

os	rsal	Nombre	Tiempo													
M-21 (21)				13,5 km 680 m			13 C			<i>(cont.)</i>						
				1(43)	2(45)	3(46)	4(48)	5(43)	6(42)	7(57)	8(58)	9(34)	10(43)	11(51)	12(41)	13(200)
6	249	Ricardo Jeronimo Carregueira UCDA	1:37:24	5:55	16:20	20:32	27:47	42:07	48:02	56:48	1:03:27	1:09:00	1:22:48	1:27:34	1:29:11	1:36:40
7	136	David Lareo Martinez La Coruña ADC_ARNELA	1:38:24	5:55	10:25	4:12	7:15	14:20	5:55	8:46	6:39	5:33	13:48	4:46	1:37	7:29
8	131	Pablo Baamonde Arufe La Coruña ADC_ARNELA	1:39:06	7:15	18:02	21:56	28:23	42:14	48:03	56:08	1:02:52	1:07:26	1:25:01	1:29:00	1:31:00	1:37:38
9	242	Duarte Sousa Loulé BTTLoulé/ELEVIS	1:39:15	7:15	10:47	3:54	6:27	13:51	5:49	8:05	6:44	4:34	17:35	3:59	2:00	6:38
10	28	Javier Folgar Romay Lugo FLUVIAL_LUGO	1:43:51	6:13	17:40	21:56	29:41	43:41	49:41	58:46	1:05:37	1:09:58	1:24:04	1:28:26	1:30:23	1:38:33
11	263	Nuno Loução São Luis - Odemi NOA	1:46:25	6:13	11:27	4:16	7:45	14:00	6:00	9:05	6:51	4:21	14:06	4:22	1:57	8:10
				1:43:13 *52												
12	158	Javier Serrano Molinero Madrid ESCONDITE-M	1:52:05	6:07	11:08	3:53	8:27	13:10	8:26	9:19	14:11	3:30	11:41	4:46	2:23	8:51
13	135	David Fernández Rego La Coruña ADC_ARNELA	1:54:24	6:51	22:39	27:07	36:01	52:59	1:00:22	1:08:25	1:15:41	1:20:15	1:35:03	1:41:22	1:43:38	1:51:34
14	25	Carlos Fernández Martínez Lugo FLUVIAL_LUGO	1:54:52	6:51	15:48	4:28	8:54	16:58	7:23	8:03	7:16	4:34	14:48	6:19	2:16	7:56
15	100	Diego Muñoz Bardera Toledo NAVALCAN-O	2:15:25	10:03	21:34	25:34	33:43	49:14	55:51	1:05:14	1:13:14	1:22:50	1:38:11	1:43:29	1:45:27	1:53:39
				10:03 11:31 4:00 8:09 15:31 6:37 9:23 8:00 9:36 15:21 5:18 1:58 8:12												
16	160	David Valiño Martínez La Coruña A_PEDROSA_OR	2:25:11	9:23	22:24	26:31	35:21	50:30	58:40	1:07:51	1:15:15	1:20:09	1:36:35	1:43:14	1:44:59	1:54:17
17	253	António José Lop Santos Carregueira UCDA	2:31:37	9:23	13:01	4:07	8:50	15:09	8:10	9:11	7:24	4:54	16:26	6:39	1:45	9:18
18	134	Manuel Estevez Perez La Coruña ADC_ARNELA	2:36:14	7:30	21:38	26:47	37:27	56:59	1:07:48	1:16:57	1:28:50	1:34:47	1:56:46	2:02:44	2:04:44	2:14:45
19	250	Jorge Lavado Carregueira UCDA	2:54:20	2:11:13 *52												
234		André Gonçalves Loulé BTTLoulé/ELEVIS	andona	25:16	35:27	41:01	50:37	1:10:30	1:30:27	1:40:02	1:47:54	1:52:20	2:10:07	2:14:02	2:15:55	2:24:21
181		Juan Carlos Castillo García Badajoz ITACA	No sale	25:16	10:11	5:34	9:36	19:53	19:57	9:35	7:52	4:26	17:47	3:55	1:53	8:26
				10:53 25:19 30:47 45:03 1:05:26 1:17:47 1:32:30 1:42:08 1:47:45 2:09:30 2:17:38 2:20:16 2:30:34												
				10:53 14:26 5:28 14:16 20:23 12:21 14:43 9:38 5:37 21:45 8:08 2:38 10:18												
				9:05 24:25 29:36 37:37 55:10 1:03:40 1:13:28 1:22:47 1:30:24 2:11:00 2:17:10 2:19:40 2:35:04												
				9:05 15:20 5:11 8:01 17:33 8:30 9:48 9:19 7:37 40:36 6:10 2:30 15:24												
				13:44 30:02 37:47 56:05 1:20:17 1:31:23 1:44:51 1:56:02 2:02:59 2:29:18 2:38:29 2:42:43 2:53:00												
				13:44 16:18 7:45 18:18 24:12 11:06 13:28 11:11 6:57 26:19 9:11 4:14 10:17												
				----- 21:35 41:49 ----- ----- ----- ----- ----- ----- -----												
				21:35 20:14												
M-40 (40)				12,9 km 600 m			13 C									
				1(56)	2(43)	3(31)	4(32)	5(33)	6(43)	7(42)	8(57)	9(58)	10(34)	11(43)	12(41)	13(200)
1	113	Luis Benavente Martínez Madrid T_TRAGAME	1:17:11	1:58	6:31	9:20	16:38	18:30	33:17	38:20	45:42	51:03	54:36	1:05:20	1:11:18	1:16:42
2	43	Juan Francisco Abellán Orti Murcia LORCA-O	1:17:20	1:58	4:33	2:49	7:18	1:52	14:47	5:03	7:22	5:21	3:33	10:44	5:58	5:24
3	213	Rui Botão Leiria COC	1:17:40	1:14:27 *52												
4	70	Juan Carlos Pérez González Asturias PILOÑA_DEPORTE	1:20:35	1:37	6:04	8:47	16:05	17:43	29:54	35:29	42:16	49:31	53:16	1:04:55	1:10:19	1:16:41
5	237	José Marques Loulé BTTLoulé/ELEVIS	1:21:54	1:37	4:27	2:43	7:18	1:38	12:11	5:35	6:47	7:15	3:45	11:39	5:24	6:22
6	117	Rubén Tejerina Hernanz Madrid T_TRAGAME	1:23:41	1:54	6:43	9:42	17:56	19:50	31:23	37:00	43:53	49:28	53:10	1:04:23	1:10:28	1:17:07
7	255	Mario Marinheiro Abrunheira CP Abrunheira	1:24:46	1:54	4:49	2:59	8:14	1:54	11:33	5:37	6:53	5:35	3:42	11:13	6:05	6:39
8	178	Jose Antonio Torviso Berde Pontevedra VIZHOJA-CORN	1:25:16	2:06	6:58	9:47	17:21	21:13	34:05	39:44	46:58	52:44	56:29	1:08:05	1:14:05	1:20:04
9	141	Manuel Antonio Piñeiro Pou La Coruña ADC_ARNELA	1:25:44	2:06	4:52	2:49	7:34	3:52	12:52	5:39	7:14	5:46	3:45	11:36	6:00	5:59
10	59	David Pérez Jaramillo Madrid LOS_ANGELES	1:25:51	1:41	6:33	9:20	17:05	19:15	32:15	37:27	44:49	50:42	56:21	1:08:03	1:14:51	1:21:21
11	34	José Manuel Nogueiras Mare Lugo FLUVIAL_LUGO	1:26:06	1:41	4:52	2:47	7:45	2:10	13:00	5:12	7:22	5:53	5:39	11:42	6:48	6:30
12	99	Gregorio Gómez Casillas Toledo NAVALCAN-O	1:26:37	1:18:36 *52												
13	79	José Antonio Balseiro Pérez La Coruña GALLAECIA_RAID	1:27:27	1:36	6:47	9:35	21:33	23:38	35:45	41:23	48:11	55:17	59:19	1:10:39	1:16:46	1:23:09
14	247	Bruno Gonçalves Carregueira UCDA	1:27:33	1:36	5:11	2:48	11:58	2:05	12:07	5:38	6:48	7:06	4:02	11:20	6:07	6:23
15	80	Roberto Chas Gómez La Coruña GALLAECIA_RAID	1:29:01	2:56	7:44	10:56	18:51	21:33	33:27	40:48	47:24	53:16	58:01	1:10:54	1:17:16	1:24:10
				2:56 4:48 3:12 7:55 2:42 11:54 7:21 6:36 5:52 4:45 12:53 6:22 6:54												
				1:21:37 *52												
				1:49 8:24 11:00 24:41 27:05 40:09 46:13 53:31 59:11 1:04:08 1:13:42 1:19:01 1:24:39												
				1:49 6:35 2:36 13:41 2:24 13:04 6:04 7:18 5:40 4:57 9:34 5:19 5:38												
				7:08 11:20 13:55 21:19 22:58 34:42 40:50 47:59 54:29 58:55 1:10:28 1:17:30 1:25:03												
				7:08 4:12 2:35 7:24 1:39 11:44 6:08 7:09 6:30 4:26 11:33 7:02 7:33												
				2:44 8:07 11:32 20:58 23:43 35:32 42:37 50:06 56:05 1:00:02 1:12:06 1:18:56 1:25:09												
				2:44 5:23 3:25 9:26 2:45 11:49 7:05 7:29 5:59 3:57 12:04 6:50 6:13												
				1:42 6:13 9:16 17:50 20:39 32:17 41:15 48:45 55:14 58:59 1:11:04 1:19:56 1:25:32												
				1:42 4:31 3:03 8:34 2:49 11:38 8:58 7:30 6:29 3:45 12:05 8:52 5:36												
				12:58 17:23 20:03 27:32 30:30 42:00 48:07 55:08 1:00:01 1:03:35 1:13:53 1:20:12 1:25:54												
				12:58 4:25 2:40 7:29 2:58 11:30 6:07 7:01 4:53 3:34 10:18 6:19 5:42												
				1:23:18 *52												
				1:38 6:35 9:39 20:30 22:11 34:19 41:15 48:16 55:10 59:09 1:10:48 1:20:23 1:26:49												
				1:38 4:57 3:04 10:51 1:41 12:08 6:56 7:01 6:54 3:59 11:39 9:35 6:26												
				1:56 7:10 10:13 18:37 20:10 33:29 39:30 46:52 54:06 58:22 1:12:08 1:19:36 1:27:01												
				1:56 5:14 3:03 8:24 1:33 13:19 6:01 7:22 7:14 4:16 13:46 7:28 7:25												
				1:44 6:37 9:31 17:06 19:03 36:48 42:45 51:08 57:45 1:04:01 1:16:35 1:22:20 1:28:20												
				1:44 4:53 2:54 7:35 1:57 17:45 5:57 8:23 6:37 6:16 12:34 5:45 6:00												

os	rsal	Nombre	Tiempo													
M-40 (40)				12,9 km 600 m			13 C			(cont.)						
				1(56)	2(43)	3(31)	4(32)	5(33)	6(43)	7(42)	8(57)	9(58)	10(34)	11(43)	12(41)	13(200)
16	177	Isaac Rodríguez Silva Pontevedra VIZHOJA-CORN	1:29:26	10:36	15:28	18:26	25:46	28:09	40:06	45:36	53:37	59:38	1:05:12	1:16:33	1:23:29	1:28:42
17	73	Arsenio Villa Solares Asturias PILOÑA_DEPORTE	1:32:01	10:36	4:52	2:58	7:20	2:23	11:57	5:30	8:01	6:01	5:34	11:21	6:56	5:13
18	163	Manuel Márquez Padial Granada ALTERA	1:36:30	6:26	10:50	16:00	30:45	32:30	42:52	51:37	1:00:55	1:06:29	1:09:56	1:18:53	1:24:32	1:31:15
19	27	José Manuel Fernández Sou Lugo FLUVIAL_LUGO	1:38:59	6:26	4:24	5:10	14:45	1:45	10:22	8:45	9:18	5:34	3:27	8:57	5:39	6:43
20	167	Ricardo Sánchez Díaz La Coruña BRIGANTIA	1:43:33	2:11	7:36	10:40	22:25	24:32	40:44	46:27	54:13	1:01:22	1:06:53	1:22:17	1:28:17	1:35:38
21	107	Jose Luis Iglesias Duran Pontevedra HABELAS_HAINA	1:45:19	2:11	5:25	3:04	11:45	2:07	16:12	5:43	7:46	7:09	5:31	15:24	6:00	7:21
22	201	Francisco Javier Casal Fern Independiente	1:47:05	2:36	6:47	3:22	7:59	2:12	17:05	7:41	8:34	7:46	4:43	14:42	8:23	6:29
23	144	Jorge Manrique Varela Ferr La Coruña ADC_ARNELA	1:51:25	2:56	8:32	11:35	23:45	26:21	41:18	53:55	1:02:25	1:09:04	1:13:46	1:27:38	1:35:20	1:42:51
24	69	German Pérez Juste Pontevedra U-VIGO	1:51:36	2:56	5:36	3:03	12:10	2:36	14:57	12:37	8:30	6:39	4:42	13:52	7:42	7:31
25	92	Manuel Pedre Vazquez La Coruña GALLAECIA_RAID	1:54:30	1:38	6:32	9:30	24:44	26:16	44:27	51:18	59:27	1:06:25	1:12:59	1:26:33	1:37:54	1:44:50
26	95	Fernando Silvarrey Redond La Coruña GALLAECIA_RAID	1:55:32	1:38	4:54	2:58	15:14	1:32	18:11	6:51	8:09	6:58	6:34	13:34	11:21	6:56
27	30	Leandro González Castro Lugo FLUVIAL_LUGO	2:01:18	4:52	11:06	14:35	24:18	26:39	45:47	52:44	1:02:01	1:10:21	1:14:50	1:29:50	1:37:59	1:46:26
28	81	Roberto Carlos Cobas Garc La Coruña GALLAECIA_RAID	2:09:03	4:52	6:14	3:29	9:43	2:21	19:08	6:57	9:17	8:20	4:29	15:00	8:09	8:27
				2:25	9:39	13:27	29:40	31:34	47:46	55:04	1:04:08	1:12:48	1:19:37	1:35:48	1:42:10	1:50:45
				2:25	7:14	3:48	16:13	1:54	16:12	7:18	9:04	8:40	6:49	16:11	6:22	8:35
				2:54	9:43	14:17	25:46	29:01	44:36	54:21	1:06:17	1:13:32	1:18:20	1:33:58	1:43:03	1:50:36
				2:54	6:49	4:34	11:29	3:15	15:35	9:45	11:56	7:15	4:48	15:38	9:05	7:33
				3:15	7:46	20:53	31:36	33:50	51:38	1:06:54	1:15:27	1:23:01	1:26:45	1:37:59	1:47:26	1:53:50
				3:15	4:31	13:07	10:43	2:14	17:48	15:16	8:33	7:34	3:44	11:14	9:27	6:24
				2:28	7:51	11:21	42:31	45:12	59:00	1:05:20	1:15:19	1:22:37	1:26:26	1:38:49	1:47:46	1:54:27
				2:28	5:23	3:30	31:10	2:41	13:48	6:20	9:59	7:18	3:49	12:23	8:57	6:41
				11:15	17:30	21:35	36:51	39:01	54:55	1:02:45	1:16:01	1:24:13	1:29:43	1:44:35	1:52:33	2:00:27
				11:15	6:15	4:05	15:16	2:10	15:54	7:50	13:16	8:12	5:30	14:52	7:58	7:54
				2:48	8:53	12:42	29:14	33:00	57:03	1:07:30	1:23:44	1:30:28	1:35:27	1:49:50	1:59:24	2:08:15
				2:48	6:05	3:49	16:32	3:46	24:03	10:27	16:14	6:44	4:59	14:23	9:34	8:51
				2:04:25												
				*52												
29	89	Antonio Manuel López Sal La Coruña GALLAECIA_RAID	2:10:24	10:11	16:44	20:20	57:36	1:00:22	1:14:05	1:20:34	1:30:23	1:37:42	1:41:43	1:53:58	2:02:51	2:09:32
30	83	Andres Dopico Pena La Coruña GALLAECIA_RAID	2:10:58	10:11	6:33	3:36	37:16	2:46	13:43	6:29	9:49	7:19	4:01	12:15	8:53	6:41
31	40	Bartolomé Varela Rodrigue Lugo FLUVIAL_LUGO	2:15:55	2:18	8:21	21:06	31:34	35:22	55:47	1:05:17	1:14:44	1:22:40	1:27:40	1:50:52	2:02:16	2:10:10
				2:18	6:03	12:45	10:28	3:48	20:25	9:30	9:27	7:56	5:00	23:12	11:24	7:54
				6:36	14:04	22:29	32:58	36:45	51:36	1:09:59	1:23:10	1:30:54	1:35:36	1:51:08	2:08:20	2:15:17
				6:36	7:28	8:25	10:29	3:47	14:51	18:23	13:11	7:44	4:42	15:32	17:12	6:57
				2:12:28												
				*52												
32	169	Luis Javier Ramos Asensio La Coruña IES_SABON	2:17:18	3:35	10:12	13:27	25:13	29:00	49:39	1:00:55	1:10:57	1:18:35	1:23:38	1:59:05	2:07:59	2:16:42
33	138	Joaquín Oujo Ageitos La Coruña ADC_ARNELA	2:24:11	3:35	6:37	3:15	11:46	3:47	20:39	11:16	10:02	7:38	5:03	35:27	8:54	8:43
34	55	Francisco Ginés Vera Barce Alicante VILLENA-O	2:25:50	3:04	8:40	11:49	50:09	54:54	1:11:26	1:22:28	1:38:47	1:45:48	1:49:50	2:02:58	2:16:24	2:23:29
35	93	Daniel Rioboo Iglesias La Coruña GALLAECIA_RAID	2:26:00	3:04	5:36	3:09	38:20	4:45	16:32	11:02	16:19	7:01	4:02	13:08	13:26	7:05
36	18	Hugo Villaverde López Vizcaya COBI	2:27:08	4:34	13:38	18:03	34:48	37:47	1:00:04	1:09:17	1:22:43	1:33:30	1:39:54	2:04:12	2:13:46	2:25:06
				4:34	9:04	4:25	16:45	2:59	22:17	9:13	13:26	10:47	6:24	24:18	9:34	11:20
				10:26	18:05	23:25	48:54	51:55	1:11:02	1:22:51	1:34:28	1:43:00	1:49:13	2:06:45	2:15:25	2:25:20
				10:26	7:39	5:20	25:29	3:01	19:07	11:49	11:37	8:32	6:13	17:32	8:40	9:55
				2:48	9:21	13:51	30:22	32:55	1:01:47	1:10:42	1:21:10	1:29:54	1:37:22	2:07:20	2:17:12	2:26:37
				2:48	6:33	4:30	16:31	2:33	28:52	8:55	10:28	8:44	7:28	29:58	9:52	9:25
				2:23:07												
				*52												
37	22	José Manuel Caamaño Lago Lugo FLUVIAL_LUGO	2:55:50	16:25	23:18	29:42	48:52	51:49	1:13:31	1:27:18	1:40:15	1:51:22	1:59:01	2:28:27	2:41:14	2:55:02
				16:25	6:53	6:24	19:10	2:57	21:42	13:47	12:57	11:07	7:39	29:26	12:47	13:48
	221	Inácio Serralheiro Leiria COC	en tarj.	2:08	7:45	11:30	20:02	21:52	36:08	43:19	51:11	57:43	1:02:37	1:15:29	-----	1:27:27
				2:08	5:37	3:45	8:32	1:50	14:16	7:11	7:52	6:32	4:54	12:52		11:58
	112	Ramón Mora Albarracin Huelva COHU	No sale													
	179	Dario Alvano Casademunt Badajoz ITACA	No sale													
M-50 (37)				9,0 km 410 m			10 C									
				1(55)	2(42)	3(57)	4(58)	5(43)	6(47)	7(48)	8(51)	9(52)	10(200)	Meta		
1	57	Joan Ramón Fornaguera Ma Girona GO-XTREM	59:20	4:15	8:25	15:16	20:46	37:29	42:29	44:42	50:43	56:13	58:55	59:20		
2	50	Jose Luis Morcillo Laiz Madrid SOTOBOSQUE	59:34	4:15	4:10	6:51	5:30	16:43	5:00	2:13	6:01	5:30	2:42	0:25		
3	1	Oscar Casero Vidal Cáceres ALTAIR	1:01:10	3:52	4:19	7:05	6:43	16:14	5:09	2:33	5:20	5:15	2:33	0:31		
4	19	Carlos Sanz Balaguer Málaga COMA	1:02:51	4:57	9:11	16:44	23:11	40:26	44:32	46:54	52:34	58:05	1:00:42	1:01:10		
5	77	Enrique Luis Álvarez Estéve La Coruña GALLAECIA_RAID	1:05:28	4:57	4:14	7:33	6:27	17:15	4:06	2:22	5:40	5:31	2:37	0:28		
6	39	Francisco Varela Lorenzo Lugo FLUVIAL_LUGO	1:07:58	4:37	8:59	16:17	21:47	41:14	45:53	48:10	54:09	59:39	1:02:19	1:02:51		
7	225	Eduardo Sebastião Évora ADFA	1:11:54	4:37	4:22	7:18	5:30	19:27	4:39	2:17	5:59	5:30	2:40	0:32		
8	120	Antonio López Peiteado La Coruña MONTAÑA_FERR	1:12:30	3:40	9:33	17:09	23:23	39:55	44:24	46:40	54:23	1:02:17	1:04:55	1:05:28		
9	111	Carlos Viqueira Nouche La Coruña SEO	1:12:46	5:35	11:08	17:50	24:39	44:59	50:11	52:39	59:21	1:04:45	1:07:23	1:07:58		
				5:35	5:33	6:42	6:49	20:20	5:12	2:28	6:42	5:24	2:38	0:35		
				5:34	9:49	17:55	24:40	44:45	49:37	51:57	1:02:08	1:08:20	1:11:22	1:11:54		
				5:34	4:15	8:06	6:45	20:05	4:52	2:20	10:11	6:12	3:02	0:32		
				6:00	12:03	20:22	26:32	47:00	53:44	56:26	1:03:06	1:09:10	1:11:53	1:12:30		
				6:00	6:03	8:19	6:10	20:28	6:44	2:42	6:40	6:04	2:43	0:37		
				5:08	9:30	17:18	24:53	47:20	51:55	54:15	1:02:25	1:09:14	1:12:09	1:12:46		
				5:08	4:22	7:48	7:35	22:27	4:35	2:20	8:10	6:49	2:55	0:37		

os	rsal	Nombre	Tiempo													
F-15 (6)				4,5 km 180 m		8 C										
				1(40)	2(61)	3(43)	4(60)	5(51)	6(41)	7(52)	8(200)	Meta				
1	189	Paula Martín Varo Granada SRK	29:34	4:36	8:21	13:40	16:13	19:11	21:00	25:47	29:04	29:34				
2	82	Alba Dopico Golpe La Coruña GALLAECIA_RAID	35:36	5:40	10:55	16:52	19:50	23:02	25:03	31:02	34:58	35:36				
3	241	Laura Simão Loulé BTTLoulé/ELEVIS	53:14	6:56	10:46	14:19	36:30	39:25	41:39	49:28	52:29	53:14	22:30			
4	245	Iris Fonseca Carregueira UCDA	1:00:07	6:50	12:41	29:28	37:59	43:12	45:58	55:20	59:26	1:00:07	*59			
5	71	Marta Villa Rodríguez Asturias PILOÑA_DEPORTE	1:00:34	7:10	13:25	18:10	39:53	44:39	48:38	54:34	59:43	1:00:34				
6	139	Nerea Oujo Perez La Coruña ADC_ARNELA	1:00:45	10:33	17:35	25:11	31:23	38:15	46:22	55:02	59:39	1:00:45				
				10:33	7:02	7:36	6:12	6:52	8:07	8:40	4:37	1:06				
F-17 (5)				5,3 km 190 m		7 C										
				1(56)	2(43)	3(59)	4(47)	5(50)	6(52)	7(200)	Meta					
1	182	Nerea García Rodríguez Badajoz ITACA	33:03	2:05	7:15	10:11	14:39	17:26	29:39	32:33	33:03	0:30				
2	72	Paola Villa Rodríguez Asturias PILOÑA_DEPORTE	38:05	1:55	7:04	9:20	12:39	16:24	33:30	36:27	38:05	0:38				
3	105	Elena Yllan Ortiz Madrid ALABARDA-O	46:46	3:29	11:13	15:08	20:11	24:57	42:23	46:05	46:46	0:41				
4	103	Lucia Iruzubieta Pinillos La Rioja RIOJA-O	58:39	2:52	11:02	16:22	21:41	27:11	53:39	57:56	58:39	0:43				
5	11	Alba Grimaldi Pérez Pontevedra AROMON	1:16:02	2:46	12:42	31:48	41:15	47:36	1:09:51	1:15:15	1:16:02	0:47				
				2:46	9:56	19:06	9:27	6:21	22:15	5:24	0:47					
F-20 (5)				8,3 km 370 m		9 C										
				1(42)	2(44)	3(58)	4(34)	5(43)	6(47)	7(51)	8(52)	9(200)	Meta			
1	51	Alicia Lorenzo Calvo Valladolid COV	1:12:33	5:15	11:01	20:06	25:57	45:50	53:18	59:36	1:08:16	1:11:48	1:12:33	0:45		
2	210	Leonor Silva Alvito CN Alvito	2:00:11	4:32	10:51	22:58	30:22	1:04:10	1:25:15	1:33:28	1:56:31	1:59:33	2:00:11	0:38		
3	209	Sandra Rosa Alvito CN Alvito	2:35:00	6:29	50:49	1:04:42	1:14:30	1:45:43	1:57:16	2:02:50	2:28:53	2:34:09	2:35:00	0:51		
	140	Antia Oujo Perez La Coruña ADC_ARNELA	en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	7:53:51	2:01:01	6:28:20	6:32:15	
				7:06:17	7:21:13	7:32:46	7:41:19	7:43:51	7:50:05	7:54:00		7:53:51		*102	*113	
	224	Bebiana Alves Capela ADC	No sale	*116	*105	*111	*118	*119	*110	*200						
F-E (13)				12,0 km 580 m		12 C										
				1(43)	2(42)	3(58)	4(34)	5(43)	6(31)	7(32)	8(49)	9(43)	10(54)	11(52)	12(200)	Meta
1	150	Maria Del Mar Delgado Gon La Coruña OPBZ	1:17:38	5:17	10:01	19:32	23:28	38:03	41:02	49:13	52:01	1:04:30	1:09:12	1:14:41	1:17:08	1:17:38
2	232	Marisá Costa Loulé BTTLoulé/ELEVIS	1:23:40	5:56	11:56	22:31	27:15	39:23	42:36	53:25	56:46	1:10:21	1:15:10	1:20:23	1:23:08	1:23:40
3	168	Ana Varela Yañez La Coruña BRIGANTIA	1:26:16	5:56	6:00	10:35	4:44	12:08	3:13	10:49	3:21	13:35	4:49	5:13	2:45	0:32
4	219	Susana Pontes Leiria COC	1:28:35	8:28	15:12	25:29	31:45	44:54	47:58	56:02	58:50	1:12:00	1:17:25	1:23:04	1:25:46	1:26:16
5	156	Veronica Montes Villar La Coruña OPBZ	1:34:07	6:16	13:09	23:29	27:39	41:15	44:18	56:59	1:00:03	1:14:35	1:19:28	1:25:15	1:27:59	1:28:35
6	49	Susana Arroyo Schnell Madrid SOTOBOSQUE	1:34:43	6:16	6:53	10:20	4:10	13:36	3:03	12:41	3:04	14:32	4:53	5:47	2:44	0:36
7	172	Teresa Barreira Salgado Pontevedra VIZHOJA-CORN	1:35:13	8:49	15:47	27:44	33:33	46:39	49:55	59:02	1:02:59	1:19:49	1:25:26	1:30:59	1:33:37	1:34:07
8	87	Tania López Eyo La Coruña GALLAECIA_RAID	1:41:33	7:37	15:56	29:00	33:50	47:11	50:26	1:00:27	1:03:53	1:18:10	1:24:49	1:31:08	1:34:05	1:34:43
9	24	Luisa Felpeto González Lugo FLUVIAL_LUGO	1:47:05	7:37	8:19	13:04	4:50	13:21	3:15	10:01	3:26	14:17	6:39	6:19	2:57	0:38
10	17	Inma Ovejero Dueñas Vizcaya COBI	1:55:51	6:23	12:54	23:17	27:24	46:31	49:09	59:02	1:02:18	1:18:36	1:25:13	1:30:29	1:34:30	1:35:13
11	91	Paula Naya Mancebo La Coruña GALLAECIA_RAID	1:57:24	6:23	6:31	10:23	4:07	19:07	2:38	9:53	3:16	16:18	6:37	5:16	4:01	0:43
12	15	Silvia Irastorza Asensio Vizcaya COBI	1:57:26	8:34	15:26	28:48	33:38	48:16	51:31	1:00:54	1:04:50	1:19:16	1:30:46	1:38:00	1:40:55	1:41:33
13	2	Miriam Miranda Guerrero Cáceres ALTAIR	2:39:29	8:42	17:02	29:43	42:40	56:11	59:30	1:09:40	1:12:59	1:29:29	1:36:30	1:43:34	1:46:32	1:47:05
				8:42	8:20	12:41	12:57	13:31	3:19	10:10	3:19	16:30	7:01	7:04	2:58	0:33
				7:41	14:56	28:51	34:43	52:04	55:59	1:08:39	1:13:44	1:37:36	1:44:09	1:51:31	1:55:10	1:55:51
				7:41	7:15	13:55	5:52	17:21	3:55	12:40	5:05	23:52	6:33	7:22	3:39	0:41
				7:19	16:36	30:46	36:04	51:02	55:35	1:07:30	1:12:14	1:34:49	1:42:26	1:53:35	1:56:41	1:57:24
				7:19	9:17	14:10	5:18	14:58	4:33	11:55	4:44	22:35	7:37	11:09	3:06	0:43
				6:33	14:01	29:22	35:02	48:50	57:44	1:19:20	1:24:03	1:41:35	1:47:13	1:53:21	1:56:46	1:57:26
				6:33	7:28	15:21	5:40	13:48	8:54	21:36	4:43	17:32	5:38	6:08	3:25	0:40
				17:05	31:52	49:16	1:00:38	1:19:12	1:23:34	1:41:05	1:49:48	2:16:32	2:25:19	2:35:06	2:38:52	2:39:29
				17:05	14:47	17:24	11:22	18:34	4:22	17:31	8:43	26:44	8:47	9:47	3:46	0:37
F-21 (8)				11,1 km 500 m		12 C										
				1(55)	2(43)	3(31)	4(32)	5(33)	6(43)	7(39)	8(35)	9(43)	10(51)	11(52)	12(200)	Meta
1	108	Barbara Del Puerto López La Coruña SEO	1:41:56	6:58	12:58	17:07	29:13	32:05	53:06	1:00:51	1:05:17	1:23:45	1:29:03	1:37:14	1:41:20	1:41:56
2	78	Laura Álvarez Oreiro La Coruña GALLAECIA_RAID	1:58:02	6:58	6:00	4:09	12:06	2:52	21:01	7:45	4:26	18:28	5:18	8:11	4:06	0:36
				7:09	13:33	17:29	34:54	38:30	1:00:31	1:14:08	1:19:15	1:34:35	1:42:06	1:53:48	1:57:23	1:58:02
				7:09	6:24	3:56	17:25	3:36	22:01	13:37	5:07	15:20	7:31	11:42	3:35	0:39

os	rsal	Nombre	Tiempo													Meta
F-21 (8)				11,1 km 500 m			12 C			<i>(cont.)</i>						
				1(55)	2(43)	3(31)	4(32)	5(33)	6(43)	7(39)	8(35)	9(43)	10(51)	11(52)	12(200)	
3	254	Carina Centeno Abrunheira CP Abrunheira	2:13:14	6:47	15:28	22:21	47:42	50:46	1:09:43	1:19:37	1:30:28	1:47:37	1:56:25	2:08:29	2:12:32	2:13:14
4	165	Laura Martínez García La Coruña BRIGANTIA	2:39:22	6:47	8:41	6:53	25:21	3:04	18:57	9:54	10:51	17:09	8:48	12:04	4:03	0:42
5	137	Susana Míguez Sampedro La Coruña ADC_ARNELA	2:43:24	8:58	17:39	24:07	47:55	53:17	1:21:50	1:35:32	1:42:36	2:11:04	2:24:57	2:37:40	2:42:30	2:43:24
6	243	Silvia Antunes Carregueira UCDA	2:47:07	8:58	8:41	6:28	23:48	5:22	28:33	13:42	7:04	28:28	13:53	12:43	4:50	0:54
7	37	Rosa Porto Vázquez Lugo FLUVIAL_LUGO	2:51:45	10:22	20:33	26:41	43:01	59:18	1:32:15	1:41:34	1:49:18	2:14:50	2:29:51	2:41:20	2:46:19	2:47:07
				10:22	10:11	6:08	16:20	16:17	32:57	9:19	7:44	25:32	15:01	11:29	4:59	0:48
				13:47	23:31	29:01	49:44	56:15	1:39:19	1:47:36	2:07:47	2:28:03	2:37:24	2:46:30	2:50:51	2:51:45
				13:47	9:44	5:30	20:43	6:31	43:04	8:17	20:11	20:16	9:21	9:06	4:21	0:54
	149	Carolina López Chaves Madrid RANDOBIKE	No sale													
F-40 (9)				9,6 km 420 m			12 C									
				1(56)	2(43)	3(39)	4(42)	5(57)	6(58)	7(34)	8(43)	9(47)	10(51)	11(52)	12(200)	Meta
1	132	Alejandra Carro Mahía La Coruña ADC_ARNELA	1:18:07	2:26	9:11	15:11	17:09	26:24	34:51	40:02	56:55	1:02:44	1:06:14	1:14:04	1:17:33	1:18:07
2	86	Sonia Gómez Naya La Coruña GALLAECIA_RAID	1:20:24	2:26	6:45	6:00	1:58	9:15	8:27	5:11	16:53	5:49	3:30	7:50	3:29	0:34
3	29	Fernanda Follana Neira Lugo FLUVIAL_LUGO	1:23:23	2:35	7:04	8:05	2:38	9:01	7:20	5:20	15:21	6:17	3:38	9:28	3:04	0:33
4	85	Yolanda García González La Coruña GALLAECIA_RAID	1:26:31	3:06	9:39	15:43	19:40	31:04	38:05	43:51	59:55	1:05:56	1:10:23	1:19:15	1:22:50	1:23:23
				3:06	6:33	6:04	3:57	11:24	7:01	5:46	16:04	6:01	4:27	8:52	3:35	0:33
				2:33	13:43	19:37	22:58	33:07	42:09	47:53	1:03:21	1:09:38	1:13:17	1:22:50	1:25:54	1:26:31
				2:33	11:10	5:54	3:21	10:09	9:02	5:44	15:28	6:17	3:39	9:33	3:04	0:37
				52:51												
				*39												
5	119	Cristina López Dacosta La Coruña MONTAÑA_FERR	1:26:40	2:34	8:47	14:09	23:43	33:05	40:46	45:48	1:00:33	1:07:35	1:11:34	1:22:55	1:25:57	1:26:40
6	90	Paulina Andrea Mosquera Az La Coruña GALLAECIA_RAID	1:45:22	2:34	6:13	5:22	9:34	9:22	7:41	5:02	14:45	7:02	3:59	11:21	3:02	0:43
7	47	María Paloma Fontana Pérez Córdoba LOS_CALIFAS	1:51:38	3:00	11:47	20:32	23:16	34:48	42:33	48:49	1:08:17	1:18:59	1:31:18	1:41:18	1:44:49	1:45:22
				3:00	8:47	8:45	2:44	11:32	7:45	6:16	19:28	10:42	12:19	10:00	3:31	0:33
				7:19	15:50	22:42	25:40	37:44	48:06	56:54	1:18:14	1:25:23	1:33:20	1:46:48	1:50:54	1:51:38
				7:19	8:31	6:52	2:58	12:04	10:22	8:48	21:20	7:09	7:57	13:28	4:06	0:44
				1:02:55												
				*39												
8	58	Angela Garcia-Hawkins Fern Madrid LOS_ANGELES	2:10:01	8:29	18:34	29:32	34:47	50:02	1:05:06	1:14:31	1:37:33	1:47:41	1:53:32	2:04:42	2:09:10	2:10:01
				8:29	10:05	10:58	5:15	15:15	15:04	9:25	23:02	10:08	5:51	11:10	4:28	0:51
	184	Esther Pizarro Corral Badajoz ITACA	No sale													
F-50 (8)				6,5 km 300 m			8 C									
				1(55)	2(43)	3(42)	4(39)	5(43)	6(54)	7(52)	8(200)					Meta
1	217	Luísa Mateus Leiria COC	1:06:34	6:48	12:38	23:33	28:21	45:08	53:13	1:01:40	1:05:52	1:06:34				
2	53	Paloma Rodríguez Rodrígu Granada VELETA	1:11:14	6:48	5:50	10:55	4:48	16:47	8:05	8:27	4:12	0:42				
3	64	Dolores Piedrafita García Huesca PEÑA_GUARA	1:15:13	5:30	7:39	10:35	6:30	14:24	11:28	10:53	3:35	0:40				
4	65	Mar Puyuelo Sanclemente Huesca PEÑA_GUARA	1:18:52	6:02	12:54	29:51	34:38	50:15	59:41	1:10:25	1:14:34	1:15:13				
5	67	Begoña Crespo Quindos Pontevedra U-VIGO	1:24:20	6:02	6:52	16:57	4:47	15:37	9:26	10:44	4:09	0:39				
6	46	Eva María Para Martín Madrid MONTE_EL_PARDO	1:35:43	8:00	19:06	31:59	36:53	53:26	1:02:16	1:13:47	1:18:09	1:18:52				
7	101	Pilar Nieto Calvo Toledo NAVALCAN-O	1:38:42	8:00	11:06	12:53	4:54	16:33	8:50	11:31	4:22	0:43				
				19:08	26:51	38:00	43:11	58:28	1:08:45	1:19:11	1:23:33	1:24:20				
				19:08	7:43	11:09	5:11	15:17	10:17	10:26	4:22	0:47				
				7:57	15:27	27:53	33:55	52:54	1:02:30	1:30:15	1:34:45	1:35:43				
				7:57	7:30	12:26	6:02	18:59	9:36	27:45	4:30	0:58				
				10:17	24:56	39:26	49:58	1:10:32	1:17:39	1:32:22	1:37:58	1:38:42		1:16:32		
				10:17	14:39	14:30	10:32	20:34	7:07	14:43	5:36	0:44				*51
	96	María Teresa Silvarrey Redo La Coruña GALLAECIA_RAID	andona	-----	-----	-----	-----	-----	-----	-----	-----	-----				
ABS.PAREJAS (5)				9,9 km 440 m			10 C									
				1(43)	2(42)	3(34)	4(43)	5(31)	6(45)	7(46)	8(49)	9(52)	10(200)			Meta
1	191	Miguel Alonso Carrasco / Ja Lugo BG	1:18:36	7:47	14:10	19:36	32:56	36:18	47:05	53:15	59:20	1:15:05	1:17:56	1:18:36		
2	170	Agustín Gabarrón Jiménez / Club Mixto	1:38:34	7:47	6:23	5:26	13:20	3:22	10:47	6:10	6:05	15:45	2:51	0:40		
3	6	Natalia Teresa Pedre Fernán La Coruña APA_LICEO	2:01:33	6:55	16:16	20:49	36:58	40:17	54:25	1:00:51	1:19:48	1:35:20	1:38:00	1:38:34		
4	173	Estefanía Emilia Carnero Ca Pontevedra VIZHOJA-CORN	2:37:41	6:55	9:21	4:33	16:09	3:19	14:08	6:26	18:57	15:32	2:40	0:34		
				13:25	26:31	37:16	59:30	1:04:17	1:22:39	1:29:33	1:38:13	1:57:10	2:00:50	2:01:33		
				13:25	13:06	10:45	22:14	4:47	18:22	6:54	8:40	18:57	3:40	0:43		
				14:14	31:47	42:51	1:06:02	1:11:40	1:32:08	1:40:32	1:58:14	2:32:04	2:36:26	2:37:41		
				14:14	17:33	11:04	23:11	5:38	20:28	8:24	17:42	33:50	4:22	1:15		
	145	Nuria Maria Varela Rivas / L Club Mixto	control	22:57	1:13:20	1:25:18	1:54:17	2:00:25	2:38:12	2:48:06	3:08:59	3:46:27	3:52:37	3:53:29		
				22:57	50:23	11:58	28:59	6:08	37:47	9:54	20:53	37:28	6:10	0:52		
INIC.EQUIPOS (3)				6,1 km 220 m			12 C									
				1(40)	2(63)	3(60)	4(59)	5(36)	6(31)	7(43)	8(61)	9(54)	10(41)	11(52)	12(200)	Meta
1	174	Oliver Fernandez Nuñez / A Club Mixto	1:09:28	8:28	13:24	17:52	24:32	26:40	29:45	35:04	40:50	53:55	57:04	1:04:29	1:08:42	1:09:28
				8:28	4:56	4:28	6:40	2:08	3:05	5:19	5:46	13:05	3:09	7:25	4:13	0:46

