

Pos	Dorsal	Nombre	Tiempo																	
<b>Mulleres 18 (4)</b>					<b>4,8 km</b>	<b>120 m</b>	<b>13 C</b>													
					1(40)	2(41)	3(43)	4(53)	5(54)	6(56)	7(65)	8(82)	9(99)	10(105)	11(107)	12(109)				
					13(200)	Meta														
1	134	Sara Ricoy Rajoy Pontevedra ARAMON	1:15:48	11:44	13:53	17:38	20:36	27:31	31:20	33:23	39:56	49:33	54:33	59:06	1:04:45					
					11:44	2:09	3:45	2:58	6:55	3:49	2:03	6:33	9:37	5:00	4:33	5:39				
					1:14:54	1:15:48														
					10:09	0:54														
2	5	Teresa Bellón Santos Lugo FLUVIAL LUGO	1:16:53	11:13	13:13	17:50	28:51	32:23	34:46	36:32	42:36	55:36	1:00:59	1:04:11	1:10:19					
					11:13	2:00	4:37	11:01	3:32	2:23	1:46	6:04	13:00	5:23	3:12	6:08				
					1:16:03	1:16:53														
					5:44	0:50														
3	98	Paula De Diego De Somonte Pontevedra ARAMON	1:17:34	12:22	15:18	18:29	21:46	25:51	29:35	35:48	41:53	50:10	53:14	56:43	1:08:58					
					12:22	2:56	3:11	3:17	4:05	3:44	6:13	6:05	8:17	3:04	3:29	12:15				
					1:16:36	1:17:34														
					7:38	0:58														
434	Andrea Lourido Gaciño Porto do Son ADC ARNELA	Abandona	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----					
					-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----				
<b>Mulleres 21 (9)</b>					<b>5,2 km</b>	<b>145 m</b>	<b>15 C</b>													
					1(36)	2(39)	3(53)	4(61)	5(65)	6(82)	7(86)	8(84)	9(102)	10(109)	11(72)	12(51)				
					13(47)	14(50)	15(200)	Meta												
1	108	Tania Fernández Díaz Pontevedra ARAMON	1:25:07	9:05	10:49	17:09	22:15	28:21	35:53	40:40	46:41	58:58	1:11:07	1:15:52	1:20:27					
					9:05	1:44	6:20	5:06	6:06	7:32	4:47	6:01	12:17	12:09	4:45	4:35				
					1:21:44	1:22:25	1:24:20	1:25:07												
					1:17	0:41	1:55	0:47												
2	162	Fabiola Estevez Méndez Vigo UNIVERSIDAD DE VIG	1:38:27	12:04	15:10	34:12	39:34	43:56	52:18	55:06	1:01:39	1:15:12	1:23:48	1:27:48	1:33:16					
					12:04	3:06	19:02	5:22	4:22	8:22	2:48	6:33	13:33	8:36	4:00	5:28				
					1:34:17	1:35:22	1:37:17	1:38:27												
					1:01	1:05	1:55	1:10												
3	431	Xema Fernandez Torres Porto do Son ADC ARNELA	1:44:28	12:57	15:17	22:02	26:23	34:14	42:02	45:56	53:36	1:10:35	1:21:48	1:26:08	1:38:26					
					12:57	2:20	6:45	4:21	7:51	7:48	3:54	7:40	16:59	11:13	4:20	12:18				
					1:40:28	1:41:22	1:43:24	1:44:28												
					2:02	0:54	2:02	1:04												
4	562	Irene Morales Jiménez Xinzo de Limia LIMIAACTIVA	1:47:34	11:07	13:18	18:19	22:45	26:18	33:11	59:22	1:03:43	1:19:41	1:26:44	1:29:43	1:42:47					
					11:07	2:11	5:01	4:26	3:33	6:53	26:11	4:21	15:58	7:03	2:59	13:04				
					1:44:03	1:44:44	1:46:37	1:47:34												
					1:16	0:41	1:53	0:57												
5	303	María García Costoya A Coruña GALLAECIA RAID	1:57:08	9:25	13:16	18:14	23:00	26:43	33:14	57:59	1:03:53	1:20:34	1:30:20	1:35:23	1:52:39					
					9:25	3:51	4:58	4:46	3:43	6:31	24:45	5:54	16:41	9:46	5:03	17:16				
					1:53:27	1:54:09	1:56:07	1:57:08												
					0:48	0:42	1:58	1:01												
6	75	Cristina Zolle Fernández Lugo FLUVIAL LUGO	2:20:29	17:48	22:40	34:57	44:01	50:00	1:01:02	1:09:09	1:16:28	1:37:42	1:51:02	1:58:45	2:11:54					
					17:48	4:52	12:17	9:04	5:59	11:02	8:07	7:19	21:14	13:20	7:43	13:09				
					2:13:14	2:14:51	2:18:32	2:20:29												
					1:20	1:37	3:41	1:57												
7	566	Paloma Rayón Fernández Arteixo SABON	3:48:20	24:04	28:00	40:50	48:24	54:22	1:05:08	1:13:02	1:21:38	2:18:13	2:47:56	2:52:50	3:39:23					
					24:04	3:56	12:50	7:34	5:58	10:46	7:54	8:36	56:35	29:43	4:54	46:33				
					3:41:50	3:43:05	3:46:35	3:48:20												
					2:27	1:15	3:30	1:45												
113	Noelia Gonzalez Fernandez Pontevedra ARAMON	Abandona	11:26	13:39	21:10	26:15	48:31	-----	-----	-----	-----	-----	-----	-----	-----					
					11:26	2:13	7:31	5:05	22:16	-----	-----	-----	-----	-----	-----	-----				
					-----	-----	1:11:42	1:13:42												
					-----	-----	23:11	2:00												
445	María Santos Cambón Porto do Son ADC ARNELA	Abandona	9:05	11:19	55:35	59:04	1:11:42	1:17:22	2:03:24	2:06:35	-----	-----	-----	-----	-----					
					9:05	2:14	44:16	3:29	12:38	5:40	46:02	3:11	-----	-----	-----	-----				
					-----	-----	2:49:14	2:50:11												
					-----	-----	42:39	0:57												
<b>Mulleres 21 C (10)</b>					<b>4,8 km</b>	<b>120 m</b>	<b>13 C</b>													
					1(40)	2(41)	3(43)	4(53)	5(54)	6(56)	7(65)	8(82)	9(99)	10(105)	11(107)	12(109)				
					13(200)	Meta														
1	196	Andrea Bugallo Iglesias A Coruña APA LICEO	1:26:12	13:46	16:08	19:49	29:22	34:06	38:57	42:14	49:11	59:53	1:03:31	1:08:14	1:15:11					
					13:46	2:22	3:41	9:33	4:44	4:51	3:17	6:57	10:42	3:38	4:43	6:57				
					1:25:03	1:26:12														
					9:52	1:09														
2	136	María Jesús Rodríguez Mou Pontevedra ARAMON	1:26:46	13:16	16:02	24:01	29:36	33:33	37:48	42:13	48:17	1:02:19	1:05:51	1:11:00	1:18:16					
					13:16	2:46	7:59	5:35	3:57	4:15	4:25	6:04	14:02	3:32	5:09	7:16				
					1:25:50	1:26:46														
					7:34	0:56														
3	529	Barbara Del Puerto Lopez Ordes SEO	1:32:58	10:19	13:21	19:04	23:44	33:55	43:45	50:16	57:22	1:10:28	1:13:36	1:17:05	1:23:37					
					10:19	3:02	5:43	4:40	10:11	9:50	6:31	7:06	13:06	3:08	3:29	6:32				
					1:31:51	1:32:58														
					8:14	1:07														
4	388	Eva Calvelo Vázquez O Barco de Valde TREVINCA	1:43:38	11:58	15:06	17:46	23:10	29:08	35:32	57:11	1:08:27	1:17:31	1:20:43	1:27:16	1:34:16					
					11:58	3:08	2:40	5:24	5:58	6:24	21:39	11:16	9:04	3:12	6:33	7:00				
					1:42:39	1:43:38														
					8:23	0:59														

Pos	Dorsal	Nombre	Tiempo												
<b>Mulleres 21 C (10)</b>				<b>4,8 km 120 m</b>	<b>13 C</b>	<i>(cont.)</i>									
				1(40)	2(41)	3(43)	4(53)	5(54)	6(56)	7(65)	8(82)	9(99)	10(105)	11(107)	12(109)
				13(200)	Meta										
5	152	Olimpia Alvarez Castro Vigo UNIVERSIDAD DE VIG	1:59:00	16:39	20:27	25:14	35:28	47:35	53:03	1:00:20	1:09:23	1:23:37	1:28:20	1:34:08	1:43:10
				16:39	3:48	4:47	10:14	12:07	5:28	7:17	9:03	14:14	4:43	5:48	9:02
				1:57:36	1:59:00										
				14:26	1:24										
6	567	Sonia Rodríguez Lillaz Arteixo SABON	2:28:12	10:48	13:20	16:46	31:06	37:35	1:09:07	1:12:13	1:19:08	1:45:38	1:54:59	2:00:52	2:19:21
				10:48	2:32	3:26	14:20	6:29	31:32	<b>3:06</b>	6:55	26:30	9:21	5:53	18:29
				2:27:19	2:28:12										
				7:58	<b>0:53</b>										
674		María Dolores García Gómez Lugo FLUVIAL LUGO	Error en ta	24:16	----	43:59	1:12:27	1:15:29	1:19:21	1:25:20	1:33:12	1:46:56	1:51:29	2:07:59	2:52:20
				24:16		19:43	28:28	3:02	3:52	5:59	7:52	13:44	4:33	16:30	44:21
				3:03:28	3:04:47										
				11:08	1:19										
640		Marisé Astorga Somoza Pontevedra ARAMON	Abandona	19:22	22:24	36:02	39:51	52:28	1:00:32	1:03:46	----	----	----	----	----
				19:22	3:02	13:38	<b>3:49</b>	12:37	8:04	3:14					
				1:25:30	1:26:41										
				21:44	1:11										
280		Leticia Aller Silván A Coruña GALLAECIA RAID	Abandona	17:04	28:49	44:38	50:39	56:43	1:05:08	----	----	----	----	----	----
				17:04	11:45	15:49	6:01	6:04	8:25						
				1:59:07	2:00:53										
				53:59	1:46										
608		Raquel Grandío Montes Lugo FLUVIAL LUGO	Abandona	14:43	18:24	26:07	33:40	46:00	49:55	1:01:30	1:10:34	----	----	----	----
				14:43	3:41	7:43	7:33	12:20	<b>3:55</b>	11:35	9:04				
				2:29:32	2:31:25										
				1:18:58	1:53										
<b>Mulleres 21 L (4)</b>				<b>7,0 km 175 m</b>	<b>22 C</b>										
				1(44)	2(52)	3(55)	4(67)	5(66)	6(57)	7(112)	8(113)	9(114)	10(63)	11(83)	12(85)
				13(86)	14(89)	15(91)	16(94)	17(87)	18(80)	19(99)	20(104)	21(68)	22(200)	Meta	
1	14	Mª Vanessa Ceide Vilela Lugo FLUVIAL LUGO	1:47:20	11:17	14:07	19:41	21:19	22:23	30:18	34:48	36:44	39:41	42:38	53:43	57:37
				11:17	2:50	5:34	1:38	1:04	7:55	4:30	1:56	2:57	2:57	11:05	3:54
				1:01:00	1:04:03	1:07:24	1:09:07	1:11:40	1:14:09	1:24:54	1:26:46	1:40:32	1:46:09	1:47:20	
				3:23	3:03	3:21	1:43	2:33	2:29	10:45	1:52	13:46	5:37	1:11	
2	504	María Del Mar Delgado Gon A Coruña (Oleiro FAICAMIÑO	2:01:52	18:00	20:24	32:00	33:17	34:14	37:35	52:01	53:39	55:15	57:50	1:07:53	1:17:44
				18:00	2:24	11:36	1:17	0:57	3:21	14:26	1:38	1:36	2:35	10:03	9:51
				1:20:56	1:23:53	1:26:51	1:28:15	1:31:29	1:33:49	1:43:35	1:45:06	1:56:19	2:00:51	2:01:52	
				3:12	2:57	2:58	1:24	3:14	2:20	9:46	1:31	11:13	4:32	1:01	
3	619	María Luz Vázquez Núñez Ferrol MONTAÑA FERROL	2:42:07	13:00	15:49	40:56	44:33	54:20	1:01:23	1:07:03	1:11:27	1:13:50	1:19:10	1:32:22	1:36:53
				13:00	2:49	25:07	3:37	9:47	7:03	5:40	4:24	2:23	5:20	13:12	4:31
				1:40:22	1:46:20	1:49:52	1:52:18	1:54:58	1:57:47	2:20:27	2:21:33	2:35:54	2:41:07	2:42:07	
				3:29	5:58	3:32	2:26	2:40	2:49	22:40	1:06	14:21	5:13	1:00	
4	16	Eva Corral Prado Lugo FLUVIAL LUGO	3:12:56	52:44	55:40	1:02:21	1:04:08	1:05:42	1:08:22	1:22:17	1:23:53	1:28:39	1:31:32	1:46:44	2:17:59
				52:44	2:56	6:41	1:47	1:34	2:40	13:55	1:36	4:46	2:53	15:12	31:15
				2:21:52	2:26:12	2:30:31	2:33:06	2:35:48	2:39:29	2:50:12	2:52:20	3:05:37	3:11:58	3:12:56	
				3:53	4:20	4:19	2:35	2:42	3:41	10:43	2:08	13:17	6:21	0:58	
<b>Mulleres 35 (5)</b>				<b>6,6 km 130 m</b>	<b>20 C</b>										
				1(117)	2(52)	3(50)	4(110)	5(111)	6(109)	7(68)	8(54)	9(57)	10(60)	11(63)	12(80)
				13(93)	14(90)	15(88)	16(86)	17(81)	18(107)	19(73)	20(200)	Meta			
1	357	Sonia Gómez Naya A Coruña BRIGANTIA	1:28:22	10:47	15:05	17:30	22:24	23:32	25:27	32:22	35:25	41:13	42:16	46:55	53:53
				10:47	4:18	2:25	4:54	1:08	1:55	6:55	3:03	5:48	1:03	4:39	6:58
				58:36	1:01:31	1:03:33	1:06:38	1:09:52	1:18:00	1:23:32	1:27:24	1:28:22			
				4:43	2:55	2:02	3:05	3:14	8:08	5:32	3:52	0:58			
2	170	Ana Iglesias Junzalvos Vigo UNIVERSIDAD DE VIG	1:48:40	19:01	23:26	27:47	33:39	35:18	37:26	45:25	48:23	1:00:22	1:02:10	1:05:03	1:11:25
				19:01	4:25	4:21	5:52	1:39	2:08	7:59	2:58	11:59	1:48	2:53	6:22
				1:17:07	1:20:22	1:22:33	1:26:27	1:30:29	1:37:57	1:43:24	1:47:43	1:48:40			
				5:42	3:15	2:11	3:54	4:02	7:28	5:27	4:19	0:57			
3	7	Ana Blanco Pérez Lugo FLUVIAL LUGO	2:02:26	13:31	22:49	25:47	32:53	35:55	38:29	47:10	50:06	57:53	1:02:32	1:05:58	1:15:17
				13:31	9:18	2:58	7:06	3:02	2:34	8:41	2:56	7:47	4:39	3:26	9:19
				1:21:06	1:26:16	1:29:03	1:34:14	1:39:08	1:47:17	1:54:26	2:00:54	2:02:26			
				5:49	5:10	2:47	5:11	4:54	8:09	7:09	6:28	1:32			
4	319	Paulina Andrea Mosquera Az A Coruña GALLAECIA RAID	2:26:43	21:18	30:02	32:22	39:02	40:22	42:58	52:16	54:26	1:17:33	1:18:36	1:37:29	1:44:58
				21:18	8:44	2:20	6:40	1:20	2:36	9:18	2:10	23:07	1:03	18:53	7:29
				1:53:53	1:57:41	2:01:32	2:05:29	2:09:16	2:16:31	2:21:03	2:25:41	2:26:43			
				8:55	3:48	3:51	3:57	3:47	7:15	4:32	4:38	1:02			
432		Yolanda Garcia Gonzalez Porto do Son ADC ARNELA	Abandona	19:38	23:57	26:23	32:59	34:14	36:19	43:03	45:13	----	----	----	----
				19:38	4:19	2:26	6:36	1:15	2:05	6:44	2:10				
				----	----	----	----	----	----	----	58:01				
											12:48				
<b>Mulleres 45 (7)</b>				<b>5,0 km 100 m</b>	<b>12 C</b>										
				1(43)	2(54)	3(59)	4(64)	5(99)	6(98)	7(85)	8(80)	9(68)	10(70)	11(51)	12(200)
				Meta											

Pos	Dorsal	Nombre	Tiempo																		
<b>Mulleres 45 (7)</b>				<b>5,0 km</b>	<b>100 m</b>	<b>12 C</b>	<i>(cont.)</i>														
				1(43) Meta	2(54)	3(59)	4(64)	5(99)	6(98)	7(85)	8(80)	9(68)	10(70)	11(51)	12(200)						
1	140	María Luisa Sanchez Vázquez Pontevedra ARAMON	1:41:33	14:55 14:55 1:41:33	23:23 8:28	29:40 6:17	32:46 3:06	45:06 12:20	45:56 0:50	1:01:33 15:37	1:06:06 4:33	1:28:39 22:33	1:31:36 2:57	1:35:41 4:05	1:40:22 4:41						
2	160	Begoña Crespo Quindós Vigo UNIVERSIDAD DE VIG	1:52:31	1:11 22:31 1:52:31	40:47 18:16	46:38 5:51	49:41 3:03	1:00:08 10:27	1:00:55 0:47	1:18:50 17:55	1:29:44 10:54	1:39:31 9:47	1:42:42 3:11	1:47:41 4:59	1:51:25 3:44						
3	24	Mónica Fraga Pita Lugo FLUVIAL LUGO	2:02:22	1:06 26:46 2:02:22	39:15 12:29	49:21 10:06	53:03 3:42	1:04:40 11:37	1:05:37 0:57	1:21:08 15:31	1:25:41 4:33	1:34:10 8:29	1:54:17 20:07	1:56:43 2:26	2:01:03 4:20						
4	166	María Ángeles García Pacios Vigo UNIVERSIDAD DE VIG	3:21:39	1:19 19:36 3:21:39	28:52 9:16	1:00:34 31:42	1:06:37 6:03	1:32:52 26:15	1:33:25 0:33	2:36:49 1:03:24	2:42:35 5:46	2:54:16 11:41	3:09:33 15:17	3:16:58 7:25	3:20:08 3:10						
189	Mª Isabel Saco Fernández Vigo UNIVERSIDAD DE VIG	Error en ta	25:21 25:21	33:57 8:36	41:13 7:16	52:53 11:40	1:06:42 13:49	1:07:27 0:45	1:39:16 31:49	1:55:19 16:03	----- -----	----- -----	----- -----	----- -----	2:14:32 19:13						
681	María Dolores Ferreiro Pena Lugo FLUVIAL LUGO	Desc.	16:17 16:17	27:00 10:43	34:59 7:59	37:48 2:49	53:46 15:58	54:37 0:51	1:11:14 16:37	1:22:44 11:30	1:33:43 10:59	1:37:34 3:51	1:43:08 5:34	1:47:38 4:30							
517	Soraya Álvarez Milano Culleredo A PEDROSA ORR	Abandona	23:00 23:00	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----						
<b>Mulleres 55 (3)</b>				<b>5,0 km</b>	<b>100 m</b>	<b>12 C</b>															
				1(43) Meta	2(54)	3(59)	4(64)	5(99)	6(98)	7(85)	8(80)	9(68)	10(70)	11(51)	12(200)						
688	Fermina Fernández Riveiro Lugo FLUVIAL LUGO	Error en ta	47:51 47:51 4:07:05	1:09:35 21:44	1:20:38 11:03	1:34:58 14:20	2:05:42 30:44	2:14:15 8:33	2:39:38 25:23	3:05:36 25:58	3:24:39 19:03	3:55:44 31:05	----- -----	----- -----	4:04:56 9:12						
578	Mª José Naya López A Coruña APA LICEO	Abandona	18:50 18:50 2:28:24	29:18 10:28	37:22 8:04	51:46 14:24	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	2:26:22 1:34:36						
211	Mª Teresa Rey Souto A Coruña APA LICEO	Abandona	18:54 18:54 2:28:25	29:24 10:30	37:29 8:05	51:57 14:28	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	2:26:20 1:34:23						
<b>Mulleres Élite (8)</b>				<b>8,6 km</b>	<b>165 m</b>	<b>23 C</b>															
				1(40) 13(89)	2(44) 14(91)	3(53) 15(93)	4(112) 16(81)	5(114) 17(73)	6(57) 18(108)	7(66) 19(111)	8(65) 20(110)	9(106) 21(70)	10(104) 22(52)	11(85) 23(200)	12(87) Meta						
1	146	Carla Veiga García Pontevedra ARAMON	2:02:54	10:26 10:26 1:21:47	18:00 7:34 1:24:55	21:20 3:20 1:27:09	37:57 16:37 1:35:24	41:58 4:01 1:42:48	45:37 3:39 1:45:33	47:55 2:18 1:48:31	48:43 0:48 1:49:34	57:46 9:03 1:55:21	1:00:37 2:51 1:58:29	1:14:11 13:34 2:01:50	1:19:50 5:39 2:02:54						
2	376	Ana Varela Yáñez A Coruña BRIGANTIA	2:06:15	1:57 9:21 1:09:58	3:08 18:39 1:11:58	2:14 22:03 1:20:13	8:15 27:53 1:31:30	7:24 30:18 1:37:50	2:45 3:19 1:40:26	2:58 37:41 1:41:51	1:03 38:27 1:42:33	5:47 48:25 1:57:41	3:08 50:14 2:01:43	3:21 1:05:37 2:05:11	1:04 1:08:07 2:06:15						
3	312	Tania López Eyo A Coruña GALLAECIA RAID	2:08:45	1:51 8:54 8:54	2:00 13:54 5:00	8:15 16:06 2:12	11:17 22:02 5:56	6:20 26:48 4:46	2:36 33:45 6:57	1:25 36:31 2:46	0:42 37:17 0:46	15:08 44:51 7:34	4:02 47:03 2:12	3:28 1:10:28 23:25	1:04 1:19:36 9:08						
4	19	Luisa Felpeto González Lugo FLUVIAL LUGO	2:10:07	1:21:51 2:15 11:36	1:24:20 2:29 5:46	1:26:59 2:39 2:13	1:34:39 7:40 30:47	1:43:42 9:03 2:11	1:46:29 2:47 5:28	1:48:34 2:05 1:40	1:50:04 1:30 0:36	1:55:16 5:12 9:06	2:04:21 9:05 1:57	2:07:48 3:27 11:22	2:08:45 0:57 3:42						
5	129	Alicia Pérez Alonso Pontevedra ARAMON	2:15:55	1:29:26 3:02 10:44	1:31:14 1:48 18:27	1:35:58 4:44 20:45	1:41:49 5:51 27:23	1:49:38 7:49 21:34	1:53:11 3:33 40:22	1:55:21 2:10 41:46	1:56:20 0:59 42:39	2:02:37 6:17 57:31	2:06:03 3:26 1:00:03	2:09:15 3:12 1:13:55	2:10:07 0:52 1:24:10						
6	218	Orsolya Vincze A Coruña APA LICEO	2:20:57	1:26:46 2:36 37:22	1:29:24 2:38 *66	1:37:15 7:51	1:44:21 7:06	1:52:45 8:24	1:56:34 3:49	1:59:27 2:53	2:00:53 1:26	2:06:04 5:11	2:11:20 5:16	2:14:52 3:32	2:15:55 1:03						
6	218	Orsolya Vincze A Coruña APA LICEO	2:20:57	14:41 14:41 1:26:18	23:34 8:53 1:28:24	27:25 3:51 1:40:50	33:11 5:46 1:48:38	36:22 3:11 1:56:19	39:59 3:37 1:59:48	41:52 1:53 2:02:49	42:43 0:51 2:04:30	1:03:33 20:50 2:12:20	1:06:06 2:33 2:15:40	1:18:40 12:34 2:20:00	1:24:41 6:01 2:20:57						

Pos	Dorsal	Nombre	Tempo														
<b>Mulleres Élite (8)</b>				<b>8,6 km 165 m</b>	<b>23 C</b>	<i>(cont.)</i>											
				1(40)	2(44)	3(53)	4(112)	5(114)	6(57)	7(66)	8(65)	9(106)	10(104)	11(85)	12(87)		
				13(89)	14(91)	15(93)	16(81)	17(73)	18(108)	19(111)	20(110)	21(70)	22(52)	23(200)	Meta		
7	427	Alejandra Carro Mahía Porto do Son ADC ARNELA	2:23:57	9:39	<b>13:47</b>	<b>15:54</b>	27:14	31:57	39:09	48:26	49:00	58:02	1:00:13	1:24:26	1:34:31		
				9:39	<b>4:08</b>	<b>2:07</b>	11:20	4:43	7:12	9:17	<b>0:34</b>	9:02	2:11	24:13	10:05		
				1:36:53	1:39:12	1:41:00	1:48:29	1:56:07	1:59:15	2:09:58	2:10:44	2:16:47	2:19:43	2:23:00	2:23:57		
				2:22	2:19	<b>1:48</b>	7:29	7:38	3:08	10:43	0:46	6:03	<b>2:56</b>	3:17	0:57		
500	Natalia Barros Diz	A Coruña (Oleiro FAICAMIÑO)	Error en ta	9:52	14:38	16:49	22:57	----	27:20	28:55	29:30	42:58	45:21	55:47	59:12		
				9:52	4:46	2:11	6:08		4:23	1:35	0:35	13:28	2:23	10:26	3:25		
				1:04:17	1:06:52	1:09:20	1:15:37	1:22:54	1:25:28	1:29:22	1:30:20	1:35:15	1:39:58	1:43:22	1:44:20		
				5:05	2:35	2:28	6:17	7:17	2:34	3:54	0:58	4:55	4:43	3:24	0:58		
<b>Homes 18 (3)</b>				<b>4,8 km 120 m</b>	<b>13 C</b>												
				1(40)	2(41)	3(43)	4(53)	5(54)	6(56)	7(65)	8(82)	9(99)	10(105)	11(107)	12(109)		
				13(200)	Meta												
1	23	Alex Fraga Díaz Lugo FLUVIAL LUGO	1:12:17	<b>11:22</b>	<b>13:38</b>	<b>17:13</b>	<b>20:39</b>	<b>24:41</b>	<b>28:09</b>	<b>31:41</b>	<b>37:44</b>	<b>45:18</b>	<b>49:25</b>	<b>52:38</b>	<b>1:04:34</b>		
				<b>11:22</b>	<b>2:16</b>	<b>3:35</b>	<b>3:26</b>	<b>4:02</b>	<b>3:28</b>	<b>3:32</b>	<b>6:03</b>	<b>7:34</b>	<b>4:07</b>	<b>3:13</b>	<b>11:56</b>		
				1:11:34	1:12:17												
				<b>7:00</b>	<b>0:43</b>												
2	26	David García Cousillas Lugo FLUVIAL LUGO	2:35:30	15:59	18:52	26:33	35:03	44:53	49:19	55:10	1:05:40	1:17:35	1:22:11	1:38:47	2:23:01		
				15:59	2:53	7:41	8:30	9:50	4:26	5:51	10:30	11:55	4:36	16:36	44:14		
				2:34:12	2:35:30												
				11:11	1:18												
428	Borja Cervera Torres	Porto do Son ADC ARNELA	Error en ta	12:07	14:46	18:39	27:53	31:55	35:41	44:19	51:17	1:05:18	1:18:17	1:22:56	----		
				12:07	2:39	3:53	9:14	<b>4:02</b>	3:46	8:38	6:58	14:01	12:59	4:39			
				1:37:46	1:39:16												
				14:50	1:30												
<b>Homes 21 (16)</b>				<b>7,0 km 175 m</b>	<b>22 C</b>												
				1(44)	2(52)	3(55)	4(67)	5(66)	6(57)	7(112)	8(113)	9(114)	10(63)	11(83)	12(85)		
				13(86)	14(89)	15(91)	16(94)	17(87)	18(80)	19(99)	20(104)	21(68)	22(200)	Meta			
1	501	Rubén Barrós Diz A Coruña (Oleiro FAICAMIÑO)	1:20:17	<b>8:19</b>	<b>9:51</b>	17:48	20:08	20:36	24:00	27:39	28:39	30:55	33:35	39:47	43:39		
				<b>8:19</b>	1:32	7:57	2:20	<b>0:28</b>	3:24	3:39	<b>1:00</b>	2:16	2:40	<b>6:12</b>	3:52		
				45:20	47:55	49:28	50:53	<b>52:36</b>	55:02	1:03:40	<b>1:04:41</b>	1:16:01	<b>1:19:21</b>	<b>1:20:17</b>			
				<b>1:41</b>	2:35	<b>1:33</b>	1:25	1:43	2:26	8:38	<b>1:07</b>	11:20	3:20	0:56			
2	519	Xan Carballo Alviárez Culleredo A PEDROSA ORR	1:20:47	9:49	12:28	17:17	18:36	<b>19:06</b>	<b>21:10</b>	<b>24:31</b>	<b>25:57</b>	<b>28:07</b>	<b>30:30</b>	<b>38:48</b>	<b>41:31</b>		
				9:49	2:39	4:49	1:19	0:30	2:04	3:21	1:26	2:10	2:23	8:18	2:43		
				<b>44:06</b>	<b>46:45</b>	<b>48:57</b>	<b>50:37</b>	52:56	<b>54:48</b>	<b>1:02:29</b>	1:05:12	<b>1:15:52</b>	1:20:03	1:20:47			
				2:35	2:39	2:12	1:40	2:19	<b>1:52</b>	7:41	2:43	<b>10:40</b>	4:11	<b>0:44</b>			
3	8	José Manuel Caamaño Lago Lugo FLUVIAL LUGO	1:27:51	12:02	14:18	19:05	20:38	21:26	23:39	27:49	29:42	31:43	34:57	42:34	44:52		
				12:02	2:16	4:47	1:33	0:48	2:13	4:10	1:53	2:01	3:14	7:37	<b>2:18</b>		
				48:51	51:40	54:29	55:59	58:12	1:00:39	1:08:55	1:10:18	1:21:55	1:26:48	1:27:51			
				3:59	2:49	2:49	1:30	2:13	2:27	8:16	1:23	11:37	4:53	1:03			
4	522	Juan Antonio Doce Serrano Culleredo A PEDROSA ORR	1:38:33	10:34	12:54	17:59	19:42	20:36	22:52	26:45	28:35	31:49	33:56	42:17	49:34		
				10:34	2:20	5:05	1:43	0:54	2:16	3:53	1:50	3:14	2:07	8:21	7:17		
				51:49	54:52	56:57	58:56	1:00:59	1:03:21	1:15:09	1:17:42	1:32:06	1:37:36	1:38:33			
				2:15	3:03	2:05	1:59	2:03	2:22	11:48	2:33	14:24	5:30	0:57			
5	302	Lucas Freire Lage A Coruña GALLAECIA RAID	1:39:02	8:54	14:41	26:47	28:02	29:09	30:41	33:16	34:40	36:43	38:35	44:57	48:31		
				8:54	5:47	12:06	1:15	1:07	1:32	<b>2:35</b>	1:24	2:03	<b>1:52</b>	6:22	3:34		
				54:51	57:26	59:16	1:00:23	1:01:54	1:10:38	1:18:52	1:21:02	1:34:54	1:38:14	1:39:02			
				6:20	2:35	1:50	1:07	1:31	8:44	8:14	2:10	13:52	3:20	0:48			
6	83	David Araujo Rua Pontevedra ARAMON	1:41:46	9:07	11:06	21:52	22:43	23:30	27:03	31:42	39:37	42:05	44:35	54:38	57:51		
				9:07	1:59	10:46	<b>0:51</b>	0:47	3:33	4:39	7:55	2:28	2:30	10:03	3:13		
				1:00:00	1:02:56	1:04:38	1:05:58	1:08:04	1:10:03	1:20:11	1:23:00	1:36:37	1:40:50	1:41:46			
				2:09	2:56	1:42	1:20	2:06	1:59	10:08	2:49	13:37	4:13	0:56			
7	544	Javier Rodríguez Martínez O Porriño BUDIÑO RAID	1:44:39	9:21	10:50	<b>16:58</b>	<b>18:15</b>	19:10	21:28	30:52	32:14	36:21	39:30	47:02	59:25		
				9:21	1:29	6:08	1:17	0:55	2:18	9:24	1:22	4:07	3:09	7:32	12:23		
				1:03:28	1:06:02	1:14:59	1:16:01	1:17:31	1:19:37	1:25:55	1:28:18	1:40:48	1:43:55	1:44:39			
				4:03	2:34	8:57	<b>1:02</b>	<b>1:30</b>	2:06	<b>6:18</b>	2:23	12:30	3:07	<b>0:44</b>			
8	121	Francisco Iglesias Vieitez Pontevedra ARAMON	1:49:34	12:26	13:46	18:02	19:33	20:46	23:09	26:31	28:06	30:43	32:48	41:54	47:34		
				12:26	<b>1:20</b>	<b>4:16</b>	1:31	1:13	2:23	3:22	1:35	2:37	2:05	9:06	5:40		
				50:40	53:13	56:54	1:03:13	1:05:31	1:12:56	1:23:12	1:24:38	1:45:43	1:48:46	1:49:34			
				3:06	2:33	3:41	6:19	2:18	7:25	10:16	1:26	21:05	<b>3:03</b>	0:48			
9	503	Antonio Ciorraga Osorio A Coruña (Oleiro FAICAMIÑO)	2:06:46	30:06	31:41	47:01	47:52	48:35	50:54	56:46	1:04:39	1:06:57	1:09:39	1:19:57	1:23:03		
				30:06	1:35	15:20	<b>0:51</b>	0:43	2:19	5:52	7:53	2:18	2:42	10:18	3:06		
				1:25:10	1:27:26	1:29:54	1:31:08	1:33:01	1:34:54	1:45:05	1:48:13	2:01:43	2:05:50	2:06:46			
				2:07	2:16	2:28	1:14	1:53	1:53	10:11	3:08	13:30	4:07	0:56			
10	384	Marcos Alvarez Gonzalez O Barco de Valde TREVINCA	2:12:29	10:20	12:01	34:27	35:48	36:33	37:56	49:24	50:37	51:58	54:56	1:18:49	1:28:26		
				10:20	1:41	22:26	1:21	0:45	<b>1:23</b>	11:28	1:13	<b>1:21</b>	2:58	23:53	9:37		
				1:30:25	1:32:55	1:35:01	1:37:48	1:40:01	1:42:59	1:50:49	1:52:16	2:07:48	2:11:40	2:12:29			
				1:59	2:30	2:06	2:47	2:13	2:58	7:50	1:27	15:32	3:52	0:49			
11	232	José Manuel Sampedro Muñ Santiago de Comp USC	2:26:00	11:29	19:37	26:31	28:14	29:20	46:51	52:43	55:16	1:00:41	1:09:01	1:19:36	1:23:02		
				11:29	8:08	6:54	1:43	1:06	17:31	5:52	2:33	5:25	8:20	10:35	3:26		
				1:28:16	1:31:14	1:39:46	1:41:33	1:43:48	1:46:12	1:54:46	1:58:05	2:19:34	2:24:54	2:26:00			
				5:14	2:58	8:32	1:47	2:15	2:24	8:34	3:19	21:29	5:20	1:06			
12	283	Julio Vicente Bermúdez Mar A Coruña GALLAECIA RAID	2:40:02	13:46	16:23	37:38	39:12	40:11	44:23	48:27	51:32	55:26	58:12	1:05:25	1:42:51		
				13:46	2:37	21:15	1:34	0:59	4:12	4:04	3:05	3:54	2:46	7:13	37:26		
				1:44:50	1:46:27	1:49:10	1:51:16	1:53:41	2:05:32	2:15:10	2:18:18	2:34:47	2:39:09	2:40:02			



Pos	Dorsal	Nombre	Tiempo																				
<b>Homes 21 C (20)</b>				<b>5,2 km</b>	<b>145 m</b>	<b>15 C</b>	(cont.)																
				1(36)	2(39)	3(53)	4(61)	5(65)	6(82)	7(86)	8(84)	9(102)	10(109)	11(72)	12(51)								
				13(47)	14(50)	15(200)	Meta																
14	612	Francisco Rifón Añón Lugo FLUVIAL LUGO	2:01:20	11:10	13:51	22:38	28:55	37:29	47:26	53:29	1:08:35	1:23:28	1:37:00	1:48:25	1:57:05								
				11:10	2:41	8:47	6:17	8:34	9:57	6:03	15:06	14:53	13:32	11:25	8:40								
				1:57:51	1:58:37	2:00:22	2:01:20																
				0:46	0:46	1:45	0:58																
15	205	Fernando Nuñez Pol A Coruña APA LICEO	2:01:41	7:42	10:07	19:51	23:48	28:19	33:54	48:00	1:01:15	1:21:19	1:29:37	1:34:39	1:53:36								
				7:42	2:25	9:44	3:57	4:31	5:35	14:06	13:15	20:04	8:18	5:02	18:57								
				1:55:35	1:57:23	2:00:35	2:01:41																
				1:59	1:48	3:12	1:06																
16	46	Oscar A Ordóñez Zuleta Lugo FLUVIAL LUGO	2:06:58	27:19	30:55	37:15	41:44	56:18	1:05:00	1:13:41	1:21:48	1:32:56	1:39:25	1:53:42	2:01:49								
				27:19	3:36	6:20	4:29	14:34	8:42	8:41	8:07	11:08	6:29	14:17	8:07								
				2:03:13	2:03:57	2:06:09	2:06:58																
				1:24	0:44	2:12	0:49																
17	25	Jorge Freire Fernández Lugo FLUVIAL LUGO	2:07:33	8:41	10:54	40:17	44:14	1:12:49	1:20:26	1:25:23	1:31:24	1:41:37	1:50:13	1:53:42	2:02:23								
				8:41	2:13	29:23	3:57	28:35	7:37	4:57	6:01	10:13	8:36	3:29	8:41								
				2:03:42	2:04:54	2:06:34	2:07:33																
				1:19	1:12	1:40	0:59																
18	435	Santiago Amador Oujo Cast Porto do Son ADC ARNELA	2:32:10	22:39	24:01	40:32	43:44	54:38	59:28	1:46:34	1:49:18	2:04:15	2:11:03	2:14:06	2:27:37								
				22:39	1:22	16:31	3:12	10:54	4:50	47:06	2:44	14:57	6:48	3:03	13:31								
				2:29:12	2:29:52	2:31:22	2:32:10																
				1:35	0:40	1:30	0:48																
613	Alberto Vázquez Fernández Lugo FLUVIAL LUGO		Error en ta	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----								
				-----	-----	-----	1:41:41	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21							
							1:41:41	*32	*32	*32	*32	*32	*32	*32	*32								
				15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21	15:11:21											
572	José Francisco Vázquez Br Arteixo SABON		Desc.	0:00	0:00	0:00	0:00	5:26	16:21	23:06	32:35	1:29:07	1:58:12	2:04:11	2:50:21								
								5:26	10:55	6:45	9:29	56:32	29:05	5:59	46:10								
				2:53:00	2:54:08	2:57:35	2:59:22																
				2:39	1:08	3:27	1:47																
<b>Homes 21 L (7)</b>				<b>8,6 km</b>	<b>165 m</b>	<b>23 C</b>																	
				1(40)	2(44)	3(53)	4(112)	5(114)	6(57)	7(66)	8(65)	9(106)	10(104)	11(85)	12(87)								
				13(89)	14(91)	15(93)	16(81)	17(73)	18(108)	19(111)	20(110)	21(70)	22(52)	23(200)	Meta								
1	139	Omar Eduardo Ruda Orozc Pontevedra ARAMON	1:29:47	6:29	9:34	10:55	20:11	21:49	33:57	36:01	36:26	48:21	49:53	58:17	1:01:17								
				6:29	3:05	1:21	9:16	1:38	12:08	2:04	0:25	11:55	1:32	8:24	3:00								
				1:02:32	1:04:03	1:06:05	1:11:29	1:16:37	1:18:29	1:20:08	1:21:10	1:24:35	1:26:49	1:29:08	1:29:47	0:39							
				1:15	1:31	2:02	5:24	5:08	1:52	1:39	1:02	3:25	2:14	2:19	0:39								
2	33	Rubén Iglesias Castro Lugo FLUVIAL LUGO	1:33:28	7:44	14:04	15:43	20:36	23:18	27:57	30:28	31:05	39:35	41:14	52:44	55:19								
				7:44	6:20	1:39	4:53	2:42	4:39	2:31	0:37	8:30	1:39	11:30	2:35								
				56:41	59:18	1:02:33	1:08:41	1:14:48	1:17:26	1:22:24	1:23:27	1:27:18	1:30:03	1:32:41	1:33:28								
				1:22	2:37	3:15	6:08	6:07	2:38	4:58	1:03	3:51	2:45	2:38	0:47								
3	181	Martín Pazó Pazó Vigo UNIVERSIDAD DE VIG	1:50:05	7:49	11:10	12:43	18:24	26:49	29:01	33:34	34:07	41:35	43:36	1:02:53	1:05:15								
				7:49	3:21	1:33	5:41	8:25	2:12	4:33	0:33	7:28	2:01	19:17	2:22								
				1:07:34	1:10:12	1:12:05	1:19:44	1:30:42	1:33:11	1:35:38	1:36:53	1:41:51	1:45:24	1:49:07	1:50:05								
				2:19	2:38	1:53	7:39	10:58	2:29	2:27	1:15	4:58	3:33	3:43	0:58								
4	56	Brais Piñeiro Fraga Lugo FLUVIAL LUGO	1:58:33	7:41	11:33	13:31	38:27	40:15	46:04	47:33	48:10	57:09	59:17	1:10:34	1:14:20								
				7:41	3:52	1:58	24:56	1:48	5:49	1:29	0:37	8:59	2:08	11:17	3:46								
				1:16:45	1:19:01	1:23:42	1:29:50	1:37:44	1:41:08	1:43:19	1:44:24	1:50:51	1:54:20	1:57:23	1:58:33								
				2:25	2:16	4:41	6:08	7:54	3:24	2:11	1:05	6:27	3:29	3:03	1:10								
5	176	Alejandro Museros Alegre Vigo UNIVERSIDAD DE VIG	1:59:49	10:17	16:32	18:12	23:52	26:07	29:42	33:21	34:37	44:10	46:01	1:07:42	1:11:59								
				10:17	6:15	1:40	5:40	2:15	3:35	3:39	1:16	9:33	1:51	21:41	4:17								
				1:13:40	1:16:00	1:17:38	1:24:18	1:32:42	1:36:29	1:37:49	1:38:35	1:52:59	1:55:33	1:58:54	1:59:49								
				1:41	2:20	1:38	6:40	8:24	3:47	1:20	0:46	14:24	2:34	3:21	0:55								
6	59	Pablo Rocha Pena Lugo FLUVIAL LUGO	2:19:57	9:24	14:03	16:07	28:27	31:31	35:11	39:23	39:52	47:26	49:27	1:35:47	1:39:58								
				9:24	4:39	2:04	12:20	3:04	3:40	4:12	0:29	7:34	2:01	46:20	4:11								
				1:42:04	1:44:01	1:46:26	1:52:12	1:59:28	2:02:13	2:05:36	2:06:49	2:12:28	2:15:34	2:19:00	2:19:57								
				2:06	1:57	2:25	5:46	7:16	2:45	3:23	1:13	5:39	3:06	3:26	0:57								
172	Carlos Martínez-vara De Rey Vigo UNIVERSIDAD DE VIG		Abandona	8:41	14:45	16:24	21:37	24:04	27:17	32:05	32:48	57:07	59:02	-----	-----								
				8:41	6:04	1:39	5:13	2:27	3:13	4:48	0:43	24:19	1:55	-----	-----								
				-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	1:19:14	1:21:02						
																20:12	1:48						
<b>Homes 35 (23)</b>				<b>8,7 km</b>	<b>180 m</b>	<b>22 C</b>																	
				1(39)	2(60)	3(112)	4(114)	5(66)	6(105)	7(98)	8(84)	9(88)	10(90)	11(92)	12(93)								
				13(94)	14(81)	15(54)	16(52)	17(110)	18(111)	19(109)	20(73)	21(51)	22(200)	Meta									
1	297	Francisco Diz López A Coruña GALLAECIA RAID	1:18:25	6:06	12:42	14:50	16:41	19:58	33:07	35:27	41:45	44:06	46:21	48:27	50:10								
				6:06	6:36	2:08	1:51	3:17	13:09	2:20	6:18	2:21	2:15	2:06	1:43								
				50:50	55:38	1:02:20	1:03:48	1:08:30	1:09:11	1:10:23	1:12:28	1:15:50	1:17:35	1:18:25									
				0:40	4:48	6:42	1:28	4:42	0:41	1:12	2:05	3:22	1:45	0:50									
2	137	Alfonso Rosado Frade Pontevedra ARAMON	1:19:49	7:09	13:12	15:34	17:38	21:11	27:33	31:10	37:31	41:02	42:45	45:03	46:51								
				7:09	6:03	2:22	2:04	3:33	6:22	3:37	6:21	3:31	1:43	2:18	1:48								
				47:21	51:24	1:00:15	1:02:14	1:08:19	1:08:57	1:10:35	1:13:23	1:16:46	1:19:11	1:19:49									
				0:30	4:03	8:51	1:59	6:05	0:38	1:38	2:48	3:23	2:25	0:38									



Pos	Dorsal	Nombre	Tempo												
<b>Homes 35 (23)</b>				<b>8,7 km 180 m</b>			<b>22 C</b>			<i>(cont.)</i>					
				1(39)	2(60)	3(112)	4(114)	5(66)	6(105)	7(98)	8(84)	9(88)	10(90)	11(92)	12(93)
				13(94)	14(81)	15(54)	16(52)	17(110)	18(111)	19(109)	20(73)	21(51)	22(200)	Meta	
<b>21</b>		<b>Carlos Fernández Martínez</b> <b>Lugo FLUVIAL LUGO</b>	<b>Error en ta</b>	10:05	23:22	26:25	28:36	36:08	45:05	48:13	57:06	----	1:08:11	1:11:36	1:12:52
				10:05	13:17	3:03	2:11	7:32	8:57	3:08	8:53	----	11:05	3:25	1:16
				1:13:42	1:20:34	1:30:37	1:33:14	1:39:02	1:39:54	1:41:36	1:44:20	1:48:28	1:51:47	1:52:39	
				0:50	6:52	10:03	2:37	5:48	0:52	1:42	2:44	4:08	3:19	0:52	
				1:07:37											
				*89											
<b>668</b>		<b>Juan Patiño Varela</b> <b>A Coruña GALLAECIA RAID</b>	<b>Error en ta</b>	----	----	----	----	----	----	----	14:12:35	----	----	----	----
				----	----	----	----	----	----	----	14:12:35	----	----	----	----
				----	----	----	----	----	----	----	----	----	14:12:41	14:12:44	
													0:06	0:03	
				14:12:14	14:12:14	14:12:19	14:12:19	14:12:25	14:12:27	14:12:28	14:12:32	14:12:40			
				*79	*32	*80	*33	*82	*34	*35	*83	*38			
<b>12</b>		<b>Luis Carreira López</b> <b>Lugo FLUVIAL LUGO</b>	<b>Abandona</b>	----	----	----	----	----	----	----	----	----	----	----	----
				----	----	----	----	----	----	----	----	----	----	----	----
<b>Homes 45 (24)</b>				<b>6,6 km 130 m</b>			<b>20 C</b>								
				1(117)	2(52)	3(50)	4(110)	5(111)	6(109)	7(68)	8(54)	9(57)	10(60)	11(63)	12(80)
				13(93)	14(90)	15(88)	16(86)	17(81)	18(107)	19(73)	20(200)	Meta			
<b>1</b>	<b>1107</b>	<b>Rafael Lima</b> <b>SEN CLUB Independientes</b>	<b>1:00:34</b>	8:39	11:18	12:46	<b>16:04</b>	<b>16:43</b>	<b>18:49</b>	<b>22:46</b>	<b>25:22</b>	<b>28:31</b>	<b>29:09</b>	<b>31:33</b>	<b>35:35</b>
				8:39	<b>2:39</b>	<b>1:28</b>	<b>3:18</b>	<b>0:39</b>	<b>2:06</b>	<b>3:57</b>	<b>2:36</b>	<b>3:09</b>	0:38	2:24	4:02
				<b>39:02</b>	<b>40:47</b>	<b>42:27</b>	<b>44:56</b>	<b>47:10</b>	<b>53:16</b>	<b>56:56</b>	<b>59:49</b>	<b>1:00:34</b>			
<b>2</b>	<b>82</b>	<b>Francisco Javier Antoñón Cl</b> <b>Pontevedra ARAMON</b>	<b>1:12:25</b>	3:27	<b>1:45</b>	1:40	2:29	<b>2:14</b>	6:06	<b>3:40</b>	<b>2:53</b>	<b>0:45</b>			
				8:44	12:40	14:36	19:05	19:52	21:26	27:13	29:29	33:15	34:24	36:36	42:58
				8:44	3:56	1:56	4:29	0:47	1:34	5:47	2:16	3:46	1:09	2:12	6:22
				46:06	48:32	50:08	53:22	56:28	1:03:11	1:07:41	1:11:34	1:12:25			
				<b>3:08</b>	2:26	1:36	3:14	3:06	6:43	4:30	3:53	0:51			
<b>3</b>	<b>539</b>	<b>Francisco Varela Lorenzo</b> <b>Ordes SEO</b>	<b>1:14:57</b>	10:30	13:21	15:08	18:46	19:48	21:04	25:32	33:31	36:49	37:53	40:08	45:01
				10:30	2:51	1:47	3:38	1:02	<b>1:16</b>	4:28	7:59	3:18	1:04	2:15	4:53
				48:22	51:13	53:38	55:46	58:53	1:03:33	1:07:33	1:11:33	1:14:57			
				3:21	2:51	2:25	2:08	3:07	4:40	4:00	3:24				
<b>4</b>	<b>521</b>	<b>Juan Carlos Carballo Ferná</b> <b>Culleredo A PEDROSA ORR</b>	<b>1:17:40</b>	10:35	14:28	16:38	21:34	22:30	24:10	30:18	33:00	36:21	37:35	40:02	45:17
				10:35	3:53	2:10	4:56	0:56	1:40	6:08	2:42	3:21	1:14	2:27	5:15
				48:50	51:23	53:16	56:44	1:01:48	1:07:09	1:12:14	1:16:30	1:17:40			
				3:33	2:33	1:53	3:28	5:04	5:21	5:05	4:16	1:10			
<b>5</b>	<b>399</b>	<b>Xan Mariano Trigo Recarey</b> <b>O Barco de Valde TREVINCA</b>	<b>1:18:13</b>	8:04	11:41	13:31	18:10	18:52	20:27	25:30	27:49	32:58	43:36	46:04	51:24
				8:04	3:37	1:50	4:39	0:42	1:35	5:03	2:19	5:09	10:38	2:28	5:20
				55:35	58:16	1:00:21	1:03:10	1:05:33	1:10:39	1:14:33	1:17:28	1:18:13			
				4:11	2:41	2:05	2:49	2:23	5:06	3:54	2:55	<b>0:45</b>			
<b>6</b>	<b>361</b>	<b>Rodrigo González Romano</b> <b>A Coruña BRIGANTIA</b>	<b>1:22:11</b>	19:26	23:53	26:02	32:53	33:55	36:03	42:07	43:50	49:58	50:34	52:53	56:22
				19:26	4:27	2:09	6:51	1:02	2:08	6:04	1:43	6:08	<b>0:36</b>	2:19	<b>3:29</b>
				59:33	1:01:45	1:03:24	1:05:52	1:08:18	1:12:47	1:18:11	1:21:18	1:22:11			
				3:11	2:12	1:39	2:28	2:26	<b>4:29</b>	5:24	3:07	0:53			
<b>7</b>	<b>133</b>	<b>José Antonio Ricoy Bugarín</b> <b>Pontevedra ARAMON</b>	<b>1:23:37</b>	<b>7:32</b>	<b>10:47</b>	<b>12:37</b>	17:11	18:21	19:51	25:27	29:09	40:28	41:22	43:31	48:32
				<b>7:32</b>	3:15	1:50	4:34	1:10	1:30	5:36	3:42	11:19	0:54	2:09	5:01
				52:04	54:19	56:09	59:06	1:03:12	1:14:04	1:18:36	1:22:27	1:23:37		1:21:38	
				3:32	2:15	1:50	2:57	4:06	10:52	4:32	3:51	1:10		*49	
<b>8</b>	<b>481</b>	<b>Santiago Rodilla Guerricag</b> <b>Vigo HABELAS HAINAS</b>	<b>1:26:10</b>	10:13	20:39	23:05	28:19	30:15	31:47	37:55	40:19	44:11	45:07	47:40	53:19
				10:13	10:26	2:26	5:14	1:56	1:32	6:08	2:24	3:52	0:56	2:33	5:39
				57:48	1:00:40	1:02:35	1:05:25	1:08:08	1:15:18	1:20:54	1:25:06	1:26:10			
				4:29	2:52	1:55	2:50	2:43	7:10	5:36	4:12	1:04			
<b>9</b>	<b>233</b>	<b>Ramón Sampedro Muñiz</b> <b>Santiago de Comp USC</b>	<b>1:27:23</b>	10:09	14:08	16:35	21:21	22:38	24:54	31:26	34:23	40:10	41:21	45:47	54:15
				10:09	3:59	2:27	4:46	1:17	2:16	6:32	2:57	5:47	1:11	4:26	8:28
				57:53	1:00:54	1:02:52	1:05:51	1:08:49	1:17:08	1:22:35	1:26:25	1:27:23			
				3:38	3:01	1:58	2:59	2:58	8:19	5:27	3:50	0:58			
<b>10</b>	<b>105</b>	<b>Javier Fernández Casalderr</b> <b>Pontevedra ARAMON</b>	<b>1:31:04</b>	13:12	17:07	19:19	24:02	25:34	27:28	33:31	35:24	39:25	40:22	42:44	48:25
				13:12	3:55	2:12	4:43	1:32	1:54	6:03	1:53	4:01	0:57	2:22	5:41
				51:57	54:30	56:39	59:34	1:07:17	1:18:25	1:25:19	1:29:31	1:31:04			
				3:32	2:33	2:09	2:55	7:43	11:08	6:54	4:12	1:33			
<b>11</b>	<b>412</b>	<b>Juan José González Ramil</b> <b>A Coruña ARTABROS</b>	<b>1:36:04</b>	18:38	32:58	35:21	38:56	39:58	41:18	49:35	54:16	57:56	58:58	1:01:40	1:06:13
				18:38	14:20	2:23	3:35	1:02	1:20	8:17	4:41	3:40	1:02	2:42	4:33
				1:10:04	1:12:17	1:14:50	1:16:54	1:22:14	1:27:21	1:32:11	1:35:17	1:36:04			
				3:51	2:13	2:33	<b>2:04</b>	5:20	5:07	4:50	3:06	0:47			
<b>12</b>	<b>182</b>	<b>Patricio Peláez Méndez</b> <b>Vigo UNIVERSIDAD DE VIG</b>	<b>1:37:29</b>	8:41	16:44	18:33	22:27	23:50	26:01	31:35	53:55	58:07	59:39	1:01:44	1:06:02
				8:41	8:03	1:49	3:54	1:23	2:11	5:34	22:20	4:12	1:32	2:05	4:18
				1:10:19	1:12:40	1:14:23	1:17:03	1:20:04	1:27:36	1:32:47	1:36:35	1:37:29			
				4:17	2:21	1:43	2:40	3:01	7:32	5:11	3:48	0:54			
<b>13</b>	<b>66</b>	<b>Jesús Sanmartín Matalobos</b> <b>Lugo FLUVIAL LUGO</b>	<b>1:37:36</b>	9:37	13:07	15:30	19:46	20:57	23:59	30:21	40:51	45:27	46:32	49:39	54:54
				9:37	3:30	2:23	4:16	1:11	3:02	6:22	10:30	4:36	1:05	3:07	5:15
				1:02:14	1:06:42	1:08:42	1:11:40	1:15:12	1:28:28	1:33:30	1:36:44	1:37:36			
				7:20	4:28	2:00	2:58	3:32	13:16	5:02	3:14	0:52			
<b>14</b>	<b>99</b>	<b>Gilberto Díaz Falcon</b> <b>Pontevedra ARAMON</b>	<b>1:37:49</b>	13:18	16:46	19:39	25:29	26:24	28:51	39:25	41:37	46:51	47:29	49:43	55:50
				13:18	3:28	2:53	5:50	0:55	2:27	10:34	2:12	5:14	0:38	2:14	6:07
				1:03:40	1:07:27	1:09:29	1:12:52	1:16:39	1:26:02	1:32:51	1:36:50	1:37:49			
				7:50	3:47	2:02	3:23	3:47	9:23	6:49	3:59	0:59			





Pos	Dorsal	Nombre	Tiempo													
Élite (18)				9,9 km	225 m	28 C										
				1(38)	2(106)	3(103)	4(98)	5(97)	6(101)	7(80)	8(87)	9(89)	10(92)	11(93)	12(87)	
				13(85)	14(83)	15(62)	16(112)	17(115)	18(116)	19(59)	20(64)	21(66)	22(108)	23(111)	24(110)	
				25(51)	26(54)	27(68)	28(200)	Meta								
1	77	Ángel Álvarez Serto Pontevedra ARAMON	1:11:09	5:19	13:25	15:44	16:41	17:19	18:28	22:33	23:48	24:53	26:36	27:41	29:12	
				5:19	8:06	2:19	0:57	0:38	1:09	4:05	1:15	1:05	1:43	1:05	1:31	
				31:20	33:04	37:40	41:32	45:52	46:39	50:44	53:23	54:09	58:12	59:22	59:54	
				2:08	1:44	4:36	3:52	4:20	0:47	4:05	2:39	0:46	4:03	1:10	0:32	
				1:03:53	1:06:56	1:08:03	1:10:30	1:11:09								
				3:59	3:03	1:07	2:27	0:39								
2	326	Felipe Peña Pita A Coruña GALLAECIA RAID	1:15:00	5:35	14:11	16:39	17:38	18:17	20:36	25:23	26:37	27:48	29:43	31:49	33:27	
				5:35	8:36	2:28	0:59	0:39	2:19	4:47	1:14	1:11	1:55	2:06	1:38	
				35:38	37:21	42:32	45:17	49:42	50:34	54:59	57:19	58:14	1:02:37	1:03:56	1:04:31	
				2:11	1:43	5:11	2:45	4:25	0:52	4:25	2:20	0:55	4:23	1:19	0:35	
				1:08:05	1:10:11	1:11:23	1:14:19	1:15:00								
				3:34	2:06	1:12	2:56	0:41								
3	561	Martín Morales Ferreiro Xinzo de Limia LIMIAACTIVA	1:15:05	5:47	14:44	16:53	18:02	18:49	20:12	25:15	26:25	27:28	29:19	30:04	31:30	
				5:47	8:57	2:09	1:09	0:47	1:23	5:03	1:10	1:03	1:51	0:45	1:26	
				34:08	37:00	43:14	45:26	49:20	50:04	54:45	57:22	58:05	1:02:13	1:03:19	1:03:59	
				2:38	2:52	6:14	2:12	3:54	0:44	4:41	2:37	0:43	4:08	1:06	0:40	
				1:07:52	1:09:54	1:11:14	1:14:25	1:15:05								
				3:53	2:02	1:20	3:11	0:40								
4	106	Gonzalo Fernández Casalde Pontevedra ARAMON	1:18:51	5:21	19:38	21:53	23:09	24:29	25:50	30:54	31:59	32:57	34:44	35:31	37:22	
				5:21	14:17	2:15	1:16	1:20	1:21	5:04	1:05	0:58	1:47	0:47	1:51	
				39:25	41:15	45:52	49:45	53:48	54:37	58:57	1:01:28	1:02:17	1:06:23	1:07:33	1:08:06	
				2:03	1:50	4:37	3:53	4:03	0:49	4:20	2:31	0:49	4:06	1:10	0:33	
				1:12:03	1:13:55	1:15:16	1:18:13	1:18:51								
				3:57	1:52	1:21	2:57	0:38								
5	135	Maikel Rodríguez Domingu Pontevedra ARAMON	1:21:06	5:33	14:11	16:16	17:35	18:12	19:43	24:25	25:34	27:05	29:06	30:08	31:51	
				5:33	8:38	2:05	1:19	0:37	1:31	4:42	1:09	1:31	2:01	1:02	1:43	
				35:54	38:37	43:55	47:08	50:10	51:18	56:50	58:12	59:15	1:03:10	1:07:07	1:08:01	
				4:03	2:43	5:18	3:13	3:02	1:08	5:32	1:22	1:03	3:55	3:57	0:54	
				1:14:21	1:16:09	1:17:32	1:20:25	1:21:06								
				6:20	1:48	1:23	2:53	0:41								
6	313	Pablo López Franco A Coruña GALLAECIA RAID	1:24:13	6:37	16:25	19:27	20:38	21:21	22:43	28:34	30:30	31:50	34:07	35:55	37:41	
				6:37	9:48	3:02	1:11	0:43	1:22	5:51	1:56	1:20	2:17	1:48	1:46	
				42:32	44:44	50:39	53:03	56:36	57:33	1:01:56	1:03:24	1:04:18	1:08:48	1:10:18	1:11:00	
				4:51	2:12	5:55	2:24	3:33	0:57	4:23	1:28	0:54	4:30	1:30	0:42	
				1:15:37	1:18:14	1:20:08	1:23:26	1:24:13								
				4:37	2:37	1:54	3:18	0:47								
7	198	David Casado Bravo A Coruña APA LICEO	1:24:16	6:05	14:50	17:28	19:09	19:50	21:13	25:47	27:01	28:38	30:53	31:37	33:33	
				6:05	8:45	2:38	1:41	0:41	1:23	4:34	1:14	1:37	2:15	0:44	1:56	
				35:48	37:42	43:07	45:16	53:54	54:52	59:31	1:02:51	1:03:33	1:08:20	1:10:42	1:11:13	
				2:15	1:54	5:25	2:09	8:38	0:58	4:39	3:20	0:42	4:47	2:22	0:31	
				1:16:30	1:18:24	1:20:22	1:23:32	1:24:16								
				5:17	1:54	1:58	3:10	0:44								
8	15	Alberto Corral Alonso Lugo FLUVIAL LUGO	1:28:30	6:49	17:15	19:49	20:54	21:33	24:17	34:24	36:31	37:45	40:38	41:42	43:18	
				6:49	10:26	2:34	1:05	0:39	2:44	10:07	2:07	1:14	2:53	1:04	1:36	
				48:38	50:29	56:05	58:53	1:02:26	1:03:36	1:07:47	1:09:12	1:10:12	1:14:17	1:15:34	1:16:09	
				5:20	1:51	5:36	2:48	3:33	1:10	4:11	1:25	1:00	4:05	1:17	0:35	
				1:20:29	1:23:46	1:24:58	1:27:50	1:28:30								
				4:20	3:17	1:12	2:52	0:40								
9	1073	Xoel Chamorro García Noruega BUL-TROMSO	1:31:39	7:15	16:14	18:38	19:47	20:29	21:57	26:41	28:06	29:31	32:00	33:34	35:07	
				7:15	8:59	2:24	1:09	0:42	1:28	4:44	1:25	1:25	2:29	1:34	1:33	
				37:58	40:45	46:47	56:18	1:00:11	1:02:59	1:07:21	1:11:22	1:12:26	1:16:44	1:17:54	1:18:58	
				2:51	2:47	6:02	9:31	3:53	2:48	4:22	4:01	1:04	4:18	1:10	1:04	
				1:24:48	1:26:35	1:27:56	1:30:57	1:31:39								
				5:50	1:47	1:21	3:01	0:42								
				*82	*113											
10	429	Ramón Fernández Torres Porto do Son ADC ARNELA	1:34:43	5:43	16:20	24:55	25:44	26:34	28:05	32:56	34:28	35:56	37:40	38:25	40:22	
				5:43	10:37	8:35	0:49	0:50	1:31	4:51	1:32	1:28	1:44	0:45	1:57	
				46:15	48:42	54:50	57:02	1:06:41	1:07:49	1:12:58	1:14:34	1:15:25	1:21:03	1:22:52	1:23:25	
				5:53	2:27	6:08	2:12	9:39	1:08	5:09	1:36	0:51	5:38	1:49	0:33	
				1:27:49	1:29:46	1:31:15	1:34:00	1:34:43								
				4:24	1:57	1:29	2:45	0:43								
				*98												
11	433	David Lareo Martínez Porto do Son ADC ARNELA	1:43:15	6:42	19:01	21:43	23:16	24:06	25:57	31:21	32:32	34:35	37:08	39:18	41:23	
				6:42	12:19	2:42	1:33	0:50	1:51	5:24	1:11	2:03	2:33	2:10	2:05	
				43:35	45:50	52:01	54:33	59:19	1:01:11	1:06:38	1:09:36	1:10:33	1:18:31	1:22:29	1:23:20	
				2:12	2:15	6:11	2:32	4:46	1:52	5:27	2:58	0:57	7:58	3:58	0:51	
				1:30:39	1:36:45	1:38:31	1:42:20	1:43:15								
				7:19	6:06	1:46	3:49	0:55								
12	320	Marcos Muíño García A Coruña GALLAECIA RAID	1:44:50	6:28	20:38	23:34	24:50	25:44	27:41	34:38	35:57	37:24	40:55	41:46	44:12	
				6:28	14:10	2:56	1:16	0:54	1:57	6:57	1:19	1:27	3:31	0:51	2:26	
				46:23	48:44	54:32	1:06:45	1:10:01	1:11:05	1:15:39	1:18:59	1:20:22	1:25:37	1:28:03	1:29:08	
				2:11	2:21	5:48	12:13	3:16	1:04	4:34	3:20	1:23	5:15	2:26	1:05	
				1:36:43	1:39:36	1:40:57	1:44:09	1:44:50								
				7:35	2:53	1:21	3:12	0:41								
13	533	Jose Angel Morlán Rodrigu Ordes SEO	1:50:21	6:34	29:26	32:50	33:52	34:36	36:18	41:45	43:32	44:59	47:32	49:09	51:44	
				6:34	22:52	3:24	1:02	0:44	1:42	5:27	1:47	1:27	2:33	1:37	2:35	
				54:20	56:45	1:04:09	1:06:43	1:14:40	1:15:41	1:21:17	1:22:32	1:23:28	1:29:20	1:30:44	1:31:23	
				2:36	2:25	7:24	2:34	7:57	1:01	5:36	1:15	0:56	5:52	1:24	0:39	
				1:36:16	1:38:24	1:45:34	1:49:30	1:50:21								
				4:53	2:08	7:10	3:56	0:51								

Pos	Dorsal	Nombre	Tiempo												
<b>Élite (18)</b>				<b>9,9 km 225 m</b>	<b>28 C</b>	<i>(cont.)</i>									
				1(38)	2(106)	3(103)	4(98)	5(97)	6(101)	7(80)	8(87)	9(89)	10(92)	11(93)	12(87)
				13(85)	14(83)	15(62)	16(112)	17(115)	18(116)	19(59)	20(64)	21(66)	22(108)	23(111)	24(110)
				25(51)	26(54)	27(68)	28(200)	Meta							
<b>14</b>	<b>565</b>	<b>Luis Javier Ramos Asensio</b> <b>Arteixo SABON</b>	<b>2:04:25</b>	8:18	25:45	29:13	30:12	30:58	32:27	39:35	41:15	42:45	45:06	45:58	48:29
				8:18	17:27	3:28	0:59	0:46	1:29	7:08	1:40	1:30	2:21	0:52	2:31
				51:41	55:29	1:03:25	1:09:58	1:18:21	1:21:45	1:30:48	1:32:32	1:33:36	1:38:41	1:45:21	1:45:57
				3:12	3:48	7:56	6:33	8:23	3:24	9:03	1:44	1:04	5:05	6:40	0:36
				1:54:47	1:57:31	1:59:26	2:03:37	2:04:25							
				8:50	2:44	1:55	4:11	0:48							
<b>15</b>	<b>185</b>	<b>German Pérez Juste</b> <b>Vigo UNIVERSIDAD DE VIG</b>	<b>2:17:07</b>	9:42	22:46	26:27	28:02	33:57	36:56	46:17	48:15	50:05	53:17	54:13	56:38
				9:42	13:04	3:41	1:35	5:55	2:59	9:21	1:58	1:50	3:12	0:56	2:25
				59:18	1:01:23	1:09:15	1:17:57	1:22:24	1:23:40	1:30:06	1:32:06	1:34:24	1:55:57	1:57:57	1:59:18
				2:40	2:05	7:52	8:42	4:27	1:16	6:26	2:00	2:18	21:33	2:00	1:21
				2:06:09	2:10:03	2:11:33	2:16:07	2:17:07							
				6:51	3:54	1:30	4:34	1:00							
<b>16</b>	<b>282</b>	<b>José Antonio Balseiro Pérez</b> <b>A Coruña GALLAECIA RAID</b>	<b>2:23:45</b>	9:31	25:09	28:28	29:48	31:46	33:45	41:57	43:37	45:15	48:03	49:41	52:10
				9:31	15:38	3:19	1:20	1:58	1:59	8:12	1:40	1:38	2:48	1:38	2:29
				54:46	57:22	1:04:53	1:10:18	1:14:45	1:16:35	1:23:53	1:41:26	1:42:38	1:53:25	1:55:11	1:56:17
				2:36	2:36	7:31	5:25	4:27	1:50	7:18	17:33	1:12	10:47	1:46	1:06
				2:09:38	2:13:02	2:15:12	2:22:14	2:23:45							
				13:21	3:24	2:10	7:02	1:31							
	<b>61</b>	<b>Rodrigo Ivan Rodriguez Lo</b> <b>Lugo FLUVIAL LUGO</b>	<b>Error en ta</b>	6:46	23:36	26:47	27:49	28:40	30:55	40:38	43:07	44:52	46:58	47:54	49:54
				6:46	16:50	3:11	1:02	0:51	2:15	9:43	2:29	1:45	2:06	0:56	2:00
				52:15	54:26	1:00:20	1:11:08	1:21:35	1:22:43	1:27:35	1:29:08	-----	1:34:36	1:35:54	1:36:29
				2:21	2:11	5:54	10:48	10:27	1:08	4:52	1:33	-----	5:28	1:18	0:35
				1:40:40	1:42:38	1:44:08	1:47:31	1:48:18							
				4:11	1:58	1:30	3:23	0:47							
	<b>515</b>	<b>Marcos Vinagre Rey</b> <b>A Coruña (Oleiro FAICAMIÑO)</b>	<b>Abandona</b>	6:08	25:19	29:21	30:36	31:17	32:47	38:48	40:34	41:51	44:08	45:47	47:37
				6:08	19:11	4:02	1:15	0:41	1:30	6:01	1:46	1:17	2:17	1:39	1:50
				52:37	54:41	1:00:19	1:04:41	1:08:13	1:09:26	1:14:25	1:16:22	1:21:11	1:26:10	-----	-----
				5:00	2:04	5:38	4:22	3:32	1:13	4:59	1:57	4:49	4:59	-----	-----
				-----	-----	-----	-----	1:36:11	10:01						
<b>Iniciación Corta (9)</b>				<b>2,9 km 40 m</b>	<b>10 C</b>										
				1(31)	2(32)	3(34)	4(45)	5(48)	6(71)	7(75)	8(76)	9(49)	10(200)	Meta	
<b>1</b>	<b>1086</b>	<b>Alejandro Victorero Domíng</b> <b>SEN CLUB Independientes</b>	<b>45:52</b>	<b>9:04</b>	<b>11:55</b>	<b>13:07</b>	<b>18:04</b>	<b>28:22</b>	<b>32:15</b>	<b>36:33</b>	<b>38:06</b>	<b>43:18</b>	<b>44:46</b>	<b>45:52</b>	
				<b>9:04</b>	2:51	<b>1:12</b>	<b>4:57</b>	10:18	<b>3:53</b>	<b>4:18</b>	<b>1:33</b>	<b>5:12</b>	<b>1:28</b>	<b>1:06</b>	
	<b>1035</b>	<b>María Gomez Piñeiro</b> <b>A Coruña APA LICEO</b>	<b>Error en ta</b>	27:11	30:23	35:03	42:10	54:40	-----	-----	-----	57:31	1:01:19	1:02:52	
				27:11	3:12	4:40	7:07	12:30	-----	-----	-----	2:51	3:48	1:33	
	<b>321</b>	<b>Carmen Niñ Seijas</b> <b>A Coruña GALLAECIA RAID</b>	<b>Error en ta</b>	-----	-----	-----	-----	-----	19:02	1:05:43	1:10:48	-----	-----	1:15:03	
				-----	-----	-----	-----	-----	19:02	46:41	5:05	-----	-----	4:15	
				3:48	10:38	26:18	1:54:26	1:01:56	1:12:43	1:12:47	-----	-----	-----	-----	-----
				*69	*70	*72	*73	*74	*100	*100	-----	-----	-----	-----	-----
	<b>408</b>	<b>Alén García Sánchez</b> <b>A Coruña ARTABROS</b>	<b>Abandona</b>	20:36	24:00	28:02	37:03	-----	-----	-----	-----	-----	51:34	54:27	
				20:36	3:24	4:02	9:01	-----	-----	-----	-----	-----	14:31	2:53	
	<b>1106</b>	<b>Bruno Almon Pazos</b> <b>SEN CLUB Independientes</b>	<b>Abandona</b>	21:52	24:25	27:42	36:27	45:28	-----	-----	-----	-----	-----	-----	
				21:52	<b>2:33</b>	3:17	8:45	<b>9:01</b>	-----	-----	-----	-----	-----	-----	
	<b>1041</b>	<b>Milagros Gonzalez Alvarez</b> <b>A Coruña ARTABROS</b>	<b>Abandona</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	<b>1040</b>	<b>Angeles Rodriguez Fernand</b> <b>A Coruña ARTABROS</b>	<b>Abandona</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	<b>411</b>	<b>Abraham Gonzalez Estevez</b> <b>A Coruña ARTABROS</b>	<b>Abandona</b>	10:42	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				10:42	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
	<b>406</b>	<b>Silvia Estevez Varela</b> <b>A Coruña ARTABROS</b>	<b>Abandona</b>	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
				-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	
<b>Iniciación Larga (77)</b>				<b>4,4 km 80 m</b>	<b>12 C</b>										
				1(37)	2(42)	3(46)	4(47)	5(71)	6(74)	7(79)	8(82)	9(95)	10(76)	11(49)	12(200)
				Meta											
<b>1</b>	<b>1098</b>	<b>Antonio Omil Beloso</b> <b>SEN CLUB Independientes</b>	<b>38:54</b>	<b>6:43</b>	8:29	11:07	15:12	18:11	20:00	22:20	25:43	<b>27:52</b>	<b>33:19</b>	<b>37:19</b>	<b>38:03</b>
				<b>6:43</b>	1:46	2:38	4:05	2:59	1:49	2:20	3:23	2:09	5:27	4:00	0:44
				<b>38:54</b>											
	<b>2</b>	<b>Gelasio Oujo Pouso</b> <b>Porto do Son ADC ARNELA</b>	<b>39:13</b>	6:53	<b>8:27</b>	<b>10:50</b>	<b>12:35</b>	<b>15:14</b>	<b>17:27</b>	<b>19:37</b>	<b>23:29</b>	29:47	34:28	37:55	38:34
				6:53	<b>1:34</b>	2:23	1:45	2:39	2:13	<b>2:10</b>	3:52	6:18	4:41	<b>3:27</b>	0:39
				39:13											
				<b>0:39</b>											
	<b>3</b>	<b>Fernando Dosil Bouzas</b> <b>Porto do Son ADC ARNELA</b>	<b>39:55</b>	7:20	8:55	11:11	13:02	15:40	17:49	20:05	24:09	31:07	34:30	38:22	39:08
				7:20	1:35	2:16	1:51	2:38	2:09	2:16	4:04	6:58	<b>3:23</b>	3:52	0:46
				39:55											
				0:47											
	<b>4</b>	<b>Jesús Campaña Parada</b> <b>Porto do Son ADC ARNELA</b>	<b>45:41</b>	10:40	12:24	14:49	21:22	24:44	26:15	28:29	30:54	33:11	39:47	44:14	45:00
				10:40	1:44	2:25	6:33	3:22	1:31	2:14	2:25	2:17	6:36	4:27	0:46
				45:41											
				0:41											

Pos	Dorsal	Nombre	Tiempo												
<i>Iniciación Larga (77)</i>				<b>4,4 km</b>	<b>80 m</b>	<b>12 C</b>	<i>(cont.)</i>								
				1(37) Meta	2(42)	3(46)	4(47)	5(71)	6(74)	7(79)	8(82)	9(95)	10(76)	11(49)	12(200)
5	1065	Adrián Torres Pérez Porto do Son ADC ARNELA	45:59	11:06 11:06 45:59 0:51	12:51	15:14	21:38	25:16	26:46	28:59	31:23	33:30	40:16	44:32	45:08
6	1064	Dario Castro Silva Porto do Son ADC ARNELA	46:02	10:32 10:32 46:02 0:59	12:30	14:40	21:13	24:33	26:07	28:19	30:43	32:40	39:42	44:18	45:03
7	1082	Jaime De Gandarillas Carrar Marín ESCUELA NAVAL	46:20	10:53 10:53 46:20 0:54	13:47	17:14	19:52	23:13	25:43	28:36	31:39	34:20	39:46	44:28	45:26
8	1052	Camilo Serantes Maneiro Porto do Son ADC ARNELA	47:54	13:00 13:00 47:54 0:53	15:13	21:52	25:10	28:07	30:07	32:30	35:35	37:47	42:12	46:11	47:01
9	1062	José Luis Oujo Pouso Porto do Son ADC ARNELA	47:57	12:39 12:39 47:57 1:00	15:28	19:06	21:35	25:04	27:38	30:37	33:22	35:22	41:41	46:03	46:57
10	1087	Jorge Victorero Rey SEN CLUB Independientes	48:11	8:56 8:56 48:11 1:01	11:21	14:41	20:22	23:27	25:03	27:36	31:55	34:07	41:36	46:02	47:10
11	1047	Jose Luis Alvarez Meleiro O Barco de Valde TREVINCA	48:38	16:45 16:45 48:38 0:41	18:32	21:32	23:11	26:28	28:46	31:00	33:21	36:25	43:03	47:06	47:57
12	1079	Jorge Martínez Montesinos Marín ESCUELA NAVAL	55:51	15:07 15:07 55:51 0:54	17:20	20:21	25:22	29:15	31:47	35:05	38:49	43:52	50:10	54:08	54:57
13	1059	Esther Del Río Mosquera Porto do Son ADC ARNELA	55:57	11:35 11:35 55:57 1:16	13:43	17:45	21:21	25:29	27:21	30:23	37:12	41:40	48:17	53:35	54:41
14	1097	Margarita Olivar Roldán SEN CLUB Independientes	57:39	13:10 13:10 57:39 1:17	16:48	21:35	25:15	30:06	32:38	35:55	39:38	42:20	49:54	55:11	56:22
15	1038	María Piñeiro Varela A Coruña ARTABROS	58:55	10:02 10:02 58:55 0:45	12:55	16:19	21:26	25:06	27:02	30:06	37:28	39:44	52:03	57:10	58:10
16	1060	Julia Del Río Mosquera Porto do Son ADC ARNELA	59:34	11:03 11:03 59:34 1:11	13:08	17:17	21:02	24:40	26:35	29:16	44:06	46:02	52:52	57:30	58:23
17	1058	Pilar Del Río Mosquera Porto do Son ADC ARNELA	1:00:11	11:07 11:07 1:00:11 1:15	15:44	19:04	22:16	25:17	27:30	31:02	35:14	37:42	52:19	57:55	58:56
18	1037	Silvia Calvo Marta A Coruña ARTABROS	1:00:16	9:41 9:41 1:00:16 1:06	12:13	15:59	21:17	25:17	27:59	31:03	42:37	45:08	52:09	57:59	59:10
19	1102	Eduardo David Cógelo Lópe SEN CLUB Independientes	1:00:38	10:00 10:00 1:00:38 0:59	11:54	15:11	20:07	23:21	25:17	27:54	44:59	46:59	54:09	58:43	59:39
20	1101	Patricia Castro Pico SEN CLUB Independientes	1:01:36	13:08 13:08 1:01:36 1:24	16:27	21:24	28:06	33:02	35:55	39:43	43:09	46:53	53:15	59:01	1:00:12
21	1096	Bibiana González Corral SEN CLUB Independientes	1:02:20	10:36 10:36 1:02:20 1:16	12:53	17:55	23:39	32:36	34:32	37:43	42:57	45:53	54:42	1:00:03	1:01:04
22	1036	Breogán García Ferreiro Ferrol MONTAÑA FERROL	1:02:25	11:51 11:51 1:02:25 0:59	14:02	18:21	24:18	32:09	33:43	36:58	44:12	49:20	56:32	1:00:33	1:01:26
23	1050	David Valiño Martínez Culleredo A PEDROSA ORR	1:04:27	12:07 12:07 1:04:27 1:11	14:57	19:35	26:31	31:16	33:25	37:58	42:00	46:18	56:20	1:02:22	1:03:16

Pos	Dorsal	Nombre	Tiempo												
<i>Iniciación Larga (77)</i>				<b>4,4 km</b>	<b>80 m</b>	<i>(cont.)</i>									
				1(37) Meta	2(42)	3(46)	4(47)	5(71)	6(74)	7(79)	8(82)	9(95)	10(76)	11(49)	12(200)
24	1066	Miguel Gomez Fuentes Porto do Son ADC ARNELA	1:05:17	9:07 9:07 1:05:17	11:57 2:50	15:41 3:44	18:54 3:13	21:56 3:02	24:11 2:15	39:43 15:32	43:19 3:36	47:32 4:13	54:37 7:05	1:02:21 7:44	1:03:51 1:30
25	1034	Chandima Kulathilake Kulat A Coruña APA LICEO	1:08:18	12:26 19:33 1:08:18	22:53 3:20	25:49 2:56	29:48 3:59	34:51 5:03	36:45 1:54	39:45 3:00	48:07 8:22	50:40 2:33	1:02:03 11:23	1:06:16 4:13	1:07:28 1:12
26	1070	Elena Lourido Gacío Porto do Son ADC ARNELA	1:09:31	0:50 12:04 12:04 1:09:31	14:56 2:52	19:51 4:55	22:40 2:49	26:39 3:59	29:05 2:26	32:40 3:35	48:40 16:00	53:11 4:31	1:02:03 8:52	1:07:22 5:19	1:08:25 1:03
27	1033	César Rodríguez López Lugo FLUVIAL LUGO	1:12:31	14:05 14:05 1:12:31	17:58 3:53	24:02 6:04	27:31 3:29	32:50 5:19	36:20 3:30	40:57 4:37	45:38 4:41	49:21 3:43	1:01:25 12:04	1:09:05 7:40	1:10:40 1:35
28	1030	Aldara González Rodríguez Lugo FLUVIAL LUGO	1:32:27	19:43 19:43 1:32:27	24:51 5:08	30:37 5:46	35:28 4:51	41:52 6:24	46:33 4:41	52:40 6:07	1:01:09 8:29	1:06:09 5:00	1:20:45 14:36	1:28:40 7:55	1:30:34 1:54
29	1026	María Fe Vázquez Rodríguez Lugo FLUVIAL LUGO	1:32:39	19:45 19:45 1:32:39	24:51 5:06	30:45 5:54	35:23 4:38	42:01 6:38	46:39 4:38	52:52 6:13	1:01:10 8:18	1:06:11 5:01	1:21:08 14:57	1:28:56 7:48	1:30:46 1:50
30	1025	Luisa Zolle Fernandez Lugo FLUVIAL LUGO	1:33:41	20:33 20:33 1:33:41	25:59 5:26	31:36 5:37	36:29 4:53	42:57 6:28	47:38 4:41	53:45 6:07	1:02:07 8:22	1:07:17 5:10	1:21:59 14:42	1:29:51 7:52	1:31:39 1:48
31	1031	Raúl Rodríguez Vila Lugo FLUVIAL LUGO	1:36:07	11:13 11:13 1:36:07	13:21 2:08	17:54 4:33	24:45 6:51	29:24 4:39	31:51 2:27	34:30 2:39	47:38 13:08	51:28 3:50	1:29:26 37:58	1:34:16 4:50	1:35:07 0:51
32	1095	María Dolores López Suárez SEN CLUB Independientes	1:36:39	18:32 18:32 1:36:39	24:01 5:29	29:17 5:16	33:52 4:35	39:45 5:53	43:07 3:22	46:21 3:14	58:19 11:58	1:10:01 11:42	1:24:53 14:52	1:32:36 7:43	1:34:35 1:59
33	1024	Carmen Perez Gonzalez Lugo FLUVIAL LUGO	1:38:02	14:18 14:18 1:38:02	17:48 3:30	23:19 5:31	27:50 4:31	33:19 5:29	36:30 3:11	41:39 5:09	1:12:42 31:03	1:16:39 3:57	1:27:23 10:44	1:35:02 7:39	1:36:37 1:35
34	1027	Marcos Fouz Rodríguez Lugo FLUVIAL LUGO	1:39:57	16:08 16:08 1:39:57	19:40 3:32	25:14 5:34	29:41 4:27	35:13 5:32	38:23 3:10	43:37 5:14	1:14:37 31:00	1:18:26 3:49	1:29:21 10:55	1:36:57 7:36	1:38:34 1:37
35	1012	Og Juan Meilán Fernández Lugo FLUVIAL LUGO	1:47:44	12:37 12:37 1:47:44	15:08 2:31	20:08 5:00	23:00 2:52	30:30 7:30	34:06 3:36	37:40 3:34	40:28 2:48	1:30:49 50:21	1:39:51 9:02	1:45:19 5:28	1:46:30 1:11
36	1010	Og Miguel Pérez Vázquez Lugo FLUVIAL LUGO	1:48:02	13:18 13:18 1:48:02	15:20 2:02	20:30 5:10	23:26 2:56	31:00 7:34	34:31 3:31	37:39 3:08	40:51 3:12	1:31:00 50:09	1:40:15 9:15	1:45:37 5:22	1:46:47 1:10
37	1018	Og Alejandro Corral Alonso Lugo FLUVIAL LUGO	1:48:26	12:47 12:47 1:48:26	16:07 3:20	21:10 5:03	24:28 3:18	31:26 6:58	34:59 3:33	38:18 3:19	43:47 5:29	1:31:39 47:52	1:40:34 8:55	1:45:58 5:24	1:47:20 1:22
38	1021	Og Enrique Mejuto Sesar Lugo FLUVIAL LUGO	1:48:40	13:03 13:03 1:48:40	16:12 3:09	20:55 4:43	24:43 3:48	31:41 6:58	35:09 3:28	38:22 3:13	43:58 5:36	1:31:49 47:51	1:40:40 8:51	1:46:09 5:29	1:47:24 1:15
39	1091	Abel Rodríguez Borrajo SEN CLUB Independientes	1:54:30	17:44 17:44 1:54:30	24:34 6:50	29:25 4:51	51:03 21:38	57:04 6:01	1:02:02 4:58	1:07:25 5:23	1:15:00 7:35	1:32:28 17:28	1:42:53 10:25	1:51:36 8:43	1:52:52 1:16
40	1084	Ana María Santos Solla SEN CLUB Independientes	1:54:35	17:45 17:45 1:54:35	24:27 6:42	29:45 5:18	51:14 21:29	57:26 6:12	1:02:17 4:51	1:07:45 5:28	1:14:47 7:02	1:32:24 17:37	1:43:29 11:05	1:51:12 7:43	1:52:52 1:40
41	1083	Paloma Gómez Moares SEN CLUB Independientes	2:00:17	21:04 21:04 2:00:17	25:35 4:31	32:04 6:29	35:54 3:50	56:41 20:47	1:00:48 4:07	1:11:55 11:07	1:17:08 5:13	1:36:01 18:53	1:50:25 14:24	1:57:27 7:02	1:58:44 1:17
42	1088	Lidia Gómez Moares SEN CLUB Independientes	2:00:44	21:36 21:36 2:00:44	25:43 4:07	32:17 6:34	36:21 4:04	57:10 20:49	1:01:12 4:02	1:12:22 11:10	1:17:27 5:05	1:36:30 19:03	1:50:49 14:19	1:57:55 7:06	1:59:08 1:13



