- 16:18	20:58 8:49	21:59 1:01	26:19 4:20	30:54 4:35	38:23 7:29	48:01 9:38	50:24 2:23	52:57 2:33	55:58 3:01	58:07 2:09
	4337	Enrique Fuertes Gor Vigo U-VIGO	en tarj.	5:03 5:03 1:00:53	8:54 3:51	10:31 1:37	19:49 9:18	22:15 2:26	25:39 3:24	31:29 5:50	35:08 3:39	40:27 5:19	----- 6:43	47:10 6:57	54:07 6:57	56:45 2:38	1:00:14 3:29
	4223	Eduardo Iglesias Pe Pontevedra AROMON	andona	13:39 13:39 1:26:38	15:43 2:04	17:30 1:47	24:19 6:49	27:37 3:18	29:02 1:25	33:20 4:18	-----	-----	-----	-----	-----	-----	1:25:02 51:42
	4403	José Manuel Gonzál Culleredo GALLAECI	No sale														
<b>Feminino 55 (9)</b>						<b>3,6 km</b>	<b>14 C</b>										
				1(31) Meta	2(34)	3(32)	4(38)	5(48)	6(41)	7(39)	8(52)	9(40)	10(59)	11(36)	12(37)	13(45)	14(100)
1	4508	Rosa Mª Pernas Mart Santiago de Comp U	1:04:27	6:05 6:05 1:04:27	8:27 2:22	10:54 2:27	17:54 7:00	20:55 3:01	23:21 2:26	28:08 4:47	34:10 6:02	42:14 8:04	50:41 8:27	53:41 3:00	57:17 3:36	1:00:36 3:19	1:03:30 2:54
2	4503	Margarita Balboa Ba Santiago de Comp U	1:16:10	5:59 5:59 1:16:10	9:31 3:32	11:42 2:11	18:55 7:13	22:28 3:33	23:57 1:29	28:41 4:44	42:54 14:13	52:13 9:19	1:00:51 8:38	1:03:39 2:48	1:08:13 4:34	1:11:31 3:18	1:15:18 3:47
3	4250	Maria Luisa Sanchez Pontevedra AROMON	1:18:41	8:07 8:07 1:18:41	14:32 6:25	17:08 2:36	25:03 7:55	28:21 3:18	30:23 2:02	35:47 5:24	42:46 6:59	50:42 7:56	1:00:24 9:42	1:03:37 3:13	1:06:40 3:03	1:13:58 7:18	1:17:49 3:51
4	4351	Mª Isabel Saco Ferná Vigo U-VIGO	1:27:53	8:13 8:13 1:27:53	16:26 8:13	18:42 2:16	31:33 12:51	35:59 4:26	39:00 3:01	45:38 6:38	52:35 6:57	1:00:19 7:44	1:09:12 8:53	1:12:13 3:01	1:15:39 3:26	1:18:58 3:19	1:26:59 8:01
5	4211	Yolanda Díaz Rodríg Pontevedra AROMON	1:37:47	9:15 9:15 1:37:47	12:20 3:05	14:51 2:31	21:52 7:01	25:14 3:22	29:49 4:35	38:08 8:19	45:43 7:35	1:01:51 16:08	1:16:08 14:17	1:19:16 3:08	1:27:27 8:11	1:31:38 4:11	1:36:46 5:08
6	4388	María Fernández Sar Culleredo GALLAECI	1:48:12	13:41 13:41 1:48:12	17:14 3:33	20:06 2:52	29:46 9:40	34:36 4:50	37:22 2:46	47:33 10:11	54:29 6:56	1:11:58 17:29	1:28:45 16:47	1:32:27 3:42	1:38:02 5:35	1:42:22 4:20	1:46:54 4:32
	4594	María Del Pilar Pérez Porto do Son ADC_A	andona	28:53 28:53 1:39:58	31:28 2:35	33:57 2:29	----- 1:24:21	----- *62	-----	-----	-----	-----	-----	-----	-----	-----	-----
	4279	Beatriz Pedrares Fer A Coruña ARTABROS	No sale														
	4476	Teresa Silvarrey Red Culleredo GALLAECI	No sale														
<b>Masculino 45 NC (1)</b>						<b>5,0 km</b>	<b>16 C</b>										
				1(32) 15(58)	2(31) 16(100)	3(34) Meta	4(37)	5(40)	6(39)	7(51)	8(68)	9(54)	10(49)	11(50)	12(60)	13(47)	14(59)
1	3943	Javier Barja Alvarez Xinzo de Limia LIMIA	1:13:18	6:05 6:05 1:09:54	7:52 1:47	10:05 2:13	14:22 4:17	18:16 3:54	25:49 7:33	29:58 4:09	36:11 6:13	39:13 3:02	41:58 2:45	46:54 4:56	53:33 6:39	1:00:33 7:00	1:06:11 5:38
<b>Masculino 65 (5)</b>						<b>3,3 km</b>	<b>14 C</b>										
				1(57) Meta	2(34)	3(32)	4(66)	5(48)	6(40)	7(42)	8(39)	9(47)	10(59)	11(36)	12(37)	13(45)	14(100)
1	4771	José Ramón Bugallo A Coruña LICEO	59:25	5:20 5:20 59:25	9:16 3:56	11:32 2:16	18:50 7:18	22:22 3:32	24:12 1:50	28:41 4:29	33:27 4:46	36:31 3:04	44:31 8:00	47:26 2:55	51:07 3:41	53:52 2:45	58:29 4:37

