

## 3ª Prueba Forgoselo

## Parciales

sáb 26/03/2011 20:50

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Pos	Dorsal	Nombre	Tiempo																
Iniciación Corta (15)			2.1 km 35 m 10 C			1(51)	2(52)	3(53)	4(54)	5(55)	6(56)	7(57)	8(58)	9(59)	10(60)	F			
1	453	Sampedro Fraga Aitor USC Santiago	18:06	2:22	3:23	5:03	5:49	8:21	10:41	12:14	13:20	15:01	17:11	18:06					
2	477	SÁnchez VÁzquez Brais APA LICEO A Coruña	32:56	2:45	4:42	8:43	9:55	14:30	18:35	21:37	25:09	27:55	31:08	32:56					
3	415	Sande Castro Laura MONTAÑA FE Ferrol. A Coruña	42:39	4:48	6:53	16:08	17:43	20:40	25:43	29:06	31:45	37:32	40:53	42:39	40:01				
4	443	Gonzalez Regeal Perez Carlos HABELAS HA Vigo	45:44	8:31	10:13	12:10	13:29	24:29	30:04	32:52	37:23	41:57	44:17	45:44	*100				
5	473	Santiso Gregori Paula ARTABROS A Coruña	54:42	23:39	25:54	28:40	30:18	33:33	38:55	42:52	46:12	50:32	53:18	54:42					
6	211	López Rojo Vera ARTABROS A Coruña	56:03	16:17	19:06	22:47	25:31	30:05	34:26	40:39	44:56	48:47	53:54	56:03					
7	233	Vazquez Hermida Lucia ARTABROS A Coruña	56:05	16:14	19:08	22:44	25:34	30:03	34:38	40:48	44:57	48:42	53:53	56:05					
8	444	Rodilla Irioso Santiago HABELAS HA Vigo	1:09:46	32:20	33:50	35:55	37:26	48:33	54:06	56:49	1:01:18	1:05:55	1:08:35	1:09:46					
9	424	Hermida Balseiro Uxía GALLAECIA A Coruña	1:12:58	6:46	13:12	26:42	29:02	34:44	42:03	47:02	55:34	1:02:38	1:08:40	1:12:58					
139	Cadarso Fraga Lucía USC Santiago	Error en tarj.	41:32	42:54	-----	-----	-----	1:18:24	-----	1:23:50	1:28:42	1:33:11	1:35:05	52:06	1:03:16				
			41:32	1:22				35:30		5:26	4:52	4:29	1:54	*57	*61				
			1:10:46	1:10:52	1:26:57														
			*62	*62	*63														
140	Carracedo Maneiro Cristina USC Santiago	Error en tarj.	2:49	11:09	-----	16:51	-----	26:28	29:57	-----	-----	-----	1:32:16	35:33	41:35				
			2:49	8:20		5:42		9:37	3:29				1:02:19	*64	*77				
			49:48	58:35	1:01:56	1:07:31	1:15:56	1:20:34	1:25:38	1:30:15									
			*67	*78	*69	*70	*71	*72	*73	*100									
403	Estévez Varela Silvia ARTABROS A Coruña	Error en tarj.	1:06:19	-----	-----	-----	-----	-----	1:21:11	-----	-----	-----	2:03:25	1:38:38					
			1:06:19						14:52				42:14	*65					
145	Fraga González María Isabel USC Santiago	Error en tarj.	41:35	42:56	-----	-----	-----	1:18:26	-----	1:23:46	1:28:39	1:33:13	1:35:05	52:10	1:03:20				
			41:35	1:21				35:30		5:20	4:53	4:34	1:52	*57	*61				
			1:10:49	1:27:00															
			*62	*63															
468	Garcia Diaz Susana ARTABROS A Coruña	Error en tarj.	2:42	4:09	6:01	7:23	9:55	13:22	16:37	18:50	21:10	-----	24:00						
			2:42	1:27	1:52	1:22	2:32	3:27	3:15	2:13	2:20		2:50						
210	López Rojo Mario ARTABROS A Coruña	Error en tarj.	16:27	19:16	22:49	25:40	-----	35:21	41:26	45:22	50:07	55:23	57:09						
			16:27	2:49	3:33	2:51		9:41	6:05	3:56	4:45	5:16	1:46						
Iniciación Longal (37)			4.0 km 0 m 15 C			1(51)	2(52)	3(54)	4(56)	5(57)	6(64)	7(77)	8(67)	9(78)	10(69)	11(70)	12(71)	13(72)	14(73)
1	69	García López Luis APA LICEO A Coruña	33:29	0:54	2:00	4:01	8:27	9:43	11:51	14:25	20:06	21:55	23:12	25:16	27:37	29:13	31:24		
				0:54	1:06	2:01	4:26	1:16	2:08	2:34	5:41	1:49	1:17	2:04	2:21	1:36	2:11		
				32:54	33:29														
				1:30	0:35														
2	409	Bouza Bouzamayer Jaime MONTAÑA FE Ferrol. A Coruña	42:38	1:53	3:08	5:37	10:56	13:23	16:56	20:20	24:20	27:48	29:14	32:02	35:19	37:33	39:45		
				1:53	1:15	2:29	5:19	2:27	3:33	3:24	4:00	3:28	1:26	2:48	3:17	2:14	2:12		
				41:42	42:38														
				1:57	0:56														
3	455	Camean Bao Alexandre ARTABROS A Coruña	42:51	7:05	8:15	10:43	14:15	16:36	19:37	22:42	26:18	31:27	32:34	34:38	36:22	38:51	40:40		
				7:05	1:10	2:28	3:32	2:21	3:01	3:05	3:36	5:09	1:07	2:04	1:44	2:29	1:49		

			42:04	42:51													
			1:24	0:47													
4	430 Da Casa Curro Serafin HABELAS HA Vigo	43:21	1:27	2:24	13:34	17:15	18:47	21:23	23:51	26:59	29:54	31:53	34:39	36:36	38:21	40:33	
			1:27	0:57	11:10	3:41	1:32	2:36	2:28	3:08	2:55	1:59	2:46	1:57	1:45	2:12	
			41:52	43:21													
			1:19	1:29													
5	358 Senin Canosa Ignacio APA LICEO A Coruña	45:32	2:12	3:11	5:17	8:37	10:11	12:47	16:17	25:22	30:03	31:53	35:28	39:03	41:03	43:05	
			2:12	0:59	2:06	3:20	1:34	2:36	3:30	9:05	4:41	1:50	3:35	3:35	2:00	2:02	
			44:40	45:32													
			1:35	0:52													
6	431 Bouzada Susa Manuel HABELAS HA Vigo	47:14	1:23	2:58	5:13	8:23	10:14	12:57	22:14	25:18	33:56	34:45	37:23	41:08	43:29	44:56	
			1:23	1:35	2:15	3:10	1:51	2:43	9:17	3:04	8:38	0:49	2:38	3:45	2:21	1:27	
			46:35	47:14													
			1:39	0:39													
7	405 Feijoo Daniel ARTABROS A Coruña	48:07	1:35	2:36	5:28	18:19	20:03	22:50	26:15	29:57	34:08	35:26	37:54	40:12	42:18	45:31	
			1:35	1:01	2:52	12:51	1:44	2:47	3:25	3:42	4:11	1:18	2:28	2:18	2:06	3:13	
			47:24	48:07													
			1:53	0:43													
8	429 Diaz Fernandez Patricia HABELAS HA Vigo	51:17	1:14	2:26	5:22	16:00	17:46	24:02	28:45	33:26	36:24	38:01	41:12	43:34	46:32	48:21	
			1:14	1:12	2:56	10:38	1:46	6:16	4:43	4:41	2:58	1:37	3:11	2:22	2:58	1:49	
			50:26	51:17													
			2:05	0:51													
9	452 Ramos Mallo Samuel BOMBEIROS A Coruña.	55:01	1:31	2:33	10:22	20:16	22:46	26:06	29:01	35:00	40:35	42:42	45:23	47:47	49:57	52:02	
			1:31	1:02	7:49	9:54	2:30	3:20	2:55	5:59	5:35	2:07	2:41	2:24	2:10	2:05	
			53:36	55:01													
			1:34	1:25													
10	420 Garcia Calviño Vicente BOMBEIROS A Coruña.	56:53	18:36	19:51	22:20	25:48	28:08	31:25	37:41	40:54	45:20	46:32	48:43	50:43	52:35	54:37	
			18:36	1:15	2:29	3:28	2:20	3:17	6:16	3:13	4:26	1:12	2:11	2:00	1:52	2:02	
			56:06	56:53													
			1:29	0:47													
11	406 Gallego Miguez Roberto MONTAÑA FE Ferrol. A Coruña	57:02	1:44	3:28	7:34	12:36	17:15	21:42	26:03	31:32	37:52	40:23	44:03	47:45	50:24	52:58	
			1:44	1:44	4:06	5:02	4:39	4:27	4:21	5:29	6:20	2:31	3:40	3:42	2:39	2:34	
			55:47	57:02													
			2:49	1:15													
12	357 Castedo López Julio Miguel APA LICEO A Coruña	58:08	1:55	3:40	16:27	21:23	23:12	27:11	32:01	36:56	40:13	43:31	47:21	50:54	53:20	55:19	
			1:55	1:45	12:47	4:56	1:49	3:59	4:50	4:55	3:17	3:18	3:50	3:33	2:26	1:59	
			57:19	58:08													
			2:00	0:49													
13	436 Suárez González Jose Luis MONTAÑA FE Ferrol. A Coruña	59:40	1:43	3:00	15:08	19:57	22:18	25:54	29:33	35:22	42:03	44:15	48:36	52:03	54:28	56:50	
			1:43	1:17	12:08	4:49	2:21	3:36	3:39	5:49	6:41	2:12	4:21	3:27	2:25	2:22	
			58:46	59:40													
			1:56	0:54													
14	482 Rojas Meijomil Patricia ARTABROS A Coruña	1:02:42	4:27	5:34	8:08	16:39	18:59	23:01	25:59	31:37	35:39	37:11	45:00	54:37	57:11	59:42	
			4:27	1:07	2:34	8:31	2:20	4:02	2:58	5:38	4:02	1:32	7:49	9:37	2:34	2:31	
			1:01:21	1:02:42													
			1:39	1:21													
15	432 Carrera Carrera Monica HABELAS HA Vigo	1:03:15	3:34	5:24	18:26	23:52	25:56	30:27	34:09	38:27	45:12	46:50	51:44	55:38	57:57	59:52	
			3:34	1:50	13:02	5:26	2:04	4:31	3:42	4:18	6:45	1:38	4:54	3:54	2:19	1:55	
			1:02:12	1:03:15													
			2:20	1:03													
16	66 Castedo López Pablo APA LICEO A Coruña	1:03:57	9:50	12:24	26:20	30:22	32:20	35:08	38:05	42:49	48:03	49:49	53:09	55:53	57:57	1:01:06	
			9:50	2:34	13:56	4:02	1:58	2:48	2:57	4:44	5:14	1:46	3:20	2:44	2:04	3:09	
			1:03:04	1:03:57													
			1:58	0:53													
17	412 Carballeira De Jesus Katy GALLAECIA A Coruña	1:04:40	2:19	4:12	8:38	14:03	17:43	25:26	30:03	36:21	40:52	43:33	47:26	53:51	57:14	59:52	
			2:19	1:53	4:26	5:25	3:40	7:43	4:37	6:18	4:31	2:41	3:53	6:25	3:23	2:38	
			1:03:09	1:04:40													
			3:17	1:31													
18	411 Rodríguez Pena Rubén Manuel GALLAECIA A Coruña	1:05:43	2:53	4:00	18:40	22:29	25:28	32:39	36:07	40:45	46:48	48:38	52:34	56:23	58:50	1:02:52	
			2:53	1:07	14:40	3:49	2:59	7:11	3:28	4:38	6:03	1:50	3:56	3:49	2:27	4:02	
			1:04:41	1:05:43													
			1:49	1:02													
19	454 Saavedra Places Angeles ARTABROS A Coruña	1:09:03	2:22	4:22	9:29	20:18	22:46	27:39	32:19	38:10	44:37	47:11	51:36	57:55	1:01:00	1:04:42	
			2:22	2:00	5:07	10:49	2:28	4:53	4:40	5:51	6:27	2:34	4:25	6:19	3:05	3:42	
			1:07:53	1:09:03													
			3:11	1:10													

20	413 Rojas Beatriz GALLAECIA A Coruña	1:09:07	10:30 10:30 1:07:49 2:06	11:49 1:19 1:09:07 1:18	14:28 2:39	22:38 8:10	25:33 2:55	29:24 3:51	33:10 3:46	38:21 5:11	41:47 3:26	43:22 1:35	51:14 7:52	1:00:04 8:50	1:03:31 3:27	1:05:43 2:12
21	414 Serantes Castro Fernando ARTABROS A Coruña	1:10:42	2:26 2:26 1:09:10 3:17	4:22 1:56 1:10:42 1:32	14:40 10:18	19:58 5:18	23:13 3:15	31:27 8:14	36:05 4:38	42:15 6:10	46:54 4:39	49:37 2:43	53:30 3:53	59:53 6:23	1:03:13 3:20	1:05:53 2:40
22	423 Vila Pernas Norma APA LICEO A Coruña	1:10:47	1:39 1:39 1:09:52 1:51	13:44 12:05 1:10:47 0:55	24:56 11:12	30:42 5:46	33:10 2:28	36:44 3:34	40:17 3:33	44:28 4:11	47:44 3:16	49:20 1:36	53:04 3:44	1:00:45 7:41	1:03:18 2:33	1:08:01 4:43
23	438 Pernas Gomez Begoña MONTAÑA FE Ferrol. A Coruña	1:12:40	2:13 2:13 1:11:07 2:24	3:42 1:29 1:12:40 1:33	12:14 8:32	20:30 8:16	25:35 5:05	30:06 4:31	34:17 4:11	43:01 8:44	46:22 3:21	48:10 1:48	52:36 4:26	1:00:17 7:41	1:02:48 2:31	1:08:43 5:55
24	471 Gregori Castro Irene ARTABROS A Coruña	1:13:10	9:42 9:42 1:11:45 2:55	12:02 2:20 1:13:10 1:25	16:08 4:06	22:55 6:47	26:08 3:13	31:38 5:30	37:43 6:05	45:29 7:46	50:31 5:02	53:29 2:58	59:02 5:33	1:02:35 3:33	1:06:27 3:52	1:08:50 2:23
25	476 Abeledo Rodríguez Tomas APA LICEO A Coruña	1:15:11	2:57 2:57 1:13:06 3:39	4:38 1:41 1:15:11 2:05	8:52 4:14	17:13 8:21	21:33 4:20	30:11 8:38	35:10 4:59	43:07 7:57	47:18 4:11	49:58 2:40	56:19 6:21	1:02:04 5:45	1:05:36 3:32	1:09:27 3:51
26	447 Bao Martínez Montserrat APA LICEO A Coruña	1:22:40	1:59 1:59 1:21:30 2:55	3:51 1:52 1:22:40 1:10	7:34 3:43	36:12 28:38	39:43 3:31	44:51 5:08	50:16 5:25	56:14 5:58	1:01:25 5:11	1:04:00 2:35	1:08:06 4:06	1:11:54 3:48	1:14:51 2:57	1:18:35 3:44
27	407 Prada Gomez Tomas ARTABROS A Coruña	1:32:48	1:52 1:52 1:31:14 3:14	15:07 13:15 1:32:48 1:34	22:47 7:40	31:10 8:23	34:12 3:02	45:42 11:30	51:29 5:47	1:03:01 11:32	1:09:21 6:20	1:11:50 2:29	1:16:14 4:24	1:21:57 5:43	1:25:28 3:31	1:28:00 2:32
28	440 Fernandez Rodriguez Eva BOMBEIROS A Coruña.	1:47:48	33:31 33:31 1:46:53 3:33	39:34 6:03 1:47:48 0:55	44:29 4:55	52:40 8:11	58:14 5:34	1:05:29 7:15	1:10:18 4:49	1:17:46 7:28	1:23:11 5:25	1:25:25 2:14	1:31:16 5:51	1:35:42 4:26	1:39:49 4:07	1:43:20 3:31
29	457 Arcos Trillo Elena GALLAECIA A Coruña	1:47:54	12:43 12:43 1:46:39 4:24	15:12 2:29 1:47:54 1:15	40:24 25:12	47:57 7:33	51:43 3:46	58:38 6:55	1:05:02 6:24	1:14:12 9:10	1:19:12 5:00	1:22:14 3:02	1:27:47 5:33	1:34:57 7:10	1:38:54 3:57	1:42:15 3:21
30	446 Pardo Otero Juan Antonio HABELAS HA Vigo	1:48:05	13:31 13:31 1:46:20 5:16	31:37 18:06 1:48:05 1:45	46:30 14:53	53:36 7:06	57:10 3:34	1:02:45 5:35	1:08:32 5:47	1:14:21 5:49	1:20:59 6:38	1:24:14 3:15	1:28:36 4:22	1:33:58 5:22	1:38:05 4:07	1:41:04 2:59
31	467 Abuin Treus Javier ARTABROS A Coruña	1:50:22	2:24 2:24 1:48:23 4:42	4:22 1:58 1:50:22 1:59	21:33 17:11	28:13 6:40	48:23 20:10	55:50 7:27	1:01:32 5:42	1:08:59 7:27	1:17:12 8:13	1:20:25 3:13	1:25:22 4:57	1:34:59 9:37	1:39:35 4:36	1:43:41 4:06
	475 Alvedro Boedo Jose Antonio ARTABROS A Coruña	Error en tarj.	33:13 33:13 1:53:44 3:22	36:13 3:00 1:55:26 1:42	----- 14:27	50:40 -----	----- -----	1:12:23 21:43	1:19:53 7:30	1:24:08 4:15	1:27:14 3:06	1:33:34 6:20	----- 10:57	1:44:31 5:51	1:50:22 5:51	
	410 Arcos Carballo Iván GALLAECIA A Coruña	Error en tarj.	6:20 6:20 44:23 1:32	----- 45:31 1:08	----- 16:44	----- 26:37	9:37 3:17	14:14 4:37	----- 9:41	23:55 -----	----- 30:28	33:22 6:33	37:58 2:54	39:52 4:36	42:51 1:54	
	474 Fernandez Balsas Jose Antonio ARTABROS A Coruña	Error en tarj.	2:23 2:23 55:43 3:02	3:22 0:59 57:09 1:26	8:49 5:27	----- -----	----- -----	29:25 20:36	34:32 5:07	37:22 2:50	42:18 4:56	46:31 4:13	50:23 3:52	52:41 2:18		
	479 López Castillo Gerson ARTABROS A Coruña	Error en tarj.	5:05 5:05 1:32:17 5:17	6:35 1:30 1:34:01 1:44	22:02 15:27	26:54 4:52	29:38 2:44	34:18 4:40	38:34 4:16	44:22 5:48	----- 26:39	1:11:01 3:39	1:14:40 5:14	1:19:54 5:14	1:24:02 4:08	1:27:00 2:58
	303 Ulloa Fernández Roberto	Error en tarj.	3:16	7:37	-----	25:44	29:36	33:09	35:42	39:00	44:46	46:22	50:23	57:21	59:44	1:04:19

		<b>BOMBEIROS A Coruña.</b>		3:16	4:21		18:07	3:52	3:33	2:33	3:18	5:46	1:36	4:01	6:58	2:23	4:35
				1:05:43	1:06:36		9:46										
				1:24	0:53		*53										
		<b>469 Vazquez Lema Ramiro</b>	<b>Error en tarj.</b>	2:58	8:24	-----	14:32	16:16	19:05	22:46	26:54	30:07	31:32	34:14	36:46	38:52	41:28
		<b>ARTABROS A Coruña</b>		2:58	5:26		6:08	1:44	2:49	3:41	4:08	3:13	1:25	2:42	2:32	2:06	2:36
				43:52	44:40												
				2:24	0:48												
<b>Damas 12</b>	<b>(4)</b>		<b>2.1 km 35 m 10 C</b>														
				1(51)	2(52)	3(53)	4(54)	5(55)	6(56)	7(57)	8(58)	9(59)	10(60)		F		
1	356	<b>Arufe Seijas Alba</b>	<b>32:49</b>	2:30	4:21	7:23	9:19	12:41	16:45	20:34	23:44	27:53	30:46	32:49			
		<b>APA LICEO A Coruña</b>		2:30	1:51	3:02	1:56	3:22	4:04	3:49	3:10	4:09	2:53	2:03			
2	129	<b>Ricoy Rajoy Sara</b>	<b>37:09</b>	1:53	3:29	15:16	16:16	22:12	26:18	29:18	31:18	33:45	35:42	37:09		36:17	
		<b>AROMON Pontevedra</b>		1:53	1:36	11:47	1:00	5:56	4:06	3:00	2:00	2:27	1:57	1:27		*100	
3	349	<b>Aller Pfirter Milagros Morena</b>	<b>1:03:20</b>	13:17	34:04	37:45	40:19	44:08	47:58	51:26	54:09	57:22	1:01:58	1:03:20			
		<b>TREVINCA O Barco de Valdeorras</b>		13:17	20:47	3:41	2:34	3:49	3:50	3:28	2:43	3:13	4:36	1:22			
		<b>361 Iglesias Sánchez Sabela Alicia</b>	<b>Error en tarj.</b>	2:41	5:05	19:04	19:58	21:58	25:25	28:52	30:59	33:18	-----	35:10			
		<b>AROMON Pontevedra</b>		2:41	2:24	13:59	0:54	2:00	3:27	3:27	2:07	2:19		1:52			
<b>Damas 14</b>	<b>(2)</b>		<b>2.6 km 10 C</b>														
				1(51)	2(52)	3(57)	4(61)	5(62)	6(56)	7(58)	8(63)	9(59)	10(60)		F		
1	82	<b>Piñeiro Lozano Andrea Julia</b>	<b>32:38</b>	1:25	2:42	7:58	13:47	17:21	19:37	26:38	28:52	30:09	31:43	32:38			
		<b>APA LICEO A Coruña</b>		1:25	1:17	5:16	5:49	3:34	2:16	7:01	2:14	1:17	1:34	0:55			
2	83	<b>Puime Bao Belén</b>	<b>35:38</b>	1:44	2:59	8:29	17:10	19:49	22:39	27:48	31:28	32:50	34:20	35:38		34:44	
		<b>APA LICEO A Coruña</b>		1:44	1:15	5:30	8:41	2:39	2:50	5:09	3:40	1:22	1:30	1:18		*100	
<b>Damas 16</b>	<b>(10)</b>		<b>4.2 km 14 C</b>														
				1(51)	2(52)	3(56)	4(57)	5(64)	6(77)	7(67)	8(76)	9(43)	10(71)	11(41)	12(72)	13(73)	14(100)
				F													
1	35	<b>Parga Basanta Lucia</b>	<b>49:14</b>	1:29	2:45	7:13	9:35	13:26	17:12	22:09	24:54	32:13	39:09	42:43	44:47	47:00	48:17
		<b>FLUVIAL LU Lugo</b>		1:29	1:16	4:28	2:22	3:51	3:46	4:57	2:45	7:19	6:56	3:34	2:04	2:13	1:17
				49:14													
				0:57													
2	25	<b>García Miguélez Alba</b>	<b>53:44</b>	1:41	3:39	11:24	13:45	17:28	21:19	26:04	28:57	36:33	43:40	46:31	48:58	51:13	52:58
		<b>FLUVIAL LU Lugo</b>		1:41	1:58	7:45	2:21	3:43	3:51	4:45	2:53	7:36	7:07	2:51	2:27	2:15	1:45
				53:44													
				0:46													
3	304	<b>Varela Yáñez Ana</b>	<b>1:02:42</b>	1:42	16:45	20:57	23:41	26:39	30:09	35:30	37:47	44:38	54:21	55:33	57:51	1:00:11	1:01:53
		<b>BOMBEIROS A Coruña.</b>		1:42	15:03	4:12	2:44	2:58	3:30	5:21	2:17	6:51	9:43	1:12	2:18	2:20	1:42
				1:02:42													
				0:49													
4	9	<b>Capón Lamelas Nerea</b>	<b>1:05:19</b>	1:14	2:36	6:58	9:02	12:29	16:06	23:46	26:38	32:45	55:32	58:19	1:00:34	1:02:43	1:04:28
		<b>FLUVIAL LU Lugo</b>		1:14	1:22	4:22	2:04	3:27	3:37	7:40	2:52	6:07	22:47	2:47	2:15	2:09	1:45
				1:05:19													
				0:51													
5	52	<b>Abad Cal Antia</b>	<b>1:07:12</b>	1:48	3:35	11:17	13:22	17:36	22:12	29:00	32:04	46:56	56:36	58:27	1:01:54	1:04:47	1:06:25
		<b>APA LICEO A Coruña</b>		1:48	1:47	7:42	2:05	4:14	4:36	6:48	3:04	14:52	9:40	1:51	3:27	2:53	1:38
				1:07:12													
				0:47													
6	4	<b>Bellón Santos Teresa</b>	<b>1:08:13</b>	1:39	2:55	7:05	9:25	12:54	16:34	21:24	24:44	33:44	57:01	1:00:05	1:02:53	1:05:55	1:07:23
		<b>FLUVIAL LU Lugo</b>		1:39	1:16	4:10	2:20	3:29	3:40	4:50	3:20	9:00	23:17	3:04	2:48	3:02	1:28
				1:08:13													
				0:50													
7	53	<b>Alba Amil Andrea</b>	<b>1:09:13</b>	1:04	2:44	6:46	8:12	11:44	16:35	23:31	26:22	35:23	57:20	1:01:04	1:03:42	1:05:52	1:08:16
		<b>APA LICEO A Coruña</b>		1:04	1:40	4:02	1:26	3:32	4:51	6:56	2:51	9:01	21:57	3:44	2:38	2:10	2:24
				1:09:13													
				0:57													

8	96 Vázquez Barrientos Sandra APA LICEO A Coruña	1:13:13	1:05 1:05 1:13:13 1:00	4:41 3:36	9:13 4:32	12:06 2:53	15:47 3:41	20:40 4:53	27:17 6:37	30:19 3:02	39:21 9:02	1:01:29 22:08	1:05:11 3:42	1:07:53 2:42	1:09:56 2:03	1:12:13 2:17	
9	92 Rodríguez Vila Marta APA LICEO A Coruña	1:15:14	1:29 1:29 1:15:14 0:48	2:33 1:04	6:33 4:00	25:40 19:07	28:27 2:47	32:05 3:38	35:55 3:50	38:05 2:10	43:24 5:19	1:05:02 21:38	1:08:34 3:32	1:10:50 2:16	1:12:55 2:05	1:14:26 1:31	
10	293 Martínez Rodríguez Alicia BOMBEIROS A Coruña.	1:20:53	2:50 2:50 1:20:53 1:01	21:33 18:43	26:30 4:57	29:46 3:16	33:36 3:50	37:05 3:29	43:56 6:51	46:36 2:40	55:34 8:58	1:09:20 13:46	1:12:25 3:05	1:15:15 2:50	1:17:27 2:12	1:19:52 2:25	
Damas 20 (4)		5.8 km	14 C	1(31) F	2(75)	3(34)	4(35)	5(37)	6(38)	7(46)	8(39)	9(40)	10(71)	11(41)	12(49)	13(50)	14(100)
1	32 Núñez Carvallo Claudia FLUVIAL LU Lugo	1:19:46	4:20 4:20 1:19:46 1:01	10:43 6:23	15:17 4:34	19:40 4:23	26:28 6:48	38:15 11:47	41:33 3:18	55:42 14:09	58:03 2:21	1:00:27 2:24	1:02:16 1:49	1:09:21 7:05	1:12:37 3:16	1:18:45 6:08	
2	33 Núñez-Torrón Stock Claudia FLUVIAL LU Lugo	1:21:48	4:47 4:47 1:21:48 0:46	11:42 6:55	15:25 3:43	20:11 4:46	26:35 6:24	46:36 20:01	50:08 3:32	57:32 7:24	1:00:11 2:39	1:02:50 2:39	1:04:17 1:27	1:10:34 6:17	1:14:23 3:49	1:21:02 6:39	
3	45 Rodríguez Vega Celia FLUVIAL LU Lugo	1:28:45	4:27 4:27 1:28:45 0:50	16:43 12:16	21:48 5:05	28:02 6:14	34:30 6:28	54:17 19:47	58:03 3:46	1:05:27 7:24	1:08:01 2:34	1:10:54 2:53	1:12:21 1:27	1:18:31 6:10	1:21:24 2:53	1:27:55 6:31	
4	51 Vila Torres Raquel FLUVIAL LU Lugo	1:33:49	4:25 4:25 1:33:49 0:47	10:40 6:15	15:04 4:24	21:24 6:20	34:10 12:46	58:30 24:20	1:02:13 3:43	1:09:34 7:21	1:12:07 2:33	1:14:52 2:45	1:16:20 1:28	1:22:28 6:08	1:26:35 4:07	1:33:02 6:27	
Damas 21 (8)		6.5 km	17 C	1(31) 15(50)	2(75) 16(73)	3(33) 17(100)	4(34) F	5(35)	6(36)	7(37)	8(38)	9(46)	10(39)	11(70)	12(71)	13(41)	14(49)
1	147 Martínez García Laura USC Santiago	1:37:57	4:56 4:56 1:24:33 2:53	14:11 9:15	15:43 1:32	18:38 2:55	23:42 5:04	25:48 2:06	30:50 5:02	42:31 11:41	46:09 3:38	1:03:43 17:34	1:08:11 4:28	1:13:00 4:49	1:15:26 2:26	1:21:40 6:14	
2	29 Lozano Saiz Vanessa FLUVIAL LU Lugo	1:42:03	4:43 4:43 1:32:45 3:55	17:48 13:05	30:05 12:17	32:47 2:42	37:27 4:40	39:38 2:11	44:21 4:43	1:00:01 15:40	1:03:24 3:23	1:09:17 5:53	1:14:27 5:10	1:17:24 2:57	1:19:22 1:58	1:28:50 9:28	
3	113 Figueroa Leiro Monica AROMON Pontevedra	1:46:20	5:41 5:41 1:36:41 3:58	12:58 7:17	16:25 3:27	19:57 3:32	26:12 6:15	28:40 2:28	43:22 14:42	58:46 15:24	1:02:31 3:45	1:11:08 8:37	1:19:25 8:17	1:22:14 2:49	1:25:59 3:45	1:32:43 6:44	
4	95 Tabernero Rey Andrea APA LICEO A Coruña	1:58:47	5:01 5:01 1:50:45 5:12	18:42 13:41	21:46 3:04	24:35 2:49	30:16 5:41	33:07 2:51	38:54 5:47	51:54 13:00	56:20 4:26	1:03:49 7:29	1:31:35 27:46	1:34:05 2:30	1:34:45 0:40	1:45:33 10:48	
5	257 López Eyo Tania GALLAECIA A Coruña	2:27:23	4:38 4:38 2:15:39 7:34	47:08 42:30	50:40 3:32	56:17 5:37	1:01:27 5:10	1:03:45 2:18	1:12:33 8:48	1:30:24 17:51	1:33:55 3:31	1:42:00 8:05	1:55:36 13:36	1:57:26 1:50	1:59:16 1:50	2:08:05 8:49	
6	187 Barros Diz Natalia ARTABROS A Coruña	2:28:47	7:33 7:33 2:18:37 5:45	22:53 15:20	26:46 3:53	30:51 4:05	39:38 8:47	43:00 3:22	54:17 11:17	1:14:05 19:48	1:18:03 3:58	1:33:59 15:56	1:56:42 22:43	1:59:18 2:36	2:00:13 0:55	2:12:52 12:39	
7	6 Broz Paderne Ana	2:34:15	5:48 31:51 35:22 41:52	48:53	51:53	1:05:52	1:25:35	1:31:28	1:40:53	1:49:13	1:53:31	1:55:06	2:09:19				

	FLUVIAL LU Lugo		5:48	26:03	3:31	6:30	7:01	3:00	13:59	19:43	5:53	9:25	8:20	4:18	1:35	14:13
			2:16:55	2:30:49	2:33:13	2:34:15										
			7:36	13:54	2:24	1:02										
	244 Cadaveira Ramos Graciela	Error en tarj.	7:05	27:02	32:27	37:31	44:22	47:12	1:02:48	-----	-----	-----	-----	2:09:33	-----	-----
	GALLAECIA A Coruña		7:05	19:57	5:25	5:04	6:51	2:50	15:36					1:06:45		
			-----	-----	2:22:19	2:23:36										
					12:46	1:17										
Damas 35 (12)		6.5 km 17 C														
			1(31)	2(75)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(46)	10(39)	11(70)	12(71)	13(41)	14(49)
			15(50)	16(73)	17(100)	F										
1	108 Dios González Ana Mª	1:29:00	4:20	8:57	17:09	20:16	25:24	27:24	31:47	44:44	48:05	58:41	1:04:04	1:06:53	1:08:08	1:15:33
	AROMON Pontevedra		4:20	4:37	8:12	3:07	5:08	2:00	4:23	12:57	3:21	10:36	5:23	2:49	1:15	7:25
			1:18:46	1:26:06	1:27:58	1:29:00										
			3:13	7:20	1:52	1:02										
2	80 Pedre Fernández Natalia	1:30:05	5:12	15:32	18:21	21:55	27:29	30:01	35:55	46:05	51:21	57:40	1:02:50	1:05:36	1:07:08	1:17:32
	APA LICEO A Coruña		5:12	10:20	2:49	3:34	5:34	2:32	5:54	10:10	5:16	6:19	5:10	2:46	1:32	10:24
			1:21:06	1:27:19	1:29:18	1:30:05										
			3:34	6:13	1:59	0:47										
3	138 Balboa Barros Margarita	1:30:30	4:50	10:30	13:57	16:52	21:30	25:11	34:08	47:29	51:20	59:16	1:05:01	1:08:01	1:08:57	1:16:57
	USC Santiago		4:50	5:40	3:27	2:55	4:38	3:41	8:57	13:21	3:51	7:56	5:45	3:00	0:56	8:00
			1:20:36	1:27:29	1:29:26	1:30:30										
			3:39	6:53	1:57	1:04										
4	150 Pernas Martínez Rosa Mª	1:34:33	5:04	15:35	18:39	22:41	29:33	32:12	38:12	51:23	55:48	1:02:45	1:08:55	1:11:56	1:13:04	1:20:59
	USC Santiago		5:04	10:31	3:04	4:02	6:52	2:39	6:00	13:11	4:25	6:57	6:10	3:01	1:08	7:55
			1:24:32	1:31:17	1:33:24	1:34:33										
			3:33	6:45	2:07	1:09										
5	20 Follana Neira Fernanda	1:38:57	6:15	11:30	15:06	20:47	26:42	28:54	35:12	45:37	48:45	55:54	1:05:05	1:07:06	1:08:53	1:15:12
	FLUVIAL LU Lugo		6:15	5:15	3:36	5:41	5:55	2:12	6:18	10:25	3:08	7:09	9:11	2:01	1:47	6:19
			1:18:19	1:36:22	1:38:02	1:38:57										
			3:07	18:03	1:40	0:55										
6	152 Prieto Vilar Mª Jesús	1:46:25	5:53	14:55	17:38	26:23	32:07	37:52	43:29	55:02	58:50	1:08:31	1:15:27	1:19:42	1:22:22	1:33:30
	USC Santiago		5:53	9:02	2:43	8:45	5:44	5:45	5:37	11:33	3:48	9:41	6:56	4:15	2:40	11:08
			1:36:52	1:43:23	1:45:26	1:46:25										
			3:22	6:31	2:03	0:59										
7	27 González Bello Concepción	1:56:01	4:37	21:59	24:07	27:15	31:32	33:40	39:27	50:27	56:58	1:15:23	1:20:34	1:22:53	1:27:39	1:36:40
	FLUVIAL LU Lugo		4:37	17:22	2:08	3:08	4:17	2:08	5:47	11:00	6:31	18:25	5:11	2:19	4:46	9:01
			1:40:02	1:53:22	1:55:08	1:56:01										
			3:22	13:20	1:46	0:53										
8	22 Fraga Pita Mónica	1:58:32	31:54	40:38	43:55	47:07	53:49	56:44	1:02:36	1:17:14	1:21:08	1:27:36	1:33:20	1:36:05	1:36:58	1:45:06
	FLUVIAL LU Lugo		31:54	8:44	3:17	3:12	6:42	2:55	5:52	14:38	3:54	6:28	5:44	2:45	0:53	8:08
			1:49:07	1:55:12	1:57:31	1:58:32										
			4:01	6:05	2:19	1:01										
9	347 Valle Ares Nuria	2:15:02	4:56	23:54	27:10	30:21	39:06	43:25	49:44	1:03:39	1:08:01	1:23:15	1:29:49	1:32:43	1:34:55	1:47:34
	MONTAÑA FE Ferrol. A Coruña		4:56	18:58	3:16	3:11	8:45	4:19	6:19	13:55	4:22	15:14	6:34	2:54	2:12	12:39
			2:04:33	2:11:52	2:14:03	2:15:02										
			16:59	7:19	2:11	0:59										
	18 Felpeto González Luisa	Error en tarj.	5:21	49:25	58:45	1:02:15	1:10:33	1:13:22	1:22:06	1:35:28	1:39:16	1:46:54	1:52:48	-----	1:57:24	2:05:16
	FLUVIAL LU Lugo		5:21	44:04	9:20	3:30	8:18	2:49	8:44	13:22	3:48	7:38	5:54		4:36	7:52
			2:08:50	2:15:06	2:17:29	2:18:32										
			3:34	6:16	2:23	1:03										
	90 Rodríguez Souto Ana	Error en tarj.	5:13	19:55	-----	24:51	31:20	39:06	1:01:38	1:39:39	1:45:10	1:52:39	1:57:45	2:01:31	2:04:50	2:11:48
	APA LICEO A Coruña		5:13	14:42		4:56	6:29	7:46	22:32	38:01	5:31	7:29	5:06	3:46	3:19	6:58
			2:33:05	2:41:19	2:44:01	2:45:35										
			21:17	8:14	2:42	1:34										
	38 Pérez Rodríguez María Libia	Fuera de control	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	FLUVIAL LU Lugo		-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Damas 45 (8)			4.2 km	14 C	1(51)	2(52)	3(56)	4(57)	5(64)	6(77)	7(67)	8(76)	9(43)	10(71)	11(41)	12(72)	13(73)	14(100)	
					F														
1	133 Sanchez Vázquez María Luisa AROMON Pontevedra	1:00:28	1:24	2:56	8:46	11:11	15:05	19:11	25:30	28:32	37:19	48:11	49:21	52:25	57:22	59:30			
			1:24	1:32	5:50	2:25	3:54	4:06	6:19	3:02	8:47	10:52	1:10	3:04	4:57	2:08			
			1:00:28																
			0:58																
2	77 Naya López Mª José APA LICEO A Coruña	1:02:46	1:27	5:40	10:37	12:51	16:42	20:42	25:42	28:57	40:20	50:45	52:15	55:20	59:47	1:01:45			
			1:27	4:13	4:57	2:14	3:51	4:00	5:00	3:15	11:23	10:25	1:30	3:05	4:27	1:58			
			1:02:46																
			1:01																
3	372 Fernández López Cristina UNIVERSIDA Vigo	1:04:13	1:49	5:23	19:40	23:53	27:36	30:50	34:50	37:08	44:18	54:20	56:24	58:28	1:01:49	1:03:23			
			1:49	3:34	14:17	4:13	3:43	3:14	4:00	2:18	7:10	10:02	2:04	2:04	3:21	1:34			
			1:04:13																
			0:50																
4	86 Rey Souto Mª Teresa APA LICEO A Coruña	1:08:44	2:24	4:03	13:57	16:02	20:19	24:47	30:00	33:30	46:16	56:41	58:18	1:01:22	1:05:38	1:07:39			
			2:24	1:39	9:54	2:05	4:17	4:28	5:13	3:30	12:46	10:25	1:37	3:04	4:16	2:01			
			1:08:44																
			1:05																
5	49 Torres Montes María Jesús FLUVIAL LU Lugo	1:11:38	1:52	10:43	19:47	21:57	26:10	30:55	37:04	40:51	50:32	1:02:32	1:03:55	1:06:31	1:08:29	1:10:31			
			1:52	8:51	9:04	2:10	4:13	4:45	6:09	3:47	9:41	12:00	1:23	2:36	1:58	2:02			
			1:11:38																
			1:07																
6	162 Alvarez Castro Olimpia UNIVERSIDA Vigo	1:25:28	2:25	4:03	10:59	14:42	29:51	34:31	42:17	45:48	58:47	1:07:43	1:14:15	1:17:46	1:20:58	1:23:50			
			2:25	1:38	6:56	3:43	15:09	4:40	7:46	3:31	12:59	8:56	6:32	3:31	3:12	2:52			
			1:25:28																
			1:38																
7	373 Pacheco Iglesias Aurora UNIVERSIDA Vigo	1:36:24	2:21	26:01	30:58	33:02	38:09	41:48	46:51	51:29	1:05:53	1:22:12	1:23:32	1:29:35	1:32:46	1:35:05			
			2:21	23:40	4:57	2:04	5:07	3:39	5:03	4:38	14:24	16:19	1:20	6:03	3:11	2:19			
			1:36:24																
			1:19																
8	165 Antequera García Gema UNIVERSIDA Vigo	2:03:16	2:10	4:03	10:20	12:28	17:03	21:06	40:31	43:19	1:21:14	1:49:26	1:52:14	1:56:56	2:00:16	2:02:23			
			2:10	1:53	6:17	2:08	4:35	4:03	19:25	2:48	37:55	28:12	2:48	4:42	3:20	2:07			
			2:03:16																
			0:53																
Damas Élite (13)			7.7 km	18 C	1(31)	2(74)	3(75)	4(35)	5(36)	6(37)	7(47)	8(48)	9(42)	10(40)	11(43)	12(45)	13(46)	14(39)	
					F														
1	439 Pons Perez Amanda BOMBEIROS A Coruña.	1:16:13	4:03	6:14	10:50	16:36	18:12	22:36	25:55	27:38	30:46	32:39	39:00	48:34	52:54	58:14			
			4:03	2:11	4:36	5:46	1:36	4:24	3:19	1:43	3:08	1:53	6:21	9:34	4:20	5:20			
			1:02:48	1:07:32	1:10:34	1:15:27	1:16:13												
			4:34	4:44	3:02	4:53	0:46												
2	427 Bascón Osuna Lola BOMBEIROS A Coruña.	1:23:20	3:42	6:17	11:34	16:38	18:48	23:52	29:12	32:48	36:21	37:56	42:14	54:28	57:22	1:01:05			
			3:42	2:35	5:17	5:04	2:10	5:04	5:20	3:36	3:33	1:35	4:18	12:14	2:54	3:43			
			1:05:51	1:16:08	1:18:22	1:22:46	1:23:20												
			4:46	10:17	2:14	4:24	0:34												
3	159 Veiga Barbazán Pilar USC Santiago	1:31:01	3:55	6:23	12:56	17:49	19:53	24:25	28:22	31:42	35:15	36:56	48:53	57:37	1:02:12	1:10:05			
			3:55	2:28	6:33	4:53	2:04	4:32	3:57	3:20	3:33	1:41	11:57	8:44	4:35	7:53			
			1:18:05	1:23:39	1:26:03	1:30:17	1:31:01												
			8:00	5:34	2:24	4:14	0:44												
4	105 Arias Lima Sonia AROMON Pontevedra	1:41:21	4:29	7:36	13:47	21:14	23:51	28:45	32:06	35:01	38:24	40:47	52:13	1:03:15	1:11:26	1:18:20			
			4:29	3:07	6:11	7:27	2:37	4:54	3:21	2:55	3:23	2:23	11:26	11:02	8:11	6:54			
			1:23:19	1:31:31	1:36:01	1:40:34	1:41:21												
			4:59	8:12	4:30	4:33	0:47												
5	185 Veiga García Carla UNIVERSIDA Vigo	1:58:24	4:14	8:13	15:10	22:29	25:46	31:57	36:02	42:01	46:28	51:41	59:38	1:15:01	1:20:44	1:26:10			
			4:14	3:59	6:57	7:19	3:17	6:11	4:05	5:59	4:27	5:13	7:57	15:23	5:43	5:26			
			1:32:37	1:40:28	1:48:32	1:57:31	1:58:24												
			6:27	7:51	8:04	8:59	0:53												
6	14 Ceide Vilela Mª Vanessa FLUVIAL LU Lugo	1:58:58	4:35	8:44	22:26	28:30	30:28	41:19	44:45	46:47	51:38	54:59	1:02:16	1:15:00	1:20:02	1:26:58			
			4:35	4:09	13:42	6:04	1:58	10:51	3:26	2:02	4:51	3:21	7:17	12:44	5:02	6:56			
			1:39:20	1:47:19	1:52:46	1:58:09	1:58:58												

7	173	Pastoriza Santos Isabel UNIVERSIDA Vigo	2:03:44	12:22 4:32 4:32 1:41:26 7:49	7:59 9:55 5:23 1:50:38 9:12	5:27 18:40 8:45 1:53:56 3:18	5:23 27:10 8:30 2:02:49 8:53	0:49 29:48 2:38 2:03:44 0:55	35:42 42:19 5:54 6:37 6:11	48:30 52:18 3:48 6:11 3:48	54:31 1:00:50 2:13 6:19 20:23	1:21:13 1:26:06 4:53 7:31	1:33:37	7:31					
8	199	Carro Mahía Alejandra ARTABROS A Coruña	2:22:25	4:40 4:40 2:07:00 6:28	7:51 25:21 3:11 6:11	25:21 33:31 17:30 3:11	33:31 35:38 8:10 5:10	35:38 40:37 2:07 0:53	40:37 45:07 4:59 4:30	50:58 55:00 5:51 4:02	1:06:24 1:30:41 11:24 24:17	1:40:46 1:53:26 10:05 12:40	2:00:32	7:06					
9	124	Pérez Alonso Alicia AROMON Pontevedra	2:26:25	4:17 4:17 2:14:16 4:24	7:04 2:47 2:19:36 5:20	11:39 4:35 2:21:42 2:06	19:26 7:47 2:25:38 3:56	21:51 2:25 2:26:25 0:47	26:01 4:10 31:13 *48	32:42 6:41 2:06 4:09	34:48 38:57 3:14 6:30	42:11 48:41 1:13:08 3:29	2:01:49 2:05:18 4:34	2:09:52	4:34				
10	442	Lopez Suarez Silvia ARTABROS A Coruña	2:45:50	6:43 6:43 2:27:05 6:50	11:25 4:42 2:36:26 9:21	24:42 13:17 2:39:42 3:16	46:04 21:22 2:44:55 5:13	47:35 1:31 2:45:50 0:55	53:40 6:05 6:50	57:37 3:57 9:10	1:04:36 6:59 8:12	1:09:52 5:16 3:25	1:17:06 5:59 4:51	1:23:05 2:09:48 22:35	2:14:55 2:20:15 5:20				
	44	Rodríguez Pérez Iria María FLUVIAL LU Lugo	Error en tarj.	6:08 6:08 1:39:13 10:22	17:59 11:51 1:46:30 7:17	29:41 11:42 1:50:01 3:31	53:58 24:17 1:55:55 5:54	57:47 3:49 1:57:13 1:18	1:04:36 6:49 6:49	1:15:48 11:12 5:41	1:21:29 5:41 4:22	1:25:51 3:00	1:28:51	----- ----- ----- -----	----- ----- ----- -----				
	300	Suárez Méndez Priscila BOMBEIROS A Coruña.	Error en tarj.	10:35 10:35 ----- -----	13:10 2:35 ----- -----	18:41 5:31 ----- -----	25:46 7:05 ----- -----	28:05 2:19 ----- -----	37:15 9:10 ----- -----	45:27 8:12 ----- -----	48:52 3:25 ----- -----	54:20 5:28 ----- -----	59:11 4:51 ----- -----	1:21:46 22:35 ----- -----	----- ----- ----- -----				
	328	Miguélez García Clara SEO Ordes	Fuera de control	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----	----- ----- ----- -----				
Homes 12	(2)		2.1 km	35 m	10 C														
						1(51)	2(52)	3(53)	4(54)	5(55)	6(56)	7(57)	8(58)	9(59)	10(60)	F			
1	78	Neira Feliz Eliseo APA LICEO A Coruña	45:20	7:08 7:08	8:56 1:48	10:50 1:54	12:06 1:16	14:38 2:32	27:14 12:36	29:49 2:35	39:48 9:59	42:31 2:43	44:22 1:51	45:20 0:58					
2	194	Candela Iglesias Natnael ARTABROS A Coruña	51:30	2:32 2:32	4:17 1:45	18:39 14:22	19:35 0:56	32:20 12:45	34:42 2:22	36:29 1:47	44:24 7:55	46:17 1:53	48:43 2:26	51:30 2:47					
Homes 14	(4)		2.6 km		10 C														
						1(51)	2(52)	3(57)	4(61)	5(62)	6(56)	7(58)	8(63)	9(59)	10(60)	F			
1	91	Rodríguez Vila Diego APA LICEO A Coruña	40:16	1:14 1:14	2:49 1:35	10:11 7:22	19:23 9:12	23:55 4:32	28:56 5:01	33:09 4:13	35:43 2:34	36:42 0:59	39:17 2:35	40:16 0:59					
2	26	Garrido Burgo Juan Manuel FLUVIAL LU Lugo	43:30	2:00 2:00	3:26 1:26	10:13 6:47	24:07 13:54	27:52 3:45	31:06 3:14	36:31 5:25	39:18 2:47	40:19 1:01	42:29 2:10	43:30 1:01					
3	120	Lois Serto Iván AROMON Pontevedra	47:27	3:26 3:26	4:46 1:20	9:21 4:35	18:34 9:13	33:39 15:05	34:59 1:20	39:23 4:24	43:11 3:48	44:46 1:35	46:11 1:25	47:27 1:16	46:41	*100			
4	23	García Cousillas David FLUVIAL LU Lugo	50:23	1:29 1:29	12:30 11:01	19:34 7:04	33:11 13:37	38:29 5:18	41:44 3:15	44:33 2:49	45:54 1:21	47:28 1:34	49:28 2:00	50:23 0:55					
Homes 16	(4)		4.2 km		14 C														
						1(51)	2(52)	3(56)	4(57)	5(64)	6(77)	7(67)	8(76)	9(43)	10(71)	11(41)	12(72)	13(73)	14(100)
1	163	Alvarez Toyos Alejandro UNIVERSIDA Vigo	52:31	1:24 1:24 52:31 0:59	2:29 1:05	6:34 4:05	8:19 1:45	11:46 3:27	15:47 4:01	20:06 4:19	22:56 2:50	32:57 10:01	41:50 8:53	44:21 2:31	47:11 2:50	49:23 2:12	51:32 2:09		
2	39	Piñeiro Fraga Brais FLUVIAL LU Lugo	58:41	2:29 2:29	3:34 1:05	8:34 5:00	9:58 1:24	12:47 2:49	16:12 3:25	19:52 3:40	21:58 2:06	26:43 4:45	49:07 22:24	52:14 3:07	54:29 2:15	56:30 2:01	57:55 1:25		



					58:41													
3	13 Castro Lorenzo Pablo FLUVIAL LU Lugo	1:00:15	3:28	4:26	10:04	11:31	15:33	19:27	23:08	25:23	32:57	50:15	52:07	54:25	57:56	59:27		
			3:28	0:58	5:38	1:27	4:02	3:54	3:41	2:15	7:34	17:18	1:52	2:18	3:31	1:31		
			1:00:15															
			0:48															
4	93 Silguero Santos Raúl APA LICEO A Coruña	1:02:55	0:56	1:52	5:05	7:06	10:31	14:01	21:42	24:29	31:12	53:18	56:53	59:15	1:00:57	1:02:21		
			0:56	0:56	3:13	2:01	3:25	3:30	7:41	2:47	6:43	22:06	3:35	2:22	1:42	1:24		
			1:02:55															
			0:34															
Homes 20 (3)			6.5 km		17 C													
			1(31)	2(75)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(46)	10(39)	11(70)	12(71)	13(41)	14(49)		
			15(50)	16(73)	17(100)	F												
1	1 Álvarez Abuín Diego FLUVIAL LU Lugo	1:41:08	3:29	9:34	11:57	15:19	19:17	22:48	28:20	42:48	46:08	53:03	1:14:33	1:18:56	1:21:28	1:28:04		
			3:29	6:05	2:23	3:22	3:58	3:31	5:32	14:28	3:20	6:55	21:30	4:23	2:32	6:36		
			1:30:43	1:39:06	1:40:28	1:41:08												
			2:39	8:23	1:22	0:40												
2	50 Vila Torres Diego FLUVIAL LU Lugo	2:05:41	22:17	30:10	33:21	36:08	40:41	43:52	49:32	1:01:03	1:04:17	1:17:13	1:39:07	1:42:33	1:44:15	1:52:03		
			22:17	7:53	3:11	2:47	4:33	3:11	5:40	11:31	3:14	12:56	21:54	3:26	1:42	7:48		
			1:54:44	2:03:14	2:05:02	2:05:41		0:54										
			2:41	8:30	1:48	0:39		*51										
19	Fernández Besteiro Simón FLUVIAL LU Lugo	Error en tarj.	4:00	24:18	28:38	33:28	40:16	43:00	58:04	-----	-----	-----	-----	2:05:32	-----	-----		
			4:00	20:18	4:20	4:50	6:48	2:44	15:04					1:07:28				
			-----	-----	2:18:17	2:19:13												
					12:45	0:56												
Homes 21 (23)			7.7 km		18 C													
			1(31)	2(74)	3(75)	4(35)	5(36)	6(37)	7(47)	8(48)	9(42)	10(40)	11(43)	12(45)	13(46)	14(39)		
			15(41)	16(49)	17(50)	18(100)	F											
1	75 Mera García Iván APA LICEO A Coruña	1:10:08	2:50	4:47	13:55	17:14	18:29	21:29	23:45	25:11	35:13	37:25	42:07	50:22	52:52	56:39		
			2:50	1:57	9:08	3:19	1:15	3:00	2:16	1:26	10:02	2:12	4:42	8:15	2:30	3:47		
			1:00:31	1:04:03	1:06:02	1:09:32	1:10:08											
			3:52	3:32	1:59	3:30	0:36											
2	154 Ramos Pernas Miguel USC Santiago	1:12:20	3:13	6:07	9:46	15:44	17:03	22:51	25:25	27:05	29:26	33:02	37:33	44:37	47:13	51:58		
			3:13	2:54	3:39	5:58	1:19	5:48	2:34	1:40	2:21	3:36	4:31	7:04	2:36	4:45		
			1:01:03	1:05:41	1:07:55	1:11:43	1:12:20											
			9:05	4:38	2:14	3:48	0:37											
3	265 Piñeiro Varela Pedro Javier GALLAECIA A Coruña	1:13:26	3:47	6:08	10:56	16:37	18:23	25:59	29:00	30:44	34:18	36:00	40:28	50:03	52:56	57:08		
			3:47	2:21	4:48	5:41	1:46	7:36	3:01	1:44	3:34	1:42	4:28	9:35	2:53	4:12		
			1:00:54	1:06:21	1:08:24	1:12:41	1:13:26											
			3:46	5:27	2:03	4:17	0:45											
4	61 Bugallo Iglesias Adrián APA LICEO A Coruña	1:17:39	4:18	6:39	11:20	16:47	18:31	22:30	25:27	33:58	37:22	38:53	45:21	53:42	56:39	1:01:20		
			4:18	2:21	4:41	5:27	1:44	3:59	2:57	8:31	3:24	1:31	6:28	8:21	2:57	4:41		
			1:06:45	1:11:28	1:13:24	1:17:00	1:17:39											
			5:25	4:43	1:56	3:36	0:39											
5	7 Caamaño Lago José Manuel FLUVIAL LU Lugo	1:19:43	3:57	6:40	11:16	16:23	18:09	22:53	27:28	29:12	32:26	34:18	39:43	49:06	52:42	58:46		
			3:57	2:43	4:36	5:07	1:46	4:44	4:35	1:44	3:14	1:52	5:25	9:23	3:36	6:04		
			1:05:11	1:10:57	1:13:31	1:18:57	1:19:43											
			6:25	5:46	2:34	5:26	0:46											
6	283 Parrado Maquieira Manuel HABELAS HA Vigo	1:21:33	3:25	6:34	10:45	16:26	18:10	25:28	28:11	29:50	34:28	37:54	42:11	52:18	56:57	1:07:15		
			3:25	3:09	4:11	5:41	1:44	7:18	2:43	1:39	4:38	3:26	4:17	10:07	4:39	10:18		
			1:10:49	1:14:55	1:17:00	1:20:50	1:21:33											
			3:34	4:06	2:05	3:50	0:43											
7	36 Pérez Janeiro Alejandro FLUVIAL LU Lugo	1:24:11	3:57	6:46	13:58	19:35	21:25	25:43	28:54	36:57	40:32	43:08	48:56	56:58	59:57	1:04:38		
			3:57	2:49	7:12	5:37	1:50	4:18	3:11	8:03	3:35	2:36	5:48	8:02	2:59	4:41		
			1:11:09	1:17:18	1:19:37	1:23:34	1:24:11											
			6:31	6:09	2:19	3:57	0:37											
8	239 Alonso Velasco Carlos David GALLAECIA A Coruña	1:24:28	4:06	7:43	15:38	23:39	25:32	29:51	33:27	35:53	39:35	41:27	46:39	55:10	58:44	1:05:41		
			4:06	3:37	7:55	8:01	1:53	4:19	3:36	2:26	3:42	1:52	5:12	8:31	3:34	6:57		

				1:11:24	1:17:29	1:19:51	1:23:52	1:24:28											
9	370	Castrillón Manso José Antonio APA LICEO A Coruña	1:25:32	5:43 3:38 3:38	6:05 6:30 2:52	2:22 11:28 4:58	4:01 16:16 4:48	0:36 18:36 2:20	23:56 27:25 5:20	27:25 31:12 3:29	31:12 34:08 3:47	34:08 36:37 2:56	36:37 42:29 2:29	42:29 52:07 5:52	52:07 56:07 9:38	56:07 1:02:33 4:00			
				1:07:51	1:15:14	1:18:20	1:24:34	1:25:32											
10	285	Rodríguez Lopez Juan Antonio HABELAS HA Vigo	1:28:31	5:18 3:42 3:42	7:23 6:46 3:04	3:06 25:32 18:46	6:14 31:57 6:25	0:58 33:29 1:32	37:08 39:34 3:39	39:34 45:45 2:26	45:45 48:42 6:11	48:42 49:59 2:57	49:59 53:57 1:17	53:57 1:01:28 3:58	1:01:28 1:04:12 7:31	1:04:12 1:08:40 2:44	1:08:40 4:28		
				1:14:20	1:21:38	1:23:58	1:27:44	1:28:31											
11	137	Veiga Bugallo Francisco Javier AROMON Pontevedra	1:29:03	5:40 4:07 4:07	7:18 6:54 2:47	2:20 11:45 4:51	3:46 18:37 6:52	0:47 20:48 2:11	25:27 28:34 4:39	28:34 30:43 3:07	30:43 34:44 2:09	34:44 36:21 4:01	36:21 43:04 1:37	43:04 55:58 6:43	1:00:48 1:06:56 12:54	1:06:56 6:08			
				1:12:10	1:18:25	1:21:40	1:28:16	1:29:03											
12	273	Santalla Pérez Jose GALLAECIA A Coruña	1:39:33	5:14 3:23 3:23	6:15 9:31 6:08	3:15 17:31 8:00	6:36 24:50 7:19	0:47 26:16 1:26	42:40 47:11 16:24	47:11 49:01 4:31	49:01 52:28 1:50	52:28 53:56 3:27	53:56 59:08 1:28	59:08 1:07:18 5:12	1:07:18 1:11:19 8:10	1:11:19 1:18:55 4:01	1:18:55 7:36		
				1:26:29	1:30:35	1:33:46	1:38:52	1:39:33											
13	339	Fernández Traba Iago MONTAÑA FE Ferrol. A Coruña	1:43:57	7:34 4:37 4:37	4:06 7:56 3:19	3:11 14:20 6:24	5:06 20:22 6:02	0:41 22:11 1:49	29:24 32:19 7:13	32:19 33:49 2:55	33:49 38:13 1:30	38:13 41:52 4:24	41:52 46:15 3:39	46:15 56:27 4:23	56:27 1:00:50 10:12	1:00:50 1:06:20 4:23	1:06:20 5:30		
				1:20:41	1:26:50	1:36:50	1:43:12	1:43:57											
13	232	Vázquez González Miguel Angel ARTABROS A Coruña	1:43:57	14:21 3:28 3:28	6:09 6:04 2:36	10:00 35:01 28:57	6:22 42:22 7:21	0:45 44:38 2:16	49:52 52:17 5:14	52:17 57:18 2:25	57:18 1:01:26 5:01	1:01:26 1:03:14 4:08	1:03:14 1:07:10 1:48	1:07:10 1:16:15 3:56	1:16:15 1:19:18 9:05	1:19:18 1:23:46 3:03	1:23:46 4:28		
				1:30:41	1:35:45	1:37:55	1:42:30	1:43:57											
15	195	Canedo Monasterio Jacob ARTABROS A Coruña	1:56:13	6:55 3:55 3:55	5:04 14:13 10:18	2:10 22:51 8:38	4:35 32:49 9:58	1:27 35:10 2:21	42:08 50:32 6:58	50:32 51:51 8:24	51:51 1:02:16 1:19	1:02:16 1:04:26 10:25	1:04:26 1:09:43 2:10	1:09:43 1:20:37 5:17	1:20:37 1:27:30 10:54	1:27:30 1:33:19 6:53	1:33:19 5:49		
				1:38:29	1:46:41	1:50:15	1:55:23	1:56:13											
16	64	Cañas Lara Julio APA LICEO A Coruña	2:08:51	5:10 3:38 3:38	8:12 6:33 2:55	3:34 21:58 15:25	5:08 27:20 5:22	0:50 30:30 3:10	55:32 58:43 25:02	58:43 1:01:59 3:11	1:01:59 1:05:17 3:16	1:05:17 1:07:23 3:18	1:07:23 1:13:37 2:06	1:13:37 1:24:46 6:14	1:24:46 1:28:02 11:09	1:28:02 1:43:00 3:16	1:43:00 14:58		
				1:52:49	1:59:28	2:01:46	2:08:05	2:08:51											
17	325	Garrido Barreiro Esteban SEO Ordes	2:13:48	9:49 3:50 3:50	6:39 5:39 1:49	2:18 10:30 4:51	6:19 16:17 5:47	0:46 18:19 2:02	22:10 24:57 3:51	24:57 28:35 2:47	28:35 30:55 3:38	30:55 33:09 2:20	33:09 37:13 2:14	37:13 1:49:33 4:04	1:49:33 1:52:25 1:12:20	1:52:25 1:57:34 2:52	1:57:34 5:09		
				2:02:20	2:07:38	2:09:47	2:13:05	2:13:48											
18	183	Rodríguez Domínguez Maikel UNIVERSIDA Vigo	2:16:41	4:46 3:14 3:14	5:18 6:52 3:38	2:09 11:09 4:17	3:08 15:45 4:36	0:43 17:39 1:54	20:45 23:01 3:06	23:01 27:25 2:16	27:25 30:32 4:24	30:32 34:05 3:07	34:05 41:49 3:33	41:49 1:54:02 7:44	1:54:02 1:58:13 1:12:13	1:58:13 2:01:59 4:11	2:01:59 3:46		
				2:05:37	2:10:28	2:12:35	2:16:04	2:16:41											
19	17	Fariás Forneiro Patricio Cruz FLUVIAL LU Lugo	2:19:12	3:38 4:31 4:31	4:51 20:20 15:49	2:07 31:45 11:25	3:29 40:55 9:10	0:37 47:09 6:14	52:24 55:59 5:15	55:59 1:02:15 3:35	1:02:15 1:12:15 6:16	1:12:15 1:30:18 10:00	1:30:18 1:36:55 18:03	1:36:55 1:48:17 6:37	1:48:17 1:51:48 11:22	1:51:48 1:58:32 3:31	1:58:32 6:44		
				2:04:01	2:09:33	2:13:16	2:18:27	2:19:12											
20	242	Beceiro López José Ramón GALLAECIA A Coruña	2:20:44	5:29 5:03 5:03	5:32 7:51 2:48	3:43 25:07 17:16	5:11 39:28 14:21	0:45 41:23 1:55	45:45 49:22 4:22	49:22 1:01:05 3:37	1:01:05 1:04:52 11:43	1:04:52 1:06:44 3:47	1:06:44 1:13:46 1:52	1:13:46 1:24:40 7:02	1:24:40 1:37:20 10:54	1:37:20 2:00:49 12:40	2:00:49 23:29		
				2:06:53	2:11:35	2:14:11	2:19:59	2:20:44											
				6:04	4:42	2:36	5:48	0:45											
	245	Carro García Roberto GALLAECIA A Coruña	Error en tarj.	3:41 3:41 -----	6:26 2:45 -----	25:21 18:55 -----	32:43 7:22 -----	34:21 1:38 -----	50:44 16:23 -----	56:50 6:06 -----	1:02:57 6:07 -----	1:09:29 6:32 -----	1:29:36 20:07 -----	1:35:11 5:35 -----	-----	-----	-----	-----	-----
	330	Mosquera Casais Juan Antonio SEO Ordes	Error en tarj.	4:36 4:36 -----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
	259	Mosquera Ríos José Ramón GALLAECIA A Coruña	Error en tarj.	3:34 3:34 -----	24:46 21:12 -----	39:35 14:49 -----	47:15 7:40 -----	48:23 1:08 3:14:04 35:08	54:33 6:10 -----	59:55 5:22 -----	1:29:08 29:13 -----	1:33:29 4:21 -----	1:38:47 5:18 -----	2:24:56 46:09 -----	2:34:35 9:39 -----	2:38:56 4:21 -----	-----	-----	-----

Homes 21 B (36)

5.8 km 14 C

			1(31) F	2(75)	3(34)	4(35)	5(37)	6(38)	7(46)	8(39)	9(40)	10(71)	11(41)	12(49)	13(50)	14(100)
1	71 Gómez Naya Alan APA LICEO A Coruña	59:49	3:20 3:20 59:49 0:44	11:36 8:16	14:09 2:33	17:08 2:59	21:04 3:56	30:10 9:06	33:10 3:00	37:39 4:29	40:03 2:24	41:38 1:35	43:04 1:26	47:10 4:06	49:18 2:08	59:05 9:47
2	306 Vázquez García Alfonso Breogán BOMBEIROS A Coruña.	1:00:54	3:11 3:11 1:00:54 0:45	9:25 6:14	11:55 2:30	15:24 3:29	20:55 5:31	28:03 7:08	37:45 9:42	43:45 6:00	45:52 2:07	48:46 2:54	49:15 0:29	53:23 4:08	55:56 2:33	1:00:09 4:13
3	269 Rodríguez Rodríguez Carlos GALLAECIA A Coruña	1:07:31	5:31 5:31 1:07:31 0:44	12:09 6:38	15:12 3:03	21:04 5:52	26:04 5:00	33:16 7:12	36:16 3:00	40:50 4:34	42:55 2:05	52:13 9:18	53:06 0:53	57:16 4:10	59:23 2:07	1:06:47 7:24
4	299 Sánchez Díaz Ricardo BOMBEIROS A Coruña.	1:15:28	11:21 11:21 1:15:28 0:40	14:52 3:31	23:35 8:43	28:29 4:54	32:58 4:29	40:56 7:58	43:23 2:27	49:29 6:06	58:00 8:31	59:49 1:49	1:03:59 4:10	1:09:00 5:01	1:11:11 2:11	1:14:48 3:37
5	208 Lareo Martínez David ARTABROS A Coruña	1:18:10	3:55 3:55 1:18:10 0:38	8:57 5:02	17:09 8:12	22:27 5:18	26:54 4:27	35:21 8:27	38:02 2:41	48:22 10:20	59:19 10:57	1:00:50 1:31	1:02:47 1:57	1:08:49 6:02	1:11:34 2:45	1:17:32 5:58
6	231 Varela Ferreiro Jorge Manrique ARTABROS A Coruña	1:18:14	4:31 4:31 1:18:14 0:41	11:22 6:51	14:47 3:25	20:31 5:44	28:35 8:04	37:50 9:15	41:11 3:21	47:57 6:46	50:38 2:41	58:28 7:50	1:00:01 1:33	1:08:03 8:02	1:12:16 4:13	1:17:33 5:17
7	267 Rey Abad Rogelio GALLAECIA A Coruña	1:18:16	3:53 3:53 1:18:16 0:44	11:11 7:18	14:48 3:37	24:36 9:48	29:40 5:04	38:22 8:42	42:03 3:41	56:06 14:03	58:50 2:44	1:01:21 2:31	1:02:59 1:38	1:09:35 6:36	1:12:48 3:13	1:17:32 4:44
8	263 Peña Pita Felipe GALLAECIA A Coruña	1:20:53	2:58 2:58 1:20:53 0:35	6:52 3:54	11:03 4:11	13:51 2:48	25:31 11:40	33:21 7:50	36:00 2:39	48:29 12:29	50:36 2:07	53:45 3:09	55:17 1:32	59:57 4:40	1:16:36 16:39	1:20:18 3:42
9	177 Pérez Juste Jorge UNIVERSIDA Vigo	1:20:57	4:26 4:26 1:20:57 0:43	12:51 8:25	16:22 3:31	20:58 4:36	33:54 12:56	46:12 12:18	50:07 3:55	57:15 7:08	59:50 2:35	1:01:58 2:08	1:03:23 1:25	1:11:22 7:59	1:15:06 3:44	1:20:14 5:08
10	268 Rey García Manuel GALLAECIA A Coruña	1:21:27	4:25 4:25 1:21:27 0:46	16:44 12:19	19:38 2:54	23:43 4:05	28:16 4:33	50:38 22:22	53:38 3:00	1:01:15 7:37	1:03:53 2:38	1:06:25 2:32	1:08:23 1:58	1:13:52 5:29	1:16:49 2:57	1:20:41 3:52
11	216 Moreira Neira Pedro Javier ARTABROS A Coruña	1:21:28	4:35 4:35 1:21:28 1:12	10:57 6:22	15:52 4:55	20:57 5:05	26:12 5:15	48:39 22:27	51:32 2:53	59:12 7:40	1:01:49 2:37	1:04:30 2:41	1:05:47 1:17	1:11:54 6:07	1:14:57 3:03	1:20:16 5:19
12	3 Bellón Santos Manuel Alejandro FLUVIAL LU Lugo	1:23:21	3:48 3:48 1:23:21 1:42	11:01 7:13	14:06 3:05	20:34 6:28	31:39 11:05	41:45 10:06	45:13 3:28	57:54 12:41	1:00:49 2:55	1:04:14 3:25	1:06:10 1:56	1:13:13 7:03	1:16:45 3:32	1:21:39 4:54
13	291 Fojo Outeiro Alejandro BOMBEIROS A Coruña.	1:24:20	3:26 3:26 1:24:20 0:43	10:07 6:41	13:04 2:57	22:54 9:50	29:13 6:19	48:10 18:57	52:20 4:10	59:34 7:14	1:01:34 2:00	1:04:14 2:40	1:05:17 1:03	1:12:40 7:23	1:15:33 2:53	1:23:37 8:04
14	174 Pastoriza Santos Vicente UNIVERSIDA Vigo	1:25:10	3:34 3:34 1:25:10 0:49	15:27 11:53	18:33 3:06	21:45 3:12	26:22 4:37	37:28 11:06	40:26 2:58	46:16 5:50	1:00:06 13:50	1:02:33 2:27	1:03:13 0:40	1:08:54 5:41	1:11:07 2:13	1:24:21 13:14
15	203 Fernández Suárez José ARTABROS A Coruña	1:27:23	4:15 4:15 1:27:23 0:39	10:47 6:32	16:10 5:23	23:39 7:29	29:48 6:09	42:43 12:55	47:54 5:11	55:33 7:39	1:04:13 8:40	1:06:57 2:44	1:07:52 0:55	1:18:57 11:05	1:21:36 2:39	1:26:44 5:08
16	487 Iglesias Fernandez Oscar GALLAECIA A Coruña	1:27:35	3:24 3:24 1:27:35 0:39	26:27 23:03	28:50 2:23	35:01 6:11	40:35 5:34	52:51 12:16	56:50 3:59	1:02:57 6:07	1:09:04 6:07	1:12:25 3:21	1:13:23 0:58	1:21:34 8:11	1:23:48 2:14	1:26:46 2:58

			1:27:35														
			0:49														
17	48 Soto Fernández Antonio FLUVIAL LU Lugo	1:34:44	5:31	12:50	15:57	26:19	38:08	48:27	51:45	1:02:14	1:04:41	1:10:47	1:12:44	1:24:33	1:29:02	1:33:49	
			5:31	7:19	3:07	10:22	11:49	10:19	3:18	10:29	2:27	6:06	1:57	11:49	4:29	4:47	
			1:34:44														
			0:55														
18	212 Lopez Vazquez Celso ARTABROS A Coruña	1:39:36	3:45	23:23	28:27	34:16	49:03	56:57	59:48	1:06:41	1:09:19	1:11:52	1:12:47	1:18:33	1:34:49	1:38:57	
			3:45	19:38	5:04	5:49	14:47	7:54	2:51	6:53	2:38	2:33	0:55	5:46	16:16	4:08	
			1:39:36														
			0:39														
19	315 Jove Rey Javi GALICIA CA Ferrol	1:40:15	3:56	14:48	18:03	25:30	35:31	49:31	1:06:37	1:12:19	1:15:51	1:19:48	1:23:21	1:28:49	1:33:14	1:39:25	
			3:56	10:52	3:15	7:27	10:01	14:00	17:06	5:42	3:32	3:57	3:33	5:28	4:25	6:11	
			1:40:15														
			0:50														
20	89 Rodríguez Bueno Jose Luis APA LICEO A Coruña	1:41:34	4:15	18:18	21:01	25:55	38:14	54:25	57:52	1:04:22	1:16:38	1:18:51	1:20:13	1:33:30	1:36:38	1:40:40	
			4:15	14:03	2:43	4:54	12:19	16:11	3:27	6:30	12:16	2:13	1:22	13:17	3:08	4:02	
			1:41:34														
			0:54														
21	41 Rodríguez Acevedo Manuel FLUVIAL LU Lugo	1:43:26	5:44	16:45	20:40	37:46	51:43	1:01:47	1:05:15	1:18:54	1:20:57	1:24:17	1:26:18	1:33:16	1:36:47	1:42:15	
			5:44	11:01	3:55	17:06	13:57	10:04	3:28	13:39	2:03	3:20	2:01	6:58	3:31	5:28	
			1:43:26														
			1:11														
22	21 Formoso Pato Diego FLUVIAL LU Lugo	1:44:28	4:34	38:05	44:10	48:09	51:45	1:01:24	1:04:07	1:10:27	1:14:56	1:20:43	1:22:37	1:34:39	1:38:59	1:43:36	
			4:34	33:31	6:05	3:59	3:36	9:39	2:43	6:20	4:29	5:47	1:54	12:02	4:20	4:37	
			1:44:28														
			0:52														
23	277 Vázquez Rey Braulio GALLAECIA A Coruña	1:45:59	3:40	13:33	22:15	31:30	44:30	1:09:26	1:13:26	1:19:40	1:26:44	1:29:15	1:30:22	1:35:57	1:39:06	1:44:57	
			3:40	9:53	8:42	9:15	13:00	24:56	4:00	6:14	7:04	2:31	1:07	5:35	3:09	5:51	
			1:45:59														
			1:02														
24	119 Iglesias Vieitez Francisco AROMON Pontevedra	1:46:22	3:46	12:57	16:56	21:09	55:15	1:03:51	1:06:52	1:15:16	1:24:55	1:26:25	1:27:10	1:32:34	1:34:42	1:45:42	
			3:46	9:11	3:59	4:13	34:06	8:36	3:01	8:24	9:39	1:30	0:45	5:24	2:08	11:00	
			1:46:22														
			0:40														
25	151 Prieto Vilar Marcelino Jesus USC Santiago	1:50:27	7:22	21:57	26:59	34:48	41:18	59:57	1:03:57	1:13:22	1:18:31	1:24:55	1:27:08	1:36:50	1:40:57	1:49:11	
			7:22	14:35	5:02	7:49	6:30	18:39	4:00	9:25	5:09	6:24	2:13	9:42	4:07	8:14	
			1:50:27														
			1:16														
26	262 Penabad Franco Manuel GALLAECIA A Coruña	1:51:27	6:22	15:53	19:05	22:55	44:00	53:51	57:25	1:09:47	1:36:41	1:38:58	1:39:46	1:45:06	1:46:55	1:50:47	
			6:22	9:31	3:12	3:50	21:05	9:51	3:34	12:22	26:54	2:17	0:48	5:20	1:49	3:52	
			1:51:27														
			0:40														
27	142 Del Río Pose Fernando USC Santiago	2:09:45	10:25	20:58	27:58	38:40	47:41	1:10:34	1:17:25	1:27:48	1:32:32	1:36:49	1:39:41	1:53:32	1:58:51	2:08:13	
			10:25	10:33	7:00	10:42	9:01	22:53	6:51	10:23	4:44	4:17	2:52	13:51	5:19	9:22	
			2:09:45														
			1:32														
28	264 Picos Romero Victor Manuel GALLAECIA A Coruña	2:15:59	3:23	24:36	27:30	33:29	1:00:09	1:16:37	1:19:30	1:36:44	1:38:27	1:42:55	1:44:47	1:58:26	2:09:14	2:15:10	
			3:23	21:13	2:54	5:59	26:40	16:28	2:53	17:14	1:43	4:28	1:52	13:39	10:48	5:56	
			2:15:59														
			0:49														
29	281 Gonzalez Alonso Diego HABELAS HA Vigo	2:17:44	4:14	39:11	42:37	47:12	1:07:17	1:29:25	1:35:21	1:40:46	1:43:05	1:45:51	1:48:31	1:55:29	1:58:21	2:16:57	
			4:14	34:57	3:26	4:35	20:05	22:08	5:56	5:25	2:19	2:46	2:40	6:58	2:52	18:36	
			2:17:44														
			0:47														
30	130 Ríos Sío José Carlos AROMON Pontevedra	2:23:00	7:00	17:49	38:41	51:03	1:00:39	1:21:18	1:25:52	1:35:52	1:41:47	1:49:59	1:51:26	2:04:16	2:09:35	2:21:22	
			7:00	10:49	20:52	12:22	9:36	20:39	4:34	10:00	5:55	8:12	1:27	12:50	5:19	11:47	
			2:23:00														
			1:38														
			0:36														
104	Araujo Rua David AROMON Pontevedra	Error en tarj.	3:30	7:39	10:13	13:39	28:24	37:07	39:52	44:06	-----	53:44	54:50	1:07:57	1:27:25	1:32:12	
			3:30	4:09	2:34	3:26	14:45	8:43	2:45	4:14	-----	9:38	1:06	13:07	19:28	4:47	
			1:32:48														
			0:36														
261	Pedreira Carneiro Carlos GALLAECIA A Coruña	Error en tarj.	3:57	11:18	13:38	18:39	24:23	36:31	-----	-----	-----	-----	-----	-----	-----	-----	
			3:57	7:21	2:20	5:01	5:44	12:08									

179	Pérez Balado Juan Carlos UNIVERSIDA Vigo	Error en tarj.	8:34 8:34 2:10:44 0:45	17:32 8:58	23:20 5:48	44:39 21:19	55:13 10:34	1:14:48 19:35	----- 14:33	1:29:21 3:52	1:33:13 3:52	1:37:09 3:56	1:41:18 4:09	1:50:01 8:43	1:54:52 4:51	2:09:59 15:07
155	Sampedro Muñiz José Manuel USC Santiago	Error en tarj.	4:38 4:38 1:36:45 1:06	9:38 5:00	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	1:29:40 1:20:02	1:35:39 5:59
15	Cobas Pena Adrián FLUVIAL LU Lugo	Abandona	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----
56	Armada Luaces Alvaro APA LICEO A Coruña	Fuera de control	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----	----- -----

Homes 35 (22)

7.7 km 18 C

			1(31)	2(74)	3(75)	4(35)	5(36)	6(37)	7(47)	8(48)	9(42)	10(40)	11(43)	12(45)	13(46)	14(39)		
			15(41)	16(49)	17(50)	18(100)	F											
1	334 Varela Lorenzo Francisco SEO Ordes	1:03:48	3:32 3:32 53:17 3:58	5:25 1:53 57:12 3:55	9:09 3:44 59:22 2:10	13:30 4:21 1:03:05 3:43	15:07 1:37 1:03:48 0:43	18:30 3:23 18:30 4:06	23:34 5:04 23:34 3:09	26:38 3:04 26:38 2:12	29:15 2:37 29:15 3:18	30:32 1:17 30:32 1:39	35:43 5:11 35:43 4:33	42:41 6:58 42:41 9:31	45:16 2:35 45:16 2:50	49:19 4:03 49:19 4:43		
2	271 Sancosmed Torres José Manuel GALLAECIA A Coruña	1:09:22	3:20 3:20 57:05 4:47	5:24 2:04 1:01:54 4:49	9:10 3:50 1:03:56 2:02	14:00 4:46 1:08:40 4:44	15:21 1:22 1:09:22 0:42	19:14 3:53 19:14 4:06	21:48 2:34 21:48 3:09	28:10 6:22 28:10 2:12	30:36 2:26 30:36 3:18	32:02 1:26 32:02 1:39	36:32 4:30 36:32 4:33	44:19 7:47 44:19 9:31	47:27 3:08 47:27 2:50	52:18 4:51 52:18 4:43		
3	106 Beloso García Manuel AROMON Pontevedra	1:10:56	3:26 3:26 59:48 4:26	6:48 3:22 1:04:12 4:24	11:59 5:11 1:06:15 2:03	17:34 5:35 1:10:14 3:59	19:21 1:47 1:10:56 0:42	23:27 4:06 23:27 3:23	26:36 3:09 26:36 2:24	28:48 2:12 28:48 6:13	32:06 3:18 32:06 2:51	33:45 1:39 33:45 1:18	38:18 4:33 38:18 4:01	47:49 9:31 47:49 7:25	50:39 2:50 50:39 2:44	55:22 4:43 55:22 4:29		
4	103 Alvelo Fraguela Javier AROMON Pontevedra	1:11:33	3:02 3:02 59:32 5:03	9:40 6:38 1:04:41 5:09	13:28 3:48 1:07:12 2:31	17:52 4:24 1:10:52 3:40	19:41 1:49 1:11:33 0:41	23:04 3:23 23:04 5:33	25:28 2:24 25:28 3:00	31:41 6:13 31:41 5:01	34:32 2:51 34:32 3:01	35:50 1:18 35:50 1:25	39:51 4:01 39:51 5:00	47:16 7:25 47:16 9:29	50:00 2:44 50:00 3:36	54:29 4:29 54:29 10:18		
5	127 Ricoy Bugarín José Antonio AROMON Pontevedra	1:20:19	3:25 3:25 1:08:11 3:15	5:54 2:29 1:13:30 5:19	10:15 4:21 1:15:39 2:09	17:05 6:50 1:19:32 3:53	18:33 1:28 1:20:19 0:47	24:06 5:33 24:06 6:47	27:06 3:00 27:06 2:41	32:07 5:01 32:07 1:26	35:08 3:01 35:08 2:37	36:33 1:25 36:33 4:25	41:33 5:00 41:33 4:33	51:02 9:29 51:02 8:27	54:38 3:36 54:38 2:41	1:04:56 10:18 1:04:56 4:29		
6	340 García García Jose A. MONTAÑA FE Ferrol. A Coruña	1:23:54	3:20 3:20 1:05:45 4:34	12:21 9:01 1:17:37 11:52	15:58 3:37 1:19:58 2:21	21:21 5:23 1:23:20 3:22	23:05 1:44 1:23:54 0:34	29:52 6:47 29:52 18:36	32:33 2:41 32:33 20:45	33:59 1:26 33:59 28:31	36:36 2:37 36:36 5:37	41:01 4:25 41:01 6:27	45:34 4:33 45:34 9:17	54:01 8:27 54:01 11:20	56:42 2:41 56:42 2:49	1:01:11 4:29 1:01:11 4:07		
7	341 García Lorenzo Carlos MONTAÑA FE Ferrol. A Coruña	1:25:22	2:51 2:51 1:11:36 3:28	5:09 2:18 1:17:10 5:34	9:08 3:59 1:19:20 2:10	13:37 4:29 1:24:42 5:22	15:19 1:42 1:25:22 0:40	18:36 3:17 18:36 4:28	20:45 2:09 20:45 3:12	28:31 7:46 28:31 4:22	34:08 5:37 34:08 3:22	40:35 6:27 40:35 6:29	49:52 9:17 49:52 5:07	1:01:12 11:20 1:01:12 12:38	1:04:01 2:49 1:04:01 3:29	1:08:08 4:07 1:08:08 5:23		
8	43 Rodríguez Núñez Eugenio A. FLUVIAL LU Lugo	1:26:32	3:58 3:58 1:14:27 4:51	6:35 2:37 1:18:30 4:03	20:11 13:36 1:21:01 2:31	24:35 4:24 1:25:40 4:39	26:09 1:34 1:26:32 0:52	30:28 4:19 30:28 4:28	40:35 10:07 40:35 3:12	42:07 1:32 42:07 4:22	45:09 3:02 45:09 8:19	47:23 2:14 47:23 1:42	52:09 4:46 52:09 4:36	1:00:30 8:21 1:00:30 8:43	1:03:53 3:23 1:03:53 4:57	1:09:36 5:43 1:09:36 6:27		
9	85 Ramos Asensio Luis Javier APA LICEO A Coruña	1:28:17	3:40 3:40 1:16:20 10:53	6:14 2:34 1:22:18 5:58	10:46 4:32 1:23:57 1:39	16:56 6:10 1:27:44 3:47	18:41 1:45 1:28:17 0:33	23:09 4:28 23:09 4:28	26:21 3:12 26:21 3:12	30:43 4:22 30:43 4:22	39:02 8:19 39:02 8:19	40:44 1:42 40:44 1:42	45:20 4:36 45:20 4:36	54:03 8:43 54:03 8:43	59:00 4:57 59:00 4:57	1:05:27 6:27 1:05:27 6:27		
10	40 Puente Salvado Xoan Manoel FLUVIAL LU Lugo	1:32:44	3:24 3:24 1:20:13 7:09	8:11 4:47 1:25:16 5:03	12:22 4:11 1:27:29 2:13	18:18 5:56 1:32:04 4:35	19:53 1:35 1:32:44 0:40	28:20 8:27 28:20 8:27	31:06 2:46 31:06 2:46	36:36 5:30 36:36 5:30	39:58 3:22 39:58 3:22	46:27 6:29 46:27 6:29	51:34 5:07 51:34 5:07	1:04:12 12:38 1:04:12 12:38	1:07:41 3:29 1:07:41 3:29	1:13:04 5:23 1:13:04 5:23		
11	55 Antón Casado Arturo APA LICEO A Coruña	1:34:52	4:31 4:31 7:09	8:41 4:10 8:41 4:10	14:25 5:44 14:25 5:44	21:29 7:04 21:29 7:04	23:09 1:40 23:09 1:40	27:02 3:53 27:02 3:53	30:20 3:18 30:20 3:18	36:37 6:17 36:37 6:17	44:55 8:18 44:55 8:18	46:22 1:27 46:22 1:27	51:10 4:48 51:10 4:48	1:00:01 8:51 1:00:01 8:51	1:05:11 5:10 1:05:11 5:10	1:11:28 6:17 1:11:28 6:17		

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						4:06	2:48	5:01	9:28	2:17	6:03	4:13	6:06	4:16	2:50	6:01	13:15	3:57	6:21	
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13	308	Criado Canales Santiago	GALICIA CA Ferrol	1:43:14		4:11	15:46	20:34	24:39	26:52	32:11	36:12	52:34	57:04	59:18	1:03:55	1:13:48	1:18:49	1:23:35	
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14	355	Trigo Recarey Xan Mariano	ALPINO OUR Ourense	1:57:24		3:26	6:48	20:00	25:06	26:36	30:32	55:40	58:37	1:01:37	1:03:38	1:10:02	1:21:15	1:26:04	1:35:07	
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15	321	Velázquez González Matías	GALICIA CA Ferrol	2:02:34		4:37	8:26	14:04	21:08	22:48	27:17	36:04	47:27	50:53	53:29	59:04	1:20:46	1:24:18	1:39:27	
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16	312	Gonzalez Fernandez Evaristo	GALICIA CA Ferrol	2:02:56		4:59	12:37	18:34	26:50	30:07	34:35	38:38	41:22	46:06	52:13	58:35	1:12:45	1:16:45	1:24:47	
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18	149	Pacheco Sancho José Ramón	USC Santiago	2:04:50		4:22	12:46	17:35	31:44	33:57	38:15	40:56	53:44	58:51	1:00:58	1:13:48	1:23:10	1:31:23	1:42:56	
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						2:25:08	2:34:27	2:37:36	2:42:00	2:42:30										
						7:12	9:19	3:09	4:24	0:30										
21	346	Torviso Berdeal Jose Antonio	MONTAÑA FE Ferrol. A Coruña	2:43:24		4:29	22:53	28:46	1:05:00	1:07:42	1:25:35	1:28:23	1:29:56	1:34:15	1:37:57	1:42:20	1:52:25	1:56:53	2:02:22	
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	286	Rodríguez Pérez Eladio	HABELAS HA Vigo	Error en tarj.		4:21	6:49	12:19	17:27	22:08	48:08	56:28	58:59	1:02:07	1:05:43	1:25:11	-----	-----	-----	
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						15(50)	16(73)	17(100)	F											
1	343	López Peiteado Antonio Javier	MONTAÑA FE Ferrol. A Coruña	1:07:37		3:35	8:18	11:15	13:49	17:08	18:43	23:25	34:11	36:50	41:55	47:03	50:29	53:57	59:13	
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						1:01:56	1:05:19	1:06:58	1:07:37											
						2:43	3:23	1:39	0:39											
2	60	Bugallo García José Ramón	APA LICEO A Coruña	1:08:41		4:10	9:47	12:44	15:42	20:49	23:04	27:11	35:45	39:29	45:54	50:19	52:34	54:23	59:21	
						4:10	5:37	2:57	2:58	5:07	2:15	4:07	8:34	3:44	6:25	4:25	2:15	1:49	4:58	
						1:01:44	1:06:17	1:08:00	1:08:41											
						2:23	4:33	1:43	0:41											
3	297	Rodríguez Gutierrez Gabriel	BOMBEIROS A Coruña.	1:12:48		4:03	8:13	12:52	15:54	19:54	21:49	33:34	41:58	46:06	50:34	55:08	57:50	58:35	1:03:26	
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						1:05:47	1:10:49	1:12:07	1:12:48											
						2:21	5:02	1:18	0:41											

4	153	Ramos Lozano Eduardo V. USC Santiago	1:22:15	4:34 4:34 1:12:24 3:03	10:27 5:53 1:19:53 7:29	13:14 2:47 1:21:27 1:34	15:57 2:43 1:22:15 0:48	20:21 4:24	22:26 2:05	28:06 5:40	39:45 11:39	43:01 3:16	55:04 12:03	59:22 4:18	1:01:27 2:05	1:02:15 0:48	1:09:21 7:06
5	156	Sampedro Muñiz Ramón USC Santiago	1:22:48	3:59 3:59 1:14:12 2:20	9:09 5:10 1:20:23 6:11	11:09 2:00 1:21:57 1:34	15:09 4:00 1:22:48 0:51	19:08 3:59	21:07 1:59	26:51 5:44	36:02 9:11	43:09 7:07	59:25 16:16	1:03:50 4:25	1:05:54 2:04	1:06:34 0:40	1:11:52 5:18
6	205	Gómez Cobas Francisco ARTABROS A Coruña	1:23:22	4:21 4:21 1:16:12 3:05	16:02 11:41 1:20:44 4:32	18:08 2:06 1:22:32 1:48	20:40 2:32 1:23:22 0:50	24:33 3:53	26:35 2:02	31:48 5:13	44:27 12:39	47:17 2:50	1:00:10 12:53	1:04:16 4:06	1:06:31 2:15	1:08:02 1:31	1:13:07 5:05
7	180	Pinal Otero David Eladio UNIVERSIDA Vigo	1:26:29	4:17 4:17 1:19:36 2:19	14:36 10:19 1:23:46 4:10	17:15 2:39 1:25:46 2:00	20:46 3:31 1:26:29 0:43	28:16 7:30	30:27 2:11	37:06 6:39	47:21 10:15	51:10 3:49	1:03:53 12:43	1:08:07 4:14	1:10:23 2:16	1:12:12 1:49	1:17:17 5:05
8	168	Fuertes González Enrique UNIVERSIDA Vigo	1:30:26	4:13 4:13 1:23:29 2:28	15:26 11:13 1:27:50 4:21	18:22 2:56 1:29:48 1:58	22:06 3:44 1:30:26 0:38	29:57 7:51	32:58 3:01	39:05 6:07	51:48 12:43	55:11 3:23	1:07:40 12:29	1:12:11 4:31	1:14:19 2:08	1:16:19 2:00	1:21:01 4:42
9	206	González Ramil Juan José ARTABROS A Coruña	1:31:34	3:47 3:47 1:25:37 2:19	8:06 4:19 1:29:08 3:31	10:00 1:54 1:30:47 1:39	13:09 3:09 1:31:34 0:47	20:18 7:09	21:52 1:34	31:22 9:30	40:09 8:47	50:49 10:40	1:02:37 11:48	1:15:42 13:05	1:17:31 1:49	1:19:03 1:32	1:23:18 4:15
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11	37	Pérez Romero Eduardo FLUVIAL LU Lugo	1:38:02	4:54 4:54 1:30:04 8:13	13:35 8:41 1:35:27 5:23	15:58 2:23 1:37:08 1:41	18:14 2:16 1:38:02 0:54	22:01 3:47	24:47 2:46	50:43 25:56	59:27 8:44	1:02:10 2:43	1:08:27 6:17	1:13:33 5:06	1:16:09 2:36	1:16:58 0:49	1:21:51 4:53
12	345	Sande Rodríguez Francisco MONTAÑA FE Ferrol. A Coruña	1:38:22	4:26 4:26 1:31:05 3:21	19:32 15:06 1:35:20 4:15	21:45 2:13 1:37:22 2:02	24:44 2:59 1:38:22 1:00	29:53 5:09	31:35 1:42	37:25 5:50	53:55 16:30	57:12 3:17	1:14:30 17:18	1:18:38 4:08	1:21:36 2:58	1:22:16 0:40	1:27:44 5:28
13	284	Rodilla Guerricagoitia Santiago HABELAS HA Vigo	1:38:48	5:02 5:02 1:31:28 3:11	20:06 15:04 1:35:53 4:25	22:38 2:32 1:37:59 2:06	26:41 4:03 1:38:48 0:49	30:46 4:05	33:01 2:15	39:34 6:33	51:15 11:41	55:21 4:06	1:15:04 19:43	1:19:12 4:08	1:22:07 2:55	1:23:00 0:53	1:28:17 5:17
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16	118	Iglesias Pesqueira Eduardo AROMON Pontevedra	1:55:45	4:04 4:04 1:40:17 2:22	13:29 9:25 1:53:25 13:08	20:39 7:10 1:55:00 1:35	23:15 2:36 1:55:45 0:45	30:59 7:44	32:58 1:59	37:02 4:04	1:08:42 31:40	1:12:01 3:19	1:22:20 10:19	1:27:49 5:29	1:30:22 2:33	1:31:36 1:14	1:37:55 6:19
17	125	Pérez Pérez Juan Ramón AROMON Pontevedra	2:04:47	26:38 26:38 1:56:39 2:55	32:11 5:33 2:01:06 4:27	35:33 3:22 2:03:53 2:47	41:34 6:01 2:04:47 0:54	54:25 12:51	56:47 2:22	1:01:21 4:34	1:28:10 26:49	1:30:51 2:41	1:37:04 6:13	1:43:51 6:47	1:45:20 1:29	1:47:30 2:10	1:53:44 6:14
18	158	Souto Castro Manuel Martín USC Santiago	2:20:04	4:31 4:31 2:08:30 5:00	9:59 5:28 2:16:07 7:37	13:45 3:46 2:18:40 2:33	17:00 3:15 2:20:04 1:24	21:27 4:27	23:58 2:31	30:01 6:03	56:24 26:23	59:52 3:28	1:05:48 5:56	1:49:31 43:43	1:52:24 2:53	1:55:32 3:08	2:03:30 7:58
19	111	Fernández Casalderrey Javier AROMON Pontevedra	2:25:18	4:02 4:02 2:06:21 2:44	12:09 8:07 2:22:29 16:08	15:31 3:22 2:24:14 1:45	18:29 2:58 2:25:18 1:04	22:26 3:57	24:39 2:13	50:11 25:32	1:03:59 13:48	1:08:00 4:01	1:38:23 30:23	1:42:32 4:09	1:45:49 3:17	1:47:43 1:54	2:03:37 15:54
20	34	Parga Andón Pedro FLUVIAL LU Lugo	2:30:58	3:45 3:45 2:08:30 5:00	11:03 7:18 2:16:07 7:37	15:48 4:45 2:18:40 2:33	19:45 3:57 2:20:04 1:24	24:24 4:39	27:10 2:46	49:19 22:09	1:27:00 37:41	1:32:57 5:57	1:40:30 7:33	1:45:41 5:11	1:49:22 3:41	1:52:45 3:23	1:59:36 6:51

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21	2 Bayo Núñez Jesús FLUVIAL LU Lugo	2:39:58	11:36	37:23	41:11	47:40	53:40	58:00	1:11:29	1:31:25	1:36:59	1:48:02	1:55:10	1:59:47	2:00:49	2:15:01
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## Homes Élite (27)

9.4 km 22 C

			1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	14(44)
			15(45)	16(46)	17(39)	18(47)	19(48)	20(49)	21(50)	22(100)	F					
1	272 Sancosmed Vázquez Juan J. GALLAECIA A Coruña	1:01:29	2:34	4:23	6:16	7:44	10:09	11:26	13:56	19:27	23:36	25:24	28:15	29:57	34:13	37:43
			2:34	1:49	1:53	1:28	2:25	1:17	2:30	5:31	4:09	1:48	2:51	1:42	4:16	3:30
			43:02	45:33	48:39	52:06	54:09	55:53	57:38	1:00:55	1:01:29					
			5:19	2:31	3:06	3:27	2:03	1:44	1:45	3:17	0:34					
2	102 Álvarez Serto Ángel AROMON Pontevedra	1:02:10	2:47	4:41	6:35	8:13	11:14	12:17	15:05	20:22	24:35	25:54	27:42	29:47	33:57	37:37
			2:47	1:54	1:54	1:38	3:01	1:03	2:48	5:17	4:13	1:19	1:48	2:05	4:10	3:40
			43:38	45:54	49:09	53:19	55:16	56:49	58:23	1:01:37	1:02:10					
			6:01	2:16	3:15	4:10	1:57	1:33	1:34	3:14	0:33					
3	65 Casado Bravo David APA LICEO A Coruña	1:07:41	3:03	5:03	7:08	8:49	11:27	15:04	18:23	24:05	28:46	30:16	32:22	34:24	38:43	42:45
			3:03	2:00	2:05	1:41	2:38	3:37	3:19	5:42	4:41	1:30	2:06	2:02	4:19	4:02
			48:23	51:19	54:53	58:04	1:00:08	1:01:36	1:03:20	1:07:05	1:07:41					
			5:38	2:56	3:34	3:11	2:04	1:28	1:44	3:45	0:36					
4	110 Fernández Casalderrey Gonzalo AROMON Pontevedra	1:15:04	2:31	5:08	9:50	11:29	14:41	15:50	18:56	27:24	33:35	34:52	36:34	38:41	43:29	47:15
			2:31	2:37	4:42	1:39	3:12	1:09	3:06	8:28	6:11	1:17	1:42	2:07	4:48	3:46
			52:52	55:11	58:55	1:02:21	1:06:43	1:08:19	1:10:00	1:14:28	1:15:04					
			5:37	2:19	3:44	3:26	4:22	1:36	1:41	4:28	0:36					
5	402 Amo González Pedro BOMBEIROS A Coruña.	1:18:04	3:07	5:03	7:31	9:39	12:15	13:50	20:56	28:12	33:25	36:09	40:59	43:05	47:39	51:35
			3:07	1:56	2:28	2:08	2:36	1:35	7:06	7:16	5:13	2:44	4:50	2:06	4:34	3:56
			57:43	1:00:10	1:03:40	1:07:23	1:08:51	1:10:46	1:12:48	1:17:28	1:18:04					
			6:08	2:27	3:30	3:43	1:28	1:55	2:02	4:40	0:36					
6	123 Pérez Alonso Adrián AROMON Pontevedra	1:19:02	3:24	6:26	12:33	14:25	19:08	20:37	24:36	30:59	38:12	39:39	41:37	43:41	48:52	52:31
			3:24	3:02	6:07	1:52	4:43	1:29	3:59	6:23	7:13	1:27	1:58	2:04	5:11	3:39
			58:05	1:00:32	1:04:30	1:09:41	1:11:12	1:13:06	1:14:57	1:18:23	1:19:02					
			5:34	2:27	3:58	5:11	1:31	1:54	1:51	3:26	0:39					
7	157 Sordo Touza Ignacio USC Santiago	1:24:48	3:07	5:55	7:59	9:37	14:23	15:26	18:02	31:38	37:12	38:46	45:01	47:07	56:00	59:56
			3:07	2:48	2:04	1:38	4:46	1:03	2:36	13:36	5:34	1:34	6:15	2:06	8:53	3:56
			1:06:39	1:08:52	1:12:17	1:16:26	1:17:48	1:19:26	1:21:13	1:24:16	1:24:48					
			6:43	2:13	3:25	4:09	1:22	1:38	1:47	3:03	0:32					
8	58 Arufe Varela Javier APA LICEO A Coruña	1:27:12	3:25	5:54	9:24	11:53	15:47	17:07	21:19	28:23	38:35	40:56	43:24	45:48	51:34	56:29
			3:25	2:29	3:30	2:29	3:54	1:20	4:12	7:04	10:12	2:21	2:28	2:24	5:46	4:55
			1:03:23	1:06:46	1:11:06	1:15:18	1:17:54	1:20:03	1:22:17	1:26:26	1:27:12					
			6:54	3:23	4:20	4:12	2:36	2:09	2:14	4:09	0:46					
9	197 Carballo Alviarez Xan ARTABROS A Coruña	1:28:26	3:30	5:32	8:03	10:52	15:14	16:43	22:01	30:19	36:40	38:20	40:59	43:27	49:42	55:40
			3:30	2:02	2:31	2:49	4:22	1:29	5:18	8:18	6:21	1:40	2:39	2:28	6:15	5:58
			1:02:30	1:06:28	1:11:11	1:16:49	1:18:30	1:20:33	1:23:17	1:27:41	1:28:26					
			6:50	3:58	4:43	5:38	1:41	2:03	2:44	4:24	0:45					
10	87 Riestra González Santiago APA LICEO A Coruña	1:30:45	3:15	7:09	9:51	11:49	15:26	19:52	23:15	33:02	38:45	40:25	42:27	44:50	50:06	54:18
			3:15	3:54	2:42	1:58	3:37	4:26	3:23	9:47	5:43	1:40	2:02	2:23	5:16	4:12
			1:07:22	1:10:14	1:13:57	1:18:51	1:21:59	1:23:50	1:26:16	1:30:03	1:30:45					
			13:04	2:52	3:43	4:54	3:08	1:51	2:26	3:47	0:42					
11	251 García De Las Heras Ramón Ángel GALLAECIA A Coruña	1:39:09	3:30	6:48	9:34	11:55	15:23	17:21	21:25	33:29	38:30	40:04	42:21	45:04	53:09	58:02
			3:30	3:18	2:46	2:21	3:28	1:58	4:04	12:04	5:01	1:34	2:17	2:43	8:05	4:53
			1:06:18	1:12:55	1:17:04	1:22:55	1:25:11	1:27:14	1:33:39	1:38:24	1:39:09					
			8:16	6:37	4:09	5:51	2:16	2:03	6:25	4:45	0:45					
12	46 Sanmartín Matalobos Jesús FLUVIAL LU Lugo	1:39:14	3:55	6:30	10:09	13:13	19:41	21:50	26:28	34:40	50:58	52:50	55:34	57:59	1:03:48	1:08:37
			3:55	2:35	3:39	3:04	6:28	2:09	4:38	8:12	16:18	1:52	2:44	2:25	5:49	4:49
			1:15:16	1:18:55	1:23:14	1:27:27	1:29:53	1:32:04	1:34:14	1:38:31	1:39:14					
			6:39	3:39	4:19	4:13	2:26	2:11	2:10	4:17	0:43					



13	213 Louro Fuentes Alfonso ARTABROS A Coruña	1:39:53	3:26 3:26	5:27 2:01	8:37 3:10	11:12 2:35	14:13 3:01	15:39 1:26	18:47 3:08	27:59 9:12	32:49 4:50	34:41 1:52	37:40 2:59	40:03 2:23	52:20 12:17	56:35 4:15
			1:02:19	1:05:15	1:17:27	1:26:52	1:29:01	1:31:57	1:34:18	1:39:17	1:39:53					
			5:44	2:56	12:12	9:25	2:09	2:56	2:21	4:59	0:36					
14	57 Arufe Varela Alberto APA LICEO A Coruña	1:40:14	3:07 3:07	5:16 2:09	7:29 2:13	9:32 2:03	13:04 3:32	14:18 1:14	21:01 6:43	27:57 6:56	33:21 5:24	39:01 5:40	47:59 8:58	50:06 2:07	1:03:45 13:39	1:07:53 4:08
			1:14:48	1:18:55	1:22:59	1:27:12	1:32:21	1:33:52	1:35:51	1:39:42	1:40:14					
			6:55	4:07	4:04	4:13	5:09	1:31	1:59	3:51	0:32					
15	250 García De Las Heras Francisco Javie GALLAECIA A Coruña	1:45:35	4:29 4:29	7:22 2:53	10:46 3:24	13:12 2:26	16:43 3:31	18:18 1:35	23:39 5:21	32:03 8:24	39:46 7:43	47:06 7:20	49:27 2:21	51:44 2:17	1:00:17 8:33	1:04:51 4:34
			1:13:24	1:18:41	1:23:08	1:28:54	1:31:08	1:33:10	1:40:44	1:44:49	1:45:35					
			8:33	5:17	4:27	5:46	2:14	2:02	7:34	4:05	0:46					
16	458 Márquez Souto José Manuel USC Santiago	1:47:42	3:12 3:12	5:31 2:19	8:54 3:23	11:04 2:10	14:52 3:48	16:45 1:53	20:56 4:11	46:56 26:00	52:08 5:12	54:10 2:02	57:54 3:44	1:01:19 3:25	1:07:44 6:25	1:13:25 5:41
			1:20:42	1:24:32	1:29:40	1:35:24	1:39:14	1:41:11	1:43:10	1:46:53	1:47:42					
			7:17	3:50	5:08	5:44	3:50	1:57	1:59	3:43	0:49					
17	305 Varela Yáñez Marcos BOMBEIROS A Coruña.	1:49:35	3:28 3:28	7:19 3:51	10:53 3:34	13:10 2:17	16:15 3:05	17:56 1:41	21:01 3:05	43:36 22:35	48:43 5:07	50:09 1:26	52:08 1:59	55:09 3:01	1:03:30 8:21	1:08:11 4:41
			1:16:22	1:22:46	1:26:08	1:30:20	1:32:01	1:36:54	1:45:02	1:48:57	1:49:35					
			8:11	6:24	3:22	4:12	1:41	4:53	8:08	3:55	0:38					
18	320 Pozo Valenciano José Luis GALICIA CA Ferrol	1:51:14	3:47 3:47	6:14 2:27	13:24 7:10	15:40 2:16	19:55 4:15	21:44 1:49	30:05 8:21	39:21 9:16	46:08 6:47	48:10 2:02	52:16 4:06	55:04 2:48	1:00:55 5:51	1:06:29 5:34
			1:21:42	1:25:34	1:30:36	1:35:38	1:38:37	1:41:48	1:45:04	1:50:36	1:51:14					
			15:13	3:52	5:02	5:02	2:59	3:11	3:16	5:32	0:38					
19	313 Gonzalez Pantin Jose Manuel GALICIA CA Ferrol	1:55:07	4:11 4:11	7:14 3:03	9:38 2:24	11:46 2:08	23:37 11:51	25:25 1:48	34:10 8:45	43:14 9:04	50:05 6:51	52:34 2:29	56:49 4:15	59:20 2:31	1:05:28 6:08	1:10:33 5:05
			1:25:45	1:29:36	1:34:41	1:39:43	1:42:29	1:45:40	1:49:06	1:54:25	1:55:07					
			15:12	3:51	5:05	5:02	2:46	3:11	3:26	5:19	0:42					
20	16 Corral Alonso Alberto FLUVIAL LU Lugo	2:14:55	3:13 3:13	20:03 16:50	24:25 4:22	27:25 3:00	33:24 5:59	36:18 2:54	39:59 3:41	48:08 8:09	1:10:21 22:13	1:14:52 4:31	1:17:23 2:31	1:19:50 2:27	1:28:23 8:33	1:32:36 4:13
			1:39:10	1:46:53	1:50:32	1:54:34	1:56:04	2:00:57	2:09:11	2:14:09	2:14:55					
			6:34	7:43	3:39	4:02	1:30	4:53	8:14	4:58	0:46					
21	176 Pérez Juste German UNIVERSIDA Vigo	2:22:20	7:10 7:10	10:38 3:28	16:12 5:34	20:00 3:48	23:44 3:44	28:00 4:16	32:05 4:05	48:27 16:22	1:04:28 16:01	1:08:56 4:28	1:11:45 2:49	1:14:47 3:02	1:26:59 12:12	1:34:01 7:02
			1:43:26	1:46:05	1:51:35	2:00:26	2:04:40	2:07:12	2:17:11	2:21:34	2:22:20					
			9:25	2:39	5:30	8:51	4:14	2:32	9:59	4:23	0:46					
22	318 Parra Martínez Manuel Angel GALICIA CA Ferrol	2:36:04	44:33 44:33	55:02 10:29	57:35 2:33	59:50 2:15	1:04:00 4:10	1:05:54 1:54	1:14:12 8:18	1:23:31 9:19	1:30:15 6:44	1:32:18 2:03	1:36:26 4:08	1:39:12 2:46	1:45:06 5:54	1:50:36 5:30
			2:05:50	2:09:45	2:14:51	2:19:47	2:22:41	2:25:52	2:29:12	2:35:06	2:36:04					
			15:14	3:55	5:06	4:56	2:54	3:11	3:20	5:54	0:58					
23	433 Garcia Dominguez Jose Luis GALLAECIA A Coruña	2:52:29	25:48 25:48	27:56 2:08	30:26 2:30	32:16 1:50	35:15 2:59	37:34 2:19	50:21 12:47	1:00:29 10:08	1:12:00 11:31	1:14:31 2:31	1:18:03 3:32	1:21:41 3:38	1:48:57 27:16	1:57:48 8:51
			2:09:56	2:13:39	2:17:59	2:26:06	2:31:05	2:33:22	2:47:00	2:51:41	2:52:29					
			12:08	3:43	4:20	8:07	4:59	2:17	13:38	4:41	0:48					
24	290 Catoira Canedo Migui BOMBEIROS A Coruña.	2:54:26	4:04 4:04	8:17 4:13	24:44 16:27	27:33 2:49	30:55 3:22	32:26 1:31	36:30 4:04	53:31 17:01	1:01:21 7:50	1:04:22 3:01	1:07:51 3:29	1:11:33 3:42	1:22:55 11:22	1:28:37 5:42
			1:59:16	2:03:32	2:17:31	2:28:32	2:31:04	2:34:01	2:49:02	2:53:40	2:54:26					
			30:39	4:16	13:59	11:01	2:32	2:57	15:01	4:38	0:46					
164	Álvarez Cabero José Maria UNIVERSIDA Vigo	Error en tarj.	2:51 2:51	4:33 1:42	7:14 2:41	9:01 1:47	26:10 17:09	27:18 1:08	30:07 2:49	36:48 6:41	42:24 5:36	43:42 1:18	-----	49:35 5:53	54:07 4:32	58:03 3:56
			1:11:26	1:14:05	1:17:33	1:22:55	1:26:05	1:27:52	1:30:20	1:34:01	1:34:39			45:48		
			13:23	2:39	3:28	5:22	3:10	1:47	2:28	3:41	0:38			*71		
316	Lopez Vigo Jose Luis GALICIA CA Ferrol	Error en tarj.	3:09 3:09	5:27 2:18	7:44 2:17	9:37 1:53	12:45 3:08	14:02 1:17	17:47 3:45	-----	36:28 18:41	38:04 1:36	40:42 2:38	43:11 2:29	48:09 4:58	52:15 4:06
			58:53	1:01:56	1:05:51	1:09:58	1:11:47	1:13:33	1:16:07	1:20:21	1:21:04					
			6:38	3:03	3:55	4:07	1:49	1:46	2:34	4:14	0:43					
255	Lopez Franco Pablo GALLAECIA A Coruña	Fuera de control	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
			-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

2 FC (2)

2.6 km 10 C

1(51) 2(52) 3(57) 4(61) 5(62) 6(56) 7(58) 8(63) 9(59) 10(60) F

1	72	Gómez Naya Sonia APA LICEO A Coruña	42:03	3:20	5:30	12:39	18:28	23:31	27:31	32:42	36:13	38:00	40:12	42:03			
2	74	Martínez Girón Jesús APA LICEO A Coruña	1:17:16	10:03	12:03	19:27	51:55	57:32	1:01:12	1:07:17	1:10:09	1:12:18	1:15:14	1:17:16			
Iniciación Longa2 (18)				3.3 km	12 C												
				1(51)	2(57)	3(64)	4(65)	5(67)	6(76)	7(69)	8(70)	9(71)	10(72)	11(73)	12(100)	F	
1	462	Seijas Franco Basilio ARTABROS A Coruña	34:47	8:51	11:27	13:47	15:37	18:48	20:35	22:44	24:30	26:04	27:37	32:46	33:56	34:47	
2	418	Casal Casal Miguel BOMBIEIROS A Coruña.	36:08	8:51	2:36	2:20	1:50	3:11	1:47	2:09	1:46	1:34	1:33	5:09	1:10	0:51	
3	486	Salgado Badás Xan ARTABROS A Coruña	36:14	2:08	5:33	10:19	13:16	17:44	20:04	22:03	26:02	29:01	31:03	33:45	35:19	36:08	
				2:08	3:25	4:46	2:57	4:28	2:20	1:59	3:59	2:59	2:02	2:42	1:34	0:49	
				3:17	6:31	9:33	11:41	15:27	17:37	19:55	22:14	25:21	30:08	33:50	35:21	36:14	
				3:17	3:14	3:02	2:08	3:46	2:10	2:18	2:19	3:07	4:47	3:42	1:31	0:53	
				18:12	*78												
4	417	Rojas Lopetegui Raul GALLAECIA A Coruña	36:40	1:48	5:07	8:48	11:08	15:23	17:25	23:45	26:19	29:06	31:17	34:04	35:49	36:40	
5	422	Santiso Presedo Manuel ARTABROS A Coruña	37:04	1:48	3:19	3:41	2:20	4:15	2:02	6:20	2:34	2:47	2:11	2:47	1:45	0:51	
6	485	Salgado Badás Javier ARTABROS A Coruña	42:16	5:44	8:45	11:44	14:14	17:22	19:18	21:37	24:02	28:30	30:32	34:16	36:04	37:04	
				5:44	3:01	2:59	2:30	3:08	1:56	2:19	2:25	4:28	2:02	3:44	1:48	1:00	
				9:15	12:33	15:34	17:44	21:31	23:39	25:57	28:16	31:29	36:10	39:53	41:23	42:16	
				9:15	3:18	3:01	2:10	3:47	2:08	2:18	2:19	3:13	4:41	3:43	1:30	0:53	
				24:11	*78												
7	480	Candal Lopez Patricia ARTABROS A Coruña	45:15	1:50	5:25	11:06	14:10	24:26	27:28	30:42	33:54	37:08	39:38	42:10	43:56	45:15	
8	460	Orizales Orizales Emiliano ARTABROS A Coruña	46:04	1:50	3:35	5:41	3:04	10:16	3:02	3:14	3:12	3:14	2:30	2:32	1:46	1:19	
				2:07	6:52	15:24	17:14	22:37	25:22	27:54	30:45	37:55	40:09	42:24	44:39	46:04	
				2:07	4:45	8:32	1:50	5:23	2:45	2:32	2:51	7:10	2:14	2:15	2:15	1:25	
				12:36	*65												
9	461	Orizales Iglesias Noa ARTABROS A Coruña	46:05	2:00	6:51	15:19	17:17	22:34	25:21	27:39	30:38	37:51	40:10	42:17	44:43	46:05	
10	491	SANCHEZ MARCOTE BORJA ARTABROS A Coruña	48:10	2:00	4:51	8:28	1:58	5:17	2:47	2:18	2:59	7:13	2:19	2:07	2:26	1:22	
11	463	Sanchez Gomez Maria Del Rocio ARTABROS A Coruña	48:46	4:19	8:28	12:55	18:47	25:48	29:31	32:38	36:07	39:18	42:25	44:58	47:01	48:10	
12	464	Gregorio Ramon Jara ARTABROS A Coruña	51:41	4:19	4:09	4:27	5:52	7:01	3:43	3:07	3:29	3:11	3:07	2:33	2:03	1:09	
13	481	Andrade Gonzalez Maria ARTABROS A Coruña	58:57	4:16	9:10	19:41	21:53	27:09	30:01	33:28	38:21	41:49	44:27	46:20	47:53	48:46	
14	490	MEIRAS CASANOVA ANA ARTABROS A Coruña	1:00:12	4:16	4:54	10:31	2:12	5:16	2:52	3:27	4:53	3:28	2:38	1:53	1:33	0:53	
15	488	Vázquez Vales Isabel GALLAECIA A Coruña	1:10:45	2:19	7:17	17:39	19:59	25:37	28:40	31:41	36:50	40:44	43:42	47:26	50:28	51:41	
16	484	Seoane Dominguez Eva ARTABROS A Coruña	1:14:52	2:19	4:58	10:22	2:20	5:38	3:03	3:01	5:09	3:54	2:58	3:44	3:02	1:13	
17	419	Casanova Casal Alba BOMBIEIROS A Coruña.	1:19:07	15:55	19:15	25:05	28:04	38:43	41:27	44:38	48:35	51:07	53:21	56:11	57:55	58:57	
				15:55	3:20	5:50	2:59	10:39	2:44	3:11	3:57	2:32	2:14	2:50	1:44	1:02	
				6:26	10:11	14:40	22:08	31:01	33:47	38:46	42:53	50:12	53:48	56:31	59:17	1:00:12	
				6:26	3:45	4:29	7:28	8:53	2:46	4:59	4:07	7:19	3:36	2:43	2:46	0:55	
				19:14	25:37	31:09	34:56	45:40	50:26	54:23	57:54	1:01:37	1:04:16	1:06:44	1:09:19	1:10:45	
				19:14	6:23	5:32	3:47	10:44	4:46	3:57	3:31	3:43	2:39	2:28	2:35	1:26	
				9:47	17:04	22:43	26:51	35:07	39:24	46:59	51:49	1:01:04	1:05:17	1:08:24	1:12:13	1:14:52	
				9:47	7:17	5:39	4:08	8:16	4:17	7:35	4:50	9:15	4:13	3:07	3:49	2:39	
				4:02	11:07	18:39	23:22	34:16	40:01	46:34	55:37	1:02:44	1:07:15	1:13:39	1:17:43	1:19:07	
				4:02	7:05	7:32	4:43	10:54	5:45	6:33	9:03	7:07	4:31	6:24	4:04	1:24	
	472	Valle Rodriguez Jesus ARTABROS A Coruña	Error en tarj.	10:22	13:35	16:50	-----	27:08	30:32	33:07	36:10	40:28	42:59	45:57	48:02	49:01	
				10:22	3:13	3:15		10:18	3:24	2:35	3:03	4:18	2:31	2:58	2:05	0:59	
4 FC (5)				4.2 km	14 C												
				1(51)	2(52)	3(56)	4(57)	5(64)	6(77)	7(67)	8(76)	9(43)	10(71)	11(41)	12(72)	13(73)	14(100)
				F													
1	79	Núñez Pol Fernando APA LICEO A Coruña	56:48	9:53	15:58	18:55	21:59	24:42	27:52	31:23	33:35	41:57	49:56	50:37	52:38	54:06	55:35
				9:53	6:05	2:57	3:04	2:43	3:10	3:31	2:12	8:22	7:59	0:41	2:01	1:28	1:29
				56:48													
				1:13													
2	466	Iglesias Remuñan Carmela SEO Ordes	1:00:59	2:34	4:14	10:10	12:38	17:21	21:32	27:15	30:06	38:35	48:16	50:46	54:03	56:37	59:23
				2:34	1:40	5:56	2:28	4:43	4:11	5:43	2:51	8:29	9:41	2:30	3:17	2:34	2:46

				1:00:59															
				1:36															
3	451 Gonzalez Rodriguez Santiago	1:01:35	10:04	11:06	17:30	19:17	23:04	27:10	31:31	35:09	42:22	51:44	54:56	57:08	59:04	1:00:51			
	GALICIA CA Ferrol		10:04	1:02	6:24	1:47	3:47	4:06	4:21	3:38	7:13	9:22	3:12	2:12	1:56	1:47			
			1:01:35																
			0:44																
4	400 Fernandez Cal Nicolas	1:08:49	1:26	2:21	5:36	8:04	16:29	18:58	25:44	27:56	34:34	59:40	1:01:35	1:03:39	1:06:35	1:07:56			
	SEO Ordes		1:26	0:55	3:15	2:28	8:25	2:29	6:46	2:12	6:38	25:06	1:55	2:04	2:56	1:21			
			1:08:49																
			0:53																
	401 Calvo Vidal Mauricio	Error en tarj.	1:33	2:33	9:53	11:14	24:49	28:33	32:03	34:38	1:03:21	-----	1:19:45	1:21:49	1:23:36	1:25:37			
	SEO Ordes		1:33	1:00	7:20	1:21	13:35	3:44	3:30	2:35	28:43		16:24	2:04	1:47	2:01			
			1:26:25																
			0:48																
5 FC (11)		5.8 km	14 C																
			1(31)	2(75)	3(34)	4(35)	5(37)	6(38)	7(46)	8(39)	9(40)	10(71)	11(41)	12(49)	13(50)	14(100)			
			F																
1	437 Gonzalez Orozco Juan Carlos	1:25:45	8:03	13:03	16:25	21:52	27:06	36:13	51:12	57:56	1:04:06	1:05:15	1:12:20	1:17:29	1:20:05	1:24:57			
	MONTAÑA FE Ferrol. A Coruña		8:03	5:00	3:22	5:27	5:14	9:07	14:59	6:44	6:10	1:09	7:05	5:09	2:36	4:52			
			1:25:45																
			0:48																
2	421 Varela Garcia Jose Antonio	1:37:43	4:35	10:40	16:33	22:01	34:10	50:34	54:10	1:05:21	1:08:53	1:15:02	1:16:19	1:29:33	1:32:35	1:36:45			
	ARTABROS A Coruña		4:35	6:05	5:53	5:28	12:09	16:24	3:36	11:11	3:32	6:09	1:17	13:14	3:02	4:10			
			1:37:43																
			0:58																
3	448 Cabado Lopez Luica	1:51:09	5:19	12:02	16:26	21:18	26:53	41:28	58:22	1:09:15	1:22:53	1:25:01	1:26:07	1:38:51	1:44:25	1:50:17			
	GALICIA CA Ferrol		5:19	6:43	4:24	4:52	5:35	14:35	16:54	10:53	13:38	2:08	1:06	12:44	5:34	5:52			
			1:51:09																
			0:52																
4	459 Varela Rozados Marta	1:56:36	10:28	22:36	29:11	35:41	47:51	1:03:43	1:10:20	1:17:46	1:24:00	1:29:57	1:36:06	1:46:24	1:49:28	1:55:40			
	APA LICEO A Coruña		10:28	12:08	6:35	6:30	12:10	15:52	6:37	7:26	6:14	5:57	6:09	10:18	3:04	6:12			
			1:56:36																
			0:56																
5	426 Muño Garcia Marcos	2:20:11	3:44	14:06	22:44	40:40	45:17	1:12:13	1:15:08	1:22:27	1:49:11	1:58:18	2:00:05	2:06:54	2:13:54	2:19:22			
	GALLAECIA A Coruña		3:44	10:22	8:38	17:56	4:37	26:56	2:55	7:19	26:44	9:07	1:47	6:49	7:00	5:28			
			2:20:11																
			0:49																
6	428 Rioboo Iglesias Daniel	2:25:05	8:09	26:20	34:02	45:14	55:46	1:15:49	1:23:11	1:34:22	1:40:02	1:50:27	1:51:21	2:03:59	2:10:54	2:23:27			
	ARTABROS A Coruña		8:09	18:11	7:42	11:12	10:32	20:03	7:22	11:11	5:40	10:25	0:54	12:38	6:55	12:33			
			2:25:05																
			1:38																
7	434 Nuñez Lodeiro M. Carmen	2:29:06	12:12	30:25	38:05	49:10	59:55	1:19:47	1:27:14	1:38:27	1:44:08	1:54:26	1:55:29	2:08:02	2:14:56	2:27:29			
	ARTABROS A Coruña		12:12	18:13	7:40	11:05	10:45	19:52	7:27	11:13	5:41	10:18	1:03	12:33	6:54	12:33			
			2:29:06																
			1:37																
	425 Campos Iglesias Ricardo	Error en tarj.	7:58	53:59	1:07:23	1:28:27	1:38:43	2:05:45	2:19:44	2:27:13	2:31:46	2:36:10	2:38:16	-----	-----	-----			
	MONTAÑA FE Ferrol. A Coruña		7:58	46:01	13:24	21:04	10:16	27:02	13:59	7:29	4:33	4:24	2:06						
			3:18:03																
			39:47																
	404 Duran Rodriguez Eduardo	Error en tarj.	33:36	1:52:54	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----			
	MONTAÑA FE Ferrol. A Coruña		33:36	1:19:18															
			2:49:21																
			56:27																
	435 Giz Pulgar Saul	Error en tarj.	3:36	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	52:28	57:01	1:03:45		
	MONTAÑA FE Ferrol. A Coruña		3:36											48:52	4:33	6:44			
			1:04:39																
			0:54																
	450 Jimenez Manuel Andres	Error en tarj.	5:51	18:20	21:29	27:25	31:26	-----	-----	-----	-----	-----	-----	-----	-----	-----			
	GALICIA CA Ferrol		5:51	12:29	3:09	5:56	4:01												
			1:01:12																
			29:46																

6 FC (3)		7.7 km	18 C	1(31)	2(74)	3(75)	4(35)	5(36)	6(37)	7(47)	8(48)	9(42)	10(40)	11(43)	12(45)	13(46)	14(39)
				15(41)	16(49)	17(50)	18(100)	F									
1	465 Melero Gonzalez-solares Jose Antoni ARTABROS A Coruña	1:47:21	3:49	8:16	17:15	21:07	22:22	30:11	38:30	40:09	42:22	43:53	47:45	1:14:14	1:18:29	1:32:29	
			3:49	4:27	8:59	3:52	1:15	7:49	8:19	1:39	2:13	1:31	3:52	26:29	4:15	14:00	
			1:36:18	1:40:53	1:42:52	1:46:35	1:47:21										
2	449 Conde Rodriguez Alfonso GALICIA CA Ferrol	2:42:29	3:49	4:35	1:59	3:43	0:46	58:58	1:04:27	1:16:58	1:20:19	1:24:02	1:34:50	2:05:34	2:08:51	2:19:41	
			4:19	21:15	4:29	21:51	2:51	4:13	5:29	12:31	3:21	3:43	10:48	30:44	3:17	10:50	
			2:27:15	2:35:44	2:37:54	2:41:49	2:42:29										
			7:34	8:29	2:10	3:55	0:40										
	408 Otero Pernas Alberto MONTAÑA FE Ferrol. A Coruña	Error en tarj.	4:38	-----	-----	-----	-----	-----	1:47:18	1:57:18	2:04:55	2:13:34	2:23:52	-----	-----	-----	
			4:38	-----	-----	-----	-----	-----	1:42:40	10:00	7:37	8:39	10:18				
			-----	-----	-----	-----	-----	-----	1:38:46								
									*49								
7 FC (3)		9.4 km	22 C	1(31)	2(32)	3(33)	4(34)	5(35)	6(36)	7(37)	8(38)	9(39)	10(40)	11(41)	12(42)	13(43)	14(44)
			15(45)	16(46)	17(39)	18(47)	19(48)	20(49)	21(50)	22(100)		F					
1	478 Vázquez Souto Juan Carlos APA LICEO A Coruña	1:43:08	4:28	7:28	10:05	12:41	18:42	21:26	25:41	35:19	42:36	44:49	47:41	50:38	59:13	1:04:56	
			4:28	3:00	2:37	2:36	6:01	2:44	4:15	9:38	7:17	2:13	2:52	2:57	8:35	5:43	
			1:14:06	1:17:51	1:22:54	1:28:32	1:31:34	1:34:16	1:36:53	1:42:36	1:43:08						
			9:10	3:45	5:03	5:38	3:02	2:42	2:37	5:43	0:32						
	900 prueba prueba ARTABROS A Coruña	Error en tarj.	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----
			-----	-----	-----	-----	-----	-----	-----	-----	1:27:46	1:28:18		34:30	37:04	39:29	43:53
			-----	-----	-----	-----	-----	-----	-----	-----	1:27:46	0:32		*69	*71	*56	*53
			45:43	51:27	1:01:48	1:13:08	1:14:16	1:17:32	1:21:53	1:24:43	2:02:49	22:06:24	2:09:34	2:13:21	2:16:56	2:22:45	
			*52	*61	*74	*58	*72	*73	*75	*77	*51	*52	*53	*54	*55	*56	
			22:30:47	22:49:13	2:49:22												
			*63	*100	*100												
	901 prueba santi ARTABROS A Coruña	Error en tarj.	-----	-----	-----	-----	-----	-----	2:30:09	-----	-----	-----	-----	-----	-----	-----	-----
			-----	-----	-----	-----	-----	-----	2:30:09	-----	-----	-----	-----	-----	-----	-----	-----
			-----	-----	-----	-----	-----	-----	2:41:58	2:47:42	-----	53:00		27:55	31:30	34:10	34:42
			-----	-----	-----	-----	-----	-----	11:49	5:44				*49	*54	*55	*55
			37:03	38:38	42:50	46:45	48:16	51:16	51:17	51:21	51:24	22:08:39	2:11:38	2:19:34	2:23:28		
			*56	*59	*57	*58	*60	*100	*100	*100	*100	*100	*73	*72	*48	*47	