

# Resultados –5ª PROBA LIGA GALEGA DE ORIENTACIÓN O PÉ 2023

2023-03-03

| ELITE                              | (15 / 15)         | Hora           | Detrás | Tiempo perdido |
|------------------------------------|-------------------|----------------|--------|----------------|
| 1. Rodríguez Dominguez Maikel      | VIGORIENTA        | 35:23          |        | 00:00          |
| 2:20 (2:20)                        | 0:55 (3:15)       | 2:32 (5:47)    |        | 1:52 (9:04)    |
| 1:06 (11:24)                       | 1:19 (12:43)      | 0:36 (13:19)   |        | 0:34 (14:59)   |
| 2:33 (18:58)                       | 1:09 (20:07)      | 0:35 (20:42)   |        | 0:49 (23:34)   |
| 1:12 (25:59)                       | 0:57 (26:56)      | 1:26 (28:22)   |        | 0:39 (30:10)   |
| 1:32 (33:22)                       | 0:56 (34:18)      | 0:49 (35:07)   |        | 1:40 (31:50)   |
| 2. Moreira Alonso Adrián           | AROMON            | 49:32          | +14:09 | 05:39          |
| 5:37 (5:37)                        | 1:04 (6:41)       | 3:28 (10:09)   |        | 2:37 (14:38)   |
| 1:47 (18:03)                       | 1:36 (19:39)      | 0:51 (20:30)   |        | 0:43 (22:26)   |
| 3:20 (28:12)                       | 1:11 (29:23)      | 0:38 (30:01)   |        | 0:57 (33:14)   |
| 1:16 (35:51)                       | 1:03 (36:54)      | 2:00 (38:54)   |        | 0:56 (42:08)   |
| 1:46 (47:18)                       | 1:09 (48:27)      | 0:46 (49:13)   |        | 3:24 (45:32)   |
| 3. Morales Ferreiro Martín         | LIMIACTIVA        | 54:05          | +18:42 | 08:10          |
| 10:14 (10:14)                      | 1:02 (11:16)      | 3:07 (14:23)   |        | 2:57 (19:07)   |
| 1:32 (22:07)                       | 1:32 (23:39)      | 0:56 (24:35)   |        | 0:47 (26:47)   |
| 3:35 (32:42)                       | 1:20 (34:02)      | 1:19 (35:21)   |        | 1:07 (38:42)   |
| 1:48 (42:01)                       | 1:04 (43:05)      | 2:00 (45:05)   |        | 0:59 (47:54)   |
| 1:53 (51:52)                       | 1:04 (52:56)      | 0:52 (53:48)   |        | 2:05 (49:59)   |
| 4. Somoza Argibay Iván             | GALLAECIA_RAID    | 54:26          | +19:03 | 07:52          |
| 4:00 (4:00)                        | 1:26 (5:26)       | 2:37 (8:03)    |        | 2:49 (12:40)   |
| 1:25 (15:32)                       | 2:13 (17:45)      | 0:54 (18:39)   |        | 2:21 (22:26)   |
| 3:26 (28:17)                       | 1:33 (29:50)      | 0:42 (30:32)   |        | 1:11 (34:13)   |
| 1:31 (37:23)                       | 0:56 (38:19)      | 2:18 (40:37)   |        | 0:52 (48:10)   |
| 1:35 (52:03)                       | 1:06 (53:09)      | 0:52 (54:01)   |        | 2:18 (50:28)   |
| 5. Sancosmed Vázquez Juan J.       | COCO              | 56:12          | +20:49 | 08:26          |
| 8:14 (8:14)                        | 1:13 (9:27)       | 3:05 (12:32)   |        | 2:30 (16:47)   |
| 1:31 (19:54)                       | 1:48 (21:42)      | 0:44 (22:26)   |        | 4:13 (28:06)   |
| 4:10 (33:56)                       | 1:22 (35:18)      | 0:50 (36:08)   |        | 1:08 (39:44)   |
| 1:25 (42:56)                       | 1:09 (44:05)      | 2:00 (46:05)   |        | 0:59 (49:09)   |
| 1:46 (53:38)                       | 1:12 (54:50)      | 0:57 (55:47)   |        | 2:43 (51:52)   |
| 6. Casado Bravo David              | OP BETANZOS       | 57:11          | +21:48 | 10:06          |
| 3:42 (3:42)                        | 2:59 (6:41)       | 8:26 (15:07)   |        | 2:36 (19:27)   |
| 1:24 (22:14)                       | 1:56 (24:10)      | 0:48 (24:58)   |        | 0:44 (27:00)   |
| 3:21 (32:03)                       | 1:26 (33:29)      | 0:54 (34:23)   |        | 1:09 (38:14)   |
| 1:41 (41:42)                       | 0:59 (42:41)      | 1:49 (44:30)   |        | 0:59 (46:58)   |
| 2:38 (54:14)                       | 1:10 (55:24)      | 1:25 (56:49)   |        | 4:38 (51:36)   |
| 7. López Costoya Francisco Javier  | OP BETANZOS       | 57:56          | +22:33 | 08:03          |
| 3:20 (3:20)                        | 3:45 (7:05)       | 3:17 (10:22)   |        | 3:13 (15:39)   |
| 1:38 (19:01)                       | 2:01 (21:02)      | 0:48 (21:50)   |        | 0:40 (23:56)   |
| 3:32 (29:26)                       | 1:34 (31:00)      | 0:53 (31:53)   |        | 1:03 (35:42)   |
| 1:33 (39:48)                       | 1:09 (40:57)      | 2:06 (43:03)   |        | 1:02 (48:27)   |
| 2:01 (55:09)                       | 1:14 (56:23)      | 1:05 (57:28)   |        | 4:41 (53:08)   |
| 8. Díaz Hernández Dailo            | AROMON            | 58:14          | +22:51 | 08:01          |
| 4:39 (4:39)                        | 1:16 (5:55)       | 8:54 (14:49)   |        | 3:02 (19:53)   |
| 1:36 (23:12)                       | 1:44 (24:56)      | 0:49 (25:45)   |        | 0:45 (28:11)   |
| 4:02 (34:01)                       | 1:17 (35:18)      | 0:49 (36:07)   |        | 1:02 (39:55)   |
| 2:52 (44:23)                       | 1:10 (45:33)      | 2:11 (47:44)   |        | 1:00 (50:37)   |
| 1:53 (55:20)                       | 1:12 (56:32)      | 1:22 (57:54)   |        | 2:50 (53:27)   |
| 9. Pérez Alonso Adrián             | RAZA_PALLEIRA     | 59:06          | +23:43 | 00:37          |
| 4:19 (4:19)                        | 1:09 (5:28)       | 3:12 (8:40)    |        | 3:03 (14:30)   |
| 1:49 (18:03)                       | 2:25 (20:28)      | 0:58 (21:26)   |        | 1:02 (24:25)   |
| 4:27 (30:57)                       | 1:33 (32:30)      | 0:50 (33:20)   |        | 1:21 (37:56)   |
| 1:56 (42:16)                       | 1:35 (43:51)      | 2:50 (46:41)   |        | 1:29 (50:29)   |
| 2:03 (55:58)                       | 1:32 (57:30)      | 1:08 (58:38)   |        | 3:26 (53:55)   |
| 10. Gonzalez Alvarez Jose Manuel   | VIZHOJA-CORNELIOS | 59:20          | +23:57 | 13:04          |
| 2:59 (2:59)                        | 1:17 (4:16)       | 2:46 (7:02)    |        | 2:20 (11:15)   |
| 1:40 (15:48)                       | 3:22 (19:10)      | 0:42 (19:52)   |        | 0:39 (21:41)   |
| 4:27 (27:55)                       | 1:09 (29:04)      | 0:42 (29:46)   |        | 1:08 (33:30)   |
| 2:40 (38:19)                       | 1:13 (39:32)      | 1:59 (41:31)   |        | 1:07 (50:52)   |
| 1:51 (56:42)                       | 1:28 (58:10)      | 0:51 (59:01)   |        | 3:59 (54:51)   |
| 11. Rodríguez Silva Isaac          | VIZHOJA-CORNELIOS | 1:02:28        | +27:05 | 12:27          |
| 8:11 (8:11)                        | 1:51 (10:02)      | 3:14 (13:16)   |        | 2:28 (17:45)   |
| 1:41 (22:01)                       | 1:43 (23:44)      | 0:47 (24:31)   |        | 0:50 (26:52)   |
| 3:48 (32:49)                       | 1:23 (34:12)      | 0:54 (35:06)   |        | 1:12 (38:56)   |
| 1:40 (42:08)                       | 1:20 (43:28)      | 5:43 (49:11)   |        | 1:27 (55:23)   |
| 2:00 (1:00:07)                     | 1:05 (1:01:12)    | 0:54 (1:02:06) |        | 2:44 (58:07)   |
| 12. Camblor Quirós Miguel          | GALLAECIA_RAID    | 1:21:19        | +45:56 | 28:33          |
| 19:33 (19:33)                      | 1:42 (21:15)      | 3:24 (24:39)   |        | 2:40 (29:26)   |
| 1:43 (32:52)                       | 1:51 (34:43)      | 1:17 (36:00)   |        | 0:51 (38:15)   |
| 8:24 (48:26)                       | 1:19 (49:45)      | 0:47 (50:32)   |        | 1:02 (54:00)   |
| 1:47 (57:49)                       | 1:07 (58:56)      | 2:40 (1:01:36) |        | 1:10 (1:06:27) |
| 4:23 (1:18:48)                     | 1:13 (1:20:01)    | 1:00 (1:21:01) |        | 7:58 (1:14:25) |
| 13. Nogueiras Marentes Jose Manuel | FLUVIAL_LUGO      | 1:21:39        | +46:16 | 29:20          |
| 10:55 (10:55)                      | 7:31 (18:26)      | 15:16 (33:42)  |        | 3:21 (39:43)   |
| 1:41 (43:07)                       | 1:49 (44:56)      | 0:49 (45:45)   |        | 0:44 (47:58)   |
| 3:35 (53:31)                       | 1:35 (55:06)      | 0:44 (55:50)   |        | 1:21 (59:52)   |
| 1:33 (1:03:50)                     | 1:10 (1:05:00)    | 2:08 (1:07:08) |        | 0:59 (1:12:26) |
| 1:52 (1:19:13)                     | 1:13 (1:20:26)    | 0:53 (1:21:19) |        | 4:55 (1:17:21) |

|                                      |                      |              |              |              |
|--------------------------------------|----------------------|--------------|--------------|--------------|
| <b>Fernández Casalderrey Gonzalo</b> | <b>RAZA_PALLEIRA</b> | <b>MP</b>    |              |              |
| 3:19 (3:19)                          | 2:01 (5:20)          | 3:18 (8:38)  | 1:50 (10:28) | 2:30 (12:58) |
| 1:34 (16:00)                         | 1:40 (17:40)         | 0:46 (18:26) | 1:17 (19:43) | 0:49 (20:32) |
| 4:48 (28:48)                         | 1:23 (30:11)         | 2:08 (32:19) | 2:31 (34:50) | 1:11 (36:01) |
| 1:28 (39:05)                         | – (–)                | – (41:27)    | 8:46 (50:13) | 1:19 (51:32) |
| 2:02 (55:48)                         | 1:08 (56:56)         | 1:05 (58:01) | 0:23 (58:24) | 2:14 (53:46) |
| <b>Taboada Pintor Alberto</b>        | <b>OP BETANZOS</b>   | <b>MP</b>    |              |              |
| 2:50 (2:50)                          | 1:40 (4:30)          | 3:12 (7:42)  | 1:47 (9:29)  | 2:32 (12:01) |
| 1:36 (15:18)                         | 1:41 (16:59)         | 0:43 (17:42) | 1:13 (18:55) | – (–)        |
| 3:18 (25:39)                         | 1:25 (27:04)         | 0:41 (27:45) | 3:26 (31:11) | 1:05 (32:16) |
| 1:52 (35:40)                         | 0:56 (36:36)         | 1:51 (38:27) | 1:23 (39:50) | 0:49 (40:39) |
| 2:05 (44:54)                         | 1:04 (45:58)         | 0:56 (46:54) | 0:21 (47:15) | 2:10 (42:49) |

| F-ELITE                          |                | (5 / 5)               | Hora           | Detrás        | Tiempo perdido |                |
|----------------------------------|----------------|-----------------------|----------------|---------------|----------------|----------------|
| <b>1. Bello Rodríguez Olalla</b> |                | <b>GALLAECIA_RAID</b> | <b>45:41</b>   |               | <b>05:49</b>   |                |
| 1:52 (1:52)                      | 0:40 (2:32)    | 4:04 (6:36)           | 1:42 (8:18)    |               | 1:21 (9:39)    | 0:46 (10:25)   |
| 1:57 (12:22)                     | 3:27 (15:49)   | 1:41 (17:30)          | 2:06 (19:36)   |               | 3:13 (22:49)   | 1:17 (24:06)   |
| 5:24 (29:30)                     | 1:38 (31:08)   | 0:51 (31:59)          | 1:23 (33:22)   |               | 2:50 (36:12)   | 1:27 (37:39)   |
| 1:35 (39:14)                     | 5:12 (44:26)   | 0:53 (45:19)          | 0:22 (45:41)   |               |                |                |
| <b>2. Costa Tania Covas</b>      |                | <b>.COM</b>           | <b>47:42</b>   | <b>+2:01</b>  | <b>03:06</b>   |                |
| 2:02 (2:02)                      | 0:47 (2:49)    | 4:39 (7:28)           | 2:00 (9:28)    |               | 1:28 (10:56)   | 0:55 (11:51)   |
| 1:43 (13:34)                     | 3:45 (17:19)   | 1:56 (19:15)          | 2:19 (21:34)   |               | 3:50 (25:24)   | 1:34 (26:58)   |
| 2:06 (29:04)                     | 1:36 (30:40)   | 1:30 (32:10)          | 1:44 (33:54)   |               | 3:21 (37:15)   | 1:10 (38:25)   |
| 3:04 (41:29)                     | 4:41 (46:10)   | 1:04 (47:14)          | 0:28 (47:42)   |               |                |                |
| <b>3. Fernandes Rita</b>         |                | <b>.COM</b>           | <b>49:42</b>   | <b>+4:01</b>  | <b>05:51</b>   |                |
| 1:57 (1:57)                      | 0:44 (2:41)    | 5:12 (7:53)           | 2:07 (10:00)   |               | 1:44 (11:44)   | 0:50 (12:34)   |
| 1:56 (14:30)                     | 4:55 (19:25)   | 1:51 (21:16)          | 2:19 (23:35)   |               | 4:16 (27:51)   | 1:24 (29:15)   |
| 1:56 (31:11)                     | 1:55 (33:06)   | 0:43 (33:49)          | 3:08 (36:57)   |               | 2:53 (39:50)   | 3:39 (43:29)   |
| 2:26 (45:55)                     | 2:22 (48:17)   | 1:03 (49:20)          | 0:22 (49:42)   |               |                |                |
| <b>4. Morales Jiménez Irene</b>  |                | <b>LIMIACTIVA</b>     | <b>1:03:31</b> | <b>+17:50</b> | <b>04:08</b>   |                |
| 3:28 (3:28)                      | 1:20 (4:48)    | 7:56 (12:44)          | 2:55 (15:39)   |               | 2:21 (18:00)   | 1:14 (19:14)   |
| 2:35 (21:49)                     | 5:10 (26:59)   | 2:48 (29:47)          | 3:27 (33:14)   |               | 4:28 (37:42)   | 1:49 (39:31)   |
| 4:18 (43:49)                     | 2:15 (46:04)   | 1:38 (47:42)          | 1:35 (49:17)   |               | 3:59 (53:16)   | 1:45 (55:01)   |
| 2:28 (57:29)                     | 3:28 (1:00:57) | 1:43 (1:02:40)        | 0:51 (1:03:31) |               |                |                |
| <b>5. Montes Villar Verónica</b> |                | <b>OP BETANZOS</b>    | <b>1:09:19</b> | <b>+23:38</b> | <b>10:49</b>   |                |
| 3:36 (3:36)                      | 0:59 (4:35)    | 8:31 (13:06)          | 3:55 (17:01)   |               | 1:54 (18:55)   | 1:07 (20:02)   |
| 3:21 (23:23)                     | 6:32 (29:55)   | 3:38 (33:33)          | 3:01 (36:34)   |               | 3:30 (40:04)   | 1:40 (41:44)   |
| 4:22 (46:06)                     | 2:15 (48:21)   | 1:18 (49:39)          | 2:08 (51:47)   |               | 4:27 (56:14)   | 4:19 (1:00:33) |
| 2:40 (1:03:13)                   | 4:10 (1:07:23) | 1:27 (1:08:50)        | 0:29 (1:09:19) |               |                |                |

| M-35                                  |              | (14 / 14)                | Hora         | Detrás        | Tiempo perdido |              |
|---------------------------------------|--------------|--------------------------|--------------|---------------|----------------|--------------|
| <b>1. Sordo Touza Ignacio</b>         |              | <b>USC</b>               | <b>43:59</b> |               | <b>02:19</b>   |              |
| 4:59 (4:59)                           | 2:29 (7:28)  | 1:20 (8:48)              | 1:50 (10:38) |               | 1:04 (11:42)   | 2:33 (14:15) |
| 3:07 (17:22)                          | 3:32 (20:54) | 2:16 (23:10)             | 1:11 (24:21) |               | 1:18 (25:39)   | 1:04 (26:43) |
| 1:47 (28:30)                          | 1:22 (29:52) | 0:52 (30:44)             | 0:56 (31:40) |               | 2:01 (33:41)   | 3:09 (36:50) |
| 3:00 (39:50)                          | 1:50 (41:40) | 1:00 (42:40)             | 0:57 (43:37) |               | 0:22 (43:59)   |              |
| <b>2. Liz Díaz Javier</b>             |              | <b>FLUVIAL_LUGO</b>      | <b>44:20</b> | <b>+0:21</b>  | <b>02:36</b>   |              |
| 5:13 (5:13)                           | 2:28 (7:41)  | 1:56 (9:37)              | 2:11 (11:48) |               | 1:17 (13:05)   | 1:09 (14:14) |
| 2:58 (17:12)                          | 4:10 (21:22) | 1:48 (23:10)             | 1:18 (24:28) |               | 1:00 (25:28)   | 1:14 (26:42) |
| 1:40 (28:22)                          | 1:35 (29:57) | 1:32 (31:29)             | 1:21 (32:50) |               | 1:51 (34:41)   | 2:04 (36:45) |
| 3:19 (40:04)                          | 1:45 (41:49) | 1:10 (42:59)             | 0:59 (43:58) |               | 0:22 (44:20)   |              |
| <b>3. Piñeiro Portela Jorge</b>       |              | <b>ARTABROS</b>          | <b>50:42</b> | <b>+6:43</b>  | <b>06:18</b>   |              |
| 5:01 (5:01)                           | 2:55 (7:56)  | 5:13 (13:09)             | 1:47 (14:56) |               | 1:06 (16:02)   | 1:02 (17:04) |
| 5:02 (22:06)                          | 3:55 (26:01) | 2:09 (28:10)             | 1:30 (29:40) |               | 1:07 (30:47)   | 1:10 (31:57) |
| 1:46 (33:43)                          | 1:44 (35:27) | 0:42 (36:09)             | 1:27 (37:36) |               | 2:10 (39:46)   | 2:57 (42:43) |
| 3:38 (46:21)                          | 2:00 (48:21) | 1:15 (49:36)             | 0:49 (50:25) |               | 0:17 (50:42)   |              |
| <b>4. Veiga Jalda Martín</b>          |              | <b>VIZHOJA-CORNELIOS</b> | <b>51:50</b> | <b>+7:51</b>  | <b>06:08</b>   |              |
| 7:30 (7:30)                           | 4:48 (12:18) | 0:50 (13:08)             | 1:51 (14:59) |               | 1:20 (16:19)   | 1:17 (17:36) |
| 3:35 (21:11)                          | 4:45 (25:56) | 3:51 (29:47)             | 1:09 (30:56) |               | 1:07 (32:03)   | 1:12 (33:15) |
| 1:53 (35:08)                          | 1:49 (36:57) | 0:44 (37:41)             | 1:01 (38:42) |               | 2:21 (41:03)   | 2:36 (43:39) |
| 2:53 (46:32)                          | 2:18 (48:50) | 1:27 (50:17)             | 1:10 (51:27) |               | 0:23 (51:50)   |              |
| <b>5. Cagide Taboada Juan Carlos</b>  |              | <b>GALLAECIA_RAID</b>    | <b>53:03</b> | <b>+9:04</b>  | <b>08:43</b>   |              |
| 5:50 (5:50)                           | 3:30 (9:20)  | 1:12 (10:32)             | 1:45 (12:17) |               | 1:07 (13:24)   | 0:55 (14:19) |
| 3:27 (17:46)                          | 3:53 (21:39) | 1:59 (23:38)             | 1:23 (25:01) |               | 1:03 (26:04)   | 1:25 (27:29) |
| 2:34 (30:03)                          | 2:19 (32:22) | 0:43 (33:05)             | 7:05 (40:10) |               | 2:19 (42:29)   | 2:27 (44:56) |
| 2:56 (47:52)                          | 2:45 (50:37) | 1:13 (51:50)             | 0:52 (52:42) |               | 0:21 (53:03)   |              |
| <b>6. Alonso Velasco Carlos David</b> |              | <b>ARTABROS</b>          | <b>53:43</b> | <b>+9:44</b>  | <b>02:19</b>   |              |
| 6:17 (6:17)                           | 3:15 (9:32)  | 1:02 (10:34)             | 2:02 (12:36) |               | 1:17 (13:53)   | 1:07 (15:00) |
| 3:46 (18:46)                          | 5:41 (24:27) | 2:15 (26:42)             | 1:40 (28:22) |               | 1:25 (29:47)   | 1:12 (30:59) |
| 2:38 (33:37)                          | 1:47 (35:24) | 0:58 (36:22)             | 1:28 (37:50) |               | 2:18 (40:08)   | 3:25 (43:33) |
| 3:54 (47:27)                          | 3:04 (50:31) | 1:45 (52:16)             | 1:01 (53:17) |               | 0:26 (53:43)   |              |
| <b>7. Amarelle Garabán Roberto</b>    |              | <b>COMPÁS</b>            | <b>56:42</b> | <b>+12:43</b> | <b>08:29</b>   |              |
| 6:37 (6:37)                           | 3:12 (9:49)  | 4:40 (14:29)             | 1:50 (16:19) |               | 4:54 (21:13)   | 1:35 (22:48) |
| 4:00 (26:48)                          | 4:03 (30:51) | 2:25 (33:16)             | 1:25 (34:41) |               | 1:54 (36:35)   | 1:15 (37:50) |
| 1:49 (39:39)                          | 1:38 (41:17) | 0:55 (42:12)             | 1:18 (43:30) |               | 2:22 (45:52)   | 2:56 (48:48) |
| 3:42 (52:30)                          | 1:53 (54:23) | 1:10 (55:33)             | 0:50 (56:23) |               | 0:19 (56:42)   |              |
| <b>8. Rocha Pena Pablo</b>            |              | <b>COMPÁS</b>            | <b>56:58</b> | <b>+12:59</b> | <b>05:17</b>   |              |
| 5:28 (5:28)                           | 6:23 (11:51) | 1:13 (13:04)             | 2:38 (15:42) |               | 1:14 (16:56)   | 1:11 (18:07) |
| 3:33 (21:40)                          | 5:28 (27:08) | 2:51 (29:59)             | 1:48 (31:47) |               | 1:15 (33:02)   | 1:41 (34:43) |
| 2:15 (36:58)                          | 2:08 (39:06) | 1:23 (40:29)             | 1:30 (41:59) |               | 2:12 (44:11)   | 3:17 (47:28) |
| 3:24 (50:52)                          | 2:25 (53:17) | 1:50 (55:07)             | 1:20 (56:27) |               | 0:31 (56:58)   |              |

|     |                             |                |                |                |        |                |                |
|-----|-----------------------------|----------------|----------------|----------------|--------|----------------|----------------|
| 9.  | Vinhas Vasco                |                | GD4C           | 1:00:58        | +16:59 | 10:23          |                |
|     | 5:24 (5:24)                 | 2:44 (8:08)    | 1:17 (9:25)    | 2:13 (11:38)   |        | 2:56 (14:34)   | 1:10 (15:44)   |
|     | 9:06 (24:50)                | 4:14 (29:04)   | 2:38 (31:42)   | 1:37 (33:19)   |        | 1:26 (34:45)   | 1:52 (36:37)   |
|     | 1:51 (38:28)                | 1:57 (40:25)   | 0:46 (41:11)   | 3:56 (45:07)   |        | 2:30 (47:37)   | 3:04 (50:41)   |
|     | 4:04 (54:45)                | 2:22 (57:07)   | 2:24 (59:31)   | 1:03 (1:00:34) |        | 0:24 (1:00:58) |                |
| 10. | Lopez Furtuoso Gerardo Jose |                | AROMON         | 1:14:30        | +30:31 | 11:57          |                |
|     | 7:38 (7:38)                 | 5:41 (13:19)   | 6:25 (19:44)   | 3:03 (22:47)   |        | 2:26 (25:13)   | 1:33 (26:46)   |
|     | 3:50 (30:36)                | 6:23 (36:59)   | 3:54 (40:53)   | 1:46 (42:39)   |        | 1:42 (44:21)   | 2:32 (46:53)   |
|     | 2:10 (49:03)                | 2:08 (51:11)   | 1:21 (52:32)   | 1:37 (54:09)   |        | 3:52 (58:01)   | 3:36 (1:01:37) |
|     | 5:34 (1:07:11)              | 3:00 (1:10:11) | 2:37 (1:12:48) | 1:10 (1:13:58) |        | 0:32 (1:14:30) |                |
| 11. | Fernández Núñez Oliver      |                | VIGORIENTA     | 1:20:32        | +36:33 | 24:07          |                |
|     | 10:46 (10:46)               | 2:24 (13:10)   | 1:21 (14:31)   | 1:38 (16:09)   |        | 1:28 (17:37)   | 0:54 (18:31)   |
|     | 7:45 (26:16)                | 5:07 (31:23)   | 4:02 (35:25)   | 1:20 (36:45)   |        | 2:24 (39:09)   | 1:16 (40:25)   |
|     | 2:03 (42:28)                | 3:07 (45:35)   | 1:56 (47:31)   | 11:14 (58:45)  |        | 2:41 (1:01:26) | 5:34 (1:07:00) |
|     | 4:47 (1:11:47)              | 5:57 (1:17:44) | 1:15 (1:18:59) | 1:05 (1:20:04) |        | 0:28 (1:20:32) |                |
| 12. | Garcia Vazquez Lucas        |                | BUDIÑORAI      | 1:25:45        | +41:46 | 18:05          |                |
|     | 14:26 (14:26)               | 4:58 (19:24)   | 2:42 (22:06)   | 2:18 (24:24)   |        | 4:43 (29:07)   | 1:52 (30:59)   |
|     | 6:22 (37:21)                | 5:47 (43:08)   | 3:25 (46:33)   | 2:17 (48:50)   |        | 1:42 (50:32)   | 1:29 (52:01)   |
|     | 3:16 (55:17)                | 2:13 (57:30)   | 1:17 (58:47)   | 3:10 (1:01:57) |        | 2:56 (1:04:53) | 3:42 (1:08:35) |
|     | 7:50 (1:16:25)              | 2:43 (1:19:08) | 4:53 (1:24:01) | 1:16 (1:25:17) |        | 0:28 (1:25:45) |                |
|     | Barja Alvarez Javier        |                | SEN CLUB       | (1:50:13)      | +66:14 | 01:01:07       |                |
|     | 1:05:37 (1:05:37)           | 2:22 (1:07:59) | 1:04 (1:09:03) | 1:53 (1:10:56) |        | 1:18 (1:12:14) | 1:08 (1:13:22) |
|     | 3:17 (1:16:39)              | 6:24 (1:23:03) | 2:02 (1:25:05) | 1:33 (1:26:38) |        | 1:32 (1:28:10) | 1:15 (1:29:25) |
|     | 2:35 (1:32:00)              | 1:38 (1:33:38) | 1:00 (1:34:38) | 1:13 (1:35:51) |        | 2:00 (1:37:51) | 2:47 (1:40:38) |
|     | 3:02 (1:43:40)              | 2:21 (1:46:01) | 1:36 (1:47:37) | 2:13 (1:49:50) |        | 0:23 (1:50:13) |                |
|     | Rodriguez Fernandez Ruben   |                | COCO           | DNS            |        |                |                |
|     | - (-)                       | - (-)          | - (-)          | - (-)          |        | - (-)          | - (-)          |
|     | - (-)                       | - (-)          | - (-)          | - (-)          |        | - (-)          | - (-)          |
|     | - (-)                       | - (-)          | - (-)          | - (-)          |        | - (-)          | - (-)          |
|     | - (-)                       | - (-)          | - (-)          | - (-)          |        | - (-)          | - (-)          |

**F-35**

|    |                         |                | (7 / 7)        | Hora            | Detrás | Tiempo perdido |                |
|----|-------------------------|----------------|----------------|-----------------|--------|----------------|----------------|
| 1. | Pérez Alonso Alicia     |                | AROMON         | 45:48           |        | 02:18          |                |
|    | 5:34 (5:34)             | 2:02 (7:36)    | 2:04 (9:40)    | 2:27 (12:07)    |        | 3:52 (15:59)   | 2:59 (18:58)   |
|    | 1:57 (20:55)            | 4:28 (25:23)   | 5:04 (30:27)   | 4:59 (35:26)    |        | 1:58 (37:24)   | 3:21 (40:45)   |
|    | 1:51 (42:36)            | 1:44 (44:20)   | 1:07 (45:27)   | 0:21 (45:48)    |        |                |                |
| 2. | Veiga García Carla      |                | AROMON         | 48:18           | +2:30  | 04:09          |                |
|    | 5:25 (5:25)             | 2:18 (7:43)    | 2:26 (10:09)   | 3:19 (13:28)    |        | 6:54 (20:22)   | 2:39 (23:01)   |
|    | 1:16 (24:17)            | 2:36 (26:53)   | 5:19 (32:12)   | 5:18 (37:30)    |        | 2:32 (40:02)   | 3:48 (43:50)   |
|    | 1:33 (45:23)            | 1:25 (46:48)   | 1:05 (47:53)   | 0:25 (48:18)    |        |                |                |
| 3. | Pastoriza Santos Isabel |                | U-VIGO         | 49:50           | +4:02  | 05:22          |                |
|    | 8:24 (8:24)             | 2:15 (10:39)   | 2:52 (13:31)   | 2:36 (16:07)    |        | 3:44 (19:51)   | 3:07 (22:58)   |
|    | 2:17 (25:15)            | 4:17 (29:32)   | 5:14 (34:46)   | 4:50 (39:36)    |        | 2:03 (41:39)   | 3:54 (45:33)   |
|    | 1:31 (47:04)            | 1:19 (48:23)   | 1:03 (49:26)   | 0:24 (49:50)    |        |                |                |
| 4. | Naya Mancebo Paula      |                | GALLAECIA_RAID | 1:05:29         | +19:41 | 12:37          |                |
|    | 5:46 (5:46)             | 2:23 (8:09)    | 2:51 (11:00)   | 3:32 (14:32)    |        | 8:00 (22:32)   | 2:47 (25:19)   |
|    | 2:10 (27:29)            | 2:57 (30:26)   | 8:45 (39:11)   | 13:37 (52:48)   |        | 2:44 (55:32)   | 4:29 (1:00:01) |
|    | 2:09 (1:02:10)          | 1:50 (1:04:00) | 1:00 (1:05:00) | 0:29 (1:05:29)  |        |                |                |
| 5. | Míguez Sampedro Susana  |                | ADC_ARNELA     | 1:08:38         | +22:50 | 12:31          |                |
|    | 6:25 (6:25)             | 3:11 (9:36)    | 3:03 (12:39)   | 5:05 (17:44)    |        | 10:33 (28:17)  | 5:12 (33:29)   |
|    | 1:27 (34:56)            | 3:52 (38:48)   | 7:51 (46:39)   | 6:26 (53:05)    |        | 2:31 (55:36)   | 8:02 (1:03:38) |
|    | 1:59 (1:05:37)          | 1:22 (1:06:59) | 1:09 (1:08:08) | 0:30 (1:08:38)  |        |                |                |
| 6. | Lourido Gaciño Elena    |                | ADC_ARNELA     | 1:25:32         | +39:44 | 13:26          |                |
|    | 8:40 (8:40)             | 4:05 (12:45)   | 4:07 (16:52)   | 5:35 (22:27)    |        | 10:23 (32:50)  | 4:42 (37:32)   |
|    | 4:20 (41:52)            | 4:41 (46:33)   | 8:22 (54:55)   | 14:53 (1:09:48) |        | 3:47 (1:13:35) | 5:16 (1:18:51) |
|    | 2:48 (1:21:39)          | 1:57 (1:23:36) | 1:23 (1:24:59) | 0:33 (1:25:32)  |        |                |                |
|    | Pérez González M. José  |                | FLUVIAL_LUGO   | DNS             |        |                |                |
|    | - (-)                   | - (-)          | - (-)          | - (-)           |        | - (-)          | - (-)          |
|    | - (-)                   | - (-)          | - (-)          | - (-)           |        | - (-)          | - (-)          |
|    | - (-)                   | - (-)          | - (-)          | - (-)           |        | - (-)          | - (-)          |

**M-40**

|    |                           |              | (15 / 15)      | Hora         | Detrás | Tiempo perdido |              |
|----|---------------------------|--------------|----------------|--------------|--------|----------------|--------------|
| 1. | Albarran Rodriguez Angel  |              | GALLAECIA_RAID | 36:54        |        | 02:46          |              |
|    | 2:16 (2:16)               | 0:57 (3:13)  | 1:35 (4:48)    | 2:28 (7:16)  |        | 1:48 (9:04)    | 1:31 (10:35) |
|    | 3:39 (14:14)              | 1:55 (16:09) | 2:39 (18:48)   | 1:43 (20:31) |        | 1:34 (22:05)   | 2:11 (24:16) |
|    | 4:19 (28:35)              | 0:55 (29:30) | 1:23 (30:53)   | 2:09 (33:02) |        | 2:02 (35:04)   | 1:25 (36:29) |
|    | 0:25 (36:54)              |              |                |              |        |                |              |
| 2. | Barreiro Fernández Pablo  |              | AROMON         | 39:57        | +3:03  | 07:02          |              |
|    | 2:02 (2:02)               | 0:55 (2:57)  | 1:14 (4:11)    | 5:23 (9:34)  |        | 1:23 (10:57)   | 1:44 (12:41) |
|    | 2:20 (15:01)              | 3:13 (18:14) | 1:44 (19:58)   | 1:26 (21:24) |        | 2:35 (23:59)   | 3:27 (27:26) |
|    | 4:06 (31:32)              | 0:45 (32:17) | 1:40 (33:57)   | 2:14 (36:11) |        | 2:03 (38:14)   | 1:27 (39:41) |
|    | 0:16 (39:57)              |              |                |              |        |                |              |
| 3. | López Franco Pablo        |              | GALLAECIA_RAID | 40:26        | +3:32  | 04:26          |              |
|    | 2:08 (2:08)               | 1:06 (3:14)  | 1:24 (4:38)    | 2:38 (7:16)  |        | 2:50 (10:06)   | 1:45 (11:51) |
|    | 3:51 (15:42)              | 3:50 (19:32) | 1:49 (21:21)   | 1:33 (22:54) |        | 2:04 (24:58)   | 2:04 (27:02) |
|    | 5:07 (32:09)              | 1:05 (33:14) | 1:15 (34:29)   | 2:47 (37:16) |        | 2:00 (39:16)   | 0:49 (40:05) |
|    | 0:21 (40:26)              |              |                |              |        |                |              |
| 4. | Riestra González Santiago |              | ARTABROS       | 42:05        | +5:11  | 01:43          |              |
|    | 2:46 (2:46)               | 1:11 (3:57)  | 1:39 (5:36)    | 2:55 (8:31)  |        | 2:53 (11:24)   | 1:58 (13:22) |
|    | 2:31 (15:53)              | 2:38 (18:31) | 1:59 (20:30)   | 1:52 (22:22) |        | 1:56 (24:18)   | 2:47 (27:05) |
|    | 5:46 (32:51)              | 1:06 (33:57) | 1:40 (35:37)   | 2:52 (38:29) |        | 2:07 (40:36)   | 1:11 (41:47) |
|    | 0:18 (42:05)              |              |                |              |        |                |              |

|     |  |   |   |   |        |   |   |
|-----|--|---|---|---|--------|---|---|
| 5.  | <b>Oujo Pouso Gelasio</b><br>2:39 (2:39)<br>2:48 (15:29)<br>4:20 (31:30)<br>0:19 (42:51)                 | 1:11 (3:50)<br>2:05 (17:34)<br>1:13 (32:43)   | <b>ADC_ARNELA</b><br>1:17 (5:07)<br>1:55 (19:29)<br>1:09 (33:52)    | 42:51<br>2:32 (7:39)<br>1:38 (21:07)<br>2:32 (36:24)        | +5:57  | 06:52<br>1:57 (9:36)<br>1:45 (22:52)<br>5:24 (41:48)    | 3:05 (12:41)<br>4:18 (27:10)<br>0:44 (42:32)    |
| 6.  | <b>Cruces Molinos Esteban</b><br>2:38 (2:38)<br>3:06 (17:45)<br>5:38 (35:35)<br>0:30 (45:01)             | 1:21 (3:59)<br>2:25 (20:10)<br>1:17 (36:52)   | <b>ADC_ARNELA</b><br>1:37 (5:36)<br>2:36 (22:46)<br>1:44 (38:36)    | 45:01<br>3:14 (8:50)<br>2:28 (25:14)<br>2:43 (41:19)        | +8:07  | 02:44<br>2:50 (11:40)<br>2:30 (27:44)<br>2:21 (43:40)   | 2:59 (14:39)<br>2:13 (29:57)<br>0:51 (44:31)    |
| 7.  | <b>Rebelo Nuno</b><br>2:20 (2:20)<br>2:53 (14:59)<br>6:45 (34:40)<br>0:28 (45:34)                        | 1:15 (3:35)<br>2:36 (17:35)<br>1:16 (35:56)   | <b>ORI-ESTARREJA</b><br>1:34 (5:09)<br>2:13 (19:48)<br>1:46 (37:42) | 45:34<br>2:43 (7:52)<br>3:54 (23:42)<br>3:04 (40:46)        | +8:40  | 04:17<br>2:09 (10:01)<br>2:11 (25:53)<br>2:44 (43:30)   | 2:05 (12:06)<br>2:02 (27:55)<br>1:36 (45:06)    |
| 8.  | <b>Marco Jose</b><br>2:31 (2:31)<br>4:12 (18:33)<br>4:27 (37:24)<br>0:28 (47:27)                         | 1:24 (3:55)<br>2:17 (20:50)<br>1:11 (38:35)   | <b>NAST</b><br>2:06 (6:01)<br>2:20 (23:10)<br>1:43 (40:18)          | 47:27<br>3:09 (9:10)<br>4:59 (28:09)<br>2:31 (42:49)        | +10:33 | 06:27<br>2:27 (11:37)<br>2:26 (30:35)<br>2:16 (45:05)   | 2:44 (14:21)<br>2:22 (32:57)<br>1:54 (46:59)    |
| 9.  | <b>Oujo Ageitos Joaquín</b><br>4:09 (4:09)<br>3:28 (19:53)<br>7:21 (38:47)<br>0:31 (49:21)               | 1:38 (5:47)<br>2:20 (22:13)<br>1:42 (40:29)   | <b>ADC_ARNELA</b><br>2:13 (8:00)<br>2:28 (24:41)<br>1:41 (42:10)    | 49:21<br>3:41 (11:41)<br>1:54 (26:35)<br>3:10 (45:20)       | +12:27 | 04:01<br>2:23 (14:04)<br>2:19 (28:54)<br>2:27 (47:47)   | 2:21 (16:25)<br>2:32 (31:26)<br>1:03 (48:50)    |
| 10. | <b>Varela Varela Francisco</b><br>2:52 (2:52)<br>5:13 (21:41)<br>6:11 (44:23)<br>0:33 (53:57)            | 2:51 (5:43)<br>2:40 (24:21)<br>1:17 (45:40)   | <b>AROMON</b><br>2:52 (8:35)<br>3:41 (28:02)<br>1:36 (47:16)        | 53:57<br>3:18 (11:53)<br>2:26 (30:28)<br>2:30 (49:46)       | +17:03 | 07:47<br>2:42 (14:35)<br>2:54 (33:22)<br>2:38 (52:24)   | 1:53 (16:28)<br>4:50 (38:12)<br>1:00 (53:24)    |
| 11. | <b>Dominguez Portas Antonio</b><br>1:57 (1:57)<br>2:09 (15:16)<br>5:13 (52:15)<br>0:38 (1:02:31)         | 3:16 (5:13)<br>3:19 (18:35)<br>0:54 (53:09)   | <b>RAZA_PALLEIRA</b><br>1:58 (7:11)<br>1:45 (20:20)<br>1:22 (54:31) | 1:02:31<br>2:37 (9:48)<br>1:27 (21:47)<br>4:22 (58:53)      | +25:37 | 25:57<br>1:37 (11:25)<br>2:08 (23:55)<br>2:08 (1:01:01) | 1:42 (13:07)<br>23:07 (47:02)<br>0:52 (1:01:53) |
| 12. | <b>Liste Rodriguez Francisco Manuel</b><br>7:29 (7:29)<br>6:14 (27:20)<br>7:56 (59:12)<br>0:28 (1:08:36) | 1:53 (9:22)<br>7:56 (35:16)<br>1:08 (1:00:20) | <b>AROMON</b><br>3:50 (13:12)<br>8:01 (43:17)<br>1:29 (1:01:49)     | 1:08:36<br>2:55 (16:07)<br>2:09 (45:26)<br>2:51 (1:04:40)   | +31:42 | 20:01<br>2:55 (19:02)<br>2:43 (48:09)<br>2:30 (1:07:10) | 2:04 (21:06)<br>3:07 (51:16)<br>0:58 (1:08:08)  |
| 13. | <b>Garcia Ramirez Manuel Alejandro</b><br>3:39 (3:39)<br>4:12 (29:32)<br>5:52 (57:30)<br>0:34 (1:11:37)  | 1:44 (5:23)<br>3:13 (32:45)<br>1:26 (58:56)   | <b>SEO</b><br>3:05 (8:28)<br>4:38 (37:23)<br>2:15 (1:01:11)         | 1:11:37<br>4:40 (13:08)<br>4:19 (41:42)<br>3:21 (1:04:32)   | +34:43 | 15:49<br>3:22 (16:30)<br>2:41 (44:23)<br>5:27 (1:09:59) | 8:50 (25:20)<br>7:15 (51:38)<br>1:04 (1:11:03)  |
|     | <b>Ruiz Lago Emilio</b><br>2:43 (2:43)<br>6:22 (23:13)<br>- (1:02:33)<br>0:26 (1:13:44)                  | 1:31 (4:14)<br>2:17 (25:30)<br>1:26 (1:03:59) | <b>AROMON</b><br>1:57 (6:11)<br>3:00 (28:30)<br>1:38 (1:05:37)      | <b>MP</b><br>4:49 (11:00)<br>3:35 (32:05)<br>3:30 (1:09:07) |        | 2:27 (13:27)<br>4:02 (36:07)<br>3:18 (1:12:25)          | 3:24 (16:51)<br>- (-)<br>0:53 (1:13:18)         |
|     | <b>Patiño Varela Juan</b><br>- (-)<br>- (-)<br>- (-)<br>- (-)  | - (-)<br>- (-)<br>- (-)                       | <b>GALLAECIA_RAID</b><br>- (-)<br>- (-)<br>- (-)                    | <b>DNS</b><br>- (-)<br>- (-)<br>- (-)                       |        | - (-)<br>- (-)<br>- (-)                                 | - (-)<br>- (-)<br>- (-)                         |

| <b>F-40</b> |  |  | <b>(6 / 6)</b>  | <b>Hora</b>  | <b>Detrás</b> | <b>Tiempo perdido</b>                                   |   |
|-------------|--|--|---|--|---------------|---|---|
| 1.          | <b>Ferreira Raquel</b><br>4:13 (4:13)<br>1:18 (17:29)<br>1:14 (29:10)          | 4:08 (8:21)<br>2:22 (19:51)<br>2:02 (31:12)  | <b>GD4C</b><br>0:46 (9:07)<br>1:42 (21:33)<br>5:02 (36:14)            | 38:55<br>2:19 (11:26)<br>2:46 (24:19)<br>1:08 (37:22)      |               | 02:51<br>1:19 (12:45)<br>1:17 (25:36)<br>1:13 (38:35)   | 3:26 (16:11)<br>2:20 (27:56)<br>0:20 (38:55)    |
| 2.          | <b>López Eyo Tania</b><br>4:44 (4:44)<br>3:11 (18:05)<br>1:55 (30:53)          | 1:48 (6:32)<br>2:40 (20:45)<br>2:27 (33:20)  | <b>XESTEIRAS</b><br>1:26 (7:58)<br>1:50 (22:35)<br>7:41 (41:01)       | 44:25<br>2:40 (10:38)<br>2:39 (25:14)<br>1:45 (42:46)      | +5:30         | 02:53<br>1:28 (12:06)<br>1:11 (26:25)<br>1:12 (43:58)   | 2:48 (14:54)<br>2:33 (28:58)<br>0:27 (44:25)    |
| 3.          | <b>Iglesias Junzalvos Ana</b><br>5:06 (5:06)<br>2:31 (19:03)<br>2:10 (35:00)   | 2:11 (7:17)<br>3:21 (22:24)<br>4:05 (39:05)  | <b>U-VIGO</b><br>1:26 (8:43)<br>2:28 (24:52)<br>7:09 (46:14)          | 49:57<br>2:19 (11:02)<br>3:26 (28:18)<br>1:53 (48:07)      | +11:02        | 01:26<br>2:00 (13:02)<br>1:30 (29:48)<br>1:28 (49:35)   | 3:30 (16:32)<br>3:02 (32:50)<br>0:22 (49:57)    |
| 4.          | <b>Zolle Fernández Cristina</b><br>6:05 (6:05)<br>6:20 (31:10)<br>1:59 (52:08) | 6:00 (12:05)<br>4:45 (35:55)<br>3:23 (55:31) | <b>FLUVIAL_LUGO</b><br>3:34 (15:39)<br>2:31 (38:26)<br>6:36 (1:02:07) | 1:05:40<br>2:20 (17:59)<br>6:47 (45:13)<br>1:32 (1:03:39)  | +26:45        | 15:17<br>3:05 (21:04)<br>1:34 (46:47)<br>1:23 (1:05:02) | 3:46 (24:50)<br>3:22 (50:09)<br>0:38 (1:05:40)  |
| 5.          | <b>Rodríguez Blanco Gracia</b><br>6:21 (6:21)<br>2:17 (24:53)<br>2:58 (54:30)  | 3:13 (9:34)<br>7:00 (31:53)<br>4:23 (58:53)  | <b>LICEO</b><br>2:00 (11:34)<br>2:48 (34:41)<br>15:25 (1:14:18)       | 1:18:28<br>3:52 (15:26)<br>13:02 (47:43)<br>2:02 (1:16:20) | +39:33        | 20:07<br>3:23 (18:49)<br>1:34 (49:17)<br>1:19 (1:17:39) | 3:47 (22:36)<br>2:15 (51:32)<br>0:49 (1:18:28)  |
| 6.          | <b>Abal Camaño Raquel</b><br>8:38 (8:38)<br>2:21 (36:39)<br>1:52 (54:55)       | 3:35 (12:13)<br>4:59 (41:38)<br>2:25 (57:20) | <b>SEO</b><br>1:34 (13:47)<br>2:01 (43:39)<br>41:03 (1:38:23)         | 1:41:34<br>3:04 (16:51)<br>3:37 (47:16)<br>1:36 (1:39:59)  | +62:39        | 43:00<br>1:45 (18:36)<br>2:40 (49:56)<br>1:03 (1:41:02) | 15:42 (34:18)<br>3:07 (53:03)<br>0:32 (1:41:34) |

| <b>M-45</b> |                                      | <b>(19 / 19)</b> | <b>Hora</b>    | <b>Detrás</b> | <b>Tiempo perdido</b> |                 |
|-------------|--------------------------------------|------------------|----------------|---------------|-----------------------|-----------------|
| 1.          | Pérez Juste German                   | U-VIGO           | 31:51          |               | 00:35                 |                 |
|             | 1:50 (1:50)                          | 1:12 (3:43)      | 2:19 (6:02)    |               | 1:44 (7:46)           | 1:42 (9:28)     |
|             | 2:26 (11:54)                         | 1:58 (16:56)     | 0:54 (17:50)   |               | 1:34 (19:24)          | 4:10 (23:34)    |
|             | 4:45 (28:19)                         | 0:55 (30:28)     | 1:00 (31:28)   |               | 0:23 (31:51)          |                 |
| 2.          | Varela Lorenzo Francisco             | COMPÁS           | 33:00          | +1:09         | 00:50                 |                 |
|             | 1:44 (1:44)                          | 1:23 (3:52)      | 2:11 (6:03)    |               | 2:10 (8:13)           | 1:43 (9:56)     |
|             | 2:29 (12:25)                         | 3:00 (15:25)     | 0:55 (18:38)   |               | 1:57 (20:35)          | 3:48 (24:23)    |
|             | 4:30 (28:53)                         | 1:10 (31:14)     | 1:24 (32:38)   |               | 0:22 (33:00)          |                 |
| 3.          | Ferrer Vidal Francisco José          | AROMON           | 34:22          | +2:31         | 00:24                 |                 |
|             | 1:57 (1:57)                          | 1:22 (4:06)      | 2:45 (6:51)    |               | 2:02 (8:53)           | 1:55 (10:48)    |
|             | 2:42 (13:30)                         | 2:42 (19:21)     | 0:52 (20:13)   |               | 2:04 (22:17)          | 3:40 (25:57)    |
|             | 4:57 (30:54)                         | 0:57 (33:05)     | 0:56 (34:01)   |               | 0:21 (34:22)          |                 |
| 4.          | Alvelo Fraguela Javier               | AROMON           | 37:24          | +5:33         | 04:41                 |                 |
|             | 1:33 (1:33)                          | 1:13 (3:31)      | 3:22 (6:53)    |               | 1:48 (8:41)           | 3:03 (11:44)    |
|             | 2:32 (14:16)                         | 2:06 (19:32)     | 1:10 (20:42)   |               | 2:54 (23:36)          | 3:28 (27:04)    |
|             | 6:05 (33:09)                         | 1:27 (36:00)     | 1:02 (37:02)   |               | 0:22 (37:24)          |                 |
| 5.          | Pastoriza Santos Vicente             | U-VIGO           | 39:11          | +7:20         | 04:11                 |                 |
|             | 1:50 (1:50)                          | 1:24 (4:02)      | 2:19 (6:21)    |               | 1:51 (8:12)           | 2:05 (10:17)    |
|             | 2:56 (13:13)                         | 3:37 (20:15)     | 0:52 (21:07)   |               | 1:56 (23:03)          | 5:00 (28:03)    |
|             | 5:15 (33:18)                         | 1:35 (37:47)     | 1:01 (38:48)   |               | 0:23 (39:11)          |                 |
| 6.          | Lamela Arias Alberto                 | COMPÁS           | 40:08          | +8:17         | 04:14                 |                 |
|             | 2:08 (2:08)                          | 1:17 (4:23)      | 3:10 (7:33)    |               | 2:37 (10:10)          | 1:49 (11:59)    |
|             | 2:56 (14:55)                         | 3:14 (18:09)     | 1:13 (21:53)   |               | 3:58 (25:51)          | 5:38 (31:29)    |
|             | 4:54 (36:23)                         | 1:13 (38:58)     | 0:52 (39:50)   |               | 0:18 (40:08)          |                 |
| 7.          | Silva Daniel                         | ORI-ESTARREJA    | 43:01          | +11:10        | 03:57                 |                 |
|             | 1:39 (1:39)                          | 1:26 (3:50)      | 2:43 (6:33)    |               | 2:14 (8:47)           | 2:07 (10:54)    |
|             | 4:37 (15:31)                         | 3:42 (23:00)     | 1:00 (24:00)   |               | 2:59 (26:59)          | 5:16 (32:15)    |
|             | 5:54 (38:09)                         | 1:25 (41:16)     | 1:18 (42:34)   |               | 0:27 (43:01)          |                 |
| 8.          | Álvarez Cabero José Maria            | U-VIGO           | 43:49          | +11:58        | 06:13                 |                 |
|             | 2:31 (2:31)                          | 1:19 (4:33)      | 5:53 (10:26)   |               | 2:11 (12:37)          | 2:06 (14:43)    |
|             | 5:16 (19:59)                         | 2:41 (25:56)     | 0:59 (26:55)   |               | 2:02 (28:57)          | 4:46 (33:43)    |
|             | 5:27 (39:10)                         | 1:11 (41:58)     | 1:14 (43:12)   |               | 0:37 (43:49)          |                 |
| 9.          | Oujo Castelo Santiago Amador         | ADC_ARNELA       | 44:02          | +12:11        | 07:53                 |                 |
|             | 2:56 (2:56)                          | 1:34 (5:38)      | 3:21 (8:59)    |               | 2:19 (11:18)          | 1:47 (13:05)    |
|             | 3:02 (16:07)                         | 2:34 (28:13)     | 1:24 (29:37)   |               | 2:00 (31:37)          | 3:49 (35:26)    |
|             | 5:09 (40:35)                         | 0:59 (42:43)     | 0:58 (43:41)   |               | 0:21 (44:02)          |                 |
| 10.         | Couceiro Herrero Luis Adolfo         | ARTABROS         | 45:05          | +13:14        | 03:17                 |                 |
|             | 4:40 (4:40)                          | 1:38 (7:13)      | 3:03 (10:16)   |               | 2:16 (12:32)          | 2:25 (14:57)    |
|             | 4:02 (18:59)                         | 3:01 (26:06)     | 0:53 (26:59)   |               | 2:15 (29:14)          | 4:59 (34:13)    |
|             | 6:26 (40:39)                         | 1:31 (43:31)     | 1:09 (44:40)   |               | 0:25 (45:05)          |                 |
| 11.         | Rodríguez Martínez Javier            | BUDIÑORAI        | 47:29          | +15:38        | 08:29                 |                 |
|             | 5:37 (5:37)                          | 2:23 (8:56)      | 3:21 (12:17)   |               | 3:11 (15:28)          | 1:48 (17:16)    |
|             | 3:46 (21:02)                         | 4:21 (25:23)     | 2:31 (27:54)   |               | 0:54 (28:48)          | 5:04 (36:03)    |
|             | 5:19 (41:22)                         | 2:00 (45:50)     | 1:14 (47:04)   |               | 0:25 (47:29)          |                 |
| 12.         | González Miramontes Eduardo Santiago | GALLAECIA_RAID   | 47:30          | +15:39        | 06:50                 |                 |
|             | 2:36 (2:36)                          | 1:47 (5:27)      | 3:04 (8:31)    |               | 2:39 (11:10)          | 2:32 (13:42)    |
|             | 4:24 (18:06)                         | 2:33 (25:27)     | 3:52 (29:19)   |               | 4:14 (33:33)          | 5:15 (38:48)    |
|             | 5:07 (43:55)                         | 0:56 (46:19)     | 0:51 (47:10)   |               | 0:20 (47:30)          |                 |
| 13.         | Castrillón Manso José Antonio        | LICEO            | 49:12          | +17:21        | 05:49                 |                 |
|             | 2:12 (2:12)                          | 1:30 (4:41)      | 3:20 (8:01)    |               | 2:06 (10:07)          | 4:23 (14:30)    |
|             | 4:33 (19:03)                         | 3:36 (26:42)     | 1:09 (27:51)   |               | 3:46 (31:37)          | 5:22 (36:59)    |
|             | 7:37 (44:36)                         | 1:28 (47:35)     | 1:13 (48:48)   |               | 0:24 (49:12)          |                 |
| 14.         | Omil Beloso Antonio                  | AROMON           | 50:45          | +18:54        | 08:04                 |                 |
|             | 2:01 (2:01)                          | 1:53 (4:50)      | 3:34 (8:24)    |               | 2:21 (10:45)          | 3:13 (13:58)    |
|             | 3:12 (17:10)                         | 6:14 (27:25)     | 1:08 (28:33)   |               | 2:11 (30:44)          | 6:17 (37:01)    |
|             | 8:33 (45:34)                         | 1:16 (49:24)     | 1:01 (50:25)   |               | 0:20 (50:45)          |                 |
| 15.         | Rodríguez Núñez Eugenio A.           | FLUVIAL_LUGO     | 51:26          | +19:35        | 10:06                 |                 |
|             | 3:05 (3:05)                          | 5:48 (9:48)      | 3:10 (12:58)   |               | 3:22 (16:20)          | 5:21 (21:41)    |
|             | 3:02 (24:43)                         | 4:37 (29:20)     | 0:58 (33:01)   |               | 3:10 (36:11)          | 4:47 (40:58)    |
|             | 5:45 (46:43)                         | 1:14 (49:31)     | 1:19 (50:50)   |               | 0:36 (51:26)          |                 |
| 16.         | Ferreira José Joao                   | ORIMARAO         | 51:41          | +19:50        | 08:14                 |                 |
|             | 2:09 (2:09)                          | 1:39 (4:40)      | 3:19 (7:59)    |               | 5:21 (13:20)          | 3:09 (16:29)    |
|             | 6:00 (22:29)                         | 4:15 (31:17)     | 1:22 (32:39)   |               | 3:08 (35:47)          | 5:39 (41:26)    |
|             | 5:38 (47:04)                         | 1:19 (49:54)     | 1:14 (51:08)   |               | 0:33 (51:41)          |                 |
| 17.         | Pires Nuno                           | ORI-ESTARREJA    | 54:13          | +22:22        | 16:32                 |                 |
|             | 16:54 (16:54)                        | 1:48 (19:28)     | 2:39 (22:07)   |               | 2:21 (24:28)          | 2:17 (26:45)    |
|             | 2:54 (29:39)                         | 2:22 (35:40)     | 1:01 (36:41)   |               | 2:18 (38:59)          | 6:04 (45:03)    |
|             | 5:14 (50:17)                         | 1:09 (52:42)     | 1:08 (53:50)   |               | 0:23 (54:13)          |                 |
| 18.         | Pérez Juste Jorge                    | U-VIGO           | 1:09:36        | +37:45        | 13:28                 |                 |
|             | 2:47 (2:47)                          | 6:11 (9:55)      | 3:37 (13:32)   |               | 3:42 (17:14)          | 9:07 (26:21)    |
|             | 5:13 (31:34)                         | 3:51 (41:13)     | 1:21 (42:34)   |               | 6:09 (48:43)          | 6:25 (55:08)    |
|             | 8:46 (1:03:54)                       | 2:01 (1:07:55)   | 1:12 (1:09:07) |               | 0:29 (1:09:36)        |                 |
|             | Barros Alberto                       | GD4C             | MP             |               |                       |                 |
|             | - (-)                                | 4:01 (29:43)     | 17:15 (46:58)  |               | 17:31 (1:04:29)       | 3:41 (1:08:10)  |
|             | 3:54 (1:12:04)                       | 4:06 (1:23:04)   | 6:32 (1:29:36) |               | 4:06 (1:33:42)        | 10:01 (1:43:43) |
|             | 8:39 (1:52:22)                       | 2:06 (1:56:10)   | 1:10 (1:57:20) |               | 0:46 (1:58:06)        |                 |
| <b>F-45</b> |                                      | <b>(15 / 15)</b> | <b>Hora</b>    | <b>Detrás</b> | <b>Tiempo perdido</b> |                 |
| 1.          | González Bello Concepción            | COMPÁS           | 37:16          |               | 00:00                 |                 |

|     |                                 |                |                   |                |              |                |
|-----|---------------------------------|----------------|-------------------|----------------|--------------|----------------|
|     | 1:57 (1:57)                     | 1:17 (3:14)    | 1:45 (4:59)       | 3:12 (8:11)    | 3:01 (11:12) | 2:12 (13:24)   |
|     | 2:05 (15:29)                    | 2:46 (18:15)   | 1:33 (19:48)      | 3:12 (23:00)   | 1:59 (24:59) | 3:27 (28:26)   |
|     | 1:39 (30:05)                    | 1:31 (31:36)   | 1:54 (33:30)      | 2:25 (35:55)   | 0:58 (36:53) | 0:23 (37:16)   |
| 2.  | Bujía Rodríguez Elena           |                | GALLAECIA_RAID    | 43:11          | +5:55        | 05:16          |
|     | 1:53 (1:53)                     | 1:06 (2:59)    | 2:09 (5:08)       | 4:03 (9:11)    |              | 6:55 (16:06)   |
|     | 2:18 (21:10)                    | 2:53 (24:03)   | 1:40 (25:43)      | 3:29 (29:12)   |              | 2:08 (31:20)   |
|     | 1:45 (35:59)                    | 1:32 (37:31)   | 1:38 (39:09)      | 2:27 (41:36)   |              | 1:12 (42:48)   |
| 3.  | Campos Paula Serra              |                | .COM              | 44:06          | +6:50        | 04:07          |
|     | 1:54 (1:54)                     | 1:02 (2:56)    | 1:38 (4:34)       | 3:04 (7:38)    |              | 3:20 (10:58)   |
|     | 2:05 (15:34)                    | 2:57 (18:31)   | 1:45 (20:16)      | 4:42 (24:58)   |              | 2:28 (27:26)   |
|     | 3:26 (34:45)                    | 1:59 (36:44)   | 2:59 (39:43)      | 2:44 (42:27)   |              | 1:07 (43:34)   |
| 4.  | Seoane Rodríguez Silvia         |                | GALLAECIA_RAID    | 44:20          | +7:04        | 05:14          |
|     | 1:57 (1:57)                     | 0:58 (2:55)    | 2:24 (5:19)       | 3:00 (8:19)    |              | 3:17 (11:36)   |
|     | 2:02 (15:59)                    | 3:17 (19:16)   | 1:35 (20:51)      | 3:21 (24:12)   |              | 2:22 (26:34)   |
|     | 1:47 (35:25)                    | 2:59 (38:24)   | 2:08 (40:32)      | 2:39 (43:11)   |              | 0:50 (44:01)   |
| 5.  | Sánchez Marín María Josefa      |                | COMPÁS            | 50:23          | +13:07       | 09:34          |
|     | 2:22 (2:22)                     | 1:41 (4:03)    | 1:44 (5:47)       | 3:21 (9:08)    |              | 4:10 (13:18)   |
|     | 2:03 (17:40)                    | 2:50 (20:30)   | 1:46 (22:16)      | 2:56 (25:12)   |              | 2:33 (27:45)   |
|     | 1:45 (41:27)                    | 1:31 (42:58)   | 2:08 (45:06)      | 3:28 (48:34)   |              | 1:20 (49:54)   |
| 6.  | Pazos Fernández Susana Consuelo |                | AROMON            | 50:53          | +13:37       | 10:58          |
|     | 1:57 (1:57)                     | 3:37 (5:34)    | 1:42 (7:16)       | 4:36 (11:52)   |              | 5:09 (17:01)   |
|     | 2:13 (22:09)                    | 2:30 (24:39)   | 2:49 (27:28)      | 3:15 (30:43)   |              | 2:24 (33:07)   |
|     | 1:23 (42:45)                    | 1:27 (44:12)   | 1:48 (46:00)      | 2:44 (48:44)   |              | 1:47 (50:31)   |
| 7.  | Crespo Quindós Begoña           |                | U-VIGO            | 53:30          | +16:14       | 11:20          |
|     | 2:32 (2:32)                     | 1:03 (3:35)    | 2:03 (5:38)       | 3:47 (9:25)    |              | 3:26 (12:51)   |
|     | 2:06 (18:54)                    | 2:59 (21:53)   | 8:21 (30:14)      | 3:08 (33:22)   |              | 2:19 (35:41)   |
|     | 2:11 (43:31)                    | 1:35 (45:06)   | 1:42 (46:48)      | 5:04 (51:52)   |              | 1:06 (52:58)   |
| 8.  | Seijo Souto Dori                |                | VIZHOJA-CORNELIOS | 57:08          | +19:52       | 12:57          |
|     | 4:14 (4:14)                     | 1:01 (5:15)    | 2:13 (7:28)       | 3:59 (11:27)   |              | 8:01 (19:28)   |
|     | 2:08 (27:09)                    | 2:51 (30:00)   | 2:12 (32:12)      | 3:24 (35:36)   |              | 2:25 (38:01)   |
|     | 2:08 (49:01)                    | 1:46 (50:47)   | 1:52 (52:39)      | 2:56 (55:35)   |              | 1:03 (56:38)   |
| 9.  | Trueba Gayol Carmen             |                | ARTABROS          | 1:04:58        | +27:42       | 03:54          |
|     | 3:14 (3:14)                     | 1:45 (4:59)    | 2:44 (7:43)       | 5:05 (12:48)   |              | 5:13 (18:01)   |
|     | 3:02 (26:13)                    | 4:10 (30:23)   | 2:45 (33:08)      | 4:46 (37:54)   |              | 3:28 (41:22)   |
|     | 5:10 (52:37)                    | 1:59 (54:36)   | 3:09 (57:45)      | 4:32 (1:02:17) |              | 1:43 (1:04:00) |
| 10. | Pardo Villaverde Maria          |                | LICEO             | 1:11:41        | +34:25       | 10:00          |
|     | 2:49 (2:49)                     | 1:18 (4:07)    | 2:53 (7:00)       | 5:01 (12:01)   |              | 6:06 (18:07)   |
|     | 2:49 (28:03)                    | 4:16 (32:19)   | 2:45 (35:04)      | 6:41 (41:45)   |              | 4:32 (46:17)   |
|     | 4:40 (56:32)                    | 4:27 (1:00:59) | 3:26 (1:04:25)    | 4:58 (1:09:23) |              | 1:34 (1:10:57) |
| 11. | Follana Follana Fernanda        |                | FLUVIAL_LUGO      | 1:16:07        | +38:51       | 27:15          |
|     | 3:58 (3:58)                     | 1:11 (5:09)    | 2:26 (7:35)       | 3:46 (11:21)   |              | 6:23 (17:44)   |
|     | 1:54 (24:11)                    | 2:51 (27:02)   | 1:43 (28:45)      | 3:58 (32:43)   |              | 2:40 (35:23)   |
|     | 7:56 (1:06:31)                  | 2:05 (1:08:36) | 2:32 (1:11:08)    | 3:32 (1:14:40) |              | 1:03 (1:15:43) |
| 12. | Fernández Fernández Gloria      |                | FLUVIAL_LUGO      | 1:41:09        | +63:53       | 14:33          |
|     | 4:01 (4:01)                     | 2:07 (6:08)    | 4:02 (10:10)      | 5:55 (16:05)   |              | 9:56 (26:01)   |
|     | 5:29 (38:11)                    | 5:23 (43:34)   | 4:05 (47:39)      | 9:38 (57:17)   |              | 5:28 (1:02:45) |
|     | 5:59 (1:23:27)                  | 4:49 (1:28:16) | 4:20 (1:32:36)    | 6:06 (1:38:42) |              | 1:48 (1:40:30) |
|     | Sanchez Vázquez Maria Luisa     |                | AROMON            | OMT            |              |                |
|     | 1:02:51 (1:02:51)               | 1:41 (1:04:32) | 3:02 (1:07:34)    | 5:31 (1:13:05) |              | 5:58 (1:19:03) |
|     | 2:50 (1:26:40)                  | 4:18 (1:30:58) | 2:43 (1:33:41)    | 5:07 (1:38:48) |              | 3:43 (1:42:31) |
|     | 2:31 (1:50:15)                  | 2:22 (1:52:37) | 3:06 (1:55:43)    | 6:07 (2:01:50) |              | 1:31 (2:03:21) |
|     | Navia Vega Yolanda              |                | AROMON            | MP             |              |                |
|     | 7:17 (7:17)                     | 1:44 (9:01)    | 3:30 (12:31)      | 7:52 (20:23)   |              | 6:48 (27:11)   |
|     | 3:20 (34:36)                    | 5:08 (39:44)   | 3:20 (43:04)      | 6:53 (49:57)   |              | 3:50 (53:47)   |
|     | 2:55 (1:01:50)                  | — (—)          | — (—)             | — (—)          |              | — (1:06:58)    |
|     | Fuertes Fernández Rocío         |                | ARTABROS          | DNS            |              |                |
|     | — (—)                           | — (—)          | — (—)             | — (—)          |              | — (—)          |
|     | — (—)                           | — (—)          | — (—)             | — (—)          |              | — (—)          |
|     | — (—)                           | — (—)          | — (—)             | — (—)          |              | — (—)          |

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|    |                            |              | (23 / 23)      | Hora         | Detrás | Tiempo perdido |
|----|----------------------------|--------------|----------------|--------------|--------|----------------|
| 1. | Fernandes Jose             |              | .COM           | 32:50        |        | 02:24          |
|    | 2:14 (2:14)                | 1:32 (3:46)  | 2:33 (6:19)    | 1:21 (7:40)  |        | 1:11 (8:51)    |
|    | 1:16 (11:46)               | 1:57 (13:43) | 2:22 (16:05)   | 2:10 (18:15) |        | 1:54 (20:09)   |
|    | 1:13 (27:06)               | 2:21 (29:27) | 2:13 (31:40)   | 0:47 (32:27) |        | 0:23 (32:50)   |
| 2. | González Romano Rodrigo    |              | GALLAECIA_RAID | 38:47        | +5:57  | 04:32          |
|    | 2:34 (2:34)                | 2:07 (4:41)  | 2:20 (7:01)    | 3:07 (10:08) |        | 1:19 (11:27)   |
|    | 1:31 (15:22)               | 3:22 (18:44) | 3:18 (22:02)   | 0:56 (22:58) |        | 1:58 (24:56)   |
|    | 2:31 (32:16)               | 2:29 (34:45) | 2:53 (37:38)   | 0:47 (38:25) |        | 0:22 (38:47)   |
| 3. | Traveso Rodríguez Santiago |              | ARTABROS       | 41:28        | +8:38  | 03:07          |
|    | 2:34 (2:34)                | 2:05 (4:39)  | 3:11 (7:50)    | 2:06 (9:56)  |        | 1:34 (11:30)   |
|    | 1:34 (16:39)               | 3:29 (20:08) | 3:38 (23:46)   | 1:17 (25:03) |        | 2:19 (27:22)   |
|    | 1:40 (34:54)               | 2:53 (37:47) | 2:21 (40:08)   | 0:54 (41:02) |        | 0:26 (41:28)   |
| 4. | Gómez Ramos Antonio        |              | ARTABROS       | 42:20        | +9:30  | 04:22          |
|    | 2:26 (2:26)                | 2:00 (4:26)  | 2:20 (6:46)    | 2:10 (8:56)  |        | 1:53 (10:49)   |
|    | 1:36 (14:46)               | 2:26 (17:12) | 3:14 (20:26)   | 1:09 (21:35) |        | 2:32 (24:07)   |
|    | 3:41 (33:46)               | 3:36 (37:22) | 3:26 (40:48)   | 1:05 (41:53) |        | 0:27 (42:20)   |
| 5. | Tereso Cláudio             |              | ATV            | 46:58        | +14:08 | 05:15          |
|    | 2:29 (2:29)                | 2:05 (4:34)  | 3:00 (7:34)    | 2:10 (9:44)  |        | 1:30 (11:14)   |
|    | 2:17 (16:35)               | 4:42 (21:17) | 3:33 (24:50)   | 1:17 (26:07) |        | 5:21 (31:28)   |
|    | 1:43 (39:35)               | 3:10 (42:45) | 2:37 (45:22)   | 1:08 (46:30) |        | 0:28 (46:58)   |

|     |                               |                |                |                |        |                |  |                 |
|-----|-------------------------------|----------------|----------------|----------------|--------|----------------|--|-----------------|
| 6.  | Fuertes González Enrique      |                | U-VIGO         | 47:27          | +14:37 | 10:15          |  |                 |
|     | 4:18 (4:18)                   | 5:06 (9:24)    |                | 2:48 (12:12)   |        | 1:31 (16:05)   |  | 1:47 (17:52)    |
|     | 1:32 (19:24)                  | 2:13 (21:37)   |                | 6:34 (28:11)   |        | 2:32 (31:26)   |  | 6:06 (37:32)    |
|     | 1:28 (39:00)                  | 4:07 (43:07)   |                | 2:31 (45:38)   |        | 0:22 (47:27)   |  |                 |
| 7.  | Armada Luaces José Luis       |                | U-VIGO         | 47:36          | +14:46 | 08:04          |  |                 |
|     | 2:36 (2:36)                   | 2:03 (4:39)    |                | 3:00 (7:39)    |        | 1:29 (11:22)   |  | 5:58 (17:20)    |
|     | 1:32 (18:52)                  | 2:21 (21:13)   |                | 3:01 (24:14)   |        | 2:11 (27:58)   |  | 7:24 (35:22)    |
|     | 1:30 (36:52)                  | 4:32 (41:24)   |                | 2:40 (44:04)   |        | 0:40 (47:36)   |  |                 |
| 8.  | Parga Andón Pedro             |                | FLUVIAL_LUGO   | 48:00          | +15:10 | 13:09          |  |                 |
|     | 2:22 (2:22)                   | 4:15 (6:37)    |                | 2:10 (8:47)    |        | 2:01 (10:48)   |  | 10:44 (22:48)   |
|     | 1:25 (24:13)                  | 2:41 (26:54)   |                | 2:45 (29:39)   |        | 0:58 (30:37)   |  | 5:02 (37:49)    |
|     | 3:09 (40:58)                  | 3:11 (44:09)   |                | 2:25 (46:34)   |        | 0:59 (47:33)   |  |                 |
| 9.  | Fernández Souto José Manuel   |                | COMPÁS         | 48:25          | +15:35 | 06:33          |  |                 |
|     | 2:30 (2:30)                   | 2:10 (4:40)    |                | 2:49 (7:29)    |        | 2:28 (9:57)    |  | 2:55 (14:28)    |
|     | 1:43 (16:11)                  | 2:20 (18:31)   |                | 3:30 (22:01)   |        | 1:22 (23:23)   |  | 12:31 (38:23)   |
|     | 1:35 (39:58)                  | 3:10 (43:08)   |                | 4:01 (47:09)   |        | 0:57 (48:06)   |  |                 |
| 10. | Gonzalez Fernandez Evaristo   |                | GALLAECIA_RAID | 49:33          | +16:43 | 06:47          |  |                 |
|     | 3:37 (3:37)                   | 1:57 (5:34)    |                | 2:23 (7:57)    |        | 2:00 (9:57)    |  | 3:21 (15:20)    |
|     | 1:54 (17:14)                  | 2:26 (19:40)   |                | 4:51 (24:31)   |        | 3:12 (27:43)   |  | 7:45 (40:04)    |
|     | 1:55 (41:59)                  | 2:57 (44:56)   |                | 3:01 (47:57)   |        | 0:58 (48:55)   |  |                 |
| 11. | Chas Gómez Roberto            |                | OP BETANZOS    | 50:06          | +17:16 | 10:19          |  |                 |
|     | 2:16 (2:16)                   | 1:40 (3:56)    |                | 2:15 (6:11)    |        | 1:54 (8:05)    |  | 4:57 (14:17)    |
|     | 4:19 (18:36)                  | 2:39 (21:15)   |                | 3:48 (25:03)   |        | 1:13 (26:16)   |  | 9:55 (39:27)    |
|     | 3:18 (42:45)                  | 2:55 (45:40)   |                | 2:44 (48:24)   |        | 1:02 (49:26)   |  |                 |
| 12. | Gil Díaz José Antonio         |                | GALLAECIA_RAID | 50:42          | +17:52 | 05:13          |  |                 |
|     | 3:33 (3:33)                   | 2:11 (5:44)    |                | 2:47 (8:31)    |        | 3:15 (11:46)   |  | 2:19 (16:10)    |
|     | 2:02 (18:12)                  | 3:26 (21:38)   |                | 4:26 (26:04)   |        | 3:52 (29:56)   |  | 7:37 (40:49)    |
|     | 2:03 (42:52)                  | 3:12 (46:04)   |                | 3:09 (49:13)   |        | 1:05 (50:18)   |  |                 |
| 13. | Garcia Dominguez Jose Luis    |                | GALLAECIA_RAID | 53:04          | +20:14 | 17:04          |  |                 |
|     | 6:14 (6:14)                   | 2:09 (8:23)    |                | 10:38 (19:01)  |        | 1:37 (20:38)   |  | 7:35 (29:36)    |
|     | 1:31 (31:07)                  | 1:49 (32:56)   |                | 2:44 (35:40)   |        | 0:59 (36:39)   |  | 6:29 (45:12)    |
|     | 1:18 (46:30)                  | 2:47 (49:17)   |                | 2:33 (51:50)   |        | 0:53 (52:43)   |  |                 |
| 14. | Montouto Gonzalez Jose Carlos |                | FLUVIAL_LUGO   | 53:11          | +20:21 | 12:36          |  |                 |
|     | 2:46 (2:46)                   | 2:44 (5:30)    |                | 2:31 (8:01)    |        | 2:01 (10:02)   |  | 11:08 (23:53)   |
|     | 1:44 (25:37)                  | 2:20 (27:57)   |                | 4:17 (32:14)   |        | 2:24 (34:38)   |  | 6:12 (43:50)    |
|     | 1:50 (45:40)                  | 3:16 (48:56)   |                | 2:55 (51:51)   |        | 0:52 (52:43)   |  |                 |
| 15. | Aller Estévez Pablo Adrián    |                | TREVINCA       | 54:22          | +21:32 | 03:57          |  |                 |
|     | 3:14 (3:14)                   | 2:30 (5:44)    |                | 3:39 (9:23)    |        | 2:24 (11:47)   |  | 3:48 (17:29)    |
|     | 2:46 (20:15)                  | 2:54 (23:09)   |                | 4:59 (28:08)   |        | 3:28 (31:36)   |  | 8:34 (43:15)    |
|     | 2:13 (45:28)                  | 3:38 (49:06)   |                | 3:37 (52:43)   |        | 1:12 (53:55)   |  |                 |
| 16. | Criado Canales Santiago       |                | GALLAECIA_RAID | 58:53          | +26:03 | 13:07          |  |                 |
|     | 2:41 (2:41)                   | 2:25 (5:06)    |                | 2:58 (8:04)    |        | 2:22 (10:26)   |  | 6:41 (18:46)    |
|     | 1:45 (20:31)                  | 2:50 (23:21)   |                | 6:29 (29:50)   |        | 0:54 (30:44)   |  | 9:48 (43:22)    |
|     | 1:46 (45:08)                  | 7:55 (53:03)   |                | 4:14 (57:17)   |        | 1:05 (58:22)   |  |                 |
| 17. | Antoñón Clemente Javier       |                | ADC_ARNELA     | 1:01:39        | +28:49 | 10:04          |  |                 |
|     | 8:44 (8:44)                   | 2:51 (11:35)   |                | 3:37 (15:12)   |        | 2:32 (17:44)   |  | 5:06 (26:01)    |
|     | 2:12 (28:13)                  | 2:53 (31:06)   |                | 5:02 (36:08)   |        | 1:35 (37:43)   |  | 7:36 (49:11)    |
|     | 2:42 (51:53)                  | 3:57 (55:50)   |                | 3:56 (59:46)   |        | 1:14 (1:01:00) |  |                 |
| 18. | Abad Vives Carles             |                | U-VIGO         | 1:13:48        | +40:58 | 10:36          |  |                 |
|     | 3:52 (3:52)                   | 2:53 (6:45)    |                | 11:12 (17:57)  |        | 3:10 (21:07)   |  | 4:34 (28:22)    |
|     | 3:11 (31:33)                  | 3:35 (35:08)   |                | 5:30 (40:38)   |        | 1:42 (42:20)   |  | 10:33 (56:34)   |
|     | 2:30 (59:04)                  | 8:16 (1:07:20) |                | 4:16 (1:11:36) |        | 1:38 (1:13:14) |  |                 |
| 19. | Iglesias Pesqueira Eduardo    |                | AROMON         | 1:15:04        | +42:14 | 25:59          |  |                 |
|     | 2:52 (2:52)                   | 2:12 (5:04)    |                | 9:11 (14:15)   |        | 1:27 (15:42)   |  | 6:48 (25:55)    |
|     | 1:53 (27:48)                  | 7:10 (34:58)   |                | 4:01 (38:59)   |        | 1:20 (40:19)   |  | 11:33 (1:03:32) |
|     | 2:02 (1:05:34)                | 5:06 (1:10:40) |                | 2:48 (1:13:28) |        | 1:00 (1:14:28) |  |                 |
| 20. | Fouz Rodriguez Marcos         |                | FLUVIAL_LUGO   | 1:25:50        | +53:00 | 22:59          |  |                 |
|     | 7:27 (7:27)                   | 2:51 (10:18)   |                | 3:43 (14:01)   |        | 3:34 (17:35)   |  | 11:24 (32:57)   |
|     | 4:35 (37:32)                  | 4:46 (42:18)   |                | 10:19 (52:37)  |        | 7:07 (59:44)   |  | 9:24 (1:12:55)  |
|     | 2:28 (1:15:23)                | 4:07 (1:19:30) |                | 4:09 (1:23:39) |        | 1:26 (1:25:05) |  |                 |
|     | López Pérez Jose Miguel       |                | ARTABROS       | OMT            |        |                |  |                 |
|     | 1:14:25 (1:14:25)             | 5:18 (1:19:43) |                | 6:25 (1:26:08) |        | 3:59 (1:30:07) |  | 6:34 (1:40:33)  |
|     | 4:04 (1:44:37)                | 5:02 (1:49:39) |                | 7:26 (1:57:05) |        | 2:46 (1:59:51) |  | 14:51 (2:22:30) |
|     | 6:26 (2:28:56)                | 6:45 (2:35:41) |                | 6:25 (2:42:06) |        | 2:46 (2:44:52) |  |                 |
|     | Andrade Octávio               |                | .COM           | MP             |        |                |  |                 |
|     | 3:28 (3:28)                   | 1:44 (5:12)    |                | – (–)          |        | – (20:30)      |  | 1:16 (21:46)    |
|     | – (31:02)                     | 3:33 (34:35)   |                | 3:19 (37:54)   |        | 0:59 (38:53)   |  | 2:12 (41:05)    |
|     | 1:09 (49:49)                  | 2:10 (51:59)   |                | 2:38 (54:37)   |        | 1:52 (56:29)   |  | 0:31 (57:00)    |
|     | López Peiteado Antonio Javier |                | GALLAECIA_RAID | MP             |        |                |  |                 |
|     | 2:23 (2:23)                   | 2:13 (4:36)    |                | 3:09 (7:45)    |        | 1:52 (9:37)    |  | 1:38 (11:15)    |
|     | – (21:11)                     | 2:44 (23:55)   |                | 4:51 (28:46)   |        | 0:44 (29:30)   |  | – (–)           |
|     | 1:23 (39:10)                  | 2:21 (41:31)   |                | 2:08 (43:39)   |        | 0:45 (44:24)   |  | 6:13 (37:47)    |

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|    |                                |              | (10 / 10)         | Hora         | Detrás | Tiempo perdido |  |              |
|----|--------------------------------|--------------|-------------------|--------------|--------|----------------|--|--------------|
| 1. | Sousa Helena                   |              | ORIMARAO          | 37:11        |        | 01:45          |  |              |
|    | 2:40 (2:40)                    | 1:10 (3:50)  |                   | 2:24 (6:14)  |        | 1:58 (9:56)    |  | 3:34 (13:30) |
|    | 2:46 (16:16)                   | 1:42 (17:58) |                   | 2:24 (20:22) |        | 3:03 (24:53)   |  | 1:39 (26:32) |
|    | 2:19 (28:51)                   | 3:27 (32:18) |                   | 1:31 (33:49) |        | 1:20 (36:44)   |  | 0:27 (37:11) |
| 2. | Arenas Rincón María Inmaculada |              | VIZHOJA-CORNELIOS | 43:34        | +6:23  | 03:46          |  |              |
|    | 3:04 (3:04)                    | 1:21 (4:25)  |                   | 3:09 (7:34)  |        | 2:18 (11:52)   |  | 3:21 (15:13) |
|    | 3:57 (19:10)                   | 1:46 (20:56) |                   | 2:22 (23:18) |        | 1:32 (24:50)   |  | 1:49 (30:04) |
|    | 3:18 (33:22)                   | 5:05 (38:27) |                   | 1:37 (40:04) |        | 1:42 (41:46)   |  | 0:34 (43:34) |

|     |                                      |                |                |        |                |  |                |
|-----|--------------------------------------|----------------|----------------|--------|----------------|--|----------------|
| 3.  | Pernas Martínez Rosa M <sup>a</sup>  | USC            | 46:32          | +9:21  | 04:02          |  |                |
|     | 3:43 (3:43)                          | 2:10 (7:46)    | 2:08 (9:54)    |        | 2:38 (12:32)   |  | 2:55 (15:27)   |
|     | 4:10 (19:37)                         | 3:30 (25:12)   | 1:53 (27:05)   |        | 3:24 (30:29)   |  | 2:04 (32:33)   |
|     | 2:55 (35:28)                         | 2:44 (42:25)   | 1:52 (44:17)   |        | 1:35 (45:52)   |  | 0:40 (46:32)   |
| 4.  | Núñez Otero Elia                     | OP BETANZOS    | 51:05          | +13:54 | 05:45          |  |                |
|     | 4:34 (4:34)                          | 2:41 (9:18)    | 2:31 (11:49)   |        | 3:27 (15:16)   |  | 2:40 (17:56)   |
|     | 3:30 (21:26)                         | 3:05 (27:29)   | 1:42 (29:11)   |        | 3:38 (32:49)   |  | 3:03 (35:52)   |
|     | 4:04 (39:56)                         | 2:22 (46:43)   | 2:16 (48:59)   |        | 1:32 (50:31)   |  | 0:34 (51:05)   |
| 5.  | Pérez Torres María Del Pilar         | ADC_ARNELA     | 56:19          | +19:08 | 14:49          |  |                |
|     | 4:02 (4:02)                          | 2:16 (15:48)   | 1:57 (17:45)   |        | 2:35 (20:20)   |  | 2:33 (22:53)   |
|     | 4:25 (27:18)                         | 2:31 (31:13)   | 4:06 (35:19)   |        | 3:32 (38:51)   |  | 3:16 (42:07)   |
|     | 3:44 (45:51)                         | 1:59 (52:03)   | 1:50 (53:53)   |        | 1:52 (55:45)   |  | 0:34 (56:19)   |
| 6.  | Balboa Barros Margarita              | USC            | 57:24          | +20:13 | 08:45          |  |                |
|     | 4:32 (4:32)                          | 2:32 (8:46)    | 3:55 (12:41)   |        | 4:41 (17:22)   |  | 2:58 (20:20)   |
|     | 4:07 (24:27)                         | 2:44 (28:51)   | 2:05 (30:56)   |        | 4:02 (34:58)   |  | 2:24 (37:22)   |
|     | 3:00 (40:22)                         | 2:53 (52:14)   | 2:47 (55:01)   |        | 1:39 (56:40)   |  | 0:44 (57:24)   |
| 7.  | Alvarez Castro Olimpia               | U-VIGO         | 57:51          | +20:40 | 13:54          |  |                |
|     | 4:31 (4:31)                          | 2:07 (8:07)    | 2:28 (10:35)   |        | 11:53 (22:28)  |  | 2:38 (25:06)   |
|     | 3:27 (28:33)                         | 3:00 (33:52)   | 1:37 (35:29)   |        | 4:54 (40:23)   |  | 2:11 (42:34)   |
|     | 2:35 (45:09)                         | 2:07 (54:25)   | 1:33 (55:58)   |        | 1:25 (57:23)   |  | 0:28 (57:51)   |
| 8.  | Saco Fernández M <sup>a</sup> Isabel | U-VIGO         | 58:44          | +21:33 | 04:12          |  |                |
|     | 4:11 (4:11)                          | 2:59 (9:11)    | 2:29 (11:40)   |        | 3:35 (15:15)   |  | 3:43 (18:58)   |
|     | 4:01 (22:59)                         | 5:51 (31:48)   | 1:51 (33:39)   |        | 4:52 (38:31)   |  | 2:38 (41:09)   |
|     | 3:13 (44:22)                         | 2:50 (53:09)   | 2:02 (55:11)   |        | 2:59 (58:10)   |  | 0:34 (58:44)   |
| 9.  | Barreira Vazquez Maria Esther        | OP BETANZOS    | 1:01:02        | +23:51 | 25:49          |  |                |
|     | 2:35 (2:35)                          | 2:09 (5:49)    | 1:41 (7:30)    |        | 9:10 (16:40)   |  | 2:01 (18:41)   |
|     | 2:25 (21:06)                         | 19:24 (41:34)  | 1:10 (42:44)   |        | 3:01 (45:45)   |  | 1:35 (47:20)   |
|     | 2:21 (49:41)                         | 2:38 (57:07)   | 1:19 (58:26)   |        | 1:57 (1:00:23) |  | 0:39 (1:01:02) |
| 10. | Mosquera Azar Paulina Andrea         | GALLAECIA_RAID | 1:26:37        | +49:26 | 38:47          |  |                |
|     | 24:28 (24:28)                        | 2:24 (28:27)   | 1:52 (30:19)   |        | 16:55 (47:14)  |  | 3:42 (50:56)   |
|     | 3:08 (54:04)                         | 1:52 (55:56)   | 1:42 (1:00:28) |        | 6:13 (1:06:41) |  | 2:15 (1:08:56) |
|     | 3:44 (1:12:40)                       | 3:18 (1:20:50) | 3:49 (1:24:39) |        | 1:26 (1:26:05) |  | 0:32 (1:26:37) |

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|    |                                 | (10 / 10)      | Hora            | Detrás | Tiempo perdido |  |                |
|----|---------------------------------|----------------|-----------------|--------|----------------|--|----------------|
| 1. | Serantes Maneiro Camilo         | ADC_ARNELA     | 42:45           |        | 06:41          |  |                |
|    | 2:53 (2:53)                     | 2:03 (5:53)    | 7:30 (13:23)    |        | 1:03 (14:26)   |  | 1:32 (15:58)   |
|    | 2:04 (18:02)                    | 1:36 (22:03)   | 3:39 (25:42)    |        | 3:04 (28:46)   |  | 1:37 (30:23)   |
|    | 1:19 (31:42)                    | 2:09 (39:27)   | 1:59 (41:26)    |        | 0:57 (42:23)   |  | 0:22 (42:45)   |
| 2. | Ferreira Jorge                  | ADC            | 43:18           | +0:33  | 06:08          |  |                |
|    | 2:41 (2:41)                     | 1:32 (5:12)    | 3:05 (8:17)     |        | 3:05 (11:22)   |  | 1:53 (13:15)   |
|    | 2:10 (15:25)                    | 1:33 (19:28)   | 3:52 (23:20)    |        | 2:38 (25:58)   |  | 1:53 (27:51)   |
|    | 1:37 (29:28)                    | 1:37 (38:39)   | 2:35 (41:14)    |        | 1:33 (42:47)   |  | 0:31 (43:18)   |
| 3. | Baltazar Jorge                  | ADN SESIMBRA   | 43:57           | +1:12  | 02:29          |  |                |
|    | 2:53 (2:53)                     | 1:55 (5:54)    | 3:42 (9:36)     |        | 1:36 (11:12)   |  | 1:59 (13:11)   |
|    | 2:48 (15:59)                    | 1:59 (20:46)   | 3:53 (24:39)    |        | 3:05 (27:44)   |  | 2:28 (30:12)   |
|    | 2:05 (32:17)                    | 2:02 (39:12)   | 1:38 (40:50)    |        | 2:16 (43:06)   |  | 0:51 (43:57)   |
| 4. | Ramos Lozano Eduardo V.         | USC            | 44:53           | +2:08  | 01:04          |  |                |
|    | 2:58 (2:58)                     | 2:00 (6:10)    | 3:36 (9:46)     |        | 1:39 (11:25)   |  | 2:22 (13:47)   |
|    | 3:04 (16:51)                    | 2:06 (21:49)   | 4:29 (26:18)    |        | 3:12 (29:30)   |  | 2:04 (31:34)   |
|    | 2:05 (33:39)                    | 1:41 (41:06)   | 1:35 (42:41)    |        | 1:35 (44:16)   |  | 0:37 (44:53)   |
| 5. | Diaz Falcon Gilberto            | AROMON         | 48:22           | +5:37  | 07:58          |  |                |
|    | 2:18 (2:18)                     | 1:51 (5:10)    | 2:52 (8:02)     |        | 1:13 (9:15)    |  | 2:01 (11:16)   |
|    | 3:42 (14:58)                    | 2:33 (20:20)   | 5:43 (26:03)    |        | 4:56 (30:59)   |  | 2:07 (33:06)   |
|    | 1:48 (34:54)                    | 1:48 (45:05)   | 1:38 (46:43)    |        | 1:15 (47:58)   |  | 0:24 (48:22)   |
| 6. | Álvarez Estévez Enrique Luis    | GALLAECIA_RAID | 51:54           | +9:09  | 16:44          |  |                |
|    | 1:46 (1:46)                     | 3:00 (5:32)    | 15:39 (21:11)   |        | 1:30 (22:41)   |  | 2:01 (24:42)   |
|    | 2:01 (26:43)                    | 1:25 (30:15)   | 6:14 (36:29)    |        | 2:12 (38:41)   |  | 1:39 (40:20)   |
|    | 1:37 (41:57)                    | 2:17 (48:19)   | 2:08 (50:27)    |        | 1:07 (51:34)   |  | 0:20 (51:54)   |
| 7. | Victorero Rey Jorge             | ADC_ARNELA     | 59:58           | +17:13 | 13:52          |  |                |
|    | 2:45 (2:45)                     | 2:30 (6:24)    | 4:13 (10:37)    |        | 2:04 (12:41)   |  | 2:03 (14:44)   |
|    | 2:56 (17:40)                    | 9:31 (30:18)   | 4:08 (34:26)    |        | 3:45 (38:11)   |  | 3:56 (42:07)   |
|    | 1:38 (43:45)                    | 3:18 (56:29)   | 1:36 (58:05)    |        | 1:22 (59:27)   |  | 0:31 (59:58)   |
| 8. | Sande Rodríguez Francisco       | MONTAÑA_FERROL | 1:03:01         | +20:16 | 09:28          |  |                |
|    | 4:10 (4:10)                     | 2:32 (8:05)    | 8:03 (16:08)    |        | 1:44 (17:52)   |  | 1:58 (19:50)   |
|    | 2:55 (22:45)                    | 2:22 (27:57)   | 5:38 (33:35)    |        | 5:53 (39:28)   |  | 2:37 (42:05)   |
|    | 2:19 (44:24)                    | 2:53 (57:30)   | 2:54 (1:00:24)  |        | 1:37 (1:02:01) |  | 1:00 (1:03:01) |
| 9. | Romero Capa Carlos Mario        | AROMON         | 1:31:55         | +49:10 | 39:37          |  |                |
|    | 3:07 (3:07)                     | 1:56 (5:53)    | 10:34 (16:27)   |        | 16:31 (32:58)  |  | 3:28 (36:26)   |
|    | 2:24 (38:50)                    | 7:02 (48:41)   | 16:40 (1:05:21) |        | 7:18 (1:12:39) |  | 3:39 (1:16:18) |
|    | 2:12 (1:18:30)                  | 2:38 (1:26:38) | 3:23 (1:30:01)  |        | 1:30 (1:31:31) |  | 0:24 (1:31:55) |
|    | Rodilla Guerricagoitia Santiago | ADC_ARNELA     | MP              |        |                |  |                |
|    | 2:57 (2:57)                     | 2:09 (6:24)    | 24:09 (30:33)   |        | - (-)          |  | - (-)          |
|    | - (-)                           | - (-)          | - (-)           |        | - (-)          |  | - (-)          |
|    | - (-)                           | - (-)          | - (-)           |        | - (41:39)      |  | 0:56 (42:35)   |

**F-55**

|    |                                | (6 / 6)        | Hora           | Detrás | Tiempo perdido |  |                |
|----|--------------------------------|----------------|----------------|--------|----------------|--|----------------|
| 1. | Naya López M <sup>a</sup> José | LICEO          | 1:11:21        |        | 13:27          |  |                |
|    | 6:17 (6:17)                    | 4:08 (11:46)   | 5:17 (17:03)   |        | 7:37 (24:40)   |  | 2:02 (26:42)   |
|    | 3:19 (30:01)                   | 2:03 (35:35)   | 3:58 (39:33)   |        | 1:26 (40:59)   |  | 11:19 (52:18)  |
|    | 2:42 (55:00)                   | 7:40 (1:04:55) | 2:24 (1:07:19) |        | 1:49 (1:09:08) |  | 1:35 (1:10:43) |
|    | 0:38 (1:11:21)                 |                |                |        |                |  |                |



|    |                                |                |                 |                 |                |                |
|----|--------------------------------|----------------|-----------------|-----------------|----------------|----------------|
| 2. | Fernandez Riveiro Fermina      | FLUVIAL_LUGO   | 1:16:30         | +5:09           | 21:57          |                |
|    | 11:50 (11:50)                  | 5:19 (17:09)   | 8:09 (25:18)    | 4:07 (29:25)    | 1:39 (31:04)   | 2:02 (33:06)   |
|    | 2:41 (35:47)                   | 3:08 (38:55)   | 1:49 (40:44)    | 3:28 (44:12)    | 2:37 (46:49)   | 9:57 (56:46)   |
|    | 2:27 (59:13)                   | 2:30 (1:01:43) | 8:32 (1:10:15)  | 2:11 (1:12:26)  | 1:58 (1:14:24) | 1:36 (1:16:00) |
|    | 0:30 (1:16:30)                 |                |                 |                 |                |                |
| 3. | Díaz Rodríguez Yolanda         | AROMON         | 1:16:37         | +5:16           | 07:02          |                |
|    | 3:49 (3:49)                    | 1:50 (5:39)    | 4:03 (9:42)     | 6:46 (16:28)    | 3:13 (19:41)   | 3:48 (23:29)   |
|    | 4:13 (27:42)                   | 4:48 (32:30)   | 2:59 (35:29)    | 6:58 (42:27)    | 1:43 (44:10)   | 4:28 (48:38)   |
|    | 3:15 (51:53)                   | 3:10 (55:03)   | 12:35 (1:07:38) | 3:18 (1:10:56)  | 2:39 (1:13:35) | 2:21 (1:15:56) |
|    | 0:41 (1:16:37)                 |                |                 |                 |                |                |
| 4. | Fernández Santiago María       | GALLAECIA_RAID | 1:41:58         | +30:37          | 13:53          |                |
|    | 4:35 (4:35)                    | 2:00 (6:35)    | 5:27 (12:02)    | 8:02 (20:04)    | 2:41 (22:45)   | 3:54 (26:39)   |
|    | 6:24 (33:03)                   | 5:49 (38:52)   | 4:16 (43:08)    | 6:48 (49:56)    | 3:04 (53:00)   | 5:57 (58:57)   |
|    | 5:23 (1:04:20)                 | 5:17 (1:09:37) | 14:48 (1:24:25) | 10:34 (1:34:59) | 3:33 (1:38:32) | 2:24 (1:40:56) |
|    | 1:02 (1:41:58)                 |                |                 |                 |                |                |
| 5. | Durán Pernas Remedios          | TREVINCA       | 1:42:54         | +31:33          | 30:16          |                |
|    | 13:47 (13:47)                  | 1:25 (15:12)   | 2:06 (17:18)    | 12:23 (29:41)   | 3:41 (33:22)   | 3:13 (36:35)   |
|    | 3:24 (39:59)                   | 4:42 (44:41)   | 5:05 (49:46)    | 11:18 (1:01:04) | 2:50 (1:03:54) | 7:01 (1:10:55) |
|    | 4:29 (1:15:24)                 | 2:15 (1:17:39) | 10:14 (1:27:53) | 9:31 (1:37:24)  | 3:39 (1:41:03) | 1:12 (1:42:15) |
|    | 0:39 (1:42:54)                 |                |                 |                 |                |                |
|    | González Sención Adriana Luisa | GALLAECIA_RAID | DNS             |                 |                |                |
|    | - (-)                          | - (-)          | - (-)           | - (-)           | - (-)          | - (-)          |
|    | - (-)                          | - (-)          | - (-)           | - (-)           | - (-)          | - (-)          |
|    | - (-)                          | - (-)          | - (-)           | - (-)           | - (-)          | - (-)          |
|    | - (-)                          | - (-)          | - (-)           | - (-)           | - (-)          | - (-)          |

| M-21A |                               | (10 / 10)      | Hora           | Detrás         | Tiempo perdido |                |
|-------|-------------------------------|----------------|----------------|----------------|----------------|----------------|
| 1.    | Martins Luís Carlos           | ADC            | 47:48          |                | 08:38          |                |
|       | 2:00 (2:00)                   | 1:23 (3:23)    | 6:24 (9:47)    | 7:11 (16:58)   | 1:44 (18:42)   | 2:28 (21:10)   |
|       | 1:55 (23:05)                  | 2:06 (25:11)   | 2:53 (28:04)   | 3:55 (31:59)   | 0:47 (32:46)   | 2:53 (35:39)   |
|       | 1:44 (37:23)                  | 1:09 (38:32)   | 3:23 (41:55)   | 1:14 (43:09)   | 2:23 (45:32)   | 1:00 (46:32)   |
|       | 0:51 (47:23)                  | 0:25 (47:48)   |                |                |                |                |
| 2.    | García Acevedo Pelayo         | USC            | 48:26          | +0:38          | 05:44          |                |
|       | 1:42 (1:42)                   | 0:46 (2:28)    | 3:57 (6:25)    | 5:50 (12:15)   | 2:23 (14:38)   | 3:32 (18:10)   |
|       | 1:40 (19:50)                  | 2:46 (22:36)   | 2:03 (24:39)   | 4:09 (28:48)   | 1:33 (30:21)   | 2:42 (33:03)   |
|       | 1:54 (34:57)                  | 1:23 (36:20)   | 2:58 (39:18)   | 3:12 (42:30)   | 3:15 (45:45)   | 1:07 (46:52)   |
|       | 1:07 (47:59)                  | 0:27 (48:26)   |                |                |                |                |
| 3.    | Rodríguez Ricardo             | ADC            | 48:44          | +0:56          | 07:05          |                |
|       | 1:39 (1:39)                   | 0:51 (2:30)    | 3:40 (6:10)    | 8:49 (14:59)   | 1:35 (16:34)   | 3:38 (20:12)   |
|       | 1:59 (22:11)                  | 2:44 (24:55)   | 3:41 (28:36)   | 2:11 (30:47)   | 0:50 (31:37)   | 2:17 (33:54)   |
|       | 2:12 (36:06)                  | 1:13 (37:19)   | 3:26 (40:45)   | 1:39 (42:24)   | 3:25 (45:49)   | 1:20 (47:09)   |
|       | 1:13 (48:22)                  | 0:22 (48:44)   |                |                |                |                |
| 4.    | Quintas Ricardo               | .COM           | 53:35          | +5:47          | 09:31          |                |
|       | 1:36 (1:36)                   | 0:51 (2:27)    | 3:58 (6:25)    | 4:16 (10:41)   | 2:02 (12:43)   | 4:20 (17:03)   |
|       | 2:18 (19:21)                  | 2:52 (22:13)   | 5:03 (27:16)   | 2:44 (30:00)   | 2:18 (32:18)   | 2:50 (35:08)   |
|       | 2:11 (37:19)                  | 2:06 (39:25)   | 3:17 (42:42)   | 3:49 (46:31)   | 3:44 (50:15)   | 1:19 (51:34)   |
|       | 1:42 (53:16)                  | 0:19 (53:35)   |                |                |                |                |
| 5.    | Ramalho Leonardo Lopes        | .COM           | 54:25          | +6:37          | 07:48          |                |
|       | 1:41 (1:41)                   | 0:43 (2:24)    | 5:07 (7:31)    | 4:17 (11:48)   | 2:11 (13:59)   | 4:48 (18:47)   |
|       | 5:31 (24:18)                  | 3:19 (27:37)   | 2:10 (29:47)   | 2:47 (32:34)   | 1:45 (34:19)   | 4:17 (38:36)   |
|       | 2:21 (40:57)                  | 1:29 (42:26)   | 3:20 (45:46)   | 2:06 (47:52)   | 3:37 (51:29)   | 1:21 (52:50)   |
|       | 1:09 (53:59)                  | 0:26 (54:25)   |                |                |                |                |
| 6.    | Victorero Domínguez Alejandro | ADC_ARNELA     | 59:44          | +11:56         | 12:11          |                |
|       | 1:53 (1:53)                   | 3:29 (5:22)    | 3:43 (9:05)    | 10:13 (19:18)  | 2:17 (21:35)   | 3:33 (25:08)   |
|       | 2:20 (27:28)                  | 2:53 (30:21)   | 3:21 (33:42)   | 4:05 (37:47)   | 1:25 (39:12)   | 3:52 (43:04)   |
|       | 2:11 (45:15)                  | 1:29 (46:44)   | 3:16 (50:00)   | 2:56 (52:56)   | 3:56 (56:52)   | 1:23 (58:15)   |
|       | 1:04 (59:19)                  | 0:25 (59:44)   |                |                |                |                |
| 7.    | Gomes Pedro Tiago             | COAAL          | 1:06:43        | +18:55         | 09:59          |                |
|       | 1:57 (1:57)                   | 0:58 (2:55)    | 4:50 (7:45)    | 5:43 (13:28)   | 3:25 (16:53)   | 4:32 (21:25)   |
|       | 4:40 (26:05)                  | 4:14 (30:19)   | 3:46 (34:05)   | 3:40 (37:45)   | 2:04 (39:49)   | 4:01 (43:50)   |
|       | 4:11 (48:01)                  | 2:42 (50:43)   | 3:48 (54:31)   | 2:35 (57:06)   | 5:41 (1:02:47) | 2:04 (1:04:51) |
|       | 1:25 (1:06:16)                | 0:27 (1:06:43) |                |                |                |                |
| 8.    | Martínez Seco Marcos          | MONTBREAMO     | 1:08:47        | +20:59         | 15:26          |                |
|       | 2:33 (2:33)                   | 0:58 (3:31)    | 5:49 (9:20)    | 8:43 (18:03)   | 6:16 (24:19)   | 3:27 (27:46)   |
|       | 4:06 (31:52)                  | 2:58 (34:50)   | 1:39 (36:29)   | 3:27 (39:56)   | 2:02 (41:58)   | 6:01 (47:59)   |
|       | 2:07 (50:06)                  | 2:31 (52:37)   | 3:38 (56:15)   | 2:31 (58:46)   | 6:51 (1:05:37) | 1:17 (1:06:54) |
|       | 1:23 (1:08:17)                | 0:30 (1:08:47) |                |                |                |                |
| 9.    | Garrido Blanco Juan           | LIMIACTIVA     | 1:18:18        | +30:30         | 16:35          |                |
|       | 1:22 (1:22)                   | 0:50 (2:12)    | 10:12 (12:24)  | 9:32 (21:56)   | 3:01 (24:57)   | 4:56 (29:53)   |
|       | 2:49 (32:42)                  | 4:12 (36:54)   | 10:47 (47:41)  | 4:07 (51:48)   | 1:31 (53:19)   | 4:10 (57:29)   |
|       | 2:14 (59:43)                  | 2:04 (1:01:47) | 4:16 (1:06:03) | 2:39 (1:08:42) | 6:16 (1:14:58) | 1:54 (1:16:52) |
|       | 1:05 (1:17:57)                | 0:21 (1:18:18) |                |                |                |                |
| 10.   | Martins Rui                   | ADC            | 1:24:41        | +36:53         | 29:45          |                |
|       | 2:10 (2:10)                   | 0:57 (3:07)    | 5:06 (8:13)    | 6:33 (14:46)   | 2:57 (17:43)   | 5:00 (22:43)   |
|       | 2:39 (25:22)                  | 4:00 (29:22)   | 2:52 (32:14)   | 24:18 (56:32)  | 4:43 (1:01:15) | 7:50 (1:09:05) |
|       | 2:08 (1:11:13)                | 1:18 (1:12:31) | 3:52 (1:16:23) | 2:57 (1:19:20) | 2:21 (1:21:41) | 1:01 (1:22:42) |
|       | 1:25 (1:24:07)                | 0:34 (1:24:41) |                |                |                |                |

| F-21A |                 | (7 / 7) | Hora  | Detrás | Tiempo perdido |  |
|-------|-----------------|---------|-------|--------|----------------|--|
| 1.    | Moreira Eduarda | ADC     | 48:13 |        | 04:13          |  |

|                                 |                |                       |                |                |                |
|---------------------------------|----------------|-----------------------|----------------|----------------|----------------|
| 4:38 (4:38)                     | 3:10 (7:48)    | 4:38 (12:26)          | 3:30 (15:56)   | 2:17 (18:13)   | 3:01 (21:14)   |
| 5:01 (26:15)                    | 2:26 (28:41)   | 4:45 (33:26)          | 2:30 (35:56)   | 3:46 (39:42)   | 2:47 (42:29)   |
| 1:59 (44:28)                    | 1:46 (46:14)   | 1:36 (47:50)          | 0:23 (48:13)   |                |                |
| <b>2. Grimaldi Pérez Alba</b>   |                | <b>AROMON</b>         | <b>48:43</b>   | <b>+0:30</b>   | <b>05:04</b>   |
| 7:47 (7:47)                     | 2:02 (9:49)    | 3:43 (13:32)          | 3:10 (16:42)   | 2:21 (19:03)   | 3:20 (22:23)   |
| 5:35 (27:58)                    | 3:09 (31:07)   | 3:42 (34:49)          | 2:37 (37:26)   | 3:21 (40:47)   | 2:28 (43:15)   |
| 1:43 (44:58)                    | 1:57 (46:55)   | 1:20 (48:15)          | 0:28 (48:43)   |                |                |
| <b>3. Sevil Martín Sescún</b>   |                | <b>AROMON</b>         | <b>56:44</b>   | <b>+8:31</b>   | <b>12:33</b>   |
| 8:46 (8:46)                     | 2:50 (11:36)   | 3:35 (15:11)          | 3:32 (18:43)   | 2:31 (21:14)   | 3:25 (24:39)   |
| 4:55 (29:34)                    | 2:21 (31:55)   | 1:35 (33:30)          | 2:21 (35:51)   | 5:36 (41:27)   | 2:55 (44:22)   |
| 1:47 (46:09)                    | 8:54 (55:03)   | 1:12 (56:15)          | 0:29 (56:44)   |                |                |
| <b>4. Moreira Beatriz</b>       |                | <b>ADC</b>            | <b>1:06:45</b> | <b>+18:32</b>  | <b>19:04</b>   |
| 4:42 (4:42)                     | 2:30 (7:12)    | 3:37 (10:49)          | 11:16 (22:05)  | 8:31 (30:36)   | 3:49 (34:25)   |
| 6:34 (40:59)                    | 2:51 (43:50)   | 7:55 (51:45)          | 2:22 (54:07)   | 3:59 (58:06)   | 2:45 (1:00:51) |
| 2:01 (1:02:52)                  | 2:12 (1:05:04) | 1:13 (1:06:17)        | 0:28 (1:06:45) |                |                |
| <b>5. Gómez Suárez Alicia</b>   |                | <b>GALLAECIA_RAID</b> | <b>1:26:41</b> | <b>+38:28</b>  | <b>24:39</b>   |
| 11:56 (11:56)                   | 4:22 (16:18)   | 6:08 (22:26)          | 3:58 (26:24)   | 3:26 (29:50)   | 5:46 (35:36)   |
| 22:55 (58:31)                   | 4:04 (1:02:35) | 3:59 (1:06:34)        | 2:47 (1:09:21) | 3:15 (1:12:36) | 7:49 (1:20:25) |
| 2:19 (1:22:44)                  | 2:08 (1:24:52) | 1:21 (1:26:13)        | 0:28 (1:26:41) |                |                |
| <b>6. Ramos Morado Goretta</b>  |                | <b>GALLAECIA_RAID</b> | <b>1:36:44</b> | <b>+48:31</b>  | <b>29:09</b>   |
| 10:32 (10:32)                   | 4:15 (14:47)   | 14:42 (29:29)         | 4:49 (34:18)   | 3:37 (37:55)   | 5:41 (43:36)   |
| 25:56 (1:09:32)                 | 3:42 (1:13:14) | 2:46 (1:16:00)        | 5:11 (1:21:11) | 4:17 (1:25:28) | 3:51 (1:29:19) |
| 2:43 (1:32:02)                  | 2:19 (1:34:21) | 1:55 (1:36:16)        | 0:28 (1:36:44) |                |                |
| <b>Penela Fernández Jessica</b> |                | <b>FLUVIAL_LUGO</b>   | <b>DNS</b>     |                |                |
| – (–)                           | – (–)          | – (–)                 | – (–)          | – (–)          | – (–)          |
| – (–)                           | – (–)          | – (–)                 | – (–)          | – (–)          | – (–)          |
| – (–)                           | – (–)          | – (–)                 | – (–)          | – (–)          | – (–)          |

**M-21B**

|  |                | <b>( 8 / 8 )</b>      | <b>Hora</b>    | <b>Detrás</b>   | <b>Tiempo perdido</b> |
|--|----------------|-----------------------|----------------|-----------------|-----------------------|
| <b>1. Pena Daniel</b>                    |                | <b>GALLAECIA_RAID</b> | <b>43:28</b>   |                 | <b>05:56</b>          |
| 2:44 (2:44)                              | 3:20 (6:04)    | 2:36 (8:40)           | 2:42 (11:22)   | 1:23 (12:45)    | 5:52 (18:37)          |
| 1:57 (20:34)                             | 2:08 (22:42)   | 2:53 (25:35)          | 3:26 (29:01)   | 1:43 (30:44)    | 1:47 (32:31)          |
| 6:06 (38:37)                             | 1:08 (39:45)   | 2:35 (42:20)          | 0:46 (43:06)   | 0:22 (43:28)    |                       |
| <b>2. Rodríguez Acevedo Manuel</b>       |                | <b>FLUVIAL_LUGO</b>   | <b>50:28</b>   | <b>+7:00</b>    | <b>04:33</b>          |
| 3:19 (3:19)                              | 4:56 (8:15)    | 2:59 (11:14)          | 2:52 (14:06)   | 1:22 (15:28)    | 2:07 (17:35)          |
| 2:08 (19:43)                             | 2:53 (22:36)   | 8:16 (30:52)          | 3:12 (34:04)   | 2:38 (36:42)    | 2:35 (39:17)          |
| 6:13 (45:30)                             | 1:38 (47:08)   | 1:43 (48:51)          | 1:14 (50:05)   | 0:23 (50:28)    |                       |
| <b>3. Camba Rodríguez Francisco José</b> |                | <b>TREVINCA</b>       | <b>52:50</b>   | <b>+9:22</b>    | <b>08:17</b>          |
| 2:47 (2:47)                              | 10:04 (12:51)  | 2:55 (15:46)          | 3:18 (19:04)   | 1:32 (20:36)    | 2:16 (22:52)          |
| 2:46 (25:38)                             | 2:48 (28:26)   | 5:58 (34:24)          | 3:27 (37:51)   | 2:16 (40:07)    | 1:55 (42:02)          |
| 5:12 (47:14)                             | 2:02 (49:16)   | 2:01 (51:17)          | 1:00 (52:17)   | 0:33 (52:50)    |                       |
| <b>4. Garcia Carod Daniel</b>            |                | <b>AROMON</b>         | <b>52:51</b>   | <b>+9:23</b>    | <b>10:35</b>          |
| 2:27 (2:27)                              | 4:54 (7:21)    | 2:28 (9:49)           | 2:56 (12:45)   | 1:12 (13:57)    | 4:25 (18:22)          |
| 1:36 (19:58)                             | 3:12 (23:10)   | 5:59 (29:09)          | 3:11 (32:20)   | 2:17 (34:37)    | 1:44 (36:21)          |
| 11:56 (48:17)                            | 1:24 (49:41)   | 1:49 (51:30)          | 0:51 (52:21)   | 0:30 (52:51)    |                       |
| <b>5. Rodríguez Juncal José Antonio</b>  |                | <b>SEO</b>            | <b>1:00:38</b> | <b>+17:10</b>   | <b>11:47</b>          |
| 4:21 (4:21)                              | 5:20 (9:41)    | 9:05 (18:46)          | 3:24 (22:10)   | 1:28 (23:38)    | 3:05 (26:43)          |
| 4:50 (31:33)                             | 2:12 (33:45)   | 7:09 (40:54)          | 3:41 (44:35)   | 3:03 (47:38)    | 2:12 (49:50)          |
| 5:32 (55:22)                             | 1:51 (57:13)   | 1:41 (58:54)          | 1:11 (1:00:05) | 0:33 (1:00:38)  |                       |
| <b>6. López López Adrián</b>             |                | <b>GALLAECIA_RAID</b> | <b>1:10:26</b> | <b>+26:58</b>   | <b>18:38</b>          |
| 2:40 (2:40)                              | 6:29 (9:09)    | 4:52 (14:01)          | 5:14 (19:15)   | 2:11 (21:26)    | 2:56 (24:22)          |
| 7:07 (31:29)                             | 3:54 (35:23)   | 8:24 (43:47)          | 3:56 (47:43)   | 10:27 (58:10)   | 1:50 (1:00:00)        |
| 5:25 (1:05:25)                           | 1:32 (1:06:57) | 2:19 (1:09:16)        | 0:48 (1:10:04) | 0:22 (1:10:26)  |                       |
| <b>7. Orizales Lopez Oscar</b>           |                | <b>GALLAECIA_RAID</b> | <b>1:27:18</b> | <b>+43:50</b>   | <b>35:20</b>          |
| 9:15 (9:15)                              | 3:38 (12:53)   | 3:15 (16:08)          | 4:07 (20:15)   | 1:47 (22:02)    | 2:26 (24:28)          |
| 10:33 (35:01)                            | 3:26 (38:27)   | 8:37 (47:04)          | 4:35 (51:39)   | 20:50 (1:12:29) | 4:29 (1:16:58)        |
| 4:59 (1:21:57)                           | 2:04 (1:24:01) | 1:52 (1:25:53)        | 0:59 (1:26:52) | 0:26 (1:27:18)  |                       |
| <b>Naveira Gonzalo Ivan</b>              |                | <b>GALLAECIA_RAID</b> | <b>DNS</b>     |                 |                       |
| – (–)                                    | – (–)          | – (–)                 | – (–)          | – (–)           | – (–)                 |
| – (–)                                    | – (–)          | – (–)                 | – (–)          | – (–)           | – (–)                 |
| – (–)                                    | – (–)          | – (–)                 | – (–)          | – (–)           | – (–)                 |

**F-21B**

|                                  |                | <b>( 5 / 5 )</b>      | <b>Hora</b>    | <b>Detrás</b> | <b>Tiempo perdido</b> |
|----------------------------------|----------------|-----------------------|----------------|---------------|-----------------------|
| <b>1. Oujo Míguez Nuria</b>      |                | <b>ADC_ARNELA</b>     | <b>49:04</b>   |               | <b>10:39</b>          |
| 3:19 (3:19)                      | 5:43 (9:02)    | 1:43 (10:45)          | 2:49 (13:34)   | 11:55 (25:29) | 3:36 (29:05)          |
| 3:24 (32:29)                     | 1:46 (34:15)   | 1:53 (36:08)          | 5:11 (41:19)   | 2:21 (43:40)  | 3:30 (47:10)          |
| 1:25 (48:35)                     | 0:29 (49:04)   |                       |                |               |                       |
| <b>2. Peteiro Couceiro Lucia</b> |                | <b>GALLAECIA_RAID</b> | <b>1:02:03</b> | <b>+12:59</b> | <b>23:48</b>          |
| 15:28 (15:28)                    | 4:13 (19:41)   | 2:04 (21:45)          | 6:29 (28:14)   | 2:53 (31:07)  | 3:49 (34:56)          |
| 3:36 (38:32)                     | 1:51 (40:23)   | 2:03 (42:26)          | 4:46 (47:12)   | 6:40 (53:52)  | 6:31 (1:00:23)        |
| 1:12 (1:01:35)                   | 0:28 (1:02:03) |                       |                |               |                       |
| <b>3. Pico Martínez Iria</b>     |                | <b>GALLAECIA_RAID</b> | <b>1:02:23</b> | <b>+13:19</b> | <b>11:41</b>          |
| 9:08 (9:08)                      | 6:30 (15:38)   | 2:41 (18:19)          | 4:55 (23:14)   | 4:01 (27:15)  | 7:11 (34:26)          |
| 5:07 (39:33)                     | 4:21 (43:54)   | 5:11 (49:05)          | 7:19 (56:24)   | 2:41 (59:05)  | 1:26 (1:00:31)        |
| 1:24 (1:01:55)                   | 0:28 (1:02:23) |                       |                |               |                       |
| <b>4. Mesquita Noémia</b>        |                | <b>COAAL</b>          | <b>1:02:56</b> | <b>+13:52</b> | <b>09:10</b>          |
| 4:23 (4:23)                      | 8:13 (12:36)   | 3:01 (15:37)          | 3:54 (19:31)   | 7:01 (26:32)  | 8:52 (35:24)          |
| 6:47 (42:11)                     | 3:44 (45:55)   | 2:18 (48:13)          | 7:17 (55:30)   | 2:56 (58:26)  | 2:22 (1:00:48)        |
| 1:32 (1:02:20)                   | 0:36 (1:02:56) |                       |                |               |                       |
| <b>5. Oroza Alonso Lara</b>      |                | <b>GALLAECIA_RAID</b> | <b>1:06:00</b> | <b>+16:56</b> | <b>21:33</b>          |

|                |                |              |                 |                |                |
|----------------|----------------|--------------|-----------------|----------------|----------------|
| 6:10 (6:10)    | 5:19 (11:29)   | 2:25 (13:54) | 2:17 (16:11)    | 4:43 (20:54)   | 13:07 (34:01)  |
| 3:46 (37:47)   | 8:13 (46:00)   | 1:45 (47:45) | 12:24 (1:00:09) | 2:00 (1:02:09) | 2:03 (1:04:12) |
| 1:19 (1:05:31) | 0:29 (1:06:00) |              |                 |                |                |

**M-18**

|                            |                | (4 / 4)        | Hora           | Detrás | Tiempo perdido |
|----------------------------|----------------|----------------|----------------|--------|----------------|
| 1. Silvarrey Oreiro Marcos |                | GALLAECIA_RAID | 36:19          |        | 02:18          |
| 3:30 (3:30)                | 1:54 (5:24)    | 2:20 (7:44)    | 3:17 (11:01)   |        | 2:07 (14:22)   |
| 5:02 (19:24)               | 1:09 (20:33)   | 2:34 (23:07)   | 0:53 (24:00)   |        | 2:56 (26:56)   |
| 2:42 (33:57)               | 1:12 (35:09)   | 0:56 (36:05)   | 0:14 (36:19)   |        | 4:19 (31:15)   |
| 2. Morales Jiménez Mario   |                | LIMIACTIVA     | 56:23          | +20:04 | 10:39          |
| 7:12 (7:12)                | 2:47 (9:59)    | 5:14 (15:13)   | 3:14 (18:27)   |        | 2:07 (20:34)   |
| 8:25 (33:13)               | 2:26 (35:39)   | 4:42 (40:21)   | 2:22 (42:43)   |        | 2:23 (45:06)   |
| 4:49 (52:51)               | 2:07 (54:58)   | 1:12 (56:10)   | 0:13 (56:23)   |        | 4:14 (24:48)   |
| 3. Barros André            |                | GD4C           | 1:10:01        | +33:42 | 14:59          |
| 5:58 (5:58)                | 5:36 (11:34)   | 7:41 (19:15)   | 10:12 (29:27)  |        | 2:14 (31:41)   |
| 8:09 (44:17)               | 3:05 (47:22)   | 5:36 (52:58)   | 2:02 (55:00)   |        | 1:58 (56:58)   |
| 4:16 (1:05:42)             | 2:54 (1:08:36) | 1:03 (1:09:39) | 0:22 (1:10:01) |        | 4:27 (36:08)   |
| Pérez Álvarez Diego        |                | U-VIGO         | DNS            |        | 4:28 (1:01:26) |
| — (—)                      | — (—)          | — (—)          | — (—)          | — (—)  | — (—)          |
| — (—)                      | — (—)          | — (—)          | — (—)          | — (—)  | — (—)          |
| — (—)                      | — (—)          | — (—)          | — (—)          | — (—)  | — (—)          |

**F-18**

|                          |              | (3 / 3)      | Hora         | Detrás | Tiempo perdido |
|--------------------------|--------------|--------------|--------------|--------|----------------|
| 1. Casado Nuñez Eva      |              | OP BETANZOS  | 38:02        |        | 00:00          |
| 4:23 (4:23)              | 1:22 (5:45)  | 1:27 (7:12)  | 1:40 (8:52)  |        | 2:06 (12:52)   |
| 1:59 (14:51)             | 2:43 (17:34) | 1:55 (19:29) | 0:52 (20:21) |        | 2:36 (22:57)   |
| 1:49 (27:14)             | 3:10 (30:24) | 1:46 (32:10) | 2:36 (34:46) |        | 2:28 (25:25)   |
| 0:21 (38:02)             |              |              |              |        | 1:41 (36:27)   |
| 2. Aller Pffirter Mailén |              | TREVINCA     | 54:03        | +16:01 | 08:57          |
| 5:26 (5:26)              | 1:18 (6:44)  | 1:51 (8:35)  | 4:33 (13:08) |        | 3:13 (16:21)   |
| 2:55 (24:23)             | 3:11 (27:34) | 2:45 (30:19) | 1:02 (31:21) |        | 4:05 (35:26)   |
| 1:33 (39:55)             | 5:31 (45:26) | 2:12 (47:38) | 2:46 (50:24) |        | 2:56 (38:22)   |
| 0:23 (54:03)             |              |              |              |        | 2:04 (52:28)   |
| Garcia Lopez Carlota     |              | ARTABROS     | DNS          |        | 1:12 (53:40)   |
| — (—)                    | — (—)        | — (—)        | — (—)        | — (—)  | — (—)          |
| — (—)                    | — (—)        | — (—)        | — (—)        | — (—)  | — (—)          |
| — (—)                    | — (—)        | — (—)        | — (—)        | — (—)  | — (—)          |
| — (—)                    | — (—)        | — (—)        | — (—)        | — (—)  | — (—)          |

**M-16**

|                           |              | (5 / 5)        | Hora         | Detrás | Tiempo perdido |
|---------------------------|--------------|----------------|--------------|--------|----------------|
| 1. Somoza Seoane Anxo     |              | GALLAECIA_RAID | 21:08        |        | 00:00          |
| 1:18 (1:18)               | 0:36 (1:54)  | 1:44 (3:38)    | 1:24 (5:02)  |        | 2:07 (8:12)    |
| 1:00 (9:12)               | 1:25 (10:37) | 2:37 (13:14)   | 1:00 (14:14) |        | 1:15 (15:29)   |
| 1:28 (18:29)              | 1:34 (20:03) | 0:47 (20:50)   | 0:18 (21:08) |        | 1:32 (17:01)   |
| 2. López González Mario   |              | OP BETANZOS    | 27:43        | +6:35  | 03:34          |
| 1:19 (1:19)               | 0:35 (1:54)  | 2:21 (4:15)    | 4:08 (8:23)  |        | 0:56 (9:19)    |
| 1:29 (13:35)              | 1:58 (15:33) | 2:50 (18:23)   | 1:11 (19:34) |        | 2:47 (12:06)   |
| 1:39 (24:27)              | 2:02 (26:29) | 0:56 (27:25)   | 0:18 (27:43) |        | 1:39 (21:13)   |
| 3. Silvarrey Oreiro Diego |              | GALLAECIA_RAID | 35:20        | +14:12 | 06:14          |
| 2:16 (2:16)               | 0:39 (2:55)  | 5:59 (8:54)    | 1:44 (10:38) |        | 1:06 (11:44)   |
| 1:15 (15:49)              | 3:02 (18:51) | 4:14 (23:05)   | 1:45 (24:50) |        | 2:23 (27:13)   |
| 2:15 (31:31)              | 2:16 (33:47) | 1:10 (34:57)   | 0:23 (35:20) |        | 2:03 (29:16)   |
| 4. Casado Núñez Martín    |              | OP BETANZOS    | 35:30        | +14:22 | 10:01          |
| 2:09 (2:09)               | 0:35 (2:44)  | 11:05 (13:49)  | 1:26 (15:15) |        | 1:05 (16:20)   |
| 1:23 (20:12)              | 2:23 (22:35) | 3:03 (25:38)   | 1:09 (26:47) |        | 2:29 (18:49)   |
| 1:55 (32:31)              | 1:51 (34:22) | 0:48 (35:10)   | 0:20 (35:30) |        | 1:47 (28:34)   |
| 5. Rodríguez Arenas Aaron |              | OP BETANZOS    | 40:28        | +19:20 | 14:39          |
| 2:09 (2:09)               | 0:52 (3:01)  | 11:48 (14:49)  | 1:43 (16:32) |        | 1:14 (17:46)   |
| 1:16 (21:40)              | 7:00 (28:40) | 3:10 (31:50)   | 1:04 (32:54) |        | 0:57 (33:51)   |
| 1:43 (37:18)              | 1:54 (39:12) | 0:48 (40:00)   | 0:28 (40:28) |        | 2:38 (20:24)   |
|                           |              |                |              |        | 1:44 (35:35)   |

**F-16**

|                           |              | (8 / 8)        | Hora         | Detrás | Tiempo perdido |
|---------------------------|--------------|----------------|--------------|--------|----------------|
| 1. Nogueiras Porto Sara   |              | FLUVIAL_LUGO   | 31:58        |        | 01:32          |
| 2:13 (2:13)               | 0:44 (2:57)  | 2:33 (5:30)    | 1:48 (7:18)  |        | 1:13 (8:31)    |
| 1:58 (13:48)              | 2:21 (16:09) | 4:50 (20:59)   | 1:28 (22:27) |        | 3:19 (11:50)   |
| 2:13 (28:28)              | 2:08 (30:36) | 1:02 (31:38)   | 0:20 (31:58) |        | 1:34 (24:01)   |
| 2. Silva Matilde          |              | .COM           | 33:26        | +1:28  | 02:58          |
| 3:27 (3:27)               | 0:41 (4:08)  | 2:22 (6:30)    | 2:59 (9:29)  |        | 1:41 (11:10)   |
| 1:46 (15:54)              | 3:01 (18:55) | 4:08 (23:03)   | 1:17 (24:20) |        | 2:58 (14:08)   |
| 1:42 (30:06)              | 2:03 (32:09) | 0:52 (33:01)   | 0:25 (33:26) |        | 2:11 (26:31)   |
| 3. López López Silvia     |              | GALLAECIA_RAID | 43:41        | +11:43 | 03:54          |
| 2:27 (2:27)               | 0:53 (3:20)  | 3:42 (7:02)    | 2:48 (9:50)  |        | 2:32 (12:22)   |
| 2:42 (19:01)              | 4:25 (23:26) | 5:05 (28:31)   | 1:45 (30:16) |        | 2:15 (32:31)   |
| 3:51 (39:15)              | 2:47 (42:02) | 1:07 (43:09)   | 0:32 (43:41) |        | 3:57 (16:19)   |
| 4. Pérez Álvarez Julia    |              | U-VIGO         | 46:08        | +14:10 | 10:50          |
| 2:40 (2:40)               | 0:46 (3:26)  | 2:49 (6:15)    | 3:13 (9:28)  |        | 1:26 (10:54)   |
| 8:25 (25:29)              | 3:37 (29:06) | 3:44 (32:50)   | 2:02 (34:52) |        | 3:11 (38:03)   |
| 1:52 (42:16)              | 2:11 (44:27) | 1:06 (45:33)   | 0:35 (46:08) |        | 6:10 (17:04)   |
| 5. Lamela Belver Estrella |              | COMPÁS         | 57:36        | +25:38 | 15:06          |
| 2:49 (2:49)               | 0:49 (3:38)  | 9:06 (12:44)   | 6:26 (19:10) |        | 2:00 (21:10)   |
| 3:32 (28:46)              | 3:52 (32:38) | 5:33 (38:11)   | 3:17 (41:28) |        | 2:36 (44:04)   |
| 6:50 (53:45)              | 2:15 (56:00) | 1:10 (57:10)   | 0:26 (57:36) |        | 4:04 (25:14)   |
|                           |              |                |              |        | 2:51 (46:55)   |

|    |                      |                |                |                |        |              |                |  |
|----|----------------------|----------------|----------------|----------------|--------|--------------|----------------|--|
| 6. | Oliveira Rosa        |                | .COM           | 58:50          | +26:52 | 09:33        |                |  |
|    | 5:58 (5:58)          | 1:23 (7:21)    | 3:56 (11:17)   | 6:23 (17:40)   |        | 2:24 (20:04) | 6:05 (26:09)   |  |
|    | 4:41 (30:50)         | 5:26 (36:16)   | 4:43 (40:59)   | 2:18 (43:17)   |        | 3:20 (46:37) | 3:07 (49:44)   |  |
|    | 4:02 (53:46)         | 3:10 (56:56)   | 1:28 (58:24)   | 0:26 (58:50)   |        |              |                |  |
| 7. | Oliveira Beatriz     |                | .COM           | 1:08:52        | +36:54 | 15:18        |                |  |
|    | 4:20 (4:20)          | 1:29 (5:49)    | 5:22 (11:11)   | 5:28 (16:39)   |        | 6:05 (22:44) | 5:44 (28:28)   |  |
|    | 4:30 (32:58)         | 3:51 (36:49)   | 6:51 (43:40)   | 2:17 (45:57)   |        | 2:58 (48:55) | 2:49 (51:44)   |  |
|    | 11:36 (1:03:20)      | 3:35 (1:06:55) | 1:26 (1:08:21) | 0:31 (1:08:52) |        |              |                |  |
| 8. | Domínguez Rodas Aixa |                | RAZA_PALLEIRA  | 1:12:14        | +40:16 | 09:43        |                |  |
|    | 4:38 (4:38)          | 1:33 (6:11)    | 5:32 (11:43)   | 6:07 (17:50)   |        | 6:23 (24:13) | 6:27 (30:40)   |  |
|    | 3:20 (34:00)         | 4:15 (38:15)   | 10:48 (49:03)  | 2:55 (51:58)   |        | 4:20 (56:18) | 4:30 (1:00:48) |  |
|    | 5:28 (1:06:16)       | 4:04 (1:10:20) | 1:35 (1:11:55) | 0:19 (1:12:14) |        |              |                |  |

**M-14**

|    |                          |                | (5 / 5)        | Hora           | Detrás | Tiempo perdido |                 |  |
|----|--------------------------|----------------|----------------|----------------|--------|----------------|-----------------|--|
| 1. | Barja Pérez Lucas        |                | LIMIACTIVA     | 32:30          |        | 00:41          |                 |  |
|    | 3:05 (3:05)              | 1:42 (4:47)    | 2:01 (6:48)    | 1:00 (7:48)    |        | 2:44 (10:32)   | 3:51 (14:23)    |  |
|    | 2:26 (16:49)             | 1:06 (17:55)   | 1:47 (19:42)   | 3:19 (23:01)   |        | 2:11 (25:12)   | 3:09 (28:21)    |  |
|    | 1:39 (30:00)             | 0:58 (30:58)   | 0:58 (31:56)   | 0:34 (32:30)   |        |                |                 |  |
| 2. | Cruces Fernández Esteban |                | ADC_ARNELA     | 33:02          | +0:32  | 01:22          |                 |  |
|    | 2:43 (2:43)              | 1:48 (4:31)    | 1:46 (6:17)    | 1:11 (7:28)    |        | 3:30 (10:58)   | 3:35 (14:33)    |  |
|    | 2:02 (16:35)             | 1:31 (18:06)   | 1:46 (19:52)   | 4:07 (23:59)   |        | 1:35 (25:34)   | 3:37 (29:11)    |  |
|    | 1:26 (30:37)             | 1:05 (31:42)   | 0:52 (32:34)   | 0:28 (33:02)   |        |                |                 |  |
| 3. | Freitas Duarte           |                | .COM           | 1:03:10        | +30:40 | 17:14          |                 |  |
|    | 4:05 (4:05)              | 2:08 (6:13)    | 2:59 (9:12)    | 1:09 (10:21)   |        | 9:05 (19:26)   | 10:08 (29:34)   |  |
|    | 2:39 (32:13)             | 2:02 (34:15)   | 2:42 (36:57)   | 4:02 (40:59)   |        | 6:19 (47:18)   | 10:06 (57:24)   |  |
|    | 2:26 (59:50)             | 1:15 (1:01:05) | 1:39 (1:02:44) | 0:26 (1:03:10) |        |                |                 |  |
| 4. | Couceiro Fuertes Manuel  |                | ARTABROS       | 1:07:17        | +34:47 | 18:19          |                 |  |
|    | 8:46 (8:46)              | 1:58 (10:44)   | 1:47 (12:31)   | 0:57 (13:28)   |        | 3:49 (17:17)   | 11:30 (28:47)   |  |
|    | 4:33 (33:20)             | 4:46 (38:06)   | 2:46 (40:52)   | 10:26 (51:18)  |        | 3:04 (54:22)   | 5:42 (1:00:04)  |  |
|    | 3:18 (1:03:22)           | 1:54 (1:05:16) | 1:25 (1:06:41) | 0:36 (1:07:17) |        |                |                 |  |
| 5. | García Gonçalves Xian    |                | TREVINCA       | 1:09:16        | +36:46 | 20:05          |                 |  |
|    | 3:47 (3:47)              | 3:22 (7:09)    | 3:03 (10:12)   | 1:21 (11:33)   |        | 4:49 (16:22)   | 11:34 (27:56)   |  |
|    | 10:21 (38:17)            | 2:06 (40:23)   | 2:42 (43:05)   | 3:57 (47:02)   |        | 6:18 (53:20)   | 10:08 (1:03:28) |  |
|    | 2:25 (1:05:53)           | 1:08 (1:07:01) | 1:42 (1:08:43) | 0:33 (1:09:16) |        |                |                 |  |

**F-14**

|    |                        |              | (6 / 6)        | Hora           | Detrás | Tiempo perdido |              |  |
|----|------------------------|--------------|----------------|----------------|--------|----------------|--------------|--|
| 1. | Somoza Seoane Carla    |              | GALLAECIA_RAID | 28:54          |        | 01:51          |              |  |
|    | 1:33 (1:33)            | 3:04 (4:37)  | 1:23 (6:00)    | 0:58 (6:58)    |        | 2:38 (9:36)    | 3:08 (12:44) |  |
|    | 2:22 (15:06)           | 0:58 (16:04) | 1:41 (17:45)   | 3:02 (20:47)   |        | 1:32 (22:19)   | 2:51 (25:10) |  |
|    | 1:47 (26:57)           | 0:51 (27:48) | 0:48 (28:36)   | 0:18 (28:54)   |        |                |              |  |
| 2. | Albarran Oroza Daniela |              | GALLAECIA_RAID | 29:49          | +0:55  | 01:12          |              |  |
|    | 2:02 (2:02)            | 1:30 (3:32)  | 1:20 (4:52)    | 1:15 (6:07)    |        | 2:51 (8:58)    | 3:09 (12:07) |  |
|    | 2:27 (14:34)           | 1:13 (15:47) | 1:35 (17:22)   | 3:10 (20:32)   |        | 2:19 (22:51)   | 2:53 (25:44) |  |
|    | 1:45 (27:29)           | 1:08 (28:37) | 0:54 (29:31)   | 0:18 (29:49)   |        |                |              |  |
| 3. | Aller Pflirter Martina |              | TREVINCA       | 1:00:16        | +31:22 | 12:34          |              |  |
|    | 2:56 (2:56)            | 5:22 (8:18)  | 2:25 (10:43)   | 1:19 (12:02)   |        | 3:42 (15:44)   | 8:41 (24:25) |  |
|    | 4:30 (28:55)           | 2:23 (31:18) | 2:39 (33:57)   | 7:04 (41:01)   |        | 5:56 (46:57)   | 6:12 (53:09) |  |
|    | 2:58 (56:07)           | 2:40 (58:47) | 1:05 (59:52)   | 0:24 (1:00:16) |        |                |              |  |
|    | Barros Ana Rita        |              | GD4C           | MP             |        |                |              |  |
|    | 9:09 (9:09)            | 7:29 (16:38) | 4:17 (20:55)   | 3:21 (24:16)   |        | - (-)          | - (44:50)    |  |
|    | 3:25 (48:15)           | 2:40 (50:55) | - (-)          | - (-)          |        | - (-)          | - (-)        |  |
|    | - (-)                  | - (-)        | - (1:13:53)    | 1:06 (1:14:59) |        |                |              |  |
|    | Perez Pastoriza Sabela |              | U-VIGO         | MP             |        |                |              |  |
|    | 2:11 (2:11)            | 1:55 (4:06)  | 1:47 (5:53)    | 1:31 (7:24)    |        | 2:31 (9:55)    | 5:04 (14:59) |  |
|    | 1:28 (16:27)           | 2:06 (18:33) | 2:05 (20:38)   | 3:48 (24:26)   |        | 3:39 (28:05)   | - (-)        |  |
|    | - (29:08)              | 1:00 (30:08) | 0:50 (30:58)   | 0:25 (31:23)   |        |                |              |  |
|    | Díaz Pardo Marta       |              | COMPÁS         | DNS            |        |                |              |  |
|    | - (-)                  | - (-)        | - (-)          | - (-)          |        | - (-)          | - (-)        |  |
|    | - (-)                  | - (-)        | - (-)          | - (-)          |        | - (-)          | - (-)        |  |
|    | - (-)                  | - (-)        | - (-)          | - (-)          |        | - (-)          | - (-)        |  |

**M-12**

|    |                       |                | (6 / 6)           | Hora           | Detrás | Tiempo perdido |                |  |
|----|-----------------------|----------------|-------------------|----------------|--------|----------------|----------------|--|
| 1. | Rodríguez Seijo Antón |                | VIZHOJA-CORNELIOS | 24:32          |        | 02:14          |                |  |
|    | 1:57 (1:57)           | 2:54 (4:51)    | 0:55 (5:46)       | 3:08 (8:54)    |        | 1:00 (9:54)    | 1:17 (11:11)   |  |
|    | 3:10 (14:21)          | 4:24 (18:45)   | 2:44 (21:29)      | 1:10 (22:39)   |        | 0:32 (23:11)   | 0:57 (24:08)   |  |
|    | 0:24 (24:32)          |                |                   |                |        |                |                |  |
| 2. | Rodríguez Cruz Brais  |                | TREVINCA          | 28:33          | +4:01  | 05:26          |                |  |
|    | 2:34 (2:34)           | 3:24 (5:58)    | 0:41 (6:39)       | 3:31 (10:10)   |        | 3:40 (13:50)   | 1:26 (15:16)   |  |
|    | 3:13 (18:29)          | 4:59 (23:28)   | 2:07 (25:35)      | 1:04 (26:39)   |        | 0:34 (27:13)   | 0:50 (28:03)   |  |
|    | 0:30 (28:33)          |                |                   |                |        |                |                |  |
| 3. | Fouz Sanchez Rodrigo  |                | FLUVIAL_LUGO      | 30:49          | +6:17  | 04:39          |                |  |
|    | 2:51 (2:51)           | 3:24 (6:15)    | 1:04 (7:19)       | 5:24 (12:43)   |        | 0:53 (13:36)   | 2:16 (15:52)   |  |
|    | 2:54 (18:46)          | 3:52 (22:38)   | 3:28 (26:06)      | 1:56 (28:02)   |        | 0:42 (28:44)   | 1:39 (30:23)   |  |
|    | 0:26 (30:49)          |                |                   |                |        |                |                |  |
| 4. | Rodríguez Seijo Iago  |                | VIZHOJA-CORNELIOS | 39:00          | +14:28 | 11:53          |                |  |
|    | 3:41 (3:41)           | 1:04 (4:45)    | 0:59 (5:44)       | 8:46 (14:30)   |        | 0:39 (15:09)   | 1:23 (16:32)   |  |
|    | 3:52 (20:24)          | 4:43 (25:07)   | 7:36 (32:43)      | 2:00 (34:43)   |        | 1:15 (35:58)   | 1:56 (37:54)   |  |
|    | 1:06 (39:00)          |                |                   |                |        |                |                |  |
|    | Rocha Cuiña Lucas     |                | COMPÁS            | (1:20:57)      | +56:25 | 21:44          |                |  |
|    | 6:54 (6:54)           | 6:30 (13:24)   | 3:03 (16:27)      | 24:11 (40:38)  |        | 2:46 (43:24)   | 6:51 (50:15)   |  |
|    | 7:16 (57:31)          | 7:11 (1:04:42) | 6:59 (1:11:41)    | 2:16 (1:13:57) |        | 0:57 (1:14:54) | 4:12 (1:19:06) |  |
|    | 1:51 (1:20:57)        |                |                   |                |        |                |                |  |

|                                    |                |                   |                |               |                       |
|------------------------------------|----------------|-------------------|----------------|---------------|-----------------------|
| Couceiro Fuertes David             |                | ARTABROS          | MP             |               |                       |
| 2:24 (2:24)                        | – (–)          | – (6:07)          | 13:01 (19:08)  | 4:14 (23:22)  | 1:07 (24:29)          |
| 3:51 (28:20)                       | 2:46 (31:06)   | 2:26 (33:32)      | 1:22 (34:54)   | 0:39 (35:33)  | 1:16 (36:49)          |
| 0:25 (37:14)                       |                |                   |                |               |                       |
| <b>F-12</b>                        |                | <b>(7 / 7)</b>    | <b>Hora</b>    | <b>Detrás</b> | <b>Tiempo perdido</b> |
| 1. Albarran Oroza Jana             |                | GALLAECIA_RAID    | 25:11          |               | 07:21                 |
| 1:53 (1:53)                        | 1:19 (3:12)    | 0:39 (3:51)       | 9:35 (13:26)   |               | 1:15 (16:15)          |
| 2:12 (18:27)                       | 2:24 (20:51)   | 1:35 (22:26)      | 0:48 (23:14)   |               | 1:04 (24:50)          |
| 0:21 (25:11)                       |                |                   |                |               |                       |
| 2. Rodríguez Díaz Sira             |                | AROMON            | 34:09          | +8:58         | 12:14                 |
| 1:56 (1:56)                        | 7:12 (9:08)    | 0:38 (9:46)       | 9:37 (19:23)   |               | 1:58 (23:02)          |
| 2:14 (25:16)                       | 2:47 (28:03)   | 2:37 (30:40)      | 1:22 (32:02)   |               | 1:11 (33:39)          |
| 0:30 (34:09)                       |                |                   |                |               |                       |
| 3. Albarran Oroza Noa              |                | GALLAECIA_RAID    | 36:34          | +11:23        | 09:16                 |
| 3:56 (3:56)                        | 4:03 (7:59)    | 1:00 (8:59)       | 2:22 (11:21)   |               | 1:48 (14:33)          |
| 4:13 (18:46)                       | 7:02 (25:48)   | 5:54 (31:42)      | 1:43 (33:25)   |               | 1:59 (36:12)          |
| 0:22 (36:34)                       |                |                   |                |               |                       |
| 4. Parga Valcarcel Sira            |                | FLUVIAL_LUGO      | 45:32          | +20:21        | 08:01                 |
| 6:19 (6:19)                        | 2:50 (9:09)    | 2:28 (11:37)      | 4:08 (15:45)   |               | 3:45 (22:12)          |
| 5:54 (28:06)                       | 6:33 (34:39)   | 4:19 (38:58)      | 1:53 (40:51)   |               | 3:23 (44:57)          |
| 0:35 (45:32)                       |                |                   |                |               |                       |
| 5. Rodríguez Loira Blanca          |                | U-VIGO            | 50:03          | +24:52        | 23:33                 |
| 3:02 (3:02)                        | 1:39 (4:41)    | 0:56 (5:37)       | 2:16 (7:53)    |               | 1:53 (22:15)          |
| 12:25 (34:40)                      | 5:11 (39:51)   | 6:19 (46:10)      | 1:30 (47:40)   |               | 1:20 (49:32)          |
| 0:31 (50:03)                       |                |                   |                |               |                       |
| 6. Varela Pérez Noa                |                | AROMON            | 1:00:08        | +34:57        | 18:20                 |
| 7:25 (7:25)                        | 8:06 (15:31)   | 1:56 (17:27)      | 4:20 (21:47)   |               | 3:13 (27:33)          |
| 4:23 (31:56)                       | 13:15 (45:11)  | 7:58 (53:09)      | 2:48 (55:57)   |               | 1:56 (59:40)          |
| 0:28 (1:00:08)                     |                |                   |                |               |                       |
| Vinhas Inês                        |                | GD4C              | DISQ           |               |                       |
| 2:16 (2:16)                        | 4:03 (6:19)    | 1:47 (8:06)       | 3:10 (11:16)   |               | 3:15 (16:25)          |
| 7:18 (23:43)                       | 5:48 (29:31)   | 2:33 (32:04)      | 2:09 (34:13)   |               | 1:38 (36:36)          |
| 0:31 (37:07)                       |                |                   |                |               |                       |
| <b>INI-C</b>                       |                | <b>(10 / 10)</b>  | <b>Hora</b>    | <b>Detrás</b> | <b>Tiempo perdido</b> |
| 1. Rodríguez Seijo Noa             |                | VIZHOJA-CORNELIOS | 29:57          |               | 02:31                 |
| 2:37 (2:37)                        | 1:56 (4:33)    | 1:37 (6:10)       | 3:23 (9:33)    |               | 2:14 (13:00)          |
| 4:19 (17:19)                       | 4:06 (21:25)   | 3:22 (24:47)      | 2:24 (27:11)   |               | 1:18 (29:26)          |
| 0:31 (29:57)                       |                |                   |                |               |                       |
| 2. Taboada Montes Izan             |                | OP BETANZOS       | 52:25          | +22:28        | 03:17                 |
| 5:58 (5:58)                        | 3:21 (9:19)    | 2:54 (12:13)      | 4:48 (17:01)   |               | 5:09 (24:38)          |
| 6:48 (31:26)                       | 7:03 (38:29)   | 5:05 (43:34)      | 3:31 (47:05)   |               | 2:11 (51:18)          |
| 1:07 (52:25)                       |                |                   |                |               |                       |
| 3. Orizales Grande Icia            |                | GALLAECIA_RAID    | 59:23          | +29:26        | 14:39                 |
| 6:05 (6:05)                        | 2:59 (9:04)    | 1:51 (10:55)      | 8:57 (19:52)   |               | 9:00 (30:42)          |
| 12:21 (43:03)                      | 5:06 (48:09)   | 3:11 (51:20)      | 3:01 (54:21)   |               | 2:22 (58:12)          |
| 1:11 (59:23)                       |                |                   |                |               |                       |
| 4. Rodríguez García Neus Alexandra |                | SEO               | 1:03:45        | +33:48        | 09:41                 |
| 7:49 (7:49)                        | 4:53 (12:42)   | 2:40 (15:22)      | 8:12 (23:34)   |               | 5:48 (33:57)          |
| 6:03 (40:00)                       | 9:43 (49:43)   | 4:58 (54:41)      | 4:02 (58:43)   |               | 2:35 (1:02:21)        |
| 1:24 (1:03:45)                     |                |                   |                |               |                       |
| 5. Rodríguez Docampo Marta         |                | SEO               | 1:03:47        | +33:50        | 10:19                 |
| 7:49 (7:49)                        | 4:53 (12:42)   | 2:40 (15:22)      | 8:14 (23:36)   |               | 5:45 (33:57)          |
| 6:04 (40:01)                       | 9:43 (49:44)   | 4:57 (54:41)      | 4:01 (58:42)   |               | 2:35 (1:02:21)        |
| 1:26 (1:03:47)                     |                |                   |                |               |                       |
| 6. Romero Armada Inés              |                | AROMON            | 1:17:29        | +47:32        | 30:33                 |
| 4:39 (4:39)                        | 4:02 (8:41)    | 1:47 (10:28)      | 8:54 (19:22)   |               | 5:03 (28:39)          |
| 26:32 (55:11)                      | 5:22 (1:00:33) | 11:18 (1:11:51)   | 1:49 (1:13:40) |               | 2:04 (1:16:58)        |
| 0:31 (1:17:29)                     |                |                   |                |               |                       |
| Cruces Fernández María             |                | ADC_ARNELA        | MP             |               |                       |
| 4:03 (4:03)                        | 2:43 (6:46)    | 2:23 (9:09)       | – (–)          | – (16:25)     | 14:36 (31:01)         |
| 3:59 (35:00)                       | 6:07 (41:07)   | 4:17 (45:24)      | 2:01 (47:25)   | 1:14 (48:39)  | 2:28 (51:07)          |
| 1:07 (52:14)                       |                |                   |                |               |                       |
| Cambor Bello Enol                  |                | GALLAECIA_RAID    | DNS            |               |                       |
| – (–)                              | – (–)          | – (–)             | – (–)          | – (–)         | – (–)                 |
| – (–)                              | – (–)          | – (–)             | – (–)          | – (–)         | – (–)                 |
| – (–)                              |                |                   |                |               |                       |
| Chase Trueba Emma                  |                | ARTABROS          | DNS            |               |                       |
| – (–)                              | – (–)          | – (–)             | – (–)          | – (–)         | – (–)                 |
| – (–)                              | – (–)          | – (–)             | – (–)          | – (–)         | – (–)                 |
| – (–)                              |                |                   |                |               |                       |
| Rodríguez Arenas Saul              |                | VIZHOJA-CORNELIOS | DNS            |               |                       |
| – (–)                              | – (–)          | – (–)             | – (–)          | – (–)         | – (–)                 |
| – (–)                              | – (–)          | – (–)             | – (–)          | – (–)         | – (–)                 |
| – (–)                              |                |                   |                |               |                       |
| <b>INI-L</b>                       |                | <b>(14 / 14)</b>  | <b>Hora</b>    | <b>Detrás</b> | <b>Tiempo perdido</b> |
| 1. Pazos Porta Antonio             |                | LICEO             | 43:57          |               | 09:16                 |
| 3:13 (3:13)                        | 1:41 (4:54)    | 6:11 (11:05)      | 7:51 (18:56)   |               | 1:47 (20:43)          |
| 4:15 (26:40)                       | 4:53 (31:33)   | 4:10 (35:43)      | 0:31 (36:14)   |               | 1:46 (38:00)          |
| 1:04 (42:33)                       | 0:55 (43:28)   | 0:29 (43:57)      |                |               | 3:29 (41:29)          |

|     |                             |                |                 |                |        |                |                 |
|-----|-----------------------------|----------------|-----------------|----------------|--------|----------------|-----------------|
| 2.  | Chase Trueba Xacobe         |                | ARTABROS        | 1:01:35        | +17:38 | 15:34          |                 |
|     | 5:11 (5:11)                 | 1:13 (6:24)    | 6:05 (12:29)    | 8:04 (20:33)   |        | 3:16 (23:49)   | 2:32 (26:21)    |
|     | 3:20 (29:41)                | 14:26 (44:07)  | 4:59 (49:06)    | 0:43 (49:49)   |        | 2:52 (52:41)   | 6:08 (58:49)    |
|     | 1:01 (59:50)                | 1:16 (1:01:06) | 0:29 (1:01:35)  |                |        |                |                 |
| 3.  | Fernández Vázquez Ana       |                | SEN CLUB        | 1:01:51        | +17:54 | 14:14          |                 |
|     | 7:57 (7:57)                 | 1:04 (9:01)    | 9:40 (18:41)    | 4:04 (22:45)   |        | 2:52 (25:37)   | 1:36 (27:13)    |
|     | 3:15 (30:28)                | 13:03 (43:31)  | 7:08 (50:39)    | 0:42 (51:21)   |        | 1:36 (52:57)   | 6:20 (59:17)    |
|     | 1:01 (1:00:18)              | 0:54 (1:01:12) | 0:39 (1:01:51)  |                |        |                |                 |
| 4.  | Busto Domínguez Myrnan      |                | LICEO           | 1:02:10        | +18:13 | 19:02          |                 |
|     | 2:39 (2:39)                 | 1:26 (4:05)    | 10:52 (14:57)   | 4:48 (19:45)   |        | 3:42 (23:27)   | 1:51 (25:18)    |
|     | 2:53 (28:11)                | 3:18 (31:29)   | 10:00 (41:29)   | 10:39 (52:08)  |        | 1:59 (54:07)   | 5:25 (59:32)    |
|     | 1:05 (1:00:37)              | 1:05 (1:01:42) | 0:28 (1:02:10)  |                |        |                |                 |
| 5.  | Fernández Cagigas Pablo     |                | SEN CLUB        | 1:06:12        | +22:15 | 28:32          |                 |
|     | 5:03 (5:03)                 | 1:12 (6:15)    | 12:55 (19:10)   | 10:01 (29:11)  |        | 1:11 (30:22)   | 1:47 (32:09)    |
|     | 2:29 (34:38)                | 2:10 (36:48)   | 3:46 (40:34)    | 3:22 (43:56)   |        | 1:22 (45:18)   | 18:54 (1:04:12) |
|     | 0:48 (1:05:00)              | 0:46 (1:05:46) | 0:26 (1:06:12)  |                |        |                |                 |
| 6.  | García Castro Marcos        |                | GALLAECIA_RAID  | 1:10:15        | +26:18 | 27:40          |                 |
|     | 4:29 (4:29)                 | 4:34 (9:03)    | 11:01 (20:04)   | 2:05 (22:09)   |        | 2:46 (24:55)   | 1:42 (26:37)    |
|     | 2:33 (29:10)                | 3:51 (33:01)   | 26:38 (59:39)   | 0:40 (1:00:19) |        | 2:10 (1:02:29) | 4:49 (1:07:18)  |
|     | 1:27 (1:08:45)              | 1:04 (1:09:49) | 0:26 (1:10:15)  |                |        |                |                 |
| 7.  | Gil Camiña Santiago         |                | SEN CLUB        | 1:15:19        | +31:22 | 10:02          |                 |
|     | 4:07 (4:07)                 | 1:54 (6:01)    | 11:41 (17:42)   | 5:08 (22:50)   |        | 4:31 (27:21)   | 7:38 (34:59)    |
|     | 5:29 (40:28)                | 6:44 (47:12)   | 6:52 (54:04)    | 1:12 (55:16)   |        | 2:58 (58:14)   | 12:05 (1:10:19) |
|     | 1:54 (1:12:13)              | 2:00 (1:14:13) | 1:06 (1:15:19)  |                |        |                |                 |
| 8.  | Carracelas David            |                | SEN CLUB        | 1:16:38        | +32:41 | 09:53          |                 |
|     | 5:26 (5:26)                 | 1:54 (7:20)    | 11:08 (18:28)   | 5:38 (24:06)   |        | 4:27 (28:33)   | 7:45 (36:18)    |
|     | 5:34 (41:52)                | 4:23 (46:15)   | 9:14 (55:29)    | 1:06 (56:35)   |        | 2:56 (59:31)   | 11:53 (1:11:24) |
|     | 2:10 (1:13:34)              | 2:03 (1:15:37) | 1:01 (1:16:38)  |                |        |                |                 |
| 9.  | Villanueva Lemos Aarón      |                | SEN CLUB        | 1:18:03        | +34:06 | 13:28          |                 |
|     | 4:15 (4:15)                 | 4:25 (8:40)    | 11:15 (19:55)   | 5:16 (25:11)   |        | 4:14 (29:25)   | 2:23 (31:48)    |
|     | 10:25 (42:13)               | 5:11 (47:24)   | 9:15 (56:39)    | 1:06 (57:45)   |        | 3:13 (1:00:58) | 11:49 (1:12:47) |
|     | 2:14 (1:15:01)              | 1:55 (1:16:56) | 1:07 (1:18:03)  |                |        |                |                 |
| 10. | Miguez Rey Maria            |                | GALLAECIA_RAID  | 1:37:16        | +53:19 | 27:52          |                 |
|     | 10:39 (10:39)               | 2:32 (13:11)   | 22:47 (35:58)   | 4:39 (40:37)   |        | 5:31 (46:08)   | 3:13 (49:21)    |
|     | 6:15 (55:36)                | 4:28 (1:00:04) | 19:16 (1:19:20) | 1:16 (1:20:36) |        | 4:59 (1:25:35) | 6:14 (1:31:49)  |
|     | 2:01 (1:33:50)              | 2:18 (1:36:08) | 1:08 (1:37:16)  |                |        |                |                 |
|     | Rodil Marzábal Héctor       |                | SEN CLUB        | OMT            |        |                |                 |
|     | 4:13 (4:13)                 | 28:39 (32:52)  | 34:19 (1:07:11) | 4:26 (1:11:37) |        | 5:34 (1:17:11) | 3:00 (1:20:11)  |
|     | 6:30 (1:26:41)              | 3:52 (1:30:33) | 20:11 (1:50:44) | 0:58 (1:51:42) |        | 5:07 (1:56:49) | 5:45 (2:02:34)  |
|     | 2:25 (2:04:59)              | 1:55 (2:06:54) | 0:44 (2:07:38)  |                |        |                |                 |
|     | Dios González Ana Mª        |                | AROMON          | MP             |        |                |                 |
|     | 14:35 (14:35)               | 5:00 (19:35)   | — (—)           | — (38:36)      |        | 11:43 (50:19)  | 7:11 (57:30)    |
|     | 12:50 (1:10:20)             | 8:59 (1:19:19) | 21:40 (1:40:59) | 2:02 (1:43:01) |        | 4:22 (1:47:23) | 7:38 (1:55:01)  |
|     | 2:45 (1:57:46)              | 3:16 (2:01:02) | 1:17 (2:02:19)  |                |        |                |                 |
|     | Feijoo ZarraquiÑos Luisa    |                | SEN CLUB        | MP             |        |                |                 |
|     | 14:05 (14:05)               | 5:56 (20:01)   | — (—)           | — (—)          |        | — (—)          | — (—)           |
|     | — (1:15:33)                 | — (—)          | — (—)           | — (—)          |        | — (—)          | — (1:18:59)     |
|     | 2:07 (1:21:06)              | 2:15 (1:23:21) | 1:09 (1:24:30)  |                |        |                |                 |
|     | Agrasar Muíños Ana Cristina |                | SEN CLUB        | DNS            |        |                |                 |
|     | — (—)                       | — (—)          | — (—)           | — (—)          |        | — (—)          | — (—)           |
|     | — (—)                       | — (—)          | — (—)           | — (—)          |        | — (—)          | — (—)           |
|     | — (—)                       | — (—)          | — (—)           | — (—)          |        | — (—)          | — (—)           |